

Adult Behavioral Risk Factor Prevalence, 2018
Statewide and By County

	State	New Castle County	Kent County	Sussex County
Behavioral Risk Factors	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)
Current Cigarette Smoker	16.5% (15.1-17.9)	13.8% (14.1-18.4)	17.9% (15-20.8)	16.2% (14-18.4)
Total Tobacco Use	21.4% (19.5-23.3)	18.5% (15.6-21.3)	24.9% (21.5-28.3)	25.3% (22.1-28.6)
Obese	33.5% (31.7-35.3)	31.5% (28.6-34.1)	37.9% (34.5-41.3)	35.3% (32.4-38.2)
Overweight	34.3% (32.4-36.1)	35.3% (31.1-36.9)	36.1% (32.6-39.6)	33.5% (30.8-36.3)
Sedentary	26.8% (25.2-28.4)	24.2% (21.4-26.1)	30.3% (27.3-33.3)	31.3% (28.7-33.8)
Did not meet PA guidelines	Not Asked			
Did not consume at least five fruits and/or vegetable per day	Not Asked			
Binge Drinking	16.4% (14.9-17.9)	19.8% (14.8-19.4)	17.4% (14.6-20.2)	13.9% (11.8-16)
Chronic Heavy Drinking	6.4% (5.4-7.4)	7.8% (4.9-7.9)	6.9% (5-8.7)	6.2% (4.8-7.5)
Drive Drunk	3.0% (2.1-4)	2.7% (1.5-3.9)	4.5% (2.3-6.7)	2.9% (1.1-4.6)
No Seatbelt Use	2.5% (1.9-3.1)	2.2% (1.3-3)	2.9% (1.6-4.2)	2.8% (1.9-3.7)
Chronic Health Conditions				
Disability	27.4% (25.8-29)	25.5% (23.1-27.9)	28.9% (25.9-31.9)	30.6% (28.1-33.2)
Diabetes	11.9% (10.8-13)	10.8% (9.2-12.4)	14.5% (12.5-16.5)	12.6% (10.8-14.4)
Prediabetes	Not Asked			
High Cholesterol	Not Asked			
Hypertension	Not Asked			
Angina or Coronary Heart Disease	4.2% (3.7-4.8)	3.3% (2.4-4.1)	4.2% (3.2-5.2)	6.6% (5.4-7.9)
Coronary Heart Disease or Myocardial Infarction	6.5% (5.7-7.2)	5.0% (4-6.1)	6.6% (5.3-7.8)	9.9% (8.4-11.4)
Stroke	3.8% (3.2-4.4)	3.7% (2.7-4.6)	3.6% (2.7-4.6)	4.2% (3.3-5.2)
Skin Cancer	6.0% (5.4-6.7)	5.0% (4.1-6)	4.5% (3.6-5.4)	9.5% (8-10.9)
Other Cancer	7.5% (6.7-8.3)	6.5% (5.4-7.7)	8.1% (6.7-9.5)	9.5% (8-11)
Asthma	10.1% (8.9-11.3)	10.3% (8.4-12.2)	10.2% (8.2-12.2)	9.6% (7.9-11.2)
COPD	10.1% (8.9-11.3)	5.9% (4.7-7.1)	8.7% (6.9-10.4)	8.5% (7-9.9)
Arthritis	26.0% (24.6-27.5)	22.8% (20.7-25)	28.5% (25.7-31.3)	31.8% (29.4-34.3)

Limited Work Ability Due to Arthritis	Not Asked			
Depressive Disorder	16.9% (15.5-18.3)	16.8% (14.7-18.9)	18.4% (15.7-21)	16.2% (14-18.3)
Vision Impairment	5.5% (4.6-6.3)	5.1% (3.8-6.3)	5.5% (4-7)	6.3% (5-7.6)
Preventive Medicine: Immunizations and Screenings				
Age ≥ 65 Flu Shot in Past Year†	58.3% (55.3-61.2)	59.7% (54.8-64.5)	51.4% (46-56.7)	59.7% (55.4-64)
Age ≥ 65 Pneumonia Vaccine†	73.0% (70.3-75.7)	72.0% (67.5-76.6)	67.4% (62.2-72.6)	77.0% (73.5-80.6)
Adults Who are at High Risk for HIV	6.6% (5.5-7.7)	6.7% (5.1-8.3)	7.4% (5.2-9.6)	5.7% (4.2-7.2)
Adults Who Have Been Tested for HIV	42.1% (40.1-44)	43.0% (40.1-46)	48.2% (44.6-51.8)	35.2% (32.3-38)
Men 40 + Who Had PSA Test in Past 2 Years	37.7% (34.7-40.8)	33.6% (29-38.2)	40.1% (34-46.1)	44.8% (39.9-49.6)
Age 50+ Who Ever Had Colonoscopy	70.4% (68.1-72.7)	69.7% (66.1-73.2)	67.1% (62.7-71.5)	73.7% (70.3-77)
Women 50+ Who Had Mammogram In Past 2 Years	78.9% (76.5-81.2)	77.4% (73.6-81.1)	81.9% (78.4-85.4)	80.0% (76.6-83.5)
Women Who Had a Pap Test in Past 3 Years	83.0% (80.2-85.9)	82.7% (78.6-86.8)	82.8% (76.5-89.1)	84.3% (80.1-88.4)
Visited Dental Clinic In Past Year	66.5% (64.7-68.3)	69.2% (66.5-71.9)	62.3% (58.9-65.7)	63.2% (60.5-65.9)
Health Care Coverage/ Health Status				
No Health Insurance (Age 18-64)	12.9% (11.5-14.4)	89.3% (87.3-91.4)	85.6% (82.6-88.6)	82.0% (79.4-84.7)
Health Status: Poor to Fair	17.2% (15.9-18.4)	14.7% (12.9-16.5)	20.5% (18-23.1)	20.5% (18.4-22.7)

Data Source: Delaware Behavior Risk Factor Survey, 2018