

Table 1. Current Major Depression: Utah vs. U.S.
Percentage of Adults Reporting Current Major Depression by State, U.S., 2006

| State | Total 2006 Adult (18+) Population ¹ | Survey Estimates of Adults With Current Major Depression | | | | |
|--------------------------------|---|---|---------------|--------------------------|--------------------------|-------|
| | | Estimated Number of Adults ^{3,4} | Crude Rate | Age- adjusted Rate | 95% Confidence Bounds | |
| | | | | | Lower | Upper |
| Total U.S. | 225,633,342 | 9,645,100 | 4.3% | 4.2% | 4.0% | 4.5% |
| State | | | | | | |
| Alabama | 3,483,362 | 192,200 | 5.5% | 5.5% | 4.5% | 6.6% |
| Alaska | 490,366 | 13,900 | 2.8% | 2.8% | 2.1% | 3.8% |
| Arkansas | 2,117,836 | 120,800 | 5.7% | 5.8% | 5.0% | 6.7% |
| California | 26,926,503 | 1,170,900 | 4.3% | 4.3% | 3.6% | 5.0% |
| Delaware | 649,740 | 26,700 | 4.1% | 4.1% | 3.4% | 5.0% |
| District of Columbia | 466,700 | 16,400 | 3.5% | 3.4% | 2.6% | 4.6% |
| Florida | 14,071,245 | 538,600 | 3.8% | 4.0% | 3.3% | 4.8% |
| Georgia | 6,911,716 | 285,400 | 4.1% | 4.0% | 3.4% | 4.8% |
| Hawaii | 988,265 | 32,300 | 3.3% | 3.3% | 2.7% | 4.0% |
| Indiana | 4,733,923 | 227,500 | 4.8% | 4.7% | 4.1% | 5.5% |
| Iowa | 2,267,565 | 56,100 | 2.5% | 2.5% | 2.0% | 3.1% |
| Louisiana | 3,198,771 | 146,600 | 4.6% | 4.5% | 3.8% | 5.3% |
| Maine | 1,039,702 | 33,700 | 3.2% | 3.4% | 2.7% | 4.2% |
| Michigan | 7,618,222 | 359,300 | 4.7% | 4.7% | 3.9% | 5.5% |
| Minnesota | 3,909,171 | 97,300 | 2.5% | 2.5% | 2.0% | 3.1% |
| Mississippi | 2,151,613 | 143,600 | 6.7% | 6.7% | 5.9% | 7.6% |
| Missouri | 4,420,284 | 214,900 | 4.9% | 4.9% | 4.0% | 5.9% |
| Montana | 726,534 | 20,900 | 2.9% | 2.7% | 2.3% | 3.3% |
| Nevada | 1,861,082 | 87,300 | 4.7% | 4.7% | 3.6% | 6.2% |
| New Hampshire | 1,017,217 | 35,200 | 3.5% | 3.5% | 2.8% | 4.3% |
| New Mexico | 1,444,249 | 61,500 | 4.3% | 4.2% | 3.6% | 4.9% |
| North Dakota | 492,255 | 10,700 | 2.2% | 2.2% | 1.7% | 2.9% |
| Oklahoma | 2,684,026 | 156,400 | 5.8% | 5.8% | 5.1% | 6.6% |
| Oregon | 2,843,141 | 111,500 | 3.9% | 3.9% | 3.2% | 4.9% |
| Rhode Island | 830,163 | 33,200 | 4.0% | 4.0% | 3.2% | 4.9% |
| South Carolina | 3,282,383 | 145,000 | 4.4% | 4.5% | 3.8% | 5.2% |
| Tennessee | 4,591,753 | 242,400 | 5.3% | 5.2% | 4.4% | 6.3% |
| Texas | 17,004,929 | 710,400 | 4.2% | 4.2% | 3.4% | 5.2% |
| Utah | 1,805,589 | 79,300 | 4.4% | 4.2% | 3.5% | 5.1% |
| Vermont | 490,004 | 16,900 | 3.4% | 3.4% | 2.9% | 4.1% |
| Virginia | 5,837,331 | 201,000 | 3.4% | 3.4% | 2.4% | 4.7% |
| West Virginia | 1,428,249 | 98,900 | 6.9% | 7.0% | 6.0% | 8.1% |
| Wisconsin | 4,241,563 | 132,600 | 3.1% | 3.1% | 2.5% | 3.8% |
| Wyoming | 394,074 | 15,100 | 3.8% | 3.8% | 3.1% | 4.5% |
| Total, All 34 states reporting | 136,419,526 | 5,831,500 | 4.3% | 4.2% | 4.0% | 4.5% |

1 Population estimates from 2006 American Community Survey; Utah population estimate based on 2008 baseline projections (revised 7-23-2008), Governor's Office of Planning and Budget.

2 Asymmetric confidence bounds were calculated using the logit transformation.

3 Rounded to the nearest 100 persons.

4 Figures in these columns may not sum to the total because of data weighting and missing values on the grouping variables.

Note: Figures in this table based on PHQ-8 for 2006 only. Figures in subsequent tables are based on PHQ-9 for 2005-2007. See Appendix B: Methods and Procedures.

Source: 2006 Behavioral Risk Factor Surveillance System

Table 2. Current Major Depression: Local Health Districts and Small Areas

Percentage of Adults Reporting Current Major Depression by Local Health District and Small Area, Utah, 2005-2007

| Health District/Small Area | Number of Adults ¹ | Survey Estimates of Adults With Current Major Depression | | | | |
|--|-------------------------------|--|------------|-----------------------------------|-----------------------|-------|
| | | Estimated Number of Adults ^{3,4} | Crude Rate | Percentage of Adults ² | | |
| | | | | Age-adjusted Rate | 95% Confidence Bounds | |
| | | | | Lower | Upper | |
| 2006 Utah Population, Adults 18+ | 1,805,589 | 75,100 | 4.2% | 4.1% | 3.7% | 4.6% |
| Bear River Health District | 104,556 | 3,100 | 3.0% | 2.9% | 1.8% | 4.8% |
| Brigham City (1) | 15,488 | 600 | 3.9% | 5.2% | 2.0% | 13.0% |
| Logan (3) & Other Cache/Rich Counties (4) | 73,320 | 1,900 | 2.6% | 2.2% | 1.1% | 4.4% |
| Other Box Elder County (2) | 15,748 | 600 | 3.9% | 4.8% | 1.9% | 11.6% |
| Central Utah Health District | 50,436 | 2,600 | 5.3% | 5.6% | 3.6% | 8.4% |
| Juab/Millard/Sanpete Counties (54) | 33,718 | 1,500 | 4.6% | 4.5% | 2.7% | 7.4% |
| Sevier/Piute/Wayne Counties (55) | 16,718 | 1,100 | 6.5% | 7.5% | 3.8% | 14.3% |
| Davis County Health District | 194,220 | 7,900 | 4.1% | 4.0% | 2.8% | 5.7% |
| Bountiful (16) | 36,061 | 900 | 2.5% | 3.3% | 1.3% | 8.2% |
| Clearfield/Hill AFB (11) | 42,239 | 2,400 | 5.6% | 5.7% | 2.3% | 13.6% |
| Farmington/Centerville (14) | 21,114 | 1,000 | 4.5% | 5.3% | 2.3% | 11.9% |
| Layton (12) | 51,644 | 1,800 | 3.4% | 3.4% | 1.8% | 6.3% |
| Syracuse/Kaysville (13) | 27,453 | 800 | 2.9% | 4.0% | 1.9% | 8.1% |
| Woods Cross/North Salt Lake (15) | 15,714 | 1,100 | 6.8% | 4.8% | 2.2% | 10.4% |
| Salt Lake Valley Health District | 698,817 | 29,400 | 4.2% | 4.1% | 3.5% | 4.9% |
| Avenues (18) & Foothill/U of U (19) | 38,411 | 900 | 2.4% | 2.2% | 1.0% | 4.8% |
| Cottonwood (28) & Sandy, NE (37) & Sandy, SE (38) | 77,405 | 2,500 | 3.3% | 3.2% | 1.5% | 6.5% |
| Downtown Salt Lake (24) | 44,356 | 2,400 | 5.4% | 4.1% | 1.9% | 8.7% |
| Holladay (27) | 38,090 | 1,100 | 2.9% | 2.8% | 1.3% | 6.1% |
| Kearns (29) | 45,182 | 2,400 | 5.3% | 4.8% | 2.7% | 8.5% |
| Magna (20) | 16,686 | 600 | 3.7% | 3.7% | 1.5% | 8.9% |
| Midvale (32) | 22,464 | 1,000 | 4.5% | 5.0% | 2.2% | 11.1% |
| Millcreek (26) | 45,545 | 2,400 | 5.4% | 6.1% | 3.5% | 10.5% |
| Riverton/Draper (39) | 45,864 | 1,400 | 3.1% | 2.7% | 1.1% | 6.2% |
| Rose Park (17) & Glendale (21) | 43,614 | 2,400 | 5.5% | 5.2% | 2.5% | 10.4% |
| Sandy Center (36) | 38,080 | 900 | 2.3% | 1.9% | 0.8% | 4.5% |
| South Salt Lake (25) | 18,813 | 1,800 | 9.7% | 10.4% | 4.8% | 20.9% |
| Taylorsville (30) & Murray (31) | 53,430 | 2,600 | 4.9% | 5.1% | 2.8% | 9.0% |
| West Jordan North (33) | 33,239 | 2,100 | 6.4% | 5.8% | 3.4% | 9.7% |
| West Jordan/Copperton (34) & South Jordan (35) | 52,570 | 600 | 1.2% | 1.2% | 0.6% | 2.6% |
| West Valley East (23) | 37,259 | 2,900 | 7.7% | 8.2% | 4.8% | 13.5% |
| West Valley West (22) | 47,798 | 2,600 | 5.4% | 6.2% | 3.5% | 10.6% |
| Southeastern Utah Health District | 38,391 | 1,900 | 5.1% | 5.1% | 3.6% | 7.2% |
| Carbon/Emery Counties (56) | 21,713 | 1,500 | 7.0% | 7.5% | 5.2% | 10.9% |
| Grand/San Juan Counties (57) | 16,678 | 300 | 1.7% | 1.5% | 0.7% | 3.2% |
| Southwest Utah Health District | 140,508 | 4,700 | 3.3% | 3.2% | 2.2% | 4.8% |
| Cedar City (60) | 25,951 | 700 | 2.9% | 2.6% | 1.1% | 6.4% |
| Other Washington County (59) | 40,898 | 2,200 | 5.4% | 5.2% | 2.8% | 9.2% |
| St. George (58) & Other Southwest District (61) | 73,660 | 1,700 | 2.3% | 2.2% | 1.1% | 4.4% |
| Summit County Health District (51) | 27,190 | 500 | 2.0% | 2.2% | 1.0% | 4.7% |
| Tooele County Health District (40) | 36,534 | 1,500 | 4.2% | 4.5% | 3.0% | 6.8% |
| TriCounty Health District (53) | 30,424 | 1,000 | 3.1% | 3.1% | 2.0% | 4.7% |
| Utah County Health District | 312,969 | 13,300 | 4.2% | 4.0% | 3.0% | 5.4% |
| American Fork/Alpine (42) & Pleasant Grove/Lindon (43) | 58,203 | 1,900 | 3.3% | 3.5% | 1.7% | 7.0% |
| East Orem (46) | 16,661 | 600 | 3.4% | 3.1% | 1.2% | 7.7% |
| Lehi/Cedar Valley (41) | 21,157 | 500 | 2.1% | 3.5% | 1.3% | 8.9% |
| North Orem (44) | 28,064 | 1,100 | 3.8% | 6.2% | 2.9% | 12.7% |
| Provo/BYU (47) & Provo South (48) | 99,537 | 4,700 | 4.8% | 3.2% | 1.7% | 6.0% |
| Springville/Spanish Fork (49) | 45,861 | 1,900 | 4.1% | 3.5% | 1.8% | 6.8% |
| Utah County South (50) | 19,157 | 800 | 4.2% | 5.9% | 2.5% | 13.2% |
| West Orem (45) | 24,326 | 2,700 | 11.1% | 8.8% | 3.7% | 19.8% |

Table 2 (continued). Current Major Depression: Local Health Districts and Small Areas
Percentage of Adults Reporting Current Major Depression by Local Health District and Small Area, Utah, 2005-2007

| Health District/Small Area | Survey Estimates of Adults With Current Major Depression | | | | | |
|--|--|---|------------|-----------------------------------|-----------------------|-------|
| | Number of Adults ¹ | Estimated Number of Adults ^{3,4} | Crude Rate | Percentage of Adults ² | | |
| | | | | Age-adjusted Rate | 95% Confidence Bounds | |
| | | | | Lower | Upper | |
| Wasatch County Health District (52) | 14,599 | 600 | 3.9% | 4.1% | 2.6% | 6.4% |
| Weber-Morgan Health District | 156,945 | 7,400 | 4.7% | 4.9% | 3.5% | 6.7% |
| Ben Lomond (5) | 34,880 | 2,600 | 7.4% | 8.0% | 4.5% | 13.9% |
| Downtown Ogden (7) & South Ogden (8) | 50,257 | 2,000 | 4.0% | 3.9% | 2.3% | 6.5% |
| Morgan/East Weber Counties (6) | 26,565 | 900 | 3.3% | 2.9% | 1.2% | 6.9% |
| Riverdale (10) | 16,341 | 1,000 | 6.0% | 5.3% | 2.3% | 11.7% |
| Roy/Hooper (9) | 28,900 | 1,000 | 3.4% | 4.0% | 2.0% | 7.9% |

1 Population estimates based on 2008 baseline projections (revised 7-23-2008), Governor's Office of Planning and Budget.

2 Asymmetric confidence bounds were calculated using the logit transformation.

3 Rounded to the nearest 100 persons.

4 Figures in these columns may not sum to the total because of data weighting and missing values on the grouping variables.

Source: 2005-2007 Behavioral Risk Factor Surveillance System

Table 3. Current Major Depression in Utah: Demographics
Percentage of Adults Reporting Current Major Depression by Selected Demographics, Utah, 2005-2007

| Demographic Subgroup | Number of Adults ¹ | Survey Estimates of Adults With Current Major Depression | | | | |
|----------------------------------|-------------------------------|--|------------|------------------------------------|-----------------------------|-------|
| | | Estimated Number of Adults ^{3,4} | Crude Rate | Percentage of Persons ² | | |
| | | | | Age-adjusted Rate | 95% Confidence Bounds Lower | Upper |
| 2006 Utah Population, Adults 18+ | 1,805,589 | 75,100 | 4.2% | 4.1% | 3.7% | 4.6% |
| Sex | | | | | | |
| Male | 898,070 | 28,300 | 3.2% | 3.1% | 2.5% | 3.8% |
| Female | 907,519 | 46,700 | 5.2% | 5.1% | 4.5% | 5.8% |
| Total, All Utahns Aged 18+ | 1,805,589 | 75,100 | 4.2% | 4.1% | 3.7% | 4.6% |
| Age Group | | | | | | |
| 18-24 | 333,144 | 18,200 | 5.5% | - | 3.8% | 7.8% |
| 25-34 | 422,704 | 13,000 | 3.1% | - | 2.5% | 3.9% |
| 35-44 | 320,717 | 13,900 | 4.3% | - | 3.4% | 5.4% |
| 45-54 | 302,683 | 15,900 | 5.3% | - | 4.3% | 6.5% |
| 55-64 | 205,851 | 8,400 | 4.1% | - | 3.2% | 5.2% |
| 65-74 | 119,880 | 2,600 | 2.1% | - | 1.4% | 3.2% |
| 75-84 | 75,616 | 2,400 | 3.1% | - | 1.9% | 5.0% |
| 85+ | 24,994 | 900 | 3.7% | - | 1.8% | 7.6% |
| Total, All Utahns Aged 18+ | 1,805,589 | 75,100 | 4.2% | 4.1% | 3.7% | 4.6% |
| Sex and Age | | | | | | |
| Males, 18 to 24 | 163,446 | 7,900 | 4.8% | - | 2.6% | 8.6% |
| Males, 25 to 34 | 217,530 | 4,100 | 1.9% | - | 1.2% | 3.0% |
| Males, 35 to 44 | 164,142 | 4,600 | 2.8% | - | 1.8% | 4.3% |
| Males, 45 to 54 | 151,884 | 6,700 | 4.4% | - | 3.0% | 6.4% |
| Males, 55 to 64 | 101,723 | 3,300 | 3.2% | - | 2.1% | 4.9% |
| Males, 65 to 74 | 57,017 | 800 | 1.3% | - | 0.6% | 3.1% |
| Males, 75 to 84 | 33,444 | 800 | 2.3% | - | 1.1% | 4.8% |
| Males, 85 and Over | 8,884 | 400 | 4.6% | - | 1.4% | 14.1% |
| Females, 18 to 24 | 169,698 | 10,400 | 6.1% | - | 3.8% | 9.6% |
| Females, 25 to 34 | 205,174 | 8,900 | 4.4% | - | 3.4% | 5.6% |
| Females, 35 to 44 | 156,575 | 9,200 | 5.9% | - | 4.5% | 7.7% |
| Females, 45 to 54 | 150,799 | 9,200 | 6.1% | - | 4.8% | 7.7% |
| Females, 55 to 64 | 104,128 | 5,100 | 4.9% | - | 3.7% | 6.5% |
| Females, 65 to 74 | 62,863 | 1,800 | 2.9% | - | 1.9% | 4.4% |
| Females, 75 to 84 | 42,172 | 1,600 | 3.8% | - | 2.1% | 6.8% |
| Females, 85 and Over | 16,110 | 500 | 3.3% | - | 1.3% | 8.0% |
| Total, All Utahns Aged 18+ | 1,805,589 | 75,100 | 4.2% | 4.1% | 3.7% | 4.6% |
| Race | | | | | | |
| White | 1,706,658 | 76,300 | 4.5% | 4.4% | 3.9% | 5.0% |
| Black | 19,935 | 500 | 2.6% | 0.8% | 0.4% | 1.5% |
| Asian | 41,566 | 1,700 | 4.0% | 4.1% | 1.8% | 9.1% |
| Pacific Islander | 13,143 | 500 | 4.2% | 2.1% | 1.4% | 3.2% |
| American Indian | 24,287 | 1,300 | 5.5% | 5.9% | 2.7% | 12.7% |
| Total, All Utahns Aged 18+ | 1,805,589 | 75,100 | 4.2% | 4.1% | 3.7% | 4.6% |
| Ethnicity | | | | | | |
| White, Non-Hispanic | 1,533,938 | 64,300 | 4.2% | 4.2% | 3.7% | 4.8% |
| Hispanic | 181,964 | 14,900 | 8.2% | 6.0% | 4.2% | 8.4% |
| Other, Non-Hispanic | 89,687 | 2,700 | 3.1% | 3.1% | 2.5% | 3.8% |
| Total, All Utahns Aged 18+ | 1,805,589 | 75,100 | 4.2% | 4.1% | 3.7% | 4.6% |

Table 3 (continued). Current Major Depression in Utah: Demographics
Percentage of Adults Reporting Current Major Depression by Selected Demographics, Utah, 2005-2007

| Demographic Subgroup | Number of Adults ¹ | Survey Estimates of Adults With Current Major Depression | | | | |
|------------------------------------|-------------------------------|--|------------|------------------------------------|-----------------------|-------|
| | | Estimated Number of Adults ^{3,4} | Crude Rate | Percentage of Persons ² | | |
| | | | | Age-adjusted Rate | 95% Confidence Bounds | |
| | | | | Lower | Upper | |
| Marital Status | | | | | | |
| Married | 1,237,400 | 33,000 | 2.7% | 2.6% | 2.2% | 3.0% |
| Divorced | 116,500 | 13,200 | 11.3% | 12.4% | 8.0% | 18.6% |
| Widowed | 70,400 | 3,600 | 5.2% | 6.9% | 3.6% | 12.7% |
| Separated | 19,300 | 5,300 | 27.4% | 23.8% | 15.8% | 34.2% |
| Never Married | 319,000 | 16,800 | 5.3% | 4.9% | 3.6% | 6.8% |
| Living as Married | 43,200 | 4,100 | 9.6% | 6.3% | 3.7% | 10.7% |
| Total, All Utahns Aged 18+ | 1,805,600 | 75,100 | 4.2% | 4.1% | 3.7% | 4.6% |
| Employment Status | | | | | | |
| Employed | 1,191,500 | 39,000 | 3.3% | 2.8% | 2.4% | 3.3% |
| Unemployed | 106,000 | 20,500 | 19.4% | 21.1% | 17.7% | 24.9% |
| Homemaker | 223,000 | 8,400 | 3.8% | 4.0% | 2.8% | 5.7% |
| Student | 89,400 | 3,300 | 3.7% | 2.2% | 0.6% | 7.7% |
| Retired | 195,900 | 4,800 | 2.5% | 1.3% | 0.8% | 2.2% |
| Total, All Utahns Aged 18+ | 1,805,600 | 75,100 | 4.2% | 4.1% | 3.7% | 4.6% |
| Education Level⁵ | | | | | | |
| Less Than High School | 139,400 | 14,800 | 10.6% | 10.1% | 7.8% | 13.2% |
| High School or GED | 515,300 | 31,700 | 6.2% | 6.3% | 5.3% | 7.3% |
| Some College | 600,900 | 19,900 | 3.3% | 3.4% | 2.8% | 4.2% |
| College Grad | 549,800 | 10,500 | 1.9% | 1.8% | 1.4% | 2.3% |
| Total, All Utahns Aged 18+ | 1,805,600 | 75,100 | 4.2% | 4.1% | 3.7% | 4.6% |
| Annual Household Income | | | | | | |
| Under \$10,000 | 65,400 | 10,000 | 15.3% | 19.9% | 15.2% | 25.6% |
| \$10,000 to <\$20,000 | 169,700 | 14,700 | 8.7% | 9.2% | 7.2% | 11.7% |
| \$20,000 to <\$35,000 | 358,800 | 18,600 | 5.2% | 6.1% | 4.8% | 7.7% |
| \$35,000 to <\$50,000 | 335,500 | 11,600 | 3.5% | 3.7% | 2.8% | 5.1% |
| \$50,000 and Over | 876,100 | 21,900 | 2.5% | 2.4% | 1.8% | 3.1% |
| Total, All Utahns Aged 18+ | 1,805,600 | 75,100 | 4.2% | 4.1% | 3.7% | 4.6% |

1 Population estimates of sex, age, race, and ethnicity based on 2008 baseline projections (revised 7-23-2008), Governor's Office of Planning and Budget; all others based on the 2006 BRFSS and rounded to the nearest 100 persons.

2 Asymmetric confidence bounds were calculated using the logit transformation.

3 Rounded to the nearest 100 persons.

4 Figures in these columns may not sum to the total because of data weighting and missing values on the grouping variables.

5 Highest level of educational attainment.

Source: 2005-2007 Behavioral Risk Factor Surveillance System

Table 4. Current Major Depression in Utah: Chronic Diseases
Percentage of Adults Reporting Current Major Depression by Selected Chronic Diseases, Utah,
2005-2007

| Chronic Disease Subgroup | Number of Adults ¹ | Survey Estimates of Adults With Current Major Depression | | | | |
|----------------------------------|-------------------------------|--|------------|------------------------------------|-----------------------|-------|
| | | Estimated Number of Adults ^{3,4} | Crude Rate | Percentage of Persons ² | | |
| | | | | Age-adjusted Rate | 95% Confidence Bounds | |
| | | | | Lower | Upper | |
| 2006 Utah Population, Adults 18+ | 1,805,589 | 75,100 | 4.2% | 4.1% | 3.7% | 4.6% |
| Heart Attack | | | | | | |
| Told Had Heart Attack | 49,700 | 3,500 | 7.0% | 10.1% | 5.2% | 18.6% |
| Not Told | 1,755,900 | 71,100 | 4.1% | 4.0% | 3.5% | 4.4% |
| Total, All Utahns Aged 18+ | 1,805,600 | 75,100 | 4.2% | 4.1% | 3.7% | 4.6% |
| Stroke | | | | | | |
| Told Had Stroke | 34,300 | 3,000 | 8.6% | 12.0% | 5.9% | 22.7% |
| Not Told | 1,771,300 | 71,600 | 4.0% | 3.9% | 3.5% | 4.4% |
| Total, All Utahns Aged 18+ | 1,805,600 | 75,100 | 4.2% | 4.1% | 3.7% | 4.6% |
| Hypertension⁵ | | | | | | |
| At Risk | 344,900 | 19,800 | 5.8% | 7.7% | 5.3% | 11.0% |
| Not at Risk | 1,460,700 | 52,400 | 3.6% | 3.6% | 3.0% | 4.2% |
| Total, All Utahns Aged 18+ | 1,805,600 | 75,100 | 4.2% | 4.1% | 3.7% | 4.6% |
| Asthma | | | | | | |
| Current Asthma | 147,500 | 12,300 | 8.3% | 8.2% | 6.5% | 10.4% |
| Not Current Asthma | 1,658,100 | 62,700 | 3.8% | 3.7% | 3.3% | 4.2% |
| Total, All Utahns Aged 18+ | 1,805,600 | 75,100 | 4.2% | 4.1% | 3.7% | 4.6% |
| Diabetes | | | | | | |
| Yes | 102,700 | 6,700 | 6.5% | 6.2% | 4.3% | 8.9% |
| During Pregnancy | 18,600 | 2,000 | 10.6% | 8.2% | 3.5% | 18.4% |
| Borderline | 12,600 | 900 | 6.9% | 9.1% | 3.8% | 20.6% |
| No | 1,671,400 | 65,900 | 3.9% | 3.9% | 3.4% | 4.4% |
| Total, All Utahns Aged 18+ | 1,805,600 | 75,100 | 4.2% | 4.1% | 3.7% | 4.6% |
| Arthritis⁵ | | | | | | |
| Have Arthritis | 401,200 | 27,200 | 6.8% | 7.5% | 5.9% | 9.5% |
| No Arthritis | 1,404,400 | 45,400 | 3.2% | 2.9% | 2.4% | 3.5% |
| Total, All Utahns Aged 18+ | 1,805,600 | 75,100 | 4.2% | 4.1% | 3.7% | 4.6% |

1 Total Utah population estimate based on 2008 baseline projections (revised 7-23-2008), Governor's Office of Planning and Budget; all others based on the 2006 BRFSS and rounded to the nearest 100 persons.

2 Asymmetric confidence bounds were calculated using the logit transformation.

3 Rounded to the nearest 100 persons.

4 Figures in these columns may not sum to the total because of data weighting and missing values on the grouping variables.

5 Data reported for 2005 and 2007.

Source: 2005-2007 Behavioral Risk Factor Surveillance System

Table 5. Current Major Depression in Utah: General Health and Health Behaviors
Percentage of Adults Reporting Current Major Depression by General Health and Health Behaviors,
Utah, 2005-2007

| General Health and Health Behavior Subgroup | Number of Adults ¹ | Survey Estimates of Adults With Current Major Depression | | | | |
|--|----------------------------------|---|---------------|--------------------------|--------------------------|-------|
| | | Estimated Number of Adults ^{3,4} | Crude Rate | Age- adjusted Rate | 95% Confidence Bounds | |
| | | | | | Lower | Upper |
| 2006 Utah Population, Adults 18+ | 1,805,589 | 75,100 | 4.2% | 4.1% | 3.7% | 4.6% |
| General Health Status | | | | | | |
| Fair/Poor | 220,500 | 36,500 | 16.6% | 17.7% | 15.1% | 20.7% |
| Excellent/Good/Very Good | 1,585,100 | 41,400 | 2.6% | 2.4% | 2.1% | 2.8% |
| Total, All Utahns Aged 18+ | 1,805,600 | 75,100 | 4.2% | 4.1% | 3.7% | 4.6% |
| Smoking Status | | | | | | |
| Current Smoker | 198,800 | 21,500 | 10.8% | 11.1% | 8.9% | 13.7% |
| Former or Never Smoke | 1,606,800 | 54,000 | 3.4% | 3.3% | 2.9% | 3.8% |
| Total, All Utahns Aged 18+ | 1,805,600 | 75,100 | 4.2% | 4.1% | 3.7% | 4.6% |
| Drinking Status | | | | | | |
| Binge Drinker ⁵ | 162,100 | 12,500 | 7.7% | 5.9% | 4.3% | 7.9% |
| Not Binge Drinker | 1,643,400 | 62,300 | 3.8% | 3.8% | 3.4% | 4.3% |
| Total, All Utahns Aged 18+ | 1,805,600 | 75,100 | 4.2% | 4.1% | 3.7% | 4.6% |
| Colonoscopy Test (Ages 50+) | | | | | | |
| In Past Five Years | 304,800 | 11,800 | 3.9% | 4.3% | 3.4% | 5.3% |
| More Than Five Years or Never | 264,900 | 9,900 | 3.7% | 3.8% | 2.9% | 4.9% |
| Total, All Utahns Aged 50+ | 569,800 | 21,800 | 3.8% | 4.0% | 3.4% | 4.7% |
| Mammography (Women Ages 40+)⁶ | | | | | | |
| In Past Two Years | 308,300 | 14,600 | 4.7% | 4.5% | 3.5% | 5.9% |
| More Than Two Years or Never | 145,100 | 7,100 | 4.9% | 4.8% | 3.5% | 6.6% |
| Total, All Utah Women Aged 40+ | 453,400 | 21,700 | 4.8% | 4.7% | 3.9% | 5.7% |
| Cholesterol Test⁷ | | | | | | |
| In Past Five Years | 1,163,000 | 37,300 | 3.2% | 3.1% | 2.6% | 3.6% |
| More Than Five Years or Never | 642,600 | 35,200 | 5.5% | 6.2% | 4.8% | 8.1% |
| Total, All Utahns Aged 18+ | 1,805,600 | 75,100 | 4.2% | 4.1% | 3.7% | 4.6% |
| Recommended Physical Activity^{7,8} | | | | | | |
| Meets Recommendations | 1,003,900 | 30,800 | 3.1% | 2.9% | 2.4% | 3.6% |
| Insufficient Physical Activity | 674,600 | 28,300 | 4.2% | 4.1% | 3.4% | 5.1% |
| No Physical Activity | 127,100 | 12,500 | 9.9% | 10.0% | 7.4% | 13.5% |
| Total, All Utahns Aged 18+ | 1,805,600 | 75,100 | 4.2% | 4.1% | 3.7% | 4.6% |
| Fruit and Vegetable Consumption⁷ | | | | | | |
| 0 Servings/Day | 106,900 | 10,600 | 9.9% | 10.2% | 7.4% | 13.9% |
| 1-2 Servings/Day | 688,800 | 31,800 | 4.6% | 4.7% | 3.8% | 5.8% |
| 3-4 Servings/Day | 604,900 | 15,700 | 2.6% | 2.6% | 2.0% | 3.3% |
| 5+ Servings/Day | 405,000 | 14,500 | 3.6% | 3.6% | 2.8% | 4.8% |
| Total, All Utahns Aged 18+ | 1,805,600 | 75,100 | 4.2% | 4.1% | 3.7% | 4.6% |

Table 5 (continued). Current Major Depression in Utah: General Health and Health Behaviors
Percentage of Adults Reporting Current Major Depression by General Health and Health Behaviors, Utah, 2005-2007

| General Health and Health Behavior Subgroup | Number of Adults ¹ | Survey Estimates of Adults With Current Major Depression | | | | |
|---|-------------------------------|--|------------|-------------------|---|-------|
| | | Estimated Number of Adults ^{3,4} | Crude Rate | Age-adjusted Rate | Percentage of Persons ² 95% Confidence Bounds | |
| | | | | | Lower | Upper |
| Body Mass Index (BMI) ⁹ | | | | | | |
| Normal Weight | 788,000 | 27,400 | 3.5% | 3.4% | 2.8% | 4.0% |
| Overweight but Not Obese | 623,700 | 23,500 | 3.8% | 3.8% | 3.1% | 4.8% |
| Obese | 394,000 | 23,000 | 5.8% | 5.8% | 4.6% | 7.2% |
| Total, All Utahns Aged 18+ | 1,805,600 | 75,100 | 4.2% | 4.1% | 3.7% | 4.6% |

1 Total population estimates based on 2008 baseline projections (revised 7-23-2008), Governor's Office of Planning and Budget; all others based on the 2006 BRFSS and rounded to the nearest 100 persons.

2 Asymmetric confidence bounds were calculated using the logit transformation.

3 Rounded to the nearest 100 persons.

4 Figures in these columns may not sum to the total because of data weighting and missing values on the grouping variables.

5 Binge drinking is defined as consuming five or more drinks of alcohol on an occasion one or more times during the past 30 days. A drink of alcohol is 1 can or bottle of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail, or 1 shot of liquor.

6 Data reported for 2006-2007.

7 Data reported for 2005 and 2007.

8 Recommended physical activity includes 30 minutes of moderate physical activity 5 or more days per week or 20 minutes of vigorous physical activity 3 or more days per week.

9 Normal weight is defined as a Body Mass Index (BMI) of less than 25; overweight is defined as a BMI of 25 to <30; obese is defined as a BMI of 30 or more. BMI is calculated by dividing weight in kilograms by the square of height in meters.

Source: 2005-2007 Behavioral Risk Factor Surveillance System

Table 6. Current Major Depression in Utah: Access to Health Care
Percentage of Adults Reporting Current Major Depression by Access to Health Care, Utah, 2005-2007

| Access to Health Care Subgroup | Number of Adults ¹ | Survey Estimates of Adults With Current Major Depression | | | | |
|----------------------------------|-------------------------------|--|------------|-------------------|-----------------------|-------|
| | | Estimated Number of Adults ^{3,4} | Crude Rate | Age-adjusted Rate | 95% Confidence Bounds | |
| | | | | | Lower | Upper |
| 2006 Utah Population, Adults 18+ | 1,805,589 | 75,100 | 4.2% | 4.1% | 3.7% | 4.6% |
| Insurance Coverage | | | | | | |
| Insured | 1,531,900 | 53,500 | 3.5% | 3.6% | 3.1% | 4.0% |
| Not Insured | 273,700 | 21,600 | 7.9% | 6.3% | 5.0% | 8.0% |
| Total, All Utahns Aged 18+ | 1,805,600 | 75,100 | 4.2% | 4.1% | 3.7% | 4.6% |
| Personal Doctor | | | | | | |
| Yes, Only One | 1,269,100 | 53,000 | 4.2% | 4.2% | 3.7% | 4.7% |
| Yes, More Than One | 115,600 | 5,700 | 4.9% | 4.9% | 3.2% | 7.2% |
| No Personal Doctor | 421,100 | 16,300 | 3.9% | 3.7% | 2.7% | 5.1% |
| Total, All Utahns Aged 18+ | 1,805,600 | 75,100 | 4.2% | 4.1% | 3.7% | 4.6% |
| Last Routine Checkup | | | | | | |
| Within Past Five Years | 1,534,800 | 60,600 | 4.0% | 3.9% | 3.4% | 4.4% |
| More Than Five Years or Never | 270,800 | 14,700 | 5.4% | 6.4% | 4.8% | 8.5% |
| Total, All Utahns Aged 18+ | 1,805,600 | 75,100 | 4.2% | 4.1% | 3.7% | 4.6% |

1 Total population estimates based on 2008 baseline projections (revised 7-23-2008), Governor's Office of Planning and Budget; all others based on the 2006 BRFSS and rounded to the nearest 100 persons.

2 Asymmetric confidence bounds were calculated using the logit transformation.

3 Rounded to the nearest 100 persons.

4 Figures in these columns may not sum to the total because of data weighting and missing values on the grouping variables.

Source: 2005-2007 Behavioral Risk Factor Surveillance System

Table 7. Suicide Ideation

Percentage of Adults and Youth Reporting Suicide Ideation During Past 12 Months by Degree of Ideation, Utah, 2005-2007

| Degree of Ideation | Male | | | Female | | | Both Sexes | | |
|---|--------------------------|---------------------------------------|-------|--------------------------|---------------------------------------|-------|--------------------------|---------------------------------------|-------|
| | Percentage of Persons | 95% Confidence Bounds ¹ | | Percentage of Persons | 95% Confidence Bounds ¹ | | Percentage of Persons | 95% Confidence Bounds ¹ | |
| | | Lower | Upper | | Lower | Upper | | Lower | Upper |
| Adults | | | | | | | | | |
| Suicide Ideation in Past Two Weeks | 4.0% | 3.4% | 4.7% | 4.9% | 4.3% | 5.6% | 4.5% | 4.0% | 5.0% |
| Youth | | | | | | | | | |
| Seriously Considered Suicide | 13.6% | 10.1% | 18.2% | 18.3% | 15.8% | 21.2% | 15.9% | 14.1% | 17.9% |
| Made a Plan About How Would Attempt Suicide | 10.7% | 8.3% | 13.6% | 15.4% | 13.3% | 17.8% | 13.0% | 11.4% | 14.9% |
| Attempted Suicide One or More Times | 7.3% | 5.2% | 10.0% | 10.7% | 8.4% | 13.5% | 9.0% | 7.7% | 10.5% |
| Made a Suicide Attempt That Resulted in an Injury | 3.8% | 2.4% | 6.0% | 3.2% | 2.0% | 4.9% | 3.5% | 2.5% | 4.9% |

¹ Asymmetric confidence bounds were calculated using the logit transformation.

Source: Adults - 2005-2007 Behavioral Risk Factor Surveillance System, age-adjusted; Youth - 2005 and 2007 Youth Risk Behavior Survey