



REPORT ON THE 2017 BEHAVIORAL RISK FACTOR SURVEILLANCE SYSTEM IN LOUISIANA

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Department of Health**

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**FOR FURTHER INFORMATION
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Introduction

The Behavioral Risk Factor Surveillance System (BRFSS) is an annual, ongoing national study administered by the federal Centers for Disease Control and Prevention and the public state departments of health that encompasses telephone surveys in each state. The BRFSS has helped state policy makers track changes in health quality within and across states. The value of the BRFSS project is its ability to compare health-related outcomes and behaviors across groups within the population, to place them in the context of other U.S. states and territories, and to track them over time. The BRFSS provides a systematic analysis of common risk factors leading to a host of problematic health outcomes. By isolating predictive risk factors, public health officials can target preventative strategies to demographic groups. In addition, by identifying current health patterns, we are better able to identify areas in which the general health of Louisiana residents is improving and monitor problematic developments.

In addition to annual sections of the survey, the 2017 BRFSS in Louisiana included rotating sections on hypertension, cholesterol, arthritis, dietary habits, and exercise as well as optional modules on diabetes, pre-diabetes, and family planning.

Louisiana is overwhelmingly categorized as an at-risk state in the majority of public health studies. The state suffers from persistent poverty, below average educational attainment, and poor health outcomes when compared to peers across the United States. Louisiana residents in general struggle with a variety of negative health issues.

Louisiana adult residents suffer higher rates of heart disease, respiratory conditions, physical disability, diabetes, and obesity than adults in the United States as a whole. Louisiana adults also tend to engage in behaviors that pose a risk to health more than their peers nationally, including higher tobacco use, consumption of fewer fruits and vegetables, less frequent exercise, and riding in automobiles without wearing a seatbelt.

However, health outcomes are not uniform across populations, even within states. Health outcomes frequently vary by socio-economic status, including diabetes, obesity, heart disease, COPD, arthritis, depression, kidney disease, and physical disability. As such, these conditions tend to be more frequent among Louisiana residents with lower levels of education and/or lower household incomes.

Additional key finding in the 2017 report include:

Louisiana's uninsured rate among non-elderly adults falls below the nation's uninsured rate for the first time. The uninsured rate for Louisiana adults from the age of 18 to 64 has steadily declined since 2013, including for the past two years when the national rate stabilized. According to the 2017 BRFSS, 12.5 percent of Louisiana's non-elderly adults lack coverage, two percentage points below the share nationally as measured on the BRFSS.

Smoking sees a rebound among younger adults. After several years of decline, the share of adults under the age of 35 who smoke cigarettes has increased.

Subjective Health Evaluation

Analysis of Section 1 ("Health Status") of the 2017 BRFSS Questionnaire

Louisiana residents have a slightly more negative view of their own health than their peers across the United States. Nationally, 81.2 percent of BRFSS respondents describe their health as "excellent," "very good," or "good," and 18.6 percent describe it as "fair" or "poor." In this state, 76.9 percent describe their health positively and 22.8 percent describe it as "fair" or worse.

Despite taking a somewhat more sanguine view toward their own health than Americans generally, Louisiana residents remain largely positive in their beliefs about their health. A fact that is of particular interest given the prevalence of negative health risks and outcomes documented later in this report.

Unsurprisingly, assessments of the quality of one's health tend to decline with age. Under the age of 45, more than 80 percent of Louisiana residents believe their health is "good" or better. At the age of 65 and older, however, the share drops to 65 percent.

A larger share of men than of women view their own health positively – by about four percentage points.

The divides by socio-economic status are even larger than by gender or age. Individuals with higher levels of educational attainment and individuals with higher household earnings tend to evaluate their health more positively than those with less education or lower household earnings. For example, 57.5 percent of Louisiana adults without a high school diploma describe their overall health as "good" or better, while 90.3 percent of those with a four-year college degree rate

their health positively – a difference of more than 30 percentage points.

In a similar pattern, 60.9 percent of respondents with annual household earnings less than \$25,000 (roughly the bottom 30 percent of households in Louisiana) evaluate their general health positively, but 91.8 percent of individuals with annual household earnings above \$75,000 (roughly the top 30 percent of households in Louisiana) do so. This gap, like that by education, exceeds 30 percentage points. Put another way, the share of individuals concerned about the quality of their health is four and a half times larger among the bottom third of household incomes than among the top third.

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There is also a statistically significant gap of six percentage points between how black and white residents of Louisiana judge their health status. However, this gap likely reflects differences in average socio-economic status across race groups. When statistically controlling for educational attainment and household income (that is, when comparing whites and blacks with similar levels of education and household earnings), whites and blacks evaluate their health similarly.

Table 1: Subjective Evaluations of General Health

	"Good" or better health			"Poor" or "Fair" health		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
Total	76.9	[75.3,78.4]	2,764,799	22.8	[21.3,24.4]	820,270
AGE						
18-24	89.0	[84.7,92.1]	405,467	11.0	[7.9,15.3]	50,243
25-34	84.4	[80.5,87.7]	562,036	15.6	[12.3,19.5]	103,660
35-44	81.6	[77.4,85.2]	481,985	18.4	[14.8,22.6]	108,424
45-54	73.5	[69.1,77.5]	421,834	26.0	[22.1,30.4]	149,334
55-64	71.0	[67.3,74.4]	427,638	28.6	[25.2,32.3]	172,228
65 and over	65.7	[62.5,68.9]	465,840	33.4	[30.3,36.6]	236,380
GENDER						
Male	79.0	[76.6,81.1]	1,366,975	20.6	[18.5,22.9]	357,149
Female	74.9	[72.7,76.9]	1,392,690	24.9	[22.8,27.1]	463,121
Refused	---	---	---	---	---	---
RACE-ETHNICITY						
White, Non-Hispanic	79.6	[77.8,81.3]	1,702,363	20.1	[18.5,21.9]	430,633
Black, Non-Hispanic	73.6	[70.4,76.7]	793,322	25.9	[22.9,29.1]	278,850
Hispanic	70.9	[59.8,80.0]	113,307	29.1	[20.0,40.2]	46,482
Other, Non-Hispanic	69.9	[59.7,78.4]	111,789	30.0	[21.4,40.2]	47,923
Don't know/No answer	72.4	[61.1,81.4]	44,018	26.9	[18.0,38.2]	16,381
EDUCATION						
Did not graduate HS	57.5	[51.9,62.8]	346,910	41.1	[35.8,46.6]	248,071
HS diploma/equivalent	75.1	[72.4,77.7]	910,274	24.8	[22.2,27.5]	300,210
Some college/2-year college degree	80.5	[77.7,83.0]	830,096	19.4	[16.9,22.2]	199,979
4-year college degree or higher	90.3	[88.5,91.9]	672,565	9.6	[8.1,11.4]	71,452
Don't know/No answer	89.9	[62.2,98.0]	4,954	10.1	[2.0,37.8]	558
HOUSEHOLD INCOME						
Less than \$25,000	60.9	[57.5,64.3]	661,629	38.6	[35.3,42.1]	419,421
\$25,000-\$49,999	77.5	[73.6,80.9]	520,370	22.5	[19.1,26.4]	151,293
\$50,000-\$74,999	87.4	[83.3,90.6]	346,390	12.5	[9.3,16.6]	49,686
\$75,000 or more	91.8	[89.7,93.5]	762,245	8.2	[6.5,10.3]	67,983
Don't know/No answer	77.4	[73.6,80.8]	474,164	21.5	[18.2,25.3]	131,888

Health Related Quality of Life

Analysis of Section 2 ("Healthy Days") of the 2017 BRFSS Questionnaire

Louisiana residents more frequently experience poor physical and mental health than Americans generally, and face more instances in which poor health keeps them from doing typical activities such as work or recreation. On average, Louisiana residents report one more day of poor physical health per month and one more day of poor mental health per month than Americans as whole. The national averages are four days of poor physical health each month and the same number of days of poor mental health. Louisiana's averages are five days for each.

Furthermore, this marks an increase in experiences of poor health relative to 2016, when the averages for Louisiana were 4.2 days and 4.3 days respectively.

Poor health – either physical or mental – interferes with Louisiana adults' usual activities six days per month on average. This, too, is a full day more than the national average.

The largest differences within the state's population are driven by age and socio-

economic status. The frequency of poor physical health is highest among the oldest state residents; however, this group also experiences the fewest days of poor mental health.

Experiences of poor physical or mental health as well as instances in which poor health interferes with routine activities are more common among individuals with less education or lower household incomes. For example, individuals in the bottom 30 percent of household income report 8.5 days of poor physical health and 8.0 days of poor mental health in a month on average, while those in the top 30 percent of household earnings report 2.0 days and 2.8 days respectively.

There is also a gender gap in experiences of poor health. Women, on average, experience an additional day of poor physical health each month compared to men and an additional two days of poor mental health. However, the frequency with which poor health prevents someone from doing their usual activities is the same for men and women.

Table 2: Days of Poor Health

	Days physical health not good in last month		Days mental health not good in last month		Days poor health kept from activities	
	Mean	95% CI	Mean	95% CI	Mean	95% CI
Total	5.0	[4.7,5.4]	5.0	[4.7,5.4]	6.1	[5.6,6.5]
AGE						
18-24	2.4	[0.4,3.3]	5.6	[4.4,6.7]	2.9	[2.0,3.7]
25-34	3.6	[2.8,4.4]	5.5	[4.6,6.4]	4.7	[3.6,5.8]
35-44	3.9	[3.0,4.7]	5.6	[4.6,6.6]	6.4	[5.1,7.7]
45-54	6.0	[5.0,7.0]	6.2	[5.3,7.0]	7.5	[6.4,8.7]
55-64	6.8	[6.0,7.6]	4.6	[3.9,5.3]	7.7	[6.7,8.8]
65 and over	6.7	[6.0,7.5]	3.1	[2.6,3.6]	6.8	[5.8,7.7]
GENDER						
Male	4.6	[4.1,5.1]	4.1	[3.6,4.6]	6.4	[5.6,7.1]
Female	5.4	[5.0,5.9]	5.9	[5.4,6.4]	5.9	[5.3,6.4]
Refused	---	---	---	---	---	---
RACE-ETHNICITY						
White, Non-Hispanic	4.7	[4.3,5.1]	4.8	[4.4,5.2]	5.8	[5.2,6.3]
Black, Non-Hispanic	5.0	[4.3,5.6]	5.0	[4.3,5.7]	6.3	[5.4,7.2]
Hispanic	6.4	[4.0,8.9]	5.7	[3.4,8.0]	5.6	[3.1,8.2]
Other, Non-Hispanic	7.8	[5.0,10.6]	7.0	[4.6,9.4]	7.8	[5.5,10.1]
Don't know/No answer	5.9	[3.3,8.5]	4.5	[2.5,6.5]	9.4	[5.5,13.3]
EDUCATION						
Did not graduate HS	9.0	[7.7,10.3]	7.8	[6.6,9.1]	9.8	[8.3,11.3]
HS diploma/equivalent	5.1	[4.4,5.7]	5.1	[4.5,5.7]	6.4	[5.6,7.1]
Some college/2-year college degree	4.5	[3.9,5.0]	4.7	[4.1,5.3]	5.2	[4.4,6.0]
4-year college degree or higher	2.6	[2.3,3.0]	3.0	[2.6,3.5]	3.1	[2.6,3.7]
Don't know/No answer	0.8	[-0.1,1.6,1.6]	1.3	[-0.8,3.5]	1.8	[0.0,3.6]
HOUSEHOLD INCOME						
Less than \$25,000	8.5	[7.6,9.3]	8.0	[7.2,8.8]	9.1	[8.3,10.0]
\$25,000-\$49,999	4.5	[3.8,5.2]	4.5	[3.8,5.2]	5.1	[4.2,6.1]
\$50,000-\$74,999	3.0	[2.1,3.8]	3.0	[2.2,3.7]	3.3	[2.0,4.5]
\$75,000 or more	2.0	[1.7,2.3]	2.8	[2.3,3.3]	2.4	[1.9,2.9]
Don't know/No answer	5.0	[4.1,5.8]	4.7	[3.9,5.4]	5.8	[4.6,7.0]

Access to Care

Analysis of Section 3 ("Health Care Access") of the 2017 BRFSS Questionnaire

HEALTH CARE COVERAGE

In 2017, the share of the state's non-elderly adult population (age 18 to 64) without health care coverage – whether health insurance plans, HMOs, or government plans – outpaced the national share by four percentage points.

In Louisiana, 12.5 percent of non-elderly adults – about one in eight – lack any health coverage. Nationally, 14.6 percent of non-elderly adults lack health coverage. This marks the first time that the uninsured rate in Louisiana does not exceed the national rate.

This represents a significant decline in the share of Louisiana's non-elderly adult population who lack health care coverage. In five years from 2011 through 2015, the share of uncovered non-elderly adult residents dropped more than eight percentage points, most of which occurred over 2014 and 2015. Since 2015, Louisiana's non-elderly adult uninsured population fell an additional six percentage points.

For the first time, Louisiana's rate of uninsured non-elderly adults is below the national rate.

The decline in the non-elderly uninsured population has been greatest among those in more disadvantaged socio-economic conditions. In 2015, 38.1 percent of non-elderly adults and 33.9 percent of individuals with household incomes less than \$25,000 lacked coverage. By 2017, these shares fell by approximately half to 17.9 percent and 18.4

percent respectively. As a result, socio-economic inequality in health care coverage has declined. The gap in the share of non-elderly adults without health care coverage between those in the top 30 percent of household incomes and those in the bottom 30 percent shrank from 29.2 percentage points in 2015 to 13.8 percentage points in 2017.

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Significant gaps in coverage persist across age groups. The share of the uninsured among 18 to 24 year olds (17.0 percent) and among 25 to 34 year olds (15.2 percent) continue to outpace older age groups.

HEALTH CARE ACCESS: PRIMARY CARE PROVIDERS

Primary care providers are physicians, physician assistants, or nurse practitioners who serve as coordinators of patient health and as trustees of patient wellness. They are a crucial component of maintaining individual health because they focus on preventive care rather than illness management. Research suggests that individuals who regularly visit a primary care provider have better health outcomes and are better able to manage their health care. In Louisiana, 78.0 percent of adults report having someone they consider to be their personal doctor or health care provider. The share for the United States as a whole is 77.2 percent.

There are gaps in access to primary care by socio-economic status. Approximately three in four Louisiana adults (74.6 percent) with household incomes below \$25,000 have a primary care provider, as compared to 82.7 percent of those with household incomes of \$75,000 or more. Similarly, 73.8 percent of adults without a high school diploma have a primary care provider, while 77.2 percent of non-college high school graduates and 84.0 percent of college graduates have a provider.

There is also a difference across genders. Among women, 84.6 percent have a primary care provider, and 71.1 percent of men do.

HEALTH CARE ACCESS: FREQUENCY OF ROUTINE CHECKUPS

Seven in ten Louisiana adults report visiting a doctor for a routine checkup over the previous year. Women and older individuals are more likely to see a doctor for routine checkups. More than three quarters of women (77.2 percent) have done so in the

previous year, but only 64.7 percent of men have.

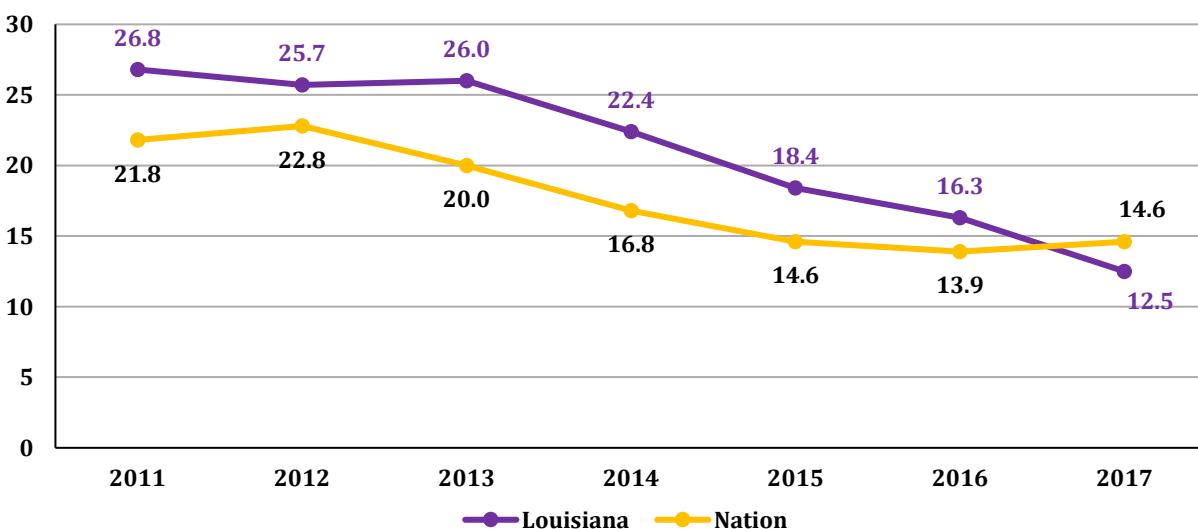
Nearly ninety percent of seniors have seen a doctor for a routine checkup in the previous year. Less than sixty percent of adults under the age of 35 have done so.

HEALTH CARE ACCESS: PROHIBITIVE COSTS

Seventeen percent of Louisiana adults say there was a time in the previous year when they needed to see a doctor but were unable to because of cost. Socio-economic status is strongly associated with ability to pay for care. Approximately thirty percent of individuals with household incomes less than \$25,000 (roughly the bottom thirty percent of households in Louisiana) reported being unable to see a doctor because of cost, compared to just 6.4 percent of individuals with household incomes of \$75,000 or more (roughly the top thirty percent of households).

Share of Louisiana Non-elderly Adult Population Without Health Coverage Declines

Percent of non-elderly adults (age 18-64) reporting they do not have health care coverage



2011-2017 Behavioral Risk Factor Surveillance System

Table 3a: Access to Care

	No coverage*			Has health care provider		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
Total	12.5	[11.0,14.0]	359,681	78.0	[76.3,79.6]	2,803,929
AGE						
18-24	17.0	[12.5,22.7]	77,514	56.5	[49.9,62.9]	257,405
25-34	15.2	[11.8,19.3]	101,008	66.2	[61.5,70.5]	440,567
35-44	11.1	[8.6,14.2]	65,443	74.8	[70.5,78.7]	441,850
45-54	10.8	[8.5,13.7]	62,229	80.3	[76.5,83.6]	460,128
55-64	8.9	[6.9,11.4]	53,487	88.5	[85.9,90.6]	532,952
65 and over	---	---	---	94.8	[93.2,96.1]	671,026
GENDER						
Male	16.2	[13.9,18.8]	230,782	71.1	[68.5,73.6]	1,230,403
Female	8.8	[7.2,10.7]	128,899	84.6	[82.5,86.4]	1,572,698
Refused	---	---	---	16.1	[1.2,75.5]	827
RACE-ETHNICITY						
White, Non-Hispanic	9.8	[8.4,11.5]	160,434	80.4	[78.5,82.1]	1,718,076
Black, Non-Hispanic	14.0	[11.3,17.2]	129,920	77.4	[74.0,80.6]	833,543
Hispanic	26.7	[17.7,38.2]	40,115	58.7	[47.5,69.1]	93,801
Other, Non-Hispanic	15.4	[7.6,28.7]	20,335	71.8	[61.2,80.4]	114,887
Don't know/No answer	20.8	[11.2,35.3]	8,877	71.7	[59.6,81.4]	43,622
EDUCATION						
Did not graduate HS	17.9	[13.1,24.0]	83,587	73.8	[68.4,78.6]	444,926
HS diploma/equivalent	16.7	[14.1,19.6]	160,312	77.2	[74.4,79.9]	935,390
Some college/2-year college degree	9.9	[7.8,12.4]	85,385	77	[73.7,79.9]	793,769
4-year college degree or higher	5.1	[3.8,6.8]	30,397	84	[81.5,86.2]	624,988
Don't know/No answer	---	---	---	88.1	[46.7,98.4]	4856
HOUSEHOLD INCOME						
Less than \$25,000	18.4	[15.4,21.8]	160,852	74.6	[71.3,77.6]	810,032
\$25,000-\$49,999	13.6	[10.6,17.4]	70,511	79.4	[75.5,82.8]	533,048
\$50,000-\$74,999	8.0	[5.2,12.1]	25,845	78.7	[73.4,83.1]	311,891
\$75,000 or more	4.6	[3.2,6.7]	33,847	82.7	[79.7,85.3]	685,918
Don't know/No answer	15.5	[11.2,20.9]	68,625	75.7	[71.1,79.8]	463,039

* Among adults under the age of 65

Table 3b: Access to Care

	Could not afford care			Routine checkup in past year		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
Total	17.1	[15.7,18.6]	614,177	71.2	[69.4,72.9]	2,559,413
AGE						
18-24	16.4	[12.1,22.0]	74,948	58.7	[52.1,65.0]	267,500
25-34	25.0	[21.0,29.4]	166,435	58.1	[53.3,62.8]	386,777
35-44	18.7	[15.0,23.1]	110,301	68.4	[63.9,72.6]	403,850
45-54	20.3	[17.0,24.1]	116,757	70.6	[66.5,74.4]	405,331
55-64	15.6	[13.0,18.5]	93,727	76.8	[73.4,79.9]	462,633
65 and over	7.3	[5.6,9.5]	52,008	89.4	[87.1,91.3]	633,321
GENDER						
Male	16.3	[14.2,18.6]	281,518	64.7	[61.9,67.3]	1,119,539
Female	17.9	[16.0,19.9]	332,659	77.2	[75.0,79.2]	1,435,568
Refused	---	---	---	83.9	[24.5,98.8]	4307
RACE-ETHNICITY						
White, Non-Hispanic	13.9	[12.4,15.5]	296,918	70	[67.9,72.0]	1,496,959
Black, Non-Hispanic	21.6	[18.6,25.0]	233,005	76.7	[73.1,79.9]	826,012
Hispanic	29.3	[20.3,40.3]	46,848	54.9	[43.9,65.5]	87,772
Other, Non-Hispanic	17.1	[10.9,26.0]	27,409	68.1	[56.9,77.5]	108,903
Don't know/No answer	16.4	[9.7,26.5]	9,996	65.4	[53.0,76.0]	39,767
EDUCATION						
Did not graduate HS	29.5	[24.6,34.9]	178,022	70.3	[64.6,75.4]	424,449
HS diploma/equivalent	17.0	[14.6,19.7]	205,998	69.9	[66.8,72.9]	847,605
Some college/2-year college degree	16.2	[13.9,18.8]	167,085	72	[68.8,75.0]	742,222
4-year college degree or higher	8.5	[7.0,10.3]	63,072	72.7	[69.8,75.4]	541,110
Don't know/No answer	---	---	---	73.1	[33.6,93.6]	4,027
HOUSEHOLD INCOME						
Less than \$25,000	28.8	[25.6,32.1]	312,412	70.8	[67.4,74.0]	768,841
\$25,000-\$49,999	17.8	[14.5,21.6]	119,349	70.6	[66.4,74.6]	474,513
\$50,000-\$74,999	12.3	[9.0,16.7]	48,885	71	[66.1,75.6]	281,601
\$75,000 or more	6.4	[4.7,8.6]	53,178	71.6	[68.3,74.8]	594,767
Don't know/No answer	13.1	[10.3,16.6]	80,353	71.8	[67.0,76.1]	439,690

Hypertension Awareness

Analysis of Section 4 ("Hypertension Awareness") of the 2017 BRFSS Questionnaire

Hypertension, or high blood pressure (HBP) increases the risk for heart disease and stroke, the first and third leading causes of death in the United States. Often called the "silent killer" because there are often no warning signs or symptoms, HBP has strong connections to cardiovascular disease independent of other risk factors.

The most effective way to determine if an individual has HBP is through simple testing by a health professional. According to the CDC, about one in three U.S. adults have high blood pressure. Eating a healthy diet and maintaining a healthy body weight are the best ways to prevent hypertension.

About four in ten Louisiana adult residents (38.9 percent) have been diagnosed with HBP. The rate of incidence of HBP is significantly higher in Louisiana than it is nationally. Across the United States, 32.4 percent of adults have been diagnosed with HBP.

As expected, high blood pressure is most prevalent among older populations. Nearly seventy percent (67.8 percent) of Louisiana adults over 65 years report being told by a doctor or a health professional that they have high blood pressure.

HBP occurs more frequently among the less educated and those living in households with lower earnings. Approximately half of adults without a high school diploma have been diagnosed with HBP (46.6 percent). Incidence falls to 35.3 percent among those with a four-year college degree. Similarly, 43.2 percent of adults with household earnings below \$25,000 have been diagnosed with HBP, but 33.3 percent of adults in households with \$75,000 or more in earnings have had this diagnosis.

TREATMENT

Most adult Louisiana residents who have been diagnosed with HBP are currently taking medication for the condition (80.3 percent). This is especially true for older individuals. A majority of individuals 35 or older who have been diagnosed with HBP are currently taking medication for treatment. Below the age of 35, however, most adults who have been diagnosed with HBP are not taking medicine for the condition.

Table 4: Hypertension Awareness

	Diagnosed with hypertension			Taking medication for hypertension *		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
Total	38.9	[37.2,40.7]	1,400,028	80.3	[77.9,82.4]	1,123,647
AGE						
18-24	6.4	[4.2,9.7]	29,167	11.4	[2.9,35.8]	3,338
25-34	17.2	[13.9,21.1]	114,454	44.3	[33.2,55.9]	50,649
35-44	29.9	[25.7,34.5]	176,697	63.9	[55.1,71.8]	112,831
45-54	47.1	[42.8,51.6]	270,518	80.5	[74.9,85.1]	217,686
55-64	54.6	[50.8,58.4]	328,889	89.0	[85.7,91.6]	292,710
65 and over	67.8	[64.7,70.8]	480,303	92.9	[90.8,94.6]	446,432
GENDER						
Male	40.3	[37.6,43.0]	697,207	77.0	[73.4,80.2]	536,758
Female	37.7	[35.5,40.1]	701,993	83.5	[80.3,86.2]	586,062
Refused	16.1	[1.2,75.5]	827	---	---	---
RACE-ETHNICITY						
White, Non-Hispanic	38.0	[36.0,40.1]	812,966	79.0	[76.0,81.7]	642,180
Black, Non-Hispanic	42.1	[38.5,45.7]	453,114	85.6	[81.4,88.9]	387,797
Hispanic	29.1	[20.3,39.7]	46,425	49.4	[30.8,68.2]	22,938
Other, Non-Hispanic	40.1	[30.6,50.4]	64,077	81.3	[68.9,89.5]	52,093
Don't know/No answer	38.6	[28.1,50.1]	23,445	79.5	[62.1,90.2]	18,639
EDUCATION						
Did not graduate HS	46.6	[41.1,52.2]	281,426	81.0	[74.6,86.0]	227,863
HS diploma/equivalent	39.8	[36.7,42.9]	481,820	81.4	[77.4,84.9]	392,371
Some college/2-year college degree	36.1	[33.0,39.3]	371,739	79.4	[74.6,83.6]	295,343
4-year college degree or higher	35.3	[32.5,38.2]	262,936	78.6	[74.1,82.6]	206,791
Don't know/No answer	38.2	[10.3,76.9]	2,107	60.7	[8.8,96.1]	1,278
HOUSEHOLD INCOME						
Less than \$25,000	43.2	[39.8,46.7]	469,282	78.5	[74.1,82.4]	368,580
\$25,000-\$49,999	40.7	[36.6,45.0]	273,431	80.0	[74.1,84.9]	218,850
\$50,000-\$74,999	36.4	[31.6,41.4]	144,170	80.4	[72.9,86.3]	115,982
\$75,000 or more	33.3	[30.2,36.5]	276,124	80.1	[74.7,84.5]	221,085
Don't know/No answer	38.7	[34.5,43.1]	237,020	84.0	[78.8,88.1]	199,151

* Among those diagnosed with hypertension (high blood pressure)

Cholesterol Awareness

Analysis of Section 5 ("Cholesterol Awareness") of the 2017 BRFSS Questionnaire

High blood cholesterol (total cholesterol >240 mg/dL) is a major risk factor for heart disease, the leading cause of death in the United States. Cholesterol is a fat-like substance found in your body and many foods. Your body needs it to work properly, but too much cholesterol can build up in your arteries, narrowing the path and limiting blood flow. When too much plaque blocks an artery carrying blood to the heart, a heart attack occurs. Chest pain, also called angina, is caused by too much plaque in a coronary artery. Approximately one in every six adults has high cholesterol. As a result, public health agencies have attempted to reduce the prevalence of high blood cholesterol (HBC) through screenings and by increasing public awareness of the strategies for reducing it.

Among Louisiana residents, 79.4 percent report that they had their blood cholesterol checked within the past five years. This is a significant increase over 2015, when 72.4 percent reported having their cholesterol checked. Even so, the current share in Louisiana is just shy of the national share (81.5 percent). Age, gender, and socio-economic status are all related to the likelihood of having blood cholesterol checked.

About half (53.6 percent) of adults between the ages of 18 and 24 have had their blood

cholesterol checked in the previous five years. The share reaches above 60 percent for adults between the ages of 25 and 34. The share tops 80 percent for ages 35 to 44, 80 percent for ages 45 to 64, and 90 percent for those 65 years or older.

Women are more likely to have had their blood cholesterol checked than men – 81.9 percent versus 76.7 percent, respectively.

Although a majority among all education and income groups have had their blood cholesterol checked in the past five years, the likelihood of having done so nevertheless varies with these measures of socio-economic status.

DIAGNOSIS OF HIGH BLOOD CHOLESTEROL

Of the individuals who have had their blood cholesterol checked, 37.6 percent have been diagnosed with HBC. Although the rate of diagnosis among those who get their cholesterol checked is similar to past years, the increase in the share of the population getting tested has yielded more than 100,000 additional state residents diagnosed with high cholesterol.

Table 5: Cholesterol Awareness

	Cholesterol checked within past five years			Diagnosed with high blood cholesterol *		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
Total	79.4	[77.7,81.0]	2,855,645	37.6	[35.7,39.5]	1,122,185
AGE						
18-24	53.6	[47.0,60.1]	244,433	8.0	[4.3,14.3]	21,153
25-34	64.4	[59.6,69.0]	428,919	15.2	[11.6,19.7]	70,143
35-44	80.0	[75.9,83.6]	472,527	27.7	[23.2,32.6]	139,420
45-54	84.8	[81.3,87.7]	486,416	42.0	[37.5,46.7]	216,041
55-64	91.7	[89.5,93.5]	552,447	53.5	[49.5,57.4]	304,565
65 and over	94.7	[92.9,96.1]	670,901	55.1	[51.7,58.4]	370,864
GENDER						
Male	76.7	[74.1,79.0]	1,327,399	37.5	[34.7,40.4]	528,984
Female	81.9	[79.5,84.0]	1,523,112	37.7	[35.3,40.2]	592,373
Refused	---	---	---	16.1	[1.2,75.5]	827
RACE-ETHNICITY						
White, Non-Hispanic	80.2	[78.3,82.0]	1,715,229	39.9	[37.7,42.2]	716,245
Black, Non-Hispanic	80.0	[76.3,83.2]	861,872	35.1	[31.5,39.0]	314,527
Hispanic	70.2	[58.9,79.4]	112,120	22.3	[13.9,33.7]	28,082
Other, Non-Hispanic	76.3	[65.6,84.5]	122,051	37.2	[26.8,48.9]	45,995
Don't know/No answer	73.0	[59.9,83.0]	44,374	36.4	[25.8,48.5]	17,337
EDUCATION						
Did not graduate HS	71.6	[65.6,76.9]	432,226	45.2	[39.3,51.3]	207,199
HS diploma/equivalent	77.9	[75.0,80.6]	944,056	39.0	[35.7,42.4]	383,782
Some college/2-year college degree	80.6	[77.7,83.2]	831,474	34.9	[31.6,38.4]	304,739
4-year college degree or higher	86.5	[84.2,88.5]	643,862	33.8	[30.9,36.8]	225,187
Don't know/No answer	73.1	[33.6,93.6]	4,027	26.3	[4.0,75.6]	1,278
HOUSEHOLD INCOME						
Less than \$25,000	76.6	[73.2,79.7]	831,811	39.9	[36.2,43.6]	352,973
\$25,000-\$49,999	81.2	[77.3,84.5]	545,285	39.1	[34.8,43.7]	220,929
\$50,000-\$74,999	83.1	[78.8,86.7]	329,468	36.4	[31.1,42.0]	124,194
\$75,000 or more	86.6	[83.8,88.9]	718,671	33.7	[30.5,37.2]	252,225
Don't know/No answer	70.3	[65.3,74.8]	430,410	38.4	[33.8,43.2]	171,864

Asthma

Analysis of Section 6 ("Chronic Health Conditions") of the 2017 BRFSS Questionnaire

Asthma is a chronic inflammation of the airways resulting in coughing, wheezing and tightening of the chest, along with shortness of breath. Illness or allergies can trigger asthmatic attacks, and, in the worst cases, these attacks can be fatal. Incidence of asthma has been increasing throughout the world, with higher rates in more developed, western nations.

In Louisiana, 8.9 percent of adults are currently diagnosed with asthma. This continues a slow trend of increasing incidence since 2011 when 6.6 adults had a current diagnosis of asthma. The rate in Louisiana is statistically indistinguishable from the national rate of 9.0 percent.

Asthma incidence is twice as high among women than among men. These data cannot reveal whether the gap arises from an underlying difference in prevalence of asthma or a difference in the likelihood of seeking or receiving a diagnosis.

Incidence also tracks socio-economic disadvantage – disproportionately affecting those with less education and lower household earnings. For example, among adults with household incomes under \$25,000, roughly the bottom 30 percent of Louisiana households on the distribution of income, 13.1 percent suffer from asthma. The share in the top 30 percent of household income who currently have asthma is only about a third of this amount (5.4 percent). The share of individuals without a high school diploma who have a current asthma diagnosis (14.4 percent) is twice that of individuals with a four-year college degree (6.3 percent).

Table 6: Asthma Symptoms and Care			
	Currently diagnosed with asthma		
	%	95% CI	Est. Pop.
Total	8.9	[7.8,10.1]	319,238
AGE			
18-24	10.4	[7.0,15.1]	47,178
25-34	9.6	[7.0,13.0]	63,953
35-44	8.0	[5.7,11.0]	47,074
45-54	10.9	[8.1,14.5]	62,500
55-64	8.4	[6.4,10.9]	50,381
65 and over	6.8	[5.4,8.6]	48,152
GENDER			
Male	5.8	[4.5,7.5]	100,701
Female	11.7	[10.2,13.5]	218,537
Refused	---	---	---
RACE-ETHNICITY			
White, Non-Hispanic	8.1	[6.9,9.4]	172,579
Black, Non-Hispanic	10.1	[8.0,12.7]	109,125
Hispanic	5.1	[1.7,14.5]	8,215
Other, Non-Hispanic	12.1	[5.8,23.7]	19,359
Don't know/No answer	16.4	[9.3,27.3]	9,960
EDUCATION			
Did not graduate HS	14.4	[10.8,18.8]	86,680
HS diploma/equivalent	8.0	[6.3,10.0]	96,593
Some college/2-year college degree	8.6	[6.9,10.7]	88,891
4-year college degree or higher	6.3	[4.8,8.2]	47,074
Don't know/No answer	---	---	---
HOUSEHOLD INCOME			
Less than \$25,000	13.1	[10.8,15.9]	142,633
\$25,000-\$49,999	6.0	[4.3,8.3]	40,240
\$50,000-\$74,999	7.5	[5.1,10.9]	29,688
\$75,000 or more	5.4	[3.9,7.4]	44,864
Don't know/No answer	10.1	[7.5,13.4]	61,814

Diabetes

Analysis of Section 6 (“Chronic Health Conditions”), Module 1 (“Pre-Diabetes”) & Module 2 (“Diabetes”) of the 2017 BRFSS Questionnaire

Diabetes represents a significant and growing health risk in the United States. Marked by high levels of sugar in the blood, individuals with diabetes are at greater risk for cardiovascular disease, chronic renal failure, high blood pressure, and a range of health related problems.

The share of Louisiana residents with diabetes is 13.6 percent, nearly three percentage points above the national rate of 10.9 percent.

Furthermore, another 8.1 percent of adult state residents are diagnosed with pre-diabetes or borderline diabetes. In other words, one in five Louisiana adults either has or is at great risk of having diabetes.

Diabetes incidence is most closely associated with age and socio-economic status. Diabetes is extremely rare among adults under the age of 35, but 21.2 percent of individuals between the ages of 55 and 64 have diabetes as do 25.9 percent of individuals 65 years or older.

Among individuals in the bottom 30 percent of household incomes in Louisiana (less than \$25,000), 17.9 percent have diabetes, but this share falls by more than ten percentage points to 7.4 percent among individuals in the top 30 percent of household income in the state (\$75,000 or more).

Similarly, among individuals without a high school diploma 18.9 percent have diabetes, while 9.3 percent of college graduates have diabetes.

There is a racial gap in the prevalence of diabetes between whites and blacks in the state. The gap persists – although it shrinks to 2.7 percentage points – even when accounting for differences in average educational attainment and household income.

TREATMENT AND MANAGEMENT

More than one third of diabetic adults in Louisiana (35.4 percent) are taking insulin for treatment. A larger share (59.8 percent) checks their blood for glucose at least once per day on average. Still more (85.8 percent) have seen a doctor, nurse, or other health care professional within the past year about their diabetes. Nearly as many (82.8 percent) had an A1C test in the past year. The share who have had a health care professional check their feet for sores or irritations related to their diabetes in the past year is 71.3 percent.

Approximately half (53.1 percent) have taken a course in how to manage their diabetes.

About one in five diabetic patients have been told by their doctor that their condition has affected their eyes (19.5 percent).

Table 7a: Diabetes									
	Diagnosed with diabetes			Diagnosed with pre-diabetes			Taking insulin *		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
Total	13.6	[12.4,14.8]	487,443	8.1	[7.1,9.2]	278,178	35.4	[30.6,40.5]	169,762
AGE									
18-24	2.9	[1.3,6.4]	13,329	3.1	[1.1,8.6]	12,724	61.7	[20.4,91.0]	5,007
25-34	4.2	[2.5,6.9]	28,054	4.5	[2.5,8.1]	28,145	49.9	[26.2,73.7]	14,007
35-44	6.8	[4.7,9.7]	39,904	6.6	[4.6,9.3]	36,507	49.6	[31.7,67.7]	19,808
45-54	16.6	[13.2,20.8]	95,450	10.4	[8.0,13.4]	58,555	36.4	[23.8,51.3]	34,434
55-64	21.2	[18.1,24.6]	127,527	11.4	[9.1,14.3]	67,725	31.1	[23.7,39.5]	39,398
65 and over	25.9	[23.0,28.9]	183,179	10.6	[8.7,12.9]	74,522	31.3	[25.2,38.2]	57,108
GENDER									
Male	12.8	[11.1,14.7]	221,257	7.5	[6.1,9.3]	125,111	36.3	[28.7,44.5]	78,562
Female	14.3	[12.7,16.1]	266,186	8.6	[7.3,10.1]	153,067	34.7	[28.8,41.1]	91,200
Refused	---	---	---	---	---	---	---	---	---
RACE-ETHNICITY									
White, Non-Hispanic	11.7	[10.4,13.1]	250,666	7.5	[6.4,8.7]	151,932	30.7	[25.1,37.0]	76,732
Black, Non-Hispanic	16.7	[14.2,19.4]	179,641	9.4	[7.4,11.9]	99,316	37.3	[29.5,45.8]	66,918
Hispanic	14.3	[8.1,24.0]	22,819	2.6	[0.8,8.0]	3,792	56.5	[27.0,82.0]	9,944
Other, Non-Hispanic	16.4	[9.6,26.8]	26,305	10.1	[4.0,23.4]	14,978	49.8	[22.6,77.2]	12,409
Don't know/No answer	13.2	[7.9,21.1]	8,011	14.5	[7.6,25.8]	8,161	46.9	[24.5,70.7]	3,758
EDUCATION									
Did not graduate HS	18.9	[15.2,23.1]	113,983	12.6	[9.0,17.4]	73,475	35.6	[25.5,47.2]	40,582
HS diploma/equivalent	14.8	[12.7,17.2]	179,740	6.5	[5.2,8.2]	76,488	36.5	[28.3,45.6]	64,791
Some college/2-year college degree	12.0	[10.0,14.3]	123,319	7.7	[6.2,9.6]	76,194	35.0	[26.4,44.8]	41,683
4-year college degree or higher	9.3	[7.7,11.2]	69,122	7.5	[6.0,9.2]	52,021	33.4	[24.7,43.5]	22,705
Don't know/No answer	23.2	[3.5,71.7]	1,278	---	---	---	---	---	---
HOUSEHOLD INCOME									
Less than \$25,000	17.9	[15.4,20.7]	194,216	8.8	[7.1,10.9]	91,520	38.6	[30.7,47.2]	73,900
\$25,000-\$49,999	15.9	[12.9,19.4]	106,474	7.4	[5.4,10.0]	47,444	38.4	[27.7,50.3]	40,757
\$50,000-\$74,999	10.6	[8.0,14.0]	42,107	8.5	[6.0,11.8]	32,023	37.0	[23.3,53.2]	15,589
\$75,000 or more	7.4	[5.9,9.3]	61,368	7.1	[5.6,9.0]	56,408	26.6	[16.9,39.3]	16,085
Don't know/No answer	13.6	[10.9,16.8]	83,279	8.6	[5.7,12.9]	50,782	29.4	[20.5,40.2]	23,431

* Among adults with diabetes

Table 7b: Diabetes

	Test blood sugar at least once per day *			Seen health care provider for diabetes in past year *			Had A1C test in past year *		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
Total	59.8	[55.1,64.4]	287,001	85.8	[82.2,88.8]	411,588	82.8	[78.6,86.4]	397,344
AGE									
18-24	53.7	[15.5,88.0]	4,362	48.3	[13.0,85.4]	3,920	28.1	[4.1,78.1]	2,282
25-34	52.8	[28.4,75.9]	14,804	72.5	[42.9,90.3]	20,348	68.1	[39.9,87.2]	19,096
35-44	75.4	[56.5,87.8]	30,086	96.5	[86.2,99.2]	38,510	94.1	[82.3,98.2]	37,548
45-54	65.4	[54.0,75.4]	61,911	91.1	[83.7,95.3]	86,152	91.2	[81.9,95.9]	86,238
55-64	58.7	[49.8,67.1]	74,433	85.9	[78.9,90.8]	108,844	84.0	[74.3,90.5]	106,425
65 and over	55.7	[48.9,62.2]	101,405	84.4	[79.0,88.6]	153,814	80.0	[73.7,85.1]	145,756
GENDER									
Male	59.8	[52.5,66.8]	129,562	89.7	[85.2,92.9]	194,279	87.1	[81.7,91.2]	188,727
Female	59.9	[53.6,65.8]	157,439	82.6	[77.0,87.1]	217,309	79.3	[72.9,84.5]	208,617
Refused	---	---	---	---	---	---	---	---	---
RACE-ETHNICITY									
White, Non-Hispanic	54.3	[48.3,60.3]	135,702	87.7	[83.4,91.1]	219,087	88.1	[83.3,91.7]	220,115
Black, Non-Hispanic	62.3	[53.8,70.1]	111,766	83.6	[76.2,89.0]	149,936	76.5	[67.8,83.4]	137,137
Hispanic	88.7	[63.4,97.3]	15,614	87.3	[61.3,96.8]	15,378	81.3	[52.7,94.4]	14,313
Other, Non-Hispanic	73.0	[49.3,88.3]	18,180	81.7	[59.0,93.3]	20,344	75.9	[51.5,90.4]	18,915
Don't know/No answer	71.6	[43.1,89.4]	5,738	85.4	[60.7,95.7]	6,843	85.7	[61.3,95.8]	6,864
EDUCATION									
Did not graduate HS	58.2	[46.9,68.6]	66,300	79.1	[69.5,86.3]	90,212	66.8	[55.2,76.7]	76,128
HS diploma/equivalent	64.0	[56.2,71.1]	113,580	84.8	[78.0,89.7]	150,408	84.5	[77.8,89.4]	149,970
Some college/2-year college degree	61.8	[52.5,70.3]	73,495	93.4	[87.9,96.5]	111,073	89.9	[82.5,94.4]	106,960
4-year college degree or higher	49.5	[39.8,59.3]	33,626	86.3	[77.9,91.8]	58,617	92.8	[83.8,97.0]	63,007
Don't know/No answer	---	---	---	---	---	---	---	---	---
HOUSEHOLD INCOME									
Less than \$25,000	59.7	[51.6,67.4]	114,270	82.2	[74.9,87.7]	157,207	77.7	[69.6,84.1]	148,597
\$25,000-\$49,999	67.3	[57.4,75.9]	71,439	90.2	[83.5,94.4]	95,753	87.1	[77.8,92.8]	92,382
\$50,000-\$74,999	51.8	[37.7,65.6]	21,807	91.6	[81.8,96.4]	38,571	95.1	[86.5,98.3]	40,032
\$75,000 or more	51.9	[40.0,63.6]	31,361	92.2	[85.5,96.0]	55,704	97.4	[92.5,99.1]	58,832
Don't know/No answer	60.4	[49.3,70.4]	48,124	80.7	[71.4,87.5]	64,353	72.1	[60.9,81.2]	57,501

Table 7c: Diabetes

	Feet checked in past year*			Has class to manage diabetes*			Diabetes has affected eyes*		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
Total	71.3	[66.7,75.5]	341,270	53.1	[48.2,57.9]	254,671	19.5	[15.8,23.7]	93,296
AGE									
18-24	61.7	[20.4,91.0]	5,007	48.3	[13.0,85.4]	3,920	---	---	---
25-34	61.0	[35.0,82.0]	17,110	59.8	[34.8,80.5]	16,763	20.2	[5.4,52.9]	5,660
35-44	67.8	[49.2,82.0]	27,053	55.2	[36.5,72.5]	22,025	11.0	[4.6,23.9]	4,376
45-54	79.6	[70.3,86.6]	75,320	55.1	[42.1,67.4]	52,107	23.1	[13.6,36.4]	21,881
55-64	67.0	[57.4,75.3]	84,581	55.8	[46.9,64.4]	70,758	17.0	[11.6,24.3]	21,567
65 and over	72.9	[66.2,78.6]	132,198	48.9	[42.2,55.6]	89,097	21.9	[16.6,28.2]	39,812
GENDER									
Male	72.9	[66.1,78.8]	157,663	52.8	[45.2,60.4]	114,400	20.7	[15.1,27.8]	44,893
Female	70.0	[63.6,75.7]	183,607	53.3	[47.0,59.5]	140,272	18.4	[13.9,23.9]	48,403
Refused	---	---	---	---	---	---	---	---	---
RACE-ETHNICITY									
White, Non-Hispanic	68.8	[63.0,74.1]	171,351	49.3	[43.3,55.4]	123,188	17.4	[12.9,23.2]	43,545
Black, Non-Hispanic	75.2	[66.5,82.2]	134,594	54.8	[46.3,63.0]	98,275	20.9	[15.2,28.2]	37,568
Hispanic	65.2	[33.4,87.5]	11,473	75.6	[46.7,91.7]	13,314	38.7	[13.5,71.8]	6,812
Other, Non-Hispanic	81.1	[59.4,92.6]	20,193	63.1	[35.9,84.0]	15,723	15.8	[6.1,35.3]	3,939
Don't know/No answer	45.7	[23.7,69.4]	3,658	52.1	[28.3,74.9]	4,171	17.9	[6.0,42.5]	1,432
EDUCATION									
Did not graduate HS	64.7	[53.2,74.7]	73,736	35.5	[26.4,45.8]	40,462	29.2	[19.7,41.1]	33,315
HS diploma/equivalent	73.0	[65.4,79.6]	129,355	60.1	[52.3,67.5]	106,663	16.5	[11.7,22.7]	29,254
Some college/2-year college degree	74.4	[65.9,81.3]	88,219	55.3	[45.8,64.5]	65,839	16.3	[10.7,24.0]	19,388
4-year college degree or higher	74.0	[64.3,81.9]	49,961	59.5	[49.6,68.7]	40,429	16.7	[9.7,27.3]	11,340
Don't know/No answer	---	---	---	---	---	---	---	---	---
HOUSEHOLD INCOME									
Less than \$25,000	71.7	[63.6,78.6]	136,825	53.5	[45.5,61.4]	102,384	20.7	[15.3,27.4]	39,677
\$25,000-\$49,999	74.6	[64.8,82.4]	78,883	58.9	[47.2,69.7]	62,512	19.9	[11.6,32.0]	21,124
\$50,000-\$74,999	74.0	[60.3,84.1]	31,141	60.6	[46.5,73.2]	25,532	15.9	[6.6,33.5]	6,688
\$75,000 or more	81.6	[71.6,88.7]	48,937	57.4	[45.4,68.6]	34,675	22.4	[13.4,34.9]	13,507
Don't know/No answer	57.1	[45.7,67.7]	45,484	37.1	[27.5,47.8]	29,568	15.4	[9.0,25.1]	12,299

Arthritis Burden

Analysis of Section 6 ("Chronic Health Conditions") & Section 7 ("Arthritis Burden") of the 2015 BRFSS Questionnaire

The term, arthritis, describes more than 100 rheumatic diseases and conditions that affect joints, the tissues which surround joints and other connective tissue. The pattern, severity, and location of symptoms can vary depending on the specific form of the disease. Typically, rheumatic conditions are characterized by pain and stiffness in and around one or more joints. The symptoms can develop gradually or suddenly. Certain rheumatic conditions can also involve the immune system and various internal organs of the body.

More than one-fourth (27.2 percent) of Louisiana adults have been diagnosed with arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia. These conditions are more common in Louisiana than in the United States as a whole (24.4 percent).

Arthritis is most strongly associated with age. Half of the population 65 years or older has been diagnosed with arthritis. The share declines steadily with each younger age group to less than one in five among those 25 to 44 years old and one in twenty among adults under the age of 25.

Like other health risk factors and health conditions, arthritis also disproportionately affects those with less education and those in lower earning households. Among individuals in the bottom 30 percent of household income, 33.0 percent have been diagnosed with arthritis or related condition. The share drops to 20.5 percent among individuals in the 30 percent of household with the highest income. The same pattern holds for educational attainment. Among college graduates, 21.3 percent have been diagnosed with arthritis or a similar condition, while 34.5 percent of individuals who did not finish high school have been diagnosed with arthritis or related rheumatoid condition.

These conditions are also more frequent among women. The share of women who have been diagnosed with one of these conditions is 31.5 percent – nine percentage points higher than men, for whom 22.6 percent have been diagnosed. Louisiana women have a higher median age and lower average household income than Louisiana men. Yet, even after controlling for these factors known to be associated with arthritis and related conditions, women in the state exhibit higher incidence.

IMPACT ON QUALITY OF LIFE

The Arthritis Burden Section of the 2017 BRFSS includes questions asked specifically to individuals already diagnosed with arthritis about their experiences with the condition. Because this section of the BRFSS was administered to a subset of the total sample, the limited number of qualifying participants prohibits precise statistical estimation of incidence across demographic characteristics. Nevertheless, taken as a whole, this subsample permits overall estimates of the impact of arthritis on the quality of life of those who suffer from this condition.

About half (44.7 percent) of Louisiana adults with arthritis or a similar condition report that their symptoms – such as pain, aching or stiffness – limit their usual activities. A similar share of arthritis patients (43.6 percent) indicate that their symptoms affect their work, which is a significant increase over the share (34.7 percent) when the BRFSS last included the Arthritis Burden section in 2015. Finally, most arthritis patients (55.4 percent) say symptoms affect normal social activities such as shopping or attending religious gatherings.

Table 8a: Arthritis

	Diagnosed with arthritis *			Symptoms limit usual activities ^		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
Total	27.2	[25.7,28.8]	978,234	54.7	[51.5,57.8]	534,780
AGE						
18-24	4.5	[2.5,7.9]	20,381	42.5	[18.2,71.1]	8,666
25-34	11.1	[8.5,14.4]	74,039	54.2	[40.5,67.4]	40,162
35-44	15.2	[12.2,18.8]	89,762	64.2	[52.3,74.5]	57,624
45-54	31.0	[27.0,35.3]	177,864	62.1	[54.2,69.4]	110,485
55-64	41.1	[37.3,44.9]	247,452	55.1	[48.8,61.1]	136,226
65 and over	52.0	[48.7,55.3]	368,736	49.3	[44.7,53.8]	181,619
GENDER						
Male	22.6	[20.5,24.9]	392,110	50.5	[45.1,55.8]	197,842
Female	31.5	[29.3,33.7]	585,297	57.6	[53.6,61.4]	336,938
Refused	16.1	[1.2,75.5]	827	---	---	---
RACE-ETHNICITY						
White, Non-Hispanic	29.0	[27.2,30.9]	620,724	52	[48.3,55.7]	323,021
Black, Non-Hispanic	25.0	[22.1,28.1]	268,989	57.6	[51.0,64.0]	155,023
Hispanic	14.4	[8.6,23.1]	23,006	56.5	[30.3,79.5]	13,000
Other, Non-Hispanic	28.8	[20.4,39.0]	46,057	67.3	[48.9,81.6]	30,998
Don't know/No answer	32.0	[22.3,43.5]	19,458	65.5	[46.3,80.6]	12,737
EDUCATION						
Did not graduate HS	34.5	[29.7,39.7]	208,515	63.5	[55.0,71.2]	132,343
HS diploma/equivalent	28.4	[25.7,31.1]	343,773	54.9	[49.5,60.1]	188,634
Some college/2-year college degree	25.8	[23.1,28.6]	265,911	54.8	[48.9,60.6]	145,717
4-year college degree or higher	21.3	[19.0,23.8]	158,568	42	[36.1,48.2]	66,620
Don't know/No answer	26.6	[5.0,71.4]	1,467	100		1,467
HOUSEHOLD INCOME						
Less than \$25,000	33.0	[29.9,36.2]	358,500	68.5	[63.3,73.2]	245,498
\$25,000-\$49,999	29.8	[26.2,33.7]	200,305	52.1	[45.0,59.2]	104,372
\$50,000-\$74,999	20.6	[17.0,24.7]	81,604	40.5	[31.2,50.6]	33,062
\$75,000 or more	20.5	[17.9,23.3]	170,226	36	[29.4,43.1]	61,240
Don't know/No answer	27.4	[23.7,31.3]	167,599	54.1	[46.4,61.5]	90,609

* Including arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia

^ Among adults diagnosed with arthritis

Table 8b: Arthritis

	Symptoms affect work*			Symptoms affect social activities*		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
Total	43.6	[40.4,46.8]	426,490	55.4	[52.2,58.6]	542,150
AGE						
18-24	48.9	[22.6,75.8]	9,958	27.8	[9.9,57.2]	5,657
25-34	57.3	[43.2,70.3]	42,391	54.1	[40.2,67.4]	40,078
35-44	65	[54.0,74.7]	58,387	61	[49.1,71.7]	54,744
45-54	53.2	[45.1,61.1]	94,583	62.2	[54.2,69.6]	110,584
55-64	49	[42.9,55.1]	121,275	60.7	[54.6,66.6]	150,267
65 and over	27.1	[23.3,31.2]	99,896	49	[44.5,53.6]	180,819
GENDER						
Male	44.6	[39.3,50.0]	174,936	49.2	[43.9,54.6]	193,097
Female	43	[39.0,47.0]	251,555	59.6	[55.7,63.4]	349,052
Refused	---	---	---	---	---	---
RACE-ETHNICITY						
White, Non-Hispanic	38.5	[34.9,42.2]	238,876	53.4	[49.6,57.0]	331,184
Black, Non-Hispanic	52.9	[46.3,59.4]	142,270	58.4	[51.7,64.8]	157,178
Hispanic	49.7	[25.6,73.8]	11,423	55.3	[29.5,78.6]	12,724
Other, Non-Hispanic	57.9	[39.7,74.1]	26,658	69.4	[52.0,82.6]	31,967
Don't know/No answer	37.3	[21.0,57.2]	7,263	46.8	[28.5,66.0]	9,097
EDUCATION						
Did not graduate HS	53.1	[44.9,61.1]	110,633	69.3	[60.8,76.7]	144,490
HS diploma/equivalent	44.2	[38.8,49.7]	151,925	57.8	[52.5,62.9]	198,601
Some college/2-year college degree	46.8	[40.9,52.8]	124,471	53.4	[47.4,59.2]	141,909
4-year college degree or higher	24.9	[20.0,30.5]	39,462	35.1	[29.6,41.0]	55,683
Don't know/No answer	---	---	---	100	---	1,467
HOUSEHOLD INCOME						
Less than \$25,000	61.1	[55.9,66.1]	219,205	73.5	[68.6,77.8]	263,355
\$25,000-\$49,999	41.6	[34.7,48.9]	83,408	50.3	[43.2,57.4]	100,846
\$50,000-\$74,999	24.8	[17.2,34.3]	20,207	38.8	[29.7,48.8]	31,691
\$75,000 or more	23.1	[17.4,30.1]	39,354	28.3	[22.3,35.1]	48,123
Don't know/No answer	38.4	[31.1,46.2]	64,316	58.6	[50.9,65.8]	98,134

^ Among adults diagnosed with arthritis

Other Chronic Conditions

Analysis of Section 6 ("Chronic Health Conditions")

Chronic diseases and conditions are persistent health conditions with long-lasting effects. Typically, these conditions may be controlled but not cured. These unique conditions require more frequent doctor visits, more extensive care from physicians, and often more lengthy hospital stays. These diseases and conditions affect not only the health of individual patients but also states' health care systems. According to the Center for Disease Control, chronic diseases are a leading cause of death and disability in the United States and soak up a majority of health care spending in the country.

In addition to the chronic diseases and conditions that are the focus of various sections of this report – asthma, diabetes, and arthritis – the Behavioral Risk Factor Surveillance System also tracks the prevalence of additional conditions and diseases: cardiovascular conditions; skin and other cancers; chronic obstructive pulmonary disease, emphysema, and chronic bronchitis (respiratory conditions); depressive disorders; and kidney disease.

With the exceptions of non-skin cancers and kidney disease, rates of incidence for each of these chronic conditions are higher in Louisiana than in the United States as a whole.

CARDIOVASCULAR CONDITIONS

Cardiovascular disease refers to strokes and diseases of the heart, such as coronary heart disease. Coronary heart disease (manifested by heart attacks) and strokes are the most common causes of death in the United States. Cardiovascular disease is also the leading cause of death in Louisiana.

Heart attacks are more common in Louisiana than in the country as a whole. Overall, 5.2 percent of Louisiana adults report that they

have had a heart attack or myocardial infarction compared to 4.2 percent of all American adults. A similar share of adults in the state have been diagnosed with angina or coronary heart disease, 5.2 percent. The rate for the United States as a whole is 4.0 percent. Finally, 4.6 percent of Louisiana adults report that they have suffered a stroke. The rate for adults in the nation as a whole is 3.2 percent.

Many chronic conditions, such as cardiovascular disease, respiratory conditions, and depression, occur at higher rates in Louisiana than in the U.S. as a whole.

Risk of cardiovascular disease is highest among older adults. Among Louisiana adults age 65 years or older, 12.8 percent report having a heart attack, 14.3 percent report coronary heart disease, and 10.9 percent report having a stroke. In contrast, these incidents are extremely rare among those under the age of 35, less than two percent in each case.

Socio-economic factors, such as household income and education, are also important predictors of cardiovascular health risks. The incidence of coronary heart disease, for example, is 6.4 percentage points higher among those without high school diploma than for those with a four-year college degree. The gap is 4.8 percent between the bottom 30 percent and top 30 percent of household incomes.

CANCER

Louisianans suffer from skin cancer at a lower rate than the national population but

suffer from other forms of cancer at a similar rate. Nationally, 6.0 percent of adults have had skin cancer. In Louisiana, the share of adults is 5.1 percent. Nationally, 6.8 percent of adults have been diagnosed with another form of cancer, as have 6.9 percent of Louisiana adults.

Risk of skin and other types of cancer are related to age, gender, and race. There are very few diagnoses of cancer among those under the age of 45: less than one percent for skin cancer and no more than three percent for other cancers. The incidence of cancer rises steadily over age groups peaking among the elderly. Adults 65 years of age or older have had a diagnosis of skin cancer at a rate of 15.1 percent and other cancers at a rate of 17.0 percent.

Women are less likely than men to have ever had skin cancer (4.1 percent versus 6.2 percent) but are more likely to have ever had other cancers (8.6 percent versus 5.1 percent).

Skin cancer is exceptionally rare among black residents of Louisiana (0.5 percent). Among white adult residents of the state, 8.0 percent have had skin cancer. The share of whites who have had other cancers is 8.2 percent, and the racial gap is smaller as 4.4 percent of black Louisiana residents have had other cancers.

RESPIRATORY CONDITIONS

There is higher incidence of respiratory conditions such as chronic obstructive pulmonary disease (COPD), emphysema, or chronic bronchitis in Louisiana (9.0 percent) than in the nation as a whole (6.5 percent).

Respiratory conditions are related to age, gender, and socio-economic status. Risk of respiratory conditions increases markedly late in life. Less than five percent of adults under the age of 35 suffer from COPD, emphysema, or chronic bronchitis, but incidence reaches 15.1 percent among adults

65 years or older. While 7.4 percent of men have ever had one of these conditions, 10.5 percent of women have. College graduates are roughly one fifth as likely to suffer from respiratory conditions (3.5 percent) compared to those without a high school diploma (16.9 percent). Relatedly, individuals with household earnings of \$75,000 or more are significantly less likely to have respiratory conditions (2.8 percent) than those in households with income below \$25,000 (15.4 percent).

DEPRESSIVE DISORDER

Louisiana adults are diagnosed with depression at a slightly higher rate than the national adult population (21.8 percent and 19.0 percent respectively).

Women in Louisiana are nearly twice as likely as men to suffer from depression (27.4 percent versus 15.8 percent). Whites are more likely to be diagnosed with depression than blacks (24.0 percent versus 16.8 percent). It should be noted, however, that these data cannot reveal whether this difference results from gaps in the likelihood of suffering from depression or gaps in the propensity across groups to seek out a diagnosis and treatment.

One in four Louisiana women suffer from a depressive disorder.

The share of individuals without a high school diploma who have been diagnosed with depressive disorders (29.7 percent) is nearly twice as high as that of college graduates (16.4 percent). The same holds for household income. About one-fourth of individuals with household incomes below \$25,000 have been diagnosed with depression (28.9 percent), while one in eight (13.3 percent) of individuals with household income of \$75,000 or more suffer from depression.

KIDNEY DISEASE

Kidney disease is a relatively rare diagnosis both in Louisiana and in the United States as a whole. In this state, 3.8 percent of adults have been diagnosed with kidney disease, in line with the national rate of 3.1 percent.

As with many other chronic conditions, both age and socio-economic status are strongly related to kidney disease. There are very few cases of kidney disease among those under the age of 35. The risk rises incrementally

over life culminating at a rate of 8.0 percent among those 65 years of age or older.

College graduates are about half as likely to have ever been diagnosed with kidney disease as individuals who never graduated high school (3.4 percent versus 6.0 percent). Similarly, 3.0 percent of individuals in the highest earning households have ever been diagnosed with kidney disease, while 4.7 percent of those in the lowest earning households have.

Table 9a: Chronic Conditions

	Heart attack			Coronary heart disease			Stroke		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
Total	5.2	[4.5,5.9]	185,442	5.2	[4.6,6.0]	188,336	4.6	[4.0,5.4]	167,037
AGE									
18-24	0.2	[0.0,1.3]	849	0.6	[0.1,4.1]	2,715	---	---	---
25-34	0.7	[0.3,2.0]	4,868	0.9	[0.3,3.0]	6,128	1.6	[0.7,3.4]	10,374
35-44	1.2	[0.6,2.3]	6,966	1.7	[0.9,3.3]	10,097	2.4	[1.3,4.4]	14,337
45-54	5.1	[3.6,7.2]	29,213	3.3	[2.2,5.1]	19,182	4.1	[2.8,6.0]	23,582
55-64	8.8	[6.8,11.2]	52,871	8.2	[6.4,10.4]	49,146	6.9	[5.1,9.1]	41,295
65 and over	12.8	[10.6,15.4]	90,674	14.3	[12.1,16.8]	101,068	10.9	[9.0,13.2]	77,449
GENDER									
Male	6.1	[5.0,7.4]	105,566	6.1	[5.1,7.3]	105,488	3.5	[2.7,4.4]	60,061
Female	4.3	[3.5,5.3]	79,876	4.5	[3.6,5.4]	82,848	5.8	[4.8,6.9]	106,976
Refused	---	---	---	---	---	---	---	---	---
RACE-ETHNICITY									
White, Non-Hispanic	5.1	[4.3,6.1]	110,133	5.5	[4.7,6.5]	117,755	4.0	[3.2,4.9]	84,847
Black, Non-Hispanic	4.4	[3.4,5.8]	47,794	3.9	[2.9,5.2]	41,604	5.5	[4.3,7.1]	59,524
Hispanic	4.6	[1.8,11.1]	7,334	6.3	[2.7,14.0]	10,035	5.2	[2.5,10.4]	8,270
Other, Non-Hispanic	9.2	[5.0,16.3]	14,710	6.9	[3.8,12.5]	11,107	5.9	[2.9,11.6]	9,462
Don't know/No answer	9.0	[4.4,17.6]	5,470	12.9	[7.2,22.0]	7,836	8.1	[4.1,15.5]	4,933
EDUCATION									
Did not graduate HS	9.9	[7.4,13.1]	59,587	8.2	[6.0,11.1]	49,411	9.4	[6.9,12.6]	56,672
HS diploma/equivalent	5.3	[4.2,6.7]	64,138	5.7	[4.5,7.2]	68,679	5.1	[4.1,6.4]	62,096
Some college/2-year college degree	3.4	[2.6,4.5]	35,392	4.0	[3.1,5.1]	41,219	2.8	[2.1,3.9]	29,096
4-year college degree or higher	3.5	[2.6,4.5]	25,767	3.9	[3.0,5.0]	28,839	2.6	[1.9,3.6]	19,173
Don't know/No answer	10.1	[2.0,37.8]	558	3.4	[0.4,22.7]	188	---	---	---
HOUSEHOLD INCOME									
Less than \$25,000	7.1	[5.7,8.8]	77,000	8.0	[6.5,9.9]	87,270	8.0	[6.5,9.9]	87,251
\$25,000-\$49,999	5.0	[3.5,6.9]	33,387	4.8	[3.5,6.5]	32,127	3.4	[2.4,4.8]	22,895
\$50,000-\$74,999	3.3	[2.1,5.3]	13,150	3.1	[1.9,5.0]	12,340	3.1	[2.0,4.7]	12,178
\$75,000 or more	2.3	[1.6,3.4]	19,187	2.7	[1.9,3.7]	22,094	1.1	[0.6,2.1]	9,278
Don't know/No answer	7.0	[5.1,9.5]	42,717	5.6	[4.0,7.8]	34,504	5.8	[4.0,8.2]	35,435

Table 9b: Chronic Conditions

	Skin cancer			Other cancer			COPD		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
Total	5.1	[4.5,5.9]	184,430	6.9	[6.1,7.7]	247,773	9.0	[8.0,10.1]	322,533
AGE									
18-24	0.2	[0.0,1.1]	691	0.7	[0.3,1.9]	3,250	1.5	[0.3,6.1]	6,755
25-34	0.9	[0.3,2.4]	5,970	1.8	[1.0,3.2]	11,996	5.0	[3.3,7.5]	33,479
35-44	1.9	[1.0,3.6]	11,120	3.2	[1.9,5.3]	18,817	7.1	[4.8,10.4]	42,135
45-54	3.5	[2.3,5.2]	19,948	5.3	[3.7,7.5]	30,559	10.3	[7.6,13.8]	59,281
55-64	6.5	[5.0,8.5]	39,393	10.4	[8.3,13.0]	62,904	12.3	[9.9,15.2]	74,014
65 and over	15.1	[12.9,17.7]	107,309	17.0	[14.8,19.4]	120,248	15.1	[12.9,17.6]	106,869
GENDER									
Male	6.2	[5.2,7.4]	107,724	5.1	[4.2,6.2]	88,621	7.4	[6.0,9.0]	127,948
Female	4.1	[3.4,5.0]	76,706	8.6	[7.4,9.8]	159,152	10.5	[9.1,12.0]	194,584
Refused	---	---	---	---	---	---	---	---	---
RACE-ETHNICITY									
White, Non-Hispanic	8.0	[7.0,9.1]	170,819	8.2	[7.3,9.3]	176,282	8.9	[7.8,10.2]	190,883
Black, Non-Hispanic	0.5	[0.1,1.9]	5,542	4.4	[3.3,5.9]	47,609	7.8	[6.1,9.8]	83,547
Hispanic	0.6	[0.1,3.6]	1,028	5.6	[2.4,12.3]	8,928	6.5	[2.8,14.4]	10,364
Other, Non-Hispanic	1.9	[0.9,4.0]	3,036	6.3	[3.6,10.7]	10,014	21.2	[12.8,33.0]	33,917
Don't know/No answer	6.6	[3.0,14.0]	4,006	8.1	[4.0,15.7]	4,941	6.3	[3.0,12.8]	3,822
EDUCATION									
Did not graduate HS	4.2	[2.6,6.5]	25,056	8.3	[6.1,11.2]	49,880	16.9	[13.3,21.2]	102,076
HS diploma/equivalent	4.6	[3.6,5.8]	55,538	5.3	[4.3,6.6]	64,263	9.1	[7.4,11.1]	109,760
Some college/2-year college degree	4.7	[3.6,6.2]	48,737	6.9	[5.6,8.5]	71,302	8.2	[6.7,10.0]	84,927
4-year college degree or higher	7.4	[6.1,8.9]	55,098	8.4	[6.9,10.1]	62,328	3.5	[2.6,4.6]	25,769
Don't know/No answer	---	---	---	---	---	---	---	---	---
HOUSEHOLD INCOME									
Less than \$25,000	3.4	[2.5,4.5]	36,395	7.4	[6.0,9.2]	80,882	15.4	[12.9,18.2]	166,903
\$25,000-\$49,999	7.1	[5.3,9.5]	47,907	8.1	[6.4,10.3]	54,583	6.8	[5.2,8.9]	45,956
\$50,000-\$74,999	6.2	[4.3,8.8]	24,538	6.6	[4.7,9.2]	26,038	5.9	[3.8,8.9]	23,350
\$75,000 or more	5.1	[4.0,6.6]	42,530	5.3	[4.1,6.7]	43,672	2.8	[2.0,4.0]	23,531
Don't know/No answer	5.4	[4.0,7.2]	33,061	7.0	[5.2,9.2]	42,598	10.3	[8.0,13.1]	62,792

Table 9c: Chronic Conditions						
	Depressive disorder			Kidney disease		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
Total	21.8	[20.3,23.3]	783,349	3.8	[3.2,4.5]	136,469
AGE						
18-24	20.4	[15.9,25.9]	93,178	1.4	[0.4,4.4]	6,204
25-34	23.4	[19.8,27.5]	155,881	0.6	[0.2,1.6]	3,957
35-44	23.1	[19.3,27.4]	136,605	2.6	[1.3,5.4]	15,586
45-54	23.1	[19.6,27.1]	132,532	3.4	[2.2,5.1]	19,445
55-64	20.9	[17.9,24.2]	125,776	5.7	[4.1,7.8]	34,258
65 and over	19.7	[17.2,22.4]	139,377	8.0	[6.4,10.0]	57,019
GENDER						
Male	15.8	[13.8,17.9]	273,002	3.7	[2.8,4.8]	63,806
Female	27.4	[25.3,29.6]	510,347	3.9	[3.1,4.9]	72,663
Refused	---	---	---	---	---	---
RACE-ETHNICITY						
White, Non-Hispanic	24.0	[22.2,25.9]	513,268	3.9	[3.2,4.8]	83,637
Black, Non-Hispanic	16.8	[14.2,19.7]	180,712	3.3	[2.3,4.7]	35,718
Hispanic	24.6	[16.5,35.0]	39,292	6.1	[2.5,14.0]	9,707
Other, Non-Hispanic	25.4	[17.9,34.8]	40,682	3.1	[1.5,6.2]	4,993
Don't know/No answer	15.4	[8.9,25.6]	9,395	4.0	[1.4,10.4]	2,413
EDUCATION						
Did not graduate HS	29.7	[24.9,35.0]	179,401	6.0	[3.9,8.9]	35,964
HS diploma/equivalent	20.4	[18.1,23.0]	247,471	3.1	[2.2,4.3]	37,736
Some college/2-year college degree	22.7	[20.1,25.6]	234,511	3.6	[2.7,4.8]	37,190
4-year college degree or higher	16.4	[14.3,18.7]	121,967	3.4	[2.5,4.6]	25,579
Don't know/No answer	---	---	---	---	---	---
HOUSEHOLD INCOME						
Less than \$25,000	28.9	[25.9,32.1]	314,306	4.7	[3.5,6.3]	51,466
\$25,000-\$49,999	23.5	[20.0,27.5]	158,037	4.3	[3.0,6.2]	29,007
\$50,000-\$74,999	16.5	[13.0,20.8]	65,541	2.1	[1.2,3.7]	8,279
\$75,000 or more	13.3	[11.3,15.7]	110,783	3.0	[2.0,4.6]	25,161
Don't know/No answer	22.0	[18.5,25.9]	134,683	3.7	[2.5,5.4]	22,556

Obesity

Analysis of Section 8 (“Demographics”) of the 2017 BRFSS Questionnaire

Obesity and overweight are both labels for ranges of weight that are greater than what is generally considered healthy for a given height. The terms also identify ranges of weight that have been shown to increase the likelihood of certain diseases and other health problems.

For adults, overweight and obesity ranges are determined by using weight and height to calculate a number called the “body mass index” (BMI). An adult who has a BMI between 25 and 29.9 is considered overweight, while an adult who has a BMI of 30 or higher is considered obese. Obesity is associated with a range of health problems including coronary heart disease, Type 2 diabetes, cancer, stroke, sleep apnea, and infertility. Understanding the trends in adults who are overweight or obese is an important

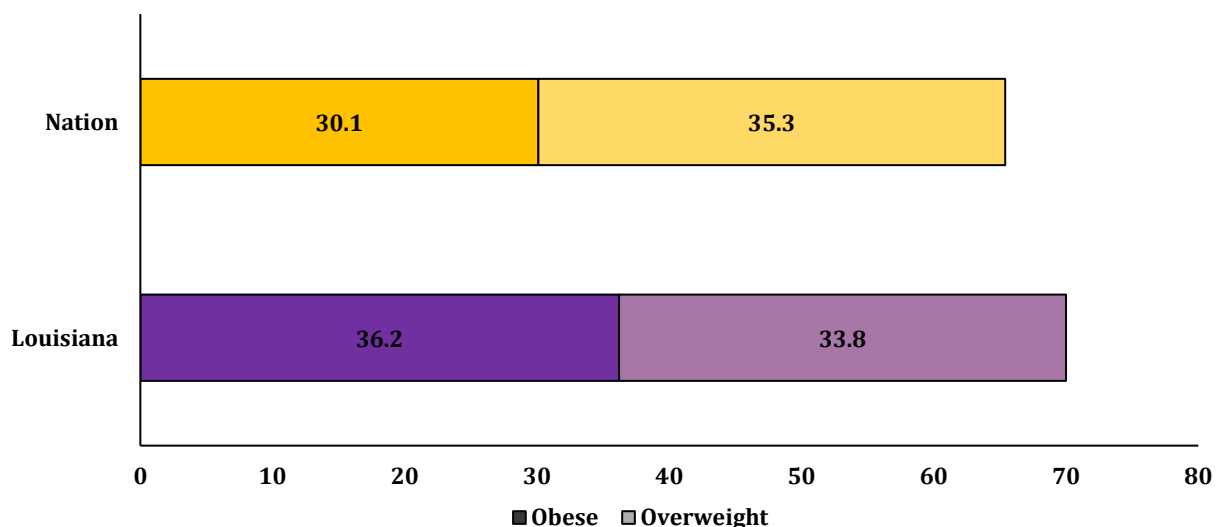
part of understanding other health issues including adverse health outcomes.

Obesity is substantially more prevalent in Louisiana than in the United States as a whole. Nationally, 35.3 percent of adults are overweight and 30.1 percent are obese. In Louisiana, the shares are 33.8 percent and 36.2 percent – ranking among the highest rates of obesity across all states.

Unlike many other health conditions with which age typically has a strong association, age is only loosely connected to obesity. This is mostly because the share of obese adults is relatively higher among those between the ages of 35 and 64, and lower for adults who are either older or younger than this range.

Significantly more Obesity in Louisiana Relative to United States

Percent obese (BMI 30 or higher) or overweight (BMI 25 to 29.9) based on self-reported height and weight



2017 Behavioral Risk Factor Surveillance System

Table 10: Weight and Obesity

	Overweight*			Obese^		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
Total	33.8	[32.0,35.6]	1,116,659	36.2	[34.4,38.1]	1,198,147
AGE						
18-24	29.0	[23.3,35.5]	120,251	21	[16.3,26.7]	87,093
25-34	31.8	[27.2,36.7]	193,249	34.9	[30.3,39.8]	212,235
35-44	36.8	[32.1,41.8]	200,619	38.3	[33.6,43.3]	208,766
45-54	30.2	[26.4,34.3]	158,520	46.8	[42.2,51.4]	245,599
55-64	36.2	[32.5,40.0]	203,826	39.3	[35.6,43.2]	221,513
65 and over	36.8	[33.6,40.1]	240,193	34.2	[31.0,37.5]	222,941
GENDER						
Male	37.1	[34.4,39.9]	605,339	36	[33.3,38.7]	586,418
Female	30.6	[28.2,33.0]	511,320	36.5	[34.1,39.0]	610,902
Refused	---	---	---	16.1	[1.2,75.5]	---
RACE-ETHNICITY						
White, Non-Hispanic	35.0	[33.0,37.1]	696,892	33.5	[31.4,35.6]	666,322
Black, Non-Hispanic	32.0	[28.4,35.8]	312,365	42.2	[38.4,46.2]	412,280
Hispanic	29.9	[20.4,41.5]	42,640	33.2	[23.2,44.9]	47,292
Other, Non-Hispanic	32.5	[23.3,43.4]	50,023	36.2	[26.6,47.0]	55,655
Don't know/No answer	32.8	[21.8,46.0]	14,740	36.9	[24.8,50.8]	16,598
EDUCATION						
Did not graduate HS	31.4	[26.2,37.2]	172,197	36.4	[31.0,42.1]	199,211
HS diploma/equivalent	32.1	[29.2,35.2]	355,772	38.6	[35.4,41.9]	427,547
Some college/2-year college degree	34.3	[31.0,37.8]	330,124	37.7	[34.4,41.2]	362,735
4-year college degree or higher	37.2	[34.2,40.3]	255,354	30.2	[27.4,33.1]	207,462
Don't know/No answer	72.9	[29.7,94.5]	3,213	27.1	[5.5,70.3]	1,193
HOUSEHOLD INCOME						
Less than \$25,000	31.6	[28.3,35.1]	320,037	38.1	[34.7,41.7]	386,367
\$25,000-\$49,999	34.6	[30.5,38.9]	223,307	38.3	[34.0,42.8]	247,652
\$50,000-\$74,999	34.6	[29.6,40.0]	131,310	35.9	[30.9,41.1]	136,048
\$75,000 or more	36.5	[33.2,39.8]	292,597	35.2	[31.9,38.7]	282,752
Don't know/No answer	32.0	[27.2,37.1]	149,408	31.1	[26.4,36.2]	145,328

* BMI greater than or equal to 25 but less than 30

^ BMI greater than or equal to 30

Disability

Analysis of Section 8 ("Demographics") of the 2017 BRFSS Questionnaire

Disability, as defined by the Behavioral Risk Factor Surveillance System Survey is a physical, mental, or emotional problem that limits activity. Disabilities represent a significant health concern and are associated with poor health outcomes, including cardiovascular disease and diabetes, and lower self-reported health status.

Incidence of disability tend to be higher in Louisiana than in the United States as a whole.

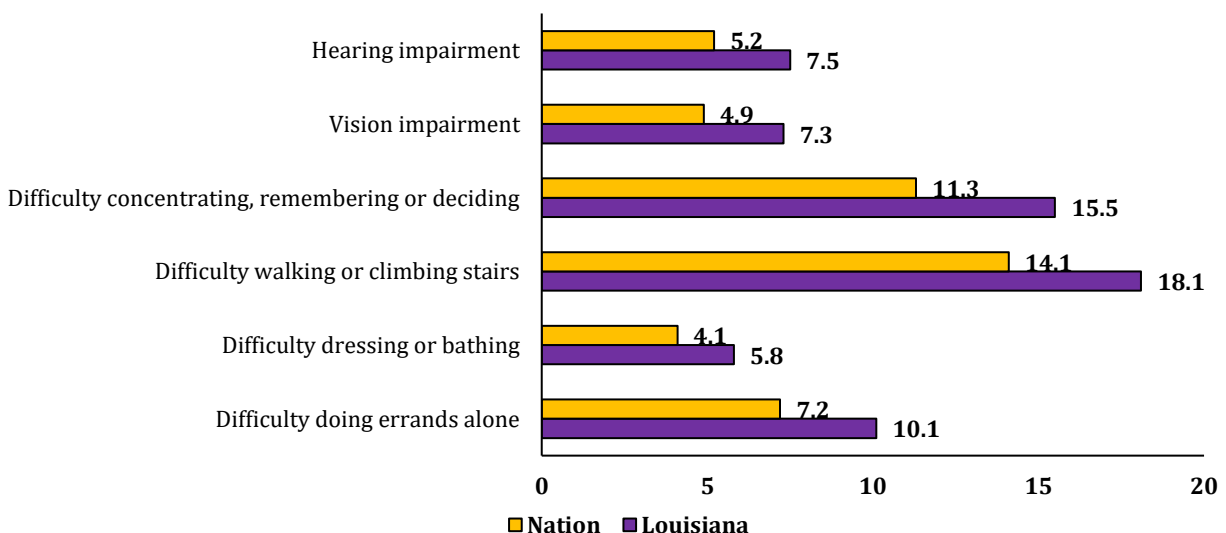
In all, 7.5 percent of Louisiana adults and 5.2 percent of American adults report that they are deaf or have serious difficulty hearing. Similarly, 7.3 percent of adults in the state report that they are blind or have difficulty seeing even when wearing glasses; nationally, 4.9 adults report vision impairment.

Additionally, 15.5 percent of Louisiana adults have trouble concentrating, remembering, or making decisions because of a physical, mental, or emotional condition. The national share to report this sort of cognitive impairment is lower (11.3 percent).

Louisiana adults are more likely to report difficulties in engaging in normal daily activities than their peers nationally. In Louisiana, 18.1 percent of adults report serious difficulty walking or climbing stairs; 5.8 percent report difficulty dressing or bathing; and 10.1 percent report difficulty doing errands alone such as visiting a doctor's office or shopping because of a physical, mental, or emotional condition. Nationally, these shares are 14.1 percent, 4.1 percent, and 7.2 percent, respectively).

Rates of Disability Frequently Outpace National Averages

Percent reporting conditions of disability



2017 Behavioral Risk Factor Surveillance System

Table 11a: Disability

	Serious difficulty hearing			Vision impaired even when wearing glasses		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
Total	7.5	[6.6,8.5]	258,181	7.3	[6.4,8.3]	249,305
AGE						
18-24	2.5	[1.0,6.1]	10,645	4.1	[2.3,7.0]	17,062
25-34	3.6	[2.1,6.1]	23,134	5.3	[3.4,8.4]	33,865
35-44	3.0	[1.8,4.9]	16,650	4.6	[2.9,7.1]	25,557
45-54	6.3	[4.3,9.1]	34,754	8.7	[6.4,11.6]	47,868
55-64	10.5	[8.0,13.5]	61,339	9.4	[7.4,11.8]	54,834
65 and over	16.4	[14.0,19.1]	111,659	10.4	[8.3,12.8]	70,119
GENDER						
Male	9.7	[8.3,11.4]	159,730	6.0	[4.8,7.5]	99,239
Female	5.5	[4.5,6.8]	98,451	8.4	[7.2,9.9]	150,066
Refused	---	---	---	---	---	---
RACE-ETHNICITY						
White, Non-Hispanic	7.9	[6.9,9.1]	163,434	5.9	[4.9,7.0]	120,642
Black, Non-Hispanic	6.0	[4.4,8.2]	60,646	9.6	[7.6,12.0]	96,617
Hispanic	11.8	[6.0,21.8]	17,797	7.5	[3.8,14.5]	11,291
Other, Non-Hispanic	6.4	[3.9,10.4]	10,032	9.8	[6.0,15.7]	15,301
Don't know/No answer	11.1	[5.8,20.0]	6,271	9.6	[4.2,20.5]	5,454
EDUCATION						
Did not graduate HS	12.0	[8.9,15.9]	69,088	16.9	[13.3,21.2]	97,528
HS diploma/equivalent	8.0	[6.5,10.0]	91,680	7.1	[5.7,8.8]	80,543
Some college/2-year college degree	6.7	[5.4,8.4]	67,187	5.0	[3.8,6.5]	49,227
4-year college degree or higher	4.0	[3.2,5.0]	28,760	3.1	[2.2,4.2]	22,007
Don't know/No answer	28.5	[5.3,73.9]	1467	---	---	---
HOUSEHOLD INCOME						
Less than \$25,000	10.0	[8.1,12.4]	105,460	14.8	[12.6,17.5]	155,873
\$25,000-\$49,999	7.7	[5.7,10.3]	50,826	5.7	[4.1,8.0]	37,608
\$50,000-\$74,999	8.3	[6.1,11.2]	32,381	2.5	[1.6,4.0]	9,834
\$75,000 or more	3.8	[2.8,5.2]	31,194	1.6	[1.0,2.4]	12,941
Don't know/No answer	7.4	[5.4,10.1]	38,320	6.4	[4.4,9.3]	33,049

Table 11b: Disability

	Difficulty concentrating, remembering or deciding			Difficulty walking or climbing stairs		
	%	Est. Pop.	Est. Pop.	%	Est. Pop.	Est. Pop.
Total	15.5	[14.2,16.9]	528,083	18.1	[16.8,19.5]	615,288
AGE						
18-24	16.1	[11.9,21.3]	66,683	1.1	[0.4,2.8]	4,572
25-34	16.4	[13.1,20.4]	104,010	6.2	[4.2,9.0]	38,929
35-44	15.4	[12.2,19.2]	85,744	12.4	[9.4,16.2]	69,050
45-54	15.7	[12.8,19.2]	86,284	22.1	[18.3,26.4]	120,894
55-64	16.2	[13.3,19.5]	94,437	27.4	[24.1,30.9]	159,726
65 and over	13.5	[11.2,16.1]	90,925	33.2	[30.1,36.4]	222,115
GENDER						
Male	13.7	[11.9,15.8]	223,301	15.7	[13.8,17.8]	255,442
Female	17.2	[15.3,19.2]	304,782	20.3	[18.4,22.2]	359,018
Refused	---	---	---	16.1	[1.2,75.5]	827
RACE-ETHNICITY						
White, Non-Hispanic	14.1	[12.6,15.7]	287,934	15.7	[14.3,17.3]	320,295
Black, Non-Hispanic	16.5	[14.0,19.5]	166,372	22.6	[19.7,25.7]	226,469
Hispanic	18.4	[10.8,29.4]	27,500	11.6	[6.8,19.0]	17,343
Other, Non-Hispanic	20.9	[13.8,30.3]	32,670	23.9	[15.7,34.6]	37,228
Don't know/No answer	24.0	[15.3,35.7]	13,607	24.6	[16.1,35.9]	13,953
EDUCATION						
Did not graduate HS	29.5	[24.7,34.8]	170,068	33.3	[28.5,38.4]	191,451
HS diploma/equivalent	16.5	[14.3,19.0]	186,691	19.3	[16.9,21.9]	216,964
Some college/2-year college degree	13.9	[11.8,16.4]	137,312	14.9	[12.9,17.3]	146,640
4-year college degree or higher	4.8	[3.6,6.3]	34,011	8.2	[6.8,9.9]	58,766
Don't know/No answer	---	---	---	28.5	[5.3,73.9]	1467
HOUSEHOLD INCOME						
Less than \$25,000	26.5	[23.5,29.7]	277,175	30.6	[27.5,33.8]	319,249
\$25,000-\$49,999	15.6	[12.7,19.0]	102,222	17.2	[14.3,20.6]	112,584
\$50,000-\$74,999	6.6	[4.3,10.1]	25,617	9.2	[6.9,12.2]	35,296
\$75,000 or more	4.1	[2.9,5.9]	33,677	5.6	[4.3,7.2]	45,120
Don't know/No answer	17.6	[14.2,21.6]	89,392	20.3	[16.9,24.1]	103,038

Table 11c: Disability

	Difficulty dressing or bathing			Difficulty doing errands alone		
	%	Est. Pop.	Est. Pop.	%	Est. Pop.	Est. Pop.
Total	5.8	[5.1,6.7]	197,574	10.1	[9.0,11.2]	341,185
AGE						
18-24	0.4	[0.1,2.6]	1566	4.9	[2.9,8.3]	20,188
25-34	2.5	[1.4,4.4]	15,839	6.5	[4.3,9.8]	41,094
35-44	5.7	[3.8,8.6]	32,026	10.1	[7.3,13.8]	56,085
45-54	8.5	[6.4,11.3]	46,722	12.7	[10.1,15.8]	69,211
55-64	8.0	[6.3,10.3]	46,863	11.4	[9.2,14.1]	66,267
65 and over	8.1	[6.5,10.1]	54,558	13.2	[11.0,15.7]	88,340
GENDER						
Male	6.0	[4.9,7.4]	98,110	8.8	[7.3,10.5]	141,817
Female	5.6	[4.7,6.7]	99,465	11.3	[9.8,12.9]	199,368
Refused	---	---	---	---	---	---
RACE-ETHNICITY						
White, Non-Hispanic	5.0	[4.2,6.0]	102,200	8.3	[7.2,9.6]	169,276
Black, Non-Hispanic	7.7	[6.1,9.7]	77,243	12.0	[9.8,14.7]	120,050
Hispanic	2.2	[0.7,6.2]	3,217	13.4	[7.3,23.2]	19,948
Other, Non-Hispanic	6.6	[3.5,11.9]	10,254	16.3	[10.8,23.7]	25,348
Don't know/No answer	8.2	[3.7,17.2]	4,661	11.7	[6.0,21.6]	6,561
EDUCATION						
Did not graduate HS	12.6	[9.8,16.0]	72,228	21.8	[17.8,26.5]	125,529
HS diploma/equivalent	5.5	[4.4,6.9]	61,727	8.8	[7.3,10.7]	99,050
Some college/2-year college degree	5.0	[3.8,6.6]	48,917	9.3	[7.5,11.5]	90,575
4-year college degree or higher	2.1	[1.4,3.0]	14,702	3.6	[2.7,4.9]	26,032
Don't know/No answer	---	---	---	---	---	---
HOUSEHOLD INCOME						
Less than \$25,000	11.3	[9.5,13.4]	118,165	19.1	[16.6,21.9]	199,435
\$25,000-\$49,999	4.7	[3.3,6.8]	30,904	7.6	[5.7,10.2]	49,939
\$50,000-\$74,999	2.5	[1.3,4.8]	9,528	4.7	[2.6,8.3]	17,903
\$75,000 or more	1.1	[0.6,2.0]	9,336	1.7	[1.1,2.8]	13,869
Don't know/No answer	5.8	[4.1,8.2]	29,641	11.9	[9.0,15.6]	60,039

Tobacco Use

Analysis of Section 9 ("Tobacco Use") and Section 10 ("E-Cigarettes") of the 2017 BRFSS Questionnaire

Tobacco use is associated with a variety of negative health outcomes, including coronary heart disease, lung cancer, and cancer of the larynx and mouth.

Although rates of smoking in Louisiana remain lower than six years ago, there has been an increase among the youngest adults in recent years. Overall, the rate of smoking declined to about one in five adults by 2015 and has remained stable since then. The decline was sharpest for youngest adults – those below the age of 35. However, since 2015, there has been a pronounced uptick in smoking among 18 to 24 year olds. After dropping by eight percentage points from 2011 to 2015, the rate of smoking among this

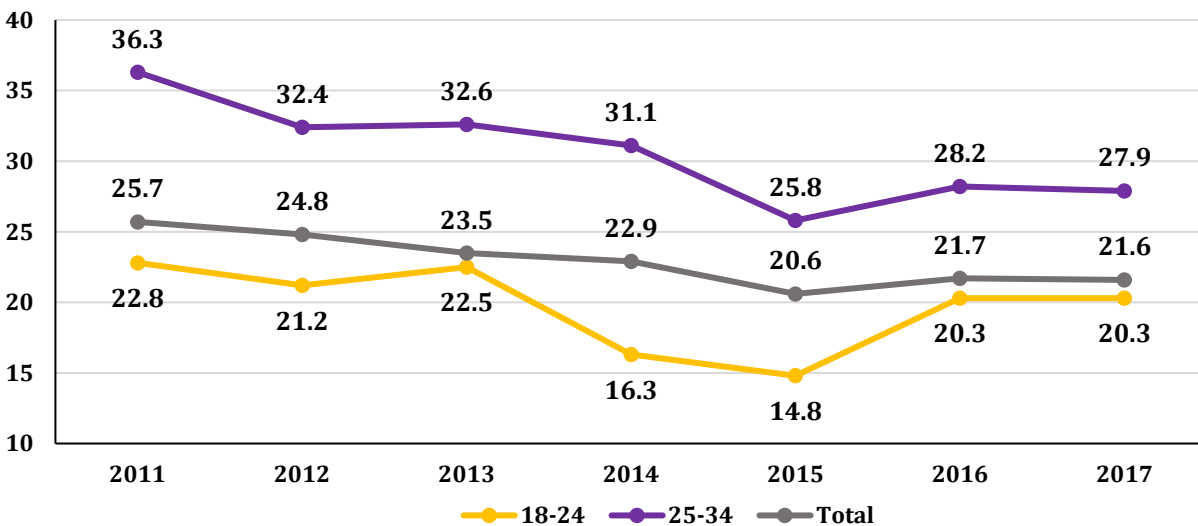
age group has rebounded six percentage points – erasing nearly all of the previous decline.

Louisiana has a much higher rate of cigarette smoking than the United States as whole. Whereas, 21.6 percent of Louisiana adults smoke cigarettes, 15.5 percent of American adults do so. Louisiana adults are also more likely to use chewing tobacco, snuff, or snus: 6.1 percent versus 3.7 percent nationally.

In contrast, there is no difference between the state and national rates of e-cigarette use. Nationally, 4.1 percent of adults use e-cigarettes. In Louisiana, 4.2 percent do.

Rebounding Rates of Smoking Among Younger Adults in Louisiana

Percent who are currently smokers



2011-2017 Behavioral Risk Factor Surveillance System

Table 12: Tobacco Use

	Current smoker			Use other tobacco*			Current e-cigarette user		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
Total	21.6	[20.0,23.2]	776,192	6.1	[5.2,7.0]	204,303	4.2	[3.4,5.0]	3,176,966
AGE									
18-24	20.3	[15.6,25.9]	92,461	3.6	[1.9,6.9]	14,817	8.4	[5.4,12.7]	368,732
25-34	27.9	[23.6,32.6]	185,857	6.8	[4.8,9.7]	42,222	5.3	[3.6,7.6]	579,505
35-44	26.8	[22.7,31.4]	158,141	7.3	[5.3,10.1]	40,633	6.4	[4.4,9.1]	510,060
45-54	24.4	[20.8,28.3]	139,758	7.9	[5.9,10.5]	42,427	3.7	[2.4,5.7]	508,427
55-64	20.6	[17.7,23.9]	124,136	6.8	[4.8,9.4]	39,005	2.3	[1.4,3.8]	558,395
65 and over	10.7	[8.8,13.0]	75,840	3.8	[2.7,5.3]	25,200	0.4	[0.2,0.9]	651,846
GENDER									
Male	23.5	[21.2,26.0]	407,112	11.0	[9.4,12.8]	176,337	4.9	[3.9,6.2]	1,509,269
Female	19.8	[17.9,22.0]	369,080	1.6	[1.0,2.4]	27,967	3.4	[2.6,4.6]	1,662,563
Refused	---	---	---	---	---	---	---	---	---
RACE-ETHNICITY									
White, Non-Hispanic	21.4	[19.6,23.3]	458,004	6.4	[5.4,7.7]	129,601	4.9	[4.0,6.0]	1,890,905
Black, Non-Hispanic	19.1	[16.3,22.2]	205,658	4.1	[2.9,5.7]	40,536	2.7	[1.7,4.4]	950,212
Hispanic	31.2	[21.6,42.7]	49,789	10.5	[5.3,19.7]	15,583	3.5	[1.2,9.9]	143,443
Other, Non-Hispanic	32.3	[22.8,43.4]	51,628	9.4	[5.3,16.1]	14,419	4.4	[2.0,9.4]	140,263
Don't know/No answer	18.3	[10.9,29.1]	11,114	7.4	[3.1,16.7]	4,164	4.4	[1.4,12.9]	52,142
EDUCATION									
Did not graduate HS	35.0	[29.7,40.6]	211,154	9.5	[6.8,13.1]	53,041	4.9	[3.2,7.6]	523,199
HS diploma/equivalent	23.2	[20.6,26.0]	281,077	8.0	[6.5,9.9]	89,155	4.4	[3.1,6.1]	1,048,527
Some college/2-year college degree	21.6	[18.9,24.4]	222,237	4.0	[2.9,5.5]	38,592	5.3	[4.0,7.1]	911,291
4-year college degree or higher	8.3	[6.7,10.2]	61,725	3.3	[2.4,4.6]	23,515	1.5	[0.9,2.5]	688,807
Don't know/No answer	---	---	---	---	---	---	---	---	---
HOUSEHOLD INCOME									
Less than \$25,000	31.2	[28.0,34.6]	338,723	5.0	[3.8,6.6]	51,516	4.6	[3.4,6.2]	959,886
\$25,000-\$49,999	23.7	[20.1,27.7]	159,253	7.4	[5.3,10.1]	47,781	5.8	[3.9,8.5]	607,143
\$50,000-\$74,999	21.0	[16.9,25.9]	83,339	6.8	[4.5,10.0]	25,900	2.7	[1.4,4.9]	367,696
\$75,000 or more	12.0	[9.9,14.5]	99,969	7.5	[5.7,9.7]	59,997	3.4	[2.3,5.2]	769,714
Don't know/No answer	15.5	[12.1,19.6]	94,909	3.8	[2.4,6.1]	19,109	3.5	[2.1,5.7]	472,527

* Chewing tobacco, snuff, or snus

Alcohol Use

Analysis of Section 11 ("Alcohol Consumption") of the 2017 BRFSS Questionnaire

Excessive alcohol use is associated with a number of negative health outcomes, including liver disease, increased risks for certain types of cancer, heart disease, obesity, and kidney disease.

Heavy drinking for men is defined as consuming, on average, more than 14 drinks per week. For women, it is defined as drinking more than seven drinks, on average, per week. A drink is defined as a 12-ounce beer, a five ounce glass of wine, or a drink with one shot of liquor.

Six percent of Louisiana adults are heavy drinkers, which is comparable to the share nationally (5.7 percent).

Adults engage in heavy drinking at comparable rates through middle age. The rate of heavy drinking falls, however, among those 55 years or older.

Unlike many other health behaviors, the individuals with higher household incomes are more likely to engage in this particular behavioral health risk. About five percent of individuals in the bottom 30 percent of household incomes engage in heavy drinking, but nearly none percent of those in the top 30 percent of household incomes do.

The survey also asks the number of times in the past month on which individuals

consumed five or more alcoholic drinks (for men) or four or more alcoholic drinks (for women) in a single occasion. Consuming more than this number of drinks in a single occasion is classified as binge drinking.

As with heavy drinking, binge drinking is no more common in Louisiana than across the country as a whole. Here, 16.3 percent of adults report having engaged in binge drinking at some point in the previous month, comparable to past years. Nationally, the share is 15.6 percent.

Men, whites, and individuals with higher household incomes are more likely to engage in binge drinking. The strongest demographic association with binge drinking, however, is age. Nearly one in four 18 to 34 year olds engage in binge drinking. The rate steadily falls throughout middle age and dips under ten percent among the elderly.

Nearly one in four 18 to 34 year olds in Louisiana engage in binge drinking.

Table 13: Alcohol Use

	Heavy drinking*			Binge drinking^		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
Total	6.1	[5.3,7.0]	218,690	16.3	[15.0,17.7]	587,134
AGE						
18-24	7.2	[4.7,10.8]	32,639	23.9	[19.2,29.2]	108,795
25-34	6.2	[4.3,8.9]	41,339	22.1	[18.5,26.2]	147,181
35-44	7.1	[5.0,9.9]	41,836	21.0	[17.5,25.0]	123,909
45-54	7.3	[5.3,9.9]	41,819	15.9	[13.1,19.2]	91,190
55-64	5.9	[4.3,8.0]	35,364	11.9	[9.6,14.7]	71,567
65 and over	3.6	[2.7,4.9]	25,694	6.3	[4.8,8.2]	44,493
GENDER						
Male	6.5	[5.4,7.9]	112,967	20.3	[18.3,22.5]	351,548
Female	5.7	[4.6,7.0]	105,723	12.7	[11.0,14.5]	235,586
Refused	---	---	---	---	---	---
RACE-ETHNICITY						
White, Non-Hispanic	6.7	[5.6,7.8]	142,381	18.2	[16.5,19.9]	388,804
Black, Non-Hispanic	4.6	[3.3,6.3]	49,736	12.7	[10.6,15.2]	136,975
Hispanic	11.0	[5.7,19.9]	17,506	21.7	[13.7,32.7]	34,725
Other, Non-Hispanic	4.8	[2.2,10.2]	7,733	13.5	[8.4,21.0]	21,660
Don't know/No answer	2.2	[0.5,9.7]	1,334	8.2	[3.6,17.7]	4,971
EDUCATION						
Did not graduate HS	5.3	[3.4,8.0]	31,814	13.6	[10.3,17.8]	82,015
HS diploma/equivalent	6.0	[4.7,7.7]	73,264	13.7	[11.7,15.9]	165,664
Some college/2-year college degree	6.4	[4.8,8.4]	65,561	19.0	[16.4,22.0]	196,406
4-year college degree or higher	6.5	[5.1,8.2]	48,050	19.1	[16.7,21.8]	142,394
Don't know/No answer	---	---	---	11.9	[1.6,53.3]	656
HOUSEHOLD INCOME						
Less than \$25,000	4.9	[3.6,6.7]	53,544	14.6	[12.3,17.2]	158,201
\$25,000-\$49,999	5.3	[3.9,7.2]	35,601	14.7	[12.0,17.8]	98,648
\$50,000-\$74,999	7.3	[4.9,10.8]	28,946	18.7	[14.7,23.5]	74,273
\$75,000 or more	8.8	[6.9,11.2]	73,043	23.0	[20.1,26.1]	190,695
Don't know/No answer	4.5	[3.0,6.7]	27,557	10.7	[8.3,13.7]	65,316

* Males who consume more than 14 drinks per week or females who consume more than 7 drinks per week

^ Males that consume five or more drinks or females who consume four or more drinks on one occasion

Fruit and Vegetable Consumption

Analysis of Section 12 ("Fruits and Vegetables") of the 2017 BRFSS Questionnaire

A healthy diet contributes to many positive health outcomes, decreasing the risk of cardiovascular disease and diabetes and improves brain-functioning and perceptions of overall wellbeing.

The 2017 BRFSS survey asked how many times during the previous 30 days the respondent consumed a variety of foods and beverages: Fruit, beans, dark green vegetables (such as broccoli; romaine, chard, or collard greens; or spinach), orange-colored vegetables (such as sweet potatoes, pumpkin, winter squash, or carrots), other vegetables (such as tomatoes, corn, eggplant, peas, lettuce, cabbage, or non-fried white potatoes), and 100% pure fruit juices. These responses are combined to calculate the share of individuals who consume fruit or vegetables regularly.

About half of Louisiana residents (47.8 percent) eat fruit at least once per day. Although this number falls ten percentage points below the United States as a whole, it nevertheless marks a five percentage point improvement in the state over two years ago when the survey last included these questions.

Louisiana adults do a better job of eating vegetables on a daily basis – 64.5 percent. Although still below the national average (71.0 percent), the gap is smaller than for fruit consumption.

Socio-economic status is a strong predictor of fruit and vegetable consumption. For

example, the share of adults who eat fruit daily rises with higher levels of educational attainment with just 36.3 percent of those who did not finish high school eating fruit daily and 54.5 percent of those with a four-year college degree eating fruit daily – a gap of 18 percentage points. Similarly, 56.2 percent of individuals in the bottom 30 percent of household incomes in Louisiana eat vegetables daily, while 76.8 percent of adults in the top 30 percent of household incomes do so – a gap of more than 20 percentage points.

About half of Louisiana adults eat fruit daily. Nearly two thirds eat vegetables daily.

There is a large racial disparity in daily consumption of vegetables as well. Whites are nearly twenty percentage points more likely to eat vegetables on a daily basis than blacks (70.5 percent versus 52.4 percent). Even after statistically controlling for differences in socio-economic status – that is, comparing whites and blacks with the same educational attainment and household income – a 17.8 percentage point gap remains.

Table 14: Consuming Fruits and Vegetables

	Consume at least one serving of fruit per day			Consume at least one serving of vegetables per day		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
Total	47.8	[45.9,49.6]	1,717,547	64.5	[62.7,66.3]	2,319,397
AGE						
18-24	42.8	[36.5,49.3]	195,066	54.8	[48.1,61.3]	249,514
25-34	46.2	[41.5,51.0]	307,460	63.4	[58.6,67.9]	421,884
35-44	50.3	[45.5,55.1]	297,221	67.8	[63.1,72.2]	400,297
45-54	41.4	[37.3,45.7]	237,661	64.7	[60.4,68.8]	371,148
55-64	50.4	[46.6,54.2]	303,708	68.4	[64.7,71.8]	411,854
65 and over	53.1	[49.8,56.4]	376,431	65.6	[62.3,68.7]	464,700
GENDER						
Male	45.5	[42.8,48.3]	788,536	64.2	[61.5,66.8]	1,111,830
Female	49.7	[47.3,52.2]	924,704	64.7	[62.2,67.1]	1,203,260
Refused	83.9	[24.5,98.8]	4,307	83.9	[24.5,98.8]	4,307
RACE-ETHNICITY						
White, Non-Hispanic	48.7	[46.6,50.8]	1,041,383	70.5	[68.4,72.4]	1,507,024
Black, Non-Hispanic	44.8	[41.1,48.6]	482,989	52.4	[48.6,56.2]	564,791
Hispanic	55.3	[44.4,65.8]	88,438	70.0	[59.4,78.9]	111,926
Other, Non-Hispanic	48.3	[38.1,58.7]	77,282	64.6	[54.5,73.6]	103,421
Don't know/No answer	45.1	[34.0,56.8]	27,455	53.0	[41.2,64.5]	32,235
EDUCATION						
Did not graduate HS	36.3	[31.1,41.8]	218,878	46.7	[41.1,52.4]	281,836
HS diploma/equivalent	45.0	[41.8,48.1]	544,782	60.8	[57.6,63.9]	736,441
Some college/2-year college degree	53.0	[49.5,56.3]	545,993	70.3	[67.1,73.3]	724,805
4-year college degree or higher	54.5	[51.5,57.6]	405,961	77.0	[74.3,79.5]	573,291
Don't know/No answer	35.1	[8.9,75.0]	1,934	54.9	[21.0,84.8]	3,024
HOUSEHOLD INCOME						
Less than \$25,000	42.7	[39.3,46.2]	463,851	56.2	[52.6,59.8]	610,517
\$25,000-\$49,999	51.8	[47.4,56.2]	348,159	67.3	[63.1,71.3]	452,293
\$50,000-\$74,999	56.0	[50.7,61.1]	221,877	76.2	[71.4,80.5]	302,141
\$75,000 or more	52.2	[48.7,55.6]	433,353	76.8	[73.7,79.6]	637,318
Don't know/No answer	40.9	[36.4,45.5]	250,307	51.8	[47.1,56.4]	317,128

Exercise

Analysis of Section 11 ("Exercise") of the 2015 BRFSS Questionnaire

Whether measured against absolute measures (such as recommended health guidelines) or relative measures (such as comparisons to other states), Louisiana does not stack up well when it comes to exercise.

Louisiana adults do not get enough physical activity to meet recommended guidelines for aerobic or muscular health. While most Louisiana adults (59.9 percent) engage in physical activity beyond what is required for their jobs, few meet recommended guidelines either for aerobic conditioning (37.8 percent) or strength conditioning (23.9 percent). Barely more than one in eight (14.7 percent) meet both aerobic and strength conditioning guidelines.

Generally, Louisiana residents get less exercise than their peers across the country. Nationally, 66.2 percent of adults engage in physical activity outside work, 43.6 percent meet recommendations for aerobic

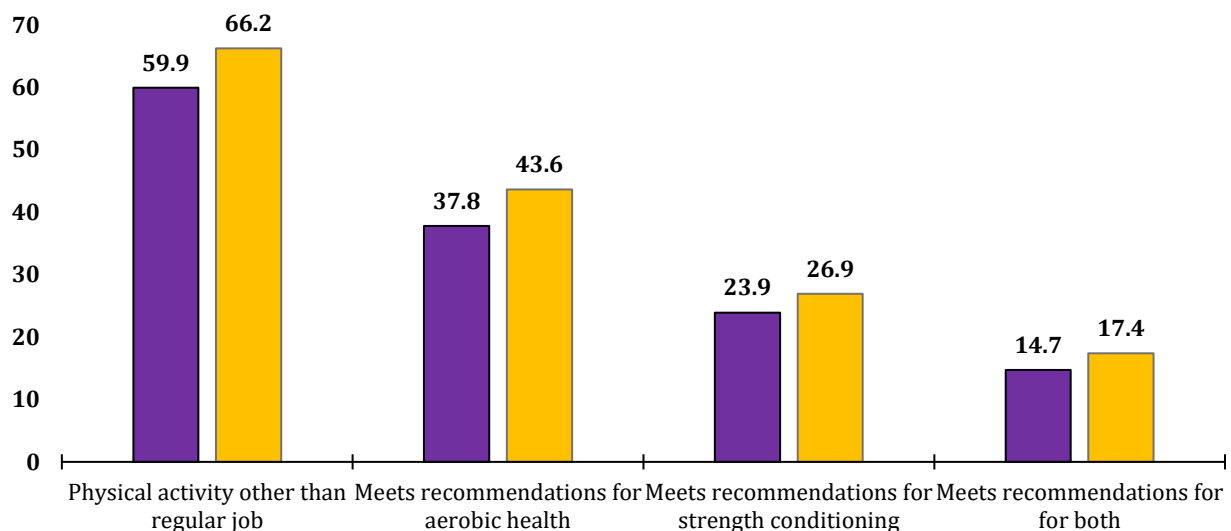
conditioning, 26.9 percent meet recommendations for strength conditioning, and 17.4 percent meet recommendations for both.

Exercise is strongly correlated with both education and income. The share reporting any exercise rises from 51.6 percent in the bottom 30 percent of household incomes to 74.0 percent in the top 30 percent of household incomes. Similarly, individuals in these higher earning households are twice as likely to meet both aerobic and strength conditioning recommendations as individuals in these lower earning households.

There are also gender and age gaps. Men get more exercise and are more likely to meet guidelines than women. Physical activity – as well as meeting recommended guidelines for amounts of activity – drops significantly with age.

Few Residents of Louisiana Meet Exercise Recommendations

Percent reporting various forms of exercise or physical activity



2017 Behavioral Risk Factor Surveillance System

Table 15a: Exercise

	Engaged in physical activity other than job in past month			Meet recommended guidelines for aerobic health		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
Total	59.9	[58.1,61.7]	2,153,760	37.8	[36.1,39.6]	1,359,983
AGE						
18-24	65.8	[59.3,71.7]	299,739	38.9	[32.8,45.4]	177,456
25-34	62.3	[57.6,66.8]	414,647	37.6	[33.0,42.4]	250,198
35-44	59.6	[54.7,64.3]	351,663	36.9	[32.5,41.6]	218,151
45-54	55.3	[50.8,59.7]	317,255	33.4	[29.6,37.4]	191,655
55-64	58.7	[54.9,62.4]	353,768	37.4	[33.9,41.2]	225,581
65 and over	58.8	[55.5,62.0]	416,688	41.9	[38.7,45.2]	296,941
GENDER						
Male	61.4	[58.6,64.0]	1,062,245	40.2	[37.5,42.9]	695,870
Female	58.4	[56.0,60.9]	1,087,209	35.7	[33.4,38.1]	664,113
Refused	83.9	[24.5,98.8]	4,307	---	---	---
RACE-ETHNICITY						
White, Non-Hispanic	63.0	[60.9,65.0]	1,346,386	41.8	[39.7,43.9]	893,015
Black, Non-Hispanic	52.8	[49.0,56.6]	568,529	29.5	[26.2,33.0]	317,673
Hispanic	68.0	[57.7,76.9]	108,734	45.8	[35.1,56.8]	73,143
Other, Non-Hispanic	62.6	[51.8,72.3]	100,178	37.8	[28.2,48.4]	60,449
Don't know/No answer	49.2	[37.7,60.8]	29,932	25.8	[17.0,37.2]	15,703
EDUCATION						
Did not graduate HS	46.4	[40.8,52.2]	280,348	27.4	[22.4,33.0]	165,346
HS diploma/equivalent	54.7	[51.5,57.9]	663,146	34.0	[31.1,37.0]	411,605
Some college/2-year college degree	63.7	[60.5,66.8]	656,950	40.9	[37.6,44.3]	422,059
4-year college degree or higher	74.1	[71.4,76.7]	551,833	48.4	[45.3,51.4]	360,145
Don't know/No answer	26.9	[6.4,66.4]	1,484	15.0	[2.0,60.0]	828
HOUSEHOLD INCOME						
Less than \$25,000	51.6	[48.0,55.1]	559,945	31.3	[28.2,34.5]	339,720
\$25,000-\$49,999	58.4	[54.0,62.7]	392,528	37.3	[33.2,41.5]	250,295
\$50,000-\$74,999	70.7	[65.8,75.2]	280,194	43.3	[38.1,48.6]	171,541
\$75,000 or more	74.0	[70.8,76.9]	614,188	49.9	[46.4,53.3]	414,192
Don't know/No answer	50.1	[45.5,54.7]	306,905	30.1	[25.7,34.8]	184,236

Table 15b: Exercise

	Meet recommended guidelines for strength conditioning			Meet recommended guidelines for aerobic health & strength		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
Total	23.9	[22.3,25.6]	859,228	14.7	[13.4,16.1]	527,638
AGE						
18-24	36.8	[30.5,43.5]	167,590	22.1	[17.1,28.1]	100,862
25-34	27.2	[23.0,31.8]	180,951	16.2	[12.7,20.3]	107,631
35-44	25.6	[21.7,30.0]	151,395	15.7	[12.7,19.2]	92,618
45-54	21.0	[17.8,24.5]	120,483	13.3	[10.7,16.2]	76,055
55-64	19.6	[16.7,22.9]	118,061	11.7	[9.4,14.4]	70,347
65 and over	17.0	[14.8,19.6]	120,748	11.3	[9.5,13.5]	80,125
GENDER						
Male	27.8	[25.3,30.4]	480,802	17.0	[14.9,19.2]	293,953
Female	20.1	[18.1,22.3]	374,119	12.6	[11.0,14.3]	233,685
Refused	83.9	[24.5,98.8]	4,307	---	---	---
RACE-ETHNICITY						
White, Non-Hispanic	23.4	[21.6,25.2]	499,537	14.9	[13.4,16.4]	318,059
Black, Non-Hispanic	23.0	[19.7,26.7]	248,161	13.0	[10.6,15.9]	140,001
Hispanic	33.5	[24.0,44.6]	53,553	21.8	[13.9,32.6]	34,863
Other, Non-Hispanic	29.4	[20.2,40.5]	46,955	17.1	[9.7,28.4]	27,404
Don't know/No answer	18.1	[10.8,28.9]	11,022	12.0	[5.9,22.8]	7,311
EDUCATION						
Did not graduate HS	16.4	[11.9,22.1]	98,747	8.8	[5.5,13.9]	53,212
HS diploma/equivalent	20.1	[17.6,22.9]	243,526	11.4	[9.6,13.6]	138,745
Some college/2-year college degree	28.1	[25.0,31.4]	289,992	17.2	[14.7,20.1]	177,735
4-year college degree or higher	30.5	[27.7,33.4]	226,963	21.2	[18.8,23.9]	157,946
Don't know/No answer	---	---	---	---	---	---
HOUSEHOLD INCOME						
Less than \$25,000	18.5	[15.7,21.6]	200,688	10.2	[8.3,12.6]	111,125
\$25,000-\$49,999	23.5	[19.8,27.7]	158,028	13.1	[10.5,16.1]	87,712
\$50,000-\$74,999	31.2	[26.4,36.5]	123,678	17.2	[13.5,21.5]	68,009
\$75,000 or more	31.9	[28.7,35.2]	264,590	22.9	[20.0,26.0]	189,883
Don't know/No answer	18.3	[14.5,22.8]	112,243	11.6	[8.3,16.0]	70,908

Seat Belt Use

Analysis of Section 14 ("Seatbelt Use") of the 2017 BRFSS Questionnaire

Three quarters of Louisiana adults (76.3 percent) report that they always wear their seatbelt when riding in a car. This is just slightly under the share of American adults who say they always wear a seat belt while riding in a car (79.0 percent).

There are significant differences across age, gender, race, and groups. Just two thirds of 18-24 year olds always wear their seat belts, but the share rises over 80 percent among individuals who are 55 years or older.

Women (80.1 percent) are more likely than men (72.2 percent) to buckle up every time they ride in a car.

A larger share of whites (19.9 percent) than blacks (68.7 percent) always wear their seatbelt.

The difference between those without a high school diploma and those with a college degree is 10.7 percentage points.

Table 16: Seat Belt Use

	Always wears seatbelt		
	%	95% CI	Est. Pop.
Total	76.3	[74.6,77.9]	2,742,643
AGE			
18-24	67.4	[60.7,73.4]	307,055
25-34	72.7	[68.3,76.8]	484,094
35-44	74.8	[70.2,79.0]	441,849
45-54	75.1	[71.1,78.7]	430,899
55-64	83.1	[80.0,85.7]	500,441
65 and over	81.6	[78.8,84.1]	578,306
GENDER			
Male	72.2	[69.5,74.6]	1,249,238
Female	80.1	[77.8,82.1]	1,489,099
Refused	83.9	[24.5,98.8]	4,307
RACE-ETHNICITY			
White, Non-Hispanic	79.9	[78.1,81.6]	1,708,635
Black, Non-Hispanic	68.7	[64.8,72.2]	739,731
Hispanic	82.0	[72.3,88.8]	131,026
Other, Non-Hispanic	72.8	[62.7,80.9]	116,389
Don't know/No answer	77.1	[65.4,85.6]	46,863
EDUCATION			
Did not graduate HS	71.3	[65.7,76.2]	430,171
HS diploma/equivalent	73.8	[70.8,76.6]	894,294
Some college/2-year college degree	78.0	[75.0,80.8]	804,732
4-year college degree or higher	82.0	[79.5,84.3]	610,422
Don't know/No answer	54.9	[21.0,84.8]	3,024
HOUSEHOLD INCOME			
Less than \$25,000	74.8	[71.4,78.0]	812,527
\$25,000-\$49,999	76.8	[72.6,80.6]	516,133
\$50,000-\$74,999	81.3	[76.6,85.2]	322,116
\$75,000 or more	82.7	[79.9,85.2]	686,523
Don't know/No answer	66.2	[61.7,70.4]	405,344

Immunizations

Analysis of Section 15 ("Immunization") of the 2017 BRFSS Questionnaire

Influenza (the flu) is a contagious respiratory illness caused by influenza viruses. Each year, an estimated 10-20 percent of the population contracts the influenza virus, causing mild to severe illness. The flu is especially threatening for children and the elderly. Pneumonia is also a particularly dangerous threat for the elderly. The best protection in each case is vaccination.

Only about a third of Louisiana adults received vaccination against the flu in the past year. Although flu vaccination varies by gender, race, and socio-economic status, the largest gap occurs across age groups. Relatively few adults under the age of 35 receive vaccination, but a majority of the elderly adult population in Louisiana (54.4 percent) received vaccination.

A majority of Louisiana's elderly population has also received vaccination against pneumonia (58.7 percent).

Although the rate of flu vaccination for all adults in Louisiana lags behind the national rate, vaccination among the state's elderly population – both for flu and pneumonia – are comparable to national rates.

The 2017 BRFSS also includes a question for respondents at least 49 years of age asking if they have ever received the shingles or zoster vaccination. Just under one quarter of adults in this age group in Louisiana have received the shingles vaccine.

Table 17a: Immunizations

	Flu vaccine in past year			Flu vaccine in past year*		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
Total	34.6	[32.8,36.4]	1,061,878	54.4	[50.9,57.8]	337,341
AGE						
18-24	26.8	[21.3,33.1]	101,773	---	---	---
25-34	23.3	[19.4,27.7]	129,651	---	---	---
35-44	27.4	[23.1,32.1]	136,166	---	---	---
45-54	30.3	[26.2,34.8]	146,976	---	---	---
55-64	39.4	[35.5,43.4]	209,971	---	---	---
65 and over	54.4	[50.9,57.8]	337,341	54.4	[50.9,57.8]	337,341
GENDER						
Male	31.2	[28.6,34.0]	460,141	45.4	[40.2,50.6]	147,167
Female	37.7	[35.3,40.2]	601,736	44.4	[40.3,48.5]	188,593
Refused	---	---	---	---	---	---
RACE-ETHNICITY						
White, Non-Hispanic	37.8	[35.6,40.0]	706,588	49	[45.3,52.8]	254,132
Black, Non-Hispanic	30.3	[26.8,34.0]	264,436	38.6	[31.3,46.5]	63,420
Hispanic	24.2	[15.8,35.2]	34,567	40.2	[15.8,70.7]	4,915
Other, Non-Hispanic	32.1	[23.3,42.4]	43,484	30.7	[18.9,45.6]	9,056
Don't know/No answer	25.6	[16.1,38.3]	12,803	16.2	[8.0,30.1]	4,237
EDUCATION						
Did not graduate HS	30.7	[25.6,36.4]	154,816	36.6	[28.1,45.9]	52,813
HS diploma/equivalent	30.8	[27.8,33.9]	309,745	47.7	[42.2,53.3]	122,496
Some college/2-year college degree	34.6	[31.3,38.0]	310,713	45.4	[39.3,51.7]	82,278
4-year college degree or higher	43.4	[40.3,46.7]	286,604	47.5	[42.1,52.9]	78,172
Don't know/No answer	---	---	---	---	---	---
HOUSEHOLD INCOME						
Less than \$25,000	31.2	[28.0,34.6]	288,533	45.2	[39.1,51.5]	98,378
\$25,000-\$49,999	33.0	[28.8,37.4]	195,600	45.3	[38.4,52.3]	70,963
\$50,000-\$74,999	37.6	[32.5,43.0]	135,160	52.9	[43.6,62.0]	41,175
\$75,000 or more	37.5	[34.1,41.0]	278,016	51.9	[44.1,59.5]	54,678
Don't know/No answer	36.4	[31.5,41.6]	164,568	36.6	[30.5,43.3]	70,565

* Among those 65 years or older

Table 17b: Immunizations

	Pneumonia vaccine*			Shingles vaccine^		
	%	95% CI	Est. Pop.	%	95% CI	Est. Pop.
Total	58.7	[55.4,61.9]	440,429	22.5	[20.6,24.5]	319,068
AGE						
18-24	---	---	---	---	---	---
25-34	---	---	---	---	---	---
35-44	---	---	---	---	---	---
45-54	---	---	---	4.7	[3.0,7.3]	13,695
55-64	---	---	---	14.8	[12.2,17.8]	76,825
65 and over	58.7	[55.4,61.9]	440,429	37.1	[33.8,40.5]	228,547
GENDER						
Male	56.5	[51.2,61.6]	183,222	19.4	[16.7,22.5]	126,758
Female	60.5	[56.2,64.6]	257,207	25.1	[22.5,27.9]	192,310
Refused	---	---	---	---	---	---
RACE-ETHNICITY						
White, Non-Hispanic	64	[60.3,67.6]	331,798	26.4	[24.0,28.9]	254,919
Black, Non-Hispanic	47.6	[39.8,55.5]	78,068	13.0	[9.8,17.0]	45,145
Hispanic	56.7	[25.5,83.3]	6,921	18.7	[8.2,37.2]	6,010
Other, Non-Hispanic	43.2	[28.2,59.6]	12,759	16.1	[9.0,27.1]	7,601
Don't know/No answer	41.7	[26.8,58.3]	10,883	21.1	[10.3,38.5]	5,393
EDUCATION						
Did not graduate HS	53.1	[43.5,62.5]	76,777	15.3	[10.9,21.0]	39,060
HS diploma/equivalent	58.6	[53.1,63.9]	150,435	22.3	[19.0,26.0]	109,068
Some college/2-year college degree	59.7	[53.3,65.8]	108,218	22.0	[18.5,25.9]	81,137
4-year college degree or higher	62.5	[57.0,67.7]	102,893	29.3	[25.7,33.1]	88,524
Don't know/No answer	69.6	[26.6,93.5]	2,107	51.7	[8.4,92.6]	1,278
HOUSEHOLD INCOME						
Less than \$25,000	60.8	[54.3,66.9]	132,254	19.6	[16.2,23.5]	82,275
\$25,000-\$49,999	64.7	[57.7,71.1]	101,356	23.7	[19.5,28.5]	67,240
\$50,000-\$74,999	71	[61.9,78.7]	55,280	23.3	[18.2,29.2]	40,507
\$75,000 or more	64.4	[56.7,71.4]	67,855	22.3	[18.6,26.4]	72,399
Don't know/No answer	43.5	[36.9,50.3]	83,684	26.4	[21.3,32.1]	56,647

* Among those 65 years or older ^ Among those 49 years or older

HIV/AIDS Screening

Analysis of Section 16 ("HIV/AIDS") of the 2017 BRFSS Questionnaire

According to recent Center for Disease Control estimates, Baton Rouge and New Orleans rank near the top the list of United States cities for frequency of new AIDS cases each year. One of the most effective ways to monitor HIV/AIDS is to receive regular testing.

Louisiana's adults are just as likely as the national adult population to have been tested for HIV. The share in Louisiana is 39.2 percent, while nationally the share is 38.4 percent. Until recently, Louisiana had a higher rate of testing versus the nation as a whole. That gap has disappeared in 2017, but this is because of increasing testing outside of Louisiana rather than a decline of testing in Louisiana.

HIV testing is associated with age, household income and race. Adults between the ages of 25 and 44 are the most likely to have been tested, with approximately three in five saying they have been tested. A lower share of 18-24 year olds have been tested for HIV (36.7 percent), but the least likely age groups to have been tested are age 55 to 64 (31.2 percent) and age 65 or older (12.9 percent).

Nearly half of adults (45.7 percent) in the bottom 30 percent of the distribution of household income in Louisiana have been tested for HIV. The likelihood of having been tested declines further up the income ladder: 36.8 percent of adults with household income in the top 30 percent of the state (\$75,000 or more) have been tested.

Less than a third of whites (30.3 percent) in Louisiana have been tested for HIV, but more than half of blacks (58.3 percent) have been tested. The racial gap does not simply reflect differences in average household income across these groups. Even when statistically accounting for socioeconomic and demographic differences between whites and blacks in the state, blacks are 28.1 percentage points more likely to have been tested.

Table 18: HIV Testing

	Ever tested for HIV		
	%	95% CI	Est. Pop.
Total	39.2	[37.2,41.2]	1,188,889
AGE			
18-24	36.7	[29.7,44.2]	136,976
25-34	54.1	[48.8,59.3]	296,069
35-44	62.0	[56.9,66.9]	303,392
45-54	43.4	[38.8,48.2]	208,261
55-64	31.2	[27.5,35.1]	164,350
65 and over	12.9	[10.8,15.4]	79,841
GENDER			
Male	37.6	[34.7,40.6]	546,429
Female	40.7	[38.1,43.4]	642,460
Refused	---	---	---
RACE-ETHNICITY			
White, Non-Hispanic	30.3	[28.2,32.4]	560,336
Black, Non-Hispanic	58.3	[54.1,62.4]	502,767
Hispanic	37.9	[27.3,49.8]	51,669
Other, Non-Hispanic	43.0	[32.4,54.3]	57,654
Don't know/No answer	33.0	[21.7,46.6]	16,463
EDUCATION			
Did not graduate HS	42.0	[35.8,48.4]	209,761
HS diploma/equivalent	35.2	[31.8,38.6]	348,058
Some college/2-year college degree	43.1	[39.5,46.8]	383,076
4-year college degree or higher	38.1	[34.9,41.3]	247,994
Don't know/No answer	---	---	---
HOUSEHOLD INCOME			
Less than \$25,000	45.7	[41.9,49.6]	416,788
\$25,000-\$49,999	38.0	[33.4,42.8]	223,541
\$50,000-\$74,999	38.4	[33.0,44.1]	136,996
\$75,000 or more	36.8	[33.4,40.3]	269,252
Don't know/No answer	32.0	[27.0,37.4]	142,312

Family Planning

Analysis of Module 17 (“Preconception Health/Family Planning”) of the 2017 BRFSS Questionnaire

In 2017, the Louisiana Department of Health included the optional “Preconception Health / Family Planning” module in the data collection for Behavioral Risk Factor Surveillance System in the state. The module ask women who are younger than fifty, have not had a hysterectomy, and are not pregnant about their birth control practices.

Specifically, the survey asks whether these women use any form of birth control and a follow up based on responses to this question. If a woman reports using birth control, the survey asks about the form used. If a woman does not use birth control, the survey asks why not.

Responses analyzed in this section are for women who are sexually active with a male partner and who meet the qualifications described above (under the age of fifty, have not had a hysterectomy, and are not currently pregnant).

Half of these women, or their partner, used some sort of birth control to prevent pregnancy the last time they engaged in intercourse. Taking measures to prevent pregnancy during intercourse is more common among younger women and more highly educated women.

The most common forms of pregnancy prevention among these women and their partners are male condoms (37.7 percent) and birth control pills (30.2 percent).

The most common reasons named for not using pregnancy prevention methods during intercourse are prior sterilization (21.5 percent) and belief that the respondent cannot get pregnant due to age, infertility, etc. (15.6 percent). Among Louisiana women who are under fifty years old, currently sexually active with a male partner, and do not use pregnancy prevention methods for intercourse (and neither have had a hysterectomy nor are currently pregnant), only 6.9 percent are trying to get pregnant.

Table 19: Family Planning

	Preventing pregnancy*		
	%	95% CI	Est. Pop.
Total	50.2	[45.4,55.0]	304,557
AGE			
18-24	70.1	[56.7,80.7]	93,162
25-34	54.8	[46.6,62.8]	113,285
35-44	38.6	[31.4,46.3]	74,653
45-54	31.7	[23.5,41.2]	23,456
65 and over	---	---	---
GENDER			
Male	---	---	---
Female	50.2	[45.4,55.0]	304,557
Refused	---	---	---
RACE-ETHNICITY			
White, Non-Hispanic	52.7	[46.9,58.5]	170,389
Black, Non-Hispanic	47.1	[38.3,56.0]	105,790
Hispanic	51.9	[28.3,74.7]	16,367
Other, Non-Hispanic	42.4	[23.4,64.0]	8,896
Don't know/No answer	47.1	[15.9,80.8]	3,114
EDUCATION			
Did not graduate HS	37.4	[20.6,57.8]	29,728
HS diploma/equivalent	43.1	[34.4,52.1]	74,666
Some college/2-year college degree	57.1	[49.3,64.6]	116,756
4-year college degree or higher	56.1	[48.9,63.1]	83,408
Don't know/No answer	---	---	---
HOUSEHOLD INCOME			
Less than \$25,000	44.7	[36.2,53.6]	96,997
\$25,000-\$49,999	47.9	[37.4,58.7]	56,742
\$50,000-\$74,999	60.7	[47.6,72.4]	32,348
\$75,000 or more	50.6	[42.1,59.0]	73,000
Don't know/No answer	61.3	[44.9,75.5]	45,470

* Among women under the age of 50, have not had a hysterectomy, are not currently pregnant, and are sexually active with a male partner.

About the BRFSS

The Behavioral Risk Factor Surveillance System (BRFSS) is a state-based system of health surveys that collects information on health risk behaviors, preventive health practices, and health care access primarily related to chronic disease and injury. For many states, the BRFSS is the only available source of timely and accurate data on health-related behaviors.

BRFSS was established in 1984 by the U.S. Centers for Disease Control and Prevention (CDC); currently, data is collected monthly in all 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands and Guam. More than 350,000 adults are interviewed each year, making the BRFSS the largest telephone health survey in the world. States use BRFSS data to identify emerging health problems, establish and track health objectives, develop and evaluate public health policies and programs. Many states also use BRFSS data to support health-related legislative efforts.

Methodology

In this report, we present the findings from the 2017 BRFSS survey for the state of Louisiana. The findings are based on 4,809 weighted participants who were interviewed on either landline or cellular telephones. As has been widely noted, the cell phone only population has grown remarkably over the last several years. In 2017, the best available estimates placed the cell only population at over 30% and rapidly growing. Importantly, the cell-only population is also comprised of many hard to reach demographic groups – younger residents, minority residents, and those living in households with unrelated adults. Incorporating cell phones into the BRFSS methodology assures that the cell only population is part of the sampling frame and minimizes the potential for coverage bias. The combined response rate for the 2017 BRFSS in Louisiana is 34.0 percent.

Weighting is a statistical tool that adjusts the sample to reflect probabilities of selection and participation as well as to ensure the demographic makeup of the sample reflects known distributions among the population. The BRFSS uses an iterative “raking” procedure to reduce nonresponse error.

In this report, demographic analyses are based on participant responses and imputed values for age, gender, race, ethnicity, and education in cases when participants failed to provide a response. The CDC conducted the imputation procedure. Missing values for household income, however, are retained because the CDC did not impute values for this demographic variable.

The content of the 2017 BRFSS questionnaire was the result of extensive collaborations between experts from federal, state and independent organizations. It consists of four major components: core questions, rotating core questions, optional questions and state-added questions. Core, rotating core and optional questions are standardized and are comparable across states. These questions can also be merged to provide national estimates. Core questions form the basis of the BRFSS and are generally used by each state. The rotating core questions are also asked in each state but are only used on a biennial basis. The optional module section consists of groups of questions supported by the CDC that each state may include in the questionnaire. State-added questions are optional and added based on priority data needs.

All of the content is developed with the goal of providing federal and state officials with viable estimates of prevalence rates for chronic diseases and associated risk factors. Because the BRFSS encompasses many different topics and questions, the validity may vary for some sections or modules within the survey. In reporting the findings, some categories may be excluded from the analysis if the sample size is relatively small and estimates cannot be computed with a reasonable degree of confidence.

More details on BRFSS methodology for collecting and weighting data are available at:

https://www.cdc.gov/brfss/annual_data/2017/pdf/overview-2017-508.pdf
https://www.cdc.gov/brfss/annual_data/2017/pdf/weighting-2017-508.pdf
https://www.cdc.gov/brfss/annual_data/2017/pdf/2017-sdqr-508.pdf

A copies of the instrument and codebooks are available at:

https://www.cdc.gov/brfss/questionnaires/pdf-ques/2017_BRFSS_Pub_Ques_508_tagged.pdf
https://www.cdc.gov/brfss/annual_data/2017/pdf/codebook17_llcp-v2-508.pdf

About the Public Policy Research Lab

Louisiana State University's Public Policy Research Lab (PPRL) is a research center dedicated to high quality, state-of-the-art data collection and analytics, with a special emphasis on survey research. PPRL is a joint effort of the Manship School of Mass Communication's Reilly Center for Media and Public Affairs and the College of Humanities and Social Sciences.

PPRL provides a variety of services including survey research, 'big data' analytics, social media tracking, and focus group interviews. The Lab is primarily known for its telephone survey work. PPRL has more than 50 computer-assisted telephone interview call stations and a corps of highly-trained, well-supervised professional callers. It is one of the largest phone survey data collection facilities in the Southeastern Conference.

The Lab is dedicated to meeting the unique goals and objectives for each project by working closely with those seeking data, research expertise, or analysis. PPRL's clients have included: the federal Center for Disease Control and Prevention, the Louisiana Department of Health and Hospitals, the Louisiana Department of Labor, Louisiana Public Broadcasting, the Mississippi-Alabama Sea Grant Consortium, and the Baton Rouge Area Foundation.

More information on previous surveys may be found at: www.pprllsu.edu