



The Utah Behavioral Risk Factor Surveillance System (BRFSS) has been collecting and reporting health-related data since 1984. In 1995 Utah began collecting BRFSS data by Utah's 12 local health districts so that precise estimates by local health district could be calculated approximately every three years. This is the second Utah BRFSS Local Health District Report and uses data from 1999-2001. The first BRFSS Local Health District Report was based on data from the 1995-1998 surveys.

The primary purpose of this report is to examine the BRFSS measures and related demographic information in each of the 12 local health districts in order to give a comprehensive picture of each health district. This information is summarized below. The combined data for years 1999-2001 also allowed estimates to be computed for common demographic groups using the statewide data. The demographic information is discussed in the body of the report for each measure.

Bear River Health District

Compared to the rest of the state, Bear River Health District was characterized by:

- the lowest percentage of adults with less than a high school education (2.8%).
- a high percentage of persons ages 18-34 in the adult population (47.6%).
- a high percentage of students in the adult population (5.7%).

Bear River Health District age-adjusted rates for the following BRFSS measures were considered different from the state because their 95 percent confidence interval did not include the state rate:

- Adults ages 18 or over were:
 - ✓ less likely to report current cigarette smoking (7.9% vs. 13.0%).
 - ✓ less likely to report binge drinking (5.9% vs. 9.5%).
- Adults ages 18 to 64 were least likely to report ever being tested for HIV (23.9% vs. 34.9%).

Compared to the first BRFSS Local Health District Report (1995-1998), Bear River Health District saw a significant change in the following BRFSS measure that was included in both analyses:

- A decrease in the percentage of adults who reported a cholesterol check in the past five years (74.2% to 62.8%).

Central Utah Health District

Compared to the rest of the state, Central Utah Health District was characterized by:

- the highest percentage of adults with an annual household income less than \$20,000 (25.3%).
- a high percentage of persons ages 65 or over in the adult population (18.2%).

Central Utah Health District age-adjusted rates for the following BRFSS measures were considered different from the state because their 95 percent confidence interval did not include the state rate:

- Adults ages 18 or over were:
 - ✓ less likely to report having health insurance coverage (83.2% vs. 88.6%).
 - ✓ less likely to report having dental insurance (56.4% vs. 64.3%).
 - ✓ less likely to report visiting a dental clinic in the past year (69.9% vs. 74.1%).
 - ✓ less likely to report a cholesterol screening test in the past five years (61.3% vs. 67.7%).
 - ✓ least likely to report using SPF 15 or greater sunscreen always or nearly always (20.5% vs. 30.4%).
 - ✓ less likely to report eating at least two servings of fruit each day (28.0% vs. 33.8%).
 - ✓ most likely to be overweight or obese (60.3% vs. 54.1%).

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- Adults ages 50 or over were less likely to report ever having a sigmoidoscopy or colonoscopy (28.7% vs. 41.6%).
- Women ages 40 or over were least likely to report a screening mammogram in the past two years (53.5% vs. 67.5%).
- Women of childbearing age (18-44 years old) were least likely to report taking folic acid daily (35.3% vs. 48.7%).

Compared to the first BRFSS Local Health District Report (1995-1998), Central Utah Health District saw no significant changes in the BRFSS measures that were included in both analyses.

Davis County Health District

Compared to the rest of the state, Davis County Health District was characterized by:

- the lowest percentage of adults who were unemployed (3.0%).
- a high percentage of adults with an annual household income of \$50,000 or higher (47.7%).
- a high percentage of adults with a college degree (31.7%).

Davis County Health District age-adjusted rates for the following BRFSS measures were different from the state because their 95 percent confidence interval did not include the state rate:

- Adults ages 18 or over were:
 - ✓ least likely to report having current asthma (5.1% vs. 7.4%).
 - ✓ most likely to report having health insurance coverage (93.1% vs. 88.6%).
 - ✓ least likely to report being unable to get needed health care due to cost (6.8% vs. 10.0%).
 - ✓ more likely to report having dental insurance (71.4% vs. 64.3%).
 - ✓ more likely to report visiting a dental clinic in the past year (78.7% vs. 74.1%).
 - ✓ less likely to report chronic drinking (1.3% vs. 4.0%).
 - ✓ least likely to report binge drinking (5.1% vs. 9.5%).
 - ✓ more likely to be overweight or obese (58.9% vs. 54.1%).

Compared to the first BRFSS Local Health District Report (1995-1998), Davis County Health District saw a significant change in the following BRFSS measure that was included in both analyses:

- An increase in the percentage of adults who reported having been told that they had high cholesterol (15.0% to 24.5%).

Salt Lake Valley Health District

Compared to the rest of the state, Salt Lake Valley Health District was characterized by:

- the highest percentage of Asian (2.7%) and Pacific Islander (1.0%) adults.
- the highest percentage of Hispanic adults (11.4%).
- a high percentage of adults who were college graduates (31.7%).
- a high percentage of adults who were employed (69.5%).
- the lowest percentage of adults who were married (66.1%).

Salt Lake Valley Health District age-adjusted rates for the following BRFSS measures were considered different from the state because their 95 percent confidence interval did not include the state rate:

- Adults ages 18 or over were:
 - ✓ most likely to report one or more days in the past 30 when their mental health was not good (42.8% vs. 40.6%).
 - ✓ more likely to report current cigarette smoking (15.6% vs. 13.0%).



- ✓ more likely to report chronic drinking (5.7% vs. 4.0%) and binge drinking (12.8% vs. 9.5%).
- Adults ages 50 or over were most likely to report ever having a sigmoidoscopy or colonoscopy (46.3% vs. 41.6%).

Compared to the first BRFSS Local Health District Report (1995-1998), Salt Lake Valley Health District saw significant changes in the following BRFSS measures that were included in both analyses:

- A decrease in the percentage of adults who reported a cholesterol check in the past five years (76.3% to 67.1%).
- An increase in the percentage of adults who reported visiting a dental clinic in the past year (70.8% to 75.3%).

Southeastern Utah Health District

Compared to the rest of the state, Southeastern Utah Health District was characterized by:

- the lowest percentage of persons ages 18-34 in the adult population (32.0%).
- the highest percentage of American Indian adults (13.4%).
- a high percentage of adults with less than a high school education (11.0%).
- the highest percentage of adults who were divorced (11.0%).

Southeastern Utah Health District age-adjusted rates for the following BRFSS measures were considered different from the state because their 95 percent confidence interval did not include the state rate:

- Adults ages 18 or over were:
 - ✓ more likely to report fair or poor health status (16.5% vs. 11.3%).
 - ✓ most likely to report having arthritis (41.5% vs. 33.4%).
 - ✓ least likely to report being told they had high cholesterol (16.1% vs. 21.7%).
 - ✓ less likely to report having health insurance coverage (78.8% vs. 88.6%).
 - ✓ more likely to report being unable to get needed health care due to cost (15.9% vs. 10.0%).
 - ✓ less likely to report having dental insurance (52.1% vs. 64.3%).
 - ✓ less likely to report visiting a dental clinic in the past year (66.2% vs. 74.1%).
 - ✓ less likely to report a cholesterol check in the past five years (60.1% vs. 67.7%).
 - ✓ more likely to report current cigarette smoking (19.1% vs. 13.0%).
- Adults ages 50 or over were less likely to report ever having a sigmoidoscopy or colonoscopy (32.1% vs. 41.6%).
- Adults ages 65 or over were:
 - ✓ least likely to report having a flu shot in the past year (60.3% vs. 72.8%).
 - ✓ less likely to report ever having a pneumococcal vaccine (50.9% vs. 65.3%).

Compared to the first BRFSS Local Health District Report (1995-1998), Southeastern Utah Health District saw no significant changes in the BRFSS measures that were included in both analyses.

Southwest Utah Health District

Compared to the rest of the state, Southwest Utah Health District was characterized by:

- the highest percentage of persons ages 65 or over in the adult population (21.4%).
- the lowest percentage of adults who were employed (57.7%).
- the largest percentage of adults who were retired (22.0%).

Southwest Utah Health District age-adjusted rates for the following BRFSS measures were different from the state rate because their 95 percent confidence interval did not include the state rate:

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- Adults ages 18 or over were:
 - ✓ less likely to report having diabetes (3.3% vs. 5.0%).
 - ✓ more likely to report having arthritis (40.4% vs. 33.4%).
 - ✓ less likely to report having health insurance coverage (83.3% vs. 88.6%).
 - ✓ more likely to report not being able to get needed health care due to cost (16.4% vs. 10.0%).
 - ✓ less likely to report having dental insurance (50.9% vs. 64.3%).
 - ✓ less likely to report visiting a dental clinic in the past year (69.8% vs. 74.1%).
 - ✓ most likely to report eating three or more servings of vegetables daily (28.3% vs. 22.6%).
- Adults ages 18 to 64 were more likely to report ever being tested for HIV (40.2% vs. 34.9%).
- Adults ages 50 or over were less likely to report ever having a sigmoidoscopy or colonoscopy (34.2% vs. 41.6%).

Compared to the first BRFSS Local Health District Report (1995-1998), Southwest Utah Health District saw no significant changes in the BRFSS measures that were included in both analyses.

Summit County Health District

Compared to the rest of the state, Summit County Health District was characterized by:

- the highest percentage of persons ages 35-49 in the adult population (40.5%).
- the lowest percentage of persons ages 65 or over in the adult population (6.9%).
- the highest percentage of adults with annual household incomes of \$50,000 or greater (57.8%).
- the highest percentage of adults with a college degree (44.9%).
- the highest percentage of adults who were employed (71.8%).

Summit County Health District age-adjusted rates for the following BRFSS measures were considered different from the state because their 95 percent confidence interval did not include the state rate:

- Adults ages 18 or over were:
 - ✓ least likely to report
 - ! fair or poor health (7.5% vs. 11.3%).
 - ! one or more days when their physical health was not good in the past 30 days (34.5 vs. 39.1%).
 - ! one or more days when their mental health was not good in the past 30 days (34.7% vs. 40.6%).
 - ! having arthritis (26.3% vs. 33.4%).
 - ! ever being told they had high blood pressure (16.0% vs. 23.5%).
 - ! no leisure time physical activity (12.1% vs. 17.0%).
 - ✓ least likely to be overweight or obese (42.0% vs. 54.1%).
 - ✓ less likely to report current cigarette smoking (8.2% vs. 13.0%).
 - ✓ most likely to report:
 - ! visiting a dental clinic in the past year (83.6% vs. 74.1%).
 - ! using SPF 15 or greater sunscreen always or nearly always (45.4% vs. 30.4%).
 - ! chronic drinking (9.5% vs. 4.0%) and binge drinking (19.5% vs. 9.5%).
 - ! regular physical activity (40.9% vs. 26.3%).
- Adults ages 18 to 64 were most likely to report ever being tested for HIV (42.5% vs. 34.9%).
- Women ages 40 or over were more likely to report having a mammogram in the past year (73.7% vs. 67.5%).



Compared to the first BRFSS Local Health District Report (1995-1998), Summit County Health District saw a significant change in the following BRFSS measure that was included in both analyses:

- An increase in the percentage of adults who reported visiting a dental clinic in the past year (73.7% to 84.3%).

Tooele County Health District

Compared to the rest of the state, Tooele County Health District was characterized by:

- a low percentage of adults with a college degree (19.5%).
- the lowest percentage of students in the adult population (0.6%).
- a high percentage of Hispanic adults (9.7%).

Tooele County Health District age-adjusted rates for the following BRFSS measures were different from the state because their 95 percent confidence interval did not include the state rate:

- Adults ages 18 or over were:
 - ✓ more likely to report fair or poor health (16.6% vs. 11.3%).
 - ✓ most likely to report having diabetes (8.1% vs. 5.0%).
 - ✓ most likely to report ever being told they had high blood pressure (28.9% vs. 23.5%).
 - ✓ most likely to report having dental insurance (74.9% vs. 64.3%).
 - ✓ less likely to report visiting a dental clinic in the past year (69.2% vs. 74.1%).
 - ✓ more likely to report current cigarette smoking (18.2% vs. 13.0%).

Compared to the first BRFSS Local Health District Report (1995-1998), Tooele County Health District saw no significant changes in the BRFSS measures that were included in both analyses.

TriCounty Health District

Compared to the rest of the state, TriCounty Health District was characterized by:

- the highest percentage of persons ages 50-64 in the adult population (20.4%).
- the second highest percentage of American Indian adults (7.2%).
- the lowest percentage of adults with annual household incomes of \$50,000 or greater (21.7%).
- the highest percentage of adults with less than a high school education (13.1%) and the lowest with a college degree (13.4%).
- the highest percentage of unemployed adults (11.3%).

TriCounty Health District age-adjusted rates for the following BRFSS measures were considered different from the state because their 95 percent confidence interval did not include the state rate:

- Adults ages 18 or over were:
 - ✓ most likely to report fair or poor health (18.4% vs. 11.3%).
 - ✓ least likely to report having health insurance coverage (77.6% vs. 88.6%).
 - ✓ most likely to report cost as a barrier to needed health care (19.5% vs. 10.0%).
 - ✓ least likely to report having dental insurance (45.4% vs. 64.3%) and visiting a dental clinic in the past year (58.7% vs. 74.1%).
 - ✓ least likely to report having a cholesterol check in the past five years (58.4% vs. 67.7%).
 - ✓ less likely to report using SPF 15 or higher sunscreen always or nearly always (24.0% vs. 30.4%).
 - ✓ most likely to report current cigarette smoking (19.2% vs. 13.0%).
 - ✓ most likely to report no leisure time physical activity (24.0% vs. 17.0%).
 - ✓ more likely to be overweight or obese (60.3% vs. 54.1%).

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- Adults ages 65 or over were less likely to report ever having a pneumococcal vaccination (49.5% vs. 65.3%).
- Women ages 40 or over were less likely to report having a screening mammogram in the past year (56.8% vs. 67.5%).
- Women ages 18 or over were least likely to report having a Pap test in the past three years (72.8% vs. 81.1%).
- Men ages 40 or over were least likely to report ever having had a prostate-specific antigen (PSA) test (39.3% vs. 52.4%).

Compared to the first BRFSS Local Health District Report (1995-1998), TriCounty Health District saw a significant change in the following BRFSS measure that was included in both analyses:

- An increase in the percentage of adults who were overweight or obese (51.9% to 60.8%).

Utah County Health District

Compared to the rest of the state, Utah County Health District was characterized by:

- the highest percentage of persons ages 18-34 in the adult population (54.9%).
- the highest percentage of students in the adult population (9.4%).
- the highest percentage of adults never married (20.0%).
- a high percentage of adults who were homemakers (14.7%).

Utah County Health District age-adjusted rates for the following BRFSS measures were different from the state because their 95 percent confidence interval did not include the state rate:

- Adults ages 18 or over were:
 - ✓ least likely to report current cigarette smoking (5.8% vs. 13.0%).
 - ✓ least likely to report chronic drinking (1.1% vs. 4.0%).
 - ✓ less likely to report binge drinking (5.2% vs. 9.5%).
- Adults ages 18 to 64 were less likely to report ever being tested for HIV (28.1% vs. 34.9%).

Compared to the first BRFSS Local Health District Report (1995-1998), Utah County Health District saw a significant change in the following BRFSS measure that was included in both analyses:

- A decrease in the percentage of adults who reported a cholesterol check in the past five years (76.4% to 62.7%).

Wasatch County Health District

Compared to the rest of the state, Wasatch County Health District was characterized by:

- the highest percentage of White adults (96.1%).
- the highest percentage of adults who were married (81.5%).
- a high percentage of persons ages 35-49 in the adult population (32.9%).

Wasatch County Health District age-adjusted rates for the following BRFSS measures were considered different from the state because their 95 percent confidence interval did not include the state rate:

- Adults ages 18 or over were less likely to report current cigarette smoking (9.7% vs. 13.0%).
- Adults ages 18 or over who were current daily smokers were most likely to report a quit smoking attempt (72.3% vs. 53.1%).
- Adults ages 65 or over were least likely to report ever having a pneumococcal vaccination (30.5% vs. 65.3%).



Compared to the first BRFSS Local Health District Report (1995-1998), Wasatch County Health District saw no significant changes in the BRFSS measures that were included in both analyses.

Weber-Morgan Health District

Compared to the rest of the state, Weber-Morgan Health District was characterized by:

- the second highest percentage of Hispanic adults (11.0%).
- the second highest percentage of adults who were retired (16.6%).

Weber-Morgan Health District age-adjusted rates for the following BRFSS measures were different from the state because their 95 percent confidence interval did not include the state rate:

- Adults ages 18 or over were:
 - ✓ more likely to report having dental insurance (70.2% vs. 64.3%).
 - ✓ least likely to report eating two or more servings of fruits daily (26.5% vs. 33.8%).
- Women ages 40 or over were less likely to report having a screening mammogram in the past two years (56.8% vs. 67.5%).

Compared to the first BRFSS Local Health District Report (1995-1998), Weber-Morgan Health District saw no significant changes in the BRFSS measures that were included in both analyses.