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# STATISTICAL NEWS

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*One in Seven Workers Not Protected From Secondhand Smoke*

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*Michael and Ava Still Hold Top Spot's for Most Popular Names*

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## Healthy People 2010: Nutrition and Overweight

*Obj 19-1 Increase % healthy weight adults...2010 Target: 60%*

**T**he percent of healthy weight adults (ages 20+) between 2004 and 2008 has been slightly lower in recent years according to the Pennsylvania Behavioral Risk Factor Surveillance System (BRFSS)... *Continue reading this article >>>*



# 2008 Diabetes Prevalence Among PA Adults

## Early Detection is the Key for Successful Disease Management

Estimated diabetes prevalence significantly varied with age, education, income, and race/ethnicity among Pennsylvania adults in 2008. Pennsylvania collected diabetes data in the 2008 Behavioral Risk Factor Surveillance System (BRFSS) survey. Questions asked were related to pre-diabetes, diabetes management, and diabetes-related doctor visits. Highlighted in this article are some of the findings from the 2008 survey.

### Detection:

An estimated 56 percent (95% Confidence Interval: 54-58) of Pennsylvania adults age 18

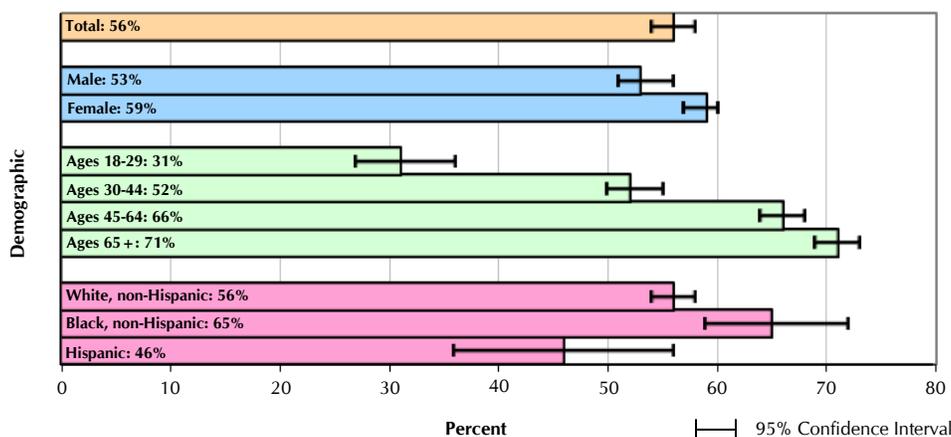
and older who are not known to be diabetic have been tested for high blood sugar or diabetes in the past three years. This is important because early detection of pre-diabetes or borderline diabetes can help delay or prevent the onset of diabetes. Similarly, early detection of diabetes is important so an individual can begin to effectively manage the disease. An estimated six percent (CI: 5-7) of Pennsylvania adults age 18+ have ever been told they have pre-diabetes or borderline diabetes (out of non-diabetics and those who only discovered they had diabetes when they were pregnant). Without making any lifestyle changes, those with pre-diabetes or borderline diabetes had an increased risk of developing diabetes.

Displayed in Chart 1 are breakouts of the estimated percentages of Pennsylvania adults age 18 and older who have been tested for high blood sugar or diabetes in the past three years by selected demographics. As can be seen, a significantly higher percentage of females were tested compared to males, which may be due to pregnant women often being tested for diabetes during pregnancy.

As with many chronic diseases, age and race/ethnicity breakouts displayed differences. Rates for being tested for diabetes were much higher for those 45 years of age and older, compared to younger Pennsylvanians (ages 18-44 years). In addition, Black non-Hispanics had a significantly

**...Black non-Hispanics had a significantly higher percentage of diabetes in 2008, compared to White non-Hispanics and Hispanics.**

**Chart 1**  
Estimated Percentages of Being Tested for High Blood Sugar or Diabetes in Past 3 Years by Various Demographics  
Non-Diabetic Pennsylvania Residents Ages 18 and Older, 2008 BRFSS



higher percentage of being tested for diabetes in 2008, compared to White non-Hispanics and Hispanics (see Chart 1).

### Prevalence:

In general, an estimated nine percent of Pennsylvania adults age 18 and older had ever been told they had diabetes. Chart 2 (on the next page) depicts the prevalence rates of diabetes and the 95% confidence intervals for some common demographic breakouts. Diabetes prevalence significantly varied based on age, education, income, and race/ethnicity, although there were no significant difference found between genders. It is also important to note that diabetes can go undetected for quite some time. Therefore, the percentage of Pennsylvania adults with diabetes was likely higher than 9 percent (CI:8-10) in 2008. According to the Centers for Disease Control and Prevention's (CDC) 2007 National Diabetes Factsheet, undiagnosed diabetes accounts for 5.7 million out of 23.6 million people in the United States who are believed to have diabetes. ([www.cdc.gov/diabetes/pubs/pdf/ndfs\\_2007.pdf](http://www.cdc.gov/diabetes/pubs/pdf/ndfs_2007.pdf))

### Self-Management:

The 2008 BRFSS survey also provided insight into diabetes self-management. An estimated 62 percent (CI: 58-66) of Pennsylvania adults with diabetes checked their blood

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# 2008 Diabetes Prevalence Among PA Adults

glucose daily. Approximately 26 percent (CI: 23-30) of Pennsylvania adults with diabetes took insulin to help manage their diabetes. Also, it was estimated that 65 percent (CI: 61-69) of Pennsylvania adults with diabetes checked their feet daily for any sores or irritations.

It is vital that diabetics develop a plan with their doctor, and visit them routinely in order to control their diabetes. In 2008, an estimated 49 percent (CI: 45-53) had seen their doctor four or more times in the past year.

It is also extremely important for diabetics to have a strong understanding of how to manage their diabetes, to help avoid any health complications that could potentially develop. The 2008 PA BRFSS estimated that 55 percent (CI: 51-59) of Pennsylvania adults with diabetes had taken a course on how to manage their diabetes. Chart 3 (on the next page) illustrates the prevalence rates of those who have taken a management course by various demographic breakouts.

## Complications:

According to the American Diabetes Association ([www.diabetes.org/diabetes-basics/diabetes-statistics](http://www.diabetes.org/diabetes-basics/diabetes-statistics)), "Diabetes is the leading cause of new cases of blindness among adults aged 20-74 years." An estimated 71 percent (CI: 67-75) of Pennsylvania adults diagnosed with diabetes had a dilated eye exam in the past year. Additionally, an estimated 18 percent (CI: 15-22) of Pennsylvania adults with diabetes had a doctor tell them that their diabetes had affected their eyes. Furthermore, the American Diabetes Association states that over 60 percent of non-traumatic lower-limb amputations take place in people with diabetes. The 2008 PA BRFSS survey estimated 79 percent (CI: 75-82) had their feet checked by a doctor in the past year.

## New Questions:

Each year the BRFSS survey evolves in order to provide a greater understanding of behavioral risk factors. New diabetes

...an estimated 90 percent of Pennsylvania adults with diabetes have Type II diabetes.

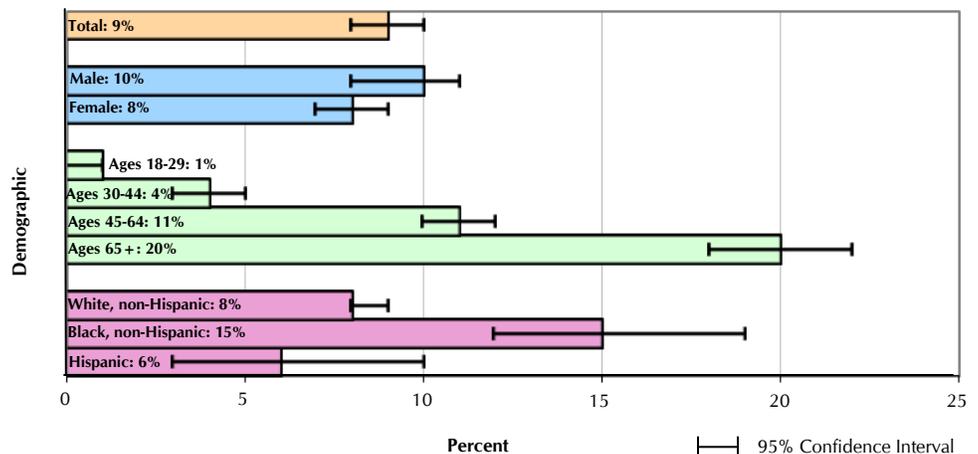
questions were added to the Pennsylvania survey in 2008. Pennsylvanians were asked if they had a biological parent, brother, or sister who had ever been diagnosed with diabetes, the type of diabetes they had, and if they hadn't checked their blood glucose as recommended because of the cost. Their responses help provide a greater understanding of the disparities and impact of diabetes in Pennsylvania.

It was found that an estimated eight percent (CI: 6-11) of Pennsylvania adults with diabetes have Type I diabetes and an estimated 90 percent (CI: 87-93) of Pennsylvania adults with diabetes have Type II diabetes. Based on the 2008 survey, it is also estimated that 33 percent (CI: 32-34) of Pennsylvania adults have a biological parent, brother, or sister who have ever been diagnosed with diabetes.

All of the Pennsylvania percentages and prevalence rates detailed in this article, as well as additional informa-

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**Chart 2**  
Estimated Percentages of Being Told by a Doctor They Have Diabetes by Various Demographics  
Pennsylvania Residents Age 18 and Older, 2008 BRFSS



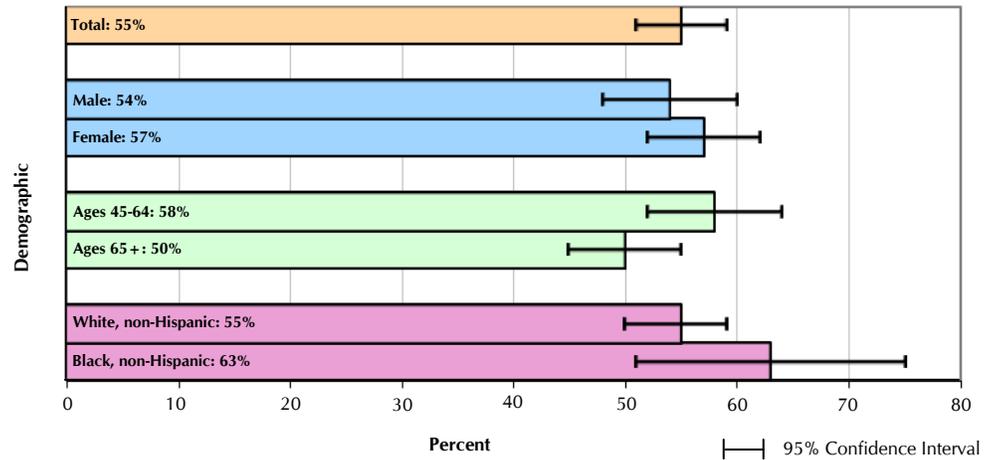
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# 2008 Diabetes Prevalence Among PA Adults

tion can be found on our interactive, web tool called Epidemiologic Query and Mapping System (EpiQMS). To access this information, go to [www.health.state.pa.us/stats](http://www.health.state.pa.us/stats) and click on "EpiQMS" under "Health Statistics". This will provide further demographic breakouts, as well as regional estimates for the three-year datasets. Moreover, the American Diabetes Association website ([www.diabetes.org](http://www.diabetes.org)) contains detailed information related to diabetes.

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**Chart 3**  
**Estimated Percentages for Those Who Have Taken a Course on How to Manage Diabetes Themselves**  
**Diabetic Pennsylvania Residents Age 18 and Older, 2008 BRFSS**



# Changes Resulting From Clean Indoor Air Act

## One in Seven Workers Not Protected From Secondhand Smoke

According to the 2008 Adult Tobacco Survey (ATS) administered by the Pennsylvania Department of Health, in the year after the enactment of the Clean Indoor Air Act (CIAA) the number of adult (age 18+) indoor workers who are protected from secondhand smoke in the workplace increased from 78 percent (95% Confidence Interval: 75-81)<sup>1</sup> to 86 percent (CI: 84-89). Also, females were more likely than males to work in a place that does not allow smoking. In fact, ninety percent of female respondents answered the question, “Which of the following best describes your place of work’s official smoking policy for work areas” as “Not allowed in any work areas,” compared to 82 percent for males in 2008 (see Chart 1 below).

The Adult Tobacco Survey is a population-based random-digit dialed telephone survey of adults conducted in cooperation between Pennsylvania and the Centers for Disease Control and Prevention (CDC). It was conducted in October 2007 through May 2008, and then again in October 2008 through May 2009.

With the passage of the Clean Indoor Air Act, many restaurants and businesses that used to permit smoking are now smoke-free. When respondents were asked about whether the law would change their habits related to dining out, most said that they would eat out about the same amount. In 2008, 14 percent of adults (CI: 12-15) said they would eat out more often compared to five percent (CI: 4-7) who said they would eat out less.

But not all places have enacted the smoking ban. About one of every seven PA indoor workers has been left unprotected from secondhand smoke and its effects. The act allows exceptions in such places as designated rooms in hotels, certain bars, restaurants with separate bar areas, and some private clubs. Smoking is permitted on up to 50 percent of gambling floors of casinos, and in places where tobacco is manufactured or sold. All of these are also places of employment.

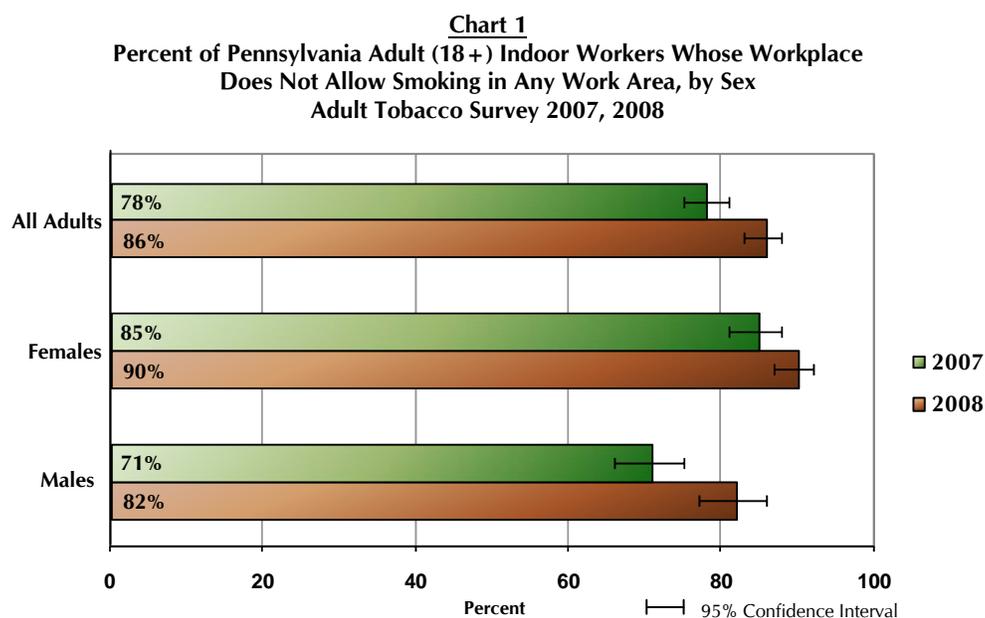
The Health Consequences of Involuntary

...females were more likely than males to work in a place that does not allow smoking.

Exposure to Tobacco Smoke: A Report of the Surgeon General<sup>2</sup> states that exposure to secondhand smoke causes heart disease and lung cancer in non-smoking adults. The harmful effects of secondhand smoke on the cardiovascular system are immediate and can increase the risk of heart attack, especially for people who already have heart disease. The report also states that in children, secondhand smoke exposure increases the risk for sudden infant death syndrome (SIDS), slowed lung growth, acute respiratory infections, ear problems, and more frequent and severe asthma attacks.

Besides workplaces, the other place where people, especially children, are often exposed to secondhand smoke is in the home. There was an interesting finding based on the answer to the question, “Which statement best describes the rules about smoking inside your home (do not include decks, garages, or porches).” Six percentage points more adults answered “Smoking is not allowed anywhere inside your home,” when comparing the 2008 results to 2007. In 2007, 75 percent (CI: 73-76) of adults banned smoking in the home com-

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\* Note: ATS 2007 was conducted in October 2007 through May 2008, and ATS 2008 was conducted in October 2008 through May 2009

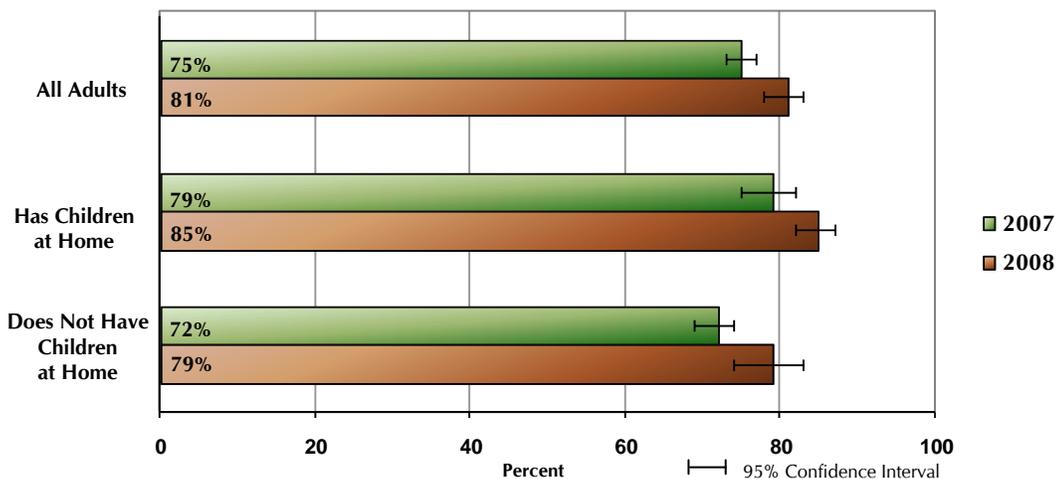
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## Changes Resulting From Clean Indoor Air Act

pared to 81 percent (CI: 80-83) in 2008. The percentage increased even more with children in the homes: 85 percent (CI: 81-88) in 2008, compared to 79 percent (CI: 75-82) in 2007 (see Chart 2 on next page).

Laws, such as the CIAA, are considered to be self-enforcing. People do not expect to encounter smoke when they are out – the new norm is smoke-free. The Department of Health maintains a web-site that lists, by county, the places that have been granted exceptions. At that same site is a form that can be either downloaded and mailed or completed online to report a violation of the law. The Pennsylvania State Police, Liquor Control Board Enforcement responds to complaints at places that have liquor licenses. In the survey, 32 percent (CI: 29-34) said that they would speak to an individual about violating the CIAA, 59 percent (CI: 57-62) said they would speak to a business owner about a violation, and about 25 percent

**Chart 2**  
**Percent of Pennsylvania Adults (18+) Who Have Rules that Do Not Allow Smoking Inside the Home, by Presence of Children in Household**  
**Adult Tobacco Survey 2007, 2008**



\* Note: ATS 2007 was conducted in October 2007 through May 2008, and ATS 2008 was conducted in October 2008 through May 2009

(CI: 24-27) said that they would file a formal complaint with the Pennsylvania Department of Health.

For additional information about the Clean Indoor Air Act or the Adult Tobacco Survey, visit [http://www.portal.state.pa.us/portal/server.pt/community/clean\\_indoor\\_air/](http://www.portal.state.pa.us/portal/server.pt/community/clean_indoor_air/) to find the Adult Tobacco Survey, Key Outcome Indicators reports, and national data.

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<sup>1</sup> The "CI" represents the 95% confidence interval for the sampling error attributable to this sample.

<sup>2</sup> U.S. Department of Health and Human Services. The Health Consequences of Involuntary Exposure to Tobacco Smoke: A Report of the Surgeon General. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, Coordinating Center for Health Promotion, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2006 [accessed 2009 Sep 28].

# 2008 Top Ten Baby Names and Birth 'Fast Facts'

## Michael and Ava Still Hold Top Spot's for Most Popular Names

The most popular first name given to female babies born in 2008 was Ava, for the third year in a row. Olivia was the second most popular girl name, followed by Emma in third place, and Madison in fourth place, all staying consistent with 2007. Isabella became more popular than Abigail in 2008, switching places from sixth to fifth place. Emily and Sophia stayed consistent from 2007 to 2008, ranking seventh and eighth places, respectively, while Chloe made a leap from 19th place to 9th place. Rounding out the top ten was Elizabeth, which jumped up three spots in 2008.

There were 14,919 different first names given to baby girls in 2008. The following were a few of the more unique and interesting ones – Change, Pita, Calliope, Truth, Cabella, Goddess, Raige, Jetta, Kaige, Lady, Oneida, Psyche, and Ultra Violet Ray.

Michael held steady as the most popular first name given to baby boys in 2008. Jacob and Ryan stayed in second and third places, respectively. Matthew jumped up a spot to claim number four on the list, while Joseph jumped up two spots to number five. Alexander gained popularity, moving up from 12th place in 2007 to sixth place, and Ethan moved down from sixth to seventh place. Logan dropped from fourth place to eighth place, while Anthony stayed at number nine on the list. Andrew fell from eighth place in 2007 to round out the top ten in 2008.

A total of 10,729 different first names were given to baby boys in 2008. The following were some of the more unusual – Oak, Cross, Forever, Rebel, Chai, Prodigy, Edge, Jaguar, Cage, Sledge, Avon, Utah, and Darling.

### Top Ten Most Popular Baby Names by Sex Pennsylvania Live Births, 2008

Males	Females
Michael	Ava
Jacob	Olivia
Ryan	Emma
Matthew	Madison
Joseph	Isabella
Alexander	Abigail
Ethan	Emily
Logan	Sophia
Anthony	Chloe
Andrew	Elizabeth

The top ten 2008 baby names by sex are shown above. Complete lists (in order by frequency) by sex can be accessed as PDF files (requires the free software Adobe Acrobat Reader) on the Health Statistics web page. Go to [www.health.state.pa.us/stats](http://www.health.state.pa.us/stats) and select 'Birth, Death and Other Vital Statistics' under 'Health Statistics'.

### 2008 RESIDENT LIVE BIRTH 'FAST FACTS'

There were a total of 148,934 resident live births in Pennsylvania in 2008. Of those births, 76,399 were males and 72,532 were females (note: there were three births where gender of the baby was unknown). The county with the most resident live births was Philadelphia (23,689) and the county with the least resident live births was Forest (32). The median birth weight of the 2008 resident births was 7 lbs. 5 oz. (3,331 births).

The month during which most births occurred was July (13,240 births) and the month in which the fewest births occurred was November (11,100 births). The day most births occurred on was August 8 (547 births) and the day the fewest births occurred on was Christmas Day, December 25 (223 births). The median age of Pennsylvania mothers who had a live birth in 2008 was age 28 (8,914 births). A table with the 'Fast Facts' is shown to the left.

If you have any questions about this article, please contact the Bureau of Health Statistics and Research at 717-783-2548. Additional birth statistics for Pennsylvania, as well as data at the county and municipality levels, can be obtained from the Health Statistics web pages at [www.health.state.pa.us/stats](http://www.health.state.pa.us/stats) and select 'Birth, Death, and Other Vital Statistics'. Pennsylvania live birth statistics are also available on EpiQMS, our interactive data dissemination tool.

\*The figure in an ordered set of values in which 50 percent of the values fall above it and 50 percent fall below it.

### Fast Facts for Resident Live Births Pennsylvania, 2008

2008 Total Resident Live Births:	148,934
Date Most Births Occurred:	August 8 (547 births)
Date Fewest Births Occurred:	December 25 (223 births)
Month Most Births Occurred:	July (13,240 births)
Month Fewest Births Occurred:	November (11,100 births)
Median* Age of Mothers:	28 years (8,914 births)
County with Most Live Births:	Philadelphia (23,689 births)
County with Fewest Live Births:	Forest (32 births)
Median* Birth Weight:	7 lbs. 5 oz. (3,331 births)

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# Update: Healthy People 2010 Objectives

## Focus Area 19: Nutrition and Overweight

**19-01 - Increase % healthy weight adults (ages 20+)......HP2010 Target: 60%**

**19-02 - Reduce % obese adults (ages 20+)......HP2010 Target: 15%**

### Healthy Weight Adults:

The percent of healthy weight adults (ages 20+) has been slightly lower in recent years (2004-2008) according to the Pennsylvania Behavioral Risk Factor Surveillance System (BRFSS) annual survey of adults. Among all adults, the percentages ranged from 37 in 2004 and 2006 to 34 in 2007 and 2008.

In 2008, the percentage of healthy weight adults was much lower and significantly different for non-Hispanic Blacks (24) compared to non-Hispanic Whites (35). The same was true for males (26) compared to females (41). Figures for Hispanics had large fluctuations due to small sample sizes.

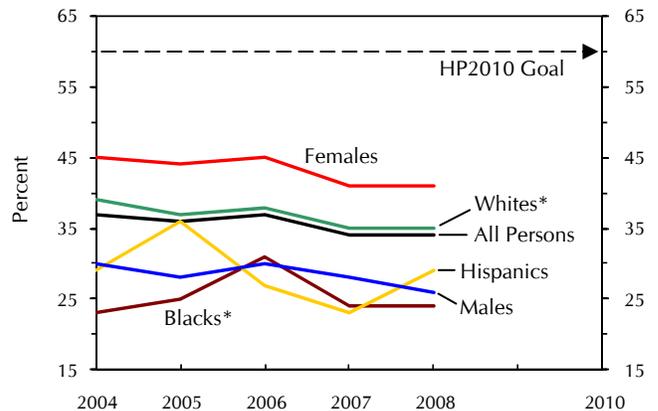
Percentages for all groups appear to generally be moving away from the HP2010 goal of 60 percent.

### Obese Adults:

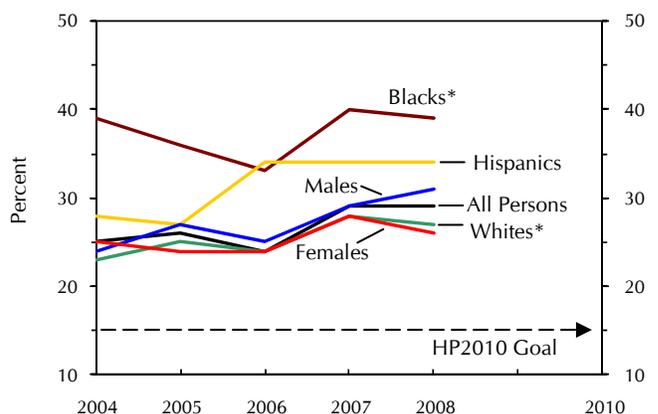
In 2008, it was estimated that 29 percent of Pennsylvania adults (ages 20+) were considered obese, the same as in 2007 but up from 24 in 2006. The percent for non-Hispanic Black adults (39) was consistently higher than for non-Hispanic Whites (27), while males (31) were consistently higher than females (26). Between 2004 and 2008, the percentages for obese adults has generally increased among males and females and the race/ethnicity groups studied. However, the percentages for Hispanic residents are difficult to interpret due to the small sample sizes.

The Healthy People 2010 goal is set for 15 percent. In Pennsylvania, it is unlikely for any of the groups to achieve this goal.

**Percent Healthy Weight Adults (Ages 20+) By Race/Ethnicity and Sex, Pennsylvania 2004-2008**



**Percent Obese Adults (Ages 20+) By Race/Ethnicity and Sex, Pennsylvania 2004-2008**



\* Non-Hispanic

**Percent Healthy Weight and Obese Adults (Ages 20+) By Race/Ethnicity and Sex, Pennsylvania 2004-2008**

Healthy Weight	2004	2005	2006	2007	2008
All Adults 20+ .....	37±2	36±1	37±2	34±2	34±2
Non-Hispanic Whites .....	39±2	37±1	38±2	35±2	35±2
Non-Hispanic Blacks .....	23±6	25±5	31±8	24±6	24±6
Hispanics.....	29±10	36±10	27±10	23±9	29±9
Males.....	30±2	28±2	30±3	28±3	26±2
Females .....	45±2	44±2	45±2	41±2	41±2
<b>Obese</b>					
All Adults 20+ .....	25±1	26±1	24±1	29±2	29±1
Non-Hispanic Whites .....	23±1	25±1	24±2	28±2	27±1
Non-Hispanic Blacks .....	39±6	36±5	33±7	40±7	39±6
Hispanics.....	28±11	27±8	34±11	34±11	34±9
Males.....	24±2	27±2	25±2	29±3	31±2
Females .....	25±2	24±1	24±2	28±2	26±2

NOTES: ± denotes 95% confidence interval. Percents are age-adjusted to 2000 std population.

### HP2010 State and County Data on the Web

To access the Department of Health's web page of Healthy People 2010 statistics for the state and counties, go to [www.health.state.pa.us/stats](http://www.health.state.pa.us/stats). The latest available statistics as well as trend data are shown. You can view data for the state or all counties. Complete data sets for the state and counties can be downloaded. There is also a link to the national HP2010 web site.