Prevalence of Chronic Disease Risk Behaviors and Outcomes

<u>Data source</u>: 2018 Maryland Behavioral Risk Factor Surveillance System (BRFSS), 2018 National BRFSS
Prepared 12/14/2020 by Brad Knight

2018 BRFSS Data	Maryland Statewide				National (50 States + DC)			
			95% Confidence Interval				95% Confidence Interval	
	Population Estimate (N)	Percent (%)	Lower limit	Upper limit	Population Estimate (N)	Percent (%)	Lower limit	Upper limit
Weight classification+								
Healthy weight (BMI 18.5 to 24.9)	1,369,997	32.3	31.1	33.5	75,366,249	32.8	32.5	33.1
Overweight (BMI 25.0 to 29.9)	1,534,683	36.2	35.0	37.4	81,999,824	35.7	35.4	36.0
Obese (BMI 30.0 and above)	1,335,394	31.5	30.4	32.6	72,437,246	31.5	31.2	31.8
Chronic conditions++								
Diabetes *(excludes women told only during pregnancy)*	568,232	12.1	11.4	12.8	29,387,378	11.5	11.3	11.7
Hypertension *(excludes women told only during pregnancy, excludes borderline high or pre-hypertensive)*	*Not collected in 2018*				*Not collected in 2018*			
High cholesterol	*Not collected in 2018*				*Not collected in 2018*			
Heart attack	185,527	3.9	3.6	4.3	11,829,658	4.6	4.5	4.7
Angina or coronary heart disease	193,175	4.1	3.7	4.5	11,109,149	4.3	4.2	4.5
Stroke	164,376	3.5	3.1	3.8	8,719,577	3.4	3.4	3.5
Arthritis	1,244,903	26.4	25.5	27.3	66,209,506	25.8	25.5	26.1
Depressive disorder	729,086	15.4	14.6	16.3	47,035,287	18.3	18.1	18.6
Leisure time physical activity								
Reported leisure time physical activity	3,655,487	76.9	75.9	77.8	194,636,872	75.5	75.2	75.8
Did <u>not</u> report leisure time physical activity	1,088,657	22.9	22.0	23.9	63,107,254	24.5	24.2	24.8

+ Weight classification is based on body mass index (BMI) which is calculated using a standard formula.

++Survey respondents were asked if a doctor, nurse, or other health professional ever told them they had the condition.

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	Population Estimate (N)	Percent (%)	95% Confidence Interval Lower limit	95% Confidence Interval Upper limit	Population Estimate (N)	Percent (%)	95% Confidence Interval Lower limit	95% Confidence Interval Upper limit
Seatbelt use								
Reported always using seatbelt	3,988,094	90.6	89.8	91.3	210,542,768	87.4	87.2	87.6
Reported not always using seatbelt (nearly always, sometimes, seldom, or never use)	415,062	9.4	8.7	10.2	30,290,110	12.6	12.4	12.8

+ Weight classification is based on body mass index (BMI) which is calculated using a standard formula.

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