



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.

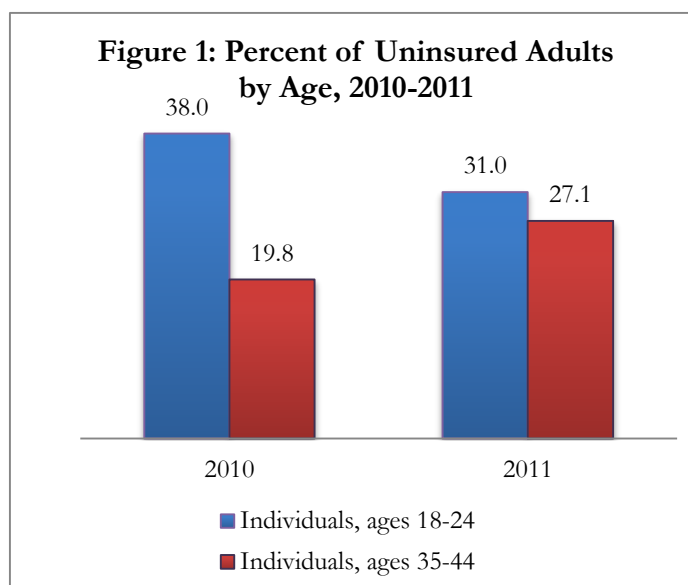
Executive Summary

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.

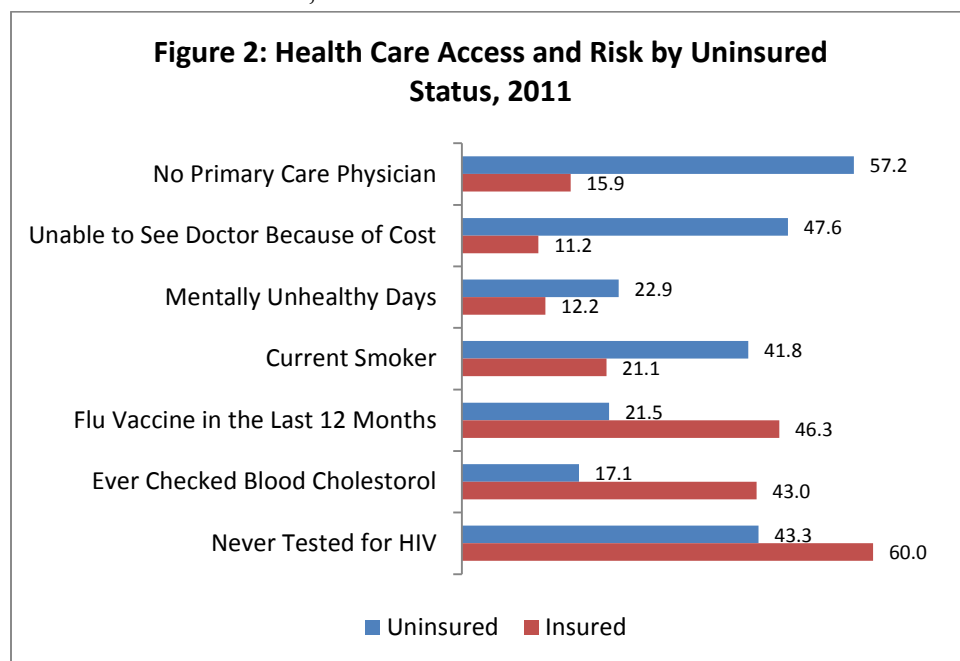
While the 2011 BRFSS demonstrates that Louisiana residents still struggle with a variety of negative health issues and engage in high health risks, it also shows signs of progress and change.

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.

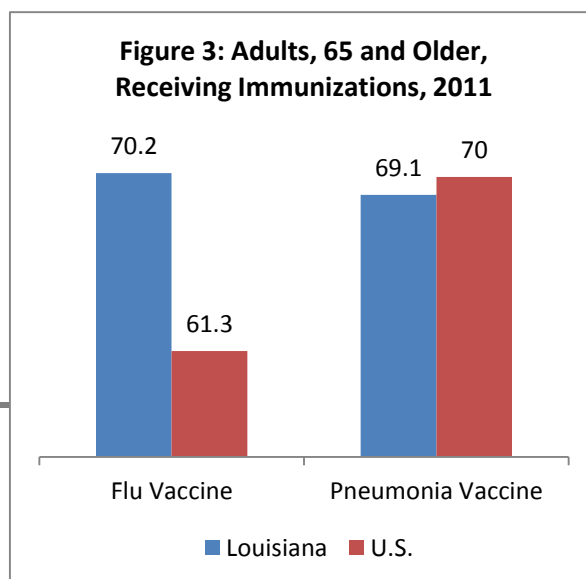


Health insurance is an important factor in an individual's overall health because it improves access to medical care. Uninsured adults are less likely to have a primary care physician (37.2%) , more likely to report they were unable to see a doctor because of costs (47.6%), and less likely to ever have 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

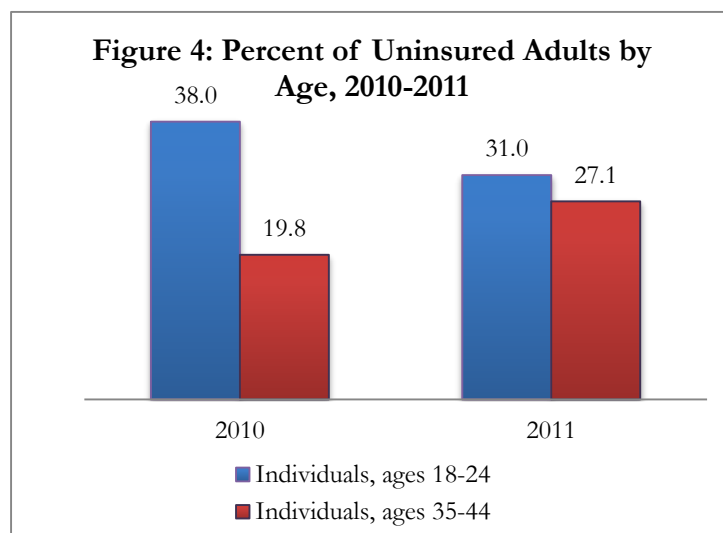
| Demographic Characteristics | Population Estimates | % | 95% CI |
|------------------------------|----------------------|------|-----------|
| AGE (IN YEARS) | | | |
| 18-24 | 469,731 | 13.8 | 12.5-15.3 |
| 25-34 | 631,232 | 18.6 | 17.2-20.1 |
| 35-44 | 562,845 | 16.6 | 15.3-17.8 |
| 45-54 | 631,870 | 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 | 2,136,956 | 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.

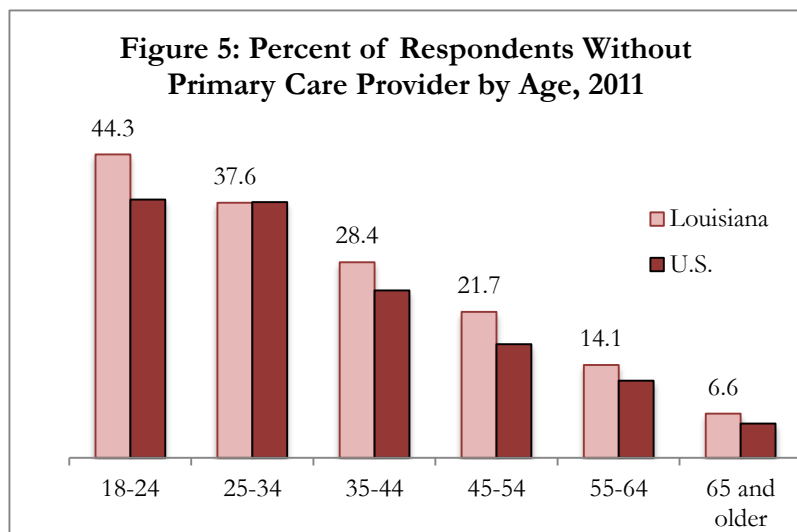


Table 2. Health Care Coverage and Access of 2011 BRFSS Respondents

| | Uninsured Non-elderly Adults in Louisiana* | | | No Primary Care Provider** | | | Unable to See Doctor Because of Cost*** | | |
|-----------------------------|--|------|-----------|----------------------------|------|-----------|---|------|-----------|
| Demographic characteristics | 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.

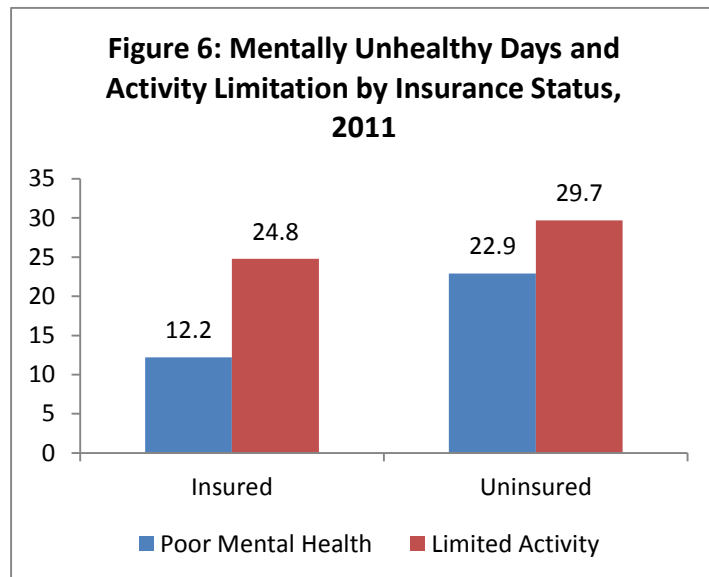
Physically and Mentally Unhealthy Days

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.

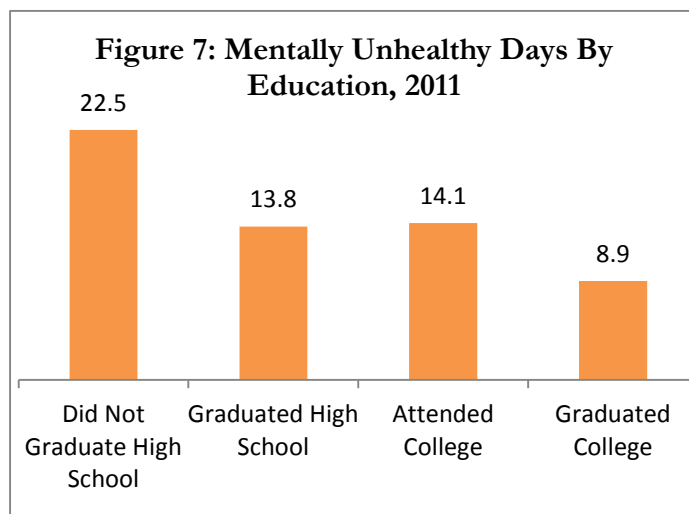
COMPARING THE INSURED AND UNINSURED

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).



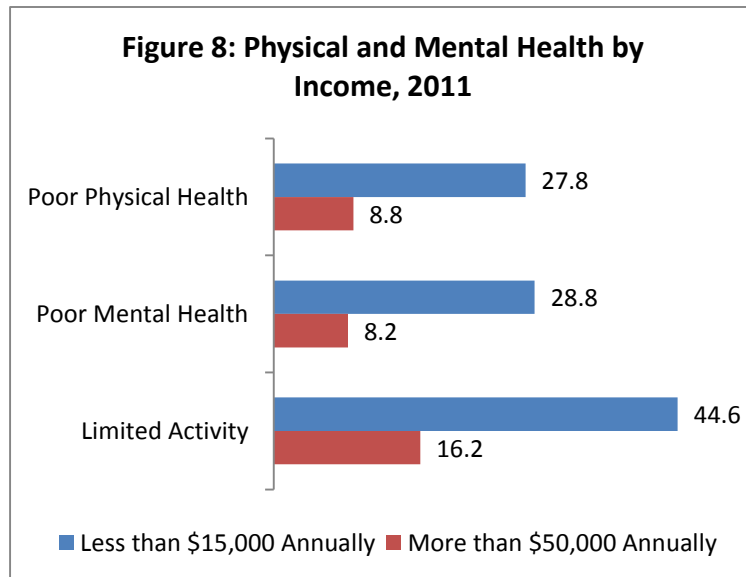
POOR MENTAL HEALTH DAYS



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

| | Physically Unhealthy Days* | | | Mentally Unhealthy Days** | | | Activity Limitation Days*** | | |
|------------------------------|----------------------------|------|-----------|---------------------------|------|-----------|-----------------------------|------|-------------|
| Demographic characteristics | 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.

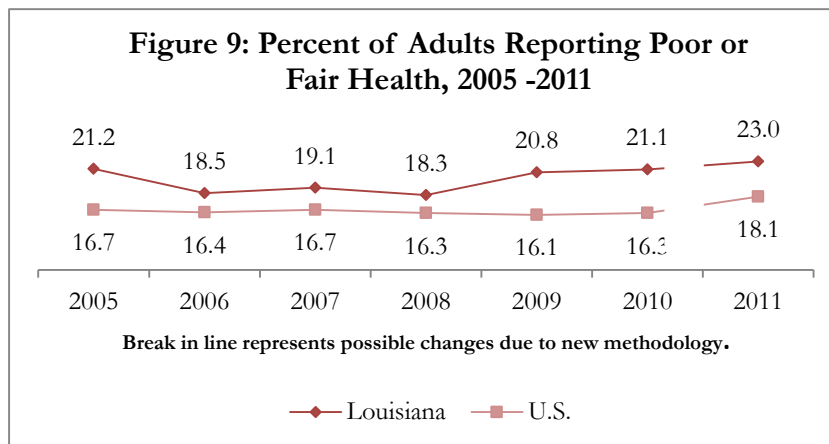
General Health Status

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

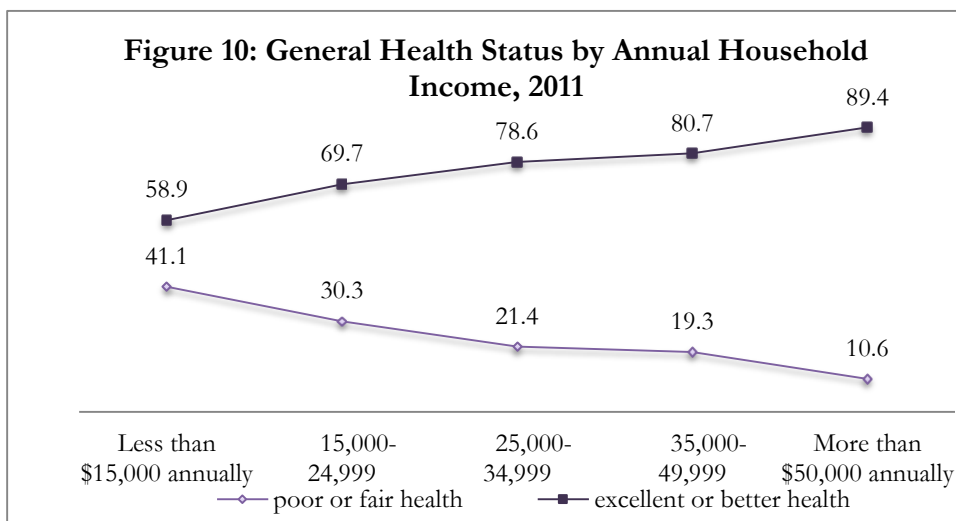
measure of personal health, self-reported health status provides useful insight into how residents feel about their own wellness.

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

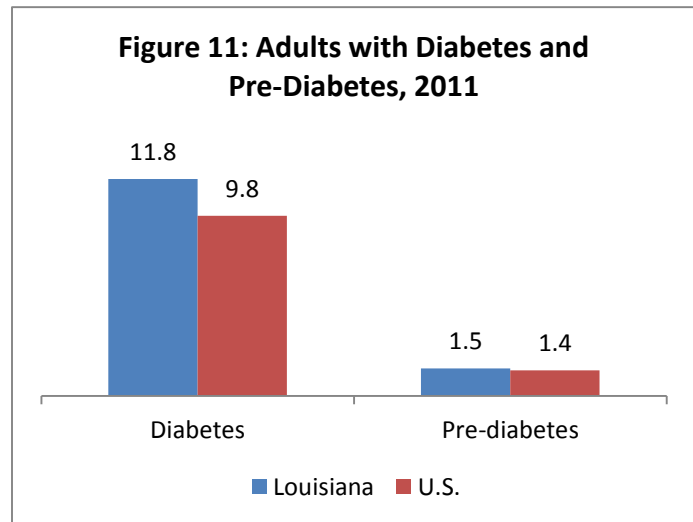
| Demographic characteristics | Adults in Louisiana in Fair or Poor Health* | | | Adults in Louisiana in Good or Better Health** | | |
|------------------------------|---|------|-----------|--|------|-----------|
| | Sample Size | % | 95% CI | Sample Size | % | 95% CI |
| Total | 778,377 | 23.0 | 21.8-24.2 | 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.

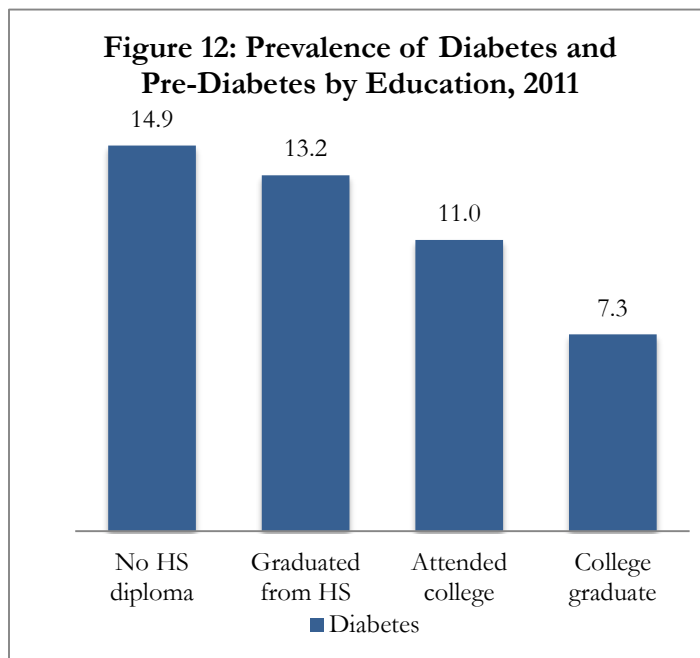
** The proportion of Louisiana adults who reported good or better general health.

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).

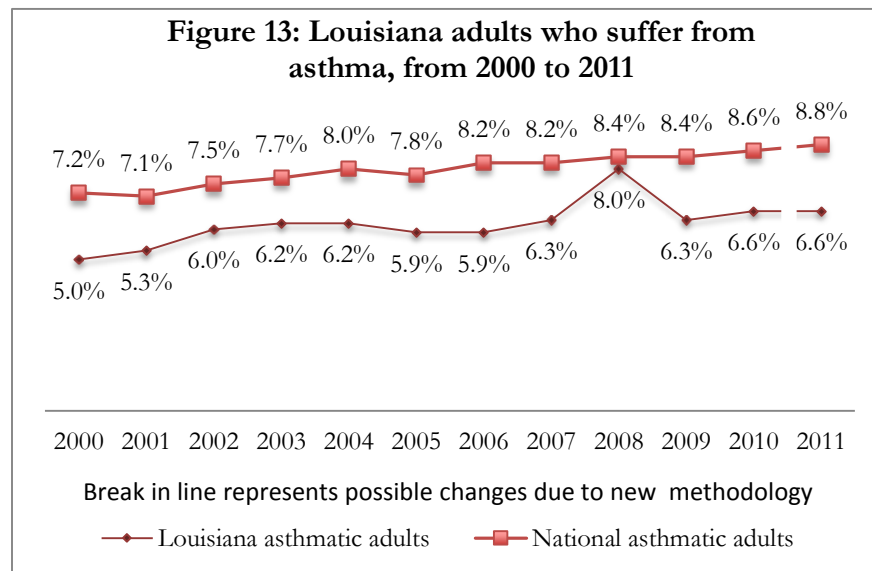


Table 6. Asthma Diagnosis of 2011 BRFSS Respondents

| | Lifetime Asthma* | | | Current Asthma** | | |
|------------------------------|------------------|------|-----------|------------------|------|----------|
| Demographic characteristics | Pop. Est. | % | 95% CI | Pop. Est. | % | 95% CI |
| Total | 377,490 | 11.1 | 10.2-12.1 | 225,582 | 6.6 | 5.9-7.4 |
| AGE (IN YEARS) | | | | | | |
| 18-24 | 64,873 | 13.8 | 10.5-18.0 | 29,178 | 6.2 | 4.0-9.4 |
| 25-34 | 66,679 | 10.6 | 8.2-13.5 | 33,200 | 5.3 | 3.7-7.4 |
| 35-44 | 66,762 | 11.9 | 9.4-14.9 | 38,068 | 6.8 | 4.9-9.3 |
| 45-54 | 67,329 | 10.7 | 8.9-12.8 | 46,633 | 7.4 | 5.9-9.1 |
| 55-64 | 60,787 | 11.5 | 9.9-13.4 | 43,235 | 8.2 | 6.8-9.8 |
| 65 and over | 51,061 | 8.9 | 7.7-10.2 | 35,269 | 6.1 | 5.2-7.2 |
| GENDER | | | | | | |
| Male | 162,830 | 10.0 | 8.5-11.8 | 71,406 | 4.4 | 3.4-5.6 |
| Female | 214,660 | 12.1 | 11.0-13.3 | 154,177 | 8.7 | 7.7-9.8 |
| RACE-ETHNICITY | | | | | | |
| White | 221,370 | 10.4 | 9.2-11.6 | 135,781 | 6.3 | 5.5-7.3 |
| Black | 125,965 | 12.5 | 10.6-14.7 | 73,298 | 7.3 | 5.9-8.9 |
| Hispanic | 12,616 | 10.4 | 8.9-12.1 | 5,379 | 4.4 | 4.4-12.7 |
| Other | 11,073 | 13.9 | 9.6-31.4 | 4,671 | 16.2 | 8.1-29.7 |
| Multiracial | 5,197 | 18.1 | 6.2-16.8 | 6,055 | 7.6 | 1.9-9.9 |
| EDUCATION | | | | | | |
| Did not graduate high school | 93,849 | 14.3 | 11.7-17.5 | 63,048 | 9.6 | 7.5-12.1 |
| Graduated high school | 115,639 | 9.9 | 8.4-11.6 | 65,834 | 5.6 | 4.7-6.8 |
| Attended college | 106,844 | 11.5 | 9.8-13.6 | 63,497 | 6.8 | 5.5-8.5 |
| Graduated college | 60,895 | 9.5 | 7.9-11.4 | 32,941 | 5.1 | 4.0-6.6 |
| ANNUAL HOUSEHOLD INCOME | | | | | | |
| <15,000 | 77,714 | 16.3 | 13.5-19.7 | 53,109 | 11.1 | 8.9-13.9 |
| 15,000-24,999 | 84,091 | 14.1 | 11.6-17.0 | 53,417 | 8.9 | 7.1-11.2 |
| 25,000-34,999 | 27,272 | 8.0 | 6.0-10.7 | 17,395 | 5.1 | 3.6-7.3 |
| 35,000-49,999 | 37,883 | 10.1 | 7.7-13.1 | 16,874 | 4.5 | 3.2-6.3 |
| 50,000 + | 84,056 | 8.2 | 6.8-9.8 | 45,208 | 4.4 | 3.4-5.6 |
| HEALTH INSURANCE | | | | | | |
| Have Insurance | 964 | 10.5 | 9.5-11.6 | 164,522 | 6.3 | 5.5-7.1 |
| No Insurance | 214 | 13.5 | 10.8-16.0 | 59,581 | 7.8 | 6.1-10.0 |
| PARISH | | | | | | |
| Urban | 284,632 | 11.6 | 10.4-12.9 | 164,010 | 6.7 | 5.8-7.6 |
| Rural | 79,792 | 10.3 | 8.7-12.1 | 51,983 | 6.7 | 5.4-8.2 |

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

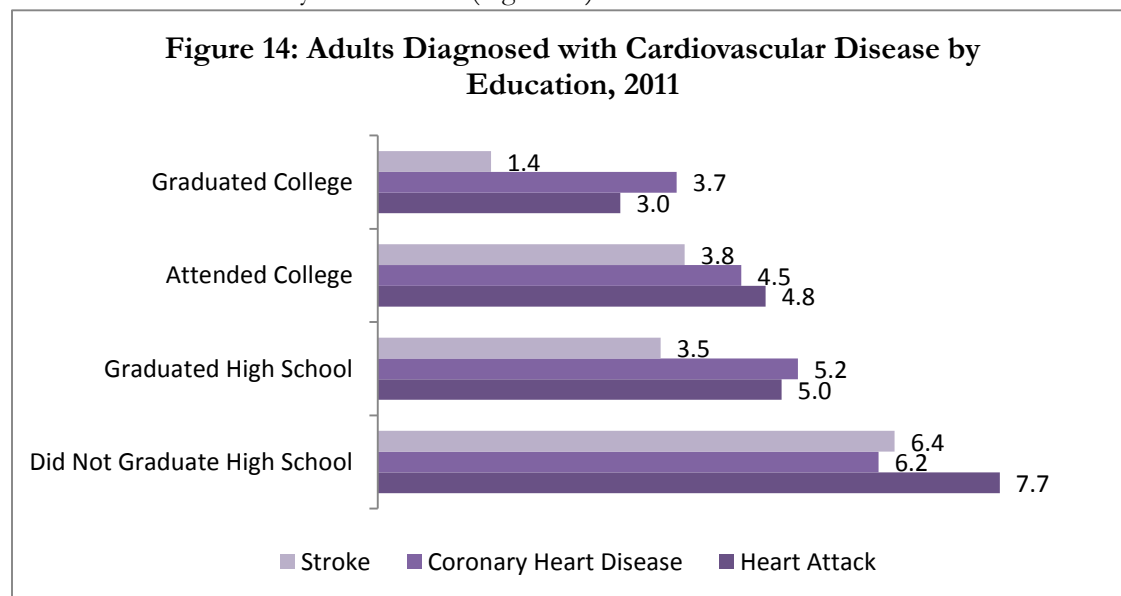
**% of adults who reported ever being told that they have asthma who currently have asthma.

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

| | Heart attack* | | | Coronary heart disease** | | | Stroke*** | | |
|------------------------------|---------------|------|-----------|--------------------------|------|-----------|-----------|-----|----------|
| Demographic characteristics | 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

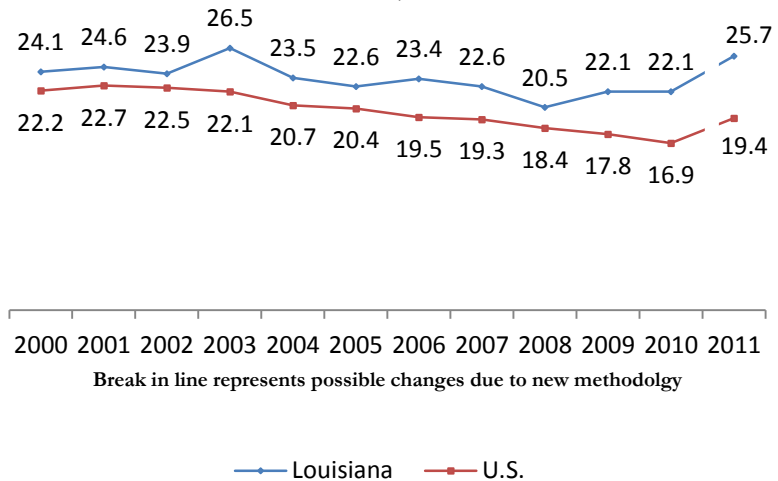
** The proportion of respondents who were told by a health care professional that they had angina or coronary heart disease.

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

Tobacco Use

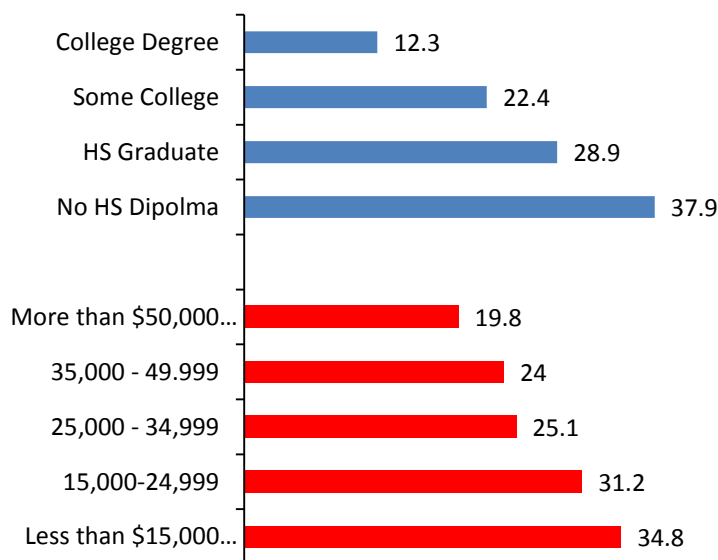
Tobacco use is associated with a variety of negative health outcomes, including coronary heart disease, lung cancer, and cancer of the larynx and mouth. According to the CDC, the percent of Americans who smoke has steadily decreased over the past decade. In 2011, 872,205 (25.7%) of Louisiana Adults reported 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.

Figure 15: Percent of Adults who are Current Smokers, 2011



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 | 623,361 | 25.5 | 23.8-27.2 | 1,175,579 | 48 | 46.2-49.9 |
| Rural | 203,765 | 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.

Figure 17: Louisiana Adults, Aged 65 and Older, Receiving Immunizations, 2010-2011

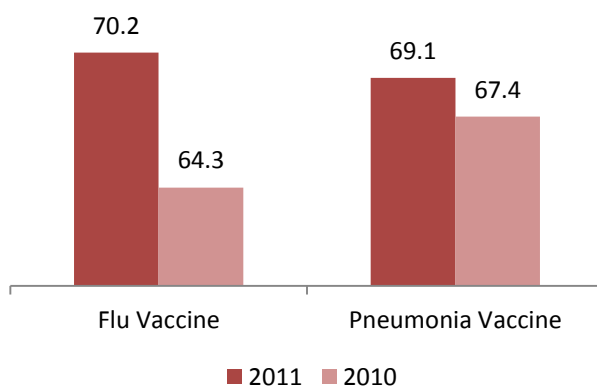


Table 9a. Immunizations of 2011 BRFSS Respondents

| 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.

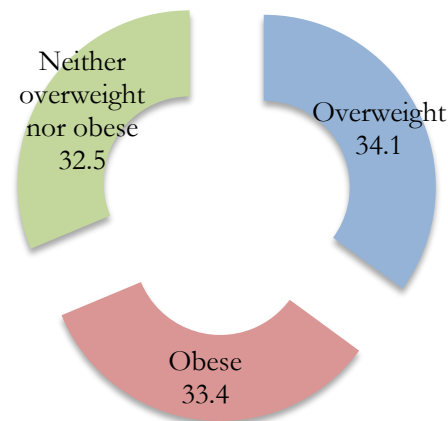
** Louisiana adults who reported that they ever had a pneumonia vaccine.

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.

Figure 18: Percent of Louisiana Adults Overweight and Obese, 2011



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.

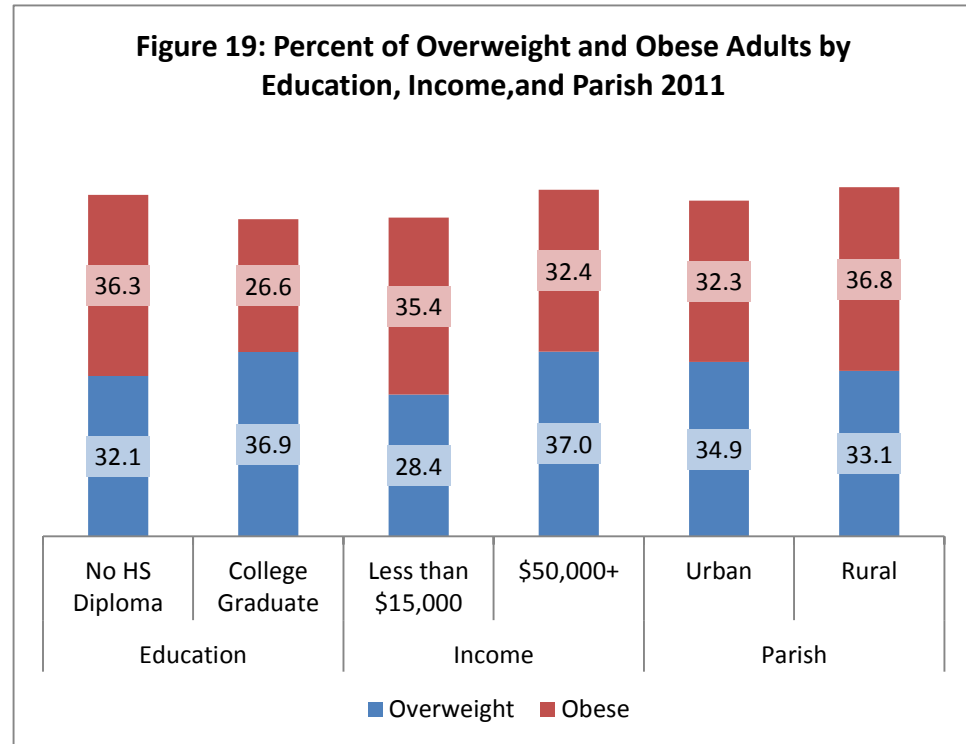


Table 10. Overweight and Obesity of 2011 BRFSS Respondents

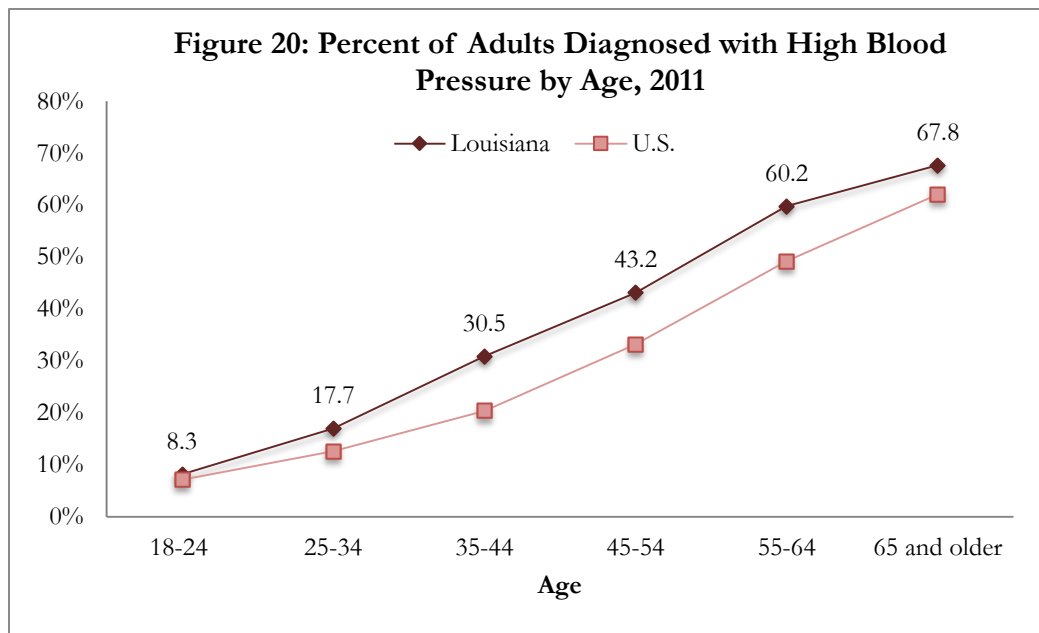
| Demographic characteristics | Overweight | | | Obese | | |
|------------------------------|------------|------|-----------|-----------|------|-----------|
| | Pop. Est. | % | 95% CI | Pop. Est. | % | 95% CI |
| Total | 1,112,307 | 34.1 | 32.7-35.6 | 1,089,094 | 33.4 | 32.0-34.9 |
| AGE (IN YEARS) | | | | | | |
| 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).

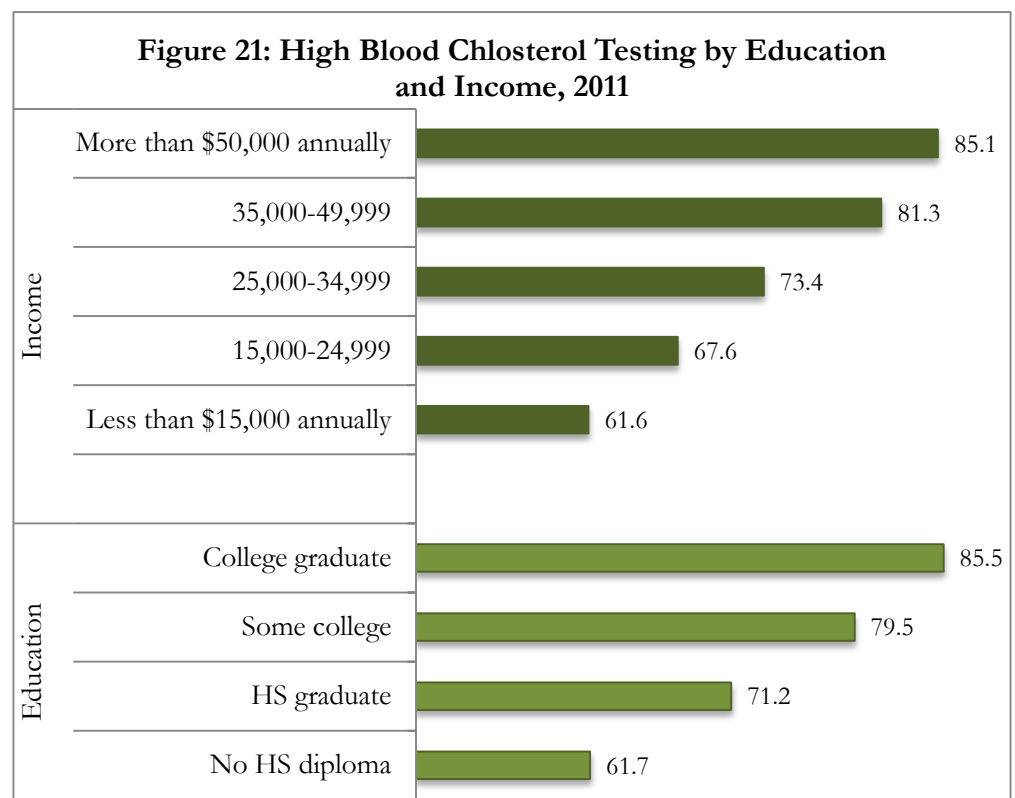
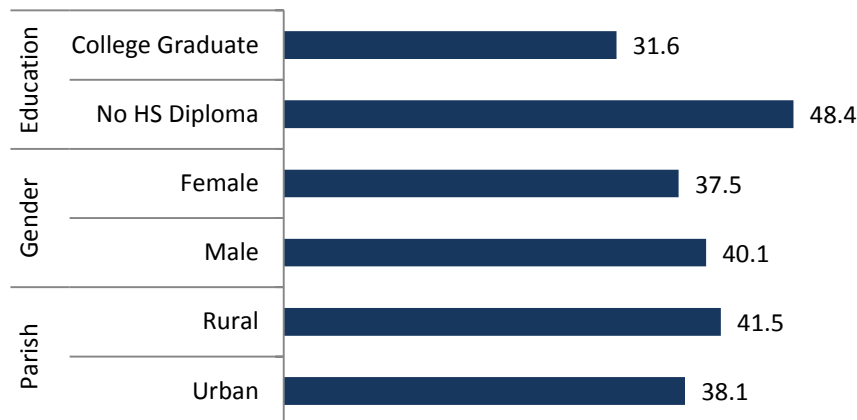


Figure 22: Percent of Adults Diagnosed with High Blood Pressure by Education, Gender, and Type of Parish



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 |

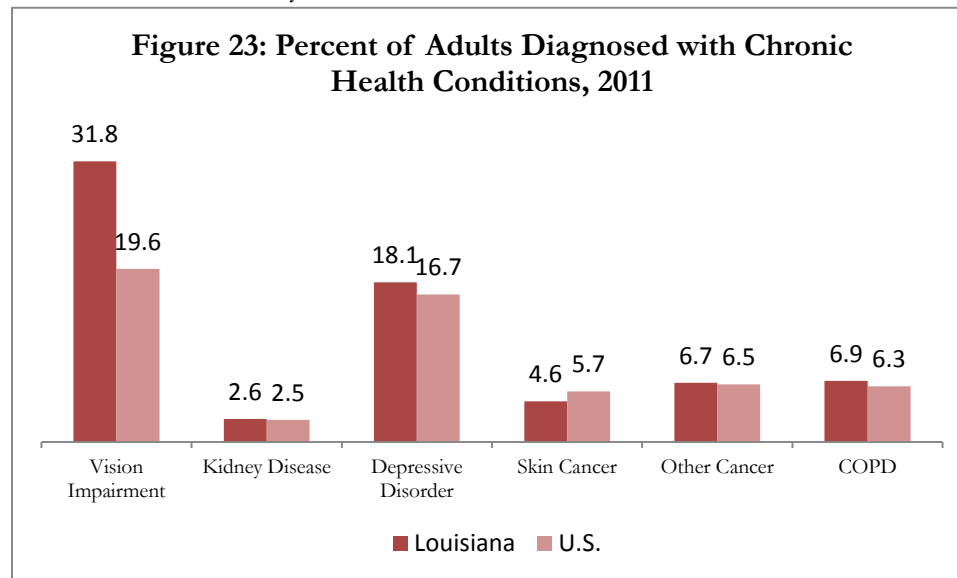
* Louisiana adults who have ever had their blood cholesterol checked.

** 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

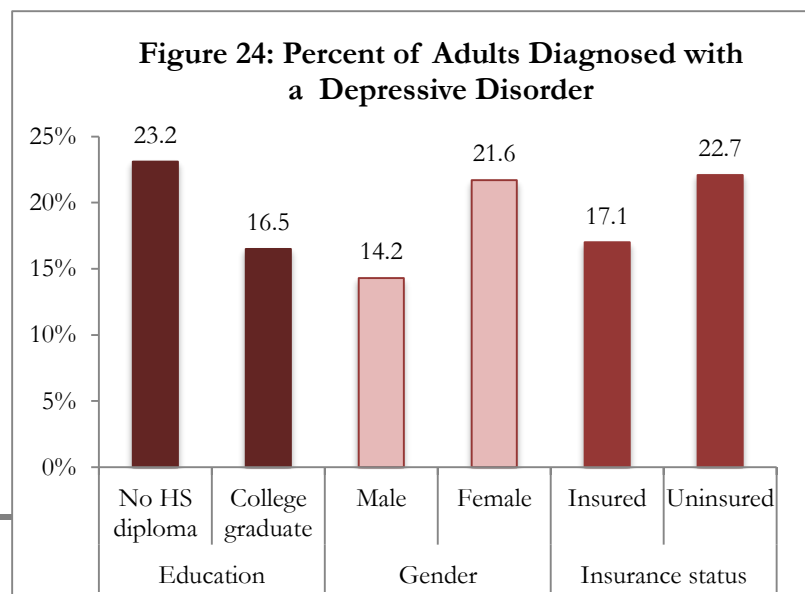
There are several different chronic health conditions that affect individuals as well as statewide healthcare systems. These unique, yet chronic, conditions require more frequent doctor visits, lengthy hospital stays, and more extensive care from physicians. The 2011 BRFSS highlights the prevalence of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

| | Vision impairment* | | | Kidney disease** | | | Depression*** | | |
|------------------------------|--------------------|------|-----------|------------------|-----|----------|---------------|------|-----------|
| Demographic characteristics | 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

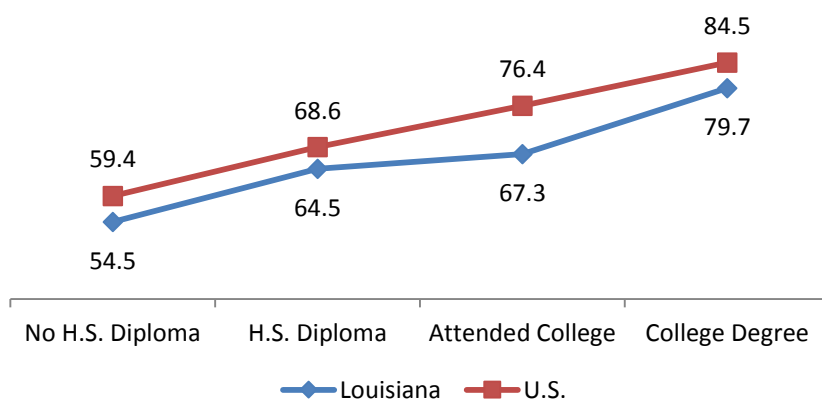
** The proportion of respondents who reported ever being told by a healthcare professional that they have kidney disease

*** 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

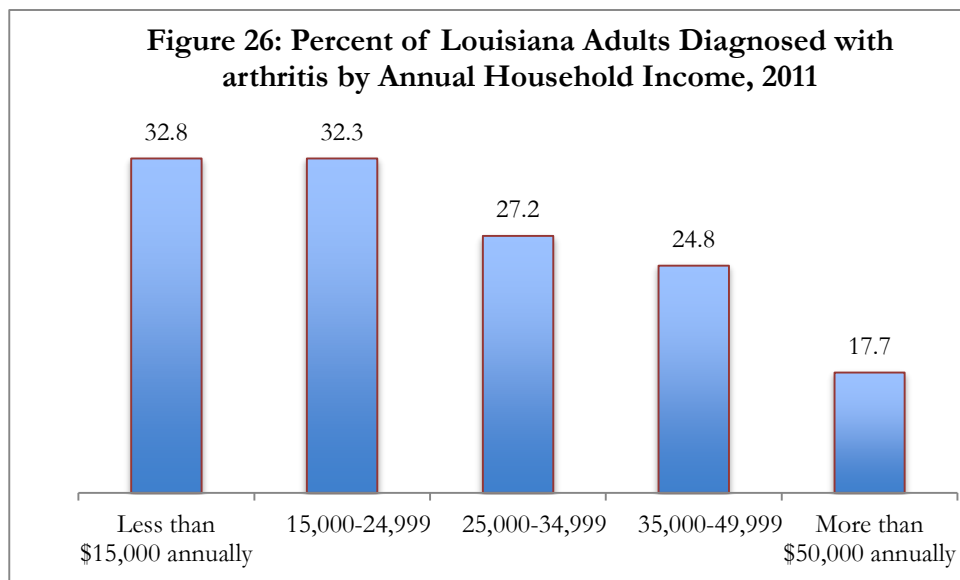
| | Any Leisure Time Physical Activity* | | |
|------------------------------|-------------------------------------|------|-----------|
| Demographic characteristics | Pop. Est. | % | 95% CI |
| Total | 2,173,752 | 66.2 | 64.7-67.6 |
| AGE (IN YEARS) | | | |
| 18-24 | 335,134 | 74.9 | 69.6-79.5 |
| 25-34 | 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.

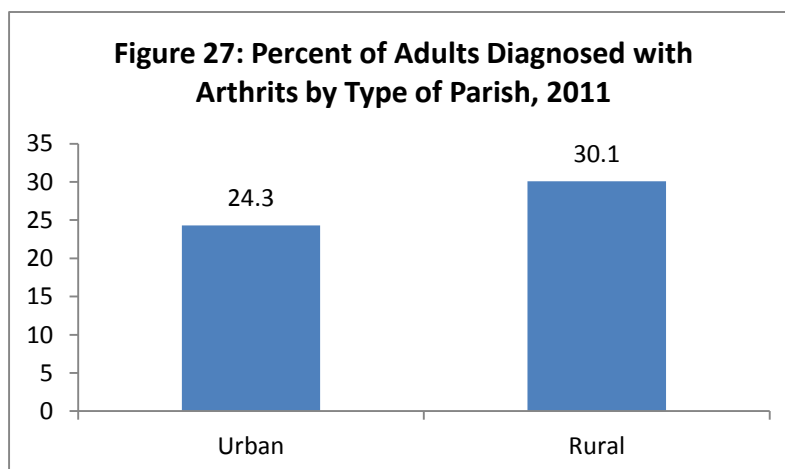


Table 15. Arthritis of 2011 BRFSS Respondents

| Demographic characteristics | Diagnosed with Arthritis* | | |
|------------------------------|---------------------------|------|-----------|
| | 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 |

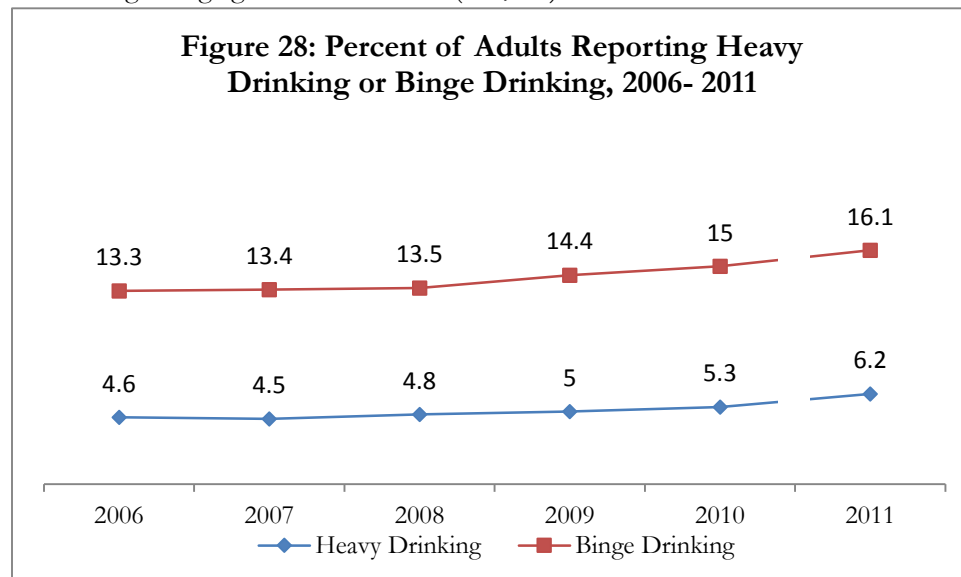
* Proportion of Louisiana respondents who have been diagnosed by a healthcare professional with arthritis.

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).

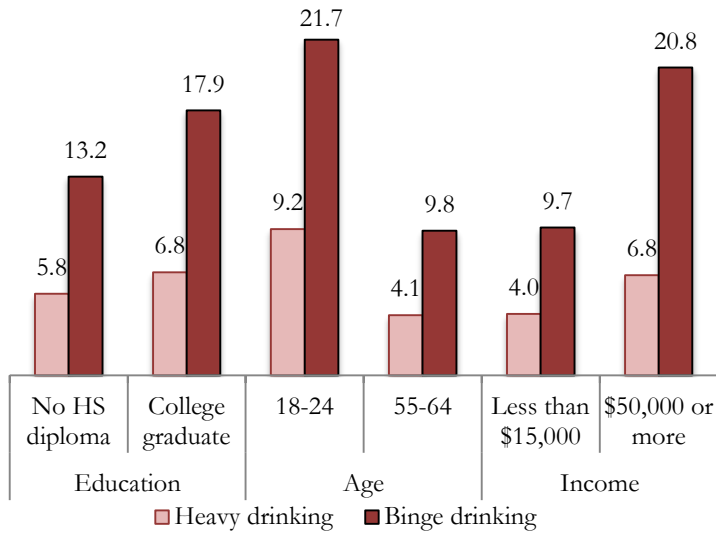
ALCOHOL USE

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

| | At least one drink in last 30 days* | | | Heavy Drinking** | | | Binge Drinking*** | | |
|------------------------------|-------------------------------------|------|-----------|------------------|------|----------|-------------------|------|-----------|
| Demographic characteristics | 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.

Figure 30: Percent of Adults with Disability that Limit Activity or Require Special Equipment by Type of Parish, 2011

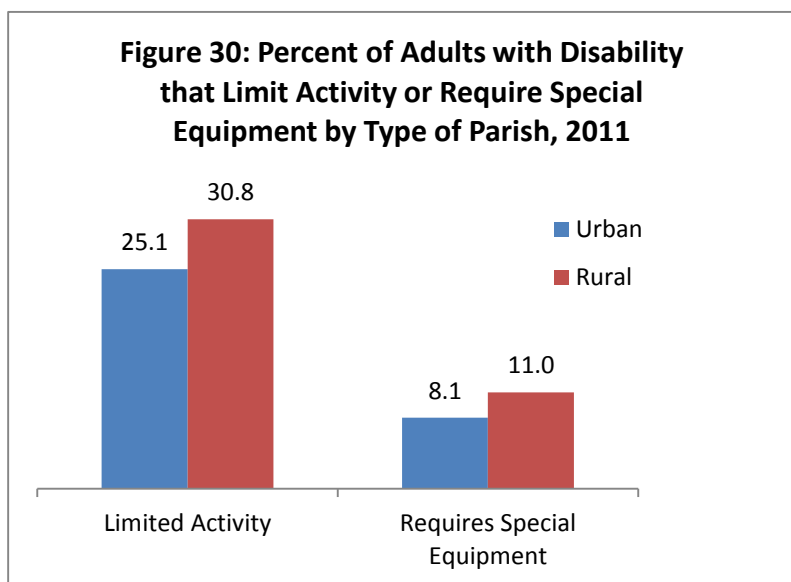


Table 17. Disability of 2011 BRFSS Respondents

| 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.

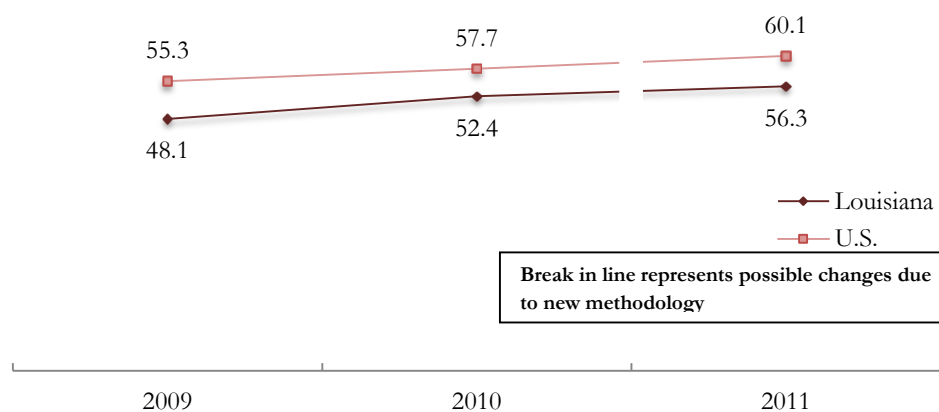
HIV/AIDS

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

Figure 31: Percent of Adults Never Tested for HIV, 2009-2011

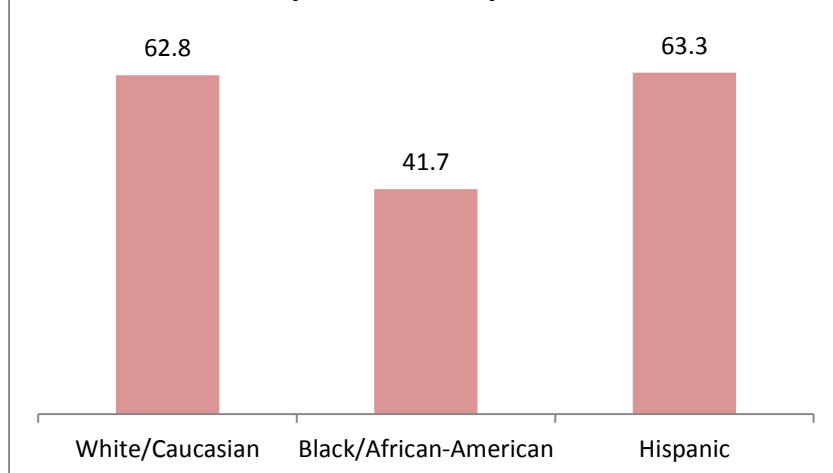


percentage of Louisiana residents who have never been tested for HIV increased from 51.4% in 2010 to 56.3% in 2011, perhaps reflecting greater accuracy in the estimates and the inclusion of the cell phone population in the 2011 data. This is an eight-point difference in the percent of Louisiana adults 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

Figure 32: Percent of Adults Never Tested for HIV by Race-Ethnicity, 2011



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).

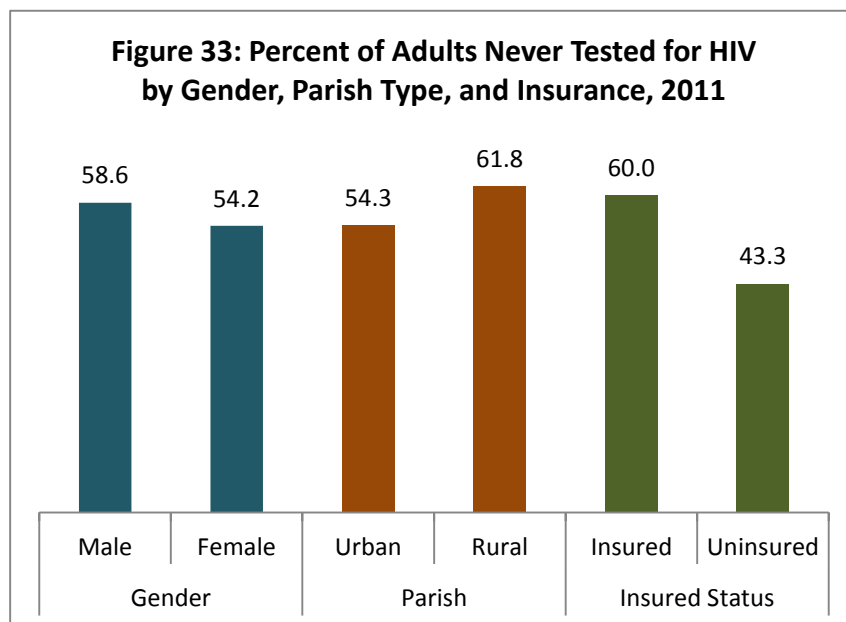


Table 18. HIV Testing of 2011 BRFSS Respondents

| | Adults never tested for HIV* | | | Engage in high risk behavior** | | |
|------------------------------|------------------------------|------|-----------|--------------------------------|------|----------|
| Demographic characteristics | 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 |

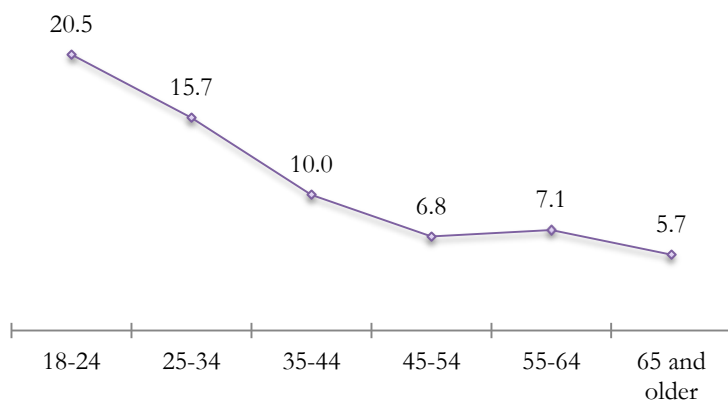
* The proportion of Louisiana adults who have never been tested for HIV.

** 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%

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



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%.

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).

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

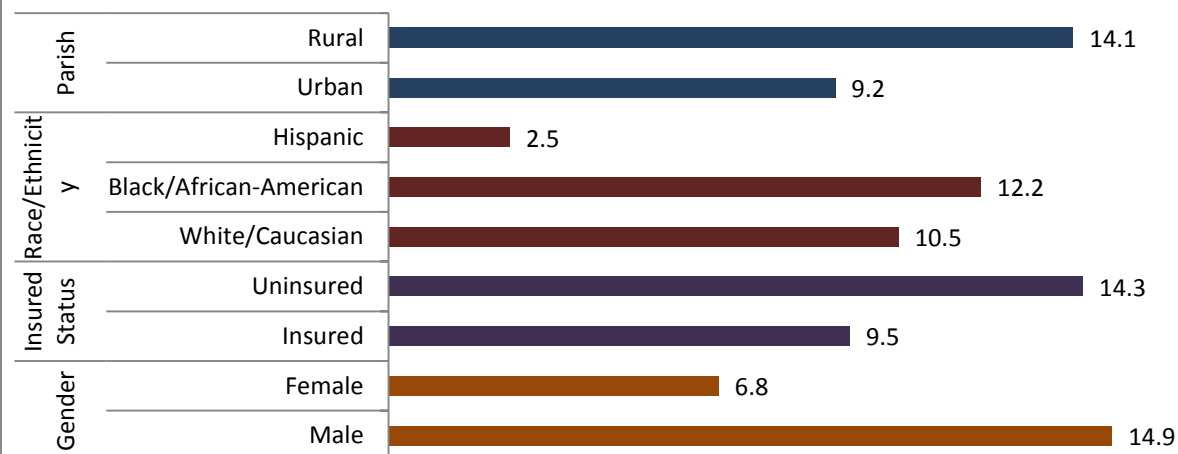


Table 19. Seatbelt Use of 2011 BRFSS Respondents

| | 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.
