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A Risk Factors for Heart Disease and Stroke Among the Total U.S. Population, by State

Table A-1. Prevalence of Self-Reported High Blood Pressure Among the Total U.S. Population, by State, Behavioral Risk Factor Surveillance System (BRFSS), 2001 and 2003 Combined*

State	Respondents	%	95% C.I.†	State	Respondents	%	95% C.I.†
Alabama	6072	31.8	30.5–33.0	Montana	7321	22.9	21.7–24.0
Alaska	5470	23.7	22.1–25.3	Nebraska	8601	22.2	21.4–23.1
Arizona	6400	22.8	21.4–24.2	Nevada	5519	24.4	22.9–26.0
Arkansas	7075	28.8	27.7–29.9	New Hampshire	8959	22.6	21.7–23.5
California	8712	24.1	23.1–25.1	New Jersey	17000	24.9	24.1–25.6
Colorado	6048	21.6	20.5–22.7	New Mexico	9067	20.6	19.7–21.5
Connecticut	12799	22.9	22.2–23.7	New York	9277	25.1	24.2–26.1
Delaware	7487	27.1	25.9–28.3	North Carolina	15513	27.7	26.7–28.7
District of Columbia	3834	28.1	26.5–29.7	North Dakota	5468	23.2	22.1–24.3
Florida	9562	25.2	24.1–26.3	Ohio	7149	25.6	24.5–26.8
Georgia	12052	28.7	27.7–29.7	Oklahoma	12091	27.5	26.6–28.4
Hawaii	8751	23.0	22.0–24.0	Oregon	6493	23.6	22.6–24.7
Idaho	9740	23.9	23.0–24.8	Pennsylvania	7264	25.6	24.5–26.6
Illinois	7411	24.7	23.7–25.7	Rhode Island	8035	26.2	25.2–27.2
Indiana	9394	26.0	25.1–26.9	South Carolina	8996	28.7	27.7–29.7
Iowa	8564	23.8	22.9–24.8	South Dakota	10285	23.4	22.6–24.2
Kansas	9109	23.1	22.2–23.9	Tennessee	5481	29.4	28.1–30.7
Kentucky	15073	29.5	28.5–30.5	Texas	11851	26.2	25.4–27.0
Louisiana	9978	28.7	27.8–29.7	Utah	7654	22.9	21.8–24.1
Maine	4750	24.3	23.1–25.5	Vermont	8465	21.8	21.0–22.7
Maryland	8739	25.8	24.7–26.8	Virginia	8274	25.4	24.3–26.4
Massachusetts	15883	22.8	22.0–23.5	Washington	22709	24.1	23.4–24.9
Michigan	7310	26.8	25.7–27.9	West Virginia	6403	30.9	29.8–32.1
Minnesota	7829	22.0	21.2–22.9	Wisconsin	7348	23.5	22.5–24.5
Mississippi	7393	32.8	31.6–33.9	Wyoming	6983	22.9	21.9–23.9
Missouri	8357	26.1	25.0–27.3	United States	455998	25.5	25.3–25.7

* Data are based on "yes" responses to the following BRFSS question: "Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?" Data are for adults ≥18 years, are age-adjusted to the 2000 U.S. population, and are weighted for the probability of sampling.

† Confidence interval.

Table A-2. Prevalence of Self-Reported High Cholesterol Among the Total U.S. Population, by State, Behavioral Risk Factor Surveillance System (BRFSS), 2001 and 2003 Combined*

State	Respondents	%	95% C.I.†	State	Respondents	%	95% C.I.†
Alabama	4766	31.1	29.5–32.6	Montana	5543	25.2	23.7–26.6
Alaska	3953	26.7	24.8–28.6	Nebraska	6411	25.8	24.5–27.0
Arizona	4957	28.9	27.3–30.6	Nevada	4140	33.0	31.0–35.1
Arkansas	5390	28.1	26.8–29.4	New Hampshire	7526	29.7	28.6–30.9
California	6801	29.7	28.5–31.0	New Jersey	14235	29.2	28.3–30.2
Colorado	4743	28.2	26.8–29.7	New Mexico	6799	23.1	22.0–24.2
Connecticut	10727	27.3	26.4–28.3	New York	7590	30.1	28.9–31.3
Delaware	6236	29.9	28.5–31.3	North Carolina	12524	28.9	27.7–30.0
District of Columbia	3241	28.3	26.5–30.1	North Dakota	4211	26.9	25.5–28.2
Florida	7816	28.7	27.4–30.0	Ohio	5579	29.9	28.8–31.4
Georgia	9652	31.1	29.9–32.3	Oklahoma	9304	27.6	26.5–28.7
Hawaii	6778	23.6	22.3–24.9	Oregon	5002	28.6	27.2–29.9
Idaho	7146	27.1	25.9–28.2	Pennsylvania	5798	29.6	28.4–30.9
Illinois	5718	29.4	28.1–30.8	Rhode Island	6836	30.9	29.6–32.2
Indiana	7292	29.0	27.9–30.1	South Carolina	7410	28.2	27.1–29.4
Iowa	6769	26.8	25.7–28.0	South Dakota	7911	26.1	25.1–27.2
Kansas	6947	26.3	25.2–27.4	Tennessee	4198	28.7	27.2–30.2
Kentucky	11549	30.5	29.3–31.8	Texas	9011	30.4	29.4–31.4
Louisiana	7507	27.0	25.9–28.1	Utah	5558	26.8	25.4–28.5
Maine	3962	28.5	26.9–30.0	Vermont	7025	27.4	26.3–28.5
Maryland	7348	30.5	29.1–31.8	Virginia	6801	29.5	28.2–30.8
Massachusetts	13335	28.7	27.8–29.6	Washington	17950	28.2	27.3–29.1
Michigan	5989	32.4	31.1–33.8	West Virginia	5168	33.2	31.8–34.7
Minnesota	6399	27.6	26.5–28.8	Wisconsin	5827	27.5	26.3–28.7
Mississippi	5531	29.3	28.0–35.1	Wyoming	5528	29.5	28.2–30.8
Missouri	6404	28.7	27.3–30.2	United States	360841	29.3	29.1–29.6

* Data are based on “yes” responses to the following BRFSS question: “Have you ever been told by a doctor or other health professional that your blood cholesterol is high?” Data are for adults ≥18 years, are age-adjusted to the 2000 U.S. population, and are weighted for the probability of sampling.

† Confidence interval.

Table A-3. Prevalence of Self-Reported Cholesterol Screening Among the Total U.S. Population, by State, Behavioral Risk Factor Surveillance System (BRFSS), 2001 and 2003 Combined*

State	Respondents	%	95% C.I.†	State	Respondents	%	95% C.I.†
Alabama	5919	73.0	71.7–74.2	Nebraska	8353	66.7	65.6–67.9
Alaska	5268	68.9	67.2–70.6	Nevada	5347	69.3	67.6–71.0
Arizona	6254	71.1	69.4–72.7	New Hampshire	8740	77.5	76.5–78.5
Arkansas	6826	69.6	68.4–70.9	New Jersey	16633	77.9	77.1–78.8
California	8581	71.5	70.4–72.6	New Mexico	8865	67.9	66.8–69.1
Colorado	5885	71.5	70.2–72.8	New York	9048	76.2	75.1–77.3
Connecticut	12493	78.5	77.6–79.4	North Carolina	15074	74.7	73.5–75.8
Delaware	7347	77.8	76.5–79.0	North Dakota	5323	69.8	68.5–71.1
District of Columbia	3744	81.2	79.6–82.7	Ohio	6951	72.0	70.8–73.3
Florida	9356	77.0	75.7–78.2	Oklahoma	11637	70.6	69.6–71.7
Georgia	11602	75.5	74.4–76.5	Oregon	6283	68.4	67.1–69.6
Hawaii	8599	73.3	72.1–74.5	Pennsylvania	7070	73.7	72.5–74.8
Idaho	9412	66.5	65.4–67.5	Rhode Island	7829	80.7	79.5–81.8
Illinois	7249	70.5	69.3–71.7	South Carolina	8768	77.8	76.7–78.9
Indiana	9131	71.7	70.7–72.7	South Dakota	9994	68.7	67.7–69.6
Iowa	8308	70.0	68.9–71.2	Tennessee	5320	72.0	70.6–73.4
Kansas	8821	70.3	69.3–71.4	Texas	11565	70.3	69.4–71.2
Kentucky	14483	72.7	71.6–73.8	Utah	7391	69.2	68.0–70.5
Louisiana	9634	72.3	71.3–73.3	Vermont	8241	75.4	74.4–76.5
Maine	4610	75.5	74.0–76.9	Virginia	8065	76.2	75.0–77.5
Maryland	8529	78.6	77.5–79.7	Washington	22014	71.3	70.5–72.1
Massachusetts	15466	80.9	80.1–81.6	West Virginia	6208	74.2	73.0–75.5
Michigan	7107	74.1	72.9–75.2	Wisconsin	7206	72.5	71.3–73.7
Minnesota	7549	75.6	74.6–76.7	Wyoming	6829	72.1	70.9–73.2
Mississippi	7059	70.6	69.4–71.8	United States	443236	73.3	73.1–73.6
Missouri	8114	70.9	69.6–72.2				

* Data are based on "yes" responses to the following BRFSS question: "Have you ever had your blood cholesterol checked?" Data are for adults ≥18 years, are age-adjusted to the 2000 U.S. population, and are weighted for the probability of sampling.

† Confidence interval.

Table A-4. Prevalence of Self-Reported Diabetes Among the Total U.S. Population, by State, Behavioral Risk Factor Surveillance System (BRFSS), 2001–2003*

State	Respondents	%	95% C.I. [†]	State	Respondents	%	95% C.I. [†]
Alaska	8152	5.1	4.3–5.8	Nebraska	12962	5.6	5.2–6.0
Arizona	9600	6.2	5.6–6.9	Nevada	8673	6.1	5.4–6.8
Arkansas	10947	7.3	6.8–7.9	New Hampshire	13924	5.7	5.3–6.1
California	12924	7.4	6.8–8.0	New Jersey	23087	6.6	6.1–7.0
Colorado	10075	4.9	4.4–5.4	New Mexico	13718	6.0	5.6–6.4
Connecticut	18273	5.7	5.3–6.1	New York	13692	7.0	5.3–6.0
Delaware	11483	7.1	6.5–7.7	North Carolina	22182	7.4	7.1–8.1
District of Columbia	6196	8.5	7.7–9.4	North Dakota	8450	5.5	4.5–8.3
Florida	15632	7.3	6.8–7.8	Ohio	11194	7.7	9.1–10.3
Georgia	17057	7.7	7.3–8.2	Oklahoma	18836	7.0	6.6–7.4
Hawaii	14688	6.3	5.7–6.8	Oregon	9553	5.9	5.4–6.4
Idaho	14755	6.0	5.6–6.4	Pennsylvania	20623	7.0	6.5–7.4
Illinois	14481	7.0	6.5–7.4	Rhode Island	11823	6.0	5.6–6.5
Indiana	15129	7.2	6.8–7.6	South Carolina	13468	8.6	8.0–9.1
Iowa	12210	5.9	5.4–6.3	South Dakota	15055	6.2	5.8–6.6
Kansas	13682	5.9	5.5–6.3	Tennessee	8660	8.4	7.8–9.1
Kentucky	22083	7.3	6.9–7.8	Texas	17909	7.9	7.4–8.3
Louisiana	14976	7.9	7.4–8.4	Utah	11723	5.5	4.9–6.0
Maine	7172	6.7	6.1–7.3	Vermont	12675	5.5	5.0–5.9
Maryland	13081	7.0	6.4–7.5	Virginia	12641	6.6	6.1–7.1
Massachusetts	23228	5.7	5.3–6.0	Washington	27627	6.1	5.7–6.5
Michigan	13203	7.6	7.1–8.1	West Virginia	9738	8.8	8.2–9.4
Minnesota	12319	4.9	4.5–5.3	Wisconsin	11683	5.4	4.9–5.8
Mississippi	11446	9.7	9.1–10.3	Wyoming	10507	5.3	22.6–25.5
Missouri	13054	6.7	6.1–7.2	United States	696716	7.0	6.9–7.1

* Data are based on "yes" responses to the following BRFSS question: "Have you ever been told by a doctor that you have diabetes?" Data are for adults ≥18 years, are age-adjusted to the 2000 U.S. population, and are weighted for the probability of sampling.

[†] Confidence interval.

Table A-5. Prevalence of Self-Reported Cigarette Smoking Among the Total U.S. Population, by State, Behavioral Risk Factor Surveillance System (BRFSS), 2001–2003*

State	Respondents	%	95% C.I.†	State	Respondents	%	95% C.I.†
Alaska	8142	26.2	24.7–27.6	Nebraska	12948	21.7	20.8–22.6
Arizona	9597	22.2	20.8–23.5	Nevada	8659	25.8	24.5–27.2
Arkansas	10928	26.1	25.1–27.1	New Hampshire	13902	22.9	22.1–23.7
California	12910	16.6	15.8–17.4	New Jersey	23030	20.1	19.2–21.1
Colorado	10061	20.0	19.1–21.0	New Mexico	13689	22.3	21.4–23.1
Connecticut	18236	20.1	19.3–20.8	New York	13650	22.6	21.8–23.5
Delaware	11476	24.1	22.9–25.2	North Carolina	22119	25.6	24.7–26.5
District of Columbia	6184	21.2	19.9–22.5	North Dakota	8438	21.8	20.8–22.8
Florida	15605	24.1	23.1–25.0	Ohio	11174	26.8	25.8–27.8
Georgia	17016	22.8	22.0–23.7	Oklahoma	18822	27.1	26.3–28.0
Hawaii	14710	19.7	18.9–20.6	Oregon	9535	21.5	20.5–22.5
Idaho	14730	19.7	18.9–20.5	Pennsylvania	20593	25.6	24.8–26.5
Illinois	14457	23.2	22.4–24.0	Rhode Island	11797	23.3	22.4–24.2
Indiana	15122	27.2	26.4–28.0	South Carolina	13441	26.0	25.1–27.0
Iowa	12192	22.9	22.0–23.8	South Dakota	15035	22.9	22.1–23.7
Kansas	13677	21.7	20.9–22.5	Tennessee	8654	25.9	24.8–27.0
Kentucky	22055	31.6	30.6–32.5	Texas	17882	22.2	21.4–22.9
Louisiana	14929	25.0	24.2–25.8	Utah	11711	12.4	11.7–13.2
Maine	7164	24.4	23.2–25.5	Vermont	12649	21.2	20.4–22.0
Maryland	13046	20.9	20.0–21.9	Virginia	12615	22.8	21.8–23.8
Massachusetts	23178	19.4	18.8–20.1	Washington	27557	21.1	20.3–21.8
Michigan	13194	25.4	24.5–26.3	West Virginia	9729	29.0	28.0–30.1
Minnesota	12295	21.6	20.8–22.5	Wisconsin	11676	23.2	22.3–24.2
Mississippi	11419	26.1	25.1–27.0	Wyoming	10495	23.5	22.6–24.5
Missouri	13027	27.0	25.9–28.1	United States	695595	22.7	22.5–22.9

* Data are based on “yes” responses to the following BRFSS question: “Have you smoked at least 100 cigarettes in your entire life?” Respondents who answered “yes” were then asked, “Do you now smoke every day, some days, or not at all?” People who reported smoking at least 100 cigarettes in their lifetime and smoking now every day or some days were defined as current smokers. Data are for adults ≥18 years, are age-adjusted to the 2000 U.S. population, and are weighted for the probability of sampling.

† Confidence interval.

Table A-6. Prevalence of Self-Reported Obesity Among the Total U.S. Population, by State, Behavioral Risk Factor Surveillance System (BRFSS), 2001–2003*

State	Respondents	%	95% C.I.†	State	Respondents	%	95% C.I.†
Alaska	7891	23.3	21.9–24.7	Nebraska	12287	22.7	21.8–23.6
Arizona	9162	19.6	18.4–20.8	Nevada	8247	20.5	19.2–21.9
Arkansas	10543	24.0	21.1–25.0	New Hampshire	13221	19.1	18.3–19.8
California	12517	21.5	20.6–22.3	New Jersey	21829	19.4	18.5–20.3
Colorado	9723	15.8	14.9–16.6	New Mexico	13174	20.0	19.1–20.8
Connecticut	17266	18.2	17.5–18.9	New York	13028	20.6	19.8–21.4
Delaware	10901	22.4	21.4–23.4	North Carolina	20937	23.5	22.6–24.4
District of Columbia	5941	21.0	19.6–22.4	North Dakota	8114	22.8	21.8–23.8
Florida	14847	19.2	18.4–20.1	Ohio	10604	23.4	22.4–24.4
Georgia	16328	23.8	22.9–24.7	Oklahoma	17911	23.5	22.8–24.3
Hawaii	14312	17.2	16.3–18.1	Oregon	9124	20.8	19.9–21.8
Idaho	14094	21.0	20.2–21.8	Pennsylvania	19791	23.1	22.3–23.9
Illinois	13701	22.2	21.3–23.0	Rhode Island	11198	18.3	17.5–19.2
Indiana	14546	25.0	24.2–25.8	South Carolina	12942	24.4	23.5–25.4
Iowa	11679	23.3	22.4–24.2	South Dakota	14435	22.0	21.2–22.7
Kansas	12994	22.6	21.8–23.4	Tennessee	8231	24.3	23.2–25.3
Kentucky	20933	24.9	24.0–25.8	Texas	16944	25.0	24.2–25.7
Louisiana	14250	25.1	24.3–25.9	Utah	11341	20.1	19.1–21.1
Maine	6824	19.8	18.8–20.9	Vermont	12189	18.6	17.8–19.4
Maryland	12516	20.3	19.4–21.2	Virginia	12131	22.0	21.1–23.0
Massachusetts	21917	17.2	16.6–17.8	Washington	26365	20.6	19.9–21.3
Michigan	12791	25.1	24.2–26.0	West Virginia	9350	27.0	26.0–28.0
Minnesota	11951	21.7	20.9–22.5	Wisconsin	11275	21.6	20.7–22.5
Mississippi	10928	27.5	26.5–28.5	Wyoming	10223	19.8	18.9–20.6
Missouri	12562	23.5	22.5–24.5	United States	665702	22.1	21.9–22.3

* Data are based on self-reported height and weight from the BRFSS, which were used to calculate body mass index (BMI) using the following formula: $\{[\text{Weight in lbs.} \times 0.4536] / [(\text{height in inches} \times 0.2540)^2]\} \times 100$. BMI ≥ 30.0 was considered obese. Data are for adults ≥ 18 years, are age-adjusted to the 2000 U.S. population, and are weighted for the probability of sampling.

† Confidence interval.

Table A-7. Prevalence of Self-Reported Physical Inactivity Among the Total U.S. Population, by State, Behavioral Risk Factor Surveillance System (BRFSS), 2001–2003*

State	Respondents	%	95% C.I.†	State	Respondents	%	95% C.I.†
Alaska	8156	21.9	20.5–23.3	Nebraska	12966	24.4	23.5–25.3
Arizona	9604	21.8	20.6–23.1	Nevada	8677	24.2	22.8–25.6
Arkansas	10945	29.0	28.0–30.0	New Hampshire	13938	19.8	19.0–20.6
California	12673	23.9	23.0–24.9	New Jersey	23090	26.3	25.3–27.3
Colorado	10075	18.7	17.8–19.7	New Mexico	13721	24.1	23.2–24.9
Connecticut	18286	22.1	21.4–22.9	New York	13686	26.9	26.0–27.8
Delaware	11492	26.4	25.3–27.4	North Carolina	22202	27.0	26.1–27.9
District of Columbia	6196	22.8	21.5–24.2	North Dakota	8448	22.7	21.7–23.7
Florida	15639	27.2	26.2–28.2	Ohio	11202	25.8	24.8–26.8
Georgia	17064	26.3	25.4–27.2	Oklahoma	18852	31.1	30.3–32.0
Hawaii	14722	17.7	16.9–18.5	Oregon	9554	19.0	18.1–19.9
Idaho	14752	19.8	19.0–20.5	Pennsylvania	20618	23.3	22.5–24.1
Illinois	14484	27.0	26.1–27.9	Rhode Island	11834	24.0	23.1–24.9
Indiana	15135	26.7	225.9–27.5	South Carolina	13465	24.8	23.9–25.7
Iowa	12213	22.9	22.1–23.8	South Dakota	15051	23.2	22.4–24.0
Kansas	13697	24.9	24.1–25.7	Tennessee	8673	32.7	31.5–33.8
Kentucky	22116	30.2	29.3–31.0	Texas	17920	28.3	27.5–29.1
Louisiana	14978	33.3	32.5–34.2	Utah	11719	18.6	17.7–19.5
Maine	7174	22.7	21.6–23.7	Vermont	12676	19.0	18.3–19.8
Maryland	13090	23.0	22.0–23.9	Virginia	12642	23.4	22.5–24.3
Massachusetts	23248	21.7	21.0–22.3	Washington	27635	16.7	16.1–17.4
Michigan	13213	23.0	22.1–23.9	West Virginia	9743	28.9	27.9–29.9
Minnesota	12333	16.1	15.4–16.9	Wisconsin	11690	19.7	18.9–20.6
Mississippi	11457	32.2	31.2–33.2	Wyoming	10515	21.0	20.1–21.8
Missouri	13054	25.8	24.8–26.8	United States	696787	25.1	24.9–25.3

* Data are based on “no” responses to the following BRFSS question: “During the past month, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?” Data are for adults ≥18 years, are age-adjusted to the 2000 U.S. population, and are weighted for the probability of sampling.

† Confidence interval.

Table A-8. Prevalence of Self-Reported Poor Health Among the Total U.S. Population, by State, Behavioral Risk Factor Surveillance System (BRFSS), 2001–2003*

State	Respondents	%	95% C.I.†	State	Respondents	%	95% C.I.†
Alaska	8151	13.3	12.2–14.4	Nebraska	12949	12.8	12.2–13.4
Arizona	9555	15.6	14.5–16.7	Nevada	8677	16.2	15.0–17.4
Arkansas	10928	18.8	18.0–18.6	New Hampshire	13903	10.6	10.1–11.2
California	12925	15.9	15.1–16.7	New Jersey	23005	14.8	14.0–15.6
Colorado	10062	13.0	12.2–13.8	New Mexico	13704	17.0	16.3–17.8
Connecticut	18241	11.8	11.2–12.4	New York	13619	16.4	15.6–17.2
Delaware	11483	13.9	13.0–14.7	North Carolina	22147	18.9	18.1–19.7
District of Columbia	6181	12.7	11.7–13.7	North Dakota	8419	12.7	11.9–13.4
Florida	15550	15.4	14.6–16.2	Ohio	11179	13.7	13.0–14.5
Georgia	17021	16.7	16.0–17.4	Oklahoma	18801	18.0	17.4–18.6
Hawaii	14710	11.8	11.1–12.5	Oregon	9541	15.5	14.7–16.4
Idaho	14732	13.5	12.9–14.1	Pennsylvania	20594	14.2	13.5–14.8
Illinois	14471	14.6	13.9–15.2	Rhode Island	11813	14.0	13.3–14.7
Indiana	15111	15.7	15.0–16.3	South Carolina	13380	16.5	15.8–17.3
Iowa	12185	11.1	10.4–11.7	South Dakota	15030	12.3	11.7–12.9
Kansas	13666	12.5	11.9–13.1	Tennessee	8667	19.4	18.5–20.3
Kentucky	22069	22.6	21.8–23.3	Texas	17885	20.5	19.9–21.2
Louisiana	14910	17.2	16.5–17.9	Utah	11712	11.6	10.9–12.4
Maine	7151	13.6	12.7–14.4	Vermont	12651	10.9	10.3–11.4
Maryland	13063	12.7	12.0–13.5	Virginia	12621	13.6	12.8–14.3
Massachusetts	23177	12.5	11.9–13.0	Washington	27604	13.2	12.7–13.8
Michigan	13197	14.3	13.6–15.0	West Virginia	9712	23.1	22.2–24.0
Minnesota	12309	11.1	10.5–11.7	Wisconsin	11654	11.5	10.8–12.2
Mississippi	11414	23.2	22.4–24.1	Wyoming	10482	11.9	11.2–12.5
Missouri	13030	16.3	15.5–17.1	United States	695476	15.7	15.5–15.9

* Data are based on people who answered “poor” to the following BRFSS question: “Would you say that in general your health is excellent, very good, good, fair, or poor?” Data are for adults ≥18 years, are age-adjusted to the 2000 U.S. population, and are weighted for the probability of sampling.

† Confidence interval.