

ADULT HEALTH STATUS IN TENNESSEE, BRFSS, 1996¹⁹

Selected Results

Selected behavioral risk factors among Tennessee adults provide insight into progress toward Year 2000 Objectives.

Health Status and Morbidity among Tennessee Adults

- Nearly 1 in 5 Tennessee adults ages 18 and over living in households perceived their general health as fair or poor in 1996.
- Among Tennessee adults in 1996, 28% had been told at least once that their blood pressure was high. No appreciable differences were observed by sex or race, but large differences were noted by age, education and income.
 - Hypertension prevalence ranged from 11% among 18-24 year-old adults to 46% among those 65 and over.
 - Hypertension prevalence was highest among those with the lowest incomes - 42% of Tennesseans with annual incomes of less than \$10,000 were hypertensive compared to 18% of adults with annual incomes of \$75,000 or more.
 - College graduates were least likely to report hypertension (22%), while adults with some high school education (45%) were most likely to do so.
 - Hypertension was lower in younger males than females (ages 18-24) but was higher among older males than females. The highest prevalence of hypertension was among males ages 65 and over -- 48% compared to 44% among elderly females.
- Diabetes was reported by 5% of Tennesseans in 1996.
 - Excess prevalence of diabetes was observed among nonwhites and females. Diabetes was reported by 6.2% of nonwhites versus 4.8% of whites, and by 5.8% of females versus to 4.2% of males.

¹⁹Source: Tennessee BRFSS. TDH and CDC Division of Policy and Planning, Health Statistics and Information on Adult Behavior, 1996.