Risk Factors for Heart Disease and Stroke Among the Total U.S. Population, by State

Table A-1. Prevalence of Self-Reported High Blood Pressure Among the Total U.S. Population, by State,Behavioral Risk Factor Surveillance System (BRFSS), 2001 and 2003 Combined*

State	Respondents	%	95% C.I.†		State	State Respondents	State Respondents %
abama	6072	31.8	30.5–33.0		Montana	Montana 7321	Montana 7321 22.9
laska	5470	23.7	22.1-25.3	Nebraska		8601	8601 22.2
rizona	6400	22.8	21.4-24.2	Nevada		5519	5519 24.4
Arkansas	7075	28.8	27.7-29.9	New Hampshire		8959	8959 22.6
California	8712	24.1	23.1-25.1	New Jersey		17000	17000 24.9
Colorado	6048	21.6	20.5-22.7	New Mexico		9067	9067 20.6
Connecticut	12799	22.9	22.2-23.7	New York		9277	9277 25.1
Delaware	7487	27.1	25.9-28.3	North Carolina		15513	15513 27.7
District of Columbia	3834	28.1	26.5-29.7	North Dakota		5468	5468 23.2
Florida	9562	25.2	24.1-26.3	Ohio		7149	7149 25.6
Georgia	12052	28.7	27.7-29.7	Oklahoma		12091	12091 27.5
Hawaii	8751	23.0	22.0-24.0	Oregon		6493	6493 23.6
Idaho	9740	23.9	23.0-24.8	Pennsylvania		7264	7264 25.6
Illinois	7411	24.7	23.7-25.7	Rhode Island		8035	8035 26.2
Indiana	9394	26.0	25.1-26.9	South Carolina		8996	8996 28.7
lowa	8564	23.8	22.9-24.8	South Dakota		10285	10285 23.4
Kansas	9109	23.1	22.2-23.9	Tennessee		5481	5481 29.4
Kentucky	15073	29.5	28.5-30.5	Texas	1	1851	1851 26.2
Louisiana	9978	28.7	27.8-29.7	Utah	76	54	54 22.9
Maine	4750	24.3	23.1-25.5	Vermont	8465	5	5 21.8
Maryland	8739	25.8	24.7-26.8	Virginia	8274		25.4
Massachusetts	15883	22.8	22.0-23.5	Washington	22709		24.1
Michigan	7310	26.8	25.7-27.9	West Virginia	6403		30.9
Minnesota	7829	22.0	21.2-22.9	Wisconsin	7348		23.5
Mississippi	7393	32.8	31.6–33.9	Wyoming	6983		22.9
Missouri	8357	26.1	25.0-27.3	United States	455998		25.5

* Data are based on "yes" responses to the following BRFSS question: "Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?" Data are for adults ≥18 years, are age-adjusted to the 2000 U.S. population, and are weighted for the probability of sampling.

Table A-2. Prevalence of Self-Reported High Cholesterol Among the Total U.S. Population, by State,Behavioral Risk Factor Surveillance System (BRFSS), 2001 and 2003 Combined*

State	Respondents	%	95% C.I.†	State	State Respondents	State Respondents %
Alabama	4766	31.1	29.5–32.6	Montana	Montana 5543	Montana 5543 25.2
Alaska	3953	26.7	24.8-28.6	Nebraska	Nebraska 6411	Nebraska 6411 25.8
Arizona	4957	28.9	27.3-30.6	Nevada	Nevada 4140	Nevada 4140 33.0
Arkansas	5390	28.1	26.8-29.4	New Hampshire	New Hampshire 7526	New Hampshire 7526 29.7
California	6801	29.7	28.5-31.0	New Jersey	New Jersey 14235	New Jersey 14235 29.2
Colorado	4743	28.2	26.8-29.7	New Mexico	New Mexico 6799	New Mexico 6799 23.1
Connecticut	10727	27.3	26.4-28.3	New York	New York 7590	New York 7590 30.1
Delaware	6236	29.9	28.5-31.3	North Carolina	North Carolina 12524	North Carolina 12524 28.9
District of Columbia	3241	28.3	26.5-30.1	North Dakota	North Dakota 4211	North Dakota 4211 26.9
Florida	7816	28.7	27.4-30.0	Ohio	Ohio 5579	Ohio 5579 29.9
Georgia	9652	31.1	29.9-32.3	Oklahoma	Oklahoma 9304	Oklahoma 9304 27.6
Hawaii	6778	23.6	22.3-24.9	Oregon	Oregon 5002	Oregon 5002 28.6
Idaho	7146	27.1	25.9-28.2	Pennsylvania	Pennsylvania 5798	Pennsylvania 5798 29.6
Illinois	5718	29.4	28.1-30.8	Rhode Island	Rhode Island 6836	Rhode Island 6836 30.9
Indiana	7292	29.0	27.9-30.1	South Carolina	South Carolina 7410	South Carolina 7410 28.2
lowa	6769	26.8	25.7-28.0	South Dakota	South Dakota 7911	South Dakota 7911 26.1
Kansas	6947	26.3	25.2-27.4	Tennessee	Tennessee 4198	Tennessee 4198 28.7
Kentucky	11549	30.5	29.3-31.8	Texas	Texas 9011	Texas 9011 30.4
Louisiana	7507	27.0	25.9-28.1	Utah	Utah 5558	Utah 5558 26.8
Maine	3962	28.5	26.9-30.0	Vermont	Vermont 7025	Vermont 7025 27.4
Maryland	7348	30.5	29.1-31.8	Virginia	Virginia 6801	Virginia 6801 29.5
Massachusetts	13335	28.7	27.8-29.6	Washington	Washington 17950	Washington 17950 28.2
Michigan	5989	32.4	31.1–33.8	West Virginia	West Virginia 5168	West Virginia 5168 33.2
Minnesota	6399	27.6	26.5-28.8	Wisconsin	Wisconsin 5827	Wisconsin 5827 27.5
Mississippi	5531	29.3	28.0-35.1	Wyoming	Wyoming 5528	Wyoming 5528 29.5
Missouri	6404	28.7	27.3-30.2	United States	United States 360841	United States 360841 29.3

* Data are based on "yes" responses to the following BRFSS question: "Have you ever been told by a doctor or other health professional that your blood cholesterol is high?" Data are for adults ≥18 years, are age-adjusted to the 2000 U.S. population, and are weighted for the probability of sampling.

Table A-3. Prevalence of Self-Reported Cholesterol Screening Among the Total U.S. Population, by State, Behavioral Risk Factor Surveillance System (BRFSS), 2001 and 2003 Combined*

State	Respondents	%	95% C.I.⁺
Alabama	5919	73.0	71.7–74.2
Alaska	5268	68.9	67.2-70.6
Arizona	6254	71.1	69.4-72.7
Arkansas	6826	69.6	68.4-70.9
California	8581	71.5	70.4-72.6
Colorado	5885	71.5	70.2-72.8
Connecticut	12493	78.5	77.6-79.4
Delaware	7347	77.8	76.5-79.0
District of Columbia	3744	81.2	79.6-82.7
Florida	9356	77.0	75.7-78.2
Georgia	11602	75.5	74.4-76.5
Hawaii	8599	73.3	72.1-74.5
Idaho	9412	66.5	65.4-67.5
Illinois	7249	70.5	69.3-71.7
Indiana	9131	71.7	70.7–72.7
lowa	8308	70.0	68.9-71.2
Kansas	8821	70.3	69.3-71.4
Kentucky	14483	72.7	71.6-73.8
Louisiana	9634	72.3	71.3-73.3
Maine	4610	75.5	74.0-76.9
Maryland	8529	78.6	77.5–79.7
Massachusetts	15466	80.9	80.1-81.6
Michigan	7107	74.1	72.9–75.2
Minnesota	7549	75.6	74.6-76.7
Mississippi	7059	70.6	69.4-71.8
Missouri	8114	70.9	69.6–72.2

* Data are based on "yes" responses to the following BRFSS question: "Have you ever had your blood cholesterol checked?" Data are for adults ≥18 years, are age-adjusted to the 2000 U.S. population, and are weighted for the probability of sampling.

Table A-4. Prevalence of Self-Reported Diabetes Among the Total U.S. Population, by State, Behavioral Risk Factor Surveillance System (BRFSS), 2001–2003*

State	Respondents	%	95% C.I.†
Alabama	9149	8.8	8.2–9.4
Alaska	8152	5.1	4.3–5.8
Arizona	9600	6.2	5.6-6.9
Arkansas	10947	7.3	6.8-7.9
California	12924	7.4	6.8-8.0
Colorado	10075	4.9	4.4-5.4
Connecticut	18273	5.7	5.3-6.1
Delaware	11483	7.1	6.5-7.7
District of Columbia	6196	8.5	7.7–9.4
Florida	15632	7.3	6.8-7.8
Georgia	17057	7.7	7.3-8.2
Hawaii	14688	6.3	5.7-6.8
daho	14755	6.0	5.6-6.4
llinois	14481	7.0	6.5-7.4
ndiana	15129	7.2	6.8-7.6
owa	12210	5.9	5.4-6.3
Kansas	13682	5.9	5.5-6.3
Kentucky	22083	7.3	6.9-7.8
_ouisiana	14976	7.9	7.4-8.4
Maine	7172	6.7	6.1-7.3
Maryland	13081	7.0	6.4-7.5
Massachusetts	23228	5.7	5.3-6.0
Michigan	13203	7.6	7.1-8.1
Minnesota	12319	4.9	4.5-5.3
Mississippi	11446	9.7	9.1–10.3
Missouri	13054	6.7	6.1-7.2

* Data are based on "yes" responses to the following BRFSS question: "Have you ever been told by a doctor that you have diabetes?" Data are for adults ≥18 years, are age-adjusted to the 2000 U.S. population, and are weighted for the probability of sampling.

Table A-5. Prevalence of Self-Reported Cigarette Smoking Among the Total U.S. Population, by State, Behavioral Risk Factor Surveillance System (BRFSS), 2001–2003*

State	Respondents	%	95% C.I.⁺
labama	9146	24.7	23.7–25.8
aska	8142	26.2	24.7-27.6
zona	9597	22.2	20.8-23.5
Arkansas	10928	26.1	25.1-27.1
California	12910	16.6	15.8–17.4
Colorado	10061	20.0	19.1-21.0
Connecticut	18236	20.1	19.3–20.8
Delaware	11476	24.1	22.9-25.2
District of Columbia	6184	21.2	19.9–22.5
Florida	15605	24.1	23.1-25.0
Georgia	17016	22.8	22.0-23.7
Hawaii	14710	19.7	18.9-20.6
ldaho	14730	19.7	18.9–20.5
llinois	14457	23.2	22.4-24.0
Indiana	15122	27.2	26.4-28.0
lowa	12192	22.9	22.0-23.8
Kansas	13677	21.7	20.9-22.5
Kentucky	22055	31.6	30.6-32.5
Louisiana	14929	25.0	24.2-25.8
Maine	7164	24.4	23.2-25.5
Maryland	13046	20.9	20.0-21.9
Massachusetts	23178	19.4	18.8–20.1
Michigan	13194	25.4	24.5-26.3
Minnesota	12295	21.6	20.8-22.5
Mississippi	11419	26.1	25.1–27.0
Missouri	13027	27.0	25.9-28.1

* Data are based on "yes" responses to the following BRFSS question: "Have you smoked at least 100 cigarettes in your entire life?" Respondents who answered "yes" were then asked, "Do you now smoke every day, some days, or not at all?" People who reported smoking at least 100 cigarettes in their lifetime and smoking now every day or some days were defined as current smokers. Data are for adults ≥18 years, are age-adjusted to the 2000 U.S. population, and are weighted for the probability of sampling.

Table A-6. Prevalence of Self-Reported Obesity Among the Total U.S. Population, by State, Behavioral Risk Factor Surveillance System (BRFSS), 2001–2003*

State	Respondents	%	95% C.I.†
bama	8838	26.4	25.3-27.4
iska	7891	23.3	21.9-24.7
izona	9162	19.6	18.4–20.8
Arkansas	10543	24.0	21.1-25.0
California	12517	21.5	20.6-22.3
Colorado	9723	15.8	14.9-16.6
Connecticut	17266	18.2	17.5–18.9
Delaware	10901	22.4	21.4-23.4
District of Columbia	5941	21.0	19.6-22.4
Florida	14847	19.2	18.4-20.1
Georgia	16328	23.8	22.9-24.7
Hawaii	14312	17.2	16.3–18.1
daho	14094	21.0	20.2-21.8
linois	13701	22.2	21.3-23.0
ndiana	14546	25.0	24.2-25.8
owa	11679	23.3	22.4-24.2
Kansas	12994	22.6	21.8-23.4
Kentucky	20933	24.9	24.0-25.8
₋ouisiana	14250	25.1	24.3-25.9
Vaine	6824	19.8	18.8-20.9
Maryland	12516	20.3	19.4–21.2
Massachusetts	21917	17.2	16.6–17.8
Michigan	12791	25.1	24.2-26.0
Minnesota	11951	21.7	20.9-22.5
Mississippi	10928	27.5	26.5-28.5
Missouri	12562	23.5	22.5-24.5

* Data are based on self-reported height and weight from the BRFSS, which were used to calculate body mass index (BMI) using the following formula: {[Weight in lbs. x 0.4536]/[(height in inches x 0.2540)2]} x 100. BMI ≥30.0 was considered obese. Data are for adults ≥18 years, are age-adjusted to the 2000 U.S. population, and are weighted for the probability of sampling.

Table A-7. Prevalence of Self-Reported Physical Inactivity Among the Total U.S. Population, by State, Behavioral Risk Factor Surveillance System (BRFSS), 2001–2003*

State	Respondents	%	95% C.I.†
Alabama	9154	29.3	28.3–30.4
Alaska	8156	21.9	20.5-23.3
Arizona	9604	21.8	20.6-23.1
Arkansas	10945	29.0	28.0-30.0
California	12673	23.9	23.0-24.9
Colorado	10075	18.7	17.8–19.7
Connecticut	18286	22.1	21.4-22.9
Delaware	11492	26.4	25.3-27.4
District of Columbia	6196	22.8	21.5-24.2
Florida	15639	27.2	26.2-28.2
Georgia	17064	26.3	25.4-27.2
Hawaii	14722	17.7	16.9–18.5
Idaho	14752	19.8	19.0-20.5
Illinois	14484	27.0	26.1-27.9
Indiana	15135	26.7	225.9-27.5
lowa	12213	22.9	22.1-23.8
Kansas	13697	24.9	24.1-25.7
Kentucky	22116	30.2	29.3-31.0
Louisiana	14978	33.3	32.5-34.2
Maine	7174	22.7	21.6-23.7
Maryland	13090	23.0	22.0-23.9
Massachusetts	23248	21.7	21.0-22.3
Michigan	13213	23.0	22.1-23.9
Minnesota	12333	16.1	15.4–16.9
Mississippi	11457	32.2	31.2–33.2
Missouri	13054	25.8	24.8-26.8

* Data are based on "no" responses to the following BRFSS question: "During the past month, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?" Data are for adults ≥18 years, are age-adjusted to the 2000 U.S. population, and are weighted for the probability of sampling. [↑] Confidence interval.

Table A-8. Prevalence of Self-Reported Poor Health Among the Total U.S. Population, by State, Behavioral Risk Factor Surveillance System (BRFSS), 2001–2003*

State	Respondents	%	95% C.I.†
Alabama	9136	20.0	19.2–20.9
Alaska	8151	13.3	12.2–14.4
rizona	9555	15.6	14.5–16.7
Arkansas	10928	18.8	18.0-18.6
California	12925	15.9	15.1–16.7
Colorado	10062	13.0	12.2-13.8
Connecticut	18241	11.8	11.2–12.4
Delaware	11483	13.9	13.0–14.7
District of Columbia	6181	12.7	11.7–13.7
Florida	15550	15.4	14.6-16.2
Georgia	17021	16.7	16.0–17.4
Hawaii	14710	11.8	11.1–12.5
Idaho	14732	13.5	12.9–14.1
Illinois	14471	14.6	13.9–15.2
Indiana	15111	15.7	15.0–16.3
lowa	12185	11.1	10.4–11.7
Kansas	13666	12.5	11.9–13.1
Kentucky	22069	22.6	21.8-23.3
Louisiana	14910	17.2	16.5–17.9
Maine	7151	13.6	12.7–14.4
Maryland	13063	12.7	12.0–13.5
Massachusetts	23177	12.5	11.9–13.0
Michigan	13197	14.3	13.6–15.0
Minnesota	12309	11.1	10.5–11.7
Mississippi	11414	23.2	22.4-24.1
Missouri	13030	16.3	15.5–17.1

* Data are based on people who answered "poor" to the following BRFSS question: "Would you say that in general your health is excellent, very good, good, fair, or poor?" Data are for adults ≥18 years, are age-adjusted to the 2000 U.S. population, and are weighted for the probability of sampling.