

Data Profile of Health among Kentucky Adults by Six Regions

2019 Kentucky Behavioral Risk Factor Survey (KyBRFS)



**Kentucky Department for Public Health
Division of Prevention and Quality Improvement
Chronic Disease Prevention & Control Branch**



Kentucky Public Health
Prevent. Promote. Protect.



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Executive Summary

The Behavioral Risk Factor Surveillance System (BRFSS) is a telephone health survey co-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 18 years old or older who are living in a household with a telephone. Personal identifying information, such as name or address, is not collected. In Kentucky the BRFSS program is referred to as KyBRFS (Kentucky Behavioral Risk Factor Survey). The following report consists of data collected by the KyBRFS program and contractor for the calendar year 2019. The objective is to collect uniform, “Kentucky-specific” data on preventive health practices and risk behaviors that are linked to chronic diseases, injuries, and preventable infectious diseases that affect the adult population.

CDC publishes the BRFSS data collected by each state on their website. This website has data at state level but not at sub-state level. In most cases, each state constitutes of single stratum. However, to provide adequate sample sizes for smaller geographically defined populations of interest, some states sample disproportionately from strata defined by sub-state regions. Kentucky collects data normally stratified by fourteen sub-state regions also known as Area Development Districts (ADDs). Changes had to be made in the sample design strata for 2019, since the minimum requirement of 500 respondents in each ADD was not met. A minimum of 500 respondents in a stratum is required to conduct appropriate weighting of the ADD. The strata had to be combined further to create six major sub-state geographic regions instead of fourteen ADDs.

The sub-state level data is not available on the CDC website. The main purpose of this document is to provide data, so it can be used by local health departments for public health transformation and other groups for strategic planning and program management. This data can be used to identify emerging health problems, establish, and track health objectives, and develop and evaluate public health policies and programs. It can also be used to support health-related legislative efforts and assist districts in identifying health needs within their region.

The 2011 KyBRFS data reflects the addition of cellphone only respondents and a change in weighting methodology (raking replaces post-stratification). Due to these significant changes, the 2019 KyBRFS data should only be compared to 2011 - 2018 KyBRFS data. It is not directly comparable to KyBRFS data collected before 2011. Comparing 2019 KyBRFS data with KyBRFS data from years prior to 2011 may cause misinterpretation of trend line shifts in prevalence estimates.

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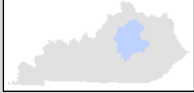

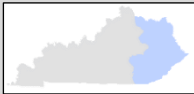

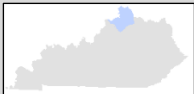
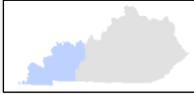
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Introduction

The Behavioral Risk Factor Surveillance System (BRFSS) is a cross-sectional telephone health survey jointly sponsored by the Centers for Disease Control and Prevention (CDC) and the Kentucky Department for Public Health (KDPH). The survey is randomly administered to non-institutionalized civilian adults aged 18 or older living in a household. Participation in the survey is strictly voluntary. Personal identifying information, such as a person’s name or address, is not collected. The BRFSS is a nationwide surveillance tool. In Kentucky, the BRFSS program is referred to as KyBRFS (Kentucky Behavioral Risk Factor Survey) and it has been conducted continuously since 1985.

This document presents a data profile of each sub-state Region based on prevalence data collected from the 2019 KyBRFS. Kentucky has 120 Counties that are divided into six Regions for program planning. Data for this report are analyzed by six Regions. Statewide and nationwide prevalence estimates have been included for comparison.

Counties included within Each Region	
Bluegrass Region 	Anderson, Bourbon, Boyle, Clark, Estill, Fayette, Franklin, Garrard, Harrison, Jessamine, Lincoln, Madison, Mercer, Nicholas, Powell, Scott, Woodford.
Central KY Region 	Allen, Barren, Butler, Edmonson, Hart, Logan, Metcalfe, Monroe, Simpson, Warren, Breckinridge, Grayson, Hardin, Larue, Marion, Meade, Nelson, Washington, Adair, Casey, Clinton, Cumberland, Green, McCreary, Pulaski, Russell, Taylor, Wayne.
Eastern KY Region 	Bath, Bracken, Fleming, Lewis, Mason, Menifee, Montgomery, Morgan, Robertson, Rowan, Boyd, Carter, Elliott, Greenup, Lawrence, Martin, Breathitt, Floyd, Johnson, Magoffin, Pike, Knott, Lee, Leslie, Letcher, Owsley, Perry, Wolfe, Bell, Clay, Harlan, Jackson, Knox, Laurel, Rockcastle, Whitley.
KIPDA Region 	Bullitt, Henry, Jefferson, Oldham, Shelby, Spencer, Trimble.
Northern KY Region 	Boone, Campbell, Carrol, Gallatin, Grant, Kenton, Owen, Pendleton.
Western KY Region 	Ballard, Calloway, Carlisle, Fulton, Graves, Hickman, Lyon, McCracken, Marshall, Caldwell, Christian, Crittenden, Hopkins, Muhlenberg, Todd, Trigg, Daviess, Hancock, Henderson, Livingston, McLean, Ohio, Union, Webster.



Statewide and Nationwide Prevalence Estimates

U.S. vs. Kentucky (2019)	Nationwide (States and DC)	Kentucky	
	Median %	%	95% CI
Alcohol Consumption			
Adults who reported heavy drinking	6.5	6.5	5.5 – 7.5
Adults who reported binge drinking	16.8	15.4	14.0 – 16.8
Arthritis			
Adults who have arthritis	26.0	34.3	32.7 – 35.9
Cardiovascular Disease			
Adults who have ever had a heart attack	4.3	6.4	5.6 – 7.2
Adults who have coronary heart disease	3.9	5.7	5.0 – 6.5
Adults who have ever had a stroke	3.2	4.9	4.2 – 5.6
Cholesterol Awareness			
Adults who had their blood cholesterol checked in the past five year	86.6	92.2	91.1 – 93.3
Adults with high blood cholesterol	33.1	37.9	36.1 – 39.7
Depression			
Adults who have ever been diagnosed with a depressive disorder	19.9	25.7	24.1 – 27.2
Diabetes			
Adults who have diabetes	10.7	13.3	12.3 – 14.4
General Health Status			
Adults who reported good or better health	82.0	76.6	75.1 – 78.1
Health Care Access/Coverage			
Adults who have health care coverage	89.0	91.7	90.6 – 92.7
Adults aged 18-64 who have health care coverage	86.4	89.8	88.4 – 91.1
HIV Screening Test			
Adults who have ever been tested for HIV	39.9	37.5	35.6 – 39.3
Hypertension Awareness			
Adults who have high blood pressure	32.3	40.9	39.2 – 42.6
Immunization			
Adults aged 65+ who had a flu shot in past year	64.0	61.1	58.2 – 64.0
Adults aged 65+ who have ever had a pneumococcal vaccination	73.3	73.4	70.8 – 76.1
Overweight and Obesity (BMI)			
Adults who are overweight (BMI = 25.0 – 29.9)	34.6	35.4	34.7 – 38.2
Adults who are obese (BMI ≥ 30.0)	32.1	36.5	34.7 – 38.2
Physical Activity			
Adults who participate in any physical activity	73.3	67.2	65.5 – 68.9
Respiratory Disease			
Adults who currently have asthma	9.7	9.5	8.5 – 10.5
Adults who have COPD, emphysema, or chronic bronchitis	6.5	10.8	9.8 – 11.8
Tobacco Use			
Adults who are current smokers	16.0	23.6	22.0 – 25.2

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.



Regional Estimates (Core Section and Optional Module)

Bluegrass vs. Kentucky (2019)	Bluegrass		Kentucky	
	%	95% CI	%	95% CI
Alcohol Consumption				
Adults who reported heavy drinking	8.9	5.7 – 12.1	6.5	5.5 – 7.5
Adults who reported binge drinking	18.6	14.6 – 22.6	15.4	14.0 – 16.8
Arthritis				
Adults who have arthritis	28.5	24.2 – 32.9	34.3	32.7 – 35.9
Cardiovascular Disease				
Adults who have ever had a heart attack	4.3	2.3 – 6.4	6.4	5.6 – 7.2
Adults who have coronary heart disease	5.1	3.0 – 7.3	5.7	5.0 – 6.5
Adults who have ever had a stroke	4.0	2.1 – 6.0	4.9	4.2 – 5.6
Cholesterol Awareness				
Adults who had their blood cholesterol checked in the past five year	93.0	90.0 – 96.0	92.2	91.1 – 93.3
Adults with high blood cholesterol	31.7	26.8 – 36.5	37.9	36.1 – 39.7
Depression				
Adults who have ever been diagnosed with a depressive disorder	26.0	21.6 – 30.4	25.7	24.1 – 27.2
Diabetes				
Adults who have diabetes	10.5	7.5 – 13.5	13.3	12.3 – 14.4
General Health Status				
Adults who reported good or better health	81.3	77.2 – 85.4	76.6	75.1 – 78.1
Health Care Access/Coverage				
Adults who have health care coverage	92.6	89.8 – 95.5	91.7	90.6 – 92.7
Adults aged 18-64 who have health care coverage	90.7	87.2 – 94.3	89.8	88.4 – 91.1
HIV Screening Test				
Adults who have ever been tested for HIV	35.3	30.3 – 40.3	37.5	35.6 – 39.3
Hypertension Awareness				
Adults who have high blood pressure	35.8	31.0 – 40.5	40.9	39.2 – 42.6
Immunization				
Adults aged 65+ who had a flu shot in past year	64.3	55.5 – 73.0	61.1	58.2 – 64.0
Adults aged 65+ who have ever had a pneumococcal vaccination	73.5	65.8 – 81.2	73.4	70.8 – 76.1
Overweight and Obesity (BMI)				
Adults who are overweight (BMI = 25.0 – 29.9)	32.8	28.0 – 37.6	35.4	34.7 – 38.2
Adults who are obese (BMI ≥ 30.0)	38.2	33.1 – 43.4	36.5	34.7 – 38.2
Physical Activity				
Adults who participate in any physical activity	70.9	65.9 – 75.9	67.2	65.5 – 68.9
Respiratory Disease				
Adults who currently have asthma	10.0	6.8 – 13.2	9.5	8.5 – 10.5
Adults who have COPD, emphysema, or chronic bronchitis	7.3	4.8 – 9.7	10.8	9.8 – 11.8
Tobacco Use				
Adults who are current smokers	18.7	14.4 – 22.3	23.6	22.0 – 25.2

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.



KENTUCKY REGIONAL HEALTH PROFILE

Central KY vs. Kentucky (2019)	Central KY		Kentucky	
	%	95% CI	%	95% CI
Alcohol Consumption				
Adults who reported heavy drinking	5.2	3.7 – 6.7	6.5	5.5 – 7.5
Adults who reported binge drinking	11.8	9.6 – 13.9	15.4	14.0 – 16.8
Arthritis				
Adults who have arthritis	35.5	32.6 – 38.3	34.3	32.7 – 35.9
Cardiovascular Disease				
Adults who have ever had a heart attack	6.0	4.7 – 7.3	6.4	5.6 – 7.2
Adults who have coronary heart disease	6.0	4.7 – 7.4	5.7	5.0 – 6.5
Adults who have ever had a stroke	4.7	3.5 – 5.8	4.9	4.2 – 5.6
Cholesterol Awareness				
Adults who had their blood cholesterol checked in the past five year	92.2	90.1 – 94.2	92.2	91.1 – 93.3
Adults with high blood cholesterol	39.7	36.5 – 42.9	37.9	36.1 – 39.7
Depression				
Adults who have ever been diagnosed with a depressive disorder	25.3	22.5 – 28.0	25.7	24.1 – 27.2
Diabetes				
Adults who have diabetes	14.5	12.5 – 16.5	13.3	12.3 – 14.4
General Health Status				
Adults who reported good or better health	73.9	71.2 – 76.6	76.6	75.1 – 78.1
Health Care Access/Coverage				
Adults who have health care coverage	90.8	88.6 – 93.0	91.7	90.6 – 92.7
Adults aged 18-64 who have health care coverage	88.7	85.9 – 91.4	89.8	88.4 – 91.1
HIV Screening Test				
Adults who have ever been tested for HIV	32.8	29.7 – 35.9	37.5	35.6 – 39.3
Hypertension Awareness				
Adults who have high blood pressure	43.9	40.9 – 47.0	40.9	39.2 – 42.6
Immunization				
Adults aged 65+ who had a flu shot in past year	62.5	56.6 – 68.3	61.1	58.2 – 64.0
Adults aged 65+ who have ever had a pneumococcal vaccination	70.3	65.0 – 75.7	73.4	70.8 – 76.1
Overweight and Obesity (BMI)				
Adults who are overweight (BMI = 25.0 – 29.9)	33.5	30.5 – 39.2	35.4	34.7 – 38.2
Adults who are obese (BMI ≥ 30.0)	36.1	33.0 – 39.2	36.5	34.7 – 38.2
Physical Activity				
Adults who participate in any physical activity	64.2	61.2 – 67.2	67.2	65.5 – 68.9
Respiratory Disease				
Adults who currently have asthma	9.8	8.0 – 11.7	9.5	8.5 – 10.5
Adults who have COPD, emphysema, or chronic bronchitis	11.2	9.3 – 13.1	10.8	9.8 – 11.8
Tobacco Use				
Adults who are current smokers	27.4	24.5 – 30.4	23.6	22.0 – 25.2

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.



KENTUCKY REGIONAL HEALTH PROFILE

Eastern KY vs. Kentucky (2019)	Eastern KY		Kentucky	
	%	95% CI	%	95% CI
Alcohol Consumption				
Adults who reported heavy drinking	3.6	2.4 – 4.9	6.5	5.5 – 7.5
Adults who reported binge drinking	9.3	7.6 – 11.0	15.4	14.0 – 16.8
Arthritis				
Adults who have arthritis	43.2	40.3 – 46.0	34.3	32.7 – 35.9
Cardiovascular Disease				
Adults who have ever had a heart attack	9.2	7.6 – 10.9	6.4	5.6 – 7.2
Adults who have coronary heart disease	7.5	6.1 – 8.8	5.7	5.0 – 6.5
Adults who have ever had a stroke	6.1	4.7 – 7.5	4.9	4.2 – 5.6
Cholesterol Awareness				
Adults who had their blood cholesterol checked in the past five year	91.6	89.6 – 93.7	92.2	91.1 – 93.3
Adults with high blood cholesterol	43.2	40.2 – 46.3	37.9	36.1 – 39.7
Depression				
Adults who have ever been diagnosed with a depressive disorder	29.9	27.1 – 32.7	25.7	24.1 – 27.2
Diabetes				
Adults who have diabetes	17.9	15.7 – 20.2	13.3	12.3 – 14.4
General Health Status				
Adults who reported good or better health	66.6	63.7 – 69.5	76.6	75.1 – 78.1
Health Care Access/Coverage				
Adults who have health care coverage	91.9	90.0 – 93.8	91.7	90.6 – 92.7
Adults aged 18-64 who have health care coverage	90.1	87.6 – 92.6	89.8	88.4 – 91.1
HIV Screening Test				
Adults who have ever been tested for HIV	32.7	29.6 – 35.9	37.5	35.6 – 39.3
Hypertension Awareness				
Adults who have high blood pressure	49.9	47.0 – 52.8	40.9	39.2 – 42.6
Immunization				
Adults aged 65+ who had a flu shot in past year	59.4	54.3 – 64.5	61.1	58.2 – 64.0
Adults aged 65+ who have ever had a pneumococcal vaccination	72.0	67.1 – 76.1	73.4	70.8 – 76.1
Overweight and Obesity (BMI)				
Adults who are overweight (BMI = 25.0 – 29.9)	34.5	37.4 – 43.3	35.4	34.7 – 38.2
Adults who are obese (BMI ≥ 30.0)	40.3	37.4 – 43.3	36.5	34.7 – 38.2
Physical Activity				
Adults who participate in any physical activity	61.8	58.9 – 64.8	67.2	65.5 – 68.9
Respiratory Disease				
Adults who currently have asthma	10.6	8.7 – 12.5	9.5	8.5 – 10.5
Adults who have COPD, emphysema, or chronic bronchitis	18.1	15.9 – 20.3	10.8	9.8 – 11.8
Tobacco Use				
Adults who are current smokers	27.8	24.9 – 30.7	23.6	22.0 – 25.2

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.



KENTUCKY REGIONAL HEALTH PROFILE

KIPDA vs. Kentucky (2019)	KIPDA		Kentucky	
	%	95% CI	%	95% CI
Alcohol Consumption				
Adults who reported heavy drinking	8.6	5.7 – 11.5	6.5	5.5 – 7.5
Adults who reported binge drinking	19.5	15.4 – 23.6	15.4	14.0 – 16.8
Arthritis				
Adults who have arthritis	31.5	27.1 – 35.9	34.3	32.7 – 35.9
Cardiovascular Disease				
Adults who have ever had a heart attack	6.0	3.9 – 8.1	6.4	5.6 – 7.2
Adults who have coronary heart disease	4.0	2.2 – 5.9	5.7	5.0 – 6.5
Adults who have ever had a stroke	4.0	2.1 – 5.8	4.9	4.2 – 5.6
Cholesterol Awareness				
Adults who had their blood cholesterol checked in the past five year	92.4	89.6 – 95.2	92.2	91.1 – 93.3
Adults with high blood cholesterol	36.8	31.9 – 41.6	37.9	36.1 – 39.7
Depression				
Adults who have ever been diagnosed with a depressive disorder	22.1	18.0 – 26.1	25.7	24.1 – 27.2
Diabetes				
Adults who have diabetes	9.7	7.0 – 12.3	13.3	12.3 – 14.4
General Health Status				
Adults who reported good or better health	81.1	77.0 – 85.2	76.6	75.1 – 78.1
Health Care Access/Coverage				
Adults who have health care coverage	91.3	88.4 – 94.2	91.7	90.6 – 92.7
Adults aged 18-64 who have health care coverage	89.8	86.2 – 93.4	89.8	88.4 – 91.1
HIV Screening Test				
Adults who have ever been tested for HIV	45.4	40.4 – 50.5	37.5	35.6 – 39.3
Hypertension Awareness				
Adults who have high blood pressure	36.7	32.2 – 41.2	40.9	39.2 – 42.6
Immunization				
Adults aged 65+ who had a flu shot in past year	58.3	50.2 – 66.4	61.1	58.2 – 64.0
Adults aged 65+ who have ever had a pneumococcal vaccination	74.8	67.4 – 82.3	73.4	70.8 – 76.1
Overweight and Obesity (BMI)				
Adults who are overweight (BMI = 25.0 – 29.9)	38.8	33.8 – 43.7	35.4	34.7 – 38.2
Adults who are obese (BMI ≥ 30.0)	32.8	27.9 – 37.6	36.5	34.7 – 38.2
Physical Activity				
Adults who participate in any physical activity	69.9	65.3 – 74.5	67.2	65.5 – 68.9
Respiratory Disease				
Adults who currently have asthma	7.6	5.1 – 10.0	9.5	8.5 – 10.5
Adults who have COPD, emphysema, or chronic bronchitis	9.3	6.5 – 12.2	10.8	9.8 – 11.8
Tobacco Use				
Adults who are current smokers	21.5	17.3 – 25.8	23.6	22.0 – 25.2

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.



KENTUCKY REGIONAL HEALTH PROFILE

Northern KY vs. Kentucky (2019)	Northern KY		Kentucky	
	%	95% CI	%	95% CI
Alcohol Consumption				
Adults who reported heavy drinking	6.8	4.2 – 9.4	6.5	5.5 – 7.5
Adults who reported binge drinking	18.9	14.5 – 23.3	15.4	14.0 – 16.8
Arthritis				
Adults who have arthritis	34.4	29.7 – 39.1	34.3	32.7 – 35.9
Cardiovascular Disease				
Adults who have ever had a heart attack	5.5	3.2 – 7.7	6.4	5.6 – 7.2
Adults who have coronary heart disease	6.6	4.1 – 9.0	5.7	5.0 – 6.5
Adults who have ever had a stroke	5.0	3.1 – 7.0	4.9	4.2 – 5.6
Cholesterol Awareness				
Adults who had their blood cholesterol checked in the past five year	92.6	89.6 – 95.5	92.2	91.1 – 93.3
Adults with high blood cholesterol	39.2	33.7 – 44.7	37.9	36.1 – 39.7
Depression				
Adults who have ever been diagnosed with a depressive disorder	27.2	22.1 – 32.3	25.7	24.1 – 27.2
Diabetes				
Adults who have diabetes	15.0	11.6 – 18.4	13.3	12.3 – 14.4
General Health Status				
Adults who reported good or better health	79.6	75.2 – 84.0	76.6	75.1 – 78.1
Health Care Access/Coverage				
Adults who have health care coverage	93.0	89.8 – 96.1	91.7	90.6 – 92.7
Adults aged 18-64 who have health care coverage	91.7	87.9 – 95.6	89.8	88.4 – 91.1
HIV Screening Test				
Adults who have ever been tested for HIV	36.9	31.4 – 42.4	37.5	35.6 – 39.3
Hypertension Awareness				
Adults who have high blood pressure	37.8	32.8 – 42.7	40.9	39.2 – 42.6
Immunization				
Adults aged 65+ who had a flu shot in past year	59.3	50.3 – 68.4	61.1	58.2 – 64.0
Adults aged 65+ who have ever had a pneumococcal vaccination	77.2	69.1 – 85.3	73.4	70.8 – 76.1
Overweight and Obesity (BMI)				
Adults who are overweight (BMI = 25.0 – 29.9)	38.8	33.5 – 39.2	35.4	34.7 – 38.2
Adults who are obese (BMI ≥ 30.0)	34.0	28.8 – 39.2	36.5	34.7 – 38.2
Physical Activity				
Adults who participate in any physical activity	70.2	65.0 – 75.3	67.2	65.5 – 68.9
Respiratory Disease				
Adults who currently have asthma	8.4	5.7 – 11.2	9.5	8.5 – 10.5
Adults who have COPD, emphysema, or chronic bronchitis	7.7	4.9 – 10.5	10.8	9.8 – 11.8
Tobacco Use				
Adults who are current smokers	23.8	18.8 – 28.9	23.6	22.0 – 25.2

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristic



KENTUCKY REGIONAL HEALTH PROFILE

Western KY vs. Kentucky (2019)	Western KY		Kentucky	
	%	95% CI	%	95% CI
Alcohol Consumption				
Adults who reported heavy drinking	4.9	3.6 – 6.1	6.5	5.5 – 7.5
Adults who reported binge drinking	13.8	11.5 – 16.1	15.4	14.0 – 16.8
Arthritis				
Adults who have arthritis	34.7	31.9 – 37.6	34.3	32.7 – 35.9
Cardiovascular Disease				
Adults who have ever had a heart attack	7.5	6.1 – 9.0	6.4	5.6 – 7.2
Adults who have coronary heart disease	6.4	5.1 – 7.6	5.7	5.0 – 6.5
Adults who have ever had a stroke	6.5	5.1 – 7.9	4.9	4.2 – 5.6
Cholesterol Awareness				
Adults who had their blood cholesterol checked in the past five year	91.2	89.0 – 93.4	92.2	91.1 – 93.3
Adults with high blood cholesterol	38.8	35.7 – 41.8	37.9	36.1 – 39.7
Depression				
Adults who have ever been diagnosed with a depressive disorder	25.5	22.7 – 28.2	25.7	24.1 – 27.2
Diabetes				
Adults who have diabetes	15.0	13.0 – 17.0	13.3	12.3 – 14.4
General Health Status				
Adults who reported good or better health	76.2	73.6 – 78.8	76.6	75.1 – 78.1
Health Care Access/Coverage				
Adults who have health care coverage	90.8	88.5 – 93.0	91.7	90.6 – 92.7
Adults aged 18-64 who have health care coverage	88.0	85.1 – 90.9	89.8	88.4 – 91.1
HIV Screening Test				
Adults who have ever been tested for HIV	39.6	36.3 – 42.8	37.5	35.6 – 39.3
Hypertension Awareness				
Adults who have high blood pressure	42.4	39.4 – 45.3	40.9	39.2 – 42.6
Immunization				
Adults aged 65+ who had a flu shot in past year	62.8	58.3 – 67.3	61.1	58.2 – 64.0
Adults aged 65+ who have ever had a pneumococcal vaccination	74.5	70.5 – 78.5	73.4	70.8 – 76.1
Overweight and Obesity (BMI)				
Adults who are overweight (BMI = 25.0 – 29.9)	34.2	31.3 – 37.0	35.4	34.7 – 38.2
Adults who are obese (BMI ≥ 30.0)	37.6	34.5 – 40.7	36.5	34.7 – 38.2
Physical Activity				
Adults who participate in any physical activity	65.8	62.8 – 68.7	67.2	65.5 – 68.9
Respiratory Disease				
Adults who currently have asthma	11.0	9.1 – 13.0	9.5	8.5 – 10.5
Adults who have COPD, emphysema, or chronic bronchitis	11.1	9.3 – 13.0	10.8	9.8 – 11.8
Tobacco Use				
Adults who are current smokers	23.5	20.8 – 26.2	23.6	22.0 – 25.2

% = Percentage, CI = Confidence Interval. All Percentages are weighted to population characteristics.