

Health In Idaho: A State Profile

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

General Health

Percentage of Idaho adults ...	Total	Sex		Age		
		Male	Female	18-34	35-64	65+
... who reported their general health as "fair" or "poor."	14.2	15.0	13.4	7.7	15.9	21.0
... without health care coverage.	19.9	22.4	17.4	28.1	21.5	2.1

Chronic Disease Prevalence

Percentage of Idaho adults ...	Total	Sex		Age		
		Male	Female	18-34	35-64	65+
... ever told they had diabetes.	8.4	9.4	7.3	2.0	8.6	18.8
... ever diagnosed and still had asthma.	8.5	5.9	11.1	6.3	9.7	9.3
... ever told they had arthritis.	24.1	21.7	26.5	4.6	26.3	52.0

Chronic Condition Prevalence

Percentage of Idaho adults ...	Total	Sex		Age		
		Male	Female	18-34	35-64	65+
... ever told they had high cholesterol.	38.4	41.1	36.0	11.0	39.6	56.2
... ever told they had high blood pressure.	29.4	33.1	25.8	6.7	31.5	62.2

Health Risk Behaviors

Percentage of Idaho adults ...	Total	Sex		Age		
		Male	Female	18-34	35-64	65+
... who did not eat five servings of fruits & vegetables a day.	82.6	88.0	77.3	82.7	81.7	85.2
... who did not participate in leisure time physical activity.	23.7	23.9	23.5	19.4	25.2	27.0
... who were overweight (BMI ≥ 25).	64.9	72.5	56.8	52.9	70.9	69.8
... who were obese (BMI ≥ 30).	29.6	31.2	27.9	22.7	34.0	29.9
... who were binge drinkers.	14.9	18.9	10.9	22.0	14.3	4.6
... who were heavy drinkers.	6.2	6.6	5.9	6.1	7.4	3.5
... who were current smokers.	17.2	19.4	15.0	20.9	18.3	8.2
... who used illicit drugs in the past 12 months.	4.8	6.3	3.3	10.2	3.5	0.1

Preventive Behaviors

Percentage of Idaho adults ...	Total	Sex		Age		
		Male	Female	18-34	35-64	65+
... who had not had a cholesterol check in the past 5 years.	30.7	33.3	28.1	60.8	21.5	5.9
... who had not visited the dentist in the past 12 months.	33.3	35.5	31.2	36.7	31.4	33.8
... who did not have a routine check-up in the past 12 months.	41.5	46.8	36.3	56.0	40.4	20.5

Behavioral Risk Factor Surveillance System

Division of Public Health

Idaho Department of Health & Welfare

What is it?

The Behavioral Risk Factor Surveillance System (BRFSS) is a method to help identify emerging health problems, establish and track health objectives, and develop and evaluate public health policies and programs.

The BRFSS uses a standardized telephone survey of adults aged 18 and older. The survey is conducted by all state health departments, the District of Columbia, Puerto Rico, the Virgin Islands, and Guam with assistance from the Centers for Disease Control and Prevention (CDC). The BRFSS began in 1984 and is the largest continuously conducted telephone survey in the world, monitoring preventable chronic diseases, injuries, and infectious diseases.

Recent Changes to BRFSS

Two changes were made to BRFSS in 2011 that will ensure its data remain valid and accurately represent its target population of adults 18 and older. First, BRFSS began including interviews completed on cell phones. Since 2003 the proportion of adults living in cell phone-only households has increased. Including cell phone calls in the BRFSS study design ensures a more accurate representation of the BRFSS study population.

Second, BRFSS began using a statistical data weighting method called "iterative proportional fitting," also called "raking." In the past BRFSS used a weighting method called "post-stratification." The new BRFSS weights now assure users that the distribution of sample will properly represent the state distributions with respect to age group by gender, detailed race/ethnicity, education, marital status, gender by race/ethnicity, age group by race/ethnicity, home owner/renter status, telephone source, and region within the state.

Due to these improvements, estimates made since 2011 cannot be directly compared with those from 2010 and earlier. Shifts in observed prevalence since 2010 for BRFSS measures may simply reflect improved methods of measuring risk factors, rather than true changes in risk-factor prevalence.

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For more details on this project or any of the survey results, please contact the Bureau of Vital Records and Health Statistics at (208) 332-7326.