

Adult Behavioral Risk Factor Prevalence, 2020 Statewide and By County				
	State	Kent County	New Castle County	Sussex County
Behavioral Risk Factors	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)
Current Cigarette Smoker	15.1% (13.5-16.8)	17.7% (14.6-20.8)	14.0% (11.6-16.4)	15.9% (13.2-18.6)
Current e-Cigarette Users	3.7% (2.8-4.6)	3.6% (2.2-5)	3.6% (2.3-5)	3.9% (2.5-5.3)
Total Tobacco Use <sup>1</sup>	19.2% (17.3-21.0)	21.2% (17.9-24.4)	17.7% (15-20.5)	21.0% (18.0-24.0)
Obese	36.5% (34.3-38.8)	39.9% (36.1-43.8)	35.1% (31.7-38.5)	37.3% (33.9-40.7)
Overweight	32.1% (30-34.2)	30.7% (27.3-34.2)	31.5% (28.3-34.6)	34.8% (31.4-38.1)
Normal Weight	29.2% (27.1-31.4)	27.8% (24.4-31.3)	30.8% (27.5-34.1)	26.7% (23.4-29.9)
Adults Who Drank More than One Sugar-Sweetened Beverage per Day	Not asked in 2020			
Sedentary Lifestyle	24.7% (22.8-26.6)	25.4% (22.4-28.3)	23.4% (20.5-26.3)	27.2% (24.3-30.1)
Did Met Federal PA guidelines <sup>4</sup>	Not asked in 2020			
Did not consume at least five fruits and/or vegetable per day	Not asked in 2020			
Binge Drinking	14.3% (12.7-16)	12.7% (10-15.4)	16.1% (13.5-18.7)	11.4% (9.1-13.6)
Chronic Heavy Drinking	5.9% (4.8-7.1)	5.8% (3.9-7.6)	5.9% (4.2-7.7)	6.0% (4.3-7.7)
Driven with Too Much to Drink in Past Month	2.1% (1.1-3)	2.1% (0.6-3.7)	2.2% (0.9-3.6)	1.5% (0.3-2.7)
No Seatbelt Use	2.6% (1.9-3.4)	2.3% (1.2-3.4)	2.8% (1.6-4)	2.5% (1.4-3.7)
<b>Chronic Health Conditions</b>				
Disability <sup>2</sup>	23.9% (22.1-25.7)	24.3% (21.4-27.3)	22.5% (19.7-25.3)	26.8% (23.9-29.6)
Diabetes	12.4% (11-13.8)	13.1% (10.8-15.4)	12.6% (10.4-14.7)	11.6% (9.5-13.8)
Pre-Diabetes	10.8% (9.4-12.1)	12.8% (10.3-15.3)	9.8% (7.8-11.7)	11.5% (9.3-13.7)
High Cholesterol	Not asked in 2020			
Hypertension	Not asked in 2020			
Angina or Coronary Heart Disease	4.8% (3.9-5.6)	4.2% (2.9-5.4)	4.1% (2.9-5.4)	6.7% (5-8.3)
Coronary Heart Disease or Myocardial Infarction <sup>3</sup>	7.6% (6.5-8.6)	7.0% (5.4-8.5)	6.3% (4.8-7.8)	10.7% (8.5-12.9)
Stroke <sup>3</sup>	3.4% (2.6-4.1)	3.3% (2.2-4.5)	3.2% (2-4.4)	3.8% (2.5-5.1)
Skin Cancer	6.4% (5.5-7.3)	6.0% (4.5-7.6)	4.7% (3.6-5.8)	10.5% (8.6-12.5)
Other Cancer	7.4% (6.3-8.4)	7.1% (5.5-8.7)	6.5% (5-8.1)	9.4% (7.6-11.2)
Asthma	10.8% (9.3-12.2)	11.1% (8.7-13.5)	11.6% (9.3-14)	8.5% (6.7-10.3)
COPD	10.8% (9.3-12.2)	11.1% (8.7-13.5)	11.6% (9.3-14)	8.5% (6.7-10.3)
Arthritis	26.7% (24.8-28.5)	27.0% (24-30)	24.5% (21.7-27.2)	31.4% (28.3-34.5)
Limited Work Ability Due to Arthritis	Not asked in 2020			
Depressive Disorder	15.6% (14-17.1)	17.2% (14.5-19.9)	15.6% (13.3-17.9)	14.3% (12-16.5)
Vision Impairment	4.9% (4-5.8)	6.5% (4.6-8.3)	4.6% (3.2-6.1)	4.4% (3.2-5.6)
<b>Preventive Medicine: Immunizations and Screenings</b>				
All Adults Flu Shot in Past Year	48.7% (46.4-50.9)	48.8% (45-52.6)	48.7% (45.2-52.1)	48.6% (45.1-52)
Age ≥ 65 Flu Shot in Past Year	67.8% (63.9-71.7)	67.2% (61.4-73.1)	66.8% (60.1-73.6)	69.3% (64-74.7)
Age ≥ 65 Pneumonia Vaccine	71.6% (67.9-75.3)	68.7% (62.5-74.8)	70.7% (64.4-77)	74.3% (69-79.5)
Men 40 + Who Had PSA Test in Past 2 Years	33.2% (29.7-36.6)	<b>40.8%*</b> ( <b>34.3-47.3</b> )	28.5% (23.2-33.7)	37.1% (31.5-42.7)
Age 50-75 who Have Fully Met the USPSTF Recommendations	77.2% (74.5-79.8)	72.2% (67.4-77)	76.1% (71.9-80.3)	<b>81.9%*</b> ( <b>78.1-85.7</b> )
Women 40+ Who Had Mammogram in Past 2 Years	73.2% (70.1-76.3)	72.8% (67.7-77.9)	73.0% (68.2-77.7)	74.1% (69.4-78.8)
Women 21-65 Who Had Pap Test in Past 3 Years	77.0% (73.4-80.6)	75.9% (70-81.8)	77.3% (72.2-82.4)	77.3% (70.4-84.2)
Adults Ever Tested for HIV/AIDS	43.4% (41-45.7)	<b>48.5%*</b> ( <b>44.5-52.5</b> )	<b>44.7%*</b> ( <b>41-48.3</b> )	36.7% (33.2-40.2)
Adults at Significant Risk for HIV/AIDS	6.4% (5.1-7.7)	6.6% (4.1-9.1)	7.2% (5.1-9.2)	4.4% (2.8-6)
Visited Dental Clinic In Past Year	64.5% (62.4-66.5)	58.0% (54.4-61.7)	<b>69.7%*</b> ( <b>66.6-72.8</b> )	57.3% (54-60.6)
<b>Health Care Coverage/ Health Status</b>				
No Health Insurance (Age 18-64)	13.2% (11.4-14.9)	10.3% (7.7-12.9)	12.0% (9.4-14.5)	<b>18.9%*</b> ( <b>15.7-22</b> )
Health Status: Poor to Fair	13.8% (12.3-15.2)	12.9% (10.7-15.1)	13.1% (10.9-15.4)	15.9% (13.5-18.3)

Data Source: Delaware Behavior Risk Factor Survey, 2020

\*County residents are a significantly more likely to have the behavior compared to the reference county. Reference county is the county with the lowest prevalence of risk behavior/chronic health condition/screening prevalence/health care status.

<sup>1</sup>Includes all tobacco products such as cigarettes, e-cigarettes, pipes, cigars, smokeless products, hookahs, etc.

<sup>2</sup>Disability question series changed in 2018 to include those with hearing impairments

<sup>3</sup>For myocardial infarction and stroke, this prevalence only includes those who have suffered the condition and survived.