

Behavioral Risk Factor Surveillance System Fact Sheets Tennessee, 2008

Established in 1984 by the Centers for Disease Control and Prevention (CDC), the Behavioral Risk Factor Surveillance System (BRFSS) is a state-based system of health surveys that collects information on health risk behaviors, preventive health practices, and health care access primarily related to chronic disease and injury. The data collected helps to identify high risk populations that can be targeted by intervention programs. In addition, the data can also be used to track changes in the prevalence of risk factors and diseases over time and to assess the impact of health promotion and disease prevention programs.

The BRFSS is a cross-sectional telephone survey conducted by state health departments with technical and methodological assistance provided by the CDC. Every year, states conduct monthly telephone surveillance using a standardized questionnaire to determine the distribution of risk behaviors and health practices among non-institutionalized adults. Adults 18 years or older are asked to take part in the survey. Only one adult is interviewed per household, and participants are not compensated. In 2008, approximately 5,000 Tennesseans participated in the survey. BRFSS data are directly weighted for the probability of selection of a telephone number, the number of adults in a household, and the number of telephones in a household. A final post-stratification adjustment is made for non-response and non-coverage of households without telephones. The weights for each relevant factor are multiplied together to get a final weight.

The data presented in these fact sheets includes comparisons across gender, race, age, education, income and other variables. The confidence intervals provided in the fact sheets should be considered when comparing the prevalence of variables across groups -- if confidence intervals overlap, differences may not be statistically significant.

Source:

The Centers for Disease Control and Prevention, "Behavioral Risk Factor Surveillance System," <http://www.cdc.gov/brfss/> (accessed April 2010).

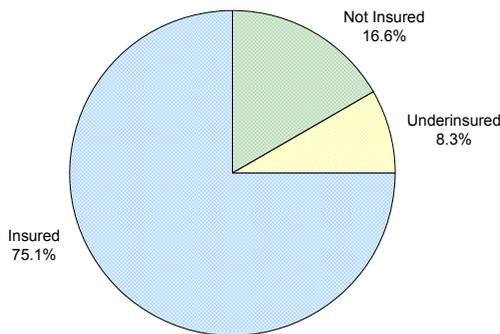
Health Care Access Fact Sheet

2008 Tennessee BRFSS

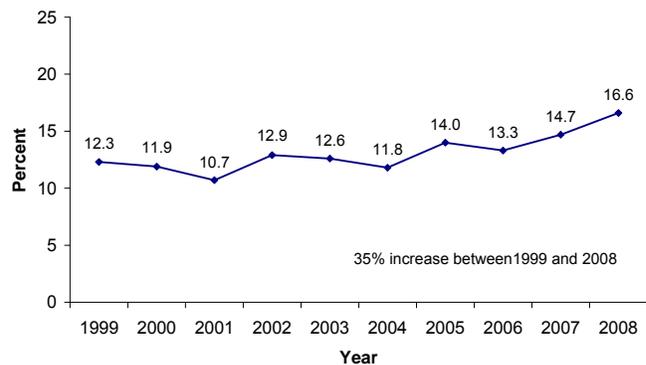
- ▶ In 2008, 16.6% of adult Tennesseans (18 years and older) did not have health care coverage, compared to 14.5% nationally.*
- ▶ Between 1999 and 2008, the percentage of uninsured Tennesseans increased 35%.
- ▶ Adults less than 65 years of age were almost 8 times more likely to lack health insurance than those 65 and older.
- ▶ Lack of coverage increased with decreasing education and household income.
- ▶ 10.0% of adults with health insurance reported that they were unable to see a doctor within the past 12 months because of cost (i.e. they were underinsured). This represents 8.3% of the total population.

Demographic Characteristics	No Health Care Coverage	
	%	95% CI
Total	16.6	(14.5-18.7)
Gender		
Male	19.3	(15.4-23.2)
Female	14.0	(12.2-15.9)
Race/Ethnicity		
White Non-Hispanic	15.0	(13.1-17.0)
Black Non-Hispanic	19.3	(12.9-25.7)
Age		
18-24	27.5	(16.6-38.5)
25-34	22.9	(15.8-29.9)
35-44	20.6	(15.2-26.0)
45-54	17.1	(14.4-19.8)
55-64	14.1	(11.5-16.7)
65+	2.2	(1.4-3.0)
Education		
< High School	32.4	(25.4-39.5)
High School Grad	20.2	(15.9-24.4)
Some College	13.3	(10.4-16.2)
College Grad	7.3	(4.6-10.0)
Household Income		
< \$15,000	31.1	(23.8-38.3)
\$15,000-24,999	30.1	(23.9-36.3)
\$25,000-34,999	25.5	(18.6-32.4)
\$35,000-49,999	12.4	(3.4-21.3)
\$50,000+	5.6	(3.3-7.8)

Levels of Health Care Coverage
Tennessee, 2008



No Health Care Coverage
Tennessee, 1999-2008



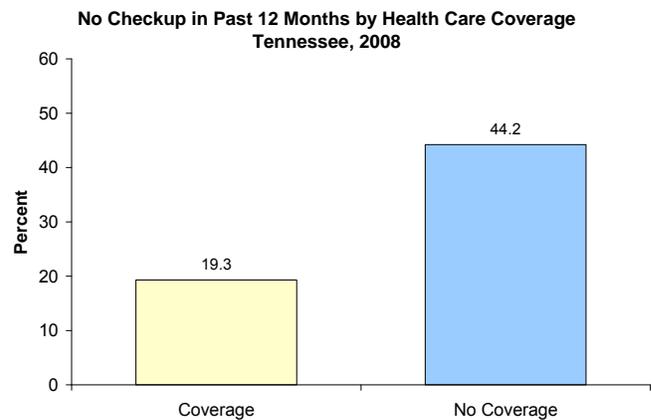
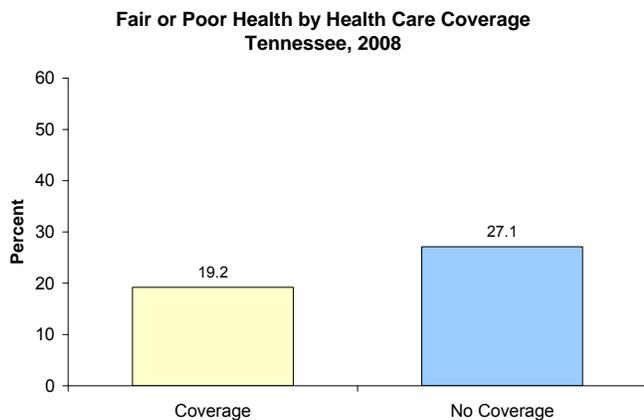
* Health care coverage includes health insurance, prepaid plans such as HMOs and government plans such as Medicare.

Health Care Access Fact Sheet *cont.*

Region	No Health Care Coverage	
	%	95% CI
Davidson	16.3	(9.8-22.7)
East	20.9	(13.9-27.8)
Hamilton	13.3	(5.9-20.6)
Knox	9.5	(5.4-13.6)
Madison	13.9	(8.8-19.0)
Mid-Cumberland	13.5	(8.3-18.7)
Northeast	15.5	(10.8-20.2)
Northwest	16.4	(11.3-21.4)
Shelby	18.8	(12.0-25.6)
South Central	13.4	(8.2-18.7)
Southeast	14.6	(9.0-20.3)
Southwest	10.3	(7.0-13.5)
Sullivan	15.3	(9.5-21.1)
Upper-Cumberland	24.3	(16.8-31.8)

► Among individual health department regions, the percentage of uninsured adults ranged from 9.5% in the Knox region to 24.3% in the Upper-Cumberland region.

- Adults without health care coverage were more likely than those with coverage to report their health as fair or poor.
- The percentage of adults who had not visited a doctor for a routine checkup in the past 12 months was greater among those without health care coverage than among those with coverage.

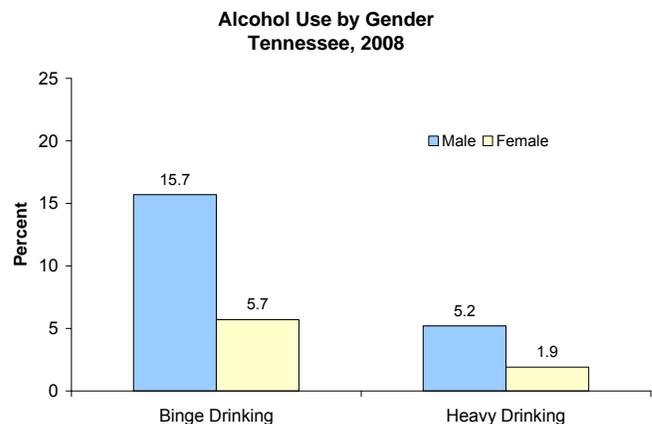
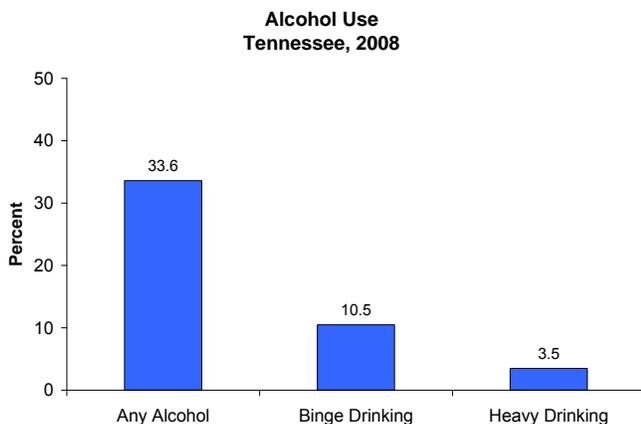


Alcohol Use Fact Sheet

2008 Tennessee BRFSS

- ▶ In 2008, 33.6% of adult Tennesseans (18 years and older) had at least one alcoholic drink in the past 30 days, while 10.5% reported binge drinking and 3.5% reported heavy drinking.*
- ▶ State prevalence rates for binge and heavy drinking were lower than national averages (15.6% and 5.1%, respectively).
- ▶ Binge drinking and heavy drinking were more common among men than women.
- ▶ There were no statistically significant differences in the prevalence of binge or heavy drinking among white versus black non-Hispanics.

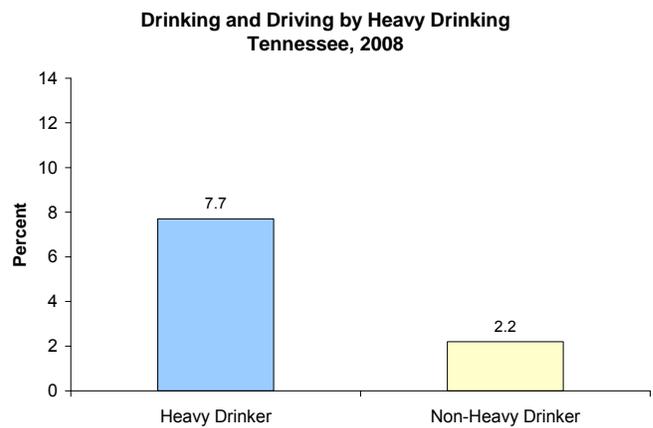
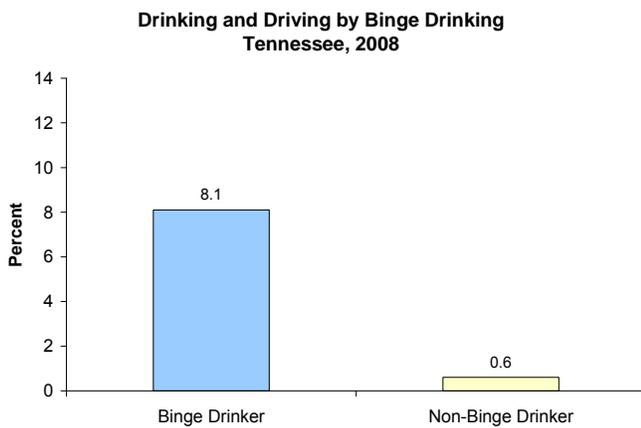
Demographic Characteristics	Binge Drinking		Heavy Drinking	
	%	95% CI	%	95% CI
Total	10.5	(8.6-12.3)	3.5	(2.1-4.9)
Gender				
Male	15.7	(12.2-19.2)	5.2	(2.5-8.0)
Female	5.7	(4.4-7.0)	1.9	(1.1-2.7)
Race/Ethnicity				
White Non-Hispanic	9.3	(7.8-10.7)	2.6	(1.7-3.4)
Black Non-Hispanic	10.4	(5.0-15.8)	3.9	(1.3-6.4)
Age				
18-24	13.1	(5.0-21.2)	8.3	(1.0-15.6)
25-34	14.3	(9.1-19.5)	2.8	(0.1-5.5)
35-44	15.7	(10.4-21.0)	4.2	(0.0-8.6)
45-54	8.5	(6.4-10.6)	3.7	(2.2-5.3)
55-64	6.8	(4.5-9.1)	2.9	(1.2-4.6)
65+	3.2	(2.0-4.5)	1.4	(0.8-2.1)
Education				
< High School	9.9	(3.6-16.1)	1.9	(0.2-3.5)
High School Grad	9.6	(6.0-13.2)	3.1	(0.0-6.3)
Some College	10.2	(7.4-13.0)	4.7	(2.4-7.0)
College Grad	12.5	(9.1-16.0)	3.4	(1.8-4.9)
Household Income				
< \$15,000	7.9	(4.2-11.6)	3.6	(0.9-6.4)
\$15,000-24,999	9.4	(4.8-14.0)	2.3	(0.0-4.6)
\$25,000-34,999	8.6	(3.7-13.5)	1.5	(0.3-2.7)
\$35,000-49,999	16.5	(7.4-25.7)	8.0	(0.0-17.1)
\$50,000+	13.0	(9.9-16.1)	3.5	(1.9-5.1)



* Binge drinking was defined as men having 5 or more drinks on one occasion and women having 4 or more drinks on one occasion. Heavy drinking was defined as men having more than 2 drinks per day and women having more than 1 drink per day.

Alcohol Use Fact Sheet *cont.*

- ▶ Among adults who had at least one alcoholic drink during the past 30 days, 3.5% reported driving when they had had too much to drink.
- ▶ Approximately 8% of both binge drinkers and of heavy drinkers reported drinking and driving.*



* Some individuals may have engaged in both binge drinking and heavy drinking, and are therefore included in both groups.

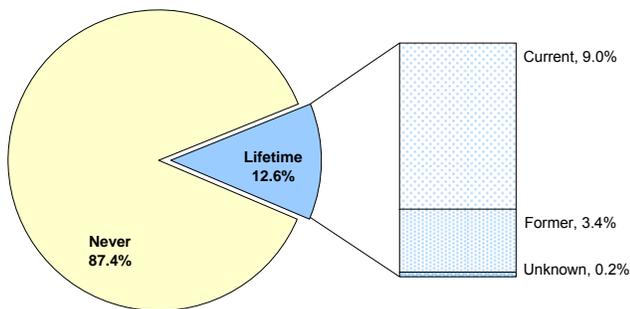
Asthma Fact Sheet

2008 Tennessee BRFSS

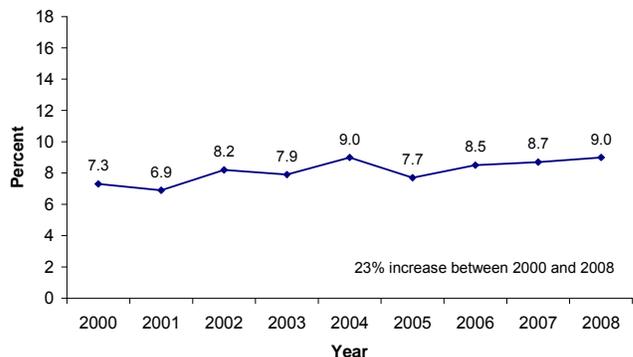
- In 2008, 12.6% of adult Tennesseans (18 years and older) had been diagnosed with asthma during their lifetime and 9.0% currently had asthma.
- Between 2000 and 2008, the prevalence of current asthma increased 23%.
- Asthma was more common among women than men.
- The difference in asthma prevalence among white and black non-Hispanics was not statistically significant.
- Asthma was more prevalent among adults with the least education and lower income.

Demographic Characteristics	Lifetime Asthma		Current Asthma	
	%	95% CI	%	95% CI
Total	12.6	(11.2-13.9)	9.0	(7.8-10.1)
Gender				
Male	9.4	(7.4-11.4)	6.1	(4.6-7.6)
Female	15.5	(13.7-17.4)	11.7	(10.0-13.4)
Race/Ethnicity				
White Non-Hispanic	12.5	(11.0-13.9)	9.1	(7.8-10.3)
Black Non-Hispanic	13.9	(9.5-18.4)	9.8	(6.2-13.3)
Age				
18-24	14.4	(6.5-22.2)	10.2	(3.0-17.3)
25-34	12.6	(8.7-16.6)	9.8	(6.2-13.3)
35-44	13.1	(9.7-16.5)	8.2	(5.6-10.8)
45-54	11.3	(9.1-13.6)	8.3	(6.3-10.3)
55-64	13.2	(10.5-15.9)	10.1	(7.6-12.5)
65+	11.8	(9.8-13.7)	8.8	(7.1-10.5)
Education				
< High School	23.6	(18.7-28.4)	19.5	(14.9-24.0)
High School Grad	11.7	(9.6-13.9)	8.7	(6.8-10.6)
Some College	10.5	(8.1-12.8)	7.4	(5.3-9.5)
College Grad	10.9	(7.8-14.0)	6.2	(4.1-8.4)
Household Income				
< \$15,000	20.1	(15.4-24.9)	17.2	(12.7-21.7)
\$15,000-24,999	14.9	(11.2-18.7)	12.6	(9.1-16.1)
\$25,000-34,999	15.0	(10.5-19.5)	10.7	(6.8-14.7)
\$35,000-49,999	9.2	(5.6-12.8)	7.5	(4.1-10.9)
\$50,000+	9.0	(6.5-11.5)	3.9	(2.4-5.4)

Asthma Prevalence Tennessee, 2008



Current Asthma Prevalence Tennessee, 2000-2008



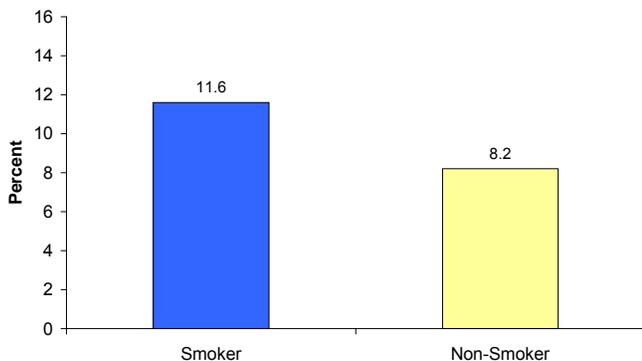
Asthma Fact Sheet *cont.*

Region	Current Asthma	
	%	95% CI
Davidson	9.0	(5.7-12.4)
East	9.6	(5.5-13.8)
Hamilton	6.6	(3.7-9.5)
Knox	14.2	(8.1-20.2)
Madison	9.5	(4.6-14.4)
Mid-Cumberland	8.3	(5.2-11.3)
Northeast	6.5	(3.7-9.3)
Northwest	10.6	(6.7-14.5)
Shelby	6.6	(3.4-9.7)
South Central	7.8	(4.2-11.3)
Southeast	9.2	(4.6-13.8)
Southwest	6.7	(3.9-9.6)
Sullivan	9.4	(5.7-13.1)
Upper-Cumberland	11.3	(6.4-16.2)

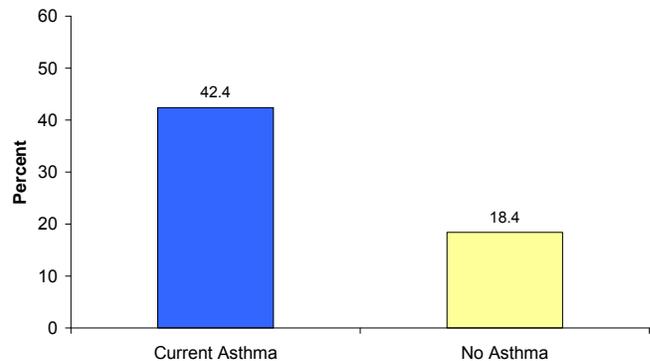
► The prevalence of current asthma in individual health department regions ranged from 6.5% in the Northeast region to 14.2% in the Knoxville region.

- Cigarette smokers were more likely than non-smokers to report that they currently have asthma.
- Adults with asthma were more likely to report their general health as fair or poor than were those without asthma.

**Current Asthma Prevalence by Cigarette Smoking
Tennessee, 2008**



**Fair or Poor Health by Asthma Status
Tennessee, 2008**



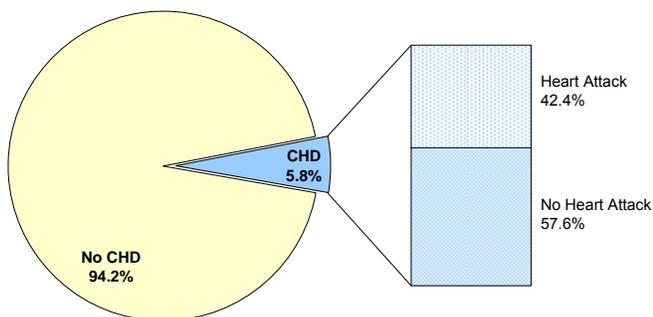
Coronary Heart Disease Fact Sheet

2008 Tennessee BRFSS

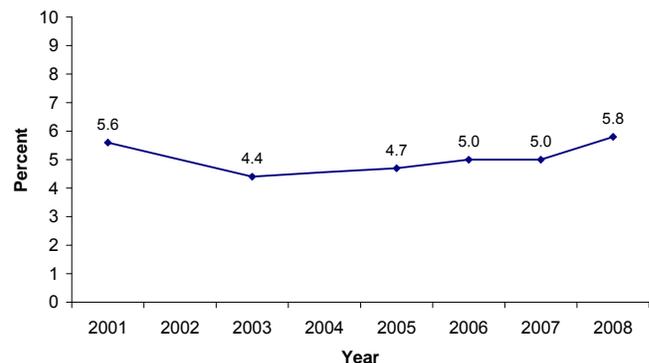
- In 2008, 5.8% of adult Tennesseans (18 years and older) had been diagnosed with coronary heart disease (CHD) during their lifetime, compared to 4.3% nationally.
- Over the period 2001 to 2008, there was no statistically significant trend in the prevalence of CHD in Tennessee.
- The differences in coronary heart disease prevalence among women versus men, and white versus black non-Hispanics were not statistically significant.
- Coronary heart disease prevalence increased with increasing age.
- Heart attacks are a serious form of CHD. Among persons with CHD, 42.4% reported a history of heart attack.

Demographic Characteristics	Coronary Heart Disease	
	%	95% CI
Total	5.8	(5.0-6.5)
Gender		
Male	6.0	(4.7-7.3)
Female	5.5	(4.6-6.4)
Race/Ethnicity		
White Non-Hispanic	6.1	(5.2-7.0)
Black Non-Hispanic	5.5	(3.0-7.9)
Age		
35-44	3.4	(1.6-5.1)
45-54	6.0	(3.9-8.0)
55-64	9.1	(7.1-11.0)
65+	13.7	(11.5-15.9)
Education		
< High School	10.7	(8.0-13.5)
High School Grad	5.7	(4.3-7.0)
Some College	5.2	(3.7-6.6)
College Grad	4.1	(2.6-5.6)
Household Income		
< \$15,000	9.2	(6.3-12.0)
\$15,000-24,999	8.2	(5.9-10.5)
\$25,000-34,999	5.9	(3.5-8.4)
\$35,000-49,999	3.7	(1.9-5.4)
\$50,000+	3.8	(2.4-5.3)

Coronary Heart Disease Prevalence
Tennessee, 2008



Coronary Heart Disease Prevalence
Tennessee, 2001-2008

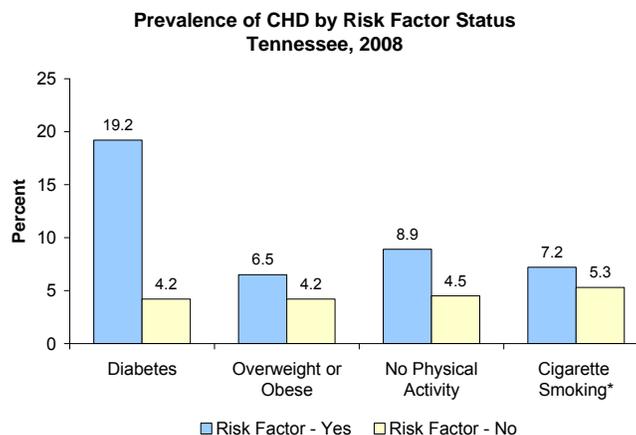


Coronary Heart Disease Fact Sheet *cont.*

Region	Coronary Heart Disease	
	%	95% CI
Davidson	4.0	(2.2-5.9)
East	4.2	(2.5-6.0)
Hamilton	4.5	(2.0-6.9)
Knox	6.7	(3.8-9.7)
Madison	3.8	(1.8-5.9)
Mid-Cumberland	6.3	(3.3-9.4)
Northeast	5.0	(3.2-6.9)
Northwest	10.1	(5.9-14.4)
Shelby	4.5	(2.2-6.8)
South Central	7.0	(3.8-10.1)
Southeast	7.0	(4.0-9.9)
Southwest	5.1	(3.0-7.2)
Sullivan	8.2	(4.7-11.7)
Upper-Cumberland	6.8	(4.1-9.5)

► The prevalence of coronary heart disease in individual health department regions ranged from 3.8% in the Madison region to 10.1% in the Northwest region.

- Adults with diabetes were over three-and-a-half times more likely than those without diabetes to have coronary heart disease.
- Coronary heart disease was more common among those who were overweight or obese and among those who were not physically active than among those without these risk factors.
- Although CHD was slightly more common among those who smoked cigarettes than among those who did not smoke, this difference was not statistically significant.



* Difference is not statistically significant.

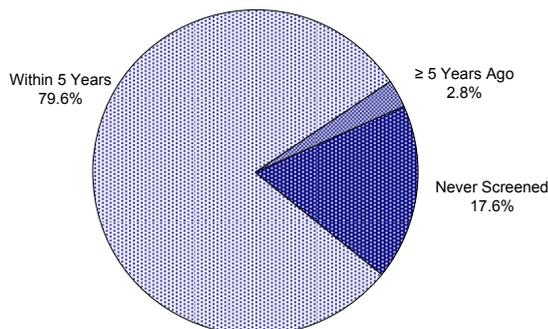
High Cholesterol Fact Sheet

2007 Tennessee BRFSS

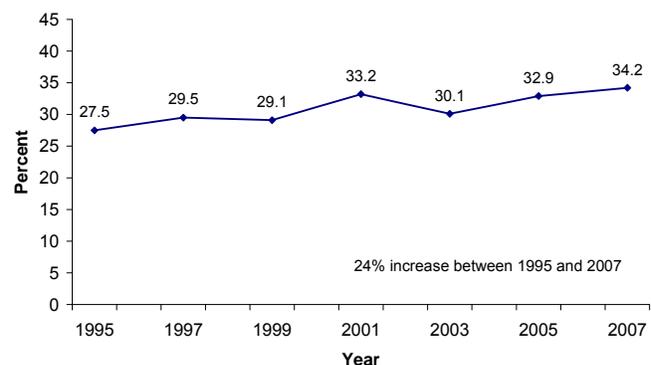
- ▶ In 2007, 79.6% of adult Tennesseans (18 years and older) reported having a current cholesterol screening (i.e. their cholesterol had been checked within the past 5 years).*
- ▶ Among adults who had ever had their cholesterol checked, 34.2% had been told by a health care professional that it was high, compared to 37.6% nationally.
- ▶ There was a 24% increase in the prevalence of high cholesterol between 1995 and 2007.
- ▶ White non-Hispanics had a higher prevalence of high cholesterol than black non-Hispanics.
- ▶ High cholesterol prevalence tended to increase with increasing age.

Demographic Characteristics	High Cholesterol	
	%	95% CI
Total	34.2	(32.1-36.3)
Gender		
Male	34.7	(31.2-38.2)
Female	33.8	(31.3-36.3)
Race/Ethnicity		
White Non-Hispanic	36.8	(34.5-39.0)
Black Non-Hispanic	22.0	(16.6-27.3)
Age		
18-24	16.1	(2.8-29.5)
25-34	13.9	(9.0-18.8)
35-44	29.6	(24.4-34.7)
45-54	37.3	(32.9-41.7)
55-64	45.7	(41.6-49.8)
65+	44.1	(40.7-47.6)
Education		
< High School	44.7	(38.7-50.7)
High School Grad	36.0	(32.3-39.6)
Some College	31.6	(27.6-35.7)
College Grad	30.1	(26.0-34.3)
Household Income		
< \$15,000	42.9	(36.8-48.9)
\$15,000-24,999	40.3	(34.8-45.7)
\$25,000-34,999	32.1	(26.0-38.1)
\$35,000-49,999	29.6	(23.8-35.5)
\$50,000+	30.1	(26.2-33.9)

Most Recent Cholesterol Screening
Tennessee, 2007



High Cholesterol Prevalence
Tennessee, 1995-2007



* Questions related to high cholesterol were not included in the 2008 BRFSS survey. Data presented here are from the 2007 Tennessee BRFSS (the most currently available year).

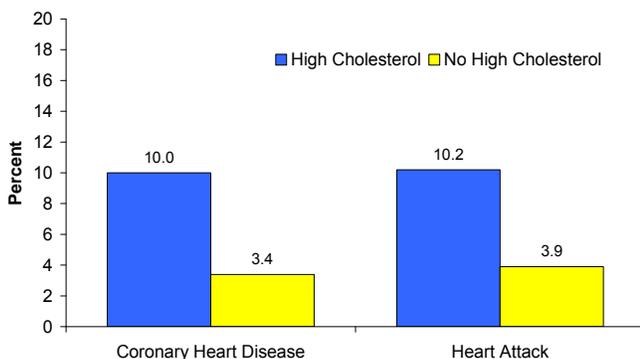
High Cholesterol Fact Sheet *cont.*

Region	High Cholesterol	
	%	95% CI
Davidson	25.0	(18.3-31.7)
East	41.4	(34.3-48.4)
Hamilton	29.8	(25.3-34.3)
Knox	29.8	(23.0-36.6)
Madison	22.5	(16.9-28.0)
Mid-Cumberland	36.5	(29.3-43.7)
Northeast	40.4	(34.0-46.8)
Northwest	31.4	(24.7-38.1)
Shelby	32.4	(25.4-39.5)
South Central	37.9	(30.8-44.9)
Southeast	35.5	(29.1-41.9)
Southwest	41.0	(31.8-50.2)
Sullivan	29.7	(24.2-35.2)
Upper-Cumberland	35.2	(28.1-42.3)

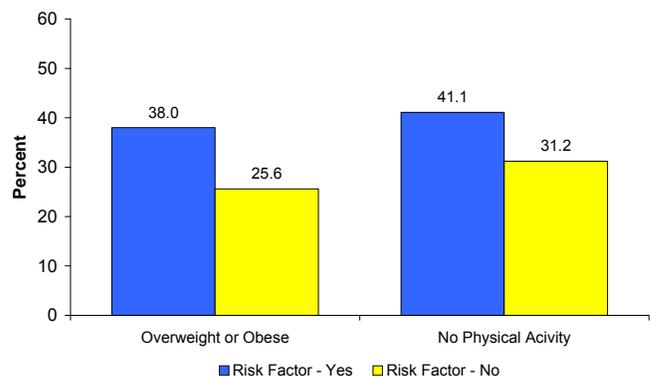
► The prevalence of high cholesterol in individual health department regions ranged from 22.5% in the Madison region to 41.4% in the East region.

- Adults with high cholesterol were approximately two times more likely to have coronary heart disease and one-and-a-half times more likely to have had a heart attack than those without high cholesterol.
- Adults who were overweight or obese and those who did not engage in any physical activities during the past month were more likely to have high cholesterol than those without these risk factors.

**Heart Disease Prevalence by Cholesterol Status
Tennessee, 2007**



**Prevalence of High Cholesterol by Risk Factor Status
Tennessee, 2007**



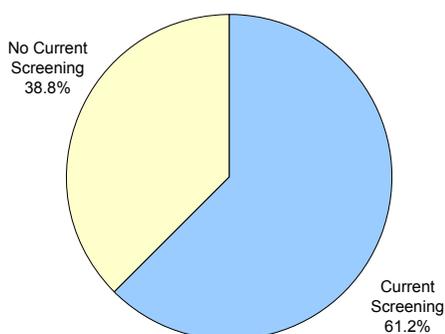
Colorectal Cancer Screening Fact Sheet

2008 Tennessee BRFSS

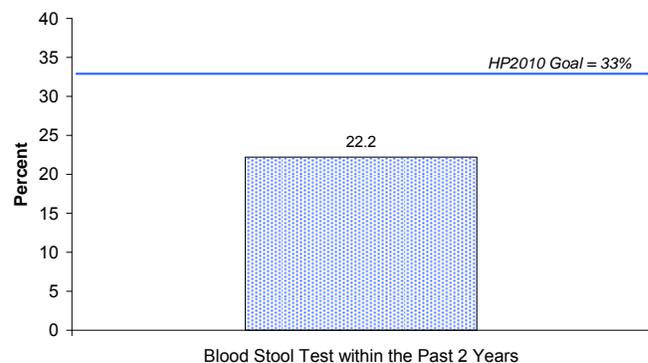
- ▶ In 2008, 38.8% of Tennessee adults aged 50 and older did not have a current colorectal cancer screening (i.e. they had never been screened or it had been more than 1 year since their last blood stool test, more than 5 years since their last sigmoidoscopy, or more than 10 years since their last colonoscopy).
- ▶ There were no statistically significant gender or racial differences in the percentage of adults who did not have a current colorectal cancer screening.
- ▶ The percentage of adults without a current screening decreased with increasing age.
- ▶ Approximately 22% of adults had had a blood stool test within the past 2 years, which was less than the Healthy People 2010 goal of 33%.*

Demographic Characteristics	No Current Screening	
	%	95% CI
Total	38.8	(36.5-41.0)
Gender		
Male	39.4	(35.6-43.3)
Female	38.2	(35.5-40.8)
Race/Ethnicity		
White Non-Hispanic	37.9	(35.6-40.2)
Black Non-Hispanic	40.6	(32.2-48.9)
Age		
50-54	52.2	(46.7-57.7)
55-59	39.6	(34.2-44.9)
60-64	36.3	(31.0-41.6)
65+	31.2	(28.2-34.1)
Education		
< High School	35.7	(30.6-40.8)
High School Grad	45.1	(41.3-48.9)
Some College	33.7	(29.3-38.1)
College Grad	36.0	(30.9-41.1)
Household Income		
< \$15,000	48.5	(41.5-55.5)
\$15,000-24,999	40.8	(35.7-45.9)
\$25,000-34,999	38.9	(32.1-45.7)
\$35,000-49,999	36.9	(30.0-43.8)
\$50,000+	36.2	(31.3-41.0)

Colorectal Cancer Screening Status
Tennessee, 2008



HP2010 Colorectal Cancer Screening Goal
Tennessee, 2008*



* HP2010 also set a goal of 50% for the percentage of adults aged 50 and older that had ever had a sigmoidoscopy. Due to question wording, it was not possible to determine this percentage using 2008 BRFSS data. However, in 2008, 59.5% of Tennesseans had ever had a sigmoidoscopy or colonoscopy.

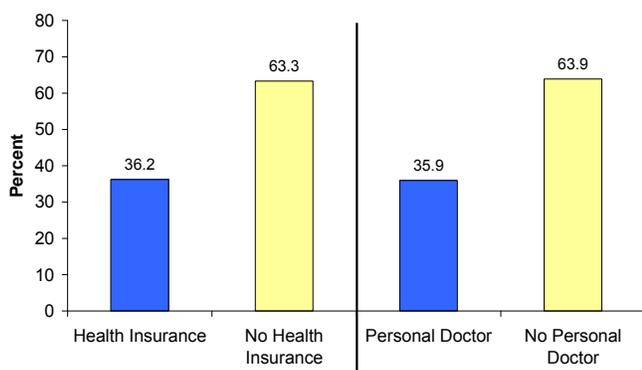
Colorectal Cancer Screening Fact Sheet *cont.*

Region	No Current Screening	
	%	95% CI
Davidson	34.8	(27.4-42.3)
East	38.6	(31.7-45.4)
Hamilton	36.5	(28.5-44.6)
Knox	34.9	(27.0-42.8)
Madison	35.5	(28.1-43.0)
Mid-Cumberland	39.4	(32.1-46.8)
Northeast	35.9	(29.0-42.9)
Northwest	37.4	(29.6-45.1)
Shelby	35.3	(26.9-43.7)
South Central	50.0	(41.6-58.3)
Southeast	37.6	(30.2-45.1)
Southwest	48.7	(41.7-55.8)
Sullivan	25.7	(18.9-32.6)
Upper-Cumberland	43.1	(35.5-50.8)

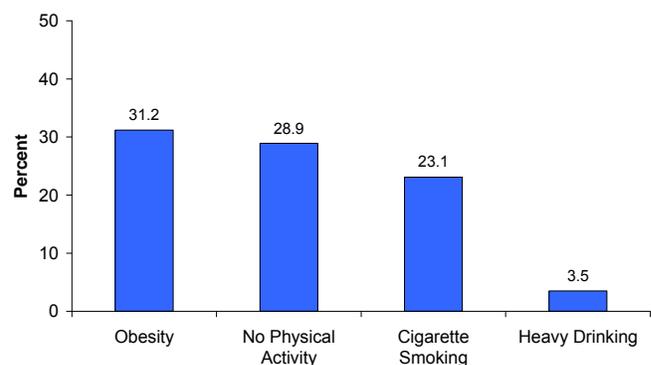
► Within individual health department regions, the percentage of adults without a current colorectal cancer screening ranged from 25.7% in the Sullivan region to 50.0% in the South Central region.

- Adults without health insurance or without a personal doctor were almost twice as likely as those with health insurance or a personal doctor to not have a current screening.
- Modifiable risk factors for colorectal cancer include obesity, lack of regular exercise, smoking and heavy drinking. Among Tennesseans aged 18 years and older, 31% were obese, 29% had no physical activity in the past 30 days, 23% smoked cigarettes and 4% were heavy drinkers.

**No Current Colorectal Cancer Screening by Access to Care (50+ year olds)
Tennessee, 2008**



**Prevalence of Colorectal Cancer Risk Factors (18+ year olds)
Tennessee, 2008**

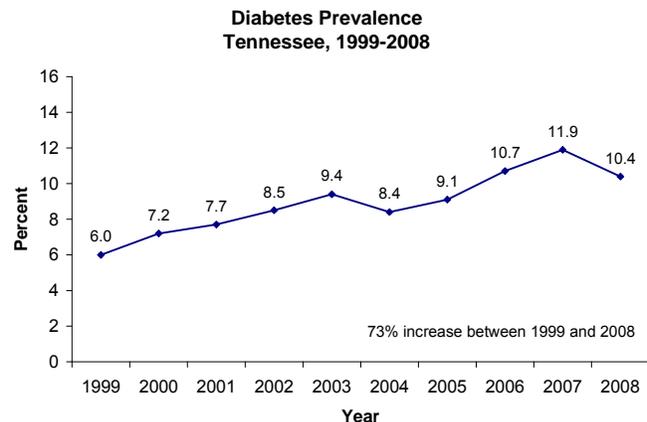
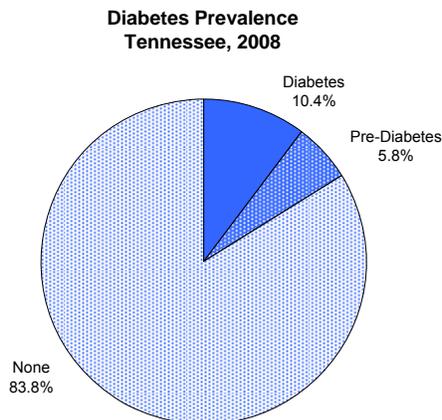


Diabetes Fact Sheet

2008 Tennessee BRFSS

- ▶ In 2008, 10.4% of adult Tennesseans (18 years and older) had been diagnosed with diabetes during their lifetimes (compared to 8.3% nationally) and 5.8% had been diagnosed with pre- or borderline diabetes.
- ▶ Between 1999 and 2008, the prevalence of diabetes increased 73%.
- ▶ There were no statistically significant differences in diabetes prevalence among women versus men, or among white versus black non-Hispanics.
- ▶ Diabetes prevalence increased with increasing age.
- ▶ Adults with the lowest education and household income had the highest prevalence of diabetes.

Demographic Characteristics	Diabetes	
	%	95% CI
Total	10.4	(9.3-11.4)
Gender		
Male	9.6	(8.0-11.3)
Female	11.1	(9.7-12.4)
Race/Ethnicity		
White Non-Hispanic	10.7	(9.5-11.8)
Black Non-Hispanic	12.2	(8.8-15.7)
Age		
18-24	2.8	(0.0-6.2)
25-34	2.6	(0.9-4.3)
35-44	6.6	(4.5-8.7)
45-54	9.4	(7.1-11.7)
55-64	17.9	(15.0-20.7)
65+	20.5	(18.0-23.1)
Education		
< High School	17.9	(14.4-21.4)
High School Grad	9.5	(7.8-11.2)
Some College	10.5	(8.4-12.6)
College Grad	7.8	(5.8-9.8)
Household Income		
< \$15,000	18.2	(14.1-22.3)
\$15,000-24,999	13.0	(10.3-15.8)
\$25,000-34,999	9.4	(6.1-12.8)
\$35,000-49,999	10.7	(7.6-13.8)
\$50,000+	6.5	(4.7-8.2)

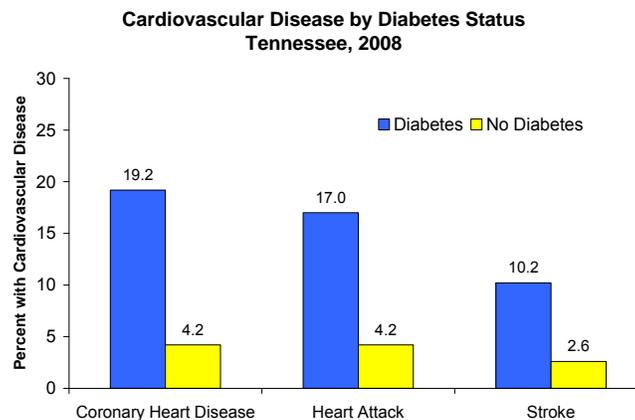


Diabetes Fact Sheet *cont.*

Region	Diabetes	
	%	95% CI
Davidson	7.7	(5.1-10.4)
East	10.7	(7.3-14.1)
Hamilton	8.3	(4.6-12.1)
Knox	12.1	(7.7-16.5)
Madison	9.7	(6.3-13.0)
Mid-Cumberland	8.8	(6.0-11.6)
Northeast	11.0	(7.3-14.7)
Northwest	11.6	(8.0-15.2)
Shelby	10.7	(7.2-14.2)
South Central	13.5	(8.9-18.2)
Southeast	9.0	(5.7-12.3)
Southwest	11.1	(6.9-15.2)
Sullivan	14.0	(9.5-18.5)
Upper-Cumberland	10.6	(7.2-14.1)

► The prevalence of diabetes in individual health department regions ranged from 7.7% in the Davidson region to 14.0% in the Sullivan region.

- Diabetes increases the risk of cardiovascular disease.
 - Coronary heart disease was approximately four-and-a-half times as common among diabetics as among non-diabetics.
 - Heart attack and stroke were approximately four times as common among those with diabetes as among those without diabetes.

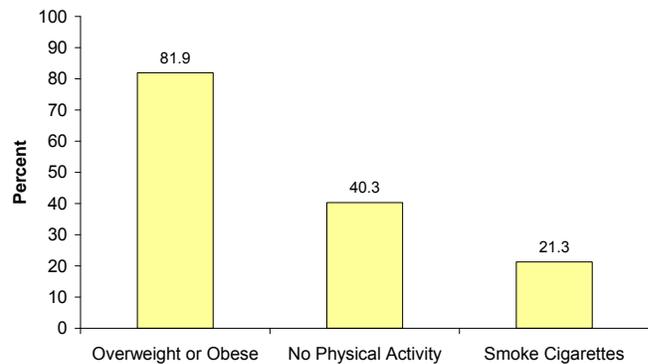


Diabetes Management Fact Sheet

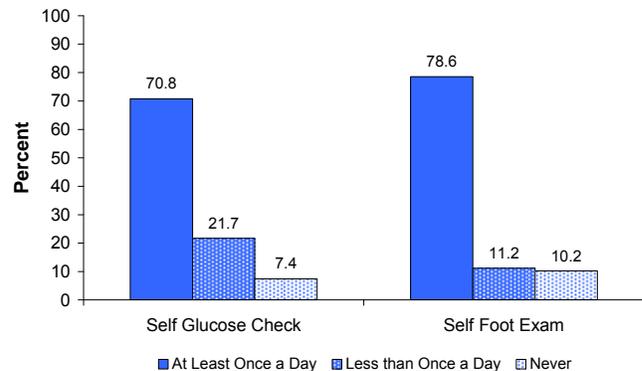
2008 Tennessee BRFSS

- ▶ In 2008, 81.9% of adult (18 years and older) diabetics in Tennessee were overweight or obese, 40.3% did not engage in any physical activities during the past month and 21.3% smoked cigarettes.
- ▶ Almost three-quarters of diabetics reported checking their blood glucose at least once a day, while 7.4% reported that they never checked their blood glucose.
- ▶ Over three-quarters of diabetics reported checking their feet for sores and irritations at least once a day, while 10.2% reported never checking their feet.

Modifiable Lifestyle Factors among Diabetics
Tennessee, 2008



Diabetes Self-Management
Tennessee, 2008



Diabetes Management Recommendations^{*†}

- Daily self glucose testing (*HP2010 goal = 60%*)
- Daily self foot examination
- Eat healthy, exercise and don't smoke
- Take medicines as directed
- Brush and floss teeth daily
- Annual foot exam by health care provider (*HP2010 goal = 75%*)
- Annual dilated-eye exam (*HP2010 goal = 75%*)
- Annual cholesterol/lipid screening
- Annual kidney function test
- Annual flu vaccination
- Pneumococcal pneumonia vaccination
- Biannual dental exam
- Hemoglobin A1C test every 3 months (if taking insulin) or every 6 months (if not taking insulin)

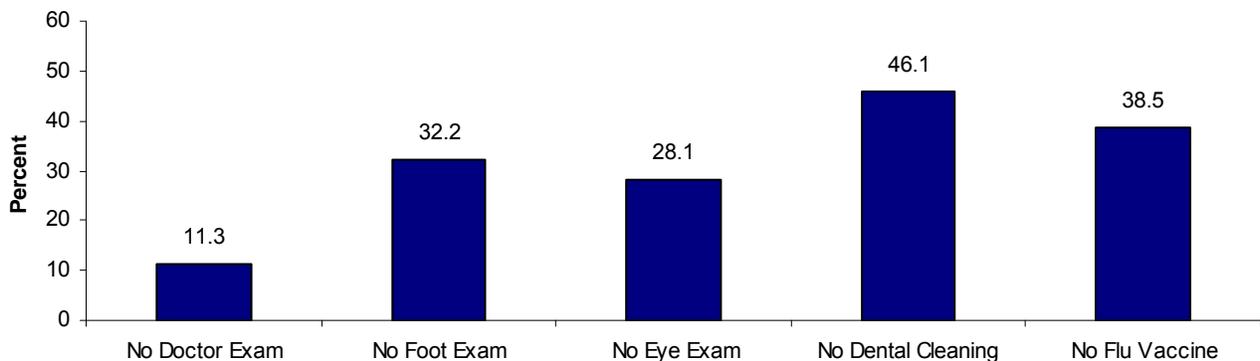
^{*} National Diabetes Information Clearinghouse. Accessed September 2009 at www.diabetes.niddk.nih.gov.

[†] Percentages in parentheses are Healthy People 2010 goals for the proportion of adult diabetics who have completed the listed recommendations. Tennessee has met the goal for self glucose testing, but not those for annual eye and foot exams.

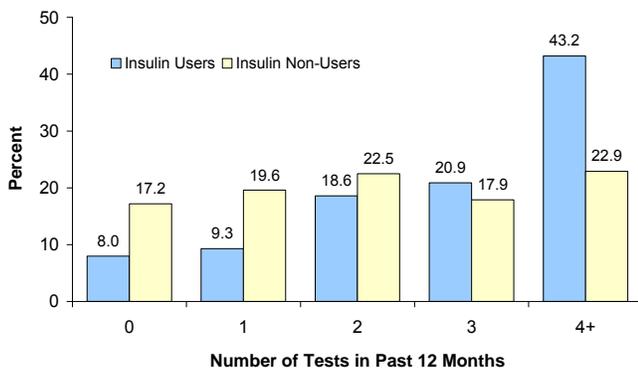
Diabetes Management Fact Sheet *cont.*

- Approximately one-half of diabetics (49.4%) had never taken a class on how to manage their diabetes.
- The average number of doctor visits for diabetes in the past 12 months was 3.5, with a range of 0 to 48 visits. Approximately 11% of diabetics had not seen a doctor or other health professional for their diabetes in the past 12 months.
- Approximately 32% of diabetics had not had their feet examined by a doctor in the past year and 28% had not had a dilated eye exam.
- Almost one-half of diabetics had not had their teeth cleaned in the past year.
- Over one-third of diabetics had not had a flu vaccination in the past year.

**Diabetes Management -- Past 12 Months
Tennessee, 2008**



**Frequency of Hemoglobin A1C Testing
Tennessee, 2008**



- Among diabetics taking insulin, 43.2% reported having a hemoglobin A1C test at least 4 times in the past year.
- Among those not taking insulin, 63.3% reported having an A1C test at least twice in the past year.
- Overall, 14.3% of diabetics (regardless of whether they were on insulin) had not had an A1C test in the past year.

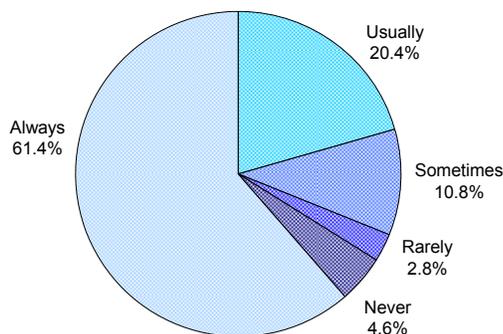
Emotional Support Fact Sheet

2008 Tennessee BRFSS

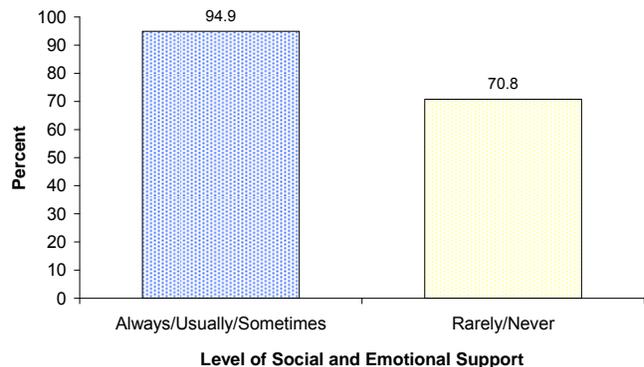
- ▶ In 2008, 7.4% of adult Tennesseans (18 years and older) reported rarely or never receiving the social and emotional support they need.
- ▶ There were no statistically significant gender or racial differences in the percentage of adults who rarely or never received needed support.
- ▶ The percentage of adults rarely or never receiving needed support increased with decreasing education and household income.
- ▶ Those who rarely or never received needed support were less likely than those who always, usually or sometimes received support to be satisfied with their life.

Demographic Characteristics	Rarely/Never Receive Support	
	%	95% CI
Total	7.4	(6.1-8.6)
Gender		
Male	8.2	(5.9-10.5)
Female	6.6	(5.5-7.8)
Race/Ethnicity		
White Non-Hispanic	7.0	(5.9-8.2)
Black Non-Hispanic	7.1	(4.1-10.0)
Age		
18-24	6.6	(1.6-11.6)
25-34	3.6	(1.6-5.7)
35-44	7.9	(4.1-11.7)
45-54	8.9	(6.6-11.1)
55-64	7.0	(5.2-8.7)
65+	9.1	(7.3-10.8)
Education		
< High School	14.7	(10.9-18.5)
High School Grad	9.0	(6.4-11.6)
Some College	5.7	(4.2-7.3)
College Grad	3.3	(1.1-5.6)
Household Income		
< \$15,000	21.7	(15.3-28.2)
\$15,000-24,999	10.9	(8.1-13.6)
\$25,000-34,999	5.5	(3.4-7.6)
\$35,000-49,999	2.9	(1.3-4.6)
\$50,000+	2.6	(1.3-3.9)

Social and Emotional Support
Tennessee, 2008

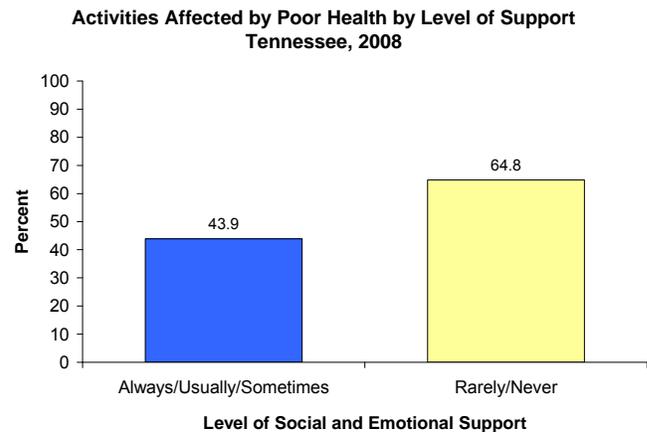
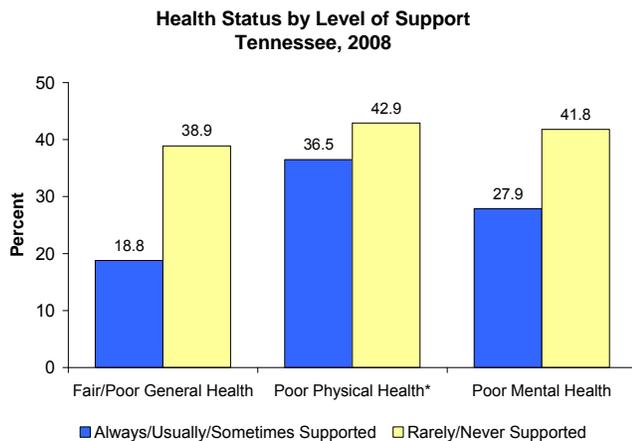


Life Satisfaction by Level of Support
Tennessee, 2008



Emotional Support Fact Sheet *cont.*

- ▶ Adults who rarely or never received needed social/emotional support were more likely to report their general health as fair or poor than were those who always, usually or sometimes received support.
- ▶ The percentages of adults reporting one or more days of poor mental or of poor physical health during the past month were higher among those who did not receive needed support than among those who did receive support. However, the difference in poor physical health was not statistically significant.
- ▶ Among individuals who reported one or more days of poor mental and/or physical health, the percentage who said their poor health kept them from usual activities (i.e. self-care, work, recreation) was higher among those who did not receive needed support than among those who did receive support.



* Difference is not statistically significant.

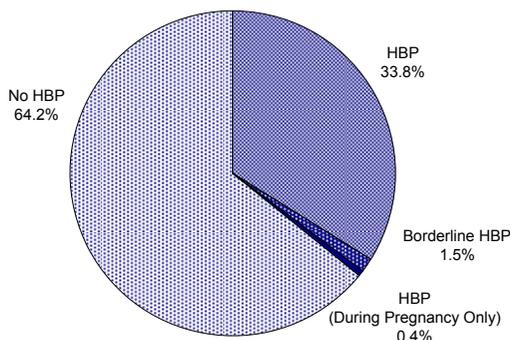
High Blood Pressure Fact Sheet

2007 Tennessee BRFSS

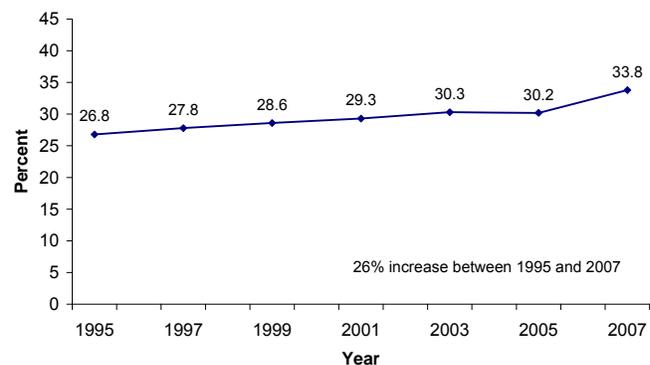
- ▶ In 2007, 33.8% of adult Tennesseans (18 years and older) had been diagnosed with high blood pressure (HBP) during their lifetime, compared to 27.8% nationally.*
- ▶ Between 1995 and 2007, there was a 26% increase in the prevalence of HBP in Tennessee.
- ▶ Differences in the prevalence of HBP among men versus women and among white versus black non-Hispanics were not statistically significant.
- ▶ High blood pressure prevalence increased with increasing age.
- ▶ The prevalence of high blood pressure increased with decreasing education and household income.

Demographic Characteristics	High Blood Pressure	
	%	95% CI
Total	33.8	(31.9-35.7)
Gender		
Male	35.7	(32.4-38.9)
Female	32.0	(29.9-34.2)
Race/Ethnicity		
White Non-Hispanic	34.0	(32.0-36.0)
Black Non-Hispanic	36.9	(30.6-43.3)
Age		
18-24	6.0	(0.0-12.3)
25-34	14.5	(10.2-18.8)
35-44	23.6	(19.3-27.9)
45-54	39.2	(34.9-46.4)
55-64	50.0	(46.0-53.9)
65+	59.1	(55.8-62.3)
Education		
< High School	46.5	(41.0-52.0)
High School Grad	35.2	(31.9-38.5)
Some College	33.4	(29.6-37.3)
College Grad	25.8	(22.3-29.3)
Household Income		
< \$15,000	50.5	(44.2-56.7)
\$15,000-24,999	40.7	(35.9-45.6)
\$25,000-34,999	33.4	(27.6-39.2)
\$35,000-49,999	29.0	(24.0-34.1)
\$50,000+	27.5	(24.0-31.1)

High Blood Pressure Prevalence
Tennessee, 2007



High Blood Pressure Prevalence
Tennessee, 1995-2007



* Questions related to high blood pressure were not included in the 2008 BRFSS survey. Data presented here are from the 2007 Tennessee BRFSS (the most currently available year).

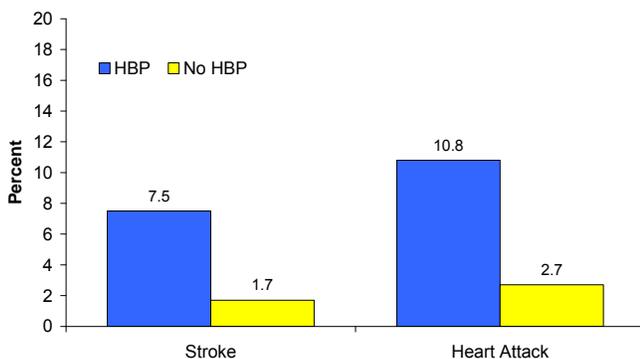
High Blood Pressure Fact Sheet *cont.*

Region	High Blood Pressure	
	%	95% CI
Davidson	27.3	(21.2-33.4)
East	38.2	(32.0-44.5)
Hamilton	37.1	(32.5-41.8)
Knox	31.9	(25.4-38.4)
Madison	34.9	(28.1-41.6)
Mid-Cumberland	27.6	(21.6-33.7)
Northeast	37.2	(31.5-43.0)
Northwest	39.1	(32.2-46.1)
Shelby	35.8	(29.2-42.4)
South Central	36.9	(29.9-43.9)
Southeast	34.1	(28.2-39.9)
Southwest	30.2	(24.1-36.4)
Sullivan	28.7	(23.4-33.9)
Upper-Cumberland	39.6	(33.0-46.3)

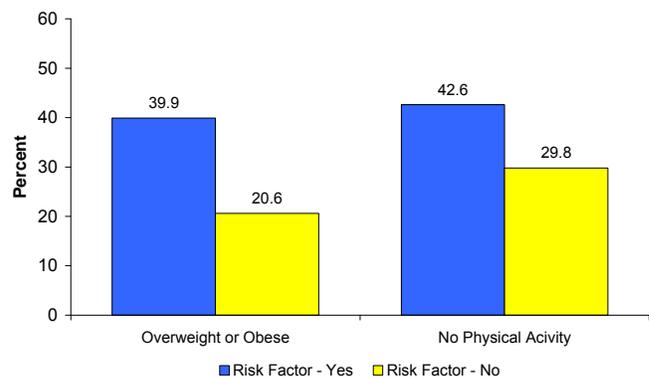
► The prevalence of high blood pressure in individual health department regions ranged from 27.3% in the Davidson region to 39.6% in the Upper Cumberland region.

- Adults with high blood pressure were approximately three times more likely to have had a stroke or heart attack than those without high blood pressure.
- Adults who were overweight or obese and those who did not engage in any physical activities during the past month were more likely to have high blood pressure than those without these risk factors.

**Stroke and Heart Attack Prevalence by HBP Status
Tennessee, 2007**



**Prevalence of HBP by Risk Factor Status
Tennessee, 2007**

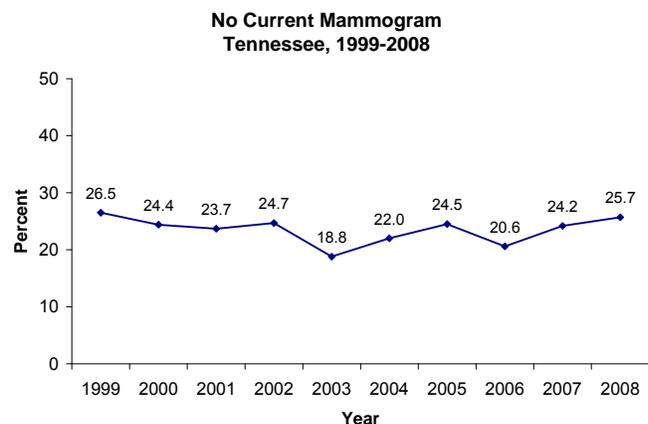
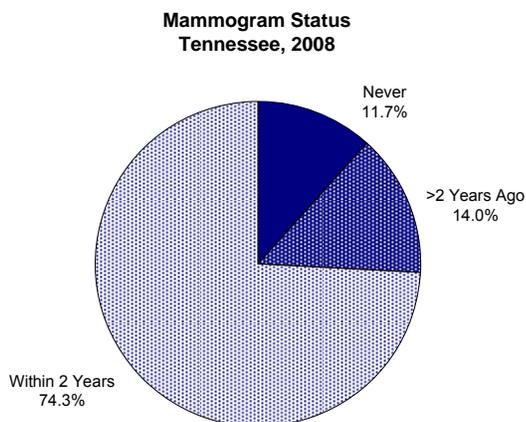


Breast Cancer Screening Fact Sheet

2008 Tennessee BRFSS

- ▶ In 2008, 25.7% of Tennessee women aged 40 and older did not have a current mammogram (i.e. they had never had one or it had been more than 2 years since the procedure was last done), compared to 23.9% nationally.
- ▶ Over the period 1999 and 2008, there was no statistically significant trend in the percentage of women without a current mammogram.
- ▶ The difference in the percentage of women who did not have a current mammogram among black versus white non-Hispanics was not statistically significant.
- ▶ Tennessee exceeded the Healthy People 2010 goal of 70% of women 40 and older receiving a mammogram within the past 2 years.

Demographic Characteristics	No Current Mammogram	
	%	95% CI
Total	25.7	(23.3-28.1)
Race/Ethnicity		
White Non-Hispanic	26.1	(23.5-28.7)
Black Non-Hispanic	21.5	(15.0-28.0)
Age		
40-44	36.5	(28.1-44.8)
45-49	29.9	(23.3-36.6)
50-54	25.2	(19.6-30.8)
55-59	17.7	(13.3-22.0)
60-64	24.7	(19.3-30.0)
65+	20.8	(17.8-23.8)
Education		
< High School	32.7	(26.6-38.8)
High School Grad	25.3	(21.5-29.1)
Some College	26.2	(21.6-30.7)
College Grad	21.1	(15.5-26.6)
Household Income		
< \$15,000	36.5	(28.6-44.3)
\$15,000-24,999	30.4	(24.7-36.2)
\$25,000-34,999	28.2	(21.5-34.9)
\$35,000-49,999	19.6	(12.7-26.6)
\$50,000+	21.7	(16.4-27.0)



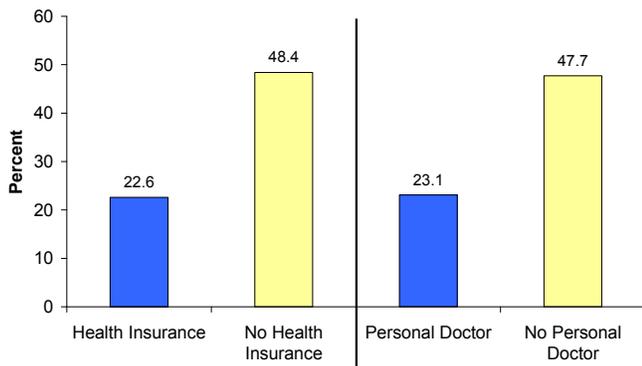
Breast Cancer Screening Fact Sheet *cont.*

Region	No Current Mammogram	
	%	95% CI
Davidson	18.4	(11.5-25.3)
East	27.7	(19.6-35.8)
Hamilton	21.2	(13.5-28.9)
Knox	23.8	(16.1-31.6)
Madison	24.4	(15.6-33.1)
Mid-Cumberland	27.2	(19.2-35.2)
Northeast	27.0	(19.9-34.0)
Northwest	28.8	(21.0-36.6)
Shelby	14.8	(9.0-20.7)
South Central	30.2	(21.6-38.7)
Southeast	27.1	(19.7-34.4)
Southwest	30.0	(23.0-36.9)
Sullivan	16.7	(9.9-23.6)
Upper-Cumberland	30.5	(22.8-38.2)

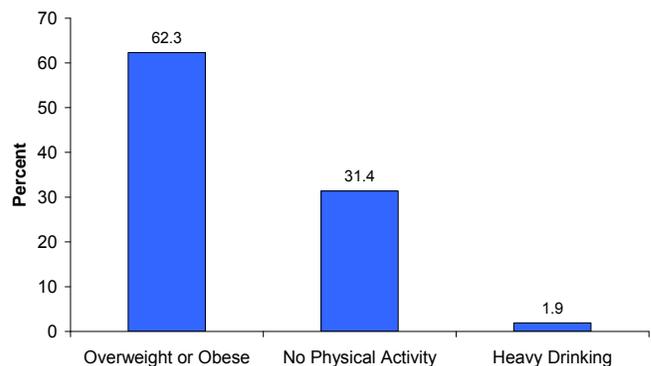
► Within individual health department regions, the percentage of women without a current mammogram ranged from 14.8% in the Shelby region to 30.5% in the Upper-Cumberland region.

- Women without health insurance were more than twice as likely as those with health insurance to not have a current mammogram.
- Women without a personal doctor or health care provider were also more likely to not have a current mammogram.
- Modifiable risk factors for breast cancer include being overweight, lack of regular exercise and heavy drinking. Among women aged 18 years and older, 62% were overweight or obese, 31% had no physical activity in the past 30 days and 2% were heavy drinkers.

**No Current Mammogram by Access to Care (40+ year olds)
Tennessee, 2008**



**Prevalence of Breast Cancer Risk Factors (18+ year olds)
Tennessee, 2008**



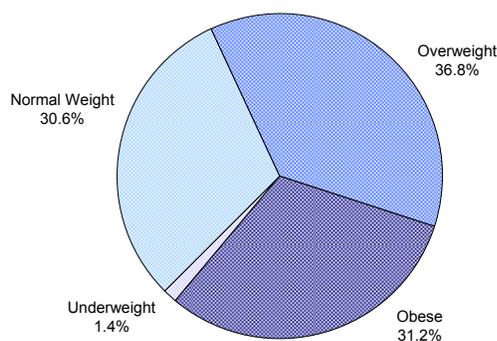
Overweight and Obesity Fact Sheet

2008 Tennessee BRFSS

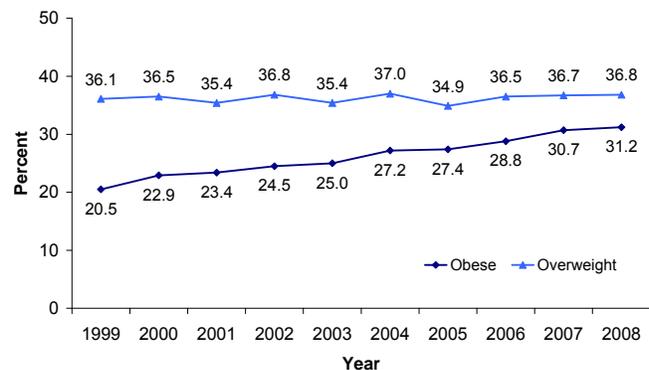
- ▶ In 2008, 68.0% of adult Tennesseans (18 years and older) were overweight or obese, compared to 63.4% nationally.*
- ▶ Between 1999 and 2008, there was no statistically significant trend in the prevalence of being overweight among Tennesseans. However, the percentage of obese adults increased 52% during this period.
- ▶ Men were more likely to be overweight or obese than women.
- ▶ Black non-Hispanics were more likely to be overweight or obese than white non-Hispanics

Demographic Characteristics	Overweight or Obese	
	%	95% CI
Total	68.0	(65.9-70.1)
Gender		
Male	73.9	(70.7-77.2)
Female	62.3	(59.9-64.7)
Race/Ethnicity		
White Non-Hispanic	66.4	(64.3-68.5)
Black Non-Hispanic	76.6	(70.2-82.9)
Age		
18-24	59.7	(48.6-70.8)
25-34	61.9	(55.3-68.5)
35-44	71.0	(66.1-75.8)
45-54	71.1	(67.6-74.7)
55-64	71.3	(67.7-74.9)
65+	65.9	(63.0-68.8)
Education		
< High School	71.3	(65.5-77.1)
High School Grad	68.7	(65.2-72.2)
Some College	67.0	(63.2-70.8)
College Grad	66.5	(62.3-70.7)
Household Income		
< \$15,000	70.0	(63.9-76.0)
\$15,000-24,999	69.7	(64.5-74.8)
\$25,000-34,999	65.8	(59.2-72.3)
\$35,000-49,999	77.3	(72.2-82.4)
\$50,000+	65.8	(61.8-69.7)

Overweight and Obesity Prevalence
Tennessee, 2008



Overweight and Obesity Prevalence
Tennessee, 1999-2008



* Weight categories were assigned based on Body Mass Index (BMI) as follows: underweight (BMI < 18.5), normal weight (18.5 ≤ BMI < 25), overweight (25 ≤ BMI < 30) and obese (BMI ≥ 30).

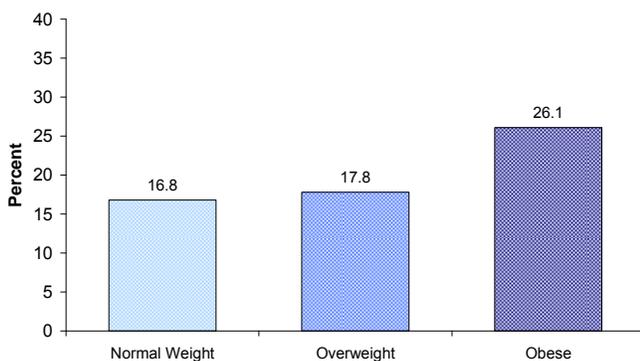
Overweight and Obesity Fact Sheet *cont.*

Region	Overweight or Obesity	
	%	95% CI
Davidson	62.4	(55.3-69.4)
East	69.7	(63.9-75.6)
Hamilton	72.8	(66.1-79.5)
Knox	56.1	(48.2-63.9)
Madison	70.4	(63.9-77.0)
Mid-Cumberland	61.9	(55.5-68.3)
Northeast	67.9	(61.8-74.1)
Northwest	74.8	(69.5-80.1)
Shelby	70.6	(63.7-77.5)
South Central	68.2	(61.6-74.7)
Southeast	70.4	(63.6-77.2)
Southwest	70.5	(64.5-76.5)
Sullivan	69.2	(62.5-75.8)
Upper-Cumberland	74.2	(68.2-80.2)

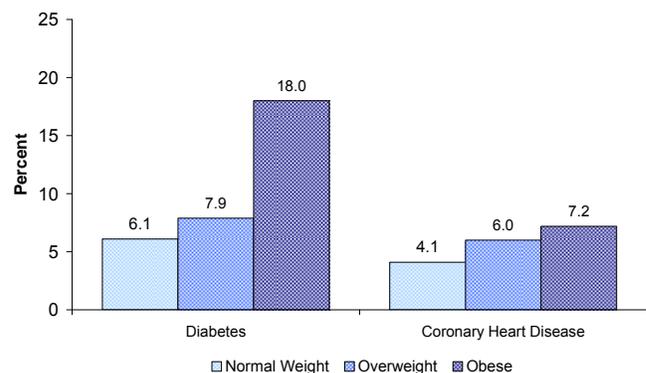
► The prevalence of overweight and obesity in individual health department regions ranged from 56.1% in the Knox region to 74.8% in the Northwest region.

- Obese adults were more likely than normal weight or overweight adults to report their health as fair or poor.
- The prevalence of diabetes was 2 times higher among obese adults compared to those with normal weight.
- The prevalence of coronary heart disease was 76% higher among obese adults compared to those with normal weight.

**Fair or Poor Health by BMI Category
Tennessee, 2008**



**Chronic Illness by BMI Category
Tennessee, 2008**



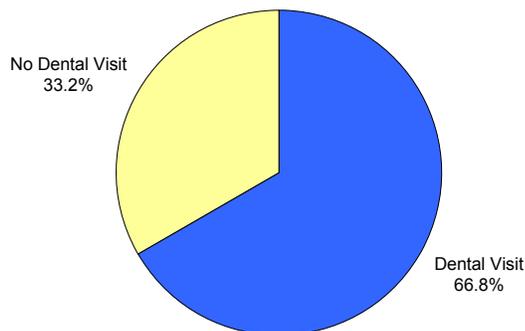
Oral Health Fact Sheet

2008 Tennessee BRFSS

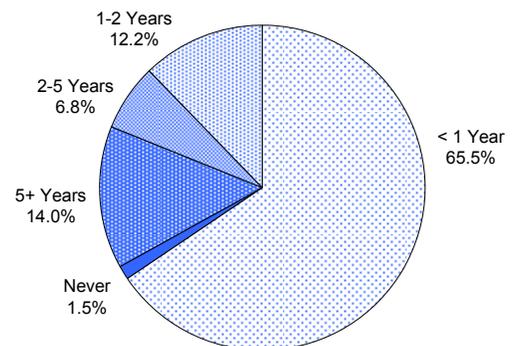
- ▶ In 2008, 33.2% of adult Tennesseans (18 years and older) had not visited a dentist or dental clinic within the past year, compared to 28.7% nationally.*
- ▶ There were no statistically significant gender or racial differences in the percentage of adults who had not had a dental visit in the past year.
- ▶ The percentage of adults who had not visited a dentist within the past year increased with decreasing education and household income.
- ▶ Approximately two-thirds of adults (65.5%) reported having their teeth cleaned by a dentist or dental hygienist within the past year, while 1.5% reported never having had their teeth cleaned.

Demographic Characteristics	No Dental Visit within Past Year	
	%	95% CI
Total	33.2	(31.1-35.2)
Gender		
Male	34.1	(30.6-37.6)
Female	32.3	(30.0-34.5)
Race/Ethnicity		
White Non-Hispanic	33.6	(31.5-35.7)
Black Non-Hispanic	34.3	(27.9-40.7)
Age		
18-24	39.2	(27.8-50.6)
25-34	31.2	(25.1-37.3)
35-44	28.3	(23.6-33.0)
45-54	34.6	(31.0-38.3)
55-64	33.8	(30.2-37.4)
65+	38.1	(35.1-41.1)
Education		
< High School	62.2	(55.7-68.6)
High School Grad	36.9	(33.3-40.6)
Some College	30.4	(26.6-34.2)
College Grad	16.7	(13.3-20.1)
Household Income		
< \$15,000	61.7	(55.0-68.3)
\$15,000-24,999	45.8	(40.3-51.3)
\$25,000-34,999	41.1	(34.5-47.6)
\$35,000-49,999	28.1	(21.7-34.5)
\$50,000+	16.2	(13.1-19.4)

Dental Visit within Past Year*
Tennessee, 2008



Time Since Last Dental Cleaning
Tennessee, 2008



* This includes dental cleanings and/or dental visits for any other reason, including visits to dental specialists such as orthodontists.

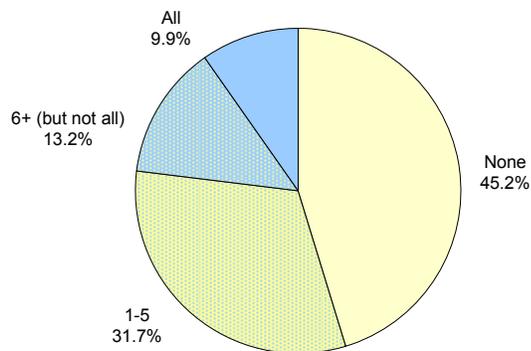
Oral Health Fact Sheet *cont.*

Region	No Dental Visit within Past Year	
	%	95% CI
Davidson	25.3	(18.5-32.1)
East	39.6	(33.0-46.2)
Hamilton	31.5	(23.2-39.7)
Knox	27.5	(20.5-34.5)
Madison	31.7	(24.7-38.6)
Mid-Cumberland	28.3	(22.7-33.9)
Northeast	39.2	(33.0-45.4)
Northwest	42.2	(35.6-48.9)
Shelby	28.0	(21.3-34.6)
South Central	33.4	(26.8-40.1)
Southeast	37.5	(30.6-44.4)
Southwest	37.9	(31.5-44.3)
Sullivan	39.6	(32.6-46.7)
Upper-Cumberland	40.6	(33.2-48.0)

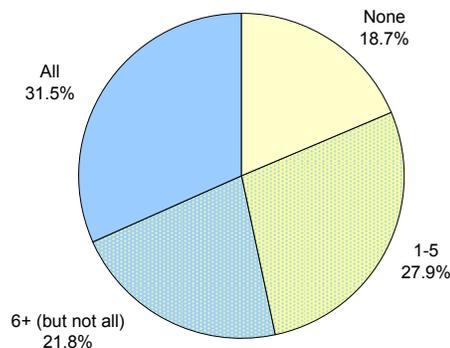
► Within individual health department regions, the percentage of adults who had not visited a dentist within the past year ranged from 25.3% in the Davidson region to 42.2% in the Northwest region.

- Over one-half (54.8%) of adult Tennesseans aged 18 years and older reported having had at least one tooth removed because of tooth decay, gum disease, or infection.
- Approximately one-third (31.5%) of adult Tennesseans aged 65 years and older reported having all of their teeth removed because of tooth decay, gum disease, or infection.

Number of Teeth Extracted among 18+ Year Olds Tennessee, 2008



Number of Teeth Extracted among 65+ Year Olds Tennessee, 2008

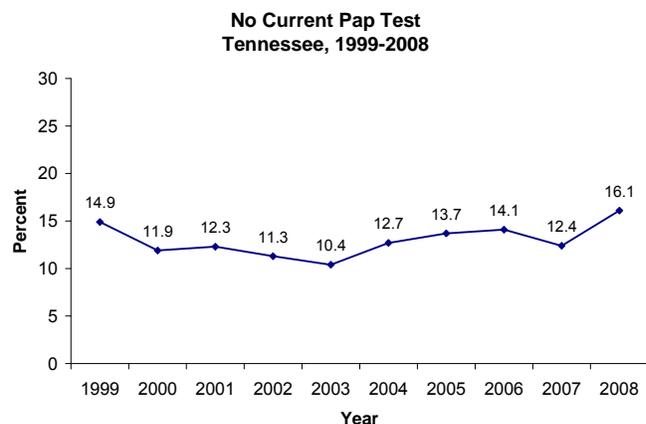
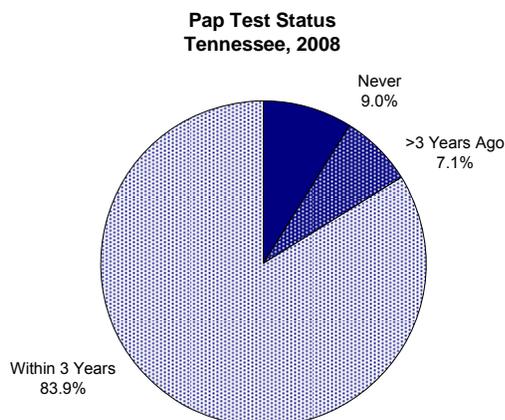


Cervical Cancer Screening Fact Sheet

2008 Tennessee BRFSS

- ▶ In 2008, 16.1% of Tennessee women aged 18 years and older did not have a current Pap test (i.e. they had never had one or it had been more than 3 years since the test was last done), compared to 17.1% nationally.
- ▶ Over the period 1999 to 2008, there was no statistically significant trend in the percentage of women without a current Pap test.
- ▶ Although a higher percentage of white versus black non-Hispanic women did not have a current Pap test, this difference was not statistically significant.
- ▶ Tennessee has not yet reached the Healthy People 2010 goal of 90% for the percentage of women 18 and older receiving a Pap test within the past 3 years.

Demographic Characteristics	No Current Pap Test	
	%	95% CI
Total	16.1	(13.7-18.5)
Race/Ethnicity		
White Non-Hispanic	16.9	(14.3-19.5)
Black Non-Hispanic	13.8	(7.0-20.5)
Age		
18-24	22.6	(9.4-35.9)
25-34	13.2	(7.2-19.3)
35-44	11.1	(7.0-15.2)
45-54	14.7	(10.3-19.1)
55-64	17.8	(13.4-22.1)
65+	29.8	(24.9-34.7)
Education		
< High School	30.4	(20.0-40.7)
High School Grad	16.3	(13.0-19.6)
Some College	18.8	(13.8-23.8)
College Grad	7.0	(4.5-9.6)
Household Income		
< \$15,000	17.3	(11.5-23.1)
\$15,000-24,999	22.3	(16.1-28.5)
\$25,000-34,999	17.8	(10.7-24.8)
\$35,000-49,999	14.0	(6.6-21.3)
\$50,000+	7.5	(4.3-10.8)



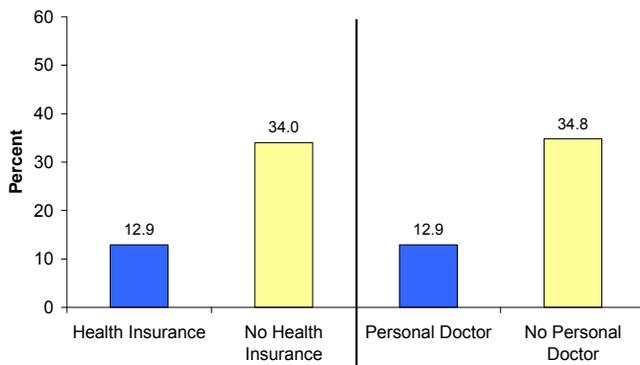
Cervical Cancer Screening Fact Sheet *cont.*

Region	No Current Pap Test	
	%	95% CI
Davidson	12.3	(6.3-18.2)
East	14.9	(6.5-23.2)
Hamilton	14.9	(7.6-22.2)
Knox	13.2	(6.2-20.3)
Madison	19.7	(11.1-28.3)
Mid-Cumberland	15.5	(8.2-22.9)
Northeast	11.1	(6.8-15.5)
Northwest	14.0	(7.4-20.6)
Shelby	11.7	(5.5-17.9)
South Central	17.4	(8.9-25.9)
Southeast	22.1	(14.1-30.2)
Southwest	24.3	(16.7-31.9)
Sullivan	24.0	(12.2-35.8)
Upper-Cumberland	20.5	(13.5-27.5)

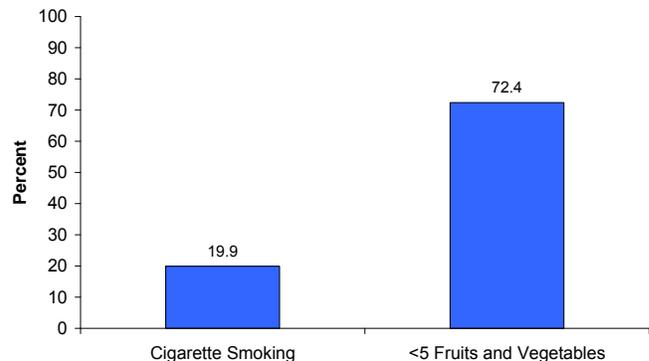
► Within individual health department regions, the percentage of women without a current Pap test ranged from 11.1% in the Northeast region to 24.3% in the Southwest region.

- Women without health insurance or without a personal doctor were more than twice as likely as those with health insurance or a personal doctor to not have a current Pap test.
- Modifiable risk factors for cervical cancer include smoking and eating a diet low in fruits and vegetables. Among women aged 18 years and older, 20% currently smoked cigarettes and 72% ate less than five daily servings of fruits and vegetables.*

**No Current Pap Test by Access to Care
Tennessee, 2008**



**Prevalence of Cervical Cancer Risk Factors
Tennessee, 2008***



* Data on fruit and vegetable consumption are from the 2007 TN BRFSS (the most currently available year).

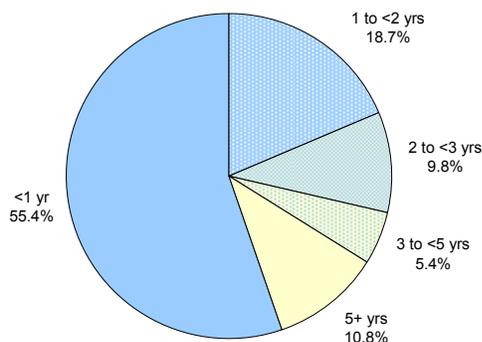
Prostate Cancer Screening Fact Sheet

2008 Tennessee BRFSS

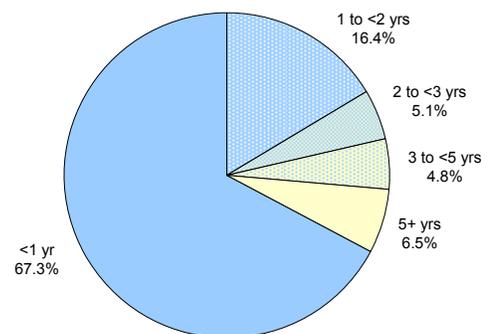
- ▶ In 2008, 71.1% of Tennessee males aged 40 and older had been screened for prostate cancer during their lifetime [i.e. had ever had a digital rectal exam or prostate-specific antigen (PSA) test].*
- ▶ Black non-Hispanics were more likely than white non-Hispanics to have ever been screened for prostate cancer.
- ▶ Among men who had ever had a digital rectal exam, 55.4% had the procedure done within the past year.
- ▶ Among men who had ever had a PSA test, 67.3% had the procedure done within the past year.
- ▶ Among men who had been screened for prostate cancer within the past year, 5.5% had a digital rectal exam only, 16.1% had a PSA test only and 78.4% had both procedures performed.

Demographic Characteristics	Ever Screened	
	%	95% CI
Total	71.1	(66.6-75.6)
Race/Ethnicity		
White Non-Hispanic	71.1	(67.0-75.2)
Black Non-Hispanic	83.8	(74.7-93.0)
Age		
40-44	45.6	(33.3-58.0)
45-49	63.0	(54.1-71.9)
50-54	72.9	(64.5-81.3)
55-59	87.5	(82.4-92.7)
60-64	84.0	(77.8-90.2)
65+	88.7	(85.2-92.3)
Education		
< High School	76.0	(68.0-84.0)
High School Grad	64.4	(55.2-73.7)
Some College	70.8	(63.8-77.8)
College Grad	78.8	(71.5-86.2)
Household Income		
< \$15,000	73.8	(58.4-89.3)
\$15,000-24,999	75.5	(67.1-83.9)
\$25,000-34,999	66.6	(53.6-79.6)
\$35,000-49,999	54.6	(37.0-72.2)
\$50,000+	78.5	(72.6-84.4)

Time Since Most Recent Digital Rectal Exam
Tennessee, 2008



Time Since Most Recent PSA Test
Tennessee, 2008



* BRFSS data on prostate cancer screening is often presented as the percentage of men aged 40 and older who have had a PSA test within the past 2 years. In the case of Tennessee this was 48.1% in 2008. However, there is currently no scientific consensus on when or how often screening should occur or that the potential benefits outweigh the risks. The decision to be screened should be discussed with your healthcare provider.

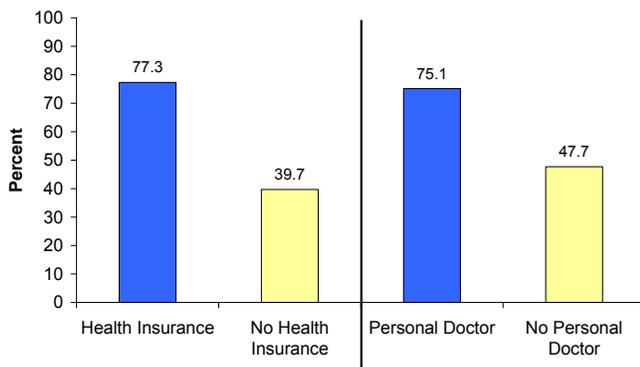
Prostate Cancer Screening Fact Sheet *cont.*

Region	Ever Screened	
	%	95% CI
Davidson	81.0	(68.8-93.3)
East	72.0	(60.9-83.0)
Hamilton	82.3	(71.3-93.3)
Knox	82.1	(72.2-91.9)
Madison	73.5	(59.4-87.6)
Mid-Cumberland	66.9	(53.7-80.2)
Northeast	63.6	(51.8-75.3)
Northwest	76.3	(66.1-86.6)
Shelby	75.0	(61.4-88.6)
South Central	72.4	(59.5-85.2)
Southeast	60.7	(46.7-74.8)
Southwest	72.6	(61.3-83.8)
Sullivan	78.4	(68.6-88.2)
Upper-Cumberland	66.5	(53.2-79.8)

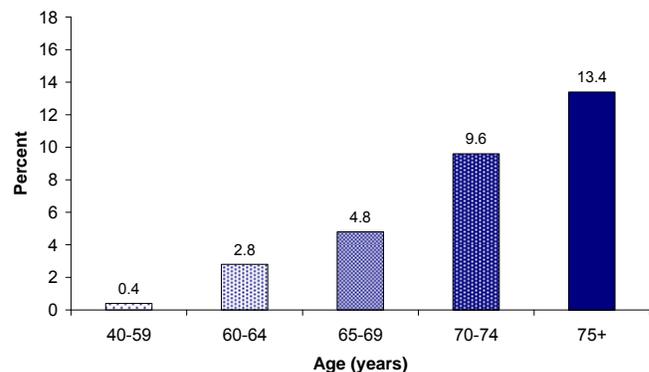
► Within individual health department regions, the percentage of men 40 years and older who had ever been screened for prostate cancer ranged from 60.7% in the Southeast region to 82.3% in the Hamilton region.

- Men with health insurance or with a personal doctor were almost twice as likely as those without health insurance or a personal doctor to have ever been screened for prostate cancer.
- Approximately 3% of men aged 40 years and older reported having ever been diagnosed with prostate cancer. Diagnosis of prostate cancer increased with increasing age, from 0.4% among 40–59 year olds to 13.4% among those 75 years and older.

**Ever Screened for Prostate Cancer by Access to Care
Tennessee, 2008**



**Ever Diagnosed with Prostate Cancer
Tennessee, 2008**

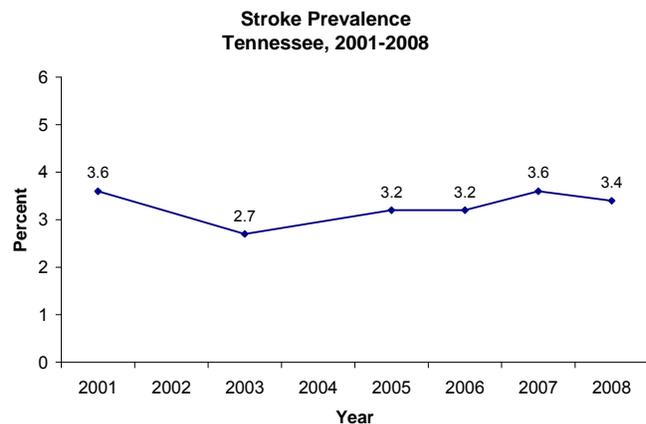
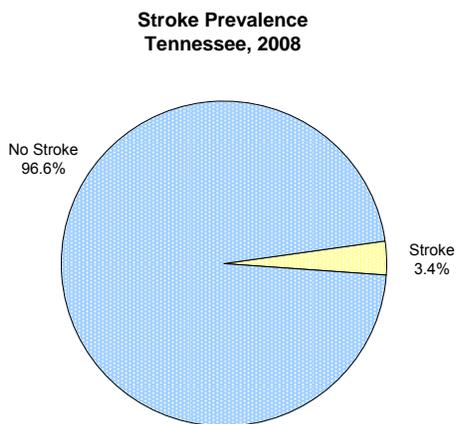


Stroke Fact Sheet

2008 Tennessee BRFSS

- In 2008, 3.4% of adult Tennesseans (18 years and older) had ever had a stroke, compared to 2.6% nationally.
- Over the period 2001 to 2008, there was no statistically significant trend in the prevalence of stroke in Tennessee.
- There were no statistically significant differences in stroke prevalence among women versus men or among white non-Hispanics versus black non-Hispanics.
- Stroke prevalence increased with increasing age.
- Adults with the lowest education and household income had the highest prevalence of stroke.

Demographic Characteristics	Stroke	
	%	95% CI
Total	3.4	(2.8-3.9)
Gender		
Male	2.9	(2.1-3.7)
Female	3.8	(3.0-4.5)
Race/Ethnicity		
White Non-Hispanic	3.4	(2.8-4.0)
Black Non-Hispanic	3.9	(2.1-5.7)
Age		
35-44	1.5	(0.5-2.6)
45-54	2.9	(1.7-4.1)
55-64	3.9	(2.6-5.1)
65+	9.6	(7.9-11.4)
Education		
< High School	7.2	(5.1-9.2)
High School Grad	3.9	(2.8-4.9)
Some College	2.5	(1.7-3.3)
College Grad	1.7	(0.8-2.6)
Household Income		
< \$15,000	7.2	(4.9-9.6)
\$15,000-24,999	5.8	(4.0-7.7)
\$25,000-34,999	3.1	(1.5-4.6)
\$35,000-49,999	1.1	(0.1-2.1)
\$50,000+	1.7	(0.7-2.6)

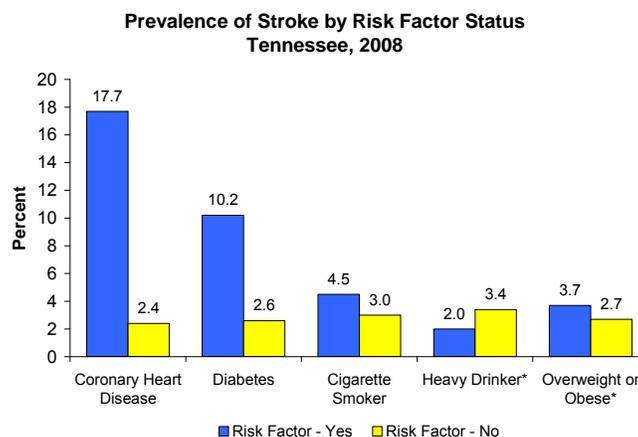


Stroke Fact Sheet *cont.*

Region	Stroke	
	%	95% CI
Davidson	2.1	(1.1-3.2)
East	4.1	(2.1-6.1)
Hamilton	3.2	(0.0-6.8)
Knox	3.1	(1.0-5.1)
Madison	2.1	(0.4-3.8)
Mid-Cumberland	2.7	(1.0-4.3)
Northeast	3.8	(2.2-5.4)
Northwest	3.2	(1.1-5.3)
Shelby	2.4	(0.8-3.9)
South Central	5.7	(3.2-8.1)
Southeast	4.0	(2.0-6.0)
Southwest	4.0	(2.1-5.9)
Sullivan	4.6	(2.3-6.9)
Upper-Cumberland	3.9	(1.8-6.0)

► The prevalence of stroke in individual health department regions ranged from 2.1% in the Davidson region to 5.7% in the South Central region.

- The prevalence of stroke was over six times higher among those with coronary heart disease (CHD) than among those without CHD, and three times higher among diabetics compared to those without diabetes.
- Adults who smoked cigarettes were more likely than non-smokers to have had a stroke.
- Although they are important risk factors for stroke, there was no statistically significant difference in the prevalence of stroke among adults who were overweight/obese or who were heavy drinkers compared to those without these risk factors.



* Difference is not statistically significant.

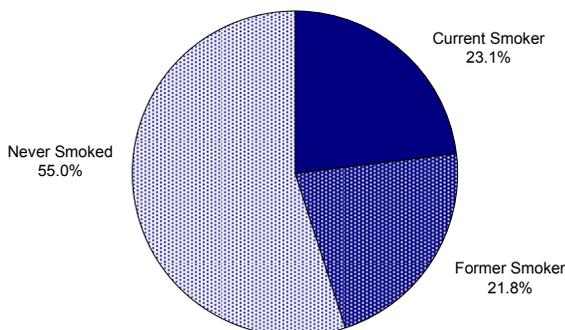
Tobacco Use Fact Sheet

2008 Tennessee BRFSS

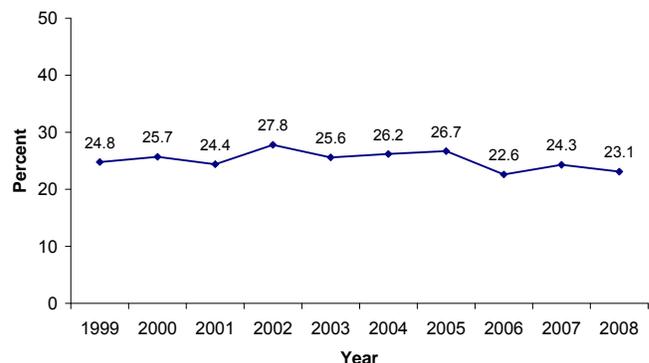
- ▶ In 2008, 23.1% of adult Tennesseans (18 years and older) reported smoking cigarettes, compared to 18.3% nationally.
- ▶ Over the period 1999 to 2008, there was no statistically significant trend in the prevalence of cigarette smoking in Tennessee.
- ▶ Men were more likely than women to smoke cigarettes.
- ▶ There was no statistically significant difference in the percentage of cigarette smokers among white versus black non-Hispanics.
- ▶ Cigarette smoking increased with decreasing education and household income.
- ▶ Approximately two-thirds of current smokers (61.2%) reported stopping smoking for at least one day during the past 12 months because they were trying to quit.

Demographic Characteristics	Current Smoker	
	%	95% CI
Total	23.1	(21.1-25.2)
Gender		
Male	26.6	(22.9-30.3)
Female	19.9	(18.0-21.8)
Race/Ethnicity		
White Non-Hispanic	23.7	(21.7-25.6)
Black Non-Hispanic	21.2	(14.9-27.5)
Age		
18-24	17.8	(9.7-25.8)
25-34	29.9	(23.5-36.3)
35-44	24.9	(19.6-30.3)
45-54	29.2	(25.6-32.9)
55-64	21.3	(18.2-24.3)
65+	11.1	(9.0-13.2)
Education		
< High School	43.0	(36.5-49.4)
High School Grad	28.4	(24.5-32.3)
Some College	18.2	(15.0-21.4)
College Grad	11.5	(8.4-14.5)
Household Income		
< \$15,000	44.4	(37.4-51.3)
\$15,000-24,999	33.2	(27.8-38.6)
\$25,000-34,999	24.8	(18.9-30.7)
\$35,000-49,999	24.0	(15.4-32.6)
\$50,000+	12.1	(9.6-14.6)

Cigarette Smoking Tennessee, 2008



Current Cigarette Smoking Tennessee, 1999-2008



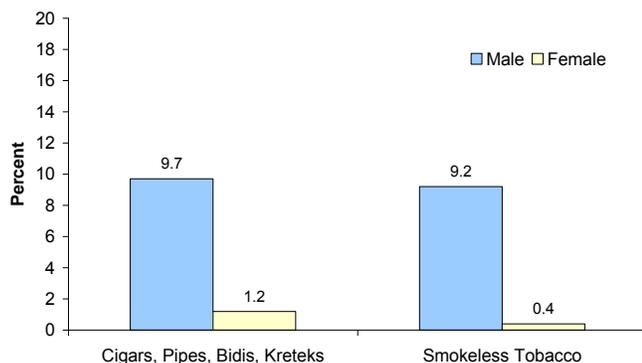
Tobacco Use Fact Sheet *cont.*

Region	Current Smoker	
	%	95% CI
Davidson	18.6	(12.6-24.5)
East	24.6	(18.9-30.3)
Hamilton	23.2	(15.1-31.2)
Knox	21.1	(13.8-28.3)
Madison	18.1	(12.6-23.6)
Mid-Cumberland	21.6	(16.1-27.1)
Northeast	27.6	(21.6-33.5)
Northwest	24.2	(18.5-29.9)
Shelby	22.4	(15.7-29.1)
South Central	28.1	(21.4-34.8)
Southeast	23.2	(17.4-29.0)
Southwest	23.0	(16.9-29.1)
Sullivan	17.3	(11.7-22.9)
Upper-Cumberland	19.7	(14.0-25.3)

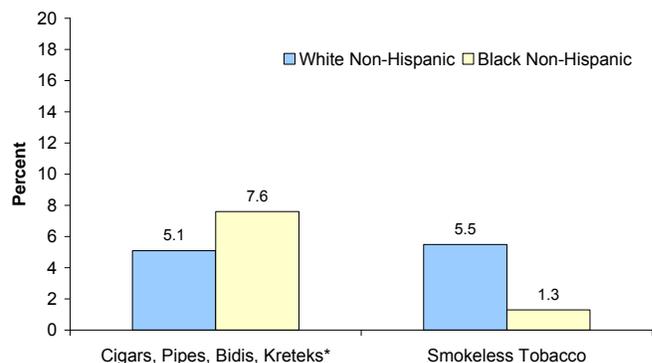
► The prevalence of cigarette smoking in individual health department regions ranged from 17.3% in the Sullivan region to 28.1% in the South Central region.

- In 2008, 4.6% of adult Tennesseans reported using smokeless tobacco products (chewing tobacco, snuff or snus), and 5.2% reported smoking cigars, pipes, bidis or kreteks.
- Men were more likely than women to use smokeless tobacco and to smoke cigars, pipes, bidis or kreteks.
- White non-Hispanics were more likely than black non-Hispanics to use smokeless tobacco.

**Tobacco Use by Gender
Tennessee, 2008**



**Tobacco Use by Race/Ethnicity
Tennessee, 2008**

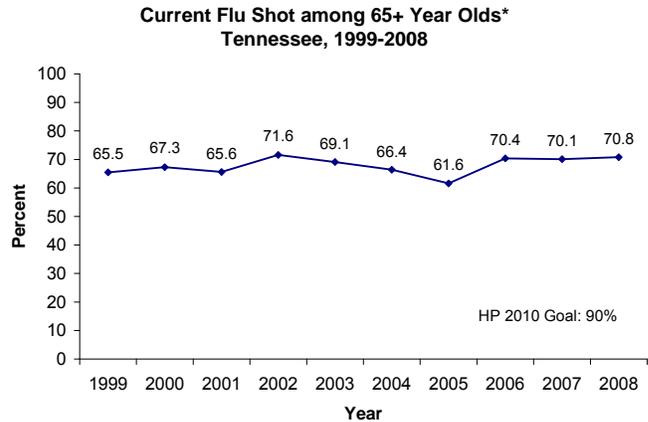


* Difference is not statistically significant.

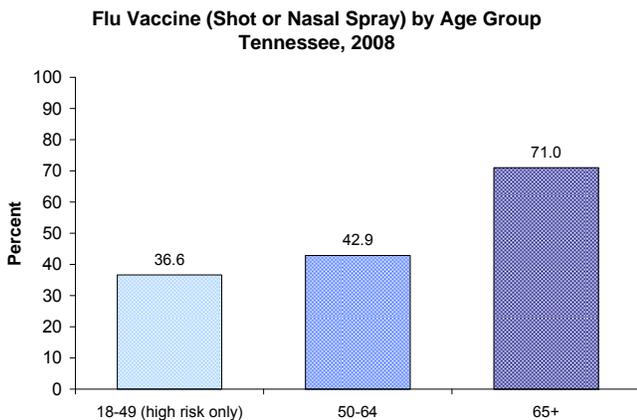
Flu Vaccination Fact Sheet

2008 Tennessee BRFSS

- ▶ In 2008, 42.9% of adult Tennesseans aged 50–64 years, and 71.0% of those aged 65 and older reported receiving a flu vaccination (shot or nasal spray) in the past 12 months.
- ▶ Over the period 1999 and 2008, there was no statistically significant trend in the percentage adults aged 65 and older who received a flu shot.



- ▶ In addition to adults aged 50 years or older, the flu vaccine is also recommended for anyone at risk of complications from flu, including those with certain long term health problems, such as asthma, diabetes and heart disease.
- ▶ Among those adults aged 18–49 years with a history of asthma, diabetes, coronary heart disease and/or heart attack, 36.6% received a flu vaccine in the past 12 months.



Who should get a seasonal flu shot? [†]
• Children 6 months to 18 years of age
• Anyone 50 years of age or older
• Women who will be pregnant during flu season
• Anyone with a weakened immune system
• Anyone with long-term health problems such as heart, lung, liver or kidney disease, asthma, diabetes, or anemia
• Anyone with muscle or nerve disorders that can cause breathing or swallowing problems (e.g. seizures, cerebral palsy)
• Anyone 6 months to 18 years of age on long-term aspirin treatment
• People who live in nursing homes and other long term care facilities
• People who live with or care for those at high risk for flu

* Trend data are for flu shot only (not for flu nasal spray). The percentage of elderly receiving a flu shot in 2008 is therefore slightly less than the overall percentage vaccinated via shot or spray.

[†] Source: Centers for Disease Control at Prevention website at www.cdc.gov/flu

High Blood Pressure Management Fact Sheet

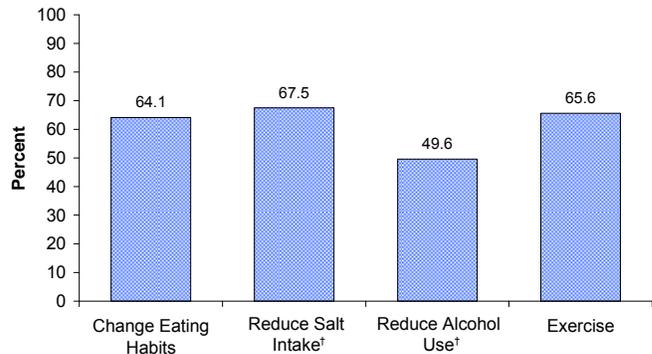
2007 Tennessee BRFSS

➤ Approximately two-thirds of adult Tennesseans (18 years and older) who had ever been diagnosed with high blood pressure (HBP), reported that a health care professional had advised them to change their eating habits, reduce salt intake or exercise to help lower their HBP, and one-half had been advised to reduce their alcohol intake.*†

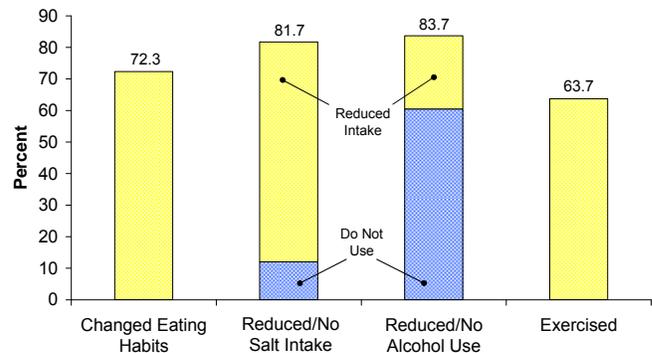
➤ Among all adults with HBP (regardless of whether they had received medical advise to do so), 72.3% had changed their eating habits, 81.7% did not use or had reduced salt intake, 83.7% did not use or had reduced alcohol intake and 63.7% exercised.

➤ Adults who had received advice from a health care professional on actions to control HBP were more likely to take these actions than were persons who had not receive such advice.†

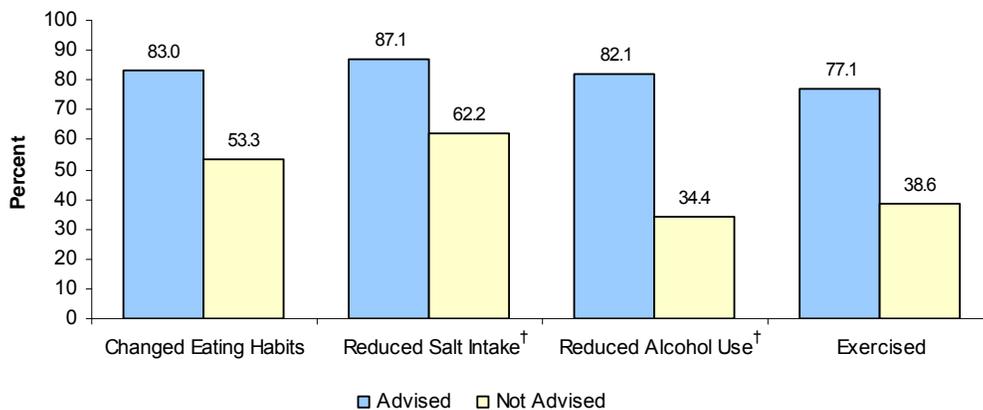
Advice on Controlling High Blood Pressure
Tennessee, 2007



Actions to Control High Blood Pressure
Tennessee, 2007



Actions to Control High Blood Pressure by Advice Status
Tennessee, 2007



* Questions related to high blood pressure were not included in the 2008 BRFSS survey. Data presented here are from the 2007 Tennessee BRFSS (the most currently available year).

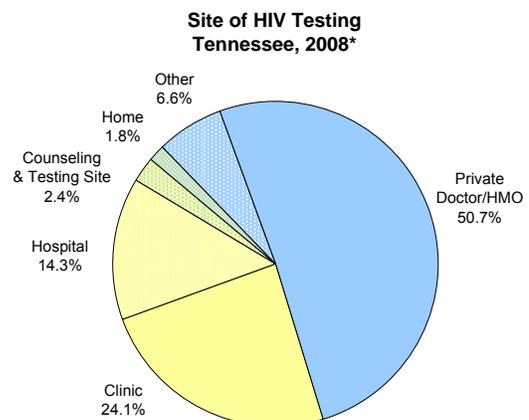
† Persons who said they did not use salt/alcohol were excluded from the analysis of these variables.

HIV Testing Fact Sheet

2008 Tennessee BRFSS

- ▶ In 2008, 41.9% of adult Tennesseans aged 18–64 years had ever been tested for HIV.
- ▶ Black non-Hispanics were more likely than white non-Hispanics to have ever been tested for HIV.
- ▶ A private doctor or HMO office was the most frequently reported site of respondents' last HIV test, followed by a clinic, hospital, counseling/testing site and at home.*
- ▶ Among those ever tested, 30.1% had their last test done within the past 12 months.
- ▶ Among those receiving their test within the past 12 months, 24.7% reported that it was a rapid test with results available within a couple of hours.
- ▶ Among all adults aged 18–64 years, 2.7% reported having one or more of the following HIV risk factors in the past year: intravenous drug use, treatment for a sexually transmitted disease, giving or receiving money or drugs for sex, and anal sex without a condom.

Demographic Characteristics	Ever Tested for HIV	
	%	95% CI
Total	41.9	(39.2-44.7)
Gender		
Male	39.5	(34.8-44.1)
Female	44.4	(41.4-47.4)
Race/Ethnicity		
White Non-Hispanic	35.9	(33.2-38.5)
Black Non-Hispanic	66.1	(58.7-73.4)
Age		
18-24	36.2	(24.7-47.6)
25-34	54.8	(47.9-61.7)
35-44	49.8	(44.2-55.4)
45-54	36.1	(32.3-40.0)
55-64	23.8	(20.1-27.5)
Education		
< High School	55.0	(46.5-63.4)
High School Grad	39.0	(33.7-44.2)
Some College	45.8	(41.2-50.5)
College Grad	36.4	(31.6-41.3)
Household Income		
< \$15,000	53.5	(45.3-61.8)
\$15,000-24,999	49.0	(41.6-56.3)
\$25,000-34,999	42.5	(34.6-50.4)
\$35,000-49,999	46.3	(37.2-55.4)
\$50,000+	38.2	(33.7-42.8)



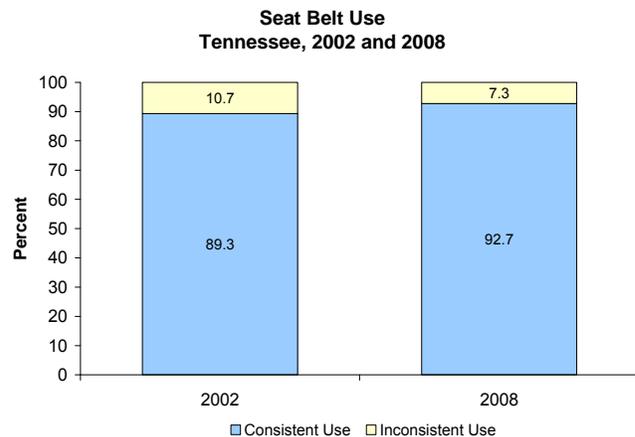
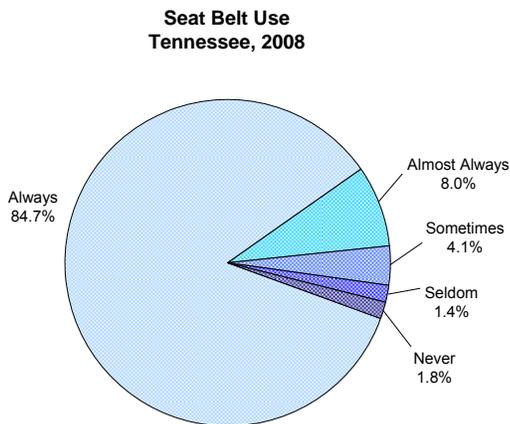
* Other sites included jail/prison, drug treatment facility and somewhere else.

Seat Belt Fact Sheet

2008 Tennessee BRFSS

- ▶ In 2008, 92.7% of adult Tennesseans (18 years and older) reported always or almost always wearing a seat belt when they drive or ride in a car (i.e. consistent use), while 7.3% reported sometimes, seldom or never wearing a seat belt (i.e. inconsistent use).
- ▶ The percentage of adults with inconsistent seat belt use was lower in 2008 compared to 2002 (7.3% vs. 10.7% respectively).
- ▶ Inconsistent seat belt use was more common among males than among females.
- ▶ Inconsistent seat belt use was similar among white and black non-Hispanics.

Demographic Characteristics	Inconsistent Seat Belt Use	
	%	95% CI
Total	7.3	(6.1-8.5)
Gender		
Male	10.1	(8.0-12.3)
Female	4.7	(3.6-5.8)
Race/Ethnicity		
White Non-Hispanic	7.5	(6.3-8.8)
Black Non-Hispanic	7.5	(3.5-11.6)
Age		
18-24	12.8	(5.6-20.1)
25-34	7.9	(3.9-11.9)
35-44	8.9	(6.1-11.8)
45-54	6.2	(4.4-8.0)
55-64	5.9	(4.1-7.6)
65+	4.6	(3.3-5.9)
Education		
< High School	10.9	(7.1-14.8)
High School Grad	9.5	(7.1-11.9)
Some College	5.8	(3.8-7.7)
College Grad	4.0	(2.3-5.6)
Household Income		
< \$15,000	10.1	(6.7-13.5)
\$15,000-24,999	8.9	(5.9-11.9)
\$25,000-34,999	9.5	(4.9-14.2)
\$35,000-49,999	7.9	(4.8-11.1)
\$50,000+	4.8	(2.8-6.8)

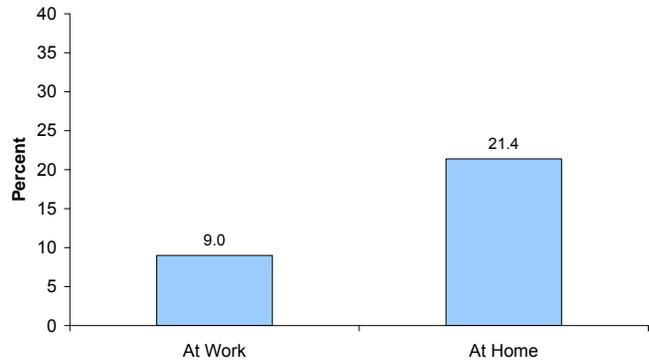


Secondhand Smoke Fact Sheet

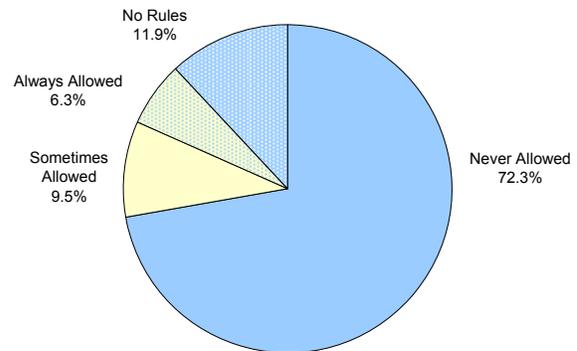
2008 Tennessee BRFSS

- ▶ In 2008, 9.0% of adult Tennesseans (18 years and older) reported being exposed to secondhand smoke in their workplace, and 21.4% reported being exposed in their home.
- ▶ Approximately 72% of adults reported that smoking is never allowed inside their home, while 16% reported that smoking is sometimes or always allowed.
- ▶ Approximately 52% of adults think that smoking should be allowed in bars, while 34% think it should be allowed in restaurants and 25% think it should be allowed in indoor workplaces.

Exposure to Secondhand Smoke
Tennessee, 2008



Smoking Rules Inside the Home
Tennessee, 2008



Should Smoking be Allowed in Bars, Restaurants or Workplaces?
Tennessee, 2008

