

SUMMARY OF FINDINGS

- During 1996, it is estimated that:
 - 19.0% (377,700) of Utahns aged 18 years or older had been diagnosed with hypertension.
 - 5.1% (101,000) were under medical care for arthritis;
 - 4.1% (82,100) were under medical care for asthma;
 - 2.9% (57,900) had been diagnosed with diabetes;
 - 2.7% (54,100) had been diagnosed with heart disease;
 - 1.0% (19,600) were under medical care for chronic obstructive pulmonary disease;
 - 0.9% (17,800) had ever been diagnosed as having had a stroke;
 - 0.1% (1,400) of Utahns had been diagnosed with Alzheimer's disease;
- The prevalence rates of most chronic diseases increased with older age among both males and females, with the exception of asthma, which did not steadily increase with age.
- The prevalence rates of most chronic diseases and conditions examined in this report were similar for males and females, with the exception of arthritis, for which females (6.5%, 95% confidence interval: $\pm 0.7\%$) had significantly higher prevalence than males (3.6%, $\pm 0.5\%$).
- The prevalence of most chronic diseases was lower for those who were better educated and who had higher household income. Diabetes, while inversely associated with education, was not associated with household income. The prevalence of hypertension was not associated with either education or household income. This may be partially due to the fact that hypertension must be detected by a medical screening test, and consequently, persons of lower socio-economic status may be less likely to be detected with hypertension.
- All chronic diseases and conditions were more prevalent among persons who had ever smoked cigarettes (defined as persons who had smoked at least 100 cigarettes in their lifetime) than among those who had never smoked (defined as persons who had never smoked or had smoked less than 100 cigarettes in their lifetime), except for Alzheimer's disease for which the data were inadequate. The prevalence rates for heart disease, stroke, chronic obstructive pulmonary disease, diabetes, and arthritis were much higher among those who had smoked than among those who had not.
- From 1986 to 1996, the prevalence of heart disease in Utah declined from 4.4% to 2.7%, and the prevalence of arthritis declined from 9.4% to 5.1%. Both trends were statistically significant. However, no significant decline in the prevalence of stroke was observed between 1986 (1.0%) and 1996 (0.9%).
- Between 1991 and 1996, the prevalence of asthma and diabetes in Utah did not change significantly.