

Health Data for Alachua Co. Workers



Orange & Blue- A Healthy You

Overview

- Rationale for Analysis
- Instrument and Data Collection
- Demographics: Sample vs. UF employees
- Results
- Comparisons to national baselines and HP 2010 targets
- Possible priorities



Rationale for Analysis

- Data Collection/Analysis Work Group currently working on a student health survey. Didn't have resources to also conduct a faculty/staff survey.
- Looked for existing data sources to obtain baseline health data for UF employees.
- Plan to conduct a UF faculty/staff health survey once the student survey is completed.



Data Collection

- CDC collected in 2002 using the Behavioral Risk Factor Surveillance Survey.
- Next BRFSS survey will be conducted beginning January 2007
- Data will then be collected every 3 years



Background of the County BRFSS

- A population-based, random sample, telephone survey, following the CDC protocol
- Monitors behavioral risk factors, health conditions and emerging health issues
- Surveys residents 18 years or older
- 500 surveys per county
- 76 items
- Data collected Sept. 2002 to Jan. 2003



Survey – 76 questions

- Demographics (15)
- Health Status (1)
- Health Care Access (5)
- Exercise (8)
- Fruits and Vegetables (6)
- Hypertension (2)
- Cholesterol (3)
- Asthma (2)
- Diabetes (1)
- HIV/AIDS (5)
- Oral Health (3)
- Immunization (3)
- Tobacco Use (3)
- Alcohol Consumption (3)
- Women's Health (5)
- Weight Control (1)
- CVD (6)
- Colorectal Cancer Screening (4)



Results for Alachua Co. Employees

- Only those “working for wages” or self-employed are included in these results (excludes homemakers, retirees, the unemployed and students)
- n=235



Age & Sex

■ Alachua Co. -Age

- Range: 18-85 years old
- Mean: 41
- Median: 40
- Mode: 42

■ Sex

- Males: 54%
- Females 46%

■ UF employees-Age

- Range: 18-95 years old
- Mean: 45
- Median: 46
- Mode: 51

■ Sex

- Males: 50%
- Females 50%

Race

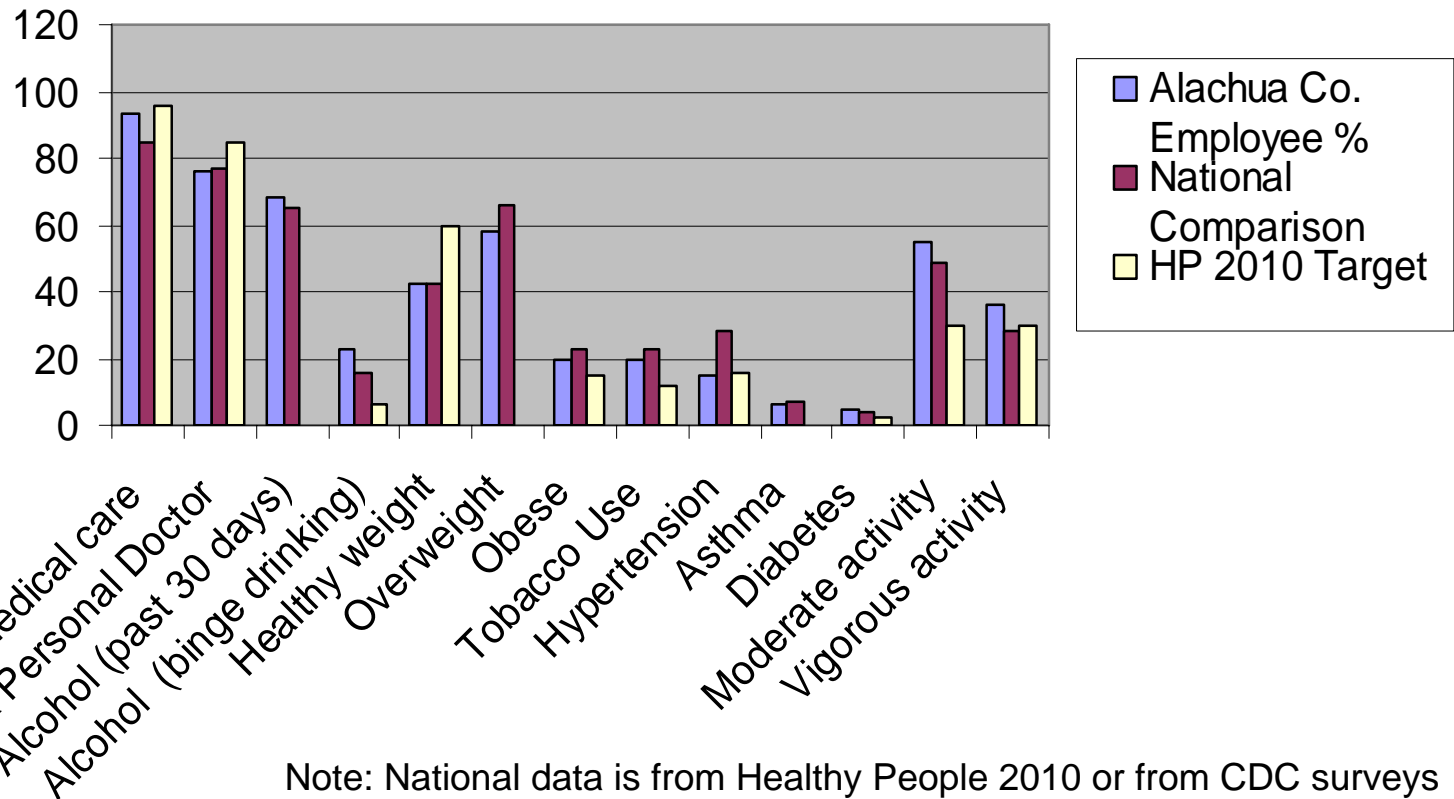
Race	Alachua Co. %	UF Employees %
White	77	75
Black/African American	9	12
Hispanic/Latino	6	8
Asian	3	4
Native Hawaiian/Pacific Islander	1	>1
American Indian/Alaska Native	1	>1
Other/not sure	3	>1

Health Conditions

	Alachua Co. Employee %	National Comparison*	HP 2010 Target
Access to medical care	93	85	96
Has a Personal Doctor	76	77	85
Alcohol (past 30 days)	68	65	NA
Alcohol (binge drinking-past 30 days)	23	16	6
Healthy weight	42	42	60
Overweight	58	66	NA
Obese	20	23	15
Tobacco Use	20	23	12
Hypertension	15	28	16
Asthma	6	7	NA
Diabetes	5	4	2.5
Moderate activity	55	49	30
Vigorous activity	36	28	30

* from Healthy People 2010 or the Center for Disease Control and Prevention, BRFSS.

Health Conditions



Results: Tobacco

■ Smoking Status

Current – 20%

Former – 24%

Never – 56%

Attempted to quit in past year – 47% of smokers



Alcohol

- Use in past 30 days – 68% had one or more drinks
- Binge drinking in past 30 days: (5 or more at least once)
 - 23% of total sample (including abstainers)
 - 33% of those who drank (excluding abstainers)



Alcohol (cont.)

- About how many drinks *on average* when you drink (abstainers excluded)
 - 44% = 1
 - 28% = 2
 - 15% = 3
 - 5% = 4
 - 8% = 5 or more

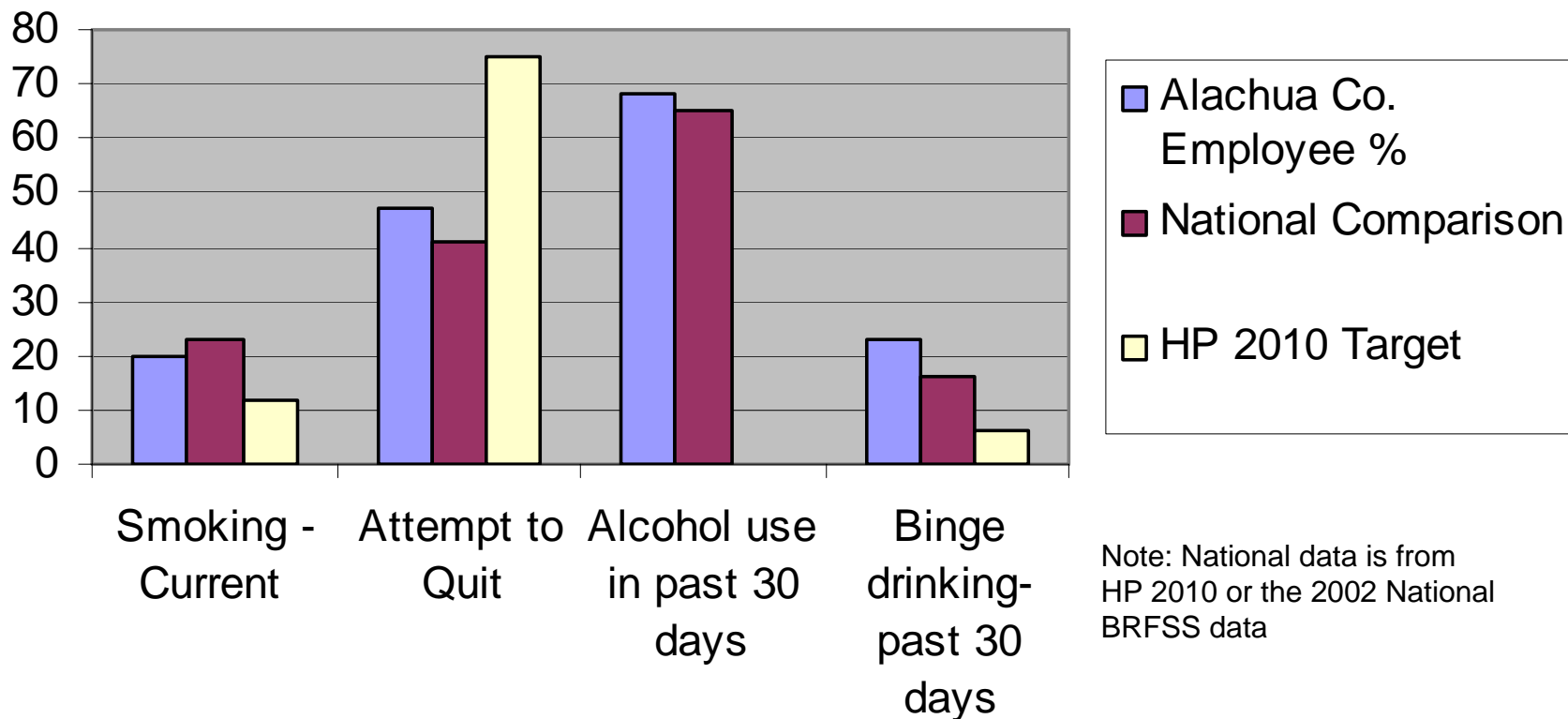


Alcohol (cont.)

- Among binge drinkers:
 - 36% drank 5 or more drinks once in past 30 days
 - 19% - twice
 - 9% - three times
 - 8% - four times
 - 8% - five times
 - 21% - more than 5 times



Smoking & Alcohol Use



Results: Occupational Activity

When you are at work, which of the following best describes what you do?

- 71% - mostly sitting
- 19% - mostly walking
- 10% - mostly heavy labor

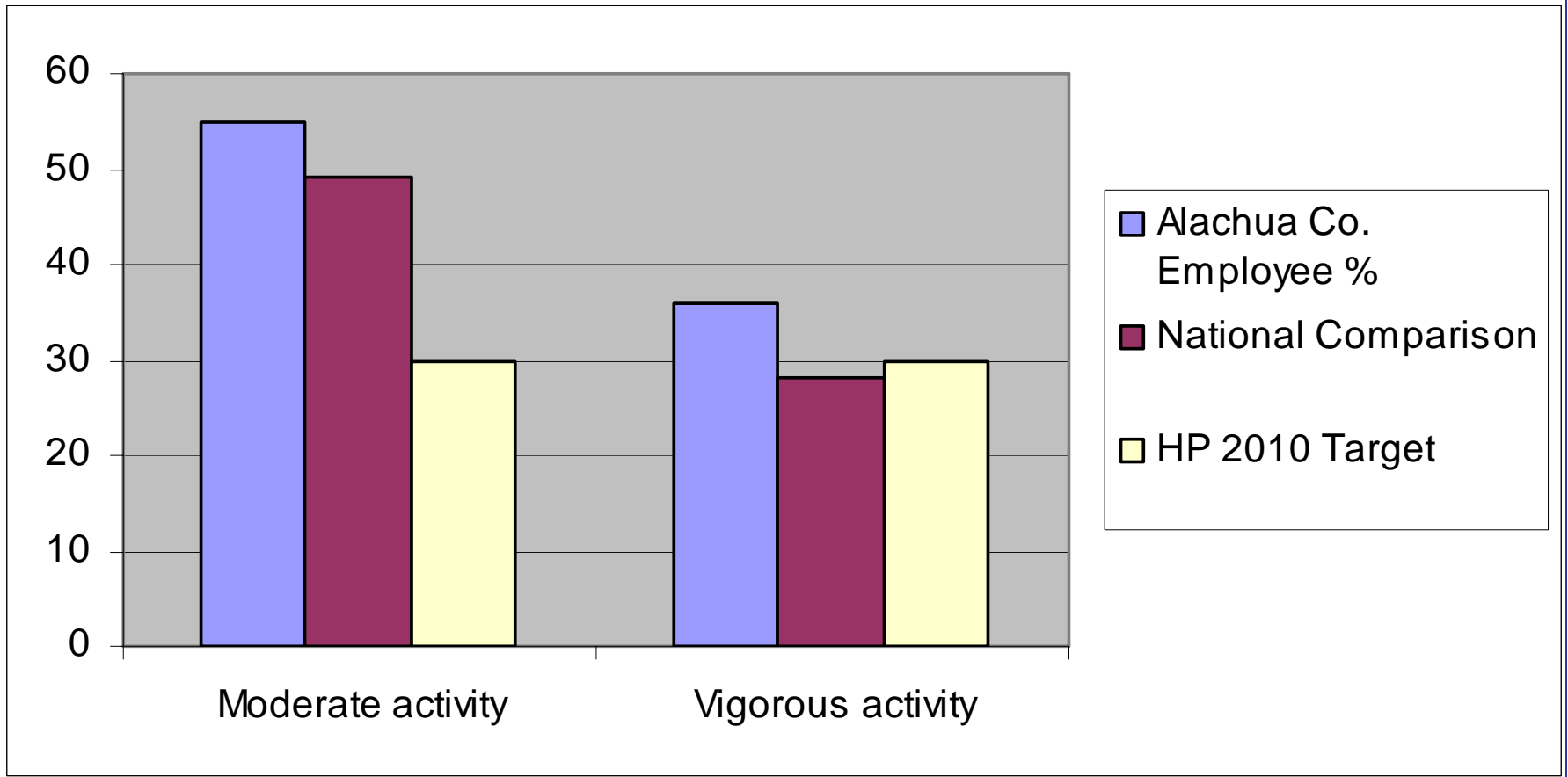


Results: Physical Activity

- 55% -- Moderate – 30+ min. of moderate physical activity 5 or more days/week OR 20+ minutes of vigorous physical activity 3 or more days/week
- 36% -- Vigorous – 20+ min for 3 or more days/week
- 61% -- Trying to exercise more
- 23% -- Doctor has recommended to increase activity level



Physical Activity



Results: Eating Behaviors

- Trying to eat low fat/low cholesterol – 61%
- Trying to eat more fruits/veggies – 66%
- Dr. recommends eating low fat/low cholesterol – 19%
- Dr. recommends eating more fruits and vegetables – 25%



Results: Weight

- BMI: Normal (less than 25) – 42%
Overweight (25 to < 30) – 38%
Obese (30 or more) - 20%
- Physician has recommended to:
 - Lose weight – 16%
 - Gain weight – 2%
 - Maintain weight -0%



Results: Medical Exams/Tests

- Ever had cholesterol test – 78%
- Ever had a mammogram - 59%
- Ever had a pap smear - 97%
- Ever had a sigmoidoscopy – 44%
- Ever had an HIV Test – 47%



Findings compared to baselines

- At or better than national baselines (within 1%)
 - Access to medical care, personal doctor, healthy weight, overweight, obesity, tobacco use, hypertension, asthma, diabetes, moderate activity, vigorous activity
- Worse than national baselines:
 - Alcohol use (past 30 days): 68% vs. 65%
 - Binge drinking past 30 days: 23% vs. 16%



Compared to HP 2010 Targets:

- Met HP 2010 Target
 - Hypertension
 - Moderate activity
 - Vigorous activity
- Have yet to meet HP 2010 Targets
 - Access to medical care
 - Personal doctor
 - Healthy weight
 - Obesity
 - Tobacco use
 - Diabetes
 - Alcohol—binge drinking



Largest Gaps

- Largest gaps between our data and HP 2010 targets:
 - Healthy weight: 42% vs. 60% target
 - Binge drinking: 23% vs. 6% target
 - Tobacco use: 20% vs. 12% target
 - Diabetes: 5% vs. 2.5% target



Possible priorities for UF employees

- Weight loss
- Binge drinking
- Smoking cessation
- Diabetes



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