

WISCONSIN BEHAVIORAL RISK FACTOR SURVEY, 2010

The 2010 Wisconsin Behavioral Risk Factor Survey (BRFS) provides information based on responses from 4,781 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.)

HEALTH STATUS/ HEALTH-RELATED QUALITY OF LIFE

	<i>All Adults</i>		<i>18-54</i>		<i>55 +</i>	
	%	±	%	±	%	±
General health status:						
Excellent or Very Good	57	2	61	3	47	2
Good	30	2	28	3	33	2
Fair or Poor	13	1	11	2	20	2
Disability (physical or other)	18	2	13	2	27	2

Average number of days during the past 30 that:

	<i>All Adults</i>		<i>18-54</i>		<i>55 +</i>	
	%	±	%	±	%	±
...Mental health was not good (number of days)	3	1	4	1	2	1
...Physical health was not good (number of days)	3	1	3	1	5	1
...Poor health prevented doing usual activities (number of days: 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	35	2	42	3	22	2

NOTE: The 2010 estimates in this publication are based on landline interview data. Smoking and binge drinking are known to be more prevalent among the cell phone-only population, therefore landline estimates for those two risk factors should be considered conservative. BRFS now includes both landline and cell phone-only samples, and future estimates will use combined landline/cell phone data.

± = 95% confidence interval

TOBACCO USE

	<i>All Adults</i>		<i>18-54</i>		<i>55 +</i>	
	%	±	%	±	%	±
Current cigarette smoker *	19	2	23	3	11	1
Percent of smokers who quit smoking one day or longer in the past year	62	6	65	7	49	7

OTHER CHRONIC DISEASE RISK FACTORS

Overweight or obese (BMI) † *	64	2	61	3	69	2
No leisure-time physical activity in the past month	23	2	22	3	25	2

CHRONIC DISEASES DIAGNOSED

Diabetes	7	1	3	1	15	2
Pre-diabetes	6	1	4	1	11	2
Asthma, current	8	1	8	2	8	1
Cancer, any type (lifetime)	10	1	4	1	21	2

ORAL HEALTH

Teeth cleaned by a dentist or dental hygienist in the past year	74	2	72	3	79	2
Have lost any (or all) permanent teeth due to decay/gum disease	38	2	25	3	63	2

MENTAL HEALTH

Ever diagnosed with a depressive disorder	16	2	17	2	15	2
Ever diagnosed with an anxiety disorder	12	2	13	2	11	2

* See Technical Notes
† Body Mass Index

FINDINGS FOR SELECTED YEARS

	2010		2009		2008	
	%	±	%	±	%	±
Immunization and Screening						
Flu shot past 12 months (65+)	68	3	72	4	73	3
Sigmoid/Colonoscopy ever (50+)	69	2	--	--	67	2
Pap test past 3 years (F, 18+)**	84	2	--	--	83	2
Mammogram past 2 years (F, 50+)	80	2	--	--	79	2
Selected Behavioral Risks by Sex	%	±	%	±	%	±
Current cigarette smoker*	19	2	19	2	20	1
Males	21	3	20	3	22	2
Females	17	2	17	2	18	2
Overweight or obese (BMI) † *	64	2	66	2	64	2
Males	72	3	74	4	72	3
Females	55	3	57	3	55	3
Binge drinking, past month	22	2	23	2	23	2
Males	28	3	30	3	28	3
Females	16	2	17	2	17	2
Maximum number of drinks on one occasion: average among binge drinkers, past 30 days	8	--	8	--	8	--
Males	9	--	9	--	9	--
Females	6	--	7	--	6	--
Heavy drinking, past month	6	1	8	1	8	1
Males	7	2	9	2	9	2
Females	6	1	7	2	7	2

**Women who have not had a hysterectomy (intact cervix).
Dashes (--) in 'percent' column indicate years when content items were not on the survey.
See Technical Notes for definitions of binge drinking and heavy drinking.

Technical Notes

The Behavioral Risk Factor Survey (BRFS) is a representative statewide telephone survey of Wisconsin household residents 18 years and older, and is part of the U.S. Centers for Disease Control and Prevention's (CDC's) Behavioral Risk Factor Surveillance System. Results are based on self-reports from respondents selected through a stratified random sample, and are weighted to account for non-response and sample design and to adjust for the age-sex distribution of Wisconsin's adult population. The annual survey is developed by the Wisconsin BRFS Coordinator in the Office of Health Informatics (OHI), Division of Public Health, Department of Health Services, in collaboration with CDC. Wisconsin BRFS telephone interviews are conducted by the University of Wisconsin Survey Center.

Of the 4,781 respondents in 2010, 2,194 were 18 to 54 years old, 2,544 were 55 or older and 43 did not report their age.

Columns labeled '±' indicate the 95% confidence interval associated with each estimate. For example, for all adults whose health is excellent or very good (an estimated 57%), there is a 95% chance that the actual percentage falls within the range of plus or minus 2 percentage points (55%-59%).

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 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 5 or more drinks on one occasion for men and 4 or more drinks on one occasion for women.
- **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. **Disability** refers to limitation in activities due to a physical, mental or emotional condition. 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 or 608-267-9821. For other health data, visit the OHI/DPH Health Statistics Web site at <http://dhs.wisconsin.gov/stats/index.htm>.

Health Counts in Wisconsin

New Findings from the
Wisconsin Department of Health Services

BEHAVIORAL RISK FACTORS 2010



State of Wisconsin
Department of Health Services
Division of Public Health