

Adult Behavioral Risk Factor Prevalence, 2016
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	17.7% (16.0-19.4)	17.3% (14.7-19.9)	17% (14.4-19.7)	19% (16.2-21.7)
Current e-Cigarette Users	4% (3.1-4.9)	3.6% (2.3-4.8)	3.6% (2.3-4.9)	5.5% (3.5-7.5)
Total Tobacco Use ¹	24.2% (22.2-26.2)	24.3% (21.2-27.3)	22.7% (19.7-25.7)	25.2% (22.1-28.3)
Obese	30.7% (28.6-32.8)	28.8% (25.6-31.9)	33.3% (29.9-36.8)	33.3% (30.0-36.7)
Overweight	37.3% 35.1-39.4%	37.2% (33.9-40.4)	34.7% (31.0-38.3)	39.7% (36.3-43.1)
Normal Weight	30.2% (28.0-32.4)	32%* (28.7-35.4)	31.1% (27.4-34.7)	25.1% (21.9-28.2)
Adults Who Drank > 1 Sugar-Sweetened Beverage/Day	24.6% (22.5-26.6)	22.3% (19.3-25.2)	30.2%* (26.3-34.1)	25.8%* (22.3-29.2)
Sedentary Lifestyle	26.6% (24.8-28.5)	23% (20.3-25.7)	29.9%* (26.6-33.2)	33.1%* (29.9-36.3)
Binge Drinking	17.0% (15.1-18.9)	19.1%* (16.2-22.0)	13.7% (11.1-16.4)	14.3% (11.6-17.0)
Chronic Heavy Drinking	6.4% (5.2-7.6)	7.6%* (5.7-9.5)	4.5% (2.9-6.0)	4.9% (3.5-6.2)
Do NOT Always Use Seatbelts	8.4% 7.1-9.8%	8.6% (6.5-10.6)	8.4% (6.0-10.9)	8.2% (6.2-10.1)
Chronic Health Conditions				
Disability	21.4% (19.7-23.1)	20.1% (17.5-22.6)	22.2% (19.4-25.0)	23.9% (21.2-26.7)
Diabetes	10.6% (9.5-11.8)	9.4% (7.7-11.2)	11.3% (9.4-13.1)	13.1% (11.1-15.1)
Pre-Diabetes	13.1% (11.6-14.7)	13.7% (11.3-16.0)	12.1% (9.9-14.4)	12.6% (10.3-14.9)
Angina or Coronary Heart Disease	4% (3.4-4.6)	2.9% (2.1-3.7)	4.3%* (3.2-5.4)	6.6%* (5.1-8.0)
Coronary Heart Disease or Myocardial Infarction ²	7% (6.1-8.0)	5.8% (4.4-7.1)	7% (5.5-8.4)	10.2%* (8.3-12.0)
Stroke ²	3.2% (2.6-3.8)	2.6% (1.8-3.4)	3.7% (2.6-4.7)	4.3% (3.2-5.5)

Skin Cancer	6.4% (5.6-7.2)	5.5% (4.4-6.6)	5% (3.8-6.1)	9.8%* (8.1-11.4)
Other Cancer	7.5% (6.6-8.5)	7.1% (5.7-8.5)	7.2% (5.8-8.6)	8.9% (7.3-10.5)
Asthma	8.5% (7.4-9.6)	8.0% (6.3-9.6)	10.8% (8.6-12.9)	8.1% (6.2-9.9)
COPD	6.3% (5.4-7.2)	5.2% (3.9-6.5)	6.8% (5.4-8.2)	8.5% (6.8-10.3)
Arthritis	26.7% (25.0-28.5)	23.1% (20.5-25.6)	28.9%* (25.9-31.8)	34.1%* (31.1-37.2)
Depressive Disorder	16.6% (15.0-18.3)	19.5%* (16.9-22.1)	13.0% (10.7-15.2)	12.4% (10.4-14.3)
Vision Impairment	4.6% (3.8-5.8)	4.4% (3.2-5.7)	5.2% (3.5-6.8)	4.8% (3.4-6.1)
Preventive Medicine: Immunizations and Screenings				
All Adults Flu Shot in Past Year	41.6% (39.5-43.7)	40.6% (37.3-43.8)	41.2% (37.5-44.9)	44.4% (41.1-47.7)
Age ≥ 65 Flu Shot in Past Year	61.7% (58.3-65.1)	61.6% (55.8-67.4)	55.2% (49.4-60.9)	65.3% (60.6-70.0)
Age ≥ 65 Pneumonia Vaccine	75.1% (72.1-78.1)	75.4% (70.5-80.3)	74.7% (66.2-77.3)	76.4% (72.2-80.6)
Men 40 + Who Had PSA Test in Past 2 Years	44.7% (66.8-72.3)	42% (36.2-47.7)	44% (38.0-50.1)	50.4% (44.8-56.1)
Age 50-75 Had Colonoscopy in the Past 10 Years	69.6% (41.0-48.3)	69.5% (65.1-73.9)	73.9% (69.8-78.1)	67.1% (63.0-71.3)
Women 40+ Who Had Mammogram in Past 2 Years	78.3% (75.5-81.0)	78.6% (74.3-84.8)	78.1% (73.4-82.8)	77.7% (73.6-81.9)
Women 21-65 Who Had Pap Test in Past 3 Years	79.3% (75.3-83.2)	78.4% (72.8-84.6)	78.7% (72.3-84.5)	81.8% (76.6-87.1)
Adults Ever Tested for HIV/AIDS	43.2% (40.9-45.5)	46.3%* (42.8-49.7)	45.4%* (41.6-49.3)	34.1% (30.6-37.6)
Adults at Significant Risk for HIV/AIDS	7% (5.7-8.3)	7.7% (5.7-9.7)	6.6% (4.7-8.5)	5.6% (3.4-7.8)
Visited Dental Clinic In Past Year	66.2% (64.2-68.3)	68.3%* (65.2-71.3)	65.9%* (62.3-69.5)	61.4% (58.0-64.7)
Health Care Coverage/ Health Status				
Adults Age 18-64 With NO Health Insurance	10.9% (9.2-12.7)	9.3%* (6.8-11.5)	8.6%* (5.7-11.5)	17.7% (14.3-21.2)
Health Status: Poor to Fair	16.4% (14.9-17.9)	15.1% (12.8-17.3)	16.5% (14.1-18.8)	19.7% (17.1-22.3)

Data Source: Delaware Health and Social Services, Division of Public Health, Delaware Behavior Risk Factor Survey (BRFS), 2016

*County residents are significantly more likely to have the behavior compared to the reference county. The reference county is the county with the lowest prevalence of risk behavior or health condition.

¹Includes all tobacco products such as cigarettes, e-cigarettes, pipes, cigars, little cigars, smokeless products, hookahs, etc.

²For myocardial infarction and stroke, this prevalence only includes those who have suffered the condition and survived.

A logistic regression was performed to determine if significant differences were observed among the counties *when adjusting for age*.