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 menarche or late age at menopause.

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

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.
• 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.

% of Women Who Reported Having Had a Routine Pap Smear* Within the Past Two Years, by Local Health District

![Bar chart showing percentage of women who reported having had a routine Pap smear within the past two years, by local health district. The chart includes data from women aged 18 and older in Utah from 1995 to 1998.]

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

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

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.


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

**Percentage of Persons Who Reported Having Had Their Blood Pressure Checked Within the Past Two Years, by Local Health District**

**Adults Age 18+, Utah 1995 and 1997**


Note: Asymmetric (Exact) Confidence Bounds were calculated for this measure.

**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

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.
**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 antihypertensive 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.
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.
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.
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.

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

- 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.
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.