



The 2011 Louisiana Behavioral Risk Factor Surveillance System Report

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Prepared by
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Introduction

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

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

METHODOLOGY

In this report, we present the findings from the 2011 BRFSS survey for the state of Louisiana. The findings are based on 10,926 telephone interviews including 957 interviews conducted on cell phones. As has been widely noted, the cell phone only population has grown remarkably over the last several years. In 2011, the best available estimates placed the cell only population at 31.5% and growing. Importantly, the cell only population is also compromised of many hard to reach demographic groups – younger, minority, and living in households with unrelated adults. Incorporating cell phones into the BRFSS methodology assures that the cell only population is part of the sampling frame and minimizes the potential for coverage bias. A second important methodological change involves data weighting procedures. In prior years, the CDC has incorporated post-stratification weighting methods while in 2011 they switched to an iterative “raking” procedure. This shift in data weighting procedures should help to reduce nonresponse error as well as the error in individual estimates.

Overall, these methodological shifts help make the 2011 BRFSS data the most accurate and reliable estimates of health related behaviors and risks currently available. Because of these shifts, however, any change in estimates over time should be viewed with caution. In fact, the CDC recommends that the 2011 estimates should constitute the beginning of a new trend line and should not be directly compared to previous years. The effect on individual estimates of various health conditions, behaviors, and risks will likely differ across states and across individual items. For example, a decrease in the percent of Louisiana adults estimated to be uninsured may be due to a real shift in the percent of uninsured adults or it may be due to the greater precision of the 2011 estimates. Throughout the report, we return to this caution when presenting data illustrating shifts over time, and all trend lines include a break between 2010 and 2011 to signify this important methodological shift.

The content of the 2011 BRFSS Questionnaire is the result of extensive collaborations between experts from federal, state and independent organizations. It 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 states. These questions 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 optional and added based on priority data needs.

All of the content is developed with the goal of providing federal and state officials with viable estimates of prevalence rates for chronic diseases and associated risk factors. Because the BRFSS encompasses many different topics and questions, the validity may vary for some sections or modules within the survey. In reporting the findings, some categories may be excluded from the analysis if the sample size is relatively small and estimates cannot be computed with a reasonable degree of confidence. This can be discouraging for intervention programs that may want to target specific groups within the population.

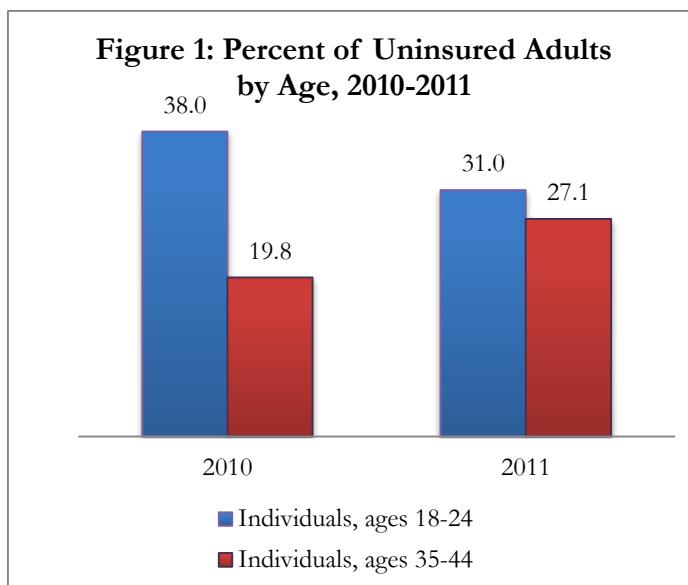
Executive Summary

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

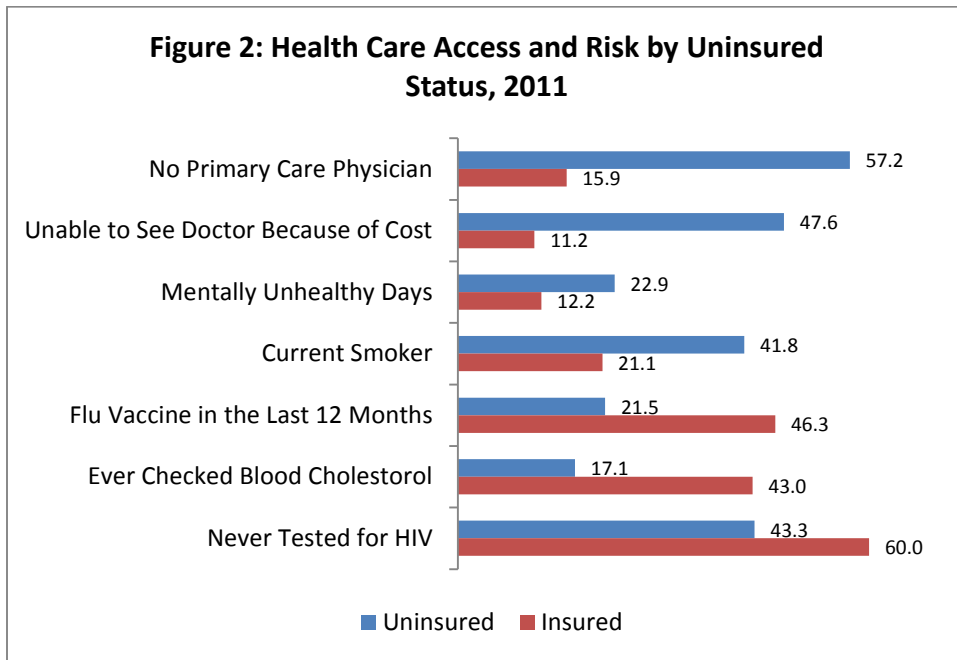
While the 2011 BRFSS demonstrates that Louisiana residents still struggle with a variety of negative health issues and engage in high health risks, it also shows signs of progress and change.

LOUISIANA'S UNINSURED POPULATION

Approximately 27% of Louisiana's nonelderly population, aged 18-64 years, is without health insurance. Louisiana's uninsured population is significantly higher than the national average (21.3%), but is lower than neighboring states Texas (34.7%), Mississippi (30.7%), and Arkansas (29.4%). The percent of uninsured younger adults (aged 18-24) declined from 38% to 31% while the uninsured rates for adults aged 35-44 increased from 20% to 27%. (Figure 1). While this shift may reflect methodological changes in the 2011 BRFSS, it may also indicate an effect of the provision of the Affordable Care Act allowing younger adults to stay on their parents' coverage until age 26.

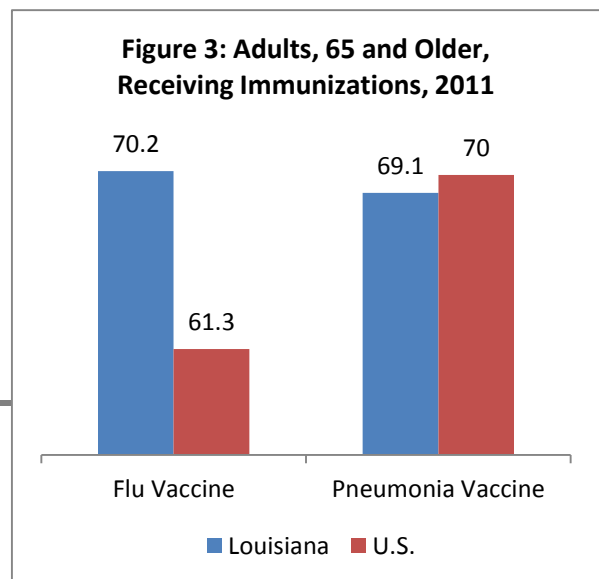


Health insurance is an important factor in an individual's overall health because it improves access to medical care. Uninsured adults are less likely to have a primary care physician (37.2%) , more likely to report they were unable to see a doctor because of costs (47.6%), and less likely to ever have had a flu vaccination, have their blood cholesterol checked, or to have ever been tested for HIV.



IMMUNIZATIONS

When it comes to assuring that Louisiana adults are receiving flu shots, Louisiana outpaces the national



average. 70.2% of Louisiana's elderly adults, 65 and older, reported receiving a flu vaccination in the past 12 months compared to 61.3% nationally. Louisiana is slightly behind the national numbers, 69.1% compared to 70.0%, when it comes to pneumonia vaccinations. Importantly, while chronic health conditions often reflect issues of poverty and health resistant to change, immunizations reflect outreach and awareness efforts.

Table 1. Demographic Characteristics of 2011 BRFSS Respondents

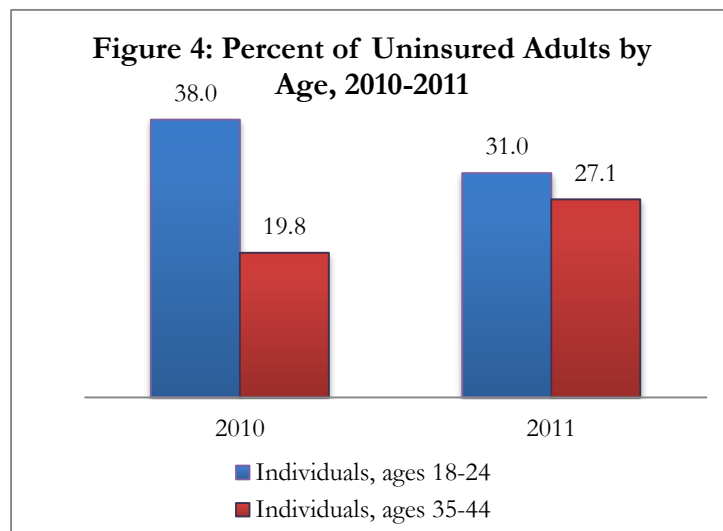
Demographic Characteristics	Population Estimates	%	95% CI
AGE (IN YEARS)			
18-24	469,731	13.8	12.5-15.3
25-34	631,232	18.6	17.2-20.1
35-44	562,845	16.6	15.3-17.8
45-54	631,870	18.6	17.4-19.8
55-64	528,386	15.5	14.6-16.5
65 and over	576,757	16.9	16.1-17.9
GENDER			
Male	1,626,494	47.8	46.2-49.5
Female	1,774,326	52.2	50.5-53.8
RACE-ETHNICITY^A			
White	2,1369,563	63.3	61.7-64.9
Black	1,009,726	29.9	28.3-31.5
Hispanic	121,595	3.4	28.0-40.3
Other	79,617	2.6	20.6-31.5
Multiracial	28,882	.1	.01-1.2
EDUCATION			
Did not graduate high school	657,228	19.4	17.9-20.9
Graduated from high school	1,169,868	34.5	32.9-36.0
Attended college	927,477	27.3	25.9-28.8
Graduated college	641,259	18.9	17.9-20.0
ANNUAL HOUSEHOLD INCOME			
<15,000	476,905	17.0	15.7-18.5
15,000-24,999	597,051	21.0	19.6-22.5
25,000-34,999	340,608	12.0	10.9-13.3
35,000-49,999	377,438	13.5	12.4-14.7
50,000 +	1,031,394	36.4	34.7-38.0
HEALTH INSURANCE			
Insured	2,623,239	77.5	75.6-78.6
Uninsured	761,922	22.5	21.4-24.4
PARISH			
Urban ^B	2,454,892	75.9	74.7-77.1
Rural	779,426	24.1	22.9-25.3

^a Race-ethnicity is defined by the CDC calculated variable _RACEGR2. Other race includes respondents who did not reported as White, Black or Hispanic. Multiracial includes respondents who reported more than one race but were not of Hispanic origin. ^B Urban and rural designations are based on Department of Health and Hospitals definitions of rural and urban areas.

Health Care Access and Coverage

Access to routine and preventive care is an important factor in keeping Louisiana residents healthy. Two of the most important predictors of an individual going in for routine check-ups are health insurance coverage and access to a primary care provider or other doctor. In addition, having health insurance increases the odds that individuals will receive routine care and not delay care or prescriptions because of affordability. The percentage of Louisiana residents who are uninsured increased to 26.8% of nonelderly adults aged 18 to 64 years. This translates into approximately 747,480 uninsured Louisiana residents who are without health insurance. In additions, there are 850,347 Louisiana adults, aged 18 and over, who do not have a primary health care provider (25.1%) and 654,129 (19.1%) that did not see a doctor because of costs. The following section examines Louisiana’s uninsured population and the prohibitive associated costs of health care.

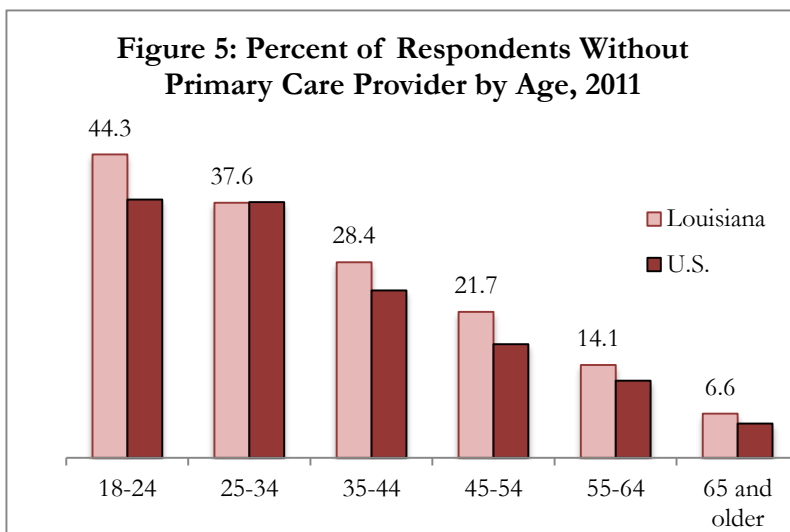
Despite the overall increase in uninsured residents, individuals between the ages of 18 and 24 actually saw a drop in their uninsured rate. In 2010, this subgroup of the population had an uninsured rate of 38 percent. In 2011, this decreased to 31% (142,141 residents)(Figure 4). Keeping in mind that shifts may reflect methodological changes in the BRFSS survey design, this decline may also be the result of the Affordable Care Act, which was passed in 2010 and allows individuals under the age of 26 to remain on their parents’ insurance plan. The rate of uninsured adults between the age of 35 and 44 years increased in the past year from 19.8% to 27.1%.. This may be a result of increasing health insurance costs.



Education, income, and race are all strong predictors of whether an individual is insured. College graduates have the lowest rate of being uninsured, 10.8% percent, compared to 45.3% of individuals who did not graduate from high school. Additionally, 46.1% of individuals making less than \$15,000 annually are uninsured. African-Americans and Hispanics also have high rates of being uninsured with 36.3% of African Americans and 31.8% of Hispanics reporting that they do not have any form of health insurance.

ACCESS TO CARE: PROHIBITIVE HEALTH CARE COSTS AND PRIMARY PHYSICIANS

The 2011 survey saw an increase in the number of individuals who reported being unable to see a doctor because of costs and who reported not having a primary care provider. Primary care providers are physicians, physician assistants, or nurse practitioners who serve as coordinators of patient health and as trustees of patient wellness. They are a crucial component of maintaining individual health because they focus on preventive care rather than illness management. Research suggests that individuals who regularly visit a primary care provider have better health outcomes and are better able to manage their health care. There



are 850,347 Louisiana residents (25.1%) who do not have a primary care provider in 2011. This is 3.5 percentage points higher than the national percentage (21.9%). Age is a significant predictor of not having a primary care provider with younger adults reporting much higher rates than their older counterparts (Figure 5)., Compared to national estimates, Louisiana's young adults (aged 18-24) are more likely to say they do not have a primary care provider.

Louisiana's urban population has a higher rate of not having a primary care provider (24.8%) than their rural counterparts (23.5%). This is despite the fact that a lower percentage of the urban population reports being uninsured, and likely reflects issues related to access to care.

Nineteen percent of Louisiana adults (654,129) reported there was a time in the past 12 months when they could not see a doctor when they needed to due to related costs. As expected, income and insurance status are strong predictors of affordability of care. Thirty-seven percent of individuals earning less than \$15,000 reported being unable to see a doctor because of costs compared to 6.8% of individuals earning \$50,000 or more annually. Forty-eight percent of uninsured adults reported not being able to receive care because of costs. This is more than four times the rate for Louisiana's insured adults (11.2%).

Women were also more likely to report they are unable to see a doctor because of costs than men. 23% of adult females reported not receiving care because of associative costs compared to 15.5% of men.

Table 2. Health Care Coverage and Access of 2011 BRFSS Respondents

Demographic characteristics	Uninsured Non-elderly Adults in Louisiana*			No Primary Care Provider**			Unable to See Doctor Because of Cost***		
	Pop. Est.	%	95% CI	Pop. Est.	%	95% CI	Pop. Est.	%	95% CI
Total	750,566	26.8	25.1-28.4	850,347	25.1	23.8-27.0	656,720	19.4	18.0-20.8
AGE (IN YEARS)									
18-24	142,141	31.0	26.0-36.4	205,550	44.3	39.4-50.9	103,297	22.1	17.8-27.3
25-34	216,024	34.2	30.2-38.5	235,779	37.6	33.6-42.5	162,150	25.7	22.4-30.6
35-44	153,454	27.3	23.8-31.1	159,895	28.4	25.2-33.3	131,594	23.4	20.1-27.5
45-54	146,072	23.1	20.5-26.0	136,438	21.7	18.7-25.0	128,387	20.4	17.8-23.5
55-64	92,875	17.6	15.7-19.8	74,469	14.1	11.8-16.2	97,444	18.5	15.7-20.5
65 and over	-			38,216	6.6	5.2-8.2	33,848	5.9	4.2-6.6
GENDER									
Male	366,536	26.6	24.0-29.4	501,724	31.1	28.8-34.1	251,146	15.5	13.8-18.1
Female	384,031	26.8	24.9-28.8	348,623	19.7	18.1-21.6	405,575	22.9	20.9-24.4
RACE-ETHNICITY									
White	369,689	21.7	19.8-23.6	443,410	20.8	19.3-23.0	339,488	15.9	14.5-17.5
Black	321,419	36.3	33.0-39.6	331,180	32.9	29.7-36.3	263,191	26.2	23.0-29.0
Hispanic	33,409	31.8	23.2-41.6	36,381	29.9	23.9-42.2	23,560	19.4	14.7-30.2
Other	17,150	25.1	16.1-36.1	25,414	32.1	21.8-41.9	17,028	21.4	11.9-31.2
Multiracial	7,183	26.9	16.7-43.8	9,424	32.7	20.9-52.1	10,862	37.6	25.8-53.5
EDUCATION									
Did not graduate H.S.	225,136	45.3	40.3-50.5	216,378	33.2	29.2-38.3	199,993	30.5	26.1-34.7
Graduated from H.S.	289,957	29.7	27.0-32.6	306,539	26.4	24.2-29.6	208,252	17.8	15.8-20.2
Attended college	176,026	22.5	19.8-25.4	215,963	23.3	20.2-26.0	172,493	18.6	16.3-21.1
Graduated college	59,203	10.7	8.9-13.0	108,866	17.0	15.1-20.0	74,839	11.7	10.2-14.3
ANNUAL HOUSEHOLD INCOME									
<15,000	179,079	46.0	41.1-51.0	172,060	36.2	32.8-42.3	175,896	36.9	32.9-42.0
15,000-24,999	220,815	48.3	43.7-52.9	201,864	33.9	30.0-38.3	177,790	29.9	25.8-33.8
25,000-34,999	92,973	34.7	29.0-40.8	81,833	24.0	19.4-29.5	71,215	20.9	16.0-24.6
35,000-49,999	66,854	21.2	17.1-26.0	86,485	23.0	18.5-27.4	63,432	16.8	13.6-20.7

Table 2. Health Care Coverage and Access of 2011 BRFSS Respondents

	Uninsured Non-elderly Adults in Louisiana*			No Primary Care Provider**			Unable to See Doctor Because of Cost***		
50,000 +	63,150	6.7	5.4-8.3	375,960	15.3	13.4-18.0	70,041	6.8	5.7-8.7
HEALTH INSURANCE									
Have Insurance	-	-	-	415,356	15.9	14.6-17.7	292,474	11.2	10.1-12.5
No Insurance	-	-	-	433,511	57.2	53.2-60.8	361,570	47.6	42.9-50.7
PARISH									
Urban	532,828	26.2	24.3-28.3	605,340	24.8	23.1-26.6	466,870	19.1	17.6-20.6
Rural	175,076	27.7	24.8-30.8	183,106	23.5	20.9-26.3	154,565	19.8	17.6-22.2

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

** The proportion of Louisiana adults who reported they did not have a primary care physician.

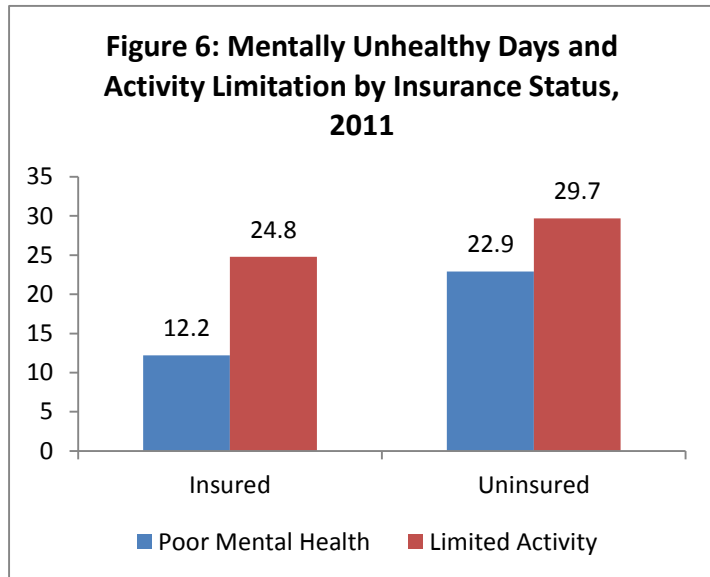
*** The proportion of Louisiana adults who reported there was a time in the past 12 months when they could not see a doctor when they needed to due to cost.

Physically and Mentally Unhealthy Days

The number of days in which respondents reported that they are in mental or physical distress has been used as an indicator of health disparities and as important tracking mechanism for shifts in overall public health. 488,523 of Louisiana adults (14.6%) reported at least 14 days in the past month when their physical health was not good or poor. 489,594 (14.6%) reported that their mental health was not good or poor, and 344,353 (26.0%) reported that poor mental or physical health kept them from their usual activities.

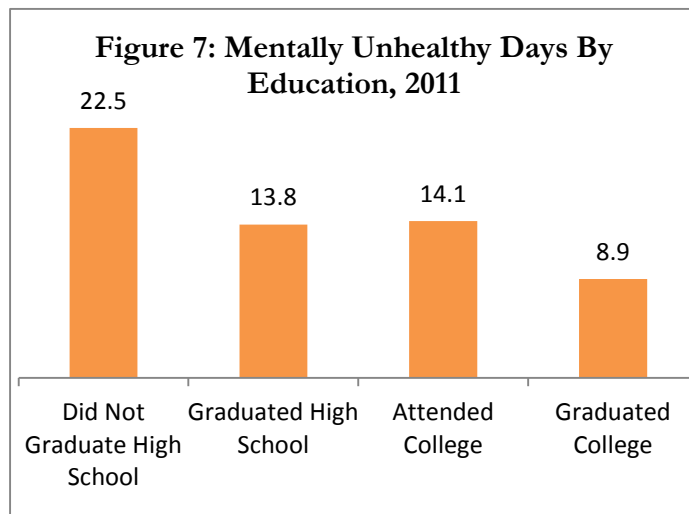
COMPARING THE INSURED AND UNINSURED

There are distinct differences between Louisiana’s insured and uninsured populations on self-reported mental and physical health status. When looking at the physically healthy days, one does not see much difference between the insured (14.8%) and the uninsured (14.3%). However, when looking at mental health days and activity limitation days, one does begin to see the distinct differences between the insured and the uninsured. These differences are most starkly seen in the mental health category. Twenty-five percent of Louisiana residents without health insurance (171,942) reported at least



14 days in which their mental health was not good compared to only 12.2% of the insured (317,115) reported the same amount of mentally unhealthy days (a difference of almost 10%). Similar differences emerge for activity limitation days; 247,706 Louisiana residents without health insurance (29.7%) reported their activities where limited; compared to 24.8% of the insured reporting activity limitation (Figure 6).

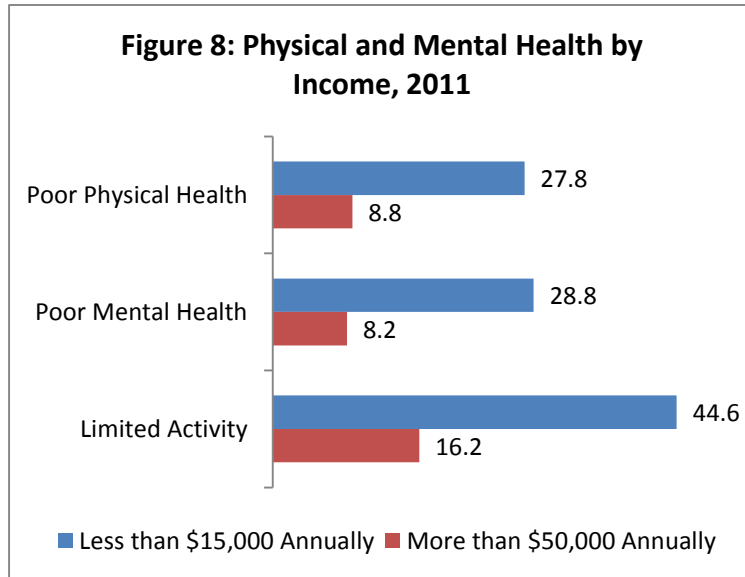
POOR MENTAL HEALTH DAYS



When looking at the differences between groups on mental health days stark differences appear between the different levels of education. Of Louisiana residents who did not graduate high school, 144,923 (22.5%) report having at least 14 mentally unhealthy days in the last month compared to only 13.8% of those who graduated high school and have not attended college. There also exists a difference between those who have attended college but not graduated (14.1%) and those who have graduated (8.9%).

DIFFERENCES BETWEEN INCOME GROUPS

Income is a strong determinant of individuals' self-reporting of physical and mental health. Individuals making less than \$15,000 a year reported the highest rate of experiencing at least 14 poor physical health days at 27.8% (129,140). This same 28.8% of this same income group (134,591 people) experienced at least 14 poor mental health days. While, 44.6% (103,278) reported being unable to take part in normal activities due to poor physical or mental health in the past days. (See Figure 8)



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Table 3. Physical and Mental Health Days of 2011 BRFSS Respondents

Demographic characteristics	Physically Unhealthy Days*			Mentally Unhealthy Days**			Activity Limitation Days***		
	Pop. Est.	%	95% CI	Pop. Est.	%	95% CI	Pop. Est.	%	95% CI
Total	488,523	14.6	33.5-36.6	489,594	14.6	32.7-35.8	344,353	26.0	23.9 - 28.1
AGE (IN YEARS)									
18-24	23,784	5.1	23.6-34.0	72,521	15.6	35.5-46.7	17,628	9.4	5.3-16.2
25-34	46,174	7.4	26.2-34.3	82,864	13.3	33.7-42.4	38,960	17	12.4-22.9
35-44	74,640	13.4	32.6-40.7	96,348	17.4	35.7-43.9	65,413	27.5	22.1-33.6
45-54	125,261	20.2	36.6-43.4	105,761	16.9	32.8-39.3	87,767	34.7	30.0-39.8
55-64	111,330	21.6	39.2-45.2	85,292	16.3	31.1-36.9	80,554	36.8	32.5-41.3
65 and over	107,334	19.3	30.2-34.7	46,808	8.3	15.8-19.5	54,031	26.9	23.8-30.2
GENDER									
Male	219,765	13.8	28.4-33.3	207,175	12.9	27.0-32.1	159,034	26.8	23.3-30.6
Female	268,758	15.4	37.1-40.8	282,418	16.2	36.7-40.5	185,319	25.3	23.0-27.7
RACE-ETHNICITY									
White	309,226	14.7	32.6-36.2	279,515	13.2	31.1-34.8	203,169	24.8	22.4-27.4
Black	138,955	14.1	33.4-39.5	161,614	16.2	32.9-39.1	109,787	26.6	22.8-30.8
Hispanic	16,767	14.0	25.8-42.4	24,359	21.0	26.1-43.4	15,597	36.3	24.1-50.7
Other	13,703	17.3	23.9-44.6	12,237	15.8	30.6-52.1	8,733	29.2	15.6-48.0
Multiracial	6,044	21.3	25.9-53.2	8,478	29.7	29.1-58.8	4,190	36.8	22.0-54.4
EDUCATION									
Did not graduate high school	138,657	21.7	36.5-45.1	144,923	22.5	35.2-44.1	101,361	34.8	29.5-40.5
Graduated from high school	167,996	14.7	31.2-36.2	159,266	13.8	30.7-35.9	123,521	27.1	23.7-30.7
Attended college	136,393	14.9	33.0-38.8	128,980	14.1	31.1-36.9	87,194	24.1	20.4-28.1
Graduated college	45,477	7.2	28.2-33.3	56,425	8.9	28.6-33.8	31,773	14.8	11.9-18.2
ANNUAL HOUSEHOLD INCOME									
<15,000	129,140	27.8	46.1-55.4	134,591	28.8	44.5-53.8	103,278	44.6	39.1-50.3
15,000-24,999	112,736	19.2	37.3-45.2	109,636	18.6	33.7-41.6	72,440	28.5	23.9-33.6
25,000-34,999	39,640	11.9	23.0-31.6	46,570	13.8	31.5-42.0	27,877	20.4	15.1-27.0
35,000-49,999	42,430	11.4	26.9-35.2	39,649	10.5	28.7-37.5	26,186	18.4	13.5-24.7
50,000 +	45,477	8.8	27.6-32.4	84,052	8.2	24.6-29.3	54,998	16.2	13.0-19.9
HEALTH INSURANCE									
Have Insurance	380,121	14.8	32.4-35.6	317,115	12.2	29.5-32.8	247,706	24.8	22.6-27.1
No Insurance	107,354	14.3	34.5-42.1	171,942	22.9	40.7-48.6	95,747	29.7	24.9-35.1
PARISH									
Urban	336,251	13.9	12.8-15.2	357,542	14.7	13.4-16.2	246,877	25.8	23.3-28.5
Rural	132,680	17.4	15.5-19.6	109,235	14.2	12.4-16.3	85,783	27.4	23.8-31.3

* Respondents whose physical health was not good at least 14 days in the last 30 days.

** Respondents whose mental health was not good at least 14 days in the last 30 days.

*** Respondents who were kept from their usual activities at least 14 days in the last 30 days due to poor physical or mental health.

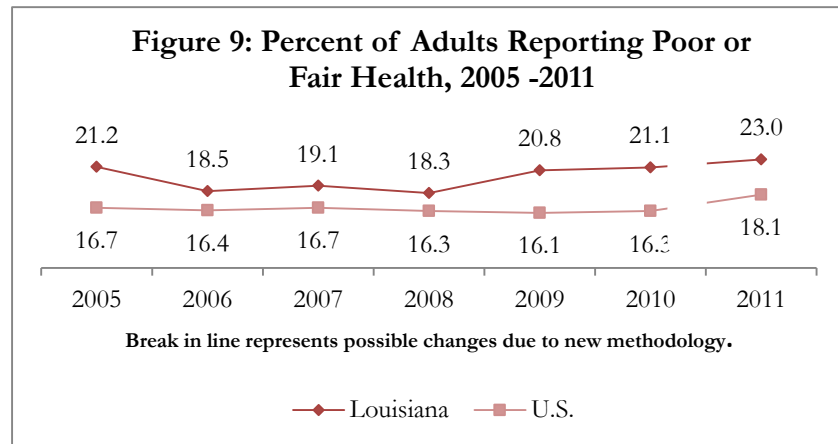
General Health Status

When asked about their general health status, 23% of Louisiana residents (representing 778,377 people) reported their general health as either fair or poor while 77% (2,610,138) reported it as either good or getting better. While a subjective

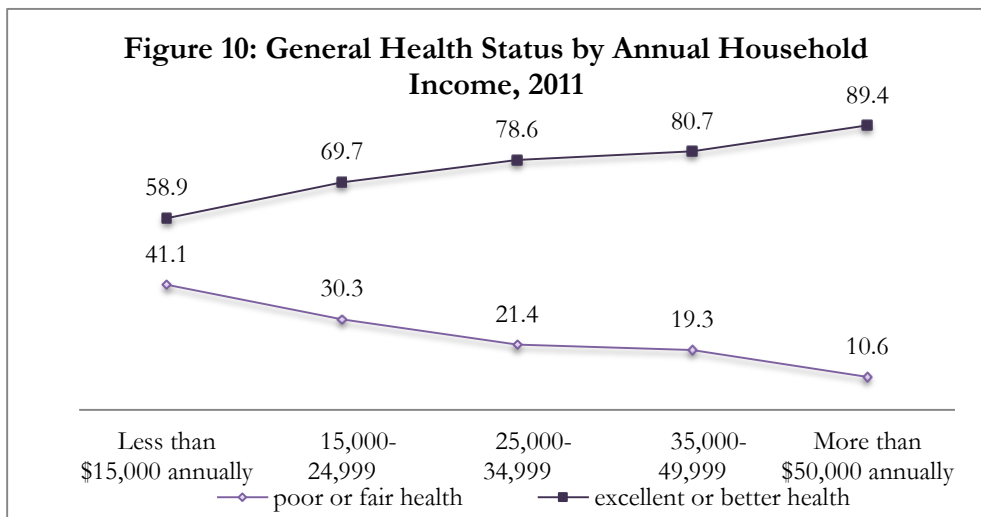
measure of personal health, self-reported health status provides useful insight into how residents feel about their own wellness.

Such indicators also serve as important predictors of health-related outcomes and constitute a key component of health surveillance. This is a small increase from 2010, during which 21.1% of Louisiana residents reported their general

health as either fair or poor. This also reflects a national trend of increasing self-reported poor or fair health which increased from 16.3% in 2010 to 18.1% in 2011 (Figure 9). These shifts may reflect slightly more positive health assessments or changes in survey design (inclusion of more cell phone respondents and changes in survey weighting).



In Louisiana, age, income, and education are the most closely related to self-reported health status. Older respondents, aged 65 years and older, were considerably more likely to report their health status as fair or poor (35.0%) than their younger counterparts. One hundred ninety five thousand (41.1%) (of respondents making less than \$15,000 reported their health as fair or poor while only 109,999 (10.6%) of individuals



making more than \$50,000 annually reported the same. As education increases, so does an individual's reported health status. Thirty-eight percent (248,555) of respondents who did not graduate from high school reported fair or poor health, as did 27.1% (272,172)

of those who graduated from high school, 21.1% (195,173) of those who attended college, and 10.7 (68,321) of the respondents who are college graduates. In addition, 89.3% of college graduates rated their general health as good or getting better as compared 61.9% of those who did not graduate high school.

Table 4. General Health Status of 2011 BRFSS Respondents

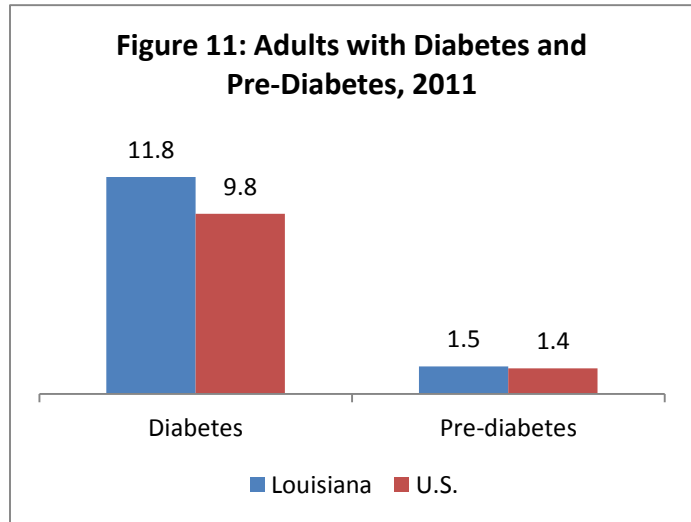
Demographic characteristics	Adults in Louisiana in Fair or Poor Health*			Adults in Louisiana in Good or Better Health**		
	Sample Size	%	95% CI	Sample Size	%	95% CI
Total	778,377	23.0	21.8-24.2	2,610,138	77.0	75.8-78.2
AGE (IN YEARS)						
18-24	43,811	9.4	6.5-13.3	424,435	90.6	86.7-93.5
25-34	85,301	13.6	10.9-16.8	541,788	86.4	83.2-89.1
35-44	112,541	20.0	17.0-23.5	448,962	80.0	76.5-83.0
45-54	158,128	25.1	22.4-28.0	472,069	74.9	72.0-77.6
55-64	177,825	33.7	31.0-36.5	350,181	66.3	63.5-69.0
65 and over	200,770	35.0	32.9-37.2	372,704	65.0	62.8-67.1
GENDER						
Male	355,090	21.9	20.0-24.0	1,263,996	78.1	76.0-80.0
Female	423,288	23.9	22.5-25.4	1,346,143	76.1	74.6-77.5
RACE-ETHNICITY						
White	447,251	21.0	19.6-22.4	1,686,381	79.0	77.6-80.4
Black	272,172	27.1	24.6-29.7	733,058	72.9	70.3-75.4
Hispanic	25,827	21.6	18.7-36.0	93,998	78.4	64.0-81.3
Other	21,043	26.5	19.4-41.3	58,507	73.5	58.7-80.6
Multiracial	8,415	29.1	15.5-29.1	20,466	70.9	70.9-84.5
EDUCATION						
Did not graduate high school	248,555	38.1	34.4-41.8	404,650	61.9	58.2-65.6
Graduated from high school	265,400	22.7	20.8-24.8	901,395	77.3	75.2-79.2
Attended college	195,173	21.1	18.9-23.4	730,744	78.9	76.6-81.1
Graduated college	68,321	10.7	9.2-12.5	569,289	89.3	87.5-90.8
ANNUAL HOUSEHOLD INCOME						
<15,000	194,783	41.1	37.2-45.1	278,862	58.9	54.9-62.8
15,000-24,999	180,692	30.3	27.2-33.5	416,264	69.7	66.5-72.8
25,000-34,999	72,239	21.4	17.9-25.3	265,592	78.6	74.7-82.1
35,000-49,999	72,868	19.3	16.0-23.0	304,570	80.7	77.0-84.0
50,000 +	109,099	10.6	9.1-12.3	919,325	89.4	87.7-90.9
HEALTH INSURANCE						
Have Insurance	593,165	22.7	21.4-24.0	2,019,703	77.3	76.0-78.6
No Insurance	183,424	24.1	21.3-27.2	576,564	75.9	72.8-78.7
PARISH						
Urban	540,469	22.1	20.6-23.6	1,906,798	77.9	76.4-79.4
Rural	195,162	25.1	23.0-27.4	581,618	74.9	72.6-77.0

* The proportion of Louisiana adults who reported fair or poor general health.

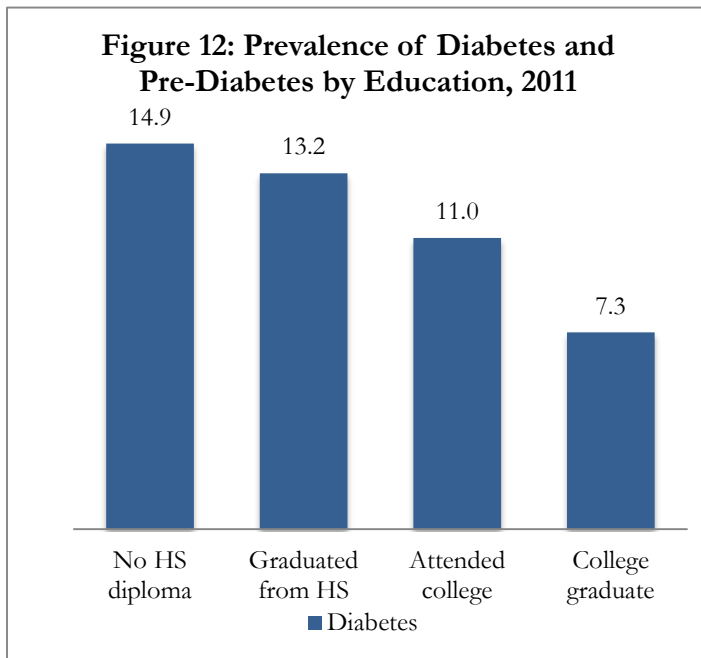
** The proportion of Louisiana adults who reported good or better general health.

Diabetes

Diabetes represents a significant and growing health risk. Marked by high levels of sugar in the blood, individuals with diabetes are at greater risk for cardiovascular disease, chronic renal failure, high blood pressure, and a range of health-related problems. Louisiana saw a slight increase in the percentage of diabetic adults, from 10.3% in 2010 to 11.8% (400,323) in 2011. National rates are lower for diabetic and pre-diabetic adults at 9.8% and 1.4% percent, respectively (Figure 11).



DIABETES PREVALENCE



Diabetes is most prevalent in older residents. Twenty-four percent (139,065) of Louisianans aged 65 and older, reported being diagnosed with diabetes. African-Americans are more likely to have diabetes than Whites, with 15.8% (159,472) of African-American respondents being diagnosed as compared to 217,467 (10.2%) of Whites. Education and income are strong predictors of and diabetes. Fifteen percent (97,670) of individuals who did not graduate from high school reported having diabetes. This is compared to 7.2% (46,207) of college graduates who reported having diabetes and 8% (82,807) of individuals making more than \$50,000 annually.

Table 5. Diabetes Diagnosis of 2011 BRFSS Respondents

Demographic characteristics	Diagnosed with diabetes*			Diagnosed with pre-diabetes		
	Pop. Est.	%	95% CI	Pop. Est.	%	95% CI
Total	400,323	11.8	10.7-12.6	50,795	1.5	1.2-1.9
AGE (IN YEARS)						
18-24	8,578	1.8	.09-4.8	370	0.1	0.0-0.6
25-34	12,788	3.9	2.3-5.6	2,989	0.5	0.2-1.4
35-44	11,857	9.3	6.8-11.7	12,189	2.2	1.1-4.1
45-54	8,611	11.5	9.6-14.1	8,840	1.4	0.9-2.3
55-64	2,627	19.5	17.1-21.9	12,292	2.3	1.5-3.6
65 and over	3,793	24.2	21.6-26.0	14,116	2.5	1.8-3.3
GENDER						
Male	197,836	12.2	10.6-13.7	23,778	1.5	1.0-2.1
Female	202,487	11.4	10.2-12.3	27,017	1.5	1.1-2.0
RACE-ETHNICITY						
White	217,467	10.2	9.2-11.2	34,565	1.6	1.2-2.1
Black	159,472	15.8	13.4-17.6	13,158	1.3	0.8-2.1
Hispanic	12,097	9.9	5.6-14.3	444	0.6	0.1-2.3
Other	8,337	10.5	7.0-17.0	349	1.2	0.2-8.1
Multiracial	1,251	4.3	1.8-9.1	2,280	1.9	0.5-6.7
EDUCATION						
Did not graduate high school	97,670	14.9	11.8-17.2	20,508	3.1	2.1-4.7
Graduated from high school	154,265	13.2	11.6-14.9	15,307	1.3	0.9-2.0
Attended college	101,523	11.0	9.3-12.4	11,781	1.3	0.9-1.8
Graduated college	46,207	7.3	6.1-8.7	3,200	0.5	0.3-0.8
ANNUAL HOUSEHOLD INCOME						
<15,000	70,491	14.8	11.4-16.3	14,887	3.1	2.0-4.9
15,000-24,999	89,001	14.9	12.0-16.7	13,200	2.2	1.4-3.5
25,000-34,999	46,015	13.5	10.4-17.1	7,554	2.2	1.2-4.2
35,000-49,999	43,514	11.5	9.3-15.1	3,407	0.9	0.5-1.7
50,000 +	82,807	8.0	6.8-9.7	5,719	0.6	0.3-0.9
HEALTH INSURANCE						
Have Insurance	338,513	12.9	11.7-13.8	35,956	1.4	1.1-1.8
No Insurance	60,603	8.1	6.3-10.2	14,839	2.0	1.2-3.1
PARISH						
Urban	271,552	1.3	1.0-1.8	40,326	1.6	1.2-2.2
Rural	111,888	1.1	0.7-1.8	9,445	1.2	0.8-1.8

* The proportion of Louisiana adults who reported being diagnosed with diabetes (pregnancy excluded).

** The proportion of Louisiana adults who report being diagnoses as pre-diabetes.

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. The percentage of Louisiana adults diagnosed with asthma remained relatively unchanged from 2010 to 2011 at 6.6% (225,582) despite the methodological changes in survey design.

The 2008 Behavioral Risk Factor Surveillance System survey reported a dramatic increase in the percent of Louisiana adults who currently have asthma. Based on the estimates from the past three years, the 2008 data was likely a deviation from the trend. Since 2007, the percent of Louisiana adults who suffer from asthma remains approximately 6.5 percent. Notably, Louisiana adults suffer from asthma at a lower percentage than the national rate, which is steadily increasing from 2000 (7.2%) to 2011 (8.8%) (Figure 13).

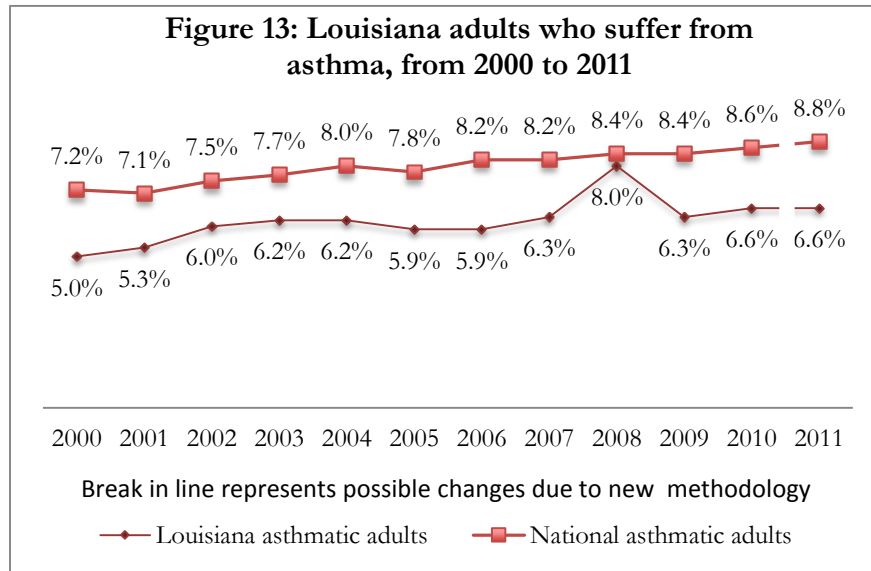


Table 6. Asthma Diagnosis of 2011 BRFSS Respondents

Demographic characteristics	Lifetime Asthma*			Current Asthma**		
	Pop. Est.	%	95% CI	Pop. Est.	%	95% CI
Total	377,490	11.1	10.2-12.1	225582	6.6	5.9-7.4
AGE (IN YEARS)						
18-24	64,873	13.8	10.5-18.0	29178	6.2	4.0-9.4
25-34	66,679	10.6	8.2-13.5	33200	5.3	3.7-7.4
35-44	66,762	11.9	9.4-14.9	38068	6.8	4.9-9.3
45-54	67,329	10.7	8.9-12.8	46633	7.4	5.9-9.1
55-64	60,787	11.5	9.9-13.4	43235	8.2	6.8-9.8
65 and over	51,061	8.9	7.7-10.2	35269	6.1	5.2-7.2
GENDER						
Male	162,830	10.0	8.5-11.8	71406	4.4	3.4-5.6
Female	214,660	12.1	11.0-13.3	154177	8.7	7.7-9.8
RACE-ETHNICITY						
White	221,370	10.4	9.2-11.6	135781	6.3	5.5-7.3
Black	125,965	12.5	10.6-14.7	73298	7.3	5.9-8.9
Hispanic	12,616	10.4	8.9-21.1	5379	4.4	4.4-12.7
Other	11,073	13.9	9.6-31.4	4671	16.2	8.1-29.7
Multiracial	5,197	18.1	6.2-16.8	6055	7.6	1.9-9.9
EDUCATION						
Did not graduate high school	93,849	14.3	11.7-17.5	63048	9.6	7.5-12.1
Graduated high school	115,639	9.9	8.4-11.6	65834	5.6	4.7-6.8
Attended college	106,844	11.5	9.8-13.6	63497	6.8	5.5-8.5
Graduated college	60,895	9.5	7.9-11.4	32941	5.1	4.0-6.6
ANNUAL HOUSEHOLD INCOME						
<15,000	77,714	16.3	13.5-19.7	53109	11.1	8.9-13.9
15,000-24,999	84,091	14.1	11.6-17.0	53417	8.9	7.1-11.2
25,000-34,999	27,272	8.0	6.0-10.7	17395	5.1	3.6-7.3
35,000-49,999	37,883	10.1	7.7-13.1	16874	4.5	3.2-6.3
50,000 +	84,056	8.2	6.8-9.8	45208	4.4	3.4-5.6
HEALTH INSURANCE						
Have Insurance	964	10.5	9.5-11.6	164522	6.3	5.5-7.1
No Insurance	214	13.5	10.8-16.0	59581	7.8	6.1-10.0
PARISH						
Urban	284,632	11.6	10.4-12.9	164010	6.7	5.8-7.6
Rural	79,792	10.3	8.7-12.1	51983	6.7	5.4-8.2

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

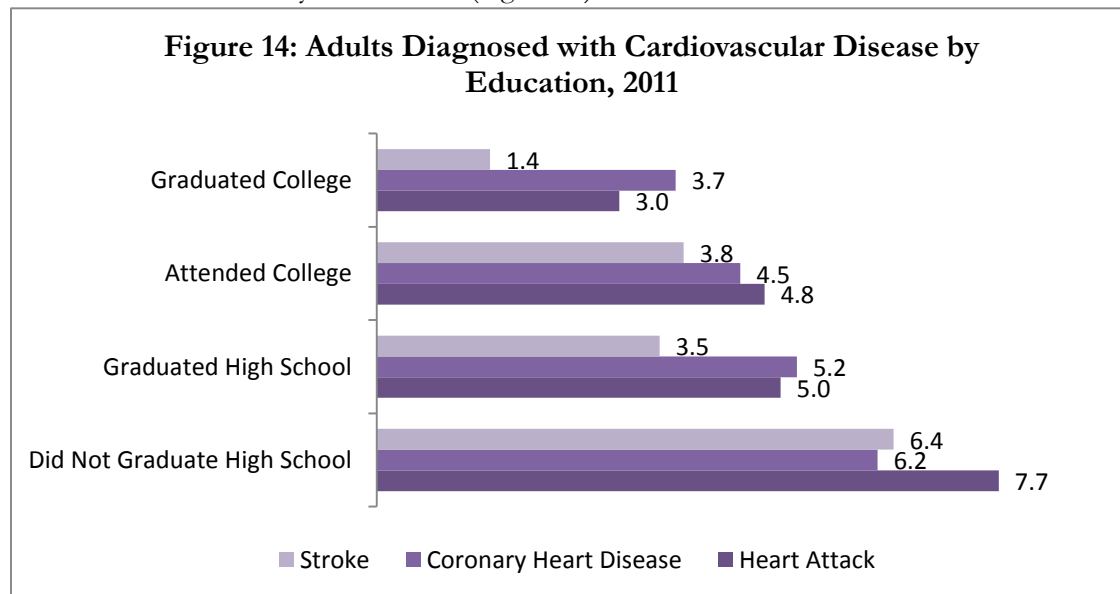
**% of adults who reported ever being told that they have asthma who currently have asthma.

Cardiovascular Disease

Cardiovascular disease refers to strokes and diseases of the heart, such as coronary heart disease. Coronary heart disease (manifested by heart attacks) and strokes are the most common causes of death in the United States. Cardiovascular disease is also the leading cause of death in Louisiana, accounting for almost 40% of the total number of deaths in the state. Louisiana has the fourth highest cardiovascular death rate in the nation, has the eighth highest rate of adults reporting ever having a heart attack or myocardial infarction and the seventh highest rate of adults with coronary heart disease. One hundred seventy-four thousand (5.1%) of Louisiana adults reported that they have had a heart attack or myocardial infarction, 4.9% (representing 166,171 people) reported that they suffer from angina or coronary heart disease, and 3.8% (128,164) reported that they have had a stroke. Comparatively, adults nation-wide have slightly lower rates of reported heart attack (4.3%), coronary heart disease (4.3%), and stroke (2.9%) than adults in Louisiana.

As expected, age is a significant predictor of cardiovascular disease. As individuals grow older, the rate at which they suffer from cardiovascular disease grows at an increasing rate. The highest rate for heart attack, coronary heart disease, and stroke is found among individuals who are 65 or older.

Education and income also serve as strong predictors of cardiovascular disease. Individuals making more than \$50,000 a year reported the lowest rate of cardiovascular disease while the highest rate is among individuals making less than \$25,000 a year. Likewise, as education increases the rate of suffering from cardiovascular disease decreases. In fact, the rate at which individuals without a high school diploma reported having a stroke is four times that of individuals with a college degree. The same trend is found in rates of heart attacks and coronary heart disease (Figure 14).



Men reported a higher rate of both heart attacks at 6.1% (98,016) and coronary heart disease at 5.3% ((84,972) while women reported a slightly higher rate of stroke at 4.2% (74,716). Around 4.3% (76,226) of women reported having had a heart attack or that they have been diagnosed with coronary heart disease at 4.6 (81,198).

Table 7. Cardiovascular Disease of 2011 BRFSS Respondents

Demographic characteristics	Heart attack*			Coronary heart disease**			Stroke***		
	Pop. Est.	%	95% CI	Pop. Est.	%	95% CI	Pop. Est.	%	95% CI
Total	174,243	5.1	4.6-5.7	166,171	4.9	4.4-5.5	128,164	3.8	3.3-4.3
AGE (IN YEARS)									
18-24	-	-	-	-	-	-	-	-	-
25-34	-	-	-	-	-	-	-	-	-
35-44	10,576	1.9	1.1-3.1	10,026	1.8	1.0-3.1	10,840	1.9	1.2-3.2
45-54	27,292	4.3	3.1-6.0	29,092	4.6	3.3-6.3	19,636	3.1	2.1-4.6
55-64	46,714	8.8	7.3-10.8	51,097	9.8	8.3-11.6	38,447	7.3	5.8-9.1
65 and over	82,882	14.4	12.9-16.1	72,433	12.8	11.4-14.3	54,664	9.5	8.2-11.0
GENDER									
Male	98,016	6.0	5.2-7.0	84,972	5.3	4.5-6.2	53,448	3.3	2.6-4.1
Female	76,226	4.3	3.7-5.0	81,198	4.6	4.1-5.2	74,716	4.2	3.7-4.8
RACE-ETHNICITY									
White	115,068	5.4	4.7-6.1	117,265	5.5	4.9-6.2	73,957	3.5	2.9-4.1
African-American	42,988	4.3	3.4-5.4	36,020	3.6	2.8-4.5	47,670	4.7	3.8-5.8
Hispanic	7,552	6.3	3.7-10.8	5,179	4.4	2.0-9.5	3,460	2.8	1.3-6.2
Other	4,418	5.5	3.6-17.5	4,977	6.3	3.6-10.7	2,508	3.2	1.5-6.6
Multiracial ¹	2,364	8.2	3.1-9.9	1,967	6.8	2.6-16.6	130	0.5	0.1-1.6
EDUCATION									
Did not graduate high school	50,897	7.7	6.3-9.7	39,833	6.2	4.8-7.8	42,332	6.4	5.0-8.2
Graduated high school	58,937	5.0	4.2-6.0	60,350	5.2	4.4-6.1	41,411	3.5	2.9-4.3
Attended college	44,744	4.8	3.9-5.9	41,844	4.5	3.7-5.6	35,650	3.8	3.0-4.9
Graduated college	18,929	3.0	2.3-3.7	23,819	3.7	2.9-4.7	8,663	1.4	1.0-1.8
ANNUAL HOUSEHOLD INCOME									
<15,000	31,524	6.6	5.3-8.4	28,865	6.2	4.8-7.8	32,639	6.9	5.4-8.6
15,000-24,999	47,827	8.0	6.4-9.9	42,561	7.2	5.8-8.9	36,853	6.2	4.8-7.8
25,000-34,999	17,522	5.1	3.8-7.0	20,038	5.9	4.4-7.9	13,816	4.1	2.7-6.1
35,000-49,999	18,367	4.9	3.5-6.8	16,452	4.4	3.2-6.0	10,289	2.7	1.6-4.5
50,000 +	27,415	2.7	2.1-3.4	30,505	3.0	2.3-3.8	12,018	1.2	0.8-1.7
HEALTH INSURANCE									
Have Insurance	150,716	5.8	5.2-6.4	147,231	5.7	5.1-6.3	110,806	4.2	3.7-4.8
No Insurance	23,093	3.1	2.1-4.5	18,939	2.5	1.8-3.6	17,358	2.3	1.5-3.5
PARISH									
Urban	125,061	5.1	4.5-5.8	120,837	5	4.4-5.6	88,808	3.6	3.1-4.3
Rural	41,887	5.4	4.5-6.5	41,292	5.3	4.5-6.3	33,894	4.3	3.6-5.3

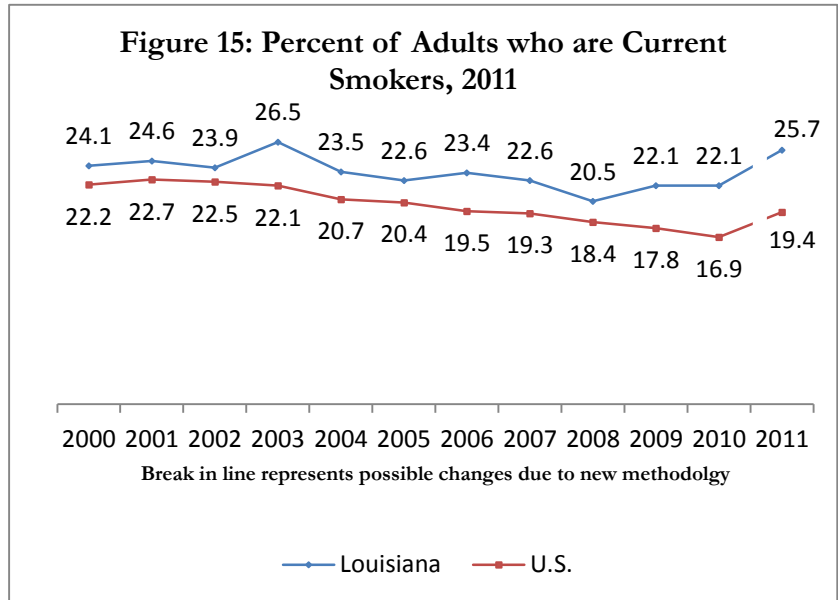
* The proportion of respondents who were told by a health care professional that they had a heart attack or myocardial infarction

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

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

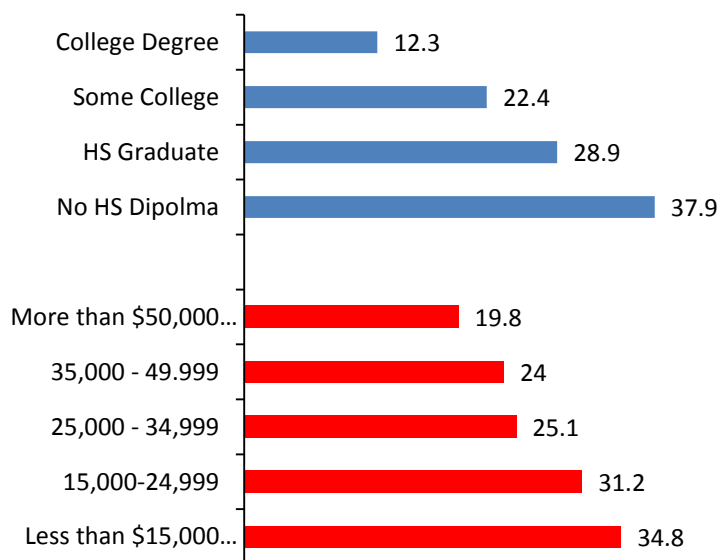
Tobacco Use

Tobacco use is associated with a variety of negative health outcomes, including coronary heart disease, lung cancer, and cancer of the larynx and mouth. According to the CDC, the percent of Americans who smoke has steadily decreased over the past decade. In 2011, 872,205 (25.7%) of Louisiana Adults reported that they smoke cigarettes every day. This is up from 2010 (22.1%) by over 3%, which echoes the overall national trend which saw increases in smoking by 2.5% (16.9% in 2010 to 19.4% in 2011). However, Louisiana has about 6% of its adult population that are smokers compared to the national percentage of 19.4%. As noted earlier, the CDC reported that estimates of the percent of smokers nationwide increased slightly as a result of methodological shifts.



In addition to this, almost 48% (1,620,536) of Louisiana adults reported that they have smoked at least 100 cigarettes (equivalent of approximately 3 packs) in their lifetime. This is especially common among Whites at 52.3% (representing 1,117,541 people), men at 54.8% (889,966), and individuals without insurance at 57.1% (434,905).

Figure 16: Percent of Louisiana Smokers by Income and Education, 2011



CURRENT SMOKERS

Education and income are highly correlated with smoking. Of those who did not graduate high school, an estimated 247,554 people (37.9%) seemed to be smokers compared to only 78,503 (12.3%) of those who graduated college. 35% (165,461) of Louisiana adults who earn under \$15,000 reported being smokers compared to 19.8% (203,313) of those who graduated college. There are also stark differences between the insured and the uninsured when it comes to smoking. The insured only report 21.1% (551,960) of their group that are smokers. Gender differences also exist with an estimated 478,478 (29.5%) men being smokers compared to 393,728 (22.3%) women who are smokers. Looking at the

uninsured, the number jumps up to 41.8% (318,039) of that group who report being smokers.

SMOKING CESSATION

Of the estimated 872,205 current Louisiana smokers, more than half reported that they have tried to quit at least once in the past year. About 525,000 (60.4%) of Louisiana adults who are current smokers reported that they attempted to quit during at least one day in the past year and 16,848 36.6% reported that they are planning to quit in the future. Attempting and planning to quite tobacco use is most common among younger adults. Seventy-five percent (80,004) of Louisiana adults, aged 18-24, reported trying to quit compared to only 49.7% (34,331) of those 65 or older. African-Americans also reported a high rate of attempting to quit smoking. Almost 69% (174,575) of African-American adults reported trying to quit in the past year and 47.5% reported planning on quitting in the future. Only 31.8% (9,919) of White smokers reported that they are planning to quit smoking in the future.

Table 8a. Tobacco Use of 2011 BRFSS Respondents

Demographic characteristics	Current Smoker*			Used Cigarettes**		
	Pop. Est.	%	95% CI	Pop. Est.	%	95% CI
Total	872,205	25.7	24.3-27.2	1,620,536	47.8	46.3-49.3
AGE (IN YEARS)						
18-24	106,495	22.8	18.5-27.8	140,592	30.1	25.3-35.4
25-34	229,020	36.3	32.2-40.6	326,259	51.7	47.5-55.9
35-44	164,985	29.5	26.0-33.2	256,888	45.9	42.1-49.8
45-54	185,128	29.3	26.4-32.4	322,428	51.0	47.8-54.2
55-64	117,047	22.2	19.9-24.8	273,061	52.2	48.9-54.6
65 and over	69,531	12.1	10.6-13.8	301,308	52.4	50.1-54.7
GENDER						
Male	478,478	29.5	27.2-32.0	889,966	54.8	52.3-57.3
Female	393,728	22.3	20.7-23.9	730,570	41.3	39.5-43.1
RACE-ETHNICITY						
White	557,780	26.1	24.5-27.9	1,117,541	52.3	50.5-54.1
Black	255,126	25.4	22.6-28.3	391,513	38.9	36.0-42.0
Hispanic	22,156	18.2	12.5-25.8	53,227	43.8	35.5-52.4
Other	24,068	30.3	21.6-40.8	33,815	42.6	32.9-52.9
Multiracial	10,605	36.7	23.8-51.9	15,658	54.2	40.7-67.2
EDUCATION						
Did not graduate high school	247,554	37.9	34.0-42.1	384,795	58.9	54.9-62.8
Graduated high school	337,539	28.9	26.6-31.4	584,560	50.1	47.5-52.7
Attended college	207,047	22.4	20.0-25.0	413,653	44.6	41.8-47.5
Graduated college	78,503	12.3	10.5-14.3	234,984	36.7	34.1-39.3
ANNUAL HOUSEHOLD INCOME						
<15,000	165,461	34.8	30.9-39.0	249,884	52.6	48.4-56.8
15,000-24,999	186,403	31.2	27.6-35.1	312,877	52.4	48.7-56.1
25,000-34,999	85,356	25.1	20.8-29.9	174,419	51.3	46.3-56.2
35,000-49,999	90,403	24.0	20.1-28.3	176,203	46.7	42.3-51.1
50,000 +	203,313	19.8	17.7-22.1	453,070	44.0	41.5-46.6
HEALTH INSURANCE						
Have Insurance	551,960	21.1	19.7-22.6	1,182,166	45.2	43.6-46.8
No Insurance	318,039	41.8	38.2-45.6	434,905	57.1	53.5-60.7
PARISH						
Urban	623361	25.5	23.8-27.2	1,175,579	48	46.2-49.9
Rural	203765	26.2	23.7-28.9	370,075	47.5	44.7-50.3

* Proportion of respondents who indicated that they smoke cigarettes every day.

** Proportion of respondents who indicated they have smoked at least 100 cigarettes in their entire life.

Table 8b. Smoking Cessation of 2011 BRFSS Respondents

Demographic characteristics	Smoking Cessation***		
	Pop. Est.	%	95% CI
Total	524,718	60.4	57.2-63.6
AGE (IN YEARS)			
18-24	80,004	75.1	63.0-84.3
25-34	147,232	64.7	57.1-71.6
35-44	91,943	55.8	48.3-63.0
45-54	105,388	57.4	51.1-63.5
55-64	65,819	56.3	49.9-62.4
65 and over	34,331	49.7	42.5-56.9
GENDER			
Male	287,067	60.3	55.4-65.0
Female	237,718	60.6	56.5-64.4
RACE-ETHNICITY			
White	317,185	57.2	53.3-61.0
Black	174,575	68.5	62.1-74.3
Hispanic	12,037	54.3	34.8-72.6
Other	11,136	46.3	28.5-65.0
Multiracial	8,241	77.7	53.2-91.4
EDUCATION			
Did not graduate high school	151,279	61.6	54.4-68.2
Graduated high school	209,706	62.1	57.2-66.8
Attended college	118,829	57.9	51.4-64.1
Graduated college	44,427	56.6	48.2-64.7
ANNUAL HOUSEHOLD INCOME			
<15,000	105,350	63.7	56.3-70.5
15,000-24,999	121,130	65.0	57.6-71.7
25,000-34,999	49,939	58.5	47.8-68.4
35,000-49,999	50,520	55.9	45.7-65.6
50,000 +	113,779	56.8	50.4-63.0
HEALTH INSURANCE			
Have Insurance	330,242	60.2	56.4-64.0
No Insurance	194,476	61.1	55.3-66.7
PARISH			
Urban	386,132	62.1	58.2-65.8
Rural	113,766	56.4	50.4-62.3

* Proportion of current smokers who attempted to quit at least one day in the past year.
 ** Proportion of current smokers who plan on quitting in the future.

Immunizations

Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. Each year, an estimated 10-20 percent of the population contracts the influenza virus, causing mild to severe illness. While most individuals who contract the flu recover completely, certain individuals (i.e., the elderly) are at-risk for very serious flu complications like pneumonia. The best protection is the vaccination. While the CDC recommends that everyone, aged 6 months or older, get an annual flu vaccine, it is especially important for those individuals 65 and older.

LOUISIANA'S OLDER POPULATION

In 2011, there was a decline in the percent of Louisiana adults aged 65 and older who reported receiving a pneumonia vaccine. In 2010, 67.4% of Louisiana adults over the age of 65 reported ever receiving the pneumonia vaccine. In 2011, only 61.7% (367,750) of this age demographic reported the same. These differences may be due to methodological changes or may suggest a startling trend among Louisiana's older population (Figure 17).

The percent of Louisiana adults aged 65 and older, receiving the flu vaccine sometime in the past year rose to 70.2% from 64.3 in 2010. Comparatively, adults aged 65 and over, nationwide are receiving immunizations less for flu (53.5%) and pneumonia (59.2%) than Louisianans in the same age group. African-American adults reported the lowest rate of vaccine. Only 68,464 (61.4%) of African-Americans older than 64 reported receiving a flu vaccine and 60,335 (49.7) reported receiving a pneumonia vaccine.

INSURED V. UNINSURED

41% (1,313,630) of all Louisiana adults received a flu vaccine in the past 12 months and 29.2% (888,830) reported ever receiving a pneumonia vaccine. Almost 22% (153,920) of uninsured Louisiana adults received an annual flu vaccine, compared to 46.3% (1,155,255) of insured Louisiana adults.

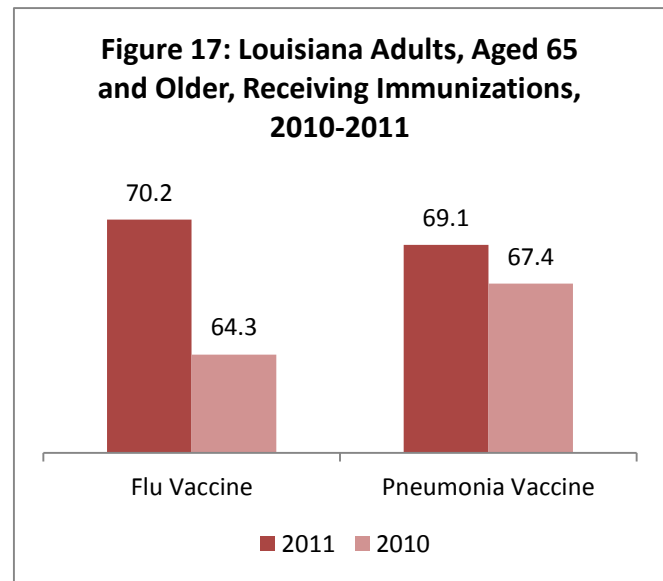


Table 9a. Immunizations of 2011 BRFSS Respondents

Demographic characteristics	Louisiana Adults, aged 65 or older who had Flu Vaccine*			Louisiana Adults, aged 65 or older who had Pneumonia Vaccine**		
	Pop. Est.	%	95% CI	Pop. Est.	%	95% CI
65 and over	383,161	70.2	68.0-72.3	367,750	69.1	66.8-71.2
GENDER						
Male	153,718	67.6	63.5-71.4	144,258	65.6	61.4-69.5
Female	229,443	72.0	69.6-74.3	223,492	71.5	69.1-73.9
RACE-ETHNICITY						
White	292,227	72.8	70.4-75.1	285,216	72.7	70.3-75.0
Black	68,464	61.7	56.1-67.1	60,355	56.1	50.3-61.7
Hispanic	11,243	72.5	57.3-83.8	10,783	71.9	55.1-84.2
Other	5,775	60.4	43.1-75.4	5,894	65.7	47.2-80.5
Multiracial	2,011	57.5	33.8-78.2	2,751	79.5	61.1-90.6
EDUCATION						
Did not graduate high school	95,885	67.1	61.9-71.8	94,304	66.8	61.6-71.6
Graduated high school	126,965	70.8	67.3-74.1	117,981	67.4	63.7-71.0
Attended college	96,316	70.8	66.1-75.0	96,259	72.9	68.3-77.1
Graduated college	62,931	72.8	68.5-76.8	58,142	69.7	65.2-73.9
ANNUAL HOUSEHOLD INCOME						
<15,000	53,959	69.2	63.6-74.2	49,764	65.2	59.4-70.6
15,000-24,999	89,935	69.1	64.2-73.7	87,513	69.3	64.1-74.0
25,000-34,999	45,636	67.8	61.3-73.7	45,337	68.2	61.9-73.9
35,000-49,999	40,156	67.1	59.5-73.9	41,539	70	62.6-76.4
50,000 +	65,949	74.9	69.9-79.2	59,531	68.7	63.2-73.6
HEALTH INSURANCE						
Have Insurance	377,109	70.5	68.2-72.6	363,392	69.5	67.2-71.7
No Insurance	5,722	59.3	42.7-74.0	4,210	48.4	31.7-65.4
PARISH						
Urban	277,192	71.1	68.4-73.7	264,710	69.9	67.1-72.5
Rural	93,342	67.1	63.1-70.8	90,909	66.5	62.4-70.3

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

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

Table 9b. Immunizations of 2011 BRFSS Respondents

Demographic characteristics	Louisiana Adults who had Flu Shot Last 12 Months*			Louisiana Adults who have ever had Pneumonia Vaccine**		
	Pop. Est.	%	95% CI	Pop. Est.	%	95% CI
Total	1,313,630	40.7	39.3-42.2	888,830	29.2	27.8-30.5
AGE (IN YEARS)						
18-24	129,087	29.6	24.8-35.0	82,608	21.3	16.4-27.1
25-34	162,361	27.3	23.7-31.1	82,881	15.3	12.1-19.0
35-44	165,326	30.9	27.5-34.6	73,842	14.7	11.8-18.3
45-54	224,175	37.0	33.9-40.2	112,362	19.1	16.6-21.8
55-64	249,520	49.1	46.2-52.0	169,387	34.2	31.5-37.1
65 and over	383,161	70.2	68.0-72.3	367,750	69.1	66.8-71.2
GENDER						
Male	577,013	37.7	35.3-40.1	411,475	28.6	26.3-30.9
Female	736,617	43.5	41.7-45.2	477,355	29.7	28.1-31.3
RACE-ETHNICITY						
White	892,741	43.6	41.8-45.3	591,452	30.7	29.1-32.3
Black	345,862	36.9	34.0-39.8	241,586	26.9	24.2-29.9
Hispanic	33,448	28.6	22.1-36.1	26,069	22.9	16.7-30.4
Other	24,489	34.2	24.9-44.8	15,810	24.7	17.6-33.5
Multiracial	9,915	34.3	23.2-47.6	8,689	30.1	19.2-43.9
EDUCATION						
Did not graduate high school	234,420	38.1	34.4-42.0	204,102	35.0	31.2-39.0
Graduated high school	429,337	39.3	36.9-41.9	285,003	27.5	25.3-29.8
Attended college	363,156	40.5	37.7-43.3	257,598	30.5	27.9-33.2
Graduated college	284,575	46.0	43.3-48.7	140,206	24.2	22.1-26.4
ANNUAL HOUSEHOLD INCOME						
<15,000	165,993	37.1	33.3-41.0	135,155	30.6	26.9-34.5
15,000-24,999	227,041	40.7	37.1-44.3	190,882	35.6	32.2-39.2
25,000-34,999	115,236	35.6	31.2-40.1	97,158	31.9	27.5-36.7
35,000-49,999	131,220	36.9	32.9-41.0	100,332	30.1	26.2-34.3
50,000 +	435,304	43.5	41.0-46.1	198,346	21.0	19.0-23.2
HEALTH INSURANCE						
Have Insurance	1,155,255	46.3	44.7-47.9	732,574	31.1	29.6-32.5
No Insurance	153,920	21.5	18.7-24.6	152,004	22.5	19.2-26.2
PARISH						
Urban	946,584	40.6	38.9-42.4	650,799	29.4	27.8-31.2
Rural	315,422	42	39.3-44.8	204,639	29.2	26.8-31.7

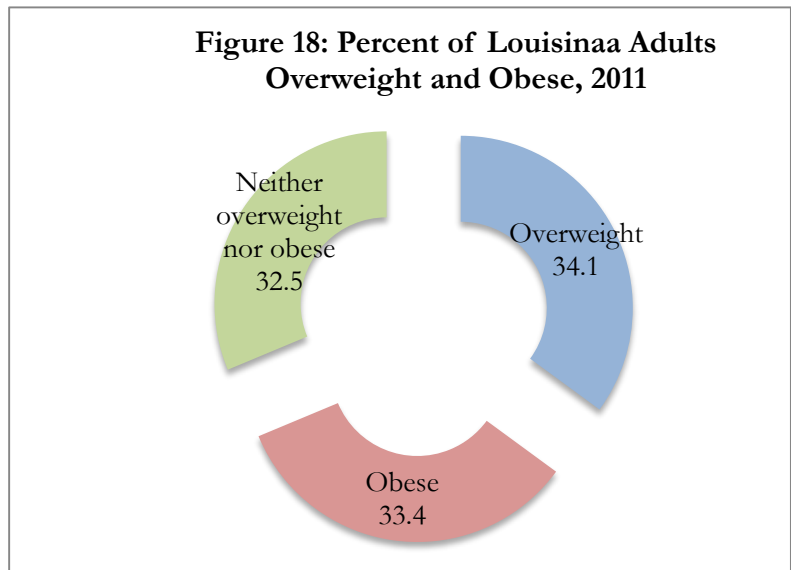
* Louisiana adults who reported that they had a flu shot in the past 12 months.

** Louisiana adults who reported that they ever had a pneumonia vaccine.

Overweight and Obesity

Overweight and obesity are both labels for ranges of weight that are greater than what is generally considered healthy for a given height. The terms also identify ranges of weight that have been shown to increase the likelihood of certain diseases and other health problems. For adults, overweight and obesity ranges are determined by using weight and height to calculate a number called the “body mass index” (BMI). An adult who has a BMI between 25 and 29.9 is considered overweight, while an adult who has a BMI of 30 or higher is considered obese.

Obesity is associated with a range of health problems including coronary heart disease, Type 2 diabetes, cancer, stroke, sleep apnea, and infertility. Understanding the trends in adults who are overweight or obese is an important part of understanding other health issues including adverse health outcomes.



LOUISIANA TRENDS

The percent of Louisianans who are overweight declined slightly from 2010 at 35% to 2011 at 34.1 (1,112,307). However, the percent of Louisianans who are obese continues to rise and is substantially higher than the national average (27.4%). In 2010, 31.7% of Louisianans were classified as obese. In 2011, the rate increased to 33.4% (1,089,094). More than two-thirds of Louisiana’s adult population is either overweight (34.1%) or obese (33.4%). Only 32.5% of Louisianans are neither overweight nor obese (Figure 18). Comparatively, the nationwide percentage of overweight and neither overweight nor obese adults is higher than in Louisiana (35.8% and 36.7 percent, respectively).

EXAMINING DIFFERENCES AMONG DEMOGRAPHIC GROUPS

Education, income, and parish are important factors in predicting being overweight and obese (Figure 19). College graduates reported a significantly lower rate of obesity at 26.6% (164,456) than all three of the other educational groups (no HS diploma- 36.3 percent, HS diploma- 33.6%, and some college- 35.8%). In addition, individuals earning more than \$50,000 a year also reported the lowest rate of obesity. 32.1% (325,298) of individuals in this income group reported having a BMI of 30 or higher. Louisianans living in rural parishes reported a higher rate of obesity than those living in urban parishes. 36.8% (272,261) of Louisianans from rural parishes reported a BMI of 30 or higher, compared to 32.3% of individuals living in

urban parishes. However, the opposite is true when examining individuals who are overweight, but not obese. In those cases, individuals making less annual income, with less education, and living in rural parishes reported lower rates.

Individuals between the age of 55 and 64 reported the highest rates of being

overweight and obese. 37% (183,182) of these individuals reported being overweight while 41.0% (209,285) reported being obese. African-Americans also reported a higher rate of being overweight and obese than Hispanics or Whites. 36% (333,522) of African-Americans are overweight and 39.4% (377,329) are obese. Whites reported the lowest rates of obesity and being overweight of all ethnicity groups. 34% (691,610) of Whites in Louisiana are overweight and 31% (638,850) are obese.

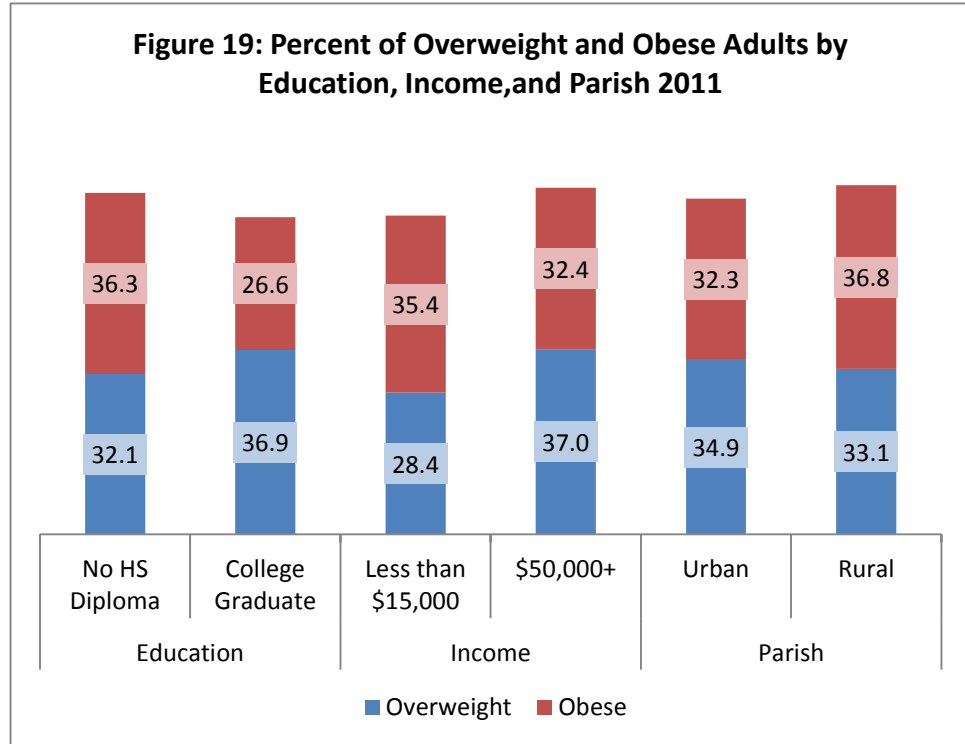


Table 10. Overweight and Obesity of 2011 BRFSS Respondents

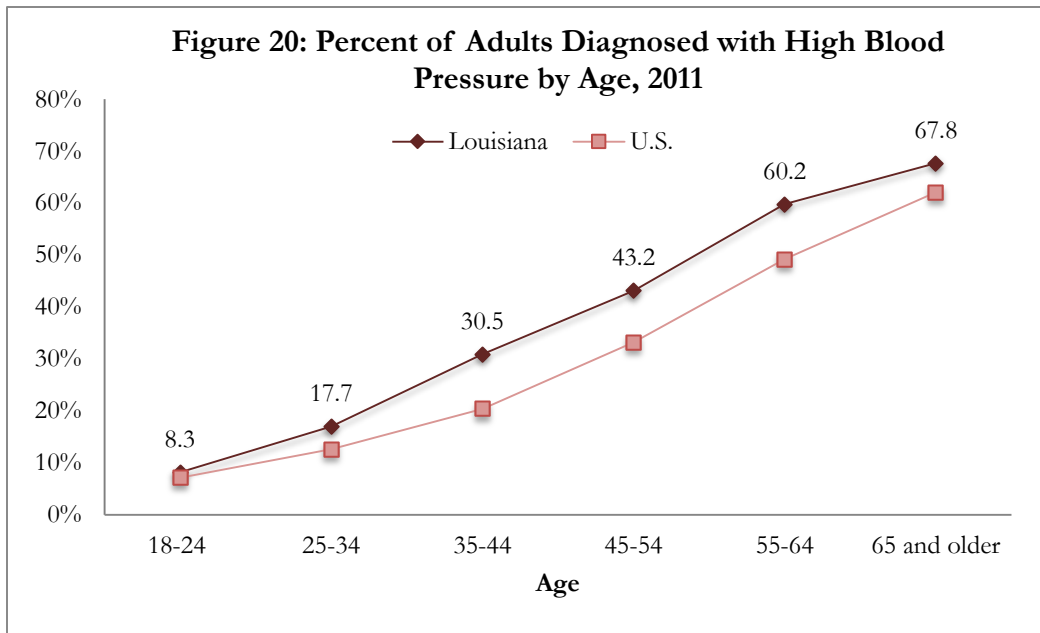
Demographic characteristics	Overweight			Obese		
	Pop. Est.	%	95% CI	Pop. Est.	%	95% CI
Total	1,112,307	34.1	32.7-35.6	1,089,094	33.4	32.0-34.9
AGE (IN YEARS)						
18-24	111,463	24.8	20.3-29.9	76,513	17	13.3-21.6
25-34	198,792	33.9	29.8-38.2	191,709	32.7	28.7-36.9
35-44	195,643	36	32.2-39.9	209,415	38.5	34.7-42.4
45-54	204,508	33.5	30.5-36.7	242,484	39.7	36.5-43.0
55-64	183,182	35.9	33.1-38.7	209,285	41	38.1-43.9
65 and over	218,647	39.3	37.0-41.6	159,687	28.7	26.7-30.8
GENDER						
Male	621,184	38.8	36.4-41.3	528,485	33	30.8-35.4
Female	491,123	29.6	28.0-31.3	560,609	33.8	32.1-35.6
RACE-ETHNICITY						
White	691,610	33.6	31.9-35.3	638,850	31.0	29.3-32.8
Black	333,522	34.9	31.9-37.9	377,329	39.4	36.5-42.4
Hispanic	40,438	34.7	26.6-43.7	43,641	37.4	29.3-46.3
Other	24,770	32.6	23.6-43.1	17,389	22.9	16.1-31.5
Multiracial	14,082	50.5	36.6-64.2	6,418	23	14.5-34.5
EDUCATION						
Did not graduate high school	201,554	32.1	28.3-36.1	228,266	36.3	32.5-40.3
Graduated high school	382,634	34.3	31.9-36.9	374,330	33.6	31.2-36.1
Attended college	299,399	33.5	30.8-36.3	320,446	35.8	33.0-38.8
Graduated college	227,926	36.9	34.3-39.7	164,456	26.6	24.3-29.2
ANNUAL HOUSEHOLD INCOME						
<15,000	129,867	28.4	24.7-32.4	161,666	35.4	31.6-39.4
15,000-24,999	189,217	32.8	29.3-36.5	211,688	36.7	33.2-40.4
25,000-34,999	122,060	37.1	32.3-42.1	121,106	36.8	32.1-41.8
35,000-49,999	128,291	35.8	31.6-40.3	130,008	36.3	32.1-40.8
50,000 +	371,439	37.0	34.6-39.6	325,298	32.4	30.0-35.0
HEALTH INSURANCE						
Have Insurance	893,506	35.6	34.1-37.3	815,755	32.5	31.0-34.1
No Insurance	215,037	29.2	25.9-32.7	272,151	36.9	33.4-40.5
PARISH						
Urban	824,416	34.9	33.1-36.7	763,802	32.3	30.6-34.1
Rural	244,997	33.1	30.5-35.8	272,261	36.8	34.1-39.6

* 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

Hypertension Awareness

High blood pressure (HBP) increases the risk for heart disease and stroke, the first and third leading causes of death in the United States. Often called the “silent killer” because there are often no warning signs or symptoms, HBP’s strong connection to cardiovascular disease is independent of other risk factors. The most effective way to determine if an individual has HBP is through simple testing by a health professional. According to the CDC, about one in three U.S. adults have high blood pressure. Eating a healthy diet and maintaining a healthy body weight are the best ways to prevent hypertension/high blood pressure. Thirty-eight percent of Louisiana adults reported being told by a doctor or health professional that they have high blood pressure.



As expected, high blood pressure is most prevalent among older populations (Figure 20). This trend extends to national percentages as well, although a lower rate than in Louisiana. Over 67% (390,600) of Louisiana

adults over 65 reported being told by a doctor or a health professional that they have high blood pressure in 2011. In fact, 96.1% (374,969) of those individuals also reported currently taking medicine to treat their high blood pressure.

Rural parish residents reported a higher rate of being diagnosed with high blood pressure than urban parish residents. About 331,315 (42.7%) of individuals living in a rural parish reported having high blood pressure, compared to 37.4% (917,594) of urban parish residents.

While women and men reported having high blood pressure at the same rate (38%), significantly more women reported taking medicine for their high blood pressure. 86% (585,785) of women reported taking medicine while only 79.2% (492,801) of men reported the same.

African-Americans have the highest percentage of individuals who reported having high blood pressure at 44.0% (442,655) while 36.5% (779,420) of Whites reported having high blood pressure.

Table 11. Hypertension Awareness of 2011 BRFSS Respondents

Demographic characteristics	Louisiana adults with high blood pressure*			Louisiana adults taking medicine for high blood pressure**		
	Pop. Est.	%	95% CI	Pop. Est.	%	95% CI
Total	1,301,500	38.4	37.0-39.8	1,078,586	82.9	80.9-84.8
AGE (IN YEARS)						
18-24	38,880	8.3	5.7-12.1	7,196	18.5	--
25-34	111,525	17.7	14.7-21.1	63,419	56.9	47.0-66.2
35-44	171,812	30.5	27.0-34.3	119,213	69.5	62.0-76.0
45-54	272,067	43.2	40.0-46.4	225,877	83.0	78.5-86.7
55-64	316,616	60.2	57.4-62.9	287,911	90.9	88.5-92.9
65 and over	390,600	67.8	65.7-69.9	374,969	96.1	94.8-97.0
GENDER						
Male	622,084	38.4	36.1-40.7	492,801	79.2	75.7-82.4
Female	679,416	38.3	36.7-40.0	585,785	86.3	84.0-88.3
RACE-ETHNICITY						
White	779,420	36.5	34.8-38.1	652,849	83.8	81.2-86.1
Black	442,655	44.0	41.1-46.9	363,741	82.2	78.3-85.6
Hispanic	38,257	31.7	24.5-39.9	26,333	68.8	54.2-80.5
Other	23,338	29.3	21.7-38.2	20,239	86.7	75.2-93.4
Multiracial	8,871	30.7	20.8-42.9	7,327	82.6	61.1-93.5
EDUCATION						
Did not graduate high school	307,915	47.1	43.2-51.1	252,673	82.1	76.8-86.4
Graduated high school	475,471	40.7	38.3-43.2	391,010	82.3	78.8-85.3
Attended college	333,260	36.0	33.4-38.7	280,755	84.2	80.4-87.5
Graduated college	182,984	28.5	26.4-30.8	152,277	83.2	79.0-86.7
ANNUAL HOUSEHOLD INCOME						
<15,000	223,434	47.0	42.9-51.2	179,859	80.6	74.9-85.2
15,000-24,999	261,429	43.8	40.3-47.3	220,226	84.2	79.5-88.1
25,000-34,999	126,401	37.2	32.9-41.7	111,441	88.2	82.7-92.1
35,000-49,999	153,692	40.8	36.6-45.0	118,223	76.9	69.9-82.7
50,000 +	326,080	31.6	29.3-34.0	272,263	83.5	79.7-86.7
HEALTH INSURANCE						
Have Insurance	1,065,754	40.7	39.2-42.2	924,551	86.8	84.9-88.5
No Insurance	233,995	30.8	27.7-34.1	152,614	65.2	58.7-71.2
PARISH						
Urban	917,594	37.4	35.8-39.1	753,701	82.2	79.6-84.5
Rural	331,315	42.7	40.0-45.4	277,958	83.9	80.1-87.1

* Proportion of adults reporting ever been told by a doctor or health professional that they have high blood pressure.

** Of those Louisiana adults who have been told that they have high blood pressure.

Cholesterol Awareness

High blood cholesterol (total cholesterol >240 mg/dL) is a major risk factor for heart disease, the leading cause of death in the United States. Cholesterol is fat-like substance found in your body and many foods. Your body needs it to work properly but too much cholesterol can build up in your arteries, narrowing the path and limiting blood flow. When too much plaque blocks an artery carrying blood to the heart, a heart attack occurs. Chest pain, also called angina, is caused by too much plaque in a coronary artery. Approximately one in every six adults has high cholesterol. As a result, public health agencies have attempted to reduce the prevalence of high blood cholesterol (HBC) through screenings and by increasing public awareness of the strategies for reducing it.

BLOOD CHOLESTEROL TESTING 77% (2,538,587) of Louisiana's adult population reported having had their blood cholesterol checked which is just around than the national average (77.4%). Of those individuals, an estimated 1,949,657

(78.5%) have it checked at least once in the last 12 months.

Testing is most common among Whites (81.1% reported being tested) while only 68.9% of African-Americans reported being tested. Education and income are also strong predictors of the likelihood of having blood cholesterol checked. As education levels and income increase, so does the percent of individuals who reported being checked (Figure 21).

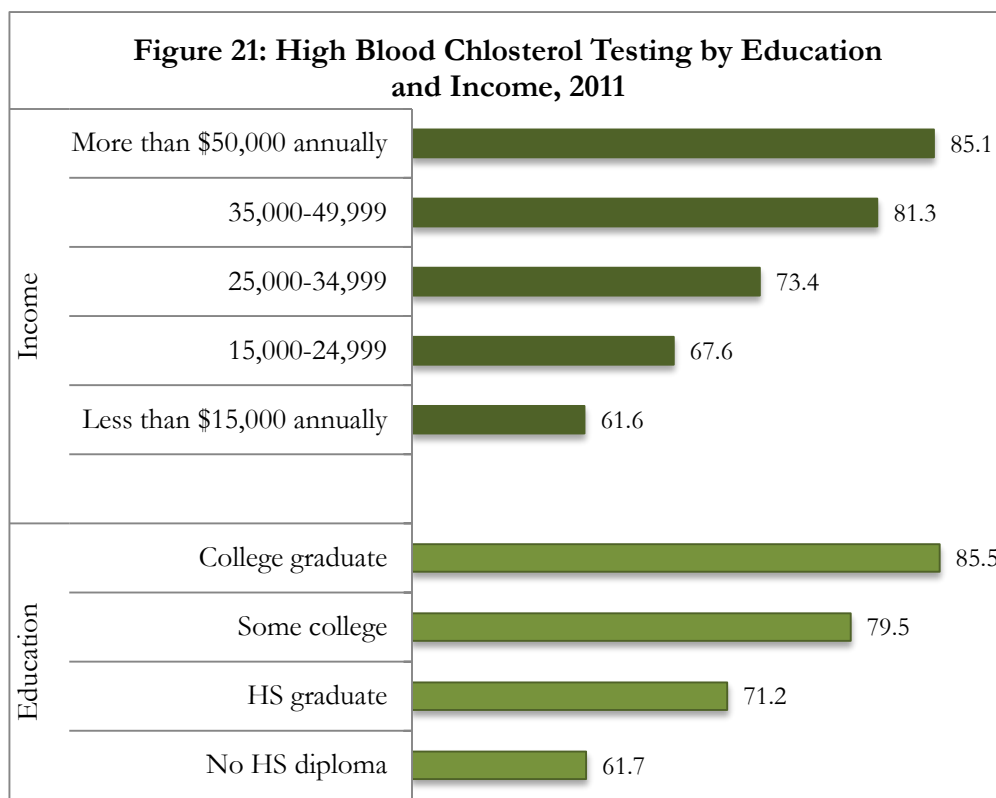
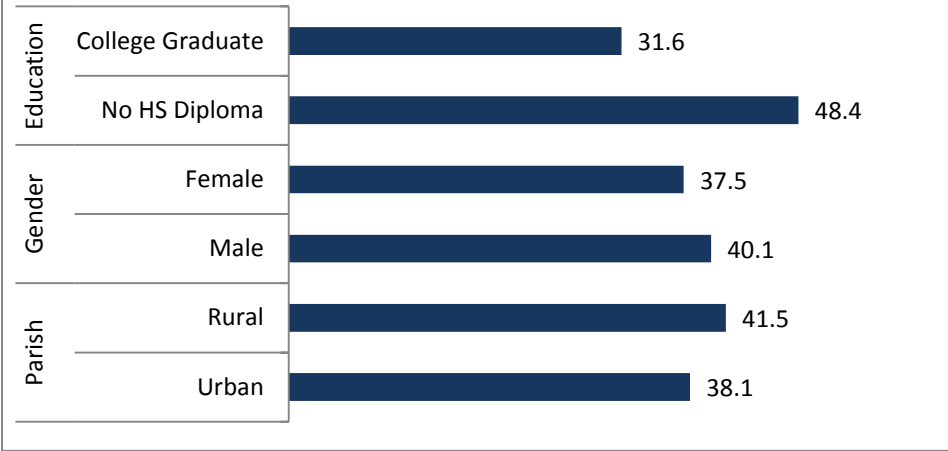


Figure 22: Percent of Adults Diagnosed with High Blood Pressure by Education, Gender, and Type of Parish

LOUISIANA TRENDS

Education and parish are important factors when examining the percent of Louisiana adults who have been told by a healthcare professional that they have high blood cholesterol. 41.5% (238,228) of Louisianans living in rural parishes reported having high cholesterol compared to 38.1% (701,029) of Louisiana adults living in urban parishes. Individuals with less than a high school



degree also reported having a higher rate of suffering from high blood cholesterol. 48% (195,750) of individuals who did not graduate from high school reported having high blood cholesterol, compared to 40.0% (334,396) of individuals with a high school diploma, 37.2% (273,285) of college attendees, and 31.6 (171,902) of college graduates. Unlike national trends that suggest that more women have high blood cholesterol than men, Louisiana men reported a higher rate at 40.1% (470,970) than women at 37.5% (505,591). However, the difference is not significant.

Table 12. Cholesterol Awareness of 2011 BRFSS Respondents

Demographic characteristics	Ever had blood cholesterol checked*			Had blood cholesterol checked recently**			High blood cholesterol***		
	Pop. Est.	%	95% CI	Pop. Est.	%	95% CI	Pop. Est.	%	95% CI
Total	2,541,675	77.0	75.5-78.4	1,949,657	78.5	77.0-79.9	976,858	38.8	37.2-40.3
AGE (IN YEARS)									
18-24	153,935	35.5	30.3-41.1	92,899	67.2	57.5-75.6	13,180	8.7	4.7-15.4
25-34	368,429	60.6	56.3-64.8	248,007	69.0	63.8-73.8	62,109	17.1	13.3-21.5
35-44	440,174	80.7	77.4-83.7	312,921	71.7	67.6-75.6	137,862	31.4	27.4-35.7
45-54	546,087	87.0	84.5-89.0	404,409	75.1	72.0-78.0	214,939	39.6	36.3-43.1
55-64	485,801	92.9	91.1-94.4	404,577	84.5	82.3-86.5	257,837	53.4	50.5-56.3
65 and over	547,250	96.7	95.8-97.5	486,845	91.3	89.9-92.5	290,930	53.7	51.4-56.0
GENDER									
Male	1,182,798	74.8	72.3-77.1	904,329	78.2	75.8-80.5	470,970	40.1	37.6-42.7
Female	1,358,877	79.0	77.2-80.6	1,045,328	78.7	77.0-80.3	505,591	37.5	35.8-39.3
RACE-ETHNICITY									
White	1,685,538	81.1	79.4-82.7	1,273,618	77.4	75.7-79.0	679,225	40.6	38.7-42.4
Black	675,043	68.9	65.8-71.9	542,890	82.3	79.2-85.0	227,990	34.2	31.2-37.3
Hispanic	88,572	74.8	65.5-82.3	63,410	73.5	62.8-82.0	38,481	43.9	34.6-53.7
Other	55,556	70.4	59.9-79.2	40,698	73.7	60.5-83.7	15,041	27.4	19.5-37.1
Multiracial	19,783	73.3	56.3-85.3	13,909	71.5	56.5-82.9	7,875	38.7	27.0-54.3
EDUCATION									
Did not graduate high school	414,766	66.2	61.8-70.3	324,901	80.9	76.6-84.5	195,750	48.4	43.9-52.8
Graduated high school	839,496	74.3	71.7-76.7	654,728	80.0	77.5-82.3	334,396	40.0	37.4-42.7
Attended college	736,381	80.8	78.2-83.2	656,053	78.4	75.5-81.0	273,285	37.2	34.3-40.2
Graduated college	547,945	87.1	84.8-89.1	402,125	74.4	71.8-76.9	171,902	31.6	29.2-34.1
ANNUAL HOUSEHOLD INCOME									
<15,000	302,133	66.7	62.2-71.0	232,432	79.1	74.7-82.9	127,727	42.9	38.5-47.5
15,000-24,999	411,263	70.6	66.7-74.2	318,878	80.7	76.9-84.0	185,355	45.6	41.6-49.7
25,000-34,999	252,107	74.5	69.2-79.1	192,460	76.9	71.7-81.4	102,236	40.7	35.8-45.9
35,000-49,999	306,483	83.5	79.6-86.8	239,964	79.1	74.8-82.8	104,708	34.5	30.3-38.8
50,000 +	880,154	86.8	84.6-88.8	658,170	75.8	73.4-78.1	302,418	34.4	32.0-36.9
HEALTH INSURANCE									
Have Insurance	2,118,355	82.9	81.4-84.4	1,695,980	81.9	80.5-83.2	842,171	40.0	38.4-41.7
No Insurance	418,609	57.0	53.2-60.7	249,313	61.0	56.2-65.5	132,899	32.2	28.2-36.6
PARISH									
Urban	1,857,045	78	76.2-79.7	1,426,268	78.5	76.8-80.2	701,029	38.1	36.3-40.0
Rural	577,866	76	73.1-78.8	445,963	78.7	76.0-81.1	238,228	41.5	38.7-44.3

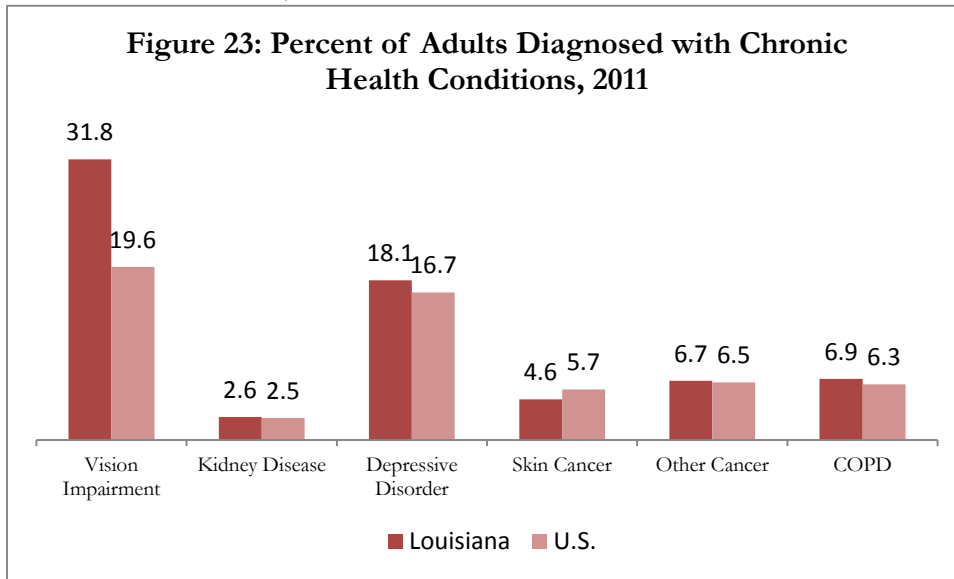
* Louisiana adults who have ever had their blood cholesterol checked.

** The proportion of respondents who have had their blood cholesterol checked within the past 12 months

*** The proportion of respondents who indicated being told by a healthcare professional that they have high blood cholesterol.

Chronic Health Conditions

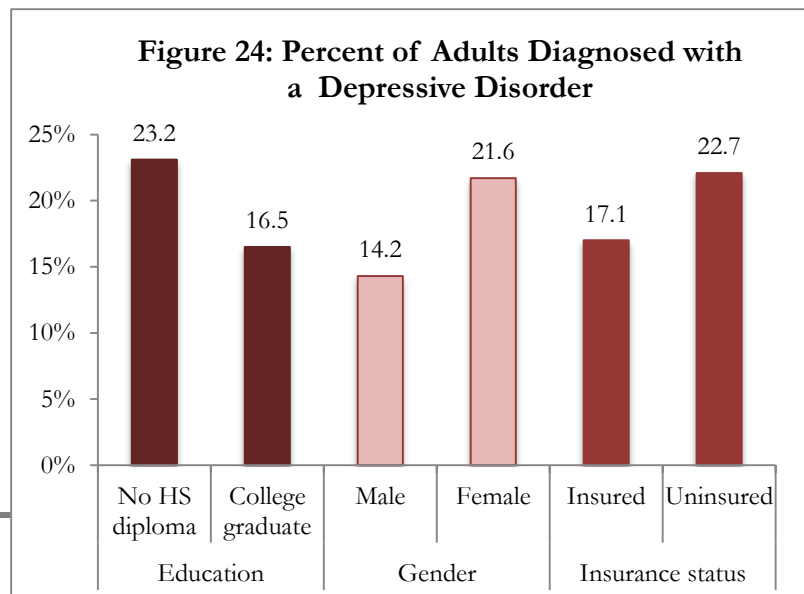
There are several different chronic health conditions that affect individuals as well as statewide healthcare systems. These unique, yet chronic, conditions require more frequent doctor visits, lengthy hospital stays, and more extensive care from physicians. The 2011 BRFSS highlights the prevalence of six of these conditions in the Louisiana community.



- An estimated 1,076,188 (31.8%) of Louisiana’s adult population has some form of vision impairment. This is drastically higher than the national percentage of 19.6.
- Less than 3% (86,915) reported having kidney disease. This is consistent with the national percentage.
- 18% (612,026) of Louisiana adults reported suffering from some form of depressive disorder, including depression, which is slightly higher than the nationwide percentage of 16.7.
- Slightly less than 5% (158,838) of Louisiana residents reported having skin cancer and 6.6% reported having a different form of cancer. This is consistent with the national percentage.
- 7% (232,381) of Louisianans reported suffering from COPD, chronic bronchitis, or emphysema. The national percent is slightly lower (6.3%).

Education and income are strong predictors of two chronic health conditions (COPD and depression).

Individuals earning less than \$15,000 annually reported the highest rate of suffering from COPD at 11.8% (56,269) while those earning more than \$50,000 reported the lowest rate at 3.5% (22,352). Similarly, individuals without a high school diploma reported having COPD three times more frequently than college graduates. Depression is most common among those without a high school



diploma, earning less than \$15,000 a year, women, and individuals without insurance. More than 21% (381,894) of Louisiana women reported suffering from a depressive disorder while only 14.2% (230,132) of men reported depression.

Table 13a. Chronic Health Conditions of 2011 BRFSS Respondents

Demographic characteristics	Skin cancer*			Other form of cancer**			COPD, chronic bronchitis, emphysema***		
	Pop. Est.	%	95% CI	Pop. Est.	%	95% CI	Pop. Est.	%	95% CI
Total	158,838	4.6	4.2-5.2	228,981	6.7	6.2-7.4	232,381	6.9	6.2-7.6
AGE (IN YEARS)									
18-24	1,167	0.2	--	5,681	1.2	--	17,554	3.7	2.1-6.5
25-34	3,061	0.5	--	11,009	1.7	0.9-3.3	21,099	3.3	2.2-5.0
35-44	6,245	1.1	0.6-2.0	24,855	4.4	3.1-6.2	22,829	4.1	2.7-6.1
45-54	20,588	3.3	2.3-4.7	34,915	5.6	4.3-7.1	46,385	7.4	5.8-9.2
55-64	38,415	7.3	5.8-9.1	50,935	9.7	8.2-11.4	56,740	10.8	9.1-12.8
65 and over	89,362	15.6	14.0-17.3	101,585	17.3	15.9-19.5	67,773	11.8	10.5-13.3
GENDER									
Male	89,484	5.5	4.7-6.4	94,325	5.8	5.0-6.8	98,023	6.0	5.0-7.2
Female	69,354	3.9	3.4-4.5	134,656	7.6	6.8-8.4	134,358	7.6	6.8-8.5
RACE-ETHNICITY									
White	146,327	6.9	6.2-7.6	169,178	7.9	7.1-8.8	161,093	7.6	6.7-8.5
Black	2,812	0.3	0.1-0.6	45,754	4.5	3.7-5.6	51,884	5.1	4.1-6.4
Hispanic	3,604	3.0	1.4-6.3	7,695	6.3	3.4-11.4	4,434	3.6	1.6-8.1
Other	2,259	2.8	1.3-5.9	3,098	3.9	2.1-7.0	8,769	11.1	6.4-18.6
Multiracial	399	1.4	0.5-3.7	2,442	8.5	3.2-20.7	3,116	10.8	6.1-18.3
EDUCATION									
Did not graduate high school	28,028	4.3	3.3-5.6	44,765	6.9	5.5-8.5	63,568	9.7	7.9-11.9
Graduated high school	46,771	4.0	3.3-4.8	73,542	6.3	5.4-7.4	87,910	7.5	6.4-8.9
Attended college	44,346	4.8	3.9-5.9	67,419	7.3	6.1-8.6	58,165	6.3	5.2-7.6
Graduated college	39,693	6.2	5.2-7.4	42,948	6.7	5.6-8.0	22,352	3.5	2.6-4.6
ANNUAL HOUSEHOLD INCOME									
<15,000	15,710	3.3	2.5-4.4	37,734	8.0	6.2-10.1	56,269	11.8	9.8-14.2
15,000-24,999	32,239	5.4	4.4-6.6	46,275	7.8	6.3-9.5	61,818	10.4	8.4-12.8
25,000-34,999	20,388	6.0	4.4-8.1	20,763	6.1	4.7-7.9	20,388	6.0	4.4-8.1
35,000-49,999	16,508	4.4	3.3-5.8	22,535	6.0	4.6-7.7	19,904	5.3	3.7-7.5
50,000 +	49,417	4.8	3.9-5.9	61,359	6.0	5.0-7.1	36,134	3.5	2.7-4.5
HEALTH INSURANCE									
Have Insurance	148,298	5.7	5.1-6.3	200,542	7.7	7.0-8.4	182,324	7.0	6.3-7.8
No Insurance	10,481	1.4	0.9-2.1	27,973	3.7	2.8-4.9	49,351	6.5	5.0-8.3
PARISH									
Urban	112,345	4.6	4.0-5.2	163,579	6.7	6.0-7.5	162,929	6.7	5.9-7.6
Rural	40,348	5.2	4.3-6.2	55,541	7.2	6.1-8.4	56,370	7.3	6.2-8.5

* The proportion of respondents who reported ever being told by a healthcare professional that they have skin cancer.

** The proportion of respondents who reported ever being told by a healthcare professional that they have another form of cancer.

*** The proportion of respondents who reported ever being told by a healthcare professional that they have COPD (chronic obstructive pulmonary disease, emphysema, or chronic bronchitis).

Table 13b. Chronic Health Conditions of 2011 BRFSS Respondents

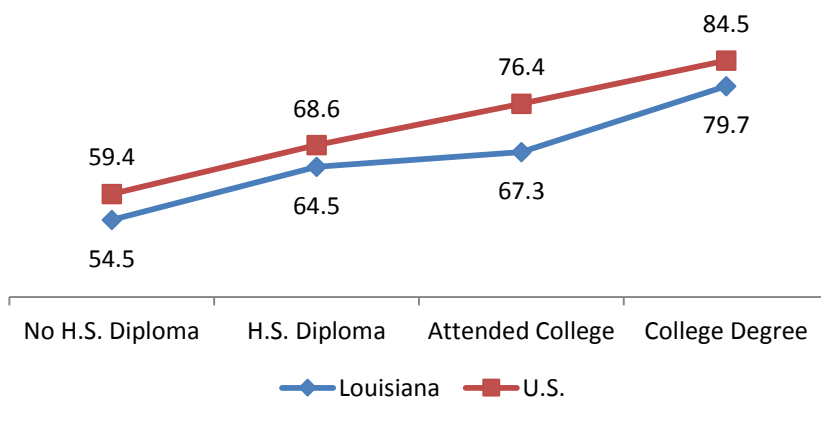
Demographic characteristics	Vision impairment*			Kidney disease**			Depression***		
	Pop. Est.	%	95% CI	Pop. Est.	%	95% CI	Pop. Est.	%	95% CI
Total	1,076,188	31.8	30.4-33.2	86,915	2.6	2.2-3.0	612,026	18.1	17.0-19.2
AGE (IN YEARS)									
18-24	130,496	27.9	23.3-33.0	2,415	0.5	0.1-2.0	54,292	11.6	8.6-15.3
25-34	168,831	26.8	23.3-30.6	5,900	0.9	0.4-2.2	114,496	18.2	15.3-21.6
35-44	123,617	22.0	19.0-25.4	8,999	1.6	0.9-2.9	110,997	19.8	16.7-23.2
45-54	196,545	31.4	28.4-34.5	19,154	3.0	2.1-4.5	140,052	22.3	19.7-25.1
55-64	199,341	37.9	35.1-40.7	20,396	3.9	3.0-5.1	112,772	21.4	19.2-23.8
65 and over	257,359	44.8	42.6-47.1	30,051	5.3	4.4-6.3	79,417	13.8	12.4-15.4
GENDER									
Male	495,377	30.6	28.4-32.9	43,394	2.7	2.1-3.4	230,132	14.2	12.6-16.0
Female	580,811	31.8	31.3-34.6	43,521	2.5	2.0-3.0	381,894	21.6	20.1-23.1
RACE-ETHNICITY									
White	697,601	32.7	31.1-34.4	54,374	2.6	2.1-3.1	427,247	20.0	18.6-21.5
Black	300,707	30.0	27.4-32.7	26,517	2.6	1.9-3.6	141,179	14.1	12.2-16.2
Hispanic	41,539	34.4	26.4-43.3	3,256	2.7	0.9-7.5	20,448	16.8	11.5-23.8
Other	20,696	26.4	18.7-35.7	1,754	2.2	1.0-4.9	14,135	17.8	11.0-27.4
Multiracial	9,630	31.8	22.5-46.3	570	2.0	0.3-12.8	4,091	14.6	7.5-26.5
EDUCATION									
Did not graduate high school	224,556	34.5	30.9-38.3	22,346	3.4	2.5-4.7	152,028	23.2	20.1-26.7
Graduated high school	345,533	29.6	27.4-31.9	28,913	2.5	1.9-3.2	188,763	16.2	14.5-18.1
Attended college	300,678	32.6	30.0-35.3	20,589	2.2	1.7-3.0	166,162	18.0	15.9-20.2
Graduated college	204,284	31.9	29.4-34.5	15,066	2.4	1.6-3.4	104,916	16.5	14.5-18.6
ANNUAL HOUSEHOLD INCOME									
<15,000	179,425	38.1	34.2-42.2	18,777	4.0	2.8-5.5	136,020	28.8	25.3-32.6
15,000-24,999	199,284	33.5	30.1-37.0	21,563	3.6	2.7-4.9	135,916	22.9	19.9-26.2
25,000-34,999	121,907	36.0	31.5-40.7	6,550	1.9	1.1-3.2	48,295	14.2	11.3-17.6
35,000-49,999	110,847	29.5	25.7-33.5	6,078	1.6	1.0-2.6	62,393	16.6	13.6-20.0
50,000 +	275,547	26.8	24.5-29.1	19,927	1.9	1.3-2.8	142,799	13.9	12.2-15.7
HEALTH INSURANCE									
Have Insurance	852,120	32.6	31.1-34.1	75,216	2.9	2.4-3.4	446,504	17.1	15.9-18.3
No Insurance	219,387	28.9	25.7-32.3	10,800	1.4	0.9-2.1	164,726	21.7	18.9-24.8
PARISH									
Urban	758,863	31	29.4-32.7	58,123	2.4	2.0-2.9	443,576	18.1	16.8-19.6
Rural	270,759	35	32.4-37.7	24,363	3.1	2.4-4.1	135,242	17.4	15.5-19.5

* The proportion of respondents who reported ever being told by a healthcare professional that they have vision impairment even while wearing glasses
** The proportion of respondents who reported ever being told by a healthcare professional that they have kidney disease
*** The proportion of respondents who reported ever being told by a healthcare professional that they have a depressive disorder.

Exercise

Exercise contributes to a range of positive health outcomes. It decreases the risk of cardiovascular disease and high blood pressure and improves perceptions of general health. About 66.2% (2,173,752) of Louisiana adults reported participating in any physical activity in the past month which is lower than nationally reported 73.6%. As expected, exercise is more common among younger populations. 75% (335,134) of individuals between the age of 18 and 24 reported physical activity while only 58.8% (326,063) of individuals over the age of 65 reported doing physical activity in the past month.

Figure 25: Percent of Adults Reporting Any Physical Activity in the Past Month, 2011



As income and education increase so does an individual's ability to engage in physical activity. 55% (345,149) of individuals who did not graduate high school reported engaging in physical activity while 79.7% (498,770) of adults with a college degree reported engaging in physical activity (Figure 25). National percentages are notably higher than those for Louisiana residents across all education levels. There is also a significant difference among the different income groups. Only 55.6% (255,896) of individuals

making less than \$15,000 a year reported physical activity as compared to 74.0% (747,583) of those making \$50,000 or more.

Women were slightly less likely to report exercise than men—63.0% (1,082,889) compared to 69.8% (1,090,863). There were also no significant differences among ethnicities. Whites reported the highest rate of exercise at 68.2% (1,422,729) while African-Americans reported the lowest at 62.1 (594,595).

Individuals living in rural parishes were less likely to report physical activity at 64.3 (488,147). Also, individuals without health insurance reported physical activity at 62.4% (455,234) compared to 67.3% (1,707,552) of individuals with health insurance.

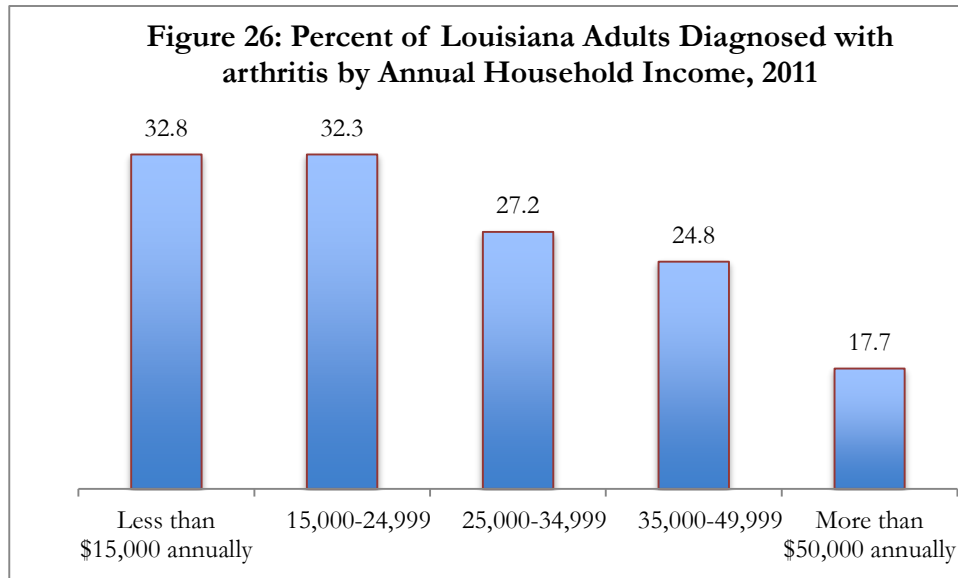
Table 14. Exercise of 2011 BRFSS Respondents

	Any Leisure Time Physical Activity*		
Demographic characteristics	Pop. Est.	%	95% CI
Total	2,173,752	66.2	64.7-67.6
AGE (IN YEARS)			
18-24	335,134	74.9	69.6-79.5
25-34	422,153	69.6	65.4-73.5
35-44	361,531	66.2	62.3-70.0
45-54	411,216	67.1	63.9-70.1
55-64	317,655	61.6	58.7-64.3
65 and over	326,063	58.8	56.5-61.1
GENDER			
Male	1,090,863	69.8	67.4-72.1
Female	1,082,889	63.0	61.2-64.7
RACE-ETHNICITY			
White	1,422,729	68.2	66.5-69.9
Black	594,595	62.1	59.0-65.1
Hispanic	77,679	66.1	57.5-73.8
Other	46,026	62.0	51.2-71.7
Multiracial	19,795	68.7	56.1-79.1
EDUCATION			
Did not graduate high school	345,149	54.5	50.4-58.5
Graduated high school	718,954	64.5	62.0-66.9
Attended college	609,214	67.3	64.4-70.0
Graduated college	498,770	79.7	77.5-81.8
ANNUAL HOUSEHOLD INCOME			
<15,000	255,896	55.6	51.3-59.8
15,000-24,999	347,207	61.2	57.5-64.8
25,000-34,999	220,287	67.1	62.1-71.7
35,000-49,999	249,522	69.0	64.8-72.9
50,000 +	747,583	74.0	71.7-76.3
HEALTH INSURANCE			
Have Insurance	1,707,552	67.3	65.7-68.8
No Insurance	455,234	62.4	58.6-66.0
PARISH			
Urban	1,582,885	66.6	64.8-68.4
Rural	488,147	64.3	61.6-66.9

* Leisure activity indicates any physical activity in the past months

Arthritis

The term, arthritis, describes more than 100 rheumatic diseases and conditions that affect joints, the tissues which surround the joint and other connective tissue. The pattern, severity, and location of symptoms can vary depending on the specific form of the disease. Typically, rheumatic conditions are characterized by pain and stiffness in and around one or more joints. The symptoms can develop gradually or suddenly. Certain rheumatic conditions can also involve the immune system and various internal organs of the body. Approximately one-fourth (856,618) of Louisiana adults have been diagnosed with arthritis, which is slightly higher than the national average (24.8%).



Like other health risk factors, arthritis disproportionately affects those with less education and earning less annual income. 33% (154,845) of individuals without a high school diploma reported being diagnosed with arthritis compared to 18.7% (119,598) of college graduates.

33% (154,845) of individuals earning less than \$15,000 a year reported being diagnosed with arthritis while 17.7% (182,372) of individuals earning more than \$50,000 annually reported having arthritis (Figure 26).

Rural parish residents reported a higher level of being diagnosed with arthritis than urban parish residents. About 30% (232,417) of residents living in rural parishes reported having arthritis while about 24% (593,761) of residents from urban parishes reported having arthritis.

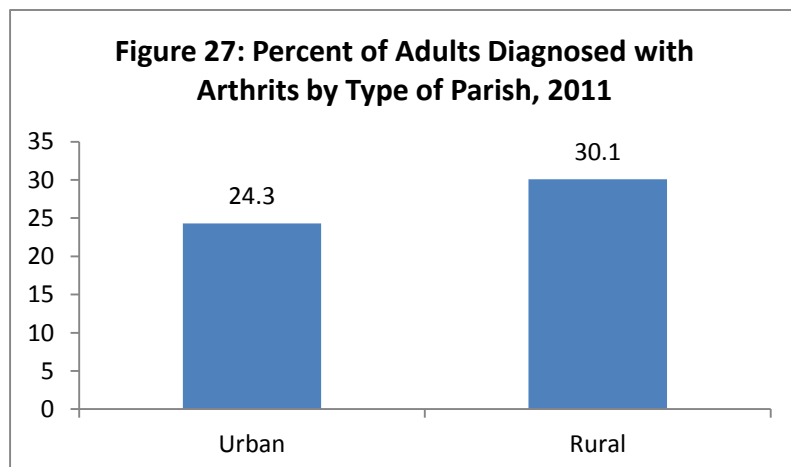


Table 15. Arthritis of 2011 BRFSS Respondents

	Diagnosed with Arthritis*		
Demographic characteristics	Pop. Est.	%	95% CI
Total	856,618	25.3	24.2-26.5
AGE (IN YEARS)			
18-24	22,036	4.7	2.8-7.8
25-34	35,427	5.6	4.2-7.5
35-44	99,691	17.8	14.9-21.0
45-54	170,427	27.1	24.4-30.0
55-64	220,980	42.0	39.2-44.8
65 and over	308,058	54.0	51.7-56.3
GENDER			
Male	349,227	21.6	19.8-23.4
Female	507,392	28.8	27.3-30.2
RACE-ETHNICITY			
White	565,040	26.5	25.1-28.0
Black	235,523	23.5	21.4-25.7
Hispanic	22,780	18.8	13.8-25.0
Other	19,648	24.9	18.0-33.4
Multiracial	7,816	27.2	17.5-39.6
EDUCATION			
Did not graduate high school	219,983	33.7	30.3-37.3
Graduated high school	296,366	25.4	23.5-27.4
Attended college	219,581	23.8	21.8-26.1
Graduated college	119,598	18.7	17.0-20.6
ANNUAL HOUSEHOLD INCOME			
<15,000	154,845	32.8	29.4-36.4
15,000-24,999	191,581	32.3	29.1-35.6
25,000-34,999	92,472	27.2	23.5-31.2
35,000-49,999	93,383	24.8	21.6-28.3
50,000 +	182,372	17.7	16.1-19.5
HEALTH INSURANCE			
Have Insurance	709,177	27.2	25.9-28.5
No Insurance	145,341	19.2	16.7-21.9
PARISH			
Urban	593,761	24.3	22.9-25.7
Rural	232,417	30.1	27.8-32.4

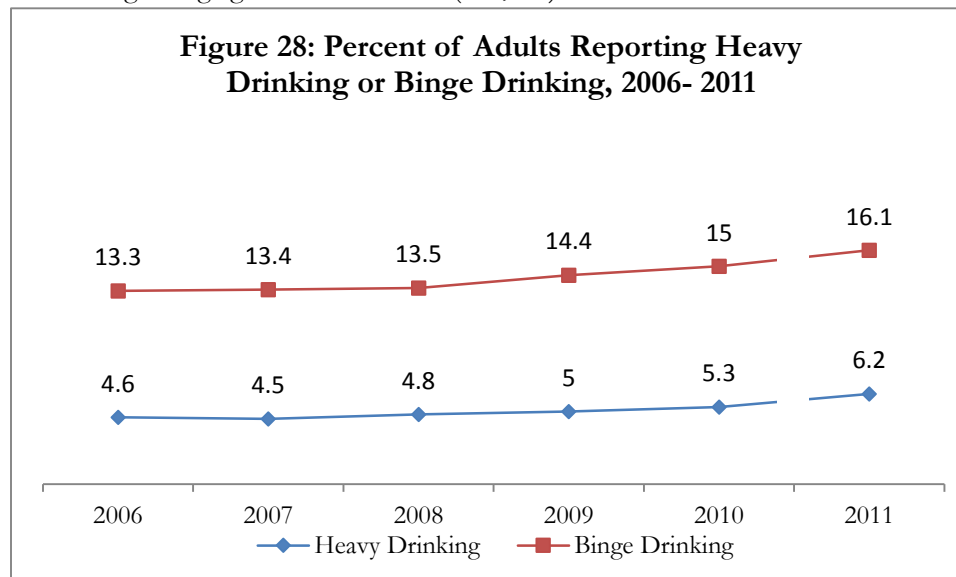
* Proportion of Louisiana respondents who have been diagnosed by a healthcare professional with arthritis.

Alcohol Consumption

While one or two alcoholic drinks per day may have health benefits, alcohol use is also associated with a number of negative health outcomes, including liver disease, increased risks for certain types of cancer, heart disease, obesity, and kidney disease. Individuals were asked about their amount of alcohol consumption within the last 30 days, and were classified in terms of engaging in heavy drinking (defined as two or more drinks per day) and/or binge drinking (defined as 5 or more drinks for men and 4 or more drinks for women in a single setting).

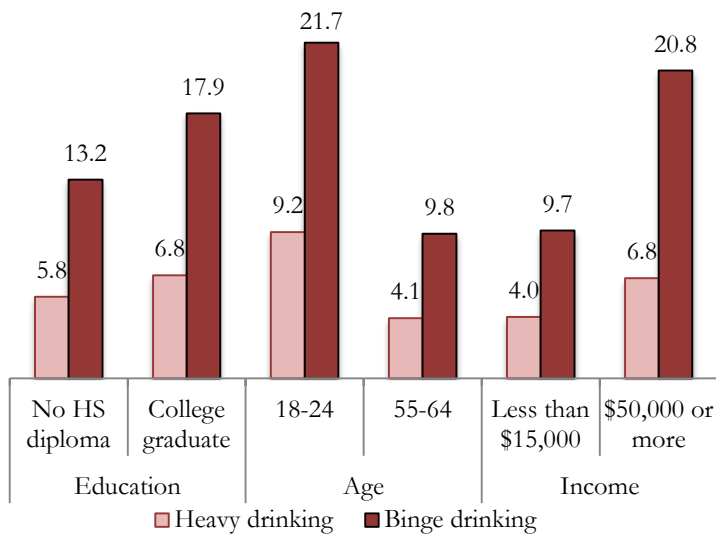
ALCOHOL USE

Slightly more than half of Louisiana adults reported having at least one drink in the last 30 days. Alcohol consumption was more common among men at 59.9 (974,437) than women at 46.0 (816,610). It was more common among residents living in urban parishes at 52.3% (1,207,012) than rural parishes at 42.8% (318,337) and among college graduates at 66.7% (427,583).



Individuals making more than \$50,000 a year reported a higher rate of drinking at 65.8% (679,108), compared to 39.4% (187,699) of individuals making less than \$15,000 and 46.7% (278,951) of those making between \$15,000 and \$24,999. Whites have a higher rate of drinking than any other race/ethnicity. Fifty-five percent (1,177,083) of White adults reported having a drink compared to 47.6% (480,245) of African-Americans and 55.7 (67,778) of Hispanic adults. There is also a difference in drinking frequency among education levels. When asked whether or not they had a drink in the past 30 days, there is a 26.7 percentage point difference in between Louisiana adults without a high diploma and college graduates. 40% (263,218) of Louisiana adults without a high school diploma reported drinking at least once in the past 30 days while 66.7% (427,583) of college graduates reported drinking at least once in the past 30 days.

Figure 29: Percent of Adults Reporting Heavy Drinking or Binge Drinking by Education, Age, and Income, 2011



HEAVY DRINKING AND BINGE DRINKING

The percent of Louisiana adults who reported either heavy drinking or binge drinking in the past month continues to increase, marking a six-year continual increase in both categories of problematic drinking behavior (Figure 28). This is especially important because the national trend indicates a decrease in both heavy and binge drinking. The percent of Louisiana adults who engage in heavy drinking, consuming more than two drinks per day (one drink or more for women), increased slightly. The 2011 BRFSS found a 0.5 percentage point increase in binge drinking among Louisianans and 0.7 percentage point

increase in heavy drinking behaviors. These behaviors are most common among younger populations, college graduates, and the more educated (Figure 29).

Table 16. Alcohol Use of 2011 BRFSS Respondents

Demographic characteristics	At least one drink in last 30 days*			Heavy Drinking**			Binge Drinking***		
	Pop. Est.	%	95% CI	Pop. Est.	%	95% CI	Pop. Est.	%	95% CI
Total	1,586,934	49.6	48.1-51.2	196,019	6.2	5.4-7.1	508,502	16.1	14.9-17.4
AGE (IN YEARS)									
18-24	226,389	51.3	45.6-56.9	40,304	9.2	6.4-12.9	94,641	21.7	17.4-26.8
25-34	363,247	62.1	57.8-66.2	45,384	7.9	5.8-10.9	133,920	23.3	19.7-27.4
35-44	290,034	54.8	50.8-58.7	28,900	5.5	4.0-7.4	104,174	19.8	16.7-23.3
45-54	307,338	51.6	48.3-54.9	44,036	7.5	5.9-9.5	99,820	16.9	14.5-19.7
55-64	224,166	44.4	41.5-47.3	20,694	4.1	3.2-5.4	48,995	9.8	8.1-11.7
65 and over	175,760	32.6	30.4-34.8	16,700	3.1	2.4-4.0	26,952	5.0	4.0-6.3
GENDER									
Male	866,004	57	54.5-59.6	109,847	7.4	6.1-8.9	339,028	22.7	20.5-25.0
Female	720,930	42.9	41.1-44.8	86,172	5.2	4.3-6.1	169,475	10.2	9.0-11.5
RACE-ETHNICITY									
White	1,065,423	52.5	50.7-54.4	141,707	7.0	6.1-8.2	353,469	17.6	16.1-19.2
Black	404,239	43.3	40.2-46.5	43,023	4.7	3.5-6.3	113,197	12.2	10.1-14.8
Hispanic	61,011	53.1	44.2-61.8	5,307	4.7	2.1-10.1	22,781	20.0	13.6-28.5
Other	32,633	45.4	35.2-56.0	2,645	3.8	1.0-14.3	13,135	18.8	11.3-29.6
Multiracial	13,737	49.3	35.7-63.1	3,199	11.5	3.9-29.2	4,314	15.5	6.7-31.7
EDUCATION									
Did not graduate high school	215,006	35.3	31.2-39.6	34,700	5.8	3.9-8.4	79,798	13.2	10.3-16.8
Graduated high school	493,611	45.4	42.7-48.1	73,337	6.9	5.6-8.5	176,341	16.4	14.4-18.7
Attended college	479,456	54.2	51.2-57.1	46,700	5.3	4.1-6.9	143,677	16.4	14.1-19.0
Graduated college	397,916	65.1	62.5-67.5	41,282	6.8	5.4-8.5	108,561	17.9	15.7-20.4
ANNUAL HOUSEHOLD INCOME									
<15,000	157,700	35.3	31.2-39.6	17,646	4.0	2.6-6.1	42,896	9.7	7.3-12.8
15,000-24,999	233,250	42.3	38.5-46.2	30,030	5.5	3.9-7.8	78,110	14.3	11.5-17.6
25,000-34,999	155,885	48.7	43.6-53.9	26,779	8.5	5.5-12.9	63,505	20.0	15.5-25.4
35,000-49,999	189,356	53.6	49.1-58.0	32,096	9.2	6.8-12.4	58,921	16.9	13.6-20.8
50,000 +	640,219	64.5	62.0-66.9	66,726	6.8	5.6-8.2	205,129	20.8	18.6-23.2
HEALTH INSURANCE									
Have Insurance	1,237,963	50.1	48.4-51.7	135,789	5.5	4.8-6.4	384,906	15.7	14.4-17.1
No Insurance	344,863	48.6	44.8-52.5	58,664	8.4	6.4-11.1	123,596	17.6	14.8-20.9
PARISH									
Urban	1,207,012	52.3	50.4-54.2	142,584	6.2	5.3-7.3	379,111	16.6	15.1-18.2
Rural	318,337	42.8	39.9-45.7	41,454	5.6	4.4-7.3	103,166	14.1	11.9-16.6

* 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.

Disability

Disabilities represent a significant health concern and are associated with poor health outcomes, including cardiovascular disease and diabetes, and lower self-reported health status. Maintaining health insurance coverage and access to quality care can be particularly challenging to individuals with disabilities. Disability, as defined by the Behavioral Risk Factor Surveillance System Survey is a physical, mental, or emotional problem that limits activity. 26% (849,352) of Louisiana adults reported being limited in some way due to physical, mental, or emotional problems, which is slightly more than the national average (23.3%). In addition, 8.8% (287,402) of Louisianans reported having a health problem that requires them to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone.

LOUISIANA TRENDS

Louisiana adults living in rural parishes reported a higher rate of both being limited in their activity and having to use special equipment due to disability. 30.8% (231,151) of rural residents reported limited activity compared to 25.1% (590,145) of urban residents. Additionally, 11% (83,317) of rural respondents reported using special equipment while only 8.1% (190,493) of urban respondents reported the same (Figure 30).

Education, income, and age are strong determinants of reported disability. Older Louisianans reported a much

higher rate of disability than younger Louisianans - 36.5% reported limited activity, and 20.3% reported using special equipment. As income and education increase, the rate of reported disability decreases. Fourteen percent of individuals making less than \$15,000 annually reported needing to use special equipment and 40.2% reported limited activity, compared to 18.4% of individuals making more than \$50,000 who reported limited activity and 3.2% who need special equipment. Similar trends are seen among the educational groups. Individuals with less education reported a much higher rate of being limited in their activity and needing special equipment. Thirty-two percent of respondents without a high school diploma experience limited activity, compared to 24.8% of high school graduates, 26.5% of college attendees, and 19.4% of college graduates.

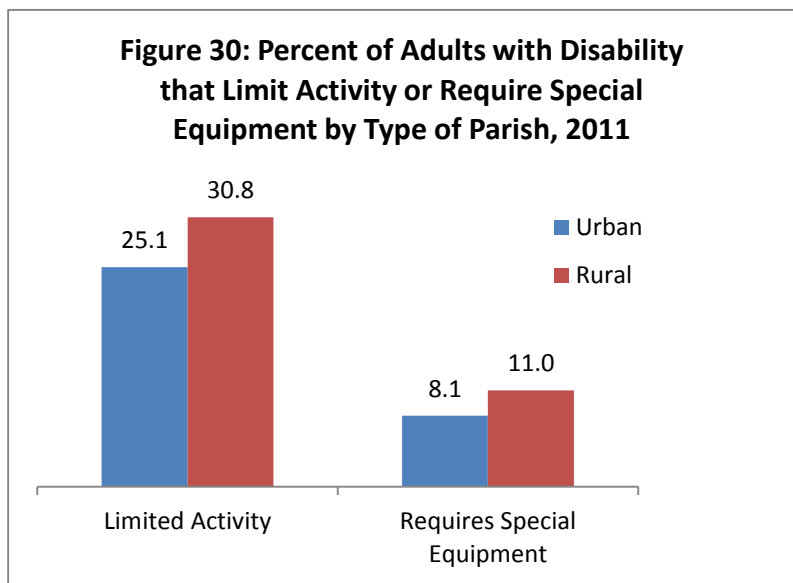


Table 17. Disability of 2011 BRFSS Respondents

Demographic characteristics	Activity Limited due to Health Problems*			Health Problems that Require Special Equipment**		
	Pop. Est.	%	95% CI	Pop. Est.	%	95% CI
Total	849,352	26.1	24.9-27.4	287,402	8.8	8.2-9.6
AGE (IN YEARS)						
18-24	43,685	9.9	7.1-13.7	3,573	0.8	0.2-3.0
25-34	86,660	14.5	11.7-17.8	10,931	1.8	1.0-3.3
35-44	112,292	20.8	17.8-24.1	17,822	3.3	2.2-4.9
45-54	195,779	32.1	29.1-35.2	51,275	8.4	6.8-10.4
55-64	204,387	40.0	37.2-42.9	85,672	16.7	14.6-19.1
65 and over	206,352	37.6	35.4-39.8	118,129	21.4	19.6-23.3
GENDER						
Male	387,484	25.0	23.0-27.1	132,321	8.5	7.4-9.8
Female	461,869	27.2	25.7-28.7	155,081	9.1	8.3-9.9
RACE-ETHNICITY						
White	573,984	27.8	26.3-29.4	172,024	8.3	7.5-9.2
Black	215,627	22.7	20.4-25.2	98,717	10.4	9.0-11.9
Hispanic	27,385	23.3	17.1-30.9	7,297	6.3	3.5-11.0
Other	14,605	19.9	14.1-27.4	4,531	6.2	3.5-10.7
Multiracial	10,315	35.8	24.3-49.1	3,665	12.7	6.9-22.1
EDUCATION						
Did not graduate high school	205,987	33.0	29.5-36.8	85,376	13.6	11.6-15.9
Graduated high school	277,853	25.2	23.2-27.4	94,472	8.6	7.5-9.8
Attended college	241,025	26.7	24.4-29.2	77,582	8.6	7.3-10.1
Graduated college	123,829	20.0	18.0-22.1	29,708	4.8	3.9-5.8
ANNUAL HOUSEHOLD INCOME						
<15,000	183,347	40.4	36.4-44.5	71,109	15.7	13.5-18.2
15,000-24,999	168,627	29.9	26.9-33.2	74,549	13.2	11.2-15.5
25,000-34,999	89,015	27.3	23.4-31.5	26,731	8.2	6.2-10.7
35,000-49,999	86,819	24.1	20.7-28.0	26,885	7.5	5.7-9.8
50,000 +	187,058	18.6	16.8-20.6	33,553	3.3	2.6-4.3
HEALTH INSURANCE						
Have Insurance	690,183	27.4	26.0-28.8	252,906	10.0	9.2-10.9
No Insurance	157,403	21.9	19.2-24.9	33,164	4.6	3.5-6.0
PARISH						
Urban	590,145	25.1	23.6-26.6	190,493	8.1	7.3-8.9
Rural	231,151	30.8	28.3-33.3	83,317	11	9.6-12.6

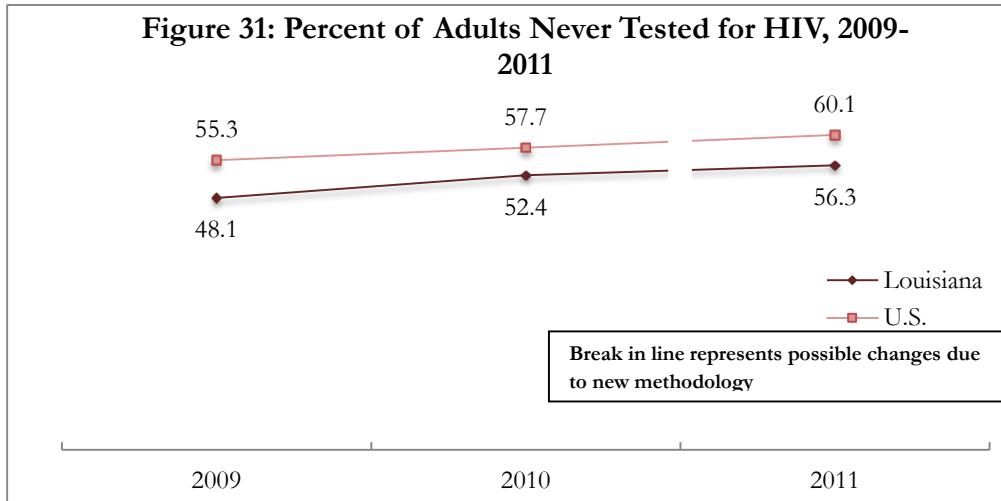
* The proportion of respondents who are limited in any way due to a physical, mental, or emotional problem.

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

HIV/AIDS

According to the 2009 CDC estimates, Baton Rouge ranks second in the nation in the rate of AIDS cases with 30.6 new cases per 100,000 residents in 2009. This places two Louisiana cities (Baton Rouge and New Orleans) in the top three United States cities in the rate of new AIDS cases each year.

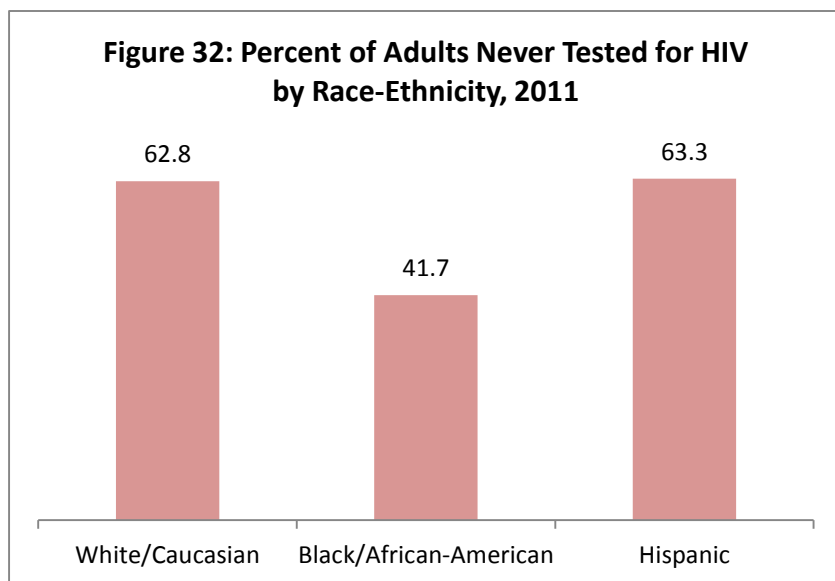
One of the most effective ways to prevent and treat HIV/AIDS is to receive regularly HIV testing. Despite this and the high risk for HIV/AIDS in Louisiana, the



percentage of Louisiana residents who have never been tested for HIV increased from 51.4% in 2010 to 56.3% in 2011, perhaps reflecting greater accuracy in the estimates and the inclusion of the cell phone population in the 2011 data. This is an eight-point difference in the percent of Louisiana adults who have not been tested for HIV over the past two years. The national trend has also shows an increase in percentage of adults who have never been tested for HIV at a nearly five-point increase over the past two years (55.3% in 2009 to 60.1% in 2011). (Figure 31).

RACE-ETHNICITY

African-Americans reported the highest rate of being tested while Hispanics reported the lowest rate of being tested. Only 41.7% (383,319) of African-American respondents reported never being tested while 63.3% (71,970) of Hispanics reported never being tested. In addition, 62.8% (1,231,057) of White adults reported never being tested for HIV (Figure 32). However,



African-Americans also reported the highest rate of engaging in high risk behavior, such as intravenous drug use, having been treated for a sexually transmitted or venereal disease, given or received money or drugs in exchange for sex, or anal sex without a condom.

Around five percent (49,162) of African-Americans reported this type of behavior, compared to 4.0% (80,572) of Whites.

Interestingly, there are differences among testing frequencies across several demographic characteristics. Rural residents reported a higher percentage of individuals who have never been tested, 61.0 (450,169), than urban parish residents, 54.5% (1,215,194). A higher percentage of men reported never being tested, 58.6 (864,712), than women, 54.2% (884,342). Interestingly, a higher percentage of individuals with insurance at 60.0% (1,435,064) reported never being tested for HIV than individuals without insurance at 3.3% (302,041).

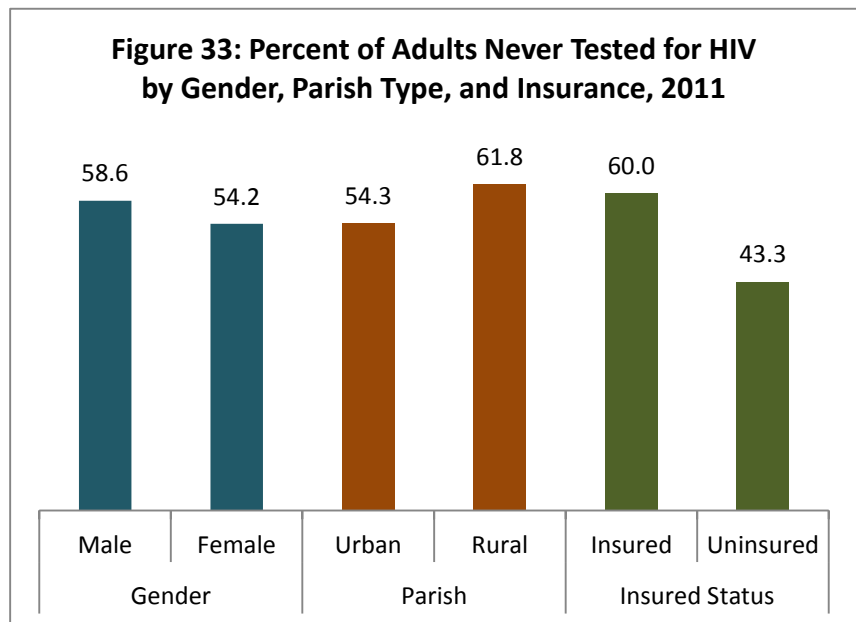


Table 18. HIV Testing of 2011 BRFSS Respondents

Demographic characteristics	Adults never tested for HIV*			Engage in high risk behavior**		
	Pop. Est.	%	95% CI	Pop. Est.	%	95% CI
Total	1,749,054	56.3	54.7-57.9	143,096	4.5	3.7-5.4
AGE (IN YEARS)						
18-24	239,390	55.9	50.2-61.5	45,105	10.3	7.3-14.5
25-34	221,965	38.1	33.9-42.6	47,219	8.0	5.7-11.2
35-44	208,333	40.1	36.3-44.1	24,971	4.7	3.2-7.0
45-54	329,174	56.7	53.4-60.0	14,212	2.4	1.5-3.7
55-64	317,741	65.2	62.3-68.1	8,284	1.6	1.0-2.6
65 and over	432,451	84.8	82.9-86.5	3,305	0.6	0.3-1.4
GENDER						
Male	864,712	58.6	55.9-61.2	74,250	4.9	3.7-6.4
Female	884,342	54.2	52.4-56.1	68,845	4.1	3.3-5.2
RACE-ETHNICITY						
White	1,231,057	62.8	60.9-64.7	80,572	4.0	3.1-5.1
Black	383,319	41.7	38.7-44.9	49,162	5.3	3.9-7.1
Hispanic	71,970	63.3	54.4-71.4	-	-	-
Other	37,480	56.0	45.5-66.0	-	-	-
Multiracial	12,353	43.9	31.2-57.5	-	-	-
EDUCATION						
Did not graduate high school	324,273	55.1	50.8-59.4	53,342	8.8	6.2-12.3
Graduated high school	635,812	59.9	57.2-62.6	32,182	3.0	2.1-4.2
Attended college	460,311	53.5	50.4-56.5	35,371	4.0	2.8-5.6
Graduated college	325,962	55.1	52.2-57.9	22,201	3.6	2.5-5.1
ANNUAL HOUSEHOLD INCOME						
<15,000	212,041	48.8	44.4-53.1	35,817	8.1	5.5-11.7
15,000-24,999	272,442	50.6	46.7-54.5	26,512	4.8	3.1-7.3
25,000-34,999	178,688	57.4	52.1-62.4	13,937	4.4	2.5-7.8
35,000-49,999	178,688	57.4	52.8-61.9	13,937	3.2	1.8-5.6
50,000 +	544,076	56.9	54.2-59.6	11,421	2.9	2.0-4.1
HEALTH INSURANCE						
Have Insurance	1,435,064	60.0	58.2-61.6	84,948	3.4	2.8-4.3
No Insurance	302,041	43.3	39.6-47.2	56,235	7.9	5.8-10.9
PARISH						
Urban	1,220,040	54.3	52.4-56.2	1,00,397	4.3	3.5-5.4
Rural	445,323	61.8	58.9-64.6	31,926	4.3	3.1-5.9

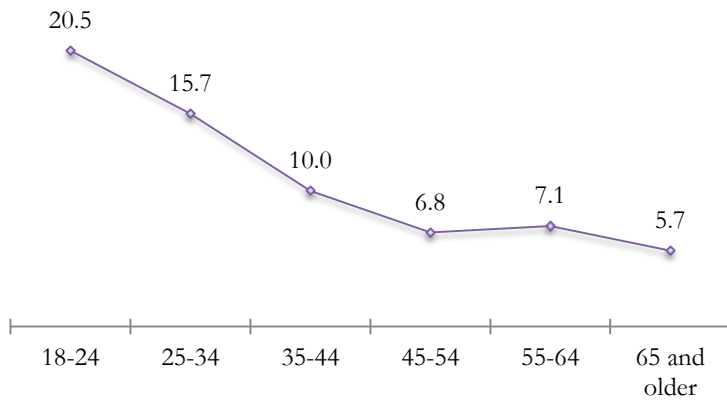
* The proportion of Louisiana adults who have never been tested for HIV.

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

Seatbelt Use

According to the CDC, motor vehicle crashes are the leading cause of death in the United States among individuals between 5 and 34 years old. Seat belts have been shown to be the most effective method for reducing injuries among adults in the event of a crash. The United States has seen an increase in self-reported seat belt use over the past two decades. From 2002 to 2008, self-reported seat belt use increase from 80.5% to 85%. In 2009, an estimated 2.3 million adult motor vehicle occupants had nonfatal injuries treated in emergency rooms and hospitals. The 2011 BRFSS asked Louisiana residents whether they always wore a seatbelt when they drove or rode in a car. Around 11% (346,618) of Louisiana adults reported that they did not always wear their seatbelt when driving or riding in a car, which is lower than the national average of 13.8%.

Figure 34: Percent of Adults Not Always Wearing Seatbelt by Age, 2011



Age is a strong predictor of whether an individual reports not wearing his or her seatbelt. One-fifth of individuals (90,627) between the age of 18 and 24 reported not always wearing their seatbelts, while 5.7% (31,413) of individuals 65 or older reported not always wearing their seatbelt (Figure 34). There are also differences among several other demographic characteristics (Figure 35). Women reported a lower percentage of not wearing their seatbelt at 6.8% (115,866) than men at 15.0% (230,752). A higher percent of uninsured individuals reported not wearing their seatbelt at 14.4% (102,827) than the insured at 9.5% (212,289).

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Figure 35: Percent of Adults Not Always Wearing Seatbelt by Gender, Uninsured Status, Race-Ethnicity, and Type of Parish, 2011

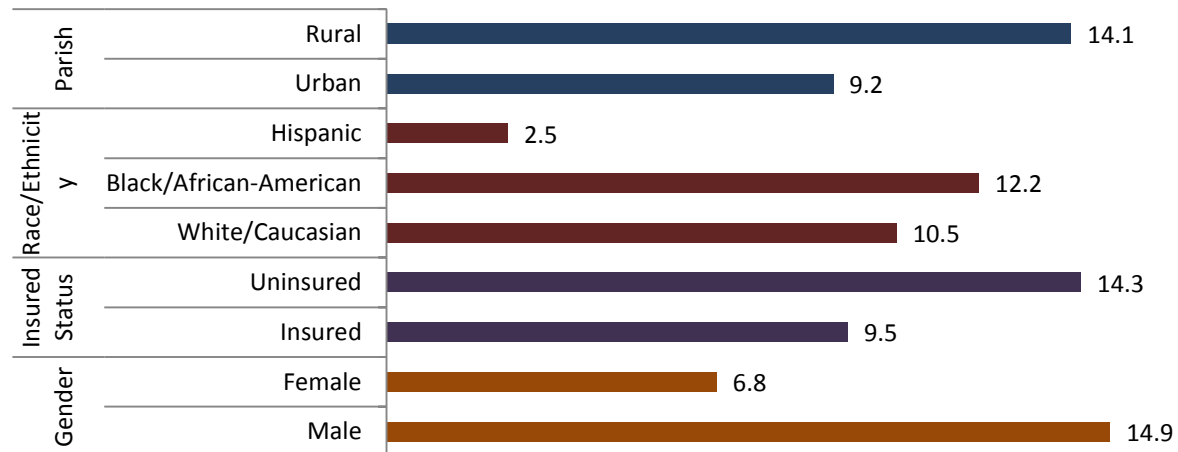


Table 19. Seatbelt Use of 2011 BRFSS Respondents

	Respondents who do not wear seatbelts*		
Demographic characteristics	Pop. Est.	%	95% CI
Total	346,618	10.7	9.6-11.8
AGE (IN YEARS)			
18-24	90,627	20.4	16.1-25.5
25-34	93,638	15.7	12.6-19.3
35-44	53,351	10	7.6-12.9
45-54		6.8	5.3-8.5
55-64	36,310	7.1	5.7-8.9
65 and over	31,413	5.7	4.7-6.9
GENDER			
Male	230,752	14.9	13.1-17.0
Female	115,866	6.8	5.9-7.9
RACE-ETHNICITY			
White	216,194	10.5	9.2-11.9
Black	115,453	12.2	10.0-14.7
Hispanic	10,166	8.9	4.8-15.8
Other	1,876	2.5	1.2-5.5
Multiracial	1,284	4.4	1.1-16.1
EDUCATION			
Did not graduate high school	87,025	13.9	11.0-17.5
Graduated high school	139,422	12.7	10.8-14.9
Attended college	80,719	9.0	7.3-11.0
Graduated college	39,452	6.4	5.0-8.0
ANNUAL HOUSEHOLD INCOME			
<15,000	46,172	10.2	7.6-13.6
15,000-24,999	57,303	10.2	7.9-13.1
25,000-34,999	38,642	11.9	8.7-16.2
35,000-49,999	47,261	13.1	10.1-16.9
50,000 +	107,259	10.7	8.9-12.9
HEALTH INSURANCE			
Have Insurance	239,167	9.5	8.5-10.7
No Insurance	102,827	14.3	11.6-17.5
PARISH			
Urban	215,587	9.2	8.0-10.5
Rural	106,548	14.1	11.9-16.7

* The proportion of Louisiana adults who reported that they did not always wear a seatbelt when they drove or rode in a car.