

Cholesterol Screening

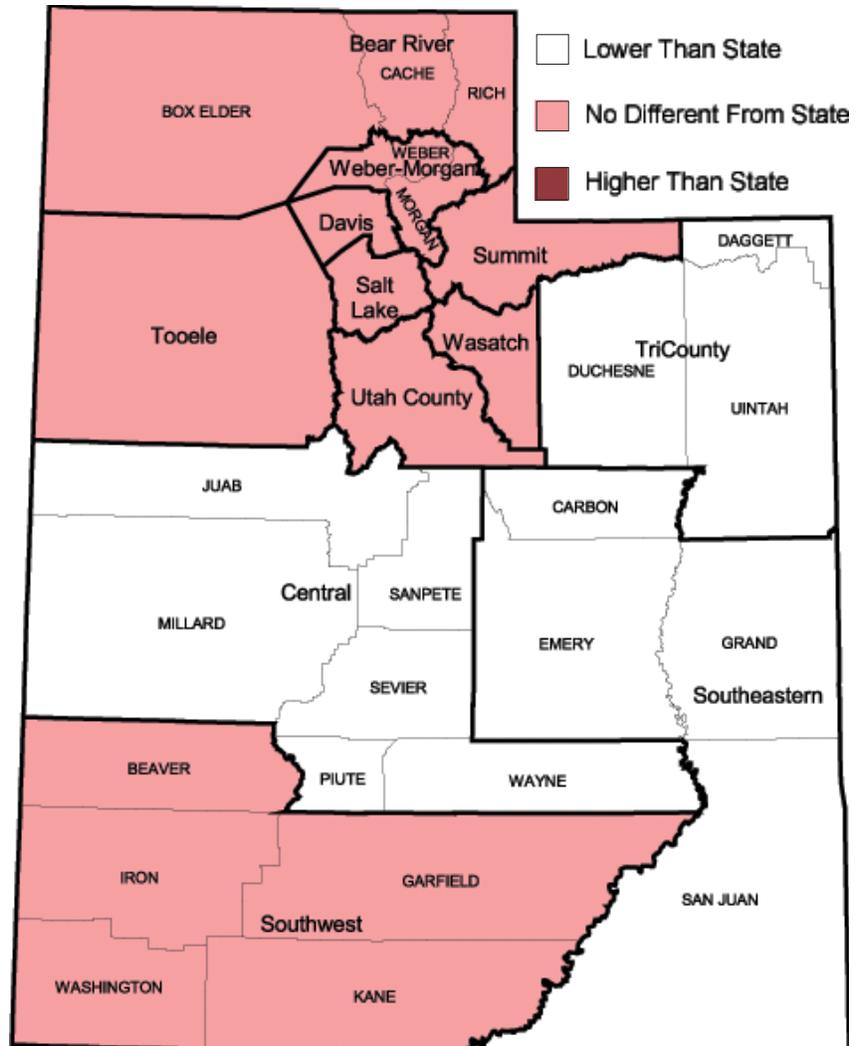


Questions: *Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked? About how long has it been since you last had your blood cholesterol checked?*

High blood cholesterol is a major risk factor for coronary heart disease. The National Heart, Lung, and Blood Institute recommends that adults 20 years or older be screened for high blood cholesterol at least every five years. Obesity and diets high in saturated fat or cholesterol contribute to high levels of blood cholesterol. Behaviors that prevent or lower high blood cholesterol include eating a diet low in saturated fat and cholesterol, increasing physical activity, not smoking or drinking excessive alcohol, and maintaining a healthy weight.

- The percentage of Utah adults living in Central Utah, Southeastern Utah, and TriCounty Health Districts who reported having their blood cholesterol checked in the past five years was lower than the statewide percentage.
- The percentage of Utah adults who reported having had their blood cholesterol level checked in the past five years was below that of the U.S. (67.7% and 71.6% respectively, age-adjusted rates).

Cholesterol Test in Past Five Years by Whether the Local Health District Percentage Differed From the State, Utah Adults Ages 18+, 1999 and 2001

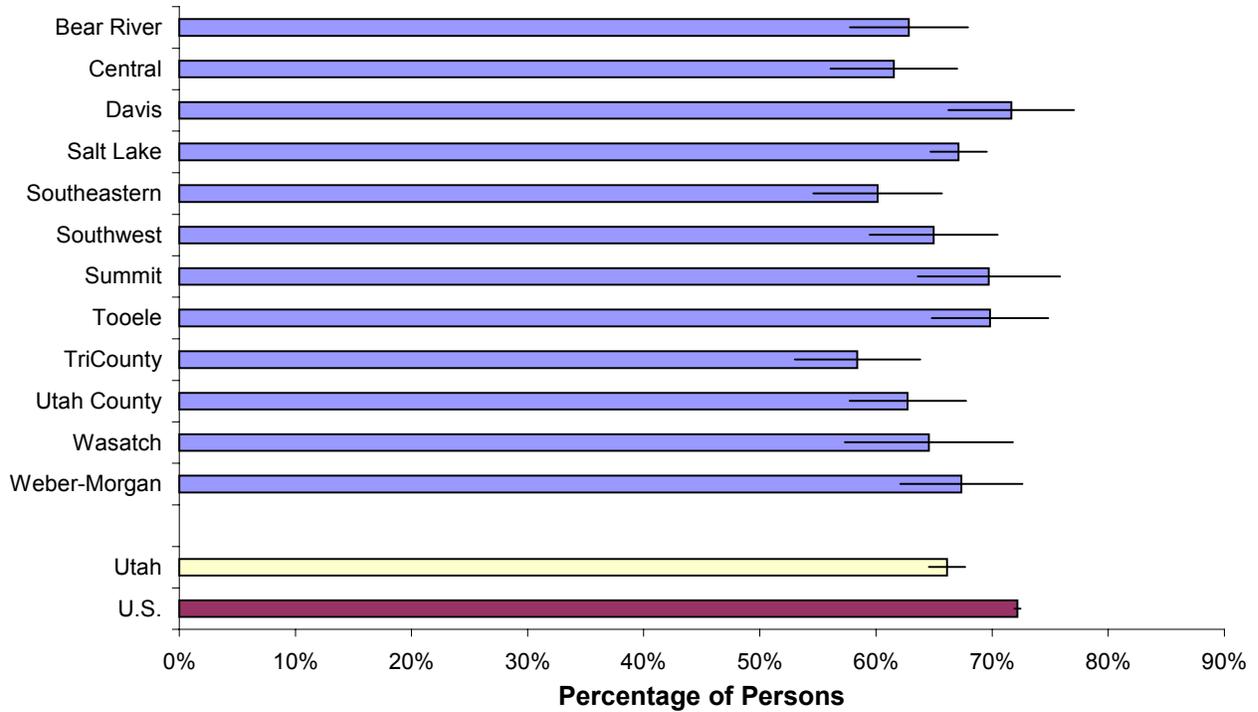


Age adjusted to the U.S. 2000 standard population. Percentage for a local health district was considered different from the state percentage if its 95% confidence interval did not include the state percentage. Source: Behavioral Risk Factor Surveillance System



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Percentage of Persons Who Reported Having Their Cholesterol Checked in the Past Five Years*
by Local Health District, Utah, and U.S., Adults Ages 18+, 1999 and 2001



* crude rates
Source: Behavioral Risk Factor Surveillance System

District	Sample Size	Total Number of Adults	Crude Rates			Age-adjusted Rates**		
			Number With Cholesterol Test	Percent	95% CI Range	Percent	95% CI Range	
Bear River	426	91,817	57,700	62.8%	57.8% 67.9%	64.7%	59.9% 69.5%	
Central	407	43,286	26,600	61.5%	56.1% 67.0%	61.3%	56.1% 66.5%	
Davis	378	155,816	111,600	71.6%	66.2% 77.1%	72.0%	67.2% 76.8%	
Salt Lake	1,818	627,857	421,400	67.1%	64.7% 69.6%	68.0%	65.8% 70.3%	
Southeastern	409	36,451	21,900	60.1%	54.6% 65.7%	60.1%	55.0% 65.3%	
Southwest	444	97,595	63,400	65.0%	59.4% 70.5%	65.1%	60.4% 69.8%	
Summit	377	21,092	14,700	69.7%	63.6% 75.9%	70.1%	64.5% 75.7%	
Tooele	519	27,012	18,900	69.8%	64.8% 74.8%	68.6%	64.1% 73.1%	
TriCounty	396	26,359	15,400	58.4%	53.0% 63.8%	58.4%	53.2% 63.7%	
Utah County	596	245,264	153,900	62.7%	57.7% 67.8%	68.3%	64.4% 72.1%	
Wasatch	405	10,154	6,600	64.6%	57.3% 71.8%	65.1%	59.0% 71.2%	
Weber-Morgan	443	140,822	94,800	67.4%	62.1% 72.6%	67.4%	62.6% 72.2%	
Utah	6,618	1,523,525	1,007,200	66.1%	64.5% 67.7%	67.7%	66.3% 69.1%	
U.S.				72.2%	71.9% 72.4%	71.6%	71.3% 71.9%	

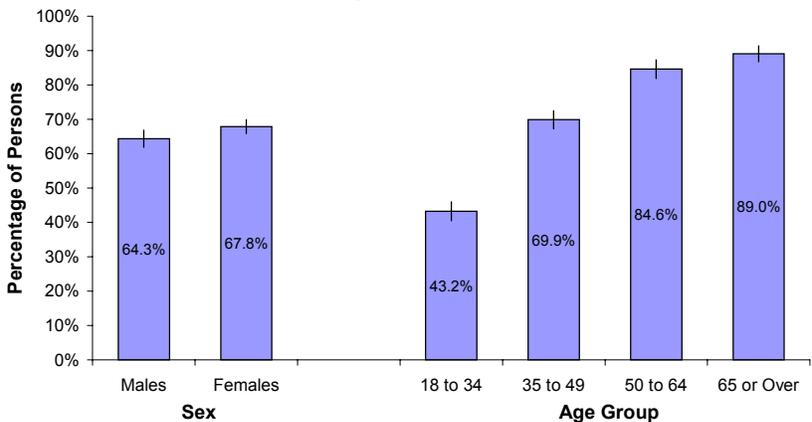
** Age adjusted to U.S. 2000 standard population

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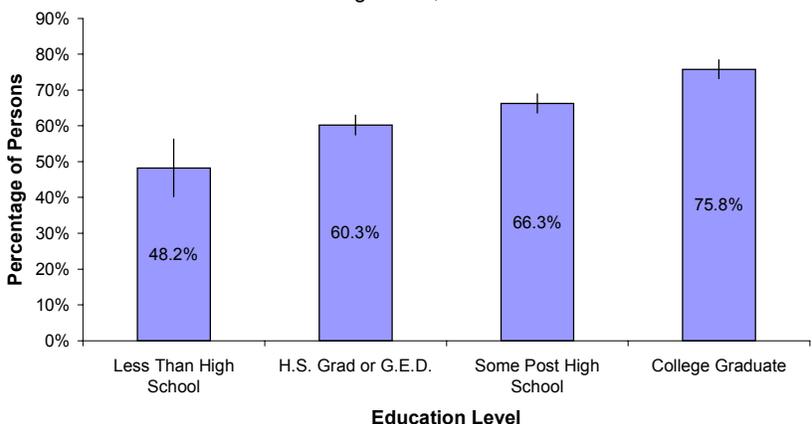
- A higher percentage of women than men reported having had their cholesterol checked in the past five years (67.8% compared to 64.3% respectively). However, this difference was not statistically significant.
- The likelihood of a cholesterol check in the past five years increased with age.

Percentage of Persons Who Reported Having Their Cholesterol Checked in the Past Five Years by Sex and Age, Utah Adults Ages 18+, 1999 and 2001



- As annual household income (not graphed) and years of education increased, the percentage of Utah adults who reported having had their blood cholesterol checked in the past five years also increased.

Percentage of Persons Who Reported Having Their Cholesterol Checked in the Past Five Years by Education, Utah Adults Ages 18+, 1999 and 2001



Utah Objective: By 2010, increase the proportion of adults who have had their cholesterol measured within the preceding five years to at least 80% (age adjusted to the U.S. 2000 standard population).

HP2010 Objective 12-15: Increase the proportion of adults who have had their blood cholesterol checked within the preceding five years to 80% (age adjusted to the U.S. 2000 standard population).



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Percentage of Persons Who Reported Having Their Cholesterol Checked in the Past Five Years by Selected Demographic Characteristics, Utah Adults Ages 18+, 1999 and 2001.

Demographic Subgroup	Utah Population		Survey Estimates				Distribution of Persons Who Reported Cholesterol Checked in Past Five Years by Category
	Distribution	Number of Persons ¹	Percentage of Persons Who Reported Cholesterol Checked in Past Five Years ²			Number of Persons ^{1,3}	
			95% Confidence Intervals	Lower	Upper		
Had Cholesterol Checked							
Within the Past Year	43.8%	667,800					
Within the Past 2 Years	13.1%	200,000					
Within the Past 5 Years	9.2%	139,400					
5 or More Years Ago	5.9%	90,200					
Never	28.0%	426,100					
Total, All Adults	100.0%	1,523,500					
Sex							
Males	49.5%	753,700	64.3%	61.9%	66.8%	484,900	48.1%
Females	50.5%	769,800	67.8%	65.8%	69.9%	522,200	51.9%
Total, All Adults	100.0%	1,523,500	66.1%	64.5%	67.7%	1,007,200	100.0%
Age Group							
18 to 34	42.6%	648,500	43.2%	40.5%	46.0%	280,300	29.0%
35 to 49	28.5%	433,700	69.9%	67.2%	72.5%	303,000	31.4%
50 to 64	16.4%	250,000	84.6%	81.9%	87.3%	211,400	21.9%
65 or Over	12.6%	191,300	89.0%	86.7%	91.3%	170,300	17.6%
Total, All Adults	100.0%	1,523,500	66.1%	64.5%	67.7%	1,007,200	100.0%
Race/Ethnicity							
White, Non-Hispanic	88.4%	1,346,000	67.1%	65.5%	68.8%	903,600	90.0%
Hispanic	8.3%	126,000	56.2%	49.5%	62.9%	70,900	7.1%
Non-White, Non-Hispanic	3.4%	51,500	57.1%	48.3%	66.0%	29,400	2.9%
Total, All Adults	100.0%	1,523,500	66.1%	64.5%	67.7%	1,007,200	100.0%
Income							
Less Than \$20,000	13.6%	207,700	54.3%	49.2%	59.4%	112,700	11.1%
\$20,000-\$49,999	47.8%	727,500	64.3%	62.0%	66.6%	467,900	46.0%
\$50,000 or Over	38.6%	588,400	74.1%	71.6%	76.5%	435,800	42.9%
Total, All Adults	100.0%	1,523,500	66.1%	64.5%	67.7%	1,007,200	100.0%
Education							
Less Than High School	6.0%	91,700	48.2%	40.2%	56.3%	44,200	4.4%
H.S. Grad or G.E.D.	30.1%	458,100	60.3%	57.5%	63.0%	276,000	27.4%
Some Post High School	35.1%	534,100	66.3%	63.6%	68.9%	353,900	35.1%
College Graduate	28.9%	439,500	75.8%	73.2%	78.4%	333,100	33.1%
Total, All Adults	100.0%	1,523,500	66.1%	64.5%	67.7%	1,007,200	100.0%

1 Rounded to the nearest 100 persons.

2 Plus or minus 95% confidence interval.

3 Figures in these columns may not sum to the total because some surveyed individuals had missing values on the grouping variables.

Population counts for age, sex, and total population were the 2000 estimates provided by the Governor's Office of Planning and Budget. Population count estimates for race/ethnicity, income, and education populations were derived from averaging three years of the BRFSS surveys from 1999-2001.