

# HEALTH RISKS

## AMONG LOUISIANA ADULTS



THE BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM REPORT 2007



# HEALTH RISKS AMONG LOUISIANA ADULTS: 2007

A REPORT FROM THE BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM



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## INTRODUCTION

The Behavioral Risk Factor Surveillance System (BRFSS) is a randomized telephone survey of adults aged 18 years and above. Established in 1984 by the Centers for Disease Control and Prevention (CDC), the 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, accurate data on health-related behaviors.

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, and develop and evaluate public health policies and programs. Many states also use BRFSS data to support health-related legislative efforts. For more information about the BRFSS, visit the CDC's BRFSS website: <http://www.cdc.gov/brfss>.

## METHODOLOGY

The BRFSS is a comprehensive and flexible questionnaire. It is a result of extensive collaborations between 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 question 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.

## SUMMARY

This report presents results from the 2007 Behavioral Risk Factor Surveillance Survey for the state of Louisiana. All civilian, non-institutionalized state residents aged 18 and older with a household landline telephone are eligible for survey participation. Respondents were selected randomly from the sample of eligible individuals.

The primary purpose of the survey is to provide population-based estimates for chronic disease and the associated risk factors for citizens within the state of Louisiana. The results of the survey are used by public health agencies, non-profit organizations, academic institutions, state agencies, and others to develop initiatives and programs to improve the health of Louisiana residents.

Throughout the report reference is made to the Healthy People 2010 initiatives. The goal of Healthy People 2010 is to identify the most significant risk factors and preventable threats to the health of U.S. citizens and to establish national goals to reduce the risk factors and chronic conditions. The Healthy People 2010 objectives are used to measure progress towards those goals.

All of the estimates that involve risk factors and chronic conditions from the 2007 Louisiana BRFSS are weighted to give prevalence rates that are generalizable to the adult population of Louisiana.

## **CELL PHONE SURVEY**

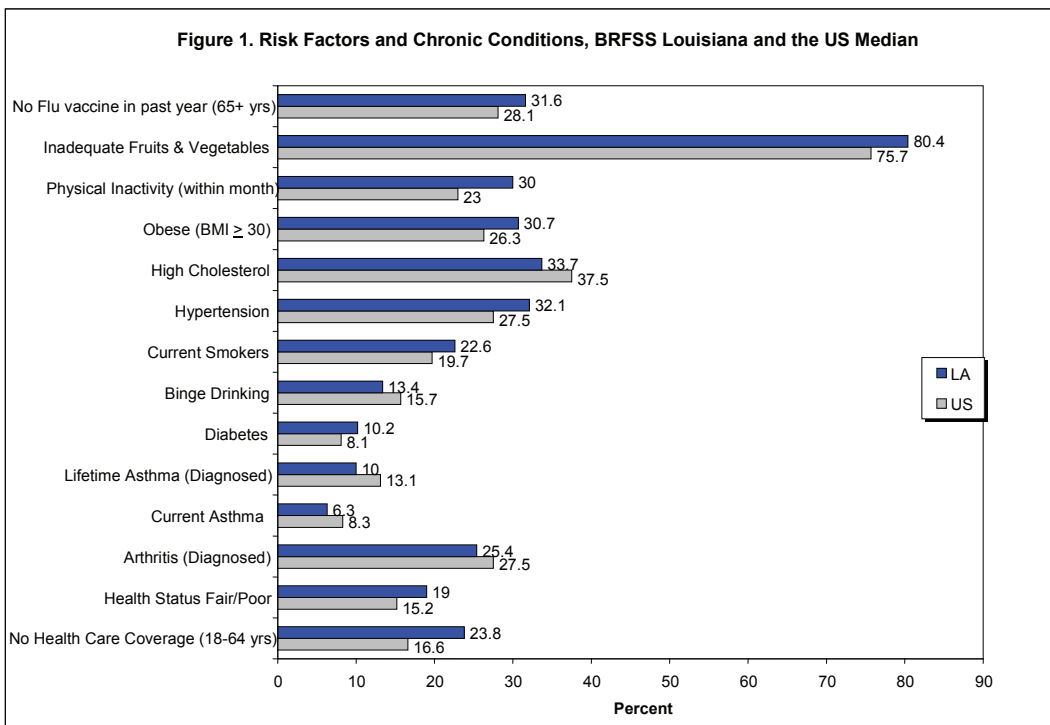
The Louisiana BRFSS program also conducts a survey that is administered to state residents that are cell phone dependent for communication without the use of a residential landline. Louisiana households that have landline telephones and minors are excluded from the cell phone survey. The purpose of the cell phone survey is to attempt to capture a segment of the population that is excluded from the BRFSS landline survey. Louisiana has conducted a BRFSS cell phone survey in 2008. Due to the expense of the survey and limited resources, it cannot be determined at the present if the state of Louisiana will continue to conduct the cell phone survey in future years.

## **FUTURE FOR THE BRFSS**

The 2009 BRFSS will have a larger sample size that will be stratified by the nine designated health regions within the state. Stratification will allow the program to provide estimates on a regional level for health indicators and prevalence rates. The projected sample size for the 2009 BRFSS will be over 9,000 interviews. For the first time ever, the 2009 Louisiana BRFSS will collect information on the following topics: home caregiver, sleep deprivation, adverse childhood experiences, pandemic flu, cognitive impairment, and social context. A follow-up survey will be used to assess the burden of asthma among the respondents that indicated that they or a child within their household currently has asthma (2009 Childhood/Adult Asthma callback survey).

The 2009 Louisiana cell phone survey will have an estimated 235 completed interviews. As mentioned earlier, conducting future cell phone surveys for the state of Louisiana is pending on the amount of funds available to the program. In 2010, the Louisiana BRFSS program will administer the BRFSS by mail to randomly selected households within the state for the purpose of including residents that cannot be reached by a residential landline phone or cell phone.

**Figure 1**



## ACCESS TO HEALTH CARE

In 2007, nearly one in five Louisiana residents reported their health was fair or poor and the rate of uninsured Louisiana residents was higher than the national average. Access to healthcare has consistently been a problem for Louisiana residents. Nearly one fourth of the population aged 18-64 years reported not having any form of health insurance in 2007, and the rate of uninsured residents was higher than the national average (Figure 1).

## RISK FACTORS

The rate of obesity is steadily increasing for Louisiana residents. Over the last five years, the rate of obesity in Louisiana has been consistently higher than the national average.

High cholesterol and hypertension rates have also increased for the Louisiana population. In 2007, Louisiana had the 6th highest rate of hypertension in the nation.

The majority of Louisiana residents are not engaging in the recommended level of physical activity. In 2007, Louisiana ranked 2nd highest for physical inactivity compared to other states.

The majority of Louisiana residents are not consuming the recommended amount of fruits and vegetables

Smoking rates have decreased since 2003, but the rate continues to be higher than the national average (Figure 1).

## CHRONIC DISEASE

The prevalence of diabetes among Louisiana residents nearly doubled in the ten year time period from 1997-2007. During the same ten year period, diabetes prevalence in Louisiana was higher than the national average. Asthma and arthritis prevalence rates were lower than the national averages in 2007 (Figure 1).



**Table 1a. Demographic Characteristics. BRFSS, Louisiana 2007.**

<b>TABLE 1A. DEMOGRAPHIC CHARACTERISTICS</b>			
<b>Demographic characteristics</b>	<b>2007</b>		
	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>
<b>Age</b>			
18-24	254	8.5	7.2-9.7
25-34	749	16.8	15.4-18.2
35-44	1100	25.4	23.8-26.9
45-54	1543	19.1	18.0-20.2
55-64	1454	14.2	13.3-15.0
65 or older	1584	16.2	15.2-17.1
<b>Gender</b>			
Male	2233	47.9	46.3-49.6
Female	4451	52.1	50.4-53.7
<b>Race-Ethnicity</b>			
Caucasian-Non Hispanic	4825	65.6	63.9-67.3
African-American	1316	24.6	23.1-26.2
Other	282	5.1	4.1-6.1
Hispanic	189	4.6	3.8-5.5
<b>Education</b>			
Did not graduate HS	819	12.3	11.1-13.5
Graduated from HS	2187	32.0	30.5-33.5
Attended college	1706	25.5	24.1-26.9
Graduated college	1955	30.2	28.7-31.7
<b>Household Income</b>			
<15,000	689	10.7	9.6-11.9
15,000 - <25,000	958	16.5	15.2-17.9
25,000 - <35,000	694	12.9	11.8-14.1
35,000 - <50,000	803	15.9	14.6-17.2
50,000+	2136	43.9	42.1-45.7
<b>Health Insurance</b>			
Have Insurance	5519	79.5	78.0-81.0
No Insurance	1144	20.5	19.0-22.0



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## HEALTHY PEOPLE 2010 OBJECTIVES

- Increase the proportion of persons with health insurance to 100%.
- Increase the proportion of persons with a usual primary care provider to 85%.
- Increase the proportion of persons aged 18 or older who have a specific source of ongoing care to 96%.

## NO HEALTH CARE COVERAGE AMONG ADULTS (Adults Age 18-64)\*

- Nearly one quarter of Louisiana adults aged 18-64 do not have health care coverage (23.8%) .
- At 35.3%, nearly twice as many African-Americans in Louisiana live without health care coverage as do Caucasians (17.8%).
- Those who did not complete high school are nearly 5 times more likely to not have health care coverage compared to those who are college graduates (48.2% and 10.1% respectively).
- Those earning less than \$15,000 a year are nearly 6 times more likely to not have health care coverage than those earning \$50,000 a year or more (44.2% and 7.6% respectively).

## NO PERSONAL HEALTH CARE PROVIDER\*\*

- One in five Louisiana residents reported that they do not have a health care professional that they consider to be their personal doctor or health care provider (20.8%).
- The percentage of residents with a personal health care provider increased with age, educational level, and household income.
- About 16% of women reported they did not have a personal health care provider compared to 25.8% of men.
- While 87.0% of those with health insurance had a personal health care provider, only 48.7% of those without coverage had a provider.

\* Among those aged 18 - 64 years, the proportion of Louisiana adults 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 that they thought of as their personal doctor or health care provider.

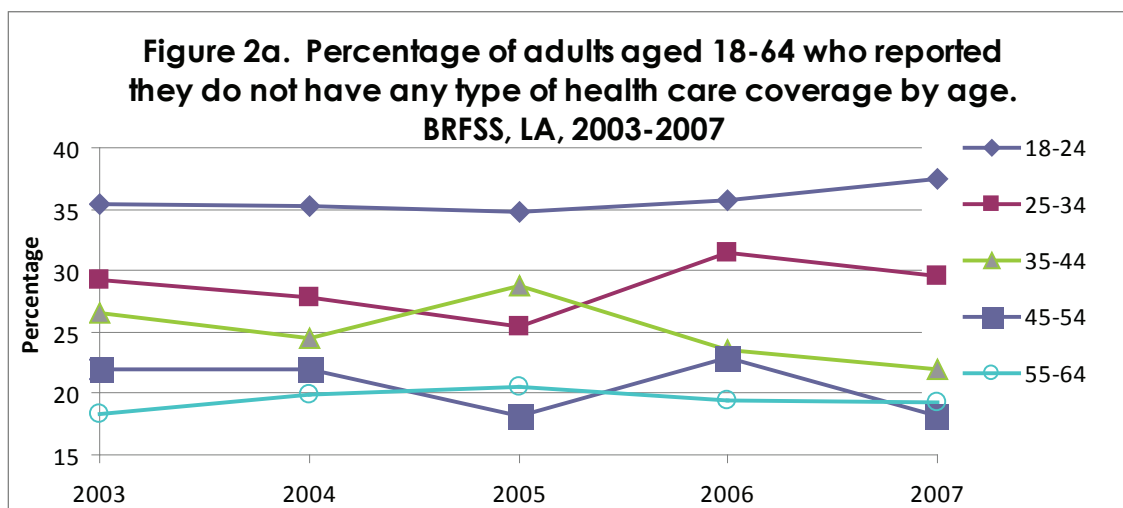
## COST BARRIERS TO HEALTH CARE ACCESS\*\*\*

- Almost one in five residents reported that there was a time in the past 12 months when they could not see a doctor because of cost (17.6%).
- The percentage of Hispanics who did not have health care access due to cost (28.2%) was double the percentage of Caucasians (14.1%).
- The percentage of those with limited health care access due to cost decreased as educational level and household income increased.
- One in ten residents with health care insurance reported not being able to see a doctor when they needed to due to cost (10.9%) compared to 44.0% of those without health care insurance.

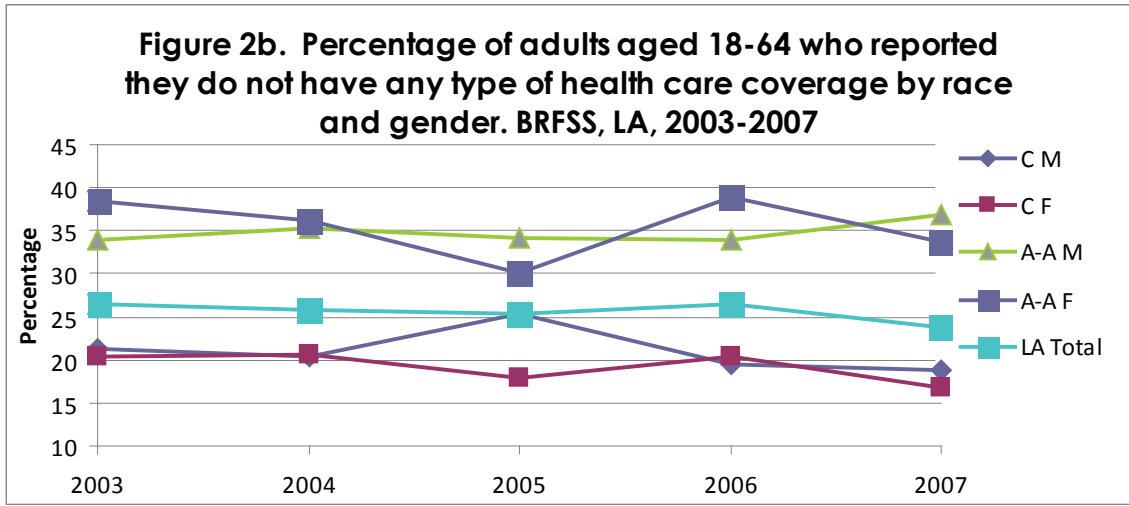
## LOUISIANA HEALTH COVERAGE TRENDS (ADULTS AGED 18-64).

- Over the past 5 years, the 18-24 age group has consistently reported the highest percentage of adults not having health care coverage of any type (Figure 2a).
- Between 2003 and 2007, the percentage of adults reporting no health coverage decreased for adults aged 35 to 44 (Figure 2a).
- Over that same time period, African-American males and females were more likely to be without health care coverage compared to Caucasian males and females (Figure 2b).

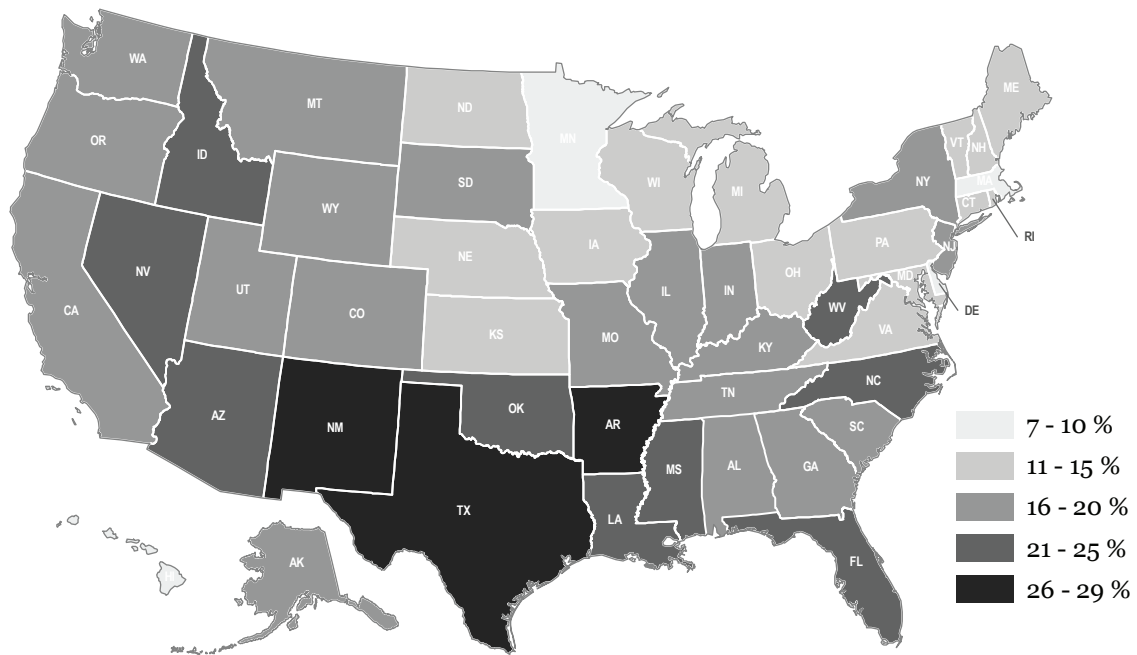
**Louisiana currently ranks 50th among the U.S. States, Territories, and Washington D.C. for percentage of adults aged 18-64 with health care coverage (Figure 2c).**



\*\*\* 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 due to cost.



**Figure 2c. Percent of Adults aged 18-64 without Health Care Coverage**



Source: 2007 BRFSS (available at <[http://www.cdc.gov/brfss/maps/gis\\_data.htm](http://www.cdc.gov/brfss/maps/gis_data.htm)>).

**Table 2a. Health Care Access and Coverage, Overall and by Selected Demographic Categories. BRFSS, Louisiana 2007.**

<b>TABLE 2A. HEALTH CARE UTILIZATION</b>									
<b>Demographic characteristics</b>	<b>No Health Care Coverage Among Adults Aged 18-64 *</b>			<b>No Personal Health Care Provider **</b>			<b>No Health Care Access Due to Cost ***</b>		
	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI
<b>Total</b>	5018	23.8	22.0-25.5	6560	20.8	19.3-22.3	6612	17.6	16.3-19.0
<b>Age</b>									
18-24	248	37.5	29.3-45.7	249	36.5	28.7-44.3	251	22.4	14.8-30.0
25-34	749	29.6	25.0-34.2	749	29.2	24.6-33.8	745	22.7	18.8-26.6
35-44	1097	21.9	18.8-25.0	1096	23.0	19.5-26.5	1095	19.4	16.4-22.4
45-54	1470	18.2	15.9-20.6	1534	19.5	17.0-22.0	1532	18.5	16.1-20.8
55-64	1454	19.3	16.8-21.9	1449	14.5	12.2-16.9	1442	16.3	13.9-18.7
65 or older	Not Applicable			1573	7.6	5.9-9.2	1547	7.0	5.6-8.4
<b>Gender</b>									
Male	1713	24.9	21.9-28.0	2218	25.8	23.1-28.5	2204	16.0	13.7-18.3
Female	3305	22.7	20.8-24.5	4432	16.2	14.8-17.7	4408	19.1	17.6-20.6
<b>Race-Ethnicity</b>									
Caucasian	3570	17.8	16.1-19.5	4804	17.6	16.0-19.1	4794	14.1	12.7-15.5
African-American	1051	35.3	31.2-39.4	1310	24.4	21.0-27.7	1282	26.8	23.3-30.3
Hispanic	155	36.8	25.6-47.9	188	38.1	27.6-48.6	189	28.2	18.7-37.6
Other	209	29.0	17.3-40.8	279	30.1	18.8-41.4	279	10.9	6.8-15.1
<b>Education</b>									
Did not graduate HS	496	48.2	41.6-54.9	813	32.4	26.9-37.9	794	28.2	22.9-33.4
Graduated from HS	1641	30.8	27.7-34.0	2169	23.2	20.4-25.9	2164	20.8	18.3-23.3
Attended college	1320	21.4	18.3-24.5	1701	20.0	17.1-22.6	1692	17.0	14.6-19.5
Graduated college	1556	10.1	7.5-12.7	1950	14.4	12.0-16.9	1947	10.6	8.6-12.6
<b>Household Income</b>									
<15,000	452	44.2	37.1-51.2	686	33.1	26.9-39.4	676	36.2	30.5-41.8
15,000-24,999	654	50.6	45.1-56.1	951	29.3	24.7-33.9	945	32.8	28.2-37.5
25,000-34,999	514	35.0	29.5-40.6	691	23.5	19.1-28.0	689	25.9	21.4-30.3
35,000-49,999	659	21.2	16.5-26.0	801	21.8	17.4-26.3	800	16.8	13.0-20.7
\$50,000+	1898	7.6	5.7-9.6	2131	14.1	12.0-16.3	2132	6.9	5.5-8.3
<b>Health Insurance</b>									
Have Insurance	Not Applicable			5495	87.0	85.7-88.4	5468	10.9	9.8-12.0
No Insurance				1135	48.7	44.4-53.0	1127	44.0	39.7-48.3
* Among those aged 18 - 64 years old, the proportion of Louisiana adults 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 that 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 due to cost.									

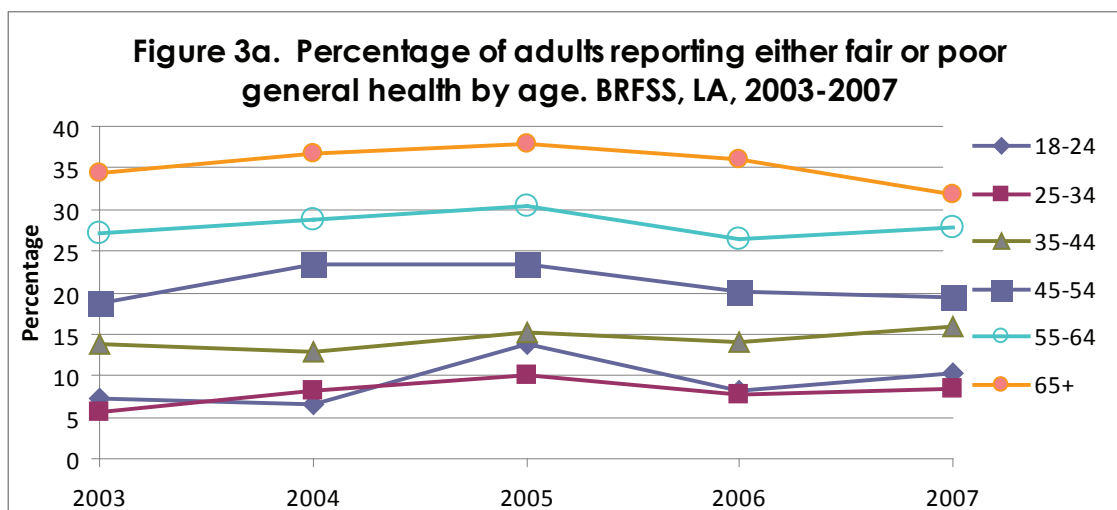
## GENERAL HEALTH

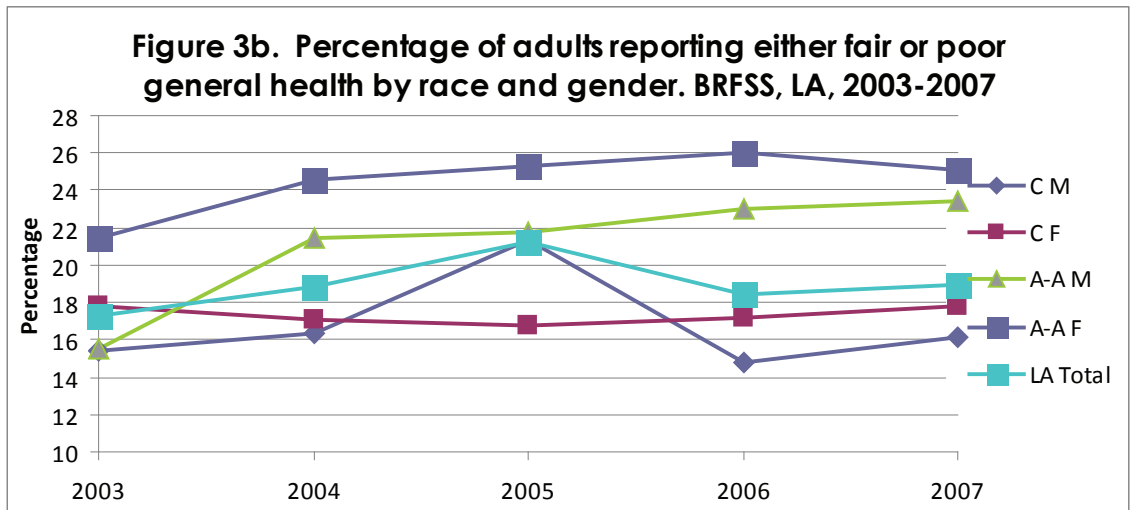
- Almost one in five Louisiana adults reported their general health to be in fair or poor condition (19%).
- Individuals who did not graduate from high school were more likely to report poor or fair health (34.8%) than residents with higher levels of educational attainment (10.0%-23.8%).
- Nearly 18% residents with insurance reported being in poor or fair health compared to 23.6% of those without health insurance.
- Almost one quarter of African-Americans reported their general health to be in fair or poor condition (24.3%) compared to 20.1% of Hispanics and 17.0% of Caucasians.

## LOUISIANA GENERAL HEALTH TRENDS

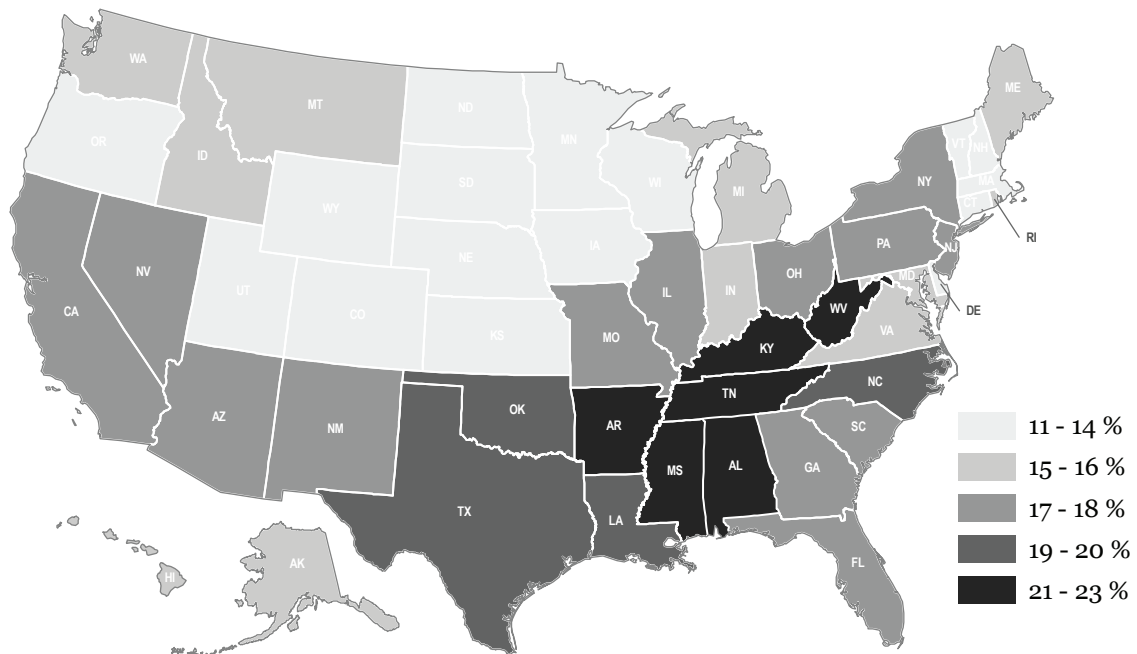
- Over the last five years, Louisiana residents have tended to report fair or poor health at higher rates as they age (Figure 3a).
- African-American females are more likely to report poor or fair health compared to Caucasian females and males (Figure 3b).
- With the exception of 2005, Caucasian males were the least likely to report fair or poor general health (Figure 3b).

**Louisiana currently ranks 16th among the U.S. States, Territories, and Washington D.C. for the highest percentage of those reporting fair general health and 6th for the highest percentage of those reporting poor general health (combined fair and poor, ranked 11th) (Figure 3c).**





**Figure 3c. Percent of Respondents Reporting Fair or Poor General Health**



Source: 2007 BRFSS (available at <[http://www.cdc.gov/brfss/maps/gis\\_data.htm](http://www.cdc.gov/brfss/maps/gis_data.htm)>).

**Table 3a. General Health Status, Overall and by Selected Demographic Categories. BRFSS, Louisiana 2007.**

<b>TABLE 3A. GENERAL HEALTH STATUS</b>			
<b>Demographic characteristics</b>	<b>General Health (Fair or Poor) *</b>		
	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>
<b>Total</b>	1471	19.0	17.8-20.3
<b>Age</b>			
18-24	253	10.3	5.5-15.0
25-34	746	8.4	5.6-11.1
35-44	1098	15.9	12.9-18.8
45-54	1541	19.3	16.9-21.7
55-64	1449	27.8	25.1-30.5
65 or older	1565	31.8	29.0-34.5
<b>Gender</b>			
Male	2224	17.8	15.8-19.9
Female	4428	20.1	18.7-21.6
<b>Race-Ethnicity</b>			
Caucasian	4810	17.0	15.7-18.3
African-American	1302	24.3	21.1-27.6
Hispanic	189	20.1	12.0-28.2
Other	281	16.8	12.0-21.6
<b>Education</b>			
Did not graduate HS	806	34.8	30.2-39.5
Graduated from HS	583	23.8	21.4-26.2
Attended college	1701	16.2	14.1-18.3
Graduated college	1953	10.0	8.2-11.8
<b>Household Income</b>			
<15,000	678	44.6	38.9-50.2
15,000 -24,999	954	28.0	24.1-32.0
25,000-34,999	692	25.1	20.9-29.2
35,000-49,999	803	16.5	12.9-20.1
50,000+	2133	6.9	5.6-8.1
<b>Health Insurance</b>			
Have Insurance	5496	17.9	16.6-19.1
No Insurance	1137	23.6	20.1-27.0

\* The proportion of Louisiana Adults who reported that their health, in general, was either fair or poor



## HEALTHY PEOPLE 2010 OBJECTIVE

- Reduce the overall rate of clinically-diagnosed diabetes to 25 overall cases per 1,000.
- Increase to 50% the proportion of adults with diabetes who have a glycosylated hemoglobin (A1c) measurement at least once a year.
- Increase to 60% the proportion of persons with diabetes who receive formal diabetes education.

## DIABETES PREVALENCE\*

- An estimated 10.1% of the adult population within the state of Louisiana (329,632 residents) have been diagnosed with diabetes.
- African-Americans reported the highest prevalence for diabetes (13.6%) followed by other non-Hispanic minority groups (10.8%).
- Age was significantly associated with the prevalence of diabetes; nearly one out of every four residents aged 65 years and above was diagnosed with diabetes.
- Residents that are obese were four times more likely to be diabetic compared to residents that were not obese (OR=4.07; 95% CI: 3.4-4.7).
- Residents that were hypertensive were nearly six times more likely to be diabetic compared to non-hypertensive residents (OR=5.96; 95% CI: 5-7).

## PARTICIPATION IN A DIABETES SELF-MANAGEMENT COURSE

- Over 40% of diabetic residents have not taken a diabetes self-management course (42%).
- Caucasian diabetics reported the highest rate for not taking a diabetes self-management course (45.3%) followed by African-American diabetics (40.8%).
- Residents with lower income and education levels reported higher rates of not taking a self-management course compared to higher income and education levels.
- Half of the diabetics without any form of health insurance have not taken a diabetes self-management course (51.5%).

\* The proportion of respondents who reported they were told by a healthcare professional that he or she had diabetes. Women who had diabetes only during pregnancy and adults diagnosed with pre-diabetes were excluded

\*\* The proportion of respondents that are diabetic and indicated that he or she has not had an A1c test within a year.

## NO A1C TEST IN THE PAST 12 MONTHS\*\*

- In 2007, an estimated 28.6% of the diabetic residents did not have an A1c test to determine their approximate average blood sugar level.
- Female diabetics had a higher rate of not having an A1c test within the past year (32.2%) compared to male diabetics (23.8%).
- African-American diabetics reported the highest rate of not having an A1c test within the past year (35.7%).
- Diabetics with health insurance were more likely to have an A1c test within the past year (43.3%) compared to diabetics without insurance (25.1%).

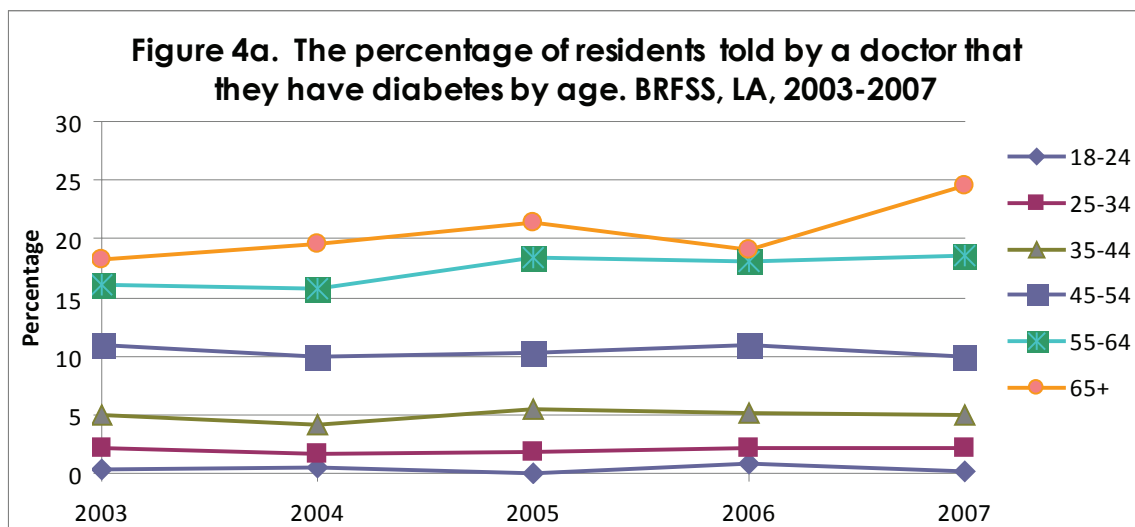
## EFFECT OF DIABETES ON VISION (RETINOPATHY)

- Over one-third of diabetic residents reported that their doctor told them diabetes has caused their vision problems or retinopathy (34.14%).

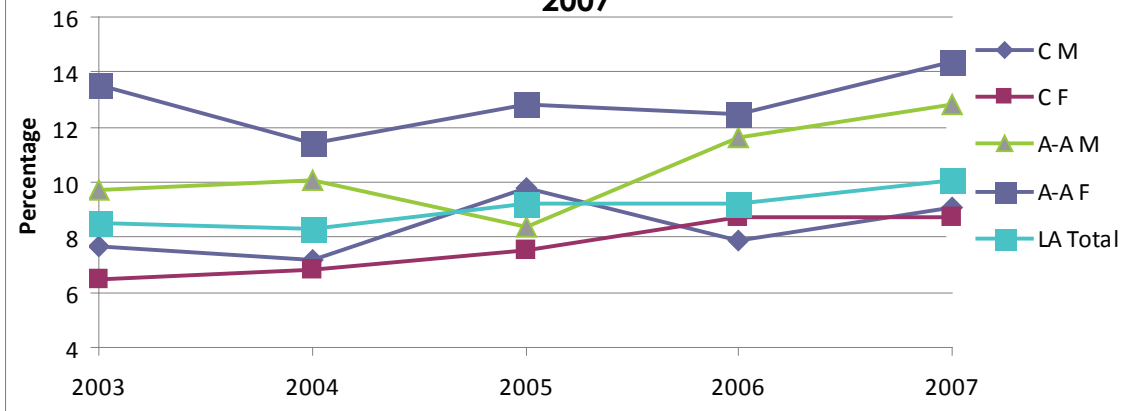
## LOUISIANA DIABETES PREVALENCE TRENDS

- Figure 4a shows an increase in diabetes prevalence among residents aged 65 years and above from 2003-2007.
- From 2003 to 2007, African-American females reported the highest prevalence of diabetes compared to all other race/gender groups (Figure 4b).
- The prevalence for diabetes within the state of Louisiana nearly doubled between 1997 and 2007 from 5.5% to 10.1%.

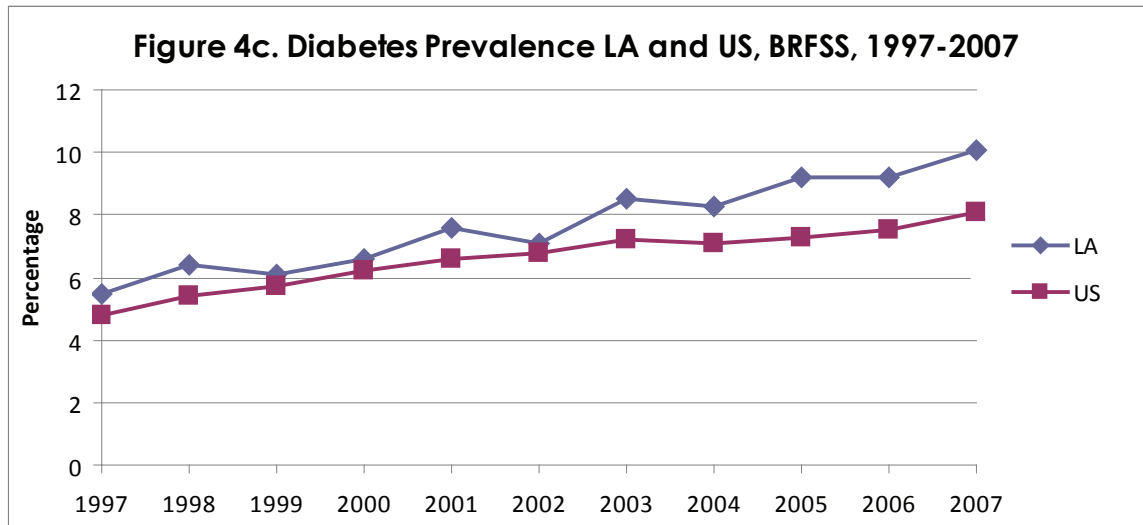
**Louisiana ranked 8th for residents that have been diagnosed with diabetes in comparison to other U.S. States, U.S. Territories, and Washington D.C. (Figure 4d).**



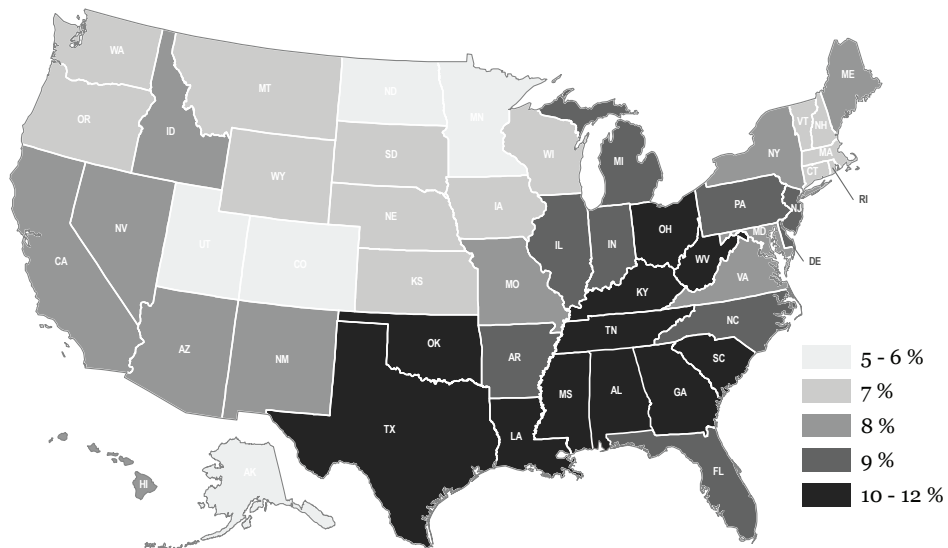
**Figure 4b. The percentage of residents told by a doctor that they have diabetes by race and gender. BRFSS, LA, 2003-2007**



**Figure 4c. Diabetes Prevalence LA and US, BRFSS, 1997-2007**



**Figure 4d. Percent of Respondents Diagnosed with Diabetes**



Source: 2007 BRFSS (available at <[http://www.cdc.gov/brfss/maps/gis\\_data.htm](http://www.cdc.gov/brfss/maps/gis_data.htm)>).

**Table 4a. Diabetes Indicators, Overall and by Selected Demographic Categories. BRFSS, Louisiana 2007.**

<b>TABLE 4A. DIABETES INDICATORS</b>												
<b>Demographic Characteristics</b>	<b>Residents with Diabetes*</b>			<b>Never Taken Self Management Class**</b>			<b>No A1C Test Within Year***</b>			<b>Diabetes Affected Eyes (Retinopathy)****</b>		
	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>
<b>Total</b>	866	10.1	9.3-10.9	382	42.6	9.3-10.9	240	28.6	24.4-32.2	278	34.1	29.8-38.3
<b>Age</b>												
18-24	1	0.2	0-.47	0	0	0.0	0	0	0.0	0	0	0.0
25-34	20	2.1	1-3.2	8	43.2	17.4-69.1	8	41.9	15.8-68.1	3	14.9	0-31.6
35-44	56	5.0	3.3-6.6	23	31.9	17.7-46	12	21.6	7.3-35.9	18	39.8	22.4-57.2
45-54	153	10.0	8.2-11.9	65	45.1	35.4-54.8	39	26.4	17.7-35	50	34.0	24.8-43.3
55-64	266	18.5	16.1-20.9	102	37.0	30.1-43.8	62	25.2	18.7-31.7	83	33.6	26.6-40.6
65 or older	370	24.5	21.9-27.1	184	48.4	42.2-54.6	119	32.0	26.1-37.9	123	34.1	27.9-40.2
<b>Gender</b>												
Male	301	10.1	8.7-11.4	136	42.9	36.3-49.5	168	23.8	17.8-29.9	105	37.5	30.4-44.6
Female	565	10.1	9.2-11.1	246	42.3	37.4-47.2	72	32.2	27.3-37.1	173	30.9	26.1-35.6
<b>Race</b>												
Caucasian	531	8.8	7.9-9.7	240	45.3	40.2-50.5	139	25.1	20.6-29.6	147	27.5	22.9-32
African-American	256	13.6	11.5-15.7	145	40.8	33.2-48.4	80	35.7	27.4-44	104	41.9	33.8-50.7
Hispanic	19	8.2	3-13.4	12	24.5	2.2-46.7	5	17.2	0-35.1	5	53.9	23-84.9
Other	46	10.8	7-14.7	27	32.2	17.7-46.7	10	25.7	10.4-41.1	17	41.9	24.9-58.8
<b>Education</b>												
Did not graduate HS	200	17.6	14.4-20.8	111	53.2	43.7-62.8	72	39.2	29.4-49	70	39.6	29.7-49.5
Graduated from HS	285	10.6	9-12.1	123	43.1	35.7-50.4	84	30.6	23.5-37.7	95	32.6	25.6-39.7
Some college	211	10.1	8.4-11.7	82	36.9	29.3-44.6	42	20.1	13.4-26.8	65	34.7	26.2-43.3
Graduated college	165	6.5	5.4-7.7	63	37.2	28.4-45.9	40	25.0	17-32.9	48	29.8	21.4-38.2
<b>Household Income</b>												
<15,000	218	18.8	15.3-22.2	84	49.5	40.4-58.6	57	37.3	28.1-46.5	64	37.6	28.8-46.4
15,000-24,999	257	14.1	11.5-16.6	76	45.3	36-54.7	44	29.3	19.9-38.8	57	31.6	23.3-39.9
<\$25,000-34,999	161	12.5	9.5-15.4	36	28.8	18.9-38.7	28	26.9	15.7-38.2	36	39.3	26.8-51.8
<35,000-\$49,999	180	11.1	8.3-14	35	31.0	19.2-42.7	12	8.4	3.1-13.6	61	47.4	33.4-61.4
\$50,000+	328	4.6	3.7-5.5	53	37.3	28-46.6	28	21.6	13.6-29.6	35	18.9	11.4-26.4
<b>Health Insurance</b>												
Yes	719	10.6	9.6-11.5	314	40.6	36.1-45	184	25.1	21.2-29	227	34.0	29.3-38.6
No	145	8.5	6.7-10.2	66	51.5	41.1-62	55	43.3	31.9-54.6	50	34.1	24.3-43.9
* The proportion of respondents who reported they were told by a healthcare professional that he or she had diabetes. Women who had diabetes only during pregnancy and adults diagnosed with pre-diabetes were excluded												
** The proportion of respondents that are diabetic and indicated that he or she has not had an A1c test within a year.												
*** The proportion of respondents that are diabetic and never participated in a diabetes self management course.												
**** The proportion of respondents reporting they had vision problems caused by diabetes or retinopathy.												

## CURRENT ASTHMA

- An estimated 6.2% of Louisiana adults (203,641 residents) reported that they currently have asthma.
- Hispanic adults reported the highest prevalence of asthma (12.2%) compared to other racial/ethnic groups.
- Louisiana adults with an annual household income of less than \$15,000 and residents without a high school diploma reported the highest rates for asthma compared to other levels of income and education.

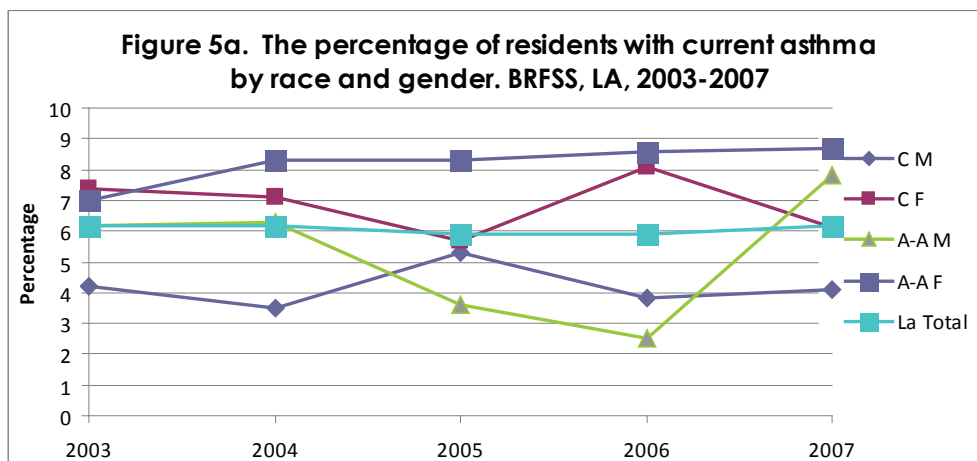
## ASTHMA DIAGNOSIS

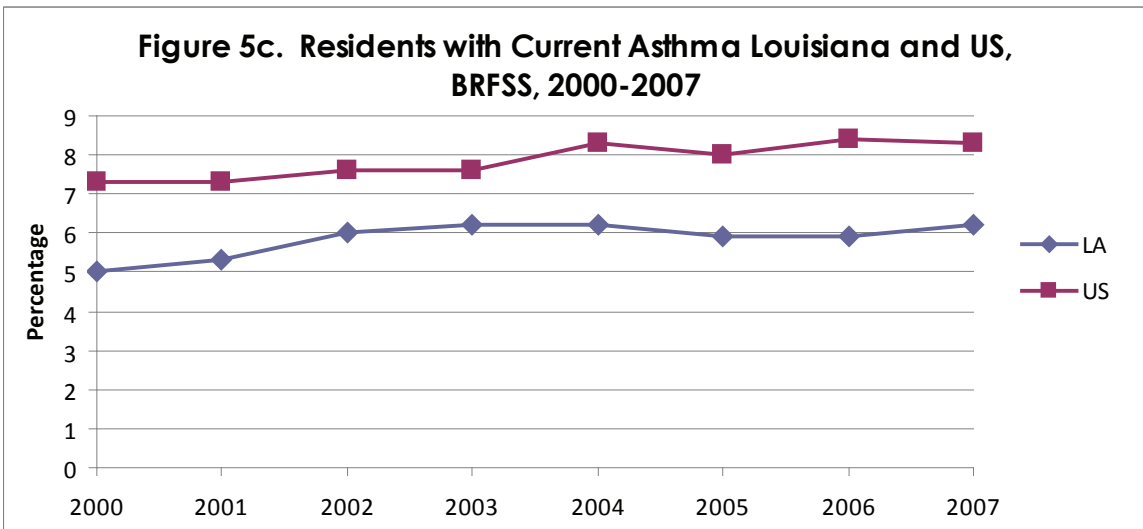
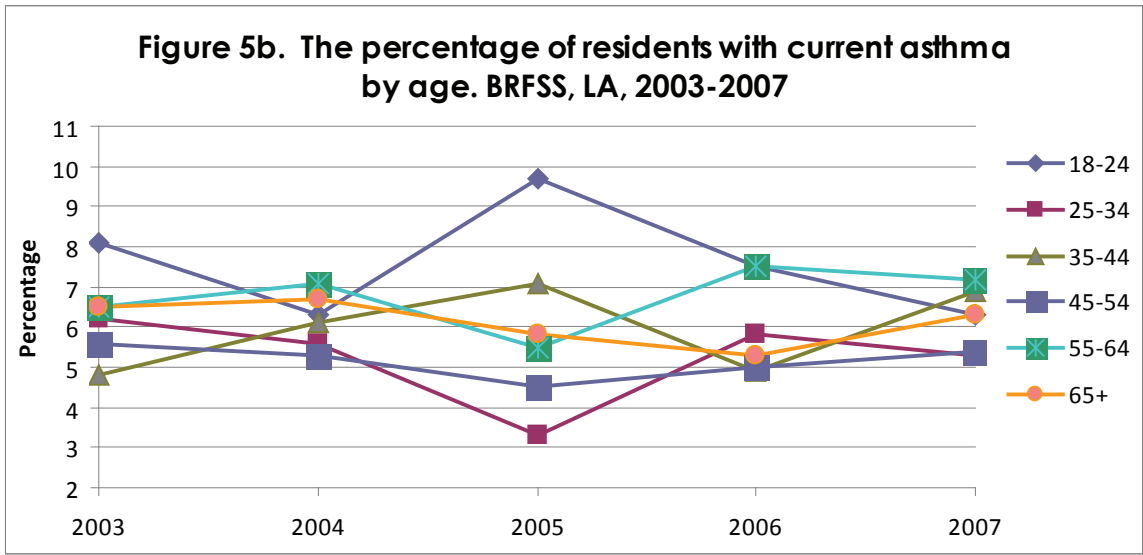
- One in ten Louisiana adults have been diagnosed with asthma.
- Residents who did not graduate from high school reported the highest prevalence of asthma diagnosis (15.7%) in comparison to other education levels.
- Residents without health insurance reported a higher rate of asthma diagnosis (12.6%) compared to residents with health insurance (9.3%).

## LOUISIANA ASTHMA TRENDS

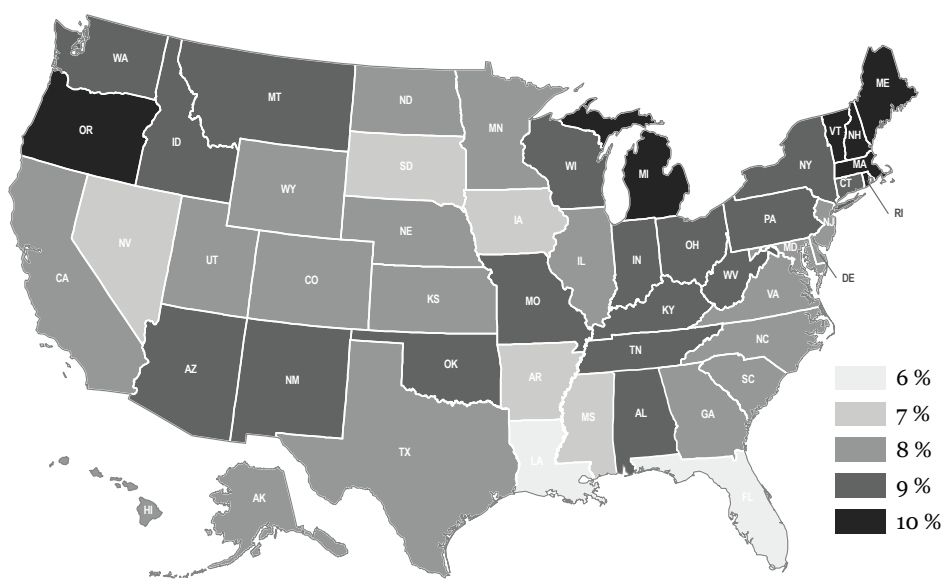
- From 2004 to 2007, African-American females reported higher rates of asthma diagnosis compared to other race/gender groups (Figure 5a).
- Between 2003 and 2007, the prevalence trend for asthma was not associated with age (Figure 5b).

**Louisiana ranks 3rd lowest in Asthma Prevalence among U.S. States, U.S. Territories, and Washington D.C. (Figure 5d).**





**Figure 5d. Percent of Adults Who Have Been Told They Currently Have Asthma**



Source: 2007 BRFSS (available at <[http://www.cdc.gov/brfss/maps/gis\\_data.htm](http://www.cdc.gov/brfss/maps/gis_data.htm)>).

**Table 5a. Asthma, Overall and by Selected Demographic Categories. BRFSS, Louisiana 2007.**

<b>TABLE 5A. ASTHMA</b>						
<b>Demographic characteristics</b>	<b>Current Asthma</b>			<b>Diagnosed with Asthma</b>		
	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>
<b>Total</b>	431	6.2	5.4-7.1	667	10.0	8.9-11.1
<b>Age</b>						
18-24	17	6.3	2.8-9.8	34	14.4	8.6-20.2
25-34	37	5.3	2.7-8.0	70	9.2	6.3-12.1
35-44	59	6.9	4.7-9.1	89	9.7	7.3-12.2
45-54	89	5.4	4.1-6.7	138	8.8	7.2-10.5
55-64	116	7.2	5.5-8.8	162	10.3	8.4-12.2
65 or older	113	6.3	5.0-7.7	174	10.1	8.4-11.7
<b>Gender</b>						
Male	94	5.5	3.9-7.0	175	9.5	7.6-11.3
Female	337	7.0	6.1-7.9	492	10.5	9.4-11.6
<b>Race-Ethnicity</b>						
Caucasian	278	5.2	4.4-5.9	458	9.2	8.2-10.2
African-American	106	8.2	5.9-10.6	151	11.6	9.0-14.2
Hispanic	16	12.2	4.2-20.2	16	12.2	4.2-20.2
Other	24	4.8	2.4-7.3	32	10.0	3.4-16.5
<b>Education</b>						
Did not graduate HS	98	12.4	9.0-15.9	128	15.7	11.9-19.5
Graduated from HS	132	5.5	4.0-7.0	208	9.6	7.8-11.5
Attended college	105	5.7	4.2-7.2	164	9.8	7.6-11.9
Graduated college	95	5.0	3.6-6.5	165	8.3	6.6-9.9
<b>Household Income</b>						
<15,000	94	11.8	8.7-14.9	120	15.9	12.2-19.7
15,000-24,999	65	6.7	4.7-8.7	99	11.0	8.2-13.8
25,000-34,999	52	8.7	5.5-12	95	13.2	9.7-16.6
35,000-49,999	53	7.6	4.3-11.0	76	10.2	6.8-13.7
\$50,000+	88	3.7	2.7-4.7	148	6.3	5.1-7.5
<b>Health Insurance</b>						
Have Insurance	348	6.1	5.1-7.0	532	9.3	8.2-10.4
No Insurance	82	7.0	4.7-9.3	132	12.6	9.4-15.7
* The proportion of respondents that indicated that he or she currently has asthma.						
** The proportion of respondents that indicated that they were diagnosed with asthma (Lifetime Asthma).						



## HEALTHY PEOPLE 2010 OBJECTIVE

- Reduce the smoking rate of adults to 12%.
- Increase smoking cessation attempts by adults to 75%.

## CURRENT SMOKERS

- An estimated 22.6% of Louisiana adults reported being current (everyday or some days) smokers in 2007.
- More males reported being current smokers (26.4%) compared to females (19.2%).
- Other non-Hispanic minority groups (Asian, Native American, Pacific Islander and Multiracial) reported the highest smoking prevalence (33.5%) compared to other racial groups.
- Louisiana residents with lower household incomes (<\$15,000/year) and education levels (No HS Diploma/GED) reported the highest rates of smoking compared to individuals with higher household incomes or education levels.
- Smokers without health insurance reported a higher current smoking prevalence rate (36.9%) compared to smokers with health insurance (18.9%).

## FORMER SMOKERS

- One in five Louisiana residents are former smokers.
- Males (23.5%) were more likely than females (17.2%) to indicate that they were former smokers.
- Rates of former smokers increased with each age category in 2007.
- Caucasian residents (23.8%) reported the highest proportion of former smokers in comparison to other racial categories.

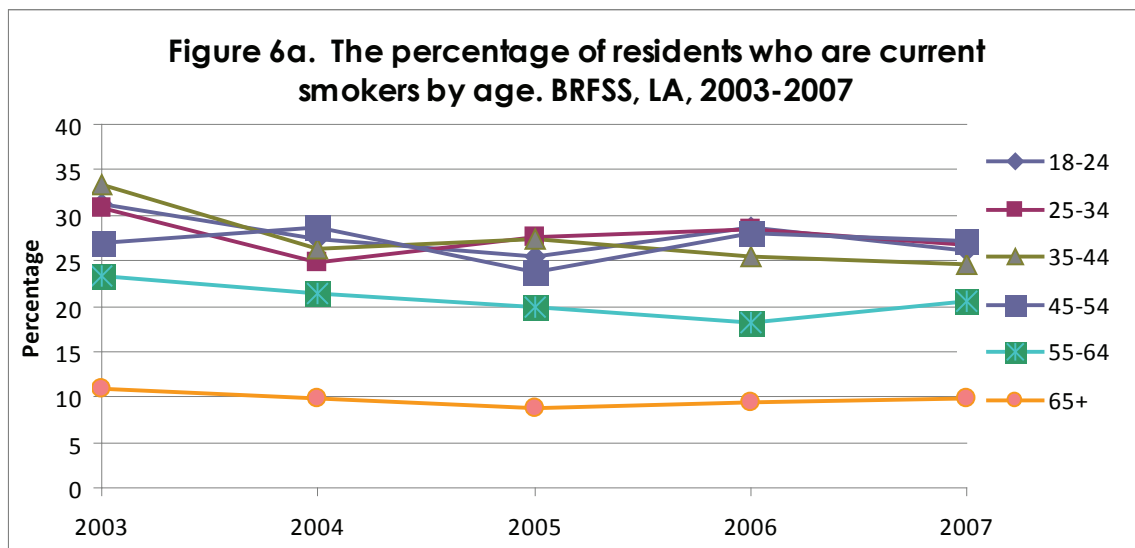
## SMOKING CESSATION

- An estimated 54.7% of the smokers within the state (400,988 residents) attempted to quit smoking at least one day within the past twelve months.
- African-Americans (67.9%) were more likely to attempt to quit smoking compared to other racial groups.
- Smokers with annual household incomes of less than \$15,000 per year reported the highest rate (65.6%) of attempting to quit within the last year.

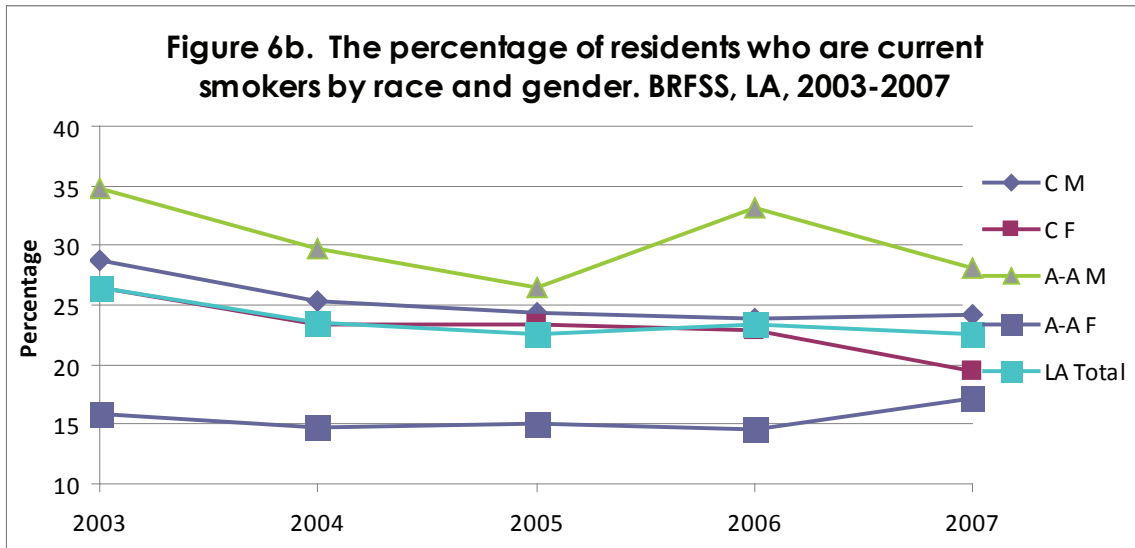
## LOUISIANA TOBACCO USE TRENDS

- The 35-44 age category reported the largest decline in percentage of current smokers (-8.9%) followed by the 18-24 age category (-5.1%) for the 2003-2007 time period (Figure 6a).
- Smoking rates for Caucasians males and females decreased over the years of 2003-2007 (Figure 6b).
- From 2003-2007, African-American males reported the highest smoking rates compared to other race/gender groups (figure 6b).
- Figure 6c shows that smoking rates in Louisiana have consistently been higher than the national average for the five year time period.

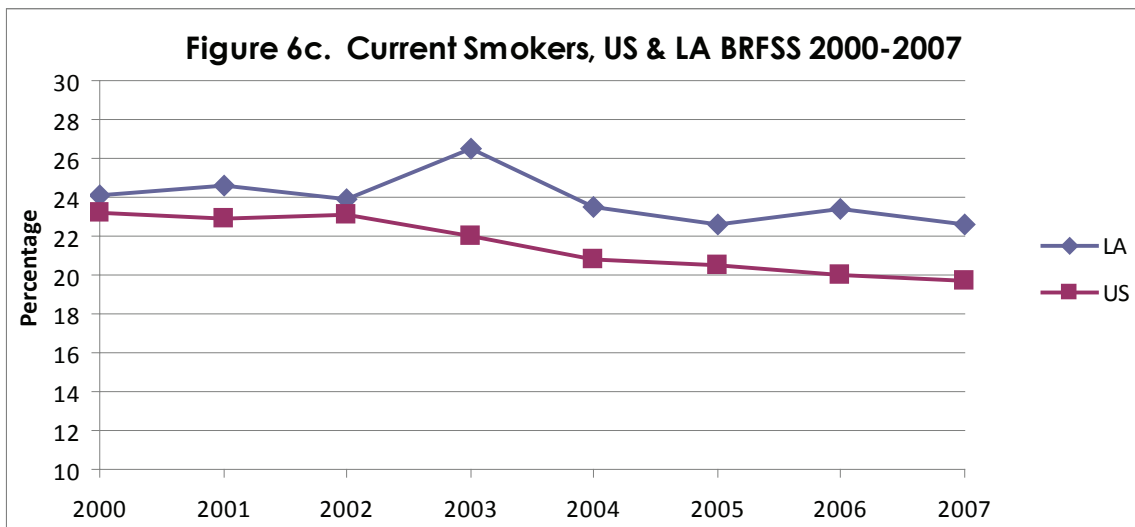
**Louisiana ranks 11th highest among U.S. States, Territories, and D.C. for smoking prevalence (Figure 6d).**



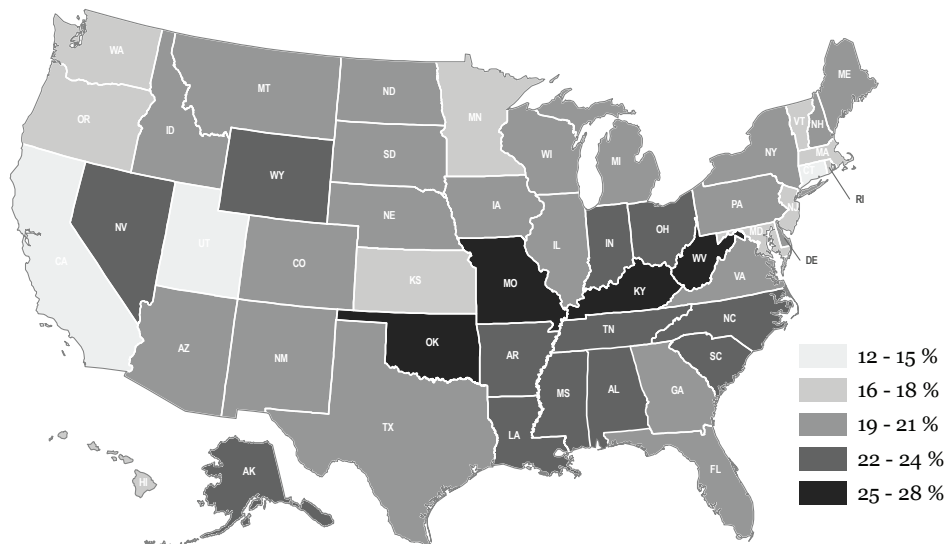
**Figure 6b. The percentage of residents who are current smokers by race and gender. BRFSS, LA, 2003-2007**



**Figure 6c. Current Smokers, US & LA BRFSS 2000-2007**



**Figure 6d. Percent of Adults Who Are Current Smokers**



Source: 2007 BRFSS (available at <[http://www.cdc.gov/brfss/maps/gis\\_data.htm](http://www.cdc.gov/brfss/maps/gis_data.htm)>).

**Table 6a. Tobacco Use, Overall and by Selected Demographic Categories. BRFSS, Louisiana 2007.**

<b>TABLE 6A. TOBACCO USE</b>									
<b>Demographic characteristics</b>	<b>Current Smoking*</b>			<b>Former Smoking**</b>			<b>Smoking Cessation***</b>		
	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>
<b>Total</b>	1383	22.6	21.2-24.0	1546	20.2	19.1-21.4	755	54.7	51.0-58.5
<b>Age</b>									
18-24	69	26.1	19.2-33.0	19	5.6	2.5-8.6	45	72.8	61.2-84.3
25-34	185	26.9	22.4-31.4	103	13.0	10.2-15.7	105	51.3	40.6-62.0
35-44	267	24.5	21.4-27.6	141	13.2	10.6-15.7	138	51.4	43.8-58.9
45-54	403	27.2	24.5-29.9	313	19.7	17.3-22.1	206	56.6	50.5-62.6
55-64	282	20.6	17.9-23.3	426	31.9	28.9-34.8	160	53.8	46.3-61.2
65+	177	9.9	8.3-11.5	544	36.9	34.1-39.7	89	49.3	40.4-59.5
<b>Gender</b>									
Male	538	26.4	23.9-28.9	667	23.5	21.4-25.6	260	51.2	45.4-57.0
Female	845	19.2	17.8-20.6	879	17.2	15.9-18.4	495	59.2	55.0-63.3
<b>Race-Ethnicity</b>									
Caucasian	973	21.7	20.1-23.3	1225	23.8	22.3-25.2	486	50.3	46.2-54.2
African-American	273	22.2	18.9-25.5	208	12.7	10.3-14.9	190	67.9	59.5-76.2
Hispanic	45	27.7	18.4-37.1	33	16.4	9.6-23.1	26	51.4	30.6-72.2
Other	79	33.5	23.2-43.7	61	15.3	10.2-20.2	45	52.6	32.1-73.0
<b>Education</b>									
Did not graduate HS	247	34.7	29.8-39.6	187	17.9	14.7-21.1	150	58.0	49.4-66.6
Graduated from HS	537	27.0	24.3-29.7	502	20.6	18.4-22.7	291	55.4	49.5-61.1
Attended college	337	21.0	18.3-23.7	409	20.3	17.9-22.6	193	58.5	51.4-65.5
Graduated college	260	14.5	12.0-17.0	441	20.6	18.5-22.8	120	45.7	36.3-55.0
<b>Household Income</b>									
<15,000	218	34.1	28.8-39.4	143	15.6	12.5-18.7	139	65.6	56.6-74.5
15,000-24,999	257	30.4	26.1-34.7	206	17.3	14.3-20.2	150	62.2	54.0-70.2
25,000-34,999	161	26.2	21.9-30.5	132	17.2	13.7-20.6	83	53.6	43.6-63.4
35,000-49,999	180	24.6	20.5-28.7	191	19.6	16.3-22.9	96	47.1	37.4-56.8
\$50,000+	328	17.1	14.7-19.5	518	22.4	20.2-24.4	160	47.9	40.4-55.4
<b>Health Insurance</b>									
Have Insurance	993	18.9	17.5-20.4	1355	22.2	20.8-23.5	520	53.1	48.9-51.2
No Insurance	388	36.9	32.7-41.1	186	12.7	10.4-15.0	233	57.5	49.9-65.1
* Proportion of respondents that indicated that they were current smokers.									
** Proportion of respondents that indicated that they were former smokers.									
*** Proportion of current smokers who attempted to quit at least one day within the year.									

## HEALTHY PEOPLE 2010 OBJECTIVE

- Improve cardiovascular health and quality of life through the prevention, detection, and treatment of risk factors; early identification and treatment of heart attacks and strokes; and prevention of recurrent cardiovascular events.

## HISTORY OF HEART ATTACK (MYOCARDIAL INFARCTION)

- Nearly 5% of the Louisiana adult population (159,448 residents) indicated that they have had a heart attack.
- Hispanic adults (12.7%) were more likely than other racial groups (3.9%-4.8%) to have had a heart attack.
- Males (6%) were more likely than females (4%) to have had a heart attack.

## HISTORY OF CORONARY HEART DISEASE (CHD)

- In 2007, the prevalence of CHD for Louisiana adults was 4.9%.
- Hispanic residents reported the highest prevalence of CHD (9.6%) compared to other racial groups.
- Males (6.1%) were more likely than females (3.9%) to have been diagnosed with CHD.

## HISTORY OF STROKE

- About 3% of Louisiana adults reported having a stroke.
- Hispanics reported the highest rate of stroke (8.5%) compared to other racial groups.
- Individuals with lower income or education levels reported higher rates of stroke compared to individuals with higher income or education levels.

## LOUISIANA CARDIOVASCULAR DISEASE TRENDS

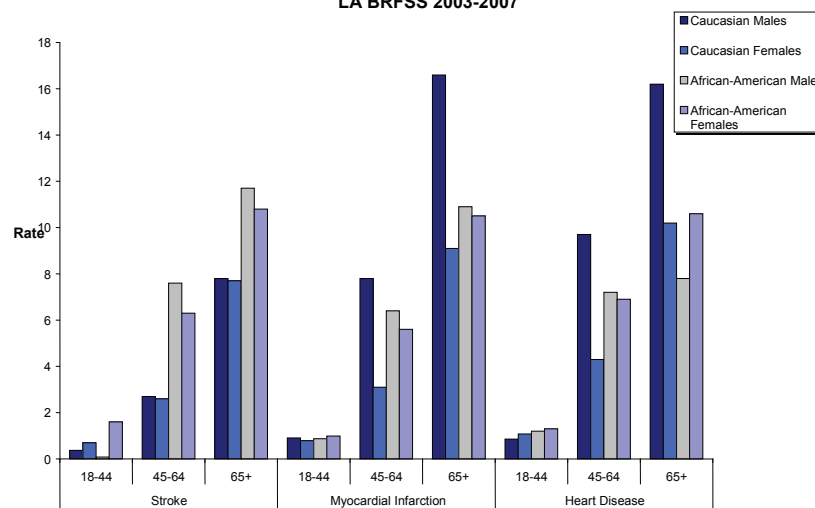
- From 2003-2007, Caucasian males aged 65 years and older reported the highest prevalence of history of heart attacks (16.6%) and heart disease (16.2%) (Figure 7a).
- African-American males aged 65 years and older reported the highest rate of stroke (11.7%) during the years 2003-2007 (Figure 7a).

**Louisiana ranks 13th highest among U.S. States, Territories, and D.C. for prevalence of CHD.**

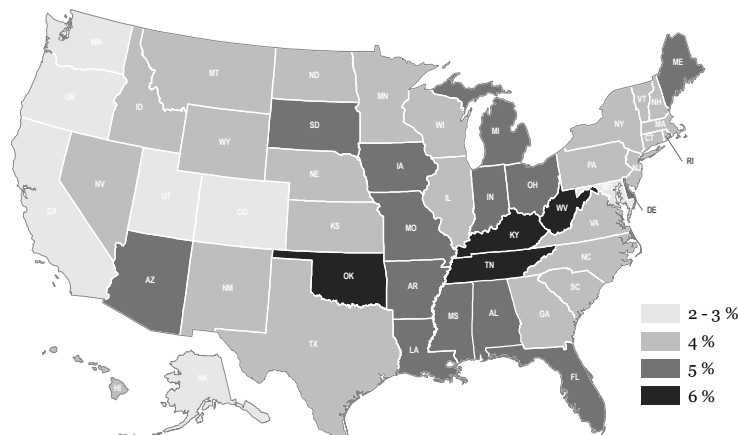
**Louisiana ranks 12th highest among U.S. States, Territories, and D.C. for prevalence of Heart Attack (Myocardial Infarction) (Figure 7b).**

**Louisiana ranks 10th highest among U.S. States, Territories, and D.C. for prevalence of Stroke (Cerebrovascular Accident).**

**Figure 7a. Age Specific Rates of Stroke, Heart Attack and Heart Disease by Gender and Race, LA BRFSS 2003-2007**



**Figure 7b. Percent of Adults Who Have Been Told They Have Had a Heart Attack (Myocardial Infarction)**



Source: 2007 BRFSS (available at <[http://www.cdc.gov/brfss/maps/gis\\_data.htm](http://www.cdc.gov/brfss/maps/gis_data.htm)>).

**Table 7a. Cardiovascular Disease, Overall and by Selected Demographic Categories. BRFSS, Louisiana 2007.**

<b>TABLE 7A. CARDIOVASCULAR DISEASE</b>									
<b>Demographic characteristics</b>	<b>Heart Attack*</b>			<b>Coronary Heart Disease**</b>			<b>Stroke***</b>		
	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>
<b>Total</b>	392	4.9	4.1-5.7	410	4.9	4.3-5.5	272	3.2	2.6-3.8
<b>Age</b>									
18-24	4	0.8	0.0-1.6	2	0.3	0.0-0.7	2	0.3	0.0-0.7
25-34	5	1.4	0.0-3.4	4	0.5	0.1-0.9	5	0.7	0.1-1.3
35-44	18	2.6	1.0-4.2	17	2.7	0.9-4.5	10	1.7	0.0-3.3
45-54	42	3.2	2.0-4.4	62	4.8	3.2-6.4	40	2.9	1.7-4.1
55-64	115	8.2	6.4-10.0	127	9.2	7.4-11.0	82	5.5	4.1-6.9
65 or older	208	13.6	11.6-15.6	198	12.1	10.1-14.1	133	8.0	6.4-9.6
<b>Gender</b>									
Male	170	6.0	4.6-7.4	176	6.1	4.9-7.3	87	3.3	2.3-4.3
Female	222	4.0	3.4-4.6	234	3.9	3.3-4.5	185	3.1	2.5-3.7
<b>Race-Ethnicity</b>									
Caucasian	269	4.8	4.0-5.6	293	4.8	4.2-5.4	159	2.4	2.0-2.8
African-American	82	3.9	2.9-4.9	77	4.3	3.1-5.5	86	4.4	3.2-5.6
Hispanic	13	12.7	2.8-22.6	10	9.6	1.6-17.6	10	8.5	.8-16.2
Other	21	4.0	2-5.9	27	5.7	2.9-8.6	10	1.8	.3-3.4
<b>Education</b>									
Did not graduate HS	88	9.6	6.1-13.1	71	7.8	5.3-10.3	75	7.5	5.1-9.9
Graduated from HS	131	4.5	3.5-5.5	144	5.1	3.9-6.3	86	2.8	2.0-3.6
Attended college	89	4.0	3.0-5.0	112	4.7	3.7-5.7	70	2.8	2.0-3.6
Graduated college	83	4.2	2.8-5.6	82	3.7	2.5-4.9	40	2.1	0.9-3.3
<b>Household Income</b>									
<15,000	86	8.6	6.2-11.0	90	10.8	7.9-13.7	70	8.1	5.7-10.5
15,000-24,999	66	6.0	4.0-8.0	66	5.7	3.9-7.5	63	5.0	3.6-6.4
25,000-34,999	49	5.7	3.9-7.5	45	4.6	3.0-6.2	25	3.3	1.7-4.9
35,000-49,999	37	6.2	3.1-9.3	53	8.4	5.1-11.7	23	4.5	1.6-7.4
\$50,000+	60	2.2	1.6-2.8	73	2.6	2.0-3.2	22	0.7	0.3-1.1
<b>Health Insurance</b>									
Have Insurance	330	4.8	4.2-5.5	345	4.8	4.2-5.5	221	3.0	2.5-3.5
No Insurance	61	5.1	2.7-7.5	64	5.1	3.1-7.1	51	3.7	1.9-5.4
* The proportion of respondents that reported they were told by a healthcare professional that they had a heart attack or myocardial infarction.									
** The proportion of respondents that indicated that they were told by a healthcare professional that they had angina or coronary heart disease.									
*** The proportion of respondents that indicated that they were told by a healthcare professional that they had a stroke.									



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## HEALTHY PEOPLE 2010 OBJECTIVE

- Increase the proportion of adults that can recognize the early warning signs and symptoms of a heart attack and stroke. Increase the percentage of persons that would call 911 first when faced with a heart attack or stroke related emergency.

## RECOGNITION OF HEART ATTACK SYMPTOMS

Survey respondents were asked to identify five correct symptoms of a heart attack (pain or discomfort in the jaw/neck/back; feeling faint; chest pain; pain or discomfort in arms or shoulder; and shortness of breath) and one incorrect symptom of a heart attack (sudden trouble seeing in one or both eyes).

- Nine out of ten adult residents could not correctly identify the five symptoms of a heart attack.
- African-Americans (94.9%) and Hispanics (94.3%) reported higher rates for not identifying the correct heart attack symptoms compared to Caucasians (88.6%).
- Louisiana adults with lower education or lower income levels reported higher rates of not identifying the correct heart attack symptoms compared to individuals with higher incomes or higher educational attainment.
- Residents aged 18-24 (96.2%) reported the highest rate for non-recognition of the correct heart attack symptoms followed by the 65 and above age category (92.5%).

## RECOGNITION OF STROKE SYMPTOMS

Survey respondents were asked to identify five correct symptoms of a stroke (trouble with speech; numbness/weakness in arm, leg or face; vision problems; trouble walking/dizziness; and severe headache) and one incorrect symptom (sudden chest pain).

- The majority of Louisiana residents could not identify the correct stroke symptoms (84.1%).
- Among the racial categories, African-Americans reported the highest percentage of not recognizing the correct stroke symptoms (92.9%) compared to other race groups.
- Louisiana adults with lower education levels (high school diploma/GED and no high school diploma) or lower income levels (household incomes less than \$25,000/year) reported higher rates for not recognizing the five correct stroke symptoms compared to individuals with higher levels of income and education.

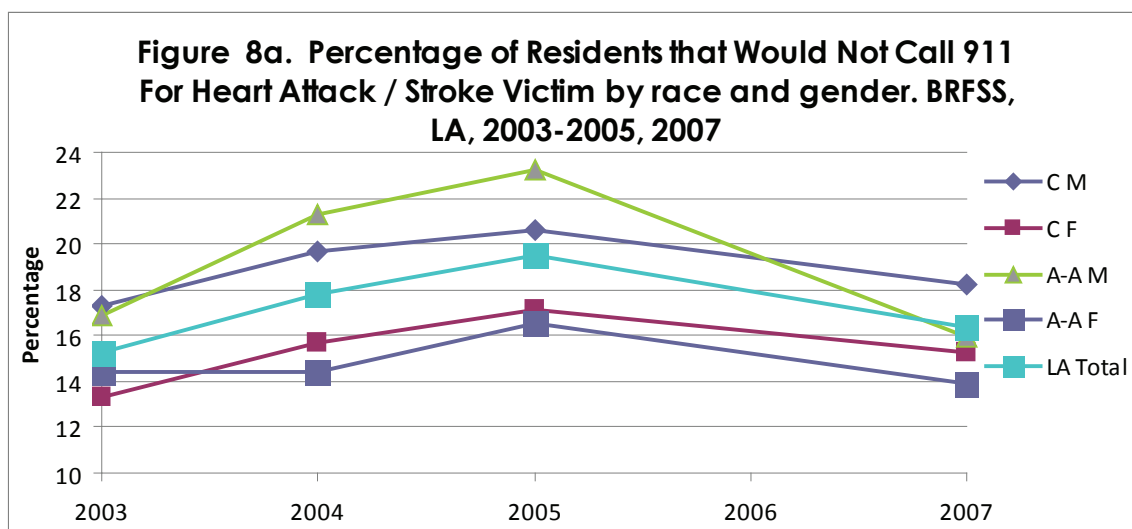
- Residents without health insurance were more likely to misidentify the correct symptoms of a stroke (90.8%) compared to residents with health insurance (82.2%).

## WOULD NOT CALL 911 FIRST IF SOMEONE WAS HAVING EITHER A HEART ATTACK OR STROKE

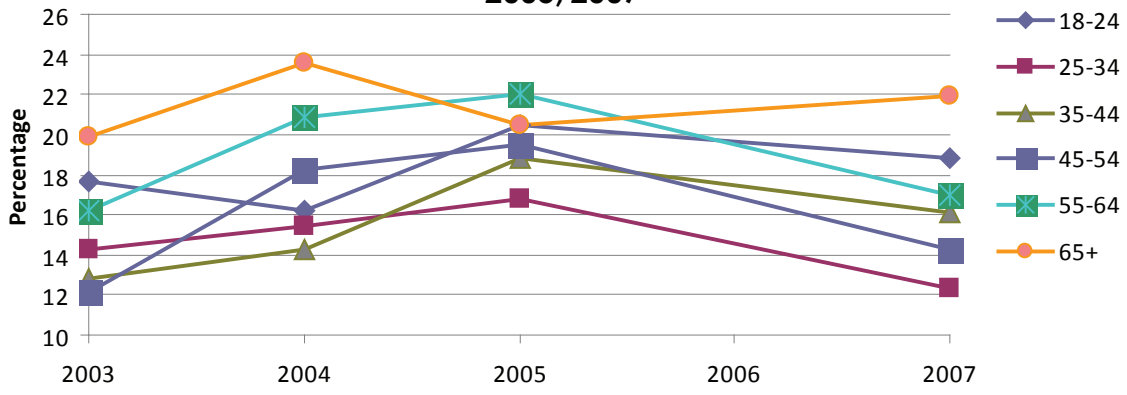
- An estimated 16.4% of the population of Louisiana residents would not call 911 first if they thought someone was having a heart attack or stroke.
- Hispanics reported the highest rate for not calling 911 (19.6%) followed by Caucasians (16.7%).
- Louisiana residents aged 65 or older reported the highest percentage of not calling 911 (21.9%) when compared to other age categories.

## LOUISIANA 911 USAGE TRENDS

- Figure 8a shows an increase in the percentage of Caucasian males/females and African-American males that would not call 911 from 2003-2005. The rate for those groups decreased between 2005 and 2007.
- Caucasian males had the highest rate for not calling 911 in 2007 at 18.2% (Figure 8a).
- Figure 8b shows an increase then decrease for the rates of not calling 911 with the exception of the 65 years and above category.



**Figure 8b. Percentage of Residents that Would Not Call 911 For Heart Attack / Stroke Victim by age. BRFSS, LA, 2003-2005, 2007**



**Table 8a. Recognition of Heart Attack and Stroke Symptoms, Overall and by Selected Demographic Categories. BRFSS, Louisiana 2007.**

<b>TABLE 8A. RECOGNITION OF HEART ATTACK AND STROKE SYMPTOMS</b>									
<b>Demographic characteristics</b>	<b>Did not Recognize Heart Attack Symptoms*</b>			<b>Did not Recognize Stroke Symptoms**</b>			<b>Would not Call 911 First***</b>		
	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>
<b>Total</b>	5680	90.8	90.0-91.7	5256	84.1	77.6-80.6	1056	16.4	15.2-17.6
<b>Age</b>									
18-24	234	96.2	93.8-98.5	199	89.6	85.7-93.4	46	18.8	12.2-25.4
25-34	676	93.6	91.8-95.5	565	81.6	78.2-85.1	84	12.3	9.0-15.5
35-44	942	89.5	87.5-91.6	828	81.7	78.9-84.4	167	16.1	13.4-18.7
45-54	1280	88.3	86.3-90.2	1194	82.6	80.2-85.0	207	14.3	12.1-16.5
55-64	1188	87.9	85.8-89.9	1133	82.6	80.2-84.9	227	17.0	14.6-19.5
65 or older	1360	92.5	91.0-94.0	1337	90.5	88.7-92.3	325	21.9	19.5-24.4
<b>Gender</b>									
Male	1971	92.8	91.6-94.1	1923	92.6	91.3-93.9	398	17.6	15.5-19.8
Female	3709	88.9	87.8-90.0	3716	88.7	87.6-89.9	658	15.3	13.9-16.6
<b>Race-Ethnicity</b>									
Caucasian	3979	88.6	87.5-89.6	3701	80.4	78.9-81.8	766	16.7	15.3-18.0
African-American	1210	94.9	93.4-96.4	1120	92.9	91.0-94.7	185	14.9	11.9-17.8
Hispanic	175	94.3	90.2-98.4	146	83.8	76.2-91.4	36	19.6	10.5-28.8
Other	249	95.4	92.9-97.9	237	89.2	84.2-94.2	54	16.2	10.8-21.5
<b>Education</b>									
Did not graduate HS	763	97.4	96.2-98.6	722	95.8	94-97.6	146	17.5	13.6-21.5
Graduated from HS	1923	94.0	92.8-95.2	1819	90.3	88.7-91.9	316	15.7	13.3-18.1
Attended college	1421	89.9	88.2-91.6	1332	82.5	80.0-85.0	259	14.7	12.7-16.8
Graduated college	1556	85.4	83.5-87.3	1368	74.1	71.6-76.6	331	18.0	15.8-20.2
<b>Household Income</b>									
<15,000	627	95.6	93.5-97.7	602	94.6	82.3-96.9	119	15.7	11.7-19.7
15,000-24,999	866	95.5	94.1-96.9	806	90.7	88.2-93.2	125	12.9	10.2-15.6
25,000-34,999	620	95.5	93.9-97.2	564	87.2	84.2-90.3	115	18.5	14.5-22.5
35,000-49,999	658	88.0	85.1-91.0	630	83.0	79.7-86.3	118	14.7	11.4-17.9
\$50,000+	1688	86.5	84.8-88.1	1536	76.1	73.8-78.3	337	16.4	14.5-18.3
<b>Health Insurance</b>									
Have Insurance	4623	89.7	88.7-90.7	4279	82.2	80.9-83.6	886	16.7	15.4-18.0
No Insurance	1040	95.2	93.8-96.7	1073	90.8	88.7-92.9	164	14.8	11.5-18.2
* The proportion of respondents that did not correctly identify the five symptoms of a heart attack									
** The proportion of respondents that did not correctly identify the five symptoms of a stroke.									
*** The proportion of respondents that indicated that he or she would not call 911 first for someone having a heart attack or stroke									

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## HEALTH PEOPLE 2010 OBJECTIVES

- Increase the percentage of adults that have had a cholesterol screening in the past 5 years to 80%.
- Reduce the prevalence of high cholesterol to 17%.

## NEVER HAD CHOLESTEROL CHECKED

- Over one fifth of Louisiana residents have never had their cholesterol checked (22.5%).
- The percentage of those who have not had their cholesterol checked declines with age, from 69.5% in the 18-24 year age group to 7.9% in the 65 or older age group.
- While only 18.8% of Caucasians have not had their cholesterol checked, 31.0% of African-Americans and 33.2% of Hispanics have not had their cholesterol checked.
- Almost 18% of those with health insurance coverage have not had their cholesterol checked (17.4% ) compared to 42.5% of those without coverage.

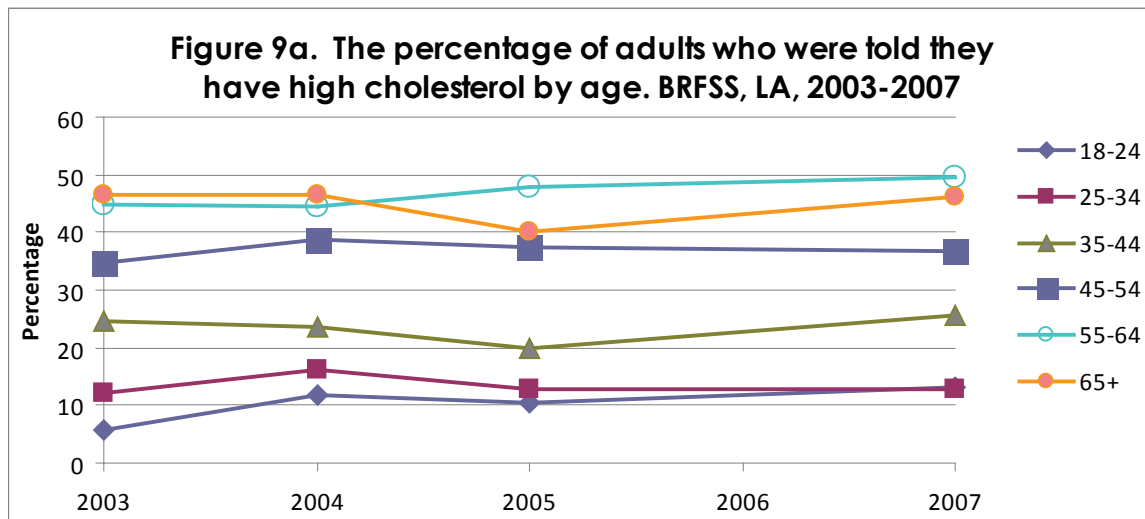
## TOLD CHOLESTEROL WAS HIGH

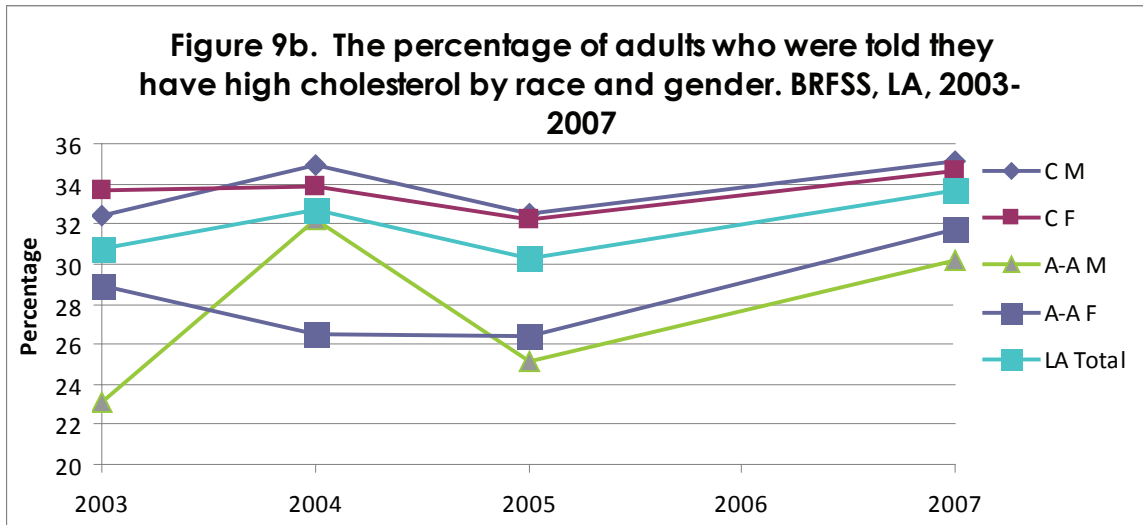
- Over one third of Louisiana residents have had their cholesterol checked and were told it was high (33.7%).
- The age group with the highest percentage of those that were told their cholesterol was high was the 55-64 age group at 49.5%, followed by the 65 or older age group at 46.1%.
- Hispanics reported the highest percentage of high cholesterol (39.6%).
- The percentage of individuals reporting high cholesterol declined with increasing education, from 43.6% among those who did not graduate high school to 29.5% among those who graduated college.

## LOUISIANA HIGH CHOLESTEROL TRENDS

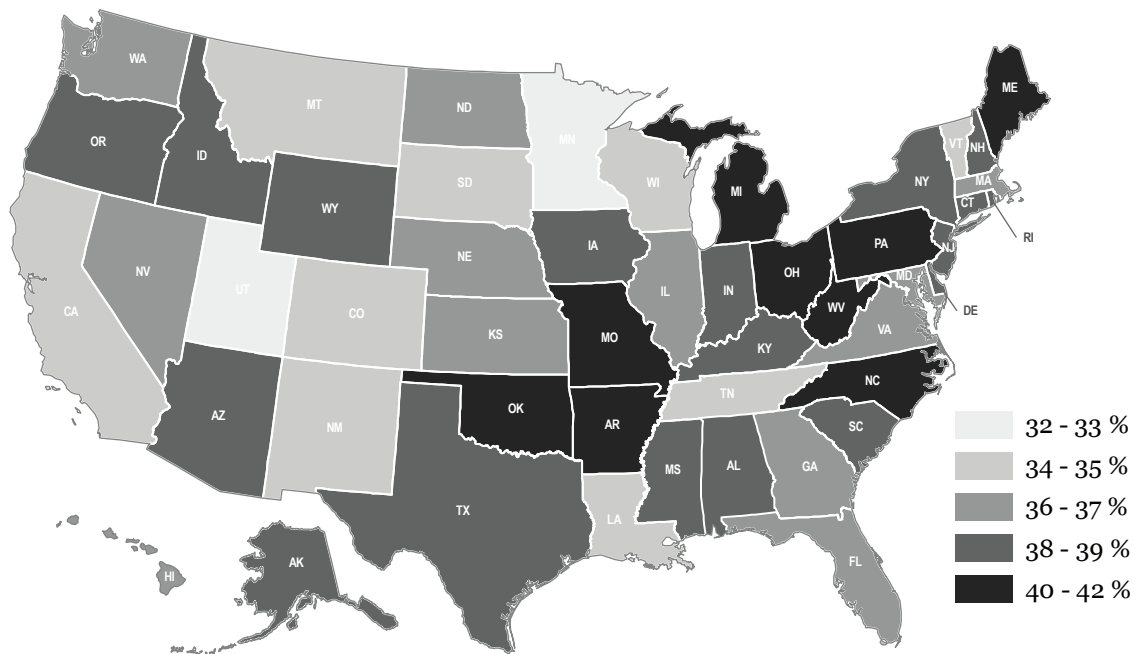
- In the 18-24 age group, the percentage of those with high cholesterol increased from around 5% in 2003 to over 13% in 2007 (Figure 9a).
- The 55-64 age group led all others in prevalence of high cholesterol in 2005 and 2007, with the 65 or older age group reporting the second highest prevalence (Figure 9a).
- From 2005 to 2007, all of the percentages of those with high cholesterol across gender-race increased (Figure 9b).
- In 2005 and 2007, Caucasian males led the race-gender groups with the highest percentages of those with high cholesterol, while African-American males reported the lowest percentage (Figure 9b).

**Louisiana ranks 26th among the U.S. States, Territories, and Washington D.C. for percentage of those who have had their cholesterol checked in the past 5 years and 32nd for the percentage of those who have ever had their cholesterol checked (figure 9c).**





**Figure 9c. Percent of Adults Who Were Their Cholesterol Was High**



Source: 2007 BRFSS (available at [http://www.cdc.gov/brfss/maps/gis\\_data.htm](http://www.cdc.gov/brfss/maps/gis_data.htm)).

**Table 9a. Cholesterol Awareness, Overall and by Selected Demographic Categories. BRFSS, Louisiana 2007.**

<b>TABLE 9A. CHOLESTEROL AWARENESS</b>						
<b>Demographic characteristics</b>	<b>Have never had cholesterol checked</b>			<b>Had Cholesterol checked and told it was high</b>		
	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>
<b>Total</b>	6453	22.5	21.0-24.1	5451	33.7	32.1-35.3
<b>Age</b>						
18-24	230	69.5	62.4-76.5	87	13.3	4.5-22.0
25-34	722	39.1	34.4-43.8	468	12.7	9.4-16.1
35-44	1070	21.1	18.1-24.1	858	24.6	21.9-29.3
45-54	1498	12.5	10.5-14.4	1311	36.9	33.7-40.1
55-64	1411	9.1	7.3-11.0	1298	49.5	46.2-52.9
65 or older	1522	7.9	6.2-9.6	1429	46.1	43.1-49.2
<b>Gender</b>						
Male	2174	24.3	21.6-27.0	1806	33.6	30.9-36.4
Female	4279	20.8	19.2-22.5	3645	33.8	32.0-35.7
<b>Race-Ethnicity</b>						
Caucasian	4663	18.8	17.2-20.4	4045	34.8	33.1-36.6
African-American	1269	31.0	27.2-34.8	984	31.1	27.3-34.8
Hispanic	185	33.2	23.4-43.1	137	39.6	27.6-51.6
Other	270	19.5	11.4-27.6	229	26.9	19.3-34.4
<b>Education</b>						
Did not graduate HS	770	35.9	30.2-41.5	614	43.6	38.3-48.9
Graduated from HS	2102	26.6	23.7-29.5	1718	34.5	31.6-37.5
Attended college	1652	22.5	19.5-25.5	1398	34.5	31.4-37.7
Graduated college	1915	13.0	11.0-15.0	1709	29.5	26.8-32.2
<b>Household Income</b>						
<15,000	651	31.6	25.8-37.5	520	42.6	36.2-48.9
15,000-24,999	923	28.8	24.1-33.5	739	34.7	30.3-39.0
25,000-34,999	675	22.9	18.4-27.4	563	40.9	35.7-46.1
35,000-49,999	785	21.7	17.6-25.7	662	37.7	32.6-42.8
\$50,000+	2099	14.8	12.9-16.7	1841	28.8	26.3-31.3
<b>Health Insurance</b>						
Have Insurance	5343	17.4	15.9-18.8	4686	34.2	32.5-35.9
No Insurance	1094	42.5	38.0-47.0	750	31.3	26.6-35.9



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## HEALTHY PEOPLE 2010 OBJECTIVES

- Reduce the percentage of those that have been told they have high blood pressure to 14%.
- Increase the percentage of those that know whether their blood pressure is high or low to 95%.

## HIGH BLOOD PRESSURE

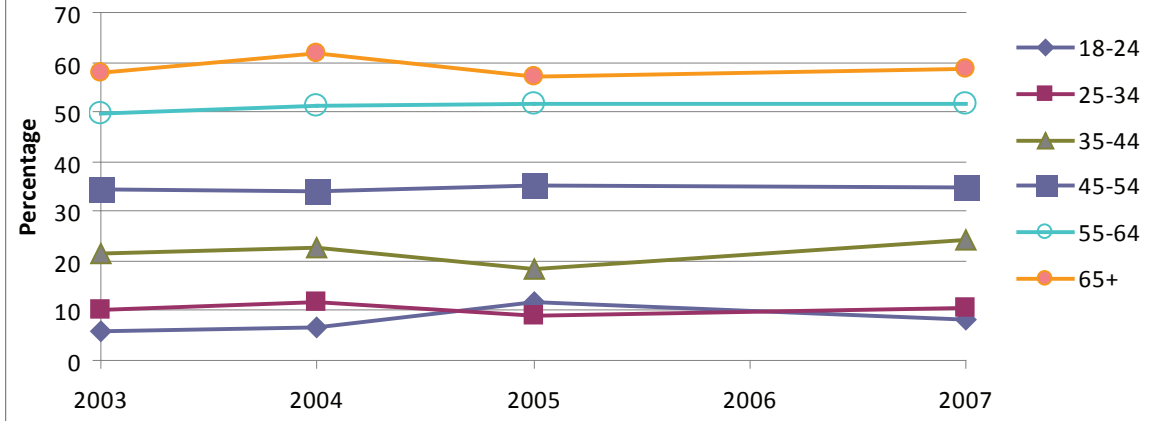
- Nearly one third of Louisiana residents reported being told that they have high blood pressure (32.1%).
- The percentage of those with high blood pressure increased with age, from 8.2% in the 18-24 year age group to 58.7% in the 65 or older age group.
- The prevalence of high blood pressure decreased with increasing educational level or increasing household income.
- African-Americans reported the highest level high blood pressure at 35.9%; other non-Hispanic minorities reported the lowest percentage at 28.5%.

## LOUISIANA HYPERTENSION TRENDS

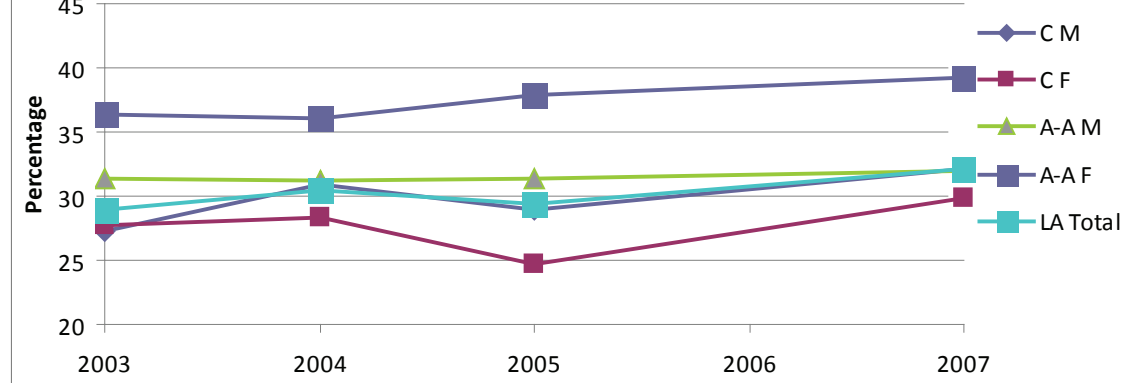
- Other than the 18-24 age group surpassing the 25-34 group in 2005, the prevalence of hypertension has increased with increasing age for all of the last 5 years (Figure 10a).
- While African-American and Caucasian males have reported a relatively similar prevalence of hypertension over the years, African-American females have consistently reported the highest prevalence while Caucasian females have reported the lowest (Figure 10b).
- All four race/gender categories reported increases in hypertension prevalence from 2005 to 2007, though African-American males reported only a slight increase (Figure 10b).

***Louisiana ranks 6th highest among the U.S. States, Territories, and Washington D.C. for high blood pressure prevalence (figure 10c).***

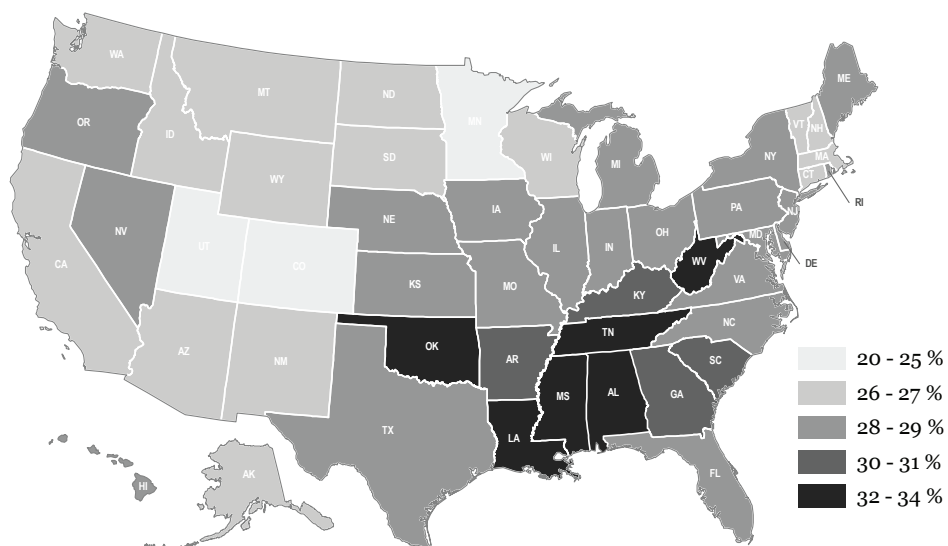
**Figure 10a. The percentage of adults who reported being diagnosed with hypertension by age. BRFSS, LA, 2003-2007**



**Figure 10b. The percentage of adults who reported being diagnosed with hypertension by race and gender. BRFSS, LA, 2003-2007**



**Figure 10c. Percent of Adults Who Have Been Told They Have High Blood Pressure**



Source: 2007 BRFSS (available at <[http://www.cdc.gov/brfss/maps/gis\\_data.htm](http://www.cdc.gov/brfss/maps/gis_data.htm)>).

**Table 10a. Hypertension Awareness, Overall and by Selected Demographic Categories. BRFSS, Louisiana 2007.**

<b>TABLE 10A. HYPERTENSION AWARENESS</b>			
<b>Demographic characteristics</b>	<b>Ever told that they have high blood pressure</b>		
	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>
<b>Total</b>	6668	32.1	30.6-33.5
<b>Age</b>			
18-24	254	8.2	4.5-11.9
25-34	749	10.7	7.7-13.8
35-44	1098	24.2	20.9-27.5
45-54	1535	34.8	31.9-37.7
55-64	1453	51.8	48.6-54.9
65 or older	1579	58.7	55.8-61.6
<b>Gender</b>			
Male	2228	31.7	29.2-34.1
Female	4440	32.4	30.8-34.1
<b>Race-Ethnicity</b>			
Caucasian	4816	31.0	29.4-32.5
African-American	1311	35.9	32.5-39.3
Hispanic	189	31.5	21.4-41.6
Other	282	28.5	21.3-35.8
<b>Education</b>			
Did not graduate HS	817	43.9	38.9-48.8
Graduated from HS	2176	35.6	33.0-38.2
Attended college	1706	30.4	27.7-33.1
Graduated college	1953	24.9	22.5-27.3
<b>Household Income</b>			
<15,000	686	45.6	40.0-51.2
15,000 - <25,000	956	38.5	34.3-42.7
25,000 - <35,000	693	36.7	32.2-41.2
35,000 - <50,000	803	34.2	29.8-38.6
50,000+	2131	23.8	21.6-25.9
<b>Health Insurance</b>			
Have Insurance	5507	32.8	31.3-34.4
No Insurance	1141	29.4	25.7-33.1

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## HEALTHY PEOPLE 2010 OBJECTIVES

- Increase the proportion of adults who are at a healthy weight to 60%.
- Reduce the proportion of adults who are obese to 15%.

## PREVALENCE OF OVERWEIGHT\*

- Over one third of Louisiana adults reported being overweight (34.5%).
- Individuals aged 18-24 were the least likely to report being overweight compared to all other age categories. Over one third of residents aged 25 or older reported being overweight.
- Almost 40% of males reported being overweight compared to almost 30% of females.
- In general, as income increased, the prevalence of overweight also increased.

## PREVALENCE OF OBESITY\*\*

- One in three Louisiana adults reported being obese (30.7%).
- With the exception of individuals aged 65 or older, the percentage of individuals who reported being obese increased with age.
- At 39.7%, African-Americans were more likely to report being obese than all other racial categories.
- In general, as income increased the prevalence of obesity decreased.

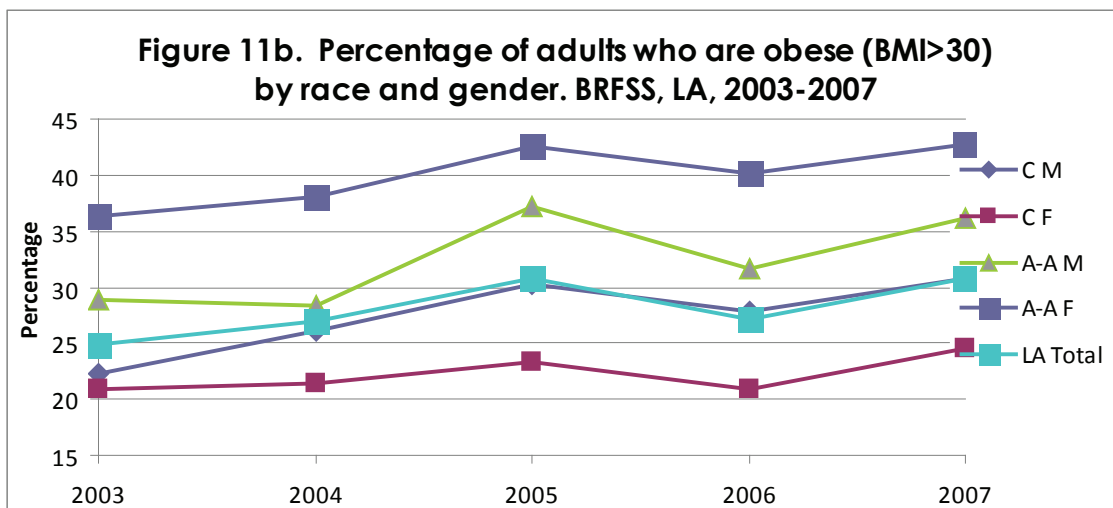
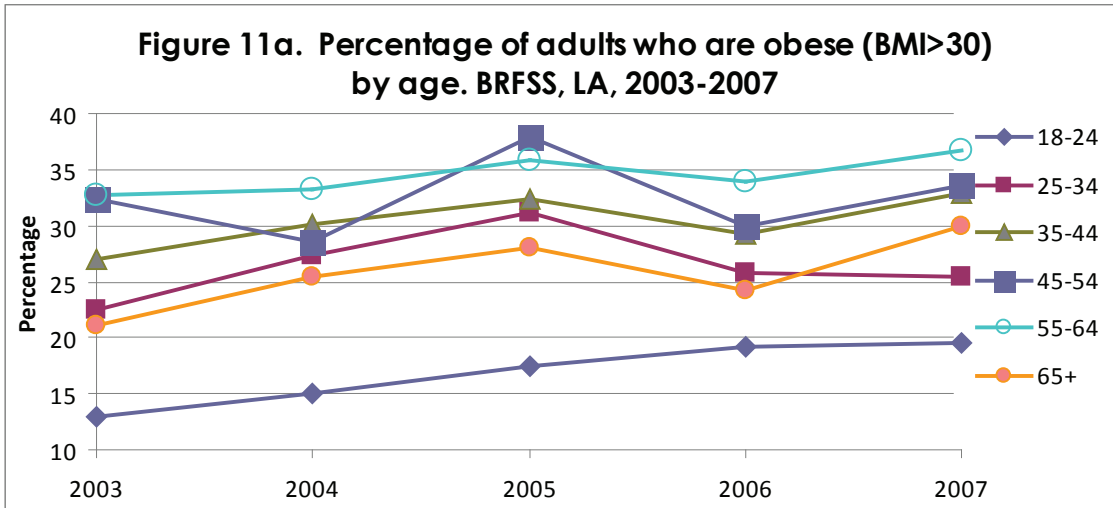
## LOUISIANA OBESITY TRENDS

- Louisiana residents aged 18-24 reported the lowest levels of obesity over the past 5 years (Figure 11a).
- The 55-64 age group reported the highest obesity levels in 4 of the last 5 years; the 45-54 age group reported the highest percentage of obesity in 2005 (Figure 11a).
- Over the past 5 years, African-American females have had the highest levels of obesity, followed by African-American males (Figure 11b).
- Obesity prevalence has generally been increasing for all race-gender groups in the last five years (Figure 11b).

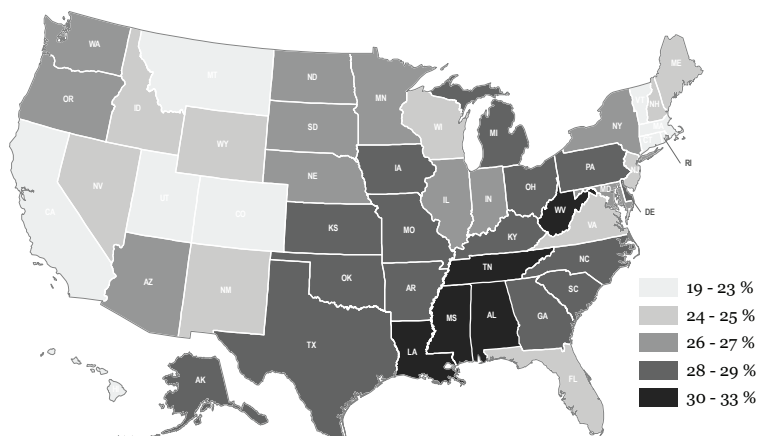
\* The proportion of Louisiana adults with BMI greater than or equal to 25.0 but less than 30.0

\*\* The proportion of Louisiana adults with BMI greater than or equal to 30.0

**Louisiana ranks 4th highest among U.S. States, Territories, and Washington D.C. for prevalence of obesity (figure 11c).**



**Figure 11c. Percent of Respondents Classified as Obese (BMI 30.0+)**



Source: 2007 BRFSS (available at <[http://www.cdc.gov/brfss/maps/gis\\_data.htm](http://www.cdc.gov/brfss/maps/gis_data.htm)>).

**Table 11a. Overweight and Obesity, Overall and by Selected Demographic Categories. Behavioral Risk Factor Surveillance System, Louisiana 2007.**

<b>TABLE 11A. OVERWEIGHT AND OBESITY</b>						
<b>Demographic characteristics</b>	<b>Overweight *</b>			<b>Obese **</b>		
	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>
<b>Total</b>	6235	34.5	32.9-36.0	6235	30.7	29.1-32.3
<b>Age</b>						
18-24	236	17.0	11.5-22.5	236	19.6	13.7-25.5
25-34	710	36.5	32.0-40.9	710	25.4	20.8-30.0
35-44	1030	33.3	29.8-36.8	1030	32.9	29.3-36.5
45-54	1417	37.3	34.2-40.4	1417	33.6	30.6-36.6
55-64	1360	37.3	34.2-40.5	1360	36.7	33.6-39.8
65 or older	1482	37.5	34.6-40.4	1482	29.9	27.1-32.7
<b>Gender</b>						
Male	908	39.7	37.0-42.3	2179	32.1	29.5-34.7
Female	1250	29.3	27.6-31.1	4056	29.3	27.6-31.0
<b>Race-Ethnicity</b>						
Caucasian	1611	36.2	34.4-37.9	4514	27.6	26.0-29.2
African-American	392	32.0	28.4-35.7	1232	39.7	35.9-43.5
Hispanic	59	29.3	20.6-38.0	176	26.8	17.3-36.2
Other	80	29.4	21.2-37.7	261	30.0	20.3-39.7
<b>Education</b>						
Did not graduate HS	756	29.0	24.6-33.5	756	34.6	29.8-39.3
Graduated from HS	2023	34.7	31.9-37.6	2023	30.3	27.6-33.0
Attended college	1600	33.9	30.9-37.0	1600	32.9	29.9-36.0
Graduated college	1842	36.9	34.1-39.7	1842	27.7	24.7-30.6
<b>Household Income</b>						
<15,000	649	26.4	21.7-31.2	649	42.7	37.0-48.4
15,000-24,999	912	28.4	24.5-32.4	912	35.8	31.4-40.2
25,000-34,999	664	34.5	29.8-39.2	664	34.5	29.8-39.2
35,000-49,999	763	34.7	30.3-39.1	763	33.8	29.2-38.4
\$50,000+	2033	39.5	36.8-42.1	2033	26.1	23.5-28.6
<b>Health Insurance</b>						
Have Insurance	5158	35.4	33.7-37.1	5158	30.2	28.6-31.9
No Insurance	1059	31.3	27.4-35.2	1059	32.6	28.4-36.7
* 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.						

## HEALTHY PEOPLE 2010 OBJECTIVE

- Reduce the proportion of adults who engage in no leisure-time physical activity to 20%.

## NO LEISURE TIME PHYSICAL ACTIVITY\*

- Almost one third of Louisiana adults reported not participating in leisure time physical activity (30.0%).
- The percentage of those not participating in leisure time physical activity decreased with increasing income level, ranging from 49.3% among those making \$15,000 or less to 19.3% among those making more than \$50,000 annually.
- Among those without health insurance, 41.1% did not participate in leisure time physical activity, compared to 27.1% of those with health insurance.
- Over one fourth of Caucasians did not participate in leisure time physical activity compared to 47.2% of Hispanics (27.0%).

## INADEQUATE PHYSICAL ACTIVITY\*\*

- Six out of ten Louisiana adults reported inadequate physical activity (61.4%).
- Over two thirds of individuals who earned less than a high school diploma reported inadequate physical activity; in general, as the level of education increased, the level of inadequate physical activity decreased (69.8%).
- The 18-24 age group (51.5%) reported the lowest percentage of those not participating in adequate physical activity, while the 65 or older age group had the highest level of inadequate physical activity at 70.0%.
- Six out of ten Caucasians had inadequate physical activity (60.6%) compared to 70.4% of Hispanics

## REPORTED NOT PARTICIPATING IN PHYSICAL ACTIVITY/EXERCISE

- About 14% of Louisiana adults reported not participating in any physical activity.
- The 18-24 age group reported the lowest level of those not participating in any physical activity at 6.5%, while the 65 or older group had the highest level at 23.2%.
- Women were more likely to report no physical activity (15.8%) than men (11.0%).
- The proportion of those participating in no physical activity/exercise decreased with increasing educational level.

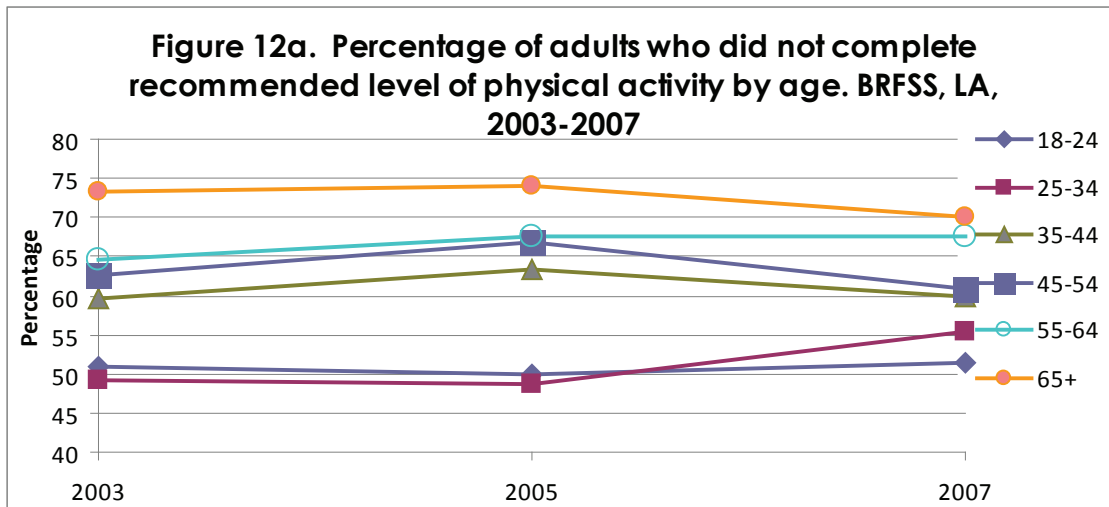
\* The proportion of Louisiana adults who reported not participating in any leisure-time physical activity such as running, calisthenics, golf, gardening or walking during the past month.

\*\* The proportion Louisiana adults who reported that they do not usually do moderate physical activities for total at least 30 minutes on 5 or more days per week or vigorous physical activities for a total at least 20 minutes on 3 or more days per week while not at work.

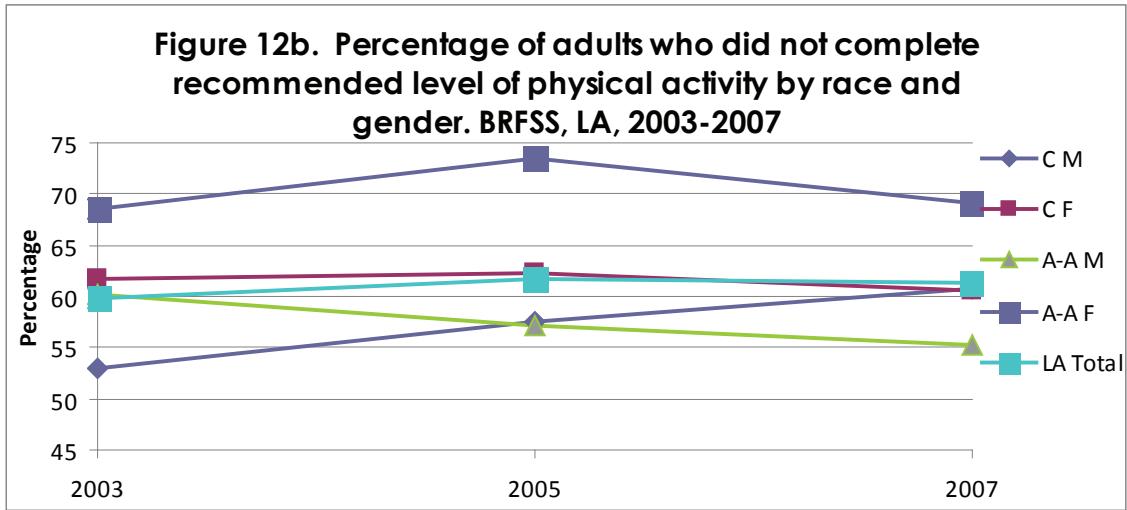
## LOUISIANA PHYSICAL ACTIVITY TRENDS

- The 65 or older age group showed a 5 percentage point increase in meeting physical activity recommendations from 2003 to 2007 (Figure 12a).
- African-American females had significantly higher levels of those not attaining physical activity recommendations in all recent survey years (Figure 12b).
- While Caucasian males have shown consistent increases in the levels of those not attaining physical activity recommendations; African-American males have shown consistent decreases in recent survey years and now have the lowest percentage among race-gender categories (Figure 12b).

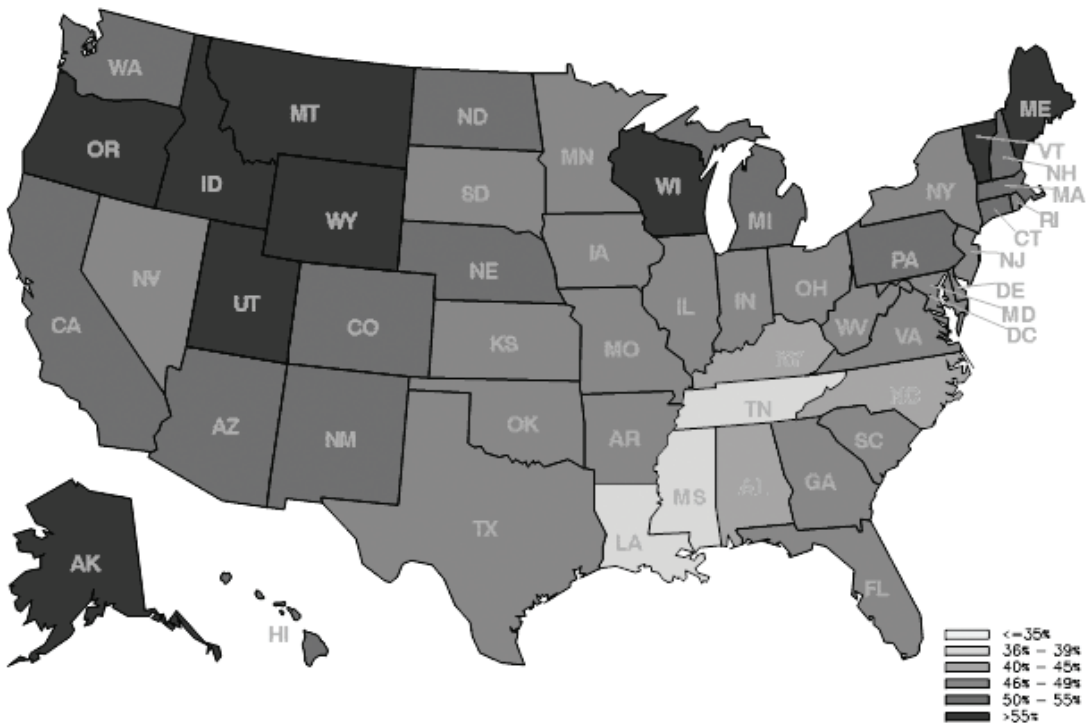
**Louisiana ranks 2nd among U.S. States, Territories, and Washington D.C. for the percentage of adults who do not meet the recommended level of weekly physical activity (figure 12c).**







**Figure 12c. Adults who reported sufficient physical activity in last month, United States, 2007.**



**Table 12a. Exercise and Physical Activity, Overall and by Selected Demographic Categories. BRFSS, Louisiana 2007.**

<b>TABLE 12A. EXERCISE AND PHYSICAL ACTIVITY</b>									
Demographic characteristics	No Leisure Time Physical Activity *			Inadequate Physical Activity **			At Risk: Reported Not Participating in Physical Activity/ Exercise		
	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI
<b>Total</b>	6669	30.0	28.6-31.5	6076	61.4	59.7-63.1	6448	13.5	12.4-14.6
<b>Age</b>									
18-24	254	23.4	17.2-29.6	228	51.5	43.3-59.8	244	6.5	3.2-9.8
25-34	748	25.4	21.2-29.5	679	55.5	50.7-60.3	723	8.0	5.0-10.9
35-44	1100	27.4	24.1-30.6	1009	60.0	56.3-63.8	1070	10.8	8.6-13.1
45-54	1539	29.4	26.6-32.2	1420	60.8	57.7-63.9	1506	13.7	11.6-15.8
55-64	1453	36.5	33.5-39.6	1333	67.7	64.6-70.7	1396	17.8	15.3-20.2
65 or older	1575	37.7	34.9-40.5	1407	70.0	67.1-72.8	1509	23.2	20.7-25.7
<b>Gender</b>									
Male	2228	26.0	23.6-28.4	2027	59.8	57.0-62.7	2170	11.0	9.3-12.7
Female	4441	33.8	32.0-35.5	4049	62.8	60.9-64.7	4278	15.8	14.5-17.1
<b>Race-Ethnicity</b>									
Caucasian	4814	27.0	25.5-28.5	4422	60.6	58.8-62.4	4675	12.1	11.0-13.2
African-American	1315	35.3	31.8-38.9	1167	62.9	58.8-66.7	1256	16.8	13.9-19.7
Hispanic	188	47.2	37.1-57.2	171	70.4	62.0-78.8	179	19.2	11.8-26.6
Other	281	25.0	18.5-31.5	263	56.1	46.0-66.3	276	9.7	6.1-13.3
<b>Education</b>									
Did not graduate HS	817	49.2	44.0-54.3	713	69.8	64.9-74.6	767	23.6	19.6-27.7
Graduated from HS	2180	35.3	32.6-38.0	1964	63.0	59.8-66.2	2099	16.2	14.0-18.3
Attended college	1704	28.3	25.5-31.1	1556	62.1	59.0-65.2	1651	12.8	10.8-14.8
Graduated college	1953	18.1	15.9-20.3	1831	56.0	53.1-58.9	1917	7.2	5.9-8.5
<b>Household Income</b>									
<15,000	688	49.3	43.6-55.1	613	69.7	62.9-76.4	652	26.7	21.8-31.7
15,000-24,999	955	40.3	36.0-44.6	865	70.2	65.8-74.6	921	19.9	16.7-23.0
25,000-34,999	693	34.3	29.7-38.8	631	63.8	58.9-68.7	661	14.8	11.4-18.1
35,000-49,999	803	28.1	23.8-32.3	743	59.6	54.9-64.3	785	9.3	6.8-11.8
\$50,000+	2133	19.3	17.1-21.4	2018	56.3	53.6-57.0	2100	7.2	5.9-8.6
<b>Health Insurance</b>									
Have Insurance	5508	27.1	25.7-28.6	5027	60.7	58.9-62.5	5337	12.3	11.2-13.4
No Insurance	1141	41.1	36.9-45.3	1037	63.8	59.5-68.1	1095	18.2	15.2-21.2

\* The proportion of Louisiana adults who reported not participating in any leisure-time physical activity such as running, calisthenics, golf, gardening or walking during the past month.

\*\* The proportion Louisiana adults who reported that they do not usually do moderate physical activities for total at least 30 minutes on 5 or more days per week or vigorous physical activities for a total at least 20 minutes on 3 or more days per week while not at work.

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## HEALTHY PEOPLE 2010 OBJECTIVES

- Reduce average annual alcohol consumption.
- Reduce the proportion of persons aged 18 or older engaging in binge drinking of alcoholic beverages to 6%.
- Reduce the proportion of adults who exceed guidelines for low-risk drinking.

## HAD ONE DRINK IN THE LAST 30 DAYS\*

- Almost half of Louisiana adults reported having had a drink in the past 30 days (46.2%).
- The 18-24 year old age group led all three alcohol consumption categories (1 drink in the past 30 days, heavy drinking, and binge drinking).
- College graduates were most likely to have consumed an alcoholic beverage in the past 30 days (55.9%).
- The proportion of those that had consumed one drink in the past 30 days decreased with increasing age.

## HEAVY DRINKING\*\*

- Less than 5% of Louisiana adults consumed more than 2 drinks per day (4.5%).
- Residents aged 18-24 years old were more likely to report heavy drinking compared to all other age categories.
- The proportion of males that consume more than 2 drinks per day was almost double that of the females (5.8% compared to 3.2%).
- As age increased, the proportion of those consuming more than 2 drinks per day decreased.

## BINGE DRINKING\*\*\*

- Among Louisiana adults, 13.1% participated in binge drinking (defined as 5 drinks on one occasion for males and 4 drinks on one occasion for females).
- Younger adults aged 18-34 were more likely to report binge drinking compared to all other age groups.

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

\*\* The proportion of Louisiana adults who reported consuming 2 or more drinks per day for men and 1 or more for women.

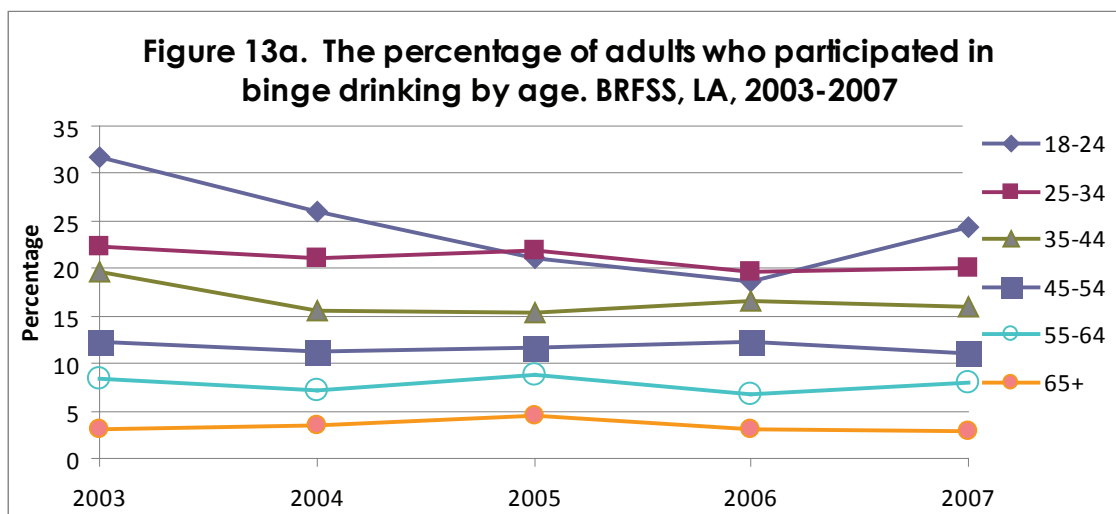
\*\*\* The proportion of Louisiana adults who reported consuming 5 or more drinks for men and 4 or more drinks for women per occasion at least once in the previous month.

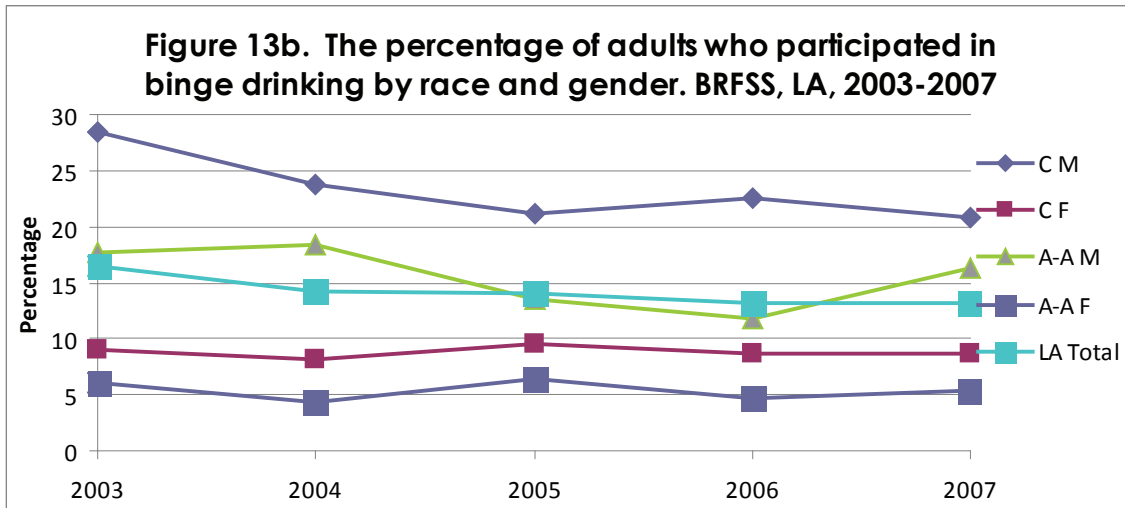
- Nearly 1 in 5 males reported being binge drinkers (19.1%).
- Educational level did not appear to be associated with binge drinking status.

## LOUISIANA BINGE DRINKING TRENDS

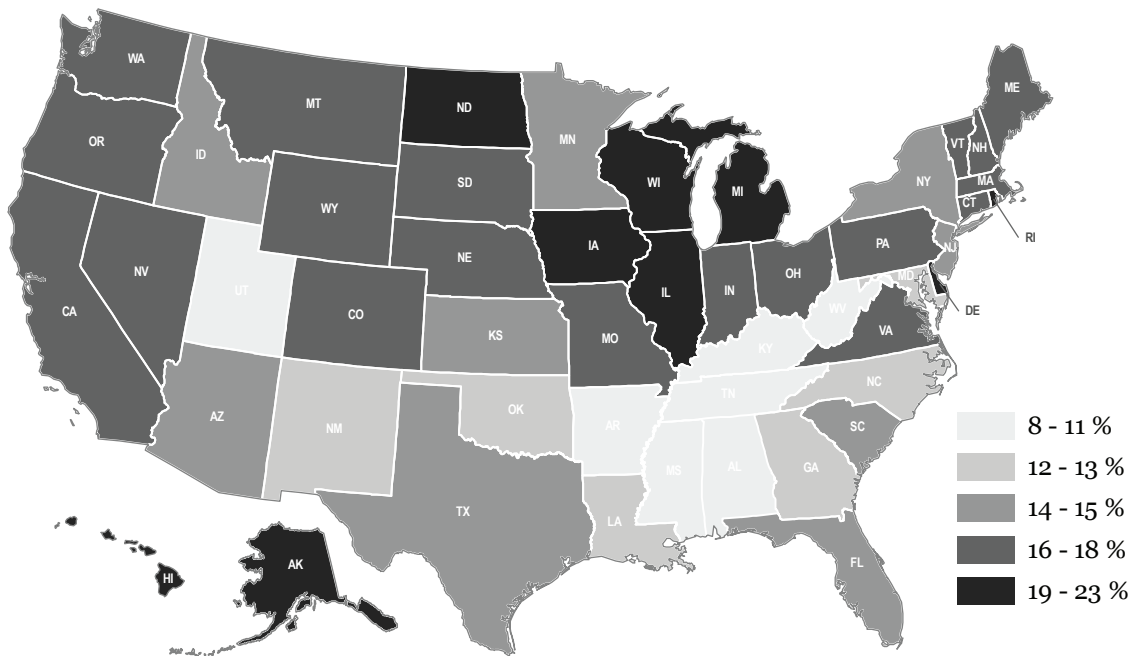
- With the exception of the 18-24 age group, the rates of binge drinking by age group have remained relatively stable in the years between 2003 and 2007 (Figure 13a).
- In general, over the last five years, older Louisianians are less likely to engage in binge drinking (Figure 13a).
- Over the past 5 years, Caucasian males have reported the highest rate of binge drinking, followed by African-American males; African-American females have reported the lowest rates of binge drinking (Figure 13b).

**Louisiana ranks 40th among the U.S. States, Territories, and Washington D.C. for prevalence of binge drinking (figure 13c).**





**Figure 13c. Percent of Adults Who Are Binge Drinkers (Males Having Five or More Drinks on One Occasion, Females Having Four or More Drinks on One Occasion)**



Source: 2007 BRFSS (available at <[http://www.cdc.gov/brfss/maps/gis\\_data.htm](http://www.cdc.gov/brfss/maps/gis_data.htm)>).

**Table 13a. Alcohol Consumption, Overall and by Selected Demographic Categories. BRFSS, Louisiana 2007.**

<b>TABLE 13A. ALCOHOL CONSUMPTION</b>									
<b>Demographic characteristics</b>	<b>At Least One Drink Last 30 Days *</b>			<b>Heavy Drinking **</b>			<b>Binge Drinking ***</b>		
	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>
Total	6646	46.2	44.6-47.8	6412	4.5	3.7-5.3	6392	13.1	11.9-14.4
<b>Age</b>									
18-24	254	55.2	47.5-62.8	229	9.1	3.0-15.2	230	24.3	16.8-31.8
25-34	747	53.2	48.6-57.8	723	4.8	2.8-6.8	722	20.0	16.4-23.6
35-44	1093	53.1	49.5-56.8	1054	4.2	2.7-5.6	1059	15.9	13.1-18.7
45-54	1530	46.9	43.8-49.9	1483	4.7	3.4-5.9	1475	11.1	9.2-13.1
55-64	1443	38.9	35.8-42.0	1395	3.8	2.3-5.4	1385	8.0	6.0-10.1
65 or older	1579	28.8	26.1-31.5	1528	2.7	1.7-3.7	1521	2.9	1.9-3.9
<b>Gender</b>									
Male	2219	55.1	52.4-57.8	2105	5.8	4.4-7.3	2088	19.1	16.8-21.5
Female	4427	38.0	36.2-39.8	4307	3.2	2.5-3.9	4304	7.8	6.8-8.9
<b>Race-Ethnicity</b>									
Caucasian	4798	50.1	48.3-51.9	4645	5.3	4.3-6.4	4622	14.3	12.8-15.9
African-American	1310	36.1	32.3-39.8	1259	2.7	1.4-4.0	1262	10.2	7.6-12.7
Hispanic	189	42.8	33.0-52.5	173	3.8	0.4-7.2	177	15.4	8.0-22.8
Other	279	52.0	42.1-61.8	271	2.8	0.2-5.4	266	11.2	6.0-16.4
<b>Education</b>									
Did not graduate HS	814	34.8	29.5-40.0	776	6.8	2.8-10.9	775	13.5	8.7-18.3
Graduated from HS	2172	39.7	36.8-42.6	2099	3.2	2.1-4.2	2092	12.4	10.4-14.4
Attended college	1698	48.4	45.3-51.6	1632	4.8	3.4-6.2	1637	14.0	11.5-16.5
Graduated college	1947	55.9	53.1-58.8	1890	4.7	3.5-5.8	1873	13.0	11.0-15.1
<b>Household Income</b>									
<15,000	685	24.7	19.7-29.8	668	2.4	1.0-3.9	665	6.3	3.7-9.0
15,000-24,999	956	33.9	29.3-38.6	924	5.1	1.6-8.7	928	11.0	7.0-15.1
25,000-34,999	691	40.6	35.7-45.4	665	5.3	2.5-8.1	673	15.4	11.5-19.3
35,000-49,999	800	47.9	43.3-52.6	779	3.9	1.9-5.8	773	13.0	8.6-16.4
\$50,000+	2129	59.5	56.9-62.0	2070	5.4	4.2-6.6	2058	15.8	13.7-17.8
<b>Health Insurance</b>									
Have Insurance	5486	47.6	45.9-49.3	5298	3.9	3.2-4.6	5278	12.5	11.2-13.8
No Insurance	1140	41.2	36.8-45.5	1094	6.7	3.9-9.5	1094	15.6	12.1-19.0

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

\*\* The proportion of Louisiana adults who reported consuming 2 or more drinks per day for men and 1 or more for women.

\*\*\* The proportion of Louisiana adults who reported consuming 5 or more drinks for men and 4 or more drinks for women per occasion at least once in the previous month.

## HEALTHY PEOPLE 2010 OBJECTIVES

- Increase the proportion of adults aged 65 or older who are vaccinated annually against pneumococcal disease to 90%.
- Increase the proportion of adults aged 65 or older who are vaccinated annually against influenza to 90%.
- Reduce Hepatitis B prevalence.

## HAD FLU VACCINE IN LAST 12 MONTHS (65 OR OLDER)

- Nearly seven in ten Louisiana seniors aged 65 or older received a flu vaccination in the past 12 months (68.4%).
- Seniors who attended or graduated college were more likely to have received a flu vaccine in the past year (72%) compared to those with lower educational levels (61%-67%).
- Seniors with health insurance were more likely to have received a flu vaccination in the past 12 months (69.1%) compared to seniors without health insurance (52.3%).
- Approximately 60% of seniors who are African-American or other non-Hispanic minorities reported receiving a flu vaccine in the past 12 months compared to 71.1% of Caucasians and 77.6% of Hispanics.

## HAD PNEUMONIA VACCINE IN LAST 12 MONTHS (65 OR OLDER)

- Two thirds of seniors (aged 65 or older) received a pneumonia vaccination in the past 12 months.
- Nearly three quarters of residents age 75 years or older received a pneumonia vaccine in the last 12 months (73.3%) compared to 60.7% of individuals aged 65-74.
- About 70% of females received a pneumonia vaccine in the last 12 months (70.8%) compared to 60.6% of males.
- Approximately half of African-American seniors aged 65 and older received a pneumonia vaccine in the past 12 months (52.3%) compared to 70.9% of Caucasians; Hispanics and other non-Hispanic minorities reported receiving a pneumonia vaccine (59.3% and 59.8% respectively) more often than African-Americans (52.3%).

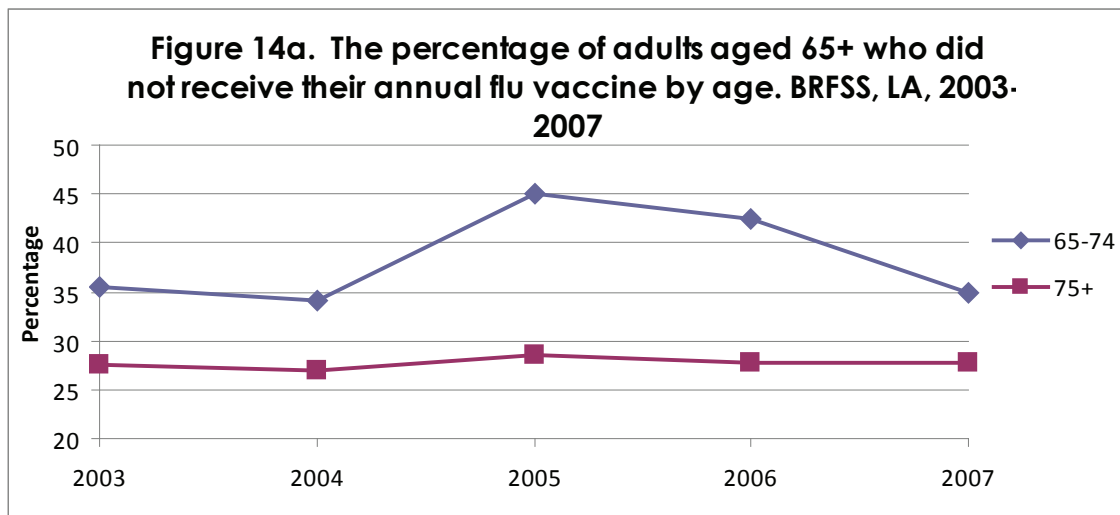
\* Among Louisiana adults aged 65 or older, the proportion who reported that they had a flu vaccine, either by injecting in the arm or spraying in the nose during the past year.

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

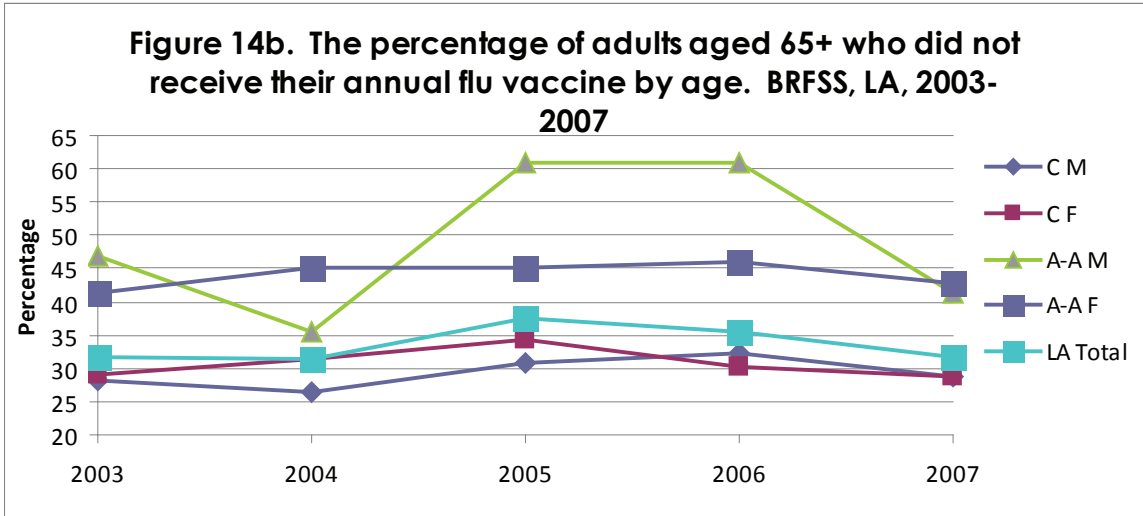
## LOUISIANA INFLUENZA IMMUNIZATION TRENDS

- Louisiana adults aged 75 and older were less likely to get a flu vaccine than adults in the 65-74 age group in all of the past 5 years (Figure 14a).
- Over the last 5 years, Caucasians were more likely to receive a flu vaccine compared to African-Americans (Figure 14b).
- With the exception of 2004, African-American males were least likely to receive a flu vaccine compared to all other race and gender categories (Figure 14b).

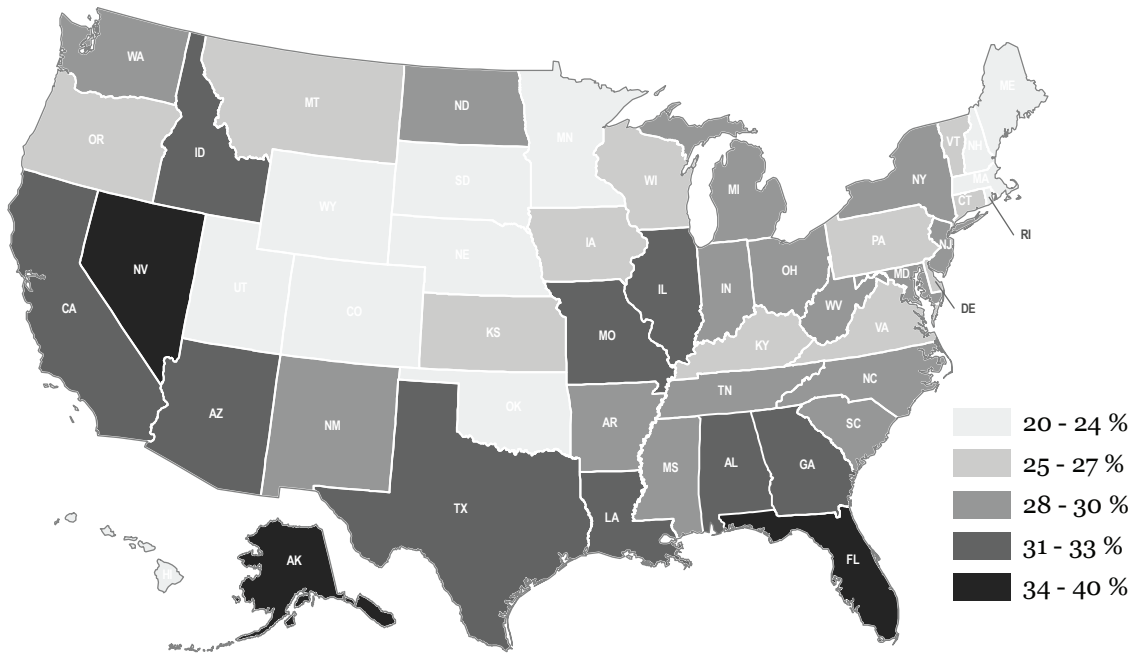
**Louisiana ranks 44th among the U.S. States, Washington D.C., the U.S Virgin Islands, and Puerto Rico for percentage of those aged 65 or older that have received an influenza vaccine in the past year (figure 14c).**







**Figure 14c. Adults Aged 65+ Who Have Not Had a Flu Vaccine within the Past Year**



Source: 2007 BRFSS (available at <[http://www.cdc.gov/brfss/maps/gis\\_data.htm](http://www.cdc.gov/brfss/maps/gis_data.htm)>).

**Table 14a. Immunization, Overall and by Selected Demographic Categories. BRFSS, Louisiana 2007.**

<b>TABLE 14A. IMMUNIZATION - INFLUENZA AND PNEUMONIA (65 OR OLDER)</b>						
<b>Demographic characteristics</b>	<b>Had Flu Vaccine Last 12 Months *</b>			<b>Had Pneumonia Vaccine Last 12 Months **</b>		
	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>
<b>Total</b>	1578	68.4	65.6-71.2	1561	66.6	63.7-69.4
<b>Age</b>						
65-74	937	65.0	61.4-68.7	925	60.7	56.9-64.5
75+	641	72.2	68.0-76.4	636	73.3	69.1-77.4
<b>Gender</b>						
Male	496	67.4	62.6-72.3	485	60.6	55.5-65.7
Female	1082	69.1	65.8-72.3	1076	70.8	67.5-74.0
<b>Race-Ethnicity</b>						
Caucasian	1202	71.1	68.1-74.2	1197	70.9	67.8-74.0
African-American	249	57.9	50.4-65.4	241	52.3	44.6-60.1
Hispanic	32	77.6	61.8-93.3	32	59.3	39.8-78.8
Other	68	61.0	47.7-74.2	66	59.8	46.3-73.3
<b>Education</b>						
Did not graduate HS	311	61.3	54.5-68.0	306	57.9	51.0-64.9
Graduated from HS	521	66.5	61.5-71.6	518	65.4	60.2-70.6
Attended college	365	72.7	67.7-77.7	361	72.8	67.7-78.0
Graduated college	370	72.2	66.9-77.5	365	68.5	62.9-74.1
<b>Household Income</b>						
<15,000	234	70.5	63.9-77.1	231	62.4	54.8-70.0
15,000-24,999	293	68.2	61.8-74.6	293	70.3	64.1-76.6
25,000-34,999	173	63.5	54.9-72.2	171	62.7	53.8-71.6
35,000-49,999	140	68.2	58.5-77.9	138	73.4	64.0-72.7
\$50,000+	228	65.9	58.2-73.6	225	62.6	54.8-70.3
<b>Health Insurance</b>						
Have Insurance	1500	69.1	66.3-71.9	1485	67.0	64.1-69.9
No Insurance	70	52.3	38.7-66.0	1066	56.4	42.8-70.1
* Among Louisiana adults aged 65 or 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 or older, the proportion who reported that they ever had a pneumonia vaccine.						

## **EVER RECEIVED HEPATITIS B VACCINE**

- Almost four out of ten Louisiana adults have ever received the Hepatitis B Vaccine (38.4%).
- The proportion of adult residents that received the vaccine decreased with age, ranging from 69.5% in the 18-24 age group to 15.2% in the 65 or older age group.
- The proportion of adults who received the vaccine increased with increasing educational attainment.
- Those earning more than \$50,000 annually reported the highest level of vaccination at 41.5%, while those earning less than \$15,000 annually reported the lowest vaccination level at 33.5%.

## **HEPATITIS B RISK BEHAVIORS**

Individuals who report being in any of the following four categories are considered to be at high risk for contracting Hepatitis B:

- Individuals who have hemophilia and have received clotting factor concentrate.
- Individuals who had sex with a man who has had sex with other men, even just one time.
- Individuals who have used street drugs by needle, even just one time.
- Individuals who have traded sex for money or drugs, even just one time.

## **HIGH RISK FOR HEPATITIS B**

- Almost 5% of Louisiana adults are considered to be at high risk for contracting Hepatitis B (4.6%).
- At 13.0%, the 18-24 age group reported having the most individuals in the high risk category for contracting Hepatitis B.
- The percentage of men that are part of the high risk category for Hepatitis B is more than double the proportion of women (6.7% and 2.6% respectively).
- As income increases the likelihood of being classified as high-risk for contracting Hepatitis B decreases.

**Table 14b. Hepatitis B Immunization, Overall and by Selected Demographic Categories. BRFSS, Louisiana 2007.**

<b>TABLE 14B. HEPATITIS B IMMUNIZATION</b>						
<b>Demographic characteristics</b>	<b>Ever Received Hepatitis B Vaccine *</b>			<b>Hepatitis B Behaviors **</b>		
	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>
<b>Total</b>	5995	38.4	36.7-40.1	6451	4.6	3.6-5.5
<b>Age</b>						
18-24	227	69.5	62.0-76.9	252	13.0	7.0-18.9
25-34	661	53.6	48.7-58.6	733	5.8	2.6-9.1
35-44	954	44.0	40.2-47.9	1064	4.7	3.2-6.2
45-54	1416	32.3	29.3-35.3	1494	3.7	2.5-4.9
55-64	1319	27.5	24.4-30.6	1421	2.5	1.4-3.6
65 or older	1418	15.2	13.0-17.5	1487	1.1	0.5-1.8
<b>Gender</b>						
Male	1977	38.1	35.2-41.1	2150	6.7	5.0-8.5
Female	4018	38.6	36.7-40.5	4301	2.6	2.0-3.2
<b>Race-Ethnicity</b>						
Caucasian	4285	36.1	34.3-38.1	4676	3.3	2.5-4.0
African-American	1224	42.9	39.0-46.7	1265	6.7	4.4-9.1
Hispanic	169	38.0	27.8-48.3	177	5.4	1.6-9.2
Other	259	45.3	34.7-56.0	270	9.8	0.5-19.1
<b>Education</b>						
Did not graduate HS	742	28.2	23.0-33.4	773	8.9	5.5-12.3
Graduated from HS	1964	32.8	29.8-35.8	2109	4.5	2.8-6.1
Attended college	1543	42.4	39.1-45.7	1653	3.6	2.4-4.7
Graduated college	1736	45.5	42.4-48.6	1902	3.8	1.9-5.6
<b>Household Income</b>						
<15,000	626	33.5	28.1-39.0	664	6.9	3.8-10.0
15,000-24,999	880	39.3	34.4-44.1	930	6.6	3.8-9.3
25,000-34,999	639	37.7	32.8-42.7	673	5.6	3.3-8.0
35,000-49,999	736	40.5	35.6-45.4	790	4.2	2.4-6.0
\$50,000+	1895	41.5	38.6-44.3	2101	3.2	1.7-4.8
<b>Health Insurance</b>						
Have Insurance	4934	38.1	36.3-39.9	5328	3.1	2.5-3.7
No Insurance	10444	39.3	34.6-43.9	1103	9.7	6.0-13.3

\* The proportion of Louisiana adults who reported that they ever had a Hepatitis-B vaccine.

\*\* The proportion of Louisiana adults who reported that at least one of the following statements is true: 1) They have hemophilia and have received clotting factor concentrate, 2) They have had sex with a man who has had sex with another man, even just one time, 3) They have taken street drugs by needle, even just one time, 4) They have traded sex for money or drugs, even just one time.

## HEALTHY PEOPLE 2010 OBJECTIVES

- Increase the proportion of persons aged 2 years and older who consume at least two daily servings of fruit to 75%.
- Increase the proportion of persons aged 2 years and older who consume at least three daily servings of vegetables, with at least one-third being dark green or orange vegetables, to 50%.

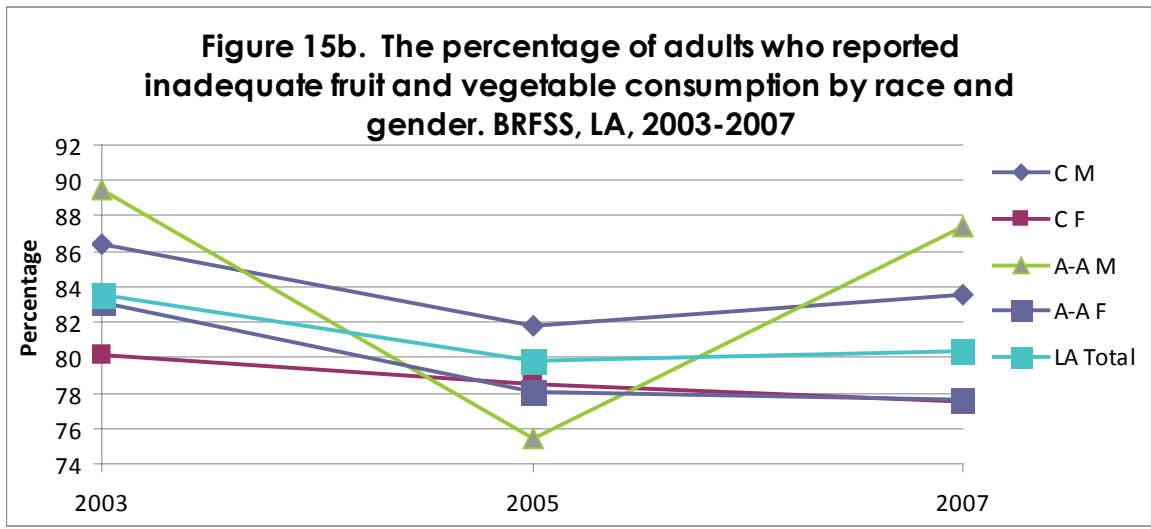
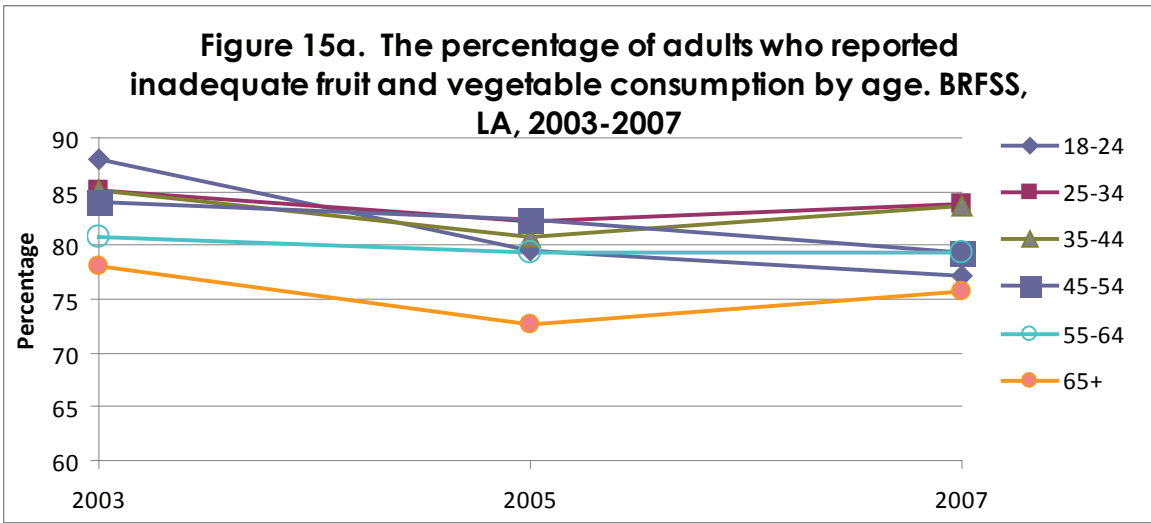
## INADEQUATE FRUIT AND VEGETABLE CONSUMPTION (DEFINED AS LESS THAN FIVE SERVINGS OF FRUITS OR VEGETABLES PER DAY)

- An estimated 80.4% of Louisiana adults eat less than five servings of fruits or vegetables each day.
- Among the different racial groups, African-Americans reported the lowest rate of adequate fruit and vegetable consumption (17.9%) compared to Caucasians, Hispanics, and other races/ethnicities (19.6%, 20.8%, and 26.2%, respectively).
- Compared to all other age groups, adults aged 25-34 (83.9%) are most likely to report inadequate fruit and vegetable consumption followed closely by 35-44 year olds (83.6%).
- Across all demographic groups, males are most likely to report inadequate fruit and vegetable consumption (84.2%).

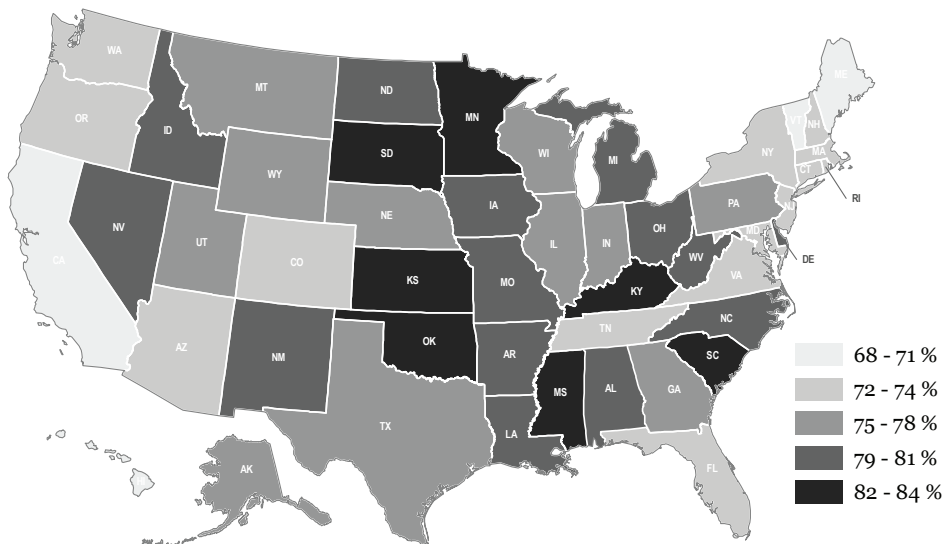
## LOUISIANA INADEQUATE FRUIT AND VEGETABLE CONSUMPTION TRENDS

- Over the past five years, the 65 or older age group was least likely to report inadequate fruit and vegetable consumption (Figure 15a).
- With the exception of 2005, African-American males reported the highest levels of inadequate fruit and vegetable intake (Figure 15b).
- African-American and Caucasian females reported nearly identical levels of inadequate fruit and vegetable intake in 2005 and 2007 (Figure 15b).

***Louisiana ranks 46th among the U.S. States, Territories, and Washington D.C. for percentage of residents consuming the recommended 5 daily fruits and vegetables (figure 15c).***



**Figure 15c. Percent of Adults Who Have Consumed Fruits and Vegetables Less than Five Times Per Day**



Source: 2007 BRFSS (available at [http://www.cdc.gov/brfss/maps/gis\\_data.htm](http://www.cdc.gov/brfss/maps/gis_data.htm)).

**Table 15a. Adequate Fruit and Vegetable Consumption among Adults, Overall and by Selected Demographic Categories. BRFSS, Louisiana 2007.**

<b>TABLE 15A. FRUIT AND VEGETABLE CONSUMPTION</b>			
<b>Demographic characteristics</b>	<b>Adequate Fruit and Vegetable Consumption *</b>		
	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>
<b>Total</b>	6519	19.6	18.4-20.9
<b>Age</b>			
18-24	247	22.9	15.9-29.9
25-34	725	16.1	13.1-19.1
35-44	1071	16.4	13.7-19.2
45-54	1506	20.7	18.3-23.2
55-64	1425	20.7	18.2-23.2
65 or older	1545	24.3	21.8-26.9
<b>Gender</b>			
Male	2176	15.8	13.7-17.9
Female	4343	23.1	21.6-24.6
<b>Race-Ethnicity</b>			
Caucasian	4723	19.6	18.2-21.1
African-American	1272	17.9	15.2-20.7
Hispanic	181	20.8	12.5-29.1
Other	276	26.2	18.8-33.5
<b>Education</b>			
Did not graduate HS	789	17.1	12.7-21.6
Graduated from HS	2135	16.7	14.6-18.9
Attended college	1670	18.4	16.2-20.6
Graduated college	1910	24.8	22.3-27.2
<b>Household Income</b>			
<15,000	673	20.7	16.6-24.9
15,000-24,999	939	20.6	16.4-24.8
25,000-34,999	674	20.2	16.2-24.1
35,000-49,999	788	19.4	15.5-23.4
\$50,000+	2099	20.2	18.1-22.2
<b>Health Insurance</b>			
Have Insurance	5380	19.4	18.1-20.8
No Insurance	1120	20.1	16.5-23.8
* The proportion whose total reported consumption of fruits and vegetables was more than 5 times per day			

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## LIMITED IN ANY WAY IN ANY ACTIVITIES BECAUSE OF PHYSICAL, MENTAL, OR EMOTIONAL PROBLEMS

- About 18% of Louisiana adults reported being limited in activities in some way because of their physical, mental, or emotional problems (18.2%).
- African-Americans (19.0%) reported the highest rate of activity limitations due to physical, mental, or emotional problems. In general, the level of those reporting activity limitations increased with increasing age.
- The highest rate of activity limitations reported was among the 55-64 age group (28.7%), followed closely by those aged 65 or older (27.4%).
- At 18.8%, females are slightly more likely to report activity limitations than males (17.6%).
- The highest rate of reported activity limitations was among individuals whose incomes are less than \$15,000 a year (38.1%).

## USE OF SPECIAL EQUIPMENT AS A RESULT OF DISABILITY\*

- An estimated 7.2% of Louisiana adults reported having any health problem that required them to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone (including occasional use or use in certain circumstances).
- In general, as Louisiana adults age, they report higher rates of using special equipment as a result of disabilities.
- African-American Louisiana adults reported a higher rate of using special equipment (9.8%) as a result of a disability compared to other races/ethnicities.
- Residents who earn less than \$15,000 per year (21.6%) and individuals who did not graduate from high school (16.2%) report the highest rates of using special equipment.

## PREVALENCE OF DISABILITY\*\*

- One in five Louisiana adults reported having a disability.
- In general, as Louisiana adults age, they report higher rates of disability.
- The highest rates of disability were reported by individuals who did not graduate from high school (30.8%) and those who make less than \$15,000 a year (45%).

\* Louisiana adults who reported being limited in any way in any activities because of their physical, mental, or emotional problems

\*\* Louisiana adults who required the use of a cane, wheelchair, special bed, special telephone (including occasional use and use in special circumstances)

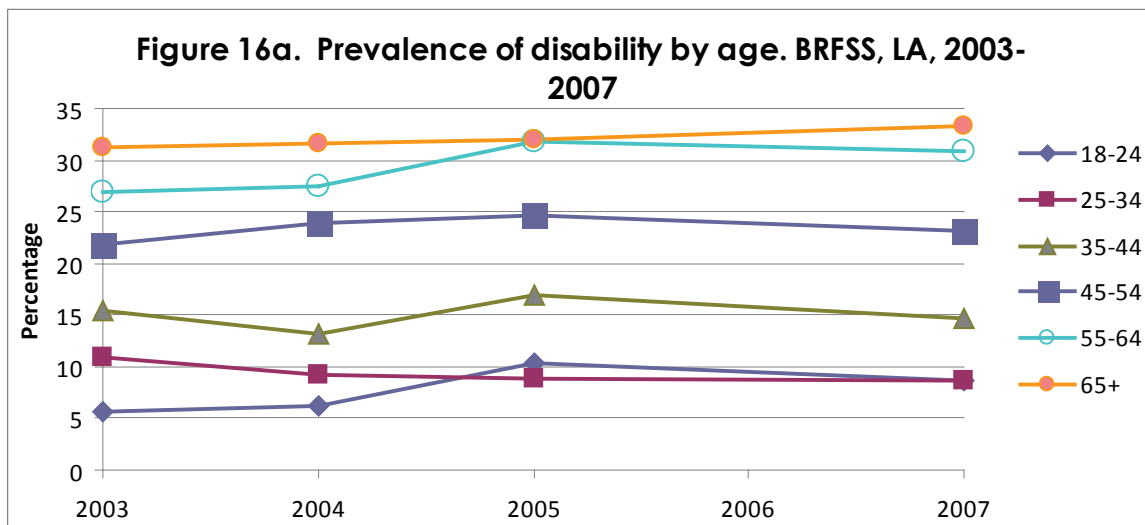


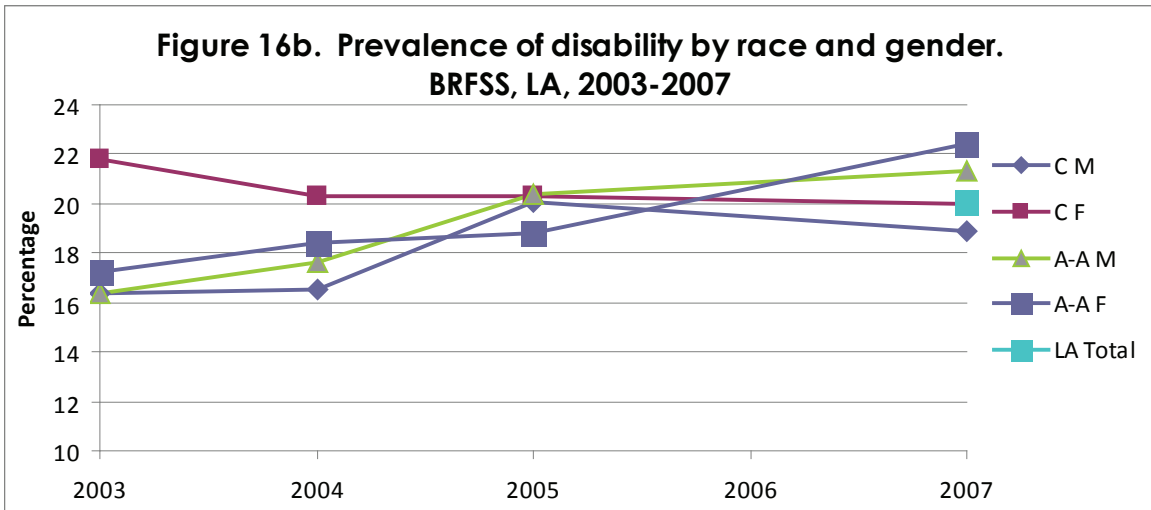
## LOUISIANA DISABILITY TRENDS

- Over the past 5 years, the 65 or older age group reported the highest levels of disability (Figure 16a).
- Younger adults aged 18-34 reported the lowest levels of disability over the last 5 years (Figure 16a).
- African-American males and females have reported consistent increases in reported disability over the past 5 years (Figure 16b).
- Over the past five years, Caucasian females are the only race-gender group that reported a decrease in disability prevalence (Figure 16b).

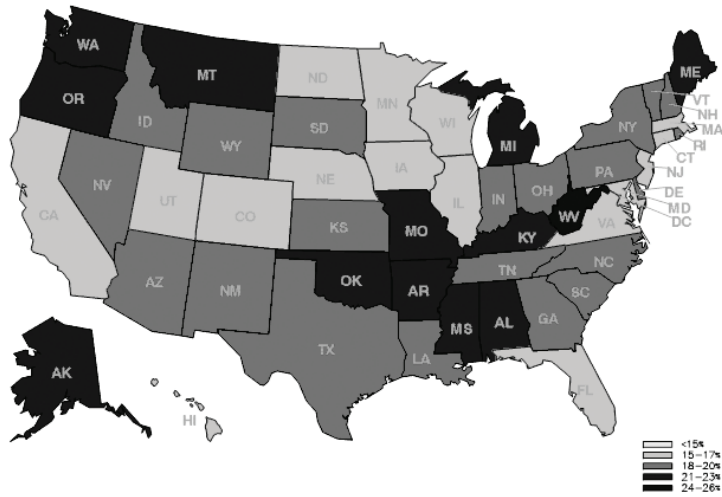
**Louisiana ranks 33rd among the U.S. States, Territories, and Washington D.C. for percentage of residents who report being limited in their activities by disability (Figure 16c).**

**Louisiana ranks 23rd among the U.S. States, Territories, and Washington D.C. for percentage of residents reporting requiring special equipment such as a cane, wheelchair, special bed, or special telephone (etc.) due to disability (Figure 16d).**

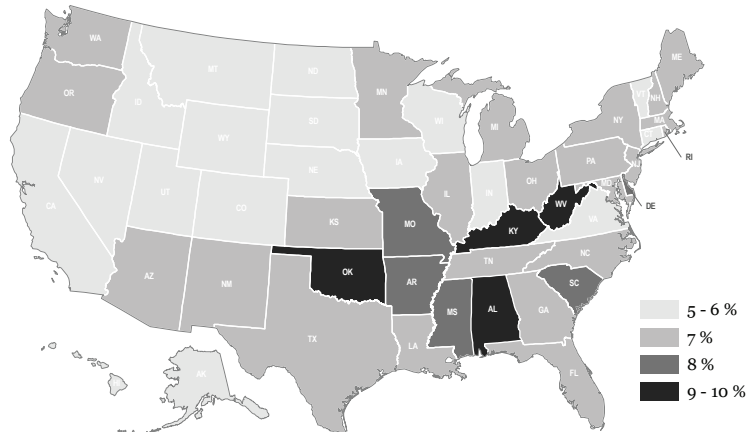




**Figure 16c. Percent of Adults Who Are Limited in Any Activities Because of Physical, Mental, or Emotional Problems**



**Figure 16d. Percent of Adults with Health Problem(s) that Requires the Use of Special Equipment**



Source: 2007 BRFSS (available at [http://www.cdc.gov/brfss/maps/gis\\_data.htm](http://www.cdc.gov/brfss/maps/gis_data.htm)).

**Table 16a. Disability, Overall and by Selected Demographic Categories. BRFSS, Louisiana 2007.**

<b>TABLE 16A. DISABILITY</b>									
<b>Demographic characteristics</b>	<b>Limited by physical, mental, or emotional problems *</b>			<b>Reported requiring the use of special equipment as a result of disability **</b>			<b>Prevalence of Disability ***</b>		
	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>
<b>Total</b>	6577	18.2	17.0-19.4	6590	7.2	6.4-8.0	6568	20.1	18.8-21.3
<b>Age</b>									
18-24	251	6.1	2.8-9.4	250	2.9	0.0-6.4	250	8.7	4.0-13.3
25-34	738	8.7	5.8-11.5	736	0.9	0.2-1.6	736	8.7	5.8-11.6
35-44	1079	14.2	11.5-17.0	1081	3.7	1.9-5.6	1079	14.7	11.8-17.5
45-54	1519	21.7	19.2-24.3	1520	7.5	5.9-9.2	1516	23.1	20.5-25.7
55-64	1437	28.7	25.8-31.5	1440	10.8	9.0-12.6	1435	30.8	27.9-33.7
65 or older	1553	27.4	24.8-30.0	1563	17.8	15.6-20.1	1552	33.3	30.6-36.1
<b>Gender</b>									
Male	2202	17.6	15.6-19.6	2199	7.1	5.7-8.5	2197	19.4	17.3-21.5
Female	4375	18.8	17.4-20.2	4391	7.3	6.5-8.1	4371	20.7	19.3-22.1
<b>Race-Ethnicity</b>									
Caucasian	4757	18.1	16.8-19.3	4765	6.1	5.3-6.9	4754	19.5	18.1-20.8
African-American	1292	19.0	16.0-21.9	1296	9.8	7.7-11.9	1289	21.9	18.8-25.0
Hispanic	181	17.1	8.9-25.4	182	9.3	1.8-16.7	181	19.2	10.7-27.6
Other	277	15.3	10.4-20.2	277	6.4	3.6-9.1	276	17.2	11.9-22.4
<b>Education</b>									
Did not graduate HS	798	25.2	21.4-29.0	806	16.2	13.0-19.5	799	30.8	26.6-35.1
Graduated from HS	2156	19.2	17.0-21.4	2156	7.5	6.0-8.9	2152	21.1	18.8-23.4
Attended college	1683	18.6	16.2-21.0	1686	5.5	4.2-6.7	1679	19.7	17.3-22.1
Graduated college	1926	14.0	12.0-15.9	1927	4.8	3.4-6.1	1924	14.9	12.9-17.0
<b>Household Income</b>									
<15,000	683	38.1	32.9-43.4	680	21.6	17.3-25.8	681	45.0	39.3-50.6
15,000-24,999	945	24.6	21.1-28.1	948	9.0	6.7-11.3	942	27.4	23.6-31.2
25,000-34,999	679	20.0	16.3-23.7	682	7.4	4.8-10.0	680	21.2	17.4-25.0
35,000-49,999	794	18.4	14.6-22.2	796	6.8	3.9-9.7	793	19.7	15.8-23.6
\$50,000+	2113	9.2	7.7-10.6	2115	1.9	1.3-2.6	2110	9.8	8.3-11.3
<b>Health Insurance</b>									
Have Insurance	5427	18.2	16.9-19.5	5439	7.5	6.7-8.3	5422	20.1	18.8-21.5
No Insurance	1131	18.3	15.3-21.3	1131	6.3	4.1-8.4	1128	20.0	16.8-23.2
* Louisiana adults who reported being limited in any way in any activities because of their physical, mental, or emotional problems									
** Louisiana adults who required the use of a cane, wheelchair, special bed, special telephone (including occasional use and use in special circumstances)									
*** Louisiana adults who responded yes to either "limited" or "equipment" or both questions above									

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## HEALTHY PEOPLE 2010 OBJECTIVE

- Reduce the proportion of adults with chronic joint symptoms who experience a limitation in activity due to arthritis to 21%.

## ARTHRITIC SYMPTOMS\*

- Over one third of Louisiana adults reported any arthritic symptoms in the past 30 days (35.7%).
- Adults aged 55 or older were more likely to report arthritic symptoms than their younger counterparts.
- Almost half of Louisiana adults who did not graduate from high school reported arthritic symptoms (46.8%).
- The highest rate of reported arthritic symptoms was among individuals who earn less than \$15,000 per year (52.3%).

## EVER BEEN TOLD BY A DOCTOR OR OTHER HEALTH PROFESSIONAL THAT THEY HAVE SOME FORM OF ARTHRITIS, RHEUMATOID ARTHRITIS, GOUT, LUPUS, OR FIBROMYALGIA

- One fourth of adults reported ever having been told by a health professional that they have some form of arthritis (25.4%).
- Women are more likely than men to report ever having been told by a health professional that they have some form of arthritis (30.0% compared to 20.4%).
- Individuals aged 65 or older report the highest rate of having been told by a health professional that they have some form of arthritis (55.8%).
- Louisiana adults with health insurance (27.2%) are more likely to report ever having been told by a health professional that they have some form of arthritis compared to individuals without health insurance (18.6%).

## LIMITATIONS IN ANY USUAL ACTIVITIES BECAUSE OF ARTHRITIS OR JOINT SYMPTOMS

- Nearly four in ten Louisiana adults reported arthritis limitations (38.4%).
- African-Americans and Hispanics are more likely to report limitations due to arthritis than Caucasians.

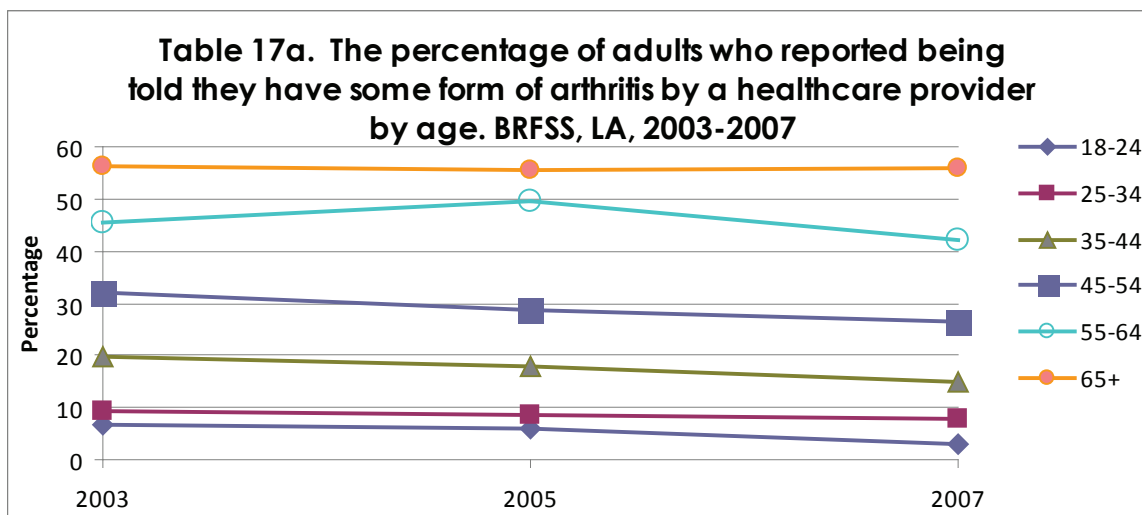
\* Reported having symptoms of pain, aching, or stiffness in or around a joint during the past 30 days

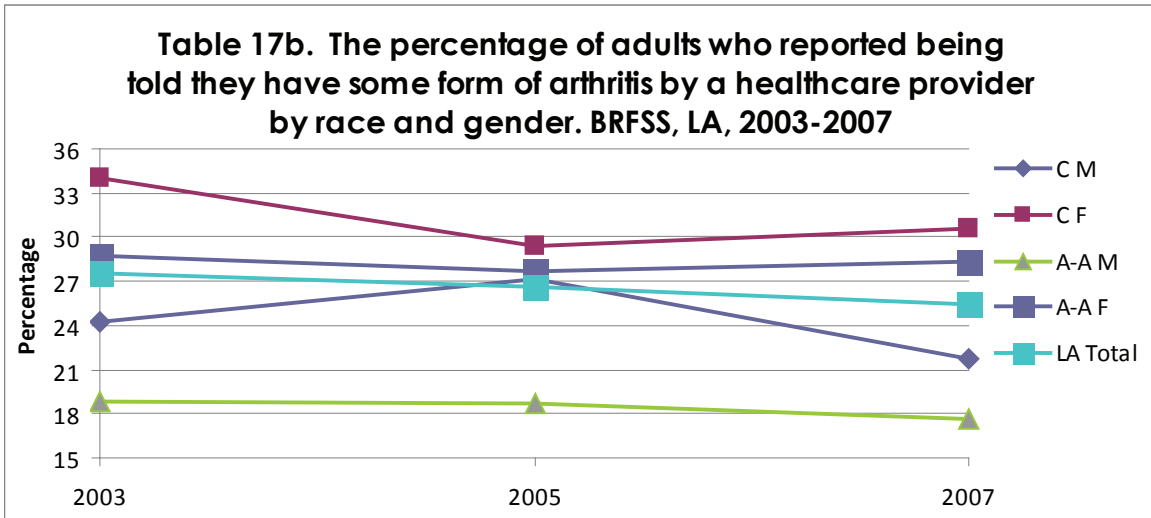
- Individuals who earn less than \$15,000 a year report the highest rate of arthritic limitations (58.7%).
- Almost half of Louisiana adults without health insurance report arthritis limitations (45.3%) compared to 36.8% of adults with health insurance.

## LOUISIANA ARTHRITIS TRENDS

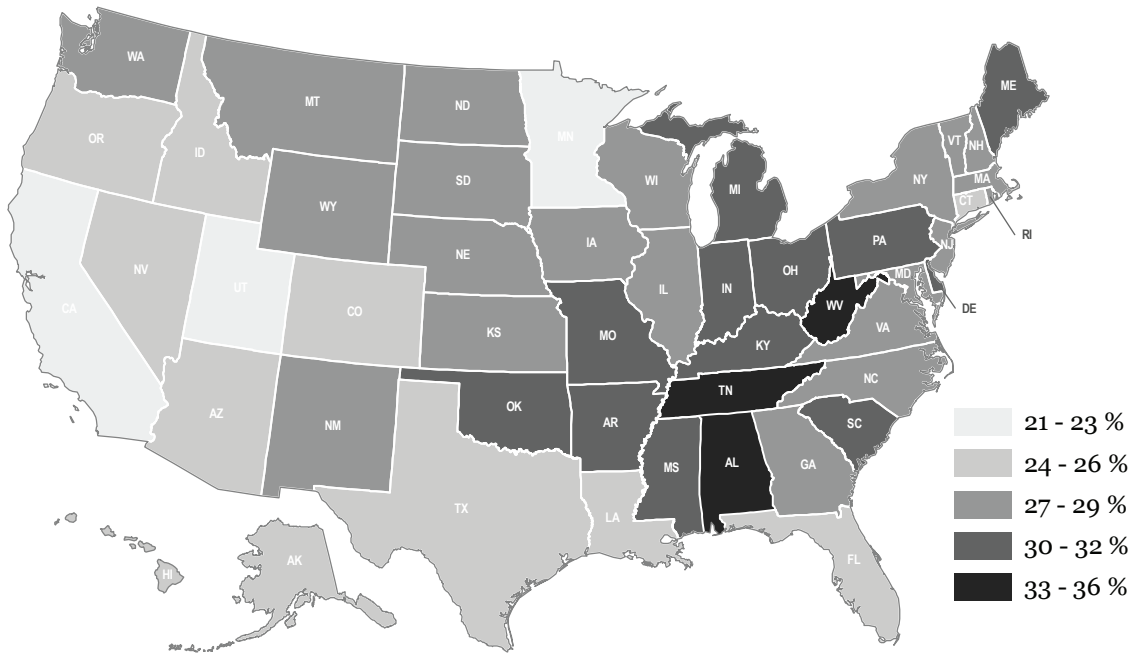
- Across all survey years, the prevalence of arthritis increased with increasing age (Figure 17a).
- Since 2003, Caucasian females have reported the highest levels of arthritis prevalence (Figure 17b).
- Also since 2003, African-American males have reported the lowest levels arthritis prevalence (Figure 17b).

**Louisiana has the 40th highest prevalence of Arthritis prevalence among U.S. States, Territories, and Washington D.C. (Figure 17c).**





**Figure 17c. Percent of Adults Who Have Been Told They Have Arthritis**



Source: 2007 BRFSS (available at <[http://www.cdc.gov/brfss/maps/gis\\_data.htm](http://www.cdc.gov/brfss/maps/gis_data.htm)>).

**Table 17a. Arthritis, Overall and by Selected Demographic Categories. BRFSS, Louisiana 2007.**

<b>TABLE 17A. ARTHRITIS</b>									
<b>Demographic characteristics</b>	<b>Arthritic Symptoms in Last 30 days *</b>			<b>Told they had Arthritis or Arthritis-Causing Ailment **</b>			<b>Limited by Arthritis ***</b>		
	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>
<b>Total</b>	6566	35.7	34.2-37.2	6520	25.4	24.1-26.6	2949	38.4	34.0-40.8
<b>Age</b>									
18-24	250	14.4	9.2-19.6	247	3.1	1.0-5.3	28	25.2	6.0-44.5
25-34	734	23.2	19.0-27.4	729	8.0	5.6-10.3	142	35.5	23.8-48.2
35-44	1075	30.7	27.2-34.1	1075	14.8	12.3-17.3	304	32.1	25.4-38.8
45-54	1515	41.1	38.4-44.4	1506	26.5	23.9-29.2	657	38.4	33.9-43.0
55-64	1432	48.8	46.6-51.9	1422	42.0	39.0-45.1	836	44.2	40.2-48.3
65 or older	1560	49.5	46.5-52.4	1541	55.8	52.9-58.8	982	40.4	36.8-44.0
<b>Gender</b>									
Male	2190	33.7	31.1-36.3	2179	20.4	18.4-22.3	879	38.6	34.3-42.9
Female	4376	37.6	35.8-39.3	4341	30.0	28.4-31.6	2070	38.2	35.7-40.8
<b>Race-Ethnicity</b>									
Caucasian	4751	36.2	34.5-37.8	4720	26.4	24.9-27.8	2153	35.7	33.2-38.2
African-American	1287	34.4	30.8-38.0	1276	23.6	20.7-26.4	566	44.4	38.4-50.4
Hispanic	180	37.5	27.5-47.4	181	23.5	16.1-30.9	76	45.5	29.3-61.7
<b>Education</b>									
Did not graduate HS	801	46.8	41.8-51.9	789	34.3	29.9-38.7	470	50.0	43.8-56.2
Graduated from HS	2144	35.8	33.1-38.5	2128	26.9	24.6-29.2	993	40.6	36.4-44.9
Attended college	1684	35.2	32.3-38.1	1675	25.4	22.9-27.8	748	34.6	30.1-39.0
Graduated college	1923	31.6	28.9-34.3	1913	20.1	18.1-22.2	728	32.0	27.4-36.6
<b>Household Income</b>									
<15,000	680	52.3	46.4-58.2	667	40.7	35.3-46.1	447	58.7	52.7-64.8
15,000-24,999	946	47.1	36.7-45.4	939	32.2	28.4-36.1	488	46.8	40.8-52.7
25,000-34,999	678	36.1	31.4-40.7	680	24.7	21.0-28.5	299	40.7	33.3-48.1
35,000-49,999	789	34.0	29.6-38.4	785	23.6	20.0-27.1	321	34.4	26.7-42.2
\$50,000+	2104	29.1	26.7-31.5	2099	18.8	17.0-20.7	748	22.8	19.4-26.2
<b>Health Insurance</b>									
Have Insurance	5420	36.0	34.3-37.6	5385	27.2	25.8-28.6	2464	36.8	34.3-39.3
No Insurance	1126	34.3	30.5-38.2	1115	18.6	15.9-21.4	476	45.2	38.9-51.5
* Reported having symptoms of pain, aching, or stiffness in or around a joint during the past 30 days									
** Adults who have been told by a doctor or other healthcare professional that they have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia									
*** Adults who reported being limited in any way of their usual activities because of arthritis or joint symptoms									

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## HEALTHY PEOPLE 2010 OBJECTIVES

- Increase the employment rate of persons with serious mental illness (SMI) to 51%.
- Increase the number of persons seen in primary health care who receive mental health screening and assessment.

## POOR MENTAL HEALTH STATUS DURING THE PAST 30 DAYS\*

- One in ten Louisiana adults reported poor mental health status during the past 30 days (9.7%).
- Among the different age categories, the highest rate of reported poor mental health status was among individuals aged 18-24 at 12.4%.
- Hispanics were more likely to report poor mental health status (16.1%) than any other racial/ethnic group.
- The highest rate of reported poor mental health status was among individuals who earn less than \$15,000 at 19.9%.

## SERIOUS MENTAL HEALTH ILLNESS

Serious mental health illness is measured by a scale that includes the 6 following questions: during the past 30 days,

- How often did you feel nervous?
- How often did you feel hopeless?
- How often did you feel restless or fidgety?
- How often did you feel so depressed that nothing could cheer you up?
- How often did you feel that everything was an effort?
- How often did you feel worthless?

\* The proportion of Louisiana adults who reported 14 or more days of poor mental health, which includes stress, depression, and problems with emotions during the past 30 days.



Responses are coded [all of the time (4), most of the time (3), some of the time (2), a little of the time (1), or none of the time (0)] and summed to obtain a K-6 score that ranges from 0 to 24. A score of 10+ indicates serious mental illness.

- An estimated 5.1% of Louisiana adults reported serious mental illness.
- Among the different age categories, individuals aged 55-64 reported the highest rate of serious mental illness (6.9%).
- Hispanics were more likely to have reported serious mental illness (9.8%) compared to other racial and ethnic groups.
- The highest rate of reported serious mental illness was among individuals who earn less than \$15,000 a year (16.6%).

## **MENTAL HEALTH / EMOTIONAL PROBLEMS AND WORK**

- Less than 3% of adults reported that a mental health condition prevented them from doing their work or other usual activities 15 or more days in the last month (2.4%).
- African-Americans and Hispanics were more likely to report a mental health condition or emotional problem kept them from doing their work or other usual activities.
- The highest rate of mental illness preventing someone from doing their work or other usual activities was among individuals who earn less than \$15,000 a year (10.9%).

## **TREATMENT FOR ANY TYPE OF MENTAL HEALTH CONDITION OR EMOTIONAL PROBLEM**

- One in ten adults in Louisiana report receiving treatment from a doctor or other health professional for a mental health condition or emotional problem (10.8%).
- Individuals aged 55-64 are more likely to report receiving treatment for a mental health condition or emotional problem (16.2%).
- About 13% of females report receiving treatment for a mental health condition or emotional problem compared to 8.2% of males.
- Among the different racial and ethnic groups, Hispanics report the highest rates of receiving treatment for a mental health condition or emotional problem (14.4%).
- Adults with insurance are more likely to report receiving treatment for a mental health condition or emotional problem (11.3%) compared to individuals without insurance (8.9%).

## HIGH DEGREE OF STIGMA\*\*\*\*

Individuals who disagree with the assertions that 1) *treatment can help people with mental illness lead normal lives and 2) people are generally caring and sympathetic to people with mental illness* associate mental illness with a high degree of stigma.

- Less than 3% of adults in Louisiana associate mental illness with a high degree of stigma (2.9%).
- Younger adults aged 18-24 report the highest degree of stigma associated with mental illness (7.7%) followed closely by individuals who did not graduate from high school (7.1%).
- Individual without health insurance are more likely to associate mental illness with a high degree of stigma (4.7%) compared to individuals who have insurance (2.3%).

\*\*\*\* Louisiana adults who disagreed with both statements: 1) *treatment can help people with mental illness lead normal lives* 2) *people are generally caring and sympathetic to people with mental illness*

**Table 18a. Mental Health Illness and Stigma, Overall and by Selected Demographic Categories. BRFSS, Louisiana 2007.**

<b>TABLE 18A. MENTAL HEALTH ILLNESS AND STIGMA</b>															
Demographic characteristics	Mental Health Not Good *			Serious Mental Health Illness Reported in Past Month **			Mental Health Condition Kept Them from Work or Usual Activities ***			Receiving Treatment for Mental Health Condition or Emotional Problem			Adults with a high degree of stigma towards mental illness ****		
	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI
<b>Total</b>	6479	9.7	8.6-10.7	6263	5.1	4.4-5.8	6097	2.4	2.0-2.9	6198	10.8	9.9-11.7	6020	2.9	2.2-3.5
<b>Age</b>															
18-24	246	12.4	6.3-18.5	230	5.3	1.9-8.7	228	2.5	0.2-4.9	231	5.3	2.2-8.4	226	7.7	3.1-12.3
25-34	738	7.7	5.5-9.9	695	4.3	2.4-6.3	686	0.6	0.0-1.2	691	7.5	5.2-9.8	681	4.0	2.1-6.0
35-44	1085	9.4	7.1-11.7	1023	4.7	3.3-6.1	1004	2.6	1.4-3.8	1012	10.5	8.4-12.5	1004	3.0	1.6-4.5
45-54	1501	11.0	9.2-12.8	1454	6.5	4.9-8.0	1415	2.6	1.7-3.5	1438	12.3	10.3-14.2	1405	1.6	0.9-2.4
55-64	1399	11.1	9.1-13.1	1386	6.9	5.2-8.6	1347	3.8	2.6-4.9	1375	16.2	13.9-18.5	1343	1.3	0.6-1.9
65 or older	1510	7.8	6.2-9.3	1475	3.3	2.2-4.3	1417	2.8	1.7-3.8	1451	11.0	9.2-12.8	1361	1.6	0.8-2.4
<b>Gender</b>															
Male	2174	8.5	6.8-10.2	2082	5.2	4.0-6.4	2041	1.9	1.2-2.7	2061	8.2	6.9-9.6	1992	3.5	2.3-4.6
Female	4305	10.7	9.6-11.9	4181	5.1	4.3-5.9	4056	2.9	2.3-3.5	4137	13.1	11.9-14.3	4028	2.3	1.6-3.0
<b>Race-Ethnicity</b>															
Caucasian	4688	9.3	8.1-10.4	4553	4.5	3.8-5.2	4454	2.0	1.6-2.5	4517	11.6	10.5-12.7	4410	2.0	1.4-2.6
African-American	1270	9.7	7.6-11.7	1210	5.7	4.0-7.3	1166	3.4	2.1-4.8	1193	7.8	6.0-9.6	1141	4.8	2.8-6.7
Hispanic	185	16.1	8.1-24.2	172	9.8	3.9-15.6	165	3.5	0.1-6.8	168	14.4	8.3-20.5	164	4.7	0.0-10.0
Other	272	8.4	4.8-12.1	267	5.8	2.1-9.6	256	1.7	0.3-3.2	264	10.2	6.0-14.5	250	2.8	0.6-5.1
<b>Education</b>															
Did not graduate HS	764	16.6	12.2-20.9	758	12.9	9.3-16.6	701	5.8	3.6-8.1	738	13.0	10.2-15.9	689	7.1	3.9-10.4
Graduated from HS	2110	9.9	8.2-11.6	2029	5.3	4.2-6.5	1977	3.0	2.1-4.0	2013	11.7	9.9-13.4	1936	2.6	1.5-3.7
Attended college	1670	8.7	7.2-10.3	1603	3.8	2.8-4.8	1575	1.8	1.2-2.5	1587	9.1	7.5-10.7	1570	2.4	1.1-3.7
Graduated college	1922	7.5	5.7-9.2	1860	2.9	1.9-3.9	1834	1.1	0.5-1.7	1848	10.4	8.8-12.0	1812	1.9	1.0-2.7
<b>Household Income</b>															
<15,000	648	19.9	15.5-24.3	640	16.6	12.1-21.0	603	10.9	7.2-14.7	625	20.2	15.8-24.6	604	5.1	1.8-8.5
15,000-24,999	934	13.4	9.6-17.1	891	8.0	5.7-10.3	858	3.6	2.0-5.3	880	11.8	9.4-14.2	854	3.1	1.3-4.9
25,000-34,999	673	12.2	8.7-15.7	655	7.4	4.8-9.9	638	3.1	1.5-4.8	650	11.3	8.3-14.3	626	4.7	1.7-7.7
35,000-49,999	791	7.5	4.6-10.3	768	3.8	2.3-5.4	757	1.4	0.6-2.3	765	10.6	8.2-13.0	748	3.4	1.3-5.5
\$50,000+	2104	5.9	4.6-7.1	2030	1.7	0.9-2.5	2014	0.4	0.1-0.6	2021	9.1	7.6-10.6	2002	1.9	1.1-2.7
<b>Health Insurance</b>															
Have Insurance	5351	8.3	7.4-9.2	5174	4.3	3.6-5.0	5048	2.2	1.7-2.7	5119	11.3	10.3-12.3	4969	2.3	1.7-2.9
No Insurance	1111	15.1	11.7-18.5	1071	8.2	6.1-10.4	1034	3.3	1.9-4.7	1063	8.9	6.9-10.9	1034	4.7	2.5-6.8

\* The proportion of Louisiana adults who reported 14 or more days of poor mental health, which includes stress, depression, and problems with emotions during the past 30 days.

\*\* As measured on a K-6 scale that includes the following 6 questions: 1) How often did you feel nervous? 2) How often did you feel hopeless? 3) How often did you feel restless or fidgety? 4) How often did you feel so depressed that nothing could cheer you up? 5) How often did you feel that everything was an effort? 6) How often did you feel worthless? These are coded as: All of the time (4), Most of the time (3), Some of the time (2), A little of the time (1), none of the time (0), and are summed giving a range of 0-24 for which 13+ indicates serious mental illness (SMI).

\*\*\* During 15 or more of the last 30 days

\*\*\*\* Louisiana adults who disagreed with both statements: 1) treatment can help people with mental illness lead normal lives 2) people are generally caring and sympathetic to people with mental illness

## NOT PREPARED FOR HOUSEHOLD TO HANDLE A LARGE-SCALE DISASTER OR EMERGENCY

- An estimated 12% of Louisiana adults report being unprepared for their household to handle a large-scale disaster or emergency.
- Adults aged 18-24 are most likely to report being unprepared for their household to handle a large-scale disaster or emergency (14.8%).
- Hispanics are most likely to report being unprepared to handle large-scale disaster or emergency (26.2%) than other racial and ethnic groups.
- Individuals who have not graduated from high school and those who earn less than \$15,000 a year are most likely to report being unprepared among educational and income-level groups (20.5% and 24.8% respectively).

## HOUSEHOLD IS WITHOUT A DISASTER EVACUATION PLAN \*

- Nearly half of Louisiana households are without a disaster evacuation plan (46%).
- Of all age groups, Louisiana adults aged 18-24 are least likely to have a disaster evacuation plan (53%).
- Adults who earn less than \$15,000 per year are least likely to have an evacuation plan (54.1%).

## DO NOT HAVE A 3-DAY SUPPLY OF WATER FOR EVERYONE WHO LIVES IN THEIR HOUSEHOLD\*\*

- About one third of adults in Louisiana report insufficient water supply in case of disaster (32.9%).
- Of all age groups, individuals aged 25-34 are least likely to have a sufficient water supply (41.0%).
- Compared to all other income levels, individuals who earn \$25,000-34,000 a year are least likely to have sufficient water supply in case of disaster (36.3%) followed closely by individuals who earn \$15,000-24,000 per year (34.8%).

\* A written plan for how they will leave their home, in case of a large-scale disaster or emergency that requires evacuation.

\*\* 3 days of water equivalent to 1 gallon per person per day.

## **INSUFFICIENT SUPPLY OF PRESCRIPTION MEDICATION FOR EACH PERSON IN THEIR HOUSEHOLD\*\*\***

- Nearly 15% of adults have an insufficient supply of prescription medication for each person in their household (14.9%).
- Of all age groups, individuals aged 65 or older are most likely to have a sufficient supply of prescription medications (93.8%).
- Hispanics, African-Americans, and other non-Hispanic minorities are more likely to have an insufficient supply of prescription medications (21.9%, 22.6%, and 23.7%) than Caucasians (11.0%).
- Individuals who earn more than \$50,000 a year are more likely to have a sufficient supply of prescription medication (90.1%) compared to all other income levels.
- About one quarter of individuals without health insurance have an insufficient supply of prescription medications in case of disaster (25.6%).

\*\*\* Equivalent to 3 days' worth of required dosages for required medications.

**Table 19a. General Preparedness, Overall and by Selected Demographic Categories. BRFSS, Louisiana 2007.**

<b>TABLE 19A. GENERAL PREPAREDNESS</b>												
Demographic characteristics	Household is Unprepared to Handle Large-Scale Disaster or Emergency			Household is Without a Disaster Evacuation Plan *			Insufficient Water Supply in Case of Disaster **			Insufficient Prescription Medication Supply in Case of Disaster ***		
	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI
<b>Total</b>	6033	12.2	11.0-13.5	6084	46.0	44.3-47.7	6122	32.9	31.2-34.5	5547	14.9	13.5-16.2
<b>Age</b>												
18-24	222	14.8	9.3-20.2	224	53.0	44.6-61.4	227	31.7	23.8-39.7	182	25.1	17.2-32.9
25-34	679	14.6	10.6-18.7	679	48.4	43.5-53.2	682	41.0	36.0-45.9	656	21.2	17.1-25.4
35-44	1004	13.3	10.5-16.1	1004	42.3	38.6-46.0	1006	34.8	31.2-38.4	842	16.4	13.3-19.4
45-54	1411	11.0	9.0-13.0	1413	43.9	40.8-47.1	1421	33.1	30.1-36.1	1268	15.7	13.1-18.2
55-64	1344	10.2	8.1-12.2	1358	44.9	41.7-48.1	1362	28.8	25.9-31.8	1301	9.8	7.6-12.0
65 or older	1373	10.0	8.2-11.9	1406	49.4	46.4-52.5	1424	25.1	22.4-27.8	1389	6.2	4.8-7.6
<b>Gender</b>												
Male	2013	12.0	9.8-14.1	2018	44.7	41.8-47.6	2036	31.7	28.8-34.5	1807	14.7	12.4-17.0
Female	4020	12.5	11.2-13.8	4066	47.3	45.4-49.1	4086	34.0	32.2-35.8	3740	15.0	13.5-16.5
<b>Race-Ethnicity</b>												
Caucasian	4429	9.2	8.2-10.3	445	46.3	44.4-48.1	4468	33.5	31.7-35.2	4077	11.0	9.8-12.3
African-American	1132	18.7	15.3-22.1	1159	45.6	41.6-49.7	1177	31.7	27.8-35.6	1040	22.6	19.1-26.1
Hispanic	165	26.2	15.8-36.7	164	49.0	38.2-59.8	165	28.7	19.7-37.8	146	21.9	12.6-31.2
Other	252	8.8	3.6-13.9	254	41.5	31.6-51.4	258	33.8	23.0-44.6	233	23.7	14.6-32.8
<b>Education</b>												
Did not graduate HS	695	20.5	15.6-25.4	719	53.5	48.0-59.0	732	29.7	24.4-35.1	675	21.2	16.7-24.7
Graduated from HS	1944	13.6	11.3-15.9	1967	43.9	40.9-46.9	1976	30.2	27.4-33.0	1807	15.7	13.4-18.0
Attended college	1559	13.3	10.8-15.8	1568	44.3	41.1-47.6	1576	34.5	31.3-37.7	1421	14.8	11.9-17.7
Graduated college	1821	6.8	5.5-8.2	1817	46.6	43.7-49.6	1824	35.6	32.6-38.6	1630	11.4	9.4-13.4
<b>Household Income</b>												
<15,000	600	24.8	19.4-30.3	619	54.1	47.9-60.4	624	30.2	24.6-35.7	591	20.5	15.5-25.5
15,000-24,999	848	15.9	12.4-19.4	852	46.2	41.3-51.0	862	34.8	30.0-39.7	796	20.5	16.4-24.5
25,000-34,999	628	14.8	10.7-18.8	631	46.1	41.1-51.2	638	36.3	31.3-41.3	579	20.0	15.3-24.8
35,000-49,999	752	11.3	8.0-14.6	752	43.0	38.3-47.7	756	29.2	25.1-33.4	670	14.5	10.6-18.4
\$50,000+	2002	7.2	5.7-8.6	1999	45.6	42.9-48.3	2001	34.2	31.6-36.9	1781	9.9	8.2-11.6
<b>Health Insurance</b>												
Have Insurance	4992	10.2	9.0-11.4	5032	45.3	43.5-47.1	5055	32.4	30.7-34.1	4621	11.9	10.7-13.2
No Insurance	1024	20.0	16.2-23.8	1036	48.4	43.8-53.0	1049	34.8	30.2-39.3	911	25.6	21.4-29.7

\* A written plan for how they will leave their home, in case of a large-scale disaster or emergency that requires evacuation.

\*\* 3 days of water equivalent to 1 gallon per person per day.

\*\*\* Equivalent to 3 days' worth of required dosages for required medications.

# EMOTIONAL SUPPORT AND LIFE SATISFACTION

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## ADULTS THAT RARELY/NEVER GET THE SOCIAL AND EMOTIONAL SUPPORT THEY NEED

- One in four adults reported that they rarely or never get the emotional support they need (26.5%).
- Among racial/ethnic categories, Caucasians most often reported that they received the emotional support they needed (28%), while Hispanics received their needed emotional support the least often (17.5%).
- At 22.4%, those 65 or older reported the lowest percentage of individuals receiving the emotional support they needed.
- Minimal differences were reported among gender, educational, household income, or health insurance coverage categories.

## ADULTS THAT ARE RARELY/NEVER SATISFIED WITH THEIR LIVES

- Almost half of Louisiana adults reported that they are rarely or never satisfied with their lives (47.2%).
- Caucasians were least likely to report poor life satisfaction (43.9%).
- Life satisfaction was greater among those with higher educational levels.
- Those without health insurance reported higher levels of poor life satisfaction (56.9%) compared to those with health insurance (44.9%).

**Table 20a. Emotional Support and Life Satisfaction, Overall and by Selected Demographic Categories. BRFSS, Louisiana 2007.**

<b>TABLE 20A. EMOTIONAL SUPPORT AND LIFE SATISFACTION</b>						
<b>Demographic characteristics</b>	<b>Insufficient Emotional Support *</b>			<b>Poor Life Satisfaction **</b>		
	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>
<b>Total</b>	4693	26.5	24.8-28.2	6001	47.2	45.5-48.9
<b>Age</b>						
18-24	196	24.8	17.8-31.8	226	46.1	37.9-54.4
25-34	561	28.9	23.8-33.9	679	46.9	42.1-51.7
35-44	786	26.8	23.1-30.5	985	48.9	45.1-52.8
45-54	1080	28.5	25.2-31.8	1383	48.0	44.8-51.2
55-64	1010	25.7	22.5-28.9	1300	47.2	43.9-50.5
65 or older	1060	22.4	19.5-25.3	1428	44.5	41.4-47.5
<b>Gender</b>						
Male	1493	26.5	23.5-29.5	2004	48.1	45.2-51.0
Female	3200	26.5	24.6-28.4	3997	46.3	44.4-48.2
<b>Race-Ethnicity</b>						
Caucasian	3607	28.0	26.2-29.8	440	43.9	42.1-45.7
African-American	760	24.6	19.8-29.5	1130	54.5	50.4-58.6
Hispanic	114	17.5	9.5-25.6	163	49.7	39.9-59.5
Other	178	19.2	11.9-26.4	135	54.6	44.6-64.6
<b>Education</b>						
Did not graduate HS	424	22.5	16.5-28.5	716	55.9	50.6-61.3
Graduated from HS	1439	24.6	21.4-27.8	1938	50.8	47.7-53.9
Attended college	1250	26.4	23.3-29.5	1526	45.5	42.3-48.8
Graduated college	1572	29.2	26.4-32.1	1808	41.6	38.6-44.5
<b>Household Income</b>						
<15,000	348	24.4	18.5-30.3	556	65.7	60.0-71.4
15,000-24,999	575	25.5	20.0-31.0	829	55.4	50.4-60.4
25,000-34,999	442	27.9	22.2-33.5	609	55.6	50.4-60.7
35,000-49,999	621	26.3	21.7-30.9	745	47.7	43.1-52.4
\$50,000+	1761	27.5	25.0-30.0	2025	39.5	36.8-42.2
<b>Health Insurance</b>						
Have Insurance	4027	26.9	25.1-28.7	5013	44.9	43.1-46.6
No Insurance	656	24.1	19.5-28.6	970	56.9	52.3-61.6
* Louisiana adults who rarely/never receive the emotional support they need						
** Louisiana adults who are rarely/never satisfied with their lives						



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## HEALTHY PEOPLE 2010 OBJECTIVES

- Increase the proportion of HIV-infected adolescents and adults who receive testing, treatment, and prophylaxis consistent with current Public Health Service treatment guidelines.

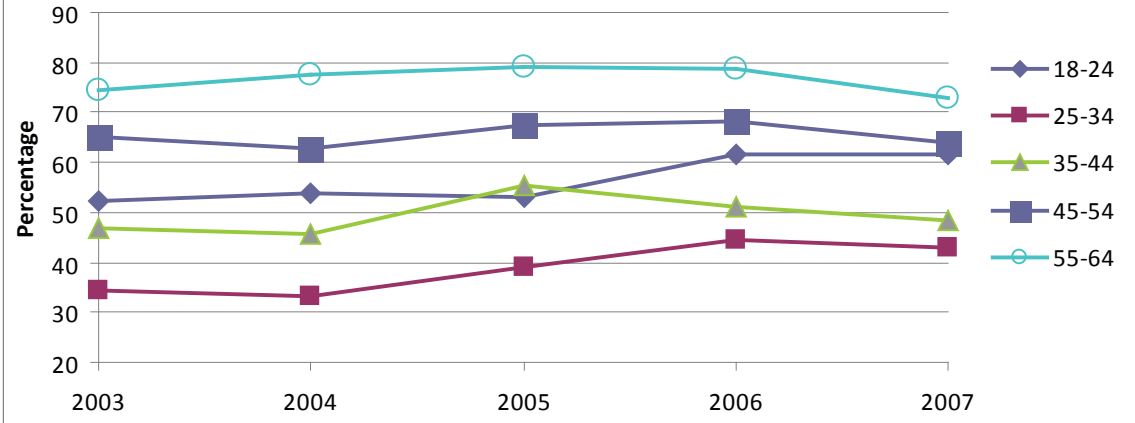
## NEVER TESTED FOR HIV /AIDS

- More than half of adults reported having never been tested for HIV/AIDS (56.3%).
- Those who did not graduate high school (60.5%) were least likely to report having been tested for HIV/AIDS.
- The 25-34 age group had the highest proportion of adults that had been tested for HIV/AIDS, with 42.9% reporting they had never been tested.
- Individuals who attended college and individuals who graduated from college reported the lowest proportions of never having been tested for HIV/AIDS at 52.1% and 55.2%, respectively.

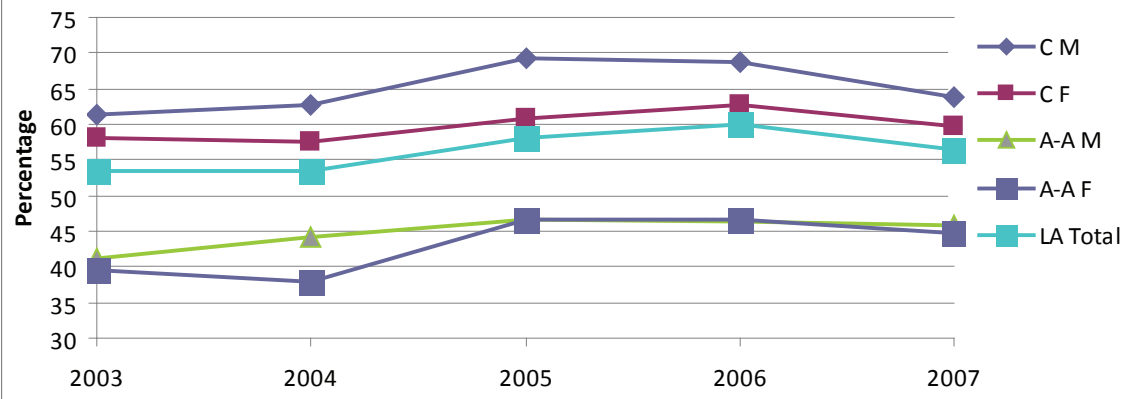
## LOUISIANA HIV/AIDS TESTING TRENDS

- Over the past 5 years, the 25-34 age group reported the lowest percentage of individuals who had not been tested for HIV/AIDS (Figure 21a).
- During that same time period, the 55-64 age group reported the highest percentage of individuals who had not been tested for HIV/AIDS (Figure 21a).
- Caucasian males were least likely to have been tested for HIV over the 5 most recent years (Figure 21b).
- For the past five years, African-Americans reported the lowest levels of not being tested for HIV/AIDS (Figure 21b).

**Figure 21a. The percentage of adults who have never been tested for HIV/AIDS by age. BRFSS, LA, 2003-2007**



**Figure 21b. The percentage of adults who have never been tested for HIV/AIDS by race and gender. BRFSS, LA, 2003-2007**



**Table 21a. HIV/AIDS Testing and Awareness, Overall and by Selected Demographic Categories. BRFSS, Louisiana 2007.**

<b>TABLE 21A. HIV/AIDS TESTING AND AWARENESS</b>			
<b>Demographic characteristics</b>	<b>Adults Never Tested for HIV/AIDS *</b>		
	<b>Sample Size</b>	<b>%</b>	<b>95% CI</b>
<b>Total</b>	4766	56.3	54.4-58.3
<b>Age</b>			
18-24	236	61.5	53.5-69.5
25-34	700	42.9	38.2-47.6
35-44	1026	48.3	44.6-52.1
45-54	1452	64.1	61.1-67.2
55-64	1352	73.0	69.9-76.1
<b>Gender</b>			
Male	1615	57.6	54.3-60.9
Female	3151	55.1	53.0-57.3
<b>Race-Ethnicity</b>			
Caucasian	3391	61.7	59.6-63.8
African-American	997	45.2	40.9-49.5
Hispanic	139	48.9	37.5-60.3
Other	204	52.3	40.7-63.9
<b>Education</b>			
Did not graduate HS	472	60.5	53.8-67.2
Graduated from HS	1536	59.6	56.1-63.1
Attended college	1265	52.1	48.4-55.7
Graduated college	1487	55.2	51.8-58.5
<b>Household Income</b>			
<15,000	424	55.7	48.4-62.9
15,000-24,999	617	46.4	40.7-52.1
25,000-34,999	487	55.3	49.6-61.0
35,000-49,999	628	56.1	50.8-61.3
\$50,000+	1795	57.4	54.5-60.3
<b>Health Insurance</b>			
Have Insurance	3744	57.7	55.6-59.7
No Insurance	1011	52.0	47.4-56.7
* Louisiana adults < 65 years old			

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# **HEALTH RISKS**

## AMONG LOUISIANA ADULTS

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