

Utah Health Status Update: *Cardiovascular Disease Risk Factors in Utah*

Cardiovascular disease includes those diseases and conditions that affect the heart and blood vessels, including high blood pressure, heart disease, and stroke. Cardiovascular disease is the leading cause of death for both men and women in Utah and the U.S. An average of 3,800 Utahns die each year from cardiovascular disease. Abstaining from smoking, controlling high blood pressure, high cholesterol, and diabetes, adopting a healthy diet, and becoming physically active can prevent deaths from cardiovascular disease.

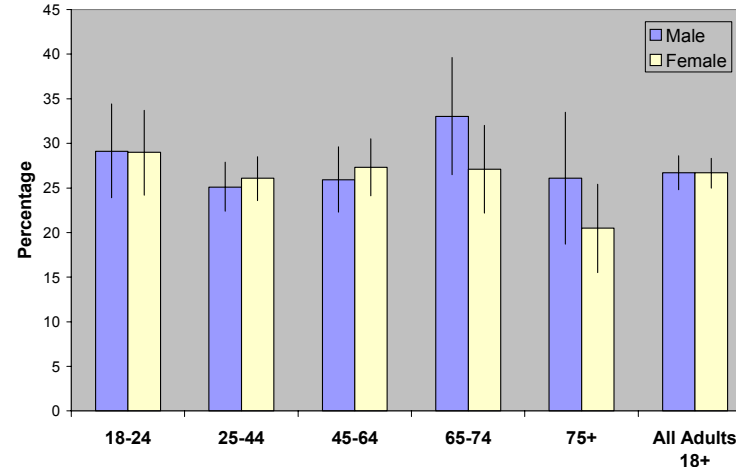
The Utah Department of Health Cardiovascular Health Program is working with community partners to develop a statewide plan to address cardiovascular risk factors and promote heart healthy messages to assist Utahns in making healthy choices at school, at work, and in the community. In an effort to provide data to guide interventions, the Cardiovascular Health Program published the *Milestone Report 2002: Cardiovascular Disease in Utah* in October 2002. According to the report, Utahns had the lowest adult smoking prevalence in the country and Utahns currently fare slightly better than the rest of the nation with regard to most other risk factors for cardiovascular disease. However, should the alarming trends in obesity and lack of regular physical activity continue, more Utahns will be at risk in the future. This Health Status Update highlights findings from the report.

Adults 18 years of age or older:

- 26% of Utah adults reported engaging in regular physical activity in 2000 compared to 22% of U.S. adults.
- 54% of Utah adults were overweight or obese in 2000 compared to 57% of U.S. adults. However, the estimated number of overweight or obese Utah adults has more than doubled from 388,500 persons in 1989 to 801,600 persons in 2000.
- 13% of Utah adults were smokers in 2000 compared to 22% of U.S. adults.
- Only 21% of Utah adults reported eating five servings of fruits and vegetables each day in 2000, below the 24% reported by U.S. adults.

Physical Activity by Age Group

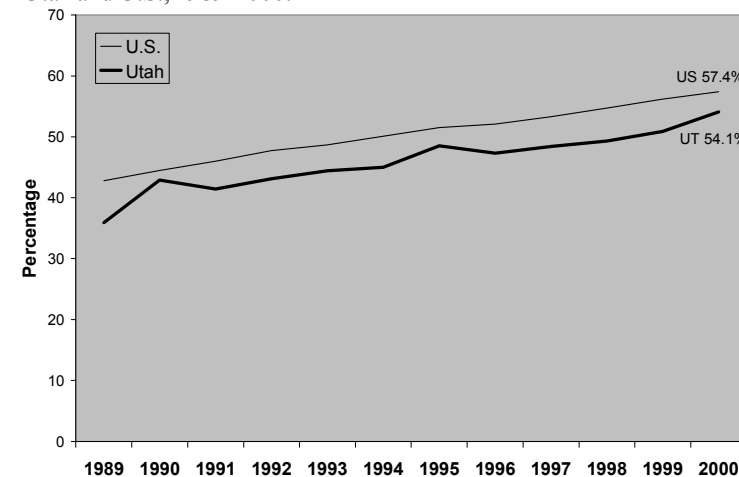
Figure 1. Percentage of adults who reported regular physical activity by age group and sex, Utah, 1998-2000.



Regular physical activity is defined as 30 minutes 5 or more days/week
Source: Utah Behavioral Risk Factor Surveillance System

Overweight or Obese Adults

Figure 2. Percentage of adults classified as overweight or obese, Utah and U.S., 1989-2000.



Note: Overweight is defined as having a body mass index (BMI) of 25 to 29 and obese is defined as a BMI of 30 or greater.
Source: Utah Behavioral Risk Factor Surveillance System

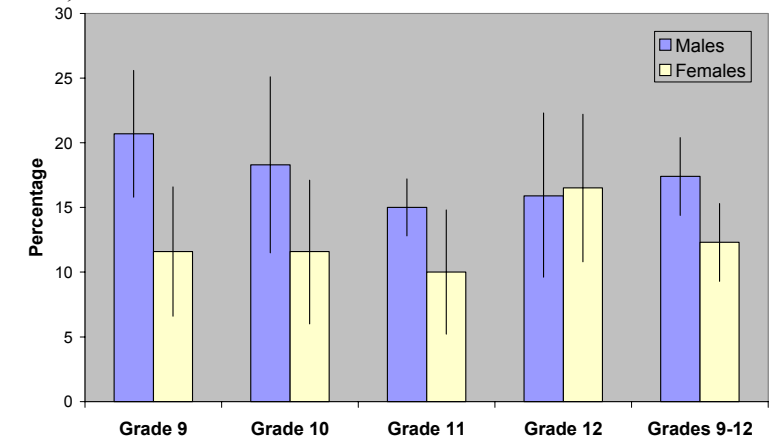
- In 1999, 22% of Utah adults were told by a health professional that they had high blood pressure compared to 25% of U.S. adults.
- In 1999, about 19% of Utah adults were told that their cholesterol level was high, slightly lower than the national average of 21%.

Adolescents:

- 77% of Utah teens reported engaging in vigorous physical activity in 1999, the highest rate of vigorous physical activity among youth in the U.S.
- Almost 15% of all Utah high school students were overweight or at risk for becoming overweight in 1999 compared to 26% of U.S. students.
- In 1999, 12% of Utah high school students (an estimated 17,600 teens) reported current cigarette use compared to 35% nationally.

Overweight High School Students

Figure 3. Percentage of high school students who were at risk of becoming overweight* or were overweight** by grade and sex, Utah, 1999.



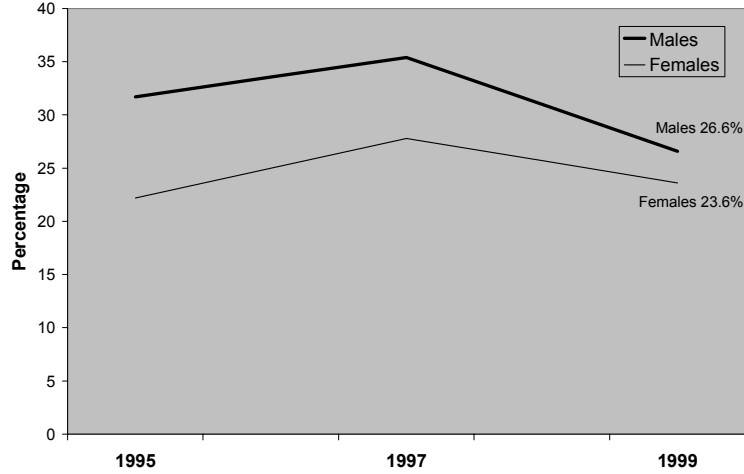
* Defined as greater than or equal to the 85th percentile but less than the 95th percentile for body mass index by age and sex based on reference data from the National Health and Nutrition Examination Survey I.

** Defined as greater than or equal to the 95th percentile for body mass index by age and sex based on reference data from the National Health and Nutrition Examination Survey I.

Source: Utah Youth Risk Behavior Survey conducted every other year in Utah

5 A Day (High School Students)

Figure 4. Percentage of high school students who reported eating five daily servings of fruits and vegetables by sex and year, Utah, 1995, 1997, and 1999.



Source: Utah Youth Risk Behavior Survey conducted every other year in Utah. Data were not available in 1996 and 1998; therefore, data for contiguous years were averaged in order to construct data points for the missing years.

- 25% of Utah teens reported eating five daily servings of fruits and vegetables in 2000 compared to 24% of U.S. teens.

Data sources for the report included the Utah Behavioral Risk Factor Surveillance System, the Utah Youth Risk Behavior Survey, Utah death certificates, and the Utah Hospital Discharge and Emergency Department Databases. In addition to providing statistics for all cardiovascular disease, the report also contains information for specific conditions such as coronary heart disease, heart attack, and congestive heart failure. The report also looks at the utilization of health care services to diagnose and treat coronary heart disease, the largest component of cardiovascular disease. The *Milestone Report 2002: Cardiovascular Disease in Utah* may be found on the Internet at http://health.utah.gov/ibis-ph/bhp_pubs.html.

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For more information about this topic, please contact the Utah Cardiovascular Health Program, Bureau of Health Promotion, Utah Department of Health, P.O. Box 142107, Salt Lake City, Utah 84114-2107, (801) 538-6142, FAX (801) 538-9495 or the Office of Public Health Assessment, Utah Department of Health, P.O. Box 142101, Salt Lake City, Utah 84114-2101, (801) 538-6108, FAX (801) 536-0947 or (801) 538-9346, email: phdata@utah.gov. General information about the Cardiovascular Health Program is available at <http://www.hearthishighway.org>.

RETURN SERVICE REQUESTED

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