

Louisiana Report 2013

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For the
Department of Health and Hospitals
State of Louisiana

December 2015



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 2013 BRFSS survey for the state of Louisiana. The findings are based on 5,251 weighted participants who were interviewed on either landline or cellular telephones. As has been widely noted, the cell phone only population has grown remarkably over the last several years. In 2013, the best available estimates placed the cell only population at over 30% and rapidly growing. Importantly, the cell-only population is also comprised of many hard to reach demographic groups – younger residents, minority residents, and those 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.

Also of note is a change to the BRFSS data weighting procedures which began with 2011 survey. Weighting is a statistical tool that adjusts the sample to reflect probabilities of selection and participation as well as to ensure the demographic makeup of the sample reflects known distributions among the population. Before 2011, CDC incorporated post-stratification weighting methods but beginning in 2011 and continuing in 2012 the BRFSS uses an iterative “raking” procedure. This shift in data weighting procedures should help to reduce nonresponse error as well as the error in individual estimates. Because of this shift in weighting, data from 2011 and later BRFSS surveys are not directly comparable to data from earlier surveys. In fact, the CDC recommends that the 2011 estimates should constitute the beginning of a new trend line. Therefore, in this report 2012 data are not compared to any years prior to 2011.

The content of the 2013 BRFSS questionnaire was 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 in 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.

More details on BRFSS methodology for collecting and weighting data are available at:

http://www.cdc.gov/brfss/annual_data/2013/pdf/overview_2013.pdf

http://www.cdc.gov/brfss/annual_data/2013/pdf/weighting_data.pdf

http://www.cdc.gov/brfss/annual_data/2013/pdf/2013_dqr.pdf

A copies of the instrument and codebooks are available at:

http://www.cdc.gov/brfss/questionnaires/pdf-ques/2013%20brfss_english.pdf

http://www.cdc.gov/brfss/annual_data/2013/pdf/codebook13_llcp.pdf

Executive Summary

Louisiana is overwhelmingly categorized as an at-risk state in the majority of public health studies. The state suffers from persistent poverty, below average educational attainment, and poor health outcomes when compared to peers across the United States. However, health outcomes are not uniform across populations, even within states.

The value of the Behavioral Risk Factor Surveillance System (BRFSS) project is its ability to compare health-related outcomes and behaviors across groups within the population, to place them in the context of other U.S. states and territories, and track them over time. 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. In addition, by identifying current health patterns, we are better able to identify areas in which the general health of Louisiana residents is improving and monitor problematic developments.

As has been shown before, the 2013 BRFSS demonstrates that Louisiana residents in general struggle with a variety of negative health issues. Nevertheless, this latest data release from BRFSS also highlights those select areas of public health where the state compares favorably to the rest of the nation. The 2013 data show lingering health disparities related to socio-economic status, as measured by educational attainment and household income. Across a range of indicators, lower income and less educated adult residents of Louisiana tend to suffer from poorer physical and mental health. This summary highlights the major health challenges facing Louisiana and identifies populations most at-risk for poor health outcomes.

- Overall, Louisiana residents offer more negative subjective assessments of their general health than their peers across the United States.
- Significant socio-economic disparities occur in access to health care, including insurance coverage, having a primary care provider, and ability to pay for doctor visits and prescription medication.
- A variety of chronic health conditions, diseases, and their consequences are more frequent in Louisiana than the U.S. as whole. These include:
 - Diabetes
 - Stroke
 - Obesity
- Yet, other chronic conditions or diseases are no more likely (and in some cases less likely) to occur among Louisiana's adult population than among the national population. These include:
 - Coronary heart disease
 - Heart attacks
 - Depression
 - Cancer
 - Asthma

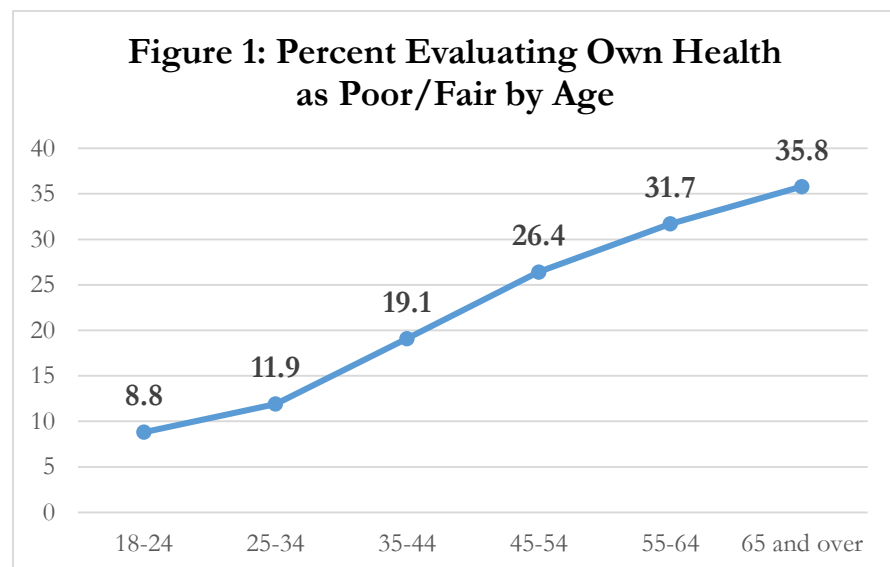
General Health Status

Each year, BRFSS participants are asked to rate their general health as excellent, very good, good, fair, or poor. Self-reported health status provides useful insight into how residents assess their own wellness. Because this subjective indicator tends to be associated with objective measures of health quality, it serves as a key summary component of health surveillance.

Overall, Louisiana residents' subjective evaluations of their general health fall below the national average. Across the United States, 16.7% of respondents report fair or poor health while the remaining 83.3% rate their health as good, very good, or excellent. When asked to evaluate their own health, 22.7% of Louisiana residents rated their general health status as fair or poor, while 77.3% rated their health as good or better.

Because older adults tend to experience more health problems than younger adults, it is no surprise to see large differences across age in evaluations of health (Figure 1). About one in ten adults between the ages of 18 and 24 describe their general health as poor or fair, but more than one third of those 65 years or older describe their health as poor or fair.

Besides health changes that occur over the life cycle, general health is also highly correlated with socio-economic status. Fewer than one in ten individuals (6.9%) in the group of highest earning households, \$75,000 or more annually, report poor or fair health, but nearly half (45.5%) in households earning less than \$15,000 annually describe their health as poor or fair.



Given the close association between earnings and educational attainment, it is no surprise that the same pattern is reflected across levels of education. Over 40% of those who did not graduate high school rate their health as poor or fair. The shares falls by about half – to 23.6% – among high school graduates who did not attend college. It falls further still among those who attended college but did not earn a four-year degree (16.9%) and those who graduated college with a four-year degree (10.7%).

Race also corresponds to differences in self-evaluations of general health with black residents of Louisiana more likely to report poor or fair health than white residents. Among black residents, 28.6% report poor or fair health. Among white residents, 21.1% report poor or fair health.

Table 1: General Health Status						
	Adults in 'Poor' or 'Fair' Health			Adults in 'Good' or Better Health		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
TOTAL	22.7	[21.1,24.5]	796,878	77.3	[75.5,78.9]	2,706,598
AGE						
18-24	8.8	[5.4,14.1]	41,773	91.2	[85.9,94.6]	430,270
25-34	11.9	[8.4,16.4]	76,725	88.1	[83.6,91.6]	570,272
35-44	19.1	[14.7,24.5]	107,193	80.9	[75.5,85.3]	452,767
45-54	26.4	[22.3,30.9]	162,344	73.6	[69.1,77.7]	452,563
55-64	31.7	[28.1,35.5]	184,715	68.3	[64.5,71.9]	398,887
65 and over	35.8	[32.9,38.8]	224,129	64.2	[61.2,67.1]	401,838
GENDER						
Male	21.9	[19.3,24.7]	369,863	78.1	[75.3,80.7]	1,321,544
Female	23.6	[21.5,25.7]	427,016	76.4	[74.3,78.5]	1,385,054
RACE-ETHNICITY						
White, Non-Hispanic	21.1	[19.1,23.1]	447,713	78.9	[76.9,80.9]	1,678,323
Black, Non-Hispanic	28.6	[25.1,32.3]	301,216	71.4	[67.7,74.9]	751,979
Other, Non-Hispanic	19.8	[11.2,32.6]	19,088	80.2	[67.4,88.8]	77,174
Multiracial, Non-Hispanic	25.2	[10.8,48.5]	6,220	74.8	[51.5,89.2]	18,432
Hispanic	9.2	[4.0,19.9]	15,090	90.8	[80.1,96.0]	148,494
EDUCATION						
Did not graduate HS	43	[36.8,49.5]	275,003	57	[50.5,63.2]	364,514
Graduate from HS	23.6	[20.9,26.4]	281,701	76.4	[73.6,79.1]	913,699
Attended college	16.9	[14.5,19.6]	167,133	83.1	[80.4,85.5]	821,631
Graduated college	10.7	[9.0,12.8]	73,041	89.3	[87.2,91.0]	606,754
HOUSEHOLD INCOME						
Less than \$15,000	45.5	[39.1,52.1]	219,526	54.5	[47.9,60.9]	262,676
\$15,000-\$24,999	31.9	[27.3,36.9]	204,969	68.1	[63.1,72.7]	437,712
\$25,000-\$34,999	23	[18.6,28.1]	78,249	77	[71.9,81.4]	261,715
\$35,000-\$49,999	15.9	[12.1,20.7]	65,936	84.1	[79.3,87.9]	348,794
\$50,000-\$74,999	11.1	[8.4,14.5]	42,524	88.9	[85.5,91.6]	340,736
\$75,000 or more	6.9	[5.4,8.8]	50,530	93.1	[91.2,94.6]	682,300

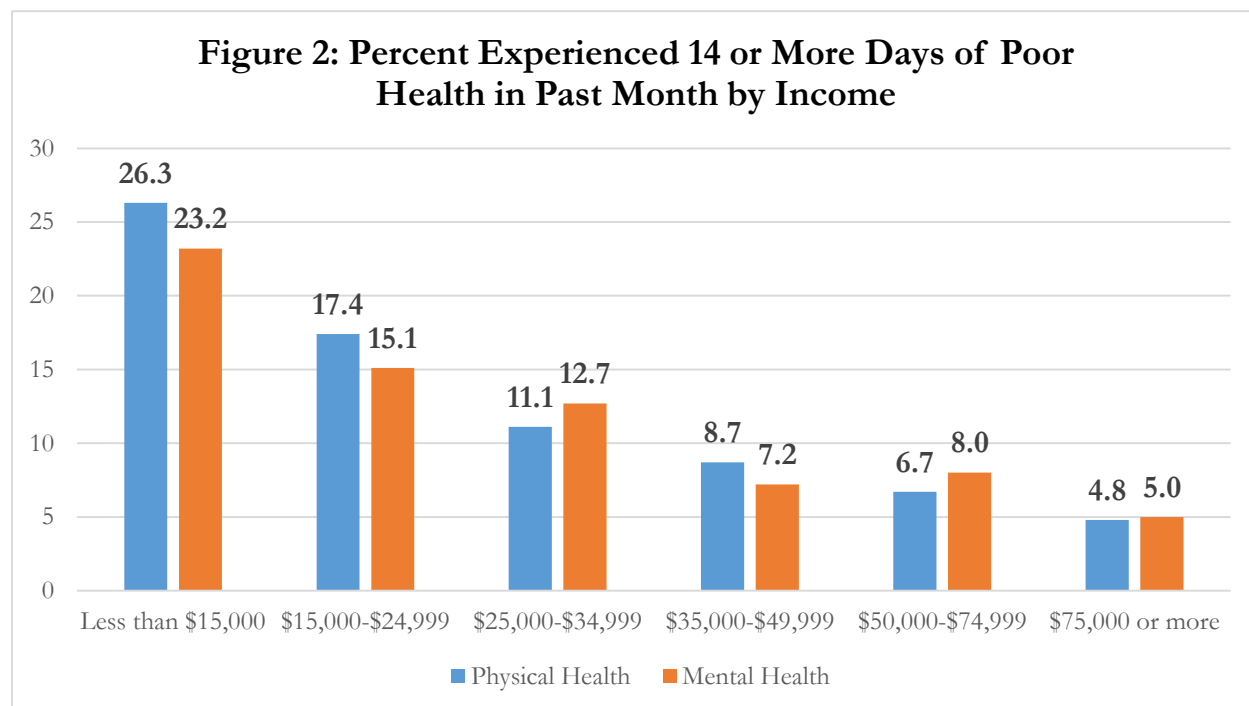
Frequency of Experiencing Poor Health

In BRFSS interviews, participants are asked about the number of days over the previous month that they felt their physical and mental health was ‘not good’. The frequencies of these experiences are often used as measures of trends in overall public health and indicators of general health disparities across subgroups. Consistent with Center for Disease Control and Prevention guidelines, we identify the percent of respondents reporting their physical or mental health as ‘not good’ for 14 or more of the previous 30 days. These estimates indicate that about 12.2% of Louisiana adult residents experience poor physical health on a frequent basis and 11.7% experience poor mental health on a frequent basis.

PHYSICAL HEALTH

Physical health is related to age, educational attainment, and income. Younger individuals are far less likely to experience frequent poor physical health. Only 2.2% of adults under the age of 25 report 14 or more days of poor physical health; 7.3% of 25-34 year olds do so. The share is more than twice as high among adults 45 years or older.

Among Louisiana residents without a high school diploma, 23.5% report their physical health as ‘not good’ for 14 or more days in the previous month. At the other end of the spectrum of educational attainment, just 5.3% of college graduates report a similar frequency of poor physical health. The same pattern holds when considering household income rather than educational attainment as a measure of socio-economic status. Individuals in households with the lowest incomes are five times more likely to report experiencing poor physical health during 14 of the previous 30 days than individuals with household income of \$75,000 or more, 26.3% versus 4.8% (Figure 2).



MENTAL HEALTH

Mental health follows similar patterns as physical health with respect to socio-economic status. Among Louisiana residents without a high school diploma, 19.3% report their mental health as ‘not good’ for 14 or more days in the previous month. Just 5.9% of college graduates report a similar frequency of poor mental health. Similarly, individuals in households with the lowest incomes are five times more likely to report experiencing poor mental health during 14 of the previous 30 days than individuals with household income of \$75,000 or more, 23.2% versus 5.0%.

Self-assessments of mental health follows a different pattern than physical health with respect to age. Younger individuals are far more likely to report experiencing frequent poor mental health. Among adults age 18-24, 13.6% report experiencing poor mental health 14 of the previous 30 days. There is little difference across most age groups up to 64 years. Seniors (65 years or older), however, are only about half as likely to report frequent poor mental health (7.1%).

Also, unlike physical health, mental health varies by gender. Women (13.9%) are more likely than men (9.4%) to report having 14 or more days out of the previous 30 days when their mental health was ‘not good’.

Table 2: Frequency of Experiencing Poor Health

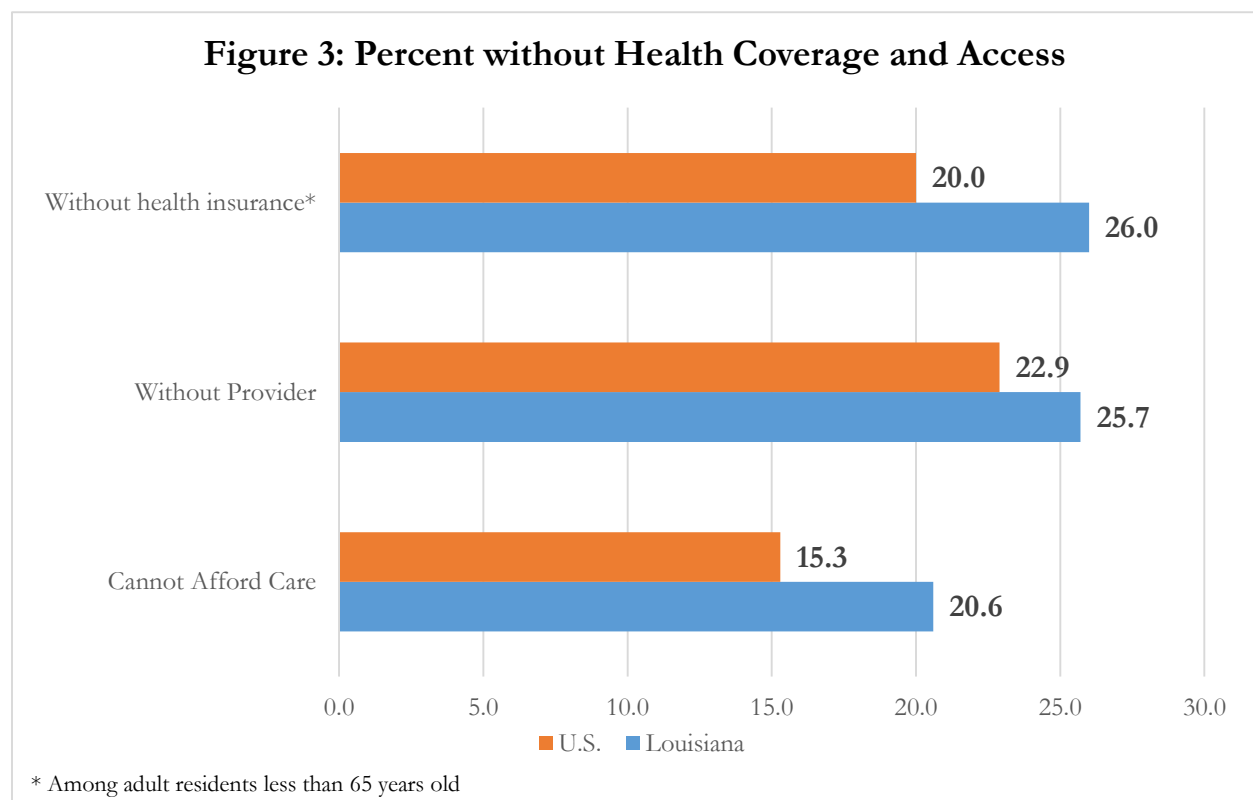
	14+ Physically Unhealthy Days Last Month*			14+ Mentally Unhealthy Days Last Month**		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
TOTAL	12.2	[10.9,13.6]	428,862	11.7	[10.3,13.3]	412,258
AGE						
18-24	2.2	[0.9,5.6]	10,467	13.6	[9.0,20.1]	64,307
25-34	7.3	[4.4,12.0]	47,275	14.6	[10.6,19.8]	94,723
35-44	12.5	[8.9,17.2]	70,616	11.2	[7.7,15.9]	63,337
45-54	15.6	[12.5,19.1]	96,311	12.3	[9.7,15.4]	75,932
55-64	16.6	[14.0,19.5]	96,691	11.9	[9.7,14.6]	69,687
65 and over	17.2	[15.0,19.6]	107,501	7.1	[5.7,8.8]	44,271
GENDER						
Male	11	[9.2,13.2]	187,314	9.4	[7.5,11.8]	160,338
Female	13.3	[11.7,15.1]	241,548	13.9	[12.0,16.0]	251,920
RACE-ETHNICITY						
White, Non-Hispanic	13.6	[11.9,15.4]	289,051	11.1	[9.5,13.0]	236,952
Black, Non-Hispanic	11	[8.8,13.6]	116,018	12.6	[10.0,15.8]	133,128
Other, Non-Hispanic	7.2	[3.8,13.3]	6,941	14.6	[7.7,25.9]	14,115
Multiracial, Non-Hispanic	13.5	[5.4,29.9]	3,319	16.6	[5.4,40.7]	4,084
Hispanic	5.4	[2.4,11.5]	8,846	12.8	[5.5,27.0]	20,874
EDUCATION						
Did not graduate HS	23.5	[18.7,29.0]	151,670	19.3	[14.5,25.1]	124,521
Graduate from HS	11.6	[9.7,13.7]	138,697	10.7	[8.7,13.0]	128,055
Attended college	10.4	[8.6,12.5]	102,451	12.1	[9.6,15.0]	119,373
Graduated college	5.3	[4.1,6.8]	36,043	5.9	[4.6,7.5]	40,309
HOUSEHOLD INCOME						
Less than \$15,000	26.3	[21.1,32.2]	127,780	23.2	[18.0,29.4]	113,038
\$15,000-\$24,999	17.4	[13.8,21.7]	112,447	15.1	[11.3,19.7]	97,444
\$25,000-\$34,999	11.1	[8.3,14.7]	38,079	12.7	[8.9,17.9]	43,431
\$35,000-\$49,999	8.7	[5.9,12.6]	36,086	7.2	[4.8,10.9]	30,067
\$50,000-\$74,999	6.7	[4.4,10.1]	25,675	8	[5.1,12.3]	30,698
\$75,000 or more	4.8	[3.5,6.5]	34,840	5	[3.6,6.9]	36,516

* Participants who report their physical health was "not good" for at least 14 of the past 30 days.

** Participants who report their mental health was "not good" for at least 14 of the past 30 days.

Health Care Access and Coverage

Routine preventive care plays an essential role in good health. People are more likely to have routine checkups if they have health insurance and access to a primary care doctor. Health insurance coverage also increases the odds that individuals will not delay treatment or prescriptions because of affordability when they are faced with illness, injury, or other poor health conditions. Approximately one in four (26.0%) adult Louisiana residents under the age of 65 do not have health insurance. A similar share of all adult Louisiana residents (25.7%) have no primary care physician. Overall, about one in five (20.6%) of adult Louisiana residents report a time in the previous year when the costs of medical care prevented them from obtaining it. In each case, Louisiana adults have less access to medical care than their peers nationally (Figure 3).

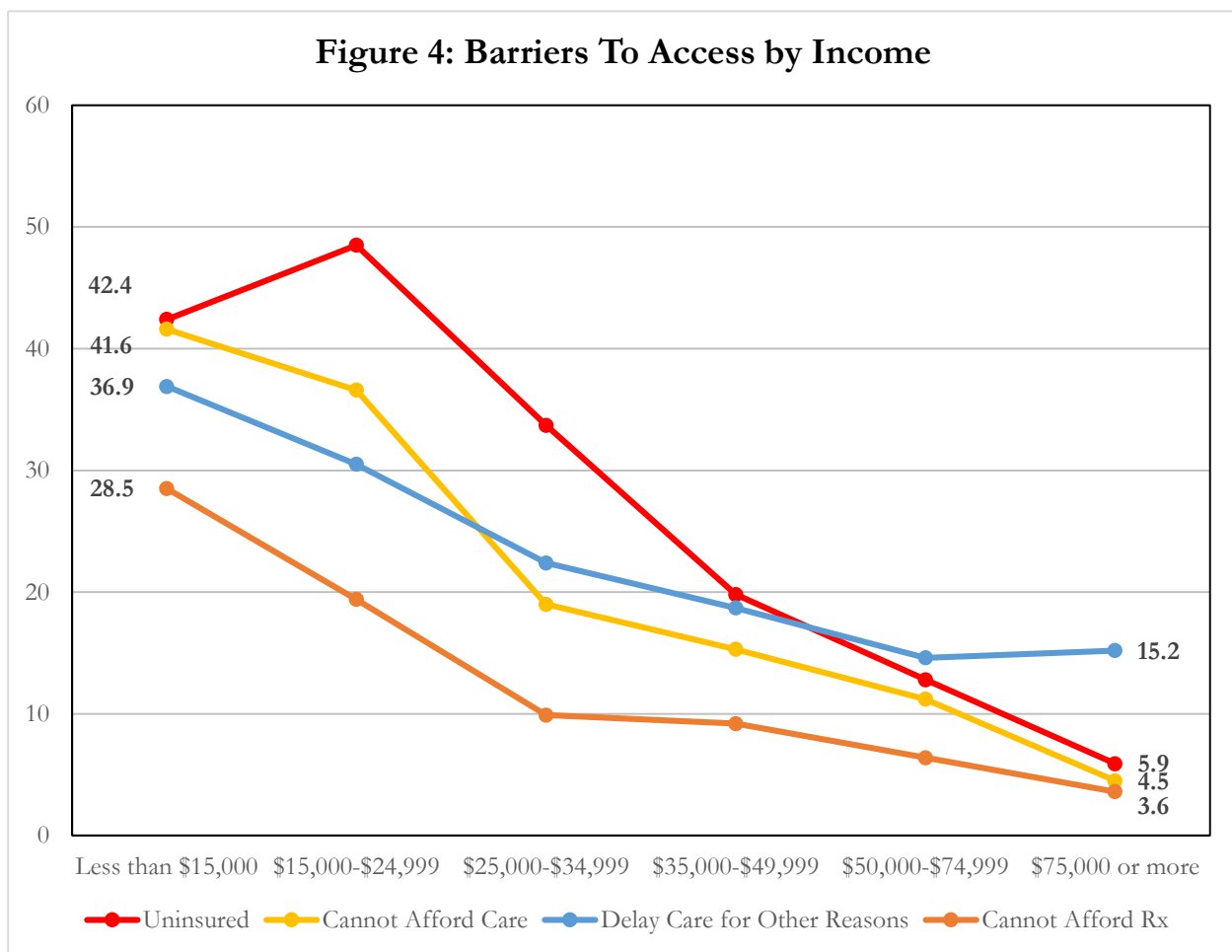


HEALTH CARE COVERAGE: THE UNINSURED POPULATION

Individuals with health insurance are more likely to seek out both preventive care and treatment because their insurance plans help defray the cost. Medicare provides nearly universal coverage to the nation's elderly population, so a state's rate of coverage among the non-elderly is a key metric for evaluating access to care.

Socio-economic status, as measured by household income and educational attainment, is strongly associated with health insurance coverage. Only about one in twenty (5.9%) adult residents under the age of 65 who live in households with annual incomes of \$75,000 or more lack insurance. Among those with household earnings between \$50,000 and \$74,999, the share is little more than

one in eight (12.8%). In contrast, among those in household earning less than \$15,000 the share is 42.4%, and it is 48.5% among those with household earnings from \$15,000 to \$24,999 (Figure 4).



About one in ten college graduates (10.3%) lack health insurance, while those without a high school diploma are four and a half times more likely to be uninsured (45.5%).

Perhaps reflecting the uneven distribution of educational attainment and income across racial and ethnic groups, blacks are more likely to be without insurance than whites (29.3% versus 21.6%).

Age is another important demographic for health insurance coverage. The risk of ill health tends to increase with age. Therefore, it is important for the young, who are relatively more healthy, to have health insurance in order to pool the financial risk of paying for health care of older, relatively less healthy people. However, because younger adults often have lower earnings and because they see fewer health risks, they often forgo health insurance. Louisiana is no exception. One in four Louisiana residents between the ages of 18 and 24 do not have health insurance, and 38.7% of residents 25 to 34 years old do not have coverage.

HEALTH CARE ACCESS: PRIMARY CARE PROVIDERS

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.

Socio-economic status strongly predicts access to a primary care provider. More than one in three adults with household incomes below \$25,000 do not have a primary care provider, as compared to 16.9% of those with household incomes of \$75,000 or more (Figure 4). Similarly, 33.1% of adults without a high school diploma lack a primary care provider, while 19.2% of college graduates do not have a provider.

A little more than one in five whites (22.1%) have no primary care provider, while nearly a third (30.3%) of blacks have no provider.

There is also a difference across genders. Among women 19.9% have no provider, and among men 31.9% have no provider.

HEALTH CARE ACCESS: PROHIBITIVE COSTS

Socio-economic status also plays an important role in accessing care and prescription medications. Approximately thirty-six percent of individuals with household incomes less than \$15,000 reported being unable to see a doctor because of cost, compared to 4.5% of individuals with household incomes of \$75,000 or more (Figure 4). Interestingly, household income is also related to delaying care for reasons other than direct costs, such as lack of transportation, long waits, or inability to get a timely appointment. Unsurprisingly, those in households with a relatively low income also struggle to purchase prescription medications.

Table 3a: Health Care Access and Coverage

	Without Health Insurance*			Without Primary Care Provider		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
TOTAL	26.0	[23.5,28.6]	750,319	25.7	[23.6,28.0]	904,243
AGE						
18-24	26.0	[19.4,34.0]	122,925	34.9	[27.8,42.9]	164,926
25-34	38.7	[32.4,45.5]	250,773	44.7	[38.3,51.2]	289,134
35-44	24.8	[19.6,30.9]	140,455	32.3	[26.7,38.5]	183,017
45-54	23.4	[19.2,28.2]	144,626	21.6	[17.5,26.3]	133,457
55-64	15.7	[13.1,18.7]	91,539	14.3	[11.6,17.6]	83,737
65 and over	NA	NA	NA	8	[6.5,9.8]	49,972
GENDER						
Male	27.6	[23.7,31.8]	393,486	31.9	[28.4,35.6]	541,991
Female	24.4	[21.5,27.6]	356,834	19.9	[17.6,22.5]	362,252
RACE-ETHNICITY						
White, Non-Hispanic	21.6	[18.9,24.7]	365,412	22.1	[19.8,24.6]	471,485
Black, Non-Hispanic	29.3	[24.9,34.1]	267,181	30.3	[26.1,34.8]	319,829
Other, Non-Hispanic	35.3	[19.1,55.7]	29,752	33.1	[19.1,50.8]	31,970
Multiracial, Non-Hispanic	20.1	[5.4,52.5]	4,577	32	[13.0,59.6]	7,881
Hispanic	51.3	[35.3,67.0]	76,260	42.6	[28.4,58.2]	69,752
EDUCATION						
Did not graduate HS	45.5	[37.5,53.7]	231,661	33.1	[26.7,40.1]	213,418
Graduate from HS	26.3	[22.4,30.6]	253,757	25.4	[22.0,29.2]	304,908
Attended college	24.7	[20.4,29.4]	204,681	25.8	[21.9,30.1]	255,267
Graduated college	10.3	[8.0,13.2]	60,221	19.2	[16.2,22.7]	130,649
HOUSEHOLD INCOME						
Less than \$15,000	42.4	[34.9,50.2]	175,217	35.6	[29.0,42.8]	173,032
\$15,000-\$24,999	48.5	[41.7,55.4]	243,790	35.2	[29.6,41.3]	228,080
\$25,000-\$34,999	33.7	[26.1,42.2]	90,101	26.3	[20.7,32.8]	90,019
\$35,000-\$49,999	19.8	[13.6,27.9]	65,489	30	[23.6,37.3]	124,397
\$50,000-\$74,999	12.8	[8.3,19.2]	42,380	16	[11.8,21.3]	61,321
\$75,000 or more	5.9	[3.8,9.1]	39,816	16.9	[13.6,20.9]	124,149

*Among participants under the age of 65 only.

Table 3b: Health Care Access and Coverage

	Cannot Afford to See Doctor			Cannot Afford Prescriptions		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
TOTAL	20.6	[18.7,22.6]	723,872	24.6	[22.6,26.7]	863,667
AGE						
18-24	20.2	[14.7,27.2]	95,496	24.0	[18.0,31.3]	113,361
25-34	31.7	[25.8,38.2]	205,268	42.2	[35.9,48.7]	273,148
35-44	24.8	[19.7,30.6]	140,169	28.7	[23.5,34.5]	162,637
45-54	22.9	[19.0,27.4]	141,990	26.8	[22.4,31.6]	165,781
55-64	16.0	[13.4,19.1]	93,561	15.6	[13.1,18.4]	90,897
65 and over	7.6	[5.6,10.2]	47,389	9.2	[7.7,11.1]	57,842
GENDER						
Male	18.0	[15.1,21.2]	304,686	28.0	[24.7,31.5]	474,710
Female	23.1	[20.6,25.7]	419,187	21.4	[19.1,23.9]	388,957
RACE-ETHNICITY						
White, Non-Hispanic	16.9	[14.8,19.2]	360,716	25.4	[23.1,27.9]	542,864
Black, Non-Hispanic	25.5	[21.9,29.5]	269,729	19.8	[16.3,23.8]	208,944
Other, Non-Hispanic	29.2	[15.6,47.9]	28,201	25.7	[13.0,44.5]	24,868
Multiracial, Non-Hispanic	7.0	[2.3,19.5]	1,715	37.5	[17.0,63.6]	9,234
Hispanic	32.8	[19.9,49.0]	53,714	40.8	[26.7,56.5]	66,711
EDUCATION						
Did not graduate HS	30.3	[24.4,36.8]	195,530	29.1	[23.0,36.0]	187,789
Graduate from HS	21.8	[18.6,25.3]	261,199	21.3	[18.2,24.6]	254,918
Attended college	20.1	[16.8,23.9]	199,178	26.0	[22.4,30.0]	257,427
Graduated college	10.0	[7.9,12.5]	67,966	24.1	[20.8,27.6]	163,533
HOUSEHOLD INCOME						
Less than \$15,000	41.6	[35.1,48.4]	202,263	27.5	[21.6,34.3]	133,859
\$15,000-\$24,999	36.6	[31.2,42.3]	236,770	27.1	[22.1,32.9]	175,619
\$25,000-\$34,999	19.0	[14.6,24.3]	64,984	25.4	[19.5,32.5]	87,015
\$35,000-\$49,999	15.3	[10.8,21.3]	63,464	23.2	[17.7,29.7]	96,112
\$50,000-\$74,999	11.2	[7.6,16.2]	42,976	26.9	[21.4,33.2]	103,058
\$75,000 or more	4.5	[3.0,6.6]	32,943	24.3	[20.6,28.4]	177,783

Hypertension Awareness

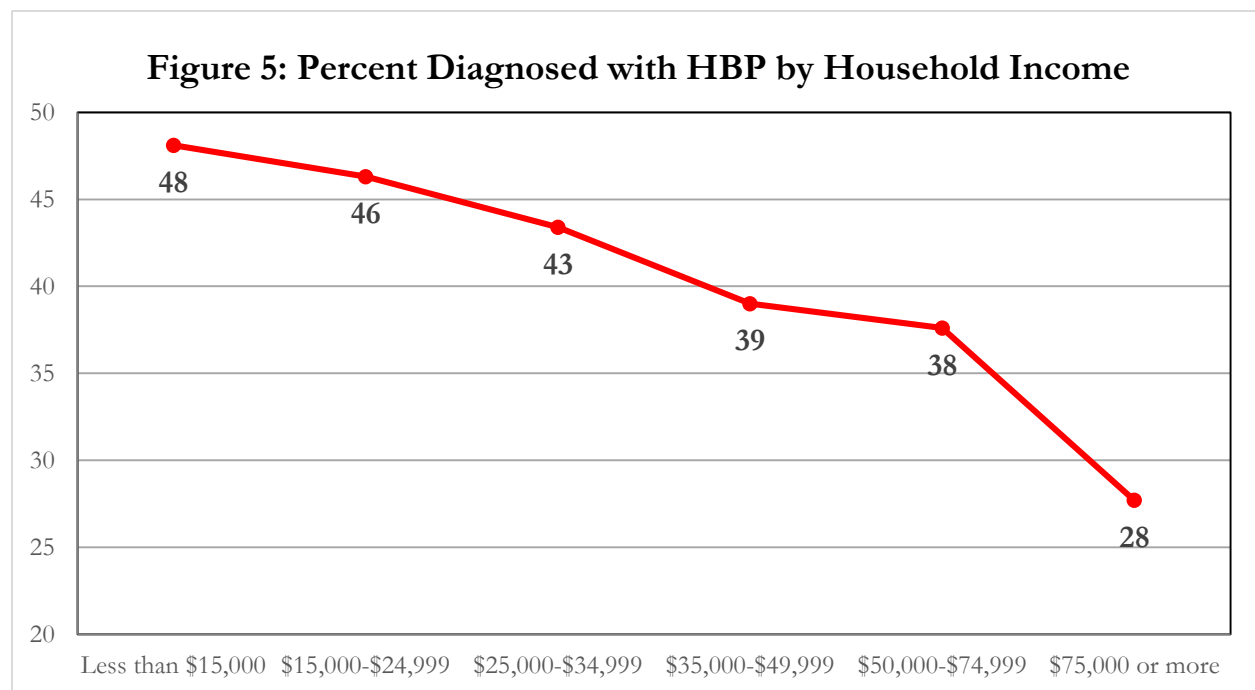
High blood pressure (HBP) increases the risk for heart disease and stroke, the first and third leading causes of death in the United States. Often called the “silent killer” because there are often no warning signs or symptoms, HBP has strong connections to cardiovascular disease independent of other 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.

About four in ten Louisiana adult residents (39.8%) have been diagnosed with high blood pressure. The rate of incidence of HBP is significantly higher in Louisiana than it is nationally. Across the United States, 31.4% of adults have been diagnosed with HBP.

As expected, high blood pressure is most prevalent among older populations. More than 70% of Louisiana adults over 65 years report being told by a doctor or a health professional that they have high blood pressure.

HBP occurs more frequently among the less educated and those living in households with lower earnings. Approximately half of adults without a high school diploma have been diagnosed with HBP. Incidence falls to 29.2% among those with a college degree. More than 45% of adults with household earnings below \$25,000 have been diagnosed with HBP, but less than 30% of adults in households with \$75,000 or more in earnings have had this diagnosis (Figure 5).

Nearly half of adult black Louisiana residents (45.9%) report high blood pressure, while 38.9% of white residents have this diagnosis.



TREATMENT

A large majority of the adult Louisiana residents who have been diagnosed with high blood pressure are currently taking medication for this condition (80.6%). There are no significant differences in likelihood of current treatment by socio-economic status, but age and gender are associated with use of medication for HBP. Only about half of adults between the ages of 18 and 24 who have been diagnosed with HBP (49.8%) are currently taking medication, nearly all of seniors with this diagnosis (94.3%) are taking medication. Women with a HBP diagnosis are 8.4 percentage points more likely to take medication for this diagnosis as men (84.6% versus 76.2%).

Table 4: Hypertension Awareness

	Diagnosed with HBP			Taking Medication for HBP*		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
TOTAL	39.8	[37.8,41.8]	1,397,950	80.6	[77.6,83.3]	1,126,907
AGE						
18-24	9.0	[5.6,14.2]	42,566	49.8	[27.4,72.2]	21,183
25-34	17.1	[12.9,22.4]	110,797	41.7	[28.5,56.1]	46,151
35-44	31.2	[26.1,36.8]	176,815	63.1	[52.7,72.4]	111,522
45-54	44.8	[40.1,49.6]	277,267	77.2	[69.7,83.2]	213,912
55-64	60.0	[56.2,63.7]	350,295	91.0	[87.8,93.5]	318,918
65 and over	70.3	[67.4,72.9]	440,211	94.3	[92.4,95.8]	415,222
GENDER						
Male	39.2	[36.0,42.6]	666,162	76.2	[71.2,80.6]	507,751
Female	40.3	[37.8,42.8]	731,789	84.6	[81.2,87.5]	619,156
RACE-ETHNICITY						
White, Non-Hispanic	38.9	[36.6,41.3]	830,482	78.5	[74.6,82.0]	651,987
Black, Non-Hispanic	45.9	[41.8,50.2]	485,537	85.4	[80.6,89.2]	414,804
Other, Non-Hispanic	28.0	[18.2,40.5]	27,076	66.4	[44.8,82.8]	17,967
Multiracial, Non-Hispanic	22.3	[9.3,44.5]	5,499	49.4	[15.6,83.7]	2,716
Hispanic	20.1	[12.1,31.5]	32,820	74.7	[41.8,92.4]	24,515
EDUCATION						
Did not graduate HS	48.7	[42.2,55.3]	314,601	80.6	[72.3,86.9]	253,550
Graduate from HS	44.0	[40.5,47.5]	527,459	81.2	[75.9,85.5]	428,117
Attended college	36.1	[32.6,39.7]	357,030	80.1	[74.6,84.6]	285,977
Graduated college	29.2	[26.5,32.2]	198,861	80.1	[75.0,84.3]	159,264
HOUSEHOLD INCOME						
Less than \$15,000	48.1	[41.6,54.7]	234,109	79.6	[70.8,86.3]	186,429
\$15,000-\$24,999	46.3	[41.0,51.8]	300,015	78.0	[70.2,84.2]	233,934
\$25,000-\$34,999	43.4	[37.1,49.9]	148,422	81.9	[72.3,88.7]	121,488
\$35,000-\$49,999	39.0	[33.1,45.1]	161,586	81.5	[72.3,88.2]	131,736
\$50,000-\$74,999	37.6	[32.2,43.4]	144,174	85.8	[75.1,92.3]	123,648
\$75,000 or more	27.7	[24.3,31.3]	203,022	77.6	[69.9,83.7]	157,479

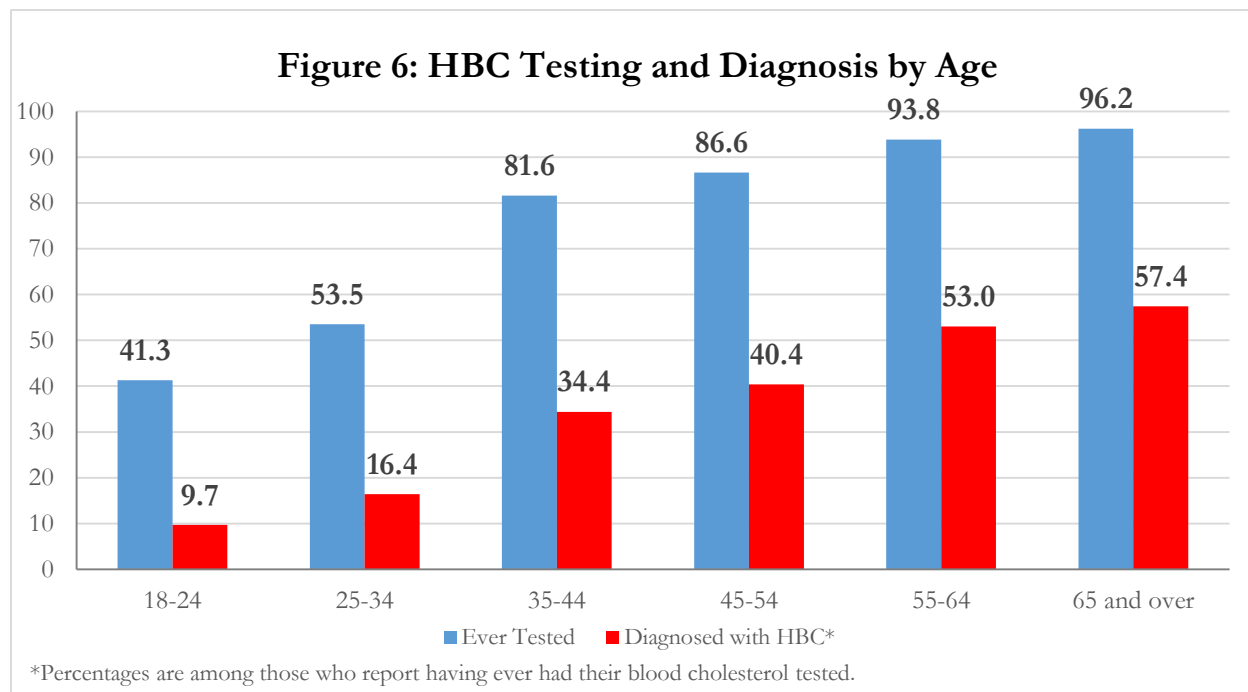
* Among participants who report they have been diagnosed with HBP.

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.

76.5% of Louisiana's adult population reports they have had their blood cholesterol checked, which is just shy of the national estimate (80.1%). Nearly the exact same share of Louisiana adult residents (76.9%) say they had their blood cholesterol checked within the past year.

Age, race and socio-economic status are all related to the likelihood of having blood cholesterol checked (Figure 6). Fewer than half (41.3%) of adults between the ages of 18 and 24 have had their blood cholesterol checked. The share reaches just above 50% for adults between the ages of 25 and 34. The share tops 80% among all age categories above 34 years.



White Louisiana residents are more likely to have had their blood cholesterol checked than black residents (80.5% versus 71.9%).

Although a majority among all education and income groups have had their blood cholesterol checked, the likelihood of having done so nevertheless varies with the following measures of socio-economic status. 70.0% of adults without a high school diploma have had their blood cholesterol checked, but 85.6% of college graduates have. Likewise, 70.2% of adults with household income

less than \$15,000 have been checked while 85.0% of those whose households earn \$75,000 or more have.

DIAGNOSIS OF HIGH BLOOD CHOLESTEROL

Of the individuals who have had their blood cholesterol checked, 40.4% have been diagnosed with HBC – similar to 38.4% nationally who have received this diagnosis.

Education, income and age are important factors when examining the percent of Louisiana adults who have been told by a healthcare professional that they have high blood cholesterol. About half (49.0%) of adults who did not graduate from high school report they have been diagnosed with HBC, compared to 45.1% of adults with a high school diploma, 34.8% of adults who attended college without receiving a degree, and 33.8% of college graduates. Similarly, about half of those in the lowest category of household income (49.3%) have been told by a health care professional that their blood cholesterol is high. Less than a third (32.5%) of those in the highest earning households had the same diagnosis.

More than half of adults at least 65 years of age who have been tested report HBC (57.4%). The share falls below half to 40.4% among adults age 45 to 54, below one-fifth among adults age 25-34, and to about one in ten among adults under 25 years of age.

Table 5: Cholesterol Awareness

	Cholesterol Checked			Cholesterol Checked (Past Year)*			Diagnosed with HBC*		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
TOTAL	39.8	[37.8,41.8]	1,397,950	80.6	[77.6,83.3]	1,126,907	80.6	[77.6,83.3]	1,126,907
AGE									
18-24	41.3	[33.6,49.3]	194,730	61.5	[48.7,72.9]	119,762	9.7	[4.5,19.9]	18,956
25-34	53.5	[47.0,59.9]	346,534	61.4	[53.3,68.8]	212,645	16.4	[11.8,22.3]	56,719
35-44	81.6	[75.9,86.2]	461,878	67.9	[61.9,73.3]	313,526	34.4	[28.7,40.6]	158,789
45-54	86.6	[82.4,89.9]	535,790	76.6	[72.1,80.6]	410,364	40.4	[35.6,45.4]	216,635
55-64	93.8	[91.8,95.4]	547,537	82.7	[79.4,85.5]	452,628	53.0	[49.0,56.9]	289,981
65 and over	96.2	[94.8,97.2]	602,518	88.6	[86.7,90.4]	534,120	57.4	[54.4,60.4]	346,079
GENDER									
Male	74.1	[70.3,77.5]	1,256,863	75.5	[71.9,78.8]	949,301	39.8	[36.3,43.4]	499,791
Female	78.8	[76.1,81.3]	1,432,125	76.4	[73.9,78.7]	1,093,745	41.0	[38.4,43.6]	587,369
RACE-ETHNICITY									
White, Non-Hispanic	80.5	[78.0,82.7]	1,716,304	75.0	[72.5,77.3]	1,287,131	40.9	[38.4,43.5]	702,387
Black, Non-Hispanic	71.9	[67.3,76.2]	760,283	79.5	[75.0,83.3]	604,191	40.0	[35.8,44.4]	304,243
Other, Non-Hispanic	65.1	[47.0,79.7]	62,882	79.2	[62.3,89.7]	49,780	38.0	[23.4,55.1]	23,888
Multiracial, Non-Hispanic	62.4	[36.1,83.0]	15,381	69.2	[37.0,89.6]	10,648	29.8	[13.1,54.6]	4,588
Hispanic	63.2	[46.5,77.3]	103,418	64.8	[46.9,79.3]	67,034	36.8	[22.9,53.2]	38,017
EDUCATION									
Did not graduate HS	70.0	[62.9,76.3]	452,227	79.8	[72.5,85.5]	360,876	49.0	[41.8,56.2]	221,449
Graduate from HS	75.6	[71.7,79.2]	906,820	77.7	[74.1,80.9]	704,366	45.1	[41.4,48.8]	409,044
Attended college	75.6	[71.3,79.4]	747,904	73.1	[68.9,76.8]	546,386	34.8	[31.1,38.6]	260,037
Graduated college	85.6	[82.5,88.2]	582,036	74.1	[70.4,77.5]	431,418	33.8	[30.5,37.3]	196,629
HOUSEHOLD INCOME									
Less than \$15,000	70.2	[63.1,76.4]	341,351	74.6	[67.0,81.0]	254,770	49.3	[42.1,56.6]	168,344
\$15,000-\$24,999	67.6	[61.4,73.3]	437,809	73.9	[68.2,78.9]	323,473	47.0	[41.4,52.7]	205,803
\$25,000-\$34,999	74.4	[67.0,80.6]	254,516	85.1	[79.8,89.3]	216,687	42.1	[35.4,49.1]	107,210
\$35,000-\$49,999	80.2	[73.2,85.8]	332,736	77.5	[71.2,82.8]	257,875	39.4	[33.2,45.9]	131,027
\$50,000-\$74,999	84.3	[78.5,88.8]	323,114	68.9	[62.2,74.9]	222,607	34.9	[29.5,40.7]	112,654
\$75,000 or more	85.0	[81.0,88.2]	622,646	76.3	[72.1,80.0]	474,772	32.5	[28.7,36.4]	202,179

* Among participants who say they have had their blood cholesterol checked ever.

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 in recent studies. Indeed, Louisiana has the fourth highest cardiovascular death rate in the nation. Additionally, the state has the ninth highest rate of adults reporting they had a heart attack (or myocardial infarction) and the sixth highest rate of adults with coronary heart disease.

Overall, 5.3% of Louisiana adults report that they have had a heart attack. A similar share, 4.9%, report that they suffer from angina or coronary heart disease. Finally, 4.0% report they had a stroke. Similar shares of adults across the nation report heart attacks (4.3%) and coronary heart disease (4.1%). Fewer Americans report having had strokes (2.8%).

As age increases, so does the risk of cardiovascular disease. Among Louisiana adults age 65 years or older, 15.1% report having had a heart attack, 14.3% report coronary heart disease, and 8.9% report having had a stroke. In contrast, these incidents are extremely rare among those under the age of 35, with an incidence rate between zero and 1.5%.

Income is also an important predictor of cardiovascular disease (Figure 7). In each case, those in the lowest earning households are more than twice as likely to experience a serious cardiovascular condition as those in households with incomes of \$50,000 or more.

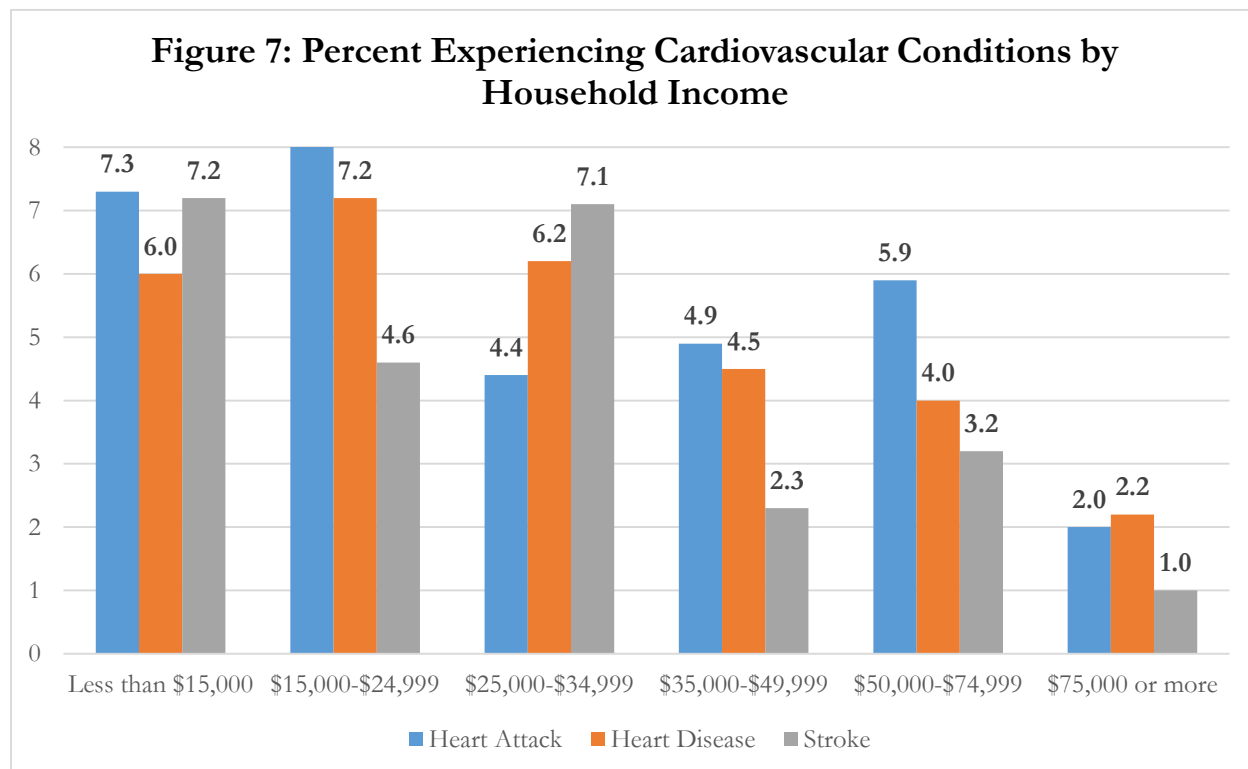
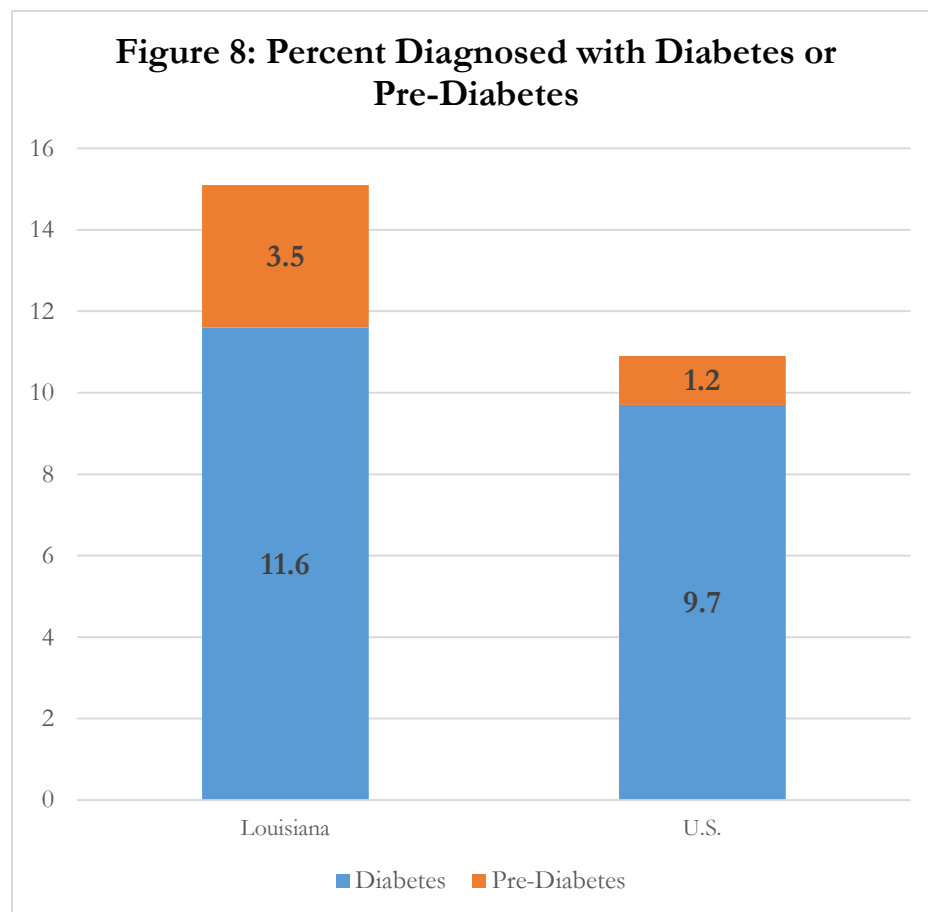


Table 6: Cardiovascular Disease

	Had Heart Attack			Had Angina or Coronary Heart Disease			Had Stroke		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
TOTAL	39.8	[37.8,41.8]	1,397,950	80.6	[77.6,83.3]	1,126,907	80.6	[77.6,83.3]	1,126,907
AGE									
18-24	0.1	[0.0,0.6]	413	0.0	NA	NA	0.2	[0.0,1.8]	1,173
25-34	1.2	[0.4,4.1]	7,827	0.1	[0.0,1.0]	942	1.4	[0.5,4.1]	9,242
35-44	3.4	[1.5,7.9]	19,513	3.3	[1.4,7.4]	18,711	3.1	[1.3,7.1]	17,497
45-54	4.3	[2.7,7.0]	26,866	4.5	[2.9,6.8]	27,652	4.3	[2.4,7.6]	26,407
55-64	6.5	[5.0,8.5]	38,012	6.2	[4.9,7.9]	36,362	5.1	[3.6,7.1]	29,508
65 and over	15.1	[12.6,18.0]	94,766	14.3	[12.3,16.5]	89,334	8.9	[7.4,10.6]	55,506
GENDER									
Male	7.1	[5.6,8.9]	120,406	5.0	[3.9,6.4]	84,509	4.5	[3.2,6.2]	75,664
Female	3.7	[3.0,4.5]	66,991	4.9	[4.1,5.8]	88,491	3.5	[2.9,4.2]	63,669
RACE-ETHNICITY									
White, Non-Hispanic	5.7	[4.7,6.9]	121,172	5.6	[4.7,6.6]	119,290	4.3	[3.3,5.6]	92,408
Black, Non-Hispanic	5.6	[4.0,7.8]	59,345	4.2	[3.0,5.9]	44,536	4.0	[3.0,5.5]	42,749
Other, Non-Hispanic	3.4	[1.3,8.4]	3,314	2.7	[1.1,6.3]	2,600	2.8	[1.1,7.1]	2,684
Multiracial, Non-Hispanic	2.7	[0.6,10.7]	666	7.4	[1.9,24.3]	1,823	0.0	NA	NA
Hispanic	1.2	[0.3,4.6]	1,995	1.8	[0.4,6.9]	2,883	0.1	[0.0,0.8]	191
EDUCATION									
Did not graduate HS	9.6	[6.5,14.1]	62,216	6.4	[4.1,9.8]	41,057	8.2	[5.4,12.3]	52,913
Graduate from HS	5.7	[4.6,7.2]	68,885	5.6	[4.5,6.9]	67,246	3.6	[2.6,4.9]	43,040
Attended college	4.1	[3.2,5.4]	40,896	4.2	[3.3,5.3]	41,418	3.0	[2.3,4.0]	30,148
Graduated college	2.3	[1.7,3.1]	15,399	3.4	[2.7,4.4]	23,279	1.9	[1.4,2.7]	13,231
HOUSEHOLD INCOME									
Less than \$15,000	7.3	[4.6,11.5]	35,603	6.0	[3.8,9.3]	29,014	7.2	[4.2,12.2]	34,986
\$15,000-\$24,999	8.2	[6.1,11.0]	53,292	7.2	[5.3,9.7]	46,435	4.6	[3.3,6.3]	29,780
\$25,000-\$34,999	4.4	[2.9,6.5]	14,957	6.2	[4.5,8.3]	21,040	7.1	[4.6,10.8]	24,401
\$35,000-\$49,999	4.9	[2.8,8.3]	20,375	4.5	[2.9,6.9]	18,673	2.3	[1.3,4.1]	9,648
\$50,000-\$74,999	5.9	[3.6,9.6]	22,739	4.0	[2.6,6.1]	15,214	3.2	[1.5,6.8]	12,276
\$75,000 or more	2.0	[1.2,3.2]	14,491	2.2	[1.4,3.3]	16,066	1.0	[0.5,1.7]	6,967

Diabetes and Pre-diabetes

Diabetes – with relatively high incidence in Louisiana – represents a significant and growing health risk in the state. 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 residents exhibit higher rates of diabetes than Americans generally (Figure 8). In this state, 11.6% of adults are diabetic while nationally 9.7% of adults are diabetic. Another 3.5% of Louisiana adult residents are pre-diabetic, meaning they are at high risk for developing type two diabetes. Louisiana adults are twice as likely to be pre-diabetic as other Americans (1.2%).

Age, race and socio-economic status are predictors of diabetic incidence. Diabetes is most prevalent in

residents aged 65 or older, about one in four of whom have been diagnosed as diabetic (25.2%). In contrast, there are very few cases of diabetes among adults younger than 25 (2.6%) or between 25 and 34 years of age (1.5%). Blacks are more likely to have diabetes than whites, with 15.0% of the state's black residents being diagnosed as compared to 10.8% of white residents.

As measures of socio-economic status, education and income are strong predictors of and diabetes. Louisiana residents with the lowest household incomes are particularly likely to have diabetes. In Louisiana, 17.1% of those at the bottom of the income ladder, with household earnings less than \$15,000, have diabetes. Among those in households with income of \$75,000 or more the rate of diabetes is just 6.4%. About one in five individuals (20.1%) who did not graduate from high school reported having diabetes, but fewer than one in ten (7.5%) of college graduates report having diabetes.

DIAGNOSIS

The 2013 BRFSS study included a rotating module on pre-diabetes. This module asked respondents who report that they have not been diagnosed with diabetes if they had a test for high blood sugar or diabetes in the past three years. Among the 88.4% of Louisiana adults not diagnosed with diabetes, only half (48.5%) have actually been tested within the past three years. The likelihood of receiving a blood sugar or diabetes test tracks age, education and income. Less than a quarter (23.5%) of the youngest adults, under the age of 25, have been tested recently, and 34% of adults between the ages of 25 and 34 have. The share tops 60% for adults between the ages of 55 and 64 and peaks at 68.8% among adults age 65 or older. Individuals in the lowest earning households are tested at a rate of 38.8% while those in the highest earning households are test at a rate of 55.2%. Similarly, 40.4% of individuals who did not graduate high school have been tested within the past three years, and 52.9% of those with college degrees have been tested.

In short, the relationship between socio-economic status and testing for diabetes is the opposite of the relationship between socio-economic status and incidence. Although poorer and less educated adults are more likely to have diabetes, they are less likely to have been tested within the past three years.

TREATMENT

The 2013 BRFSS study also included a module on diabetes asked only to respondents reporting they have a diagnosis. While the module includes too few respondents to break down frequencies by background characteristics, it does permit estimates of top line frequencies for the group as a whole. The module includes two measures of treatment – treatment with insulin and taking a course in how to manage diabetes. Just under one-third of Louisiana adults with diabetes (29.9%) currently take insulin. More than half (53.1%) have taken a course in how to manage diabetes.

Table 7a: Diabetes and Pre-diabetes

	Diagnosed with Diabetes			Diagnosed with Pre-diabetes			Tested for Diabetes*		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
TOTAL	11.6	[10.5,12.8]	407,009	3.5	[2.7,4.4]	121,354	48.5	[46.1,50.9]	1,506,041
AGE									
18-24	2.6	[1.0,6.6]	12,314	3.8	[1.8,7.7]	18,000	23.5	[17.4,31.0]	107,975
25-34	1.5	[0.7,2.9]	9,631	2.0	[0.7,5.1]	12,637	34.0	[28.5,40.1]	217,030
35-44	6.2	[4.1,9.3]	34,970	3.6	[2.0,6.4]	20,511	48.0	[42.0,54.1]	254,190
45-54	11.6	[9.0,14.8]	71,475	3.7	[2.1,6.6]	22,917	57.5	[52.3,62.6]	314,878
55-64	20.7	[17.6,24.2]	120,769	3.4	[2.2,5.4]	20,099	62.6	[58.4,66.7]	289,586
65 and over	25.2	[22.6,28.0]	157,850	4.3	[2.9,6.5]	27,190	68.8	[65.4,71.9]	322,382
GENDER									
Male	10.4	[8.8,12.2]	175,643	3.0	[1.9,4.5]	50,194	45.6	[41.9,49.3]	692,632
Female	12.7	[11.3,14.3]	231,366	3.9	[2.9,5.2]	71,160	51.3	[48.3,54.2]	813,409
RACE-ETHNICITY									
White, Non-Hispanic	10.8	[9.6,12.2]	230,947	2.7	[2.0,3.6]	57,712	49.9	[47.2,52.7]	948,566
Black, Non-Hispanic	15.0	[12.7,17.6]	158,190	5.7	[3.8,8.3]	59,954	49.3	[44.5,54.1]	442,949
Other, Non-Hispanic	2.3	[1.1,5.1]	2,267	1.6	[0.3,7.3]	1,500	41.7	[28.0,56.8]	39,350
Multiracial, Non-Hispanic	4.9	[1.8,12.8]	1,211	1.4	[0.3,5.7]	336	46.3	[23.3,71.0]	10,856
Hispanic	3.7	[1.5,9.0]	6,083	0.8	[0.1,4.2]	1,272	27.2	[16.8,41.0]	42,907
EDUCATION									
Did not graduate HS	20.1	[16.0,24.8]	129,678	4.4	[2.3,8.1]	28,449	40.4	[33.3,48.0]	208,621
Graduate from HS	11.1	[9.6,12.9]	133,255	3.7	[2.6,5.3]	44,490	49.9	[45.8,53.9]	530,581
Attended college	9.4	[7.8,11.3]	93,235	3.4	[2.1,5.3]	33,217	48.4	[44.1,52.8]	434,262
Graduated college	7.5	[6.2,9.1]	50,841	2.2	[1.4,3.6]	15,198	52.9	[49.1,56.6]	332,577
HOUSEHOLD INCOME									
Less than \$15,000	17.1	[13.3,21.7]	82,999	3.8	[2.0,7.1]	18,644	38.8	[32.0,46.1]	156,658
\$15,000-\$24,999	13.6	[10.9,16.9]	88,286	5.4	[3.2,8.8]	34,790	42.7	[37.0,48.6]	238,510
\$25,000-\$34,999	13.2	[10.2,16.9]	45,143	4.7	[2.4,8.8]	15,958	52.7	[45.1,60.2]	156,514
\$35,000-\$49,999	9.1	[6.9,11.8]	37,693	4.1	[2.1,7.8]	16,803	49.7	[42.6,56.8]	187,355
\$50,000-\$74,999	9.6	[6.9,13.2]	36,689	1.7	[0.8,3.9]	6,621	54.9	[48.3,61.4]	190,336
\$75,000 or more	6.4	[5.0,8.2]	46,643	2.3	[1.3,4.2]	16,778	55.2	[50.7,59.7]	377,734

* Asked only to participants not diagnosed with diabetes.

Table 7b: Diabetes and Pre-diabetes

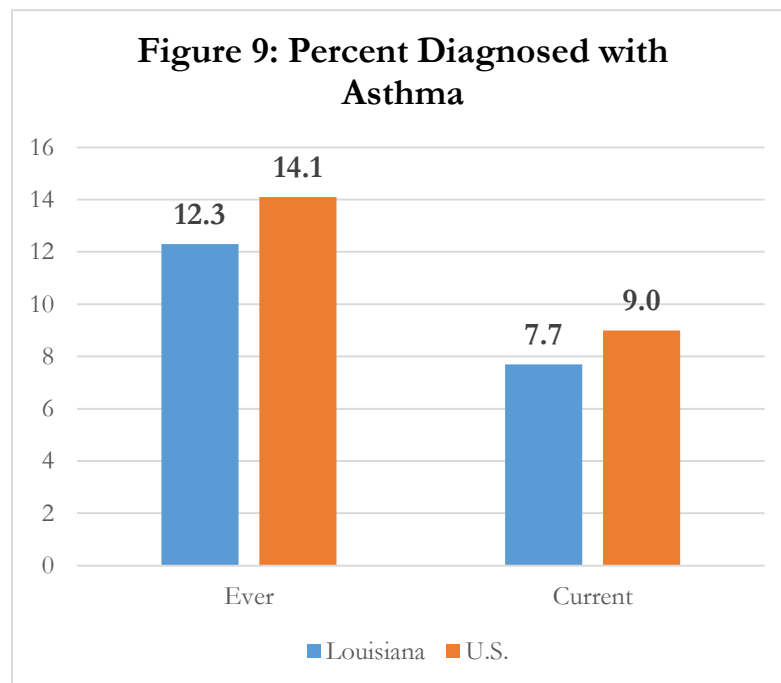
	Now Taking Insulin**			Taken Course**		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
TOTAL	29.9	[25.5,34.8]	121,794	53.1	[48.1,58.0]	216,059
AGE						
18-24	89.7	[48.4,98.8]	11,044	27.9	[5.6,71.5]	3,435
25-34	23.6	[6.7,57.0]	2,276	60.7	[27.1,86.5]	5,848
35-44	23.4	[9.6,46.7]	8,176	44.3	[25.6,64.8]	15,508
45-54	31.5	[20.6,44.8]	22,487	50.4	[37.5,63.2]	35,994
55-64	27.5	[20.2,36.2]	33,189	58.6	[49.5,67.1]	70,758
65 and over	28.3	[23.1,34.0]	44,622	53.5	[47.2,59.8]	84,516
GENDER						
Male	27.6	[20.8,35.6]	48,438	50.9	[42.6,59.1]	89,367
Female	31.7	[26.1,37.9]	73,356	54.8	[48.6,60.7]	126,692
RACE-ETHNICITY						
White, Non-Hispanic	26.5	[21.4,32.2]	61,099	48.1	[42.0,54.4]	111,193
Black, Non-Hispanic	35.3	[27.4,44.2]	55,880	59.7	[51.3,67.5]	94,369
Other, Non-Hispanic	12.9	[3.3,38.7]	292	58.6	[23.3,86.8]	1,329
Multiracial, Non-Hispanic	11.6	[1.4,54.3]	141	7.2	[0.9,41.0]	88
Hispanic	57.3	[19.0,88.4]	3,483	26.7	[5.7,68.6]	1,626
EDUCATION						
Did not graduate HS	32.3	[22.7,43.8]	41,948	46.4	[35.5,57.6]	60,194
Graduate from HS	25.5	[19.9,32.2]	34,046	50.5	[43.1,58.0]	67,357
Attended college	31.7	[23.1,41.9]	29,596	62	[52.3,70.9]	57,835
Graduated college	31.9	[23.7,41.3]	16,205	60.3	[50.7,69.2]	30,673
HOUSEHOLD INCOME						
Less than \$15,000	38.4	[26.5,51.9]	31,884	51.3	[38.7,63.8]	42,614
\$15,000-\$24,999	28.9	[20.7,38.7]	25,501	54.6	[43.3,65.4]	48,187
\$25,000-\$34,999	25.5	[15.9,38.3]	11,517	57	[44.5,68.7]	25,735
\$35,000-\$49,999	19.7	[12.0,30.6]	7,429	55.6	[42.6,67.9]	20,959
\$50,000-\$74,999	25.6	[15.0,40.3]	9,409	60.5	[42.2,76.2]	22,183
\$75,000 or more	21.7	[14.2,31.7]	10,111	54.1	[41.4,66.3]	25,244

** Asked only to participants who have been diagnosed with 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.

Figure 9 shows the percentage of Louisiana adults currently diagnosed with asthma (7.7%) is close to the national share (9.0%). The percent of Louisianans who report that they have ever been diagnosed with asthma (12.3%) is also similar to the national share (14.1%).



Asthma disproportionately affects individuals with less education and in households with lower incomes. Among those without a high school diploma, 8.4% are currently diagnosed with asthma and 13.1% have been diagnosed with asthma at some point in their lives. Among those with college degrees, however, these shares are 5.1% and 10.4%. Similarly, among those in households with an annual income less than \$15,000, 14.9% are currently diagnosed with asthma and 18.0% have been diagnosed with asthma at some point in their lives. Among Louisiana residents in households with annual income of \$75,000 or more, the shares are 2.7% and 8.3% respectively.

IMPACT ON QUALITY OF LIFE

The 2013 BRFSS project includes the Adult Asthma History Module, which asks questions about severity of symptoms and frequency of treatment to participants who report a current diagnosis of asthma. While the module includes too few participants to permit statistical estimates of frequencies across demographic characteristics, the data are useful for identifying overall frequencies among current asthma sufferers.

Among adult residents of Louisiana currently diagnosed with asthma, 36.2% report experiencing an asthma attack within the past 12 months. 21.3% experienced attacks severe enough to require visiting an emergency room, an urgent care center, or a health care professional for urgent treatment. This is roughly equal to half of the share who visited a health care professional for a routine checkup for their asthma (40.6%).

Nearly a quarter of adults with asthma (23.5%) were prevented from carrying out their normal activities at least one day in the previous year due to their asthma. A similar share (24.4%) report that their asthma made it difficult for them to stay asleep at least one day during the past month. 43.7% of adult asthma sufferers took prescription asthma medication at least once during the previous month. A similar share (37.3%) used a prescription asthma inhaler during the previous month during an asthma attack.

Table 8a: Asthma

	Diagnosed with Asthma (Ever)			Diagnosed with Asthma (Currently)			Asthma Attack in Past Year*		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
TOTAL	12.3	[10.9,13.8]	430,816	7.7	[6.6,9.0]	271,281	36.2	[29.3,43.7]	98,070
AGE									
18-24	17.3	[12.1,24.1]	81,477	11.4	[7.1,17.8]	53,787	18.9	[6.7,43.1]	10,145
25-34	14.8	[11.0,19.5]	95,591	7.8	[5.2,11.7]	50,546	25.2	[12.2,44.9]	12,715
35-44	10.6	[7.6,14.6]	59,909	7.0	[4.6,10.3]	39,477	52.4	[32.5,71.6]	20,681
45-54	11.1	[8.5,14.4]	68,959	7.8	[5.5,10.8]	48,055	43.1	[28.0,59.6]	20,714
55-64	10.7	[8.8,13.0]	62,612	6.7	[5.4,8.4]	39,355	43.8	[32.8,55.4]	17,231
65 and over	9.9	[8.3,11.9]	62,268	6.4	[5.1,8.0]	40,061	41.4	[30.5,53.2]	16,584
GENDER									
Male	10.3	[8.4,12.7]	175,338	6.2	[4.6,8.2]	104,828	29.2	[18.5,42.8]	30,620
Female	14.1	[12.2,16.1]	255,477	9.2	[7.7,10.9]	166,453	40.5	[32.2,49.4]	67,450
RACE-ETHNICITY									
White, Non-Hispanic	11.2	[9.7,13.0]	239,794	6.9	[5.6,8.4]	146,549	39.7	[30.2,50.0]	58,134
Black, Non-Hispanic	14.8	[12.0,18.1]	156,161	10.3	[8.0,13.2]	109,037	34.0	[23.8,45.8]	37,034
Other, Non-Hispanic	8.8	[3.5,20.5]	8,513	3.9	[1.0,13.4]	3,743	20.8	[3.4,66.5]	779
Multiracial, Non-Hispanic	6.8	[2.7,16.1]	1,676	3.6	[1.3,9.5]	895	59.3	[19.0,90.1]	531
Hispanic	12.8	[5.6,26.5]	20,961	4.8	[1.5,14.7]	7,857	17.6	[2.7,62.3]	1,384
EDUCATION									
Did not graduate HS	13.1	[9.5,17.7]	84,631	8.4	[5.7,12.2]	54,253	38.3	[22.6,57.0]	20,788
Graduate from HS	11.3	[9.2,13.9]	136,032	7.6	[5.7,9.9]	90,606	29.3	[19.3,41.7]	26,515
Attended college	14.1	[11.4,17.3]	139,597	9.2	[7.1,12.0]	91,467	42.2	[29.5,56.1]	38,619
Graduated college	10.4	[8.3,12.9]	70,556	5.1	[3.9,6.8]	34,954	34.8	[23.0,48.8]	12,148
HOUSEHOLD INCOME									
Less than \$15,000	18.0	[13.5,23.5]	87,306	14.9	[10.8,20.4]	72,676	36.4	[22.5,53.1]	26,480
\$15,000-\$24,999	12.3	[9.3,16.2]	79,720	9.0	[6.3,12.6]	58,118	31.5	[19.3,46.8]	18,289
\$25,000-\$34,999	15.1	[11.1,20.1]	51,477	8.6	[5.7,12.6]	29,321	32.1	[17.0,52.2]	9,406
\$35,000-\$49,999	10.3	[6.9,15.0]	42,608	6.3	[3.8,10.2]	26,162	46.6	[23.8,70.8]	12,180
\$50,000-\$74,999	11.4	[8.0,15.9]	43,641	7.6	[4.9,11.7]	29,115	52.2	[30.2,73.3]	15,191
\$75,000 or more	8.3	[6.2,11.0]	61,000	2.7	[1.8,3.8]	19,493	28.0	[15.7,44.9]	5,457

* Asked only to those currently diagnosed with asthma.

Table 8b: Asthma

	Had Urgent/Emergency Care for Asthma*			Had Routine Checkup for Asthma*			Unable to Work At Least One Day in Past Year Due to Asthma*		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
TOTAL	21.3	[16.0,27.9]	57,911	40.6	[33.3,48.4]	110,181	23.5	[17.7,30.4]	63,662
AGE									
18-24	9.8	[2.4,32.6]	5,246	19.7	[7.3,43.4]	10,585	22.1	[8.3,47.2]	11,907
25-34	13.8	[5.2,31.7]	6,958	39.9	[21.5,61.6]	20,177	16.5	[6.7,35.0]	8,325
35-44	33.4	[16.6,55.9]	13,196	33.1	[17.6,53.3]	13,048	22.6	[9.9,43.5]	8,918
45-54	25.3	[14.6,40.2]	12,158	47.6	[31.3,64.5]	22,888	30.6	[18.2,46.7]	14,722
55-64	27.7	[18.0,40.1]	10,917	58.8	[47.5,69.3]	23,150	30.6	[20.8,42.6]	12,057
65 and over	23.6	[15.0,34.9]	9,437	50.8	[38.9,62.5]	20,333	19.3	[11.6,30.4]	7,733
GENDER									
Male	10.7	[4.9,21.9]	11,246	33.7	[22.1,47.7]	35,345	12.5	[6.3,23.5]	13,154
Female	28.0	[20.9,36.5]	46,665	45.0	[36.2,54.1]	74,836	30.3	[22.7,39.3]	50,508
RACE-ETHNICITY									
White, Non-Hispanic	22.1	[14.9,31.4]	32,353	39.0	[29.9,49.0]	57,212	24.1	[16.7,33.6]	35,347
Black, Non-Hispanic	22.4	[14.3,33.3]	24,458	45.8	[33.2,59.0]	49,944	25.4	[16.3,37.4]	27,696
Other, Non-Hispanic	20.8	[3.4,66.5]	779	23.8	[3.9,70.5]	891	9.3	[0.9,53.8]	347
Multiracial, Non-Hispanic	13.7	[2.8,46.8]	122	30.5	[6.1,74.9]	273	30.5	[6.1,74.9]	273
Hispanic	2.5	[0.3,20.8]	198	15.4	[1.6,66.6]	1,209	0.0		63,662
EDUCATION									12604
Did not graduate HS	31.7	[17.3,50.7]	17,198	41.6	[24.5,61.1]	22,591	23.2	[11.9,40.4]	11,039
Graduate from HS	14.4	[8.0,24.5]	13,048	35.6	[24.3,48.7]	32,215	12.2	[6.3,22.2]	33,569
Attended college	24.3	[15.0,36.7]	22,194	42.4	[29.8,56.2]	38,825	36.7	[24.6,50.8]	6,450
Graduated college	15.7	[8.8,26.2]	5,472	47.3	[33.3,61.9]	16,550	18.5	[11.0,29.3]	63,662
HOUSEHOLD INCOME									17741
Less than \$15,000	24.1	[12.8,40.6]	17,482	36.5	[22.1,53.7]	26,518	24.4	[13.3,40.5]	15,471
\$15,000-\$24,999	24.8	[14.2,39.6]	14,411	42.6	[26.9,60.0]	24,766	26.6	[15.5,41.7]	4,793
\$25,000-\$34,999	14.5	[5.1,35.2]	4,264	50.4	[30.9,69.7]	14,763	16.3	[5.6,39.2]	5,462
\$35,000-\$49,999	23.9	[9.1,49.7]	6,246	41.6	[20.6,66.3]	10,889	20.9	[7.1,47.7]	10,552
\$50,000-\$74,999	22.2	[10.0,42.4]	6,474	41.2	[21.5,64.3]	12,002	36.2	[17.5,60.4]	2,174
\$75,000 or more	11.9	[4.7,27.2]	2,322	43.7	[27.5,61.5]	8,528	11.2	[4.2,26.4]	56,192

* Asked only to those currently diagnosed with asthma.

Table 8c: Asthma

	Difficulty Sleeping Due to Asthma*			Use Prescription to Prevent Asthma Attacks*			Use Prescription Inhaler During Attack*		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
TOTAL	24.4	[18.4,31.5]	66,145	43.7	[36.2,51.6]	118,643	37.3	[30.0,45.2]	101,239
AGE									
18-24	9.8	[2.4,32.6]	5,246	29.3	[12.8,53.9]	15,748	22.4	[7.4,51.0]	12,036
25-34	29.2	[13.8,51.4]	14,738	38.2	[20.3,59.9]	19,286	33.6	[17.1,55.5]	17,004
35-44	38.9	[20.7,60.8]	15,356	41.1	[23.6,61.1]	16,218	37.5	[20.1,58.9]	14,811
45-54	25.7	[15.3,39.9]	12,366	50.2	[33.5,66.9]	24,121	47.9	[31.5,64.8]	23,018
55-64	22.8	[15.2,32.7]	8,961	49.1	[37.8,60.4]	19,308	41.8	[31.2,53.1]	16,435
65 and over	23.7	[15.1,35.1]	9,477	59.8	[47.1,71.4]	23,961	44.8	[33.4,56.7]	17,935
GENDER									
Male	15.4	[8.2,27.0]	16,166	34.9	[23.1,49.0]	36,624	36.2	[23.3,51.4]	37,921
Female	30.0	[22.2,39.2]	49,979	49.3	[40.2,58.4]	82,018	38.0	[29.9,46.9]	63,319
RACE-ETHNICITY									
White, Non-Hispanic	24.2	[16.4,34.3]	35,511	47.4	[37.4,57.6]	69,394	37.2	[28.0,47.5]	54,509
Black, Non-Hispanic	25.5	[16.5,37.4]	27,841	43.7	[31.5,56.7]	47,627	37.7	[25.9,51.1]	41,100
Other, Non-Hispanic	8.0	[0.8,49.7]	301	8.0	[0.8,49.7]	301	72.7	[26.3,95.2]	2,721
Multiracial, Non-Hispanic	78.5	[37.3,95.8]	703	52.5	[15.8,86.7]	470	52.5	[15.8,86.7]	470
Hispanic	15.4	[1.6,66.6]	1,209	2.5	[0.3,20.8]	198	15.4	[1.6,66.6]	1,209
EDUCATION									
Did not graduate HS	39.9	[23.2,59.4]	21,648	39.3	[23.4,57.9]	21,342	41.9	[25.5,60.4]	22,738
Graduate from HS	19.5	[11.2,31.7]	17,669	39.5	[27.2,53.4]	35,821	40.9	[27.2,56.2]	37,036
Attended college	21.7	[12.9,34.1]	19,871	47.7	[34.2,61.5]	43,602	33.7	[22.8,46.7]	30,858
Graduated college	19.9	[11.7,31.7]	6,956	51.1	[36.7,65.4]	17,877	30.3	[20.3,42.7]	10,606
HOUSEHOLD INCOME									
Less than \$15,000	34.0	[19.9,51.8]	24,746	40.7	[25.4,58.0]	29,543	46.1	[29.8,63.3]	33,485
\$15,000-\$24,999	25.7	[15.0,40.4]	14,943	50.2	[32.9,67.5]	29,180	37.8	[23.6,54.4]	21,958
\$25,000-\$34,999	22.9	[10.3,43.3]	6,714	40.7	[23.1,61.0]	11,934	21.2	[9.9,40.0]	6,230
\$35,000-\$49,999	29.9	[11.5,58.3]	7,816	28.4	[12.3,52.9]	7,437	29.6	[12.9,54.4]	7,753
\$50,000-\$74,999	5.7	[1.8,16.7]	1,673	55.1	[32.6,75.6]	16,029	30.7	[15.7,51.4]	8,946
\$75,000 or more	16.9	[7.3,34.5]	3,294	56.0	[36.9,73.5]	10,921	36.1	[21.8,53.3]	7,040

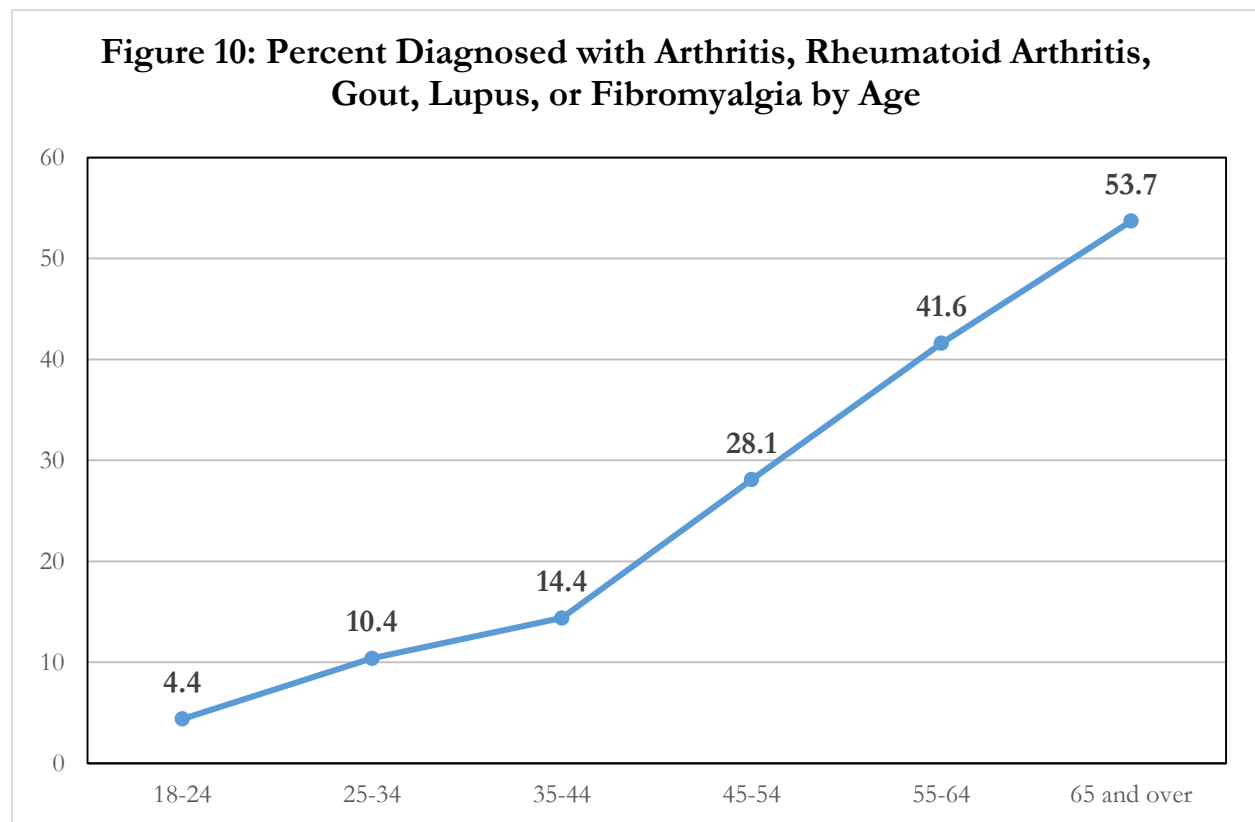
* Asked only to those currently diagnosed with asthma.

Arthritis

The term, arthritis, describes more than 100 rheumatic diseases and conditions that affect joints, the tissues which surround joints 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.

More than one-fourth (26.3%) of Louisiana adults have been diagnosed with arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia. This percentage is statistically indistinguishable from the national average (25.3%).

Arthritis is more frequent among older people and women. About two in five (41.6%) Louisiana adults between the ages of 55 and 64 have been diagnosed with arthritis; more than half (53.71%) of those who are 65 years of age or older have the diagnosis (Figure 10). In contrast, incidence is well under 20% among all age groups 44 years and under. Women (30.4%) are nine percentage points more likely than men (21.8%) to be diagnosed with arthritis.



Like other health risk factors, arthritis disproportionately affects those with less education and those in lower earning households. College graduates (18.6%) are half as likely to be diagnosed with arthritis as those who did not complete high school (37.1%). Similarly, 15.8% of those in

households with incomes of \$75,000 or more have been diagnosed with arthritis, while 34.2% of those in households with less than \$15,000 in annual income have this diagnosis.

IMPACT ON QUALITY OF LIFE

The Arthritis Burden Section of the 2013 BRFSS includes questions asked specifically to individuals diagnosed with arthritis about their experiences with the condition. Because this section of the BRFSS was administered to a subset of the total sample, the limited number of qualifying participants does not permit statistical estimation of incidence across demographic characteristics. Nevertheless, taken as a whole, this subsample permits overall estimates of the impact of arthritis on the quality of life of those who suffer from this condition.

About half (48.4%) of Louisiana adults with arthritis report that their symptoms – such as pain, aching or stiffness – limit their usual activities. Nearly forty percent (37.9%) indicate that their symptoms affect their work. And 23.7% say symptoms affect normal social activities such as shopping or attending religious gatherings.

Additionally, the Arthritis Burden Section included a question asking participants to rate how bad their joint pain and aching has been on average during the previous 30 days using a scale from zero to ten. More than one third of adults with arthritis (37.6%) indicate they typically suffer intense pain (rated seven or higher).

Table 9a: Arthritis

	Diagnosed with arthritis*			Limited Activity Due to Symptoms**			Symptoms Affect Ability to Work**		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
TOTAL	26.3	[24.6,28.0]	923,081	48.4	[44.9,51.9]	446,654	37.9	[34.5,41.4]	349,988
AGE									
18-24	4.4	[1.8,10.2]	20,588	24.1	[6.0,61.1]	4,952	27.5	[6.9,66.1]	5,671
25-34	10.4	[7.1,15.0]	67,246	27.5	[15.4,44.1]	18,475	34.4	[19.2,53.5]	23,122
35-44	14.4	[10.7,19.1]	81,466	50.3	[35.1,65.5]	41,004	40.9	[26.2,57.6]	33,359
45-54	28.1	[23.9,32.8]	174,081	58.5	[49.0,67.4]	101,805	47.7	[38.3,57.1]	82,972
55-64	41.6	[37.9,45.4]	242,990	54.0	[48.1,59.7]	131,140	40.3	[34.8,46.1]	97,951
65 and over	53.7	[50.7,56.8]	336,709	44.3	[40.5,48.2]	149,278	31.8	[28.3,35.5]	106,914
GENDER									
Male	21.8	[19.3,24.6]	370,627	45.2	[38.8,51.7]	167,372	39.0	[32.7,45.6]	144,459
Female	30.4	[28.2,32.7]	552,454	50.6	[46.6,54.5]	279,282	37.2	[33.5,41.1]	205,529
RACE-ETHNICITY									
White, Non-Hispanic	28.4	[26.3,30.6]	605,407	46.3	[42.2,50.5]	280,597	35.5	[31.7,39.6]	215,220
Black, Non-Hispanic	25.7	[22.4,29.2]	271,224	54.1	[46.8,61.2]	146,659	46.0	[38.8,53.2]	124,648
Other, Non-Hispanic	12.0	[7.2,19.4]	11,599	49.9	[29.0,70.8]	5,790	32.9	[14.9,58.0]	3,817
Multiracial, Non-Hispanic	13.7	[6.6,26.0]	3,365	55.3	[27.9,79.9]	1,862	10.4	[3.3,28.2]	351
Hispanic	11.6	[6.5,19.8]	18,913	28.5	[11.3,55.6]	5,400	12.8	[3.5,37.4]	2,424
EDUCATION									
Did not graduate HS	37.1	[31.2,43.4]	239,289	49.4	[40.0,58.8]	118,144	36.6	[28.1,46.0]	87,468
Graduate from HS	26.3	[23.7,29.2]	315,820	48.4	[43.1,53.7]	152,839	40.4	[35.2,45.8]	127,528
Attended college	24.4	[21.6,27.4]	241,617	49.3	[43.2,55.3]	119,008	41.9	[36.0,48.1]	101,297
Graduated college	18.6	[16.5,20.9]	126,355	44.8	[39.0,50.8]	56,663	26.7	[22.0,31.9]	33,695
HOUSEHOLD INCOME									
Less than \$15,000	34.2	[28.5,40.3]	166,133	65.3	[55.3,74.1]	108,497	55.1	[45.3,64.5]	91,591
\$15,000-\$24,999	33.9	[29.2,39.0]	219,771	50.8	[42.6,58.9]	111,549	44.8	[36.8,53.0]	98,439
\$25,000-\$34,999	29.3	[23.9,35.3]	100,104	49.9	[39.1,60.6]	49,907	38.2	[29.1,48.3]	38,268
\$35,000-\$49,999	25.0	[20.5,30.1]	103,676	33.7	[25.3,43.3]	34,922	35.3	[26.2,45.7]	36,626
\$50,000-\$74,999	22.2	[18.0,27.1]	85,133	39.9	[30.2,50.5]	33,982	22.0	[15.0,31.0]	18,710
\$75,000 or more	15.8	[13.5,18.5]	116,151	44.2	[36.6,52.2]	51,368	24.6	[18.7,31.7]	28,612

* Diagnosed with arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia.

** Asked only to participants who have been diagnosed with arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia.

Table 9b: Arthritis

	Symptoms Interfere with Social Activities**			Experience Frequent Intense Pain***		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
TOTAL	23.7	[20.8,26.9]	218,872	37.6	[34.1,41.2]	347,088
AGE						
18-24	0.0	NA	NA	27.5	[6.9,66.1]	5,671
25-34	16.8	[7.6,33.1]	11,297	28.7	[13.4,51.2]	19,287
35-44	33.8	[19.7,51.6]	27,557	45.8	[30.7,61.7]	37,298
45-54	34.2	[25.6,43.9]	59,481	48.8	[39.5,58.3]	84,996
55-64	25.1	[20.7,30.1]	60,960	42.1	[36.5,48.0]	102,400
65 and over	17.7	[15.0,20.7]	59,576	28.9	[25.5,32.6]	97,436
GENDER						
Male	22.4	[17.1,28.7]	82,907	34.5	[28.2,41.4]	127,996
Female	24.6	[21.4,28.2]	135,965	39.7	[35.8,43.6]	219,091
RACE-ETHNICITY						
White, Non-Hispanic	20.8	[17.5,24.5]	125,711	30.5	[26.7,34.5]	184,349
Black, Non-Hispanic	30.7	[24.6,37.7]	83,351	53.4	[46.3,60.4]	144,954
Other, Non-Hispanic	18.2	[5.4,46.5]	2,110	26.6	[11.2,51.1]	3,087
Multiracial, Non-Hispanic	21.7	[8.3,45.7]	729	16	[5.6,37.9]	540
Hispanic	21.2	[4.9,58.2]	4,007	47.8	[23.4,73.3]	9,042
EDUCATION						
Did not graduate HS	28.5	[20.8,37.8]	68,295	47.8	[38.4,57.3]	114,372
Graduate from HS	24.6	[20.3,29.4]	77,582	39.6	[34.5,45.0]	125,079
Attended college	22.0	[17.2,27.7]	53,149	33.6	[28.0,39.8]	81,290
Graduated college	15.7	[11.9,20.5]	19,846	20.9	[16.5,26.0]	26,347
HOUSEHOLD INCOME						
Less than \$15,000	41.1	[32.1,50.9]	68,356	58.4	[48.5,67.7]	97,001
\$15,000-\$24,999	27.9	[21.0,36.1]	61,341	43.8	[35.7,52.2]	96,250
\$25,000-\$34,999	19.4	[13.2,27.4]	19,376	34.6	[26.1,44.3]	34,630
\$35,000-\$49,999	19.0	[11.8,29.2]	19,727	29.4	[20.1,40.9]	30,487
\$50,000-\$74,999	7.8	[4.4,13.3]	6,599	17.3	[10.8,26.3]	14,691
\$75,000 or more	13.1	[8.9,18.9]	15,186	19.2	[14.0,25.6]	22,259

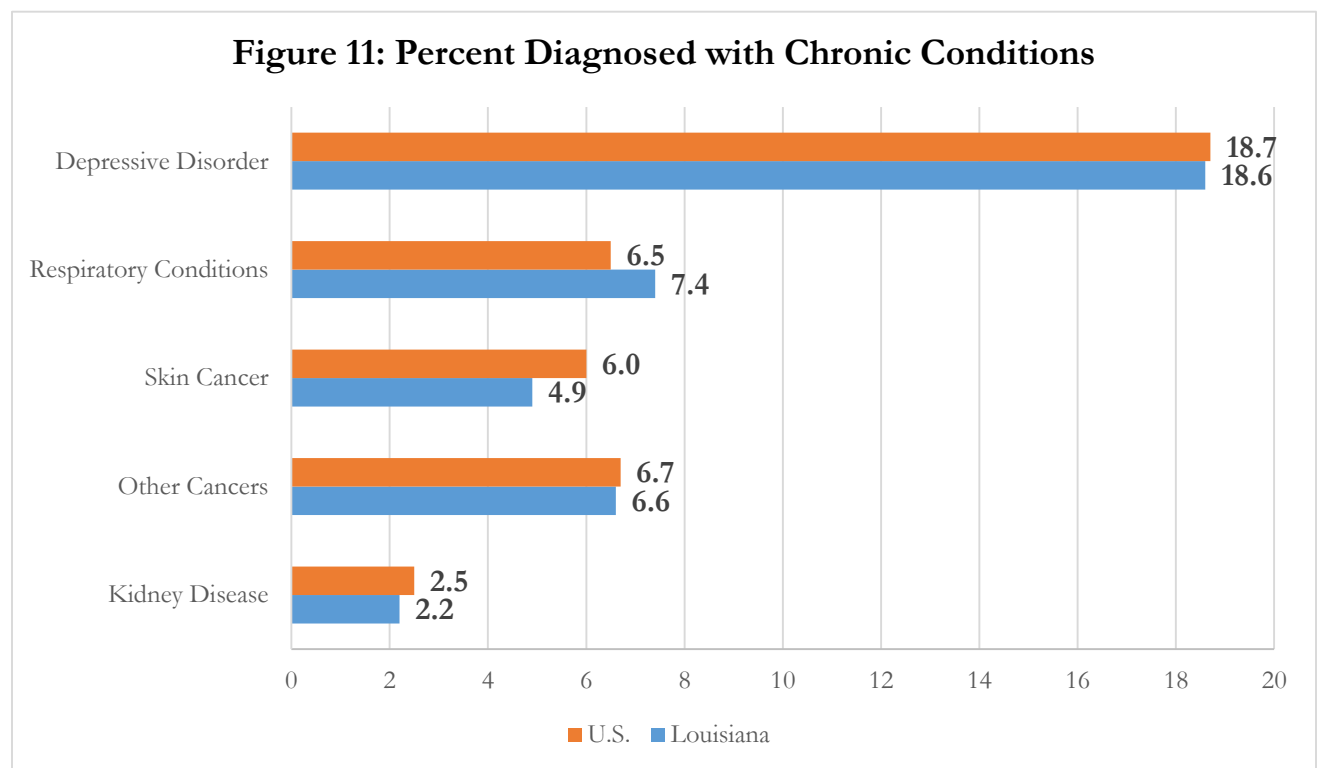
** Asked only to participants who have been diagnosed with arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia.

***Rate regular pain with seven or higher on zero to ten scale. Asked only to participants who have been diagnosed with arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia.

Other Chronic Health Conditions

Chronic diseases and conditions are persistent health issues with long-lasting effects. Typically, these conditions may be controlled but not cured. These unique conditions require more frequent doctor visits, more extensive care from physicians, and often more lengthy hospital stays. These diseases and conditions affect not only the health of individual patients but also states' health care systems. According to the Center for Disease Control and Prevention, chronic diseases are a leading cause of death and disability in the United States and soak up a majority of health care spending in the country.

In addition to the chronic diseases and conditions that are the focus of various sections of this report – diabetes, asthma, cardiovascular disease, and arthritis – the Behavioral Risk Factor Surveillance System also tracks the prevalence of additional conditions and diseases: Depressive disorders; chronic obstructive pulmonary disease, emphysema, and chronic bronchitis (respiratory conditions); skin cancer; other cancers; and kidney disease. The prevalence of these conditions in Louisiana and the United States appears in Figure 11.



DEPRESSIVE DISORDER

Louisiana adults are diagnosed with depression at a comparable rate as the national population (18.6% and 18.7% respectively).

As with other chronic conditions, depression is related to demographic and socio-economic characteristics. Women are more likely to be diagnosed with depression (22.04% versus 14.8% among men). It should be noted, however, that these data cannot reveal whether this difference (or other differences across subgroups, for that matter) results from gaps in the likelihood of suffering from depression or gaps in the propensity across groups to seek out a diagnosis and treatment. Individuals with household earnings of \$75,000 or more are less than half as likely to be diagnosed with depression (11.6%) as those in households with incomes below \$15,000 (27.1%). College graduates are also less likely to be diagnosed with depression (13.9%) than those without a high school diploma (25.9%).

RESPIRATORY CONDITIONS

Louisiana adults suffer from respiratory conditions such as chronic obstructive pulmonary disease, emphysema, or chronic bronchitis at a rate similar to their peers nationally (7.4% versus 6.5%).

Respiratory conditions are related to age and socio-economic status, as measured with education and income. Risk of respiratory conditions increases markedly late in life. 13.1% of adults 65 years of age or older suffer from a respiratory condition, while fewer than 5% of adults under the age of 45 are similarly afflicted. College graduates are less than half as likely to suffer from respiratory conditions (4.4%) compared to those without a high school diploma (10.9%). Relatedly, individuals with household earnings of \$75,000 or more are significantly less likely to have respiratory conditions (3.6%) than those in households with incomes below \$15,000 (13.6%).

SKIN CANCER

Louisianans suffer from skin cancer at a comparable rate as the national population (4.9% and 6.0% respectively).

Risk of skin cancer is related to age and race. There are very few diagnoses of skin cancer among those under the age of 65, whereas 15.8% of adults 65 years or older have been diagnosed with skin cancer at some point in their lives. Among white adults, 7.3% have been diagnosed with skin cancer at some point, but the disease rarely appears among other racial or ethnic groups.

OTHER CANCERS

As with skin cancer, Louisianans suffer from other cancers at a comparable rate as the national population (6.6% and 6.7% respectively).

Risk of cancer is related to age, gender, and race. Fewer than 10% of adults below the age of 65 have ever been diagnosed with a form of cancer. Nearly two-fifths of adults 65 years or older (17.5%) have had such a diagnosis. White adults (7.9%) are more likely than black adults (4.8%) to have been diagnosed with other cancers. Unlike the case of skin cancer, women are more likely than men to have been diagnosed with other cancers (7.7% for women versus 5.3% for men).

KIDNEY DISEASE

Kidney disease is a relatively rare diagnosis both in Louisiana and in the United States as a whole (2.2% and 2.5% respectively).

Kidney disease is related to age, education, and income. There are very few cases of kidney disease among those under the age of 65. The risk reaches 6.4% among those 65 years of age or older. College graduates are less likely to suffer from kidney disease (1.1%) compared to those without a high school diploma (3.5%). It is virtually nonexistent among individuals with household earnings of \$75,000 or more (0.8%), but reaches 3.3% among those in households with less than \$15,000 in annual income.

Table 10a: Other Chronic Conditions

	Diagnosed with Skin Cancer			Diagnosed with Other Cancer			Diagnosed with COPD, Emphysema, or Chronic Bronchitis		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
TOTAL	4.9	[4.3,5.7]	173,748	6.6	[5.8,7.4]	231,011	7.4	[6.5,8.5]	261,333
AGE									
18-24	0.0	NA	NA	0.0	NA	NA	2.6	[1.1,6.0]	12,219
25-34	1.5	[0.5,4.5]	9,933	1.7	[0.6,5.2]	11,197	4.2	[2.3,7.5]	27,281
35-44	0.8	[0.4,1.6]	4,391	3.5	[2.1,5.8]	19,851	4.6	[2.9,7.2]	25,851
45-54	3.7	[2.2,6.1]	22,748	6.2	[4.5,8.5]	38,415	8.7	[6.2,12.0]	53,884
55-64	6.5	[4.9,8.5]	37,913	9.2	[7.5,11.1]	53,415	10.3	[8.3,12.7]	60,134
65 and over	15.8	[13.7,18.0]	98,763	17.3	[15.2,19.5]	108,132	13.1	[11.2,15.2]	81,964
GENDER									
Male	5.7	[4.6,7.1]	97,294	5.3	[4.4,6.4]	90,234	6.9	[5.6,8.6]	117,768
Female	4.2	[3.5,5.0]	76,454	7.7	[6.6,9.0]	140,777	7.9	[6.7,9.2]	143,565
Total	4.9	[4.3,5.7]	173,748	6.6	[5.8,7.4]	231,011	7.4	[6.5,8.5]	261,333
RACE-ETHNICITY									
White, Non-Hispanic	7.3	[6.4,8.4]	156,627	7.9	[6.9,9.1]	168,556	8.0	[6.9,9.3]	171,389
Black, Non-Hispanic	1.0	[0.4,2.6]	10,232	4.8	[3.8,6.2]	51,138	7.0	[5.2,9.2]	73,568
Other, Non-Hispanic	1.2	[0.2,6.3]	1,113	4.9	[2.4,9.9]	4,743	9.1	[4.0,19.3]	8,796
Multiracial, Non-Hispanic	2.1	[0.3,11.4]	506	0.4	[0.0,2.6]	87	7.5	[2.0,24.6]	1,857
Hispanic	1.6	[0.3,7.2]	2,538	1.1	[0.3,4.5]	1,879	1.5	[0.4,5.7]	2,523
EDUCATION									
Did not graduate HS	5.4	[3.7,7.8]	34,712	6.6	[4.6,9.6]	42,930	10.9	[8.3,14.1]	70,107
Graduate from HS	5.1	[3.9,6.6]	60,597	7.1	[5.9,8.6]	85,418	7.3	[5.8,9.2]	88,098
Attended college	4.3	[3.3,5.5]	42,223	6.3	[5.1,7.9]	62,833	7.4	[5.7,9.6]	73,455
Graduated college	5.3	[4.3,6.6]	36,216	5.9	[4.8,7.1]	39,829	4.4	[3.3,5.8]	29,672
HOUSEHOLD INCOME									
Less than \$15,000	2.7	[1.6,4.4]	12,991	6.9	[5.0,9.4]	33,385	13.6	[9.9,18.4]	66,192
\$15,000-\$24,999	6.3	[4.4,8.9]	40,883	8.2	[6.1,11.0]	53,362	8.8	[6.8,11.4]	56,999
\$25,000-\$34,999	5.8	[4.0,8.3]	19,778	5.1	[3.6,7.3]	17,613	8.8	[6.1,12.5]	29,960
\$35,000-\$49,999	5.8	[3.8,8.7]	23,894	6.8	[4.8,9.7]	28,347	5.6	[3.6,8.6]	23,262
\$50,000-\$74,999	4.3	[3.1,6.0]	16,539	6.0	[4.0,8.9]	23,148	4.8	[3.1,7.3]	18,372
\$75,000 or more	4.7	[3.5,6.3]	34,763	5.3	[4.1,6.8]	38,816	3.6	[2.5,5.1]	26,202

Table 10b: Other Chronic Conditions

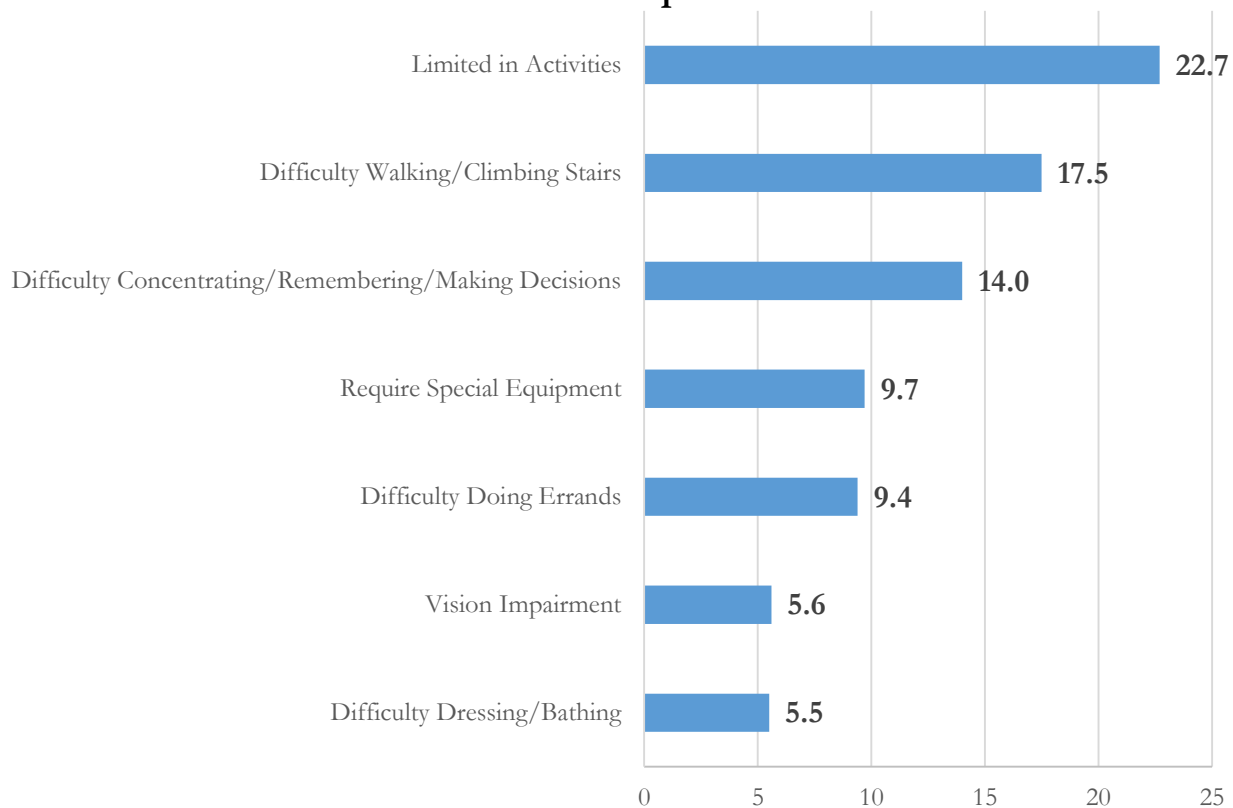
	Diagnosed with a Depressive Disorder			Diagnosed with Kidney Disease		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
TOTAL	18.6	[16.9,20.3]	651,957	2.2	[1.8,2.7]	78,190
AGE						
18-24	14.5	[9.8,20.8]	68,379	0.0	NA	NA
25-34	21.0	[16.2,26.7]	135,782	0.3	[0.0,2.2]	2,008
35-44	17.8	[13.7,22.8]	100,927	1.1	[0.4,2.6]	6,070
45-54	21.3	[17.6,25.5]	131,641	2.0	[1.1,3.5]	12,334
55-64	21.1	[18.3,24.2]	123,045	3.1	[2.1,4.5]	17,983
65 and over	14.7	[12.8,16.9]	92,184	6.4	[5.0,8.0]	39,795
GENDER						
Male	14.8	[12.4,17.6]	251,790	1.7	[1.2,2.4]	28,846
Female	22.0	[19.9,24.3]	400,167	2.7	[2.2,3.4]	49,344
Total	18.6	[16.9,20.3]	651,957	2.2	[1.8,2.7]	78,190
RACE-ETHNICITY						
White, Non-Hispanic	19.9	[17.9,22.0]	424,496	2.1	[1.7,2.7]	45,852
Black, Non-Hispanic	15.1	[12.3,18.3]	159,358	2.8	[1.9,4.0]	29,262
Other, Non-Hispanic	17.0	[9.2,29.4]	16,464	0.9	[0.3,2.7]	897
Multiracial, Non-Hispanic	30.5	[13.0,56.4]	7,519	0.8	[0.2,3.5]	189
Hispanic	24.0	[13.4,39.2]	39,235	0.8	[0.2,2.8]	1,307
EDUCATION						
Did not graduate HS	25.9	[20.4,32.2]	167,087	3.5	[2.2,5.4]	22,548
Graduate from HS	16.6	[14.2,19.4]	199,310	1.9	[1.4,2.5]	22,895
Attended college	19.3	[16.5,22.4]	190,840	2.5	[1.8,3.7]	25,164
Graduated college	13.9	[11.9,16.2]	94,719	1.1	[0.7,1.9]	7,583
HOUSEHOLD INCOME						
Less than \$15,000	27.1	[21.7,33.3]	131,761	3.3	[2.1,5.2]	15,946
\$15,000-\$24,999	25.9	[21.1,31.3]	167,648	2.9	[1.9,4.5]	18,866
\$25,000-\$34,999	19.9	[15.3,25.6]	68,155	1.8	[1.0,3.2]	6,273
\$35,000-\$49,999	14.8	[11.2,19.3]	61,410	2.0	[1.1,3.4]	8,116
\$50,000-\$74,999	17.3	[13.4,22.1]	66,263	2.3	[1.4,3.8]	8,853
\$75,000 or more	11.6	[9.5,14.3]	85,346	0.8	[0.4,1.7]	6,143

Disability

Disabilities represent a significant health concern and are associated with poor health outcomes. 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.

In Louisiana, 22.7% of adults report limited activity due to physical, mental, or emotional problems (Figure 12). 17.5% report difficulty walking or climbing stairs. 14.0% report that a physical, mental or emotional condition causes serious difficulty concentrating, remembering or making decisions. Nearly one in ten (9.7%) Louisiana adults report health problems that require the use of special equipment such as a cane, a wheelchair, a special bed or a special telephone. A similar share (9.4%) report that a physical, mental or emotional condition causes difficulty in doing errands alone such as visiting a doctor's office or shopping. 5.6% report they are blind or have serious difficulty seeing even when wearing glasses. Finally, 5.5% report difficulty dressing or bathing.

Figure 12: Percent Diagnosed with Physical, Mental or Emotional Impairments



In each case, age and socio-economic status (education and household income) strongly predict disability. In a few instances, however, gender plays a role (women are more likely to report difficulty walking or climbing stairs and doing errands), as does race (black residents of Louisiana report higher levels of vision impairment than white residents).

Table 11a: Disability

	Physical, Mental, or Emotional Problems Limit Activity			Have Health Problem That Requires Use of Special Equipment			Difficulty Seeing Even When Wearing Glasses		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
TOTAL	22.7	[21.0,24.4]	792,235	9.7	[8.6,10.9]	338,517	5.6	[4.8,6.5]	194,386
AGE									
18-24	8.5	[5.3,13.4]	40,083	2.4	[0.7,8.0]	11,106	2.6	[1.2,5.9]	12,411
25-34	13.1	[9.5,17.8]	84,369	2.4	[1.1,5.1]	15,222	1.0	[0.4,2.2]	6,194
35-44	19.2	[14.8,24.6]	108,079	5.6	[3.3,9.4]	31,558	3.2	[1.7,5.7]	17,735
45-54	27.2	[23.1,31.8]	168,212	11.4	[8.4,15.2]	69,928	10.1	[7.6,13.2]	61,889
55-64	31.6	[28.2,35.3]	183,796	12.7	[10.3,15.6]	74,011	7.9	[6.1,10.2]	45,949
65 and over	33.4	[30.7,36.3]	207,695	22.0	[19.6,24.6]	136,691	8.1	[6.6,9.9]	50,207
GENDER									
Male	21.1	[18.6,23.8]	355,710	9.4	[7.8,11.4]	158,796	4.7	[3.6,6.1]	79,081
Female	24.1	[22.0,26.4]	436,525	9.9	[8.6,11.5]	179,721	6.4	[5.4,7.6]	115,305
RACE-ETHNICITY									
White, Non-Hispanic	23.7	[21.7,25.8]	501,610	9.1	[7.9,10.6]	193,309	4.7	[3.9,5.7]	100,469
Black, Non-Hispanic	22.6	[19.5,26.1]	238,132	11.7	[9.6,14.3]	123,253	7.5	[5.8,9.5]	78,400
Other, Non-Hispanic	16.0	[9.1,26.6]	15,186	4.8	[2.3,9.6]	4,533	6.9	[2.6,17.4]	6,589
Multiracial, Non-Hispanic	16.8	[7.5,33.6]	4,147	13.2	[5.2,29.7]	3,258	8.9	[2.0,32.6]	2,203
Hispanic	12.6	[5.7,25.8]	20,688	6.9	[2.1,20.0]	11,210	3.0	[1.1,8.1]	4,851
EDUCATION									
Did not graduate HS	34.5	[28.8,40.7]	220,862	18.2	[14.3,23.0]	116,656	10.1	[7.4,13.7]	64,815
Graduate from HS	22.2	[19.6,25.1]	265,456	8.4	[6.9,10.3]	100,170	5.6	[4.5,7.0]	66,604
Attended college	20.9	[18.3,23.7]	206,213	9.0	[7.1,11.2]	88,209	4.9	[3.7,6.3]	47,857
Graduated college	14.8	[12.8,17.0]	99,703	5.0	[3.9,6.3]	33,481	2.2	[1.5,3.2]	15,110
HOUSEHOLD INCOME									
Less than \$15,000	37.5	[31.7,43.7]	182,044	17.4	[13.6,22.0]	84,176	12.6	[9.5,16.6]	61,165
\$15,000-\$24,999	32.0	[27.2,37.2]	206,794	17.1	[13.5,21.4]	110,044	7.3	[5.5,9.7]	47,107
\$25,000-\$34,999	22.8	[18.4,27.9]	77,919	9.6	[6.9,13.2]	32,804	5.2	[3.5,7.6]	17,616
\$35,000-\$49,999	16.9	[13.1,21.5]	69,680	5.4	[3.5,8.2]	22,241	3.0	[1.7,5.2]	12,330
\$50,000-\$74,999	13.7	[10.7,17.5]	52,516	3.0	[1.9,4.8]	11,483	3.7	[2.2,6.2]	14,270
\$75,000 or more	11.2	[9.2,13.6]	81,700	3.6	[2.5,5.1]	26,188	0.9	[0.4,1.8]	6,558

Table 11b: Disability

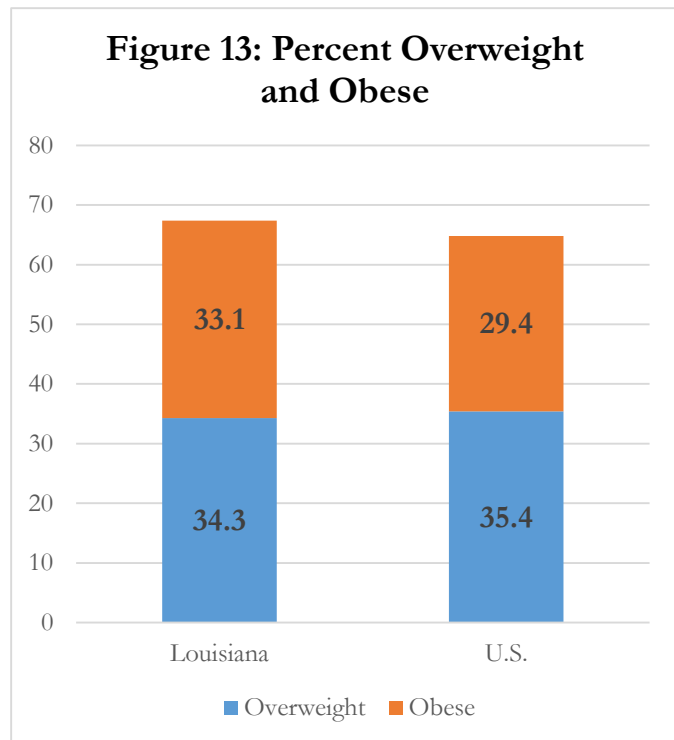
	Difficulty Concentrating, Remembering or Making Decisions			Serious Difficulty Walking or Climbing Stairs		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
TOTAL	14.0	[12.5,15.7]	487,368	17.5	[16.1,19.0]	607,439
AGE						
18-24	11.4	[6.8,18.3]	53,231	1.3	[0.5,3.5]	5,982
25-34	11.5	[7.8,16.7]	73,665	4.6	[2.7,7.7]	29,642
35-44	14.0	[10.1,19.1]	78,556	13.7	[9.8,18.8]	76,683
45-54	18.2	[14.6,22.4]	111,559	20.7	[17.0,25.1]	127,040
55-64	16.1	[13.4,19.2]	93,267	27.7	[24.4,31.3]	159,115
65 and over	12.4	[10.5,14.6]	77,089	33.8	[31.0,36.7]	208,977
GENDER						
Male	12.7	[10.4,15.4]	213,121	14.8	[12.7,17.1]	247,228
Female	15.2	[13.3,17.4]	274,247	20.0	[18.2,22.0]	360,211
RACE-ETHNICITY						
White, Non-Hispanic	12.6	[10.9,14.5]	266,845	16.8	[15.2,18.5]	354,323
Black, Non-Hispanic	15.9	[13.0,19.4]	166,450	21.2	[18.1,24.6]	219,712
Other, Non-Hispanic	11.7	[5.4,23.6]	11,110	14.8	[8.1,25.3]	13,959
Multiracial, Non-Hispanic	29.9	[10.8,60.1]	7,377	14.0	[5.7,30.4]	3,447
Hispanic	19.2	[9.6,34.6]	30,882	5.6	[2.7,11.3]	8,947
EDUCATION						
Did not graduate HS	28.9	[23.3,35.2]	184,699	32.0	[26.7,37.9]	202,818
Graduate from HS	14.8	[12.5,17.6]	175,773	17.6	[15.4,20.1]	208,720
Attended college	9.8	[7.7,12.5]	96,841	13.3	[11.4,15.5]	130,520
Graduated college	4.5	[3.4,5.8]	30,055	9.8	[8.2,11.6]	65,381
HOUSEHOLD INCOME						
Less than \$15,000	33.4	[27.3,40.0]	161,017	37.0	[31.1,43.2]	176,444
\$15,000-\$24,999	19.9	[15.7,24.8]	127,467	27.6	[23.3,32.4]	176,664
\$25,000-\$34,999	10.3	[7.1,14.7]	35,215	16.8	[13.4,20.9]	57,485
\$35,000-\$49,999	9.0	[6.0,13.2]	36,771	11.3	[8.4,15.2]	46,183
\$50,000-\$74,999	6.9	[4.4,10.7]	26,335	7.8	[5.8,10.3]	29,665
\$75,000 or more	4.1	[2.7,6.3]	29,978	6.0	[4.7,7.7]	43,638

Table 11c: Disability

	Difficulty Dressing or Bathing			Difficulty Doing Errands		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
TOTAL	5.5	[4.6,6.6]	190,605	9.4	[8.2,10.7]	324,635
AGE						
18-24	0.0	NA	NA	3.2	[1.4,7.1]	14,856
25-34	2.0	[0.8,5.2]	13,012	4.6	[2.6,8.1]	29,384
35-44	4.9	[2.5,9.4]	27,351	10.9	[7.4,15.8]	60,843
45-54	8.7	[5.9,12.6]	53,322	11.6	[8.8,15.1]	71,015
55-64	8.6	[6.7,11.0]	49,242	11.2	[9.1,13.8]	64,136
65 and over	7.7	[6.3,9.5]	47,680	13.7	[11.8,15.9]	84,401
GENDER						
Male	5.9	[4.4,7.9]	98,227	7.4	[5.8,9.4]	124,201
Female	5.1	[4.2,6.2]	92,378	11.2	[9.7,12.9]	200,435
RACE-ETHNICITY						
White, Non-Hispanic	5.2	[4.1,6.6]	110,725	8.9	[7.6,10.5]	188,473
Black, Non-Hispanic	6.8	[5.1,9.1]	70,580	12	[9.7,14.8]	123,630
Other, Non-Hispanic	4.8	[1.2,17.1]	4,512	3.4	[1.3,8.6]	3,259
Multiracial, Non-Hispanic	3.9	[1.2,11.9]	968	12.8	[4.1,33.6]	3,166
Hispanic	0.7	[0.1,4.7]	1,090	1.3	[0.3,4.5]	2,012
EDUCATION						
Did not graduate HS	14.0	[10.1,19.1]	88,416	21.7	[17.1,27.1]	136,717
Graduate from HS	4.3	[3.2,5.7]	51,233	9.1	[7.4,11.2]	107,390
Attended college	3.7	[2.8,5.0]	36,622	5.9	[4.8,7.4]	57,977
Graduated college	2.1	[1.5,3.0]	14,335	3.4	[2.6,4.4]	22,551
HOUSEHOLD INCOME						
Less than \$15,000	14.0	[10.0,19.3]	66,740	23.1	[18.2,28.9]	110,333
\$15,000-\$24,999	9.5	[6.8,13.3]	61,064	14.8	[11.5,18.8]	94,398
\$25,000-\$34,999	3.7	[2.5,5.7]	12,786	6.8	[4.8,9.7]	23,377
\$35,000-\$49,999	2.1	[1.0,4.4]	8,729	4.1	[2.4,7.0]	16,824
\$50,000-\$74,999	1.5	[0.8,2.9]	5,809	3.1	[1.9,5.2]	11,938
\$75,000 or more	1.9	[1.1,3.3]	13,768	3.4	[2.0,5.5]	24,195

Overweight and Obesity

‘Overweight’ and ‘obese’ are 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, these 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.



Although the combined share of overweight and obese individuals do not differ between Louisiana and the United States as a whole, the distributions across these categories differ somewhat (Figure 13). On one hand, Louisiana adults are about as likely as Americans generally to be overweight, that is to have a BMI greater than 25 but less than 30. On the other hand, Louisiana adults are more likely to be obese, that is have a BMI of 30 or more. In Louisiana, 34.3% of adults are classified as overweight and 33.1% are classified as obese. In short, two thirds of Louisiana adults are a heavier than healthy weight.

Gender, race, education, and income are associated with the likelihood a Louisiana resident is overweight or obese. While there is no statistically identifiable difference between men and women in obesity incidence, women are less likely than men to be overweight (27.4% versus 41.3%). White adults are indistinguishable from black adults in likelihood of being overweight, but they are significantly less likely to be obese (30.2% versus 40.7%).

There are few differences in rates of being overweight across levels of educational attainment, but there are significant differences in rates of obesity. College graduates are thirteen percentage points less likely to be obese than individuals who did not complete high school. A similar pattern holds across the lowest and highest levels of household income. Those in the lowest earning households are 9.7 percentage points more likely to be obese than those in households with earnings of \$75,000 or more.

Table 12: Overweight and Obese

	Overweight*			Obese**		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
TOTAL	34.3	[32.2,36.4]	1,163,360	33.1	[31.1,35.2]	1,123,929
AGE						
18-24	24.7	[18.2,32.6]	114,062	17.7	[12.6,24.2]	81,450
25-34	34.1	[27.9,40.8]	209,193	27.5	[22.2,33.5]	168,794
35-44	36.0	[30.4,42.1]	196,971	40.4	[34.6,46.4]	220,779
45-54	35.5	[31.0,40.2]	216,610	40.5	[35.8,45.3]	247,212
55-64	36.2	[32.5,40.0]	202,197	37.8	[34.0,41.7]	211,009
65 and over	37.1	[34.2,40.1]	224,326	32.2	[29.2,35.3]	194,685
GENDER						
Male	41.3	[37.8,44.9]	691,346	31.1	[28.0,34.4]	520,826
Female	27.4	[25.2,29.7]	472,014	35.0	[32.5,37.7]	603,103
RACE-ETHNICITY						
White, Non-Hispanic	35.4	[33.0,37.9]	732,514	30.2	[27.9,32.6]	624,991
Black, Non-Hispanic	32.7	[28.6,37.1]	331,363	40.7	[36.6,45.0]	412,422
Other, Non-Hispanic	31.6	[17.7,49.9]	29,228	27.6	[17.0,41.5]	25,457
Multiracial, Non-Hispanic	47.0	[24.2,71.0]	11,506	20.0	[9.3,37.9]	4,907
Hispanic	29.7	[17.9,45.0]	48,602	27.3	[15.9,42.9]	44,719
EDUCATION						
Did not graduate HS	27.8	[21.8,34.7]	173,250	38.8	[32.6,45.4]	241,815
Graduate from HS	34.8	[31.3,38.5]	401,972	34.7	[31.3,38.2]	400,200
Attended college	35.0	[31.2,39.0]	338,902	32.4	[28.8,36.3]	313,969
Graduated college	38.3	[34.8,41.9]	249,235	25.8	[22.9,29.0]	167,945
HOUSEHOLD INCOME						
Less than \$15,000	26.2	[20.7,32.7]	123,822	40.3	[34.0,46.9]	190,153
\$15,000-\$24,999	29.9	[25.0,35.4]	189,558	36.7	[31.6,42.3]	232,638
\$25,000-\$34,999	37.6	[31.1,44.5]	122,981	28.2	[22.8,34.3]	92,396
\$35,000-\$49,999	33.9	[28.1,40.3]	138,068	38.4	[32.2,45.0]	156,187
\$50,000-\$74,999	41.5	[35.5,47.8]	156,303	28.7	[23.7,34.2]	107,846
\$75,000 or more	38.9	[34.7,43.3]	277,778	30.6	[26.8,34.8]	218,619

*Body mass index between 25 and 30.

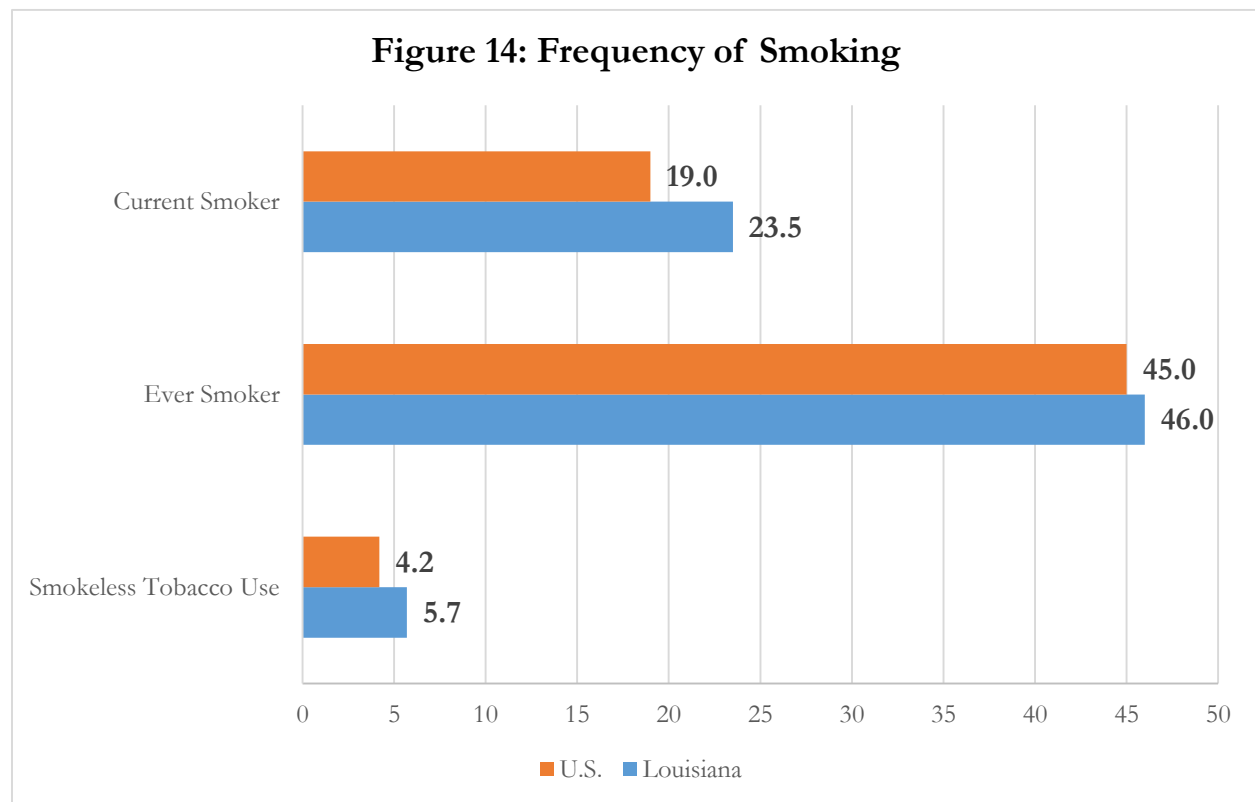
**Body mass index greater than 30.

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. Nevertheless, tobacco use among Louisianans remains higher than Americans generally.

CURRENT SMOKERS

About one in four (23.5%) Louisiana adults report they are current smokers. The rate of current smoking in the country as a whole is 19.0%, slightly lower than in the state (Figure 14).



Age, gender, and socio-economic status are associated with smoking. Smoking occurs with less frequency among state residents age 55 or older compared to all age groups under 55 years. The rate is even lower among seniors, 65 years of age or older, than residents between the ages of 55 and 64 (11.5% versus 20.1%).

Women are less likely to smoke than men (20.0% versus 27.2%).

More than one-third of individual in households at the lowest rung of the income ladder currently smoke (35.7%). This rate drops to fewer than one in five (16.6%) among those whose household income is \$75,000 or more. The rate of current smoking is more than three times as high among those who did not complete high school (37.0%) as among those who graduated from college (10.7%).

EVER SMOKED

There is a much smaller difference between the United States and Louisiana in the proportion of adults who have ever smoked (as measured by smoking at least 100 cigarettes, the equivalent of five packs, over the course of the respondent's life). Nearly half of all Louisiana adults (46.0 %) say they smoked 100 cigarettes in their life, which is statistically equivalent to the nation (45.0%).

Unsurprisingly, the factors that predict current smoking also predict any smoking over the course of a respondent's life: gender, income, and education. Race also predicts smoking 100 cigarettes during a lifetime. Black adults are significantly less likely to have smoked during their life than white adults, 35.8% versus 50.0%.

SMOKING CESSATION

The BRFSS survey asks current smokers whether or not they have stopped smoking for one day or longer in an effort to quit smoking at some point during the past year. Approximately one in eight adult Louisiana smokers (13.8%) have attempted to quit in the past year.

SMOKELESS TOBACCO

Smokeless tobacco – including chewing tobacco, snuff, and snus – is used less frequently than are cigarettes in Louisiana. 5.7% of Louisiana adult residents use these forms of tobacco. Men are more likely to use these products than women; whites are more likely than blacks to use them.

Table 13: Tobacco Use

	Ever Smoked*			Current Smoker			Current Smokeless Tobacco Use		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
TOTAL	46.0	[43.8,48.2]	1,590,329	23.5	[21.5,25.6]	810,956	5.7	[4.7,6.9]	195,983
AGE									
18-24	28.9	[21.9,37.1]	134,298	22.5	[16.0,30.6]	104,500	4.0	[2.0,8.1]	18,604
25-34	51.0	[44.5,57.4]	325,256	32.6	[26.7,39.1]	208,246	7.8	[5.0,12.2]	50,021
35-44	44.4	[38.5,50.5]	246,374	24.0	[19.0,29.8]	133,149	7.7	[4.7,12.2]	42,053
45-54	47.9	[43.1,52.8]	292,999	29.3	[25.0,34.1]	179,406	5.3	[3.6,7.8]	32,652
55-64	51.7	[48.0,55.5]	295,940	20.1	[17.4,23.3]	115,199	4.7	[3.2,6.8]	26,803
65 and over	48.0	[45.0,51.1]	295,462	11.5	[9.5,13.7]	70,455	4.2	[3.1,5.7]	25,850
GENDER									
Male	54.2	[50.6,57.7]	903,314	27.2	[24.0,30.7]	453,443	9.8	[7.9,12.0]	162,380
Female	38.4	[35.8,41.1]	687,015	20.0	[17.7,22.5]	357,513	1.9	[1.2,3.0]	33,603
RACE-ETHNICITY									
White, Non-Hispanic	50.0	[47.5,52.6]	1,054,787	24.9	[22.4,27.4]	524,184	7.0	[5.7,8.6]	148,553
Black, Non-Hispanic	35.8	[31.8,40.1]	368,097	20.6	[17.1,24.6]	211,526	2.9	[1.7,4.9]	29,410
Other, Non-Hispanic	45.7	[30.4,61.9]	43,258	21.2	[10.7,37.8]	20,074	7.5	[2.7,18.8]	7,088
Multiracial, Non-Hispanic	77.0	[59.0,88.7]	18,988	52.1	[29.0,74.3]	12,847	0.0		10,932
Hispanic	53.7	[38.5,68.2]	86,329	21.4	[11.3,36.9]	34,471	7.2	[2.0,22.9]	195,983
EDUCATION									28881
Did not graduate HS	59.7	[53.0,66.1]	374,549	37.0	[30.6,44.0]	232,290	4.6	[2.5,8.5]	91,619
Graduate from HS	48.3	[44.7,52.1]	571,074	24.9	[21.7,28.4]	294,035	7.8	[5.9,10.2]	52,679
Attended college	44.2	[40.2,48.3]	432,329	21.8	[18.5,25.5]	213,264	5.4	[3.8,7.7]	22,804
Graduated college	31.7	[28.5,35.1]	212,378	10.7	[8.7,13.0]	71,367	3.4	[2.3,5.2]	195,983
HOUSEHOLD INCOME									12270
Less than \$15,000	56.0	[49.4,62.5]	265,240	35.7	[29.4,42.6]	169,124	2.6	[1.2,5.6]	41,867
\$15,000-\$24,999	52.5	[46.9,58.0]	334,951	27.6	[22.6,33.3]	176,091	6.6	[4.4,9.7]	10,476
\$25,000-\$34,999	43.4	[36.8,50.2]	148,206	20.5	[15.1,27.2]	70,069	3.1	[1.5,6.2]	21,565
\$35,000-\$49,999	47.3	[40.7,54.0]	192,134	26.2	[20.2,33.1]	106,318	5.3	[2.8,9.7]	31,109
\$50,000-\$74,999	39.8	[34.0,45.9]	151,366	18.4	[13.8,24.1]	69,928	8.2	[4.9,13.4]	44,453
\$75,000 or more	39.1	[35.0,43.5]	282,658	16.6	[13.4,20.4]	119,862	6.2	[4.5,8.4]	161,739

* Smoked at least 100 cigarettes in entire life.

Alcohol Consumption

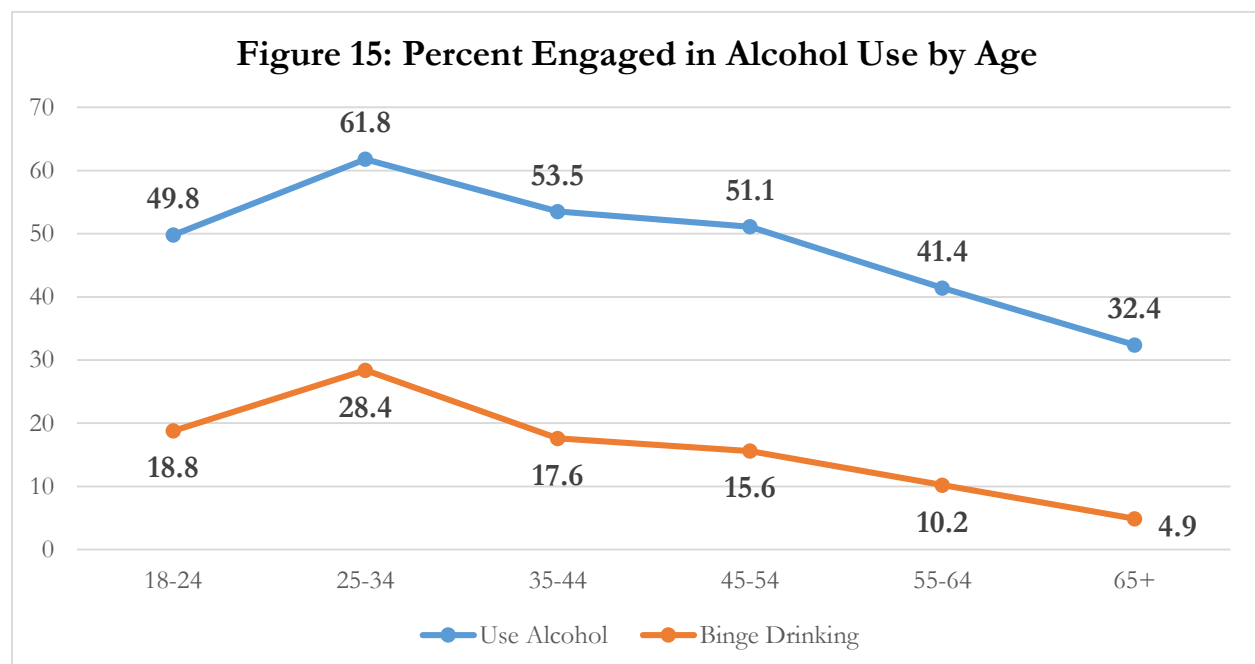
While moderate alcohol use, such as one alcoholic drink per day, may have health benefits, excessive alcohol use is also associated with a number of negative health outcomes, including liver disease, increased risks for certain types of cancer, heart disease, obesity, and kidney disease. To monitor alcohol use, the BRFSS asks individuals were asked about their amount of alcohol consumption within the last 30 days. They are also asked about the number of days in the past month on which they consumed five or more alcoholic drinks (for men) or four or more alcoholic drinks (for women) in a single occasion. Consuming more than this number of drinks in a single occasion is classified as binge drinking.

ALCOHOL USE

About half of Louisiana adults report having at least one drink in the last 30 days (48.4%). This is less than the share of all Americans who had at least one drink in the previous 30 days (54.5%).

Alcohol consumption among Louisiana adults is more common among men (54.0%) than women (43.1%). It is also significantly more common among residents with higher levels of education and higher household incomes. Among college graduates, 63.5% consume alcohol. Among those without a high school diploma, only 35.1% do. Individuals in households making more than \$75,000 a year reported a higher rate of drinking (63.6%) than individuals in households with incomes less than \$15,000 (37.6%).

Age also predicts alcohol use, but the pattern is non-linear (Figure 15). Adults 18-24 years of age are less likely to report drinking alcohol than those who are 25-54, likely because many in the youngest category are not yet old enough to purchase alcoholic beverages. Alcohol consumption then declines beginning in the late fifties, with those 65 years or older (32.4%) the least likely age group to report drinking an alcoholic beverage in the past 30 days.



BINGE DRINKING

The share of Louisiana adults who engage in binge drinking, that is, drinking five or more drinks (for men) or four or more drinks (for women) on one occasion, is 15.9%. There is no statistical difference between Louisiana and the rest of the nation in the share of adults who engage in binge drinking (16.8% for the United States).

Binge drinking is more common among younger adults. The likelihood of binge drinking begins to drop precipitously beginning around the late thirties from its peak among adults age 25-34 (28.4%).

Men are more likely than women to binge drink (21.3% versus 10.8%). Whites are more likely to binge drink than blacks (16.3% versus 10.0%).

Table 14: Alcohol Consumption

	At Least One Drink in Past 30 Days			Binge Drinking*		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
TOTAL	48.4	[46.2,50.6]	1,661,937	15.9	[14.1,17.8]	546,094
AGE						
18-24	49.8	[41.8,57.8]	229,369	18.8	[13.5,25.6]	86,727
25-34	61.8	[55.5,67.8]	392,485	28.4	[22.7,34.9]	180,049
35-44	53.5	[47.6,59.4]	292,206	17.6	[13.2,23.1]	96,072
45-54	51.1	[46.3,56.0]	312,721	15.6	[12.3,19.5]	95,213
55-64	41.4	[37.8,45.2]	236,484	10.2	[8.0,12.9]	57,966
65 and over	32.4	[29.5,35.5]	198,671	4.9	[3.7,6.5]	30,068
GENDER						
Male	54.0	[50.4,57.5]	894,070	21.3	[18.4,24.6]	353,260
Female	43.1	[40.4,45.9]	767,867	10.8	[9.0,13.0]	192,834
RACE-ETHNICITY						
White, Non-Hispanic	49.9	[47.4,52.5]	1,049,287	16.3	[14.2,18.5]	342,090
Black, Non-Hispanic	41.5	[37.2,45.9]	424,437	10	[7.8,12.8]	102,892
Other, Non-Hispanic	46.3	[31.0,62.4]	43,445	20.7	[8.7,41.8]	19,392
Multiracial, Non-Hispanic	72.7	[51.5,86.9]	17,912	52.2	[29.2,74.3]	12,866
Hispanic	71.1	[56.7,82.3]	107,999	41.1	[26.4,57.5]	62,380
EDUCATION						
Did not graduate HS	35.1	[28.6,42.2]	218,307	13.5	[9.2,19.5]	84,293
Graduate from HS	43.1	[39.4,46.9]	508,043	14.1	[11.3,17.4]	165,688
Attended college	52.9	[48.9,56.9]	514,404	17.5	[14.2,21.4]	170,000
Graduated college	63.5	[60.2,66.7]	421,183	19	[16.1,22.4]	126,114
HOUSEHOLD INCOME						
Less than \$15,000	37.6	[31.2,44.6]	176,669	16.6	[11.8,22.7]	77,724
\$15,000-\$24,999	40.6	[35.1,46.4]	256,509	13.6	[9.5,18.9]	85,618
\$25,000-\$34,999	51.2	[44.4,57.9]	174,073	18.3	[12.6,25.8]	62,159
\$35,000-\$49,999	51.4	[44.8,58.0]	208,962	16.4	[12.0,21.9]	66,631
\$50,000-\$74,999	52.8	[46.7,58.8]	200,663	12.8	[8.9,18.0]	48,552
\$75,000 or more	63.6	[59.4,67.7]	457,963	20.6	[17.0,24.6]	147,896

* At least one occasion in past 30 days when consumed more than five drinks (for men) or more than four drinks (for women).

Healthy Diet

A healthy diet contributes to many positive health outcomes, decreasing the risk of cardiovascular disease and diabetes and improves brain-functioning and perceptions of overall wellbeing. The 2013 BRFSS project asked how many times during the previous 30 days the respondent consumed a variety of foods and beverages: Fruit, beans, dark green vegetables (such as broccoli; romaine, chard, or collard greens; or spinach), orange-colored vegetables (such as sweet potatoes, pumpkin, winter squash, or carrots), other vegetables (such as tomatoes, corn, eggplant, peas, lettuce, cabbage, or non-fried white potatoes), 100% pure fruit juices, non-diet soda, and sugar-sweetened drinks (such as Kool-aid, lemonade, sweet tea, and sports or energy drinks). Figure 16 displays these items ranked by the percent of Louisiana adult residents reporting average consumption of at least once per day.

Louisiana adults lag well by the rest of the nation in fruit consumption (39.6% versus 60.8%). While more than a third of Louisiana residents consume vegetables at least once per day, they are more likely to consume non-diet sodas and other sugar-sweetened drinks on a regular basis than 100% pure fruit juices or most kinds of vegetables and beans.

Figure 16: Percent of Louisiana Adults Who Report Consumption at Least Once Per Day on Average

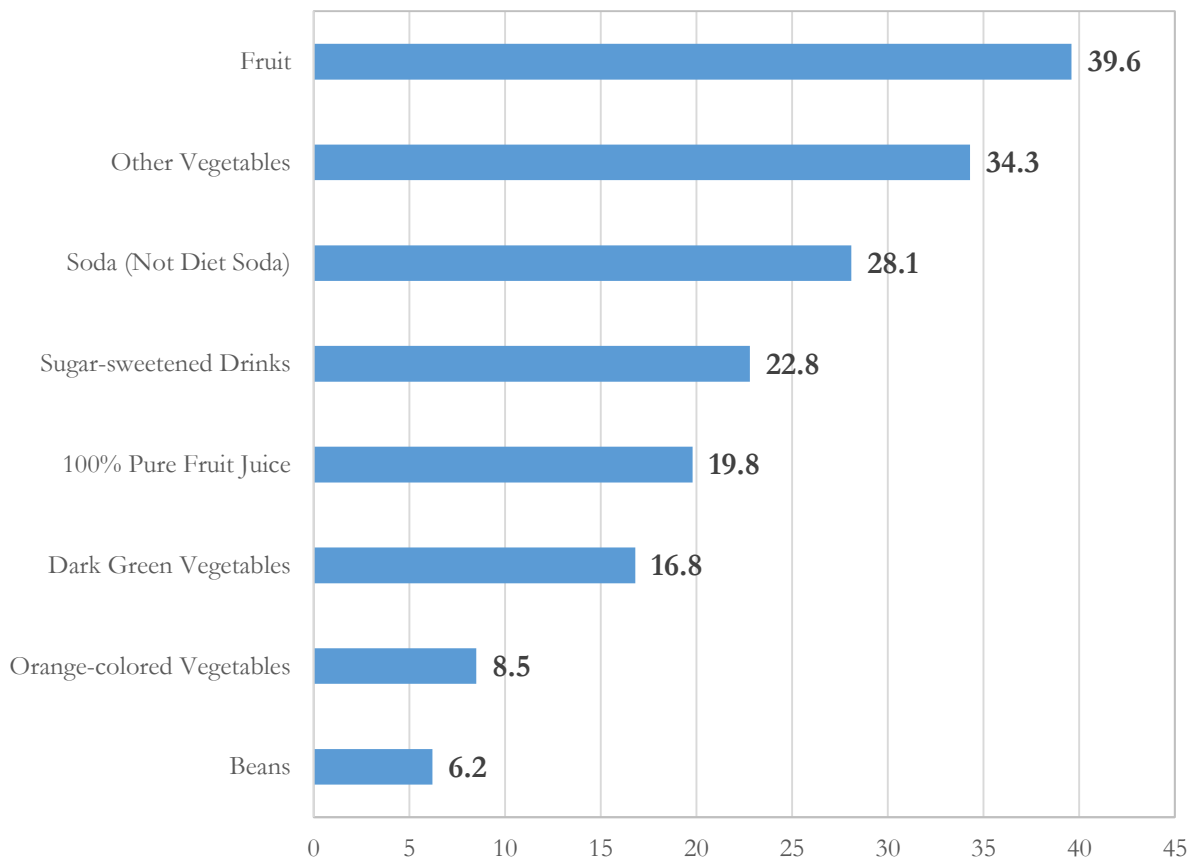


Table 15a: Healthy Diet

	Consume 100% Fruit Juice Once or More Daily on Average			Consume Fruit Once or More Daily on Average			Consume Beans Once or More Daily on Average		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
TOTAL	19.8	[18.1,21.7]	664,076	39.6	[37.4,41.8]	1,326,067	8.5	[7.2,9.9]	283,836
AGE									
18-24	19.7	[13.8,27.4]	87,424	32.1	[24.9,40.2]	142,340	6.1	[3.0,11.9]	27,180
25-34	17.8	[13.3,23.5]	108,449	41.3	[34.9,48.0]	251,460	9.1	[5.8,14.1]	55,521
35-44	23.5	[18.3,29.7]	123,389	44.9	[38.9,50.9]	235,320	9.6	[6.3,14.2]	50,171
45-54	12.4	[9.7,15.8]	75,387	35.5	[31.0,40.2]	215,144	8.8	[6.4,12.1]	53,587
55-64	21.5	[18.3,25.0]	119,855	39.0	[35.4,42.7]	217,683	8.3	[6.1,11.2]	46,507
65 and over	24.7	[22.2,27.3]	149,572	43.6	[40.6,46.7]	264,120	8.4	[6.8,10.4]	50,869
GENDER									
Male	21.0	[18.1,24.1]	338,406	35.6	[32.2,39.1]	574,659	9.1	[7.1,11.6]	147,624
Female	18.8	[16.7,21.1]	325,670	43.4	[40.7,46.1]	751,408	7.9	[6.5,9.5]	136,212
RACE-ETHNICITY									
White, Non-Hispanic	16.7	[14.7,18.8]	341,211	39.6	[37.1,42.1]	810,033	8.4	[7.0,10.2]	172,777
Black, Non-Hispanic	25.2	[21.6,29.1]	251,284	36.3	[32.2,40.6]	361,958	7.5	[5.5,10.1]	74,412
Other, Non-Hispanic	21.3	[11.0,37.3]	19,943	44.6	[29.9,60.3]	41,687	15.1	[7.2,28.9]	14,093
Multiracial, Non-Hispanic	53.1	[29.9,75.1]	13,056	54.1	[30.0,76.4]	13,259	0.9	[0.2,4.0]	229
Hispanic	17.3	[8.3,32.5]	25,550	58.7	[43.2,72.7]	86,957	10.6	[4.0,24.9]	15,631
EDUCATION									
Did not graduate HS	23.9	[18.5,30.3]	146,087	35.2	[28.8,42.2]	214,995	15.3	[10.9,21.0]	93,239
Graduate from HS	20.0	[17.0,23.4]	227,268	37.6	[34.0,41.4]	427,381	8.2	[6.3,10.6]	92,697
Attended college	18.8	[15.9,22.1]	178,668	38.3	[34.4,42.3]	363,632	5.1	[3.7,7.0]	48,130
Graduated college	17.2	[14.8,19.8]	112,054	49.0	[45.5,52.6]	320,059	7.6	[5.9,9.8]	49,771
HOUSEHOLD INCOME									
Less than \$15,000	23.8	[18.5,30.1]	107,877	34.8	[28.5,41.7]	157,667	7.3	[4.5,11.6]	33,047
\$15,000-\$24,999	22.4	[18.1,27.4]	137,055	38.2	[32.8,43.9]	233,901	10.6	[7.4,15.1]	65,073
\$25,000-\$34,999	22.9	[17.1,30.1]	76,227	40.4	[33.7,47.4]	134,098	8.8	[5.4,14.0]	29,284
\$35,000-\$49,999	20.6	[15.6,26.8]	82,931	42.1	[35.7,48.8]	169,362	7.0	[4.2,11.2]	27,945
\$50,000-\$74,999	17.1	[12.8,22.5]	64,676	41.3	[35.4,47.5]	155,847	9.7	[6.0,15.2]	36,425
\$75,000 or more	14.3	[11.7,17.4]	99,234	41.9	[37.7,46.1]	290,292	8.4	[6.1,11.6]	58,367

Table 15b: Healthy Diet

	Consume Dark Green Vegetables Once or More Daily on Average			Consume Orange-colored Vegetables Once or More Daily on Average			Consume Other Vegetables Once or More Daily on Average		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
TOTAL	16.8	[15.3,18.5]	563,203	6.2	[5.3,7.3]	208,007	34.3	[32.2,36.4]	1,143,373
AGE									
18-24	9.2	[5.8,14.3]	40,486	2.4	[0.9,6.6]	10,681	23.9	[17.6,31.6]	104,467
25-34	18.2	[13.8,23.6]	110,777	7.7	[5.0,11.8]	46,864	35.5	[29.6,42.0]	215,748
35-44	20.6	[16.4,25.6]	108,105	6.2	[3.9,9.8]	32,655	39.9	[34.2,46.0]	209,098
45-54	20.2	[16.4,24.7]	122,813	6.9	[4.8,9.9]	41,835	32.2	[27.8,36.9]	195,065
55-64	15.8	[13.4,18.6]	88,182	6.6	[5.0,8.8]	37,021	36.5	[33.0,40.3]	203,236
65 and over	15.4	[13.5,17.4]	92,840	6.4	[5.3,7.9]	38,951	35.8	[33.0,38.7]	215,760
GENDER									
Male	13.9	[11.7,16.5]	225,074	5.3	[4.0,7.1]	85,977	31.2	[28.0,34.6]	503,906
Female	19.6	[17.5,21.8]	338,129	7.1	[5.8,8.6]	122,031	37.2	[34.6,39.8]	639,467
RACE-ETHNICITY									
White, Non-Hispanic	17.7	[15.9,19.7]	362,365	5.6	[4.7,6.7]	114,933	39.5	[37.0,42.1]	806,348
Black, Non-Hispanic	14.0	[11.3,17.1]	139,017	6.7	[4.7,9.3]	66,168	25.0	[21.5,28.9]	247,335
Other, Non-Hispanic	22.1	[12.7,35.7]	20,658	13.9	[6.7,26.9]	13,017	31.3	[19.8,45.7]	29,228
Multiracial, Non-Hispanic	35.2	[15.3,62.0]	8,626	5.3	[0.7,29.8]	1,299	39.2	[19.1,63.7]	9,599
Hispanic	20.0	[10.2,35.3]	29,567	7.4	[2.6,19.0]	10,903	23.9	[13.8,38.3]	35,420
EDUCATION									
Did not graduate HS	11.5	[8.1,16.1]	69,868	5.3	[3.1,8.8]	32,186	30.1	[24.1,36.8]	182,907
Graduate from HS	15.0	[12.5,17.9]	170,348	5.8	[4.4,7.6]	65,359	32.4	[29.0,36.0]	367,205
Attended college	18.2	[15.3,21.6]	172,621	6.4	[4.5,8.9]	60,238	36.1	[32.3,40.0]	339,510
Graduated college	23.1	[20.2,26.2]	150,366	7.7	[6.0,9.8]	50,224	39.0	[35.7,42.5]	253,751
HOUSEHOLD INCOME									
Less than \$15,000	10.9	[7.7,15.3]	49,430	5.7	[3.1,10.3]	25,894	29.4	[23.3,36.4]	132,159
\$15,000-\$24,999	15.0	[11.3,19.6]	91,190	5.3	[3.6,7.6]	31,914	29.0	[24.3,34.1]	176,162
\$25,000-\$34,999	14.6	[10.9,19.3]	48,523	5.5	[3.5,8.4]	18,130	32.4	[26.6,38.9]	107,614
\$35,000-\$49,999	22.6	[17.3,28.9]	90,724	6.5	[3.7,11.1]	26,020	38.7	[32.5,45.3]	155,358
\$50,000-\$74,999	20.7	[16.0,26.4]	78,232	8.4	[5.3,13.0]	31,540	39.1	[33.3,45.2]	146,835
\$75,000 or more	20.2	[17.1,23.8]	140,261	6.5	[4.9,8.6]	45,139	41.7	[37.4,46.0]	288,301

Table 15c: Healthy Diet

	Consume Non-diet Soda Once or More Daily on Average			Consume Sugar-sweetened Drinks Once or More Daily on Average		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
TOTAL	28.1	[25.9,30.3]	864,678	22.8	[20.8,25.1]	702,716
AGE						
18-24	38.6	[30.4,47.5]	152,933	33.8	[25.7,43.0]	133,893
25-34	38.0	[31.4,45.2]	185,825	28.9	[22.5,36.4]	140,132
35-44	33.0	[27.2,39.3]	162,891	25.8	[20.6,31.8]	127,514
45-54	26.1	[21.8,31.0]	150,594	22.5	[18.5,27.2]	130,227
55-64	22.6	[19.3,26.2]	120,911	16.3	[13.5,19.6]	87,473
65 and over	15.5	[13.2,18.3]	91,523	14.2	[12.2,16.4]	83,477
GENDER						
Male	31.6	[28.1,35.4]	458,929	28.6	[25.1,32.4]	414,214
Female	24.9	[22.4,27.6]	405,749	17.7	[15.5,20.2]	288,502
RACE-ETHNICITY						
White, Non-Hispanic	27.2	[24.7,29.9]	515,332	20.1	[17.9,22.6]	380,317
Black, Non-Hispanic	31.6	[27.4,36.1]	297,927	27.5	[23.2,32.2]	259,701
Other, Non-Hispanic	22.6	[11.8,39.1]	17,461	18.5	[8.5,35.6]	14,241
Multiracial, Non-Hispanic	6.7	[2.1,19.1]	1,369	39.4	[16.3,68.4]	8,092
Hispanic	22.5	[11.9,38.5]	25,487	27.2	[14.6,45.0]	30,785
EDUCATION						
Did not graduate HS	37.0	[30.3,44.2]	210,174	34.8	[28.1,42.2]	195,998
Graduate from HS	31.3	[27.8,35.1]	330,326	24.7	[21.4,28.4]	260,707
Attended college	27.3	[23.6,31.4]	240,445	19	[15.9,22.7]	167,547
Graduated college	14.5	[12.1,17.2]	83,733	13.5	[11.0,16.5]	78,463
HOUSEHOLD INCOME						
Less than \$15,000	35.6	[29.0,42.7]	144,813	29.1	[22.5,36.8]	118,708
\$15,000-\$24,999	29.7	[24.4,35.5]	167,117	25.5	[20.4,31.4]	143,983
\$25,000-\$34,999	28.9	[22.9,35.7]	88,890	22.9	[17.7,29.1]	70,559
\$35,000-\$49,999	30.9	[24.3,38.4]	110,788	20.6	[15.3,27.2]	74,057
\$50,000-\$74,999	27.7	[21.9,34.3]	99,647	22.9	[17.6,29.4]	81,654
\$75,000 or more	21.8	[17.9,26.2]	138,725	17.4	[13.6,22.0]	110,858

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. The percent of Louisiana adults who report any physical activity within the past 30 days is 67.5%.

Exercise is more popular among younger adults. Indeed, adults age 18-24 are roughly 15 percentage points more likely to report exercising (77.2%) than adults age 65 or older (61.8%).

Women are significantly less likely to report exercise than men—64.3% compared to 70.8%.

As household income increases so does an individual's propensity for exercise (Figure 17). Barely more than half (52.6%) of individuals in households with incomes below \$15,000 engage in physical activity outside of work, but approximately four in five (79.1%) of individuals in households with incomes of \$75,000 or more do. However, much of the income gap in exercise occurs between those in households with annual income above \$25,000 on hand and lower earning households on the other hand.

Among individuals who did not graduate high school, 57.0% report engaging in physical activity outside of work, while 78.2% of adults with a college degree report exercising.

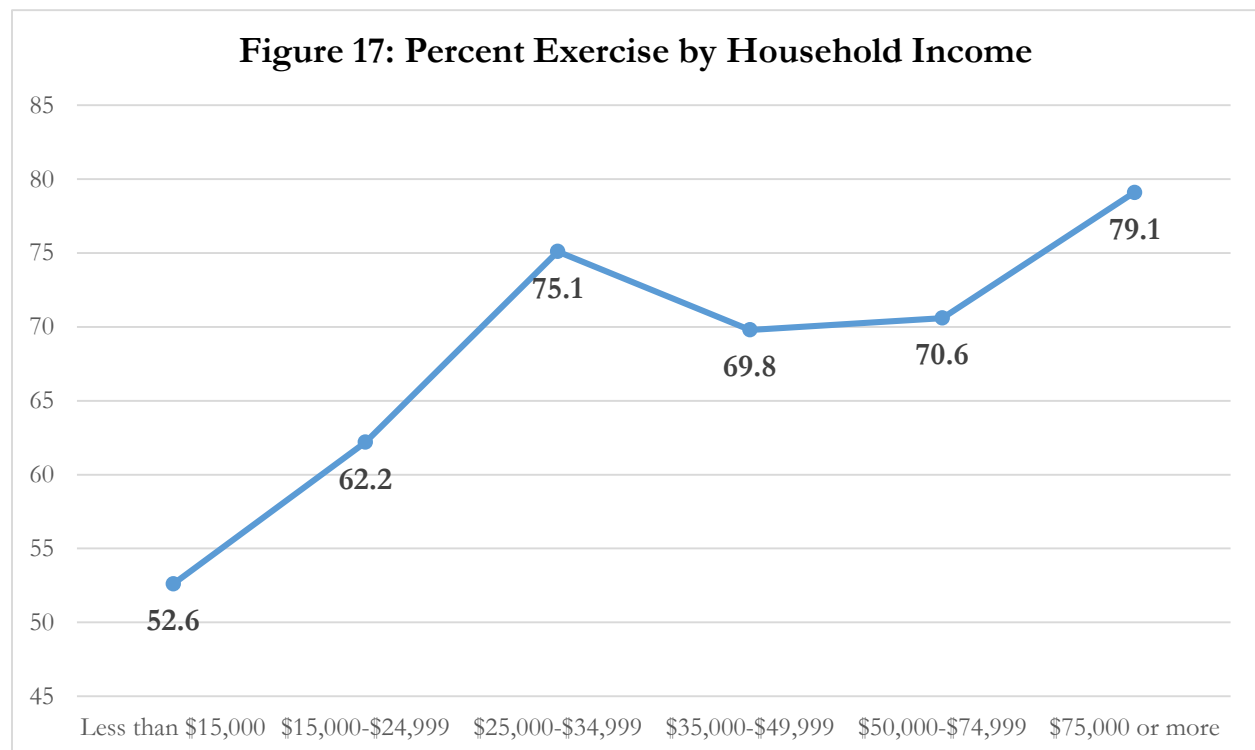


Table 16: Exercise

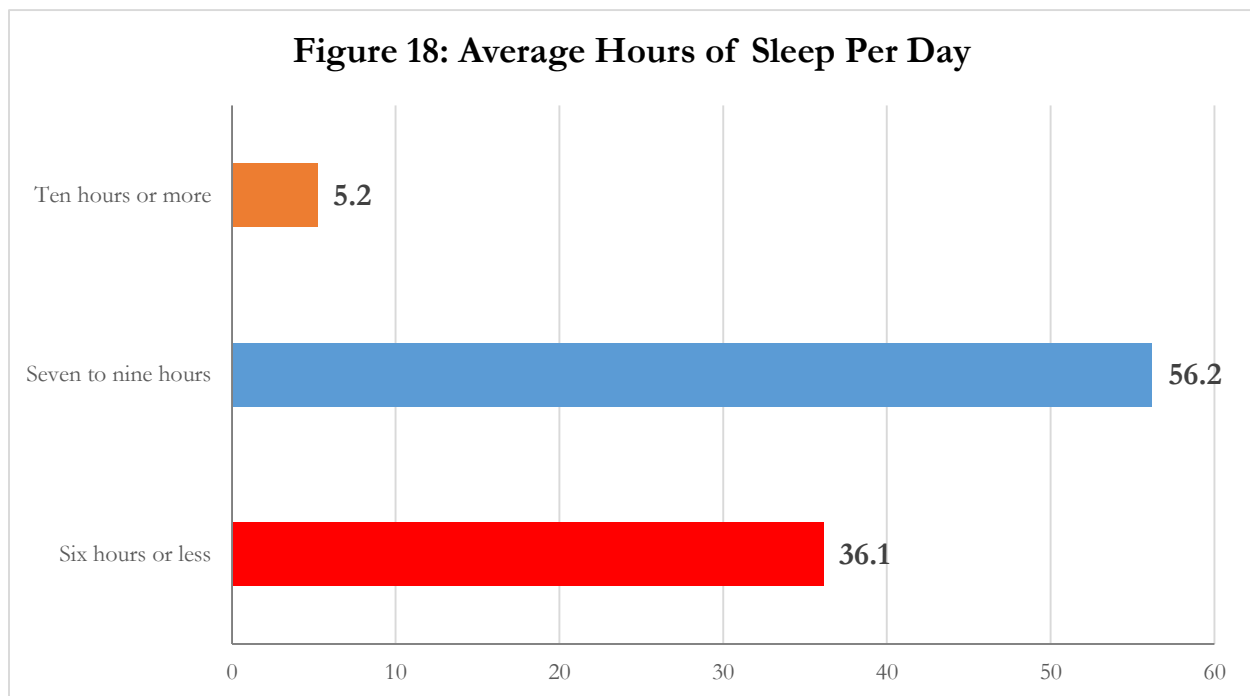
	Engage in Physical Activity Outsied of Work*		
	%	95% CI	Est. Pop.
TOTAL	67.5	[65.3,69.5]	2,240,678
AGE			
18-24	77.2	[69.2,83.7]	337,163
25-34	75.3	[69.0,80.7]	452,148
35-44	69.4	[63.5,74.7]	363,550
45-54	59.5	[54.6,64.3]	359,208
55-64	64.2	[60.4,67.8]	356,998
65 and over	61.8	[58.8,64.7]	371,610
GENDER			
Male	70.8	[67.4,74.0]	1,137,908
Female	64.3	[61.7,66.9]	1,102,770
RACE-ETHNICITY			
White, Non-Hispanic	69.1	[66.7,71.4]	1,406,157
Black, Non-Hispanic	63.2	[58.8,67.4]	620,937
Other, Non-Hispanic	66.8	[51.1,79.5]	62,417
Multiracial, Non-Hispanic	70.5	[43.9,87.9]	17,275
Hispanic	72.5	[56.5,84.3]	107,358
EDUCATION			
Did not graduate HS	57.0	[50.2,63.5]	345,262
Graduate from HS	63.4	[59.8,66.9]	715,368
Attended college	71.6	[67.9,75.1]	673,114
Graduated college	78.2	[75.2,81.0]	506,935
HOUSEHOLD INCOME			
Less than \$15,000	52.6	[45.7,59.4]	235,925
\$15,000-\$24,999	62.2	[56.6,67.4]	377,243
\$25,000-\$34,999	75.1	[69.9,79.6]	248,148
\$35,000-\$49,999	69.8	[63.8,75.2]	278,770
\$50,000-\$74,999	70.6	[64.7,75.8]	264,398
\$75,000 or more	79.1	[75.6,82.2]	542,397

* Report any physical activity or exercise other than regular job activities in previous month.

Inadequate Sleep

Adequate sleep is crucial for maintaining health. Inadequate sleep is associated with greater risks to cardiovascular health, impaired cognitive activity and memory dysfunction, depression, weight gain, and weakened immune response. The National Sleep Foundation recommends that adults under the age of 65 sleep for seven to nine hours daily. The foundation recommends seven to eight hours for adults 65 years old or older.

More than half of adult residents in Louisiana average seven to nine hours of sleep daily (Figure 18). Yet, more than a third get inadequate sleep on a daily basis (only a small share averages more sleep than the National Sleep Foundation's recommendation).



Adequacy of sleep is associated with socio-economic status and race. Just under half of adults without a high school diploma (45.3%) average seven to nine hours of sleep on a daily basis, but approximately two-thirds of adults with college degrees (66.1%) get this amount of sleep. Similarly, 46.6% of adults in the lowest earning households average seven to nine hours of sleep, while 64.2% of those in the highest earning households get adequate sleep.

On average, 62% of white adults report that they sleep seven to nine hours on a daily basis. Only 44.5% of black adults get this amount of sleep.

Table 17: Inadequate Sleep*

	Six Hours or Less			Seven to Nine Hours			Ten Hours or More		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
TOTAL	36.1	[34.0,38.3]	1,268,795	56.2	[54.0,58.4]	1,976,119	5.2	[4.3,6.4]	184,246
AGE									
18-24	37.4	[30.0,45.5]	176,651	54.0	[46.0,61.8]	254,826	5.9	[3.0,11.2]	27,814
25-34	35.9	[30.1,42.2]	232,496	55.0	[48.5,61.3]	355,900	6.8	[3.8,11.7]	43,881
35-44	39.3	[33.7,45.3]	222,765	55.2	[49.3,61.0]	312,592	2.3	[1.1,4.9]	13,186
45-54	43.6	[38.9,48.4]	269,959	50.9	[46.1,55.7]	314,870	3.9	[2.3,6.5]	23,889
55-64	33.6	[30.1,37.2]	195,820	59.8	[56.0,63.5]	349,050	5.1	[3.3,7.8]	29,617
65 and over	27.3	[24.7,30.1]	171,103	62.1	[59.1,64.9]	388,881	7.3	[6.0,8.9]	45,860
GENDER									
Male	37.2	[33.8,40.7]	631,086	55.8	[52.2,59.3]	947,075	5.1	[3.6,7.2]	87,300
Female	35.1	[32.6,37.7]	637,708	56.6	[53.9,59.3]	1,029,045	5.3	[4.2,6.8]	96,946
RACE-ETHNICITY									
White, Non-Hispanic	32.7	[30.3,35.2]	697,325	62.0	[59.5,64.5]	1,322,791	3.3	[2.6,4.2]	70,033
Black, Non-Hispanic	43.0	[38.8,47.3]	454,323	44.5	[40.3,48.8]	469,958	9.5	[6.9,12.8]	99,896
Other, Non-Hispanic	48.6	[33.4,64.1]	46,937	44.3	[30.3,59.3]	42,800	6.2	[1.3,24.4]	5,943
Multiracial, Non-Hispanic	49.0	[26.0,72.3]	12,068	48.5	[26.0,71.6]	11,950	0.8	[0.1,5.7]	197
Hispanic	28.6	[17.8,42.6]	46,791	66.0	[51.3,78.2]	107,951	1.5	[0.3,6.2]	2,398
EDUCATION									
Did not graduate HS	41.3	[34.9,48.0]	266,915	45.3	[38.8,52.0]	292,639	8.5	[5.3,13.3]	54,598
Graduate from HS	34.7	[31.3,38.3]	416,167	57.5	[53.9,61.1]	690,161	5.2	[3.9,6.8]	62,042
Attended college	37.6	[33.7,41.6]	371,909	55.0	[50.9,59.0]	544,044	5.5	[3.6,8.1]	53,995
Graduated college	31.4	[28.2,34.9]	213,803	66.1	[62.6,69.4]	449,275	2.0	[1.3,3.0]	13,611
HOUSEHOLD INCOME									
Less than \$15,000	41.8	[35.4,48.4]	203,162	46.6	[40.1,53.3]	226,783	7.2	[4.3,12.1]	35,225
\$15,000-\$24,999	41.5	[36.2,47.1]	268,856	47.8	[42.3,53.3]	309,249	6.9	[4.6,10.3]	44,944
\$25,000-\$34,999	35.8	[29.4,42.7]	122,388	56.7	[49.9,63.3]	193,991	6.9	[4.6,10.3]	23,631
\$35,000-\$49,999	34.6	[28.5,41.1]	143,302	58.4	[51.7,64.8]	242,298	5.8	[3.0,10.9]	24,107
\$50,000-\$74,999	33.3	[27.8,39.4]	127,694	63.7	[57.5,69.4]	244,029	3.0	[1.3,6.9]	11,537
\$75,000 or more	32.9	[28.8,37.2]	240,864	64.2	[59.8,68.3]	470,375	2.0	[1.0,3.8]	14,546

*Average hours of sleep in a 24 hour period.

Seat Belt Usage

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 2013 Behavioral Risk Factor Surveillance System asked Louisiana residents whether they always wore a seatbelt when they drove or rode in a car. About one in ten (9.6%) say that they do not always wear a seatbelt.

Age is the strongest predictor of regular seatbelt use (Figure 19). The share of 18 to 24 year old adults who say they do not always wear a seatbelt is 20.6%. Among those 25-34 years old, the share who do not always use a seatbelt is 14.9%. For all other age groups, the share is below seven percent.

A smaller share of women than men report not wearing their seatbelt (6.4% versus 13.0%).

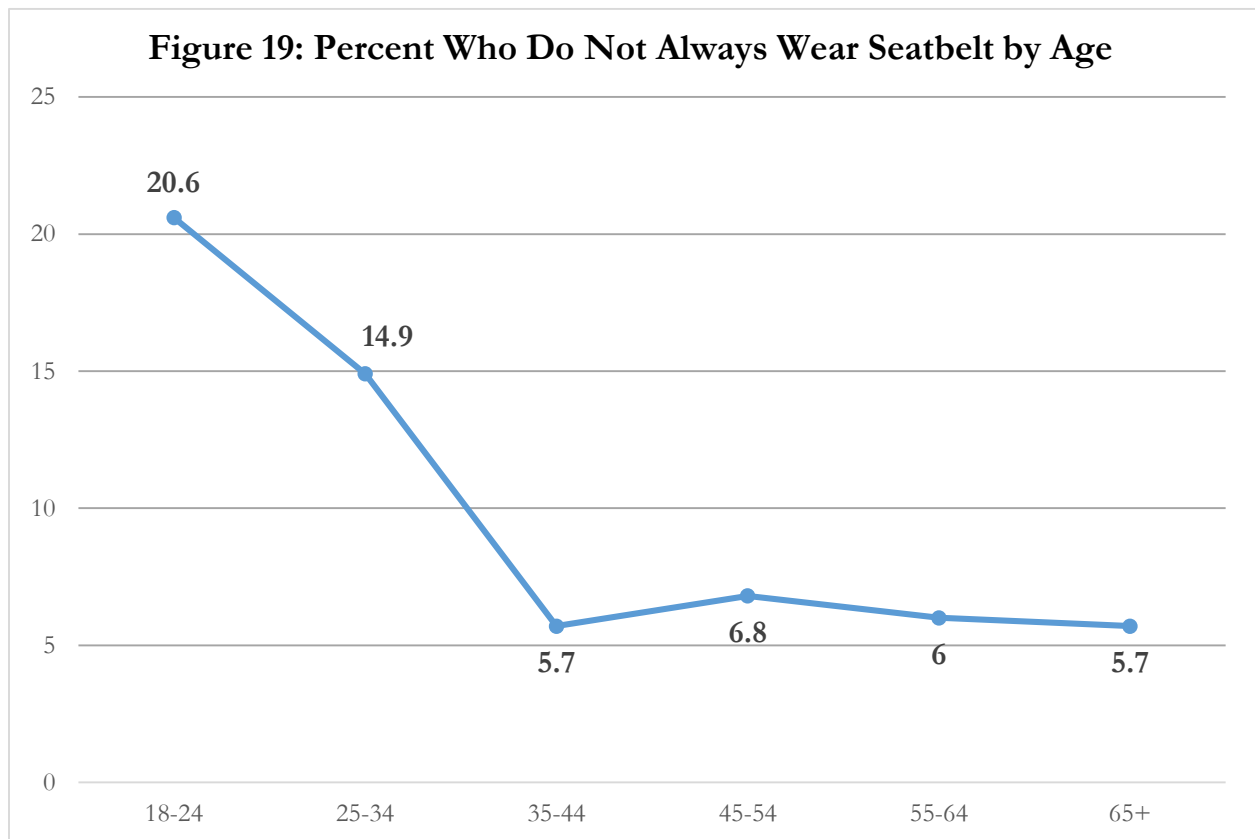


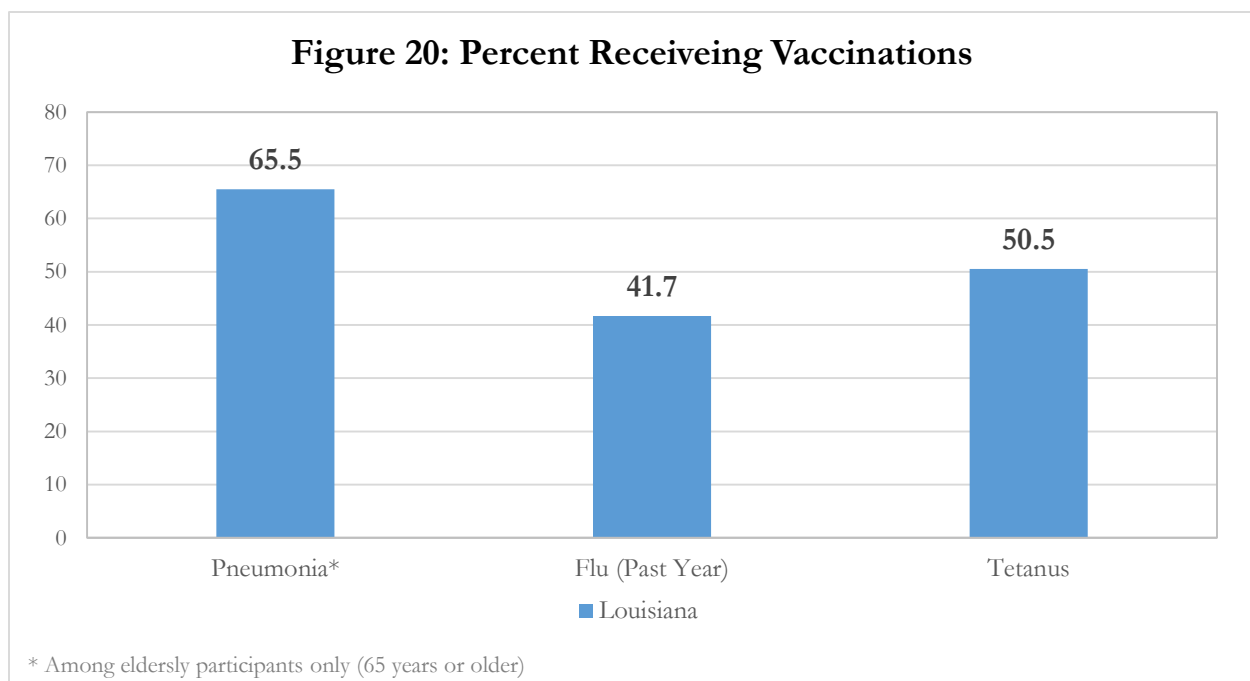
Table 18: Seat Belt Use

	Does Not Always Wear Seatbelt When Riding in Motor Vehicle		
	%	95% CI	Est. Pop.
TOTAL	9.6	[8.1,11.3]	316,943
AGE			
18-24	20.6	[14.5,28.3]	89,880
25-34	14.9	[10.3,21.1]	88,577
35-44	5.7	[3.5,9.3]	29,880
45-54	6.8	[4.9,9.4]	41,125
55-64	6.0	[4.6,7.9]	33,300
65 and over	5.7	[4.5,7.4]	34,182
GENDER			
Male	13.0	[10.5,16.0]	208,122
Female	6.4	[5.0,8.1]	108,821
RACE-ETHNICITY			
White, Non-Hispanic	9.0	[7.4,10.9]	183,185
Black, Non-Hispanic	10.4	[7.7,13.9]	101,400
Other, Non-Hispanic	6.4	[1.1,29.3]	5,999
Multiracial, Non-Hispanic	10.3	[2.6,33.1]	2,514
Hispanic	14.9	[6.2,31.8]	22,087
EDUCATION			
Did not graduate HS	10.1	[6.1,16.1]	60,453
Graduate from HS	11.5	[8.9,14.6]	128,580
Attended college	7.9	[5.8,10.8]	74,485
Graduated college	8.3	[6.3,10.9]	53,426
HOUSEHOLD INCOME			
Less than \$15,000	8.7	[5.9,12.6]	38,757
\$15,000-\$24,999	10.1	[6.9,14.6]	61,103
\$25,000-\$34,999	11.7	[6.9,19.3]	38,654
\$35,000-\$49,999	10.5	[6.4,16.9]	41,768
\$50,000-\$74,999	9.9	[6.4,15.0]	37,161
\$75,000 or more	7.9	[5.5,11.2]	53,879

Immunization

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. Pneumonia is a particularly dangerous threat for the elderly. Tetanus is a serious bacterial infection damaging the nervous system without a cure. The best protection in each case is vaccination.

The adult population in Louisiana received the flu vaccination within the previous year at a rate of 41.7% (Figure 20). Among the elderly population of the state, 65.5% have received vaccination against pneumonia at some point in their lives. Half of all adults in the state have received the tetanus vaccination since 2005.



There are few socio-economic differences in the likelihood of vaccination, but age is a strong predictor in each case. Older adults are more likely than younger adults to receive vaccinations against pneumonia and the flu, but they are less likely to have been vaccinated against tetanus since 2005.

Women are more likely than men to get vaccinated against the flu in the previous year (45.5% versus 37.7%), but men are more likely than women to have been vaccinated against tetanus since 2005 (55.3% versus 46.1%).

Table 19: Immunization

	Received Flu Vaccine in Past Year			Had a Tetanus Shot Since 2005			Received Pneumonia VaCCINE		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
TOTAL	41.7	[39.6,43.9]	1,376,118	50.5	[48.3,52.8]	1,665,107	27.1	[25.3,29.1]	894,016
AGE									
18-24	31.4	[24.5,39.1]	136,943	64.4	[55.9,72.1]	281,167	17.6	[11.8,25.5]	76,933
25-34	30.3	[24.8,36.5]	179,700	52.7	[45.9,59.5]	311,102	13.6	[9.4,19.4]	80,321
35-44	32.6	[27.5,38.2]	170,790	53.0	[47.0,58.9]	277,382	14.6	[10.9,19.4]	76,564
45-54	35.2	[30.8,39.9]	211,304	50.6	[45.7,55.5]	302,434	15.5	[12.3,19.5]	92,924
55-64	51.5	[47.7,55.3]	284,764	46.8	[43.0,50.7]	258,672	32.4	[28.9,36.0]	178,796
65 and over	66.1	[62.9,69.1]	392,616	39.5	[36.5,42.5]	234,351	65.5	[62.5,68.4]	388,477
GENDER									
Male	37.7	[34.4,41.1]	601,868	55.3	[51.6,58.9]	880,607	25.9	[23.0,29.0]	412,390
Female	45.5	[42.8,48.2]	774,250	46.1	[43.4,48.9]	784,501	28.3	[26.1,30.6]	481,627
RACE-ETHNICITY									
White, Non-Hispanic	44.6	[42.1,47.2]	903,425	51.3	[48.7,53.9]	1,038,518	29.0	[26.8,31.2]	585,799
Black, Non-Hispanic	38.5	[34.4,42.8]	374,207	50.5	[46.0,55.0]	490,058	26.3	[22.5,30.4]	254,610
Other, Non-Hispanic	36.6	[23.9,51.4]	34,146	36.1	[22.9,51.8]	33,739	15.9	[9.6,25.3]	14,849
Multiracial, Non-Hispanic	29.4	[13.0,53.7]	7,197	33.7	[16.9,56.0]	8,256	27.7	[12.1,51.4]	6,775
Hispanic	29.9	[18.7,44.3]	44,338	46.2	[31.3,61.8]	68,436	15.5	[8.2,27.5]	22,973
EDUCATION									
Did not graduate HS	36.5	[30.6,42.8]	219,040	50.5	[43.5,57.3]	302,844	34.4	[28.2,41.0]	206,231
Graduate from HS	39.2	[35.7,42.7]	438,614	50.0	[46.2,53.8]	557,712	27.8	[24.8,30.9]	309,264
Attended college	42.7	[38.8,46.8]	400,269	52.7	[48.6,56.8]	493,802	24.3	[21.4,27.5]	227,848
Graduated college	49.6	[46.0,53.1]	318,194	48.4	[44.9,52.0]	310,749	23.5	[21.0,26.1]	150,673
HOUSEHOLD INCOME									
Less than \$15,000	36.8	[30.8,43.3]	163,434	51.9	[45.0,58.8]	228,267	28.1	[22.7,34.2]	123,541
\$15,000-\$24,999	41.7	[36.4,47.2]	251,541	51.5	[45.7,57.2]	310,717	31.4	[26.8,36.3]	189,359
\$25,000-\$34,999	39.7	[33.5,46.2]	130,331	55.8	[48.9,62.5]	183,294	34.8	[28.4,41.9]	114,361
\$35,000-\$49,999	44.1	[37.6,50.8]	175,155	53.7	[47.0,60.2]	213,051	28.2	[22.9,34.2]	111,918
\$50,000-\$74,999	41.7	[36.0,47.7]	155,834	51.2	[45.0,57.3]	190,960	23.0	[18.6,28.1]	85,873
\$75,000 or more	44.4	[40.2,48.7]	303,185	47.5	[43.2,51.9]	324,235	19.2	[16.1,22.8]	131,317

HIV Testing

According to recent Center for Disease Control estimates, Baton Rouge and New Orleans rank among the cities that top the national list for frequency of new AIDS cases each year. One of the most effective ways to prevent and treat HIV/AIDS is to receive regularly testing.

Louisiana's adults are more likely than the national adult population to have been tested for HIV (Figure 21). The share in Louisiana is 42.0%. Nationally, the share is 35.2%.

HIV testing is associated with age and race. Adults between the ages of 25 and 44 are the most likely to have been tested, with more than six in ten saying they have been tested. A lower share of 18-24 year olds have been tested for HIV (43.7%), but the least likely age groups to have been tested are age 55 to 64 (33.8%) and age 65 or older (16.2%).

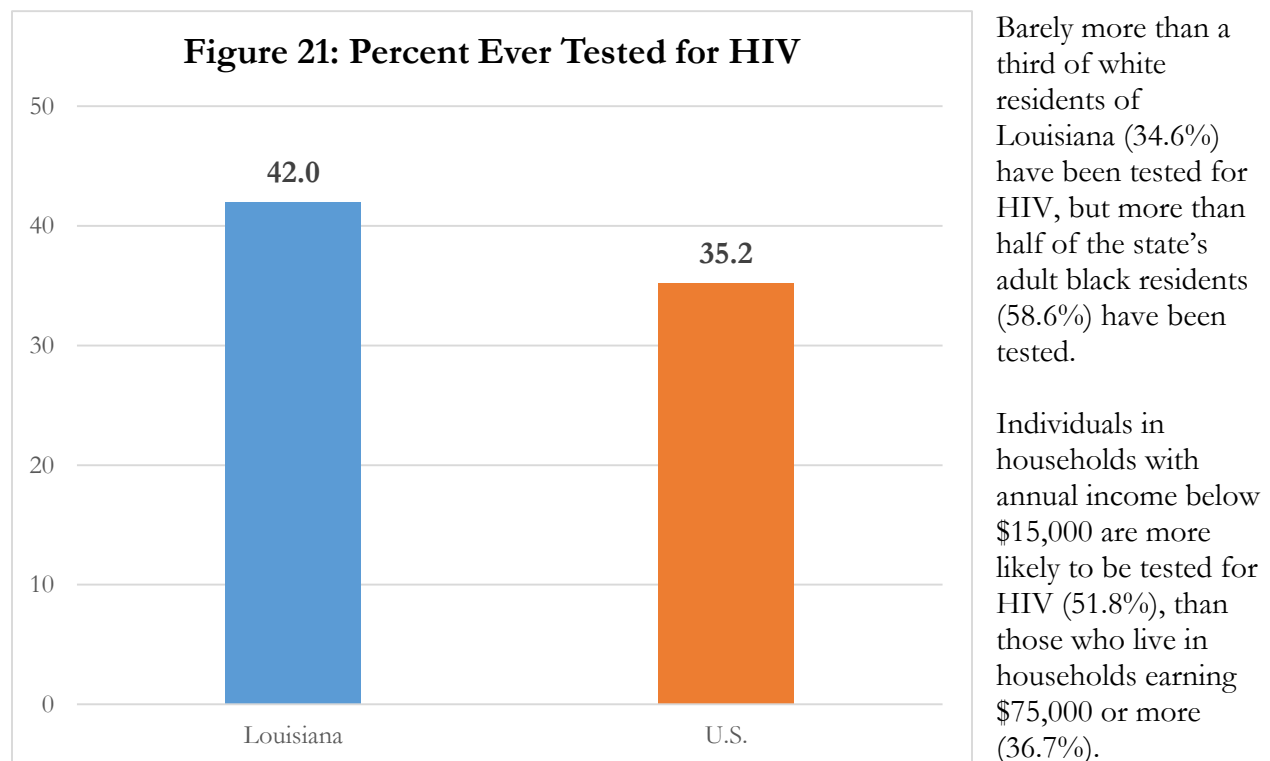


Table 20: HIV Testing

	Tested for HIV		
	%	95% CI	Est. Pop.
TOTAL	42.0	[39.7,44.3]	1,381,470
AGE			
18-24	43.7	[35.6,52.1]	190,772
25-34	59.0	[52.2,65.5]	346,783
35-44	57.3	[51.1,63.2]	299,601
45-54	43.8	[39.0,48.7]	261,218
55-64	33.8	[30.2,37.7]	186,985
65 and over	16.2	[14.1,18.6]	96,110
GENDER			
Male	41.5	[37.9,45.2]	660,000
Female	42.5	[39.8,45.3]	721,469
RACE-ETHNICITY			
White, Non-Hispanic	34.6	[32.0,37.2]	698,677
Black, Non-Hispanic	58.6	[54.1,63.0]	566,964
Other, Non-Hispanic	25.8	[15.8,39.3]	24,116
Multiracial, Non-Hispanic	74.6	[51.6,89.0]	18,285
Hispanic	43.1	[28.3,59.2]	63,451
EDUCATION			
Did not graduate HS	44.4	[37.6,51.4]	266,442
Graduate from HS	37.3	[33.6,41.1]	415,461
Attended college	46.1	[42.0,50.3]	431,722
Graduated college	42.0	[38.5,45.6]	267,844
HOUSEHOLD INCOME			
Less than \$15,000	51.8	[44.8,58.7]	227,602
\$15,000-\$24,999	46.9	[41.2,52.7]	282,022
\$25,000-\$34,999	53.1	[46.3,59.7]	174,181
\$35,000-\$49,999	41.7	[35.1,48.6]	165,443
\$50,000-\$74,999	41.9	[35.8,48.2]	156,321
\$75,000 or more	36.7	[32.6,41.0]	249,828

Stress

Stress has important effects on human health – impacting blood pressure, cardiovascular health, mental and emotional health, sleep patterns, diet, the use of alcohol and drugs, and more. The Social Context Module, administered in the 2013 BRFSS, includes two measuring how much stress participants feel over financial issues. The first question asks: “How often in the past 12 months would you say you were worried or stressed about having enough money to pay your rent/mortgage?” Response options include: Always, usually, sometimes, rarely, and never. The second question asks: “How often in the past 12 months would you say you were worried or stressed about having enough money to buy nutritious meals?”

Overall, 11.7% of Louisiana adults say they are always stressed or worried about being able to afford their rent or mortgage. Similarly, 8.8% are stressed about affording nutritious meals.

Both forms of stress or worry are more frequent among black residents than white residents.

Unsurprisingly, there are significant socio-economic disparities in the experience of stress over costs of housing and meals (Figure 22). Roughly, a third of adults in households at the bottom of the income distribution are always worried about the cost of housing, while just 2.9% of adults with household earnings of \$75,000 or more express this degree of stress. Likewise, 25.4% of adults in households with annual incomes below \$15,000 annually experience significant stress over the cost of nutritious meals. This share falls to less than 1% among adults in households with annual earnings of \$75,000 or more.

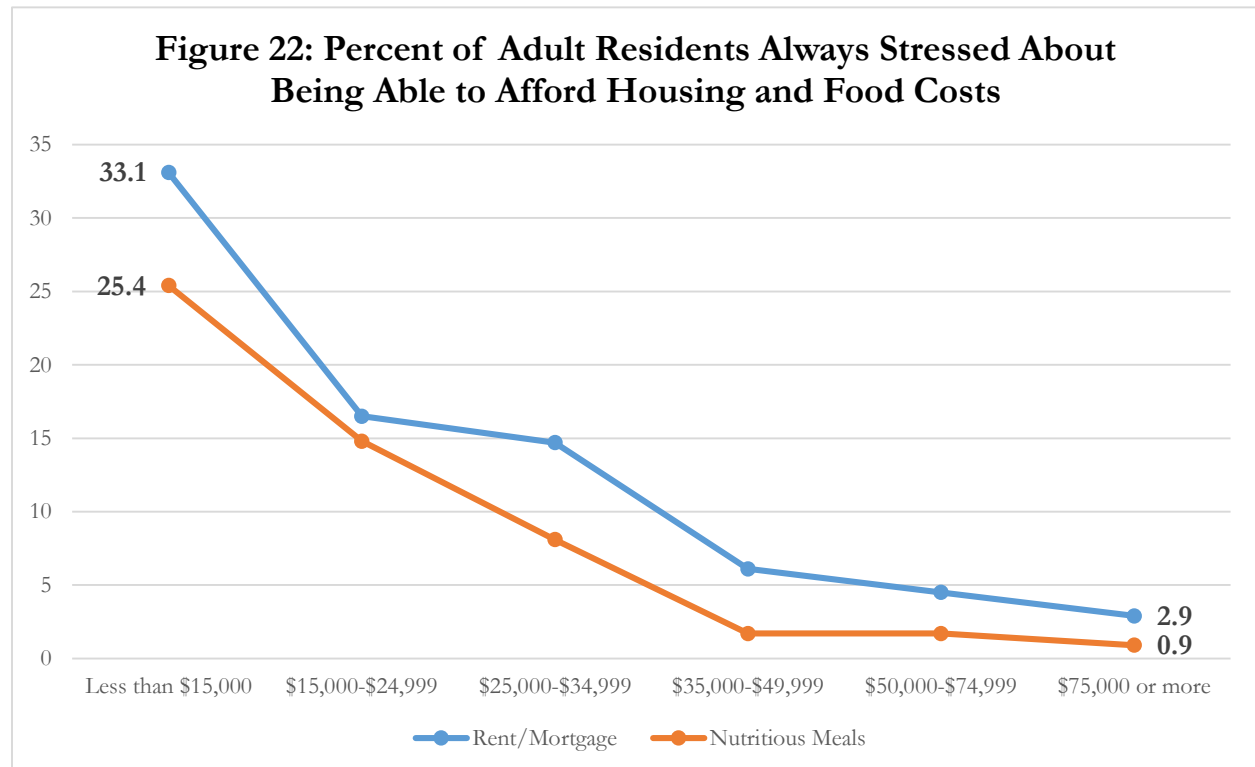


Table 21: Stress

	Stressed About Cost of Housing*			Stressed About Cost of Nutritious Meals**		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
TOTAL	11.7	[10.2,13.4]	326,511	8.8	[7.4,10.3]	267,408
AGE						
18-24	7.9	[3.9,15.6]	22,971	4.9	[1.9,11.7]	18,843
25-34	8.6	[5.5,13.1]	36,732	8.4	[5.1,13.5]	40,390
35-44	17.2	[12.4,23.4]	78,847	13.1	[8.9,18.9]	64,613
45-54	17.2	[13.4,21.9]	92,894	12	[9.1,15.7]	68,638
55-64	12.3	[9.6,15.5]	62,166	8.8	[6.7,11.5]	47,042
65 and over	5.8	[4.5,7.5]	32,899	4.7	[3.5,6.4]	27,883
GENDER						
Male	12.6	[10.0,15.7]	161,998	8.5	[6.4,11.1]	121,300
Female	11.0	[9.4,12.8]	164,512	9	[7.4,10.9]	146,108
RACE-ETHNICITY						
White, Non-Hispanic	9.5	[7.9,11.4]	164,779	6.6	[5.3,8.2]	123,933
Black, Non-Hispanic	16.3	[13.2,20.0]	134,147	12.6	[10.0,15.8]	118,650
Other, Non-Hispanic	20.3	[7.2,45.4]	14,705	13.6	[3.2,43.2]	10,498
Multiracial, Non-Hispanic	4.5	[1.0,17.8]	829	3.6	[1.1,10.7]	731
Hispanic	4.7	[1.0,19.6]	4,910	6.9	[1.4,27.5]	7,818
EDUCATION						
Did not graduate HS	19.1	[14.1,25.2]	90,732	16.3	[12.0,21.6]	90,764
Graduate from HS	13.8	[11.2,16.9]	131,910	8.6	[6.7,11.0]	89,482
Attended college	8.6	[6.2,11.9]	69,379	7.7	[5.3,11.1]	67,807
Graduated college	6.2	[4.4,8.6]	34,489	3.3	[2.3,4.9]	19,355
HOUSEHOLD INCOME						
Less than \$15,000	33.1	[26.2,40.9]	112,474	25.4	[19.8,32.1]	102,980
\$15,000-\$24,999	16.5	[12.4,21.6]	84,082	14.8	[10.7,20.2]	83,741
\$25,000-\$34,999	14.7	[10.4,20.5]	42,502	8.1	[5.1,12.7]	24,890
\$35,000-\$49,999	6.1	[3.7,9.7]	20,527	1.7	[0.9,3.2]	6,024
\$50,000-\$74,999	4.5	[2.7,7.4]	15,029	1.7	[0.8,3.6]	5,976
\$75,000 or more	2.9	[1.6,5.2]	18,051	0.9	[0.4,2.2]	5,928

*Reports being "always" stressed or worried about having enough money to pay rent or mortgage during the past 12 months.

**Reports being "always" stressed or worried about having enough money to buy nutritious meals during the past 12 months.