

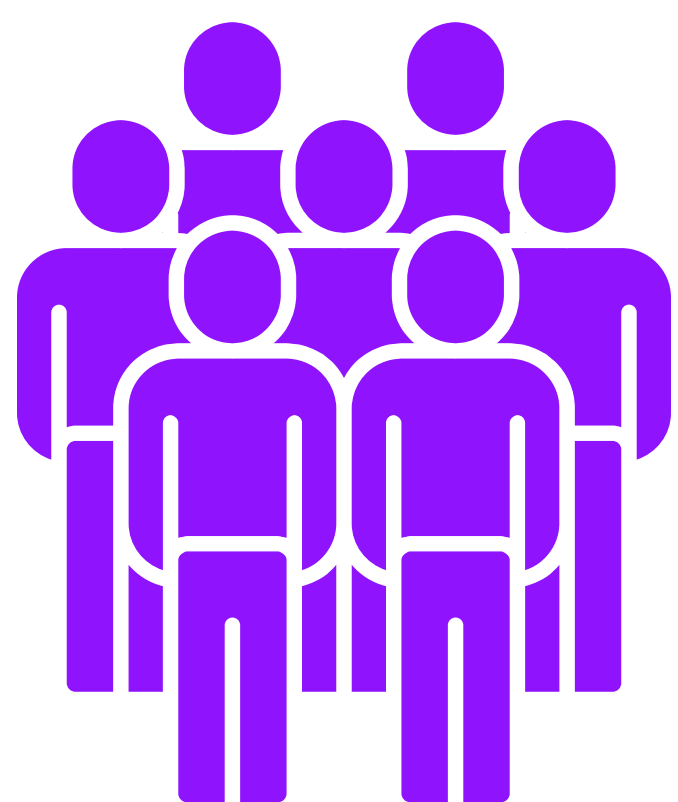
# Missouri Behavioral Risk Factor Surveillance System (BRFSS)

Missouri Department of Health and Senior Services

## Chronic Health Diseases

### 2018 Facts

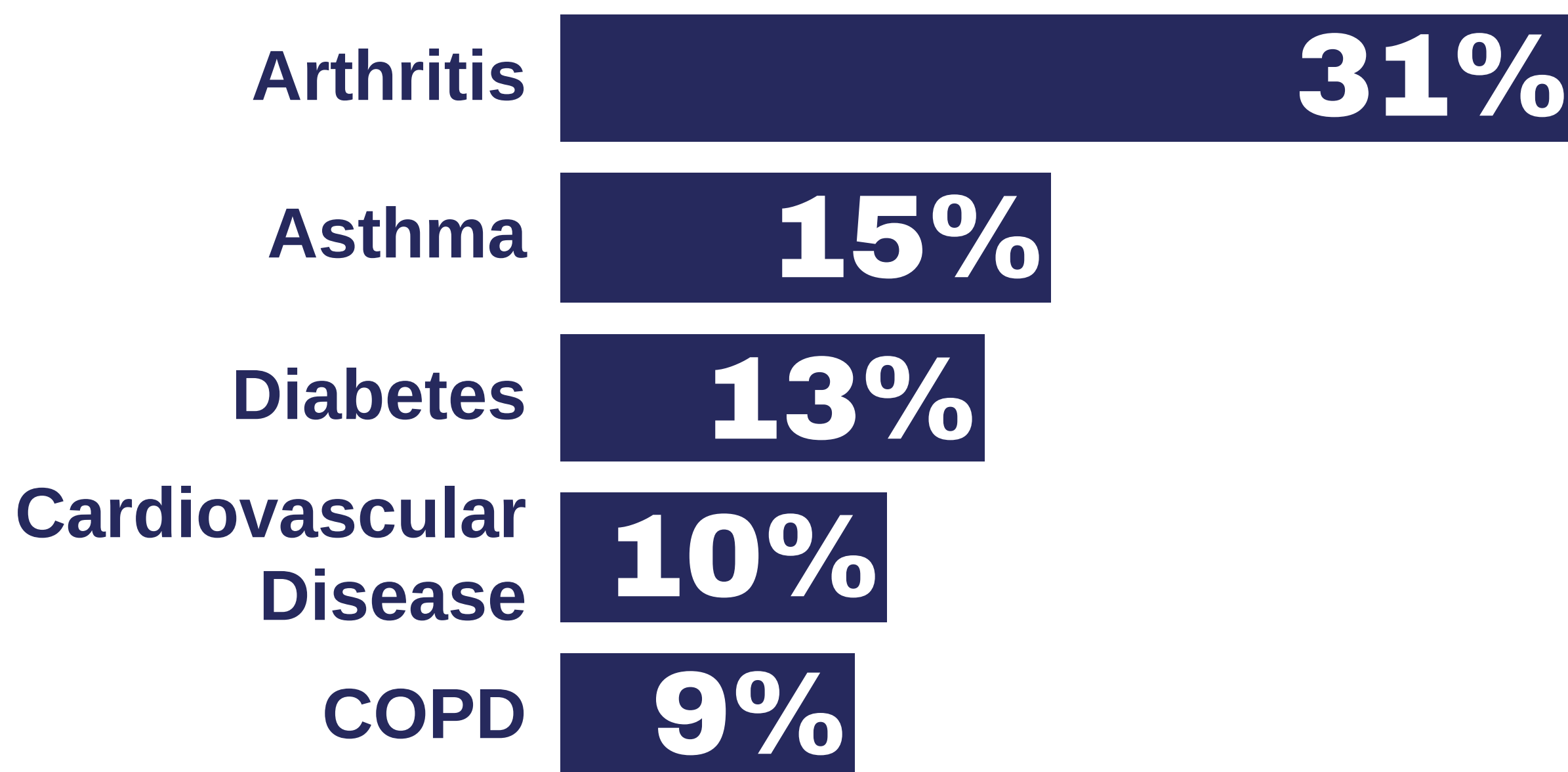
## CHRONIC HEALTH INDICATORS



An estimated **2.5 million** adults in Missouri say they have one or more chronic diseases\*

\*Chronic diseases surveyed include arthritis; asthma; COPD; diabetes; cardiovascular disease [which includes coronary heart disease, heart attack, and stroke]; kidney disease; skin cancer; other cancers

Top five most common chronic diseases among adults in Missouri



## RISK FACTORS

Percent of overweight/obese adults within each race/sex category

All Adults **67%**

Male **72%**

Female **61%**

Black **73%**

White **66%**



How many Missourians engage in the **four main risk factors**<sup>†</sup> for developing a chronic disease?

### Tobacco Use

**19%** currently use tobacco

### Poor Nutrition

**32%** drank 1+ sodas per day

### Low Physical Activity

**26%** weren't active last month

### Excessive Alcohol Use

**18%** say they binge drink alcohol

<sup>†</sup> National Center of Chronic Disease Prevention and Health Promotion (NCCDPHP), <https://www.cdc.gov/chronicdisease/about/>

Source: 2018 Missouri Behavioral Risk Factor Survey.

The BRFSS is a state-based health survey that annually collects information on health conditions, behaviors, preventive practices, and access to health care. BRFSS data are used to identify emerging health problems, establish health objectives and track their progress, and develop and evaluate public health policies and programs to address identified problems.

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