

*The State of Louisiana  
Department of Health and Hospitals*

# 2010

## BEHAVIORAL RISK FACTOR Surveillance System Report



Department of Health and Hospitals  
Bureau of Primary Care and Rural Health  
Chronic Disease Prevention and Control Unit  
628 North 4th St.  
Baton Rouge, LA 70821-0629  
[www.dhh.louisiana.gov](http://www.dhh.louisiana.gov)

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## State of Louisiana

Bobby Jindal, Governor

## Department of Health and Hospitals

Bruce D. Greenstein, Secretary

## Office of Public Health

J.T. Lane, Assistant Secretary

## Bureau of Primary Care and Rural Health

Gerrelda Davis, MBA, Director

## Chronic Disease Prevention and Control Unit

Matthew Valliere, MPA, Director

## Contributing Authors

Kirby Goidel, Professor and Director

LSU Public Policy Research Lab

Jason Turcotte, PhD Student

LSU Manship School of Mass Communication

## Reviewers

Todd Griffin, MSPH

Jude Haney, Ph.D., MPH

Nkenge Jones-Jack, MPH

Tekeda F. Ferguson, MPH, MSPH, Ph.D.

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LSU Public Policy Research Lab

Louisiana Public Health Institute

Srinivas Thouta

Patricia Smith

Claude Comeau

The Louisiana residents who  
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Sonya Geathers

Lina Balluz

Machell Town

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# Introduction

The Behavioral Risk Factor Surveillance System (BRFSS) is a state-based system of health surveys that collects information on health risk behaviors, preventive health practices, and health care access primarily related to chronic disease and injury. For many states, the BRFSS is the only available source of timely and accurate data on health-related behaviors.

BRFSS was established in 1984 by the U.S. Centers for Disease Control and Prevention (CDC). Currently data are collected monthly in all 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands and Guam. More than 350,000 adults are interviewed each year, making the BRFSS the largest telephone health survey in the world. States use BRFSS data to identify emerging health problems, establish and track health objectives, develop and evaluate public health policies and programs. Many states also use BRFSS data to support health-related legislative efforts.

## METHODOLOGY

The BRFSS is a comprehensive and flexible questionnaire. It is a result of extensive collaborations among experts from federal, state and independent organizations. The BRFSS was developed with the goal of providing federal and state officials with viable estimates of rates of chronic diseases and risk factors among residents.

Because the BRFSS encompasses many different topics and questions, the validity may vary for some sections or modules within the survey. Smaller groups such as racial groups may be excluded from the analysis because a low percentage of participation from a particular group may not accurately reflect the entire group as a whole. This can be discouraging for intervention programs that may want to target specific groups within the population.

The questionnaire consists of four major components: core questions, rotating core questions, optional questions and state-added questions. Core, rotating core and optional questions are standardized and are comparable across all states, and can also be merged to provide national estimates. Core questions form the basis of the BRFSS and are generally used by each state. The rotating core questions are also asked by each state but are only used on a biennial basis. The optional module section consists of groups of questions supported by the CDC that each state may include in the questionnaire. State-added questions are added annually based on priority data needs.

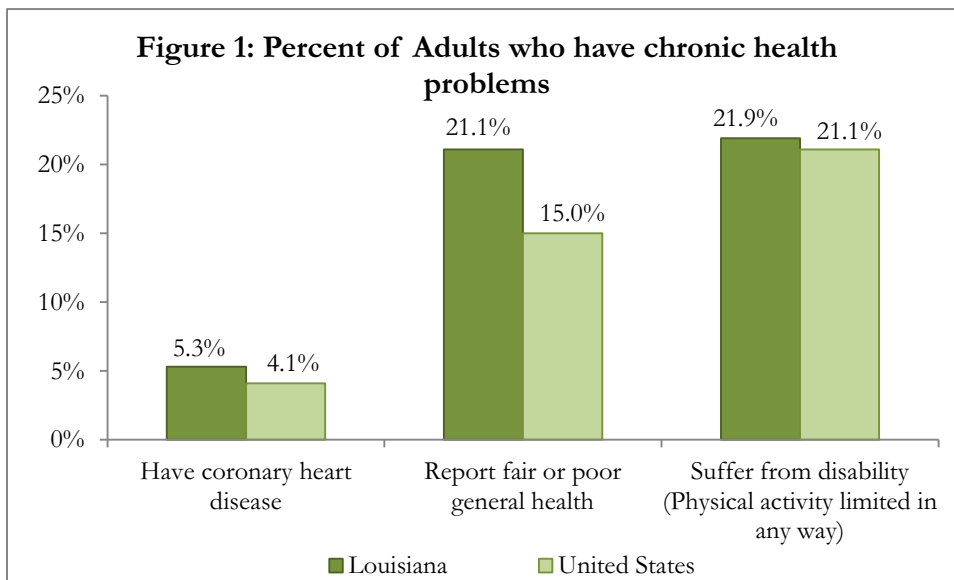
# Executive Summary

When it comes to the majority of public health studies, Louisiana is overwhelmingly categorized as an at-risk state defined by persistent poverty, an under-educated population, and poor health outcomes. Yet, health outcomes are rarely static, and the value of the Behavioral Risk Factor Surveillance System (BRFSS) survey is its ability to track health-related outcomes and behaviors over time and to place them in the context of other U.S. states and territories. By identifying current health trends, we are better able to identify areas in which the general health of Louisiana residents is improving as well as continue to monitor problematic trends. In addition, the BRFSS provides a systematic analysis of common risk factors leading to a host of negative health outcomes. By isolating the predictive risk factors, we are better able to develop preventive strategies for target demographic groups.

While the 2010 BRFSS demonstrates that Louisiana residents still struggle with a variety of negative health issues and engage in high health risks, it also shows that more Louisiana residents are receiving preventive testing than ever before. The 2010 study also clearly demonstrates that there are significant health disparities based on income, education, and insurance status. Across a range of indicators, lower income and less educated Louisiana uninsured residents suffer from poorer physical and mental health. Improving public health in Louisiana is tied closely to addressing issues of health care access. The following summary highlights the major health problems facing Louisiana, identifies Louisiana’s at-risk populations, and discusses the positive health trends within the state.

## CHRONIC HEALTH PROBLEMS IN LOUISIANA

Overall, Louisiana residents are generally less healthy than the nation as a whole. Louisianans are more likely



to describe their overall health as fair or poor, have a medical condition or health problem that limits their physical activities, and suffer from cardiovascular diseases. One-fifth of Louisiana residents (21.1 percent) report fair /poor health and that they suffer from a physical or mental health problem that limits their activity (21.9 percent).

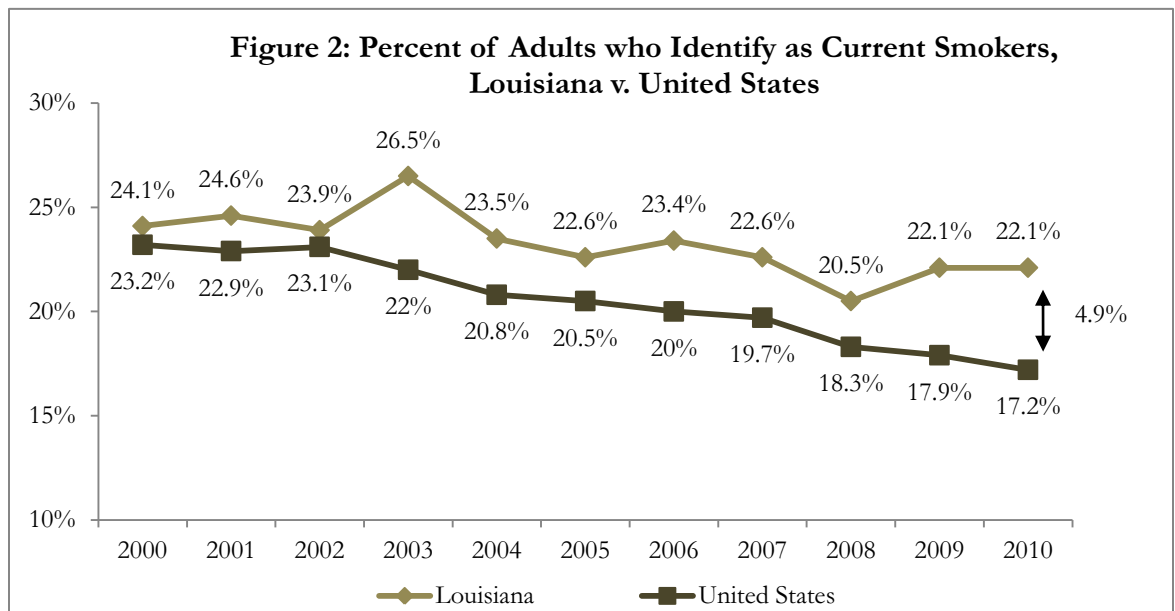
Louisiana residents are more likely to report having a stroke (3.4 percent), a heart attack (5.1 percent), or suffer from coronary heart disease (5.3 percent).

In addition, Louisiana consistently reports higher levels of negative health issues across time. The percentage of Louisianans reporting fair or poor health is at its highest level since 2002, and fewer residents report participating in a physical activity in 2010 (69.9 percent) than in the past five years. With many health issues examined in the 2010 BRFSS, such as rate of cardiovascular disease, the frequency of Louisianans affected remains stable from 2009 but has not yet begun to trend downward.

## TOBACCO USE

One of the most alarming trends in the 2010 BRFSS is the percent of Louisianans who identify themselves as current smokers. Tobacco use is associated with a variety of serious negative health outcomes including coronary heart disease, chronic lung disease and cancer. The CDC also reports that cigarette smoking is the leading cause of preventable death in the United States.<sup>1</sup> According to a 2010 report by the United States Surgeon General, cigarettes are responsible for approximately 443,000 deaths- one in every five deaths- each year in the

United States.<sup>2</sup> And the harmful effects of smoking do not end with the smoker. Every year, thousands of nonsmokers die from heart disease and lung cancer, and hundreds of thousands of children suffer from respiratory illnesses, both of



which can be a result of exposure to secondhand smoke. The chronic diseases caused by tobacco use place an enormous strain on the nation's health care system.

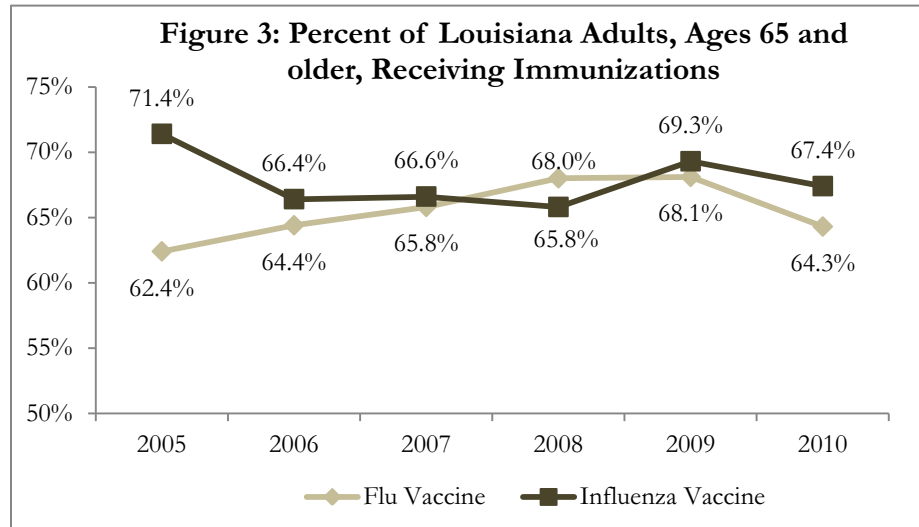
While nationally the percent of current smokers has decreased six percentage points over the past decade, the percent of Louisiana smokers has only decreased two percentage points since 2000. In fact, the percent of Louisiana adults who identify as current smokers remained stable from 2009 to 2010 at 22.1 percent. This results in the largest percentage point difference between Louisiana's average and the national average, with almost five percent more Louisianans identifying as smokers than the national average (see Figure 2).

<sup>1</sup> Centers for Disease Control and Prevention. **Annual Smoking-Attributable Mortality, Years of Potential Life Lost, and Economic Costs—United States, 1995–1999**. Morbidity and Mortality Weekly Report 2002;51(14):300–3.

<sup>2</sup> U.S. Department of Health and Human Services. *How Tobacco Smoke Causes Disease: The Biology and Behavioral Basis for Smoking-Attributable Disease: A Report of the Surgeon General*. Atlanta, GA: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2010.

## IMMUNIZATION RATES: LOUISIANA'S OLDER POPULATION

The 2009 BRFSS made note of Louisiana's significant progress in getting flu and pneumonia shots for seniors (65 and older), closing the gap between Louisiana and the national immunization rates. Unfortunately, we see a significant decline in Louisiana's older population's immunization rate in 2010. Both the percent of

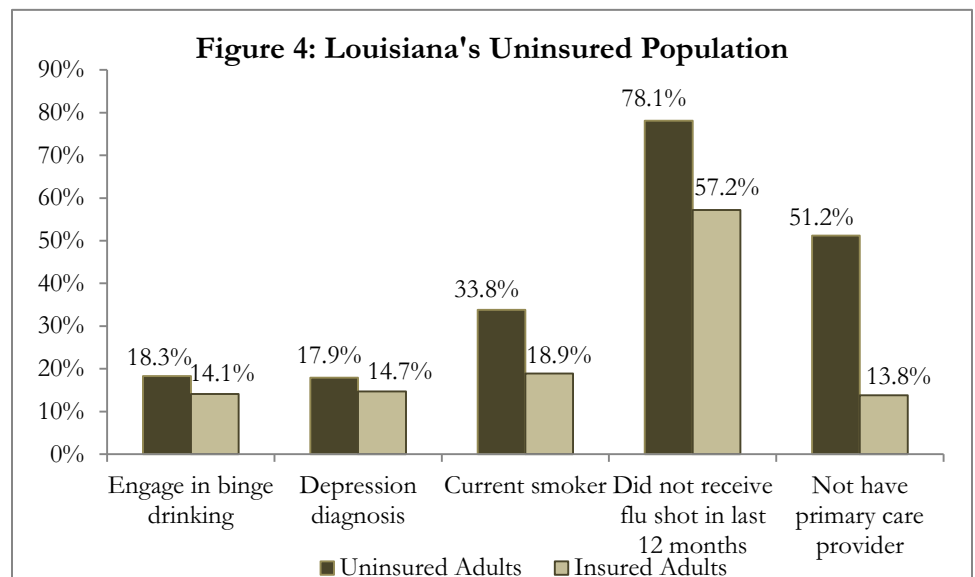


Louisiana's senior adults who received a flu and pneumonia vaccine declined from 2009 to 2010. In 2009, 68.1 percent of Louisiana adults, ages 65 and older, received a flu vaccine. In 2010, the rate dropped almost four percentage points to 64.3 percent. As for Louisiana adults, ages 65 and older, who received a pneumonia vaccine, the rate dropped

from 69.3 percent in 2009 to 67.4 percent in 2010. While Louisiana's pneumonia vaccination rate runs contrary to the national trends of pneumonia vaccinations in older adults (the national average increased slightly from 68.5 percent in 2009 to 68.8 percent in 2010), the rate of older adults receiving the flu vaccine declined both in Louisiana and at the national level. While the data are limited on this point, the recent decline in flu vaccination rates may be a product of the decreased threat of the H1N1 virus from 2009 to 2010.

## LOUISIANA'S UNINSURED POPULATION

Approximately one-fourth (24.5 percent) of Louisiana's non-elderly population, ages 18-64, are without health insurance, placing the state as the fourth-highest uninsured rate of all the states in the country. Health insurance coverage is an important factor in an individual's overall health because it improves access to and quality of medical care. Uninsured adults in Louisiana are at a higher risk of being





diagnosed with mental health disorders like anxiety (18 percent) and depression (17.9 percent), as well as suffer from a variety of health risks including obesity (35.2 percent) and sleep deprivation (26.7 percent). Uninsured Louisianans are also more likely to be a current smoker (33.8 percent), binge drink (18.3 percent), and are less likely to have received a flu shot in the past 12 months (21.9 percent). Nineteen percent of Louisianans also report that there was at least one time in the past year when they could not see a doctor because of costs. This marks the highest point of a continual increase in the percent of Louisiana residents who are unable to get timely health care because of prohibitive costs. Improving access to quality health care coverage for all Louisianans is an important step in improving the state's public health.

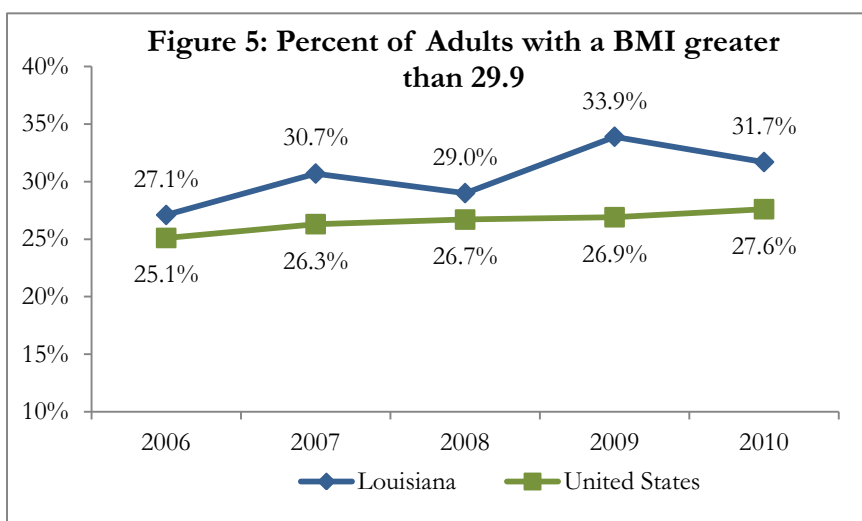
## OBESITY IN LOUISIANA

Obesity is defined as adults with a body mass index (BMI) greater than or equal to 30.0. During the past 20 years, there has been a

dramatic increase in obesity in the United States and in 2010, no state had an obesity rate less than 20 percent.

Louisiana's obese population dropped slightly from 33.9 percent in 2009 to 31.7 percent in 2010, but it is still 4 percentage points higher than the national average. The percent of Louisiana's population who are overweight, adults with a BMI between 25 and 29.9, increased

slightly from 33.7 percent in 2009 to 34.7 percent in 2010, but it is still slightly less than the national average of 36.3 percent. In addition, the national average of individuals who are neither obese nor overweight is 35.3 percent, while only one-third of Louisiana residents are neither obese nor overweight.



## UPWARD HEALTH TRENDS

There were several areas in the 2010 BRFSS that saw an increase in positive health behaviors for Louisiana. One area of improvement is the rate of Louisiana adults diagnosed with diabetes. The 2009 BRFSS marked a six-year increase in diabetes diagnoses in the state, with 11.1 percent of Louisiana residents reporting being diagnosed with diabetes. The 2010 survey found a small decrease in the percent of individuals who received a diabetes diagnosis, 10.3 percent. While this is still higher than the national average of 8.7 percent, it is the first decrease in the rate of diabetes diagnoses since BRFSS started collecting data on diabetes in adults. In addition, it is the lowest percentage of Louisiana adults diagnosed with the disease since 2007.

Another area of improvement in the state is in preventive testing for a variety of different diseases. An increasing number of women are receiving mammograms (76.3 percent) and 2010 marks the highest rate of

men who have received a Prostate-Specific Antigen Test (PSA) (57.5 percent). The percent of Louisiana adults ages 50 and older, who have had a colorectal cancer screening, is also trending upward. There was an eight percentage point increase in the percent of individuals receiving a colorectal cancer screening from 2008 (52.6 percent) to 2010 (60 percent). However, education, income and insurance status are still strong predictors of whether individuals receive proper medical testing.

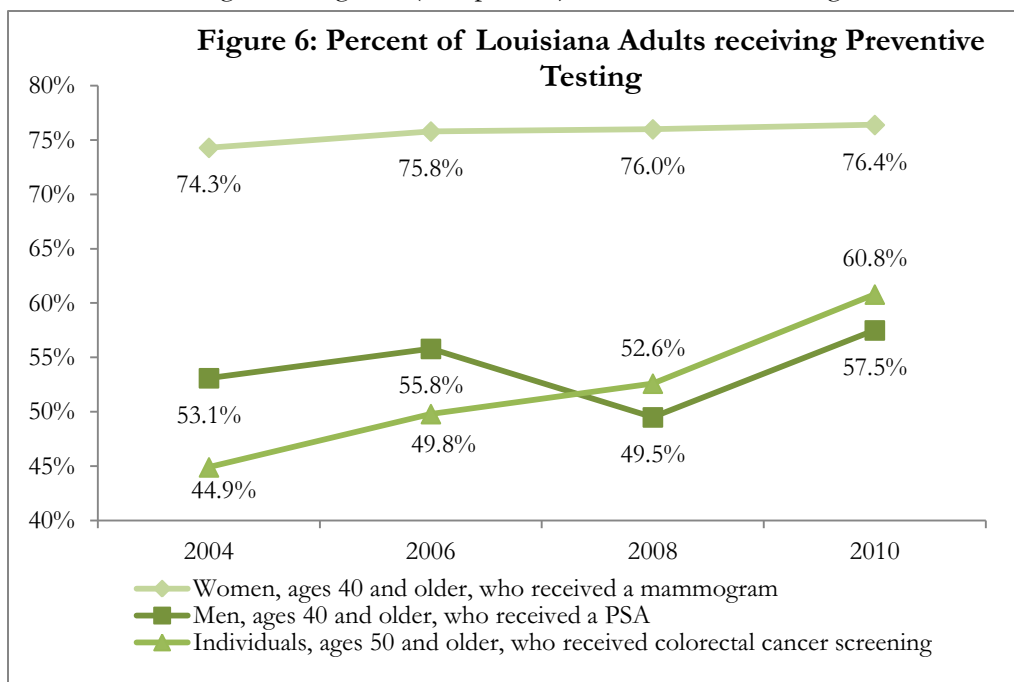


Table 1. Demographic Characteristics

Demographic Characteristics	Sample Size	%	95% CI
<b>AGE</b>			
18-24	229	14.0	12.3-15.9
25-34	621	18.2	16.7-19.7
35-44	914	16.8	15.6-18.0
45-54	1442	18.9	17.8-20.1
55-64	1655	15.4	14.5-16.3
65 and over	2171	16.8	15.9-17.7
<b>GENDER</b>			
Male	2245	47.7	45.9-49.4
Female	4787	52.3	50.6-54.1
<b>RACE-ETHNICITY</b>			
Caucasian	4869	63.1	61.3-64.8
African-American	1733	29.9	28.3-31.6
Hispanic	151	3.0	2.4-3.7
Other	219	4.1	3.4-4.9
<b>EDUCATION</b>			
Did not graduate High School	863	12.0	10.9-13.2
Graduated from High School	2219	32.2	30.6-33.9
Attended college	1826	26.3	24.8-27.9
Graduated college	2114	29.5	28.0-31.0
<b>HOUSEHOLD INCOME</b>			
<15,000	772	10.6	9.6-11.7
15,000-24,999	1171	19.2	17.7-20.8
25,000-34,999	598	10.1	9.0-11.4
35,000-49,999	842	14.4	13.2-15.7
50,000 +	2283	45.6	43.8-47.5
<b>HEALTH INSURANCE</b>			
Insured	5971	79.2	77.5-80.8
Uninsured	1053	20.8	19.2-22.5

Note: Other Race-Ethnicity is calculated based on the calculated variable \_RACEGR2. It collapses “other race/non-Hispanic” and “multi-racial/non-Hispanic” into a single category and excludes respondents who refused to answer or said they did not know.

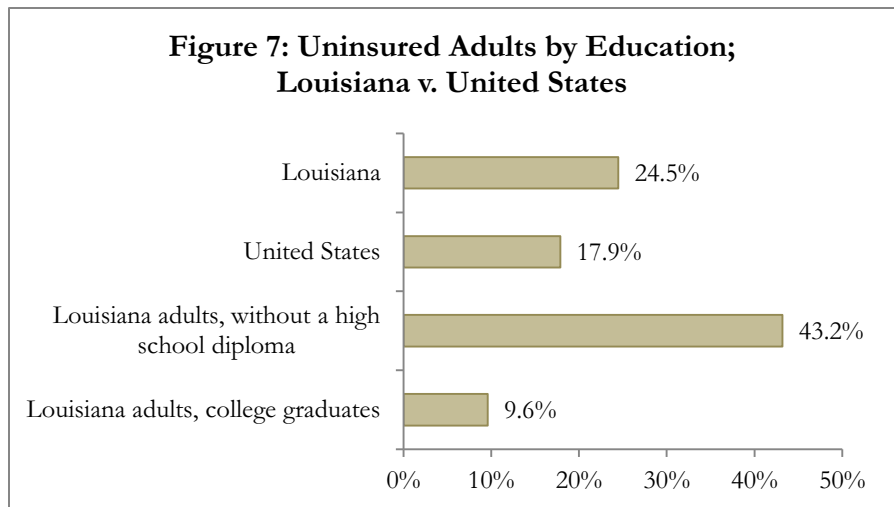
# Health Care Access and Coverage

Routine and preventive care is an important factor in keeping Louisiana residents healthy. Two of the most important predictors of an individual going in for routine check-ups are health insurance coverage and access to a primary care provider or other doctor. In addition, having health insurance increases the odds that individuals will receive routine care and not delay care or prescriptions because of affordability. The percentage of Louisiana residents who are uninsured saw a slight increase this year, from 23.2 to 24.5 percent of adults ages 18 to 64. There was also an increase in the number of individuals who reported being unable to see a doctor because of costs and who reported not having a primary care provider. This section analyzes Louisiana’s uninsured population and residents’ access to healthcare.

## HEALTH CARE COVERAGE: LOUISIANA’S UNINSURED POPULATION

The percentage of Louisiana adults without insurance continues to increase, with 24.5 percent reporting that they do not have insurance in 2010. This is only a slight increase from 2009 (23.2) but continues the upward trajectory of the past two years since the lowest rate reported in 2008 (22.4 percent). The state’s uninsured rate is significantly higher than the national average (17.9 percent) but is still 2 percentage points lower than Louisiana’s highest rate (26.5 percent), reported in 2006.

Louisiana’s uninsured are less educated (43.2 percent of those who did not graduate high school reported not having insurance) and poorer (42.1 percent of those individuals making less than \$15,000, and 51.4 percent of those making between \$15,000 and \$24,999). This is significant in comparison to their more educated and wealthier counterparts. Less than 10 percent (9.6 percent) of individuals who graduated college are uninsured as are 8.8 percent of individuals making \$50,000 or more in household income. Minority populations are also more likely to be uninsured, with 33.5 percent of African-Americans and 34.7 percent of Hispanics reporting no health insurance. The uninsured are also younger than the average population, with 38 percent of younger adults, ages 18 to 24, reporting no insurance compared to 17.6 percent of older adults (ages 45-54).



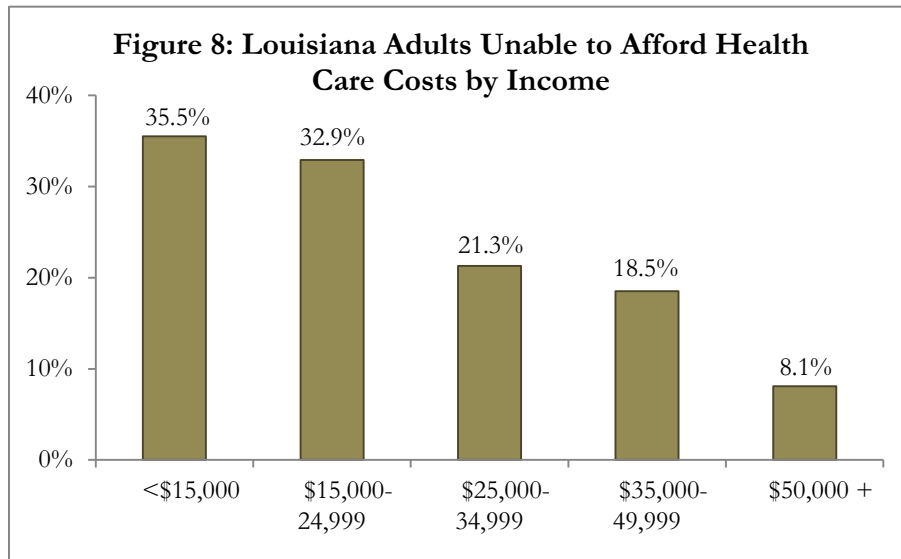
## HEALTH CARE ACCESS: PRIMARY CARE PROVIDER

Primary care providers are physicians, physician assistants or nurse practitioners who serve as the coordinators of patient health and as the trustees of patient wellness. They are a crucial component of maintaining individual health because they focus on preventive care rather than illness management. More than a fifth of Louisiana’s population indicates that they do not have a primary care provider (21.6 percent).

Access to primary care is related to age, gender, income and health insurance status. Sixteen percent of females reported not having a primary care provider, compared to 27.7 percent of males. In addition, 41.5 percent of individuals between the ages of 18 and 24 do not have a primary care provider. Almost a third of respondents making \$35,000 or less reported not having a primary care provider, as compared to less than 17 percent of individuals making more than \$35,000. Over half (51.2 percent) of those individuals without health insurance do not have a primary care provider.

#### HEALTH CARE ACCESS: PROHIBITIVE COSTS

Nineteen percent of Louisiana adults reported there was a time in the past 12 months when they could not see a doctor when they needed to because of related costs. As expected, income is a strong predictor of



affordability of care (see Figure 8). Nearly 36 percent of individuals earning less than \$15,000 reported being unable to see a doctor because of costs compared to 8.1 percent of individuals earning \$50,000 or more. Women (20.8 percent) are more likely than men (16.7 percent) to report they are unable to see a doctor because of costs; so are African-Americans, with 24.4 percent reporting prohibitive costs compared

to 15.4 percent of Caucasian respondents. But once again, the strongest predictor of lack of access to health care is health insurance status. Almost 50 percent (47.4) of Louisiana's uninsured reported that costs prohibited them from getting care as compared to 11.3 percent of those who have some form of health insurance.

Table 2. Health Care Coverage and Access

Demographic characteristics	Uninsured Non-elderly Adults in Louisiana*			No Primary Care Provider**			Unable to See Doctor Because of Cost***		
	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	995	24.5	22.6-26.5	1002	21.6	20.1-23.3	1122	18.9	17.4-20.4
<b>AGE</b>									
18-24	78	38.0	31.0-45.5	90	41.5	34.4-48.9	60	24.8	19.0-31.8
25-34	155	30.2	25.7-35.1	157	30.2	25.9-34.9	155	27.2	22.9-32.0
35-44	184	19.8	16.9-23.1	176	22.8	19.4-26.5	188	18.9	16.0-22.1
45-54	265	17.6	15.4-20.0	244	18.7	16.3-21.4	301	19.2	17.0-21.7
55-64	313	19.0	16.8-21.3	214	13.6	11.7-15.8	294	17.1	15.1-19.3
65 and over	-	-	-	121	5.5	4.5-6.7	124	6.1	4.8-7.4
<b>GENDER</b>									
Male	281	25.5	22.4-29.0	408	27.7	25.0-30.7	265	16.7	14.3-19.4
Female	714	23.6	21.6-25.7	594	16.1	14.6-17.8	857	20.8	19.2-22.5
<b>RACE-ETHNICITY</b>									
Caucasian	504	18.6	16.5-21.0	576	17.3	15.6-19.2	614	15.4	13.8-17.2
African-American	407	33.5	29.9-37.4	351	28.6	25.-3-32.2	419	24.4	21.7-27.4
Hispanic	32	34.7	23.5-47.8	32	34.8	24.4-47.0	31	20.0	12.2-31.0
Other	45	35.7	25.2-47.7	33	24.3	16.5-34.2	48	28.6	19.8-39.3
<b>EDUCATION</b>									
Did not graduate High School	173	43.2	36.4-50.3	172	26.9	22.2-32.1	202	27.4	22.7-32.6
Graduated from High School	434	34.7	30.9-38.6	367	26.9	23.7-30.2	443	23.7	20.9-26.7
Attended college	263	22.1	19.0-25.6	240	20.4	17.4-23.6	302	18.9	16.2-21.8
Graduated college	124	9.6	7.6-12.0	222	15.0	12.8-17.5	173	10.1	8.3-12.2
<b>HOUSEHOLD INCOME</b>									
<15,000	197	42.1	35.9-48.5	171	29.2	24.5-34.4	239	35.5	30.6-40.6
15,000-24,999	300	51.4	45.8-57.1	219	29.3	24.8-34.2	314	32.9	28.7-37.4
25,000-34,999	118	39.4	32.0-47.2	98	30.1	23.9-37.2	105	21.3	16.6-27.0
35,000-49,999	99	20.1	15.9-25.0	96	16.6	13.1-20.9	114	18.5	14.9-22.8
50,000 +	107	8.8	6.8-11.3	235	15.9	13.6-18.4	140	8.1	6.4-10.2
<b>HEALTH INSURANCE</b>									
Have Insurance	-	-	-	553	13.8	12.4-15.3	600	11.3	10.1-12.6
No Insurance	-	-	-	444	51.2	46.6-55.8	519	47.4	42.8-52.0

\* The proportion of Louisiana adults, ages 18-64, who reported having no health care coverage, including health insurance, prepaid plans such as HMOS, government plans, or Medicare.

\*\* The proportion of Louisiana adults who reported they did not have anyone whom they thought of as their personal doctor or health care provider.

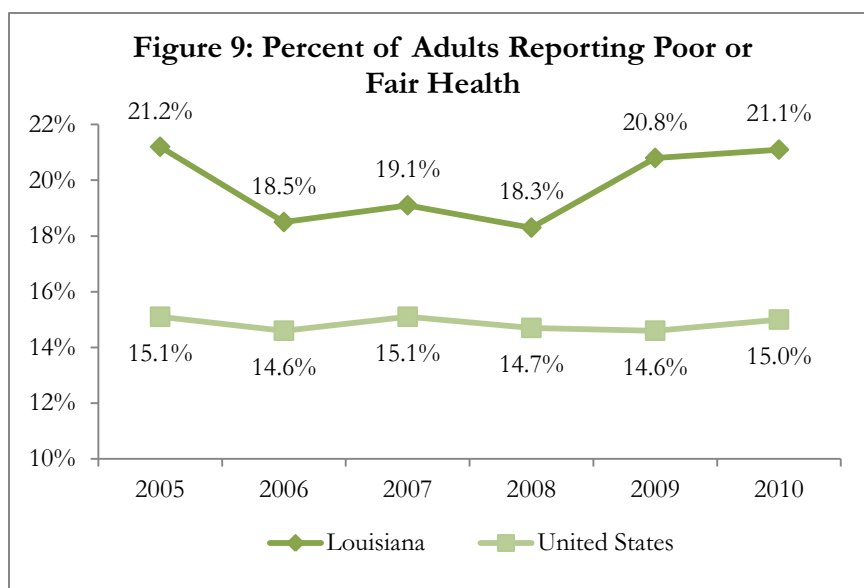
\*\*\* The proportion of Louisiana adults who reported there was a time in the past 12 months when they could not see a doctor when they needed to because of cost.

# General Health Status

When asked about their general health status, more Louisiana residents report their general health as either fair or poor (21.1 percent) than excellent (17.2 percent). While a subjective measure of personal health, self-reported health status provides useful insight into how residents feel about their own wellness. Such indicators also serve as important predictors of health-related outcomes and constitute a key component of health surveillance.

## ANALYZING STATE AND NATIONAL TRENDS

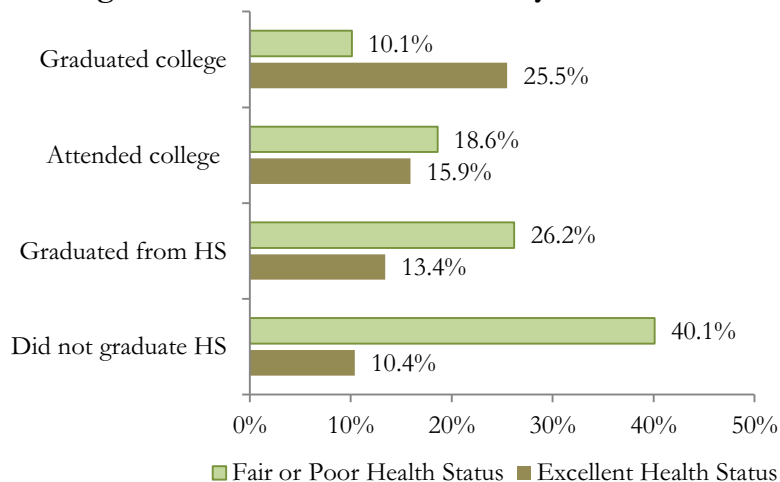
The percent of Louisiana adults who report their health as either poor or fair is six points higher than the national average and continues the upward trend of the past several years (see Figure 9). In 2010, the national average of individuals reporting poor or fair health status is 15 percent. This is a slight increase from 2009, but is considerably less than Louisiana's average.



In Louisiana, age, income and education are the most closely related to self-reported health status.

Older respondents, ages 65 and older, were considerably more likely to report their health status as fair or poor (35.8 percent) rather than excellent (9.2 percent). Almost 50 percent (47.5 percent) of respondents making less than \$15,000 reported their health as fair or poor, and only 6.6 percent reported it as excellent.

**Figure 10: General Health Status by Education**



As education increases, so does an individual's reported health status. Forty percent of respondents who did not graduate from high school reported fair or poor health, as did 26.2 percent of those who graduated from high school, 18.6 percent of those who attended college, and 10.1 percent of the respondents who are college graduates. In addition, 25.5 percent of college graduates rated their general health as excellent compared 10.4 percent of those who did not graduate high school.

Table 3. General Health Status

Demographic characteristics	Adults in Louisiana in Fair or Poor Health*			Adults in Louisiana in Excellent Health**		
	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	1805	21.1	19.9-22.4	1052	17.2	15.9-18.7
AGE						
18-24	27	10.1	6.7-14.9	44	20.6	15.0-27.6
25-34	58	10.7	7.9-14.5	158	24.9	21.2-29.1
35-44	130	14.4	11.9-17.4	189	19.4	16.7-22.5
45-54	360	24.1	21.6-26.8	247	17.2	15.0-19.5
55-64	508	31.0	28.4-33.7	191	11.6	9.9-13.5
65 and over	722	35.8	33.4-38.1	223	9.2	8.0-10.6
GENDER						
Male	573	20.2	18.2-22.3	343	18.1	15.9-20.6
Female	1232	22.0	20.5-23.5	709	16.5	15.1-18.0
RACE-ETHNICITY						
Caucasian	1110	18.8	17.4-20.2	801	18.7	17.1-20.5
African-American	585	26.2	23.6-29.0	186	14.4	12.0-17.3
Hispanic	36	15.2	9.5-23.4	22	20.0	12.0-31.4
Other	58	25.3	17.3-35.4	33	12.1	8.1-17.8
EDUCATION						
Did not graduate High School	421	40.1	35.5-45.0	64	10.4	6.8-15.6
Graduated from High School	690	26.2	23.7-28.8	225	13.4	11.1-16.0
Attended college	419	18.6	16.5-21.0	259	15.9	13.4-18.7
Graduated college	272	10.1	8.7-11.7	503	25.5	23.1-28.0
HOUSEHOLD INCOME						
<15,000	399	47.5	42.5-52.5	45	6.6	4.4-10.0
15,000-24,999	473	35.4	31.5-39.5	111	9.8	7.3-13.0
25,000-34,999	162	21.7	17.8-26.2	53	11.1	7.5-16.1
35,000-49,999	166	17.9	15.0-21.4	123	15.5	12.4-19.3
50,000 +	237	8.5	7.2-9.9	536	25.8	23.3-28.5
HEALTH INSURANCE						
Have Insurance	1455	20.0	18.8-21.3	920	17.5	16.2-19.0
No Insurance	346	25.2	21.7-29.0	131	16.2	12.7-20.5
* The proportion of Louisiana adults who reported fair or poor general health.						
** The proportion of Louisiana adults who reported excellent general health.						

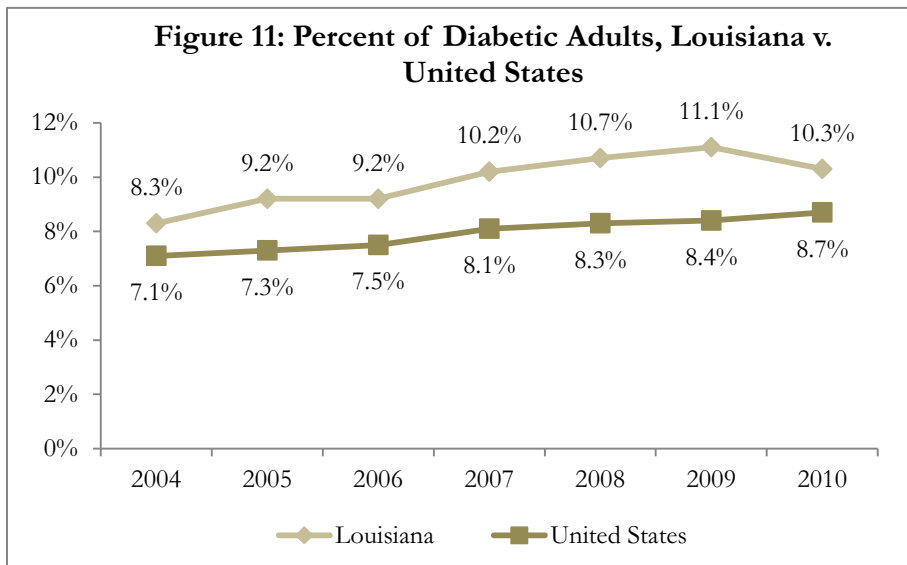


# Diabetes

Diabetes represents a significant and growing health risk. Marked by high levels of sugar in the blood, individuals with diabetes are at greater risk for cardiovascular disease, chronic renal failure, high blood pressure, and a range of health-related problems. Louisiana saw a slight decrease in the percentage of diabetic adults in 2010, from 10.3 percent in 2010 to 11.1 percent in 2009. While this is still higher than the national average, it marks the lowest percentage in the past three years for the state, and the first decrease since the BRFSS started tracking diabetes diagnoses. The percentage of pre-diabetic adults in Louisiana stayed relatively constant, at 5.9 percent.

## DIABETES PREVALENCE

As can be seen in Figure 11, the percent of adults diagnosed with diabetes decreased slightly from 11.1 percent in 2009 to 10.3 percent in 2010. Diabetes is most prevalent in older residents. Twenty-four percent of



Louisianans 65 and older reported being diagnosed with diabetes. African-Americans are more likely to have diabetes than Caucasians, with 12.9 percent of African-American respondents being diagnosed as compared to 9.2 percent of Caucasians. Education and income were also significantly related to diabetes and pre-diabetes. Diabetes rates are highest in those individuals who

did not graduate from high school (16.3 percent) and who earn less than \$15,000 a year (19.5 percent). In addition, 7.8 percent of those individuals making less than \$15,000 a year also reported being told that they have pre-diabetes or borderline diabetes.

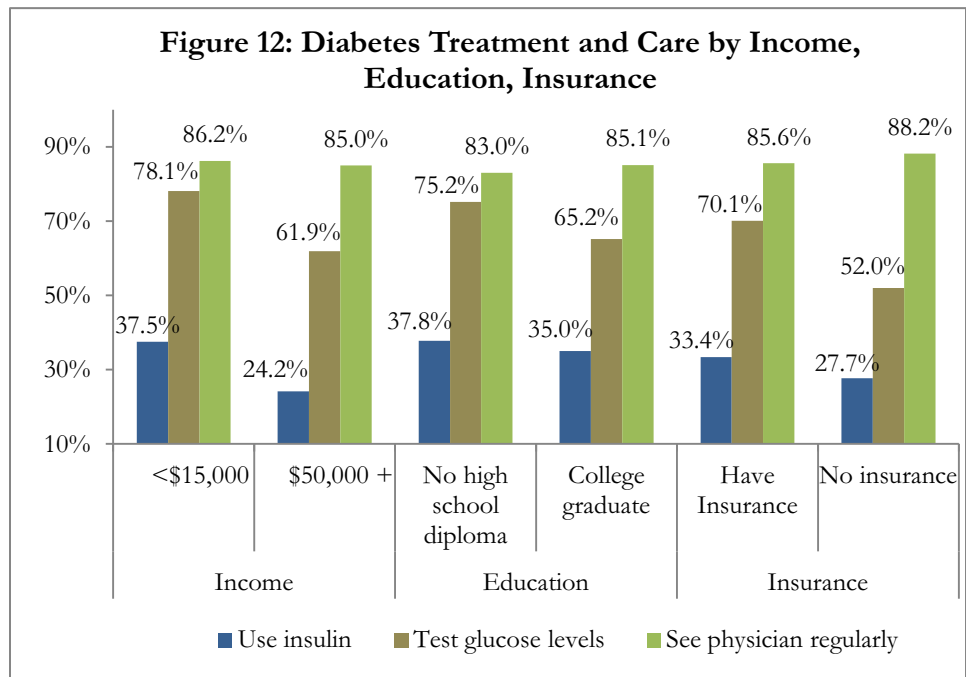
More than half of Louisiana residents (55.8 percent) have been tested for diabetes in the past three years, with older populations reporting higher levels of testing than younger residents (33 percent of respondents ages 18 to 24 compared to 68.7 percent of individuals ages 65 and older). Race does not have a significant effect on whether individuals received testing. Fifty-five percent of African-American adults reported being tested for diabetes, 56.1 percent of Caucasians, and 54.9 percent of Hispanic adults. Women are slightly more likely to be tested than men. Almost forty (39.5) percent of individuals without health insurance reported that they had been tested for diabetes, but only 11.5 percent reported having either diabetes (6.9 percent) or pre-diabetes (4.6 percent).

## DIABETES TREATMENT AND CARE

Once diagnosed with diabetes, individuals are responsible for the maintenance of their health through a variety of different tests and doctor visits. Understanding how to manage their disease is an essential part of a diabetic's health surveillance and can be a key predictor of overall wellness. Over fifty percent (53.3) of Louisianians who have been diagnosed with diabetes have taken a class or course on how to manage diabetes. Interestingly, insurance status does not affect whether an individual has taken such a course. Adults without insurance were just as likely as those with insurance to have taken a diabetes management course. Income and education were strong predictors of the likelihood of an individual taking the course. Sixty percent of those individuals making \$50,000 or more reported taking such a course, as compared to 47.6 percent of those making less than \$15,000. While there were not significant differences between those individuals who had graduated high school or graduate college, individuals who do not have a high school diploma were approximately 20 percent less likely to take a course. African-Americans were slightly more likely to take a course (55.9 percent) than Caucasians (52.8 percent) but both were significantly more likely to have done so than Hispanics. Less than 25 percent of Hispanic adults reported that they had taken a diabetes management course.

Eighty-six percent of Louisianians with diabetes report going to see a physician regarding their diabetes at least once in the past 12 months. However, the majority of the diabetes care and treatment relies on individual responsibility to routinely test their own glucose levels. Sixty-seven percent of diabetic Louisianians reported that they test their blood glucose level at least once a day. Younger populations, men and individuals with insurance are slightly more likely to report daily testing. The same is true with less educated individuals and those making less than \$15,000 a year. Seventy-five percent of individuals without a high school diploma report daily testing, as compared to 65.2 percent of individuals with a college degree. In addition, 78.1 percent of those making less than \$15,000 a year test their glucose daily while only 61.9 percent of individuals making more than \$50,000 a year report the same (see Figure 12).

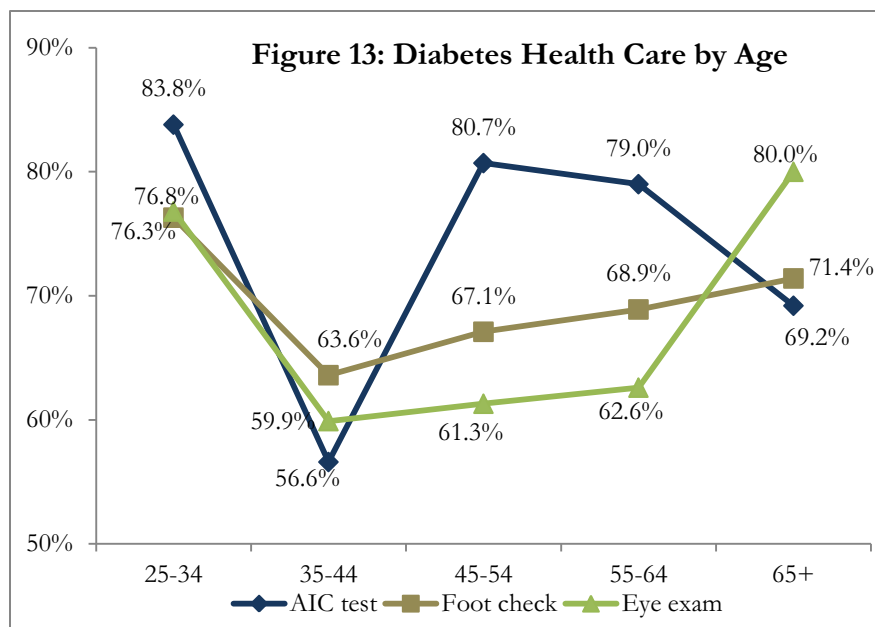
Insulin is the most common form of treatment for diabetics. In fact, all individuals with Type 1 diabetes should take insulin injections because their own body is unable to produce it. Insulin injections are sometimes necessary in Type 2 diabetics, in instances where individuals are not able to rely on supplemental pills.



Approximately one third of Louisianans with diabetes report taking insulin. This is most common in younger populations. Fifty-six percent of individuals between the ages of 25 and 34 report taking insulin, while only 28.5 percent of individuals 65 or older do.

### HEALTH CARE TRENDS AMONG LOUISIANA DIABETICS

Age is a significant predictor of an individual’s health care decisions for the treatment of their diabetes. Younger adults are more likely to regularly test their A 1C levels, have their feet examined for irritations, and



have regular eye exams than the majority of Louisiana adults (see Figure 13). While individuals who are 65 or older are less likely to regularly test their A1C levels, they are the age group with the highest percentage of individuals reporting that they had an eye exam at least once in the past 12 months. Interestingly, only 23.7 percent of individuals ages 65 and older reported that diabetes has affected their eyes.

Individuals between the ages of 35 and 44 are the age group reporting the lowest rate in all three of these health care treatments. It is important to note that the differences between age groups and their frequency in seeking diabetes treatment may be due to individuals who are diagnosed with Type 1 diabetes as adolescents compared to those who are diagnosed later in life with Type 2 diabetes. As previously mentioned, 56.3 percent of individuals ages 25-34 currently use insulin- indicative of Type 1 diabetes treatment- as compared to 28.5 percent of individuals 65 and older.

Insurance status is strongly related to the frequency with which individuals report receiving health care for their diabetes (see Figure 14). Uninsured Louisiana diabetics are less likely to receive an A1C test (75.2 percent), less likely to have their feet examined (70.5 percent) and less likely to have a regular eye exam (72.8 percent). This is extremely important considering that these routine health care tests are an important aspect of diabetes management and preventing more debilitating and serious conditions.

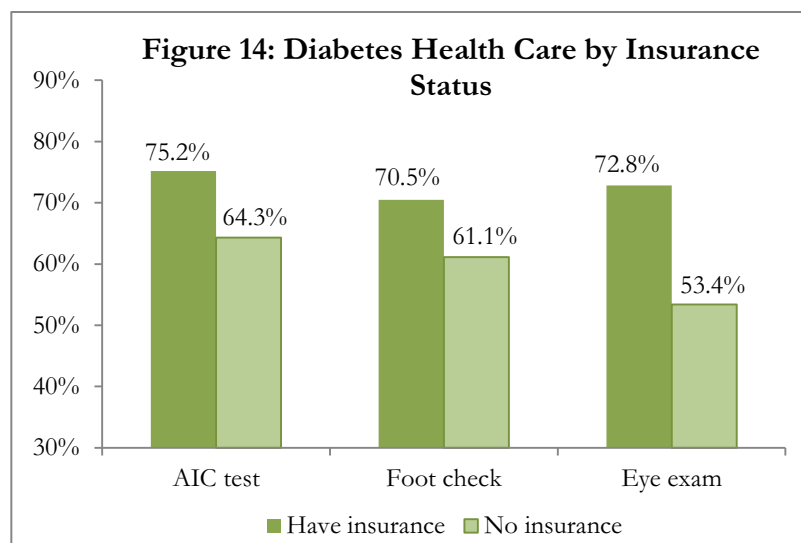


Table 4a. Diabetes

Demographic characteristics	Diagnosed with diabetes*			Adults tested for blood sugar or diabetes**			Non-diabetic adults told they have pre-diabetes***		
	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	1058	10.3	9.5-11.1	3710	55.8	53.9-57.6	424	5.9	5.2-6.8
AGE									
18-24	2	.008	.001-.03	84	33.1	26.8-40.0	7	4.0	1.8-8.5
25-34	14	2.4	1.3-4.5	305	49.2	44.4-53.9	21	3.1	1.9-5.0
35-44	43	4.2	3.0-5.9	497	56.6	52.7-60.5	49	5.8	4.1-8.0
45-54	151	9.6	8.0-11.5	797	61.7	58.6-64.8	82	5.6	4.3-7.1
55-64	346	20.4	18.3-22.8	876	67.9	64.9-70.8	115	9.8	7.9-12.2
65 and over	502	24.2	22.1-26.4	1151	68.7	66.1-71.2	150	9.3	7.8-11.0
GENDER									
Male	339	9.7	8.5-11.0	1187	53.7	50.5-56.8	141	6.0	4.7-7.5
Female	719	10.9	9.9-11.9	2523	57.6	55.5-59.7	283	6.0	5.2-6.9
RACE-ETHNICITY									
Caucasian	649	9.2	8.4-10.1	2591	56.1	53.9-58.3	287	6.0	5.0-7.0
African-American	357	12.9	11.3-14.8	881	55.3	51.5-59.2	111	6.4	4.9-8.3
Hispanic	16	8.1	4.2-14.9	85	54.9	42.9-66.4	9	4.2	1.9-9.0
Other	31	10.4	6.9-15.4	116	55.2	44.6-65.5	15	5.1	2.8-8.9
EDUCATION									
Did not graduate High School	201	16.3	13.6-19.5	363	51.9	46.0-57.9	50	6.0	4.0-9.0
Graduated from High School	360	10.5	9.2-11.9	1110	51.4	48.0-54.9	123	5.5	4.3-7.0
Attended college	267	9.6	8.3-11.1	1032	57.8	54.0-61.5	104	5.9	4.5-7.6
Graduated college	228	8.2	6.9-9.6	1200	60.0	57.0-62.9	146	6.5	5.2-8.3
HOUSEHOLD INCOME									
<15,000	189	19.5	16.4-23.1	315	48.8	43.0-54.6	48	7.8	4.9-12.4
15,000-24,999	245	14.3	12.2-16.7	546	50.3	45.2-55.4	70	6.9	4.8-9.6
25,000-34,999	102	11.0	8.6-13.9	304	51.4	44.6-58.1	37	5.8	3.7-9.1
35,000-49,999	106	9.9	7.9-12.4	477	61.5	56.5-66.3	53	6.1	4.3-8.5
50,000 +	200	6.4	5.4-7.5	1353	60.4	57.5-63.3	149	6.0	4.8-7.5
HEALTH INSURANCE									
Have Insurance	922	11.2	10.3-12.1	3271	60.2	58.2-62.1	364	6.4	5.5-7.3
No Insurance	134	6.9	5.6-8.6	435	39.5	35.0-44.3	60	4.6	3.2-6.6
* The proportion of Louisiana adults who reported being diagnosed with diabetes (pregnancy excluded).									
** The proportion of Louisiana adults who reported having a test for blood sugar or diabetes in the past three years.									
***The proportion of Louisiana adults who reported being told that they have pre-diabetes or borderline diabetes (pregnancy excluded).									

Table 4b. Diabetes Treatment and Care

Demographic characteristics	Diabetic adults using insulin*			Diabetic adults who test their glucose levels **			Diabetic adults who see a physician for treatment***		
	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	334	32.6	29.1-36.3	683	67.5	63.9-71.0	911	86.0	83.3-88.4
AGE									
18-24 <sup>1</sup>	-	-	-	-	-	-	-	-	-
25-34	6	56.3	27.5-81.4	10	76.9	45.8-92.9	12	83.8	52.2-96.1
35-44	17	40.3	24.9-57.8	31	80.3	64.5-90.1	33	78.5	62.9-88.8
45-54	52	29.7	22.1-38.6	95	59.9	49.9-69.1	135	89.3	82.2-93.8
55-64	114	34.7	29.0-40.9	206	62.6	56.4-68.5	303	88.5	84.3-91.6
65 and over	144	28.5	24.1-33.3	339	70.6	65.8-75.0	427	84.7	80.5-88.1
GENDER									
Male	112	35.4	29.4-41.9	220	69.5	63.5-74.9	294	88.1	83.6-91.5
Female	222	30.4	26.5-34.6	463	65.9	61.4-70.1	617	84.3	80.7-87.4
RACE-ETHNICITY									
Caucasian	191	32.7	28.2-37.6	396	64.7	60.1-69.1	559	86.2	82.7-89.0
African-American	130	34.4	28.5-40.8	252	71.2	64.7-76.9	309	87.3	82.5-91.0
Hispanic	3	14.6	3.6-43.7	11	76.0	47.9-91.6	13	70.5	37.4-90.6
Other	9	26.5	12.8-47.1	21	69.9	48.5-85.1	29	89.4	66.5-97.3
EDUCATION									
Did not graduate High School	78	37.8	29.7-46.6	143	75.2	66.9-82.0	167	83.0	75.3-88.6
Graduated from High School	103	30.2	24.6-36.6	222	65.3	59.2-70.9	316	88.6	84.1-92.0
Attended college	78	29.3	23.2-36.2	171	66.5	59.1-73.1	229	85.6	79.8-89.9
Graduated college	74	35.0	27.0-43.8	145	65.2	56.8-72.8	197	85.1	78.5-90.0
HOUSEHOLD INCOME									
<15,000	65	37.5	28.9-46.9	144	78.1	70.2-84.4	168	86.2	77.2-92.1
15,000-24,999	86	38.6	31.4-46.3	170	72.8	65.3-79.2	213	89.0	84.3-92.4
25,000-34,999	27	24.5	16.3-35.0	57	55.5	43.9-66.6	89	85.3	73.8-92.3
35,000-49,999	32	30.3	20.9-41.8	63	61.3	49.1-72.2	93	86.1	75.6-92.5
50,000 +	48	24.2	17.7-32.3	118	61.9	53.4-69.8	174	85.0	78.0-90.1
HEALTH INSURANCE									
Have Insurance	293	33.4	29.6-37.5	613	70.1	66.3-73.6	792	85.6	82.6-88.2
No Insurance	40	27.7	19.8-37.2	69	52.0	41.5-62.4	117	88.2	80.1-93.3
* The proportion of Louisiana adults who are currently diagnosed with diabetes and taking insulin.									
** The proportion of diabetic Louisiana adults who test their blood glucose level at least once a day.									
*** The proportion of diabetic Louisiana adults who have visited a physician regarding the diabetes at least once in the past 12 months.									

<sup>1</sup> Sample size not large enough to report results.

**Table 4c. Diabetes Treatment and Care**

Demographic characteristics	Diabetic adults who had an A1C test*			Diabetic adults who had their feet examined**			Diabetics who have taken a management class ***		
	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI
<b>Total</b>	788	73.6	70.0-76.8	700	69.1	65.4-72.5	563	53.3	49.5-57.1
<b>AGE</b>									
18-24 <sup>1</sup>	-	-	-	-	-	-	-	-	-
25-34	12	83.8	52.2-96.1	9	76.3	44.8-92.8	7	42.2	17.6-71.3
35-44	27	56.6	39.2-72.5	25	63.6	46.5-77.9	34	81.4	66.8-90.5
45-54	120	80.7	72.5-86.9	97	67.1	57.6-75.4	86	56.0	46.4-65.2
55-64	271	79.0	73.7-83.5	225	68.9	63.0-74.3	176	51.6	45.4-57.7
65 and over	357	69.2	64.2-73.8	343	71.4	66.4-75.9	260	51.4	46.3-56.5
<b>GENDER</b>									
Male	261	76.1	70.2-81.1	245	76.2	70.5-81.1	176	55.0	48.6-61.2
Female	527	71.5	67.0-75.6	455	63.4	58.7-67.8	387	52.0	47.5-56.5
<b>RACE-ETHNICITY</b>									
Caucasian	511	79.8	75.9-83.2	413	67.0	62.4-71.2	333	52.8	48.1-57.4
African-American	241	64.5	57.7-70.8	257	73.4	66.5-79.3	205	55.9	49.1-62.4
Hispanic	10	68.4	38.7-88.1	8	57.5	27.2-83.0	5	24.3	7.4-56.4
Other	24	80.4	61.6-91.3	20	70.2	50.1-84.7	18	55.4	35.6-73.7
<b>EDUCATION</b>									
Did not graduate High School	117	52.1	42.9-61.0	134	67.9	58.1-76.3	89	42.6	34.1-51.6
Graduated from High School	253	69.5	63.2-75.1	243	70.9	64.8-76.3	194	56.3	50.0-62.3
Attended college	215	81.0	74.9-85.9	168	66.4	59.3-72.8	144	54.2	47.9-61.3
Graduated college	202	89.2	83.5-93.1	153	70.1	61.9-77.2	135	57.0	48.4-65.3
<b>HOUSEHOLD INCOME</b>									
<15,000	127	62.4	53.1-71.0	136	74.4	66.0-81.3	88	47.6	38.7-56.7
15,000-24,999	179	71.7	64.4-78.0	161	73.1	66.3-78.9	139	57.5	49.8-64.8
25,000-34,999	86	82.1	71.2-89.4	69	65.1	53.1-75.5	55	54.8	43.4-65.8
35,000-49,999	92	87.3	77.8-93.1	70	67.5	54.7-78.1	59	51.2	39.7-62.5
50,000 +	173	86.0	79.3-90.7	132	67.0	58.5-74.4	118	60.4	52.0-68.2
<b>HEALTH INSURANCE</b>									
Have Insurance	700	75.2	71.4-78.6	619	70.5	66.6-74.1	487	53.1	49.0-57.1
No Insurance	88	64.3	53.8-73.6	80	61.1	50.5-70.8	75	54.6	44.0-64.7
* The proportion of diabetic Louisiana adults who had their A1C measured at least once in the past 12 months.									
** The proportion of diabetic Louisiana adults who had their feet checked for irritation by a health professional at least once in the past 12 months.									
***The proportion of diabetic Louisiana adults who have ever taken a class or course in diabetes management.									

<sup>1</sup> Sample size not large enough to report results.

Table 4d. Diabetes Eye Care

Demographic characteristics	Diabetic adults who had an eye exam*			Adults whose diabetes has affected eyes**		
	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	743	70.1	66.6-73.4	254	23.2	20.3-26.5
<b>AGE</b>						
18-24 <sup>1</sup>	-	-	-	-	-	-
25-34 <sup>2</sup>	10	76.8	45.8-92.8	-	-	-
35-44	27	59.9	42.4-75.2	7	18.3	7.5-38.2
45-54	99	61.3	51.5-70.2	45	28.7	21.1-37.7
55-64	215	62.6	56.6-68.3	85	23.3	18.5-28.9
65 and over	390	80.0	75.9-83.5	116	23.7	19.6-28.4
<b>GENDER</b>						
Male	233	70.6	64.7-75.8	92	26.9	21.7-32.8
Female	510	69.7	65.3-73.7	162	20.2	17.1-23.7
<b>RACE-ETHNICITY</b>						
Caucasian	436	65.8	61.3-70.1	149	23.5	19.9-27.8
African-American	268	75.1	68.8-80.4	93	23.6	18.7-29.5
Hispanic	12	83.8	55.6-95.5	3	9.3	2.5-28.9
Other	23	74.6	53.9-88.0	3	21.0	9.8-39.6
<b>EDUCATION</b>						
Did not graduate High School	131	69.9	61.9-76.9	61	28.0	21.0-36.2
Graduated from High School	252	69.0	62.8-74.6	81	24.0	18.8-30.1
Attended college	189	67.7	60.5-74.1	61	23.7	18.1-30.3
Graduated college	169	73.9	66.0-80.4	50	17.5	12.7-23.7
<b>HOUSEHOLD INCOME</b>						
<15,000	132	68.3	59.5-76.0	57	30.2	22.5-39.2
15,000-24,999	162	62.2	54.3-69.4	58	26.6	20.3-34.1
25,000-34,999	77	77.5	66.8-85.5	27	24.4	16.4-34.7
35,000-49,999	78	71.8	59.6-81.5	22	18.4	11.4-28.3
50,000 +	139	68.7	60.6-75.9	39	17.7	12.5-24.4
<b>HEALTH INSURANCE</b>						
Have Insurance	667	72.8	69.1-76.2	223	23.9	20.6-27.4
No Insurance	75	53.4	42.9-63.6	31	19.5	13.1-28.0

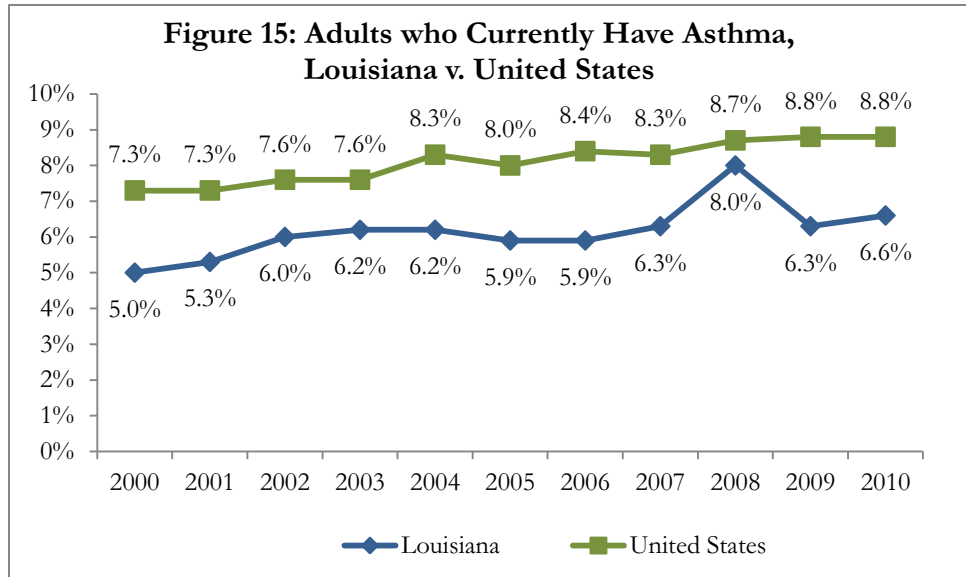
\* The proportion of diabetic Louisiana adults who had an eye exam at least once in the past 12 months.  
 \*\* The proportion of diabetic Louisiana adults who have ever been told by a doctor that diabetes has affected their eyes or they have retinopathy

<sup>1 2</sup> Sample size not large enough to report results.

# Asthma

Asthma is defined as a chronic inflammation of the airways resulting in coughing, wheezing and tightening in the chest, along with shortness of breath. Asthmatic attacks can be triggered by allergies or illness and, in worst-case scenarios, can be fatal. The incidence of asthma has been increasing throughout the world with higher rates in more developed, Western nations. The percentage of Louisiana adults who currently suffer from asthma grew slightly in 2010 to 6.6 percent but it is still lower than the national average, 8.8 percent.

The 2008 Behavioral Risk Factor Surveillance System survey reported a dramatic increase in the percent of Louisiana adults who currently have asthma. Based on the estimates from 2009 and 2010, the 2008 data were likely a deviation from the trend. While the rate of asthma is increasing in Louisiana, it is still below 8 percent.



The percent of Louisianans who reported ever being told that they had asthma (lifetime asthma) stayed constant in 2010 at 11.5 percent. This is also less than the national average, 13.8 percent.

Asthma disproportionately affects the uninsured, less educated and individuals making less than \$15,000 a year. Uninsured adults have a higher rate of current asthma sufferers (7.5 percent) and lifetime asthma sufferers (15 percent) than adults with health insurance (6.4 and 10.6 percent, respectively). Ten percent of individuals without a high school diploma report having asthma, while only 6.1 percent of individuals with a college degree are asthmatic. In addition, individuals earning less than \$15,000 a year are more than twice as likely to currently be suffering from asthma than those earning more than \$35,000 a year.

More African-Americans suffer from current asthma (7.6 percent) or lifetime asthma (12.8 percent) than Caucasians (6.1 and 11.1 percent) and Hispanics (3.4 and 5.9 percent). Women are more likely than men to be current sufferers (7.6 percent) and lifetime sufferers (12.1 percent) of asthma. In addition, asthma also affects younger populations at a higher rate than older populations. Almost 17 percent of adults ages 18 to 24 are lifetime sufferers, and 8.4 percent currently suffer from asthma, as compared to 9.7 percent of adults ages 65 and older who are lifetime sufferers, and 6.4 percent who are currently suffering from asthma.

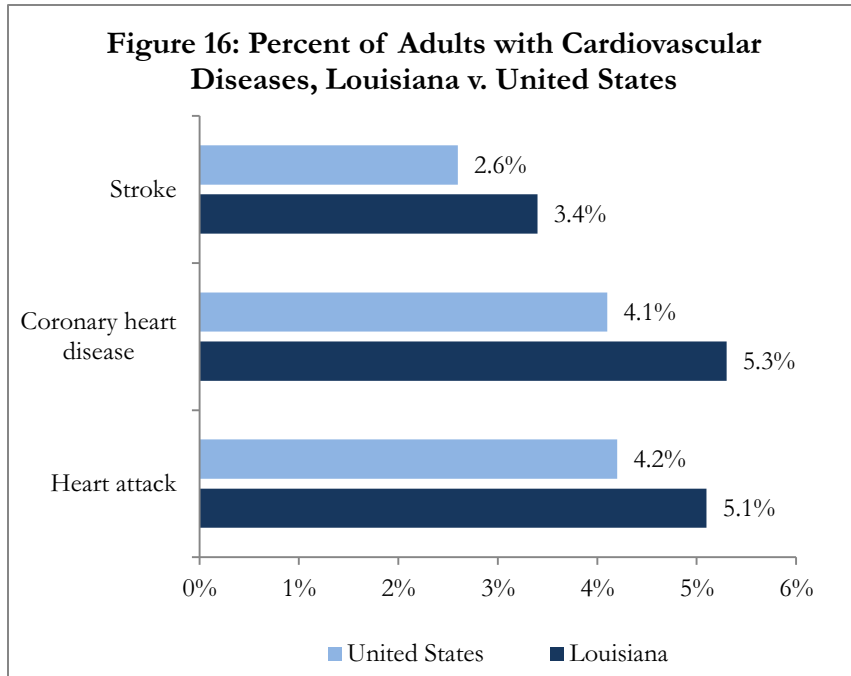


Table 5. Asthma

Demographic characteristics	Current Asthma*			Lifetime Asthma**		
	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	490	6.6	5.7-7.6	775	11.5	10.4-12.8
AGE						
18-24	17	8.4	4.8-14.2	39	16.9	12.0-23.2
25-34	37	6.1	4.0-9.4	68	12.6	9.3-16.8
35-44	60	5.7	4.2-7.6	90	9.1	7.2-11.5
45-54	103	6.1	4.9-7.8	160	10.3	8.6-12.2
55-64	125	7.4	6.0-9.0	193	11.6	9.9-13.5
65 and over	148	6.4	5.4-7.7	225	9.7	8.4-11.2
GENDER						
Male	101	5.6	4.1-7.5	209	10.9	8.9-13.2
Female	389	7.6	6.7-8.6	566	12.1	10.9-13.5
RACE-ETHNICITY						
Caucasian	310	6.1	5.1-7.3	506	11.1	9.7-12.7
African-American	150	7.6	6.0-9.6	222	12.8	10.7-15.3
Hispanic	8	3.4	1.6-7.3	15	5.9	3.3-10.3
Other	17	9.8	4.1-21.8	25	13.3	6.8-24.2
EDUCATION						
Did not graduate High School	92	10.5	7.3-14.8	131	16.0	12.3-20.7
Graduated from High School	150	6.9	5.2-9.0	240	12.1	9.9-14.8
Attended college	127	5.2	4.1-6.5	214	10.7	8.9-12.7
Graduated college	120	6.1	4.7-7.9	189	9.8	8.1-12.0
HOUSEHOLD INCOME						
<15,000	96	11.1	8.7-14.1	131	16.6	13.4-20.4
15,000-24,999	110	9.2	6.3-13.1	152	14.5	10.8-19.1
25,000-34,999	48	7.4	4.8-11.3	70	11.6	8.2-16.2
35,000-49,999	39	4.0	2.7-5.9	73	7.8	5.9-10.2
50,000 +	111	5.2	4.0-6.8	214	10.8	9.0-12.9
HEALTH INSURANCE						
Have Insurance	425	6.4	5.6-7.3	653	10.6	9.6-11.8
No Insurance	65	7.5	4.9-11.3	122	15.0	11.4-19.4
* Percent of adults reporting they currently have asthma.						
** Percent of adults who have ever been told they have asthma.						

# Cardiovascular Disease

Cardiovascular disease refers to strokes and diseases of the heart, such as coronary heart disease. Coronary



heart disease (manifested by heart attacks) and strokes are the most common causes of death in the United States.

Cardiovascular disease is also the leading cause of death in Louisiana, accounting for almost 40 percent of the total number of deaths in the state. Louisiana has the fourth-highest cardiovascular death rate in the nation, has the eighth-highest rate of adults reporting ever having a heart attack or myocardial infarction, and the seventh-highest rate of adults with coronary heart disease. Adults in Louisiana are more likely to report suffering from a

series of cardiovascular diseases than the national average. Five percent of Louisianans reported having a heart attack, 3.4 percent have had a stroke, and 5.3 percent suffer from coronary heart disease.

## LOUISIANA AT-RISK POPULATIONS

As age increases, so does the risk of having cardiovascular disease. Thirteen percent of adults ages 65 and older reported having a heart attack, 15.3 percent reported having coronary heart disease and 9.1 percent reported having a stroke.

Interestingly, there were not significant differences between race and ethnicities. African-Americans reported the lowest rate of heart attacks (4.1 percent) but highest rate of strokes (3.9 percent). Overall, men were more likely to have a heart attack (6.5 percent), coronary heart disease (6.4 percent) and stroke (3.9 percent) than women (3.9, 4.3, and 2.9 percent, respectively).

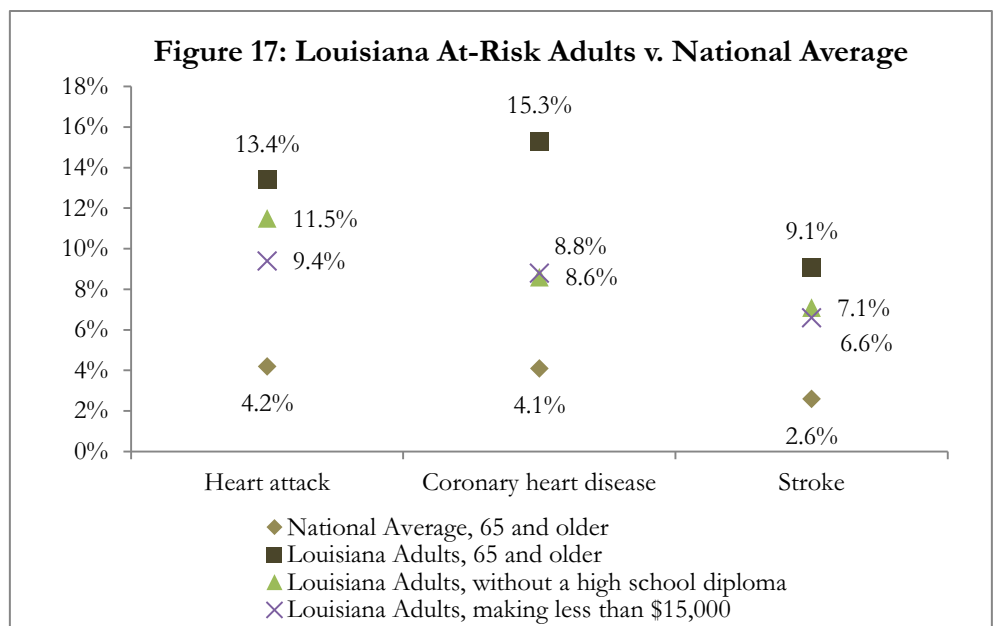


Table 6. Cardiovascular Disease

Demographic characteristics	Heart attack*			Coronary heart disease**			Stroke***		
	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	492	5.1	4.5-5.9	548	5.3	4.7-6.0	333	3.4	2.9-3.9
AGE									
18-24 <sup>1</sup>	-	-	-	-	-	-	-	-	-
25-34	6	1.3	.05-3.1	2	.01	.004-.07	5	1.5	.05-3.7
35-44	17	1.7	1.0-3.0	11	1.3	.06-2.8	17	2.0	1.0-3.8
45-54	64	3.8	2.8-5.1	50	3.3	2.4-4.6	41	2.3	1.6-3.3
55-64	133	8.6	7.1-10.4	173	10.7	9.0-12.5	91	5.5	4.3-6.9
65 and over	269	13.4	11.8-15.2	311	15.3	13.6-17.1	179	9.1	7.6-10.6
GENDER									
Male	227	6.5	5.4-7.9	234	6.4	5.3-7.7	122	3.9	3.1-4.9
Female	265	3.9	3.3-4.5	314	4.3	3.8-4.9	211	2.9	2.5-3.4
RACE-ETHNICITY									
Caucasian	356	5.7	4.8-6.7	412	6.1	5.3-7.1	224	3.3	2.8-3.9
African-American	113	4.1	3.2-5.1	107	3.8	3.0-4.8	91	3.9	2.9-5.2
Hispanic	7	5.8	2.2-14.7	6	2.7	1.1-6.9	8	2.2	.9-5.1
Other	12	4.6	2.3-8.8	20	5.9	3.3-10.2	9	2.7	1.2-5.6
EDUCATION									
Did not graduate High School	106	11.5	8.1-16.1	98	8.6	5.6-12.9	78	7.1	5.1-9.8
Graduated from High School	182	5.7	4.8-6.8	189	5.9	4.9-7.0	95	2.6	2.0-3.2
Attended college	111	3.4	2.8-4.3	136	4.6	3.7-5.7	80	3.3	2.4-4.4
Graduated college	92	3.4	2.6-4.4	124	4.0	3.2-4.9	79	2.8	2.1-3.8
HOUSEHOLD INCOME									
<15,000	85	9.4	7.3-12.1	88	8.8	6.8-11.3	72	6.6	5.0-8.8
15,000-24,999	126	7.9	6.3-9.8	110	6.4	5.1-8.1	84	6.4	4.7-8.7
25,000-34,999	41	3.7	2.6-5.4	57	6.0	4.4-8.2	29	3.0	2.0-4.7
35,000-49,999	55	4.7	3.4-6.4	66	6.0	4.4-8.1	30	3.4	2.2-5.3
50,000 +	87	3.3	2.2-4.9	131	4.2	3.1-5.7	43	1.3	.9-1.8
HEALTH INSURANCE									
Have Insurance	438	5.3	4.7-6.0	507	5.9	5.3-6.6	288	3.6	3.1-4.2
No Insurance	53	4.4	2.6-7.4	39	2.9	1.4-5.9	45	2.5	1.6-3.8

\* The proportion of respondents who were told by a health care professional that they had a heart attack or myocardial infarction.

\*\* The proportion of respondents who were told by a health care professional that they had angina or coronary heart disease.

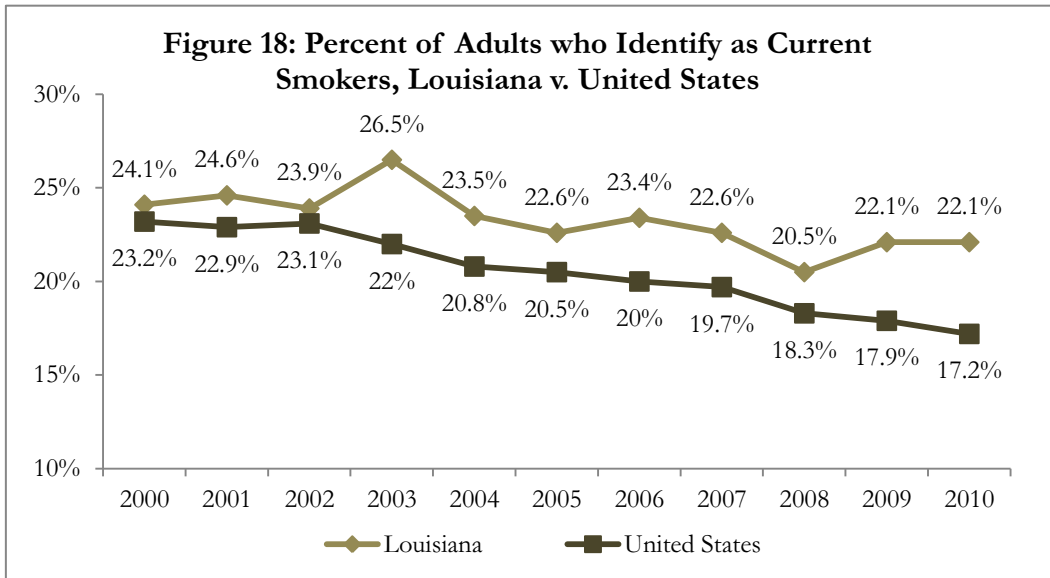
\*\*\* The proportion of respondents who indicated that they were told by a healthcare professional that they had a stroke.

<sup>1</sup> Sample size not large enough to report results.

# Tobacco Use

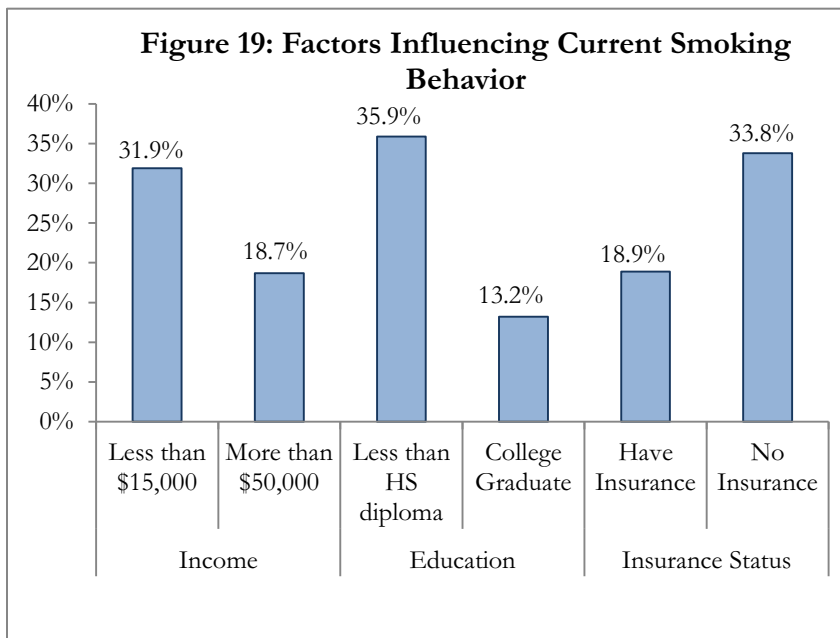
Tobacco use is associated with a variety of negative health outcomes, including coronary heart disease, lung cancer and cancer of the larynx and mouth. The percent of Americans who smoke has steadily decreased over the past decade. In 2000, 23.2 percent of American adults reported that they were current smokers. In 2010, that number has decreased to 17.2 percent.

Louisiana has not seen the same decrease in smoking rates as the rest of the nation. In fact, the Louisiana smoking rate has only dropped two percentage points from 24.1 percent in 2000 to 22.1 percent



in 2010. Additionally, from 2009 to 2010 the percentage of Louisiana adults who identify as smokers remained the same, resulting in the biggest difference in the percentage of Louisiana smokers compared to the national average (4.9 percentage points).

## INFLUENTIAL FACTORS



There are several demographic variables that are highly correlated with smoking, including gender, income, education and ethnicity (see Figure 19). Significantly more men are smokers than women, with 25.2 percent identifying themselves as current smokers as compared to 19.1 percent of women. In addition, more than twice as many individuals who did not graduate high school identify as smokers (35.9 percent) as individuals with a college degree (13.2 percent). Income was also a strong predictor of

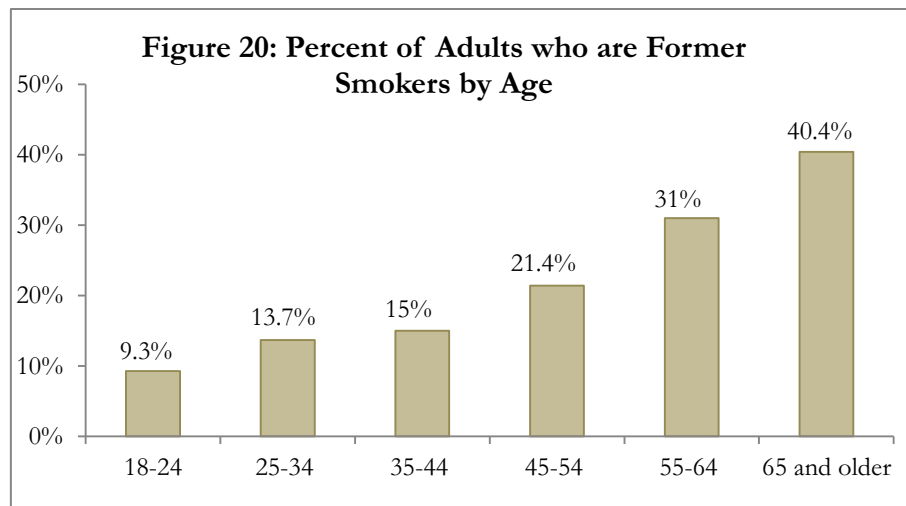
smoking with 31.9 percent of individuals making less than \$15,000 a year identifying as a current smoker, compared to 18.7 percent of those making more than \$50,000 a year. Slightly more Caucasians are smokers (22.6 percent) than African-Americans (20.8 percent) and Hispanics (17 percent). Insurance status is also closely related with smoking rates, with 33.8 percent of individuals without insurance reporting they are current smokers.

The same is not true of individuals who report using smokeless tobacco products, like chewing tobacco. While 4.7 percent of Louisianans report using these products, there are not significant differences across a range of demographic variables. The only demographic variable that is strongly related to smokeless tobacco use is gender. Over nine percent of male respondents report using smokeless tobacco products while less than one percent of female respondents report the same.

### FORMER SMOKERS AND SMOKING CESSATION

As expected, there is a higher percentage of former smokers nationally than in Louisiana. Almost a quarter of the national sample (24.7 percent) self-identifies as a former smoker, compared to 21.9 percent of

Louisianans. Former smokers in Louisiana are older than the average population. Forty percent of individuals 65 or over identify as a former smoker, compared to 9.3 percent of individuals between the ages of 18 and 24. In fact, the percentage of individuals identifying themselves as a former smoker grows steadily as age increases (see Figure 20).



Sixty percent of Louisiana’s smoking population has reported trying to quit at least once in the past year. Uninsured smokers have a slightly higher rate of trying to quit smoking than insured smokers, 63.1 percent compared to 58.3 percent.

Table 7a. Tobacco Use

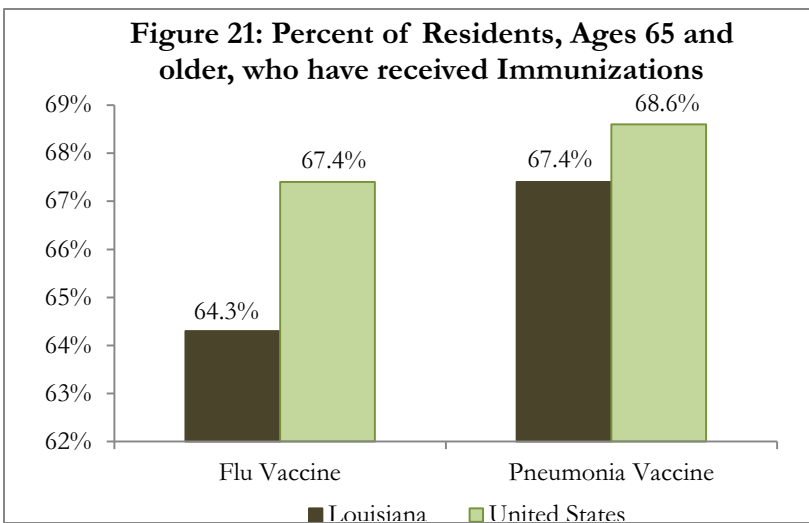
Demographic characteristics	Current Smoker*			Former Smoker**		
	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	1349	22.1	20.6-23.5	1863	21.9	20.6-23.2
AGE						
18-24	46	20.0	14.8-26.4	20	9.3	5.8-14.5
25-34	174	32.1	27.8-36.8	83	13.7	10.6-17.5
35-44	220	24.7	21.5-28.3	137	15.0	12.5-17.9
45-54	361	25.6	22.9-28.5	305	21.4	19.1-24.0
55-64	320	17.7	15.8-19.9	471	31.0	28.4-33.7
65 and over	228	10.0	8.6-11.6	847	40.4	38.0-42.8
GENDER						
Male	471	25.2	22.8-27.9	782	26.0	23.8-28.3
Female	878	19.1	17.6-20.7	1081	18.2	16.9-19.5
RACE-ETHNICITY						
Caucasian	933	22.6	20.9-24.4	1427	25.4	23.8-27.1
African-American	331	20.8	18.1-23.8	325	14.6	12.6-16.9
Hispanic	24	17.0	10.1-27.2	38	23.9	16.0-34.0
Other	47	23.3	16.6-31.8	54	18.8	13.4-25.7
EDUCATION						
Did not graduate High School	245	35.9	30.8-41.3	241	23.6	20.0-27.6
Graduated from High School	516	26.4	23.7-29.3	583	21.3	19.0-23.8
Attended college	345	20.3	17.8-23.0	530	24.2	21.7-26.9
Graduated college	242	13.2	11.3-15.5	505	19.7	17.8-21.8
HOUSEHOLD INCOME						
<15,000	232	31.9	27.4-36.7	226	25.1	21.2-29.4
15,000-24,999	290	27.9	23.9-32.3	298	20.3	17.1-24.0
25,000-34,999	123	26.3	21.1-32.3	159	19.3	15.8-23.3
35,000-49,999	150	20.7	17.0-25.0	230	23.1	19.8-26.9
50,000 +	342	18.7	16.5-21.1	610	23.8	21.7-26.2
HEALTH INSURANCE						
Have Insurance	994	18.9	17.5-20.4	1668	23.6	22.3-25.0
No Insurance	353	33.8	29.6-38.2	193	15.4	12.4-19.0
* Proportion of respondents who indicated they were current smokers.						
** Proportion of respondents who indicated they were former smokers.						

Table 7b. Tobacco Use

Demographic characteristics	Smoking Cessation***			Smokeless Tobacco**		
	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	813	59.9	56.1-63.6	214	4.7	4.0-5.6
AGE						
18-24	28	59.0	42.8-73.5	5	2.8	1.1-6.8
25-34	103	61.5	52.9-69.3	35	8.1	5.8-11.2
35-44	140	61.5	53.4-68.9	41	6.6	4.6-9.4
45-54	221	59.8	53.3-65.9	39	3.9	2.7-5.4
55-64	184	56.3	49.9-62.5	53	4.0	3.0-5.4
65 and over	137	58.6	50.8-66.0	41	2.4	1.7-3.4
GENDER						
Male	270	60.3	54.5-65.9	176	9.1	7.6-10.8
Female	543	59.4	54.9-63.8	38	.08	.05-1.2
RACE-ETHNICITY						
Caucasian	529	56.0	51.4-60.4	163	5.7	4.8-6.9
African-American	232	66.7	58.9-73.6	35	1.7	1.1-2.6
Hispanic	18	88.0	67.7-96.3	7	8.9	3.8-19.8
Other	26	55.9	38.2-72.2	8	6.3	2.5-15.0
EDUCATION						
Did not graduate High School	155	64.0	54.8-72.3	40	5.1	3.4-7.6
Graduated from High School	312	58.5	52.2-64.5	84	6.1	4.6-8.0
Attended college	215	61.0	53.8-67.8	47	3.8	2.7-5.3
Graduated college	131	57.2	48.7-65.3	43	3.9	2.7-5.5
HOUSEHOLD INCOME						
<15,000	156	63.8	54.1-72.4	23	4.0	2.1-7.4
15,000-24,999	185	67.9	59.6-75.1	32	2.5	1.7-3.9
25,000-34,999	81	62.3	49.4-73.7	22	5.2	3.1-8.8
35,000-49,999	94	63.9	52.8-73.7	17	3.6	1.9-6.5
50,000 +	180	53.9	47.0-60.6	91	7.1	5.6-9.0
HEALTH INSURANCE						
Have Insurance	595	58.3	53.9-62.5	173	4.6	3.8-5.6
No Insurance	216	63.1	55.6-70.0	41	5.1	3.4-7.6
* Proportion of current smokers who attempted to quit at least one day in the past year.						
** Proportion of adults who reported using any chewing tobacco or smokeless tobacco products.						

# Immunizations

Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. Every year, an estimated 10-20 percent of the population contracts the influenza virus, causing mild to severe illness. While most individuals who contract the flu recover completely, certain individuals (i.e., the elderly) are at-risk for very serious flu complications like pneumonia. The best protection is the vaccination. While the CDC recommends that everyone, six months or older, get a yearly flu vaccine, it is especially important for those individuals 65 and older. Currently, Louisiana is behind the national average of individuals, 65 and older, who have received a yearly flu shot. Nationally, 67.4 percent of adults, 65 and older, have received a flu shot, compared to 64.3 percent of Louisianans 65 and older. The same is true of those older populations who have received a pneumonia vaccine. Sixty-seven percent of older Louisianans have received a pneumonia vaccine, as opposed to the 68.6 percent of the national sample (see Figure 21).



Thirty-eight percent of all Louisianans, regardless of age, received an annual flu shot in 2010, and 25.8 percent have ever received a pneumonia vaccine. Income and insurance status is a strong predictor of whether an individual received either immunization. Less than 22 percent of uninsured individuals received a flu vaccine, and 17.4 percent received a pneumonia vaccine. Older Louisiana residents, ages 65 and older, earning less than \$15,000 are also

less likely to get a flu shot, with only 56.9 percent reporting receiving an annual flu shot in 2010.

## RACE-ETHNICITY DIFFERENCES IN IMMUNIZATION TRENDS

Of Louisiana's older population, Caucasians are more much likely to receive a flu shot than African-Americans and slightly more likely than Hispanics. Only 54.3 percent of African-Americans have received a flu shot, compared to 67.3 percent of Caucasians and 64.9 percent of Hispanics. The same trends are found when examining older residents' likelihood to receive a pneumonia vaccine. Only 56.5 percent of older African-Americans have ever received a pneumonia vaccine, as compared to 70.7 percent of older Caucasians.

When examining the entire Louisiana sample, 41 percent of Caucasians received a flu shot, compared to 34.1 percent of African Americans and 32.4 percent of Hispanics. Similarly, 26.7 percent of Caucasians have ever received a pneumonia vaccine, while only 23.9 percent of African-Americans and 19.2 percent of Hispanics have received one.



Table 8a. Immunizations

Demographic characteristics	Louisiana Adults, aged 65 or older who had Flu Vaccine*			Louisiana Adults, aged 65 or older who had Pneumonia Vaccine**		
	Sample Size	%	95% CI	Sample Size	%	95% CI
65 and over	1391	64.3	61.9-66.6	1414	67.4	65.1-69.7
<b>GENDER</b>						
Male	423	65.3	61.2-69.2	429	67.8	63.7-71.7
Female	968	63.5	60.7-66.3	985	67.1	64.4-69.8
<b>RACE-ETHNICITY</b>						
Caucasian	1120	67.3	64.8-69.8	1135	70.7	68.3-73.1
African-American	204	54.3	48.4-60.0	210	56.5	50.5-62.3
Hispanic	17	70.6	49.8-85.4	16	56.9	35.1-76.4
Other	38	59.9	45.4-72.8	42	71.8	58.5-82.2
<b>EDUCATION</b>						
Did not graduate High School	224	56.0	50.2-61.7	226	57.2	51.2-62.9
Graduated from High School	473	65.5	61.5-69.3	498	71.6	67.9-75.0
Attended college	335	64.3	59.2-69.1	340	67.3	62.2-72.0
Graduated college	356	69.2	64.5-73.6	347	69.8	65.1-74.2
<b>HOUSEHOLD INCOME</b>						
<15,000	165	56.9	49.9-63.6	182	64.5	57.6-70.8
15,000-24,999	290	59.8	54.4-64.9	315	68.9	63.8-73.7
25,000-34,999	149	67.5	60.1-74.2	155	73.8	66.6-79.9
35,000-49,999	158	66.2	58.8-72.9	160	68.9	61.5-75.5
50,000 +	265	71.5	66.1-76.4	244	66.9	61.3-72.0
<b>HEALTH INSURANCE</b>						
Have Insurance	1370	65.3	63.0-67.7	1386	67.9	65.6-70.2
No Insurance	21	35.3	22.9-49.9	27	52.5	37.7-66.9

\* Among Louisiana adults age 65 and older, the proportion who reported that they had a flu vaccine, either by injecting in the arm or spraying in the nose during the past year.

\*\* Among Louisiana adults aged 65 and older, the proportion who reported that they ever had a pneumonia vaccine.

Table 8b. Immunizations

Demographic characteristics	Louisiana Adults who had Flu Shot Last 12 Months*			Louisiana Adults who have ever had Pneumonia Vaccine**		
	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	3179	38.4	36.9-40.1	2419	25.8	24.4-27.2
AGE						
18-24	55	23.9	18.3-30.6	29	12.8	8.7-18.4
25-34	187	30.9	26.7-35.6	69	13.8	10.4-18.1
35-44	290	32.6	29.0-36.3	117	13.3	10.8-16.3
45-54	511	33.9	31.1-36.8	271	18.3	16.0-20.9
55-64	745	44.7	41.9-47.5	519	30.9	28.3-33.6
65 and over	1391	63.8	61.4-66.1	1414	65.5	63.1-67.7
GENDER						
Male	999	37.6	35.0-40.4	756	25.9	23.6-28.3
Female	2180	39.2	37.4-41.0	1663	25.7	24.2-27.2
RACE-ETHNICITY						
Caucasian	2367	41.0	39.1-42.9	1778	26.7	25.1-28.3
African-American	635	34.1	30.9-37.3	502	23.9	21.3-26.6
Hispanic	57	32.4	23.5-42.8	42	19.2	13.1-27.2
Other	92	36.1	27.3-45.8	73	30.6	22.0-40.7
EDUCATION						
Did not graduate High School	364	35.2	30.6-40.0	349	29.5	25.5-33.7
Graduated from High School	951	35.6	32.8-38.6	809	28.6	25.9-31.4
Attended college	826	38.3	35.2-41.5	629	25.5	22.9-28.2
Graduated college	1030	42.9	40.2-45.6	626	21.4	19.4-23.5
HOUSEHOLD INCOME						
<15,000	313	34.0	29.5-38.8	332	33.5	29.3-37.9
15,000-24,999	511	36.4	32.4-40.6	498	34.2	30.2-38.4
25,000-34,999	292	42.5	36.7-48.5	240	30.6	25.8-35.9
35,000-49,999	382	39.6	35.2-44.1	281	25.5	21.9-29.5
50,000 +	1046	39.6	37.0-42.2	543	17.4	15.7-19.4
HEALTH INSURANCE						
Have Insurance	2919	42.8	41.1-44.5	2206	28.0	26.5-29.4
No Insurance	256	21.9	18.3-25.9	209	17.4	14.1-21.3
* Louisiana adults who reported that they had a flu shot in the past 12 months.						
** Louisiana adults who reported that they ever had a pneumonia vaccine.						

# Overweight and Obesity

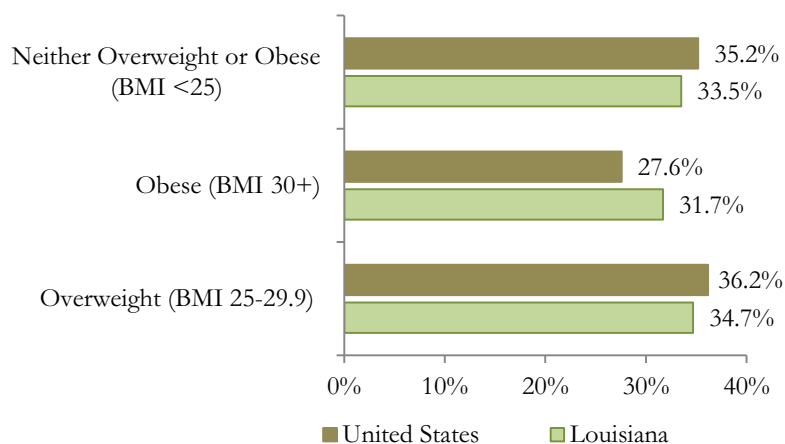
Overweight and obesity are both labels for ranges of weight that are greater than what is generally considered healthy for a given height. The terms also identify ranges of weight that have been shown to increase the likelihood of certain diseases and other health problems. For adults, overweight and obesity ranges are determined by using weight and height to calculate a number called the “body mass index” (BMI). An adult who has a BMI between 25 and 29.9 is considered overweight, while an adult who has a BMI of 30 or higher is considered obese. Obesity is associated with a range of health problems, including coronary heart disease, Type 2 diabetes, cancer, stroke, sleep apnea and infertility. Understanding the trends in adults who are overweight or obese is an important part of understanding other health issues, including adverse health outcomes.

## CURRENT NATIONAL AND LOUISIANA TRENDS

The national average of adults who have a BMI between 25 and 29.9 (overweight) has remained stable over the past five years. From 2006 to 2010, the percent of overweight Americans ranges only from 36.5 to 36.2 percent. However, the percent of Americans who are obese (a BMI of 30 or higher) continues to increase. In 2010, 27.6 percent of American adults are obese, as compared to 25.1 percent in 2006. This number is the highest percent reported in the past 16 years.

The percent of Louisianans who are overweight is slightly less than the national average at 34.7 percent, an increase from 2009 but still less than the 2008 estimate. The percent of Louisianans who are obese, however, is substantially higher than the national average. More than 31 percent of Louisianans are obese. Almost two-thirds of Louisiana’s adult population is either overweight (34.7 percent) or obese (31.7 percent).

**Figure 22: Percent of Population by BMI, Louisiana v. United States**



## LOUISIANA’S OVERWEIGHT AND OBESE POPULATION

In Louisiana, there are significant differences in the percent of men who are overweight or obese compared to women. More than 71 percent of men are either overweight (39.4 percent) or obese (32.2 percent), while less than 60 percent of women are overweight (28.2 percent) or obese (29.2 percent). Caucasians are more likely to be overweight (34.9 percent) than African-Americans (29.9 percent), while African-Americans are more likely to be obese (40.1 percent) than Caucasians (26.7 percent). Age is also another predictor of BMI.

Adults, ages 18 to 24, have the lowest rate of being overweight (26.4 percent) or obese (16.4 percent). Additionally, Louisiana residents, ages 65 and older have the highest rate of overweight individuals (38 percent) but a much lower rate of obese individuals (27.2 percent). Education and income are positively related to the percent of individuals who are overweight but negatively related to rates of obesity, meaning as education and income levels increase, so does the percent of overweight individuals but the percent of obese individuals decreases (see Figure 23). Over 63 percent of uninsured Louisiana residents are either overweight (29.7 percent) or obese (34.7 percent).

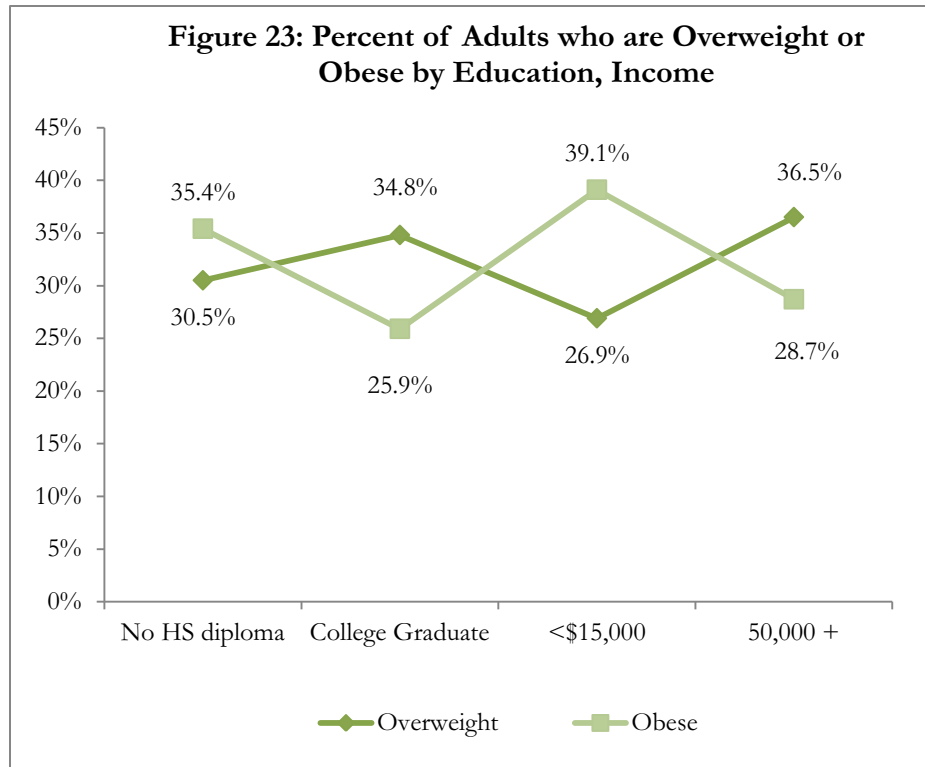


Table 9. Overweight and Obesity

Demographic characteristics	Overweight*			Obese**		
	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	2405	34.7	33.1-36.4	2189	31.7	30.2-33.3
AGE						
18-24	57	26.8	20.7-33.9	41	16.7	12.0-22.7
25-34	180	31.0	26.8-35.6	190	32.4	28.0-37.2
35-44	269	31.2	27.7-35.0	309	38.8	35.0-42.8
45-54	510	39.7	36.6-42.8	472	34.1	31.2-37.1
55-64	588	39.3	36.5-42.2	594	38.2	35.4-41.1
65 and over	801	39.4	37.0-41.8	583	28.2	26.0-30.5
GENDER						
Male	939	39.8	37.0-42.6	735	32.5	29.9-35.2
Female	1466	29.9	28.2-31.7	1454	31.0	29.2-32.8
RACE-ETHNICITY						
Caucasian	1710	36.0	34.1-38.0	1334	27.6	25.8-29.4
African-American	541	31.0	27.9-34.3	745	41.6	38.2-45.0
Hispanic	51	39.8	29.0-51.7	31	20.0	12.8-29.9
Other	77	37.2	28.3-26.9	70	34.0	25.8-43.3
EDUCATION						
Did not graduate High School	262	31.9	27.4-36.9	319	37.0	32.0-42.4
Graduated from High School	787	34.2	31.3-37.2	711	33.1	30.2-36.1
Attended college	617	35.4	32.2-38.8	607	33.4	30.3-36.5
Graduated college	737	35.9	33.2-38.7	550	26.7	24.3-29.2
HOUSEHOLD INCOME						
<15,000	222	27.8	23.5-32.6	304	40.5	35.6-45.6
15,000-24,999	373	31.4	27.4-35.7	418	37.5	33.1-42.2
25,000-34,999	210	36.2	30.3-42.4	205	33.6	28.2-39.5
35,000-49,999	313	38.1	33.6-42.9	258	32.3	28.1-36.7
50,000 +	828	37.0	34.4-39.7	672	29.1	26.8-31.6
HEALTH INSURANCE						
Have Insurance	2092	35.8	34.1-37.5	1777	30.8	29.2-32.5
No Insurance	311	30.7	26.5-35.2	410	35.2	31.0-39.7
* The proportion of Louisiana adults with BMI greater than or equal to 25.0 but less than 30.0						
** The proportion of Louisiana adults with BMI greater than or equal to 30.0						

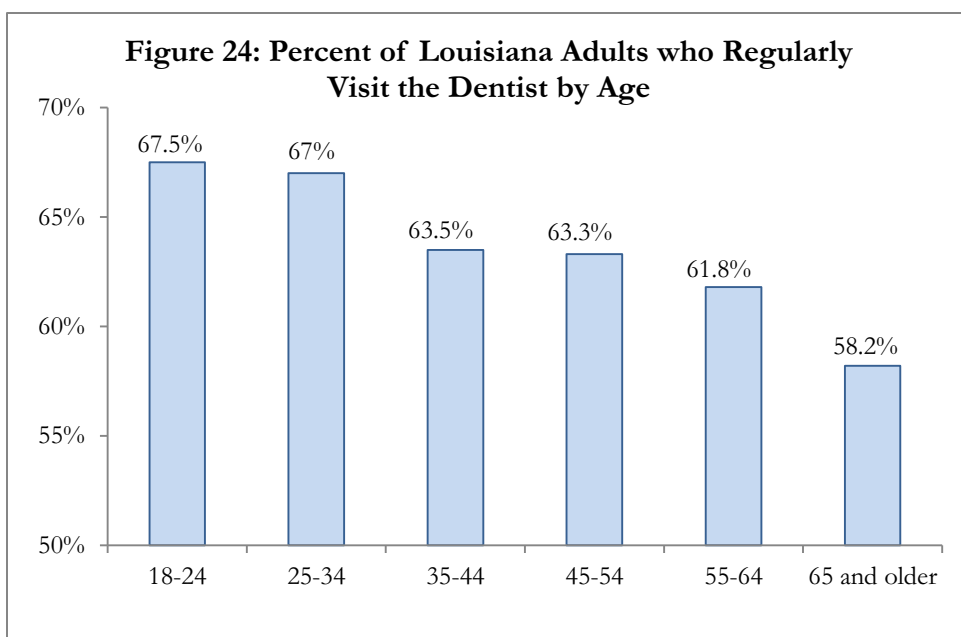
# Oral Health

Oral health is an important indicator of a community’s overall wellness. Over the past 10 years, the national percent of adults missing all of their natural teeth has declined dramatically, from 31 percent to 25 percent for individuals ages 60 and older, and from nine to five percent for adults ages 40 to 59. While these decreases are substantial, it still means that one out of 20 middle-aged adults is missing all of his/her teeth. In addition to this, one-third of American adults have at least one untreated decayed tooth.

While there are multiple threats to oral health across an individual’s lifespan, the best prevention is regular visits to dentists. Almost 70 percent of American adults report visiting a dentist or dental clinic in the past year (69.7 percent), but this a slight decrease from 2008 in which 71.2 percent reported visiting a dentist or dental clinic. In fact, 2010 marks the lowest rate in annual dentist visits in the past 11 years.

## ORAL HEALTH IN LOUISIANA

Only 63.4 percent of Louisiana adults report that they have been to a dentist, dental hygienist or dental clinic at least once in the past 12 months. This is a six percentage point decrease from 2008’s survey, which

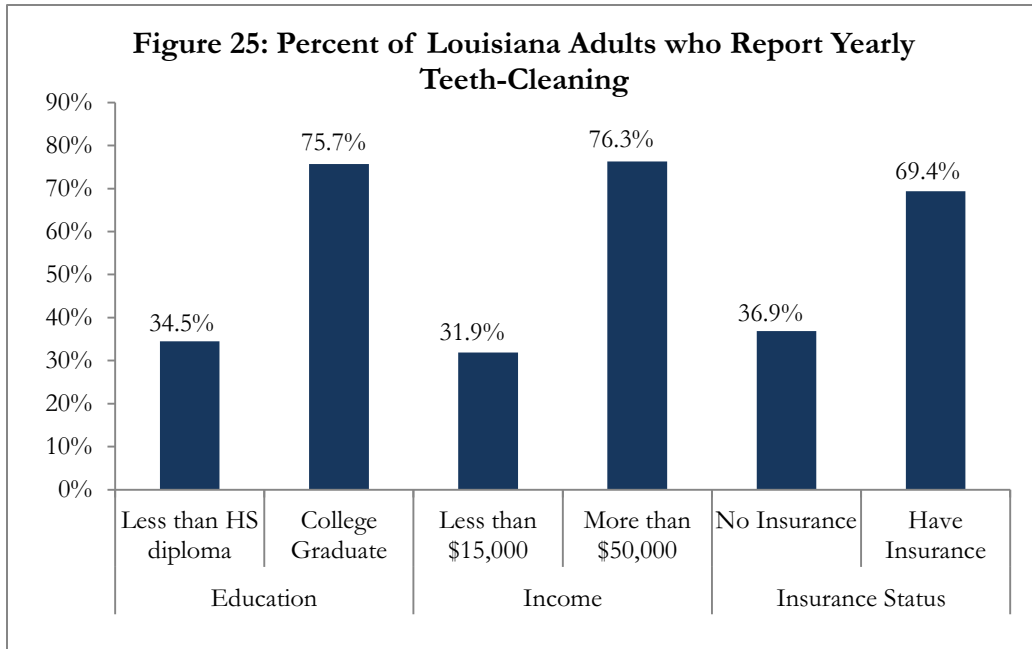


reported that 69.8 percent of Louisiana adults regularly visit the dentist. This is also six points lower than the national average.

Younger populations are more likely than older populations to visit the dentist (see Figure 24). Caucasians also report a higher rate of regular dentist visits than other races. Sixty-eight percent of Caucasians report

visiting the dentist at least once in the past 12 months, compared to 54.4 percent of African-Americans and 62.3 percent of Hispanic adults. Twice as many college graduates report annual dentist visits (77.4 percent) than individuals without a high school diploma (35.2 percent).

Gender, race, education, insurance status, and income are also strong predictors of whether an individual has had an annual teeth-cleaning. Women are more likely than men to report having their teeth-cleaned at least once in the past 12 months, 65.1 percent compared to 59.7 percent. More than 10 percent more Caucasians report annual cleanings (67.8 percent) than African-Americans (52.3 percent) or Hispanics (55.1 percent). In addition, as education and income increase so does the likelihood than an individual will have a annual cleaning (see Figure 25).



Fifty percent of Louisiana adults have had a permanent tooth extracted, and 24.2 percent of Louisiana adults ages 65 and older have had all of their natural teeth extracted. Insurance status is a strong predictor of whether an adult will have a tooth extracted. More than 50 percent (55.4) of Louisiana adults without insurance have had at least one tooth extraction, as compared to 48.8 percent of insured Louisiana adults. In addition, 42.2 percent of uninsured older adults have had all of their natural teeth extracted as compared to 23.6 percent of insured adults, ages 65 and older.

African-Americans have the highest rates of teeth extraction. Sixty-two percent of African-American adults have had at least one tooth extracted, and 32.9 percent of adults ages 65 and older have had all of their teeth extracted. In comparison, 44.2 percent of Caucasians have had at least one tooth extracted, and 21.7 percent of older Caucasians have had all of their natural teeth extracted.

Table 10a. Oral Health

Demographic characteristics	Louisiana adults who regularly visit the dentist*			Louisiana adults who have yearly teeth-cleaning		
	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	4470	63.5	61.9-65.1	3953	62.5	60.7-64.3
AGE						
18-24	145	67.5	60.5-73.8	134	62.9	55.7-69.6
25-34	435	67.0	62.2-71.5	399	62.1	57.2-66.8
35-44	623	63.5	59.5-67.3	584	61.9	58.0-65.7
45-54	941	63.3	60.2-66.2	839	60.7	57.6-63.8
55-64	1028	61.8	59.1-64.6	917	63.1	60.2-66.0
65 and over	1298	58.2	55.8-60.6	1080	65.2	62.5-67.9
GENDER						
Male	1374	60.9	58.1-63.7	1214	59.7	56.6-62.6
Female	3096	65.9	64.0-67.6	2739	65.1	63.1-67.1
RACE-ETHNICITY						
Caucasian	3308	68.3	66.4-70.2	2972	67.8	65.7-69.8
African-American	899	54.4	51.1-57.8	747	52.3	48.7-56.0
Hispanic	93	62.3	51.1-72.3	83	55.1	43.5-66.2
Other	135	59.4	49.6-68.5	119	59.2	48.6-69.1
EDUCATION						
Did not graduate High School	283	35.9	31.0-41.2	191	34.5	28.5-41.0
Graduated from High School	1259	57.3	54.2-60.4	1062	55.4	51.9-58.8
Attended college	1237	68.2	65.1-71.2	1114	66.1	62.8-69.2
Graduated college	1686	77.4	74.9-79.7	1583	75.7	73.0-78.1
HOUSEHOLD INCOME						
<15,000	256	35.2	30.3-40.4	176	31.9	26.4-38.0
15,000-24,999	575	47.4	42.9-52.0	448	44.7	39.7-49.9
25,000-34,999	366	59.2	53.2-65.0	316	58.9	52.2-65.3
35,000-49,999	583	64.2	59.4-68.7	524	61.4	56.4-66.1
50,000 +	1838	78.3	75.8-80.6	1749	76.3	73.7-78.7
HEALTH INSURANCE						
Have Insurance	4042	69.1	67.5-70.7	3614	69.4	67.7-71.1
No Insurance	424	42.3	37.8-47.0	336	36.9	32.2-41.9
* Percent of adults reporting they have been to a dentist, dental hygienist, or dental clinic at least once in the past 12 months.						
** Percent of adults reporting that they have had their teeth-cleaned at least once in the past 12 months.						



Table 10b. Oral Health

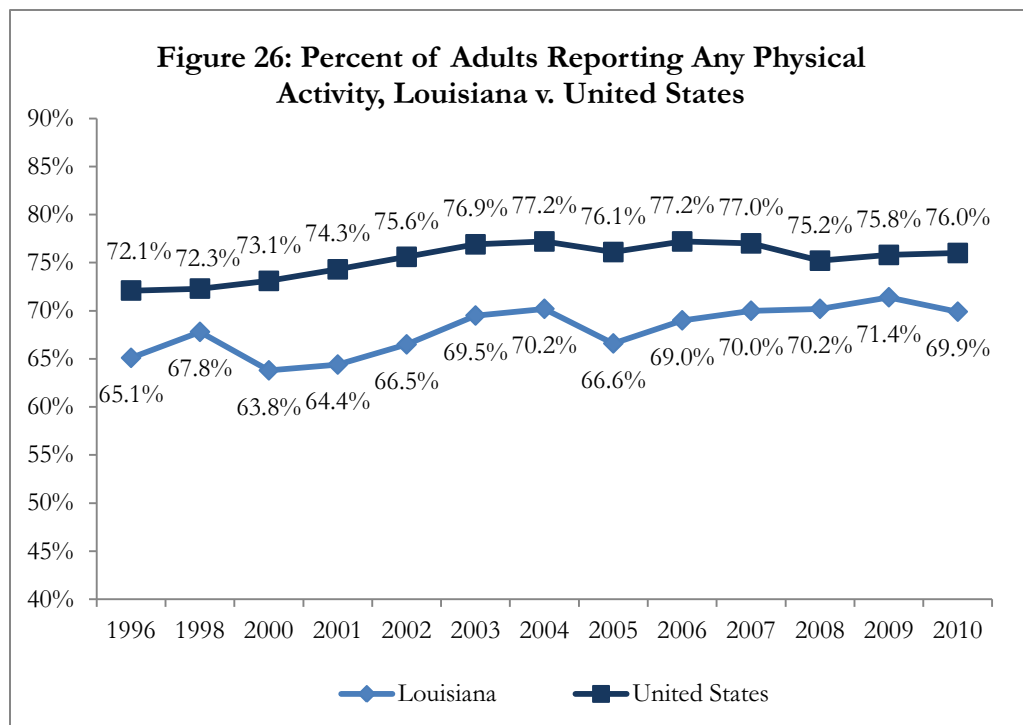
Demographic characteristics	Louisiana adults who have had permanent teeth extracted*			Adults 65 and older who have had all their natural teeth extracted		
	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	4245	50.2	48.5-51.9	510	24.2	22.1-26.3
AGE						
18-24	36	15.4	10.9-21.4	-	-	-
25-34	186	33.6	29.1-38.3	-	-	-
35-44	371	42.3	38.5-46.2	-	-	-
45-54	845	58.6	55.6-61.6	-	-	-
55-64	1130	69.1	66.4-71.6	-	-	-
65 and over	1677	78.2	76.2-80.1	510	24.9	22.8-27.1
GENDER						
Male	1356	50.6	47.7-53.5	143	22.7	19.3-26.6
Female	2889	49.8	47.9-51.7	367	25.2	22.8-27.8
RACE-ETHNICITY						
Caucasian	2714	44.2	42.3-46.2	357	21.7	19.5-24.0
African-American	1278	62.3	58.7-65.7	128	32.9	27.7-38.5
Hispanic	92	51.5	40.4-62.5	4	20.0	7.0-45.2
Other	125	49.7	40.3-59.0	18	25.8	15.7-39.3
EDUCATION						
Did not graduate High School	698	67.2	61.2-72.7	182	45.5	39.9-51.3
Graduated from High School	1565	59.6	56.3-62.8	200	27.6	24.1-31.5
Attended college	1080	47.5	44.3-50.9	76	15.7	12.1-20.1
Graduated college	895	35.3	32.8-37.9	51	10.6	7.9-14.1
HOUSEHOLD INCOME						
<15,000	610	66.9	61.3-72.1	112	42.6	35.9-49.5
15,000-24,999	892	66.5	61.5-71.1	148	30.8	26.2-35.9
25,000-34,999	434	66.9	60.5-72.7	44	24.1	17.8-31.8
35,000-49,999	511	49.4	44.8-54.0	32	14.8	10.2-21.0
50,000 +	981	37.4	34.9-40.0	28	8.4	5.6-12.5
HEALTH INSURANCE						
Have Insurance	3520	48.8	47.0-50.5	488	23.6	21.6-25.8
No Insurance	720	55.4	50.6-60.1	21	42.2	28.5-57.2
* Percent of adults reporting they have ever had at least one tooth permanently extracted.						
** Percent of adults, ages 65 and older, who have had all of their natural teeth extracted.						

# Exercise

Exercise contributes to a range of positive health outcomes. It decreases the risk of cardiovascular disease and high blood pressure and improves perceptions of general health. The percent of adults who report any physical activity nationally and in Louisiana remained stable from 2009 to 2010. Nationally, there was a 0.2 percentage point increase, from 75.8 to 76 percent. In Louisiana, there was a slight decrease from 71.4 percent in 2009 to 69.9 percent in 2010. Louisiana still remains behind the national average in the percent of adults reporting any physical activity (see Figure 26).

## LOUISIANA TRENDS

Within Louisiana, age, education and income are strong predictors of whether adults report any physical activity in the past month. Younger Louisiana residents report a higher rate of activity than older residents. Seventy-five percent of adults ages 25 to 34 report engaging in physical activity, as compared to 64.1 percent of Louisiana adults, ages 65 and older.



As income and education increase, so does an individual’s ability to engage in physical activity. Fifty percent of individuals who did not graduate high school report engaging in physical activity, while 81.1 percent of adults with a college degree report engaging in physical activity. A more than 25 percentage point difference is also found in the percent of individuals making less than \$15,000 a year who report physical activity (55.3 percent), as compared to those making \$50,000 or more (81.1 percent).

Women are slightly less likely to report exercise than men, 68 percent compared to 72 percent. There were also no significant differences among ethnicities. Hispanics report the highest rate of exercise (73.6 percent), while African-Americans report the lowest (63.3 percent).

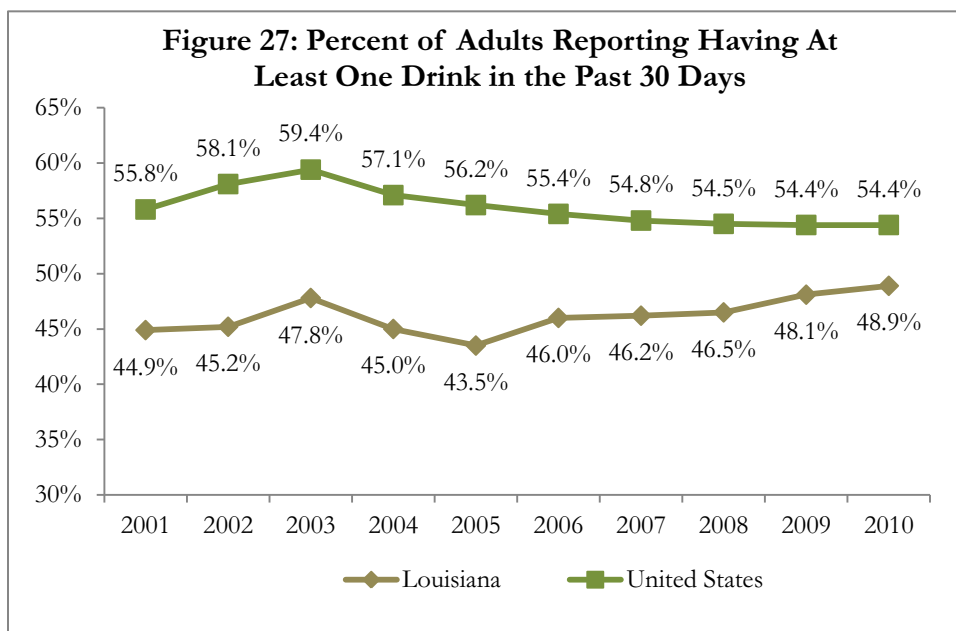
Table 11. Exercise

Any Leisure Time Physical Activity*			
Demographic characteristics	Sample Size	%	95% CI
Total	4771	69.9	68.3-71.4
AGE			
18-24	165	73.0	65.9-79.1
25-34	472	75.4	71.1-79.3
35-44	661	70.3	66.5-73.9
45-54	1013	70.7	67.8-73.4
55-64	1078	65.6	62.9-68.2
65 and over	1382	64.1	61.7-66.3
GENDER			
Male	1605	72.0	69.3-74.5
Female	3166	68.0	66.2-69.7
RACE-ETHNICITY			
Caucasian	3393	72.7	70.9-74.5
African-American	1074	63.3	60.1-66.5
Hispanic	111	73.6	61.9-82.8
Other	149	70.7	60.9-78.8
EDUCATION			
Did not graduate High School	463	50.8	45.6-56.0
Graduated from High School	1337	62.8	59.7-65.7
Attended college	1284	74.7	71.9-77.4
Graduated college	1679	81.1	78.9-83.2
HOUSEHOLD INCOME			
<15,000	404	55.3	50.4-60.2
15,000-24,999	678	55.4	50.9-59.9
25,000-34,999	393	69.8	64.4-74.6
35,000-49,999	578	68.2	63.8-72.4
50,000 +	1816	81.1	78.8-83.1
HEALTH INSURANCE			
Have Insurance	4120	71.2	69.6-72.7
No Insurance	647	65.2	60.7-69.5
* Leisure activity indicates any physical activity in the past month.			

# Alcohol Consumption

While moderate alcohol use has health benefits, alcohol use is also associated with a number of negative health outcomes, including liver disease, increased risks for certain types of cancer, heart disease, obesity and kidney disease. Individuals were asked about their amount of alcohol consumption within the past 30 days, and were classified in terms of engaging in heavy drinking (defined as two or more drinks per day) and/or binge drinking (defined as five or more drinks for men and four or more drinks for women in a single setting).

Nationally, the percent of American adults who report having at least one drink in the past 30 days has decreased slightly in the past 10 years. In Louisiana, the opposite trend is occurring with the percent of



Louisiana adults drinking at least once in the past 30 days increasing four percentage points in the past 10 years (see Figure 27). The percent of Louisianans reporting drinking in the past 30 days is still less than the national average, with 48.9 percent of Louisiana adults having a drink in the past 30 days, compared to 54.4 percent nationally.

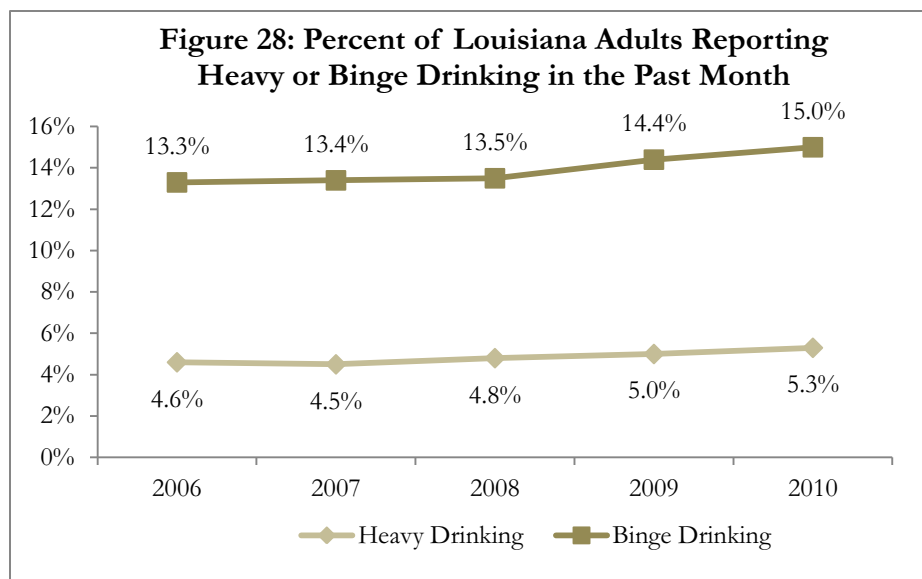
## LOUISIANA TRENDS

Men report a much higher rate of drinking than women, with 56.6 percent of men reporting they had at least one drink in the past 30 days compared to 41.7 percent of women. Individuals making more than \$50,000 a year also reported a higher rate of drinking, 63.1 percent, than individuals making less income (33 percent of individuals making less than \$15,000 and 35.1 percent of those making between \$15,000 and \$24,999).

Caucasians also have a higher rate of drinking than any other race/ethnicity. Fifty-two percent of Caucasian adults reported having a drink, compared to 40.9 percent of African-Americans and 43.4 percent of Hispanic adults. There is also a difference in drinking frequency among education levels. Thirty percent of Louisiana adults without a high school diploma report drinking at least once in the past 30 days, while twice that (60.3 percent) many individuals with a college degree reported drinking at least once in the past 30 days.

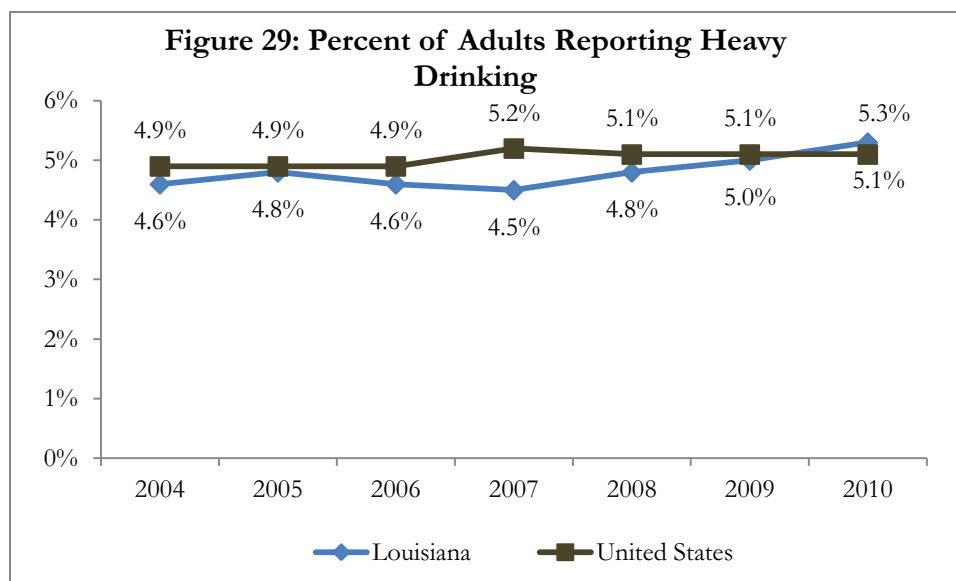
## HEAVY DRINKING AND BINGE DRINKING

The percent of Louisiana adults who report either heavy drinking or binge drinking in the past month continues to increase, marking a five-year continual increase in both categories of problematic drinking behavior (see Figure 28). This is especially important because the national trend indicates a decrease in both heavy and binge drinking. The 2010 BRFSS found a 0.7



percentage point decrease in the national average of binge drinking (from 15.8 percent in 2009 to 15.1 percent in 2010). In addition, the national average of heavy drinking held steady at 5.1 percent, a 0.2 percentage point decrease in the past three years.

The percent of Louisiana adults who engage in heavy drinking, consuming more than two drinks per day (one drink or more for women), increased slightly in 2010 to 5.3 percent, and is now slightly higher than the



national average of 5.1 percent. This is the first time that Louisiana exceeded the national average (see Figure 29).

Uninsured adults also report a higher rate, 7.8 percent, of heavy drinking than individuals with insurance (4.6 percent). Gender is also an important predictor of drinking behavior. Twenty-eight percent of men reported that

they engaged in either binge drinking (21.8 percent) or heavy drinking (6.8 percent), while 12.8 percent of women reported engaging in either binge drinking (8.9 percent) and heavy drinking (3.9 percent). Caucasians also have the highest rates of binge and heavy drinking with 17.5 percent reporting binge drinking and 6.3 percent reporting heavy drinking.

Socio-economic background plays a role in binge drinking. The data demonstrates that as education levels and household income increase, so do levels of alcohol consumption. Nearly 19.5 percent of those in households earning more than \$50,000 per year reported binge drinking, compared to 11.7 percent of those making less than \$15,000. Similarly, 17.1 percent of college graduates reported binge drinking, compared to 9.2 percent of respondents with less than a high school education.

Individual reports of drinking habits vary significantly by age. Louisiana adults between 25 and 34 years old have the highest rates of binge drinking (22.2 percent), heavy drinking (6.8 percent), and drinking at least once in the past month (61.4 percent). In contrast, individuals who are 65 or older have the lowest rates of binge drinking (3.2 percent), heavy drinking (2.2 percent), and drinking at least once in the past month (29.1 percent) (see Figure 30).

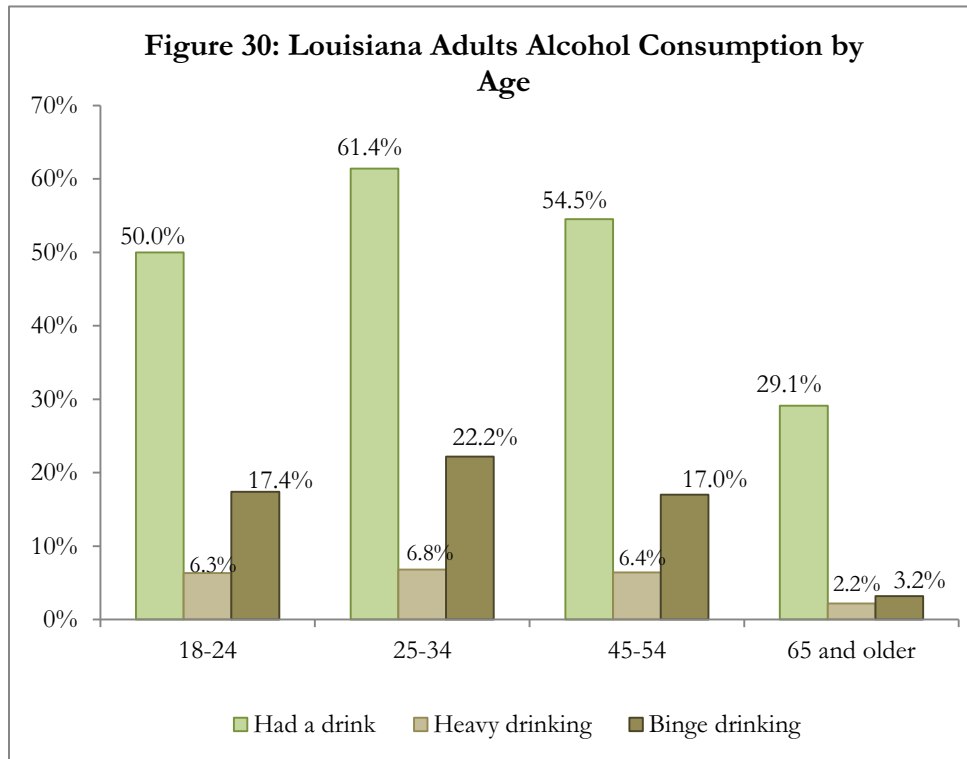


Table 12. Alcohol Use

Demographic characteristics	At least one drink in last 30 days*			Heavy Drinking**			Binge Drinking***		
	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	3019	48.8	47.1-50.5	291	5.3	4.5-6.1	717	15.0	13.7-16.4
AGE									
18-24	114	50.0	42.7-57.3	12	6.3	3.5-11.0	35	17.4	12.4-23.9
25-34	360	61.4	56.8-65.7	37	6.8	4.7-9.7	117	22.2	18.3-26.6
35-44	503	55.1	51.2-58.9	41	5.6	3.8-8.4	172	21.3	18.1-24.9
45-54	737	54.5	51.4-57.5	87	6.4	5.0-8.2	203	17.0	14.6-19.6
55-64	663	40.6	37.9-43.4	65	4.1	3.2-5.4	121	7.9	6.5-9.6
65 and over	642	29.1	27.0-31.4	49	2.2	16.3-30.6	69	3.2	2.5-4.1
GENDER									
Male	1194	56.6	53.8-59.4	115	6.8	5.4-8.5	382	21.8	19.4-24.4
Female	1825	41.7	39.8-43.6	176	3.9	3.2-4.8	335	8.9	7.8-10.1
RACE-ETHNICITY									
Caucasian	2249	52.8	50.8-54.8	233	6.3	5.3-7.5	553	17.5	15.8-19.4
African-American	587	40.9	27.6-44.4	40	3.1	2.0-4.7	121	10.0	7.9-12.6
Hispanic	64	43.4	32.9-54.7	3	2.8	.01-10.6	14	12.7	6.7-22.8
Other	94	48.2	38.9-57.7	12	4.1	2.1-8.0	22	11.8	7.3-18.4
EDUCATION									
Did not graduate High School	203	30.2	25.6-35.3	24	4.0	2.4-6.7	60	9.2	6.8-12.3
Graduated from High School	789	42.6	39.4-45.8	84	4.8	3.5-6.5	209	14.0	11.5-16.8
Attended college	825	52.1	48.8-55.4	75	6.0	4.3-8.2	197	16.4	13.8-19.5
Graduated college	1198	60.3	57.5-62.9	107	5.7	4.4-7.3	260	17.1	14.9-19.6
HOUSEHOLD INCOME									
<15,000	209	33.5	28.5-38.8	27	3.8	2.4-5.8	59	11.7	8.2-16.3
15,000-24,999	356	35.1	30.7-39.8	37	3.4	2.2-5.2	80	11.9	8.5-16.4
25,000-34,999	211	42.3	36.3-48.5	18	5.5	2.9-10.1	45	13.4	9.2-19.0
35,000-49,999	388	47.3	42.7-51.9	36	4.3	2.8-6.5	92	14.2	11.2-17.9
50,000 +	1375	63.1	60.5-65.7	128	6.8	5.3-8.6	344	19.4	17.1-21.8
HEALTH INSURANCE									
Have Insurance	2615	49.8	38.0-51.6	231	4.6	3.8-5.5	586	14.1	12.8-15.6
No Insurance	404	45.3	40.7-49.9	60	7.8	5.6-10.8	131	18.3	14.7-22.6

\* The proportion of Louisiana adults who reported consuming at least one drink in the past 30 days.

\*\* The proportion of Louisiana adults who reported consuming two or more drinks per day for men and one or more for women

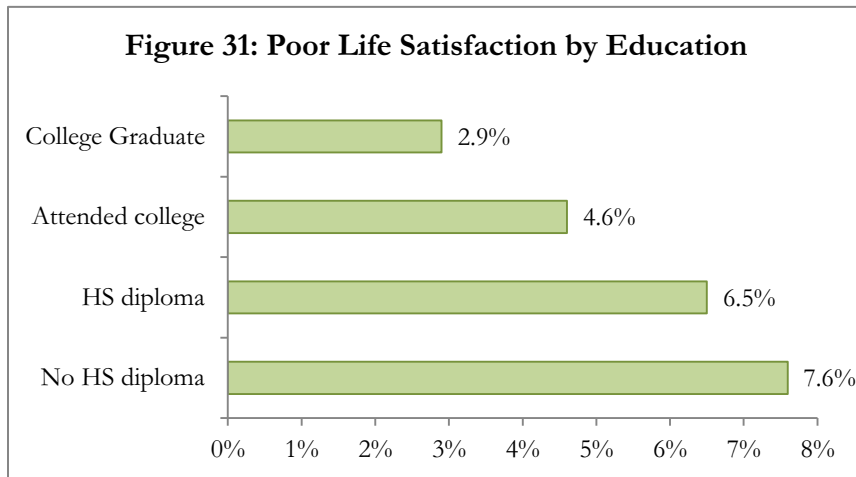
\*\*\* The proportion of Louisiana adults who reported consuming five or more drinks for men and four or more drinks for women per occasion at least once in the previous month.

# Emotional Support and Life Satisfaction

People who are happy and more satisfied with their lives enjoy better physical and mental health. Research suggests that happiness and life satisfaction may predict future health outcomes. In addition, emotional support is similarly related to both physical and mental well-being, and is especially important for individuals suffering from chronic conditions or illnesses.

## LIFE SATISFACTION

Approximately 5.1 percent of Louisiana adults report that they are either dissatisfied or very dissatisfied with their life. Income, education and insurance status have a strong effect on life satisfaction. More than twice as many uninsured adults report dissatisfaction (10.7 percent) as insured adults (3.6 percent). In addition, as education and income increase, so does life satisfaction. More than 15 percent of individuals making less than \$15,000 a year report poor life satisfaction, while 2.3 percent of those making \$50,000 or more report the same.



Similarly, less than 3 percent of college graduates are dissatisfied or very dissatisfied with their lives, compared to 4.6 percent of respondents who had some college education, 6.5 percent of high school graduates and 7.6 percent of individuals without a high school diploma (see Figure 31).

## EMOTIONAL SUPPORT

When asked about emotional support, 8.4 percent of Louisianans report that they rarely or never receive the emotional support they need. Individuals with less than a high school diploma who are making less than \$15,000 a year are more likely to report insufficient emotional support. Over 20 percent of individuals making less than \$15,000 a year report insufficient emotional support, as do 17.9 percent of individuals without a high school diploma.

Insurance status is a predictor of both life satisfaction and reported emotional support. More than 10 percent of uninsured adults reported insufficient emotional support and poor life satisfaction.

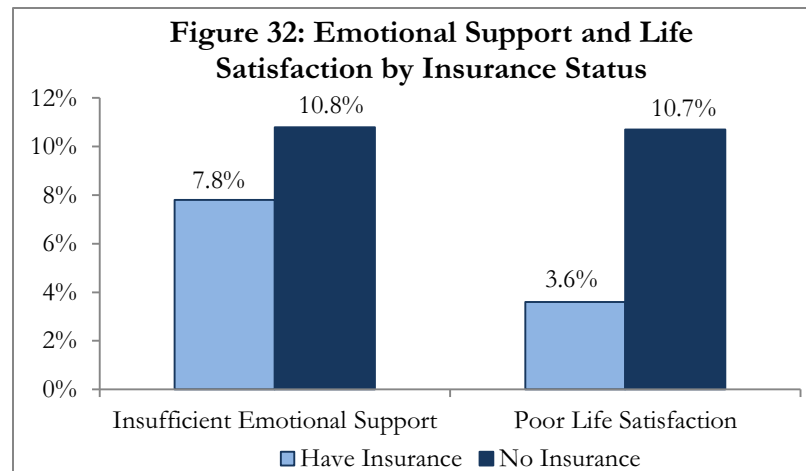




Table 13. Emotional Support and Life Satisfaction

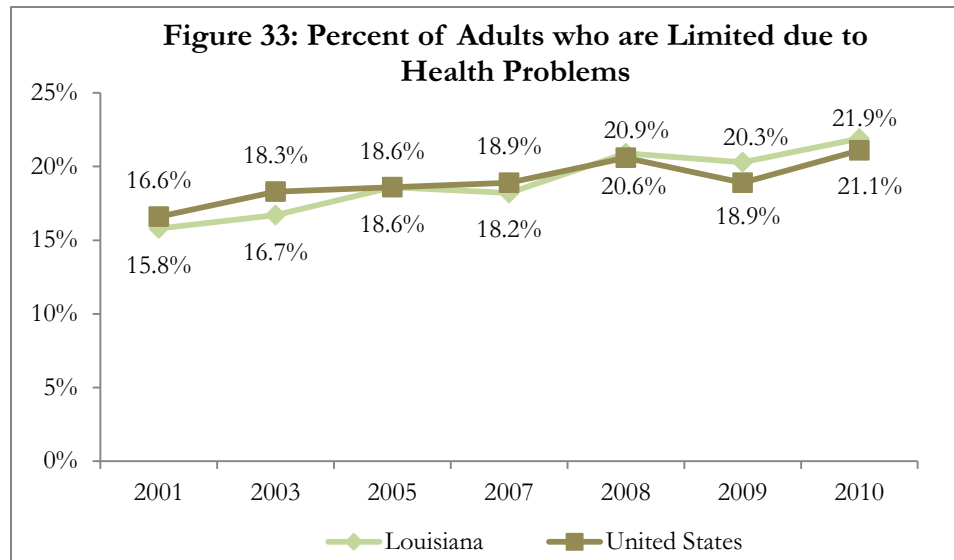
Demographic characteristics	Insufficient Emotional Support*			Poor Life Satisfaction**		
	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	628	8.4	7.5-9.4	372	5.1	4.4-5.9
AGE						
18-24	18	7.6	4.6-12.4	13	5.0	2.8-8.8
25-34	28	5.5	3.6-8.2	26	5.1	3.3-8.0
35-44	64	8.2	6.1-11.0	49	4.9	3.5-6.7
45-54	138	9.4	7.8-11.4	107	6.4	5.1-8.0
55-64	144	8.0	6.6-9.5	95	5.5	4.3-6.9
65 and over	236	11.6	10.1-13.3	82	3.5	2.7-4.5
GENDER						
Male	242	9.8	8.2-11.6	114	4.8	3.8-6.2
Female	386	7.1	6.3-8.1	258	5.3	4.5-6.3
RACE-ETHNICITY						
Caucasian	362	6.1	5.4-7.0	243	4.9	4.1-5.9
African-American	226	13.2	11.0-15.7	113	5.9	4.6-7.6
Hispanic	12	6.8	2.9-15.2	3	.1	.03-3.1
Other	19	8.0	4.5-13.8	7	3.3	.1-10.8
EDUCATION						
Did not graduate High School	150	17.9	14.4-22.0	63	7.6	5.3-11.0
Graduated from High School	250	10.5	8.7-12.5	141	6.5	5.1-8.2
Attended college	128	6.8	5.4-8.7	98	4.6	3.5-6.0
Graduated college	99	3.6	2.8-4.7	70	2.9	2.1-4.0
HOUSEHOLD INCOME						
<15,000	145	20.2	16.5-24.6	103	15.2	11.9-19.3
15,000-24,999	158	12.8	10.3-15.7	101	8.8	6.6-11.6
25,000-34,999	51	8.8	5.8-13.0	27	2.8	1.8-4.4
35,000-49,999	54	5.8	4.0-8.25	32	3.8	2.3-6.4
50,000 +	92	3.7	2.8-5.0	45	2.3	1.5-3.5
HEALTH INSURANCE						
Have Insurance	494	7.8	6.9-8.8	256	3.6	3.1-4.3
No Insurance	134	10.8	7.5-9.4	116	10.7	8.3-13.7
* Proportion who report rarely or never receiving the emotional support they need.						
** Proportion of respondents who report they are dissatisfied or very dissatisfied with their lives.						

# Disability

Disabilities represent a significant health concern and are associated with poor health outcomes, including cardiovascular disease and diabetes, and lower self-reported health status. Maintaining health insurance coverage and access to quality care can be particularly challenging for individuals with disabilities. Disabilities are defined by the Behavioral Risk Factor Surveillance System Survey as a physical, mental, or emotional problem that limits

activities. In 2010, more than 21 percent of Louisiana adults report that their activity is limited because of a physical, mental or emotional problem. While this is almost identical to the national average for 2010, it is the highest percent reported in the past 10 years. Both Louisiana and national averages of individuals who are limited because of health problems

have trended upward over the past decade (see Figure 33).



## LOUISIANA TRENDS

As Louisianans grow older, they are more likely to report that their activity is limited because of health problems and that their health problems require special equipment. One-third of Louisiana adults, ages 65 and older report that their activity is limited and one-fifth report requiring special equipment. In comparison, 10.8 percent of adults ages 18 to 24 report limited activity, and only one percent require special equipment (see Figure 34).

Forty percent of individuals making less than \$15,000 a year self-report disability, while only 13.4 percent of those making \$50,000 or more report limited activity. Twenty-two percent of Caucasians report limited activity, while only 19.2 percent of African-Americans and 16.5 percent of Hispanics are limited.

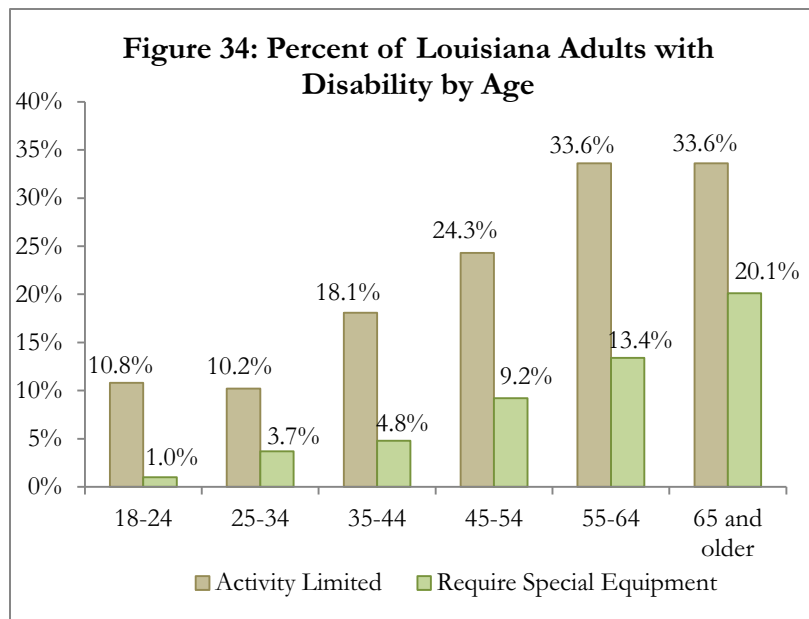


Table 14. Disability

Demographic characteristics	Activity Limited due to Health Problems*			Health Problems that Require Special Equipment**		
	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	1895	21.8	20.5-23.1	815	8.8	8.0-9.7
AGE						
18-24	25	10.8	6.8-16.8	4	1.0	.03-3.1
25-34	65	10.2	7.6-13.7	18	3.7	2.0-6.9
35-44	162	18.1	15.4-21.3	41	4.8	3.3-6.9
45-54	370	24.3	21.8-27.0	128	9.2	7.5-11.3
55-64	560	33.6	31.0-36.3	210	13.4	11.6-15.5
65 and over	713	33.6	31.4-36.0	414	20.1	18.2-22.2
GENDER						
Male	619	21.6	19.5-23.9	259	9.0	7.7-10.6
Female	1276	22.0	20.6-23.5	556	8.6	7.8-9.5
RACE-ETHNICITY						
Caucasian	1352	22.9	21.3-24.5	522	7.9	7.1-8.7
African-American	426	19.2	16.9-21.6	240	10.2	8.6-12.0
Hispanic	30	16.5	10.0-26.1	13	7.2	3.3-15.0
Other	66	28.3	20.2-38.1	28	13.7	7.2-24.4
EDUCATION						
Did not graduate High School	300	30.0	25.7-34.8	167	15.4	12.5-18.8
Graduated from High School	636	22.8	20.5-25.3	289	9.8	8.3-11.5
Attended college	510	21.2	18.8-23.8	198	7.8	6.5-9.3
Graduated college	446	17.9	16.0-20.1	159	5.9	4.9-7.2
HOUSEHOLD INCOME						
<15,000	355	40.2	35.5-45.1	185	18.8	15.8-22.2
15,000-24,999	401	29.5	25.8-33.5	194	14.7	12.1-17.6
25,000-34,999	186	24.4	20.3-29.0	71	8.7	6.6-11.4
35,000-49,999	201	19.7	16.6-23.2	71	6.7	5.0-8.8
50,000 +	384	13.4	11.9-15.1	117	4.1	3.3-5.2
HEALTH INSURANCE						
Have Insurance	1633	22.6	21.2-23.9	729	9.4	8.6-10.3
No Insurance	259	18.9	15.7-22.6	83	6.3	4.4-9.0

\* The proportion of respondents who are limited in any way due to a physical, mental, or emotional problem.

\*\* The proportion of respondents who have a health problem that requires them to use any special equipment, such as a cane, a wheelchair, a special bed, or a special telephone.

# Physical and Mental Health Days

The number of days in which respondents report that they are in poor mental or physical health has been used as an indicator of health disparities and as important tracking mechanism for shifts in overall public health. Consistent with CDC guidelines, we consider the percent of respondents reporting their mental or physical health as not good for 14 or more days during the last month. More than one in eight (13.3 percent) of Louisiana adults report their physical health (13.3 percent) was not good on 14 or more days, while a comparable number (12.5 percent) report that their mental health was not good or poor on 14 or more days. Nine percent of respondents report that poor mental or physical health kept them from their usual activities on 14 or more days during the past month

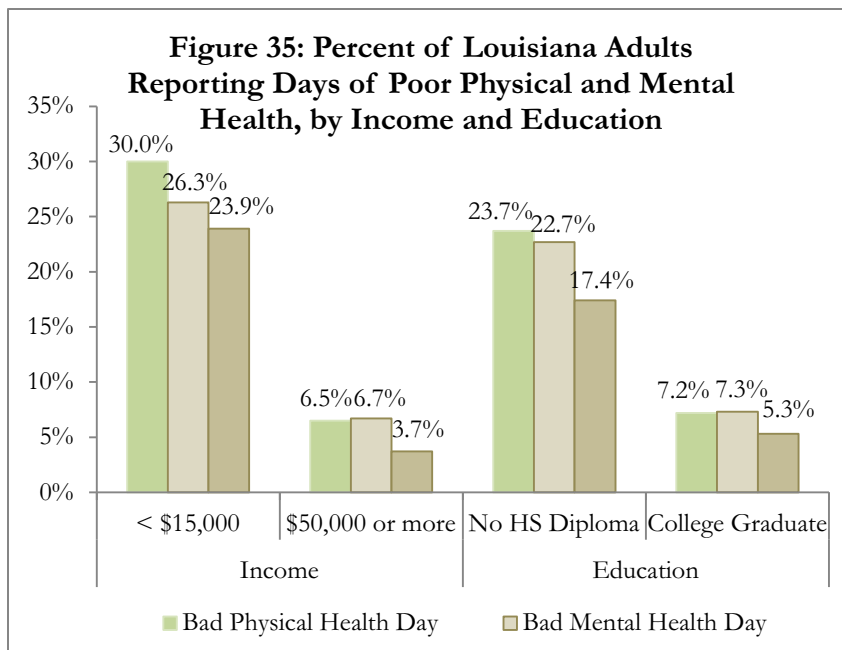


Figure 35 displays the percent of Louisiana residents reporting their physical or mental health was not good on 14 or more of the last 30 days by education and income. As with other health issues, income and education are predictors of self-reported poor physical and mental health days. In addition, they also serve a role in keeping individuals from daily activities (see Figure 35). Approximately 1 in 3 Louisiana residents making less than \$15,000 a year, 30 percent, report having poor physical health on 14 or more days in the past month. In

addition, 24 percent of individuals making less than \$15,000 report that they were kept from their usual activities compared to 3.7 percent of individuals making \$50,000 or more a year (39.2 percent).

## INSURED AND UNINSURED LOUISIANA ADULTS

Individuals without insurance reported higher rates of poor physical health, poor mental health, and more days in which they were kept from usual activity. Fourteen percent of uninsured Louisiana adults reported poor physical health on 14 or more days in the past month, 19 percent reported poor mental health on 14 or more days, and 11 percent reported 1r or more days of activity restrictions. In contrast, 13 percent of Louisiana insured adults reported poor physical health on 14 or more days while 11 percent reported poor mental health day on 14 or more days.

## RACE-ETHNICITY GROUPS

Self-reports of poor physical or mental health for 14 or more days also vary among race-ethnicity groups. African-Americans had a slightly higher rate for reporting poor physical or mental health on 14 or more days during the past month than Caucasians, but the differences are generally not well within the confidence intervals for these estimates. For example, 13.4 percent of African-Americans compared to 11.6 of Caucasians report their mental health was not good on 14 or more days. African-Americans were more likely to report that poor physical or mental health days kept them from their usual activities. Ten percent of African-Americans compared to 8 percent of Caucasians report that poor physical or mental health kept them from activities for 14 or more days during the past month.

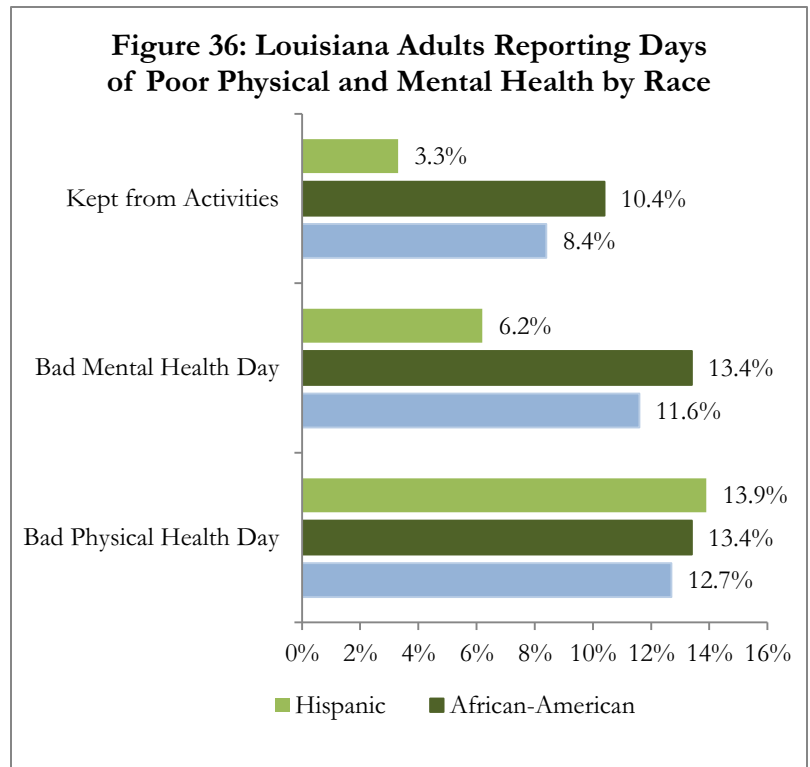


Table 15. Physical and Mental Health Days

Demographic characteristics	Physical Days*			Mental Health Days**			<i>Kept from Activities***</i>		
	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	1090	13.3	12.3-14.5	880	12.6	11.5-13.8	722	9.3	8.4-10.3
<b>AGE</b>									
18-24	18	7.1	4.3-11.7	29	12.0	7.9-17.8	13	5	2.6-9.3
25-34	29	5.4	3.3-8.7	79	13.3	10.3-17.1	31	5.2	3.2-8.4
35-44	91	11.0	8.8-13.8	133	13.9	11.4-17.0	83	9.7	7.6-12.3
45-54	227	16.1	13.9-18.5	217	13.2	11.4-15.4	168	11.2	9.4-13.4
55-64	309	19.0	16.9-21.3	242	13.8	12.0-15.8	206	12.7	10.9-14.7
65 and over	416	21.6	19.6-23.8	180	9.1	7.7-10.7	221	11.6	10.0-13.4
<b>GENDER</b>									
Male	370	13.6	11.9-15.5	223	11.1	9.3-13.3	233	9.4	7.9-11.2
Female	720	13.2	12.0-14.4	657	14.0	12.7-15.3	489	9.2	8.2-10.2
<b>RACE-ETHNICITY</b>									
Caucasian	716	12.7	11.6-13.9	578	11.6	10.4-13.0	468	8.4	7.5-9.4
African-American	291	13.4	11.5-15.6	244	13.4	11.2-15.9	206	10.4	8.5-12.6
Hispanic	20	13.9	7.2-25.0	15	6.2	3.4-11.3	9	3.3	1.6-6.8
Other	51	23.3	15.5-33.4	31	23.3	14.6-34.9	31	18.9	11.3-30.0
<b>EDUCATION</b>									
Did not graduate High School	238	23.7	20.1-27.7	175	22.7	18.5-27.6	165	17.4	14.3-21.1
Graduated from High School	396	16.0	13.9-18.3	288	12.6	10.5-15.1	246	10.4	8.6-12.6
Attended college	276	12.5	10.7-14.5	238	13.9	11.8-16.4	175	8.8	7.3-10.6
Graduated college	178	7.2	5.9-8.9	177	7.3	6.1-8.8	134	5.3	4.2-6.5
<b>HOUSEHOLD INCOME</b>									
<15,000	255	30.0	25.8-34.5	189	26.3	22.1-31.0	195	23.9	20.1-28.2
15,000-24,999	264	21.1	18.0-24.6	222	21.2	17.4-25.5	179	16.8	13.7-20.6
25,000-34,999	91	13.4	10.2-17.4	70	10.0	7.3-13.4	60	8.1	5.8-11.2
35,000-49,999	88	11.2	8.6-14.6	76	10.9	8.1-14.6	48	5.8	4.1-8.1
50,000 +	169	6.5	5.4-7.8	168	6.7	5.5-8.1	102	3.7	2.9-4.7
<b>Region 9</b>									
<b>HEALTH INSURANCE</b>									
Have Insurance	906	13.2	12.1-14.3	675	10.9	9.9-12.0	580	8.8	7.9-9.7
No Insurance	184	14.1	11.4-14.5	204	19.2	15.6-23.4	141	11.2	8.5-14.5

\* Respondents whose physical health was not good 14 or more days in the past 30 days.

\*\* Respondents whose mental health was not good 14 or more days in the past 30 days.

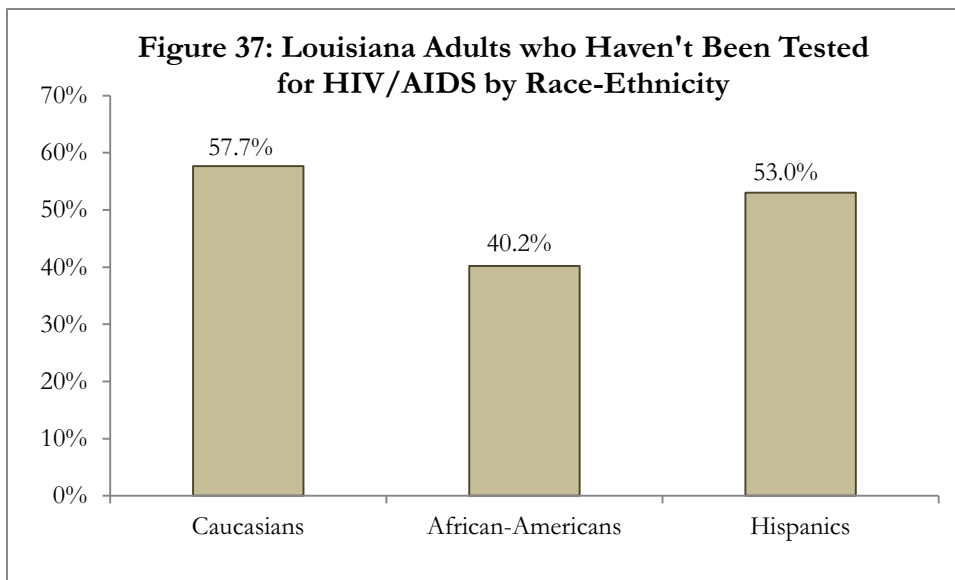
\*\*\* Respondents who were kept from their usual activities 14 or more days in the past 30 days because of poor physical or mental health.

# HIV/AIDS

According to the 2009 CDC estimates, there are 20,319 cases of AIDS in Louisiana. According to the 2009 estimates, Baton Rouge ranks second in the nation in the rate of AIDS cases, with 30.6 new cases per 100,000 residents. While this was a 10-point drop from 2008 (40 new cases per 100,000 residents), it still places Baton Rouge second only behind Miami in the rate of new AIDS cases each year. New Orleans dropped from third in 2008, with 32.4 new cases per 100,000 residents, to ninth (23 cases per 100,000 residents).

One of the most effective ways to prevent and treat HIV/AIDS is to receive regular HIV testing. Despite this and the high risk for HIV/AIDS in Louisiana, the percentage of Louisiana residents who have never been tested for HIV increased from 48.1 percent in 2009 to 51.4 percent in 2010. Of those individuals who have been tested, 47 percent were tested at a hospital or clinic, while 41 percent were tested at a private doctor's office.

## LOUISIANA ADULTS WHO HAVE NEVER BEEN TESTED FOR HIV/AIDS



According to the Center for Disease Control, African-American adults are most affected by HIV and AIDS, accounting for almost half of all new HIV infections despite representing 12 percent of the entire U.S. population. In Louisiana, African-Americans report a much higher rate of testing than

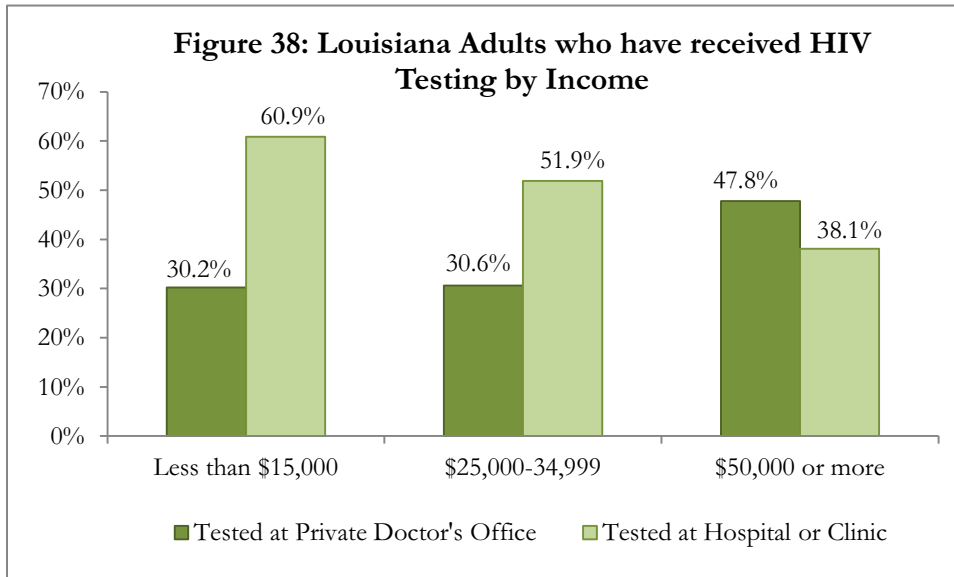
Caucasians and Hispanics. More than 57 percent of Caucasians and 53 percent of Hispanics in Louisiana have never been tested for HIV, while 40 percent of African-Americans have never been tested.

While Louisiana's older population reports the largest percentage of individuals who have never received HIV testing (68.8 percent of individuals between the ages of 55 and 64 have never been tested), the younger population also reported a high rate. Fifty-six percent of Louisiana adults ages 18 to 24 have not received HIV testing. The age group with the highest rate of getting tested are those between the ages of 25 and 34, with only 36.7 percent reported never being tested for HIV.

## TESTING LOCATIONS

Overall, individuals who have been tested for HIV were more likely to report receiving testing at a hospital or clinic (47 percent) than a private doctor's office (41 percent).

The location where an individual received HIV testing varies among income, education and race. Individuals making less than \$15,000 a year are more likely to get tested at a hospital or clinic than at a doctor's office. In fact, as income increases- the rate that an individual gets tested at a doctor's office also increases, and the rate at which they get tested at a hospital or clinic decreases (see Figure 38). The same relationship is seen in education levels. College graduates have a higher rate of getting tested at a doctor's office (51.2 percent) than



a hospital or clinic (36 percent), while 31.5 percent of individuals without a high school diploma got tested at a private doctor's office and 58.7 percent received testing at a hospital or clinic.

Uninsured adults are more likely to get HIV testing at a hospital or clinic (58.1 percent) than a doctor's office (30.2 percent) as are

African-American adults. Of those African-American Louisiana residents who have received HIV testing, 53 percent received testing at a hospital or clinic, and 37.2 percent were tested at a private doctor's office.

## AT-RISK POPULATIONS

Younger and less-educated Louisiana populations are more likely to engage in high-risk behavior that could possibly lead to HIV or AIDS. Twelve percent of individuals, ages 18-24, report engaging in risky behavior, as do 9.2 percent of individuals ages 25-34. In addition, 12.5 percent of individuals without a high school diploma reported being in high-risk situations.



Table 16a. HIV Testing

Demographic characteristics	Adults never tested for HIV*			HIV test at private doctor's office**			HIV test at hospital or clinic***		
	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	2620	51.4	49.5-53.4	814	41.0	38.1-44.0	892	47.0	44.0-50.1
<b>AGE</b>									
18-24	113	56.0	48.7-63.0	41	37.1	27.7-47.5	54	50.5	40.0-61.0
25-34	211	36.7	32.3-41.4	196	48.1	42.0-54.3	155	43.7	37.6-50.0
35-44	340	40.0	36.3-43.9	250	43.6	38.8-48.6	213	42.8	37.9-47.8
45-54	809	58.2	55.2-61.2	204	36.4	21.6-41.4	263	51.2	46.2-56.3
55-64	1147	68.8	66.1-71.4	123	28.9	24.1-34.4	207	54.1	48.1-59.9
65 and over	-	-	-						
<b>GENDER</b>									
Male	883	55.2	51.9-58.5	206	32.3	27.8-37.2	302	52.2	47.1-57.3
Female	1737	47.8	45.6-50.1	608	48.2	44.8-51.7	590	42.7	39.4-46.1
<b>RACE-ETHNICITY</b>									
Caucasian	1919	57.7	55.3-60.1	468	43.9	40.0-47.8	455	43.3	39.3-47.4
African-American	559	40.2	36.5-44.0	284	37.2	32.7-41.9	367	53.0	47.1-56.9
Hispanic	60	53.0	41.0-64.6	22	41.6	26.3-58.8	27	46.8	31.0-63.3
Other	65	41.2	31.2-52.1	36	43.6	29.1-59.3	37	45.9	31.8-60.7
<b>EDUCATION</b>									
Did not graduate High School	259	52.6	45.8-59.3	59	31.5	23.1-41.3	102	58.7	48.9-67.9
Graduated from High School	834	52.1	48.3-55.8	200	34.5	29.3-40.3	291	54.3	48.4-60.0
Attended college	675	51.2	47.4-55.0	240	40.5	35.3-46.0	250	46.8	41.3-52.4
Graduated college	849	50.6	47.4-53.8	314	51.2	46.4-56.0	249	36.0	31.5-40.7
<b>HOUSEHOLD INCOME</b>									
<15,000	210	40.0	34.0-46.3	73	30.2	22.7-38.9	149	60.9	52.3-68.8
15,000-24,999	352	45.2	39.6-51.0	91	28.0	21.8-35.2	181	62.5	54.7-69.7
25,000-34,999	200	53.3	45.9-60.7	61	30.6	22.0-40.8	80	51.9	41.0-62.6
35,000-49,999	319	51.3	46.0-56.6	131	47.6	40.1-55.2	97	42.2	34.6-50.1
50,000 +	1100	54.2	51.2-57.1	352	47.8	43.3-52.4	262	38.1	33.7-42.8
<b>HEALTH INSURANCE</b>									
Have Insurance	2130	52.9	50.8-55.0	668	44.9	41.7-48.2	633	43.1	39.8-46.4
No Insurance	488	46.9	42.2-51.7	145	30.2	24.6-36.5	259	58.1	51.4-64.4
* Louisiana adults, ages 18-64, who have never been tested for HIV.									
** Of the Louisiana adults who have been tested for HIV, the respondents who were tested at a private doctor's office or an HMO.									
*** Of the Louisiana adults who have been tested for HIV, the respondents who were tested at a hospital or clinic.									

Table 16b. High risk situations

Respondents who engage in high-risk behavior *			
Demographic characteristics	Sample Size	%	95% CI
Total	148	5.2	4.2-6.4
AGE			
18-24	28	11.8	7.9-17.4
25-34	47	9.2	6.6-12.6
35-44	31	2.9	1.8-4.5
45-54	26	2.0	1.3-3.2
55-64	16	.1	.01-1.5
65 and over			
GENDER			
Male	60	6.0	4.4-8.2
Female	88	4.4	3.4-5.7
RACE-ETHNICITY			
Caucasian	67	3.5	2.5-4.8
African-American	69	8.5	6.3-11.5
Hispanic	6	6.4	2.3-16.9
Other	6	5.5	2.3-12.9
EDUCATION			
Did not graduate High School	34	12.5	8.2-18.4
Graduated from High School	39	4.7	3.0-7.3
Attended college	41	4.8	3.2-7.0
Graduated college	34	3.5	2.2-5.4
HOUSEHOLD INCOME			
<15,000	30	7.4	4.9-11.1
15,000-24,999	35	9.4	6.0-14.5
25,000-34,999	10	6.0	2.8-12.6
35,000-49,999	11	2.2	11.3-4.3
50,000 +	40	3.8	2.6-5.6
HEALTH INSURANCE			
Have Insurance	103	4.3	3.4-5.5
No Insurance	45	7.9	5.4-11.4
	148	5.2	4.2-6.4

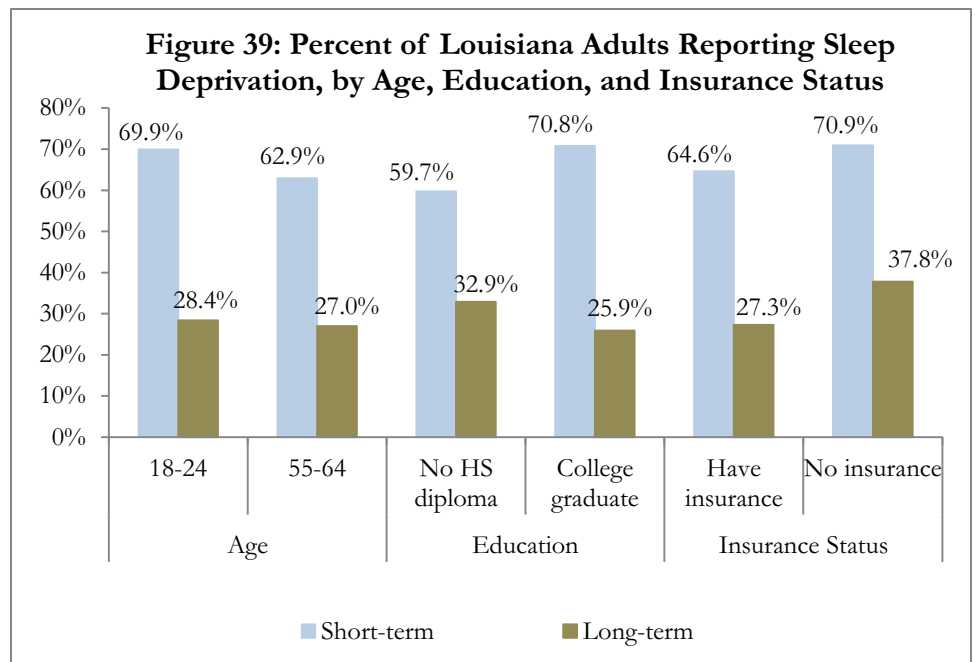
\* The proportion of Louisiana adults who have engaged in any of the following high-risk behaviors in the past year : intravenous drug use, been treated for a sexually transmitted or venereal disease, given or received money or drugs in exchange for sex, anal sex without a condom.

# Sleep Deprivation and Difficulty

Not sleeping or not sleeping well has adverse consequences on physical and mental health. Poor sleep habits affect performance, particularly memory and cognitive processing, and a poor night of sleep is associated with accidents and injuries. Not sleeping well is also related to a host of poor health outcomes, including coronary heart disease, high blood pressure and obesity. Sixty-five percent of Louisiana adults report not getting enough sleep at least once in the past 30 days, and 47.3 percent report having difficulties falling asleep, staying asleep or sleeping too much at least once in the past two weeks. When examining continual sleep deprivation, 29.5 percent of Louisianans report not getting enough sleep on 14 or more days during the past 30 days.

## SLEEP DEPRIVATION

Short-term sleep deprivation seems to affect Louisianans at a relatively high rate, with younger populations and college graduates reporting a slightly higher rate of inadequate rest on at least one day, and uninsured adults reporting the highest rate of long-term sleep deprivation (see Figure 39). Consistent with CDC guidelines, long-term sleep deprivation is defined as inadequate rest or sleep for 14 or more days during the past month. More than three-fourths of Louisiana residents between ages 25 to



34 (77 percent) report not getting enough sleep at least once in the past 30 days, compared to 41.3 percent of Louisianans 65 and older. Interestingly, 70.8 percent of college graduates reported short-term sleep deprivation (the highest rate of any age group), but only 25.9 percent reported inadequate sleep on 14 or more days during the past month (the lowest rate of any age group).

## GENDER DIFFERENCES

Women report a higher rate of short-term and long-term sleep deprivation, as well as a higher rate of sleep difficulty, than men. Sixty-eight percent of women report not getting enough sleep at least once in the past month, 31.8 percent report not getting enough sleep on 14 or more of the past 30 days and 50.9 percent report sleeping difficulties in the past two weeks. Men report lower rates of short-term sleep deprivation (63.3 percent), long-term sleep deprivation (26.9 percent) and sleep difficulty (43.3 percent).

## SLEEP DIFFICULTY

Almost half (47.3 percent) of Louisiana adults report having difficulties falling asleep, staying asleep or with sleeping too much at least once in the past two weeks. Hispanic adults report the highest rate of sleep difficulties, with 62.1 percent reporting problems, while 47.7 percent of Caucasians and 44.6 percent of African-Americans report the same difficulties. Similar to sleep deprivation, uninsured adults are more likely to report sleep difficulties (56.1 percent) than Louisiana’s insured adults (44.9 percent). Interestingly, education does not predict sleep difficulty in the same way it does sleep deprivation. All of the education groups have a relatively equal rate of reporting experiencing sleep difficulties in the past two weeks.

**Table 17. Sleep Deprivation**

Demographic characteristics	Adults who report not enough sleep at least once a month*			Adults who report not enough sleep 14 or more days a month*			Sleeping Difficulties**		
	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI
<b>Total</b>	4210	65.9	64.3-67.5	1859	29.5	27.9-31.1	3124	47.3	45.6-49.0
<b>AGE</b>									
18-24	156	69.9	62.6-76.2	68	28.4	22.3-35.3	123	57.5	50.0-64.6
25-34	474	77.0	72.6-80.9	223	36.6	32.0-41.3	302	49.7	44.9-54.5
35-44	677	75.2	71.7-78.5	311	35.2	31.6-39.1	439	47.3	43.5-51.2
45-54	996	68.3	65.3-71.2	449	30.6	27.9-33.5	726	49.5	46.4-52.6
55-64	1036	62.9	60.0-65.6	440	27	24.5-29.6	737	43.5	40.7-46.3
65 and over	871	41.3	38.9-43.7	368	17.7	15.9-19.7	797	37.0	34.6-39.4
<b>GENDER</b>									
Male	1240	63.3	60.5-65.9	515	26.9	24.3-29.6	862	43.3	40.4-46.2
Female	2970	68.4	66.5-70.1	1344	31.8	30.0-33.7	2262	50.9	49.0-52.9
<b>RACE-ETHNICITY</b>									
Caucasian	2843	65.8	63.9-67.6	1222	28.5	26.6-30.4	2161	47.7	45.7-49.8
African-American	1099	66.0	62.7-69.2	507	30.3	27.4-33.5	752	44.6	41.2-48.1
Hispanic	108	76.8	77.5-84.6	41	29.9	20.3-41.6	80	62.1	51.4-71.7
Other	130	62.2	52.6-70.9	71	35.8	26.8-45.9	103	49.4	39.8-59.0
<b>EDUCATION</b>									
Did not graduate High School	446	59.7	54.6-64.6	247	32.9	27.9-38.3	366	49.3	44.0-54.6
Graduated from High School	1276	62.3	59.2-65.3	586	30.1	27.1-33.2	975	46.8	43.6-50.1
Attended college	1132	67.7	64.4-70.8	521	31.1	28.2-34.2	849	48.4	45.0-51.8
Graduated college	1353	70.8	68.3-73.2	502	25.9	23.5-28.5	931	46.1	43.2-48.9
<b>HOUSEHOLD INCOME</b>									
<15,000	458	65.4	60.6-69.9	258	37.6	32.7-42.7	401	54.7	49.5-59.8
15,000-24,999	718	67.3	63.1-71.2	373	36.6	32.1-41.3	585	54.9	50.4-59.4
25,000-34,999	343	62.9	56.7-68.7	146	27	21.9-32.8	254	43.0	37.1-49.2
35,000-49,999	513	67.0	62.7-71.1	213	29.1	25.0-33.6	389	45.7	41.1-50.3
50,000 +	1488	69.7	67.2-72.2	550	26.8	24.4-29.3	972	45.4	42.6-48.2
<b>HEALTH INSURANCE</b>									
Have Insurance	3495	64.6	62.9-66.3	1477	27.3	25.7-28.9	2582	44.9	43.2-46.7
No Insurance	712	70.9	66.5-74.9	380	37.8	33.3-42.5	539	56.1	51.4-60.7

\* Louisiana adults who reported getting inadequate rest or sleep at least one day in the past 30 days..

\*\* Louisiana adults who reported getting inadequate rest or sleep 14 or more days during the past 30 days.

\*\*\* Louisiana adults reported having problems falling asleep, staying asleep or sleeping too much at least once in the past 2 weeks.

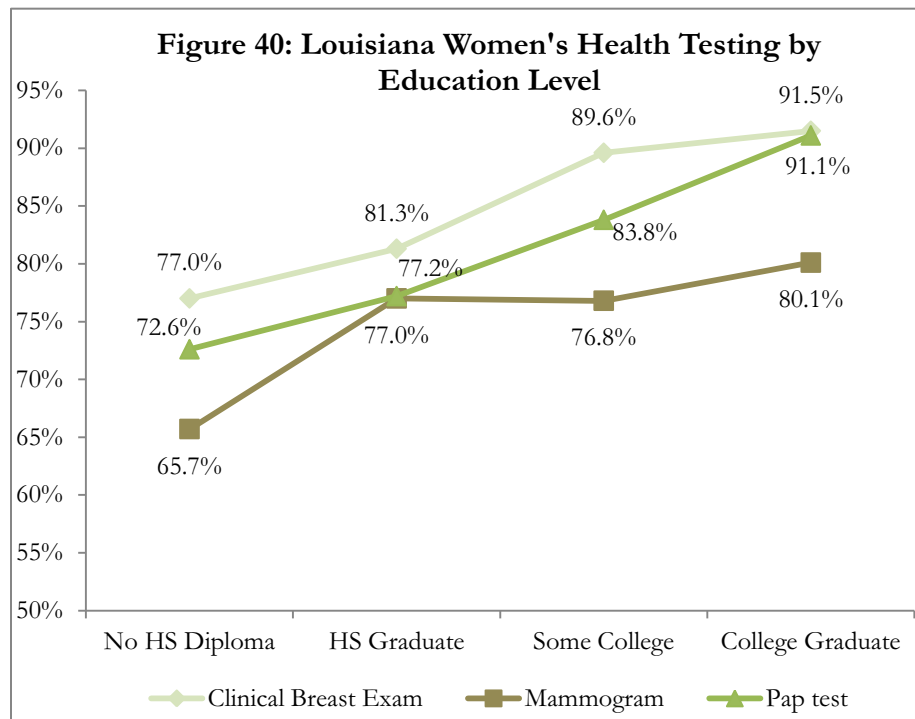
# Women's Health

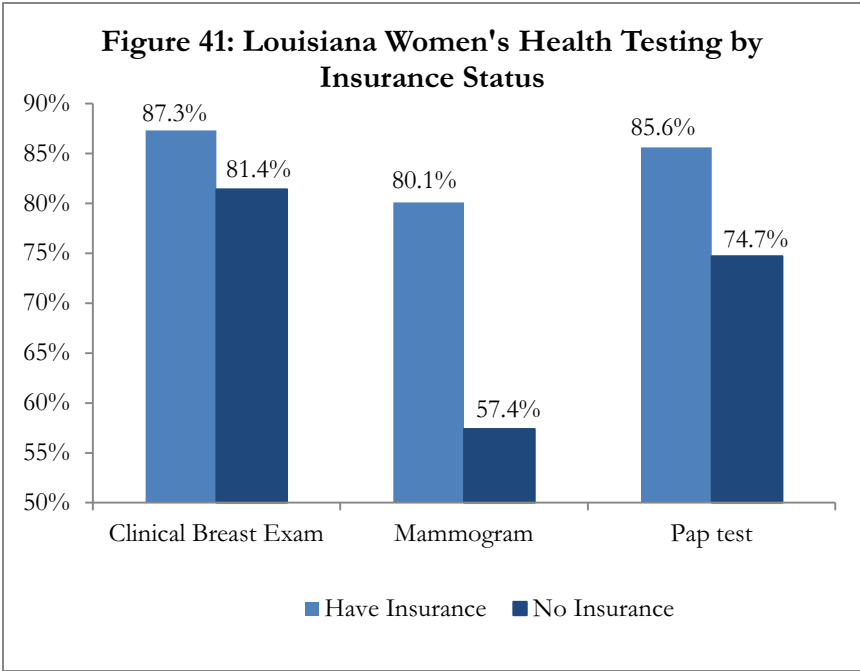
Women face unique and important health risks, including breast and cervical cancer. Cervical cancer used to be the leading cause of cancer death for women in the United States. However, in the past 40 years, the number of cases of cervical cancer and the number of deaths from cervical cancer have decreased significantly. This decline largely is the result of many women getting regular Pap tests, which can find cervical pre-cancer before it turns into cancer. Cervical cancer is the easiest female cancer to prevent, with regular Pap tests and follow-up. It also is highly curable when found and treated early. While Louisiana has consistently ranked among the lowest states for the percentage of women reporting having a Pap test in the past three years, the rate has increased from 2008 to 2010. In 2008, 76.7 percent of women reported having a Pap test in the past three years. In 2010, the percentage increased 6.4 points to 83.1 percent.

The CDC estimates that the rate of breast cancer incidence in Louisiana is between 116.9 and 122.5 for every 100,000 women. In addition, Louisiana's female breast cancer death rate is between 23.3 to 24.3 women for every 100,000. Breast cancer screening is the best tool for prevention and to provide early treatment. Mammograms are recommended for women 40 and older, while all women should receive annual clinical breast exams. The percent of Louisiana women, ages 40 and older, who have received a mammogram continued to increase in 2010 to 76.3 percent. In addition, 86.1 percent of all Louisiana women reported ever having a clinical breast exam.

## LOUISIANA WOMEN

Education is a significant predictor of whether a woman receives preventive medical testing for both cervical cancer and breast cancer (see Figure 40). As education level decreases so does the rate at which they receive testing. Only 77 percent of women without a high school diploma have ever had a clinical breast exam, compared to more than 91 percent of women who are college graduates. Seventy-two percent of women without a high school diploma have had a clinical breast exam, compared to more than 91 percent of women who are college graduates. Seventy-two percent of women without a high school diploma have had a Pap test in the past three years, while 91.1 percent of women who are college graduates report the same.





Uninsured women report the lowest rates of mammogram testing, clinical breast exams, and receiving Pap tests. Only 57.4 percent of women, ages 40 and older, without insurance have received a mammogram, 81.4 percent have ever received a clinical breast exam, and 74.7 percent have received a Pap test in the past three years. These rates are significantly lower than their insured counterparts (see Figure 41). Eighty percent of women, ages 40 and older, with insurance have received a mammogram in the past two years. That rate is 23 percentage points higher than the rate for uninsured women.

Thirty-one percent of Louisiana women have had a hysterectomy. These women tend to be older, with 63 percent of women ages 65 and older reporting having a hysterectomy, compared to 22.3 percent of women ages 25 to 34. Caucasian women have a slightly higher rate (32.9 percent) than African-American women (27.6 percent) and Hispanic women (23.7 percent). Frequency in having a hysterectomy also varies by education level. Women without a high school diploma have a higher rate of having a hysterectomy (36 percent) than women who have college degrees (24.4 percent).

Table 18a. Women's Health

Demographic characteristics	Louisiana women who have had a mammogram*			Louisiana women who have had a hysterectomy**		
	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	2944	76.3	74.7-77.9	1976	31.0	29.5-32.6
<b>AGE</b>						
18-24	-	-	-	-	-	-
25-34	-	-	-	18	4.1	2.5-6.8
35-44	211	66.0	59.9-71.5	125	22.3	18.8-26.3
45-54	743	77.1	74.1-79.9	345	35.5	32.2-38.9
55-64	834	79.0	76.1-81.6	546	48.9	45.6-52.2
65 and over	1156	78.3	75.8-80.6	941	63.0	60.2-65.7
<b>RACE-ETHNICITY</b>						
Caucasian	2054	76.1	74.1-77.9	1418	32.9	31.0-34.9
African-American	749	78.3	74.9-81.3	464	27.6	24.8-30.5
Hispanic	57	67.7	54.9-78.3	34	23.7	15.9-33.9
Other	69	72.8	62.1-81.3	47	31.2	22.9-41.0
<b>EDUCATION</b>						
Did not graduate High School	347	65.7	60.4-70.6	285	36.0	31.4-40.9
Graduated from High School	986	77.0	74.2-79.5	693	34.3	31.4-37.3
Attended college	784	76.8	73.5-79.7	551	32.4	29.4-35.5
Graduated college	824	80.1	77.1-82.7	444	24.4	21.9-27.0
<b>HOUSEHOLD INCOME</b>						
<15,000	345	68.6	63.2-73.5	263	32.7	28.3-37.4
15,000-24,999	533	73.1	69.0-76.8	393	35.2	31.3-39.3
25,000-34,999	278	75.5	69.6-80.6	177	32.1	27.0-37.6
35,000-49,999	340	76.5	71.5-80.8	217	30.0	25.9-34.5
50,000 +	830	79.8	76.8-82.5	475	27.3	24.7-30.0
<b>HEALTH INSURANCE</b>						
Have Insurance	2612	80.1	78.4-81.6	1743	33.5	31.8-35.3
No Insurance	331	57.4	52.4-62.1	231	21.1	18.1-24.5
* The proportion of female respondents ages 40 and older who have had a mammogram in the past two years.						
** The proportion of female respondents who have had a hysterectomy.						

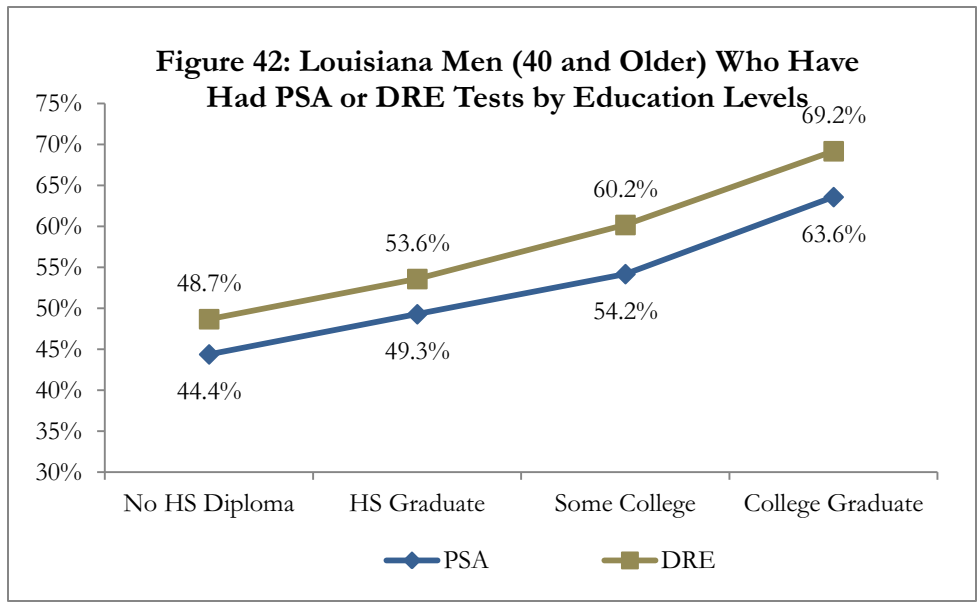
Table 18b. Women's Health

Demographic characteristics	Louisiana women who have had a clinical breast exam*			Louisiana women who have had a Pap test**		
	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	4182	86.1	84.4-87.6	2205	83.1	80.9-85.0
<b>AGE</b>						
18-24	101	67.5	58.5-75.4	109	74.1	65.1-81.4
25-34	377	87.9	83.4-91.2	381	93.2	89.8-95.5
35-44	565	91.5	88.7-93.7	424	87.6	84.1-90.3
45-54	898	92.2	90.2-93.8	524	84.9	81.6-87.7
55-64	974	89.7	87.4-91.5	414	81.2	77.1-84.7
65 and over	1267	83.9	81.6-85.9	353	65.3	60.5-69.8
<b>RACE-ETHNICITY</b>						
Caucasian	2882	89.0	87.2-90.6	1424	83.8	81.3-86.1
African-American	1064	80.8	77.2-83.9	655	83.2	78.7-86.9
Hispanic	91	76.1	57.9-88.1	50	69.1	52.0-82.3
Other	115	86.0	77.8-91.5	67	81.6	71.4-88.7
<b>EDUCATION</b>						
Did not graduate High School	462	77.0	71.9-81.5	194	72.6	65.0-79.0
Graduated from High School	1296	81.3	77.5-84.6	621	77.2	72.2-81.6
Attended college	1151	89.6	86.9-91.8	589	83.8	79.8-87.1
Graduated college	1270	91.5	89.0-93.5	800	91.1	88.7-93.1
<b>HOUSEHOLD INCOME</b>						
<15,000	488	80.8	75.1-85.5	221	76.6	70.2-82.0
15,000-24,999	720	81.6	77.1-85.4	349	79.4	73.9-83.9
25,000-34,999	370	88.1	82.3-92.2	186	81.8	73.4-88.0
35,000-49,999	509	90.1	85.8-93.2	277	85.9	80.8-89.7
50,000 +	1289	93.7	91.0-95.7	795	91.0	87.6-93.6
<b>HEALTH INSURANCE</b>						
Have Insurance	3551	87.3	85.5-88.8	1842	85.6	83.3-87.5
No Insurance	628	81.4	76.4-85.5	362	74.7	68.9-79.7
* The proportion of female respondents who reported having a clinical breast exam by a doctor, nurse, or other health professional.						
** The proportion of female respondents who have had a Pap test in the past three years.						



# Men's Health

In order to detect and diagnose prostate cancer, the CDC recommends that men, ages 40 and older have a prostate-specific antigen (PSA) test or a digital rectal exam (DRE). In 2008, 46.9 percent of Louisiana men ages 40 and older reported having a PSA test. In 2010, that number increased to 54.3 percent. Almost 60 percent of Louisiana men (59.3 percent) reported receiving a DRE.



Similar to the trends found in women's health testing, education is a significant predictor of whether a man receives a PSA test or a DRE. Men ages 40 and older who do not have a high school diploma report the lowest rates of receiving a PSA (44.4 percent) and a DRE (48.7 percent). In comparison, men who are college graduates report the highest rate

of receiving both a PSA (63.6 percent) and a DRE (69.2 percent). This shows a significant difference in tests received by males based on education.

Insured men ages 40 and older are twice as likely to receive a PSA test (58 percent) than their uninsured counterparts (29 percent). Insurance status also plays a role in predicting whether Louisiana men ages 40 and older receive a DRE. More than 62 percent of insured men have received a DRE compared to only 36.7 percent of uninsured men. In addition, men earning more yearly income report higher rates of testing.

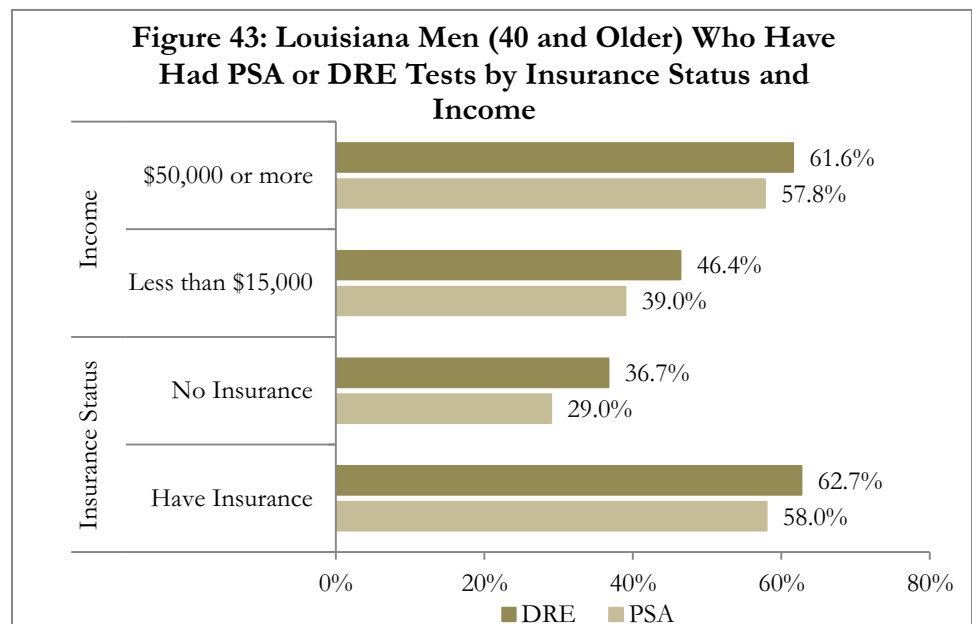


Table 19. Men’s Health

Demographic characteristics	Louisiana men 40 and older who have had a PSA test*			Louisiana men 40 and older who have had a digital rectal exam**		
	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	1066	54.3	51.5-57.0	1165	59.3	56.6-62.1
AGE						
18-24	-	-	-	-	-	-
25-34	-	-	-	-	-	-
35-44	38	27.2	19.8-36.0	54	35.3	27.3-44.2
45-54	202	45.3	40.3-50.5	215	47.9	42.8-53.1
55-64	361	65.7	61.2-70.0	376	68.8	64.3-72.9
65 and over	465	69.9	65.8-73.7	520	78.5	74.8-81.8
RACE-ETHNICITY						
Caucasian	829	56.0	52.9-59.1	892	60.3	57.2-63.3
African-American	171	48.2	41.9-54.5	202	56.1	49.6-62.4
Hispanic	12	50.4	30.5-70.0	16	69.3	48.8-84.2
Other	39	57.5	43.1-70.7	40	55.2	40.8-68.8
EDUCATION						
Did not graduate High School	102	44.4	37.0-52.1	122	48.7	41.2-56.2
Graduated from High School	316	49.3	44.4-54.3	329	53.6	48.5-58.6
Attended college	251	54.2	48.5-59.8	279	60.2	54.5-65.7
Graduated college	394	63.6	59.1-68.0	432	69.2	64.7-73.4
HOUSEHOLD INCOME						
<15,000	74	39.0	30.7-48.1	87	46.4	37.3-55.6
15,000-24,999	130	46.0	38.8-53.5	160	55.5	47.9-62.9
25,000-34,999	92	56.5	46.4-66.1	97	55.9	45.7-65.5
35,000-49,999	146	60.3	52.4-67.6	162	69.8	62.4-76.3
50,000 +	463	57.8	53.5-61.9	492	61.6	57.3-65.7
HEALTH INSURANCE						
Have Insurance	1011	58.0	55.1-60.9	1091	62.7	59.8-65.5
No Insurance	55	29.0	22.1-37.0	73	36.7	29.1-44.9
* The proportion of male respondents ages 40 and older who have had a PSA test in the past two years.						
** The proportion of male respondents ages 40 and older who have ever had a DRE.						

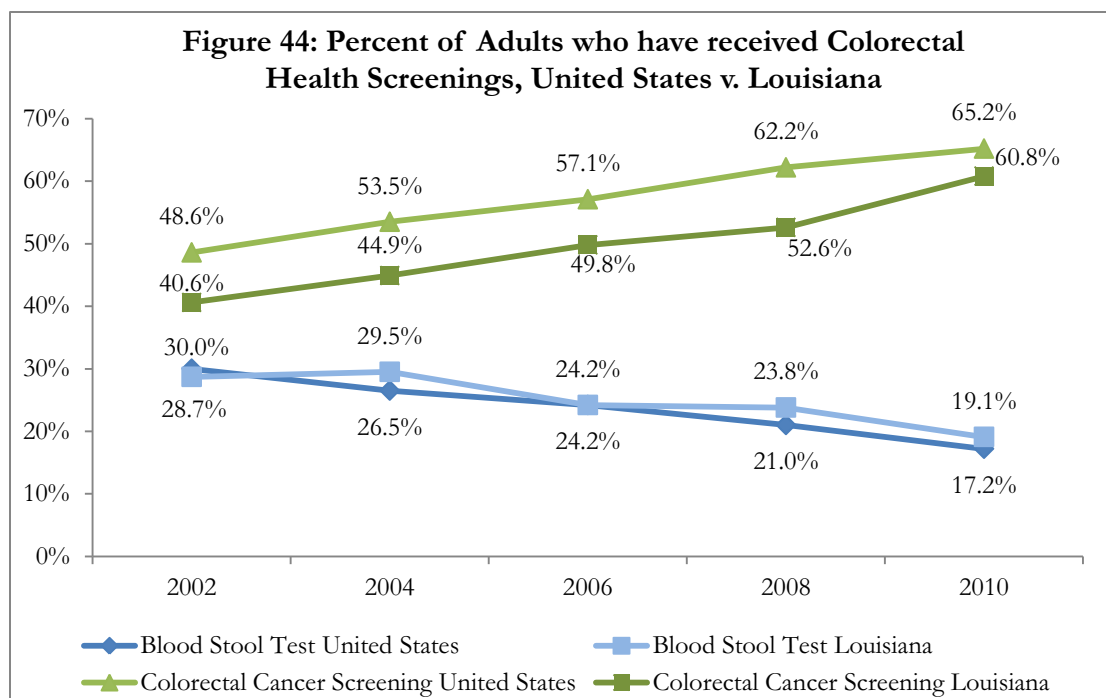
# Colorectal Health

Colorectal cancer mainly develops from precancerous polyps in the colon or rectum. Screening tests can find these polyps so that they can be removed before they turn into cancer. Screening tests also allow the cancer to be caught early, when treatment works best. The CDC recommends that individuals should begin colorectal screening once they are 50 years old. Nineteen percent of Louisiana residents ages 50 and older, reported having a blood stool test in the past two years, and 60 percent have had a colorectal cancer screening.

## SCREENING TRENDS

The percent of Louisiana adults who have had a blood stool test in the past two years has decreased since 2008 and has decreased 10 percentage points in the past five years. This is consistent with the national trend over the

same time-period. In 2006, the national average of adults having a blood stool test was 24.2 percent. In 2008, the percent decreased to 21 percent and in 2010, the national average is 17.2 percent. Louisiana has seen a steady



decrease from 24.2 percent in 2006 to 23.8 percent in 2008, and 19.1 percent in 2010. The percent of Louisiana adults ages 50 and older who have had a colorectal cancer screening is trending in the opposite direction. There was an eight percentage point increase from 2008 (52.6 percent) to 2010 (60 percent). This also mimics the national trend, which is at highest average ever with 65.2 percent in 2010.

## COLORECTAL CANCER SCREENINGS

While the frequency with which individuals are receiving colorectal cancer screenings is increasing, several demographic groups lag behind the average rate. Less than 35 percent of uninsured adults have received a colorectal cancer screening in the past two years, while 63.4 percent insured Louisiana adults have received a screening. In addition, less than half of individuals without a high school diploma as well as individuals making less than \$15,000 a year have received a screening (48.4 percent and 46.8 percent, respectively).

Table 20. Colorectal Health

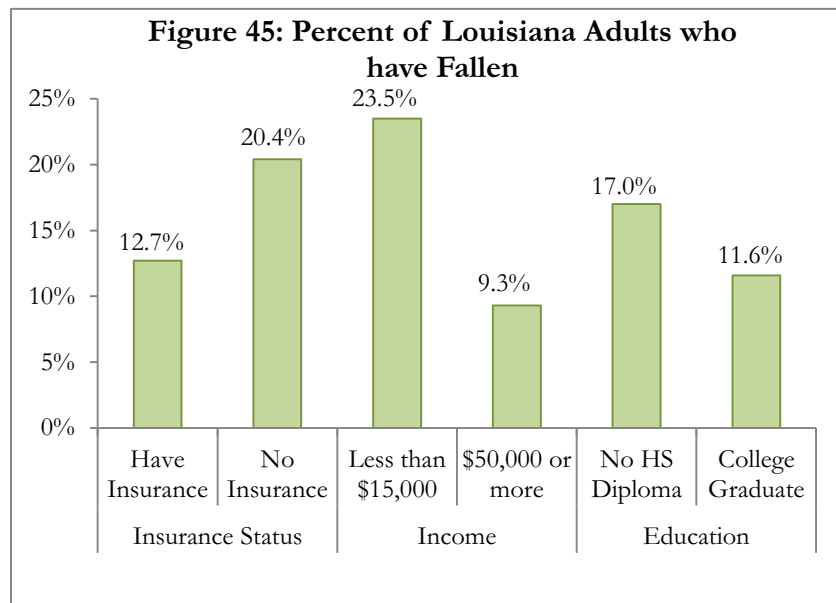
Demographic characteristics	Respondents who have had a blood stool test*			Respondents who have had a colorectal cancer screening**		
	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	845	19.1	17.7-20.5	2833	60.0	58.3-61.7
AGE						
50-54	99	12.9	10.4-16.0	353	45.2	41.2-49.4
55-64	279	18.6	16.3-21.0	968	59.1	56.3-61.9
65 and over	467	23.3	21.2-25.5	1512	69.8	67.5-71.9
GENDER						
Male				921	61.0	58.1-63.9
Female				1912	59.2	57.2-61.1
RACE-ETHNICITY						
Caucasian	579	17.4	16.0-19.0	2154	63.5	61.6-65.4
African-American	215	22.6	19.4-26.0	543	52.5	48.7-56.3
Hispanic	14	16.5	9.0-28.3	45	50.9	38.4-63.4
Other	28	27.3	18.8-38.0	69	58.2	47.7-68.1
EDUCATION						
Did not graduate High School	121	18.5	15.3-22.3	335	48.4	43.8-53.0
Graduated from High School	252	18.6	16.2-21.2	887	57.9	54.9-60.8
Attended college	240	19.7	17.2-22.4	754	61.1	57.6-64.4
Graduated college	229	19.2	16.7-22.1	851	67.4	64.2-70.4
HOUSEHOLD INCOME						
<15,000	110	18.8	15.4-22.9	295	46.8	41.7-51.8
15,000-24,999	154	20.1	16.8-23.7	478	54.8	50.7-58.9
25,000-34,999	94	22.9	18.4-28.2	266	61.4	55.5-66.9
35,000-49,999	113	21.5	17.6-26.0	339	61.7	56.7-66.5
50,000 +	207	16.7	14.3-19.3	841	64.6	61.4-67.7
HEALTH INSURANCE						
Have Insurance	763	19.5	18.1-21.0	2639	63.4	61.6-65.1
No Insurance	82	15.9	12.6-19.9	191	34.8	30.2-39.8
* The proportion of Louisiana adults ages 50 and older, who have used a special at-home kit to test stool for blood in the past two years.						
** The proportion of Louisiana adults ages 50 and older, who have ever had a sigmoidoscopy or colonoscopy in the past two years.						

# Injury Prevention

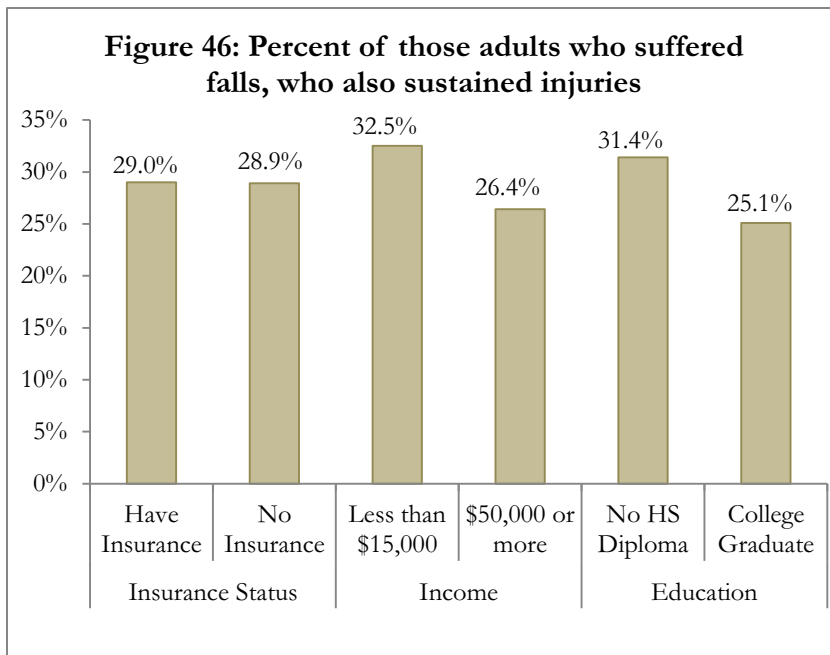
According to the CDC, more than 180,000 people die from an injury every year (one person every three minutes). In fact, injury is the leading cause of death among individuals younger than 44 years old. While older adults and children are most vulnerable to sustaining injuries, these affect all individuals, regardless of sex, race or other socioeconomic factors. Identifying the risk factors for a series of different injuries leads to better prevention techniques.

## FALLING

The CDC estimates that every year, one in every three adults ages 65 and older falls. Falls can lead to moderate to severe injuries such as hip fractures, head traumas and even the increased risk of early death. In 2007, over 18,000 older adults died from an injury sustained in an unintentional fall. Almost 14 percent of Louisiana adults ages 45 and older report that they have fallen at least once in the past three months. Of the individuals who reported falling, 29 percent sustained injuries that caused them to limit regular activities or go to the doctor.



Uninsured adults report falling at least once in the past three months at a higher rate (20.4 percent) than insured adults. However, they suffer injuries from those falls at the same rate (29 percent).

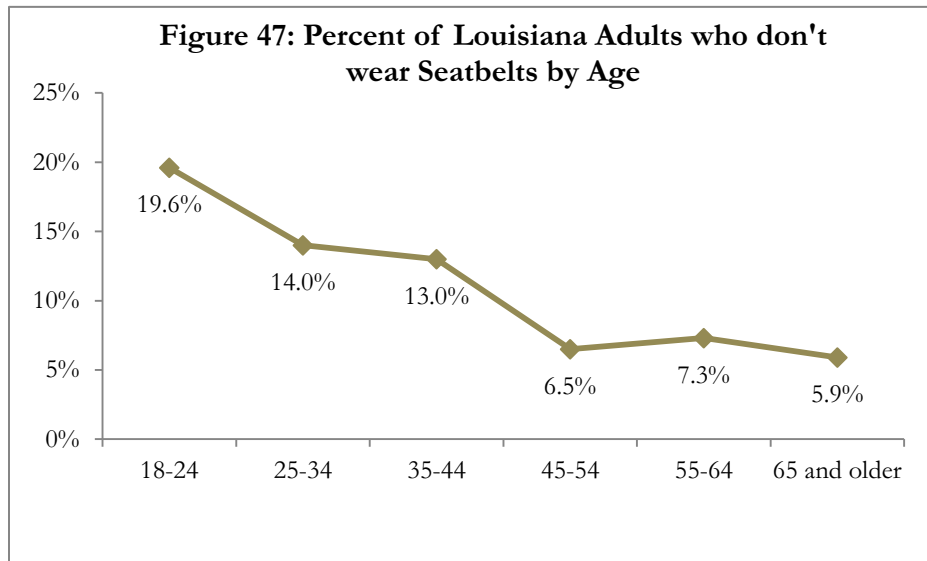


Individuals earning less than \$15,000 a year or without a high school diploma report higher rates of falling (23.5 percent and 17 percent, respectively) and a higher rate of suffering an injury from that fall (32.5 percent and 31.4 percent).

It is interesting to point out that age does not significantly influence falling rates or the rate of sustaining injuries from falls. In fact, while Louisiana's older population reports the highest rate of falling (14.2 percent), they also report the lowest rate of sustaining injuries from their falls (24.9 percent).

## ENGAGING IN RISKY BEHAVIOR

More than 10 percent of Louisiana adults report that they did not always wear a seatbelt when they rode or drove in a car. This is down slightly from the 12 percent reported in the 2008 Behavioral Risk Factor



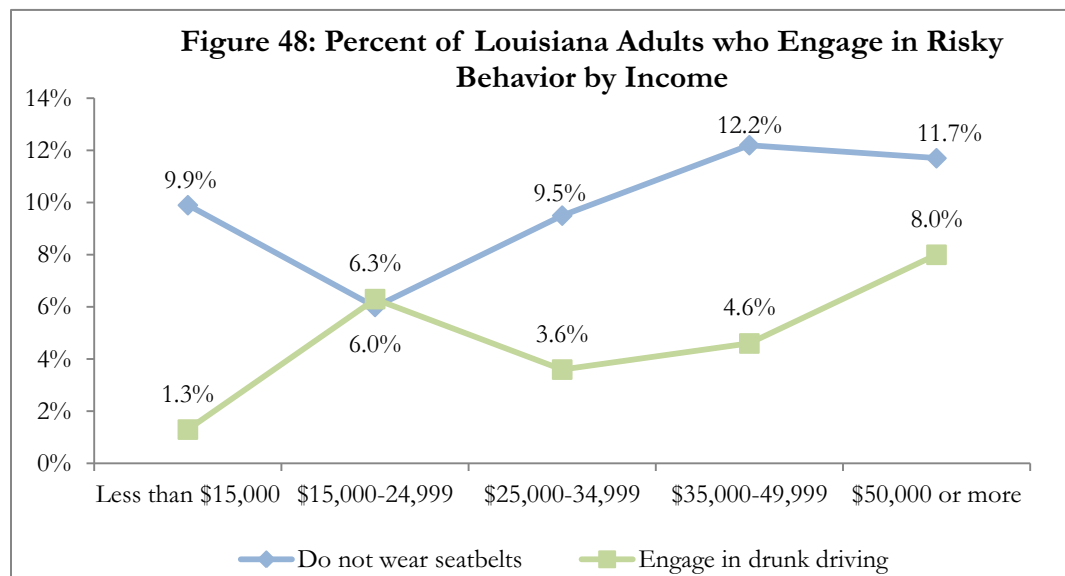
Surveillance System Report. Younger populations are less likely to wear a seatbelt than older Louisianans (see Figure 47), and twice as many men reported not wearing a seatbelt (15.8 percent) than women (6.3 percent). Twice as many men also report engaging in drunk driving (7.6 percent) than women (3.6 percent).

Uninsured adults reported a higher rate of individuals who do not

wear seatbelts (14.8 percent) than insured adults (9.8 percent), and a higher rate of drunk driving (8.6 percent and 5.2 percent, respectively).

There are differences between income groups with self-reporting rates of both seatbelt use and engaging in drunk driving (see Figure ). Individuals earning less than \$15,000 a year report the lowest rate of drunk driving (1.3

percent), but a relatively high rate of not wearing seatbelts (9.9 percent). Individuals earning \$50,000 or more report the highest rate of drunk driving (8 percent), and the second highest rate of not wearing seatbelts (11.7 percent)



Education is not a strong predictor of either of the risky behaviors, with individuals across all education levels reporting relatively equal rates of both drunk driving and not wearing seatbelts.

Table 21a. Risky Behavior

Demographic characteristics	Respondents who do not wear seatbelts*			Respondents who engage in drunk driving**		
	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	539	10.8	9.6-12.1	112	5.8	4.5-7.4
AGE						
18-24	42	19.6	14.3-26.3	11	11.2	6.0-20.1
25-34	73	14.0	10.9-17.8	24	8.3	5.4-12.7
35-44	96	13.0	10.4-16.1	22	4.5	2.8-7.2
45-54	94	6.5	5.2-8.1	32	5.1	3.4-7.5
55-64	111	7.3	5.9-9.0	18	2.2	1.4-3.6
65 and over	123	5.9	4.8-7.1	5	1.1	.1-2.7
GENDER						
Male	275	15.8	13.6-18.3	64	7.6	5.5-10.3
Female	264	6.3	5.3-7.3	48	3.6	2.5-5.2
RACE-ETHNICITY						
Caucasian	365	10.3	8.9-11.8	92	6.4	4.8-8.4
African-American	140	12.3	9.9-15.2	14	4.5	2.3-8.6
Hispanic	10	12.7	6.1-24.7	4	10.5	3.5-2.8
Other	18	7.5	4.4-12.4	2	2.1	.01-9.6
EDUCATION						
Did not graduate High School	61	12.4	8.8-17.1	7	6.4	2.3-16.4
Graduated from High School	179	10.4	8.5-12.5	25	4.4	2.5-7.7
Attended college	150	12.9	10.3-16.1	28	6.3	4.0-10.0
Graduated college	149	8.8	7.2-10.8	52	6.4	4.5-9.0
HOUSEHOLD INCOME						
<15,000	52	9.9	6.8-14.1	3	1.3	.1-4.7
15,000-24,999	73	6.0	4.3-8.2	11	6.3	2.9-13.3
25,000-34,999	46	9.5	6.5-13.6	4	3.6	.1-13.0
35,000-49,999	73	12.2	8.8-16.8	14	4.6	2.4-8.6
50,000 +	209	11.7	9.9-13.8	75	8.0	6.0-10.5
HEALTH INSURANCE						
Have Insurance	432	9.8	8.6-11.1	89	5.2	3.9-6.8
No Insurance	107	14.8	11.6-18.7	23	8.6	5.2-13.9
* The proportion of Louisiana adults who reported that they did not always wear a seatbelt when they drove or rode in a car.						
** The proportion of Louisiana adults who reported engaging in drunk driving at least once in the past month.						

Table 21b. Falling

Demographic characteristics	Incidents of Falling*			Injuries from Falling**		
	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	735	13.7	12.6-14.8	224	29.0	25.2-33.2
AGE						
18-24	-	-	-	-	-	-
25-34	-	-	-	-	-	-
35-44	-	-	-	-	-	-
45-54	208	13.8	11.8-16.1	67	30.9	23.7-39.1
55-64	220	12.9	11.2-14.9	74	31.5	24.9-39.0
65 and over	307	14.2	12.6-16.0	83	24.9	20.0-30.7
GENDER						
Male	206	12.8	11.0-14.9	50	24.9	18.4-32.6
Female	529	14.4	13.1-15.7	174	32.2	27.8-36.8
RACE-ETHNICITY						
Caucasian	545	14.1	12.9-15.4	171	31.0	26.7-35.7
African-American	149	12.6	10.3-15.2	44	21.3	14.9-29.5
Hispanic	14	13.7	7.4-24.0	1	3.0	.1-19.3
Other	18	13.2	7.1-23.3	7	61.1	32.6-83.6
EDUCATION						
Did not graduate High School	117	17.0	13.9-20.6	40	31.4	22.4-42.1
Graduated from High School	252	14.5	12.6-16.7	79	27.0	21.4-33.6
Attended college	187	13.3	11.2-15.7	58	34.1	25.6-43.8
Graduated college	179	11.6	9.8-13.7	47	25.1	18.5-33.1
HOUSEHOLD INCOME						
<15,000	141	23.5	19.6-27.9	53	32.5	24.3-41.9
15,000-24,999	147	16.6	13.7-20.0	48	29.9	21.8-39.5
25,000-34,999	75	15.6	12.1-20.0	25	28.7	18.7-41.2
35,000-49,999	80	13.5	10.7-16.9	17	21.8	13.3-33.6
50,000 +	147	9.3	7.7-11.3	32	26.4	17.8-37.4
HEALTH INSURANCE						
Have Insurance	622	12.7	11.6-13.9	184	29.0	24.9-33.6
No Insurance	113	20.4	16.6-24.7	40	28.9	20.3-39.4

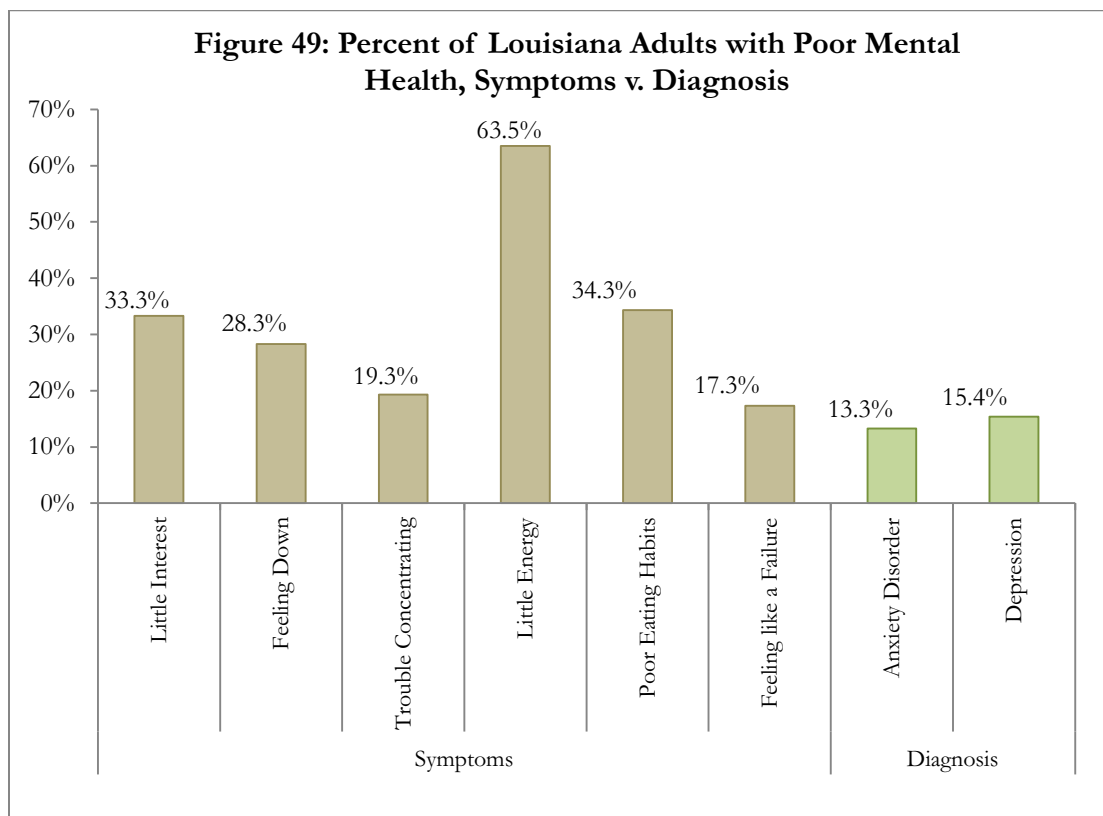
\* Percent of adults ages 44 and older, reporting they have fallen at least once in the past three months.

\*\* Of those adults ages 44 and older who have fallen at least once in the past three months, those who suffered an injury from that fall that caused them to limit regular activities or go see a doctor.



# Anxiety and Depression

The CDC reports that mental conditions, such as depression and anxiety, affect about one in five Americans. The World Health Organization defines mental health as a “state of well-being in which the individual realizes his or her own abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to his or her community.” Additionally, the U.S. Department of Health and Human Services estimates that only 17 percent of adults report that they are in optimal mental health. Despite this, positive mental health leads to various positive health outcomes, including lower blood pressure, fewer cardiovascular problems, and lower rates of obesity. The 2010 BRFSS asked participants a range of questions about their current mental health status, as well as whether they had been diagnosed with either anxiety disorder or depression. Less than one-sixth of Louisiana adults reported receiving an anxiety disorder or depression diagnosis, but a significant portion of residents reported having a range of poor mental health symptoms (see Figure 49).



## POOR MENTAL HEALTH SYMPTOMS

Louisianans report experiencing a range of symptoms indicating poor mental health, the most frequent of which being having little energy or feeling tired. Sixty-three percent of Louisiana adults report they have felt tired or had little energy at least once in the last two weeks. Women report less energy more than men, with almost 70 percent of women report feeling tired or having little energy, while only 57.5 percent of men report the same. In fact, women reported experiencing all of the symptoms of poor mental health status more frequently than men (see Figure 50).

The second most frequently reported symptom is poor eating habits. More than one-third of Louisiana adults reported either eating too much or too little at least once in the past two weeks. Income is a strong predictor of poor eating habits. Individuals earning less than \$15,000 a year report a higher rate of poor eating habits (47.2 percent) than individuals earning \$50,000 or more a year (32.6 percent).

### MENTAL HEALTH DIAGNOSIS

While a significant portion of Louisiana adults report experiencing a variety of indicators of poor mental health, a relatively small percent of respondents reported being diagnosed with either an anxiety disorder or depression. Only 13.3 percent of Louisiana residents report receiving an anxiety disorder diagnosis from a doctor or another healthcare provider, and 15.4 percent report receiving a depression diagnosis. Income, education and insurance status have significant effects on mental health diagnosis (see Figure 51).

Similar to experiencing poor mental health symptoms, women are twice as likely as men to receive a poor mental health diagnosis. Seventeen percent of women report receiving an anxiety disorder diagnosis, and 20 percent of women report having depression, while only nine percent of men report having anxiety, and 10.4 percent report having depression.

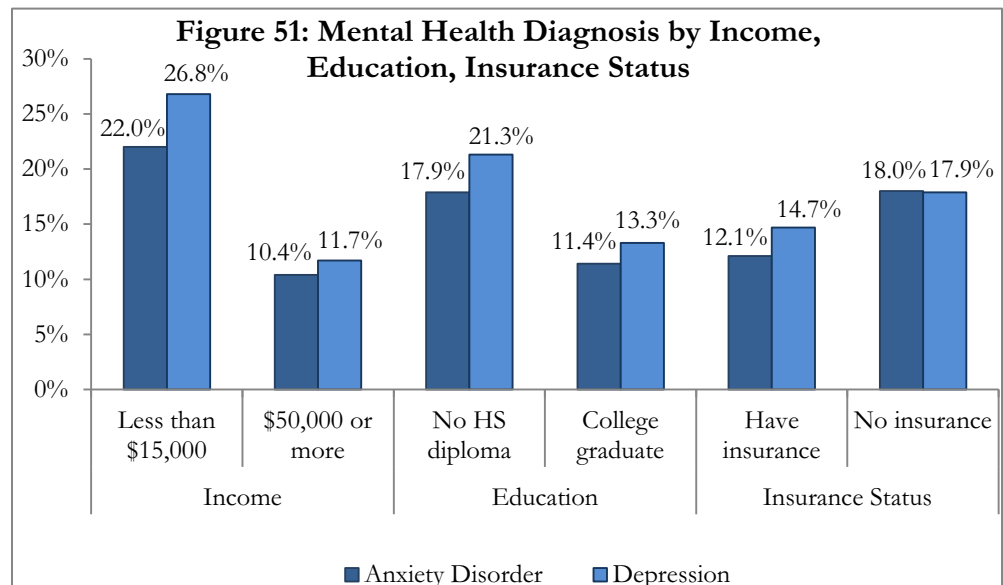
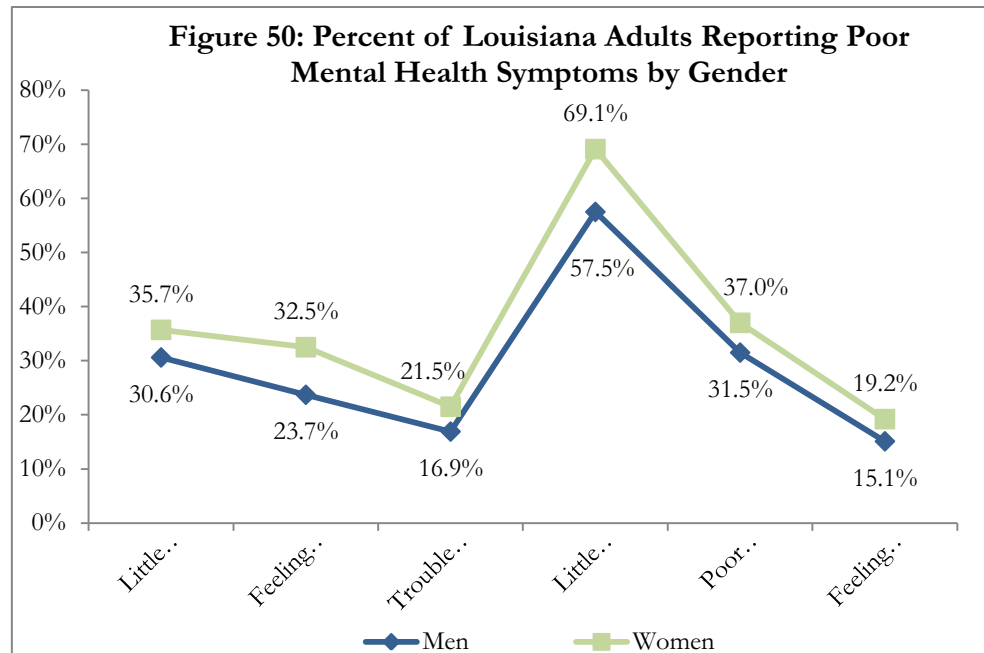


Table 22a. Anxiety and Depression

Demographic characteristics	Little Interest or Pleasure*			Feeling Down, Depressed, or Hopeless**		
	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	2115	33.3	31.7-35.0	1957	28.3	26.8-29.9
AGE						
18-24	103	45.9	38.6-53.5	73	31.8	25.2-39.2
25-34	210	33.2	29.0-37.6	194	31.2	27.0-35.7
35-44	293	32.9	29.3-36.7	273	27.4	24.2-30.8
45-54	477	34.0	31.1-37.0	463	30.2	27.4-33.1
55-64	503	30.1	27.6-32.8	472	27.7	25.2-30.3
65 and over	529	25.6	23.5-27.9	482	21.7	19.8-23.8
GENDER						
Male	586	30.6	27.9-33.5	467	23.7	21.1-26.4
Female	1529	35.7	33.8-37.7	1490	32.5	30.7-34.4
RACE-ETHNICITY						
Caucasian	1365	31.2	29.3-33.3	1292	27.5	25.7-29.5
African-American	615	37.1	33.8-40.5	547	30.9	27.9-34.1
Hispanic	48	32.1	22.4-43.6	40	17.4	11.8-24.8
Other	66	35.8	27.4-45.2	63	31.1	22.4-41.4
EDUCATION						
Did not graduate High School	324	42.7	37.3-48.1	319	40.4	35.1-45.9
Graduated from High School	717	36.3	33.2-39.5	655	29.9	27.1-33.0
Attended college	560	34.7	31.5-38.1	507	28.5	25.5-31.6
Graduated college	512	25.2	22.8-27.8	473	21.5	19.4-23.9
HOUSEHOLD INCOME						
<15,000	361	49.1	44.1-54.2	353	48.3	43.2-53.4
15,000-24,999	450	44.2	39.6-48.9	438	40.0	35.5-44.6
25,000-34,999	193	34.6	29.0-40.6	164	26.2	21.6-31.4
35,000-49,999	233	32.1	27.8-36.8	211	23.5	20.0-27.3
50,000 +	524	25.8	23.2-28.4	466	21.3	19.0-23.8
HEALTH INSURANCE						
Have Insurance	1678	30.5	28.8-32.2	1544	25.3	23.8-26.8
No Insurance	434	44.3	39.6-49.1	412	39.8	35.2-44.6
* Percent who reported expressed little interest or pleasure in doing things at least once in the past two weeks.						
** Percent who reported feeling down, depressed, or hopeless at least once in the past two weeks.						

Table 22b. Anxiety and Depression

Demographic characteristics	Little Energy*			Poor Eating Habits**		
	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	4241	63.5	61.9-65.2	2214	34.3	32.7-36.0
AGE						
18-24	149	65.8	58.3-72.5	91	40.3	33.3-47.8
25-34	454	72.0	67.2-76.3	234	38.7	34.1-43.5
35-44	605	65.8	62.0-69.4	337	36.4	32.8-40.2
45-54	931	65.2	62.2-68.0	517	36.5	33.5-39.5
55-64	1005	59.6	56.7-62.4	534	30.7	28.2-33.3
65 and over	1097	52.0	49.5-54.4	501	23.5	21.5-25.7
GENDER						
Male	1186	57.5	54.6-60.3	619	31.5	28.7-34.4
Female	3055	69.1	67.3-70.8	1595	37.0	35.1-38.9
RACE-ETHNICITY						
Caucasian	2903	63.6	61.6-65.5	1482	33.7	31.7-35.7
African-American	1076	63.3	59.9-66.6	596	35.3	32.1-38.6
Hispanic	98	63.1	51.8-73.1	47	31.9	22.4-43.1
Other	127	62.5	53.1-71.0	77	42.7	33.1-52.9
EDUCATION						
Did not graduate High School	520	67.5	62.8-72.0	277	38.7	33.6-44.2
Graduated from High School	1315	60.7	57.5-63.8	700	34.5	31.4-37.7
Attended college	1144	65.5	62.1-68.8	616	35.3	32.1-38.7
Graduated college	1257	63.3	60.6-66.0	618	31.6	29.0-34.3
HOUSEHOLD INCOME						
<15,000	541	69.7	64.4-74.4	317	47.2	42.1-52.4
15,000-24,999	752	68.3	63.8-72.4	413	40.9	36.3-45.6
25,000-34,999	372	66.2	59.8-72.0	186	32.1	26.7-38.1
35,000-49,999	526	64.0	59.3-68.4	254	30.5	26.4-34.9
50,000 +	1360	62.8	60.1-65.4	709	32.6	30.0-35.2
HEALTH INSURANCE						
Have Insurance	3554	62.4	60.7-64.2	1807	32.5	30.8-34.2
No Insurance	684	67.7	63.1-72.0	406	41.6	37.0-46.4
* Percent who reported feeling tired or having little energy at least once in the past two weeks.						
** Percent who reported either eating too much or too little at least once in the past two weeks.						

Table 22c. Anxiety and Depression

Demographic characteristics	Feeling like a Failure*			Trouble Concentrating**		
	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	1077	17.3	15.9-18.7	1224	19.3	17.9-20.8
AGE						
18-24	55	25.3	19.1-32.6	56	26.2	20.0-33.6
25-34	108	18.1	14.7-22.2	129	21.4	17.6-25.9
35-44	173	18.3	15.5-21.4	210	20.3	17.6-23.3
45-54	273	17.9	15.7-20.4	294	20.2	17.8-22.9
55-64	256	15.0	13.1-17.2	288	16.8	14.7-19.0
65 and over	212	10.0	8.6-11.6	247	11.4	10.0-13.1
GENDER						
Male	253	15.1	12.8-17.7	315	16.9	14.5-19.5
Female	824	19.2	17.7-20.8	909	21.5	19.8-23.2
RACE-ETHNICITY						
Caucasian	722	16.6	15.0-18.3	802	19.1	17.3-21.0
African-American	275	17.8	15.2-20.7	332	19.1	16.6-21.9
Hispanic	24	12.6	7.7-20.0	33	15.3	9.6-23.4
Other	44	27.6	18.6-38.8	47	27.1	18.5-38.0
EDUCATION						
Did not graduate High School	170	27.2	21.9-33.2	181	24.0	19.2-29.6
Graduated from High School	331	16.7	14.3-19.5	388	20.2	17.5-23.2
Attended college	288	16.4	14.1-18.9	334	20.2	17.6-23.1
Graduated college	288	14.7	12.7-16.9	319	15.6	13.6-17.8
HOUSEHOLD INCOME						
<15,000	209	29.4	25.1-34.2	207	29.9	25.5-34.7
15,000-24,999	248	26.7	22.4-31.6	279	28.7	24.4-33.4
25,000-34,999	80	13.1	9.9-17.1	92	15.7	11.7-20.7
35,000-49,999	102	12.9	10.0-16.4	148	18.6	15.2-22.7
50,000 +	280	13.6	11.7-15.9	329	15.3	13.3-17.6
HEALTH INSURANCE						
Have Insurance	832	14.9	13.7-16.3	970	17.3	15.9-18.7
No Insurance	245	26.4	22.1-31.2	253	27.1	22.7-31.9
* Percent who reported feeling like a failure at least once in the past two weeks.						
** Percent who reported having difficulty concentrating at least once in the past two weeks.						

Table 22d. Anxiety and Depression Diagnosis

Demographic characteristics	Anxiety Disorder Diagnosis*			Depression Diagnosis**		
	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	977	13.3	12.1-14.5	1181	15.4	14.2-16.7
AGE						
18-24	26	12.5	8.0-19.1	32	14.4	9.7-20.8
25-34	109	16.6	13.3-20.5	101	15.1	12.2-18.6
35-44	158	14.5	12.2-17.1	158	15.5	13.0-18.3
45-54	225	13.3	11.4-15.4	277	17.0	14.9-19.3
55-64	241	13.1	11.4-15.0	344	19.2	17.1-21.5
65 and over	218	9.4	8.1-10.9	269	11.3	9.9-12.9
GENDER						
Male	190	9.0	7.3-11.2	247	10.4	8.7-12.4
Female	787	17.2	15.7-18.7	934	20.0	18.4-21.6
RACE-ETHNICITY						
Caucasian	708	15.0	13.5-16.6	874	17.3	15.8-19.0
African-American	203	9.4	7.7-11.4	227	11.3	9.5-13.4
Hispanic	22	8.0	4.9-13.0	28	13.2	8.3-20.4
Other	35	20.3	12.8-30.7	42	18.1	12.5-25.4
EDUCATION						
Did not graduate High School	140	17.9	13.4-23.5	161	21.3	16.5-27.0
Graduated from High School	298	12.6	10.6-14.9	365	13.9	12.6-16.0
Attended college	291	14.2	12.2-16.4	345	17.0	14.8-19.4
Graduated college	247	11.4	9.7-13.3	308	13.3	11.5-15.2
HOUSEHOLD INCOME						
<15,000	162	22.0	17.8-26.8	209	26.8	22.5-31.7
15,000-24,999	208	17.7	14.4-21.5	254	20.6	17.2-24.5
25,000-34,999	79	11.9	8.2-16.9	86	12.9	9.9-16.8
35,000-49,999	110	12.5	10.0-15.5	136	14.8	12.0-18.1
50,000 +	249	10.4	8.7-12.4	289	11.7	9.9-13.7
HEALTH INSURANCE						
Have Insurance	788	12.1	11.0-13.2	978	14.7	13.6-15.9
No Insurance	189	18.0	14.4-22.3	201	17.9	14.5-21.9

\* Percent of respondents who reported receiving an anxiety disorder diagnosis from a doctor or another healthcare provider.

\*\* Percent of respondents who reported receiving a diagnosis of depression from a doctor or another healthcare provider.