

# **Kentucky Behavioral Risk Factor Surveillance System**

## **2003-2004 Report**

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# ACKNOWLEDGMENTS

The Behavioral Risk Factor Surveillance System (BRFSS) is a collaborative effort of the Kentucky Department for Public Health and the Centers for Disease Control and Prevention (CDC). In Kentucky, this on-going surveillance was initiated in 1985. Administrative responsibility is within the Division of Prevention and Quality Improvement.

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## Introduction

Kentucky BRFSS 2003 - 2004 Report

### What is the BRFSS?

The BRFSS is a telephone health survey jointly sponsored by the Centers for Disease Control and Prevention (CDC) and the Kentucky Department for Public Health. The survey is randomly administered to non-institutionalized civilian adults who are living in a household with a telephone. Participation in the survey is strictly voluntary. Personal identifying information, such as name or address, is not collected. In Kentucky, the BRFSS has been conducted continuously since 1985.

### How is the survey conducted?

Kentucky currently uses disproportionate stratified sampling to obtain a random sample of Kentucky telephone numbers. Once an interviewer reaches a household, a member of the household 18 years of age or older is randomly selected to be interviewed. Surveyors conduct interviews six days a week (Monday through Saturday). The number of completed interviews has increased each year, but the most dramatic increase occurred from approximately 3700 respondents in 1998 to 7500 respondents in 1999. There were approximately 7100 respondents in 2003 and 6900 in 2004.

### What data are included in this report?

This report contains statewide prevalence estimates of risk factors and health behaviors from the 2003 and 2004 Behavioral Risk Factor Surveillance System (BRFSS). Each topic is cross-tabulated by demographic group and Area Development District (ADD).

### How is this report organized?

This report is organized into two sections: the main report and the appendices.

#### Main Report

This section contains a summary of risk factors and health behaviors and two pages of information on each topic.

The first page describes each topic and lists prevalence estimates for 2003-04 by gender, race, age, education, and household income. The data presented exclude missing, refused and "don't know" responses. Special information on each topic is included in bulleted comments. Confidence intervals are included with each estimate.

The confidence interval is the range of values which include the actual prevalence. This report used a 95% confidence interval. This means that if the survey were conducted many times, the true value would fall within the range 95% of the time.

The second page of each topic includes data related to the ADDs. At the top of the page there is a map of Kentucky which includes the prevalence for each ADD. At the bottom of the page there is a table containing the prevalence of the risk factor or health behavior by national median, Kentucky, and ADD.

#### Appendices

Certain risk factors have related *Healthy Kentuckians 2010* goals. These goals are included in the appendices as well as a comparison of Kentucky's data to the nation and a comparison of the BRFSS sample to Kentucky's population.



## What is a prevalence estimate?

The prevalence is the proportion of people in a population with a certain condition or health behavior. The data included in this report are state-wide prevalence estimates of certain risk factors and health behaviors.

Data from all respondents interviewed are weighted to determine the prevalence estimate. Weighting adjusts for over sampling or under sampling of certain subgroups and allows the survey responses to be projected to a state estimate. Factors in weighting include the number of telephone numbers per household, the number of adults in a household, and the demographic distribution of the sample. Data reported here are weighted but not age adjusted.

## How can this report be used?

Data from this report can be used in many of the following ways:

- To analyze health trends
- To develop policies and legislation
- To plan and measure the progress of prevention initiatives
- To educate the public about risk behaviors and preventive health practices
- To monitor health goals, such as those stated in *Healthy Kentuckians 2010*, a document that provides the state's health agenda and guides health policy
- To monitor health trends by Area Development District (ADD)

## How were the data analyzed?

Data were analyzed using SAS 8.2 and SAS Callable SUDAAN 8.0.2. A pre-calculated weighting variable provided by the CDC was used to weight the data. Data estimates for fewer than fifty respondents are considered unreliable by the CDC and were not included in this report.

## What are the limitations to the data?

There are two main limitations to BRFSS data, non-coverage bias and self-report bias. These limitations should not hinder the use of BRFSS data, but should be considered.

### Non-coverage bias

The BRFSS is a telephone survey. According to the 2001 Census Population Estimate, 6.5% of Kentuckians were without telephones. This population is not reached, and could have socioeconomic differences from the survey population.

The BRFSS only surveys adults in households. No person would be surveyed who lived in any type of group setting, such as a nursing home, college dormitory, the military, or prison.

### Self-report bias

The BRFSS survey relies on self report. That means that the prevalence estimates are strictly based on the respondents' answers to the questions. The tendency to report a more healthy lifestyle may occur.

### Race

Beginning in 2001, the BRFSS race question allowed reporting of more than one race. Therefore, data users should be extremely cautious when comparing race data from 2001 to 2004 to race data from previous years.

Furthermore, it is important that data users take into consideration the distribution of race within Kentucky. Since Kentucky is a predominantly white state, survey respondents are predominantly white and the low number of non-white population tend to make data regarding that population unstable. Data users are advised to use caution when using the data due to the above reason. Race data, therefore, may be excluded from this report due to the small nature of the sample size.



**Small Sample Size for Subgroups**

Producing accurate prevalence estimates for different subgroups (men, women, whites, African Americans, women aged 40+, etc.) requires a minimum number of at least 50 respondents. In some cases, the KY BRFSS does not reach enough people in certain categories to produce statistically reliable estimates.

In this report, if the confidence interval for a subgroup is too large, the data is not reported. For this reason, we are unable to include data on Hispanics and sometimes African Americans. The same problem of small number of responses occurs at the county level. In order to provide locally relevant estimates, data is reported by Area Development District (ADD).



## Summary of Risk Factors and Health Behaviors

Kentucky BRFSS 2003 - 2004 Report

Kentucky experienced progress in reducing certain risk factors between 2003-04; however, there still remain many public health concerns. Listed below are some notable statistics from the BRFSS 2003-04 Report. Respondents are age 18 and older unless stated differently. Definitions for each risk factor and health behavior are presented later in the report with each topic.

### Positive Change

#### Binge Drinking

- Binge drinking declined from 9.8% in 1999 to 9.6% in 2004. Kentucky has one of the lowest prevalence of binge drinking in the nation.

#### Breast Cancer Screening

- The percentage of women age 50 and older who have not had a mammogram and a clinical breast exam in the past two years declined from 39.1% in 1996 to 31.4% in 2004.

#### Colorectal Cancer Screening

- Among Kentuckians age 50 and older, the prevalence of never having a sigmoidoscopy or colonoscopy declined from 60.7% in 2001 to 56.1% in 2002 and 52.8% in 2004. Kentucky has met the *Healthy Kentuckians 2010* goal for this type of colorectal cancer screening.

#### Folic Acid

- Approximately 46% of women age 18-44 take folic acid daily. This is the highest percentage since the Kentucky BRFSS started including folic acid questions on the survey in 1996. Also, among women 18-44, the lack of awareness that folic acid prevents birth defects decreased from 55.0% in 2000 to 46.4% in 2004.

#### Physical Activity

- The percentage of Kentuckians who do not participate in any type of leisure time physical activity declined from 33.4% in 2001 to 29.8% in 2004.

#### Tobacco Use

- Current smoking decreased from 30.9% in 2001 to 27.5% in 2004. Despite this decrease, Kentucky is number one in the nation in the prevalence of current smoking.

### Concerns

#### Activity Limitation

- Twenty-two percent of Kentuckians, almost one in four, experience activity limitations because of an impairment or health problem in 2004.

#### Asthma

- The prevalence of asthma increased from 7.8% in 2000 to 9.8% in 2003. Kentucky ranked 3rd in the nation in the prevalence of asthma in 2003.

#### Diabetes

- The prevalence of diabetes among Kentucky adults has increased from 6.5% in 2000 to 7.5% in 2004.

#### Frequent Mental Distress

- The percentage of frequent mental distress slightly decreased from 15.5% in 2001 to 14.4% in 2004. However in 2004, Kentucky ranked second in the nation for frequent mental distress.

#### Health Care Coverage

- Lack of health care coverage increased from 14.1% in 2000 and 17.1% in 2003. In 2004, approximately 21% of Kentuckians age 18-24 lacked healthcare coverage.

#### Health Status: Fair or Poor

- Approximately 21.9%, of Kentuckians considered their health status to be fair or poor in 2004. Kentucky ranked fourth in the nation.

#### Obesity (BMI $\geq$ 30kg/m<sup>2</sup>)

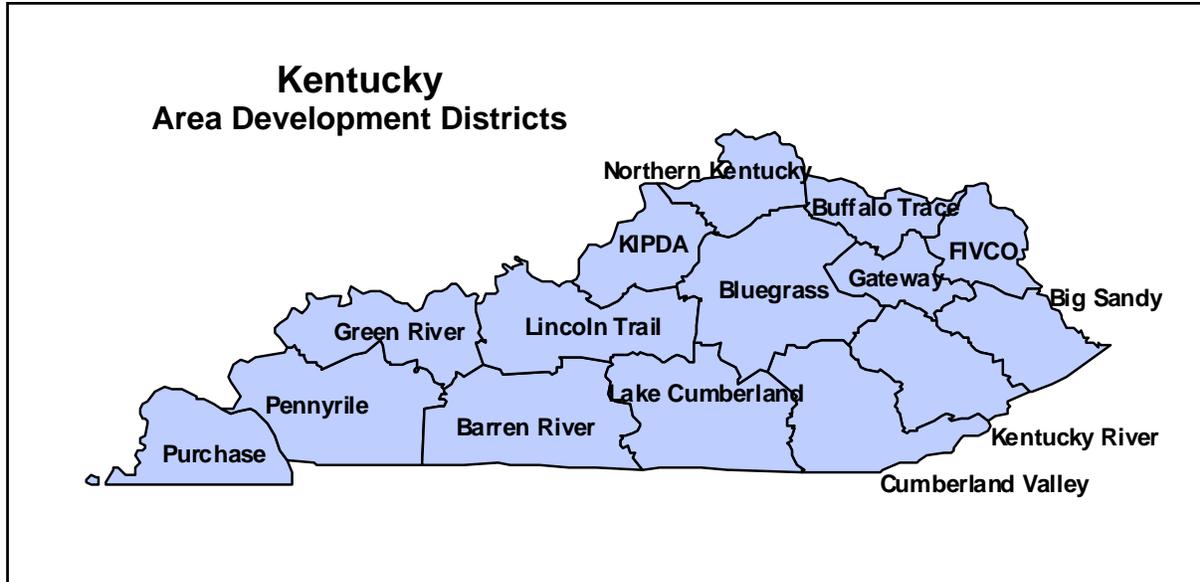
- One in four (25.8%) of adult Kentuckians were obese in 2004. Kentucky ranked 7th in the nation in the prevalence of adult obesity in 2004.



## Area Development Districts

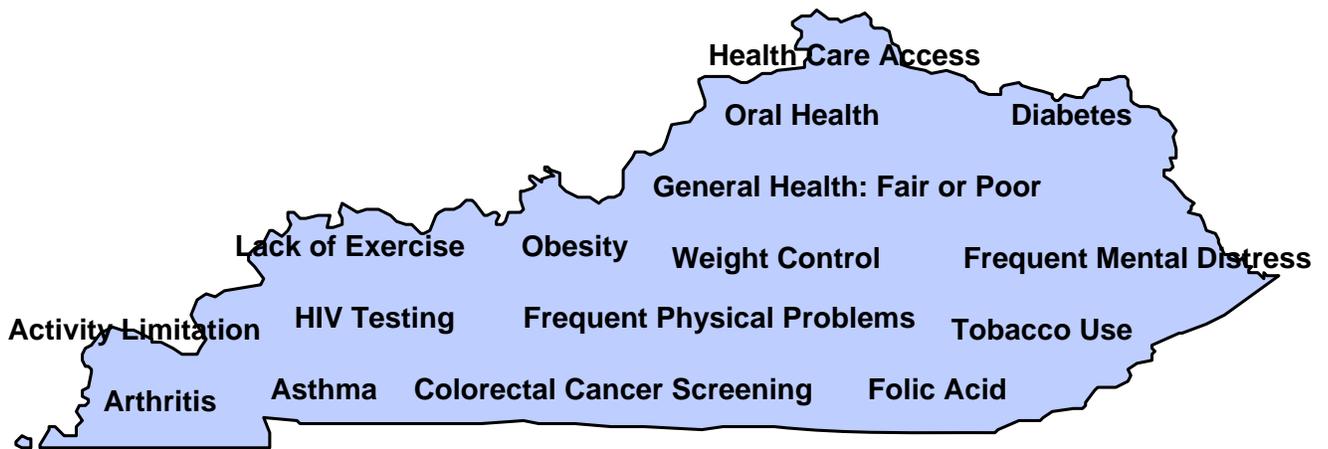
Kentucky BRFSS 2003 - 2004 Report

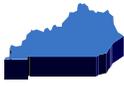
Kentucky has 120 counties that are divided into 15 Area Development Districts (ADDs). Data in this report are analyzed by ADDs rather than by county because for most counties the sample size is too small for reliable estimates.



<b>Counties In Each Area Development District</b>	
Barren River:	Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson, Warren
Big Sandy:	Floyd, Johnson, Magoffin, Martin, Pike
Bluegrass:	Anderson, Bourbon, Boyle, Clark, Estill, Fayette, Franklin, Garrard, Harrison Jessamine, Lincoln, Madison, Mercer, Nicholas, Powell, Scott, Woodford
Buffalo Trace:	Bracken, Fleming, Lewis, Mason, Robertson
Cumberland Valley:	Bell, Clay, Harlan, Jackson, Knox, Laurel, Rockcastle, Whitley
FIVCO:	Boyd, Carter, Elliott, Greenup, Lawrence
Gateway:	Bath, Menifee, Montgomery, Morgan, Rowan
Green River:	Daviess, Hancock, Henderson, McLean, Ohio, Union, Webster
Kentucky River:	Breathitt, Knott, Lee, Leslie, Letcher, Owsley, Perry, Wolfe
KIPDA:	Bullitt, Henry, Jefferson, Oldham, Shelby, Spencer, Trimble
Lake Cumberland:	Adair, Casey, Clinton, Cumberland, Green, McCreary, Pulaski, Russell, Taylor, Wayne
Lincoln Trail:	Breckinridge, Grayson, Hardin, Larue, Marion, Meade, Nelson, Washington
Northern Kentucky:	Boone, Campbell, Carroll, Gallatin, Grant, Kenton, Owen, Pendleton
Pennyrile:	Caldwell, Christian, Crittenden, Hopkins, Livingston, Lyon, Muhlenberg, Todd, Trigg
Purchase:	Ballard, Calloway, Carlisle, Fulton, Graves, Hickman, McCracken, Marshall

# Risk Factors and Health Behaviors





# Activity Limitation

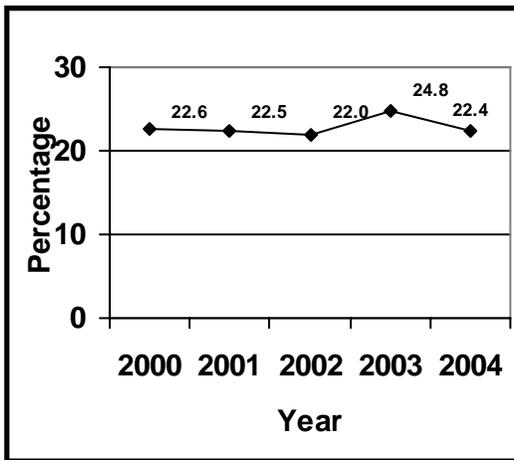
Kentucky BRFSS 2003 - 2004 Report

## Definition :

Individuals age 18 and older who answered "Yes" to the following question: "Are you limited in any way in any activities because of physical, mental, or emotional problems?"

- In 2004, 22.4% of the Kentucky adult population experienced activity limitations because of an impairment or health problem.
- In 2004, the prevalence of activity limitation was 25.1% among African Americans compared to 22.4% among Whites.
- In 2004, those age 65 and older had the highest prevalence of activity limitation, 34.1%, while those age 18-24 had the lowest prevalence, 8.2%.
- In 2004, activity limitation was higher among those with less than a high school education, 39.1%, and among those earning less than \$15,000 per year at 45.8%.

## Activity Limitation BRFSS, Kentucky Statewide Data



Activity Limitation by Demographic Groups Kentucky BRFSS 2003 and 2004				
Demographic Groups	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>Total</b>	24.8	(23.4-26.3)	22.4	(21.0-24.0)
<b>Gender</b>				
Male	24.7	(22.4-27.1)	21.5	(19.2-24.0)
Female	25.0	(23.2-26.8)	23.3	(21.5-25.1)
<b>Race</b>				
White/NH	25.1	(23.6-26.6)	22.4	(20.9-23.9)
African/American/NH	24.5	(18.0-32.4)	25.1	(16.8-34.5)
<b>Age</b>				
18-24	12.8	(8.7-18.4)	8.2	(4.7-14.0)
25-34	14.4	(11.5-17.9)	14.2	(11.0-18.2)
35-44	23.4	(20.4-26.8)	19.4	(16.5-22.8)
45-54	29.0	(25.8-32.4)	26.6	(23.3-30.1)
55-64	34.8	(31.3-38.4)	31.3	(27.7-35.0)
65+	34.6	(31.5-37.8)	34.1	(31.0-37.5)
<b>Education</b>				
Less than H.S.	40.6	(37.0- 44.4)	39.1	(35.2-43.0)
H.S. or GED	25.7	(23.3-28.2)	24.4	(21.9-27.0)
Some Post H.S.	21.4	(18.7-24.3)	17.4	(14.6-20.2)
College Graduate	14.9	(12.5-17.7)	13.2	(10.5-15.8)
<b>Household Income</b>				
Less than \$15,000	51.7	(47.1-56.3)	45.8	(41.1-50.6)
\$15,000 - 24,999	34.1	(30.0-38.3)	29.6	(25.6-33.6)
\$25,000 - 34,999	19.9	(16.5-23.8)	20.7	(16.7-24.8)
\$35,000 - 49,999	9.7	(7.0-13.3)	15.5	(12.0-19.1)
\$50,000 - 74,999	13.5	(10.3-17.5)	14.2	(10.0-18.3)
\$75,000 +	12.9	(9.0-18.1)	5.8	(3.9-7.7)

Missing, "Don't Know", and Refused Responses are excluded.  
95% CI = 95% Confidence Interval  
NH = Non-Hispanic

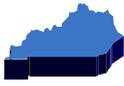


**Activity Limitation  
2004 BRFSS Data by Area Development District**



Activity Limitation by Nation, Kentucky, and ADD BRFSS 2003 and 2004				
	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>National Median*</b>	18.3		17.3	
<b>Total Kentucky</b>	24.8	(23.4-26.3)	22.4	(21.0-24.0)
<b>ADDs</b>				
Barren River	22.5	(18.5-26.9)	21.7	(17.8-26.2)
Big Sandy	36.6	(31.4-42.2)	35.0	(29.2-41.2)
Bluegrass	23.8	(19.8-28.4)	16.3	(12.5-21.1)
Buffalo Trace	23.1	(18.7-28.1)	23.7	(19.8-29.2)
Cumberland Valley	35.2	(29.8-41.1)	33.4	(27.8-39.5)
FIVCO	31.4	(26.2-37.1)	22.4	(18.4-27.0)
Gateway	28.0	(23.4-33.2)	20.6	(16.7-25.1)
Green River	19.2	(15.5-23.5)	20.7	(15.9-26.6)
Kentucky River	32.4	(27.2-38.1)	36.2	(30.6-42.2)
KIPDA	21.5	(17.6-26.0)	19.8	(15.9-24.4)
Lake Cumberland	28.2	(24.1-32.8)	27.6	(23.0-32.8)
Lincoln Trail	24.4	(20.0-29.4)	22.7	(18.6-27.5)
Northern Kentucky	21.4	(17.6-25.7)	21.5	(17.6-26.0)
Pennyrile	23.1	(19.3-27.4)	23.3	(18.8-28.5)
Purchase	25.2	(21.1-29.8)	22.7	(18.5-27.4)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available. In 2004, Hawaii was not included in the national median.



# Alcohol Consumption: Binge Drinking

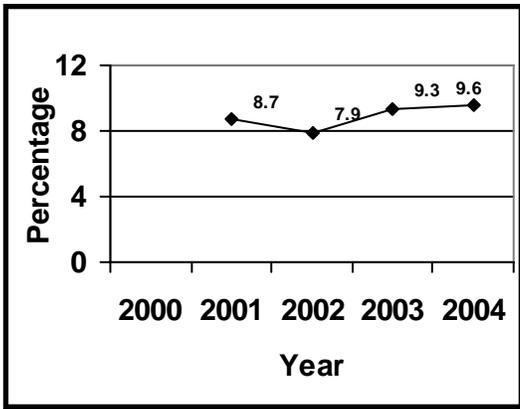
Kentucky BRFSS 2003 - 2004 Report

## Definition :

Individuals age 18 and older who had five or more drinks on one or more occasions in the past 30 days.

- In 2004, 9.6% of the Kentucky adult population reported binge drinking.
- A higher percentage of males, 15.2%, were binge drinkers compared to females, 4.6% in 2004.
- Among the age groups, the highest prevalence of binge drinking was reported by those age 18-24, 20.8%, and the lowest prevalence, 0.7%, was reported by those age 65 and older in 2004.
- Among income levels, the highest prevalence of binge drinking, 13.7%, was reported by those with a household income of \$35,000-49,999 in 2004.

## Binge Drinking BRFSS, Kentucky Statewide Data



Alcohol Consumption question was not asked in 2000.

## Binge Drinking by Demographic Groups Kentucky BRFSS 2003 and 2004

Demographic Groups	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>Total</b>	9.3	(8.1-10.6)	9.6	(8.3-11.1)
<b>Gender</b>				
Male	15.2	(13.0-17.7)	15.2	(12.6-18.0)
Female	3.8	(2.9-5.0)	4.6	(3.6-5.9)
<b>Race</b>				
White/NH	9.1	(7.9-10.4)	9.8	(8.4-11.4)
African American/NH	11.7	(5.7-22.7)	8.3	(2.3-14.3)
<b>Age</b>				
18-24	20.0	(14.6-26.9)	20.8	(14.6-28.8)
25-34	16.6	(13.0-20.8)	14.5	(11.3-18.4)
35-44	9.8	(7.6-12.5)	11.9	(8.8-15.9)
45-54	5.6	(4.2-7.3)	7.2	(5.5-9.5)
55-64	4.1	(2.7-6.3)	3.9	(2.5-5.9)
65+	1.1	(0.5-2.1)	0.7	(0.4-1.4)
<b>Education</b>				
Less than H.S.	5.9	(3.8-9.1)	6.6	(4.5-9.6)
H.S. or GED	8.4	(6.7-10.4)	10.0	(7.8-12.6)
Some Post H.S.	11.4	(8.7-14.7)	11.3	(8.5-15.0)
College Graduate	11.3	(8.7-14.6)	9.3	(6.0-12.5)
<b>Household Income</b>				
Less than \$15,000	5.2	(3.0-9.1)	6.1	(4.1-8.8)
\$15,000 - 24,999	8.3	(5.7-12.1)	9.7	(7.3-12.8)
\$25,000 - 34,999	10.3	(7.1-14.6)	9.1	(6.6-12.5)
\$35,000 - 49,999	9.5	(7.0-13.3)	13.7	(10.1-18.3)
\$50,000 - 74,999	12.4	(6.9-12.9)	11.2	(6.8-17.9)
\$75,000 +	14.5	(10.1-20.4)	12.3	(8.8-16.8)

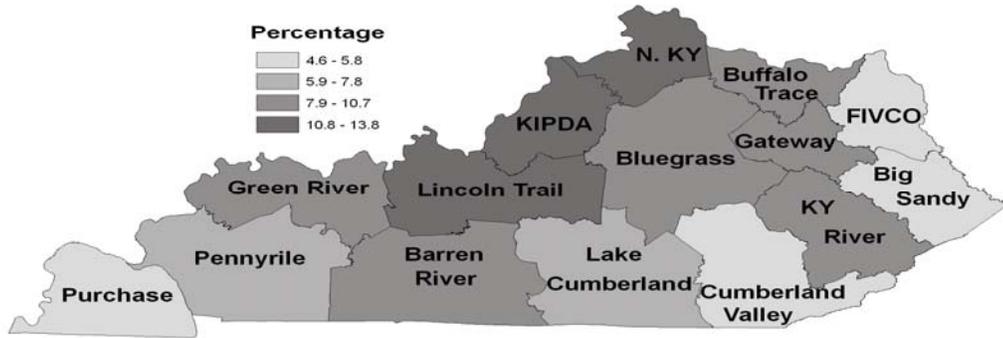
Missing, "Don't Know", and Refused Responses are excluded.  
95% CI = 95% Confidence Interval  
NH = Non-Hispanic



# Alcohol Consumption: Binge Drinking

Kentucky BRFSS 2003 - 2004 Report

## Binge Drinking 2004 BRFSS Data by Area Development District



Binge Drinking by Nation, Kentucky, and ADD BRFSS 2003 and 2004				
	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>National Median*</b>	16.5		14.9	
<b>Total Kentucky</b>	9.3	(8.1-10.6)	9.6	(8.3-11.1)
<b>ADDs</b>				
Barren River	8.2	(5.1-12.8)	10.7	(6.8-16.5)
Big Sandy	5.4	(2.9-9.9)	4.6	(2.3-8.8)
Bluegrass	11.2	(7.7-16.0)	9.3	(5.8-14.7)
Buffalo Trace	6.8	(4.5-10.3)	8.8	(5.3-14.1)
Cumberland Valley	3.0	(1.3-6.9)	5.2	(3.0-8.8)
FIVCO	5.7	(3.6-8.8)	5.2	(3.2-8.5)
Gateway	5.6	(3.5-8.9)	10.0	(6.6-14.9)
Green River	9.3	(6.3-13.5)	9.3	(5.7-14.9)
Kentucky River	5.1	(2.8-9.2)	9.3	(5.9-14.4)
KIPDA	11.2	(7.9-15.6)	12.2	(8.5-17.3)
Lake Cumberland	5.3	(3.3-8.5)	7.8	(4.2-14.1)
Lincoln Trail	7.3	(4.7-11.2)	11.4	(7.7-16.5)
Northern Kentucky	14.0	(10.5-18.3)	13.8	(10.2-18.3)
Pennyrile	9.7	(6.1-15.2)	7.2	(4.7-11.0)
Purchase	9.8	(6.7-14.1)	5.8	(3.8-8.7)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available. In 2004, Hawaii was not included in the national median.



# Alcohol Consumption: Heavy Drinking

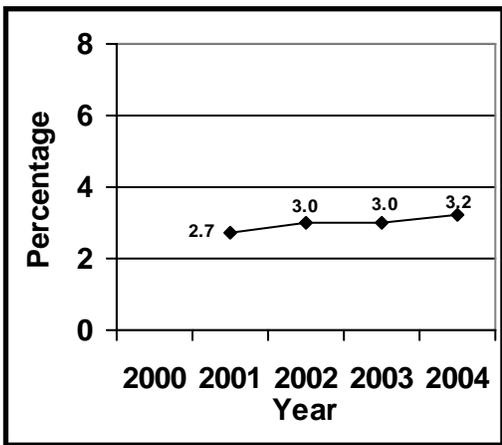
Kentucky BRFSS 2003 - 2004 Report

## Definition :

Males age 18 and older who had an average of more than two drinks per day, and females who had an average of more than one drink per day in the past 30 days.

- In 2004, 3.2% of the Kentucky adult population were heavy drinkers.
- A higher percentage of males, 4.6%, were heavy drinkers compared to females, 1.9%.
- The highest percentage of heavy drinking among the age groups occurred among those aged 18-24, 5.5% in 2004.

## Heavy Drinking BRFSS, Kentucky Statewide Data



Alcohol Consumption was a Module question, in 2000 and may or may not have been asked to survey respondents.

Heavy Drinking by Demographic Groups Kentucky BRFSS 2003 and 2004				
Demographic Groups	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>Total</b>	3.0	(2.4-3.7)	3.2	(2.4-4.0)
<b>Gender</b>				
Male	4.4	(3.3-5.9)	4.6	(3.3-6.3)
Female	1.7	(1.2-2.3)	1.9	(1.4-2.8)
<b>Race</b>				
White/NH	3.0	(2.4-3.8)	3.3	(2.6-4.4)
African American/NH	4.1	(0.9-16.0)	2.7	(1.0-6.9)
<b>Age</b>				
18-24	6.6	(3.7-11.3)	5.5	(2.9-10.0)
25-34	2.4	(1.5-3.7)	2.8	(1.6-5.0)
35-44	2.8	(1.6-4.7)	4.4	(2.3-8.0)
45-54	2.9	(1.9-4.4)	2.9	(1.8-4.4)
55-64	2.4	(1.4-4.1)	2.9	(1.8-4.6)
65+	1.8	(0.9-3.5)	1.2	(0.7-2.0)
<b>Education</b>				
Less than H.S.	2.1	(1.2-3.7)	2.4	(1.1-4.8)
H.S. or GED	2.9	(2.1-4.1)	4.0	(2.7-6.0)
Some Post H.S.	4.0	(2.5-6.4)	3.2	(2.1-5.0)
College Graduate	2.7	(1.8-4.1)	2.2	(1.3-3.9)
<b>Household Income</b>				
Less than \$15,000	1.8	(1.0-3.3)	3.1	(1.8-5.2)
\$15,000 - 24,999	4.1	(2.2-7.5)	3.4	(2.1-5.4)
\$25,000 - 34,999	3.4	(1.7-6.8)	2.3	(1.1-4.7)
\$35,000 - 49,999	3.3	(2.1-5.3)	4.0	(2.4-6.5)
\$50,000 - 74,999	3.9	(2.2-6.7)	2.6	(1.3-5.1)
\$75,000 +	3.2	(1.5-6.6)	3.7	(1.9-6.9)

Missing, "Don't Know", and Refused Responses are excluded.

95% CI = 95% Confidence Interval

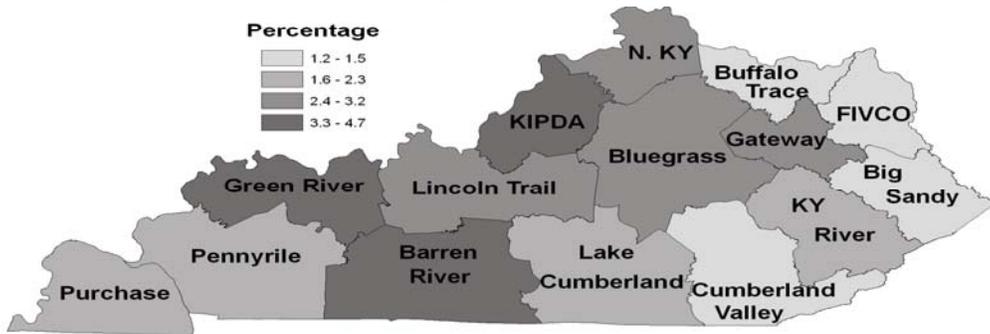
NH = Non-Hispanic



# Alcohol Consumption: Heavy Drinking

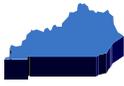
Kentucky BRFSS 2003 - 2004 Report

## Heavy Drinking 2004 BRFSS Data by Area Development District



Heavy Drinking by Nation, Kentucky, and ADD BRFSS 2003 and 2004				
	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>National Median*</b>	5.7		5.0	
<b>Total Kentucky</b>	3.0	(2.4-3.7)	3.2	(2.4-4.0)
<b>ADDs</b>				
Barren River	2.2	(1.0-4.6)	4.3	(1.9-9.3)
Big Sandy	2.0	(0.9-4.6)	1.3	(0.5-3.2)
Bluegrass	2.7	(1.5-4.7)	3.2	(1.6-6.4)
Buffalo Trace	3.4	(1.9-6.0)	1.4	(0.6-3.3)
Cumberland Valley	1.7	(0.4-6.5)	1.5	(0.5-4.3)
FIVCO	1.8	(0.8-3.9)	1.2	(0.6-2.7)
Gateway	2.6	(1.5-4.4)	3.2	(1.6-6.0)
Green River	1.0	(0.5-2.2)	4.4	(2.4-8.1)
Kentucky River	0.9	(0.2-4.3)	2.3	(0.8-6.8)
KIPDA	3.9	(2.3-6.8)	4.7	(2.6-8.5)
Lake Cumberland	0.6	(0.1-2.5)	2.3	(1.1-4.7)
Lincoln Trail	3.6	(1.9-6.8)	3.2	(1.7-6.0)
Northern Kentucky	5.5	(3.2-9.5)	3.0	(1.8-5.0)
Pennyryle	3.4	(1.5-7.5)	2.1	(1.0-4.2)
Purchase	3.4	(1.8-6.3)	2.1	(1.1-4.1)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available. In 2004, Hawaii was not included in the national median.



# Arthritis: Doctor-Diagnosed Arthritis

Kentucky BRFSS 2003 - 2004 Report

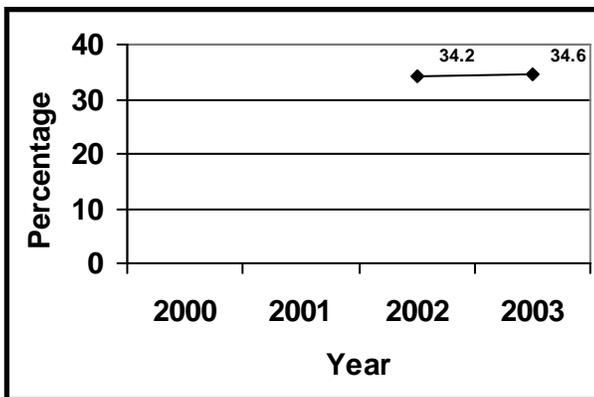
## Definition :

Individuals age 18 and older who said “Yes” to the following question: “Have you ever been told by a doctor or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?”

Arthritis questions were not asked in 2004.

- In Kentucky, 34.6% of the adult population reported doctor-diagnosed arthritis in 2003.
- In 2003, the prevalence of arthritis was 37.6% among females and 31.3% among males.
- In 2003, the prevalence of arthritis was higher among Whites, 35.3%, compared to African Americans, 27.9%.
- In 2003, among Kentuckians age 65 and older, 60.9% had doctor-diagnosed arthritis.
- In 2003, 50.8% of Kentuckians with less than a high school education reported having arthritis, as did 52.8% of those earning less than \$15,000 a year.

## Doctor-Diagnosed Arthritis BRFSS, Kentucky Statewide Data



The question asked to identify a diagnosis of arthritis was changed in 2002. Therefore, arthritis prevalence rates before 2002 cannot be compared.

## Doctor-Diagnosed Arthritis by Demographic Groups Kentucky BRFSS 2003

Demographic Groups	2003	
	%	95% (CI)
<b>Total</b>	34.6	(33.0-36.2)
<b>Gender</b>		
Male	31.3	(28.9-33.8)
Female	37.6	(35.6-39.6)
<b>Race</b>		
White/NH	35.3	(33.-37.0)
African American/NH	27.9	(21.0-36.0)
<b>Age</b>		
18-24	12.0	(8.2-17.2)
25-34	14.0	(11.5-17.0)
35-44	27.0	(23.6-30.7)
45-54	40.7	(37.1-44.3)
55-64	53.6	(49.8-57.4)
65+	60.9	(57.5-64.2)
<b>Education</b>		
Less than H.S.	50.8	(47.0-56.6)
H.S. or GED	36.0	(33.4-38.7)
Some Post H.S.	29.7	(26.7-32.8)
College Graduate	25.0	(21.8-28.6)
<b>Household Income</b>		
Less than \$15,000	52.8	(48.1-57.4)
\$15,000 - 24,999	40.2	(36.1-44.4)
\$25,000 - 34,999	31.4	(27.1-36.1)
\$35,000 - 49,999	27.2	(23.2-31.6)
\$50,000 - 74,999	24.5	(20.6-28.8)
\$75,000 +	21.3	(17.2-26.1)

Missing, “Don’t Know”, and Refused Responses are excluded.  
95% CI = 95% Confidence Interval  
NH = Non-Hispanic



# Arthritis: Doctor-Diagnosed Arthritis

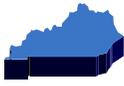
Kentucky BRFSS 2003 - 2004 Report

**Doctor-Diagnosed Arthritis  
2003 BRFSS Data by Area Development District**



Doctor-Diagnosed Arthritis by Nation, Kentucky, and ADD BRFSS 2003		
	2003	
	%	95% (CI)
<b>National Median*</b>	27.0	
<b>Total Kentucky</b>	34.6	(33.0-36.2)
<b>ADDs</b>		
Barren River	35.5	(30.6-40.6)
Big Sandy	49.4	(43.6-55.3)
Bluegrass	30.1	(25.8-34.9)
Buffalo Trace	35.9	(30.6-41.5)
Cumberland Valley	41.1	(35.4-47.0)
FIVCO	43.2	(37.8-48.7)
Gateway	34.0	(29.5-38.9)
Green River	33.7	(29.0-38.7)
Kentucky River	46.2	(40.2-52.3)
KIPDA	29.2	(24.9-34.0)
Lake Cumberland	39.2	(34.5-44.0)
Lincoln Trail	35.6	(30.7-40.8)
Northern Kentucky	32.5	(28.1-37.2)
Pennyrile	38.2	(33.3-43.3)
Purchase	34.5	(30.0-39.3)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



# Asthma

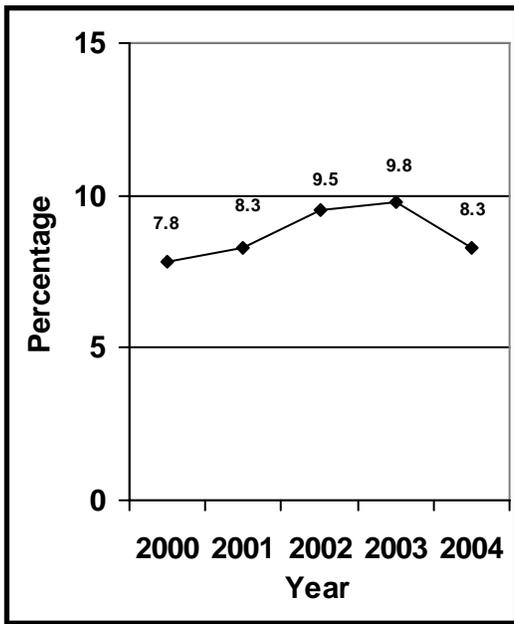
Kentucky BRFSS 2003 - 2004 Report

## Definition :

Individuals age 18 and older who stated "Yes" to the following two questions: "Have you ever been told by a doctor, nurse or other health professional that you had asthma?" and "Do you still have asthma?"

- In 2004, 8.3% of the Kentucky adult population had asthma.
- The prevalence of current asthma was 14.8% among African Americans compared to 8.0% among Whites in 2004.
- Those with less than a high school education reported a higher rate of asthma at 13.5% in 2004.
- Those at the lowest annual income level of \$15,000 or less reported the highest prevalence of asthma at 15.5%.

## Asthma BRFSS, Kentucky Statewide Data



Asthma by Demographic Groups Kentucky BRFSS 2003 and 2004				
Demographic Groups	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>Total</b>	9.8	(8.8-10.8)	8.3	(7.2-9.4)
<b>Gender</b>				
Male	6.6	(5.5-8.0)	6.1	(4.6-7.8)
Female	12.7	(11.3-14.3)	10.3	(8.9-11.9)
<b>Race</b>				
White/NH	9.6	(8.6-10.6)	8.0	(7.9-9.2)
African/American/NH	14.2	(9.3-21.0)	14.8	(8.9-23.7)
<b>Age</b>				
18-24	10.8	(7.3-15.6)	9.4	(5.4-15.9)
25-34	8.3	(6.2-10.9)	8.4	(5.9-11.7)
35-44	9.6	(7.7-12.0)	6.7	(5.1-8.7)
45-54	9.1	(7.2-11.4)	8.6	(6.7-11.1)
55-64	11.0	(8.8-13.5)	10.3	(7.8-13.5)
65+	10.8	(9.1-12.8)	7.2	(5.9-8.7)
<b>Education</b>				
Less than H.S.	16.2	(13.8-19.0)	13.5	(10.9-16.5)
H.S. or GED	8.3	(6.9-10.0)	8.1	(6.3-10.1)
Some Post H.S.	8.4	(6.8-10.4)	6.9	(5.2-9.0)
College Graduate	9.0	(6.7-11.9)	6.6	(4.5-9.5)
<b>Household Income</b>				
Less than \$15,000	18.8	(15.5-22.6)	15.5	(12.3-19.4)
\$15,000 - 24,999	12.7	(10.1-15.9)	9.5	(7.3-12.3)
\$25,000 - 34,999	8.5	(6.1-11.6)	6.8	(4.7-9.6)
\$35,000 - 49,999	7.3	(5.2-10.1)	7.8	(5.1-11.9)
\$50,000 - 74,999	7.1	(4.9-10.2)	7.4	(4.3-12.5)
\$75,000 +	4.3	(2.9-6.3)	5.1	(3.2-8.1)

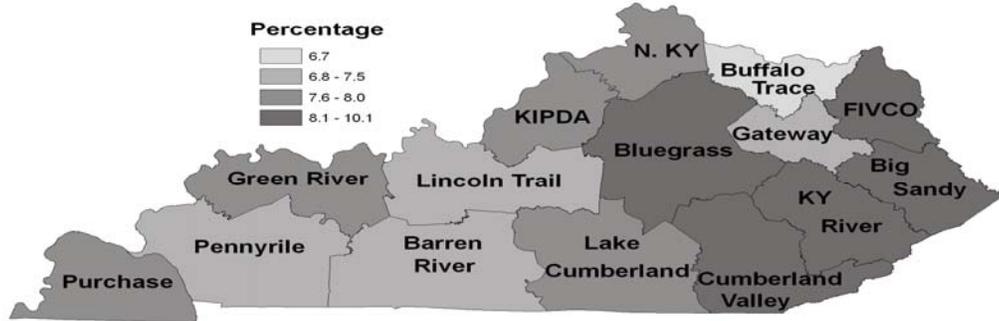
Missing, "Don't Know", and Refused Responses are excluded.  
95% CI = 95% Confidence Interval  
NH = Non-Hispanic



# Asthma

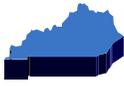
Kentucky BRFSS 2003 - 2004 Report

## Asthma 2004 BRFSS Data by Area Development District



Asthma by Nation, Kentucky, and ADD BRFSS 2003 and 2004				
	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>National Median*</b>	7.6		8.0	
<b>Total Kentucky</b>	9.8	(8.8-10.8)	8.3	(7.2-9.4)
<b>ADDs</b>				
Barren River	10.8	(8.0-14.2)	7.5	(5.3-10.4)
Big Sandy	12.8	(9.6-16.9)	9.5	(6.7-13.2)
Bluegrass	8.2	(5.9-11.2)	9.4	(6.1-14.2)
Buffalo Trace	13.4	(10.0-17.7)	6.7	(4.5-10.0)
Cumberland Valley	12.4	(8.9-17.1)	10.1	(6.8-14.7)
FIVCO	12.7	(8.7-18.1)	9.3	(6.8-12.5)
Gateway	9.5	(7.0-12.8)	7.3	(5.2-10.2)
Green River	9.4	(6.8-12.8)	8.0	(5.4-11.7)
Kentucky River	14.1	(10.5-18.6)	9.6	(7.0-13.0)
KIPDA	10.5	(7.8-14.1)	7.7	(5.3-11.1)
Lake Cumberland	11.1	(8.4-14.5)	7.7	(5.3-10.9)
Lincoln Trail	5.1	(3.5-7.4)	7.2	(5.2-9.8)
Northern Kentucky	8.8	(6.3-12.0)	7.6	(5.4-10.5)
Pennyrile	9.1	(6.6-12.5)	7.4	(5.2-10.5)
Purchase	7.2	(5.2-9.9)	7.8	(4.3-13.7)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available. In 2004, Hawaii was not included in the national median.



# Cardiovascular Disease: Ever Had Coronary Heart Disease

Kentucky BRFSS 2003 - 2004 Report

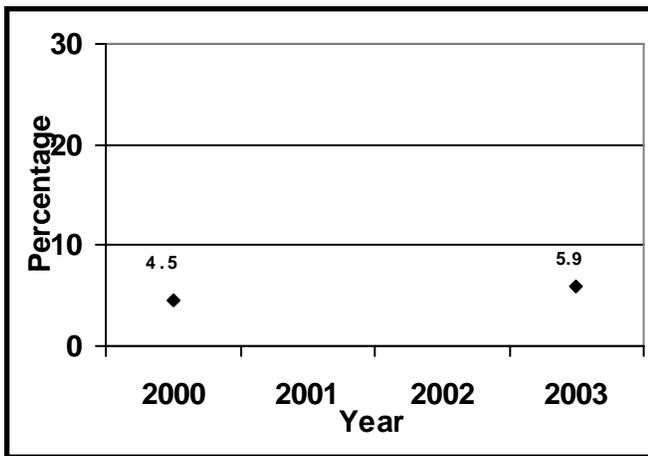
## Definition :

Individuals age 18 and older who stated "Yes" to the following question: "Has a doctor, nurse or other health professional ever told you that you had angina or coronary heart disease?"

Cardiovascular Disease questions were not asked in 2004.

- In 2003, 5.9% of the Kentucky adult population had been told by a doctor, nurse or other health professional that they had angina or coronary heart disease (CHD).
- A higher percentage of males, 7.1%, compared to females, 4.7%, reported that they had been told by a doctor, nurse or other health professional that they had angina or CHD.
- The prevalence of CHD was slightly higher among Whites, 6.0%, compared to African Americans, 5.6%.

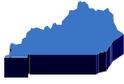
## Ever Had Coronary Heart Disease BRFSS, Kentucky Statewide Data



The coronary heart disease question was part of the cardiovascular optional module, which was not used in 2001, 2002 and 2004.

Ever Had Coronary Heart Disease by Demographic Groups Kentucky BRFSS 2003		
Demographic Groups	%	95% (CI)
<b>Total</b>	5.9	(5.1-6.7)
<b>Gender</b>		
Male	7.1	(5.8-8.6)
Female	4.7	(4.1-5.5)
<b>Race</b>		
White/NH	6.0	(5.2-6.9)
African American/NH	5.6	(2.9-10.2)
<b>Age</b>		
18-24	0.1	(0.0-0.4)
25-34	0.6	(0.3-1.4)
35-44	2.5	(1.3-4.7)
45-54	6.2	(4.6-8.4)
55-64	11.4	(9.1-14.2)
65+	14.9	(12.5-17.6)
<b>Education</b>		
Less than H.S.	10.6	(8.3-13.3)
H.S. or GED	5.5	(4.4-6.8)
Some Post H.S.	4.6	(5.3-6.2)
College Graduate	4.3	(2.9-6.2)
<b>Household Income</b>		
Less than \$15,000	11.2	(9.0-13.8)
\$15,000 - 24,999	7.0	(5.2-9.2)
\$25,000 - 34,999	4.2	(2.9-6.2)
\$35,000 - 49,999	7.6	(5.0-11.5)
\$50,000 - 74,999	3.0	(1.6-5.5)
\$75,000 +	1.4	(0.6-3.2)

Missing, "Don't Know" and Refused Responses are excluded.  
95% CI = 95% Confidence Interval  
NH = Non-Hispanic



# Cardiovascular Disease: Ever Had Coronary Heart Disease

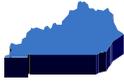
Kentucky BRFSS 2003 - 2004 Report

**Ever Had Coronary Heart Disease  
2003 BRFSS Data by Area Development District**



Ever Had Coronary Heart Disease by Nation, Kentucky, and ADD BRFSS 2003		
	%	95% (CI)
<b>National Median*</b>	4.4	
<b>Total Kentucky</b>	5.9	(5.1 - 6.7)
<b>ADDs</b>		
Barren River	4.8	(3.1-7.3)
Big Sandy	8.8	(6.2-12.3)
Bluegrass	4.4	(2.9-6.6)
Buffalo Trace	8.2	(5.3-12.5)
Cumberland Valley	7.1	(4.9-10.2)
FIVCO	8.7	(6.3-12.0)
Gateway	4.8	(3.3-7.1)
Green River	5.0	(3.4-7.3)
Kentucky River	7.0	(4.8-10.0)
KIPDA	6.7	(4.6-9.8)
Lake Cumberland	7.7	(5.6-10.5)
Lincoln Trail	4.0	(2.3-6.9)
Northern Kentucky	5.5	(3.7-6.3)
Pennyryle	3.9	(2.3-6.6)
Purchase	5.9	(4.1-8.4)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



# Cardiovascular Disease: Ever Had a Heart Attack

Kentucky BRFSS 2003 - 2004 Report

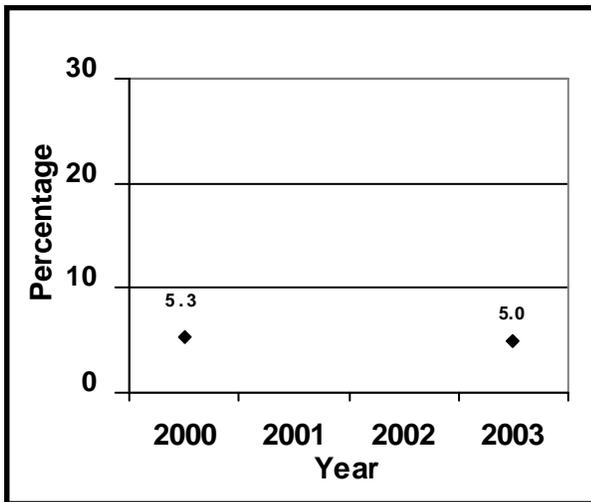
## Definition :

Individuals age 18 and older who stated "Yes" to the following question: "Has a doctor, nurse or other health professional ever told you that you had a heart attack, also called a myocardial infarction?"

The heart attack question was not asked in 2004.

- In 2003, 5.0% of Kentucky adults had been told by a doctor, nurse or other health professional that they had suffered a heart attack, also called a myocardial infarction (MI).
- A higher percentage of males, 6.6%, compared to females, 3.6%, reported that they had been told by a doctor, nurse or other health professional that they had suffered a heart attack.
- The prevalence of heart attack was slightly higher among Whites, 5.0%, compared to African Americans, 4.3%.
- Among age groups, the highest prevalence of MI was among those age 65 and over, at 14.7%.

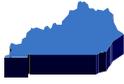
## Ever Had a Heart Attack BRFSS, Kentucky Statewide Data



The heart attack question was part of the cardiovascular optional module, which was not used in 2001, 2002 and 2004.

Ever Had a Heart Attack by Demographic Groups Kentucky BRFSS 2003		
Demographic Groups	%	95% (CI)
<b>Total</b>	5.0	(4.4-5.7)
<b>Gender</b>		
Male	6.6	(5.5-7.8)
Female	3.6	(3.0-4.3)
<b>Race</b>		
White/NH	5.0	(4.4-5.7)
African American/NH	4.3	(2.1-8.7)
<b>Age</b>		
18-24	0.0	(0.0-0.0)
25-34	0.4	(0.2-1.0)
35-44	1.0	(0.6-1.8)
45-54	3.9	(2.9-5.3)
55-64	11.2	(9.0-14.0)
65+	14.7	(12.4-17.3)
<b>Education</b>		
Less than H.S.	9.8	(8.0-11.8)
H.S. or GED	4.8	(3.9-6.0)
Some Post H.S.	3.3	(2.4-4.6)
College Graduate	3.7	(2.6-5.3)
<b>Household Income</b>		
Less than \$15,000	10.2	(7.9-13.1)
\$15,000 - 24,999	4.8	(3.6-6.4)
\$25,000 - 34,999	3.8	(2.6-5.6)
\$35,000 - 49,999	4.2	(2.7-6.4)
\$50,000 - 74,999	3.1	(1.8-5.3)
\$75,000 +	2.1	(1.0-4.0)

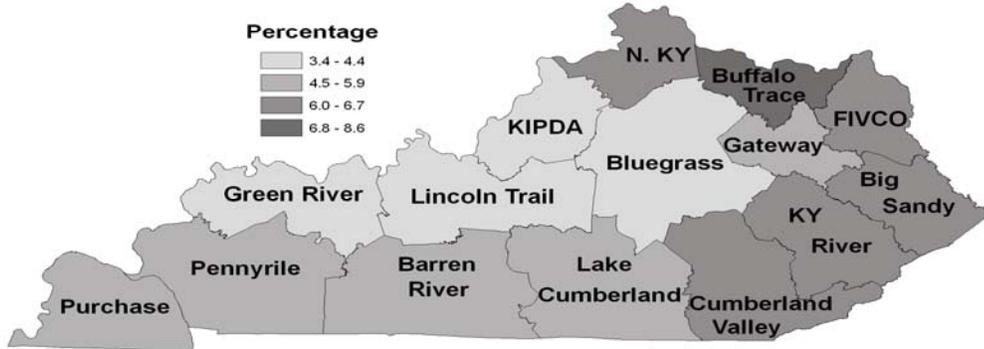
Missing, "Don't Know" and Refused Responses are excluded.  
95% CI = 95% Confidence Interval  
NH = Non-Hispanic



# Cardiovascular Disease: Ever Had a Heart Attack

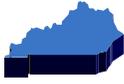
Kentucky BRFSS 2003 - 2004 Report

## Ever Had a Heart Attack 2003 BRFSS Data by Area Development District



Ever Had a Heart Attack by Nation, Kentucky, and ADD BRFSS 2003		
	%	95% (CI)
<b>National Median*</b>	3.9	
<b>Total Kentucky</b>	5.0	(4.4-5.7)
<b>ADDs</b>		
Barren River	5.6	(3.6-8.6)
Big Sandy	6.6	(4.4-9.7)
Bluegrass	3.4	(2.2-5.4)
Buffalo Trace	8.6	(5.5-13.0)
Cumberland Valley	6.3	(4.3-9.1)
FIVCO	6.7	(4.6-9.6)
Gateway	5.9	(3.8-8.8)
Green River	4.2	(2.8-6.3)
Kentucky River	6.1	(4.0-9.1)
KIPDA	4.4	(2.9-6.5)
Lake Cumberland	5.6	(3.9-8.1)
Lincoln Trail	4.0	(2.4-6.7)
Northern Kentucky	6.2	(4.3-9.0)
Pennyrile	5.3	(3.3-8.4)
Purchase	5.6	(3.8-8.0)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



# Cardiovascular Disease: Ever Had a Stroke

Kentucky BRFSS 2003 - 2004 Report

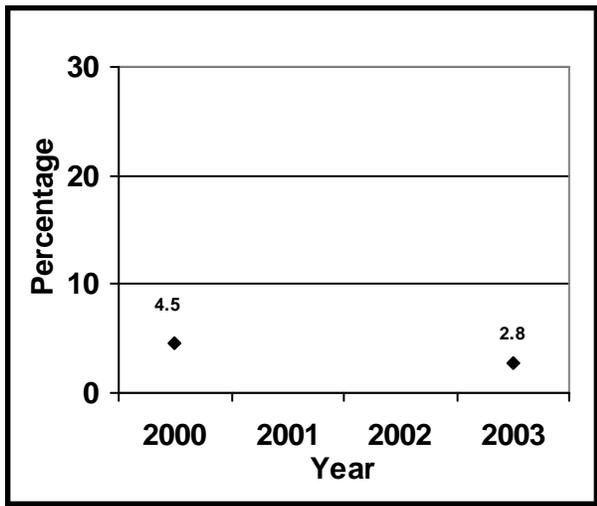
## Definition :

Individuals age 18 and older who stated "Yes" to the following question: "Has a doctor, nurse or other health professional ever told you that you had a stroke?"

The stroke question was not asked in 2004.

- In 2003, 2.8% of Kentucky adults had been told by a doctor, nurse or other health professional that they had suffered a stroke.
- Stroke prevalence is similar for males, 2.7%, and females, 2.8%, and between Whites, 2.8%, and African Americans, 3.1%.
- Stroke prevalence was highest among those Kentucky adults aged 65 and older at 8.5%, those with less than a high school education at 6.2%, and among those earning less than \$15,000 annually at 5.9%.

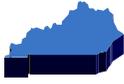
## Ever Had a Stroke BRFSS, Kentucky Statewide Data



The stroke question was part of the cardiovascular optional module, which was not used in 2001, 2002 and 2004.

Ever Had a Stroke by Demographic Groups Kentucky BRFSS 2003		
Demographic Groups	%	95% (CI)
<b>Total</b>	2.8	(2.4-3.3)
<b>Gender</b>		
Male	2.7	(2.1-3.6)
Female	2.8	(2.3-3.5)
<b>Race</b>		
White/NH	2.8	(2.4-3.4)
African American/NH	3.1	(1.4-6.6)
<b>Age</b>		
18-24	0.3	(0.1-1.5)
25-34	0.2	(0.1-0.6)
35-44	1.3	(0.7-2.3)
45-54	2.1	(1.4-3.2)
55-64	4.4	(3.0-6.4)
65+	8.5	(6.8-10.5)
<b>Education</b>		
Less than H.S.	6.2	(4.8-8.0)
H.S. or GED	2.7	(2.0-3.6)
Some Post H.S.	1.9	(1.3-2.9)
College Graduate	1.3	(0.8-2.2)
<b>Household Income</b>		
Less than \$15,000	5.9	(4.1-8.4)
\$15,000 - 24,999	4.0	(2.8-5.7)
\$25,000 - 34,999	1.7	(1.0-3.0)
\$35,000 - 49,999	1.3	(0.7-2.4)
\$50,000 - 74,999	0.8	(0.3-2.0)
\$75,000 +	0.6	(0.2-1.9)

Missing, "Don't Know" and Refused Responses are excluded.  
95% CI = 95% Confidence Interval  
NH = Non-Hispanic



# Cardiovascular Disease: Ever Had a Stroke

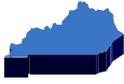
Kentucky BRFSS 2003 - 2004 Report

**Ever Had a Stroke  
2003 BRFSS Data by Area Development District**



Ever Had a Stroke by Nation, Kentucky, and ADD BRFSS 2003		
	%	95% (CI)
<b>National Median*</b>	2.2	
<b>Total Kentucky</b>	2.8	(2.4-3.3)
<b>ADDs</b>		
Barren River	2.5	(1.4-4.4)
Big Sandy	5.2	(3.4-7.9)
Bluegrass	3.3	(2.1-5.3)
Buffalo Trace	5.2	(3.0-8.7)
Cumberland Valley	2.1	(1.1-4.0)
FIVCO	3.3	(2.0-5.2)
Gateway	1.5	(0.8-2.7)
Green River	1.4	(0.7-2.7)
Kentucky River	3.0	(1.8-5.0)
KIPDA	1.8	(0.9 -3.4)
Lake Cumberland	2.6	(1.6-4.2)
Lincoln Trail	2.6	(1.5-4.7)
Northern Kentucky	3.3	(2.0-5.4)
Pennyrile	4.3	(2.7-6.7)
Purchase	2.8	(1.8-4.5)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



# Cholesterol: Cholesterol Not Checked in Past Five Years

Kentucky BRFSS 2003 - 2004 Report

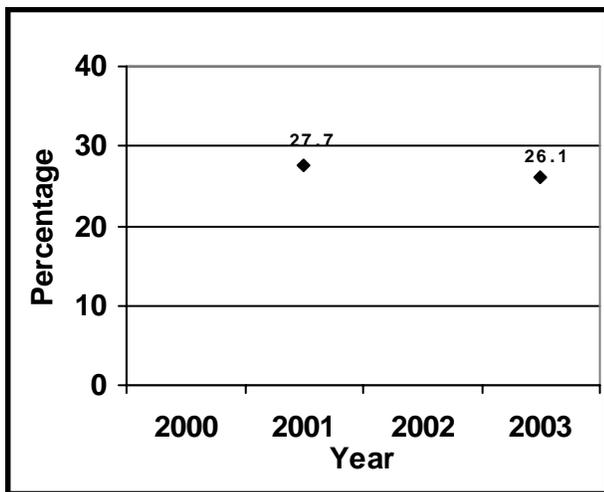
## Definition :

Individuals age 18 and older who have not had their cholesterol checked in the past five years.

The cholesterol questions were not asked in 2004.

- In 2003, 26.1% of Kentucky adults reported that they had not received a cholesterol check in the past five years.
- A similar percentage of males, 26.7%, and females, 25.5%, reported no cholesterol check in five years.
- The prevalence of no cholesterol check within five years was slightly higher among whites, 25.9%, compared to African Americans at 23.1%.
- Among the age groups, the highest prevalence of no cholesterol check within five years was among those aged 18-24 at 51.7%, and the lowest prevalence was among those 65 and above at 9.8%.

## Cholesterol Not Checked in Past Five Years BRFSS, Kentucky Statewide Data

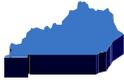


The cholesterol questions were not asked in 2000, 2002 and 2004.

## Cholesterol Not Checked in Past Five Years by Demographic Groups Kentucky BRFSS 2003

Demographic Groups	%	95% (CI)
<b>Total</b>	26.1	(24.4-27.8)
<b>Gender</b>		
Male	26.7	(24.1-29.5)
Female	25.5	(23.5-27.5)
<b>Race</b>		
White/NH	25.9	(24.3-27.7)
African American/NH	23.1	(15.5-33.0)
<b>Age</b>		
18-24	51.7	(44.6-58.7)
25-34	41.6	(37.2-46.0)
35-44	29.6	(26.2-33.3)
45-54	16.2	(13.7-19.0)
55-64	10.0	(8.1-12.3)
65+	9.8	(7.9-12.1)
<b>Education</b>		
Less than H.S.	30.2	(26.3-34.4)
H.S. or GED	26.6	(23.9-29.4)
Some Post H.S.	26.4	(23.1-30.0)
College Graduate	21.4	(18.1-25.0)
<b>Household Income</b>		
Less than \$15,000	28.9	(24.5-33.7)
\$15,000 - 24,999	26.1	(22.3-30.2)
\$25,000 - 34,999	26.2	(21.9-31.1)
\$35,000 - 49,999	27.4	(23.3-31.9)
\$50,000 - 74,999	24.3	(19.9-29.2)
\$75,000 +	19.7	(14.7-25.7)

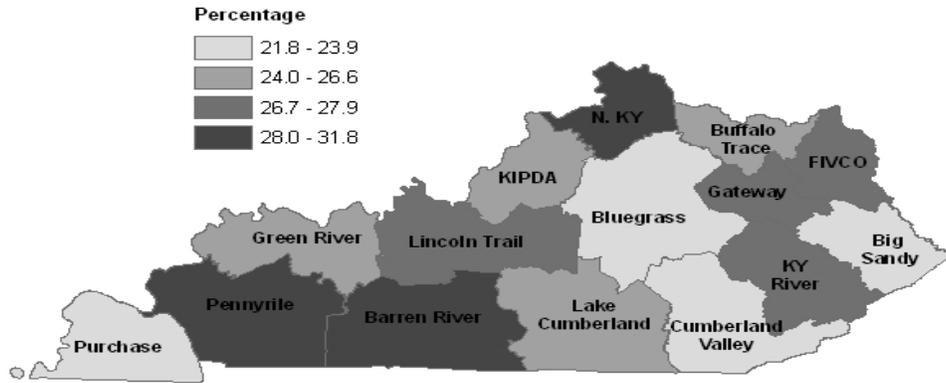
Missing, "Don't Know" and Refused Responses are excluded.  
95% CI = 95% Confidence Interval  
NH = Non-Hispanic



# Cholesterol: Cholesterol Not Checked in Past Five Years

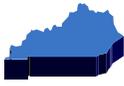
Kentucky BRFSS 2003 - 2004 Report

## Cholesterol Not Checked in Past Five Years 2003 BRFSS Data by Area Development District



Cholesterol Not Checked in Past Five Years by Nation, Kentucky, and ADD BRFSS 2003		
	%	95% (CI)
<b>National Median*</b>	23.1	
<b>Total Kentucky</b>	26.1	(24.4-27.8)
<b>ADDs</b>		
Barren River	31.8	(25.8-38.4)
Big Sandy	23.9	(19.2-29.4)
Bluegrass	21.8	(17.4-26.8)
Buffalo Trace	26.6	(21.7-32.1)
Cumberland Valley	23.3	(18.1-29.5)
FIVCO	27.9	(22.9-33.4)
Gateway	27.4	(22.7-32.8)
Green River	26.4	(21.1-32.4)
Kentucky River	27.5	(21.8-34.2)
KIPDA	25.3	(20.7-30.5)
Lake Cumberland	25.5	(21.1-30.5)
Lincoln Trail	27.9	(22.7-33.8)
Northern Kentucky	31.3	(26.6-36.4)
Pennyrile	31.0	(25.9-36.7)
Purchase	22.5	(18.1-27.6)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



# Cholesterol: High Cholesterol Awareness

Kentucky BRFSS 2003 - 2004 Report

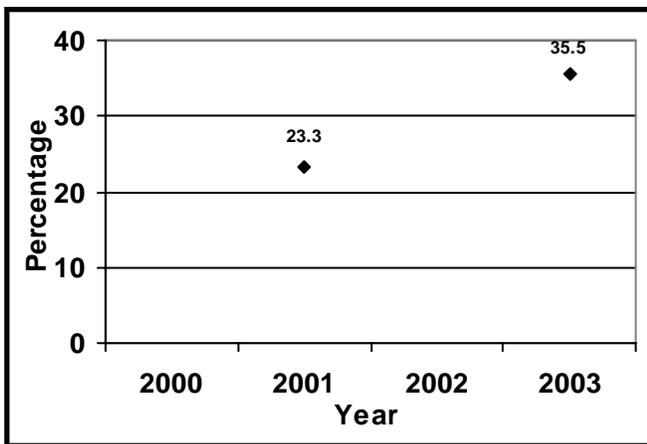
## Definition :

Individuals age 18 and older who said "Yes", to the following question: "Have you ever been told by a doctor, nurse or other health professional that your blood cholesterol is high?"

The cholesterol questions were not asked in 2004.

- In 2003, 35.5% of Kentucky adults were told by a doctor, nurse, or other health professional that they had high cholesterol.
- A higher percentage of females, 37.6%, compared to males, 33.3%, reported that they had been told by a doctor, nurse, or other health professional that they had high cholesterol.
- The prevalence of high cholesterol was higher among Whites, 36.1%, compared to African Americans, 30.1%
- Among income levels, the highest prevalence of high cholesterol was reported by those with less than \$15,000 household income at 46.1%, while the lowest prevalence of high cholesterol was reported by those with a \$75,000+ household income at 26.6%.

## High Cholesterol Awareness BRFSS, Kentucky Statewide Data

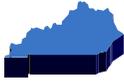


The cholesterol questions were not asked in 2000, 2002 and 2004.

High Cholesterol Awareness by Demographic Groups Kentucky BRFSS 2003		
Demographic Groups	%	95% (CI)
<b>Total</b>	35.5	(33.7-37.4)
<b>Gender</b>		
Male	33.3	(30.4-36.2)
Female	37.6	(35.4-39.9)
<b>Race</b>		
White/NH	36.1	(34.3-38.0)
African American/NH	30.1	(18.0-33.6)
<b>Age</b>		
18-24	15.1	(8.6-25.1)
25-34	15.8	(12.2-20.1)
35-44	28.3	(24.3-32.7)
45-54	38.6	(34.8-42.5)
55-64	50.2	(46.2-54.3)
65+	49.2	(45.7-52.7)
<b>Education</b>		
Less than H.S.	48.4	(44.2-52.5)
H.S. or GED	36.8	(33.9-39.8)
Some Post H.S.	32.4	(28.8-36.3)
College Graduate	27.8	(24.1-31.8)
<b>Household Income</b>		
Less than \$15,000	46.1	(41.2-51.0)
\$15,000 - 24,999	42.0	(37.2-46.9)
\$25,000 - 34,999	35.2	(29.6-41.2)
\$35,000 - 49,999	31.1	(26.5-36.2)
\$50,000 - 74,999	29.0	(24.0-34.5)
\$75,000 +	26.6	(21.8-32.7)

Missing, "Don't Know" and Refused Responses are excluded.  
95% CI = 95% Confidence Interval

NH = Non-Hispanic



# Cholesterol: High Cholesterol Awareness

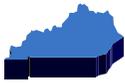
Kentucky BRFSS 2003 - 2004 Report

## High Cholesterol Awareness 2003 BRFSS Data by Area Development District



High Cholesterol Awareness by Nation, Kentucky, and ADD BRFSS 2003		
	%	95% (CI)
<b>National Median*</b>	33.1	
<b>Total Kentucky</b>	35.5	(33.7-37.4)
<b>ADDs</b>		
Barren River	34.3	(29.0-40.1)
Big Sandy	40.0	(34.0-46.3)
Bluegrass	32.6	(27.9-37.8)
Buffalo Trace	33.7	(27.8-40.1)
Cumberland Valley	39.8	(33.7-46.1)
FIVCO	38.7	(32.9-44.8)
Gateway	37.2	(31.5-43.4)
Green River	35.0	(29.9-40.5)
Kentucky River	43.6	(37.3-50.0)
KIPDA	34.6	(29.2-40.4)
Lake Cumberland	41.3	(36.2-46.5)
Lincoln Trail	38.3	(32.7-44.1)
Northern Kentucky	32.4	(27.5-37.7)
Pennyrile	36.2	(30.9-41.9)
Purchase	32.2	(27.5-37.2)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available.



# Colorectal Cancer Screening: No Blood Stool Test in Past Two Years, Age 50 and Older

Kentucky BRFSS 2003 - 2004 Report

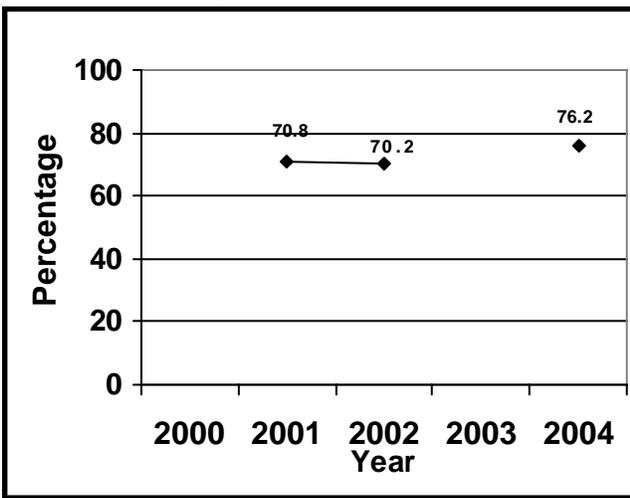
### Definition :

Individuals age 50 and older answered “No” to the following question: “A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever had this test using a home kit within the past two years?”

Colorectal screening questions were not asked in 2003.

- In 2004, 76.2% of the Kentucky adult population had not had a blood stool test within the past two years.
- A higher percentage of males, 77.6%, compared to females, 75.0%, reported that they had not received a blood stool test in the past two years.
- The prevalence of no blood stool test was slightly higher among Whites, 76.0% compared to African Americans, 73.9%.

**No Blood Stool Testing Past Two Years, Age 50 and Older  
BRFSS, Kentucky Statewide Data**



Colorectal screening questions were not asked in 2000 and 2003.

### No Blood Stool Test in Past Two Years, Age 50 and Older by Demographic Groups Kentucky BRFSS 2004

Demographic Groups	%	95% (CI)
<b>Total</b>	76.2	(74.0-78.2)
<b>Gender</b>		
Male	77.6	(74.0-81.0)
Female	75.0	(72.3-77.5)
<b>Race</b>		
White/NH	76.0	(73.7-77.1)
African American/NH	73.9	(61.2-83.6)
<b>Age</b>		
50-54	84.1	(79.2-88.0)
55-64	75.4	(71.5-78.9)
65+	71.9	(68.6-74.9)
<b>Education</b>		
Less than H.S.	79.8	(74.6-84.2)
H.S. or GED	76.8	(73.5-79.8)
Some Post H.S.	71.9	(66.9-76.5)
College Graduate	74.8	(69.1-79.7)
<b>Household Income</b>		
Less than \$15,000	81.1	(76.8-84.7)
\$15,000 - 24,999	70.7	(64.9-76.1)
\$25,000 - 34,999	73.6	(66.8-79.5)
\$35,000 - 49,999	71.6	(64.3-77.9)
\$50,000 - 74,999	78.2	(70.9-84.1)
\$75,000 +	78.7	(71.5-84.6)

Missing, “Don’t Know” and Refused Responses are excluded.  
95% CI = 95% Confidence Interval  
NH = Non-Hispanic.



# Colorectal Cancer Screening: No Blood Stool Test in Past Two Years, Age 50 and Older

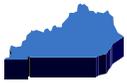
Kentucky BRFSS 2003 - 2004 Report

No Blood Stool Test in Past Two Years, Age 50 and Older  
2004 BRFSS Data by Area Development District



No Blood Stool Test in Past Two Years, Age 50 and Older by Nation, Kentucky, and ADD BRFSS 2004		
	%	95% (CI)
<b>National Median*</b>	73.5	
<b>Total Kentucky</b>	76.2	(74.0-78.2)
<b>ADDs</b>		
Barren River	82.0	(75.7-87.0)
Big Sandy	74.0	(65.9-80.7)
Bluegrass	75.4	(67.5-82.0)
Buffalo Trace	73.7	(64.9-80.9)
Cumberland Valley	73.0	(65.5-79.4)
FIVCO	80.0	(74.1-84.9)
Gateway	78.6	(72.5-83.7)
Green River	66.1	(58.7-72.7)
Kentucky River	79.2	(72.2-84.8)
KIPDA	77.3	(70.7-82.8)
Lake Cumberland	78.3	(71.3-83.9)
Lincoln Trail	76.1	(69.2-81.8)
Northern Kentucky	75.8	(69.2-81.3)
Pennyrile	74.9	(67.4-81.1)
Purchase	75.0	(68.6-80.4)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available. In 2004, Hawaii was not included in the national median.



# Colorectal Cancer Screening: Never Had a Sigmoidoscopy or Colonoscopy, Age 50 and Older

Kentucky BRFSS 2003 - 2004 Report

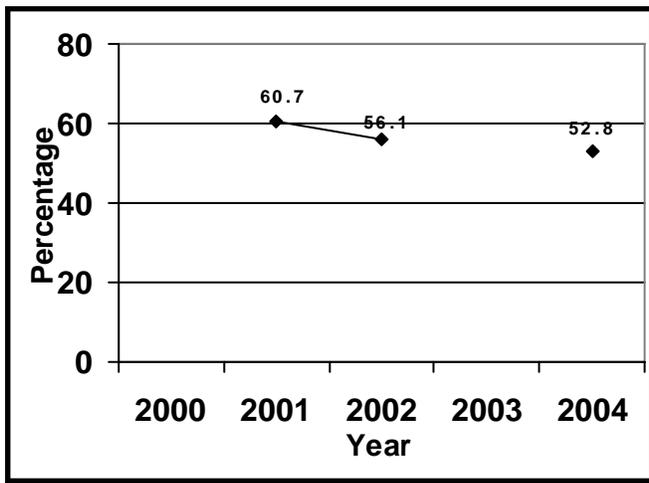
### Definition :

Individuals age 50 and older who said “No” to the following questions: “Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the bowel for signs of cancer or other health problems. Have you ever had either of these exams?”

Sigmoidoscopy or colonoscopy questions were not asked in 2003.

- In 2004, 52.8% of Kentucky adults aged 50 and over had never had a sigmoidoscopy or colonoscopy.
- In 2004, a higher percentage of males, 55.8%, compared to females, 50.3%, reported that a sigmoidoscopy or colonoscopy had never been performed on them.
- There was a similar prevalence of no sigmoidoscopy or colonoscopy for African Americans at 54.4% and Whites at 52.3%.

### Never Had a Sigmoidoscopy or Colonoscopy, Age 50 and Older BRFSS, Kentucky Statewide Data



The sigmoidoscopy or colonoscopy questions were not asked in 2000 and 2003.

Never Had a Sigmoidoscopy or Colonoscopy, Age 50 and Older by Demographic Groups Kentucky BRFSS 2004		
Demographic Groups	%	95% (CI)
<b>Total</b>	52.8	(50.3-55.2)
<b>Gender</b>		
Male	55.8	(51.6-60.0)
Female	50.3	(47.5-53.2)
<b>Race</b>		
White/NH	52.3	(49.8-54.9)
African American/NH	54.4	(41.3-66.8)
<b>Age</b>		
50-54	68.8	(63.6-73.7)
55-64	50.4	(46.2-54.5)
65+	45.8	(42.3-49.2)
<b>Education</b>		
Less than H.S.	57.8	(53.0-62.5)
H.S. or GED	53.8	(50.1-57.8)
Some Post H.S.	49.5	(43.8-54.8)
College Graduate	47.8	(41.4-54.1)
<b>Household Income</b>		
Less than \$15,000	56.8	(51.5-62.2)
\$15,000 - 24,999	54.7	(49.2-60.1)
\$25,000 - 34,999	55.4	(48.1-62.6)
\$35,000 - 49,999	49.9	(42.7-57.1)
\$50,000 - 74,999	54.0	(45.5-62.5)
\$75,000 +	44.6	(35.6-53.6)

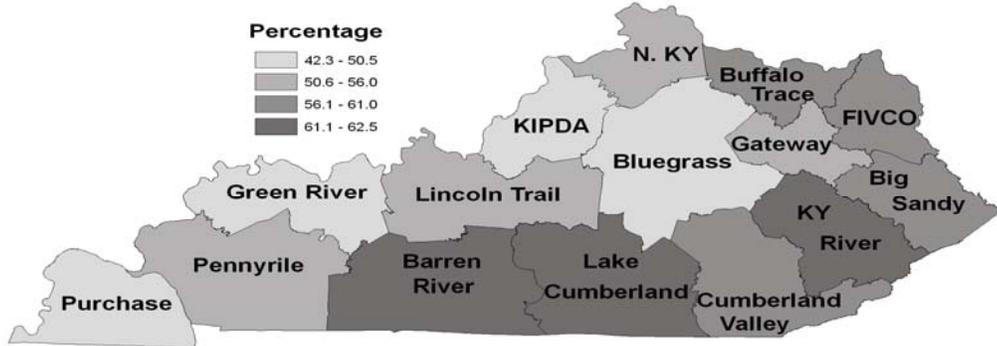
Missing, “Don’t Know” and Refused Responses are excluded.  
95% CI = 95% Confidence Interval  
NH = Non-Hispanic.



# Colorectal Cancer Screening: Never Had a Sigmoidoscopy or Colonoscopy

Kentucky BRFSS 2003 - 2004 Report

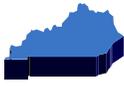
## Never Had a Sigmoidoscopy or Colonoscopy, Age 50 and Older 2004 BRFSS Data by Area Development District



### Never Had a Sigmoidoscopy or Colonoscopy, Age 50 and Older by Nation, Kentucky, and ADD BRFSS 2004

	%	95% (CI)
<b>National Median*</b>	49.3	
<b>Total Kentucky</b>	52.8	(50.3-55.2)
<b>ADDs</b>		
Barren River	62.5	(55.5-68.9)
Big Sandy	56.5	(48.2-64.5)
Bluegrass	46.8	(38.5-55.3)
Buffalo Trace	61.0	(53.0-68.4)
Cumberland Valley	60.3	(52.9-67.3)
FIVCO	57.9	(50.8-64.6)
Gateway	56.0	(48.9-62.9)
Green River	50.5	(43.1-57.8)
Kentucky River	61.2	(53.4-68.6)
KIPDA	49.9	(42.8-57.0)
Lake Cumberland	61.6	(54.3-68.5)
Lincoln Trail	54.4	(47.0-61.6)
Northern Kentucky	52.7	(45.6-59.7)
Pennyrile	52.4	(44.8-59.9)
Purchase	42.3	(35.9-48.9)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available. In 2004, Hawaii was not included in the national median.



# Diabetes

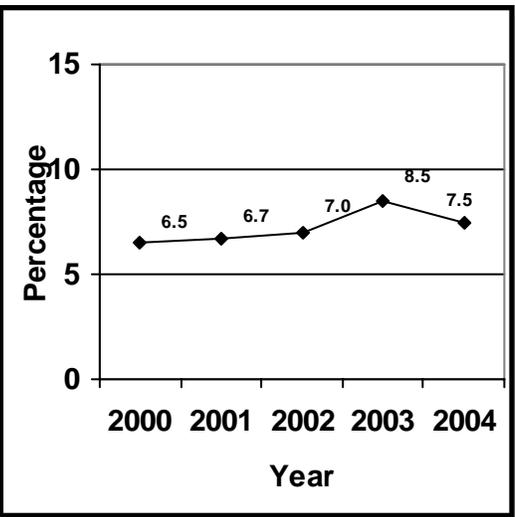
Kentucky BRFSS 2003 - 2004 Report

## Definition :

Individuals age 18 and older who stated "Yes" to the following question: "Have you ever been told by a doctor that you have diabetes?" This does not include women who have been told that they have diabetes only during pregnancy.

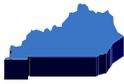
- In Kentucky, 7.5% of the adult population had been told by a doctor that they had diabetes in 2004.
- In 2004, the diabetes prevalence was 12.9% among African Americans and 7.4% among Whites.
- Among age groups, 17.4% of those aged 65 and older had been told by a doctor that they had diabetes compared to 1.5% of those aged 18-24.
- The prevalence of diabetes generally decreased across demographics from 2003 to 2004. The difference in prevalence from year to year was statistically insignificant.

## Diabetes BRFSS, Kentucky Statewide Data



Diabetes by Demographic Groups Kentucky BRFSS 2003 and 2004				
Demographic Groups	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>Total</b>	8.5	(7.7-9.5)	7.5	(6.8-8.3)
<b>Gender</b>				
Male	9.9	(8.5-11.5)	7.1	(5.9-8.4)
Female	7.3	(6.5-8.3)	7.9	(7.0-9.0)
<b>Race</b>				
White/NH	8.3	(7.5-9.3)	7.4	(6.6-8.2)
African American/NH	14.2	(9.4-20.7)	12.9	(8.6-19.1)
<b>Age</b>				
18-24	0.8	(0.3-2.3)	1.5	(0.0-7.1)
25-34	2.5	(1.3-4.7)	1.7	(1.1-2.7)
35-44	4.2	(3.0-5.9)	4.2	(3.0-5.8)
45-54	9.8	(7.8-12.1)	7.1	(5.6-9.0)
55-64	17.2	(14.5-20.3)	14.5	(12.2-17.3)
65+	17.6	(15.1-20.4)	17.4	(15.0-20.1)
<b>Education</b>				
Less than H.S.	13.7	(11.7-16.0)	11.8	(10.0-13.9)
H.S. or GED	8.9	(7.5-10.6)	8.1	(6.8-9.6)
Some Post H.S.	6.9	(5.5-8.7)	6.5	(5.2-8.1)
College Graduate	5.4	(4.1-7.2)	4.7	(3.4-6.5)
<b>Household Income</b>				
Less than \$15,000	15.7	(13.0-18.9)	13.4	(10.9-16.4)
\$15,000 - 24,999	9.9	(7.8-12.5)	9.0	(7.3-11.1)
\$25,000 - 34,999	5.9	(4.0-8.4)	7.4	(5.5-9.7)
\$35,000 - 49,999	6.9	(4.8-9.6)	6.9	(4.6-10.0)
\$50,000 - 74,999	5.1	(3.2-8.1)	5.2	(3.4-7.8)
\$75,000 +	5.3	(3.3-8.4)	3.0	(1.9-4.9)

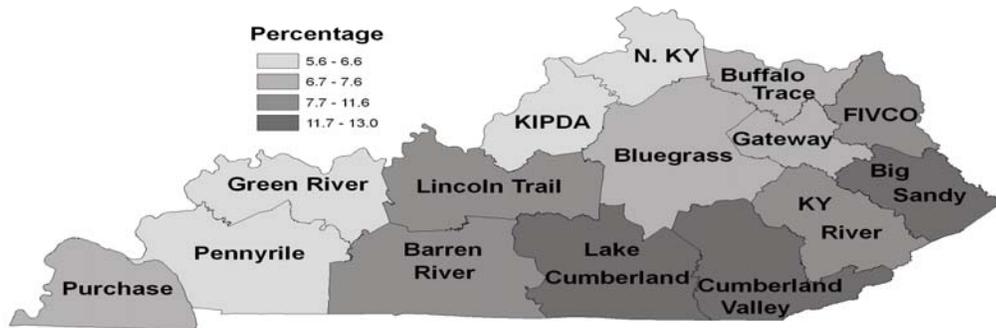
Missing, "Don't Know", and Refused Responses are excluded.  
95% CI = 95% Confidence Interval  
NH = Non-Hispanic



# Diabetes

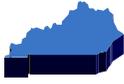
Kentucky BRFSS 2003 - 2004 Report

## Diabetes 2004 BRFSS Data by Area Development District



Diabetes by Nation, Kentucky, and ADD BRFSS 2003 and 2004				
	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>National Median*</b>	7.2		7.0	
<b>Total Kentucky</b>	8.5	(7.7-9.5)	7.5	(6.8-8.3)
<b>ADDs</b>				
Barren River	5.4	(3.6-8.2)	7.8	(5.6-10.7)
Big Sandy	12.5	(9.5-16.4)	13.0	(9.6-17.3)
Bluegrass	8.6	(6.5-11.5)	4.3	(2.8-6.6)
Buffalo Trace	8.0	(5.2-12.2)	6.8	(4.2-10.7)
Cumberland Valley	10.1	(7.5-13.6)	12.4	(8.3-18.3)
FIVCO	10.1	(7.7-13.3)	11.6	(8.9-15.0)
Gateway	8.8	(6.4-12.1)	7.2	(5.3-9.6)
Green River	6.6	(4.8-9.0)	6.6	(4.6-9.4)
Kentucky River	11.2	(8.5-14.7)	9.6	(7.0-13.1)
KIPDA	7.3	(5.2-10.2)	6.6	(4.8-9.1)
Lake Cumberland	9.8	(7.4-13.0)	11.9	(8.8-15.8)
Lincoln Trail	7.9	(5.5-11.1)	8.0	(5.7-11.2)
Northern Kentucky	9.1	(6.7-12.3)	6.6	(4.7-9.1)
Pennyryle	9.1	(6.6-12.4)	6.6	(4.7-9.4)
Purchase	9.3	(6.6-13.1)	7.6	(5.5-10.5)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available. In 2004, Hawaii was not included in the national median.



# Excess Sun Exposure

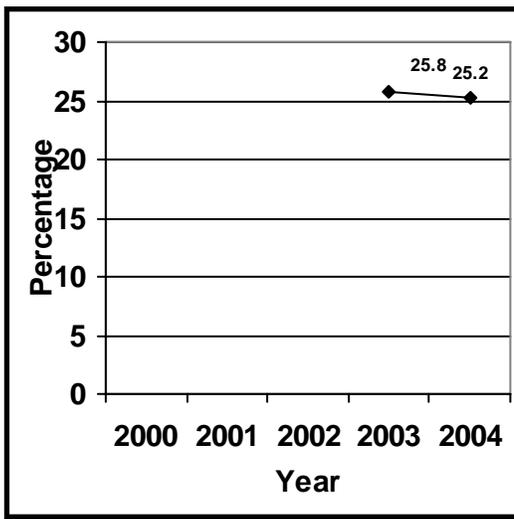
Kentucky BRFSS 2003 - 2004 Report

## Definition :

Individuals age 18 and older who stated "Yes" to the following question: "The next question is about sunburns including anytime that even a small part of your skin was red for more than 12 hours. Have you had a sunburn within the past 12 months?"

- In Kentucky, 25.2% of the adult population had a sunburn in 2004.
- Sunburn prevalence was significantly high among Whites, 26.8%, compared to African Americans, 6.2%, in 2004.
- Among age groups, 48.0% of those aged 18-24 reported sunburn within the past 12 months compared to only 4.0% of those aged 65 and older.
- Excess sun exposure was highest among those with a college degree, 31.7%, and among those with income over \$50,000, 32.6%.

## Excess Sun Exposure BRFSS, Kentucky Statewide Data



Excess Sun Exposure was not asked in 2000, 2001 and 2002.

## Excess Sun Exposure by Demographic Groups Kentucky BRFSS 2003 and 2004

Demographic Groups	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>Total</b>	25.8	(24.2-27.5)	25.2	(23.3-27.1)
<b>Gender</b>				
Male	29.0	(26.4-31.7)	28.5	(25.5-31.7)
Female	22.9	(21.1-24.9)	22.1	(20.1-24.2)
<b>Race</b>				
White/NH	27.7	(26.0-29.4)	26.8	(24.9-28.8)
African American/NH	0.2	(0.0-1.4)	6.2	(3.2-12.0)
<b>Age</b>				
18-24	42.3	(35.6-49.2)	48.0	(40.1-56.1)
25-34	39.9	(35.6-44.3)	36.4	(31.7-41.3)
35-44	33.7	(30.0-37.5)	32.8	(28.8-37.0)
45-54	22.0	(19.1-25.2)	19.9	(17.0-23.2)
55-64	11.5	(9.4-14.0)	10.8	(8.5-13.6)
65+	5.4	(3.9-7.4)	4.0	(2.8-5.7)
<b>Education</b>				
Less than H.S.	15.5	(12.8-18.8)	16.6	(13.3-20.5)
H.S. or GED	24.7	(22.3-27.4)	23.2	(20.3-26.3)
Some Post H.S.	30.9	(27.4-34.5)	27.9	(23.9-32.2)
College Graduate	30.3	(26.7-34.2)	31.7	(27.7-36.0)
<b>Household Income</b>				
Less than \$15,000	15.8	(12.9-19.1)	18.2	(14.0-22.5)
\$15,000 - 24,999	22.0	(18.3-26.2)	19.4	(15.2-23.5)
\$25,000 - 34,999	28.9	(24.0-34.4)	26.8	(22.0-31.6)
\$35,000 - 49,999	30.0	(25.9-34.5)	30.6	(25.5-35.7)
\$50,000 - 74,999	38.3	(33.1-43.8)	32.6	(26.6-38.6)
\$75,000 +	31.0	(25.7-36.8)	31.0	(25.9-36.1)

Missing, "Don't Know", and Refused Responses are excluded.

95% CI = 95% Confidence Interval

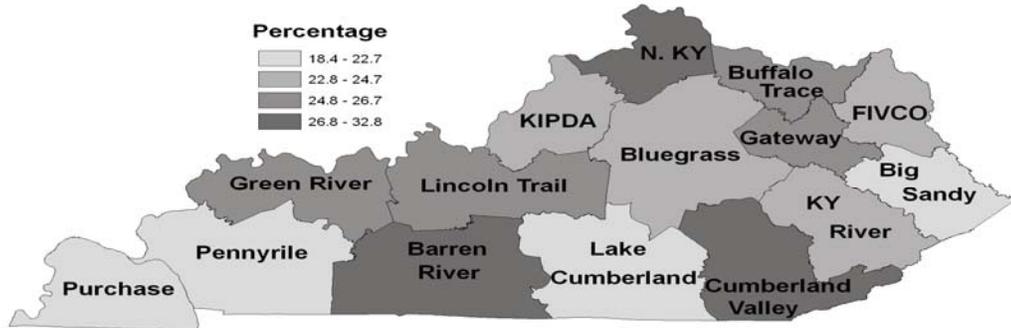
NH = Non-Hispanic



# Excess Sun Exposure

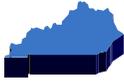
Kentucky BRFSS 2003 - 2004 Report

## Excess Sun Exposure 2004 BRFSS Data by Area Development District



Excess Sun Exposure by Nation, Kentucky, and ADD BRFSS 2003 and 2004				
	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>National Median*</b>	37.7		35.4	
<b>Total Kentucky</b>	25.8	(24.2-27.5)	25.2	(23.3-27.1)
<b>ADDs</b>				
Barren River	28.7	(23.3-34.7)	27.2	(21.7-33.4)
Big Sandy	26.1	(21.1-31.9)	21.9	(16.5-28.4)
Bluegrass	27.4	(22.9-32.4)	23.3	(17.9-29.7)
Buffalo Trace	28.7	(23.7-34.2)	25.3	(20.3-31.0)
Cumberland Valley	28.6	(22.7-35.2)	29.1	(22.9-36.2)
FIVCO	22.2	(18.1-26.9)	22.8	(18.2-28.3)
Gateway	30.4	(25.3-36.0)	26.7	(21.8-32.1)
Green River	27.4	(22.6-32.8)	26.3	(21.0-32.5)
Kentucky River	17.8	(13.6-22.9)	24.4	(19.1-30.7)
KIPDA	23.6	(19.2-28.7)	24.7	(19.7-30.5)
Lake Cumberland	24.6	(20.3-29.4)	18.4	(14.3-23.2)
Lincoln Trail	25.5	(21.0-30.7)	25.6	(19.7-32.4)
Northern Kentucky	28.5	(24.1-33.5)	32.8	(27.8-38.2)
Pennyrile	22.2	(18.1-27.0)	22.0	(17.3-27.6)
Purchase	26.5	(22.0-31.6)	22.7	(17.8-28.5)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available in 2004. Hawaii was not included in the national median.



# Firearms: Firearms in or Around Home

Kentucky BRFSS 2003 - 2004 Report

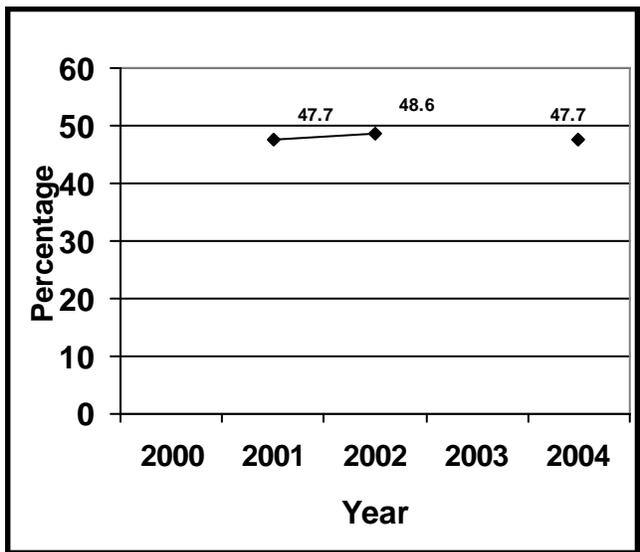
### Definition :

Individuals age 18 and older who stated "Yes" to the following question: "Are any firearms kept in or around your home?" The respondents were asked to include weapons such as pistols, shotguns, and rifles; but not BB guns, starter pistols, or guns that cannot fire. They were asked to include those firearms kept in a garage, outdoor storage area, or motor vehicle.

The firearms question was not asked in 2003.

- In 2004, 47.7% of the adult Kentucky population kept firearms in or around their home.
- A higher percentage of males, 55.8%, compared to females, 40.4%, reported that they had firearms in or around their home.
- The prevalence was higher among Whites, 49.9%, compared to African Americans, 19.1%.

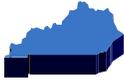
### Firearms in or around Home BRFSS, Kentucky Statewide Data



The firearms question was not asked in 2000 and 2003.

Firearms in or around Home by Demographic Groups Kentucky BRFSS 2004		
Demographic Groups	%	95% (CI)
<b>Total</b>	47.7	(45.8-49.6)
<b>Gender</b>		
Male	55.8	(52.5-59.1)
Female	40.4	(38.1-42.6)
<b>Race</b>		
White/NH	49.9	(47.9-52.0)
African American/NH	19.1	(12.3-28.6)
<b>Age</b>		
18-24	44.7	(36.9-52.8)
25-34	44.7	(39.8-49.8)
35-44	45.2	(41.0-49.6)
45-54	52.4	(48.3-56.5)
55-64	54.5	(50.2-58.8)
65+	45.7	(42.2-49.3)
<b>Education</b>		
Less than H.S.	45.8	(41.7-50.0)
H.S. or GED	52.5	(49.2-55.7)
Some Post H.S.	48.5	(44.3-52.8)
College Graduate	39.9	(35.8-44.3)
<b>Household Income</b>		
Less than \$15,000	34.1	(29.8-38.8)
\$15,000 - 24,999	41.8	(37.4-46.4)
\$25,000 - 34,999	52.7	(47.2-58.0)
\$35,000 - 49,999	55.2	(50.1-60.3)
\$50,000 - 74,999	55.3	(48.8-61.6)
\$75,000 +	47.8	(42.2-53.4)

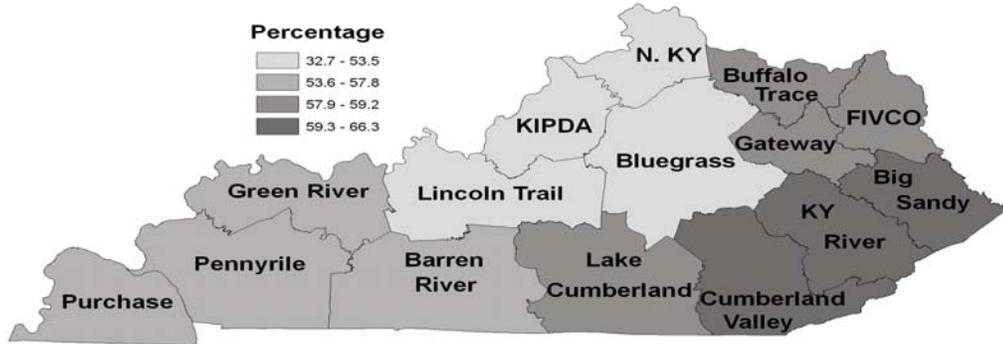
Missing, "Don't Know" and Refused Responses are excluded.  
95% CI = 95% Confidence Interval  
NH = Non-Hispanic



## Firearms: Firearms in or around Home

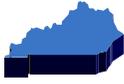
Kentucky BRFSS 2003 - 2004 Report

**Firearms in or around Home  
2004 BRFSS Data by Area Development District**



Firearms in or around Home by Nation, Kentucky, and ADD BRFSS 2004		
	%	95% (CI)
<b>National Median*</b>	40.1	
<b>Total Kentucky</b>	47.7	(45.8-49.6)
<b>ADDs</b>		
Barren River	56.0	(50.1-61.8)
Big Sandy	63.6	(57.1-69.6)
Bluegrass	38.9	(32.9-45.3)
Buffalo Trace	59.2	(52.9-65.3)
Cumberland Valley	66.3	(60.2-71.9)
FIVCO	58.6	(53.1-63.8)
Gateway	58.5	(52.6-64.2)
Green River	55.6	(49.5-61.6)
Kentucky River	61.6	(55.5-67.4)
KIPDA	32.7	(27.4-38.4)
Lake Cumberland	58.1	(51.8-64.1)
Lincoln Trail	53.5	(47.1-59.9)
Northern Kentucky	38.3	(33.0-43.9)
Pennyrile	57.8	(51.7-63.7)
Purchase	56.7	(51.0-62.2)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available. In 2004, Hawaii was not included in the national median.



# Firearms: Loaded and Unlocked Firearms in or around Home

Kentucky BRFSS 2003 - 2004 Report

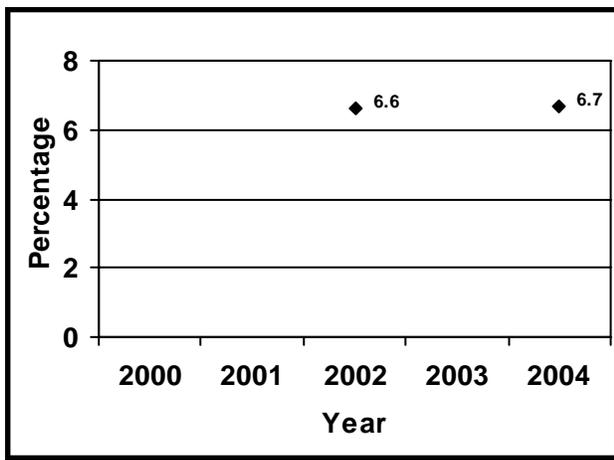
## Definition :

Individuals age 18 and older who stated that they had loaded and unlocked firearms in or around their home. By unlocked, we mean you do not need a key or combination to get the gun or fire it. The respondents were asked to include weapons such as pistols, shotguns, and rifles; but not BB guns, starter pistols, or guns that cannot fire. They were asked to include those firearms kept in a garage, outdoor storage area, or motor vehicle.

The firearms question was not asked in 2003.

- In 2004, 6.7% of the Kentucky adult population kept a loaded and unlocked firearm in or around their home.
- The prevalence of loaded and unlocked firearms in and around the home was higher among males, 10.0%, compared to females, 3.7%.
- In 2004, 6.9% of Whites kept a loaded and unlocked firearm in or around the home compared to 2.7% of African Americans who kept a loaded and unlocked firearm in or around their home.

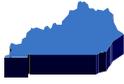
## Loaded and Unlocked Firearms in or around Home BRFSS, Kentucky Statewide Data



The firearms question was not asked in 2000, 2001 and 2003.

Loaded and Unlocked Firearms in or around Home by Demographic Groups Kentucky BRFSS 2004		
Demographic Groups	%	95% (CI)
<b>Total</b>	6.7	(5.9-7.7)
<b>Gender</b>		
Male	10.0	(8.4-11.8)
Female	3.7	(3.0-4.5)
<b>Race</b>		
White/NH	6.9	(6.0-7.9)
African American/NH	2.7	(1.3-5.7)
<b>Age</b>		
18-24	2.3	(1.0-5.1)
25-34	6.5	(4.6-9.1)
35-44	6.7	(4.6-9.1)
45-54	7.6	(5.9-9.9)
55-64	8.8	(6.9-11.3)
65+	7.5	(5.9-9.6)
<b>Education</b>		
Less than H.S.	5.3	(3.9-7.1)
H.S. or GED	6.9	(5.6-8.5)
Some Post H.S.	7.7	(5.7-10.3)
College Graduate	6.2	(4.7-8.1)
<b>Household Income</b>		
Less than \$15,000	4.8	(3.3-7.0)
\$15,000 - 24,999	4.7	(3.4-6.6)
\$25,000 - 34,999	10.1	(7.4-13.6)
\$35,000 - 49,999	5.4	(3.9-7.5)
\$50,000 - 74,999	11.6	(8.2-16.1)
\$75,000 +	6.8	(4.7-9.9)

Missing, "Don't Know" and Refused Responses are excluded.  
95% CI = 95% Confidence Interval  
NH = Non-Hispanic



# Firearms: Loaded and Unlocked Firearms in or around Home

Kentucky BRFSS 2003 - 2004 Report

## Loaded and Unlocked Firearms in or around Home 2004 BRFSS Data by Area Development District



Loaded and Unlocked Firearms in or around Home by Nation, Kentucky, and ADD BRFSS 2004		
	%	95% (CI)
<b>National Median*</b>	4.3	
<b>Total Kentucky</b>	6.7	(5.9-7.7)
<b>ADDs</b>		
Barren River	8.7	(6.0-12.5)
Big Sandy	12.9	(8.2-19.9)
Bluegrass	4.3	(2.4-7.8)
Buffalo Trace	6.7	(4.0-10.9)
Cumberland Valley	9.6	(6.8-13.4)
FIVCO	9.4	(6.6-13.2)
Gateway	7.9	(4.7-13.0)
Green River	4.7	(2.9-7.6)
Kentucky River	10.8	(7.8-14.8)
KIPDA	5.2	(3.2-8.3)
Lake Cumberland	9.4	(6.6-13.2)
Lincoln Trail	8.7	(5.6-13.2)
Northern Kentucky	3.7	(2.3-6.1)
Pennyrile	7.1	(4.7-10.6)
Purchase	8.4	(6.0-11.6)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available. In 2004, Hawaii was not included in the national median.



# Folic Acid: Not Taking Folic Acid Daily Females Age 18 to 44

Kentucky BRFSS 2003 - 2004 Report

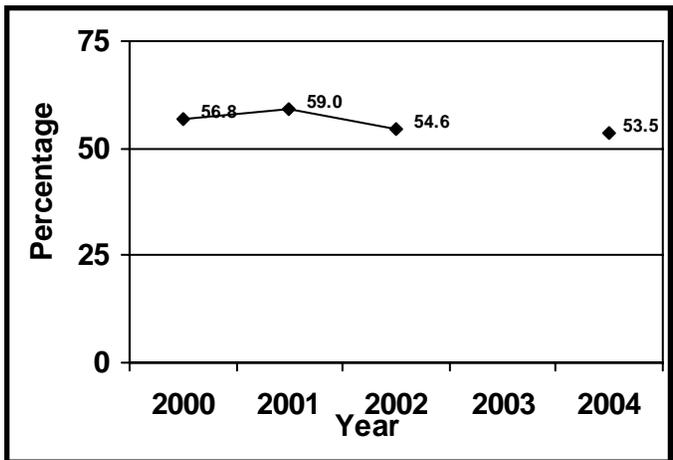
### Definition :

Females age 18-44 who do not take a vitamin or multivitamin containing folic acid daily.

The folic acid question was not asked in 2003.

- In 2004, 53.5% of Kentucky females aged 18-44 did not take a vitamin or supplement containing folic acid daily.
- The prevalence of not taking folic acid was higher among African American females, 74.0%, compared to White females, 52.3%.
- Among the age groups, the highest prevalence of not taking folic acid, 56.8%, was reported by the 18-24 age group.
- The prevalence of not taking a folic acid vitamin was higher among lower levels of education. Of females with less than a high school education, 80.5% did not take folic acid compared to 42.5% of college graduates.

**Not Taking Folic Acid Daily,  
Females Age 18-44**



Kentucky began asking the current version of the folic acid questions in 1997. Questions were not asked in 1998. Due to a change in calculating this risk factor, percentages may be slightly different than those presented in previous years. The question was not asked in 2003.

Not Taking Folic Acid Daily, Females Age 18-44 by Demographic Groups Kentucky BRFSS 2004		
Demographic Groups	%	95% (CI)
<b>Total</b>	53.5	(49.6-57.5)
<b>Gender</b>		
Female	53.5	(49.6-57.5)
<b>Race</b>		
White/NH	52.3	(48.1-56.4)
African American/NH	74.0	(59.8-84.5)
<b>Age</b>		
18-24	56.8	(47.0-66.1)
25-34	54.3	(47.6-60.8)
35-44	51.0	(45.6-56.3)
<b>Education</b>		
Less than H.S.	80.5	(71.5-87.2)
H.S. or GED	57.0	(50.8-63.1)
Some Post H.S.	51.8	(44.3-59.3)
College Graduate	42.5	(34.7-50.6)
<b>Household Income</b>		
Less than \$15,000	59.9	(47.8-70.9)
\$15,000 - 24,999	62.0	(25.5-70.7)
\$25,000 - 34,999	56.1	(44.9-58.4)
\$35,000 - 49,999	48.8	(39.2-58.4)
\$50,000 - 74,999	47.0	(36.5-57.7)
\$75,000 +	39.7	(29.8-50.5)

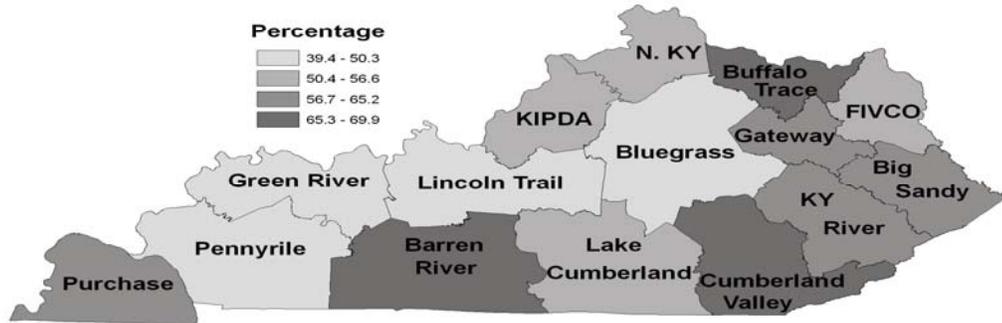
Missing, "Don't Know" and Refused Responses are excluded.  
95% CI = 95% Confidence Interval  
NH = Non-Hispanic.



# Folic Acid: Not Taking Folic Acid Daily Females Age 18 to 44

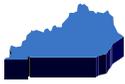
Kentucky BRFSS 2003 - 2004 Report

## Not Taking Folic Acid Daily, Females Age 18-44 2004 BRFSS Data by Area Development District



Not Taking Folic Acid Daily, Females Age 18-44 by Nation, Kentucky, and ADD BRFSS 2004		
	%	95% (CI)
<b>National Median*</b>	60.7	
<b>Total Kentucky</b>	53.5	(49.6-57.5)
<b>ADDs</b>		
Barren River	67.4	(56.2-76.9)
Big Sandy	64.7	(52.0-75.6)
Bluegrass	39.4	(28.2-51.7)
Buffalo Trace	68.8	(57.3-78.3)
Cumberland Valley	69.9	(59.1-78.9)
FIVCO	55.1	(44.8-65.0)
Gateway	65.2	(51.8-76.6)
Green River	46.5	(35.7-57.6)
Kentucky River	61.9	(49.3-73.1)
KIPDA	56.6	(45.4-67.2)
Lake Cumberland	52.2	(39.6-64.6)
Lincoln Trail	46.9	(37.1-56.9)
Northern Kentucky	51.6	(40.5-62.5)
Pennyrile	50.3	(38.7-61.9)
Purchase	59.8	(49.1-69.6)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available. In 2004, Hawaii was not included in the national median.



# Folic Acid: Not Aware That Folic Acid Prevents Birth Defects Females Age 18 to 44

Kentucky BRFSS 2003 - 2004 Report

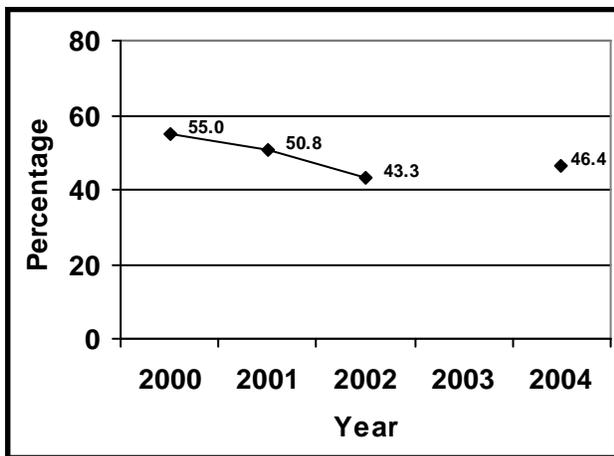
### Definition :

Females age 18-44 who are not aware that taking 400 microgram of folic acid daily helps prevent birth defects.

The folic acid question not asked in 2003.

- In 2004, 46.4% of Kentucky females aged 18-44 were not aware that folic acid helped prevent birth defects.
- Approximately 60% of African American females, compared to 45% of White females, were not aware that folic acid prevented birth defects.
- Among the age groups, the highest prevalence of not being aware that folic acid prevented birth defects was among those in the 35-44 age group, 52.6%.
- Among education levels, those with less than a high school degree reported the highest prevalence of lack of awareness that folic acid prevents birth defects, 80.2%. The lowest prevalence was reported by those with a college degree, 24.9%.

### Females age 18-44 Who Are Not Aware That Folic Acid Prevents Birth Defects BRFSS, Kentucky Statewide Data

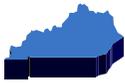


The folic acid question was not asked in 2003.

### Females age 18-44 Who Are Not Aware That Folic Acid Prevents Birth Defects by Demographic Groups Kentucky BRFSS 2004

Demographic Groups	%	95% (CI)
<b>Total</b>	46.4	(42.5-50.3)
<b>Gender</b>		
Female	46.4	(42.5-50.3)
<b>Race</b>		
White/NH	45.2	(41.2-49.3)
African American/NH	59.7	(42.7-74.6)
<b>Age</b>		
18-24	43.9	(34.7-53.5)
25-34	41.4	(35.1-47.9)
35-44	52.6	(47.2-57.8)
<b>Education</b>		
Less than H.S.	80.2	(72.0-86.4)
H.S. or GED	53.5	(47.3-59.6)
Some Post H.S.	48.7	(41.3-56.2)
College Graduate	24.9	(18.8-32.1)
<b>Household Income</b>		
Less than \$15,000	56.0	(44.7-66.6)
\$15,000 - 24,999	53.6	(44.4-62.5)
\$25,000 - 34,999	51.6	(40.7-62.4)
\$35,000 - 49,999	34.5	(26.5-43.3)
\$50,000 - 74,999	34.7	(25.5-45.1)
\$75,000 +	36.5	(26.9-47.4)

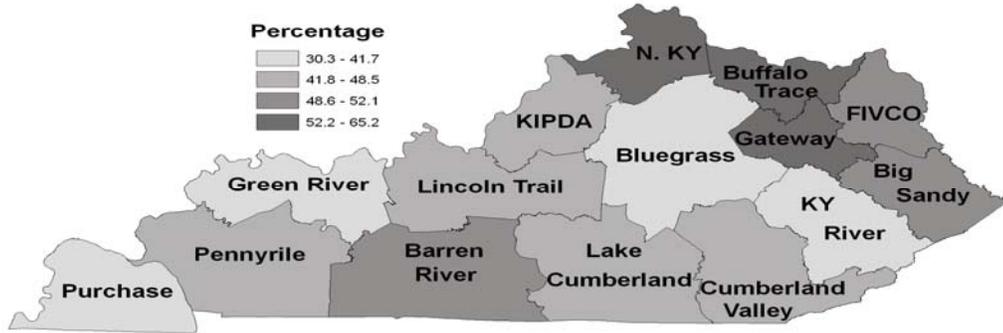
Missing, "Don't Know" and Refused Responses are excluded.  
95% CI = 95% Confidence Interval  
NH = Non-Hispanic.



# Folic Acid: Not Aware That Folic Acid Prevents Birth Defects Females Age 18 to 44

Kentucky BRFSS 2003 - 2004 Report

## Females Age 18-44 Who Are Not Aware That Folic Acid Prevents Birth Defects 2004 BRFSS Data by Area Development District



Females Age 18-44 Who Are Not Aware That Folic Acid Prevents Birth Defects BRFSS 2004		
	%	95% (CI)
<b>National Median*</b>	N/A	
<b>Total Kentucky</b>	46.4	(42.5-50.3)
<b>ADDs</b>		
Barren River	52.1	(40.2-63.8)
Big Sandy	49.8	(37.5-62.2)
Bluegrass	37.7	(26.7-50.1)
Buffalo Trace	64.4	(53.3-74.2)
Cumberland Valley	48.5	(37.9-59.3)
FIVCO	52.0	(41.6-62.2)
Gateway	65.2	(53.5-75.4)
Green River	30.3	(21.4-41.0)
Kentucky River	41.7	(30.6-53.6)
KIPDA	46.9	(36.1-57.9)
Lake Cumberland	46.8	(34.7-59.2)
Lincoln Trail	48.5	(38.7-58.4)
Northern Kentucky	59.3	(48.4-69.4)
Pennyrile	46.0	(34.8-57.8)
Purchase	40.7	(30.6-51.7)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The National Median and confidence interval are not available. In 2004, Hawaii was not included in the national median.



# Head Injury: Ever Had a Head Injury

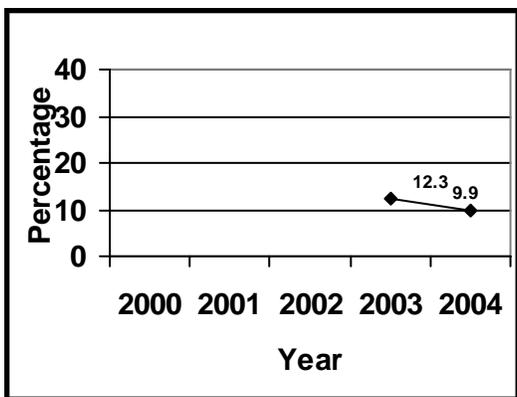
Kentucky BRFSS 2003 - 2004 Report

### Definition :

Individuals age 18 and older who stated "Yes" to the following question: "Have you ever had a head injury?"

- In Kentucky, 9.9% of the adult population reported having had a head injury in 2004.
- The head injury prevalence in 2004 was 10.1% among Whites and 7% among African Americans.
- Among age groups in 2004, 13.1% of those aged 18-24 reported having had a head injury compared to those aged 65 and above with a prevalence of 7.2%.
- In 2003, the highest prevalence of head injury among income levels was reported by those with less than \$15,000 a year household income, 18.7% and the lowest prevalence of head injury was reported by those with household incomes of \$25,000 - 34,999 and \$75,000+ at 10.4%

### Ever Had a Head Injury BRFSS, Kentucky Statewide Data



The head injury question was not asked in 2000, 2001 and 2002.

Head Injury* by Demographic Groups Kentucky BRFSS 2003 and 2004				
Demographic Groups	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>Total</b>	12.3	(11.2-13.6)	9.9	(8.8-11.2)
<b>Gender</b>				
Male	15.2	(13.3-17.3)	11.7	(9.9-13.8)
Female	9.7	(8.4-11.2)	8.3	(7.0-9.8)
<b>Race</b>				
White/NH	12.8	(11.6-14.1)	10.1	(8.9-11.4)
African American/NH	4.9	(1.8-12.7)	7.0	(3.2-14.6)
<b>Age</b>				
18-24	13.9	(9.6-19.6)	13.1	(8.9-19.0)
25-34	12.4	(9.8-15.5)	12.4	(9.2-16.5)
35-44	15.9	(13.2-19.2)	9.1	(7.1-11.6)
45-54	12.6	(10.3-15.4)	8.5	(6.6-10.8)
55-64	10.4	(8.3-13.0)	9.8	(7.6-12.6)
65+	8.1	(6.5-9.9)	7.2	(5.5-9.4)
<b>Education</b>				
Less than H.S.	11.8	(9.6-14.3)	8.7	(6.7-11.2)
H.S. or GED	11.4	(9.7-13.5)	9.7	(8.0-11.8)
Some Post H.S.	14.3	(11.9-17.1)	11.6	(9.3-14.5)
College Graduate	12.0	(9.4-15.2)	9.4	(6.9-12.6)
<b>Household Income</b>				
Less than \$15,000	18.7	(15.1-22.9)	10.1	(7.8-12.9)
\$15,000 - 24,999	12.1	(9.6-15.1)	12.2	(9.2-16.0)
\$25,000 - 34,999	10.4	(7.7-13.8)	12.8	(9.6-17.0)
\$35,000 - 49,999	12.2	(9.5-15.5)	9.0	(6.5-12.3)
\$50,000 - 74,999	14.6	(10.7-19.5)	8.5	(5.5-13.1)
\$75,000 +	10.4	(7.3-14.7)	6.6	(4.6-9.4)

Missing, "Don't Know", and Refused Responses are excluded.  
95% CI = 95% Confidence Interval  
NH = Non-Hispanic



# Head Injury: Ever Had a Head Injury

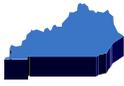
Kentucky BRFSS 2003 - 2004 Report

**Ever Had a Head Injury  
2004 BRFSS Data by Area Development District**



~Head Injury by Nation, Kentucky, and ADD BRFSS 2003 and 2004				
	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>National Median*</b>	N/A		N/A	
<b>Total Kentucky</b>	12.3	(11.2-13.6)	9.9	(8.8-11.2)
<b>ADDs</b>				
Barren River	12.6	(9.6-16.6)	9.0	(6.1-13.2)
Big Sandy	14.3	(10.8-18.8)	15.0	(9.8-22.2)
Bluegrass	16.0	(12.5-20.3)	7.1	(4.8-10.5)
Buffalo Trace	13.0	(9.4-17.5)	8.1	(5.0-12.8)
Cumberland Valley	12.2	(8.7-16.8)	9.6	(6.5-13.9)
FIVCO	13.6	(10.3-17.8)	11.7	(8.3-16.3)
Gateway	10.6	(7.7-14.5)	14.2	(9.8-20.2)
Green River	12.8	(9.4-17.0)	9.0	(6.3-12.6)
Kentucky River	9.5	(6.6-13.3)	10.2	(7.1-14.4)
KIPDA	10.1	(7.1-14.1)	11.1	(7.8-15.5)
Lake Cumberland	11.0	(8.1-14.6)	10.6	(6.4-17.1)
Lincoln Trail	9.7	(6.5-14.0)	11.0	(7.8-15.4)
Northern Kentucky	13.3	(10.2-17.2)	9.8	(7.1-13.5)
Pennyrile	11.1	(8.3-14.7)	9.2	(5.6-14.7)
Purchase	12.4	(9.1-16.7)	10.3	(7.2-14.5)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available. In 2004, Hawaii was not included in the national median. N/A- Non Applicable.  
 ~Prevalence Estimates are based on survey respondent not respondent household.



# Health Care Access: Lack of Health Care Coverage

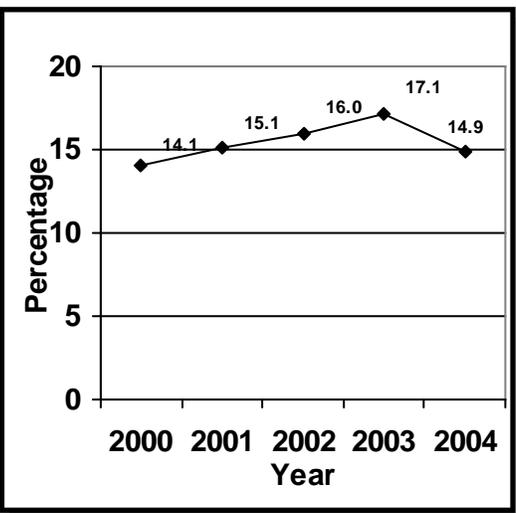
Kentucky BRFSS 2003 - 2004 Report

## Definition :

Individuals age 18 and older who stated "No" to the following question: "Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMO's, or government plans such as Medicare?"

- In 2004, 14.9% of the Kentucky adult population did not have health care coverage.
- The prevalence of lack of health care coverage was 14.9% among males and 15.0% among females in 2004.
- Among African Americans, 23.4% were without health care coverage in 2004 compared to 14.5% of Whites who were without health-care coverage.
- In 2004, more Kentuckians aged 25-34 were without health insurance, 21.4%. Only 2.8% of Kentuckians aged 65 and older were without some form of health care coverage.

**Lack of Health Care Coverage  
BRFSS, Kentucky Statewide Data**



## Lack of Health Care Coverage by Demographic Groups Kentucky BRFSS 2003 and 2004

Demographic Groups	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>Total</b>	17.1	(15.8-18.5)	14.9	(13.6-16.4)
<b>Gender</b>				
Male	17.0	(14.9-19.3)	14.9	(12.6-17.2)
Female	17.2	(15.5-19.0)	15.0	(13.4-16.6)
<b>Race</b>				
White/NH	16.8	(15.5-18.3)	14.5	(13.1-15.9)
African American/NH	18.7	(12.5-26.9)	23.4	(14.6-32.2)
<b>Age</b>				
18-24	38.7	(32.2-45.6)	20.5	(15.7-26.4)
25-34	19.6	(16.7-23.0)	21.4	(17.6-25.7)
35-44	19.7	(16.9-22.9)	18.1	(14.9-22.0)
45-54	14.0	(11.8-16.6)	14.4	(11.8-17.4)
55-64	12.3	(10.1-14.9)	11.8	(9.6-14.4)
65+	1.8	(1.2-2.6)	2.8	(2.1-3.7)
<b>Education</b>				
Less than H.S.	27.6	(23.9-31.7)	24.9	(21.5-28.7)
H.S. or GED	19.6	(17.3-22.2)	17.7	(15.3-20.4)
Some Post H.S.	14.7	(12.3-17.5)	12.8	(10.4-15.5)
College Graduate	6.4	(4.9-8.4)	5.8	(4.1-8.1)
<b>Household Income</b>				
Less than \$15,000	29.8	(25.6-34.4)	29.9	(25.5-34.4)
\$15,000 - 24,999	34.7	(30.4-39.2)	29.3	(25.2-33.5)
\$25,000 - 34,999	20.0	(15.6-25.2)	16.5	(12.2-20.8)
\$35,000 - 49,999	7.9	(5.9-10.5)	7.5	(5.1-10.0)
\$50,000 - 74,999	5.2	(3.2-8.2)	3.3	(1.3-5.3)
\$75,000 +	3.7	(1.9-7.0)	3.1	(1.3-5.0)

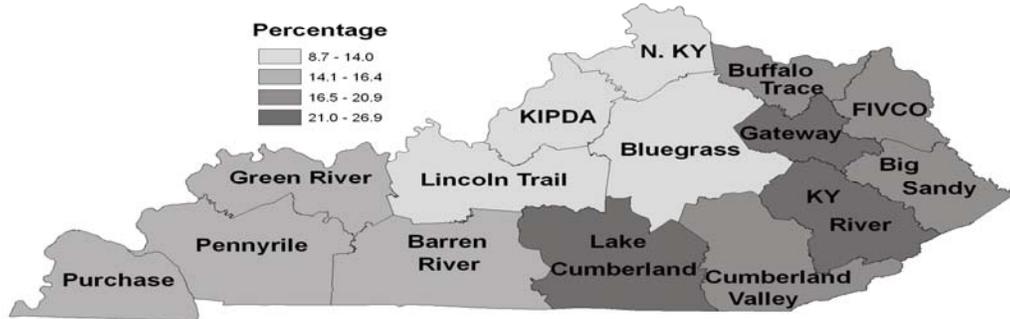
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95% CI = 95% Confidence Interval  
NH = Non-Hispanic



# Health Care Access: Lack of Health Care Coverage

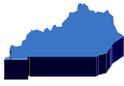
Kentucky BRFSS 2003 - 2004 Report

## Lack of Health Care Coverage 2004 BRFSS Data by Area Development District



Lack of Health Care Coverage by Nation, Kentucky, and ADD BRFSS 2003 and 2004				
	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>National Median*</b>	14.5		14.9	
<b>Total Kentucky</b>	17.1	(15.8-18.5)	14.9	(13.6-16.4)
<b>ADDs</b>				
Barren River	18.6	(13.8-24.6)	15.3	(11.0-20.9)
Big Sandy	27.6	(22.3-33.5)	20.5	(15.5-26.6)
Bluegrass	15.7	(12.1-20.2)	8.7	(5.8-12.8)
Buffalo Trace	21.4	(16.8-26.8)	20.0	(15.5-25.3)
Cumberland Valley	23.9	(18.6-30.1)	19.6	(15.0-25.2)
FIVCO	20.2	(16.0-25.2)	20.9	(16.7-25.7)
Gateway	19.7	(15.9-24.2)	24.7	(19.6-30.6)
Green River	16.8	(12.5-22.1)	15.5	(11.6-20.4)
Kentucky River	25.4	(19.9-31.8)	26.9	(21.5-33.0)
KIPDA	12.7	(9.2-17.1)	14.0	(10.2-18.9)
Lake Cumberland	22.5	(18.3-27.4)	24.5	(19.1-30.8)
Lincoln Trail	14.0	(10.5-18.6)	12.2	(9.0-16.4)
Northern Kentucky	14.1	(10.7-18.3)	10.9	(7.9-14.7)
Pennyrile	18.7	(14.5-23.9)	15.7	(11.7-20.7)
Purchase	15.7	(12.1-20.1)	16.4	(12.3-21.4)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available. In 2004, Hawaii was not included in the national median.



# Health Care Access: Lack of Primary Health Care Provider

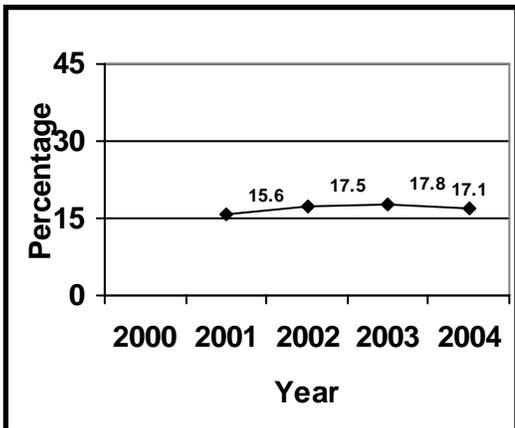
Kentucky BRFSS 2003 - 2004 Report

## Definition :

Individuals age 18 and older who answered "No" to the following question: "Do you have one person you think of as your personal doctor or health care provider?"

- In 2004, 17.1% of the adult population in KY did not have a person that they thought of as their personal doctor or health care provider.
- A higher percentage of males, 20.9%, did not have a primary care provider compared to 13.5% of females in 2004.
- Among African Americans, 15.9% were without a primary health care provider compared to 17.0% of Whites.
- Among the age groups, the highest percentage of lack of a primary care provider, 29.7%, was reported by those aged 18-24, while the lowest percentage, 6.5%, was reported by those aged 65 and older.

## Lack of Primary Health Care Provider BRFSS, Kentucky Statewide Data



The lack of healthcare provider was not asked in 2000.

## Lack of Primary Health Care Provider by Demographic Groups Kentucky BRFSS 2003 and 2004

Demographic Groups	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>Total</b>	17.8	(16.4-19.3)	17.1	(15.6-18.6)
<b>Gender</b>				
Male	21.3	(19.0-23.8)	20.9	(18.4-23.6)
Female	14.6	(13.0-16.4)	13.5	(12.0-15.2)
<b>Race</b>				
White/NH	17.3	(15.8-18.8)	17.0	(15.5-18.7)
African American/NH	26.5	(18.5-36.3)	15.9	(10.3-23.6)
<b>Age</b>				
18-24	36.7	(30.3-43.6)	29.7	(23.4-36.6)
25-34	26.0	(23.2-31.0)	25.8	(21.7-30.4)
35-44	18.1	(15.4-21.2)	18.6	(15.3-22.3)
45-54	12.3	(10.2-14.9)	13.2	(10.8-16.1)
55-64	8.6	(6.6-11.1)	9.5	(7.4-12.2)
65+	6.7	(5.3-8.5)	6.5	(5.0-8.4)
<b>Education</b>				
Less than H.S.	19.2	(16.0-22.8)	18.8	(15.7-22.3)
H.S. or GED	18.2	(15.9-20.7)	18.6	(16.2-21.3)
Some Post H.S.	17.8	(15.0-21.0)	16.4	(13.4-19.9)
College Graduate	16.4	(13.5-19.9)	13.9	(11.0-17.5)
<b>Household Income</b>				
Less than \$15,000	19.9	(16.1-24.2)	24.3	(19.9-29.2)
\$15,000 - 24,999	26.8	(22.5-31.6)	21.0	(17.5-25.0)
\$25,000 - 34,999	19.4	(15.6-23.8)	17.5	(14.0-21.7)
\$35,000 - 49,999	15.1	(12.1-18.8)	13.8	(10.6-17.7)
\$50,000 - 74,999	13.0	(9.8-16.9)	15.4	(11.0-21.0)
\$75,000 +	13.1	(9.4-17.9)	11.7	(8.3-16.1)

Missing, "Don't Know", and Refused Responses are excluded.

95% CI = 95% Confidence Interval

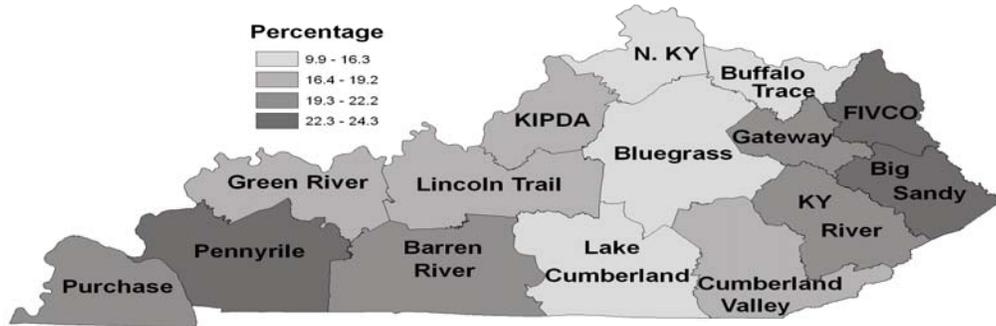
NH = Non-Hispanic



# Health Care Access: Lack of Primary Health Care Provider

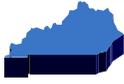
Kentucky BRFSS 2003 - 2004 Report

## Lack of Primary Health Care Provider 2004 BRFSS Data by Area Development District



Lack of Primary Health Care Provider by Nation, Kentucky, and ADD BRFSS 2003 and 2004				
	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>National Median*</b>	19.1		19.3	
<b>Total Kentucky</b>	17.8	(16.4 - 19.3)	17.1	(15.6-18.6)
<b>ADDs</b>				
Barren River	14.7	(10.6-20.1)	19.3	(14.8-24.7)
Big Sandy	18.3	(13.6-24.1)	24.1	(18.7-30.5)
Bluegrass	18.1	(14.3-22.6)	9.9	(7.0-13.8)
Buffalo Trace	13.2	(9.3-18.4)	12.9	(9.2-17.7)
Cumberland Valley	21.9	(16.9-27.8)	17.1	(12.7-22.7)
FIVCO	18.0	(13.4-23.8)	23.3	(18.6-28.8)
Gateway	15.5	(12.0-19.8)	21.6	(17.0-27.2)
Green River	21.3	(16.7-26.9)	19.2	(14.2-25.4)
Kentucky River	17.3	(12.9-22.7)	22.2	(17.4-27.7)
KIPDA	17.9	(13.9-22.7)	17.2	(12.9-22.7)
Lake Cumberland	15.7	(12.3-19.8)	16.3	(11.5-22.6)
Lincoln Trail	18.4	(14.0-23.6)	18.1	(13.7-23.5)
Northern Kentucky	15.6	(12.0-20.0)	13.2	(9.7-17.7)
Pennyrile	22.7	(17.9-28.2)	24.3	(19.1-30.4)
Purchase	14.7	(11.2-19.0)	22.2	(17.1-28.1)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available. Hawaii was not included in the national median.



# Health Care Access: Cost as a Barrier to Health Care

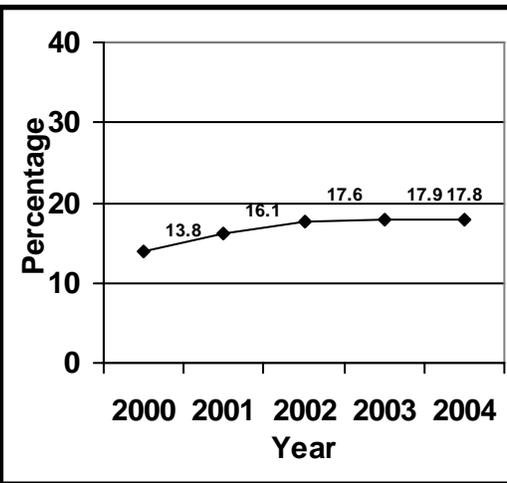
Kentucky BRFSS 2003 - 2004 Report

## Definition :

Individuals age 18 and older who stated "Yes" to the following question: "Was there time in the past 12 months when you needed to see a doctor but could not because of cost?"

- In 2004, 17.8% of the Kentucky adult population reported cost as a barrier to seeking healthcare.
- A higher percentage of females, 20.1%, did not seek medical attention due to cost compared to 15.3% of males.
- In 2004, 26.3% of Kentuckians with less than a high school education did not seek medical attention due to cost compared to 10.6% of those with a college education.
- Cost barriers to healthcare increased from approximately 14% in 2000 to 18% in 2004.

**Cost as a Barrier to Health Care  
BRFSS, Kentucky Statewide Data**



## Cost as a Barrier to Health Care by Demographic Groups Kentucky BRFSS 2003 and 2004

Demographic Groups	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>Total</b>	17.9	(16.6 - 19.3)	17.8	(16.4-19.3)
<b>Gender</b>				
Male	15.7	(13.6-17.9)	15.3	(13.3-17.6)
Female	20.0	(18.3-21.9)	20.1	(18.3-22.1)
<b>Race</b>				
White/NH	17.5	(16.2-18.9)	17.2	(15.8-18.7)
African American/NH	19.6	(13.3-28.0)	26.9	(18.9-36.8)
<b>Age</b>				
18-24	25.3	(19.5-32.1)	16.1	(11.8-21.6)
25-34	19.1	(16.2-22.4)	24.1	(20.0-28.8)
35-44	22.5	(19.5-25.8)	20.6	(17.6-24.0)
45-54	17.3	(14.8-20.0)	18.3	(15.7-21.2)
55-64	14.3	(12.2-16.8)	15.1	(12.5-18.1)
65+	8.9	(7.2-10.9)	10.1	(8.0-12.5)
<b>Education</b>				
Less than H.S.	30.3	( 26.6-34.2)	26.3	(23.0-29.8)
H.S. or GED	18.5	(16.4-20.8)	19.8	(17.5-22.4)
Some Post H.S.	16.8	(14.1-19.9)	15.9	(13.4-18.8)
College Graduate	8.0	(6.1-10.3)	10.6	(7.9-14.2)
<b>Household Income</b>				
Less than \$15,000	34.3	(30.2-38.7)	33.0	(28.8-37.5)
\$15,000 - 24,999	33.5	(29.3-37.9)	33.7	(29.5-38.1)
\$25,000 - 34,999	21.5	(17.0-26.9)	17.6	(13.9-22.0)
\$35,000 - 49,999	12.9	(10.1-16.4)	11.9	(9.0-15.6)
\$50,000 - 74,999	6.3	(3.9-9.8)	6.8	(4.1-11.0)
\$75,000 +	3.9	(2.0-7.4)	6.1	(3.8-9.5)

Missing, "Don't Know", and Refused Responses are excluded.  
95% CI = 95% Confidence Interval  
NH = Non-Hispanic



# Health Care Access: Cost as a Barrier to Health Care

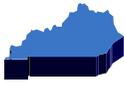
Kentucky BRFSS 2003 - 2004 Report

## Cost as a Barrier to Health Care 2004 BRFSS Data by Area Development District



Cost as a Barrier to Health Care by Nation, Kentucky, and ADD BRFSS 2003 and 2004				
	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>National Median*</b>	12.0		12.8	
<b>Total Kentucky</b>	17.9	(16.6-19.3)	17.8	(16.4-19.3)
<b>ADDs</b>				
Barren River	21.6	(16.9-27.2)	14.4	(10.8-18.9)
Big Sandy	24.8	(20.3-29.8)	32.3	(26.4-38.7)
Bluegrass	16.7	(13.1-21.0)	16.1	(12.1-21.0)
Buffalo Trace	21.6	(17.2-26.8)	14.7	(11.3-18.9)
Cumberland Valley	25.9	(20.5-32.2)	24.4	(19.6-30.0)
FIVCO	21.5	(17.2-26.6)	19.3	(15.3-23.9)
Gateway	19.0	(15.1-23.6)	18.3	(14.5-22.8)
Green River	19.9	(15.6-25.1)	15.1	(11.6-19.6)
Kentucky River	22.4	(17.7-28.0)	27.5	(22.5-33.3)
KIPDA	13.0	(9.6-17.4)	14.7	(11.1-19.1)
Lake Cumberland	24.4	(20.2-29.1)	23.1	(18.0-29.1)
Lincoln Trail	13.9	(10.5-18.3)	15.6	(12.1-20.0)
Northern Kentucky	15.5	(11.8-20.0)	14.6	(11.3-18.8)
Pennyrile	20.1	(16.1-24.8)	17.8	(13.7-22.9)
Purchase	16.1	(12.5-20.4)	22.4	(17.4-28.3)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available. In 2004, Hawaii was not included in the national median.



# Health Status: General Health is Fair or Poor

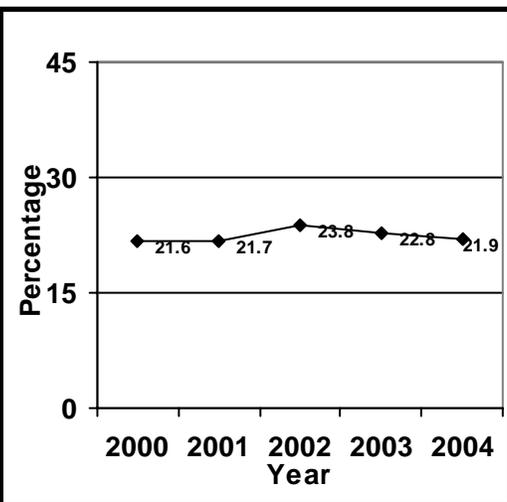
Kentucky BRFSS 2003 - 2004 Report

### Definition :

Individuals 18 and older who stated that their health was fair or poor when asked the question: "Would you say that in general your health is excellent, very good, good, fair or poor?"

- In 2004, 21.9% of the Kentucky adult population considered their health status to be fair or poor.
- Among the age groups, the highest prevalence of fair or poor health status was reported by those aged 65 and older, 40.8%, compared to those aged 18-24 at 8.1%.
- Among education levels, Kentuckians with less than a high school education had the highest prevalence of fair or poor health status, 51.2%, while college graduates had the lowest prevalence, 7.2%.
- Those Kentuckians whose household income was less than \$15,000 had the highest percentage of fair or poor health status at 51.9%.

### General Health: Fair or Poor BRFSS, Kentucky Statewide Data



Health Status: General Health is Fair or Poor by Demographic Groups Kentucky BRFSS 2003 and 2004				
Demographic Groups	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>Total</b>	22.8	(21.5-24.1)	21.9	(20.6-23.3)
<b>Gender</b>				
Male	22.9	(20.8-25.0)	21.6	(19.4-24.0)
Female	22.7	(21.1-24.4)	22.3	(20.7-23.9)
<b>Race</b>				
White/NH	22.9	(21.6-24.3)	21.7	(20.3-23.1)
African American/NH	23.9	(17.4-32.0)	26.3	(19.1-35.0)
<b>Age</b>				
18-24	8.4	(5.3-13.1)	8.1	(5.1-12.8)
25-34	7.7	(5.9-9.9)	10.7	(8.0-14.0)
35-44	18.1	(15.3-21.3)	15.8	(13.3-18.6)
45-54	25.0	(22.2-28.1)	24.6	(21.5-27.9)
55-64	35.6	(32.1-39.2)	33.0	(29.4-36.8)
65+	42.4	(39.2-45.7)	40.8	(37.6-44.2)
<b>Education</b>				
Less than H.S.	48.7	(44.9-52.5)	51.2	(47.1-55.3)
H.S. or GED	22.8	(20.7-25.1)	23.8	(21.5-26.3)
Some Post H.S.	17.6	(15.2-20.3)	13.8	(11.7-16.4)
College Graduate	7.6	(6.0-9.6)	7.2	(5.5-9.4)
<b>Household Income</b>				
Less than \$15,000	52.3	(47.7-56.8)	51.9	(47.1-56.8)
\$15,000 - 24,999	30.0	(26.4-33.9)	31.1	(27.5-35.0)
\$25,000 - 34,999	17.5	(14.1-21.5)	21.9	(18.0-26.3)
\$35,000 - 49,999	14.4	(11.2-18.4)	11.9	(9.3-15.0)
\$50,000 - 74,999	9.3	(6.9-12.2)	7.3	(4.9-10.8)
\$75,000 +	6.9	(4.3-11.0)	3.2	(2.1-4.9)

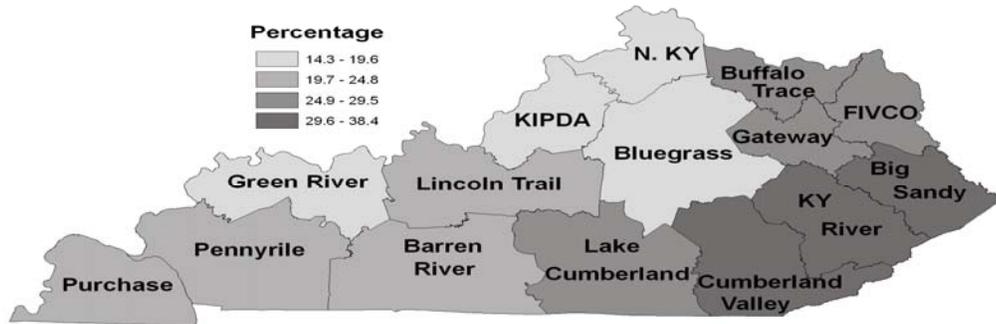
Missing, "Don't Know", and Refused Responses are excluded.  
95% CI = 95% Confidence Interval  
NH = Non-Hispanic



# Health Status: General Health is Fair or Poor

Kentucky BRFSS 2003 - 2004 Report

**General Health: Fair or Poor  
2004 BRFSS Data by Area Development District**



General Health: Fair or Poor by Nation, Kentucky, and ADD BRFSS 2003 and 2004				
	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>National Median*</b>	14.9		15.1	
<b>Total Kentucky</b>	22.8	(21.5-24.1)	21.9	(20.6-23.3)
<b>ADDs</b>				
Barren River	23.3	(19.3-27.9)	21.9	(18.0-26.5)
Big Sandy	38.3	(33.1-43.8)	38.2	(32.1-44.6)
Bluegrass	16.4	(13.2-20.0)	14.3	(10.9-18.4)
Buffalo Trace	27.9	(22.9-33.5)	28.1	(22.8-34.1)
Cumberland Valley	33.6	(28.2-39.5)	37.6	(31.9-43.7)
FIVCO	31.8	(27.0-37.0)	29.5	(24.9-34.7)
Gateway	26.1	(22.1-30.8)	28.8	(24.1-34.0)
Green River	19.5	(16.0-23.4)	19.6	(15.7-24.3)
Kentucky River	39.2	(33.6-45.1)	38.4	(32.9-44.1)
KIPDA	17.5	(14.1-21.6)	15.6	(12.2-19.7)
Lake Cumberland	30.5	(26.3-35.0)	28.7	(24.0-33.9)
Lincoln Trail	22.3	(18.2-27.1)	23.0	(18.8-27.8)
Northern Kentucky	19.0	(15.2-23.5)	18.6	(15.0-22.8)
Pennyryle	24.8	(20.8-29.3)	24.8	(20.4-29.9)
Purchase	24.3	(20.3-28.7)	24.1	(19.7-29.0)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available. In 2004, Hawaii was not included in the national median.



# Health Status: Frequent Mental Distress

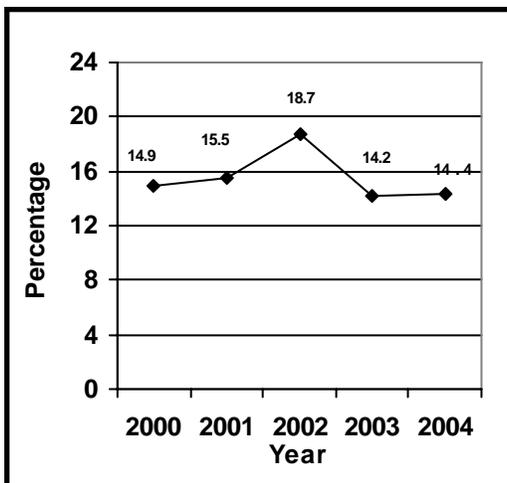
Kentucky BRFSS 2003 - 2004 Report

## Definition :

Individuals age 18 and older who stated that they had 14 or more days of poor mental health when responding to the question: "Now thinking about your mental health, which includes stress, depression and problems with emotions, for how many days during the past 30 days was your mental health not good?"

- In 2004, 14.4% of adult Kentuckians reported experiencing frequent mental distress.
- The prevalence of females with frequent mental distress, 16.2%, was higher than the prevalence among males, 12.5%.
- The prevalence among Whites, 14.2%, was slightly lower compared to African Americans, 17.6%.
- Among age groups, the highest prevalence of frequent mental distress, 18.1%, was reported by those Kentuckians aged 45-54.

## Frequent Mental Distress BRFSS, Kentucky Statewide Data



Frequent Mental Distress by Demographic Groups Kentucky BRFSS 2003 and 2004				
Demographic Groups	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>Total</b>	14.2	(13.1-15.4)	14.4	(13.2-15.7)
<b>Gender</b>				
Male	12.5	(10.8-14.5)	12.5	(10.6-14.6)
Female	15.8	(14.4-17.2)	16.2	(14.6-17.9)
<b>Race</b>				
White/NH	14.2	(13.1-15.4)	14.2	(12.9-15.5)
African American/NH	13.0	(8.4-19.6)	17.6	(11.2-26.7)
<b>Age</b>				
18-24	12.9	(9.0-18.2)	16.2	(11.3-22.6)
25-34	12.0	(9.8-14.6)	11.5	(8.9-14.8)
35-44	14.5	(12.0-17.3)	16.5	(13.7-19.7)
45-54	17.6	(15.1-20.3)	18.1	(15.4-21.2)
55-64	17.6	(15.1-20.5)	14.3	(12.1-16.8)
65+	10.7	(9.0-12.7)	10.0	(8.3-12.0)
<b>Education</b>				
Less Than H. S.	25.1	(21.8-28.8)	24.5	(21.3-27.9)
H.S or GED	13.3	(11.6-15.1)	16.2	(14.1-18.6)
Some Post H.S.	13.6	(11.4-16.1)	13.9	(11.3-17.0)
College Graduate	8.0	(6.2-10.2)	5.5	(4.1-7.3)
<b>Household Income</b>				
Less than \$15,000	33.2	(29.1-37.5)	30.7	(26.6-35.2)
\$15,000 - 24,999	18.8	(15.8-22.3)	19.5	(16.3-23.1)
\$25,000 - 34,999	10.9	(8.5-13.8)	11.5	(8.9-14.7)
\$35,000 - 49,999	10.9	(8.5-14.0)	13.0	(9.7-17.2)
\$50,000 - 74,999	7.0	(4.9-10.0)	7.8	(5.4-11.2)
\$75,000 +	6.9	(4.2-10.9)	7.1	(4.6-10.8)

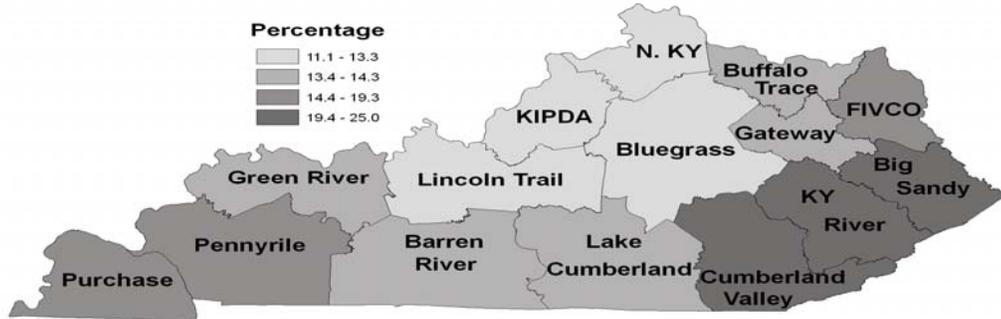
Missing, "Don't Know", and Refused Responses are excluded.  
95% CI = 95% Confidence Interval  
NH = Non-Hispanic



# Health Status: Frequent Mental Distress

Kentucky BRFSS 2003 - 2004 Report

## Frequent Mental Distress 2004 BRFSS Data by Area Development District



Frequent Mental Distress by Nation, Kentucky, and ADD BRFSS 2003 and 2004				
	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>National Median*</b>	9.8		10.2	
<b>Total Kentucky</b>	14.2	(13.1-15.4)	14.4	(13.2-15.7)
<b>ADDs</b>				
Barren River	14.9	(11.7-18.8)	14.3	(11.1-18.3)
Big Sandy	23.1	(18.7-28.1)	21.5	(16.5-27.4)
Bluegrass	11.6	(8.9-15.1)	12.2	(8.8-16.7)
Buffalo Trace	15.8	(12.0-20.5)	14.3	(10.3-19.4)
Cumberland Valley	21.0	(16.1-26.8)	21.9	(17.0-27.7)
FIVCO	19.7	(15.8-24.1)	15.9	(12.2-20.4)
Gateway	13.9	(10.1-18.7)	13.7	(10.4-17.9)
Green River	11.5	(8.8-14.9)	13.7	(10.1-18.4)
Kentucky River	19.6	(15.3-24.7)	25.0	(19.9-31.0)
KIPDA	11.2	(8.5-14.7)	11.1	(8.1-15.1)
Lake Cumberland	12.9	(10.2-16.3)	13.5	(10.3-17.6)
Lincoln Trail	14.4	(10.4-19.6)	11.6	(8.9-15.0)
Northern Kentucky	15.0	(11.6-19.3)	13.3	(10.4-16.9)
Pennyrile	17.0	(12.3-21.4)	19.3	(15.1-24.4)
Purchase	11.9	(9.1-15.3)	17.3	(12.9-22.8)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available. In 2004, Hawaii was not included in the national median.



# Health Status: Frequent Physical Problems

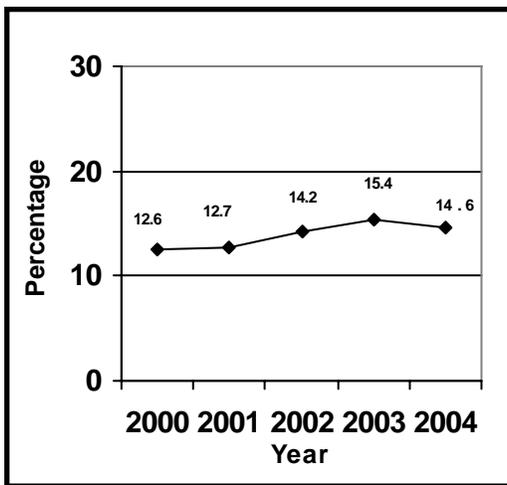
Kentucky BRFSS 2003 - 2004 Report

## Definition :

Individuals 18 and older who stated that they had 14 or more days of poor physical health when responding to the question: "Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?"

- In 2004, 14.6% of Kentucky adults reported frequent physical health problems.
- The prevalence of frequent physical health problems was similar among females and males. The prevalence was 14.7% and 14.4%, respectively.
- Those with less than a high school education, 28.5%, reported a significantly higher prevalence of frequent physical problems compared to those with a college degree, 6.2%.
- There was a higher prevalence of physical problems among Kentuckians with a \$15,000 or less yearly income, 33.5%, compared to those with a \$75,000 or more yearly income, 4.6%

## Frequent Physical Problems BRFSS, Kentucky Statewide Data



Frequent Physical Problems by Demographic Groups Kentucky BRFSS 2003 and 2004				
Demographic Groups	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>Total</b>	15.4	(14.2-16.6)	14.6	(13.4-15.8)
<b>Gender</b>				
Male	15.6	(13.7-17.7)	14.4	(12.5-16.5)
Female	15.2	(13.8 -16.7)	14.7	(13.3-16.1)
<b>Race</b>				
White/NH	15.5	(17.3-16.8)	14.8	(13.5-16.1)
African American/NH	17.0	(10.7-26.1)	10.4	(6.6-16.1)
<b>Age</b>				
18-24	9.0	(5.2-15.1)	4.6	(2.3-9.3)
25-34	7.3	(5.5-9.8)	9.6	(6.7-13.5)
35-44	13.7	(11.3-16.6)	11.8	(9.8-14.2)
45-54	17.8	(15.2-20.6)	18.5	(15.6-21.7)
55-64	22.3	(19.4-25.5)	20.8	(18.1-23.8)
65+	23.0	(20.3-25.9)	22.1	(19.5-25.0)
<b>Education</b>				
Less than H.S.	27.7	(24.5-31.1)	28.5	(25.2-32.1)
H.S. or GED	14.7	(12.9-16.7)	17.1	(15.0-19.5)
Some Post H.S.	13.8	(11.3-16.8)	9.8	(8.0-11.9)
College Graduate	8.8	(6.8-11.2)	6.2	(4.5-8.5)
<b>Household Income</b>				
Less than \$15,000	34.6	(30.4-39.0)	33.5	(29.3-37.9)
\$15,000 - 24,999	18.9	(15.7-22.6)	20.9	(17.5-24.7)
\$25,000 - 34,999	13.5	(10.0-18.1)	11.9	(9.1-15.3)
\$35,000 - 49,999	9.7	(6.9-13.5)	9.3	(6.7-12.6)
\$50,000 - 74,999	7.2	(5.3-9.9)	6.7	(4.3-10.3)
\$75,000 +	5.7	(3.4 - 9.6)	4.6	(3.0-6.8)

Missing, "Don't Know", and Refused Responses are excluded.  
 95% CI = 95% Confidence Interval  
 NH = Non-Hispanic



# Health Status: Frequent Physical Problems

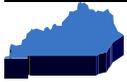
Kentucky BRFSS 2003 - 2004 Report

**Frequent Physical Problems  
2004 BRFSS Data by Area Development District**



Frequent Physical Problems by Nation, Kentucky, and ADD BRFSS 2003 and 2004				
	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>National Median*</b>	10.3		10.0	
<b>Total Kentucky</b>	15.4	(14.2-16.6)	14.6	(13.4-15.8)
<b>ADDs</b>				
Barren River	12.5	(9.6-16.1)	15.1	(11.4-19.7)
Big Sandy	26.5	(21.8-31.9)	30.8	(25.3-36.9)
Bluegrass	11.7	(8.9-15.2)	10.2	(7.4-14.0)
Buffalo Trace	19.2	(15.1-24.1)	16.3	(12.2-21.5)
Cumberland Valley	19.6	(15.5-24.5)	25.5	(20.5-31.2)
FIVCO	22.5	(18.4-27.2)	16.9	(13.4-21.2)
Gateway	16.0	(12.8-19.9)	14.7	(11.4-18.7)
Green River	12.5	(9.4-16.5)	14.3	(9.9-20.2)
Kentucky River	28.6	(23.5-34.3)	21.4	(17.1-26.3)
KIPDA	14.0	(10.6-18.2)	10.5	(7.6-14.3)
Lake Cumberland	16.9	(13.8-20.6)	14.1	(10.8-18.2)
Lincoln Trail	14.7	(11.1-19.1)	14.7	(11.5-18.6)
Northern Kentucky	12.9	(9.8-16.9)	14.0	(10.7-18.1)
Pennyryle	17.9	(14.1-22.3)	15.7	(11.9-20.5)
Purchase	14.6	(11.3-18.6)	15.0	(11.6-19.0)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available. In 2004, Hawaii was not included in the national median.



# Immunization: No Flu Shot in the Past Year, Age 65 and Older

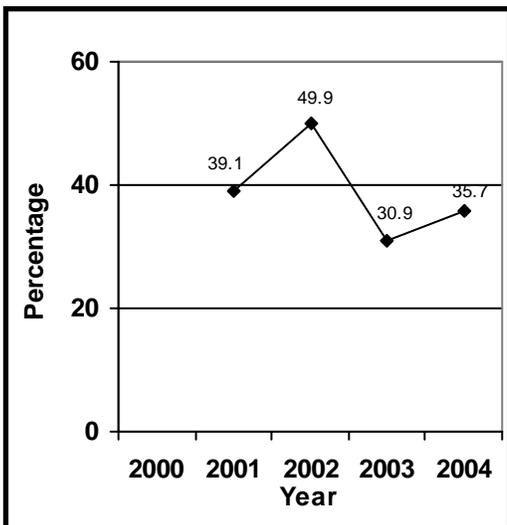
Kentucky BRFSS 2003 - 2004 Report

### Definition :

Individuals 65 and older who responded "No" to the following question: "During the past 12 months, have you had a flu shot?"

- In 2004, 35.7% of the Kentucky population aged 65 and older had not had a flu shot in the past year.
- The prevalence of no flu shots in past year was higher among females, 37.0%, compared to males, 33.9%.
- In 2003, those with less than a high school education, 40.6%, reported a higher prevalence of no flu shot in past year compared to those with a college education, 21.3%.

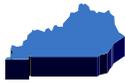
### No Flu Shot in the Past Year, Age 65 and Older BRFSS, Kentucky Statewide Data



The Immunization questions were not asked in 2000.

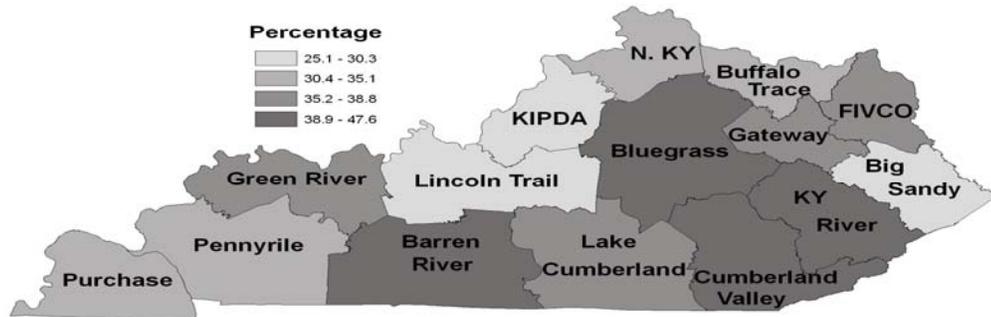
No Flu Shot in the Past Year Age 65 and Older by Demographic Groups Kentucky BRFSS 2003 and 2004				
Demographic Groups	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>Total</b>	30.9	(28.1-33.9)	35.7	(32.5-39.0)
<b>Gender</b>				
Male	30.2	(25.3-35.5)	33.9	(28.3-39.9)
Female	31.4	(28.1-35.0)	37.0	(33.4-40.8)
<b>Race</b>				
White/NH	29.7	(26.9-32.7)	35.0	(31.8-38.5)
<b>Age</b>				
65+	30.9	(28.1-33.9)	35.7	(32.5-38.9)
<b>Education</b>				
Less than H.S.	40.6	(35.7-45.8)	41.3	(36.0-46.6)
H.S. or GED	28.1	(23.7-33.1)	31.8	(26.7-36.9)
Some Post H.S.	24.6	(17.8-32.9)	39.1	(30.9-47.4)
College Graduate	21.3	(15.0-29.2)	29.6	(19.9-39.3)
<b>Household Income</b>				
Less than \$15,000	42.0	(35.1-49.3)	41.2	(34.0-48.4)
\$15,000 - 24,999	31.5	(24.9-38.8)	33.8	(27.1-40.5)
\$25,000 - 34,999	30.4	(21.4-41.2)	29.8	(19.6-40.0)
\$35,000 - 49,999	20.5	(13.0-30.7)	33.7	(22.1-45.2)
\$50,000 - 74,999	37.8	(17.9-62.7)	26.2	(13.8-38.5)
\$75,000 +	38.5	(17.5-65.0)	25.9	(9.3-42.6)

Missing, "Don't Know", and Refused Responses are excluded.  
95% CI = 95% Confidence Interval  
NH = Non-Hispanic



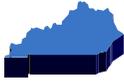
**Immunization:**  
**No Flu Shot in the Past Year, Age 65 and Older**  
 Kentucky BRFSS 2003 - 2004 Report

**No Flu Shot in the Past Year, Age 65 and Older  
 2004 BRFSS Data by Area Development District**



No Flu Shot in the Past Year, Age 65 and Older by Nation, Kentucky, and ADD BRFSS 2003 and 2004				
	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>National Median*</b>	34.5		48.8	
<b>Total Kentucky</b>	30.9	(28.1-33.9)	35.7	(32.5-39.0)
<b>ADDs</b>				
Barren River	29.0	(20.8-38.8)	42.5	(32.7-52.8)
Big Sandy	44.7	(33.2-56.8)	30.3	(20.0-43.1)
Bluegrass	28.4	(19.9-38.7)	44.9	(33.4-57.0)
Buffalo Trace	33.1	(24.1-43.6)	35.1	(24.9-46.8)
Cumberland Valley	39.9	(29.9-50.8)	47.6	(37.7-57.7)
FIVCO	36.0	(27.2-45.7)	36.0	(27.4-45.7)
Gateway	32.6	(24.1-42.5)	36.2	(27.7-45.7)
Green River	29.3	(21.0-39.1)	38.5	(29.3-48.7)
Kentucky River	43.8	(33.6-54.6)	44.6	(32.4-57.5)
KIPDA	24.0	(16.4-33.6)	25.1	(17.9-33.9)
Lake Cumberland	36.2	(28.3-45.0)	38.8	(29.6-48.9)
Lincoln Trail	32.3	(22.9-43.5)	29.2	(20.6-39.7)
Northern Kentucky	30.9	(22.6-40.6)	34.7	(26.3-44.1)
Pennyrile	33.9	(26.0-42.7)	34.3	(25.2-44.7)
Purchase	28.4	(21.7-36.2)	32.7	(24.9-41.7)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available. In 2004, Hawaii was not included in the national median.



## Immunization:

# Never Had a Pneumonia Shot, Age 65 and Older

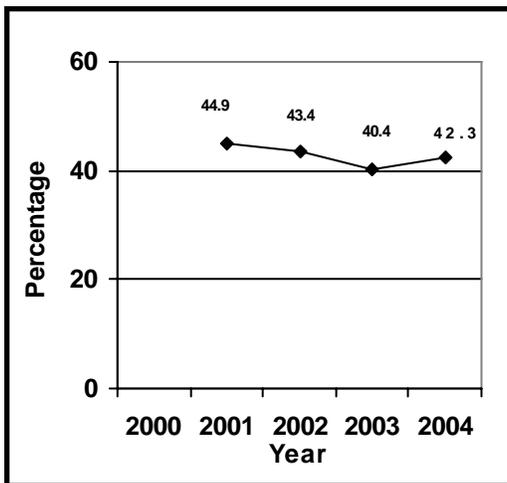
Kentucky BRFSS 2003 - 2004 Report

### Definition :

Individuals 65 and older who responded "No" to the following question: "Have you ever had a pneumonia shot? This shot is usually given only once or twice in a person's lifetime and is different from the flu shot. It is also called the pneumococcal vaccine."

- In 2004, 42.3% of Kentucky adults aged 65 and older had not had a pneumonia shot in the past year.
- Over 40 percent of both males and females aged 65 and older had not had a pneumonia shot in the past year.
- A higher percentage of those with less than a high school education, 45.8%, had not had a pneumonia shot in the past year compared to those with a college degree, 37.4%, and those with some post high school degree, 42.5%.

### Never Had a Pneumonia Shot, Age 65 and Older BRFSS, Kentucky Statewide Data



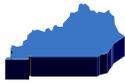
The Immunization questions were not asked in 2000.

Never Had a Pneumonia Shot, Age 65 and Older by Demographic Groups Kentucky BRFSS 2003 and 2004				
Demographic Groups	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>Total</b>	40.4	(37.2-43.7)	42.3	(38.8-45.8)
<b>Gender</b>				
Male	43.2	(37.4-49.1)	45.3	(39.0-51.7)
Female	38.4	(34.8-42.1)	40.2	(36.4-44.1)
<b>Race</b>				
White/NH	39.0	(35.8-42.3)	41.5	(38.0-45.1)
<b>Age</b>				
65+	40.4	(37.2-43.7)	42.3	(38.9-45.7)
<b>Education</b>				
Less than H.S.	45.0	(39.9-50.3)	45.8	(40.3-51.2)
H.S. or GED	40.7	(35.3-46.4)	40.9	(35.3-46.8)
Some Post H.S.	34.5	(26.9-43.0)	42.5	(34.5-51.0)
College Graduate	35.6	(27.1-45.2)	37.4	(27.5-48.4)
<b>Household Income</b>				
Less than \$15,000	46.7	(39.5-54.1)	42.0	(34.7-49.4)
\$15,000 - 24,999	32.5	(25.8-40.1)	35.3	(28.6-42.7)
\$25,000 - 34,999	37.8	(28.1-48.6)	44.6	(35.1-56.0)
\$35,000 - 49,999	37.9	(26.7-50.6)	35.1	(24.8-47.1)
\$50,000 - 74,999	63.2	(41.5-80.6)	32.6	(18.9-50.0)
\$75,000 +	53.2	(27.9-76.9)	60.0	(40.4-76.9)

Missing, "Don't Know", and Refused Responses are excluded.

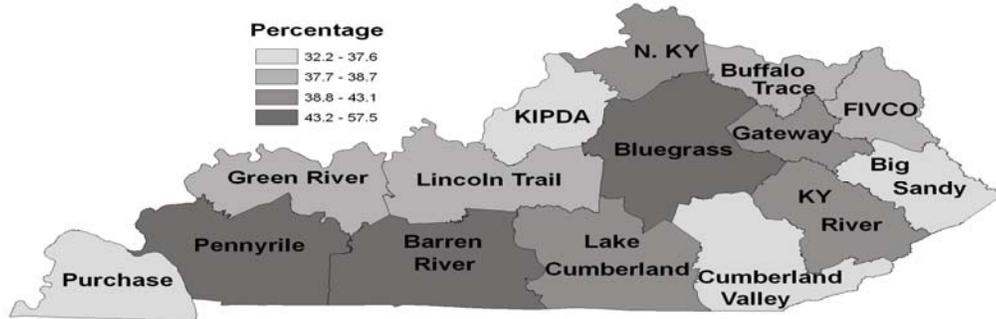
95% CI = 95% Confidence Interval

NH = Non-Hispanic



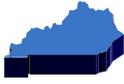
**Immunization:**  
**Never Had a Pneumonia Shot, Age 65 and Older**  
 Kentucky BRFSS 2003 - 2004 Report

**Never Had a Pneumonia Shot, Age 65 and Older  
 2004 BRFSS Data by Area Development District**



Never Had a Pneumonia Shot, Age 65 and Older by Nation, Kentucky, and ADD BRFSS 2003 and 2004				
	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>National Median*</b>	35.5		35.4	
<b>Total Kentucky</b>	40.4	(37.2-43.7)	42.3	(38.8-45.8)
<b>ADDs</b>				
Barren River	42.6	(33.0-52.8)	53.6	(43.2-63.8)
Big Sandy	47.5	(35.6-59.6)	32.2	(21.2-45.7)
Bluegrass	39.0	(29.4-49.5)	57.5	(45.7-68.6)
Buffalo Trace	33.0	(24.0-43.4)	38.7	(27.9-50.9)
Cumberland Valley	46.7	(36.2-57.6)	37.6	(28.6-47.5)
FIVCO	46.0	(36.3-56.0)	38.7	(29.9-48.3)
Gateway	42.7	(33.2-52.8)	40.7	(32.0-50.1)
Green River	28.6	(20.5-38.4)	37.8	(28.6-47.9)
Kentucky River	39.7	(29.9-50.5)	43.1	(30.9-56.2)
KIPDA	36.1	(26.7-46.7)	37.1	(27.8-47.4)
Lake Cumberland	43.4	(34.8-52.4)	42.2	(32.5-52.4)
Lincoln Trail	36.7	(26.7-47.9)	38.2	(28.7-48.7)
Northern Kentucky	41.7	(32.3-51.7)	42.2	(33.2-51.8)
Pennyryle	49.4	(40.1-58.8)	43.4	(33.1-54.2)
Purchase	42.0	(33.8-50.6)	33.7	(25.8-42.7)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available. In 2004, Hawaii was not included in the national median.



## Nutrition: Less than Five Fruits and Vegetables a Day

Kentucky BRFSS 2003 - 2004 Report

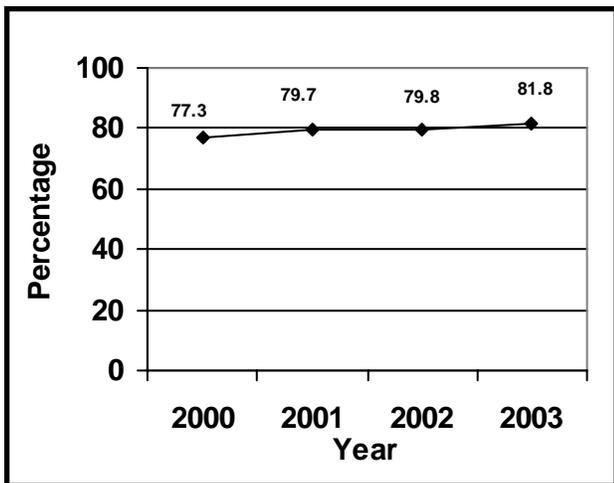
### Definition :

Individuals age 18 and older who consume less than five fruits and vegetables a day.

The nutrition question was not asked in 2004.

- In 2003, 81.8% of the Kentucky adult population consumed less than five fruits and vegetables a day.
- A higher percentage of males, 84.2%, consumed less than five fruits and vegetables a day compared to females, 79.4%.
- In 2003, 82.0% of Whites consumed less than five fruits and vegetables a day compared to 83.5% of African Americans who consumed less than five fruits and vegetables a day.
- Among age groups, those aged 65 and older reported a lower prevalence of less than five fruits and vegetables a day consumption, 77.0%, compared to those aged 35-44, 85%.

### Less than Five Fruits and Vegetables a Day BRFSS, Kentucky Statewide Data

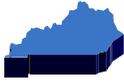


The nutrition question was not asked in 2004.

Less than Five Fruits and Vegetables a Day by Demographic Groups Kentucky BRFSS 2003		
Demographic Groups	%	95% (CI)
<b>Total</b>	81.8	(80.4-83.1)
<b>Gender</b>		
Male	84.2	(82.1-86.4)
Female	79.4	(77.6-81.0)
<b>Race</b>		
White/NH	82.0	(80.6-83.4)
African American	83.5	(75.6-89.2)
<b>Age</b>		
18-24	82.7	(77.2-87.1)
25-34	83.2	(79.6-86.2)
35-44	85.0	(82.0-87.7)
45-54	82.4	(79.2-85.1)
55-64	79.4	(76.1-82.4)
65+	77.0	(74.0-79.9)
<b>Education</b>		
Less than H.S.	86.1	(82.8-88.9)
H.S. or GED	83.3	(81.2-85.2)
Some Post H.S.	81.0	(78.1-83.7)
College Graduate	76.5	(72.8-79.8)
<b>Household Income</b>		
Less than \$15,000	84.8	(81.2-87.8)
\$15,000 - 24,999	86.2	(83.3-88.6)
\$25,000 - 34,999	80.0	(75.9-83.6)
\$35,000 - 49,999	82.5	(78.9-85.7)
\$50,000 - 74,999	79.2	(74.4-83.3)
\$75,000 +	75.9	(70.5-80.6)

Missing, "Don't Know" and Refused Responses are excluded.  
95% CI = 95% Confidence Interval

NH = Non-Hispanic.



## Nutrition: Less than Five Fruits and Vegetables a Day

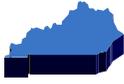
Kentucky BRFSS 2003 - 2004 Report

### Less than Five Fruits and Vegetables a Day 2003 BRFSS Data by Area Development District



Less than Five Fruits and Vegetables a Day by Nation, Kentucky, and ADD BRFSS 2003		
	%	95% (CI)
<b>National Median*</b>	77.4	
<b>Total Kentucky</b>	81.8	(80.4-83.1)
<b>ADDs</b>		
Barren River	81.3	(75.8-85.8)
Big Sandy	85.9	(81.9-89.1)
Bluegrass	79.6	(75.1-83.4)
Buffalo Trace	81.4	(76.2-85.6)
Cumberland Valley	82.4	(77.4-86.5)
FIVCO	85.4	(81.6-88.6)
Gateway	84.1	(79.9-87.6)
Green River	79.5	(74.6-83.6)
Kentucky River	81.1	(75.9-85.4)
KIPDA	81.8	(77.5-85.4)
Lake Cumberland	83.5	(79.5-86.9)
Lincoln Trail	82.2	(76.9-86.5)
Northern Kentucky	84.2	(80.3-87.4)
Pennyrile	82.3	(78.1-85.9)
Purchase	77.6	(73.2-81.5)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available. In 2004, Hawaii was not included in the national median.



# Oral Health: No Professional Dental Cleaning in Past Year

Kentucky BRFSS 2003 - 2004 Report

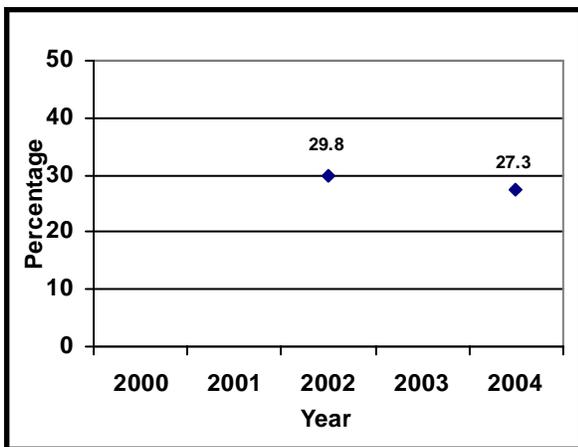
### Definition :

Individuals age 18 and older with teeth who have not had their teeth cleaned by a dentist or dental hygienist in the past year.

The oral health question was not asked in 2003.

- In 2004, 27.3% of the Kentucky adult population did not have their teeth cleaned by a dentist or dental hygienist in the past year.
- Approximately 30% of males did not have their teeth cleaned by a dentist or dental hygienist in the past year compared to almost 25% of females.
- The percentage of adult Kentuckians who have not had their teeth cleaned by a dentist or dental hygienist in the past year decreased with increasing levels of income. Of those Kentuckians with an income of \$15,000 or less 47.4% had not had their teeth cleaned in the past year compared to only 8.6% of those with a household income of \$75,000 or higher.

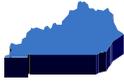
**No Professional Dental Cleaning in Past Year BRFSS, Kentucky Statewide Data**



The current version of oral health questions began in 1999. They were not asked in 2000, 2001 and 2003.

No Professional Dental Cleaning in Past Year by Demographic Groups Kentucky BRFSS 2004		
Demographic Groups	%	95% (CI)
<b>Total</b>	27.3	(25.4-29.2)
<b>Gender</b>		
Male	29.8	(26.8-33.1)
Female	24.8	(22.7-27.1)
<b>Race</b>		
White/NH	26.7	(24.8-28.6)
African American/NH	34.5	(25.1-45.3)
<b>Age</b>		
18-24	19.2	(13.7-26.2)
25-34	29.0	(24.5-34.0)
35-44	28.4	(24.2-32.9)
45-54	29.6	(25.9-33.6)
55-64	26.9	(23.1-30.9)
65+	27.4	(23.6-31.5)
<b>Education</b>		
Less than H.S.	50.8	(45.2-56.3)
H.S. or GED	29.3	(26.3-32.5)
Some Post H.S.	23.7	(20.0-27.7)
College Graduate	18.6	(15.2-22.5)
<b>Household Income</b>		
Less than \$15,000	47.4	(41.4-53.6)
\$15,000 - 24,999	43.3	(38.0-48.7)
\$25,000 - 34,999	29.6	(24.8-34.9)
\$35,000 - 49,999	25.0	(20.6-29.9)
\$50,00 - \$74,999	16.7	(12.5-22.0)
\$75,000 +	8.6	(6.2-11.9)

Missing, "Don't Know" and Refused Responses are excluded.  
 95% CI = 95% Confidence Interval  
 NH = Non-Hispanic



# Oral Health: No Professional Dental Cleaning in Past Year

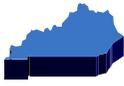
Kentucky BRFSS 2003 - 2004 Report

**No Professional Dental Cleaning in the Past Year  
2004 BRFSS Data by Area Development District**



No Professional Dental Cleaning in the Past Year by Nation, Kentucky, and ADD BRFSS 2004		
	%	95% (CI)
<b>National Median*</b>	31.1	
<b>Total Kentucky</b>	27.3	(25.4-29.2)
<b>ADDs</b>		
Barren River	26.7	(21.3-32.9)
Big Sandy	28.6	(22.5-35.6)
Bluegrass	20.7	(16.0-26.3)
Buffalo Trace	38.2	(31.6-45.3)
Cumberland Valley	43.6	(36.2-51.4)
FIVCO	34.1	(28.7-39.9)
Gateway	37.2	(31.0-43.8)
Green River	26.9	(21.1-33.6)
Kentucky River	41.3	(34.5-48.4)
KIPDA	24.6	(19.5-30.5)
Lake Cumberland	27.4	(22.1-33.4)
Lincoln Trail	24.1	(19.0-30.0)
Northern Kentucky	28.6	(23.3-34.5)
Pennyrile	24.9	(19.9-30.6)
Purchase	30.3	(24.7-36.6)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available. In 2004, Hawaii was not included in the national median.



## Physical Activity: Lack of Leisure Time Physical Activity

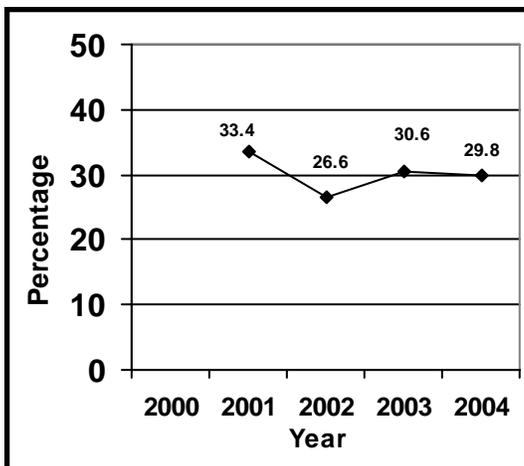
Kentucky BRFSS 2003 - 2004 Report

### Definition :

Individuals age 18 and older who answered "No" to the following question: "During the past 30 days, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?"

- In 2004, approximately 30% of the adult Kentucky population reported lack of leisure time physical activity.
- A higher percentage of females, 31.5%, did not participate in any leisure time physical activity or exercise compared to males, 28.1%.
- In 2004, 44.5% of African Americans did not participate in any leisure time physical activity or exercise compared to Whites, 29.0%.
- The prevalence of lack of physical activity was higher among those with less than a high school education, 48.5%, compared to 12.8% of Kentuckians who were college graduates.

### Lack of Leisure Time Physical Activity BRFSS, Kentucky Statewide Data



The current version of physical activity questions started in 2001.

### Lack of Leisure Time Physical Activity by Demographic Groups Kentucky BRFSS 2003 and 2004

Demographic Groups	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>Total</b>	30.6	(29.1-32.2)	29.8	(28.2-31.6)
<b>Gender</b>				
Male	28.5	(26.2-30.9)	28.1	(25.4-30.9)
Female	32.6	(30.7-34.6)	31.5	(29.4-33.6)
<b>Race</b>				
White/NH	29.8	(28.3-31.4)	29.0	(27.3-30.8)
African American/NH	44.5	(35.7-53.6)	44.5	(35.1-54.2)
<b>Age</b>				
18-24	20.9	(16.1-26.6)	20.1	(14.9-26.4)
25-34	21.5	(18.4-24.9)	27.1	(22.9-31.8)
35-44	30.4	(27.0-34.1)	26.4	(22.9-30.3)
45-54	31.0	(27.7-34.5)	33.5	(29.8-37.5)
55-64	36.1	(32.6-39.7)	34.3	(30.9-38.2)
65+	42.7	(39.4-45.9)	36.2	(33.1-39.4)
<b>Education</b>				
Less than H.S.	50.4	(46.7-54.2)	48.5	(44.5-52.6)
H.S. or GED	37.3	(31.7-36.9)	35.4	(32.6-38.4)
Some Post H.S.	25.2	(22.1-28.4)	24.6	(21.3-28.2)
College Graduate	14.0	(11.5-17.0)	12.8	(10.3-15.9)
<b>Household Income</b>				
Less than \$15,000	52.0	(47.5-56.5)	47.5	(42.8-52.3)
\$15,000 - 24,999	35.4	(31.6-39.5)	40.1	(35.8-44.6)
\$25,000 - 34,999	33.5	(28.8-38.5)	32.2	(27.2-37.6)
\$35,000 - 49,999	29.2	(25.3-33.5)	25.2	(21.1-29.7)
\$50,000 - 74,999	19.8	(16.0-24.3)	16.3	(12.2-20.5)
\$75,000 +	11.6	(8.1-16.4)	13.2	(9.3-17.2)

Missing, "Don't Know", and Refused Responses are excluded.

95% CI = 95% Confidence Interval

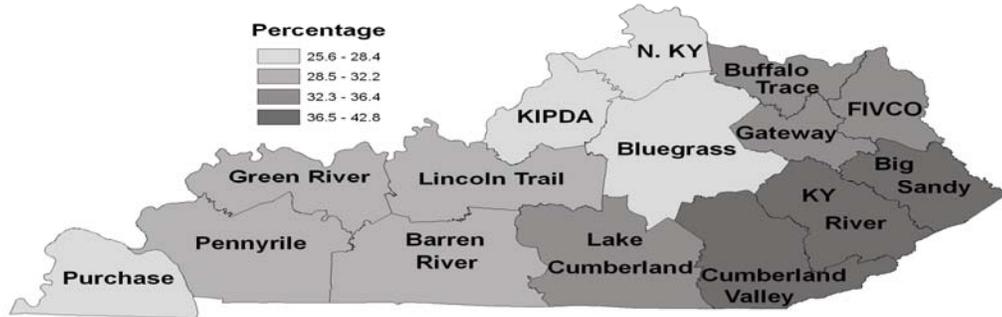
NH = Non-Hispanic.



# Physical Activity: Lack of Leisure Time Physical Activity

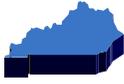
Kentucky BRFSS 2003 - 2004 Report

## Lack of Leisure Time Physical Activity 2004 BRFSS Data by Area Development District



Lack of Leisure Time Physical Activity by Nation, Kentucky, and ADD BRFSS 2003 and 2004				
	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>National Median*</b>	23.1		22.9	
<b>Total Kentucky</b>	30.6	(29.1-32.2)	29.8	(28.2-31.6)
<b>ADDs</b>				
Barren River	35.4	(30.3-40.8)	28.8	(24.1-33.9)
Big Sandy	38.3	(33.0-43.9)	42.8	(36.5-49.4)
Bluegrass	25.7	(21.7-30.2)	25.6	(20.8-31.0)
Buffalo Trace	42.7	(37.1-48.5)	34.1	(28.6-40.0)
Cumberland Valley	38.7	(33.0-44.8)	37.0	(31.1-43.2)
FIVCO	30.4	(25.8-35.4)	36.3	(31.2-41.7)
Gateway	36.8	(32.0-41.9)	36.4	(31.0-42.1)
Green River	28.1	(23.6-33.1)	31.1	(26.0-36.7)
Kentucky River	39.9	(34.2-45.8)	37.1	(31.7-42.9)
KIPDA	26.1	(21.9-30.8)	26.7	(22.1-31.8)
Lake Cumberland	35.9	(31.3-40.7)	33.2	(28.2-38.7)
Lincoln Trail	33.0	(28.0-38.4)	28.5	(23.8-33.7)
Northern Kentucky	26.4	(22.2-31.1)	28.4	(23.8-33.5)
Pennyryle	38.7	(33.7-43.9)	32.2	(27.1-37.9)
Purchase	27.9	(23.8-32.5)	25.9	(21.5-31.0)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available. In 2004, Hawaii was not included in the national median.



# Physical Activity: Lack of Moderate or Vigorous Physical Activity

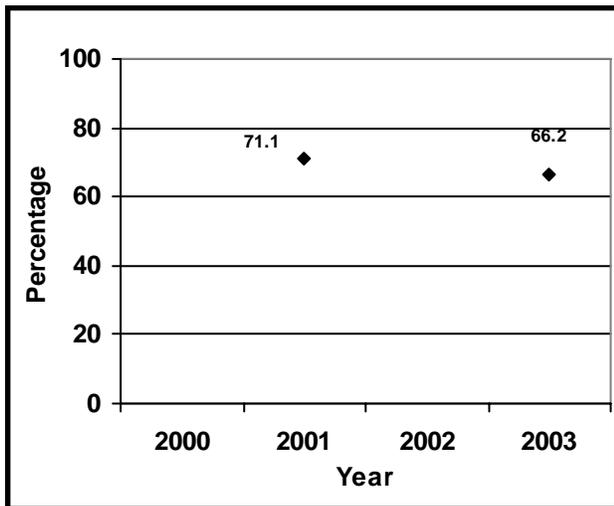
Kentucky BRFSS 2003 - 2004 Report

## Definition :

Individuals age 18 and older who have NOT participated in 30 or more minutes of moderate physical activity for five or more times a week or 20 or more minutes of vigorous physical activity three or more times a week.

- In 2003, approximately 66% of the adult Kentucky population did not participate in moderate or vigorous physical activity.
- A higher percentage of females, 69.4%, lacked moderate or vigorous physical activity compared to males, 62.8%.
- In 2003, 68.1% of African Americans lacked moderate or vigorous physical activity compared to Whites, 66.1%.
- Among those Kentuckians with less than a high school education, 75.4% lacked moderate or vigorous physical activity compared to 59.3% of college graduates.

## Lack of Moderate or Vigorous Physical Activity BRFSS, Kentucky Statewide Data

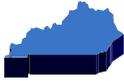


In 2001, the physical activity question changed and cannot be compared to data from previous years.

## Lack of Moderate or Vigorous Physical Activity by Demographic Groups Kentucky BRFSS 2003

Demographic Groups	%	95% (CI)
<b>Total</b>	66.2	(64.4-68.0)
<b>Gender</b>		
Male	62.8	(59.9-65.6)
Female	69.4	(67.2-71.4)
<b>Race</b>		
White/NH	66.1	(64.3-67.9)
African American/NH	68.1	(58.0-76.8)
<b>Age</b>		
18-24	55.6	(48.3-62.6)
25-34	62.4	(57.9-66.6)
35-44	67.1	(63.2-70.9)
45-54	65.7	(62.1-69.4)
55-64	69.5	(65.6-73.1)
65+	75.2	(72.1-78.2)
<b>Education</b>		
Less than H.S.	75.4	(71.4-79.0)
H.S. or GED	68.0	(65.1-70.7)
Some Post H.S.	63.2	(59.4-66.9)
College Graduate	59.3	(55.2-63.3)
<b>Household Income</b>		
Less than \$15,000	77.8	(73.8-81.4)
\$15,000 - 24,999	69.2	(64.6-73.5)
\$25,000 - 34,999	69.3	(63.9-74.2)
\$35,000 - 49,999	63.6	(59.1-68.0)
\$50,000 - 74,999	57.1	(51.6-62.4)
\$75,000 +	55.4	(49.3-61.4)

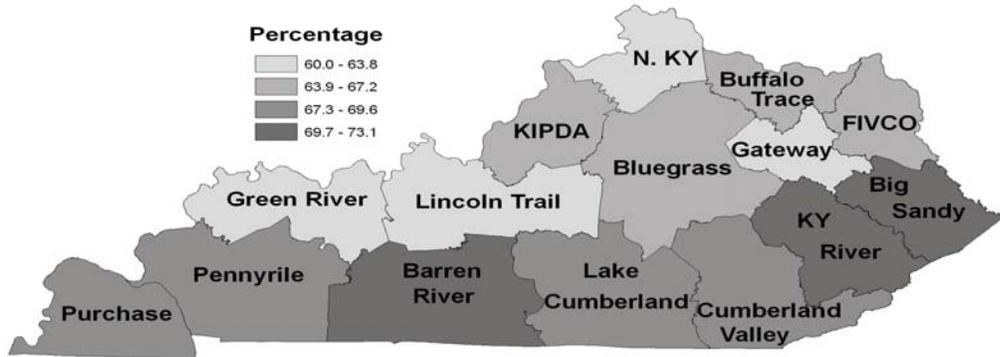
Missing, "Don't Know" and Refused Responses are excluded.  
 95% CI = 95% Confidence Interval  
 NH = Non-Hispanic



# Physical Activity: Lack of Moderate or Vigorous Physical Activity

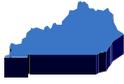
Kentucky BRFSS 2003 - 2004 Report

## Lack of Moderate or Vigorous Physical Activity 2003 BRFSS Data by Area Development District



Lack of Moderate or Vigorous Physical Activity by Nation, Kentucky, and ADD BRFSS 2003		
	%	95% (CI)
<b>National Median*</b>	52.8	
<b>Total Kentucky</b>	66.2	(64.4-68.0)
<b>ADDs</b>		
Barren River	70.8	(64.7-76.2)
Big Sandy	73.1	(67.3-78.3)
Bluegrass	65.4	(60.0-70.4)
Buffalo Trace	67.2	(61.0-72.8)
Cumberland Valley	67.4	(60.3-73.7)
FIVCO	66.8	(60.7-72.5)
Gateway	63.8	(58.0-69.2)
Green River	62.0	(56.1-67.5)
Kentucky River	70.5	(64.0-76.3)
KIPDA	67.0	(61.6-72.0)
Lake Cumberland	69.0	(64.0-73.7)
Lincoln Trail	60.0	(54.2-65.6)
Northern Kentucky	60.3	(55.2-65.3)
Pennyrile	67.6	(62.1-72.8)
Purchase	69.6	(64.5-74.3)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available. In 2004, Hawaii was not included in the national median.



# Physical Activity: Lack of Vigorous Physical Activity

Kentucky BRFSS 2003 - 2004 Report

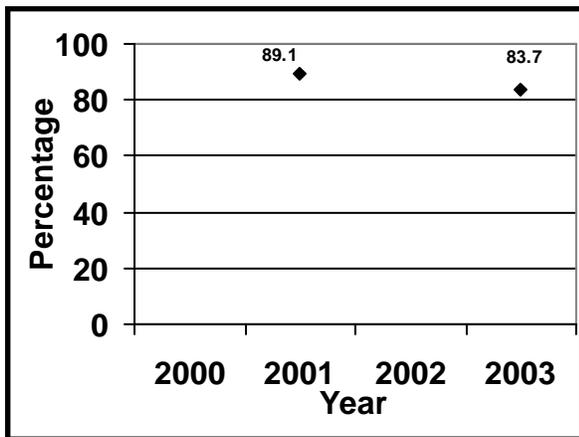
### Definition :

Individuals age 18 and older who have NOT participated in 20 or more minutes of vigorous physical activity three or more times a week.

Lack of vigorous physical activity question was not asked in 2004.

- In 2003, approximately 84% of the adult Kentucky population did not participate vigorous physical activity.
- A higher percentage of females, 87.3%, reported lack of vigorous physical activity compared to males, 79.7%.
- In 2003, 83.7% of Whites did not participate in vigorous physical activity compared to 80.7% of African Americans.
- Among those Kentuckians with less than a high school education, 91.7% reported lack of vigorous physical activity compared to 75.6% of Kentuckians who were college graduates.

### Lack of Vigorous Physical Activity BRFSS, Kentucky Statewide Data

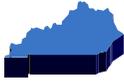


In 2001, the physical activity question changed and cannot be compared to data from previous years. Questions were not asked in 2002 and 2004.

### Lack of Vigorous Physical Activity by Demographic Groups Kentucky BRFSS 2003

Demographic Groups	%	95% (CI)
<b>Total</b>	83.7	(82.1-85.1)
<b>Gender</b>		
Male	79.7	(77.1-82.0)
Female	87.3	(85.6-88.8)
<b>Race</b>		
White/NH	83.7	(82.1-85.1)
African American/NH	80.7	(70.8-87.8)
<b>Age</b>		
18-24	70.2	(63.3-76.2)
25-34	77.1	(73.0-80.6)
35-44	82.9	(79.4-85.9)
45-54	86.2	(83.3-88.7)
55-64	89.2	(86.2-91.6)
65+	94.3	(92.4-95.8)
<b>Education</b>		
Less than H.S.	91.7	(88.3-94.2)
H.S. or GED	86.3	(84.0-88.3)
Some Post H.S.	80.8	(77.4-83.8)
College Graduate	75.6	(71.7-79.0)
<b>Household Income</b>		
Less than \$15,000	91.8	(88.6-94.1)
\$15,000 - 24,999	88.1	(84.1-91.1)
\$25,000 - 34,999	86.5	(82.3-89.9)
\$35,000 - 49,999	80.5	(76.4-84.1)
\$50,000 - 74,999	74.1	(68.8-78.7)
\$75,000 +	73.3	(67.6-78.3)

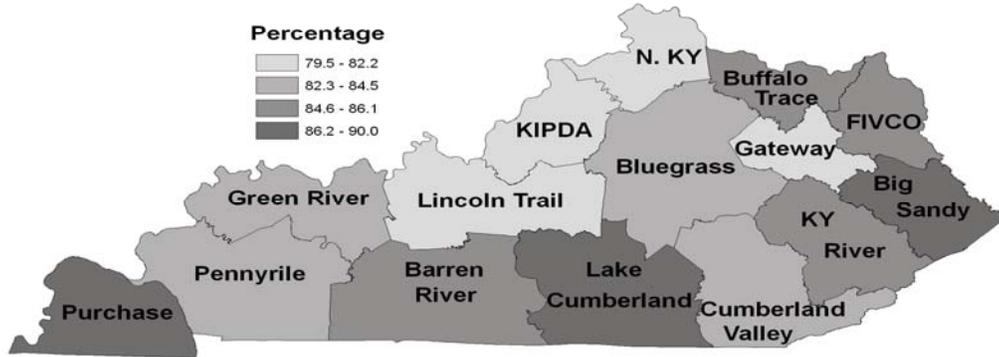
Missing, "Don't Know" and Refused Responses are excluded.  
95% CI = 95% Confidence Interval  
NH = Non-Hispanic



# Physical Activity: Lack of Vigorous Physical Activity

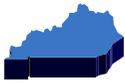
Kentucky BRFSS 2003 - 2004 Report

## Lack of Vigorous Physical Activity 2003 BRFSS Data by Area Development District



Lack of Vigorous Physical Activity by Nation, Kentucky, and ADD BRFSS 2003		
	%	95% (CI)
<b>National Median*</b>	73.7	
<b>Total Kentucky</b>	83.7	(82.1-85.1)
<b>ADDs</b>		
Barren River	86.1	(80.6-90.2)
Big Sandy	90.0	(85.6-93.2)
Bluegrass	83.0	(78.5-86.7)
Buffalo Trace	84.9	(79.1-89.3)
Cumberland Valley	83.4	(75.6-89.1)
FIVCO	86.0	(80.1-90.4)
Gateway	81.4	(75.6-86.1)
Green River	83.4	(78.2-87.5)
Kentucky River	85.3	(79.0-90.0)
KIPDA	82.2	(77.4-86.1)
Lake Cumberland	87.8	(83.5-91.1)
Lincoln Trail	79.5	(74.3-83.9)
Northern Kentucky	81.3	(77.0-85.0)
Pennyrile	84.5	(79.4-88.6)
Purchase	87.3	(83.3-90.5)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available. In 2004, Hawaii was included in the national median.



# Prostate Cancer Screening: Never Had a PSA Test Males Age 40 and Older

Kentucky BRFSS 2003 - 2004 Report

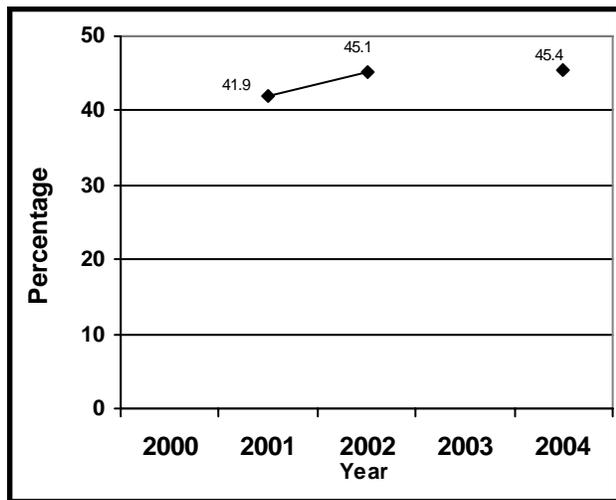
### Definition :

Males age 40 and older who answered “No” to the following question: “A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. Have you ever had a PSA test?”

The PSA question was not asked in 2003.

- In 2004, 45.4% of Kentucky adult males aged 40 and older had not had a PSA test.
- African American men, 51%, were less likely than White men, 44.3%, to have had a PSA test.
- Among age groups, the percentage of males not having a PSA test decreased dramatically with increasing age. While 76.1% of males age 40-44 had not had a PSA test, only 18.8% of males age 65 and older had not had a PSA test.

### Never Had a PSA Test, Males Age 40 and Older BRFSS, Kentucky Statewide Data



The PSA test question was not asked in 2000 and 2003.

Never Had a PSA Test, Males Age 40 and Older by Demographic Groups Kentucky BRFSS 2004		
Demographic Groups	%	95% (CI)
<b>Total</b>	45.4	(41.7-49.2)
<b>Gender</b>		
Male	45.4	(41.7-49.2)
<b>Race</b>		
White/NH	44.3	(47.1-54.6)
African American/NH	51.0	(40.9-80.7)
<b>Age</b>		
40-44	76.1	(67.3-83.2)
45-54	54.8	(48.0-61.4)
55-64	32.6	(26.4-39.5)
65+	18.8	(14.9-23.5)
<b>Education</b>		
Less than H.S.	44.6	(37.0-52.5)
H.S. or GED	53.7	(47.8-59.5)
Some Post H.S.	38.8	(31.1-47.2)
College Graduate	37.5	(29.8-45.9)
<b>Household Income</b>		
Less than \$15,000	52.8	(43.5-61.9)
\$15,000 - 24,999	53.2	(44.8-61.3)
\$25,000 - 34,999	45.9	(36.3-55.7)
\$35,000 - 49,999	46.5	(37.2-55.9)
\$50,000 - 74,999	40.2	(30.5-50.6)
\$75,000 +	36.7	(27.7-46.7)

Missing, “Don’t Know” and Refused Responses are excluded.  
95% CI = 95% Confidence Interval  
NH = Non-Hispanic.



# Prostate Cancer Screening: Never Had a PSA Test Males Age 40 and Older

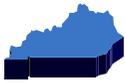
Kentucky BRFSS 2003 - 2004 Report

**Never Had a PSA Test, Males Age 40 and Older  
2004 BRFSS Data by Area Development District**



Never Had a PSA Test, Males Age 40 and Older by Nation, Kentucky, and ADD BRFSS 2004		
	%	95% (CI)
<b>National Median*</b>	40.3	
<b>Total Kentucky</b>	45.4	(41.7-49.2)
<b>ADDs</b>		
Barren River	48.7	(37.7-59.8)
Big Sandy	56.9	(46.1-67.2)
Bluegrass	34.6	(23.5-47.7)
Buffalo Trace	44.4	(33.1-56.4)
Cumberland Valley	55.5	(44.5-66.1)
FIVCO	39.4	(29.6-50.2)
Gateway	65.6	(54.5-75.3)
Green River	35.7	(25.6-47.2)
Kentucky River	71.7	(60.5-80.7)
KIPDA	46.1	(35.6-56.9)
Lake Cumberland	43.2	(32.8-54.1)
Lincoln Trail	37.1	(27.8-47.9)
Northern Kentucky	60.9	(51.0-70.0)
Pennyrile	38.4	(28.4-49.4)
Purchase	34.5	(25.7-44.6)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available. In 2004, Hawaii was not included in the national median.



# Prostate Cancer Screening: Never Had a Digital Rectal Exam, Males Age 40 and Older

Kentucky BRFSS 2003 - 2004 Report

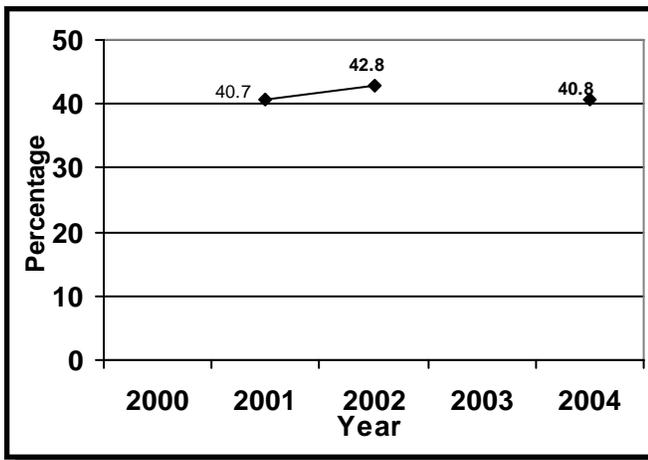
### Definition :

Males age 40 and older who answered “No” to the following question: “A digital rectal exam is an exam in which a doctor, nurse or other health professional places a gloved finger in the rectum to feel the size, shape and hardness of the prostate gland. Have you ever had a digital rectal exam?”

The digital rectal exam question was not asked in 2003.

- In 2004, 40.8% of Kentucky adult males aged 40 and older had not had a digital rectal exam.
- In 2004, 39.4% of Whites reported no digital rectal exam compared to 63% of African Americans.
- Among males aged 65 and older, 21.2% had not had a digital rectal exam compared to 60.0% of Kentuckians age 40-44.

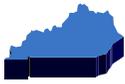
### Never Had a Digital Rectal Exam, Males Age 40 and Older BRFSS, Kentucky Statewide Data



The digital rectal exam question was not asked in 2000 and 2003.

Never Had a Digital Rectal Exam Males Age 40 and Older by Demographic Groups Kentucky BRFSS 2004		
Demographic Groups	%	95% (CI)
<b>Total</b>	40.8	(37.2-44.5)
<b>Gender</b>		
Male	40.8	(37.2-44.5)
<b>Race</b>		
White/NH	39.4	(35.8-43.2)
African American/NH	63.0	(43.8-78.8)
<b>Age</b>		
40-44	60.0	(49.2-70.0)
45-54	48.4	(41.9-54.9)
55-64	33.6	(27.6-40.2)
65+	21.2	(17.1-26.0)
<b>Education</b>		
Less than H.S.	43.9	(36.2-51.8)
H.S. or GED	45.8	(40.0-51.7)
Some Post H.S.	39.2	(31.3-47.7)
College Graduate	30.5	(23.6-38.5)
<b>Household Income</b>		
Less than \$15,000	44.4	(35.6-53.5)
\$15,000 - 24,999	41.3	(33.5-49.6)
\$25,000 - 34,999	45.2	(35.9-54.8)
\$35,000 - 49,999	44.6	(35.5-54.1)
\$50,000 - 74,999	37.0	(27.8-47.1)
\$75,000 +	29.5	(21.8-38.5)

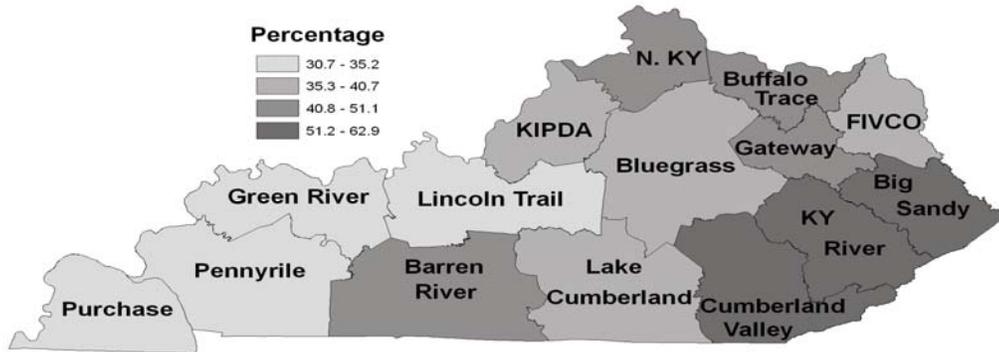
Missing, “Don’t Know” and Refused Responses are excluded.  
95% CI = 95% Confidence Interval  
NH = Non-Hispanic



# Prostate Cancer Screening: Never Had a Digital Rectal Exam, Males Age 40 and Older

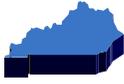
Kentucky BRFSS 2003 - 2004 Report

Never Had a Digital Rectal Exam, Males Age 40 and Older  
2004 BRFSS Data by Area Development District



Never Had a Digital Rectal Exam, Males Age 40 and Older by Nation, Kentucky, and ADD BRFSS 2004		
	%	95% (CI)
<b>National Median*</b>	24.7	
<b>Total Kentucky</b>	40.8	(37.2-44.5)
<b>ADDs</b>		
Barren River	44.6	(33.9-55.8)
Big Sandy	54.8	(43.9-65.3)
Bluegrass	38.3	(26.9-51.1)
Buffalo Trace	44.4	(33.2-56.2)
Cumberland Valley	51.9	(41.1-62.6)
FIVCO	36.1	(26.6-46.9)
Gateway	46.7	(35.1-58.7)
Green River	30.7	(21.3-42.0)
Kentucky River	62.9	(50.2-74.0)
KIPDA	36.9	(27.6-47.4)
Lake Cumberland	40.7	(30.6-51.6)
Lincoln Trail	32.4	(23.6-42.7)
Northern Kentucky	51.1	(41.0-61.2)
Pennyrile	35.2	(25.5-64.2)
Purchase	31.2	(22.9-40.9)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available. In 2004, Hawaii was not included in the national median.



# Tobacco Use: Ever Smoked Cigarettes

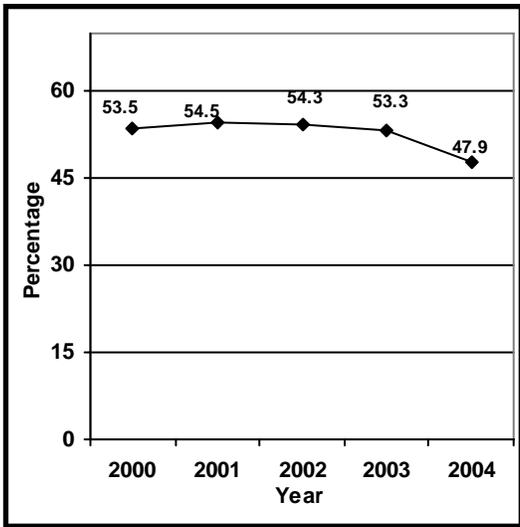
Kentucky BRFSS 2003 - 2004 Report

## Definition :

Individuals age 18 and older who stated "Yes" to the following question: "Have you smoked at least 100 cigarettes in your entire life?"

- In 2004, 47.9% of the Kentucky adult population had smoked at least 100 cigarettes in their entire life.
- The prevalence of ever smoking cigarettes was higher among males, 53.1%, compared to females, 43.0%.
- Among Whites, 48.9% had smoked at least 100 cigarettes in their entire lifetime compared to 42.1% of African Americans.
- The prevalence of ever smoking decreased with increasing levels of education.
- The prevalence of ever smoking cigarettes decreased from 53.5% in 2000 to 47.9% in 2004.

## Ever Smoked Cigarettes BRFSS, Kentucky Statewide Data



Ever Smoked Cigarettes by Demographic Groups Kentucky BRFSS 2003 and 2004				
Demographic Groups	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>Total</b>	53.3	(51.5-55.0)	47.9	(45.9-49.8)
<b>Gender</b>				
Male	60.6	(57.8-63.4)	53.1	(49.9-56.3)
Female	46.5	(44.3-48.6)	43.0	(40.8-45.3)
<b>Race</b>				
White/NH	53.8	(52.0-55.6)	48.9	(46.8-50.9)
African American/NH	45.5	(36.7-54.7)	42.1	(33.1-51.6)
<b>Age</b>				
18-24	49.3	(42.4-56.2)	39.4	(32.0-47.3)
25-34	47.8	(43.4-52.2)	45.0	(40.1-50.0)
35-44	55.8	(51.8-59.7)	46.0	(41.7-50.5)
45-54	58.1	(54.5-61.7)	53.1	(49.1-57.0)
55-64	58.8	(55.0-62.5)	54.4	(50.4-58.5)
65+	50.3	(47.0-58.8)	48.5	(45.0-51.9)
<b>Education</b>				
Less than H.S.	65.9	(62.3-69.3)	64.1	(60.4-67.8)
H.S. or GED	58.8	(56.0-61.5)	51.3	(48.2-54.4)
Some Post H.S.	49.5	(45.8-53.2)	48.1	(44.0-52.3)
College Graduate	37.6	(33.8-41.5)	30.7	(26.9-34.8)
<b>Household Income</b>				
Less than \$15,000	61.6	(57.1-65.9)	57.3	(52.4-62.1)
\$15,000 - 24,999	65.1	(60.9-69.0)	54.4	(49.9-59.0)
\$25,000 - 34,999	53.1	(47.8-58.2)	52.7	(47.3-58.0)
\$35,000 - 49,999	57.1	(52.6-61.4)	49.0	(43.9-54.1)
\$50,000 - 74,999	50.9	(45.6-58.3)	41.3	(35.4-47.4)
\$75,000 +	40.1	(34.5-46.0)	36.9	(31.6-42.3)

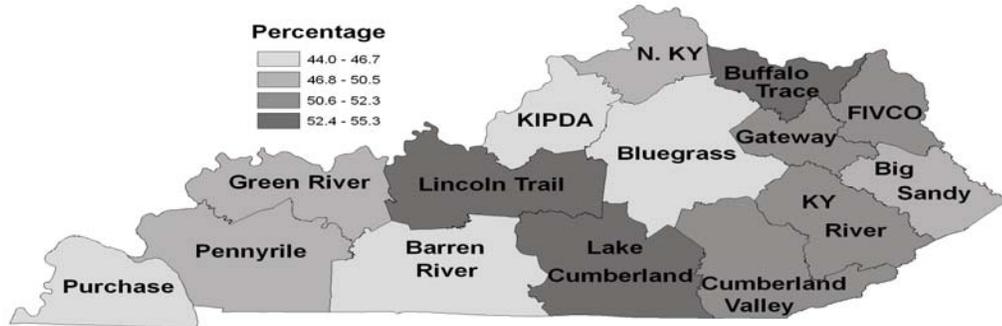
Missing, "Don't Know", and Refused Responses are excluded.  
95% CI = 95% Confidence Interval  
NH = Non-Hispanic



# Tobacco Use: Ever Smoked Cigarettes

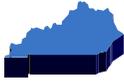
Kentucky BRFSS 2003 - 2004 Report

**Ever Smoked Cigarettes  
2004 BRFSS Data by Area Development District**



Ever Smoked Cigarettes by Nation, Kentucky, and ADD BRFSS 2003 and 2004				
	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>National Median*</b>	48.0		45.1	
<b>Total Kentucky</b>	53.3	(51.5-55.0)	47.9	(45.9-49.8)
<b>ADDs</b>				
Barren River	55.0	(49.2-60.8)	46.1	(40.3-52.0)
Big Sandy	59.6	(53.9-65.1)	50.5	(43.8-57.2)
Bluegrass	51.1	(46.0-56.1)	44.0	(37.9-50.2)
Buffalo Trace	55.7	(50.0-61.3)	55.3	(49.2-61.2)
Cumberland Valley	56.7	(50.4-62.9)	51.2	(45.0-57.4)
FIVCO	57.6	(51.9-63.1)	52.3	(46.9-57.7)
Gateway	55.1	(49.9-60.3)	51.4	(45.5-57.1)
Green River	50.4	(44.9-56.0)	46.8	(40.8-52.9)
Kentucky River	55.8	(49.7-61.6)	51.1	(45.2-57.0)
KIPDA	51.1	(45.8-56.4)	46.7	(41.2-52.3)
Lake Cumberland	54.4	(49.5-59.2)	54.4	(48.7-60.1)
Lincoln Trail	56.5	(51.0-61.9)	52.5	(46.2-58.7)
Northern Kentucky	50.4	(45.5-55.4)	47.5	(42.1-52.9)
Pennyrile	55.1	(49.8-60.2)	47.1	(41.1-53.2)
Purchase	54.4	(49.4-59.3)	45.8	(40.2-51.5)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available. In 2004, Hawaii was not included in the national median.



# Tobacco Use: Current Cigarette Smoking

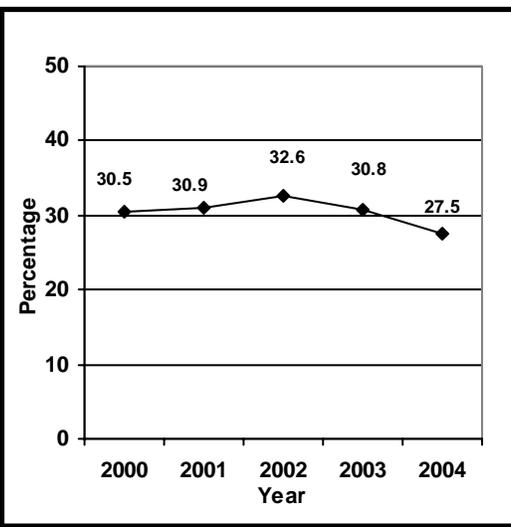
Kentucky BRFSS 2003 - 2004 Report

## Definition :

Individuals age 18 and older who have smoked at least 100 cigarettes in their entire life and now smoke every day or some days.

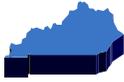
- In Kentucky, 27.5% of the adult population were current smokers in 2004.
- The prevalence of current smoking was 29.3% among males and 25.9% among females.
- In 2004, 27.5% of Whites were current cigarette smokers compared to 28.7% of African Americans.
- Among age groups, current smoking prevalence was similar among those 18-24, 25-34 and 35-44 but decreased at age 55-64 and again for the 65 and older age group.
- The prevalence of cigarette smoking decreased quite significantly between 2003 and 2004 across almost all demographics.

## Current Cigarette Smoking BRFSS, Kentucky Statewide Data



Current Cigarette Smoking by Demographic Groups Kentucky BRFSS 2003 and 2004				
Demographic Groups	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>Total</b>	30.8	(29.1-32.4)	27.5	(25.8-29.3)
<b>Gender</b>				
Male	33.6	(30.9-36.4)	29.3	(26.4-32.4)
Female	28.1	(26.2-30.1)	25.9	(23.9-27.9)
<b>Race</b>				
White/NH	30.6	(28.9-32.3)	27.5	(25.7-29.4)
African American/NH	31.3	(23.2-40.8)	28.7	(20.9-38.1)
<b>Age</b>				
18-24	38.9	(32.4-45.9)	31.1	(24.3-38.9)
25-34	33.1	(29.1-37.3)	31.0	(26.6-35.8)
35-44	40.1	(36.3-44.1)	32.6	(28.5-36.9)
45-54	34.0	(30.6-37.6)	31.0	(27.4-34.8)
55-64	22.8	(19.9-25.9)	25.6	(22.2-29.4)
65+	14.4	(12.3-16.8)	12.5	(10.5-14.8)
<b>Education</b>				
Less than H.S.	41.0	(37.2-44.9)	39.4	(35.5-43.5)
H.S. or GED	36.6	(33.7-39.5)	32.6	(29.5-35.8)
Some Post H.S.	27.6	(24.5-31.0)	26.1	(22.7-29.8)
College Graduate	15.3	(12.6 - 18.3)	12.2	(9.6-15.3)
<b>Household Income</b>				
Less than \$15,000	42.9	(38.5-47.5)	37.3	(32.8-41.7)
\$15,000 - 24,999	42.1	(37.8-46.5)	33.5	(29.3-37.8)
\$25,000 - 34,999	33.4	(28.6-38.6)	35.6	(30.5-40.9)
\$35,000 - 49,999	32.4	(28.0-37.1)	27.3	(23.0-32.1)
\$50,000 - 74,999	27.2	(22.5-32.4)	19.0	(14.2-24.3)
\$75,000 +	18.0	(13.6-23.6)	14.8	(11.4-18.9)

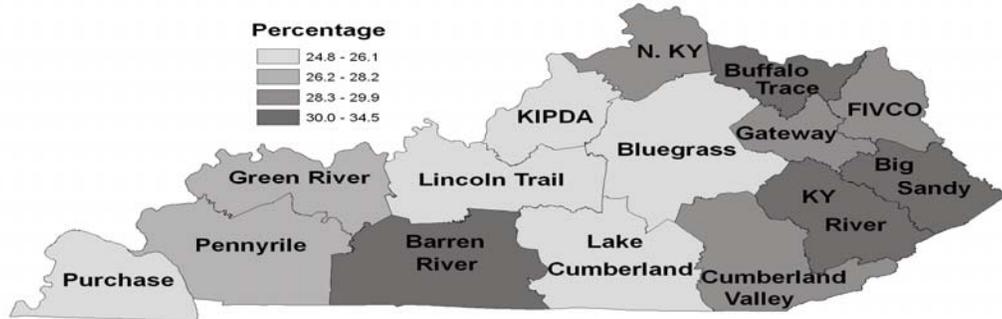
Missing, "Don't Know", and Refused Responses are excluded.  
95% CI = 95% Confidence Interval  
NH = Non-Hispanic



# Tobacco Use: Current Cigarette Smoking

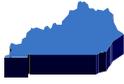
Kentucky BRFSS 2003 - 2004 Report

**Current Cigarette Smoking  
2004 BRFSS Data by Area Development District**



Current Cigarette Smoking by Nation, Kentucky, and ADD BRFSS 2003 and 2004				
	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>National Median*</b>	22.0		20.8	
<b>Total Kentucky</b>	30.8	(29.1-32.4)	27.5	(25.8-29.3)
<b>ADDs</b>				
Barren River	34.3	(28.8-40.2)	31.7	(26.2-37.7)
Big Sandy	37.0	(31.5-42.8)	31.1	(25.3-37.5)
Bluegrass	29.6	(25.0-34.7)	24.8	(19.6-30.8)
Buffalo Trace	35.4	(29.8-41.3)	34.5	(28.8-40.6)
Cumberland Valley	38.9	(33.2-45.0)	29.9	(24.6-35.8)
FIVCO	31.7	(26.7-37.2)	29.7	(24.9-35.1)
Gateway	32.0	(27.1-37.3)	29.1	(24.3-34.5)
Green River	27.2	(22.4-32.6)	27.7	(22.5-33.6)
Kentucky River	35.5	(29.7-41.7)	31.8	(26.4-37.9)
KIPDA	27.6	(22.9-32.8)	26.1	(21.4-31.5)
Lake Cumberland	31.1	(26.7-35.8)	25.9	(21.2-31.2)
Lincoln Trail	32.3	(27.3-37.8)	25.7	(21.0-31.0)
Northern Kentucky	25.3	(21.0-30.3)	28.9	(24.1-34.4)
Pennyrile	35.5	(30.2-41.2)	28.2	(22.6-34.5)
Purchase	30.3	(25.8-35.3)	25.8	(21.2-31.1)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available. In 2004, Hawaii was not included in the national median.



# Weight Control: Overweight or Obese

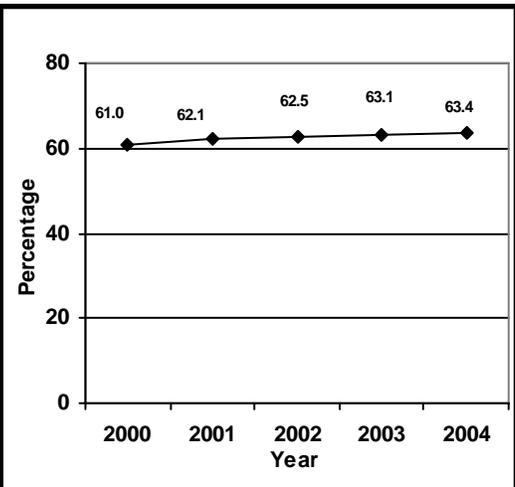
Kentucky BRFSS 2003 - 2004 Report

### Definition :

Individuals age 18 and older who have a body mass index (BMI) of greater than or equal to 25 kg/m<sup>2</sup> are classified as overweight or obese.

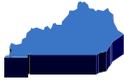
- In 2004, 63.4% of the Kentucky adult population were overweight.
- Considerably fewer women, 55.7%, than men, 71.3%, were overweight.
- A higher percentage of African Americans, 68.5%, were overweight compared to Whites, 63.8%.
- Among age groups, those Kentuckians aged 55-64 had the highest prevalence of overweight, 70.3%.
- The prevalence of overweight or obesity was similar among education levels. The lowest prevalence of overweight or obesity was reported by those with a college degree, 60.2%, while the highest prevalence was reported by those with a high school degree, 66.1%

### Overweight BRFSS, Kentucky Statewide Data



Overweight or Obese: BMI of 25 and greater by Demographic Groups Kentucky BRFSS 2003 and 2004				
Demographic Groups	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>Total</b>	63.1	(61.3-64.8)	63.4	(61.5-65.4)
<b>Gender</b>				
Male	71.3	(68.5-73.9)	71.3	(68.1-74.3)
Female	55.0	(52.8-57.3)	55.7	(53.2-58.1)
<b>Race</b>				
White/NH	63.1	(61.2-64.9)	63.8	(61.7-65.8)
African American/NH	67.1	(56.5-76.3)	68.5	(58.1-77.4)
<b>Age</b>				
18-24	51.0	(43.9-58.0)	41.1	(33.6-49.1)
25-34	59.6	(55.0-64.1)	65.0	(60.2-69.6)
35-44	65.3	(61.3-69.0)	64.8	(60.4-69.0)
45-54	69.9	(66.3-73.3)	68.4	(64.5-72.1)
55-64	73.2	(69.7-76.5)	70.3	(66.2-74.1)
65+	58.3	(55.0-61.6)	65.1	(61.8-68.2)
<b>Education</b>				
Less than H.S.	64.1	(60.2-67.7)	64.5	(60.2-68.5)
H.S. or GED	64.4	(61.5-67.3)	66.1	(63.0-69.1)
Some Post H.S.	63.9	(60.2-67.5)	61.4	(57.0-65.7)
College Graduate	58.6	(54.4-62.7)	60.2	(55.7-64.5)
<b>Household Income</b>				
Less than \$15,000	63.0	(58.2-67.5)	63.5	(58.4-68.4)
\$15,000 - 24,999	65.5	(61.1-69.7)	64.8	(60.1-69.3)
\$25,000 - 34,999	64.2	(58.8-69.2)	66.6	(61.4-71.5)
\$35,000 - 49,999	62.6	(57.9-67.1)	61.6	(56.3-66.6)
\$50,000 - 74,999	68.0	(62.5-73.0)	67.2	(61.0-72.9)
\$75,000 +	63.7	(57.6-69.3)	60.9	(55.3-66.3)

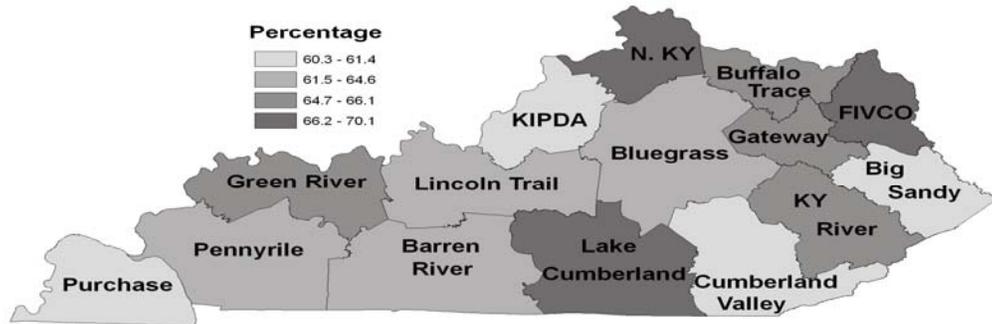
Missing, "Don't Know", and Refused Responses are excluded.  
 95% CI = 95% Confidence Interval  
 NH = Non-Hispanic



# Weight Control: Overweight or Obese

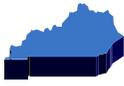
Kentucky BRFSS 2003 - 2004 Report

**Overweight or Obese  
2004 BRFSS Data by Area Development District**



Overweight or Obese by Nation, Kentucky, and ADD BRFSS 2003 and 2004				
	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>National Median*</b>	58.9		60.4	
<b>Total Kentucky</b>	63.1	(61.3-64.8)	63.4	(61.5-65.4)
<b>ADDs</b>				
Barren River	58.0	(52.0-63.7)	62.3	(56.2-68.1)
Big Sandy	65.8	(59.8-71.4)	61.3	(53.9-68.1)
Bluegrass	63.1	(57.9-68.0)	62.8	(56.3-68.8)
Buffalo Trace	63.8	(57.9-69.2)	64.9	(58.8-70.6)
Cumberland Valley	67.6	(61.0-73.5)	61.0	(54.1-67.4)
FIVCO	72.3	(67.0-77.0)	70.1	(64.9-74.9)
Gateway	63.9	(58.6-68.8)	66.1	(60.2-71.6)
Green River	61.4	(55.6-66.9)	65.4	(59.2-71.1)
Kentucky River	59.0	(52.8-64.9)	65.3	(59.3-71.0)
KIPDA	59.3	(53.8-64.6)	61.4	(55.6-66.8)
Lake Cumberland	68.2	(63.4-72.5)	68.0	(62.0-73.5)
Lincoln Trail	69.3	(63.7-74.5)	64.6	(57.8-70.9)
Northern Kentucky	62.5	(57.5-67.3)	66.2	(60.7-71.2)
Pennyryle	65.1	(59.6-70.3)	64.2	(57.9-70.1)
Purchase	61.4	(56.1-66.4)	60.3	(54.5-65.9)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available. In 2004, Hawaii was not included in the national median.



# Weight Control: Obesity

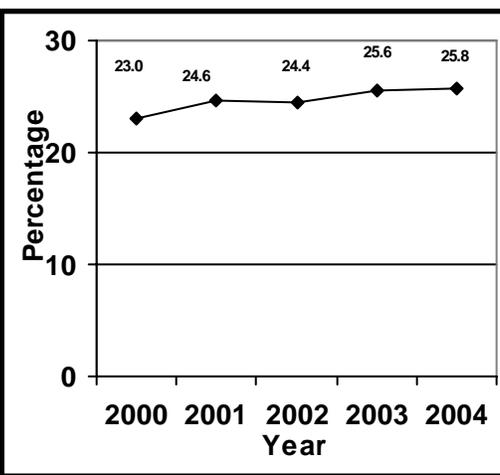
Kentucky BRFSS 2003 - 2004 Report

### Definition :

Individuals age 18 and older who have a body mass index (BMI) of greater than or equal to 30 kg/m<sup>2</sup>.

- In 2004, 25.8% of the Kentucky, adult population were obese.
- The prevalence of obesity was similar among males and females in 2004.
- A higher percentage of African Americans, 39.2%, were obese compared to Whites, 25.5%.
- The percentage of adult Kentuckians who were obese has increased from 23.0% in 2000 to 25.8% in 2004.
- In 2004, the highest prevalence of obesity among income levels was reported by those with less than \$15,000 a year household income at 30.9%. The lowest prevalence of obesity among this group was reported by those with an annual household income of \$75,000+, 18.9%.

**Obesity BRFSS, Kentucky Statewide Data**

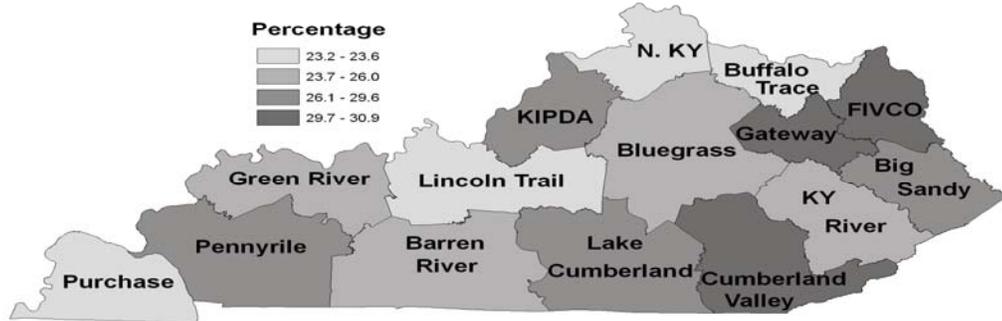


Obesity by Demographic Groups Kentucky BRFSS 2003 and 2004				
Demographic Groups	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>Total</b>	25.6	(24.1-27.3)	25.8	(24.1-27.6)
<b>Gender</b>				
Male	27.4	(25.0-30.0)	25.6	(22.9-28.5)
Female	23.9	(22.0-25.8)	26.1	(24.0-28.3)
<b>Race</b>				
White/NH	25.6	(24.0-27.2)	25.5	(23.7-27.3)
African American/NH	33.0	(25.0-42.2)	39.2	(29.9-49.3)
<b>Age</b>				
18-24	22.7	(17.2-29.4)	15.5	(10.5-22.3)
25-34	22.4	(19.0-26.3)	30.3	(25.6-35.6)
35-44	26.6	(23.2-30.4)	26.1	(22.5-30.2)
45-54	31.2	(27.8-34.8)	29.0	(25.5-32.8)
55-64	32.0	(28.4-35.7)	30.3	(26.7-34.2)
65+	19.2	(16.7-21.9)	20.4	(17.8-23.3)
<b>Education</b>				
Less than H.S.	26.8	(23.5-30.4)	28.4	(24.8-32.2)
H.S. or GED	28.0	(25.5-30.7)	27.3	(24.4-30.4)
Some Post H.S.	25.8	(22.5-29.3)	24.1	(21.0-27.5)
College Graduate	20.0	(17.0-23.3)	23.4	(19.7-27.5)
<b>Household Income</b>				
Less than \$15,000	31.4	(27.4-35.8)	30.9	(26.7-35.4)
\$15,000 - 24,999	30.7	(26.8-34.9)	28.5	(24.5-32.8)
\$25,000 - 34,999	25.2	(20.6-30.3)	27.1	(22.4-32.3)
\$35,000 - 49,999	27.1	(23.1-31.4)	27.2	(22.8-32.1)
\$50,000 - 74,999	21.9	(17.8-26.6)	27.5	(22.0-33.8)
\$75,000 +	23.0	(18.2-28.5)	18.9	(15.0-23.5)

Missing, "Don't Know", and Refused Responses are excluded.  
 95% CI = 95% Confidence Interval  
 NH = Non-Hispanic

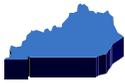


**Obesity**  
**2004 BRFSS Data by Area Development District**



Obesity by Nation, Kentucky, and ADD BRFSS 2003 and 2004				
	2003		2004	
	%	95% (CI)	%	95% (CI)
<b>National Median*</b>	22.8		23.2	
<b>Total Kentucky</b>	25.6	(24.1-27.3)	25.8	(24.1-27.6)
<b>ADDs</b>				
Barren River	25.1	(19.8-31.3)	24.7	(20.0-30.1)
Big Sandy	35.1	(29.5-41.1)	27.1	(21.8-33.3)
Bluegrass	25.7	(21.4-30.6)	24.0	(19.0-29.8)
Buffalo Trace	24.9	(20.2-30.3)	23.2	(18.1-29.1)
Cumberland Valley	31.6	(26.0-37.8)	30.0	(24.5-36.3)
FIVCO	29.8	(25.0-35.0)	29.7	(25.0-35.0)
Gateway	26.9	(22.4-32.0)	30.9	(25.8-36.6)
Green River	21.0	(16.8-25.8)	26.0	(21.1-31.6)
Kentucky River	27.4	(22.4-33.1)	24.8	(20.3-29.9)
KIPDA	24.1	(19.7-29.0)	26.5	(21.6-32.0)
Lake Cumberland	21.2	(17.6-25.3)	29.6	(24.6-35.1)
Lincoln Trail	23.8	(19.5-28.7)	23.6	(19.0-28.9)
Northern Kentucky	23.6	(19.3-28.5)	23.5	(19.0-28.6)
Pennyryle	29.6	(24.8-35.0)	28.5	(23.6-34.0)
Purchase	24.7	(20.6-29.3)	23.2	(18.5-28.8)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available. In 2004, Hawaii was not included in the national median.



# Women's Health: No Breast Cancer Screening in the Past Two Years, Females Age 50 and Older

Kentucky BRFSS 2003 - 2004 Report

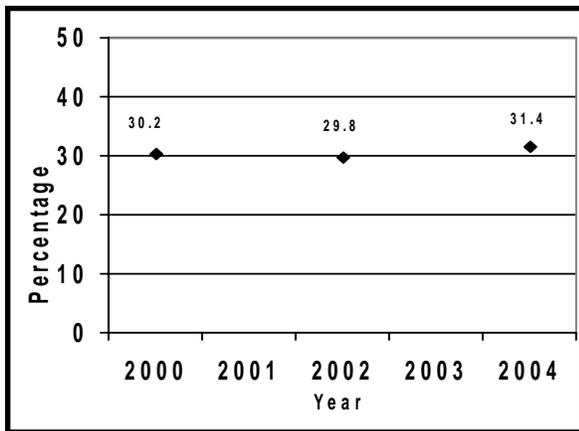
### Definition :

Females age 50 and older who have not had a mammogram and a clinical breast exam in the past two years.

The women's cancer screening questions were not asked in 2003.

- In Kentucky, 31.4% of women age 50 and older reported not having a mammogram and a clinical breast exam in the past two years.
- Among education levels, 46.7% of those with less than a high school education had not had a mammogram and a clinical breast exam in the past two years compared to 12.7% of women with a college degree.
- There was also a significant difference found among income levels. Of those women who had \$15,000 or less yearly income 44.9% did not have a mammogram and a clinical breast exam in the past two years compared to only 8.7% of women with a household income of \$75,000 and above.

### No Breast Cancer Screening in the Past Two Years, Females Age 50 and Older



The women's cancer screening questions were not asked in 2001 and 2003

### No Breast Cancer Screening in the Past Two Years Females Age 50 and Older by Demographic Groups Kentucky BRFSS 2004

Demographic Groups	%	95% (CI)
<b>Total</b>	31.4	(28.8-34.0)
<b>Gender</b>		
Female	31.4	(28.8-34.0)
<b>Race</b>		
White/NH	31.9	(29.2-34.6)
African American/NH	23.2	(12.0-40.0)
<b>Age</b>		
50-54	26.5	(20.9-33.0)
55-64	26.1	(22.1-30.5)
65+	37.8	(34.1-41.7)
<b>Education</b>		
Less than H.S.	46.7	(41.2-52.3)
H.S. or GED	32.6	(28.5-36.9)
Some Post H.S.	25.3	(20.0-31.5)
College Graduate	12.7	(8.9-17.8)
<b>Household Income</b>		
Less than \$15,000	44.9	(38.7-51.3)
\$15,000 - 24,999	38.9	(32.9-45.2)
\$25,000 - 34,999	26.2	(19.4-34.3)
\$35,000 - 49,999	20.7	(14.0-29.5)
\$50,000 - 74,999	12.2	(7.3-19.7)
\$75,000 +	8.7	(4.7-15.5)

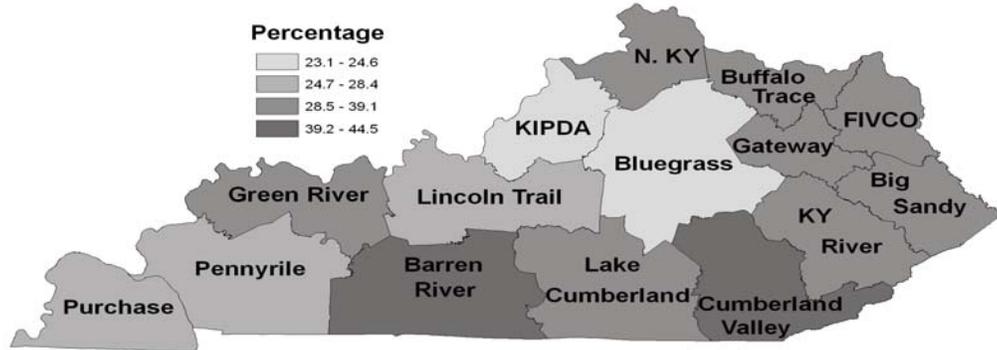
Missing, "Don't Know" and Refused Responses are excluded.  
95% CI = 95% Confidence Interval.  
NH = Non-Hispanic



# Women's Health: No Breast Cancer Screening in the Past Two Years, Females Age 50 and Older

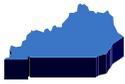
Kentucky BRFSS 2003 - 2004 Report

**No Breast Cancer Screening in the Past Two Years  
2004 BRFSS Data by Area Development District**



No Breast Cancer Screening in the Past Two Years by Nation, Kentucky, and ADD BRFSS 2004		
	%	95% (CI)
<b>National Median*</b>	29.0	
<b>Total Kentucky</b>	31.4	(28.8-34.0)
<b>ADDs</b>		
Barren River	42.0	(34.0-50.3)
Big Sandy	35.1	(26.1-45.3)
Bluegrass	23.1	(16.2-32.0)
Buffalo Trace	35.7	(27.0-45.6)
Cumberland Valley	44.5	(35.9-53.5)
FIVCO	39.1	(31.5-47.3)
Gateway	36.8	(28.3-46.2)
Green River	34.8	(27.0-43.5)
Kentucky River	38.0	(29.3-47.5)
KIPDA	24.6	(18.1-32.4)
Lake Cumberland	34.9	(26.9-43.8)
Lincoln Trail	27.0	(19.6-35.9)
Northern Kentucky	37.9	(29.7-46.8)
Pennyrile	27.7	(20.0-36.9)
Purchase	28.4	(21.4-36.5)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available. In 2004, Hawaii was not included in the national median.



## Women's Health: No Cervical Cancer Screening in Past Three Years

Kentucky BRFSS 2003 - 2004 Report

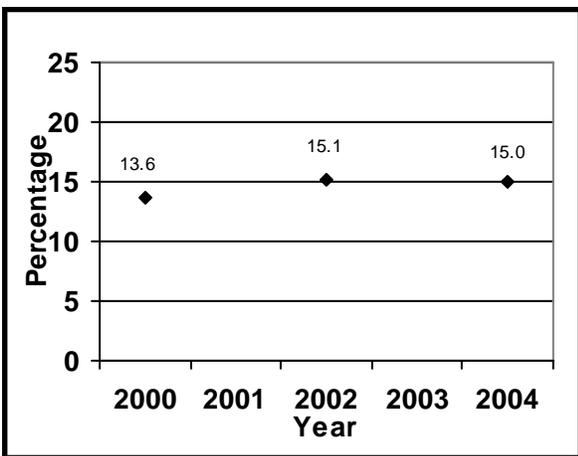
### Definition :

Women age 18 and older with an intact cervix who have not had a Pap test in the past three years.

The cervical cancer screening questions were not asked in 2003.

- In Kentucky, 15.0% of adult women reported not having a Pap test in the past three years.
- A higher percentage of African American women, 20.4%, had not had a Pap test in the past three years compared to White women, 14.8%.
- Women aged 25-34 reported the lowest prevalence of no Pap test in the past three years, 6.6%, compared to women aged 65 and older who reported the highest prevalence of no Pap test in the past three years, 33.3%.
- The prevalence of not having a Pap test in the past three years decreased with increasing levels of education and income.

### No Cervical Cancer Screening in the Past Three Years BRFSS, Kentucky Statewide Data



The women's health questions were not asked in 2001 or 2003.

### No Cervical Cancer Screening in the Past Three Years by Demographic Groups Kentucky BRFSS 2004

Demographic Groups	%	95% (CI)
<b>Total</b>	15.0	(13.2-17.1)
<b>Gender</b>		
Female	15.0	(13.2-17.1)
<b>Race</b>		
White/NH	14.8	(12.9-16.9)
African American/NH	20.4	(11.3-34.1)
<b>Age</b>		
18-24	17.5	(10.7-27.3)
25-34	6.6	(4.5-9.7)
35-44	11.3	(8.7-14.4)
45-54	15.9	(11.9-20.9)
55-64	14.4	(10.6-19.4)
65+	33.3	(28.1-38.9)
<b>Education</b>		
Less than H.S.	32.8	(26.8-39.5)
H.S. or G.E.D	16.1	(13.2-19.5)
Some Post H.S.	13.0	(9.6-17.5)
College Graduate	6.5	(4.0-10.4)
<b>Household Income</b>		
Less than \$15,000	19.3	(15.2-24.2)
\$15,000 - 24,999	19.0	(14.4-24.6)
\$25,000 - 34,999	16.9	(11.2-24.8)
\$35,000 - 49,999	8.1	(5.5-11.9)
\$50,000 - 74,999	4.9	(2.7-8.7)
\$75,000 +	4.0	(1.9-8.3)

Missing, "Don't Know" and Refused Responses are excluded.  
95% CI = 95% Confidence Interval  
NH = Non-Hispanic.



## Women's Health: No Cervical Cancer Screening in the Past Three Years

Kentucky BRFSS 2003 - 2004 Report

**No Cervical Cancer Screening in the Past Three Years  
2004 BRFSS Data by Area Development District**



No Cervical Cancer Screening in the Past Three Years by Nation, Kentucky, and ADD BRFSS 2004		
	%	95% (CI)
<b>National Median*</b>	14.4	
<b>Total Kentucky</b>	15.0	(13.2-17.1)
<b>ADDs</b>		
Barren River	16.2	(10.8-23.5)
Big Sandy	18.1	(12.1-26.2)
Bluegrass	15.4	(9.7-23.6)
Buffalo Trace	12.2	(7.6-18.9)
Cumberland Valley	18.9	(13.6-25.6)
FIVCO	22.9	(17.1-30.0)
Gateway	18.2	(12.3-26.1)
Green River	14.0	(8.6-21.9)
Kentucky River	20.9	(14.7-28.8)
KIPDA	11.3	(7.6-16.4)
Lake Cumberland	16.0	(10.9-22.9)
Lincoln Trail	10.5	(6.6-16.3)
Northern Kentucky	17.9	(12.5-24.9)
Pennyrile	10.1	(6.2-16.2)
Purchase	18.1	(12.8-25.1)

\*National Median is the middle value of the prevalence estimates from all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. The confidence interval is not available. In 2004, Hawaii was not included in the national median.

# APPENDICES



## Related Objectives from *Healthy Kentuckians 2010*



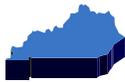
<u>HK 2010 Objectives Mid Decade Review</u>	<u>Target</u>	Kentucky BRFSS 2003	<u>Objective Met?</u>
<b>Overweight - 2010 Objective 1.1</b>			
Reduce the prevalence of overweight.	25.0%	37.4%	<b>No</b>
<b>Fruit and Vegetable Consumption - 2010 Objective 2.5</b>			
Increase the proportion of people age 2 and older who meet the Dietary Guidelines minimum average daily goal of at least five servings of fruits and vegetables a day.	40.0%	18.2%	<b>No</b>
<b>Current Smoking - 2010 Objective 3.1</b>			
Reduce the proportion of adults 18 and older who use cigarettes.	25.0%	30.8%	<b>No</b>
<b>Health Insurance - 2010 Objective 10.1</b>			
Reduce to zero the proportion of adults without health care coverage.	0%	17.1%	<b>No</b>
<b>Primary Care Provider - 2010 Objective 10.6</b>			
Increase the proportion of people who have a specific source of ongoing primary care.	90.0%	82.2%	<b>No</b>
<b>Barriers to Health Care - 2010 Objective 10.8</b>			
Reduce the proportion of individuals/families who reported that they did not obtain all of the health care that they needed.	7.0%	17.9%	<b>No</b>



## Related Objectives from *Healthy Kentuckians 2010*



<u>HK 2010 Objectives</u>	<u>Target</u>	<u>Kentucky BRFSS 2003</u>	<u>Objective Met?</u>
<b>Diabetes - 2010 Objective 18.2</b>			
Decrease the rate at which the prevalence of diagnosed diabetes is climbing so that it reaches no more than 6% of the population age 18 and older.	6.0%	8.5%	<b>No</b>
<b>Influenza Immunization - 2010 Objective 22.12</b>			
Increase the rate of influenza immunization coverage among non-institutionalized adults 65 years of age and older.	75.0%	69.1%	<b>No</b>
<b>Pneumonia Immunization - 2010 Objective 22.12</b>			
Increase the rate of pneumococcal vaccine coverage among non-institutionalized adults 65 years of age and older.	70.0%	59.6%	<b>No</b>
<b>Binge Drinking - 2010 Objective 26.18 (Developmental)</b>			
Reduce by one fourth the proportion of Kentuckians of all ages who report binge drinking in the past month. (Baseline 8.7% in 2001)	6.5%	9.3%	<b>No</b>



## Related Objectives from *Healthy Kentuckians 2010*



<u>HK 2010 Objectives</u>	<u>Target</u>	Kentucky BRFSS <u>2004</u>	<u>Objective Met?</u>
<b>Overweight - 2010 Objective 1.1</b>			
Reduce the prevalence of overweight.	25.0%	37.6%	<b>No</b>
<b>Current Smoking - 2010 Objective 3.1</b>			
Reduce the proportion of adults 18 and older who use cigarettes.	25.0%	27.5%	<b>No</b>
<b>Health Insurance - 2010 Objective 10.1</b>			
Reduce to zero the proportion of children and adults without health care coverage.	0%	14.9%	<b>No</b>
<b>Primary Care Provider - 2010 Objective 10.6</b>			
Increase the proportion of people who have a specific source of ongoing primary care.	90.0%	82.9%	<b>No</b>
<b>Barriers to Health Care - 2010 Objective 10.8</b>			
Reduce the proportion of individuals/families who reported that they did not obtain all of the health care that they needed.	7.0%	17.8%	<b>No</b>
<b>Breast Cancer Screening - 2010 Objective 17.5</b>			
Increase the percentage of women age 50 and older who have received a Mammogram and CBE within the preceding two years.	85.0%	68.6%	<b>No</b>



## Related Objectives from *Healthy Kentuckians 2010*



<u>HK 2010 Objectives</u>	<u>Target</u>	<u>Kentucky BRFSS 2004</u>	<u>Objective Met?</u>
<p><b>Cervical Cancer Screening - 2010 Objective 17.6</b></p> <p>Increase the percentage of women age 18 and older who had received a Pap test within the preceding three years.</p>	85.0%	85.0%	<b>Yes</b>
<p><b>Colorectal Cancer Screening - 2010 Objective 17.8</b></p> <p>Increase the proportion of people age 50 and older who have received fecal occult blood testing within the preceding one to two years.</p>	35.0%	23.8%	<b>No</b>
<p><b>Colorectal Cancer Screening - 2010 Objective 17.8</b></p> <p>Increase the proportion of people age 50 and older who have ever received proctosigmoidoscopy.</p>	40.0%	47.2%	<b>Yes</b>
<p><b>Diabetes - 2010 Objective 18.2</b></p> <p>Decrease the rate at which the prevalence of diagnosed diabetes is climbing so that it reaches no more than 6% of the population age 18 and older.</p>	6.0%	7.5%	<b>No</b>
<p><b>Influenza Immunization - 2010 Objective 22.12</b></p> <p>Increase the rate of influenza immunization coverage among noninstitutionalized adults 65 years of age and older.</p>	75.0%	64.3%	<b>No</b>
<p><b>Pneumonia Immunization - 2010 Objective 22.12</b></p> <p>Increase the rate of pneumococcal vaccine coverage among noninstitutionalized adults 65 years of age and older.</p>	70.0%	57.7%	<b>No</b>
<p><b>Binge Drinking - 2010 Objective 26.18 (Developmental)</b></p> <p>Reduce by one fourth the proportion of Kentuckians of all ages who report binge drinking in the past month. (Baseline 8.7% in 2001)</p>	6.5%	9.6%	<b>No</b>

# Comparison of Kentucky to the Nation

## Ranked Highest to Lowest by Prevalence of Risk Factor or Health Behavior

### Kentucky BRFSS 2003



Risk Factor or Health Behavior	Kentucky Prevalence Estimate (%)	National Median <sup>1</sup> (%)	National Range (%)	Kentucky's Rank in Nation <sup>2</sup>
Activity Limitation, Age 18+	24.8	18.3	11.2-26.4	2
Alcohol Consumption Binge Drinking, Age 18+	9.3	16.5	6.6-24.2	52
Alcohol Consumption Heavy Drinking, Age 18+	3.0	5.7	2.2-8.6	51
Arthritis Doctor-Diagnosed Arthritis, Age 18+	34.6	27.0	16.4-37.2	2
Asthma, Age 18+	9.8	7.6	4.5-10.8	3
Cardiovascular Disease <sup>3</sup> Coronary Heart Disease, Age 18+	5.9	4.4	2.1-8.7	4
Cardiovascular Disease <sup>3</sup> Heart Attack or Myocardial Infarction, Age 18+	5.0	3.9	1.8-7.4	3
Cardiovascular Disease <sup>3</sup> Stroke, Age 18+	2.8	2.2	1.2-4.2	6
Diabetes, Age 18+	8.5	7.2	4.7-11.0	10
Excess Sun Exposure Sunburn, Age 18+	25.8	34.7	12.9-51.7	49

<sup>1</sup>Unless stated differently the national median is the middle value of all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands.

<sup>2</sup>For most risk factors, the ranking is based on a comparison of Kentucky to all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. There will be a notation when Kentucky is compared to fewer states and territories. The ranking is based from highest prevalence to lowest prevalence. This ranking does not mean that the prevalence estimate for Kentucky is significantly different from the other states and territories. The confidence intervals may overlap.

<sup>3</sup>Only 25 states included the Cardiovascular Disease Module question in 2003.

# Comparison of Kentucky to the Nation

## Ranked Highest to Lowest by Prevalence of Risk Factor or Health Behavior

### Kentucky BRFSS 2003



Risk Factor or Health Behavior	Kentucky Prevalence Estimate (%)	National Median <sup>1</sup> (%)	National Range (%)	Kentucky's Rank in Nation <sup>2</sup>
Health Care Access Lack of Health Care Coverage, Age 18+	17.1	14.5	6.9-30.4	17
Health Care Access Lack of Primary Health Care Provider, Age 18+	17.8	19.1	10.5-34.7	31
Health Care Access Barriers to Health Care, Age 18+	17.9	12.0	6.3-22.4	5
Health Status Fair or Poor, Age 18+	22.8	14.9	10.7-35.0	4
Health Status Frequent Physical Problems, Age 18+	15.4	10.3	6.8-18.3	3
Health Status Frequent Mental Distress, Age 18+	14.2	9.8	5.9-15.1	3
Immunization No Flu Shot in Past Year, Age 65+	30.9	30.1	19.7-65.1	23
Immunization, Never Had a Pneumonia Shot, Age 65+	40.4	35.5	27.0-68.4	7
Nutrition Less than Five Fruits and Vegetables a Day, Age 18+	81.8	77.4	66.1-84.7	7

<sup>1</sup>Unless stated differently the national median is the middle value of all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands.

<sup>2</sup>For most risk factors, the ranking is based on a comparison of Kentucky to all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. There will be a notation when Kentucky is compared to fewer states and territories. The ranking is based from highest prevalence to lowest prevalence. This ranking does not mean that the prevalence estimate for Kentucky is significantly different from the other states and territories. The confidence intervals may overlap.

# Comparison of Kentucky to the Nation

## Ranked Highest to Lowest by Prevalence of Risk Factor or Health Behavior

### Kentucky BRFSS 2003



Risk Factor or Health Behavior	Kentucky Prevalence Estimate (%)	National Median <sup>1</sup> (%)	National Range (%)	Kentucky's Rank in Nation <sup>2</sup>
Physical Activity Lack of Leisure Time Physical Activity, Age 18+	30.6	23.1	15.0-45.1	2
Tobacco Use Ever Smoked Cigarettes, Age 18+	53.3	48.0	23.6-54.8	2
Tobacco Use Current Cigarette Smoking, Age 18+	30.8	22.0	10.0-34.0	2
Weight Control Overweight (BMI $\geq 25$ kg/m <sup>2</sup> ), Age 18+	63.1	58.9	50.0-64.9	4
Weight Control Obesity (BMI $\geq 30$ kg/m <sup>2</sup> ), Age 18+	25.6	22.8	16.0-28.4	5

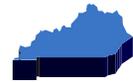
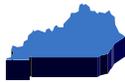
<sup>1</sup>Unless stated differently, the national median is the middle value of all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands.

<sup>2</sup>For most risk factors, the ranking is based on a comparison of Kentucky to all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. There will be a notation when Kentucky is compared to fewer states and territories. The ranking is based from highest prevalence to lowest prevalence. This ranking does not mean that the prevalence estimate for Kentucky is significantly different from the other states and territories. The confidence intervals may overlap.

# Comparison of Kentucky to the Nation

## Ranked Highest to Lowest by Prevalence of Risk Factor or Health Behavior

### Kentucky BRFSS 2004



Risk Factor or Health Behavior	Kentucky Prevalence Estimate (%)	National Median <sup>1</sup> (%)	National Range (%)	Kentucky's Rank in Nation <sup>2</sup>
Activity Limitation, Age 18+	22.4	17.3	9.6-25.7	2
Alcohol Consumption Binge Drinking, Age 18+	9.6	14.9	8.3-21.8	49
Alcohol Consumption Heavy Drinking, Age 18+	3.2	5.0	2.8-7.4	48
Asthma, Age 18+	8.3	8.0	5.0-10.0	28
Colorectal Cancer Screening No Blood Stool Test in Past Two Years, Age 50+	76.2	73.5	59.7-96.5	14
Colorectal Cancer Screening Never Had a Sigmoidoscopy or Colonoscopy, Age 50+	52.8	49.3	35.2-69.9	13
Diabetes, Age 18+	7.5	7.0	4.0-11.0	19
Excess Sun Exposure Sunburn, Age 18+	25.2	35.4	13.7-51.1	47
Firearms Firearms in or around Home, Age 18+	47.7	40.1	4.3-65.5	11
Firearms Loaded and Unlocked Firearms in or around Home, Age 18+	6.7	4.3	0.6-10.8	15
Folic Acid Not Taking A Supplement Containing Folic Acid Daily, Females Age 18-44	53.5	60.7	43.4-74.8	12 of 23 <sup>3</sup>

<sup>1</sup>Unless stated differently the national median is the middle value of all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. Hawaii was not included in the ranking for 2004.

<sup>2</sup>For most risk factors, the ranking is based on a comparison of Kentucky to all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. There will be a notation when Kentucky is compared to fewer states and territories. The ranking is based from highest prevalence to lowest prevalence. This ranking does not mean that the prevalence estimate for Kentucky is significantly different from the other states and territories. The confidence intervals may overlap.

<sup>3</sup>Only 23 states and territories included questions pertaining to folic acid.

# Comparison of Kentucky to the Nation

## Ranked Highest to Lowest by Prevalence of Risk Factor or Health Behavior

### Kentucky BRFSS 2004



Risk Factor or Health Behavior	Kentucky Prevalence Estimate (%)	National Median <sup>1</sup> (%)	National Range (%)	Kentucky's Rank in Nation <sup>2</sup>
Health Care Access Lack of Health Care Coverage, Age 18+	14.9	14.9	7.9-29.8	25
Health Care Access Lack of Primary Health Care Provider, Age 18+	17.1	19.3	10.6-33.4	32
Health Care Access Barriers to Health Care, Age 18+	17.8	12.8	6.8-20.0	6
Health Status Fair or Poor, Age 18+	21.9	15.1	10.0-34.8	4
Health Status <sup>3</sup> Frequent Mental Distress, Age 18+	14.4	10.2	6.6-15.0	2
Health Status <sup>3</sup> Frequent Physical Problems, Age 18+	14.6	10.0	7.3-18.8	3
Immunization No Flu Shot in Past Year, Age 65+	35.7	48.8	38.9 - 75.9	7
Immunization, Never Had a Pneumonia Shot, Age 65+	42.3	35.4	28.8-67.3	5
Oral Health No Professional Cleaning in Past Year, Age 18+	27.3	31.1	21.1-45.7	38

<sup>1</sup>Unless stated differently the national median is the middle value of all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. Hawaii was not included in the ranking for 2004.

<sup>2</sup>For most risk factors, the ranking is based on a comparison of Kentucky to all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. There will be a notation when Kentucky is compared to fewer states and territories. The ranking is based from highest prevalence to lowest prevalence. This ranking does not mean that the prevalence estimate for Kentucky is significantly different from the other states and territories. The confidence intervals may overlap.

<sup>3</sup>Only 23 states and territories included questions pertaining to frequent physical problems and frequent mental distress.

# Comparison of Kentucky to the Nation

## Ranked Highest to Lowest by Prevalence of Risk Factor or Health Behavior

### Kentucky BRFSS 2004



Risk Factor or Health Behavior	Kentucky Prevalence Estimate (%)	National Median <sup>1</sup> (%)	National Range (%)	Kentucky's Rank in Nation <sup>2</sup>
Physical Activity Lack of Leisure Time Physical Activity, Age 18+	29.8	22.9	15.9-46.6	3
Prostate Cancer Screening Never Had a PSA Test, Males Age 40+	45.4	40.3	29.3-47.7	5
Prostate Cancer Screening Never Had a Digital Rectal Exam, Males Age 40+	40.8	24.7	16.9-40.0	1
Tobacco Use Ever Smoked Cigarettes, Age 18+	47.9	45.1	19.4-52.3	15
Tobacco Use Current Cigarette Smoking, Age 18+	27.5	20.8	9.4-27.5	1
Weight Control Overweight (BMI $\geq 25$ kg/m <sup>2</sup> ), Age 18+	63.4	60.4	53.0-65.6	5
Weight Control Obesity (BMI $\geq 30$ kg/m <sup>2</sup> ), Age 18+	25.8	23.2	16.8-29.5	7
Women's Health No Breast Cancer Screening in Past Two Years, Females Age 50 and Older	31.4	29.0	19.3-42.3	20
Women's Health No Cervical Cancer Screening in Past Three Years, Females Age 18 and Older	15.0	14.4	10.2-27.5	20

<sup>1</sup>Unless stated differently, the national median is the middle value of all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. Hawaii was not included in the ranking for 2004.

<sup>2</sup>For most risk factors, the ranking is based on a comparison of Kentucky to all 50 states, Washington D.C., Guam, Puerto Rico, and the U.S. Virgin Islands. There will be a notation when Kentucky is compared to fewer states and territories. The ranking is based from highest prevalence to lowest prevalence. This ranking does not mean that the prevalence estimate for Kentucky is significantly different from the other states and territories. The confidence intervals may overlap.

**Comparison of 2003 BRFSS Sample  
to 2003 Kentucky Population  
Age 18 and Older**

<b>Demographic Characteristics</b>	<b>Unweighted BRFSS Sample Size</b>	<b>Unweighted BRFSS Percentage</b>	<b>Weighted BRFSS Percentage</b>	<b>2003 Population Estimate Percentage</b>
<b>GENDER</b>				
Male	2589	30.8	48.2	49.0
Female	5044	66.2	51.8	51.0
<b>RACE</b>				
White	7134	93.5	90.8	90.1
African-American	252	3.3	5.3	7.3
Hispanics	100	1.3	1.7	1.7
Other	62	0.8	1.0	2.6
<b>AGE</b>				
18-24 Years	414	5.4	13.2	13.1
25-34 Years	1068	13.9	17.5	18.6
35-44 Years	1364	17.9	19.9	19.9
45-54 Years	1506	19.7	18.4	18.8
55-64 Years	1341	17.6	13.4	13.4
65-99Years	1904	24.9	17.1	16.3

**Comparison of 2004 BRFSS Sample  
to 2004 Kentucky Population  
Age 18 and Older**

<b>Demographic Characteristics</b>	<b>Unweighted BRFSS Sample Size</b>	<b>Unweighted BRFSS Percentage</b>	<b>Weighted BRFSS Percentage</b>	<b>2004 Population Estimate Percentage</b>
<b>GENDER</b>				
Male	2589	33.8	48.2	49.1
Female	5044	66.2	51.8	50.9
<b>RACE</b>				
White	6102	91.8	90.0	90.4
African-American	239	3.6	5.3	7.5
Hispanics	151	2.3	2.3	1.9
Other	76	1.1	1.3	0.9
<b>AGE</b>				
18-24 Years	337	5.1	11.8	13.3
25-34 Years	870	13.1	19.2	18.6
35-44 Years	1160	17.5	20.1	19.5
45-54 Years	1377	20.7	19.1	18.9
55-64 Years	1209	18.2	13.5	13.8
65+	1692	25.5	16.3	16.2