

Health in Idaho: A State Profile

2015

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

General

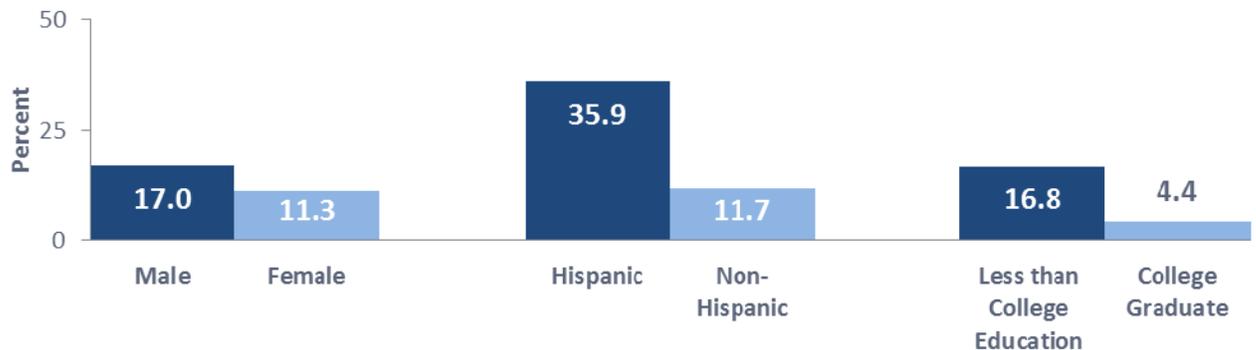
Since 2011, the number of Idaho adults without health care coverage significantly decreased.

Health Care Coverage



In 2015, 14.1% of Idaho adults did not have any health care coverage.

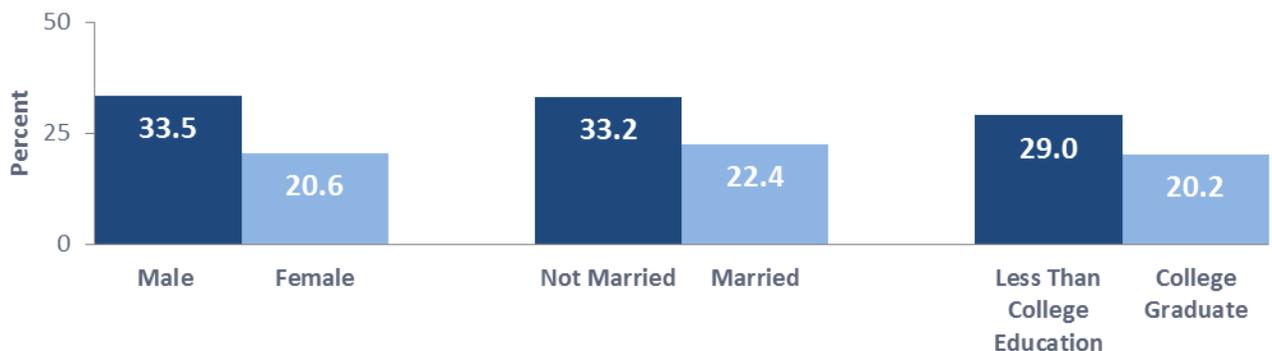
Not having health care coverage was associated with gender, Hispanic ethnicity, and education.



In 2015, 27.0% of Idaho adults did not have a personal health care provider.

Not having a personal health care provider was associated with gender, marital status, and education.

No Personal Health Care Provider

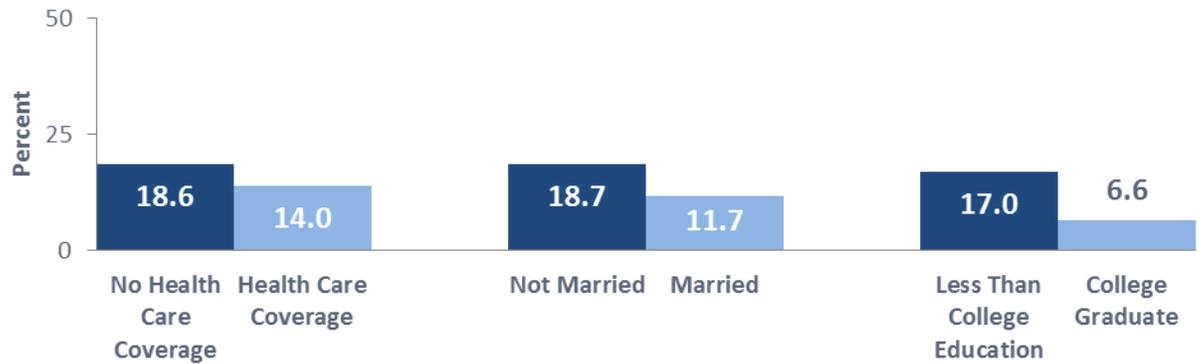


Not married consists of adults who are divorced, widowed, separated, never married or part of an unmarried couple.

In 2015, 14.6% of Idaho adults reported having “fair” or “poor” health.

Fair/Poor Health

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



Chronic Disease

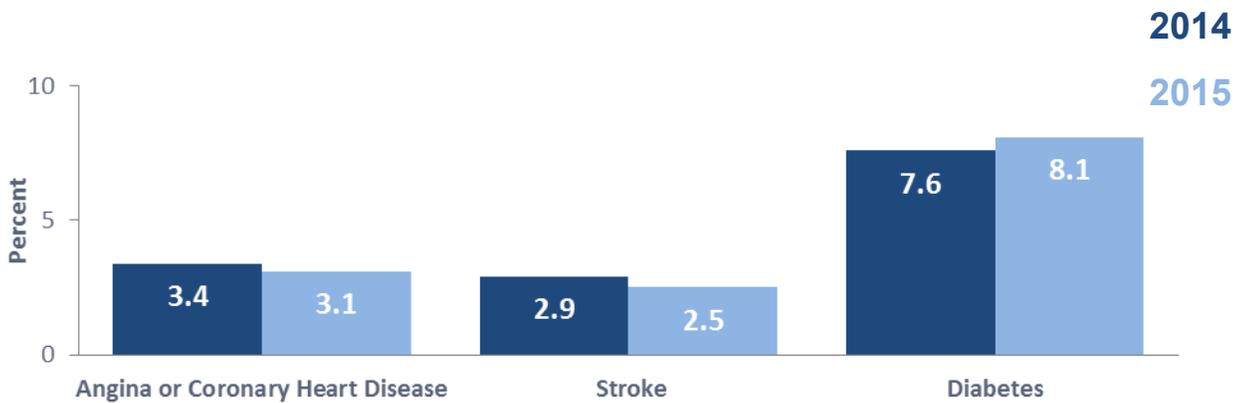
The prevalence of coronary heart disease, diabetes, and stroke were statistically similar in years 2014 and 2015.

Chronic disease prevalence for 2014 and 2015.

Angina or Coronary Heart Disease

Stroke

Diabetes

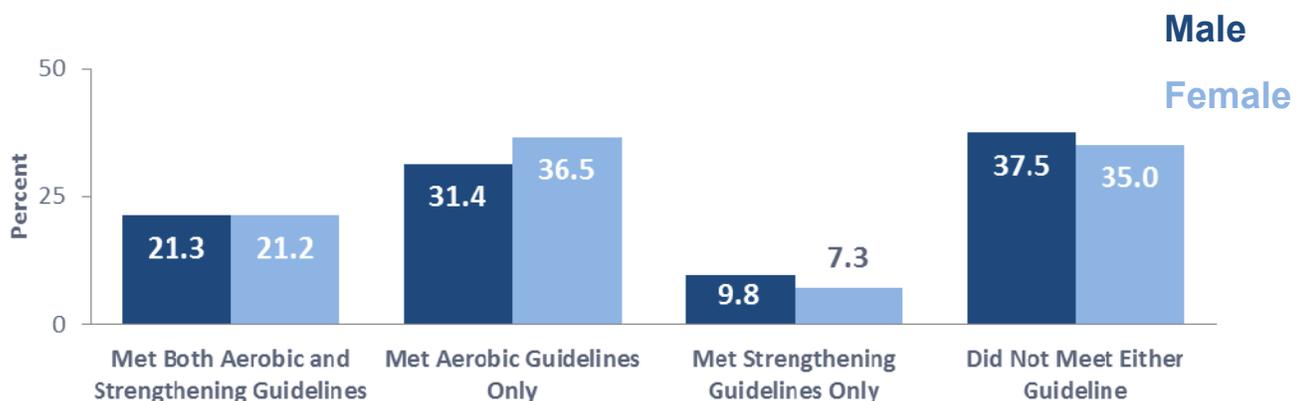


Health Risk Behaviors

Women were significantly more likely to meet physical activity aerobic-only guidelines. Men were more likely to meet strengthening-only guidelines.

Adults who met federal aerobic and strengthening guidelines.

Physical Activity

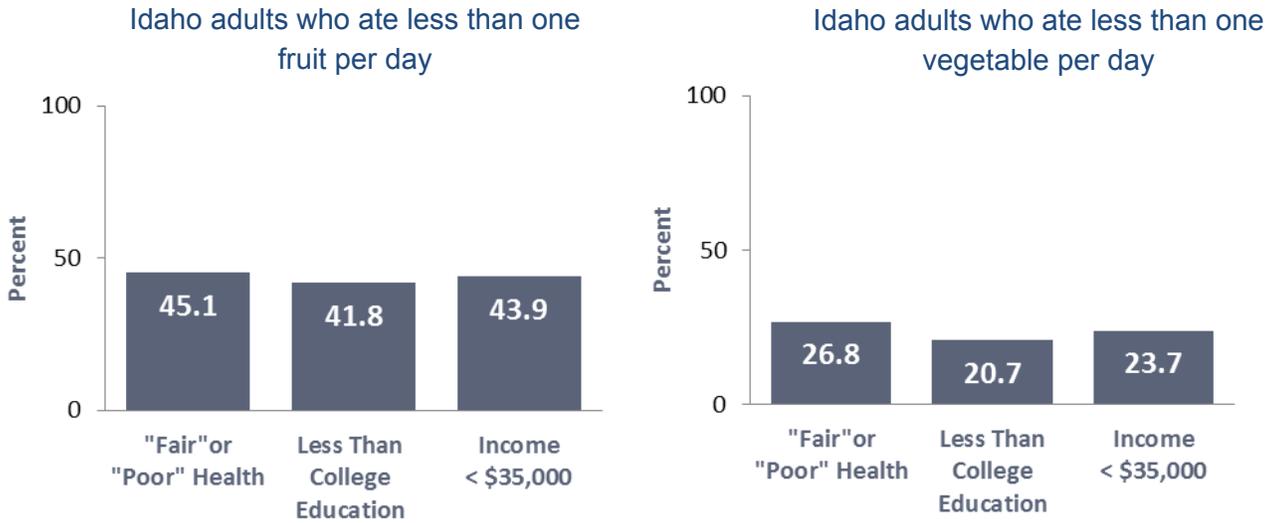


Health Risk Behaviors

In 2015, 39.4% of adults ate less than one fruit per day and 18.6% ate less than one vegetable per day.

Eating less than one fruit or vegetable per day was associated with health status, education, and income.

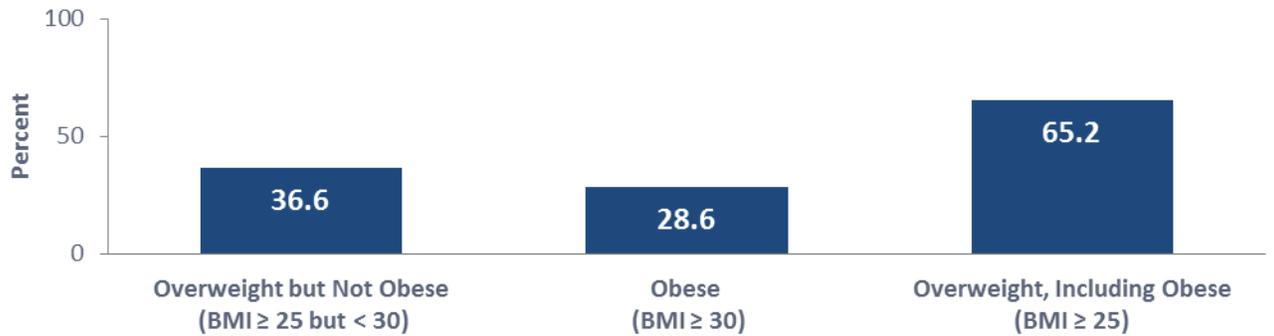
Fruit and Vegetable Consumption



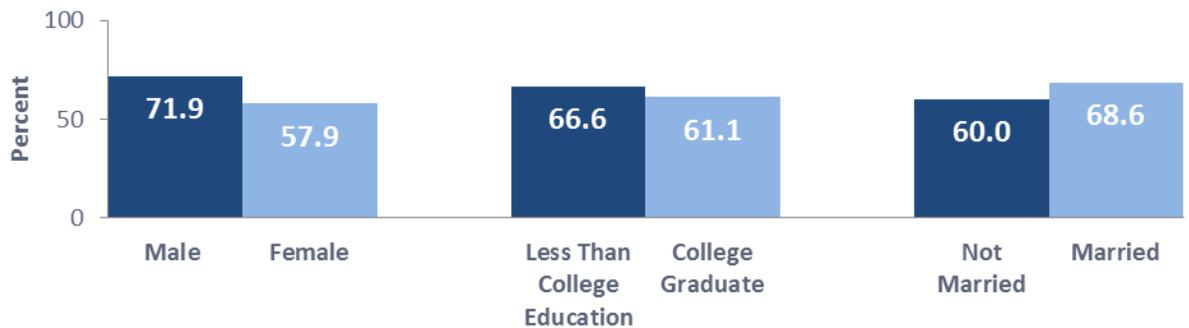
In 2015, more than 1 of every 4 Idaho adults were obese.

Adults who were overweight or obese.

Overweight And Obesity



Being overweight (BMI ≥ 25) was associated with gender, education, and marital status.



Eastern Idaho Public Health District had a significantly lower prevalence of binge drinking compared with the statewide prevalence.

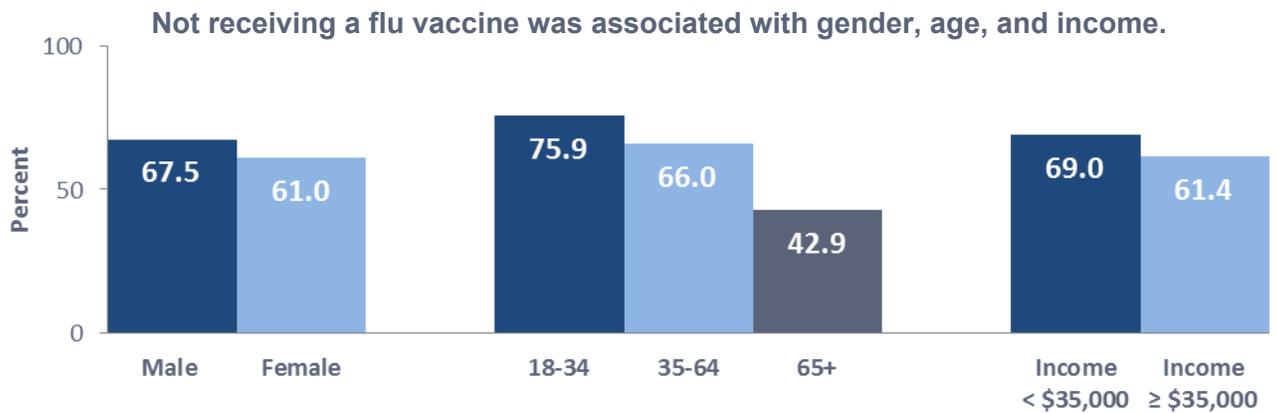
Alcohol Use



In 2015, 64.2% of Idaho adults did not receive a flu vaccine in the past 12 months.

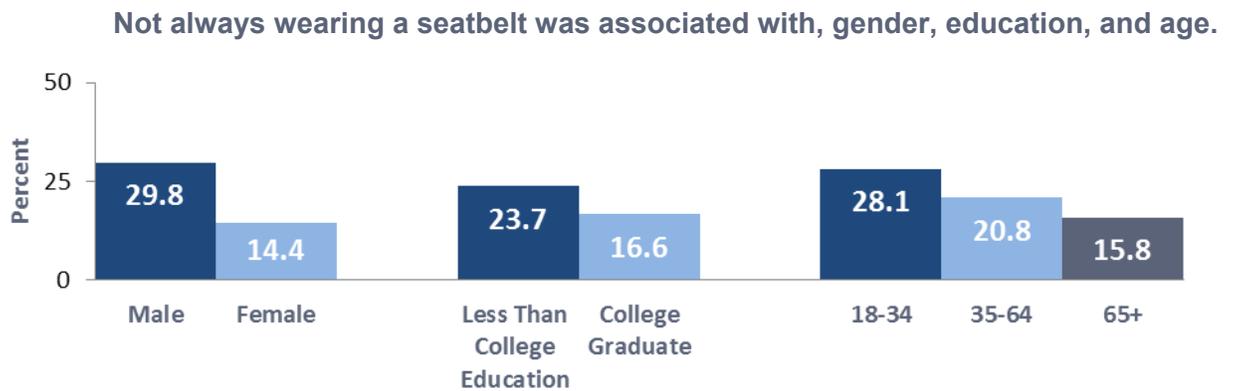
Preventive Behaviors

Flu Vaccine



In Idaho, 22.0% of Idaho adults reported not always wearing a seatbelt.

Seatbelt Use



Costs associated with this publication are available from the Idaho Department of Health and Welfare
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