

# WISCONSIN BEHAVIORAL RISK FACTOR SURVEY, 2005

The 2005 Wisconsin Behavioral Risk Factor Survey (BRFS) provides information based on responses from 4,900 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 yrs</i>		<i>55 + yrs</i>	
	%	(±)	%	(±)	%	(±)
Health in general is:						
Excellent or very good	59	2	65	2	46	3
Good	29	1	27	2	32	2
Fair or poor	12	1	8	1	21	2
<b>Average number of days</b> during the past 30 that ...						
Mental health was not good ( <i>number of days</i> )	3		3		2	
Physical health was not good ( <i>number of days</i> )	3		3		5	
Poor health prevented doing usual activities ( <i>persons with 1+ days when mental or physical health was not good – number of days</i> )	3		3		4	

(±) = 95% confidence interval

## TOBACCO USE

	<i>All Adults</i>		<i>18-54</i>		<i>55 +</i>	
	%	(±)	%	(±)	%	(±)
Current cigarette smoker *	21	2	24	3	13	2
Percent of smokers who quit smoking 1 day or longer in past year	49	4	50	5	45	8

## OTHER RISK FACTORS FOR CHRONIC DISEASE

Overweight or obese (BMI) † *	59	2	56	2	67	3
No leisure-time physical activity	19	2	15	2	26	3
<b>Risk factors diagnosed by a health professional:</b>						
High blood pressure	25	2	14	2	50	3
High cholesterol (of those tested)	36	2	28	2	48	3

## CHRONIC DISEASES DIAGNOSED

Arthritis	28	2	17	2	52	3
Diabetes	7	1	3	1	14	2
Asthma	13	1	15	2	10	2

## ACTIONS TO REDUCE CHRONIC DISEASE RISK

Meets recommendation for moderate or vigorous exercise (or both)*	53	2	58	2	43	3
Fruit/vegetable consumption is 5+ servings per day	22	2	19	2	28	2
Taking medication for high blood pressure (of those diagnosed)	78	2	58	6	91	2

\* See Technical Notes

† Body Mass Index

## FINDINGS FOR SELECTED YEARS

	<b>2005</b>		<b>2004</b>		<b>2003</b>	
	%	(±)	%	(±)	%	(±)
Flu shot in past 12 months, adults aged 65 and older	72	3	74	3	72	3
Cholesterol checked, past 5 years	73	2	--	--	75	1
<b>Selected Risk Factors by Sex</b>						
High cholesterol (of those tested)	36	2	--	--	33	2
<i>Males</i>	39	3	--	--	35	3
<i>Females</i>	32	2	--	--	31	2
Current cigarette smoker	21	2	22	2	22	1
<i>Males</i>	22	2	25	3	24	2
<i>Females</i>	19	2	19	2	20	2
Overweight or obese (BMI) † *	59	2	58	2	59	2
<i>Males</i>	69	3	69	2	69	2
<i>Females</i>	49	2	47	2	47	2
Binge drinking (consumed five or more alcoholic drinks on one occasion, one or more times in the past month)	22	2	22	1	24	1
<i>Males</i>	32	3	30	2	33	2
<i>Females</i>	12	2	13	1	13	1
Heavy alcohol consumption	8	1	7	1	9	1
<i>Males (&gt;2 drinks per day)</i>	9	2	9	2	9	2
<i>Females (&gt;1 drink per day)</i>	7	2	6	1	8	1

-- Indicates 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 who are 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 survey was 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 were conducted by the University of Wisconsin Survey Center.

Of the 4,900 respondents in 2005, 2,910 were 18 to 54 years old, 1,933 were 55 or older, and 57 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 (59%), there is a 95% chance that the actual percentage falls within the range of plus or minus 2 percentage points (57%-61%).

The Centers for Disease Control and Prevention provided the following definitions:

- **Overweight** is defined by Body Mass Index (BMI), a calculation (weight in kilograms divided by height in meters squared) using self-reported height and weight. A BMI of 25.0 or greater is considered overweight. Estimates of percent overweight may be slightly low, as more than 3% of BRFS respondents, primarily women, do not report their weight.
- **Current smokers** are those who smoke currently, 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 prevalence of **diabetes** is likely to be an underestimate because a significant proportion of adults has never been tested.
- Recommended participation in **moderate physical exercise** is 30 minutes or more, five or more times per week.
- Recommended participation in **vigorous physical exercise** is 20 minutes or more, three or more times per week.

Differences in estimates between years, age groups, and sexes may not be statistically significant. For additional information about the BRFS, contact the BRFS Coordinator, Anne Ziege, at [ziegeal@dhfs.state.wi.us](mailto: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>.

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2005

Division of Public Health  
Department of Health and Family Services