

2013 Behavioral Health Risks



WWW.STATE.PA.US

of Pennsylvania Adults



2013
BEHAVIORAL HEALTH RISKS
of PENNSYLVANIA ADULTS

**A Report of Data Collected During 2013 for the
Behavioral Risk Factor Surveillance System**

December 2014

Bureau of Health Statistics and Research
Pennsylvania Department of Health
555 Walnut St., 6th Floor
Harrisburg, PA 17101-1914

Introduction

Nearly half of all deaths occurring annually are the result of modifiable behavioral risk factors (McGinnis, 1993). These risk factors include uncontrolled hypertension, diabetes, smoking, physical inactivity, poor diet, alcohol abuse, violence and risky sexual behavior. It has been estimated that control of fewer than 10 risk factors could prevent between 40 and 70 percent of all premature deaths, a third of all cases of acute disability and two-thirds of all cases of chronic disability (Sullivan, 1991).

In an effort to measure and address these health issues, the Centers for Disease Control and Prevention (CDC) implemented the Behavioral Risk Factor Surveillance System (BRFSS) in the mid-1980s with 15 states. The BRFSS survey consists of telephone interviews using randomly generated telephone numbers to determine the households contacted. The survey contains a core set of questions provided by CDC to gather comprehensive, standard information nationwide. The questions asked concern health status, access to health care, health awareness, use of preventive services, and knowledge and attitude assessment.

The BRFSS now includes all 50 states, three territories and the District of Columbia, comprising the largest ongoing telephone health survey in the world. The Pennsylvania Department of Health has been participating in the BRFSS since 1989.

The BRFSS survey results provide valuable tools in measuring health trends, assessing chronic disease risk and monitoring the effectiveness of policies, programs and awareness campaigns. The information obtained from the data is used to guide health policy decisions, monitor progress toward achieving national year 2020 health objectives, propose and support legislation, develop public awareness strategies, and identify critical areas for future attention.

Since sample data were used in this report, it was necessary to use weighted data for calculating percentages. This was done to adjust for under-representation of certain population subgroups in the sample. Confidence intervals (at the 95 percent level) were also calculated and shown for percentages to provide a basis for quality analysis and comparability. Please review the Technical Notes section in the back of this report for more thorough discussions of these and other data concerns.

The Bureau of Health Statistics and Research welcomes comments on the content and format of this report and the data. Copies of BRFSS data and additional statistics are available upon request.

Please direct all comments, questions and requests for data to:

**Bureau of Health Statistics and Research
Pennsylvania Department of Health
555 Walnut St., 6th Floor
Harrisburg, PA 17101-1914
Telephone: 717-783-2548
FAX: 717-772-3258**

This report and many other health statistics are available on the Bureau of Health Statistics and Research section of the Department's website at <http://www.health.state.pa.us/stats>.

Table of Contents

	Page
List of Tables	2
List of Figures	3
Survey Highlights:	
General Health	4
Health Care Access	8
Inadequate Sleep	11
Hypertension Awareness	13
Cholesterol Awareness	15
Chronic Health Conditions – Cardiovascular Disease	18
Chronic Health Conditions - Asthma	20
Chronic Health Conditions - Cancer	22
Chronic Health Conditions – COPD, Arthritis, Depression and Kidney Disease	24
Chronic Health Conditions - Diabetes	28
Overweight and Obese	30
Exercise	32
Physical Impairments	36
Physical Impairments (continued).....	39
Tobacco Use	43
Alcohol Consumption.....	46
Fruits and Vegetables	48
Arthritis Burden	51
Seatbelt Use	54
Immunization.....	57
HIV/AIDS.....	60
Healthy People 2020.....	62
Technical Notes	64
Synthetic Estimation Process for Local Data.....	71
References.....	73

List of Tables

	Page
Table 1 Health Status, Pennsylvania Adults, 2013.....	7
Table 2 Health Care Access, Pennsylvania Adults, 2013.....	10
Table 3 Inadequate Sleep, Pennsylvania Adults, 2013.....	12
Table 4 Hypertension Awareness, Pennsylvania Adults, 2013	14
Table 5 Cholesterol Awareness, Pennsylvania Adults, 2013	17
Table 6 Cardiovascular Disease, Pennsylvania Adults, Age 35 and Older, 2013.....	19
Table 7 Asthma, Pennsylvania Adults, 2013	21
Table 8 Cancer, Pennsylvania Adults, 2013	23
Table 9 COPD, Arthritis, Depression, Kidney Disease, Pennsylvania Adults, 2013	27
Table 10 Diabetes, Pennsylvania Adults, 2013.....	29
Table 11 Overweight and Obese, Pennsylvania Adults, 2013.....	31
Table 12 Exercise, Pennsylvania Adults, 2013.....	35
Table 13 Physical Impairments, Pennsylvania Adults, 2013.....	38
Table 14 Physical Impairments, Pennsylvania Adults, 2013.....	42
Table 15 Tobacco Use, Pennsylvania Adults, 2013.....	45
Table 16 Alcohol Consumption, Pennsylvania Adults, 2013.....	47
Table 17 Fruits and Vegetables, Pennsylvania Adults, 2013.....	50
Table 18 Arthritis Burden, Pennsylvania Adults, 2013	53
Table 19 Seatbelt Use, Pennsylvania Adults, 2013.....	56
Table 20 Immunization, Pennsylvania Women, 2013.....	59
Table 21 HIV/AIDS, Pennsylvania Adults, Age 18-64, 2013.....	61

List of Figures

	Page
Figure 1A General Health Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2013	7
Figure 1B Fair or Poor General Health, Pennsylvania Health Districts, 2013	7
Figure 2A No Health Insurance Prevalence per 1,000 Pennsylvania Population, Age 18-64, Pennsylvania Adults, 2011-2013	10
Figure 2B No Health Insurance, Ages 18-64, Pennsylvania Health Districts, 2013	10
Figure 3 Average 6 or Fewer Hours of Sleep in a 24-Hour Period, Pennsylvania Health Districts, 2013	12
Figure 4A High Blood Pressure Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2013	14
Figure 4B Ever Told They Have High Blood Pressure, Pennsylvania Health Districts, 2013	14
Figure 5A Cholesterol Awareness Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2013....	17
Figure 5B Ever Told They Have High Blood Cholesterol, Pennsylvania Health Districts, 2013.....	17
Figure 6A Cardiovascular Disease Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, Age 35+, 2011-2013	19
Figure 6B Ever Told They Had a Heart Attack, Age 35+, Pennsylvania Health Districts, 2013	19
Figure 7A Asthma Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2013.....	21
Figure 7B Currently Have Asthma, Pennsylvania Health Districts, 2013.....	21
Figure 8A Cancer Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2013.....	23
Figure 8B Ever Had Skin Cancer, Pennsylvania Health Districts, 2013	23
Figure 9A Arthritis Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2013.....	27
Figure 9B Ever Told They Have Some Form of Arthritis, Pennsylvania Health Districts, 2013	27
Figure 10A Diabetes Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2013	29
Figure 10B Percent Ever Told They Have Diabetes, Pennsylvania Health Districts, 2013	29
Figure 11A Overweight and Obese Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2013	31
Figure 11B Overweight or (Overweight and Obese), Pennsylvania Health Districts, 2013	31
Figure 12A No Physical Activity in the Past Month Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2013	35
Figure 12B Participated in No Physical Activity in the Past Month, Pennsylvania Health Districts, 2013	35
Figure 13A Limited in Activity Due to Health Problems Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2013	38
Figure 13B Percent Limited in Activity Due to Health Problems, Pennsylvania Health Districts, 2013	38
Figure 14 Have Difficulty Walking or Climbing Stairs, Pennsylvania Health Districts, 2013.....	42
Figure 15A Tobacco Use Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2013.....	45
Figure 15B Current Smokers, Pennsylvania Health Districts, 2013	45
Figure 16A Chronic Drinking Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2013	47
Figure 16B At Risk for Problem Drinking, Pennsylvania Health Districts, 2013.....	47
Figure 17 Eat 5 or More Fruits or Vegetables Daily, Pennsylvania Health Districts, 2013.....	50
Figure 18A Usual Activities Limited Due to Arthritis or Joint Symptoms Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2013.....	53
Figure 18B Usual Activities Limited Due to Arthritis or Joint Symptoms, Pennsylvania Health Districts, 2013	53
Figure 19A Always Use a Seatbelt Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2013....	56
Figure 19B Always Use a Seatbelt When Driving or Riding in a Car, Pennsylvania Health Districts, 2013	56
Figure 20A Immunization Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2013	59
Figure 20B Had Seasonal Flu Shot or Seasonal Flu Vaccine Sprayed in Nose in Past Year, Pennsylvania Health Districts, 2013	59
Figure 21A Ever Tested for HIV, Except Blood Donation Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2013	61
Figure 21B Ever Tested for HIV, Except Blood Donation, Age 18-64, Pennsylvania Health Districts, 2013	61

General Health

How would you say your general health is?

- Seventeen percent of Pennsylvania adults responded “fair” or “poor”; 31 percent answered “good”; and 18 percent indicated their general health was “excellent.”

The following bullets describe the percentages of respondents who indicated they had “fair” or “poor” general health:

- Pennsylvania adults age 18-29 had a significantly lower percentage (9 percent, CI: 7-12) compared to Pennsylvania adults age 45-64 (19 percent, CI: 18-21) and adults age 65 and older (26 percent, CI: 24-28).
- Pennsylvania adults age 30-44 had a significantly lower percentage (12 percent, CI: 10-14) compared to Pennsylvania adults age 45-64 (19 percent, CI: 18-21) and adults age 65 and older (26 percent, CI: 24-28).
- Pennsylvania adults age 45-64 had a significantly lower percentage (19 percent, CI: 18-21) compared to Pennsylvania adults age 65 and older (26 percent, CI: 24-28).
- Pennsylvania adults with a high school education had a significantly lower percentage (19 percent, CI: 18-21) compared to Pennsylvania adults with less than a high school education (35 percent, CI: 31-39).
- Pennsylvania adults with some college education had a significantly lower percentage (14 percent, CI: 13-16) compared to Pennsylvania adults with less than a high school education (35 percent, CI: 31-39) and adults with a high school education (19 percent, CI: 18-21).
- Pennsylvania adults with a college degree had a significantly lower percentage (7 percent, CI: 6-8) compared to Pennsylvania adults with less than a high school education (35 percent, CI: 31-39), adults with a high school education (19 percent, CI: 18-21) and adults with some college education (14 percent, CI: 13-16).
- Pennsylvania adults with a household income of \$15,000 to \$24,999 had a significantly lower percentage (27 percent, CI: 25-30) compared to Pennsylvania adults with a household income of less than \$15,000 (39 percent, CI: 35-43).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (16 percent, CI: 14-18) compared to Pennsylvania adults with a household income of less than \$15,000 (39 percent, CI: 35-43) and adults with a household income of \$15,000 to \$24,999 (27 percent, CI: 25-30).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (11 percent, CI: 9-14) compared to Pennsylvania adults with a household income of less than \$15,000 (39 percent, CI: 35-43) and adults with a household income of \$15,000 to \$24,999 (27 percent, CI: 25-30).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (6 percent, CI: 5-7) compared to Pennsylvania adults with a household income of less than \$15,000 (39 percent, CI: 35-43), adults with a household income of \$15,000 to \$24,999 (27 percent, CI: 25-30), adults with a household income of \$25,000 to \$49,999 (16 percent, CI: 14-18) and adults with a household income of \$50,000 to \$74,999 (11 percent, CI: 9-14).
- Pennsylvania white, non-Hispanic adults had a significantly lower percentage (16 percent, CI: 15-17) compared to Pennsylvania black, non-Hispanic adults (25 percent, CI: 21-29).

General Health

In the past month, how many days was your physical health not good?

- Thirty-seven percent of Pennsylvania adults in 2013 responded that their physical health was not good at least one day in the past month.

The following bullets describe the percentages of respondents who indicated their physical health was not good at least one day in the past month:

- Pennsylvania men had a significantly lower percentage (34 percent, CI: 32-35) compared to Pennsylvania women (41 percent, CI: 39-43).
- Pennsylvania adults age 30-44 had a significantly lower percentage (35 percent, CI: 32-37) compared to Pennsylvania adults age 65 and older (40 percent, CI: 38-43).
- Pennsylvania adults with a college degree had a significantly lower percentage (32 percent, CI: 30-34) compared to Pennsylvania adults with less than a high school education (49 percent, CI: 44-54) and adults with a high school education (38 percent, CI: 36-40).
- Pennsylvania adults with a high school education had a significantly lower percentage (38 percent, CI: 36-40) compared to Pennsylvania adults with less than a high school education (49 percent, CI: 44-54).
- Pennsylvania adults with some college education had a significantly lower percentage (37 percent, CI: 34-39) compared to Pennsylvania adults with less than a high school education (49 percent, CI: 44-54).
- Pennsylvania adults with a household income of \$15,000 to \$24,999 had a significantly lower percentage (44 percent, CI: 41-48) compared to Pennsylvania adults with a household income of less than \$15,000 (57 percent, CI: 53-61).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (37 percent, CI: 35-40) compared to Pennsylvania adults with a household income of less than \$15,000 (57 percent, CI: 53-61) and adults with a household income of \$15,000 to \$24,999 (44 percent, CI: 41-48).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (35 percent, CI: 32-38) compared to Pennsylvania adults with a household income of less than \$15,000 (57 percent, CI: 53-61) and adults with a household income of \$15,000 to \$24,999 (44 percent, CI: 41-48).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (27 percent, CI: 25-29) compared to Pennsylvania adults with a household income of less than \$15,000 (57 percent, CI: 53-61), adults with a household income of \$15,000 to \$24,999 (44 percent, CI: 41-48), adults with a household income of \$25,000 to \$49,999 (37 percent, CI: 35-40) and adults with a household income of \$50,000 to \$74,999 (35 percent, CI: 32-38).
- Pennsylvania white, non-Hispanic adults had a significantly lower percentage (36 percent, CI: 35-37) compared to Pennsylvania black, non-Hispanic adults (44 percent, CI: 39-48).

In the past month, how many days was your mental health not good?

- Thirty-five percent of Pennsylvania adults in 2013 indicated that their mental health was not good at least one day in the past month.

The following bullets describe the percentages of respondents who indicated their mental health was not good at least one day in the past month:

- Pennsylvania men had a significantly lower percentage (30 percent, CI: 29-32) compared to Pennsylvania women (40 percent, CI: 39-42).
- Pennsylvania adults age 30-44 had a significantly lower percentage (39 percent, CI: 36-41) compared to Pennsylvania adults age 18-29 (47 percent, CI: 43-50).
- Pennsylvania adults age 45-64 had a significantly lower percentage (34 percent, CI: 32-36) compared to Pennsylvania adults age 18-29 (47 percent, CI: 43-50).
- Pennsylvania adults age 65 and older had a significantly lower percentage (24 percent, CI: 23-26) compared to Pennsylvania adults age 18-29 (47 percent, CI: 43-50), adults age 30-44 (39 percent, CI: 36-41) and adults age 45-64 (34 percent, CI: 32-36).
- Pennsylvania adults with a high school education had a significantly lower percentage (34 percent, CI: 33-36) compared to Pennsylvania adults with less than a high school education (42 percent, CI: 37-46).

General Health

In the past month, how many days was your mental health not good? (continued)

- Pennsylvania adults with a college degree had a significantly lower percentage (32 percent, CI: 30-34) compared to Pennsylvania adults with less than a high school education (42 percent, CI: 37-46) and adults with some college education (37 percent, CI: 35-39).
- Pennsylvania adults with a household income of \$15,000 to \$24,999 had a significantly lower percentage (44 percent, CI: 41-47) compared to Pennsylvania adults with a household income of less than \$15,000 (53 percent, CI: 49-57).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (33 percent, CI: 30-35) compared to Pennsylvania adults with a household income of less than \$15,000 (53 percent, CI: 49-57) and adults with a household income of \$15,000 to \$24,999 (44 percent, CI: 41-47).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (32 percent, CI: 29-35) compared to Pennsylvania adults with a household income of less than \$15,000 (53 percent, CI: 49-57) and adults with a household income of \$15,000 to \$24,999 (44 percent, CI: 41-47).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (28 percent, CI: 26-30) compared to Pennsylvania adults with a household income of less than \$15,000 (53 percent, CI: 49-57) and adults with a household income of \$15,000 to \$24,999 (44 percent, CI: 41-47).
- Pennsylvania white, non-Hispanic adults had a significantly lower percentage (34 percent, CI: 33-36) compared to Pennsylvania black, non-Hispanic adults (41 percent, CI: 37-46).

General Health

Figure 1A: General Health Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, by Type, 2011-2013

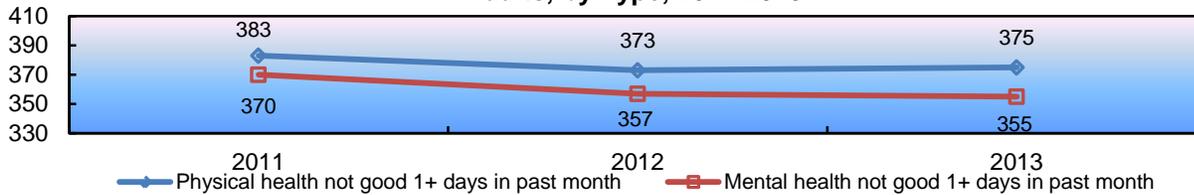


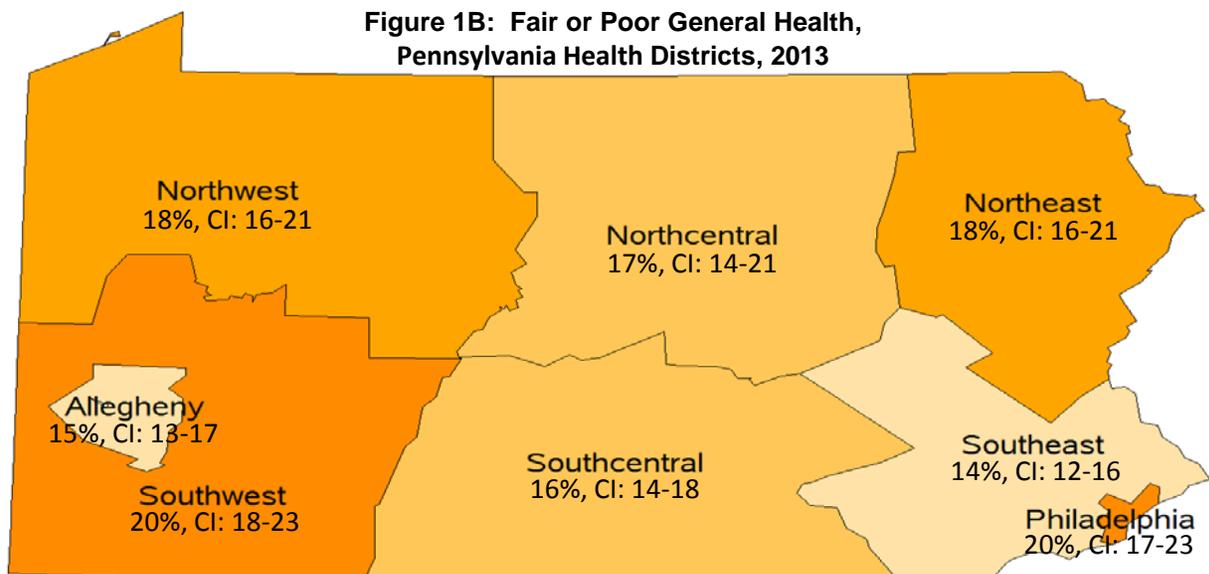
Table 1: Health Status, Pennsylvania Adults, 2013 (with 95% confidence intervals)

	Fair or Poor Health*		Physical Health Not Good 1+ Days Past Month*		Mental Health Not Good 1+ Days Past Month*	
	%	CI	%	CI	%	CI
All adults	17	16-18	37	36-39	35	34-37
Gender:						
Male	15	14-17	34	32-35	30	29-32
Female	19	17-20	41	39-43	40	39-42
Age:						
18-29	9	7-12	38	34-41	47	43-50
30-44	12	10-14	35	32-37	39	36-41
45-64	19	18-21	38	36-40	34	32-36
65+	26	24-28	40	38-43	24	23-26
Education:						
<High school	35	31-39	49	44-54	42	37-46
High school	19	18-21	38	36-40	34	33-36
Some college	14	13-16	37	34-39	37	35-39
College degree	7	6-8	32	30-34	32	30-34
Household income:						
<\$15,000	39	35-43	57	53-61	53	49-57
\$15,000 to \$24,999	27	25-30	44	41-48	44	41-47
\$25,000 to \$49,999	16	14-18	37	35-40	33	30-35
\$50,000 to \$74,999	11	9-14	35	32-38	32	29-35
\$75,000+	6	5-7	27	25-29	28	26-30
Race:						
White, non-Hispanic	16	15-17	36	35-37	34	33-36
Black, non-Hispanic	25	21-29	44	39-48	41	37-46
Hispanic	22	17-28	43	36-51	41	34-48

*Excludes missing, don't know and refused

Note: When comparing demographic estimates, confidence intervals that do not overlap indicate a significant difference.

Figure 1B: Fair or Poor General Health, Pennsylvania Health Districts, 2013



Health Care Access

Age 18-64: Do you have health care coverage:

- Fifteen percent of Pennsylvania adults age 18-64 responded “no” in 2013.

The following bullets describe the percentages of respondents who indicated they had no health care coverage:

- Pennsylvania women age 18-64 had a significantly lower percentage (13 percent, CI: 11-14) compared to Pennsylvania men age 18-64 (18 percent, CI: 16-19).
- Pennsylvania adults age 45-64 had a significantly lower percentage (11 percent, CI: 10-13) compared to Pennsylvania adults age 18-29 (21 percent, CI: 18-24) and adults age 30-44 (17 percent, CI: 15-19).
- Pennsylvania adults age 18-64 with a high school education had a significantly lower percentage (18 percent, CI: 17-20) compared to Pennsylvania adults age 18-64 with less than a high school education (32 percent, CI: 27-38).
- Pennsylvania adults age 18-64 with some college education had a significantly lower percentage (13 percent, CI: 12-15) compared to Pennsylvania adults age 18-64 with less than a high school education (32 percent, CI: 27-38) and adults age 18-64 with a high school education (18 percent, CI: 17-20).
- Pennsylvania adults age 18-64 with a college degree had a significantly lower percentage (6 percent, CI: 5-8) compared to Pennsylvania adults age 18-64 with less than a high school education (32 percent, CI: 27-38), adults age 18-64 with a high school education (18 percent, CI: 17-20) and adults age 18-64 with some college education (13 percent, CI: 12-15).
- Pennsylvania adults age 18-64 with a household income of \$25,000 to \$49,999 had a significantly lower percentage (17 percent, CI: 15-20) compared to Pennsylvania adults age 18-64 with a household income of less than \$15,000 (27 percent, CI: 23-32) and adults age 18-64 with a household income of \$15,000 to \$24,999 (31 percent, CI: 27-35).
- Pennsylvania adults age 18-64 with a household income of \$50,000 to \$74,999 had a significantly lower percentage (8 percent, CI: 6-10) compared to Pennsylvania adults age 18-64 with a household income of less than \$15,000 (27 percent, CI: 23-32), adults age 18-64 with a household income of \$15,000 to \$24,999 (31 percent, CI: 27-35) and adults age 18-64 with a household income of \$25,000 to \$49,999 (17 percent, CI: 15-20).
- Pennsylvania adults age 18-64 with a household income of \$75,000 or more had a significantly lower percentage (4 percent, CI: 3-5) compared to Pennsylvania adults age 18-64 with a household income of less than \$15,000 (27 percent, CI: 23-32), adults age 18-64 with a household income of \$15,000 to \$24,999 (31 percent, CI: 27-35), adults age 18-64 with a household income of \$25,000 to \$49,999 (17 percent, CI: 15-20) and adults age 18-64 with a household income of \$50,000 to \$74,999 (8 percent, CI: 6-10).
- Pennsylvania white, non-Hispanic adults age 18-64 had a significantly lower percentage (13 percent, CI: 12-14) compared to Pennsylvania black, non-Hispanic adults age 18-64 (22 percent, CI: 18-26) and Hispanic adults age 18-64 (29 percent, CI: 22-36).

Those without someone they consider a personal doctor or health care provider:

- Fourteen percent of Pennsylvania adults indicated in 2013 that they do not have someone that they consider to be a personal doctor or health care provider.
- Pennsylvania women had a significantly lower percentage (9 percent, CI: 8-10) compared to Pennsylvania men (20 percent, CI: 18-21).
- Pennsylvania adults age 30-44 had a significantly lower percentage (19 percent, CI: 17-21) compared to Pennsylvania adults age 18-29 (30 percent, CI: 27-33).
- Pennsylvania adults age 45-64 had a significantly lower percentage (9 percent, CI: 8-10) compared to Pennsylvania adults age 18-29 (30 percent, CI: 27-33) and adults age 30-44 (19 percent, CI: 17-21).
- Pennsylvania adults age 65 and older had a significantly lower percentage (3 percent, CI: 3-4) compared to Pennsylvania adults age 18-29 (30 percent, CI: 27-33), adults age 30-44 (19 percent, CI: 17-21) and adults age 45-64 (9 percent, CI: 8-10).
- Pennsylvania adults with some college education had a significantly lower percentage (13 percent, CI: 12-15) compared to Pennsylvania adults with less than a high school education (20 percent, CI: 16-24).
- Pennsylvania adults with a college degree had a significantly lower percentage (12 percent, CI: 10-13) compared to Pennsylvania adults with less than a high school education (20 percent, CI: 16-24).

Health Care Access

Those without someone they consider a personal doctor or health care provider: (continued)

- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (14 percent, CI: 12-16) compared to Pennsylvania adults with a household income of \$15,000 to \$24,999 (20 percent, CI: 18-23).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (10 percent, CI: 8-12) compared to Pennsylvania adults with a household income of less than \$15,000 (19 percent, CI: 16-23) and adults with a household income of \$15,000 to \$24,999 (20 percent, CI: 18-23).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (10 percent, CI: 8-11) compared to Pennsylvania adults with a household income of less than \$15,000 (19 percent, CI: 16-23), adults with a household income of \$15,000 to \$24,999 (20 percent, CI: 18-23) and adults with a household income of \$25,000 to \$49,999 (14 percent, CI: 12-16).
- Pennsylvania white, non-Hispanic adults had a significantly lower percentage (12 percent, CI: 11-13) compared to Pennsylvania black, non-Hispanic adults (19 percent, CI: 16-24) and Hispanic adults (30 percent, CI: 23-37).

Those who needed to see a doctor in past year but could not because of the cost:

- Twelve percent of Pennsylvania adults indicated in 2013 that they needed to see a doctor in the past year but could not because of cost.
- Pennsylvania adults age 45-64 had a significantly lower percentage (11 percent, CI: 10-12) compared to Pennsylvania adults age 18-29 (16 percent, CI: 14-19) and adults age 30-44 (17 percent, CI: 15-20).
- Pennsylvania adults age 65 and older had a significantly lower percentage (3 percent, CI: 3-4) compared to Pennsylvania adults age 18-29 (16 percent, CI: 14-19), adults age 30-44 (17 percent, CI: 15-20) and adults age 45-64 (11 percent, CI: 10-12).
- Pennsylvania adults with a high school education had a significantly lower percentage (13 percent, CI: 11-14) compared to Pennsylvania adults with less than a high school education (19 percent, CI: 16-23).
- Pennsylvania adults with some college education had a significantly lower percentage (13 percent, CI: 11-14) compared to Pennsylvania adults with less than a high school education (19 percent, CI: 16-23).
- Pennsylvania adults with a college degree had a significantly lower percentage (6 percent, CI: 5-7) compared to Pennsylvania adults with less than a high school education (19 percent, CI: 16-23), adults with a high school education (13 percent, CI: 11-14) and adults with some college education (13 percent, CI: 11-14).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (12 percent, CI: 10-14) compared to Pennsylvania adults with a household income of less than \$15,000 (26 percent, CI: 22-30) and adults with a household income of \$15,000 to \$24,999 (23 percent, CI: 20-25).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (6 percent, CI: 5-8) compared to Pennsylvania adults with a household income of less than \$15,000 (26 percent, CI: 22-30), adults with a household income of \$15,000 to \$24,999 (23 percent, CI: 20-25) and adults with a household income of \$25,000 to \$49,999 (12 percent, CI: 10-14).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (3 percent, CI: 2-4) compared to Pennsylvania adults with a household income of less than \$15,000 (26 percent, CI: 22-30), adults with a household income of \$15,000 to \$24,999 (23 percent, CI: 20-25), adults with a household income of \$25,000 to \$49,999 (12 percent, CI: 10-14) and adults with a household income of \$50,000 to \$74,999 (6 percent, CI: 5-8).
- Pennsylvania white, non-Hispanic adults had a significantly lower percentage (10 percent, CI: 9-11) compared to Pennsylvania black, non-Hispanic adults (18 percent, CI: 15-22) and Hispanic adults (27 percent, CI: 21-34).

Health Care Access

Figure 2A: No Health Insurance Prevalence per 1,000 Pennsylvania Population, Age 18-64, Pennsylvania Adults, 2011-2013



Table 2: Health Care Access, Pennsylvania Adults, 2013 (with 95% confidence intervals)

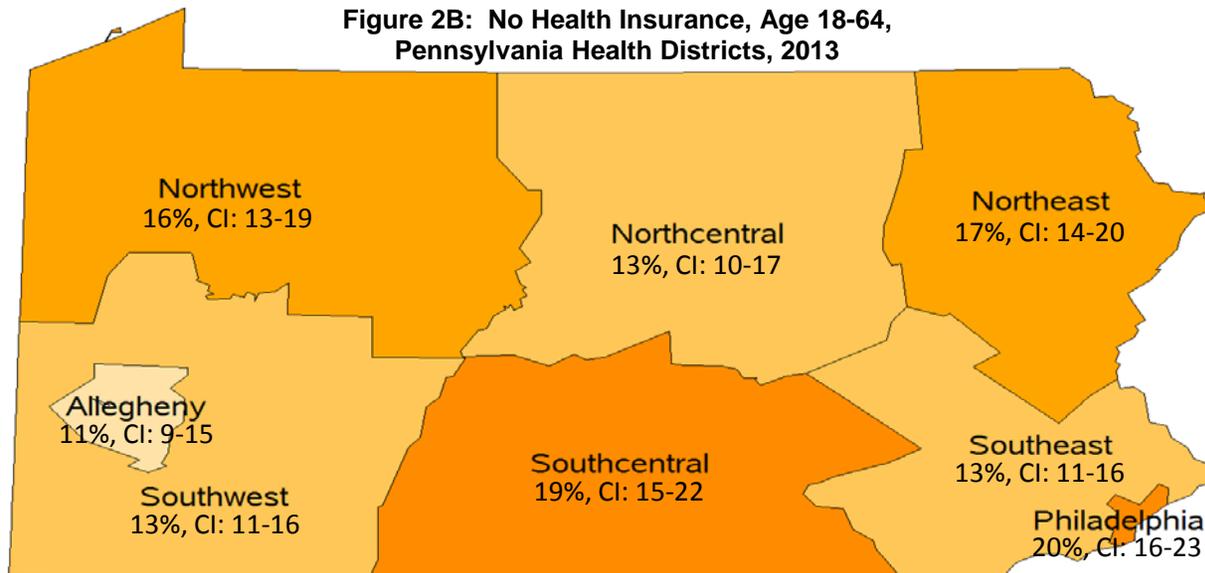
	No Health Insurance Age 18-64*		Does Not Have a Personal Healthcare Provider*		Couldn't Receive Care in Past Year Due to Cost*	
	%	CI	%	CI	%	CI
All adults	15	14-16	14	13-15	12	11-13
Gender:						
Male	18	16-19	20	18-21	11	10-13
Female	13	11-14	9	8-10	12	11-14
Age:						
18-29	21	18-24	30	27-33	16	14-19
30-44	17	15-19	19	17-21	17	15-20
45-64	11	10-13	9	8-10	11	10-12
65+	NSR	NSR	3	3-4	3	3-4
Education:						
<High school	32	27-38	20	16-24	19	16-23
High school	18	17-20	15	13-16	13	11-14
Some college	13	12-15	13	12-15	13	11-14
College degree	6	5-8	12	10-13	6	5-7
Household income:						
<\$15,000	27	23-32	19	16-23	26	22-30
\$15,000 to \$24,999	31	27-35	20	18-23	23	20-25
\$25,000 to \$49,999	17	15-20	14	12-16	12	10-14
\$50,000 to \$74,999	8	6-10	10	8-12	6	5-8
\$75,000+	4	3-5	10	8-11	3	2-4
Race:						
White, non-Hispanic	13	12-14	12	11-13	10	9-11
Black, non-Hispanic	22	18-26	19	16-24	18	15-22
Hispanic	29	22-36	30	23-37	27	21-34

*Excludes missing, don't know and refused

Note: When comparing demographic estimates, confidence intervals that do not overlap indicate a significant difference.

Note: If "NSR" is displayed, then the total response is less than 50 and/or the percentage prevalence is considered "not statistically reliable."

Figure 2B: No Health Insurance, Age 18-64, Pennsylvania Health Districts, 2013



Inadequate Sleep

Average 6 or fewer hours of sleep in a 24-hour period:

- Thirty-seven percent of Pennsylvania adults responded in 2013 that they average six or fewer hours of sleep in a 24-hour period.
- Pennsylvania adults age 18-29 had a significantly lower percentage (36 percent, CI: 33-39) compared to Pennsylvania adults age 30-44 (42 percent, CI: 40-45).
- Pennsylvania adults age 65 and older had a significantly lower percentage (28 percent, CI: 27-30) compared to Pennsylvania adults age 18-29 (36 percent, CI: 33-39), adults age 30-44 (42 percent, CI: 40-45) and adults age 45-64 (41 percent, CI: 39-43).
- Pennsylvania adults with a college degree had a significantly lower percentage (29 percent, CI: 27-31) compared to Pennsylvania adults with less than a high school education (43 percent, CI: 39-48), adults with a high school education (41 percent, CI: 39-43) and adults with some college education (38 percent, CI: 35-40).
- Pennsylvania adults with a household income of \$15,000 to \$24,999 had a significantly lower percentage (42 percent, CI: 39-45) compared to Pennsylvania adults with a household income of less than \$15,000 (51 percent, CI: 47-55).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (38 percent, CI: 35-40) compared to Pennsylvania adults with a household income of less than \$15,000 (51 percent, CI: 47-55).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (35 percent, CI: 32-38) compared to Pennsylvania adults with a household income of less than \$15,000 (51 percent, CI: 47-55) and adults with a household income of \$15,000 to \$24,999 (42 percent, CI: 39-45).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (32 percent, CI: 29-34) compared to Pennsylvania adults with a household income of less than \$15,000 (51 percent, CI: 47-55), adults with a household income of \$15,000 to \$24,999 (42 percent, CI: 39-45) and adults with a household income of \$25,000 to \$49,999 (38 percent, CI: 35-40).
- Pennsylvania white, non-Hispanic adults had a significantly lower percentage (35 percent, CI: 34-37) compared to Pennsylvania black, non-Hispanic adults (48 percent, CI: 44-53).

Average 7-9 hours of sleep in a 24-hour period:

- Fifty-nine percent of Pennsylvania adults indicated in 2013 that they got an average of seven to nine hours of sleep in a 24-hour period.
- Pennsylvania adults age 30-44 had a significantly lower percentage (55 percent, CI: 52-58) compared to Pennsylvania adults age 65 and older (66 percent, CI: 64-68).
- Pennsylvania adults age 45-64 had a significantly lower percentage (57 percent, CI: 55-59) compared to Pennsylvania adults age 65 and older (66 percent, CI: 64-68).
- Pennsylvania adults with less than a high school education had a significantly lower percentage (48 percent, CI: 44-53) compared to Pennsylvania adults with some college education (60 percent, CI: 57-62) and adults with a college degree (70 percent, CI: 68-72).
- Pennsylvania adults with a high school education had a significantly lower percentage (55 percent, CI: 53-57) compared to Pennsylvania adults with a college degree (70 percent, CI: 68-72).
- Pennsylvania adults with some college education had a significantly lower percentage (60 percent, CI: 57-62) compared to Pennsylvania adults with a college degree (70 percent, CI: 68-72).
- Pennsylvania adults with a household income of less than \$15,000 had a significantly lower percentage (41 percent, CI: 37-45) compared to Pennsylvania adults with a household income of \$15,000 to \$24,999 (53 percent, CI: 50-56), adults with a household income of \$25,000 to \$49,999 (59 percent, CI: 56-61), adults with a household income of \$50,000 to \$74,999 (63 percent, CI: 60-66) and adults with a household income of \$75,000 or more (67 percent, CI: 65-69).
- Pennsylvania adults with a household income of \$15,000 to \$24,999 had a significantly lower percentage (53 percent, CI: 50-56) compared to Pennsylvania adults with a household income of \$50,000 to \$74,999 (63 percent, CI: 60-66) and adults with a household income of \$75,000 or more (67 percent, CI: 65-69).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (59 percent, CI: 56-61) compared to Pennsylvania adults with a household income of \$75,000 or more (67 percent, CI: 65-69).
- Pennsylvania black, non-Hispanic adults had a significantly lower percentage (45 percent, CI: 40-49) compared to Pennsylvania white, non-Hispanic adults (62 percent, CI: 60-63).

Inadequate Sleep

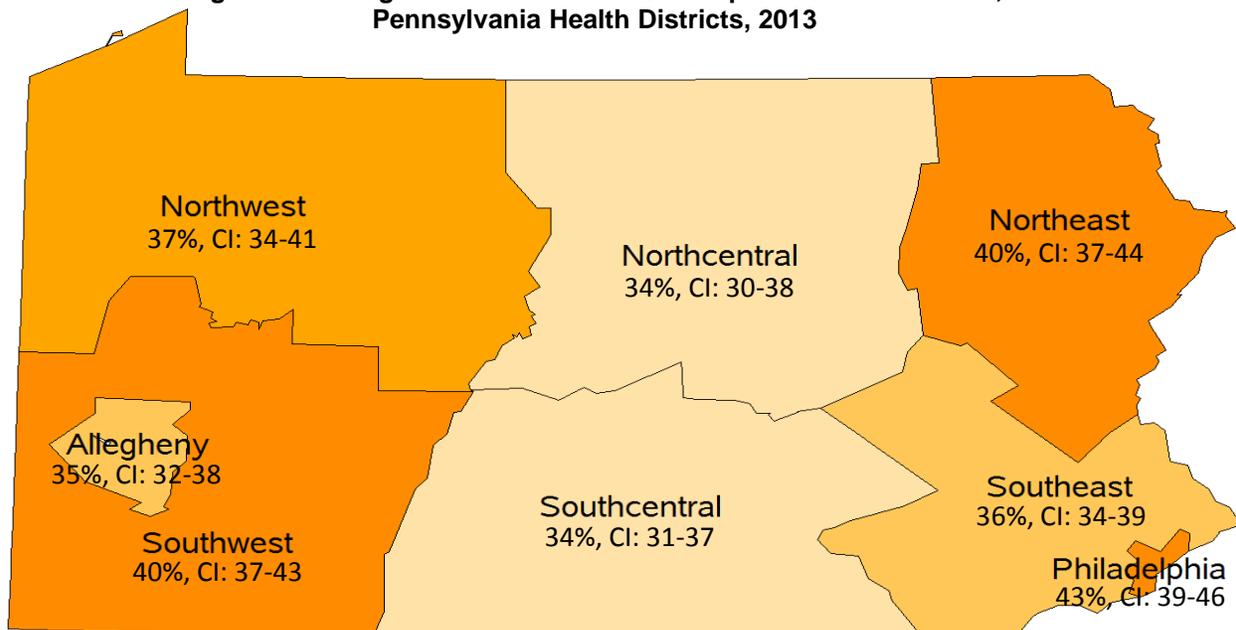
**Table 3: Inadequate Sleep, Pennsylvania Adults, 2013
(with 95% confidence intervals)**

	Average 6 or Fewer Hours of Sleep in a 24-Hour Period*		Average 7-9 Hours of Sleep in a 24-Hour Period*	
	%	CI	%	CI
All adults	37	36-39	59	58-60
Gender:				
Male	38	36-40	58	56-60
Female	37	35-39	60	58-61
Age:				
18-29	36	33-39	60	57-64
30-44	42	40-45	55	52-58
45-64	41	39-43	57	55-59
65+	28	27-30	66	64-68
Education:				
<High school	43	39-48	48	44-53
High school	41	39-43	55	53-57
Some college	38	35-40	60	57-62
College degree	29	27-31	70	68-72
Household income:				
<\$15,000	51	47-55	41	37-45
\$15,000 to \$24,999	42	39-45	53	50-56
\$25,000 to \$49,999	38	35-40	59	56-61
\$50,000 to \$74,999	35	32-38	63	60-66
\$75,000+	32	29-34	67	65-69
Race:				
White, non-Hispanic	35	34-37	62	60-63
Black, non-Hispanic	48	44-53	45	40-49
Hispanic	41	34-48	53	46-60

*Excludes missing, don't know and refused

Note: When comparing demographic estimates, confidence intervals that do not overlap indicate a significant difference.

Figure 3: Average 6 or Fewer Hours of Sleep in a 24-Hour Period, Pennsylvania Health Districts, 2013



Hypertension Awareness

Ever told by a doctor, nurse or other health professional they have high blood pressure:

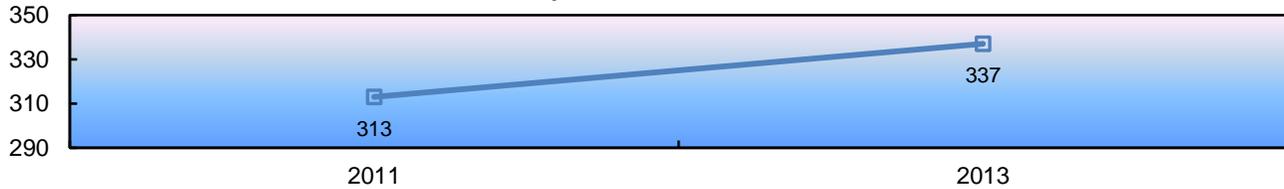
- Thirty-four percent of Pennsylvania adults indicated in 2013 they were told by a health professional that they have high blood pressure.
- Pennsylvania adults age 18-29 had a significantly lower percentage (9 percent, CI: 7-11) compared to Pennsylvania adults age 30-44 (20 percent, CI: 17-22), adults age 45-64 (39 percent, CI: 37-41) and adults age 65 and older (64 percent, CI: 62-66).
- Pennsylvania adults age 30-44 had a significantly lower percentage (20 percent, CI: 17-22) compared to Pennsylvania adults age 45-64 (39 percent, CI: 37-41) and adults age 65 and older (64 percent, CI: 62-66).
- Pennsylvania adults age 45-64 had a significantly lower percentage (39 percent, CI: 37-41) compared to Pennsylvania adults age 65 and older (64 percent, CI: 62-66).
- Pennsylvania adults with a high school education had a significantly lower percentage (38 percent, CI: 36-40) compared to Pennsylvania adults with less than a high school education (45 percent, CI: 41-50).
- Pennsylvania adults with some college education had a significantly lower percentage (30 percent, CI: 28-32) compared to Pennsylvania adults with less than a high school education (45 percent, CI: 41-50) and adults with a high school education (38 percent, CI: 36-40).
- Pennsylvania adults with a college degree had a significantly lower percentage (25 percent, CI: 24-27) compared to Pennsylvania adults with less than a high school education (45 percent, CI: 41-50), adults with a high school education (38 percent, CI: 36-40) and adults with some college education (30 percent, CI: 28-32).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (36 percent, CI: 34-39) compared to Pennsylvania adults with a household income of less than \$15,000 (44 percent, CI: 40-48).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (28 percent, CI: 26-31) compared to Pennsylvania adults with a household income of less than \$15,000 (44 percent, CI: 40-48), adults with a household income of \$15,000 to \$24,999 (40 percent, CI: 37-43) and adults with a household income of \$25,000 to \$49,999 (36 percent, CI: 34-39).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (26 percent, CI: 24-28) compared to Pennsylvania adults with a household income of less than \$15,000 (44 percent, CI: 40-48), adults with a household income of \$15,000 to \$24,999 (40 percent, CI: 37-43) and adults with a household income of \$25,000 to \$49,999 (36 percent, CI: 34-39).
- Pennsylvania white, non-Hispanic adults had a significantly lower percentage (34 percent, CI: 33-35) compared to Pennsylvania black, non-Hispanic adults (45 percent, CI: 40-49).
- Pennsylvania Hispanic adults had a significantly lower percentage (22 percent, CI: 17-28) compared to Pennsylvania white, non-Hispanic adults (34 percent, CI: 33-35) and black, non-Hispanic adults (45 percent, CI: 40-49).

Currently taking medicine for high blood pressure:

- Eighty percent of Pennsylvania adults with high blood pressure responded in 2013 they are currently taking medicine for high blood pressure.
- Pennsylvania men had a significantly lower percentage (75 percent, CI: 72-77) compared to Pennsylvania women (86 percent, CI: 84-88).
- Pennsylvania adults age 18-29 had a significantly lower percentage (20 percent, CI: 13-31) compared to Pennsylvania adults age 30-44 (49 percent, CI: 43-56), adults age 45-64 (85 percent, CI: 83-87) and adults age 65 and older (93 percent, CI: 92-95).
- Pennsylvania adults age 30-44 had a significantly lower percentage (49 percent, CI: 43-56) compared to Pennsylvania adults age 45-64 (85 percent, CI: 83-87) and adults age 65 and older (93 percent, CI: 92-95).
- Pennsylvania adults age 45-64 had a significantly lower percentage (85 percent, CI: 83-87) compared to Pennsylvania adults age 65 and older (93 percent, CI: 92-95).

Hypertension Awareness

Figure 4A: High Blood Pressure Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2013

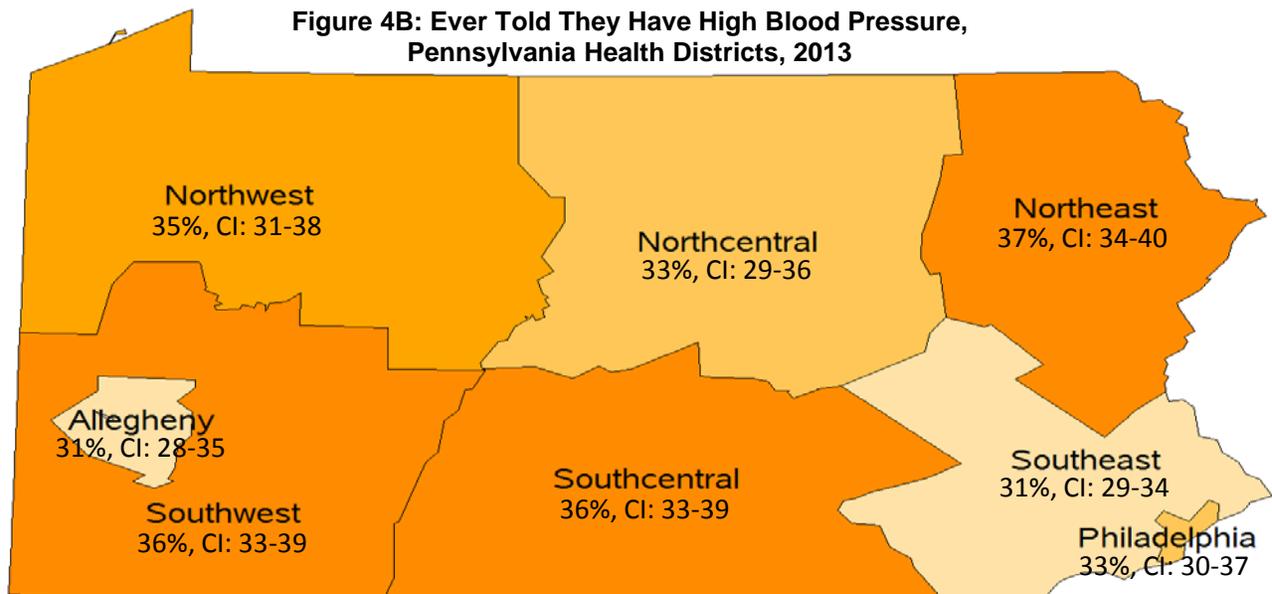


**Table 4: Hypertension Awareness, Pennsylvania Adults, 2013
(with 95% confidence intervals)**

	Ever Told Have High Blood Pressure*		Currently Taking Medicine for High Blood Pressure*	
	%	CI	%	CI
All adults	34	33-35	80	79-82
Gender:				
Male	35	33-37	75	72-77
Female	32	31-34	86	84-88
Age:				
18-29	9	7-11	20	13-31
30-44	20	17-22	49	43-56
45-64	39	37-41	85	83-87
65+	64	62-66	93	92-95
Education:				
<High school	45	41-50	79	73-84
High school	38	36-40	82	79-84
Some college	30	28-32	80	76-83
College degree	25	24-27	79	76-82
Household income:				
<\$15,000	44	40-48	80	74-85
\$15,000 to \$24,999	40	37-43	83	79-87
\$25,000 to \$49,999	36	34-39	81	77-84
\$50,000 to \$74,999	28	26-31	80	74-84
\$75,000+	26	24-28	79	74-82
Race:				
White, non-Hispanic	34	33-35	82	80-83
Black, non-Hispanic	45	40-49	79	73-84
Hispanic	22	17-28	NSR	NSR

*Excludes missing, don't know and refused
 Note: When comparing demographic estimates, confidence intervals that do not overlap indicate a significant difference.
 Note: If "NSR" is displayed, then the total response is less than 50 and/or the percentage prevalence is considered "not statistically reliable."

Figure 4B: Ever Told They Have High Blood Pressure, Pennsylvania Health Districts, 2013



Cholesterol Awareness

Have you ever had your blood cholesterol checked:

- Eighty-two percent of Pennsylvania adults indicated in 2013 that they had their blood cholesterol checked.
- Pennsylvania men had a significantly lower percentage (80 percent, CI: 78-81) compared to Pennsylvania women (84 percent, CI: 82-85).
- Pennsylvania adults age 18-29 had a significantly lower percentage (46 percent, CI: 43-50) compared to Pennsylvania adults age 30-44 (78 percent, CI: 75-80), adults age 45-64 (93 percent, CI: 92-94) and adults age 65 and older (97 percent, CI: 97-98).
- Pennsylvania adults age 30-44 had a significantly lower percentage (78 percent, CI: 75-80) compared to Pennsylvania adults age 45-64 (93 percent, CI: 92-94) and adults age 65 and older (97 percent, CI: 97-98).
- Pennsylvania adults age 45-64 had a significantly lower percentage (93 percent, CI: 92-94) compared to Pennsylvania adults age 65 and older (97 percent, CI: 97-98).
- Pennsylvania adults with less than a high school education had a significantly lower percentage (75 percent, CI: 70-79) compared to Pennsylvania adults with some college education (82 percent, CI: 80-84) and adults with a college degree (88 percent, CI: 86-89).
- Pennsylvania adults with a high school education had a significantly lower percentage (80 percent, CI: 78-82) compared to Pennsylvania adults with a college degree (88 percent, CI: 86-89).
- Pennsylvania adults with some college education had a significantly lower percentage (82 percent, CI: 80-84) compared to Pennsylvania adults with a college degree (88 percent, CI: 86-89).
- Pennsylvania adults with a household income of less than \$15,000 had a significantly lower percentage (73 percent, CI: 69-77) compared to Pennsylvania adults with a household income of \$25,000 to \$49,999 (83 percent, CI: 81-85), adults with a household income of \$50,000 to \$74,999 (84 percent, CI: 81-87) and adults with a household income of \$75,000 or more (89 percent, CI: 87-90).
- Pennsylvania adults with a household income of \$15,000 to \$24,999 had a significantly lower percentage (77 percent, CI: 74-80) compared to Pennsylvania adults with a household income of \$25,000 to \$49,999 (83 percent, CI: 81-85), adults with a household income of \$50,000 to \$74,999 (84 percent, CI: 81-87) and adults with a household income of \$75,000 or more (89 percent, CI: 87-90).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (83 percent, CI: 81-85) compared to Pennsylvania adults with a household income of \$75,000 or more (89 percent, CI: 87-90).
- Pennsylvania Hispanic adults had a significantly lower percentage (71 percent, CI: 63-77) compared to Pennsylvania white, non-Hispanic adults (84 percent, CI: 82-85).

Had blood cholesterol checked in the past 5 years:

- Seventy-eight percent of Pennsylvania adults indicated that they have had their blood cholesterol checked in the past five years.
- Pennsylvania men had a significantly lower percentage (75 percent, CI: 73-77) compared to Pennsylvania women (80 percent, CI: 78-82).
- Pennsylvania adults age 18-29 had a significantly lower percentage (42 percent, CI: 39-46) compared to Pennsylvania adults age 30-44 (72 percent, CI: 69-74), adults age 45-64 (89 percent, CI: 88-90) and adults age 65 and older (96 percent, CI: 95-97).
- Pennsylvania adults age 30-44 had a significantly lower percentage (72 percent, CI: 69-74) compared to Pennsylvania adults age 45-64 (89 percent, CI: 88-90) and adults age 65 and older (96 percent, CI: 95-97).
- Pennsylvania adults age 45-64 had a significantly lower percentage (89 percent, CI: 88-90) compared to Pennsylvania adults age 65 and older (96 percent, CI: 95-97).
- Pennsylvania adults with less than a high school education had a significantly lower percentage (71 percent, CI: 67-75) compared to Pennsylvania adults with a college degree (83 percent, CI: 82-85).
- Pennsylvania adults with a high school education had a significantly lower percentage (76 percent, CI: 74-78) compared to Pennsylvania adults with a college degree (83 percent, CI: 82-85).
- Pennsylvania adults with some college education had a significantly lower percentage (77 percent, CI: 75-79) compared to Pennsylvania adults with a college degree (83 percent, CI: 82-85).

Cholesterol Awareness

Had blood cholesterol checked in the past 5 years: (continued)

- Pennsylvania adults with a household income of less than \$15,000 had a significantly lower percentage (69 percent, CI: 65-73) compared to Pennsylvania adults with a household income of \$25,000 to \$49,999 (80 percent, CI: 78-82), adults with a household income of \$50,000 to \$74,999 (80 percent, CI: 77-83) and adults with a household income of \$75,000 or more (84 percent, CI: 82-86).
- Pennsylvania adults with a household income of \$15,000 to \$24,999 had a significantly lower percentage (73 percent, CI: 70-76) compared to Pennsylvania adults with a household income of \$25,000 to \$49,999 (80 percent, CI: 78-82), adults with a household income of \$50,000 to \$74,999 (80 percent, CI: 77-83) and adults with a household income of \$75,000 or more (84 percent, CI: 82-86).
- Pennsylvania Hispanic adults had a significantly lower percentage (66 percent, CI: 58-73) compared to Pennsylvania white, non-Hispanic adults (79 percent, CI: 78-80).

Ever told by a doctor, nurse or other health professional blood cholesterol was too high:

- Thirty-nine percent of Pennsylvania adults responded in 2013 that their blood cholesterol was too high.
- Pennsylvania adults age 18-29 had a significantly lower percentage (10 percent, CI: 7-13) compared to Pennsylvania adults age 30-44 (25 percent, CI: 23-28), adults age 45-64 (43 percent, CI: 41-46) and adults age 65 and older (54 percent, CI: 52-56).
- Pennsylvania adults age 30-44 had a significantly lower percentage (25 percent, CI: 23-28) compared to Pennsylvania adults age 45-64 (43 percent, CI: 41-46) and adults age 65 and older (54 percent, CI: 52-56).
- Pennsylvania adults age 45-64 had a significantly lower percentage (43 percent, CI: 41-46) compared to Pennsylvania adults age 65 and older (54 percent, CI: 52-56).
- Pennsylvania adults with some college education had a significantly lower percentage (36 percent, CI: 33-38) compared to Pennsylvania adults with less than a high school education (48 percent, CI: 43-53) and adults with a high school education (41 percent, CI: 39-43).
- Pennsylvania adults with a college degree had a significantly lower percentage (34 percent, CI: 32-36) compared to Pennsylvania adults with less than a high school education (48 percent, CI: 43-53) and adults with a high school education (41 percent, CI: 39-43).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (41 percent, CI: 38-43) compared to Pennsylvania adults with a household income of less than \$15,000 (48 percent, CI: 44-52).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (35 percent, CI: 32-38) compared to Pennsylvania adults with a household income of less than \$15,000 (48 percent, CI: 44-52) and adults with a household income of \$15,000 to \$24,999 (44 percent, CI: 40-47).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (32 percent, CI: 30-35) compared to Pennsylvania adults with a household income of less than \$15,000 (48 percent, CI: 44-52), adults with a household income of \$15,000 to \$24,999 (44 percent, CI: 40-47) and adults with a household income of \$25,000 to \$49,999 (41 percent, CI: 38-43).

Cholesterol Awareness

Figure 5A: Cholesterol Awareness Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2013

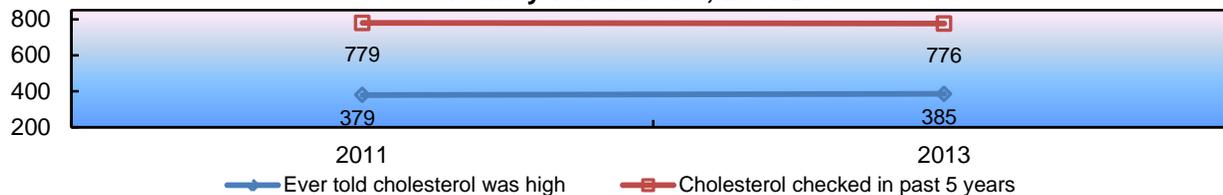


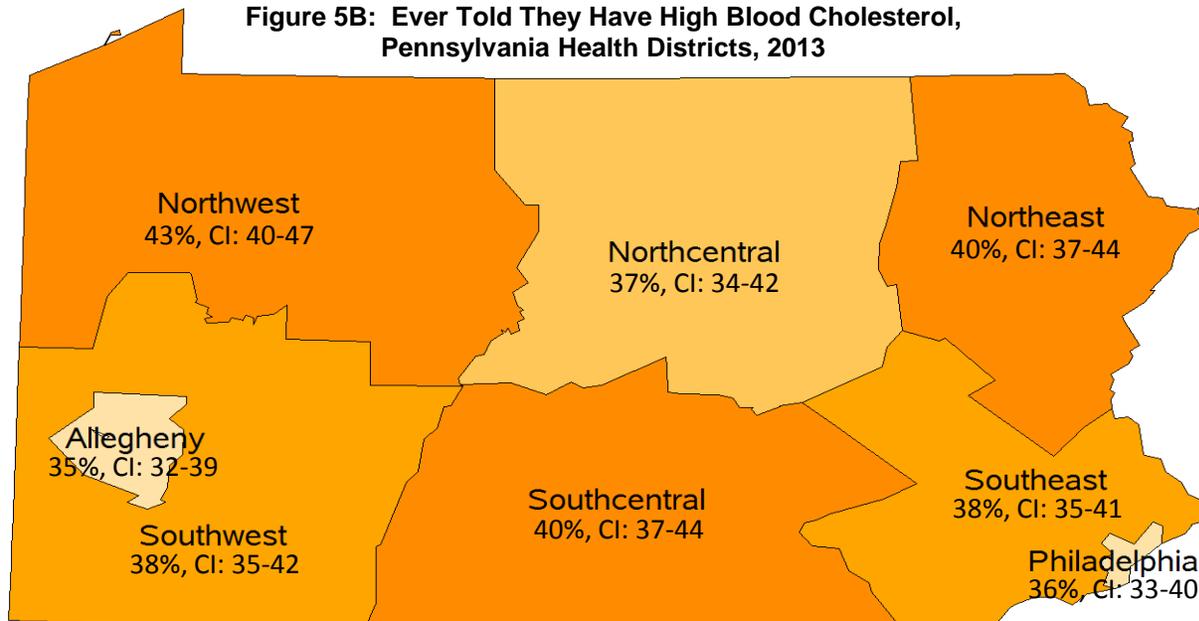
Table 5: Cholesterol Awareness, Pennsylvania Adults, 2013 (with 95% confidence intervals)

	Ever Had Blood Cholesterol Checked*		Blood Cholesterol Checked in Past 5 Years*		Ever Told Have High Blood Cholesterol*	
	%	CI	%	CI	%	CI
All adults	82	81-83	78	76-79	39	37-40
Gender:						
Male	80	78-81	75	73-77	39	37-41
Female	84	82-85	80	78-82	38	36-40
Age:						
18-29	46	43-50	42	39-46	10	7-13
30-44	78	75-80	72	69-74	25	23-28
45-64	93	92-94	89	88-90	43	41-46
65+	97	97-98	96	95-97	54	52-56
Education:						
<High school	75	70-79	71	67-75	48	43-53
High school	80	78-82	76	74-78	41	39-43
Some college	82	80-84	77	75-79	36	33-38
College degree	88	86-89	83	82-85	34	32-36
Household income:						
<\$15,000	73	69-77	69	65-73	48	44-52
\$15,000 to \$24,999	77	74-80	73	70-76	44	40-47
\$25,000 to \$49,999	83	81-85	80	78-82	41	38-43
\$50,000 to \$74,999	84	81-87	80	77-83	35	32-38
\$75,000+	89	87-90	84	82-86	32	30-35
Race:						
White, non-Hispanic	84	82-85	79	78-80	39	38-41
Black, non-Hispanic	79	75-83	77	72-80	37	32-41
Hispanic	71	63-77	66	58-73	38	30-46

*Excludes missing, don't know and refused

Note: When comparing demographic estimates, confidence intervals that do not overlap indicate a significant difference.

Figure 5B: Ever Told They Have High Blood Cholesterol, Pennsylvania Health Districts, 2013



Chronic Health Conditions - Cardiovascular Disease

Has a doctor, nurse or other health professional ever told you that you had a heart attack, heart disease or stroke?

- Thirteen percent of Pennsylvania adults age 35 and older indicated in 2013 that they were told by a doctor they had a heart attack, heart disease or stroke.
- Pennsylvania women age 35 and older had a significantly lower percentage (11 percent, CI: 10-12) compared to Pennsylvania men age 35 and older (15 percent, CI: 14-16).
- Pennsylvania adults age 35-44 had a significantly lower percentage (3 percent, CI: 2-4) compared to Pennsylvania adults age 45-54 (7 percent, CI: 6-8), adults age 55-64 (12 percent, CI: 11-14) and adults age 65 and older (26 percent, CI: 24-28).
- Pennsylvania adults age 45-54 had a significantly lower percentage (7 percent, CI: 6-8) compared to Pennsylvania adults age 55-64 (12 percent, CI: 11-14) and adults age 65 and older (26 percent, CI: 24-28).
- Pennsylvania adults age 55-64 had a significantly lower percentage (12 percent, CI: 11-14) compared to Pennsylvania adults age 65 and older (26 percent, CI: 24-28).
- Pennsylvania adults age 35 and older with a high school education had a significantly lower percentage (15 percent, CI: 13-16) compared to Pennsylvania adults age 35 and older with less than a high school education (24 percent, CI: 20-28).
- Pennsylvania adults age 35 and older with some college education had a significantly lower percentage (9 percent, CI: 8-11) compared to Pennsylvania adults age 35 and older with less than a high school education (24 percent, CI: 20-28) and adults age 35 and older with a high school education (15 percent, CI: 13-16).
- Pennsylvania adults age 35 and older with a college degree had a significantly lower percentage (8 percent, CI: 7-10) compared to Pennsylvania adults age 35 and older with less than a high school education (24 percent, CI: 20-28) and adults age 35 and older with a high school education (15 percent, CI: 13-16).
- Pennsylvania adults age 35 and older with a household income of \$25,000 to \$49,999 had a significantly lower percentage (15 percent, CI: 13-18) compared to Pennsylvania adults age 35 and older with a household income of less than \$15,000 (23 percent, CI: 20-27).
- Pennsylvania adults age 35 and older with a household income of \$50,000 to \$74,999 had a significantly lower percentage (7 percent, CI: 6-9) compared to Pennsylvania adults age 35 and older with a household income of less than \$15,000 (23 percent, CI: 20-27), adults age 35 and older with a household income of \$15,000 to \$24,999 (20 percent, CI: 18-23) and adults age 35 and older with a household income of \$25,000 to \$49,999 (15 percent, CI: 13-18).
- Pennsylvania adults age 35 and older with a household income of \$75,000 or more had a significantly lower percentage (5 percent, CI: 4-6) compared to Pennsylvania adults age 35 and older with a household income of less than \$15,000 (23 percent, CI: 20-27), adults age 35 and older with a household income of \$15,000 to \$24,999 (20 percent, CI: 18-23) and adults age 35 and older with a household income of \$25,000 to \$49,999 (15 percent, CI: 13-18).
- Pennsylvania Hispanic adults age 35 and older had a significantly lower percentage (4 percent, CI: 2-7) compared to Pennsylvania white, non-Hispanic adults age 35 and older (13 percent, CI: 12-14) and black, non-Hispanic adults age 35 and older (16 percent, CI: 13-20).

Chronic Health Conditions - Cardiovascular Disease

Figure 6A: Cardiovascular Disease Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, Age 35+, 2011-2013

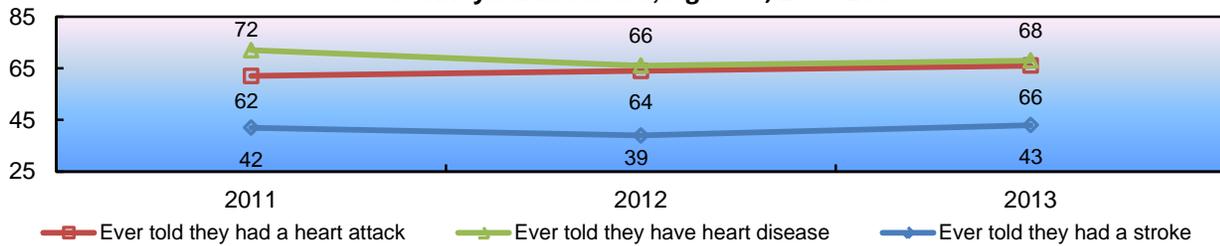
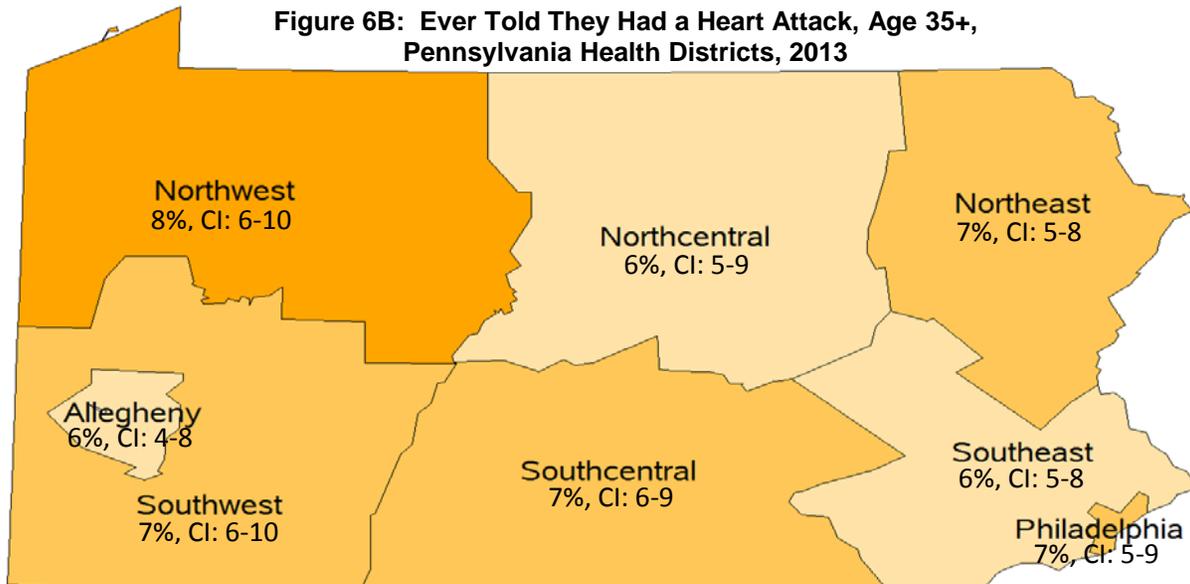


Table 6: Cardiovascular Disease, Pennsylvania Adults Age 35+, 2013 (with 95% confidence intervals)

	Ever Told Had Heart Attack, Heart Disease, or Stroke*		Ever Told Had a Heart Attack*		Ever Told Had Angina or Heart Disease*		Ever Told Had a Stroke*	
	%	CI	%	CI	%	CI	%	CI
All adults	13	12-14	7	6-7	7	6-7	4	4-5
Gender:								
Male	15	14-16	9	8-10	8	7-10	4	3-5
Female	11	10-12	5	4-5	5	5-6	5	4-5
Age:								
35-44	3	2-4	1	0-2	1	1-2	1	1-3
45-54	7	6-8	3	2-4	3	2-4	2	2-3
55-64	12	11-14	7	6-8	6	5-8	4	3-5
65+	26	24-28	14	12-15	14	13-16	8	7-10
Education:								
<High school	24	20-28	14	11-17	11	9-14	9	7-12
High school	15	13-16	7	6-9	8	7-9	5	4-6
Some college	9	8-11	5	4-6	5	4-6	3	2-4
College degree	8	7-10	4	3-5	5	4-6	3	2-4
Household income:								
<\$15,000	23	20-27	11	9-14	13	10-16	10	8-12
\$15,000 to \$24,999	20	18-23	11	9-13	11	9-13	7	6-9
\$25,000 to \$49,999	15	13-18	8	7-9	8	7-10	5	4-7
\$50,000 to \$74,999	7	6-9	4	3-6	4	3-5	2	1-3
\$75,000+	5	4-6	3	2-4	3	2-4	1	1-2
Race:								
White, non-Hispanic	13	12-14	7	6-8	7	6-8	4	3-5
Black, non-Hispanic	16	13-20	6	4-9	7	5-10	9	6-12
Hispanic	4	2-7	2	1-6	2	1-4	1	0-2

*Excludes missing, don't know and refused
 Note: When comparing demographic estimates, confidence intervals that do not overlap indicate a significant difference.

Figure 6B: Ever Told They Had a Heart Attack, Age 35+, Pennsylvania Health Districts, 2013



Chronic Health Conditions - Asthma

Ever told by a doctor, nurse or other health professional that you have asthma:

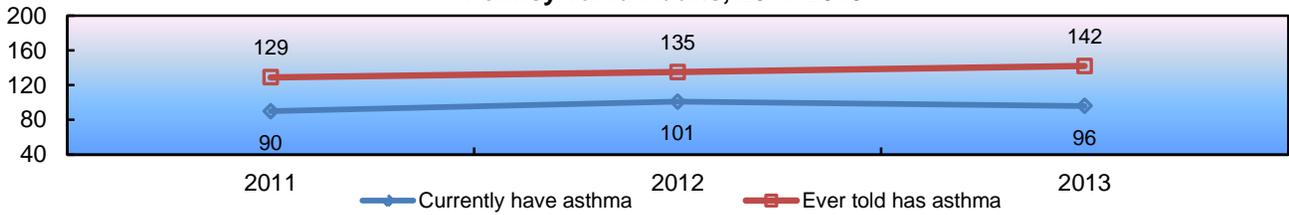
- Fourteen percent of Pennsylvania adults responded in 2013 that they were told they have asthma.
- Pennsylvania men had a significantly lower percentage (12 percent, CI: 11-13) compared to Pennsylvania women (17 percent, CI: 15-18).
- Pennsylvania adults age 45-64 had a significantly lower percentage (14 percent, CI: 13-15) compared to Pennsylvania adults age 18-29 (19 percent, CI: 16-21).
- Pennsylvania adults age 65 and older had a significantly lower percentage (10 percent, CI: 9-12) compared to Pennsylvania adults age 18-29 (19 percent, CI: 16-21), adults age 30-44 (15 percent, CI: 13-17) and adults age 45-64 (14 percent, CI: 13-15).
- Pennsylvania adults with a household income of \$15,000 to \$24,999 had a significantly lower percentage (17 percent, CI: 15-19) compared to Pennsylvania adults with a household income of less than \$15,000 (23 percent, CI: 20-27).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (11 percent, CI: 10-13) compared to Pennsylvania adults with a household income of less than \$15,000 (23 percent, CI: 20-27) and adults with a household income of \$15,000 to \$24,999 (17 percent, CI: 15-19).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (12 percent, CI: 10-14) compared to Pennsylvania adults with a household income of less than \$15,000 (23 percent, CI: 20-27) and adults with a household income of \$15,000 to \$24,999 (17 percent, CI: 15-19).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (12 percent, CI: 11-14) compared to Pennsylvania adults with a household income of less than \$15,000 (23 percent, CI: 20-27) and adults with a household income of \$15,000 to \$24,999 (17 percent, CI: 15-19).
- Pennsylvania white, non-Hispanic adults had a significantly lower percentage (13 percent, CI: 12-14) compared to Pennsylvania black, non-Hispanic adults (19 percent, CI: 16-23).

Those who currently have asthma:

- Ten percent of Pennsylvania adults indicated in 2013 that they currently have asthma.
- Pennsylvania men had a significantly lower percentage (6 percent, CI: 5-7) compared to Pennsylvania women (13 percent, CI: 11-14).
- Pennsylvania adults with a college degree had a significantly lower percentage (7 percent, CI: 6-8) compared to Pennsylvania adults with less than a high school education (13 percent, CI: 10-16) and adults with some college education (11 percent, CI: 9-12).
- Pennsylvania adults with a household income of \$15,000 to \$24,999 had a significantly lower percentage (11 percent, CI: 9-13) compared to Pennsylvania adults with a household income of less than \$15,000 (19 percent, CI: 16-22).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (7 percent, CI: 6-9) compared to Pennsylvania adults with a household income of less than \$15,000 (19 percent, CI: 16-22).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (8 percent, CI: 6-10) compared to Pennsylvania adults with a household income of less than \$15,000 (19 percent, CI: 16-22).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (7 percent, CI: 6-9) compared to Pennsylvania adults with a household income of less than \$15,000 (19 percent, CI: 16-22).

Chronic Health Conditions - Asthma

Figure 7A: Asthma Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2013

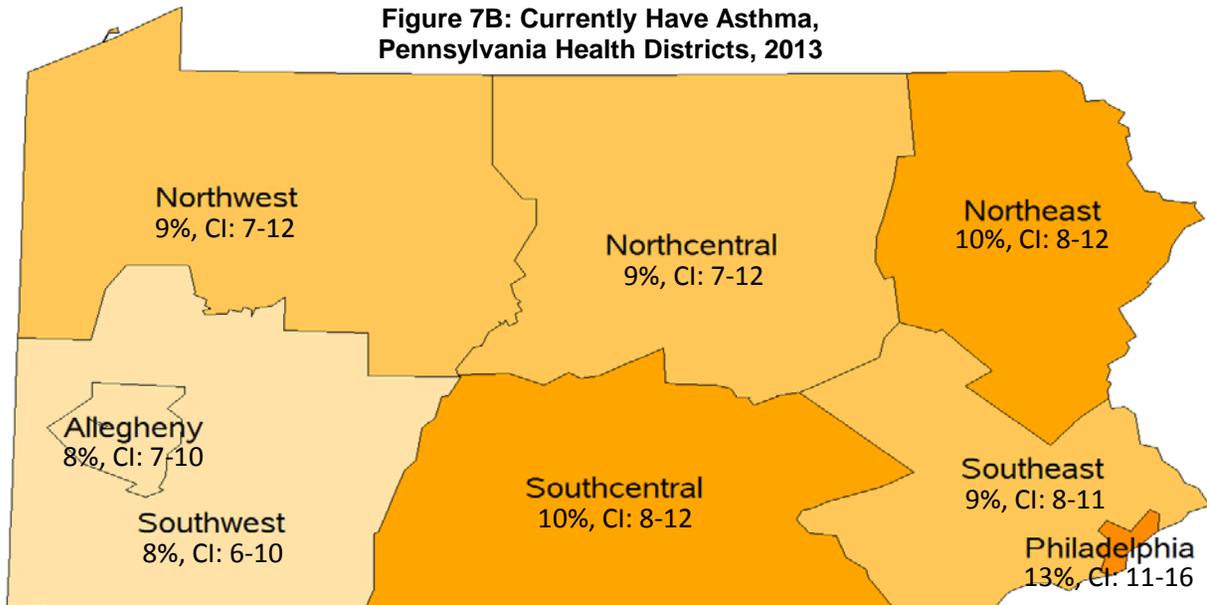


**Table 7: Asthma, Pennsylvania Adults, 2013
(with 95% confidence intervals)**

	Ever Told Has Asthma*		Currently Have Asthma*	
	%	CI	%	CI
All adults	14	13-15	10	9-10
Gender:				
Male	12	11-13	6	5-7
Female	17	15-18	13	11-14
Age:				
18-29	19	16-21	11	9-13
30-44	15	13-17	10	8-11
45-64	14	13-15	10	9-11
65+	10	9-12	7	6-8
Education:				
<High school	17	14-21	13	10-16
High school	14	13-15	9	8-11
Some college	15	13-17	11	9-12
College degree	12	11-14	7	6-8
Household income:				
<\$15,000	23	20-27	19	16-22
\$15,000 to \$24,999	17	15-19	11	9-13
\$25,000 to \$49,999	11	10-13	7	6-9
\$50,000 to \$74,999	12	10-14	8	6-10
\$75,000+	12	11-14	7	6-9
Race:				
White, non-Hispanic	13	12-14	9	8-10
Black, non-Hispanic	19	16-23	13	10-16
Hispanic	16	11-22	11	7-17

*Excludes missing, don't know and refused
Note: When comparing demographic estimates, confidence intervals that do not overlap indicate a significant difference.

Figure 7B: Currently Have Asthma, Pennsylvania Health Districts, 2013



Chronic Health Conditions - Cancer

Ever told by a doctor, nurse or other health professional you had skin cancer:

- Five percent of Pennsylvania adults responded in 2013 that they were told they ever had skin cancer.
- Pennsylvania adults age 18-29 had a significantly lower percentage (1 percent, CI: 0-1) compared to Pennsylvania adults age 45-64 (5 percent, CI: 4-6) and adults age 65 and older (13 percent, CI: 12-15).
- Pennsylvania adults age 30-44 had a significantly lower percentage (1 percent, CI: 1-1) compared to Pennsylvania adults age 45-64 (5 percent, CI: 4-6) and adults age 65 and older (13 percent, CI: 12-15).
- Pennsylvania adults age 45-64 had a significantly lower percentage (5 percent, CI: 4-6) compared to Pennsylvania adults age 65 and older (13 percent, CI: 12-15).
- Pennsylvania black, non-Hispanic adults had a significantly lower percentage (0 percent, CI: 0-1) compared to Pennsylvania white, non-Hispanic adults (6 percent, CI: 6-7).
- Pennsylvania Hispanic adults had a significantly lower percentage (0 percent, CI: 0-2) compared to Pennsylvania white, non-Hispanic adults (6 percent, CI: 6-7).

Ever told by a doctor, nurse or other health professional you had other types of cancer:

- Seven percent of Pennsylvania adults responded in 2013 that they were ever told they had any other types of cancer.
- Pennsylvania men had a significantly lower percentage (6 percent, CI: 5-6) compared to Pennsylvania women (9 percent, CI: 8-9).
- Pennsylvania adults age 18-29 had a significantly lower percentage (2 percent, CI: 1-3) compared to Pennsylvania adults age 45-64 (6 percent, CI: 6-7) and adults age 65 and older (18 percent, CI: 17-20).
- Pennsylvania adults age 30-44 had a significantly lower percentage (3 percent, CI: 2-4) compared to Pennsylvania adults age 45-64 (6 percent, CI: 6-7) and adults age 65 and older (18 percent, CI: 17-20).
- Pennsylvania adults age 45-64 had a significantly lower percentage (6 percent, CI: 6-7) compared to Pennsylvania adults age 65 and older (18 percent, CI: 17-20).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (6 percent, CI: 5-7) compared to Pennsylvania adults with a household income of \$15,000 to \$24,999 (9 percent, CI: 8-11).

Chronic Health Conditions - Cancer

Figure 8A: Cancer Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2013

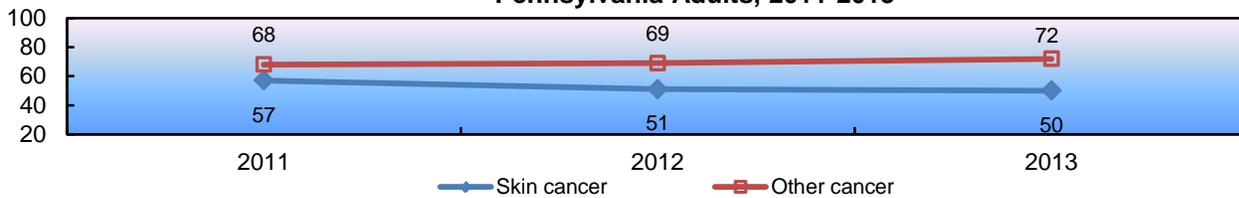


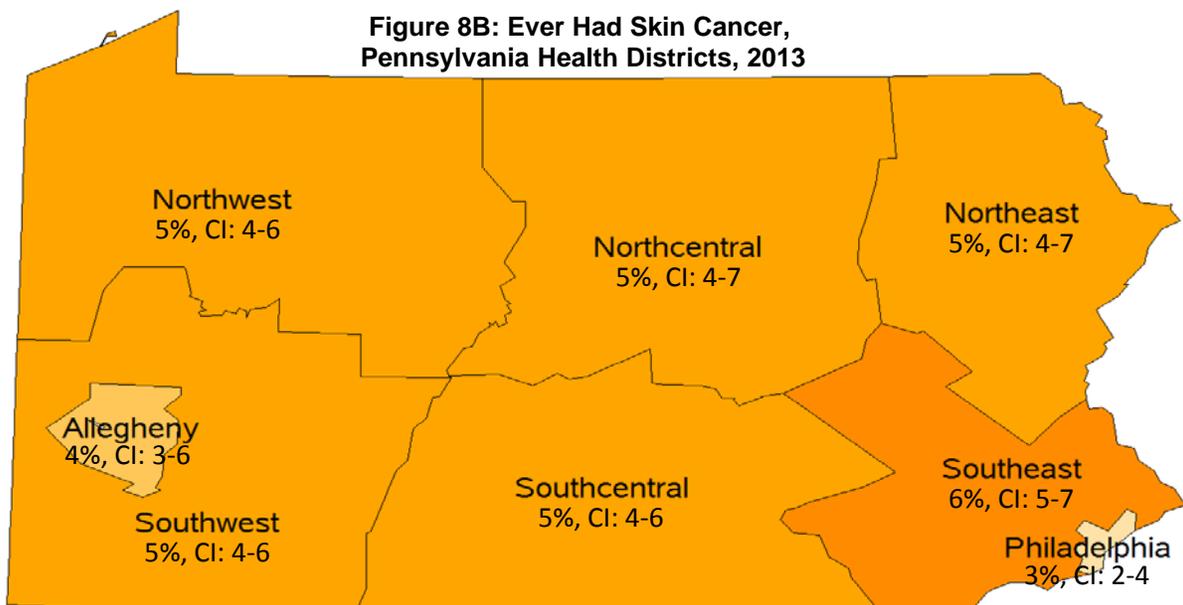
Table 8: Cancer, Pennsylvania Adults, 2013 (with 95% confidence intervals)

	Ever Told Had Skin Cancer*		Ever Told Had Any Other Type of Cancer*	
	%	CI	%	CI
All adults	5	5-5	7	7-8
Gender:				
Male	5	5-6	6	5-6
Female	5	4-5	9	8-9
Age:				
18-29	1	0-1	2	1-3
30-44	1	1-1	3	2-4
45-64	5	4-6	6	6-7
65+	13	12-15	18	17-20
Education:				
<High school	4	3-5	9	7-12
High school	5	4-6	8	7-9
Some college	5	4-6	6	5-7
College degree	6	5-7	6	6-7
Household income:				
<\$15,000	4	3-5	9	7-11
\$15,000 to \$24,999	5	4-6	9	8-11
\$25,000 to \$49,999	6	5-7	7	6-9
\$50,000 to \$74,999	4	3-6	7	5-8
\$75,000+	6	5-7	6	5-7
Race:				
White, non-Hispanic	6	6-7	8	7-8
Black, non-Hispanic	0	0-1	6	5-9
Hispanic	0	0-2	2	1-7

*Excludes missing, don't know and refused

Note: When comparing demographic estimates, confidence intervals that do not overlap indicate a significant difference.

Figure 8B: Ever Had Skin Cancer, Pennsylvania Health Districts, 2013



Chronic Health Conditions - COPD, Arthritis, Depression and Kidney Disease

Ever told by a doctor, nurse or other health professional you have COPD, emphysema or chronic bronchitis:

- Seven percent of Pennsylvania adults indicated in 2013 that they were told they have chronic obstructive pulmonary disease (COPD), emphysema or chronic bronchitis.
- Pennsylvania adults age 18-29 had a significantly lower percentage (2 percent, CI: 1-4) compared to Pennsylvania adults age 45-64 (9 percent, CI: 8-10) and adults age 65 and older (13 percent, CI: 12-15).
- Pennsylvania adults age 30-44 had a significantly lower percentage (4 percent, CI: 3-5) compared to Pennsylvania adults age 45-64 (9 percent, CI: 8-10) and adults age 65 and older (13 percent, CI: 12-15).
- Pennsylvania adults age 45-64 had a significantly lower percentage (9 percent, CI: 8-10) compared to Pennsylvania adults age 65 and older (13 percent, CI: 12-15).
- Pennsylvania adults with a high school education had a significantly lower percentage (9 percent, CI: 8-10) compared to Pennsylvania adults with less than a high school education (14 percent, CI: 11-17).
- Pennsylvania adults with some college education had a significantly lower percentage (6 percent, CI: 5-8) compared to Pennsylvania adults with less than a high school education (14 percent, CI: 11-17).
- Pennsylvania adults with a college degree had a significantly lower percentage (3 percent, CI: 2-4) compared to Pennsylvania adults with less than a high school education (14 percent, CI: 11-17), adults with a high school education (9 percent, CI: 8-10) and adults with some college education (6 percent, CI: 5-8).
- Pennsylvania adults with a household income of \$15,000 to \$24,999 had a significantly lower percentage (11 percent, CI: 10-13) compared to Pennsylvania adults with a household income of less than \$15,000 (18 percent, CI: 15-21).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (7 percent, CI: 6-8) compared to Pennsylvania adults with a household income of less than \$15,000 (18 percent, CI: 15-21) and adults with a household income of \$15,000 to \$24,999 (11 percent, CI: 10-13).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (5 percent, CI: 3-6) compared to Pennsylvania adults with a household income of less than \$15,000 (18 percent, CI: 15-21) and adults with a household income of \$15,000 to \$24,999 (11 percent, CI: 10-13).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (3 percent, CI: 2-4) compared to Pennsylvania adults with a household income of less than \$15,000 (18 percent, CI: 15-21), adults with a household income of \$15,000 to \$24,999 (11 percent, CI: 10-13) and adults with a household income of \$25,000 to \$49,999 (7 percent, CI: 6-8).

Ever told by a doctor, nurse or other health professional you have some form of arthritis, rheumatoid arthritis, gout, lupus or fibromyalgia:

- Thirty percent of Pennsylvania adults indicated in 2013 that they were ever told they have some form of arthritis, rheumatoid arthritis, gout, lupus or fibromyalgia.
- Pennsylvania men had a significantly lower percentage (25 percent, CI: 24-27) compared to Pennsylvania women (34 percent, CI: 33-36).
- Pennsylvania adults age 18-29 had a significantly lower percentage (6 percent, CI: 4-7) compared to Pennsylvania adults age 30-44 (15 percent, CI: 13-17), adults age 45-64 (36 percent, CI: 35-38) and adults age 65 and older (57 percent, CI: 55-59).
- Pennsylvania adults age 30-44 had a significantly lower percentage (15 percent, CI: 13-17) compared to Pennsylvania adults age 45-64 (36 percent, CI: 35-38) and adults age 65 and older (57 percent, CI: 55-59).
- Pennsylvania adults age 45-64 had a significantly lower percentage (36 percent, CI: 35-38) compared to Pennsylvania adults age 65 and older (57 percent, CI: 55-59).
- Pennsylvania adults with a high school education had a significantly lower percentage (33 percent, CI: 32-35) compared to Pennsylvania adults with less than a high school education (41 percent, CI: 36-45).
- Pennsylvania adults with some college education had a significantly lower percentage (28 percent, CI: 26-30) compared to Pennsylvania adults with less than a high school education (41 percent, CI: 36-45) and adults with a high school education (33 percent, CI: 32-35).
- Pennsylvania adults with a college degree had a significantly lower percentage (21 percent, CI: 19-22) compared to Pennsylvania adults with less than a high school education (41 percent, CI: 36-45), adults with a high school education (33 percent, CI: 32-35) and adults with some college education (28 percent, CI: 26-30).

Chronic Health Conditions - COPD, Arthritis, Depression and Kidney Disease

Ever told by a doctor, nurse or other health professional you have some form of arthritis, rheumatoid arthritis, gout, lupus or fibromyalgia: (continued)

- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (33 percent, CI: 31-35) compared to Pennsylvania adults with a household income of less than \$15,000 (43 percent, CI: 39-47).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (26 percent, CI: 23-28) compared to Pennsylvania adults with a household income of less than \$15,000 (43 percent, CI: 39-47), adults with a household income of \$15,000 to \$24,999 (37 percent, CI: 34-40) and adults with a household income of \$25,000 to \$49,999 (33 percent, CI: 31-35).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (21 percent, CI: 19-23) compared to Pennsylvania adults with a household income of less than \$15,000 (43 percent, CI: 39-47), adults with a household income of \$15,000 to \$24,999 (37 percent, CI: 34-40) and adults with a household income of \$25,000 to \$49,999 (33 percent, CI: 31-35).
- Pennsylvania Hispanic adults had a significantly lower percentage (17 percent, CI: 12-22) compared to Pennsylvania white, non-Hispanic adults (31 percent, CI: 30-32) and black, non-Hispanic adults (31 percent, CI: 28-35).

Ever told by a doctor, nurse or other health professional you have a depressive disorder, including depression, major depression, dysthymia or minor depression:

- Eighteen percent of Pennsylvania adults responded in 2013 that they were ever told they have a depressive disorder.
- Pennsylvania men had a significantly lower percentage (13 percent, CI: 12-15) compared to Pennsylvania women (23 percent, CI: 21-24).
- Pennsylvania adults age 18-29 had a significantly lower percentage (16 percent, CI: 14-19) compared to Pennsylvania adults age 45-64 (21 percent, CI: 20-23).
- Pennsylvania adults age 65 and older had a significantly lower percentage (14 percent, CI: 13-16) compared to Pennsylvania adults age 30-44 (19 percent, CI: 17-22) and adults age 45-64 (21 percent, CI: 20-23).
- Pennsylvania adults with a high school education had a significantly lower percentage (18 percent, CI: 17-20) compared to Pennsylvania adults with less than a high school education (28 percent, CI: 24-32).
- Pennsylvania adults with some college education had a significantly lower percentage (18 percent, CI: 16-20) compared to Pennsylvania adults with less than a high school education (28 percent, CI: 24-32).
- Pennsylvania adults with a college degree had a significantly lower percentage (14 percent, CI: 13-15) compared to Pennsylvania adults with less than a high school education (28 percent, CI: 24-32), adults with a high school education (18 percent, CI: 17-20) and adults with some college education (18 percent, CI: 16-20).
- Pennsylvania adults with a household income of \$15,000 to \$24,999 had a significantly lower percentage (26 percent, CI: 23-29) compared to Pennsylvania adults with a household income of less than \$15,000 (37 percent, CI: 33-41).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (16 percent, CI: 14-18) compared to Pennsylvania adults with a household income of less than \$15,000 (37 percent, CI: 33-41) and adults with a household income of \$15,000 to \$24,999 (26 percent, CI: 23-29).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (14 percent, CI: 12-17) compared to Pennsylvania adults with a household income of less than \$15,000 (37 percent, CI: 33-41) and adults with a household income of \$15,000 to \$24,999 (26 percent, CI: 23-29).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (11 percent, CI: 10-13) compared to Pennsylvania adults with a household income of less than \$15,000 (37 percent, CI: 33-41), adults with a household income of \$15,000 to \$24,999 (26 percent, CI: 23-29) and adults with a household income of \$25,000 to \$49,999 (16 percent, CI: 14-18).
- Pennsylvania white, non-Hispanic adults had a significantly lower percentage (18 percent, CI: 17-19) compared to Pennsylvania Hispanic adults (27 percent, CI: 21-34).

Chronic Health Conditions - COPD, Arthritis, Depression and Kidney Disease

Ever told by a doctor, nurse or other health professional you have kidney disease:

- Two percent of Pennsylvania adults responded in 2013 that they were ever told they have kidney disease.
- Pennsylvania adults age 18-29 had a significantly lower percentage (1 percent, CI: 0-2) compared to Pennsylvania adults age 65 and older (5 percent, CI: 4-6).
- Pennsylvania adults age 30-44 had a significantly lower percentage (2 percent, CI: 1-3) compared to Pennsylvania adults age 65 and older (5 percent, CI: 4-6).
- Pennsylvania adults age 45-64 had a significantly lower percentage (2 percent, CI: 2-3) compared to Pennsylvania adults age 65 and older (5 percent, CI: 4-6).
- Pennsylvania adults with a college degree had a significantly lower percentage (2 percent, CI: 1-2) compared to Pennsylvania adults with less than a high school education (4 percent, CI: 3-6).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (1 percent, CI: 1-2) compared to Pennsylvania adults with a household income of less than \$15,000 (4 percent, CI: 3-7) and adults with a household income of \$15,000 to \$24,999 (4 percent, CI: 3-5).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (1 percent, CI: 1-2) compared to Pennsylvania adults with a household income of less than \$15,000 (4 percent, CI: 3-7) and adults with a household income of \$15,000 to \$24,999 (4 percent, CI: 3-5).

Chronic Health Conditions - COPD, Arthritis, Depression and Kidney Disease

Figure 9A: Arthritis Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2013



Table 9: COPD, Arthritis, Depression, Kidney Disease, Pennsylvania Adults, 2013 (with 95% confidence intervals)

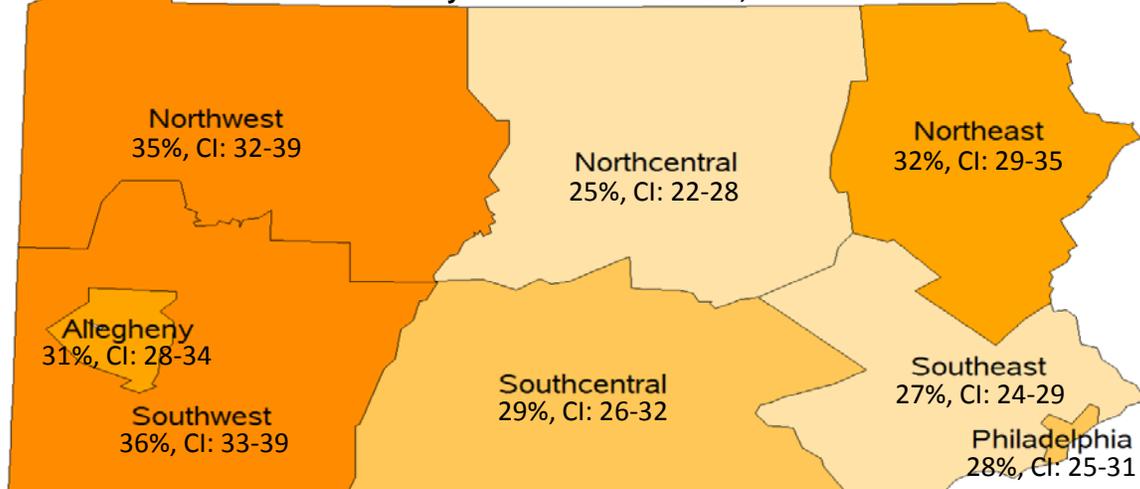
	Ever Told Have COPD, Emphysema, or Chronic Bronchitis*		Ever Told Have Some Form of Arthritis*		Ever Told Have Some Form of Depressive Disorder*		Ever Told Have Kidney Disease**	
	%	CI	%	CI	%	CI	%	CI
All adults	7	7-8	30	29-31	18	17-19	2	2-3
Gender:								
Male	7	6-8	25	24-27	13	12-15	2	2-3
Female	7	7-8	34	33-36	23	21-24	3	2-3
Age:								
18-29	2	1-4	6	4-7	16	14-19	1	0-2
30-44	4	3-5	15	13-17	19	17-22	2	1-3
45-64	9	8-10	36	35-38	21	20-23	2	2-3
65+	13	12-15	57	55-59	14	13-16	5	4-6
Education:								
<High school	14	11-17	41	36-45	28	24-32	4	3-6
High school	9	8-10	33	32-35	18	17-20	3	2-3
Some college	6	5-8	28	26-30	18	16-20	2	2-3
College degree	3	2-4	21	19-22	14	13-15	2	1-2
Household income:								
<\$15,000	18	15-21	43	39-47	37	33-41	4	3-7
\$15,000 to \$24,999	11	10-13	37	34-40	26	23-29	4	3-5
\$25,000 to \$49,999	7	6-8	33	31-35	16	14-18	3	2-4
\$50,000 to \$74,999	5	3-6	26	23-28	14	12-17	1	1-2
\$75,000+	3	2-4	21	19-23	11	10-13	1	1-2
Race:								
White, non-Hispanic	7	7-8	31	30-32	18	17-19	2	2-3
Black, non-Hispanic	8	6-10	31	28-35	18	15-22	5	3-7
Hispanic	4	2-7	17	12-22	27	21-34	3	1-8

*Excludes missing, don't know and refused

** Does not include kidney stones, bladder infection or incontinence

Note: When comparing demographic estimates, confidence intervals that do not overlap indicate a significant difference.

Figure 9B: Ever Told They Have Some Form of Arthritis, Pennsylvania Health Districts, 2013



Chronic Health Conditions - Diabetes

Ever told by a doctor, nurse or other health professional you have diabetes:

- Ten percent of Pennsylvania adults responded in 2013 that they were ever told they have diabetes.
- Pennsylvania adults age 18-29 had a significantly lower percentage (1 percent, CI: 0-1) compared to Pennsylvania adults age 30-44 (4 percent, CI: 3-5), adults age 45-64 (13 percent, CI: 12-14) and adults age 65 and older (21 percent, CI: 19-23).
- Pennsylvania adults age 30-44 had a significantly lower percentage (4 percent, CI: 3-5) compared to Pennsylvania adults age 45-64 (13 percent, CI: 12-14) and adults age 65 and older (21 percent, CI: 19-23).
- Pennsylvania adults age 45-64 had a significantly lower percentage (13 percent, CI: 12-14) compared to Pennsylvania adults age 65 and older (21 percent, CI: 19-23).
- Pennsylvania adults with some college education had a significantly lower percentage (9 percent, CI: 7-10) compared to Pennsylvania adults with less than a high school education (16 percent, CI: 13-19).
- Pennsylvania adults with a college degree had a significantly lower percentage (7 percent, CI: 6-8) compared to Pennsylvania adults with less than a high school education (16 percent, CI: 13-19) and adults with a high school education (12 percent, CI: 10-13).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (9 percent, CI: 7-11) compared to Pennsylvania adults with a household income of less than \$15,000 (15 percent, CI: 13-18) and adults with a household income of \$15,000 to \$24,999 (14 percent, CI: 13-17).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (5 percent, CI: 4-6) compared to Pennsylvania adults with a household income of less than \$15,000 (15 percent, CI: 13-18), adults with a household income of \$15,000 to \$24,999 (14 percent, CI: 13-17), adults with a household income of \$25,000 to \$49,999 (12 percent, CI: 10-13) and adults with a household income of \$50,000 to \$74,999 (9 percent, CI: 7-11).
- Pennsylvania white, non-Hispanic adults had a significantly lower percentage (10 percent, CI: 9-10) compared to Pennsylvania black, non-Hispanic adults (13 percent, CI: 11-16).

Those who check their blood sugar daily:

- Sixty-three percent of Pennsylvania adults responded in 2013 that they check their blood sugar daily.
- Pennsylvania men had a significantly lower percentage (56 percent, CI: 50-61) compared to Pennsylvania women (69 percent, CI: 65-74).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (48 percent, CI: 38-59) compared to Pennsylvania adults with a household income of less than \$15,000 (75 percent, CI: 66-82).

Those who are now taking insulin:

- Thirty-five percent of Pennsylvania adults indicated in 2013 that they are now taking insulin.
- Pennsylvania adults age 65 and older had a significantly lower percentage (29 percent, CI: 25-33) compared to Pennsylvania adults age 45-64 (40 percent, CI: 35-46).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (22 percent, CI: 15-31) compared to Pennsylvania adults with a household income of less than \$15,000 (41 percent, CI: 33-50).

Those who saw a doctor 4+ times in past year for diabetes:

- Forty-one percent of Pennsylvania adults responded in 2013 they saw a doctor at least 4 times in the past year for diabetes.

Chronic Health Conditions - Diabetes

Figure 10A: Diabetes Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2013



Table 10: Diabetes, Pennsylvania Adults, 2013 (with 95% confidence intervals)

	Ever Told They Have Diabetes*		Check Their Blood Sugar Daily* **		Now Taking Insulin* **		Saw Doctor 4+ Times in Past Year for Diabetes* **	
	%	CI	%	CI	%	CI	%	CI
All adults	10	9-11	63	59-66	35	31-38	41	37-45
Gender:								
Male	10	9-11	56	50-61	35	30-40	39	34-45
Female	10	9-11	69	65-74	35	30-40	43	38-48
Age:								
18-29	1	0-1	NSR	NSR	NSR	NSR	NSR	NSR
30-44	4	3-5	64	50-76	32	21-45	NSR	NSR
45-64	13	12-14	65	60-70	40	35-46	45	39-51
65+	21	19-23	60	55-65	29	25-33	38	33-43
Education:								
<High school	16	13-19	58	48-68	35	26-46	50	40-61
High school	12	10-13	65	60-69	35	31-41	40	35-46
Some college	9	7-10	63	56-70	34	27-41	39	32-47
College degree	7	6-8	62	54-69	33	26-41	34	27-41
Household income:								
<\$15,000	15	13-18	75	66-82	41	33-50	50	40-59
\$15,000 to \$24,999	14	13-17	62	55-69	34	28-41	45	37-52
\$25,000 to \$49,999	12	10-13	59	51-66	35	28-42	36	30-44
\$50,000 to \$74,999	9	7-11	48	38-59	22	15-31	30	22-40
\$75,000+	5	4-6	65	54-74	36	26-47	40	30-52
Race:								
White, non-Hispanic	10	9-10	62	58-66	34	31-38	40	37-45
Black, non-Hispanic	13	11-16	60	49-70	39	29-50	48	38-60
Hispanic	10	7-15	NSR	NSR	NSR	NSR	NSR	NSR

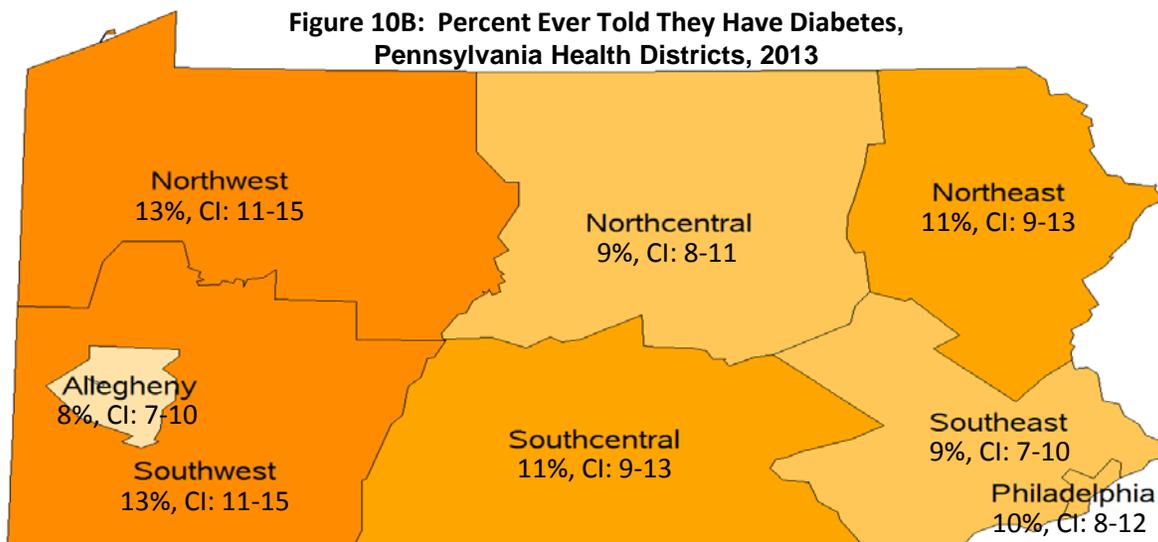
*Excludes missing, don't know and refused

** Denominator is persons who have diabetes.

Note: When comparing demographic estimates, confidence intervals that do not overlap indicate a significant difference.

Note: If "NSR" is displayed, then the total response is less than 50 and/or the percentage prevalence is considered "not statistically reliable."

Figure 10B: Percent Ever Told They Have Diabetes, Pennsylvania Health Districts, 2013



Overweight and Obese

Overweight adults:

- Thirty-five percent of Pennsylvania adults were considered overweight according to the 2013 survey results.
- Pennsylvania women had a significantly lower percentage (28 percent, CI: 26-30) compared to Pennsylvania men (41 percent, CI: 39-43).
- Pennsylvania adults age 18-29 had a significantly lower percentage (28 percent, CI: 25-31) compared to Pennsylvania adults age 45-64 (36 percent, CI: 34-38) and adults age 65 and older (39 percent, CI: 37-41).
- Pennsylvania adults with some college education had a significantly lower percentage (32 percent, CI: 30-35) compared to Pennsylvania adults with a college degree (38 percent, CI: 36-40).
- Pennsylvania adults with a household income of less than \$15,000 had a significantly lower percentage (28 percent, CI: 24-32) compared to Pennsylvania adults with a household income of \$75,000 or more (39 percent, CI: 36-41).

Obese adults:

- Thirty percent of Pennsylvania adults were considered obese according to the 2013 survey results.
- Pennsylvania adults age 18-29 had a significantly lower percentage (19 percent, CI: 16-22) compared to Pennsylvania adults age 30-44 (33 percent, CI: 30-35), adults age 45-64 (34 percent, CI: 33-36) and adults age 65 and older (30 percent, CI: 28-32).
- Pennsylvania adults age 65 and older had a significantly lower percentage (30 percent, CI: 28-32) compared to Pennsylvania adults age 45-64 (34 percent, CI: 33-36).
- Pennsylvania adults with a college degree had a significantly lower percentage (21 percent, CI: 19-23) compared to Pennsylvania adults with less than a high school education (35 percent, CI: 31-40), adults with a high school education (32 percent, CI: 31-34) and adults with some college education (33 percent, CI: 31-36).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (26 percent, CI: 24-28) compared to Pennsylvania adults with a household income of less than \$15,000 (34 percent, CI: 30-38), adults with a household income of \$15,000 to \$24,999 (32 percent, CI: 30-35) and adults with a household income of \$25,000 to \$49,999 (33 percent, CI: 31-36).

Note: The Body Mass Index (BMI), which describes relative weight for height, is significantly correlated with total body fat content. BMI is calculated as $\text{mass (kg)/height}^2 \text{ (m}^2\text{)}$ and estimated using pounds and inches by $[\text{weight (pound)/height}^2 \text{ (inches}^2\text{)}] \times 703$. Individuals with a BMI of 25 to 29.9 are considered overweight, while individuals with a BMI ≥ 30 are considered obese.

Overweight and Obese

Figure 11A: Overweight and Obese Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2013

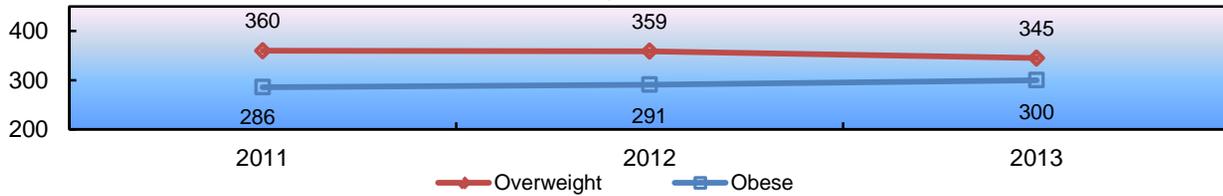


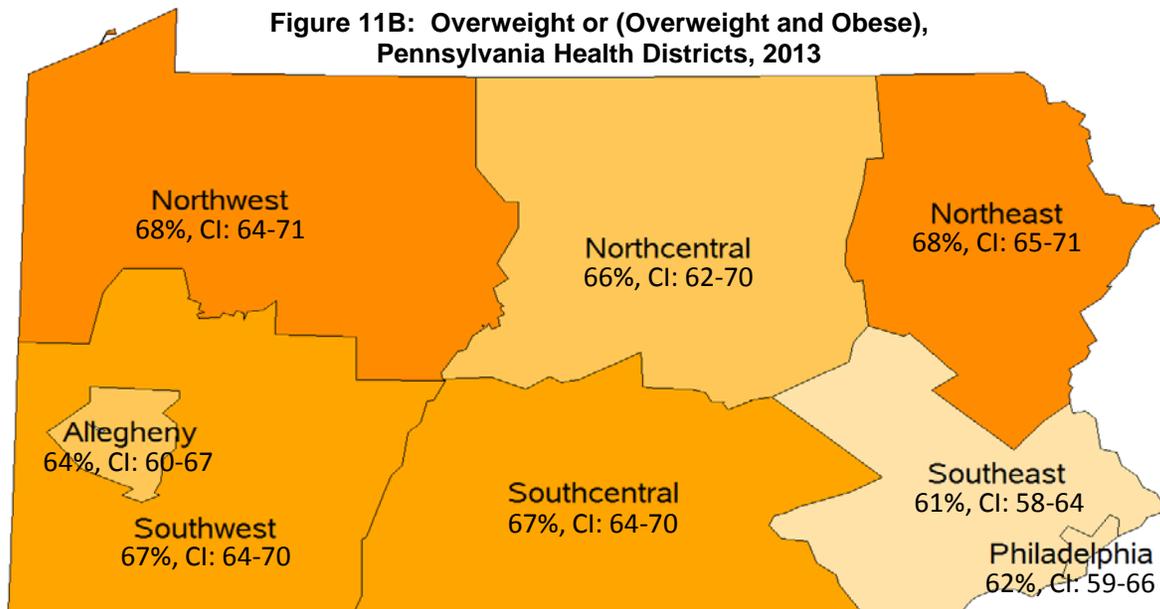
Table 11: Overweight and Obese, Pennsylvania Adults, 2013 (with 95% confidence intervals)

	Overweight* (BMI 25-29)		Obese* (BMI >= 30)		Overweight or Obese* (BMI >= 25)	
	%	CI	%	CI	%	CI
All adults	35	33-36	30	29-31	65	63-66
Gender:						
Male	41	39-43	30	29-32	71	70-73
Female	28	26-30	30	28-31	58	56-59
Age:						
18-29	28	25-31	19	16-22	46	43-50
30-44	34	31-37	33	30-35	67	64-69
45-64	36	34-38	34	33-36	71	69-72
65+	39	37-41	30	28-32	69	67-71
Education:						
<High school	32	28-37	35	31-40	67	63-72
High school	34	32-36	32	31-34	67	65-69
Some college	32	30-35	33	31-36	65	63-68
College degree	38	36-40	21	19-23	59	57-61
Household income:						
<\$15,000	28	24-32	34	30-38	62	58-66
\$15,000 to \$24,999	33	30-36	32	30-35	65	62-68
\$25,000 to \$49,999	34	32-37	33	31-36	67	65-70
\$50,000 to \$74,999	35	32-38	31	28-35	66	63-69
\$75,000+	39	36-41	26	24-28	65	62-67
Race:						
White, non-Hispanic	35	34-36	30	28-31	65	63-66
Black, non-Hispanic	34	30-38	36	32-41	70	66-74
Hispanic	34	27-41	36	29-43	69	62-76

*Excludes missing, don't know and refused

Note: When comparing demographic estimates, confidence intervals that do not overlap indicate a significant difference.

Figure 11B: Overweight or (Overweight and Obese), Pennsylvania Health Districts, 2013



Exercise

Met aerobic recommendations:

- Forty-seven percent of Pennsylvania adults reported physical activity in 2013 which met aerobic recommendations.*
- Pennsylvania adults with less than a high school education had a significantly lower percentage (34 percent, CI: 30-39) compared to Pennsylvania adults with a high school education (45 percent, CI: 43-47), adults with some college education (48 percent, CI: 45-50) and adults with a college degree (57 percent, CI: 55-59).
- Pennsylvania adults with a high school education had a significantly lower percentage (45 percent, CI: 43-47) compared to Pennsylvania adults with a college degree (57 percent, CI: 55-59).
- Pennsylvania adults with some college education had a significantly lower percentage (48 percent, CI: 45-50) compared to Pennsylvania adults with a college degree (57 percent, CI: 55-59).
- Pennsylvania adults with a household income of less than \$15,000 had a significantly lower percentage (37 percent, CI: 33-41) compared to Pennsylvania adults with a household income of \$50,000 to \$74,999 (50 percent, CI: 46-53) and adults with a household income of \$75,000 or more (57 percent, CI: 54-59).
- Pennsylvania adults with a household income of \$15,000 to \$24,999 had a significantly lower percentage (41 percent, CI: 38-44) compared to Pennsylvania adults with a household income of \$50,000 to \$74,999 (50 percent, CI: 46-53) and adults with a household income of \$75,000 or more (57 percent, CI: 54-59).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (43 percent, CI: 40-46) compared to Pennsylvania adults with a household income of \$75,000 or more (57 percent, CI: 54-59).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (50 percent, CI: 46-53) compared to Pennsylvania adults with a household income of \$75,000 or more (57 percent, CI: 54-59).
- Pennsylvania black, non-Hispanic adults had a significantly lower percentage (36 percent, CI: 32-41) compared to Pennsylvania white, non-Hispanic adults (49 percent, CI: 47-50).

Met muscle strengthening recommendations:

- Twenty-nine percent of Pennsylvania adults responded in 2013 that they met muscle strengthening recommendations.**
- Pennsylvania women had a significantly lower percentage (25 percent, CI: 23-26) compared to Pennsylvania men (34 percent, CI: 32-36).
- Pennsylvania adults age 30-44 had a significantly lower percentage (29 percent, CI: 26-31) compared to Pennsylvania adults age 18-29 (46 percent, CI: 42-49).
- Pennsylvania adults age 45-64 had a significantly lower percentage (26 percent, CI: 24-27) compared to Pennsylvania adults age 18-29 (46 percent, CI: 42-49).
- Pennsylvania adults age 65 and older had a significantly lower percentage (20 percent, CI: 18-22) compared to Pennsylvania adults age 18-29 (46 percent, CI: 42-49), adults age 30-44 (29 percent, CI: 26-31) and adults age 45-64 (26 percent, CI: 24-27).
- Pennsylvania adults with less than a high school education had a significantly lower percentage (18 percent, CI: 15-23) compared to Pennsylvania adults with some college education (31 percent, CI: 28-33) and adults with a college degree (39 percent, CI: 37-42).

Note: *Respondents who meet aerobic recommendations engage in aerobic physical activity of at least moderate intensity for at least 150 minutes per week, or 75 minutes per week of vigorous intensity, or an equivalent combination.

**Respondents who meet muscle strengthening recommendations participate in muscle strengthening exercises more than twice a week.

Exercise

Met muscle strengthening recommendations: (continued)

- Pennsylvania adults with a high school education had a significantly lower percentage (24 percent, CI: 22-26) compared to Pennsylvania adults with some college education (31 percent, CI: 28-33) and adults with a college degree (39 percent, CI: 37-42).
- Pennsylvania adults with some college education had a significantly lower percentage (31 percent, CI: 28-33) compared to Pennsylvania adults with a college degree (39 percent, CI: 37-42).
- Pennsylvania adults with a household income of less than \$15,000 had a significantly lower percentage (22 percent, CI: 18-25) compared to Pennsylvania adults with a household income of \$75,000 or more (39 percent, CI: 36-41).
- Pennsylvania adults with household incomes of \$15,000 to \$24,999 had a significantly lower percentage (24 percent, CI: 22-27) compared to Pennsylvania adults with household incomes of \$75,000 or more (39 percent, CI: 36-41).
- Pennsylvania adults with household incomes of \$25,000 to \$49,999 had a significantly lower percentage (25 percent, CI: 23-28) compared to Pennsylvania adults with household incomes of \$75,000 or more (39 percent, CI: 36-41).
- Pennsylvania adults with household incomes of \$50,000 to \$74,999 had a significantly lower percentage (27 percent, CI: 24-31) compared to Pennsylvania adults with household incomes of \$75,000 or more (39 percent, CI: 36-41).

Participated in no physical activity in past month:

- Twenty-six percent of Pennsylvania adults indicated in 2013 that they participated in no physical activity in the past month.
- Pennsylvania men had a significantly lower percentage (24 percent, CI: 23-26) compared to Pennsylvania women (28 percent, CI: 27-30).
- Pennsylvania adults age 18-29 had a significantly lower percentage (17 percent, CI: 15-20) compared to Pennsylvania adults age 45-64 (28 percent, CI: 26-30) and adults age 65 and older (37 percent, CI: 35-39).
- Pennsylvania adults age 30-44 had a significantly lower percentage (22 percent, CI: 20-24) compared to Pennsylvania adults age 45-64 (28 percent, CI: 26-30) and adults age 65 and older (37 percent, CI: 35-39).
- Pennsylvania adults age 45-64 had a significantly lower percentage (28 percent, CI: 26-30) compared to Pennsylvania adults age 65 and older (37 percent, CI: 35-39).
- Pennsylvania adults with a high school education had a significantly lower percentage (31 percent, CI: 29-33) compared to Pennsylvania adults with less than a high school education (43 percent, CI: 39-48).
- Pennsylvania adults with some college education had a significantly lower percentage (24 percent, CI: 22-27) compared to Pennsylvania adults with less than a high school education (43 percent, CI: 39-48) and adults with a high school education (31 percent, CI: 29-33).
- Pennsylvania adults with a college degree had a significantly lower percentage (13 percent, CI: 12-15) compared to Pennsylvania adults with less than a high school education (43 percent, CI: 39-48), adults with a high school education (31 percent, CI: 29-33) and adults with some college education (24 percent, CI: 22-27).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (24 percent, CI: 21-28) compared to Pennsylvania adults with a household income of less than \$15,000 (37 percent, CI: 33-41) and adults with a household income of \$15,000 to \$24,999 (36 percent, CI: 33-39).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (16 percent, CI: 14-18) compared to Pennsylvania adults with a household income of less than \$15,000 (37 percent, CI: 33-41), adults with a household income of \$15,000 to \$24,999 (36 percent, CI: 33-39), adults with a household income of \$25,000 to \$49,999 (30 percent, CI: 28-33) and adults with a household income of \$50,000 to \$74,999 (24 percent, CI: 21-28).
- Pennsylvania white, non-Hispanic adults had a significantly lower percentage (25 percent, CI: 24-27) compared to Pennsylvania black, non-Hispanic adults (34 percent, CI: 30-39).

Exercise

Participated in over 300 minutes of physical activity per week:

- Twenty-nine percent of Pennsylvania adults indicated in 2013 that they participated in over 300 minutes of physical activity per week.
- Pennsylvania adults age 30-44 had a significantly lower percentage (25 percent, CI: 22-28) compared to Pennsylvania adults age 65 and older (34 percent, CI: 32-37).
- Pennsylvania adults age 45-64 had a significantly lower percentage (29 percent, CI: 27-31) compared to Pennsylvania adults age 65 and older (34 percent, CI: 32-37).
- Pennsylvania adults with less than a high school education had a significantly lower percentage (19 percent, CI: 15-23) compared to Pennsylvania adults with a high school education (29 percent, CI: 27-31), adults with some college education (29 percent, CI: 27-31) and adults with a college degree (33 percent, CI: 31-36).
- Pennsylvania adults with a household income of less than \$15,000 had a significantly lower percentage (22 percent, CI: 19-26) compared to Pennsylvania adults with a household income of \$50,000 to \$74,999 (30 percent, CI: 27-33) and adults with a household income of \$75,000 or more (33 percent, CI: 31-36).
- Pennsylvania adults with a household income of \$15,000 to \$24,999 had a significantly lower percentage (26 percent, CI: 23-29) compared to Pennsylvania adults with a household income of \$75,000 or more (33 percent, CI: 31-36).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (27 percent, CI: 25-30) compared to Pennsylvania adults with a household income of \$75,000 or more (33 percent, CI: 31-36).
- Pennsylvania black, non-Hispanic adults had a significantly lower percentage (21 percent, CI: 17-25) compared to Pennsylvania white, non-Hispanic adults (30 percent, CI: 29-31).

Exercise

Figure 12A: No Physical Activity in the Past Month Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2013



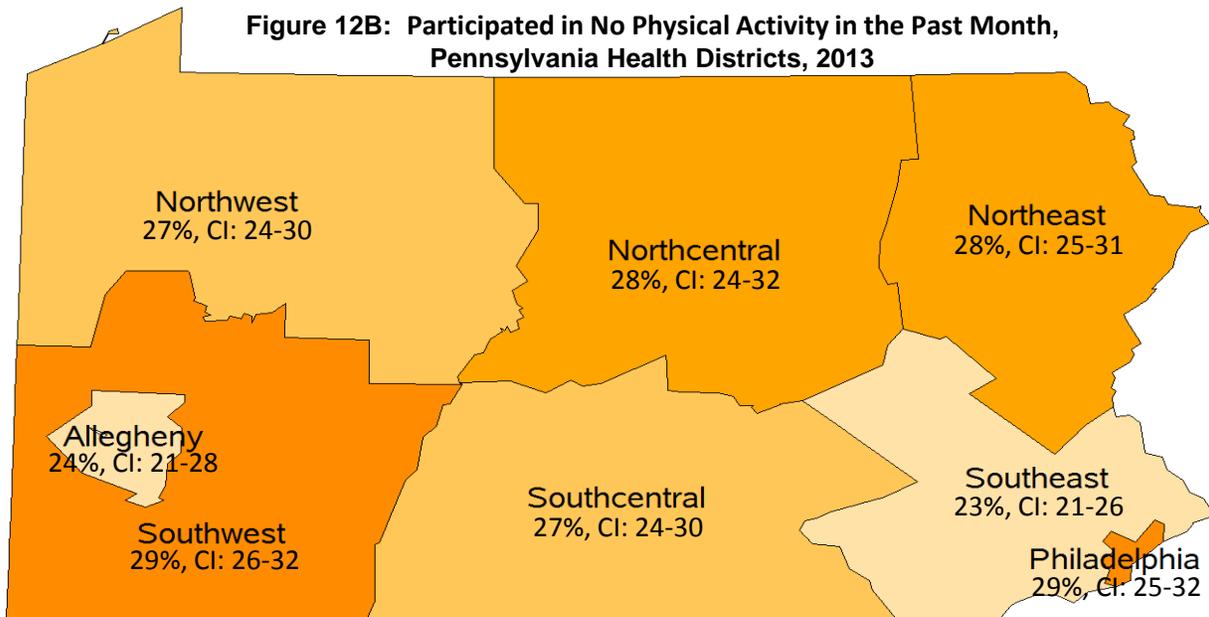
Table 12: Exercise, Pennsylvania Adults, 2013 (with 95% confidence intervals)

	Met Aerobic Recommendation*		Met Muscle Strengthening Recommendation*		Participated in No Physical Activity in the Past Month*		Participated in Over 300 Minutes of Physical Activity Per Week*	
	%	CI	%	CI	%	CI	%	CI
All adults	47	46-49	29	28-30	26	25-27	29	28-30
Gender:								
Male	48	46-50	34	32-36	24	23-26	30	28-32
Female	47	45-48	25	23-26	28	27-30	28	27-30
Age:								
18-29	47	43-50	46	42-49	17	15-20	28	25-32
30-44	47	44-50	29	26-31	22	20-24	25	22-28
45-64	48	46-50	26	24-27	28	26-30	29	27-31
65+	48	46-50	20	18-22	37	35-39	34	32-37
Education:								
<High school	34	30-39	18	15-23	43	39-48	19	15-23
High school	45	43-47	24	22-26	31	29-33	29	27-31
Some college	48	45-50	31	28-33	24	22-27	29	27-31
College degree	57	55-59	39	37-42	13	12-15	33	31-36
Household income:								
<\$15,000	37	33-41	22	18-25	37	33-41	22	19-26
\$15,000 to \$24,999	41	38-44	24	22-27	36	33-39	26	23-29
\$25,000 to \$49,999	43	40-46	25	23-28	30	28-33	27	25-30
\$50,000 to \$74,999	50	46-53	27	24-31	24	21-28	30	27-33
\$75,000+	57	54-59	39	36-41	16	14-18	33	31-36
Race:								
White, non-Hispanic	49	47-50	28	27-30	25	24-27	30	29-31
Black, non-Hispanic	36	32-41	30	26-35	34	30-39	21	17-25
Hispanic	46	38-54	33	25-41	27	21-34	28	21-36

*Excludes missing, don't know and refused

Note: When comparing demographic estimates, confidence intervals that do not overlap indicate a significant difference.

Figure 12B: Participated in No Physical Activity in the Past Month, Pennsylvania Health Districts, 2013



Physical Impairments

Are you limited in any way due to physical, mental or emotional problems:

- Twenty percent of Pennsylvania adults indicated in 2013 that they were limited in some way due to physical, mental or emotional problems.
- Pennsylvania men had a significantly lower percentage (18 percent, CI: 17-20) compared to Pennsylvania women (22 percent, CI: 21-23).
- Pennsylvania adults age 18-29 had a significantly lower percentage (10 percent, CI: 8-12) compared to Pennsylvania adults age 30-44 (15 percent, CI: 14-18), adults age 45-64 (25 percent, CI: 23-26) and adults age 65 and older (28 percent, CI: 26-30).
- Pennsylvania adults age 30-44 had a significantly lower percentage (15 percent, CI: 14-18) compared to Pennsylvania adults age 45-64 (25 percent, CI: 23-26) and adults age 65 and older (28 percent, CI: 26-30).
- Pennsylvania adults with a high school education had a significantly lower percentage (21 percent, CI: 20-23) compared to Pennsylvania adults with less than a high school education (31 percent, CI: 27-35).
- Pennsylvania adults with some college education had a significantly lower percentage (20 percent, CI: 19-22) compared to Pennsylvania adults with less than a high school education (31 percent, CI: 27-35).
- Pennsylvania adults with a college degree had a significantly lower percentage (13 percent, CI: 12-15) compared to Pennsylvania adults with less than a high school education (31 percent, CI: 27-35), adults with a high school education (21 percent, CI: 20-23) and adults with some college education (20 percent, CI: 19-22).
- Pennsylvania adults with a household income of \$15,000 to \$24,999 had a significantly lower percentage (28 percent, CI: 25-31) compared to Pennsylvania adults with a household income of less than \$15,000 (45 percent, CI: 41-49).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (19 percent, CI: 17-21) compared to Pennsylvania adults with a household income of less than \$15,000 (45 percent, CI: 41-49) and adults with a household income of \$15,000 to \$24,999 (28 percent, CI: 25-31).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (15 percent, CI: 13-17) compared to Pennsylvania adults with a household income of less than \$15,000 (45 percent, CI: 41-49) and adults with a household income of \$15,000 to \$24,999 (28 percent, CI: 25-31).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (10 percent, CI: 9-12) compared to Pennsylvania adults with a household income of less than \$15,000 (45 percent, CI: 41-49), adults with a household income of \$15,000 to \$24,999 (28 percent, CI: 25-31), adults with a household income of \$25,000 to \$49,999 (19 percent, CI: 17-21) and adults with a household income of \$50,000 to \$74,999 (15 percent, CI: 13-17).

Do you have health problems requiring the use of special equipment:

- Nine percent of Pennsylvania adults responded in 2013 that they have health problems requiring the use of special equipment.
- Pennsylvania adults age 18-29 had a significantly lower percentage (2 percent, CI: 1-4) compared to Pennsylvania adults age 45-64 (10 percent, CI: 9-11) and adults age 65 and older (20 percent, CI: 19-22).
- Pennsylvania adults age 30-44 had a significantly lower percentage (4 percent, CI: 3-5) compared to Pennsylvania adults age 45-64 (10 percent, CI: 9-11) and adults age 65 and older (20 percent, CI: 19-22).
- Pennsylvania adults age 45-64 had a significantly lower percentage (10 percent, CI: 9-11) compared to Pennsylvania adults age 65 and older (20 percent, CI: 19-22).
- Pennsylvania adults with a high school education had a significantly lower percentage (10 percent, CI: 9-11) compared to Pennsylvania adults with less than a high school education (16 percent, CI: 13-20).
- Pennsylvania adults with some college education had a significantly lower percentage (8 percent, CI: 7-9) compared to Pennsylvania adults with less than a high school education (16 percent, CI: 13-20).

Physical Impairments

Do you have health problems requiring the use of special equipment: (continued)

- Pennsylvania adults with a college degree had a significantly lower percentage (5 percent, CI: 5-6) compared to Pennsylvania adults with less than a high school education (16 percent, CI: 13-20), adults with a high school education (10 percent, CI: 9-11) and adults with some college education (8 percent, CI: 7-9).
- Pennsylvania adults with a household income of \$15,000 to \$24,999 had a significantly lower percentage (14 percent, CI: 12-16) compared to Pennsylvania adults with a household income of less than \$15,000 (25 percent, CI: 22-28).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (9 percent, CI: 8-11) compared to Pennsylvania adults with a household income of less than \$15,000 (25 percent, CI: 22-28) and adults with a household income of \$15,000 to \$24,999 (14 percent, CI: 12-16).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (5 percent, CI: 3-6) compared to Pennsylvania adults with a household income of less than \$15,000 (25 percent, CI: 22-28), adults with a household income of \$15,000 to \$24,999 (14 percent, CI: 12-16) and adults with a household income of \$25,000 to \$49,999 (9 percent, CI: 8-11).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (3 percent, CI: 3-4) compared to Pennsylvania adults with a household income of less than \$15,000 (25 percent, CI: 22-28), adults with a household income of \$15,000 to \$24,999 (14 percent, CI: 12-16) and adults with a household income of \$25,000 to \$49,999 (9 percent, CI: 8-11).
- Pennsylvania white, non-Hispanic adults had a significantly lower percentage (9 percent, CI: 8-9) compared to Pennsylvania black, non-Hispanic adults (14 percent, CI: 11-17).

Blind or have serious difficulty seeing, even when wearing glasses:

- Four percent of Pennsylvania adults indicated in 2013 that they were blind or had serious difficulty seeing, even when wearing glasses.
- Pennsylvania adults age 30-44 had a significantly lower percentage (2 percent, CI: 1-3) compared to Pennsylvania adults age 65 and older (6 percent, CI: 5-7).
- Pennsylvania adults with a high school education had a significantly lower percentage (4 percent, CI: 4-5) compared to Pennsylvania adults with less than a high school education (8 percent, CI: 6-10).
- Pennsylvania adults with some college education had a significantly lower percentage (3 percent, CI: 2-4) compared to Pennsylvania adults with less than a high school education (8 percent, CI: 6-10).
- Pennsylvania adults with a college degree had a significantly lower percentage (1 percent, CI: 1-2) compared to Pennsylvania adults with less than a high school education (8 percent, CI: 6-10) and adults with a high school education (4 percent, CI: 4-5).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (4 percent, CI: 3-5) compared to Pennsylvania adults with a household income of less than \$15,000 (8 percent, CI: 6-10).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (2 percent, CI: 1-3) compared to Pennsylvania adults with a household income of less than \$15,000 (8 percent, CI: 6-10) and adults with a household income of \$15,000 to \$24,999 (6 percent, CI: 5-8).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (1 percent, CI: 1-2) compared to Pennsylvania adults with a household income of less than \$15,000 (8 percent, CI: 6-10), adults with a household income of \$15,000 to \$24,999 (6 percent, CI: 5-8) and adults with a household income of \$25,000 to \$49,999 (4 percent, CI: 3-5).
- Pennsylvania white, non-Hispanic adults had a significantly lower percentage (3 percent, CI: 3-4) compared to Pennsylvania black, non-Hispanic adults (8 percent, CI: 6-11).

Physical Impairments

Figure 13A: Limited in Activity Due to Health Problems Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2013



Table 13: Physical Impairments, Pennsylvania Adults, 2013 (with 95% confidence intervals)

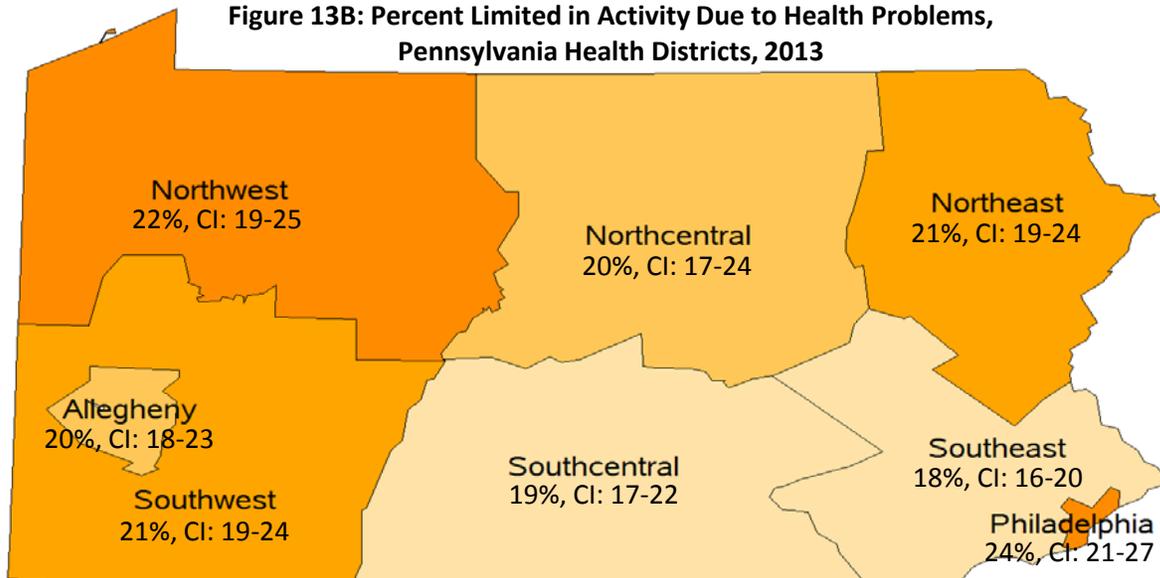
	Activities Limited in Any Way Due to Health Problems* **		Health Problems Require the Use of Special Equipment*		Are Blind or Have Serious Difficulty Seeing, Even With Glasses*	
	%	CI	%	CI	%	CI
All adults	20	19-21	9	9-10	4	3-4
Gender:						
Male	18	17-20	8	7-9	4	3-4
Female	22	21-23	10	9-11	4	3-4
Age:						
18-29	10	8-12	2	1-4	3	2-5
30-44	15	14-18	4	3-5	2	1-3
45-64	25	23-26	10	9-11	4	3-5
65+	28	26-30	20	19-22	6	5-7
Education:						
<High school	31	27-35	16	13-20	8	6-10
High school	21	20-23	10	9-11	4	4-5
Some college	20	19-22	8	7-9	3	2-4
College degree	13	12-15	5	5-6	1	1-2
Household income:						
<\$15,000	45	41-49	25	22-28	8	6-10
\$15,000 to \$24,999	28	25-31	14	12-16	6	5-8
\$25,000 to \$49,999	19	17-21	9	8-11	4	3-5
\$50,000 to \$74,999	15	13-17	5	3-6	2	1-3
\$75,000+	10	9-12	3	3-4	1	1-2
Race:						
White, non-Hispanic	20	19-21	9	8-9	3	3-4
Black, non-Hispanic	23	20-27	14	11-17	8	6-11
Hispanic	22	16-28	11	7-17	5	3-9

*Excludes missing, don't know and refused

**Includes physical, mental or emotional problems

Note: When comparing demographic estimates, confidence intervals that do not overlap indicate a significant difference.

Figure 13B: Percent Limited in Activity Due to Health Problems, Pennsylvania Health Districts, 2013



Physical Impairments (continued)

Have difficulty concentrating, remembering or making decisions due to health condition:

- Nine percent of Pennsylvania adults responded in 2013 that they had difficulty concentrating, remembering or making decisions due to health condition.
- Pennsylvania adults with a high school education had a significantly lower percentage (10 percent, CI: 9-11) compared to Pennsylvania adults with less than a high school education (17 percent, CI: 14-21).
- Pennsylvania adults with some college education had a significantly lower percentage (10 percent, CI: 8-11) compared to Pennsylvania adults with less than a high school education (17 percent, CI: 14-21).
- Pennsylvania adults with a college degree had a significantly lower percentage (4 percent, CI: 3-5) compared to Pennsylvania adults with less than a high school education (17 percent, CI: 14-21), adults with a high school education (10 percent, CI: 9-11) and adults with some college education (10 percent, CI: 8-11).
- Pennsylvania adults with a household income of \$15,000 to \$24,999 had a significantly lower percentage (15 percent, CI: 13-17) compared to Pennsylvania adults with a household income of less than \$15,000 (27 percent, CI: 23-31).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (8 percent, CI: 7-10) compared to Pennsylvania adults with a household income of less than \$15,000 (27 percent, CI: 23-31) and adults with a household income of \$15,000 to \$24,999 (15 percent, CI: 13-17).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (5 percent, CI: 4-7) compared to Pennsylvania adults with a household income of less than \$15,000 (27 percent, CI: 23-31) and adults with a household income of \$15,000 to \$24,999 (15 percent, CI: 13-17).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (2 percent, CI: 1-3) compared to Pennsylvania adults with a household income of less than \$15,000 (27 percent, CI: 23-31), adults with a household income of \$15,000 to \$24,999 (15 percent, CI: 13-17), adults with a household income of \$25,000 to \$49,999 (8 percent, CI: 7-10) and adults with a household income of \$50,000 to \$74,999 (5 percent, CI: 4-7).
- Pennsylvania white, non-Hispanic adults had a significantly lower percentage (8 percent, CI: 8-9) compared to Pennsylvania black, non-Hispanic adults (14 percent, CI: 11-18) and Hispanic adults (19 percent, CI: 14-26).

Have difficulty walking or climbing stairs:

- Fourteen percent of Pennsylvania adults responded in 2013 that they had difficulty walking or climbing stairs.
- Pennsylvania men had a significantly lower percentage (12 percent, CI: 11-13) compared to Pennsylvania women (16 percent, CI: 15-17).
- Pennsylvania adults age 18-29 had a significantly lower percentage (3 percent, CI: 2-4) compared to Pennsylvania adults age 30-44 (8 percent, CI: 6-9), adults age 45-64 (17 percent, CI: 15-18) and adults age 65 and older (27 percent, CI: 25-29).
- Pennsylvania adults age 30-44 had a significantly lower percentage (8 percent, CI: 6-9) compared to Pennsylvania adults age 45-64 (17 percent, CI: 15-18) and adults age 65 and older (27 percent, CI: 25-29).
- Pennsylvania adults age 45-64 had a significantly lower percentage (17 percent, CI: 15-18) compared to Pennsylvania adults age 65 and older (27 percent, CI: 25-29).
- Pennsylvania adults with a high school education had a significantly lower percentage (16 percent, CI: 15-17) compared to Pennsylvania adults with less than a high school education (27 percent, CI: 23-31).
- Pennsylvania adults with some college education had a significantly lower percentage (13 percent, CI: 11-14) compared to Pennsylvania adults with less than a high school education (27 percent, CI: 23-31) and adults with a high school education (16 percent, CI: 15-17).

Physical Impairments (continued)

Have difficulty walking or climbing stairs: (continued)

- Pennsylvania adults with a college degree had a significantly lower percentage (6 percent, CI: 5-7) compared to Pennsylvania adults with less than a high school education (27 percent, CI: 23-31), adults with a high school education (16 percent, CI: 15-17) and adults with some college education (13 percent, CI: 11-14).
- Pennsylvania adults with a household income of \$15,000 to \$24,999 had a significantly lower percentage (22 percent, CI: 20-25) compared to Pennsylvania adults with a household income of less than \$15,000 (36 percent, CI: 32-40).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (14 percent, CI: 12-16) compared to Pennsylvania adults with a household income of less than \$15,000 (36 percent, CI: 32-40) and adults with a household income of \$15,000 to \$24,999 (22 percent, CI: 20-25).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (6 percent, CI: 5-8) compared to Pennsylvania adults with a household income of less than \$15,000 (36 percent, CI: 32-40), adults with a household income of \$15,000 to \$24,999 (22 percent, CI: 20-25) and adults with a household income of \$25,000 to \$49,999 (14 percent, CI: 12-16).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (4 percent, CI: 4-6) compared to Pennsylvania adults with a household income of less than \$15,000 (36 percent, CI: 32-40), adults with a household income of \$15,000 to \$24,999 (22 percent, CI: 20-25) and adults with a household income of \$25,000 to \$49,999 (14 percent, CI: 12-16).
- Pennsylvania white, non-Hispanic adults had a significantly lower percentage (13 percent, CI: 12-14) compared to Pennsylvania black, non-Hispanic adults (21 percent, CI: 18-25).

Have difficulty dressing or bathing:

- Three percent of Pennsylvania adults indicated in 2013 that they had difficulty dressing or bathing.
- Pennsylvania adults age 18-29 had a significantly lower percentage (1 percent, CI: 0-2) compared to Pennsylvania adults age 45-64 (5 percent, CI: 4-6) and adults age 65 and older (4 percent, CI: 3-5).
- Pennsylvania adults with a high school education had a significantly lower percentage (3 percent, CI: 3-4) compared to Pennsylvania adults with less than a high school education (8 percent, CI: 6-11).
- Pennsylvania adults with some college education had a significantly lower percentage (4 percent, CI: 3-5) compared to Pennsylvania adults with less than a high school education (8 percent, CI: 6-11).
- Pennsylvania adults with a college degree had a significantly lower percentage (1 percent, CI: 1-2) compared to Pennsylvania adults with less than a high school education (8 percent, CI: 6-11), adults with a high school education (3 percent, CI: 3-4) and adults with some college education (4 percent, CI: 3-5).
- Pennsylvania adults with a household income of \$15,000 to \$24,999 had a significantly lower percentage (6 percent, CI: 5-7) compared to Pennsylvania adults with a household income of less than \$15,000 (10 percent, CI: 8-13).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (3 percent, CI: 2-4) compared to Pennsylvania adults with a household income of less than \$15,000 (10 percent, CI: 8-13) and adults with a household income of \$15,000 to \$24,999 (6 percent, CI: 5-7).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (2 percent, CI: 1-3) compared to Pennsylvania adults with a household income of less than \$15,000 (10 percent, CI: 8-13) and adults with a household income of \$15,000 to \$24,999 (6 percent, CI: 5-7).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (1 percent, CI: 0-1) compared to Pennsylvania adults with a household income of less than \$15,000 (10 percent, CI: 8-13), adults with a household income of \$15,000 to \$24,999 (6 percent, CI: 5-7) and adults with a household income of \$25,000 to \$49,999 (3 percent, CI: 2-4).
- Pennsylvania white, non-Hispanic adults had a significantly lower percentage (3 percent, CI: 3-4) compared to Pennsylvania black, non-Hispanic adults (6 percent, CI: 5-8).

Physical Impairments (continued)

Have difficulty doing errands alone due to health condition:

- Seven percent of Pennsylvania adults indicated in 2013 that they had difficulty doing errands alone due to health condition.
- Pennsylvania men had a significantly lower percentage (5 percent, CI: 4-6) compared to Pennsylvania women (8 percent, CI: 8-9).
- Pennsylvania adults age 18-29 had a significantly lower percentage (4 percent, CI: 3-5) compared to Pennsylvania adults age 45-64 (8 percent, CI: 7-9) and adults age 65 and older (10 percent, CI: 9-11).
- Pennsylvania adults age 30-44 had a significantly lower percentage (5 percent, CI: 4-7) compared to Pennsylvania adults age 65 and older (10 percent, CI: 9-11).
- Pennsylvania adults with a high school education had a significantly lower percentage (8 percent, CI: 7-9) compared to Pennsylvania adults with less than a high school education (15 percent, CI: 12-18).
- Pennsylvania adults with some college education had a significantly lower percentage (6 percent, CI: 5-7) compared to Pennsylvania adults less than a high school education (15 percent, CI: 12-18).
- Pennsylvania adults with a college degree had a significantly lower percentage (3 percent, CI: 2-3) compared to Pennsylvania adults with less than a high school education (15 percent, CI: 12-18), adults with a high school education (8 percent, CI: 7-9) and adults with some college education (6 percent, CI: 5-7).
- Pennsylvania adults with a household income of \$15,000 to \$24,999 had a significantly lower percentage (11 percent, CI: 9-13) compared to Pennsylvania adults with a household income of less than \$15,000 (21 percent, CI: 18-24).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (6 percent, CI: 5-8) compared to Pennsylvania adults with a household income of less than \$15,000 (21 percent, CI: 18-24) and adults with a household income of \$15,000 to \$24,999 (11 percent, CI: 9-13).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (3 percent, CI: 2-5) compared to Pennsylvania adults with a household income of less than \$15,000 (21 percent, CI: 18-24) and adults with a household income of \$15,000 to \$24,999 (11 percent, CI: 9-13).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (1 percent, CI: 1-2) compared to Pennsylvania adults with a household income of less than \$15,000 (21 percent, CI: 18-24), adults with a household income of \$15,000 to \$24,999 (11 percent, CI: 9-13) and adults with a household income of \$25,000 to \$49,999 (6 percent, CI: 5-8).

Physical Impairments (continued)

Table 14: Physical Impairments, Pennsylvania Adults, 2013 (with 95% confidence intervals)

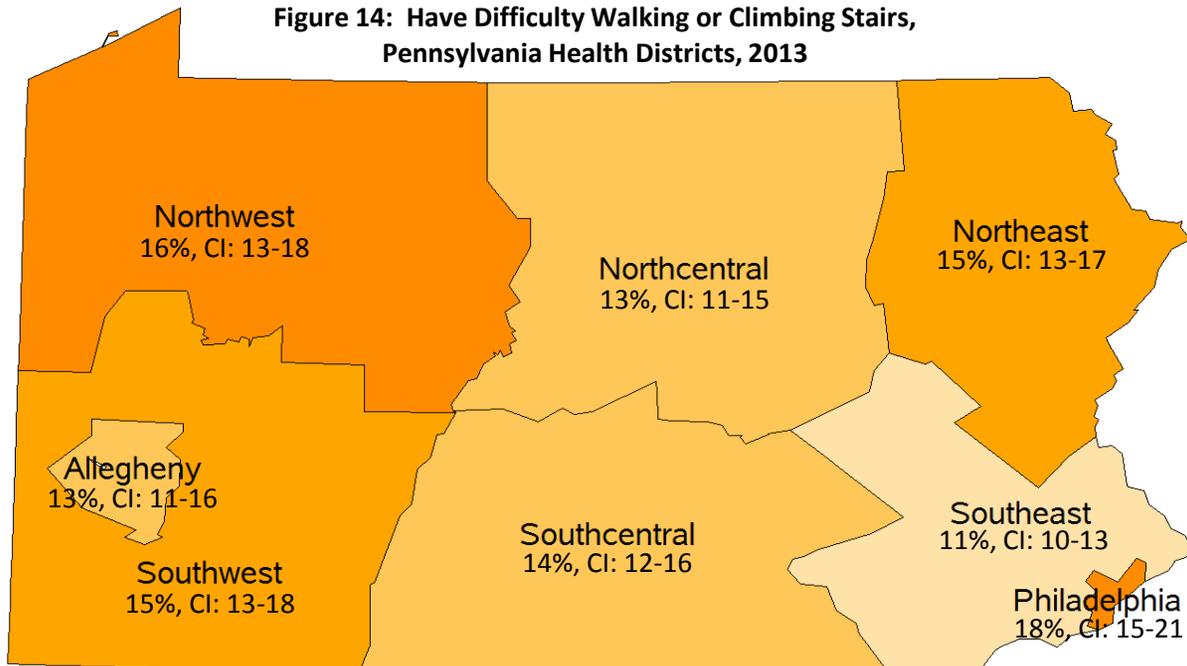
	Have Difficulty Concentrating, Remembering or Making Decisions Due to Health Condition* **		Have Difficulty Walking or Climbing Stairs*		Have Difficulty Dressing or Bathing*		Have Difficulty Doing Errands Alone Due to Health Condition*	
	%	CI	%	CI	%	CI	%	CI
All adults	9	9-10	14	13-15	3	3-4	7	6-8
Gender:								
Male	8	7-10	12	11-13	3	3-4	5	4-6
Female	10	9-11	16	15-17	4	3-4	8	8-9
Age:								
18-29	10	8-13	3	2-4	1	0-2	4	3-5
30-44	9	7-11	8	6-9	3	2-4	5	4-7
45-64	11	9-12	17	15-18	5	4-6	8	7-9
65+	7	6-9	27	25-29	4	3-5	10	9-11
Education:								
<High school	17	14-21	27	23-31	8	6-11	15	12-18
High school	10	9-11	16	15-17	3	3-4	8	7-9
Some college	10	8-11	13	11-14	4	3-5	6	5-7
College degree	4	3-5	6	5-7	1	1-2	3	2-3
Household income:								
<\$15,000	27	23-31	36	32-40	10	8-13	21	18-24
\$15,000 to \$24,999	15	13-17	22	20-25	6	5-7	11	9-13
\$25,000 to \$49,999	8	7-10	14	12-16	3	2-4	6	5-8
\$50,000 to \$74,999	5	4-7	6	5-8	2	1-3	3	2-5
\$75,000+	2	1-3	4	4-6	1	0-1	1	1-2
Race:								
White, non-Hispanic	8	8-9	13	12-14	3	3-4	6	6-7
Black, non-Hispanic	14	11-18	21	18-25	6	5-8	9	7-12
Hispanic	19	14-26	13	9-19	4	1-8	11	7-17

*Excludes missing, don't know and refused

**Includes physical, mental or emotional problems

Note: When comparing demographic estimates, confidence intervals that do not overlap indicate a significant difference.

Figure 14: Have Difficulty Walking or Climbing Stairs, Pennsylvania Health Districts, 2013



Tobacco Use

Current cigarette smokers:

- Twenty-one percent of Pennsylvania adults responded in 2013 that they were current smokers.
- Pennsylvania women had a significantly lower percentage (19 percent, CI: 17-20) compared to Pennsylvania men (24 percent, CI: 22-25).
- Pennsylvania adults age 65 and older had a significantly lower percentage (10 percent, CI: 9-11) compared to Pennsylvania adults age 18-29 (25 percent, CI: 22-28), adults age 30-44 (26 percent, CI: 24-29) and adults age 45-64 (22 percent, CI: 20-24).
- Pennsylvania adults with a high school education had a significantly lower percentage (25 percent, CI: 23-27) compared to Pennsylvania adults with less than a high school education (34 percent, CI: 30-39).
- Pennsylvania adults with some college education had a significantly lower percentage (21 percent, CI: 19-23) compared to Pennsylvania adults with less than a high school education (34 percent, CI: 30-39).
- Pennsylvania adults with a college degree had a significantly lower percentage (9 percent, CI: 7-10) compared to Pennsylvania adults with less than a high school education (34 percent, CI: 30-39), adults with a high school education (25 percent, CI: 23-27) and adults with some college education (21 percent, CI: 19-23).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (22 percent, CI: 20-25) compared to Pennsylvania adults with a household income of less than \$15,000 (37 percent, CI: 33-41) and adults with a household income of \$15,000 to \$24,999 (31 percent, CI: 28-34).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (17 percent, CI: 14-20) compared to Pennsylvania adults with a household income of less than \$15,000 (37 percent, CI: 33-41) and adults with a household income of \$15,000 to \$24,999 (31 percent, CI: 28-34).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (12 percent, CI: 10-14) compared to Pennsylvania adults with a household income of less than \$15,000 (37 percent, CI: 33-41), adults with a household income of \$15,000 to \$24,999 (31 percent, CI: 28-34) and adults with a household income of \$25,000 to \$49,999 (22 percent, CI: 20-25).
- Pennsylvania white, non-Hispanic adults had a significantly lower percentage (20 percent, CI: 19-21) compared to Pennsylvania black, non-Hispanic adults (28 percent, CI: 24-33).

Former cigarette smokers:

- Twenty-six percent of Pennsylvania adults indicated in 2013 that they were former smokers.
- Pennsylvania women had a significantly lower percentage (23 percent, CI: 21-24) compared to Pennsylvania men (29 percent, CI: 28-31).
- Pennsylvania adults age 18-29 had a significantly lower percentage (11 percent, CI: 9-14) compared to Pennsylvania adults age 30-44 (21 percent, CI: 19-23), adults age 45-64 (28 percent, CI: 27-30) and adults age 65 and older (42 percent, CI: 39-44).
- Pennsylvania adults age 30-44 had a significantly lower percentage (21 percent, CI: 19-23) compared to Pennsylvania adults age 45-64 (28 percent, CI: 27-30) and adults age 65 and older (42 percent, CI: 39-44).
- Pennsylvania adults age 45-64 had a significantly lower percentage (28 percent, CI: 27-30) compared to Pennsylvania adults age 65 and older (42 percent, CI: 39-44).
- Pennsylvania adults with a household income of less than \$15,000 had a significantly lower percentage (22 percent, CI: 19-25) compared to Pennsylvania adults with a household income of \$25,000 to \$49,999 (28 percent, CI: 26-31) and adults with a household income of \$50,000 to \$74,999 (28 percent, CI: 26-31).
- Pennsylvania black, non-Hispanic adults had a significantly lower percentage (19 percent, CI: 16-23) compared to Pennsylvania white, non-Hispanic adults (28 percent, CI: 26-29).

Tobacco Use

Current smokers who quit smoking for at least 1 day in the past year:

- Fifty-four percent of Pennsylvania adults responded in 2013 that they quit for at least one day in the past year.
- Pennsylvania adults age 30-44 had a significantly lower percentage (52 percent, CI: 45-58) compared to Pennsylvania adults age 18-29 (71 percent, CI: 64-78).
- Pennsylvania adults age 45-64 had a significantly lower percentage (47 percent, CI: 42-51) compared to Pennsylvania adults age 18-29 (71 percent, CI: 64-78).
- Pennsylvania adults age 65 and older had a significantly lower percentage (49 percent, CI: 41-58) compared to Pennsylvania adults age 18-29 (71 percent, CI: 64-78).

Currently use chewing tobacco, snuff or snus:

- Four percent of Pennsylvania adults indicated in 2013 that they currently use chewing tobacco, snuff or snus.
- Pennsylvania women had a significantly lower percentage (1 percent, CI: 0-1) compared to Pennsylvania men (8 percent, CI: 7-10).
- Pennsylvania adults age 45-64 had a significantly lower percentage (3 percent, CI: 3-4) compared to Pennsylvania adults age 18-29 (8 percent, CI: 6-10).
- Pennsylvania adults age 65 and older had a significantly lower percentage (2 percent, CI: 1-2) compared to Pennsylvania adults age 18-29 (8 percent, CI: 6-10), adults age 30-44 (5 percent, CI: 4-7) and adults age 45-64 (3 percent, CI: 3-4).
- Pennsylvania adults with a college degree had a significantly lower percentage (3 percent, CI: 2-4) compared to Pennsylvania adults with a high school education (5 percent, CI: 5-7).

Tobacco Use

Figure 15A: Tobacco Use Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2013

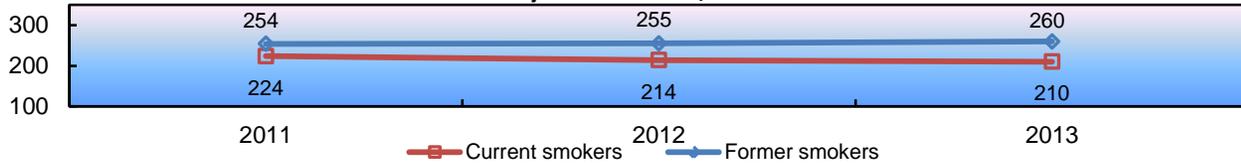


Table 15: Tobacco Use, Pennsylvania Adults, 2013 (with 95% confidence intervals)

	Current Smoker* **		Former Smoker*		Quit at Least 1 Day in Past Year* ***		Currently Use Chewing Tobacco, Snuff or Snus* ****	
	%	CI	%	CI	%	CI	%	CI
All adults	21	20-22	26	25-27	54	51-57	4	4-5
Gender:								
Male	24	22-25	29	28-31	55	50-59	8	7-10
Female	19	17-20	23	21-24	52	48-57	1	0-1
Age:								
18-29	25	22-28	11	9-14	71	64-78	8	6-10
30-44	26	24-29	21	19-23	52	45-58	5	4-7
45-64	22	20-24	28	27-30	47	42-51	3	3-4
65+	10	9-11	42	39-44	49	41-58	2	1-2
Education:								
<High school	34	30-39	29	25-33	55	46-63	6	4-9
High school	25	23-27	26	24-28	53	48-57	5	5-7
Some college	21	19-23	26	24-28	55	49-61	4	3-5
College degree	9	7-10	25	23-27	52	42-62	3	2-4
Household income:								
<\$15,000	37	33-41	22	19-25	59	51-67	4	2-6
\$15,000 to \$24,999	31	28-34	24	22-27	50	43-56	5	3-6
\$25,000 to \$49,999	22	20-25	28	26-31	55	48-61	5	4-6
\$50,000 to \$74,999	17	14-20	28	26-31	50	41-59	6	4-8
\$75,000+	12	10-14	27	25-29	58	49-67	4	3-5
Race:								
White, non-Hispanic	20	19-21	28	26-29	51	47-54	5	4-5
Black, non-Hispanic	28	24-33	19	16-23	64	54-73	3	1-6
Hispanic	25	19-32	26	20-33	NSR	NSR	3	1-8

*Excludes missing, don't know and refused

**Includes adults who smoke cigarettes every day or some days

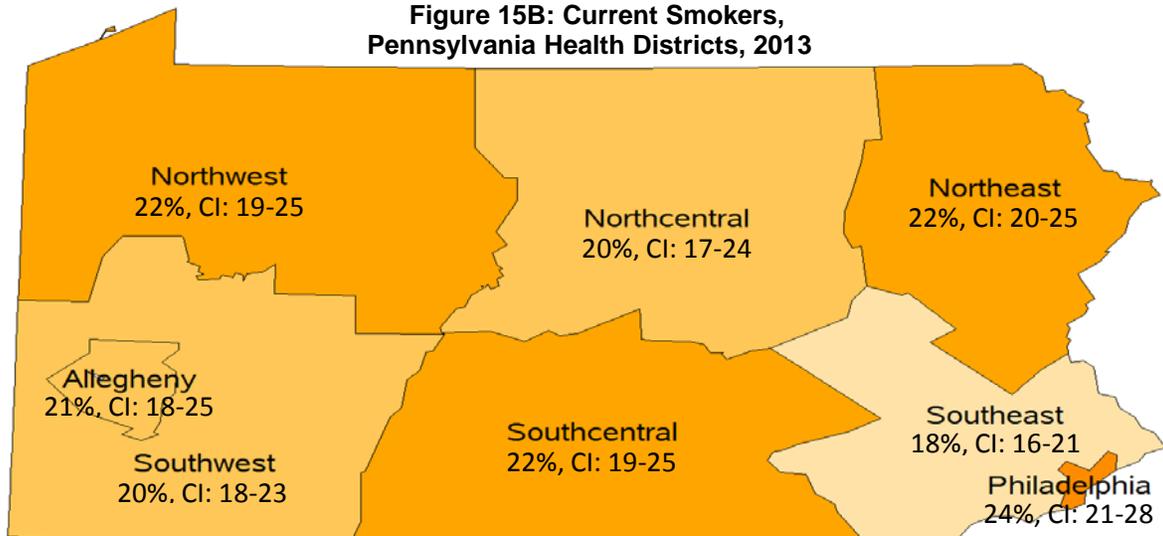
***Denominator is current smokers who smoke every day or some days.

****Includes adults who currently use chewing tobacco, snuff or snus every day or some days

Note: When comparing demographic estimates, confidence intervals that do not overlap indicate a significant difference.

Note: If "NSR" is displayed, then the total response is less than 50 and/or the percentage prevalence is considered "not statistically reliable."

Figure 15B: Current Smokers, Pennsylvania Health Districts, 2013



Alcohol Consumption

Binge drinking:

- Seventeen percent of Pennsylvania adults responded in 2013 that they were binge drinkers.
- Pennsylvania women had a significantly lower percentage (11 percent, CI: 10-12) compared to Pennsylvania men (24 percent, CI: 23-26).
- Pennsylvania adults age 30-44 had a significantly lower percentage (22 percent, CI: 20-25) compared to Pennsylvania adults age 18-29 (31 percent, CI: 28-34).
- Pennsylvania adults age 45-64 had a significantly lower percentage (14 percent, CI: 13-16) compared to Pennsylvania adults age 18-29 (31 percent, CI: 28-34) and adults age 30-44 (22 percent, CI: 20-25).
- Pennsylvania adults age 65 and older had a significantly lower percentage (5 percent, CI: 4-6) compared to Pennsylvania adults age 18-29 (31 percent, CI: 28-34), adults age 30-44 (22 percent, CI: 20-25) and adults age 45-64 (14 percent, CI: 13-16).
- Pennsylvania adults with less than a high school education had a significantly lower percentage (14 percent, CI: 11-18) compared to Pennsylvania adults with a college degree (21 percent, CI: 19-23).
- Pennsylvania adults with a high school education had a significantly lower percentage (14 percent, CI: 13-16) compared to Pennsylvania adults with some college education (19 percent, CI: 17-21) and adults with a college degree (21 percent, CI: 19-23).
- Pennsylvania adults with a household income of \$15,000 to \$24,999 had a significantly lower percentage (16 percent, CI: 14-19) compared to Pennsylvania adults with a household income of \$75,000 or more (22 percent, CI: 20-24).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (15 percent, CI: 13-17) compared to Pennsylvania adults with a household income of \$75,000 or more (22 percent, CI: 20-24).

Definition: For this survey, binge drinking is defined as having five or more alcoholic drinks on one occasion for men or four or more for women.

At risk for problem drinking:

- Six percent of Pennsylvania adults responded in 2013 that they were at risk for problem drinking.
- Pennsylvania women had a significantly lower percentage (5 percent, CI: 4-5) compared to Pennsylvania men (8 percent, CI: 7-9).
- Pennsylvania adults age 65 and older had a significantly lower percentage (4 percent, CI: 3-5) compared to Pennsylvania adults age 18-29 (8 percent, CI: 7-10).

Definition: For this survey, being at risk for problem drinking is defined as having greater than two drinks per day for men and greater than one drink per day for women.

Chronic drinking:

- Six percent of Pennsylvania adults indicated in 2013 that they were chronic drinkers.
- Pennsylvania women had a significantly lower percentage (2 percent, CI: 1-2) compared to Pennsylvania men (10 percent, CI: 9-11).

Definition: For this survey, chronic drinking is defined as having an average of two or more drinks per day for the past 30 days.

Alcohol Consumption

Figure 16A: Chronic Drinking Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2013



Table 16: Alcohol Consumption, Pennsylvania Adults, 2013 (with 95% confidence intervals)

	Binge Drinking* **		At Risk for Problem Drinking* ***		Chronic Drinking * ****	
	%	CI	%	CI	%	CI
All adults	17	16-18	6	5-7	6	5-6
Gender:						
Male	24	23-26	8	7-9	10	9-11
Female	11	10-12	5	4-5	2	1-2
Age:						
18-29	31	28-34	8	7-10	6	5-8
30-44	22	20-25	6	4-7	6	5-8
45-64	14	13-16	6	5-7	6	5-7
65+	5	4-6	4	3-5	5	4-6
Education:						
<High school	14	11-18	7	5-10	8	6-11
High school	14	13-16	6	5-7	6	5-7
Some college	19	17-21	5	4-7	5	4-6
College degree	21	19-23	6	5-7	6	5-7
Household income:						
<\$15,000	16	13-20	6	4-8	6	4-8
\$15,000 to \$24,999	16	14-19	7	5-9	7	5-9
\$25,000 to \$49,999	15	13-17	5	4-6	5	4-6
\$50,000 to \$74,999	19	17-22	6	5-8	6	5-8
\$75,000+	22	20-24	7	6-9	7	6-9
Race:						
White, non-Hispanic	18	17-19	6	6-7	6	6-7
Black, non-Hispanic	14	11-17	5	3-7	4	3-6
Hispanic	20	14-26	8	4-14	7	4-13

* Excludes missing, don't know and refused

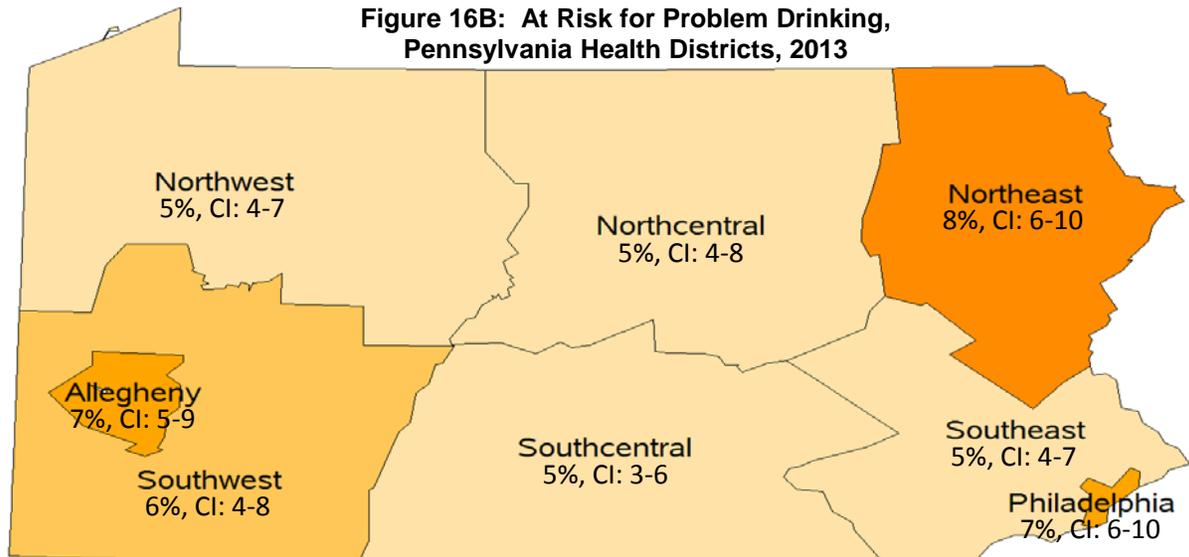
** Defined as having greater than five or more drinks on one occasion for men and having four or more drinks on one occasion for women

*** Defined as adult men having more than two drinks per day and adult women having more than one drink per day

**** Defined as having an average of two drinks or more every day for the past 30 days

Note: When comparing demographic estimates, confidence intervals that do not overlap indicate a significant difference.

Figure 16B: At Risk for Problem Drinking, Pennsylvania Health Districts, 2013



Fruits and Vegetables

Eat 5 or more fruits or vegetables daily:

- Fifteen percent of Pennsylvania adults responded in 2013 that they eat five or more fruits or vegetables daily.
- Pennsylvania men had a significantly lower percentage (11 percent, CI: 10-13) compared to Pennsylvania women (19 percent, CI: 17-20).
- Pennsylvania adults with less than a high school education had a significantly lower percentage (11 percent, CI: 8-15) compared to Pennsylvania adults with a college degree (21 percent, CI: 20-23).
- Pennsylvania adults with a high school education had a significantly lower percentage (12 percent, CI: 10-14) compared to Pennsylvania adults with a college degree (21 percent, CI: 20-23).
- Pennsylvania adults with some college education had a significantly lower percentage (15 percent, CI: 13-17) compared to Pennsylvania adults with a college degree (21 percent, CI: 20-23).
- Pennsylvania adults with a household income of less than \$15,000 had a significantly lower percentage (12 percent, CI: 10-16) compared to Pennsylvania adults with a household income of \$75,000 or more (20 percent, CI: 18-22).
- Pennsylvania adults with a household income of \$15,000 to \$24,999 had a significantly lower percentage (12 percent, CI: 10-14) compared to Pennsylvania adults with a household income of \$75,000 or more (20 percent, CI: 18-22).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (13 percent, CI: 11-15) compared to Pennsylvania adults with a household income of \$75,000 or more (20 percent, CI: 18-22).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (15 percent, CI: 12-17) compared to Pennsylvania adults with a household income of \$75,000 or more (20 percent, CI: 18-22).

Consume 2 or more fruits or 100% fruit juice daily:

- Thirty-one percent of Pennsylvania adults indicated in 2013 that they consume two or more fruits or 100% fruit juice daily.
- Pennsylvania men had a significantly lower percentage (26 percent, CI: 24-27) compared to Pennsylvania women (35 percent, CI: 33-37).
- Pennsylvania adults age 18-29 had a significantly lower percentage (23 percent, CI: 20-26) compared to Pennsylvania adults age 30-44 (31 percent, CI: 28-33), adults age 45-64 (31 percent, CI: 29-33) and adults age 65 and older (36 percent, CI: 34-38).
- Pennsylvania adults age 30-44 had a significantly lower percentage (31 percent, CI: 28-33) compared to Pennsylvania adults age 65 and older (36 percent, CI: 34-38).
- Pennsylvania adults age 45-64 had a significantly lower percentage (31 percent, CI: 29-33) compared to Pennsylvania adults age 65 and older (36 percent, CI: 34-38).
- Pennsylvania adults with less than a high school education had a significantly lower percentage (27 percent, CI: 23-31) compared to Pennsylvania adults with a college degree (37 percent, CI: 35-39).
- Pennsylvania adults with a high school education had a significantly lower percentage (28 percent, CI: 26-30) compared to Pennsylvania adults with a college degree (37 percent, CI: 35-39).
- Pennsylvania adults with some college education had a significantly lower percentage (30 percent, CI: 28-32) compared to Pennsylvania adults with a college degree (37 percent, CI: 35-39).
- Pennsylvania adults with a household income of less than \$15,000 had a significantly lower percentage (25 percent, CI: 22-29) compared to Pennsylvania adults with a household income of \$75,000 or more (37 percent, CI: 34-39).
- Pennsylvania adults with a household income of \$15,000 to \$24,999 had a significantly lower percentage (26 percent, CI: 23-28) compared to Pennsylvania adults with a household income of \$75,000 or more (37 percent, CI: 34-39).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (28 percent, CI: 26-31) compared to Pennsylvania adults with a household income of \$75,000 or more (37 percent, CI: 34-39).

Fruits and Vegetables

Consume 2 or more fruits or 100% fruit juice daily: (continued)

- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (30 percent, CI: 27-33) compared to Pennsylvania adults with a household income of \$75,000 or more (37 percent, CI: 34-39).

Consume 3 or more vegetables daily:

- Fourteen percent of Pennsylvania adults responded in 2013 that they consume three or more vegetables daily.
- Pennsylvania men had a significantly lower percentage (11 percent, CI: 10-12) compared to Pennsylvania women (16 percent, CI: 15-18).
- Pennsylvania adults age 65 and older had a significantly lower percentage (11 percent, CI: 10-12) compared to Pennsylvania adults age 30-44 (15 percent, CI: 13-17) and adults age 45-64 (15 percent, CI: 14-16).
- Pennsylvania adults with less than a high school education had a significantly lower percentage (10 percent, CI: 7-13) compared to Pennsylvania adults with a college degree (20 percent, CI: 18-22).
- Pennsylvania adults with a high school education had a significantly lower percentage (10 percent, CI: 9-12) compared to Pennsylvania adults with a college degree (20 percent, CI: 18-22).
- Pennsylvania adults with some college education had a significantly lower percentage (14 percent, CI: 12-16) compared to Pennsylvania adults with a college degree (20 percent, CI: 18-22).
- Pennsylvania adults with household incomes of less than \$15,000 had a significantly lower percentage (9 percent, CI: 6-12) compared to Pennsylvania adults with household incomes of \$50,000 to \$74,999 (15 percent, CI: 13-17) and adults with household incomes of \$75,000 or more (18 percent, CI: 16-20).
- Pennsylvania adults with household incomes of \$15,000 to \$24,999 had a significantly lower percentage (11 percent, CI: 9-14) compared to Pennsylvania adults with household incomes of \$75,000 or more (18 percent, CI: 16-20).
- Pennsylvania adults with household incomes of \$25,000 to \$49,999 had a significantly lower percentage (12 percent, CI: 10-14) compared to Pennsylvania adults with household incomes of \$75,000 or more (18 percent, CI: 16-20).

Note: Respondents are asked “How many times per day, week or month did you...”

- ...drink 100% **PURE** fruit juices?
- ...eat fruit? Count fresh, frozen or canned fruit.
- ...eat cooked or canned beans, such as refried, baked, black, garbanzo beans, beans in soup, soybeans, edamame, tofu or lentils. Do **NOT** count long green beans.
- ...eat dark green vegetables such as broccoli or dark leafy greens, including romaine, chard, collard greens or spinach?
- ...eat orange-colored vegetables such as sweet potatoes, pumpkin, winter squash or carrots?
- ...eat **OTHER** vegetables? Count tomatoes, tomato juice or V-8 juice, corn, eggplant, peas, lettuce, cabbage, and white potatoes that are not fried.

For further information, please refer to the BRFSS 2013 questionnaire: [BRFSS 2013 questionnaire](#).

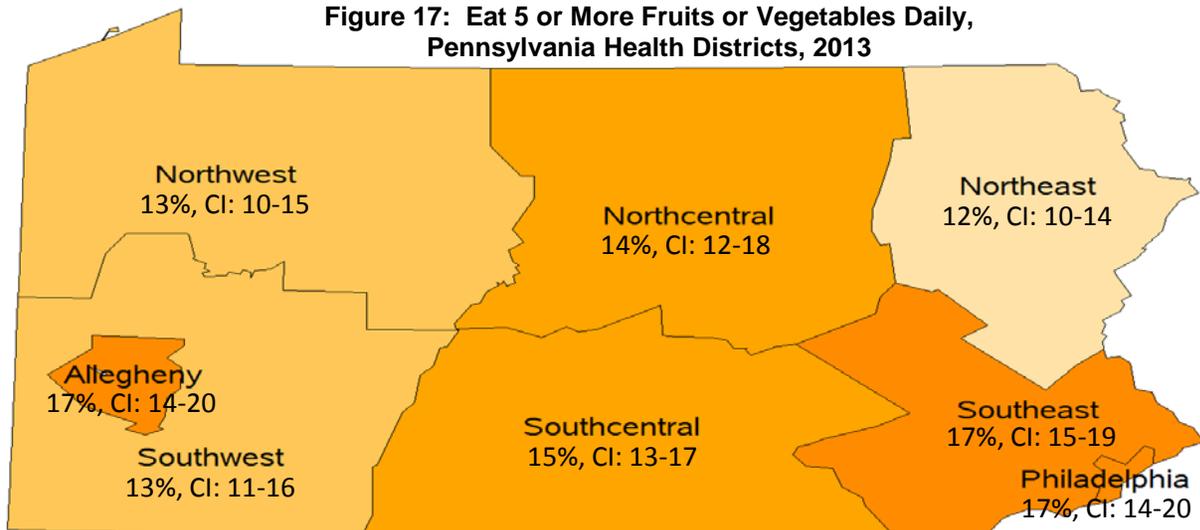
Fruits and Vegetables

Table 17: Fruits and Vegetables, Pennsylvania Adults, 2013 (with 95% confidence intervals)

	Eat 5 or More Fruits or Vegetables Daily* **		Consume 2 or More Fruits or 100% Fruit Juice Daily* ***		Consume 3 or More Vegetables Daily* ****	
	%	CI	%	CI	%	CI
All adults	15	14-16	31	29-32	14	13-15
Gender:						
Male	11	10-13	26	24-27	11	10-12
Female	19	17-20	35	33-37	16	15-18
Age:						
18-29	13	11-15	23	20-26	13	11-15
30-44	17	15-19	31	28-33	15	13-17
45-64	16	15-18	31	29-33	15	14-16
65+	14	12-15	36	34-38	11	10-12
Education:						
<High school	11	8-15	27	23-31	10	7-13
High school	12	10-14	28	26-30	10	9-12
Some college	15	13-17	30	28-32	14	12-16
College degree	21	20-23	37	35-39	20	18-22
Household income:						
<\$15,000	12	10-16	25	22-29	9	6-12
\$15,000 to \$24,999	12	10-14	26	23-28	11	9-14
\$25,000 to \$49,999	13	11-15	28	26-31	12	10-14
\$50,000 to \$74,999	15	12-17	30	27-33	15	13-17
\$75,000+	20	18-22	37	34-39	18	16-20
Race:						
White, non-Hispanic	15	14-16	30	29-32	14	13-15
Black, non-Hispanic	16	13-19	29	25-34	11	8-14
Hispanic	20	14-28	33	26-41	16	10-23

* Excludes missing, don't know and refused
 ** Consume fruit, orange vegetables, green vegetables, other vegetables and/or drink 100% juice 5 or more times per day
 *** Combined 100% juice and/or fruit daily consumption
 **** Combined orange, green and/or other vegetable daily consumption
 Note: When comparing demographic estimates, confidence intervals that do not overlap indicate a significant difference.

Figure 17: Eat 5 or More Fruits or Vegetables Daily, Pennsylvania Health Districts, 2013



Arthritis Burden

Limited in any usual activities because of arthritis or joint symptoms:

- Forty-eight percent of Pennsylvania adults who were told by a doctor, nurse or other health professional they have some form of arthritis responded in 2013 that they were limited in any usual activities because of arthritis or joint symptoms.
- Pennsylvania adults age 65 and older had a significantly lower percentage (44 percent, CI: 41-47) compared to Pennsylvania adults age 45-64 (52 percent, CI: 48-55).
- Pennsylvania adults with a college degree had a significantly lower percentage (42 percent, CI: 38-46) compared to Pennsylvania adults with less than a high school education (56 percent, CI: 49-62).
- Pennsylvania adults with a household income of \$15,000 to \$24,999 had a significantly lower percentage (55 percent, CI: 50-59) compared to Pennsylvania adults with a household income of less than \$15,000 (67 percent, CI: 61-72).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (43 percent, CI: 39-48) compared to Pennsylvania adults with a household income of less than \$15,000 (67 percent, CI: 61-72) and adults with a household income of \$15,000 to \$24,999 (55 percent, CI: 50-59).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (41 percent, CI: 35-47) compared to Pennsylvania adults with a household income of less than \$15,000 (67 percent, CI: 61-72) and adults with a household income of \$15,000 to \$24,999 (55 percent, CI: 50-59).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (38 percent, CI: 33-43) compared to Pennsylvania adults with a household income of less than \$15,000 (67 percent, CI: 61-72) and adults with a household income of \$15,000 to \$24,999 (55 percent, CI: 50-59).
- Pennsylvania white, non-Hispanic adults had a significantly lower percentage (46 percent, CI: 44-48) compared to Pennsylvania black, non-Hispanic adults (56 percent, CI: 49-63).

Arthritis or joint symptoms affected work:

- Thirty-two percent of Pennsylvania adults who were told by a doctor, nurse or other health professional they have some form of arthritis indicated in 2013 that arthritis or joint symptoms affected work.
- Pennsylvania adults age 65 and older had a significantly lower percentage (22 percent, CI: 19-24) compared to Pennsylvania adults age 30-44 (41 percent, CI: 34-48) and adults age 45-64 (39 percent, CI: 35-42).
- Pennsylvania adults with a college degree had a significantly lower percentage (21 percent, CI: 17-24) compared to Pennsylvania adults with less than a high school education (41 percent, CI: 35-48), adults with a high school education (33 percent, CI: 30-37) and adults with some college education (32 percent, CI: 28-36).
- Pennsylvania adults with a household income of \$15,000 to \$24,999 had a significantly lower percentage (42 percent, CI: 37-47) compared to Pennsylvania adults with a household income of less than \$15,000 (56 percent, CI: 50-62).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (29 percent, CI: 25-33) compared to Pennsylvania adults with a household income of less than \$15,000 (56 percent, CI: 50-62) and adults with a household income of \$15,000 to \$24,999 (42 percent, CI: 37-47).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (24 percent, CI: 19-30) compared to Pennsylvania adults with a household income of less than \$15,000 (56 percent, CI: 50-62) and adults with a household income of \$15,000 to \$24,999 (42 percent, CI: 37-47).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (17 percent, CI: 14-22) compared to Pennsylvania adults with a household income of less than \$15,000 (56 percent, CI: 50-62), adults with a household income of \$15,000 to \$24,999 (42 percent, CI: 37-47) and adults with a household income of \$25,000 to \$49,999 (29 percent, CI: 25-33).
- Pennsylvania white, non-Hispanic adults had a significantly lower percentage (30 percent, CI: 27-32) compared to Pennsylvania black, non-Hispanic adults (44 percent, CI: 37-51).

Arthritis Burden

Arthritis or joint symptoms interfered with normal social activities:

- Forty-two percent of Pennsylvania adults who were told by a doctor, nurse or other health professional they have some form of arthritis responded in 2013 that arthritis or joint symptoms interfered with normal social activities.
- Pennsylvania men had a significantly lower percentage (37 percent, CI: 34-41) compared to Pennsylvania women (45 percent, CI: 42-48).
- Pennsylvania adults age 65 and older had a significantly lower percentage (37 percent, CI: 34-40) compared to Pennsylvania adults age 30-44 (50 percent, CI: 43-57) and adults age 45-64 (45 percent, CI: 41-48).
- Pennsylvania adults with a high school education had a significantly lower percentage (41 percent, CI: 38-44) compared to Pennsylvania adults with less than a high school education (57 percent, CI: 50-63).
- Pennsylvania adults with some college education had a significantly lower percentage (43 percent, CI: 39-48) compared to Pennsylvania adults with less than a high school education (57 percent, CI: 50-63).
- Pennsylvania adults with a college degree had a significantly lower percentage (28 percent, CI: 25-32) compared to Pennsylvania adults with less than a high school education (57 percent, CI: 50-63), adults with a high school education (41 percent, CI: 38-44) and adults with some college education (43 percent, CI: 39-48).
- Pennsylvania adults with a household income of \$15,000 to \$24,999 had a significantly lower percentage (53 percent, CI: 48-58) compared to Pennsylvania adults with a household income of less than \$15,000 (68 percent, CI: 62-73).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (36 percent, CI: 32-40) compared to Pennsylvania adults with a household income of less than \$15,000 (68 percent, CI: 62-73) and adults with a household income of \$15,000 to \$24,999 (53 percent, CI: 48-58).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (31 percent, CI: 26-37) compared to Pennsylvania adults with a household income of less than \$15,000 (68 percent, CI: 62-73) and adults with a household income of \$15,000 to \$24,999 (53 percent, CI: 48-58).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (28 percent, CI: 24-34) compared to Pennsylvania adults with a household income of less than \$15,000 (68 percent, CI: 62-73) and adults with a household income of \$15,000 to \$24,999 (53 percent, CI: 48-58).
- Pennsylvania white, non-Hispanic adults had a significantly lower percentage (39 percent, CI: 37-41) compared to Pennsylvania black, non-Hispanic adults (56 percent, CI: 48-63).

Arthritis Burden

Figure 18A: Usual Activities Limited Due to Arthritis or Joint Symptoms Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2013

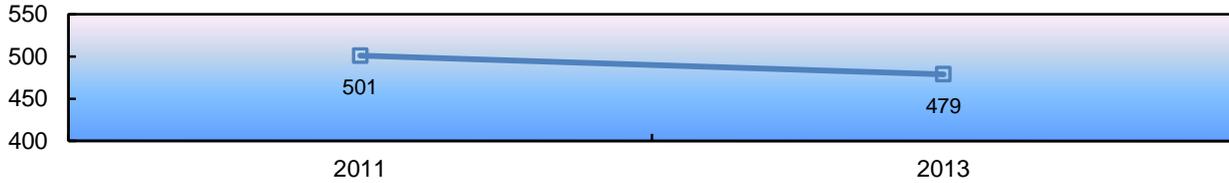


Table 18: Arthritis Burden, Pennsylvania Adults, 2013 (with 95% confidence intervals)

	Usual Activities Limited Due to Arthritis or Joint Symptoms* **		Arthritis or Joint Symptoms Affected Work* **		Arthritis or Joint Symptoms Interfered with Social Activities* **	
	%	CI	%	CI	%	CI
All adults	48	46-50	32	30-34	42	40-44
Gender:						
Male	47	44-51	33	29-36	37	34-41
Female	49	46-51	32	29-34	45	42-48
Age:						
18-29	NSR	NSR	NSR	NSR	NSR	NSR
30-44	49	42-56	41	34-48	50	43-57
45-64	52	48-55	39	35-42	45	41-48
65+	44	41-47	22	19-24	37	34-40
Education:						
<High school	56	49-62	41	35-48	57	50-63
High school	46	43-49	33	30-37	41	38-44
Some college	50	46-54	32	28-36	43	39-48
College degree	42	38-46	21	17-24	28	25-32
Household income:						
<\$15,000	67	61-72	56	50-62	68	62-73
\$15,000 to \$24,999	55	50-59	42	37-47	53	48-58
\$25,000 to \$49,999	43	39-48	29	25-33	36	32-40
\$50,000 to \$74,999	41	35-47	24	19-30	31	26-37
\$75,000+	38	33-43	17	14-22	28	24-34
Race:						
White, non-Hispanic	46	44-48	30	27-32	39	37-41
Black, non-Hispanic	56	49-63	44	37-51	56	48-63
Hispanic	NSR	NSR	NSR	NSR	NSR	NSR

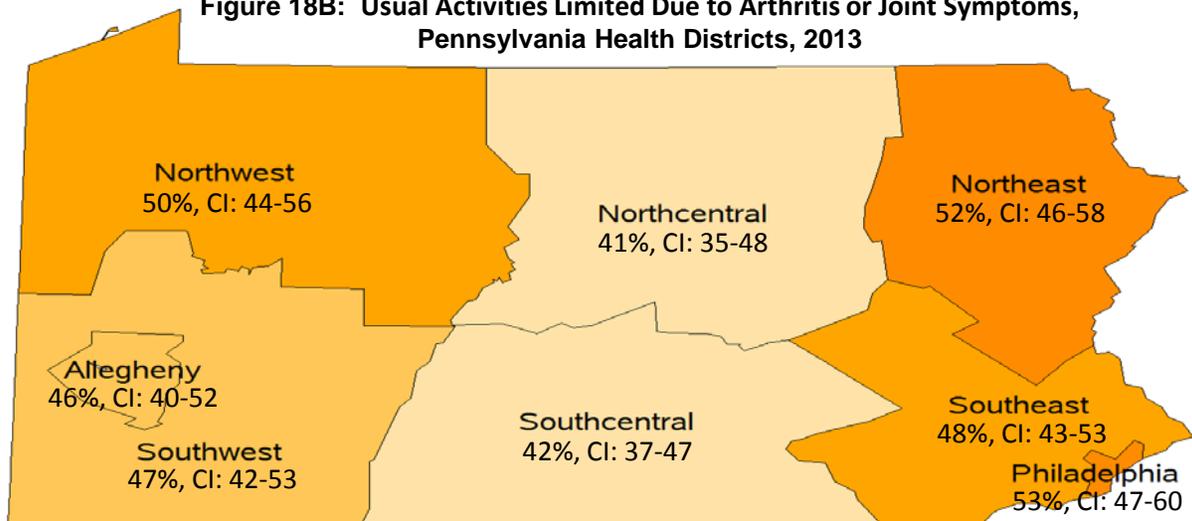
* Excludes missing, don't know and refused

** Out of adults who were told by a health professional they have some form of arthritis

Note: When comparing demographic estimates, confidence intervals that do not overlap indicate a significant difference.

Note: If "NSR" is displayed then the total response is less than 50 and/or the percentage prevalence is considered "not statistically reliable."

Figure 18B: Usual Activities Limited Due to Arthritis or Joint Symptoms, Pennsylvania Health Districts, 2013



Seatbelt Use

Those who always use seatbelts when driving or riding in a car:

- Seventy-eight percent of Pennsylvania adults indicated in 2013 they always use seatbelts when driving or riding in a car.
- Pennsylvania men had a significantly lower percentage (72 percent, CI: 71-74) compared to Pennsylvania women (84 percent, CI: 82-85).
- Pennsylvania adults age 18-29 had a significantly lower percentage (69 percent, CI: 65-72) compared to Pennsylvania adults age 30-44 (76 percent, CI: 74-79), adults age 45-64 (82 percent, CI: 80-83) and adults age 65 and older (82 percent, CI: 81-84).
- Pennsylvania adults age 30-44 had a significantly lower percentage (76 percent, CI: 74-79) compared to Pennsylvania adults age 45-64 (82 percent, CI: 80-83) and adults age 65 and older (82 percent, CI: 81-84).
- Pennsylvania adults with less than a high school education had a significantly lower percentage (66 percent, CI: 61-70) compared to Pennsylvania adults with a high school education (74 percent, CI: 73-76), adults with some college education (79 percent, CI: 76-81) and adults with a college degree (89 percent, CI: 87-90).
- Pennsylvania adults with a high school education had a significantly lower percentage (74 percent, CI: 73-76) compared to Pennsylvania adults with a college degree (89 percent, CI: 87-90).
- Pennsylvania adults with some college education had a significantly lower percentage (79 percent, CI: 76-81) compared to Pennsylvania adults with a college degree (89 percent, CI: 87-90).
- Pennsylvania adults with a household income of less than \$15,000 had a significantly lower percentage (74 percent, CI: 71-78) compared to Pennsylvania adults with a household income of \$75,000 or more (86 percent, CI: 84-88).
- Pennsylvania adults with a household income of \$15,000 to \$24,999 had a significantly lower percentage (71 percent, CI: 68-74) compared to Pennsylvania adults with a household income of \$50,000 to \$74,999 (80 percent, CI: 76-82) and adults with a household income of \$75,000 or more (86 percent, CI: 84-88).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (74 percent, CI: 72-76) compared to Pennsylvania adults with a household income of \$75,000 or more (86 percent, CI: 84-88).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (80 percent, CI: 76-82) compared to Pennsylvania adults with a household income of \$75,000 or more (86 percent, CI: 84-88).
- Pennsylvania black, non-Hispanic adults had a significantly lower percentage (68 percent, CI: 64-73) compared to Pennsylvania white, non-Hispanic adults (79 percent, CI: 78-80).

Those who always or nearly always use seatbelts when driving or riding in a car:

- Eighty-eight percent of Pennsylvania adults responded in 2013 they always or nearly always use seatbelts when driving or riding in a car.
- Pennsylvania men had a significantly lower percentage (84 percent, CI: 83-86) compared to Pennsylvania women (91 percent, CI: 90-92).
- Pennsylvania adults age 18-29 had a significantly lower percentage (83 percent, CI: 80-85) compared to Pennsylvania adults age 45-64 (90 percent, CI: 89-91) and adults age 65 and older (90 percent, CI: 89-92).
- Pennsylvania adults age 30-44 had a significantly lower percentage (86 percent, CI: 84-88) compared to Pennsylvania adults age 45-64 (90 percent, CI: 89-91) and adults age 65 and older (90 percent, CI: 89-92).
- Pennsylvania adults with less than a high school education had a significantly lower percentage (78 percent, CI: 74-82) compared to Pennsylvania adults with a high school education (85 percent, CI: 83-86), adults with some college education (88 percent, CI: 87-90) and adults with a college degree (96 percent, CI: 95-96).
- Pennsylvania adults with a high school education had a significantly lower percentage (85 percent, CI: 83-86) compared to Pennsylvania adults with some college education (88 percent, CI: 87-90) and adults with a college degree (96 percent, CI: 95-96).
- Pennsylvania adults with some college education had a significantly lower percentage (88 percent, CI: 87-90) compared to Pennsylvania adults with a college degree (96 percent, CI: 95-96).

Seatbelt Use

Those who always or nearly always use seatbelts when driving or riding in a car: (continued)

- Pennsylvania adults with a household income of less than \$15,000 had a significantly lower percentage (83 percent, CI: 80-86) compared to Pennsylvania adults with a household income of \$75,000 or more (94 percent, CI: 92-95).
- Pennsylvania adults with a household income of \$15,000 to \$24,999 had a significantly lower percentage (82 percent, CI: 79-84) compared to Pennsylvania adults with a household income of \$25,000 to \$49,999 (87 percent, CI: 85-89), adults with a household income of \$50,000 to \$74,999 (89 percent, CI: 86-91) and adults with a household income of \$75,000 or more (94 percent, CI: 92-95).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (87 percent, CI: 85-89) compared to Pennsylvania adults with a household income of \$75,000 or more (94 percent, CI: 92-95).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (89 percent, CI: 86-91) compared to Pennsylvania adults with a household income of \$75,000 or more (94 percent, CI: 92-95).
- Pennsylvania black, non-Hispanic adults had a significantly lower percentage (79 percent, CI: 75-83) compared to Pennsylvania white, non-Hispanic adults (89 percent, CI: 88-90).
- Pennsylvania Hispanic adults had a significantly lower percentage (80 percent, CI: 73-86) compared to Pennsylvania white, non-Hispanic adults (89 percent, CI: 88-90).

Those who seldom or never use seatbelts when driving or riding in a car:

- Seven percent of Pennsylvania adults indicated in 2013 they seldom or never use seatbelts when driving or riding in a car.
- Pennsylvania women had a significantly lower percentage (4 percent, CI: 4-5) compared to Pennsylvania men (9 percent, CI: 8-10).
- Pennsylvania adults age 45-64 had a significantly lower percentage (5 percent, CI: 5-6) compared to Pennsylvania adults age 18-29 (9 percent, CI: 7-11).
- Pennsylvania adults age 65 and older had a significantly lower percentage (5 percent, CI: 4-6) compared to Pennsylvania adults age 18-29 (9 percent, CI: 7-11).
- Pennsylvania adults with a high school education had a significantly lower percentage (8 percent, CI: 7-9) compared to Pennsylvania adults with less than a high school education (13 percent, CI: 10-17).
- Pennsylvania adults with some college education had a significantly lower percentage (6 percent, CI: 5-7) compared to Pennsylvania adults with less than a high school education (13 percent, CI: 10-17).
- Pennsylvania adults with a college degree had a significantly lower percentage (2 percent, CI: 2-3) compared to Pennsylvania adults with less than a high school education (13 percent, CI: 10-17), adults with a high school education (8 percent, CI: 7-9) and adults with some college education (6 percent, CI: 5-7).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (3 percent, CI: 2-5) compared to Pennsylvania adults with a household income of less than \$15,000 (10 percent, CI: 7-12), adults with a household income of \$15,000 to \$24,999 (9 percent, CI: 7-11) and adults with a household income of \$25,000 to \$49,999 (8 percent, CI: 6-9).
- Pennsylvania white, non-Hispanic adults had a significantly lower percentage (6 percent, CI: 5-7) compared to Pennsylvania black, non-Hispanic adults (11 percent, CI: 8-15).

Seatbelt Use

Figure 19A: Always Use a Seatbelt Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2013

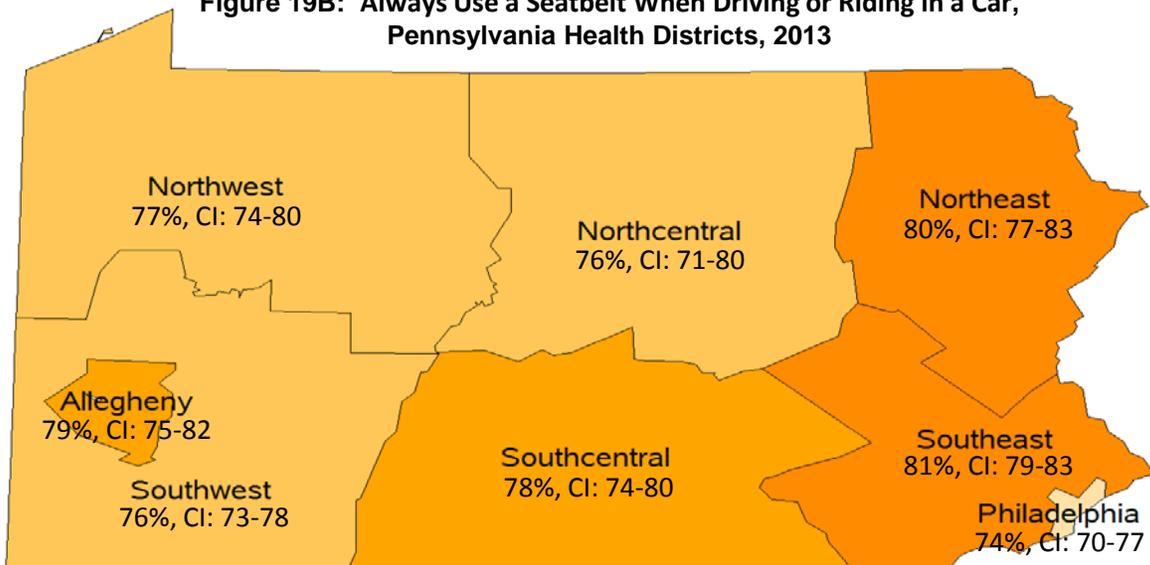


Table 19: Seatbelt Use, Pennsylvania Adults, 2013 (with 95% confidence intervals)

	Always Use Seatbelts When Driving or Riding in a Car *		Always or Nearly Always Use Seatbelts When Driving or Riding in a Car *		Seldom or Never Use Seatbelts When Driving or Riding in a Car *	
	%	CI	%	CI	%	CI
All adults	78	77-79	88	87-89	7	6-7
Gender:						
Male	72	71-74	84	83-86	9	8-10
Female	84	82-85	91	90-92	4	4-5
Age:						
18-29	69	65-72	83	80-85	9	7-11
30-44	76	74-79	86	84-88	8	6-9
45-64	82	80-83	90	89-91	5	5-6
65+	82	81-84	90	89-92	5	4-6
Education:						
<High school	66	61-70	78	74-82	13	10-17
High school	74	73-76	85	83-86	8	7-9
Some college	79	76-81	88	87-90	6	5-7
College degree	89	87-90	96	95-96	2	2-3
Household income:						
<\$15,000	74	71-78	83	80-86	10	7-12
\$15,000 to \$24,999	71	68-74	82	79-84	9	7-11
\$25,000 to \$49,999	74	72-76	87	85-89	8	6-9
\$50,000 to \$74,999	80	76-82	89	86-91	6	4-8
\$75,000+	86	84-88	94	92-95	3	2-5
Race:						
White, non-Hispanic	79	78-80	89	88-90	6	5-7
Black, non-Hispanic	68	64-73	79	75-83	11	8-15
Hispanic	74	66-80	80	73-86	7	4-12

*Excludes missing, don't know and refused
 Note: When comparing demographic estimates, confidence intervals that do not overlap indicate a significant difference.

Figure 19B: Always Use a Seatbelt When Driving or Riding in a Car, Pennsylvania Health Districts, 2013



Immunization

Those who had a seasonal flu shot or seasonal flu vaccine sprayed in their nose in the past year:

- Thirty-nine percent of Pennsylvania adults reported in 2013 they had a seasonal flu shot or seasonal flu vaccine sprayed in their nose in the past year.
- Pennsylvania men had a significantly lower percentage (34 percent, CI: 32-36) compared to Pennsylvania women (44 percent, CI: 43-46).
- Pennsylvania adults age 18-29 had a significantly lower percentage (27 percent, CI: 24-30) compared to Pennsylvania adults age 45-64 (40 percent, CI: 39-42) and adults age 65 and older (59 percent, CI: 57-62).
- Pennsylvania adults age 30-44 had a significantly lower percentage (29 percent, CI: 27-32) compared to Pennsylvania adults age 45-64 (40 percent, CI: 39-42) and adults age 65 and older (59 percent, CI: 57-62).
- Pennsylvania adults age 45-64 had a significantly lower percentage (40 percent, CI: 39-42) compared to Pennsylvania adults age 65 and older (59 percent, CI: 57-62).
- Pennsylvania adults with less than a high school education had a significantly lower percentage (36 percent, CI: 32-41) compared to Pennsylvania adults with a college degree (45 percent, CI: 43-47).
- Pennsylvania adults with a high school education had a significantly lower percentage (37 percent, CI: 35-39) compared to Pennsylvania adults with a college degree (45 percent, CI: 43-47).
- Pennsylvania adults with some college education had a significantly lower percentage (39 percent, CI: 36-41) compared to Pennsylvania adults with a college degree (45 percent, CI: 43-47).
- Pennsylvania adults with a household income of less than \$15,000 had a significantly lower percentage (35 percent, CI: 32-39) compared to Pennsylvania adults with a household income of \$75,000 or more (45 percent, CI: 43-48).
- Pennsylvania adults with a household income of \$15,000 to \$24,999 had a significantly lower percentage (36 percent, CI: 34-39) compared to Pennsylvania adults with a household income of \$75,000 or more (45 percent, CI: 43-48).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (37 percent, CI: 35-40) compared to Pennsylvania adults with a household income of \$75,000 or more (45 percent, CI: 43-48).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (36 percent, CI: 33-39) compared to Pennsylvania adults with a household income of \$75,000 or more (45 percent, CI: 43-48).

Those age 65 or older who indicated they ever had a pneumonia vaccination:

- Sixty-nine percent of Pennsylvania adults age 65 and older reported in 2013 they ever had a pneumonia vaccination.
- Pennsylvania men age 65 and older had a significantly lower percentage (64 percent, CI: 60-68) compared to Pennsylvania women age 65 and older (72 percent, CI: 69-75).

Immunization

Those who did not have a tetanus shot since 2005:

- Forty-one percent of Pennsylvania adults indicated in 2013 they have not had a tetanus shot since 2005.
- Pennsylvania adults age 18-29 had a significantly lower percentage (28 percent, CI: 24-31) compared to Pennsylvania adults age 30-44 (40 percent, CI: 37-43), adults age 45-64 (41 percent, CI: 39-43) and adults age 65 and older (53 percent, CI: 51-55).
- Pennsylvania adults age 30-44 had a significantly lower percentage (40 percent, CI: 37-43) compared to Pennsylvania adults age 65 and older (53 percent, CI: 51-55).
- Pennsylvania adults age 45-64 had a significantly lower percentage (41 percent, CI: 39-43) compared to Pennsylvania adults age 65 and older (53 percent, CI: 51-55).
- Pennsylvania adults with some college education had a significantly lower percentage (39 percent, CI: 36-41) compared to Pennsylvania adults with less than a high school education (49 percent, CI: 44-54).
- Pennsylvania adults with a college degree had a significantly lower percentage (36 percent, CI: 34-38) compared to Pennsylvania adults with less than a high school education (49 percent, CI: 44-54) and adults with a high school education (43 percent, CI: 41-45).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (37 percent, CI: 34-40) compared to Pennsylvania adults with a household income of less than \$15,000 (46 percent, CI: 42-51), adults with a household income of \$15,000 to \$24,999 (46 percent, CI: 42-49) and adults with a household income of \$25,000 to \$49,999 (45 percent, CI: 42-47).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (36 percent, CI: 33-38) compared to Pennsylvania adults with a household income of less than \$15,000 (46 percent, CI: 42-51), adults with a household income of \$15,000 to \$24,999 (46 percent, CI: 42-49) and adults with a household income of \$25,000 to \$49,999 (45 percent, CI: 42-47).
- Pennsylvania white, non-Hispanic adults had a significantly lower percentage (40 percent, CI: 39-41) compared to Pennsylvania black, non-Hispanic adults (46 percent, CI: 42-51).

Immunization

Figure 20A: Immunization Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, 2011-2013

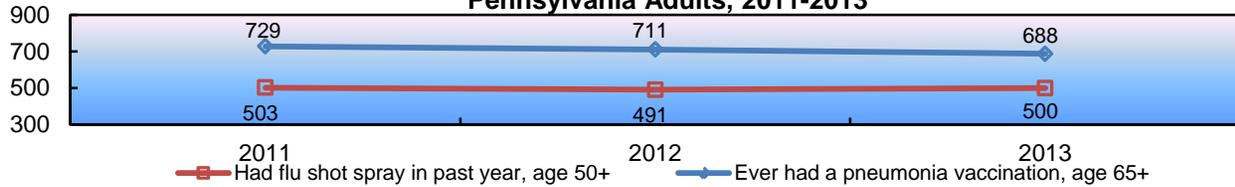


Table 20: Immunization, Pennsylvania Adults, 2013 (with 95% confidence intervals)

	Had Seasonal Flu Shot or Seasonal Flu Vaccine Sprayed in Nose in Past Year*		Ever Had a Pneumonia Vaccination, Age 65+ *		Did Not Have a Tetanus Shot Since 2005*	
	%	CI	%	CI	%	CI
All adults	39	38-40	69	67-71	41	39-42
Gender:						
Male	34	32-36	64	60-68	39	37-41
Female	44	43-46	72	69-75	43	41-45
Age:						
18-29	27	24-30	NSR	NSR	28	24-31
30-44	29	27-32	NSR	NSR	40	37-43
45-64	40	39-42	NSR	NSR	41	39-43
65+	59	57-62	69	67-71	53	51-55
Education:						
<High school	36	32-41	66	59-72	49	44-54
High school	37	35-39	67	64-70	43	41-45
Some college	39	36-41	74	69-78	39	36-41
College degree	45	43-47	71	67-75	36	34-38
Household income:						
<\$15,000	35	32-39	70	64-76	46	42-51
\$15,000 to \$24,999	36	34-39	71	66-75	46	42-49
\$25,000 to \$49,999	37	35-40	69	64-73	45	42-47
\$50,000 to \$74,999	36	33-39	65	57-72	37	34-40
\$75,000+	45	43-48	63	56-69	36	33-38
Race:						
White, non-Hispanic	40	38-41	69	67-72	40	39-41
Black, non-Hispanic	35	31-40	60	50-69	46	42-51
Hispanic	39	32-47	NSR	NSR	42	34-50

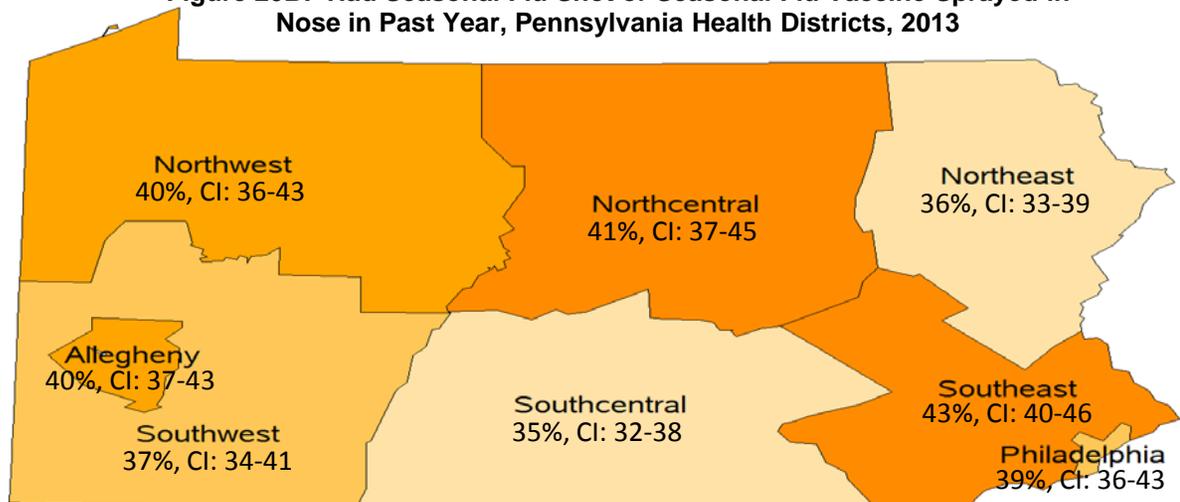
*Excludes missing, don't know and refused

Note: When comparing demographic estimates, confidence intervals that do not overlap indicate a significant difference.

Note: If "NSR" is displayed then the total response is less than 50 and/or the percentage prevalence is considered "not statistically reliable."

Note: Tdap is a tetanus shot that also has pertussis, or whooping cough, vaccine. Nineteen percent of respondents indicated they received a tetanus shot including Tdap since 2005; eight percent of respondents indicated they received a tetanus shot not including Tdap since 2005; and thirty-two percent of respondents indicated they received a tetanus shot since 2005, but weren't sure of the type.

Figure 20B: Had Seasonal Flu Shot or Seasonal Flu Vaccine Sprayed in Nose in Past Year, Pennsylvania Health Districts, 2013



HIV/AIDS

Those age 18-64 who ever had their blood tested for HIV, except for blood donation:

- Thirty-nine percent of Pennsylvania adults age 18-64 indicated in 2013 they had their blood tested for HIV, except blood donation.
- Pennsylvania adults age 18-29 had a significantly lower percentage (37 percent, CI: 33-41) compared to Pennsylvania adults age 30-44 (53 percent, CI: 50-56).
- Pennsylvania adults age 45-64 had a significantly lower percentage (30 percent, CI: 29-32) compared to Pennsylvania adults age 18-29 (37 percent, CI: 33-41) and adults age 30-44 (53 percent, CI: 50-56).
- Pennsylvania adults with a high school education had a significantly lower percentage (35 percent, CI: 32-37) compared to Pennsylvania adults with a college degree (41 percent, CI: 39-43).
- Pennsylvania adults with a household income of \$25,000 to \$49,999 had a significantly lower percentage (38 percent, CI: 34-41) compared to Pennsylvania adults with a household income of less than \$15,000 (50 percent, CI: 45-55) and adults with a household income of \$15,000 to \$24,999 (51 percent, CI: 47-55).
- Pennsylvania adults with a household income of \$50,000 to \$74,999 had a significantly lower percentage (36 percent, CI: 33-40) compared to Pennsylvania adults with a household income of less than \$15,000 (50 percent, CI: 45-55) and adults with a household income of \$15,000 to \$24,999 (51 percent, CI: 47-55).
- Pennsylvania adults with a household income of \$75,000 or more had a significantly lower percentage (33 percent, CI: 31-36) compared to Pennsylvania adults with a household income of less than \$15,000 (50 percent, CI: 45-55) and adults with a household income of \$15,000 to \$24,999 (51 percent, CI: 47-55).
- Pennsylvania white, non-Hispanic adults had a significantly lower percentage (33 percent, CI: 31-34) compared to Pennsylvania black, non-Hispanic adults (72 percent, CI: 67-76) and Hispanic adults (59 percent, CI: 51-67).

HIV/AIDS

Figure 21A: Ever Tested for HIV, Except Blood Donation Prevalence per 1,000 Pennsylvania Population, Pennsylvania Adults, Age 18-64, 2011-2013

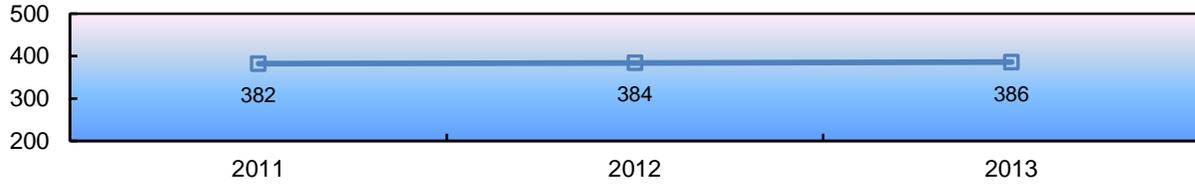
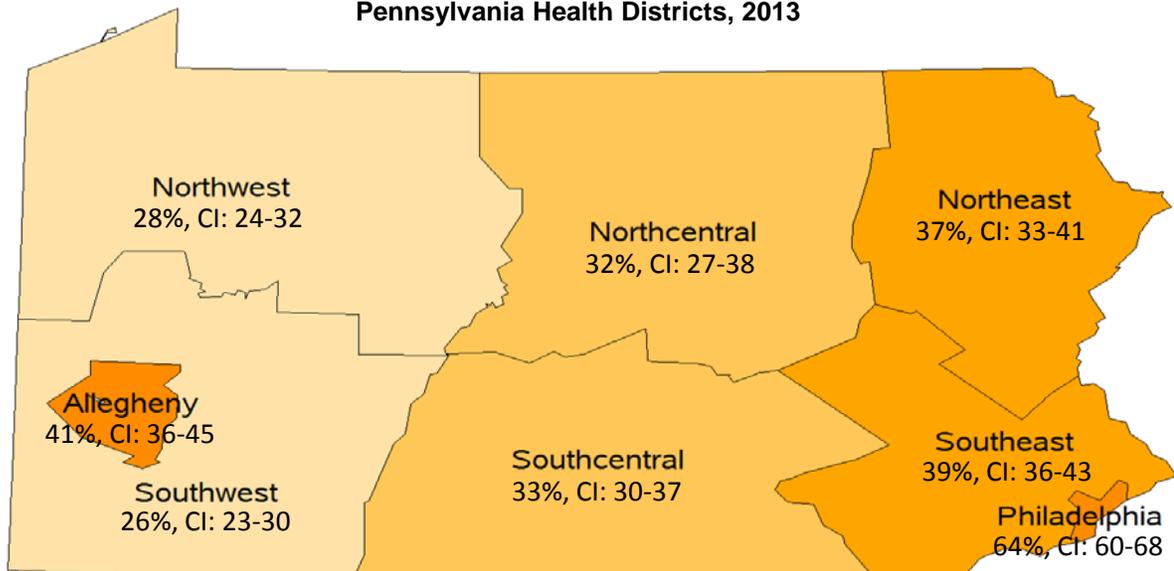


Table 21: HIV/AIDS, Pennsylvania Adults, Age 18-64, 2013 (with 95% confidence intervals)

	Ever Tested for HIV Except Blood Donation*	
	%	CI
All adults	39	37-40
Gender:		
Male	37	35-39
Female	41	38-43
Age:		
18-29	37	33-41
30-44	53	50-56
45-64	30	29-32
Education:		
<High school	43	36-49
High school	35	32-37
Some college	40	37-43
College degree	41	39-43
Household income:		
<\$15,000	50	45-55
\$15,000 to \$24,999	51	47-55
\$25,000 to \$49,999	38	34-41
\$50,000 to \$74,999	36	33-40
\$75,000+	33	31-36
Race:		
White, non-Hispanic	33	31-34
Black, non-Hispanic	72	67-76
Hispanic	59	51-67

*Excludes missing, don't know and refused
 Note: When comparing demographic estimates, confidence intervals that do not overlap indicate a significant difference.

Figure 21B: Ever Tested for HIV, Except Blood Donation, Age 18-64, Pennsylvania Health Districts, 2013



Healthy People 2020
Year 2020 Health Objectives for the Nation
Pennsylvania Summary of BRFSS Data, 2020

Healthy People 2020 Objective ¹	Year 2020 Objective	Pennsylvania 2013	Pennsylvania Objective Met? ²
AHS 1.1: Percent of adults aged 18-64 with health insurance (age-adjusted to 2000 std. population)	100.0%	85± 1	No
AHS 5.3: Percent of adults aged 18-64 with a specific source of ongoing care (age-adjusted to 2000 std. population)	89.4%	83± 1	No
AHS 5.4: Percent of adults aged 65+ with a specific source of ongoing care (age-adjusted to 2000 std. population)	100.0%	97±.9	No
AOCBC-2: Adults whose usual activities are limited in any way by arthritis (age-adjusted to 2000 std. population)	35.5%	47± 4	No
AOCBC-7.2: Adults diagnosed with arthritis who have been counseled to do physical activity or exercise (age-adjusted to 2000 std. population)	57.4%	55± 5	Yes
AOCBC-8: Adults diagnosed with arthritis who have taken a class on how to manage their arthritis (age-adjusted to 2000 std. population)	11.7%	8± 2	No
D-9: Percent of adults with diabetes who have an annual foot examination (age-adjusted to 2000 std. population)	74.8%	74± 7	Yes
D-10: Percent of adults with diabetes who have an annual dilated eye examination (age-adjusted to 2000 std. population)	58.7%	60± 8	Yes
D-11: Percent of adults with diabetes who have a glycosylated hemoglobin measurement at least twice a year (age-adjusted to 2000 std. population)	71.7%	66± 8	Yes
D-13: Percent of adults with diabetes who perform self-blood-glucose-monitoring at least once daily (age-adjusted to 2000 std. population)	70.4%	63± 7	No
D-14: Percent of adults diagnosed with diabetes who have attended a class in managing their diabetes (age-adjusted to 2000 std. population)	62.5%	56± 7	Yes
EBCP-6: Percent of adults aged 18-24 who completed high school	97.9%	86± 4	No
HDS-5.1: Percent of adults aged 20+ who were ever told their blood pressure was high (age-adjusted to 2000 std. population)	10% less	31± 1	No
HDS-6: Percent of adults who had their blood cholesterol checked within the last 5 years (age-adjusted to 2000 std. population)	82.1%	75± 1	No
IID-12.5: Percent of adults aged 18 to 64 who had a flu shot in the past year (age-adjusted to 2000 std. population)	80.0%	33± 1	No
IID-12.7: Percent of adults aged 65+ with a flu shot in the past year (age-adjusted to 2000 std. population)	90.0%	59± 2	No

Healthy People 2020
Year 2020 Health Objectives for the Nation
Pennsylvania Summary of BRFSS Data, 2020

Healthy People 2020 Objective ¹	Year 2020 Objective	Pennsylvania 2013	Pennsylvania Objective Met? ²
IID-13.1: Percent of adults aged 65+ who were ever vaccinated against pneumococcal disease (age-adjusted rate per 1,000 18+)	90.0%	69± 2	No
IID-13.2: Percent of adults aged 18 to 64 who ever had vaccination against pneumococcal disease (age-adjusted to 2000 std. population)	10% more	21± 2	Yes
IVP-15: Percent of adults using safety belts	92.4%	78± 1	No
NWS-8: Percent of adults aged 20+ with healthy weights (age-adjusted to 2000 std. population)	33.9%	34± 1	Yes
NWS-9: Percent of adults aged 20+ who are obese (age-adjusted to 2000 std. population)	30.6%	30± 1	Yes
PA-1: Percent of adults who engage in no leisure-time physical activity (age-adjusted to 2000 std. population)	32.6%	25± 1	Yes
PA-2.1: Percent of adults who engage in vigorous or moderate physical activity (age-adjusted to 2000 std. population)	10% more	47± 1	No
SA-14.3: Percent of adults who engaged in binge drinking* in past month (age-adjusted to 2000 std. population)	24.3%	17± 1	Yes
TU-1.1: Percent adults who smoke cigarettes (age-adjusted to 2000 std. population)	12.0%	22± 1	No
TU-1.2: Percent adults who use smokeless (spit) tobacco (age-adjusted to 2000 std. population)	0.3%	5± 1	No
TU-4.1: Percent of adults smokers who attempted to quit smoking (age-adjusted to 2000 std. population)	80.0%	59± 3	No

* Binge drinking is defined as men drinking five or more drinks or women drinking four or more drinks on one occasion in the past month.

1 National Center for Health Statistics, Office of Disease Prevention and Health Promotion, HealthyPeople.gov
(<http://www.healthypeople.gov/2020/default.aspx>)

2 Objectives are classified as "met" if they lie outside the confidence interval of the Pennsylvania estimate in the appropriate direction.

Technical Notes

Survey Management

The BRFSS is a cooperative effort of the Centers for Disease Control and Prevention and participating states. The CDC develops the core questionnaire and provides training, technical assistance, standardized data analyses and funding. The Pennsylvania Department of Health develops supplemental questions (or modules) and responds to requests for data. In 2013, Pennsylvania was divided into eight strata. These strata consisted of eight regional areas: six Pennsylvania health districts and Allegheny and Philadelphia Counties. Sampling and interviewing in 2013 were done by Clearwater Research, Incorporated, which was selected by competitive bid.

Major Changes in 2011

In 2011, the BRFSS added a sample of cell phone numbers to the sample of numbers of landline telephones used in previous years. This was necessary due to the increasing proportion of adults in the United States and in Pennsylvania who live in cell phone-only households. These people tend to be younger, more mobile, and to belong to racial and ethnic minority groups. The loss of this group to the survey population introduced bias to the estimates.

A new weighting methodology called “iterative proportional fitting,” or “raking,” which is explained in the Data Adjustment section, includes the telephone source (landline or cell phone) in the weighting methodology. It also allows the BRFSS to adjust the sample interviews to match the characteristics of the population not only on age, sex and race but also on marital status, education, and ownership or rental of the home.

These changes amount to a major re-working of the BRFSS survey and will shift estimates and trend lines in ways that are not related to changes in the actual population. It is advisable to re-benchmark any trend lines and measures, using 2011 as a new starting point.

The new “raking” weighting method was the primary means of combining the samples of landline telephones and cell phones so that they would yield valid estimates of the entire adult household population. However, changes have been made each year after 2011 to deal with the possibility that the same household may appear in both samples. The 2011 survey excluded households from the cell phone sample if they had a landline telephone. The 2012 survey excluded households from the cell sample if fewer than 90 percent of their calls were received on a cell phone. This (2013) survey did the same, but reweighted interviews from the landline sample if the household reported cell phone usage of 90 percent or more, and reweighted interviews from the cell phone sample that also had a landline telephone in use (called “cell-mostly”). The 2014 survey will include all households reached from either cell or landline samples and resolve the effects of possible duplication with weighting.

We do not know what the effects on estimates of these adjustments may be. They are thought to be minor in comparison with the changes accompanying the introduction of the sample of cell phones in 2011.

Sample Selection - Landline

Respondents were selected using a two-stage random digit dialing (RDD) sample design. In the first selection stage, a disproportionate stratified sample of telephone numbers was selected from two telephone number strata. One stratum consisted of blocks of numbers containing one or more listed numbers and presumed by the sampling firm to contain a high density of residential telephone numbers. The other stratum consisted of blocks of telephone numbers that include one or more unlisted telephone numbers and are presumed to contain a medium density of residential numbers. Both strata include only numbers which begin with area codes and exchange prefixes specific to Pennsylvania.

For the sake of efficiency, under the disproportionate stratified sample design, a larger proportion of the sample is selected from the stratum presumed to contain a high density of residential households.

Sampling continued as the selected telephone numbers were called to determine whether targeted numbers belonged to households with adult residents. Nonresidential telephone numbers were discarded from the sample. Residential numbers were subjected to a second stage of sampling wherein an adult was randomly selected as the respondent from a list of adults residing in the household. The person who answered the telephone generated this list.

Sample Selection – Cell Phone

Reliance on cell phones has increased steadily in Pennsylvania over time. Accordingly, the proportion of cell phones in the Pennsylvania sample has increased.

2011	18%
2012	19%
2013	25%
2014	35% (target)

Cell phone usage differs from that of landline telephones. Accordingly, the management of the cell phone sample has its own characteristics.

Cell phone sample is selected randomly from blocks of numbers dedicated to cell phones. No subsequent within-household selection of a respondent is made if an adult is reached. Numbers selected as part of the landline sample for the survey--that is those ported to a cell-phone--are transferred to the cell phone sample and called. Interviews of respondents selected from cell phone sample for other states, but resident in Pennsylvania at the time of the survey, are added to the Pennsylvania sample. These interviews will not contain responses to optional modules or state-added questions. Similarly, interviews of respondents from the Pennsylvania cell phone sample who were found during the interview to have moved to another state are transferred to the BRFSS sample of the other state.

Cell phone respondents are immediately asked whether they are driving or otherwise in an unsafe place. If so, they are re-called at another time, but some interviews are lost when this happens. Fewer follow-back calls are made for cell phones than for landline telephones. Unlike landline calls, a message identifying the survey is left at the first call attempt if there is no answer.

Questionnaire

The survey questionnaire for the statewide survey of Pennsylvania consists of a standardized core, state-selected modules and state-added questions. The CDC developed the core questionnaire with recommendations from all participating jurisdictions. Most of the core questions had been used during the 2011 BRFSS survey. All items new to the 2013 survey were field-tested.

Questions of interest to Pennsylvania were added as the state supplement to the core questionnaire. State-added modules and questions in 2013 concerned asthma, childhood immunization, childhood asthma prevalence, dental insurance and general preparedness.

Response Rates

Interviews were conducted in the evenings and on weekends in order to reach people when they were more likely to be at home, as well as during the day. For landline sample, at least 15 calls were placed at different times of the day and night on different days of the week before any sample number was classified as “no answer.”

Interviewers who were experienced in converting refusals to completed interviews re-contacted people who refused to participate in the survey.

For cell phone sample, if a number has not been reached within the first six attempts, the record will receive a final disposition code on the seventh attempt. However, if any contact has been made within the first six attempts, the number will receive additional attempts, up to 12 total attempts.

The final dispositions of the landline and cell phone samples, as recorded by the data collection firm, are shown in the tables on the following pages. These dispositions allow calculation of the CASRO response rates. CASRO response rates may be thought of as the percentage of eligible telephone numbers which yielded an interview, adjusted in a standard way for the large numbers of telephone numbers of unknown eligibility. The CASRO response rates for the landline and cell phone samples for the 2013 survey are 39.9 and 35.4, respectively.

**Disposition of All Telephone Numbers – Landline Survey
2013 Pennsylvania Behavioral Risk Factor Survey Sample**

<u>Disposition Code</u>	<u>Number</u>	<u>Percent</u>
Interview		
Complete	7,722	4.97
Partial complete	857	0.55
Eligible, non-interview		
Household level refusal	1,346	0.87
Refusal after respondent selection	1,761	1.13
Termination within questionnaire	861	0.55
Selected respondent away from residence during the entire interviewing period	1,354	0.87
Household answering device	3,075	1.98
Selected respondent physically or mentally unable to complete an interview during the entire interviewing period	472	0.30
Language problem after respondent selection	85	0.05
Unknown eligibility, non-interview		
Unknown if housing unit	12,921	8.32
No answer	4,617	2.97
Telephone answering device, not sure if private residence	4,596	2.96
Telecommunication barrier, not sure if private residence	1,811	1.17
Contact, unknown if private residence	3,940	2.54
Physical or mental impairment before respondent selection	336	0.22
Language problem before respondent selection	385	0.25
Not eligible		
Out of sample	144	0.09
Dedicated fax/data/modem line with no human contact, no eligible respondent	3,681	2.37
Non-working/disconnected number	8,884	5.72
Special technological circumstances	8,798	5.66
Call forwarding/pager	26	0.02
Cellular phone	316	0.20
Not a private residence	3,169	2.04
Group home	82	0.05
Household, no eligible respondent	14	0.01
Precalls	84,117	54.14
Total	155,370	

**Disposition of All Telephone Numbers – Cell Phone Survey
2013 Pennsylvania Behavioral Risk Factor Survey Sample**

<u>Disposition Code</u>	<u>Number</u>	<u>Percent</u>
Interview		
Complete	2,435	4.53
Partial complete	332	0.62
Eligible, non-interview		
Refusal after respondent selection	643	1.20
Termination within questionnaire	280	0.52
Selected respondent away from residence during the entire interviewing period	167	0.31
Selected respondent physically or mentally unable to complete an interview during the entire interviewing period	12	0.02
Language problem after respondent selection	38	0.07
Unknown eligibility, non-interview		
Unknown if housing unit	15,118	28.12
No answer	976	1.82
Telephone answering device, not sure if private residence	8,537	15.88
Telecommunication barrier, not sure if private residence	1,802	3.35
Contact, unknown if private residence	12	0.02
Physical or mental impairment before respondent selection	63	0.12
Language problem before respondent selection	363	0.68
Not eligible		
Out of sample	91	0.17
Dedicated fax/data/modem line with no human contact, no eligible respondent	49	0.09
Nonworking number/disconnected	10,888	20.25
Special technological circumstances	7,292	13.56
Call forwarding/pager	7	0.01
Landline phone	252	0.47
Cell phone respondent with landline	2,360	4.39
Not a private residence	1,258	2.34
Group home	13	0.02
Household, no eligible respondent	771	1.43
Miscellaneous, non-eligible	1	0.00
Total	53,760	

Sample Characteristics

The following table compares the final interview sample for the 2013 BRFSS to the 2012 Population estimates for the adult population of Pennsylvania. The observations used to calculate the estimates presented in the main report were weighted to account for differences between the population and the distribution of age, sex, race and Hispanic origin characteristics in the sample.

Distribution of 2013 Pennsylvania BRFSS Survey Sample and 2012 Pennsylvania Adult Population Estimates for Selected Characteristics

		2013 BRFSS Survey Sample		2012 Population Estimates	
		Number	Percent	Number	Percent
All adults		11,430	100.00	10,026,082	100.00
Sex	Male	4,821	42.18	4,828,422	48.16
	Female	6,609	57.82	5,197,660	51.84
Race	White	9,839	86.08	8,394,528	83.73
	Black	999	8.74	1,028,898	10.26
	Other	273	2.39	602,656	6.01
	Unknown/refused	198	1.73	N/A	N/A
Hispanic Origin	Yes	318	2.78	505,025	5.04
	No	10,997	96.21	9,521,057	94.96
	Unknown/refused	115	1.01	N/A	N/A
Age	18-24	682	5.97	1,269,765	12.70
	25-34	1,180	10.32	1,572,037	15.68
	35-44	1,292	11.30	1,554,970	15.51
	45-54	1,927	16.86	1,876,017	18.71
	55-64	2,438	21.33	1,711,363	17.07
	65-74	1,932	16.90	1,062,517	10.60
	75+	1,859	16.26	979,413	9.77
	Unknown/refused	120	1.05	N/A	N/A

Note¹: Race data include Hispanics.

Note²: Population estimates allocate unknowns, so they are included in demographic categories. This is further indicated by the use of “N/A” or not applicable for the 2012 population estimate “Unknown/refused” entries.

Determining Accuracy of the Estimates and Significance Using Confidence Intervals

Tables included in this report show the 95% confidence intervals associated with all reported percentages. They appear in the table columns labeled (CI).

Confidence intervals are a way to measure sampling error and define the range of values where percentages estimated by multiple samples of the same population would be found (95 percent of the time). The size of the confidence interval is directly related to the probability of selection and characteristics of the people surveyed within the universe being sampled. Percentages for two different subgroups of the population are significantly different if their confidence intervals or ranges do not overlap.

Confidence intervals were calculated using SUDAAN, a software package developed by the Research Triangle Institute that properly estimates sample variances for complex sample designs.

Percentages were not calculated and shown for subgroups of the population when their sample size was less than 50. The method used to determine the reliability of percentages calculated from sample sizes of 50 or more consisted of a comparison of the relative standard error of the calculated percentage with the relative standard error of the same percentage outcome for a simple random sample. If the relative standard error for the percentage being tested was smaller than the relative error of the same percentage outcome for the simple random sample, then the calculated percentage was considered reliable.

Data Adjustment

Before 2011, BRFSS weights were based on a number of design factors, such as the number of adults and the number of telephones in the household, as well as differential sampling of households which are more and less easily reached. After design factors were taken care of, an additional factor was applied which compensated for shortfalls due to non-response and under-coverage.

This was called the post-stratification adjustment. Usually the Pennsylvania survey has been post-stratified by two sexes and at least six age groups, involving six age-by-sex categories, for a total of twelve cells.

Beginning with the 2011 sample, the weighting process became much more complex. After weights for design factors were applied, the sample was adjusted, using the “raking” method to agree proportionally with more external references (called margins).

The adjustments are applied to the sample sequentially, with the objective of bringing the total of each cell of each margin into the same proportion as the target population. The proportion for the cells of the first margin (age x gender) are processed and the sample weighted, then another margin (race/ethnicity) is processed and the sample weighted again. When the sample has been weighted for all the margins once, the process repeats, reweighting the sample. This continues until no cell in any margin differs from the target proportions by more than 0.025 percent (i.e., convergence) or until the margins have been processed 75 times.

For states that use regional weighting, as Pennsylvania does, there are 12 raking control margins as shown below.

1. Age group by gender
2. Detailed race/ethnicity
3. Education
4. Marital status
5. Tenure (rent or own home)
6. Gender by race/ethnicity
7. Age group by race/ethnicity
8. Phone usage groups
9. Region
10. Region by age group
11. Region by gender
12. Region by race/ethnicity

Beginning with the 2013 survey, CDC added four additional geographic margins. The geographies (Allegheny, Philadelphia, and rest of state) are similar to stratification that Pennsylvania already does and may be more important in other states.

13. County
14. County by race/ethnicity
15. County by age group
16. County by gender

The sample design in Pennsylvania includes the six districts and Allegheny and Philadelphia counties, making eight regions. For those states that do not use regional weighting, only the first eight control variables are used in the raking. The population control totals for age group, gender, race/ethnicity, and region and the control percentages for education, marital status and tenure are obtained from the Nielsen Company, Inc. and the American Community Survey. The estimate that 26.2 percent of the 2012 Pennsylvania adult population are cell phone only users is derived from the National Health Interview Survey (NHIS) [See Blumberg, et. Al.].

All of the percentages reported here were calculated with weighted data and should be representative of the adult population of Pennsylvania. It should be noted that the percentages might not add to 100, due to rounding. When calculating the percentages of prevalence for each health topic in this report, responses of “Don’t know/Not sure” and “Refused” were removed from the denominators.

Comparison of estimates

This report presents estimates for a single year, 2013. The changes which occurred in the BRFSS survey between 2010 and 2011, specifically the addition of the cell phone sample and the employment of a different weighting technique, make direct comparisons of estimates of health conditions between 2011 and previous years invalid. This situation is reflected in the line graphs presented in this report for each topic. No line connects the 2011 estimate with trend lines from earlier years.

Other Department of Health reports are based on three years of data. The three-year report in the department’s interactive web tool Epidemiological Querying and Mapping System (EpiQMS) and certain burden reports are of this nature. The 2011-2013 report completes the transition, begun with single year estimates in the 2011 reports, to estimates based on combined samples of landline and cell phone interviews. The 2011-2013 estimates use the same weights, prepared with the raking technique, as the single year estimates for those years, and adjusted to the three-year period. Since the 2010 – 2012 and earlier estimates were based on interviews only from the landline samples and are weighted with a post-stratification technique, they should not be compared with the 2011-2013 and subsequent estimates.

Reports based on BRFSS data can come from a wide variety of sources. The record level data from every state can be downloaded from the BRFSS website (<http://www.cdc.gov/brfss/>), with certain fields suppressed to protect the confidentiality of respondents. Other sources may include or exclude data from the denominators used to calculate percentages. For example, the exclusion or inclusion of “Don’t Know/Not Sure” or “Refused” responses could potentially affect the final response percentage calculation.

If you have any questions about these differences, please contact the Bureau of Health Statistics and Research by phone at 717-783-2548 or by mail at 555 Walnut St., 6th Floor, Harrisburg, PA 17101-1914.

Synthetic Estimation Process for Local Data

The BRFSS is an ongoing telephone survey consisting of interviews conducted each month. In 2013, the sample dataset includes 11,430 surveys divided into eight different Pennsylvania health regions: Northwest, Southwest, Northcentral, Southcentral, Northeast, Southeast, Allegheny and Philadelphia.

On the state level, data from the BRFSS serve several purposes. BRFSS data help to identify subgroups, which should be targeted for health promotion and disease prevention programs due to elevated risks. Multiple years of BRFSS data are useful for tracking Pennsylvania's progress in achieving selected Healthy People 2020 National Health Objectives. Data from Pennsylvania, when compared to similar data from other states, identifies the need for increased health promotion and disease prevention program efforts. In 2013, comparable data were available from all 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands and Guam.

On the local level, BRFSS data may also be used to estimate the prevalence of risks in local areas such as counties, if the data are combined for several years or the counties or county groups of interest are over-sampled. However, for most counties, the number of respondents in the BRFSS sample data set is insufficient to produce reliable estimates.

In cases where local data on behavioral risk are not available, synthetic estimates can be computed based on either national data or statewide data from the BRFSS. Synthetic estimates are calculated using population estimates for subgroups of interest and the state or national risk factor prevalence rates for those groups. Below is an example of how one can compute synthetic estimates for a local area:

Step 1

Obtain the population estimates for the local geographic area of interest. Sum the population estimates into a table with the same breakdown as a table listing the national or state estimates (see the table below).

Step 2

To estimate the number of persons who have the behavioral risk in each subgroup, multiply the subgroup-specific rates by the population estimates for each group. For example, multiply the 2012 (latest available) Dauphin County census population of 41,344 for ages 18-29 by the 2013 fair or poor health prevalence of 9 percent (0.09) for that age group at the state level. The 2013 synthetic estimate for those in fair or poor health ages 18-29 in Dauphin County is 3,721.

Step 3

To obtain the total number of persons who indicated fair or poor health, repeat Step 2 for all subgroups and then sum the subgroup estimates to get a total estimate.

Age Group	2012 Dauphin County Census Population		Fair or Poor Health from 2013 Pa. BRFSS		Estimate of Dauphin County Adults Indicating Fair or Poor Health, 2013
18-29	41,344	x	9 %	=	3,721
30-44	51,366	x	12 %	=	6,164
45-64	76,404	x	19 %	=	14,517
65+	39,264	x	26 %	=	10,209
					Total
					34,611

Caution: Synthetic estimates can be useful for planning purposes. However, these estimates should not be used if there is reason to believe that local rates for subgroups of interest would diverge widely from the state or national rates. The prevalence of most health-related conditions varies considerably with age and often with other factors, such as sex, race and income. A more precise estimate may be obtained using age, sex and race-specific prevalence rates. The BRFSS is not a reliable source of prevalence rates specific to age-sex-race categories; national data would be a more reliable basis for synthetic estimates.

It is important to qualify estimates whenever they are used. A clear citation of the sources of the data used to compute the local area synthetic estimates should be included in every report of the estimates.

Step 4

To calculate the synthetic estimated percentage of Dauphin County adults with fair or poor health, pull the “Total Estimated Number of Adults” and the “Total Population Age 18+” in Dauphin County from “Step 3.”

Total Synthetically Estimated Number of Adults With Fair or Poor Health in Dauphin County = **34,611**

Total Population Age 18+ in Dauphin County = **208,378**

Divide the synthetically estimated number of adults with fair or poor health by the adult population. Then multiply by 100 so that the result will be expressed as a percent.

$$\begin{array}{l} \text{Synthetically Estimated Percentage} \\ \text{With Fair or Poor Health in Dauphin County} \end{array} = \frac{\text{Total Synthetically Estimated Number of Adults With Fair or Poor Health in Dauphin County}}{\text{Total Population Age 18+ in Dauphin County}} \times 100$$

Synthetically Estimated Percentage With Fair or Poor Health in Dauphin County = (34,611/ 208,378) X 100

Synthetically Estimated Percentage With Fair or Poor Health in Dauphin County = **16.6 Percent**

This step gives you a synthetically estimated percentage of adults.

Caution: Synthetic estimates can be useful for planning purposes. However, these estimates should not be used if there is reason to believe that local rates for subgroups of interest would diverge widely from the state or national rates. The prevalence of most health-related conditions varies considerably with age and often with other factors, such as sex, race and income. A more precise estimate may be obtained using age, sex and race-specific prevalence rates. The BRFSS is not a reliable source of prevalence rates specific to age-sex-race categories; national data would be a more reliable basis for synthetic estimates.

It is important to qualify estimates whenever they are used. A clear citation of the sources of the data used to compute the local-area synthetic estimates should be included in every report of the estimates.

References

Blumberg, Stephen J., et. al.. “Wireless Substitution: State-level Estimates From the National Health Interview Survey, 2012”, National Health Statistics Reports, Number 70, December 18, 2013.

Bureau of Health Statistics and Research; Behavioral Health Risks of Pennsylvania Adults 2012 Harrisburg, Pa., Pennsylvania Department of Health; #303.300P, and preceding issues.

National Center for Health Statistics, Office of Disease Prevention and Health Promotion, HealthyPeople.gov (<http://www.healthypeople.gov/2020/default.aspx>).