CHAPTER 12: CHOLESTEROL

Cholesterol Screening: Have never had their blood cholesterol checked.

State Prevalence

20.4% (95% CI: 18.7-22.2); 37th among 54 BRFSS participants.
National average: 22.2% (95% CI: 21.9-22.5).

Time Trends

The prevalence of no cholesterol screening has significantly decreased from a high of 49.3% in 1988 to a low of 20.4% in 2003. The 2003 rate is also significantly lower than the 1997 prevalence of 29.5%.

Gender

Men 23.1% (95% CI: 20.3-26.0); **Women 17.9%** (95% CI: 15.8-20.0).
The prevalence of no cholesterol screening was significantly higher among men than women.

Age

Cholesterol screening significantly increased at each higher age grouping until age 65. More than half of young adults aged 18 to 24 had never had their blood cholesterol checked, compared with 4.5% of elderly adults.

Education

The percentage of adults who had never had a cholesterol screening generally decreased as educational attainment increased. Adults with a high school diploma/GED were significantly more likely to have never been screened than those with a college degree (23.0% versus 14.6%).

Household Income

The prevalence of no cholesterol screening also decreased with income. Adults with a household income between $15,000 and $24,999 (26.8%) were significantly more likely to have never been screened than those in the three highest income categories (17.4%, 12.4%, and 15.6%, respectively).

Quick Stats

- Of those who had ever had their cholesterol checked, 78.3% had it checked within the past year.

West Virginia Healthy People 2010 Objectives

Objective 12.4

Increase to at least 75% the proportion of adults who have had their blood cholesterol checked within the preceding five years. (Baseline: 67.2% in 1997; Current: 76.7% in 2003)

Objective 12.5

Reduce the mean serum cholesterol level among adults to no more than 193 mg/dl. (Baseline: 202.56 mg/dl in 1999)

Table 12.1: Never had their cholesterol checked: WVBRFSS, 2003

Characteristic	Men			Women			Total		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
TOTAL	1,289	**23.1**	(20.3-26.0)	1,978	**17.9**	(15.8-20.0)	3,267	**20.4**	(18.7-22.2)
Age									
18-24	88	**54.8**	(43.3-66.2)	105	**53.7**	(43.0-64.5)	193	**54.3**	(46.4-62.2)
25-34	180	**40.8**	(33.0-48.6)	261	**29.7**	(23.7-35.6)	441	**35.2**	(30.2-40.1)
35-44	228	**25.9**	(19.6-32.1)	315	**20.6**	(15.7-25.5)	543	**23.2**	(19.2-27.1)
45-54	279	**15.0**	(10.4-19.5)	382	**10.0**	(6.5-13.4)	661	**12.5**	(9.6-15.3)
55-64	246	**5.2**	(2.6-7.8)	391	**7.1**	(4.2-9.9)	637	**6.1**	(4.2-8.1)
65+	267	**4.5**	(2.1-6.9)	513	**4.4**	(2.5-6.4)	780	**4.5**	(2.9-6.0)
Education									
Less than H.S.	236	**28.6**	(20.9-36.3)	376	**17.0**	(12.4-21.5)	612	**22.7**	(18.1-27.3)
H.S. or G.E.D.	514	**26.9**	(22.4-31.4)	773	**19.4**	(16.0-22.8)	1,287	**23.0**	(20.2-25.8)
Some Post-H.S.	260	**19.8**	(13.9-25.7)	465	**17.6**	(13.2-22.1)	725	**18.6**	(15.0-22.2)
College Graduate	276	**13.4**	(8.3-18.6)	363	**15.8**	(10.7-20.9)	639	**14.6**	(11.0-18.2)
Income									
Less than $15,000	167	**23.3**	(15.7-30.8)	344	**18.5**	(13.6-23.3)	511	**20.5**	(16.3-24.8)
$15,000- 24,999	252	**31.4**	(24.5-38.2)	454	**23.4**	(18.6-28.1)	706	**26.8**	(22.8-30.8)
$25,000- 34,999	189	**20.3**	(13.7-26.9)	266	**17.7**	(12.2-23.2)	455	**18.9**	(14.7-23.2)
$35,000- 49,999	206	**19.9**	(13.3-26.4)	259	**14.6**	(9.4-19.8)	465	**17.4**	(13.1-21.7)
$50,000- 74,999	165	**13.3**	(7.3-19.2)	220	**11.6**	(6.4-16.8)	385	**12.4**	(8.5-16.4)
$75,000+	182	**17.5**	(10.4-24.6)	145	**12.2**	(5.6-18.8)	327	**15.6**	(10.4-20.8)

Table 12.2: Prevalence of high blood cholesterol among those who have ever had their blood cholesterol checked: WVBRFSS, 2003

Characteristic	Men			Women			Total		
	# Resp.	%	95% CI	# Resp.	%	95% CI	# Resp.	%	95% CI
TOTAL	1,033	**33.8**	(30.7-36.9)	1,682	**41.7**	(39.1-44.4)	2,715	**38.1**	(36.0-40.1)
Age									
18-24	43	**2.7**[a]	(0.0-8.1)	50	**19.1**	(4.9-33.2)	93	**10.5**	(2.8-18.2)
25-34	109	**20.8**	(12.9-28.8)	181	**21.6**	(15.0-28.1)	290	**21.2**	(16.1-26.3)
35-44	168	**30.6**	(25.3-37.8)	252	**29.2**	(22.9-35.6)	420	**29.9**	(25.1-34.6)
45-54	234	**34.9**	(28.5-41.3)	347	**39.8**	(34.2-45.3)	581	**37.4**	(33.2-41.6)
55-64	229	**50.0**	(43.1-56.9)	361	**55.1**	(49.6-60.6)	590	**52.5**	(48.1-56.9)
65+	249	**40.2**	(33.7-46.7)	482	**58.6**	(53.9-63.3)	731	**51.1**	(47.1-55.0)
Education									
Less than H.S.	182	**38.4**	(30.7-46.1)	313	**55.6**	(49.5-61.7)	495	**47.7**	(42.7-52.6)
H.S. or G.E.D.	392	**34.4**	(29.5-39.4)	647	**45.3**	(41.0-49.5)	1,039	**40.3**	(37.0-43.6)
Some Post-H.S.	215	**32.1**	(25.6-38.7)	400	**38.8**	(33.2-44.3)	615	**35.9**	(31.6-40.2)
College Graduate	244	**30.8**	(24.7-36.8)	322	**24.4**	(19.5-29.4)	566	**27.7**	(23.8-31.7)
Income									
Less than $15,000	128	**43.5**	(33.6-53.5)	282	**53.8**	(47.0-60.5)	410	**49.5**	(43.7-55.3)
$15,000- 24,999	188	**41.6**	(34.1-49.2)	367	**45.7**	(40.1-51.3)	555	**44.1**	(39.6-48.6)
$25,000- 34,999	153	**38.4**	(30.2-46.7)	228	**45.6**	(38.5-52.6)	381	**42.3**	(36.9-47.7)
$35,000- 49,999	170	**31.6**	(24.2-38.9)	228	**30.4**	(24.0-36.9)	398	**31.0**	(26.1-35.9)
$50,000- 74,999	143	**26.9**	(19.5-34.2)	200	**34.7**	(27.6-41.8)	343	**30.8**	(25.7-36.0)
$75,000+	159	**30.0**	(22.6-37.4)	132	**22.3**	(14.9-29.7)	291	**27.2**	(21.8-32.6)

a. Use caution in interpreting percentages with N<50.

High Blood Cholesterol: Have ever been told by a doctor or other health professional that their blood cholesterol is high. ***Expressed as a percentage of adults who have ever had their blood cholesterol checked.***

State Prevalence

38.1% (95% CI: 36.0-40.1); 2nd among 54 BRFSS participants.
National prevalence: 33.6% (95% CI: 33.2-33.9).

Time Trends

The prevalence of high blood cholesterol among those ever checked steadily increased from 1995 to 2002. The 2003 prevalence is slightly lower than the 2002 rate of 40.7% but is significantly higher than the 1995 and 1997 rates (30.4% and 32.2%, respectively).

Gender

Men 33.8% (95% CI: 30.7-36.9); **Women 41.7%** (95% CI: 39.1-44.4).
Women had a significantly higher rate of high blood cholesterol than men. Between 2002 and 2003 the prevalence of high cholesterol significantly decreased among men (from 41.1% to 33.8%).

Age

The prevalence of high cholesterol significantly increased with age. Adults aged 55 to 64 were five times as likely to have high cholesterol as those aged 18 to 24 (52.5% versus 10.5%). At ages 65 and older, the prevalence of high cholesterol was significantly higher among women than men (58.6% versus 40.2%).

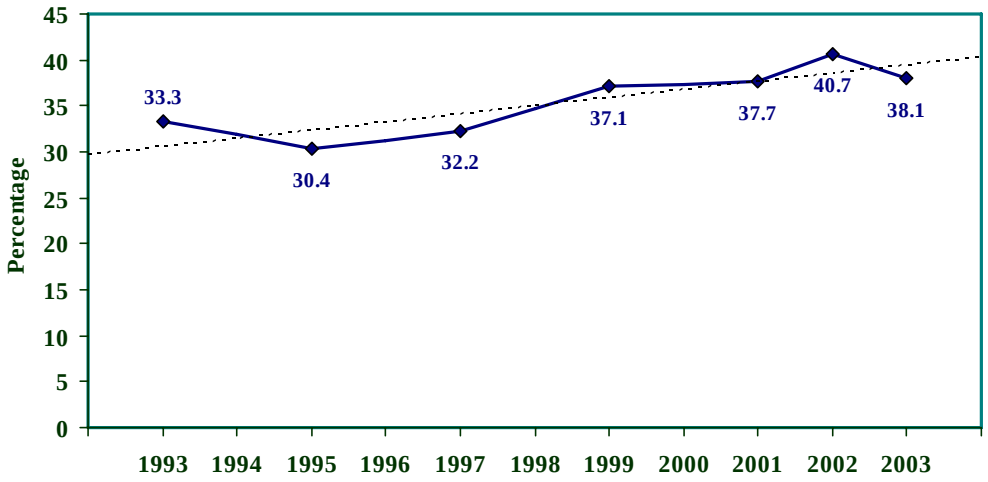
Education

There was a significant inverse relationship between high cholesterol and educational attainment. Adults with a high school diploma/GED (40.3%) or less (47.7%) had significantly higher rates of high cholesterol than college graduates (27.7%). Men were significantly less likely than women to have high cholesterol at the two lowest levels of education.

Household Income

The risk of high cholesterol significantly decreased when household income reached $35,000. Nearly half of adults with an income less than $15,000 had high cholesterol, compared with approximately 27% of those with an annual income of $75,000 or more.

Figure 12.1: Prevalence of high blood cholesterol by year: WVBRFSS, 1993-2003[a]



------- Trend Line

NOTES: Data not available for the years 1994, 1996, 1998, and 2000.
[a] Among those who have ever had their cholesterol checked.