

# Appendix I

## Behavioral Risk Factor Prevalences in 49 States, District of Columbia, and Territories<sup>a</sup>

### United States, 2004

| State           | Fair or Poor Health |     | No Health Insurance, Ages 18-64 |     | No Leisure Exercise |     | Obesity (BMI 30+) |     | Current Smoking |     | Smokeless Tobacco Use |     | Binge Drinking |     | Diabetes   |     | Current Asthma |     | No Flu Immun. Past 12 Mo., Ages 65+ |     |
|-----------------|---------------------|-----|---------------------------------|-----|---------------------|-----|-------------------|-----|-----------------|-----|-----------------------|-----|----------------|-----|------------|-----|----------------|-----|-------------------------------------|-----|
|                 | %                   | Rnk | %                               | Rnk | %                   | Rnk | %                 | Rnk | %               | Rnk | %                     | Rnk | %              | Rnk | %          | Rnk | %              | Rnk | %                                   | Rnk |
| Alabama         | 20.2                | 6   | 19.7                            | 17  | 29.6                | 6   | 28.8              | 2   | 24.9            | 8   |                       |     | 12.7           | 41  | 8.1        | 10  | 8.6            | 18  | 33.7                                | 15  |
| Alaska          | 12.3                | 40  | 17.7                            | 22  | 20.6                | 38  | 23.7              | 22  | 24.8            | 9   |                       |     | 16.4           | 17  | 4.2        | 52  | 9.0            | 13  | 35.9                                | 6   |
| Arizona         | 14.9                | 27  | 21.6                            | 13  | 24.2                | 21  | 21.2              | 41  | 18.5            | 45  |                       |     | 15.5           | 24  | 6.6        | 30  | 7.2            | 43  | 33.6                                | 16  |
| Arkansas        | 19.9                | 7   | 22.4                            | 11  | 26.5                | 10  | 26.1              | 6   | 25.6            | 6   | 6.5                   | 3   | 11.2           | 46  | 7.1        | 25  | 7.4            | 38  | 30.8                                | 32  |
| California      | 17.5                | 15  | 20.1                            | 16  | 22.7                | 27  | 22.2              | 34  | 14.8            | 49  |                       |     | 14.7           | 28  | 7.1        | 25  | 7.7            | 32  | 29.0                                | 35  |
| Colorado        | 11.7                | 48  | 17.9                            | 21  | 18.7                | 45  | 16.8              | 52  | 20.0            | 36  |                       |     | 17.3           | 11  | 4.3        | 51  | 8.7            | 17  | 21.1                                | 52  |
| Connecticut     | 11.4                | 49  | 11.3                            | 48  | 18.9                | 43  | 19.7              | 48  | 18.1            | 47  |                       |     | 14.9           | 27  | 6.0        | 41  | 9.7            | 4   | 26.7                                | 41  |
| Delaware        | 13.7                | 31  | 10.5                            | 50  | 21.8                | 32  | 21.1              | 42  | 24.4            | 11  |                       |     | 17.4           | 10  | 7.0        | 27  | 10.0           | 3   | 30.5                                | 33  |
| D.C.            | 11.1                | 50  | 12.1                            | 46  | 22.3                | 28  | 22.5              | 33  | 20.9            | 25  |                       |     | 16.7           | 16  | 8.3        | 7   | 9.2            | 10  | 44.7                                | 3   |
| Florida         | 16.5                | 19  | 24.7                            | 7   | 23.6                | 24  | 22.9              | 31  | 20.2            | 34  |                       |     | 12.5           | 43  | 7.8        | 12  | 7.3            | 41  | 34.5                                | 11  |
| Georgia         | 15.4                | 26  | 19.3                            | 19  | 25.8                | 12  | 24.7              | 15  | 20.0            | 38  |                       |     | 12.1           | 45  | 7.3        | 21  | 7.4            | 38  | 35.5                                | 8   |
| Idaho           | 12.5                | 38  | 18.5                            | 20  | 19.1                | 41  | 20.8              | 45  | 17.4            | 48  |                       |     | 12.7           | 42  | 6.1        | 40  | 8.0            | 29  | 33.6                                | 17  |
| Illinois        | 15.5                | 25  | 16.6                            | 29  | 24.9                | 15  | 23.0              | 30  | 22.2            | 19  |                       |     | 17.5           | 9   | 6.0        | 41  | 8.4            | 24  | 34.5                                | 12  |
| Indiana         | 17.4                | 17  | 17.4                            | 25  | 25.3                | 14  | 25.5              | 9   | 24.9            | 7   |                       |     | 14.5           | 29  | 7.7        | 15  | 8.4            | 24  | 35.6                                | 7   |
| Iowa            | 12.4                | 39  | 12.9                            | 45  | 21.3                | 36  | 23.5              | 23  | 20.8            | 27  | 3.5                   | 9   | 19.0           | 4   | 6.4        | 36  | 6.6            | 49  | 25.8                                | 44  |
| Kansas          | 13.0                | 32  | 15.3                            | 34  | 23.2                | 25  | 23.2              | 26  | 19.8            | 41  |                       |     | 12.9           | 40  | 6.5        | 33  | 7.4            | 38  | 31.7                                | 27  |
| Kentucky        | 21.9                | 4   | 17.3                            | 26  | 29.8                | 3   | 25.8              | 7   | 27.5            | 1   | 5.0                   | 4   | 9.6            | 49  | 7.5        | 18  | 8.3            | 26  | 35.1                                | 10  |
| Louisiana       | 18.8                | 10  | 25.7                            | 5   | 29.8                | 4   | 26.9              | 5   | 23.5            | 14  | 4.1                   | 6   | 14.2           | 32  | 8.3        | 7   | 6.2            | 50  | 31.2                                | 30  |
| Maine           | 15.9                | 21  | 15.2                            | 35  | 21.5                | 34  | 23.4              | 24  | 21.0            | 24  |                       |     | 14.9           | 26  | 7.5        | 18  | 9.6            | 7   | 27.4                                | 39  |
| Maryland        | 11.8                | 47  | 13.3                            | 44  | 21.8                | 31  | 23.9              | 20  | 19.5            | 42  |                       |     | 12.9           | 39  | 7.2        | 23  | 7.8            | 31  | 35.4                                | 9   |
| Massachusetts   | 12.0                | 45  | 11.0                            | 49  | 20.0                | 40  | 18.4              | 51  | 18.5            | 46  |                       |     | 17.0           | 14  | 5.6        | 47  | 9.7            | 4   | 29.3                                | 34  |
| Michigan        | 14.2                | 30  | 14.3                            | 40  | 22.1                | 29  | 25.4              | 10  | 23.3            | 15  |                       |     | 16.1           | 20  | 7.7        | 15  | 8.3            | 26  | 32.8                                | 22  |
| Minnesota       | 10.0                | 52  | 9.2                             | 51  | 15.9                | 52  | 22.6              | 32  | 20.7            | 28  |                       |     | 19.8           | 3   | 5.0        | 50  | 7.5            | 36  | 21.6                                | 51  |
| Mississippi     | 23.0                | 3   | 23.8                            | 8   | 31.3                | 2   | 29.5              | 1   | 24.5            | 10  |                       |     | 10.4           | 47  | 9.6        | 3   | 7.1            | 44  | 33.0                                | 20  |
| Missouri        | 15.8                | 22  | 15.7                            | 32  | 24.8                | 16  | 24.9              | 13  | 24.1            | 13  |                       |     | 16.2           | 18  | 7.3        | 21  | 9.1            | 12  | 30.9                                | 31  |
| Montana         | 12.8                | 34  | 23.1                            | 9   | 18.9                | 44  | 19.7              | 47  | 20.4            | 30  |                       |     | 17.1           | 12  | 6.0        | 41  | 8.6            | 18  | 27.6                                | 38  |
| Nebraska        | 12.2                | 41  | 15.2                            | 36  | 21.6                | 33  | 23.2              | 27  | 20.3            | 33  | 4.5                   | 5   | 17.6           | 7   | 6.3        | 39  | 6.9            | 47  | 23.8                                | 49  |
| Nevada          | 18.1                | 12  | 25.4                            | 6   | 24.2                | 20  | 21.1              | 43  | 23.2            | 16  |                       |     | 18.0           | 6   | 6.4        | 36  | 7.1            | 44  | 40.8                                | 4   |
| New Hampshire   | 11.1                | 51  | 14.1                            | 41  | 18.5                | 46  | 21.6              | 38  | 21.7            | 22  | 2.0                   | 12  | 16.1           | 22  | 6.5        | 33  | 10.3           | 1   | 29.0                                | 36  |
| New Jersey      | 15.7                | 23  | 17.1                            | 28  | 25.7                | 13  | 21.9              | 37  | 18.8            | 44  | 0.8                   | 13  | 14.5           | 30  | 6.8        | 29  | 8.6            | 18  | 32.0                                | 25  |
| New Mexico      | 18.6                | 11  | 25.9                            | 4   | 21.2                | 37  | 21.5              | 39  | 20.3            | 32  |                       |     | 13.0           | 37  | 6.5        | 33  | 9.3            | 9   | 27.3                                | 40  |
| New York        | 17.5                | 16  | 17.2                            | 27  | 26.5                | 9   | 22.1              | 36  | 19.9            | 39  |                       |     | 15.3           | 25  | 7.5        | 18  | 8.9            | 15  | 34.0                                | 13  |
| North Carolina  | 18.0                | 13  | 21.8                            | 12  | 24.7                | 17  | 24.2              | 19  | 23.1            | 17  | 4.1                   | 7   | 9.6            | 50  | 8.4        | 5   | 7.5            | 36  | 32.8                                | 23  |
| North Dakota    | 12.2                | 43  | 16.0                            | 30  | 21.3                | 35  | 24.6              | 16  | 19.9            | 40  |                       |     | 20.5           | 2   | 5.9        | 45  | 7.7            | 32  | 25.7                                | 46  |
| Ohio            | 14.6                | 29  | 15.4                            | 33  | 23.0                | 26  | 25.3              | 11  | 25.9            | 5   | 2.7                   | 11  | 16.9           | 15  | 7.8        | 12  | 8.5            | 22  | 32.3                                | 24  |
| Oklahoma        | 19.7                | 8   | 26.0                            | 3   | 27.8                | 8   | 24.9              | 14  | 26.1            | 4   |                       |     | 13.0           | 38  | 8.0        | 11  | 8.3            | 26  | 24.8                                | 47  |
| Oregon          | 15.6                | 24  | 21.0                            | 14  | 17.2                | 50  | 21.2              | 40  | 20.0            | 35  |                       |     | 13.2           | 36  | 6.6        | 30  | 9.7            | 4   | 29.0                                | 37  |
| Pennsylvania    | 15.9                | 20  | 14.5                            | 38  | 24.4                | 19  | 24.3              | 18  | 22.7            | 18  |                       |     | 17.6           | 8   | 7.8        | 12  | 8.8            | 16  | 36.0                                | 5   |
| Puerto Rico     | 34.8                | 1   | 9.2                             | 52  | 46.6                | 1   | 24.3              | 17  | 12.6            | 50  |                       |     | 12.3           | 44  | 10.7       | 2   | 6.2            | 50  | 64.4                                | 1   |
| Rhode Island    | 14.8                | 28  | 14.4                            | 39  | 24.2                | 22  | 19.0              | 49  | 21.3            | 23  |                       |     | 18.3           | 5   | 7.2        | 23  | 9.6            | 7   | 26.5                                | 42  |
| South Carolina  | 17.7                | 14  | 19.7                            | 18  | 23.8                | 23  | 25.1              | 12  | 24.3            | 12  |                       |     | 13.5           | 35  | 8.3        | 7   | 7.6            | 35  | 33.8                                | 14  |
| South Dakota    | 12.6                | 36  | 13.5                            | 43  | 19.0                | 42  | 23.8              | 21  | 20.3            | 31  |                       |     | 17.0           | 13  | 6.6        | 30  | 6.7            | 48  | 23.0                                | 50  |
| Tennessee       | 19.4                | 9   | 13.7                            | 42  | 29.7                | 5   | 27.2              | 4   | 26.2            | 3   |                       |     | 8.3            | 52  | 8.4        | 5   | 9.0            | 13  | 33.5                                | 18  |
| Texas           | 20.4                | 5   | 30.7                            | 2   | 26.1                | 11  | 25.8              | 8   | 20.5            | 29  | 4.0                   | 8   | 15.7           | 23  | 7.7        | 15  | 7.1            | 44  | 32.8                                | 21  |
| Utah            | 12.6                | 37  | 17.7                            | 23  | 16.9                | 51  | 20.4              | 46  | 10.5            | 51  |                       |     | 9.3            | 51  | 5.1        | 49  | 8.0            | 29  | 24.5                                | 48  |
| Vermont         | 12.0                | 44  | 14.6                            | 37  | 18.1                | 48  | 18.7              | 50  | 20.0            | 37  |                       |     | 16.1           | 21  | 5.3        | 48  | 8.5            | 22  | 33.2                                | 19  |
| Virgin Islands  | 16.7                | 18  | 32.2                            | 1   | 28.8                | 7   | 23.2              | 28  | 9.4             | 52  | 0.4                   | 14  | 13.6           | 34  | 8.8        | 4   | 4.6            | 52  | 60.6                                | 2   |
| Virginia        | 12.7                | 35  | 15.9                            | 31  | 21.9                | 30  | 23.1              | 29  | 20.8            | 26  | 3.3                   | 10  | 13.8           | 33  | 7.0        | 27  | 7.3            | 41  | 31.3                                | 29  |
| Washington      | 13.0                | 33  | 17.5                            | 24  | 17.3                | 49  | 22.2              | 35  | 19.2            | 43  |                       |     | 14.2           | 31  | 6.4        | 36  | 9.2            | 10  | 31.8                                | 26  |
| West Virginia   | 23.5                | 2   | 22.7                            | 10  | 24.5                | 18  | 27.6              | 3   | 26.9            | 2   | 8.1                   | 2   | 9.7            | 48  | 10.9       | 1   | 10.1           | 2   | 31.5                                | 28  |
| Wisconsin       | 11.9                | 46  | 11.9                            | 47  | 18.5                | 47  | 23.2              | 25  | 21.9            | 20  |                       |     | 21.8           | 1   | 5.7        | 46  | 8.6            | 18  | 25.7                                | 45  |
| Wyoming         | 12.2                | 42  | 20.3                            | 15  | 20.1                | 39  | 20.8              | 44  | 21.7            | 21  | 9.3                   | 1   | 16.2           | 19  | 6.0        | 41  | 7.7            | 32  | 26.0                                | 43  |
| <b>US Total</b> | <b>16.4</b>         |     | <b>18.7</b>                     |     | <b>24.0</b>         |     | <b>23.5</b>       |     | <b>20.7</b>     |     | <b>N/A</b>            |     | <b>14.8</b>    |     | <b>7.2</b> |     | <b>8.1</b>     |     | <b>32.2</b>                         |     |

Source: Centers for Disease Control & Prevention - 2004 Behavioral Risk Factor Data; West Virginia Health Statistics Center, 2006.

a. 52 states/territories conducted the survey. No data available for Hawaii. States/territories with the same prevalence share the same rank.

b. Influenza immunization was measured by questions about either a flu shot or a flu vaccine sprayed in the nose. Before 2004, this measure included only the flu shot question.