

## CHAPTER 13: CARDIOVASCULAR DISEASE

### Heart Attack, Angina, and Stroke in 2004 and 2005

#### Definition

In 2005, responding “Yes” to the following: “Has a doctor, nurse, or other health professional ever told you that you had any of the following? For each, tell me ‘yes,’ ‘no,’ or you’re ‘not sure.’” The follow-up questions were “. . . ever told you had a heart attack, also called a myocardial infraction?” “. . . ever told you had angina or coronary heart disease?” “. . . ever told you had a stroke?” (In 2004 and earlier years, the questions were similar but not identical.)

#### Prevalence

##### Heart Attack

**WV:** 6.8% (95% CI: 5.9-7.7) in 2004, 7.0% (95% CI: 6.1-7.9) in 2005.

**US:** US prevalence is not available in 2004, 4.1% (95% CI: 4.0-4.2) in 2005. West Virginia ranked 1<sup>st</sup> highest among 8 BRFSS participants in 2004 and 1<sup>st</sup> highest among 53 BRFSS participants in 2005.

##### Angina

**WV:** 7.6% (95% CI: 6.6-8.5) in 2004, 8.2% (95% CI: 7.3-9.2) in 2005.

**US:** US prevalence is not available in 2004, 4.5% (95% CI: 4.4-4.6) in 2005. West Virginia ranked 1<sup>st</sup> highest among 8 BRFSS participants in 2004 and 2<sup>nd</sup> highest among 53 BRFSS participants in 2005.

##### Stroke

**WV:** 3.1% (95% CI: 2.5-3.7) in 2004, 3.4% (95% CI: 2.7-4.0) in 2005.

**US:** US prevalence is not available in 2004, 2.6% (95% CI: 2.5-2.7) in 2005. West Virginia ranked 1<sup>st</sup> highest among 8 BRFSS participants in 2004 and 5<sup>th</sup> highest among 53 BRFSS participants in 2005.

#### Gender

##### *Heart attack differences by gender*

**Men:** 8.6% (95% CI: 7.0-10.2) in 2004, 8.5% (95% CI: 7.0-10.0) in 2005.

**Women:** 5.1% (95% CI: 4.1-6.1) in 2004, 5.5% (95% CI: 4.5-6.6) in 2005.

Men had a significantly higher incidence of heart attack than women.

##### *Angina differences by gender*

**Men:** 7.7% (95% CI: 6.3-9.2) in 2004, 7.9% (95% CI: 6.4-9.3) in 2005.

**Women:** 7.4% (95% CI: 6.2-8.5) in 2004, 8.6% (95% CI: 7.3-9.8) in 2005.

There were no significant differences in angina rates between men and women.

##### *Stroke differences by gender*

**Men:** 2.8% (95% CI: 1.9-3.6) in 2004, 2.6% (95% CI: 1.7-3.5) in 2005.

**Women:** 3.4% (95% CI: 2.6-4.2) in 2004, 4.1% (95% CI: 3.2-4.9) in 2005.

Women experienced stroke slightly more often than men.

#### Age, Education, & Household Income

Those aged 65 and older experienced heart attack, angina, and stroke significantly more often than most younger age groups. Adults with less than a high school education carried a significantly higher risk of heart attack, angina, and stroke than those with more education. Heart attack, angina, and stroke were significantly more common among the lowest income groups than among those with the highest household incomes.

**Table 13.1 Heart attack, angina, or stroke by demographic characteristics: WVBRFSS, 2004**

| Characteristic     | Heart Attack or Myocardial Infarction |              |           | Angina or Coronary Heart Disease |             |           | Stroke  |              |          |
|--------------------|---------------------------------------|--------------|-----------|----------------------------------|-------------|-----------|---------|--------------|----------|
|                    | # Resp.                               | %            | 95% CI    | # Resp.                          | %           | 95% CI    | # Resp. | %            | 95% CI   |
| <b>TOTAL</b>       | 3,391                                 | <b>6.8</b>   | 5.9-7.7   | 3,381                            | <b>7.6</b>  | 6.6-8.5   | 3,387   | <b>3.1</b>   | 2.5-3.7  |
| <b>Sex</b>         |                                       |              |           |                                  |             |           |         |              |          |
| Males              | 1,302                                 | <b>8.6</b>   | 7.0-10.2  | 1,298                            | <b>7.7</b>  | 6.3-9.2   | 1,300   | <b>2.8</b>   | 1.9-3.6  |
| Females            | 2,089                                 | <b>5.1</b>   | 4.1-6.1   | 2,083                            | <b>7.4</b>  | 6.2-8.5   | 2,087   | <b>3.4</b>   | 2.6-4.2  |
| <b>Age</b>         |                                       |              |           |                                  |             |           |         |              |          |
| 18-44              | 1,233                                 | <b>1.9</b>   | 1.0-2.9   | 1,231                            | <b>1.6</b>  | 0.9-2.3   | 1,231   | * <b>0.5</b> | 0.1-0.9  |
| 45-54              | 687                                   | <b>5.0</b>   | 3.2-6.7   | 688                              | <b>6.7</b>  | 4.6-8.7   | 689     | <b>2.3</b>   | 1.2-3.5  |
| 55-64              | 627                                   | <b>10.9</b>  | 8.2-13.6  | 623                              | <b>11.9</b> | 9.1-14.7  | 624     | <b>4.9</b>   | 3.2-6.7  |
| 65+                | 838                                   | <b>17.0</b>  | 14.1-19.8 | 833                              | <b>19.2</b> | 16.2-22.1 | 837     | <b>8.5</b>   | 6.5-10.6 |
| <b>Education</b>   |                                       |              |           |                                  |             |           |         |              |          |
| Less than H.S.     | 615                                   | <b>14.4</b>  | 11.5-17.4 | 606                              | <b>14.1</b> | 11.2-17.0 | 616     | <b>7.0</b>   | 4.9-9.1  |
| H.S. or G.E.D.     | 1,307                                 | <b>6.4</b>   | 4.9-8.0   | 1,306                            | <b>7.1</b>  | 5.6-8.5   | 1,302   | <b>2.6</b>   | 1.8-3.5  |
| Some Post-H.S.     | 719                                   | <b>4.2</b>   | 2.8-5.7   | 719                              | <b>4.9</b>  | 3.4-6.5   | 720     | <b>2.2</b>   | 1.3-3.1  |
| College Graduate   | 746                                   | <b>3.8</b>   | 2.4-5.2   | 746                              | <b>5.8</b>  | 4.1-7.5   | 745     | <b>1.5</b>   | 0.7-2.3  |
| <b>Income</b>      |                                       |              |           |                                  |             |           |         |              |          |
| Less than \$15,000 | 621                                   | <b>11.8</b>  | 8.7-14.8  | 614                              | <b>12.6</b> | 9.9-15.4  | 617     | <b>5.5</b>   | 3.8-7.2  |
| \$15,000- 24,999   | 660                                   | <b>8.9</b>   | 6.5-11.3  | 659                              | <b>10.1</b> | 7.6-12.6  | 660     | <b>4.4</b>   | 2.8-6.1  |
| \$25,000- 34,999   | 409                                   | <b>7.1</b>   | 4.4-9.8   | 410                              | <b>6.1</b>  | 3.7-8.6   | 410     | <b>3.5</b>   | 1.5-5.5  |
| \$35,000- 49,999   | 515                                   | <b>4.5</b>   | 2.6-6.3   | 513                              | <b>6.1</b>  | 3.9-8.3   | 514     | * <b>1.9</b> | 0.8-3.0  |
| \$50,000- 74,999   | 440                                   | <b>2.8</b>   | 1.4-4.2   | 439                              | <b>5.8</b>  | 3.6-8.0   | 440     | * <b>1.3</b> | 0.4-2.3  |
| \$75,000+          | 374                                   | * <b>2.5</b> | 1.0-4.1   | 373                              | <b>3.3</b>  | 1.4-5.2   | 373     | * <b>1.0</b> | 0.2-1.8  |

\* Use caution when interpreting and reporting this estimate. See discussion of unstable estimates on page 9.

**Table 13.2 Heart attack, angina, or stroke by demographic characteristics: WVBRFSS, 2005**

| Characteristic     | Heart Attack or Myocardial Infarction |              |           | Angina or Coronary Heart Disease |             |           | Stroke  |              |          |
|--------------------|---------------------------------------|--------------|-----------|----------------------------------|-------------|-----------|---------|--------------|----------|
|                    | # Resp.                               | %            | 95% CI    | # Resp.                          | %           | 95% CI    | # Resp. | %            | 95% CI   |
| <b>TOTAL</b>       | 3,544                                 | <b>7.0</b>   | 6.1-7.9   | 3,528                            | <b>8.2</b>  | 7.3-9.2   | 3,544   | <b>3.4</b>   | 2.7-4.0  |
| <b>Sex</b>         |                                       |              |           |                                  |             |           |         |              |          |
| Males              | 1,356                                 | <b>8.5</b>   | 7.0-10.0  | 1,349                            | <b>7.9</b>  | 6.4-9.3   | 1,358   | <b>2.6</b>   | 1.7-3.5  |
| Females            | 2,188                                 | <b>5.5</b>   | 4.5-6.6   | 2,179                            | <b>8.6</b>  | 7.3-9.8   | 2,186   | <b>4.1</b>   | 3.2-4.9  |
| <b>Age</b>         |                                       |              |           |                                  |             |           |         |              |          |
| 18-44              | 1,210                                 | <b>1.3</b>   | 0.6-2.0   | 1,208                            | <b>2.3</b>  | 1.4-3.2   | 1,210   | * <b>0.6</b> | 0.2-1.0  |
| 45-54              | 745                                   | <b>6.1</b>   | 4.2-8.0   | 745                              | <b>6.0</b>  | 4.2-7.9   | 741     | <b>3.0</b>   | 1.7-4.4  |
| 55-64              | 640                                   | <b>7.5</b>   | 5.3-9.8   | 636                              | <b>13.3</b> | 10.4-16.3 | 641     | <b>4.7</b>   | 2.9-6.5  |
| 65+                | 938                                   | <b>20.2</b>  | 17.1-23.2 | 928                              | <b>20.2</b> | 17.3-23.1 | 941     | <b>9.0</b>   | 6.8-11.2 |
| <b>Education</b>   |                                       |              |           |                                  |             |           |         |              |          |
| Less than H.S.     | 631                                   | <b>12.0</b>  | 9.2-14.8  | 621                              | <b>11.7</b> | 9.0-14.4  | 631     | <b>7.1</b>   | 4.8-9.3  |
| H.S. or G.E.D.     | 1,422                                 | <b>7.1</b>   | 5.7-8.5   | 1,416                            | <b>8.8</b>  | 7.2-10.3  | 1,424   | <b>2.7</b>   | 1.9-3.5  |
| Some Post-H.S.     | 750                                   | <b>6.4</b>   | 4.5-8.4   | 749                              | <b>8.7</b>  | 6.6-10.8  | 747     | <b>3.5</b>   | 2.0-4.9  |
| College Graduate   | 738                                   | <b>2.9</b>   | 1.7-4.1   | 738                              | <b>3.7</b>  | 2.4-5.1   | 738     | * <b>1.3</b> | 0.5-2.2  |
| <b>Income</b>      |                                       |              |           |                                  |             |           |         |              |          |
| Less than \$15,000 | 597                                   | <b>11.2</b>  | 8.4-13.9  | 592                              | <b>14.8</b> | 11.8-17.9 | 601     | <b>7.6</b>   | 5.1-10.0 |
| \$15,000- 24,999   | 730                                   | <b>10.2</b>  | 7.7-12.7  | 729                              | <b>11.6</b> | 9.0-14.1  | 730     | <b>5.8</b>   | 3.8-7.8  |
| \$25,000- 34,999   | 467                                   | <b>9.1</b>   | 6.3-11.9  | 467                              | <b>8.4</b>  | 5.6-11.1  | 468     | <b>3.6</b>   | 1.9-5.3  |
| \$35,000- 49,999   | 472                                   | <b>4.2</b>   | 2.3-6.1   | 470                              | <b>5.5</b>  | 3.3-7.6   | 471     | * <b>1.3</b> | 0.3-2.2  |
| \$50,000- 74,999   | 471                                   | <b>2.5</b>   | 1.0-3.9   | 471                              | <b>3.1</b>  | 1.7-4.5   | 469     | * <b>0.4</b> | 0.0-0.8  |
| \$75,000+          | 385                                   | * <b>2.4</b> | 0.9-3.9   | 386                              | <b>2.8</b>  | 1.2-4.5   | 385     | * <b>0.4</b> | 0.0-1.1  |

\* Use caution when interpreting and reporting this estimate. See discussion of unstable estimates on page 9.



## Aspirin Therapy in 2004 and 2005

**Table 13.5 Daily or alternate-day aspirin therapy among adults aged 35 and older by demographic characteristics: WVBRFSS, 2004**

| Characteristic     | Men     |             |           | Women   |             |           | Total   |             |           |
|--------------------|---------|-------------|-----------|---------|-------------|-----------|---------|-------------|-----------|
|                    | # Resp. | %           | 95% CI    | # Resp. | %           | 95% CI    | # Resp. | %           | 95% CI    |
| <b>TOTAL</b>       | 1,052   | <b>41.5</b> | 38.2-44.7 | 1,694   | <b>32.1</b> | 29.7-34.6 | 2,746   | <b>36.5</b> | 34.5-38.5 |
| <b>Age</b>         |         |             |           |         |             |           |         |             |           |
| 35-44              | 236     | <b>20.0</b> | 14.4-25.5 | 355     | <b>10.0</b> | 6.5-13.4  | 591     | <b>14.9</b> | 11.6-18.2 |
| 45-54              | 294     | <b>34.6</b> | 28.7-40.5 | 396     | <b>26.9</b> | 22.0-31.7 | 690     | <b>30.6</b> | 26.8-34.5 |
| 55-64              | 252     | <b>52.7</b> | 46.0-59.3 | 375     | <b>39.7</b> | 34.3-45.1 | 627     | <b>46.0</b> | 41.7-50.3 |
| 65+                | 270     | <b>63.6</b> | 57.4-69.8 | 568     | <b>49.4</b> | 44.9-53.9 | 838     | <b>55.2</b> | 51.5-58.9 |
| <b>Education</b>   |         |             |           |         |             |           |         |             |           |
| Less than H.S.     | 197     | <b>38.9</b> | 31.6-46.3 | 356     | <b>38.7</b> | 33.2-44.2 | 553     | <b>38.8</b> | 34.4-43.2 |
| H.S. or G.E.D.     | 419     | <b>41.9</b> | 36.7-47.1 | 662     | <b>32.4</b> | 28.5-36.3 | 1,081   | <b>37.0</b> | 33.8-40.2 |
| Some Post-H.S.     | 184     | <b>42.0</b> | 34.4-49.6 | 334     | <b>29.5</b> | 24.2-34.8 | 518     | <b>35.0</b> | 30.5-39.4 |
| College Graduate   | 250     | <b>42.3</b> | 35.7-48.9 | 340     | <b>27.0</b> | 22.0-32.1 | 590     | <b>34.8</b> | 30.6-39.0 |
| <b>Income</b>      |         |             |           |         |             |           |         |             |           |
| Less than \$15,000 | 135     | <b>37.8</b> | 28.5-47.0 | 377     | <b>39.8</b> | 34.3-45.2 | 512     | <b>39.0</b> | 34.3-43.8 |
| \$15,000- 24,999   | 213     | <b>47.0</b> | 39.6-54.4 | 316     | <b>37.1</b> | 31.3-42.9 | 529     | <b>41.9</b> | 37.2-46.6 |
| \$25,000- 34,999   | 131     | <b>37.5</b> | 28.5-46.5 | 206     | <b>34.2</b> | 26.9-41.4 | 337     | <b>35.7</b> | 30.0-41.4 |
| \$35,000- 49,999   | 159     | <b>37.0</b> | 29.0-45.0 | 235     | <b>21.1</b> | 15.8-26.3 | 394     | <b>28.6</b> | 23.8-33.3 |
| \$50,000- 74,999   | 167     | <b>40.7</b> | 32.7-48.6 | 178     | <b>28.3</b> | 21.0-35.6 | 345     | <b>35.1</b> | 29.6-40.6 |
| \$75,000+          | 161     | <b>42.2</b> | 34.2-50.3 | 154     | <b>24.6</b> | 17.4-31.7 | 315     | <b>35.0</b> | 29.3-40.6 |

**Table 13.6 Daily or alternate-day aspirin therapy among adults aged 35 and older by demographic characteristics: WVBRFSS, 2005**

| Characteristic     | Men     |             |           | Women   |             |           | Total   |             |           |
|--------------------|---------|-------------|-----------|---------|-------------|-----------|---------|-------------|-----------|
|                    | # Resp. | %           | 95% CI    | # Resp. | %           | 95% CI    | # Resp. | %           | 95% CI    |
| <b>TOTAL</b>       | 1,095   | <b>41.0</b> | 37.9-44.2 | 1,779   | <b>35.4</b> | 33.0-37.8 | 2,874   | <b>38.1</b> | 36.1-40.0 |
| <b>Age</b>         |         |             |           |         |             |           |         |             |           |
| 35-44              | 224     | <b>20.3</b> | 14.7-25.9 | 347     | <b>12.9</b> | 8.9-16.9  | 571     | <b>16.6</b> | 13.1-20.0 |
| 45-54              | 282     | <b>38.0</b> | 31.9-44.2 | 454     | <b>26.7</b> | 22.2-31.2 | 736     | <b>32.3</b> | 28.5-36.1 |
| 55-64              | 274     | <b>48.6</b> | 42.1-55.1 | 362     | <b>43.4</b> | 37.9-48.9 | 636     | <b>46.0</b> | 41.7-50.2 |
| 65+                | 315     | <b>59.1</b> | 53.3-65.0 | 616     | <b>54.3</b> | 50.0-58.6 | 931     | <b>56.3</b> | 52.8-59.8 |
| <b>Education</b>   |         |             |           |         |             |           |         |             |           |
| Less than H.S.     | 209     | <b>44.4</b> | 36.9-52.0 | 335     | <b>41.2</b> | 35.3-47.1 | 544     | <b>42.8</b> | 38.1-47.6 |
| H.S. or G.E.D.     | 456     | <b>39.7</b> | 34.9-44.6 | 738     | <b>34.0</b> | 30.3-37.7 | 1,194   | <b>36.7</b> | 33.7-39.8 |
| Some Post-H.S.     | 193     | <b>41.2</b> | 33.9-48.6 | 384     | <b>35.5</b> | 30.2-40.8 | 577     | <b>37.8</b> | 33.5-42.1 |
| College Graduate   | 236     | <b>40.6</b> | 33.9-47.2 | 319     | <b>32.6</b> | 27.1-38.1 | 555     | <b>36.7</b> | 32.4-41.0 |
| <b>Income</b>      |         |             |           |         |             |           |         |             |           |
| Less than \$15,000 | 148     | <b>40.2</b> | 31.2-49.2 | 378     | <b>41.0</b> | 35.6-46.5 | 526     | <b>40.7</b> | 35.9-45.5 |
| \$15,000- 24,999   | 222     | <b>48.5</b> | 41.3-55.7 | 377     | <b>39.9</b> | 34.3-45.5 | 599     | <b>43.9</b> | 39.4-48.4 |
| \$25,000- 34,999   | 166     | <b>49.8</b> | 41.5-58.1 | 203     | <b>30.9</b> | 23.8-38.0 | 369     | <b>41.1</b> | 35.5-46.7 |
| \$35,000- 49,999   | 164     | <b>40.2</b> | 32.1-48.3 | 209     | <b>35.1</b> | 28.2-42.0 | 373     | <b>37.8</b> | 32.4-43.1 |
| \$50,000- 74,999   | 165     | <b>30.7</b> | 23.5-38.0 | 198     | <b>23.4</b> | 17.4-29.4 | 363     | <b>27.3</b> | 22.5-32.0 |
| \$75,000+          | 150     | <b>32.7</b> | 24.7-40.6 | 163     | <b>31.4</b> | 24.0-38.9 | 313     | <b>32.1</b> | 26.6-37.6 |

## Cardiovascular Disease Prevention Activities in 2004

**Table 13.7 Adults who are being more physically active (in order to lower their risk of heart disease or stroke) and health professional advice on the same: WVBRFSS, 2004**

| Characteristic     | Adults who are being more physically active |             |           | Adults advised by a health professional in the past 12 months to be more physically active |             |           |
|--------------------|---|-------------|-----------|--|-------------|-----------|
|                    | # Resp.                                     | %           | 95% CI    | # Resp.  | %           | 95% CI    |
| <b>TOTAL</b>       | 3,388                                       | <b>71.4</b> | 69.7-73.2 | 3,392  | <b>36.6</b> | 34.8-38.5 |
| <b>Sex</b>         |   |             |           |  |             |           |
| Males              | 1,298                                       | <b>71.6</b> | 68.9-74.4 | 1,302  | <b>32.0</b> | 29.2-34.8 |
| Females            | 2,090                                       | <b>71.2</b> | 69.1-73.4 | 2,090  | <b>40.9</b> | 38.5-43.3 |
| <b>Age</b>         |   |             |           |  |             |           |
| 18-24              | 183   | <b>79.0</b> | 72.5-85.5 | 184  | <b>17.8</b> | 11.8-23.7 |
| 25-34              | 458   | <b>77.3</b> | 73.2-81.4 | 458  | <b>27.1</b> | 22.5-31.7 |
| 35-44              | 589   | <b>71.5</b> | 67.5-75.5 | 591  | <b>34.8</b> | 30.5-39.1 |
| 45-54              | 688   | <b>70.5</b> | 66.8-74.2 | 691  | <b>45.6</b> | 41.5-49.7 |
| 55-64              | 627   | <b>66.9</b> | 62.8-70.9 | 626  | <b>47.1</b> | 42.8-51.4 |
| 65+                | 837   | <b>66.1</b> | 62.6-69.7 | 836  | <b>40.8</b> | 37.2-44.5 |
| <b>Education</b>   |   |             |           |  |             |           |
| Less than H.S.     | 613   | <b>57.3</b> | 52.8-61.8 | 613  | <b>37.2</b> | 32.9-41.5 |
| H.S. or G.E.D.     | 1,306                                       | <b>73.1</b> | 70.4-75.9 | 1,310  | <b>37.6</b> | 34.6-40.6 |
| Some Post-H.S.     | 720   | <b>74.6</b> | 71.1-78.2 | 720  | <b>35.6</b> | 31.5-39.6 |
| College Graduate   | 745   | <b>76.4</b> | 73.0-79.8 | 745  | <b>35.5</b> | 31.7-39.4 |
| <b>Income</b>      |   |             |           |  |             |           |
| Less than \$15,000 | 623   | <b>63.2</b> | 58.6-67.9 | 622  | <b>37.4</b> | 32.9-42.0 |
| \$15,000- 24,999   | 654   | <b>70.9</b> | 66.9-74.8 | 660  | <b>37.8</b> | 33.6-42.1 |
| \$25,000- 34,999   | 410   | <b>68.6</b> | 63.5-73.7 | 411  | <b>39.7</b> | 34.4-45.0 |
| \$35,000-49,999    | 515   | <b>76.8</b> | 72.9-80.7 | 513  | <b>37.5</b> | 32.8-42.2 |
| \$50,000-74,000    | 439   | <b>73.8</b> | 69.1-78.4 | 439  | <b>35.4</b> | 30.4-40.3 |
| \$75,000+          | 373   | <b>78.1</b> | 73.6-82.7 | 374  | <b>37.6</b> | 32.3-43.0 |

**Table 13.8 Other activity and related medical advice to help lower the risk of heart disease or stroke among adults: WVBRFSS, 2004**

|  | Men     |             |           | Women   |             |           | Total   |             |           |
|--|---------|-------------|-----------|---------|-------------|-----------|---------|-------------|-----------|
|  | # Resp. | %           | 95% CI    | # Resp. | %           | 95% CI    | # Resp. | %           | 95% CI    |
| <b>Adults Who Are.....</b>   |         |             |           |         |             |           |         |             |           |
| Eating fewer high-fat or high-cholesterol foods                        | 1,281   | <b>59.9</b> | 56.8-63.0 | 2,067   | <b>69.6</b> | 67.3-71.9 | 3,348   | <b>64.9</b> | 63.0-66.9 |
| Eating more fruits and vegetables                                      | 1,299   | <b>72.6</b> | 69.9-75.3 | 2,093   | <b>82.3</b> | 80.5-84.2 | 3,392   | <b>77.7</b> | 76.0-79.3 |
| <b>Adults Whose Health Professional Advised (in past 12 months)...</b> |         |             |           |         |             |           |         |             |           |
| Eating fewer high-fat or high-cholesterol foods                        | 1,304   | <b>29.6</b> | 26.8-32.3 | 2,089   | <b>35.6</b> | 33.3-37.9 | 3,393   | <b>32.7</b> | 30.9-34.5 |
| Eating more fruits and vegetables                                      | 1,301   | <b>30.8</b> | 28.0-33.6 | 2,086   | <b>39.1</b> | 36.8-41.5 | 3,387   | <b>35.1</b> | 33.3-37.0 |