

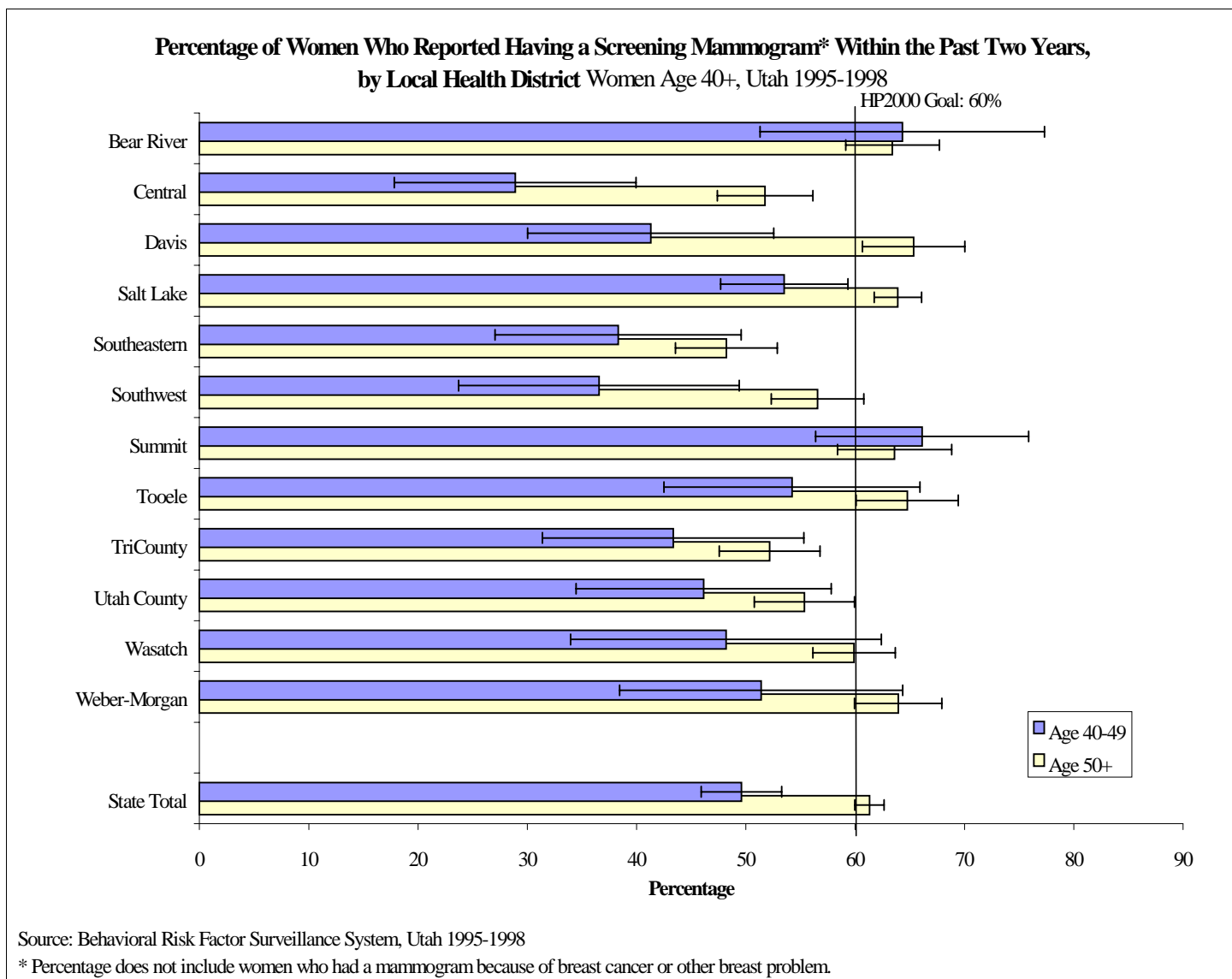
**Utah BRFSS
Local Health District
Findings**

Breast Cancer Screening

Questions: Have you ever had a mammogram? How long has it been since you had your last mammogram?

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Excluding cancers of the skin, breast cancer is the most common cancer among U.S. women and it is the leading cause of cancer death among Utah women. Early detection can increase survival. Clinical trials have demonstrated a 20% to 30% reduction in mortality from breast cancer among women aged 50 and older who received periodic screening with mammography. An estimated one in eight women in the U.S. will develop breast cancer during her lifetime. The risk increases with age. Other risk factors include family and/or personal history of breast cancer, history of abnormal breast biopsy, and hormonal factors such as early menstruation or late age at menopause.



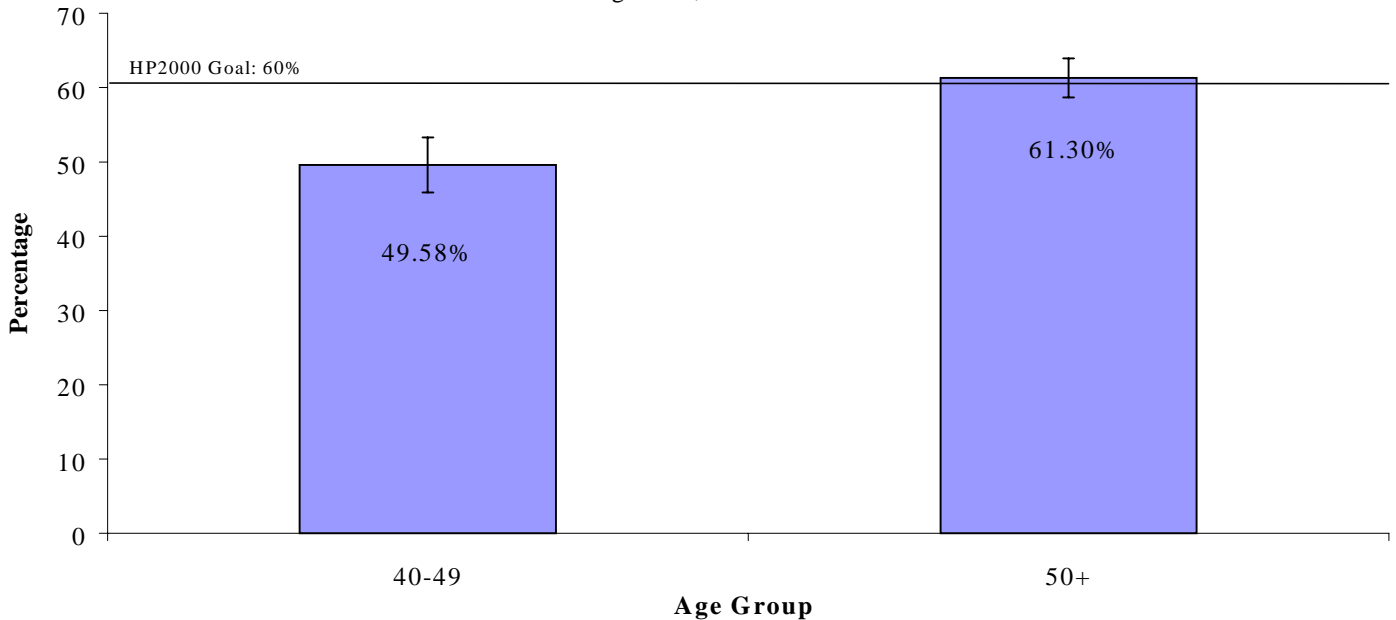
UTAH OBJECTIVE: By 2000, increase the percentage of Utah women 50 years of age and older who had a screening mammogram in the preceding two years to 75%.

YEAR 2000 OBJECTIVE 16.11: Increase to 60% those women aged 50 and older who have received a clinical breast examination and a mammogram within the preceding 1 to 2 years.

YEAR 2010 OBJECTIVE 17.3: Goal not yet established.

Breast Cancer Screening

**Percentage of Women Who Reported Having a Screening Mammogram*
Within the Past Two Years, by Age Group**
Women Age 40+, Utah 1995-1998



Source: Behavioral Risk Factor Surveillance System, Utah 1995-1998

* Percentage does not include women who had a mammogram because of breast cancer or other breast problem.

District	Total Number Women Age 50+ in District	Number Who Had a Mammogram	Percentage Who Had a Mammogram	95% Confidence Intervals	
				Lower	Upper
Bear River	9,483	6,013	63.4%	55.0%	71.8%
Central	6,203	3,210	51.7%	43.2%	60.3%
Davis	15,640	10,221	65.3%	56.2%	74.5%
Salt Lake	66,737	42,652	63.9%	59.7%	68.1%
Southeastern	5,330	2,570	48.2%	39.2%	57.3%
Southwest	13,216	7,474	56.6%	48.3%	64.8%
Summit	1,474	937	63.6%	53.4%	73.8%
Tooele	2,830	1,833	64.8%	55.7%	73.9%
TriCounty	3,274	1,708	52.2%	43.2%	61.2%
Utah County	19,548	10,821	55.4%	46.4%	64.3%
Wasatch	1,059	634	59.9%	52.6%	67.2%
Weber-Morgan	18,159	11,611	63.9%	56.1%	71.7%
State Total	162,952	99,890	61.3%	58.7%	63.9%

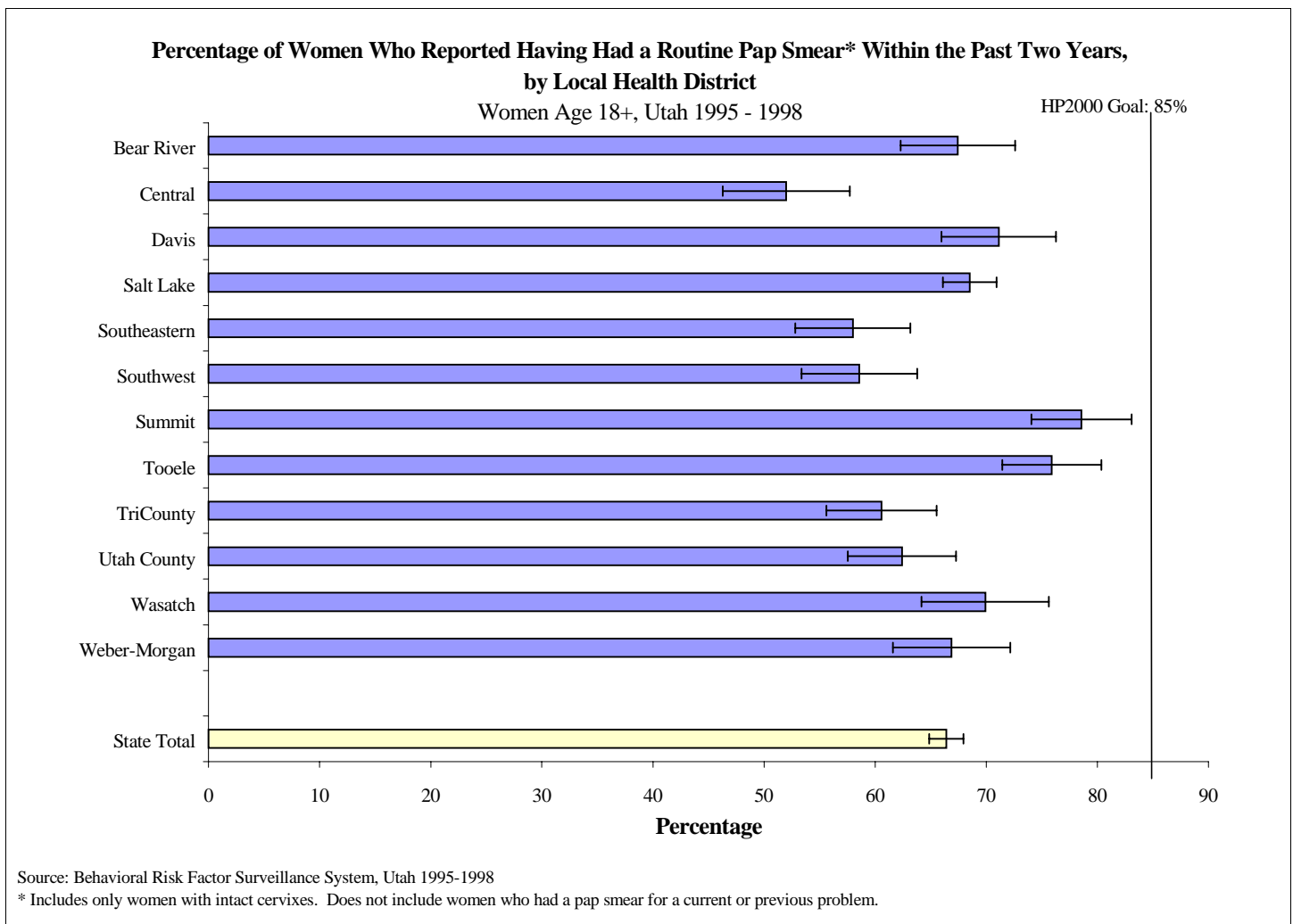
- The Utah Cancer Control Program distributes free mammography vouchers to women who receive a clinical breast exam at a program-sponsored cancer screening clinic and meet age and income guidelines.
- Between 1987 and 1997, the proportion of Utah women aged 50 and older who reported receiving a mammogram as part of a routine check-up (screening mammogram) within the past two years increased from 30.7% to 62.0%.

Cervical Cancer Screening

Questions: Have you ever had a Pap smear? How long has it been since your last Pap smear?

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According to the Utah Cancer Registry, there were 63 new cases of invasive cervical cancer in Utah in 1997. The majority of cervical cancer deaths occur in women 65 years of age and older. All women who have been sexually active are at risk for cervical cancer. Periodic screening with the Pap smear can detect pre-cancerous cervical lesions and prevent progression to invasive cancer. Studies have shown a 20% to 60% reduction in the death rate from cervical cancer following implementation of cervical cancer screening programs using the Pap smear. A consensus recommendation that all women who are or have been sexually active, or who have reached age 18 should have annual Pap smears has been adopted by many medical organizations. Pap testing may be performed less frequently at the discretion of a woman's health care provider.



UTAH OBJECTIVE: By 2000, increase the percentage of Utah women 18 years of age and older who had a Pap smear in the preceding two years to 85%.

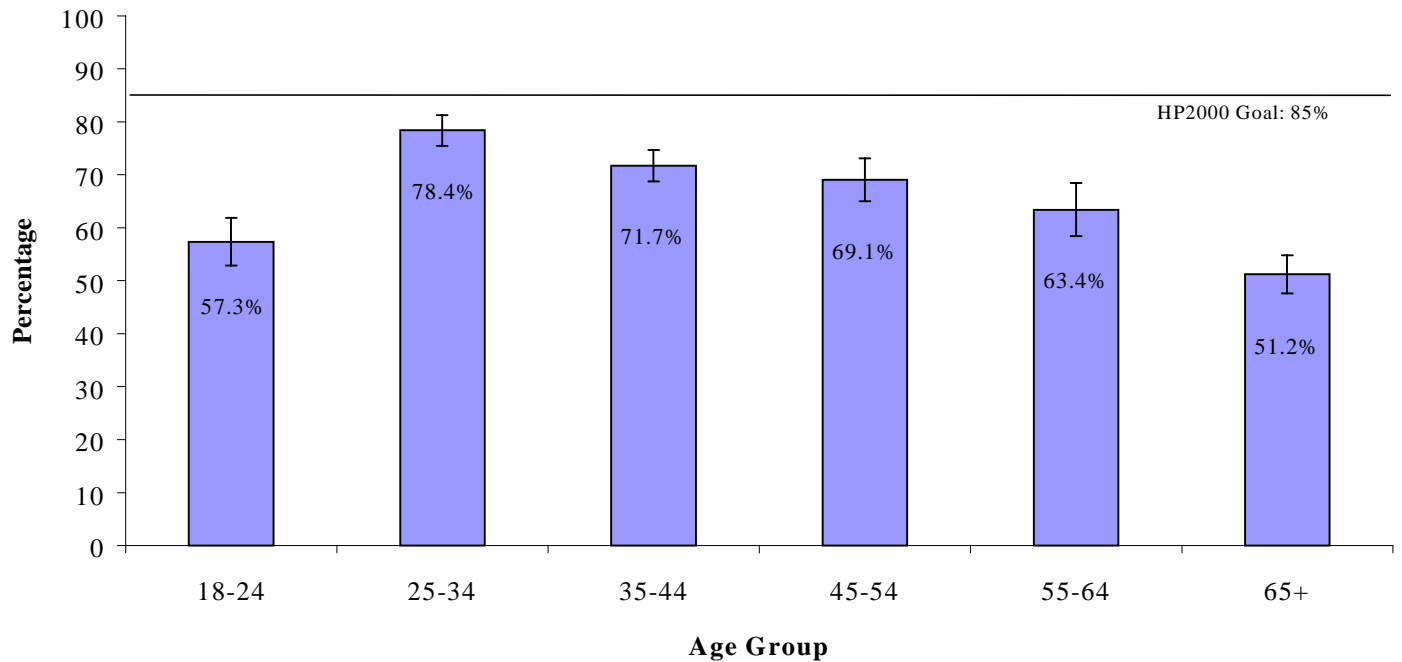
YEAR 2000 OBJECTIVE 16.12: Increase to at least 95% the proportion of women aged 18 and older who have ever received a Pap test and to at least 85% those who received a Pap test within the preceding 1 to 3 years.

YEAR 2010 OBJECTIVE 17.10: Increase to at least 95% the proportion of women aged 18 and older who have ever received a Pap test and to at least 85% those who received a Pap test within the preceding 3 years.

Cervical Cancer Screening

Percentage of Women Who Reported Having Had a Routine Pap Smear* Within the Past Two Years, by Age

Women Age 18+, Utah 1995 - 1998



Source: Behavioral Risk Factor Surveillance System, Utah 1995-1998

* Includes only women with intact cervixes. Does not include women who had a pap smear for a current or previous problem.

District	Total Number of Women 18+ in District	Number 18+ Who Had a Pap Smear	Percentage 18+ Who Had Pap Smear	95% Confidence Intervals	
				Lower	Upper
Bear River	41,026	27,667	67.4%	62.3%	72.6%
Central	21,013	10,924	52.0%	46.3%	57.7%
Davis	72,135	51,311	71.1%	66.0%	76.3%
Salt Lake	282,541	193,585	68.5%	66.1%	70.9%
Southeastern	18,896	10,957	58.0%	52.8%	63.2%
Southwest	42,370	24,817	58.6%	53.4%	63.8%
Summit	8,371	6,577	78.6%	74.1%	83.1%
Tooele	10,900	8,272	75.9%	71.5%	80.3%
TriCounty	12,810	7,760	60.6%	55.7%	65.5%
Utah County	105,911	66,106	62.4%	57.6%	67.3%
Wasatch	4,305	3,010	69.9%	64.2%	75.6%
Weber-Morgan	64,800	43,336	66.9%	61.6%	72.1%
State Total	685,078	454,922	66.4%	64.9%	67.9%

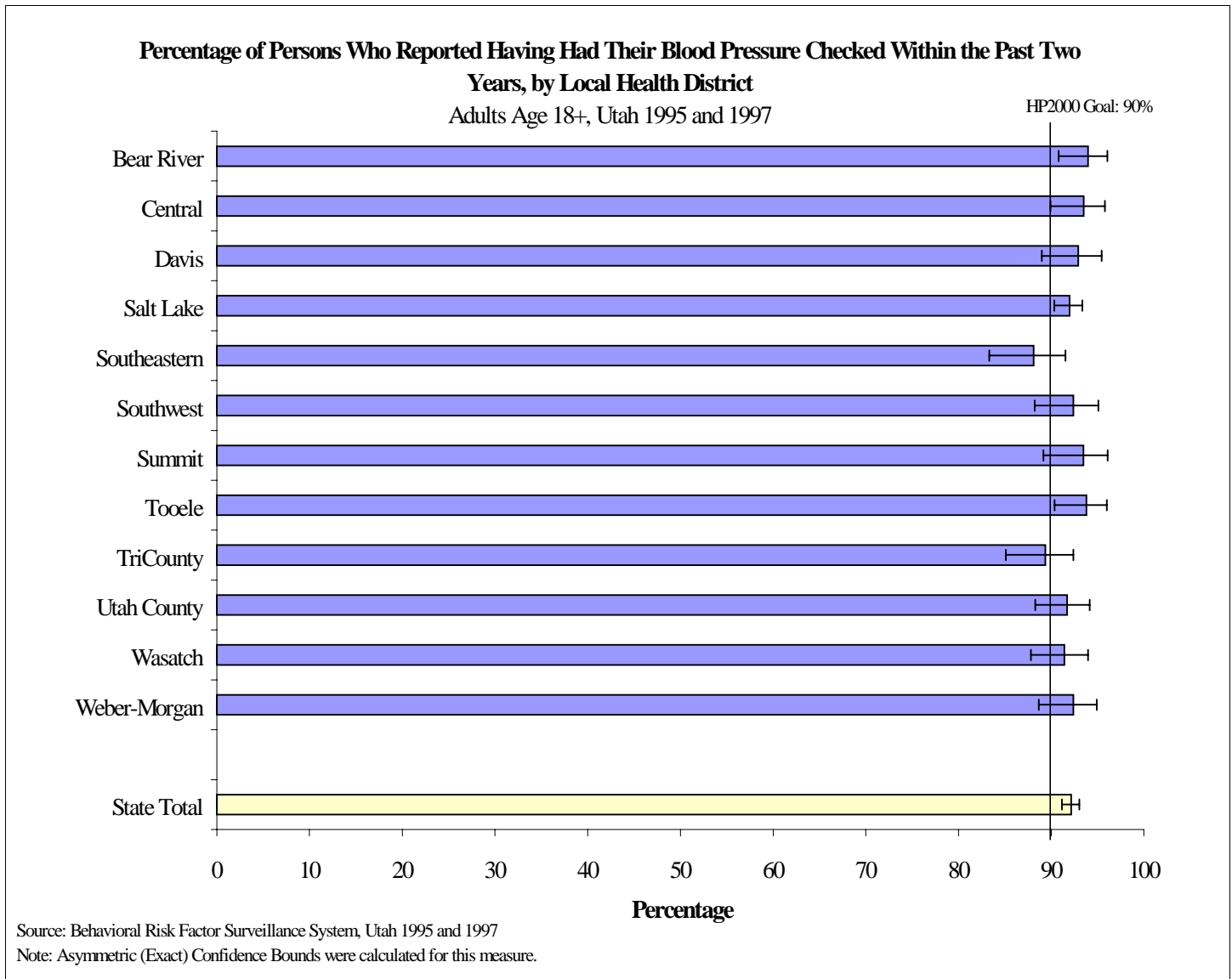
- The Utah Cancer Control Program provides free Pap smears to women at program-sponsored cancer screening clinics who meet age and income guidelines.
- While most women reported having had a Pap smear at some time in the past, a smaller percentage reported having had one within the last two years.

Blood Pressure Screening

Question: How long has it been since you last had your blood pressure taken by a doctor, nurse or other health professional?

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Early detection of high blood pressure can allow treatment that can prevent many of the complications of high blood pressure. Untreated high blood pressure increases the risk of stroke, heart attack, and kidney failure. High blood pressure can be controlled by weight loss, medication, exercise, quitting smoking, stress management, and lowering sodium and alcohol intake.

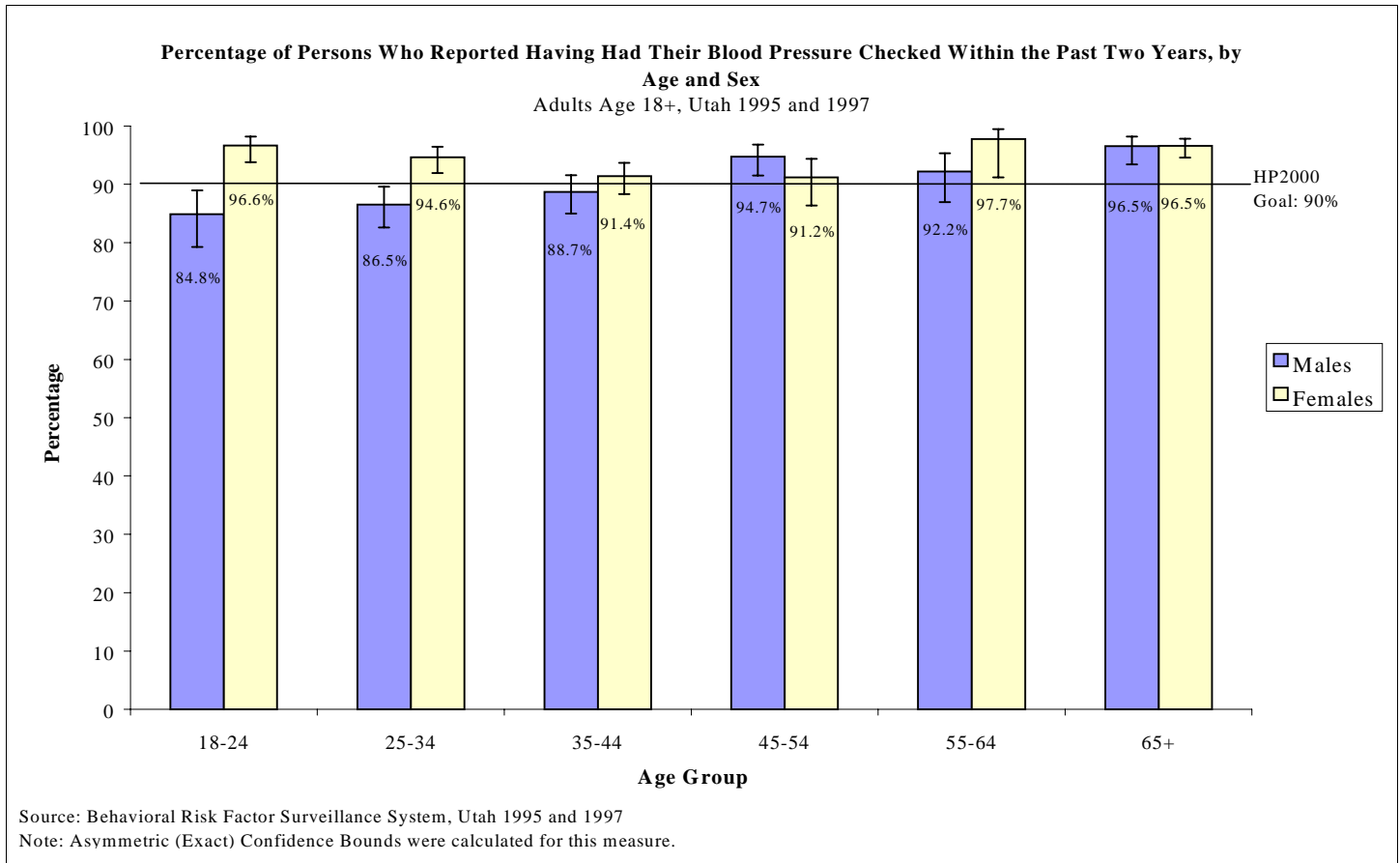


UTAH OBJECTIVE: By 2000, increase the percent of adults 18 years of age and older who have had their blood pressure measured within the preceding two years to 98%.

YEAR 2000 OBJECTIVE 15.13: Increase to at least 90% the proportion of adults who have had their blood pressure measured within the preceding two years and can state whether their blood pressure was normal or high.

YEAR 2010 OBJECTIVE 20.9: Increase to at least 95% the proportion of adults who have had their blood pressure measured within the preceding two years and can state whether their blood pressure was normal or high.

Blood Pressure Screening



District	Total Number of Adults in District	Number Who Had BP Checked	Percentage Who Had BP Checked	95% Asymmetric Confidence Intervals	
				Lower	Upper
Bear River	79,823	75,013	94.0%	90.8%	96.1%
Central	40,297	37,679	93.5%	89.9%	95.8%
Davis	141,480	131,446	92.9%	89.0%	95.4%
Salt Lake	547,744	503,865	92.0%	90.3%	93.4%
Southeastern	36,191	31,890	88.1%	83.3%	91.5%
Southwest	80,057	73,962	92.4%	88.2%	95.1%
Summit	16,526	15,449	93.5%	89.2%	96.1%
Tooele	21,226	19,910	93.8%	90.4%	96.0%
TriCounty	24,712	22,082	89.4%	85.1%	92.4%
Utah County	201,995	185,287	91.7%	88.3%	94.2%
Wasatch	8,343	7,628	91.4%	87.8%	94.0%
Weber-Morgan	125,148	115,640	92.4%	88.7%	94.9%
State Total	1,323,541	1,219,857	92.2%	91.2%	93.1%

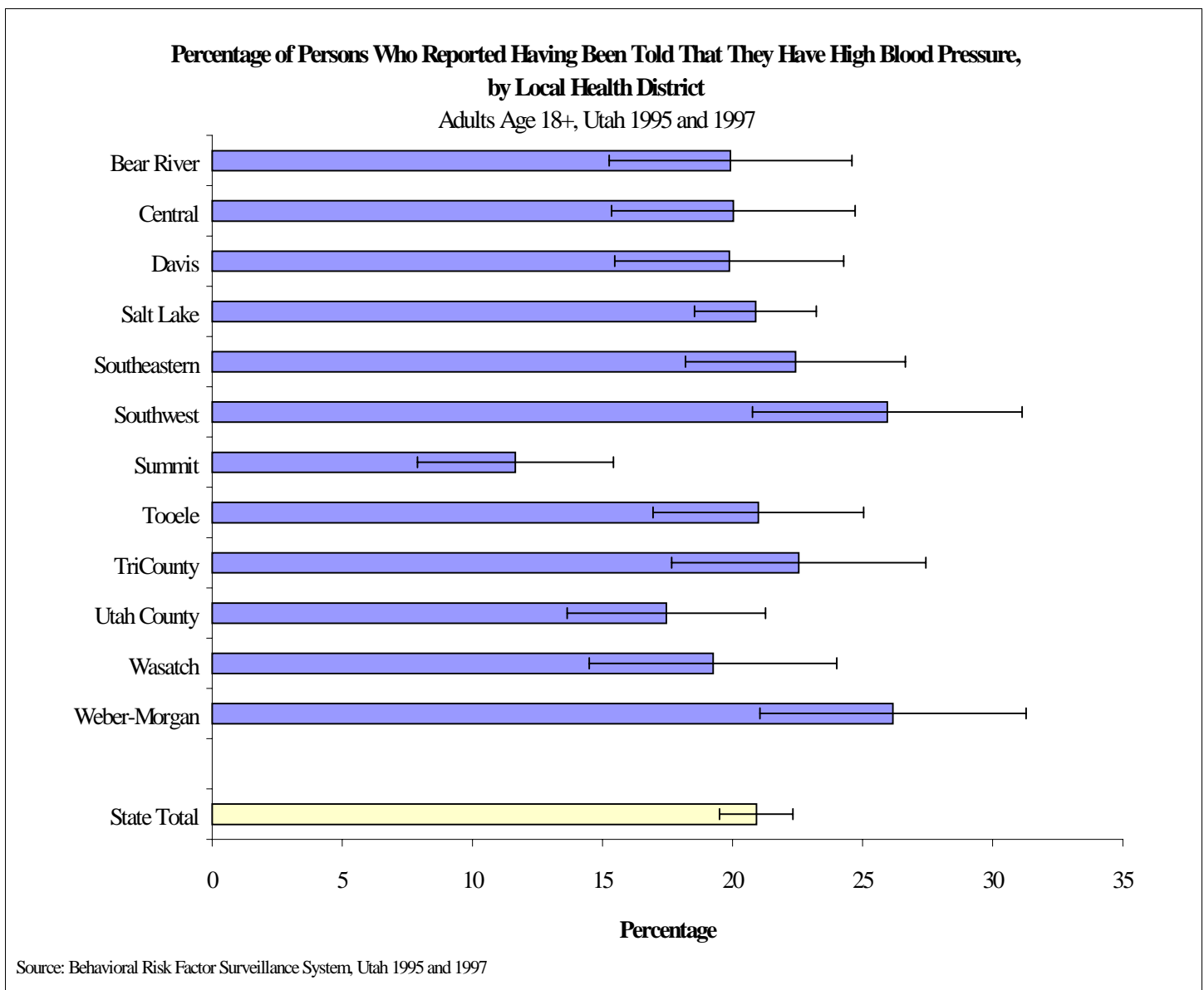
- As shown above, most men and women in Utah reported having their blood pressure checked within the past two years. Despite this fact, many of those with hypertension are currently unaware of it.

High Blood Pressure Awareness

Question: Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?

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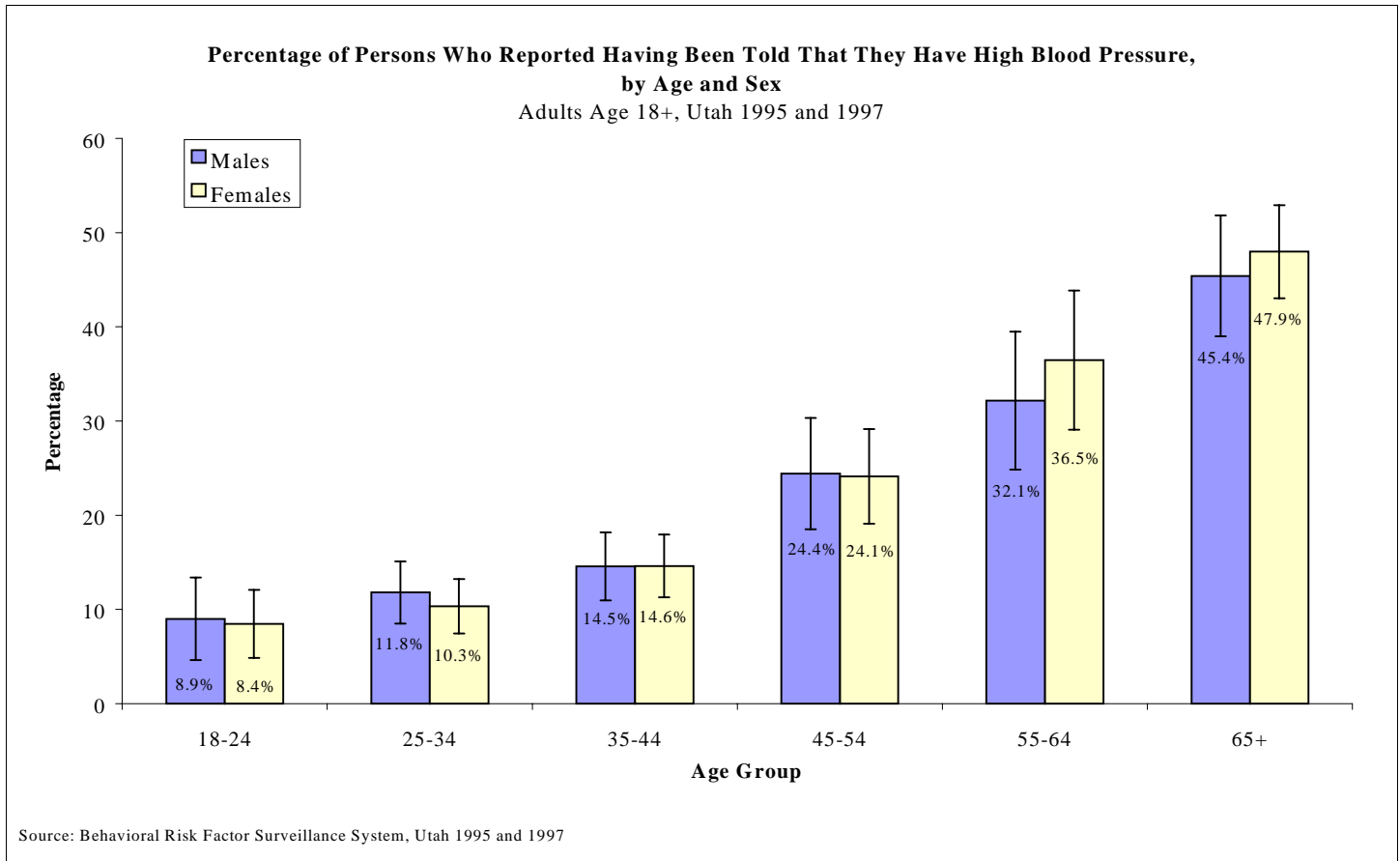
High blood pressure is a condition that can be found in all age levels, including children. Adults with a systolic blood pressure of 140 mm Hg or greater, diastolic blood pressure of 90 mm Hg or greater, or taking anti-hypertensive medication, are defined as having high blood pressure. The BRFSS defines having high blood pressure as “ever been told” by a health professional that the respondent has high blood pressure. According to data from the National Health and Nutrition Examination Survey III phase 2 (1991-1994), approximately 32.6% of Americans 18-74 years old with high blood pressure are unaware that they have it. Therefore, the prevalence of high blood pressure may be up to 7-11% higher than the percentages of those who are aware they have it.



The **Utah objective** and **Year 2000 objective** are not listed because they do not correspond to the data presented above.

YEAR 2010 OBJECTIVE 20.6: Reduce to 16% the proportion of adults with high blood pressure.

High Blood Pressure Awareness



District	Total Number of Adults in District	Number Ever Told Had High BP	Percentage Ever Told Had High BP	95% Confidence Intervals	
				Lower	Upper
Bear River	79,823	15,903	19.9%	15.3%	24.6%
Central	40,297	8,070	20.0%	15.4%	24.7%
Davis	141,480	28,113	19.9%	15.5%	24.2%
Salt Lake	547,744	114,383	20.9%	18.6%	23.2%
Southeastern	36,191	8,113	22.4%	18.2%	26.6%
Southwest	80,057	20,772	25.9%	20.8%	31.1%
Summit	16,526	1,925	11.6%	7.9%	15.4%
Tooele	21,226	4,455	21.0%	17.0%	25.0%
TriCounty	24,712	5,571	22.5%	17.7%	27.4%
Utah County	201,995	35,252	17.5%	13.7%	21.2%
Wasatch	8,343	1,606	19.2%	14.5%	24.0%
Weber-Morgan	125,148	32,750	26.2%	21.1%	31.3%
State Total	1,323,541	276,821	20.9%	19.5%	22.3%

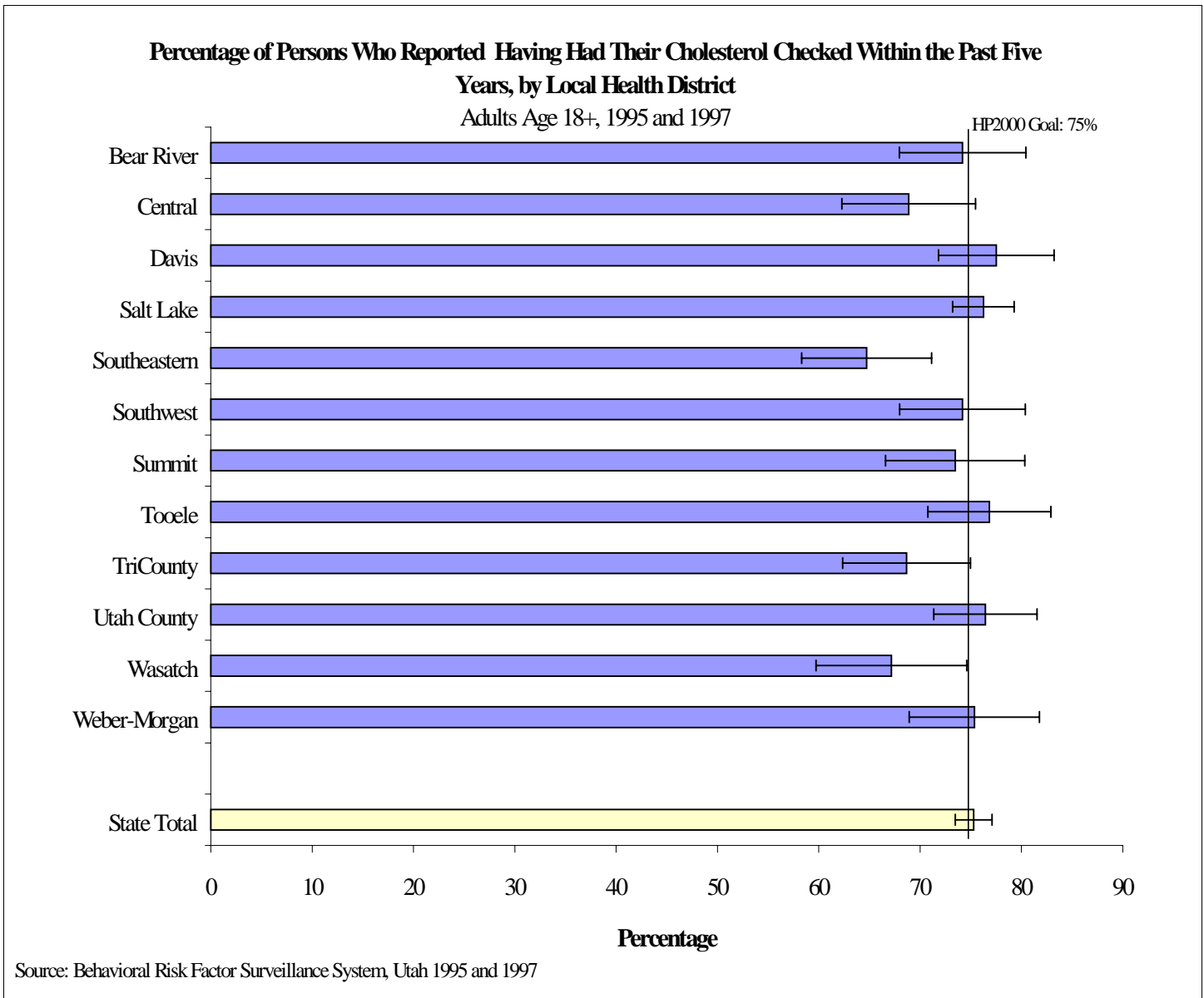
- Utahns living in Weber-Morgan and Southwest Health Districts were most likely to have been told that they have high blood pressure.
- Utahns living in Summit County were significantly less likely to have been told that they have high blood pressure.

Cholesterol Screening

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

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High blood cholesterol has been shown to increase the risk of heart disease. The National Heart, Lung, and Blood Institute recommends that adults age 20 and over be screened for high blood cholesterol at least every five years. According to BRFSS, the at-risk population for high cholesterol are those that have been screened and who report having been told by a health professional that they have high blood cholesterol.

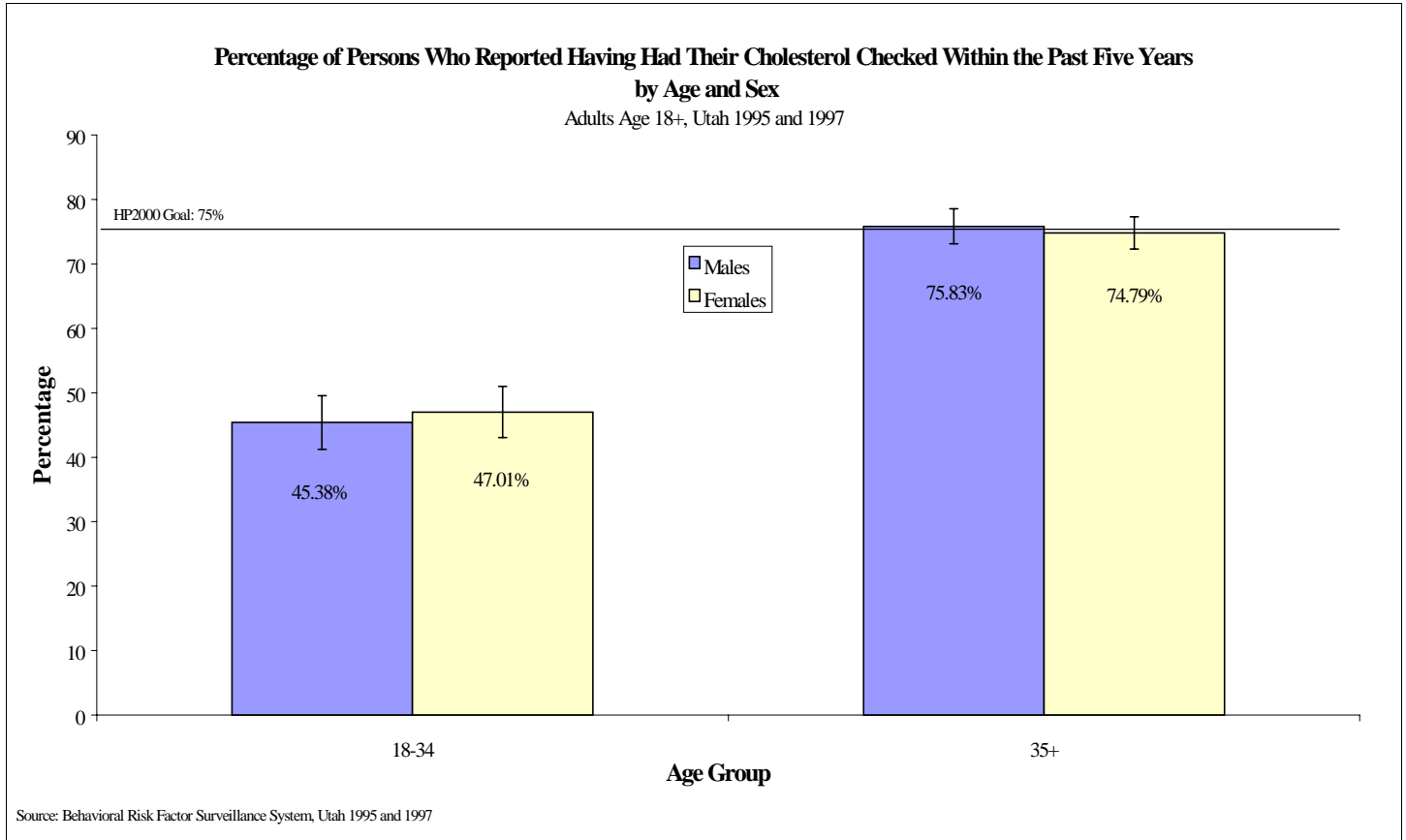


UTAH OBJECTIVE: By 2001, increase to at least 70% the proportion of adults who have had their cholesterol measured within the preceding five years.

YEAR 2000 OBJECTIVE 15.14: Increase to at least 75% the proportion of adults who have had their blood cholesterol checked within the preceding five years.

YEAR 2010 OBJECTIVE 20.10: Increase to at least 75% the proportion of adults who have had their blood cholesterol checked within the preceding five years.

Cholesterol Screening



District	Total Number of Adults in District	Number Had Cholesterol Checked	Percentage Cholesterol Checked	95% Confidence Intervals	
				Lower	Upper
Bear River	43,456	32,245	74.2%	68.0%	80.4%
Central	25,451	17,530	68.9%	62.3%	75.5%
Davis	83,651	64,856	77.5%	71.9%	83.2%
Salt Lake	332,678	253,686	76.3%	73.2%	79.3%
Southeastern	23,112	14,958	64.7%	58.3%	71.1%
Southwest	48,872	36,257	74.2%	68.0%	80.4%
Summit	10,322	7,584	73.5%	66.6%	80.3%
Tooele	13,147	10,103	76.8%	70.8%	82.9%
TriCounty	15,895	10,914	68.7%	62.4%	74.9%
Utah County	92,964	71,068	76.4%	71.4%	81.5%
Wasatch	5,292	3,555	67.2%	59.8%	74.6%
Weber-Morgan	76,186	57,415	75.4%	69.0%	81.7%
State Total	771,024	580,516	75.3%	73.5%	77.1%

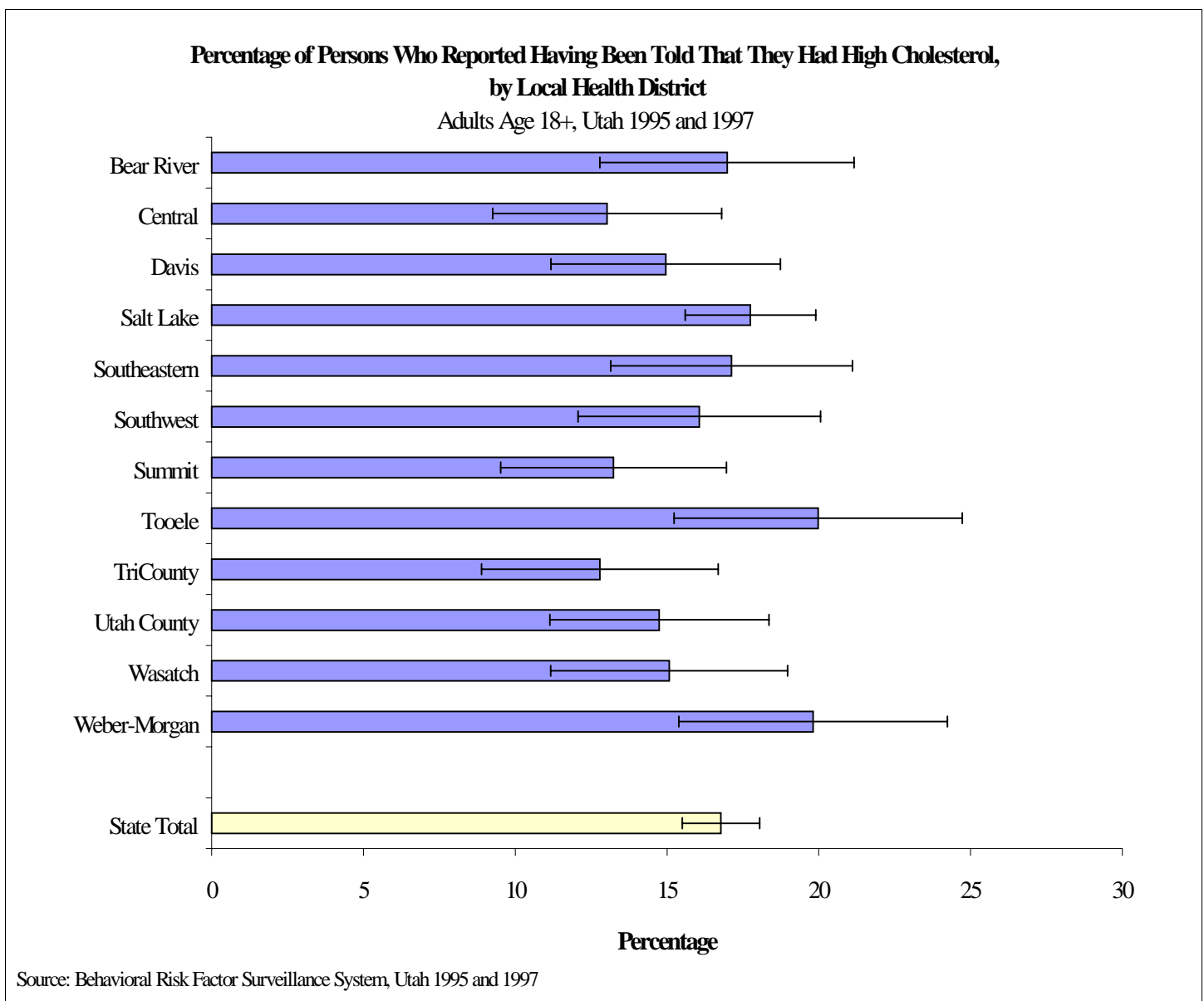
- Men and women in Utah were about equally likely to report having had their cholesterol checked, and the likelihood increased with age for both sexes.

High Cholesterol Awareness

Question: Have you ever been told by a doctor or other health professional that your blood cholesterol is high?

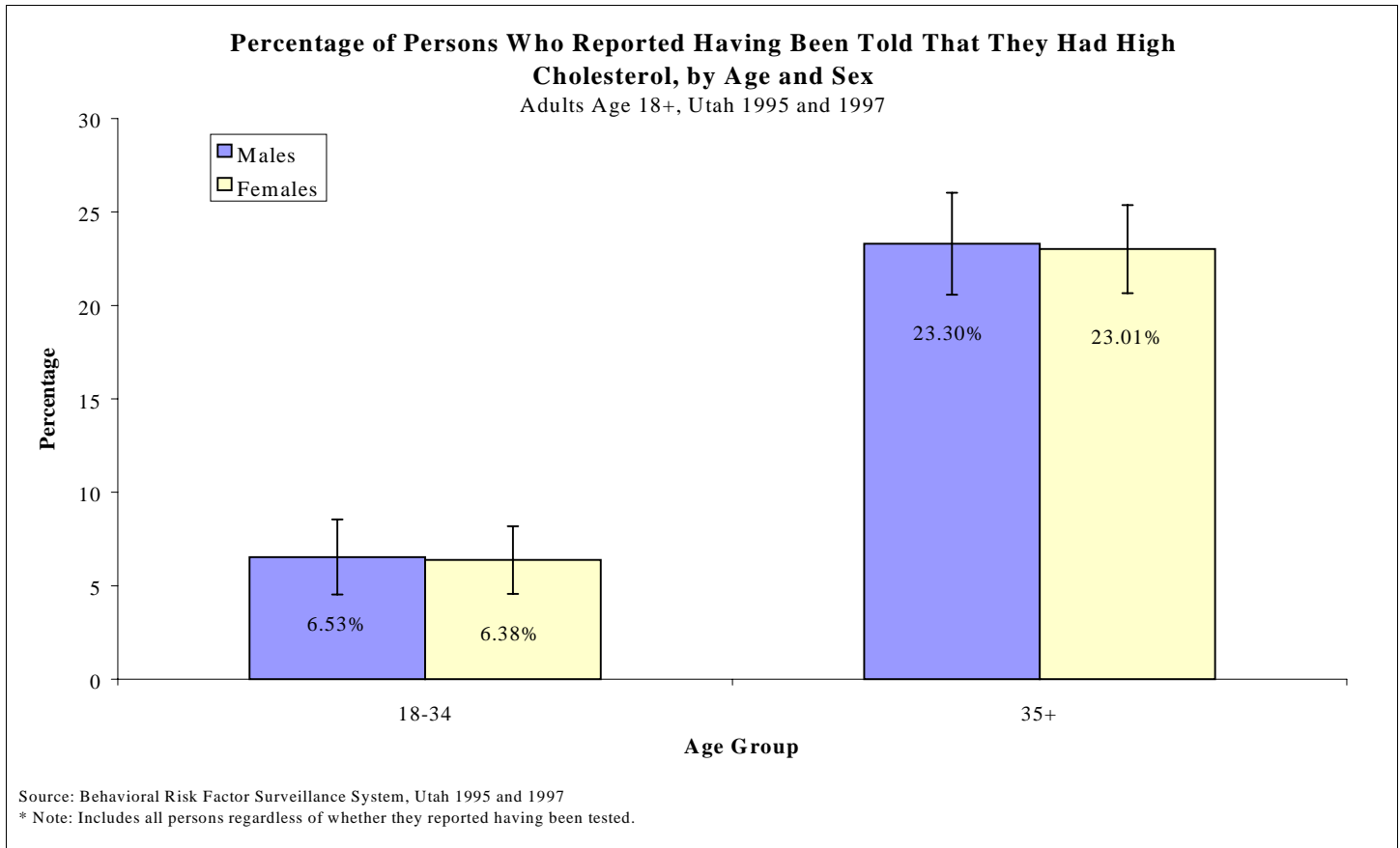
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A person's risk for heart disease increases with higher levels of blood cholesterol. The National Heart, Blood, and Lung Institute defines total cholesterol from 200-239 mg/dl as "borderline high" and ≥ 240 mg/dl as "high" blood cholesterol. The BRFSS defines high blood cholesterol awareness as "ever been told" by a health professional that the respondent has high blood cholesterol. Many persons with high blood cholesterol have not had their cholesterol checked, and others who have had it checked may misinterpret the results. Therefore, the question asked is not a measure of prevalence of high blood cholesterol in the population because the data are self-reported and cannot be validated. High blood cholesterol may be controlled by diet, exercise, weight loss, and medication.



The **Utah objective**, **Year 2000 objective**, and **Year 2010 objective** are not listed because they do not correspond to the data presented above.

High Cholesterol Awareness



District	Total Number of Adults in District	Number Told Had High Cholesterol	Percentage Told Had High Cholesterol	95% Confidence Intervals	
				Lower	Upper
Bear River	79,823	13,552	17.0%	12.8%	21.1%
Central	40,297	5,250	13.0%	9.3%	16.8%
Davis	141,480	21,163	15.0%	11.2%	18.7%
Salt Lake	547,744	97,208	17.7%	15.6%	19.9%
Southeastern	36,191	6,198	17.1%	13.2%	21.1%
Southwest	80,057	12,860	16.1%	12.1%	20.0%
Summit	16,526	2,188	13.2%	9.5%	16.9%
Tooele	21,226	4,240	20.0%	15.2%	24.7%
TriCounty	24,712	3,158	12.8%	8.9%	16.7%
Utah County	201,995	29,787	14.7%	11.2%	18.3%
Wasatch	8,343	1,257	15.1%	11.2%	19.0%
Weber-Morgan	125,148	24,797	19.8%	15.4%	24.2%
State Total	1,323,541	222,036	16.8%	15.5%	18.0%

- Men and women in Utah were equally likely to have been told that their cholesterol levels are high.
- The percentage who had been told their cholesterol was high increased with age.
- Unfortunately, we do not know whether those who were found to have high cholesterol successfully acted to reduce their risk.