

WHATCOM COUNTY BRFS 2007 HIGHLIGHTS

Health Status of Whatcom County Residents

Would You Say In General Your Health Is...	Response	1996	2002	2007	Notes:
	Excellent	30%	26%	21% ↓	
	Fair	5%	7%	10% ↑	

- Since 1996, there has been a significant decrease in the percentage of respondents who feel their health is *excellent*. In 2007, this percentage was 21% however in 2002 it was 26% and in 1996, 30%.
- There has been a significant increase in the percentage of respondents who evaluate their health as *fair*. In 2007, 10% gave this response compared to 7% in 2002 and 5% in 1996.

Physical Health

Now think about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical not good?	Response	1996	2002	2007	Notes:
	No Absences in past 30 days	72%		63% ↓	
	Average Days of health not good	2.1		3.5 ↑	

- The percentage of respondents who have not had any days of poor physical health in the past month has decreased significantly from 1996. In 2007, 63% reported having no days when their physical health was *not good* compared to 72% in 1996.
- The average number of days of poor physical health in 2007 is 3.5 compared to 2.1 in 1996.

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Unable to Carry out Usual Activities

During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?	Response	1996	2002	2007	Notes: <ul style="list-style-type: none"> By Income Status: 38.7% of respondents making under \$20K reported “no days when poor physical or mental health kept them from doing usual activities” compared to 53.9% of respondents making over \$50K. By Health Care Coverage Status: 52.4 % of respondents <u>with</u> health care coverage reported having “no days when poor physical or mental health kept them from doing usual activities” compared to 31.8% <u>without</u> health care coverage.
	Yes, days of poor health	14%		50% ↑	
	Average Days	1.2		4.8 ↑	

- Of all respondents who reported having days of poor physical or mental health, 50% said that there were days when their poor health prevented them from carrying out their usual activities. This is a significant increase from the 14% of respondents in 1996 that had days when they were unable to carry out their usual activities.
- Whatcom County residents reported an average of 4.8 days in the prior month when their physical or mental health kept them from their normal activities compared to 1.2 days in 1996.

Personal Health Care Providers

Do you have one person you think of as your personal doctor or health care provider?	Response	1996	2002	2007	Notes: <ul style="list-style-type: none"> By Gender: 87.8% of females reported having one or more personal doctors or health care providers compared to 80.4% of males By Income: 92.4% of those with incomes over \$50K reported having one or more personal doctors or health care providers compared to 73.0% with incomes under \$20K. By Educational Status: 89.1% of college graduates have a health care provider compared to 77.9% of respondents with a high school education or less.
	Yes, one or more		79%	84% ↑	
	No		21%	15% ↓	

- More county residents reported having a personal doctor or health care provider, 84%. This is a significant increase from 2002 when 79% of all respondents said yes to this question.
- Conversely, the percentage of respondents having no health care provider has decreased to 15% from 21% in 2002. Of the respondents interviewed in 2007 with no health care provider, 46% have no health care coverage. 1% were unsure or refused the question.

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Cost as a Barrier to Health Care

Has there been a time in the last 12 months when you needed to see a doctor but could not because of cost?	Response	1996	2002	2007	Notes:
	Yes	8%	9%	16% ↑	

- Since 1996, there has been an increase in the percentage of respondents that reported there was a time in the past year when they needed to see a doctor but could not because of the cost (16%). This proportion has doubled from 9% in 2002 and 8% in 1996.

Diabetes

Have you ever been told by a doctor that you have diabetes?	Response	1996	2002	2007	Notes:
	Yes	3%	5%	6% ↑	

- The percentage of county residents who have diabetes has doubled since 1996. In 2007, 6% reported having been diagnosed with diabetes. This is a significant increase from 3% in 1996.

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Diabetes (Continued)

Have you ever taken a course or class in how to manage your diabetes yourself?	Response	1996	2002	2007	Notes:
	Yes			53%	

Notes:

- By Zip Code: 73.3% of non-Bellingham respondents participated in a diabetes management course compared to 65.9% Bellingham respondents.

- There has been a significant increase in the percentage of respondents who have attended a class on diabetes self-management. In 2007, 73% said *yes* to having taken a class compared to 53% in 2002.

Fruit & Vegetable Consumption

(Combined Data) How often do you eat fruit and vegetables?	Response	1996	2002	2007	Notes:
	Five Servings Daily	35%		31%	
	One to Two Servings Daily	17%		23% ↑	

- Only 31% are eating “5 a Day” of fruit and vegetables. This is a decrease from 35% in 1996. More respondents, 23% are eating one to two servings a day. This is a significant increase from 17% in 1996.

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Physical Activities or Exercises During the Past Month

Do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate?	Response	1996	2002	2007	Notes: <ul style="list-style-type: none"> ▪ <u>By Income Status:</u> 22.9% earning under \$20K responded “no” compared to only 5.8% earning over \$50K. ▪ <u>By Educational Level:</u> 15.3% with a high school education or less responded “no” compared to only 5.9% of college graduates. ▪ <u>By Health Status:</u> 7.5% of those who described their health status as “excellent” or “good” responded “no” to this question compared to 31.7% of those who described their health status as “fair” or “poor.”
	No			11%	
	Yes			89%	
	Average Days a week			4.87	

- 15% have not participated in any form of physical exercise (away from their job) during the past month.
- 11% do not participate in some sort of moderate physical activity for at least ten minutes in a usual week.

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Physical Activities or Exercises During the Past Month (Continued)

	Response	1996	2002	2007	
Do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?	No			43.1 %	Notes: <ul style="list-style-type: none"> ▪ <u>By Gender:</u> Males 38% reported “no” compared to 48% of female respondents. ▪ <u>By Income Status:</u> 61% of respondents making under \$20K reported “no” compared to 34.6% earning over \$50K. ▪ <u>By Educational Status:</u> 48.7% of those with high school or less responded “no” compared to 35.0% of college graduates. ▪ <u>By Health Status:</u> 38.6% of those who described their health status as “excellent” or “good” responded “no” to this question compared to 74.0% of those who described their health status as “fair” or “poor.”
	Yes			56.7%	
	Average days a week			3.21	

- 43% reported not getting some form of vigorous physical activity for at least ten minutes in a usual week.

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Tobacco Use, Attitudes and Behaviors

	Response	1996	2002	2007	Notes: <ul style="list-style-type: none"> ▪ <u>By Gender:</u> Males 48.9% “yes” compared to 39.6% of females ▪ <u>By Age:</u> Ages 18-29 responded 26.5% “yes” compared to 52.8% of respondents 65 and over ▪ <u>By Income Status:</u> 57.2% of those making under \$20K responded “yes” compared with 38.9% of those earning over \$50K ▪ <u>By Health Status:</u> 42.2% of those who described their health status as “excellent” or “good” responded “yes” to this question compared to 58.1% of those who described their health status as “fair” or “poor.”
Have you smoked at least 100 cigarettes in your entire life?	No	51%	49%	55% ↑	
	Yes	49%	50%	44% ↓	

- 55% reported they had never smoked. This is a significant increase from 49% in 2002 and 51% in 1996.

Hunger

	Response	1996	2002	2007	Notes: <ul style="list-style-type: none"> ▪ <u>By Income Status:</u> 34.6% of respondents earning under \$20K responded “yes” compared to 0.7% making over \$50K. ▪ <u>By Educational Status:</u> 15.3% of those with high school or less responded “yes” compared to 5.5% with a college degree. ▪ <u>By Health Status:</u> 7.3% of those who described their health status as “excellent” or “good” responded “yes” to this question compared to 22.8% of those who described their health status as “fair” or “poor.” ▪ <u>By Zip Code:</u> 8.3% of respondents are Bellingham respondents compared to 5.2 % in rural areas.
In the last 12 months, were you ever hungry but didn’t eat because you couldn’t afford enough food?	Yes			9%	
	No			91%	

- 9% said there were times in the past year when they cut or skipped meals ate less than they would like or could not afford to eat when hungry.

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Hunger (Continued)

The next statement is: I/We Couldn't afford to eat balanced meals. Was that often, sometimes, or never true for your household in the last 12 months?	Response	1996	2002	2007	Notes: <ul style="list-style-type: none"> ▪ <u>Education Status:</u> 25% of respondents answering often or sometimes have HS or less education compared to 6% of college graduates. ▪ <u>Income Status:</u> 48% of respondents making less than \$20K answered often or sometimes compared to 10% of respondents making btw. \$35K-\$50K. ▪ <u>Health Status:</u> 34% of respondents reporting their health as fair/poor answered often or sometimes compared to the 12% of respondents reporting their health as excellent/good. <p>*15%= often or sometimes (combined) could not afford to eat balanced meals.</p>
	Often		15%*	4.9%	
	Sometimes			9.7%	
	Never			84.8%	

- 15% said they sometimes or often did not have enough food to eat along with 15% who sometimes or often did not have enough money to afford a balanced meal.

Overweight/Obesity

(Combined Data) How much do you weigh without shoes? About how tall are you without shoes? * Body Mass Index based on body fat calculated through height and weight.	Response	1996	2002	2007	Notes:
	Obese		17%	26% ↑	
	Overweight		35%	34% ↓	

- 26% have a BMI calculation of obese and 34% are overweight compared to 2002 when 17% were obese and 35% were overweight.
- 81% of respondents who have gained weight over the past year said the gain was not intentional.