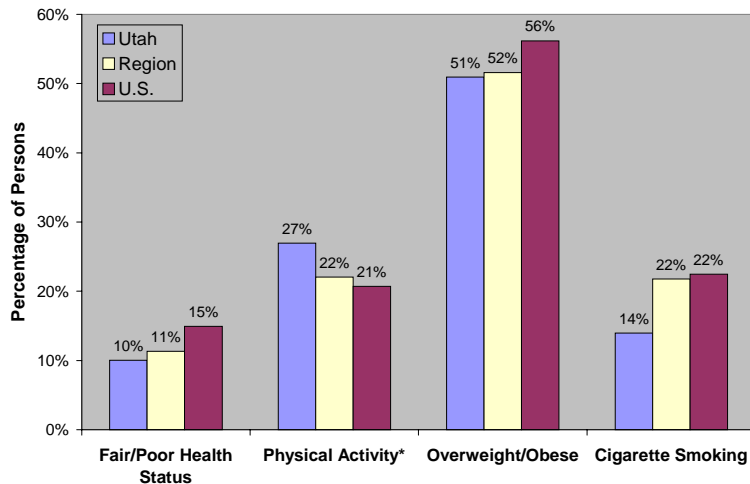


Lifestyles and behaviors powerfully influence our health status. One third of deaths have been attributed to just three behaviors: smoking, physical inactivity, and poor diet. The Behavioral Risk Factor Surveillance System (BRFSS) is a collaborative project of the Centers for Disease Control and Prevention (CDC) and U.S. states and territories. The BRFSS collects data on preventive health practices and risk behaviors that are linked to health outcomes among adults.

A new report, *Utah's Behavioral Risk Factor Surveillance System Trend Report*, summarizes 11 years of BRFSS data in Utah, from 1989 to 1999. This Utah Health Status Update, the first in a 2-part series, presents highlights from that report.

Where Utah Does Well

Figure 1. Percentage of persons reporting fair or poor general health status, regular physical activity, being overweight or obese, and current cigarette smoking, Utah, Region, and U.S., 1999



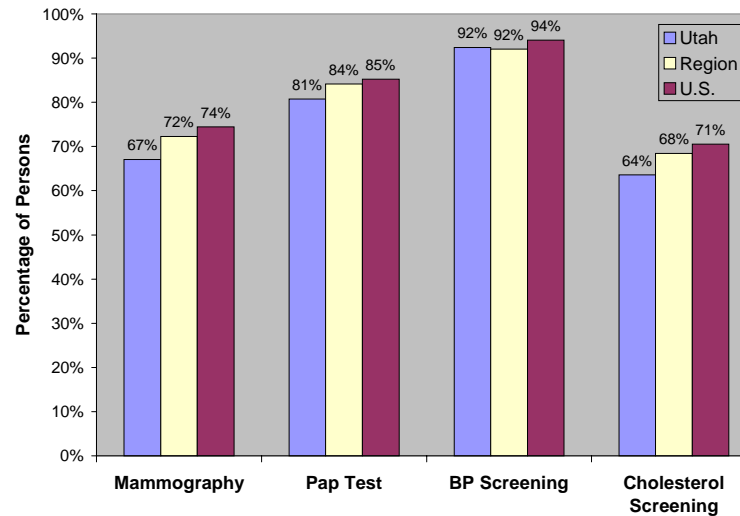
* Physical Activity is defined as 5+ times/week, 30+ minutes/session, regardless of intensity. Region and U.S. data for physical activity are 1998.

Of the 21 measures summarized in the report, Utah compared favorably with the U.S. on most of them. In 1999, Utahns scored better than the U.S. on:

- Fair or poor health status (Utah 10%, U.S. 15%)
- Routine dental visits (73% vs. 68%)
- Influenza vaccination (75% vs. 67%)
- Pneumonia vaccination (61% vs. 54%)
- Regular physical activity (27% vs. 21%)
- Physical inactivity (17% vs. 29%)
- Overweight (51% vs. 56%)
- Cigarette smoking (14% vs. 22%)
- Binge drinking (10% vs. 15%)
- Chronic drinking (4% vs. 5%)

Where Utah Needs Work

Figure 2. Percentage of persons who reported mammography (women age ≥40), pap test (women), blood pressure screening, and cholesterol screening, Utah, Region, and U.S., 1999.

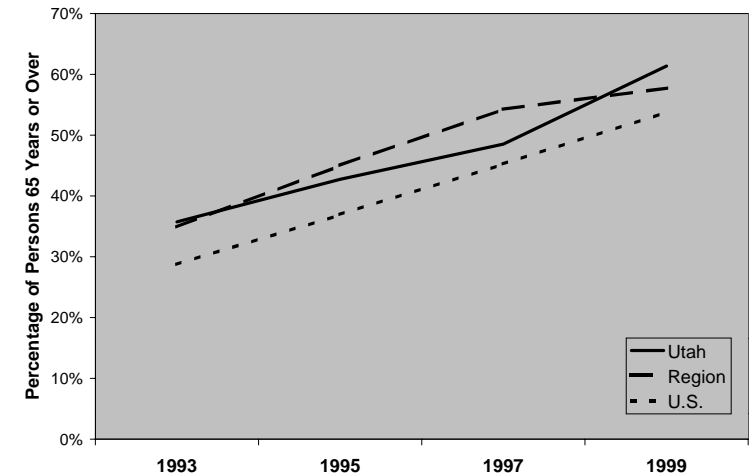


Utahns scored worse than others in the U.S. on four measures of clinical preventive health services.

- Screening mammography for women age ≥40 (67% vs. 74%)
- Pap test (81% vs. 85%)
- Blood pressure screening (92% vs. 94%)
- Cholesterol screening (64% vs. 71%)

Pneumonia Vaccination

Figure 3. Percentage of persons 65 years or over who reported having a pneumonia vaccination, Utah, Region, and U.S., 1993, 1995, 1997, 1999.



Not all states participated in the BRFSS until 1994

On about half the measures, Utah's rates showed little or no change over time. Utah's rates have significantly improved over the 11-year period on eight of the 21 measures.

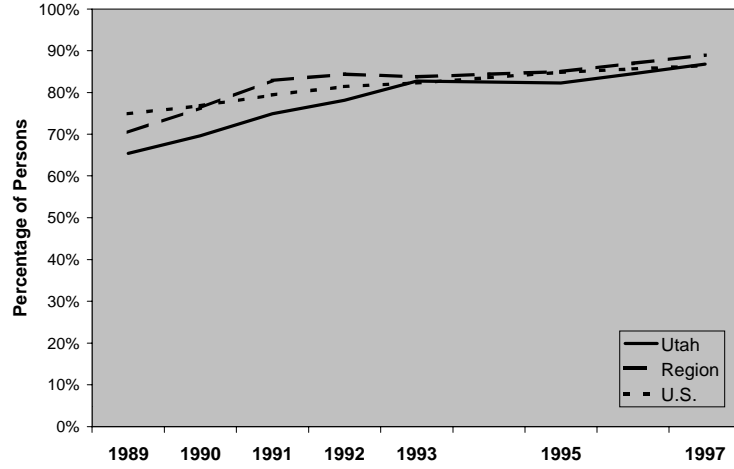
- Screening mammography for women age ≥40
- Cholesterol screening
- Influenza vaccination
- Pneumonia vaccination

- Physical inactivity
- Cigarette smoking
- Binge drinking
- Seatbelt use

Utah's performance significantly worsened on only one measure: Over the 11-year period, the percentage of Utahns who were overweight or obese increased from 36% to 51%. The December 1999 *Health Status Update* featured obesity and overweight in Utah.

Seatbelt Use

Figure 4. Percentage of persons who reported always or nearly always using seatbelts, Utah, Region, and U.S., 1989-1993, 1995, 1997.



Not all states participated in the BRFSS until 1994 (see appendix)

The BRFSS uses a telephone survey of randomly-selected, non-institutionalized Utah adults. Utah's annual sample size has grown from 612 respondents in 1984 to 3,092 respondents in 1999. A December 1999 report looked at several measures by local health district.

April Utah Health Status Update

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