



Minority Health Profile

Health Risk Factors by Race and Ethnicity

Center for Vital and Health Statistics
March, 2004

Data Bulletin

KEY FINDINGS

All of the data presented in this bulletin were obtained from the 2002 Behavioral Risk Factor Surveillance System (BRFSS) survey that includes over-sampled minority health data.

- Black respondents reported significantly worse general health status than white respondents. Blacks were significantly more likely to report either “fair” or “poor” health when compared to white respondents. In contrast, white respondents were significantly more likely than black respondents to report that their general health was either "very good" or "excellent".
- A significantly higher percentage of black (33.2 percent) and Hispanic (38.6 percent) respondents than white respondents (24.8 percent) were classified as being obese. There were no significant differences between white (37.5 percent) and black (38.0 percent) respondents in the overweight category. Hispanic respondents not classified as being overweight or obese (32.2 percent) were not significantly different than white respondents (37.7 percent). Nearly half of white, black and Hispanic respondents indicated that they were currently trying to lose weight.
- Black respondents (67.5 percent) reported significantly less participation in physical activities than white respondents (75.2 percent). There were no significant differences between white and Hispanic respondents in participation in physical activities.
- Approximately one out of four white and black respondents indicated that they were current smokers. There were no significant differences between whites, blacks and Hispanics who did not currently smoke. Nearly half (46.1 percent) of white smokers indicated that they had tried to quit smoking at least once in the last 12 months, while more than half (56.2 percent) of black respondents indicated that they had tried to do so.

General Health

How is your general health?

Race/Ethnicity		Excellent	Very good	Good	Fair	Poor
White	%	20.5	35.9	30.9	9.5	3.2
	CI	(18.9-22.0)	(34.0-37.7)	(29.1-32.7)	(8.4-10.6)	(2.6-3.9)
	n	922	1540	1307	463	164
Black	%	16.4	29.3	33.4	15.8	5.0
	CI	(13.0-19.9)	(24.2-34.4)	(28.6-38.3)	(12.7-18.9)	(3.5-6.5)
	n	207	357	500	264	88
Hispanic	%	27.2*	28.8*	31.1*	12.3*	0.7*
	CI	(14.6-39.6)	(17.5-40.1)	(19.7-42.4)	(0.6-23.9)	(0.0-1.7)
	n	29	43	48	19	4
Other	%	19.0*	26.0	40.2	11.6*	3.2*
	CI	(9.8-28.3)	(16.4-35.7)	(28.2-52.1)	(3.8-19.4)	(0.7-5.7)
	n	41	63	76	34	15

%=Percentage, CI=Confidence Interval, n=Cell Size.
 Percentages are weighted to population characteristics.
 *Use caution in interpreting cell sizes less than 50.

Highlighted rates are statistically significant when compared to the white rate (p<.05).

Behavioral Risk Factor Surveillance System (BRFSS) –
 Includes Supplemental Minority Health Data - Ohio 2002

- Approximately 21 percent of black respondents indicated that their general health was either “fair” or “poor” while just over 12 percent of white respondents rated their health similarly.
- More than 56 percent of white respondents indicated that their general health was “excellent” or “very good” compared to just over 45 percent for black respondents.
- Percentages of “fair” or “poor” health were significantly higher (p<0.05) for black respondents than for white respondents while percentages of “excellent” and “very good” were significantly higher (p<0.05) for white respondents than black respondents.

Obesity

Weight Classifications Based on Body Mass Index (BMI)

Race/ Ethnicity		Not overweight/obese (BMI≤24.9)	Overweight (25-29.9)	Obese (30-99.8)
White	%	37.7	37.5	24.8
	CI	(35.8-39.7)	(35.6-39.4)	(23.1-26.5)
	n	1633	1508	1004
Black	%	28.8	38.0	33.2
	CI	(23.4-34.1)	(33.1-43.0)	(28.5-37.9)
	n	336	492	513
Hispanic	%	32.2	29.2*	38.6*
	CI	(20.7-43.7)	(15.7-42.8)	(25.2-51.9)
	n	53	38	46
Other	%	53.9	29.3	16.8
	CI	(41.9-65.8)	(18.1-40.5)	(8.9-24.8)
	n	110	57	50
%=Percentage, CI=Confidence Interval, n=Cell Size. Percentages are weighted to population characteristics. *Use caution in interpreting cell sizes less than 50. Highlighted rates are statistically significant when compared to the white rate (p<.05). Behavioral Risk Factor Surveillance System (BRFSS) – Includes Supplemental Minority Health Data - Ohio 2002				

- A significantly (p<0.05) higher percentage of black (33.2 percent) and Hispanic respondents (38.6 percent) were classified as being obese than white respondents (24.8 percent).
- Black respondents had a significantly (p<0.05) lower percentage of weight classified as normal (28.8 percent) than white respondents (37.7 percent).
- There were no significant differences between black and white respondents classified as overweight.

Are you now trying to lose weight?

Race/Ethnicity		Yes	No
White	%	44.9	55.1
	CI	(42.9-46.8)	(53.2-57.1)
	n	1964	2314
Black	%	43.7	56.3
	CI	(38.8-48.6)	(51.4-61.2)
	n	670	718
Hispanic	%	49.3	50.7
	CI	(35.8-62.8)	(37.2-64.2)
	n	65	73
Other	%	37.6	62.4
	CI	(26.1-49.1)	(50.9-73.9)
	n	91	130
%=Percentage, CI=Confidence Interval, n=Cell Size. Percentages are weighted to population characteristics. Behavioral Risk Factor Surveillance System (BRFSS) – Includes Supplemental Minority Health Data - Ohio 2002			

- Nearly half of all white, black and Hispanic respondents indicated that they were currently trying to lose weight.
- There were no significant (p<0.05) differences in white, black or Hispanic respondents who reported they were currently trying to lose weight.

Exercise

During the last month, did you participate in any physical activities?

Race/Ethnicity		Yes	No
White	%	75.2	24.8
	CI	(73.5-76.9)	(23.1-26.4)
	n	3343	1066
Black	%	67.5	32.5
	CI	(62.7-72.3)	(27.7-37.3)
	n	937	488
Hispanic	%	73.8	26.2*
	CI	(61.1-86.4)	(13.6-38.9)
	n	105	38
Other	%	79.8	20.2
	CI	(70.9-88.7)	(11.3-29.1)
	n	170	59

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Behavioral Risk Factor Surveillance System (BRFSS) –
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- Black respondents were significantly (p<0.05) less likely to report participating in physical activities (32.5 percent) compared to white respondents (24.8 percent).
- There was no significant (p<0.05) difference in the percentage of Hispanic respondents (73.8 percent) and white respondents (75.2) who indicated that they participated in physical activities.

Do you engage in moderate or vigorous physical activities for at least 10 minutes at a time?

Race/Ethnicity		Moderate Physical Activities		Vigorous Physical Activities	
		Yes	No	Yes	No
White	%	86.1	13.9	49.0	51.0
	CI	(84.8-87.5)	(12.5-15.2)	(47.1-51.0)	(49.0-52.9)
	n	3706	596	2022	2269
Black	%	78.0	22.0	43.6	56.4
	CI	(73.6-82.4)	(17.6-26.4)	(38.5-48.8)	(51.2-61.5)
	n	1088	303	537	855
Hispanic	%	76.3	23.7*	60.1	39.9
	CI	(63.5-89.0)	(11.0-36.5)	(47.4-72.7)	(27.3-52.6)
	n	115	24	71	66
Other	%	79.0	21.0*	57.3	42.7
	CI	(69.8-88.3)	(11.7-30.2)	(45.7-68.9)	(31.1-54.3)
	n	180	42	106	113

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Behavioral Risk Factor Surveillance System (BRFSS) –
Includes Supplemental Minority Health Data - Ohio 2002

- Black respondents (78.0 percent) were significantly (p<0.05) less likely than white respondents (86.1 percent) to participate in moderate physical activities.
- There were no significant differences between white, black and Hispanic respondents in participation in vigorous physical activities.

Smoking

Do you smoke cigarettes now?

Race/Ethnicity		Yes	No
White	%	26.9	73.1
	CI	(25.2-28.6)	(71.3-74.8)
	n	1151	3249
Black	%	25.6	74.4
	CI	(21.6-29.6)	(70.4-78.4)
	n	405	1013
Hispanic	%	20.6*	79.4
	CI	(10.5-30.7)	(69.3-89.5)
	n	35	108
Other	%	30.2	69.8
	CI	(19.2-41.3)	(58.7-80.8)
	n	66	161

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Behavioral Risk Factor Surveillance System (BRFSS) –
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- More than 25 percent of white and black respondents indicated that they were current smokers.
- There were no significant ($p < 0.05$) differences in the percentage of white, black or Hispanic respondents who indicated they were non-smokers.

During the past 12 months, have you quit smoking for one day or longer?

Race/Ethnicity		Yes	No
White	%	46.1	53.9
	CI	(41.8-50.3)	(49.7-58.2)
	n	416	513
Black	%	56.2	43.8
	CI	(46.4-65.9)	(34.1-53.6)
	n	177	133
Hispanic	%	37.2*	62.8*
	CI	(11.2-63.2)	(36.8-88.8)
	n	15	13
Other	%	45.1*	54.9*
	CI	(22.3-67.9)	(32.1-77.7)
	n	23	31

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Behavioral Risk Factor Surveillance System (BRFSS) –
 Includes Supplemental Minority Health Data - Ohio 2002

- Among current smokers, nearly half (46.1 percent) of white respondents indicated that they had tried to quit smoking during the past year, while more than one half (56.2 percent) of black respondents indicated that they had tried to do so.
- There were no significant ($p < 0.05$) differences between white and black respondents who had tried to quit smoking during the past year.

Notes

All of the data presented in this bulletin were obtained from the Behavioral Risk Factor Surveillance System (BRFSS).

Ohio is one of 50 states participating in the BRFSS survey with the Centers for Disease Control (CDC) to obtain data regarding the prevalence of selected behaviors among persons age 18 and older that can increase the risk of certain diseases and injuries. Ohio has participated in the BRFSS survey since 1984. The survey consists of telephone interviews conducted with randomly sampled households from all telephone-equipped dwelling units in Ohio. The data collected from the survey examines major behavioral risks among adults that are associated with premature morbidity and mortality. Such data is useful to measure health trends, develop health promotion programs, initiate health policies and examine areas for future research and initiatives.

In addition to the statewide BRFSS survey in 2002, the Center for Vital and Health Statistics contracted with ORC Macro to provide a statewide BRFSS over-sample of minority residents across Ohio. The supplemental data for minority populations resulted in 2,047 additional interviews, primarily with Black Ohioans. Telephone exchanges were selected based on the exchanges estimated non-white population. Samples for the statewide and minority over-sample were drawn independently. Following data collection, the two sets of completed sample interviews were weighted independently to population characteristics and then combined utilizing a method for combining weights from two independent samples. The dataset weighting followed the CDC method of relying solely on post-stratification to compensate for non-response.

The data reported in this bulletin utilized the original BRFSS 2002 dataset for Ohio combined with the over-sample minority BRFSS data set for 2002. In accordance with CDC methodology, we have reported all of the data collected including percentages, numbers of respondents and 95 percent confidence intervals. When interpreting this data, the reader should use great caution when interpreting small sample sizes ($n < 50$). Small sample sizes are considered very unreliable and are usually associated with wide confidence intervals. All references to statistical significance in the bulletin refer to the $p < 0.05$ level. Paired differences between race/ethnicity were calculated for each variable using t-tests.

It is important to note that the data presented in this bulletin does not control for selected variables. Controlling for variables such as education, income, age and marital status can demonstrate whether racial differences continue to exist after adjustment.

Due to very small sample size Asian, Native American, Eskimo, Aleut and "other" races were included in the category called "other". Persons of Hispanic ethnicity may be of any race.

Moderate physical activities in a usual week include activities such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate for at least 10 minutes at a time.

Vigorous physical activities in a usual week include activities such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate for at least 10 minutes at a time.

REFERENCES USED IN THIS DATA BULLETIN

National Center for Chronic Disease Prevention and Health Promotion
Behavioral Risk Factor Surveillance System
<http://www.cdc.gov/brfss>

Data Bulletin

Minority Health Profile Maternal and Infant Health, by Race and Ethnicity



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