Preliminary Estimates for Risk Factors and Health Indicators
State of Michigan

Selected Tables

Behavioral Risk Factor Survey
2003

Michelle Cook
Epidemiology Services Division
Bureau of Epidemiology
Michigan Department of Community Health
cookm1@michigan.gov
517-335-8144

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Introduction

The Michigan Behavioral Risk Factor Survey (BRFS) is an annual, statewide telephone survey of Michigan adults aged 18 years and older that is conducted through a collaborative effort among the Behavioral Surveillance Branch (BSB) of the Centers for Disease Control and Prevention, the Michigan State University Institute for Public Policy and Social Research (IPPSR), and the Michigan Department of Community Health. Michigan BRFS data contribute to the national Behavioral Risk Factor Surveillance System that is managed by BSB.

For the 2003 Michigan BRFS, data were collected quarterly by IPPSR. The sample of telephone numbers that were utilized for data collection was selected using a list-assisted, random-digit-dialed methodology with a disproportionate stratification based on phone bank density, and whether or not the phone numbers were directory listed. The total sample size of completed interviews was 3551.

State-specific, population-based prevalence estimates and confidence limits were calculated for health risk behaviors, preventive health practices, and chronic conditions among the adult population in Michigan. These estimates were weighted to adjust for the probabilities of selection and a post-stratification weighting factor that adjusted for the distribution of Michigan adults by age, sex, and race/ethnicity at the state level. These analyses were performed in SUDAAN, a statistical computing program that was designed for complex sample surveys.

Table 1: Health Status
2003 Michigan BRFS
(% ± 95% Confidence Interval Limit)

Demographic Characteristics	General Health, Fair or Poor[a]
Total	**15.1 ± 1.3**
Age	
18 – 24	8.6 ± 3.8
25 – 34	7.4 ± 2.6
35 – 44	10.3 ± 2.6
45 – 54	15.7 ± 3.0
55 – 64	23.1 ± 3.8
65 – 74	22.6 ± 4.7
75 +	32.9 ± 5.0
Gender	
Male	14.0 ± 2.0
Female	16.1 ± 1.7
Race	
White	13.5 ± 1.3
Black	24.2 ± 5.3
Education	
Less than high school	32.7 ± 5.6
High school graduate	18.8 ± 2.6
Some college	13.5 ± 2.2
College graduate	5.7 ± 1.4
Household Income	
< $20,000	33.5 ± 4.6
$20,000 - $34,999	19.3 ± 3.2
$35,000 - $49,999	13.4 ± 3.2
$50,000 - $74,999	7.0 ± 2.1
$75,000 +	4.3 ± 1.6

[a] The proportion who reported that their health, in general, was either fair or poor.

Table 2: Health Status on at Least 15 Days in the Past Month
2003 Michigan BRFS
(% ± 95% Confidence Interval Limit)

Demographic Characteristics	Poor Physical Health[a]	Poor Mental Health[b]	Activity Limitation[c]
Total	**10.1 ± 1.1**	**11.3 ± 1.3**	**5.7 ± 0.9**
Age			
18 - 24	4.3 ± 2.8	11.9 ± 4.5	1.5 ± 1.7*
25 - 34	5.9 ± 2.4	13.1 ± 3.5	4.5 ± 2.2
35 - 44	8.4 ± 2.4	13.4 ± 3.0	6.2 ± 2.1
45 - 54	11.8 ± 2.6	12.9 ± 2.6	8.1 ± 2.2
55 - 64	14.6 ± 3.2	9.4 ± 2.5	8.3 ± 2.5
65 - 74	13.6 ± 3.7	4.9 ± 2.4	4.2 ± 1.9
75 +	18.2 ± 4.2	5.9 ± 2.4	5.8 ± 2.5
Gender			
Male	8.3 ± 1.6	9.9 ± 1.9	5.5 ± 1.3
Female	11.6 ± 1.5	12.6 ± 1.6	6.0 ± 1.1
Race			
White	9.6 ± 1.2	10.6 ± 1.3	5.3 ± 0.9
Black	12.9 ± 4.1	16.6 ± 4.9	8.5 ± 3.6
Education			
Less than high school	19.8 ± 4.8	17.6 ± 4.7	9.3 ± 3.4
High school graduate	10.2 ± 1.9	13.9 ± 2.5	6.3 ± 1.5
Some college	11.1 ± 2.1	11.7 ± 2.3	6.2 ± 1.6
College graduate	5.1 ± 1.5	5.7 ± 1.6	3.3 ± 1.3
Household Income			
< $20,000	22.9 ± 4.2	21.1 ± 4.3	16.6 ± 3.7
$20,000 - $34,999	13.0 ± 2.7	12.5 ± 2.9	5.7 ± 1.9
$35,000 - $49,999	8.4 ± 2.4	12.9 ± 3.3	5.0 ± 1.8
$50,000 - $74,999	3.8 ± 1.5	5.2 ± 1.9	2.2 ± 1.2
$75,000 +	3.8 ± 1.5	6.7 ± 2.3	1.1 ± 0.9

[a] The proportion who reported 15 or more days of poor physical health, which includes physical illness and injury, during the past 30 days.

[b] The proportion who reported 15 or more days of poor mental health, which includes stress, depression, and problems with emotions, during the past 30 days.

[c] The proportion who reported 15 or more days in the past 30 days in which either poor physical health or poor mental health kept respondents from doing their usual activities, such as self-care, work, and recreation.

* The 95% confidence interval includes zero.

Table 3: Mean Number of Days of Poor Physical Health, Poor Mental Health, and Activity Limitations

2003 Michigan BRFS

(mean # of days ± 95% Confidence Interval Limit)

Demographic Characteristics	Poor Physical Health[a]	Poor Mental Health[b]	Activity Limitation[c]
Total	**3.7 ± 0.3**	**3.9 ± 0.3**	**2.1 ± 0.2**
Age			
18 - 24	2.6 ± 0.8	4.3 ± 1.0	1.1 ± 0.4
25 - 34	2.5 ± 0.6	4.7 ± 0.9	1.7 ± 0.5
35 - 44	3.3 ± 0.6	4.4 ± 0.7	2.2 ± 0.5
45 - 54	4.0 ± 0.7	4.2 ± 0.7	2.6 ± 0.6
55 - 64	5.0 ± 0.9	3.4 ± 0.7	2.8 ± 0.7
65 - 74	4.6 ± 1.0	2.1 ± 0.7	1.8 ± 0.6
75 +	6.1 ± 1.1	2.0 ± 0.6	2.1 ± 0.7
Gender			
Male	3.1 ± 0.4	3.4 ± 0.5	1.9 ± 0.4
Female	4.3 ± 0.4	4.4 ± 0.4	2.3 ± 0.3
Race			
White	3.7 ± 0.3	3.7 ± 0.3	1.9 ± 0.2
Black	4.2 ± 1.0	5.0 ± 1.2	3.0 ± 1.0
Education			
Less than high school	6.7 ± 1.3	5.6 ± 1.2	3.4 ± 0.9
High school graduate	3.9 ± 0.5	4.5 ± 0.6	2.3 ± 0.4
Some college	3.8 ± 0.5	4.0 ± 0.6	2.2 ± 0.4
College graduate	2.4 ± 0.4	2.5 ± 0.4	1.2 ± 0.3
Household Income			
< $20,000	7.2 ± 1.1	6.6 ± 1.1	5.1 ± 0.9
$20,000 - $34,999	4.6 ± 0.7	4.3 ± 0.7	2.2 ± 0.5
$35,000 - $49,999	3.3 ± 0.6	4.3 ± 0.8	1.8 ± 0.5
$50,000 - $74,999	2.2 ± 0.5	2.5 ± 0.5	1.1 ± 0.4
$75,000 +	2.0 ± 0.4	2.6 ± 0.6	0.8 ± 0.3

[a] The mean number of days during the past 30 days in which physical health, including illness and injury, was not good.

[b] The mean number of days during the past 30 days in which mental health, including stress, depression, and problems with emotions, was not good.

[c] The mean number of days during the past 30 days in which poor physical health or poor mental health kept the respondent from doing usual activities, such as self-care, work, or recreation.

Table 4: Health Care Access

2003 Michigan BRFS

(% ± 95% Confidence Interval Limit)

Demographic Characteristics	No Health Care Coverage[a] (Among 18 - 64 year olds)	No Personal Health Care Provider[b]	No Health Care Access Due to Cost[c]
Total	**12.7 ± 1.6**	**16.4 ± 1.5**	**10.9 ± 1.3**
Age			
18 - 24	24.4 ± 5.9	28.4 ± 6.2	14.6 ± 4.7
25 - 34	14.3 ± 3.8	25.0 ± 4.5	13.6 ± 3.6
35 - 44	11.3 ± 2.9	15.9 ± 3.1	13.8 ± 3.0
45 - 54	8.6 ± 2.3	15.7 ± 3.1	11.2 ± 2.6
55 - 64	7.4 ± 2.4	7.8 ± 2.5	8.2 ± 2.4
65 - 74	—	5.1 ± 2.3	2.8 ± 1.5
75 +	—	6.8 ± 2.7	2.6 ± 2.0
Gender			
Male	15.2 ± 2.5	22.1 ± 2.6	9.8 ± 1.9
Female	10.2 ± 1.8	11.2 ± 1.6	12.0 ± 1.6
Race			
White	12.3 ± 1.7	15.4 ± 1.6	9.4 ± 1.3
Black	14.9 ± 5.2	23.3 ± 5.7	18.0 ± 5.1
Education			
Less than high school	29.1 ± 7.3	19.1 ± 5.2	20.5 ± 5.3
High school graduate	16.6 ± 6.1	18.0 ± 2.9	11.4 ± 2.3
Some college	11.9 ± 2.7	15.3 ± 2.8	11.3 ± 2.3
College graduate	4.5 ± 1.6	15.0 ± 2.6	6.3 ± 1.8
Household Income			
< $20,000	36.9 ± 6.2	28.7 ± 4.9	27.2 ± 4.7
$20,000 - $34,999	19.8 ± 4.2	17.2 ± 3.4	14.9 ± 3.1
$35,000 - $49,999	10.1 ± 3.6	13.0 ± 3.4	11.2 ± 3.2
$50,000 - $74,999	4.0 ± 2.1	13.3 ± 3.3	5.1 ± 2.0
$75,000 +	1.9 ± 1.5	11.0 ± 2.8	2.0 ± 1.2

[a] The proportion of those aged 18 - 64 years who reported having no health care coverage, including health insurance, prepaid plans such as HMOs, or government plans, such as Medicare. (n=2704)

[b] The proportion of all respondents who reported that they did not have anyone that they thought of as their personal doctor or health care provider.

[c] The proportion of all respondents who reported that in the past year, they could not see a doctor when they needed to due to the cost.

Table 5: Weight Status
2003 Michigan BRFS
(% ± 95% Confidence Interval Limit)

Demographic Characteristics	Obese[a]	Overweight[b]	Not Overweight or Obese[c]
Total	**25.4 ± 1.7**	**36.6 ± 1.9**	**38.0 ± 1.9**
Age			
18 - 24	13.6 ± 4.7	22.7 ± 5.7	63.7 ± 6.6
25 - 34	22.7 ± 4.4	36.0 ± 5.1	41.3 ± 5.1
35 - 44	27.3 ± 3.9	39.3 ± 4.2	33.4 ± 4.0
45 - 54	27.8 ± 3.7	38.0 ± 4.0	34.2 ± 3.8
55 - 64	33.2 ± 4.4	40.2 ± 4.5	26.6 ± 4.0
65 - 74	32.8 ± 5.3	37.8 ± 5.2	29.4 ± 4.7
75 +	18.4 ± 4.3	41.6 ± 5.3	40.0 ± 5.2
Gender			
Male	25.7 ± 2.6	43.4 ± 3.0	30.9 ± 2.8
Female	25.0 ± 2.1	29.9 ± 2.2	45.0 ± 2.5
Race			
White	23.7 ± 1.7	37.4 ± 2.0	38.9 ± 2.0
Black	37.1 ± 6.2	31.5 ± 5.9	31.5 ± 6.2
Education			
Less than high school	29.8 ± 5.7	35.3 ± 5.8	34.9 ± 6.2
High school graduate	26.8 ± 3.1	36.3 ± 3.4	36.9 ± 3.4
Some college	28.6 ± 3.3	35.1 ± 3.4	36.4 ± 3.5
College graduate	19.1 ± 2.7	38.8 ± 3.4	42.0 ± 3.4
Household Income			
< $20,000	32.1 ± 4.8	31.4 ± 4.7	36.5 ± 5.1
$20,000 - $34,999	27.0 ± 3.7	36.1 ± 4.0	36.9 ± 4.2
$35,000 - $49,999	26.7 ± 4.2	37.7 ± 4.6	35.6 ± 4.6
$50,000 - $74,999	25.9 ± 4.1	36.9 ± 4.5	37.3 ± 4.5
$75,000 +	19.3 ± 3.4	41.1 ± 4.1	39.6 ± 4.1

Note: BMI, body mass index, is defined as weight (in kilograms) divided by height (in meters) squared [weight in kg/(height in meters)^2]. Weight and height were self-reported. Pregnant women were excluded.

[a] The proportion whose BMI was greater than or equal to 30.0.

[b] The proportion whose BMI was greater than or equal to 25.0, but less than 30.0.

[c] The proportion whose BMI was less than 25.0.

Table 6: Weight Control Status
2003 Michigan BRFS
(% ± 95% Confidence Interval Limit)

Demographic Characteristics	Trying to Lose Weight[a]	Trying to Maintain Weight[b]	Neither[c]
Total	**45.1 ± 1.9**	**34.6 ± 1.8**	**20.3 ± 1.6**
Age			
18 - 24	42.4 ± 6.7	28.7 ± 6.2	28.9 ± 6.2
25 - 34	40.0 ± 4.9	37.3 ± 4.9	22.7 ± 4.3
35 - 44	47.7 ± 4.2	31.5 ± 3.8	20.8 ± 3.6
45 - 54	50.6 ± 4.0	30.8 ± 3.7	18.6 ± 3.2
55 - 64	53.8 ± 4.5	35.3 ± 4.4	10.9 ± 2.6
65 - 74	43.8 ± 5.3	41.6 ± 5.3	14.6 ± 3.6
75 +	28.0 ± 4.7	46.2 ± 5.3	28.0 ± 4.7
Gender			
Male	37.4 ± 2.9	35.6 ± 2.9	27.0 ± 2.7
Female	52.2 ± 2.4	33.7 ± 2.3	14.1 ± 1.7
Race			
White	45.3 ± 2.0	34.6 ± 1.9	20.1 ± 1.7
Black	43.8 ± 6.3	34.4 ± 6.1	21.9 ± 5.4
Education			
Less than high school	39.3 ± 6.0	35.5 ± 5.9	25.2 ± 5.3
High school graduate	42.8 ± 3.4	32.6 ± 3.2	24.7 ± 3.1
Some college	49.8 ± 3.5	32.5 ± 3.3	17.7 ± 2.8
College graduate	45.3 ± 3.4	38.4 ± 3.3	16.4 ± 2.6
Household Income			
< $20,000	46.2 ± 5.1	28.0 ± 4.5	25.8 ± 4.5
$20,000 - $34,999	41.4 ± 4.1	36.2 ± 4.0	22.4 ± 3.6
$35,000 - $49,999	48.3 ± 4.7	32.2 ± 4.7	19.5 ± 3.9
$50,000 - $74,999	45.8 ± 4.5	36.3 ± 4.4	17.9 ± 3.7
$75,000 +	46.8 ± 4.1	37.3 ± 4.0	15.9 ± 3.1

[a] The proportion who reported that they were currently trying to lose weight.

[b] The proportion who reported that they were currently trying to maintain their current weight.

[c] The proportion who reported that they were currently neither trying to lose nor maintain their weight.

Table 7: Doctor Advised to Lose Weight

2003 Michigan BRFS

(% ± 95% Confidence Interval Limit)

Demographic Characteristics	Doctor Advised to Lose Weight[a]
Total	**13.2 ± 1.2**
Age	
18 - 24	4.1 ± 2.7
25 - 34	10.8 ± 2.9
35 - 44	11.7 ± 2.7
45 - 54	19.1 ± 3.2
55 - 64	20.2 ± 3.6
65 - 74	19.0 ± 4.2
75 +	5.9 ± 2.4
Gender	
Male	12.3 ± 1.9
Female	14.1 ± 1.6
Race	
White	12.3 ± 1.3
Black	18.6 ± 4.8
Education	
Less than high school	10.4 ± 3.4
High school graduate	12.5 ± 2.2
Some college	16.6 ± 2.5
College graduate	11.8 ± 2.1
Household Income	
< $20,000	12.3 ± 3.1
$20,000 - $34,999	13.6 ± 2.6
$35,000 - $49,999	17.8 ± 3.6
$50,000 - $74,999	11.1 ± 2.7
$75,000 +	13.6 ± 2.8

[a] The proportion of all respondents who reported being advised by a doctor to lose weight in the past 12 months.

Table 8: Diet Status

2003 Michigan BRFS

(% ± 95% Confidence Interval Limit)

Demographic Characteristics	Exercising and Dieting[a]	Only Dieting[b]	Only Exercising[c]	Neither[d]
Total	**53.5 ± 2.1**	**20.9 ± 1.7**	**16.2 ± 1.6**	**9.3 ± 1.2**
Age				
18 - 24	56.7 ± 8.1	8.8 ± 4.5	30.6 ± 7.6	3.9 ± 3.1
25 - 34	55.3 ± 5.7	18.5 ± 4.6	19.8 ± 4.5	6.5 ± 2.6
35 - 44	58.5 ± 4.5	17.4 ± 3.4	15.5 ± 3.2	8.5 ± 2.7
45 - 54	54.6 ± 4.4	20.8 ± 3.6	15.0 ± 3.3	9.6 ± 2.6
55 - 64	51.2 ± 4.8	30.7 ± 4.5	10.0 ± 3.2	8.0 ± 2.9
65 - 74	48.8 ± 5.9	25.0 ± 5.3	11.9 ± 3.7	14.4 ± 4.3
75 +	37.1 ± 6.0	32.4 ± 5.8	10.1 ± 4.4	20.5 ± 4.9
Gender				
Male	49.0 ± 3.5	21.8 ± 2.8	18.2 ± 2.8	11.0 ± 2.1
Female	57.1 ± 2.6	20.2 ± 2.0	14.7 ± 2.0	8.1 ± 1.4
Race				
White	52.9 ± 2.3	20.4 ± 1.7	17.2 ± 1.8	9.5 ± 1.3
Black	56.4 ± 7.1	23.6 ± 6.0	9.9 ± 4.7	10.0 ± 4.1
Education				
Less than high school	39.2 ± 7.1	27.3 ± 6.1	17.6 ± 5.9	15.8 ± 4.8
High school graduate	53.4 ± 3.9	22.6 ± 3.2	12.2 ± 2.7	11.8 ± 2.5
Some college	53.9 ± 3.9	20.3 ± 3.0	16.8 ± 3.2	9.0 ± 2.2
College graduate	58.3 ± 3.6	17.5 ± 2.8	19.2 ± 3.0	5.1 ± 1.5
Household Income				
< $20,000	46.3 ± 5.8	28.1 ± 5.0	12.3 ± 4.5	13.4 ± 3.9
$20,000 - $34,999	51.9 ± 4.7	21.9 ± 3.9	14.5 ± 3.5	11.7 ± 3.0
$35,000 - $49,999	57.2 ± 5.1	20.8 ± 4.2	13.4 ± 3.5	8.5 ± 2.8
$50,000 - $74,999	55.0 ± 4.9	20.8 ± 3.8	17.4 ± 3.9	6.8 ± 2.4
$75,000 +	60.0 ± 4.5	14.3 ± 3.2	19.5 ± 3.7	6.2 ± 2.2

Note: (n=2850)

[a] Among those respondents who reported that they were currently trying to either lose weight or maintain their weight, the proportion who reported that they were dieting by eating fewer calories and/or eating less fat, as well as exercising.

[b] Among those respondents who reported that they were currently trying to either lose weight or maintain their weight, the proportion who reported that they were dieting by eating fewer calories and/or eating less fat, but were not physically active.

[c] Among those respondents who reported that they were currently trying to either lose weight or maintain their weight, the proportion who reported that they were exercising to lose or maintain their weight.

[d] Among those respondents who reported that they were currently trying to either lose weight or maintain their weight, the proportion who reported that they were neither dieting nor exercising to either lose weight or maintain their weight.

Table 9: Inadequate Fruit and Vegetable Consumption
2003 Michigan BRFS
(% ± 95% Confidence Interval Limit)

Demographic Characteristics	Fruits and Vegetables[a] (< 5 times / day)
Total	**79.8 ± 1.5**
Age	
18 - 24	81.4 ± 5.4
25 - 34	81.1 ± 4.0
35 - 44	84.6 ± 2.9
45 - 54	82.5 ± 3.0
55 - 64	78.6 ± 3.6
65 - 74	70.5 ± 4.9
75 +	66.4 ± 5.1
Gender	
Male	84.8 ± 2.1
Female	75.1 ± 2.0
Race	
White	79.9 ± 1.6
Black	84.7 ± 4.6
Education	
Less than high school	83.2 ± 4.5
High school graduate	85.1 ± 2.3
Some college	81.2 ± 2.7
College graduate	71.5 ± 3.0
Household Income	
< $20,000	81.6 ± 3.7
$20,000 - $34,999	83.1 ± 3.0
$35,000 - $49,999	82.5 ± 3.5
$50,000 - $74,999	81.3 ± 3.4
$75,000 +	73.7 ± 3.7

[a] The proportion whose total reported consumption of fruits (including juice) and vegetables was less than 5 times per day.

Table 10: No Leisure-Time Physical Activity
2003 Michigan BRFS
(% ± 95% Confidence Interval Limit)

Demographic Characteristics	No Leisure-Time Physical Activity[a]
Total	**21.8 ± 1.5**
Age	
18 - 24	13.1 ± 4.6
25 - 34	19.2 ± 2.0
35 - 44	20.0 ± 3.5
45 - 54	23.6 ± 3.4
55 - 64	24.5 ± 3.9
65 - 74	23.2 ± 4.3
75 +	35.8 ± 5.1
Gender	
Male	19.7 ± 2.4
Female	23.8 ± 2.0
Race	
White	20.8 ± 1.6
Black	27.9 ± 5.5
Education	
Less than high school	37.4 ± 5.8
High school graduate	27.3 ± 3.0
Some college	20.8 ± 2.9
College graduate	10.4 ± 2.0
Household Income	
< $20,000	31.1 ± 4.4
$20,000 - $34,999	27.5 ± 3.8
$35,000 - $49,999	19.4 ± 3.5
$50,000 - $74,999	17.4 ± 3.5
$75,000 +	9.9 ± 2.6

[a] The proportion who reported "no" to the question: "During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?"

Table 11: Inadequate Physical Activity
2003 Michigan BRFS
(% ± 95% Confidence Interval Limit)

Demographic Characteristics	Inadequate Physical Activity[a]	Inadequate Moderate Physical Activity[b] (< 30 minutes, 5 times/week)	Inadequate Vigorous Physical Activity[c] (< 20 minutes, 3 times/week)
Total	**52.7 ± 1.9**	**64.2 ± 1.9**	**73.4 ± 1.7**
Age			
18 - 24	40.3 ± 6.7	57.9 ± 6.7	57.7 ± 6.8
25 - 34	50.8 ± 5.1	65.1 ± 4.8	67.4 ± 4.7
35 - 44	50.4 ± 4.3	63.3 ± 4.1	69.7 ± 3.9
45 - 54	58.4 ± 4.0	67.9 ± 3.7	78.6 ± 3.3
55 - 64	56.1 ± 4.5	64.7 ± 4.4	79.6 ± 3.7
65 - 74	54.0 ± 5.4	61.7 ± 5.4	83.2 ± 4.0
75 +	62.9 ± 5.5	67.0 ± 5.4	89.3 ± 3.8
Gender			
Male	53.0 ± 3.0	66.3 ± 2.8	70.6 ± 2.8
Female	52.4 ± 2.5	62.2 ± 2.4	76.0 ± 2.1
Race			
White	50.7 ± 2.1	61.9 ± 2.0	72.6 ± 1.9
Black	64.2 ± 6.4	76.3 ± 5.6	77.5 ± 5.7
Education			
Less than high school	57.8 ± 6.4	68.3 ± 6.0	76.8 ± 5.6
High school graduate	55.8 ± 3.5	63.3 ± 3.4	77.9 ± 3.0
Some college	52.9 ± 3.6	65.2 ± 3.4	74.1 ± 3.2
College graduate	47.2 ± 3.4	62.6 ± 3.3	66.5 ± 3.3
Household Income			
< $20,000	61.2 ± 5.1	67.4 ± 4.9	82.9 ± 4.1
$20,000 - $34,999	52.6 ± 4.3	63.2 ± 4.1	75.1 ± 3.8
$35,000 - $49,999	48.9 ± 4.7	59.8 ± 4.7	69.7 ± 4.6
$50,000 - $74,999	49.4 ± 4.6	65.2 ± 4.3	69.6 ± 4.3
$75,000 +	47.2 ± 4.2	60.5 ± 4.1	66.6 ± 4.0

[a] The proportion who reported that they do not usually do moderate physical activities for a total of at least 30 minutes on five or more days per week or vigorous physical activities for a total of at least 20 minutes on three or more days per week while not at work.

[b] The proportion who reported that they do not usually participate in moderate physical activities, such as brisk walking, bicycling, vacuuming, and gardening, for at least 30 minutes on five or more days per week while not at work.

[c] The proportion who reported that they do not usually participate in vigorous physical activities, such as running, aerobics, and heavy yard work, for at least 20 minutes on three or more days per week while not at work.

Table 12: Occupational Physical Activity Among Currently Employed Adults
2003 Michigan BRFS
(% ± 95% Confidence Interval Limit)

Demographic Characteristics	Mostly sitting or standing[a]	Mostly walking[b]	Mostly Heavy Labor[c]
Total	**64.5 ± 2.5**	**20.7 ± 2.1**	**14.9 ± 1.9**
Age			
18 - 24	44.0 ± 9.5	33.7 ± 8.9	22.3 ± 7.9
25 - 34	63.1 ± 5.7	20.4 ± 4.6	16.5 ± 4.5
35 - 44	67.8 ± 4.5	17.0 ± 3.5	15.2 ± 3.6
45 - 54	68.7 ± 4.3	20.0 ± 3.7	11.3 ± 2.9
55 - 64	68.8 ± 6.2	20.2 ± 5.4	11.1 ± 4.0
65 +	69.0 ± 12.3	14.9 ± 9.0	16.1 ± 10.3
Gender			
Male	60.8 ± 3.7	18.4 ± 3.0	20.8 ± 3.2
Female	68.7 ± 3.2	23.3 ± 2.9	8.0 ± 1.8
Race			
White	64.4 ± 2.7	20.3 ± 2.2	15.3 ± 2.1
Black	66.3 ± 8.4	22.4 ± 7.3	11.3 ± 5.9
Education			
Less than high school	51.0 ± 10.3	25.2 ± 8.7	23.9 ± 9.4
High school graduate	51.8 ± 5.0	23.6 ± 4.2	24.6 ± 4.4
Some college	61.0 ± 4.6	23.6 ± 4.1	15.4 ± 3.4
College graduate	80.3 ± 3.4	14.9 ± 3.0	4.7 ± 1.9
Household Income			
< $20,000	55.0 ± 10.0	25.0 ± 8.7	20.1 ± 8.2
$20,000 - $34,999	53.5 ± 6.3	24.1 ± 5.3	22.4 ± 5.5
$35,000 - $49,999	52.4 ± 6.1	24.4 ± 5.3	23.2 ± 5.2
$50,000 - $74,999	67.7 ± 5.1	18.7 ± 4.2	13.6 ± 3.9
$75,000 +	80.9 ± 3.8	13.1 ± 3.2	6.0 ± 2.4

Note: (n=1880)
[a] Among those who were employed, the proportion who reported mostly sitting or standing while they were at work.
[b] Among those who were employed, the proportion who reported mostly walking while they were at work.
[c] Among those who were employed, the proportion who reported doing mostly heavy labor or physically demanding work while they were at work.

Table 13: Diabetes
2003 Michigan BRFS
(% ± 95% Confidence Interval Limit)

Demographic Characteristics	Ever Told Diabetes[a]
Total	**7.9 ± 0.9**
Age	
18 - 24	0.2 ± 0.4*
25 - 34	1.6 ± 1.0
35 - 44	5.2 ± 1.9
45 - 54	8.3 ± 2.2
55 - 64	16.2 ± 3.4
65 - 74	18.4 ± 4.4
75 +	15.7 ± 3.8
Gender	
Male	7.6 ± 1.4
Female	8.2 ± 1.2
Race	
White	7.0 ± 0.9
Black	12.7 ± 4.0
Education	
Less than high school	13.3 ± 3.7
High school graduate	10.4 ± 2.0
Some college	7.8 ± 1.6
College graduate	3.1 ± 1.0
Household Income	
< $20,000	14.6 ± 3.4
$20,000 - $34,999	10.6 ± 2.4
$35,000 - $49,999	6.9 ± 2.1
$50,000 - $74,999	5.2 ± 1.9
$75,000 +	3.8 ± 1.4

a The proportion who reported that they were ever told by a doctor that they have diabetes. This estimate excludes women who had diabetes during pregnancy.

* The 95% confidence interval includes zero.

Table 14: Hypertension Awareness and Medication
2003 Michigan BRFS
(% ± 95% Confidence Interval Limit)

Demographic Characteristics	Ever Told High Blood Pressure[a]	Currently Taking Blood Pressure Medication[b]
Total	**26.8 ± 1.6**	**74.4 ± 3.2**
Age		
18 - 24	4.6 ± 2.9	—[c]
25 - 34	10.5 ± 3.4	—[c]
35 - 44	16.6 ± 3.2	57.0 ± 10.6
45 - 54	28.2 ± 3.6	68.5 ± 7.2
55 - 64	48.6 ± 4.5	84.3 ± 4.9
65 - 74	54.8 ± 5.3	86.2 ± 5.0
75 +	57.2 ± 5.2	91.2 ± 4.4
Gender		
Male	27.5 ± 2.6	67.9 ± 5.2
Female	26.1 ± 2.0	80.6 ± 3.6
Race		
White	25.3 ± 1.6	74.9 ± 3.4
Black	39.7 ± 6.3	73.3 ± 9.3
Education		
Less than high school	34.8 ± 5.7	81.8 ± 7.6
High school graduate	29.7 ± 3.0	74.6 ± 5.8
Some college	25.7 ± 2.9	71.1 ± 6.1
College graduate	21.3 ± 2.7	72.7 ± 6.2
Household Income		
< $20,000	37.9 ± 4.8	69.6 ± 7.6
$20,000 - $34,999	31.2 ± 3.7	79.3 ± 6.3
$35,000 - $49,999	24.7 ± 3.8	67.0 ± 8.5
$50,000 - $74,999	24.5 ± 3.8	74.8 ± 8.0
$75,000 +	17.7 ± 3.0	78.4 ± 7.5

[a] Among all respondents, the proportion who reported that they were ever told by a doctor that they have high blood pressure. This estimate excludes women who had high blood pressure during pregnancy.

[b] Among those who were ever told that they had high blood pressure, the proportion who reported that they were currently taking medicine for their high blood pressure. (n=1094)

[c] The denominator in this subgroup was less than 50.

Table 15: Cholesterol Awareness
2003 Michigan BRFS
(% ± 95% Confidence Interval Limit)

Demographic Characteristics	Cholesterol Ever Checked[a]	Checked Within Past 5 Years[b]	Told High Cholesterol[c]
Total	**79.6 ± 1.7**	**75.0 ± 1.8**	**37.6 ± 2.0**
Age			
18 - 24	42.9 ± 6.9	39.7 ± 7.0	5.0 ± 4.4
25 - 34	63.8 ± 4.9	56.7 ± 5.1	19.9 ± 5.2
35 - 44	81.7 ± 3.4	75.7 ± 3.7	30.3 ± 4.3
45 - 54	91.2 ± 2.3	85.2 ± 3.0	41.4 ± 4.2
55 - 64	95.2 ± 2.0	93.4 ± 2.2	53.2 ± 4.7
65 - 74	95.2 ± 2.3	93.2 ± 2.7	58.0 ± 5.4
75 +	93.2 ± 2.6	91.6 ± 2.9	47.2 ± 5.6
Gender			
Male	76.8 ± 2.7	72.0 ± 2.9	41.3 ± 3.2
Female	82.3 ± 2.0	77.9 ± 2.2	34.5 ± 2.4
Race			
White	80.2 ± 1.8	75.2 ± 1.9	39.0 ± 2.1
Black	75.0 ± 5.8	71.3 ± 6.1	31.8 ± 6.8
Education			
Less than high school	67.8 ± 6.3	65.1 ± 6.4	39.7 ± 6.7
High school graduate	74.8 ± 3.3	71.0 ± 3.4	44.0 ± 3.8
Some college	80.0 ± 3.1	74.1 ± 3.3	36.5 ± 3.6
College graduate	89.2 ± 2.3	84.0 ± 2.7	32.2 ± 3.3
Household Income			
< $20,000	70.4 ± 5.0	66.3 ± 5.1	45.4 ± 5.7
$20,000 - $34,999	76.2 ± 3.9	71.4 ± 4.1	39.2 ± 4.5
$35,000 - $49,999	80.9 ± 4.1	75.3 ± 4.4	35.6 ± 4.8
$50,000 - $74,999	83.8 ± 3.7	78.1 ± 4.0	36.2 ± 4.7
$75,000 +	86.1 ± 3.3	82.6 ± 3.5	32.8 ± 4.0

[a] Among all respondents, the proportion who reported ever having had their blood cholesterol checked.
[b] Among all respondents, the proportion who reported that they have had the blood cholesterol checked within the past five years.
[c] Among those who ever had their blood cholesterol checked, the proportion who reported that a doctor, nurse, or other health professional had told them that their cholesterol was high. (n=2933)

Table 16: Alcohol Consumption
2003 Michigan BRFS
(% ± 95% Confidence Interval Limit)

Demographic Characteristics	Heavy Drinking[a]	Binge Drinking[b]
Total	**6.2 ± 1.0**	**19.1 ± 1.6**
Age		
18 - 24	9.7 ± 4.0	33.1 ± 6.4
25 - 34	7.0 ± 2.7	27.9 ± 4.6
35 - 44	7.6 ± 2.2	22.8 ± 3.6
45 - 54	4.9 ± 1.6	16.5 ± 3.1
55 - 64	4.2 ± 1.8	10.7 ± 2.9
65 - 74	4.0 ± 2.0	6.2 ± 2.5
75 +	3.4 ± 1.9	2.0 ± 1.4
Gender		
Male	7.7 ± 1.6	28.4 ± 2.7
Female	4.8 ± 1.1	10.5 ± 1.6
Race		
White	6.8 ± 1.1	20.8 ± 1.8
Black	3.3 ± 2.5	11.5 ± 4.3
Education		
Less than high school	4.2 ± 2.5	15.6 ± 4.9
High school graduate	6.9 ± 1.8	20.8 ± 2.9
Some college	6.9 ± 1.9	19.5 ± 3.0
College graduate	5.5 ± 1.6	18.4 ± 2.8
Household Income		
< $20,000	6.5 ± 2.5	19.1 ± 4.4
$20,000 - $34,999	6.0 ± 2.1	17.8 ± 3.4
$35,000 - $49,999	6.5 ± 2.3	20.0 ± 3.9
$50,000 - $74,999	5.1 ± 1.9	24.2 ± 4.0
$75,000 +	6.7 ± 2.2	19.1 ± 3.5

[a] The proportion who reported consuming on average more than two alcoholic beverages per day for men or more than one alcoholic beverage per day for women.

[b] The proportion who reported consuming five or more drinks per occasion at least once in the previous month.

Table 17: Mean Number of Times Five or More Alcoholic Beverages Were Consumed During the Past Month Among Binge Drinkers

2003 Michigan BRFS

(% ± 95% Confidence Interval Limit)

Demographic Characteristics	Mean Number of Times[a]
Total	**4.1 ± 0.6**
Age	
18 - 34	3.9 ± 0.9
35 - 54	4.0 ± 0.8
55 +	4.9 ± 1.6
Gender	
Male	4.8 ± 0.8
Female	2.2 ± 0.4
Education	
High school graduate or less	4.7 ± 1.0
Some college	3.6 ± 0.8
College graduate	3.6 ± 1.1
Household Income	
< $35,000	5.1 ± 1.4
$35,000 +	3.4 ± 0.5

[a] Among those who reported having had five or more alcoholic beverages on at least one occasion in the past month, the mean number of times in which five or more alcoholic beverages were consumed during the past month. (n=548)

Table 18: Mean Number of Alcoholic Beverages Consumed on Most Recent Occasion Among Binge Drinkers

2003 Michigan BRFS

(Mean ± 95% Confidence Interval Limit)

Demographic Characteristics	Mean Total Number Alcoholic Beverages Consumed[a]	Mean Number of Beers[b]	Mean Number of Glasses of Wine[c]	Mean Number of Drinks of Liquor[d]
Total	**7.5 ± 0.5**	**5.1 ± 0.4**	**0.6 ± 0.2**	**1.9 ± 0.3**
Age				
18 - 34	8.5 ± 0.9	5.5 ± 0.6	0.7 ± 0.3	2.4 ± 0.6
35 - 54	6.7 ± 0.5	5.0 ± 0.5	0.5 ± 0.2	1.4 ± 0.3
55 +	6.2 ± 0.8	4.1 ± 0.9	0.8 ± 0.4	1.5 ± 0.6
Gender				
Male	7.8 ± 0.6	5.8 ± 0.4	0.5 ± 0.2	1.6 ± 0.4
Female	6.6 ± 0.5	3.4 ± 0.5	0.9 ± 0.3	2.4 ± 0.5
Education				
High school graduate or less	8.0 ± 0.9	5.2 ± 0.6	0.7 ± 0.3	2.2 ± 0.6
Some college	7.3 ± 0.6	5.1 ± 0.6	0.5 ± 0.2	1.7 ± 0.4
College graduate	7.0 ± 0.8	5.0 ± 0.6	0.6 ± 0.2	1.5 ± 0.5
Household Income				
< $35,000	7.6 ± 1.0	5.0 ± 0.6	0.6 ± 0.3	2.0 ± 0.6
$35,000 +	7.3 ± 0.5	5.1 ± 0.4	0.6 ± 0.2	1.8 ± 0.4

Note: One alcoholic beverage was equal to a 12-ounce beer, a 4-ounce glass of wine, or a drink with 1 shot of liquor.
Note: Occasion meant "within a few hours" or "in a row". (n=539)

[a] Among the respondents who had five or more drinks on one occasion in the past month, the mean total number of alcoholic beverages the respondents reported having had on the most recent occasion during which they had five or more alcoholic beverages.

[b] Among the respondents who had five or more drinks on one occasion in the past month, the mean number of beers, including malt liquor, the respondents reported having had on the most recent occasion during which they had five or more alcoholic beverages.

[c] Among the respondents who had five or more drinks on one occasion in the past month, the mean number of glasses of wine, including wine coolers, hard lemonade, or hard cider, the respondents reported having had on the most recent occasion during which they had five or more alcoholic beverages.

[d] Among the respondents who had five or more drinks on one occasion in the past month, the mean number of drinks of liquor, including cocktails, the respondents reported having had on the most recent occasion during which they had five or more alcoholic beverages.

Table 19: Where Alcohol Was Consumed During Most Recent Occasion Among Binge Drinkers

2003 Michigan BRFS

(Mean ± 95% Confidence Interval Limit)

Demographic Characteristics	At Respondent's Home[a]	Somebody Else's Home[b]	Public Places, including Restaurants, Bars, Clubs, Sporting Events, Concerts, or Parks[c]
Total	**35.7 ± 4.5**	**21.1 ± 4.1**	**37.4 ± 4.6**
Age			
18 - 34	20.5 ± 6.2	28.3 ± 7.1	46.2 ± 7.6
35 - 54	48.1 ± 6.9	14.3 ± 4.4	30.0 ± 6.4
55 +	54.1 ± 11.3	15.3 ± 8.7	27.3 ± 9.7
Gender			
Male	40.1 ± 5.7	19.7 ± 4.8	33.8 ± 5.5
Female	24.6 ± 6.8	24.6 ± 7.5	46.3 ± 8.2
Education			
High school graduate or less	43.5 ± 7.4	23.4 ± 6.7	30.1 ± 6.7
Some college	32.0 ± 8.0	19.2 ± 7.3	43.6 ± 8.7
College graduate	27.9 ± 7.6	19.5 ± 6.9	41.7 ± 8.9
Household Income			
< $35,000	36.8 ± 8.1	19.6 ± 7.1	38.8 ± 8.2
$35,000 +	34.6 ± 5.7	20.2 ± 5.0	37.9 ± 5.9

Note: Occasion meant "within a few hours" or "in a row". (n=534)

[a] Among the respondents who had five or more drinks on at least one occasion in the past month, the proportion who reported doing most of their drinking on the most recent occasion at their home.

[b] Among the respondents who had five or more drinks on at least one occasion in the past month, the proportion who reported doing most of their drinking on the most recent occasion at somebody else's house.

[c] Among the respondents who had five or more drinks on at least one occasion in the past month, the proportion who reported doing most of their drinking on the most recent occasion at a public place, including restaurants, bars, clubs, sporting events, concerts, and parks.

Table 20: How Alcohol Was Purchased on Most Recent Occasion Among Binge Drinkers

2003 Michigan BRFS

(Mean ± 95% Confidence Interval Limit)

Demographic Characteristics	Someone Else Bought It[a]	Respondent Bought it at a Store[b]	Respondent Bought it at a Restaurant, Bar, Club, or Public Place[c]
Total	**20.7 ± 4.0**	**47.6 ± 4.8**	**30.0 ± 4.4**
Age			
18 - 34	28.0 ± 7.1	32.8 ± 7.1	38.3 ± 7.4
35 - 54	14.4 ± 4.5	60.6 ± 6.6	23.1 ± 5.8
55 +	12.6 ± 7.6	62.1 ± 10.8	20.9 ± 8.7
Gender			
Male	18.5 ± 4.8	51.4 ± 5.8	28.5 ± 5.2
Female	26.1 ± 7.4	37.9 ± 7.7	34.0 ± 8.1
Education			
High school graduate or less	23.6 ± 6.7	48.5 ± 7.5	25.2 ± 6.3
Some college	22.1 ± 7.4	44.3 ± 8.6	32.4 ± 8.4
College graduate	14.8 ± 6.3	49.5 ± 8.8	34.8 ± 8.5
Household Income			
< $35,000	18.6 ± 6.9	43.9 ± 8.4	34.5 ± 8.0
$35,000 +	19.4 ± 4.9	49.7 ± 6.1	29.6 ± 5.7

Note: Occasion meant "within a few hours" or "in a row". (n=536)

[a] Among the respondents who had five or more drinks on at least one occasion in the past month, the proportion who reported that somebody else bought most of the alcohol they drank on the most recent occasion in which the respondents had five or more alcoholic beverages.

[b] Among the respondents who had five or more drinks on at least one occasion in the past month, the proportion who reported that they bought the alcohol at a store, such as a liquor store, convenience store, or grocery store, on the most recent occasion in which the respondents had five or more alcoholic beverages.

[c] Among the respondents who had five or more drinks on at least one occasion in the past month, the proportion who reported that they bought the alcohol at a restaurant, bar, or public place on the most recent occasion in which the respondents had five or more alcoholic beverages.

Table 21: Drove Motor Vehicle After Drinking Among Binge Drinkers
2003 Michigan BRFS
(% ± 95% Confidence Interval Limit)

Demographic Characteristics	Drove Within Two Hours[a]
Total	**15.8 ± 3.5**
Age	
18 – 34	14.8 ± 5.7
35 - 54	17.5 ± 5.3
55 +	13.5 ± 6.7
Gender	
Male	16.7 ± 4.4
Female	12.9 ± 6.1
Education	
High school graduate or less	15.9 ± 5.4
Some college	17.1 ± 6.8
College graduate	14.2 ± 6.5
Household Income	
< $35,000	16.8 ± 6.4
$35,000 +	16.0 ± 4.5

[a] Among the respondents who had five or more drinks on at least one occasion in the past month, the proportion who reported that they drove a motor vehicle, such as a car, truck, or motorcycle during or within a couple of hours after having had five or more drinks on the most recent occasion. (n=536)

Table 22: Cigarette Consumption
2003 Michigan BRFS
(% ± 95% Confidence Interval Limit)

Demographic Characteristics	Current Smoker[a]	Former Smoker[b]	Never Smoked
Total	**25.8 ± 1.7**	**25.6 ± 1.6**	**48.6 ± 1.9**
Age			
18 – 24	39.2 ± 6.6	7.1 ± 3.4	53.7 ± 6.8
25 - 34	28.9 ± 4.6	14.0 ± 3.4	57.1 ± 5.0
35 - 44	32.0 ± 4.0	22.0 ± 3.4	46.0 ± 4.2
45 - 54	28.4 ± 3.8	25.3 ± 4.0	46.4 ± 4.0
55 - 64	18.3 ± 3.5	40.8 ± 4.4	40.9 ± 4.4
65 - 74	8.8 ± 3.0	46.2 ± 5.4	45.0 ± 5.3
75 +	5.7 ± 2.3	44.8 ± 5.3	49.5 ± 5.3
Gender			
Male	29.5 ± 2.8	28.4 ± 2.5	42.1 ± 3.0
Female	22.3 ± 2.0	23.1 ± 1.9	54.1 ± 2.4
Race			
White	25.6 ± 1.9	27.0 ± 1.7	47.4 ± 2.0
Black	27.3 ± 5.7	15.5 ± 4.5	57.2 ± 6.3
Education			
Less than high school	38.9 ± 6.1	24.7 ± 4.8	36.4 ± 5.9
High school graduate	35.0 ± 3.4	27.1 ± 2.9	37.9 ± 3.4
Some college	25.5 ± 3.2	24.4 ± 2.9	50.1 ± 3.5
College graduate	11.0 ± 2.3	25.4 ± 2.8	63.6 ± 3.2
Household Income			
< $20,000	38.2 ± 5.0	25.7 ± 4.3	36.0 ± 4.8
$20,000 - $34,999	29.4 ± 3.9	25.1 ± 3.4	45.5 ± 4.2
$35,000 - $49,999	26.3 ± 4.3	24.2 ± 3.8	49.5 ± 4.7
$50,000 - $74,999	24.4 ± 4.1	29.3 ± 4.0	46.3 ± 4.6
$75,000 +	15.2 ± 3.2	25.8 ± 3.5	59.0 ± 4.1

[a] The proportion who reported that they had ever smoked at least 100 cigarettes (five packs) in their life and that they smoke cigarettes now, either every day or on some days.

[b] The proportion who reported that they had ever smoked at least 100 cigarettes (five packs) in their life, but they do not smoke cigarettes now.

Table 23: Quit Attempts Among Current Smokers
2003 Michigan BRFS
(% ± 95% Confidence Interval Limit)

Demographic Characteristics	Tried to Quit Smoking One Day or Longer in Past Year[a]
Total	**62.2 ± 3.9**
Age	
18 - 34	68.0 ± 6.7
35 - 54	58.6 ± 5.5
55 +	57.7 ± 8.1
Gender	
Male	59.9 ± 5.8
Female	65.2 ± 4.9
Race	
White	58.7 ± 4.3
Black	78.2 ± 10.3
Education	
Less than high school	61.2 ± 10.2
High school graduate	60.0 ± 6.0
Some college	64.5 ± 6.9
College graduate	66.3 ± 10.2
Household Income	
< $20,000	62.6 ± 8.6
$20,000 - $34,999	61.6 ± 7.8
$35,000 - $49,999	64.6 ± 9.0
$50,000 +	61.9 ± 7.2

[a] Among all current smokers, the proportion who reported that during the past year, they had tried to quit smoking for one day or longer. (n=798)

Table 24: Health Care Professional Ever Asked About Smoking Status

2003 Michigan BRFS

(% ± 95% Confidence Interval Limit)

Demographic Characteristics	Health Care Professional Ever Asked if Smoker[a]
Total	**90.5 ± 1.2**
Age	
18 - 24	83.9 ± 5.1
25 - 34	90.0 ± 3.3
35 - 44	92.5 ± 2.2
45 - 54	92.9 ± 2.0
55 - 64	92.2 ± 2.5
65 - 74	93.1 ± 2.7
75 +	84.0 ± 4.0
Gender	
Male	89.0 ± 2.0
Female	91.8 ± 1.3
Race	
White	90.8 ± 1.3
Black	91.0 ± 4.0
Education	
Less than high school	89.5 ± 4.0
High school graduate	89.6 ± 2.3
Some college	91.4 ± 2.1
College graduate	91.1 ± 2.0
Household Income	
< $20,000	89.3 ± 3.2
$20,000 - $34,999	88.6 ± 2.9
$35,000 - $49,999	90.6 ± 2.9
$50,000 - $74,999	92.0 ± 2.6
$75,000 +	93.6 ± 2.0

[a] Among all respondents, the proportion who reported that they were ever asked by a health care professional if they smoked.

Table 25: Advice from Health Care Professional to Quit Smoking

2003 Michigan BRFS

(% ± 95% Confidence Interval Limit)

Demographic Characteristics	Health Care Professional Advised Ever Smokers to Quit Smoking[a]	Health Care Professional Advised Current Smoker to Quit Smoking[b]	Health Care Professional Advised Former Smoker to Quit Smoking[c]
Total	**64.4 ± 2.5**	**84.0 ± 3.1**	**44.2 ± 3.5**
Age			
18 - 34	72.0 ± 5.7	77.1 ± 6.2	56.6 ± 12.1
35 - 54	68.6 ± 3.7	87.4 ± 3.9	44.0 ± 5.8
55 +	52.4 ± 3.9	91.6 ± 4.0	41.2 ± 4.5
Gender			
Male	63.2 ± 3.7	82.7 ± 4.7	42.4 ± 5.0
Female	66.0 ± 3.3	85.7 ± 3.9	46.3 ± 4.7
Race			
White	63.8 ± 2.7	83.5 ± 3.5	44.7 ± 3.6
Black	70.8 ± 8.8	84.2 ± 9.2	—[d]
Education			
Less than high school	68.4 ± 7.1	76.8 ± 9.2	55.0 ± 10.8
High school graduate	70.2 ± 3.9	85.7 ± 4.3	49.0 ± 6.2
Some college	66.5 ± 4.8	86.2 ± 5.8	46.1 ± 6.8
College graduate	48.7 ± 5.5	83.2 ± 8.3	33.2 ± 5.8
Household Income			
< $20,000	69.6 ± 5.9	83.6 ± 6.6	48.1 ± 9.5
$20,000 - $34,999	70.3 ± 5.0	84.8 ± 6.0	53.0 ± 7.5
$35,000 - $49,999	69.7 ± 5.9	87.0 ± 6.9	50.5 ± 8.9
$50,000 - $74,999	61.6 ± 6.0	82.4 ± 8.1	43.6 ± 7.8
$75,000 +	56.3 ± 6.4	91.3 ± 5.9	35.5 ± 7.6

[a] Among respondents who had smoked at least 100 cigarettes (five packs) in their entire lives, the proportion who reported that they were ever advised by a health professional to quit smoking. (n=1796)

[b] Among respondents who had smoked at least 100 cigarettes (five packs) in their entire lives and reported that they smoke cigarettes now, the proportion who reported that they were ever advised by a health professional to quit smoking. (n=790)

[c] Among respondents who had smoked at least 100 cigarettes (five packs) in their entire lives, but reported that they do not smoke cigarettes now, the proportion who reported that they were ever advised by a health care professional to quit smoking. (n=1006)

[d] The number of respondents in this subgroup was less than 50.

Table 26: Resources Discussed by Health Care Professional to Help Current/Former Smokers Quit Smoking

2003 Michigan BRFS

(% ± 95% Confidence Interval Limit)

Demographic Characteristics	Health Professional Discussed Resources with Ever Smokers[a]	Health Professional Discussed Resources with Current Smokers[b]	Health Professional Discussed Resources with Former Smokers[c]
Total	**27.7 ± 2.4**	**41.1 ± 3.9**	**14.0 ± 2.5**
Age			
18 - 34	30.0 ± 5.5	33.1 ± 6.6	20.7 ± 9.0
35 - 54	32.3 ± 3.8	45.4 ± 5.6	15.2 ± 4.1
55 +	19.5 ± 3.2	48.9 ± 8.3	11.2 ± 3.0
Gender			
Male	25.6 ± 3.4	39.6 ± 5.7	11.0 ± 3.2
Female	30.0 ± 3.3	42.9 ± 5.2	17.4 ± 3.7
Race			
White	28.4 ± 2.6	43.1 ± 4.3	14.2 ± 2.5
Black	22.6 ± 8.0	24.4 ± 10.1	—[d]
Education			
Less than high school	27.7 ± 6.9	33.4 ± 9.6	18.6 ± 9.7
High school graduate	29.3 ± 4.0	39.6 ± 5.9	15.2 ± 4.3
Some college	29.6 ± 4.6	45.1 ± 7.4	13.5 ± 4.6
College graduate	22.4 ± 4.6	47.6 ± 11.1	11.6 ± 3.9
Household Income			
< $20,000	26.8 ± 5.7	34.9 ± 8.1	14.4 ± 7.2
$20,000 - $34,999	28.5 ± 5.0	40.0 ± 7.8	14.8 ± 5.5
$35,000 - $49,999	28.9 ± 6.0	45.9 ± 9.6	10.2 ± 5.1
$50,000 - $74,999	27.0 ± 5.4	42.5 ± 9.6	13.9 ± 5.2
$75,000 +	33.0 ± 6.4	55.4 ± 11.4	19.9 ± 6.3

[a] Among respondents who had smoked at least 100 cigarettes (five packs) in their entire lives, the proportion who reported that they were ever advised by a health professional about programs and other resources available to help them quit smoking. (n=1806)

[b] Among respondents who had smoked at least 100 cigarettes (five packs) in their entire lives and reported that they smoke cigarettes now, the proportion who reported that they were ever advised by a health professional about programs and other resources available to help them quit smoking. (n=789)

[c] Among respondents who had smoked at least 100 cigarettes (five packs) in their entire lives, but reported that they do not smoke cigarettes now, the proportion who reported that they were ever advised by a health care professional about programs and other resources available to help them quit smoking. (n=1017)

[d] The number of respondents in this subgroup was less than 50.

Table 27: Arthritis
2003 Michigan BRFS
(% ± 95% Confidence Interval Limit)

Demographic Characteristics	Chronic Joint Symptoms, Not Doctor Diagnosed[a]	Doctor Diagnosed Arthritis[b]
Total	**18.6 ± 1.5**	**32.0 ± 1.7**
Age		
18 - 24	16.9 ± 5.1	6.5 ± 3.1
25 - 34	22.7 ± 4.3	12.6 ± 3.3
35 - 44	22.9 ± 3.6	19.0 ± 3.3
45 - 54	20.9 ± 3.3	38.9 ± 4.0
55 - 64	15.7 ± 3.2	55.7 ± 4.5
65 - 74	9.5 ± 3.0	65.2 ± 5.1
75 +	9.6 ± 3.4	62.3 ± 5.2
Gender		
Male	20.0 ± 2.5	29.1 ± 2.6
Female	17.3 ± 1.8	34.7 ± 2.2
Race		
White	18.3 ± 1.6	32.2 ± 1.8
Black	19.1 ± 5.3	32.0 ± 5.8
Education		
Less than high school	16.0 ± 4.6	39.7 ± 5.8
High school graduate	18.1 ± 2.7	35.7 ± 3.2
Some college	18.8 ± 2.8	31.5 ± 3.2
College graduate	20.2 ± 2.8	25.5 ± 2.8
Household Income		
< $20,000	14.9 ± 3.8	46.1 ± 5.0
$20,000 - $34,999	17.9 ± 3.4	35.3 ± 3.8
$35,000 - $49,999	19.4 ± 3.8	32.0 ± 4.2
$50,000 - $74,999	21.8 ± 3.8	27.5 ± 3.9
$75,000 +	19.5 ± 3.3	23.0 ± 3.3

[a] The proportion who reported having had any symptoms of pain, aching, or stiffness in or around the joint (excluding the back or neck) during the past 30 days that first started more than three months ago and who have not been diagnosed with arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia by a health care professional.

[b] The proportion who reported ever being told by a health care professional that they had some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia.

Table 28: Immunizations Among Adults Aged 65 and Older
2003 Michigan BRFS
(% ± 95% Confidence Interval Limit)

Demographic Characteristics	Had Flu Shot in Past Year[a]	Ever Had Pneumonia Vaccine[b]
Total	**67.4 ± 3.6**	**62.6 ± 3.8**
Gender		
Male	67.4 ± 5.9	58.9 ± 6.2
Female	67.4 ± 4.6	65.3 ± 4.8
Education		
Less than high school	63.1 ± 9.4	60.0 ± 9.7
High school graduate	64.1 ± 5.7	61.7 ± 5.9
Some college	68.8 ± 8.0	60.6 ± 8.5
College graduate	75.1 ± 7.1	68.5 ± 7.7
Household Income		
< $20,000	63.1 ± 7.4	66.9 ± 7.4
$20,000 - $34,999	65.8 ± 6.9	56.5 ± 7.1
$35,000 - $49,999	75.1 ± 9.3	68.8 ± 10.1
$50,000 +	69.1 ± 9.7	62.5 ± 10.1

[a] The proportion who, aged 65 years and older, reported that they had a flu shot during the past year. (n=825)

[b] The proportion who, aged 65 years and older, reported that they ever had a pneumococcal vaccine. (n=807)

Table 29: Excess Sun Exposure
2003 Michigan BRFS
(% ± 95% Confidence Interval Limit)

Demographic Characteristics	Had a Sunburn in Past Year[a]
Total	**40.5 ± 1.9**
Age	
18 - 24	55.7 ± 6.8
25 - 34	53.7 ± 5.0
35 - 44	50.9 ± 4.2
45 - 54	39.3 ± 3.9
55 - 64	27.8 ± 4.0
65 - 74	18.6 ± 4.1
75 +	7.9 ± 2.7
Gender	
Male	44.9 ± 3.0
Female	36.4 ± 2.4
Race	
White	47.1 ± 2.1
Black	3.6 ± 2.2
Education	
Less than high school	30.3 ± 5.8
High school graduate	37.9 ± 3.4
Some college	41.7 ± 3.5
College graduate	46.4 ± 3.4
Household Income	
< $20,000	25.7 ± 4.5
$20,000 - $34,999	33.9 ± 4.0
$35,000 - $49,999	46.8 ± 4.7
$50,000 - $74,999	48.1 ± 4.6
$75,000 +	50.3 ± 4.2

[a] The proportion who had at least one sunburn during the past year.

Table 30: Falls
Among Adults Aged 45 Years and Older
2003 Michigan BRFS
(% ± 95% Confidence Interval Limit)

Demographic Characteristics	Had a Fall in Past 3 Months[a]	Had an Injury Due to a Fall in Past 3 Months[b]
Total	**13.3 ± 1.6**	**3.9 ± 0.9**
Age		
45 - 54	13.0 ± 2.7	3.9 ± 1.5
55 - 64	14.1 ± 3.2	4.5 ± 1.8
65 - 74	12.0 ± 3.4	2.9 ± 1.6
75 +	14.5 ± 3.6	4.1 ± 2.0
Gender		
Male	13.5 ± 2.6	3.4 ± 1.4
Female	13.2 ± 2.0	4.4 ± 1.2
Race		
White	13.4 ± 1.7	3.9 ± 0.9
Black	16.0 ± 6.5	3.5 ± 3.2
Education		
Less than high school	8.4 ± 3.6	2.7 ± 2.0
High school graduate	14.3 ± 3.0	3.6 ± 1.4
Some college	14.0 ± 3.2	5.1 ± 2.1
College graduate	13.8 ± 3.1	3.7 ± 1.5
Household Income		
< $20,000	18.5 ± 4.8	5.1 ± 2.4
$20,000 - $34,999	14.5 ± 3.6	4.6 ± 2.1
$35,000 - $49,999	14.7 ± 4.2	5.3 ± 2.6
$50,000 - $74,999	9.9 ± 3.6	1.9 ± 1.4
$75,000 +	10.2 ± 3.3	2.8 ± 1.9

[a] The proportion who, aged 45 years and older, reported having a fall in the past three months. (n=2146)
[b] Among all respondents 45 years of age and older, the proportion who reported being injured due to a fall in the past three months that limited their regular activities for at least one day or caused them to go see the doctor. (n=2146)

Table 31: Disability

2003 Michigan BRFS

(% ± 95% Confidence Interval Limit)

Demographic Characteristics	Total Disability[a]	Activity Limitation[b]	Used Special Equipment[c]
Total	**22.0 ± 1.5**	**20.6 ± 1.5**	**5.6 ± 0.8**
Age			
18 - 24	9.7 ± 4.0	9.4 ± 4.0	0.3 ± 0.6*
25 - 34	15.3 ± 3.7	15.2 ± 3.7	0.9 ± 0.8
35 - 44	15.0 ± 3.0	14.8 ± 3.0	3.2 ± 1.5
45 - 54	23.6 ± 3.4	23.2 ± 3.3	5.2 ± 1.6
55 - 64	31.3 ± 4.1	29.7 ± 4.0	10.7 ± 2.8
65 - 74	33.0 ± 5.1	28.8 ± 4.9	9.5 ± 3.2
75 +	44.5 ± 5.4	37.2 ± 5.3	19.7 ± 4.5
Gender			
Male	20.2 ± 2.3	19.4 ± 2.3	4.2 ± 1.1
Female	23.6 ± 2.0	21.8 ± 1.9	6.9 ± 1.1
Race			
White	22.1 ± 1.6	20.8 ± 1.6	5.2 ± 0.8
Black	24.4 ± 5.4	22.5 ± 5.3	8.6 ± 3.3
Education			
Less than high school	32.2 ± 5.6	29.5 ± 5.5	11.2 ± 3.6
High school graduate	22.4 ± 2.7	20.7 ± 2.6	6.1 ± 1.4
Some college	23.8 ± 3.0	22.9 ± 2.9	5.4 ± 1.4
College graduate	15.7 ± 2.3	14.9 ± 2.3	3.1 ± 1.0
Household Income			
< $20,000	39.3 ± 4.9	37.6 ± 4.9	13.4 ± 3.0
$20,000 - $34,999	25.0 ± 3.5	23.4 ± 3.4	6.2 ± 1.8
$35,000 - $49,999	22.7 ± 3.8	21.8 ± 3.7	4.0 ± 1.6
$50,000 - $74,999	13.2 ± 2.8	13.1 ± 2.8	2.2 ± 1.2
$75,000 +	13.0 ± 2.8	12.6 ± 2.8	1.7 ± 0.9

[a] The proportion who reported being limited in any activities because of physical, mental, or emotional problems, or reported that they required use of special equipment (such as a cane, a wheelchair, a special bed, or a special telephone) due to a health problem.

[b] The proportion who reported being limited in any activities because of physical, mental, or emotional problems.

[c] The proportion who reported that they required use of special equipment (such as a can, a wheelchair, a special bed, or a special telephone) due to a health problem.

* The 95% confidence interval includes zero.

Table 32: Asthma
2003 Michigan BRFS
(% ± 95% Confidence Interval Limit)

Demographic Characteristics	Ever Told Have Asthma[a]	Still Have Asthma[b]
Total	**13.6 ± 1.3**	**9.3 ± 1.1**
Age		
18 - 24	19.9 ± 5.3	12.0 ± 4.3
25 - 34	14.5 ± 3.5	7.9 ± 2.6
35 - 44	11.3 ± 2.6	8.5 ± 2.4
45 - 54	14.5 ± 2.9	10.3 ± 2.5
55 - 64	12.5 ± 2.9	9.2 ± 2.6
65 - 74	11.3 ± 3.3	8.7 ± 3.0
75 +	10.3 ± 3.4	8.4 ± 3.1
Gender		
Male	11.8 ± 2.0	7.3 ± 1.6
Female	15.3 ± 1.8	11.2 ± 1.5
Race		
White	13.8 ± 1.4	9.5 ± 1.2
Black	13.7 ± 4.4	9.0 ± 3.6
Education		
Less than high school	17.1 ± 4.9	13.2 ± 4.4
High school graduate	13.8 ± 2.5	10.8 ± 2.2
Some college	13.9 ± 2.4	8.8 ± 1.9
College graduate	11.8 ± 2.2	6.7 ± 1.6
Household Income		
< $20,000	16.2 ± 3.5	12.8 ± 3.2
$20,000 - $34,999	13.7 ± 3.0	10.1 ± 2.6
$35,000 - $49,999	14.5 ± 3.4	8.8 ± 2.9
$50,000 - $74,999	14.1 ± 3.2	10.6 ± 2.8
$75,000 +	12.2 ± 2.8	6.9 ± 2.1

[a] The proportion who reported that they were ever told by a doctor, nurse, or other health care professional that they had asthma.

[b] Among all respondents, the proportion who reported that they still have asthma.

Table 33: HIV Testing Among Adults Aged 18 - 64
2003 Michigan BRFS
(% ± 95% Confidence Interval Limit)

Demographic Characteristics	Ever Had an HIV Test[a]
Total	**44.4 ± 2.2**
Age	
18 - 24	39.9 ± 6.6
25 - 34	67.6 ± 4.7
35 - 44	54.3 ± 4.2
45 - 54	31.3 ± 3.7
55 - 64	19.7 ± 3.6
Gender	
Male	40.9 ± 3.3
Female	47.8 ± 2.8
Race	
White	42.2 ± 2.3
Black	56.1 ± 7.0
Education	
Less than high school	43.8 ± 7.6
High school graduate	40.8 ± 4.0
Some college	48.2 ± 3.9
College graduate	44.4 ± 3.7
Household Income	
< $20,000	51.4 ± 6.4
$20,000 - $34,999	45.2 ± 5.1
$35,000 - $49,999	45.1 ± 5.2
$50,000 - $74,999	38.4 ± 4.7
$75,000 +	47.2 ± 4.3

Note: "Don't know" was considered a valid response.
(2.0% ± 0.5 reported "Don't know")

[a] The proportion who, aged 18 - 64, reported that they ever had been tested for HIV, apart from tests that were part of a blood donation. (n=2676)

Table 34: HIV Treatment Perceptions Among Adults Aged 18 - 64

2003 Michigan BRFS

(% ± 95% Confidence Interval Limit)

Demographic Characteristics	Treatment helps reduce the chances that a woman will pass HIV to her baby.[a]		There are available medical treatments that allows individuals with HIV to live longer .[b]	
	TRUE	FALSE	TRUE	FALSE
Total	**51.5 ± 2.2**	**18.3 ± 1.7**	**91.5 ± 1.3**	**1.9 ± 0.6**
Age				
18 - 24	51.4 ± 6.9	21.0 ± 5.6	88.5 ± 4.4	4.2 ± 2.8
25 - 34	58.5 ± 4.9	17.1 ± 3.9	95.4 ± 2.0	0.9 ± 0.7
35 - 44	49.1 ± 4.2	19.2 ± 3.4	93.6 ± 2.2	0.8 ± 0.7
45 - 54	46.8 ± 4.0	19.3 ± 3.2	88.9 ± 2.7	3.0 ± 1.5
55 - 64	52.4 ± 4.5	14.1 ± 3.1	89.3 ± 2.9	1.4 ± 1.1
Gender				
Male	49.3 ± 3.4	21.9 ± 2.8	92.5 ± 1.8	1.8 ± 0.9
Female	53.4 ± 2.7	14.7 ± 2.0	90.4 ± 1.7	2.1 ± 0.8
Race				
White	51.0 ± 2.4	17.8 ± 1.8	92.5 ± 1.3	1.6 ± 0.6
Black	57.1 ± 6.9	20.6 ± 5.7	88.4 ± 4.6	2.1 ± 2.0
Education				
Less than high school	42.7 ± 7.6	20.7 ± 6.1	77.6 ± 6.5	5.8 ± 3.7
High school graduate	43.4 ± 4.1	21.0 ± 3.4	89.5 ± 2.6	1.7 ± 1.0
Some college	52.3 ± 3.9	19.0 ± 3.2	93.4 ± 2.0	1.7 ± 1.2
College graduate	61.0 ± 3.6	14.2 ± 2.5	96.2 ± 1.3	1.0 ± 0.6
Household Income				
< $20,000	52.4 ± 6.4	17.3 ± 5.0	86.2 ± 4.6	4.1 ± 2.7
$20,000 - $34,999	44.7 ± 5.1	22.1 ± 4.4	90.6 ± 2.8	2.0 ± 1.4
$35,000 - $49,999	50.1 ± 5.2	17.4 ± 3.9	93.3 ± 2.8	1.0 ± 1.1*
$50,000 - $74,999	50.9 ± 4.8	19.1 ± 3.9	93.6 ± 2.5	2.1 ± 1.5
$75,000 +	57.1 ± 4.3	16.4 ± 3.3	96.3 ± 1.6	0.6 ± 0.5

The proportion who, aged 18 - 64, reported that the following two statements were either true or false ("Don't know" was considered a valid response):

[a] A pregnant woman with HIV can get treatment to help reduce the chances that she will pass the virus to her baby. (30.3% ± 2.0 reported "Don't know") (n=2696)

[b] There are medical treatments available that are intended to help a person who is infected with HIV to live longer. (6.6% ± 1.1 reported "Don't know") (n=2679)

* The 95% confidence interval includes zero.

Table 35: High-Risk Behavior for Acquiring HIV Among Adults Aged 18 – 64

2003 Michigan BRFS

(% ± 95% Confidence Interval Limit)

Demographic Characteristics	Engaged in a High-Risk Behavior for Acquiring HIV[a]
Total	**5.3 ± 1.0**
Age	
18 - 24	13.3 ± 4.6
25 - 34	5.3 ± 2.2
35 - 44	5.3 ± 1.9
45 - 54	1.7 ± 1.0
55 - 64	2.9 ± 1.5
Gender	
Male	6.2 ± 1.7
Female	4.4 ± 1.2
Race	
White	5.4 ± 1.2
Black	6.2 ± 3.2
Education	
Less than high school	7.2 ± 4.0
High school graduate	7.0 ± 2.2
Some college	5.5 ± 1.9
College graduate	2.9 ± 1.3
Household Income	
< $20,000	5.8 ± 3.0
$20,000 - $34,999	4.6 ± 2.1
$35,000 - $49,999	5.2 ± 2.6
$50,000 - $74,999	4.6 ± 2.1
$75,000 +	5.9 ± 2.3

Note: "Don't know" was not considered a valid response. (n=2665)

[a] The proportion who, aged 18 - 64, reported that they had done at least one of the following in the past year:

- Used intravenous drugs.
- Been treated for a sexually transmitted or venereal disease.
- Given or received money or drugs in exchange for sex.
- Had anal sex without a condom.

Table 36: STD Prevention Among Adults Aged 18 - 64
2003 Michigan BRFS
(% ± 95% Confidence Interval Limit)

Demographic Characteristics	Health Care Professional Talked about STD Prevention through Condom Use[a]
Total	**11.0 ± 1.5**
Age	
18 – 24	38.8 ± 6.8
25 – 34	12.9 ± 3.3
35 – 44	5.4 ± 1.9
45 – 54	4.1 ± 1.8
55 – 64	1.1 ± 1.0
Gender	
Male	8.7 ± 2.1
Female	13.2 ± 2.2
Race	
White	9.4 ± 1.6
Black	19.7 ± 5.7
Education	
Less than high school	16.4 ± 6.2
High school graduate	12.0 ± 2.9
Some college	12.8 ± 3.0
College graduate	6.6 ± 2.0
Household Income	
< $20,000	15.0 ± 4.9
$20,000 - $34,999	13.3 ± 3.7
$35,000 - $49,999	10.6 ± 3.7
$50,000 - $74,999	5.7 ± 2.4
$75,000 +	8.4 ± 2.8

Note: "Don't know" was not considered a valid response. (n=2668)

[a] The proportion who, aged 18 - 64, reported that in the past year, a doctor, nurse, or health care professional talked to them about preventing sexually transmitted diseases through condom use.