

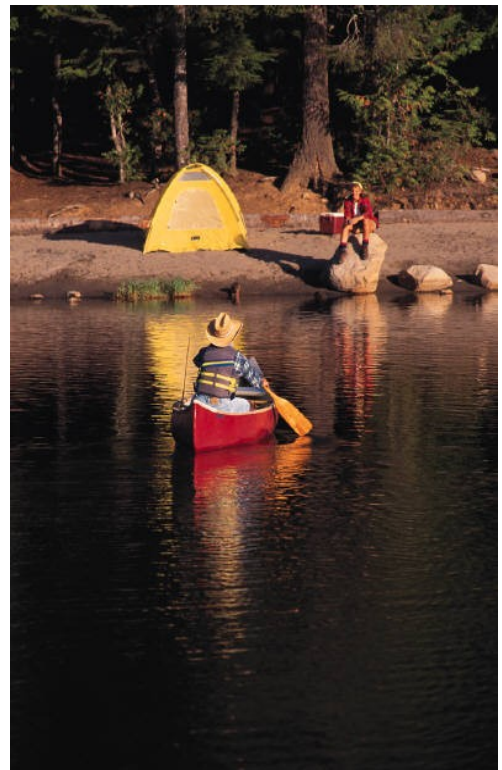
2008 Health Risks Among Louisiana Adults

The Behavioral Risk Factor Surveillance System Report



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INTRODUCTION

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

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

METHODOLOGY

The BRFSS is a comprehensive and flexible questionnaire. It is a result of extensive collaborations 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 2008 BRFSS 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 Louisiana residents. 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.

CELL PHONE SURVEY

For the years 2008 and 2009, the Louisiana BRFSS program conducted a cell phone survey. The primary purpose of the survey was to capture a segment of the population that utilized cell phones as the only source for communication. Louisiana residents that have landline telephones and minors are excluded from the BRFSS cell phone survey. Preliminary results of the 2008 cell phone survey have shown higher response rates for the Hispanic population and the 18-24 age group when compared to the 2008 landline survey. The results of the cell phone survey will also capture the percentage of cell phone dependent residents that had to evacuate due to hurricanes Katrina, Rita, Gustav and Ike.

FUTURE FOR THE BRFSS

In 2010 the BRFSS will administer a mail survey to capture the population inaccessible by cell phone or landline. In conjunction with the mail survey, the BRFSS will continue to conduct the cell phone survey. Aside from the dissemination methods, the BRFSS will assess two new modules. The 2009 and 2010 BRFSS and landline surveys will contain H1N1 prevalence and vaccination modules that will examine public knowledge of the H1N1 virus, percentage affected and vaccination rates. The Adult / Child Asthma Follow-up survey will be conducted to assess the self management and preventive practices of Louisiana residents with asthma.

The Louisiana BRFSS will continue to cultivate and establish new partnerships to ensure data are useful for public health research and practice for state health policy decisions. As communication technology continues to expand and change, the BRFSS will work closely with the CDC to identify and address potential threats to the validity and reliability of BRFSS data that might affect survey participation and data quality.

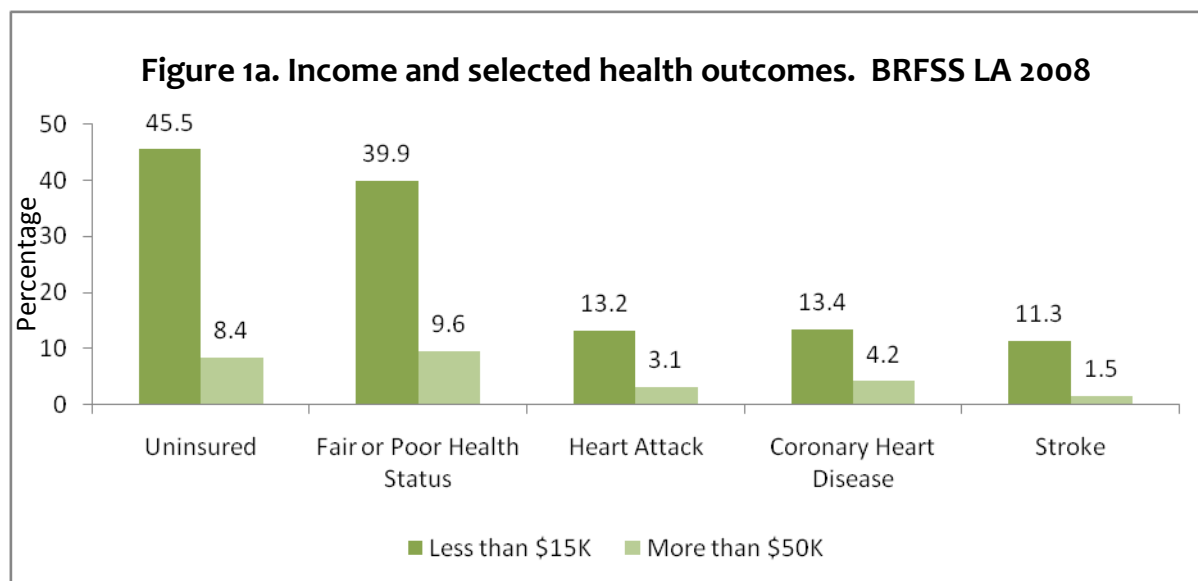
Overview and Demographic Characteristics

Poverty, Education and Health Insurance: The Behavioral Risk Factor Surveillance System Survey (BRFSS) provides states with a unique opportunity to assess public health measures and outcomes. Each year, thousands of respondents are asked to evaluate their personal health, report on diagnosed medical conditions (e.g., diabetes, asthma and heart disease) and health-related behaviors (smoking, drinking and obesity). Because the survey has been conducted continuously since 1984, it serves a valuable resource for tracking trends in health-related behaviors and outcomes.

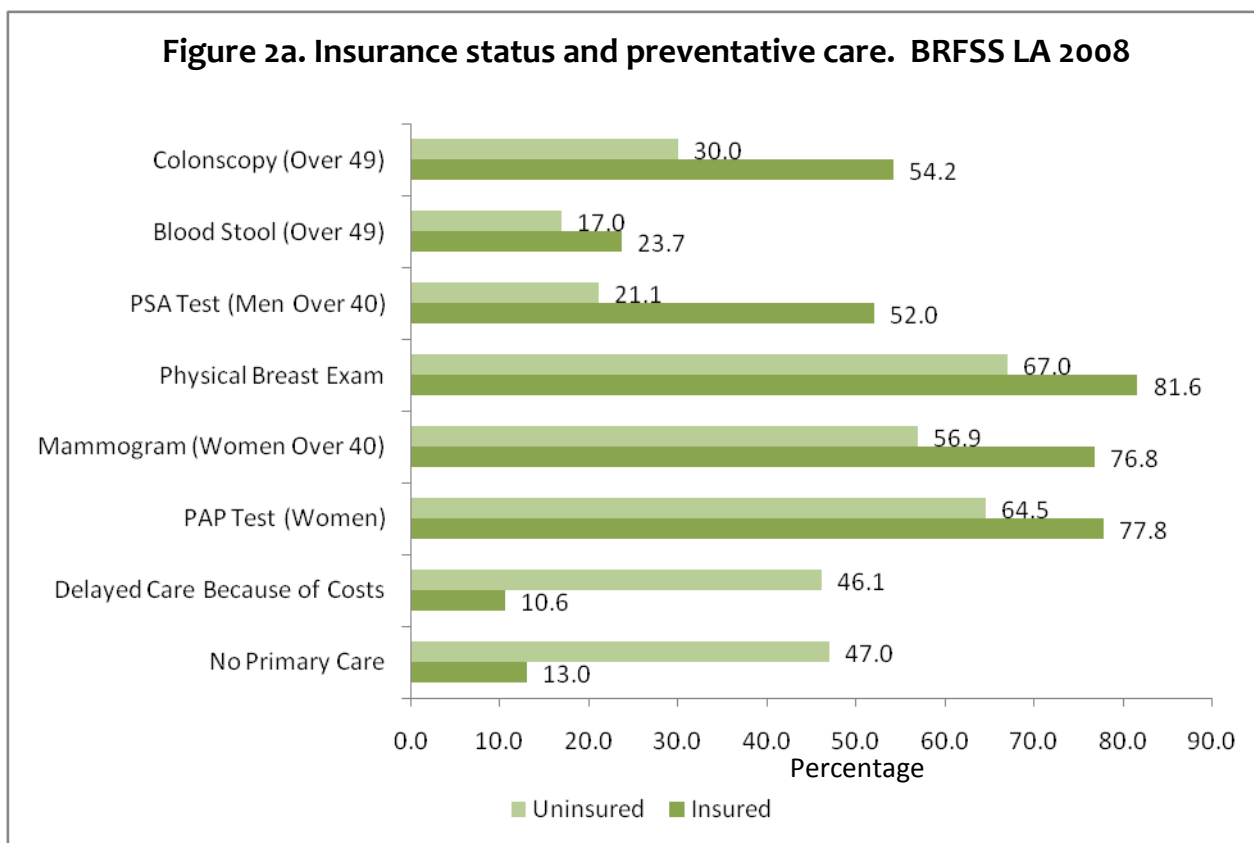
Before considering changes over time, it is important to note that Louisiana consistently ranks near or at the bottom of most measures of public health. The reasons have little to do with the quality of health care but instead reflect on endemic population characteristics. Relative to other states, Louisiana residents are poorer and less educated. Louisiana is particularly notable in terms of the level of persistent poverty – defined as parishes where at least 20 percent of the population is below the federal poverty line for three or more decades. Twenty-four Louisiana parishes are defined by the United States Department of Agriculture as persistent poverty parishes.

Poverty levels in Louisiana translate into relatively large adult uninsured rates and – subsequently – poor health outcomes. According to the 2008 BRFSS, 22.4 percent of Louisiana adults aged 18-64 are uninsured. The numbers are substantially higher for less educated and lower income populations: 41.8 percent of residents without a high school diploma and 45.5 percent of those making less than \$15,000 are uninsured.

Poorer and less educated residents are also more likely to report that their health is only fair or poor. For example, 39.9 percent of respondents earning less than \$15,000 per year said their health was fair or poor compared to 9.6 percent of respondents earning \$50,000 or more. Lower income and less educated respondents are also more likely to have had a heart attack, coronary heart disease or stroke (Figure 1a).



The lack of health insurance means less preventative care. Respondents without health insurance are less likely to have a primary care physician, more likely to report that they did not receive care in the past 12 months because of costs, and less likely to get screenings such as PAP smears, mammograms, physical breast exams, Prostate Specific Antigen (PSA) tests, blood stool tests and colonoscopies. One particularly troubling statistic is that Louisiana ranks 50 among states, territories and the District of Columbia in terms of the number of women who have had a Papanicolaou (PAP) test. While the state health care system provides access to care through the charity hospitals, these data illustrate important discrepancies in access to preventative care based on insurance status.

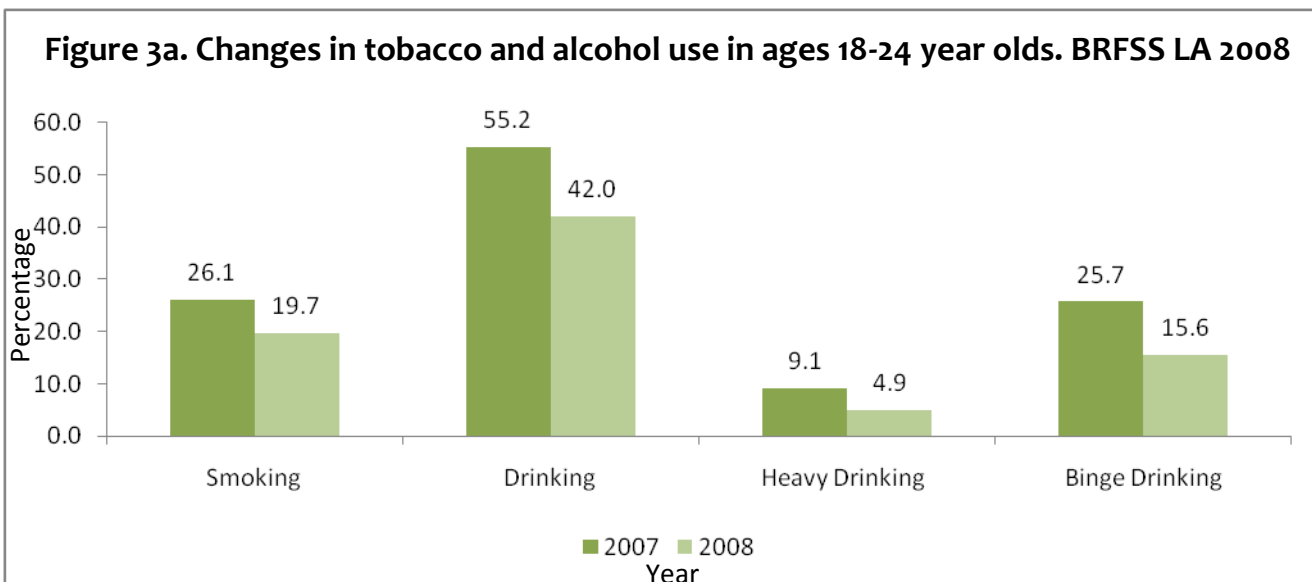


Significant Shifts from 2007-2008: There was a notable decrease (10 points) in the percent of 18-24 years reporting that they did not have health insurance and a slight decline in the overall uninsured rate. The percent of 18-24 year olds without health insurance declined from 37.5 percent in 2007 to 27.5 percent in 2008. The overall uninsured rate declined from 23.8 percent in 2007 to 22.4 percent in 2008. While this is good news, there are reasons to be cautious about the meaning of this finding. Increasingly, 18-24 year olds are missing from standard landline telephone surveys, particularly 18-24 year olds living with other unrelated adults. These are also characteristics associated with uninsured status. As a result, standard landline telephone surveys may be missing too much of the uninsured population for this particular age group. Related, with smaller sample sizes for this age group in the overall survey (N=277), our margin of error around this point estimate is substantial. The 95 percent confidence level for uninsured status, for example, ranges from 21.8 – 34.1 percent.

The rate of diabetes in Louisiana is higher than the national average and appears to be steadily increasing (Figure 5b). Ten percent of Louisiana residents currently reported that they have been diagnosed with diabetes compared to 8.1 percent of respondents nationwide. This is likely associated with obesity in Louisiana, which is higher than the national average. Overall, Louisiana ranks 13th relative to other states, territories, and Washington D.C., in the percentage of the population that is obese. While there was slight decline in the obesity estimate for Louisiana over the past year, this data signals what will likely be a growing health problem in the future.

Smoking in Louisiana is higher than in the United States overall rate (20.5 vs. 18.3) but has declined over the past three years. Over the last year, the decline was sharper (from 22.6 in 2007 to 20.5 in 2008) than in previous years. We would expect the rate of smoking to decline further in the future as over half (57 percent) of current smokers reported trying to quit at least once during the past year. Particularly notable is a decline among 18-24 year olds from 26.1 percent in 2007 to 19.7 percent in 2008. The earlier note of caution about small sample sizes and potential coverage biases for this particular age group remain in effect: Smoking remains more common among lower income, less educated and uninsured populations, increasing health risks for these particular groups. This carries over to secondhand smoke as less educated, lower income and uninsured respondents are more likely to report that smoking is allowed inside their homes.

Interestingly, there were similar changes among 18-24 year olds in terms of self-reported alcohol use. Fewer 18-24 year olds reported having had a drink in the last thirty days, drinking more than two drinks per day or binge drinking. With appropriate cautions about sample size and potential coverage biases, these trends may signal a bit of good news with respect to alcohol use and smoking.



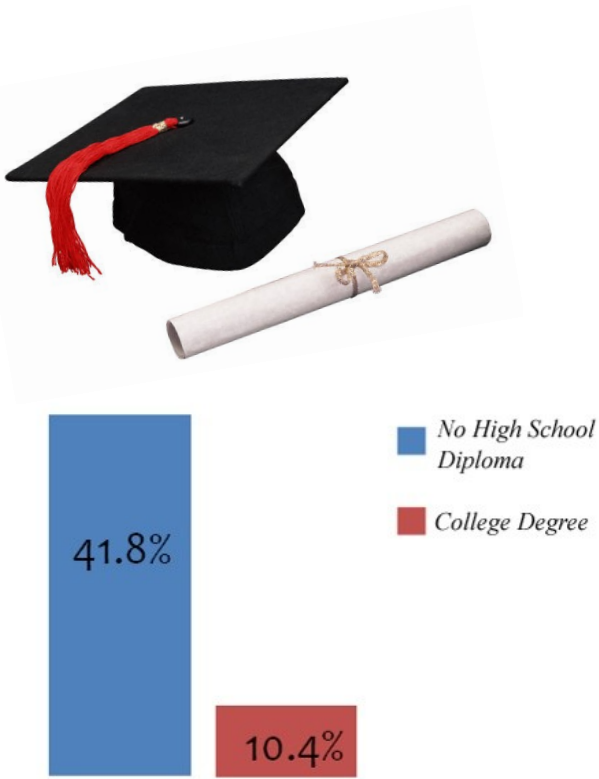
While there is no connection among these trends with the mentioned risk factors and socioeconomic characteristics, an increase in the proportion of 18-24 year olds reported that they currently have asthma. In 2007, 6.4 percent of 18-24 year olds reported they had been diagnosed with asthma compared to 13.3 percent in 2008.

Overall, the 2008 BRFSS reflects the continuing challenges confronting a state with high levels of poverty and a less educated population. Even so, there are signs of progress, particularly with respect to ongoing declines in smoking. Increasing rates of diabetes, however, provide a more troubling indicator of future health concerns.

Table 1a. Demographic Characteristics

| Demographic characteristics | Sample Size | % | 95% CI |
|------------------------------------|--------------------|----------|---------------|
| AGE | | | |
| 18-24 | 277 | 14.0 | 12.4-15.8 |
| 25-34 | 641 | 17.6 | 16.2-19.1 |
| 35-44 | 904 | 17.5 | 16.2-18.8 |
| 45-54 | 1372 | 19.3 | 18.1-20.4 |
| 55-64 | 1383 | 15.0 | 14.1-15.9 |
| 65 and over | 1605 | 16.7 | 15.8-17.7 |
| GENDER | | | |
| Male | 2038 | 47.8 | 46.1-49.5 |
| Female | 4144 | 52.2 | 50.5-53.9 |
| RACE-ETHNICITY | | | |
| Caucasian | 4469 | 63.8 | 62.1-65.6 |
| African-American | 1294 | 27.9 | 26.2-29.6 |
| Hispanic | 136 | 3.7 | 2.9-4.6 |
| Other | 210 | 4.6 | 3.9-5.5 |
| EDUCATION | | | |
| Did not graduate HS | 670 | 10.6 | 9.6-11.6 |
| Graduated from HS | 1930 | 32.2 | 30.6-33.9 |
| Attended college | 1654 | 26.7 | 25.2-28.3 |
| Graduated college | 1904 | 30.5 | 29.0-32.0 |
| HOUSEHOLD INCOME | | | |
| <15,000 | 591 | 10.4 | 9.35-11.5 |
| 15,000-24,999 | 850 | 17.1 | 15.6-18.6 |
| 25,000-34,999 | 586 | 11.5 | 10.3-12.8 |
| 35,000-49,999 | 746 | 15.8 | 14.5-17.3 |
| 50,000 + | 2136 | 45.2 | 43.4-47.1 |
| HEALTH INSURANCE | | | |
| Insured | 5153 | 80.5 | 78.9-81.9 |
| Uninsured | 1000 | 19.5 | 18.1-21.1 |

Healthcare Access and Coverage



Louisiana residents without health insurance

Figure 2a

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 (19.7 percent).
- The percentage of residents with a personal health care provider increased with age, education and income.
- About 16 percent of women reported they did not have a personal health care provider compared to 24 percent of men.
- While 77.7 percent of those with health insurance had a personal health care provider, only 48.7 percent of those without coverage had a provider.

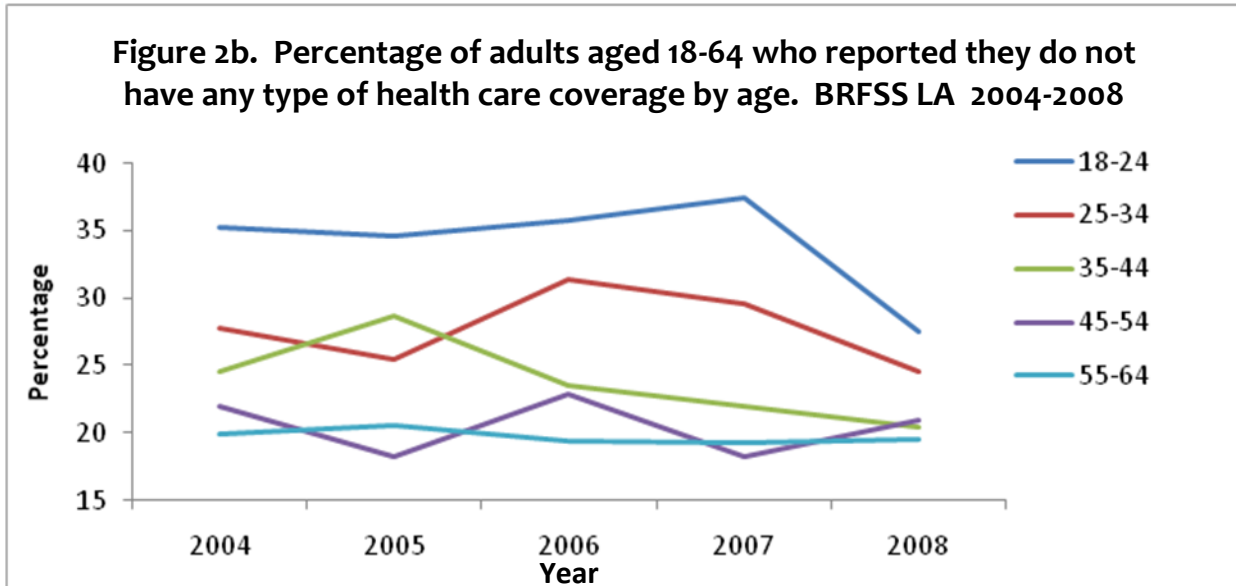
NO HEALTH CARE COVERAGE AMONG ADULTS (Adults Age 18-64)*

- Nearly one-quarter of Louisiana adults aged 18-64 do not have health care coverage (22.4 percent).
- At 32 percent, nearly twice as many African-Americans than Caucasians in Louisiana live without health care coverage.
- Those who did not complete high school are nearly five times more likely to not have health care coverage compared to those who are college graduates (41.8 percent and 10.4 percent respectively). Figure 2a.
- Those earning less than \$15,000 a year are nearly six times more likely to not have health care coverage than those earning \$50,000 a year or more (45.5 percent and 8.4 percent respectively).



LOUISIANA HEALTH COVERAGE TRENDS (ADULTS AGED 18-64)*

- Over the past five years, the 18-24 age group has consistently reported the highest percentage of adults not having health care coverage of any type (Figure 2a), however this percentage decreased by 10 percent over 2007.
- Between 2004 and 2008, the percentage of adults reporting no health coverage decreased for adults aged 35 to 44 (Figure 2b). 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.



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 percent).
- The percentage of Hispanics who did not have health care access due to cost (26.6 percent) was double the percentage of Caucasians (13.6 percent). Because of the small number of Hispanics in the survey (136 respondents), we should be cautious in interpreting this difference.
- The percentage of those with limited health care access due to cost decreased as education and income increased.
- One in 10 residents with health insurance reported not being able to see a doctor when they needed to due to cost (10.6 percent) compared to 46.1 percent of those without health insurance.

* 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.

***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 due to cost.

Table 2A. Health Care Utilization

| Demographic characteristics | Uninsured Adults in Louisiana Aged 18-64* | | | No Primary Care Provider* | | | Unable to see doctor because of cost* | | |
|--|---|------|-----------|---------------------------|------|-----------|---------------------------------------|------|-----------|
| | Sample Size | % | 95% CI | Sample Size | % | 95% CI | Sample Size | % | 95% CI |
| AGE | | | | | | | | | |
| 18-24 | 73 | 27.5 | 21.8-34.1 | 85 | 29.9 | 24.1-36.5 | 64 | 23 | 17.7-29.3 |
| 25-34 | 129 | 24.6 | 20.4-29.3 | 154 | 26.3 | 22.3-30.8 | 139 | 23.1 | 19.2-27.6 |
| 35-44 | 169 | 20.4 | 17.2-24 | 176 | 21 | 17.8-24.5 | 174 | 18.8 | 15.8-22.1 |
| 45-54 | 280 | 20.9 | 18.4-23.6 | 254 | 21 | 18.1-23.5 | 280 | 19.8 | 17.4-22.5 |
| 55-64 | 273 | 19.5 | 17.2-22.1 | 171 | 12.7 | 10.7-15 | 198 | 14.1 | 12-16.5 |
| 65 or older | Not applicable | | | 125 | 8.1 | 6.6-9.8 | 89 | 6.4 | 4.9-8.2 |
| GENDER | | | | | | | | | |
| Male | 296 | 22.5 | 19.8-25.5 | 411 | 24 | 21.5-26.6 | 220 | 15 | 12.8-17.5 |
| Female | 628 | 22.3 | 20.3-24.4 | 554 | 15.8 | 14.3-17.4 | 724 | 19.9 | 18.3-21.7 |
| RACE-ETHNICITY | | | | | | | | | |
| Caucasian | 521 | 17.3 | 15.6-19.2 | 602 | 16.5 | 15-18.2 | 542 | 13.6 | 12.2-15.1 |
| African-American | 314 | 32 | 28.2-36.1 | 267 | 24.5 | 21.3-28 | 320 | 25.8 | 22.5-29.3 |
| Hispanic | 33 | 30.6 | 20.1-43.6 | 40 | 30.1 | 21-41.1 | 35 | 26.3 | 17.4-37.8 |
| Other | 43 | 24.7 | 17.1-34.3 | 39 | 26 | 17.9-36.2 | 34 | 15.2 | 10-22.4 |
| EDUCATION | | | | | | | | | |
| Did not graduate HS | 150 | 41.8 | 35.4-48.5 | 133 | 26.5 | 21.9-31.6 | 166 | 29.5 | 24.9-34.5 |
| Graduated from HS | 381 | 29 | 25.8-32.6 | 350 | 23.1 | 20.3-26.2 | 340 | 21.2 | 18.5-24.2 |
| Attended college | 251 | 22.4 | 19.3-25.9 | 266 | 20.8 | 18-23.8 | 288 | 18.9 | 16.4-21.7 |
| Graduated college | 140 | 10.4 | 8.2-13 | 213 | 12.9 | 11-15.1 | 143 | 8.2 | 6.6-10.2 |
| HOUSEHOLD INCOME | | | | | | | | | |
| <15,000 | 171 | 45.5 | 38.9-52.3 | 123 | 25 | 20.4-30.2 | 174 | 33.4 | 28.3-38.9 |
| 15,000-24,999 | 234 | 41.1 | 35.4-47 | 184 | 28.6 | 24.3-33.5 | 227 | 30.7 | 26.1-35.7 |
| 25,000-34,999 | 99 | 31.7 | 25.3-38.8 | 98 | 20.1 | 15.8-25.3 | 111 | 24.3 | 19.5-29.9 |
| 35,000-49,999 | 111 | 23.6 | 18.9-29 | 142 | 25.6 | 21.1-30.6 | 109 | 17.4 | 13.8-21.6 |
| 50,000 + | 130 | 8.4 | 6.8-10.3 | 225 | 12.1 | 10.4-14.1 | 143 | 7.2 | 5.9-8.8 |
| HEALTH INSURANCE | | | | | | | | | |
| Insured | Not applicable | | | 532 | 13 | 11.7-14.4 | 481 | 10.6 | 9.5-11.9 |
| Uninsured | Not applicable | | | 426 | 47 | 42.7-51.4 | 458 | 46.1 | 41.8-50.4 |
| * Among those 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

- Individuals who did not graduate from high school were more likely to report poor or fair health (37.8 percent) than those with higher levels of education.
- Nearly 18 percent of residents with insurance reported being in poor or fair health compared to 21.5 percent of those without health insurance.
- Almost one-quarter of African-Americans reported their general health to be in fair or poor condition (21.7 percent) compared to 19.3 percent of Hispanics and 16.6 percent of Caucasians.
- Females were more likely to report fair or poor health status than males: 20.8 percent for women versus 15.6 percent for men.

1 in 5

Almost one in five Louisiana adults reported their general health to be in fair or poor condition (18.3 percent).

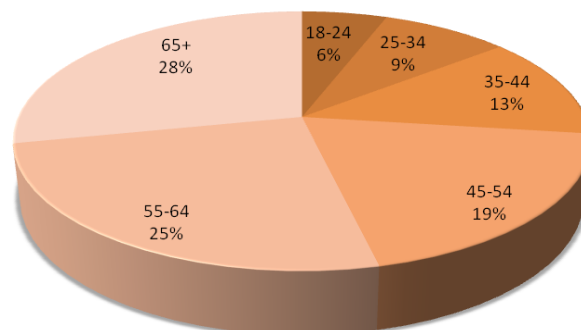
PHYSICAL ACTIVITY

- Almost one-third of Louisiana adults reported not participating in leisure time physical activity (29.8 percent).
- Among those without health insurance, 37.1 percent did not participate in leisure time physical activity, compared to 27.8 percent of those with health insurance.

LOUISIANA GENERAL HEALTH TRENDS

- In general, Louisiana residents tend to report fair or poor health at higher rates as they age (Figure 3a).
- Over the last decade, the proportion of Louisiana residents reporting fair or poor health has remained higher than the national average (Figure 3b).

Figure 3a. Percentage of LA residents reporting fair or poor general health by age. BRFSS LA 2008



**Figure 3b. Percent of respondents reporting fair or poor general health.
BRFSS LA 2008**

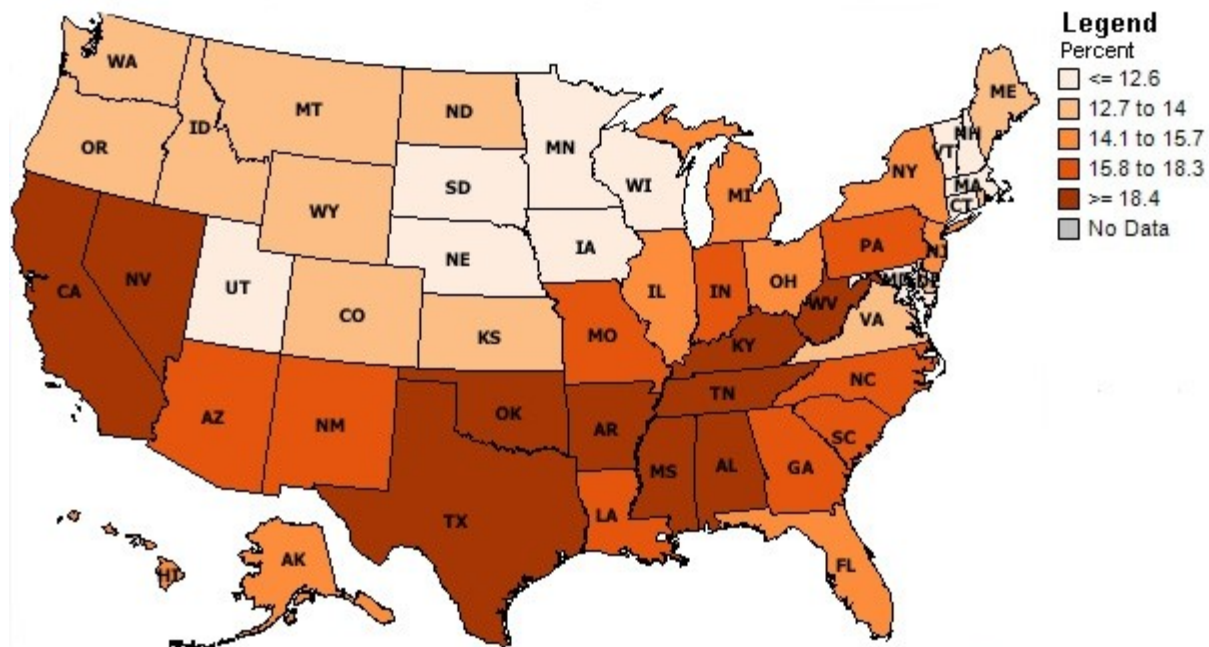


Table 3A. General Health Status

| Demographic characteristics | Respondents who reported general health to be fair or poor | | |
|-----------------------------|--|-------------|------------------|
| | Sample Size | % | 95% CI |
| Total | 1378 | 18.3 | 17.1-19.5 |
| AGE | | | |
| 18-24 | 17 | 6.2 | 3.6-10.3 |
| 25-34 | 57 | 9.3 | 7.0-12.4 |
| 35-44 | 124 | 14.0 | 11.4-17 |
| 45-54 | 291 | 21.1 | 18.6-23.8 |
| 55-64 | 399 | 27.6 | 25-30.5 |
| 65 or older | 490 | 30.8 | 28.2-33.6 |
| GENDER | | | |
| Male | 388 | 15.6 | 13.9-17.4 |
| Female | 990 | 20.8 | 19.3-22.3 |
| RACE-ETHNICITY | | | |
| Caucasian | 908 | 16.6 | 15.4-17.9 |
| African-American | 358 | 21.7 | 19.0-24.6 |
| Hispanic | 39 | 19.3 | 12.7-28.1 |
| Other | 52 | 18.1 | 13-24.5 |
| EDUCATION | | | |
| Did not graduate HS | 301 | 37.8 | 33.3-42.4 |
| Graduated from HS | 496 | 21.6 | 19.3-24.1 |
| Attended college | 361 | 16.7 | 14.7-18.8 |
| Graduated college | 214 | 9.4 | 8.0-11.0 |
| HOUSEHOLD INCOME | | | |
| <15,000 | 280 | 39.9 | 34.9-45.2 |
| 15,000-24,999 | 278 | 27.5 | 23.7-31.5 |
| 25,000-34,999 | 142 | 21.3 | 17.2-26 |
| 35,000-49,999 | 141 | 14.8 | 12.1-18 |
| 50,000 + | 231 | 9.6 | 8.3-11.2 |
| HEALTH INSURANCE | | | |
| Insured | 1093 | 17.7 | 16.4-18.9 |
| Uninsured | 280 | 21.5 | 18.5-24.9 |

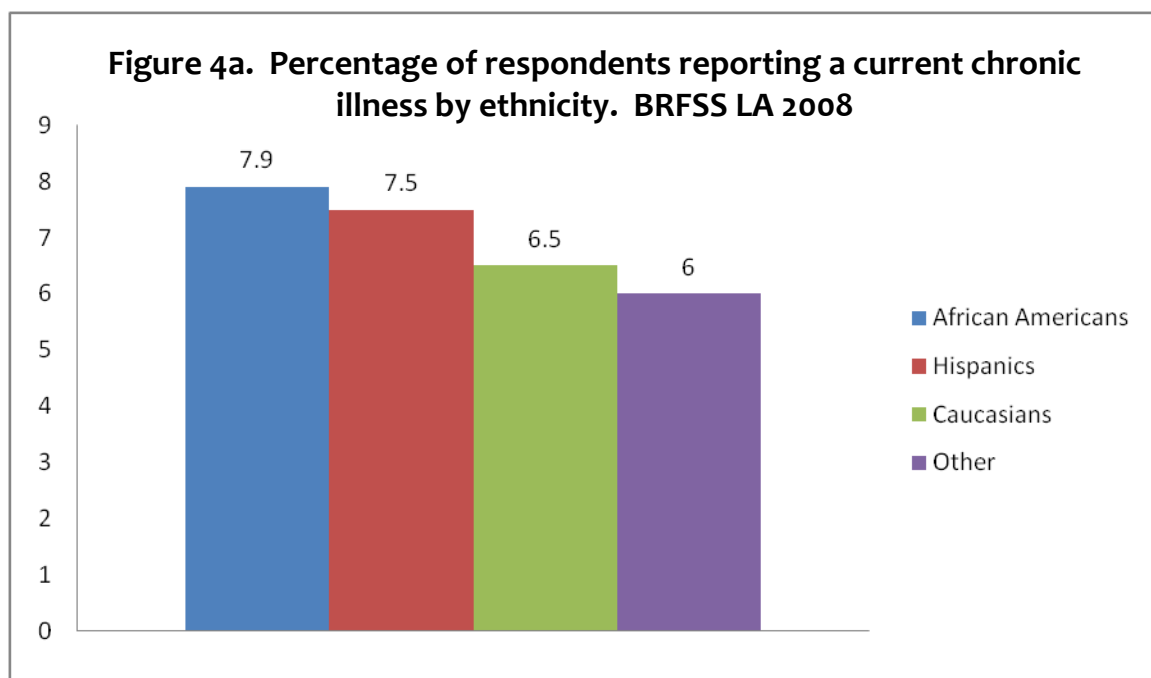
Chronic Health

CHRONIC HEALTH PROBLEMS*

- Ten percent of Louisiana residents reported being told that they had a chronic health problem.
- As age increased so did the percentage of respondents reporting a chronic health problem, ranging from 6.6 percent for the 18-24 age group up to 13.9 percent for those 65 and over.
- Females were almost twice as likely to report having a chronic health problem when compared to men (12.4 percent vs. 7.3 percent).
- Those earning less than 15,000 per year reported the highest percentage (19.2 percent) of chronic health care problems compared to those earning 50,000 + who reported the least (7.1 percent).

CHRONIC ILLNESS**

- Percentage of Louisiana's population reported having a chronic health problem, 6.9 percent..
- Of those reporting a current chronic illness, there was little variation among the different age categories (6.5 percent-7.4 percent).
- Figure 4a illustrates that African-Americans had the highest proportion of current chronic illness than any other ethnic group.



* The proportion of Louisiana adults who reported that they had been told that they had a chronic health problem.

** Of those Louisiana adults who reported that they had been told they had a chronic health problem, the proportion who were still suffering from a chronic illness.

Table 4a. Chronic Health

| Demographic characteristics | Chronic Health Problems* | | | Chronic Illness** | | |
|-----------------------------|--------------------------|-------------|-----------------|-------------------|------------|----------------|
| | Sample Size | % | 95% CI | Sample Size | % | 95% CI |
| Total | 742 | 10.0 | 9.1-10.9 | 520 | 6.9 | 6.5-7.3 |
| AGE | | | | | | |
| 18-24 | 20 | 6.6 | 4.0-10.6 | 15 | 7.0 | 4.4-8.7 |
| 25-34 | 45 | 6.6 | 4.7-9.2 | 28 | 6.7 | 5.1-8.0 |
| 35-44 | 91 | 9.2 | 7.2-11.7 | 62 | 6.6 | 5.3-7.7 |
| 45-54 | 156 | 10.8 | 9.0-12.8 | 105 | 6.5 | 5.5-7.3 |
| 55-64 | 191 | 12.6 | 10.8-14.8 | 135 | 7.2 | 6.4-7.8 |
| 65 and over | 239 | 13.9 | 12.1-15.9 | 175 | 7.4 | 6.7-8.0 |
| GENDER | | | | | | |
| Male | 169 | 7.3 | 6.0-8.7 | 117 | 6.6 | 5.6-7.4 |
| Female | 573 | 12.4 | 11.3-13.7 | 403 | 7.1 | 6.6-7.5 |
| RACE-ETHNICITY | | | | | | |
| Caucasian | 532 | 9.9 | 8.9-10.9 | 358 | 6.5 | 6.0-7.0 |
| African-American | 163 | 9.6 | 7.9-11.6 | 129 | 7.9 | 7.0-8.6 |
| Hispanic | 20 | 16.3 | 9.2-27.2 | 15 | 7.5 | 4.4-9.2 |
| Other | 22 | 10.0 | 5.9-16.6 | 16 | 6.0 | 3.2-8.3 |
| EDUCATION | | | | | | |
| Did not graduate HS | 104 | 14.0 | 10.9-17.8 | 87 | 8.3 | 7.0-9.0 |
| Graduated from HS | 226 | 9.6 | 8.1-11.4 | 162 | 7.3 | 6.4-8.0 |
| Attended college | 227 | 10.7 | 9.1-12.6 | 170 | 7.2 | 6.4-8.0 |
| Graduated college | 184 | 8.5 | 7.2-10.0 | 100 | 5.4 | 4.5-6.2 |
| HOUSEHOLD INCOME | | | | | | |
| <15,000 | 133 | 19.2 | 15.6-23.5 | 107 | 7.9 | 6.8-8.7 |
| 15,000-24,999 | 137 | 13.7 | 11.1-16.8 | 112 | 7.6 | 6.4-8.5 |
| 25,000-34,999 | 66 | 8.0 | 8.9-10.7 | 45 | 6.6 | 5.0-7.9 |
| 35,000-49,999 | 84 | 10.2 | 7.7-13.3 | 58 | 6.7 | 5.2-7.9 |
| 50,000 + | 181 | 7.1 | 6.0-8.4 | 105 | 5.9 | 5.1-6.7 |
| HEALTH INSURANCE | | | | | | |
| Insured | 626 | 10.4 | 9.4-11.5 | 434 | 6.8 | 6.3-7.3 |
| Uninsured | 113 | 8.2 | 6.5-10.2 | 84 | 7.4 | 6.3-8.3 |

* The proportion of Louisiana adults who reported that they had been told that they had a chronic health problem.

** Of those Louisiana adults who reported that they had been told that they had a chronic health problem, the proportion who were still suffering from a chronic illness.

- HEALTHY PEOPLE 2010 OBJECTIVES:**
- Reduce the overall rate of clinically diagnosed diabetes to 25 overall cases per 1,000.
 - Increase to 50 percent the proportion of adults with diabetes who have a glycosylated hemoglobin (A1c) measurement at least once a year.
 - Increase to 60 percent the proportion of persons with diabetes who receive formal diabetes education.

Diabetes

DIABETES PREVALENCE*

- An estimated 10.7 percent of Louisiana adults has been diagnosed with diabetes.
- African-Americans reported the highest prevalence of diabetes (13.1 percent) followed by other non-Hispanic minority groups (12.2 percent).
- Age was significantly associated with the prevalence of diabetes; nearly one out of every four residents 65 years and older was diagnosed with diabetes.

LOUISIANA DIABETES PREVALENCE TRENDS

- Figure 5a shows an increase in diabetes prevalence among residents aged 65 years and above from 2006-2008.
- Over the last 10 years, the prevalence of diabetes within the state of Louisiana rose almost half a percentage point each year from 6.4 percent in 1998 to 10.7 percent in 2008.
- Figure 5b shows Louisiana outpacing the US diabetes rate by more than 3 percent in 2008, with the rate steadily increasing by 67 percent from 6.4 percent ten years ago to 10.7 percent in 2008. The rate for the U.S. overall (including the territories and DC) is 8.3 percent.

* 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.



WHAT IS DIABETES?

Diabetes mellitus is a chronic disease that is associated with high blood glucose levels.

Diabetes has a tremendous impact on health costs as well as individuals diagnosed with the disease. In the United States, diabetes is the leading cause of non-traumatic amputations, blindness among working aged adults, and end-stage renal disease.

One major issue that is presented by the Healthy People 2010 initiative states that economical prevention programs are not routinely used in clinical management of individuals with diabetes and this results in unnecessary illnesses, disability, death, and expense.

Figure 5a. The percentage of residents told by a doctor they have diabetes by age. BRFSS LA 2004-2008

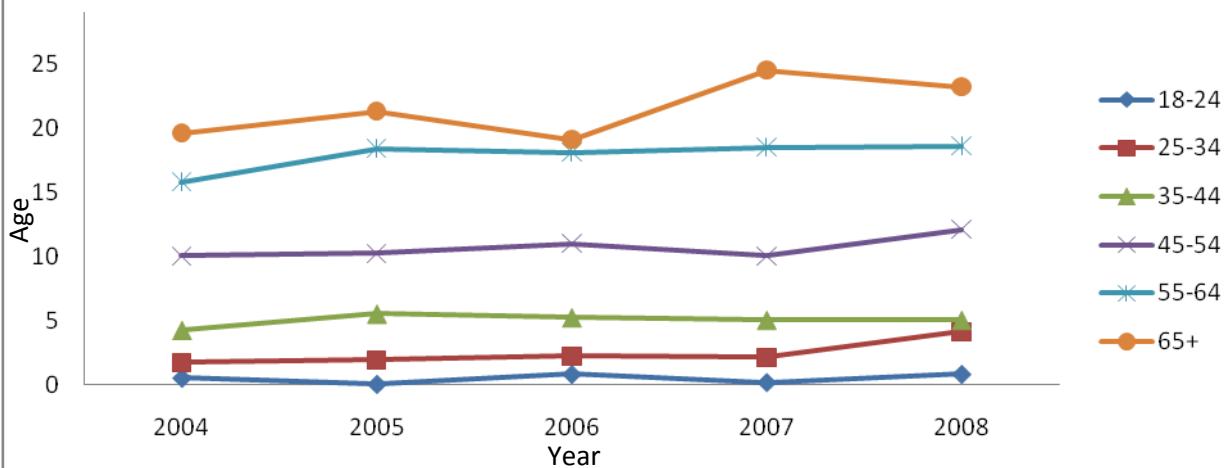


Figure 5b. Diabetes prevalence LA and US. BRFSS 1998-2008

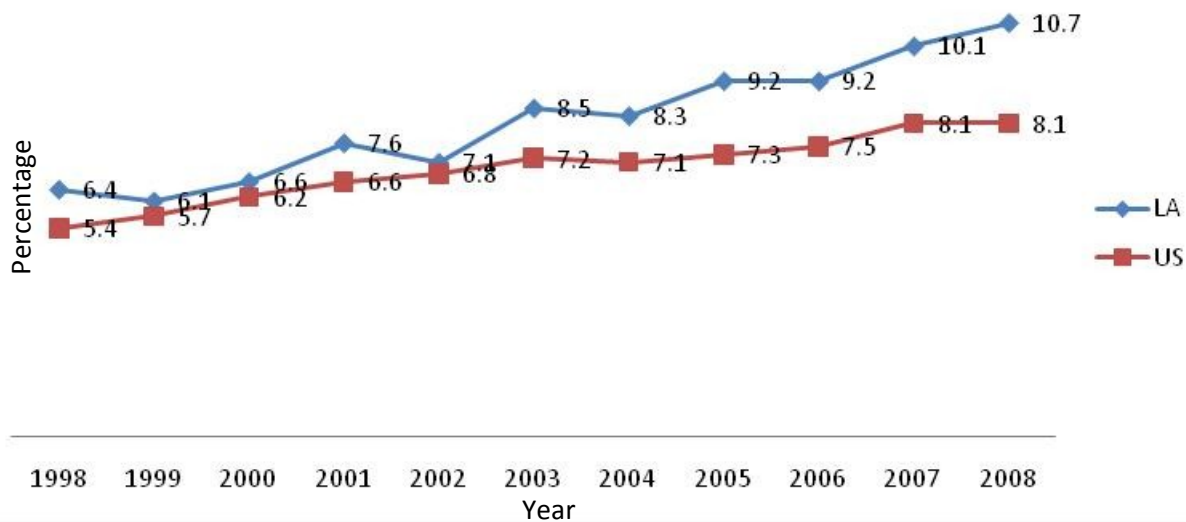


Table 5A. Diabetes Indicators

| Demographic characteristics | Sample Size | Residents with Diabetes* | |
|-----------------------------|-------------|--------------------------|-----------------|
| | | % | 95% CI |
| Total | 851 | 10.7 | 9.8-11.6 |
| AGE | | | |
| 18-24 | 4 | 0.8 | 0.3-0.02 |
| 25-34 | 27 | 4.1 | 2.6-6.3 |
| 35-44 | 41 | 5.0 | 3.5-7 |
| 45-54 | 175 | 12.1 | 10.2-14.2 |
| 55-64 | 263 | 18.6 | 16.4-21 |
| 65 or older | 341 | 23.2 | 20.8-25.9 |
| GENDER | | | |
| Male | 288 | 10.5 | 9.2-11.9 |
| Female | 563 | 10.9 | 9.9-12 |
| RACE-ETHNICITY | | | |
| Caucasian | 533 | 9.4 | 8.6-10.4 |
| African-American | 248 | 13.1 | 11.3-15.3 |
| Hispanic | 41 | 10.5 | 6.2-17.2 |
| Other | 19 | 12.2 | 8.3-17.6 |
| EDUCATION | | | |
| Did not graduate HS | 172 | 21.2 | 17.9-25 |
| Graduated from HS | 280 | 10.9 | 9.4-12.5 |
| Attended college | 210 | 9.5 | 9.1-11.2 |
| Graduated college | 188 | 7.9 | 6.6-9.3 |
| HOUSEHOLD INCOME | | | |
| <15,000 | 142 | 19.1 | 15.7-23 |
| 15,000-24,999 | 156 | 14.3 | 11.8-17.2 |
| 25,000-34,999 | 98 | 13.6 | 10.7-17.2 |
| 35,000-49,999 | 79 | 7.8 | 6.0-10.0 |
| 50,000 + | 189 | 7.4 | 6.2-8.7 |
| HEALTH INSURANCE | | | |
| Insured | 719 | 11.2 | 10.2-12.2 |
| Uninsured | 131 | 9.1 | 7.3-11.3 |

* 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.

- Reduce the hospitalization rate due to asthma to 7.7/10,000 for residents aged 5 to 64 years and 11/10,000 for residents aged 65 years and above.
- Reduce emergency room visits for asthma to 50/10,000 for residents aged 5 to 64 years and 15/10,000 for residents aged 65 years and older.
- Reduce activity limitations among persons with asthma to 10 percent.

Asthma

CURRENT ASTHMA

- An estimated 8 percent of Louisiana adults (203,641 residents) reported that they currently have asthma.
- Hispanic adults reported the highest prevalence of asthma (10.2 percent) 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

- The percentage of Louisiana adults who have been diagnosed with asthma, 11.7 percent.
- Residents who did not graduate from high school reported the highest prevalence of asthma diagnosis (17.6 percent) in comparison to other education levels.
- Residents without health insurance reported a higher rate of asthma diagnosis (14.9 percent) compared to residents with health insurance (11 percent).

LOUISIANA ASTHMA TRENDS

- From 2005 to 2008, African-Americans reported higher rates of asthma diagnosis compared to other race groups.
- In 2008, the percentage of residents aged 18-24 with current asthma doubled from 6.3 percent to 13.3 percent (Figure 6a).

Over the last seven years, Louisiana has consistently ranked lower than the US average in current asthma diagnosis, with the exception of 2008, when the state nearly caught up to the national average (8.4 percent US vs. 8 percent LA). (Figure 6b)

WHAT IS ASTHMA?

Asthma is a chronic inflammatory disorder of the lungs. Asthma is a disease of the lungs, specifically of the airways, which become narrowed, inflamed, and choked with mucus. These airway changes cause breathing problems.

Asthma attacks are usually caused by tobacco smoke, cold air, inhaled allergens, medications, food and food additives, exercise, respiratory viral infections, weather (i.e. cold air), strong emotions, some alcoholic beverages, and irritants within the environment.

Asthma is one of the leading chronic conditions that cause restricted activity and the second highest chronic illness that effects children. Asthma related incidents account for 10.1 million missed days of school, and are the third ranking cause of hospitalization among those younger than 15 years of age.

Figure 6a. The percentage of residents with current asthma by age. BRFSS LA 2004-2008

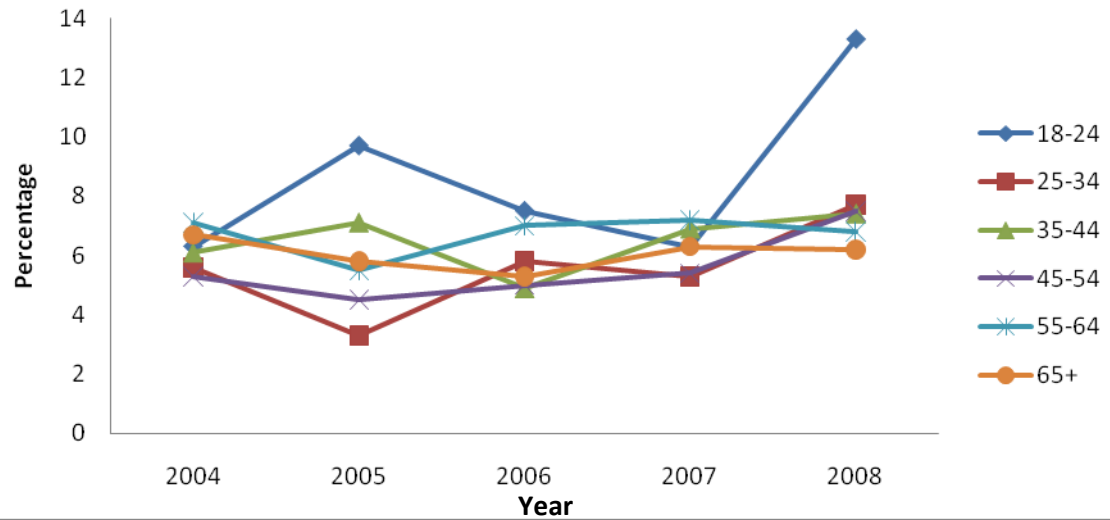


Figure 6b. Residents with current asthma LA and US. BRFSS 2001-2008

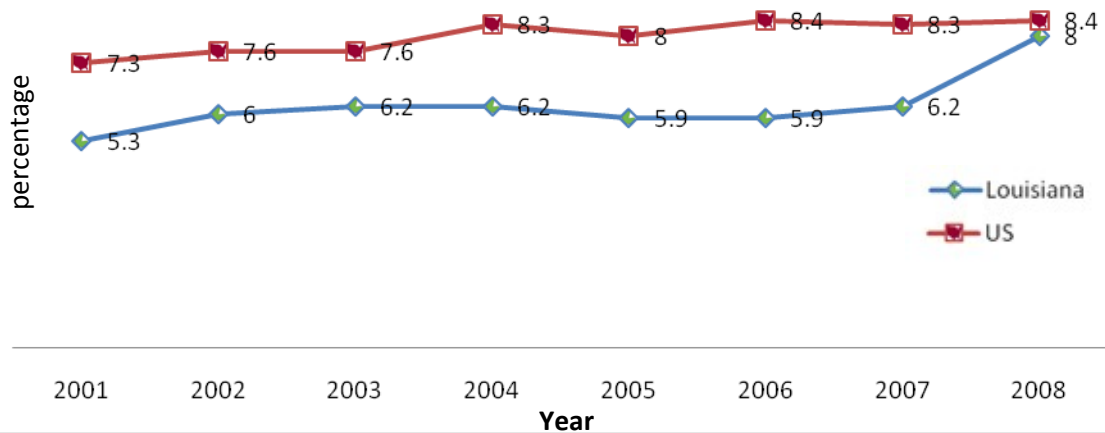


Table 6A. Asthma

| Demographic characteristics | Current Asthma* | | | Lifetime Asthma** | | |
|-----------------------------|-----------------|------------|----------------|-------------------|-------------|------------------|
| | Sample Size | % | 95% CI | Sample Size | % | 95% CI |
| Total | 491 | 8.0 | 7.1-9.1 | 694 | 11.7 | 10.6-12.9 |
| AGE | | | | | | |
| 18-24 | 33 | 13.3 | 9.1-19 | 46 | 17.7 | 13-23.8 |
| 25-34 | 48 | 7.7 | 5.6-10.6 | 73 | 11.9 | 9.2-15.2 |
| 35-44 | 73 | 7.4 | 5.5-9.8 | 102 | 11.2 | 8.9-14 |
| 45-54 | 113 | 7.5 | 6-9.4 | 162 | 11.1 | 9.3-13.3 |
| 55-64 | 104 | 6.8 | 5.5-8.5 | 152 | 10.4 | 8.7-12.4 |
| 65 or older | 120 | 6.2 | 5.1-7.6 | 159 | 8.8 | 7.4-10.4 |
| GENDER | | | | | | |
| Male | 103 | 6.3 | 4.9-8 | 190 | 11.1 | 9.3-13.1 |
| Female | 388 | 9.6 | 8.3-11 | 504 | 12.3 | 10.9-13.8 |
| RACE-ETHNICITY | | | | | | |
| Caucasian | 342 | 7.6 | 6.6-8.8 | 488 | 11.5 | 10.2-12.9 |
| African-American | 114 | 9.4 | 7.2-12.1 | 155 | 12.7 | 10.3-15.7 |
| Hispanic | 13 | 10.2 | 4.8-20.4 | 16 | 12.2 | 6.4-22.3 |
| Other | 19 | 5.1 | 2.9-8.7 | 27 | 7.8 | 4.9-12.1 |
| EDUCATION | | | | | | |
| Did not graduate HS | 89 | 13.6 | 10.5-17.5 | 112 | 17.6 | 14.0-21.8 |
| Graduated from HS | 154 | 9.0 | 7.1-11.2 | 213 | 12.2 | 10.1-14.6 |
| Attended college | 136 | 7.7 | 6-9.9 | 192 | 11.9 | 9.8-14.5 |
| Graduated college | 111 | 5.4 | 4.2-6.9 | 175 | 8.9 | 7.4-10.8 |
| HOUSEHOLD INCOME | | | | | | |
| <15,000 | 94 | 15.8 | 12.2-20.3 | 116 | 19.7 | 15.7-24.4 |
| 15,000-24,999 | 84 | 9.4 | 6.9-12.7 | 106 | 12.3 | 9.4-16 |
| 25,000-34,999 | 49 | 8.4 | 5.4-12.8 | 62 | 10.7 | 7.4-15.2 |
| 35,000-49,999 | 46 | 7.3 | 5.1-10.5 | 82 | 12.7 | 9.6-16.6 |
| 50,000 + | 123 | 5.2 | 4.1-6.5 | 194 | 8.8 | 7.4-10.4 |
| HEALTH INSURANCE | | | | | | |
| Insured | 391 | 7.5 | 6.5-8.7 | 558 | 11.0 | 9.9-12.3 |
| Uninsured | 100 | 10.4 | 8-13.6 | 136 | 14.9 | 12.0-18.5 |

* The proportion of respondents that indicated that they currently have asthma.

** The proportion of respondents that indicated that they were diagnosed with asthma by a health care professional at some point in their life (lifetime asthma).

- HEALTHY PEOPLE 2010 OBJECTIVES:**
- Reduce the smoking rate of adults to 12 percent.
 - Increase smoking cessation attempts by adults to 75 percent.

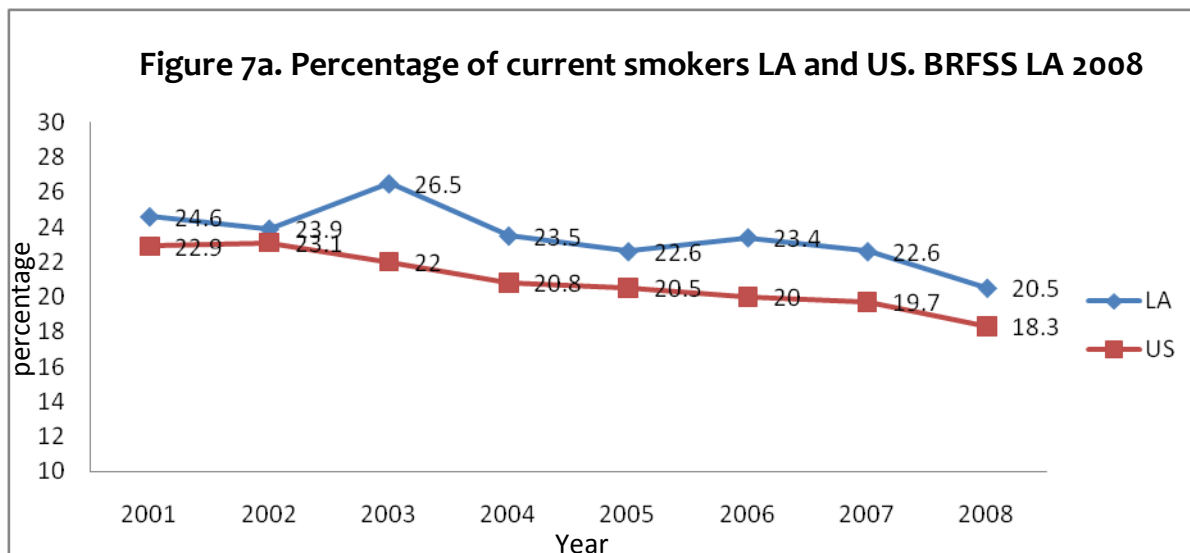
Tobacco Use

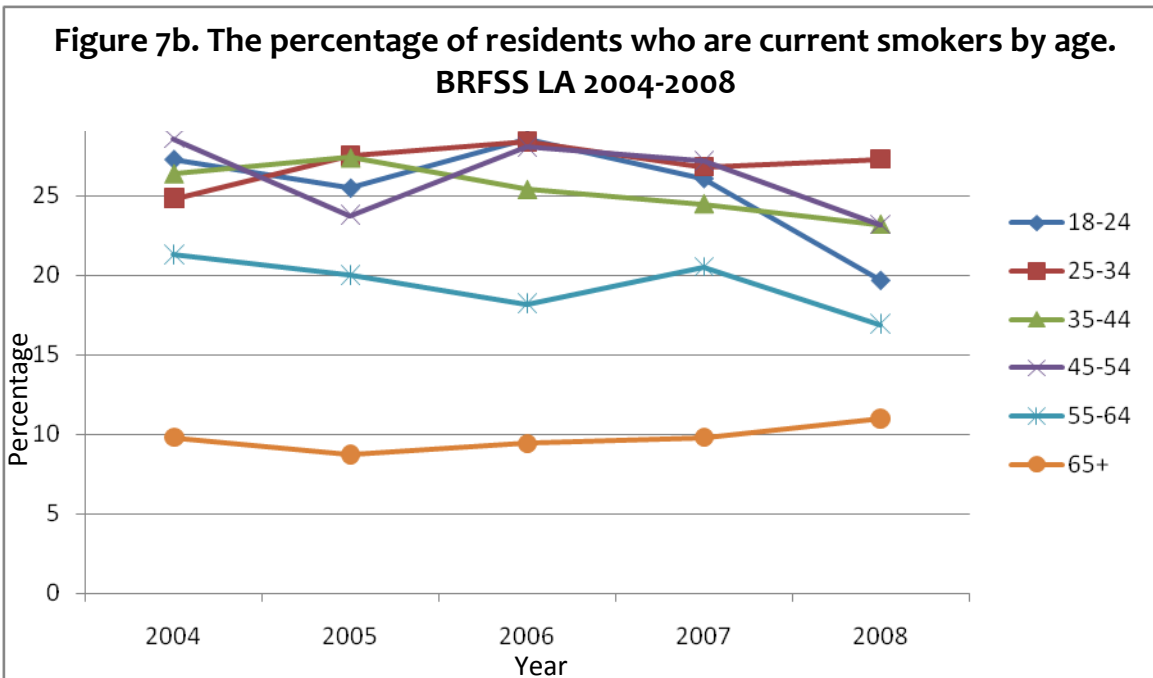
CURRENT SMOKERS

- An estimated 20.5 percent of Louisiana adults reported being current (everyday or some days) smokers in 2008, denoting a 9 percent decrease since 2007 (22.6 percent).
- More males reported being current smokers (23.5 percent) than females (17.7 percent).
- Other non-Hispanic minority groups (Asian, Native American, Pacific Islander, and Multiracial) reported the highest smoking prevalence (27.5 percent).
- Louisiana residents with lower household incomes (<\$15,000/year) and education levels (No HS Diploma/GED) reported the highest rates of smoking.
- More people without health insurance smoke (35.3 percent) compared to those smokers with health insurance (17 percent).

FORMER SMOKERS

- One in five Louisiana residents are former smokers.
- Males (22 percent) were more likely than females (17.8 percent) to indicate that they were former smokers.
- Rates of former smokers increased with each age category in 2008.
- Caucasian residents (23.5 percent) reported the highest proportion of former smokers.





SMOKING CESSATION

- More than half of the smokers within the state (57 percent) attempted to quit smoking at least one day within the past twelve months.
- Hispanics (72.7 percent) were more likely to attempt to quit smoking than any other racial group.
- Smokers with annual household incomes of less than \$15,000 reported the highest rate (64.8 percent) of attempting to quit within the last year.

LOUISIANA TOBACCO USE TRENDS

- Figure 7a shows that smoking rates in Louisiana have consistently been higher than the national average for the five-year time period.
- The 25-34 age category reported a 2.5 percent increase in smoking over the last five years while the 18-24 age category reported the largest decline in percentage of current smokers (-7.6 percent) (Figure 7b).

Louisiana ranks 15th highest among the U.S. states, Washington D.C., the U.S Virgin Islands, and Puerto Rico for smoking prevalence.

Cigarette smoking causes heart disease, several kinds of cancer, and respiratory diseases among US residents. Tobacco alone is responsible for more than 430,000 deaths per year among adults living in the United States. Medical costs related to smoking exceed 75.5 billion dollars per year, and costs related to smoking during pregnancy are estimated to be 1.4 billion dollars per year. Each year exposure to secondhand smoke causes an estimated 3,000 deaths among nonsmokers and lower respiratory tract infections for 150,000 to 300,000 infants in the United States.

Table 7A. Tobacco Use

| Demographic characteristics | Current Smoker* | | | Former Smoker** | | | Smoking Cessation*** | | |
|-----------------------------|-----------------|-------------|------------------|-----------------|-------------|------------------|----------------------|-------------|------------------|
| | Sample Size | % | 95% CI | Sample Size | % | 95% CI | Sample Size | % | 95% CI |
| Total | 1151 | 20.5 | 19.1-21.9 | 1481 | 19.8 | 18.6-21.0 | 608 | 57.0 | 53.1-60.8 |
| AGE | | | | | | | | | |
| 18-24 | 61 | 19.7 | 15-25.5 | 12 | 5.1 | 2.8-9.2 | 41 | 71.0 | 57.1-81.8 |
| 25-34 | 157 | 27.3 | 23.1-32 | 82 | 12.8 | 10.1-16.2 | 94 | 59.1 | 49.3-68.2 |
| 35-44 | 199 | 23.2 | 20-26.8 | 148 | 15.5 | 12.9-18.5 | 101 | 51.7 | 43.2-60.1 |
| 45-54 | 322 | 23.2 | 20.7-26 | 284 | 19.8 | 17.5-22.4 | 180 | 57.7 | 51.3-63.8 |
| 55-64 | 240 | 16.9 | 14.7-9.3 | 405 | 29.8 | 27-32.7 | 114 | 51.0 | 43.5-58.2 |
| 65 or older | 172 | 11.0 | 9.3-13 | 550 | 35.1 | 32.4-38 | 78 | 48.4 | 39.3-57.5 |
| GENDER | | | | | | | | | |
| Male | 449 | 23.5 | 21.1-26 | 580 | 22.0 | 20-24.2 | 221 | 56.8 | 50.9-62.5 |
| Female | 702 | 17.7 | 16.2-19.3 | 901 | 17.8 | 16.5-19.1 | 387 | 57.2 | 52.4-61.8 |
| RACE-ETHNICITY | | | | | | | | | |
| Caucasian | 836 | 21.0 | 19.4-22.7 | 1177 | 23.5 | 22-25.1 | 424 | 52.9 | 48.4-57.3 |
| African-American | 235 | 20.0 | 17-23.1 | 218 | 11.8 | 10-13.9 | 141 | 66.0 | 57.9-73.2 |
| Hispanic | 32 | 11.3 | 17.9-39.7 | 24 | 16.8 | 13.9-26.2 | 15 | 72.7 | 31.2-75.2 |
| Other | 33 | 27.5 | 7.4-17 | 48 | 19.3 | 10.1-26.8 | 21 | 54.0 | 54.3-85.6 |
| EDUCATION | | | | | | | | | |
| Did not graduate HS | 170 | 29.8 | 25.2-34.7 | 156 | 19.3 | 16-23.1 | 97 | 58.5 | 48.5-67.8 |
| Graduated from HS | 412 | 22.9 | 20.3-25.7 | 457 | 19.7 | 17.5-22 | 223 | 59.2 | 52.7-65.4 |
| Attended college | 347 | 22.9 | 20.2-25.8 | 418 | 19.4 | 17.3-21.7 | 169 | 51.4 | 44.5-58.3 |
| Graduated college | 218 | 12.7 | 10.6-15.1 | 442 | 20.4 | 18.3-22.7 | 117 | 60.4 | 51.4-68.7 |
| HOUSEHOLD INCOME | | | | | | | | | |
| <15,000 | 165 | 31.9 | 27-37.2 | 144 | 19.5 | 15.8-24 | 99 | 64.8 | 55.3-73.3 |
| 15,000-24,999 | 197 | 26.9 | 22.7-31.6 | 192 | 17.0 | 14.2-20.3 | 107 | 62.8 | 53.5-71.3 |
| 25,000-34,999 | 126 | 22.6 | 18.1-27.8 | 127 | 17.7 | 14.4-21.6 | 62 | 49.3 | 37.0-61.7 |
| 35,000-49,999 | 145 | 22.9 | 18.9-27.5 | 181 | 19.9 | 16.5-23.9 | 64 | 42.1 | 31.9-53 |
| 50,000 + | 324 | 15.9 | 14-18 | 555 | 23.1 | 21.1-25.3 | 157 | 55.4 | 48.8-61.9 |
| HEALTH INSURANCE | | | | | | | | | |
| Insured | 842 | 17.0 | 15.7-18.4 | 1307 | 21.3 | 20-22.7 | 441 | 56.0 | 51.7-60.3 |
| Uninsured | 304 | 35.3 | 31.1-39.7 | 170 | 13.6 | 11.2-16.4 | 166 | 59.2 | 51.4-66.6 |

* 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.

Table 7b. Cigarette Use

| Demographic characteristics | Cigarette use at the Workplace* | | | Cigarette use at Home** | | | No Cigarette use in the Home*** | | |
|-----------------------------|---------------------------------|------|-----------|-------------------------|------|-----------|---------------------------------|------|-----------|
| | Sample Size | % | 95% CI | Sample Size | % | 95% CI | Sample Size | % | 95% CI |
| Total | 3052 | 12.4 | 10.9-14.1 | 5989 | 15.2 | 13.9-16.6 | 5985 | 80.6 | 79.2-82.0 |
| AGE | | | | | | | | | |
| 18-24 | 126 | 8.7 | 8.0-9.2 | 266 | 7.7 | 7.0-8.2 | 265 | 79.2 | 72.8-84.4 |
| 25-34 | 450 | 8.9 | 8.5-9.2 | 619 | 8.6 | 8.2-8.9 | 618 | 83.5 | 79.2-87.1 |
| 35-44 | 677 | 8.5 | 8.1-8.8 | 880 | 8.5 | 8.2-8.8 | 880 | 82.1 | 78.7-85.0 |
| 45-54 | 955 | 8.8 | 8.5-9.0 | 1324 | 8.4 | 8.2-8.6 | 1323 | 77.7 | 74.9-80.1 |
| 55-64 | 632 | 9.0 | 8.6-9.2 | 1336 | 8.5 | 8.3-8.8 | 1336 | 81.4 | 78.8-83.7 |
| 65 and over | 212 | 9.0 | 8.3-9.5 | 1564 | 9.0 | 8.8-9.2 | 156 | 80.0 | 77.4-82.2 |
| GENDER | | | | | | | | | |
| Male | 1179 | 8.4 | 8.1-8.6 | 1957 | 8.4 | 8.1-8.6 | 1955 | 80.0 | 77.5-82.3 |
| Female | 1873 | 9.2 | 9.0-9.4 | 4032 | 8.6 | 8.4-8.7 | 4030 | 81.2 | 79.5-82.7 |
| RACE-ETHNICITY | | | | | | | | | |
| Caucasian | 2258 | 9.1 | 8.9-9.2 | 4347 | 8.8 | 8.6-8.9 | 4346 | 83.1 | 81.6-84.5 |
| African-American | 611 | 8.0 | 7.5-8.4 | 1238 | 7.8 | 7.4-8.1 | 1235 | 75.0 | 71.1-78.1 |
| Hispanic | 61 | 8.4 | 7.0-9.2 | 132 | 8.0 | 6.9-8.8 | 132 | 67.3 | 54.2-78.2 |
| Other | 94 | 9.4 | 8.6-9.8 | 202 | 9.2 | 8.6-9.5 | 202 | 90.0 | 84.2-93.8 |
| EDUCATION | | | | | | | | | |
| Did not graduate HS | 154 | 7.7 | 6.8-8.5 | 642 | 24.9 | 20.6-29.7 | 641 | 72.5 | 67.8-76.8 |
| Graduated from HS | 818 | 8.1 | 7.7-8.4 | 1855 | 20.2 | 17.5-23.1 | 1853 | 76.0 | 73.0-78.7 |
| Attended college | 858 | 8.7 | 8.3-8.9 | 1610 | 14.9 | 12.5-17.6 | 1610 | 81.8 | 79.2-84.2 |
| Graduated college | 1215 | 9.5 | 9.3-9.6 | 1859 | 7.1 | 5.6-9.0 | 1858 | 87.1 | 84.7-89.1 |
| HOUSEHOLD INCOME | | | | | | | | | |
| <15,000 | 119 | 7.5 | 6.3-8.4 | 570 | 24.9 | 20.4-30.0 | 570 | 69.7 | 64.6-74.4 |
| 15,000-24,999 | 302 | 8.0 | 7.3-8.6 | 814 | 22.5 | 18.7-26.7 | 812 | 71.1 | 66.7-75.2 |
| 25,000-34,999 | 275 | 8.0 | 7.1-8.6 | 569 | 21.2 | 16.2-27.4 | 569 | 76.9 | 71.1-81.4 |
| 35,000-49,999 | 421 | 8.8 | 8.3-9.1 | 729 | 14.0 | 10.8-18.0 | 729 | 81.8 | 77.5-85.5 |
| 50,000 + | 1494 | 9.1 | 8.9-9.3 | 2084 | 7.8 | 6.4-9.4 | 2083 | 88.5 | 86.6-90.1 |
| HEALTH INSURANCE | | | | | | | | | |
| Insured | 2557 | 8.9 | 8.8-9.1 | 5004 | 11.9 | 10.7-13.2 | 5001 | 83.2 | 81.7-84.6 |
| Uninsured | 487 | 7.9 | 7.4-8.4 | 960 | 28.6 | 24.6-32.9 | 959 | 70.3 | 65.9-74.3 |

* The proportion of Louisiana working adults who reported that someone in their workplace had smoked within the past week.

** The proportion of Louisiana adults who reported that someone in their home had smoked within the past week.

*** The proportion of Louisiana adults who reported that smoking was not allowed inside their home.

Table 7c. Smoking Regulations

| Demographic characteristics | Smoking in Bars* | | | Smoking in Restaurants** | | | Smoking in Indoor Workplaces*** | | |
|-----------------------------|------------------|-------------|------------------|--------------------------|-------------|------------------|---------------------------------|-------------|------------------|
| | Sample Size | % | 95% CI | Sample Size | % | 95% CI | Sample Size | % | 95% CI |
| Total | 3075 | 48.2 | 46.5-49.9 | 4628 | 77.2 | 75.7-78.6 | 4914 | 82.0 | 80.7-83.3 |
| AGE | | | | | | | | | |
| 18-24 | 108 | 38.4 | 32.0-45.3 | 204 | 76.8 | 70.4-82.2 | 221 | 82.1 | 75.9-86.9 |
| 25-34 | 283 | 44.2 | 39.5-48.9 | 496 | 78.8 | 74.5-82.5 | 541 | 85.7 | 82.0-88.8 |
| 35-44 | 388 | 44.3 | 40.3-48.3 | 717 | 82.0 | 78.8-84.8 | 750 | 84.9 | 81.8-87.6 |
| 45-54 | 672 | 49.4 | 46.2-52.6 | 983 | 73.0 | 70.0-75.7 | 1073 | 80.0 | 77.3-82.5 |
| 55-64 | 727 | 54.2 | 51.1-57.3 | 1024 | 76.9 | 74.2-79.4 | 1090 | 80.5 | 77.9-82.9 |
| 65 and over | 897 | 57.4 | 54.5-60.3 | 1204 | 76.0 | 73.3-78.5 | 1239 | 78.7 | 76.2-81.1 |
| GENDER | | | | | | | | | |
| Male | 875 | 42.4 | 39.7-45.3 | 1436 | 74.6 | 72.0-76.9 | 1505 | 77.6 | 75.2-79.9 |
| Female | 2200 | 53.3 | 51.2-55.3 | 3192 | 79.5 | 77.8-81.2 | 3409 | 85.9 | 84.5-87.2 |
| RACE-ETHNICITY | | | | | | | | | |
| Caucasian | 2197 | 46.2 | 44.3-48.2 | 3383 | 77.1 | 75.4-78.7 | 3601 | 83.0 | 81.5-84.4 |
| African-American | 674 | 52.7 | 48.9-56.5 | 951 | 77.8 | 74.5-80.8 | 1009 | 81.5 | 78.4-84.2 |
| Hispanic | 66 | 47.7 | 36.1-59.5 | 95 | 74.2 | 62.8-83.0 | 92 | 71.0 | 59.3-80.4 |
| Other | 109 | 50.5 | 41.4-59.6 | 149 | 79.3 | 71.8-85.2 | 157 | 82.1 | 74.5-87.8 |
| EDUCATION | | | | | | | | | |
| Did not graduate HS | 336 | 49.8 | 44.8-54.9 | 462 | 72.0 | 67.2-76.4 | 481 | 76.3 | 71.8-80.2 |
| Graduated from HS | 931 | 47.3 | 44.1-50.5 | 1416 | 76.3 | 73.5-78.9 | 1461 | 79.0 | 76.3-81.5 |
| Attended college | 780 | 42.3 | 39.1-45.6 | 1209 | 73.4 | 70.2-76.4 | 1350 | 81.9 | 79.0-84.4 |
| Graduated college | 1019 | 53.7 | 50.8-56.6 | 1524 | 83.3 | 81.1-85.2 | 1623 | 87.2 | 85.2-89.0 |
| HOUSEHOLD INCOME | | | | | | | | | |
| <15,000 | 269 | 46.9 | 41.3-52.5 | 388 | 69.4 | 64.3-74.1 | 423 | 77.4 | 72.9-81.3 |
| 15,000-24,999 | 424 | 51.0 | 46.2-55.9 | 608 | 75.7 | 71.2-79.7 | 638 | 77.6 | 73.2-81.5 |
| 25,000-34,999 | 275 | 42.5 | 37.0-48.1 | 426 | 72.7 | 67.1-77.6 | 451 | 77.4 | 72.1-81.9 |
| 35,000-49,999 | 362 | 44.3 | 39.5-49.3 | 561 | 75.0 | 70.4-79.0 | 604 | 82.3 | 78.2-85.8 |
| 50,000 + | 1071 | 48.2 | 45.5-50.9 | 1696 | 81.4 | 79.2-83.3 | 1801 | 86.5 | 84.6-88.1 |
| HEALTH INSURANCE | | | | | | | | | |
| Insured | 2605 | 49.4 | 47.5-51.2 | 3917 | 78.4 | 76.8-79.8 | 4141 | 82.7 | 81.3-84.1 |
| Uninsured | 460 | 43.6 | 39.3-48.0 | 697 | 73.4 | 69.4-77.0 | 757 | 80.2 | 76.6-83.4 |

* The proportion of Louisiana adults who think that smoking should not be allowed in any areas of bars.

** The proportion of Louisiana adults who think that smoking should not be allowed in any areas of restaurants.

*** The proportion of Louisiana adults who think that smoking should not be allowed in any areas inside indoor workplaces.

Cardiovascular Disease

HISTORY OF HEART ATTACKS (MYOCARDIAL INFARCTION)

- Nearly 6 percent of the Louisiana adult population indicated they have had a heart attack.
- Adults of Asian, Native American, Pacific Islander, and Multiracial decent (8.5 percent) were more likely than other racial groups (5-7 percent) to have had a heart attack.
- Males (6 percent) were more likely than females (4.5 percent) to have had a heart attack.

HISTORY OF CORONARY HEART DISEASE (CHD)

- In 2008, the prevalence of CHD for Louisiana adults was 5.7 percent.
- Other non-Hispanic minority residents reported the highest prevalence of CHD (9.1 percent).
- Males (6.8 percent) were more likely than females (4.7 percent) to have been diagnosed with CHD.

HISTORY OF STROKE

- About 4 percent of Louisiana adults reported having a stroke.
- Caucasians reported the lowest rate of stroke (3.5 percent), while Hispanic and other non-Hispanic minority groups reported the highest percentage at 5.9 percent.
- Individuals with lower income or education levels reported significantly higher rates of stroke than individuals with higher income or education levels.

WHAT IS CORONARY HEART DISEASE?

Heart disease is the leading cause of death in the United States. Stroke is the third most common cause of death for residents (National Center for Health Statistics 2004).

Coronary heart disease (CHD) accounts for the largest proportion of heart disease. Around 12 million United States residents have CHD.

The national death rates for CHD show that males have higher mortality rates when compared to females and African-Americans have higher CHD mortality rates than Caucasians.



LOUISIANA CARDIOVASCULAR DISEASE TRENDS

- From 2003-2007, Caucasian males aged 65 years and older reported the highest prevalence of heart attack history (17.6 percent) and heart disease (11.4 percent).

Louisiana ranks 6th highest among the U.S. states, Washington D.C., the U.S Virgin Islands, and Puerto Rico for prevalence of CHD, jumping from the 13th spot in 2007.

Louisiana ranks 10th highest among the U.S. states, Washington D.C., the U.S Virgin Islands, and Puerto Rico for prevalence of heart attack (Myocardial Infarction) (Figure 8a).

Louisiana ranks 5th highest among the U.S. states, Washington D.C., the U.S Virgin Islands, and Puerto Rico for prevalence of stroke (cerebrovascular accident).

Figure 8a. Percentage of respondents who have been told they have had a stroke.
BRFSS LA 2008

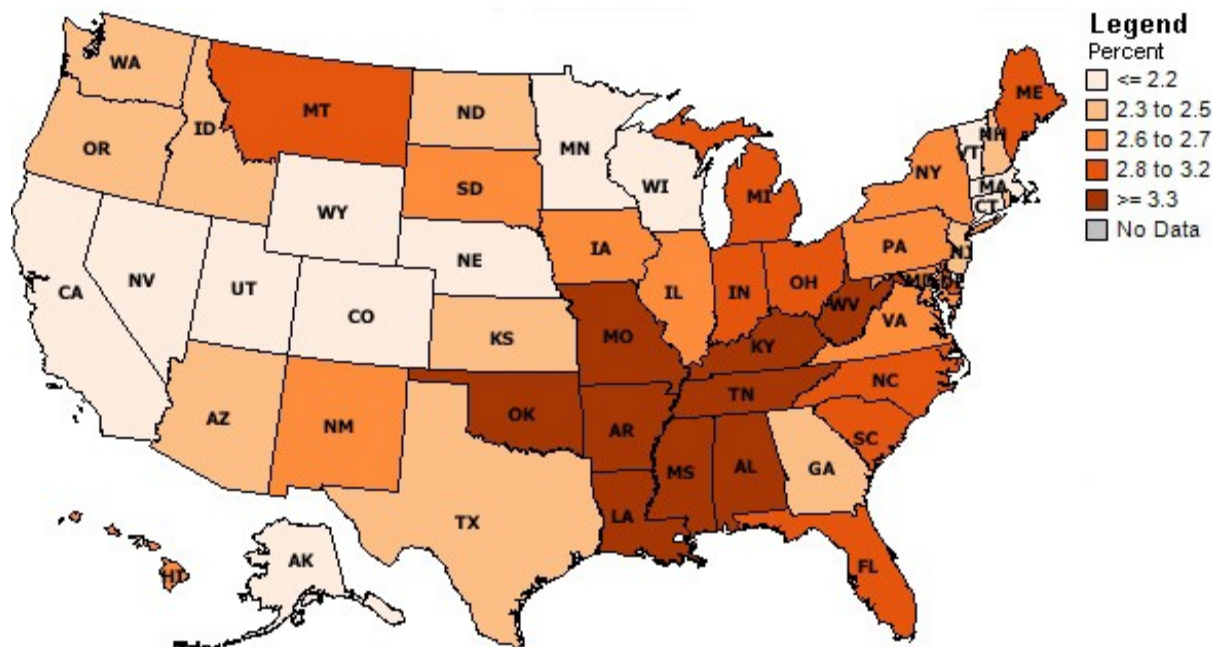


Table 8A. Cardiovascular Disease

| Demographic characteristics | Heart Attack* | | | Coronary Heart Disease** | | | Stroke*** | | |
|-----------------------------|---------------|------------|----------------|--------------------------|------------|----------------|-------------|------------|----------------|
| | Sample Size | % | 95% CI | Sample Size | % | 95% CI | Sample Size | % | 95% CI |
| Total | 395 | 5.3 | 4.7-5.9 | 462 | 5.7 | 5.1-6.4 | 292 | 3.8 | 3.3-4.4 |
| AGE | | | | | | | | | |
| 18-24 | 3 | 0.6 | 0.2-1.9 | 2 | 0.5 | 0.1-1.8 | 2 | 0.5 | 0.1-1.8 |
| 25-34 | 9 | 1.8 | 0.9-3.6 | 8 | 1.7 | 0.8-3.7 | 13 | 2.2 | 1.2-4.0 |
| 35-44 | 17 | 2.4 | 1.4-4.1 | 23 | 2.9 | 1.8-4.4 | 12 | 1.4 | 0.7-2.8 |
| 45-54 | 61 | 4.5 | 3.4-6.0 | 65 | 4.7 | 3.5-6.3 | 46 | 3.4 | 2.5-4.6 |
| 55-64 | 112 | 8.6 | 0.7-10.5 | 137 | 10.5 | 8.7-12.5 | 73 | 5.9 | 4.4-7.9 |
| 65 or older | 193 | 13.8 | 11.8-16 | 227 | 14.2 | 12.3-16.4 | 146 | 9.5 | 7.9-11.4 |
| GENDER | | | | | | | | | |
| Male | 165 | 6.0 | 5.1-7.2 | 189 | 6.8 | 5.7-8.0 | 89 | 3.6 | 2.8-4.6 |
| Female | 230 | 4.5 | 3.9-5.2 | 273 | 4.7 | 4.1-5.4 | 203 | 4 | 3.4-4.7 |
| RACE-ETHNICITY | | | | | | | | | |
| Caucasian | 271 | 5.0 | 4.4-5.8 | 337 | 5.9 | 5.2-6.7 | 194 | 3.5 | 2.9-4.1 |
| African-American | 90 | 5.0 | 3.9-6.3 | 81 | 4.2 | 3.3-5.5 | 71 | 4.0 | 3.0-5.3 |
| Hispanic | 11 | 7.0 | 4.8-14.5 | 15 | 8.2 | 5.3-15.1 | 8 | 5.9 | 2.7-12.5 |
| Other | 18 | 8.5 | 3.5-13.5 | 21 | 9.1 | 4.4-14.7 | 16 | 5.9 | 3.2-10.8 |
| EDUCATION | | | | | | | | | |
| Did not graduate HS | 81 | 11.9 | 9.2-15.2 | 78 | 10.7 | 8.1-13.9 | 67 | 9.5 | 7.1-12.6 |
| Graduated from HS | 139 | 5.7 | 4.7-7.0 | 159 | 5.5 | 4.5-6.7 | 110 | 4.6 | 3.7-5.9 |
| Attended college | 96 | 4.3 | 3.4-5.4 | 124 | 5.4 | 4.4-6.7 | 69 | 2.9 | 2.2-3.9 |
| Graduated college | 78 | 3.4 | 2.6-4.4 | 99 | 4.4 | 3.5-5.5 | 45 | 1.8 | 1.2-2.5 |
| HOUSEHOLD INCOME | | | | | | | | | |
| <15,000 | 79 | 13.2 | 10.1-17.1 | 94 | 13.4 | 10.3-17.2 | 66 | 11.3 | 8.3-15.3 |
| 15,000-24,999 | 68 | 6.1 | 4.6-8.2 | 90 | 8.2 | 6.3-10.6 | 59 | 5.6 | 4.0-7.8 |
| 25,000-34,999 | 51 | 7.0 | 4.9-9.7 | 50 | 6.1 | 4.3-8.6 | 29 | 3.8 | 2.4-5.9 |
| 35,000-49,999 | 37 | 3.8 | 2.5-5.6 | 39 | 2.9 | 2.0-4.2 | 24 | 2.6 | 1.6-4 |
| 50,000 + | 73 | 3.1 | 2.4-4.0 | 102 | 4.2 | 3.3-5.2 | 39 | 1.5 | 1.1-2.2 |
| HEALTH INSURANCE | | | | | | | | | |
| Insured | 337 | 5.6 | 4.9-6.4 | 402 | 6.1 | 5.4-6.8 | 245 | 4.0 | 3.4-4.6 |
| Uninsured | 57 | 4.1 | 3-5.7 | 59 | 4.4 | 3.2-6.1 | 47 | 3.4 | 2.4-4.9 |

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

**The proportion of respondents that indicated that they were told by a health care 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.

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

Immunization

HAD FLU VACCINE IN LAST 12 MONTHS (65 AND OLDER)*

- Seniors who attended or graduated college were more likely to have received a flu vaccine in the last year (69 percent) than those with lower educational levels (65.2 percent) (Figure 9a).
- Seniors with health insurance were more likely to have received a flu vaccination in the past 12 months (67.9 percent) than seniors without health insurance (57.3 percent).
- Approximately 60 percent of senior African-Americans reported receiving a flu vaccine in the past 12 months compared to 69.8 percent of Caucasians and 66.1 percent of Hispanics.



Nearly **seven in 10** Louisiana seniors aged 65 or older received a flu vaccination in the past 12 months (67.3 percent).

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

- Two-thirds of seniors (aged 65 and older) received a pneumonia vaccination in the past 12 months.
- The proportion of females who received a pneumonia vaccine in the last 12 months was 68.1 percent compared to 58.4 percent of males.
- Approximately half of African-American seniors aged 65 and older received a pneumonia vaccine in the past 12 months (54 percent) compared to 68.4 percent of Caucasians; Hispanics and other non-Hispanic minorities reported receiving a pneumonia vaccine (51.6 percent and 54.7 percent respectively).

* 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.

WHAT IS INFLUENZA?

Influenza (**the flu**) is a contagious respiratory illness caused by influenza viruses. It can cause mild to severe illness, and at times can lead to death. The best way to prevent seasonal flu is by getting a seasonal flu vaccination each year. On average, between 5 and 20 percent of the Nation's population gets the flu. More than 200,000 people are hospitalized from flu-related complications, and about 36,000 people die from flu-related causes. Some people, such as older people, young children, and people with certain health conditions, are at a higher risk for serious flu complications. (<http://www.cdc.gov/flu/about/disease/index.htm>)

LOUISIANA INFLUENZA IMMUNIZATION TRENDS

- Over the last five years, Caucasians were more likely to receive a flu vaccine than African-Americans.
- With the exception of 2004, African-American males were least likely to receive a flu vaccine compared to all other race and gender categories.

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 and older who have received an influenza vaccine in the last year.

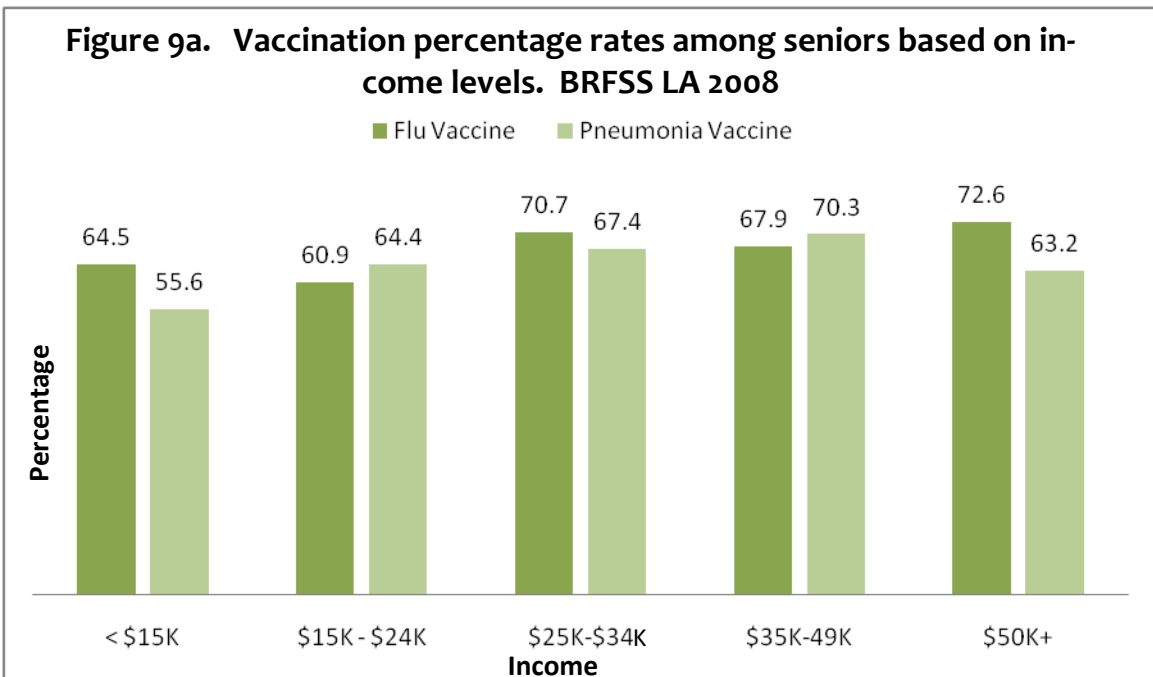


Table 9a. Immunization – Influenza and Pneumonia (65 or older)

| Demographic characteristics | Had Flu Vaccine Last 12 Months* | | | Had Pneumonia Vaccine Last 12 Months** | | |
|-----------------------------|---------------------------------|-------------|------------------|--|-------------|------------------|
| | Sample Size | % | 95% CI | Sample Size | % | 95% CI |
| Total | 1081 | 67.3 | 64.5-70.0 | 1047 | 64.1 | 61.2-66.9 |
| AGE | | | | | | |
| 65+ | 1081 | 67.3 | 64.5-70.0 | 1047 | 64.1 | 61.2-66.9 |
| GENDER | | | | | | |
| Male | 325 | 66.3 | 61.2-71.0 | 285 | 58.4 | 53.2-63.4 |
| Female | 756 | 68.0 | 64.8-71.1 | 762 | 68.1 | 64.8-71.2 |
| RACE-ETHNICITY | | | | | | |
| Caucasian | 879 | 69.8 | 66.8-72.7 | 857 | 68.4 | 65.4-71.3 |
| African-American | 143 | 59.6 | 52.2-66.5 | 140 | 54.0 | 46.5-61.2 |
| Hispanic | 16 | 66.1 | 41.1-84.5 | 12 | 51.6 | 29.1-73.4 |
| Other | 32 | 64.7 | 48.8-77.9 | 30 | 54.7 | 38.8-69.7 |
| EDUCATION | | | | | | |
| Did not graduate HS | 184 | 62.4 | 55.4-68.9 | 179 | 58.0 | 51.0-64.8 |
| Graduated from HS | 363 | 68.0 | 63.2-72.3 | 362 | 67.7 | 63.0-72.1 |
| Attended college | 243 | 65.5 | 59.7-70.9 | 255 | 68.7 | 63.0-73.9 |
| Graduated college | 287 | 72.4 | 66.5-77.7 | 248 | 61.4 | 55.3-67.1 |
| HOUSEHOLD INCOME | | | | | | |
| <15,000 | 124 | 64.5 | 56.5-71.8 | 121 | 55.6 | 47.2-63.7 |
| 15,000-24,999 | 199 | 60.9 | 53.8-67.5 | 209 | 64.4 | 57.5-70.8 |
| 25,000-34,999 | 132 | 70.7 | 62.1-78.2 | 119 | 67.4 | 58.8-75.0 |
| 35,000-49,999 | 111 | 67.9 | 59.0-75.6 | 118 | 70.3 | 61.5-77.9 |
| 50,000 + | 202 | 72.6 | 66.4-78.0 | 179 | 63.2 | 56.5-69.4 |
| HEALTH INSURANCE | | | | | | |
| Insured | 1036 | 67.9 | 65.1-70.7 | 1001 | 64.6 | 61.7-67.5 |
| Uninsured | 44 | 57.3 | 43.8-69.8 | 45 | 55.7 | 42.2-68.5 |

* 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.

Injury Prevention

13.2%
13.2%

FALLING FREQUENCY AND INJURY IN ADULTS 55 AND OLDER

- Respondents age 55 and over who reported at least one fall in the past three months, 13.2 percent.
- 4.2 percent of those falls resulted in injury.
- Those earning \$15,000 or less a year are nearly two times more likely to report a fall than those earning \$50,000 or more (17.5 percent and 9.8 percent respectively).
- Caucasians are more likely to fall than any other ethnic group, (14.1 percent), however, African Americans reported the highest rates of injuries resulting from falls (4.8 percent).
- Possessing health insurance seemed to have little effect on the frequency of falls or the severity of the resulting injury.

CAR SAFETY AND SEAT BELT USE*

- 87.3 percent of Louisiana residents wear seat belts.
- Seat belt usage increased with age, education and income level.
- Females were more likely to wear a seat belt than males (91.4 percent vs. 82.8 percent respectively).
- Louisiana is one of 27 states mandating safety belt use.*
- Louisiana outpaced the nation for seat belt usage by 3.3 percent* (Figure 10a).

* The proportion of Louisiana adults who reported always using seat belts when they drive or ride in a car.

* Traffic Safety Facts. NHTSA's National Center for Statistics and Analysis. <http://www-nrd.nhtsa.dot.gov/pubs/811100.pdf>, September 2009.

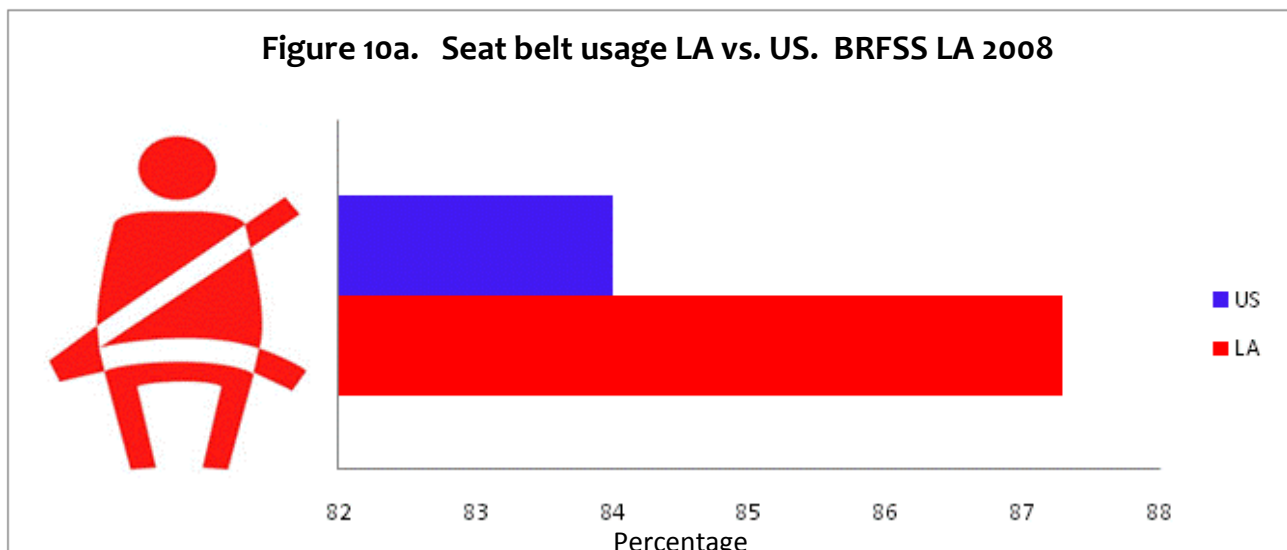


Table 10a. Falling & Car Safety

| Demographic characteristics | Falling Frequency * | | | Falling Injuries** | | | Seat Belt Use | | |
|--|---------------------|-------------|------------------|--------------------|------------|----------------|---------------|-------------|------------------|
| | Sample Size | % | 95% CI | Sample Size | % | 95% CI | Sample Size | % | 95% CI |
| Total | 411 | 13.2 | 11.8-14.6 | 133 | 4.2 | 3.4-5.1 | 5538 | 87.3 | 86.0-88.5 |
| AGE | | | | | | | | | |
| 18-24 | No data collected | | | No data collected | | | 233 | 82.5 | 76.4-87.4 |
| 25-34 | No data collected | | | No data collected | | | 555 | 84.8 | 81.0-88.0 |
| 35-44 | No data collected | | | No data collected | | | 804 | 86.5 | 83.0-89.3 |
| 45-54 | No data collected | | | No data collected | | | 1232 | 89.6 | 87.5-91.4 |
| 55-64 | 195 | 13.3 | 11.4-15.6 | 58 | 3.9 | 2.8-5.3 | 1258 | 90.4 | 88.4-92.0 |
| 65 and over | 216 | 13.0 | 11.2-15.0 | 75 | 4.5 | 3.4-5.9 | 1456 | 89.4 | 87.4-91.1 |
| GENDER | | | | | | | | | |
| Male | 124 | 13.4 | 11.1-16.1 | 33 | 3.5 | 2.4-5.3 | 1730 | 82.8 | 80.4-85.0 |
| Female | 287 | 13.0 | 11.5-14.7 | 100 | 4.7 | 3.8-5.9 | 3808 | 91.4 | 90.2-92.5 |
| RACE-ETHNICITY | | | | | | | | | |
| Caucasian | 328 | 14.1 | 12.5-15.8 | 103 | 4.2 | 3.4-5.3 | 4046 | 88.8 | 87.4-90.0 |
| African-American | 59 | 11.7 | 8.7-15.6 | 23 | 4.8 | 3.0-7.6 | 1121 | 83.7 | 80.4-86.5 |
| Hispanic | 5 | 8.9 | 3.3-21.6 | 1 | 1.7 | 0.24-11.4 | 117 | 91.7 | 84.8-95.6 |
| Other | 13 | 9.3 | 4.9-16.9 | 5 | 2.6 | 1.0-6.6 | 191 | 84.3 | 72.9-91.4 |
| EDUCATION | | | | | | | | | |
| Did not graduate HS | 72 | 16.4 | 12.5-21.1 | 24 | 5.5 | 3.3-9.2 | 571 | 84.8 | 80.9-88.0 |
| Graduated from HS | 146 | 15.5 | 13.0-18.4 | 49 | 4.6 | 3.4-6.3 | 1704 | 85.2 | 82.6-87.6 |
| Attended college | 94 | 10.7 | 8.5-13.2 | 28 | 3.3 | 2.1-5.0 | 1496 | 86.9 | 84.0-89.4 |
| Graduated college | 97 | 10.8 | 8.5-13.5 | 32 | 3.8 | 2.5-5.8 | 1747 | 90.7 | 88.8-92.3 |
| HOUSEHOLD INCOME | | | | | | | | | |
| <15,000 | 68 | 17.5 | 13.4-22.6 | 28 | 7.0 | 4.6-10.6 | 513 | 83.7 | 78.9-87.6 |
| 15,000-24,999 | 77 | 14.0 | 10.6-18.2 | 28 | 5.2 | 3.2-8.4 | 744 | 84.2 | 79.6-87.9 |
| 25,000-34,999 | 46 | 16.2 | 11.6-22.2 | 15 | 4.9 | 2.5-9.4 | 522 | 85.0 | 79.5-89.3 |
| 35,000-49,999 | 43 | 13.0 | 9.3-18.0 | 14 | 3.8 | 2.2-6.6 | 669 | 88.0 | 84.3-91.0 |
| 50,000 + | 82 | 9.8 | 7.7-12.4 | 20 | 2.7 | 1.6-4.5 | 1937 | 88.9 | 86.9-90.6 |
| HEALTH INSURANCE | | | | | | | | | |
| Insured | 370 | 13.5 | 12.1-15.1 | 117 | 4.1 | 3.3-5.0 | 5153 | 88.4 | 87.1-89.7 |
| Uninsured | 41 | 10.7 | 7.4-15.3 | 16 | 5.1 | 2.7-9.5 | 1000 | 83.2 | 79.5-86.4 |
| * The proportion of Louisiana adults, 55 and older, who reported falling at least one time in the past three months. | | | | | | | | | |
| ** The proportion of Louisiana adults, 55 and older, who reported that they had sustained injury while falling. | | | | | | | | | |

HEALTHY PEOPLE 2010 OBJECTIVES:

- Increase the proportion of adults who have never had a permanent tooth extracted due to cavities or periodontal disease to 42 percent.
- Reduce the proportion of older adults who have had all of their natural teeth extracted to 20 percent.
- Increase the proportion of adults who use a oral health care system on an annual basis to 56 percent.

Oral Health

DENTAL VISITS*

- Two-thirds of Louisiana adults reported visiting a dentist or dental clinic in the last five years.
- Adults aged 18-24 are most likely to have visited the dentist in the past five years (73.3 percent) than all other age categories.
- Over the last five years, African-Americans were the least likely of all racial groups to receive dental care.
- Those earning \$50,000 or more were twice as likely to visit the dentist than those earning less than \$15,000.

TEETH CLEANING**

- Males were more likely to have their teeth cleaned than females (64 percent vs. 61.7 percent respectively).
- Seventy-eight percent of college graduates had their teeth cleaned in the past five years compared to only 35.5 percent of non-college graduates.
- Respondents 65 and older were least likely to have their teeth cleaned.

Louisiana ranks 30th among the U.S. states, Washington D.C., the U.S Virgin Islands, and Puerto Rico for visits to the dentist or dental clinic within the past year for any reason.

*The proportion of Louisiana adults who reported visiting a dentist or dental clinic in the past five years.

**The proportion of Louisiana adults who reported having their teeth cleaned by a dentist or dental hygienist in the past five years.

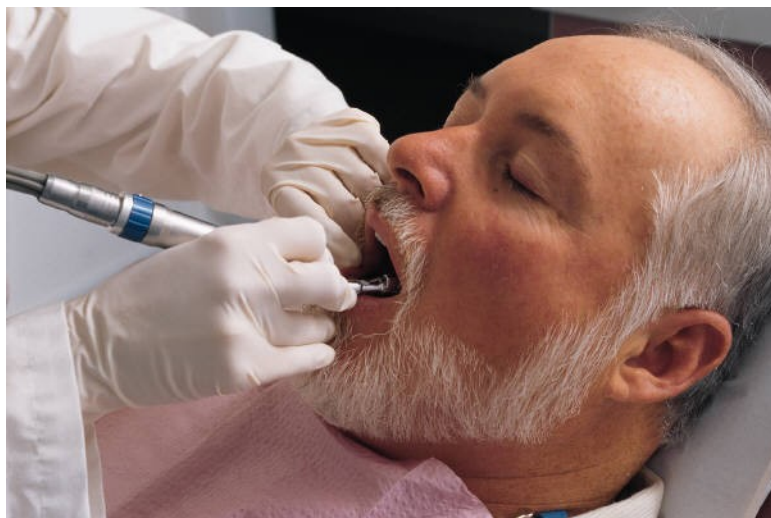


Table 11a. Oral Health

| Demographic characteristics | Dental Visits* | | | Teeth Cleaning** | | |
|-----------------------------|----------------|-------------|------------------|------------------|-------------|------------------|
| | Sample Size | % | 95% CI | Sample Size | % | 95% CI |
| Total | 4137 | 66.9 | 65.3-68.5 | 3835 | 62.8 | 61.4-64.4 |
| AGE | | | | | | |
| 18-24 | 202 | 73.3 | 66.9-78.8 | 198 | 72.4 | 66.1-77.9 |
| 25-34 | 444 | 65.6 | 60.9-70.0 | 419 | 62.6 | 57.9-67.1 |
| 35-44 | 637 | 69.5 | 65.6-73.1 | 604 | 65.0 | 61.1-68.8 |
| 45-54 | 933 | 67.4 | 64.3-70.3 | 883 | 63.8 | 60.7-66.8 |
| 55-64 | 914 | 65.6 | 62.6-68.5 | 850 | 60.6 | 57.7-63.6 |
| 65 and over | 1007 | 61.0 | 58.1-63.9 | 881 | 53.4 | 50.4-56.3 |
| GENDER | | | | | | |
| Male | 1361 | 67.5 | 64.9-70.1 | 1277 | 64.0 | 61.3-66.6 |
| Female | 2776 | 66.4 | 64.4-68.3 | 2558 | 61.7 | 59.7-63.6 |
| RACE-ETHNICITY | | | | | | |
| Caucasian | 3164 | 71.6 | 69.9-73.3 | 2952 | 67.3 | 65.5-69.1 |
| African-American | 706 | 57.2 | 53.5-60.8 | 630 | 52.8 | 49.1-56.5 |
| Hispanic | 93 | 66.5 | 54.2-76.9 | 87 | 61.8 | 49.7-72.6 |
| Other | 134 | 63.9 | 54.9-72.1 | 126 | 62.1 | 53.1-70.3 |
| EDUCATION | | | | | | |
| Did not graduate HS | 284 | 45.3 | 40.4-50.4 | 219 | 35.5 | 30.7-40.6 |
| Graduated from HS | 1167 | 61.2 | 58.1-64.2 | 1048 | 57.2 | 54.0-60.2 |
| Attended college | 1131 | 69.5 | 66.5-72.4 | 1059 | 65.2 | 62.0-68.3 |
| Graduated college | 1538 | 78.3 | 75.5-80.8 | 1493 | 76.2 | 73.4-78.7 |
| HOUSEHOLD INCOME | | | | | | |
| <15,000 | 231 | 41.7 | 36.4-47.3 | 180 | 33.5 | 28.3-39.1 |
| 15,000-24,999 | 453 | 51.9 | 47.0-56.7 | 381 | 46.4 | 41.6-51.4 |
| 25,000-34,999 | 358 | 61.7 | 56.1-67.0 | 318 | 55.0 | 49.3-60.6 |
| 35,000-49,999 | 517 | 67.9 | 63.0-72.3 | 486 | 64.0 | 59.1-68.6 |
| 50,000 + | 1741 | 80.4 | 78.2-82.4 | 1693 | 77.7 | 75.4-79.9 |
| HEALTH INSURANCE | | | | | | |
| Insured | 3650 | 71.7 | 70.0-73.3 | 3409 | 67.7 | 66.0-69.3 |
| Uninsured | 470 | 47.1 | 42.8-51.4 | 411 | 42.4 | 38.2-46.8 |

* The proportion of Louisiana adults who reported visiting a dentist or dental clinic in the past five years.

** The proportion of Louisiana adults who reported having their teeth cleaned by a dentist or dental hygienist in the past five years.

Overweight and Obesity

OVERWEIGHT POPULATION STATISTICS FOR LOUISIANA

- Individuals aged 55-64 were the most likely to report being overweight.
- Over one-third of residents aged 25 and older reported being overweight.
- Almost 40 percent of males reported being overweight compared to almost 30 percent of females.
- Louisiana residents earning 50,000 and more reported the highest percentage (38.6) for being overweight, but the lowest percentage for obesity (25.0).

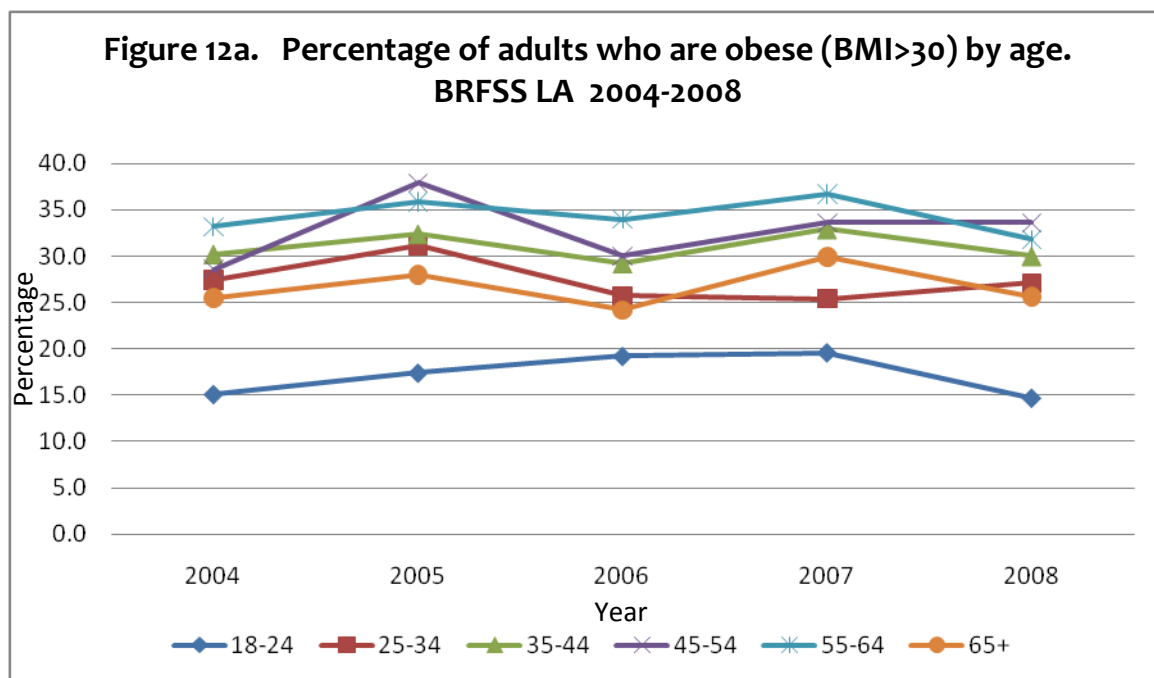
One out of every three Louisiana adults reported being overweight or obese.

OBESITY POPULATION STATISTICS FOR LOUISIANA

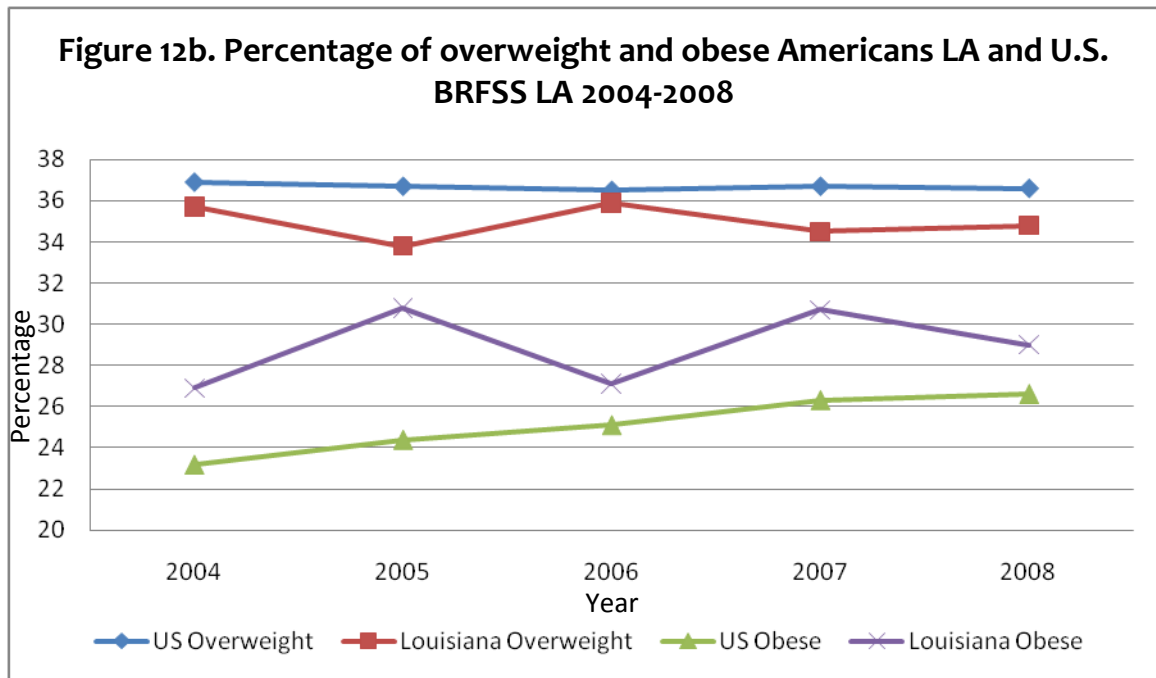
- With the exception of individuals aged 65 and older, the percentage of individuals who reported being obese increased with age.
- At 33.2 percent, African-Americans were more likely to report being obese than all other racial categories.
- In general, as income increased the prevalence of obesity decreased.

LOUISIANA OBESITY TRENDS

- Louisiana residents aged 18-24 reported the lowest levels of obesity over the past five years. (Figure 12a)
- The 55-64 age group reported the highest obesity levels in four of the last five years; the 45-54 age group reported the highest percentage of obesity in 2005. (Figure 12a)



- Prevalence of overweight Louisianans has consistently remained below the national average for the last five years (Figure 12b). However, Louisiana’s obesity prevalence has remained above the national average throughout the decade.



Louisiana ranks 13th highest among the U.S. states, Washington D.C., the U.S Virgin Islands, and Puerto Rico for prevalence of obesity.

Obesity is defined as having a body mass index (BMI) of 30 and above, which is calculated by dividing weight in kg by height in meters squared. Overweight is defined as having a BMI greater than or equal to 25.0 but less than 30.0. Obesity has increased dramatically in the United States over the last 25 years, from 15 percent in the late 1970’s to 32.9 percent in the early 2000’s (from NHANES, as cited in Centers for Disease Control and Prevention, [CDC], 2007).

This epidemic has a dramatic impact on society at large, due to the considerable medical costs that illnesses complicated and/or caused by obesity can incur (as cited in Healthy People 2010). Obesity produces an increasingly negative impact in the lives of those affected in that it raises the risk of developing illnesses that inevitably reduce both the quantity of productive years as well as quality of life (Healthy People 2010). According to the Centers for Disease Control and Prevention [CDC] (2007), obesity increases the risk chronic illnesses such as hypertension, type 2 diabetes, coronary heart disease (CHD), gall bladder disease and cancer.



Table 12a. Overweight and Obesity

| Demographic characteristics | Overweight* | | | Obese** | | |
|---|-------------|-------------|------------------|-------------|-------------|------------------|
| | Sample Size | % | 95% CI | Sample Size | % | 95% CI |
| Total | 2031 | 34.5 | 32.8-36.2 | 1748 | 27.6 | 26.1-29.1 |
| AGE | | | | | | |
| 18-24 | 67 | 23.7 | 18.5-29.8 | 44 | 14.7 | 10.6-20.1 |
| 25-34 | 195 | 31.8 | 27.7-36.3 | 165 | 27.1 | 23.1-31.5 |
| 35-44 | 285 | 35.2 | 31.4-39.3 | 254 | 30.0 | 26.4-33.8 |
| 45-54 | 454 | 34.3 | 31.4-37.4 | 444 | 33.6 | 20.7-36.7 |
| 55-64 | 499 | 37.2 | 34.3-40.2 | 438 | 31.8 | 29.0-34.8 |
| 65 and over | 531 | 34.9 | 32.1-37.7 | 403 | 25.6 | 23.1-28.3 |
| GENDER | | | | | | |
| Male | 863 | 39.2 | 36.6-42.0 | 614 | 29.8 | 27.3-32.4 |
| Female | 1168 | 27.4 | 25.7-29.2 | 1134 | 25.5 | 23.9-27.2 |
| RACE-ETHNICITY | | | | | | |
| Caucasian | 1502 | 34.2 | 32.4-36.0 | 1136 | 25.2 | 23.6-26.8 |
| African-American | 404 | 31.8 | 28.5-35.3 | 502 | 33.2 | 30.0-36.6 |
| Hispanic | 38 | 29.2 | 19.8-40.7 | 39 | 28.5 | 19.4-39.8 |
| Other | 74 | 31.0 | 23.8-39.2 | 48 | 24.5 | 16.9-34.0 |
| EDUCATION | | | | | | |
| Did not graduate HS | 198 | 29.4 | 25.1-34.1 | 236 | 31.0 | 26.7-35.6 |
| Graduated from HS | 632 | 31.9 | 29.1-34.8 | 601 | 29.8 | 27.1-32.7 |
| Attended college | 536 | 32.5 | 29.4-35.6 | 479 | 28.4 | 25.6-31.4 |
| Graduated college | 664 | 36.4 | 33.7-39.2 | 430 | 23.3 | 20.9-25.9 |
| HOUSEHOLD INCOME | | | | | | |
| <15,000 | 171 | 26.1 | 21.8-30.9 | 211 | 32.4 | 27.7-37.5 |
| 15,000-24,999 | 255 | 29.4 | 25.2-33.9 | 289 | 31.5 | 27.4-35.9 |
| 25,000-34,999 | 207 | 33.7 | 28.7-39 | 172 | 28.0 | 23.3-33.3 |
| 35,000-49,999 | 235 | 29.8 | 25.7-34.3 | 250 | 35.6 | 30.9-40.6 |
| 50,000 + | 782 | 38.6 | 36.0-41.3 | 522 | 25.0 | 22.7-30.6 |
| HEALTH INSURANCE | | | | | | |
| Insured | 1695 | 33.4 | 31.7-35.2 | 1435 | 27.8 | 26.2-29.3 |
| Uninsured | 327 | 31.2 | 27.5-35.3 | 307 | 27.5 | 24.1-31.3 |
| * 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. | | | | | | |

Alcohol Consumption

HAD ONE DRINK IN THE LAST 30 DAYS*

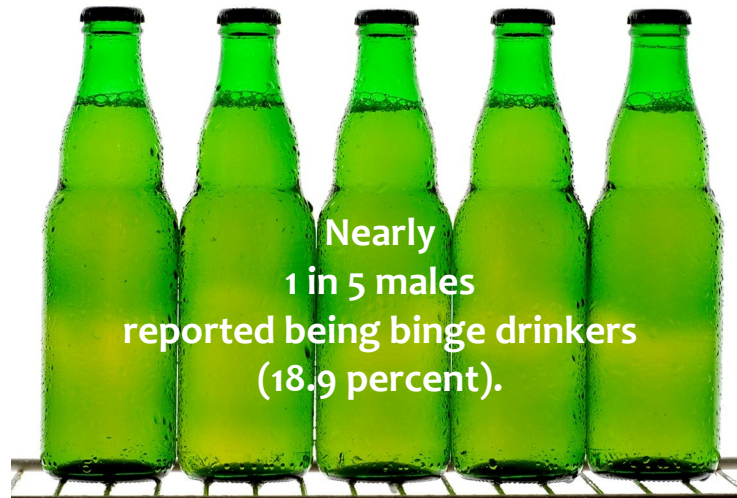
- Almost half of Louisiana adults reported having had a drink in the past 30 days (46.4 percent).
- The 25-34 year old age group led all three alcohol consumption categories (1 drink in the past 30 days, heavy drinking, and binge drinking).
- College graduates were most likely to have consumed an alcoholic beverage in the past 30 days (59.2 percent).
- The proportion of those that had consumed one drink in the past 30 days decreased with increasing age.

HEAVY DRINKING**

- Less than 5 percent of Louisiana adults consumed more than two drinks per day (4.5 percent).
- Residents aged 25-34 years old were more likely to report heavy drinking compared to all other age categories.
- The proportion of males that consume more than two drinks per day was almost double that of females (5.9 percent compared to 3.3 percent).
- As age increased, the proportion of those consuming more than two drinks per day decreased.

BINGE DRINKING***

- Among Louisiana adults, 13 percent participated in binge drinking.
- Younger adults aged 18-34 were most likely to report binge drinking.
- Respondents who graduated from high school, attended college and/or graduated from college were twice as likely to binge drink.



LOUISIANA BINGE DRINKING TRENDS

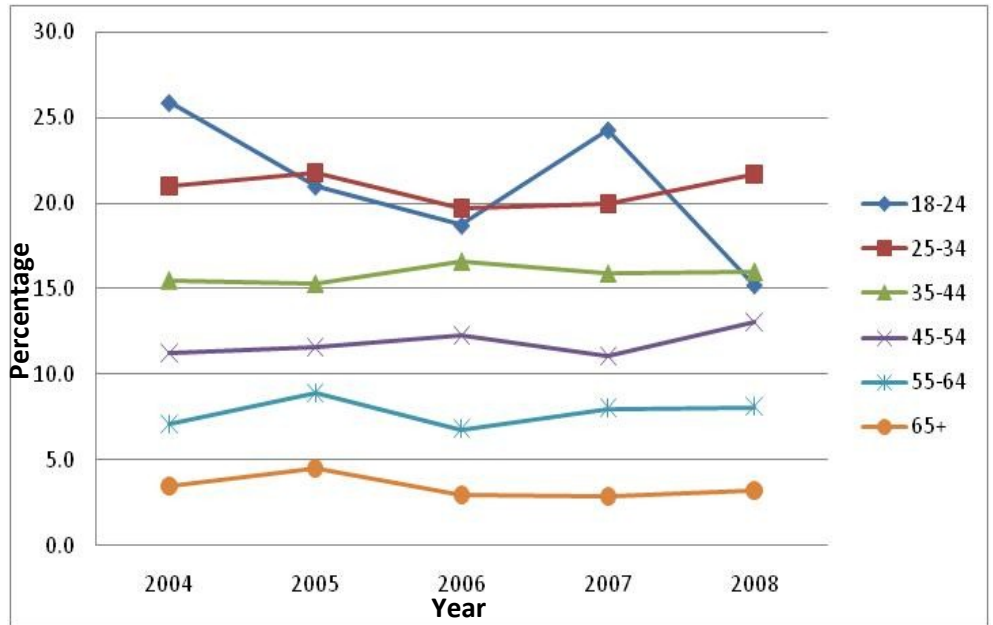
- The rates of binge drinking by age group remained relatively stable between 2004 and 2008. However, with the exception of 2007, there has been a steady decrease in the number of binge drinkers in the 18-24 age group (Figure 13a).
- In general, over the last five years, as age increased Louisiana residents engaging in binge drinking decreased (Figure 13a).

ALCOHOL CONSUMPTION

Alcohol use contributes to approximately 100,000 deaths in the United States each year (as cited in *Healthy People 2010, 2000*). In the United States, more than 12 percent of residents binge drink at least once a week, meaning they consume at least five drinks in one sitting (*Healthy People 2010, 2000*). Alcohol consumption in excess is a risk factor for a multitude of health concerns including, heart disease, cancer and cirrhosis of the liver.



Figure 13a. The percentage of adults who participated in binge drinking by age. BRFSS LA 2004-2008



Louisiana ranks 40th among the U.S. states, Washington D.C., the U.S Virgin Islands, and Puerto Rico for prevalence of binge drinking (Figure 13b).

*The proportion of Louisiana adults who reported consuming at least one drink in last 30 days.
 ** The proportion of Louisiana adults who reported consuming two or more drinks per day for men and one or more for women.
 *** The proportion of Louisiana adults who reported consuming five or more drinks for men and four or more drinks for women per occasion at least once in the previous month.

Figure 13b. The percentage of adults who participated in binge drinking nationally. BRFSS LA 2008



Table 13a. Alcohol Consumption

| Demographic characteristics | At Least One Drink Last 30 Days* | | | Heavy Drinking** | | | Binge Drinking*** | | |
|-----------------------------|----------------------------------|-------------|------------------|------------------|------------|----------------|-------------------|-------------|------------------|
| | Sample Size | % | 95% CI | Sample Size | % | 95% CI | Sample Size | % | 95% CI |
| Total | 6167 | 46.4 | 44.7-48.1 | 6182 | 4.5 | 3.9-5.3 | 6182 | 13.0 | 11.8-14.3 |
| AGE | | | | | | | | | |
| 18-24 | 277 | 41.9 | 35.4-48.8 | 277 | 4.7 | 2.6-8.5 | 277 | 15.2 | 11.0-20.7 |
| 25-34 | 639 | 61.0 | 56.6-65.4 | 641 | 5.7 | 3.9-8.1 | 641 | 21.7 | 17.9-25.9 |
| 35-44 | 902 | 57.5 | 53.5-61.4 | 904 | 5.2 | 3.8-7.1 | 904 | 16.0 | 13.3-19.2 |
| 45-54 | 1369 | 47.1 | 44.0-50.3 | 1372 | 5.4 | 4.2-6.9 | 1372 | 13.1 | 11.1-15.4 |
| 55-64 | 1379 | 39.0 | 36.1-42.1 | 1383 | 3.3 | 2.4-4.5 | 1383 | 8.1 | 6.5-10.0 |
| 65 and over | 1601 | 28.6 | 26.0-31.3 | 1605 | 2.6 | 1.9-3.7 | 1605 | 3.2 | 2.4-4.4 |
| GENDER | | | | | | | | | |
| Male | 2031 | 56.1 | 53.4-58.9 | 2038 | 5.9 | 4.7-7.3 | 2038 | 18.9 | 16.7-21.2 |
| Female | 4136 | 37.4 | 35.5-39.4 | 4144 | 3.3 | 2.7-4.0 | 4144 | 7.7 | 6.7-8.8 |
| RACE-ETHNICITY | | | | | | | | | |
| Caucasian | 4460 | 50.8 | 48.9-52.7 | 4469 | 5.6 | 4.8-6.7 | 4469 | 14.9 | 13.5-16.5 |
| African-American | 1289 | 35.9 | 32.3-39.7 | 1294 | 2.3 | 1.5-3.5 | 1294 | 8.9 | 6.9-11.5 |
| Hispanic | 136 | 52.0 | 41.0-63.3 | 136 | 2.3 | .8-6.4 | 136 | 10.2 | 5.4-18.2 |
| Other | 209 | 45.0 | 36.1-54.1 | 210 | 4.6 | 2.0-10.5 | 210 | 14.9 | 8.4-25.1 |
| EDUCATION | | | | | | | | | |
| Did not graduate HS | 669 | 27.2 | 22.7-32.3 | 670 | 3.7 | 2.1-6.2 | 670 | 7.5 | 5.1-10.7 |
| Graduated from HS | 1924 | 39.6 | 36.4-42.8 | 1930 | 4.5 | 3.4-5.9 | 1930 | 12.6 | 10.4-15.2 |
| Attended college | 1651 | 47.7 | 44.4-51.1 | 1654 | 5.3 | 3.9-7.0 | 1654 | 13.7 | 11.5-16.2 |
| Graduated college | 1900 | 59.2 | 56.4-62.0 | 1904 | 4.3 | 3.3-5.6 | 1904 | 14.9 | 12.8-17.2 |
| HOUSEHOLD INCOME | | | | | | | | | |
| <15,000 | 591 | 29.9 | 24.7-35.8 | 591 | 4.3 | 2.0-8.8 | 591 | 10.4 | 6.8-15.5 |
| 15,000-24,999 | 849 | 33.4 | 28.8-38.3 | 850 | 3.1 | 1.9-5.3 | 850 | 11.2 | 8.1-15.3 |
| 25,000-34,999 | 585 | 40.6 | 35.0-46.4 | 586 | 5.0 | 3.1-7.8 | 586 | 12.5 | 8.9-17.2 |
| 35,000-49,999 | 745 | 46.6 | 41.7-51.6 | 746 | 4.6 | 3.1-6.8 | 746 | 13.3 | 9.9-17.6 |
| 50,000 + | 2131 | 62.8 | 60.3-65.3 | 2136 | 6.4 | 5.3-7.9 | 2136 | 17.4 | 15.3-19.6 |
| HEALTH INSURANCE | | | | | | | | | |
| Insured | 5142 | 46.9 | 45.0-48.7 | 5153 | 4.7 | 4.1-5.6 | 5153 | 12.7 | 11.4-14.1 |
| Uninsured | 997 | 45.2 | 40.9-49.6 | 1000 | 3.4 | 2.2-5.2 | 1000 | 14.4 | 11.5-17.8 |

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

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

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

Emotional Support & Life Satisfaction

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

- Of adults surveyed, 7.8 percent reported that they rarely or never get the emotional support they need.
- Among racial/ethnic categories, African Americans (9.9 percent) and Hispanics (9.8 percent) reported they rarely or never received the emotional support they needed.
- At 11 percent, those 65 or older reported the lowest percentage of individuals receiving the emotional support they needed.
- Those who did not graduate from high school were almost three times as likely to report that they did not receive the emotional support needed than college graduates (14.3 percent vs. 4.8 percent).

ADULTS THAT ARE RARELY/NEVER SATISFIED WITH THEIR LIVES

- Only 4.1 percent of Louisiana adults reported that they are rarely or never satisfied with their lives.
- Adults of Asian, Native American, Pacific Islander, and Multiracial decent were least likely to report poor life satisfaction (1.8 percent).
- Life satisfaction increased with higher educational levels.
- Those without health insurance reported less life satisfaction (7.2 percent) than those with health insurance (3.4 percent).

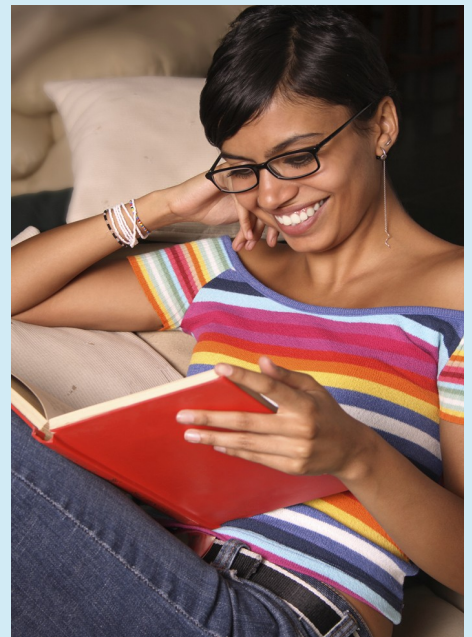


Table 14a. Emotional Support and Life Satisfaction

| Demographic characteristics | Insufficient Emotional Support* | | | Poor Life Satisfaction** | | |
|--|---------------------------------|------------|----------------|--------------------------|------------|----------------|
| | Sample Size | % | 95% CI | Sample Size | % | 95% CI |
| Total | 513 | 7.8 | 7.0-8.7 | 303 | 4.1 | 3.6-4.7 |
| AGE | | | | | | |
| 18-24 | 19 | 7.6 | 4.7-12.2 | 9 | 2.1 | 1.0-4.3 |
| 25-34 | 33 | 3.7 | 2.6-5.4 | 34 | 4.3 | 3.0-6.2 |
| 35-44 | 54 | 6.2 | 4.5-8.5 | 37 | 4.0 | 2.7-5.9 |
| 45-54 | 122 | 9.2 | 7.5-11.2 | 104 | 6.7 | 5.3-8.2 |
| 55-64 | 125 | 9.3 | 7.6-11.3 | 63 | 3.9 | 3.0-5.1 |
| 65 and over | 160 | 11.0 | 9.2-13.1 | 56 | 3.2 | 2.4-4.2 |
| GENDER | | | | | | |
| Male | 215 | 8.6 | 7.2-10.1 | 93 | 3.5 | 2.7-4.4 |
| Female | 298 | 7.1 | 6.1-8.2 | 210 | 4.7 | 4.0-5.6 |
| RACE-ETHNICITY | | | | | | |
| Caucasian | 319 | 6.8 | 5.9-7.8 | 200 | 3.8 | 3.2-4.5 |
| African-American | 150 | 9.9 | 7.9-12.2 | 83 | 4.9 | 3.8-6.3 |
| Hispanic | 18 | 9.8 | 5.4-16.9 | 9 | 6.7 | 3.1-13.8 |
| Other | 15 | 5.6 | 3.3-9.6 | 7 | 1.8 | .7-4.0 |
| EDUCATION | | | | | | |
| Did not graduate HS | 103 | 14.3 | 11.4-17.8 | 46 | 7.3 | 5.0-10.5 |
| Graduated from HS | 204 | 10.5 | 8.7-12.6 | 109 | 4.4 | 3.5-5.4 |
| Attended college | 111 | 5.4 | 4.3-6.8 | 88 | 4.2 | 3.3-5.4 |
| Graduated college | 93 | 4.8 | 3.7-6.2 | 60 | 2.7 | 2.0-3.8 |
| HOUSEHOLD INCOME | | | | | | |
| <15,000 | 97 | 15.3 | 12.1-19.3 | 82 | 11.8 | 9.0-15.3 |
| 15,000-24,999 | 106 | 11.9 | 9.2-15.3 | 64 | 5.7 | 4.3-7.5 |
| 25,000-34,999 | 59 | 9.5 | 7.0-12.9 | 24 | 4.5 | 2.7-7.6 |
| 35,000-49,999 | 43 | 4.9 | 3.3-7.2 | 28 | 3.1 | 2.0-4.8 |
| 50,000 + | 94 | 4.6 | 3.6-6.0 | 53 | 2.1 | 1.5-2.8 |
| HEALTH INSURANCE | | | | | | |
| Insured | 381 | 7.3 | 6.4-8.3 | 203 | 3.4 | 2.9-4.1 |
| Uninsured | 131 | 10.2 | 8.3-12.5 | 100 | 7.2 | 5.6-9.2 |
| * Louisiana adults who rarely/never receive the emotional support they need. | | | | | | |
| ** Louisiana adults who are rarely/never satisfied with their lives. | | | | | | |

Disability

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

- About 21 percent of Louisiana adults reported being limited in activities in some way because of their physical, mental or emotional problems (20 percent).
- Hispanics (29.7 percent) 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 age.
- The highest rate of activity limitations reported was among the 65+ age group (32.6 percent), followed closely by those aged 55-64 (29.8 percent).
- At 21.7 percent, females are slightly more likely to report activity limitations than males (19.9 percent).
- The highest rate of reported activity limitations was among individuals whose incomes are less than \$15,000 a year (40.4 percent).

USE OF SPECIAL EQUIPMENT AS A RESULT OF DISABILITY**

- An estimated 8.1 percent of Louisiana adults reported having a 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.
- Residents who earn less than \$15,000 per year (22.6 percent) and individuals who did not graduate from high school (18 percent) report the highest rates of using special equipment.

PREVALENCE OF 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 (35 percent) and those who make less than \$15,000 a year (40.4 percent).

LOUISIANA DISABILITY TRENDS

- Over the last five years, the 65 and older age group reported the highest levels of disability (Figure 15a).



20.8%

Of Louisiana adults reported having a disability.

* 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 ranks 24th among the U.S. states, Washington D.C., the U.S Virgin Islands, and Puerto Rico for percentage of residents who report being limited in their activities by disability (Figure 15b).

Louisiana ranks 15th among the U.S. states, Washington D.C., the U.S Virgin Islands, and Puerto Rico for percentage of residents reporting requiring special equipment such as a cane, wheelchair, special bed or special telephone due to disability.

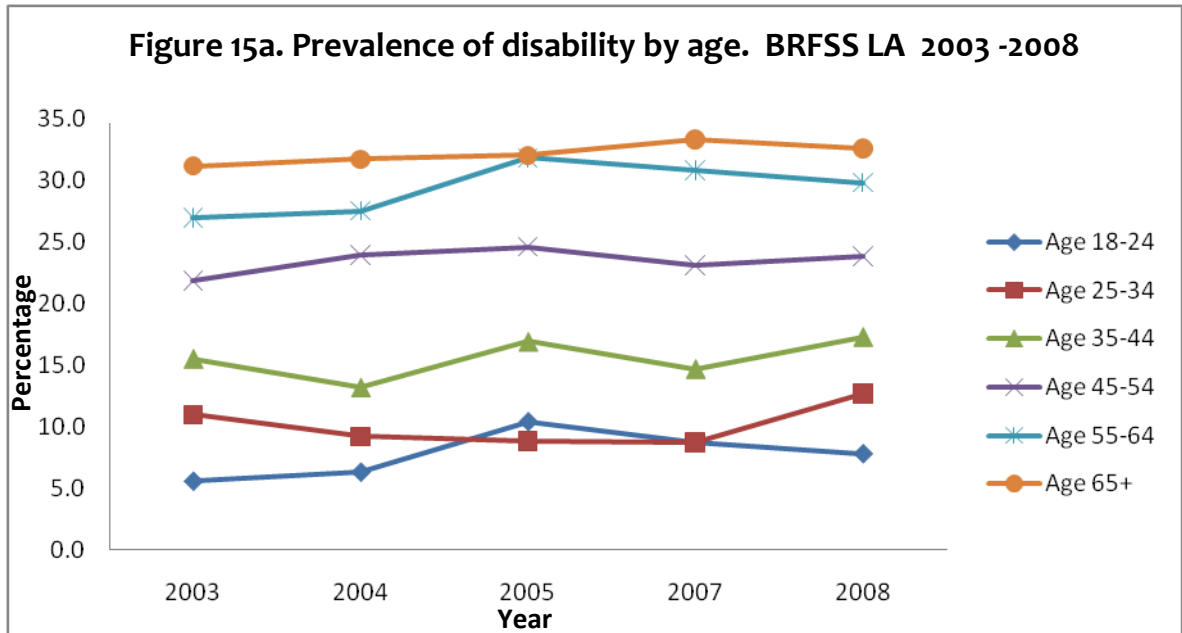


Figure 15b. The percentage of adults who are limited in any activities because of physical, mental, or emotional problems. BRFSS LA 2008

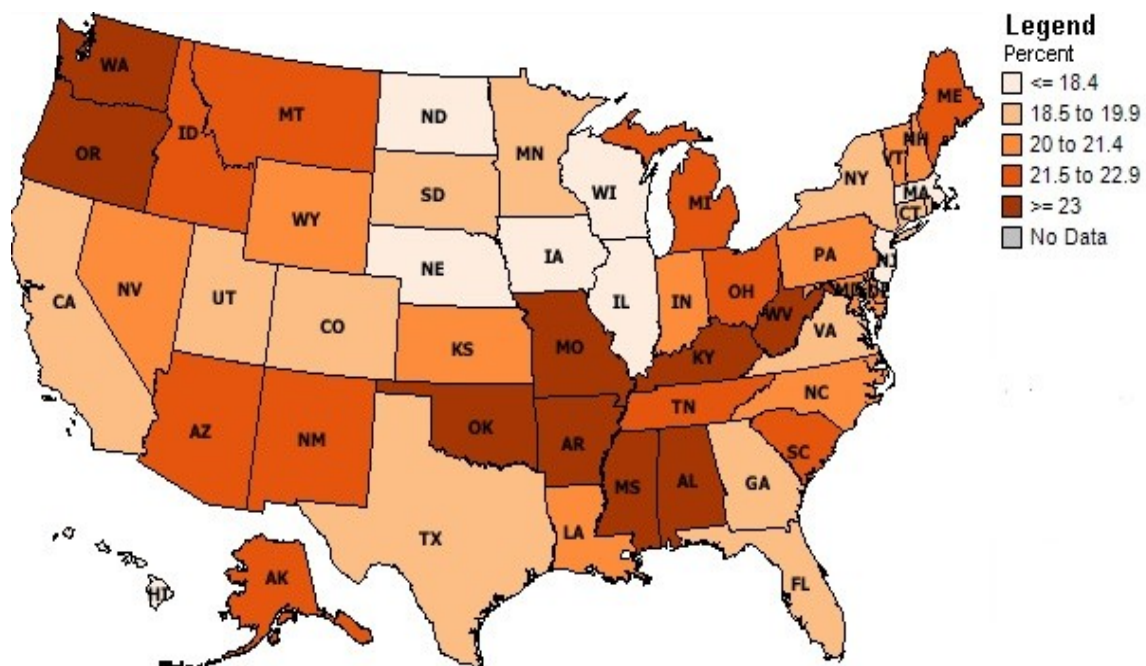


Table 15a. Disability

| Demographic characteristics | Limited by physical, mental, or emotional problems* | | | Reported requiring the use of special equipment as a result of disability** | | |
|-----------------------------|---|-------------|------------------|---|------------|----------------|
| | Sample Size | % | 95% CI | Sample Size | % | 95% CI |
| Total | 1536 | 20.8 | 19.6-22.1 | 636 | 8.1 | 7.4-9.0 |
| AGE | | | | | | |
| 18-24 | 24 | 7.8 | 4.9-12.3 | 6 | 1.8 | .7-4.4 |
| 25-34 | 78 | 12.7 | 9.7-16.3 | 21 | 3.7 | 2.2-6.0 |
| 35-44 | 155 | 17.3 | 14.5-20.4 | 48 | 5.3 | 3.8-7.2 |
| 45-54 | 331 | 23.8 | 21.2-26.6 | 102 | 8.1 | 6.5-10.0 |
| 55-64 | 417 | 29.8 | 27.0-32.7 | 167 | 12.4 | 10.4-14.8 |
| 65 and over | 531 | 32.6 | 30.0-35.3 | 292 | 17.5 | 15.5-19.7 |
| GENDER | | | | | | |
| Male | 480 | 19.9 | 17.9-22.1 | 199 | 8.2 | 7.0-9.6 |
| Female | 1056 | 21.7 | 20.2-23.2 | 437 | 8.1 | 7.3-9.0 |
| RACE-ETHNICITY | | | | | | |
| Caucasian | 1111 | 21.4 | 20.0-22.9 | 437 | 8.0 | 7.1-9.0 |
| African-American | 307 | 18.1 | 15.8-20.7 | 146 | 8.1 | 6.6-10.0 |
| Hispanic | 37 | 29.7 | 19.9-41.9 | 12 | 7.7 | 3.9-14.6 |
| Other | 59 | 22.3 | 16.3-29.6 | 31 | 10.0 | 6.6-14.8 |
| EDUCATION | | | | | | |
| Did not graduate HS | 252 | 35.0 | 30.4-39.8 | 141 | 18.0 | 14.8-21.7 |
| Graduated from HS | 510 | 21.3 | 19.2-23.8 | 224 | 8.9 | 7.6-10.5 |
| Attended college | 418 | 19.1 | 17.1-21.4 | 156 | 7.2 | 5.8-8.8 |
| Graduated college | 352 | 16.8 | 14.7-19.1 | 114 | 4.8 | 3.9-6.0 |
| HOUSEHOLD INCOME | | | | | | |
| <15,000 | 279 | 40.4 | 35.4-45.6 | 154 | 22.6 | 18.7-27.2 |
| 15,000-24,999 | 265 | 25.2 | 21.6-29.1 | 131 | 11.5 | 9.3-14.2 |
| 25,000-34,999 | 165 | 26.0 | 21.5-31.1 | 58 | 7.9 | 5.7-10.9 |
| 35,000-49,999 | 166 | 18.3 | 15.2-22.1 | 41 | 5.7 | 3.8-8.6 |
| 50,000 + | 335 | 13.6 | 12.1-15.3 | 100 | 3.7 | 3.0-4.6 |
| HEALTH INSURANCE | | | | | | |
| Insured | 1266 | 20.9 | 19.5-22.3 | 548 | 8.8 | 7.9-9.7 |
| Uninsured | 266 | 21.3 | 18.2-24.8 | 87 | 6.0 | 4.5-7.9 |

* 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).

Women's Health

PAP TEST*

- Three out of every four Louisiana women had a PAP test within the last three years.
- Hispanic women were the least likely of all age groups to have a PAP test (58.9 percent).
- 87.5 percent of those earning \$50,000 or more stated they had received a PAP test versus 64.2 percent of those earning \$15,000 or less.

Louisiana ranks 50th among the U.S. states, Washington D.C., the U.S. Virgin Islands, and Puerto Rico for those respondents reporting having a PAP test in the last three years (figure 16a).

HYSTERECTOMY**

- Twenty eight percent of Louisiana women have had a hysterectomy.
- As age increased, so did the rate of hysterectomies, from 1.4 percent of 18-24 year olds to 53.9 percent of those aged 65 and over.
- Women with health insurance reported a slightly higher hysterectomy rate at 29.9 percent than those without coverage (23.8 percent).

BREAST HEALTH

40+ Mammogram***

- Of women aged 35-44, 62.9 percent received a mammogram in the past two years. This statistic increased as women aged with 76 percent of women aged 65 and over receiving one.
- Women with insurance were 20 percent more likely to receive a mammogram than those without.
- African-American women were more likely to have a mammogram (75.1 percent) than any other ethnic group (figure 16b).

* The proportion of Louisiana women reported having a Peroxidase-Antiperoxidase test in the past three years.

**The proportion of Louisiana women reported having a hysterectomy.

*** The proportion of Louisiana women over the age of 40 who reported receiving a mammogram in the past two years.

The Importance of a PAP test

Cervical cancer used to be the leading cause of cancer death for women in the United States. However, in the past 40 years, the number of cases of cervical cancer and the number of deaths from cervical cancer have decreased significantly. This decline largely is the result of many women getting regular Pap tests, which can find cervical pre-cancer before it turns into cancer.

Cervical cancer is the easiest female cancer to prevent, with regular PAP tests and follow-up. It also is highly curable when found and treated early.

<http://www.cdc.gov/cancer/cervical/statistics/index.htm>



Louisiana ranks 24th highest among the U.S. states, Washington D.C., the U.S Virgin Islands, and Puerto Rico for prevalence of women 40+ who reported receiving a mammogram in the last two years.

Physical Breast Exam*

- Nearly four out of every five women received a physical breast exam.
- Of high-income earners, 88.7 percent reported receiving a physical breast exam compared to 71.1 percent of women earning 15,000 or less per year.

*The proportion of Louisiana women who reported ever receiving a physical breast exam.

Figure 16a. Women aged 18+ who have had a PAP test within the past three years. BRFSS LA 2008

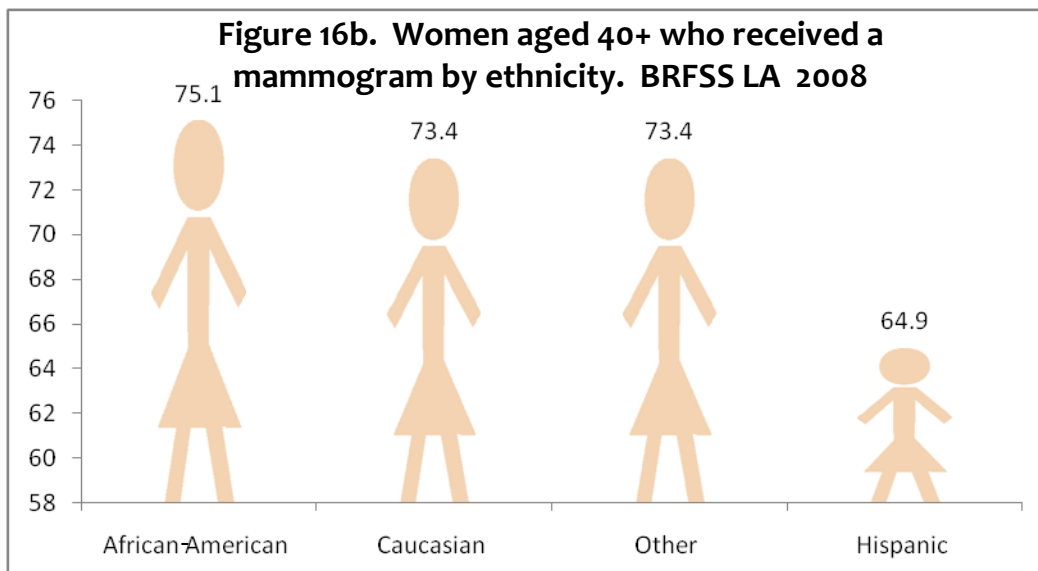
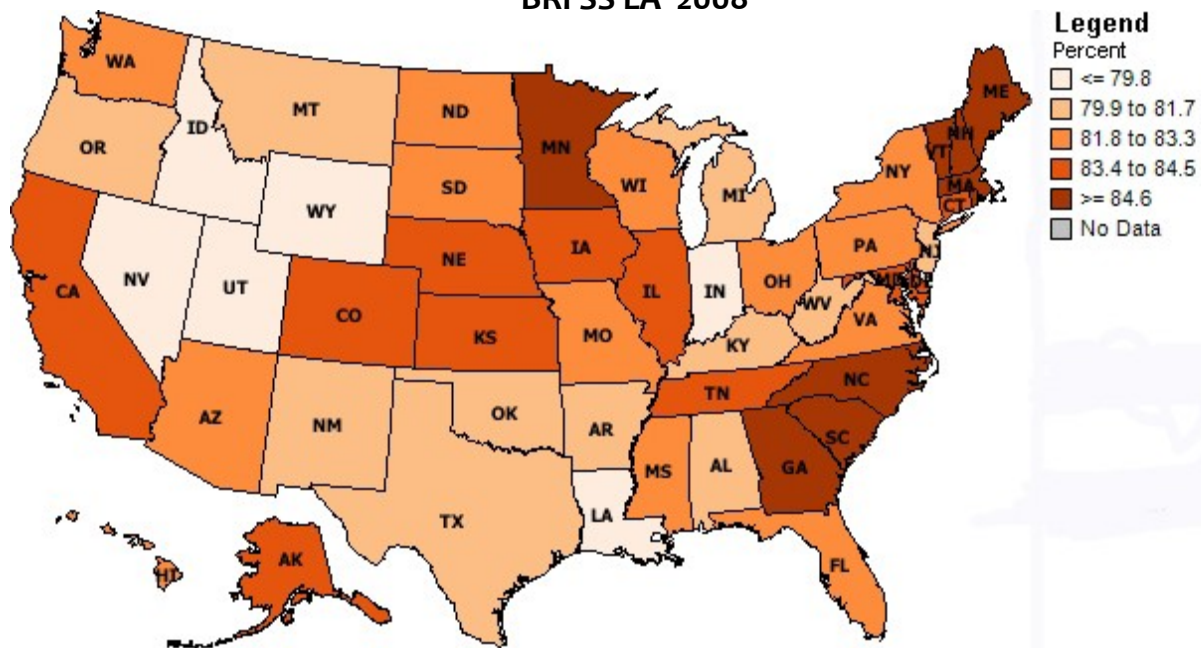


Table 16a. Women's Health

| Demographic characteristics | PAP test* | | | Hysterectomy** | | |
|---|-------------|-------------|------------------|----------------|-------------|------------------|
| | Sample Size | % | 95% CI | Sample Size | % | 95% CI |
| Total | 1943 | 74.4 | 71.9-76.7 | 1506 | 28.4 | 26.9-30.1 |
| AGE | | | | | | |
| 18-24 | 104 | 63.8 | 54.8-71.9 | 1 | 1.4 | .2-8.9 |
| 25-34 | 346 | 84.4 | 79.3-88.4 | 22 | 4.0 | 2.6-6.2 |
| 35-44 | 425 | 81.6 | 76.8-85.7 | 104 | 18.4 | 15.0-22.4 |
| 45-54 | 452 | 77.3 | 73.2-81.0 | 324 | 36.1 | 32.7-39.8 |
| 55-64 | 344 | 72.7 | 68.0-77.0 | 430 | 48.0 | 44.4-51.7 |
| 65 and over | 272 | 57.2 | 52.0-62.2 | 625 | 53.9 | 50.5-57.3 |
| RACE-ETHNICITY | | | | | | |
| Caucasian | 1380 | 77.8 | 75.2-80.2 | 1147 | 31.7 | 29.8-33.7 |
| African-American | 445 | 70.7 | 65.4-75.5 | 276 | 22.2 | 19.3-25.4 |
| Hispanic | 37 | 58.9 | 39.6-75.8 | 28 | 23.4 | 14.7-35.1 |
| Other | 58 | 68.1 | 54.7-79.0 | 40 | 24.9 | 17.4-34.4 |
| EDUCATION | | | | | | |
| Did not graduate HS | 146 | 56.3 | 48.6-63.8 | 207 | 37.0 | 31.9-42.4 |
| Graduated from HS | 497 | 67.1 | 61.9-71.9 | 568 | 33.8 | 30.7-37.1 |
| Attended college | 554 | 75.3 | 70.5-79.5 | 402 | 26.2 | 23.3-29.2 |
| Graduated college | 740 | 86.8 | 83.9-89.2 | 322 | 21.1 | 18.7-23.7 |
| HOUSEHOLD INCOME | | | | | | |
| <15,000 | 160 | 64.2 | 55.3-72.2 | 188 | 34.3 | 29.0-40.0 |
| 15,000-24,999 | 226 | 67.2 | 59.5-74.0 | 283 | 34.5 | 30.1-39.1 |
| 25,000-34,999 | 177 | 67.8 | 59.4-75.2 | 149 | 28.8 | 23.8-34.2 |
| 35,000-49,999 | 232 | 75.2 | 68.7-80.8 | 182 | 29.9 | 25.2-35.1 |
| 50,000 + | 776 | 87.5 | 84.6-90.0 | 358 | 22.1 | 19.7-24.6 |
| HEALTH INSURANCE | | | | | | |
| Insured | 1646 | 77.8 | 75.2-80.1 | 1291 | 29.9 | 28.1-31.7 |
| Uninsured | 290 | 64.5 | 58.4-70.1 | 214 | 23.8 | 20.3-27.6 |
| * The proportion of Louisiana women reported having a Peroxidase-Antiperoxidase test in the past three years. | | | | | | |
| ** The proportion of Louisiana women reported having a hysterectomy. | | | | | | |

Table 16b. Women's Breast Health

| Demographic characteristics | 40+ Mammogram* | | | 50+ Mammogram** | | | Physical Breast Exam*** | | |
|-----------------------------|----------------|-------------|------------------|-----------------|-------------|------------------|-------------------------|-------------|------------------|
| | Sample Size | % | 95% CI | Sample Size | % | 95% CI | Sample Size | % | 95% CI |
| Total | 2435 | 73.4 | 71.5-75.2 | 1904 | 76.0 | 71.0-77.6 | 3388 | 78.6 | 76.7-80.4 |
| AGE | | | | | | | | | |
| 18-24 | | | | | | | 89 | 56.3 | 47.4-64.8 |
| 25-34 | | | | | | | 331 | 76.8 | 71.4-81.4 |
| 35-44 | 217 | 62.9 | 56.6-68.8 | | | | 518 | 84.6 | 80.9-87.8 |
| 45-54 | 666 | 72.6 | 69.2-75.8 | 352 | 72.7 | 67.9-77.0 | 781 | 85.1 | 82.2-87.6 |
| 55-64 | 708 | 78.1 | 74.9-80.9 | 708 | 78.1 | 74.9-80.9 | 778 | 85.7 | 82.8-88.1 |
| 65 and over | 844 | 76.0 | 73.1-78.8 | 844 | 76.0 | 73.1-78.8 | 891 | 78.3 | 5.1-81.1 |
| RACE-ETHNICITY | | | | | | | | | |
| Caucasian | 1783 | 73.4 | 71.4-75.4 | 1407 | 76.5 | 74.3-78.5 | 2501 | 82.6 | 80.6-84.3 |
| African-American | 510 | 75.1 | 70.8-78.9 | 382 | 77.5 | 72.3-81.6 | 691 | 71.9 | 67.4-76.1 |
| Hispanic | 42 | 64.9 | 47.0-79.4 | 33 | 68.6 | 52-81.5 | 64 | 71.7 | 54.1-84.5 |
| Other | 74 | 73.4 | 62.8-81.8 | 59 | 70.7 | 59.0-80.2 | 98 | 73.1 | 62.3-81.7 |
| EDUCATION | | | | | | | | | |
| Did not graduate HS | 284 | 65.9 | 60.0-71.4 | 260 | 71.5 | 65.9-76.5 | 322 | 65.1 | 59.3-70.5 |
| Graduated from HS | 815 | 73.4 | 70.2-76.4 | 653 | 74.6 | 71.1-77.8 | 1038 | 74.8 | 71.0-78.3 |
| Attended college | 645 | 74.0 | 70.4-77.3 | 493 | 77.4 | 73.6-80.8 | 972 | 81.3 | 77.4-84.6 |
| Graduated college | 681 | 76.7 | 73.3-79.8 | 489 | 79.9 | 76.1-83.3 | 1044 | 86.1 | 83.4-88.3 |
| HOUSEHOLD INCOME | | | | | | | | | |
| <15,000 | 251 | 67.1 | 61.1-72.5 | 208 | 69.9 | 63.5-75.6 | 327 | 71.1 | 64.6-76.8 |
| 15,000-24,999 | 365 | 71.0 | 66.1-75.4 | 311 | 73.6 | 68.3-78.2 | 475 | 73.1 | 67.6-78.0 |
| 25,000-34,999 | 246 | 67.3 | 60.2-73.6 | 207 | 72.1 | 64.8-78.4 | 327 | 73.4 | 66.1-79.8 |
| 35,000-49,999 | 282 | 76.7 | 71.4-81.2 | 223 | 79.2 | 73.3-84.0 | 412 | 77.8 | 71.9-82.7 |
| 50,000 + | 738 | 79.8 | 76.5-82.6 | 501 | 86.3 | 83.2-89.0 | 1124 | 88.7 | 86.3-90.8 |
| HEALTH INSURANCE | | | | | | | | | |
| Insured | 2137 | 76.8 | 74.9-78.6 | 1679 | 78.1 | 76.0-80.0 | 2894 | 81.6 | 79.7-83.4 |
| Uninsured | 294 | 56.9 | 51.6-62.0 | 222 | 65.0 | 59.0-70.6 | 481 | 67.0 | 61.8-71.9 |

* The proportion of Louisiana women over the age of 40 who reported receiving a mammogram in the past two years.

** The proportion of Louisiana women over the age of 50 who reported receiving a mammogram in the past two years.

*** The proportion of Louisiana women who reported ever receiving a physical breast exam.

Table 17a. Men's Health

| Demographic characteristics | PSA in the past 2 years* | | | Prostate Cancer Diagnosis** | | |
|--|--------------------------|-------------|------------------|-----------------------------|-------------|----------------|
| | Sample Size | % | 95% CI | Sample Size | % | 95% CI |
| Total | 788 | 46.9 | 44.0-49.8 | 113 | 64.6 | 5.2-8.0 |
| AGE | | | | | | |
| 35-44 | 35 | 21.6 | 15.4-29.4 | 1 | .03 | .004-.19 |
| 45-54 | 182 | 39.1 | 34.2-44.3 | 18 | 4.3 | 2.5-7.4 |
| 55-64 | 269 | 57.7 | 52.5-62.7 | 27 | 5.0 | 3.3-7.5 |
| 65 and over | 302 | 63.1 | 58.2-67.9 | 67 | 15.0 | 11.5-19.4 |
| RACE-ETHNICITY | | | | | | |
| Caucasian | 608 | 48.8 | 45.5-52 | 76 | 5.5 | 4.2-7.0 |
| African-American | 126 | 41.4 | 35.0-48.1 | 26 | 8.2 | 5.2-12.8 |
| Hispanic | 12 | 38.0 | 21.5-57.9 | 4 | 12.1 | 4.2-30.0 |
| Other | 33 | 53.9 | 39.3-67.9 | 6 | 9.0 | 3.4-12.8 |
| EDUCATION | | | | | | |
| Did not graduate HS | 58 | 35.5 | 27.3-44.7 | 12 | 7.6 | 4.1-13.7 |
| Graduated from HS | 198 | 38.9 | 34.0-44.1 | 32 | 5.6 | 3.7-8.4 |
| Attended college | 196 | 48.9 | 43.1-54.6 | 37 | 8.4 | 5.8-12.1 |
| Graduated college | 334 | 56.1 | 51.1-60.9 | 31 | 5.5 | 3.6-8.5 |
| HOUSEHOLD INCOME | | | | | | |
| <15,000 | 39 | 30.8 | 22.2-41.1 | 11 | 9.6 | 4.8-18.1 |
| 15,000-24,999 | 76 | 39.2 | 31.0-48.1 | 11 | 6.3 | 2.9-13.3 |
| 25,000-34,999 | 73 | 48.1 | 39.1-57.2 | 13 | 8.9 | 4.9-15.7 |
| 35,000-49,999 | 93 | 42.7 | 34.9-51.0 | 17 | 6.1 | 3.7-10.1 |
| 50,000 + | 397 | 54.9 | 51.0-59.1 | 48 | 5.7 | 4.1-7.8 |
| HEALTH INSURANCE | | | | | | |
| Insured | 727 | 52 | 48.9-55.2 | 101 | 7.1 | 5.7-8.9 |
| Uninsured | 59 | 21.1 | 16-27.2 | 12 | 3.3 | 1.8-6.2 |
| * The proportion of Louisiana men, 40 years old and older, who reported having a Prostate-Specific Antigen test in the past two years. | | | | | | |
| ** The proportion of Louisiana men, 40 years old and older, who reported that they had ever been diagnosed with prostate cancer. | | | | | | |

Physical & Mental Well-being

PHYSICAL HEALTH*

- One-third of Louisiana’s population indicated their physical health was not good in past 30 days.
- Overall, age was not an influencing factor in the occurrence of poor physical health (figure 18a).
- Females (35.3 percent) reported a slightly higher incidence of poor physical health than males (29.7 percent).
- The percentage of residents indicating poor physical health decreased as education and income levels increased.
- Those without health insurance were 5.7 percent more likely to report poor physical health than those who are insured.

MENTAL HEALTH**

- For the most part, as age and income increased, the percentage of respondents reporting poor mental health decreased (figure 18a).
- The Hispanic population reported the highest prevalence of poor mental health (37.9 percent), a 17.5 percent point increase over the African-American population (25.4 percent).
- Twenty-five percent of Louisiana residents reported a mental health issue over the past 30 days.

*The proportion of Louisiana residents who reported that any time in the past 30 days their physical health was not good.

**The proportion of Louisiana resident who reported that any time in the past 30 day their mental health was not good.

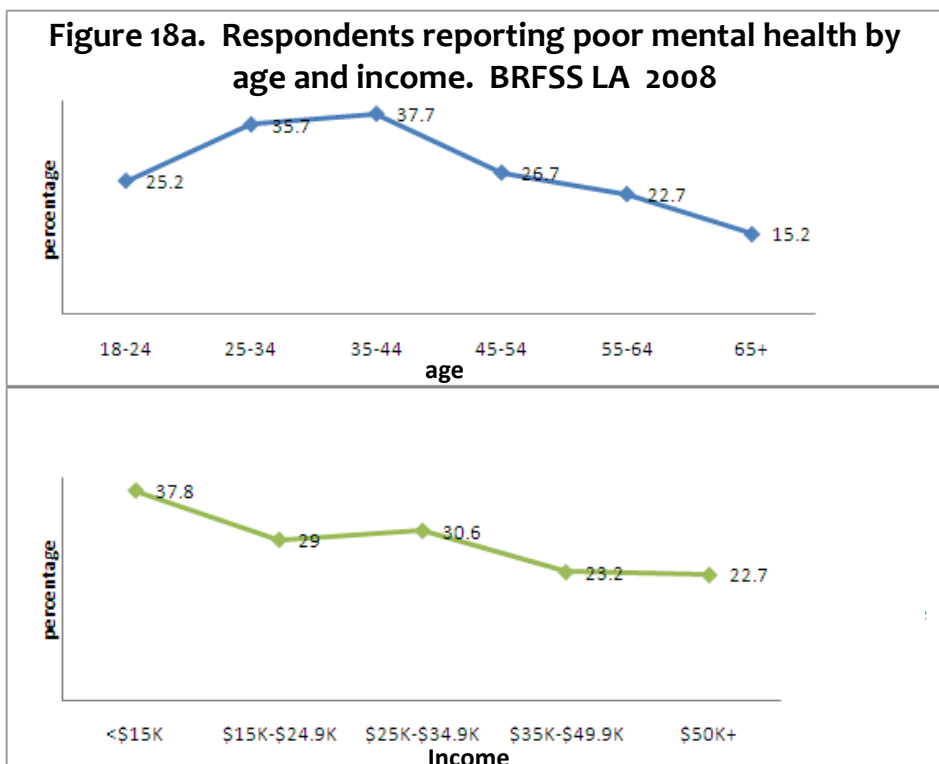


Table 18a. Physical and Mental Health

| Demographic characteristics | Physical Health* | | | Mental Health** | | | Poor Health*** | | |
|-----------------------------|------------------|-------------|------------------|-----------------|-------------|------------------|----------------|-------------|------------------|
| | Sample Size | % | 95% CI | Sample Size | % | 95% CI | Sample Size | % | 95% CI |
| Total | 4020 | 67.4 | 65.8-38.9 | 4664 | 74.8 | 73.3-76.3 | 4940 | 81.6 | 80.3-82.8 |
| AGE | | | | | | | | | |
| 18-24 | 199 | 28.4 | 22.7-35.0 | 205 | 25.2 | 19.8-31.4 | 236 | 13.6 | 9.8-18.7 |
| 25-34 | 475 | 26.4 | 22.5-30.8 | 444 | 32.7 | 28.4-37.4 | 536 | 16.6 | 13.5-20.4 |
| 35-44 | 613 | 31.6 | 28.1-35.4 | 632 | 27.7 | 24.4-31.3 | 736 | 17.6 | 14.8-20.7 |
| 45-54 | 867 | 35.1 | 32.2-38.2 | 977 | 26.7 | 24.1-29.6 | 1044 | 22.0 | 19.6-24.6 |
| 55-64 | 847 | 37.0 | 34.1-40.0 | 1044 | 22.7 | 20.3-25.2 | 1068 | 21.2 | 18.9-23.8 |
| 65 and over | 1019 | 37.0 | 34.3-39.9 | 1362 | 15.2 | 13.2-17.4 | 1320 | 18.5 | 16.3-20.9 |
| GENDER | | | | | | | | | |
| Male | 1411 | 29.7 | 27.2-32.3 | 1610 | 22.5 | 20.2-25.0 | 1692 | 16.6 | 14.7-18.8 |
| Female | 2609 | 35.3 | 33.5-37.3 | 3054 | 27.7 | 25.9-29.6 | 3248 | 20.0 | 18.5-21.6 |
| RACE-ETHNICITY | | | | | | | | | |
| Caucasian | 2936 | 32.1 | 30.4-33.9 | 3380 | 24.8 | 23.2-26.5 | 3609 | 17.8 | 16.5-19.3 |
| African-American | 823 | 32.0 | 28.8-35.4 | 963 | 25.4 | 22.3-28.8 | 999 | 19.2 | 16.7-22.1 |
| Hispanic | 77 | 49.1 | 37.7-60.7 | 95 | 37.9 | 26.9-50.4 | 102 | 27.9 | 18.7-39.3 |
| Other | 136 | 30.9 | 23.0-40.1 | 165 | 21.5 | 15.2-29.4 | 172 | 13.7 | 9.2-19.9 |
| EDUCATION | | | | | | | | | |
| Did not graduate HS | 370 | 44.3 | 39.4-49.2 | 490 | 30.8 | 26.3-35.7 | 471 | 29.4 | 25.2-34.1 |
| Graduated from HS | 1233 | 33.7 | 30.8-36.7 | 1481 | 24.5 | 21.8-27.5 | 1547 | 18.3 | 16.1-20.8 |
| Attended college | 1031 | 33.6 | 30.5-36.7 | 1209 | 26.1 | 23.3-29.1 | 1295 | 17.9 | 15.7-20.4 |
| Graduated college | 1368 | 26.7 | 24.2-29.3 | 1463 | 23.3 | 20.9-25.9 | 1604 | 15.2 | 13.3-17.3 |
| HOUSEHOLD INCOME | | | | | | | | | |
| <15,000 | 272 | 49.3 | 43.9-54.7 | 382 | 37.8 | 32.6-43.4 | 367 | 37.4 | 32.3-42.9 |
| 15,000-24,999 | 491 | 38.9 | 34.4-43.5 | 618 | 29.0 | 24.7-33.7 | 639 | 21.0 | 17.8-24.7 |
| 25,000-34,999 | 362 | 36.5 | 31.2-42.2 | 430 | 30.6 | 25.3-36.5 | 470 | 17.9 | 14.2-22.5 |
| 35,000-49,999 | 487 | 32.2 | 27.7-37.0 | 557 | 23.2 | 19.6-27.2 | 593 | 18.3 | 15.0-22.1 |
| 50,000 + | 1541 | 25.7 | 23.6-28.0 | 1645 | 22.7 | 20.6-25.0 | 1832 | 14.1 | 12.4-16.0 |
| HEALTH INSURANCE | | | | | | | | | |
| Insured | 3405 | 31.4 | 29.8-33.1 | 3950 | 23.8 | 22.3-25.4 | 4158 | 17.9 | 16.6-19.2 |
| Uninsured | 598 | 37.1 | 33.0-41.3 | 693 | 30.9 | 27.0-35.1 | 757 | 21.2 | 18.0-24.8 |

* The proportion of Louisiana adults who reported that during any day in the past 30 days that their physical health was not good.

** The proportion of Louisiana adults who reported that during any day in the past 30 days that their mental health was not good.

*** The proportion of Louisiana adults who reported that during any day in the past 30 days that poor physical or mental health kept them from doing their usual activities.

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

Mental Distress

ANXIETY* AND DEPRESSIVE** DISORDERS

- Hispanics were more likely to report an anxiety and depressive disorders (18.1 percent and 18 percent respectively) than any other racial/ethnic group.
- The highest rate of reported anxiety disorder diagnosis and depressive disorder diagnosis was among individuals who earn less than \$15,000.
- Female were almost twice as likely to report anxiety and depressive disorder diagnosis than males.
- Middle aged residents reported the highest prevalence of depression disorder diagnosis (figure 19a).
- Adults with insurance are less likely to report anxiety and depressive disorders.
- As education and income levels increased, those reporting anxiety and depressive disorders decreased.

1 in 10

Almost one in 10 Louisiana adults reported being diagnosed with an anxiety disorder.

* The proportion of Louisiana adults who reported ever being told by a doctor that they had an anxiety disorder.

** The proportion of Louisiana adults who reported ever being told by a doctor that they had a depressive disorder.

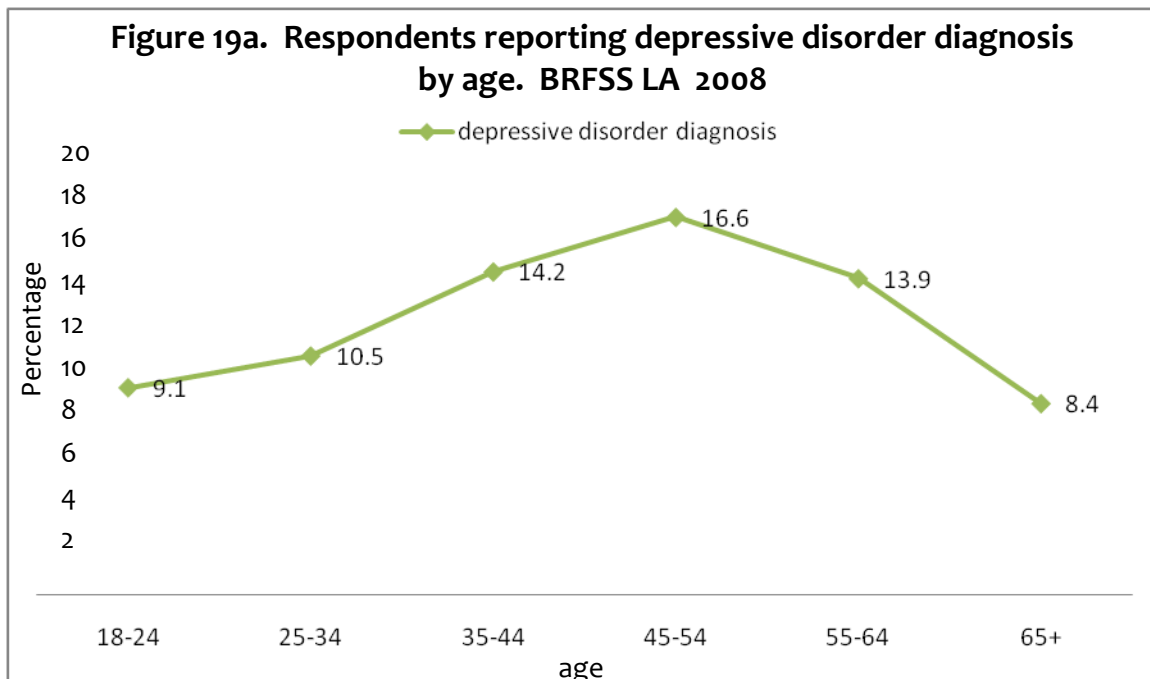


Table 19a. Anxiety and Depressive Disorders

| Demographic characteristics | Anxiety Disorder* | | | Depressive Disorder** | | |
|-----------------------------|-------------------|-------------|------------------|-----------------------|-------------|------------------|
| | Sample Size | % | 95% CI | Sample Size | % | 95% CI |
| Total | 762 | 11.4 | 10.4-12.5 | 883 | 12.3 | 11.3-13.4 |
| AGE | | | | | | |
| 18-24 | 25 | 8.6 | 5.6-13.1 | 27 | 9.1 | 5.9-13.8 |
| 25-34 | 83 | 12.9 | 10.0-16.5 | 75 | 10.5 | 8.1-13.4 |
| 35-44 | 134 | 13.1 | 10.9-15.7 | 147 | 14.2 | 11.9-17.0 |
| 45-54 | 219 | 14.8 | 12.8-17.1 | 252 | 16.6 | 14.5-19.0 |
| 55-64 | 169 | 10.7 | 9.0-12.7 | 221 | 13.9 | 12.0-16.0 |
| 65 and over | 132 | 7.2 | 5.9-8.9 | 161 | 8.4 | 7.1-10.0 |
| GENDER | | | | | | |
| Male | 172 | 8.5 | 7.0-10.2 | 194 | 8.9 | 7.5-10.6 |
| Female | 590 | 14.1 | 12.8-15.5 | 689 | 15.3 | 14.0-16.7 |
| RACE-ETHNICITY | | | | | | |
| Caucasian | 579 | 12.5 | 11.3-13.8 | 683 | 13.5 | 12.3-14.8 |
| African-American | 128 | 8.3 | 6.7-10.4 | 143 | 9.1 | 7.4-11.2 |
| Hispanic | 25 | 18.0 | 10.3-29.5 | 27 | 18.1 | 10.9-28.4 |
| Other | 21 | 9.6 | 5.7-15.8 | 24 | 10.0 | 6.1-15.8 |
| EDUCATION | | | | | | |
| Did not graduate HS | 90 | 14.3 | 11.0-18.3 | 108 | 16.6 | 13.3-20.6 |
| Graduated from HS | 252 | 11.6 | 9.9-13.5 | 286 | 13.1 | 11.3-15.3 |
| Attended college | 212 | 11.5 | 9.7-13.6 | 245 | 11.8 | 10.1-13.7 |
| Graduated college | 203 | 10.2 | 8.5-12.3 | 241 | 10.5 | 9.0-12.3 |
| HOUSEHOLD INCOME | | | | | | |
| <15,000 | 122 | 18.6 | 14.8-23.0 | 148 | 21.8 | 17.8-26.3 |
| 15,000-24,999 | 112 | 12.0 | 9.4-15.2 | 124 | 12.3 | 9.8-15.3 |
| 25,000-34,999 | 78 | 11.1 | 8.5-14.4 | 89 | 11.4 | 8.8-14.5 |
| 35,000-49,999 | 93 | 12.2 | 9.4-15.7 | 113 | 13.8 | 11.0-17.3 |
| 50,000 + | 218 | 10.4 | 8.9-12.2 | 247 | 10.5 | 9.0-12.2 |
| HEALTH INSURANCE | | | | | | |
| Insured | 616 | 11.0 | 10.0-12.1 | 725 | 12.3 | 11.2-13.4 |
| Uninsured | 145 | 13.7 | 10.9-17.0 | 155 | 12.8 | 10.4-15.6 |

* The proportion of Louisiana adults who reported ever being told by a doctor or other healthcare provider that they had an anxiety disorder.

** The proportion of Louisiana adults who reported ever being told by a doctor or other healthcare provider that they had a depressive disorder.

Sleep Deprivation

SLEEP QUALITY*

- As much as 63 percent of Louisianans did not get enough rest at least one night in the past 30 days.
- College graduates were more likely to report sleep deprivation (66.3 percent) than those with other education levels.
- Adults aged 25-44 years old reported the highest rate of inadequate rest.
- Females reported a slightly higher rate of sleep deprivation than males (64.6 percent vs. 61.3 percent respectively).
- There was little difference in sleep patterns between those with health insurance coverage and those without.

* The proportion of Louisiana adults who reported at least one day in the past 30 days they did not get enough rest or sleep.

Sleep and Sleep Disorders: A Public Health Challenge

While we often consider sleep to be a “passive” activity, sufficient sleep is increasingly being recognized as an essential aspect of health promotion and chronic disease prevention in the public health community.

Insufficient sleep is associated with a number of chronic diseases and conditions—such as diabetes, cardiovascular disease, obesity, and depression—which threaten our nation’s health. Notably, insufficient sleep is associated with the onset of these diseases and also poses important implications for their management and outcome. Moreover, insufficient sleep is responsible for motor vehicle and machinery-related accidents, causing substantial injury and disability each year. In short, drowsy driving can be as dangerous—and preventable—as driving while intoxicated.

Notably, more than one-quarter of the U.S. population reports occasionally not getting enough sleep, while nearly 10 percent experience chronic insomnia. However, new methods for assessing and treating sleep disorders bring hope to the millions suffering from insufficient sleep. Fundamental to the success of all of these efforts is the recognition that sufficient sleep is not a luxury—it is a necessity—and should be thought of as a “vital sign” of good health.

<http://www.cdc.gov/sleep/>

Reite M, Ruddy J, Nagel K. Concise guide to evaluation and management of sleep disorders (3rd ed). American Psychiatric Publishing, Inc., 2002

Table 20a. Sleep

| Demographic characteristics | Sample Size | Quality rest* | |
|-----------------------------|-------------|---------------|------------------|
| | | % | 95% CI |
| Total | 2442 | 37.0 | 35.3-38.6 |
| AGE | | | |
| 18-24 | 88 | 66.2 | 59.4-72.4 |
| 25-34 | 164 | 72.8 | 68.1-77.0 |
| 35-44 | 212 | 75.1 | 71.5-78.5 |
| 45-54 | 436 | 67.2 | 64.2-70.1 |
| 55-64 | 574 | 56.9 | 53.8-60.0 |
| 65 and over | 968 | 38.1 | 35.4-40.1 |
| GENDER | | | |
| Male | 870 | 61.3 | 58.6-64.0 |
| Female | 1572 | 64.6 | 62.7-66.5 |
| RACE-ETHNICITY | | | |
| Caucasian | 1742 | 64.8 | 63.0-66.6 |
| African-American | 534 | 59.3 | 55.6-63.0 |
| Hispanic | 53 | 62.2 | 49.9-73.1 |
| Other | 79 | 64.9 | 56.3-72.7 |
| EDUCATION | | | |
| Did not graduate HS | 303 | 58.1 | 53.1-62.9 |
| Graduated from HS | 820 | 60.6 | 57.5-63.6 |
| Attended college | 635 | 64.6 | 61.4-67.7 |
| Graduated college | 670 | 66.3 | 63.4-69.0 |
| HOUSEHOLD INCOME | | | |
| <15,000 | 237 | 63.6 | 58.4-68.6 |
| 15,000-24,999 | 348 | 60.3 | 55.4-65.0 |
| 25,000-34,999 | 240 | 61.4 | 55.8-66.8 |
| 35,000-49,999 | 291 | 62.6 | 57.8-67.2 |
| 50,000 + | 703 | 69.7 | 67.3-72.1 |
| HEALTH INSURANCE | | | |
| Insured | 2061 | 62.9 | 61.1-64.6 |
| Uninsured | 368 | 64.2 | 59.9-68.3 |

* The proportion of Louisiana adults who reported at least one day in the past 30 days they did not get enough rest or sleep.

Health Care Professionals

HEALTH CARE PROFESSIONALS*

- Ten percent of Louisianans either work or volunteer in a health care setting.
- Females were twice as likely to work in the health care profession as males.
- Hispanics reported the highest rate of employment in a medical health care facility at 18.4 percent, more than double the rate for Caucasians (9 percent).
- As education and income levels increased, so did the percentage of residents working or volunteering in a health care facility.
- Of survey respondents, 68 percent reported working in a health care setting where they have direct contact with patients.

* The proportion of Louisiana residents who reported working or volunteering in a medical or health care facility.

As the largest industry in 2006, health care provided 14 million jobs—13.6 million jobs for wage and salary workers and about 438,000 jobs for self-employed and unpaid family workers. Of the 13.6 million wage and salary jobs, 40 percent were in hospitals; another 21 percent were in nursing and residential care facilities; and 16 percent were in offices of physicians.

Workers in health care tend to be older than workers in other industries. Health care workers are also more likely to remain employed in the same occupation, in part because of the high level of education and training required for many health occupations.

Health care will generate 3 million new wage and salary jobs between 2006 and 2016, more than any other industry. Seven of the 20 fastest growing occupations are health care related.

<http://www.bls.gov/oco/cg/cgso35.htm>



Table 21a. Health Care Professionals

| Demographic characteristics | Current Health Care Providers* | | | Direct Patient Care Providers** | | |
|-----------------------------|--------------------------------|-------------|-----------------|---------------------------------|-------------|------------------|
| | Sample Size | % | 95% CI | Sample Size | % | 95% CI |
| Total | 6003 | 10.0 | 8.9-11.1 | 565 | 68.6 | 63.1-73.5 |
| AGE | | | | | | |
| 18-24 | 26 | 10.4 | 6.7-16.0 | 22 | 79.0 | 52.8-92.7 |
| 25-34 | 94 | 15.1 | 12.0-18.9 | 73 | 77.1 | 64.8-86 |
| 35-44 | 142 | 14.0 | 11.5-16.9 | 96 | 70.7 | 61.2-78.6 |
| 45-54 | 137 | 9.3 | 7.7-11.2 | 87 | 64.0 | 54.0-73.0 |
| 55-64 | 98 | 6.7 | 5.4-8.3 | 55 | 53.1 | 42.1-63.9 |
| 65 and over | 68 | 3.9 | 2.9-5.1 | 26 | 38.9 | 26.0-53.5 |
| GENDER | | | | | | |
| Male | 108 | 6.6 | 5.2-8.3 | 66 | 65.3 | 53.2-75.6 |
| Female | 457 | 13.1 | 11.6-14.7 | 293 | 70.0 | 64.3-75.2 |
| RACE-ETHNICITY | | | | | | |
| Caucasian | 386 | 9.0 | 8.0-10.2 | 234 | 61.7 | 55.0-68.0 |
| African-American | 128 | 10.3 | 8.1-13.1 | 86 | 76.7 | 66.0-84.7 |
| Hispanic | 19 | 18.4 | 10.2-31.0 | 17 | 88.9 | 56.7-98.0 |
| Other | 24 | 13.8 | 8.4-21.9 | 17 | 74.5 | 49.1-89.8 |
| EDUCATION | | | | | | |
| Did not graduate HS | 25 | 4.1 | 2.6-6.6 | 19 | 79.9 | 58.8-91.7 |
| Graduated from HS | 115 | 6.3 | 4.9-8.2 | 64 | 65.0 | 51.8-75.5 |
| Attended college | 159 | 10.9 | 8.7-13.5 | 93 | 65.8 | 54.4-75.6 |
| Graduated college | 263 | 15 | 12.9-17.3 | 181 | 71.0 | 63.3-77.7 |
| HOUSEHOLD INCOME | | | | | | |
| <15,000 | 21 | 5.2 | 3.0-8.9 | 13 | 72.7 | 48.6-88.2 |
| 15,000-24,999 | 57 | 5.8 | 4.2-8.0 | 34 | 67.4 | 52.2-79.7 |
| 25,000-34,999 | 55 | 8.5 | 6.0-12.1 | 30 | 67.3 | 50.9-80.4 |
| 35,000-49,999 | 79 | 11.5 | 8.5-15.5 | 53 | 74.3 | 60.6-84.5 |
| 50,000 + | 259 | 12.5 | 10.7-14.4 | 177 | 70.0 | 62.4-76.7 |
| HEALTH INSURANCE | | | | | | |
| Insured | 501 | 10.6 | 9.4-11.9 | 307 | 65.7 | 59.9-71.1 |
| Uninsured | 60 | 6.8 | 4.8-9.6 | 50 | 82.9 | 63.8-93.0 |

* The proportion of Louisiana adults who reported working or volunteering in a medical or health care facility.

** Of those Louisiana adults who work or volunteer in a health care facility, the proportion who provide direct patient care as part of their routine work.

Colorectal Health

BLOOD STOOL TEST

- Almost one out of every four of Louisiana residents over the age of 49 reported having a blood stool test in the last two years (22.7 percent).
- Men and women were equally as likely to receive a blood stool test (22.9 percent vs. 22.6 percent respectively).
- Higher levels of education attainment had little effect on the number of men and women receiving a blood stool test.
- Respondents with insurance were more likely to reporting having a blood stool test compared to those without (23.7 percent vs. 17 percent respectively).

Louisiana ranks 10th among the U.S. states, Washington D.C., the U.S Virgin Islands, and Puerto Rico for percentage of residents who have had a blood stool test within the last two years.

SIGMOIDOSCOPY OR COLONOSCOPY

- Individuals who earn less than \$15,000 per year (42.8 percent) and individuals who did not graduate from high school (36.4 percent) report the lowest rates of colonoscopy testing.
- One out of every two residents reported having a sigmoidoscopy or colonoscopy in the last two years.
- In general, as Louisiana adults age, they reported higher rates of sigmoidoscopy or colonoscopy testing.
- Individuals with health insurance are almost twice as likely to have a sigmoidoscopy or colonoscopy test compared to individuals without insurance.

Louisiana ranks 51st among the U.S. states, Washington D.C., the U.S Virgin Islands, and Puerto Rico for percentage of residents who have ever had a sigmoidoscopy or colonoscopy (figure 22a).

Figure 22a. The percentage of adults who had ever had a sigmoidoscopy or colonoscopy nationally. BRFSS LA 2008

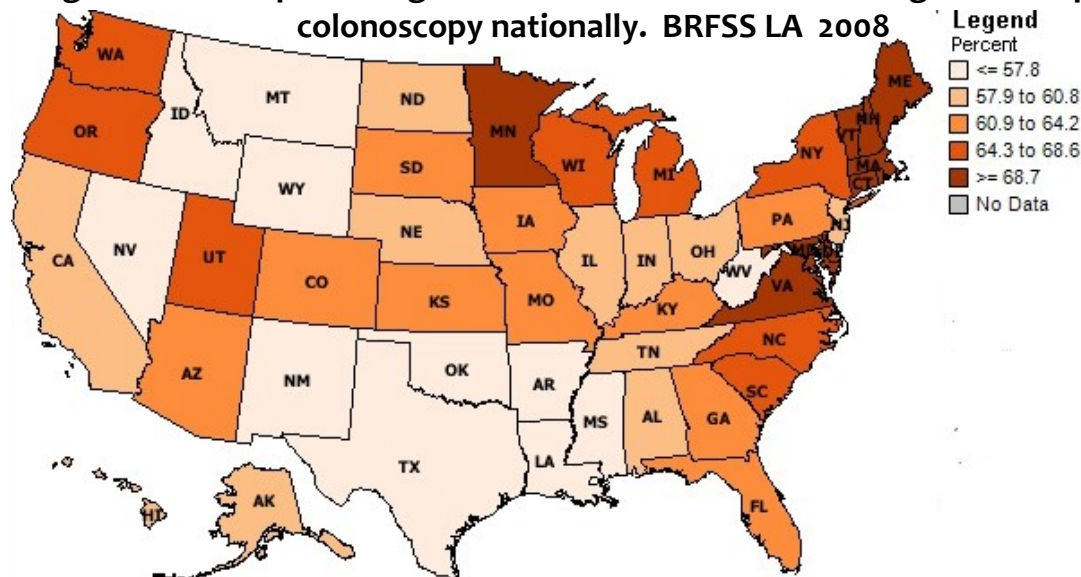


Table 22a. Colon Health

| Demographic characteristics | Blood Stool Test* | | | Sigmoidoscopy or Colonoscopy** | | | Last Test*** | | |
|-----------------------------|-------------------|-------------|------------------|--------------------------------|-------------|----------------|--------------|-----------|-----------------|
| | Sample Size | % | 95% CI | Sample Size | % | 95% CI | Sample Size | % | 95% CI |
| Total | 827 | 22.7 | 21.2-24.4 | 1578 | 45.9 | 44-47.8 | 201 | 10 | 8.5-11.8 |
| AGE | | | | | | | | | |
| 45-54 | 115 | 16.9 | 13.8-20.6 | 265 | 35.5 | 31.5-40.0 | 29 | 10.5 | 6.9-15.9 |
| 55-64 | 316 | 23.3 | 20.8-26.0 | 740 | 53.6 | 50.5-56.7 | 71 | 9.9 | 7.4-13.1 |
| 65 and over | 396 | 25.7 | 23.2-28.3 | 941 | 57.5 | 54.6-60.4 | 101 | 9.9 | 7.9-12.3 |
| GENDER | | | | | | | | | |
| Male | 265 | 22.9 | 20.3-25.8 | 536 | 49.1 | 45.8-52.4 | 62 | 10.0 | 7.5-13.2 |
| Female | 562 | 22.6 | 20.8-24.6 | 1042 | 52.4 | 50.1-54.6 | 139 | 10.0 | 8.3-12.1 |
| RACE-ETHNICITY | | | | | | | | | |
| Caucasian | 590 | 21.3 | 19.6-23.2 | 1120 | 54.6 | 52.4-56.8 | 156 | 9.5 | 7.9-11.2 |
| African-American | 176 | 26.0 | 22.3-30.1 | 349 | 41.5 | 37.2-46.0 | 34 | 12.5 | 8.1-18.7 |
| Hispanic | 14 | 19.1 | 10.1-33.3 | 29 | 46.9 | 33.3-61.0 | 6 | 14.7 | 5.8-32.8 |
| Other | 29 | 26.2 | 17.7-37.1 | 60 | 47.8 | 37.3-58.4 | 5 | 8.7 | 3.2-21.9 |
| EDUCATION | | | | | | | | | |
| Did not graduate HS | 110 | 23.7 | 19.3-28.8 | 203 | 36.4 | 31.6-41.5 | 23 | 11.6 | 7.5-17.5 |
| Graduated from HS | 268 | 22.3 | 19.6-25.2 | 592 | 46.8 | 43.5-50.2 | 57 | 10.6 | 7.6-14.7 |
| Attended college | 219 | 22.9 | 20.0-26.1 | 527 | 56.4 | 52.7-60.1 | 67 | 10.2 | 7.8-13.2 |
| Graduated college | 228 | 22.9 | 19.9-26.1 | 618 | 58.2 | 54.6-61.8 | 54 | 8.9 | 6.5-12.0 |
| HOUSEHOLD INCOME | | | | | | | | | |
| <15,000 | 85 | 22.3 | 17.5-27.9 | 185 | 42.8 | 36.9-48.9 | 18 | 13.7 | 7.2-24.5 |
| 15,000-24,999 | 149 | 25.8 | 21.7-30.3 | 271 | 44.0 | 39.1-49.0 | 24 | 7.3 | 4.7-11.1 |
| 25,000-34,999 | 87 | 20.5 | 16.3-25.4 | 194 | 45.4 | 39.7-51.2 | 17 | 10.8 | 6.0-18.7 |
| 35,000-49,999 | 113 | 26.1 | 21.6-31.2 | 234 | 55.4 | 49.7-61.0 | 41 | 17.3 | 12.1-24.2 |
| 50,000 + | 225 | 21.0 | 18.3-24.0 | 647 | 60.1 | 56.6-63.5 | 72 | 9.3 | 7.2-12.0 |
| HEALTH INSURANCE | | | | | | | | | |
| Insured | 740 | 23.7 | 22.0-25.5 | 3152 | 54.2 | 52.2-56.3 | 183 | 9.8 | 8.2-11.6 |
| Uninsured | 87 | 17.0 | 13.5-21.3 | 476 | 30.2 | 25.7-35.1 | 16 | 10.4 | 5.7-18.2 |

* The proportion of Louisiana adults, over the age of 49, who reported having a blood stool test within the past two years.

** The proportion of Louisiana adults, over the age of 49, who reported ever having a simoidoscopy or colonoscopy.

*** The proportion of Louisiana adults, over the age of 49, who reported ever having a simoidoscopy or colonoscopy and that it was their most recent test.

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