

Tennessee Adult Behavioral Risk Factor Survey Summary of Selected Variables: 1995

The CDC Behavioral Risk Factor Survey (BRFSS) was developed to monitor health risk behaviors among adults ages 18 and over living in households. Included in the priority high-risk behaviors are practices that increase the risk of unintentional injuries, alcohol, tobacco and other drug use, obesity, nutritional problems and sedentary lifestyle-related problems. The survey is a random digit dial telephone survey generalizable only to the level of the state.

The 1995 Tennessee BRFSS includes interviews with 2040 Tennessee adults. The results are weighted by age, sex, and race in order to accurately represent the total adult household population of Tennessee. The BRFSS follows a rule of not reporting or interpreting percentages whose unweighted number of respondents is less than 50.

SELECTED RESULTS

Safety-Belt Use

Over 1 in 5 (21.4%) of Tennessee adults sometimes, seldom or never wore a seatbelt when driving or riding in a car. Males (28.2%) were more likely than females (15.2%) to sometimes, seldom or never wear safety belts, with no differences among racial groups (21.9% among nonwhites vs. 21.3% among whites.) White males were particularly at risk, since 13% more white males than white females wore safety belts sometimes, seldom or never. This compared with a 9.6% male excess for nonwhites.

Reporting some nonuse of safety belts were 38.2% of Tennessee adults, 45.6% of males and 31.6% of females. Again the proportions of whites and nonwhites were similar (40% vs. 37.9%), with white males (48%) being most likely and white females (31.2%) least likely to not always be belted in automobiles.

Hypertension

More than 1 in 4 Tennessee adults had ever been told that their blood pressure was high -- 24.3% of males and 29% of females. More nonwhites (33.1%) than whites (25.6%) had been diagnosed with hypertension.

Nonwhite males had significantly higher prevalence of hypertension than their white counterparts (31.1% vs. 23.1%), as did nonwhite females in relation to their white counterparts (34.8% vs. 27.8%). Sex differences in hypertension prevalence characterized whites. Nonwhites had higher a prevalence, irrespective of sex.

Hypertension Screening

Close to universal screening for hypertension (95.3%) was reported for all sex-race groups of Tennessee adults; 93.6% of males and 96.8% of females have had their blood pressure