

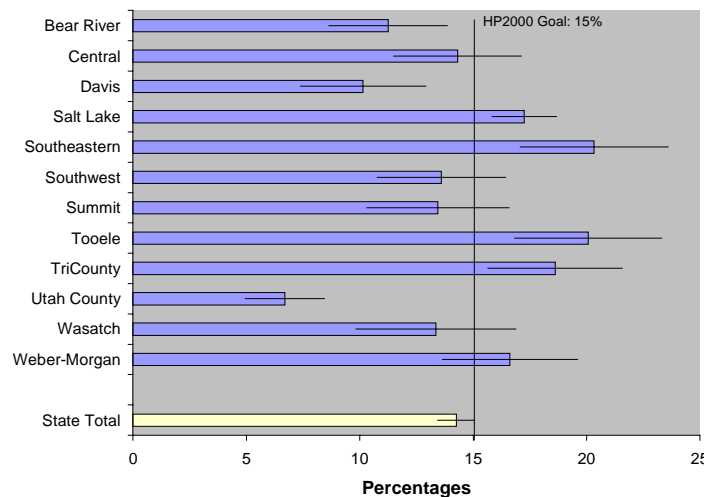
Utah Health Status Update: *Behavioral Risk Factors by Local Health District*

The Behavioral Risk Factor Surveillance System (BRFSS) is an ongoing survey that tracks the prevalence of risk factors for the major causes of death and disability in the U.S. The BRFSS provides ongoing, timely information about important determinants of health and illness, such as smoking, excessive alcohol use, physical activity, obesity, and use of preventive health services (e.g., mammography and Pap smear). The BRFSS is currently conducted by all states and coordinated and supported by CDC. Utah has participated in BRFSS since 1984.

Since 1995, Utah has been conducting the BRFSS survey so that information will be available for the 12 local health districts (LHD) as well as for the state. A recent report, *Utah Behavioral Risk Factor Surveillance System: Local Health District Report* provided the first LHD results. This Health Status Update presents selected findings from that report.

Smoking

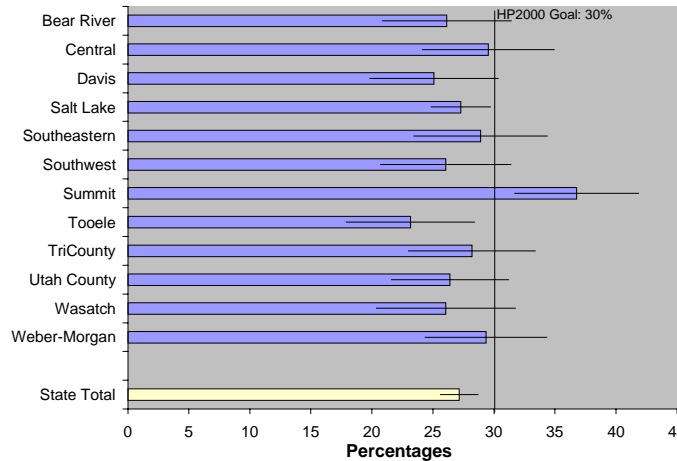
Percentages of Utah adults (age 18 or over) who reported current smoking by health district, 1995-1998.



- Utah has the lowest smoking rate of all states, but rates varied from 7% in Utah County Health District to 20% in Southeastern and Tooele County Health Districts. In five districts, smoking rates were above the U.S. Healthy People 2000 target of 15%.

Physical Activity

Percentages of Utah adults (age 18 or over) who exercised ≥30 minutes on ≥5 days a week by health district, 1996 and 1998.



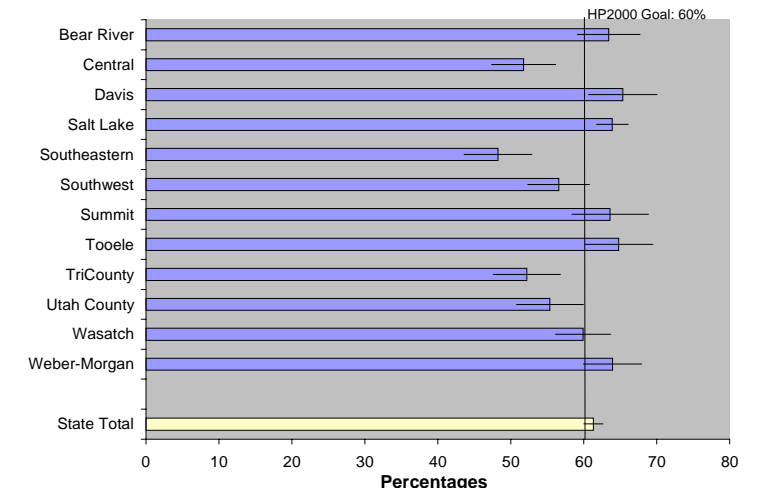
* Regular Physical Activity is defined as 5+ times/week, 30+ minutes/session, regardless of intensity.

- Regular physical activity has many health benefits, including preventing heart disease, diabetes, and osteoporosis. Despite those benefits, a minority of Utah adults reported regular physical activity. The percentage of Utah adults who regularly exercised varied from 23% in Tooele County Health District to 37% in Summit County Health District. The percentage of Utahns reporting no leisure time physical activity varied similarly from 28% in Tooele County

Health District to 12% in Summit County Health District (data not shown).

Mammography

Percentages of Utah women (age 50 or over) who reported having had a screening mammogram in the past 2 years by health district, 1995 and 1997.

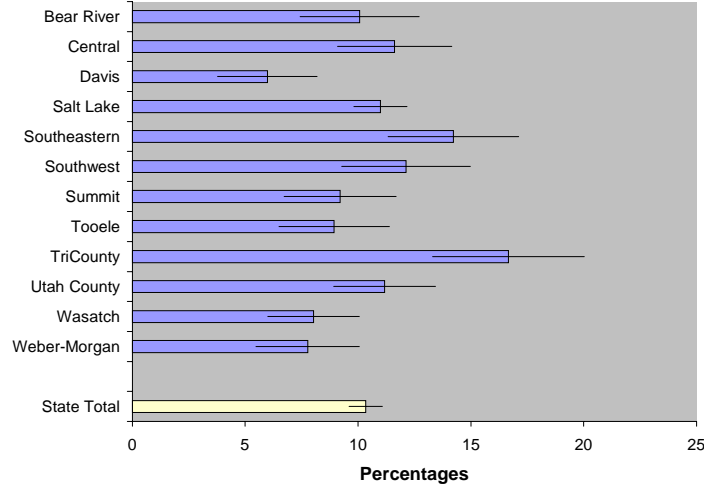


* Percentage does not include women who had a diagnostic mammogram because of breast cancer or other breast problem.

- Breast cancer is the leading cause of cancer death for Utah women and periodic mammographic screening tests can detect breast cancer early when treatment is most effective. 61% of Utah women age 50 or over reported a mammogram in the past 2 years, but that percentage varied from 48% in Southeastern Health District to 65% in Davis County Health District.
- The UDOH Utah Cancer Control Program (UCCP) distributes free mammography vouchers to women who receive a clinical breast exam at a UCCP sponsored clinic and meet age and income guidelines.

Health Care Access

Percentages of Utah adults (age 18 or over) who reported they were unable to get needed health care due to cost by health district, 1995-1998.



- Affordability is an important factor in people's ability to obtain needed health care. 10% of Utah adults reported that cost had prevented them from obtaining needed health care in the past year; that percentage varied from 6% in Davis County Health District to 17% in Tri-County Health District.

Substantial proportions of premature deaths (as well as of illness) are due to health behaviors, such as smoking, excessive alcohol use, lack of physical activity, and obesity. Patterns of these behaviors and lifestyles varied substantially among health districts. Patterns of healthy and unhealthy behaviors also appeared to cluster by health district. The patterns of behavior among health districts represented here tended to correlate very well with overall death rates and death rates for the leading causes of death. These data can guide efforts to help people adopt healthier behaviors.



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Copies of the complete report, *Utah Behavioral Risk Factor Surveillance System: Local Health District Report*, and additional information about this topic can be obtained from 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@doh.state.ut.us, and Internet: <http://hlunix.hl.state.ut.us/action2000/reports.html>.

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