

# The 2013 Georgia Behavioral Risk Factor Surveillance Report



# Acknowledgements

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Georgia Department of Public Health

Brenda Fitzgerald, MD  
Commissioner, State Health Officer

Health Protection

J. Patrick O’Neal, MD  
Director

Epidemiology Program

Cherie L. Drenzek, DVM, MS  
State Epidemiologist

Chronic Disease, Healthy Behaviors and Injury  
Epidemiology Section

Rana Bayakly, MPH  
Director

Healthy Behavior Team

Madhavi Vajani, MPH  
Team Lead

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For more information on the Georgia Behavioral Risk Factor Surveillance System, please contact:

BRFSS Coordinator  
Chronic Disease, Healthy Behaviors and Injury Epidemiology Section  
Epidemiology Program  
Division of Health Protection  
Georgia Department of Public Health  
2 Peachtree Street, 14<sup>th</sup> Floor  
Atlanta, GA 30303-3142  
404-657-2588

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# BRFSS Methodology

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The Georgia Behavioral Risk Factor Surveillance System (BRFSS) is a primary source of information on major chronic conditions, health risk behaviors, and the use of clinical preventive services among adult Georgians.

**Sampling:** Using list-assisted, random digit dialing, Georgia respondents were randomly selected from the non-institutionalized adult population aged 18 years and older from each household. Trained interviewers administered the questionnaire and participation was voluntary and anonymous. The sample excluded institutionalized individuals and households without telephones. Data came from both respondents who had landline telephones as well as those who mostly use cellular phones.<sup>1</sup>

**Weighting:** Iterative proportional fitting, or raking, methodology was used for the 2013 Georgia BRFSS. Raking is a repetitive post-stratification weighting technique used to match the marginal distributions of the survey sample to known population margins. An advantage of raked weighting technique is that it allows for adjustment of probability selection, telephone source (landline or cellular phone), race, ethnicity, education level, marital status, age by gender, gender by race/ethnicity, age by race/ethnicity, and renter/owner status. The goal is to improve sample representation by reducing respondent under-coverage and non-response biases.<sup>1</sup>

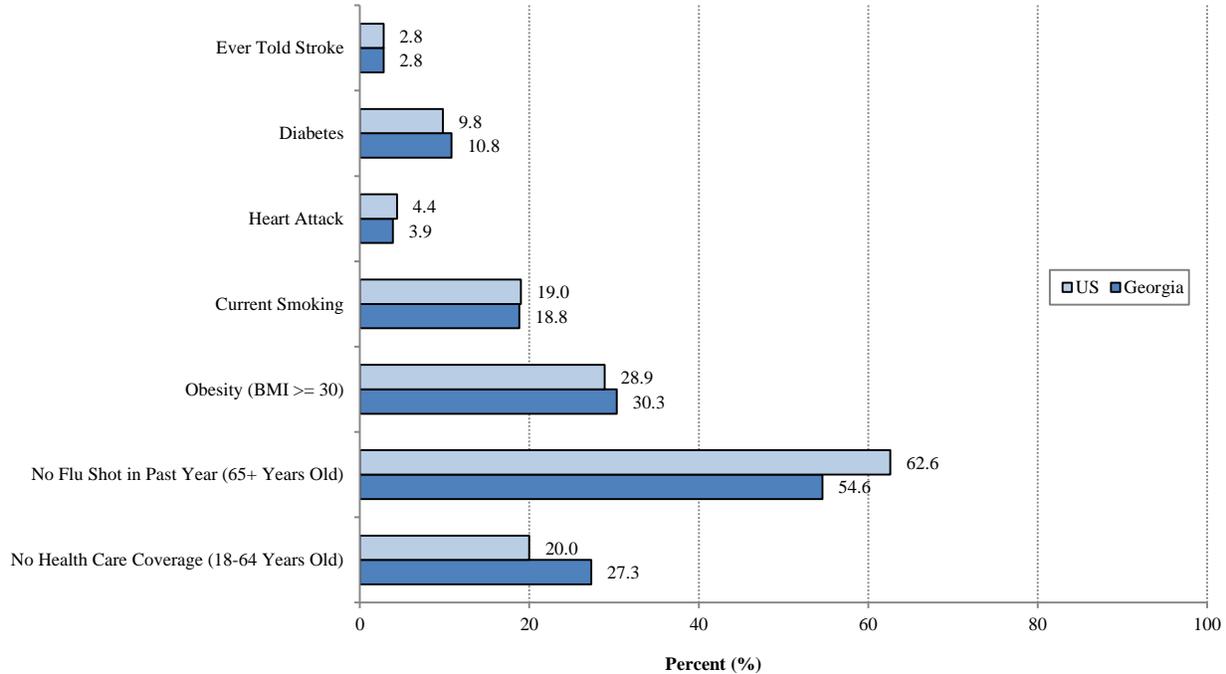
**Data Analysis:** SAS-callable SUDAAN was used for all data analysis to construct estimates and 95% confidence intervals (95% CI). Results were considered not “statistically different” if the 95% CI associated with the weighted percentages overlapped. A result was considered “statistically significant” (indicating a difference) if there was no overlap in the 95% CI of the percentages being compared. Prevalence estimates exclude those who either answered “don’t know/not sure” or refused.

**Comparing 2013 BRFSS data to previous years:** Comparison between 2013 BRFSS data and years prior to 2011 is not recommended due to the significant changes in methodology. Beginning in 2011, methodological changes have improved the accuracy, coverage, validity, and representativeness of the BRFSS.<sup>1</sup> Data from 2011, 2012, and subsequent BRFSS can be used in trend analyses.

# Summary

Selected chronic conditions, risk behaviors, and clinical preventive services from the 2013 Georgia BRFSS are shown in the chart below in comparison with median prevalence from 2013 US national BRFSS data, which includes all 50 states, three territories, and Washington, D.C.

Selected Chronic Conditions and Risk Factors, US and GA BRFSS, 2013



- **Stroke**

In 2013, 2.8% of Georgia adults had ever been diagnosed with stroke. This estimate was similar to the US estimate.

- **Diabetes**

In 2013, 10.8% of Georgia adults had physician diagnosed diabetes. This estimate is higher than the US median prevalence of 9.8%.

- **Heart Attack**

In 2013, 3.9% of Georgia adults had ever been told they have had a heart attack. This estimate is lower than the US median of 4.4%.

- **Tobacco Use**

In 2013, 18.8% of Georgia adults currently smoked cigarettes. This estimate is slightly lower than the US median prevalence of 19.0%. (HP 2020 Objective - Reduce tobacco use by adults to 12%)

- **Obesity**

In 2013, 30.3% of Georgia adults were obese. This estimate is slightly higher than the US median prevalence of 28.9%. (HP 2020 Objective - Reduce the proportion of adults who are obese to 30.5%)

- **Flu Vaccine in Past Year**

In 2013, 54.6% of Georgia adults aged 65 years and older received a flu vaccine in the past year. This estimate is lower than the US median estimate of 62.6%. (HP 2020 Objective - Increase the percentage of noninstitutionalized adults aged 65 years and older who are vaccinated annually against seasonal influenza to 90%)

- **No Health Care Coverage**

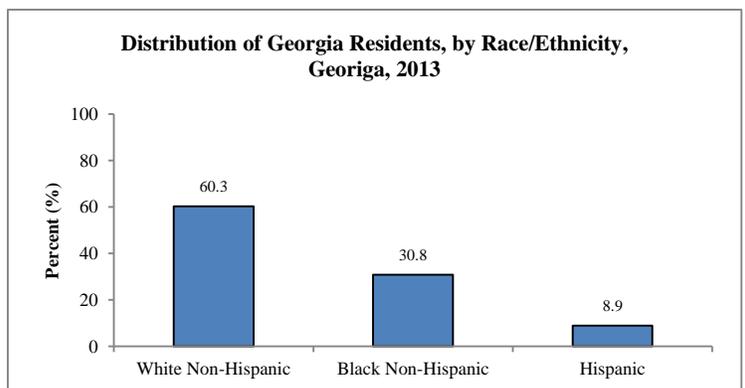
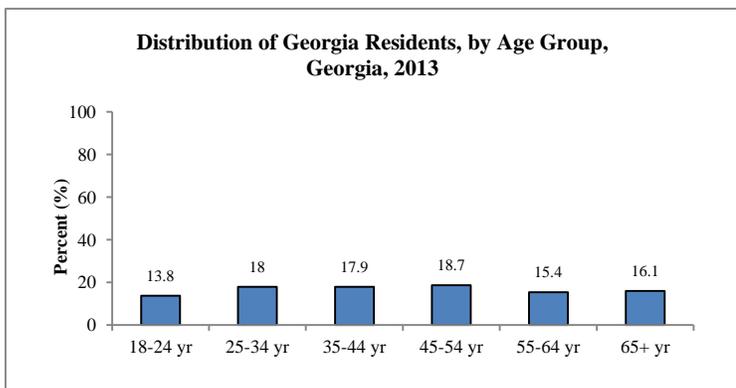
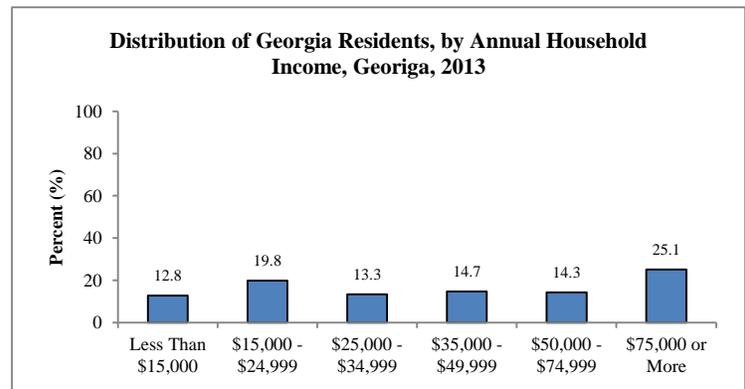
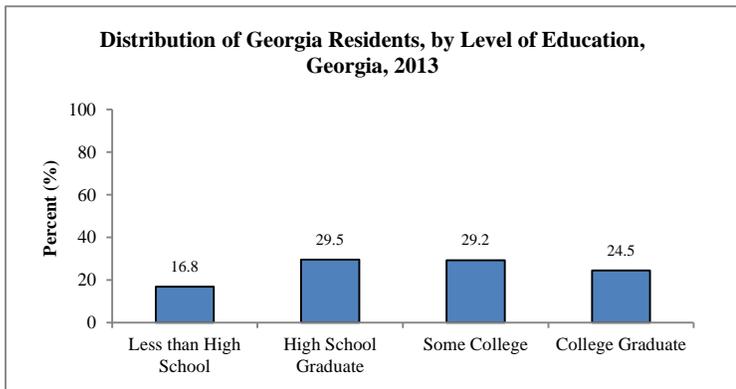
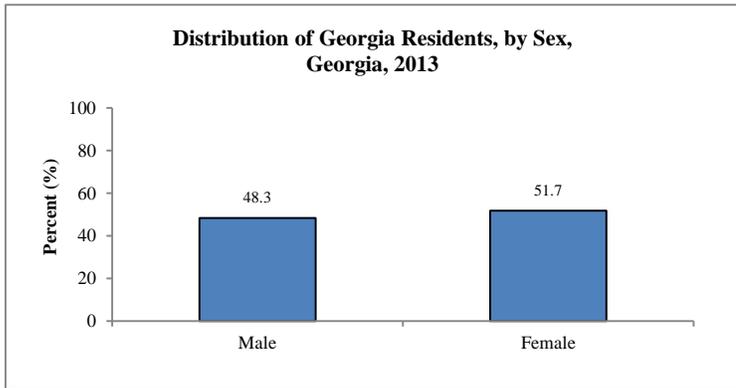
In 2013, 27.3% of Georgia adults did not have any form of health insurance coverage, which exceeds the US median estimate of 20.0%. (HP 2020 Objective- Increase the proportion of persons with health insurance to 100%)

# Demographics

In 2013, there were approximately 7,500,000 adults aged 18 years and older residing in the state of Georgia.<sup>2</sup>

- Approximately 8,100 adults participated in the Georgia BRFSS survey statewide.
- Georgia BRFSS respondents were 51.7% female and 48.3% male.
- Georgians completing the survey were white non-Hispanic (60.3%), black non-Hispanic (30.8%) and 8.9% Hispanic. Distribution similar to Georgia population.
- Approximately 25% of Georgia residents had an annual household income of \$75,000 or more.
- About 83% of the population had at least a high school diploma and 24.5% had at least a college degree.

Demographic Characteristics	%	State Total (N=8,100) 95% CI
<b>Sex</b>		
Male	48.3	(46.8, 49.8)
Female	51.7	(50.2, 53.2)
<b>Race/Ethnicity</b>		
White Non-Hispanic	60.3	(58.7, 61.8)
Black Non-Hispanic	30.8	(29.3, 32.4)
Hispanic	8.9	(8.0,10.0)
<b>Age</b>		
18-24 yr	13.8	(12.6,15.2)
25-34 yr	18	(16.8, 19.4)
35-44 yr	17.9	(16.7,19.2)
45-54 yr	18.7	(17.6,19.9)
55-64 yr	15.4	(14.5,16.3)
65+ yr	16.1	(15.3,16.9)
<b>Income</b>		
Less than \$15,000	12.8	(11.8,13.9)
\$15,000-\$24,999	19.8	(18.5,21.1)
\$25,000-\$34,999	13.3	(12.1,14.5)
\$35,000-\$49,999	14.7	(13.6,16.0)
\$50,000-\$74,999	14.3	(13.3,15.5)
\$75,000 or More	25.1	(23.8,26.5)
<b>Education</b>		
Less than High School	16.8	(15.5,18.2)
High School Graduate	29.5	(28.1,30.9)
Some College	29.2	(27.8,30.6)
College Graduate	24.5	(23.4,25.6)



# General Health

**Self-assessed health status** is a measure of how individuals perceive their health rating (excellent, very good, good, fair, or poor). It is a useful indicator of health for a variety of populations and allows for general comparisons.

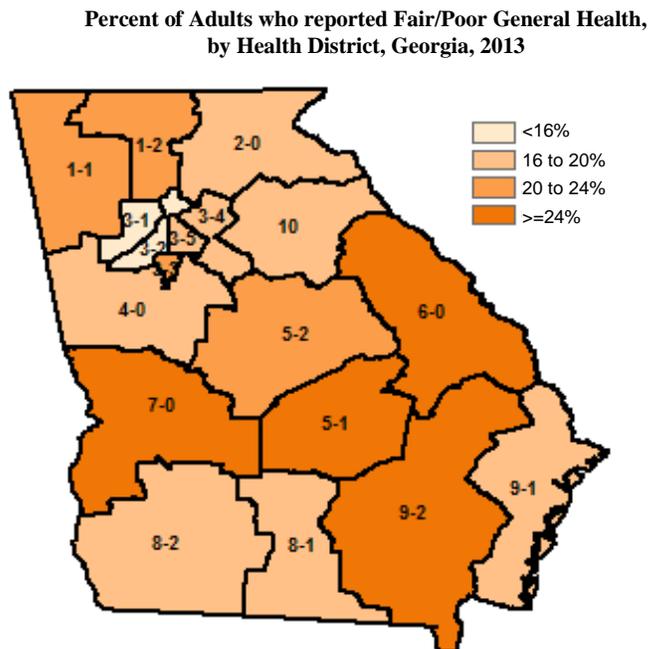
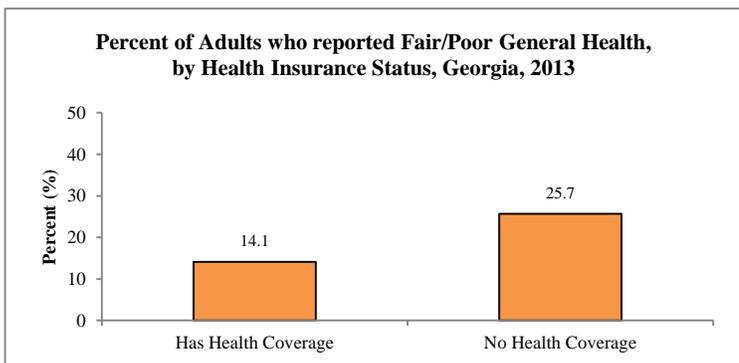
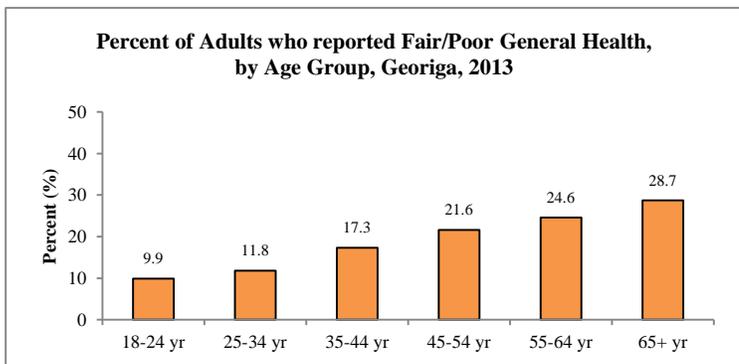
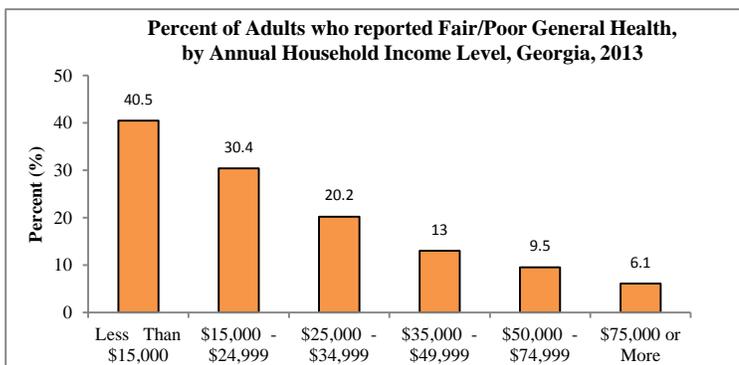
**In 2013, 19.0% of Georgia adults reported that they perceive their health rating as fair or poor.**

- Adults aged 65 years and older (28.7%) were most likely to report fair or poor general health when compared to other age groups.
- Adults with an annual household income less than \$15,000 (40.5%) were significantly more likely to report fair or poor general health when compared to adults with an annual household income greater than or equal to \$15,000.
- Adults without health insurance (25.7%) were significantly more likely to report fair or poor general health when compared to adults with health insurance (14.1%)

**The HP 2020 target for self-reporting of fair or poor physical health is 20.2%.**

Demographic Characteristics	General Health Fair/Poor <sup>a</sup>	
	%	95% CI
<b>State Totals</b>	19.0	(17.9, 20.2)
<b>Sex</b>		
Male	17.5	(15.7, 19.3)
Female	20.5	(19.0, 22.1)
<b>Race/Ethnicity</b>		
White Non-Hispanic	16.4	(15.2, 17.7)
Black Non-Hispanic	21.4	(19.0, 23.9)
Hispanic	30.4	(25.1, 36.3)
<b>Age</b>		
18-24 yr	9.9	(6.9, 14.0)
25-34 yr	11.8	(9.5, 14.7)
35-44 yr	17.3	(14.4, 20.6)
45-54 yr	21.6	(18.9, 24.6)
55-64 yr	24.6	(22.0, 27.4)
65+ yr	28.7	(26.3, 31.1)
<b>Income</b>		
Less than \$15,000	40.5	(36.2, 45.0)
\$15,000-\$24,999	30.4	(27.0, 34.1)
\$25,000-\$34,999	20.2	(16.8, 24.0)
\$35,000-\$49,999	13.0	(10.2, 16.4)
\$50,000-\$74,999	9.5	(7.4, 12.1)
\$75,000 or More	6.1	(4.7, 7.8)
<b>Education</b>		
Less than High School	37.8	(33.7, 42.2)
High School Graduate	21.5	(19.4, 23.7)
Some College	16.4	(14.4, 18.7)
College Graduate	6.3	(5.4, 7.4)
<b>Health Insurance Coverage</b>		
Has Health Insurance	14.1	(12.8, 15.6)
No Health Insurance	25.7	(22.7, 28.8)

<sup>a</sup> The proportion of adults who reported that their health, in general, was fair or poor.

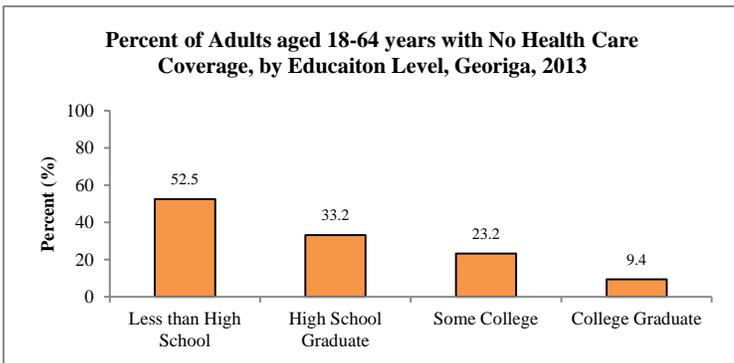
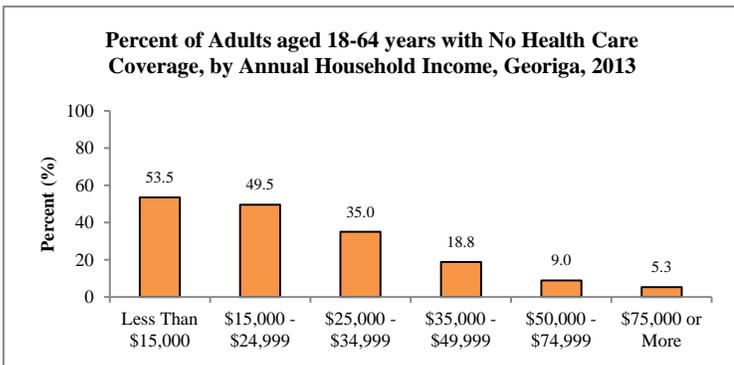
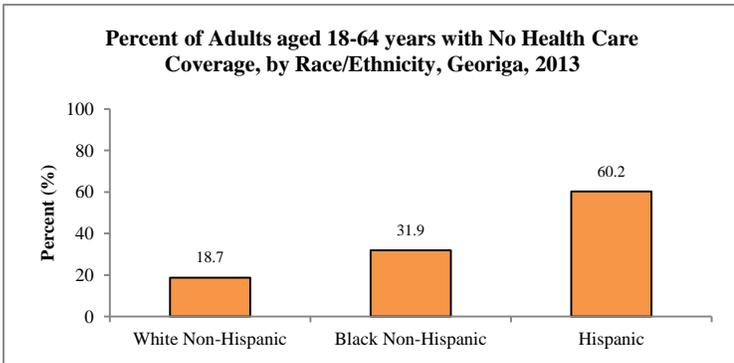


## No Health Care Coverage

Individuals without health care coverage have decreased access to health care services and usually delay getting needed medical attention.<sup>3</sup> Insurance coverage is an important factor in determining whether people will have access to services like screenings, treatment, and health education.<sup>4</sup> Access to health care can be limited both by lack of health insurance and by insufficient coverage.

In 2013, 72.3% of Georgia adults aged 18-64 years reported that they have health care coverage.

- Hispanics (60.2%) were significantly more likely not to have health coverage than white non-Hispanics (18.7%) and black non-Hispanics (31.9%).
- Adults aged 55-64 years (15.3%) were significantly less likely not to have health coverage when compared to other age groups.
- More than half of adults aged 18-64 years with an annual household income less than \$15,000 (53.5%) did not have any form of health care coverage.
- Adults with less than a high school education (52.5%) were significantly more likely not to have health coverage when compared to high school graduates (33.2%), those with some college (23.2%), and college graduates (9.4%).

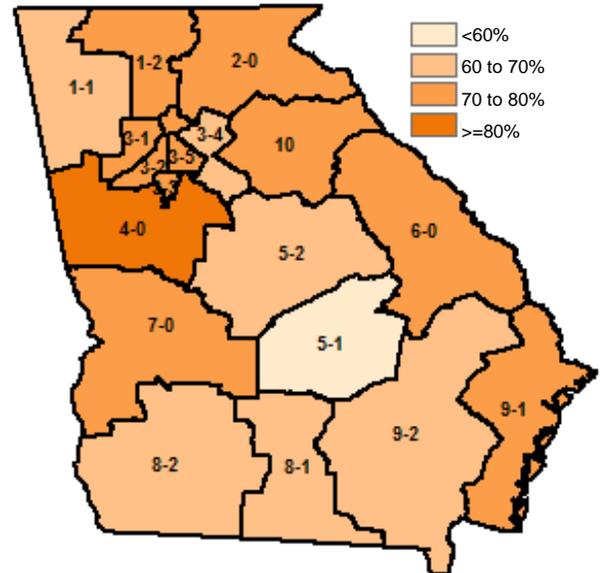


The HP 2020 target for health care coverage among adults is 100%.

Demographic Characteristics	No Health Care Coverage <sup>a</sup>	
	%	95% CI
<b>State Totals</b>	27.3	(25.7, 29.0)
<b>Sex</b>		
Male	29.1	(26.5, 31.7)
Female	25.7	(23.7, 27.7)
<b>Race/Ethnicity</b>		
White Non-Hispanic	18.7	(17.0, 20.5)
Black Non-Hispanic	31.9	(28.6, 35.3)
Hispanic	60.2	(54.0, 66.0)
<b>Age</b>		
18-24 yr	30.5	(25.8, 35.6)
25-34 yr	37.4	(33.3, 41.6)
35-44 yr	28.2	(24.9, 31.8)
45-54 yr	24.4	(21.4, 27.6)
55-64 yr	15.3	(13.2, 17.7)
<b>Income</b>		
Less than \$15,000	53.5	(48.4, 58.6)
\$15,000-\$24,999	49.5	(45.1, 53.8)
\$25,000-\$34,999	35.0	(29.5, 41.0)
\$35,000-\$49,999	18.8	(15.1, 23.3)
\$50,000-\$74,999	9.0	(6.4, 12.5)
\$75,000 or More	5.3	(3.6, 7.7)
<b>Education</b>		
Less than High School	52.5	(47.0, 58.0)
High School Graduate	33.2	(30.1, 36.5)
Some College	23.2	(20.6, 26.0)
College Graduate	9.4	(7.9, 11.2)

<sup>a</sup> The proportion 18-64 years old who have no health care coverage.

Percent of Adults aged 18-64 years with Health Care Coverage, by Health District, Georgia, 2013



## Limited Health Care Access

**Limited health care coverage** is indicated as: (1) not having a personal doctor or health care provider; and, (2) having a time in the past year when one needed to see a doctor but could not due to cost. These indicators are very important to health care due to the fact that increases in access to primary care have been shown to significantly improve health-related outcomes.

**In 2013, 28.2% of Georgia adults did not have a personal doctor or a health care provider.**

- Males (33.8%) were significantly more likely not to have a personal doctor when compared to females (22.9%).
- Hispanics (55.3%) were significantly more likely not to have a personal doctor when compared to black non-Hispanics (30.5%) and white non-Hispanics (21.8%).
- Adults without health insurance (61.3%) were significantly more likely not to have a personal doctor when compared to adults with health insurance (18%).

**In 2013, 19.8% of Georgia adults could not visit a doctor due to costs within the past 12 months.**

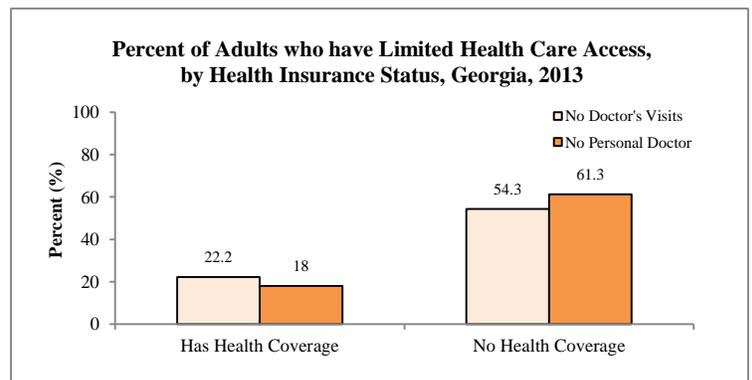
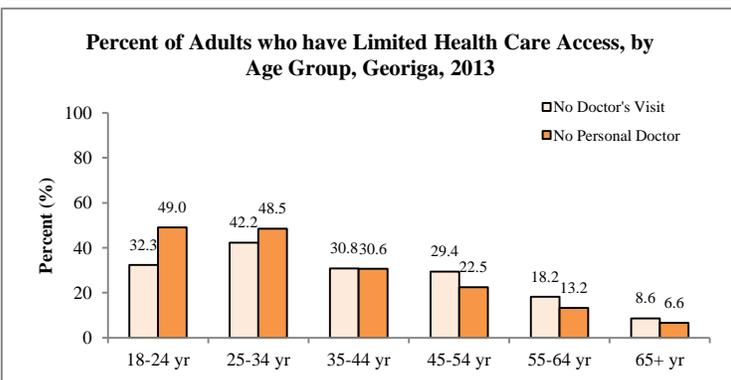
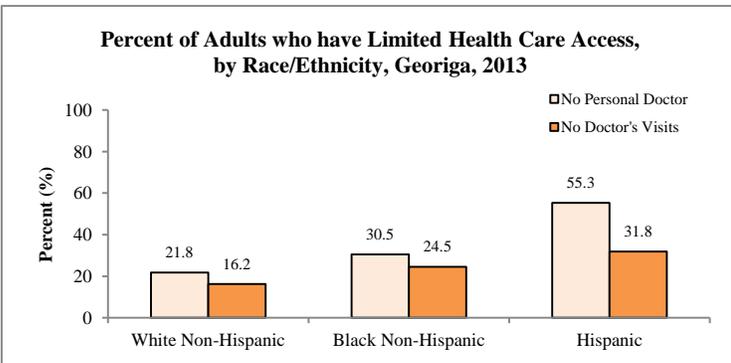
- Hispanics (31.8%) and black non-Hispanics (24.5%) had higher rates of forgoing medical care due to cost when compared to white non-Hispanics (16.2%).
- Adults with less than a high school education (32.9%) were significantly more likely to forgo medical care due to cost when compared with adults with higher education levels.
- Adults without health insurance (47.2%) were significantly more likely to forgo medical care due to cost when compared to adults with health insurance (13.3%).

**The HP 2020 target for those without usual primary care provider among adults is 16.1%.**

Demographic Characteristics	No Personal Health Care Provider <sup>a</sup>		No Health Care Due to Cost <sup>b</sup>	
	%	95% CI	%	95% CI
<b>State Totals</b>	28.2	(26.8, 29.7)	19.8	(18.6, 21.0)
<b>Sex</b>				
Male	33.8	(31.5, 36.3)	16.1	(14.3, 18.0)
Female	22.9	(21.2, 24.7)	23.2	(21.6, 24.9)
<b>Race/Ethnicity</b>				
White Non-Hispanic	21.8	(20.2, 23.5)	16.2	(14.8, 17.7)
Black Non-Hispanic	30.5	(27.5, 33.6)	24.5	(22.0, 27.3)
Hispanic	55.3	(49.2, 61.1)	31.8	(26.5, 37.5)
<b>Age</b>				
18-24 yr	49.0	(43.7, 54.2)	17.1	(13.9, 20.8)
25-34 yr	48.5	(44.3, 52.7)	25.4	(22.0, 29.1)
35-44 yr	30.6	(27.2, 34.3)	24.4	(21.2, 27.8)
45-54 yr	22.5	(19.7, 25.6)	24.9	(22.1, 27.9)
55-64 yr	13.2	(11.2, 15.5)	19.0	(16.6, 21.6)
65+ yr	6.6	(5.3, 8.3)	5.5	(4.3, 7.0)
<b>Income</b>				
Less than \$15,000	41.9	(37.5, 46.4)	42.8	(38.5, 47.3)
\$15,000-\$24,999	39.1	(35.3, 43.0)	33.3	(29.8, 37.0)
\$25,000-\$34,999	31.8	(27.2, 36.7)	21.2	(17.7, 25.2)
\$35,000-\$49,999	25.7	(21.9, 29.9)	15.8	(12.8, 19.3)
\$50,000-\$74,999	15.9	(13.2, 19.1)	11.1	(8.5, 14.3)
\$75,000 or More	15.7	(13.2, 18.7)	6.3	(4.6, 8.5)
<b>Education</b>				
Less than High School	44.9	(40.3, 49.6)	32.9	(28.8, 37.4)
High School Graduate	28.9	(26.2, 31.7)	19.7	(17.6, 22.1)
Some College	25.4	(22.9, 28.1)	19.9	(17.8, 22.1)
College Graduate	18.8	(16.9, 20.8)	10.2	(8.8, 11.8)
<b>Health Insurance Coverage</b>				
Has Health Insurance	18.0	(16.6, 19.5)	13.3	(12.0, 14.7)
No Health Insurance	61.3	(57.8, 64.6)	47.2	(43.6, 50.8)

<sup>a</sup> The proportion of adults who reported that they did not have anyone that they thought of as their personal doctor or health care provider

<sup>b</sup> The proportion of adults who reported that they could not see a doctor when needed due to cost within the past 12 months.



## No Annual Doctor's Visit

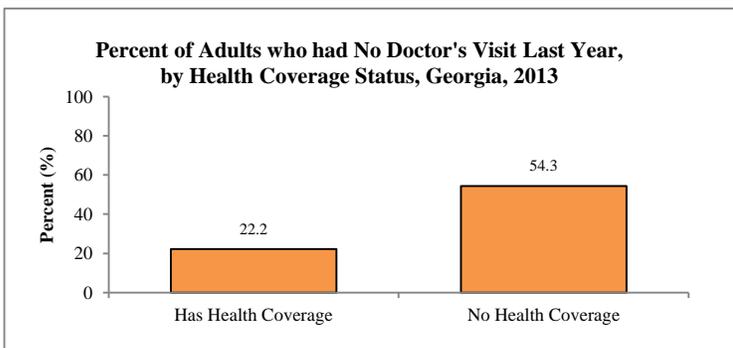
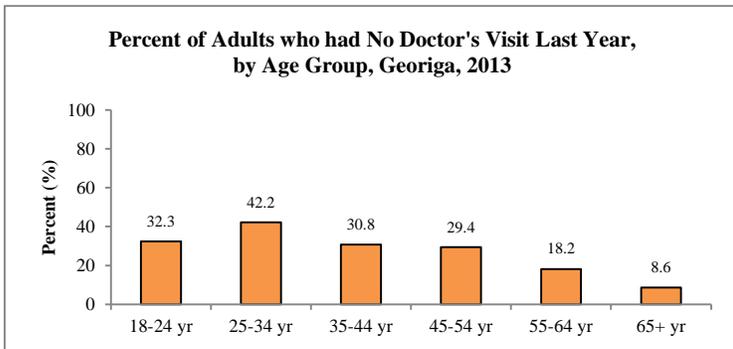
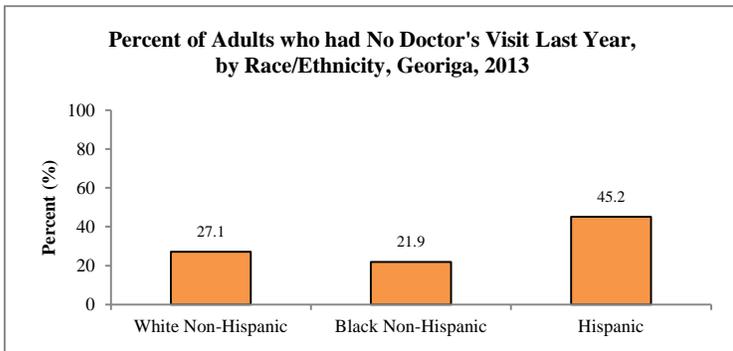
**Annual doctor's visit** serves as a preventive measure that can reduce risk factors for common chronic diseases. By having a visit every year, certain problems can be detected earlier when treatment might be more effective.

**In 2013, 27.1% of Georgia adults reported that they have not visited a doctor for a routine checkup within the past 12 months.**

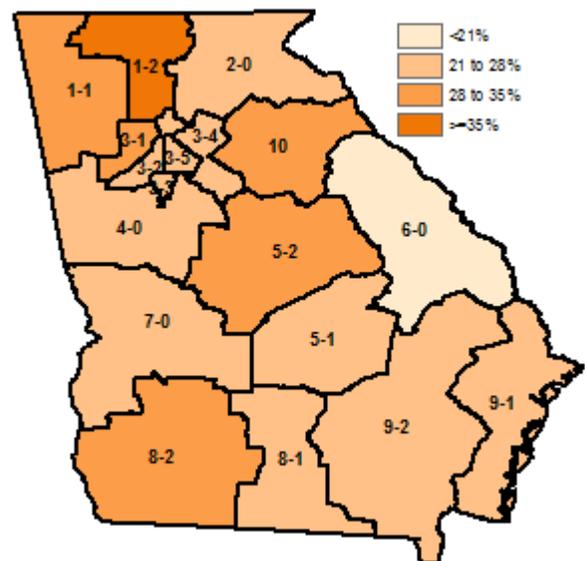
- Males (31.0%) were significantly more likely than females (23.6%) not to visit a doctor in the past year.
- Hispanics (43.2%) were significantly more likely not to visit a doctor in the past year when compared to white non-Hispanics (27.1%) and black non-Hispanics (21.9%).
- Adults aged 65 years and older (8.6%) were significantly least likely to have not visited a doctor in the past year.
- Adults with an income of \$15,000 - \$24,999 (36.4%) were the most likely to have not visited a doctor in the past year.
- More than half of adults who do not have health coverage (54.3%) did not visit a doctor in the past year.

Demographic Characteristics	No Doctor's Visit <sup>a</sup>	
	%	95% CI
<b>State Totals</b>	27.1	(25.7, 28.6)
<b>Sex</b>		
Male	31.0	(28.8, 33.4)
Female	23.6	(21.9, 25.3)
<b>Race/Ethnicity</b>		
White Non-Hispanic	27.1	(25.4, 28.9)
Black Non-Hispanic	21.9	(19.4, 24.6)
Hispanic	43.2	(37.1, 49.5)
<b>Age</b>		
18-24 yr	32.3	(27.7, 37.3)
25-34 yr	42.2	(38.0, 46.4)
35-44 yr	30.8	(27.4, 34.5)
45-54 yr	29.4	(26.3, 32.7)
55-64 yr	18.2	(16.0, 20.7)
65+ yr	8.6	(7.2, 10.2)
<b>Income</b>		
Less than \$15,000	34.7	(30.5, 39.2)
\$15,000-\$24,999	36.4	(32.7, 40.3)
\$25,000-\$34,999	29.9	(25.3, 34.9)
\$35,000-\$49,999	22.5	(19.0, 26.3)
\$50,000-\$74,999	22.4	(19.1, 26.0)
\$75,000 or More	22.8	(20.0, 25.9)
<b>Education</b>		
Less than High School	34.0	(29.6, 38.8)
High School Graduate	27.6	(25.0, 30.3)
Some College	26.2	(23.7, 28.9)
College Graduate	23.2	(21.2, 25.4)
<b>Health Insurance Coverage</b>		
Has Health Insurance	22.2	(20.6, 24.0)
No Health Insurance	54.3	(50.5, 58.0)

<sup>a</sup> The proportion of adults who reported that they did not have a personal doctor.



Percent of Adults who reported having No Annual Doctor's Visit, by Health District, Georgia, 2013



# Disability

**Disability** refers to limitations in activities due to physical, mental, or emotional problems or having health problems that require the use of special equipment. People with disabilities may lack access to health services and medical care.<sup>5</sup>

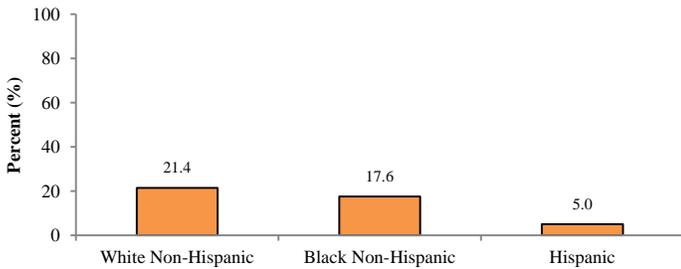
**In 2013, 18.7% of Georgia adults reported being disabled in any way.**

- Hispanics (5.0%) were significantly less likely to be disabled when compared to white non-Hispanics (21.4%) and black non-Hispanics (17.6%).
- Adults aged 55-64 (29.8%) were the most likely to be disabled when compared to adults in other age groups.
- Adults with an annual household income less than \$15,000 (36.2%) were the most likely to be disabled when compared to adults in other income levels.
- Adults with less than a high school education (24.8%) had a significantly higher prevalence of disability when compared to adults with some college (18.3%) and college graduates (13.3%).

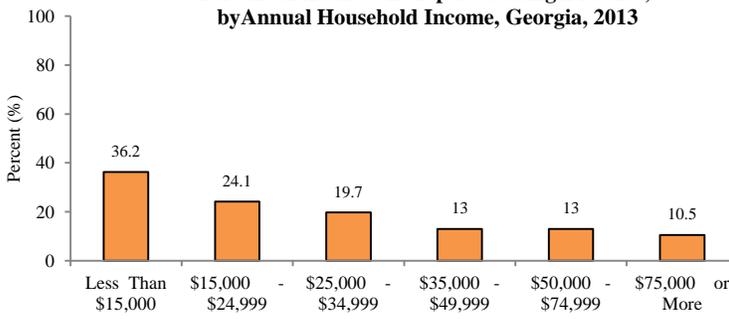
Demographic Characteristics	Disability <sup>a</sup>	
	%	95% CI
<b>State Totals</b>	18.7	(17.6, 19.8)
<b>Sex</b>		
Male	17.7	(16.1, 19.5)
Female	19.6	(18.2, 21.1)
<b>Race/Ethnicity</b>		
White Non-Hispanic	21.4	(20.0, 23.0)
Black Non-Hispanic	17.6	(15.5, 19.8)
Hispanic	5.0	(3.3, 7.4)
<b>Age</b>		
18-24 yr	9.1	(6.5, 12.6)
25-34 yr	9.3	(7.2, 12.0)
35-44 yr	14.5	(12.0, 17.4)
45-54 yr	22.0	(19.4, 24.8)
55-64 yr	29.8	(27.1, 32.7)
65+ yr	27.7	(25.3, 30.2)
<b>Income</b>		
Less than \$15,000	36.2	(32.2, 40.3)
\$15,000-\$24,999	24.1	(21.1, 27.5)
\$25,000-\$34,999	19.7	(16.4, 23.5)
\$35,000-\$49,999	13.0	(10.6, 15.8)
\$50,000-\$74,999	13.0	(10.6, 15.8)
\$75,000 or More	10.5	(8.8, 12.5)
<b>Education</b>		
Less than High School	24.8	(21.2, 28.6)
High School Graduate	20.1	(18.1, 22.2)
Some College	18.3	(16.4, 20.5)
College Graduate	13.3	(11.8, 14.8)
<b>Health Insurance Coverage</b>		
Has Health Insurance	16.8	(15.4, 18.2)
No Health Insurance	17.9	(15.5, 20.6)

<sup>a</sup>The proportion of adults who reported being limited in any activities due to physical, mental, or emotional problems.

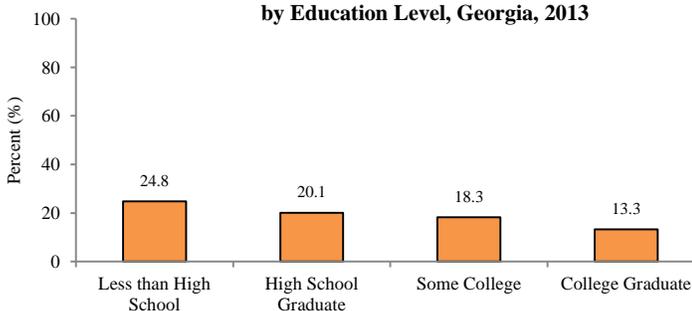
**Percent of Adults who reported being Disabled, by Race/Ethnicity, Georgia, 2013**



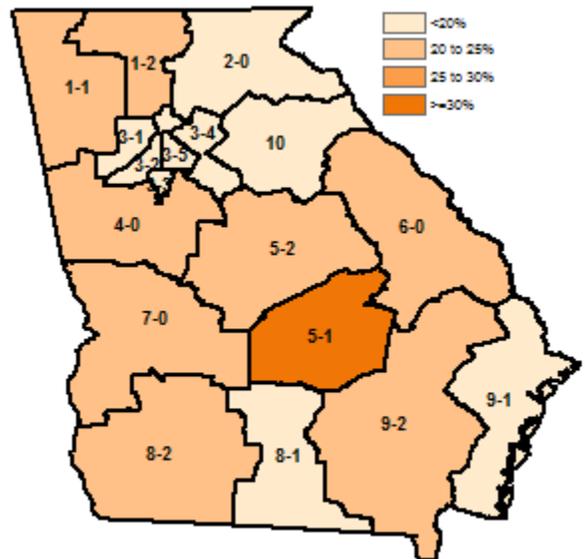
**Percent of Adults who reported being Disabled, by Annual Household Income, Georgia, 2013**



**Percent of Adults who reported being Disabled, by Education Level, Georgia, 2013**



**Percent of Adults who reported being Disabled, by Health District, Georgia, 2013**



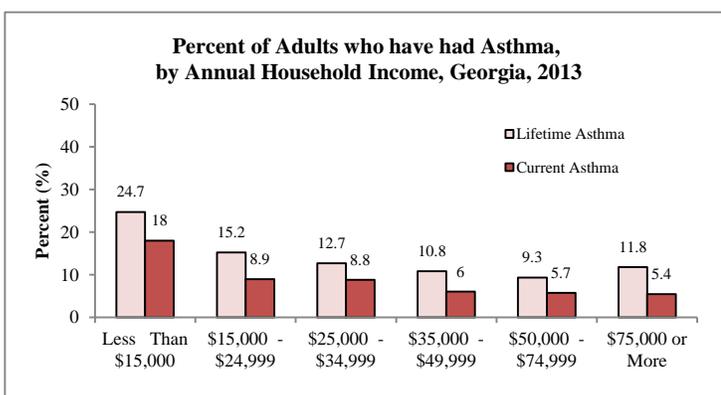
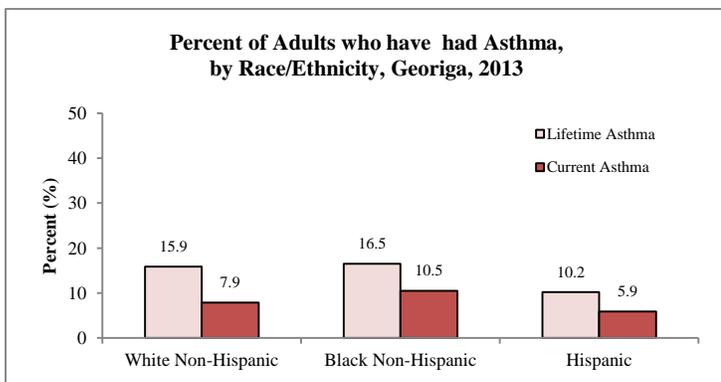
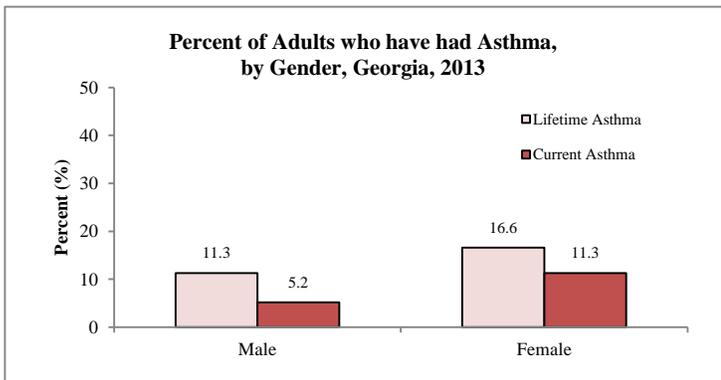
# Asthma

**Asthma** is a lifelong disease that causes wheezing, breathlessness, chest tightness, and coughing.<sup>6</sup> Most people with asthma can control their symptoms and prevent asthma attacks by avoiding asthma triggers and correctly using prescribed medicines.

**In 2013, 14.0% of Georgia adults reported ever having asthma and 8.4% currently have asthma.**

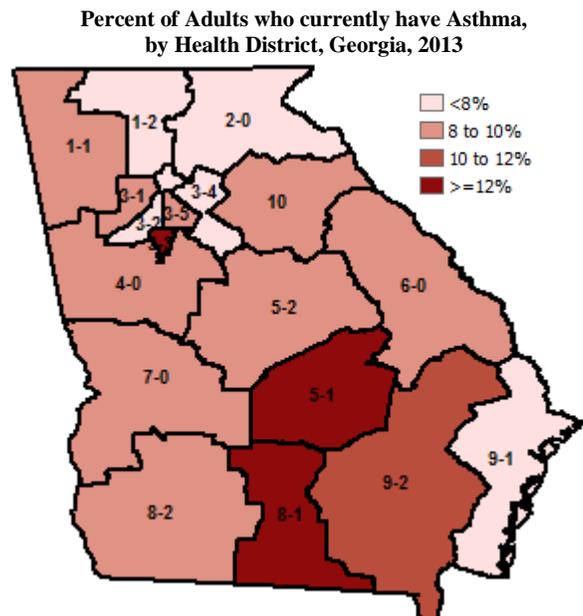
- Adult females were significantly more likely than males to have ever had asthma (16.6% vs. 11.3%) and to currently have asthma (11.3% vs. 5.2%).
- White non-Hispanics (7.9%) and black non-Hispanics (10.5%) were more likely to currently have asthma when compared to Hispanics (5.9%).
- Adults with a household income of less than \$15,000 were significantly the most likely to ever had asthma (24.7%) and to currently have asthma (18.0%).

Demographic Characteristics	Lifetime Asthma <sup>a</sup>		Current Asthma <sup>b</sup>	
	%	95% CI	%	95% CI
<b>State Totals</b>	14.0	(13.0, 15.1)	8.4	(7.6, 9.2)
<b>Sex</b>				
Male	11.3	(9.8, 13.0)	5.2	(4.3, 6.4)
Female	16.6	(15.2, 18.0)	11.3	(10.1, 12.5)
<b>Race/Ethnicity</b>				
White Non-Hispanic	13.9	(12.6, 15.2)	7.9	(6.9, 8.9)
Black Non-Hispanic	16.5	(14.4, 18.9)	10.5	(8.8, 12.4)
Hispanic	10.2	(7.3, 14.2)	5.9	(3.8, 8.9)
<b>Age</b>				
18-24 yr	21.5	(17.5, 26.2)	13.0	(10.0, 16.8)
25-34 yr	14.5	(11.8, 17.7)	6.7	(5.1, 8.8)
35-44 yr	13.0	(10.8, 15.5)	7.9	(6.2, 10.0)
45-54 yr	12.1	(10.3, 14.2)	7.3	(5.9, 9.0)
55-64 yr	14.1	(12.1, 16.4)	9.0	(7.4, 10.9)
65+ yr	10.7	(9.2, 12.5)	7.7	(6.4, 9.2)
<b>Income</b>				
Less than \$15,000	24.7	(21.1, 28.8)	18.0	(14.8, 21.6)
\$15,000-\$24,999	15.2	(12.8, 18.0)	8.9	(7.1, 11.1)
\$25,000-\$34,999	12.7	(9.9, 16.2)	8.8	(6.3, 12.0)
\$35,000-\$49,999	10.8	(8.4, 13.7)	6.0	(4.4, 8.1)
\$50,000-\$74,999	9.3	(7.3, 11.7)	5.7	(4.1, 7.8)
\$75,000 or More	11.8	(9.9, 13.9)	5.4	(4.3, 6.8)
<b>Education</b>				
Less than High School	17.9	(14.5, 21.9)	11.0	(8.7, 13.9)
High School Graduate	13.2	(11.5, 15.2)	8.2	(6.9, 9.8)
Some College	14.1	(12.3, 16.1)	8.3	(6.9, 9.8)
College Graduate	12.4	(10.9, 14.1)	7.0	(5.8, 8.3)
<b>Health Insurance Coverage</b>				
Has Health Insurance	14.4	(13.1, 15.8)	8.3	(7.3, 9.4)
No Health Insurance	15.6	(13.1, 18.6)	9.3	(7.4, 11.6)



<sup>a</sup> The proportion of adults who reported that they were ever told by a doctor, nurse, or other health care professional that they had asthma.

<sup>b</sup> The proportion of adults who reported that they still had asthma.



# Diabetes

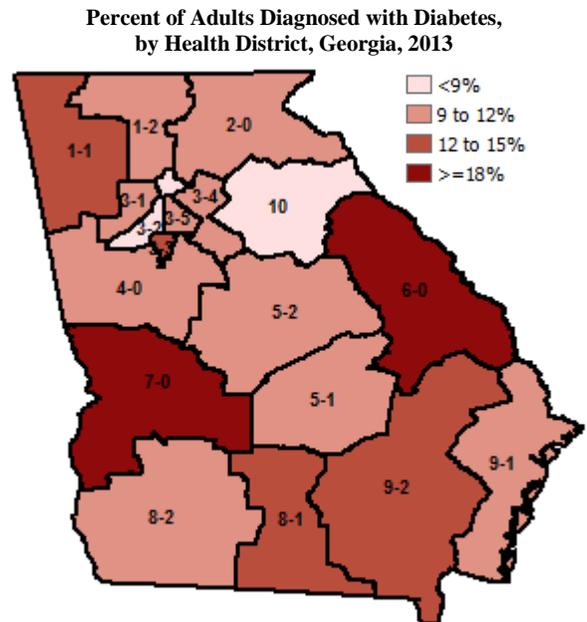
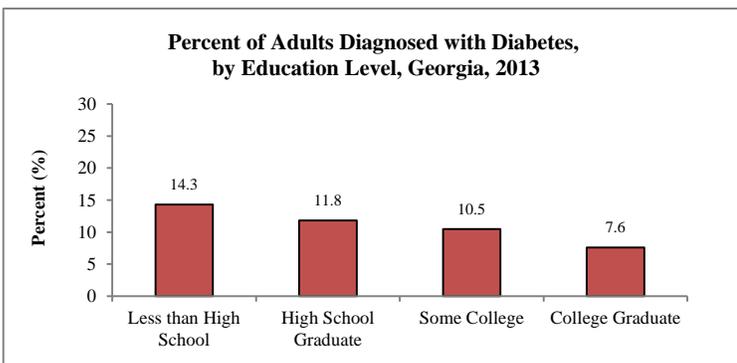
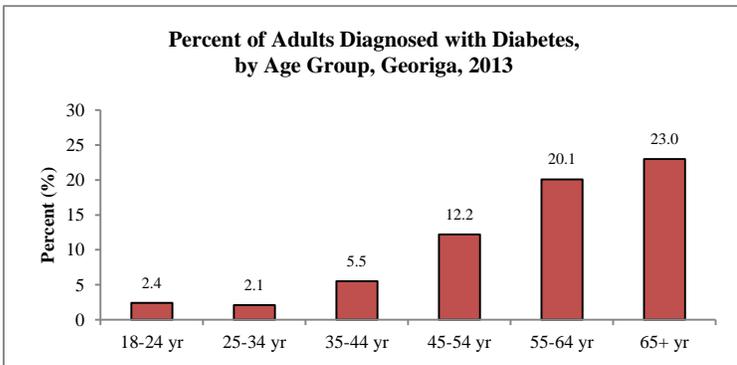
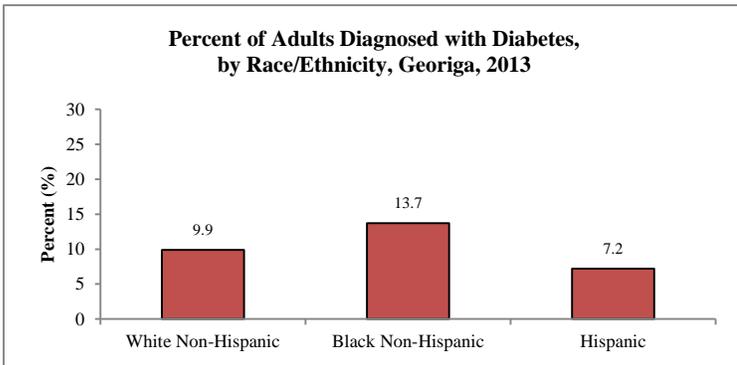
**Diabetes** is a chronic disease where the body is unable to process glucose, causing blood glucose levels to be higher than normal. Diabetes is the seventh leading cause of death in the United States and the sixth in Georgia, increasing the risk for heart disease, stroke, high blood pressure, blindness, kidney disease, amputations, nerve problems, dental disease, and infections.<sup>7</sup>

**In 2013, 10.8% of Georgia adults reported ever being diagnosed with diabetes by a health care professional.**

- Black non-Hispanics (13.7%) were significantly more likely to have ever been diagnosed with diabetes than Hispanics (7.2%).
- The prevalence of diabetes was highest among adults aged 65 years and older (23.0%).
- Adults with a household income of less than \$15,000 (15.7%) were the most likely to ever have diabetes compared with adults from other income levels.
- Adults with less than a high school education (14.3%) were significantly more likely to ever have diabetes when compared to college graduates (7.6%).

Demographic Characteristics	Diabetes <sup>a</sup>	
	%	95% CI
<b>State Totals</b>	10.8	(10.0, 11.7)
<b>Sex</b>		
Male	9.8	(8.6, 11.2)
Female	11.7	(10.7, 12.8)
<b>Race/Ethnicity</b>		
White Non-Hispanic	9.9	(9.0, 10.9)
Black Non-Hispanic	13.7	(11.9, 15.7)
Hispanic	7.2	(4.9, 10.6)
<b>Age</b>		
18-24 yr	2.4	(1.1, 5.3)
25-34 yr	2.1	(1.3, 3.5)
35-44 yr	5.5	(4.1, 7.2)
45-54 yr	12.2	(10.2, 14.6)
55-64 yr	20.1	(17.6, 22.8)
65+ yr	23.0	(20.8, 25.3)
<b>Income</b>		
Less than \$15,000	15.7	(13.1, 18.7)
\$15,000-\$24,999	11.8	(9.9, 14.0)
\$25,000-\$34,999	13.0	(10.2, 16.4)
\$35,000-\$49,999	8.9	(6.8, 11.4)
\$50,000-\$74,999	9.1	(7.2, 11.5)
\$75,000 or More	8.0	(6.4, 10.0)
<b>Education</b>		
Less than High School	14.3	(11.9, 17.0)
High School Graduate	11.8	(10.3, 13.5)
Some College	10.5	(8.9, 12.2)
College Graduate	7.6	(6.6, 8.8)
<b>Health Insurance Coverage</b>		
Has Health Insurance	9.0	(8.0, 10.1)
No Health Insurance	7.0	(5.6, 8.8)

<sup>a</sup>The proportion of adults who have physician-diagnosed diabetes. Adults with prediabetes or diabetes only during pregnancy are not considered to have diagnosis of diabetes.



# Heart Attack

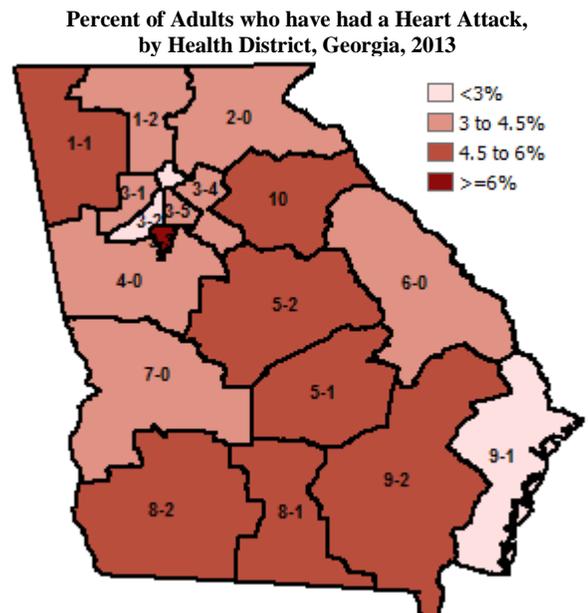
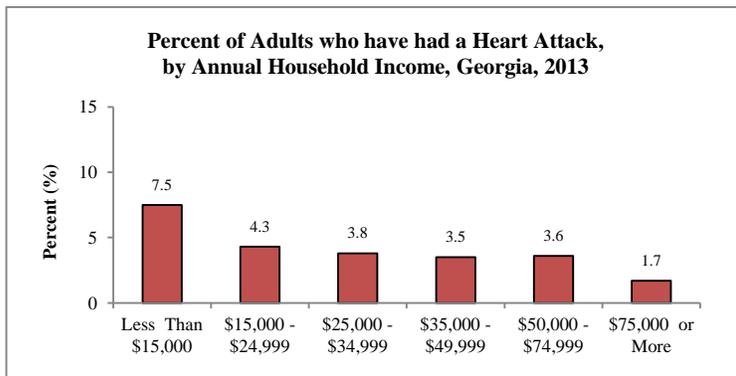
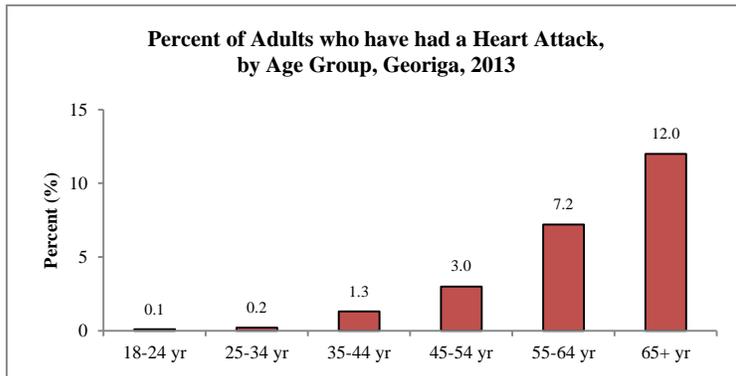
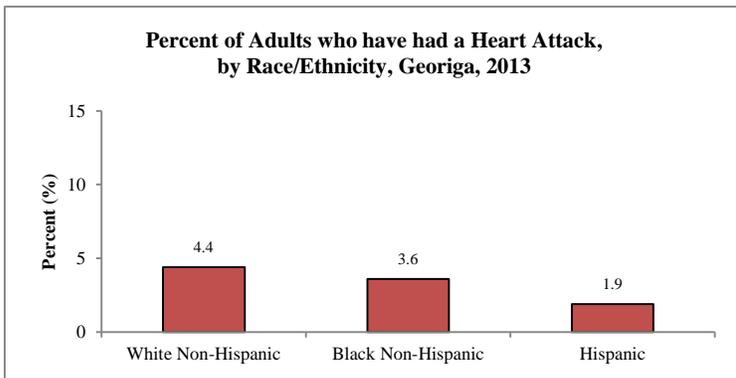
**Heart attack**, also called myocardial infarction, occurs when blood flow to a section of the heart muscle becomes blocked. Risk factors for heart attack include high blood cholesterol levels, high blood pressure, smoking, lack of physical activity and obesity.<sup>8</sup>

**In 2013, 3.9% of Georgia adults had ever been told that they have had a heart attack.**

- Adult males (4.6%) were more likely to have had a heart attack when compared to females (3.3%).
- Adults aged 65 years or older (12.0%) were significantly more likely to have had a heart attack when compared to other age groups.
- Adults with a household income of less than \$15,000 (7.5%) were significantly the most likely to have had a heart attack.

Demographic Characteristics	Heart Attack <sup>a</sup>	
	%	95% CI
<b>State Totals</b>	3.9	(3.5, 4.4)
<b>Sex</b>		
Male	4.6	(3.9, 5.5)
Female	3.3	(2.7, 3.9)
<b>Race/Ethnicity</b>		
White Non-Hispanic	4.4	(3.8, 5.1)
Black Non-Hispanic	3.6	(2.8, 4.7)
Hispanic	1.9	(1.0, 3.6)
<b>Age</b>		
18-24 yr	0.1	(0.0, 1.0)
25-34 yr	0.2	(0.1, 0.8)
35-44 yr	1.3	(0.8, 2.3)
45-54 yr	3.0	(2.1, 4.1)
55-64 yr	7.2	(5.7, 9.1)
65+ yr	12.0	(10.2, 14.0)
<b>Income</b>		
Less than \$15,000	7.5	(5.8, 9.6)
\$15,000-\$24,999	4.3	(3.3, 5.5)
\$25,000-\$34,999	3.8	(2.5, 5.7)
\$35,000-\$49,999	3.5	(2.5, 4.8)
\$50,000-\$74,999	3.6	(2.2, 5.7)
\$75,000 or More	1.7	(1.2, 2.5)
<b>Education</b>		
Less than High School	5.2	(3.9, 6.9)
High School Graduate	5.0	(4.1, 6.2)
Some College	3.6	(2.8, 4.5)
College Graduate	2.1	(1.6, 2.8)
<b>Health Insurance Coverage</b>		
Has Health Insurance	2.5	(2.1, 3.1)
No Health Insurance	1.9	(1.3, 2.7)

<sup>a</sup>The proportion of adults who had ever been told by a health professional that they had a heart attack of myocardial infarction.



# Stroke

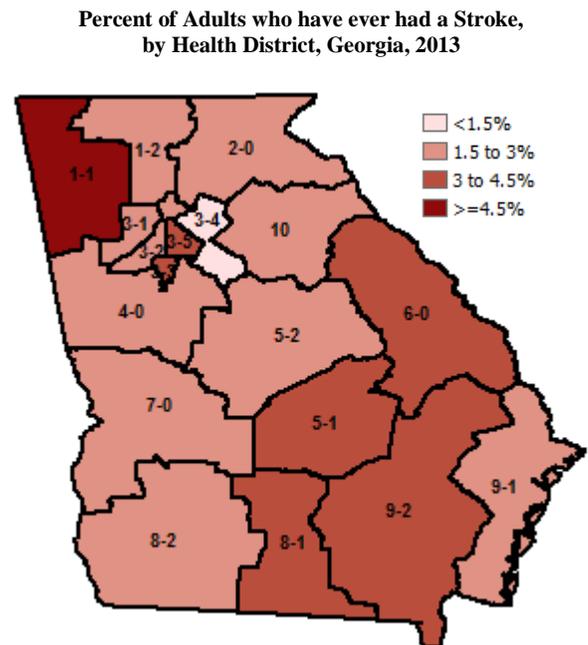
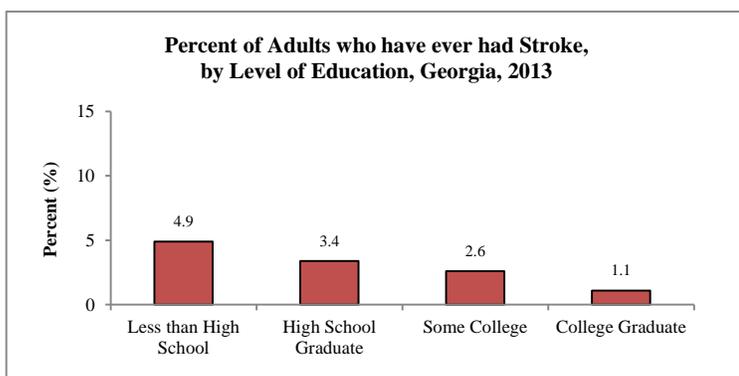
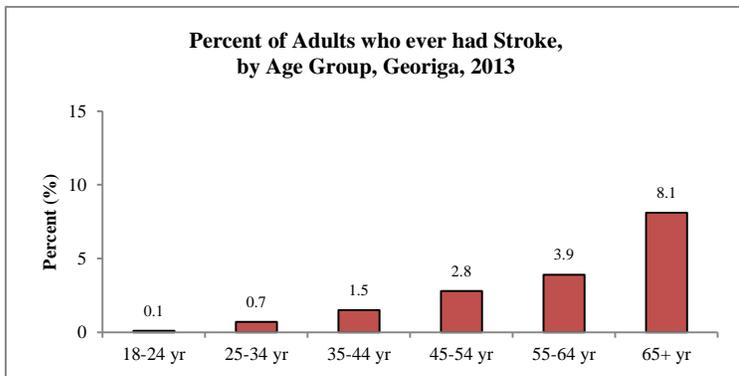
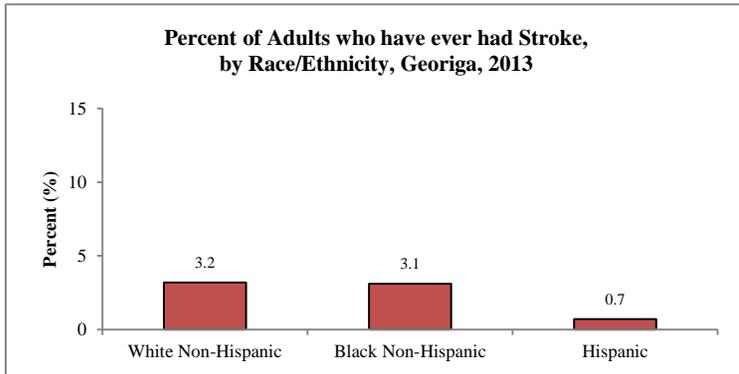
**Stroke** is the result of a blocked artery or a ruptured artery that prevents blood flow to the brain. Stroke is the fourth leading cause of death in the United States and the fifth in Georgia, and can cause significant disability, such as paralysis, speech difficulties, and emotional problems.<sup>9</sup>

**In 2013, 2.8% of Georgia adults reported ever being told by a health professional that they had a stroke.**

- Hispanics (0.7%) were significantly least likely to have ever had a stroke when compared to black non-Hispanics (3.1%) and white non-Hispanics (3.2%).
- Adults of age 65 years or older (8.1%) were significantly most likely to have ever had a stroke.
- Adults with household income less than \$15,000 (7.0%) were most likely to have ever had a stroke.
- Adults with less than a high school education (4.9%) were most likely to have ever had a stroke when compared to high school graduates (3.4%), those with some college (2.6%), and college graduates (1.1%).

Demographic Characteristics	Stroke <sup>a</sup>	
	%	95% CI
<b>State Totals</b>	2.8	(2.5, 3.3)
<b>Sex</b>		
Male	2.3	(1.8, 2.8)
Female	3.4	(2.8, 4.0)
<b>Race/Ethnicity</b>		
White Non-Hispanic	3.2	(2.7, 3.8)
Black Non-Hispanic	3.1	(2.4, 4.0)
Hispanic	0.7	(0.2, 2.1)
<b>Age</b>		
18-24 yr	0.1	(0.0, 0.6)
25-34 yr	0.7	(0.3, 1.5)
35-44 yr	1.5	(0.8, 2.9)
45-54 yr	2.8	(2.0, 4.0)
55-64 yr	3.9	(3.0, 5.1)
65+ yr	8.1	(6.8, 9.6)
<b>Income</b>		
Less than \$15,000	7.0	(5.2, 9.4)
\$15,000-\$24,999	4.1	(3.1, 5.5)
\$25,000-\$34,999	2.4	(1.6, 3.6)
\$35,000-\$49,999	1.6	(1.1, 2.5)
\$50,000-\$74,999	1.9	(1.1, 3.1)
\$75,000 or More	1.1	(0.7, 1.7)
<b>Education</b>		
Less than High School	4.9	(3.6, 6.6)
High School Graduate	3.4	(2.7, 4.3)
Some College	2.6	(2.0, 3.3)
College Graduate	1.1	(0.8, 1.5)
<b>Health Insurance Coverage</b>		
Has Health Insurance	1.8	(1.4, 2.2)
No Health Insurance	1.9	(1.2, 3.1)

<sup>a</sup>The proportion of adults who have ever been told by a health professional that they had a stroke.



# Angina

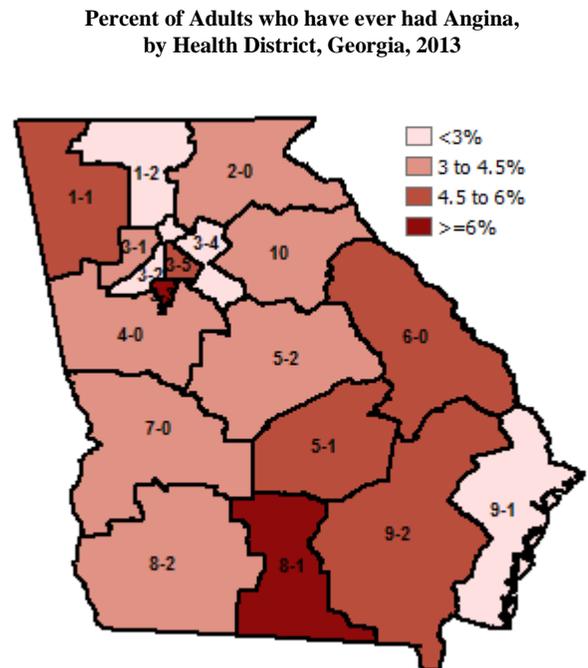
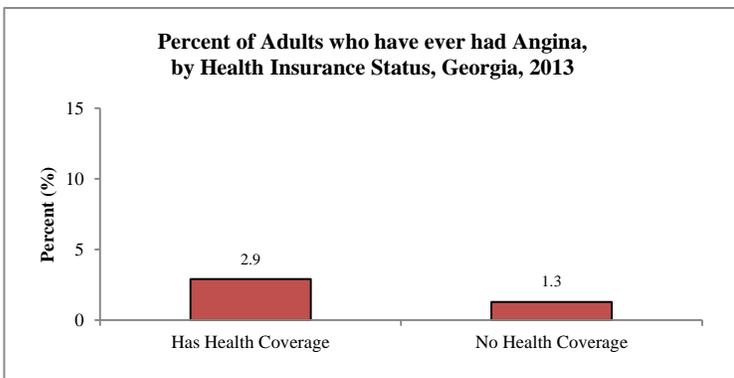
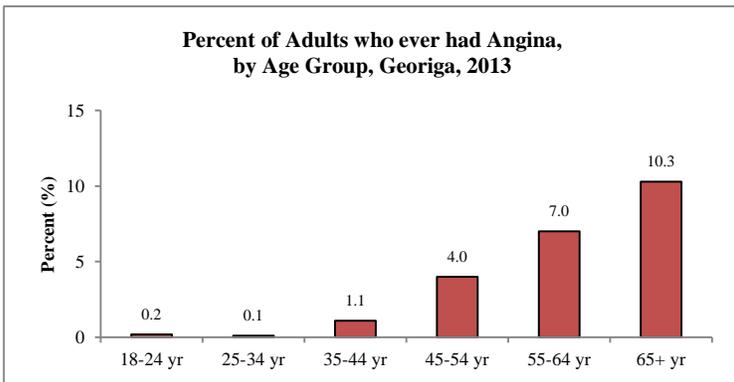
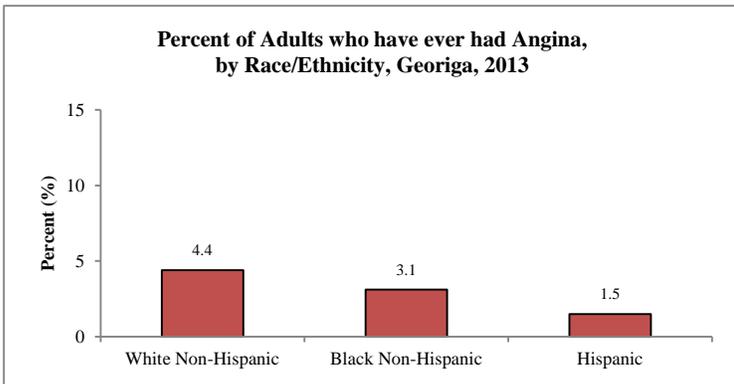
**Angina** is chest pain or discomfort that occurs when the heart muscle is not getting enough blood. Angina may feel like pressure or a squeezing pain in the chest. The pain may also occur in the shoulders, arms, neck, jaw, or back, and it may feel like indigestion.<sup>10</sup>

**In 2013, 3.7% of Georgia adults reported ever being told by a health professional that they have angina or coronary heart disease.**

- Adult males (4.4%) were more likely to have had angina when compared to adult females (3.1%).
- Hispanics (1.5%) were least likely to have had angina when compared to black non-Hispanics (3.1%) and white non-Hispanics (4.4%).
- Adults aged 65 years and older were most likely to have had angina (10.3%) when compared to other age groups.

Demographic Characteristics	Angina <sup>a</sup>	
	%	95% CI
<b>State Totals</b>	3.7	(3.3, 4.2)
<b>Sex</b>		
Male	4.4	(3.7, 5.3)
Female	3.1	(2.6, 3.7)
<b>Race/Ethnicity</b>		
White Non-Hispanic	4.4	(3.8, 5.1)
Black Non-Hispanic	3.1	(2.4, 4.1)
Hispanic	1.5	(0.6, 3.8)
<b>Age</b>		
18-24 yr	0.2	(0.0, 1.2)
25-34 yr	0.1	(0.0, 0.8)
35-44 yr	1.1	(0.6, 2.3)
45-54 yr	4.0	(2.9, 5.4)
55-64 yr	7.0	(5.6, 8.8)
65+ yr	10.3	(8.8, 12.1)
<b>Income</b>		
Less than \$15,000	6.4	(4.8, 8.4)
\$15,000-\$24,999	3.8	(2.8, 5.0)
\$25,000-\$34,999	4.3	(2.8, 6.5)
\$35,000-\$49,999	3.7	(2.7, 5.1)
\$50,000-\$74,999	2.5	(1.5, 4.3)
\$75,000 or More	2.6	(1.9, 3.4)
<b>Education</b>		
Less than High School	4.4	(3.2, 6.0)
High School Graduate	4.2	(3.3, 5.2)
Some College	3.6	(2.9, 4.6)
College Graduate	2.9	(2.3, 3.7)
<b>Health Insurance Coverage</b>		
Has Health Insurance	2.9	(2.4, 3.6)
No Health Insurance	1.3	(0.8, 2.0)

<sup>a</sup> The proportion of adults who had ever been told by a health professional that they had angina or coronary heart disease.



# Obesity

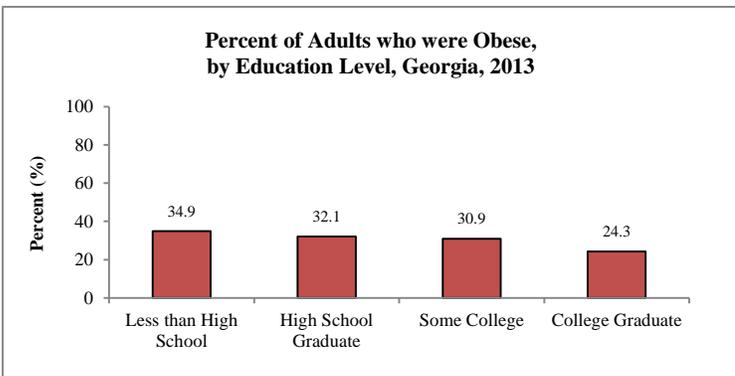
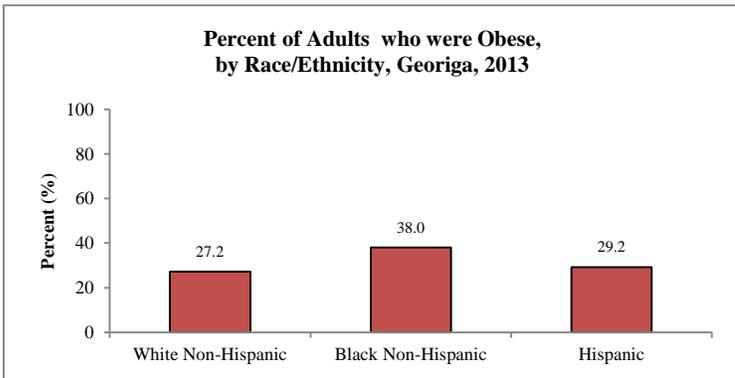
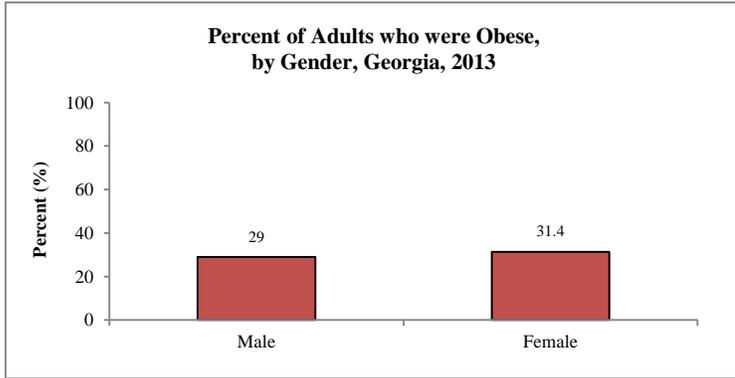
**Obesity** is defined as having a body mass index (BMI) greater than or equal to 30.0 kg/m<sup>2</sup>. Obesity increases the risk of developing high blood pressure, diabetes, coronary heart disease, stroke, high cholesterol, gallbladder disease and some types of cancers.<sup>11</sup>

**In 2013, 30.2% of Georgia adults were obese.**

- Adult females (31.4%) were more likely to be obese than males (29.0%).
- Black non-Hispanics (38.0%) were significantly more likely to be obese when compared to white non-Hispanics (27.2%).
- Adults with an age of 18-24 years (21.1%) were least likely to be obese when compared to adults of age 25 or older.
- Adults who are college graduates (24.3%) were significantly least likely to be obese when compared to any other education category.

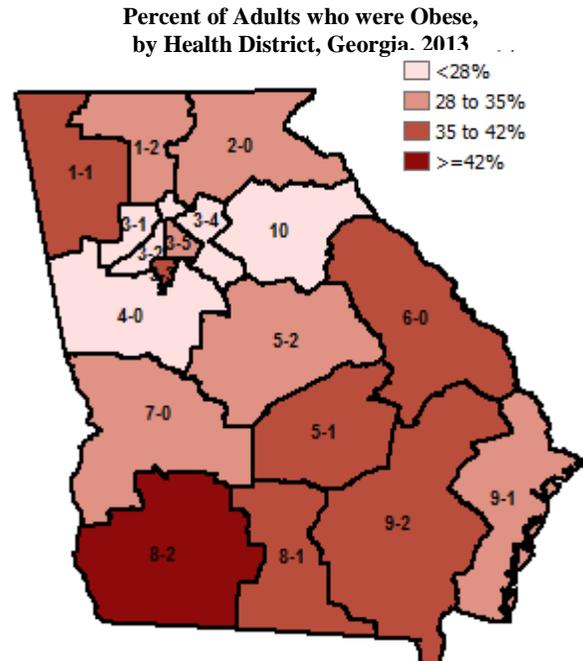
**The HP 2020 target for obesity among adults is 30.5%.**

Demographic Characteristics	Obese <sup>a</sup>	
	%	95% CI
<b>State Totals</b>	30.2	(28.8, 31.7)
<b>Sex</b>		
Male	29.0	(26.9, 31.2)
Female	31.4	(29.7, 33.3)
<b>Race/Ethnicity</b>		
White Non-Hispanic	27.2	(25.6, 28.9)
Black Non-Hispanic	38.0	(35.0, 41.1)
Hispanic	29.2	(23.7, 35.4)
<b>Age</b>		
18-24 yr	21.1	(17.0, 25.9)
25-34 yr	27.3	(23.8, 31.3)
35-44 yr	34.2	(30.6, 38.0)
45-54 yr	34.6	(31.4, 38.0)
55-64 yr	36.1	(33.1, 39.1)
65+ yr	26.5	(24.1, 29.0)
<b>Income</b>		
Less than \$15,000	35.8	(31.6, 40.2)
\$15,000-\$24,999	33.2	(29.8, 36.8)
\$25,000-\$34,999	32.1	(27.8, 36.7)
\$35,000-\$49,999	31.6	(27.6, 35.8)
\$50,000-\$74,999	32.8	(28.9, 36.9)
\$75,000 or More	24.7	(22.1, 27.6)
<b>Education</b>		
Less than High School	34.9	(30.5, 39.5)
High School Graduate	32.1	(29.5, 34.8)
Some College	30.9	(28.3, 33.6)
College Graduate	24.3	(22.3, 26.4)
<b>Health Insurance Coverage</b>		
Has Health Insurance	30.5	(28.7, 32.4)
No Health Insurance	32.3	(28.9, 35.9)



<sup>a</sup>The proportion of adults whose BMI was greater than or equal to 30.0 kg/m<sup>2</sup>.

Note: Body mass index, BMI, is defined as weight (kg) divided by height (m) squared.



# Overweight

**Overweight** is defined as having a body mass index (BMI) between 25.0 and 29.9 kg/m<sup>2</sup>. Being overweight increases poor health outcomes such as coronary heart disease, type 2 diabetes, high blood pressure, stroke, liver and gallbladder disease, and cancer.<sup>12</sup>

**In 2013, 35.3% of Georgia adults were overweight.**

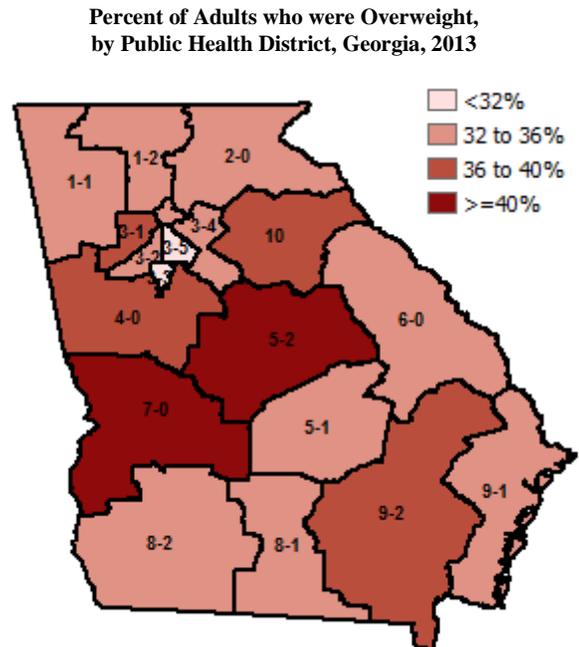
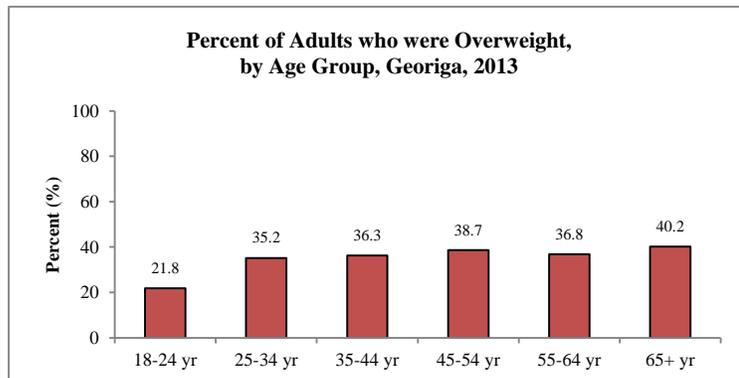
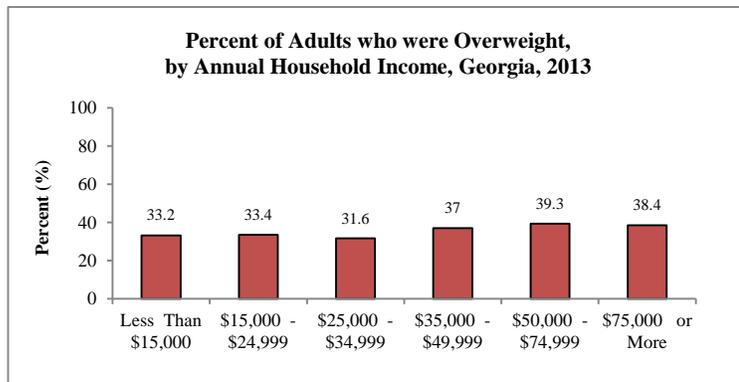
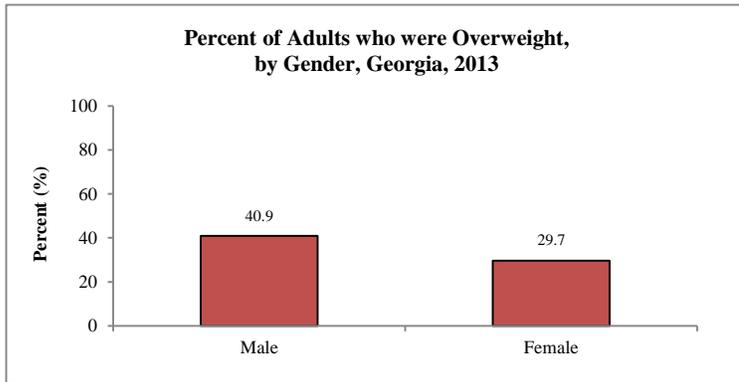
- Adult males (40.9%) were significantly more likely to be overweight than females (29.7%).
- Hispanics (32.7%) were least likely to be overweight when compared to white non-Hispanics (36.0%) and black non-Hispanics (35.7%).
- Adults of 18-24 years (21.8%) were significantly least likely to be overweight when compared to adults of age 25 or older.
- Adults with an annual income of \$50,000-\$74,999 (39.3%) were most likely to be overweight when compared to adults from any other annual household income category.

**The HP 2020 target for adults who are at a healthy weight is 33.9%.**

Demographic Characteristics	Overweight <sup>a</sup>	
	%	95% CI
<b>State Totals</b>	35.3	(33.8, 36.8)
<b>Sex</b>		
Male	40.9	(38.6, 43.4)
Female	29.7	(28.0, 31.5)
<b>Race/Ethnicity</b>		
White Non-Hispanic	36.0	(34.2, 37.8)
Black Non-Hispanic	35.7	(32.7, 38.9)
Hispanic	32.7	(26.9, 39.2)
<b>Age</b>		
18-24 yr	21.8	(17.7, 26.6)
25-34 yr	35.2	(31.0, 39.5)
35-44 yr	36.3	(32.6, 40.2)
45-54 yr	38.7	(35.4, 42.0)
55-64 yr	36.8	(33.9, 39.8)
65+ yr	40.2	(37.5, 42.9)
<b>Income</b>		
Less than \$15,000	33.2	(29.0, 37.6)
\$15,000-\$24,999	33.4	(29.7, 37.3)
\$25,000-\$34,999	31.6	(27.4, 36.2)
\$35,000-\$49,999	37.0	(32.7, 41.6)
\$50,000-\$74,999	39.3	(35.3, 43.4)
\$75,000 or More	38.4	(35.4, 41.5)
<b>Education</b>		
Less than High School	36.6	(32.0, 41.5)
High School Graduate	34.4	(31.7, 37.2)
Some College	33.3	(30.6, 36.1)
College Graduate	37.9	(35.6, 40.3)
<b>Health Insurance Coverage</b>		
Has Health Insurance	34.3	(32.4, 36.3)
No Health Insurance	34.3	(30.8, 38.1)

<sup>a</sup> The proportion of adults whose BMI was between 25.0 and 29.9 kg/m<sup>2</sup>.

Note: Body mass index, BMI, is defined as weight (kg) divided by height (m) squared.



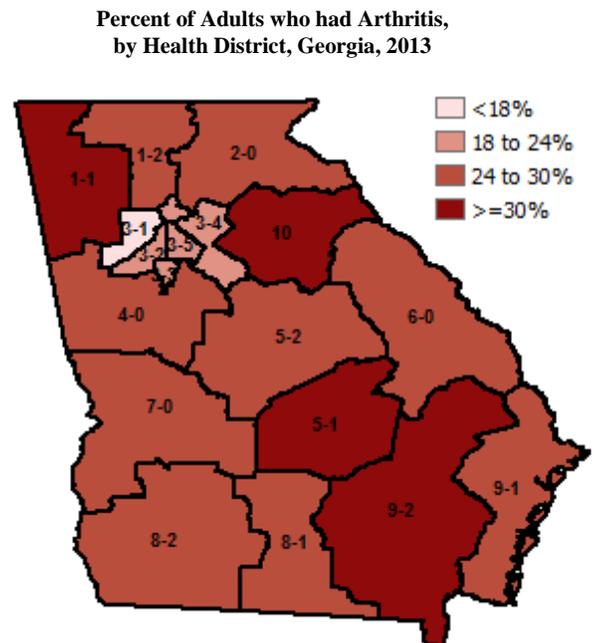
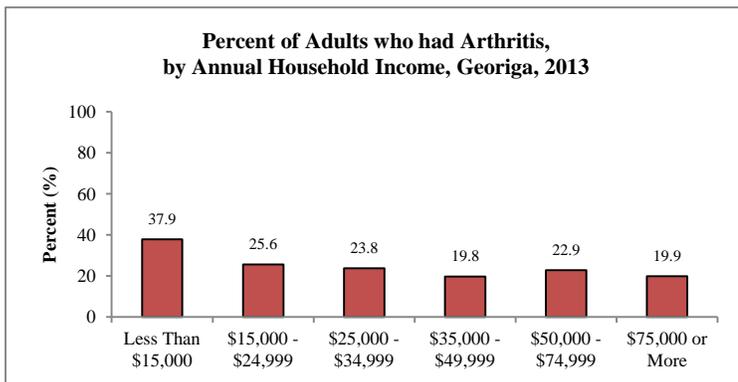
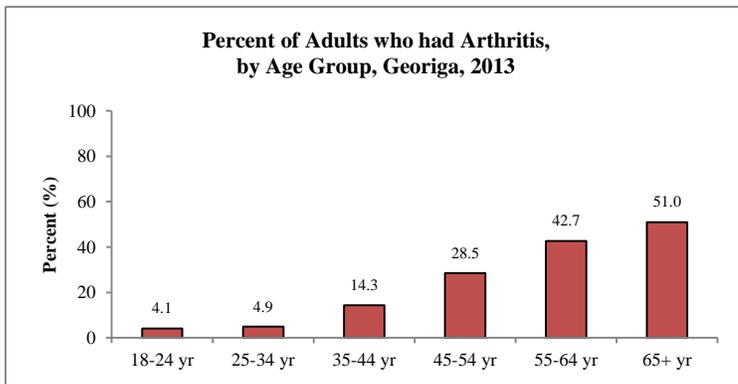
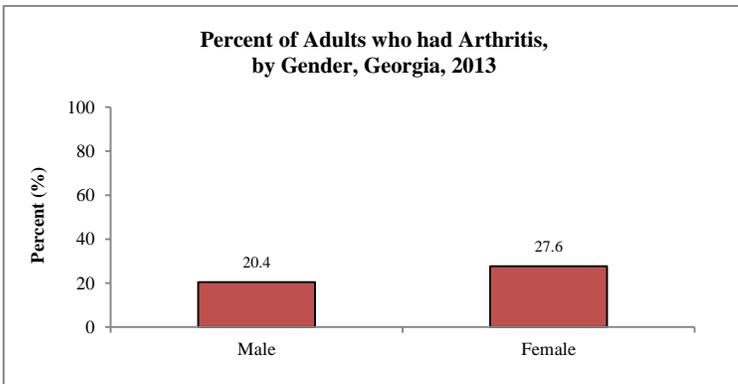
# Arthritis

**Arthritis** refers to rheumatic conditions that cause pain in and around joints and connective tissues. This pain can develop over time or can occur suddenly. Arthritis pain can be relieved by engaging in frequent physical activity.<sup>33</sup>

**In 2013, 24.1% of Georgia adults had arthritis.**

- Adult females (27.6%) were significantly more likely to have arthritis than males (20.4%).
- Hispanics (7.4%) were significantly least likely to have arthritis when compared to white non-Hispanics (28.7%) and black non-Hispanics (22.1%).
- Adults aged 65 years and older (51.0%) were significantly more likely to have arthritis when compared to other age groups.
- Adults with an annual income of less than \$15,000 (37.9%) were significantly most likely to have arthritis when compared to adults from any other annual household income category.

Demographic Characteristics	Arthritis	
	%	95% CI
<b>State Totals</b>	24.1	(23.0, 25.3)
<b>Sex</b>		
Male	20.4	(18.7, 22.3)
Female	27.6	(26.1, 29.1)
<b>Race/Ethnicity</b>		
White Non-Hispanic	28.7	(27.1, 30.3)
Black Non-Hispanic	22.1	(19.9, 24.5)
Hispanic	7.4	(5.1, 10.5)
<b>Age</b>		
18-24 yr	4.1	(2.3, 7.3)
25-34 yr	4.9	(3.3, 7.1)
35-44 yr	14.3	(11.9, 17.1)
45-54 yr	28.5	(25.6, 31.7)
55-64 yr	42.7	(39.8, 45.8)
65+ yr	51.0	(48.3, 53.7)
<b>Income</b>		
Less than \$15,000	37.9	(33.7, 42.3)
\$15,000-\$24,999	25.6	(22.7, 28.6)
\$25,000-\$34,999	23.8	(20.4, 27.7)
\$35,000-\$49,999	19.8	(16.8, 23.2)
\$50,000-\$74,999	22.9	(19.9, 26.1)
\$75,000 or More	19.9	(17.5, 22.5)
<b>Education</b>		
Less than High School	31.1	(27.4, 35.0)
High School Graduate	26.5	(24.3, 28.8)
Some College	22.8	(20.7, 25.1)
College Graduate	18.3	(16.7, 20.0)
<b>Health Insurance Coverage</b>		
Has Health Insurance	27.0	(25.6, 28.4)
No Health Insurance	15.0	(12.9, 17.4)



# Adequate Physical Activity

**Adequate physical activity** can lower the risk of chronic disease, falls and fractures, helps maintain healthy body weight, and enhance quality of life. The U.S. Department of Health and Human Services recommend that adults aged 18-64 years participate in moderate physical activity for at least 150 minutes per week, vigorous physical activities for at least 75 minutes per week, or an equivalent combination of both and also participate in muscle strengthening activities on two or more days per week.<sup>13</sup>

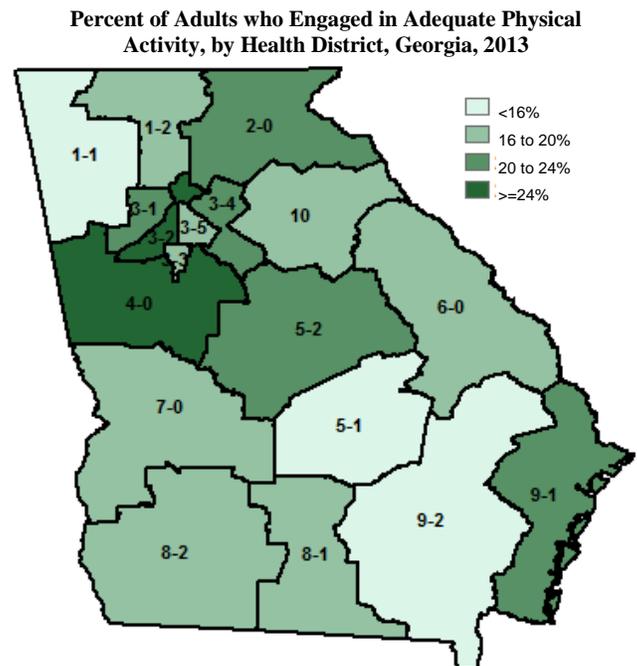
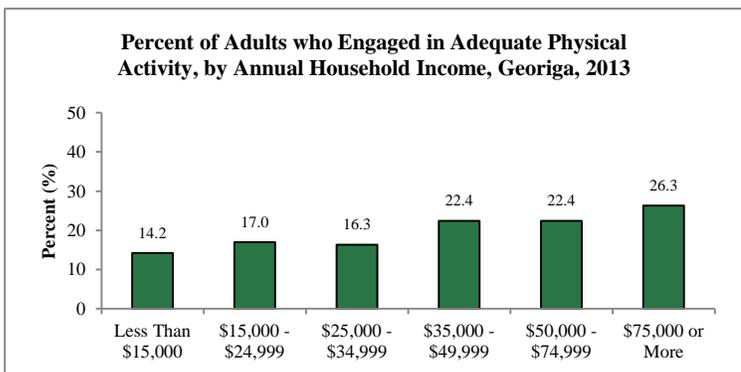
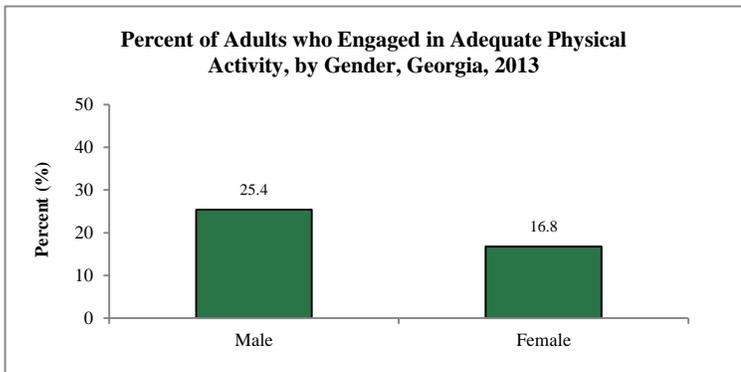
**In 2013, 20.9% of Georgia adults currently meet both the aerobic and muscle strengthening components of the physical activity recommendations.**

- Adult males (25.4%) were significantly more likely than females (16.8%) to engage in adequate physical activity.
- Hispanic (12.9%) adults were significantly less likely to engage in adequate physical activity when compared to white non-Hispanic (21.5%) and black non-Hispanic adults (21.7%).
- The proportion of adults who engaged in adequate physical activity decreases as age increases.
- Adults with a household income of \$75,000 or more (26.3%) were more likely to engage in adequate physical activity when compared to adults in other household income levels.
- Adults with a less than high school education (12.5%) were significantly less likely to engage in adequate physical activity when compared to adults with some college (22.3%) and college graduates (27.4%).

**The HP 2020 target for combined aerobic and muscle strengthening components among adults is 20.1%. The current prevalence among Georgia adults meets this goal.**

Demographic Characteristics	Adequate Physical Activity	
	%	95% CI
<b>State Totals</b>	20.9	(19.5, 22.4)
<b>Sex</b>		
Male	25.4	(23.0, 27.8)
Female	16.8	(15.3, 18.3)
<b>Race/Ethnicity</b>		
White Non-Hispanic	21.5	(19.9, 23.3)
Black Non-Hispanic	21.7	(18.7, 25.1)
Hispanic	12.9	(9.4, 17.5)
<b>Age</b>		
18-24 yr	33.0	(27.8, 38.7)
25-34 yr	25.3	(21.4, 29.7)
35-44 yr	18.5	(15.7, 21.7)
45-54 yr	20.4	(17.6, 23.6)
55-64 yr	15.1	(13.0, 17.5)
65+ yr	14.9	(12.9, 17.0)
<b>Income</b>		
Less than \$15,000	14.2	(11.2, 17.8)
\$15,000-\$24,999	17.0	(14.2, 20.2)
\$25,000-\$34,999	16.3	(12.5, 20.9)
\$35,000-\$49,999	22.4	(18.4, 26.9)
\$50,000-\$74,999	22.4	(19.0, 26.3)
\$75,000 or More	26.3	(23.5, 29.3)
<b>Education</b>		
Less than High School	12.5	(8.9, 17.3)
High School Graduate	18.7	(16.2, 21.5)
Some College	22.3	(19.7, 25.1)
College Graduate	27.4	(25.2, 29.7)
<b>Health Insurance Coverage</b>		
Has Health Insurance	23.3	(21.5, 25.2)
No Health Insurance	18.6	(15.4, 22.3)

<sup>a</sup> The proportion of adults who currently meet both the aerobic and muscle strengthening components of the physical activity recommendations



# No Leisure-Time Physical Activity

Leisure-time physical activity helps improve overall health and fitness, and reduces your risk for many chronic diseases such as cardiovascular disease, diabetes, colon and breast cancers, and osteoporosis. Regular physical activity also helps to maintain body weight, healthy bones, muscles, and joints, reduce symptoms of anxiety and depression, and enhances quality of life.<sup>14</sup>

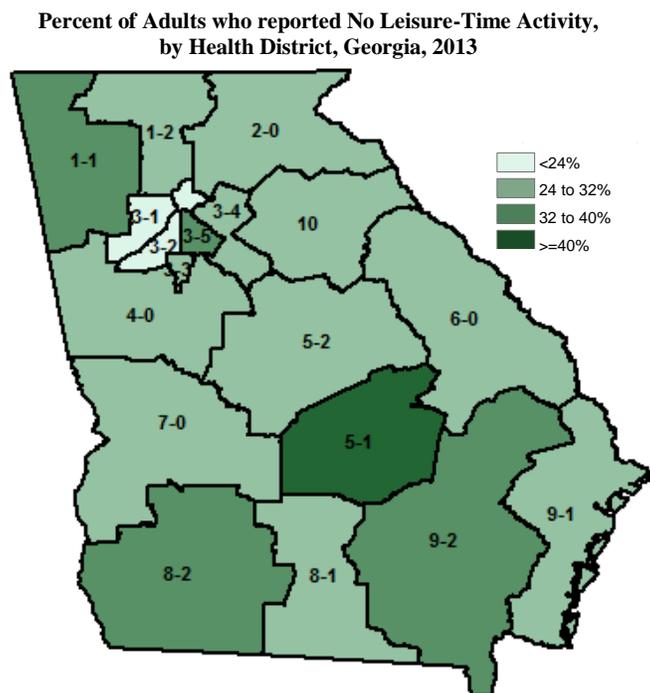
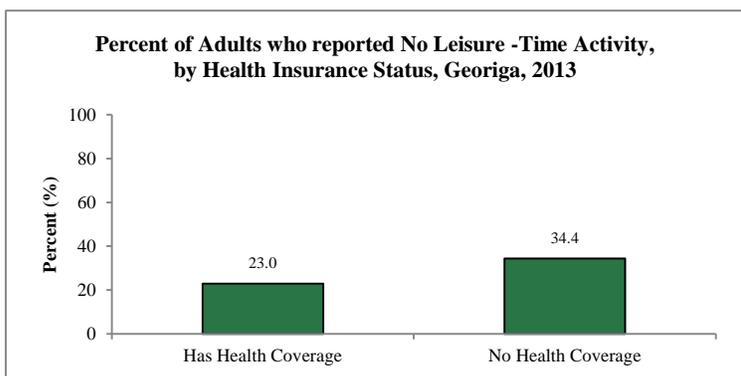
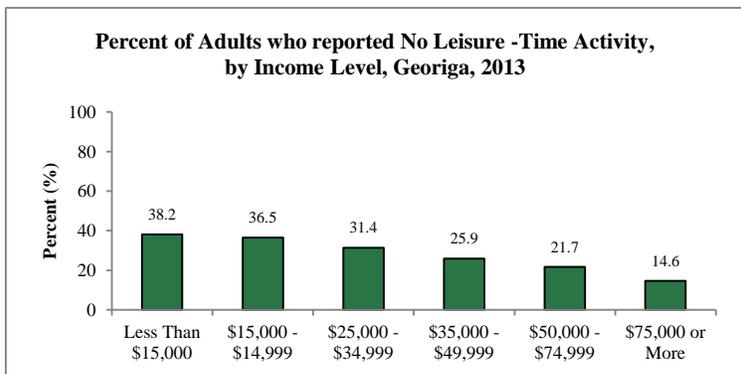
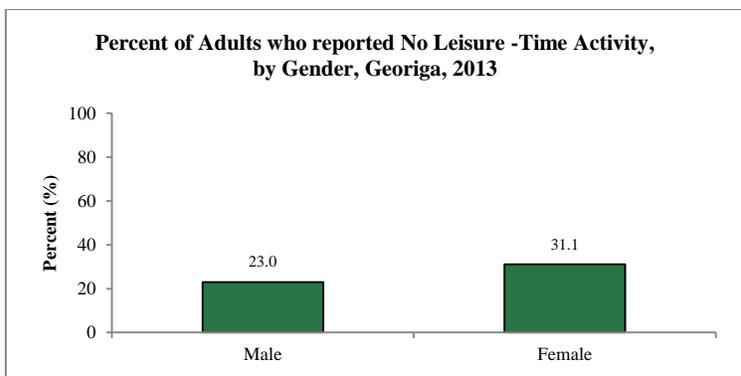
**In 2013, 27.2% of Georgia adults were physically inactive during leisure time within the past month.**

- Adult females (31.1%) were significantly more likely than males (23.0%) to be physically inactive.
- Adults with an income of \$75,000 or more (14.6%) were significantly least likely to be physically inactive.
- Adults with a less than high school education (42.2%) were significantly more likely to be physically inactive when compared to high school graduates (32.1%), adults with some college (24.2%), and college graduates (15.2%).
- Adults with health insurance (23.0%) were significantly less likely to be physically inactive when compared to adults without health insurance (34.4%).

The HP 2020 target for adults who engage in no leisure-time physical activity is 32.6%. The current prevalence among Georgia adults meets this goal.

Demographic Characteristics	No Leisure-Time Physical Activity <sup>a</sup>	
	%	95% CI
<b>State Totals</b>	27.2	(25.8, 28.7)
<b>Sex</b>		
Male	23.0	(21.0, 25.2)
Female	31.1	(29.3, 33.0)
<b>Race/Ethnicity</b>		
White Non-Hispanic	25.2	(23.6, 26.8)
Black Non-Hispanic	30.9	(28.0, 34.0)
Hispanic	30.3	(24.8, 36.6)
<b>Age</b>		
18-24 yr	19.4	(15.3, 24.3)
25-34 yr	22.9	(19.4, 26.9)
35-44 yr	26.4	(23.0, 30.0)
45-54 yr	30.4	(27.2, 33.8)
55-64 yr	29.1	(26.3, 32.0)
65+ yr	34.4	(31.8, 37.2)
<b>Income</b>		
Less than \$15,000	38.2	(33.9, 42.6)
\$15,000-\$24,999	36.5	(32.8, 40.4)
\$25,000-\$34,999	31.4	(26.8, 36.4)
\$35,000-\$49,999	25.9	(22.2, 30.0)
\$50,000-\$74,999	21.7	(18.5, 25.3)
\$75,000 or More	14.6	(12.4, 17.2)
<b>Education</b>		
Less than High School	42.2	(37.4, 47.0)
High School Graduate	32.1	(29.4, 34.9)
Some College	24.2	(21.9, 26.8)
College Graduate	15.2	(13.6, 16.9)
<b>Health Insurance Coverage</b>		
Has Health Insurance	23.0	(21.3, 24.7)
No Health Insurance	34.4	(30.7, 38.2)

<sup>a</sup> The proportion of adults who reported not participating in any leisure-time physical activities or exercises during the past month.



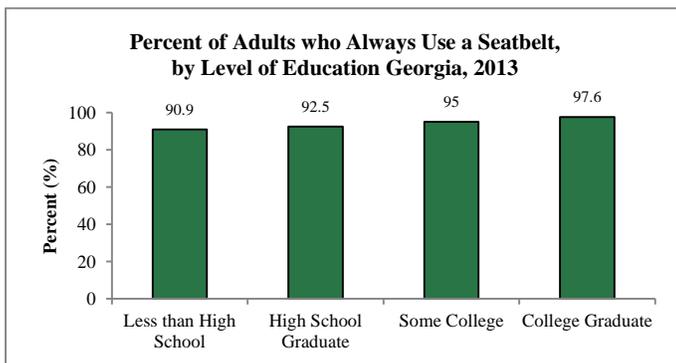
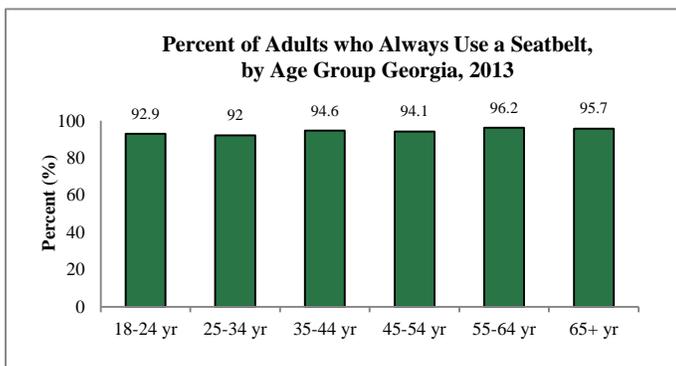
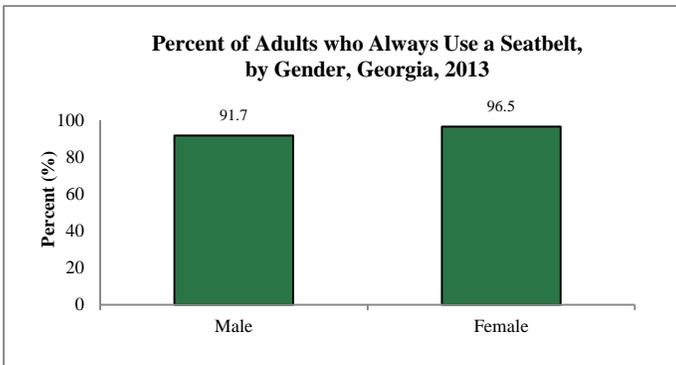
# Seatbelt Use

**Seatbelt use** reduces serious injuries and deaths in motor vehicle crashes by 50%.<sup>15</sup> In 2009, about 12,000 more injuries would have been prevented and about 450 more lives saved if all states had primary enforcement seat belt laws.<sup>15</sup> Georgia's seat belt law states that while the passenger vehicle is being operated on a public road, street or highway, each occupant in the front seat of a passenger vehicle should be restrained by a seat safety belt approved under federal motor vehicle safety standard 208.<sup>16</sup>

**In 2013, 94.2% of Georgia adults reported always or almost always using a seatbelt when they are driving or**

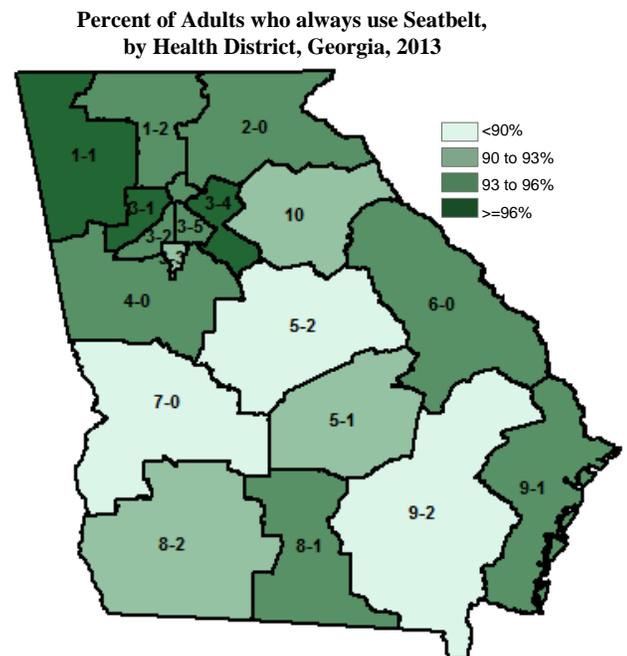
- Females (96.5%) were significantly more likely to always or almost always use a seatbelt when compared to males (91.7%).
- Adults aged 25-34 years (92%) were least likely to always or almost always use a seatbelt when compared to all other age groups.
- Adults identified as college graduates (97.6%) were significantly more likely to always or almost always use a seatbelt when compared to adults with lower levels of education.
- Adults with health coverage (95.4%) were significantly more likely to always use a seatbelt when compared to those without health coverage (90.3%).

**The HP 2020 target for seatbelt use is 92.4%.**



Demographic Characteristics	Always/Almost Always use a Seatbelt <sup>a</sup>	
	%	95% CI
<b>State Totals</b>	94.2	(93.3, 95.0)
<b>Sex</b>		
Male	91.7	(90.1, 93.1)
Female	96.5	(95.6, 97.2)
<b>Race/Ethnicity</b>		
White Non-Hispanic	94.6	(93.6, 95.4)
Black Non-Hispanic	93.0	(90.7, 94.8)
Hispanic	94.1	(90.0, 96.6)
<b>Age</b>		
18-24 yr	92.9	(89.8, 95.1)
25-34 yr	92.0	(89.1, 94.2)
35-44 yr	94.6	(92.2, 96.3)
45-54 yr	94.1	(91.6, 95.9)
55-64 yr	96.2	(94.8, 97.2)
65+ yr	95.7	(94.5, 96.7)
<b>Income</b>		
Less than \$15,000	91.3	(88.2, 93.7)
\$15,000-\$24,999	92.8	(90.2, 94.8)
\$25,000-\$34,999	91.0	(86.9, 93.8)
\$35,000-\$49,999	95.3	(93.0, 96.8)
\$50,000-\$74,999	96.0	(94.0, 97.3)
\$75,000 or More	97.2	(96.1, 98.0)
<b>Education</b>		
Less than High School	90.9	(87.1, 93.6)
High School Graduate	92.5	(90.6, 94.0)
Some College	95.0	(93.6, 96.1)
College Graduate	97.6	(96.8, 98.2)
<b>Health Insurance Coverage</b>		
Has Health Insurance	95.4	(94.6, 96.1)
No Health Insurance	90.3	(87.4, 92.6)

<sup>a</sup> The proportion of adults who always or almost always use a seatbelt while driving or riding in a car.



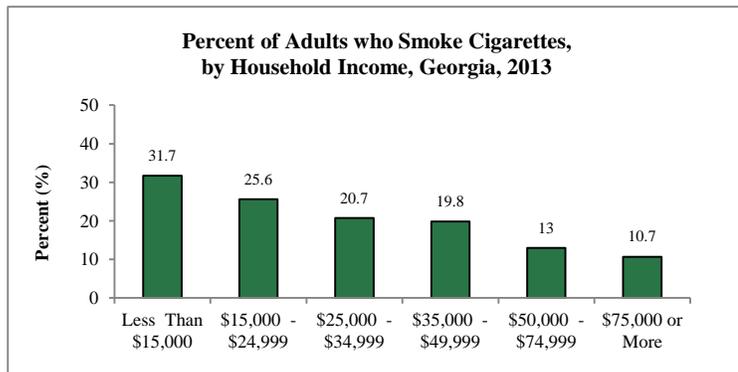
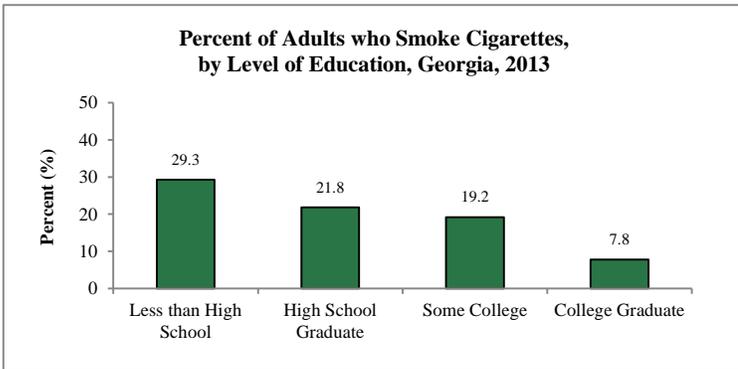
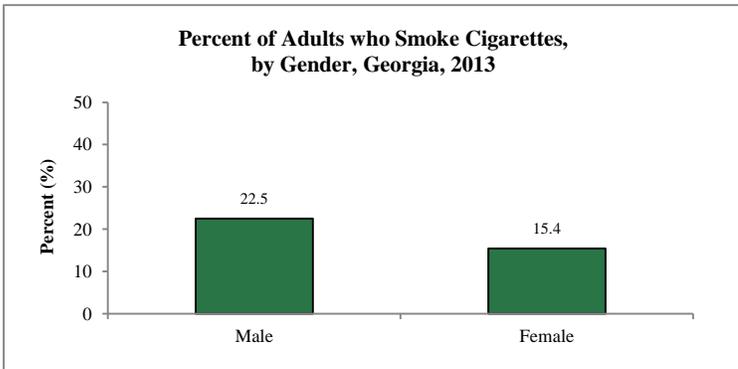
# Smoking

**Cigarette smoking** is one of the leading causes of preventable deaths in the United States.<sup>17</sup> Smoking is associated with deaths related to cancer, respiratory diseases, and cardiovascular diseases.<sup>18</sup> About 10.1% of deaths among Georgia adults are linked to smoking.<sup>18</sup>

**In 2013, 18.8% of Georgia adults were current cigarette smokers and 20.6% were former smokers.**

- Adult males (22.5%) were significantly more likely to currently smoke cigarettes than females (15.4%).
- Adults with an annual income of less than \$15,000 (31.7%) were more likely to currently smoke cigarettes than those with an annual income of \$15,000 or greater.
- Adults with less than a high school education (29.3%) were significantly more likely to currently smoke cigarettes when compared to high school graduates (21.8%), those with some college (19.2%), and college graduates (7.8%).
- Adults with health insurance (16.9%) were significantly less likely to currently smoke when compared to adults without health insurance (31.6%).

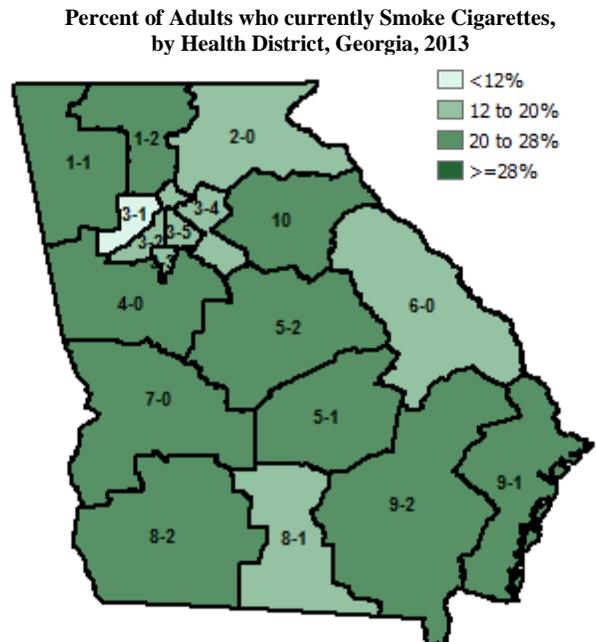
**The HP 2020 target for current cigarette smokers is 12%.**



Demographic Characteristics	Current Smoker <sup>a</sup>		Former Smoker <sup>b</sup>	
	%	95% CI	%	95% CI
<b>State Totals</b>	18.8	(17.6, 20.1)	20.6	(19.5, 21.8)
<b>Sex</b>				
Male	22.5	(20.5, 24.8)	24.5	(22.6, 26.5)
Female	15.4	(14.0, 16.9)	17.0	(15.8, 18.4)
<b>Race/Ethnicity</b>				
White Non-Hispanic	20.6	(19.0, 22.3)	25.5	(23.9, 27.1)
Black Non-Hispanic	17.3	(14.9, 20.0)	14.5	(12.6, 16.7)
Hispanic	13.3	(9.5, 18.3)	11.8	(8.6, 16.1)
<b>Age</b>				
18-24 yr	16.5	(13.1, 20.6)	6.1	(4.2, 8.8)
25-34 yr	26.9	(23.1, 31.1)	14.9	(12.2, 18.1)
35-44 yr	19.9	(17.0, 23.1)	15.6	(13.1, 18.5)
45-54 yr	21.6	(18.8, 24.8)	18.8	(16.3, 21.7)
55-64 yr	17.8	(15.5, 20.4)	29.0	(26.3, 31.9)
65+ yr	8.7	(7.2, 10.6)	38.8	(36.2, 41.6)
<b>Income</b>				
Less than \$15,000	31.7	(27.7, 36.1)	17.2	(14.2, 20.7)
\$15,000-\$24,999	25.6	(22.2, 29.2)	18.1	(15.7, 20.8)
\$25,000-\$34,999	20.7	(17.1, 24.9)	22.0	(18.3, 26.2)
\$35,000-\$49,999	19.8	(16.5, 23.7)	21.2	(18.2, 24.6)
\$50,000-\$74,999	13.0	(10.5, 15.9)	23.5	(20.2, 27.1)
\$75,000 or More	10.7	(8.5, 13.4)	22.6	(20.2, 25.2)
<b>Education</b>				
Less than High School	29.3	(25.1, 34.0)	17.1	(14.0, 20.7)
High School Graduate	21.8	(19.5, 24.3)	20.7	(18.6, 22.9)
Some College	19.2	(17.1, 21.5)	21.8	(19.7, 24.1)
College Graduate	7.8	(6.5, 9.4)	21.4	(19.6, 23.3)
<b>Health Insurance Coverage</b>				
Has Health Insurance	16.9	(15.5, 18.5)	18.3	(16.9, 19.8)
No Health Insurance	31.6	(28.2, 35.3)	14.3	(12.0, 16.9)

<sup>a</sup> The proportion of adults who reported that they had smoked at least 100 cigarettes (5 packs) in their life and they currently smoke cigarettes, either every day or on some days.

<sup>b</sup> The proportion of adults who reported that they had smoked at least 100 cigarettes (5 packs) in their life but do not currently smoke.



# Smokeless Tobacco

**Smokeless tobacco** is known to cause cancer of the oral cavity and pancreas, and should not be considered a safe substitute for smoking cigarettes.<sup>19</sup> The two main types of smokeless tobacco sold in the United States are chewing tobacco and snuff.

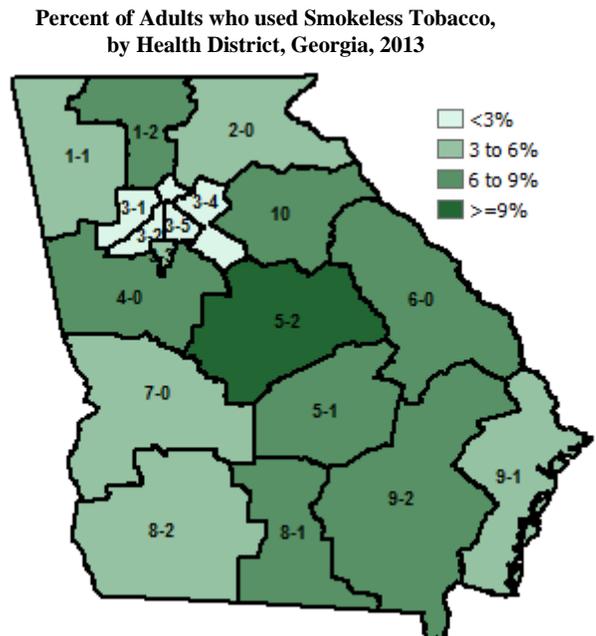
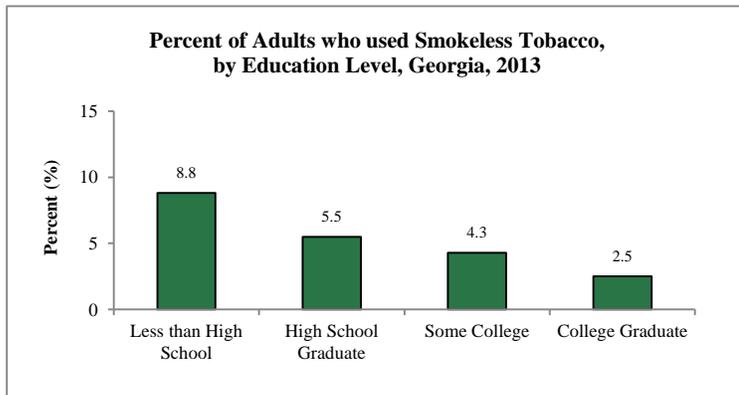
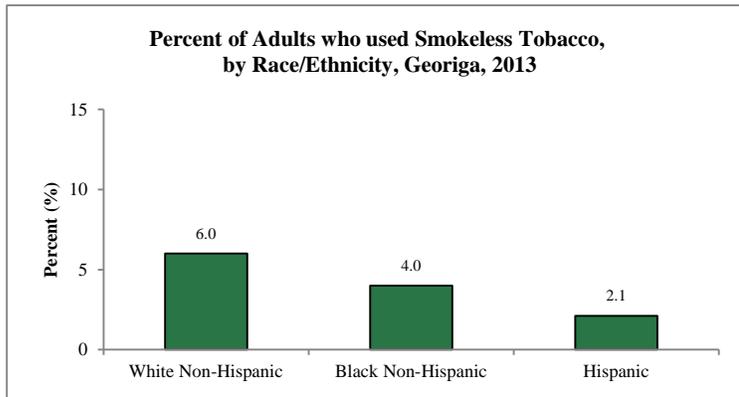
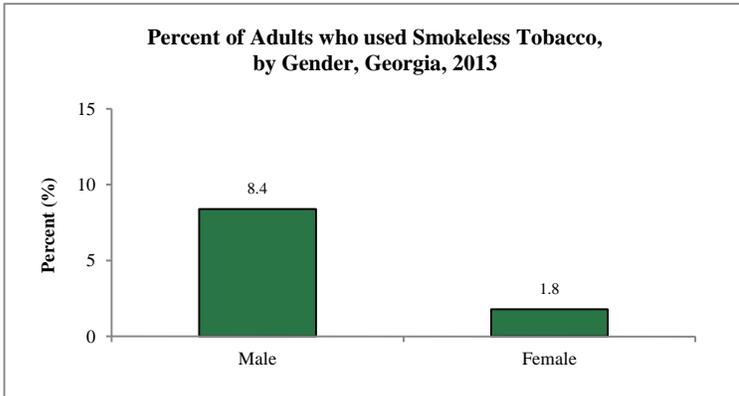
**In 2013, 5.0% of Georgia adults reported using smokeless tobacco.**

- Adult males (8.4%) were significantly more likely to use smokeless tobacco compared to females (1.8%).
- White non-Hispanics (6.0%) were more likely to use smokeless tobacco when compared to black non-Hispanics (4.0%) and Hispanics (2.1%).
- A higher proportion of adults with a household income of \$25,000 to \$34,999 (6.8%) used smokeless tobacco.
- Adults with less than high school education (8.8%) were significantly more likely to use smokeless tobacco when compared to college graduates (2.5%).

**The HP 2020 target for smokeless tobacco use is 0.3%.**

Demographic Characteristics	Smokeless Tobacco Use <sup>a</sup>	
	%	95% CI
<b>State Totals</b>	5.0	(4.3, 5.8)
<b>Sex</b>		
Male	8.4	(7.1, 9.9)
Female	1.8	(1.4, 2.4)
<b>Race/Ethnicity</b>		
White Non-Hispanic	6.0	(5.1, 7.1)
Black Non-Hispanic	4.0	(2.8, 5.5)
Hispanic	2.1	(0.9, 4.5)
<b>Age</b>		
18-24 yr	6.6	(4.5, 9.7)
25-34 yr	4.6	(3.2, 6.6)
35-44 yr	5.9	(4.3, 8.2)
45-54 yr	5.6	(4.0, 7.9)
55-64 yr	3.5	(2.4, 5.1)
65+ yr	3.7	(2.8, 4.9)
<b>Income</b>		
Less than \$15,000	5.9	(4.1, 8.3)
\$15,000-\$24,999	5.2	(3.8, 7.2)
\$25,000-\$34,999	6.8	(4.3, 10.7)
\$35,000-\$49,999	4.5	(2.9, 6.9)
\$50,000-\$74,999	3.7	(2.4, 5.7)
\$75,000 or More	4.5	(3.2, 6.3)
<b>Education</b>		
Less than High School	8.8	(6.5, 11.8)
High School Graduate	5.5	(4.3, 7.1)
Some College	4.3	(3.3, 5.7)
College Graduate	2.5	(1.8, 3.5)
<b>Health Insurance Coverage</b>		
Has Health Insurance	5.2	(4.4, 6.2)
No Health Insurance	5.4	(3.8, 7.5)

<sup>a</sup> The proportion of adults who reported that they currently use chewing tobacco, snuff or snus, either every day or some days.



# Binge Drinking

**Binge drinking** is linked to unintentional injuries (falls, car crashes), intentional injuries (sexual assault, domestic violence), alcohol poisoning, liver disease, and neurological damage.<sup>20</sup> Binge drinking is defined as consuming five or more drinks per occasion for men or four or more drinks per occasion for women at least once in the previous month.

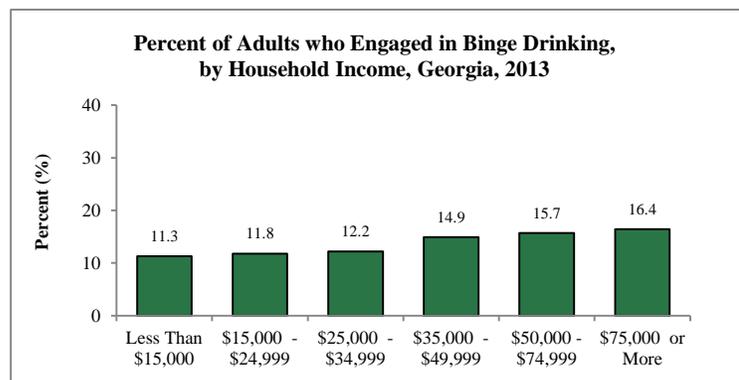
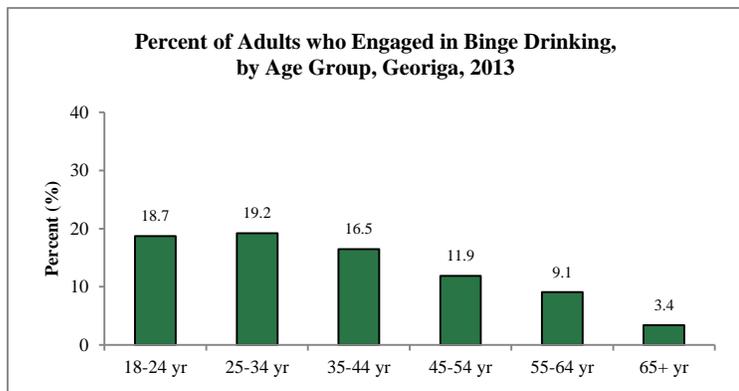
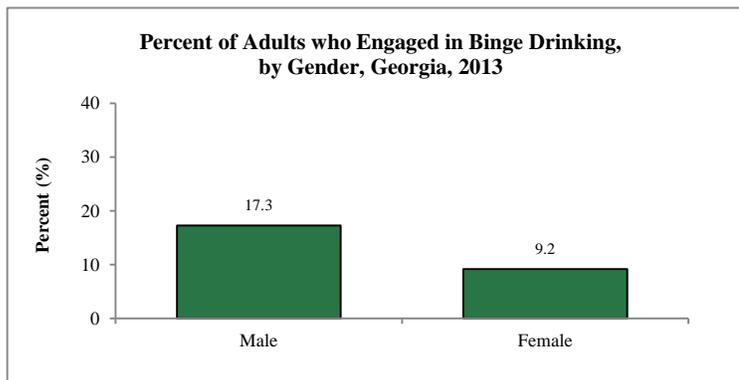
**In 2013, 13.1% of Georgia adults engaged in binge drinking.**

- Adult males (17.3%) were significantly more likely than females (9.2%) to engage in binge drinking.
- More young adults aged 18-24 (18.7%) and 25-34 (19.2%) reported binge drinking than any other age groups.
- Adults with an annual household income of \$75,000 or more (16.4%) were the most likely to engage in binge drinking.

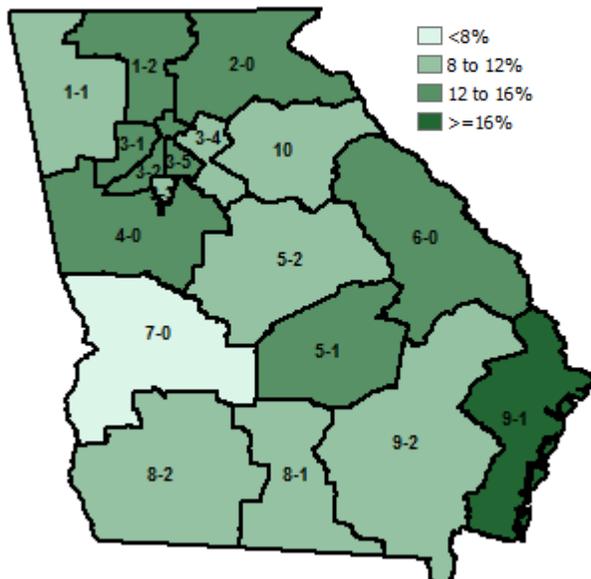
**The HP 2020 target for binge drinking is 24.4%. The current prevalence among Georgia adults meets this goal.**

Demographic Characteristics	Binge Drinking <sup>a</sup>	
	%	95% CI
<b>State Totals</b>	13.1	(12.1, 14.2)
<b>Sex</b>		
Male	17.3	(15.5, 19.2)
Female	9.2	(8.2, 10.5)
<b>Race/Ethnicity</b>		
White Non-Hispanic	15.1	(13.7, 16.6)
Black Non-Hispanic	9.4	(7.8, 11.2)
Hispanic	14.4	(10.3, 19.7)
<b>Age</b>		
18-24 yr	18.7	(15.1, 22.9)
25-34 yr	19.2	(16.2, 22.6)
35-44 yr	16.5	(13.8, 19.7)
45-54 yr	11.9	(9.9, 14.2)
55-64 yr	9.1	(7.4, 11.1)
65+ yr	3.4	(2.5, 4.6)
<b>Income</b>		
Less than \$15,000	11.3	(8.7, 14.5)
\$15,000-\$24,999	11.8	(9.5, 14.6)
\$25,000-\$34,999	12.2	(9.5, 15.6)
\$35,000-\$49,999	14.9	(11.8, 18.6)
\$50,000-\$74,999	15.7	(12.9, 19.0)
\$75,000 or More	16.4	(14.1, 19.0)
<b>Education</b>		
Less than High School	10.9	(8.0, 14.7)
High School Graduate	12.1	(10.3, 14.2)
Some College	13.0	(11.2, 15.1)
College Graduate	15.9	(14.1, 17.9)
<b>Health Insurance Coverage</b>		
Has Health Insurance	15.3	(13.8, 16.8)
No Health Insurance	14.6	(12.2, 17.3)

<sup>a</sup> The proportion of adults who reported drinking 5 or more drinks for men or 4 or more drinks for women per occasion at least once in the previous month.



Percent of Adults who Engaged in Binge Drinking, by Health District, Georgia, 2013



# Heavy Drinking

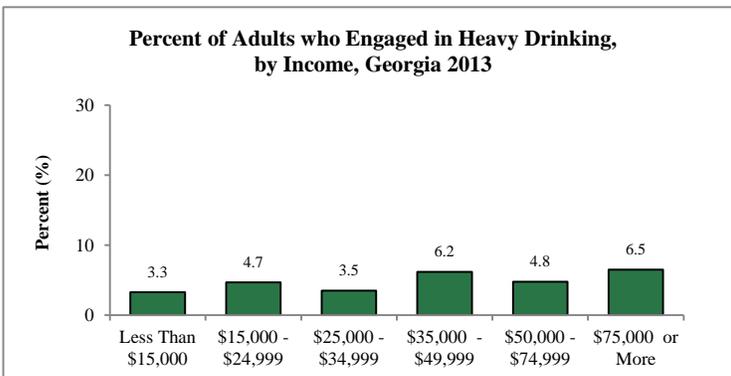
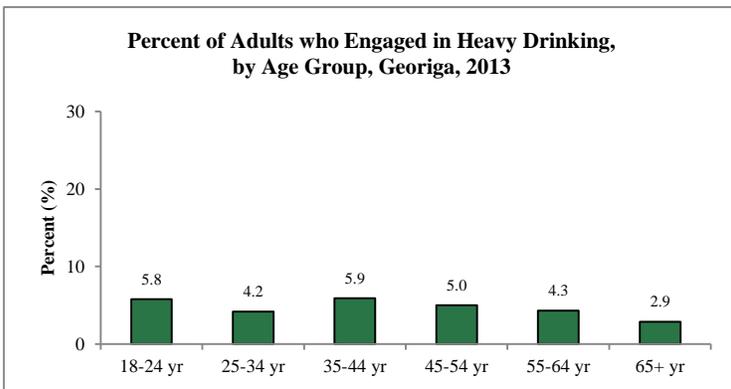
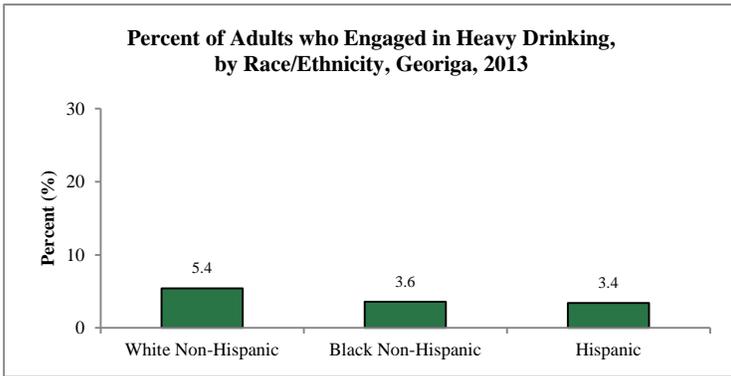
**Heavy drinking** is defined as consuming more than two drinks per day for males and more than one drink per day for females. Excessive alcohol use is the third leading lifestyle-related cause of death in the United States and has been associated with cirrhosis of the liver, high blood pressure, stroke, and can increase the risk for motor vehicle accidents, injuries, violence, and suicide.<sup>21</sup>

**In 2013, 4.7% of Georgia adults engaged in heavy drinking.**

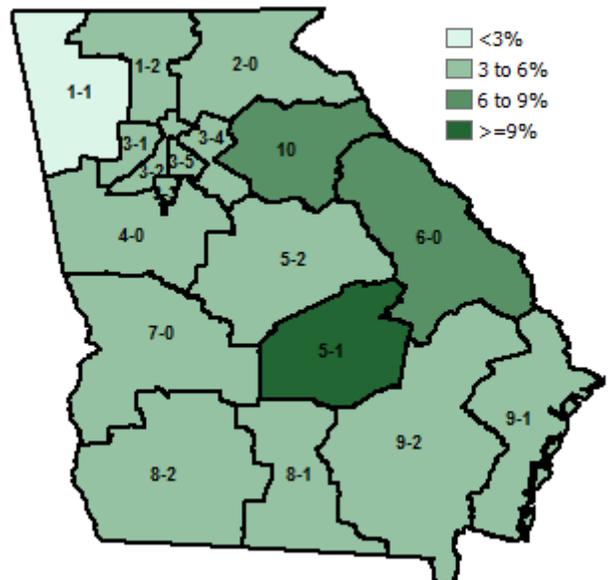
- White non-Hispanics (5.4%) were more likely to be engaged in heavy drinking when compared to black non-Hispanics (3.6%) and Hispanics (3.4%).
- Adults aged 18 to 24 years of age (5.8%) were the most likely to engage in heavy drinking when compared to any other age group.
- Heavy drinking is more prevalent among adults with an annual household income of \$75,000 or more (6.5%).

Demographic Characteristics	Heavy Drinking <sup>a</sup>	
	%	95% CI
<b>State Totals</b>	4.7	(4.0, 5.3)
<b>Sex</b>		
Male	5.6	(4.6, 6.8)
Female	3.8	(3.1, 4.6)
<b>Race/Ethnicity</b>		
White Non-Hispanic	5.4	(4.5, 6.3)
Black Non-Hispanic	3.6	(2.6, 4.9)
Hispanic	3.4	(1.6, 7.2)
<b>Age</b>		
18-24 yr	5.8	(3.8, 8.9)
25-34 yr	4.2	(3.0, 5.8)
35-44 yr	5.9	(4.4, 8.0)
45-54 yr	5.0	(3.6, 6.9)
55-64 yr	4.3	(3.3, 5.6)
65+ yr	2.9	(2.2, 4.0)
<b>Income</b>		
Less than \$15,000	3.3	(2.1, 5.3)
\$15,000-\$24,999	4.7	(3.1, 6.8)
\$25,000-\$34,999	3.5	(2.1, 5.8)
\$35,000-\$49,999	6.2	(4.5, 8.4)
\$50,000-\$74,999	4.8	(3.4, 6.7)
\$75,000 or More	6.5	(5.0, 8.5)
<b>Education</b>		
Less than High School	3.5	(2.0, 6.2)
High School Graduate	4.1	(3.2, 5.3)
Some College	5.2	(4.1, 6.7)
College Graduate	5.4	(4.4, 6.7)
<b>Health Insurance Coverage</b>		
Has Health Insurance	4.9	(4.1, 5.7)
No Health Insurance	5.5	(4.0, 7.6)

<sup>a</sup>The proportion of adults who reported drinking 2 or more drinks for males or 1 or more drinks for women per day.



Percent of Adults who Engaged in Heavy Drinking, by Health District, Georgia, 2013



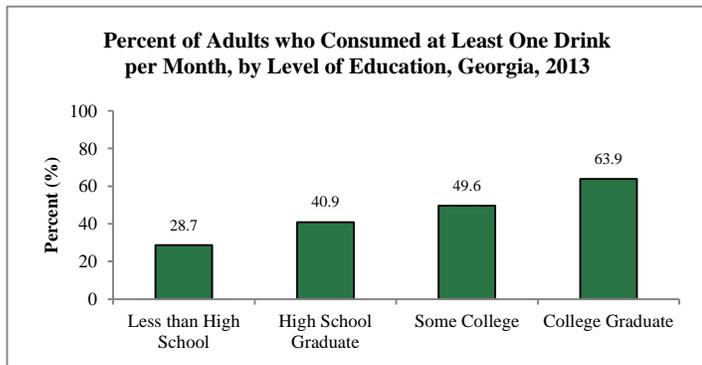
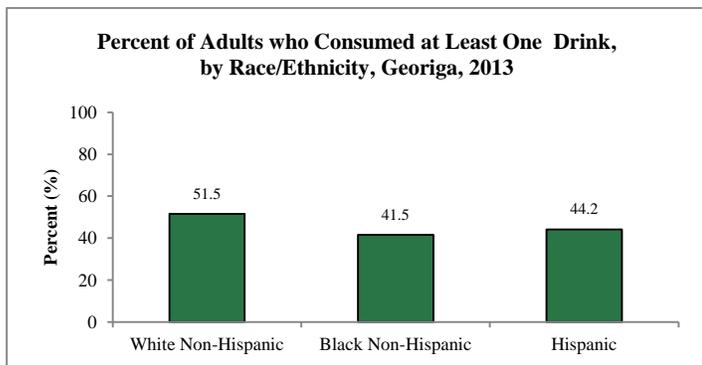
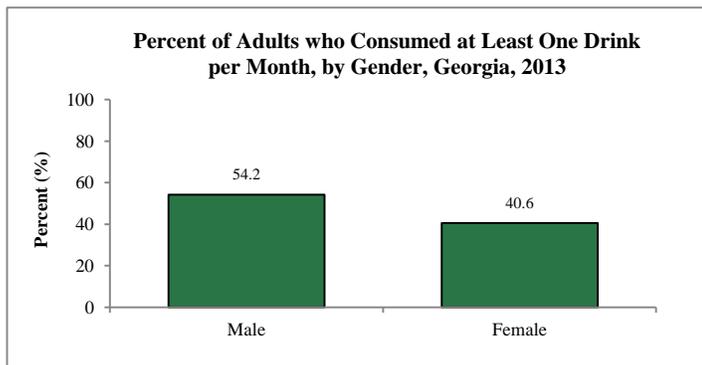
# At Least One Drink per Month

Those categorized as having **at least one drink per month** have consumed either a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor within the past 30 days.

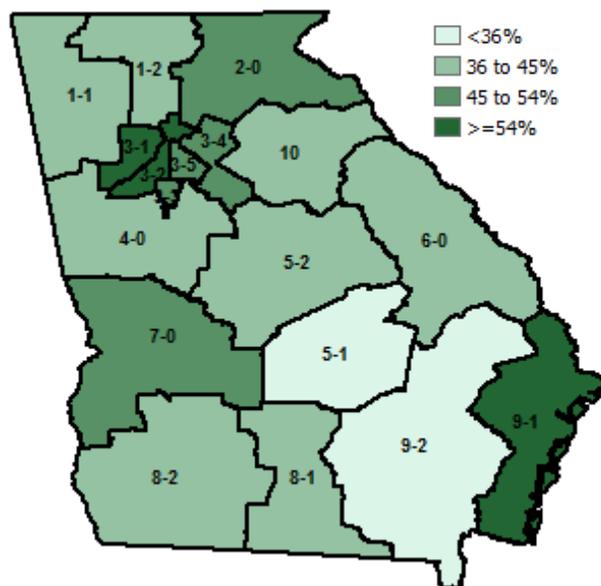
**In 2013, 47.8% of Georgia adults consumed at least one alcoholic drink within the past month.**

- Adult males (55.3%) were significantly more likely than females (40.9%) to consume at least one drink within 30 days.
- White non-Hispanics (50.9%) were significantly more likely than black non-Hispanics (44.2%) and Hispanics (39.6%) to consume at least one drink within 30 days.
- Adults with college degrees (63.5%) were significantly more likely to consume at least one drink per month when compared to adults of lower education levels.

Demographic Characteristics	At Least One Drink per Month	
	%	95% CI
<b>State Totals</b>	47.1	(45.6, 48.7)
<b>Sex</b>		
Male	54.2	(51.7, 56.7)
Female	40.6	(38.7, 42.5)
<b>Race/Ethnicity</b>		
White Non-Hispanic	51.1	(49.3, 53.0)
Black Non-Hispanic	41.5	(38.4, 44.7)
Hispanic	44.2	(38.0, 50.6)
<b>Age</b>		
18-24 yr	47.0	(41.7, 52.4)
25-34 yr	56.1	(51.9, 60.2)
35-44 yr	51.0	(47.1, 54.8)
45-54 yr	49.0	(45.6, 52.4)
55-64 yr	44.8	(41.7, 47.9)
65+ yr	33.7	(31.1, 36.4)
<b>Income</b>		
Less than \$15,000	29.7	(25.8, 33.9)
\$15,000-\$24,999	40.8	(37.0, 44.7)
\$25,000-\$34,999	42.1	(37.4, 47.0)
\$35,000-\$49,999	49.4	(44.9, 53.9)
\$50,000-\$74,999	56.2	(52.0, 60.3)
\$75,000 or More	65.4	(62.3, 68.3)
<b>Education</b>		
Less than High School	28.7	(24.4, 33.4)
High School Graduate	40.9	(38.1, 43.9)
Some College	49.6	(46.7, 52.5)
College Graduate	63.9	(61.6, 66.2)
<b>Health Insurance Coverage</b>		
Has Health Insurance	52.9	(50.9, 54.9)
No Health Insurance	42.1	(38.4, 45.9)



Percent of Adults who Consumed at Least One Drink per Month, by Health District, Georgia, 2013



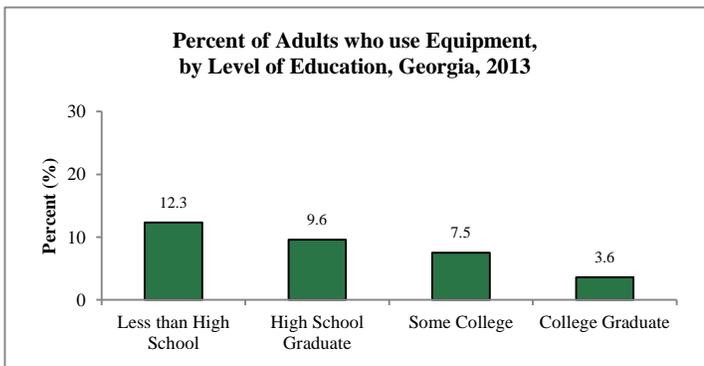
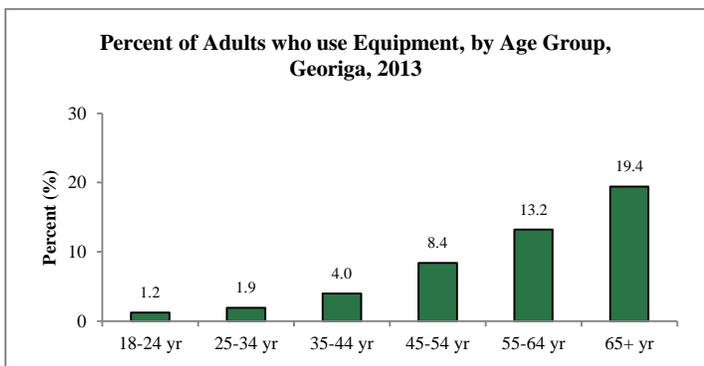
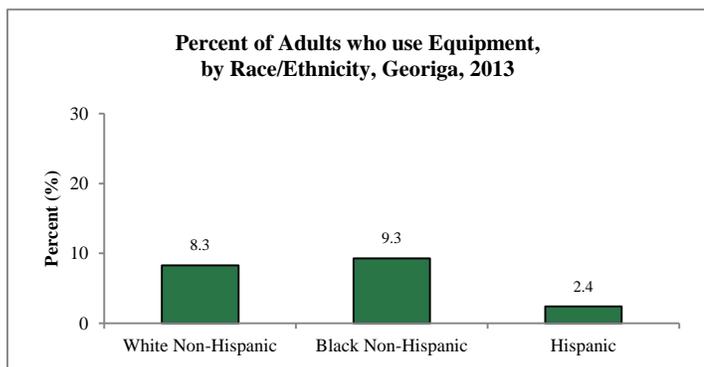
# Use of Equipment

**Use of equipment** such as a cane, a wheelchair, a special bed, or a special telephone can make everyday tasks easier and improve the overall quality of life for those with health problems or disabilities.

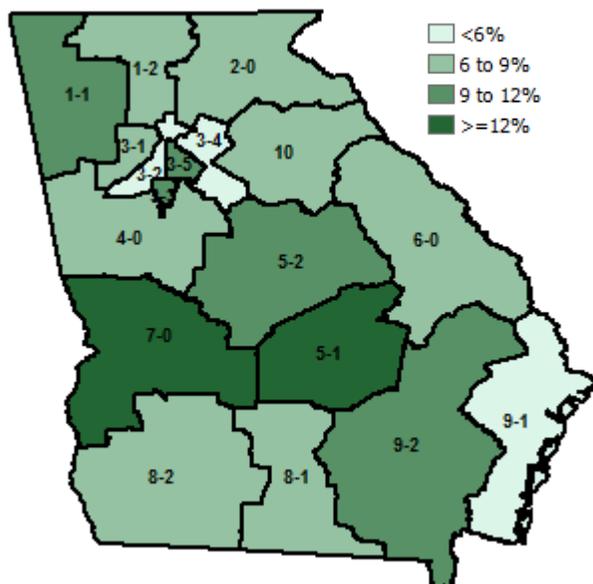
**In 2013, 7.9% of Georgia adults reported using equipment due to a health problem or disability.**

- Hispanic adults (2.4%) were significantly less likely than Black non-Hispanics (9.3%) or white non-Hispanics (8.3%) to use equipment.
- Use of equipment increases with age. Adults of age 65 or older (19.4%) are significantly more likely to use equipment than any younger age category.
- Adults with less than a high school education (12.3%) were more likely to use equipment when compared to adults with higher levels of education.

Demographic Characteristics	Use of Equipment	
	%	95% CI
<b>State Totals</b>	7.9	(7.2, 8.7)
<b>Sex</b>		
Male	7.0	(6.0, 8.3)
Female	8.8	(7.9, 9.8)
<b>Race/Ethnicity</b>		
White Non-Hispanic	8.3	(7.4, 9.3)
Black Non-Hispanic	9.3	(7.8, 11.1)
Hispanic	2.4	(1.4, 4.2)
<b>Age</b>		
18-24 yr	1.2	(0.4, 3.3)
25-34 yr	1.9	(0.8, 4.0)
35-44 yr	4.0	(2.6, 6.0)
45-54 yr	8.4	(6.7, 10.5)
55-64 yr	13.2	(11.3, 15.4)
65+ yr	19.4	(17.4, 21.6)
<b>Income</b>		
Less than \$15,000	18.7	(15.7, 22.0)
\$15,000-\$24,999	11.5	(9.5, 13.9)
\$25,000-\$34,999	6.6	(5.0, 8.5)
\$35,000-\$49,999	5.3	(3.9, 7.2)
\$50,000-\$74,999	2.8	(2.0, 4.0)
\$75,000 or More	3.8	(2.5, 5.7)
<b>Education</b>		
Less than High School	12.3	(10.0, 15.0)
High School Graduate	9.6	(8.2, 11.2)
Some College	7.5	(6.3, 9.0)
College Graduate	3.6	(3.0, 4.3)
<b>Health Insurance Coverage</b>		
Has Health Insurance	6.1	(5.3, 7.1)
No Health Insurance	4.9	(3.5, 6.8)



Percent of Adults who reported Using Equipment, by Health District, Georgia, 2013



# Adult Immunizations

**Adult immunizations** against influenza and pneumococcal disease are important preventative measures against morbidity and mortality for adults aged 65 years and older since they are at high risk of developing complications from the diseases.<sup>30</sup> From 1976 to 2007, there was an estimated annual average of 5,546 (87.9%) influenza-associated deaths among adults 65 years and older.<sup>31</sup>

**In 2013, 54.6% of Georgia adults aged 65 and older had a seasonal flu vaccine within the past year.**

- White non-Hispanics (57.7%) were significantly more likely to receive the seasonal flu vaccine when compared to black non-Hispanics (43.3%).

**The HP 2020 target for influenza immunization in adults aged 65 years and older is 90%**

**In 2013, 66.4% of Georgia adults aged 65 and older have ever had the pneumonia vaccine.**

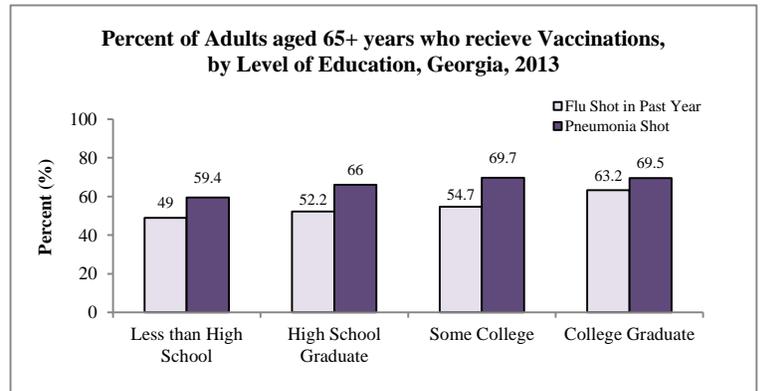
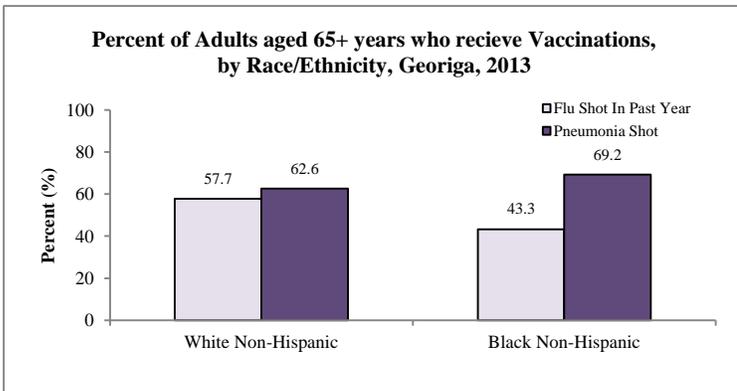
- Females (69.2%) were more likely to receive the pneumonia vaccine when compared to males (62.6%).
- White non-Hispanics (70.6%) were significantly more likely to receive the pneumonia vaccine when compared to black non-Hispanics (53.3%).
- Adults with an annual household income \$25,000-\$34,999 (59.1%) were the least likely to receive the pneumonia vaccine.

**The HP 2020 target for pneumonia immunization in adults aged 65 years and older is 90%**

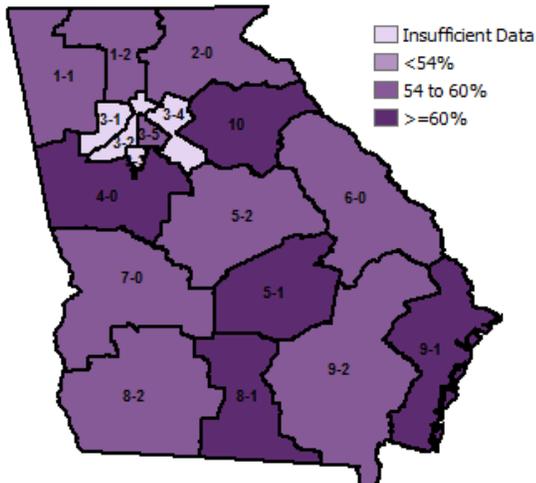
Demographic Characteristics	Influenza Vaccine <sup>a</sup>		Pneumonia Vaccine <sup>b</sup>	
	%	95% CI	%	95% CI
<b>State Totals</b>	54.6	(51.7, 57.4)	66.4	(63.6, 69.2)
<b>Sex</b>				
Male	56.5	(51.8, 61.1)	62.6	(57.8, 67.2)
Female	53.1	(49.6, 56.6)	69.2	(65.8, 72.5)
<b>Race/Ethnicity</b>				
White Non-Hispanic	57.7	(54.5, 60.8)	70.6	(67.6, 73.5)
Black Non-Hispanic	43.3	(36.6, 50.3)	53.3	(46.1, 60.4)
Hispanic	NA	NA	NA	NA
<b>Income</b>				
Less than \$15,000	43.8	(35.6, 52.3)	64.5	(55.4, 72.7)
\$15,000-\$24,999	50.9	(44.5, 57.3)	59.4	(52.8, 65.7)
\$25,000-\$34,999	52.6	(44.3, 60.7)	59.1	(50.3, 67.5)
\$35,000-\$49,999	57.4	(49.1, 65.4)	72.2	(63.8, 79.4)
\$50,000-\$74,999	54.7	(45.6, 63.5)	67.9	(59.4, 75.3)
\$75,000 or More	64.8	(57.2, 71.7)	66.8	(58.4, 74.2)
<b>Education</b>				
Less than High School	49.0	(41.9, 56.2)	59.4	(51.8, 66.5)
High School Graduate	52.2	(47.2, 57.2)	66.0	(60.9, 70.8)
Some College	54.7	(49.0, 60.3)	69.7	(64.2, 74.7)
College Graduate	63.2	(58.2, 68.0)	69.5	(64.7, 74.0)

<sup>a</sup> The proportion of adults 65+ years that had a seasonal flu vaccine within the past year.

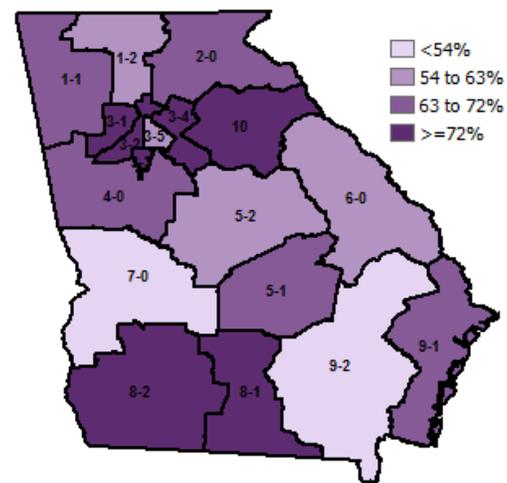
<sup>b</sup> The proportion of adults 65+ years that have ever had a pneumonia vaccine



Percent of Adults aged 65+ years who had the Flu Vaccine, by Health District, Georgia, 2013



Percent of Adults aged 65+ years who had the Pneumonia Vaccine, by Health District, Georgia, 2013



# Breast Cancer Screening

**Breast cancer screening** means checking a woman’s breast for cancer before there are signs or symptoms of the diseases. Mammograms help screen for breast cancer by detecting for tumors or lumps using X-rays imaging. Women between 50-74 years old should get mammograms once every 2 years.<sup>22</sup> Breast cancer screening for women 40 to 49 years old should be determined by a doctor.<sup>22</sup>

In 2013, 81.0% of Georgian women aged 50-74 years and older have had a mammogram in the past two years.

Among women 50 to 74 years of age:

- Black non-Hispanic women (83.9%) were more likely than white non-Hispanic women (80.6%) to have had a mammogram in the past two years.
- Women with an annual household income of \$25,000 to \$34,999 (74.1%) were least likely to have had a mammogram in the past two years.
- Women without a high school diploma (76.6%) were the least likely to have had a mammogram in the past two years when compared to women of other education levels.
- Women with health care coverage (84.8%) were significantly more likely to have had a mammogram in the past two years when compared to women without health care coverage (56.5%).

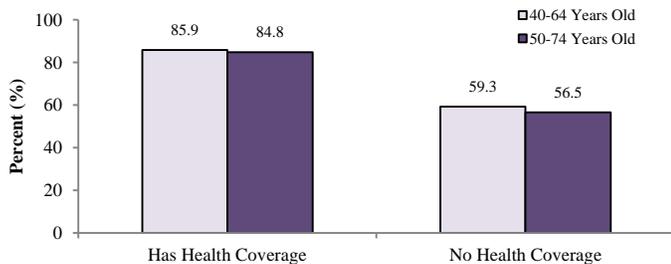
The HP 2020 target for breast cancer screening in adults aged 50 to 74 years old is 81.1%.

Mammogram 50-74 in Past 2 Years <sup>a</sup>

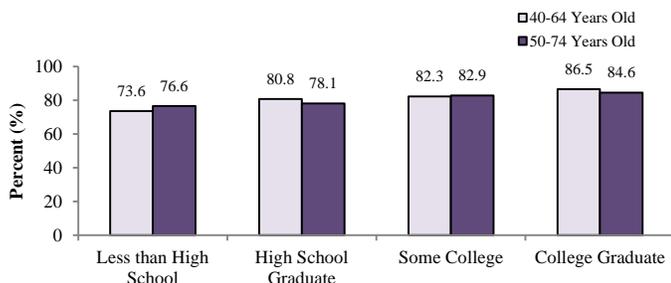
Demographic Characteristics	%	95% CI
<b>State Totals</b>	81.0	(78.7, 83.0)
<b>Race/Ethnicity</b>		
White Non-Hispanic	80.6	(77.9, 83.1)
Black Non-Hispanic	83.9	(79.4, 87.6)
Hispanic	NA	NA
<b>Age</b>		
35-44 years	NA	NA
45-54 years	80.4	(75.5, 84.4)
55-64 years	80.7	(77.2, 83.8)
65-74 years	81.9	(77.8, 85.4)
<b>Annual Income</b>		
Less than \$15,000	75.7	(68.1, 82.0)
\$15,000-\$24,999	77.4	(71.5, 82.4)
\$25,000-\$34,999	74.1	(65.2, 81.5)
\$35,000-\$49,999	79.3	(71.7, 85.3)
\$50,000-\$74,999	86.0	(80.2, 90.3)
\$75,000 or More	87.8	(83.1, 91.4)
<b>Education</b>		
Less than High School	76.6	(68.9, 82.9)
High School Graduate	78.1	(73.4, 82.1)
Some College	82.9	(78.8, 86.4)
College Graduate	84.6	(81.2, 87.5)
<b>Health Insurance</b>		
Has Health Insurance	84.8	(81.9, 87.3)
No Health Insurance	56.5	(47.7, 64.9)

<sup>a</sup> The proportion of women aged 50-74 years who had a mammogram within the past 2 years.

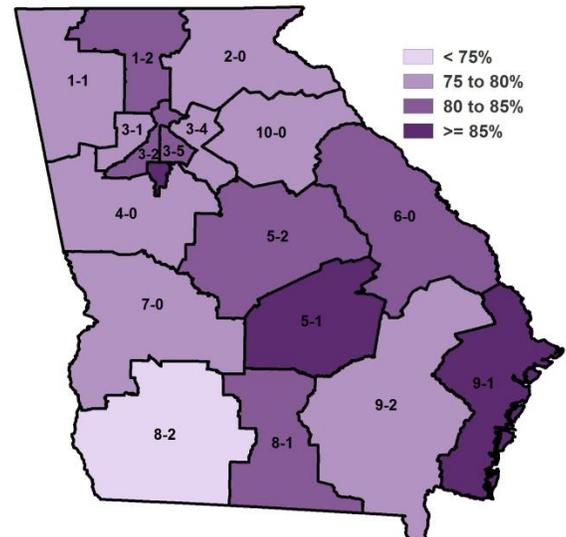
Percent of Females who have had a Mammogram in the Past 2 Years, by Health Care Coverage, Georgia, 2013



Percent of Females who have had a Mammogram in the Past 2 Years, by Level of Education, Georgia, 2013



Percent of Females aged 50 to 74 years who have had a Mammogram in the Past 2 years, by Health District, Georgia, 2013



# Cervical Cancer Screening

**Cervical cancer screening** is one of the most effective ways to prevent cervical cancer. Current recommendations for cervical cancer screening states that Pap testing should begin at 21 years of age. Women aged 21-29 years should have a Pap test every 3 years and women aged 30-65 years can have Pap and HPV co-testing every 5 years or just a pap test alone every 3 years. Women aged 65 years or older with adequate screening history or women who had a total hysterectomy should not be screened.<sup>24</sup>

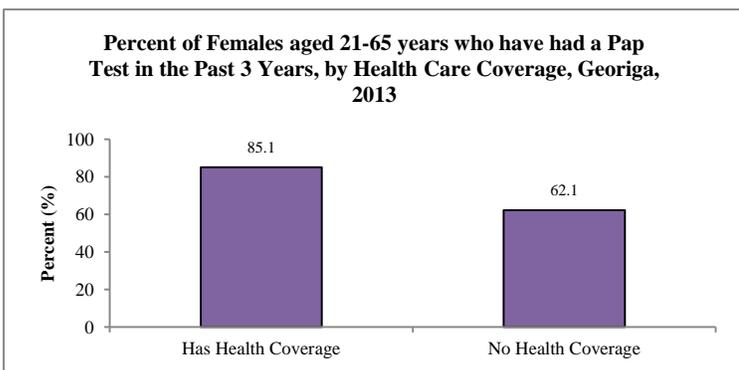
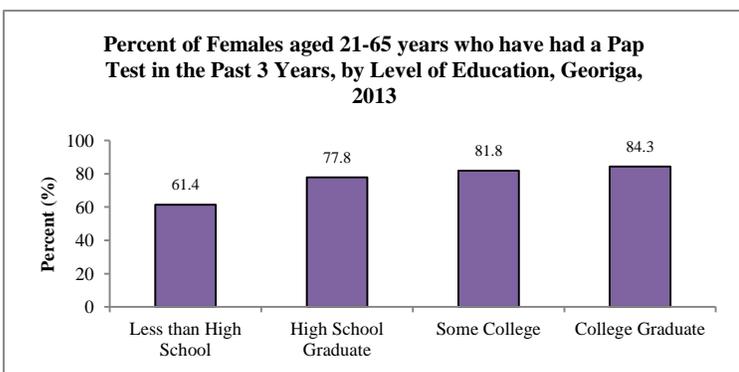
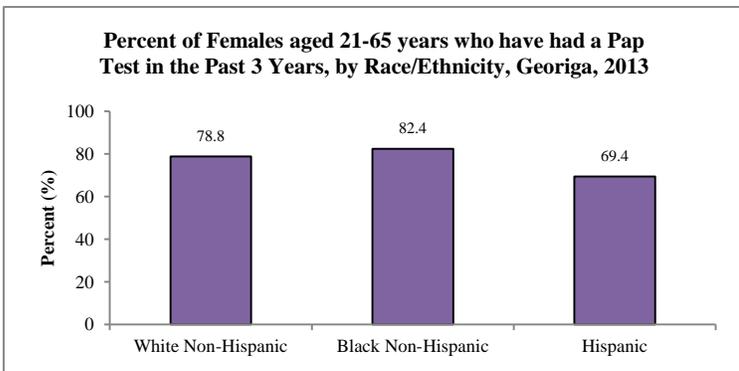
In 2013, 78.9% of Georgia women aged 21-65 years reported having a Pap test within the past 3 years.

- White non-Hispanic women (78.8%) were less likely to have had a Pap test in the past 3 years than other race/ethnicity groups.
- Woman with an annual household income of less than \$15,000 (69.9%) were the least likely to have had a Pap test in the past 3 years.
- Women with less than high school education (61.4%) were less likely to have had a Pap test in the past 3 years compared to college graduates (84.3%).
- Woman with health care coverage (85.1%) were significantly more likely to have had a Pap test in the past 3 years than women without health care coverage (62.1%).

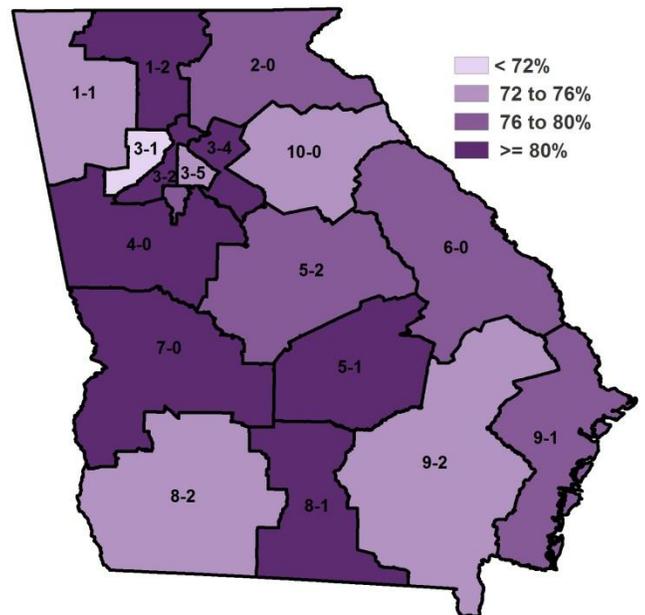
The HP 2020 target for cervical cancer screening in adults aged 21 to 65 years old is 93%.

Demographic Characteristics	Pap Test in Past 3 Years <sup>a</sup>	
	%	95% CI
<b>State Totals</b>	78.9	(76.5, 81.0)
<b>Race/Ethnicity</b>		
White Non-Hispanic	78.8	(75.8, 81.6)
Black Non-Hispanic	82.4	(78.4, 85.8)
Hispanic	69.4	(59.3, 77.9)
<b>Age</b>		
21-24 years	74.5	(64.8, 82.3)
25-34 years	80.7	(75.2, 85.1)
35-44 years	81.0	(76.1, 85.1)
45-54 years	77.2	(72.5, 81.3)
55-65 years	78.7	(74.3, 82.6)
<b>Annual Income</b>		
Less than \$15,000	69.9	(62.4, 76.5)
\$15,000-\$24,999	72.2	(65.7, 77.8)
\$25,000-\$34,999	72.7	(63.9, 80.0)
\$35,000-\$49,999	83.8	(77.1, 88.7)
\$50,000-\$74,999	88.2	(83.0, 91.9)
\$75,000 or More	89.1	(85.3, 92.0)
<b>Education</b>		
Less than High School	61.4	(52.1, 69.9)
High School Graduate	77.8	(72.9, 82.0)
Some College	81.8	(77.9, 85.2)
College Graduate	84.3	(81.1, 87.1)
<b>Health Insurance Coverage</b>		
Has Health Insurance	85.1	(82.7, 87.2)
No Health Insurance	62.1	(56.2, 67.6)

<sup>a</sup> The proportion of adult females aged 21-65 years who have had a Pap test within the past three years.



Percent of Females aged 21-65 years who have had a Pap Test in the Past 3 years, by Health District, Georgia, 2013



# Colorectal Cancer Screening

**Colorectal cancer** affects both men and women, particularly those aged 50 years and older.<sup>28</sup> Screening can find precancerous polyps (abnormal growths in the colon or rectum) so they can be removed before turning cancerous. The U.S. Preventive Services Task Force recommends colorectal cancer screening for men and women aged 50–75 years using high-sensitivity fecal occult blood testing (FOBT) every year, sigmoidoscopy every five years, or colonoscopy every ten years.<sup>29</sup>

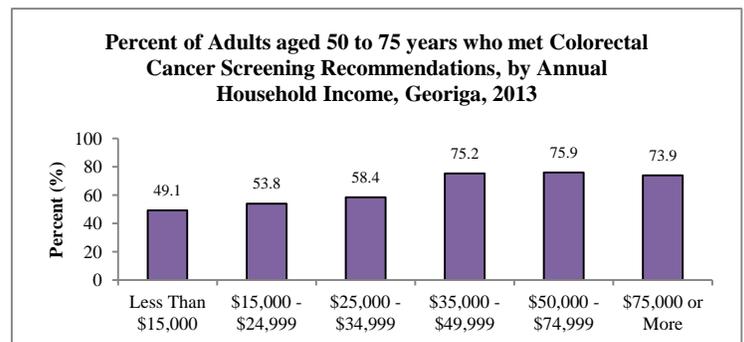
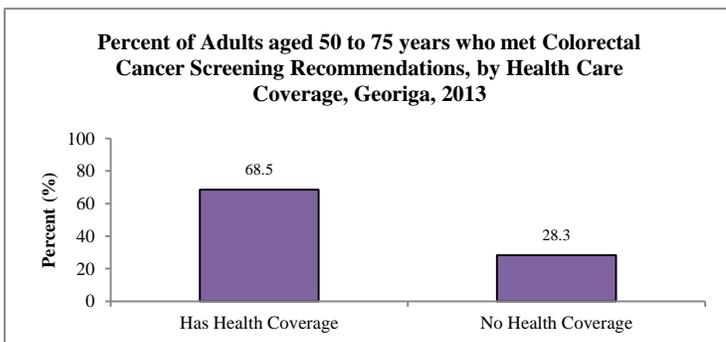
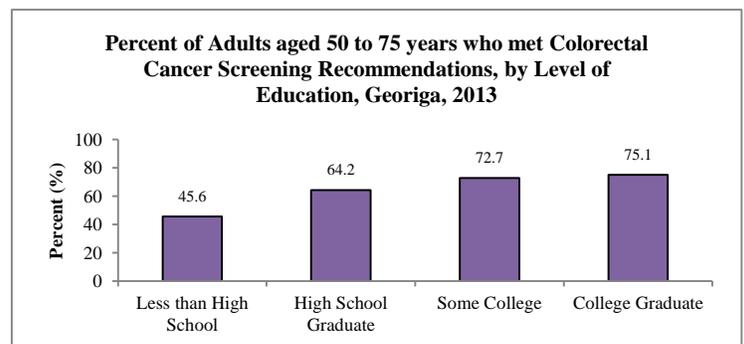
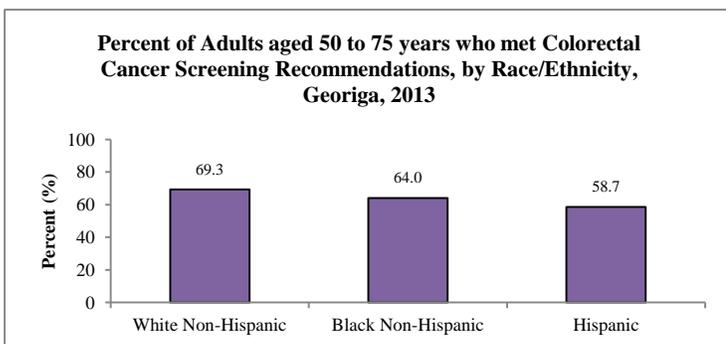
**In 2013, 64.6% of Georgia adults aged 50 to 75 years met the recommendations for colorectal cancer screening.**

- Hispanics aged 50 to 75 years (35.5%) were least likely to meet recommendations for colorectal cancer screening.
- Adults aged 65 to 75 years (78.6%) were significantly most likely to meet the recommendations for colorectal cancer screening.
- Adults aged 50 to 75 years with an annual household income of \$50,000-\$74,999 (75.9%) were most likely to meet recommendations for colorectal cancer screening, while adults with an annual household income of less than \$15,000 were least likely to meet the recommendations (49.1%).
- Adults aged 50 to 75 years with less than a high school education (45.6%) were significantly less likely to meet colorectal cancer screening recommendations when compared to those who are high school graduates (64.2%), some college (72.7%) and college graduates (75.1%).
- Adults aged 50 to 75 years without health care coverage (28.3%) were significantly less likely to meet colorectal cancer screening recommendations when compared to those with health care coverage (68.5%).

**The HP 2020 target for colorectal cancer screening in adults aged 50 to 75 years old is 70.5%.**

Demographic Characteristics	Colorectal Cancer Screening <sup>a</sup>	
	%	95% CI
<b>State Totals</b>	66.4	(64.2, 68.6)
<b>Sex</b>		
Males	64.8	(61.2, 68.3)
Females	67.9	(65.2, 70.4)
<b>Race/Ethnicity</b>		
White Non-Hispanic	69.3	(66.8, 71.8)
Black Non-Hispanic	64.0	(59.3, 68.4)
Hispanic	35.5	(24.2, 48.7)
<b>Age</b>		
45-54 years	47.6	(42.8, 52.3)
55-64 years	70.7	(67.6, 73.5)
65+ years	78.6	(75.4, 81.5)
<b>Annual Income</b>		
Less than \$15,000	49.1	(42.6, 55.5)
\$15,000-\$24,999	53.8	(47.9, 59.6)
\$25,000-\$34,999	58.4	(50.4, 66.0)
\$35,000-\$49,999	75.2	(69.3, 80.3)
\$50,000-\$74,999	75.9	(70.4, 80.6)
\$75,000 or More	73.9	(69.4, 78.0)
<b>Education</b>		
Less than High School	45.6	(39.0, 52.4)
High School Graduate	64.2	(60.2, 68.0)
Some College	72.7	(68.7, 76.3)
College Graduate	75.1	(71.9, 78.0)
<b>Health Insurance Coverage</b>		
Has Health Insurance	68.5	(65.6, 71.2)
No Health Insurance	28.3	(22.6, 34.7)

<sup>a</sup> The proportion of adults aged 50 to 75 years who have had a blood stool test ever year, sigmoidoscopy every five years, or colonoscopy every ten years.



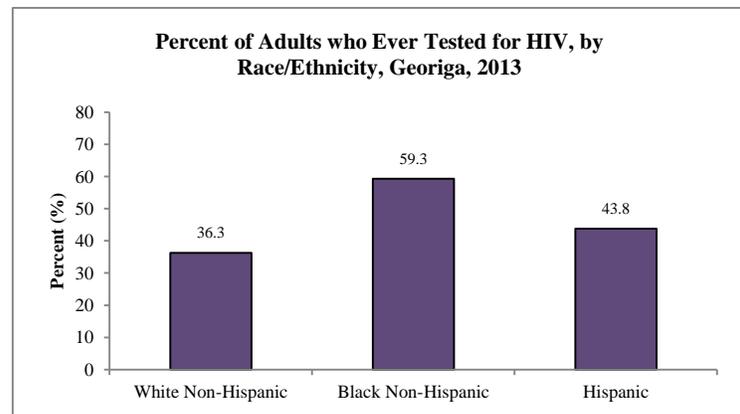
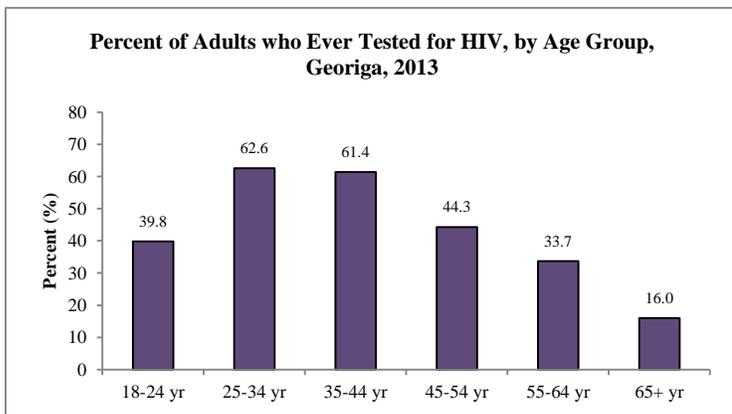
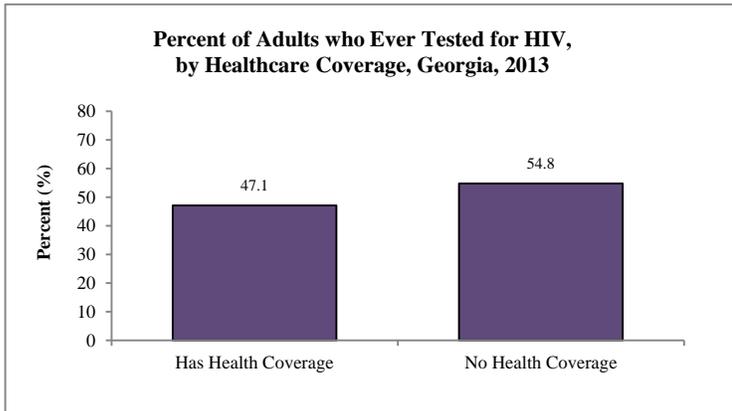
# HIV Testing

**Human Immunodeficiency Virus (HIV)** is a preventable disease that affects both men and women alike. While there is no known cure for HIV, getting tested for HIV can reduce the risk of transmitting the virus to others and improve the health of infected persons with early detection.<sup>32</sup>

**In 2013, 43.7% of Georgia adults reported that they had ever been tested for HIV.**

- White non-Hispanics (36.3%) were least likely to have ever been tested for HIV compared to black non-Hispanics (59.3%) and Hispanics (43.8%).
- Adults 25 to 34 years old (62.6%) were most likely to have ever been tested for HIV.
- Adults with less than a high school education (36.2%) were least likely to have ever been tested for HIV.
- Adults without health care coverage (54.8%) were significantly more likely to have ever been tested for HIV when compared to those with health care coverage (47.1%).

Demographic Characteristics	Ever Tested for HIV	
	%	95% CI
<b>State Totals</b>	43.7	(42.1, 45.3)
<b>Sex</b>		
Male	43.7	(41.1, 46.3)
Female	43.6	(41.6, 45.6)
<b>Race/Ethnicity</b>		
White Non-Hispanic	36.3	(34.5, 38.2)
Black Non-Hispanic	59.3	(56.0, 62.6)
Hispanic	43.8	(37.4, 50.4)
<b>Age</b>		
18-24 yr	39.8	(34.5, 45.3)
25-34 yr	62.6	(58.2, 66.9)
35-44 yr	61.4	(57.4, 65.3)
45-54 yr	44.3	(40.9, 47.9)
55-64 yr	33.7	(30.8, 36.8)
65+ yr	16.0	(14.0, 18.2)
<b>Income</b>		
Less than \$15,000	49.9	(45.3, 54.5)
\$15,000-\$24,999	46.9	(42.9, 50.9)
\$25,000-\$34,999	46.6	(41.5, 51.8)
\$35,000-\$49,999	47.4	(42.7, 52.1)
\$50,000-\$74,999	43.6	(39.4, 48.0)
\$75,000 or More	41.9	(38.7, 45.1)
<b>Education</b>		
Less than High School	36.2	(31.5, 41.3)
High School Graduate	39.6	(36.6, 42.7)
Some College	48.9	(45.9, 52.0)
College Graduate	47.0	(44.5, 49.5)
<b>Health Insurance Coverage</b>		
Has Health Insurance	47.1	(45.0, 49.2)
No Health Insurance	54.8	(50.8, 58.8)



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