

# Health In Idaho: A State Profile

State of Idaho - Department of Health and Welfare - Division of Public Health

2009

## General Health

Percentage of Idaho adults ...	Total	Sex		Age		
		Male	Female	18-34	35-54	55+
... who reported their general health as "fair" or "poor."	15.2	14.8	15.6	9.3	14.4	22.3
... without health care coverage.	18.7	19.8	17.6	30.3	18.7	6.8
... without dental insurance.	43.5	43.9	43.1	45.3	34.5	51.7

## Chronic Disease Prevalence

Percentage of Idaho adults ...	Total	Sex		Age		
		Male	Female	18-34	35-54	55+
... ever told they had diabetes.	8.0	8.1	7.8	1.7	5.9	16.9
... ever diagnosed and still had asthma.	8.4	7.5	9.2	9.0	8.0	8.1
... ever told they had arthritis.	23.7	19.2	28.2	6.3	20.1	46.4

## Chronic Condition Prevalence

Percentage of Idaho adults ...	Total	Sex		Age		
		Male	Female	18-34	35-54	55+
... ever told they had high cholesterol.	37.3	38.3	36.2	16.7	33.8	50.6
... ever told they had high blood pressure.	25.9	27.6	24.2	8.2	22.0	49.0

## Health Risk Behaviors

Percentage of Idaho adults ...	Total	Sex		Age		
		Male	Female	18-34	35-54	55+
... who did not eat five servings of fruits & vegetables a day.	75.4	82.0	68.8	75.4	76.9	73.8
... who did not participate in leisure time physical activity.	21.0	21.4	20.7	15.8	20.6	27.1
... who were overweight (BMI $\geq$ 25).	61.3	68.6	53.7	50.0	65.5	68.2
... who were obese (BMI $\geq$ 30).	25.1	26.1	24.1	19.6	28.7	26.7
... who were binge drinkers.	13.0	17.8	8.2	18.5	13.8	6.2
... who were heavy drinkers.	4.6	5.3	3.9	6.0	3.4	4.5
... who were current smokers.	16.3	18.7	13.9	19.9	17.1	11.6
... who used illicit drugs in the past 12 months.	5.1	7.5	2.7	11.1	3.1	1.2

## Preventive Behaviors

Percentage of Idaho adults ...	Total	Sex		Age		
		Male	Female	18-34	35-54	55+
... who did not have their cholesterol checked within the last five years.	30.6	32.1	29.0	58.6	25.4	9.5
... who had not visited the dentist in the past 12 months.	29.9	32.0	27.8	33.0	26.9	30.2
... who did not have a routine check-up in the past 12 months.	43.3	48.5	38.0	56.6	45.5	27.2

---

Idaho Department of Health & Welfare  
Behavioral Risk Factor Surveillance System

### What is it?

The Behavioral Risk Factor Surveillance System (BRFSS) is a method to help identify emerging health problems, establish and track health objectives, and develop and evaluate public health policies and programs.

The BRFSS uses a standardized telephone survey of adults aged 18 and older. The survey is conducted by all state health departments, the District of Columbia, Puerto Rico, the Virgin Islands, and Guam with assistance from the Centers for Disease Control and Prevention (CDC). The BRFSS began in 1984 and is the largest continuously conducted telephone survey in the world, monitoring preventable chronic diseases, injuries, and infectious diseases.

### Acknowledgements

The Idaho Department of Health and Welfare would like to thank the citizens of Idaho who have participated in the Behavioral Risk Factor Surveillance System.

This project was funded in part by a grant from the Centers for Disease Control and Prevention, number U58/CCU022801, and administered via a cooperative agreement with the Idaho Bureau of Vital Records and Health Statistics.

For more details on this project or any of the survey results, please contact the Bureau of Vital Records and Health Statistics at (208) 332-7326.