



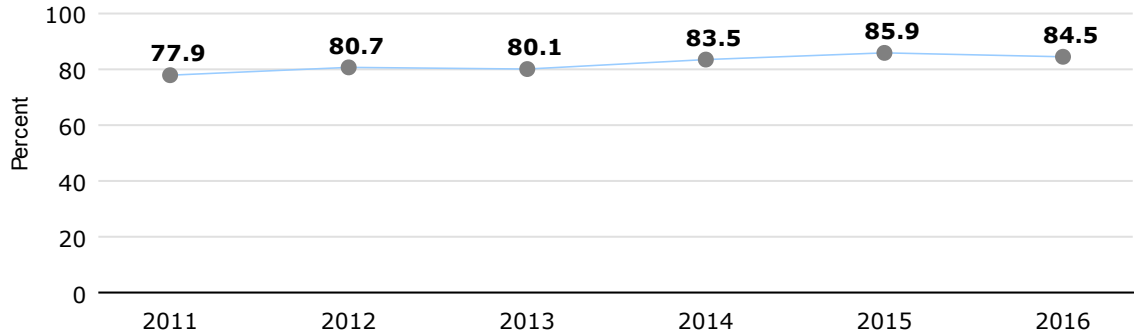
# Health in Idaho: A State Profile

# 2016

State of Idaho - Department of Health and Welfare - Division of Public Health

## General Health

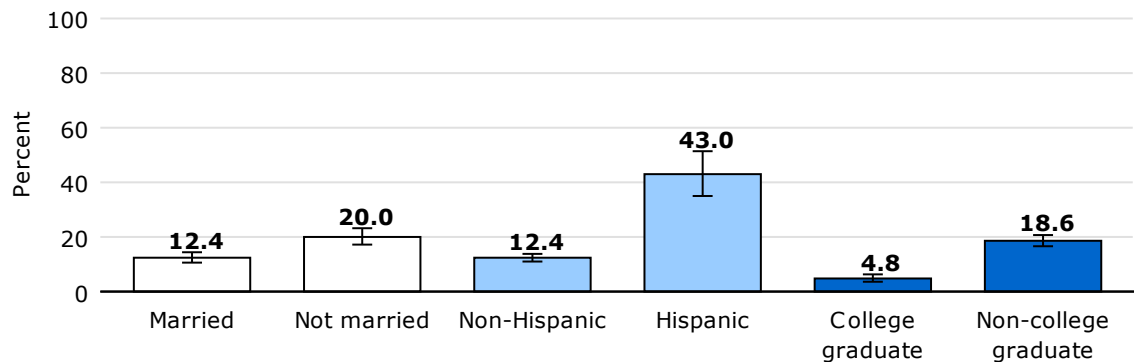
Since 2011, the number of Idaho adults with health care coverage significantly increased.



## Health Care Coverage

In 2016, 15.5% of Idaho adults did not have any health care coverage.

Not having health care coverage was associated with marital status, Hispanic ethnicity, and education.

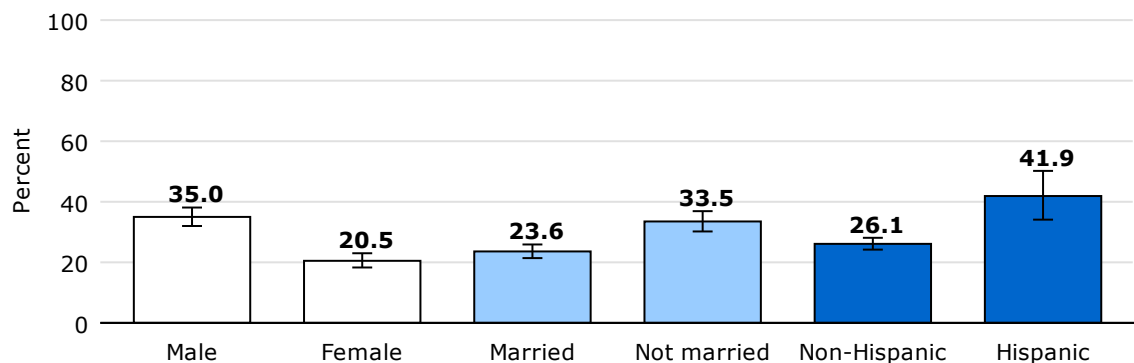


\* Not married consists of adults who are divorced, widowed, separated, never married, or part of an unmarried couple.

## No Personal Health Care Provider

27.7% of adults did not have a personal health care provider.

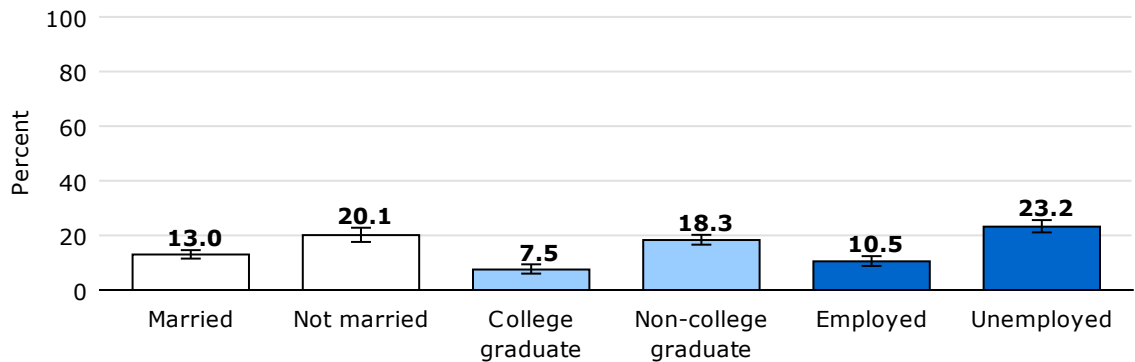
Not having a personal health care provider was associated with sex, marital status, and Hispanic ethnicity.



**15.9% of adults reported having “fair” or “poor” health.**

Fair/Poor Health

Reporting “fair” or “poor” health was associated with marital status, education, and employment status.

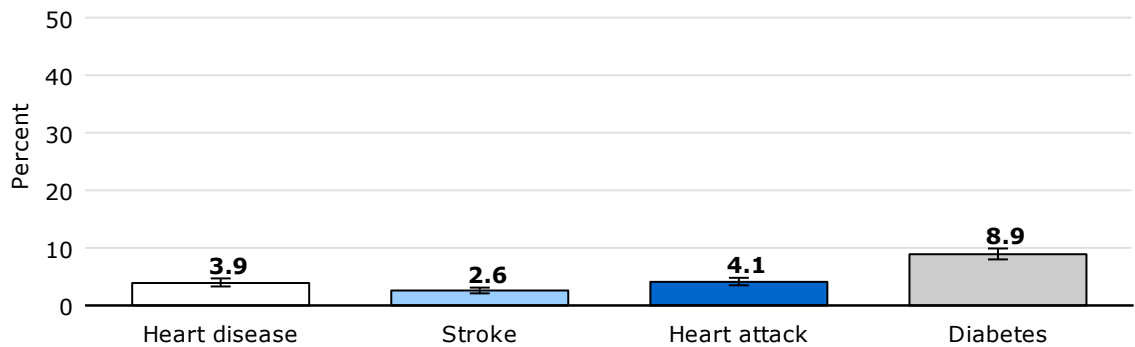


\* Unemployed includes retirees, students, homemakers, and those unable to work.

**Chronic Disease**

**Among Idaho adults, diabetes was statistically more prevalent when compared with heart disease, stroke and heart attack.**

Chronic disease among Idaho adults



Angina or Coronary Heart Disease

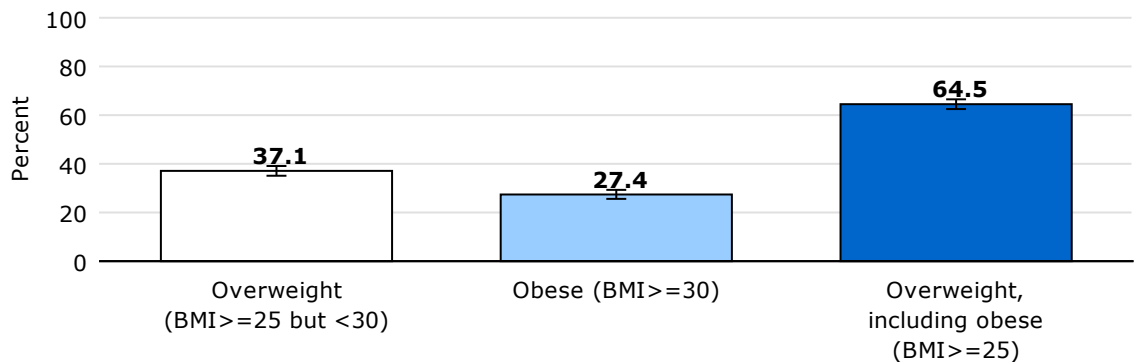
Stroke

Diabetes

**In 2016, more than 1 of every 4 Idaho adults was obese.**

**Health Risk Behaviors**

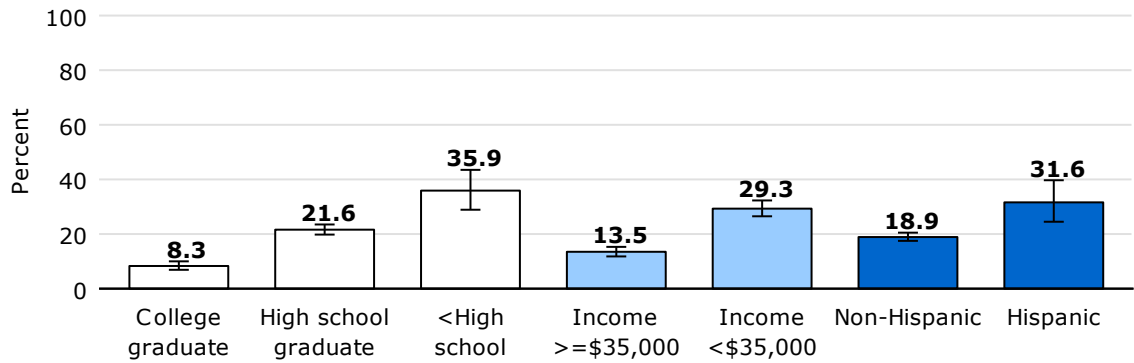
Adults who were overweight or obese



Physical Activity

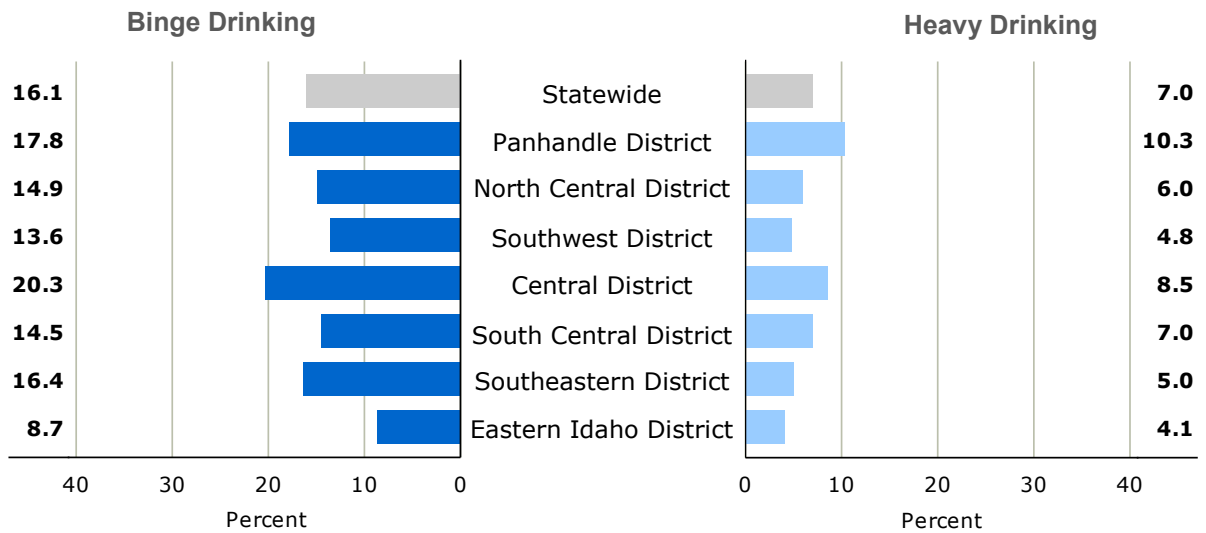
In 2016, 20.2% of Idaho adults did not engage in physical activity in the past 12 months.

Not engaging in physical activity was associated with education, income, and ethnicity.



Alcohol Use

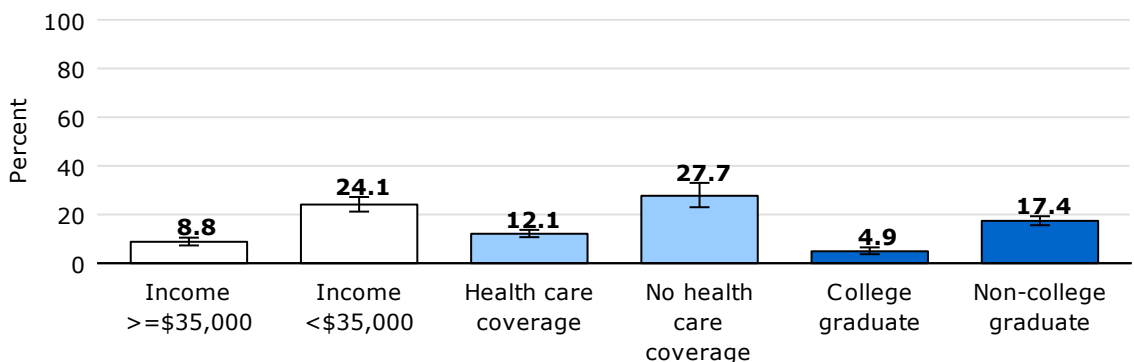
Eastern Idaho District has a significantly lower prevalence of binge drinking when compared with the statewide prevalence.



Tobacco Use

In 2016, 14.5% of Idaho adults were current smokers.

Cigarette smoking was associated with income, health care coverage, and education.

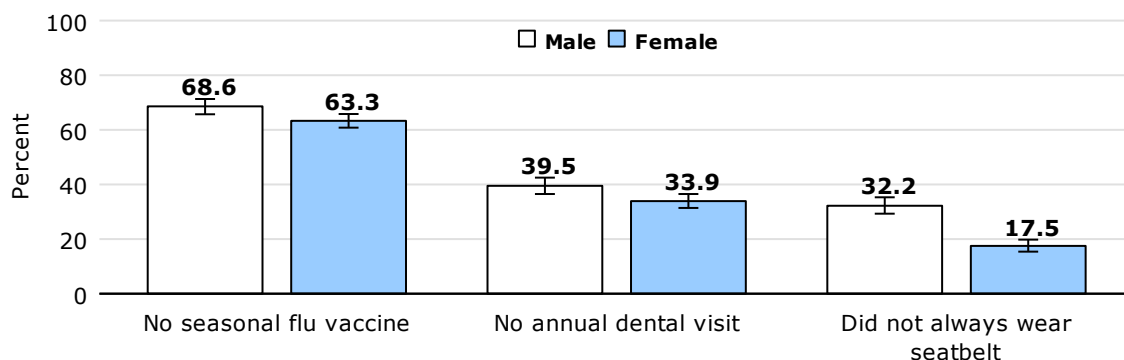


**Preventive Behaviors**

In 2016, 65.9% of Idaho adults did not have a seasonal flu vaccine, 36.7% did not have an annual dental visit, and 24.7% did not always wear a seatbelt.

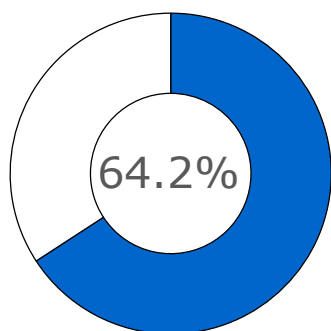
Not engaging in the following preventive behaviors was associated with sex.

- Flu Vaccine
- Dental Visits
- Seatbelt Usage

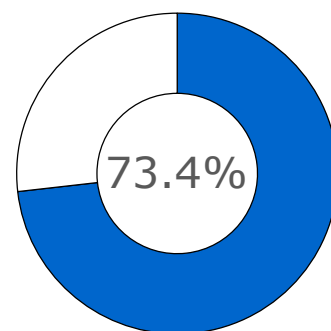


**Cancer Screening**

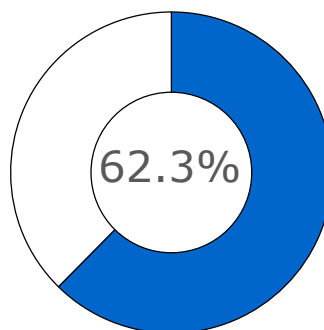
Cancer screening among Idaho adults who met screening recommendations in 2016.



Of Idaho women aged 50-74 had a mammogram in the past two years.



Of Idaho women aged 21-65 had a Pap test in the past three years.



Of Idaho adults aged 50 and older were screened for colorectal cancer per guidelines.

- Breast Cancer Screening
- Cervical Cancer Screening

Costs associated with this publication are available from the Idaho Department of Health and Welfare HW-1206 September 2017

