



The 2009 Louisiana 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, and 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 chronic disease 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 due to a low participation percentage from a particular group may not accurately reflect the entire group as a whole. This can be discouraging for intervention programs that may want to target specific groups within the population.

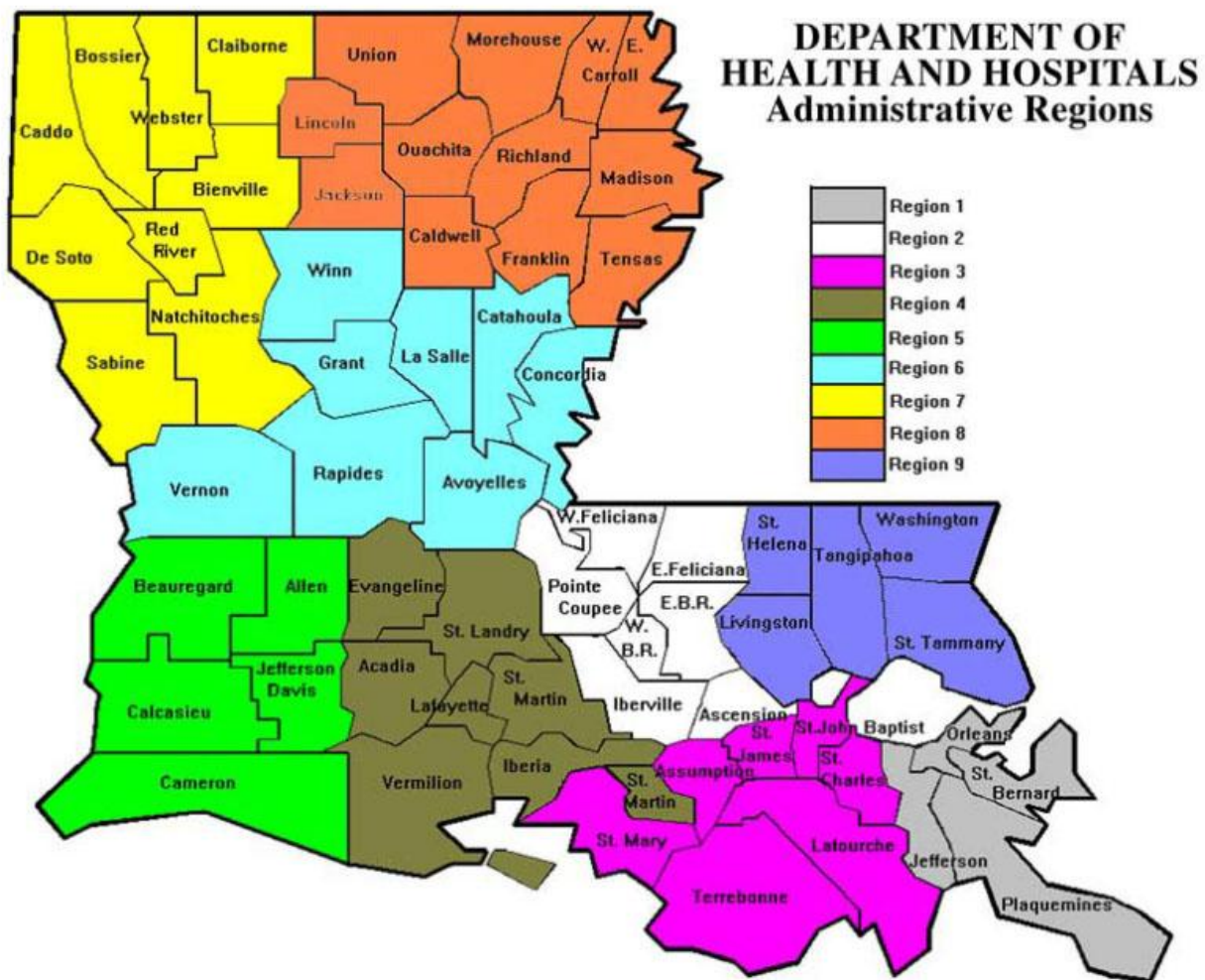
The questionnaire consists of four major components: core questions, rotating core questions, optional questions and state-added questions. Core, rotating core and optional questions are standardized and are comparable across all states and can also be merged to provide national estimates. Core questions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

SUMMARY

This report presents results from the 2009 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 2009 BRFSS was stratified by the nine designated health regions to provide estimates for each region.

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 to improve the health of Louisiana residents. The sampling strategy for the 2009 BRFSS allows comparison across the Louisiana Department of Health and Hospital regions. These regions are defined below and are referred to throughout the report.

Figure 1: Department of Health and Hospitals Administrative Regions



CELL PHONE SURVEY

Since 2008, the Louisiana BRFSS program conducted a cell phone survey to capture a segment of the population that utilized cell phones as its 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 and 2009 cell phone surveys have shown higher response rates for the Hispanic population and the 18-24 age group when compared to the respective landline surveys.

GULF OIL SPILL SURVEY

Starting in December 2010, the Division of Behavioral Surveillance within the Centers for Disease Control and Prevention began to administer a survey that only included residents that lived within designated coastal regions that was affected by the British Petroleum Deepwater Horizon oil spill. Twenty-five coastal counties were included in the survey (16 parishes from Louisiana, three counties from Mississippi, two counties from Alabama and four counties from Florida). The primary purpose of the Oil Spill Survey is to monitor the mental health status including measures of anxiety, depression, potential stress-associated physical health effects and other behavioral health indicators in the adult population residing in the affected areas. The survey will collect data from a random sample of households with a landline. Approximately 2,500 interviews will be completed each month and the duration of the survey will be one year.

ASTHMA CALL-BACK SURVEY

In 2009, the Louisiana BRFSS program began to administer the Asthma Call-Back Survey to add more depth to the information collected from households with adults/children with asthma. The Asthma Call-back Survey addresses critical questions surrounding the health and experiences of persons with asthma and provides data at the state level. The data collected by the Asthma Call-back Survey is useful in providing direction for inventions undertaken by the Louisiana Asthma Program. Improved tracking for asthma is critical for planning and evaluating efforts to reduce the health burden from this disease.

FUTURE FOR THE BRFSS

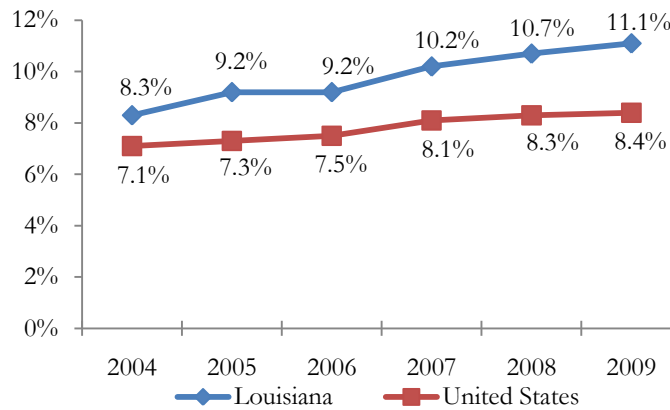
In conjunction with the landline survey, the BRFSS will continue to conduct the cell phone and asthma call-back surveys in 2012. Aside from the core section and chronic disease modules, the 2012 BRFSS will assess the cognitive impairment, emotional support/life satisfaction, veteran's health, social context and mental health modules. The 2012 BRFSS will also oversample fifteen designated parishes (most within the delta region) in an effort to increase the survey sample size which could provide reliable estimates for parishes with lower population densities.

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

The value of the Behavioral Risk Factor Surveillance System (BRFSS) survey is rooted in its ability to track health-related outcomes and behaviors over time and to place them in the context of other U.S. states and territories. In a comparative context, there has been no shortage of studies documenting Louisiana's poor health outcomes. When it comes to public health, Louisiana remains an at-risk state defined by persistent poverty, an under-educated population and poor health outcomes. Much of what we see in the 2009 BRFSS data reflects these long-term trends and deeper concerns rooted in poverty and poorly-educated populace. However, there is also evidence of important changes, some for the better and some for the worse. Despite the contextual limitations, public health outcomes are rarely static.

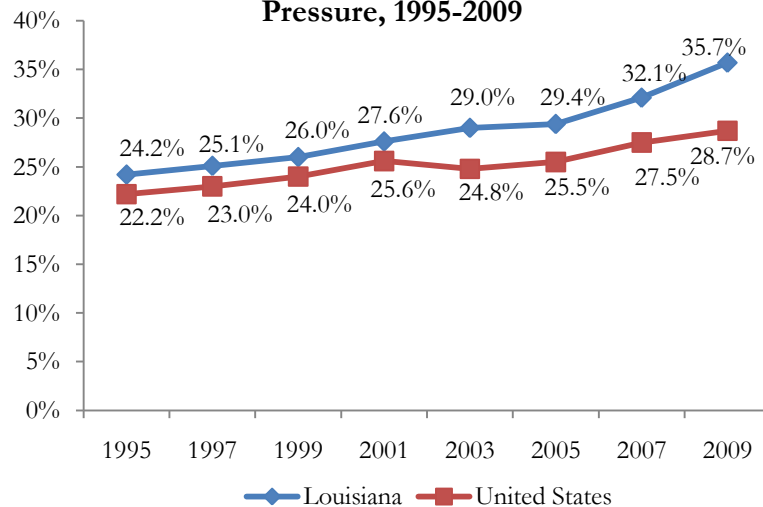
Figure 2: Percent of Louisiana and U.S. Adults Who Have Been Told They Have Diabetes, 2004-2009

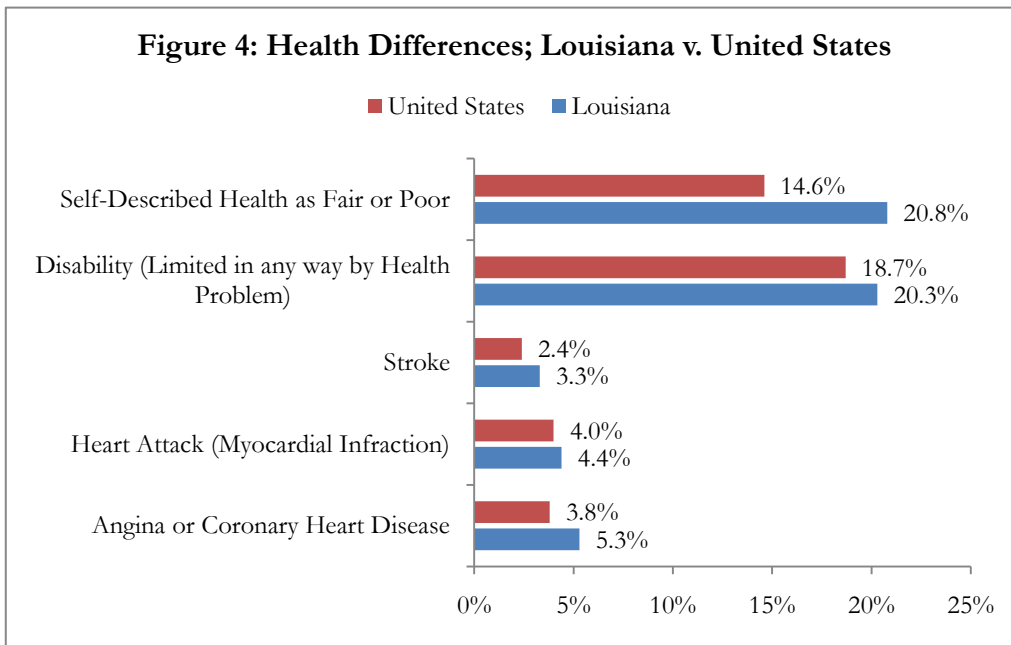


The percentage of adults who have been told they have diabetes has been consistently increasing since the 1980s. It is projected to continue to rise into the foreseeable future. Louisiana residents who had high blood pressure were seven times more likely to be diabetic compared to residents who did not have high blood pressure. Louisiana is not only following the national trends with respect to diabetes but is outpacing the national average. The percentage of Louisiana adults who have been told they have diabetes has increased from 8.3 percent in 2004 to 11.1 percent in 2009. Nationally, the percentage of adult diabetics increased from 7.1 percent to 8.4 percent (Figure 2). Not surprisingly, Louisiana also has a higher percentage of obese residents (33.9 percent) than the nation overall (27.2 percent).

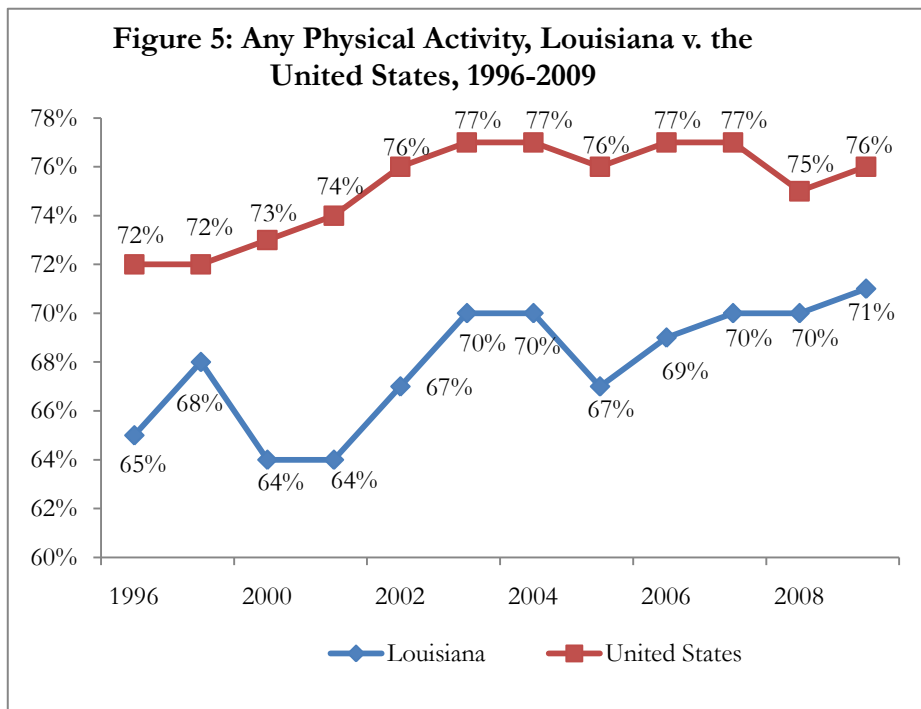
We see an even more alarming trend when we examine the percentage of adults who have been told they have high blood pressure. In 1995, 24.2 percent of Louisiana adults had been told by a health professional that they had high blood pressure. By 2009, 35.7 percent of adults reported they had high blood pressure, a nearly 50 percent increase over 14 years (Figure 3). As with diabetes the trend in Louisiana follows national data lines, but Louisiana outpaces the national numbers. As such, not only is the incidence of high blood pressure increasing, the gap between Louisiana and the rest of the nation is growing. This increase over time and the growing gap between Louisiana and the rest of the nation presents a troubling sign and portends to even poorer health outcomes in the future.

Figure 3: Louisiana and U.S. Adults Who Have Been Told They Have High Blood Pressure, 1995-2009





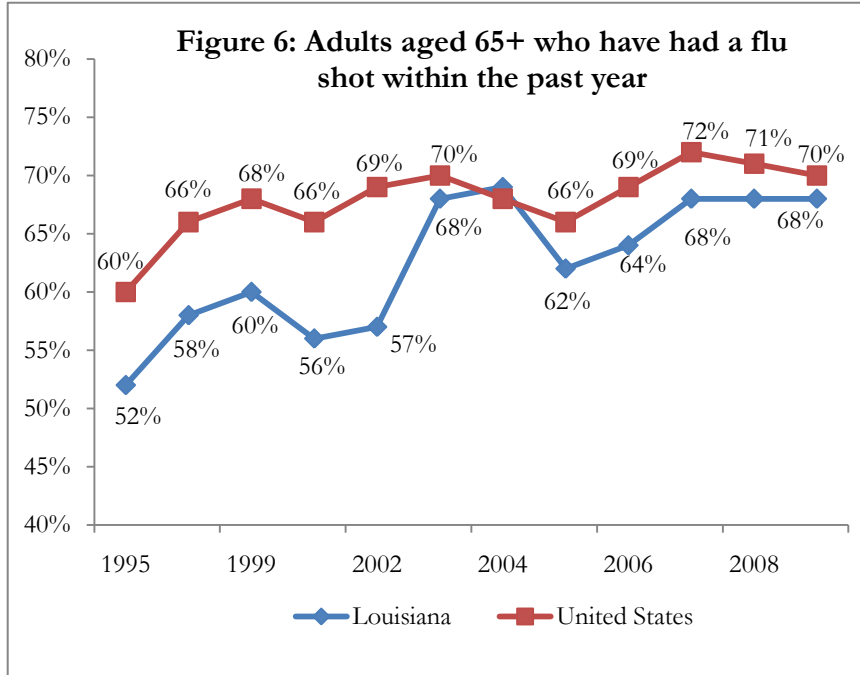
Louisianians are more likely to describe their overall health as fair or poor, have a medical condition or health problem that limits their physical activities, and have had a stroke or coronary heart disease. One-fifth of the population (20.8 percent) reported fair or poor health which was higher than the national average (14.6 percent).



Louisiana residents reported an increase in physical activity. Since 2005, the percentage of Louisiana adults reporting any physical activity has increased from 66.6 percent to 71.4 percent (Figure 5). Nationally, the number has remained relatively flat, declining slightly from 76.1 percent in 2005 to 75.8 percent in 2009. We see similar shifts in reports of moderate (30 minutes or more) or more intense (20 minutes or more)

physical activity. The percentage of adults reporting moderate physical activity in Louisiana has increased from 35.4 percent in 2001 to 43.6 percent in 2009. Similarly, the percentage of Louisiana adults reporting vigorous activity increased from 17.8 percent to 22 percent.

Louisiana has also made significant progress in getting flu shots for seniors (65 and older), closing the gap between Louisiana and the national immunization rates. In 2009, 68.1 percent of Louisiana adults reported having had a flu shot in the past year just slightly lower than the national average of 69.8 percent (Figure 6). This is also an increase from 52.2 percent in 1995. We see similar patterns if we consider pneumonia vaccinations. The percentage of Louisiana adults who have ever had a pneumonia vaccination



increased from 26 percent in 1995 to 69.3 percent in 2009. Nationally, 68.1 percent of adults have received a pneumonia vaccine.

Throughout the data, we find repeated evidence of health disparities based on income and education. Lower income and less educated Louisiana residents are less likely to have health insurance coverage and access to primary care. Residents with lower education or income are also more likely to report that their health is fair or poor and suffer from a wider range of health conditions, including diabetes, arthritis and coronary heart disease. Across a range of indicators, lower income and less educated Louisiana residents suffer from poorer physical and mental health. The result is a two-tier health system where access to care and health outcomes are reasonably good for better educated, higher income and insured residents but are more limited for populations with lower economic statuses. Improving public health in Louisiana is tied closely to addressing issues of poverty and education.

Table 1a. Demographic Characteristics

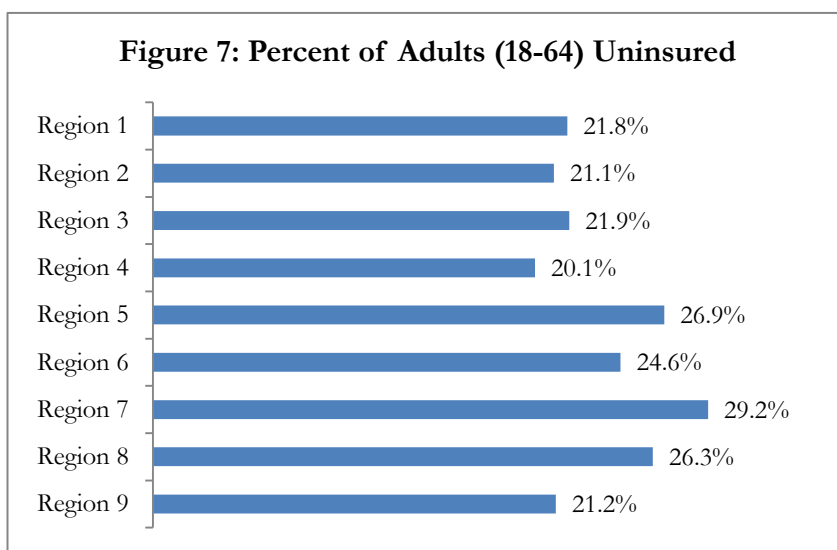
Demographic Characteristics	Sample Size	%	95% Confidence Interval
AGE			
18-24	298	10.5	9.2-12.0
25-34	765	18.3	17.0-20.0
35-44	1169	20.4	19.2-21.8
45-54	1842	19.0	18.0-20.1
55-64	2018	15.1	14.3-15.9
65 and over	2790	16.6	16.6-15.8
GENDER			
Male	2969	47.7	46.2-49.3
Female	5913	52.3	50.7-53.8
RACE-ETHNICITY			
Caucasian	6308	65.8	64.2-67.3
African-American	2017	27.4	25.9-28.9
Hispanic	190	2.9	2.3-3.6
Other	323	4.0	3.4-4.7
EDUCATION			
Did not graduate HS	1196	11.6	10.7-12.5
Graduated from HS	2770	30.4	29.0-31.8
Attended college	2367	27.7	26.3-29.1
Graduated college	2536	30.4	29.0-31.8
HOUSEHOLD INCOME			
<15,000	1175	12.2	11.2-13.3
15,000-24,999	1541	17.2	16.0-18.4
25,000-34,999	891	10.9	9.9-12.0
35,000-49,999	1049	13.7	12.6-14.9
50,000 +	2965	46.1	44.4-47.7
REGION			
Region 1	987	19.1	17.6-20.5
Region 2	1019	14.6	13.5-15.8
Region 3	981	8.9	8.2-9.7
Region 4	995	12.8	11.9-14.0
Region 5	929	6.4	5.9-7.0
Region 6	1027	6.7	6.1-7.3
Region 7	973	12.0	11.0-13.0
Region 8	975	7.8	7.1-8.5
Region 9	996	11.8	10.8-12.8
HEALTH INSURANCE			
Insured	4822	76.9	75.2-78.5
Uninsured	1215	23.2	21.5-24.8

Health Care Access and Coverage

Access to routine and preventive care is a critical ingredient to public health. Having health insurance increases the odds that individuals will receive routine care and not delay care or prescriptions because of affordability. In this section, we consider Louisiana’s uninsured population, access to primary care and delaying care due to costs.

LOUISIANA’S UNINSURED POPULATION

- Nearly a quarter of Louisiana adults (23.2 percent) are uninsured. While the difference is not statistically significant, the number of uninsured Louisiana residents is up slightly from 2008 when 22.4 percent of adults reported not having insurance.
- Uninsured status is related to age and race with younger respondents and African-Americans more likely to be uninsured. Thirty-four percent of 18-24 year olds were uninsured compared to 15 percent in the 55-64 age group. Similar, 32.5 percent of African-Americans were uninsured compared to 18.5



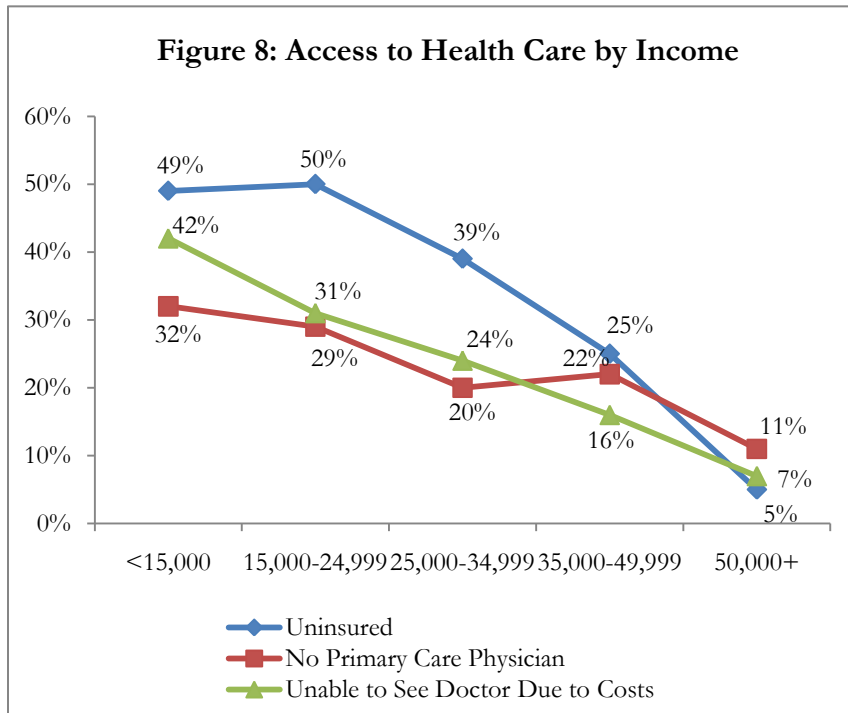
percent of Caucasians that were uninsured.

- The most dramatic differences, however, are reflected in income and education disparities. Forty-seven percent of Louisiana adults with less than high school are uninsured compared to 7.1 percent of college graduates. Similarly, 49.1 percent of adults earning less than \$15,000 per year are uninsured compared to 5.4 percent of Louisiana adults earning more than \$50,000.

- Regionally, the uninsured rate was highest in the Northwest region (29.2 percent), Northeast region (26.3 percent), and Southwest region 5 (26.9 percent) and was lowest in Acadiana (20.1 percent).

HEALTH CARE ACCESS: NO PRIMARY CARE PHYSICIAN

- Nearly one in five Louisiana adults (19.7 percent) report that they do not have a primary care physician.
- Having access to primary care is closely related to standard demographic indicators. Age, education, income, race and gender are all related to health care access. For example, more than a third of young adults (35.7 percent) do not have a primary care physician while only 4.8 percent of respondents 65 years and over do not have a primary care physician. In many ways, access to a primary care physician parallel differences in health insurance status. The 18-24 age group, African-American, lower income, and less educated respondents are less likely to have primary care.
- In terms of regional differences, access to primary care is most limited in Region 7 where 24.4 percent of adults report not having a primary care physician, Region 5 (23 percent) and Region 1 (22 percent).



UNABLE TO SEE A DOCTOR BECAUSE OF COSTS

- Seventeen percent of Louisiana adults reported they were unable to see a doctor at least once in the past 12 months because of costs.
- Similar to insurance status and access to primary care, being unable to see a doctor because of costs is directly related to income and education. Forty-two percent of adults earning less than \$15,000 per year reported they were unable

to see a doctor in the past 12 months because of costs. In contrast, only 6.8 percent of adults earning \$50,000 or more reported not being able to see a doctor because of costs. Age, however, does not appear to be as important of a determinant. Sixteen percent of 18-24 year olds were unable to see a doctor because of costs.

Figure 9: U.S. Map of Uninsured Rates, 2009 BRFSS

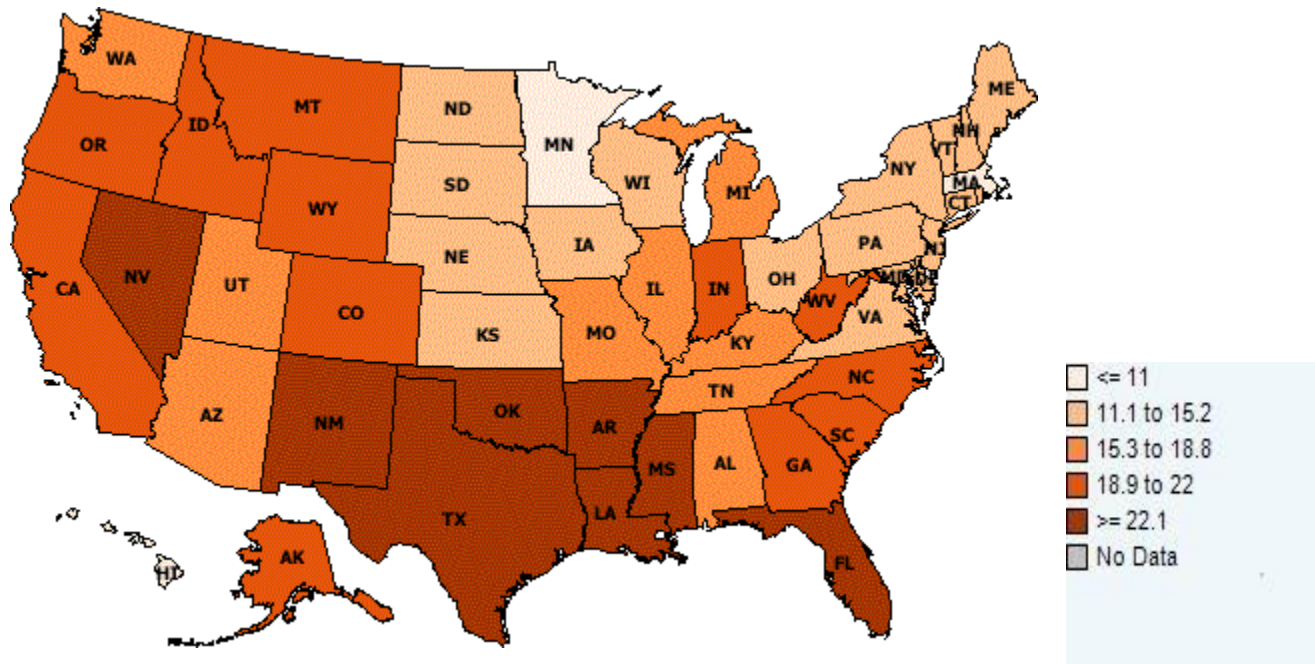


Table 2a. Health Care Utilization

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
Total	1215	23.2	21.5-24.8	1214	19.7	18.3-21.1	1359	17.3	16.1-18.5
AGE									
18-24	93	33.5	27.0-40.7	96	35.7	29.1-43.0	61	15.2	11.2-20.3
25-34	202	29.4	25.3-33.9	191	28.5	24.5-32.9	189	25.4	21.5-29.9
35-44	222	20.6	17.7-24.0	216	21.3	18.3-24.7	230	20.3	17.5-23.4
45-54	391	20.3	18.0-22.7	337	19.4	17.2-21.9	402	19.3	17.2-21.5
55-64	307	15.3	13.4-17.4	233	12.3	10.5-14.3	318	14.9	13.1-16.9
65 and over	N/A	N/A	N/A	141	4.8	4.0-5.9	159	5.8	16.1-18.5
GENDER									
Male	373	24.1	21.4-27.1	490	24.3	21.9-26.9	348	14.7	12.8-16.9
Female	842	22.2	20.5-24.0	724	15.5	14.1-16.9	1011	19.6	18.2-21.1
RACE-ETHNICITY									
Caucasian	679	18.5	16.7-20.5	708	15.6	14.2-17.2	756	13.8	12.5-15.2
African-American	445	32.5	29.1-36.1	417	28.3	25.1-31.6	492	24.1	21.6-26.8
Hispanic	24	19.6	11.5-31.5	23	15.7	9.1-25.9	35	19.2	12.0-29.2
Other	61	31.6	22.9-41.7	54	28.7	20.5-38.5	62	25.1	17.2-35.0
EDUCATION									
Did not graduate HS	243	47.2	41.4-53.1	218	26.5	22.5-31.0	282	30.1	26.9-35.3
Graduated from HS	521	34.4	31.1-37.9	447	25.6	22.8-28.5	467	19.8	17.5-22.3
Attended college	313	21.0	18.1-24.2	311	18.9	16.3-21.9	375	16.8	14.8-19.1
Graduated college	128	7.1	5.7-8.9	233	11.8	10.0-13.8	233	10.1	8.3-12.1
HOUSEHOLD INCOME									
<15,000	316	49.1	43.3-54.8	254	31.6	27.1-36.5	386	41.8	37.2-46.6
15,000-24,999	348	49.6	44.7-54.6	282	29.3	25.4-33.6	356	30.7	27.1-34.5
25,000-34,999	152	38.6	32.1-45.4	125	24.0	19.3-29.3	142	20.3	16.3-25.0
35,000-49,999	140	25.3	20.8-30.4	146	21.9	17.9-26.4	136	15.9	12.9-19.4
50,000 +	115	5.4	4.2-6.9	256	11.0	9.4-12.9	187	6.8	5.5-8.4
REGION									
Region 1	118	21.8	17.5-26.8	153	22.0	18.2-26.3	133	16.2	12.8-20.3
Region 2	108	21.2	16.9-26.4	110	16.7	13.1-21.1	123	14.5	11.7-18.0
Region 3	127	21.9	17.6-26.9	109	15.9	12.4-20.0	147	17.9	14.7-21.6
Region 4	141	20.1	16.3-24.6	130	17.9	14.4-22.0	155	16.8	14.0-20.2
Region 5	130	26.9	22.3-32.1	131	23.0	19.1-27.5	153	18	14.9-21.5
Region 6	154	24.6	20.3-29.5	155	20.9	17.1-25.3	170	21.3	17.6-25.7
Region 7	149	29.2	24.3-34.7	157	24.4	20.1-29.3	158	18.1	15.0-21.7
Region 8	156	26.3	21.2-31.4	123	16.4	13.1-20.3	165	20	16.6-24.0
Region 9	132	21.2	17.1-26.0	146	19.0	15.7-22.9	155	17	13.6-20.9
HEALTH INSURANCE									
Have Insurance				508	13.7	12.2-15.3	598	11.6	10.3-12.9
No Insurance				559	52.6	48.5-56.8	601	46.4	42.4-50.6

* 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.

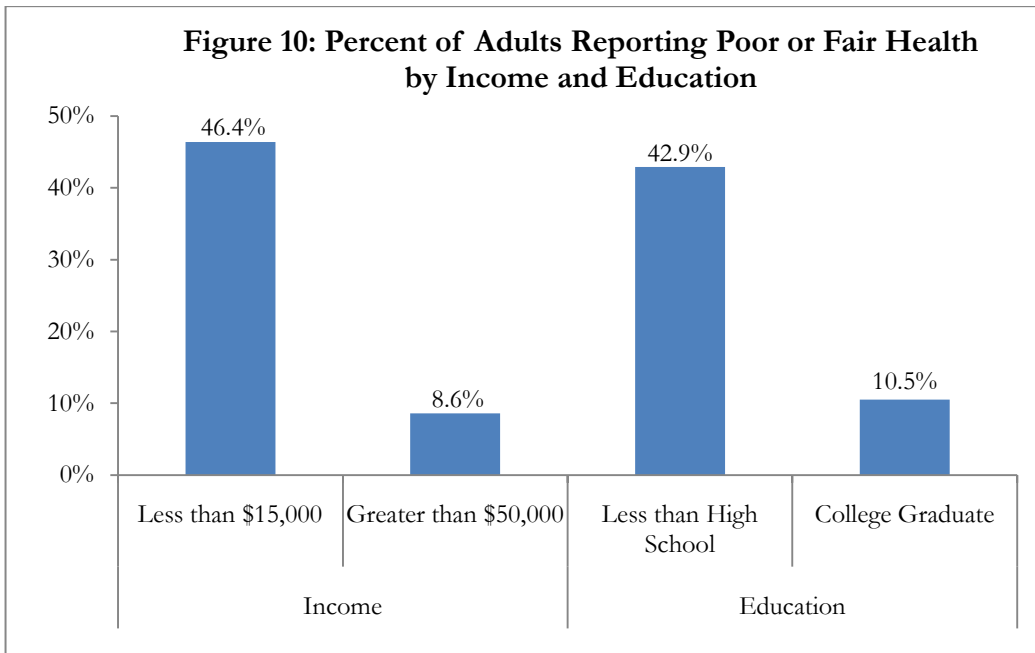
***The proportion of Louisiana adults who reported there was a time in the past 12 months when they could not see a doctor when they needed to due to cost.

General Health

In this section of the report, we consider how people report their general health, paying particular attention to residents who say their health is fair or poor. While subjective, such indicators are important predictors of health-related outcomes and constitute a key component of health surveillance. More than one in five Louisiana residents (20.8 percent) report their health as fair or poor. This is significantly higher than 14.6 percent nationally who report their health as fair or poor.

SOCIO-ECONOMIC FACTORS OF GENERAL HEALTH

- Both education and income are predictors of general health. As income and education increase, the likelihood of reporting poor or fair general health decreases. Forty-three percent of Louisiana residents who did not graduate high school reported having poor or fair health, whereas just 10.5 percent of those who graduated from college reported poor or fair general health.
- Those earning less than \$15,000 annually, are significantly more likely to report poor or fair health (46.4 percent) than those earning \$50,000 or greater (8.6 percent).
- Nearly a quarter (24.8 percent) of uninsured Louisianians reported poor or fair health compared to 19.9 percent of insured respondents.



GENERAL HEALTH TRENDS

- Louisiana continues to fall below national general health levels. Nationally, 14.6 percent of Americans reported poor or fair general health in 2009. In Louisiana, 20.8 percent of residents reported poor or fair general health (Figure 11).
- The 20.8 percent of Louisianians reporting poor or fair general health in 2009 marks the second highest level in the past five years and represents a 2.5 percentage point increase over the previous year (18.3 percent).

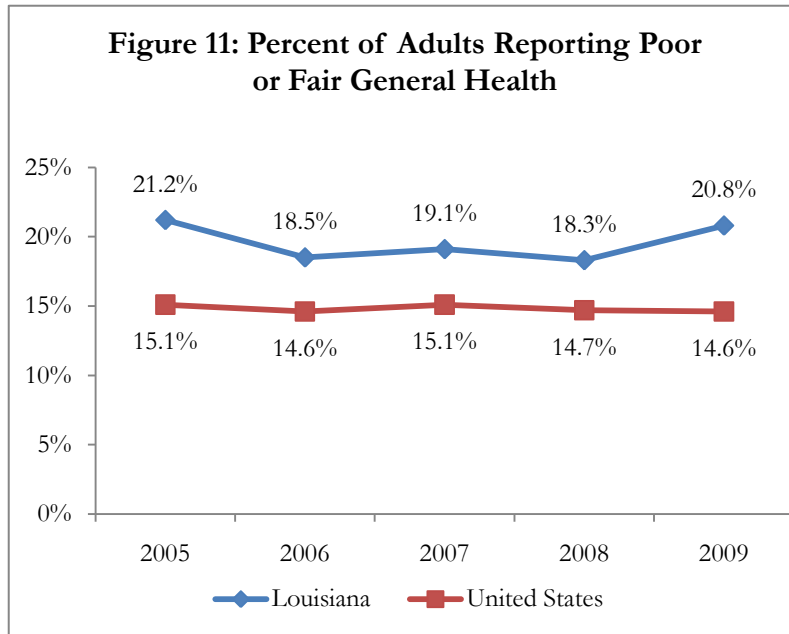


Table 3a. General Health Status

Demographic Characteristics	Sample Size	%	95% Confidence Interval
TOTAL	8,882	20.8	19.7-22.0
AGE			
18-24	298	9.4	6.1-14.3
25-34	765	10.8	8.1-14.2
35-44	1,169	14.9	12.5-17.6
45-54	1,842	23.2	20.9-25.7
55-64	2,018	29.5	27.2-32.0
65 and over	2,790	35.6	33.5-37.8
GENDER			
Male	2,969	20.4	18.6-22.4
Female	5,913	21.1	19.9-22.4
RACE-ETHNICITY			
Caucasian	6,308	18.1	16.9-19.3
African-American	2,017	26.8	24.2-29.5
Hispanic	190	20.6	13.0-31.0
Other	323	22.6	16.0-30.9
EDUCATION			
Did not graduate HS	1,196	42.9	38.9-47.0
Graduated from HS	2,770	25.6	23.2-28.0
Attended college	2,367	17.7	15.9-19.8
Graduated college	2,536	10.5	9.0-12.1
HOUSEHOLD INCOME			
<15,000	1,175	46.4	41.9-51.0
15,000-24,999	1,541	34.2	30.8-37.8
25,000-34,999	891	24.0	20.3-28.1
35,000-49,999	1,049	17.2	14.4-20.4
50,000 +	2,965	8.6	7.4-9.9
REGION			
Region 1	987	19.8	16.7-23.4
Region 2	1,019	18.1	15.1-21.5
Region 3	981	22.4	19.4-25.7
Region 4	995	21.8	18.8-25.1
Region 5	929	22.4	19.2-26.0
Region 6	1,027	23.3	20.1-26.7
Region 7	973	21.5	18.4-24.9
Region 8	975	23.3	20.0-26.9
Region 9	996	18.9	16.1-22.0
HEALTH INSURANCE			
Insured	7,601	19.9	18.7-21.1
Uninsured	1,271	24.8	21.7-28.1

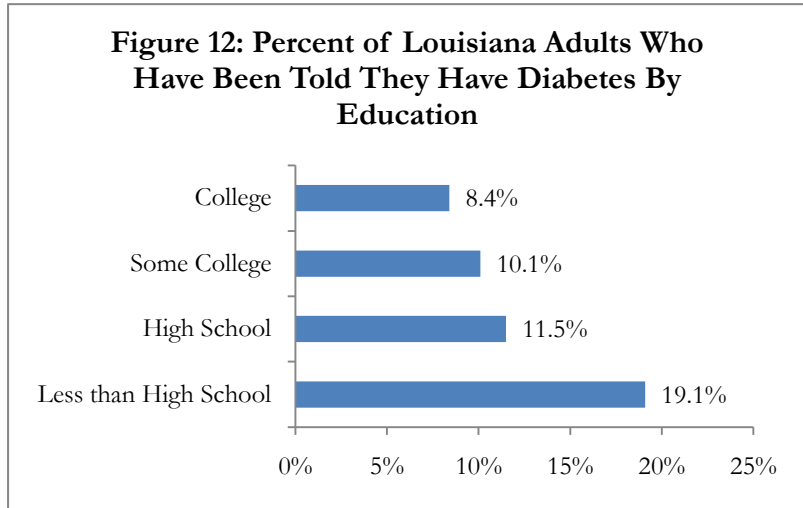
*Proportion reporting fair or poor general health.

Diabetes

As noted in the introduction, diabetes represents a significant and growing health risk. Marked by high levels of sugar in the blood, individuals with diabetes are at greater risk for cardiovascular disease, chronic renal failure, high blood pressure and a range of health-related problems.

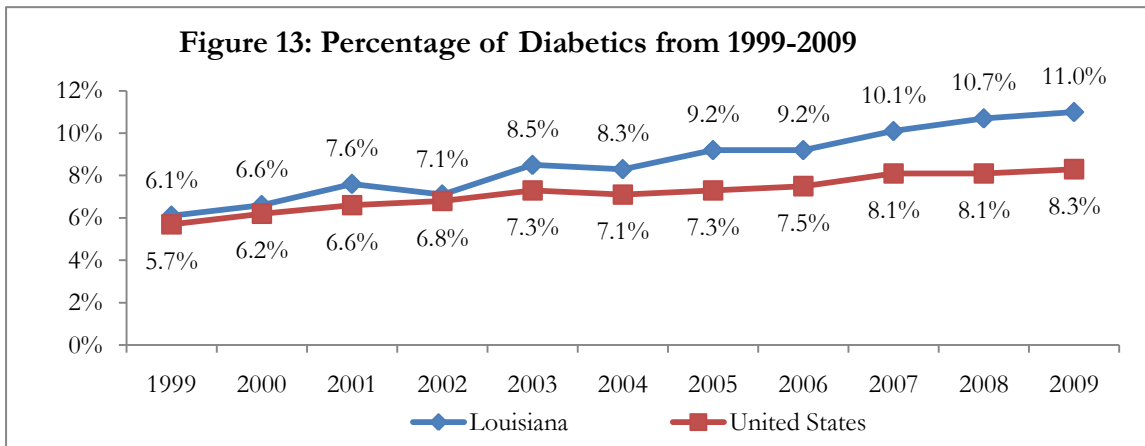
DIABETES PREVALENCE

- Approximately 11 percent of Louisiana adults have reportedly been diagnosed with diabetes. An additional 5.8 percent were told they have pre-diabetes.
- Diabetes rates are highest among African-Americans (14.3 percent) and those aged 65 and older (26 percent).
- More than 56.4 percent of non-diabetic adults in Louisiana have had their blood sugar tested. However, just 38.7 percent of uninsured non-diabetic adults have been tested.



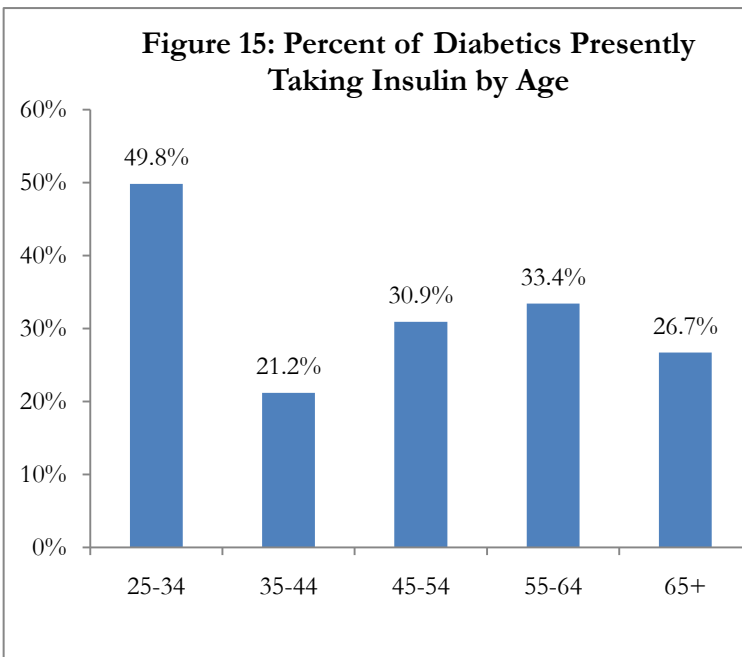
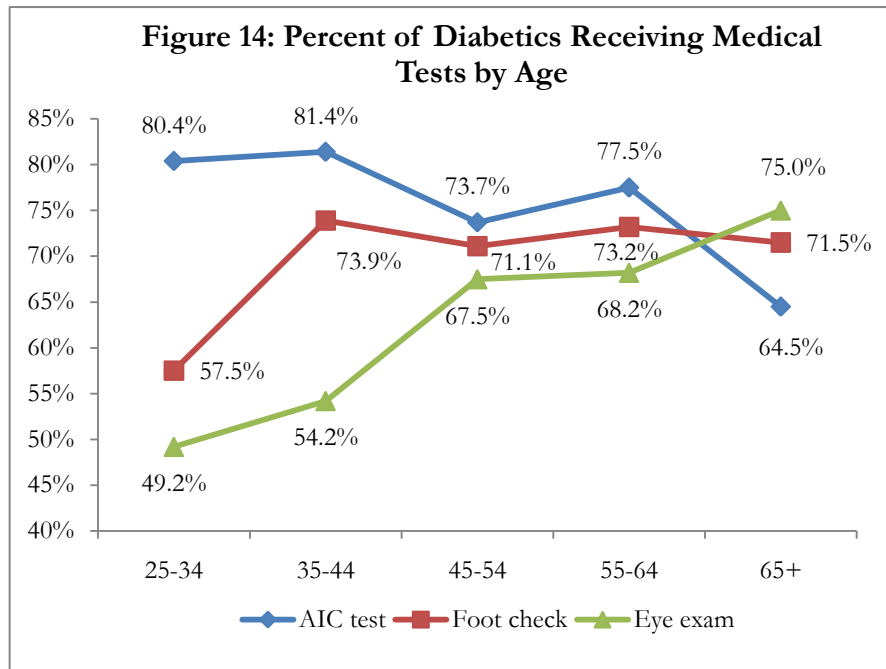
LOUISIANA DIABETES PREVALENCE TRENDS

- The statewide diabetes rate climbed for the third straight year and at 11 percent has nearly doubled since 1998 when 6 percent reported having been told they had diabetes.
- The 2009 diabetes rate in Louisiana (11 percent) is nearly 3 percentage points higher than the national rate (8.3 percent) (Figure 13).
- Diabetes rates are lowest among those who graduated college and whose household income exceeds \$50,000. Conversely, rates are highest among adults who did not complete high school, and those who earn less than \$15,000 annually.



HEALTH CARE TRENDS AMONG LOUISIANA DIABETICS

- Seventy-two percent of Louisiana diabetics report receiving an A1C test; 71.6 percent report having their feet checked for sores in the past year; and 67.8 percent report having an eye exam in the past year.
- While there was little difference among insured and uninsured diabetics receiving A1C tests and those who had their feet checked, just 53 percent of uninsured diabetics received an eye exam in the past year – compared to 70.3 percent of insured diabetics.
- Younger diabetics were more likely to report receiving an A1C test (see chart above); however, the percentage of those with feet and eye exams generally increased with age (Figure 14).



ROUTINE MEDICAL CARE AMONG LOUISIANA DIABETICS

- Nearly 88 percent of Louisiana diabetics visited a doctor in the past year; 29.7 percent report presently taking insulin; and 23.7 percent were told their diabetes was affecting their eyes.
- For those reporting they were told that diabetes was affecting their eyes, the rate was highest among Hispanic residents (45 percent). That figure is just 28 percent for African-Americans, and 21 percent for Caucasians and other ethnicities.
- The percentage of diabetics currently taking insulin is significantly higher in Region 8 (44.4 percent) -far exceeding the 29.7 percent average statewide.

Table 4a. Diabetes

Demographic characteristics	Diagnosed with diabetes*			Non-diabetic adults tested for blood sugar**			Non-diabetic adults told they have pre-diabetes***		
	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	1374	11.0	10.3-11.9	4662	56.4	54.6-58.1	503	5.8	5.1-6.5
AGE									
18-24	1	0.3	.0004-.02	116	36.1	29.7-42.9	7	2.9	1.0-7.7
25-34	20	2.8	1.7-4.7	387	48.5	43.9-53.0	33	4.8	3.1-7.4
35-44	69	7.1	5.3-9.6	594	54.6	50.9-58.4	55	4.2	3.1-5.7
45-54	197	9.7	8.2-11.5	1018	60.0	56.9-63.0	117	5.9	4.8-7.3
55-64	390	19.1	17.1-21.3	1113	68.9	66.1-71.6	138	9.4	7.7-11.3
65 and over	697	26.0	24.0-28.0	1434	70.2	67.8-72.4	503	8.2	6.8-9.8
GENDER									
Male	519	11.5	10.2-13.0	1533	54.6	51.7-57.5	167	5.7	4.6-7.1
Female	855	10.6	9.8-11.5	3129	57.9	56.1-60.0	336	5.8	5.0-6.7
RACE-ETHNICITY									
Caucasian	847	9.7	8.8-10.6	3356	55.5	53.5-57.4	344	5.6	4.8-6.6
African-American	431	14.3	12.6-16.2	1032	58.7	55.0-62.3	127	6.1	4.8-7.7
Hispanic	32	9.6	6.0-14.9	92	57.6	46.0-68.5	9	6.4	2.7-14.3
Other	55	11.2	7.8-15.7	63	56.5	47.1-65.4	20	5.2	3.0-8.9
EDUCATION									
Did not graduate HS	312	19.1	16.5-22.0	494	50.0	45.0-55.1	70	6.6	4.3-9.9
Graduated from HS	462	11.5	10.2-12.9	1380	54.0	50.8-57.1	159	5.6	4.4-7.2
Attended college	335	10.1	8.8-11.7	1290	55.5	52.1-58.8	147	6.2	5.0-7.6
Graduated college	263	8.4	7.0-10.0	1492	61.5	58.5-64.4	503	5.3	4.2-6.6
HOUSEHOLD INCOME									
<15,000	319	19.8	17.0-23.0	501	51.8	46.3-57.2	63	6.4	4.4-9.1
15,000-24,999	322	16.1	14.0-18.4	724	53.4	48.9-57.8	104	6.4	5.0-8.2
25,000-34,999	148	11.8	9.6-14.4	478	58.7	52.9-64.2	62	9.0	6.1-13.1
35,000-49,999	131	9.8	7.9-12.2	578	53.2	48.5-57.9	60	4.7	3.4-6.4
50,000 +	256	6.9	5.9-8.1	1749	60.6	57.9-63.2	164	5.4	4.4-6.5
REGION									
Region 1	146	10.1	8.1-12.5	553	57.3	52.4-62.1	55	5.0	3.7-6.8
Region 2	157	11.3	9.2-13.8	542	55.9	51.1-60.6	68	7.4	5.2-10.4
Region 3	157	11.8	9.6-14.3	517	57.7	52.9-62.3	54	5.8	4.0-8.2
Region 4	142	10.2	8.3-12.6	523	57.5	52.9-61.9	48	4.1	2.9-5.7
Region 5	172	14.7	12.1-17.6	473	58.1	53.3-62.8	62	6.9	5.1-9.3
Region 6	168	11.8	9.9-14.1	517	57.6	52.9-62.2	49	5.6	3.9-8.1
Region 7	164	13.1	10.9-15.8	495	53.0	47.9-58.0	47	5.1	2.3-7.4
Region 8	136	9.4	7.6-11.6	517	58.3	53.4-63.1	59	6.1	4.3-8.6
Region 9	132	9.2	7.4-11.4	525	53.7	48.9-58.4	61	6.7	4.3-10.2
HEALTH INSURANCE									
Have Insurance	1220	11.8	10.9-12.7	4164	60.9	59.1-62.7	422	5.8	5.1-6.5
No Insurance	154	8.1	6.5-10.1	494	38.7	34.6-43.0	81	5.8	3.9-8.5
* The proportion of Louisiana adults who reported being diagnosed with diabetes (pregnancy excluded).									
** The proportion of non-diabetic Louisiana adults who reported having a test for blood sugar.									
***The proportion of non-diabetic Louisiana adults who were told they have pre-diabetes.									

Table 4b. Diabetes

Demographic characteristics	Diabetics who had A1C test			Diabetics who had feet checked for sores			Diabetics who had an eye exam in past year		
	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	949	72.5	69.3-75.4	953	71.6	68.3-74.8	957	67.8	64.1-71.4
AGE									
18-24	*	*	*	*	*	*	*	*	*
25-34	15	80.4	55.6-93.1	11	57.5	31.2-80.1	10	49.2	25.4-73.4
35-44	52	81.4	68.8-89.7	47	73.9	58.9-84.8	41	54.2	38.3-69.3
45-54	140	73.7	65.3-80.7	135	71.1	62.5-78.4	125	67.5	59.0-74.9
55-64	295	77.5	72.0-82.1	278	73.2	67.6-78.1	262	68.2	62.4-73.4
65 and over	446	64.5	60.1-68.7	481	71.5	67.4-75.4	519	75.0	70.9-78.7
GENDER									
Male	374	74.3	69.1-78.9	369	71.5	65.8-76.6	364	69.1	62.8-74.8
Female	575	70.7	66.8-74.3	584	71.8	67.9-75.3	593	66.5	62.2-70.6
RACE-ETHNICITY									
Caucasian	609	75.1	71.2-78.6	550	67.4	62.9-71.5	564	64.1	59.0-68.8
African-American	270	66.6	60.5-72.2	336	78.8	72.6-83.9	322	72.3	65.9-78.0
Hispanic	23	80.1	63.4-91.2	21	60.2	38.0-78.8	24	73.5	51.1-88.0
Other	41	81.1	68.0-89.7	42	81.3	66.3-90.6	41	77.5	61.5-88.1
EDUCATION									
Did not graduate HS	160	53.5	46.1-60.7	220	71.5	63.7-78.2	208	62.0	54.2-69.2
Graduated from HS	324	70.0	64.0-75.2	316	67.8	61.8-73.3	324	69.4	63.5-74.8
Attended college	257	80.1	75.2-85.2	228	72.4	65.9-78.0	220	64.4	57.2-71.0
Graduated college	207	83.5	77.3-88.2	189	76.6	68.7-83.0	203	74.3	63.4-82.8
HOUSEHOLD INCOME									
<15,000	182	55.1	47.3-62.7	226	67.3	59.1-74.6	207	62.4	54.5-69.6
15,000-24,999	218	69.9	63.7-75.6	228	73.5	67.2-78.9	223	70.1	63.6-76.0
25,000-34,999	117	73.2	61.8-82.1	107	70.1	59.2-79.2	105	67.1	56.3-76.3
35,000-49,999	103	81.4	72.8-87.8	87	72.1	62.6-80.0	96	72.1	60.9-81.1
50,000 +	208	85.1	79.2-89.5	175	73.8	66.2-80.3	182	72.0	64.3-78.6
REGION									
Region 1	101	75.3	66.4-82.5	106	75.8	65.5-83.7	109	67.4	54.2-78.3
Region 2	116	77.8	67.8-85.3	116	70.5	59.3-79.7	121	74.4	63.2-83.1
Region 3	115	74.5	65.4-81.9	110	73.0	63.5-80.7	104	63.7	53.6-72.7
Region 4	94	67.9	57.4-76.8	100	69.6	58.8-78.6	93	67.7	57.0-76.8
Region 5	113	65.6	55.6-74.4	118	68.0	58.0-76.5	118	65.0	54.7-74.0
Region 6	116	71.8	63.6-78.8	110	66.0	57.2-73.9	116	68.3	59.4-76.0
Region 7	104	65.9	56.4-74.3	112	71.9	62.5-79.7	114	68.3	58.6-76.6
Region 8	92	71.2	61.0-79.6	83	63.2	52.5-72.7	86	59.3	48.1-69.6
Region 9	98	79.8	71.6-86.2	98	79.8	71.3-86.3	96	70.0	58.2-79.7
HEALTH INSURANCE									
Have Insurance	851	73.0	69.7-76.1	844	71.8	68.3-75.1	869	70.3	66.4-73.9
No Insurance	98	69.3	58.6-78.2	109	70.5	58.8-80.1	88	53.0	41.9-63.9
* Sample size not large enough to be reportable.									

Table 4c. Diabetes

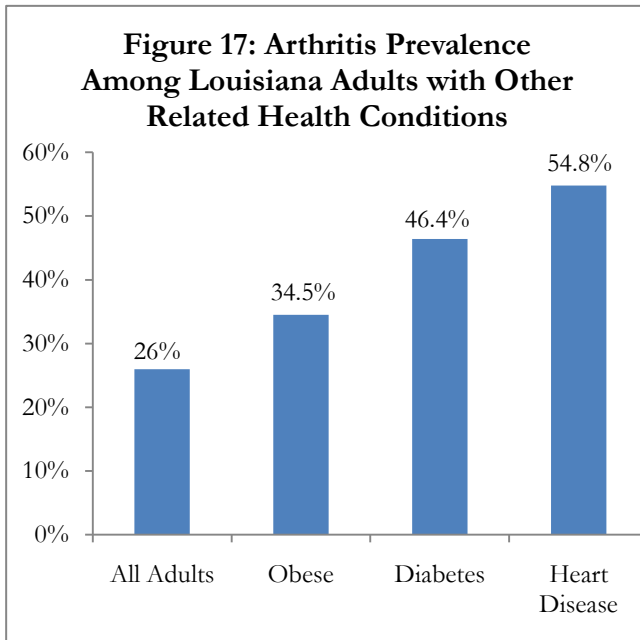
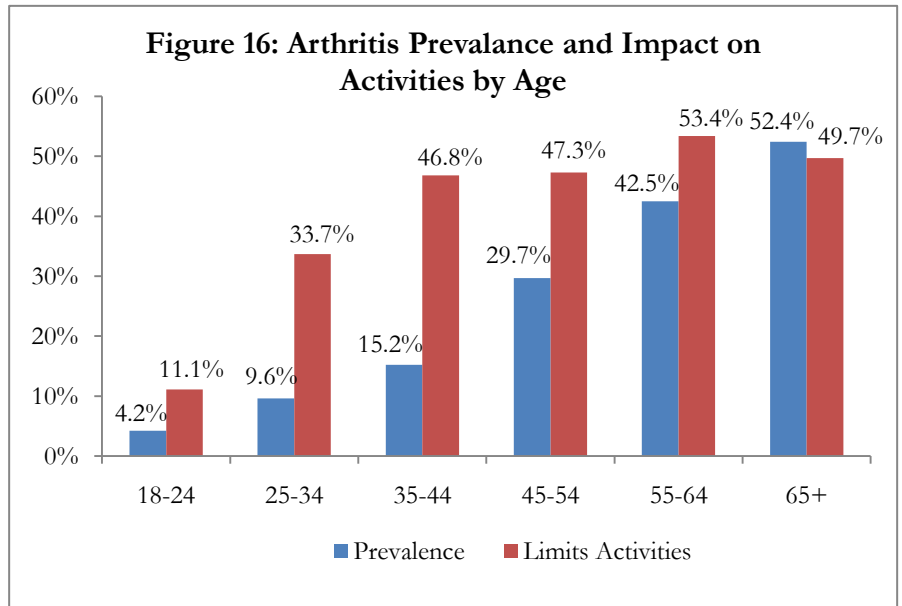
Demographic characteristics	Diabetics told diabetes is effecting their eyes			Diabetics who are presently taking insulin			Diabetics who saw a doctor for treatment in past year		
	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	349	23.7	20.9-26.7	412	29.7	26.5-33.1	1212	87.8	85.2-90.0
AGE									
18-24	*	*	*	*	*	*	*	*	*
25-34	7	24.7	10.5-47.8	9	49.8	25.9-73.8	15	81.1	56.4-93.4
35-44	12	11.6	6.0-21.1	15	21.2	11.5-35.7	58	87.9	75.7-94.4
45-54	68	34.5	26.6-43.3	65	30.9	23.6-39.3	172	85.3	77.4-90.8
55-64	100	26.6	21.4-32.4	129	33.4	27.9-39.3	352	90.4	86.0-93.5
65 and over	162	21.3	17.9-25.2	193	26.7	23.0-30.7	614	87.8	84.3-90.5
GENDER									
Male	119	22.8	18.5-27.7	142	72.5	66.9-77.5	456	87.0	82.4-90.5
Female	230	24.7	21.3-28.4	270	68.1	64.0-72.0	756	88.6	85.6-90.1
RACE-ETHNICITY									
Caucasian	192	20.8	17.6-24.5	234	27.2	23.3-31.5	732	87.1	83.9-89.7
African-American	133	27.7	22.6-33.3	148	32.8	27.2-39.9	394	88.9	83.4-92.8
Hispanic	11	45.0	24.6-67.2	9	30.3	13.2-55.5	28	83.9	61.8-94.3
Other	12	20.8	10.6-36.8	18	31.0	18.5-47.0	50	91.4	79.2-96.7
EDUCATION									
Did not graduate HS	97	28.7	22.6-35.8	106	34.8	28.0-42.3	284	90.0	84.0-94.0
Graduated from HS	119	26.8	21.9-32.4	139	30.2	24.9-36.1	405	85.7	80.3-89.9
Attended college	78	20.2	15.6-25.9	100	27.3	21.6-33.8	296	88.1	82.8-91.9
Graduated college	53	18.6	13.4-25.4	66	27.0	20.0-35.5	226	88.4	82.8-92.3
HOUSEHOLD INCOME									
<15,000	93	30.6	24.1-38.1	116	34.6	27.7-42.2	275	82.1	74.3-88.0
15,000-24,999	96	27.8	22.2-34.2	108	36.8	30.2-43.8	292	89.3	83.8-93.0
25,000-34,999	39	24.4	16.9-34.1	36	23.5	16.5-32.4	133	86.2	73.8-93.3
35,000-49,999	21	19.3	11.7-30.0	27	21.2	13.6-31.4	117	90.1	82.9-94.4
50,000 +	51	17.9	13.1-24.0	60	23.8	17.6-31.5	224	89.5	84.2-93.1
REGION									
Region 1	34	20.6	14.0-29.3	46	27.6	19.2-37.8	133	91.4	84.5-95.4
Region 2	33	23.4	15.9-33.1	42	29.2	20.2-40.2	131	82.8	73.0-89.5
Region 3	38	20.5	13.9-29.2	45	32.0	22.7-43.1	144	91.9	85.8-95.5
Region 4	39	22.9	16.0-31.7	41	25.3	17.5-35.3	129	88.8	78.9-94.4
Region 5	42	22.6	15.4-32.0	54	29.2	21.4-38.3	150	81.5	71.0-88.7
Region 6	52	29.1	21.9-37.5	50	31.3	23.5-40.4	148	89.4	82.7-93.7
Region 7	38	25.7	18.3-34.8	38	25.0	17.7-34.0	145	87.6	78.9-93.1
Region 8	37	25.9	17.9-36.0	52	44.4	33.9-55.5	112	83.2	73.9-89.7
Region 9	36	26.5	18.2-36.9	44	33.3	24.2-43.9	120	91.4	83.7-95.6
HEALTH INSURANCE									
Have Insurance	301	23.4	20.4-26.6	365	28.9	25.7-32.4	1,079	88.6	86.1-90.8
No Insurance	48	25.8	18.2-35.1	47	34.1	24.0-45.8	133	82.6	71.7-89.9

* Sample size not large enough to be reportable.

Arthritis

Arthritis is defined in terms of the inflammation of joints and subsequent pain, swelling and limited movement. It is something of a misnomer as there are actually 100 different types of arthritis.

- More than one in four Louisiana adults (26 percent) have been told by a health professional that they have arthritis.
- Among adults with arthritis, 48 percent report their activities are limited because of joint systems, 29.6 percent say it affects their ability to work, and 48.9 percent say it affects their social activities.
- Arthritis is, not surprisingly, most closely correlated with age. Over half of adults 65 and over (52.4 percent) have arthritis compared to 4.2 percent of respondents 18-24 year olds.
- Arthritis is not more debilitating as one grows older. Adults 65 and older with arthritis are as likely to report that their activities are limited as are adults in the 35-44 age group.
- Women report higher levels of arthritis than men. 30.2 percent of women compared to 21.4 percent of men have arthritis.



- Arthritis is also related to socio-economic status as wealthier and better educated respondents are less likely to report arthritis. Forty-one percent of respondents with less than a high school education have been told they have arthritis compared to 18.5 percent of adults with a college degree. Similarly, 36.6 percent of respondents earning less than \$15,000 have arthritis compared to 18.8 percent of respondents earning \$50,000 or more.
- Louisiana residents are just as likely to report having been told they have arthritis. 26 percent of Louisiana adults compared to 25.9 percent nationwide have been told they have arthritis.
- Arthritis is more common among adults who are obese, or adults have diabetes or heart disease.

Table 5a: Arthritis

Demographic Characteristics	Diagnosed with Arthritis			Limited Because of Joint Symptoms			Arthritis Affects Work			Arthritis Affects Social Activities		
	Sample Size	%	95%CI	Sample Size	%	95%CI	Sample Size	%	95%CI	Sample Size	%	95%CI
Total	3241	26.0	24.9-27.2	1617	48.0	45.6-50.4	923	29.6	27.455-31.935	1613	48.9	46.5-51.3
Age												
18-24	10	4.2	1.9-8.9	2	11.1	2.1-42.3	4	19.3	5.269-50.747	3	13.2	2.9-43.1
25-34	73	9.6	7.2-12.6	26	33.7	21.9-48.1	23	33.8	20.891-49.621	33	47.1	32.9-61.9
35-44	194	15.2	13.0-17.8	94	46.8	38.6-55.2	72	38.1	30.323-46.457	113	55.3	46.8-63.5
45-54	562	29.7	27.1-32.4	291	47.3	41.9-52.7	197	34.1	29.140-39.414	307	49.6	44.2-55.0
55-64	895	42.5	39.8-45.1	465	53.4	49.4-57.4	287	30.3	26.847-34.072	463	50.9	46.9-54.9
65 and over	1507	52.4	50.1-54.7	739	49.7	46.7-52.7	340	22.9	20.423-25.638	694	46.8	43.8-49.9
Gender												
Male	908	21.4	19.6-23.4	441	46.6	42.1-51.2	261	31.5	27.362-36.040	418	43.8	39.3-48.3
Female	2333	30.2	28.8-31.7	1176	48.9	46.3-51.5	662	28.4	26.101-30.871	1195	52.2	49.6-54.8
Race												
Caucasian	2274	26.1	24.7-27.5	1091	46.9	44.2-49.7	600	28.3	25.684-31.065	1072	46.7	43.9-49.5
African-American	737	25.2	22.8-27.7	407	50.6	45.3-55.8	254	31.8	27.462-36.479	422	53.2	47.8-58.4
Hispanic	62	25.5	18.1-34.6	30	48.5	31.9-65.5	16	36.7	21.291-55.343	23	34.1	20.4-51.0
Other	145	29.8	23.3-37.1	76	47.4	35.7-59.4	46	32.8	22.878-44.491	82	63.4	52.4-73.1
Education												
Did not graduate HS	618	41.2	37.1-45.5	381	58.9	52.5-65.0	219	37.3	31.415-43.676	403	67.7	62.0-72.9
Graduated from HS	1084	27.8	25.7-30.0	536	50.5	46.5-54.6	330	32.7	28.936-36.728	550	52.6	48.5-56.6
Attended college	857	26.1	23.8-28.5	420	45.8	41.2-50.6	235	28.7	24.719-33.127	404	41.7	37.3-46.3
Graduated college	678	18.5	16.9-20.4	276	37.9	33.5-42.5	138	19.9	16.433-23.820	254	37	32.6-41.7
Income												
<15,000	602	36.6	32.7-40.6	402	67.9	62.7-72.6	230	39.7	34.566-45.164	417	68.7	63.3-73.5
15,000-24,999	736	37.6	34.2-41.1	447	64.9	60.3-69.2	254	41.2	36.288-46.214	414	58.9	54.0-63.6
25,000-34,999	345	27.5	23.6-31.8	156	41.4	34.1-49.1	86	27	19.520-36.090	155	52.7	44.6-60.6
35,000-49,999	359	26.1	22.8-29.7	154	41.2	34.6-48.1	82	23.8	18.529-29.915	158	43.2	36.2-50.4
50,000 +	722	18.8	17.1-20.6	237	31.8	27.5-36.4	132	20.5	16.669-24.899	238	32.5	28.1-37.1

Table 5a: Arthritis

Demographic Characteristics	Diagnosed with Arthritis		Limited Because of Joint Symptoms		Arthritis Affects Work		Arthritis Affects Social Activities	
	Sample Size	%	Sample Size	%	Sample Size	%	Sample Size	%
REGION								
Region 1	344	25.4	157	44.8	87	26.6	149	43.2
Region 2	322	23	158	43.2	86	29	134	40.6
Region 3	360	26.1	184	51.7	102	32.6	194	54.5
Region 4	348	26	177	49.3	94	27.5	190	55.4
Region 5	348	27.7	187	54.5	110	36.5	186	54.1
Region 6	446	34.1	233	53.9	144	33.2	221	53.1
Region 7	368	26.7	185	50.7	114	34	191	53.1
Region 8	371	28	165	40.2	97	26.5	173	44.1
Region 9	334	23.3	171	48.9	89	26.1	175	48.7
INSURED								
Have Insurance	2866	27.3	1411	47.2	762	27.2	1373	46.3
No Insurance	374	20.9	206	52.6	161	42.9	240	62.8

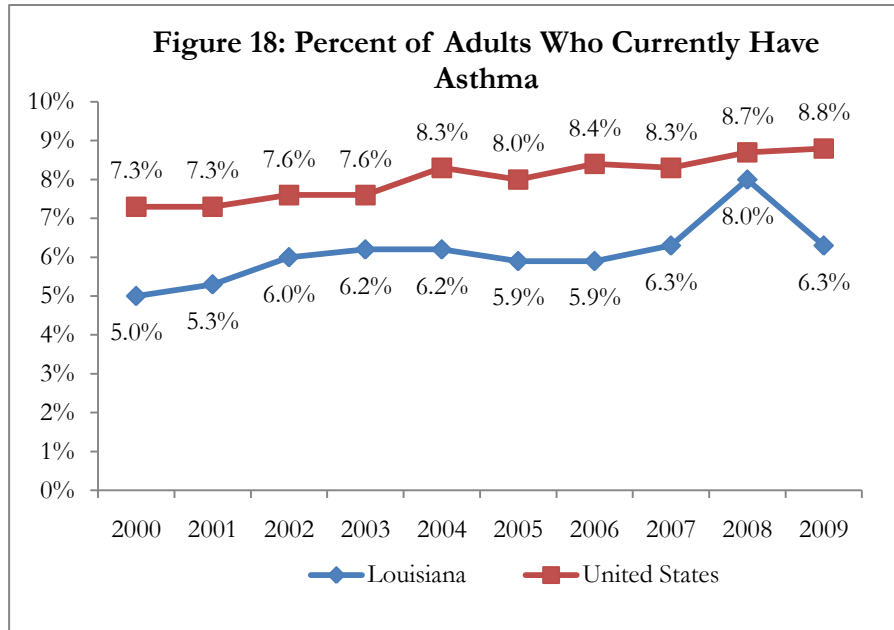
Asthma

Asthma is defined as a chronic inflammation of the airways resulting in coughing, wheezing and tightening in the chest, along with shortness of breath. Asthmatic attacks can be triggered by allergies or illness and, in worse case scenarios, can be fatal. The incidence of asthma has been increasing throughout the world with higher rates in more developed, western nations.

CURRENT AND LIFETIME ASTHMA

- Six percent of Louisiana adults currently have asthma while 11 percent of adults have been told at some point in their lives that they have asthma.

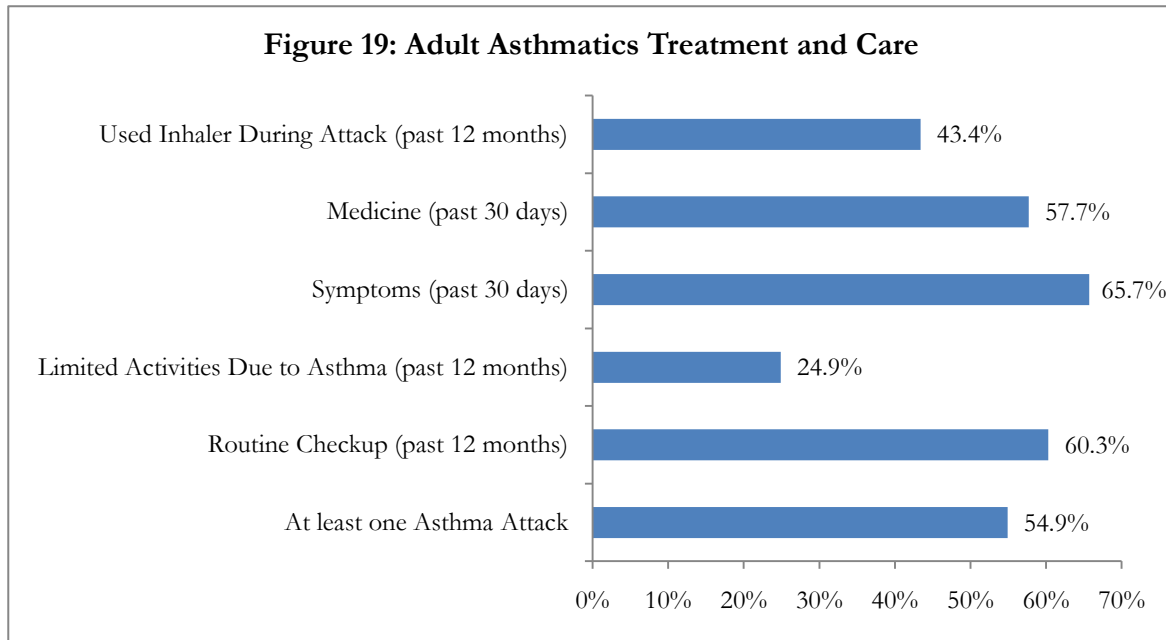
- The incidence of asthma is related to income and education. Eleven percent of Louisiana adults earning less than \$15,000 currently have asthma compared to 3.9 percent earning \$75,000 or more. Similarly, 11.7 percent of adults with less than a high school education report currently having asthma compared to 4.8 percent of adults with a college degree.



- Regional differences are also important. The incidence of asthma is highest in Region 5 (8 percent), Region 6 (7.5 percent) and Region 2 (7.3 percent). It is lowest in Region 7 (4.7 percent) and Region 1 (4.4 percent).

ASTHMA TRENDS

- The 2008 BRFSS survey reported an increase in the percentage of adults who currently have asthma. This year, the estimate dropped back to 6.3 percent, suggesting that last year’s data was likely an aberration.
- Asthma is one area where Louisiana fares better than the nation as a whole. Nationally, 9 percent of adults report they currently have asthma compared to 6 percent in Louisiana.
- We see similar trends and discrepancies if we consider adults who have ever been told they have asthma. Eleven percent of Louisiana adults have been told they have asthma compared to 13.5 percent in the nation as a whole.



ADULT ASTHMA TREATMENT AND CARE

- More than half (49.5 percent) of the adults who currently have asthma have had an attack in the past 12 months (Figure 19).
- Among adult asthmatics who have had an asthma attack during the past 12 months, approximately a third (32 percent) have made at least one trip to an emergency room or urgent care because of their asthma while 39.4 percent have gone to see their doctor for urgent care for worsening symptoms or treatment.
- Routine care for asthma is fairly common: 60.3 percent of asthmatics have had a routine checkup for their asthma during the past 12 months (Figure 19).
- One fourth of Louisiana asthmatics (24.9 percent) have limited their work or usual activities because of their asthma (Figure 19).
- Nearly two-thirds (65.7 percent) of asthmatics report at least some symptoms over the past 30 days, including 11.6 percent who report symptoms every day.
- More than half (57.7 percent) of Louisiana asthmatics report taking some medicine to prevent attacks over the past 30 days, including 34.3 percent who took medicine 25-30 days during the past month.
- Among adult asthmatics that have had an asthma attack in the past 30 days, 43 percent have used a prescription inhaler to stop an attack.

Table 6a. Asthma

Demographic characteristics	Current Asthma*			Lifetime Asthma**		
	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	603	6.3	5.5-7.1	951	11.0	10.0-12.0
AGE						
18-24	29	8.9	5.0-12.8	50	15.4	10.3-20.5
25-34	55	6.4	4.2-8.6	103	13.3	10.2-16.4
35-44	70	5.8	4.2-7.4	126	10.7	8.5-12.9
45-54	121	6.2	4.8-7.6	192	10.0	8.2-11.8
55-64	150	5.7	4.5-6.9	222	9.4	8.0-10.8
65 and over	175	6.0	5.0-7.0	254	8.5	7.3-9.7
GENDER						
Male	120	4.5	3.3-5.7	243	9.7	7.9-11.5
Female	483	8.0	7.0-9.0	708	12.1	10.9-13.3
RACE-ETHNICITY						
Caucasian	395	6.2	5.2-7.2	643	10.6	9.4-11.8
African-American	167	6.6	5.2-8.0	240	11.1	9.1-13.1
Hispanic	13	4.6	1.3-7.9	26	19.1	10.1-28.1
Other	18	7.0	2.7-11.3	26	10.1	4.8-15.4
EDUCATION						
Did not graduate HS	133	11.7	8.8-14.6	188	18.3	14.8-21.8
Graduated from HS	185	6.5	4.9-8.1	280	10.7	8.9-12.5
Attended college	146	5.5	4.3-6.7	248	10.6	8.6-12.6
Graduated college	139	4.8	3.8-5.8	234	8.8	7.2-10.4
HOUSEHOLD INCOME						
<15,000	149	11.2	8.7-13.7	202	17.3	14.0-20.6
15,000-24,999	131	7.4	5.6-9.2	200	14.2	11.5-16.9
25,000-34,999	51	7.4	4.1-10.7	85	11.6	7.9-15.3
35,000-49,999	59	5.5	3.5-7.5	102	9.4	7.0-11.8
50,000-74,999	51	3.9	2.5-5.3	99	9.3	6.9-11.7
75,000+	73	3.9	2.7-5.1	132	6.8	5.4-8.2
REGION						
Region 1	58	4.4	3.2-6.1	102	9.7	7.4-12.6
Region 2	63	7.3	5.1-10.4	96	12.3	9.4-15.9
Region 3	65	6.8	4.9-9.4	109	12.2	9.5-15.5
Region 4	74	7	5.2-9.2	104	9.9	7.8-12.5
Region 5	79	8	6.0-10.6	110	12.3	9.6-15.7
Region 6	79	7.5	5.5-10.1	134	14.2	11.3-17.7
Region 7	55	4.7	3.4-6.7	87	9.1	6.9-11.9
Region 8	65	7	5.0-9.7	105	12	9.3-15.4
Region 9	65	6.3	4.1-9.7	104	10.3	7.6-13.7
HEALTH INSURANCE						
Have Insurance	510	6	5.3-6.8	800	10.3	9.4-11.3
No Insurance	92	7.4	5.3-10.2	149	13.5	10.6-17.0

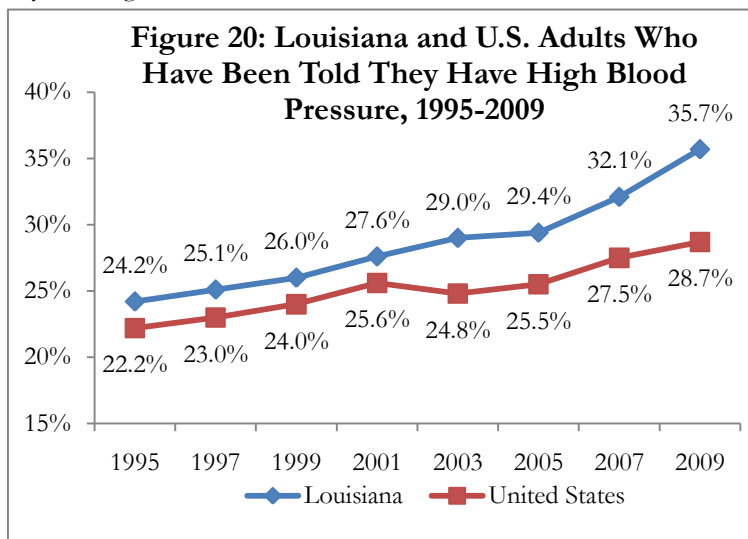
* Percent of adults reporting they currently have asthma.

** Percent of adults who have ever been told they have asthma.

High Blood Pressure

High blood pressure, sometimes referred to as the silent killer, often has no symptoms but can have serious and fatal health consequences, including stroke, heart attack and kidney failure. When diagnosed early enough, high blood pressure can be treated with lifestyle changes and medication.

- Over a third of Louisiana adults (35.7 percent) have been told by a health professional they have high blood pressure.
- The number of Louisiana adults with high blood pressure is higher than the national average and the incidence of high blood pressure in Louisiana is steadily increasing (Figure 20).
- Since 1995, the percentage of Louisiana adults reporting they have been told they have high blood pressure has increased by approximately 47 percent from 24.2 percent to 35.7 percent.



- Nationally, the percentage of adults reporting high blood pressure increased from 22.2 percent in 1995 to 28.7 percent in 2009 (Figure 20).
- Most adults with high blood pressure have been advised by their doctor to take medication and are currently taking medication. Eighty-two percent are currently taking blood pressure medication while 88.3 percent have been advised by their doctor to take blood pressure medication.
- Seven percent of adults have been advised to take high blood pressure medication and are not currently doing so. The gap between doctor’s advice to take medication and actually taking medication is greatest for middle aged adults (25-44). Among the 25-34 age group, 71 percent have been advised to take high blood pressure medication but only 54.2 percent report actually doing so.
- Nearly two-thirds of adults 65 and over (65.4 percent) have been told they have high blood pressure. They are almost universally (95 percent) taking high blood pressure medications and there is little to no gap between their doctor’s advice to take medication and their behavior.
- High blood pressure is also associated with socio-economic status. Fifty-one percent of adults with less than a high school degree have high blood pressure compared to 29.8 percent with a college degree. Similarly, 51.3 percent of adults earning less than \$15,000 have high blood pressure compared to 29.2 percent of adults earning \$50,000 or more.
- Having health insurance is also an important predictor of whether an individual has been advised and are taking medication. Ninety percent of respondents with health insurance have been advised to take medication compared to 79 percent of respondents without insurance.

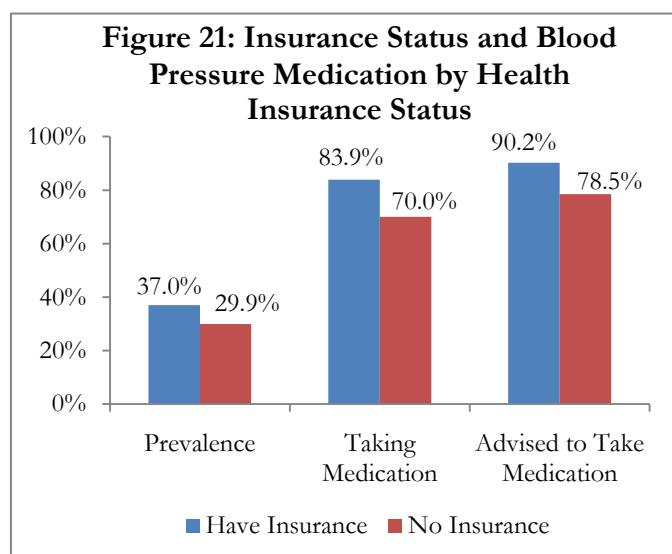


Table 7a: High Blood Pressure

Demographic characteristics	High Blood Pressure			Currently Taking Blood Pressure Medicine			Health Care Professional Advised Medication		
	Sample Size	%	95%CI	Sample Size	%	95%CI	Sample Size	%	95%CI
Total	4110	35.6	34.2-36.9	3612	81.6	79.6-83.5	3686	88.3	86.5-90.0
AGE									
18-24	34	10.7	7.0-15.9	8	32.7	14.6-57.9	16	58.5	36.2-77.9
25-34	104	14.6	11.7-18.0	57	54.2	42.5-65.4	73	71.4	59.4-81.0
35-44	318	27.4	24.3-30.7	217	66.7	60.2-72.7	247	76.6	69.8-82.2
45-54	714	36.8	34.1-39.6	587	81.7	77.7-85.2	621	89.8	86.4-92.5
55-64	1118	55.1	52.4-57.7	1007	89.2	86.4-91.5	1024	92.9	90.0-95.0
65 and over	1822	65.4	63.2-67.5	1736	95.2	93.9-96.2	1705	96.7	95.6-97.5
GENDER									
Male	1416	35.6	33.3-38.0	1225	79.8	76.3-82.9	1262	86.4	83.0-89.2
Female	2694	35.5	34.0-37.1	2387	83.3	80.9-85.3	2424	90.1	88.2-91.7
RACE-ETHNICITY									
Caucasian	2751	33.5	31.9-35.1	2418	81.9	79.4-84.1	2489	88.6	86.4-90.5
African-American	1117	41.3	38.4-44.4	985	82	78.0-85.4	982	88.4	84.7-91.3
Hispanic	75	36.7	27.2-47.2	67	78.1	57.1-90.5	71	92.9	66.5-98.9
Other	144	29.1	23.1-35.9	123	75.8	62.2-85.6	127	82.6	68.3-91.3
EDUCATION									
Did not graduate HS	759	51.3	47.0-55.6	682	84.1	79.3-87.9	684	92	87.7-94.9
Graduated from HS	1362	37.7	35.1-40.3	1207	81.9	78.2-85.0	1210	88.7	85.4-91.4
Attended college	1017	33	30.4-35.7	886	80.8	76.3-84.6	919	85.8	81.4-89.4
Graduated college	967	29.8	27.6-32.2	834	80.6	76.4-84.2	870	88.1	84.4-91.0
HOUSEHOLD INCOME									
<15,000	722	50.6	46.0-55.2	640	79.8	74.2-84.5	645	90.1	85.4-93.4
15,000-24,999	880	45.5	41.8-49.3	785	85.6	81.4-88.9	791	89.9	85.7-92.9
25,000-34,999	454	38.9	34.3-43.6	413	86.3	80.1-90.8	422	90.9	85.2-94.5
35,000-49,999	460	33.4	29.8-37.2	399	80.1	74.1-85.1	413	88.7	82.9-92.6
50,000 +	1025	29.2	27.1-31.3	863	78	74.0-81.6	923	86.6	82.8-89.6
REGION									
Region 1	469	36.4	32.6-40.4	402	78.3	72.3-83.3	427	87.6	82.0-91.7
Region 2	414	31.2	27.6-35.0	362	81.5	74.9-86.7	364	87.5	81.7-91.6
Region 3	461	36.4	32.5-40.5	414	84.9	79.2-89.2	417	88.7	82.2-93.1
Region 4	451	35.5	31.8-39.4	394	81.1	74.8-86.1	396	88.2	82.4-92.4
Region 5	431	35.8	32.0-39.8	381	83.4	77.5-88.0	385	86.9	81.0-91.1
Region 6	516	42.5	38.4-46.7	452	81.7	75.4-86.6	467	89.5	84.0-93.3
Region 7	462	36.6	32.7-40.7	409	83.2	77.2-87.9	409	87.3	81.1-91.7
Region 8	485	37.9	33.7-42.2	434	81.6	73.7-87.5	440	88	79.6-93.3
Region 9	421	32.3	28.6-36.2	364	82.6	77.1-87.1	381	91.8	87.2-94.9
HEALTH INSURANCE									
Have Insurance	3594	37	35.5-38.5	3225	83.9	81.7-85.9	3264	90.2	88.3-91.9
No Insurance	513	29.9	26.5-33.5	384	70	63.9-75.4	419	78.5	72.4-83.6

Reducing High Blood Pressure

Because high blood pressure can be effectively managed with medication and changes in lifestyle, understanding the steps residents take to reduce high blood pressure is critical to understand the consequences of high blood pressure on health outcomes.

- When it comes to reducing high blood pressure, Louisianians generally choose to change eating habits (70.7 percent), reduce salt intake (68.9 percent), and exercise more (67 percent). They are less likely to reduce their alcohol use (23.7 percent) (Figure 22).
- Interestingly, respondents report taking actions even in the absence of medical advice. For example, more respondents (70.7 percent) report changing their eating habits than report being advised to do so by a health care professional (61.2 percent).
- Younger respondents are more likely to report increasing exercise to reduce their blood pressure. Ninety percent of respondents 18-24 and 71.7 percent of respondents in the 25-34 age group reported increasing their activity levels to reduce blood pressure. In contrast, 64.4 percent of adults 65 and over reported exercising more.
- Women are more likely than men to change their eating habits and reduce salt intake while men are more likely to exercise and reduce alcohol use. Middle-aged respondents are more likely to report reducing their alcohol use. For example, 30.6 percent of men reduced their alcohol use compared to 17.3 percent of women.
- Residents living in the New Orleans area are most likely to reduce alcohol use to reduce their blood pressure. Twenty-nine percent of New Orleans area residents compared to 17.2 percent of residents in Northeast Louisiana reduced their alcohol use to reduce their blood pressure.
- Younger respondents are more likely than older respondents to be advised to change their eating habits. Seventy-five percent of respondents 18-24 were told by a health professional to change their eating habits compared to 50 percent of adults 65 and over.
- Sixty-seven percent of African-American residents were advised to change their eating habits to reduce their blood pressure compared to 58.2 percent of Caucasian respondents.
- Differences based on health insurance status in terms of behavior modification are less pronounced than differences (Figure 22) in taking medication. Or stated differently, health insurance coverage is more important in terms of receiving medication for high blood pressure than in altering one's lifestyle.

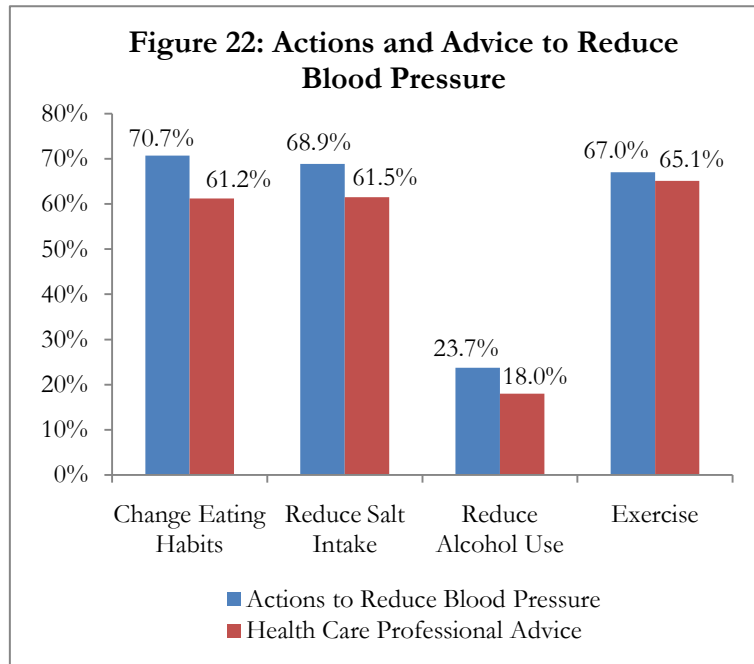


Table 8a: Actions to Reduce Blood Pressure

	Change Eating Habits			Reduce Salt			Reduce Alcohol			Exercise		
	Sample Size	%	95%CI	Sample Size	%	95%CI	Sample Size	%	95%CI	Sample Size	%	95%CI
Total	2804	70.7	68.7-72.6	2778	68.9	66.8-70.9	738	23.7	21.7-25.7	2585	67	65.0-68.9
AGE												
18-24	17	64.9	43.9-81.4	20	58.8	35.3-78.9	11	43.5	23.2-66.2	26	89.8	74.9-96.3
25-34	62	61.1	48.8-72.2	60	62.1	50.2-72.7	25	25.1	16.6-36.1	66	71.7	60.2-80.9
35-44	217	72.1	65.8-77.6	214	70.9	64.4-76.6	99	36.6	30.1-43.6	204	69.2	62.6-75.1
45-54	530	74.9	70.4-78.9	487	69.2	64.6-73.4	165	26	21.9-30.6	438	65.1	60.6-69.4
55-64	829	75.8	72.4-79.0	778	70.7	67.0-74.1	209	21.2	18.2-24.5	720	66.1	62.4-69.6
65 and over	1149	66.2	63.5-68.8	1219	68.8	66.1-71.4	229	15.2	13.1-17.5	1131	64.4	61.7-67.1
GENDER												
Male	915	68.7	65.2-71.9	908	66.3	62.7-69.7	359	30.6	27.2-34.2	942	70.3	67.0-73.5
Female	1889	72.5	70.1-74.8	1870	71.2	68.8-73.5	379	17.3	15.3-19.5	1643	63.9	61.5-66.3
RACE-ETHNICITY												
Caucasian	1784	65.8	63.2-68.3	1817	66.2	63.5-68.7	495	22.5	20.3-24.9	1718	66.2	63.7-68.5
African-American	843	78.8	75.2-82.0	804	73.8	69.9-77.4	209	26.1	22.2-30.3	713	68.6	64.7-72.3
Hispanic	51	77.3	62.8-87.3	46	73.5	59.8-83.7	11	24.7	12.0-44.3	51	69.3	51.9-82.6
Other	115	81.9	72.5-88.6	98	67.1	56.1-76.5	22	25.5	15.4-39.1	88	64.9	54.5-74.0
EDUCATION												
Did not graduate HS	511	71.1	65.6-76.0	527	73.5	68.8-77.8	110	22.3	17.8-27.4	413	60.6	55.4-65.6
Graduated from HS	917	70.2	66.6-73.6	920	68	64.0-71.7	228	22.7	19.4-26.3	812	64.6	61.1-68.1
Attended college	712	73.4	69.5-76.9	690	69.5	65.4-73.3	198	25.9	21.7-30.7	681	68.4	64.2-72.3
Graduated college	663	68.4	64.2-72.2	639	66.4	62.3-70.4	202	23.5	20.1-27.2	676	72.5	68.5-76.1
HOUSEHOLD INCOME												
<15,000	509	73.4	68.1-78.1	501	72.3	67.2-76.9	87	15.7	12.0-20.2	414	63.2	58.0-68.1
15,000-24,999	612	73.7	69.6-77.5	615	71.7	67.3-75.8	140	23.5	19.2-28.5	543	61.4	56.7-65.9
25,000-34,999	305	65.3	58.0-71.9	297	67.7	61.5-73.4	84	20.1	15.4-25.7	310	72.5	66.8-77.6
35,000-49,999	309	66.6	60.5-72.2	313	69.4	63.4-74.8	86	20.5	15.9-26.2	298	66.4	60.3-72.0
50,000 +	703	70.2	66.4-73.7	692	67.1	63.1-70.8	249	28.7	25.0-32.7	704	72.1	68.4-75.5

Table 8a: Actions to Reduce Blood Pressure

REGION	Change Eating Habits			Reduce Salt			Reduce Alcohol			Exercise		
	Sample Size	%	95%CI	Sample Size	%	95%CI	Sample Size	%	95%CI	Sample Size	%	95%CI
Region 1	336	71.2	65.5-76.2	326	71.2	65.8-76.2	105	29.1	23.8-35.0	332	71.2	65.7-76.2
Region 2	287	74	67.5-79.6	285	67.3	60.6-73.4	81	25.8	20.0-32.6	267	70	63.8-75.5
Region 3	316	72.6	66.9-77.7	302	69.1	63.2-74.5	80	23.6	18.5-29.6	282	65.8	60.1-71.1
Region 4	314	68.9	62.7-74.5	313	68.7	62.4-74.5	81	22.5	17.0-29.2	270	60.8	54.4-66.8
Region 5	279	68.8	62.8-74.3	286	68.9	63.1-74.1	91	27	21.5-33.3	264	65.6	59.6-71.2
Region 6	356	70.2	64.2-75.5	359	75.3	70.2-79.7	89	22	17.1-27.9	314	65.3	59.7-70.6
Region 7	306	68.8	62.8-74.2	303	66.8	60.9-72.2	79	21.5	16.8-27.0	271	63.1	57.2-68.6
Region 8	329	71.3	65.3-76.6	341	73.4	67.4-78.7	56	17.2	11.6-24.8	317	70.3	64.3-75.7
Region 9	281	69.4	63.5-74.9	263	60.5	53.3-67.4	76	19.1	14.7-24.5	268	67.9	61.9-73.4
HEALTH INSURANCE												
Have Insurance	2444	70.9	68.9-72.9	2434	69.2	67.0-71.3	636	23.5	21.4-25.7	2277	67.4	65.3-69.5
No Insurance	358	69.3	62.7-75.2	342	67.4	60.5-73.5	102	24.6	19.2-30.9	306	64.9	58.6-70.7

Table 8b: Health Care Professional Advise to Reduce Blood Pressure

	Advised to Change Eating			Advised to Use Less Salt			Advised to Reduce Alcohol			Advised to Exercise		
	Sample Size	%	95%CI	Sample Size	%	95%CI	Sample Size	%	95%CI	Sample Size	%	95%CI
Total	2340	61.2	59.1-63.2	2420	61.5	59.3-63.6	596	18	16.6-20.3	2556	65.1	63.0-67.2
AGE												
18-24	20	75	55.4-87.8	20	60.7	36.2-80.8	3	23.3	8.0-51.4	19	72.9	51.4-87.3
25-34	65	65.7	54.0-75.8	60	55.7	43.7-67.1	17	14.2	8.2-23.4	62	56.7	44.5-68.2
35-44	198	63.9	57.1-70.1	189	62.2	55.4-68.5	82	32	25.6-39.1	211	66.5	59.7-72.7
45-54	471	67.5	62.9-71.8	451	64.7	60.0-69.1	140	20.9	17.3-25.0	488	71.4	66.9-75.5
55-64	717	65.5	61.8-69.0	696	63.8	60.0-67.3	181	17.5	14.8-20.6	749	68.2	64.6-71.7
65 and over	869	50	47.2-52.9	1004	58.9	56.1-61.6	173	11.1	9.3-13.1	1027	59.3	56.5-62.0
GENDER												
Male	846	64.2	60.7-67.6	865	62.8	59.1-66.3	303	24.8	21.6-28.2	906	65.2	61.6-68.7
Female	1494	58.4	55.9-60.8	1555	60.3	57.8-62.8	293	12.6	10.9-14.4	1650	65.1	62.7-67.4
RACE-ETHNICITY												
Caucasian	1487	58.2	55.6-60.7	1552	58.1	55.5-60.8	384	17	15.0-19.1	1678	63.4	60.8-65.9
African-American	710	66.5	62.5-70.2	735	68.6	64.6-72.4	180	21.2	17.7-25.3	728	69.3	65.3-73.0
Hispanic	48	72.5	57.5-83.7	46	68.2	52.7-80.5	9	22.1	9.6-43.0	53	72.4	56.0-84.4
Other	84	57	45.6-67.7	78	53.1	41.9-64.0	19	12.8	7.5-21.1	87	55	43.6-65.8
EDUCATION												
Did not graduate HS	428	63.3	58.3-68.0	484	70.6	65.9-75.0	97	16.7	12.9-21.3	452	62.3	56.8-67.5
Graduated from HS	769	60.8	57.0-64.3	813	62.3	58.3-66.0	194	18.7	15.7-22.1	797	62.5	58.8-66.0
Attended college	600	63.2	58.9-67.3	574	59	54.6-63.3	148	19	15.2-23.6	660	66.4	62.0-70.5
Graduated college	542	58.3	54.1-62.4	549	57.5	53.1-61.7	157	18.5	15.3-22.1	647	69	65.0-72.8
HOUSEHOLD INCOME												
<15,000	418	60.2	54.9-65.3	460	66.8	61.4-71.8	83	13	9.8-17.0	420	60.9	55.5-66.0
15,000-24,999	483	59.8	55.2-64.2	526	63.4	58.8-67.7	107	17.3	13.5-22.0	542	63.9	59.3-68.3
25,000-34,999	246	57.1	50.5-63.4	261	61	54.5-67.1	63	14.9	11.0-19.8	281	61.7	54.7-68.3
35,000-49,999	280	62.9	56.8-68.6	283	64.7	58.6-70.3	72	17.6	13.1-23.2	295	65.3	59.2-71.0
50,000 +	622	63.6	59.6-67.3	596	59.1	55.0-63.0	198	21.7	18.4-25.4	704	69.9	66.0-73.5

Table 8b: Health Care Professional Advise to Reduce Blood Pressure

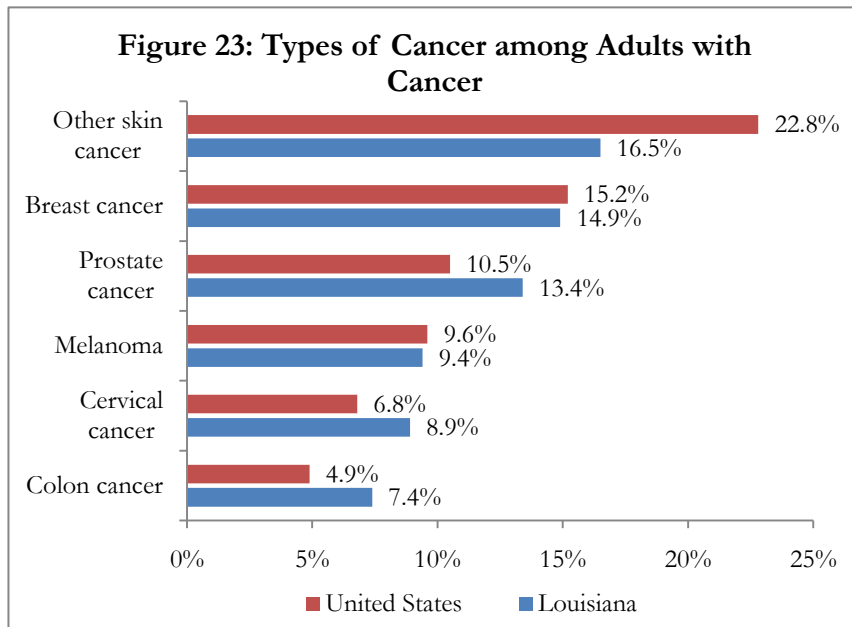
REGION	Advised to Change Eating			Advised to Use Less Salt			Advised to Reduce Alcohol			Advised to Exercise		
	Sample Size	%	95%CI	Sample Size	%	95%CI	Sample Size	%	95%CI	Sample Size	%	95%CI
Region 1	273	59.1	53.3-64.6	283	60.5	54.7-66.1	71	19.7	15.1-25.2	301	66	60.3-71.3
Region 2	236	64.4	58.1-70.2	246	60	53.2-66.4	62	18.4	13.5-24.7	255	64.4	57.4-70.8
Region 3	266	63	57.0-68.6	272	65.9	60.0-71.4	75	22.6	17.5-28.7	295	68.6	62.8-73.9
Region 4	251	59.4	53.1-65.5	270	61.9	55.5-67.9	68	18.6	13.4-25.3	280	62.7	56.1-68.8
Region 5	256	67.3	61.6-72.5	264	69.4	63.8-74.5	74	24.9	19.4-31.4	281	69.1	62.8-74.9
Region 6	307	62	56.0-67.7	305	61.6	55.6-67.2	77	18.4	14.0-23.9	301	61.5	55.6-67.1
Region 7	251	59.8	53.9-65.5	260	59.7	53.7-65.5	58	15.6	11.5-20.7	285	64.2	58.2-69.8
Region 8	257	58.7	52.2-64.9	278	61.6	55.2-67.7	54	16.7	11.0-24.5	297	67	61.1-72.5
Region 9	243	60.8	54.4-66.8	242	58.1	51.0-64.9	57	12.7	9.3-17.2	261	64.3	57.9-70.2
HEALTH INSURANCE												
Have Insurance	2026	60.5	58.3-62.7	2112	61.6	59.4-63.8	509	18.3	16.4-20.3	2237	65.8	63.6-67.9
No Insurance	312	64.5	58.2-70.3	306	61	54.2-67.3	87	19.2	14.3-25.2	317	61.7	55.0-68.0

Cancer

Cancer is an abnormal growth of cells which can develop in almost any organ or tissue. Nationally, the most common cancers in men are prostate, lung and colon cancer; the most common cancers in women are breast, lung and colon cancer.

- Nine percent of Louisiana residents report that they have been told by a health professional that they have cancer. The most commonly reported types of cancer in Louisiana are non-melanoma skin cancer (16.5 percent of adults with cancer), breast cancer (14.9 percent), and prostate cancer (13.4 percent) (Figure 23).
- Cancer prevalence in Louisiana is slightly below the national average (9.3 percent nationally compared to 8.9 percent in Louisiana) though the difference is not statistically significant.

- Relative to the national averages, Louisianians report higher rates of cervical, ovarian, colon and prostate cancer but lower rates of non-melanoma skin cancer.
- Despite these numbers, cancer mortality rates are higher in Louisiana than the national average. The crude mortality rate for all types of cancer is 211.1 in Louisiana (per 100,000 persons) compared to 190.1 in the U.S overall. The age-adjusted mortality rate in Louisiana is 217 compared to 186.9 nationally.



- The incidence of cancer is higher for older adults. Nearly a quarter of adults 65 and over (23.1 percent) report that they have cancer compared to 2.8 percent of 25-34 year olds.
- Caucasian respondents are more likely to report having been told they have cancer (9.9 percent) than African-Americans (5.5 percent). The highest rates are Hispanic respondents (12.5 percent) and other ethnicities (11.3 percent). Given the relatively small sample sizes, these numbers should be interpreted with caution.
- Insured respondents report higher rates of cancer (9.8 percent) than uninsured respondents (4.9 percent).
- Regionally, the prevalence of cancer is highest in Region 9 (10.8 percent) and lowest in Region 5 (7.7 percent).

Table 9a: Cancer Prevalence

	Ever Told You Have Cancer?		
	Sample Size	%	95%CI
TOTAL	1100	8.9	8.2-9.6
AGE			
18-24	7	2.7	1.3-5.8
25-34	18	2.8	1.6-4.8
35-44	53	3.9	2.8-5.3
45-54	141	7.2	5.9-8.8
55-64	263	13.4	11.7-15.3
65 and over	618	23.1	21.2-25.0
GENDER			
Male	394	7.8	6.8-8.8
Female	706	9.9	8.9-10.8
RACE-ETHNICITY			
Caucasian	880	9.9	9.1-10.8
African-American	143	5.5	4.4-6.9
Hispanic	24	12.5	7.5-20.1
Other	50	11.3	7.2-17.3
EDUCATION			
Did not graduate HS	153	10.3	8.3-12.6
Graduated from HS	331	9	7.7-10.4
Attended college	307	8.8	7.6-10.2
Graduated college	307	8.2	7.1-9.4
HOUSEHOLD INCOME			
<15,000	143	9.1	7.3-11.4
15,000-24,999	206	9.6	8.0-11.4
25,000-34,999	118	8.9	7.0-11.3
35,000-49,999	123	9.4	7.3-12.0
50,000 +	336	8.3	7.3-9.6
REGION			
Region 1	114	8.4	6.7-10.4
Region 2	117	8.1	6.4-10.2
Region 3	122	9.4	7.5-11.7
Region 4	116	8.2	6.7-10.2
Region 5	113	7.7	6.2-9.6
Region 7	116	8.9	6.8-11.7
Region 8	129	9.7	7.8-12.0
Region 9	144	10.8	8.9-13.0
HEALTH INSURANCE			
Have Insurance	1009	9.8	9.1-10.6
No Insurance	91	4.9	3.6-6.6

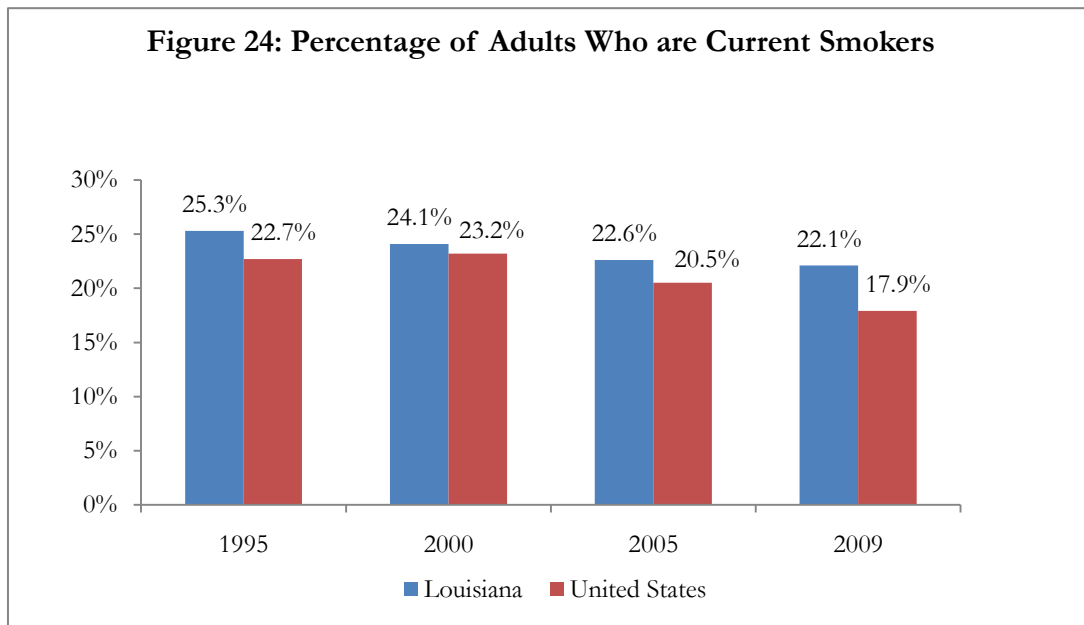
*Proportion who have been told by a health professional that they have cancer

Tobacco Use

Tobacco use is associated with a range of negative health outcomes, including coronary heart disease, lung cancer and cancer of the larynx and mouth.

FACTORS INFLUENCING SMOKING HABITS AND TRENDS

- More than one in five Louisiana residents (22.1 percent) report that they are current smokers. This is 4 percentage points higher than in the nation as a whole (17.9 percent) (Figure 24).
- Smoking rates are highest among young adults aged 25-34. Twenty-nine percent of 25-34 year olds are current smokers compared to 11 percent of residents 65 and older
- As education increases, the likelihood of being a current smoker decreases. Thirty-seven percent of those who did not graduate high school are current smokers compared to just 12.4 percent of college graduates.
- Far fewer insured Louisianians report being current smokers (17.1 percent) than uninsured Louisianians (42.4 percent).
- Regionally, there was a wide range in the rate of current smokers statewide. Region 8 had the lowest concentration of current smokers (17 percent) while Region 6 had the highest concentration (27 percent).



- As age increases, so does the likelihood of being a former smoker. Of those 65 and over, 42 percent are former smokers. Just 2 percent of 18-24 year olds describe themselves as former smokers. However, smoking cessation (meaning those who have attempted to quit smoking within the past 12 months) is highest among the 18-24 demographic at nearly 80 percent.
- While the percentage of current smokers has declined slightly over the last 14 years, Louisiana has historically held a higher smoking rate when compared to the national average. In 2009, 22.1 percent reported being current smokers in Louisiana, while that rate is 17.9 percent nationwide (Figure 24).

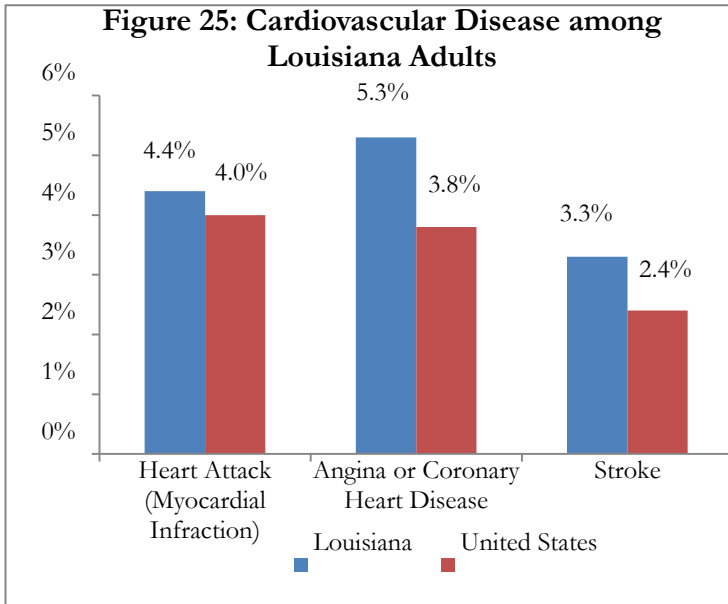
Table 10a. Tobacco Use

Demographic characteristics	Current Smoker*			Former Smoker**			Smoking Cessation***		
	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	1698	22.0	20.7-23.4	2471	23.2	22.0-24.3	1019	60.9	57.4-64.2
AGE									
18-24	61	18.9	14.2-24.8	10	2.4	1.1-5.2	49	79.9	65.8-89.1
25-34	188	29.0	24.9-33.4	123	15.9	13.0-19.4	116	59.6	50.5-68.1
35-44	253	24.1	21.0-27.5	213	18.1	15.5-21.1	147	57.9	50.1-65.3
45-54	488	25.9	23.5-28.5	441	25.0	22.6-27.7	290	57.8	52.2-63.2
55-64	402	20.2	18.1-22.5	592	30.6	28.1-33.1	251	63.0	56.9-68.7
65 and over	306	11.0	9.6-12.5	1092	41.5	39.3-43.8	166	56.5	49.6-63.1
GENDER									
Male	652	25.0	22.8-27.4	1114	27.2	25.2-29.3	362	59.9	54.6-64.9
Female	1046	19.3	17.9-20.7	1357	19.5	18.3-20.8	657	62.1	57.8-66.1
RACE-ETHNICITY									
Caucasian	1181	22.0	20.5-23.7	1923	26.3	24.9-27.8	677	58.1	54.0-62.1
African-American	392	21.3	18.7-24.2	392	16.0	14.0-18.2	269	68.0	60.9-74.3
Hispanic	37	21.3	13.5-31.8	45	15.9	10.3-23.7	16	65.8	44.7-82.1
Other	79	24.9	18.1-33.3	100	26.8	19.7-35.4	51	59.8	41.1-76.1
EDUCATION									
Did not graduate HS	319	36.6	32.2-41.2	354	24.9	21.7-28.4	191	60.4	51.9-68.2
Graduated from HS	619	26.4	23.9-29.1	748	22.0	20.0-24.2	360	57.3	51.5-62.9
Attended college	471	21.8	19.4-24.4	660	22.6	20.4-24.8	299	65.8	59.7-71.5
Graduated college	289	12.4	10.5-14.5	703	24.1	22.0-26.4	169	61.1	52.6-68.9
HOUSEHOLD INCOME									
<15,000	329	30.2	26.2-34.5	290	21.0	17.6-24.9	223	66.6	58.4-73.8
15,000-24,999	349	29.1	25.5-33.1	425	22.0	19.4-24.9	223	62.3	54.2-69.8
25,000-34,999	179	29.6	24.6-35.1	287	23.5	20.1-27.2	96	53.4	42.1-64.3
35,000-49,999	206	25.6	21.7-29.9	307	24.1	21.0-27.5	112	61.2	51.4-70.1
50,000 +	441	16.0	14.2-17.9	848	25.4	23.4-27.4	261	60.2	54.0-66.1
REGION									
Region 1	182	21.9	18.4-25.9	243	20.3	17.2-23.9	104	58.8	49.0-67.9
Region 2	157	20.0	16.5-24.1	283	21.1	18.3-24.2	89	61.1	50.3-70.9
Region 3	177	21.5	18.1-25.4	274	24.2	20.9-27.8	105	62.4	53.1-70.9
Region 4	203	23.5	19.9-27.5	302	26.6	23.3-30.2	121	57.2	47.8-66.1
Region 5	184	21.4	17.8-25.4	272	22.5	19.4-25.8	112	61.7	51.6-70.9
Region 6	233	27.2	23.1-31.8	259	21.8	18.9-25.1	146	56.1	45.6-66.1
Region 7	201	23.0	19.4-27.2	265	22.1	19.0-25.5	127	60.3	50.5-69.3
Region 8	165	17.1	14.1-20.5	273	24.4	21.1-28.1	91	58.1	48.1-67.5
Region 9	196	23.1	19.4-27.3	300	27.1	23.7-30.9	124	71.5	63.0-78.7
HEALTH INSURANCE									
Have Insurance	1211	17.1	15.9-18.3	2248	25.6	24.3-26.9	732	61.8	57.9-65.6
No Insurance	485	42.4	38.4-46.6	222	13.4	11.2-15.9	286	59.2	52.7-65.4
* Proportion of respondents who indicated they were current smokers.									
** Proportion of respondents who indicated they were former smokers.									
*** Proportion of respondents who attempted to quit at least one day in the past year.									

Cardiovascular Disease

Heart disease and stroke are the leading causes of death in the United States and Louisiana. Heart disease and stroke account for nearly a third of all deaths in Louisiana.

- Louisiana adults are slightly more likely than adults nationally to report having had a heart attack, though the difference is not statistically significant. In this respect, 4.4 percent of Louisiana adults reported a having heart attack compared to 4 percent nationally.
- Louisianians are more likely to report having had a stroke or coronary heart disease. 5.3 percent of



Louisiana residents reported having angina or coronary heart disease compared to 3.8 percent nationally, and 3.3 percent reported having a stroke compared to 2.4 percent nationally.

- Risk for cardiovascular disease is associated with age, gender, income and education. For example, 13.5 percent of adults 65 and over report having had a heart attack compared to just 1 percent of 24-35 year olds. Similarly, 7.8 percent of adults earning less than \$15,000 report having heart attack compared to 2.2 percent of adults earning \$50,000 or more.

- Regionally, Region 6 and Region 8 have the highest incidence of

heart attacks. Six percent of adults in Region 6 and 6.2 percent in Region 8 report having had a heart attack. Similarly, when it comes to coronary heart disease, Region 6 has the highest percentage with 7 percent of adults reporting having been told they have coronary heart disease. Region 8 (6.7 percent) and Region 3 (6.1 percent) also have more adults than the statewide average reporting coronary heart disease.

WHAT TO DO IN CASE OF A HEART ATTACK OR STROKE

- Louisianians recognize the importance of calling 911 if they think someone is having a heart attack or stroke. Eighty-five percent of respondents said they would call if they thought someone was having a heart attack or stroke. Seven percent said they would take them to the hospital, 7 percent said they would do something else and less than 1 percent said they would tell them to call their doctor or a family member.
- Demographic differences were fairly minimal, indicating widespread recognition of the importance of calling 911 in case of a heart attack or stroke.

Table 11a. Cardiovascular Disease

Demographic characteristics	Heart attack*			Coronary heart disease**			Stroke***		
	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	597	4.4	3.9-4.8	736	5.3	4.8-5.8	441	3.3	3.0-3.8
AGE									
18-24									
25-34	5	1.0	.02-1.5	6	1.0	.04-2.0	6	1.0	.02-1.4
35-44	17	1.3	1.0-2.2	12	1.0	.05-1.7	22	2.2	1.4-3.5
45-54	65	3.1	2.3-4.1	80	3.6	2.7-4.6	55	2.6	1.9-3.6
55-64	152	7.7	6.3-9.2	179	9.1	7.7-10.8	107	5.3	4.2-6.6
65 and over	358	13.5	12.1-15.2	458	17.1	15.4-18.8	250	9.0	7.8-10.3
GENDER									
Male	290	5.2	4.5-6.1	329	6.2	5.4-7.1	150	2.9	2.4-3.6
Female	307	3.6	3.1-4.1	407	4.4	3.9-5.0	291	3.7	3.2-4.3
RACE-ETHNICITY									
Caucasian	428	4.5	4.0-5.1	568	6.0	5.4-6.6	279	2.8	2.4-3.3
African-American	125	3.9	3.1-5.0	119	3.6	2.9-4.6	129	4.4	3.5-5.5
Hispanic	10	4.0	1.9-8.5	12	3.6	1.7-7.7	11	6.0	2.9-12.2
Other	33	5.3	3.6-7.8	36	6.0	4.0-8.8	21	2.8	1.7-4.6
EDUCATION									
Did not graduate HS	141	8.5	6.8-10.5	148	9.4	7.6-11.5	102	7.0	5.4-9.0
Graduated from HS	209	4.9	4.1-5.8	248	5.7	4.8-6.7	154	3.9	3.1-4.8
Attended college	138	3.6	2.9-4.4	188	4.3	3.6-5.2	108	2.8	2.2-3.5
Graduated college	107	2.9	2.3-3.6	152	4.1	3.4-5.0	75	2.0	1.5-2.6
HOUSEHOLD INCOME									
<15,000	128	7.8	6.2-9.7	149	8.2	6.5-10.3	98	7.4	5.6-9.6
15,000-24,999	149	6.9	5.6-8.4	183	7.8	6.5-9.4	113	5.4	4.3-6.9
25,000-34,999	69	5.5	4.1-7.3	78	6.1	4.6-8.1	59	3.7	2.7-5.1
35,000-49,999	63	4.1	3.0-5.7	80	5.9	4.5-7.6	39	2.4	1.7-3.5
50,000 +	95	2.2	1.7-2.7	145	3.2	2.7-3.9		1.5	1.1-2.1
REGION									
Region 1	48	3.2	2.3-4.5	78	5.0	3.9-6.5	46	3.4	2.4-4.8
Region 2	65	4.1	3.0-5.5	65	3.6	2.7-4.7	60	3.5	2.5-4.8
Region 3	66	4.4	3.3-5.8	93	6.1	4.8-7.7	44	3.7	2.5-5.4
Region 4	65	4.4	3.4-5.8	85	5.1	4.0-6.5	42	2.7	2.0-3.8
Region 5	64	5.1	3.9-6.8	78	5.6	4.3-7.4	51	4	2.8-5.7
Region 6	81	6.3	4.8-8.2	97	7.0	5.3-9.3	45	3.4	2.2-5.3
Region 7	46	3.0	2.1-4.1	66	4.6	3.4-6.1	47	3.3	2.3-4.6
Region 8	89	6.2	4.8-8.1	78	5.4	4.1-7.2	68	4.7	3.4-6.4
Region 9	73	5.1	3.8-6.8	96	6.7	5.3-8.5	38	2.2	1.5-3.2
HEALTH INSURANCE									
Have Insurance	547	4.9	4.5-5.5	693	6.0	5.5-6.6	408	3.7	3.3-4.2
No Insurance	50	2.0	1.4-2.9	43	2.1	1.4-3.2	33	1.8	1.1-2.8

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

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

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

Recognizing Heart Attack Symptoms

Recognizing the symptoms of cardiovascular disease is an important first step in limiting the number of deaths due to heart attacks and stroke.

- Recognition of heart attack symptoms is relatively high. The most commonly recognized symptoms of a heart attack are, not surprisingly, chest pain (91 percent), shortness of breath (84 percent) and pain and discomfort (84 percent). Respondents were less likely to recognize being weak or light-headed (62 percent) or jaw, back or neck pain (52 percent) (Figure 26).
- African-American, poorer, and less education respondents are less likely to recognize the symptoms of heart disease. This is particularly pronounced for education and income where differences in recognition are large and substantively important. For example, 47 percent of adults who did not complete high school recognize feeling weak or light-headed as a symptom compared to 68.7 percent of respondents with a college degree.
- More than a third of respondents (37.6 percent) incorrectly identified vision problems as a sign of a heart attack. More-educated adults were more likely to misattribute this stroke symptom as a sign of a heart attack. Forty-two percent of college graduates compared to 32 percent of respondents without a high school degree made this error.
- Individuals at highest risk – especially the less educated and poor – are least likely to recognize the symptoms.

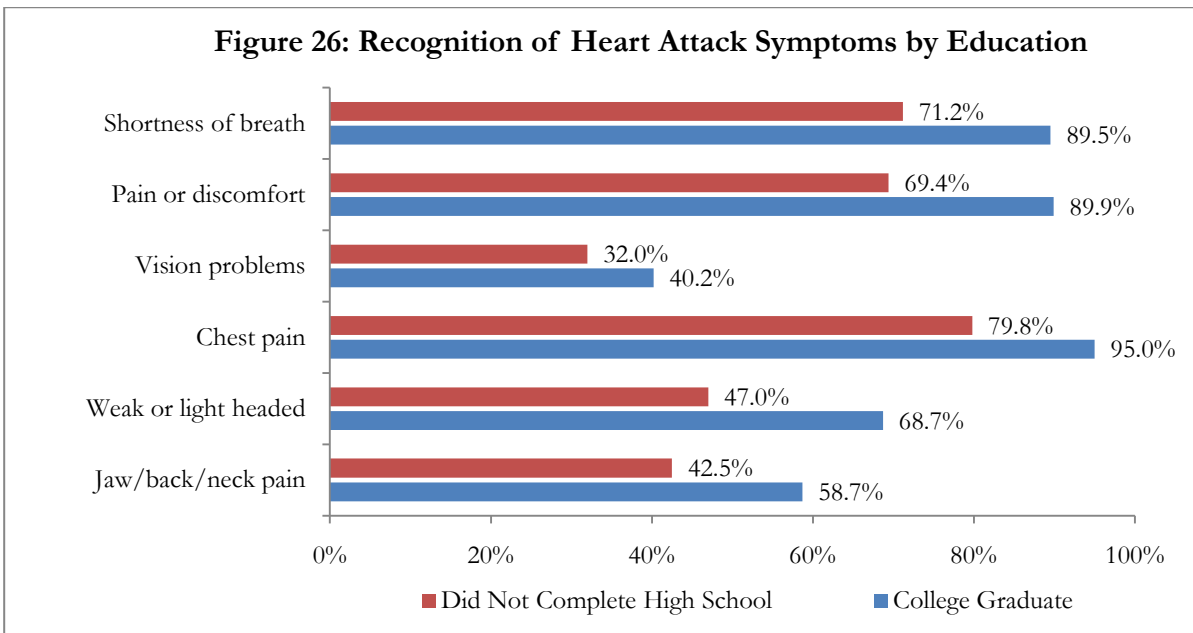


Table 12a. Recognition of Heart Attack Symptoms

Demographic characteristics	Jaw/back/neck pain			Weak or light headed			Chest pain		
	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	4992	52.1	50.5-53.7	5138	62.2	60.6-63.7	7722	91.4	90.5-92.2
AGE									
18-24	107	35.5	29.0-42.6	181	67.2	60.2-73.6	258	93.8	90.0-96.3
25-34	322	41.8	37.4-46.3	482	66.0	61.6-70.1	683	92.2	88.9-94.5
35-44	590	50.6	46.9-54.4	718	63.3	59.6-67.0	1050	93.8	91.8-95.4
45-54	1072	57.5	54.6-60.4	1126	63.7	60.9-66.5	1657	93.1	91.5-94.5
55-64	1329	64.2	61.5-66.9	1193	60.2	57.5-62.8	1791	91.1	89.3-92.6
65 and over	1572	58.0	55.7-60.2	1438	53.5	51.2-55.8	2283	84.6	82.8-86.2
GENDER									
Male	1450	45.7	43.0-48.3	1743	63.0	60.4-65.6	2549	90.7	89.1-92.0
Female	3542	57.9	56.2-59.7	3395	61.4	59.7-63.1	5173	92.1	91.2-93.0
RACE-ETHNICITY									
Caucasian	3858	56.7	54.8-58.5	3803	64.8	63.0-66.5	5617	93.4	92.5-94.1
African-American	844	41.9	38.8-45.2	1024	55.8	52.5-59.1	1635	87.4	85.1-89.4
Hispanic	97	42.7	32.9-53.1	113	68.7	59.2-76.8	162	88.9	82.0-93.4
Other	173	53.5	44.7-62.1	177	57.0	48.3-65.3	274	87.9	80.3-92.8
EDUCATION									
Did not graduate HS	484	42.5	38.1-47.0	514	47	42.6-51.5	890	79.8	76.0-83.1
Graduated from HS	1407	46.2	43.3-49.0	1469	57.5	54.6-60.3	2360	89.7	87.8-91.4
Attended college	1459	55.0	51.8-58.1	1498	66.2	63.2-69.0	2142	94.0	92.6-95.1
Graduated college	1633	58.7	55.8-61.6	1650	68.7	66.1-71.2	2321	95.0	93.8-96.0
HOUSEHOLD INCOME									
<15,000	512	42.3	37.8-46.9	556	54.7	50.0-59.3	925	84.9	81.7-87.6
15,000-24,999	786	45.7	41.9-49.6	803	55.9	52.0-59.7	1295	87.3	84.5-89.7
25,000-34,999	535	54.6	49.4-59.7	521	62.2	57.2-66.9	795	93.3	91.1-95.0
35,000-49,999	644	56.2	51.7-60.7	660	64.5	60.2-68.7	954	92.3	89.0-94.7
50,000 +	1867	56.5	53.9-59.0	1955	67.7	65.4-70.0	2751	95.4	94.3-96.3
REGION									
Region 1	555	50.3	45.8-54.9	550	58.3	53.9-62.7	853	90.5	87.8-92.7
Region 2	523	45.2	41.0-49.5	604	65.0	60.8-69.0	902	92.8	89.9-94.9
Region 3	557	52.1	47.6-56.5	548	56.9	52.4-61.3	845	88.1	84.6-90.9
Region 4	551	55.0	50.7-59.2	572	60.9	56.7-65.0	868	93.0	90.9-94.6
Region 5	531	56.2	51.8-60.6	542	63.1	58.7-67.2	800	91.0	88.0-93.3
Region 6	616	57.2	52.8-61.5	624	65.7	61.4-69.7	893	91.6	89.2-93.5
Region 7	524	54.9	50.3-59.4	530	63.1	58.8-67.2	823	90.7	88.2-92.7
Region 8	531	50.7	46.0-55.4	551	61.9	57.4-66.3	840	90.4	87.4-92.7
Region 9	604	53.2	48.6-57.7	617	66.9	62.7-70.8	898	93.6	90.9-95.5
HEALTH INSURANCE									
Have Insurance	4406	54.5	52.8-56.2	4447	63.1	61.5-64.7	6632	92.3	91.5-93.1
No Insurance	582	42.2	38.2-46.4	686	58.3	54.2-62.4	1080	87.6	84.5-90.1
*Proportion of respondents who think items listed above are symptoms of a heart attack.									
**Vision problems are the incorrect symptom.									

Table 12b. Recognition of Heart Attack Symptoms

Demographic characteristics	Vision problems**			Pain or discomfort			Shortness of breath		
	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	2935	37.6	36.1-39.2	7253	84.0	82.8-85.2	7186	84.4	83.2-85.5
AGE									
18-24	125	48.7	41.4-56.0	201	71.6	64.6-77.6	235	85.8	80.1-90.1
25-34	307	41.2	36.8-45.8	625	84.5	80.8-87.6	617	83.6	79.8-86.8
35-44	434	39.4	35.7-43.1	992	87.7	84.9-90.0	972	85.2	82.1-87.9
45-54	641	37.0	34.2-39.9	1572	87.5	85.4-89.5	1526	85.4	83.1-87.4
55-64	682	35.2	32.7-37.8	1745	87.7	85.6-89.6	1711	86.8	84.8-88.5
65 and over	746	27.9	25.9-29.9	2118	79.3	77.4-81.1	2125	80.2	78.4-82.0
GENDER									
Male	1053	39.7	37.1-42.5	2336	80.7	78.4-82.8	2353	82.9	80.8-84.9
Female	1882	35.7	34.1-37.5	4917	87.1	85.9-88.2	4833	85.8	84.5-87.0
RACE-ETHNICITY									
Caucasian	2018	35.8	34.0-37.6	5354	87.7	86.4-88.9	5227	86.6	85.3-87.8
African-American	730	41.9	38.6-45.2	1450	74.8	71.7-77.7	1521	79.8	76.9-82.4
Hispanic	65	35.0	25.5-45.7	160	87.4	80.0-92.3	147	81.1	70.9-88.3
Other	109	40.1	31.6-49.2	258	84.3	77.9-89.1	259	82.3	74.2-88.3
EDUCATION									
Did not graduate HS	326	32.0	27.9-36.4	792	69.4	65.2-73.3	797	71.2	67.0-75.0
Graduated from HS	859	35.5	32.8-38.4	2177	81.3	78.8-83.6	2161	80.8	78.3-83.1
Attended college	850	39.5	36.5-42.5	2047	86.5	83.9-88.7	2021	88.1	85.9-90.0
Graduated college	898	40.2	37.4-43.0	2230	89.9	88.1-91.5	2199	89.5	87.7-91.0
HOUSEHOLD INCOME									
<15,000	327	34.6	30.0-39.5	836	76.4	72.4-79.9	850	78.1	74.0-81.8
15,000-24,999	525	39.4	35.5-43.4	1198	77.4	73.7-80.8	1203	81.3	78.1-84.0
25,000-34,999	302	37.2	32.4-42.2	736	82.2	77.7-86.0	753	88.4	85.5-90.9
35,000-49,999	355	36.2	32.1-40.5	917	89.4	86.2-91.9	890	85.8	82.2-88.8
50,000 +	1074	39.3	36.8-41.8	2655	90.4	88.7-91.8	2573	88.3	86.5-89.9
REGION									
Region 1	341	38.3	33.9-43.0	808	85.3	81.9-88.2	789	82.4	78.6-85.7
Region 2	322	37.9	33.7-42.3	842	81.9	77.8-85.4	858	87.4	84.0-90.1
Region 3	347	38.4	34.1-42.8	797	80.6	76.0-84.4	781	80.9	76.8-84.4
Region 4	357	40.9	36.7-45.2	815	85.6	82.0-88.5	811	86.2	83.1-88.8
Region 5	313	37.7	33.5-42.1	762	85.8	82.1-88.9	738	85.1	81.9-87.8
Region 6	351	37.8	33.5-42.3	840	86.0	83.0-88.5	829	85.2	82.0-87.9
Region 7	302	36.5	32.1-41.2	755	82.1	78.3-85.3	767	83.6	80.3-86.5
Region 8	286	34.4	30.1-39.0	788	82.2	78.2-85.7	792	84.3	80.1-87.8
Region 9	316	35.3	31.2-39.7	846	86.7	83.3-89.5	821	84.7	81.2-87.7
HEALTH INSURANCE									
Have Insurance	2476	37.3	35.6-38.9	6261	85.7	84.5-86.9	6198	85.6	84.4-86.7
No Insurance	256	39.2	35.2-43.4	985	77.3	73.4-80.8	978	79.3	75.6-82.6
*Proportion of respondents who think items listed above are symptoms of a heart attack.									
**Vision problems are the incorrect symptom.									

Recognizing Stroke Symptoms

- Similar to heart attack symptoms, recognition of stroke symptoms is relatively high. The most widely recognized symptoms are confusion and trouble speaking (88.8 percent), numbness or weakness (92.6 percent), and trouble walking (86.4 percent). Respondents were less likely to recognize vision problems (73.5 percent) and severe headaches (65.5 percent) but even on these items- recognition of symptoms is fairly high.
- They were also more likely to recognize an incorrect sign – chest pain – as a sign of a stroke.
- Less educated and poorer respondents were less likely to recognize the symptoms of a stroke. For example, a little more than half (54.6 percent) of respondents with less than a high school education recognized vision problems as a potential stroke symptom compared to 82.2 percent of respondents with a college degree (Figure 27).

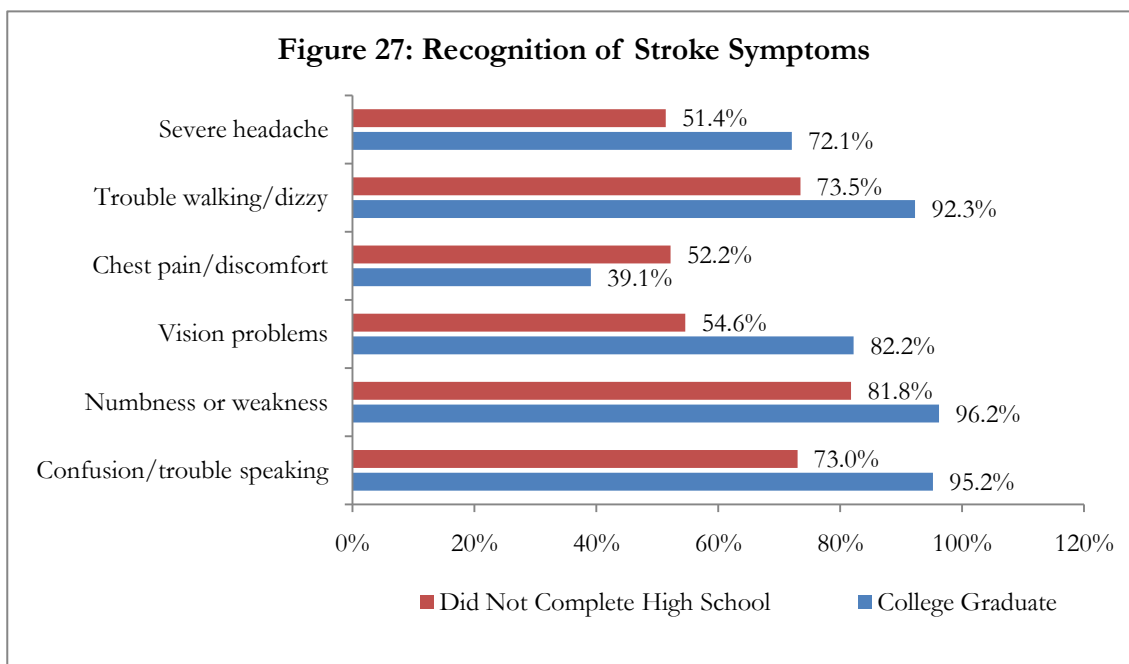


Table 13a. Recognizing Stroke Symptoms

Demographic characteristics	Confusion/trouble speaking			Numbness or weakness			Vision problems		
	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	7591	88.8	87.7-89.8	7831	92.6	91.8-93.4	6120	73.5	72.0-74.8
AGE									
18-24	232	83.7	77.6-88.4	251	91.4	87.2-94.4	205	73.6	66.5-79.6
25-34	667	88.9	85.2-91.8	691	94.7	92.0-96.6	565	76.9	72.7-80.7
35-44	1043	92.9	90.5-94.7	1068	95.6	93.7-96.9	839	74.4	70.9-77.5
45-54	1630	91.1	89.2-92.7	1679	94.4	92.9-95.7	1339	76.3	73.8-78.7
55-64	1800	90.8	88.9-92.4	1823	91.8	89.9-93.3	1490	75.5	73.0-77.9
65 and over	2219	82.4	80.5-84.1	2319	86.2	84.5-87.8	1682	63.3	61.1-65.5
GENDER									
Male	2454	86.1	84.1-87.9	2570	91.7	90.3-93.0	2040	73.1	70.6-75.4
Female	5137	91.3	90.2-92.2	5261	93.5	92.6-94.3	4080	73.8	72.2-75.3
RACE-ETHNICITY									
Caucasian	5541	91.7	90.7-92.6	5683	94.3	93.5-95.0	4515	75.8	74.2-77.3
African-American	1602	83.3	80.3-85.8	1666	88.8	86.6-90.7	1243	68.2	65.1-71.2
Hispanic	158	82.1	71.2-89.5	166	91.9	86.6-95.2	125	70.0	59.8-78.5
Other	261	85.3	77.6-90.6	285	93.9	89.1-96.6	214	74.3	66.3-80.9
EDUCATION									
Did not graduate HS	834	73.0	68.8-76.8	912	81.8	78.3-84.9	603	54.6	50.1-59.0
Graduated from HS	2281	85.5	83.1-87.6	2386	91.2	89.4-92.7	1747	68.0	65.3-70.6
Attended college	2131	91.8	89.7-93.5	2178	94.7	93.2-95.9	1760	77.3	74.5-80.0
Graduated college	2336	95.2	93.8-96.3	2346	96.2	95.1-97.0	2007	82.2	80.1-84.2
HOUSEHOLD INCOME									
<15,000	902	81.0	77.2-84.4	964	88.3	85.5-90.7	672	63.8	59.4-68.0
15,000-24,999	1260	84.2	81.1-86.9	1324	88.9	86.1-91.2	969	68.0	64.5-71.4
25,000-34,999	771	88.2	84.4-91.1	804	93.5	90.5-95.5	640	74.5	69.4-79.1
35,000-49,999	932	91.6	88.5-93.8	944	93.9	91.7-95.5	754	73.1	68.9-76.9
50,000 +	2749	94.0	92.4-95.2	2787	96.3	95.2-97.1	2345	80.5	78.4-82.5
REGION									
Region 1	848	89.2	86.1-91.7	869	92.3	89.8-94.2	690	72.0	67.7-75.9
Region 2	891	89.2	85.1-92.2	917	92.9	89.9-95.0	737	76.8	72.8-80.4
Region 3	830	86.9	83.3-89.9	862	92.2	89.4-94.3	688	73.5	69.4-77.3
Region 4	843	89.9	87.1-92.2	872	93.3	91.3-94.9	673	73.1	69.3-76.6
Region 5	794	90.0	86.8-92.4	811	93.8	91.8-95.3	629	73.2	69.0-77.0
Region 6	887	89.8	86.5-92.4	910	93.0	90.7-94.8	699	72.6	68.8-76.2
Region 7	809	87.9	84.8-90.4	845	92.3	89.9-94.2	636	69.5	65.2-73.6
Region 8	826	86.2	81.6-89.7	863	92.5	89.5-94.7	653	72.3	67.9-76.4
Region 9	863	89.6	86.5-92.0	882	92.2	89.6-94.1	715	77.3	73.6-80.5
HEALTH INSURANCE									
Have Insurance	6542	90.5	89.4-91.4	6716	93.2	92.4-94.0	5280	74.7	73.2-76.1
No Insurance	1041	82.1	78.4-85.3	1107	90.4	87.7-92.5	832	68.1	64.0-71.9

*Proportion of respondents who think items listed above are symptoms of a stroke.

**Chest pain is the incorrect symptom.

Table 13b. Recognizing Stroke Symptoms

Demographic characteristics	Chest pain/discomfort**			Trouble walking/dizzy			Severe headache		
	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	3756	45.3	43.8-46.9	7214	86.4	85.3-87.4	5666	65.5	64.0-67.0
AGE									
18-24	138	50.3	43.0-57.6	237	86.0	80.3-90.3	159	60.9	53.7-67.7
25-34	334	46.4	41.8-51.0	646	88.1	84.6-90.9	463	63.0	58.4-67.3
35-44	482	43.5	39.8-47.2	996	90.4	88.1-92.3	754	68.0	64.4-71.4
45-54	778	46.2	43.3-49.2	1544	87.8	85.7-89.6	1232	68.5	65.7-71.2
55-64	811	41.2	38.6-43.9	1716	86.9	84.7-88.7	1397	69.3	66.7-71.9
65 and over	1213	46.3	44.0-48.5	2075	78.0	76.1-79.8	1661	61.1	58.8-63.3
GENDER									
Male	1357	46.5	43.8-49.2	2374	85.4	83.5-87.2	1786	63.5	60.9-66.1
Female	2399	44.3	42.6-46.1	4840	87.3	86.2-88.4	3880	67.3	65.6-69.0
RACE-ETHNICITY									
Caucasian	2508	41.4	39.6-43.2	5270	88.3	87.1-89.4	4149	66.4	64.6-68.1
African-American	1005	54.9	51.6-58.2	1521	83.0	80.4-85.3	1198	64.4	61.2-67.4
Hispanic	82	43.7	33.4-54.6	149	85.1	77.8-90.4	110	65.9	55.9-74.7
Other	144	49.6	40.9-58.3	246	80.2	72.3-86.3	189	61.2	52.6-69.2
EDUCATION									
Did not graduate HS	552	52.2	47.7-56.6	773	73.5	69.7-77.1	579	51.4	46.9-55.8
Graduated from HS	1249	49.6	46.7-52.5	2153	82.8	80.5-84.9	1652	61.8	58.9-64.6
Attended college	1015	45.0	41.9-48.0	2033	89.1	87.0-90.9	1615	67.5	64.5-70.4
Graduated college	938	39.1	36.4-41.8	2249	92.3	90.8-93.6	1815	72.6	70.0-74.9
HOUSEHOLD INCOME									
<15,000	529	52.0	47.3-56.7	829	79.1	75.5-82.2	649	60.4	55.8-64.9
15,000-24,999	744	53.9	50.0-57.8	1194	80.4	77.0-83.4	949	63.1	59.3-66.8
25,000-34,999	406	51.2	46.1-56.3	749	87.8	84.3-90.5	562	62.7	57.6-67.5
35,000-49,999	436	43.1	38.8-47.4	892	88.8	85.6-91.3	699	66.1	61.8-70.2
50,000 +	1128	39.9	37.4-42.3	2650	92.1	90.7-93.4	2092	70.1	67.8-72.4
REGION									
Region 1	425	43.0	38.6-47.5	822	86.7	83.2-89.5	631	65.5	61.1-69.7
Region 2	418	46.6	42.3-51.0	853	88.1	84.8-90.7	656	67.5	63.4-71.4
Region 3	450	48.0	43.6-52.4	775	83.5	79.9-86.6	627	63	58.4-67.4
Region 4	439	47.2	43.0-51.5	805	86.4	83.2-89.1	648	67.6	63.5-71.5
Region 5	403	45.7	41.3-50.1	753	86.7	83.5-89.4	586	64.7	60.4-68.9
Region 6	457	48.5	44.1-52.9	830	85.6	82.5-88.2	646	62.5	58.1-66.7
Region 7	370	42.6	38.1-47.3	772	85.4	82.3-88.1	598	63.4	58.9-67.6
Region 8	400	45.8	41.2-50.6	777	85.0	81.3-88.1	627	67.4	63.0-71.6
Region 9	394	44.0	39.5-48.5	827	88.5	85.8-90.7	647	65.6	61.2-69.6
HEALTH INSURANCE									
Have Insurance	3148	43.7	42.1-45.4	6213	87.7	86.7-88.7	4930	67.4	65.9-69.0
No Insurance	603	52.0	47.8-56.2	994	81.1	77.4-84.2	733	57.7	53.5-61.8

*Proportion of respondents who think items listed above are symptoms of a heart attack.

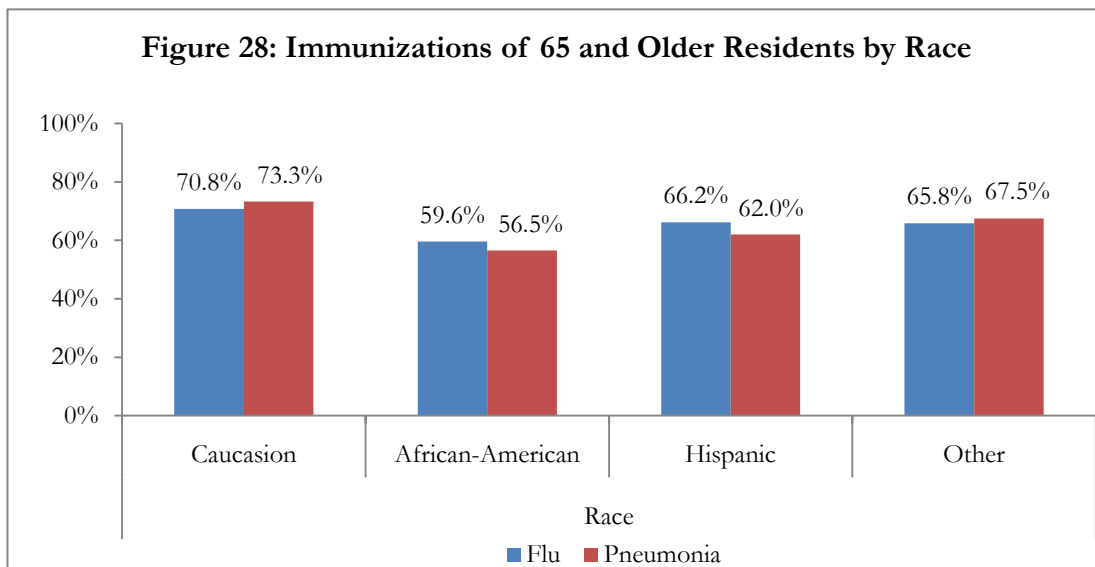
**Chest pain is the incorrect symptom.

Immunization

Each year, an estimated 10-20 percent of the population contracts influenza virus (flu). While most recover, the flu can be deadly, particularly for the elderly. Pneumonia is a common complication of the flu and, like the flu virus, can be fatal. The best protection is the vaccination.

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

- The likelihood of Louisiana residents having a flu vaccination over the past year increases with education. Sixty-three percent of those who did not graduate from high school received the flu vaccine in the last 12 months compared to 73.1 percent of those who graduated from college.
- Insurance is a strong indicator of flu immunization. Of those covered by health insurance, 68.6 percent received the vaccine over the past 12 months. In contrast, just 39.4 percent of the state's uninsured population received the flu vaccine.
- No gender differences were reported in 2009, as 68 percent of both men and women over age 65 received a vaccine in the last 12 months.



HAD PNEUMONIA VACCINE IN LAST 12 MONTHS (65 AND OLDER)

- Few vaccination differences were reported among household income and education, however, women (72 percent) were more likely than men (66 percent) to receive a pneumonia vaccine over the last 12 months.
- Regionally, Region 6 (74.8 percent) and Region 5 (74.2 percent) lead in pneumonia immunization rates, exceeding the 69 percent statewide average. Region 1 has the lowest rate at 64.8 percent.

LOUISIANA IMMUNIZATION TRENDS

- For the sixth consecutive year, Caucasians were more likely to receive immunizations than African-Americans. Nearly 71 percent of Caucasians received a flu vaccine compared to just 60 percent of African-Americans. Seventy-three percent of Caucasians received a pneumonia vaccine while just 57 percent of African-Americans received the pneumonia vaccine. (Figure 28).
- The state continued to see a dramatic difference in immunization rates between the insured and uninsured, with the most pronounced being the 29 percent difference in flu immunization (Figure 29).

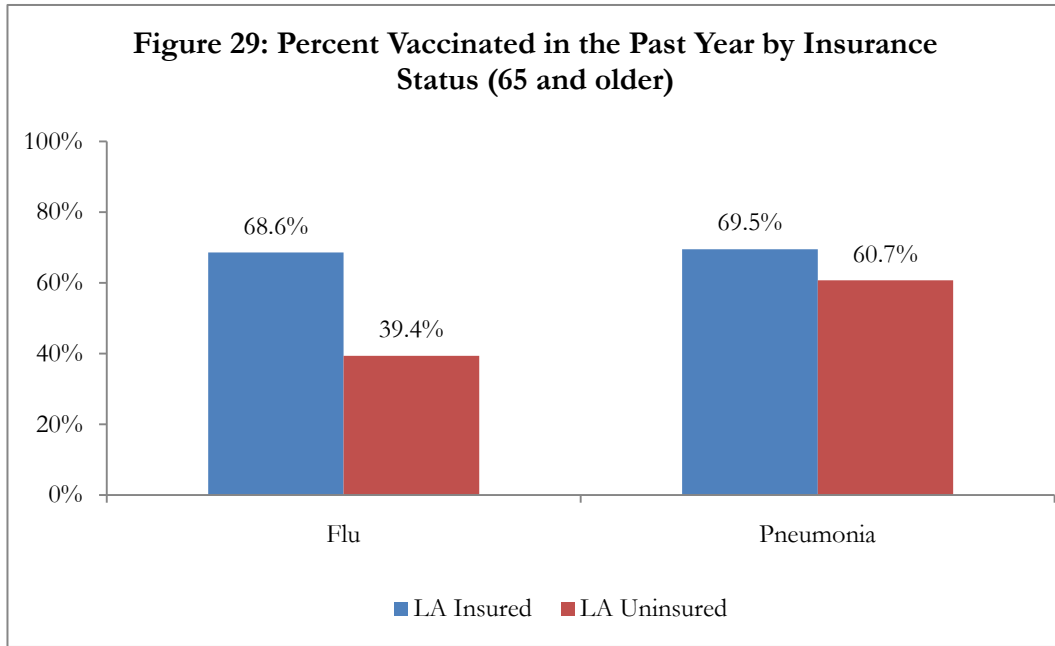


Table 14a. Immunization

Demographic characteristics	Had Flu Vaccine Last 12 Months*			Had Pneumonia Vaccine Last 12 Months**		
	Sample Size	%	95% CI	Sample Size	%	95% CI
Total						
65 and over	1871	68.2	66.6-70.2	1904	69.3	67.1-71.5
GENDER						
Male	632	68.1	64.4-71.6	610	65.5	61.6-69.2
Female	1239	68.2	65.6-70.7	1294	72.0	69.4-74.5
RACE-ETHNICITY						
Caucasian	1489	70.8	68.4-73.1	1536	73.3	70.9-75.6
African-American	278	59.6	54.0-64.9	265	56.5	50.8-62.1
Hispanic	33	66.2	50.0-75.4	32	62.0	45.6-76.0
Other	63	65.8	54.7-75.4	63	67.5	56.0-77.2
EDUCATION						
Did not graduate HS	360	63.1	58.3-67.6	373	65.1	60.2-69.7
Graduated from HS	592	66.9	63.0-70.5	630	70.1	66.0-73.9
Attended college	466	69.9	65.4-74.0	461	70.0	65.6-74.1
Graduated college	452	73.1	68.7-77.1	438	71.5	66.7-75.8
HOUSEHOLD INCOME						
<15,000	289	59.0	53.3-64.4	316	67.7	62.1-72.9
15,000-24,999	467	68.6	64.3-72.7	490	71.4	67.0-75.5
25,000-34,999	257	69.0	62.9-74.4	257	69.7	63.0-75.7
35,000-49,999	199	71.7	65.2-77.3	200	72.5	66.0-78.1
50,000 +	305	70.2	64.9-75.0	296	65.8	60.1-71.1
REGION						
Region 1	210	69.5	63.1-75.2	197	64.8	57.9-71.1
Region 2	212	72.6	66.6-77.9	213	71.1	64.4-77.0
Region 3	174	66.0	59.6-71.9	178	64.3	57.4-70.6
Region 4	183	66.9	60.6-72.6	187	69.0	62.5-74.7
Region 5	214	68.0	62.0-73.4	226	74.2	68.6-79.1
Region 6	231	69.2	63.1-74.7	240	74.8	69.0-79.8
Region 7	222	64.9	58.8-70.6	236	73.3	67.5-78.4
Region 8	241	64.1	58.2-69.5	250	70.0	64.3-75.2
Region 9	184	70.3	63.7-76.1	177	67.5	60.8-73.6
HEALTH INSURANCE						
Have Insurance	1850	68.6	66.5-70.7	1875	69.5	67.2-71.6
No Insurance	21	39.4	25.1-55.9	29	60.7	42.5-76.4

* 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.

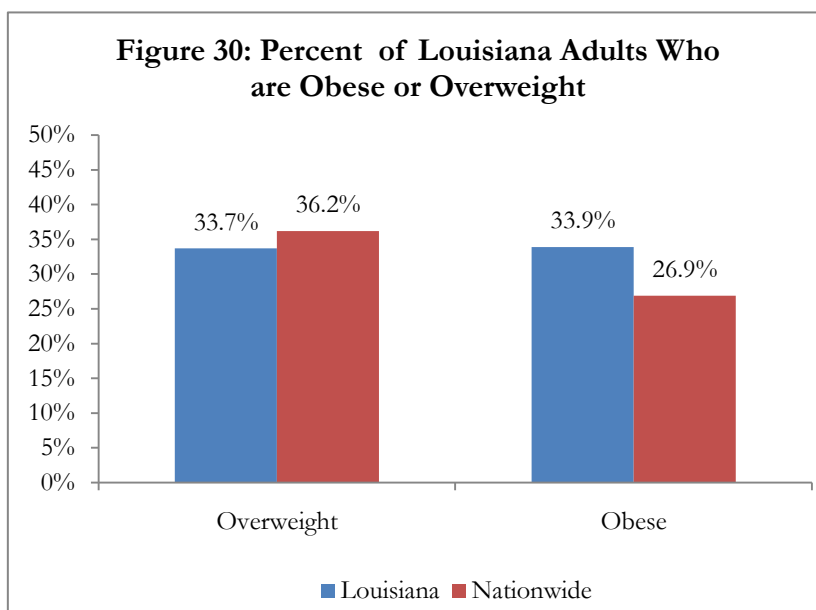
Overweight and Obesity

Obesity is associated with a range of health problems from heart disease and diabetes to cancer and sleep apnea. The increase in obesity in the U.S. is frequently described as a health epidemic and signals future health costs and adverse health outcomes. Understanding the trends in obesity is an important part of understanding the current and future health of our communities.

The health risks associated with being overweight (defined as BMI between 25.0 and 29.9) are similar though less pronounced than for obesity (defined as BMI greater than 30.0). In this section, we consider the number of Louisiana adults who are overweight and obese and the risk factors associated with each.

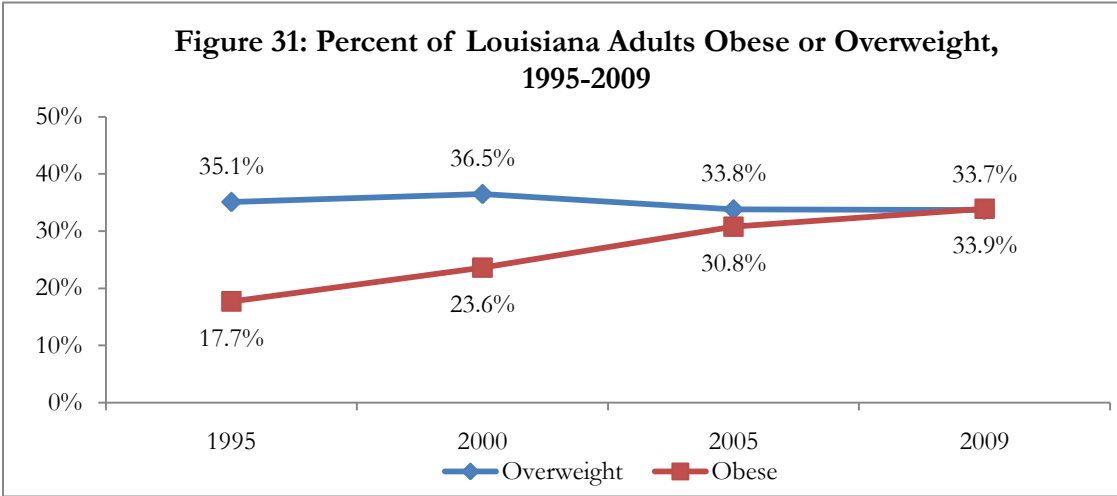
OVERWEIGHT POPULATION STATISTICS FOR LOUISIANA

- More than one-third of Louisiana adults (33.7 percent) are overweight (Figure 30).
- Regionally, Region 4 holds the highest concentration of overweight adults; 37.4 percent of adults are considered overweight. At 30.3 percent, Region 2 has the lowest concentration of overweight adults.
- Overweight men far outnumber overweight women. Nearly 40 percent of men reported being overweight, whereas 28.1 percent of women are overweight.
- The overweight population is highest among those more than 65 years of age (37 percent), and those with household incomes exceeding \$50,000 (37 percent).



OBESITY POPULATION STATISTICS FOR LOUISIANA

- Obesity rates are highest among the state's African-American (42 percent) and Hispanic (38 percent) populations.
- Obesity rates are lowest among the most educated. Forty-two percent of residents who did not graduate from high school are obese compared to just 28.6 percent of college graduates are.
- Regionally, the obesity rate in Region 1 (27.6 percent) is the state's lowest while the highest concentration (38.1 percent) of obese adults reside in Region 5.



LOUISIANA OBESITY TRENDS

- The state’s overweight population (33.7 percent) is below the national average (36 percent). However, Louisiana’s obesity rate (33.9 percent) exceeds the national average (27 percent) by approximately seven percentage points.
- Louisiana saw an increase in obesity rates from the previous year. In fact, state obesity levels have been on an upward march since 1995, when obesity levels were below 18 percent (Figure 31).

Figure 32: Obesity Rates in U.S. States, 2009 BRFSS

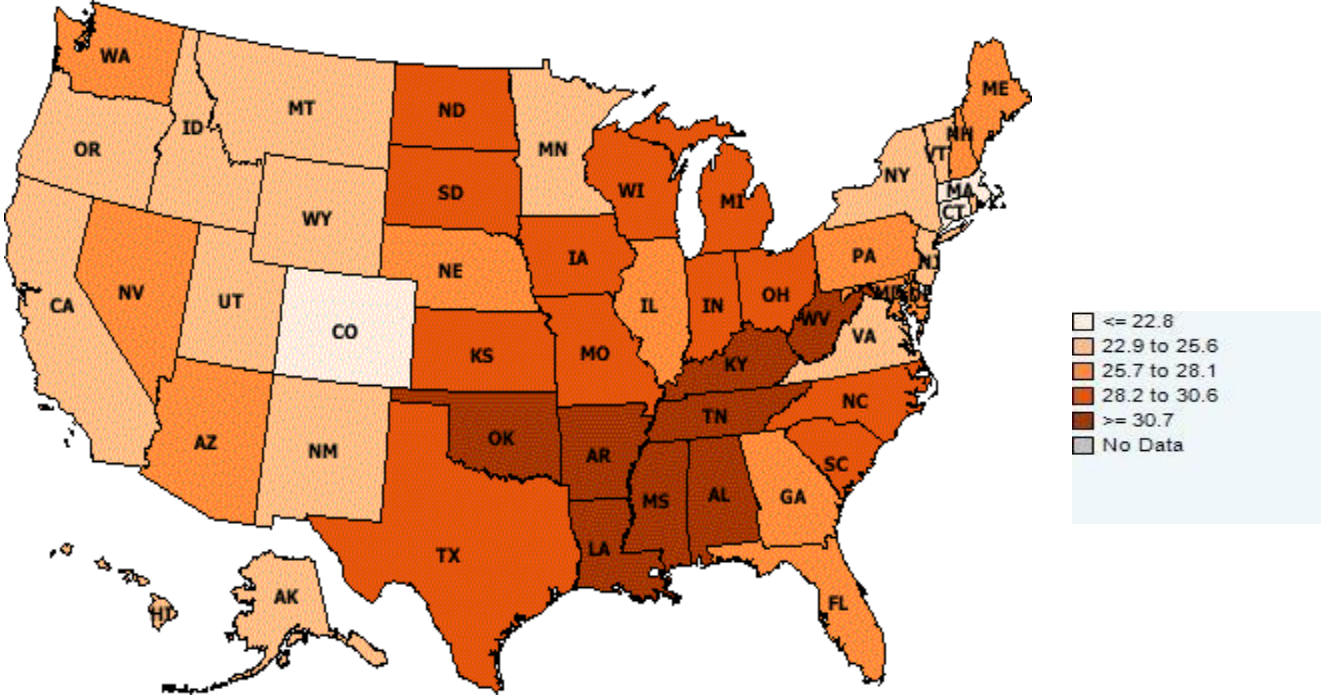


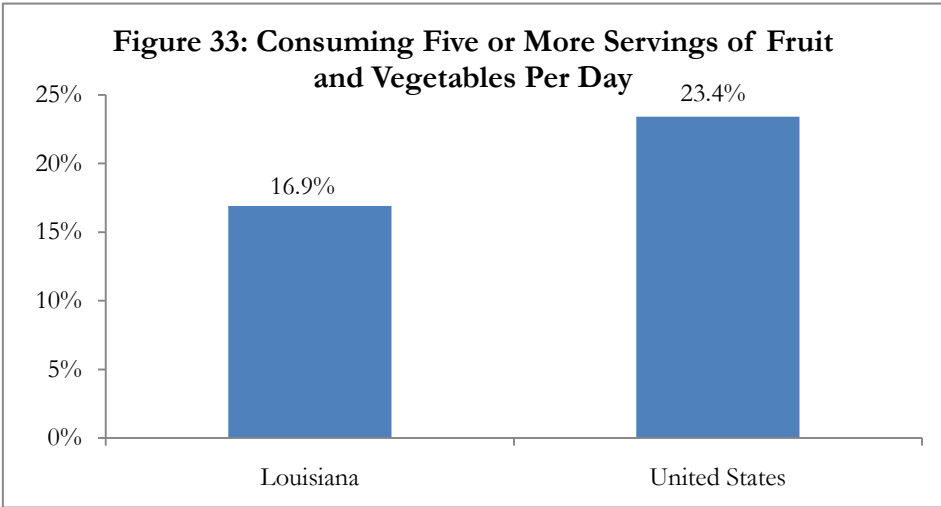
Table 15a. Overweight and Obesity

Demographic characteristics	Overweight*			Obese**		
	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	2887	33.7	32.2-35.2	2914	33.9	32.5-35.4
AGE						
18-24	77	31.8	25.2-39.1	59	18.7	13.8-24.8
25-34	217	30.0	26.0-34.3	241	33.9	29.7-38.4
35-44	374	34.5	30.9-38.3	399	36.8	33.2-40.4
45-54	568	32.5	29.8-35.3	652	38.8	35.9-41.8
55-64	662	35.9	33.3-38.6	768	39.2	36.6-41.9
65 and over	989	37.3	35.1-39.5	795	29.4	27.3-31.5
GENDER						
Male	1168	39.6	37.0-42.2	1056	35.0	32.5-37.5
Female	1719	28.1	26.7-29.7	1858	32.9	31.2-34.6
RACE-ETHNICITY						
Caucasian	2111	34.9	33.1-36.7	1885	31.0	29.3-32.7
African-American	593	30.4	27.5-33.5	862	41.6	38.4-44.8
Hispanic	57	28.7	20.0-39.3	64	37.8	27.9-48.9
Other	116	39.6	31.0-49.0	91	29.1	22.0-37.4
EDUCATION						
Did not graduate HS	346	30.4	26.6-34.6	489	42.1	37.7-46.5
Graduated from HS	902	33.4	30.7-36.2	971	37.5	34.8-40.4
Attended college	761	32.8	29.9-35.8	763	32.5	29.8-35.3
Graduated college	876	36.1	33.4-38.9	690	28.6	26.2-31.1
HOUSEHOLD INCOME						
<15,000	326	31.4	26.7-36.5	512	43.2	38.8-47.8
15,000-24,999	476	28.3	25.1-31.7	555	39.7	36.0-43.6
25,000-34,999	302	30.3	26.1-34.8	305	37.5	32.6-42.7
35,000-49,999	386	36.2	32.1-40.6	339	32.6	28.7-36.7
50,000 +	1033	36.8	34.4-39.3	890	31.1	28.8-33.3
REGION						
Region 1	314	34.8	30.5-39.3	289	27.6	24.0-31.4
Region 2	330	30.3	26.6-34.3	313	36.0	31.7-40.5
Region 3	324	36.3	32.1-40.7	356	37.3	33.1-41.6
Region 4	328	37.4	33.2-41.9	324	33.6	29.7-37.7
Region 5	293	31.7	27.8-36.0	330	38.1	33.9-42.4
Region 6	337	35.0	31.0-39.2	333	35.4	31.4-39.7
Region 7	334	32.1	28.1-36.4	315	36.4	32.0-40.9
Region 8	298	31.5	27.5-35.7	337	36.3	32.0-40.8
Region 9	329	33.6	29.6-37.9	317	32.2	28.2-36.5
HEALTH INSURANCE						
Have Insurance	2522	34.7	33.1-36.3	2413	32.8	31.3-34.4
No Insurance	360	29.4	25.7-33.4	500	38.8	34.9-43.0
* 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						

Fruits and Vegetables

The health benefits of eating fruit and vegetables are widely recognized. Eating fruit and vegetables can reduce the incidence of chronic disease, including cardiovascular disease, cancer and diabetes. Moreover, a diet rich in fruit and vegetables can be an important component in weight loss.

- Louisianians lag behind the nation when it comes to eating adequate servings of fruits and vegetables. Only 16.9 percent of Louisiana residents report eating five or more servings of fruit and vegetables daily compared to 23.4 percent nationally (Figure 33).



- Fruit and vegetable consumption is highest among college graduates. Twenty-one percent of college graduates compared to 10.7 percent of respondents without a high school degree report eating five or more servings of fruit and vegetables per day.

Figure 34: U.S. Rates For Consuming Five or More Servings of Fruit and Vegetables Per Day, 2009 BRFSS

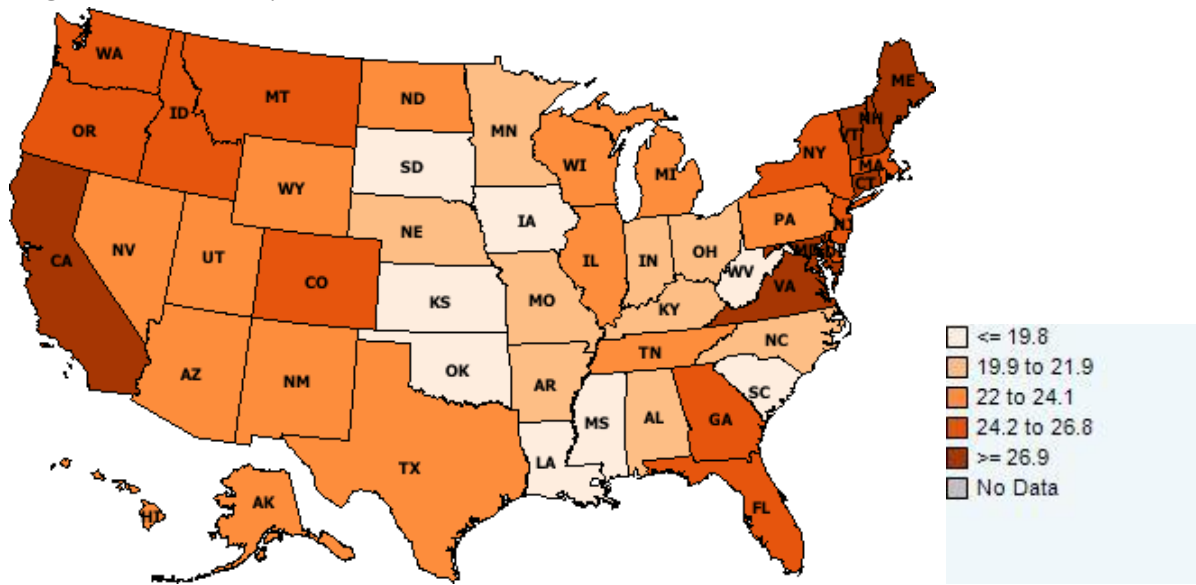


Table 16a : Consume Adequate Fruit & Vegetables

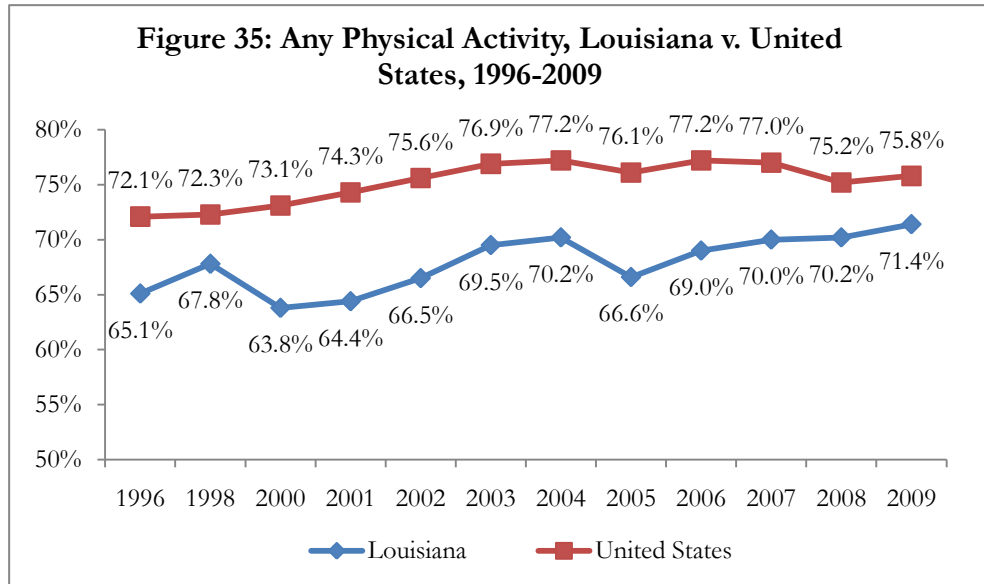
	Consume Adequate Fruit & Vegetables		
	Sample Size	%	95%CI
Age			
18-24	52	17.9	13.1-24.0
25-34	119	16.7	13.4-20.6
35-44	202	16.4	14.0-19.1
45-54	311	16.3	14.3-18.4
55-64	354	16.3	14.5-18.3
65 and over	458	16.2	14.6-17.9
Gender			
Male	408	14.5	12.7-16.6
Female	1088	18.4	17.1-19.7
Race			
Caucasian	1057	16.4	15.1-17.9
African-American	319	15.1	13.0-17.5
Hispanic	44	23.8	15.7-34.3
Other	70	22.7	16.5-30.4
Education			
Did not graduate HS	129	10.7	8.5-13.5
Graduated from HS	369	12.4	10.7-14.4
Attended college	430	18.1	15.8-20.7
Graduated college	565	21.4	19.2-23.8
Income			
<15,000	155	13.8	10.5-17.8
15,000-24,999	240	14.2	11.9-17.0
25,000-34,999	135	13.7	10.9-17.0
35,000-49,999	179	17.1	14.1-20.6
50,000 +	579	18.6	16.7-20.7
Region			
Region 1	187	18.3	15.1-21.9
Region 2	199	18.1	15.1-21.6
Region 3	183	16.2	13.5-19.3
Region 4	152	14.3	11.8-17.2
Region 5	146	15.0	12.2-18.4
Region 6	155	13.1	10.7-15.8
Region 7	173	17.5	14.4-21.1
Region 8	131	13.7	10.4-17.9
Region 9	170	18.2	14.7-22.2
Health Insurance			
Have Insurance	1322	17.4	16.1-18.7
No Insurance	174	13.2	10.8-16.1

*Proportion of Louisiana adults who reported eating five or more servings of fruit and vegetables.

Exercise

Exercise contributes to a range of positive health outcomes. It decreases the risk of cardiovascular disease and high blood pressure and improves overall health.

- One of the positive trends in Louisiana has been a long-term trend toward increased physical activity. In 2009, 71.4 percent of Louisiana residents report engaging in some form of physical activity. This is up from 65.1 percent in 1996 and 63.8 percent in 2000. As a result of the increase, Louisiana is now only slightly behind the national average of 75.8 percent (Figure 35).



- Nationally, the number has remained relatively flat, declining slightly from 76.1 percent in 2005 to 75.8 percent in 2009.
- We see similar shifts in reports of moderate physical activity (defined as 30 minutes or more of activity that involves light sweating or light to moderate increase in breathing or heart rate for at least five days per week) and vigorous physical activity (defined as 20 minutes or more of activity that involves heavy sweating or large increases in breathing or heart rate for at least three times a week) physical activity. The percent of adults reporting moderate physical activity in Louisiana has increased from 35.4 percent in 2001 to 43.6 percent in 2009 and the percent of Louisiana adults reporting vigorous activity of at least 20 minutes increased from 17.8 percent to 22 percent.
- Younger, more educated, wealthier adults are more likely to report any physical activity or moderate to vigorous activity (Figure 36).
- Fifty-six percent of 18-24 year olds report moderate or vigorous activity compared to 31.9 percent of adults 65 and older.
- Eight-one percent of respondents earning more than \$50,000 report any physical activity compared to 57.2 percent of respondents earning less than \$15,000.

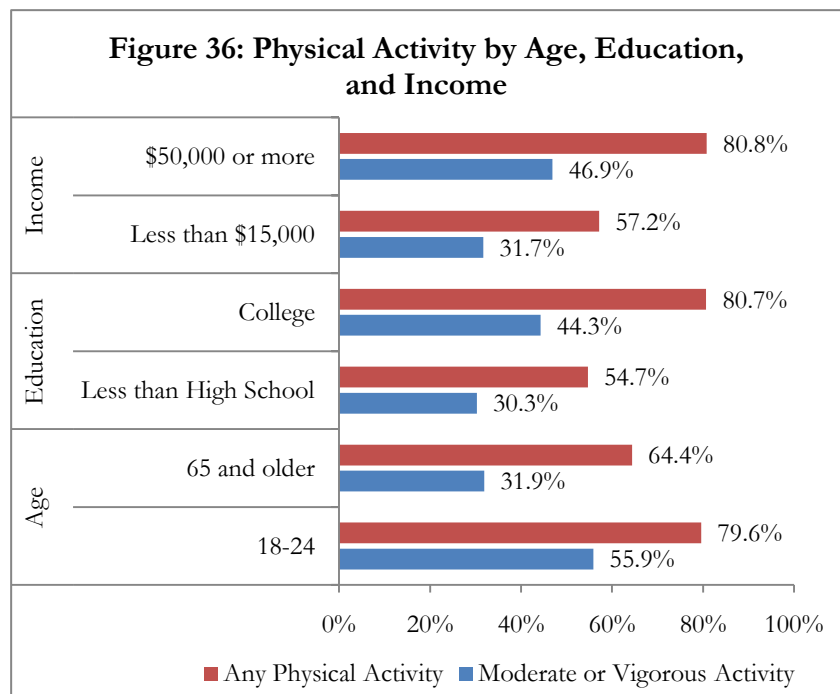


Table 17a. Exercise

	Any Leisure Time Physical Activity			Moderate or Vigorous Activity		
	Sample Size	%	95%CI	Sample Size	%	95%CI
Total	6021	71.3	70.0-72.7	3234	41.2	39.7-42.8
Age						
18-24	226	79.6	73.7-84.4	153	55.9	48.8-62.7
25-34	563	75.7	71.7-79.3	358	48.8	44.3-53.3
35-44	833	71.3	67.7-74.5	488	41	37.4-44.6
45-54	1268	70.9	68.3-73.4	689	38.6	35.8-41.4
55-64	1361	68.6	66.1-71.0	713	35.5	33.0-38.1
65 and over	1770	64.4	62.2-66.5	833	31.9	29.9-34.1
Gender						
Male	2116	74.3	72.0-76.5	1228	45.3	42.7-48.0
Female	3905	68.6	67.0-70.2	2006	37.5	35.8-39.2
Race						
Caucasian	4421	74.2	72.7-75.7	2412	42.7	40.9-44.5
African-American	1214	65	62.0-67.8	596	36.8	33.6-40.1
Hispanic	149	76.2	64.9-84.7	79	43.4	33.2-54.1
Other	211	64.1	54.7-72.5	139	45.9	37.7-54.4
Education						
Did not graduate HS	614	54.7	50.4-58.9	283	30.3	26.2-34.6
Graduated from HS	1697	65.6	63.0-68.1	945	39.3	36.5-42.2
Attended college	1681	74.3	71.7-76.7	912	44.5	41.4-47.5
Graduated college	2020	80.7	78.4-82.8	1091	44.3	41.6-47.1
Income						
<15,000	641	57.2	52.6-61.7	301	31.7	27.3-36.4
15,000-24,999	891	59.5	55.8-63.2	449	33.2	29.5-37.1
25,000-34,999	594	69.8	65.3-74.0	346	42.4	37.3-47.7
35,000-49,999	732	72.1	68.1-75.7	401	40.8	36.6-45.2
50,000 +	2342	80.8	78.9-82.6	1347	46.9	44.5-49.5
Region						
Region 1	693	70.2	66.0-74.1	362	41.1	36.7-45.6
Region 2	757	77.1	73.5-80.4	383	42.9	38.6-47.3
Region 3	642	71.3	67.5-74.7	351	39.9	35.7-44.3
Region 4	667	70	66.2-73.5	347	38.3	34.2-42.5
Region 5	604	69.7	65.7-73.3	353	41.3	37.1-45.6
Region 6	667	66.6	62.6-70.5	373	42.4	38.1-46.8
Region 7	663	72.1	68.2-75.7	350	43.5	39.0-48.2
Region 8	632	68.1	63.9-72.0	333	38.6	34.1-43.4
Region 9	696	72.4	68.4-76.0	382	41.9	37.6-46.4
Health Insurance						
Have Insurance	5245	72.8	71.4-74.2	2769	41.5	39.9-43.2
No Insurance	770	65.3	61.4-69.0	462	39.8	35.8-44.0

*Leisure activity indicates any physical activity. Moderate or vigorous is defined as 30 or more minutes of moderate activity on five or more days or vigorous activity for 20 or more minutes three or more days per week.

Alcohol Consumption

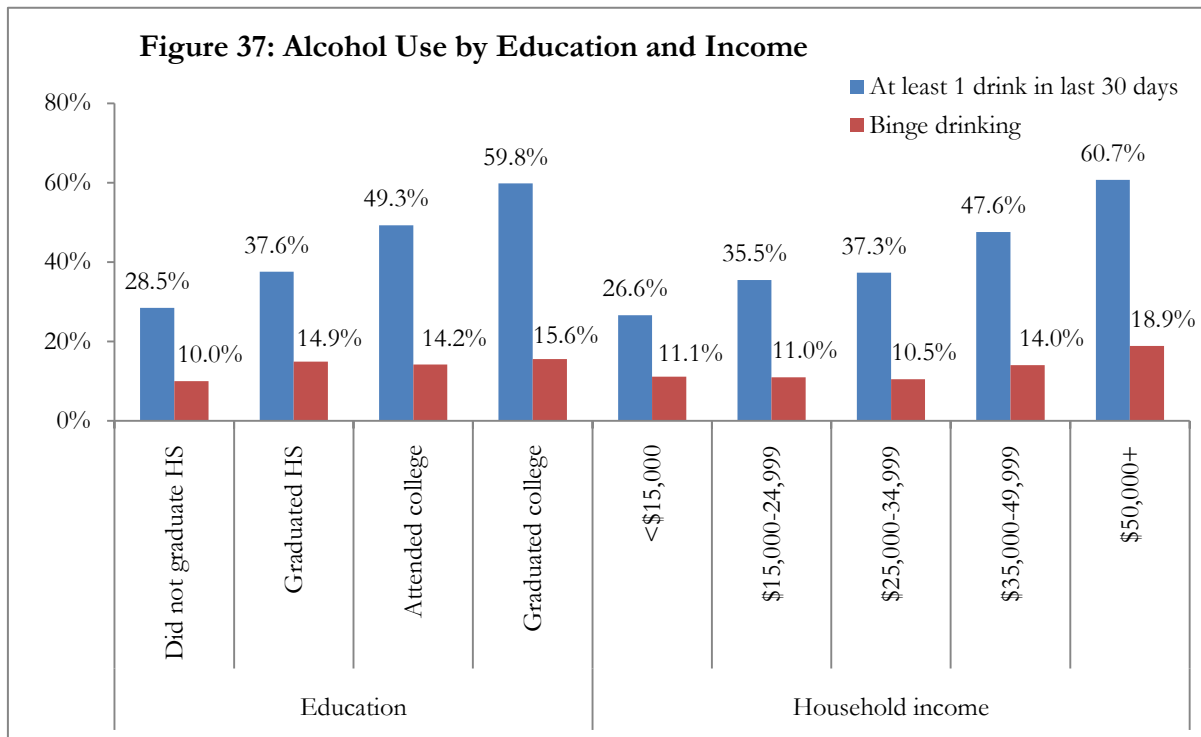
Alcohol use is associated with a number of negative health outcomes, including liver disease, increased risks for certain types of cancer, heart disease, obesity and kidney disease. In this section, the amount of alcohol consumption within the last 30 days, heavy drinking (defined as two or more drinks per day), and binge drinking (defined as five or more drinks for men and four or more drinks for women in a single setting) are examined.

HAD ONE DRINK IN THE LAST 30 DAYS*

- Fifty-four percent of men reported having at least one drink in the past 30 days compared to 39.9 percent of women.
- African-Americans (38.5 percent) were the less likely to have consumed an alcoholic beverage in the past 30 days than Caucasians (49.9 percent).
- Regionally, those residing in more urban areas were more likely to have consumed a drink in the past 30 days. Nearly 55 percent of Region 2 residents and 53.9 percent of Region 1 residents reported having a drink in the last 30 days exceeding all other regions and the state average of 4 percent.

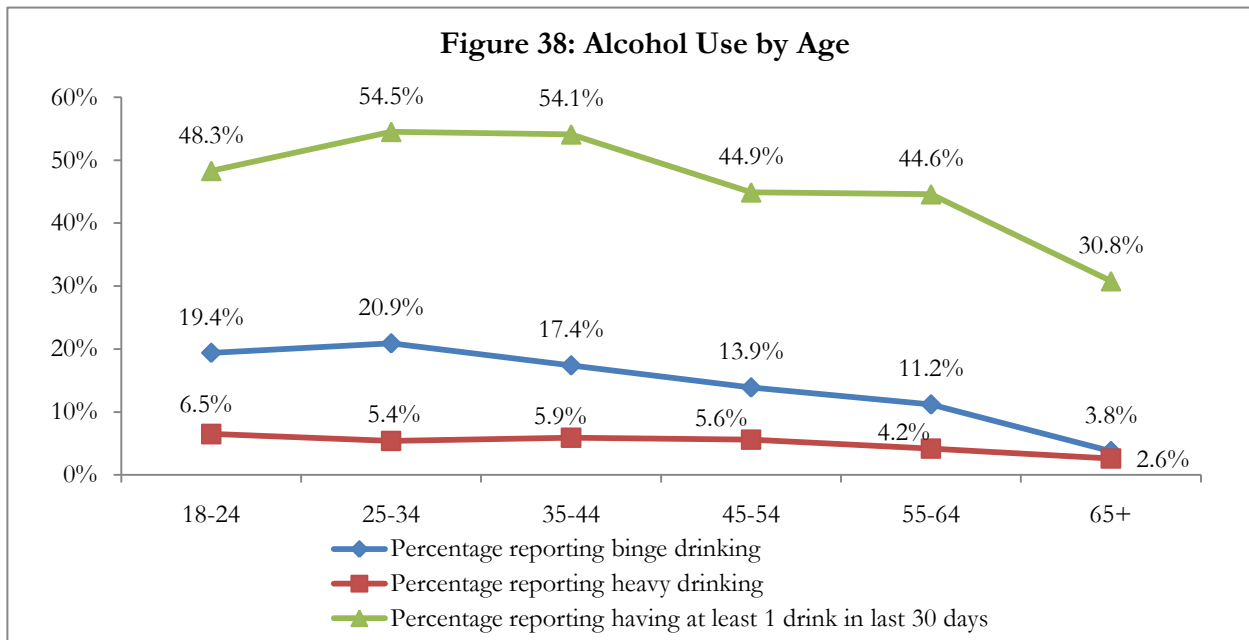
HEAVY DRINKING**

- The percentage of Louisiana adults who reported consuming more than two drinks per day remained relatively stable in 2009 (5 percent) compared with the previous year (4.5 percent).
- The state’s youngest adults, those aged 18-24, were most likely to report heavy drinking at 6.5 percent.
- Those with the least amount of education were also most likely to report heaving drinking. Results show that 5.8 percent of those who did not graduate high school engaged in heavy drinking whereas 4.8 percent of college graduates did (Figure 37).



BINGE DRINKING*

- Young adults were most likely to have participated in binge drinking: 19.4 percent of those between ages 18-24 reported binge drinking as did 20.9 percent in the 25-34 age group (Figure 38).
- Binge drinking in Region 7 (8.9 percent) was lowest in the state. The area with the highest rate, Region 9, had a rate more than two times (18.6 percent) that of Region 7.
- Socio-economic background plays a role in binge drinking. The data demonstrates that as education levels and household income increase, so do levels of alcohol consumption. Nearly 18.9 percent of those in households earning more than \$50,000 per year reported binge drinking compared to 11.1 percent of those making less than \$15,000. Similarly, 15.6 percent of college graduates reported binge drinking compared to 10 percent of respondents with less than a high school education.



LOUISIANA BINGE DRINKING TRENDS

- Approximately 14.4 percent of Louisiana residents reported binge drinking this past year, marking a slight increase from 13 percent in 2008.
- Over time, levels of binge drinking taper off in Louisiana with age. After peaking just over 20 percent for the 25-34 age group, consumption steadily declines with less than 4 percent of those over 65 years of age reportedly binge drinking.

Table 13a. Alcohol Use

Demographic characteristics	At least one drink in last 30 days*			Heavy Drinking**			Binge Drinking***		
	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	3425	46.5	44.9-48.1	349	5.0	4.3-5.8	868	14.4	13.2-15.7
AGE									
18-24	125	48.3	41.1-55.6	15	6.5	3.7-11.1	55	19.4	14.3-25.8
25-34	377	54.5	50.0-58.9	32	5.4	3.5-8.4	131	20.9	17.2-25.2
35-44	598	54.1	50.4-57.8	59	5.9	4.2-7.8	185	17.4	14.8-20.5
45-54	777	44.9	42.0-47.8	94	5.6	4.4-7.1	227	13.9	12.0-16.0
55-64	806	44.6	41.9-47.3	85	4.2	3.3-5.4	183	11.2	9.4-13.2
65 and over	742	30.8	28.7-33.0	64	2.6	2.0-3.5	87	3.8	3.0-4.9
GENDER									
Male	1411	53.8	51.2-56.5	157	6.4	5.2-8.0	461	19.9	17.7-22.3
Female	2014	39.9	38.2-41.7	192	3.7	3.1-4.4	407	9.4	8.4-10.6
RACE-ETHNICITY									
Caucasian	2659	49.9	48.1-51.8	273	5.3	4.5-6.2	672	15.9	14.4-17.5
African-American	579	38.5	35.3-41.9	57	3.9	2.7-5.7	142	10.2	8.2-12.6
Hispanic	76	52.1	41.4-62.5	10	5.1	2.6-10.0	27	18.8	11.4-29.4
Other	97	38.9	30.3-48.2	9	7.4	2.5-19.9	24	13.9	7.3-24.9
EDUCATION									
Did not graduate HS	237	28.5	24.4-33.0	39	5.8	3.7-8.9	65	10.0	7.3-13.6
Graduated from HS	845	37.6	34.8-40.6	97	4.8	3.5-6.6	273	14.9	12.8-17.4
Attended college	983	49.3	46.2-52.3	102	5.0	3.9-6.5	233	14.2	12.0-16.7
Graduated college	1360	59.8	57.1-62.5	111	4.8	3.7-6.2	297	15.6	13.4-18.2
HOUSEHOLD INCOME									
<15,000	225	26.6	22.2-31.5	37	6.0	3.5-10.2	65	11.1	7.7-15.9
15,000-24,999	408	35.5	31.6-39.6	52	3.3	2.3-4.8	107	11.0	8.6-14.1
25,000-34,999	320	37.3	32.6-42.6	37	4.9	3.0-8.1	71	10.5	7.8-14.1
35,000-49,999	431	47.6	43.2-52.0	38	3.9	2.6-5.8	106	14.0	10.9-17.7
50,000 +	1662	60.7	58.3-63.1	156	5.7	4.6-6.9	451	18.9	16.8-21.1
REGION									
Region 1	470	53.9	49.4-58.3	46	5.6	3.7-8.3	116	16.7	13.1-21.0
Region 2	486	54.5	50.1-58.8	49	4.4	3.1-6.1	111	13.7	11.0-16.8
Region 3	414	46.9	42.5-51.3	41	3.7	2.5-5.7	109	16.4	13.0-20.5
Region 4	407	47.7	43.4-52.0	39	3.9	2.6-5.9	110	15.5	12.5-19.2
Region 5	334	44.1	39.8-48.6	26	4.4	2.7-7.1	86	14.5	11.3-18.4
Region 6	336	36.1	31.9-40.5	31	5.1	2.7-9.4	80	11.6	8.4-15.8
Region 7	315	37.1	32.8-41.6	33	4.6	2.8-7.6	61	8.9	6.3-12.3
Region 8	237	32.8	28.3-37.6	28	4.3	2.6-7.0	61	10.4	7.6-14.2
Region 9	426	49.4	45.0-53.8	56	7.9	5.6-11.0	134	18.6	15.2-22.5
HEALTH INSURANCE									
Have Insurance	2996	48.0	46.3-49.7	277	4.8	4.0-5.7	711	14.3	13.0-15.8
No Insurance	427	40.5	36.4-44.7	72	5.7	4.2-7.7	156	14.6	11.9-17.8

* 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 one or more for women

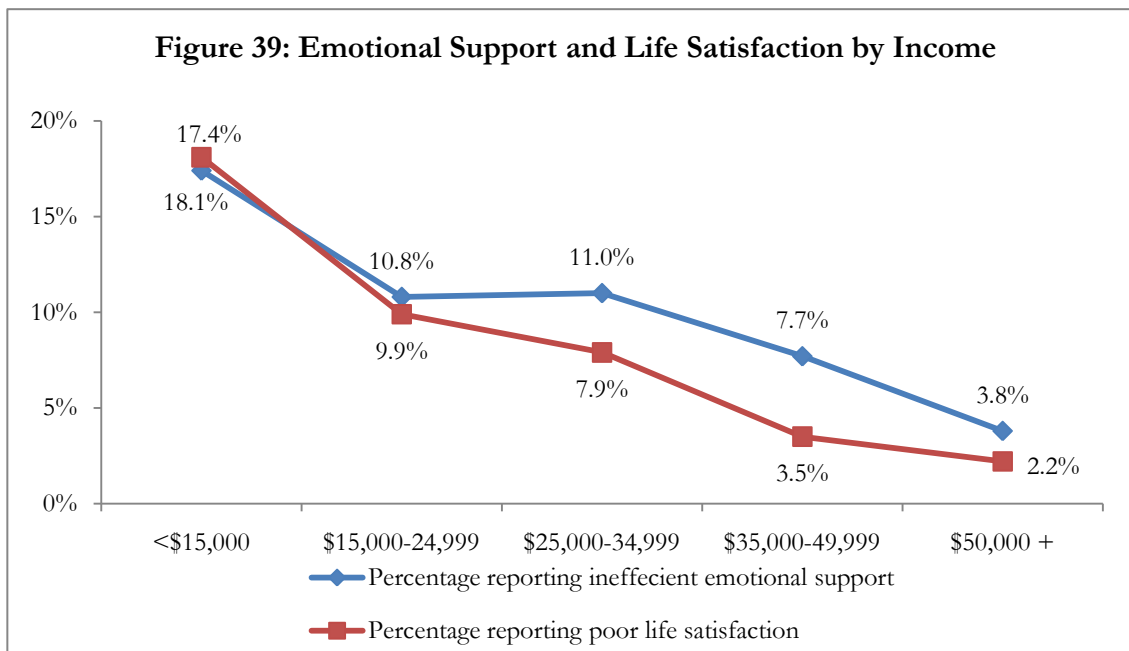
***The proportion of Louisiana adults who reported consuming five or more drinks for men and four or more drinks for women per occasion at least once in the previous month.

Emotional Support & Life Satisfaction

Research suggests that happiness may predict future health outcomes. Emotional support is similarly related to both physical and mental well-being, and is important for individuals suffering from chronic conditions or illnesses.

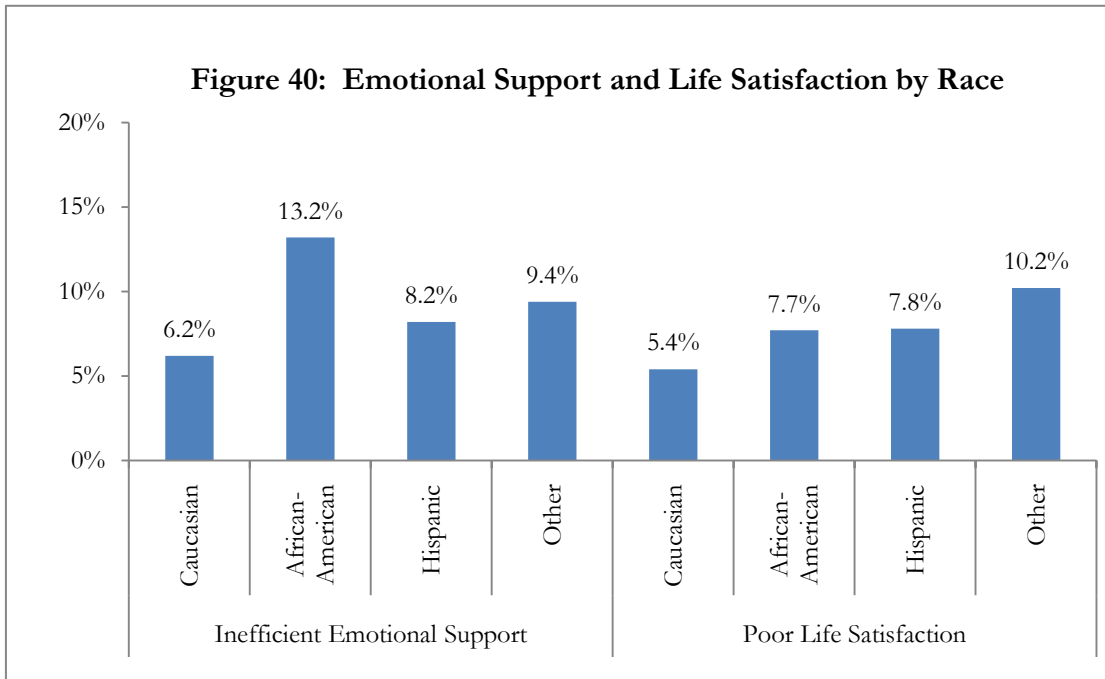
ADULTS WHO RARELY/NEVER GET THE SOCIAL AND EMOTIONAL SUPPORT THEY NEED

- Nearly 8 percent of Louisiana residents say they receive insufficient emotional support.
- African-Americans (13.2 percent) are most likely to report lack of emotional support. In fact, African-Americans are more than twice as likely to report insufficient emotional support as Caucasians (6.2 percent).
- Louisiana residents without health insurance are nearly twice as likely (13.6 percent) to report insufficient emotional support than those who are insured (7 percent).



ADULTS WHO ARE RARELY/NEVER SATISFIED WITH THEIR LIVES

- More than 6 percent of Louisiana residents report a poor level of life satisfaction. Seniors, those aged 65 and older, are the most likely to report insufficient emotional support (8 percent).
- Education and income level are strong indicators of both poor life satisfaction and insufficient emotional support. Those who are college graduates and those in households earning more than \$50,000 are significantly less likely to report these conditions (Figure 39).
- Regionally, Region 1 (8.7 percent) has the highest concentration of residents who express poor life satisfaction.



EMOTIONAL SUPPORT AND LIFE SATISFACTION TRENDS

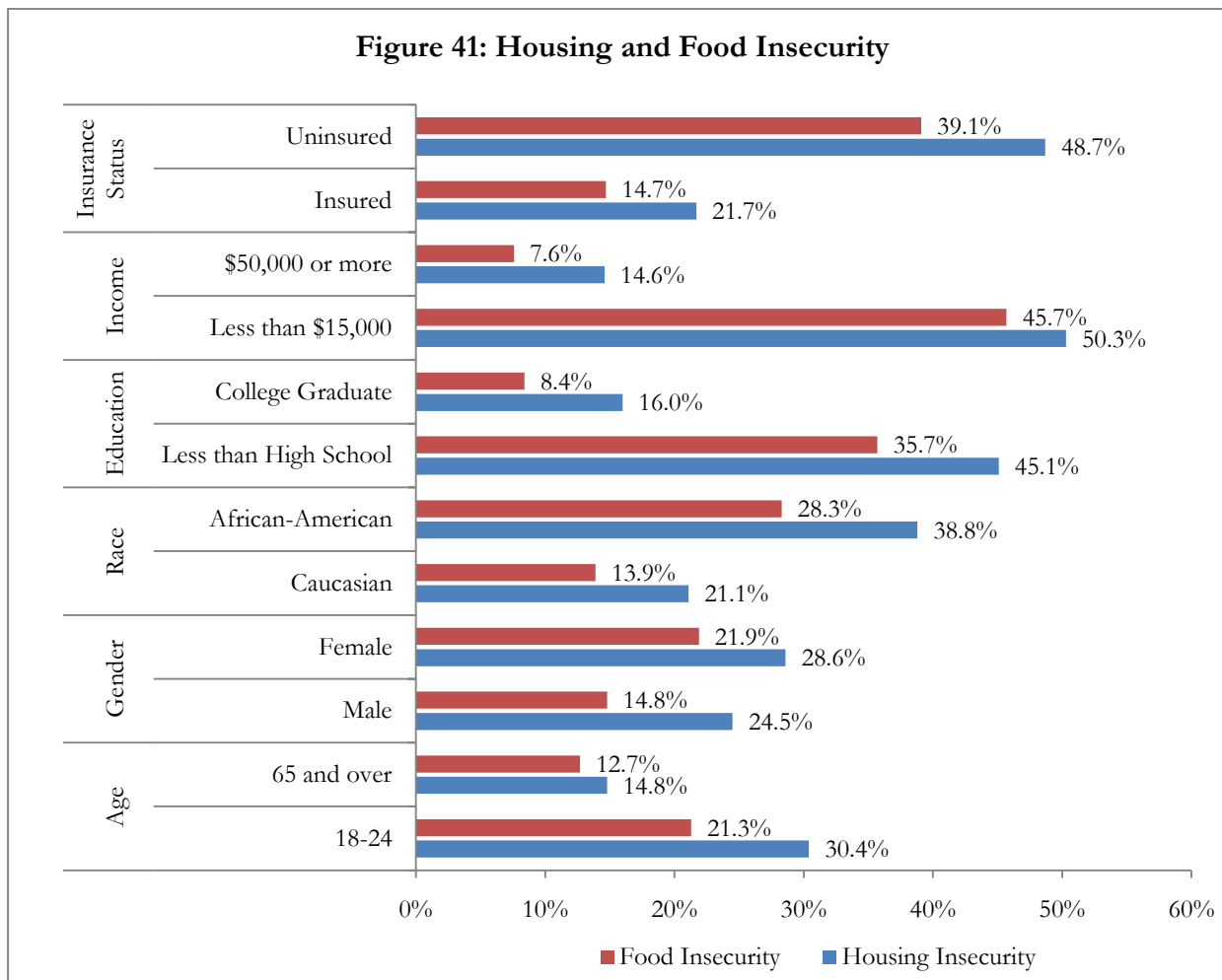
- Both insufficient emotional support and poor life satisfaction have increased over the previous year. Insufficient emotional support levels increased from 7.8 percent to 8.3 percent, whereas poor life satisfaction climbed from 4.1 to 6.3 percent statewide from 2008 to 2009.
- Younger populations saw the largest increase in these year-over-year trends. A little less than 4 percent of 25-34 year olds reported insufficient emotional support in 2008 compared to 7 percent in 2009. Similarly, only 2.1 percent of 18-24 year olds reported poor life satisfaction in 2008. This increased to 6 percent in 2009.

Table 14a. Emotional Support and Life Satisfaction

Demographic characteristics	Insufficient Emotional Support*			Poor Life Satisfaction**		
	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	1138	8.3	7.5-9.2	556	6.3	5.5-7.3
AGE						
18-24	21	7.0	4.1-11.7	14	6.0	3.0-11.4
25-34	42	6.3	4.3-9.1	39	7.0	4.6-10.5
35-44	101	8.7	6.9-11.1	75	7.2	5.3-9.8
45-54	194	9.7	8.1-11.5	154	6.8	5.6-8.3
55-64	194	9.0	7.6-10.6	136	6.2	5.1-7.5
65 and over	254	8.6	7.5-9.9	138	4.3	3.6-5.2
GENDER						
Male	304	8.9	7.6-10.5	164	6.5	5.0-8.3
Female	502	7.7	6.8-8.7	392	6.2	5.4-7.1
RACE-ETHNICITY						
Caucasian	471	6.2	5.5-7.0	356	5.4	4.6-6.4
African-American	272	13.2	11.0-15.7	159	7.7	6.0-9.8
Hispanic	22	8.2	5.0-13.2	10	7.8	2.8-19.8
Other	35	9.4	6.0-14.6	24	10.2	4.7-20.7
EDUCATION						
Did not graduate HS	200	15.2	12.6-18.2	124	9.9	7.8-12.5
Graduated from HS	305	11.3	9.5-13.3	184	8.0	6.1-10.3
Attended college	179	7.2	5.7-9.0	168	7.0	5.5-8.8
Graduated college	120	3.7	3.0-4.7	80	2.8	2.0-4.0
HOUSEHOLD INCOME						
<15,000	214	17.4	14.4-20.9	186	18.1	14.3-22.7
15,000-24,999	188	10.8	8.7-13.3	142	9.9	7.6-12.8
25,000-34,999	96	11.0	8.4-14.3	47	7.9	4.9-12.5
35,000-49,999	70	7.7	5.3-11.0	45	3.5	2.5-4.9
50,000 +	132	3.8	3.0-4.7	67	2.2	1.5-3.2
REGION						
Region 1	83	7.1	5.3-9.4	68	8.7	6.0-12.5
Region 2	77	8.7	6.3-11.9	49	4.1	2.7-6.1
Region 3	97	9.6	7.2-12.6	63	5.3	3.9-7.2
Region 4	100	8.6	6.7-11.0	55	5.1	3.6-7.2
Region 5	95	9.9	7.6-12.8	75	7.7	5.7-10.2
Region 6	102	9.0	6.7-12.0	63	5.0	3.7-6.7
Region 7	76	8.0	5.6-11.2	57	6.3	4.4-8.9
Region 8	88	8.1	6.0-10.8	54	5.3	3.6-7.8
Region 9	88	7.7	5.7-10.2	72	8.2	5.6-11.9
HEALTH INSURANCE						
Have Insurance	612	7.0	6.2-7.9	400	4.7	4.0-5.5
No Insurance	193	13.6	11.2-16.5	156	13.1	10.2-16.7
*Proportion who report rarely or never receiving the emotional support they need.						
**Proportion of respondents who report they are dissatisfied or very dissatisfied with their life.						

Housing Instability and Food Insecurity

Housing instability, defined as concern about being able to pay the rent or mortgage, and food insecurity, defined as concern about affording nutritious meals, have been shown to be related to health care access and health care utilization. In the 2009 Behavioral Risk Factor Survey, Louisiana residents were asked how often they worry about having enough money to pay their mortgage or rent and how often they worry about having enough money to buy nutritious meals. In this section, we examine the incidence of housing instability as well as food insecurity in Louisiana and the risk factors associated with each.



- Over a quarter of Louisiana residents (26.7 percent) report worrying about having enough money to pay their mortgage or their rent while nearly one in five (18.6 percent) worry about having enough money to buy nutritious meals.
- As would be expected, food and housing security are related to age, gender, race, education, income and insurance status. Younger, female, African-American, less educated, poorer and uninsured residents worry more about being able to pay the rent or mortgage and having enough money to buy nutritious meals. Notably, housing instability and food insecurity reach into higher income and education levels and affect every segment of the population.

- Twenty-two percent of Louisiana women worry about having enough money to buy nutritious meals compared to 14.8 percent of Louisiana men (Figure 41).
- Fifty percent of individuals earning \$15,000 or more worry about being to pay the rent or mortgage compared to 14.6 percent of individuals earning \$50,000 or more.
- Forty-nine percent of the uninsured worry about paying rent or the mortgage compared to 21.7 percent of insured respondents.
- Regionally, housing instability is highest in Region 1 (31.5 percent) and Region 2 (29.5 percent) where nearly a third of residents worry about having enough money to pay the rent or mortgage. Housing instability is lowest in Region 5 though notably even here more than one in five respondents (22.9 percent) express at least some concern about their ability to pay the rent or mortgage.
- Food insecurity, in contrast, is highest in Region 5 where 23.5 percent worry about having enough money to buy nutritious meals and is lowest in Region 9 where 14.6 percent worry about being to purchase nutritious meals.

Table 15a: Housing Instability and Food Insecurity

Demographic Characteristics	Rent Insecurity*			Food Insecurity**		
	Sample Size	Sample	95% CI	Sample Size	Sample	95% CI
Total	1630	26.7	25.1-28.3	1575	18.6	17.3-19.8
AGE						
18-24	51	30.8	22.4-40.8	60	21.3	15.7-28.2
25-34	205	34.4	29.8-39.3	160	20.5	17.1-24.3
35-44	303	31.3	27.7-35.1	228	20.2	17.3-23.4
45-54	438	25.6	23.1-28.4	406	19.9	17.7-22.2
55-64	350	21.6	19.2-24.3	356	17.1	15.2-19.1
65 and over	283	14.8	12.9-16.8	365	12.7	11.4-14.3
GENDER						
Male	445	24.5	21.9-27.3	383	14.8	12.9-16.9
Female	1185	28.6	26.8-30.4	1192	21.9	20.5-23.5
RACE						
Caucasian	910	21.1	19.4-22.8	863	13.9	12.7-15.2
African-American	592	38.8	35.4-42.4	575	28.3	25.4-31.4
Hispanic	48	35.3	25.0-47.2	38	22.1	14.7-31.9
Other	66	29.7	20.6-40.8	83	23.7	17.6-31.2
EDUCATION						
Did not graduate HS	299	45.1	40.0-50.3	388	35.7	31.5-40.1
Graduated from HS	569	32.2	29.0-35.4	554	21.4	19.1-24.0
Attended college	453	26.7	23.9-29.7	424	19.9	17.5-22.4
Graduated college	308	16	13.9-18.4	207	8.4	6.9-10.1
INCOME						
<15,000	366	50.3	45.1-55.4	498	45.7	41.0-50.4
15,000-24,999	409	43.6	39.1-48.1	441	33.8	30.1-37.8
25,000-34,999	174	35.7	30.2-41.7	145	21.3	17.1-26.1
35,000-49,999	170	24.1	20.1-28.6	125	14.2	11.5-17.4
50,000 +	325	14.6	12.8-16.7	190	7.6	6.2-9.3
REGION						
Region 1	225	31.5	27.0-36.3	170	18	14.7-21.8
Region 2	189	29.8	25.3-34.6	152	18.6	15.1-22.7
Region 3	167	25.9	21.8-30.5	165	19.4	16.0-23.3
Region 4	187	24.4	20.6-28.6	184	17.3	14.4-20.6
Region 5	154	22.9	18.9-27.4	195	23.5	19.8-27.6
Region 6	183	25.5	21.4-30.0	202	22.8	19.1-26.9
Region 7	159	23.3	19.3-27.8	171	19.2	15.8-23.1
Region 8	178	26.5	22.2-31.3	172	18.4	15.2-22.2
Region 9	188	24.3	20.3-28.9	164	14.6	11.9-17.6
HEALTH INSURANCE						
Have Insurance	1207	21.7	20.2-23.2	1136	14.8	13.6-16.0
No Insurance	420	48.7	44.1-53.4	436	34.1	30.3-38.2

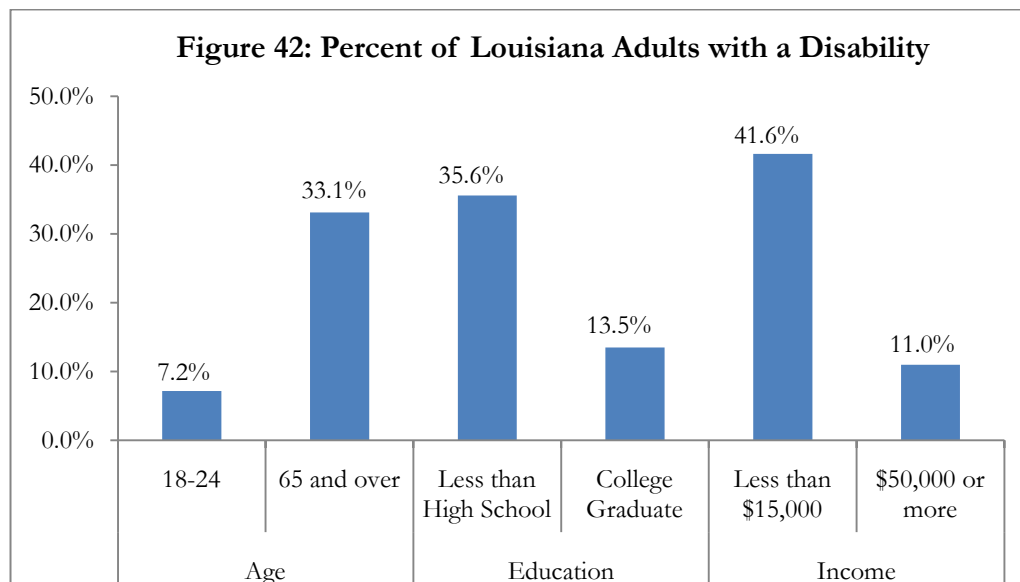
*Proportion who report they at least sometimes worry about having enough money to pay the rent or mortgage.

**Proportion who report they at least sometimes worry about having enough money to buy nutritious meals.

Disability

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

- Roughly one in five Louisiana adults (20.3 percent) has a disability.
- Self-reported disabilities increase with age and decline with income and education. Thirty-three percent of Louisiana adults 65 and over report a disability compared to 7.2 percent of respondents 18-24.
- Thirty-six percent of respondents who did not graduate from high school report being disabled compared to 13.5 percent of respondents with a college education (Figure 42).
- Forty-two percent of respondents earning less than \$15,000 per year reported a disability compared to 11 percent of respondents earning \$50,000 or more (Figure 42).
- There is significant regional variation in reported disabilities. Sixteen percent of Region 2 residents have a disability compared to 23.3 percent in Region 6.



USE OF EQUIPMENT

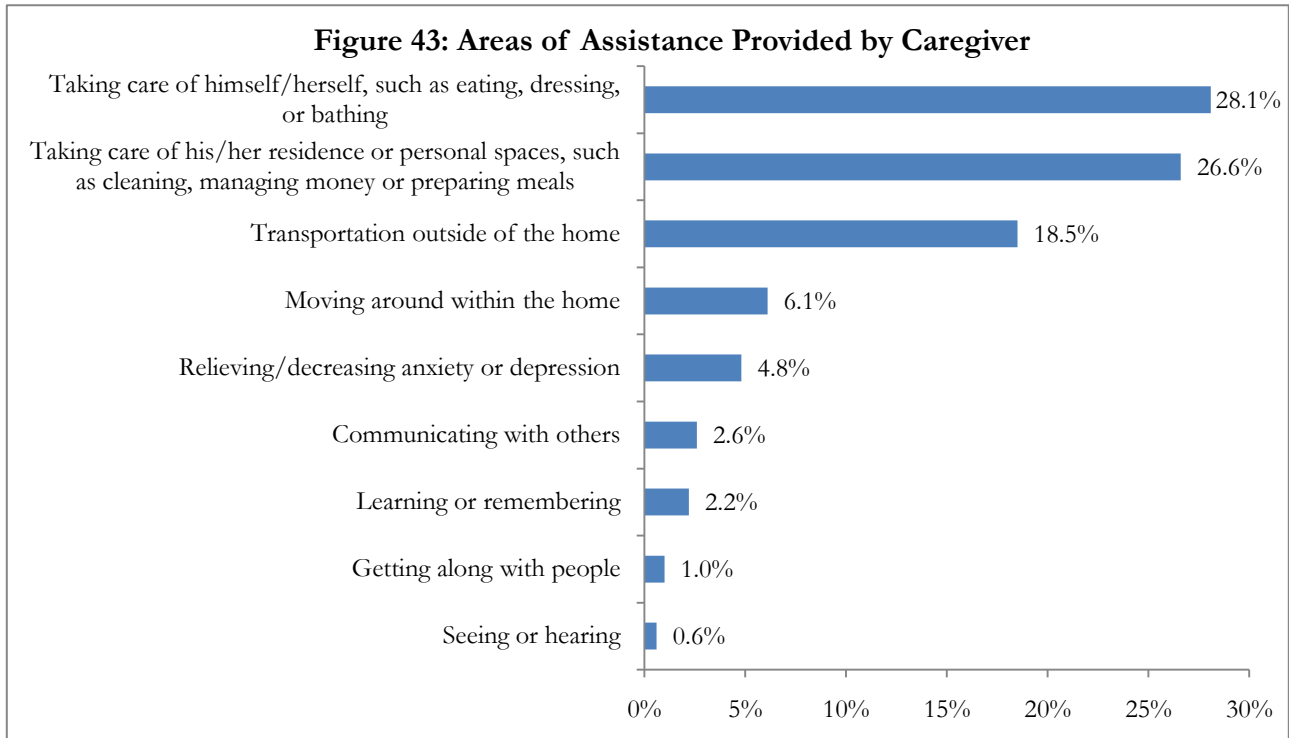
- Eight percent of Louisiana adults need special equipment due to health problems. This reflects 45 percent of the disability population.
- In general, the need for special equipment increases with age. Twenty percent of adults 65 and older report health problems that require special equipment compared to 1.8 percent of younger adults, 18-24.

Table 16a: Disability

Demographic characteristics	Activity Limitation Due to Health Problems			Health Problems Requiring Special Equipment**		
	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	2314	20.3	19.2-21.4	1041	8.2	7.5-8.9
AGE						
18-24	26	7.2	4.6-11.2	5	1.8	0.6-5.1
25-34	84	11.0	8.3-14.5	13	1.6	0.8-2.9
35-44	188	15.7	13.1-18.6	49	5.3	3.6-7.8
45-54	465	23.4	21.1-25.9	169	8.9	7.4-10.8
55-64	606	28.7	26.4-31.2	234	10.6	9.1-12.2
65 and over	945	33.1	31.0-35.2	571	20.0	18.3-21.9
GENDER						
Male	760	19.3	17.5-21.3	341	8.1	6.9-9.4
Female	1554	21.1	19.9-22.5	700	8.3	7.5-9.1
RACE-ETHNICITY						
Caucasian	1638	20.4	19.1-21.7	669	7.4	6.6-8.3
African-American	517	18.9	16.8-21.2	302	9.7	8.3-11.2
Hispanic	33	19.4	11.5-30.8	15	8.9	3.8-19.1
Other	109	27.4	19.9-36.4	48	9.3	6.1-13.9
EDUCATION						
Did not graduate HS	473	35.6	31.7-39.7	281	18.3	15.7-21.4
Graduated from HS	760	21.9	19.8-24.2	340	9.0	7.7-10.4
Attended college	644	19.5	17.6-21.6	245	6.6	5.5-7.8
Graduated college	434	13.5	11.8-15.3	173	5.0	3.9-6.5
HOUSEHOLD INCOME						
<15,000	570	41.6	37.2-46.1	303	18.7	16.1-21.7
15,000-24,999	543	30.0	26.9-33.3	252	13.0	11.0-15.4
25,000-34,999	237	21.1	17.6-25.0	111	9.1	6.9-11.8
35,000-49,999	226	17.5	14.7-20.6	68	4.6	3.3-6.2
50,000 +	400	11.0	9.6-12.4	107	3.0	2.3-4.0
REGION						
Region 1	226	20.1	16.9-23.8	109	8.8	6.7-11.5
Region 2	228	16.2	13.5-19.2	103	6.6	5.1-8.6
Region 3	255	21.5	18.3-25.0	109	8.4	6.5-10.8
Region 4	241	19.4	16.6-22.6	104	7.9	6.2-10.1
Region 5	258	22.6	19.4-26.2	120	8.7	7.0-10.7
Region 6	304	23.3	20.2-26.7	145	11.1	8.9-13.6
Region 7	267	22.0	18.9-25.5	121	9.1	7.1-11.6
Region 8	263	20.6	17.5-24.0	127	8.4	6.7-10.5
Region 9	272	20.6	17.8-23.7	103	6.2	5.0-7.8
HEALTH INSURANCE						
Have Insurance	1997	20.5	19.3-21.8	950	9.0	8.2-9.8
No Insurance	316	19.4	16.7-22.4	91	4.9	3.6-6.7

Caregiver Status

Caregivers are important to the health care system for the assistance they give to family, friends and relatives. In some cases providing care for others requires considerable stress and exerts a significant emotional burden.



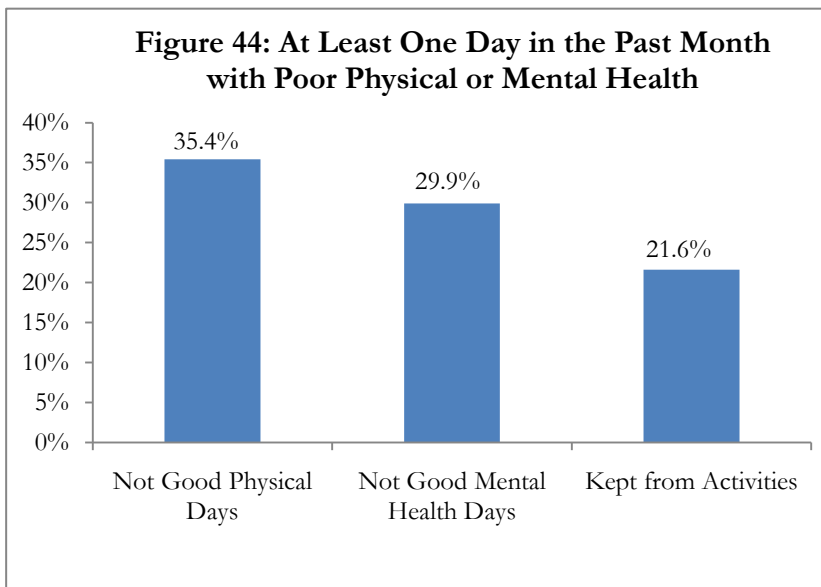
- One quarter of Louisiana residents report that they gave care or assistance to a friend or family member who has long-term illness, disability or health problem in the last 30 days.
- Women are more likely than men to be caregivers. Twenty-eight percent of women compared to 21.3 percent of men gave care to family member or friend.
- Residents without insurance coverage are more likely to provide care than residents with insurance coverage. Thirty percent of residents without insurance coverage are caregivers compared to 23.5 percent of residents with insurance coverage.
- Middle-aged respondents (45-54) are most likely to report giving care or assistance. Thirty percent of respondents in the 45-54 age group reported they gave care or assistance in the past 30 days.
- Caregivers are typically (though not always) caring for elderly relatives and friends. Fifty-six percent of caregivers are giving care to someone 65 or older.
- Sixty-three percent of caregivers are giving care to a woman while 37 percent are giving care to a man.
- Thirty percent of caregivers are giving care to a parent while 10 percent are giving care to a spouse and 7 percent are caring for a child. Notably, however, 13.9 percent of respondents are giving care to a non-relative.

Table 17a: Caregiver Status

	Sample Size	%	95%CI
Total	2243	25.0	23.7-26.3
AGE			
18-24	57	16.6	12.2-22.3
25-34	184	24.4	20.7-28.5
35-44	306	27	23.7-30.5
45-54	584	30.4	27.9-33.1
55-64	578	27.5	25.2-29.9
65 and over	534	20	18.3-21.9
GENDER			
Male	624	21.3	19.2-23.5
Female	1619	28.4	26.9-30.0
RACE-ETHNICITY			
Caucasian	1603	24.6	23.1-26.2
African-American	479	24.7	22.1-27.5
Hispanic	62	33.2	24.1-43.8
Other	86	25.6	19.3-33.2
EDUCATION			
Did not graduate HS	223	24.2	20.4-28.4
Graduated from HS	662	25.3	22.9-27.9
Attended college	684	25.8	23.4-28.3
Graduated college	672	24.2	22.0-26.6
HOUSEHOLD INCOME			
<15,000	254	24.8	21.0-28.9
15,000-24,999	382	27.7	24.4-31.3
25,000-34,999	252	30.7	25.9-36.0
35,000-49,999	301	25.4	22.0-29.1
50,000 +	785	24.4	22.4-26.5
REGION			
Region 1	232	24	20.4-28.0
Region 2	252	25.4	21.8-29.4
Region 3	251	22.9	19.6-26.5
Region 4	261	24.5	21.2-28.0
Region 5	221	24	20.5-27.8
Region 6	279	28	24.3-31.9
Region 7	242	24.5	21.0-28.4
Region 8	247	26	22.3-30.1
Region 9	258	27	23.2-31.1
HEALTH INSURANCE			
Have Insurance	1863	23.9	22.6-25.2
No Insurance	376	29.5	25.8-33.5

Physical & Mental Health Days

The number of days in which respondents report that they are in poor mental or physical health has been used as an indicator of health disparities and as an important tracking mechanism for population shifts. In this section, we consider the percentage of respondents who reported at least one day in the past month when their physical or mental health was not good or poor, and if poor mental or physical health kept them from their usual activities. Overall, 35.4 percent of Louisiana residents reported having at least one day in the past month when their physical health was not good while 29.9 percent reported having at least one day when their mental health was not good. More than one in five Louisiana adults (21.6 percent) reported that poor mental or physical health kept them from their usual activities (Figure 44). This reflects 43.2 percent of individuals who reported a poor mental or physical health day.



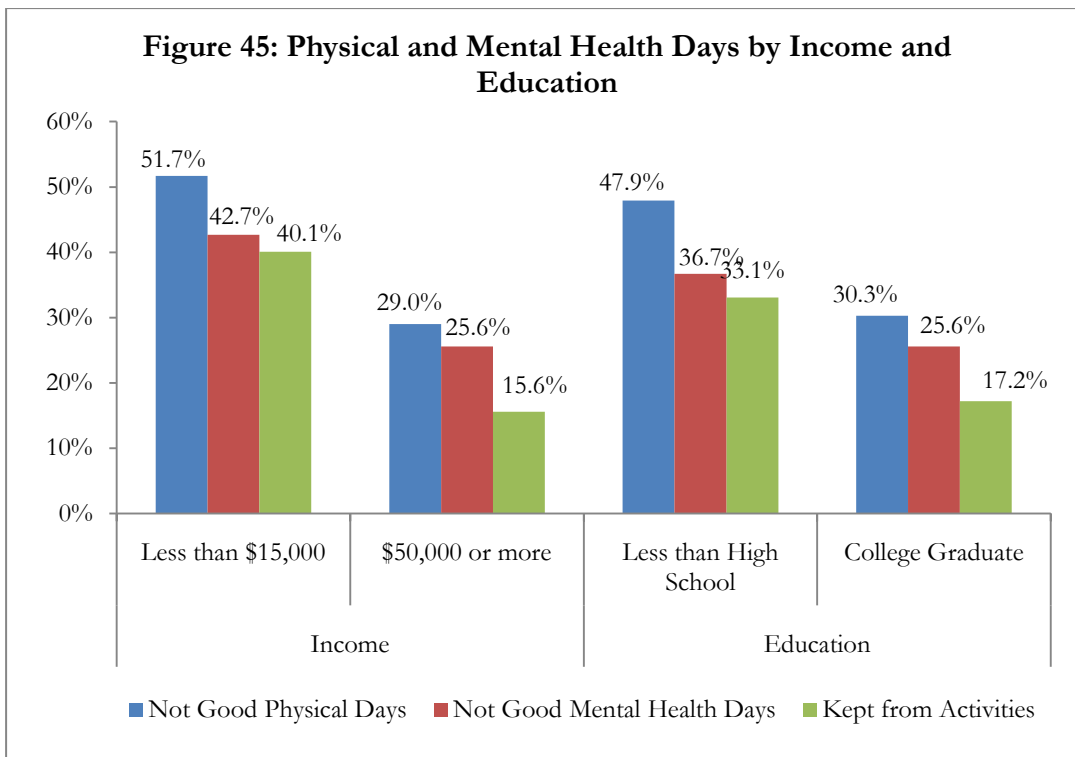
PHYSICAL HEALTH DAYS

- Having at least one day in the past month with poor physical health is tied most closely to education and income. Forty-eight percent of respondents with less than high school education reported at least one poor physical health day compared to 30.3 percent of respondents with a college degree.
- Fifty-two percent of individuals earning less than \$15,000 reported a poor physical health day compared to 29 percent of individuals earning \$50,000 or more.

- Differences in age were fairly small. Nearly 35 percent of 18-24 year olds reported that at least one day in the past month their physical health was poor compared to 37.6 percent of the 65 and older age group. The group most likely to report their physical health was poor at least one day in the past month was the 55-64 age group, at 41.4 percent.

MENTAL HEALTH DAYS

- Adults within the 35-44 age category are most likely to report mental health being not good at least once in the past 30 days. Thirty-four percent of 18-24 year olds reported their mental health was not good at least one day in the past 30 days compared to 18 percent of adults 65 and over.
- Women were more likely (33.7 percent) to report a poor mental health day (33.7 percent) over the past month than men (25.8 percent).
- Significant differences also exist in terms of income and education, but the mental health differences were not as large as those for physical health. Thirty-seven percent of respondents without a high school degree reported a poor mental health day compared to 25.6 percent of college graduates. Similarly, 42.7 percent of individuals earning \$15,000 or less reported a poor mental health day compared to 25.6 percent of respondents earning \$50,000 or more (Figure 44).



KEPT FROM USUAL ACTIVITIES

- Younger adults (18-24) were least likely to report their mental or physical health kept them from their usual activities. Fifteen percent of 18-24 year olds were kept from their usual activities because of poor mental or physical health compared to 24 percent of adults 35-64 and 21 percent of those 65 and older.
- Education and income were also important predictors of being kept from usual physical activities. Thirty three percent of individuals with less than a high school degree reported being kept from their usual activities compared to 17.2 percent of individuals with a college degree. Along the same lines, 40.1 percent of respondents earning less than \$15,000 reported their physical or mental health kept them from their usual activities compared to 15.6 percent of respondents who earned \$50,000 or more (Figure 45).

Table 18a. Physical and Mental Health Days

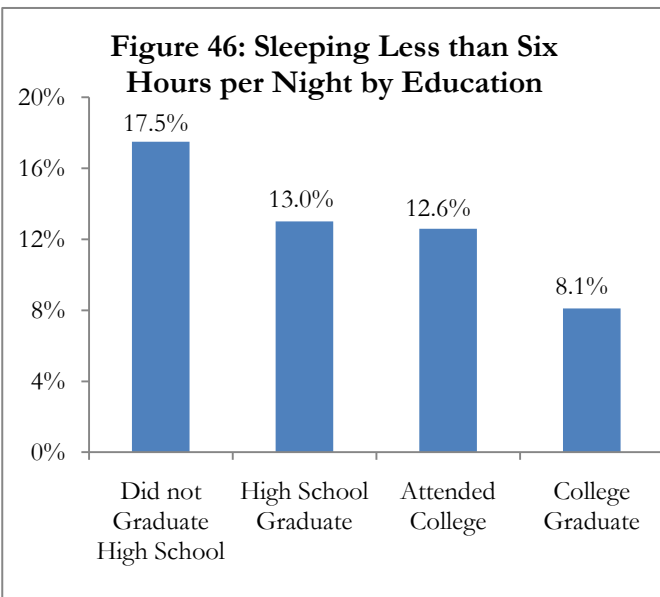
Demographic characteristics	Physical Days*			Mental Health Days**			Kept From Activities**		
	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	3365	35.4	33.9-36.9	2501	29.9	28.5-31.4	2075	21.6	20.4-22.9
AGE									
18-24	96	34.8	28.3-42.0	101	34.1	27.7-41.2	51	15.0	10.8-20.5
25-34	211	29.4	25.3-33.9	256	32.9	28.7-37.3	148	18.8	15.5-22.6
35-44	416	33.5	30.1-37.0	421	35.0	31.6-38.5	280	24.0	21.0-27.3
45-54	721	36.9	34.2-39.7	637	31.4	28.9-34.1	505	24.0	21.8-26.4
55-64	858	41.4	38.8-44.1	585	27.9	25.6-30.3	511	24.1	21.9-26.3
65 and over	1063	37.6	35.4-39.8	501	18.0	16.3-19.9	580	21.0	19.1-22.9
GENDER									
Male	1010	32.7	30.2-35.3	674	25.8	23.4-28.3	621	19.2	17.2-21.3
Female	2355	37.9	36.2-39.5	1827	33.7	32.1-35.4	1454	23.8	22.4-25.3
RACE-ETHNICITY									
Caucasian	2284	34.0	32.3-35.8	1659	29.3	27.5-31.1	1364	20.4	19.0-21.9
African-American	848	37.6	34.6-40.8	670	32.1	29.2-35.1	541	22.4	20.1-25.0
Hispanic	63	32.4	23.1-43.4	55	25.3	17.7-34.7	50	28.0	19.2-38.8
Other	145	41.8	33.5-50.5	101	29.5	22.5-37.5	103	29.9	22.1-39.0
EDUCATION									
Did not graduate HS	603	47.9	43.6-52.2	387	36.7	32.5-41.2	404	33.1	29.3-37.2
Graduated from HS	1035	34.6	31.9-37.4	777	28.4	26.0-31.0	648	21.7	19.5-24.1
Attended college	914	36.7	33.8-39.7	713	33.6	30.7-36.7	557	21.5	19.2-23.9
Graduated college	810	30.3	27.8-32.9	623	25.6	23.2-28.2	463	17.2	15.3-19.3
HOUSEHOLD INCOME									
<15,000	652	51.7	47.1-56.3	470	42.7	38.2-47.4	479	40.1	35.7-44.7
15,000-24,999	700	45.3	41.4-49.1	505	35.2	31.7-38.9	468	31.7	28.3-35.3
25,000-34,999	336	36.2	31.5-41.3	231	30.7	25.9-35.9	193	20.6	17.1-24.6
35,000-49,999	354	32.2	28.4-36.3	297	30.8	26.8-35.0	190	17.5	14.5-20.9
50,000 +	884	29.0	26.7-31.4	710	25.6	23.4-28.0	493	15.6	13.9-17.4
REGION									
Region 1	367	38.5	34.2-43.1	310	34.9	30.6-39.4	210	21.9	18.4-25.9
Region 2	383	35.1	31.1-39.3	278	29.4	25.6-33.4	207	17.5	14.8-20.6
Region 3	386	37.1	33.1-41.3	293	32.8	28.6-37.2	244	25.3	21.7-29.1
Region 4	346	32.7	28.9-36.7	279	26.2	22.7-30.0	242	24.1	20.8-27.9
Region 5	361	36.1	32.1-40.2	271	31.5	27.5-35.7	225	22.3	18.9-26.1
Region 6	420	37.7	33.6-42.0	294	31.0	27.0-35.2	264	25.2	21.7-19.0
Region 7	343	33.0	29.0-37.4	247	27.2	23.3-31.4	212	20.4	17.3-24.0
Region 8	375	32.8	28.9-36.9	230	25.0	21.4-29.1	226	19.3	16.4-22.6
Region 9	384	34.8	30.8-39.1	299	29.4	25.5-33.6	245	21.0	18.0-24.5
HEALTH INSURANCE									
Have Insurance	2843	34.5	32.9-36.0	1994	27.8	26.3-29.3	1714	20.9	19.6-22.2
No Insurance	519	39.2	35.2-43.4	507	39.0	35.1-43.2	359	24.6	21.4-28.1
* Respondents whose physical health was not good at least one day in the last 30 days.									
** Respondents whose mental health was not good at least one day in the last 30 days.									
*** Respondents who were kept from their usual activities in the last 30 days due to poor physical or mental health.									

Sleep Deprivation

Not sleeping or not sleeping well has adverse consequences on physical and mental health. It is perhaps not surprising to learn that poor sleep habits affect performance, particularly memory and cognitive processing, and that a poor night of sleep is associated with accidents and injuries. Not sleeping well is also related to a host of poor health outcomes, including coronary heart disease, high blood pressure and obesity. Snoring, for example, can lead to sleep disruption and more serious health concerns such as a lack of oxygen to the blood, causing the heart to work harder. In this section, we examine the percentage of respondents who reported not getting enough rest at least once during the past 30 days, getting less than six hours sleep per night, snoring, and nodding off during the day.

NOT GETTING ENOUGH REST IN THE PAST 30 DAYS

- Approximately two-thirds of Louisiana residents (66.5 percent) report not getting enough sleep or rest at least once during the past 30 days.
- Retirement age adults, 65 and older, are least likely to report not getting sufficient rest. Forty-one percent of respondents 65 and over reported not getting enough rest compared to 78.1 percent of 25-34 year olds.
- Unlike other health conditions, better educated and high income individuals are not advantaged when it comes to rest. Seventy percent of college graduates reported that at least one day during the past 30 days they did not get enough rest compared to 61.4 percent of respondents with less than a high school education. Similarly, 70.4 percent of individuals earning \$50,000 or more reported they did not get enough rest or sleep at least one day in the past 30 days compared to 62.5 percent of individuals earning less than \$15,000.
- Uninsured respondents were more likely than insured residents to report not getting enough rest or sleep at least once in the past 30 days.



SLEEPING LESS THAN SIX HOURS PER NIGHT

- There are substantial differences between those who report not getting enough rest at least once during the past 30 days and those who typically get less than six hours of sleep at night.
- In terms of age, the pattern is similar. Louisiana adults in the 25-34 and 35-44 age groups are more likely to report getting less than six hours of sleep. More than 14 percent of Louisianians between 25 and 44 years old report sleeping less than 6 hours compared to 7.6 percent of residents 65 and older.
- Lower income and less educated adults, however, report less sleep per night. Just fewer

than 18 percent of respondents with less than a high school education reported getting less than six hours of sleep per night compared to 8.1 percent of respondents with a college degree (Figure 46).

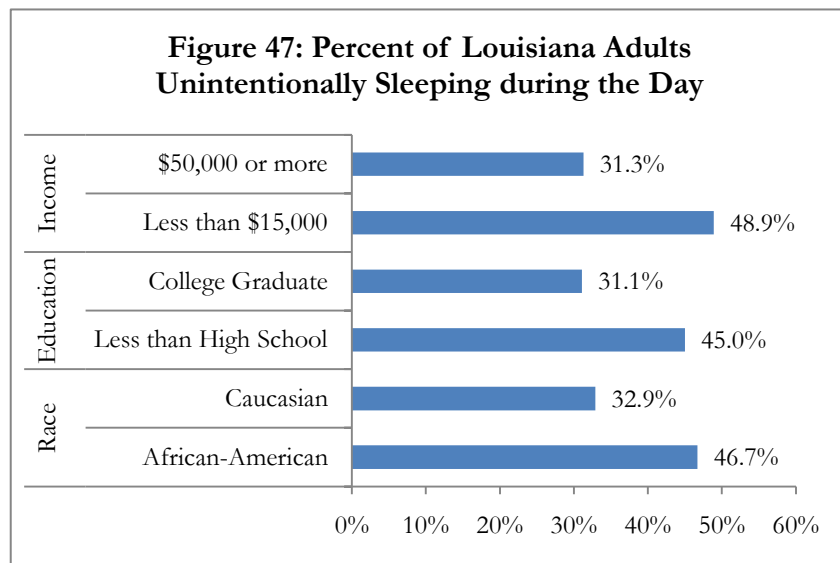
- Twenty-one percent of respondents earning less than \$15,000 or more reported getting less than six hours of sleep compared to 9.2 percent of respondents earning \$50,000 or more.
- Uninsured residents (16.9 percent) are more likely to report sleeping less than six hours compared to the insured, 10.7 percent.

SNORING

- According to the American Academy of Otolaryngology, 45 percent of U.S. adults snore with 25 percent snoring “habitually.” Snoring rates are highest among men, the elderly and the obese.
- In Louisiana, more than half (50.3 percent) of adults report snoring.
- As is the case with the national data, men (55.9 percent) are more likely to snore than women (45.7 percent). In Louisiana, 55.9 percent of men compared to 45.7 percent of women report snoring.
- In terms of age, snoring is most common among the middle aged. Just less than 62 percent of adults in the 45-54 age group report snoring compared to 26.6 percent of 18-24-year-olds.

UNINTENTIONALLY SLEEPING DURING THE DAY AT LEAST ONCE IN THE PAST 30 DAYS

- More than one third of Louisiana residents report unintentionally nodding off during the day. Younger, less educated, lower income and minority respondents are more likely to report unintentionally falling asleep during the day.
- Forty-six percent of 18-24-year-olds report unintentionally falling asleep during the day compared to 33.1 percent in the 35-44 age group.



- Forty-seven percent African Americans compared to 32.9 percent of Caucasian respondents reported falling asleep during the day. Similarly, 49.6 percent of a Hispanic respondents reported unintentionally nodding off during the day.
- Forty-five percent of respondents with less than a high school education reported unintentionally sleeping during the day compared to 31.1 percent of respondents with a college degree. Similarly, 48.9 percent of individuals who earn less than \$15,000 reported dosing off during the day compared to 31.3 percent of individuals earning \$50,000 or more (Figure 47).
- Nearly four percent of respondents reported falling asleep while driving during the last 30 days.

Table 19a. Sleep Deprivation

Demographic characteristics	Inadequate Sleep in Past 30 days*				Do you snore?				Day sleep**				Less than 6 hours***			
	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI	
Total	5431	66.5	65.1-67.9	4399	50.3	48.7-51.8	3191	37.3	35.7-38.8	1024	11.9	10.9-13.0				
AGE																
18-24	215	71.9	65.1-77.8	70	26.6	20.6-33.6	119	45.7	38.4-53.1	24	10.2	6.6-15.4				
25-34	617	78.1	73.9-81.8	290	41.3	36.9-45.9	276	36.3	32.0-40.8	112	14.4	11.5-17.9				
35-44	875	74.0	70.6-77.2	552	51.7	47.9-55.4	357	33.1	29.6-36.9	170	14.5	12.1-17.2				
45-54	1310	68.9	66.1-71.6	1042	61.9	59.0-64.6	622	34.4	31.7-37.2	251	12.0	10.4-13.8				
55-64	1293	63.4	60.8-65.9	1160	60.9	58.3-63.5	733	37.4	34.8-40.1	237	11.0	9.5-12.7				
65 and over	1121	41.3	39.1-43.5	1285	49.7	47.5-52.0	1084	41.3	39.1-43.6	230	7.6	6.6-8.8				
GENDER																
Male	1647	62.4	59.8-64.8	1684	55.9	53.1-58.6	1069	36.7	34.1-39.4	320	11.6	10.0-13.4				
Female	3784	70.3	68.8-71.8	2715	45.2	43.5-46.9	2122	37.7	36.0-39.5	704	12.2	11.1-13.4				
RACE-ETHNICITY																
Caucasian	3802	67.0	65.4-68.6	3220	52.5	50.6-54.3	2040	32.9	31.1-34.7	658	11.0	9.9-12.2				
African-American	1270	65.8	62.8-68.8	911	45.2	42.0-48.5	932	46.7	43.4-50.0	297	14.4	12.3-16.9				
Hispanic	114	65.6	55.0-74.9	98	52.0	41.2-62.5	81	49.6	38.9-60.3	19	8.6	4.7-15.4				
Other	213	62.1	52.8-70.6	154	48.3	39.8-56.9	125	38.1	29.8-47.2	44	12.2	8.2-17.7				
EDUCATION																
Did not graduate HS	644	61.1	57.0-65.0	545	51.2	46.8-55.6	518	45.0	40.6-49.4	199	17.5	14.3-21.2				
Graduated from HS	1607	61.4	58.6-64.1	1361	48.9	46.0-51.8	1036	40.7	37.8-43.6	338	13	11.2-15.2				
Attended college	1533	70.3	67.5-72.9	1227	51.8	48.7-54.9	838	37.3	34.4-40.4	284	12.6	10.8-14.7				
Graduated college	1642	70.4	68.0-72.7	1263	49.9	47.1-52.7	798	31.1	28.5-33.7	202	8.1	6.7-9.7				
HOUSEHOLD INCOME																
<15,000	703	62.5	57.8-66.9	512	43.1	38.6-47.8	529	48.9	44.2-53.6	233	20.6	17.2-24.5				
15,000-24,999	901	66.9	63.4-70.2	738	47.8	43.9-51.7	645	44.3	40.5-48.2	213	15.9	13.1-19.2				
25,000-34,999	542	68.2	63.6-72.5	454	51.6	46.5-56.6	341	37.4	32.8-42.3	100	13.2	9.9-17.5				
35,000-49,999	658	66.6	62.4-70.6	555	53.4	48.9-57.8	363	36.7	32.4-41.1	91	8.5	6.5-11.1				
50,000 +	1962	70.4	68.2-72.6	1624	55.2	52.7-57.7	883	31.3	29.0-33.7	257	9.2	7.9-10.7				

Table 19a. Sleep Deprivation

Demographic characteristics	Inadequate Sleep in Past 30 days*			Do you snore?			Day sleep**			Less than 6 hours***		
	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI
REGION												
Region 1	623	68.8	64.9-72.6	456	47.6	43.2-52.1	359	39.0	34.6-43.6	97	9.0	6.9-11.6
Region 2	640	69.2	65.1-73.0	493	50.1	45.7-54.4	369	39.8	35.6-44.2	99	10.4	7.6-13.9
Region 3	593	63.7	59.4-67.8	505	50.6	46.2-55.0	366	38.7	34.5-43.1	119	11.8	9.4-14.6
Region 4	600	63.6	59.5-67.5	482	50.1	45.9-54.4	333	33.8	29.9-37.9	112	12.4	9.8-15.6
Region 5	551	65.4	61.3-69.3	473	51.1	46.7-55.4	329	34.0	30.1-38.2	121	14.0	11.1-17.4
Region 6	639	66.8	62.6-70.6	524	55.0	50.6-59.2	355	32.8	29.0-36.9	150	17.4	14.1-21.3
Region 7	595	65.1	60.7-69.2	465	48.7	44.2-53.3	372	37.9	33.6-42.4	104	13.1	10.2-16.7
Region 8	548	62.9	58.3-67.3	496	52.0	47.3-56.7	353	37.6	33.2-42.2	94	10.1	7.7-13.2
Region 9	642	69.1	65.1-72.9	505	51.9	47.4-56.3	355	37.3	33.0-41.8	128	13.8	11.0-17.2
HEALTH INSURANCE												
Have Insurance	4539	65.4	63.8-66.9	3766	51.0	49.3-52.7	2680	36.1	34.5-37.7	806	10.7	9.7-11.7
No Insurance	888	71.3	67.5-74.8	630	47.5	43.3-51.7	509	42.2	38.1-46.4	217	16.9	14.0-20.2
*Proportion who report getting inadequate rest or sleep at least once during the past 30 days.												
**Proportion who report unintentionally sleeping during the day.												
***Proportion who report sleeping less than six hours per night.												

HIV/AIDS Test

NATIONAL HIV/AIDS TESTING TRENDS

- According to the U.S Centers for Disease Control and Prevention (CDC), 55 percent of U.S. adults age 18-64 have never been tested for HIV/AIDS (as of 2009).
- The CDC reports that 45 percent of U.S. adults age 18-64 were reportedly tested in 2009, up from 40 percent in 2005.
- Miami, Baton Rouge and New Orleans lead the nation in highest rates of new AIDS cases. The CDC reported 40 new cases per 100,000 people in Baton Rouge and 32.4 new cases per 100,000 people in New Orleans.

LOUISIANA HIV/AIDS TESTING TRENDS

- Just over 48 percent of Louisiana adults age 18-64 report having never been tested for HIV/AIDS, compared with 55 percent nationwide.
- Adults between 25-34 years are the least likely to have not been tested, 34.2 percent, while those between 55-64 are most likely to have not been tested, at 65.5 percent
- No major differences between education and income levels and HIV/AIDS testing were observed.
- Regionally, testing rates varied by roughly 10 percent. Region 2 holds the lowest percentage of non-testers, at 42.7 percent while Region 3 holds the highest rate, 53 percent.
- Significant racial differences were observed, particularly between Caucasians and other racial groups. Caucasians were more likely to have not been tested, at 54.3 percent. Meanwhile, 35.8 percent of African-Americans have not been tested; 39 percent of Hispanics; and 45.1 percent of those identifying race as “other” have not been tested (Figure 48).

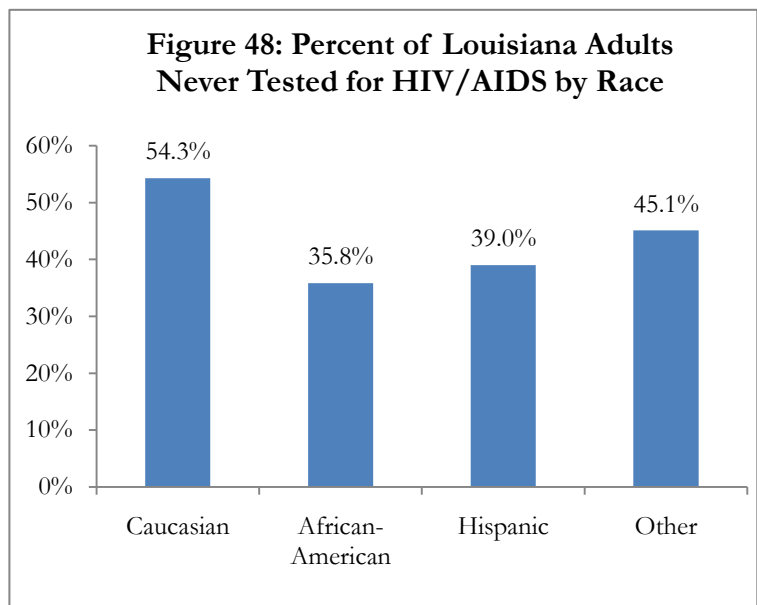


Table 20a. Adults (18-64) Never Tested for AIDS

	Sample Size	%	95%CI
Total	2583	48.1	46.3-49.9
Age			
18-24	144	49.7	42.4-56.9
25-34	509	34.2	29.8-38.8
35-44	682	38.3	34.7-42.0
45-54	698	57.4	54.4-60.2
55-64	550	65.5	62.8-68.1
Gender			
Male	846	50.8	47.7-53.9
Female	1737	45.6	43.6-47.6
Race			
Caucasian	1550	54.3	52.1-56.5
African-American	850	35.8	32.4-39.3
Hispanic	65	39.0	28.7-51.1
Other	110	45.1	35.3-55.3
Education			
Did not graduate HS	261	44.1	38.4-50.0
Graduated from HS	715	52.9	49.5-56.2
Attended college	764	46.0	42.6-49.5
Graduated college	843	46.9	43.7-50.0
Income			
<15,000	351	43.3	37.4-49.5
15,000-24,999	411	42.5	37.6-47.6
25,000-34,999	218	46.2	39.9-52.7
35,000-49,999	289	51.9	46.8-56.9
50,000 +	1045	49.8	47.1-52.4
Region			
Region 1	300	49.6	44.4-54.9
Region 2	350	42.7	38.0-47.6
Region 3	264	53.0	47.9-58.1
Region 4	274	50.5	45.6-55.4
Region 5	271	44.3	39.4-49.3
Region 6	301	45.2	40.2-50.3
Region 7	273	49.0	43.6-54.5
Region 8	240	47.6	42.1-53.1
Region 9	310	49.4	44.3-54.5
Insured			
Have Insurance	2006	49.1	47.1-51.1
No Insurance	574	44.9	40.7-49.1

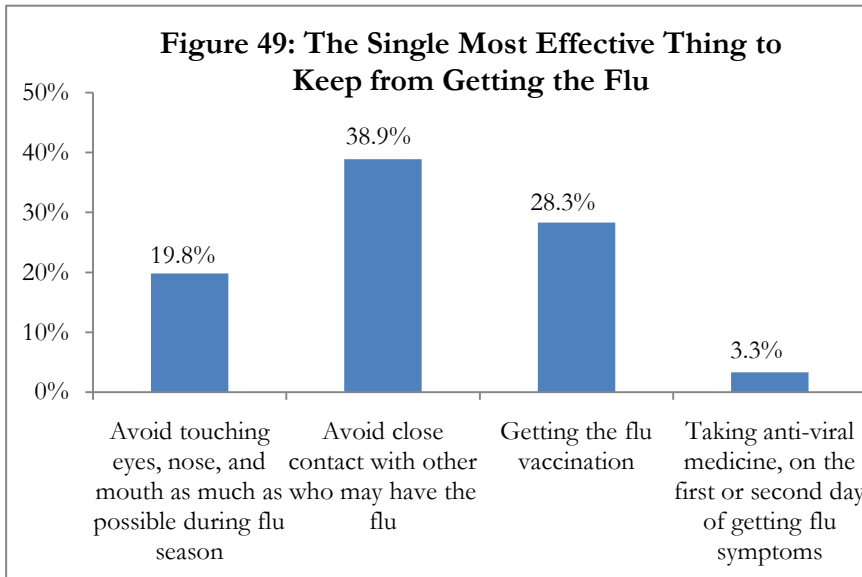
Pandemic Flu

Pandemic influenza (or flu) refers to global outbreak of new influenza virus that spreads easily from person to person. The consequences of the outbreak can be quite severe including significant and serious illness and death. In 2009, the H1N1 flu (swine flu) was classified as a pandemic. According to the World Health Organization, the H1N1 virus resulted in 14,289 confirmed deaths, though total mortality was likely much higher. A more severe pandemic could result in 100,000s or millions of deaths. Because of the severity of a pandemic flu, it is important that the public understand how viruses are spread and how to best to protect themselves from infection.

NATIONWIDE PANDEMIC FACTS

- According to www.pandemicflu.gov, vaccination is the best protection from the flu, and everyone 6 months and older should be vaccinated before each flu season.
- In addition to vaccination and avoiding contact with people who have the flu, people should wash their hands often during flu season and use an alcohol-based hand cleanser when soap and water are not available.
- According to the CDC, every flu season is different; between 1976 and 2006, flu-associated deaths have ranged from 3,000 to 49,000 per year.

PROTECTING AGAINST THE PANDEMIC FLU



- Overall, 38.9 percent say avoiding close contact with others who have the flu is the single most effective preventive measure while only 28.3 percent say getting the flu vaccine is the most effective preventive measure (Figure 49).

- Young people (18-24) are the least likely to say abstaining from touching eyes, nose and mouth is the most effective preventive measure. Just 1.9 percent of 18-24 year olds say abstaining from

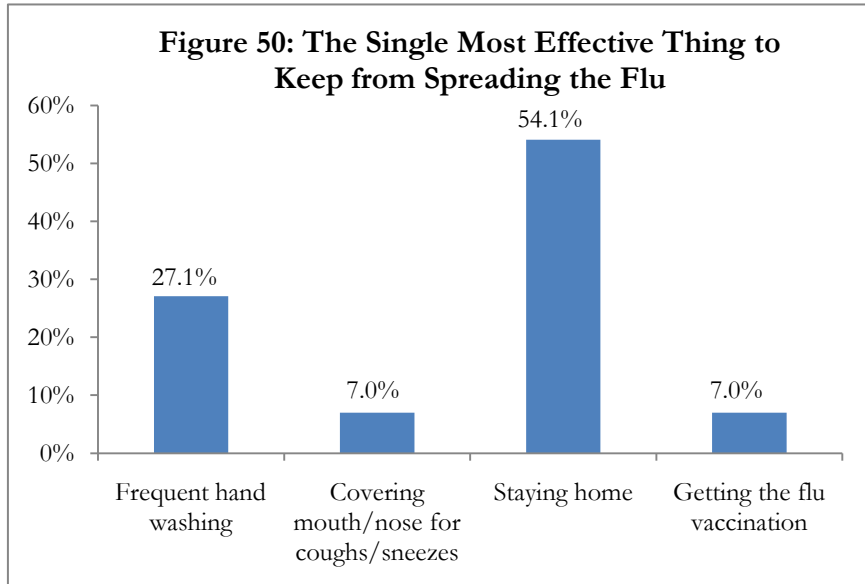
touching eyes, nose and mouth is the most effective preventive measure.

- Only 3.3 percent of Louisiana residents said anti-viral medicine is the single most effective thing to do to keep from getting the flu. However, the number of those selecting anti-viral medicine as the top preventive choice is higher for uninsured residents (7.2 percent) than insured residents (2.5 percent).
- The data also reveals some regional differences in response. Roughly 30 percent of those living in Region 8 say abstaining from touching the nose, eyes and mouth is a top preventive measure while just 14.4 percent in Region 5 said the same. Nearly 50 percent of residents in

Regions 3 listed avoiding close contact with others who may have the flu as the best measure, but the figure was as low as 31 percent for Region 8.

PREVENTING THE SPREAD OF THE PANDEMIC FLU

- More than half of Louisianians (54.1 percent) say staying home is the best way to stop the spread of flu when they're sick, followed by 27.1 percent who identified frequent hand washing



as the best way to prevent flu from spreading (Figure 50).

- Data shows a fairly significant difference between men and women when it comes to those who believe frequent hand washing is the best way to prevent the spread of flu. About 20 percent of men say hand washing is the best way to stop the spread, whereas 34 percent of women do.
- The propensity toward frequent hand washing increases with education, while those with less education are more likely to cite covering mouth and nose when coughing and sneezing as the best way of stopping the spread of flu.
- Some fairly significant regional differences were reported. For example, Region 1 residents are the most likely, 38.2 percent, to say frequent hand washing works best while 16.6 percent in Region 9 said so. For those suggesting staying home works best, Region 1 had the lowest rate (46.9 percent) and Region 5 had the highest, at 65.5 percent.

Table 21a. The Single Most Effective Thing to do to Prevent Spreading Flu When Sick

Demographic characteristics	Frequent hand washing				Covering mouth/nose for coughs/sneezes				Staying home				Getting the flu vaccination			
	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI	
Total	941	27.1	23.3-31.2	941	7.0	5.0-9.7	941	54.1	49.5-58.6	941	7.0	4.6-10.6				
AGE																
18-24	39	34.1	18.9-53.5	39	8.2	2.3-25.3	39	44.5	26.1-64.6	39	11.7	4.3-28.3				
25-34	92	26.2	17.4-37.4	92	8.0	3.3-18.2	92	54.8	42.1-66.8	92	6.9	1.5-26.9				
35-44	129	27.2	19.4-36.8	129	6.8	3.1-14.1	129	57.2	46.6-67.2	129	6.7	2.5-16.8				
45-54	202	28.6	20.8-37.8	202	5.3	2.9-9.4	202	50.2	41.4-59.0	202	6.7	3.3-13.2				
55-64	218	23.6	17.6-30.9	218	6.4	3.2-12.5	218	63.2	55.2-70.6	218	1.4	0.5-3.9				
65 and over	261	24.4	17.8-32.5	261	7.5	4.4-12.6	261	51.9	44.1-59.5	261	9.8	6.2-15.2				
GENDER																
Male	322	19.8	14.3-26.6	322	7.1	4.0-12.1	322	58.6	50.7-66.0	322	8.9	4.7-16.0				
Female	619	34.0	29.3-39.1	619	6.9	4.7-9.9	619	49.8	44.7-54.8	619	5.2	3.2-8.3				
RACE-ETHNICITY																
Caucasian	686	26.6	22.4-31.3	686	6.6	4.2-10.1	686	55.5	50.3-60.5	686	5.9	3.8-9.1				
African-American	209	28.3	20.3-37.9	209	8.2	4.7-13.9	209	49.6	39.3-59.8	209	9.3	3.8-21.0				
Hispanic	17	23.4	8.3-50.7	17	4.6	0.6-27.3	17	61.9	33.5-84.0	17	10.1	1.4-47.0				
Other	26	26.7	10.7-52.5	26	2.8	0.4-17.9	26	19.1	7.9-39.4	26	7.1	1.4-28.8				
EDUCATION																
Did not graduate HS	115	18.1	10.6-29.1	115	11.5	6.0-20.9	115	57.9	45.5-69.3	115	5.4	2.4-11.6				
Graduated from HS	318	23.8	17.8-31.2	318	9.9	5.8-16.3	318	52.1	43.8-60.3	318	9.1	4.0-19.3				
Attended college	236	29.1	21.4-38.2	236	4.8	1.9-11.3	236	52.4	42.8-61.8	236	6.7	3.1-13.8				
Graduated college	270	32.6	25.7-40.4	270	3.8	2.0-7.1	270	55.9	48.0-63.5	270	5.6	3.0-10.0				
HOUSEHOLD INCOME																
<15,000	110	23.2	14.0-35.9	110	13.4	4.6-33.2	110	48.0	34.6-61.8	110	10.1	4.8-20.2				
15,000-24,999	153	19.6	12.7-29.0	153	9.9	5.4-17.3	153	57.8	46.6-68.2	153	5.4	1.4-18.9				
25,000-34,999	91	28.6	18.0-42.3	91	10.0	3.4-26.0	91	46.8	32.5-61.7	91	13	5.3-28.5				
35,000-49,999	104	29.5	18.4-43.7	104	9.1	4.0-19.2	104	46.1	34.2-58.5	104	5.6	2.6-11.7				
50,000 +	340	28.6	22.3-35.8	340	4.4	2.6-7.3	340	58.1	50.6-65.2	340	4.4	2.2-8.5				

Table 21a. The Single Most Effective Thing to do to Prevent Spreading Flu When Sick

Demographic characteristics	Frequent hand washing			Covering mouth/nose for coughs/sneezes			Staying home			Getting the flu vaccination		
	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI
REGION												
Region 1	83	38.2	25.5-52.9	83	7.7	3.0-18.6	83	46.9	33.6-60.7	83	3.4	0.8-14.4
Region 2	112	26.8	17.6-38.6	112	6.5	2.4-16.3	112	48.8	35.7-62.2	112	16.5	7.1-33.7
Region 3	107	29.6	19.8-41.7	107	9.1	3.8-20.2	107	50.3	38.1-62.6	107	7.6	2.6-20.2
Region 4	101	31.0	20.5-43.9	101	3.3	1.4-7.9	101	54.0	41.1-66.4	101	8.1	3.5-17.6
Region 5	95	17.0	10.3-26.8	95	7.7	2.8-19.4	95	65.5	52.7-76.4	95	3.2	0.9-11.0
Region 6	111	22.9	15.0-33.3	111	6.6	2.9-14.1	111	65.2	54.1-74.9	111	4.0	1.6-9.3
Region 7	126	28.0	18.7-39.8	126	10.8	4.5-23.8	126	49.9	38.0-61.8	126	3.7	1.5-8.9
Region 8	99	25.9	15.5-40.0	99	6.2	2.4-15.1	99	58.0	43.9-70.9	99	5.2	2.1-12.2
Region 9	107	16.6	10.1-26.3	107	4.8	2.0-11.5	107	62.3	49.9-73.2	107	4.1	1.5-10.6
HEALTH INSURANCE												
Have Insurance	800	27.2	23.1-31.7	800	6.4	4.4-9.2	800	54.3	49.3-59.3	800	7.6	4.8-11.9
No Insurance	141	26.5	17.8-37.5	141	9.4	4.3-19.3	141	52.9	41.8-63.7	141	4.3	1.7-10.3

Table 21b. The Single Most Effective Thing to do to Prevent Getting the Flu

Demographic characteristics	Avoid touching eyes, nose and mouth as much as possible during flu season			Avoid close contact with others who may have the flu			Getting the flu vaccination			Taking anti-viral medicine, on the first or second day of getting flu symptoms		
	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	945	19.8	16.7-23.4	945	38.9	34.5-43.4	945	28.3	24.2-32.9	945	3.3	2.1-5.4
AGE												
18-24	40	1.9	0.4-7.9	40	45.6	28.0-64.3	40	40.9	23.3-61.2	40	2.3	0.5-9.3
25-34	93	14.9	8.9-23.9	93	41.8	30.3-54.2	93	30.3	19.6-43.8	93	4.5	1.6-12.0
35-44	130	24.7	16.5-35.1	130	40.7	30.9-51.3	130	22.0	14.6-31.7	130	2.8	0.6-12.1
45-54	203	25.5	18.4-34.2	203	37.8	29.7-46.7	203	25.1	18.6-32.9	203	4.1	1.6-10.4
55-64	218	24.7	18.4-32.4	218	35.0	27.7-43.1	218	28.3	21.7-36.1	218	2.7	1.3-5.3
65 and over	261	21.9	15.4-30.2	261	32.9	26.3-40.2	261	28.4	22.5-35.3	261	3.0	1.1-8.2
GENDER												
Male	324	17.7	12.9-23.8	324	39.5	32.4-47.1	324	27.7	20.8-35.7	324	3.8	1.8-7.8
Female	621	21.9	18.2-26.1	621	38.3	33.4-43.4	621	29.0	24.6-33.9	621	2.9	1.7-4.9
RACE-ETHNICITY												
Caucasian	688	22.1	18.4-26.3	688	37.7	32.9-42.7	688	27.7	23.4-32.5	688	1.6	0.8-3.0
African- American	211	12.3	7.3-20.0	211	41.2	31.8-51.4	211	30.7	21.2-42.1	211	7.8	4.1-14.3
Hispanic	17	25.2	9.7-51.3	17	44.5	18.7-73.6	17	30.3	10.6-61.6	17	0	
Other	26	40.3	18.8-66.2	26	35.5	16.1-61.2	26	19.1	7.9-39.4	26	2.2	0.3-14.6
EDUCATION												
Did not graduate HS	116	7.6	3.9-14.2	116	46.7	34.4-59.4	116	22.5	14.7-32.8	116	4.9	1.2-18.5
Graduated from HS	320	17.2	12.2-23.6	320	37.7	30.2-45.7	320	31.8	24.1-40.6	320	4.5	2.4-8.4
Attended college	237	21.8	15.6-29.5	237	40.2	31.5-49.6	237	26.8	18.0-37.7	237	2.1	0.8-5.4
Graduated college	270	26.1	19.9-33.5	270	35.7	28.4-43.7	270	28.3	22.3-35.3	270	2.5	0.8-7.6
HOUSEHOLD INCOME												
<15,000	111	11.9	6.9-19.7	111	33.8	22.7-47.0	111	29.5	17.7-45.0	111	7.8	2.4-22.5
15,000-24,999	154	16.7	10.0-26.6	154	34.0	24.4-45.2	154	37.6	27.4-49.0	154	0.9	0.2-3.8
25,000-34,999	91	26.2	15.8-40.1	91	40.4	26.4-56.2	91	21.9	12.1-36.3	91	7.6	2.8-19.0
35,000-49,999	105	13.2	7.2-22.8	105	49.7	37.1-62.4	105	23.9	16.1-34.0	105	6.2	2.4-15.0
50,000 +	341	25.0	19.4-31.6	341	36.4	29.8-43.7	341	25.8	19.5-33.3	341	1.6	0.4-5.5

Table 21b. The Single Most Effective Thing to do to Prevent Getting the Flu

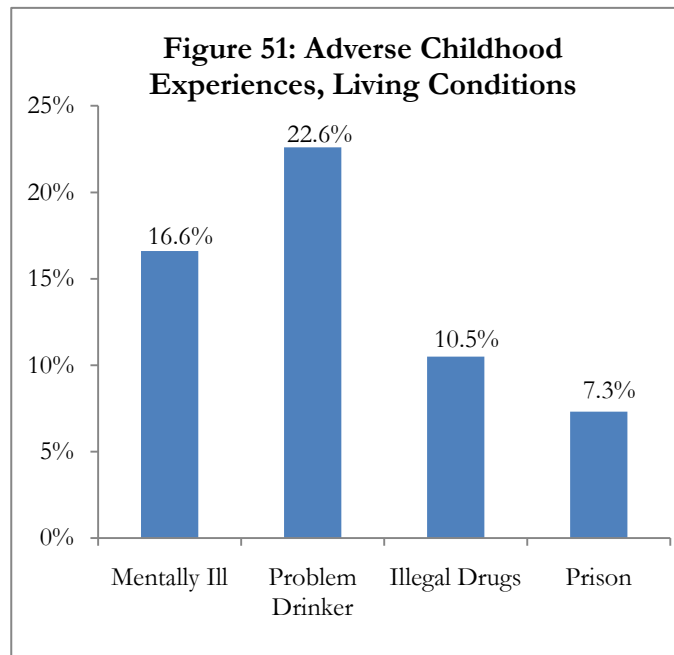
Demographic characteristics	Avoid touching eyes, nose and mouth as much as possible during flu season			Avoid close contact with others who may have the flu			Getting the flu vaccination			Taking anti-viral medicine, on the first or second day of getting flu symptoms		
	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI	Sample Size	%	95% CI
REGION												
Region 1	83	22.6	13.0-36.2	83	33.8	22.1-47.9	83	26.0	15.7-40.1	83	2.6	0.5-12.7
Region 2	114	16.5	10.2-25.8	114	37.5	26.3-50.3	114	39.6	26.6-54.3	114	1.5	0.3-7.2
Region 3	109	17.2	10.8-26.3	109	48.5	36.4-60.7	109	20.8	12.2-33.2	109	7.0	2.9-15.9
Region 4	101	19.8	10.6-33.8	101	48.0	35.3-61.0	101	20.1	12.1-31.6	101	5.7	1.7-17.0
Region 5	95	14.4	7.5-26.1	95	43.6	31.3-56.6	95	30.0	19.7-42.8	95	0.8	0.2-3.5
Region 6	111	15.2	9.1-24.3	111	40.1	29.7-51.4	111	29.5	20.5-40.5	111	2.2	0.4-10.5
Region 7	126	18.2	11.8-27.0	126	37.5	26.5-49.9	126	26.1	17.1-37.7	126	6.4	2.1-17.8
Region 8	99	29.6	18.8-43.2	99	30.9	18.8-46.3	99	35.8	23.5-50.3	99	2.3	0.8-6.4
Region 9	107	24.3	15.8-35.4	107	34.3	23.2-47.5	107	23.3	15.3-33.8	107	1.3	0.4-4.4
HEALTH INSURANCE												
Have Insurance	802	21.6	18.0-25.8	802	38.7	34.0-43.7	802	28.6	24.0-33.7	802	2.5	1.4-4.3
No Insurance	143	12.0	7.3-19.1	143	39.6	29.4-50.8	143	27.1	18.4-38.0	143	7.2	3.1-15.9

Adverse Childhood Experience

The importance of early childhood in lifelong development is unmistakable. Not only do childhood experiences affect learning and education outcomes, but they also affect health in significant ways and the effects are long-term. As the data reveal, adverse childhood experiences are also more common than we often realize. The questions in this section address three sets of issues (1) living with someone who is mentally ill, a problem drinker, a drug user or someone who has spent time in prison; (2) Adverse relations between parents and physical or verbal abuse toward the child; and (3) sexual abuse.

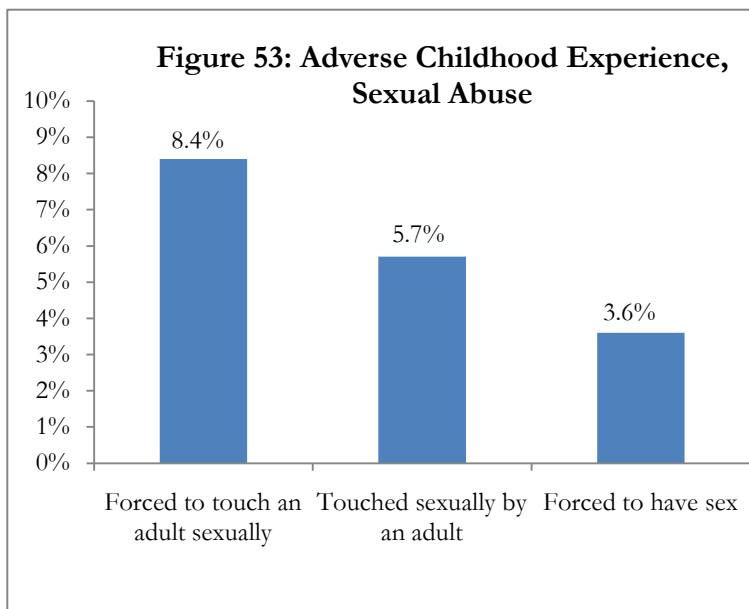
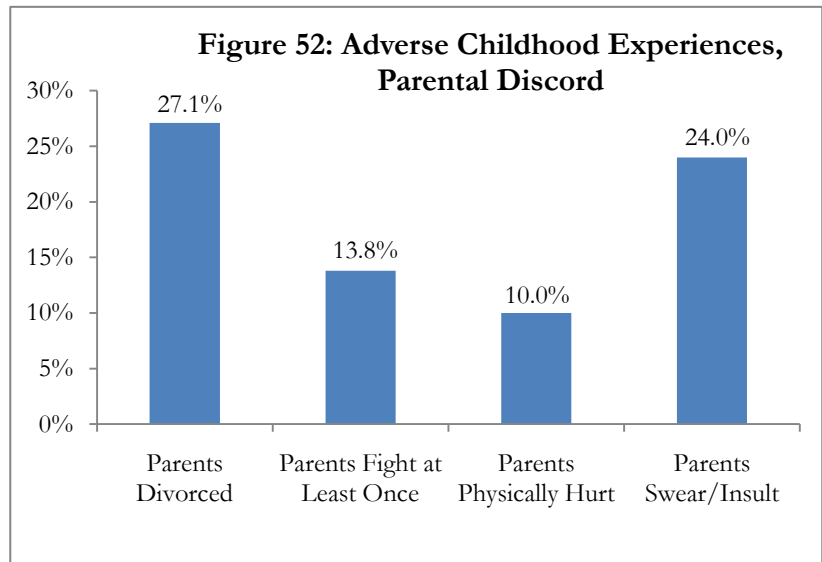
LIVING WITH HOUSEHOLD ISSUES

- Living in a household with someone who is mentally ill, a problem drinker, a drug user or someone who has spent time in prison is surprisingly – not uncommon. Seventeen percent of respondents report living with someone who is mentally ill, 22.6 percent with a problem drinker, 10.5 percent with a drug user and 7.3 percent with someone who spent time in prison (Figure 51).
- Generally, older respondents are less likely to report living in a household with a mental ill person, a problem drinker, drug user or someone who has spent time in prison. For example, 20.4 percent of 18-24-year-olds said they lived with someone who is mentally ill compared to 8.6 percent of those 65 and older.
- African Americans, less-educated, and lower income respondents were more likely to have lived with someone who spent time in prison. Thirteen percent of African Americans said they lived with someone who spent time in prison compared to 5 percent of Caucasian respondents.
- Caucasian respondents, however, were more likely to report living with someone who was mentally ill. Nineteen percent of Caucasians lived with someone who was mentally ill compared to 9.5 percent of African Americans.
- Health insurance may be associated with adverse childhood experiences, with the uninsured more likely to live in a household with a person who spent time in prison, 15.6 percent with no health insurance (5.3 percent insured); a drug user 16.4 percent with no health insurance (9.2 percent insured); a problem drinker, 30.1 percent with no health insurance (20.9 percent insured); or someone who is mentally ill, 22.1 percent with no health insurance (15.3 percent insured).



PARENTAL CONFLICT AND DISCORD

- More than a quarter of Louisiana adults report living in a household with divorced parents while 13.8 percent lived in a household with parents who fought at least once, 10 percent with parents who physically hurt the respondent and 24 percent with parents who swore at or insulted the respondent (Figure 52).
- Education is an important predictor of marital discord. For example, 33.1 percent of respondents with less than a high school education reported that their parents were divorced compared to 20 percent of respondents with a college education. Similarly, 17.7 percent of respondents with less than high school education reported their parents fought at least once compared to 9.1 percent with a college degree.
- Insurance status continues to be correlated with adverse childhood experiences. Uninsured respondents were more likely to report their parents were divorced (42.4 percent), had parents who fought (20.8), or hurt (16.9 percent) and insulted them (32.5 percent).



SEXUAL ABUSE

- Eight percent of respondents reported that they were touched sexually by an adult at least 5 years older, 5.7 percent were forced to touch an adult sexually, and 3.6 percent were forced to have sex (Figure 53).
- Poverty increases the likelihood of experiencing childhood sexual abuse, with Louisianians earning less than \$15,000 three times as likely to report being forced to have sex (6.4 percent) as those earning \$50,000 or more (2.0 percent).
- African-Americans were least likely to report experiencing inappropriate touching.
- Females are more susceptible to

adverse sexual experiences during childhood than men. Twelve percent of women report inappropriate touching (4.4 percent for men); 7.8 percent being made to touch someone else (3.4 percent for men); and 5.1 percent being forced to have sex (2.0 percent for men).

Table 22a. Adverse Childhood Experiences

	Mentally Ill			Problem Drinker			Illegal Drugs			Prison		
	Sample Size	%	95%CI	Sample Size	%	95%CI	Sample Size	%	95%CI	Sample Size	%	95%CI
Total	1271	16.6	15.4-17.9	1830	22.6	21.3-24.0	647	10.5	9.5-11.7	422	7.3	6.3-8.3
AGE												
18-24	66	20.4	15.2-26.7	68	23.2	17.9-29.6	51	17.6	12.7-23.9	52	18.9	13.5-25.7
25-34	167	25	21.1-29.5	190	28	23.9-32.5	124	19	15.4-23.3	75	12.4	9.5-16.0
35-44	202	15.9	13.5-18.7	288	23.8	20.8-27.2	132	10.3	8.4-12.6	76	5.9	4.5-7.6
45-54	288	15.5	13.5-17.7	438	23.2	21.0-25.7	165	9.5	7.9-11.3	84	4.7	3.6-6.0
55-64	325	15	13.3-17.0	453	22.3	20.2-24.7	102	5.3	4.2-6.7	76	4	3.0-5.2
65 and over	223	8.6	7.5-10.0	393	14.5	13.0-16.1	73	3.2	2.4-4.3	59	2.5	1.9-3.3
GENDER												
Male	342	14.5	12.5-16.7	544	20.6	18.4-23.0	219	10.9	9.1-13.0	146	8	6.4-10.0
Female	929	18.5	17.1-20.0	1286	24.4	22.9-26.0	428	10.2	9.1-11.5	276	6.6	5.7-7.7
RACE-ETHNICITY												
Caucasian	1003	19.2	17.7-20.9	1351	23.7	22.1-25.4	441	10.1	8.9-11.5	223	5	4.2-6.0
African-American	175	9.5	7.8-11.6	341	19.1	16.7-21.8	166	11.7	9.5-14.4	174	13.4	10.9-16.3
Hispanic	27	14.7	8.7-23.8	52	28.4	19.6-39.2	9	8.1	3.6-17.3	7	4	1.4-11.1
Other	56	20.5	13.8-29.3	74	23.9	17.1-32.5	30	12	6.8-20.4	17	6.7	2.9-14.6
EDUCATION												
Did not graduate HS	134	16.6	13.2-20.6	262	28.7	24.5-33.3	106	14.9	11.6-19.0	90	13.5	10.1-17.9
Graduated from HS	327	13.8	11.8-16.1	562	21.9	19.6-24.3	203	11.3	9.4-13.6	135	9	7.1-11.4
Attended college	394	17.8	15.6-20.3	522	23.6	21.2-26.2	184	10.4	8.6-12.6	122	6.6	5.1-8.5
Graduated college	415	18.2	15.9-20.7	483	20.2	17.9-22.8	153	8.3	6.5-10.4	75	3.9	2.9-5.3
HOUSEHOLD INCOME												
<15,000	167	17.8	14.5-21.5	267	25.7	22.0-29.9	97	11.7	9.0-15.2	83	11.5	8.6-15.1
15,000-24,999	210	16.6	13.8-19.8	348	24.8	21.6-28.3	118	11.3	8.6-14.6	90	10.3	7.5-13.9
25,000-34,999	129	17.2	13.7-21.4	173	23.2	19.0-28.0	64	11.5	8.3-15.6	52	11	7.7-15.3
35,000-49,999	158	17.4	14.1-21.2	205	21.3	17.8-25.3	75	12	8.9-16.0	43	7.2	4.8-10.7
50,000 +	478	16.6	14.7-18.7	640	22.1	20.0-24.4	226	10.3	8.6-12.3	94	4	3.0-5.3

Table 22a. Adverse Childhood Experiences

REGION	Mentally Ill			Problem Drinker			Illegal Drugs			Prison		
	Sample Size	%	95%CI	Sample Size	%	95%CI	Sample Size	%	95%CI	Sample Size	%	95%CI
Region 1	148	16.5	13.1-20.6	208	21.1	17.5-25.2	78	11.1	8.1-15.0	50	6.1	4.1-9.0
Region 2	161	17.6	14.5-21.1	205	23.3	19.7-27.4	84	13	9.9-16.9	45	9.4	6.5-13.6
Region 3	125	14.9	12.1-18.3	195	21.4	18.2-25.1	72	10.4	7.7-14.0	38	4.8	3.2-7.3
Region 4	151	15.3	12.7-18.4	208	21.9	18.7-25.5	61	8.8	6.5-11.8	48	6.1	4.3-8.7
Region 5	134	17.2	13.9-21.2	201	25.9	22.0-30.3	77	11.3	8.6-14.6	50	8.1	5.6-11.6
Region 6	130	15.8	12.5-19.7	209	24.4	20.6-28.7	64	10.5	7.4-14.5	47	8.2	5.5-12.2
Region 7	133	15.5	12.4-19.2	187	21.5	17.9-25.5	63	9.5	6.9-12.8	55	9	6.4-12.6
Region 8	107	14.8	11.7-18.6	185	23.2	19.3-27.6	59	9.2	6.7-12.6	51	8.3	5.8-11.8
Region 9	182	20.5	16.9-24.7	232	23.9	20.4-27.8	89	10.1	7.8-12.9	38	6.1	3.7-9.8
HEALTH INSURANCE												
Have Insurance	1031	15.3	14.0-16.6	1481	20.9	19.5-22.3	481	9.2	8.1-10.4	287	5.3	4.5-6.2
No Insurance	238	22.1	18.7-25.8	349	30.1	26.5-34.1	166	16.4	13.4-19.8	135	15.6	12.3-19.5

Table 22b. Adverse Childhood Experience

	Parents Divorced			Parent Fight at Least Once			Parents Physically Hurt You			Parents Swear/Insult at You		
	Sample Size	%	95%CI	Sample Size	%	95%CI	Sample Size	%	95%CI	Sample Size	%	95%CI
AGE												
Total	1826	27.1	25.6-28.6	1116	13.8	12.8-15.0	808	10	9.1-11.0	1843	24	22.7-25.4
18-24	134	47.3	40.0-54.7	53	16.7	12.2-22.6	41	13.4	9.3-18.8	82	26.6	20.9-33.2
25-34	290	39.9	35.5-44.6	131	16.5	13.5-20.0	82	10.2	7.9-13.2	237	31.6	27.5-36.0
35-44	353	29.8	26.6-33.3	193	15.3	12.9-17.9	140	11.4	9.4-13.9	327	26.2	23.2-29.4
45-54	399	22.9	20.5-25.4	299	15.6	13.7-17.8	196	10.1	8.5-11.9	446	24.2	21.8-26.9
55-64	308	15	13.2-17.0	260	11.8	10.3-13.6	203	10.3	8.8-12.1	461	23.3	21.1-25.7
65 and over	342	13.3	11.8-15.0	180	7.1	6.0-8.3	146	5.5	4.6-6.6	290	11.6	10.2-13.2
GENDER												
Male	584	26.5	24.1-29.2	348	12.9	11.2-14.8	282	9.8	8.3-11.4	599	23.6	21.3-25.9
Female	1242	27.6	25.9-29.3	768	14.7	13.5-16.0	526	10.2	9.2-11.4	1244	24.4	22.9-26.0
RACE-ETHNICITY												
Caucasian	1086	22.9	21.3-24.6	710	12.1	11.0-13.3	587	10.2	9.2-11.4	1375	26.5	24.9-28.2
African-American	615	37.5	34.2-40.9	321	17	14.7-19.6	147	8.1	6.4-10.2	344	18	15.6-20.7
Hispanic	54	28.5	20.5-38.2	32	19.6	12.7-28.9	21	12	6.7-20.6	33	18.2	11.6-27.4
Other	66	27.1	19.5-36.3	46	15.2	9.6-23.3	44	15.3	9.8-22.9	80	27.4	20.2-36.1
EDUCATION												
Did not graduate HS	272	33.1	28.7-37.8	161	17.7	14.5-21.4	119	12.1	9.6-15.1	206	21.9	18.4-25.8
Graduated from HS	605	30.8	27.9-33.8	375	15.4	13.4-17.7	244	9.8	8.1-11.8	507	20.9	18.6-23.4
Attended college	512	28.5	25.6-31.5	334	14.9	13.0-17.1	248	11.6	9.9-13.7	572	28.3	25.7-31.2
Graduated college	434	20	17.9-22.2	245	9.9	8.4-11.6	196	8	6.7-9.5	557	24	21.6-26.6
HOUSEHOLD INCOME												
<15,000	306	32.6	28.4-37.2	189	16.8	13.9-20.2	135	12.8	10.0-16.1	247	23.3	19.6-27.3
15,000-24,999	332	29.8	26.1-33.9	211	17.7	14.6-21.2	161	12.1	9.6-15.2	301	23.3	20.0-26.9
25,000-34,999	201	33.7	28.9-38.9	122	15.5	12.3-19.3	86	11.8	9.0-15.3	188	25.4	21.2-30.1
35,000-49,999	194	25.2	21.3-29.5	128	15.3	12.1-19.1	90	9.7	7.3-12.8	231	26	22.2-30.1
50,000 +	570	22.6	20.5-24.8	346	11.1	9.8-12.7	255	8.3	7.1-9.7	698	25	22.8-27.2

Table 22b. Adverse Childhood Experience

REGION	Parents Divorced			Parent Fight at Least Once			Parents Physically Hurt You			Parents Swear/Insult at You		
	Sample Size	%	95%CI	Sample Size	%	95%CI	Sample Size	%	95%CI	Sample Size	%	95%CI
Region 1	217	25.6	21.8-29.8	126	13.1	10.4-16.4	88	9	6.8-11.8	215	25	21.2-29.2
Region 2	215	29.1	24.9-33.8	124	13.5	10.8-16.8	83	8.4	6.2-11.3	234	24	20.6-27.8
Region 3	187	26.3	22.3-30.8	120	13.6	10.9-16.8	79	8.9	6.7-11.6	200	22	18.7-25.8
Region 4	173	21.5	18.0-25.5	129	14.5	11.8-17.7	92	9.4	7.3-12.0	203	22.7	19.3-26.5
Region 5	189	24.6	20.8-28.8	117	14.3	11.2-18.0	80	9.7	7.3-13.0	180	21.6	18.1-25.6
Region 6	193	25.2	21.4-29.4	132	15.5	12.3-19.5	108	12.2	9.6-15.4	201	21	17.8-24.7
Region 7	233	32.2	27.8-36.9	132	14.3	11.5-17.7	101	14	11.0-17.8	202	26.3	22.4-30.8
Region 8	189	27.7	23.3-32.6	104	12.5	9.7-15.9	74	8.9	6.5-11.9	177	23.9	19.9-28.5
Region 9	230	30.4	26.2-34.9	132	14.2	11.5-17.5	103	10.7	8.3-13.7	231	26.1	22.5-30.2
HEALTH INSURANCE												
Have Insurance	1403	23.3	21.9-24.8	847	12.2	11.2-13.3	610	8.5	7.6-9.4	1456	22	20.6-23.4
No Insurance	419	42.4	38.2-46.8	268	20.8	17.7-24.3	198	16.4	13.6-19.7	385	32.5	28.8-36.4

Table 22c. Adverse Childhood Experience

	Touch You Sexually			Make You Touch Them Sexually			Forced to Have Sex		
	Sample Size	%	95%CI	Sample Size	%	95%CI	Sample Size	%	95%CI
Total	795	8.4	7.7-9.2	512	5.7	5.1-6.3	311	3.6	3.1-4.2
AGE									
18-24	22	5.1	3.1-8.4	16	3.5	1.9-6.2	14	3.4	1.8-6.5
25-34	91	9.6	7.5-12.2	52	5.6	4.0-7.6	38	4.2	2.9-6.1
35-44	140	10.3	8.5-12.5	105	7.8	6.2-9.8	60	4.4	3.3-6.0
45-54	207	9.4	8.0-10.9	153	6.9	5.8-8.3	103	4.8	3.8-5.9
55-64	197	9	7.7-10.6	108	5.2	4.2-6.5	60	3	2.2-4.0
65 and over	138	5.2	4.2-6.3	78	3.4	2.6-4.4	36	1.4	0.9-2.0
GENDER									
Male	140	4.4	3.5-5.4	110	3.4	2.6-4.3	59	2	1.4-2.8
Female	655	12.1	11.0-13.3	402	7.8	6.9-8.7	252	5.1	4.4-6.0
RACE-ETHNICITY									
Caucasian	565	8.5	7.6-9.4	362	5.8	5.1-6.6	197	3.2	2.7-3.8
African- American	151	7.1	5.8-8.7	100	4.4	3.5-5.6	80	4.2	3.2-5.6
Hispanic	23	12.2	7.2-20.0	17	8.7	4.5-16.1	9	3.4	1.6-7.2
Other	50	11.9	8.0-17.4	29	8	4.7-13.2	22	5.3	3.1-8.9
EDUCATION									
Did not graduate HS	101	9.7	7.5-12.5	62	6.8	4.9-9.4	58	7.8	5.6-10.7
Graduated from HS	205	6.9	5.8-8.3	134	4.5	3.6-5.5	98	3.7	2.8-4.7
Attended college	272	10	8.6-11.7	178	6.9	5.7-8.3	97	3.6	2.8-4.7
Graduated college	216	7.9	6.7-9.4	138	5.3	4.2-6.5	58	2.1	1.5-2.8
HOUSEHOLD INCOME									
<15,000	124	9.6	7.6-12.1	84	7.1	5.4-9.4	73	6.4	4.7-8.6
15,000-24,999	163	10	8.1-12.4	97	6.2	4.8-8.0	78	5.8	4.3-7.8
25,000-34,999	78	9	6.8-11.9	54	6.6	4.7-9.2	29	3.7	2.2-6.0
35,000-49,999	100	9.3	7.2-11.9	60	5.5	4.0-7.6	34	4	2.6-6.1
50,000 +	253	7.6	6.5-8.8	169	5	4.2-6.1	64	2	1.5-2.7
REGION									
Region 1	89	7.8	6.0-10.0	62	5.5	4.0-7.5	31	2.5	1.6-3.7
Region 2	99	8.8	6.9-11.3	64	5.3	4.0-7.0	38	4	2.7-5.7
Region 3	87	8.3	6.3-10.9	49	5.7	3.9-8.2	34	4.3	2.7-6.7
Region 4	86	8	6.1-10.4	54	4.5	3.2-6.3	25	2.2	1.3-3.5
Region 5	95	9.3	7.3-11.8	57	5.7	4.2-7.8	44	4.6	3.2-6.5
Region 6	93	8.2	6.4-10.4	62	6.1	4.6-8.1	34	3.5	2.3-5.1
Region 7	88	8.7	6.7-11.3	58	6.7	4.8-9.2	37	4.8	3.1-7.3
Region 8	67	8.8	6.5-11.8	39	5.2	3.5-7.4	31	4.7	3.0-7.3
Region 9	91	8.6	6.7-11.0	67	6.6	4.9-8.8	37	3.8	2.6-5.7
HEALTH INSURANCE									
Have Insurance	160	10.2	8.3-12.5	114	7.6	6.0-9.6	90	5.8	4.4-7.5
No Insurance	634	8	7.2-8.8	396	5.2	4.6-5.9	220	3.1	2.6-3.7

