

High Cholesterol Awareness

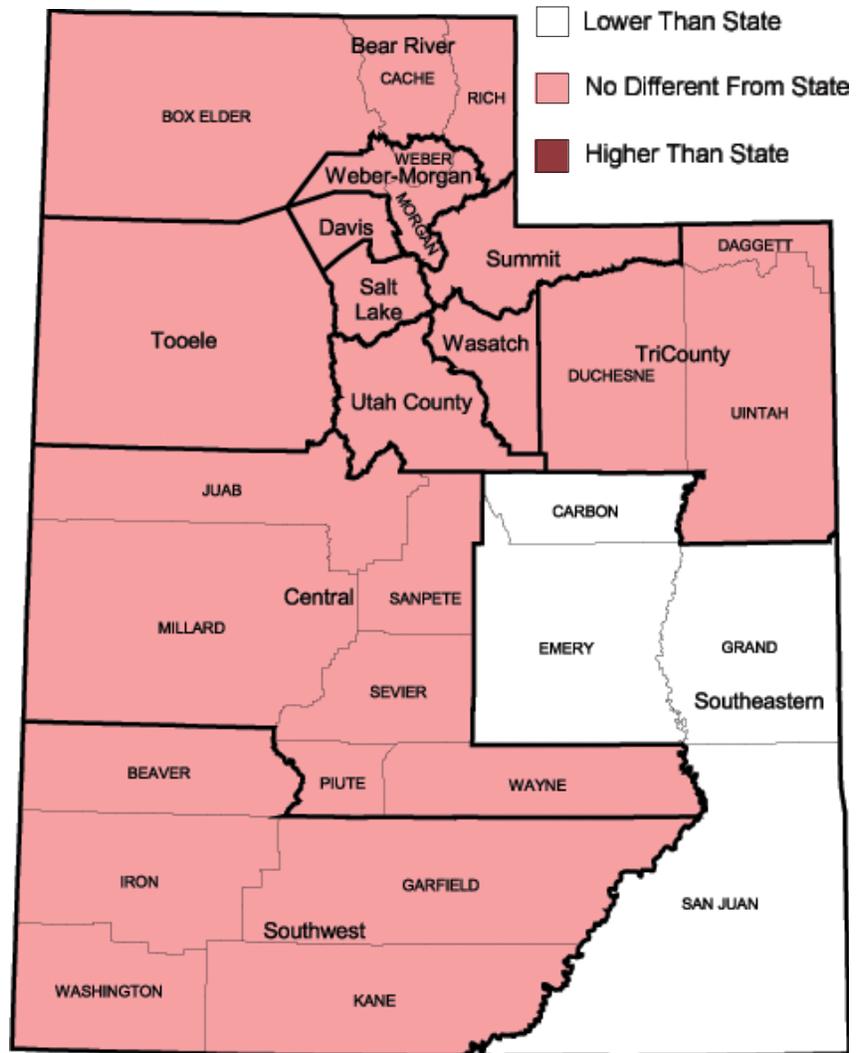


Questions: Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked? Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?

High levels of cholesterol and triglycerides increase the risk for heart disease. The National Heart, Lung, and Blood Institute (NHLBI) defines “high” blood cholesterol as 240 mg/dl or greater and “borderline high” cholesterol as 200 to 239 mg/dl. Risk categories for cholesterol levels vary depending on factors such as age, gender, family history, and general health conditions. Obesity and diets high in saturated fat or cholesterol contribute to high levels of blood cholesterol. Variation in rates of high cholesterol awareness can either be due to differences in the prevalence of high cholesterol or to different rates of testing for high 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 NHLBI recommends that adults 20 years or older be screened for high blood cholesterol at least every five years.

- The percentage of Utah adults living in Southeastern Utah Health District who reported having been told that they had high blood cholesterol was significantly lower than the statewide percentage.
- Utah adults living in Tooele County, Davis County, and Bear River Health Districts were most likely to report having been told that they had high blood cholesterol, though not substantially higher than the state rate.
- The percentage of Utah adults who reported having been told that they had high blood cholesterol was slightly below that of the U.S. (21.7% and 22.7% respectively, age-adjusted rates).

High Cholesterol by Whether the Local Health District Percentage Differed From the State, Utah Adults Ages 18+, 1999 and 2001

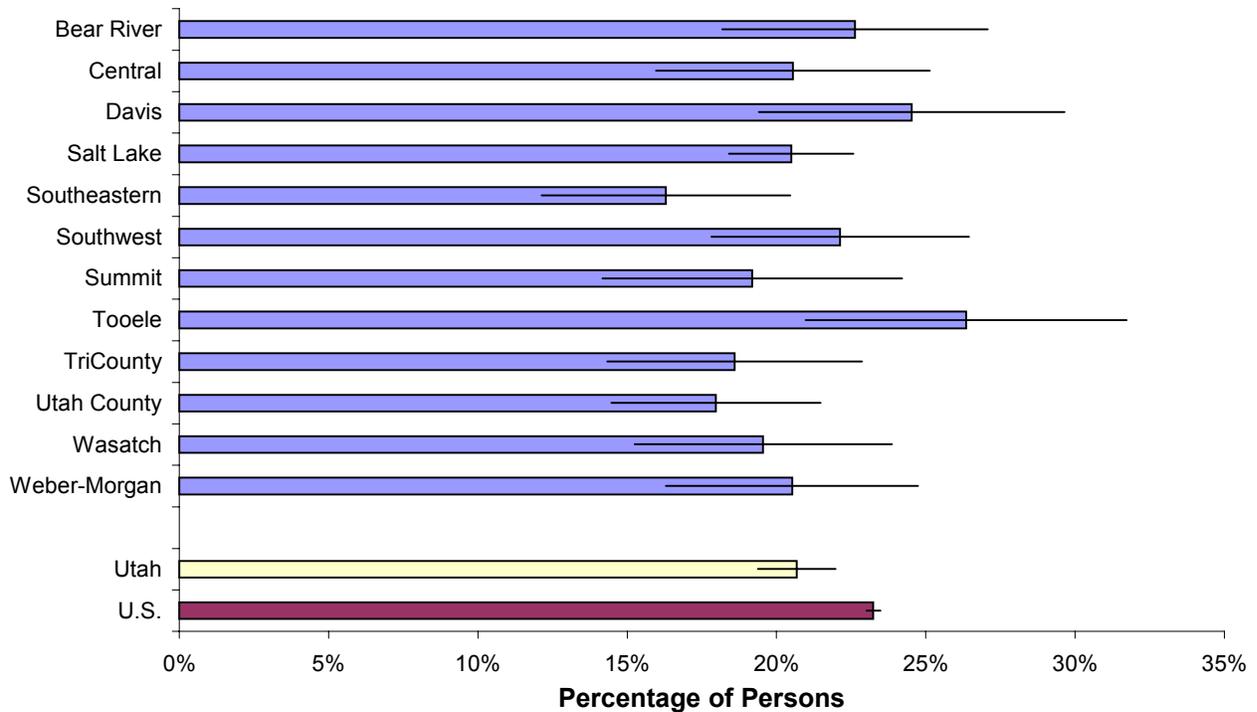


Age adjusted to the U.S. 2000 standard population. Percentage for a local health district was considered different from the state percentage if its 95% confidence interval did not include the state percentage. Source: Behavioral Risk Factor Surveillance System



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Percentage of Persons Who Reported Having Been Told That They Had High Cholesterol*
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 Told Had High Cholesterol	Percent	95% CI Range	Percent	95% CI Range	
Bear River	429	91,817	20,800	22.6%	18.2% 27.1%	24.7%	20.3% 29.0%	
Central	409	43,286	8,900	20.6%	16.0% 25.1%	20.2%	15.8% 24.7%	
Davis	378	155,816	38,200	24.5%	19.4% 29.7%	24.0%	19.3% 28.7%	
Salt Lake	1,826	627,857	128,600	20.5%	18.4% 22.6%	21.2%	19.2% 23.2%	
Southeastern	413	36,451	5,900	16.3%	12.1% 20.5%	16.1%	12.0% 20.1%	
Southwest	451	97,595	21,600	22.1%	17.8% 26.5%	21.4%	17.5% 25.3%	
Summit	377	21,092	4,000	19.2%	14.2% 24.2%	20.8%	16.4% 25.1%	
Tooele	516	27,012	7,100	26.4%	21.0% 31.7%	23.8%	19.9% 27.8%	
TriCounty	399	26,359	4,900	18.6%	14.3% 22.9%	17.9%	13.9% 21.9%	
Utah County	593	245,264	44,100	18.0%	14.5% 21.5%	22.1%	18.3% 26.0%	
Wasatch	408	10,154	2,000	19.6%	15.3% 23.9%	19.6%	15.4% 23.8%	
Weber-Morgan	445	140,822	28,900	20.5%	16.3% 24.7%	20.2%	16.3% 24.1%	
Utah	6,644	1,523,525	315,100	20.7%	19.4% 22.0%	21.7%	20.5% 23.0%	
U.S.				23.2%	23.0% 23.5%	22.7%	22.5% 22.9%	

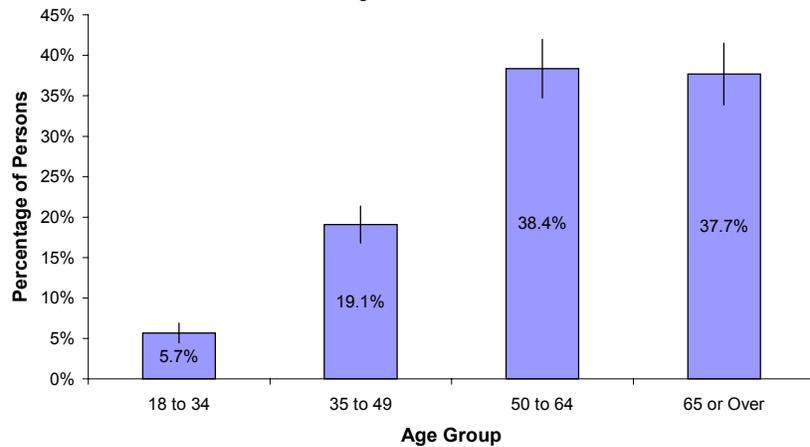
** Age adjusted to U.S. 2000 standard population

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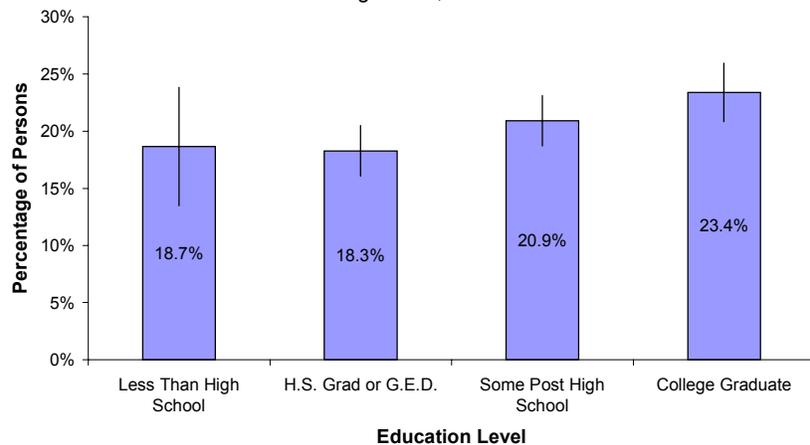
- The percentage of adults who reported being told they had high cholesterol increased with age.

Percentage of Persons Who Reported Having Been Told That They Had High Cholesterol by 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 been told that they had high blood cholesterol also increased.

Percentage of Persons Who Reported Having Been Told That They Had High Cholesterol by Education, Utah Adults Ages 18+, 1999 and 2001



Utah Objective (related): By 2010, increase the proportion of adults who have had their blood cholesterol measured within the preceding five years to at least 80% (age adjusted to the U.S. 2000 standard population).
HP2010 Objective (related) 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 Been Told That They Had High Cholesterol by Selected Demographic Characteristics, Utah Adults Ages 18+, 1999 and 2001.

Demographic Subgroup	Utah Population		Survey Estimates				
	Distribution	Number of Persons ¹	Percentage of Persons Who Reported They Had High Cholesterol ²			Number of Persons ^{1,3}	Distribution of Persons Who Reported They Had High Cholesterol by Category
			95% Confidence Intervals	Lower	Upper		
Told Cholesterol High							
Told High	20.7%	315,100					
Not Told High	51.4%	783,200					
Never Tested	27.9%	425,100					
Total, All Adults	100.0%	1,523,500					
Sex							
Males	49.5%	753,700	21.4%	19.4%	23.4%	161,100	51.1%
Females	50.5%	769,800	20.0%	18.3%	21.7%	154,000	48.9%
Total, All Adults	100.0%	1,523,500	20.7%	19.4%	22.0%	315,100	100.0%
Age Group							
18 to 34	42.6%	648,500	5.7%	4.5%	6.9%	36,900	12.8%
35 to 49	28.5%	433,700	19.1%	16.8%	21.4%	82,800	28.8%
50 to 64	16.4%	250,000	38.4%	34.7%	42.0%	95,900	33.3%
65 or Over	12.6%	191,300	37.7%	33.9%	41.5%	72,100	25.1%
Total, All Adults	100.0%	1,523,500	20.7%	19.4%	22.0%	315,100	100.0%
Race/Ethnicity							
White, Non-Hispanic	88.4%	1,346,000	21.1%	19.8%	22.5%	284,400	90.6%
Hispanic	8.3%	126,000	18.0%	13.1%	22.9%	22,700	7.2%
Non-White, Non-Hispanic	3.4%	51,500	13.5%	7.6%	19.4%	6,900	2.2%
Total, All Adults	100.0%	1,523,500	20.7%	19.4%	22.0%	315,100	100.0%
Income							
Less Than \$20,000	13.6%	207,700	19.1%	15.9%	22.4%	39,800	12.6%
\$20,000-\$49,999	47.8%	727,500	19.6%	17.7%	21.6%	142,800	45.1%
\$50,000 or Over	38.6%	588,400	22.8%	20.3%	25.2%	133,900	42.3%
Total, All Adults	100.0%	1,523,500	20.7%	19.4%	22.0%	315,100	100.0%
Education							
Less Than High School	6.0%	91,700	18.7%	13.5%	23.8%	17,100	5.4%
H.S. Grad or G.E.D.	30.1%	458,100	18.3%	16.1%	20.5%	83,700	26.6%
Some Post High School	35.1%	534,100	20.9%	18.7%	23.1%	111,600	35.4%
College Graduate	28.9%	439,500	23.4%	20.8%	26.0%	102,800	32.6%
Total, All Adults	100.0%	1,523,500	20.7%	19.4%	22.0%	315,100	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.