

The 2006 Wisconsin Behavioral Risk Factor Survey (BRFS) provides information based on responses from 4,831 adults aged 18 and older. Results are weighted to represent the overall population of Wisconsin adults living in households with land-line telephones.

HEALTH STATUS/ HEALTH-RELATED QUALITY OF LIFE

	<i>All Adults</i>		<i>18-54</i>		<i>55 +</i>	
	%	(±)	%	(±)	%	(±)
Health in general is:						
Excellent or Very Good	58	2	63	2	48	3
Good	30	1	27	2	33	3
Fair or Poor	12	1	9	1	19	2
<i>Average number of days during the past 30 that:</i>						
... <i>Mental health</i> was not good (<i>number of days</i>)	3	1	3	1	2	1
... <i>Physical health</i> was not good (<i>number of days</i>)	3	1	3	1	5	1
... <i>Poor health</i> prevented doing usual activities (<i>number of days: persons with 1+ days of poor mental or physical health</i>)	3	1	3	1	1	

(±) = 95% confidence interval

WISCONSIN BEHAVIORAL RISK FACTOR SURVEY, 2006

TOBACCO USE

	<i>All Adults</i>		<i>18-54</i>		<i>55 +</i>	
	%	(±)	%	(±)	%	(±)
Current cigarette smoker *	21	2	25	2	11	2
Percent of smokers who quit smoking one day or longer in the past year	58	4	61	5	46	8

OTHER CHRONIC DISEASE RISK FACTORS

Overweight or obese (BMI) † *	61	2	59	3	66	3
No leisure-time physical activity in the past month	19	2	16	2	26	2

CHRONIC DISEASES DIAGNOSED

Diabetes	6	1	3	1	14	2
Asthma (lifetime)	12	1	13	2	11	2

ORAL HEALTH

Saw a dentist for any reason in the past year	76	1	77	2	75	2
Have lost any (or all) permanent teeth due to decay/gum disease	39	2	26	2	68	2
Teeth cleaned by a dentist or dental hygienist in the past year	75	2	74	2	78	2

ANXIETY AND DEPRESSION

Ever diagnosed with an anxiety disorder	10	1	11	2	9	2
Ever diagnosed with depression	16	1	18	2	14	2

* See Technical Notes
† Body Mass Index

FINDINGS FOR SELECTED YEARS

	2006		2005		2004	
	%	(±)	%	(±)	%	(±)
Immunization and Screening						
Flu shot in past 12 months (65+)	72	3	72	3	74	3
Mammogram in past year (F, 50+)	66	3	--	--	59	3
Sigmoid/Colonoscopy ever (50+)	64	2	--	--	59	3
PSA** test, past 2 years (M, 40+)	45	3	--	--	44	3
Selected Behavioral Risks by Sex						
Current cigarette smoker	21	2	21	1	22	1
<i>Males</i>	23	3	22	2	25	3
<i>Females</i>	18	2	19	2	19	2
Overweight or obese (BMI) † *	61	2	59	2	58	2
<i>Males</i>	71	3	69	2	69	2
<i>Females</i>	51	3	49	2	47	2
Binge drinking, past month	24	2	22	1	22	1
<i>Males (5+ drinks)</i>	33	3	32	2	30	2
<i>Females (4+ drinks as of 2006)</i>	16	2	12	1	13	1
Drove a motor vehicle after having too much to drink, past month	5	1	--	--	4	1
<i>Males</i>	7	2	--	--	7	2
<i>Females</i>	3	1	--	--	2	1
Heavy drinking, past month	8	1	8	1	7	1
<i>Males (>60 drinks, past month)</i>	8	2	9	2	9	1
<i>Females (>30 drinks, past month)</i>	8	2	7	1	6	1

**Prostate-Specific Antigen

Dashes (--) indicate years when content items were not on the survey.

Technical Notes

The Behavioral Risk Factor Survey (BRFS) is a representative statewide telephone survey of Wisconsin household residents 18 years and older. Results are based on self-reports from respondents selected through a stratified random sample. Results are weighted to account for non-response and sample design, and to adjust for the age-sex distribution of Wisconsin's population. The annual survey is designed by the Bureau of Health Information and Policy (BHIP) in the Department of Health and Family Services, in cooperation with the Centers for Disease Control and Prevention's Behavioral Surveillance Branch. Wisconsin BRFS telephone interviews are conducted by the University of Wisconsin Survey Center.

Of the 4,831 respondents in 2006, 2,785 were 18 to 54 years old, 2,003 were 55 or older and 43 did not report their age.

Columns labeled (\pm) indicate the 95% confidence interval associated with each estimate. For example, for all adults whose health is excellent or very good (an estimated 58%), there is a 95% chance that the actual percentage falls within the range of plus or minus 2 percentage points (56%-60%).

The following CDC definitions and standards apply:

- **Overweight and obesity** are measured using Body Mass Index (BMI), which is calculated using self-reported height and weight ($\text{BMI} = \text{weight in kilograms divided by height in meters squared}$). A Body Mass Index of 25.0 to 29.9 is considered overweight; a BMI of 30.0 or greater is considered obese.
- **Current smokers** are those who now smoke either every day or only some days, and have smoked at least 100 cigarettes in their lifetime.
- A **drink** of alcohol is defined as one can or bottle of beer, one glass of wine, one can or bottle of wine cooler, one cocktail, or one shot of liquor.
- The definition of **binge drinking** for women was changed in 2006 to 4 or more drinks on one occasion. Previously the definition was 5 or more drinks on one occasion for both sexes.

Cautions: Estimates of **overweight** may be slightly low, as more than 3% of BRFS respondents, primarily women, do not report their weight. The prevalence of **diabetes** is likely to be an underestimate because a significant proportion of adults have never been tested. **Differences** in estimates between years, age groups, or sexes may not be statistically significant.

For additional information about the BRFS, contact the BRFS Coordinator, Anne Ziege, at ziegeal@dhfs.state.wi.us or 608-267-9821. For other health data, visit the BHIP Health Statistics Web site at <http://dhfs.wisconsin.gov/stats/index.htm>.

Health Counts in Wisconsin

New Findings from the Bureau of Health
Information and Policy

BEHAVIORAL RISK FACTORS

2006

Division of Public Health
Department of Health and Family Services