# Prevalence of Chronic Disease Risk Behaviors and Outcomes

| 2017 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) | 1,351,479 | 32.6 | 31.2 | 33.9 | 75,875,304 | 33.3 | 33.0 | 33.6 |
| Overweight (BMI 25.0 to 29.9) | 1,475,906 | 35.6 | 34.2 | 36.9 | 81,987,261 | 36.0 | 35.7 | 36.3 |
| Obese (BMI 30.0 and above) | 1,323,353 | 31.9 | 30.6 | 33.2 | 69,927,801 | 30.7 | 30.4 | 31.0 |
| **Chronic conditions++** | | | | | | | | |
| Diabetes *(excludes women told only during pregnancy)* | 488,942 | 10.5 | 9.8 | 11.2 | 27,782,829 | 11.0 | 10.8 | 11.2 |
| Hypertension *(excludes women told only during pregnancy, excludes borderline high or pre-hypertensive)* | 1,522,900 | 33.1 | 31.9 | 34.3 | 82,935,649 | 33.1 | 32.8 | 33.4 |
| High cholesterol | 1,378,652 | 31.3 | 30.1 | 32.4 | 73,669,348 | 31.8 | 31.5 | 32.1 |
| Heart attack | 172,701 | 3.7 | 3.2 | 4.1 | 10,047,601 | 4.0 | 3.9 | 4.1 |
| Angina or coronary heart disease | 154,533 | 3.3 | 2.9 | 3.7 | 9,961,792 | 4.0 | 3.9 | 4.1 |
| Stroke | 139,852 | 3.0 | 2.6 | 3.4 | 7,616,315 | 3.0 | 2.9 | 3.1 |
| Arthritis | 1,167,252 | 24.9 | 23.9 | 26.0 | 60,573,313 | 24.2 | 24.0 | 24.5 |
| Depressive disorder | 823,916 | 17.6 | 16.6 | 18.6 | 47,307,279 | 18.9 | 18.7 | 19.2 |
| **Leisure time physical activity** | | | | | | | | |
| Reported leisure time physical activity | 3,132,507 | 74.4 | 73.1 | 75.6 | 169,127,884 | 73.1 | 72.8 | 73.4 |
| Did not report leisure time physical activity | 1,079,553 | 25.6 | 24.4 | 26.9 | 62,235,293 | 26.9 | 26.6 | 27.2 |

*+ 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 | 3,826,107 | 91.8 | 90.9 | 92.7 | 201,196,111 | 88.5 | 88.3 | 88.7 |
| Reported <u>not always</u> using seatbelt (nearly always, sometimes, seldom, or never use) | 343,144 | 8.2 | 7.3 | 9.1 | 26,071,846 | 11.5 | 11.3 | 11.7 |

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