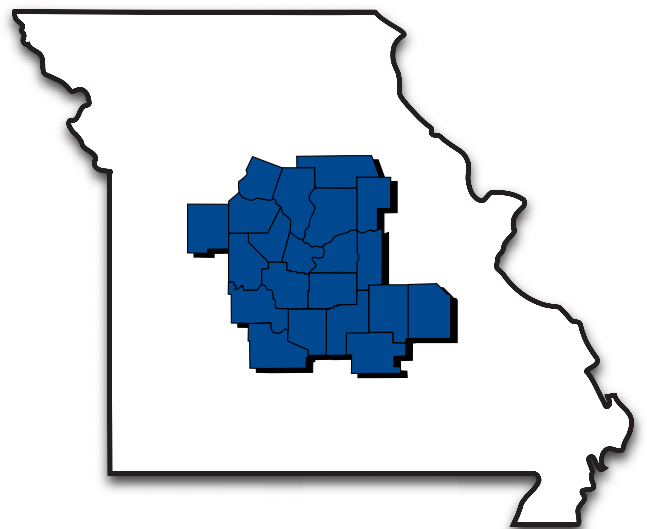


# Behavioral Risk Factor Surveillance System

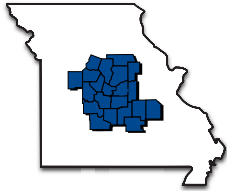
## Regional Data Summary



### Central Region 2005



Missouri Department of Health and Senior Services



## Counties of the Central Region:

*Audrain, Boone,  
Callaway, Camden,  
Cole, Cooper,  
Crawford, Dent,  
Gasconade, Howard,  
Laclede, Maries,  
Miller, Moniteau,  
Montgomery, Morgan,  
Osage, Pettis, Phelps,  
Pulaski, Washington*

## 2005 Behavioral Risk Factor Surveillance System

### Regional Data Summary: Central Region

Introduction .....	2
Perception of Own Health .....	3
Health Care Access and Utilization .....	4
Tobacco Use.....	5
Cardiovascular Disease and Diabetes Risk Factors .....	6
Other Health Indicators.....	9
Appendix A.....	10

### 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>.



**Missouri Department of Health and Senior Services**  
P.O. Box 570  
Jefferson City, MO 65102  
[www.dhss.mo.gov](http://www.dhss.mo.gov)

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**A**lthough 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 Central Region. The information includes 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.

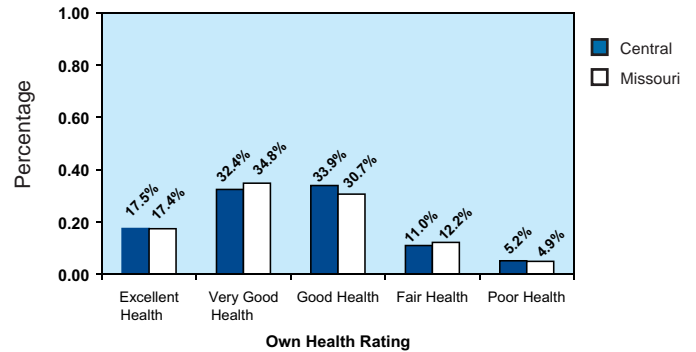
# 3

# Perception of Own Health

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

83.8% of Central Region residents rate their health as good to excellent, compared with 82.9% for residents statewide (Fig. 1).

Figure 1. Perception of General Health\*

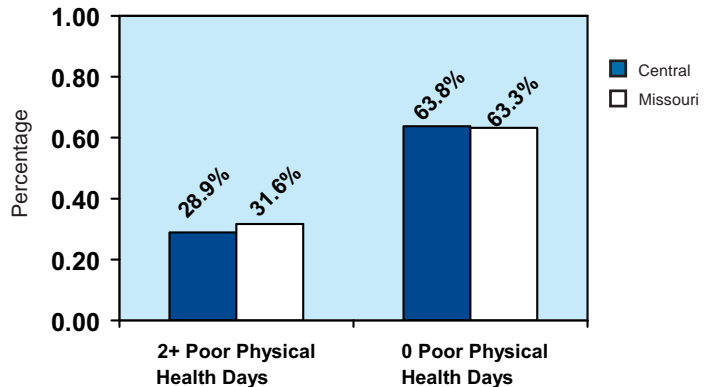


\*Age adjusted prevalence

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

63.3% of Missouri residents statewide and 63.8% of Central Region residents said there were not days when their physical health was not good (Fig. 2).

Figure 2. Perception of Physical Health\*

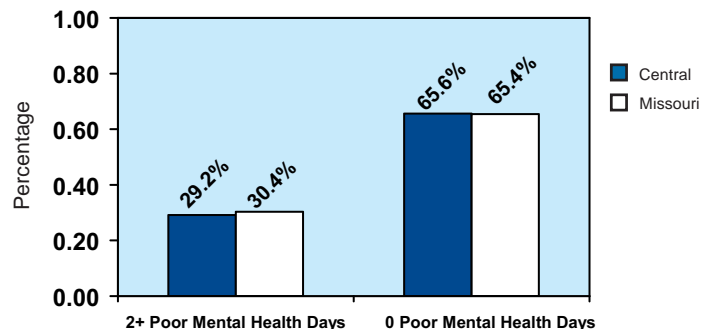


\*Age adjusted prevalence

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

65.4% Missouri residents statewide and 65.6% of Central 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

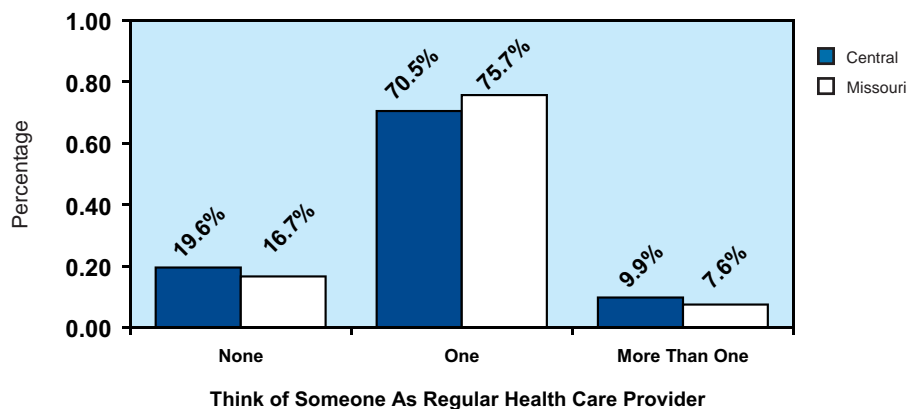
# Health Care Access & Utilization

*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?*

70.5% of Central Region residents think of one person as their regular health care provider, 19.6% think of no one and 9.9% 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

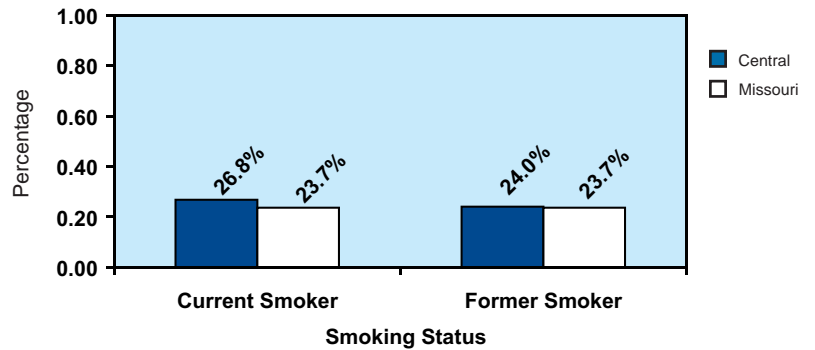
# 5

# Tobacco Use

## *Do you currently smoke?*

26.8% of Central Region residents currently smoke compared with 23.7% residents statewide. The prevalence of former smokers is 24.0% for Central Region residents and 23.7% for residents statewide (Fig. 5).

Figure 5. Prevalence of Smoking\*

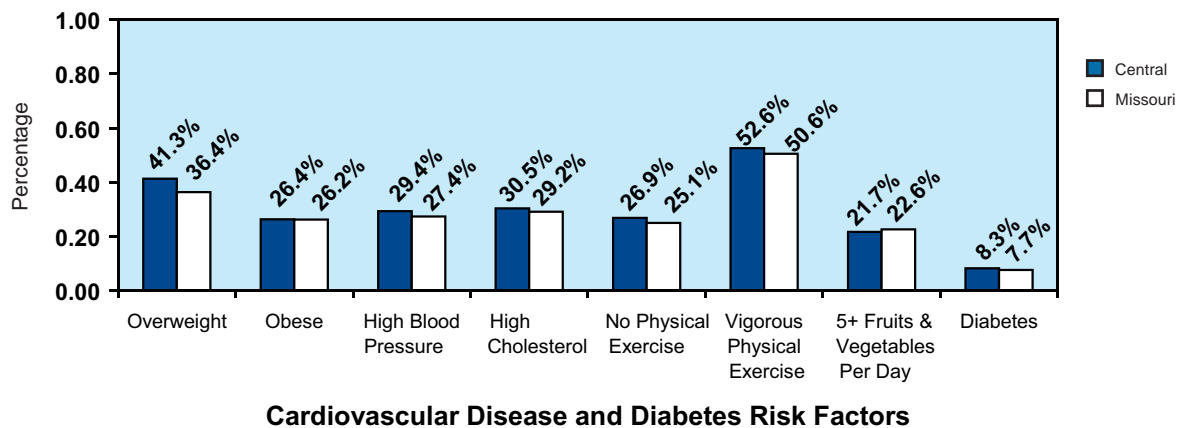


\*Age adjusted prevalence

## Cardiovascular Disease and Diabetes Risk Factors

- 41.3% Central Region residents are overweight compared with 36.4% of residents statewide (Fig. 6).
- 26.4% Central Region residents are obese compared with 26.2% of residents statewide.
- 29.4% Central Region residents have been told by a health care professional that they have high blood pressure compared with 27.4% of residents statewide.
- 30.5% Central Region residents have been told by a health care professional that they have high cholesterol compared with 29.2% of residents statewide.
- 26.9% Central Region residents are sedentary (have no leisure time exercise in the past 30 days) compared with 25.1% of residents statewide.
- 52.6% Central Region residents engage in regular sustained or vigorous physical activity compared with 50.6% of residents statewide.
- 21.7% Central Region residents eat five or more servings of fruits and vegetables a day compared with 22.6% residents statewide.
- The prevalence of diabetes among Central Region residents is 8.3% compared with 7.7% of residents statewide.

Figure 6. Cardiovascular Disease and Diabetes Risk Factors\*

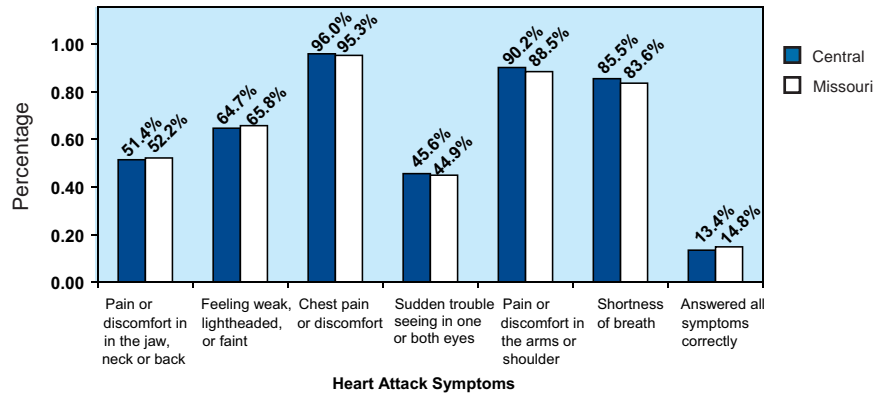


\*Age adjusted prevalence

## 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 Central Region residents and residents statewide.

Figure 7. Knowledge of Heart Attack Symptoms\*

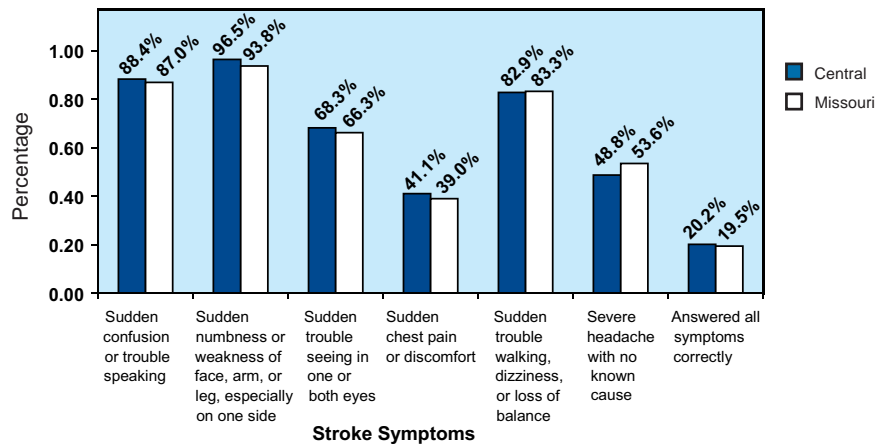


\*Age adjusted prevalence

## 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 Central 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...*

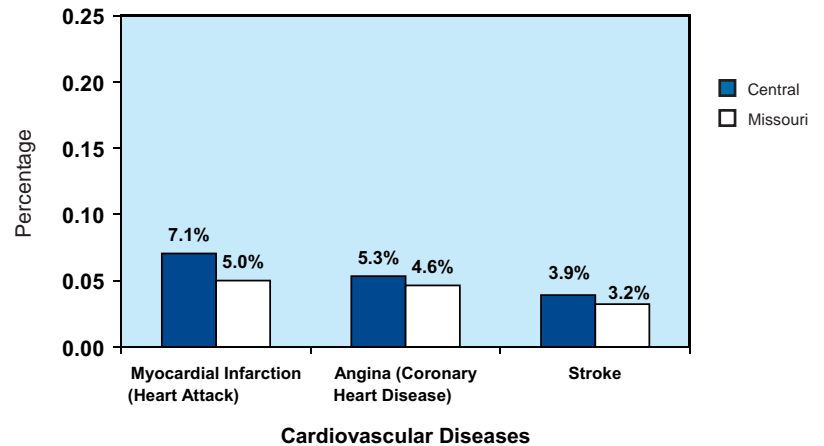
Missourians were asked if they had ever had a heart attack, angina, or stroke (Fig. 9).

7.1% of Central Region residents have had heart attacks compared to 5.0% of residents statewide.

5.3% of Central Region residents have had angina compared to 4.6% of residents statewide.

3.9% of Central 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, 14.7% of Central Region residents report they lack any kind of health care coverage compared with residents statewide at 13.0%.
- In the past twelve months, 14.0% of Central Region residents cited cost as a barrier to receiving health care compared with 13.5% of residents statewide.

## *HIV/AIDS*

- 41.0% of Central Region adults, 18 to 64 years of age, within the past year have been tested for HIV compared with 37.7% of adults statewide.
- 49.1% of Central 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.
- 3.8% of Central 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*

- 64.3% of all Central Region residents, age 65 and older, have had a flu shot in the past year compared with 61.7% residents statewide.
- 0.00% of all Central Region residents, age 65 and older, have had a flu nasal spray vaccination in the past year compared with 0.6% of residents statewide.
- 63.7% of all Central Region residents, age 65 and older, have had a pneumonia vaccination in the past year compared with 64.8% residents statewide.

## *Asthma*

- 12.7% of Central Region residents and 14.3% of residents statewide have said that a doctor has told them that they have asthma.
- 8.6% of Central Region residents and 9.0% of residents statewide reported that they currently have asthma.

Survey Question	Risk Factors	Central Region		Statewide	
		Crude	Age Adjusted	Crude	Age Adjusted
<b>Perception of “own health”</b>	Excellent	17.00%	17.46%	17.15%	17.41%
	Very good	32.70%	32.43%	34.60%	34.80%
	Good	34.12%	33.93%	30.69%	30.68%
	Fair	11.03%	10.99%	12.43%	12.20%
	Poor	5.16%	5.19%	5.13%	4.91%
<b>How many days in the past month was your health not good?</b>	Physical health 0 days	63.81%	63.78%	63.21%	63.26%
	Physical health 2+ days	28.78%	28.93%	31.71%	31.62%
	Mental health 0 days	65.42%	65.60%	65.83%	65.44%
	Mental health 2+ days	29.11%	29.15%	30.02%	30.36%
<b>Someone you think of as your personal physician</b>	Yes, one person	70.15%	70.53%	75.81%	75.69%
	More than one person	9.55%	9.86%	7.68%	7.58%
	No, one person	20.31%	19.60%	16.51%	16.73%
<b>Health care access/utilization</b>	No health care	15.26%	14.70%	12.91%	13.02%
	Cost barrier in the past year	14.04%	14.02%	13.31%	13.48%
<b>HIV/AIDS</b>	HIV test past year	39.64%	40.97%	36.70%	37.73%
	HIV test past 3 years	50.05%	49.09%	46.14%	47.04%
	At risk	4.45%	3.80%	3.69%	3.70%
<b>Vaccinations</b>	Flu vaccination	64.25%	64.25%	61.72%	61.74%
	Flu nasal spray vaccination	0.00%	0.00%	0.62%	0.62%
	Pneumonia vaccination	63.67%	63.67%	64.77%	64.80%
<b>Asthma</b>	Have asthma	12.88%	12.68%	14.22%	14.28%
	Still have asthma	8.67%	8.63%	8.98%	9.03%
<b>Tobacco use</b>	Current smoker	26.74%	26.76%	23.40%	23.65%
	Former smoker	23.94%	24.03%	24.20%	23.69%

Survey Question	Risk Factors	Central Region		Statewide	
		Crude	Age Adjusted	Crude	Age Adjusted
<b>Cardiovascular disease &amp; diabetes risk factors</b>	Overweight	40.97%	41.32%	36.48%	36.35%
	Obese	26.37%	26.40%	26.26%	26.23%
	Have high blood pressure	29.40%	29.38%	28.21%	27.44%
	Have high cholesterol	30.16%	30.45%	30.12%	29.19%
	No physical activity	26.80%	26.85%	25.41%	25.05%
	Vigorous physical activity	53.12%	52.62%	49.79%	50.62%
	5+ fruits and vegetables/day	21.41%	21.73%	22.58%	22.62%
	Have diabetes	8.36%	8.32%	7.92%	7.66%
<b>Cardiovascular disease heart attack symptom knowledge</b>	Pain or discomfort in the jaw, neck, or back	51.36%	51.40%	52.67%	52.20%
	Feeling weak, lightheaded, or faint	64.08%	64.70%	63.35%	65.80%
	Chest pain or discomfort	95.63%	96.00%	95.18%	95.30%
	Sudden trouble seeing in one or both eyes	45.07%	45.60%	44.85%	44.90%
	Pain or discomfort in the arms or shoulder	89.39%	90.20%	88.43%	88.50%
	Shortness of breath	85.39%	85.50%	83.45%	83.60%
	Answered all symptoms correctly	12.93%	13.40%	14.75%	14.80%

Survey Question	Risk Factors	Central Region		Statewide	
		Crude	Age Adjusted	Crude	Age Adjusted
<b>Cardiovascular disease stroke symptom knowledge</b>	Sudden confusion or trouble speaking	87.32%	88.40%	86.82%	87.00%
	Sudden numbness or weakness of face, arm or leg, especially on one side	96.20%	96.50%	93.60%	93.80%
	Sudden trouble seeing in one or both eyes	67.16%	68.30%	65.98%	66.30%
	Sudden chest pain or discomfort	39.58%	41.10%	38.86%	39.00%
	Sudden trouble walking, dizziness, or loss of balance	81.94%	82.90%	83.16%	83.30%
	Severe headache with no known cause	47.84%	48.80%	53.68%	53.60%
	Answered all symptoms correctly	19.32%	20.20%	19.48%	19.50%
<b>Cardiovascular disease prevalence</b>	Ever had a heart attack	6.84%	7.05%	5.21%	5.00%
	Ever had angina	5.25%	5.34%	4.83%	4.64%
	Ever had a stroke	3.90%	3.90%	3.38%	3.23%