



# County BRFSS

Behavioral Risk Factor Surveillance System

## Overweight and Related Risk Factors Among Non-Hispanic Blacks in Florida: 2002 Florida County BRFSS

### Introduction

This report is the third in a series of 2002 County BRFSS reports planned by the Florida Department of Health, Bureau of Epidemiology, to provide prevalence of health conditions and health risk behaviors among non-Hispanic Blacks and Hispanics in Florida. The Bureau of Epidemiology has published summary reports on the County BRFSS data for each of Florida's 67 counties, all of which can be found on the Bureau of Epidemiology's website, [http://www9.myflorida.com/disease\\_ctrl/epi/brfss/reports.htm](http://www9.myflorida.com/disease_ctrl/epi/brfss/reports.htm). However, estimates for non-Hispanic Blacks and Hispanics are missing from these reports for many counties because the sample size of these groups was too small for generating stable estimates.

In order to provide prevalence estimates that will be useful for these counties, we've grouped Florida's 67 counties as rural or urban based on their population density. See the section on "Sample and Methodology" for more detailed information. These reports will make available data that can be used to evaluate Florida's progress toward meeting the Healthy People 2010 goal of eliminating health disparities.

This report focuses on the prevalence of overweight and related risk factors such as lack of physical activity and inadequate nutritional intake among non-Hispanic Blacks in Florida, by rural and urban area. Data on non-Hispanic Whites are presented in this report for comparison purposes.

### Background

The Behavioral Risk Factor Surveillance System (BRFSS) is an annual population-based telephone survey established by the CDC (Centers for Disease Control and Prevention) in 1984. The BRFSS surveys a sample of adults (age 18 and older) in households with telephones. Respondents are randomly selected to ensure that the survey data will be representative of all adults in their particular state. Through the BRFSS, states can collect information regarding health risk behaviors, clinical preventive health practices, and health-care access primarily related to chronic disease

and injuries. BRFSS survey data have been widely used to monitor health behavior and health status at the state and national levels. Currently, all states, the District of Columbia, and three U.S. territories participate in the BRFSS.

Because only state-level data are collected, the BRFSS cannot provide accurate and reliable data at the county level for public health program planning and evaluation. Therefore, with support from county health departments and others, the Bureau of Epidemiology designed and implemented a

county-level BRFSS in 2002. The overall purpose of this county-level survey is to provide data on behavioral risk factors and

chronic disease conditions for each of Florida's 67 counties.

## Sample and Methodology

The 2002 County BRFSS survey was conducted among adults in Florida from September 2002 through January 2003. The methodology used for the County BRFSS was the same as that used for the State BRFSS protocol, and questions from the State BRFSS were adapted for the county-level survey. The BRFSS protocol and questions were both developed by the CDC.

Overall, 34,551 adults were randomly selected and interviewed; at least 500 adults were surveyed in each county. Among the respondents, 3,017 were non-Hispanic Blacks, who represented approximately 1.4 million non-Hispanic Blacks in the state. The 2002 County BRFSS included 76 questions, and the telephone interviews took, on average, 13 minutes.

BRFSS survey data are adjusted, or "weighted," so that the resulting estimates can be generalized to a county's entire population, not just to those who responded to the survey. Data weighting is a statistical process that includes the consideration of factors such as: (1) number of residential telephones in the household; (2) number of adults in household; (3) geographic or density stratification; and (4) age, race, and sex distribution of the population.

Survey data were analyzed and point estimates were calculated using the Statistical Analysis System (SAS). Because sampling errors are inherent in the survey, we provide 95% confidence intervals (CIs) for each point estimate to determine the accuracy of that estimate. A 95% confidence interval is the range in which the real population prevalence is likely to be found 95% of the time. In

addition to estimating the accuracy of the prevalence, the CIs are used to compare prevalence between populations.

BRFSS data from individual counties were combined for a large sample size. To reflect geographic variation of risk factors among non-Hispanic Blacks, data were analyzed for non-Hispanic Blacks in three geographically defined groups (one urban and two rural county groups).

A "rural area" is defined as having a population density of less than 500 persons per square mile. An "urban area" is defined as having a population density equal to or greater than 500 persons per square mile. The overall rural area for non-Hispanic Blacks is further divided into two subgroups based on geographic locations: Rural-1 includes all counties in the Panhandle region; Rural-2 includes all other counties in which population density is under 500 persons per square mile. A significant difference in the percentage of persons under the poverty level was found among these three areas. In Rural-1, 15.5% of the population is under the poverty level, compared to 10.8% in Rural-2 and 9.7% in the Urban.

Although BRFSS cannot generate prevalence estimates on risk factors for non-Hispanic Blacks at the individual county level, regional prevalence (Rural-1, Rural-2 and Urban) is the best estimate for counties located in the region. The sample size for non-Hispanic Black survey respondents in each county is shown on the following map (Figure 1).



## Results

### 1. Prevalence of Overweight

“Overweight” in this report is defined as having a body mass index (BMI) equal to or greater than 25.

Results from the 2002 County BRFSS show that more than two-thirds (66.7%) of non-Hispanic Blacks are overweight. Compared to non-Hispanic Whites, non-Hispanic Blacks had a higher prevalence of overweight in all geographic groups (Rural-1, Rural-2 and Urban).

Although the prevalence of overweight was slightly higher among non-Hispanic Blacks in Rural-2, there was no statistically significant

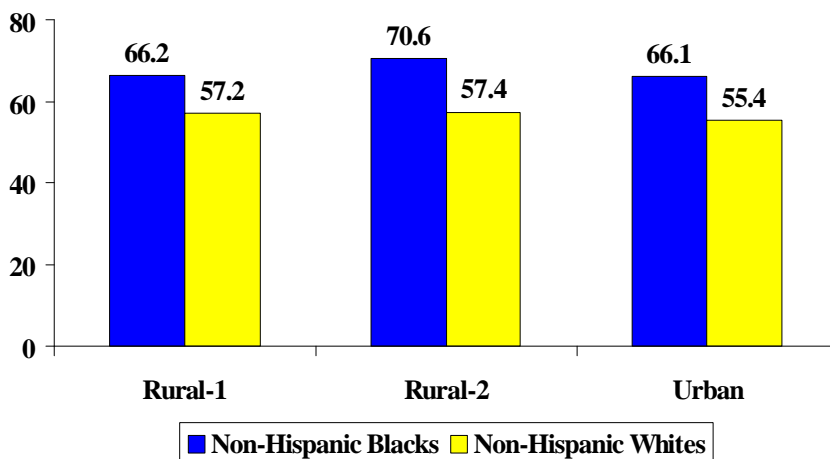
difference among non-Hispanic Blacks in all three geographic areas. (Figure 2).

For non-Hispanic Blacks in each of the three areas (Rural-1, Rural-2 and Urban), the prevalence of overweight was higher:

- among the 45-64 age group than among the 18-44 age group; and
- among those who were divorced, widowed or separated than among those who had never married.

For detailed information, see Table 1 at the end of this report.

**Figure 2: Percentage of Non-Hispanic Blacks and Non-Hispanic Whites who Were Overweight\*, FL, 2002**



\* Overweight: Body Mass Index (BMI)  $\geq 25$

### 2. Factors that May Contribute to Being Overweight

A variety of factors, including personal health behaviors and environmental factors, may contribute to overweight and obesity. Diet and physical activity play

particularly important roles in determining body weight. This section presents data on diet and physical activity among non-Hispanic Blacks.

**(a) Fruit and Vegetable Consumption**

A “healthy diet” is defined in part by the consumption of five servings of fruits and vegetables a day, as recommended in the *Dietary Guidelines for Americans 2000* (<http://www.usda.gov/cnpp/DietGd.pdf>). In the 2002 County BRFSS, six questions were used to assess intake of fruits (e.g., fruit juice, fruit) and vegetables (e.g., green salads, potatoes, carrots, vegetables). The format of these six questions is presented below. An indicator—consuming five servings of fruits and vegetables a day—was derived from these six questions using a method of calculation from CDC.

**BRFSS Question:**

How often do you drink (eat) fruit juices (fruit, green salads, potatoes, carrots, vegetables):

- 1) \_\_ Per day
- 2) \_\_ Per week
- 3) \_\_ Per month
- 4) \_\_ Per year
- 5) Never

Overall, approximately three out of four (74.3%) Florida adults did not consume the recommended amount of fruits and

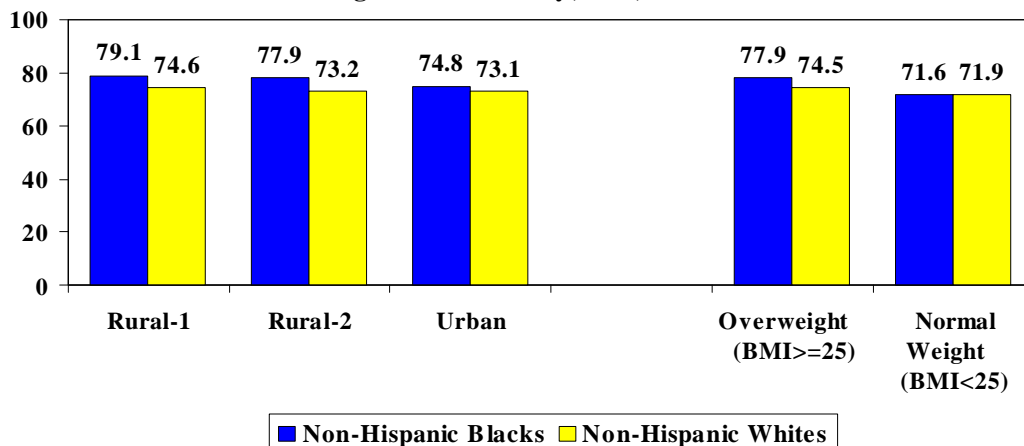
vegetables a day in 2002. Seventy-six percent of non-Hispanic Blacks did not consume the recommended amount in 2002. There was **no** statistically significant difference in consumption of fruits and vegetables between non-Hispanic Blacks and non-Hispanic Whites.

Among the geographic areas, non-Hispanic Blacks in Rural-1 had a significantly higher prevalence of not consuming recommended amount of fruits and vegetables than did non-Hispanic Whites; this difference was not found in the other two areas (Rural-2 and Urban).

The overall prevalence of not consuming the recommended amount of fruits and vegetables per day was higher among non-Hispanic Blacks who were overweight (77.9%) than among those who were normal weight (71.6%). This same variation was found among non-Hispanic Whites (74.5% vs. 71.9%). However, neither difference was statistically significant (Figure 3).

For detailed information, see Table 2 at the end of this report.

**Figure 3: Percentage of Non-Hispanic Blacks and Non-Hispanic Whites Who Consumed Fewer Than Five Servings of Fruits and Vegetables a Day, FL, 2002**



**(b) Being Sedentary at Work**

Being sedentary at work, i.e., spending most of one's work day sitting or standing, constitutes part of a sedentary life style. According to the 2002 County BRFSS survey, 61.8% of non-Hispanic Black adults in Florida reported being sedentary at work.

**BRFSS Question:**

When you are at work, which of the following best describes what you do? Would you say:

- 1) *Mostly sitting or standing*
- 2) *Mostly walking*
- 3) *Mostly heavy labor or physically demanding work*

In general, there was **no** statistically significant difference in prevalence of being sedentary

at work between non-Hispanic Blacks and non-Hispanic Whites (Figure 4).

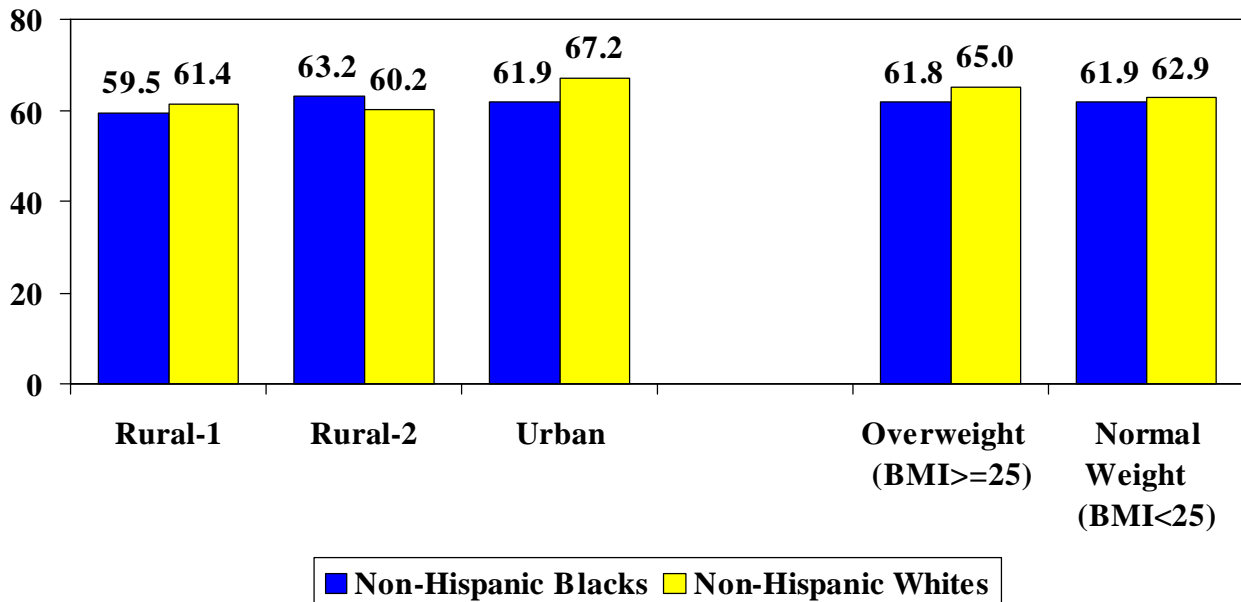
**No** statistically significant difference was found in prevalence of being sedentary at work between non-Hispanic Blacks who were overweight and those who were of normal weight (Figure 4).

Non-Hispanic Blacks with higher educational levels had a higher prevalence of being sedentary at work compared with those who had lower educational levels (Table 3).

Among non-Hispanic Blacks in Rural-1, those who had higher household incomes had a higher prevalence of being sedentary at work than those who had lower household incomes (Table 3).

For detailed information, see Table 3 at the end of this report.

**Figure 4: Percentage of Non-Hispanic Blacks and Non-Hispanic Whites Who Were Mostly Sitting or Standing at Work, FL, 2002**



### (c) Physical Activity

**H**ealthy People 2010 includes objectives of increasing prevalence of physical activity, including leisure time physical activity, moderate physical activity and vigorous physical activity. “Regular moderate physical activity” is defined as engaging in activities that cause small increases in the heart rate or breathing for at least 30 minutes 5 or more days per week. “Regular vigorous physical activity” is defined as engaging in activities that cause large increases in the heart rate or breathing for at least 20 minutes 3 or more days per week. This section presents data on these types of physical activities.

#### i. Leisure Time Physical Activity

Leisure time physical activity is considered a major component of physical activity for most people. The overall prevalence of having no leisure time physical activity among non-Hispanic Blacks was 31.9%, which was higher than statewide prevalence (26.4%) across all three race/ethnicity groups (non-Hispanic Whites, non-Hispanic Blacks and Hispanics).

#### ***BRFSS Question:***

During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

- 1) Yes
- 2) No

Non-Hispanic Blacks had a higher prevalence of having no leisure time physical activity compared to non-Hispanic Whites in all three geographic areas (Rural-1, Rural-2 and Urban).

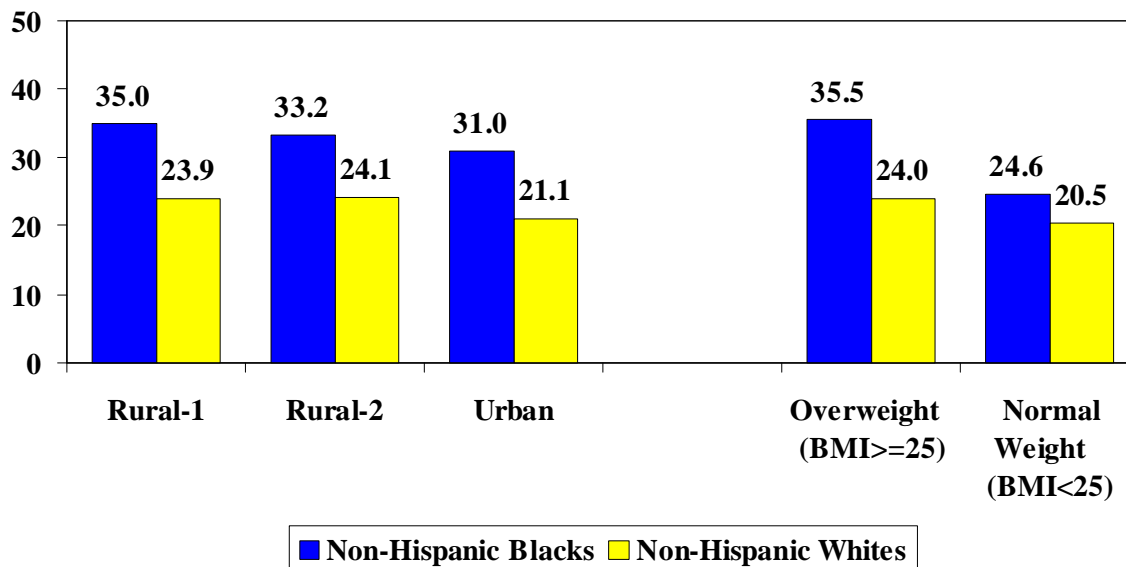
Non-Hispanic Blacks who were overweight were significantly less likely to report having leisure time physical activity than their counterparts who were of normal weight (Figure 5).

Overall, among non-Hispanic Blacks, the prevalence of having no leisure time physical activity was higher:

- among women than among men (except in the Rural-2 area);
- among those 45 years of age and older compared to 18- to 44-year-olds (except in the Urban area);
- among those who were divorced, widowed, or separated than among those who were married or who were living together as a couple in Rural-1;
- among those with lower educational levels than among those with higher educational levels; and
- among those with lower household incomes than among those with higher household incomes.

For detailed information, see Table 4 at the end of this report.

**Figure 5: Percentage of Non-Hispanic Blacks and Non-Hispanic Whites Who Did Not Participate in Any Leisure Time Physical Activities or Exercises, FL, 2002**



**ii. Regular Moderate Physical Activity**

Three questions in the BRFSS survey asked respondents for duration and frequency of their moderate physical activity (see the questions below). Prevalence of **not** engaging in regular moderate physical activity was calculated using methods defined by CDC.

**BRFSS Questions:**

1. Now, thinking about the moderate physical activities you do in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate?

- 1) Yes
- 2) No

2, How many days per week do you do these moderate activities for at least 10 minutes at a time?

- 1) *-- Days per week*
- 2) *Do not do any moderate physical activity for at least 10 minutes at a time*

3. On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

*:\_:\_ Hours and minutes per day*

No statistically significant difference was found in the prevalence of no regular moderate physical activity between non-Hispanic Blacks and non-Hispanic Whites in the Urban area. Non-Hispanic Blacks in Rural-1 and Rural-2 areas had a higher prevalence of not engaging in moderate physical activity than did non-Hispanic Whites in those areas (Figure 6). For both non-Hispanic Blacks and non-Hispanic Whites, those who were overweight were less likely to

report engaging in moderate physical activity than were their normal weight counterparts.

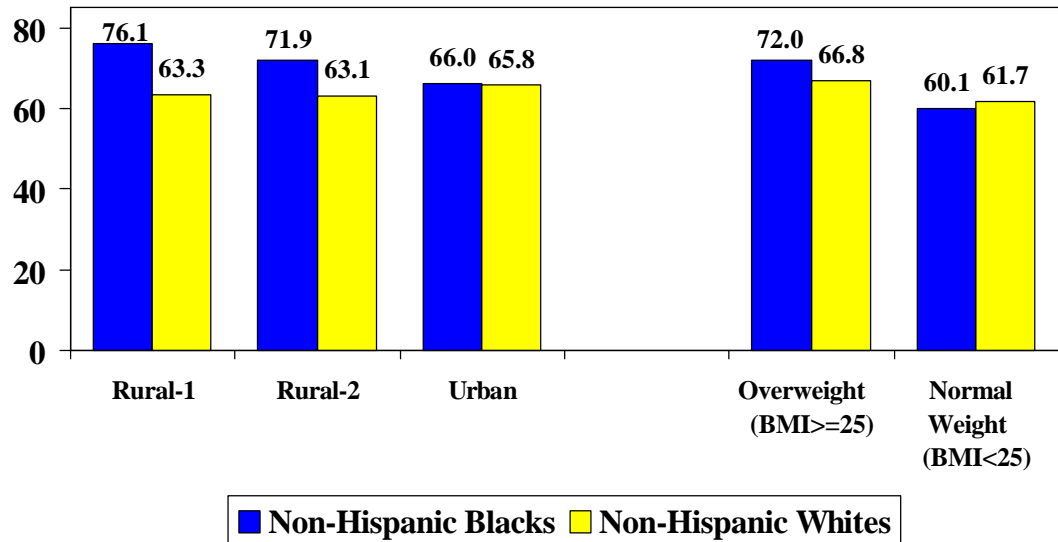
Among non-Hispanic Blacks in all three geographic areas, the prevalence of not engaging in moderate physical activities was higher:

- among women than among men;
- among those in older age groups compared to those in younger age groups;

- among those who were divorced, widowed, or separated than among those who had never married; and
- among those with lower educational levels than among those with higher educational levels (except for in Rural-1).

For detailed information, see Table 5 at the end of this report.

**Figure 6: Percentage of Non-Hispanic Blacks and Non-Hispanic Whites Who Did Not Engage in Regular Moderate Physical Activity,\* FL, 2002**



\*At least 30 minutes a day and 5 days a week

**iii. Regular Vigorous Physical Activity**

Three questions in the BRFSS survey concerned the duration and frequency of the vigorous physical activity (see the questions below). Prevalence of **not** engaging in regular vigorous physical activity was calculated following methods defined by CDC.

**BRFSS Questions:**

1. Thinking about the vigorous physical activities you do in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?

1) Yes  
2) No

2. How many days per week do you do these vigorous activities for at least 10 minutes at a time?

1) \_\_ Days per week  
2) Do not do any vigorous physical activity for at least 10 minutes at a time

3. On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

\_:\_\_ Hours and minutes per day

Overall, 72.6% of non-Hispanic Blacks did not engage in regular vigorous physical activity in 2002. The overall prevalence of not engaging in regular vigorous physical activity among non-Hispanic Blacks (72.6%) was similar to that among non-Hispanic Whites (75.7%). However, in the Rural-1 area, non-Hispanic Blacks had a higher prevalence of not engaging in vigorous physical activity than did non-Hispanic Whites (Figure 7).

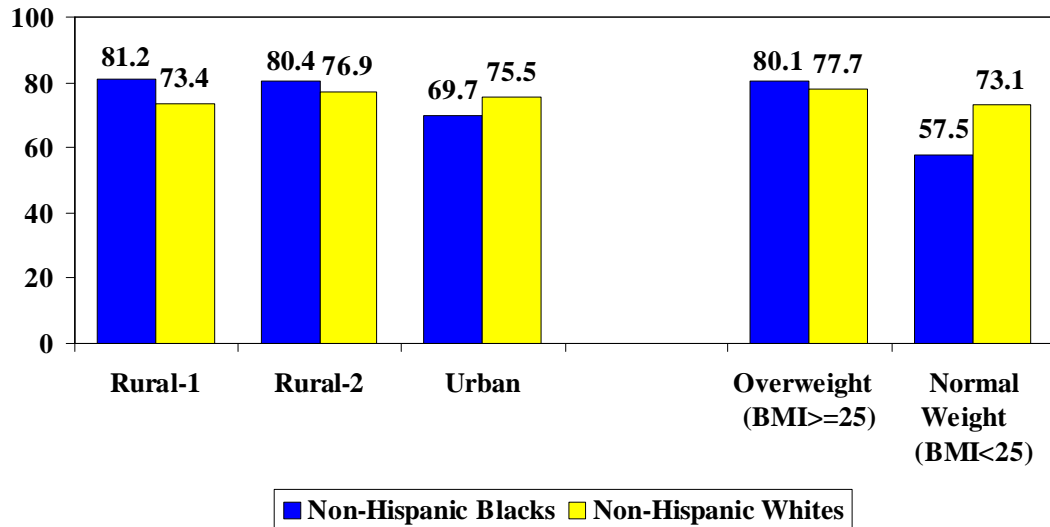
Among non-Hispanic Blacks, those who were overweight had a significantly higher prevalence of not engaging in regular vigorous physical activity than their counterparts of normal weight. A significant difference was also observed between non-Hispanic Whites who were overweight and those who were normal weight (Figure 7).

Among non-Hispanic Blacks in all three geographic areas (Rural-1, Rural-2 or Urban), the prevalence of **not** engaging in regular vigorous physical activities was higher:

- among women than among men;
- among older age groups than among younger age groups;
- among those who were divorced, widowed, or separated than among those who had never married; and
- among those with lower educational levels than among those with higher educational levels.

For detailed information, see Table 6 at the end of this report.

**Figure 7: Percentage of Non-Hispanic Blacks and Non-Hispanic Whites Who Did Not Engage in Regular Vigorous Physical Activity\*, FL, 2002**



\*At least 20 minutes a day and 3 days a week

### 3. Prevention of Overweight

People who are overweight are more likely to develop health problems such as heart disease, stroke, diabetes and arthritis. Control of weight is important for improving and maintaining health, especially for those interested in preventing health problems.

#### (a) Receiving Advice from Health Professional

Several BRFSS questions collect data on whether people are advised by their doctor, nurse, or other health professional to control their weight, eat healthy food, or increase physical activity to prevent chronic diseases. The following section summarizes data on receiving advice from a health professional among non-Hispanic Blacks.

#### i. Lose Weight

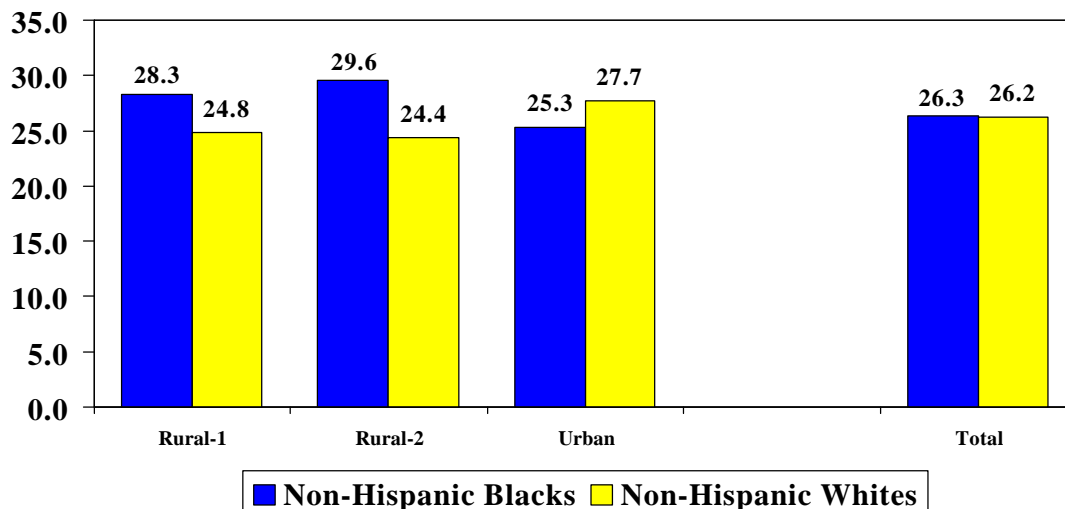
##### BRFSS Question:

In the past 12 months, has a doctor or other health professional given you advice about your weight?

- 1) Yes, lose weight
- 2) Yes, gain weight
- 3) Yes, maintain current weight
- 4) No

Among those who were overweight, only one quarter of non-Hispanic Blacks (26.3%) and non-Hispanic Whites (26.2%) were advised by a health professional to reduce their weight in the past 12 months. The prevalence of receiving advice to lose weight varied among geographic areas, but the difference was not statistically different among three geographic groups for both non-Hispanic Blacks and non-Hispanic Whites who were overweight (Figure 8).

**Figure 8: Among Non-Hispanic Blacks and Non-Hispanic Whites Who Were Overweight, the Percentage Who Received Advice from a Health Professional to Lose Weight, FL, 2002**



**ii. Eating Fewer High Fat or High Cholesterol Foods**

**BRFSS Question:**

Within the past 12 months, has a doctor, nurse, or other health professional told you to eat fewer high fat or high cholesterol foods?

1) Yes  
2) No

Statewide, 21.0% of respondents reported receiving a doctor’s advice to eat fewer high fat or high cholesterol foods.

Approximately 20.9% of non-Hispanic Blacks received advice from a health professional on eating fewer high fat or high cholesterol foods. The overall prevalence of receiving this advice among non-Hispanic Blacks was similar to that for non-Hispanic Whites (19.3%). However, in the Rural-1 area, a greater proportion of non-Hispanic Blacks compared to non-Hispanic Whites reported

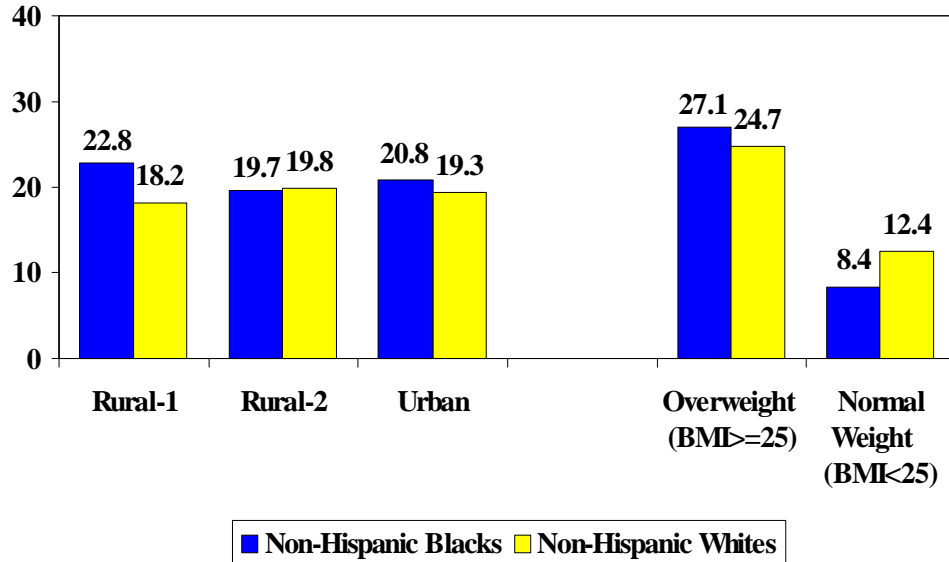
that they were advised by a health professional to eat fewer high fat or high cholesterol foods (Figure 9).

People who were overweight were more likely to be advised by a health professional to reduce their consumption of high fat/high cholesterol foods than those of normal weight. More than a quarter of non-Hispanic Blacks who were overweight reported being advised by a health professional to eat fewer high fat or high cholesterol foods. The prevalence of receiving this type of advice among non-Hispanic Blacks who were overweight is three times that of their counterparts who were normal weight (Figure 9).

Among non-Hispanic Blacks in all three geographic areas (Rural-1, Rural-2 and Urban), the prevalence of being advised by a health professional to eat fewer high fat/cholesterol foods was higher among older age groups than younger age groups.

For detailed information, see Table 7 at the end of this report.

**Figure 9: Percentage of Non-Hispanic Blacks and Non-Hispanic Whites Who Reported that a Health Professional Had Told Them to Eat Fewer High Fat/High Cholesterol Foods, FL, 2002**



**iii. Eating More Fruits and Vegetables**

**BRFSS Question:**

Within the past 12 months, has a doctor, nurse, or other health professional told you to eat more fruits and vegetables?

1) Yes  
2) No

The statewide prevalence of being advised by a health professional to consume more fruits and vegetables was 27.9% in 2002. The rate was 55% higher among non-Hispanic Blacks (35.9%) than among non-Hispanic Whites (23.1%).

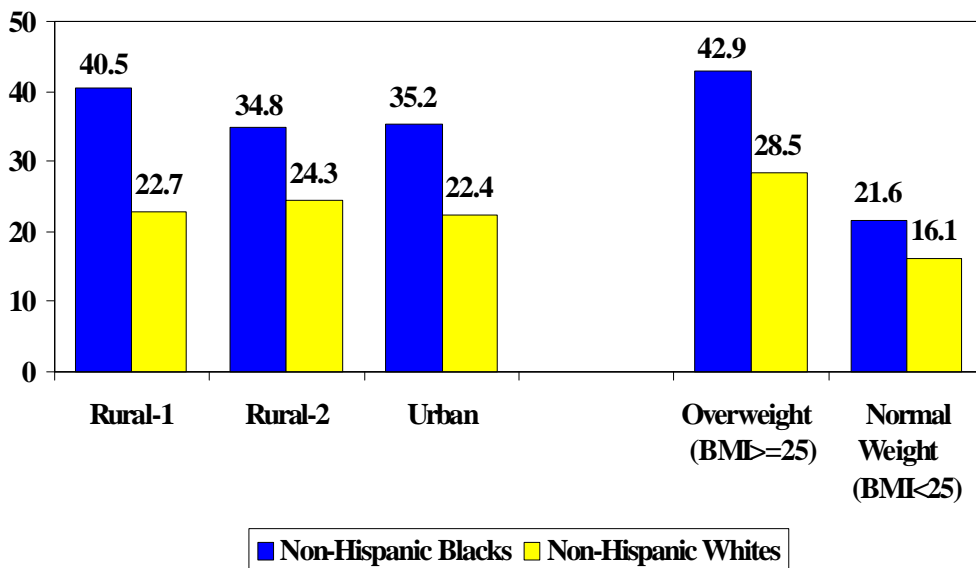
Overall, the prevalence of being advised by a health professional to eat more fruits and

vegetables was higher for non-Hispanic Blacks in older age groups than for those in younger age groups. Non-Hispanic Blacks with lower educational levels had a higher prevalence of being given this advice than did their counterparts with higher educational levels.

More than 40% of non-Hispanic Blacks who were overweight were advised to eat more fruits and vegetables, a prevalence two times that for non-Hispanic Blacks of normal weight (Figure 10).

For detailed information, see Table 8 at the end of this report.

**Figure 10: Percentage of Non-Hispanic Blacks and Non-Hispanic Whites Who Reported that a Health Professional Had Told Them to Eat More Fruits and Vegetables, FL, 2002**



**iv. Advice to Be More Physically Active**

**BRFSS Question:**

Within the past 12 months, has a doctor, nurse, or other health professional told you to be more physically active?

1) Yes  
2) No

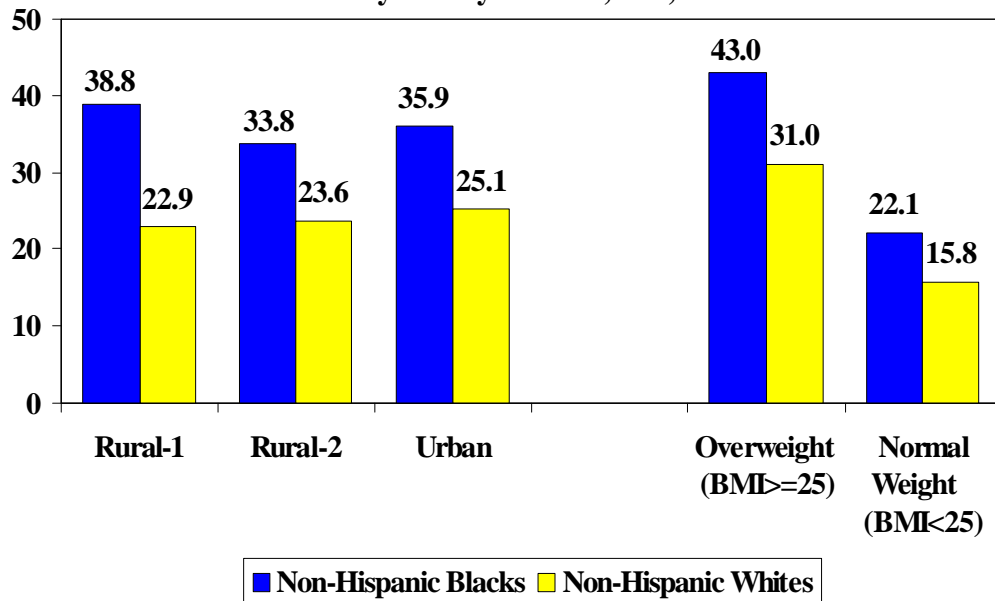
Being advised by a health professional to be more physically active was more prevalent among non-Hispanic Blacks (36.0%) than among non-Hispanic Whites (24.3%), and more prevalent among those in older age

groups than younger age groups, regardless of geographic area (Rural-1, Rural-2 and Urban).

For non-Hispanic Blacks and non-Hispanic Whites, those who were overweight were more likely to receive advice to be more physically active than were their normal weight counterparts. Specifically among non-Hispanic Blacks, those who were overweight were twice as likely to receive advice to be more physically active than were non-Hispanic Blacks of normal weight (Figure 11).

For detailed information, see Table 9 at the end of this report.

**Figure 11: Percentage of Non-Hispanic Blacks and Non-Hispanic Whites Who Reported that a Health Professional Had Told Them to Be More Physically Active, FL, 2002**



**(b) Efforts to Reduce the Risk of Chronic Diseases**

BRFSS survey respondents were asked if they were taking steps to change their lifestyle in order to prevent chronic diseases.

**i. Eating Fewer High Fat or High Cholesterol Foods**

**BRFSS Question:**

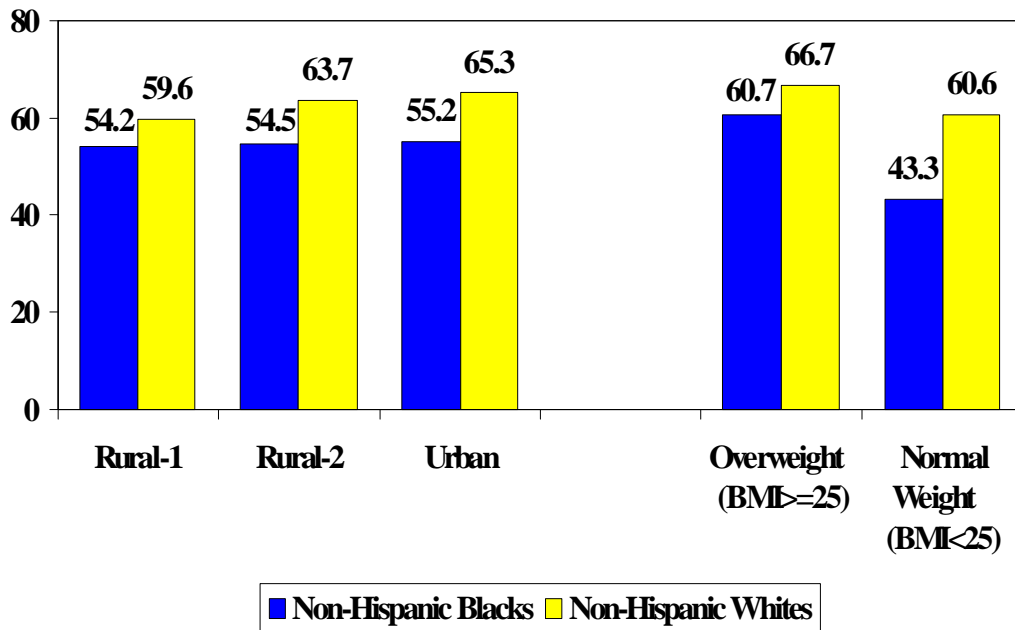
To lower your risk of developing heart disease or stroke, are you eating fewer high fat or high cholesterol foods?

1) Yes  
2) No

Among non-Hispanic Blacks only, however, more than 50% reported eating fewer high fat/high cholesterol foods as a preventative against heart disease and stroke. The prevalence of eating fewer high fat/high cholesterol foods to lower one’s risk of heart disease or stroke was lower among non-Hispanic Blacks than among non-Hispanic Whites. Three out of five non-Hispanic Blacks who were overweight reported eating fewer high fat/high cholesterol foods, a rate significantly higher than that found for non-Hispanic Blacks who were of normal weight (Figure 12).

For detailed information, see Table 10 at the end of this report.

**Figure 12: Percentage of Non-Hispanic Blacks and Non-Hispanic Whites Who Reported that They Were Eating Fewer Higher Fat/Cholesterol Foods, FL, 2002**



**ii. Eating More Fruits and Vegetables**

**BRFSS Question:**

To lower your risk of developing heart disease or stroke, are you eating more fruits and vegetables?

1) Yes  
2) No

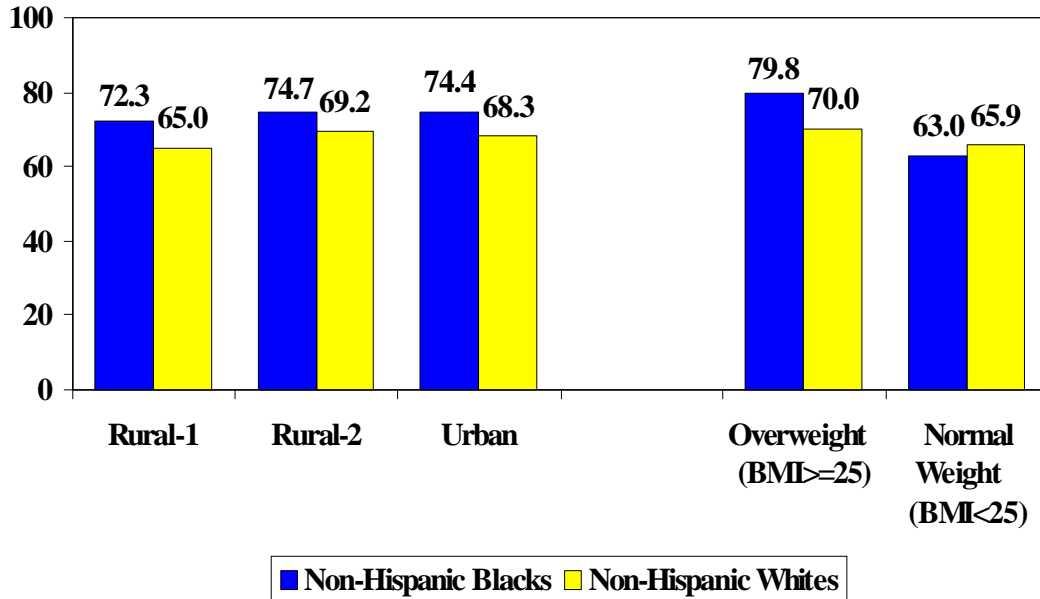
Statewide, over two-thirds (69.2%) of survey respondents reported eating more fruits and vegetables in 2002. No significant difference was found between

non-Hispanic Blacks (74.2%) and non-Hispanic Whites (68.2%). However, in Rural-1 and Rural-2 areas, non-Hispanic Blacks had a statistically, significantly higher prevalence of eating more fruits and vegetables than did non-Hispanic Whites (Figure 13).

Generally, non-Hispanic Blacks who were overweight were more likely to report eating more fruits and vegetables than were non-Hispanic Blacks who were of normal weight.

For detailed information, see Table 11 at the end of this report.

**Figure 13: Percentage of Non-Hispanic Blacks and Non-Hispanic Whites Who Reported that They Were Eating More Fruits and Vegetables, FL, 2002**



**iii. Being More Physically Active**

**BRFSS Question:**

To lower your risk of developing heart disease or stroke, are you more physically active?

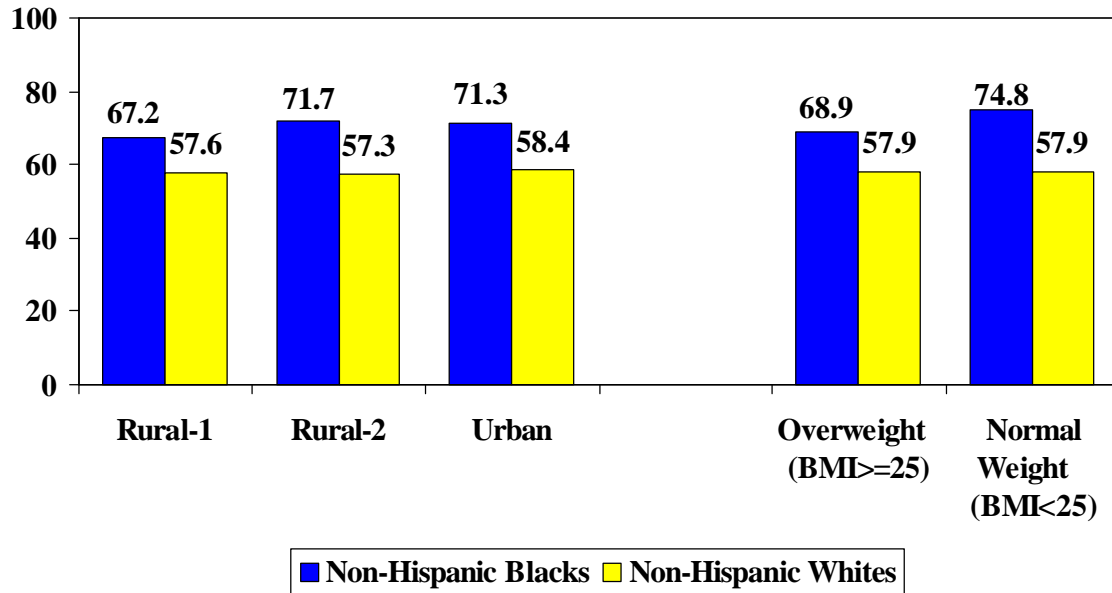
1) Yes  
2) No

More than two-thirds (70.9%) of non-Hispanic Blacks reported being more physically active to lower their risk of heart

disease or stroke, a higher percentage than non-Hispanic Whites in all three geographic areas (Rural-1, Rural-2 and Urban). However, for both non-Hispanic Blacks and non-Hispanic Whites, the data show **no** significant difference between those who were overweight and those who were of normal weight in being more physically active (Figure 14).

For detailed information, see Table 12 at the end of this report.

**Figure 14: Percentage of Non-Hispanic Blacks and Non-Hispanic Whites Who Reported that They Were More Physically Active, FL, 2002**



## Conclusion

The prevalence of being overweight was 66.7% among non-Hispanic Blacks. The rate was higher among non-Hispanic Blacks between 45 and 64 years old than among those between 18 and 44 years old. It was also higher among those who were divorced, widowed or separated than among those who had never married.

Non-Hispanic Blacks with higher educational levels were more likely to have sedentary jobs (i.e., jobs in which most of their time is spent sitting or standing) than those with lower educational levels.

The prevalence of having no leisure time physical activities or exercises and not

engaging in regular, moderate or vigorous physical activities was higher:

- among women than among men;
- among those in older age groups than among those in younger age groups; and
- among those who had lower educational levels than among those who had higher educational levels.

Only one quarter (26.3%) of non-Hispanic Black Floridians who were overweight received advice to reduce their body weight in the past 12 months. Being older and having a lower educational level was positively associated with receiving advice by a health professional to change one's eating and physical activity behaviors.

### ***Comparison of Non-Hispanic Blacks and Non-Hispanic Whites***

In general, being overweight was more prevalent among non-Hispanic Blacks than among non-Hispanic Whites. Compared to non-Hispanic Whites, non-Hispanic Blacks were less likely:

- to participate in any leisure time physical activities or exercises; and
- for those in Rural-1 and Rural-2 areas, to engage in regular moderate physical activities.

However, a larger percentage of non-Hispanic Blacks compared to non-Hispanic Whites seem aware of being overweight as

an unhealthy condition and report trying to change their lifestyle. Proportionately more non-Hispanic Blacks than non-Hispanic Whites reported being advised by a health professional to eat more fruits and vegetables and be more physically active. In addition, a greater percentage of non-Hispanic Blacks compared to non-Hispanic Whites reported eating more fruits and vegetables and becoming more physically active. In contrast, non-Hispanic Whites were more likely to report eating fewer high fat/high cholesterol foods.

### ***Comparison of Those Who Were Overweight with Those of Normal Weight among Non-Hispanic Blacks***

Compared to respondents who were of normal weight, respondents who were overweight had:

- a higher prevalence of consuming less than five servings of fruits and vegetables a day,

- a higher prevalence of not engaging in any leisure time physical activities or exercises, and
- a higher prevalence of not engaging in regular, moderate or vigorous physical activities.

Not surprisingly, respondents who were overweight were more likely than persons

who were of normal weight to be advised by a health professional to change their eating and physical activity behaviors.

Overall, while respondents who were overweight were more likely to report that

they were eating fewer high fat or high cholesterol foods and more fruits and vegetables compared to persons of normal weight, a smaller proportion of them reported taking steps to be more physically active.

## Detailed Tables

**Table 1: Percentage of people who were overweight\*, Florida, 2002**

	Rural-1						Rural-2						Urban					
	Black			White			Black			White			Black			White		
	%	95% CI**		%	95% CI**		%	95% CI**		%	95% CI**		%	95% CI**		%	95% CI**	
<b>All</b>	66.2	61.8	70.5	57.2	55.5	59.0	70.6	65.3	75.9	57.4	55.9	59.0	66.1	58.3	74.0	55.4	53.2	57.5
<b>Sex</b>																		
Men	67.9	60.2	75.5	65.0	62.4	67.5	71.7	63.1	80.2	66.6	64.6	68.6	64.1	54.1	74.1	67.3	64.3	70.2
Women	65.3	60.1	70.6	49.6	47.3	51.8	69.8	63.1	76.6	49.1	46.9	51.3	67.3	56.1	78.6	44.6	41.7	47.5
<b>Age</b>																		
18-44	61.5	55.3	67.8	50.5	47.8	53.1	65.6	57.7	73.5	51.8	48.8	54.8	57.4	46.2	68.7	49.3	45.7	52.9
45-64	74.8	67.6	82.0	67.5	64.9	70.0	79.9	71.2	88.6	63.6	61.4	65.7	83.7	76.2	91.2	63.0	59.2	66.7
65 and older	65.5	57.0	74.0	58.4	54.9	62.0	66.5	53.4	79.6	58.6	56.1	61.2	73.7	61.2	86.2	57.7	54.0	61.3
<b>Marital Status</b>																		
Never married	58.4	50.4	66.3	42.0	37.1	46.9	56.0	45.3	66.8	51.2	44.5	57.9	51.8	35.3	68.3	48.8	42.2	55.4
Married/ living together as a couple	69.3	61.8	76.7	62.7	60.6	64.8	74.6	66.5	82.8	59.6	57.6	61.6	70.9	62.1	79.7	59.2	56.6	61.8
Divorced/ widowed/separated	71.6	65.1	78.1	53.7	50.4	57.0	74.0	65.7	82.4	54.3	52.0	56.7	78.2	70.0	86.5	51.0	46.9	55.0
<b>Education</b>																		
0-11 years	76.4	68.6	84.2	61.8	56.9	66.6	76.2	67.2	85.2	59.0	54.3	63.7	79.1	68.0	90.3	56.4	47.6	65.2
HS Grad/GED	67.0	59.9	74.1	58.3	55.5	61.2	70.3	61.4	79.2	59.0	56.7	61.4	67.8	58.3	77.3	56.8	52.7	61.0
1 or more years of college	61.0	54.1	67.8	56.0	53.7	58.4	68.2	59.2	77.1	56.5	54.2	58.7	61.0	47.5	74.6	54.8	52.1	57.4
<b>Employment</b>																		
Employed for wages	66.1	60.0	72.1	59.1	56.8	61.4	70.4	63.3	77.5	57.6	55.0	60.1	67.7	56.0	79.4	58.5	55.7	61.3
<b>Household Income</b>																		
<=\$24,999	70.2	64.4	76.1	54.9	51.6	58.2	69.6	61.1	78.1	55.7	51.7	59.7	59.2	41.2	77.1	56.0	50.7	61.4
\$25,000 – \$49,999	58.7	49.6	67.7	59.1	56.1	62.2	75.8	66.4	85.1	57.4	55.0	59.8	72.9	63.1	82.6	53.3	48.8	57.8
>=\$50,000	67.3	52.7	82.0	59.3	56.0	62.6	69.9	54.4	85.4	60.4	57.8	63.1	73.0	61.9	84.1	60.0	56.7	63.2

\* Overweight:Body Mass Index (BMI) >=25

\*\* 95% CI: 95% Confidence Interval

**Table 2: Percentage of people who consumed less than 5 servings of fruits and vegetables a day, Florida, 2002**

	Rural-1						Rural-2						Urban					
	Black			White			Black			White			Black			White		
	%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*	
<b>All</b>	79.1	75.6	82.6	74.6	73.2	76.1	77.9	73.2	82.6	73.2	71.8	74.6	74.8	69.2	80.4	73.1	71.3	74.9
<b>Sex</b>																		
Men	83.2	77.5	88.9	78.5	76.5	80.6	84.3	77.8	90.7	77.2	75.4	79.0	76.0	66.1	85.9	79.4	77.0	81.8
Women	77.0	72.6	81.4	70.8	68.7	72.9	73.7	67.3	80.1	69.5	67.4	71.5	74.1	67.2	80.9	67.5	64.8	70.1
<b>Age</b>																		
18-44	83.4	79.0	87.7	78.0	75.8	80.2	79.7	73.3	86.1	79.5	77.4	81.6	75.6	67.7	83.5	79.0	76.3	81.6
45-64	70.9	63.5	78.3	74.4	72.0	76.8	75.0	66.0	83.9	75.2	73.2	77.1	74.7	65.3	84.1	72.2	69.0	75.4
65 and older	79.7	73.3	86.2	65.4	62.0	68.9	82.0	72.1	92.0	64.3	61.4	67.2	70.0	56.8	83.1	65.4	61.9	68.9
<b>Marital Status</b>																		
Never married	85.4	79.9	90.9	77.4	73.5	81.4	77.0	67.8	86.2	79.0	70.6	87.4	79.4	69.7	89.0	79.9	75.4	84.3
Married/ living together as a couple	79.2	73.4	84.9	74.0	72.2	75.9	76.3	68.5	84.0	72.2	70.6	73.8	70.4	61.2	79.5	72.8	70.4	75.1
Divorced/ widowed/separated	70.5	63.7	77.4	74.4	71.4	77.3	81.5	75.3	87.8	73.5	71.4	75.6	76.0	67.3	84.7	70.4	67.0	73.9
<b>Education</b>																		
0-11 years	84.5	78.4	90.6	80.5	76.3	84.6	87.8	82.5	93.0	78.9	75.1	82.7	90.8	84.3	97.4	78.5	71.4	85.6
HS Grad/GED	79.5	73.7	85.3	79.0	76.8	81.3	80.8	73.1	88.5	76.9	75.0	78.8	73.3	63.7	82.8	78.3	75.3	81.3
1 or more years of college	76.3	70.7	82.0	71.7	69.6	73.7	70.1	61.7	78.4	70.0	68.0	72.1	71.0	61.9	80.0	70.6	68.3	72.9
<b>Employment</b>																		
Employed for wages	77.0	71.7	82.2	75.7	73.8	77.7	76.3	70.2	82.4	76.3	74.0	78.6	76.6	69.3	83.9	76.7	74.4	79.0
<b>Household Income</b>																		
<=\$24,999	81.8	77.3	86.2	77.1	74.3	79.8	80.6	73.2	87.9	74.3	70.5	78.1	81.2	71.6	90.8	76.4	72.4	80.4
\$25,000 – \$49,999	75.0	67.2	82.8	75.8	73.2	78.4	75.9	66.9	84.9	73.6	71.5	75.7	66.8	56.4	77.2	74.5	71.1	78.0
>=\$50,000	72.6	59.9	85.3	73.0	70.1	75.8	81.1	69.6	92.5	73.6	71.2	75.9	75.3	64.6	86.1	73.4	70.5	76.3

\* 95% CI: 95% Confidence Interval

**Table 3: Among people who were employed or self-employed, percentage who were mostly sitting or standing at work, Florida, 2002**

	Rural-1						Rural-2						Urban					
	Black			White			Black			White			Black			White		
	%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*	
<b>All</b>	59.5	53.1	65.9	61.4	59.1	63.7	63.2	55.6	70.8	60.2	57.8	62.6	61.9	52.8	71.0	67.2	64.3	70.0
<b>Sex</b>																		
Men	54.6	43.6	65.7	56.0	52.7	59.4	56.6	44.0	69.3	53.1	50.0	56.3	46.7	33.9	59.6	62.4	58.5	66.4
Women	62.5	54.7	70.3	68.1	65.1	71.1	67.5	58.0	77.1	67.8	64.6	71.0	70.8	60.7	80.8	72.7	68.4	76.9
<b>Age</b>																		
18-44	63.4	56.0	70.8	58.0	54.9	61.1	63.4	53.7	73.0	55.5	52.1	59.0	62.3	50.2	74.4	63.8	60.0	67.5
45-64	52.2	40.3	64.1	68.1	64.9	71.4	67.8	55.4	80.1	64.3	61.4	67.2	59.5	46.8	72.3	71.3	66.4	76.3
65 and older				61.3	49.5	73.2				76.0	65.6	86.3				75.8	66.0	85.6
<b>Marital Status</b>																		
Never married	62.9	51.8	73.9	58.1	51.8	64.3	62.6	50.0	75.3	54.6	45.9	63.3	70.1	54.3	86.0	60.1	53.5	66.8
Married/ living together as a couple	53.2	42.3	64.1	63.8	61.1	66.6	64.4	53.4	75.4	62.4	59.5	65.3	60.0	47.6	72.4	71.2	67.8	74.6
Divorced/ widowed/separated	65.5	56.0	75.1	55.5	50.5	60.5	61.0	44.5	77.6	57.2	53.2	61.1	51.3	37.0	65.6	62.4	55.1	69.6
<b>Education</b>																		
0-11 years	39.2	13.7	64.8	39.9	31.4	48.4	42.2	19.8	64.6	40.6	32.0	49.2				46.0	29.9	62.0
HS Grad/GED	49.5	39.7	59.2	50.6	46.5	54.8	55.5	42.3	68.8	51.5	47.6	55.3	49.6	36.4	62.9	52.6	46.3	58.9
1 or more years of college	73.0	65.3	80.7	67.7	64.9	70.5	75.0	66.4	83.7	66.6	63.7	69.5	69.6	58.2	81.0	73.5	70.5	76.4
<b>Employment</b>																		
Employed for wages	59.5	53.1	65.9	61.4	59.1	63.7	63.2	55.6	70.8	60.2	57.8	62.6	61.9	52.8	71.0	67.2	64.3	70.0
<b>Household Income</b>																		
<=\$24,999	50.7	40.7	60.8	52.2	46.8	57.7	54.5	40.4	68.6	59.5	51.4	67.6	69.8	50.6	89.0	47.4	37.0	57.7
\$25,000 – \$49,999	65.2	55.6	74.9	58.1	54.2	62.1	69.8	57.4	82.2	55.6	52.1	59.1	53.9	41.4	66.4	63.2	58.3	68.2
>=\$50,000	83.6	73.4	93.8	69.5	66.0	73.0	63.0	46.2	79.9	65.2	61.8	68.5	70.8	57.9	83.6	73.2	69.6	76.8

\* 95% CI: 95% Confidence Interval

**Table 4: Percentage of people who did not participate in any leisure time physical activities or exercises (such as running, calisthenics, golf, gardening, or walking for exercise), Florida, 2002**

	Rural-1						Rural-2						Urban					
	Black			White			Black			White			Black			White		
	%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*	
<b>All</b>	35.0	30.8	39.2	23.9	22.5	25.3	33.2	28.0	38.5	24.1	22.8	25.3	31.0	25.4	36.6	21.1	19.3	23.0
<b>Sex</b>																		
Men	27.3	21.0	33.6	20.5	18.5	22.4	34.9	25.9	43.9	21.5	19.7	23.3	18.6	11.9	25.2	18.3	16.0	20.6
Women	38.8	33.5	44.2	27.3	25.3	29.3	32.1	25.7	38.4	26.4	24.7	28.1	38.5	30.2	46.9	23.7	20.9	26.5
<b>Age</b>																		
18-44	27.8	22.1	33.5	19.0	17.0	21.0	24.3	17.8	30.8	21.6	19.3	23.9	28.6	21.2	36.1	17.1	13.7	20.5
45-64	44.0	36.0	52.1	26.4	24.1	28.7	39.0	29.1	48.9	23.5	21.5	25.4	30.5	21.0	39.9	20.3	17.6	23.1
65 and older	45.4	36.7	54.1	33.8	30.2	37.3	49.9	36.3	63.6	27.5	25.4	29.6	39.1	24.4	53.7	28.8	25.5	32.1
<b>Marital Status</b>																		
Never married	33.0	25.4	40.7	16.0	12.7	19.4	35.9	25.8	46.1	21.3	16.9	25.6	30.3	19.0	41.7	22.7	15.2	30.2
Married/ living together as a couple	30.0	23.2	36.8	22.2	20.6	23.9	28.4	20.6	36.3	21.7	20.2	23.2	29.9	21.6	38.2	17.3	15.3	19.2
Divorced/ widowed/separated	44.7	37.7	51.8	35.2	32.0	38.5	39.4	29.7	49.0	31.8	29.5	34.0	33.2	24.2	42.2	29.5	26.1	32.9
<b>Education</b>																		
0-11 years	42.1	32.1	52.2	48.8	43.8	53.8	53.2	41.0	65.4	49.0	44.3	53.8	49.6	35.7	63.5	35.2	27.0	43.4
HS Grad/GED	39.4	32.4	46.4	33.9	31.2	36.6	32.5	24.0	41.1	29.6	27.4	31.8	37.0	28.1	45.9	28.7	25.2	32.2
1 or more years of college	27.7	21.3	34.1	15.4	13.8	17.0	22.6	15.4	29.8	16.8	15.4	18.2	20.2	13.2	27.3	16.8	14.5	19.1
<b>Employment</b>																		
Employed for wages	33.5	27.5	39.5	19.3	17.6	21.0	24.4	18.3	30.4	18.9	17.1	20.7	29.4	22.0	36.9	15.8	13.8	17.7
<b>Household Income</b>																		
<=\$24,999	42.8	36.5	49.2	34.4	31.3	37.4	39.7	31.0	48.4	35.7	32.3	39.1	34.8	22.5	47.1	33.2	28.6	37.7
\$25,000 – \$49,999	31.3	22.8	39.7	23.2	20.7	25.7	28.5	18.7	38.4	23.1	21.0	25.1	27.3	18.7	35.8	25.1	20.4	29.9
>=\$50,000	21.0	8.7	33.4	12.9	10.9	15.0	11.2	3.8	18.6	11.5	9.8	13.2	22.7	11.4	33.9	11.5	9.5	13.5

\* 95% CI: 95% Confidence Interval

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**Table 5: Percentage of non-Hispanic Blacks and non-Hispanic Whites who did not engage in regular moderate physical activity (at least 30 minutes a day and 5 days a week), Florida, 2002**

	Rural-1						Rural-2						Urban						
	Black			White			Black			White			Black			White			
	%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		
<b>All</b>	76.1	72.2	79.9	63.3	61.6	65.0	71.9	66.6	77.1	63.1	61.6	64.6	66.0	58.1	73.8	65.8	63.9	67.8	
<b>Sex</b>																			
Men	72.6	65.5	79.7	63.2	60.7	65.7	65.5	56.1	74.8	63.2	61.1	65.3	62.8	52.8	72.8	66.3	63.4	69.3	
Women	77.8	73.3	82.3	63.4	61.1	65.6	76.1	70.0	82.1	63.0	60.8	65.2	67.9	56.6	79.2	65.4	62.7	68.1	
<b>Age</b>																			
18-44	72.8	66.9	78.6	61.0	58.3	63.6	70.4	62.6	78.3	62.6	59.9	65.4	58.5	47.2	69.8	63.1	59.7	66.5	
45-64	78.0	72.1	83.9	64.6	61.9	67.2	73.0	64.3	81.6	63.4	61.2	65.6	75.4	66.4	84.3	66.8	63.5	70.2	
65 and older	85.1	79.3	90.9	66.8	63.5	70.1	73.1	60.3	85.8	63.3	60.3	66.2	78.8	65.6	92.1	69.1	65.6	72.5	
<b>Marital Status</b>																			
Never married	70.7	63.2	78.2	63.2	58.3	68.0	66.5	56.0	76.9	61.3	53.8	68.8	54.8	37.6	72.1	63.6	57.7	69.6	
Married/ living together as a couple	79.7	73.9	85.5	63.0	60.9	65.1	71.0	62.6	79.4	62.5	60.6	64.3	69.0	60.1	77.8	65.5	63.0	68.1	
Divorced/ widowed/separated	77.7	71.5	83.8	64.1	60.9	67.4	77.1	69.1	85.0	65.5	63.2	67.8	75.6	66.5	84.8	68.5	64.9	72.1	
<b>Education</b>																			
0-11 years	75.2	65.5	84.8	67.1	62.2	72.0	81.5	73.2	89.9	70.3	65.8	74.7	84.8	74.3	95.3	67.9	59.5	76.3	
HS Grad/GED	76.3	70.2	82.5	64.4	61.6	67.2	68.9	59.4	78.4	65.1	62.8	67.4	69.0	60.0	78.0	65.4	61.6	69.2	
1 or more years of college	76.1	70.4	81.8	62.2	59.9	64.4	69.5	61.2	77.8	60.8	58.6	62.9	57.7	44.5	70.8	66.0	63.6	68.4	
<b>Employment</b>																			
Employed for wages	76.2	71.0	81.3	62.8	60.5	65.0	71.2	64.0	78.4	63.7	61.1	66.2	59.5	48.4	70.6	66.3	63.6	68.9	
<b>Household Income</b>																			
<=\$24,999	76.4	71.1	81.8	63.9	60.6	67.1	73.7	66.1	81.3	65.7	61.7	69.6	58.9	41.1	76.8	67.3	62.6	72.1	
\$25,000 – \$49,999	73.1	65.3	80.9	61.6	58.5	64.6	71.1	60.9	81.3	62.9	60.5	65.2	67.8	57.6	77.9	65.1	61.1	69.0	
>=\$50,000	75.6	63.6	87.7	62.7	59.5	65.8	67.1	51.4	82.7	58.8	56.1	61.6	67.1	55.2	79.0	63.5	60.3	66.7	

\* 95% CI: 95% Confidence Interval

**Table 6: Percentage of non-Hispanic Blacks and non-Hispanic Whites who did not engage in regular vigorous physical activity (at least 20 minutes a day and 3 days a week), Florida, 2002**

	Rural-1						Rural-2						Urban						
	Black			White			Black			White			Black			White			
	%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		
<b>All</b>	81.2	77.5	84.9	73.4	71.8	75.0	80.4	75.5	85.3	76.9	75.4	78.3	69.7	61.5	77.8	75.5	73.7	77.3	
<b>Sex</b>																			
Men	70.3	62.6	77.9	67.8	65.3	70.4	73.5	64.5	82.4	71.9	69.8	74.0	60.8	50.6	71.0	72.1	69.3	74.9	
Women	86.7	83.0	90.4	79.0	77.0	80.9	85.0	79.5	90.5	81.4	79.4	83.4	75.0	62.9	87.0	78.5	76.3	80.8	
<b>Age</b>																			
18-44	76.0	70.4	81.6	65.1	62.4	67.7	72.4	64.7	80.2	68.7	66.1	71.4	60.7	49.0	72.4	64.3	60.9	67.7	
45-64	85.3	79.7	91.0	79.2	76.9	81.5	86.7	79.1	94.3	78.8	76.9	80.8	77.2	68.0	86.5	79.2	76.3	82.0	
65 and older	95.8	93.3	98.3	86.3	83.9	88.7	92.9	84.3	100.0	84.2	81.2	87.2	93.1	85.9	100.0	89.1	86.8	91.3	
<b>Marital Status</b>																			
Never married	73.0	65.5	80.4	60.5	55.5	65.6	74.4	64.3	84.6	65.1	57.2	72.9	54.7	37.4	72.1	59.7	53.4	66.0	
Married/ living together as a couple	82.3	76.4	88.2	74.3	72.3	76.3	80.2	72.6	87.8	76.9	75.4	78.5	72.9	64.0	81.9	75.6	73.3	77.9	
Divorced/ widowed/separated	90.4	86.2	94.6	81.2	78.6	83.8	84.9	76.8	92.9	81.6	79.6	83.6	84.2	76.1	92.3	85.6	83.1	88.0	
<b>Education</b>																			
0-11 years	90.2	83.8	96.5	82.0	77.5	86.5	88.5	80.7	96.3	85.8	82.3	89.3	88.5	79.7	97.2	83.4	76.5	90.4	
HS Grad/GED	82.7	77.0	88.4	79.1	76.6	81.5	88.1	82.6	93.5	82.2	80.3	84.1	74.3	64.8	83.8	80.0	76.8	83.2	
1 or more years of college	76.1	69.9	82.3	69.4	67.1	71.7	69.4	60.3	78.6	72.3	70.1	74.5	60.1	46.5	73.6	72.9	70.6	75.2	
<b>Employment</b>																			
Employed for wages	77.3	72.0	82.6	67.8	65.5	70.1	76.3	69.5	83.0	71.4	68.9	73.9	63.9	52.3	75.4	70.1	67.5	72.7	
<b>Household Income</b>																			
<=\$24,999	83.7	78.9	88.6	77.7	74.7	80.7	82.8	75.1	90.5	82.7	78.8	86.6	63.3	44.1	82.5	86.5	83.2	89.8	
\$25,000 – \$49,999	79.1	71.8	86.3	71.8	68.8	74.7	83.1	75.8	90.4	77.9	75.9	80.0	73.0	63.1	82.9	74.2	70.6	77.8	
>=\$50,000	73.8	59.3	88.4	68.1	64.8	71.3	61.4	44.4	78.5	67.1	64.4	69.8	64.3	52.4	76.3	69.7	66.6	72.8	

\* 95% CI: 95% Confidence Interval

**Table 7: Percentage of people who reported that a doctor, nurse, or other health professional had told them to eat fewer high fat or high cholesterol foods, Florida, 2002**

	Rural-1						Rural-2						Urban					
	Black			White			Black			White			Black			White		
	%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*	
<b>All</b>	22.8	19.1	26.6	18.2	16.9	19.5	19.7	15.3	24.0	19.8	18.7	20.9	20.8	16.2	25.4	19.3	17.7	20.9
<b>Sex</b>																		
Men	17.6	12.0	23.2	16.6	14.8	18.4	18.6	11.9	25.2	19.3	17.6	20.9	18.4	11.9	25.0	19.5	17.0	22.0
Women	25.4	20.6	30.3	19.7	17.9	21.6	20.4	14.6	26.1	20.2	18.8	21.7	22.2	15.9	28.5	19.1	17.0	21.2
<b>Age</b>																		
18-44	18.4	13.4	23.4	12.4	10.7	14.1	14.0	7.5	20.4	14.1	12.4	15.9	14.6	9.5	19.7	12.6	10.4	14.7
45-64	29.4	22.0	36.7	25.0	22.6	27.4	22.9	15.8	30.0	24.7	22.7	26.7	25.5	16.8	34.2	25.7	22.5	28.9
65 and older	25.3	18.0	32.5	23.1	19.8	26.4	33.7	21.2	46.3	21.5	19.6	23.5	37.7	22.9	52.5	22.5	19.3	25.6
<b>Marital Status</b>																		
Never married	17.6	12.0	23.3	9.8	6.9	12.6	13.0	7.0	18.9	13.8	10.3	17.2	14.1	7.1	21.1	12.0	8.7	15.4
Married/ living together as a couple	26.2	19.0	33.3	19.5	17.8	21.2	18.9	13.0	24.8	20.7	19.3	22.1	23.1	15.9	30.3	20.8	18.6	23.0
Divorced/ widowed/separated	24.7	18.9	30.5	21.2	18.3	24.2	25.8	16.0	35.6	19.7	17.8	21.6	25.3	16.5	34.0	20.6	17.7	23.6
<b>Education</b>																		
0-11 years	24.6	15.3	33.9	23.4	19.2	27.5	31.9	19.8	44.0	20.3	16.6	24.0	32.1	18.9	45.2	23.0	15.9	30.2
HS Grad/GED	27.7	21.2	34.2	19.0	16.8	21.2	15.7	9.6	21.9	21.7	19.8	23.5	18.9	11.9	26.0	20.8	17.7	23.9
1 or more years of college	17.8	12.7	22.9	17.0	15.3	18.8	16.4	10.7	22.1	18.7	17.2	20.1	18.4	11.9	24.8	18.4	16.4	20.4
<b>Employment</b>																		
Employed for wages	22.7	17.4	28.0	16.0	14.4	17.7	16.7	10.7	22.8	17.0	15.4	18.5	19.4	13.4	25.4	18.1	16.0	20.2
<b>Household Income</b>																		
<=\$24,999	25.4	20.1	30.8	19.6	16.9	22.4	17.8	12.2	23.5	21.4	18.9	23.9	15.2	8.3	22.2	21.3	17.6	25.1
\$25,000 – \$49,999	25.5	17.2	33.8	17.9	15.6	20.3	20.9	11.1	30.7	19.9	18.0	21.8	21.5	13.3	29.6	19.4	16.2	22.6
>=\$50,000	13.0	5.3	20.6	16.4	14.1	18.7	20.9	8.9	32.9	18.5	16.5	20.5	24.1	13.4	34.8	18.3	15.7	20.9

\* 95% CI: 95% Confidence Interval

**Table 8: Percentage of people who reported that a doctor, nurse, or other health professional had told them to eat more fruits and vegetables, Florida, 2002**

	Rural-1						Rural-2						Urban					
	Black			White			Black			White			Black			White		
	%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*	
<b>All</b>	40.5	36.0	44.9	22.7	21.3	24.2	34.8	29.3	40.4	24.3	23.1	25.6	35.2	29.1	41.4	22.4	20.7	24.1
<b>Sex</b>																		
Men	31.0	24.2	37.8	21.3	19.2	23.5	31.0	22.1	39.8	23.7	21.9	25.5	33.0	23.8	42.1	22.2	19.7	24.8
Women	45.1	39.5	50.6	24.1	22.2	26.1	37.3	30.2	44.4	24.9	23.3	26.5	36.6	28.3	44.8	22.5	20.2	24.8
<b>Age</b>																		
18-44	33.5	27.3	39.7	19.1	16.9	21.2	30.9	22.8	38.9	19.6	17.5	21.6	25.9	18.5	33.3	16.6	14.1	19.1
45-64	51.3	43.6	59.0	26.6	24.2	29.1	35.9	26.6	45.2	27.0	25.0	29.0	41.6	31.5	51.6	26.4	23.2	29.6
65 and older	45.2	36.1	54.2	26.7	23.3	30.1	45.9	31.8	60.1	27.4	25.2	29.5	62.6	48.9	76.2	26.6	23.3	29.9
<b>Marital Status</b>																		
Never married	38.1	29.9	46.2	15.5	11.4	19.6	33.0	23.1	42.9	20.0	15.6	24.5	24.1	14.3	33.8	18.1	13.7	22.6
Married/ living together as a couple	41.5	33.9	49.1	23.5	21.7	25.3	30.9	22.8	39.0	24.9	23.4	26.4	44.4	35.1	53.8	23.0	20.7	25.2
Divorced/ widowed/separated	41.6	34.6	48.6	26.5	23.4	29.6	42.0	31.4	52.5	24.8	22.7	26.8	33.8	24.6	43.1	24.1	20.9	27.3
<b>Education</b>																		
0-11 years	53.5	43.6	63.4	32.3	27.6	37.0	52.1	39.8	64.3	30.5	26.0	34.9	48.3	34.2	62.4	27.7	20.0	35.3
HS Grad/GED	44.5	37.2	51.8	22.8	20.4	25.1	33.9	24.8	43.1	26.3	24.3	28.3	39.0	29.4	48.6	25.5	22.1	29.0
1 or more years of college	32.1	25.7	38.6	21.4	19.4	23.3	26.4	19.1	33.7	22.3	20.8	23.9	27.8	19.3	36.2	20.6	18.6	22.7
<b>Employment</b>																		
Employed for wages	36.9	30.7	43.0	20.4	18.6	22.3	31.6	24.3	38.9	21.1	19.3	22.8	31.6	23.5	39.7	19.6	17.5	21.7
<b>Household Income</b>																		
<=\$24,999	44.7	38.2	51.2	26.0	23.0	29.0	40.4	31.4	49.3	28.1	25.2	31.0	30.0	18.9	41.1	28.6	24.2	33.1
\$25,000 – \$49,999	36.8	28.0	45.5	22.7	20.2	25.2	33.9	22.8	44.9	24.9	22.9	27.0	37.7	27.2	48.1	22.0	18.7	25.4
>=\$50,000	30.9	17.3	44.4	20.6	17.8	23.4	23.1	10.8	35.4	21.4	19.2	23.5	31.2	19.9	42.6	20.5	17.8	23.2

\* 95% CI: 95% Confidence Interval

**Table 9: Percentage of people who reported that a doctor, nurse, or other health professional had told them to be more physically active, Florida, 2002**

	Rural-1						Rural-2						Urban					
	Black			White			Black			White			Black			White		
	%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*	
<b>All</b>	38.8	34.2	43.3	22.9	21.5	24.4	33.8	28.3	39.4	23.6	22.4	24.8	35.9	29.6	42.2	25.1	23.2	27.1
<b>Sex</b>																		
Men	31.9	24.0	39.8	21.1	18.9	23.2	32.8	23.7	41.9	23.6	21.8	25.5	36.5	26.6	46.3	24.6	21.8	27.3
Women	42.2	36.6	47.8	24.8	22.8	26.8	34.5	27.5	41.5	23.6	22.0	25.2	35.6	27.4	43.7	25.7	23.0	28.3
<b>Age</b>																		
18-44	32.0	25.9	38.2	18.6	16.5	20.7	26.1	18.5	33.6	19.6	17.5	21.7	29.3	21.1	37.6	18.9	16.2	21.6
45-64	46.7	38.3	55.0	28.9	26.4	31.4	44.3	34.1	54.5	28.6	26.5	30.7	44.2	34.1	54.3	32.7	28.8	36.6
65 and older	50.1	40.9	59.2	25.2	21.8	28.5	37.7	23.7	51.7	23.7	21.7	25.8	47.7	32.4	63.0	26.4	23.1	29.7
<b>Marital Status</b>																		
Never married	31.9	23.9	39.9	15.2	11.5	19.0	23.8	15.5	32.1	17.1	13.0	21.1	24.7	14.5	34.8	19.9	15.3	24.5
Married/ living together as a couple	44.4	36.5	52.4	24.5	22.7	26.4	38.1	29.3	46.9	25.0	23.5	26.6	45.1	35.6	54.5	26.0	23.6	28.4
Divorced/ widowed/separated	39.7	32.7	46.6	24.6	21.6	27.6	34.1	24.0	44.2	22.6	20.6	24.6	35.3	25.7	44.9	26.5	22.3	30.7
<b>Education</b>																		
0-11 years	51.5	40.4	62.7	22.0	18.1	25.9	45.7	33.2	58.3	22.9	18.9	26.8	44.8	30.8	58.8	23.3	16.3	30.2
HS Grad/GED	39.7	32.4	46.9	22.6	20.2	25.0	29.0	20.2	37.9	25.6	23.6	27.6	42.2	32.3	52.1	28.7	24.6	32.9
1 or more years of college	33.1	26.6	39.6	23.2	21.2	25.2	31.6	23.5	39.7	22.6	21.0	24.2	27.8	19.3	36.4	23.8	21.6	25.9
<b>Employment</b>																		
Employed for wages	38.9	32.4	45.3	21.9	19.9	23.8	31.2	23.9	38.4	22.6	20.8	24.4	33.0	24.7	41.3	24.6	21.9	27.3
<b>Household Income</b>																		
<=\$24,999	39.6	33.2	45.9	22.6	19.9	25.4	33.6	25.3	41.9	24.4	21.7	27.1	27.4	16.2	38.5	32.1	26.6	37.6
\$25,000 – \$49,999	32.8	24.2	41.5	23.4	20.8	25.9	35.6	24.3	47.0	23.9	21.8	26.0	41.7	31.1	52.2	22.4	19.0	25.8
>=\$50,000	40.2	25.9	54.5	24.2	21.2	27.1	35.0	19.8	50.3	23.8	21.6	26.0	35.8	23.7	47.8	25.6	22.7	28.6

\* 95% CI: 95% Confidence Interval

**Table 10: Percentage of people who reported that they were eating fewer high fat or high cholesterol foods, Florida, 2002**

	Rural-1						Rural-2						Urban					
	Black			White			Black			White			Black			White		
	%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*	
<b>All</b>	54.2	49.5	58.8	59.6	57.9	61.4	54.5	48.5	60.5	63.7	62.1	65.3	55.2	47.6	62.7	65.3	63.3	67.4
<b>Sex</b>																		
Men	54.0	45.9	62.2	55.2	52.6	57.9	51.6	41.8	61.5	58.9	56.7	61.1	57.7	47.4	68.1	61.8	58.7	64.9
Women	54.2	48.6	59.9	64.0	61.7	66.3	56.4	48.8	64.0	68.1	65.8	70.3	53.6	43.3	63.9	68.6	66.0	71.2
<b>Age</b>																		
18-44	47.0	40.5	53.6	51.7	49.0	54.5	55.9	47.3	64.5	54.6	51.5	57.7	52.0	41.1	63.0	58.6	55.0	62.2
45-64	68.4	61.2	75.5	71.8	69.3	74.3	56.5	45.7	67.2	70.0	67.7	72.2	59.6	49.4	69.9	72.2	69.0	75.4
65 and older	49.1	39.9	58.3	60.6	57.0	64.3	46.7	32.4	61.0	68.5	66.2	70.8	62.5	47.1	77.9	67.9	64.4	71.4
<b>Marital Status</b>																		
Never married	45.5	37.1	53.8	43.5	38.4	48.5	53.0	42.1	64.0	54.4	47.7	61.0	48.8	32.5	65.0	57.8	51.3	64.2
Married/ living together as a couple	58.5	50.7	66.3	63.7	61.5	65.8	55.1	45.8	64.5	66.0	64.0	68.0	58.6	49.0	68.2	67.3	64.7	69.8
Divorced/ widowed/separated	59.1	52.1	66.2	60.7	57.3	64.0	54.4	43.8	65.1	61.4	58.9	63.8	58.5	48.3	68.7	65.6	61.8	69.4
<b>Education</b>																		
0-11 years	50.8	39.4	62.2	51.5	46.3	56.7	49.1	36.5	61.7	52.3	47.4	57.2	55.3	40.4	70.3	53.6	44.7	62.4
HS Grad/GED	49.8	42.3	57.2	55.8	52.9	58.8	47.0	36.8	57.2	62.8	60.5	65.1	54.0	44.0	63.9	62.2	58.2	66.2
1 or more years of college	59.2	52.2	66.2	62.6	60.3	64.9	63.9	54.6	73.1	66.0	63.7	68.3	56.3	43.1	69.6	67.6	65.1	70.0
<b>Employment</b>																		
Employed for wages	57.2	50.7	63.6	58.9	56.5	61.2	59.3	51.4	67.2	61.5	58.9	64.1	55.5	44.5	66.4	65.1	62.4	67.8
<b>Household Income</b>																		
<=\$24,999	51.3	44.6	57.9	57.4	54.0	60.7	46.8	37.6	56.0	61.0	56.8	65.2	38.1	24.9	51.3	58.7	53.7	63.8
\$25,000 – \$49,999	51.1	42.2	60.1	58.6	55.5	61.7	63.1	51.7	74.5	64.4	62.1	66.8	60.3	49.7	70.8	65.6	61.6	69.7
>=\$50,000	74.1	61.2	87.1	64.7	61.4	67.9	60.6	45.0	76.2	66.7	64.0	69.4	73.3	61.9	84.6	68.7	65.6	71.9

\* 95% CI: 95% Confidence Interval

**Table 11: Percentage of people who reported that they were eating more fruits and vegetables, Florida, 2002**

	Rural-1						Rural-2						Urban					
	Black			White			Black			White			Black			White		
	%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*	
<b>All</b>	72.3	68.0	76.7	65.0	63.3	66.7	74.7	69.5	80.0	69.2	67.8	70.6	74.4	66.1	82.6	68.3	66.2	70.4
<b>Sex</b>																		
Men	65.8	57.6	73.9	58.2	55.5	60.8	70.4	61.3	79.4	63.0	60.9	65.2	75.6	67.0	84.2	62.9	59.9	66.0
Women	75.5	70.5	80.6	71.7	69.6	73.8	77.5	71.3	83.8	74.9	73.2	76.7	73.6	61.6	85.7	73.1	70.2	76.0
<b>Age</b>																		
18-44	64.4	58.0	70.9	58.6	55.9	61.3	72.5	64.9	80.1	61.6	58.8	64.4	70.2	57.8	82.6	60.0	56.2	63.7
45-64	84.3	77.4	91.1	72.2	69.7	74.7	79.7	70.4	88.9	72.3	70.2	74.5	86.1	79.1	93.1	72.7	69.5	75.9
65 and older	76.3	69.4	83.2	70.8	67.5	74.2	70.0	57.8	82.1	74.9	72.8	76.9	68.9	53.2	84.7	76.1	73.0	79.2
<b>Marital Status</b>																		
Never married	62.1	53.8	70.4	53.3	48.2	58.4	67.8	57.8	77.8	60.3	54.1	66.5	66.0	46.4	85.7	53.7	46.7	60.6
Married/ living together as a couple	74.9	67.5	82.3	67.1	65.0	69.2	74.5	66.2	82.8	70.7	69.0	72.5	77.0	68.4	85.5	71.3	68.9	73.8
Divorced/ widowed/separated	82.2	77.4	86.9	68.0	64.9	71.2	80.2	71.9	88.4	68.9	66.6	71.2	81.3	73.6	89.0	70.2	66.7	73.6
<b>Education</b>																		
0-11 years	70.8	59.1	82.5	62.4	57.3	67.5	71.9	61.7	82.1	61.4	56.5	66.2	67.4	53.5	81.2	66.5	58.1	74.9
HS Grad/GED	73.1	66.4	79.8	64.3	61.5	67.1	77.1	68.3	85.8	68.7	66.4	71.0	71.6	62.4	80.7	66.3	62.4	70.1
1 or more years of college	72.3	65.8	78.8	65.6	63.3	68.0	74.9	66.4	83.4	70.7	68.9	72.6	78.5	62.7	94.3	69.3	66.7	72.0
<b>Employment</b>																		
Employed for wages	70.3	64.0	76.7	62.8	60.5	65.1	76.2	69.4	83.0	66.6	64.3	68.9	74.4	62.0	86.7	65.4	62.7	68.1
<b>Household Income</b>																		
<=\$24,999	72.1	65.9	78.4	65.0	61.7	68.3	75.9	68.0	83.9	69.2	66.0	72.5	63.8	44.4	83.2	68.8	64.2	73.3
\$25,000 – \$49,999	72.5	64.4	80.6	64.7	61.7	67.8	76.7	66.4	87.0	69.2	66.9	71.6	80.9	73.1	88.8	67.3	62.5	72.1
>=\$50,000	75.3	62.7	88.0	65.4	62.1	68.7	71.8	57.3	86.4	69.6	67.0	72.3	80.8	70.2	91.3	67.8	64.6	71.1

\* 95% CI: 95% Confidence Interval

**Table 12: Percentage of people who reported that they were more physically active, Florida, 2002**

	Rural-1						Rural-2						Urban					
	Black			White			Black			White			Black			White		
	%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*	
<b>All</b>	67.2	62.9	71.5	57.6	55.9	59.3	71.7	66.7	76.8	57.3	55.7	58.8	71.3	65.8	76.9	58.4	56.3	60.5
<b>Sex</b>																		
Men	71.8	65.1	78.4	56.3	53.7	58.9	72.8	64.3	81.3	56.6	54.4	58.7	78.1	70.4	85.8	57.6	54.5	60.7
Women	64.9	59.5	70.4	58.9	56.6	61.1	71.1	64.7	77.4	57.9	55.7	60.2	67.2	59.5	75.0	59.2	56.3	62.1
<b>Age</b>																		
18-44	66.9	60.7	73.1	59.9	57.3	62.6	71.0	63.6	78.3	57.3	54.2	60.4	75.7	68.6	82.8	61.6	58.1	65.0
45-64	66.5	58.9	74.1	56.1	53.4	58.9	77.0	68.5	85.5	59.5	57.2	61.8	66.4	56.9	75.9	57.6	53.8	61.5
65 and older	69.8	62.0	77.6	53.9	50.2	57.6	62.0	48.5	75.4	55.1	52.5	57.8	63.7	48.6	78.8	53.6	49.8	57.4
<b>Marital Status</b>																		
Never married	65.1	57.1	73.1	58.9	54.0	63.8	62.5	51.8	73.2	59.0	52.8	65.2	79.6	70.5	88.7	60.3	54.2	66.5
Married/ living together as a couple	68.2	61.1	75.2	58.4	56.3	60.6	73.7	65.7	81.6	58.0	56.0	60.0	69.8	61.5	78.2	60.1	57.5	62.8
Divorced/ widowed/separated	68.8	62.0	75.6	53.8	50.4	57.2	74.8	67.1	82.6	54.3	51.9	56.7	62.9	53.4	72.5	53.1	49.0	57.3
<b>Education</b>																		
0-11 years	63.8	53.3	74.3	56.5	51.5	61.5	68.9	58.2	79.7	51.7	46.9	56.5	58.7	44.5	72.9	54.7	45.6	63.8
HS Grad/GED	67.9	60.9	75.0	52.6	49.7	55.5	77.7	69.8	85.5	55.0	52.6	57.3	71.6	63.4	79.8	52.1	47.9	56.2
1 or more years of college	67.9	61.5	74.4	60.2	57.8	62.5	68.8	60.4	77.2	59.6	57.3	61.8	74.8	66.7	82.9	61.3	58.8	63.9
<b>Employment</b>																		
Employed for wages	67.9	61.9	73.9	59.9	57.6	62.2	73.0	66.2	79.9	60.2	57.6	62.7	73.0	65.8	80.3	59.7	56.9	62.6
<b>Household Income</b>																		
<=\$24,999	62.4	55.9	68.8	54.3	50.9	57.6	75.3	68.2	82.4	52.2	48.1	56.2	74.8	64.5	85.1	52.9	47.5	58.2
\$25,000 – \$49,999	70.0	62.1	78.0	56.1	53.0	59.2	70.6	60.0	81.2	57.3	54.8	59.7	68.6	59.3	78.0	57.5	53.2	61.8
>=\$50,000	72.1	59.0	85.2	61.7	58.5	65.0	71.5	57.7	85.4	64.4	61.8	67.0	72.0	60.3	83.8	62.8	59.6	66.1

\* 95% CI: 95% Confidence Interval

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