

# WISCONSIN BEHAVIORAL RISK FACTOR SURVEY, 2009

The 2009 Wisconsin Behavioral Risk Factor Survey (BRFS) provides information based on responses from 4,553 adults aged 18 and older. Results are weighted to represent the overall population of Wisconsin adults living in households with landline telephones. (See note below about landline and cell phone-only sample data.)

## 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	58	2	63	3	48	3
Good	30	2	28	3	34	3
Fair or poor	12	1	9	2	18	2
<b>Average number of days</b> during the past 30 that ...						
Mental health was not good ( <i>number of days</i> )	3	1	3	1	2	1
Physical health was not good ( <i>number of days</i> )	3	1	3	1	5	1
Poor health prevented doing usual activities ( <i>persons with 1+ days when mental or physical health was not good – number of days</i> )	3	1	3	1	5	1

**NOTE:** Current estimates for *smoking* and *binge drinking* using only landline sample data should be considered conservative. The cell phone-only segment of the population has higher rates of these two risk factors than the population with landline phones. BRFS now uses both landline and cell phone-only samples, but the combined landline/cell phone data set was not yet available at the time this report was prepared.

(±) = 95% confidence interval

## TOBACCO USE

	<i>All Adults</i>		<i>18-54</i>		<i>55 +</i>	
	%	(±)	%	(±)	%	(±)
Current cigarette smoker*	19	2	23	3	10	2
Percent of smokers who quit smoking one day or longer in past year	63	6	64	6	57	9

## OTHER RISK FACTORS FOR CHRONIC DISEASE

Overweight or obese (BMI) † *	66	2	63	3	72	3
No leisure-time physical activity	22	2	19	3	28	3
<b>Risk factors diagnosed by a health professional:</b>						
High blood pressure	28	2	16	2	52	3
High cholesterol (of those tested)	36	2	27	3	49	3

## CHRONIC DISEASES DIAGNOSED

Arthritis	25	2	14	2	49	3
Diabetes	8	1	3	1	18	2
Asthma - lifetime	14	2	15	2	11	2
Cancer - any form, lifetime	10	1	4	1	22	2

## ACTIONS THAT REDUCE CHRONIC DISEASE RISK

Meets recommendation for moderate or vigorous exercise (or both)*	53	2	55	3	49	3
Fruit/vegetable consumption is 5+ servings per day	23	2	20	3	27	3
Taking medication for high blood pressure (of those diagnosed)	78	4	57	7	93	2

\* See Technical Notes  
† Body Mass Index

## FINDINGS FOR SELECTED YEARS

	<b>2009</b>		<b>2008</b>		<b>2007</b>	
	%	(±)	%	(±)	%	(±)
Flu shot in past 12 months, adults aged 65 and older	72	4	73	3	74	3
Cholesterol checked, past 5 years	77	2	--	--	77	2
<b>Prevalence of Selected Risks by Sex</b>						
High cholesterol (of those tested)	36	2	--	--	35	2
<i>Males</i>	37	4	--	--	38	3
<i>Females</i>	35	3	--	--	32	2
Current cigarette smoker	19	2	20	1	20	2
<i>Males</i>	20	3	22	2	20	2
<i>Females</i>	17	2	18	2	19	2
Overweight or obese (BMI) † *	66	2	64	2	62	2
<i>Males</i>	74	4	72	3	72	2
<i>Females</i>	57	3	55	3	53	2
Binge drinking, past 30 days	23	2	23	2	23	2
<i>Males (5+ drinks on one occasion)</i>	30	3	28	3	30	3
<i>Females (4+ drinks on one occasion)</i>	17	2	17	2	17	2
<i>Maximum number of drinks on one occasion: average among binge drinkers, past 30 days</i>	8	--	8	--	8	--
<i>Males</i>	9	--	9	--	9	--
<i>Females</i>	7	--	6	--	6	--
Heavy drinking prevalence, past 30 days	8	1	8	1	7	1
<i>Males (&gt;2 drinks per day)</i>	9	2	9	2	7	1
<i>Females (&gt;1 drink per day)</i>	7	2	7	2	7	1

-- Indicates years when content items were not on the survey.

## TECHNICAL NOTES

The Behavioral Risk Factor Survey (BRFS) is a representative statewide survey of Wisconsin residents 18 years and older living in households with landline telephones, plus (as of 2009) a separate sample of the cell phone-only population. Results presented in this report are from the landline sample only, which consists of respondents selected through a disproportionate, stratified random sample. BRFS results are weighted to account for non-response and sample design, and to adjust for the age-sex distribution of the state's adult population. The survey is managed by the Wisconsin BRFS Coordinator in collaboration 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 4,553 Wisconsin BRFS landline respondents in 2009, 2,120 were 18 to 54 years old, 2,397 were 55 or older, and 36 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 (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 ( $\text{BMI} = \text{weight in kilograms} / \text{height in meters squared}$ ). A BMI of 25.0-29.9 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. 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. **Maximum number of drinks** is the largest number of alcoholic drinks consumed on any single occasion in the past 30 days.

Differences in estimates between years, age groups, and sexes may not be statistically significant. For additional information about the BRFS, contact the Wisconsin BRFS Coordinator, Anne Ziege, at [anne.ziege@wisconsin.gov](mailto:anne.ziege@wisconsin.gov) or 608-267-9821. For other health data, visit the Wisconsin Health Statistics website at <http://dhs.wisconsin.gov/stats/index.htm>

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# Health Counts in Wisconsin

New Findings from the  
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State of Wisconsin  
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