

Prevalence of Chronic Disease Risk Behaviors and Outcomes

Data source: 2016 Maryland Behavioral Risk Factor Surveillance System (BRFSS), 2016 National BRFSS

Prepared 7/5/18 by G Lavetsky

2016 BRFSS Data

| | Maryland Statewide | | | | National (50 States + DC) | | | |
|---|--|-------------|-------------------------|-------------|--|-------------|-------------------------|-------------|
| | Population Estimate (N) | Percent (%) | 95% Confidence Interval | | Population Estimate (N) | Percent (%) | 95% Confidence Interval | |
| | | | Lower limit | Upper limit | | | Lower limit | Upper limit |
| Weight classification+ | | | | | | | | |
| Healthy weight (BMI 18.5 to 24.9) | 1,426,814 | 33.7 | 32.6 | 34.9 | 75,897,924 | 33.2 | 32.9 | 33.5 |
| Overweight (BMI 25.0 to 29.9) | 1,466,240 | 34.7 | 33.5 | 35.8 | 80,484,084 | 35.2 | 34.9 | 35.5 |
| Obese (BMI 30.0 and above) | 1,265,253 | 29.9 | 28.8 | 31.0 | 67,529,185 | 29.6 | 29.3 | 29.8 |
| Chronic conditions++ | | | | | | | | |
| Diabetes (<i>excludes women told only during pregnancy</i>) | 505,926 | 10.8 | 10.2 | 11.5 | 26,992,566 | 10.9 | 10.7 | 11.0 |
| Hypertension (<i>excludes women told only during pregnancy, excludes borderline high or pre-hypertensive</i>) | 1,323,069 | 34.4 | 33.3 | 35.5 | <i>Not collected in 2016; see 2015 data attached</i> | | | |
| High cholesterol | <i>Not collected in 2016; see 2015 data attached</i> | | | | <i>Not collected in 2016; see 2015 data attached</i> | | | |
| Heart attack | 184,951 | 3.9 | 3.6 | 4.3 | 10,823,504 | 4.3 | 4.2 | 4.4 |
| Angina or coronary heart disease | 177,560 | 3.8 | 3.4 | 4.2 | 10,682,756 | 4.3 | 4.2 | 4.4 |
| Stroke | 133,110 | 2.8 | 2.5 | 3.1 | 7,961,119 | 3.2 | 3.1 | 3.3 |
| Arthritis | 1,150,864 | 24.5 | 23.7 | 25.4 | 63,387,071 | 25.4 | 25.1 | 25.6 |
| Depressive disorder | 722,201 | 15.4 | 14.6 | 16.2 | 41,511,126 | 16.6 | 16.4 | 16.8 |
| Leisure time physical activity | | | | | | | | |
| Reported leisure time physical activity | 3,615,479 | 76.9 | 75.9 | 77.8 | 190,068,861 | 75.8 | 75.5 | 76.0 |
| Did <u>not</u> report leisure time physical activity | 1,088,893 | 23.1 | 22.2 | 24.1 | 60,749,571 | 24.2 | 24.0 | 24.5 |
| Seatbelt use | | | | | | | | |
| Reported always using seatbelt | 3,888,995 | 90.1 | 89.3 | 90.9 | 202,554,808 | 87.2 | 87.0 | 87.4 |
| Reported <u>not always</u> using seatbelt (nearly always, sometimes, seldom, or never use) | 426,397 | 9.9 | 9.1 | 10.7 | 29,818,703 | 12.8 | 12.6 | 13.0 |

+ Weight classification is based on body mass index (BMI) which is calculated using a standard formula.

++ Survey respondents were asked if a doctor, nurse, or other health professional ever told them they had the condition.

Prevalence of Chronic Disease Risk Behaviors and Outcomes

Data source: 2015 Maryland Behavioral Risk Factor Surveillance System (BRFSS), 2015 National BRFSS

Prepared 7/5/18 by G Lavetsky

2015 BRFSS Data

| Chronic conditions+ | Maryland Statewide | | | | National (50 States + DC) | | | |
|---------------------|--------------------|-------------|-------------------------|-------------|---------------------------|-------------|-------------------------|-------------|
| | Population | | 95% Confidence Interval | | Population | | 95% Confidence Interval | |
| | Estimate (N) | Percent (%) | Lower limit | Upper limit | Estimate (N) | Percent (%) | Lower limit | Upper limit |
| Hypertension | 1,517,569 | 33.1 | 31.5 | 34.7 | 78,974,869 | 32.5 | 32.2 | 32.7 |
| High cholesterol | 1,388,396 | 35.9 | 34.2 | 37.7 | 71,001,766 | 36.4 | 36.1 | 36.7 |

+Survey respondents were asked if a doctor, nurse, or other health professional ever told them they had the condition.