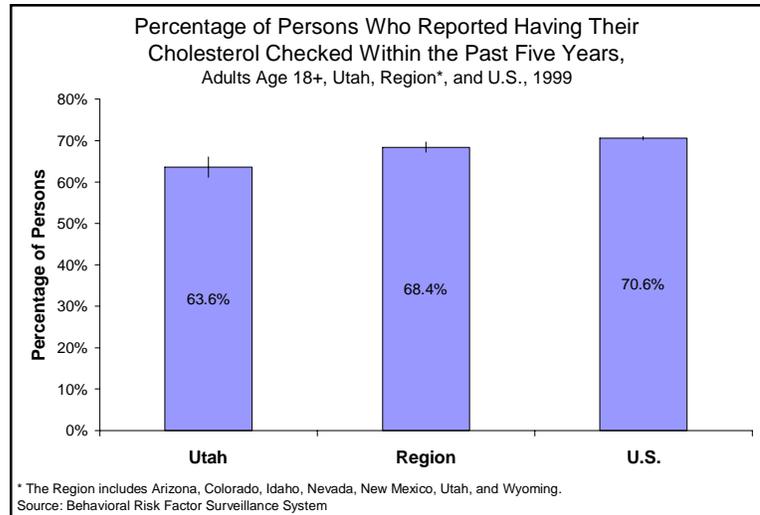


Cholesterol Screening

Questions: Have you ever had your blood cholesterol checked? About how long has it been since you last had your blood cholesterol checked?

High blood cholesterol is a major risk factor for coronary heart disease (CHD) that can be modified. The National Heart, Lung, and Blood Institute (NHLBI) recommends that adults age 20 and over be screened for high blood cholesterol at least every five years. More than 50 million American adults have blood cholesterol levels that require medical advice and treatment. Behaviors that prevent or lower high cholesterol include eating a diet low in saturated fat and cholesterol, increasing physical activity, not smoking or drinking excessive alcohol and maintaining a healthy weight.^{vi}



- There was a significant increase in the estimated percentage of Utah adults who reported having their cholesterol checked within the past 5 years between 1989 (50.3%) to 1999 (63.6%). This upward trend in Utah leveled off after reaching a high of 66.5% in 1995, as indicated by a positive non-linear trend.
- Both the Region and the U.S. also experienced a significant increase in the percentage of persons who reported having their cholesterol checked within the past five years from 1989 through 1995. The positive non-linear trends for the Region and U.S. suggest a leveling or even decrease in this measure since 1995.
- The percentage of persons who reported having their cholesterol checked within the past five years was lower in Utah than in the Region and the U.S. for all years reported between 1989 through 1999.
- Utah still has a way to go to reach both the Healthy People 2000 and Healthy People 2010 objectives.

Utah Objective: By 2010, increase to at least 80% the proportion of adults who have had their cholesterol measured within the preceding five years.

HP2000 Goal 15.14: Increase to at least 75% the proportion of adults who have had their blood cholesterol checked within the preceding 5 years.

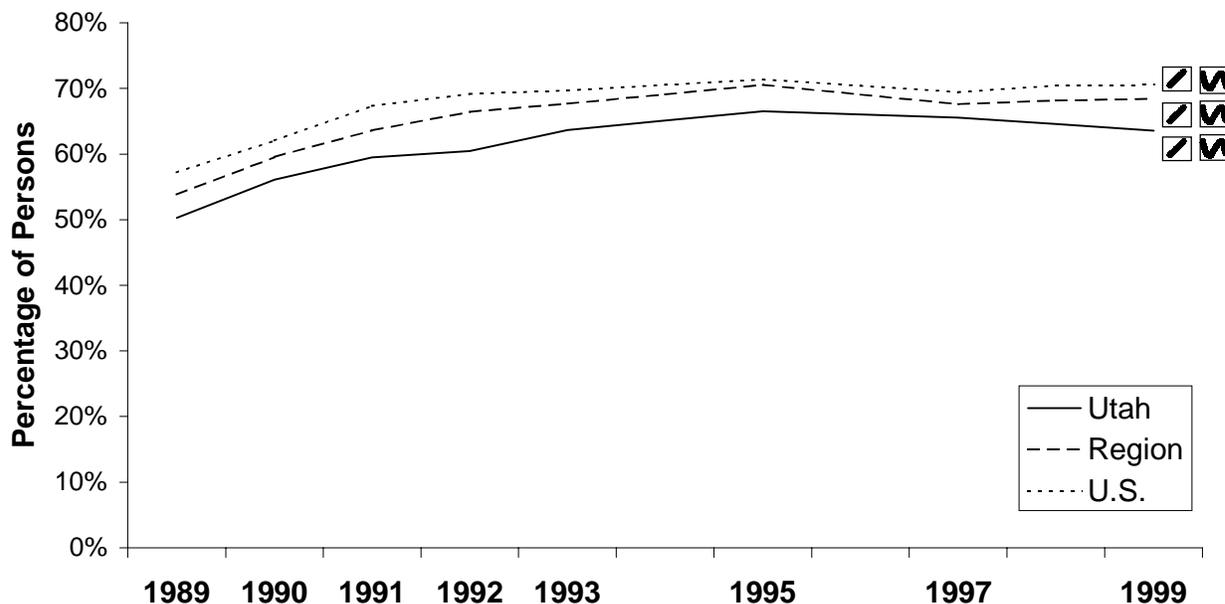
HP2010 Goal 12-15: Increase the proportion of adults who have had their blood cholesterol checked within the preceding 5 years to 80%.

CDI 39: Cholesterol screening among persons 35 years of age or older (percent of respondents age 35 years or older who report having their cholesterol checked within the past 5 years).

CHSI: Not used.

Cholesterol Screening

Percentage of Persons Who Reported Having Their Cholesterol Checked Within the Past Five Years, Adults Age 18+, Utah, Region*, and U.S., 1989-1993, 1995, 1997, 1999



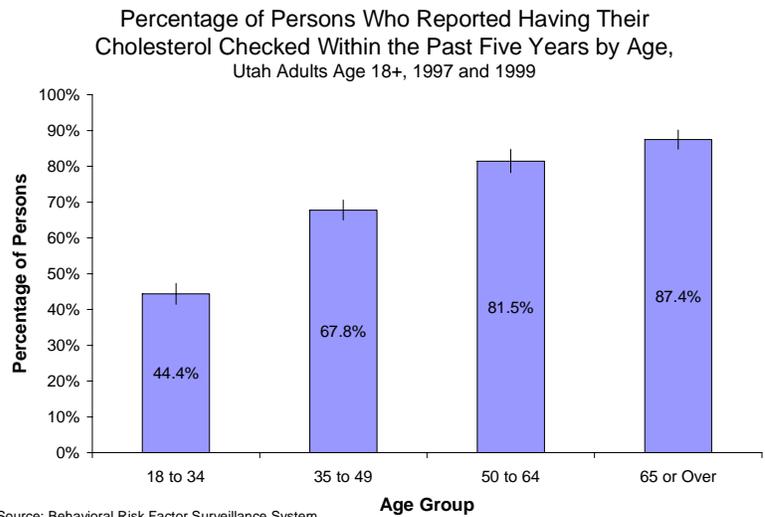
* The Region includes Arizona, Colorado, Idaho, Nevada, New Mexico, Utah, and Wyoming.
 Not all states participated in the BRFSS until 1994 (see Appendix A)
 Source: Behavioral Risk Factor Surveillance System

Year	Utah			Region			U.S.		
	Percentage of Adults	95% Confidence Intervals		Percentage of Adults	95% Confidence Intervals		Percentage of Adults	95% Confidence Intervals	
		Lower	Upper		Lower	Upper		Lower	Upper
1989	50.3%	47.5%	53.0%	53.8%	52.1%	55.5%	57.2%	56.6%	57.8%
1990	56.1%	53.5%	58.7%	59.5%	58.1%	61.0%	62.1%	61.5%	62.6%
1991	59.5%	56.9%	62.2%	63.6%	62.2%	65.0%	67.4%	66.8%	67.9%
1992	60.5%	57.8%	63.2%	66.4%	65.1%	67.8%	69.2%	68.7%	69.6%
1993	63.7%	61.2%	66.2%	67.7%	66.3%	69.0%	69.7%	69.2%	70.2%
1995	66.5%	64.2%	68.9%	70.5%	69.4%	71.7%	71.4%	70.9%	71.9%
1997	65.6%	63.3%	67.9%	67.6%	66.3%	68.9%	69.5%	69.1%	69.9%
1999	63.6%	61.1%	66.0%	68.4%	67.2%	69.6%	70.6%	70.2%	70.9%

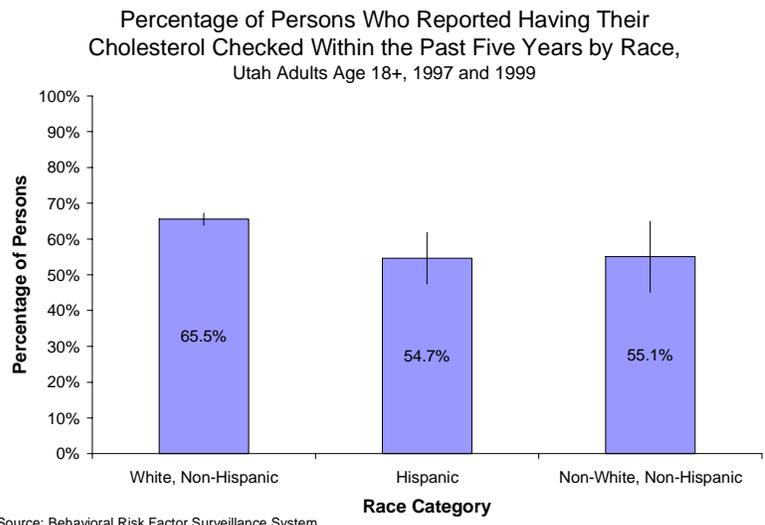
-  upward linear trend
-  non-linear trend

Cholesterol Screening

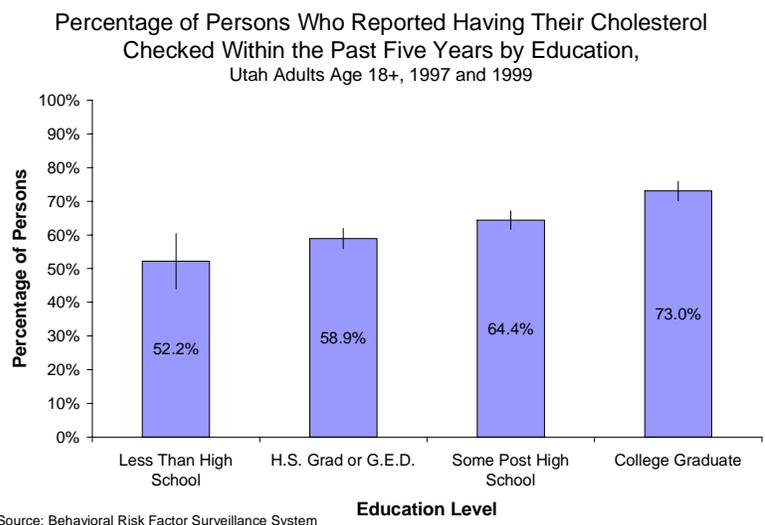
- The percentage of Utah adults who reported having their cholesterol checked within the past 5 years increased with age from 44.4% for those adults age 18-34 to 87.4% for those 65 years and older. ($p < 0.0001$)



- Utah adults who were White, non-Hispanic were more likely to report having their cholesterol checked within the past five years than Utah adults of all other racial/ethnic groups. ($p = 0.0010$)



- The percentage of Utah adults who reported having their cholesterol checked within the past 5 years increased in a straight line fashion with increasing education. ($p < 0.0001$)



Cholesterol Screening

Percentage of Persons Who Reported Having Their Cholesterol Checked Within the Past Five Years
by Selected Demographic Characteristics, Utah Adults Age 18+, 1997 & 1999.

Demographic Subgroup	Utah Population		Survey Estimates of Respondents Who Reported Having Their Cholesterol Checked Within the Past Five Years					
	Distribution	Number of Adults ¹	Percentage of Adults Who Reported Having Their Cholesterol Checked Within the Past Five Years	95% Confidence Intervals			Number of Adults ^{1, 2}	Distribution of Adults Who Reported Having Their Cholesterol Checked Within the Past Five Years by Category
				Lower	Upper			
Had Cholesterol Checked								
Within the Past Year	43.1%	600,400						
1 to 2 Years Ago	12.4%	173,100						
2 to 5 Years Ago	9.0%	125,200						
5 or More Years Ago	6.1%	84,900						
Never	29.4%	408,800						
Total, All Adults Age 18+	100.0%	1,392,500						
Sex								
Males	48.8%	679,000	63.4%	60.8%	66.0%	430,300	47.9%	
Females	51.2%	713,500	65.7%	63.5%	67.9%	468,500	52.1%	
Total, All Adults Age 18+	100.0%	1,392,500	64.5%	62.9%	66.2%	898,700	100.0%	
Age Group								
18 to 34	36.7%	510,600	44.4%	41.4%	47.3%	226,500	25.3%	
35 to 49	31.3%	436,100	67.8%	65.0%	70.6%	295,500	33.0%	
50 to 64	18.0%	250,100	81.5%	78.2%	84.7%	203,700	22.7%	
65 or Over	14.1%	195,600	87.4%	84.8%	90.1%	171,000	19.1%	
Total, All Adults Age 18+	100.0%	1,392,500	64.5%	62.9%	66.2%	898,700	100.0%	
Race								
White, Non-Hispanic	91.2%	1,270,000	65.5%	63.8%	67.3%	832,400	92.5%	
Hispanic	5.6%	78,100	54.7%	47.4%	61.9%	42,700	4.7%	
Non-White, Non-Hispanic	3.2%	44,400	55.1%	45.2%	65.0%	24,400	2.7%	
Total, All Adults Age 18+	100.0%	1,392,500	64.5%	62.9%	66.2%	898,700	100.0%	
Income								
Less Than \$20,000	17.9%	249,500	55.7%	50.9%	60.6%	139,100	15.4%	
\$20,000-\$49,999	49.3%	686,800	62.4%	60.0%	64.8%	428,500	47.4%	
\$50,000 or Over	32.8%	456,200	73.6%	70.7%	76.4%	335,600	37.2%	
Total, All Adults Age 18+	100.0%	1,392,500	64.5%	62.9%	66.2%	898,700	100.0%	
Education								
Less Than High School	6.5%	90,700	52.2%	44.0%	60.4%	47,300	5.3%	
H.S. Grad or G.E.D.	29.3%	407,900	58.9%	55.9%	61.9%	240,400	26.8%	
Some Post High School	35.0%	487,200	64.4%	61.7%	67.2%	313,800	34.9%	
College Graduate	29.2%	406,700	73.0%	70.1%	75.9%	297,100	33.1%	
Total, All Adults Age 18+	100.0%	1,392,500	64.5%	62.9%	66.2%	898,700	100.0%	

1 Rounded to the nearest 100 persons.

2 Figures in these columns may not sum to the total because of missing values on the grouping variables.

Source: Utah Behavioral Risk Factor Surveillance System