



# **Nevada Behavioral Risk Factor Surveillance System 2009 Annual Report (2009 Data)**

**Department of Health and Human Services  
Nevada State Health Division  
Bureau of Health Statistics, Planning, Epidemiology, and Response  
Office of Health Statistics and Surveillance**

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2009 Annual Report  
(2009 Data)**

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## The Behavioral Risk Factor Surveillance System (BRFSS)

### BRFSS: General Information

The Behavioral Risk Factor Surveillance System (BRFSS) is primarily funded by the Centers for Disease Control and Prevention (CDC), but various state programs may fund additional modules or questions. This is the largest telephone health survey in the world and is conducted in all 50 states, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, and Guam. The BRFSS surveys adults eighteen years of age or older; in 2009, 3,840 adults were surveyed in Nevada. The BRFSS contains core questions that are asked in all states and territories allowing for national as well as state-to-state comparisons. In addition, optional modules are also available and state-specific questions may be added to address state-specific needs. The BRFSS is used to assess risk for chronic disease, identify demographic differences in health-related behaviors, address emerging health issues, evaluate public health policies and programs, assess special populations, and measure progress toward achieving state and national health objectives. Many states also use BRFSS data to support health-related legislative efforts. BRFSS information as well as survey results are available online at <http://www.cdc.gov/brfss/>.

### BRFSS Questionnaire

The “core” questionnaire consists of standard questions designed and tested by the CDC and are administered by all states and territories. In addition to the core sample set, the Health Division also asked questions from four additional modules: diabetes, binge drinking, random child selection, and childhood asthma prevalence. Some topics are on a rotating core and are asked every other year. Data tables are provided with indicator results broken out in selected demographics: Gender, Age Group, Race/ethnicity, Highest Education Level Attained, Income, and Region. Due to different non-response rates for each question, the total responses for a selected indicator will vary among demographic data. Topics addressed by the 2009 set of core questions include:

- **Alcohol and Tobacco Use:** including current smokers, heavy drinking, and binge drinking.
- **Asthma:** including individuals that have ever had asthma and those that currently have asthma.
- **Blood Pressure and Cholesterol:** including having high blood pressure or cholesterol and the time since these parameters were last checked.
- **Cardiovascular:** including stroke, heart attack, and cardiovascular disease.
- **Diabetes:** including diabetes, pre-diabetes, fecal occult blood test and A1C testing.



**BRFSS  
Questionnaire  
Continued**

- **Disability:** measured by individuals who have limited activities and who require special equipment such as a cane, wheelchair, special bed, or special telephone.
- **Health Status:** including general, mental, and physical health and interruptions of daily routines because of health conditions.
- **Healthcare Access:** indicators include, having health insurance, not able to see a doctor because of cost, and the time since the last routine checkup.
- **Immunization:** Nevada adults 65 years of age or older who have had pneumonia and flu vaccinations.
- **Safety:** including seat belt usage and falls resulting in injury.
- **Overweight and Obesity:** measured by body-mass index (BMI). A BMI greater than 25 and less than 30 is classified as overweight and a BMI of 30 or greater is classified as obese.
- **Tobacco:** Cigarette and smokeless tobacco use.

**The BRFSS  
Process and  
Methodology**

The BRFSS survey development is a collaborative effort involving program representatives from the National Center for Chronic Disease Prevention and Health Promotion (NCCDPHP) and other parts of CDC. In addition, input is received from all participating states concerning core components and optional modules. Taking into consideration state priorities and potential funding, the Behavioral Surveillance Branch (BSB) produces data processing layouts with core components and optional modules. States use this layout and add optional questions they have designed or acquired.

The Center for Research Design and Analysis (CRDA) at the University of Nevada, Reno, was contracted to conduct the Nevada 2008 BRFSS telephone interviews according to protocols detailed in the BRFSS Operational and User's Guide which is available at the following website:

<ftp://ftp.cdc.gov/pub/Data/Brfss/userguide.pdf>.

Samples are provided monthly from BSB who utilize disproportionate stratified random sampling to differentiate between sets of phone numbers containing a large proportion of target numbers (high density stratum) and a set that contains a smaller proportion of target numbers (medium density stratum). Telephone numbers in the high density stratum are sampled at the highest rate.

The State Contractor then conducts monthly interviews with the prescribed protocol, and incorporates surveillance results into computer-assisted telephone interviewing (CATI) computer files. Data is submitted monthly to BSB who weights the data annually according to state-specific population estimates. BSB produces and distributes yearly state-specific and nationwide data sets of risk-factor prevalence estimates to be used by states and BSB for analyses and publications.



## Healthy People Initiative

The Healthy People (HP) Initiative is a national strategy for significantly improving the health of Americans and provides a framework for national, state and local health agencies, as well as non-government entities, to assess health status, health behaviors, and health services. The HP Initiative began as an offshoot from the 1979 the Surgeon General's Report, *Health Promotion and Disease Prevention*, which was followed in 1980 by the report, *Promoting Health/Preventing Disease: Objectives For a Nation*, which detailed 226 health objectives to be reached by 1990. Subsequently the HP 2010 and HP 2020 were developed that documented objectives to be reached by 2010 and 2020 respectively. The goals of the HP Initiative are to increase quality and years of healthy life and eliminate health disparities. Whenever applicable, HP 2010 objectives are included in this report along with their corresponding health indicators. Information on the Healthy People Initiative can be obtained online at <http://www.healthypeople.gov/lhi/>.

## Highlights From the 2009 BRFSS Survey

### Alcohol Consumption

- The prevalence estimate for Nevada adults participating in binge drinking (males having five or more drinks on one occasion, females having four or more drinks on one occasion) is 17.5% compared to the national estimate of 13.4%.
- The 2009 estimate of Nevada adult males participating in binge drinking is over twice that of Nevada adult females (23.7% and 11.2% respectively).

### Asthma

- 13.9% of Nevada adults reported that they have ever had asthma and 9.1% reported they currently have asthma.

### Blood Pressure and Cholesterol

- The prevalence estimate for Nevada Adults who have high blood pressure or high cholesterol are 27.5% and 38.6% respectively (similar to the national estimates of 28.7% and 37.5).

### Cardiovascular

- Consistent with national data, heart attacks among Nevada Men are higher than Nevada females (5.92% and 3.95% respectively).
- Nevada adults in the lower income brackets reported a higher prevalence of heart attacks, strokes, and cardiovascular disease than those in higher income brackets.

**Highlights  
From the 2009  
BRFSS Survey  
Continued**

**Diabetes**

- The 2009 prevalence estimate for diabetes among Nevada adults is 7.9%.
- Diabetes prevalence among Nevada adults is highest among the African American population at 12.5%.

**Disability**

- The 2009 estimate for Nevada adults who are limited in any activities do to physical, mental, or emotional problems is 18.9%.
- The 2009 estimate of Nevada adults requiring special equipment, such as a cane, wheelchair, special bed, or telephone is 7.5%.
- Nevada adults reporting any limited activities because of physical, mental, or emotional problems is higher among those in lower income brackets.

**Health Status**

- In 2009, 19.9% of Nevada adults perceived their health status to be excellent, 34.4% perceived their health status to be very good, 29.8% perceived their health status to be good, 11.6% perceived their health status to be fair, and only 4.4% perceived their health status to be poor.
- 17.8% of Nevada adults reported that poor physical or mental health had kept them from doing their usual activities on 10 or more of the last 30 days.
- 24.5% of Nevada adults had not participated in any physical activity other than their regular job in the past 30 days.

**Healthcare Access**

- The 2009 estimate for Nevada Adults without health insurance is 19.5% and 30.0% do not have a personal doctor or healthcare provider.
- Over 10% of Nevadans have not had a routine checkup in the past five years.

**Immunizations**

- In 2009, 63.6% of Nevada adults 65 years of age or older received a flu vaccination within the past year.
- 67.7% of Nevada adults 65 years of age or older have ever received a pneumonia vaccination.

**Highlights  
From the 2009  
BRFSS Survey  
Continued**

**Smoking**

- 22.1% of Nevada adults are current smokers compared to the national value of 17.9%.
- The prevalence of smoking among Nevada adults is greater among individuals with less education and those in the lower income brackets.

**Weight Status**

- 36.6% of Nevada adults are designated as overweight (BMI 25.0 to 29.9) and 26.4% are designated as obese (BMI 30.0 or greater).

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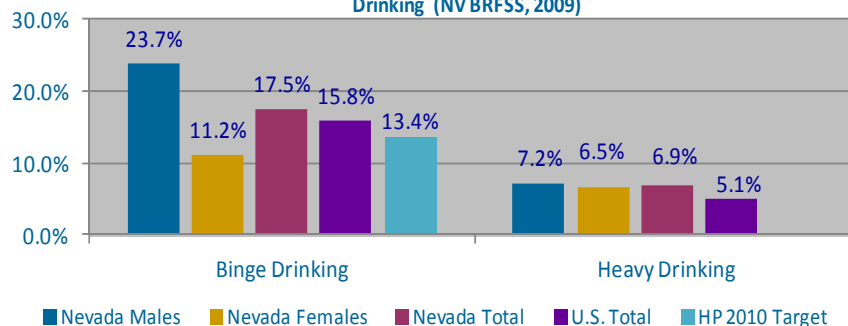
**Table 1: BRFSS Respondent Demographics (NV BRFSS, 2009)**

- ◇ Distribution of respondents for the 2009 BRFSS by sex, age group, race, education, income, and region.
- ◇ There were 3,840 total surveys conducted in the 2009 survey.

Demographic	Grouping	N	Weighted Frequency	Percent
<b>Gender</b>	Male	1,526	1,000,093	50.63 (47.83-53.43)
	Female	2,314	975,145	49.37 (46.57-52.17)
<b>Age Group</b>	18 - 24	95	145,545	7.37 ( 5.49- 9.25)
	25 - 34	343	462,629	23.42 (20.40-26.45)
	35 - 44	546	389,162	19.70 (17.53-21.87)
	45 - 54	718	367,865	18.62 (16.70-20.55)
	55 - 64	921	301,922	15.29 (13.80-16.77)
	65+	1,217	308,115	15.60 (14.25-16.94)
<b>Race/Ethnicity</b>	White	3,106	1,397,609	70.76 (67.92-73.59)
	Black	112	95,141	4.82 ( 3.56- 6.08)
	Other Race	269	169,024	8.56 ( 6.73-10.38)
	Hispanic	303	293,052	14.84 (12.39-17.28)
<b>Education</b>	Less than H.S.	232	145,722	7.38 ( 5.76- 9.00)
	H.S. or G.E.D.	1,089	580,989	29.41 (26.77-32.06)
	Some Post H.S.	1,294	607,748	30.77 (28.22-33.31)
	College Graduate	1,212	636,357	32.22 (29.66-34.78)
<b>Income</b>	< \$15,000	306	133,704	6.77 ( 5.27- 8.26)
	\$15,000 to \$24,999	565	275,455	13.95 (11.84-16.05)
	\$25,000 to \$34,999	360	174,570	8.84 ( 7.12-10.56)
	\$35,000 to \$49,999	519	252,973	12.81 (10.95-14.66)
	\$50,000 to \$74,999	622	320,834	16.24 (14.28-18.21)
	\$75,000+	1,001	602,895	30.52 (27.94-33.10)
<b>Region</b>	Clark County	1,221	1,405,009	71.13 (69.89-72.37)
	Washoe County	1,260	317,480	16.07 (15.21-16.93)
	Balance of State	1,359	252,748	12.80 (12.06-13.53)

## Alcohol

Chart 1 Nevada Adults Engaged in Drinking and Driving, Binge Drinking, and Heavy Drinking (NV BRFSS, 2009)



A substantial proportion of the population drinks alcohol. 17.5% of Nevada adults 18 years of age or older reported binge drinking on at least one occasion within the last month, and 6.9% were categorized as “Heavy Drinkers.” This translates to about 354,916 and 139,938 individuals respectively.

Long-term heavy drinking increases the risk for high blood pressure, heart muscle disorders (cardiomyopathy), and stroke, as well as certain forms of cancer, especially of the esophagus, mouth, throat and larynx.<sup>1,2</sup>

Alcohol has been linked with a substantial proportion of injuries and deaths from motor vehicle crashes, falls, fires, and drowning.<sup>3</sup> In 2008, 5.1% of Nevadans reported driving at least once in the past 30 days after having too much to drink, translating into about 108,939 individuals. The percent of Nevada men reporting driving when they have had too much to drink in 2008 was over three times higher than women, 7.3% and 2.2% respectively\*.

\*The BRFSS question, “During the past 30 days, how many times have you driven when you’ve had perhaps too much to drink,” is asked every even year and was not asked in 2009.

Table 2: Selected Alcohol Use Indicators For Nevada and the United States (BRFSS, 2009)

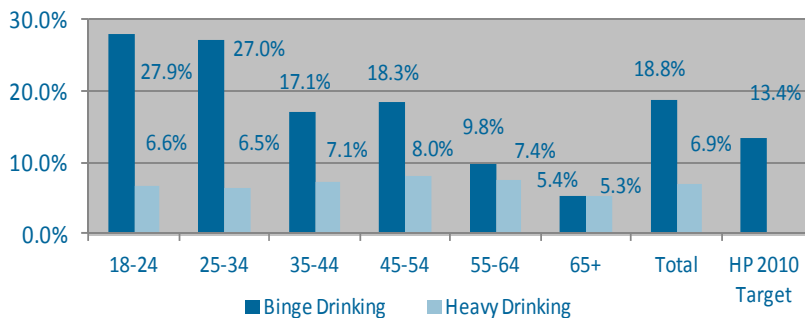
Health Indicator	Nevada	United States & D.C.
1. Heavy drinkers (adult men having more than two drinks per day and adult women having more than one drink per day)		
A. Percent of Men	7.2%	5.8%
B. Percent of Women	6.5%	4.2%
C. Percent of Total Population	6.9%	5.1%
2. Binge drinkers (males having five or more drinks on one occasion, females having four or more drinks on one occasion)		
A. Percent of Men	23.7%	21.3%
B. Percent of Women	11.2%	10.6%
C. Percent of Total Population	17.5%	13.4%

### Alcohol Consumption

- ◇ Heavy drinkers are defined as adult men having more than two drinks per day and adult women having more than one drink per day.
- ◇ Binge drinkers are defined as adult men having five or more drinks on one occasion and adult females having four or more drinks on one occasion.

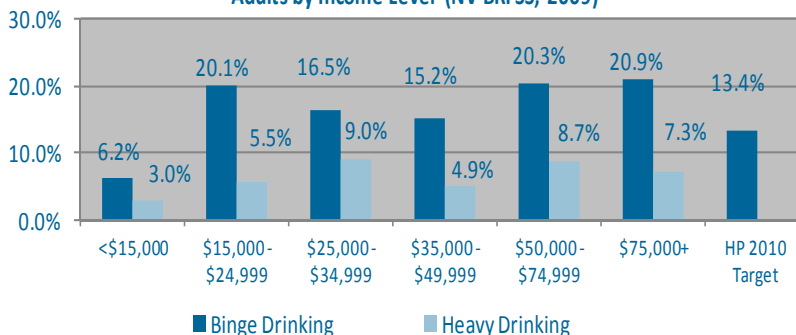
Nevada adults in the younger age groups have a higher prevalence rate for binge drinking than individuals in older age groups.

**Chart 2: Binge Drinking and Heavy Drinking Prevalence Among Nevada Adults by Age Group (NV BRFSS, 2009)**



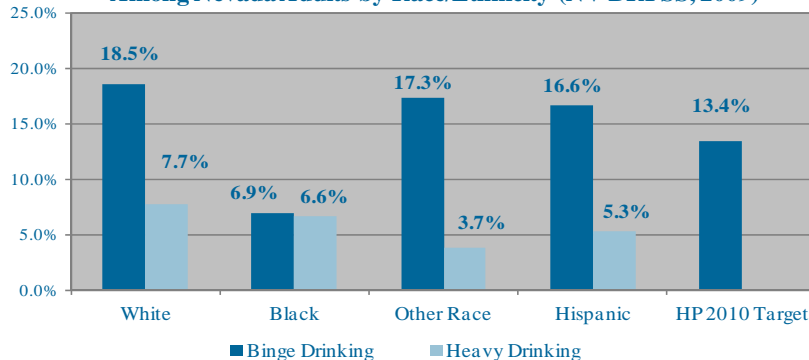
Nevada adults making less than \$15,000 had the lowest prevalence rate for binge drinking and heavy drinking.

**Chart 3: Binge Drinking and Heavy Drinking Prevalence of Among Nevada Adults by Income Level (NV BRFSS, 2009)**



Evidence suggests that Nevada Blacks have the lowest prevalence rate for binge drinking than whites, Hispanics and other races.

**Chart 4: Binge Drinking and Heavy Drinking Prevalence Among Nevada Adults by Race/Ethnicity (NV BRFSS, 2009)**



**Table 3: Heavy Drinking by Demographics and Region**  
Heavy drinkers are defined as adult men having more than two drinks per day and adult women having more than one drink per day.

Demographic	Grouping	N	Yes	No
<b>Nevada</b>	Statewide	3,716	6.86 ( 5.48- 8.24)	93.14 (91.76-94.52)
<b>Gender</b>	Male	1,477	7.16 ( 5.25- 9.07)	92.84 (90.93-94.75)
	Female	2,239	6.54 ( 4.54- 8.55)	93.46 (91.45-95.46)
<b>Age Group</b>	18 - 24	92	6.57 ( 1.44-11.69)	93.43 (88.31-98.56)
	25 - 34	329	6.48 ( 2.55-10.41)	93.52 (89.59-97.45)
	35 - 44	541	7.12 ( 4.02-10.22)	92.88 (89.78-95.98)
	45 - 54	695	8.00 ( 4.94-11.06)	92.00 (88.94-95.06)
	55 - 64	882	7.44 ( 4.78-10.10)	92.56 (89.90-95.22)
	65+	1,177	5.30 ( 3.42- 7.18)	94.70 (92.82-96.58)
<b>Race</b>	White	3,011	7.65 ( 5.93- 9.37)	92.35 (90.63-94.07)
	Black	108	6.63 ( 0.07-13.20)	93.37 (86.80-99.93)
	Other Race	261	3.73 ( 1.19- 6.27)	96.27 (93.73-98.81)
	Hispanic	293	5.26 ( 1.83- 8.68)	94.74 (91.32-98.17)
<b>Education</b>	Less than H.S.	224	6.37 ( 1.50-11.25)	93.63 (88.75-98.50)
	H.S. or G.E.D.	1,051	8.30 ( 4.89-11.70)	91.70 (88.30-95.11)
	Some Post H.S.	1,256	5.00 ( 3.45- 6.55)	95.00 (93.45-96.55)
	College Graduate	1,177	7.49 ( 5.17- 9.81)	92.51 (90.19-94.83)
<b>Income</b>	< \$15,000	293	3.01 ( 0.36- 5.67)	96.99 (94.33-99.64)
	\$15,000 to \$24,999	555	5.49 ( 2.61- 8.37)	94.51 (91.63-97.39)
	\$25,000 to \$34,999	352	9.01 ( 0.43-17.58)	90.99 (82.42-99.57)
	\$35,000 to \$49,999	504	4.89 ( 2.25- 7.54)	95.11 (92.46-97.75)
	\$50,000 to \$74,999	605	8.71 ( 5.63-11.79)	91.29 (88.21-94.37)
	\$75,000+	980	7.26 ( 5.01- 9.50)	92.74 (90.50-94.99)
<b>Region</b>	Clark County	1,179	6.13 ( 4.31- 7.95)	93.87 (92.05-95.69)
	Washoe County	1,219	8.78 ( 6.62-10.94)	91.22 (89.06-93.38)
	Balance of State	1,318	8.49 ( 5.90-11.08)	91.51 (88.92-94.10)

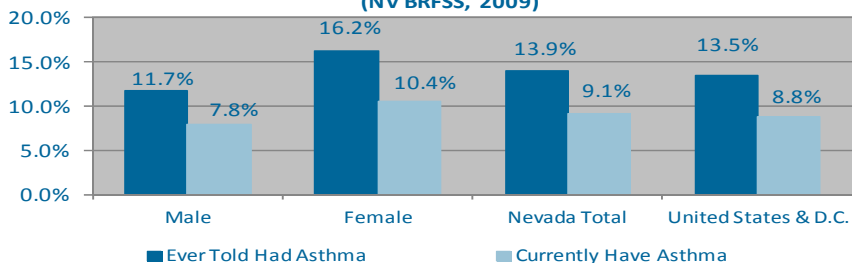


**Table 4: Binge Drinking by Demographics and Region**  
Binge drinkers are defined as adult men having five or more drinks on one occasion and adult females having four or more drinks on one occasion.

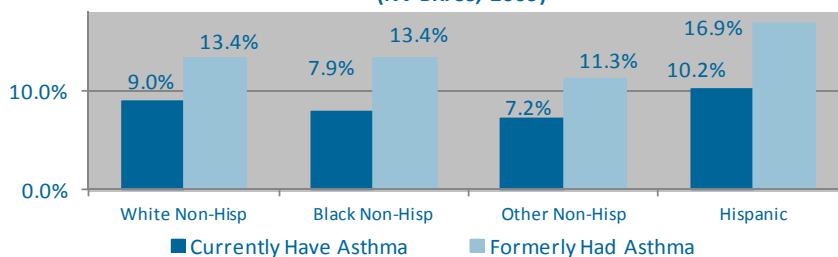
Demographic	Grouping	N	Yes	No
<b>Nevada</b>	Statewide	3,755	17.48 (14.99-19.97)	82.52 (80.03-85.01)
<b>Gender</b>	Male	1,490	23.65 (19.52-27.79)	76.35 (72.21-80.48)
	Female	2,265	11.15 ( 8.58-13.72)	88.85 (86.28-91.42)
<b>Age Group</b>	18 - 24	92	27.93 (14.47-41.40)	72.07 (58.60-85.53)
	25 - 34	333	27.03 (19.30-34.76)	72.97 (65.24-80.70)
	35 - 44	540	17.05 (12.60-21.50)	82.95 (78.50-87.40)
	45 - 54	705	18.31 (13.83-22.79)	81.69 (77.21-86.17)
	55 - 64	892	9.79 ( 6.81-12.77)	90.21 (87.23-93.19)
	65+	1,193	5.40 ( 3.43- 7.38)	94.60 (92.62-96.57)
<b>Race</b>	White	3,044	18.45 (15.66-21.25)	81.55 (78.75-84.34)
	Black	109	6.94 ( 0.31-13.57)	93.06 (86.43-99.69)
	Other Race	265	17.26 ( 8.59-25.93)	82.74 (74.07-91.41)
	Hispanic	293	16.59 ( 8.08-25.10)	83.41 (74.90-91.92)
<b>Education</b>	Less than H.S.	227	14.91 ( 6.30-23.52)	85.09 (76.48-93.70)
	H.S. or G.E.D.	1,060	18.50 (13.08-23.92)	81.50 (76.08-86.92)
	Some Post H.S.	1,265	16.84 (12.66-21.03)	83.16 (78.97-87.34)
	College Graduate	1,192	17.85 (13.86-21.85)	82.15 (78.15-86.14)
<b>Income</b>	< \$15,000	297	6.19 ( 2.36-10.01)	93.81 (89.99-97.64)
	\$15,000 to \$24,999	553	20.12 (11.40-28.84)	79.88 (71.16-88.60)
	\$25,000 to \$34,999	356	16.47 ( 7.00-25.94)	83.53 (74.06-93.00)
	\$35,000 to \$49,999	510	15.16 ( 8.96-21.36)	84.84 (78.64-91.04)
	\$50,000 to \$74,999	611	20.32 (14.88-25.77)	79.68 (74.23-85.12)
	\$75,000+	983	20.91 (16.22-25.60)	79.09 (74.40-83.78)
<b>Region</b>	Clark County	1,191	17.56 (14.17-20.94)	82.44 (79.06-85.83)
	Washoe County	1,236	17.28 (14.21-20.35)	82.72 (79.65-85.79)
	Balance of State	1,328	17.31 (13.91-20.71)	82.69 (79.29-86.09)

# Asthma

**Chart 5: Nevada Adults Who Have Ever Been Told That They Had Asthma and Those That Currently Have Asthma by Sex (NV BRFSS, 2009)**



**Chart 6: Nevada Adults Who Have Ever Been Told That They Had Asthma and Those that Currently Have Asthma by Race/Ethnicity (NV BRFSS, 2009)**



A CDC 2007 Study showed 34 million people (11.5 percent) or 1 in 9 Americans had been diagnosed with asthma during their lifetimes.<sup>1</sup>

Effective management of asthma comprises four major components: controlling exposure to factors that trigger asthma episodes, managing asthma with medicine, monitoring the disease, and educating asthma patients on when and how to take medications correctly and what to do when asthma worsens.<sup>2,3,4</sup>

Asthma is one of the most common principal emergency room diagnoses. Data suggests that uneven distribution of costs of asthma relates to non-scheduled acute or emergency care, indicating poor asthma management and suboptimal outcomes.<sup>5</sup>

The lifetime asthma and current asthma prevalence rate in Nevada mimics the national prevalence rates.<sup>17,18,19</sup>

**Table 5: Selected Asthma Indicators For Nevada and the United States (BRFSS, 2009)**

Health Indicator	Nevada	United States
1. Have you ever been told by a doctor, nurse, or other health professional that you had asthma?	13.9%	13.5%
2. Do you still have asthma?	9.1%	8.8%

**Table 6: Ever Had Asthma by Demographics and Region**

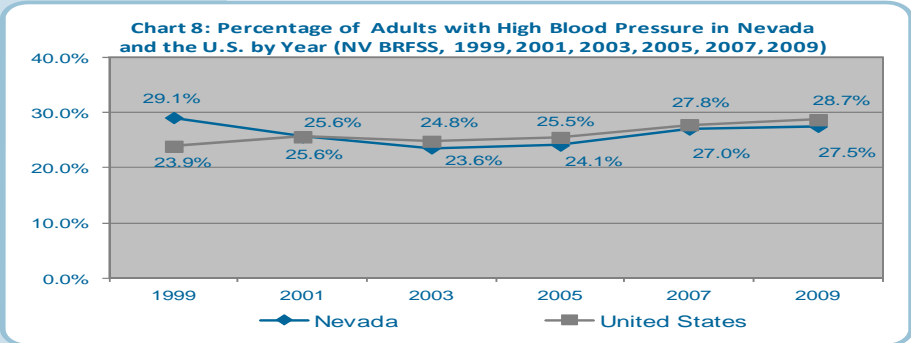
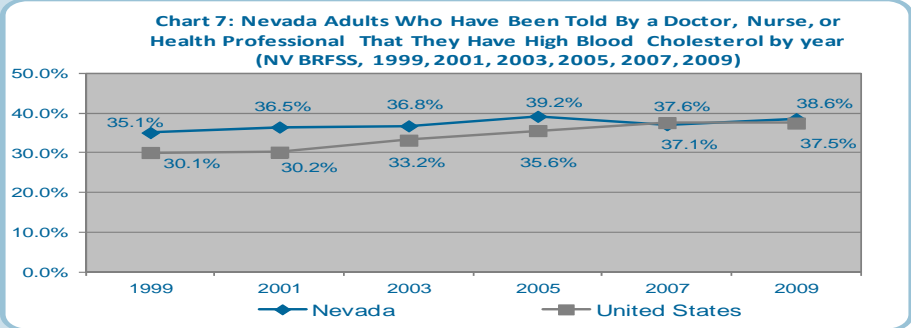
◇ “Have you ever been told by a doctor, nurse, or other health professional that you had asthma?”

Demographic	Grouping	N	Yes	No
<b>Nevada</b>	Statewide	3,839	13.89 (11.93-15.85)	86.11 (84.15-88.07)
<b>Gender</b>	Male	1,525	11.65 ( 8.71-14.59)	88.35 (85.41-91.29)
	Female	2,314	16.19 (13.60-18.78)	83.81 (81.22-86.40)
<b>Age Group</b>	18 - 24	95	26.15 (13.34-38.97)	73.85 (61.03-86.66)
	25 - 34	343	12.48 ( 7.35-17.62)	87.52 (82.38-92.65)
	35 - 44	546	11.03 ( 7.41-14.64)	88.97 (85.36-92.59)
	45 - 54	717	14.70 (10.65-18.76)	85.30 (81.24-89.35)
	55 - 64	921	14.60 (11.13-18.08)	85.40 (81.92-88.87)
	65+	1,217	12.17 ( 9.50-14.83)	87.83 (85.17-90.50)
<b>Race</b>	White	3,105	13.41 (11.24-15.58)	86.59 (84.42-88.76)
	Black	112	13.40 ( 5.82-20.98)	86.60 (79.02-94.18)
	Other Race	269	11.30 ( 6.26-16.33)	88.70 (83.67-93.74)
	Hispanic	303	16.89 ( 9.74-24.03)	83.11 (75.97-90.26)
<b>Education</b>	Less than H.S.	232	13.71 ( 6.13-21.30)	86.29 (78.70-93.87)
	H.S. or G.E.D.	1,089	14.75 (10.71-18.79)	85.25 (81.21-89.29)
	Some Post H.S.	1,293	15.71 (12.30-19.13)	84.29 (80.87-87.70)
	College Graduate	1,212	11.30 ( 8.13-14.46)	88.70 (85.54-91.87)
<b>Income</b>	< \$15,000	306	19.57 (11.52-27.63)	80.43 (72.37-88.48)
	\$15,000 to \$24,999	565	14.48 ( 8.24-20.73)	85.52 (79.27-91.76)
	\$25,000 to \$34,999	360	16.91 ( 9.34-24.48)	83.09 (75.52-90.66)
	\$35,000 to \$49,999	519	14.72 ( 9.19-20.25)	85.28 (79.75-90.81)
	\$50,000 to \$74,999	621	11.52 ( 7.06-15.98)	88.48 (84.02-92.94)
	\$75,000+	1,001	11.58 ( 8.30-14.87)	88.42 (85.13-91.70)
<b>Region</b>	Clark County	1,220	14.04 (11.39-16.69)	85.96 (83.31-88.61)
	Washoe County	1,260	14.38 (11.58-17.19)	85.62 (82.81-88.42)
	Balance of State	1,359	12.45 (10.02-14.88)	87.55 (85.12-89.98)

**Table 7: Asthma Data by Demographics and Region**  
◇ “Do you currently have asthma?”

Demographic	Grouping	N	Yes	No
<b>Nevada</b>	Statewide	3,826	9.05 ( 7.38-10.72)	90.95 (89.28-92.62)
<b>Gender</b>	Male	1,520	7.78 ( 5.09-10.48)	92.22 (89.52-94.91)
	Female	2,306	10.35 ( 8.38-12.31)	89.65 (87.69-91.62)
<b>Age Group</b>	18 - 24	93	10.02 ( 0.29-19.74)	89.98 (80.26-99.71)
	25 - 34	342	8.30 ( 3.76-12.84)	91.70 (87.16-96.24)
	35 - 44	545	8.41 ( 5.11-11.71)	91.59 (88.29-94.89)
	45 - 54	715	10.56 ( 6.85-14.28)	89.44 (85.72-93.15)
	55 - 64	920	9.49 ( 6.65-12.33)	90.51 (87.67-93.35)
	65+	1,211	8.30 ( 6.06-10.54)	91.70 (89.46-93.94)
<b>Race</b>	White	3,095	8.97 ( 7.08-10.85)	91.03 (89.15-92.92)
	Black	112	7.87 ( 2.24-13.49)	92.13 (86.51-97.76)
	Other Race	268	7.18 ( 3.07-11.29)	92.82 (88.71-96.93)
	Hispanic	301	10.16 ( 4.19-16.12)	89.84 (83.88-95.81)
<b>Education</b>	Less than H.S.	229	9.91 ( 3.02-16.80)	90.09 (83.20-96.98)
	H.S. or G.E.D.	1,085	9.82 ( 6.37-13.27)	90.18 (86.73-93.63)
	Some Post H.S.	1,290	10.35 ( 7.45-13.24)	89.65 (86.76-92.55)
	College Graduate	1,209	6.77 ( 4.16- 9.38)	93.23 (90.62-95.84)
<b>Income</b>	< \$15,000	306	14.63 ( 7.36-21.90)	85.37 (78.10-92.64)
	\$15,000 to \$24,999	562	11.94 ( 5.86-18.02)	88.06 (81.98-94.14)
	\$25,000 to \$34,999	359	10.39 ( 5.06-15.71)	89.61 (84.29-94.94)
	\$35,000 to \$49,999	518	8.37 ( 4.66-12.08)	91.63 (87.92-95.34)
	\$50,000 to \$74,999	618	7.52 ( 3.62-11.41)	92.48 (88.59-96.38)
	\$75,000+	1,000	6.83 ( 3.97- 9.68)	93.17 (90.32-96.03)
<b>Region</b>	Clark County	1,214	9.18 ( 6.91-11.45)	90.82 (88.55-93.09)
	Washoe County	1,256	9.45 ( 7.31-11.58)	90.55 (88.42-92.69)
	Balance of State	1,356	7.84 ( 5.96- 9.73)	92.16 (90.27-94.04)

## Blood Pressure and Cholesterol



High blood pressure, or hypertension, and high blood cholesterol are significant conditions considered in evaluating cardiovascular disease. Becoming aware of high cholesterol levels via a blood cholesterol check can lead to earlier intervention and increase the potential for a positive medical outcome, thus decreasing the long-term effects of heart disease.<sup>1</sup>

Having high blood pressure puts you at risk for heart disease and stroke which are leading causes of death in the U. S. About 1 out of 3 U. S. adults has high blood pressure.<sup>2, 3</sup>

In 2009, 76.0% of Nevada adults and 77.0% of U.S. adults reported having had their blood cholesterol checked in the past five years.

27.5% of Nevada adults had ever been told that they had high blood pressure and 38.6% had ever been told they had high blood cholesterol. The corresponding national rates are 28.7% and 37.5% respectively.

**Table 8: Selected Blood Pressure and Cholesterol Indicators For Nevada and the United States (BRFSS, 2009)**

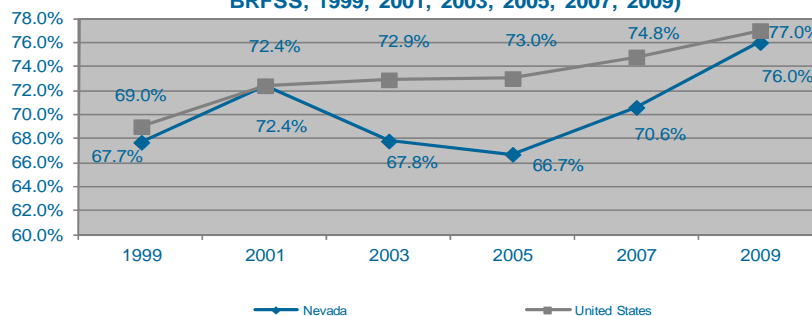
Health Indicator	Nevada	United States
1. Nevada adults who have ever been told by a doctor, nurse, or other health professional that they have high blood pressure?	27.5%	28.7%
2. Nevada adults who have ever been told by a doctor, nurse, or other health professional that they have high blood cholesterol?	38.6%	37.5%
3. How long has it been since you last had your blood cholesterol checked?		
A. Within the past 5 years.	76.0%	77.0%
B. Not within the past 5 years	4.7%	3.6%
C. Never	19.3%	19.3%

### Cholesterol

- ◇ “Blood Cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked? About how long has it been since you had your blood cholesterol checked?”
- ◇ “Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?”
- ◇ “Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?”

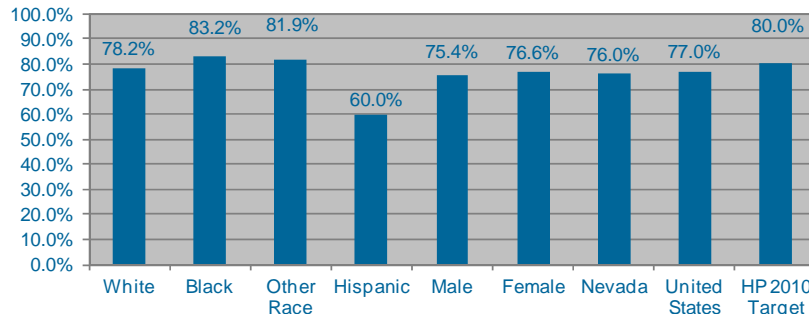
The percentage of Nevada adults who have had their cholesterol checked in the past 5 years has historically been lower than the national rate. In 2009, however, the percentage of Nevada adults who have had their cholesterol checked in the past 5 years is essentially the same as the national value.

**Chart 9: Percentage of Adults Who Have Had Their Cholesterol Checked Within The Past 5 Years in Nevada and the U.S. (NV BRFSS, 1999, 2001, 2003, 2005, 2007, 2009)**



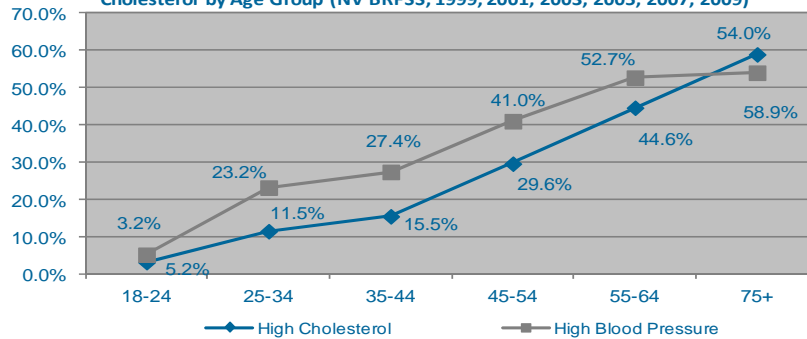
The percentage of Nevada adults who have had their cholesterol checked in the past 5 years was lowest among the Hispanic population in 2009.

**Chart 10: Nevada Adults Who Have Had Their Blood Cholesterol Checked Within the Past 5 Years by Gender and Race/Ethnicity With U.S. and Healthy People 2010 Target Values (NV BRFSS, 2009)**



The percentage of Nevada adults who have been told that they have high blood pressure or high blood cholesterol increases with age.

**Chart 11: Nevada Adults Who Have Been Told by a Doctor, Nurse, or Other Health Professional That They Have High Blood Pressure and High Cholesterol by Age Group (NV BRFSS, 1999, 2001, 2003, 2005, 2007, 2009)**



**Table 9: Cholesterol Data by Demographics and Region**

◇ “Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?”

Demographic	Grouping	N	No	Yes
<b>Nevada</b>	Statewide	3,308	61.42 (58.58-64.27)	38.58 (35.73-41.42)
<b>Gender</b>	Male	1,302	58.59 (54.07-63.11)	41.41 (36.89-45.93)
	Female	2,006	64.35 (60.93-67.77)	35.65 (32.23-39.07)
<b>Age Group</b>	18 - 24	31	94.83 (83.97-100.0)	5.17 ( 0.00-16.03)
	25 - 34	216	76.79 (67.84-85.75)	23.21 (14.25-32.16)
	35 - 44	427	72.57 (66.24-78.90)	27.43 (21.10-33.76)
	45 - 54	638	59.04 (53.23-64.85)	40.96 (35.15-46.77)
	55 - 64	861	47.34 (42.42-52.27)	52.66 (47.73-57.58)
	65+	1,135	45.98 (41.82-50.15)	54.02 (49.85-58.18)
<b>Race</b>	White	2,737	60.10 (57.04-63.15)	39.90 (36.85-42.96)
	Black	92	58.11 (43.34-72.88)	41.89 (27.12-56.66)
	Other Race	221	70.01 (57.11-82.91)	29.99 (17.09-42.89)
	Hispanic	215	67.33 (57.73-76.93)	32.67 (23.07-42.27)
<b>Education</b>	Less than H.S.	172	54.42 (41.42-67.42)	45.58 (32.58-58.58)
	H.S. or G.E.D.	888	57.52 (51.72-63.31)	42.48 (36.69-48.28)
	Some Post H.S.	1,143	62.49 (57.43-67.55)	37.51 (32.45-42.57)
	College Graduate	1,093	64.76 (60.27-69.26)	35.24 (30.74-39.73)
<b>Income</b>	< \$15,000	246	63.86 (54.19-73.54)	36.14 (26.46-45.81)
	\$15,000 to \$24,999	454	52.25 (42.80-61.71)	47.75 (38.29-57.20)
	\$25,000 to \$34,999	314	58.20 (46.77-69.63)	41.80 (30.37-53.23)
	\$35,000 to \$49,999	454	60.20 (52.13-68.27)	39.80 (31.73-47.87)
	\$50,000 to \$74,999	545	62.47 (55.57-69.37)	37.53 (30.63-44.43)
	\$75,000+	902	66.36 (61.72-70.99)	33.64 (29.01-38.28)
<b>Region</b>	Clark County	1,051	61.06 (57.20-64.92)	38.94 (35.08-42.80)
	Washoe County	1,095	62.50 (58.93-66.08)	37.50 (33.92-41.07)
	Balance of State	1,162	62.14 (58.68-65.60)	37.86 (34.40-41.32)



**Table 10: Cholesterol Data by Demographics and Region**  
 ◇ “Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?”

Demographic	Grouping	N	No	Yes
<b>Nevada</b>	Statewide	3,837	72.50 (70.23-74.78)	27.50 (25.22-29.77)
<b>Gender</b>	Male	1,524	70.25 (66.54-73.97)	29.75 (26.03-33.46)
	Female	2,313	74.81 (72.22-77.41)	25.19 (22.59-27.78)
<b>Age Group</b>	18 - 24	95	96.80 (92.53-100.0)	3.20 ( 0.00- 7.47)
	25 - 34	343	88.48 (82.81-94.16)	11.52 ( 5.84-17.19)
	35 - 44	546	84.47 (80.14-88.80)	15.53 (11.20-19.86)
	45 - 54	718	70.45 (65.27-75.62)	29.55 (24.38-34.73)
	55 - 64	919	55.42 (50.65-60.19)	44.58 (39.81-49.35)
	65+	1,216	41.11 (37.14-45.08)	58.89 (54.92-62.86)
<b>Race</b>	White	3,104	69.44 (66.80-72.07)	30.56 (27.93-33.20)
	Black	112	65.56 (53.36-77.76)	34.44 (22.24-46.64)
	Other Race	269	79.58 (70.69-88.46)	20.42 (11.54-29.31)
	Hispanic	303	85.99 (80.90-91.07)	14.01 ( 8.93-19.10)
<b>Education</b>	Less than H.S.	232	72.86 (63.59-82.13)	27.14 (17.87-36.41)
	H.S. or G.E.D.	1,089	70.89 (66.67-75.12)	29.11 (24.88-33.33)
	Some Post H.S.	1,292	72.44 (68.28-76.59)	27.56 (23.41-31.72)
	College Graduate	1,211	74.25 (70.37-78.13)	25.75 (21.87-29.63)
<b>Income</b>	< \$15,000	305	68.45 (59.29-77.62)	31.55 (22.38-40.71)
	\$15,000 to \$24,999	564	66.58 (59.06-74.11)	33.42 (25.89-40.94)
	\$25,000 to \$34,999	360	71.69 (64.40-78.99)	28.31 (21.01-35.60)
	\$35,000 to \$49,999	519	69.22 (62.90-75.55)	30.78 (24.45-37.10)
	\$50,000 to \$74,999	621	74.33 (68.83-79.83)	25.67 (20.17-31.17)
	\$75,000+	1,001	77.82 (73.95-81.69)	22.18 (18.31-26.05)
<b>Region</b>	Clark County	1,221	72.64 (69.55-75.73)	27.36 (24.27-30.45)
	Washoe County	1,259	73.51 (70.66-76.36)	26.49 (23.64-29.34)
	Balance of State	1,357	70.48 (67.55-73.41)	29.52 (26.59-32.45)

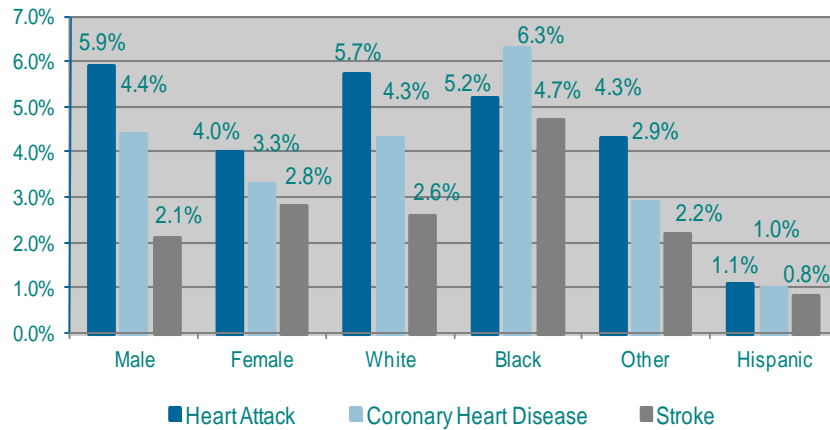
**Table 11: Cholesterol Data by Demographics and Region**

◇ “Blood Cholesterol is a fatty substance found in the blood. Have you ever had your cholesterol checked? If yes, about how long has it been since you last had your blood cholesterol checked?”

Demographic	Grouping	N	Yes, Within Past 5 Years	No, Not Within Past 5 Years	No, Never Had Cholesterol Checked
<b>Nevada</b>	Statewide	3,751	75.98 (73.26-78.69)	4.70 ( 3.50- 5.90)	19.33 (16.72-21.93)
<b>Gender</b>	Male	1,490	75.37 (71.14-79.60)	5.53 ( 3.54- 7.53)	19.10 (15.07-23.13)
	Female	2,261	76.60 (73.22-79.97)	3.84 ( 2.54- 5.15)	19.56 (16.28-22.84)
<b>Age Group</b>	18 - 24	89	28.76 (16.88-40.64)	0.00 (0.00-0.00)	71.24 (59.36-83.12)
	25 - 34	333	66.26 (58.58-73.94)	3.13 ( 0.45- 5.81)	30.61 (23.13-38.10)
	35 - 44	527	70.72 (64.80-76.63)	7.98 ( 4.43-11.53)	21.30 (15.90-26.70)
	45 - 54	709	83.57 (79.47-87.67)	8.64 ( 5.19-12.09)	7.79 ( 5.24-10.34)
	55 - 64	910	91.20 (88.36-94.04)	2.93 ( 1.11- 4.75)	5.87 ( 3.59- 8.15)
	65+	1,183	93.82 (91.90-95.73)	1.98 ( 0.77- 3.20)	4.20 ( 2.69- 5.72)
<b>Race</b>	White	3,034	78.20 (75.30-81.10)	5.84 ( 4.24- 7.44)	15.96 (13.30-18.62)
	Black	110	83.23 (73.29-93.17)	1.39 ( 0.00- 3.58)	15.38 ( 5.62-25.14)
	Other Race	261	81.89 (75.06-88.72)	3.05 ( 0.31- 5.78)	15.06 ( 8.81-21.32)
	Hispanic	297	59.95 (50.34-69.57)	1.45 ( 0.00- 3.18)	38.59 (28.94-48.24)
<b>Education</b>	Less than H.S.	221	62.64 (50.18-75.10)	0.94 ( 0.00- 1.95)	36.41 (23.89-48.93)
	H.S. or G.E.D.	1,064	68.98 (63.47-74.49)	5.62 ( 2.92- 8.33)	25.40 (20.09-30.71)
	Some Post H.S.	1,262	80.18 (75.83-84.54)	4.66 ( 2.66- 6.66)	15.16 (11.06-19.25)
	College Graduate	1,193	81.17 (76.93-85.40)	4.79 ( 2.77- 6.80)	14.04 (10.09-18.00)
	< \$15,000	293	62.75 (49.72-75.77)	5.13 ( 0.83- 9.43)	32.12 (18.72-45.52)
	\$15,000 to \$24,999	546	72.92 (65.38-80.46)	3.29 ( 1.37- 5.21)	23.79 (16.36-31.22)
<b>Income</b>	\$25,000 to \$34,999	355	76.54 (67.82-85.26)	2.85 ( 0.00- 6.61)	20.61 (12.39-28.84)
	\$35,000 to \$49,999	511	75.94 (68.88-82.99)	4.15 ( 1.31- 6.99)	19.91 (13.11-26.71)
	\$50,000 to \$74,999	612	83.13 (78.41-87.85)	3.63 ( 1.36- 5.90)	13.24 ( 8.95-17.53)
	\$75,000+	983	79.51 (74.41-84.61)	5.68 ( 3.11- 8.25)	14.80 ( 9.99-19.62)
	Clark County	1,182	76.48 (72.80-80.16)	4.88 ( 3.23- 6.53)	18.64 (15.12-22.16)
<b>Region</b>	Washoe County	1,237	76.22 (72.55-79.90)	4.21 ( 2.85- 5.57)	19.56 (15.95-23.17)
	Balance of State	1,332	72.90 (69.03-76.77)	4.32 ( 3.05- 5.59)	22.78 (18.92-26.64)

## Cardiovascular

**Chart 12: Nevada Adults Who Have Been Told by a Doctor That They Had a Heart Attack, Stroke, or Have Coronary Heart Disease by Sex and Race/Ethnicity (NV BRFSS, 2009)**



Heart disease is the leading cause of death for all people in the United States for both men and women. Stroke is the third leading cause of death. Heart disease and stroke are major causes of disability and contribute significantly to healthcare costs in the United States. In general, heart disease death rate has been consistently higher in males than females and higher in the African American population than other racial/ethnic groups.<sup>1, 2, 3</sup>

The Centers for Disease Control and Prevention recommend the following five lifestyle changes to reduce coronary heart disease:<sup>4</sup>

- Eat a healthy diet low in saturated fat and cholesterol and high in fiber.
- Maintain a healthy weight.
- Exercise regularly.
- Don't Smoke.
- Limit alcohol use.

**Table 12: Selected Cardiovascular Indicators For Nevada and the United States (BRFSS, 2008)**

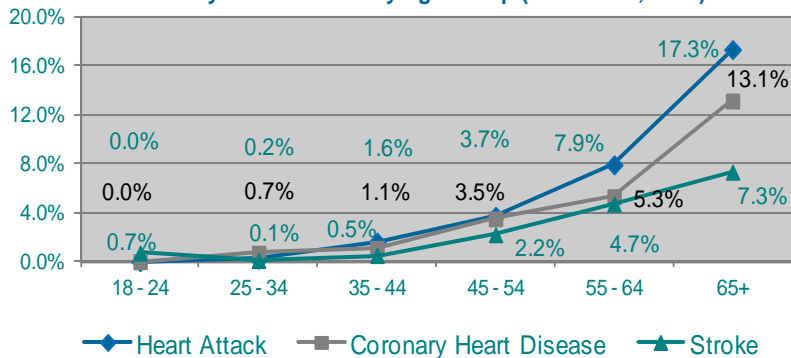
Health Indicator	Nevada	United States
1. Nevada adults who have been told by a doctor, nurse, or other health professional that they have had a heart attack (myocardial infarction).	5.0%	4.0%
2. Nevada adults who have been told by a doctor, nurse, or other health professional that they have had angina or coronary heart disease.	3.9%	3.8%
3. Nevada adults who have been told by a doctor, nurse, or other health professional that they have had a stroke.	2.4%	2.4%

**Cardiovascular**

- ◇ “Has a doctor, nurse, or other health professional ever told you that you had any of the following:
  - ⇒ (Ever told) you had a heart attack, also called a myocardial infarction?
  - ⇒ (Ever told) you had angina or coronary heart disease?
  - ⇒ (Ever told) you had a stroke?”

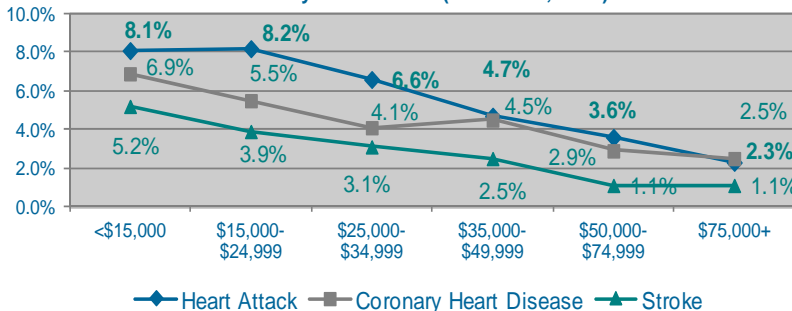
Consistent with national data, heart disease and stroke prevalence rates increase significantly in the older age groups. With the aging “Baby Boomer” generation, healthcare costs related to heart attack, coronary heart disease, and stroke will be significantly impacted.

**Chart 13: Nevada Adults Who Have Been Told by a Doctor or Health Professional That They Had a Heart Attack, Stroke, or Have Coronary Heart Disease by Age Group (NV BRFSS, 2009)**



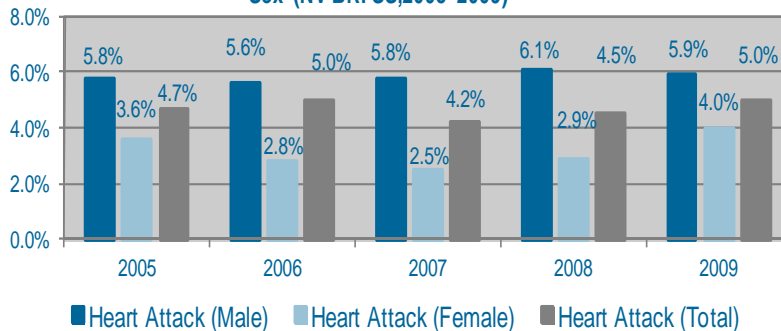
Evidence indicates that Nevadans in lower income brackets are at higher risk for heart attack, coronary heart disease, and stroke than those in higher income brackets.

**Chart 14: Nevada Adults Who Have Been Told by a Doctor or Health Professional That They Had a Heart Attack, Stroke, or Have Coronary Heart Disease by Income Level (NV BRFSS, 2009)**



Consistent with national data, heart attacks have been consistently higher among Nevada men than Nevada women. Literature indicates that this gender difference is narrowing.

**Chart 15: Nevada Adults Who Have Been Told by a Doctor or Health Professional That They Had a Heart Attack by Year and Sex (NV BRFSS, 2005-2009)**



**Table 13: Heart Attack Data by Demographics and Region**

◇ “Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also called a myocardial infarction?”

Demographic	Grouping	N	Yes	No
<b>Nevada</b>	Statewide	3,824	4.95 ( 4.07- 5.82)	95.05 (94.18-95.93)
<b>Gender</b>	Male	1,520	5.92 ( 4.48- 7.35)	94.08 (92.65-95.52)
	Female	2,304	3.95 ( 2.94- 4.97)	96.05 (95.03-97.06)
<b>Age Group</b>	18 - 24	95	0.00 (0.00-0.00)	100.0 (100.0-100.0)
	25 - 34	342	0.19 ( 0.00- 0.51)	99.81 (99.49-100.0)
	35 - 44	544	1.63 ( 0.26- 2.99)	98.37 (97.01-99.74)
	45 - 54	717	3.67 ( 1.59- 5.76)	96.33 (94.24-98.41)
	55 - 64	918	7.88 ( 4.81-10.94)	92.12 (89.06-95.19)
	65+	1,208	17.33 (14.17-20.50)	82.67 (79.50-85.83)
<b>Race</b>	White	3,094	5.65 ( 4.59- 6.70)	94.35 (93.30-95.41)
	Black	112	5.22 ( 0.76- 9.67)	94.78 (90.33-99.24)
	Other Race	268	4.34 ( 0.45- 8.24)	95.66 (91.76-99.55)
	Hispanic	300	1.14 ( 0.00- 2.32)	98.86 (97.68-100.0)
<b>Education</b>	Less than H.S.	230	6.00 ( 2.45- 9.54)	94.00 (90.46-97.55)
	H.S. or G.E.D.	1,080	6.62 ( 4.67- 8.57)	93.38 (91.43-95.33)
	Some Post H.S.	1,291	4.84 ( 3.24- 6.43)	95.16 (93.57-96.76)
	College Graduate	1,210	3.27 ( 2.10- 4.44)	96.73 (95.56-97.90)
<b>Income</b>	< \$15,000	300	8.09 ( 3.87-12.30)	91.91 (87.70-96.13)
	\$15,000 to \$24,999	561	8.22 ( 5.34-11.11)	91.78 (88.89-94.66)
	\$25,000 to \$34,999	358	6.62 ( 3.30- 9.93)	93.38 (90.07-96.70)
	\$35,000 to \$49,999	517	4.70 ( 2.44- 6.97)	95.30 (93.03-97.56)
	\$50,000 to \$74,999	621	3.61 ( 1.53- 5.70)	96.39 (94.30-98.47)
	\$75,000+	1,001	2.30 ( 0.98- 3.62)	97.70 (96.38-99.02)
<b>Region</b>	Clark County	1,212	5.02 ( 3.83- 6.21)	94.98 (93.79-96.17)
	Washoe County	1,260	4.35 ( 3.15- 5.55)	95.65 (94.45-96.85)
	Balance of State	1,352	5.29 ( 4.09- 6.50)	94.71 (93.50-95.91)

**Table 14: Coronary Heart Disease Data by Demographics and Region**  
 ◇ “Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?”

Demographic	Grouping	N	Yes	No
<b>Nevada</b>	Statewide	3,813	3.87 ( 3.12- 4.63)	96.13 (95.37-96.88)
<b>Gender</b>	Male	1,518	4.42 ( 3.21- 5.62)	95.58 (94.38-96.79)
	Female	2,295	3.32 ( 2.40- 4.23)	96.68 (95.77-97.60)
<b>Age Group</b>	18 - 24	95	0.00 (0.00-0.00)	100.0 (100.0-100.0)
	25 - 34	341	0.67 ( 0.00- 1.42)	99.33 (98.58-100.0)
	35 - 44	542	1.11 ( 0.00- 2.54)	98.89 (97.46-100.0)
	45 - 54	716	3.50 ( 1.55- 5.45)	96.50 (94.55-98.45)
	55 - 64	916	5.30 ( 3.08- 7.53)	94.70 (92.47-96.92)
	65+	1,203	13.14 (10.44-15.85)	86.86 (84.15-89.56)
<b>Race</b>	White	3,083	4.33 ( 3.40- 5.26)	95.67 (94.74-96.60)
	Black	112	6.26 ( 1.13-11.39)	93.74 (88.61-98.87)
	Other Race	268	2.85 ( 0.41- 5.28)	97.15 (94.72-99.59)
	Hispanic	300	0.99 ( 0.14- 1.83)	99.01 (98.17-99.86)
<b>Education</b>	Less than H.S.	227	4.42 ( 1.59- 7.25)	95.58 (92.75-98.41)
	H.S. or G.E.D.	1,078	4.23 ( 2.69- 5.77)	95.77 (94.23-97.31)
	Some Post H.S.	1,283	3.64 ( 2.46- 4.82)	96.36 (95.18-97.54)
	College Graduate	1,212	3.66 ( 2.30- 5.03)	96.34 (94.97-97.70)
<b>Income</b>	< \$15,000	300	6.91 ( 3.10-10.72)	93.09 (89.28-96.90)
	\$15,000 to \$24,999	559	5.54 ( 3.19- 7.89)	94.46 (92.11-96.81)
	\$25,000 to \$34,999	358	4.14 ( 1.80- 6.47)	95.86 (93.53-98.20)
	\$35,000 to \$49,999	515	4.51 ( 2.31- 6.71)	95.49 (93.29-97.69)
	\$50,000 to \$74,999	621	2.86 ( 0.93- 4.79)	97.14 (95.21-99.07)
	\$75,000+	1,000	2.47 ( 1.22- 3.71)	97.53 (96.29-98.78)
<b>Region</b>	Clark County	1,213	3.74 ( 2.73- 4.76)	96.26 (95.24-97.27)
	Washoe County	1,254	4.03 ( 2.90- 5.16)	95.97 (94.84-97.10)
	Balance of State	1,346	4.40 ( 3.28- 5.52)	95.60 (94.48-96.72)

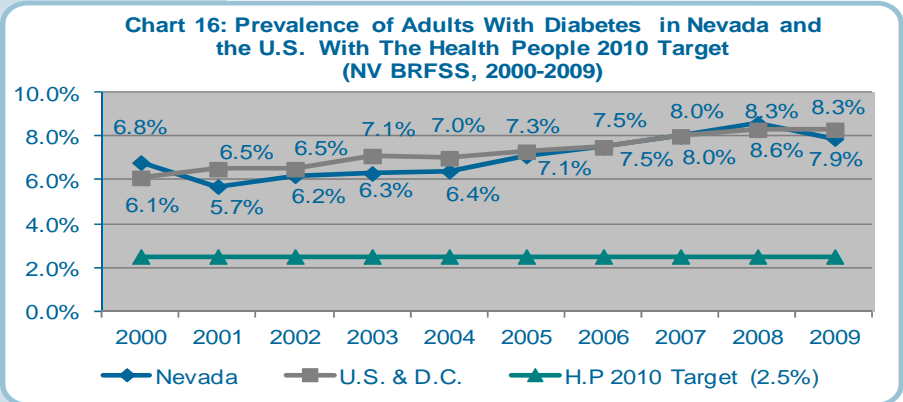
**Table 15: Stroke Data by Demographics and Region**

◇ “Has a doctor, nurse, or other health professional ever told you that you had a stroke?”

Demographic	Grouping	N	Yes	No
<b>Nevada</b>	Statewide	3,828	2.42 ( 1.86- 2.98)	97.58 (97.02-98.14)
<b>Gender</b>	Male	1,521	2.07 ( 1.26- 2.88)	97.93 (97.12-98.74)
	Female	2,307	2.78 ( 2.01- 3.54)	97.22 (96.46-97.99)
<b>Age Group</b>	18 - 24	95	0.66 ( 0.00- 1.96)	99.34 (98.04-100.0)
	25 - 34	343	0.07 ( 0.00- 0.16)	99.93 (99.84-100.0)
	35 - 44	544	0.50 ( 0.01- 0.99)	99.50 (99.01-99.99)
	45 - 54	716	2.16 ( 0.82- 3.51)	97.84 (96.49-99.18)
	55 - 64	919	4.66 ( 2.40- 6.93)	95.34 (93.07-97.60)
	65+	1,211	7.34 ( 5.36- 9.32)	92.66 (90.68-94.64)
<b>Race</b>	White	3,098	2.63 ( 1.94- 3.32)	97.37 (96.68-98.06)
	Black	112	4.70 ( 0.75- 8.64)	95.30 (91.36-99.25)
	Other Race	269	2.17 ( 0.56- 3.77)	97.83 (96.23-99.44)
	Hispanic	300	0.77 ( 0.00- 1.65)	99.23 (98.35-100.0)
<b>Education</b>	Less than H.S.	231	3.08 ( 0.90- 5.25)	96.92 (94.75-99.10)
	H.S. or G.E.D.	1,085	2.52 ( 1.51- 3.52)	97.48 (96.48-98.49)
	Some Post H.S.	1,291	3.61 ( 2.24- 4.97)	96.39 (95.03-97.76)
	College Graduate	1,209	1.02 ( 0.56- 1.48)	98.98 (98.52-99.44)
<b>Income</b>	< \$15,000	306	5.23 ( 2.65- 7.81)	94.77 (92.19-97.35)
	\$15,000 to \$24,999	563	3.92 ( 1.74- 6.09)	96.08 (93.91-98.26)
	\$25,000 to \$34,999	358	3.07 ( 0.99- 5.15)	96.93 (94.85-99.01)
	\$35,000 to \$49,999	517	2.50 ( 0.81- 4.18)	97.50 (95.82-99.19)
	\$50,000 to \$74,999	620	1.13 ( 0.17- 2.09)	98.87 (97.91-99.83)
	\$75,000+	999	1.05 ( 0.30- 1.80)	98.95 (98.20-99.70)
<b>Region</b>	Clark County	1,212	2.38 ( 1.64- 3.13)	97.62 (96.87-98.36)
	Washoe County	1,257	2.58 ( 1.66- 3.50)	97.42 (96.50-98.34)
	Balance of State	1,359	2.40 ( 1.68- 3.11)	97.60 (96.89-98.32)



# Diabetes



About 1.9 million people aged 20 years or older were newly diagnosed with diabetes in 2010. In 2005-2008, based on fasting glucose or A1c levels, 35% of U.S. adults aged 20 years or older had prediabetes (50% of adults aged 65 years or older). Diabetes is the leading cause of kidney failure, nontraumatic lower limb amputations, and new cases of blindness among adults in the United States.<sup>1</sup>

Type 1 diabetes or insulin dependent diabetes mellitus usually strikes children or young adults who require insulin to survive. Type 1 diabetes accounts for 5% to 10% of all diagnosed cases of diabetes.

Type 2 diabetes or non-insulin dependent diabetes mellitus accounts for about 90% to 95% of all diagnosed cases. Type 2 diabetes is associated with older age, obesity, family history of diabetes, impaired glucose metabolism, physical activity, and race/ethnicity.

Many people with Type 2 diabetes can control their blood glucose through diet, exercise, losing excessive weight, and taking oral medication. Gestational diabetes is a form of glucose intolerance diagnosed during pregnancy. During pregnancy, gestational diabetes requires treatment to normalize blood glucose levels.<sup>2</sup>

**Table 16: Selected Diabetes Indicators for Nevada and the United States (BRFSS, 2008)**

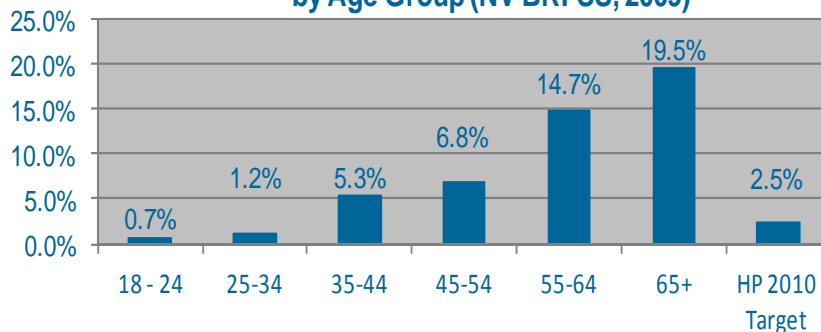
Health Indicator	Nevada	United States
Have you ever been told by a doctor that you have diabetes?		
Yes	7.9%	8.3%
Yes, but female told only during pregnancy	0.5%	0.7%
No	90.7%	89.5%
No, pre-diabetes or borderline diabetes	0.9%	1.2%

**Diabetes**

◇ “Have you ever been told by a doctor that you have diabetes?”

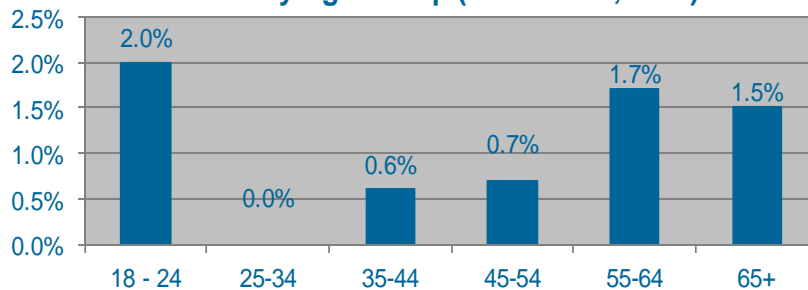
Diabetes is more prevalent in older age groups than younger age groups. The Healthy People 2010 goal is to reduce the overall rate of clinically diagnosed diabetes to 25 cases per 1,000 population (2.5%).

**Chart 17: Diabetes Prevalence Among Nevada Adults by Age Group (NV BRFSS, 2009)**



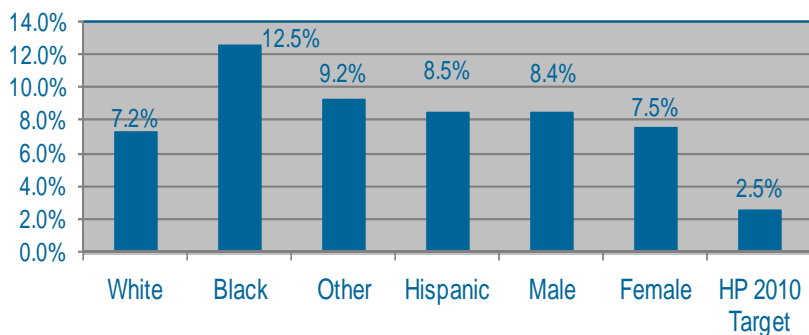
Pre-diabetes means that your blood sugar level is higher than normal, but it's not yet increased enough to be classified as type 2 diabetes.

**Chart 18: Nevada Adults With Pre-Diabetes by Age Group (NV BRFSS, 2009)**



Black adults in Nevada have a higher prevalence rate of diabetes than other race/ethnicities.

**Chart 19: Diabetes Prevalence Among Nevada Adults by Race Ethnicity and Sex (NV, BRFSS 2009)**



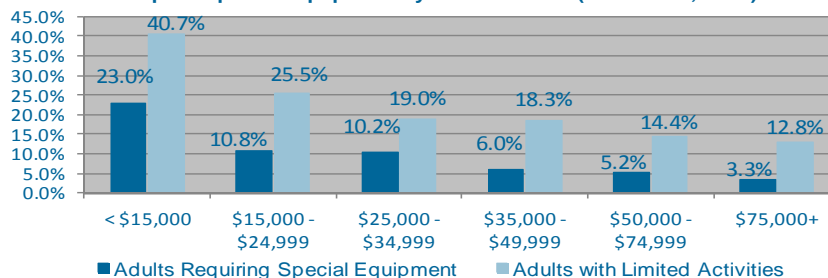
**Table 17: Diabetes Data by Demographics and Region**

“Have you ever been told by a doctor that you have diabetes ?”

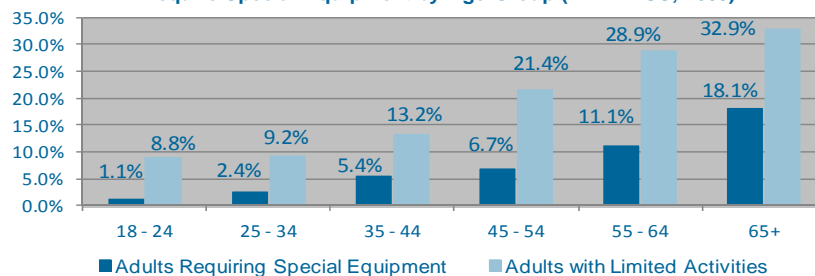
Demographic	Grouping	N	Yes	Yes (Female During Pregnancy)	No	No (Pre-Diabetes)
<b>Nevada</b>	Statewide	3,835	7.92 ( 6.68- 9.16)	0.51 ( 0.22- 0.80)	90.71 (89.37-92.04)	0.86 ( 0.44- 1.29)
<b>Gender</b>	Male	1,521	8.35 ( 6.44-10.25)	N/A	91.01 (89.06-92.97)	0.64 ( 0.20- 1.08)
	Female	2,314	7.48 ( 5.91- 9.06)	1.04 ( 0.46- 1.62)	90.39 (88.58-92.20)	1.09 ( 0.35- 1.82)
<b>Age Group</b>	18 - 24	95	0.74 ( 0.00- 2.21)	0.49 ( 0.00- 1.47)	96.74 (92.36-100.0)	2.03 ( 0.00- 6.05)
	25 - 34	343	1.17 ( 0.00- 2.70)	0.59 ( 0.00- 1.28)	98.23 (96.56-99.90)	0.00 (0.00-0.00)
	35 - 44	546	5.31 ( 2.22- 8.41)	1.25 ( 0.17- 2.32)	92.89 (89.57-96.22)	0.55 ( 0.00- 1.31)
	45 - 54	716	6.77 ( 3.71- 9.82)	0.23 ( 0.00- 0.64)	92.32 (89.16-95.49)	0.68 ( 0.00- 1.51)
	55 - 64	919	14.71 (11.01-18.41)	0.32 ( 0.02- 0.62)	83.32 (79.53-87.11)	1.65 ( 0.65- 2.65)
	65+	1,216	19.47 (16.23-22.71)	0.00 (0.00-0.00)	79.07 (75.74-82.41)	1.46 ( 0.40- 2.51)
<b>Race</b>	White	3,102	7.23 ( 5.98- 8.49)	0.52 ( 0.19- 0.85)	91.31 (89.91-92.71)	0.94 ( 0.39- 1.49)
	Black	112	12.45 ( 5.26-19.64)	0.00 (0.00-0.00)	87.11 (79.86-94.37)	0.44 ( 0.00- 1.31)
	Other Race	269	9.19 ( 3.47-14.91)	0.12 ( 0.00- 0.37)	90.42 (84.68-96.17)	0.26 ( 0.00- 0.67)
	Hispanic	303	8.52 ( 4.37-12.66)	0.90 ( 0.00- 2.05)	89.64 (85.18-94.10)	0.94 ( 0.00- 2.05)
	Less than H.S.	232	11.12 ( 5.95-16.28)	0.49 ( 0.00- 1.46)	87.09 (81.42-92.76)	1.31 ( 0.00- 3.35)
<b>Education</b>	H.S. or G.E.D.	1,086	8.30 ( 5.92-10.68)	0.55 ( 0.00- 1.11)	90.15 (87.50-92.79)	1.01 ( 0.00- 2.08)
	Some Post H.S.	1,294	8.39 ( 5.97-10.82)	0.47 ( 0.04- 0.90)	90.32 (87.80-92.84)	0.82 ( 0.26- 1.39)
	College Graduate	1,210	6.17 ( 4.38- 7.95)	0.54 ( 0.00- 1.10)	92.63 (90.69-94.57)	0.67 ( 0.13- 1.21)
	< \$15,000	306	12.45 ( 6.70-18.20)	0.30 ( 0.00- 0.80)	84.26 (77.21-91.31)	2.99 ( 0.00- 7.40)
	\$15,000 to \$24,999	565	11.51 ( 7.76-15.26)	0.48 ( 0.00- 1.09)	87.00 (83.01-91.00)	1.01 ( 0.00- 2.18)
<b>Income</b>	\$25,000 to \$34,999	360	7.56 ( 3.42-11.71)	0.13 ( 0.00- 0.33)	91.84 (87.64-96.04)	0.47 ( 0.00- 1.01)
	\$35,000 to \$49,999	519	9.14 ( 5.54-12.74)	0.22 ( 0.00- 0.60)	90.11 (86.43-93.78)	0.53 ( 0.00- 1.17)
	\$50,000 to \$74,999	620	5.35 ( 3.27- 7.43)	0.14 ( 0.00- 0.35)	94.02 (91.85-96.18)	0.49 ( 0.00- 1.04)
	\$75,000+	999	6.21 ( 3.73- 8.69)	0.54 ( 0.04- 1.03)	92.52 (89.93-95.11)	0.73 ( 0.08- 1.39)
	Clark County	1,219	8.23 ( 6.54- 9.92)	0.44 ( 0.07- 0.81)	90.41 (88.60-92.23)	0.92 ( 0.33- 1.51)
<b>Region</b>	Washoe County	1,259	6.61 ( 5.20- 8.01)	0.47 ( 0.11- 0.83)	92.48 (90.99-93.97)	0.44 ( 0.09- 0.80)
	Balance of State	1,357	7.87 ( 6.22- 9.51)	0.98 ( 0.21- 1.74)	90.09 (88.21-91.97)	1.07 ( 0.48- 1.65)

## Disability

**Chart 20: Nevada Adults Who Are Limited in Any Activities Because of Physical, Mental, or Emotional Problems and Nevada Adults Who Require Special Equipment by Income Level (NV BRFSS, 2009)**



**Chart 21: Nevada Adults Who Are Limited in Any Activities Because of Physical, Mental, or Emotional Problems and Nevada Adults Who Require Special Equipment by Age Group (NV BRFSS, 2009)**



According to the 2000 U.S. Census about 49.7 million people in the U.S., age 5 and over have a disability (nearly 1 in 5 or 19%).

Disability can be viewed as representing a minority of the population, in that many people with disabilities may be less visible, undercounted, and underserved. People with disabilities may experience lack of access to health services and may be considered at increased risk of secondary medical, social, and emotional conditions.

Few data systems identify people with disabilities as a subpopulation. Disparities that have been noted between people with and without disabilities are excess weight, reduced physical activity, increased stress, and less frequent mammograms for women over the age of 55.<sup>1,2</sup>

**Table 18: Selected Disability Indicators For Nevada and the United States (BRFSS, 2009)**

Health Indicator	Nevada	United States
1. Adult respondents who are limited in any way in any activities because of physical, mental, or emotional problems.	18.9%	18.9%
2. Adult respondents with health problems that require you to use special equipment, such as a cane, wheelchair, a special bed, or special telephone.	7.5%	7.0%

**Table 19: Adults Who Are Limited by Demographics and Region**  
“Are you limited in any way in any activities because of physical, mental, or emotional problems?”

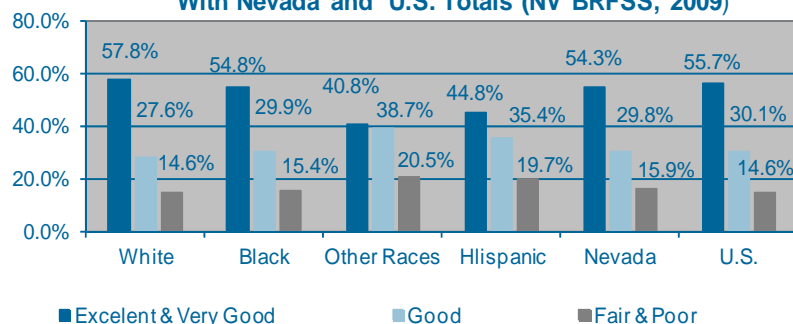
Demographic	Grouping	N	Yes	No
<b>Nevada</b>	Statewide	3,809	18.93 (17.05-20.80)	81.07 (79.20-82.95)
<b>Gender</b>	Male	1,515	18.60 (15.68-21.52)	81.40 (78.48-84.32)
	Female	2,294	19.26 (16.92-21.60)	80.74 (78.40-83.08)
<b>Age Group</b>	18 - 24	95	8.75 ( 3.34-14.16)	91.25 (85.84-96.66)
	25 - 34	338	9.20 ( 5.32-13.07)	90.80 (86.93-94.68)
	35 - 44	545	13.18 ( 8.91-17.45)	86.82 (82.55-91.09)
	45 - 54	714	21.36 (16.87-25.85)	78.64 (74.15-83.13)
	55 - 64	913	28.93 (24.60-33.27)	71.07 (66.73-75.40)
	65+	1,204	32.94 (29.15-36.72)	67.06 (63.28-70.85)
<b>Race</b>	White	3,086	21.48 (19.25-23.70)	78.52 (76.30-80.75)
	Black	111	15.01 ( 4.81-25.21)	84.99 (74.79-95.19)
	Other Race	267	14.73 ( 8.34-21.13)	85.27 (78.87-91.66)
	Hispanic	298	9.62 ( 5.46-13.78)	90.38 (86.22-94.54)
<b>Education</b>	Less than H.S.	228	18.74 (11.33-26.16)	81.26 (73.84-88.67)
	H.S. or G.E.D.	1,081	21.55 (17.91-25.18)	78.45 (74.82-82.09)
	Some Post H.S.	1,285	20.09 (16.69-23.48)	79.91 (76.52-83.31)
	College Graduate	1,202	15.49 (12.32-18.65)	84.51 (81.35-87.68)
<b>Income</b>	< \$15,000	300	40.71 (29.92-51.51)	59.29 (48.49-70.08)
	\$15,000 to \$24,999	560	25.47 (19.72-31.22)	74.53 (68.78-80.28)
	\$25,000 to \$34,999	360	19.03 (12.52-25.55)	80.97 (74.45-87.48)
	\$35,000 to \$49,999	515	18.30 (13.44-23.15)	81.70 (76.85-86.56)
	\$50,000 to \$74,999	619	14.35 (10.09-18.61)	85.65 (81.39-89.91)
	\$75,000+	995	12.78 ( 9.60-15.96)	87.22 (84.04-90.40)
<b>Region</b>	Clark County	1,212	17.95 (15.47-20.44)	82.05 (79.56-84.53)
	Washoe County	1,251	20.92 (17.91-23.92)	79.08 (76.08-82.09)
	Balance of State	1,346	21.85 (18.94-24.76)	78.15 (75.24-81.06)

**Table 20: Adults Who Need Special Equipment Data by Demographics and Region**  
“Do you now have any health problem that requires you to use special equipment, such as cane, a wheelchair, a special bed, or a special telephone?” (include occasional use or use in certain circumstances)

Demographic	Grouping	N	Yes	No
<b>Nevada</b>	Statewide	3,807	7.48 ( 6.29- 8.67)	92.52 (91.33-93.71)
<b>Gender</b>	Male	1,514	7.17 ( 5.35- 8.98)	92.83 (91.02-94.65)
	Female	2,293	7.81 ( 6.28- 9.34)	92.19 (90.66-93.72)
<b>Age Group</b>	18 - 24	95	1.12 ( 0.00- 3.34)	98.88 (96.66-100.0)
	25 - 34	336	2.43 ( 0.74- 4.12)	97.57 (95.88-99.26)
	35 - 44	546	5.43 ( 2.17- 8.69)	94.57 (91.31-97.83)
	45 - 54	713	6.66 ( 3.79- 9.53)	93.34 (90.47-96.21)
	55 - 64	912	11.06 ( 8.08-14.05)	88.94 (85.95-91.92)
	65+	1,205	18.11 (15.00-21.23)	81.89 (78.77-85.00)
<b>Race</b>	White	3,084	8.19 ( 6.77- 9.60)	91.81 (90.40-93.23)
	Black	110	8.75 ( 3.01-14.49)	91.25 (85.51-96.99)
	Other Race	267	5.56 ( 2.52- 8.60)	94.44 (91.40-97.48)
	Hispanic	298	5.07 ( 1.64- 8.50)	94.93 (91.50-98.36)
<b>Education</b>	Less than H.S.	230	11.04 ( 5.31-16.77)	88.96 (83.23-94.69)
	H.S. or G.E.D.	1,077	7.85 ( 5.66-10.05)	92.15 (89.95-94.34)
	Some Post H.S.	1,284	9.06 ( 6.57-11.54)	90.94 (88.46-93.43)
	College Graduate	1,203	4.79 ( 3.28- 6.30)	95.21 (93.70-96.72)
<b>Income</b>	< \$15,000	300	23.04 (14.71-31.37)	76.96 (68.63-85.29)
	\$15,000 to \$24,999	561	10.82 ( 7.29-14.36)	89.18 (85.64-92.71)
	\$25,000 to \$34,999	359	10.15 ( 5.23-15.06)	89.85 (84.94-94.77)
	\$35,000 to \$49,999	513	6.00 ( 2.74- 9.25)	94.00 (90.75-97.26)
	\$50,000 to \$74,999	618	5.23 ( 2.70- 7.76)	94.77 (92.24-97.30)
	\$75,000+	995	3.33 ( 1.68- 4.98)	96.67 (95.02-98.32)
<b>Region</b>	Clark County	1,211	7.40 ( 5.82- 8.98)	92.60 (91.02-94.18)
	Washoe County	1,250	7.54 ( 5.65- 9.42)	92.46 (90.58-94.35)
	Balance of State	1,346	7.89 ( 5.88- 9.90)	92.11 (90.10-94.12)

## Health Status

**Chart 22: Health Status of Nevada Adults by Race/Ethnicity With Nevada and U.S. Totals (NV BRFSS, 2009)**



Health-related quality of life reflects a personal sense of physical and mental health and the ability to react to factors in the physical and social environments. Health-related quality of life is more subjective than life expectancy and can be more difficult to measure. Self ratings of health status seek to determine how people perceive their own health and how they function physically and mentally during their day to day activities.<sup>1, 2, 3</sup> The 2009 BRFSS data indicate that nearly 16% of Nevadans perceive their health to be fair or poor, slightly higher than the national estimate of 14.2%.

Nearly 13% of Nevada adults claimed 10 or more days of poor physical health in the past 30 days, essentially the same as the national value of 13.1%. Over 15% of Nevadans claimed 10 or more days of poor mental health in the past 30 days compared to the national value of 13.2%.

65.1% of Nevada adults reported having no days of poor physical health in the past 30, and 63.1% also reported having no days of poor mental health in the past 30 days. The 2009 national values for individuals having no days of poor physical and mental health in the past 30 are 64.0% and 65.9% respectively.

**Table 21: Selected Health Status Indicators For Nevada and the United States (BRFSS, 2009)**

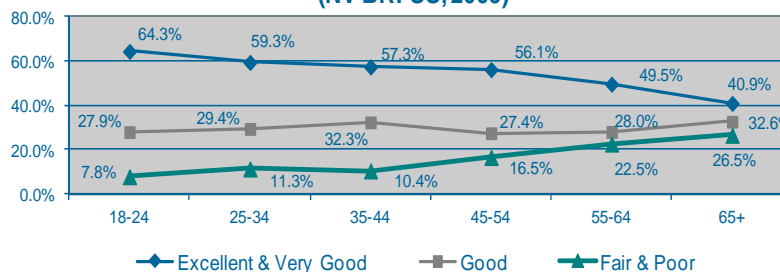
Health Indicator	Nevada	United States
1. Adults indicating a health status of fair or poor (self-assessment).	15.9%	14.5%
2. Adults with poor physical health for 10 or more days out of the last 30 days (includes physical illness and injury).	12.7%	13.1%
3. Adults with poor mental health 10 or more days out of the last 30 days (includes stress, depression, and problems with emotions).	15.2%	13.5%
4. Adults kept from doing usual activities (work, recreation, etc.) over 10 of the last 30 days because of poor mental or physical health.	17.8%	16.5%
5. Adults not getting enough rest or sleep over 10 of the last 30 days.	35.3%	35.3%
6. Adults not participating in physical activities during the past month, other than their regular job (running, calisthenics, golf, etc.)	24.5%	24.4%

### Health Status

"How would you rate your general health (excellent, very good, good, fair, or poor)?"

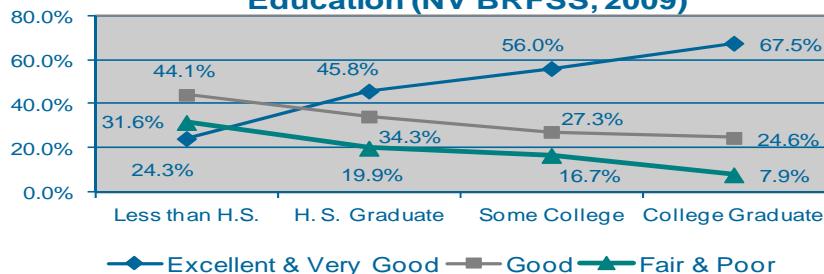
Respondents in younger age groups perceive their health to be "excellent or very good" more often than individuals in older age groups.

**Chart 23: Health Status of Nevada Adults by Age Groups (NV BRFSS, 2009)**



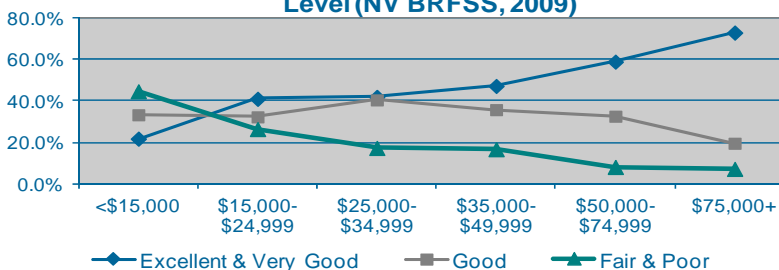
Respondents with more education perceive their health to be "excellent or very good" more often than individuals with less education.

**Chart 24: Health Status of Nevada Adults by Education (NV BRFSS, 2009)**



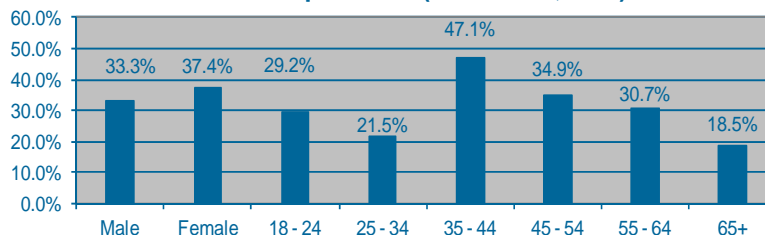
Respondents with higher incomes perceive their health to be "excellent or very good" more often than individuals with lower incomes.

**Chart 25: Health Status of Nevada Adults by Income Level (NV BRFSS, 2009)**



There is a higher prevalence rate of inadequate sleep 10 or more days during the past 30 among Nevada females than Nevada males. Inadequate sleep was highest among Nevadans ages 35 to 44.

**Chart 26: Nevada Adults Who Reported Not Getting Enough Sleep 10 or More Days During the Past 30 Days by Age Group and Sex (NV BRFSS, 2009)**



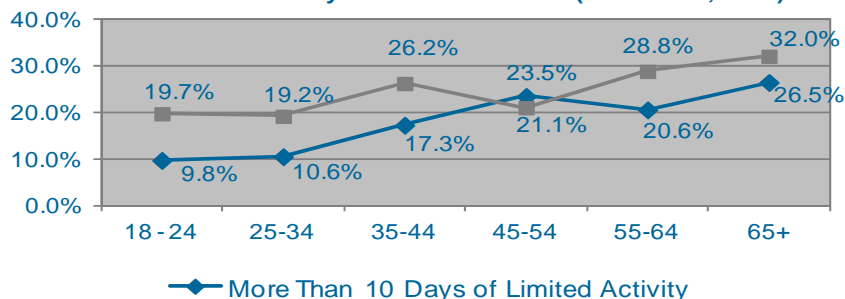


### Health Status

- ◇ "During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?"
- ◇ "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?"

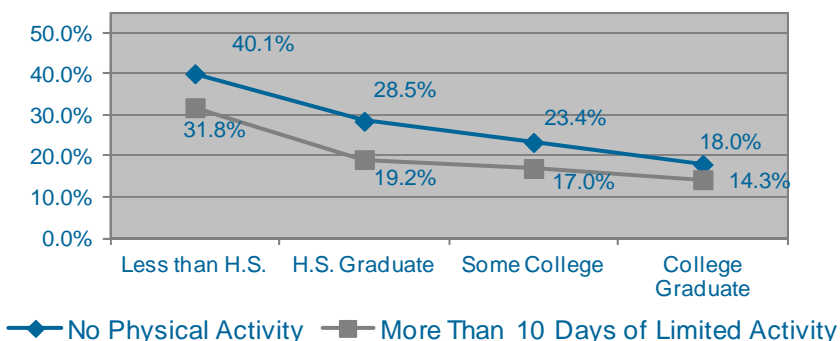
Respondents in younger age groups generally have fewer daily interferences from poor health and have a higher prevalence of physical activity.

**Chart 27: Nevada Adults With No Physical Activity in the Past 30 Days or Those Who Experienced 10 or More Days of Limited Activity Due to Poor Health (NV BRFSS, 2009)**



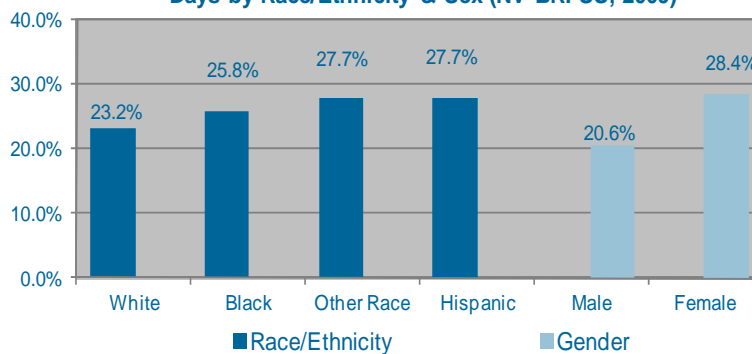
Survey data indicates that the prevalence rate of individuals not participating in physical activity in the past 30 days declines as education level increases.

**Chart 28: Nevada Adults With No Physical Activity in the Past 30 Days by Education Level (NV BRFSS, 2009)**



Hispanics and Other Races reported the highest prevalence of no physical activity in the past 30 days at 27.7% and Whites had the lowest at 23.2%. Females had a higher prevalence rate of inactivity than males, 28.4% and 20.6% respectively.

**Chart 29: Nevada Adults With No Physical Activity in the Past 30 Days by Race/Ethnicity & Sex (NV BRFSS, 2009)**



**Table 22: Perceived Health Status, by Demographics and Region**

◇ "How would you rate your general health (excellent, very good, good, fair, or poor)?"

Demographic	Grouping	N	Excellent	Very Good	Good	Fair	Poor
Nevada	Statewide	3,833	19.91 (17.75-22.08)	34.40 (31.68-37.12)	29.77 (27.18-32.35)	11.56 (9.74-13.39)	4.36 (3.44- 5.28)
Gender	Male	1,522	18.77 (15.51-22.03)	34.50 (30.25-38.75)	30.22 (26.24-34.20)	12.28 (9.16-15.41)	4.22 ( 2.85- 5.60)
	Female	2,311	21.08 (18.26-23.91)	34.30 (30.93-37.67)	29.30 (26.00-32.60)	10.82 ( 8.98-12.67)	4.50 ( 3.27- 5.72)
Age Group	18 - 24	95	19.11 ( 8.23-29.98)	45.22 (31.19-59.26)	27.90 (15.73-40.07)	7.03 ( 1.17-12.89)	0.74 ( 0.00- 2.21)
	25 - 34	343	24.28 (17.87-30.69)	34.98 (27.21-42.76)	29.43 (22.16-36.71)	10.55 ( 4.77-16.33)	0.75 ( 0.00- 1.65)
	35 - 44	546	20.92 (16.19-25.65)	36.34 (30.53-42.15)	32.27 (26.29-38.24)	7.88 ( 4.61-11.15)	2.59 ( 0.54- 4.63)
	45 - 54	718	20.35 (16.34-24.37)	35.79 (30.45-41.13)	27.35 (22.37-32.33)	10.31 ( 6.83-13.79)	6.19 ( 3.46- 8.93)
	55 - 64	918	18.45 (14.87-22.04)	31.05 (26.73-35.37)	28.01 (23.69-32.33)	15.01 (11.50-18.52)	7.48 ( 4.91-10.06)
Race	65+	1,213	13.32 (10.65-15.98)	27.56 (24.02-31.10)	32.60 (28.85-36.34)	18.03 (14.97-21.08)	8.50 ( 5.80-11.20)
	White	3,102	21.06 (18.68-23.44)	36.78 (33.75-39.80)	27.57 (24.85-30.29)	10.24 ( 8.61-11.87)	4.35 ( 3.37- 5.34)
	Black	111	25.76 (12.16-39.37)	29.00 (16.35-41.65)	29.89 (17.58-42.20)	12.17 ( 5.01-19.34)	3.18 ( 0.32- 6.03)
	Other Race	269	15.02 ( 7.43-22.61)	25.78 (16.52-35.03)	38.70 (27.40-50.00)	14.85 ( 5.83-23.86)	5.66 ( 0.59-10.73)
	Hispanic	303	15.10 ( 8.59-21.61)	29.74 (21.02-38.47)	35.44 (26.69-44.19)	15.80 ( 8.28-23.33)	3.92 ( 1.21- 6.62)
	Less than H.S.	232	9.85 ( 3.38-16.31)	14.41 ( 6.91-21.90)	44.13 (32.69-55.57)	22.49 (10.83-34.14)	9.13 ( 3.84-14.42)
Education	H.S. or G.E.D.	1,085	13.99 (10.10-17.88)	31.83 (26.44-37.22)	34.32 (29.09-39.56)	13.74 (10.61-16.88)	6.11 ( 4.09- 8.13)
	Some Post H.S.	1,293	18.01 (14.55-21.47)	38.03 (33.20-42.87)	27.29 (22.99-31.60)	12.38 ( 8.70-16.05)	4.29 ( 2.73- 5.84)
	College Graduate	1,210	29.49 (25.24-33.74)	38.04 (33.42-42.67)	24.62 (20.41-28.83)	6.07 ( 4.33- 7.81)	1.77 ( 0.71- 2.84)
Income	< \$15,000	306	5.02 ( 1.76- 8.29)	16.91 ( 8.05-25.76)	33.36 (23.14-43.57)	27.83 (15.56-40.09)	16.89 ( 9.51- 24.27)
	\$15,000 to \$24,999	565	14.95 ( 8.34-21.56)	26.15 (18.28-34.02)	32.39 (25.06-39.73)	18.84 (12.48-25.20)	7.67 ( 4.35-11.00)
	\$25,000 to \$34,999	359	12.18 ( 6.73-17.63)	29.78 (20.14-39.42)	40.59 (30.02-51.16)	14.13 ( 8.05-20.21)	3.32 ( 1.15- 5.49)
	\$35,000 to \$49,999	518	16.12 (10.07-22.16)	31.24 (24.51-37.96)	35.87 (28.12-43.61)	12.02 ( 6.63-17.42)	4.76 ( 1.70- 7.82)
	\$50,000 to \$74,999	620	22.23 (16.76-27.70)	36.81 (30.41-43.22)	32.69 (26.47-38.91)	7.02 ( 4.49- 9.55)	1.24 ( 0.32- 2.16)
Region	\$75,000+	1,000	30.18 (25.74-34.62)	42.85 (37.70-47.99)	19.69 (15.83-23.55)	5.69 ( 3.48- 7.89)	1.59 ( 0.51- 2.66)
	Clark County	1,219	19.43 (16.52-22.33)	34.54 (30.86-38.22)	29.79 (26.28-33.30)	11.78 ( 9.28-14.28)	4.46 ( 3.22- 5.71)
	Washoe County	1,259	20.46 (17.52-23.40)	35.97 (32.35-39.59)	30.15 (26.73-33.58)	9.79 ( 7.85-11.73)	3.63 ( 2.43- 4.82)
	Balance of State	1,355	21.93 (18.62-25.24)	31.66 (28.16-35.16)	29.16 (25.84-32.47)	12.55 (10.32-14.78)	4.70 ( 3.31- 6.08)

**Table 23: Physical Health by Demographics and Region**

◇ "Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 was your health not good?"

<b>Demo-graphic</b>	<b>Grouping</b>	<b>N</b>	<b>0</b>	<b>1-9</b>	<b>10+</b>
<b>Nevada</b>	Statewide	3,793	65.10 (62.43-67.77)	22.22 (19.76-24.67)	12.68 (11.10-14.26)
<b>Gender</b>	Male	1,509	68.03 (63.98-72.09)	20.44 (16.75-24.12)	11.53 ( 9.14-13.92)
	Female	2,284	62.08 (58.66-65.51)	24.05 (20.83-27.28)	13.86 (11.81-15.91)
<b>Age Group</b>	18 - 24	94	68.98 (57.07-80.90)	18.95 ( 8.58-29.33)	12.06 ( 5.08-19.04)
	25 - 34	341	67.43 (59.83-75.03)	27.17 (19.88-34.46)	5.40 ( 2.03- 8.76)
	35 - 44	545	64.99 (59.10-70.88)	25.65 (20.16-31.15)	9.36 ( 5.98-12.73)
	45 - 54	715	64.26 (59.04-69.49)	21.29 (16.94-25.65)	14.45 (10.66-18.23)
	55 - 64	909	64.83 (60.29-69.37)	17.95 (14.16-21.74)	17.23 (13.79-20.67)
	65+	1,189	61.10 (57.10-65.10)	17.12 (13.84-20.40)	21.78 (18.45-25.11)
<b>Race</b>	White	3,067	63.39 (60.43-66.36)	23.21 (20.42-26.00)	13.40 (11.62-15.19)
	Black	112	60.40 (46.32-74.48)	26.57 (13.44-39.71)	13.03 ( 2.79-23.27)
	Other Race	264	68.76 (58.63-78.88)	18.87 ( 9.66-28.09)	12.37 ( 6.95-17.80)
	Hispanic	301	73.23 (65.42-81.05)	18.17 (11.18-25.15)	8.60 ( 4.30-12.90)
<b>Education</b>	Less than H.S.	229	66.58 (56.42-76.74)	15.01 ( 7.35-22.67)	18.41 (10.93-25.89)
	H.S. or G.E.D.	1,068	65.98 (61.00-70.96)	18.74 (14.55-22.94)	15.28 (11.95-18.60)
	Some Post H.S.	1,280	65.90 (61.28-70.52)	21.31 (16.99-25.62)	12.79 (10.22-15.36)
	College Graduate	1,204	63.12 (58.35-67.89)	27.97 (23.30-32.64)	8.91 ( 6.43-11.39)
<b>Income</b>	< \$15,000	299	47.77 (35.81-59.73)	20.24 (11.70-28.79)	31.98 (22.18-41.78)
	\$15,000 to \$24,999	556	62.74 (55.08-70.40)	19.23 (12.96-25.51)	18.03 (12.82-23.24)
	\$25,000 to \$34,999	359	61.40 (50.83-71.98)	27.98 (16.93-39.03)	10.62 ( 6.30-14.93)
	\$35,000 to \$49,999	516	61.26 (53.79-68.74)	24.71 (17.82-31.61)	14.02 ( 9.38-18.67)
	\$50,000 to \$74,999	618	69.07 (62.91-75.23)	20.45 (15.00-25.90)	10.48 ( 6.42-14.54)
	\$75,000+	998	69.32 (64.61-74.04)	23.76 (19.23-28.28)	6.92 ( 4.83- 9.01)
<b>Region</b>	Clark County	1,207	65.67 (62.07-69.27)	22.43 (19.10-25.76)	11.90 ( 9.83-13.98)
	Washoe County	1,245	62.50 (58.85-66.16)	24.79 (21.43-28.15)	12.70 (10.28-15.13)
	Balance of State	1,341	65.22 (61.65-68.79)	17.81 (14.96-20.66)	16.97 (14.14-19.80)

**Table 24: Mental Health by Demographics and Region**

◇ "Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?"

<b>Demo-graphic</b>	<b>Grouping</b>	<b>N</b>	<b>0</b>	<b>1-9</b>	<b>10+</b>
<b>Nevada</b>	Statewide	3,791	63.08 (60.28-65.87)	21.71 (19.20-24.21)	15.21 (13.20-17.23)
<b>Gender</b>	Male	1,511	67.23 (62.90-71.56)	19.86 (15.94-23.78)	12.91 (10.00-15.83)
	Female	2,280	58.81 (55.29-62.33)	23.61 (20.50-26.72)	17.58 (14.82-20.34)
<b>Age Group</b>	18 - 24	94	56.79 (42.93-70.66)	34.12 (20.41-47.82)	9.09 ( 4.01-14.17)
	25 - 34	341	56.06 (47.96-64.15)	27.03 (19.55-34.51)	16.91 (10.87-22.95)
	35 - 44	542	59.35 (53.31-65.38)	22.32 (17.29-27.35)	18.34 (13.58-23.09)
	45 - 54	710	62.81 (57.56-68.05)	19.10 (14.97-23.23)	18.09 (13.92-22.27)
	55 - 64	906	66.35 (61.79-70.90)	20.12 (16.21-24.02)	13.53 (10.28-16.78)
	65+	1,198	78.52 (75.09-81.95)	11.69 ( 8.93-14.46)	9.78 ( 7.37-12.20)
<b>Race</b>	White	3,066	65.20 (62.27-68.12)	19.19 (16.80-21.59)	15.61 (13.34-17.88)
	Black	110	61.06 (47.23-74.90)	28.18 (14.42-41.94)	10.76 ( 4.62-16.90)
	Other Race	265	57.03 (45.28-68.79)	25.78 (14.96-36.59)	17.19 ( 7.53-26.85)
	Hispanic	301	56.27 (46.84-65.70)	29.55 (20.18-38.91)	14.18 ( 8.56-19.80)
<b>Education</b>	Less than H.S.	227	65.35 (54.91-75.79)	10.00 ( 4.42-15.57)	24.66 (15.24-34.08)
	H.S. or G.E.D.	1,072	63.17 (57.72-68.62)	19.76 (14.85-24.66)	17.08 (13.09-21.06)
	Some Post H.S.	1,277	59.04 (53.98-64.11)	22.91 (18.27-27.56)	18.04 (14.02-22.06)
	College Graduate	1,203	66.10 (61.56-70.64)	25.12 (20.83-29.40)	8.78 ( 6.30-11.26)
<b>Income</b>	< \$15,000	296	44.41 (32.38-56.44)	15.42 ( 8.50-22.34)	40.17 (29.01-51.33)
	\$15,000 to \$24,999	556	50.31 (42.03-58.60)	26.02 (17.29-34.75)	23.67 (16.55-30.79)
	\$25,000 to \$34,999	357	57.49 (46.76-68.22)	28.37 (18.29-38.46)	14.14 ( 5.63-22.64)
	\$35,000 to \$49,999	515	60.39 (52.52-68.27)	24.93 (17.52-32.35)	14.67 ( 9.01-20.34)
	\$50,000 to \$74,999	619	62.51 (55.94-69.08)	24.51 (18.28-30.74)	12.98 ( 8.88-17.08)
	\$75,000+	996	72.14 (67.77-76.51)	19.37 (15.50-23.23)	8.50 ( 5.93-11.06)
<b>Region</b>	Clark County	1,205	62.47 (58.69-66.26)	22.15 (18.74-25.55)	15.38 (12.66-18.10)
	Washoe County	1,246	64.00 (60.40-67.60)	21.55 (18.46-24.65)	14.44 (11.78-17.10)
	Balance of State	1,340	65.26 (61.55-68.97)	19.46 (16.35-22.57)	15.28 (12.30-18.26)

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**Table 25: Poor Health Kept Form Doing Work by Demographics and Region**  
◇ "During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?"

<b>Demo-graphic</b>	<b>Grouping</b>	<b>N</b>	<b>0</b>	<b>1-9</b>	<b>10+</b>
<b>Nevada</b>	Statewide	2,007	58.04 (54.18-61.91)	24.15 (20.66-27.64)	17.81 (15.09-20.53)
<b>Gender</b>	Male	680	57.76 (51.30-64.21)	23.25 (17.64-28.85)	19.00 (14.22-23.77)
	Female	1,327	58.29 (53.69-62.90)	24.92 (20.58-29.26)	16.79 (13.80-19.77)
<b>Age Group</b>	18 - 24	62	71.74 (53.86-89.62)	18.50 ( 2.04-34.95)	9.76 ( 0.68-18.85)
	25 - 34	193	64.46 (54.15-74.76)	24.99 (15.34-34.63)	10.55 ( 4.80-16.30)
	35 - 44	299	52.51 (44.15-60.87)	30.21 (22.33-38.09)	17.28 (10.42-24.14)
	45 - 54	398	51.40 (44.26-58.55)	25.13 (19.13-31.13)	23.46 (17.06-29.87)
	55 - 64	472	57.91 (51.29-64.53)	21.51 (15.91-27.10)	20.58 (15.29-25.87)
	65+	583	54.70 (48.71-60.70)	18.85 (13.65-24.04)	26.45 (21.35-31.56)
<b>Race</b>	White	1,616	57.31 (53.14-61.49)	24.56 (20.73-28.40)	18.12 (15.17-21.08)
	Black	61	50.20 (30.72-69.68)	29.07 (11.02-47.12)	20.73 ( 4.02-37.44)
	Other Race	144	62.38 (47.47-77.30)	21.90 ( 9.55-34.25)	15.72 ( 6.43-25.00)
	Hispanic	157	60.62 (47.67-73.57)	22.69 (10.89-34.50)	16.69 ( 7.91-25.47)
<b>Education</b>	Less than H.S.	129	52.31 (37.57-67.05)	15.87 ( 4.52-27.22)	31.82 (18.17-45.46)
	H.S. or G.E.D.	590	60.99 (53.49-68.48)	19.83 (12.94-26.72)	19.19 (14.00-24.38)
	Some Post H.S.	688	59.00 (52.33-65.66)	23.99 (18.01-29.97)	17.01 (12.56-21.47)
	College Graduate	592	55.87 (49.00-62.73)	29.81 (23.53-36.10)	14.32 ( 9.63-19.01)
<b>Income</b>	< \$15,000	222	43.91 (32.33-55.48)	16.68 ( 9.18-24.19)	39.41 (27.49-51.34)
	\$15,000 to \$24,999	341	51.21 (39.99-62.43)	21.79 (11.80-31.78)	27.00 (18.33-35.67)
	\$25,000 to \$34,999	194	57.22 (42.03-72.40)	27.44 (11.94-42.94)	15.34 ( 7.79-22.89)
	\$35,000 to \$49,999	284	64.25 (54.58-73.92)	23.08 (14.24-31.92)	12.67 ( 7.33-18.00)
	\$50,000 to \$74,999	316	61.10 (51.46-70.74)	26.77 (18.15-35.39)	12.13 ( 4.95-19.32)
	\$75,000+	428	62.67 (55.71-69.63)	28.16 (21.70-34.62)	9.17 ( 5.44-12.91)
<b>Region</b>	Clark County	636	56.96 (51.69-62.23)	25.02 (20.24-29.79)	18.02 (14.31-21.72)
	Washoe County	673	62.11 (57.36-66.86)	22.93 (18.91-26.95)	14.96 (11.75-18.17)
	Balance of State	698	58.80 (53.50-64.10)	20.87 (16.50-25.23)	20.33 (16.15-24.52)

**Table 26: Physical Activity by Demographics and Region**

◇ "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?"

Demographic	Grouping	N	Yes	No
<b>Nevada</b>	Statewide	3,836	75.55 (73.15-77.95)	24.45 (22.05-26.85)
<b>Gender</b>	Male	1,524	79.41 (75.85-82.97)	20.59 (17.03-24.15)
	Female	2,312	71.60 (68.42-74.78)	28.40 (25.22-31.58)
<b>Age Group</b>	18 - 24	95	80.26 (68.68-91.85)	19.74 ( 8.15-31.32)
	25 - 34	343	80.80 (74.38-87.22)	19.20 (12.78-25.62)
	35 - 44	546	73.79 (68.13-79.45)	26.21 (20.55-31.87)
	45 - 54	714	78.94 (74.34-83.53)	21.06 (16.47-25.66)
	55 - 64	921	71.17 (66.76-75.58)	28.83 (24.42-33.24)
	65+	1,217	67.96 (64.20-71.71)	32.04 (28.29-35.80)
<b>Race</b>	White	3,103	76.78 (74.29-79.27)	23.22 (20.73-25.71)
	Black	112	74.17 (62.01-86.32)	25.83 (13.68-37.99)
	Other Race	268	72.26 (61.72-82.79)	27.74 (17.21-38.28)
	Hispanic	303	72.29 (64.08-80.50)	27.71 (19.50-35.92)
<b>Education</b>	Less than H.S.	232	59.90 (48.97-70.83)	40.10 (29.17-51.03)
	H.S. or G.E.D.	1,088	71.48 (66.60-76.37)	28.52 (23.63-33.40)
	Some Post H.S.	1,292	76.64 (72.51-80.77)	23.36 (19.23-27.49)
	College Graduate	1,211	82.01 (78.31-85.71)	17.99 (14.29-21.69)
<b>Income</b>	< \$15,000	305	64.69 (54.80-74.58)	35.31 (25.42-45.20)
	\$15,000 to \$24,999	564	72.02 (65.60-78.43)	27.98 (21.57-34.40)
	\$25,000 to \$34,999	360	69.05 (58.89-79.22)	30.95 (20.78-41.11)
	\$35,000 to \$49,999	518	72.73 (65.67-79.80)	27.27 (20.20-34.33)
	\$50,000 to \$74,999	622	78.69 (73.57-83.80)	21.31 (16.20-26.43)
	\$75,000+	1,000	83.36 (79.16-87.55)	16.64 (12.45-20.84)
<b>Region</b>	Clark County	1,219	73.53 (70.25-76.81)	26.47 (23.19-29.75)
	Washoe County	1,258	83.29 (80.65-85.93)	16.71 (14.07-19.35)
	Balance of State	1,359	77.05 (74.01-80.09)	22.95 (19.91-25.99)

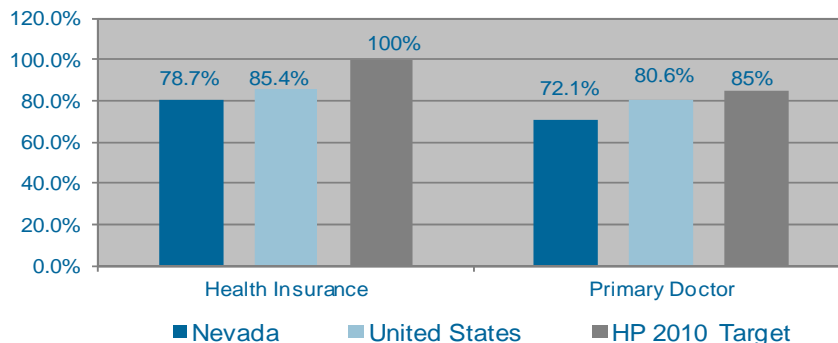
**Table 27: Inadequate Sleep by Demographics and Region**

◇ During the past 30 days, about how many days have you felt you did not get enough sleep?

<b>Demo-graphic</b>	<b>Grouping</b>	<b>N</b>	<b>0</b>	<b>1-9</b>	<b>10+</b>
<b>Nevada</b>	Statewide	3,786	30.71 (28.22-33.20)	34.02 (31.24-36.79)	35.28 (32.57-37.98)
<b>Gender</b>	Male	1,502	33.27 (29.29-37.25)	33.49 (29.17-37.80)	33.25 (29.07-37.42)
	Female	2,284	28.07 (25.10-31.03)	34.56 (31.09-38.03)	37.37 (33.95-40.79)
<b>Age Group</b>	18 - 24	95	22.77 (11.21-34.33)	48.02 (34.41-61.62)	29.21 (18.97-39.46)
	25 - 34	341	20.16 (13.47-26.85)	38.35 (30.35-46.34)	41.49 (33.69-49.30)
	35 - 44	540	24.00 (18.69-29.30)	28.94 (23.60-34.28)	47.06 (40.88-53.24)
	45 - 54	710	30.50 (25.34-35.66)	34.57 (29.42-39.72)	34.93 (29.61-40.24)
	55 - 64	903	36.22 (31.61-40.84)	33.10 (28.56-37.64)	30.68 (26.21-35.15)
	65+	1,197	54.18 (50.15-58.20)	27.36 (23.64-31.09)	18.46 (15.32-21.60)
<b>Race</b>	White	3,069	29.85 (27.30-32.41)	34.06 (31.09-37.03)	36.09 (33.08-39.09)
	Black	110	36.43 (22.78-50.07)	36.61 (23.09-50.14)	26.96 (15.07-38.85)
	Other Race	262	32.33 (21.51-43.15)	32.82 (21.52-44.12)	34.85 (23.89-45.80)
	Hispanic	297	31.05 (22.35-39.75)	34.97 (25.49-44.45)	33.98 (25.50-42.46)
<b>Education</b>	Less than H.S.	228	39.39 (27.34-51.43)	27.12 (17.96-36.27)	33.49 (22.37-44.62)
	H.S. or G.E.D.	1,072	33.45 (28.53-38.37)	34.69 (29.18-40.20)	31.86 (26.70-37.02)
	Some Post H.S.	1,277	27.14 (23.24-31.04)	32.85 (27.94-37.76)	40.01 (35.12-44.89)
	College Graduate	1,196	29.26 (25.11-33.40)	36.32 (31.62-41.02)	34.42 (29.95-38.90)
<b>Income</b>	< \$15,000	299	30.66 (18.41-42.91)	24.46 (15.30-33.63)	44.88 (33.59-56.17)
	\$15,000 to \$24,999	558	26.24 (20.33-32.15)	36.07 (27.35-44.79)	37.69 (29.62-45.76)
	\$25,000 to \$34,999	357	36.52 (27.07-45.97)	31.39 (21.38-41.40)	32.09 (21.95-42.23)
	\$35,000 to \$49,999	514	28.17 (21.34-35.00)	37.62 (30.02-45.21)	34.22 (26.61-41.82)
	\$50,000 to \$74,999	614	34.95 (28.79-41.10)	28.05 (22.15-33.95)	37.00 (30.51-43.50)
	\$75,000+	990	25.51 (21.37-29.65)	40.21 (35.06-45.35)	34.28 (29.50-39.07)
<b>Region</b>	Clark County	1,198	30.68 (27.30-34.06)	34.50 (30.73-38.28)	34.81 (31.15-38.47)
	Washoe County	1,245	28.73 (25.54-31.91)	33.31 (29.81-36.81)	37.97 (34.26-41.67)
	Balance of State	1,343	33.35 (29.96-36.74)	32.21 (28.67-35.74)	34.44 (30.79-38.10)

## Healthcare Access

**Chart 30: Percent of Nevada Adults with Health Insurance and a Primary Care Provider (NV BRFSS, 2009)**



Access to quality care is important to eliminate health disparities and increase the quality and years of healthy life. People must have access to clinical preventive services that are effective in preventing disease (primary prevention) or detecting asymptomatic disease or risk factors at early treatable stages.

The Healthy People 2010 target for individuals with health insurance is 100%. Uninsured people are less than half as likely as people with health insurance to have a primary care provider or to receive appropriate preventive care. Nationwide it is estimated that 85.6% of the adult population has health insurance; Nevada's adult population with health insurance is estimated at 80.5%.

A primary care doctor can provide individuals with a understanding of their health problems and direct them to appropriate health services. Evidence suggests that timely care provided by a regular primary care providers leads to less costly medical care.<sup>1</sup> The Healthy People 2010 Target for individuals with a regular primary care provider is 85%. Nationwide, it is estimated that 81.0% of the adult population have a regular primary care provider. 70.4% of Nevada's adult population are estimated to have a primary care provider.

**Table 28: Selected Health Access Indicators For Nevada and the United States (BRFSS, 2009)**

Health Indicator	Nevada	United States
1. Adult respondents with any kind of healthcare coverage, including health insurance, prepaid plans such as HMO's or government plans such as Medicare.	80.5%	85.6%
2. Adult respondents with a personal doctor or health care provider.	70.4%	81.0%
3. Adult respondents reporting a time in the past 12 months when they needed to see a doctor but could not because of cost.	17.3%	14.9%
4. Time since last visiting a doctor for a routine checkup		
Within the past two years (anytime less than 2 years ago)	78.6%	82.3%
Within the past 5 years (greater than 2 years but less than 5 years)	9.8%	8.6%
5 or more years ago	10.4%	7.8%
Never	1.2%	1.3%

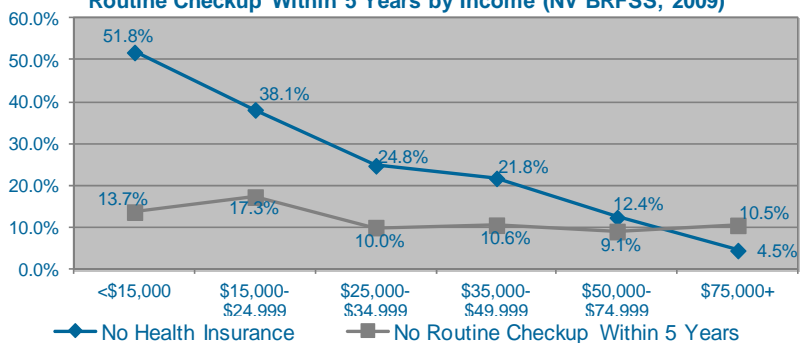


### Healthcare Access

- ◇ "Do you have any healthcare coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?"
- ◇ "Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?"
- ◇ "Do you have one person you think of as your personal doctor or health care provider?"
- ◇ "About how long has it been since you last visited a doctor for a routine checkup?"

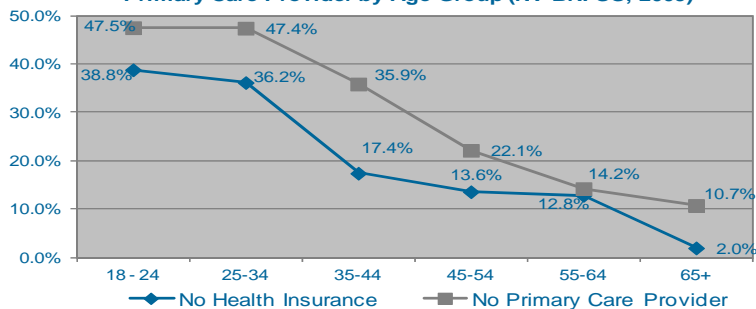
As would be expected, a higher percentage of respondents in lower income groups do not have health insurance than those in higher income brackets.

**Chart 31: Nevada Adults With No Health Insurance and No Routine Checkup Within 5 Years by Income (NV BRFSS, 2009)**



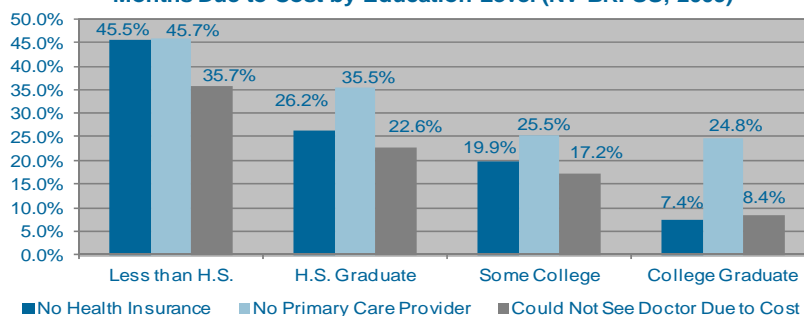
Individuals in younger age groups are more likely to be without health insurance or a primary care provider than those in older age groups.

**Chart 32: Nevada Adults With No Health Insurance and No Primary Care Provider by Age Group (NV BRFSS, 2009)**



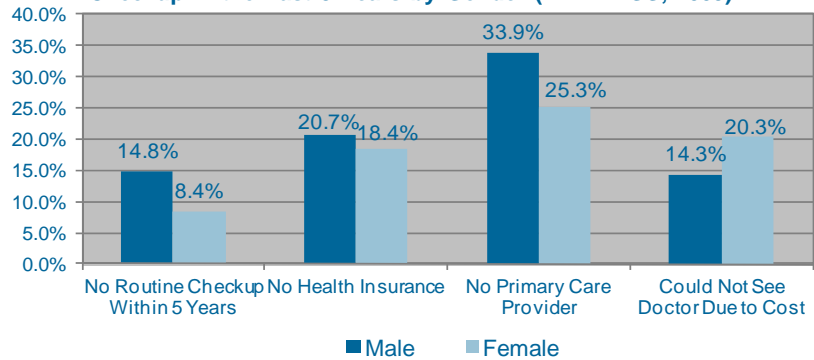
A higher percentage of individuals with less education do not have health insurance or a primary care provider than those with more education. Also, a higher percentage of individuals with less education did not see a doctor in the past 12 months due to cost.

**Chart 33: Nevada Adults With No Health Insurance, No Primary Care Provider, and Who Could Not See a Doctor in the Past 12 Months Due to Cost by Education Level (NV BRFSS, 2009)**



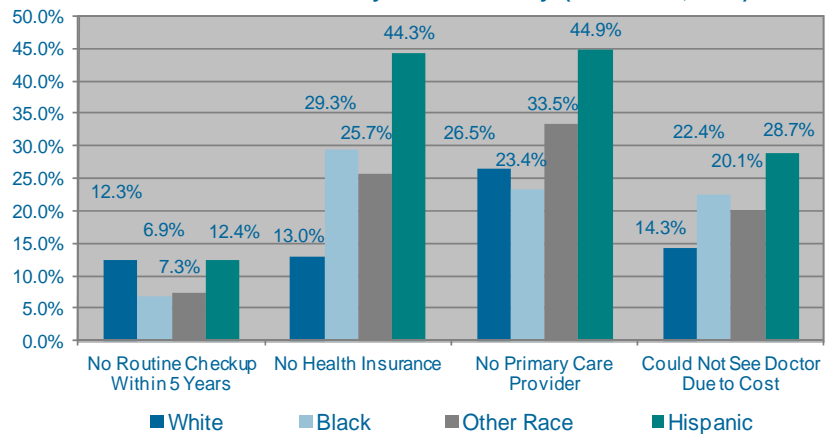
Evidence indicates that a higher percentage of males have no primary care provider than females. However, a higher percent of Females could not see a doctor because of cost in the past 12 months.

**Chart 34: Nevada Adults With No Health Insurance, No Primary Care Provider, Who Could Not See a Doctor in the Past 12 Months Due to Cost, and Have Not Had a Routine Checkup in the Past 5 Years by Gender (NV BRFSS, 2009)**



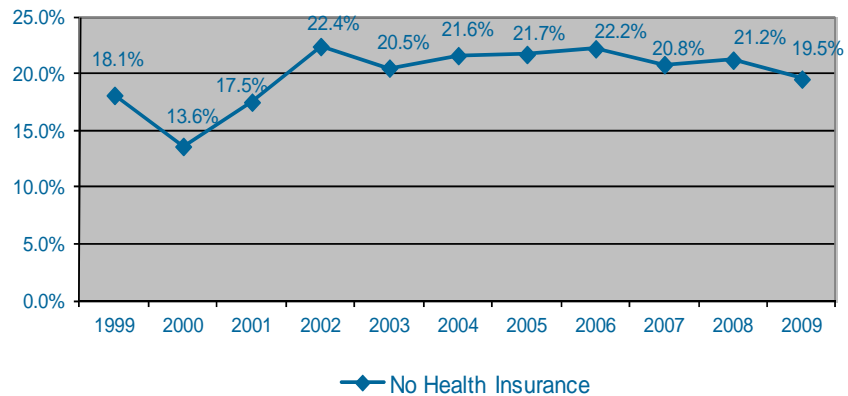
Nevada's Hispanic adults are more likely to be without health insurance or a primary care provider than Whites, Blacks, or Other racial/Ethnic groups.

**Chart 35: Nevada Adults With no Health Insurance, No Primary Care Provider, and Who Could Not See a Doctor Within the Past 12 Months Due To Cost by Race/Ethnicity (NV BRFSS, 2009)**



Data indicates that Nevada's uninsured population has remained relatively consistent since 2003 with a range of 19.5% to 21.7%.

**Chart 36: Nevada Adults With No Health Insurance (NV BRFSS, 1999-2009)**



**Table 29: Health Insurance by Demographics and Region**

◇ “Do you have any kind of health coverage, including health insurance, prepaid plans such as HMOs, or governmental plans such as Medicare.”

Demographic	Grouping	N	Yes	No
<b>Nevada</b>	Statewide	3,833	80.47 (77.79-83.14)	19.53 (16.86-22.21)
<b>Gender</b>	Male	1,524	79.33 (75.10-83.55)	20.67 (16.45-24.90)
	Female	2,309	81.63 (78.39-84.87)	18.37 (15.13-21.61)
<b>Age Group</b>	18 - 24	95	61.21 (47.61-74.82)	38.79 (25.18-52.39)
	25 - 34	342	63.85 (55.89-71.81)	36.15 (28.19-44.11)
	35 - 44	545	82.60 (77.61-87.59)	17.40 (12.41-22.39)
	45 - 54	717	86.43 (82.69-90.18)	13.57 ( 9.82-17.31)
	55 - 64	918	87.17 (84.07-90.28)	12.83 ( 9.72-15.93)
	65+	1,216	98.05 (97.15-98.95)	1.95 ( 1.05- 2.85)
<b>Race</b>	White	3,100	86.96 (84.53-89.39)	13.04 (10.61-15.47)
	Black	112	70.71 (56.34-85.07)	29.29 (14.93-43.66)
	Other Race	269	74.28 (63.40-85.17)	25.72 (14.83-36.60)
	Hispanic	302	55.69 (46.11-65.27)	44.31 (34.73-53.89)
<b>Education</b>	Less than H.S.	229	54.53 (42.38-66.69)	45.47 (33.31-57.62)
	H.S. or G.E.D.	1,089	73.76 (68.29-79.24)	26.24 (20.76-31.71)
	Some Post H.S.	1,292	80.15 (75.34-84.96)	19.85 (15.04-24.66)
	College Graduate	1,211	92.57 (89.90-95.23)	7.43 ( 4.77-10.10)
<b>Income</b>	< \$15,000	306	48.17 (36.74-59.59)	51.83 (40.41-63.26)
	\$15,000 to \$24,999	564	61.88 (53.27-70.49)	38.12 (29.51-46.73)
	\$25,000 to \$34,999	360	75.25 (65.35-85.14)	24.75 (14.86-34.65)
	\$35,000 to \$49,999	519	78.25 (70.60-85.89)	21.75 (14.11-29.40)
	\$50,000 to \$74,999	621	87.61 (82.25-92.97)	12.39 ( 7.03-17.75)
	\$75,000+	1,001	95.49 (92.46-98.51)	4.51 ( 1.49- 7.54)
<b>Region</b>	Clark County	1,218	79.93 (76.29-83.56)	20.07 (16.44-23.71)
	Washoe County	1,256	84.49 (81.53-87.45)	15.51 (12.55-18.47)
	Balance of State	1,359	78.41 (74.68-82.14)	21.59 (17.86-25.32)

**Table 30: Primary Care Provider by Demographics and Region**

◇ “Do you have one person you think of as your personal doctor or healthcare provider.”

Demographic	Grouping	N	Yes	No
<b>Nevada</b>	Statewide	3,835	70.35 (67.48-73.22)	29.65 (26.78-32.52)
<b>Gender</b>	Male	1,524	66.09 (61.64-70.55)	33.91 (29.45-38.36)
	Female	2,311	74.71 (71.16-78.27)	25.29 (21.73-28.84)
<b>Age Group</b>	18 - 24	95	52.50 (41.04-63.96)	47.50 (36.04-58.96)
	25 - 34	343	52.60 (44.52-60.67)	47.40 (39.33-55.48)
	35 - 44	546	64.15 (58.09-70.20)	35.85 (29.80-41.91)
	45 - 54	718	77.86 (73.47-82.26)	22.14 (17.74-26.53)
	55 - 64	920	85.78 (82.22-89.34)	14.22 (10.66-17.78)
	65+	1,213	89.27 (86.46-92.07)	10.73 ( 7.93-13.54)
<b>Race</b>	White	3,101	73.54 (70.51-76.58)	26.46 (23.42-29.49)
	Black	112	76.61 (64.26-88.97)	23.39 (11.03-35.74)
	Other Race	269	66.54 (55.30-77.78)	33.46 (22.22-44.70)
	Hispanic	303	55.15 (45.60-64.70)	44.85 (35.30-54.40)
<b>Education</b>	Less than H.S.	232	54.27 (42.27-66.27)	45.73 (33.73-57.73)
	H.S. or G.E.D.	1,085	64.48 (58.63-70.32)	35.52 (29.68-41.37)
	Some Post H.S.	1,294	74.54 (69.73-79.36)	25.46 (20.64-30.27)
	College Graduate	1,212	75.17 (70.88-79.47)	24.83 (20.53-29.12)
<b>Income</b>	< \$15,000	304	57.69 (45.41-69.98)	42.31 (30.02-54.59)
	\$15,000 to \$24,999	565	64.12 (55.41-72.83)	35.88 (27.17-44.59)
	\$25,000 to \$34,999	360	62.48 (51.40-73.56)	37.52 (26.44-48.60)
	\$35,000 to \$49,999	519	71.35 (63.81-78.88)	28.65 (21.12-36.19)
	\$50,000 to \$74,999	621	73.91 (67.74-80.09)	26.09 (19.91-32.26)
	\$75,000+	1,001	74.31 (69.31-79.31)	25.69 (20.69-30.69)
<b>Region</b>	Clark County	1,220	68.48 (64.60-72.36)	31.52 (27.64-35.40)
	Washoe County	1,259	77.20 (73.75-80.66)	22.80 (19.34-26.25)
	Balance of State	1,356	72.10 (68.49-75.72)	27.90 (24.28-31.51)

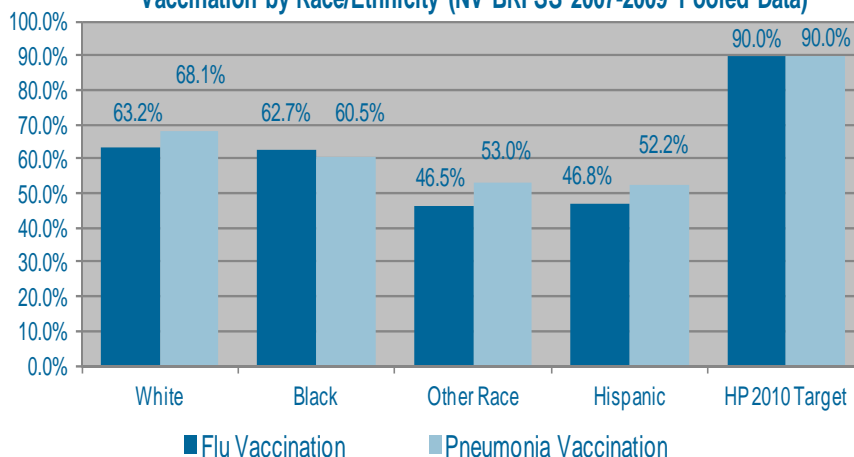
**Table 31: Nevada Adults That Could Not See a Doctor Because of Cost**  
 ◇ “Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?”

Demographic	Grouping	N	Yes	No
<b>Nevada</b>	Statewide	3,835	17.27 (14.90-19.65)	82.73 (80.35-85.10)
<b>Gender</b>	Male	1,524	14.32 (10.95-17.70)	85.68 (82.30-89.05)
	Female	2,311	20.30 (16.99-23.61)	79.70 (76.39-83.01)
<b>Age Group</b>	18 - 24	94	14.76 ( 6.09-23.43)	85.24 (76.57-93.91)
	25 - 34	343	30.36 (22.99-37.74)	69.64 (62.26-77.01)
	35 - 44	546	17.66 (12.37-22.96)	82.34 (77.04-87.63)
	45 - 54	718	16.40 (12.23-20.57)	83.60 (79.43-87.77)
	55 - 64	918	12.18 ( 9.21-15.16)	87.82 (84.84-90.79)
	65+	1,216	4.28 ( 2.71- 5.85)	95.72 (94.15-97.29)
<b>Race</b>	White	3,103	14.34 (11.88-16.80)	85.66 (83.20-88.12)
	Black	112	22.40 ( 8.99-35.81)	77.60 (64.19-91.01)
	Other Race	268	20.05 (11.03-29.07)	79.95 (70.93-88.97)
	Hispanic	303	28.73 (20.25-37.21)	71.27 (62.79-79.75)
<b>Education</b>	Less than H.S.	230	35.69 (24.38-47.01)	64.31 (52.99-75.62)
	H.S. or G.E.D.	1,086	22.60 (17.51-27.70)	77.40 (72.30-82.49)
	Some Post H.S.	1,294	17.16 (12.97-21.36)	82.84 (78.64-87.03)
	College Graduate	1,212	8.39 ( 5.62-11.16)	91.61 (88.84-94.38)
<b>Income</b>	< \$15,000	306	43.71 (32.21-55.22)	56.29 (44.78-67.79)
	\$15,000 to \$24,999	563	31.63 (23.81-39.46)	68.37 (60.54-76.19)
	\$25,000 to \$34,999	359	28.76 (17.79-39.73)	71.24 (60.27-82.21)
	\$35,000 to \$49,999	519	17.63 (11.39-23.86)	82.37 (76.14-88.61)
	\$50,000 to \$74,999	622	11.82 ( 6.56-17.07)	88.18 (82.93-93.44)
	\$75,000+	1,001	5.32 ( 2.72- 7.91)	94.68 (92.09-97.28)
<b>Region</b>	Clark County	1,219	18.29 (15.05-21.53)	81.71 (78.47-84.95)
	Washoe County	1,258	13.99 (11.44-16.54)	86.01 (83.46-88.56)
	Balance of State	1,358	15.74 (12.75-18.73)	84.26 (81.27-87.25)

		Table 32: Time Since Last Routine Checkup					“About how long has it been since you last visited a doctor for a routine checkup?”	
Demographic	Grouping	N	In the Past Year	In the Past 2 Years	In the Past 5 Years	5 Years or More	Never	
Nevada	Statewide	3,805	64.47 (61.61-67.33)	14.13 (11.92-16.34)	9.81 (7.89-11.72)	10.42 (8.63-12.21)	1.17 (0.35- 1.98)	
	Gender							
	Male	1,510	60.67 (56.22-65.11)	13.47 (10.27-16.67)	11.11 (7.96-14.27)	12.82 (9.81-15.83)	1.93 (0.35- 3.52)	
	Female	2,295	68.37 (64.82-71.91)	14.81 (11.75-17.86)	8.47 (6.33-10.61)	7.97 (6.06- 9.87)	0.39 (0.11- 0.66)	
Age Group	18 - 24	93	50.12 (35.79-64.45)	19.71 (7.11-32.31)	18.50 (8.34-28.66)	6.04 (2.19- 9.88)	5.64 (0.00-14.89)	
	25 - 34	335	49.89 (41.80-57.98)	21.42 (14.61-28.22)	14.49 (8.37-20.61)	13.12 (8.03-18.22)	1.09 (0.00- 2.55)	
	35 - 44	543	60.32 (54.21-66.43)	15.25 (10.90-19.59)	8.46 (4.91-12.00)	14.81 (9.99-19.64)	1.16 (0.00- 2.51)	
	45 - 54	713	66.04 (60.69-71.39)	11.57 (8.06-15.09)	10.12 (6.76-13.48)	11.44 (7.48-15.40)	0.83 (0.06- 1.59)	
	55 - 64	918	74.99 (70.97-79.02)	11.50 (8.65-14.36)	4.84 (2.81- 6.87)	8.39 (5.67-11.11)	0.28 (0.00- 0.63)	
	65+	1,203	85.62 (82.63-88.61)	5.07 (3.50- 6.63)	5.12 (2.72- 7.52)	3.70 (2.40- 5.00)	0.49 (0.03- 0.95)	
Race	White	3,079	65.56 (62.49-68.62)	13.14 (10.81-15.47)	9.03 (7.12-10.93)	11.58 (9.44-13.72)	0.70 (0.24- 1.15)	
	Black	112	83.57 (73.96-93.17)	5.41 (0.00-10.81)	4.10 (0.00-10.28)	6.93 (1.00-12.86)	0.00 (0.00-0.00)	
	Other Race	267	56.69 (45.14-68.24)	24.05 (12.68-35.43)	12.00 (4.56-19.45)	6.42 (0.91-11.92)	0.84 (0.00- 2.05)	
Education	Hispanic	299	56.82 (47.35-66.29)	16.58 (9.81-23.36)	14.23 (6.45-22.01)	8.28 (3.16-13.40)	4.09 (0.00- 9.07)	
	Less than H.S.	230	56.81 (45.22-68.41)	17.71 (8.65-26.78)	11.23 (3.07-19.39)	11.38 (4.76-18.01)	2.86 (0.14- 5.58)	
	H.S. or G.E.D.	1,073	61.08 (55.35-66.81)	13.56 (9.68-17.45)	11.59 (7.06-16.12)	12.08 (8.10-16.06)	1.69 (0.00- 4.02)	
	Some Post H.S.	1,286	68.66 (63.70-73.62)	14.36 (9.91-18.80)	7.15 (4.71- 9.59)	9.05 (6.31-11.79)	0.79 (0.00- 1.79)	
	College Graduate	1,204	65.05 (60.39-69.71)	13.68 (10.16-17.21)	10.49 (7.47-13.51)	10.10 (7.14-13.06)	0.68 (0.00- 1.51)	
	< \$15,000	305	55.60 (44.26-66.95)	15.97 (7.86-24.07)	14.73 (5.47-23.99)	12.69 (5.89-19.49)	1.01 (0.00- 2.15)	
Income	\$15,000 to \$24,999	560	55.50 (46.91-64.08)	12.30 (6.38-18.22)	14.91 (7.17-22.65)	13.03 (7.74-18.32)	4.27 (0.00- 9.40)	
	\$25,000 to \$34,999	357	61.36 (50.60-72.13)	18.83 (8.10-29.57)	9.82 (3.92-15.72)	8.27 (3.56-12.98)	1.72 (0.00- 3.79)	
	\$35,000 to \$49,999	515	66.97 (59.09-74.86)	11.36 (5.41-17.31)	11.09 (5.52-16.66)	9.34 (4.74-13.93)	1.24 (0.00- 3.16)	
	\$50,000 to \$74,999	616	67.21 (60.82-73.60)	15.09 (10.04-20.14)	8.65 (4.66-12.63)	8.69 (5.02-12.36)	0.37 (0.00- 0.86)	
	\$75,000+	994	69.21 (64.25-74.17)	13.85 (10.04-17.67)	6.41 (4.03- 8.79)	10.41 (6.77-14.05)	0.11 (0.00- 0.28)	
	Clark County	1,209	64.37 (60.49-68.24)	14.45 (11.43-17.47)	10.02 (7.43-12.62)	9.85 (7.44-12.26)	1.31 (0.18- 2.44)	
Region	Washoe County	1,251	65.30 (61.56-69.04)	14.36 (11.55-17.18)	9.59 (6.92-12.26)	10.36 (8.02-12.69)	0.39 (0.07- 0.72)	
	Balance of State	1,345	64.01 (60.25-67.77)	12.09 (9.67-14.50)	8.89 (6.51-11.27)	13.66 (10.72-16.60)	1.36 (0.29- 2.43)	

## Immunization

**Chart 37: Nevada Adults 65 Years of Age or Older Who Have Had a Flu Vaccination Within the Past 12 Months or Have Ever Had a Pneumonia Vaccination by Race/Ethnicity (NV BRFSS 2007-2009 Pooled Data)**



Vaccines are biological substances that interact with the person's immune system to produce an immune response identical to that produced by the natural infections. Vaccines can prevent the debilitating and, in some cases, fatal effects of infectious disease.

Vaccines protect more than the vaccinated individual. They also protect society. Those unable to be vaccinated are also protected because of group immunity (they live among vaccinated persons who may offer protection from exposure to disease).<sup>1,2</sup>

Nevada's flu and pneumonia vaccination rate was estimated at 63.6% and 67.7% respectively, compared to the national estimates of 70.1% for flu vaccination and 68.5% for pneumonia vaccination in 2009. These values are well below the Healthy People 2010 target rate of 90%.

**Table 33: Selected Immunization Indicators For Nevada and the United States (BRFSS, 2009)**

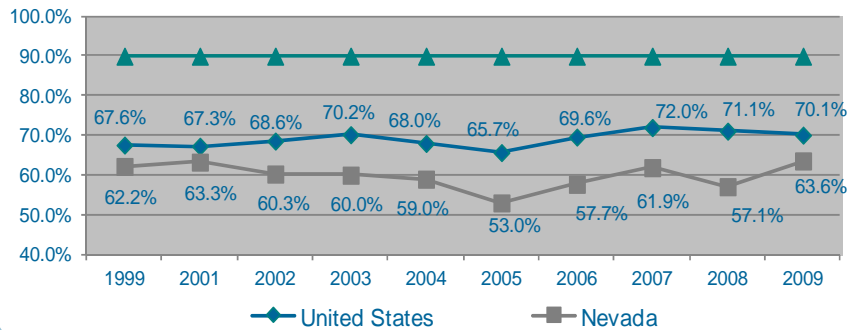
Health Indicator	Nevada	United States
Nevada adults 65 years of age or older who have had a flu vaccination within the past year.	63.6%	70.1%
Nevada adults 65 years of age or older who have ever had a pneumonia vaccination.	67.7%	68.5%

**Vaccinations**

- ◇ “A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot?”
- ◇ “A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person’s lifetime and is different from the flu shot. Have you ever had a pneumonia shot?”

The flu vaccination rate for Nevada adults has historically been lower than the national rate. Both the national rate and Nevada’s rate of flu vaccinations are significantly lower than the Healthy People 2010 target value of 90%.

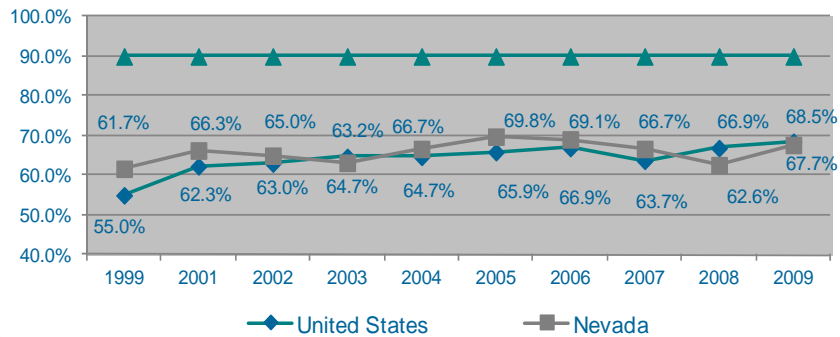
**Chart 38: Nevada Adults 65 Years of Age or Older Receiving a Flu Vaccination Within the Past Year (NV BRFSS, 1999-2009)**



\*Flu immunization data are not available for the Year 2000

The pneumonia vaccination rates of Nevada adults historically has mimicked the national vaccination rates. Both Nevada and national rates are significantly lower than the Healthy People 2010 target value of 90%.

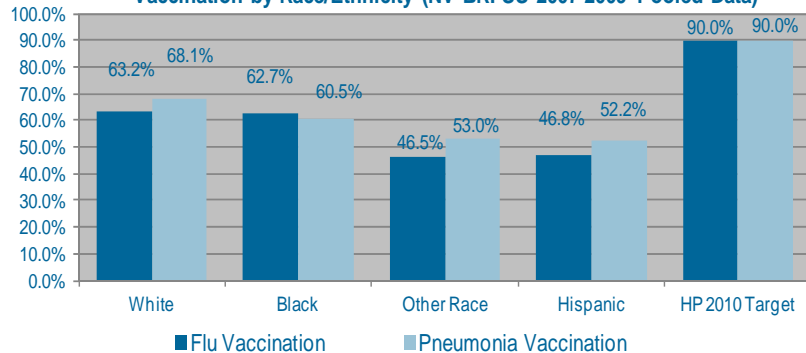
**Chart 39: Nevada Adults 65 Years of Age or Older Who Have Ever Received a Pneumonia Vaccination (NV BRFSS, 1999-2009)**



\*Pneumonia immunization data are not available for the Year 2000

2007-2009 pooled BRFSS data indicates that Nevada Whites and Blacks have higher flu and pneumonia vaccination rates than Hispanics and Other race/Ethnicity groups.

**Chart 40: Nevada Adults 65 Years of Age or Older Who Have Had a Flu Vaccination Within the Past 12 Months or Have Ever Had a Pneumonia Vaccination by Race/Ethnicity (NV BRFSS 2007-2009 Pooled Data)**





**Table 34: Influenza Vaccination Data (Adults Aged 65+) by Demographics and Region**

◇ “A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot?”

Demographic	Grouping	N	Yes	No
<b>Nevada</b>	Statewide	1,196	63.55 (59.57-67.52)	36.45 (32.48-40.43)
<b>Gender</b>	Male	479	61.32 (55.17-67.48)	38.68 (32.52-44.83)
	Female	717	65.50 (60.32-70.68)	34.50 (29.32-39.68)
<b>Race</b>	White	1,059	65.55 (61.57-69.53)	34.45 (30.47-38.43)
	Black	31	51.49 (27.49-75.49)	48.51 (24.51-72.51)
	Other Race	56	45.44 (21.65-69.23)	54.56 (30.77-78.35)
	Hispanic	36	60.90 (28.91-92.88)	39.10 ( 7.12-71.09)
<b>Education</b>	Less than H.S.	81	63.19 (47.43-78.96)	36.81 (21.04-52.57)
	H.S. or G.E.D.	376	61.93 (55.09-68.77)	38.07 (31.23-44.91)
	Some Post H.S.	391	61.23 (54.09-68.37)	38.77 (31.63-45.91)
	College Graduate	340	68.40 (60.80-76.00)	31.60 (24.00-39.20)
<b>Income</b>	< \$15,000	120	53.97 (40.14-67.81)	46.03 (32.19-59.86)
	\$15,000 to \$24,999	258	57.30 (47.57-67.02)	42.70 (32.98-52.43)
	\$25,000 to \$34,999	156	61.22 (50.44-72.00)	38.78 (28.00-49.56)
	\$35,000 to \$49,999	155	69.44 (59.73-79.14)	30.56 (20.86-40.27)
	\$50,000 to \$74,999	155	64.28 (53.89-74.67)	35.72 (25.33-46.11)
	\$75,000+	148	78.15 (70.32-85.98)	21.85 (14.02-29.68)
<b>Region</b>	Clark County	367	62.03 (56.36-67.70)	37.97 (32.30-43.64)
	Washoe County	354	68.14 (62.86-73.43)	31.86 (26.57-37.14)
	Balance of State	475	65.13 (60.30-69.97)	34.87 (30.03-39.70)

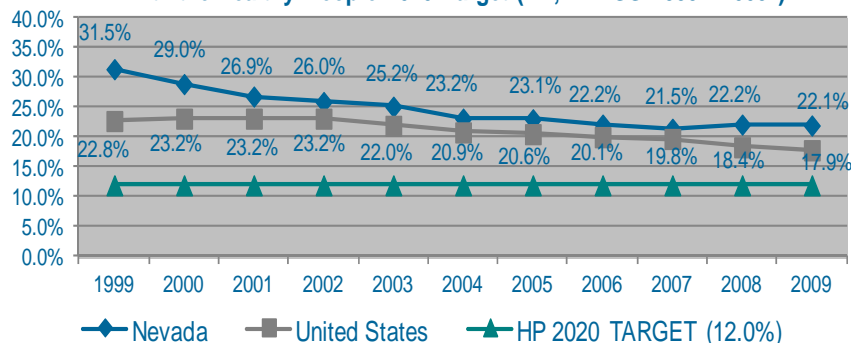
**Table 35: Pneumonia Vaccination Data (Adults Aged 65+) by Demographics and Region**

◇ “A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person’s lifetime and is different from the flu shot. Have you ever had a pneumonia shot?”

Demographic	Grouping	N	Yes	No
<b>Nevada</b>	Statewide	1,152	67.66 (63.70-71.62)	32.34 (28.38-36.30)
<b>Gender</b>	Male	454	64.20 (57.90-70.49)	35.80 (29.51-42.10)
	Female	698	70.73 (65.80-75.67)	29.27 (24.33-34.20)
<b>Race</b>	White	1,020	69.90 (65.90-73.90)	30.10 (26.10-34.10)
	Black	30	68.16 (45.99-90.32)	31.84 ( 9.68-54.01)
	Other Race	54	38.80 (16.17-61.43)	61.20 (38.57-83.83)
	Hispanic	34	54.38 (29.87-78.90)	45.62 (21.10-70.13)
<b>Education</b>	Less than H.S.	78	71.19 (58.74-83.64)	28.81 (16.36-41.26)
	H.S. or G.E.D.	363	65.72 (58.69-72.75)	34.28 (27.25-41.31)
	Some Post H.S.	381	66.98 (59.94-74.03)	33.02 (25.97-40.06)
	College Graduate	322	69.70 (61.99-77.41)	30.30 (22.59-38.01)
<b>Income</b>	< \$15,000	114	57.61 (43.10-72.13)	42.39 (27.87-56.90)
	\$15,000 to \$24,999	245	63.67 (53.54-73.79)	36.33 (26.21-46.46)
	\$25,000 to \$34,999	155	71.93 (61.86-82.01)	28.07 (17.99-38.14)
	\$35,000 to \$49,999	146	68.14 (57.82-78.46)	31.86 (21.54-42.18)
	\$50,000 to \$74,999	151	64.90 (54.16-75.63)	35.10 (24.37-45.84)
	\$75,000+	143	76.01 (67.09-84.94)	23.99 (15.06-32.91)
<b>Region</b>	Clark County	355	66.52 (60.89-72.15)	33.48 (27.85-39.11)
	Washoe County	340	70.83 (65.46-76.20)	29.17 (23.80-34.54)
	Balance of State	457	69.16 (64.42-73.90)	30.84 (26.10-35.58)

## Tobacco

**Chart 41: Current Smoker Trend for Nevada and the U.S. by Year With the Healthy People 2010 Target (NV, BRFSS 1999 - 2009 )**



Although the smoking prevalence among Nevada adults has decreased over the past ten years, from 31.5% to 22.1%, it is still higher than the national value and nearly twice as high as the Healthy People 2010 target of 12.0%.

Smoking causes approximately 90% of all lung cancer deaths in men and 80% in women, as well as 90% of deaths from chronic obstructive lung disease.

Smoking also causes coronary heart disease which is the leading cause of death in the United States. Smoking also, smoking causes emphysema, bronchitis, and chronic airway obstruction by damaging the airways and alveoli (i.e. small air sacs) of the lungs. <sup>1</sup>

The Surgeon General concluded that secondhand smoke causes disease and premature death in children and adults who do not smoke, and that children exposed to second hand smoke are at increased risk for Sudden Infant Death Syndrome (SIDS), acute respiratory infections, ear problems, and more severe asthma. The Surgeon General also concluded there is no risk-free level of exposure to secondhand smoke. <sup>2</sup>

**Table 36: Selected Tobacco Indicators For Nevada and the United States (BRFSS, 2009)**

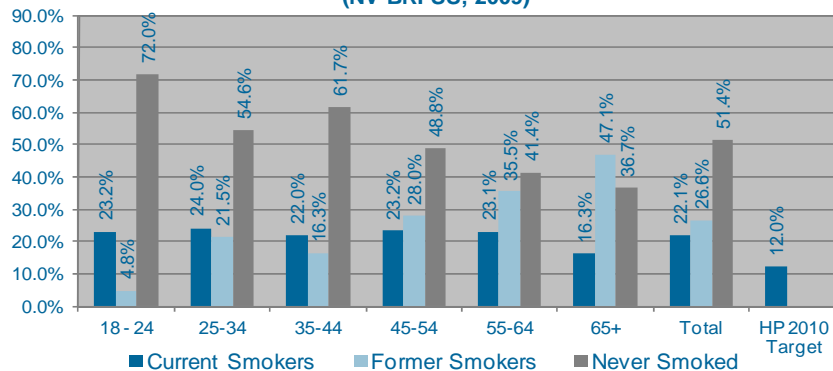
Health Indicator	Nevada	United States
1. Current Smokers	22.1%	17.9%
2. Four Smoking Levels		
A. Smoke Every Day	15.8%	12.8%
B. Smoke Some Days	6.3%	5.0%
C. Former Smoker	26.6%	25.5%
D. Never Smoked	51.4%	55.3%

### Tobacco

- ◇ Adults who currently smoke are defined as having smoked at least 100 cigarettes in their lifetime and currently smoke.
- ◇ Non-smokers include respondents that reported not having smoked 100 cigarettes in their lifetime and respondents who smoked at least 100 cigarettes in their lifetime but do not currently smoke.

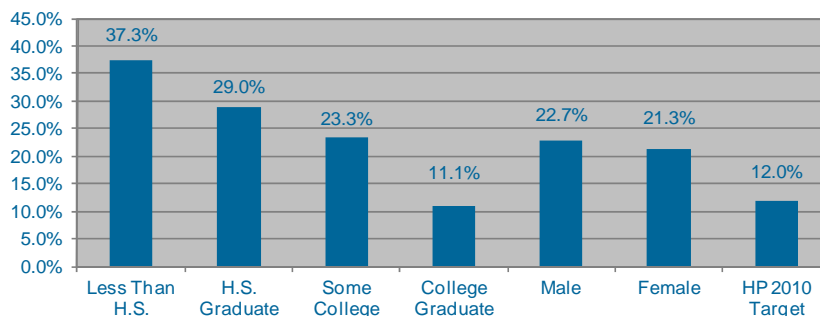
The prevalence of Nevadans who currently smoke ranges from 16.3% to 24.0% across age groups, with the lowest prevalence rate among individuals 65 years of age and older. Former smoker data also indicates that as individuals grow older they are more likely to quit smoking.

**Chart 42: Nevada Adults Who are Current Smokers, Former Smokers, and Who Have Never Smoked by Age Group (NV BRFSS, 2009)**



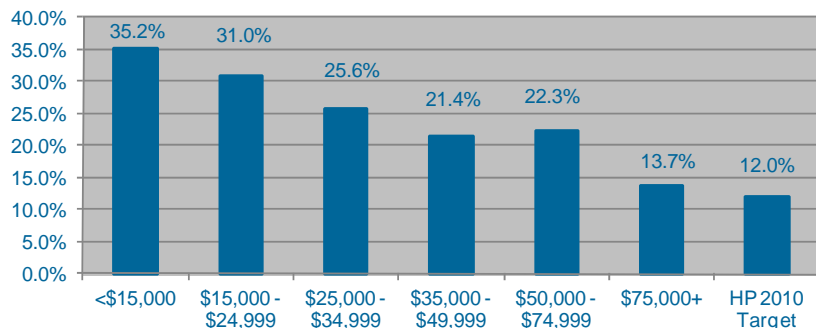
The lowest prevalence rate for current smoking was among Nevadans who were college graduates. Smoking prevalence among men and women were essentially the same in 2009.

**Chart 43: Prevalence of Smoking Among Adults by Education Level and Gender (NV BRFSS, 2009)**



Nevadans in lower income brackets are at a higher risk of smoking than those in higher income brackets. Those making less than \$15,000 per year are at the greatest risk for smoking.

**Chart 44: Nevada Adults Who Are Current Smokers by Income Level (NV BRFSS, 2009)**



**Table 37: Tobacco Data by Demographics and Region**

◇ Adults who currently smoke are defined as respondents reporting having smoked at least 100 cigarettes in their lifetime and currently smoke.

Demographic	Grouping	N	Not a Smoker	Current Smoker
<b>Nevada</b>	Statewide	3,832	77.95 (75.46-80.45)	22.05 (19.55-24.54)
<b>Gender</b>	Male	1,522	77.26 (73.31-81.22)	22.74 (18.78-26.69)
	Female	2,310	78.66 (75.66-81.67)	21.34 (18.33-24.34)
<b>Age Group</b>	18 - 24	95	76.84 (65.86-87.82)	23.16 (12.18-34.14)
	25 - 34	343	76.05 (68.72-83.38)	23.95 (16.62-31.28)
	35 - 44	545	77.98 (72.38-83.58)	22.02 (16.42-27.62)
	45 - 54	717	76.77 (71.98-81.56)	23.23 (18.44-28.02)
	55 - 64	916	76.89 (72.69-81.08)	23.11 (18.92-27.31)
	65+	1,216	83.75 (80.55-86.95)	16.25 (13.05-19.45)
<b>Race</b>	White	3,101	78.89 (76.27-81.50)	21.11 (18.50-23.73)
	Black	112	77.75 (65.99-89.51)	22.25 (10.49-34.01)
	Other Race	268	72.53 (61.70-83.37)	27.47 (16.63-38.30)
	Hispanic	303	77.00 (68.49-85.50)	23.00 (14.50-31.51)
<b>Education</b>	Less than H.S.	232	62.75 (51.90-73.60)	37.25 (26.40-48.10)
	H.S. or G.E.D.	1,087	70.98 (65.67-76.29)	29.02 (23.71-34.33)
	Some Post H.S.	1,292	76.71 (72.19-81.22)	23.29 (18.78-27.81)
	College Graduate	1,208	88.95 (85.98-91.93)	11.05 ( 8.07-14.02)
<b>Income</b>	< \$15,000	306	64.79 (53.85-75.74)	35.21 (24.26-46.15)
	\$15,000 to \$24,999	565	69.00 (61.00-76.99)	31.00 (23.01-39.00)
	\$25,000 to \$34,999	359	74.38 (64.82-83.93)	25.62 (16.07-35.18)
	\$35,000 to \$49,999	519	78.60 (71.46-85.73)	21.40 (14.27-28.54)
	\$50,000 to \$74,999	620	77.66 (72.12-83.21)	22.34 (16.79-27.88)
	\$75,000+	998	86.27 (82.19-90.35)	13.73 ( 9.65-17.81)
<b>Region</b>	Clark County	1,218	77.80 (74.43-81.18)	22.20 (18.82-25.57)
	Washoe County	1,257	79.46 (76.18-82.75)	20.54 (17.25-23.82)
	Balance of State	1,357	76.90 (73.65-80.15)	23.10 (19.85-26.35)

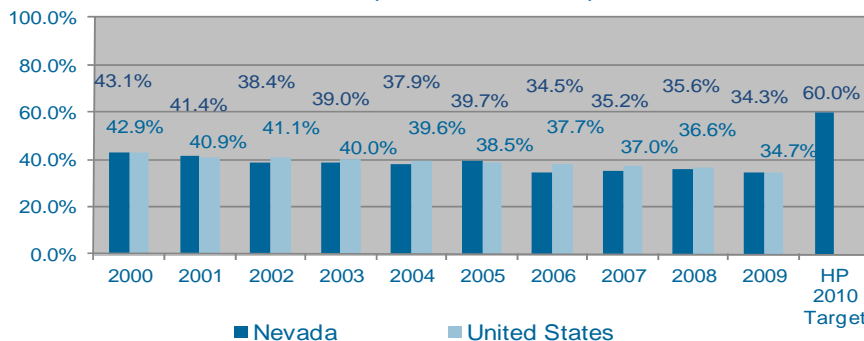
**Table 38: Tobacco Data by Demographics and Region**

◇ Four levels of smoking: every day, some days, former smoker, never smoked.

Demographic	Grouping	N	Every Day	Some Days	Former Smoker	Never Smoked
<b>Nevada</b>	Statewide	3,832	15.76 (13.53-17.99)	6.29 ( 4.84- 7.74)	26.55 (24.23-28.86)	51.41 (48.60-54.22)
<b>Gender</b>	Male	1,522	16.11 (12.62-19.60)	6.63 ( 4.19- 9.06)	30.46 (26.65-34.27)	46.80 (42.42-51.18)
	Female	2,310	15.39 (12.63-18.16)	5.94 ( 4.39- 7.49)	22.54 (19.95-25.13)	56.13 (52.68-59.57)
<b>Age Group</b>	18 - 24	95	12.61 ( 6.19-19.03)	10.55 ( 0.94-20.16)	4.84 ( 0.62- 9.06)	72.00 (60.52-83.48)
	25 - 34	343	16.89 (10.06-23.71)	7.06 ( 3.23-10.88)	21.47 (14.87-28.06)	54.59 (46.55-62.62)
	35 - 44	545	15.58 (10.53-20.62)	6.44 ( 3.24- 9.65)	16.27 (11.92-20.61)	61.71 (55.61-67.82)
	45 - 54	717	17.05 (12.73-21.36)	6.18 ( 3.50- 8.87)	27.96 (22.83-33.10)	48.80 (43.33-54.28)
	55 - 64	916	17.73 (13.86-21.61)	5.38 ( 3.19- 7.56)	35.45 (30.93-39.97)	41.44 (36.77-46.12)
	65+	1,216	12.31 ( 9.39-15.23)	3.94 ( 2.31- 5.56)	47.07 (43.06-51.08)	36.69 (32.80-40.57)
<b>Race</b>	White	3,101	15.40 (13.10-17.70)	5.72 ( 4.14- 7.29)	29.06 (26.44-31.67)	49.83 (46.79-52.86)
	Black	112	10.64 ( 3.46-17.81)	11.61 ( 1.25-21.97)	19.85 ( 9.22-30.48)	57.90 (44.29-71.51)
	Other Race	268	20.96 (10.86-31.06)	6.51 ( 0.50-12.51)	25.70 (15.33-36.07)	46.83 (35.76-57.90)
	Hispanic	303	16.06 ( 7.96-24.16)	6.94 ( 3.08-10.81)	15.66 ( 9.88-21.43)	61.34 (52.22-70.46)
<b>Education</b>	Less than H.S.	232	29.58 (19.23-39.92)	7.67 ( 2.64-12.71)	19.65 (12.15-27.14)	43.11 (31.12-55.09)
	H.S. or G.E.D.	1,087	23.38 (18.20-28.56)	5.64 ( 3.42- 7.87)	26.63 (22.36-30.90)	44.35 (38.87-49.83)
	Some Post H.S.	1,292	14.76 (11.19-18.32)	8.54 ( 5.12-11.96)	29.66 (25.32-34.01)	47.04 (42.16-51.93)
	College Graduate	1,208	6.60 ( 4.24- 8.96)	4.45 ( 2.51- 6.39)	24.97 (20.97-28.97)	63.98 (59.49-68.48)
<b>Income</b>	< \$15,000	306	25.62 (16.00-35.25)	9.58 ( 2.21-16.96)	25.57 (16.54-34.59)	39.23 (27.35-51.10)
	\$15,000 to \$24,999	565	25.49 (17.67-33.32)	5.51 ( 2.44- 8.59)	25.04 (18.34-31.75)	43.95 (35.75-52.15)
	\$25,000 to \$34,999	359	20.95 (11.49-30.41)	4.67 ( 1.88- 7.47)	26.70 (18.57-34.84)	47.68 (37.29-58.06)
	\$35,000 to \$49,999	519	13.51 ( 7.49-19.54)	7.89 ( 2.75-13.02)	26.62 (21.01-32.24)	51.97 (44.21-59.74)
	\$50,000 to \$74,999	620	15.25 (10.63-19.88)	7.08 ( 3.38-10.78)	31.48 (25.40-37.57)	46.18 (39.61-52.75)
	\$75,000+	998	9.04 ( 5.64-12.44)	4.69 ( 2.08- 7.29)	25.02 (20.78-29.27)	61.24 (56.22-66.27)
<b>Region</b>	Clark County	1,218	15.92 (12.90-18.95)	6.27 ( 4.32- 8.23)	26.09 (22.96-29.22)	51.71 (47.91-55.52)
	Washoe County	1,257	15.02 (12.09-17.95)	5.52 ( 3.61- 7.43)	25.72 (22.78-28.66)	53.74 (50.06-57.43)
	Balance of State	1,357	15.76 (13.02-18.49)	7.34 ( 5.16- 9.52)	30.12 (26.91-33.34)	46.78 (43.05-50.51)

## Weight Status

Chart 45: Nevada Adults Who are at a Healthy Weight  
(NV BRFSS, 2000-2009)



\*A healthy weight is defined as an individual with a body mass index (BMI) of greater than or equal to 18.5 and less than 25.

Nutritional, or dietary, factors contribute substantially to the burden of preventable illnesses and premature deaths in the United States. Dietary factors are associated with 4 out of the 10 leading causes of death: coronary heart disease (CHD), some types of cancer, stroke, and type 2 diabetes. These health conditions are estimated to cost society over \$200 billion each year in medical expenses and lost productivity. The negative outcomes related to these diseases can often be improved through weight loss or, at a minimum, no further weight gain.

Unfortunately because of excesses and imbalances of some food components, there has been an increase in overweight and obese people.

Overweight and obesity are observed in all population groups, but obesity is particularly common among Hispanic, Black, Native American, and Pacific Islander women.

The percentages of individuals who are at a healthy weight has been steadily decreasing, and in 2009, the percent of individuals at a healthy weight was well below the HP 2010 target value of 60%.<sup>1,2</sup>

Table 39: Selected Weight Status Indicators For Nevada and the United States (BRFSS, 2009)

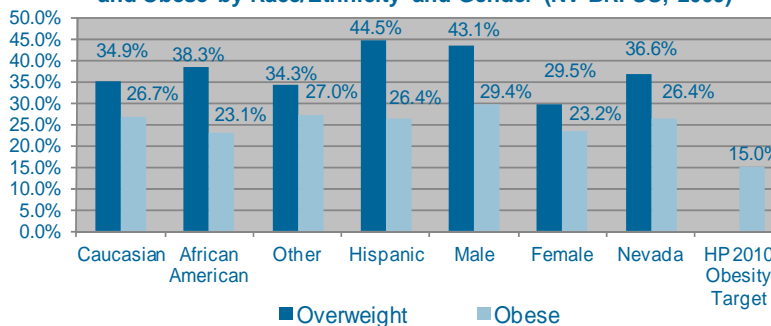
Indicator	Nevada	United States
1. Weight Classification of Nevada Adults by Body Mass Index (BMI).		
A. Healthy Weight	34.3%	34.7%
B. Overweight (BMI 25.0 to 29.9)	36.6%	36.2%
C. Obese (BMI 30.0 to 99.8)	26.4%	26.9%
D. Under Weight (BMI < 18.5)	2.7%	2.2%

**Weight**

- ◇ Overweight = Body Mass Index (BMI) of 25.0 to 29.9.
- ◇ Obese = Body Mass Index (BMI) of 30.0 or greater.
- ◇ Not overweight = Body Mass Index (BMI) of equal to or greater than 18.5 and less than 25.

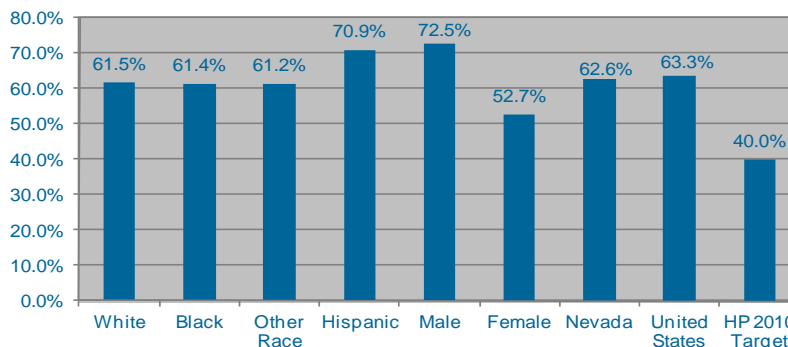
The prevalence of obesity in Nevada is over 10% higher than the Healthy People 2010 target value of 15%. Nevada males have nearly 15% higher risk of being overweight than Nevada females.

**Chart 46: Nevada Adults Who Are Categorized as Overweight and Obese by Race/Ethnicity and Gender (NV BRFSS, 2009)**



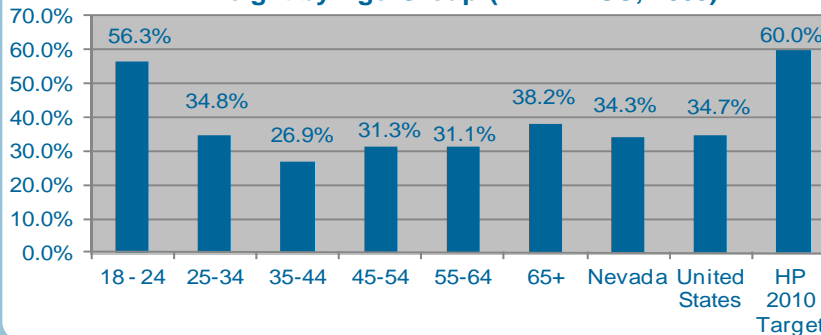
The HP 2010 target for individuals with healthy weight (BMI greater than or equal to 18.5 and less than 25) is 60%, meaning only 40% of the population would be overweight or obese. Both the Nevada and national values are over 20% higher than this value at 62.6% and 63.3% respectively.

**Chart 47: Nevada Adults Who Are Categorized as Overweight or Obese Collectively by Race/Ethnicity and Gender (NV BRFSS, 2009)**



Nevada adults in the age group 18-24 have the highest prevalence of healthy weight among age groups.

**Chart 48: Nevada Adults Who Are At a Healthy Weight by Age Group (NV BRFSS, 2009)\***



\*A healthy weight is defined as an individual with a body mass index (BMI) of greater than or equal to 18.5 and less than 25.



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**Table 40: Weight and Obesity Data by Demographics and Region**

- ◇ Overweight = Body Mass Index (BMI) of 25.0 to 29.9.
- ◇ Obese = Body Mass Index (BMI) of 30.0 or greater.
- ◇ Not overweight = Body Mass Index (BMI) of equal to or greater than 18.5 and less than 25.

Demographic	Grouping	N	Not Overweight	Overweight	Obese
<b>Nevada</b>	Statewide	3,687	36.98 (34.22-39.73)	36.60 (33.84-39.35)	26.43 (23.83-29.02)
<b>Gender</b>	Male	1,511	27.47 (23.45-31.48)	43.13 (38.82-47.44)	29.40 (25.35-33.46)
	Female	2,176	47.35 (43.73-50.98)	29.47 (26.19-32.75)	23.18 (20.04-26.31)
<b>Age Group</b>	18 - 24	91	70.09 (60.19-80.00)	25.29 (15.80-34.78)	4.62 ( 1.14- 8.10)
	25 - 34	333	36.37 (28.87-43.87)	34.36 (26.50-42.22)	29.26 (21.47-37.05)
	35 - 44	525	28.85 (23.29-34.41)	39.15 (32.94-45.36)	32.00 (26.16-37.83)
	45 - 54	683	32.92 (27.77-38.06)	41.15 (35.57-46.73)	25.93 (20.88-30.98)
	55 - 64	865	32.37 (27.83-36.90)	37.46 (32.66-42.26)	30.17 (25.61-34.73)
	65+	1,190	41.66 (37.61-45.70)	35.89 (32.02-39.76)	22.45 (19.09-25.82)
<b>Race</b>	White	2,996	38.46 (35.44-41.48)	34.89 (32.06-37.72)	26.65 (23.78-29.51)
	Black	104	38.65 (24.53-52.77)	38.25 (24.01-52.49)	23.10 (11.60-34.60)
	Other Race	258	38.78 (27.69-49.86)	34.25 (23.56-44.94)	26.98 (15.08-38.87)
	Hispanic	286	29.12 (20.45-37.79)	44.50 (34.77-54.23)	26.38 (18.65-34.11)
<b>Education</b>	Less than H.S.	221	26.54 (16.52-36.56)	42.35 (30.16-54.53)	31.11 (20.59-41.64)
	H.S. or G.E.D.	1,044	35.11 (29.67-40.55)	34.49 (29.22-39.77)	30.40 (25.21-35.59)
	Some Post H.S.	1,242	34.70 (30.14-39.26)	39.12 (34.22-44.02)	26.18 (21.50-30.87)
	College Graduate	1,168	43.30 (38.48-48.12)	34.79 (30.33-39.25)	21.91 (17.82-26.01)
<b>Income</b>	< \$15,000	289	37.38 (26.48-48.29)	36.72 (24.34-49.11)	25.89 (15.63-36.15)
	\$15,000 to \$24,999	546	29.86 (22.75-36.98)	33.92 (25.51-42.33)	36.22 (28.02-44.42)
	\$25,000 to \$34,999	350	41.13 (30.87-51.39)	34.05 (24.16-43.94)	24.82 (15.51-34.13)
	\$35,000 to \$49,999	501	33.48 (25.98-40.97)	33.83 (26.84-40.83)	32.69 (24.69-40.69)
	\$50,000 to \$74,999	604	31.31 (25.46-37.17)	41.23 (34.63-47.83)	27.46 (21.34-33.57)
	\$75,000+	983	40.53 (35.40-45.66)	36.99 (32.15-41.84)	22.48 (18.19-26.76)
<b>Region</b>	Clark County	1,163	36.74 (33.00-40.47)	35.40 (31.67-39.13)	27.86 (24.31-31.41)
	Washoe County	1,208	39.95 (36.25-43.65)	39.97 (36.24-43.70)	20.08 (17.24-22.92)
	Balance of State	1,316	34.58 (30.94-38.22)	39.01 (35.32-42.70)	26.40 (23.26-29.55)

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