

Health Indicators of Utah Non-Hispanic Whites

From 2003 through 2007, life expectancy at birth of Utah Non-Hispanic Whites was 78.7 years. The statewide life expectancy was 78.7.¹

This table compares health indicators of Non-Hispanic White Utahns to all Utahns and state and national targets for the year 2010.² The first two columns provide the estimated rates followed by the 95% confidence interval (the range within which we can be 95% certain to be correct). The disparity column indicates when we can be 95% confident that the Non-Hispanic White rate is **better** (↓) or **worse** (↑) than the rate for all Utahns. The final column indicates when the **Utah Non-Hispanic White population met the state target for 2010** (✓) at the time of data collection. State targets were set by Utah public health workers based on health program goals and Healthy People 2010, the national health promotion agenda. Healthy People 2010 names two overarching goals: increase quality and years of healthy life and eliminate health disparities.²

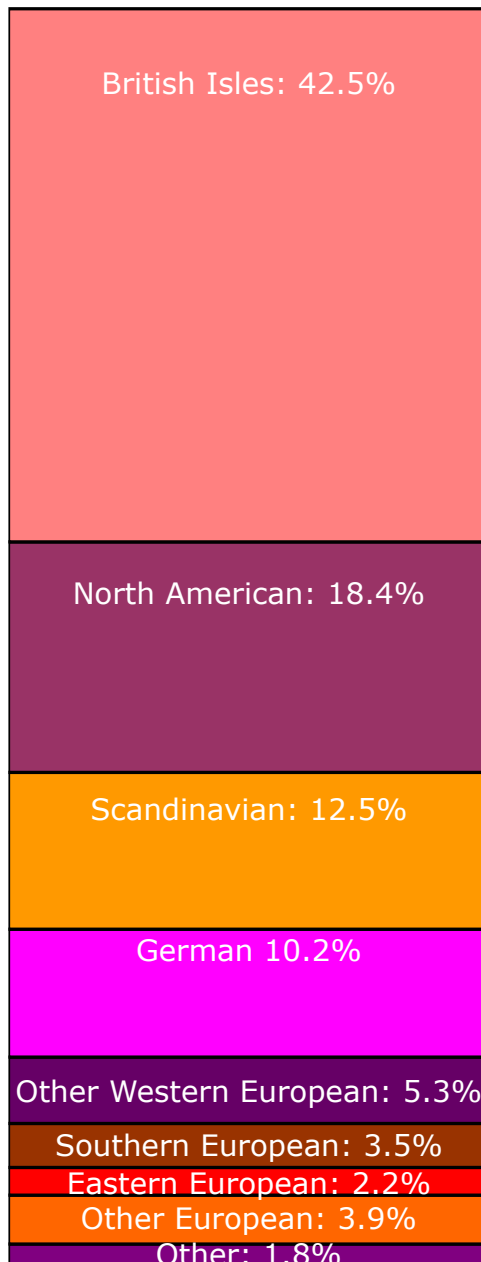
	Non-Hispanic White Utahns	All Utahns	Disparity	2010 Target Met
Access to Health Care				
No Health Insurance Coverage ³	8.1% (7.5 - 8.7)	10.7% (10.0-11.3)	↓	
No Usual Place of Care ³	8.2% (7.6 - 8.7)	9.8% (9.2-10.4)	↓	
Inadequate Prenatal Care ⁴	14.0% (13.7-14.4)	18.6% (18.3-18.9)	↓	
Births				
Infant Death per 1,000 Births ⁵	4.1 (3.8-4.4)	4.4 (4.1-4.7)		✓
Low Birth Weight ⁶	6.5% (6.4-6.7)	6.8% (6.7-7.0)	↓	
Preterm Birth ⁴	9.3% (9.0-9.6)	9.5% (9.2-9.7)		
Gestational Diabetes ⁴	2.6% (2.4-2.7)	3.2% (3.0-3.3)	↓	N/A
Births from Unintended Pregnancies ⁷	30.6% (29.1-32.2)	33.2% (31.8-34.6)	↓	
Births to Adolescents per 1,000 Girls 15-17 ⁸	9.8 (9.2-10.5)	17.5 (16.7-18.2)	↓	✓
Chronic Conditions				
Coronary Heart Disease Death per 100,000 Population ⁹	59.3 (56.3-62.4)	59.4 (56.5-62.4)		✓
Stroke Death per 100,000 Population ⁹	27.1 (25.1-29.3)	27.6 (25.7-29.7)		✓
Cancer Death per 100,000 Population ⁹	95.9 (92.0-99.8)	97.6 (93.8-101.4)		✓
Diabetes ¹⁰	5.4% (5.1-5.8)	5.5% (5.2-5.9)	↓	
Activities Limited Due to Arthritis ¹¹	27.3% (26.0-28.6)	27.1% (25.9-28.4)		✓
Injury				
Unintentional Injury Death per 100,000 Population ^{9,12}	24.9 (23.0-27.0)	27.4 (25.4-29.4)	↓	✓
Lifestyle Risk				
Cigarette Smoking ¹⁰	10.5% (10.0-11.1)	11.1% (10.5-11.6)		✓
Obesity ^{10,13}	21.2% (20.5-21.9)	21.3% (20.7-22.0)		
No Physical Activity ¹⁰	16.7% (16.1-17.4)	18.3% (17.7-19.0)	↓	
Fewer than 3 Vegetables per Day ¹⁰	76.4% (75.4-77.4)	77.3% (76.4-78.2)		
Overall Health Status				
Self-reported Poor Physical Health ^{10,14}	13.9% (13.3-14.5)	13.9% (13.3-14.4)		N/A

Note: The values in this table are crude rates that represent the number of people affected in the respective population. The arrows in the "Disparity" column use age-adjusted rates to compare populations with different age distributions. See the Appendix (p. 4) for age-adjusted rates and state 2010 targets.

Demographics of Utah Non-Hispanic Whites

There were nearly 2,211,000 Non-Hispanic White Utahns in 2007, comprising 84% of the Utah population.¹⁵

Self-reported Ancestry^{15,16}



	Non-Hispanic White Utahns	All Utahns
Age¹⁵		
Children Under 18	29.7%	31.0%
Adults Age 18-44	40.2%	41.0%
Adults Age 45-64	20.5%	19.4%
Adults Age 65 and Older	9.7%	8.7%
Gender¹⁵		
Male	50.1%	50.4%
Female	49.9%	49.6%
Poverty¹⁵		
Persons Living in Poverty	8.3%	10.3%
Children Living in Poverty	8.1%	11.4%
Education (age 25 and older)^{15,17}		
No High School Diploma	6.6%	10.0%
High School Graduate	25.6%	26.3%
Some College	37.5%	35.5%
Bachelor's or Graduate Degree	30.3%	28.2%
Housing (by occupied housing unit)¹⁵		
Owned	74.8%	71.9%
Rented	25.2%	28.1%
Families with Children¹⁵		
Married Couple Families	83.0%	81.0%
Single Mother Families	12.6%	13.8%
Single Father Families	4.5%	5.3%
U.S. Citizenship¹⁵		
Citizen by Birth	98.1%	92.0%
Citizen by Naturalization	1.0%	2.5%
Not a Citizen	0.9%	5.5%
English Skills (age 5 and older)¹⁵		
Speak Only English at Home	95.1%	86.1%
Speak English Very Well*	4.0%	8.0%
Do Not Speak English Very Well*	0.9%	5.9%

*Speak language(s) other than English at home

Notes: These demographic indicators are included as context; they may be associated with health. For more demographic information, see <http://factfinder.census.gov/>. Like all data products, these results have limitations.¹⁸

Appendix

The conclusions listed in the "Disparity" and "2010 Target Met" columns were analyzed using rates that were age-adjusted to the U.S. 2000 population for Behavioral Risk Factor Surveillance System (BRFSS), Utah Healthcare Access Survey (UHAS), and Utah Death Certificate Database (UDCD) data. Age-adjustment categories were 18-34, 35-49, and 50+ for BRFSS and 0-44, 45-64, and 65+ for UHAS and UDCD.

Unadjusted Indicators	Target ²	Age-adjusted Indicators	Non-Hispanic White Utahns	All Utahns	Target ²
Inadequate Prenatal Care ⁴	10.0%	No Health Insurance Coverage ³	7.6% (7.1-8.1)	10.0% (9.4-10.6)	0.0%
Infant Death ⁵	4.5	No Usual Place of Care ³	7.8% (7.3-8.3)	9.4% (8.9-10.0)	4.0%
Low Birth Weight ⁶	5.0%	Coronary Heart Disease Death ⁹	82.5 (78.3-86.8)	84.3 (80.1-88.6)	98.6
Preterm Birth ⁴	7.6%	Stroke Death ⁹	38.6 (35.7-41.6)	40.1 (37.2-43.2)	49.0
Gestational Diabetes ⁴	N/A	Cancer Death ⁹	129.2 (124.0-134.5)	133.9 (128.7-139.3)	144.1
Births from Unintended Pregnancies ⁷	30.0%	Diabetes ¹⁰	5.9% (5.6-6.3)	6.3% (6.0-6.7)	3.9%
Births to Adolescents ⁸	16.3	Activities Limited Due to Arthritis ¹¹	27.1% (25.5-28.7)	26.0% (24.8-27.3)	33.0%
		Unintentional Injury Death ^{9,12}	28.5 (26.3-30.9)	31.1 (28.9-33.6)	29.3
		Cigarette Smoking ¹⁰	10.5% (10.0-11.0)	10.9% (10.4-11.4)	11.0%
		Obesity ¹⁰	22.0% (21.3-22.7)	22.2% (21.6-22.9)	15.0%
		No Physical Activity ¹⁰	17.3% (16.6-17.9)	19.0% (18.4-19.7)	15.0%
		Fewer than 3 Vegetables per Day ¹⁰	75.9% (74.9-76.9)	76.5% (75.6-77.4)	55.0%
		Self-reported Poor Physical Health ^{10,14}	14.3% (13.8-14.9)	14.5% (13.9-15.0)	N/A

Notes

- 1 Utah Death Certificate Database, Office of Vital Records and Statistics, Utah Department of Health, 2003-2007. Five-year population count based on 2005 population estimates. Rates used to calculate life expectancy are per 100,000 population. The life expectancies for several groups are based on small numbers, so they could change noticeably with a few additional deaths overall or with additional deaths in a particular age group.
- 2 See <http://www.healthypeople.gov/>. When Utah-specific targets exist, Utah targets that may differ from national Healthy People 2010 targets are listed. See Appendix.
- 3 Utah Healthcare Access Survey (formerly Utah Health Status Survey), Office of Public Health Assessment, Utah Department of Health, 2003-2007. No usual source of health care is defined as answering, "no" to the question, "Thinking about medical visits, is there a USUAL place that you go when you are sick or need advice about your health?"
- 4 Utah Birth Certificate Database, Office of Vital Records and Statistics, Utah Department of Health, 2007. Inadequate prenatal care is the opposite of "adequate" care. Adequate care is defined according to the Kotelchuck Index, which includes month that prenatal care began, number of prenatal visits, and gestation. Preterm births are less than 37 weeks.
- 5 Utah Birth Certificate Database, Office of Vital Records and Statistics, Utah Department of Health, 2003-2006; Utah Death Certificate Database, Office of Vital Records and Statistics, Utah Department of Health, 2003-2006. The Healthy People 2010 target is for all races/ethnicities and uses death data only. The race/ethnicity data reported here use a linked birth/death file and may underestimate the race-specific infant mortality rate.
- 6 Utah Birth Certificate Database, Office of Vital Records and Statistics, Utah Department of Health, 2006-2007. Low birth weight is less than 2,500 grams (about 5.5 pounds).
- 7 Utah Pregnancy Risk Assessment Monitoring System, Reproductive Health Program, Utah Department of Health, 2004-2006.
- 8 Utah Birth Certificate Database, Office of Vital Records and Statistics, Utah Department of Health, 2006-2007. Population Estimates: Utah Governor's Office of Planning and Budget, 2008 Baseline projections (revised July 23, 2008). Adolescents or teens are ages 15-17.
- 9 Utah Death Certificate Database, Office of Vital Records and Statistics, Utah Department of Health, 2001-2005; Population Estimates: Utah Governor's Office of Planning and Budget, 2008 Baseline projections (revised July 23, 2008).
- 10 Behavioral Risk Factor Surveillance System, Office of Public Health Assessment, Utah Department of Health, 2003-2007. This survey includes adults only ages 18+.
- 11 Behavioral Risk Factor Surveillance System, Office of Public Health Assessment, Utah Department of Health, 2003, 2005, 2007.
- 12 Unintentional injury death includes non-homicide and non-suicide deaths from drowning, falls, fires or burns, transportation-related injuries, poisoning, suffocation, and other unintended injuries.
- 13 Obesity is defined as a body mass index of 30kg/m² or higher.
- 14 Self-reported poor physical health is defined as the percentage of adults aged 18 years and older who reported seven or more days when physical health was not good in the past 30 days.
- 15 American Community Survey, U.S. Census Bureau, 2005-2007. Universe: Utah White alone or in combination, not Hispanic. The American Community Survey interviews the resident population without regard to the person's legal status or citizenship. The survey is completed through random sample and undocumented residents are included. Anyone who lives in the United States for more than two months out of the year is usually considered a resident. "Non-citizen" includes any non-citizen, with or without a visa. The survey is conducted by mail to persons with mailing addresses, with telephone and in-person follow-up, like the decennial U.S. census. See <http://www.census.gov/acs/www/Downloads/tp67.pdf>.
- 16 North American includes American or United States, White, American Indian, Canadian, French Canadian, Anglo, Mexican, African American, Black, Pennsylvania German, Cajun, and Eskimo. Scandinavian includes Danish, Swedish, Norwegian, Finnish, and Icelandic. Other Western European includes Dutch, French, Swiss, Austrian, Belgian, Prussian, Luxemburger, Flemish, and Maltese. Southern European includes Italian, Greek, Spanish, Portuguese, Basque, and Sicilian. Eastern European includes Polish, Russian, Czech, Hungarian, Herzegovinian, Ukrainian, Yugoslavian, Croatian, Lithuanian, Slovak, Czechoslovakian, Slovene, Romanian, Bohemian, Albanian, Bulgarian, Slavic, Serbian, Estonian, Slavonian, Latvian, and German Russian.
- 17 Education is the highest level of education attained.
- 18 A more comprehensive report is available at <http://health.utah.gov/oph/publications/raceeth05/RaceEth05.htm>.

Indicators were selected as follows:

Step 1. A team from the Division of Community and Family Health Services, Bureaus of Health Promotion, Maternal and Child Health, and Center for Multicultural Health examined data indicators that the bureaus track. Indicators for other important conditions, such as infectious diseases and mental health, are not included.

Step 2. The team subjectively chose indicators with broad implications for health outcomes, with preference for indicators from the Community Health Indicators Report. See http://health.utah.gov/oph/publications/CommunityHealth/CHI/CHI_Report.htm

BRFSS and UHAS include only data from Utahns with residential phones until 2009. For more information about state data sources, analysis techniques, and limitations, see <http://ibis.health.utah.gov/home/Help.html>.

For more information about interpreting this report, see <http://health.utah.gov/cmh/data/disparitiessummary/UnderstandingData.pdf>.



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