

WISCONSIN BEHAVIORAL RISK FACTOR SURVEY, 2013

The 2013 Wisconsin Behavioral Risk Factor Survey (BRFS) provides information based on responses from 6,589 adults aged 18 and older. The results are weighted to represent the overall population of Wisconsin adults living in households, exclusive of group quarters. [See note below on the 2011 methodological changes.] To print this document as a folding brochure, specify legal-sized paper and "flip on short edge" print option.

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	54	2	58	3	46	3
Good	31	2	29	2	34	3
Fair or Poor	15	2	13	2	20	2
Disability (physical or other)	19	2	16	2	24	2

Average number of days during the past 30 days that:

	days		days		days	
	±	±	±	±	±	±
... <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>)	4	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 and/or physical health)	4	1	4	1	5	1

AVERAGE HOURS OF SLEEP

	<i>All Adults</i>		<i>18-54</i>		<i>55 +</i>	
	hrs	±	hrs	±	hrs	±
Average hours of sleep in a 24-hour period	7	< 1	7	< 1	7	< 1

NOTE: Two major changes were instituted as of 2011 that represent a break with past BRFS methodology: 1) both landline and cell phone interview data are included, and 2) the data were weighted by CDC using a new methodology that incorporates more demographic variables than in the past. Due to these changes, comparisons should not be made with results from 2010 and earlier.

± = 95% confidence interval

TOBACCO USE

	<i>All Adults</i>		<i>18-54</i>		<i>55 +</i>	
	%	±	%	±	%	±
Current cigarette smoking *	19	2	23	2	12	2
Percent of smokers who quit smoking one day or longer in the past year	64	4	66	5	59	8

ORAL HEALTH

Saw a dentist for any reason in the past year	73	2	72	3	75	2
Have lost any (or all) permanent teeth due to decay/gum disease	41	2	28	3	63	3

CHRONIC DISEASES DIAGNOSED

Diabetes	8	1	4	1	16	2
Pre-diabetes	8	1	6	1	13	2
Cardiovascular disease**	8	1	3	2	17	2
Cancer, any type (lifetime)	11	1	4	1	22	2

MENTAL HEALTH

Ever diagnosed with a depressive disorder (lifetime)	18	2	19	2	16	2
Fourteen or more days of poor mental health, past month	10	1	12	2	6	1

CONSTRAINTS DUE TO HEALTH CARE COSTS

Did not see a doctor when needed due to cost, any time in past year	12	1	16	2	6	1
Currently paying off any medical bills over time	22	2	26	2	16	2

* See Technical Notes

** Ever had a diagnosis of heart attack, stroke or coronary heart disease.

THREE-YEAR TRENDS, OVERALL AND BY SEX

	2013		2012		2011	
	%	±	%	±	%	±
Chronic Disease Risk Factors						
High cholesterol (if checked)	36	2	--	--	36	2
Hypertension	32	2	--	--	29	2
Overweight or obese †*	66	2	66	2	64	2
Diabetes or pre-diabetes	15	1	14	1	14	1
Selected Behavioral Risks By Sex						
Current cigarette smoking*	19	2	20	2	21	2
<i>Males</i>	20	2	21	3	23	3
<i>Females</i>	17	2	19	2	19	2
No physical activity, past month	24	2	20	2	23	2
<i>Males</i>	25	2	19	2	23	3
<i>Females</i>	23	3	21	2	22	2
Any alcohol, past month	65	2	64	2	67	2
<i>Males</i>	69	3	69	3	70	3
<i>Females</i>	60	3	60	3	64	3
Binge drinking, past month	23	2	25	2	24	2
<i>Males</i>	29	2	30	3	31	3
<i>Females</i>	16	2	20	2	17	2
Heavy drinking, past month	8	1	9	1	10	1
<i>Males</i>	8	2	8	2	11	2
<i>Females</i>	7	1	9	2	8	2

† Body Mass Index

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 using random samples of landline and cell phone telephone numbers, and are weighted to represent Wisconsin's non-institutionalized 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 6,589 respondents in 2013, 2,999 were 18 to 54 years old, 3,523 were 55 or older and 67 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, in effect, 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 and sexes may not be statistically significant.

For additional information about 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

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State of Wisconsin
Department of Health Services
Division of Public Health