

**WISCONSIN BEHAVIORAL RISK FACTOR SURVEY, 2008**

The 2008 Wisconsin Behavioral Risk Factor Survey (BRFS) provides information based on responses from 7,075 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	3	48	2
Good	30	2	28	3	32	2
Fair or Poor	12	1	9	1	20	2

Average number of days during the past 30 that:

	<i>All Adults</i>		<i>18-54</i>		<i>55 +</i>	
	%	(±)	%	(±)	%	(±)
... <i>Mental health</i> was not good ( <i>number of days</i> )	3	1	4	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</i> : persons with 1+ days of poor mental or physical health)	3	1	3	1	4	1

**INSUFFICIENT SLEEP**

	<i>All Adults</i>		<i>18-54</i>		<i>55 +</i>	
	%	(±)	%	(±)	%	(±)
Insufficient sleep on 8 or more days in the past 30 days	37	2	44	3	23	2

**TOBACCO USE**

	<i>All Adults</i>		<i>18-54</i>		<i>55 +</i>	
	%	(±)	%	(±)	%	(±)
Current cigarette smoker *	20	1	24	2	12	2
Percent of smokers who quit smoking one day or longer in the past year	59	4	61	5	53	7

**OTHER CHRONIC DISEASE RISK FACTORS**

Overweight or obese (BMI) † *	64	2	61	3	70	2
No leisure-time physical activity in the past month	22	2	19	2	28	2

**CHRONIC DISEASES DIAGNOSED**

Diabetes	7	1	3	1	16	2
Pre-diabetes	6	1	4	1	10	2
Asthma - lifetime	14	1	15	2	12	2
Asthma - current	9	1	10	2	8	1

**ORAL HEALTH**

Saw a dentist for any reason in the past year	73	2	72	2	74	2
Have lost any (or all) permanent teeth due to decay/gum disease	38	2	26	2	65	3
Teeth cleaned by a dentist or dental hygienist in the past year	73	2	70	3	78	2

**FINDINGS FOR SELECTED YEARS**

	<b>2008</b>		<b>2007</b>		<b>2006</b>	
	%	(±)	%	(±)	%	(±)
<b>Immunization and Screening</b>						
Flu shot in past 12 months (65+)	73	3	74	3	72	3
Mammogram in past year (F, 50+)	65	3	--	--	66	3
Sigmoid/Colonoscopy ever (50+)	67	2	--	--	64	2
PSA** test, past 2 years (M, 40+)	50	3	--	--	45	3

**Selected Behavioral Risks by Sex**

Current cigarette smoker	20	1	20	2	21	2
<i>Males</i>	22	2	20	2	23	3
<i>Females</i>	18	2	19	2	18	2
Overweight or obese (BMI) † *	64	2	62	2	61	2
<i>Males</i>	72	3	72	2	71	3
<i>Females</i>	55	3	53	2	51	3
Binge drinking, past month	23	2	23	2	24	2
<i>Males</i>	28	3	30	3	33	3
<i>Females</i>	17	2	17	2	16	2
Drove a motor vehicle after having too much to drink, past month	5	1	3	1	5	1
<i>Males</i>	7	2	5	2	7	2
<i>Females</i>	2	1	1	1	3	1
Heavy drinking, past month	8	1	7	1	8	1
<i>Males</i>	9	2	7	1	8	2
<i>Females</i>	7	2	7	1	8	2

\*\*Prostate-Specific Antigen

Dashes (--) indicate years when content items were not on the survey. See Technical Notes for definitions of binge drinking and heavy drinking.

(±) = 95% confidence interval

\* See Technical Notes  
† Body Mass Index

## 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 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 7,075 respondents in 2008, 3,639 were 18 to 54 years old, 3,384 were 55 or older and 52 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 = weight in kilograms divided by height in meters squared). Overweight is defined as a BMI of 25.0 or higher; obese is a BMI of 30.0 or higher.
- **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.
- **Binge drinking** is defined as 4 or more drinks on one occasion for women and 5 or more drinks on one occasion for men. Prior to 2006, the definition was 5 drinks for both sexes.
- **Heavy drinking** is defined as an average of more than 2 drinks per day for men and more than 1 drink per day for women.

Cautions: Estimates of **overweight** may be slightly low, as more than 3% of BRFS respondents, primarily women, do not report their weight. Estimates of **diabetes** and **pre-diabetes** may be low, as nearly half of all adults have not been tested in the past 3 years. 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 [anne.ziege@wisconsin.gov](mailto:anne.ziege@wisconsin.gov) or 608-267-9821. For other health data, visit the BHIP Health Statistics Web site at <http://dhs.wisconsin.gov/stats/index.htm>.

# Health Counts in Wisconsin

New Findings from the Bureau of Health  
Information and Policy

## BEHAVIORAL RISK FACTORS

2008