Highlights from the 2011 Michigan Behavioral Risk Factor Survey

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BRFSS
Background: Michigan BRFSS

- World’s largest on-going telephone health survey system
- Only source of state-specific, population-based health estimates among Michigan adults
- Prevalence of various...
  - Health behaviors
  - Medical conditions
  - Preventive health care practices
Changes to BRFSS in 2011

- Collection of data from both landline and cell phone respondents
  - Data more representative of the actual Michigan adult population
- Implementation of a new weighting methodology
  - To allow for the incorporation of cell phone data
  - To improve the accuracy of Michigan BRFSS prevalence estimates
Important Disclaimers for 2011

Due to methodology changes...

- 2011 data cannot be combined with or compared to data from previous years
  - No new LHD estimates until 2014 (2011-2013 data)
  - Regional estimates (EP & MEDC) currently available for 2011
- 2011 estimates considered the new baseline
  - Changes in many Michigan BRFSS indicators
  - Increased accuracy, validity, and representativeness of Michigan BRFSS estimates
2011 Highlights - Obesity

- 31.3% of Michigan adults are obese
  - 5th most obese state in the U.S.
- Significantly higher among...*
  - Adults 55-64 years of age (38.0%)
  - Black, non-Hispanics (41.0%)
  - Disabled adults (42.3%)
- Significantly lower among...*
  - Adults 18-24 years of age (17.3%)

* Compared to the statewide prevalence for this indicator.
2011 Highlights – No Leisure-Time Physical Activity

- 23.6% of Michigan adults reported having a sedentary lifestyle within the past month
  - “Couch Potato” lifestyle
- Significantly higher among...*
  - Older adults (28.6% [65-74 yrs] – 34.4% [75+ yrs])
  - Black, non-Hispanics (30.1%)
  - Household incomes < $35,000 (29.0% - 32.4%)
  - Disabled adults (34.5%)

* Compared to the statewide prevalence for this indicator.
2011 Highlights – Adequate Physical Activity

- 19.7% of Michigan adults reported adequate PA
  - 150 min of moderate PA (or equivalent) per week
  - 2+ days of muscle strengthening per week
- 53.4% met aerobic component
- 28.6% met strength component
- 37.7% did not meet either
  - 23.6% with no LTPA
  - 14.1% with some PA, but not enough to meet either guideline
2011 Highlights – Adequate Fruit and Vegetable Consumption

- 17.8% of Michigan adults reported consuming fruit and vegetables 5+ times per day
- Significantly higher among...
  - Females (21.9%)
  - Household income of ≥ $75,000 (22.5%)
- Significantly lower among...
  - Adults 35-44 years of age (13.9%)
  - Males (13.5%)

* Compared to the statewide prevalence for this indicator.
2011 Highlights – Current Smoking

- Current cigarette smokers: 23.3%
- Former cigarette smokers: 25.7%
- Current smoking significantly higher among…*
  - Males (27.2%)
  - Household income of <$20,000 (35.3%)
  - Uninsured (37.8%)
  - Disabled adults (29.3%)
- Higher than the HP 2020 target
  - MI: 23.3% vs. HP 2020: 12.0%

* Compared to the statewide prevalence for this indicator.
2011 Highlights – High Blood Pressure (HBP)

- 34.2% of Michigan adults reported ever being told by a doctor that they had HBP
- Significantly higher among...*
  - Adults 55 years of age and above (50.3% - 67.7%)
  - Black, non-Hispanics (41.0%)
  - Household incomes below $35,000 (38.5% - 40.9%)
- Only 76.5% of Michigan adults with HBP are currently taking meds for their HBP
  - Females (82.6%) higher than males (70.6%)

* Compared to the statewide prevalence for this indicator.
2011 Highlights – Routine Health Checkup

- Only 66.5% of Michigan adults reported having a routine medical checkup within the past year
- Significantly higher among...*
  - Adults 55 years of age and above (75.3% - 87.1%)
  - Females (71.3%)
  - Black, non-Hispanics (75.2%)
- Significantly lower among...*
  - Males (61.3%)
  - Uninsured (38.5%)

* Compared to the statewide prevalence for this indicator.
2011 Highlights – High Blood Cholesterol

- 76.7% of Michigan adults reported having their cholesterol checked within the past 5 years
  - Lower than the HP 2020 target of 82.1%

- 41.8% of Michigan adults reported ever being told by a doctor that they had high cholesterol
- Significantly higher among...*
  - Household income of < $20,000 (48.0%)
  - Disabled adults (54.3%)

* Compared to the statewide prevalence for this indicator.
10.0% of Michigan adults reported ever being told by a doctor that they had diabetes

Significantly higher among…*
- 55-64 yrs (17.2%), 65-74 yrs (21.5%), and 75+ yrs (21.1%)
- Disabled adults (18.4%)

Significantly lower among…*
- Younger adults (0.2% [18-24 yrs] - 6.3% [35-44 yrs])
- Household income of $75,000+ (7.0%)

1.4% of Michigan adults ever told prediabetes

* Compared to the statewide prevalence for this indicator.
### Michigan BRFSS – Other Topics

- General Health Status
- Binge Drinking
- Cancer Screening
- Asthma / COPD
- Arthritis
- Cardiovascular Disease
- Depression
- Several others
Michigan BRFSS Results

- Michigan BRFSS website
  - www.michigan.gov/brfs

- Annual Tables
  - Prevalence estimates by demographics
  - Annual tables by race/ethnicity
  - Region and LHD-specific tables (2011-2013)

- Other publications
  - Michigan BRFSS Questionnaires
  - Michigan BRFSS Surveillance Briefs
  - Michigan BRFS Annual Report
Michigan BRFSS
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