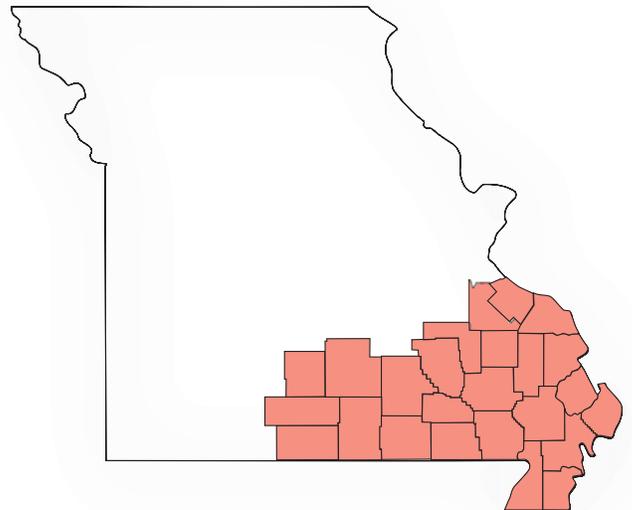


Behavioral Risk Factor Surveillance System

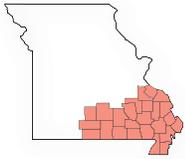
Regional Data Summary



Southeast Region 2005



Missouri Department of Health and Senior Services



Counties of the Southeast Region:

*Bollinger, Butler,
Cape Girardeau,
Carter, Douglas,
Dunklin, Howell,
Iron, Madison,
Mississippi, New
Madrid, Oregon,
Ozark, Pemiscot,
Perry, Reynolds,
Ripley, Scott,
Shannon, St. Francois,
Ste. Genevieve,
Stoddard, Texas,
Wayne, Wright*

2005 Behavioral Risk Factor Surveillance System

Regional Data Summary: Southeast Region

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About the Behavioral Risk Factor Surveillance System (BRFSS)

The Missouri Department of Health and Senior Services (DHSS) conducts ongoing surveillance with the assistance of the Centers for Disease Control and Prevention (CDC). DHSS contracted with an entity to conduct telephone interviews with about 5,164 Missourians, 18 years of age and older, during the year and request participation in the BRFSS. Interviewers ask questions related to health behaviors, screening, quality of life, mental health, impairment and access to health care and insurance.

For more information about any of these health topics or about the Behavioral Risk Factor Surveillance System, contact the local public health agency in your county. Additional information is available from the DHSS, Section for Chronic Disease Prevention and Nutrition Services at 573-522-2800. Electronic versions are available at:

<http://www.dhss.mo.gov/BRFSS/Data.html>.



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www.dhss.mo.gov

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Alternate forms of this publication for persons with disabilities are available through the contacts listed above. Hearing impaired citizens telephone 1-800-735-2966.

Although nearly 85% of Missourians perceive themselves to be in good to excellent health, Missouri ranks above U.S. rates for the leading causes of death - heart disease, cancer, stroke, and chronic lung disease (emphysema).

Research shows that most of these diseases are related to personal health behaviors. Smoking, a diet high in fat and low in fruits and vegetables, obesity, and sedentary lifestyle are the major contributors to poor health, yet these behaviors can be changed to improve one's well being.

In 1985, the Missouri Department of Health, in collaboration with the Centers for Disease Control and Prevention (CDC), began to gather information about these and other health behaviors and practices among Missourians through the Behavioral Risk Factor Surveillance System (BRFSS).

This report contains the results of the 2005 survey for the state and the Southeast Region. The regional data are similar to that of Missouri as a whole. This report contains age-adjusted prevalence results standardized to the 2005 U.S. standard population.

Crude and age adjusted prevalence rates are provided in Appendix A. The regional data are similar to that of Missouri as a whole. Unfortunately, Missouri is among the leading states for the percentage of persons who smoke or are obese, among other unhealthy behaviors.

Although Missourians may “feel good,” their high rates of unhealthy lifestyle behaviors as well as premature death (before age 75) due to chronic diseases indicate that there are opportunities to improve the health habits of Missourians.

Missourians may “feel good,” but their high rates of unhealthy lifestyle behaviors indicate that there are opportunities to improve their health habits.

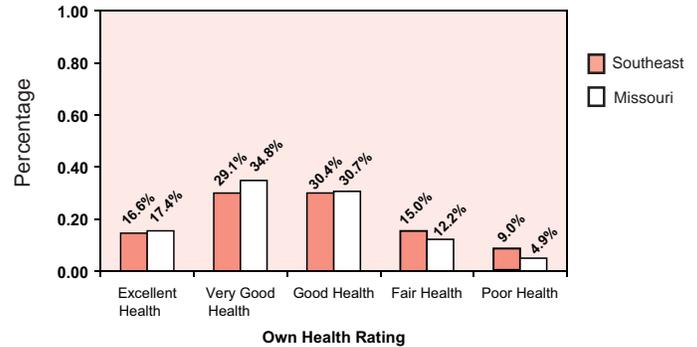
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Perception of Own Health

Would you say that in general your health is...

76.0% of Southeast Region residents rate their health as good to excellent, compared with 82.9% for residents statewide (Fig. 1).

Figure 1. Perception of General Health*

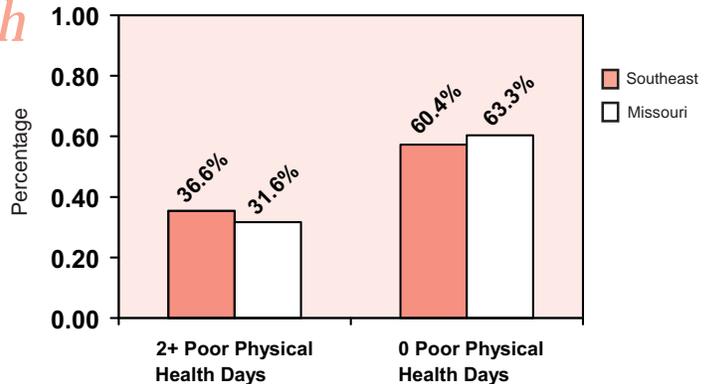


*Age adjusted prevalence

How many days in the past month was your physical health not good?

63.3% of Missouri residents statewide and 60.4% of Southeast Region residents said there were not days when their physical health was not good (Fig. 2).

Figure 2. Perception of Physical Health*

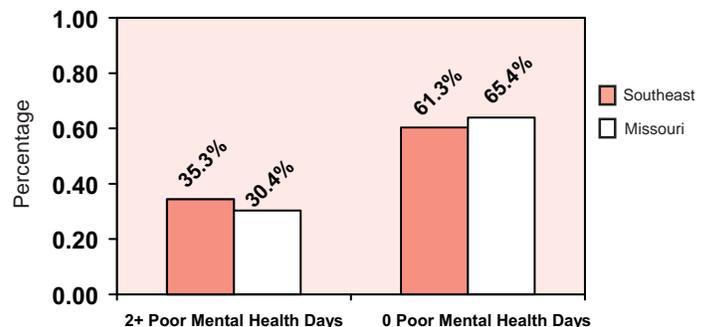


*Age adjusted prevalence

How many days in the past month was your mental health not good?

65.4% Missouri residents statewide and 61.3% of Southeast Region residents said there were no days when their mental health was not good (Fig. 3).

Figure 3. Perception of Mental Health*



*Age adjusted prevalence

4

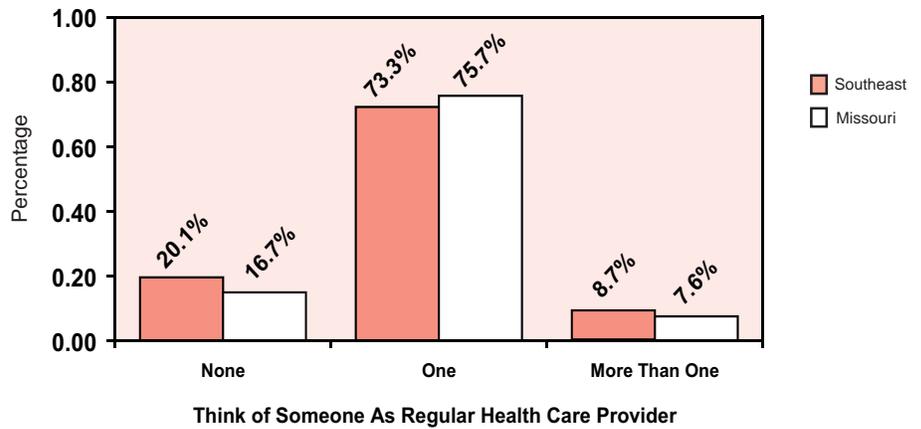
Health Care Access & Utilization

Do you have one person you think of as your personal doctor or health care provider?

Is there more than one, or is there no person who you think of as your personal doctor or health care provider?

71.3% of Southeast Region residents think of one person as their regular health care provider, 20.1% think of no one and 8.7% think of more than one person. Percentages were comparable for residents statewide (Fig. 4).

Figure 4. Perception of Having a Regular Provider*



*Age adjusted prevalence

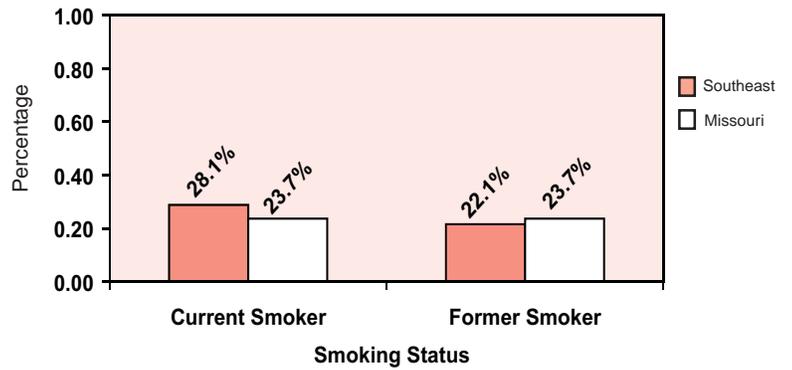
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Tobacco Use

Do you currently smoke?

28.1% of Southeast Region residents currently smoke compared with 23.7% residents statewide. The prevalence of former smokers is 22.1% for Southeast Region residents and 23.7% for residents statewide (Fig. 5).

Figure 5. Prevalence of Smoking*

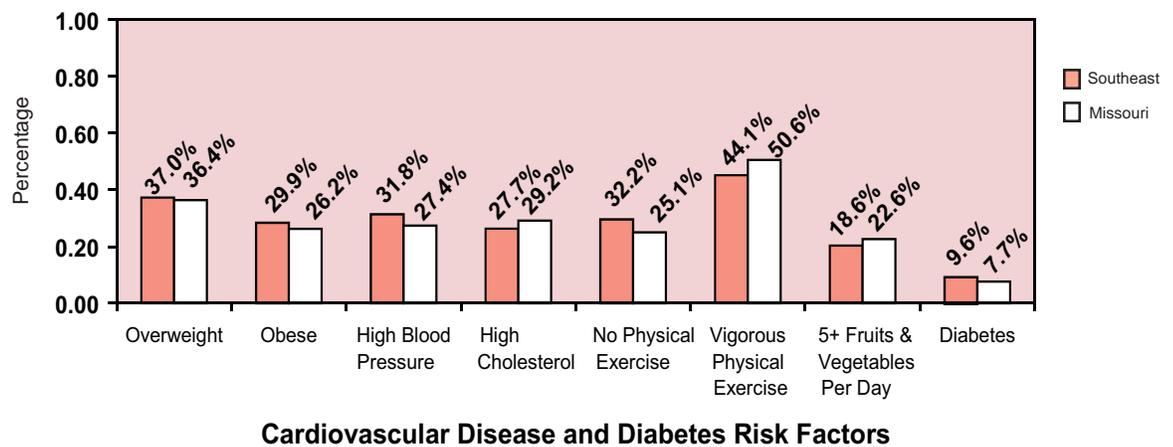


*Age adjusted prevalence

Cardiovascular Disease and Diabetes Risk Factors

- 37.0% Southeast Region residents are overweight compared with 36.4% of residents statewide (Fig. 6).
- 29.9% Southeast Region residents are obese compared with 26.2% of residents statewide.
- 31.8% Southeast Region residents have been told by a health care professional that they have high blood pressure compared with 27.4% of residents statewide.
- 27.7% Southeast Region residents have been told by a health care professional that they have high cholesterol compared with 29.2% of residents statewide.
- 32.2% Southeast Region residents are sedentary (have no leisure time exercise in the past 30 days) compared with 25.1% of residents statewide.
- 44.1% Southeast Region residents engage in regular sustained or vigorous physical activity compared with 50.6% of residents statewide.
- 18.6% Southeast Region residents eat five or more servings of fruits and vegetables a day compared with 22.6% residents statewide.
- The prevalence of diabetes among Southeast Region residents is 9.6% compared with 7.7% of residents statewide.

Figure 6. Cardiovascular Disease and Diabetes Risk Factors*

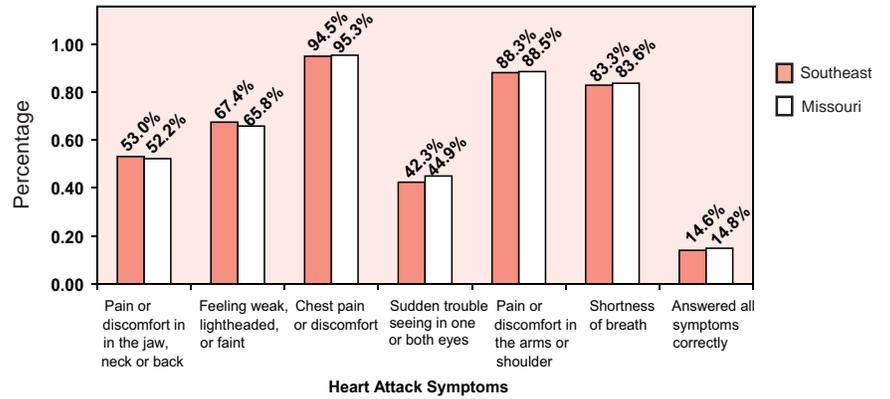


*Age adjusted prevalence

Which of the following do you think is a symptom of a heart attack?

Missourians were asked about their knowledge of the symptoms of heart attack (Fig. 7). Pain or discomfort in the chest, arms, or shoulder and shortness of breath were the most recognized symptoms of heart attack by Southeast Region residents and residents statewide.

Figure 7. Knowledge of Heart Attack Symptoms*

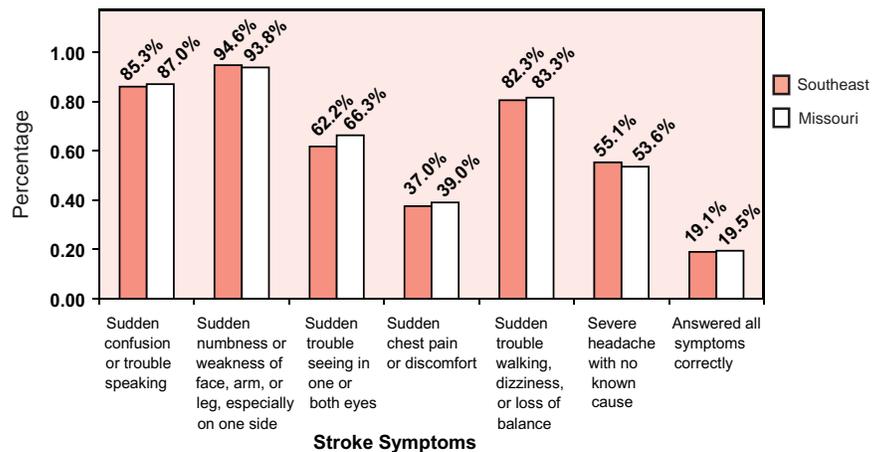


*Age adjusted prevalence

Which of the following do you think is a symptom of a stroke?

Missourians were asked about their knowledge of the symptoms of stroke (Fig. 8). Symptoms of stroke most recognized by residents of Southeast Region and statewide were sudden confusion or trouble speaking, sudden numbness or weakness of face, arm, or leg, especially on one side, and sudden trouble walking, dizziness, or loss of balance.

Figure 8. Knowledge of Stroke Symptoms*



*Age adjusted prevalence

Has a doctor, nurse or other health professional ever told you that you had...

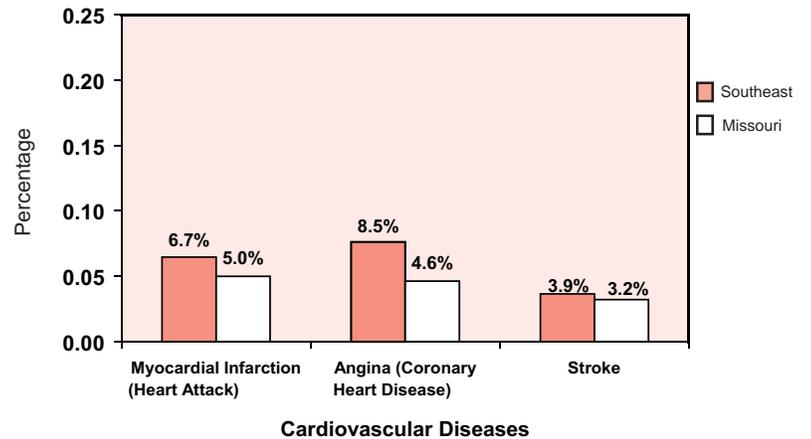
Missourians were asked if they had ever had a heart attack, angina, or stroke (Fig. 9).

6.7% of Southeast Region residents have had heart attacks compared to 5.0% of residents statewide.

8.5% of Southeast Region residents have had angina compared to 4.6% of residents statewide.

3.9% of Southeast Region residents have had a stroke compared to 3.2% of residents statewide.

Figure 9. Cardiovascular Disease Prevalence*



*Age adjusted prevalence

Health Care Access and Utilization

- In the past year, 18.0% of Southeast Region residents report they lack any kind of health care coverage compared with residents statewide at 13.0%.
- In the past twelve months, 20.2% of Southeast Region residents cited cost as a barrier to receiving health care compared with 13.5% of residents statewide.

HIV/AIDS

- 33.6% of Southeast Region adults, 18 to 64 years of age, within the past year have been tested for HIV compared with 37.7% of adults statewide.
- 46.7% of Southeast Region adults, 18 to 64 years of age, within the past 3 years have been tested for HIV compared with 47.0% of adults statewide.
- 2.2% of Southeast Region adults, 18 to 64 years of age, based on sexual behaviors within the past year are considered at risk for HIV compared with 3.7% of adults statewide.

Vaccinations

- 62.9% of all Southeast Region residents, age 65 and older, have had a flu shot in the past year compared with 61.7% residents statewide.
- 2.6% of all Southeast Region residents, age 65 and older, have had a flu nasal spray vaccination in the past year compared with 0.6% of residents statewide.
- 54.1% of all Southeast Region residents, age 65 and older, have had a pneumonia vaccination in the past year compared with 64.8% residents statewide.

Asthma

- 17.2% of Southeast Region residents and 14.3% of residents statewide have said that a doctor has told them that they have asthma.
- 12.8% of Southeast Region residents and 9.0% of residents statewide reported that they currently have asthma.

Survey Question	Risk Factors	Southeast Region		Statewide	
		Crude	Age Adjusted	Crude	Age Adjusted
Perception of “own health”	Excellent	15.75%	16.57%	17.15%	17.41%
	Very good	28.10%	29.06%	34.60%	34.80%
	Good	30.67%	30.37%	30.69%	30.68%
	Fair	15.51%	15.02%	12.43%	12.20%
	Poor	9.97%	8.99%	5.13%	4.91%
How many days in the past month was your health not good?	Physical health 0 days	59.66%	60.39%	63.21%	63.26%
	Physical health 2+ days	37.47%	36.62%	31.71%	31.62%
	Mental health 0 days	62.83%	61.25%	65.83%	65.44%
	Mental health 2+ days	33.93%	35.30%	30.02%	30.36%
Someone you think of as your personal physician	Yes, one person	72.79%	71.25%	75.81%	75.69%
	More than one person	8.72%	8.67%	7.68%	7.58%
	No, one person	18.49%	20.08%	16.51%	16.73%
Health care access/utilization	No health care	17.35%	17.99%	12.91%	13.02%
	Cost barrier in the past year	19.84%	20.24%	13.31%	13.48%
HIV/AIDS	HIV test past year	32.27%	33.61%	36.70%	37.73%
	HIV test past 3 years	47.22%	46.69%	46.14%	47.04%
	At risk	2.20%	2.24%	3.69%	3.70%
Vaccinations	Flu vaccination	62.89%	62.89%	61.72%	61.74%
	Flu nasal spray vaccination	2.58%	2.58%	0.62%	0.62%
	Pneumonia vaccination	54.12%	54.12%	64.77%	64.80%
Asthma	Have asthma	17.43%	17.22%	14.22%	14.28%
	Still have asthma	13.06%	12.83%	8.98%	9.03%
Tobacco use	Current smoker	27.78%	28.11%	23.40%	23.65%
	Former smoker	24.12%	22.07%	24.20%	23.69%

Survey Question	Risk Factors	Southeast Region		Statewide	
		Crude	Age Adjusted	Crude	Age Adjusted
Cardiovascular disease & diabetes risk factors	Overweight	36.71%	36.97%	36.48%	36.35%
	Obese	29.73%	29.89%	26.26%	26.23%
	Have high blood pressure	34.47%	31.77%	28.21%	27.44%
	Have high cholesterol	29.64%	27.69%	30.12%	29.19%
	No physical activity	32.41%	32.22%	25.41%	25.05%
	Vigorous physical activity	42.68%	44.10%	49.79%	50.62%
	5+ fruits and vegetables/day	18.65%	18.63%	22.58%	22.62%
	Have diabetes	10.10%	9.57%	7.92%	7.66%
Cardiovascular disease heart attack symptom knowledge	Pain or discomfort in the jaw, neck, or back	54.27%	53.00%	52.67%	52.20%
	Feeling weak, lightheaded, or faint	66.14%	67.40%	63.35%	65.80%
	Chest pain or discomfort	94.16%	94.50%	95.18%	95.30%
	Sudden trouble seeing in one or both eyes	42.18%	42.30%	44.85%	44.90%
	Pain or discomfort in the arms or shoulder	88.33%	88.30%	88.43%	88.50%
	Shortness of breath	83.09%	83.30%	83.45%	83.60%
	Answered all symptoms correctly	13.98%	14.60%	14.75%	14.80%

Survey Question	Risk Factors	Southeast Region		Statewide	
		Crude	Age Adjusted	Crude	Age Adjusted
Cardiovascular disease stroke symptom knowledge	Sudden confusion or trouble speaking	85.28%	85.30%	86.82%	87.00%
	Sudden numbness or weakness of face, arm or leg, especially on one side	94.39%	94.60%	93.60%	93.80%
	Sudden trouble seeing in one or both eyes	62.73%	62.20%	65.98%	66.30%
	Sudden chest pain or discomfort	37.20%	37.00%	38.86%	39.00%
	Sudden trouble walking, dizziness, or loss of balance	82.55%	82.30%	83.16%	83.30%
	Severe headache with no known cause	55.47%	55.10%	53.68%	53.60%
	Answered all symptoms correctly	19.18%	19.10%	19.48%	19.50%
Cardiovascular disease prevalence	Ever had a heart attack	7.68%	6.71%	5.21%	5.00%
	Ever had angina	9.38%	8.46%	4.83%	4.64%
	Ever had a stroke	4.58%	3.91%	3.38%	3.23%