



County BRFSS

Behavioral Risk Factor Surveillance System

Overweight and Related Risk Factors Among Hispanics in Florida: 2002 Florida County BRFSS

Introduction

This report is the fourth 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). 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 Hispanics 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 for the survey; at least 500 adults were surveyed in each county. Among those survey respondents, 2,164 self-reported as Hispanic or Latino and represent approximately 2 million Hispanics 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. In order to reflect geographic variation of risk factors among Hispanics, data were analyzed for Hispanics 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 Hispanics is further divided into two subgroups based on geographic locations: Rural-1 includes all counties in which population density is under 500 persons per square mile in the Panhandle region, Northeast region and North Central region; and Rural-2 includes all other counties in which population density is under 500 persons per square mile in the Tampa Bay region, South Central region, Dade/Monroe region and Palm Beach/Broward region.

A significant difference in the percentage of persons under the poverty level was found among these three areas—Rural-1, Rural-2, and Urban. In Rural-1, 13.5% of the population is under the poverty level, compared to 9.7% in the urban area. In Rural-2, 12.4% of the population is under the poverty level; however, this is *not* statistically different from the Rural-1 and Urban areas. Also, the prevalence of having at least a high school education was significantly higher in the Urban area (82.1%) than in Rural-1 (74.4%) and Rural-2 (69.9%).

Although BRFSS cannot generate prevalence estimates on risk factors for Hispanics 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 Hispanic survey respondents of each county is shown on the following map (Figure 1).

Results

1. Prevalence of Overweight

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

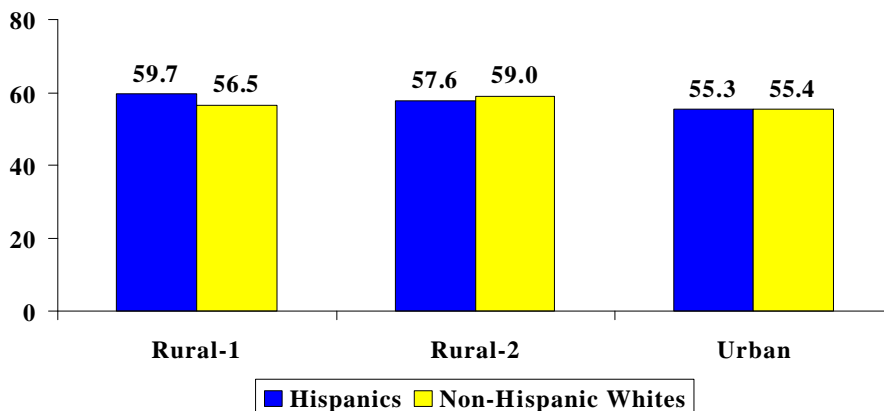
Results from 2002 county BRFSS show that more than half (55.9%) of Hispanic adults are overweight. There was no difference in prevalence of overweight between Hispanics and non-Hispanic Whites in the three geographic groups (Rural-1, Rural-2 and Urban). There was no difference in

prevalence of overweight for Hispanics among three geographic areas either (Figure 2).

For Hispanics in each of the three areas (Rural-1, Rural-2 and Urban), the prevalence of overweight was higher among men than women.

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

Figure 2: Percentage of Hispanics and Non-Hispanic Whites Who Were Overweight*, FL, 2002



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

2. Factors that May Contribute to Overweight

A number of issues, 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 Hispanics.

(a) Fruits and Vegetables 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 survey respondents were asked, “How often do you

drink (eat) fruit juices (fruit, green salad, potatoes, carrots, vegetables)?” An indicator—consuming five servings of fruits and vegetables a day—was derived from these six questions using a method of calculation from CDC.

Overall, approximately three out of four (74.3%) Florida adults did not consume five servings of fruits and vegetables a day in

2002. Hispanics had a higher prevalence (77.9%) of not consuming five servings of fruits and vegetables a day than the state average.

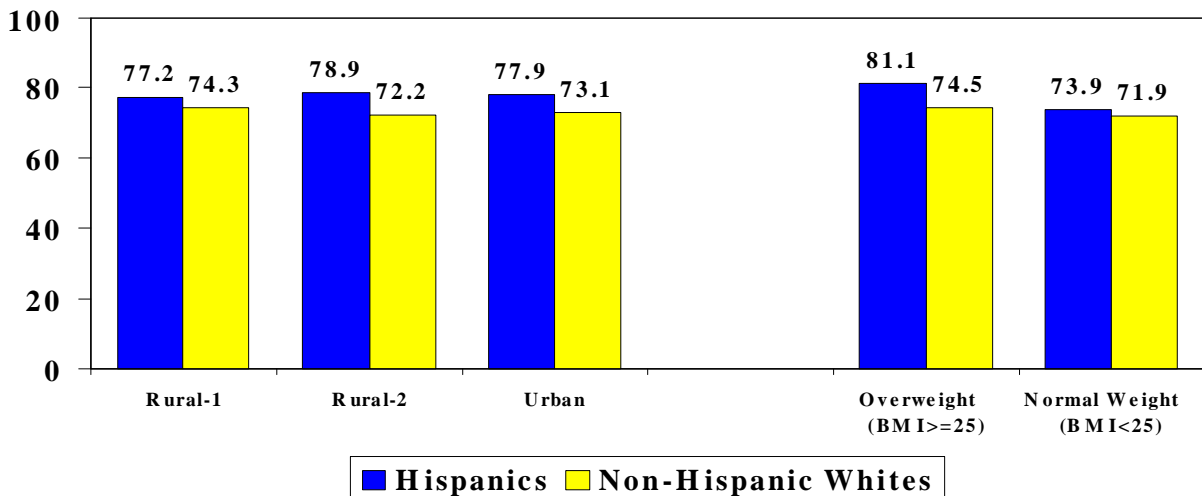
Consuming fewer than five servings of fruits and vegetables a day was significantly higher among Hispanics (77.9%) than non-Hispanic Whites (73.3%). The same difference was observed in Rural-2 counties. Although the prevalence of consuming fewer than five servings of fruits and vegetables per day was higher among Hispanics than among non-Hispanic Whites in both Rural-1 and Urban,

the differences were not statistically significant.

Consuming fewer than five servings of fruits and vegetables a day was higher among overweight people (75.6%) than among normal weight people (72.1%) in all Florida adults. However, the difference was not statistically significant between overweight people and normal weight people in Hispanics (Figure 3).

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

Figure 3: Percentage of Hispanics 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, 58.8% of Florida Hispanic adults reported being sedentary at work.

BRFSS Question:

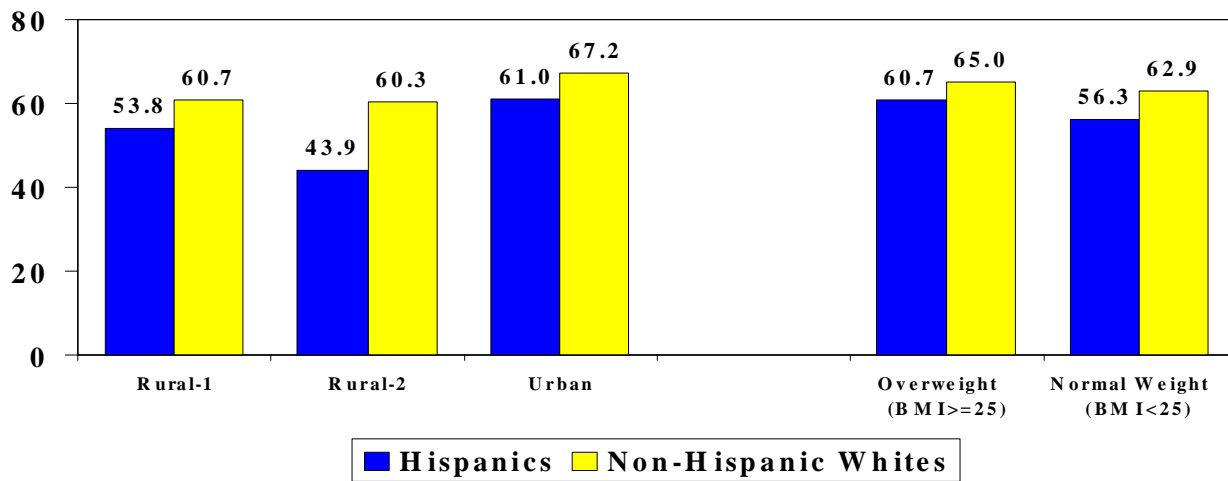
When you are at work, which of the following best describes what you do?
 Would you say:

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

- There was **no** statistically significant difference in the prevalence of being sedentary at work between Hispanics and non-Hispanic Whites, except in Rural-2 counties. In Rural-2, the prevalence of being sedentary at work was significantly higher among non-Hispanic Whites (60.3%) than among Hispanics (43.9%) (Figure 4).
- There was **no** statistically significant difference in prevalence of being sedentary at work between people who were overweight and those who were of normal weight (Figure 4).
- Women had a higher prevalence of being sedentary at work than did men.
- People with a higher level of education had a higher prevalence of being sedentary at work than people with a lower level of education (Table 3).
- People with higher household incomes had higher prevalence of being sedentary at work than people with lower household incomes (Table 3).

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

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



(c) Physical Activity

Healthy 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 activity.

i. Leisure Time Physical Activity

Leisure time physical activity is considered a major physical activity for most people. The statewide prevalence of having no leisure

time physical activity was 26.4%. The overall prevalence among Hispanics was 38.9%.

BRFSS Question:

During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golfing, gardening, or walking for exercise?
 1) Yes
 2) No

Hispanics had a higher prevalence of not having any leisure time physical activity than non-Hispanic Whites in all three geographic areas (Rural-1, Rural-2 and Urban). (Figure 5).

Among non-Hispanic Whites, overweight people were less likely to engage in leisure time physical activity than normal weight people. Among Hispanics, however, overweight people had a lower prevalence of having no leisure time physical activity than

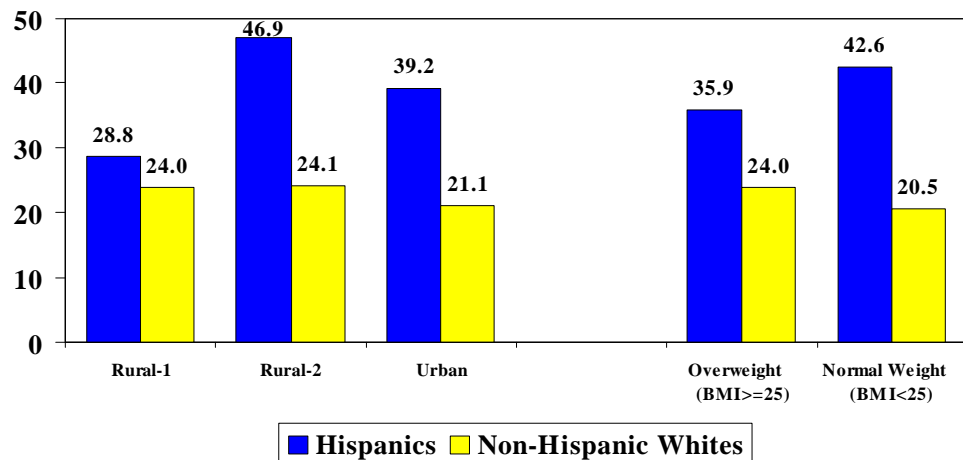
their counterparts with normal weight, though the difference was not statistically significant (Figure 5).

The BRFSS data indicate that among Hispanics, the prevalence of having no leisure time physical activity was higher:

- among people who were divorced, widowed, or separated than among people who were married or people who were living together as a couple in Rural-1;
- among people with a lower level of education than among people with a higher level of education; and
- among people with lower household incomes than among people with higher household incomes.

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

Figure 5: Percentage of Hispanics and Non-Hispanic Whites Who Did Not Participate in Any Leisure Time Physical Activities, 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). The prevalence of **not** engaging in regular moderate physical activity was calculated using methods defined by the 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

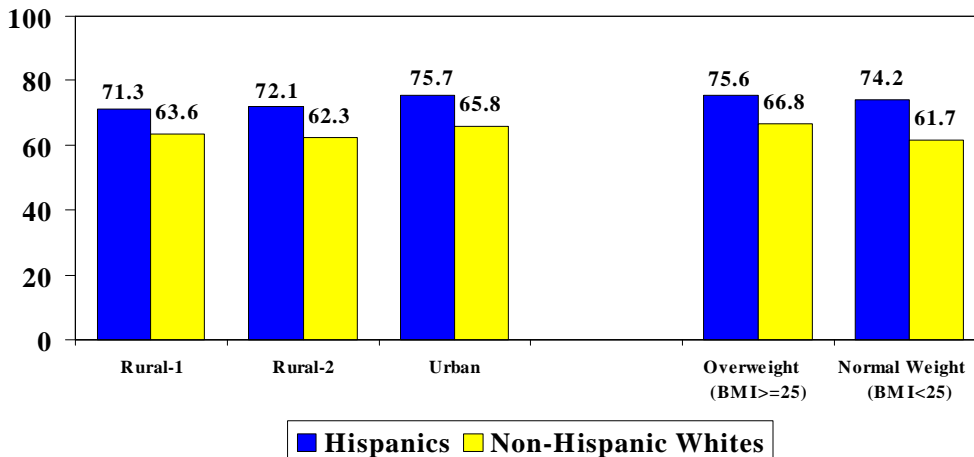
Overall, 75.0% of Hispanics did not engage in regular moderate physical activity in 2002. The prevalence of having no regular moderate physical activity was significantly higher among Hispanics than among non-Hispanic Whites in all three geographic areas (Rural-1, Rural-2 and Urban) (Figure 6).

For Hispanics and non-Hispanic Whites, those who were overweight were less likely to engage in regular moderate physical activity than were their normal weight counterparts.

Among Hispanic adults in all geographic areas, the prevalence of having no regular moderate physical activity was higher among middle age group (45-64 years of age) than among young adults (18-44 years of age) (Table 5).

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

Figure 6: Percentage of Hispanics and Non-Hispanic Whites Who Did Not Engage in Regular Moderate 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 asked respondents for duration and frequency of their vigorous physical activity (see the questions below). Prevalence of **not** engaging in regular vigorous physical activity was calculated following methods defined by the 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, three out of four (75.6%) of Florida adults did not engage in regular vigorous physical activity in 2002. Hispanic adults had a higher prevalence (77.7%) of not engaging in regular vigorous physical activity. There was no statistically significant difference in the prevalence of having no regular vigorous physical activity between Hispanics and non-Hispanics Whites.

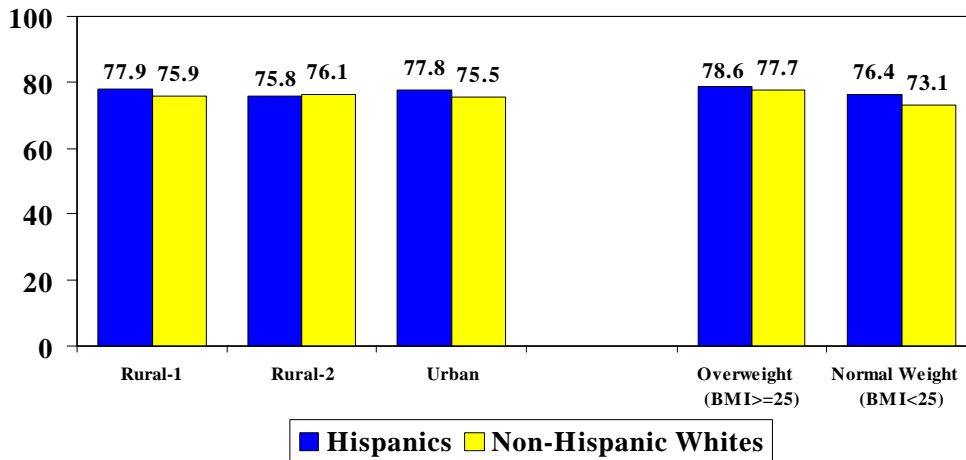
There was **no** statistically significant difference in the prevalence of having no regular vigorous physical activity between overweight people and normal weight people among both Hispanics and non-Hispanic Whites.

Among Hispanics, the prevalence of **not** engaging in regular vigorous physical activity was higher:

- among women than among men;
- among older people than among younger people (in Rural-1 only);
- among people who were divorced, widowed, or separated than among people who never got married;
- among people with less than high school education than among people with high school or above education.

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

Figure 7: Percentage of Hispanics 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. Prevention and control of overweight (including weight loss) is important for improving and maintaining health, especially for those who are overweight.

(a) Receiving Advice from a Health Professional

The BRFSS survey asked survey respondents whether they were advised by their doctor, nurse, or other health professional to control their weight, to eat healthy food, or to increase physical activity to prevent chronic diseases. The following section summarizes the data on receiving advice from a health professional among Hispanics.

i. Lose Weight

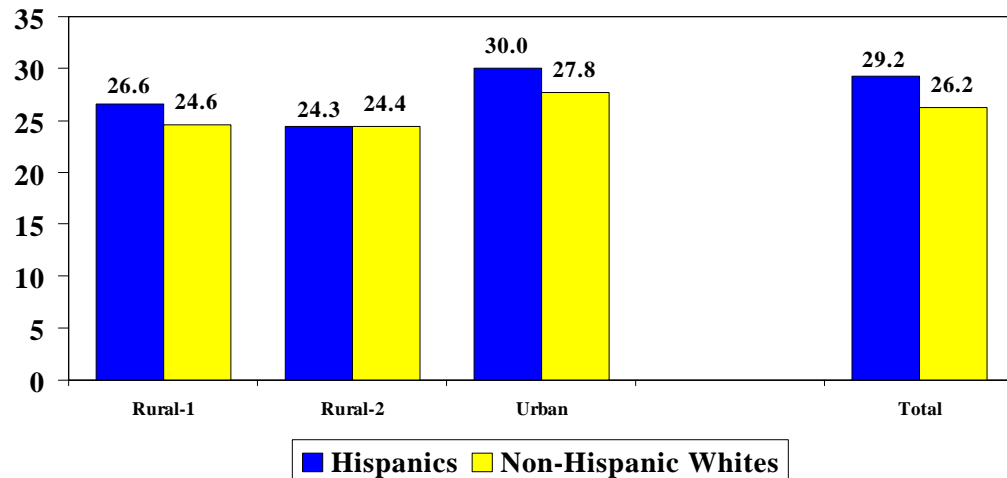
BRFSS Question:

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

Statewide, among those who were overweight, only three out of ten (29.2%) Hispanics and one out of four (26.2%) non-Hispanic Whites were advised by a health professional to reduce their weight in the past 12 months. There was no statistical difference in the prevalence of receiving advice to lose weight either between Hispanics and non-Hispanic Whites, nor among the three urban/rural groups for both Hispanics and non-Hispanic Whites who were overweight (Figure 8).

Figure 8: Among Hispanics and Non-Hispanic Whites Who Were Overweight, the Percentage Who Received Advice from a Health Professional about Their 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 28.8% of Hispanics received advice from a health professional on eating fewer high fat or high cholesterol foods.

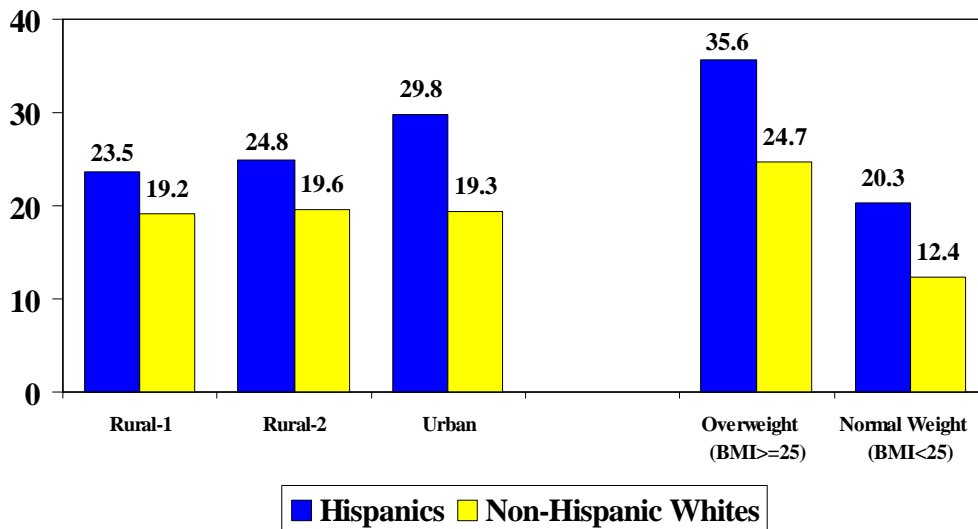
In all three geographic areas (Rural-1, Rural-2, and Urban), more Hispanics than non-Hispanic Whites reported that they were advised by a health professional to eat fewer high fat or high cholesterol foods (Figure 9).

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 one third (35.6%) of Hispanics who were overweight reported being advised by a health professional to eat fewer high fat or high cholesterol foods. The prevalence of receiving this advice among Hispanics who were overweight was almost two times that of their counterparts who were normal weight (Figure 9).

Among Hispanics, middle age (45-64 years of age) people were more likely to receive advice on eating fewer high fat/cholesterol foods than young adults (18-44 years of age).

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

Figure 9: Percentage of Hispanics and Non-Hispanic Whites Who Reported that a Health Professional Had Told Them to Eat Fewer Higher Fat/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

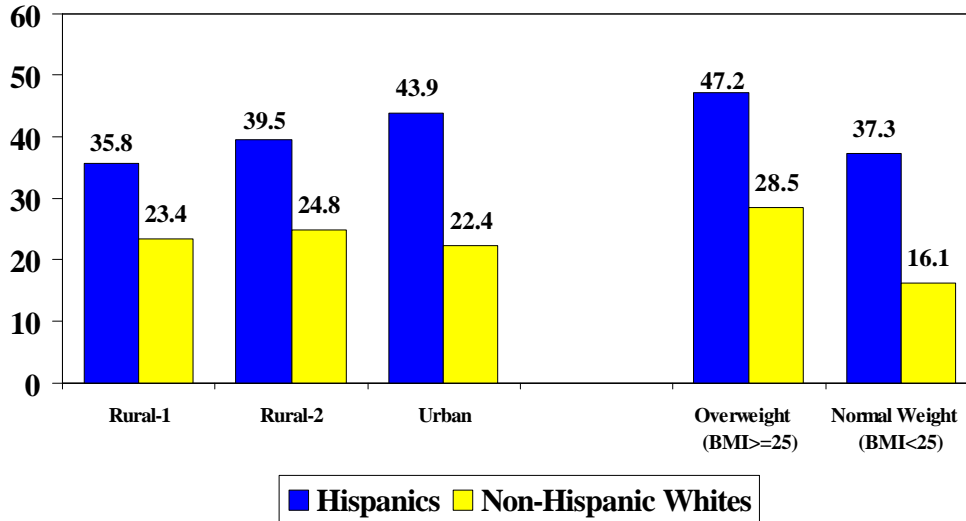
The statewide prevalence of being advised by a health professional to consume more fruits and vegetables was 27.9% in 2002. In all three geographic areas (Rural-1, Rural-2 and Urban), the prevalence of being advised by a health professional to consume more fruits and vegetables was higher among

Hispanics than among non-Hispanic Whites (Figure 10).

More people who were overweight reported being advised by a health professional to eat more fruits and vegetables than did people who were of normal weight. Almost half (47.2%) of Hispanics who were overweight reported being advised by a health professional to eat more fruits and vegetables, a prevalence that was 26.5% higher than that for their Hispanic counterparts who were of normal weight (37.3%) (Figure 10).

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

Figure 10: Percentage of Hispanics 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

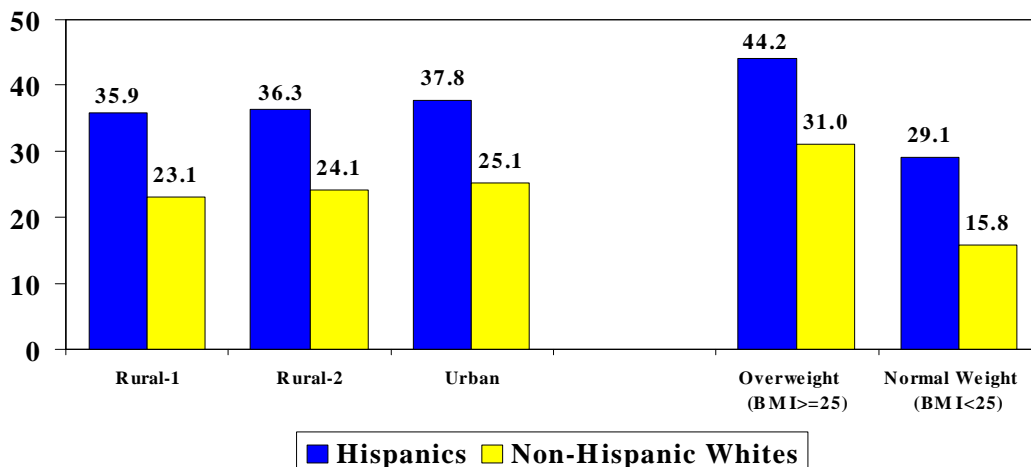
The statewide prevalence of being advised by a health professional to be more physically active was 28.0% in 2002. Being advised by a health professional to be more physically active was more prevalent among Hispanics (37.5%) than among non-Hispanic Whites (24.3%), and more prevalent among

people between 45 and 64 years of age than among people between 18 and 44 years of age in all three geographic areas (Rural-1, Rural-2 and Urban).

For both Hispanics 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 Hispanics, those who were overweight were 51.9% more likely to receive advice to be more physically active than Hispanics of normal weight (Figure 11).

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

Figure 11: Percentage of Hispanics 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 Disease

Three BRFSS questions asked respondents 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?

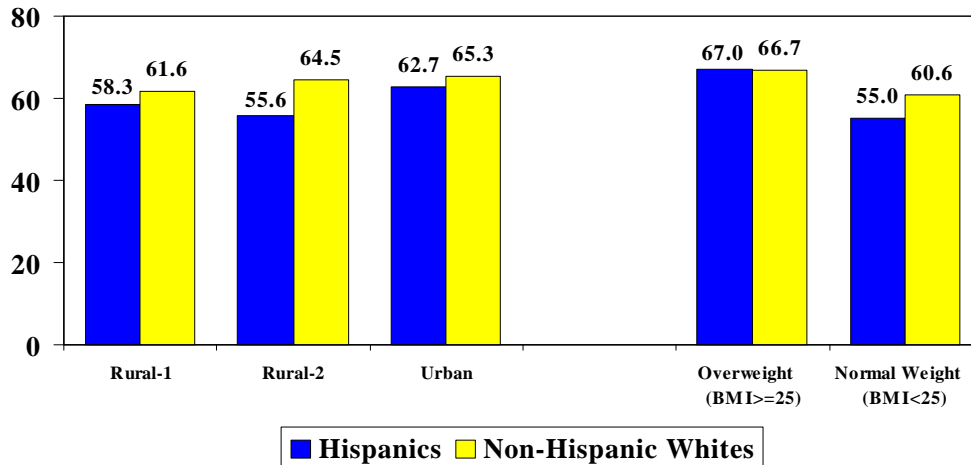
1) Yes
2) No

The statewide prevalence of eating fewer high fat or high cholesterol foods among Hispanics was 61.7% in 2002. There was no statistically significant difference in the prevalence of eating fewer high fat or high cholesterol foods between Hispanics and non-Hispanic Whites, except in Rural-2 counties, where Hispanics had a lower prevalence than non-Hispanic Whites (Figure 12).

Two thirds (67.0%) of Hispanics who were overweight reported eating fewer high fat or high cholesterol foods, a rate significantly higher than that found for Hispanics who were of normal weight (55.0%) (Figure 12).

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

Figure 12: Percentage of Hispanics 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

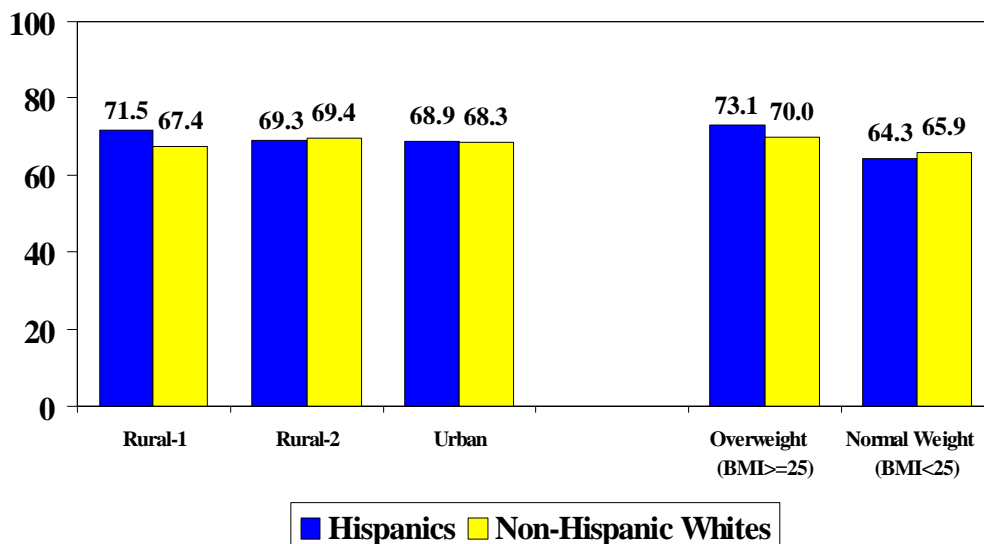
More than two thirds (69.2%) of Hispanics reported eating more fruits and vegetables in 2002. No significant difference in the prevalence of eating more fruits and

vegetables was found between Hispanics and non-Hispanic Whites. Among Hispanics, people who were 65 years of age and older had a higher prevalence of eating more fruits and vegetables than people who were between 18 and 44 years old.

Almost three out four (73.1%) Hispanics who were overweight reported eating more fruits and vegetables. People who were overweight were more likely to report eating more fruits and vegetables than people who were of normal weight (Figure 13).

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

Figure 13: Percentage of Hispanics 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

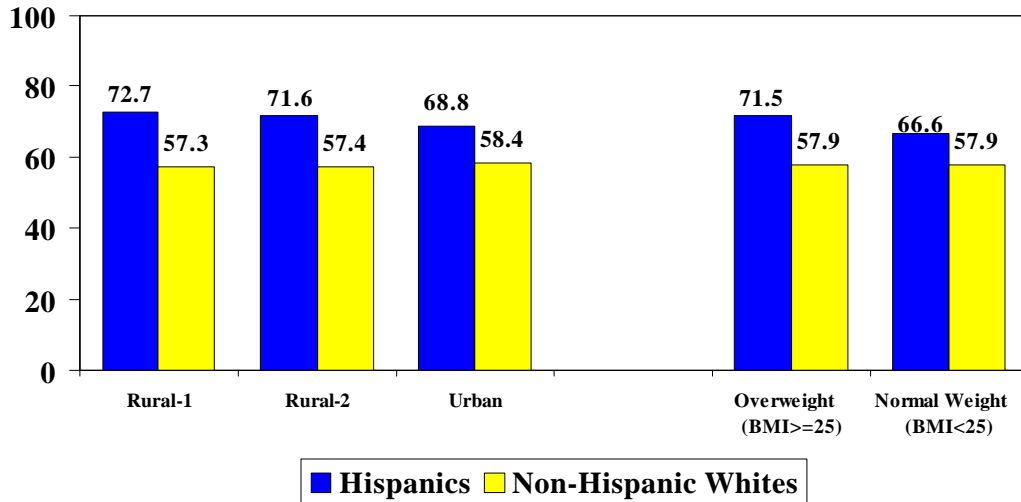
More than two thirds (68.8%) of Hispanics reported being more physically active. More Hispanics reported becoming more physically active to lower risk of heart disease or stroke than non-Hispanic Whites

in all three geographic areas (Rural-1, Rural-2 and Urban).

However, there was **no** significant difference in the prevalence of being more physically active between those who were overweight and those who were of normal weight among Hispanics and non-Hispanic Whites (Figure 14).

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

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



Conclusion

The prevalence of overweight was 55.9 % among Hispanics and higher among Hispanic men than Hispanic women.

The prevalence of Hispanics being sedentary at work (i.e., jobs in which most of their time is spent sitting or standing) was higher among women, people with higher level of education, and people with higher household incomes than among their counterparts (men, people with lower level of education, and people with lower household incomes, respectively).

The prevalence of having no leisure time physical activities or exercise was higher among people with lower levels of education, and people with lower household incomes than among their counterparts (people with higher education and people with higher household incomes, respectively).

The prevalence of not engaging in regular vigorous physical activities was higher:

- among women than among men;
- among older people than among younger people;
- among people who were divorced, widowed, or separated than among people who never married; and
- among people with 0-11 years education than among people with high school or above education.

Only 29.2% of Hispanic Floridians who were overweight were advised by a health professional to reduce their body weight in the past 12 months. The prevalence of being advised by a health professional to be more physically active was higher among people aged between 45 and 64 years than among people aged between 18 and 44 years.

Finally, the prevalence of eating more fruits and vegetables was higher among people 65 years of age and older than among young adults (age between 18 and 44 years).

Comparison of Hispanics and Non-Hispanic Whites

In general, there was no significant difference in the prevalence of overweight between Hispanics and non-Hispanic Whites in all three geographic areas (Rural-1, Rural-2 and Urban). Compared to non-Hispanic Whites, Hispanics had higher prevalence of:

- consuming fewer than five servings of fruits and vegetables a day;
- not participating in any leisure time physical activities or exercises; and
- not engaging in regular moderate physical activity.

However, more Hispanics than non-Hispanic Whites were aware of being overweight as a health problem and reported trying to change their life style. More Hispanics than non-Hispanic Whites reported being advised by a health professional to eat fewer higher fat or cholesterol foods, eat more fruits and vegetables, and be more physically active. Moreover, more Hispanics than non-Hispanic Whites reported being more physically active.

Comparison of Those Who were Overweight with Those of Normal Weight among Hispanics

Compared to respondents who were of normal weight, respondents who were overweight had a higher prevalence of not consuming the recommended number of daily fruits and vegetables and a higher prevalence of not engaging in regular moderate 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 diet and physical activity behaviors. Overall, 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.

Detailed Tables

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Table 1: Percentage of Hispanics and non-Hispanic Whites who were overweight, Florida, 2002

	Rural-1						Rural-2						Urban						
	Hispanic			White			Hispanic			White			Hispanic			White			
	%	95% CI**		%	95% CI**		%	95% CI**		%	95% CI**		%	95% CI**		%	95% CI**		
All	59.7	53.9	65.5	56.5	55.0	58.0	57.6	51.1	64.1	59.0	56.9	61.0	55.3	49.9	60.7	55.4	53.2	57.5	
Sex																			
Men	70.5	61.7	79.3	65.1	63.1	67.1	65.6	56.4	74.9	67.9	65.2	70.7	62.9	53.0	72.7	67.3	64.3	70.2	
Women	51.6	44.1	59.0	48.3	46.2	50.4	52.0	43.2	60.9	50.8	47.7	53.9	48.8	42.7	54.9	44.6	41.7	47.5	
Age																			
18-44	51.0	43.2	58.8	50.2	47.5	52.9	55.8	48.3	63.4	54.0	50.3	57.6	52.7	46.5	58.9	49.3	45.7	52.9	
45-64	75.8	68.0	83.5	64.8	62.7	66.9	64.5	47.1	81.9	64.2	61.2	67.2	63.3	49.2	77.4	63.0	59.2	66.7	
65 and older	65.5	45.4	85.5	57.4	55.0	59.8	57.6	35.8	79.5	60.1	56.2	64.0	52.3	38.9	65.7	57.7	54.0	61.3	
Marital Status																			
Never married	36.7	22.9	50.4	44.9	40.8	49.0	47.1	30.7	63.6	53.5	42.8	64.3	45.6	29.7	61.5	48.8	42.2	55.4	
Married/ living together as a couple	62.7	55.3	70.1	59.8	57.7	61.9	58.1	50.0	66.1	61.3	59.0	63.7	60.1	53.9	66.2	59.2	56.6	61.8	
Divorced/ widowed/separated	69.8	60.7	78.9	53.8	51.3	56.3	64.8	49.8	79.8	54.8	51.5	58.2	53.5	44.6	62.5	51.0	46.9	55.0	
Education																			
0-11 years	63.6	50.2	77.1	58.9	54.5	63.3	56.0	45.9	66.0	61.0	54.5	67.5	50.2	33.0	67.3	56.4	47.6	65.2	
HS Grad/GED	58.5	47.5	69.5	58.4	56.0	60.8	63.9	52.1	75.8	59.6	56.4	62.8	49.0	40.0	57.9	56.8	52.7	61.0	
1 or more years of college	58.9	51.1	66.6	55.2	53.1	57.3	54.7	42.7	66.6	58.5	55.6	61.4	61.2	55.3	67.2	54.8	52.1	57.4	
Employment																			
Employed for wages	62.4	55.1	69.7	57.7	55.3	60.0	54.3	45.7	62.9	58.7	55.4	62.1	57.2	51.1	63.4	58.5	55.7	61.3	
Household Income																			
<=\$24,999	68.9	60.3	77.5	52.5	48.7	56.2	55.6	45.0	66.1	60.6	55.8	65.3	56.1	46.0	66.2	56.0	50.7	61.4	
\$25,000 – \$49,999	57.4	47.3	67.5	57.3	54.9	59.7	75.6	65.8	85.5	58.9	55.4	62.3	54.9	45.1	64.8	53.3	48.8	57.8	
>=\$50,000	52.7	36.1	69.2	60.0	57.5	62.5	61.9	42.3	81.5	60.4	56.5	64.2	58.8	48.9	68.7	60.0	56.7	63.2	

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

** 95% CI: 95% Confidence Interval

Table 2: Percentage of Hispanics and non-Hispanic Whites who consumed fewer than 5 servings of fruits and vegetables a day, Florida, 2002

	Rural-1						Rural-2						Urban						
	Hispanic			White			Hispanic			White			Hispanic			White			
	%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		
All	77.2	72.5	81.9	74.3	73.1	75.5	78.9	74.0	83.9	72.2	70.0	74.4	77.9	72.6	83.2	73.1	71.3	74.9	
Sex																			
Men	84.3	77.9	90.6	77.9	76.2	79.7	86.7	80.6	92.7	76.9	74.3	79.4	78.0	67.9	88.1	79.4	77.0	81.8	
Women	71.9	65.3	78.4	70.9	69.2	72.5	73.6	66.4	80.8	68.0	64.7	71.3	77.8	73.1	82.5	67.5	64.8	70.1	
Age																			
18-44	80.8	74.7	87.0	78.9	77.0	80.8	79.1	73.1	85.1	79.3	76.3	82.2	80.3	75.7	84.9	79.0	76.3	81.6	
45-64	71.1	62.5	79.7	74.7	72.8	76.7	80.7	70.4	90.9	75.4	72.8	78.0	70.4	55.4	85.4	72.2	69.0	75.4	
65 and older	80.1	68.4	91.9	66.2	63.8	68.5	75.4	59.4	91.4	62.4	57.7	67.0	82.3	73.2	91.5	65.4	61.9	68.9	
Marital Status																			
Never married	86.2	77.9	94.4	79.4	76.3	82.5	82.1	69.8	94.5	76.4	61.7	91.2	66.8	47.0	86.6	79.9	75.4	84.3	
Married/ living together as a couple	74.3	67.9	80.6	73.4	71.8	74.9	78.5	72.5	84.6	71.4	69.3	73.6	79.5	74.9	84.2	72.8	70.4	75.1	
Divorced/ widowed/separated	80.7	72.0	89.5	74.4	72.2	76.6	78.3	65.7	90.8	72.5	69.6	75.4	82.5	76.0	88.9	70.4	67.0	73.9	
Education																			
0-11 years	81.9	72.7	91.1	78.1	74.4	81.7	79.0	70.6	87.3	81.2	76.0	86.4	77.6	56.7	98.5	78.5	71.4	85.6	
HS Grad/GED	81.7	74.2	89.2	78.0	76.2	79.9	84.2	76.5	91.8	76.4	73.7	79.1	77.9	70.5	85.2	78.3	75.3	81.3	
1 or more years of college	71.4	64.0	78.8	71.8	70.1	73.4	74.9	65.7	84.1	68.1	64.8	71.4	77.7	72.8	82.7	70.6	68.3	72.9	
Employment																			
Employed for wages	77.3	71.0	83.5	76.8	75.1	78.4	80.4	74.1	86.7	74.9	71.1	78.7	78.1	73.2	82.9	76.7	74.4	79.0	
Household Income																			
<=\$24,999	79.0	71.5	86.6	76.9	74.5	79.4	80.1	72.7	87.4	71.8	65.5	78.1	78.0	66.8	89.2	76.4	72.4	80.4	
\$25,000 – \$49,999	76.0	67.6	84.4	74.7	72.6	76.7	80.8	71.7	90.0	73.2	70.1	76.2	79.4	71.5	87.2	74.5	71.1	78.0	
>=\$50,000	72.4	57.6	87.2	73.3	71.0	75.6	73.2	54.7	91.6	73.5	70.3	76.8	79.9	72.6	87.3	73.4	70.5	76.3	

* 95% CI: 95% Confidence Interval

Table 3: Among Hispanics and non-Hispanic Whites who were employed or self-employed, percentage who were mostly sitting or standing at work, Florida, 2002

	Rural-1						Rural-2						Urban						
	Hispanic			White			Hispanic			White			Hispanic			White			
	%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		
All	53.8	46.2	61.3	60.7	58.6	62.8	43.9	35.3	52.6	60.3	57.0	63.6	61.0	54.8	67.1	67.2	64.3	70.0	
Sex																			
Men	37.7	27.7	47.7	55.2	52.4	58.1	31.5	21.7	41.3	51.6	47.1	56.1	51.5	42.3	60.7	62.4	58.5	66.4	
Women	68.9	59.6	78.1	67.1	64.1	70.1	56.4	43.7	69.1	69.3	65.1	73.6	71.6	64.0	79.1	72.7	68.4	76.9	
Age																			
18-44	54.9	45.5	64.4	57.1	54.0	60.3	41.9	32.9	50.9	54.6	50.4	58.9	60.9	53.5	68.3	63.8	60.0	67.5	
45-64	51.4	38.4	64.3	66.3	63.5	69.2	51.4	26.8	76.0	63.5	59.5	67.5	62.8	51.2	74.4	71.3	66.4	76.3	
65 and older				63.5	55.1	71.9				81.4	69.6	93.2				75.8	66.0	85.6	
Marital Status																			
Never married	52.1	31.6	72.6	57.2	52.0	62.4	37.7	19.1	56.3	53.5	39.5	67.5	60.9	45.7	76.2	60.1	53.5	66.8	
Married/ living together as a couple	53.4	43.8	62.9	63.3	60.6	66.0	46.7	35.5	57.9	61.8	58.1	65.5	60.2	52.3	68.1	71.2	67.8	74.6	
Divorced/ widowed/separated	57.1	42.4	71.8	54.4	50.4	58.4	39.0	20.0	58.0	61.1	55.8	66.3	65.1	52.7	77.4	62.4	55.1	69.6	
Education																			
0-11 years	36.4	17.6	55.3	38.6	30.7	46.5	13.7	6.3	21.2	43.6	31.7	55.4	48.7	28.6	68.8	46.0	29.9	62.0	
HS Grad/GED	55.4	41.3	69.5	51.1	47.5	54.8	42.8	27.6	58.0	51.4	46.1	56.8	54.6	42.5	66.6	52.6	46.3	58.9	
1 or more years of college	58.7	48.4	69.0	67.1	64.5	69.7	65.4	52.7	78.0	66.7	62.6	70.7	66.9	59.5	74.2	73.5	70.5	76.4	
Employment																			
Employed for wages	53.8	46.2	61.3	60.7	58.6	62.8	43.9	35.3	52.6	60.3	57.0	63.6	61.0	54.8	67.1	67.2	64.3	70.0	
Household Income																			
<=\$24,999	49.7	34.5	64.9	57.0	49.6	64.3	34.9	19.7	50.1	58.4	47.0	69.8	53.4	42.3	64.4	47.4	37.0	57.7	
\$25,000 – \$49,999	50.7	39.4	62.0	56.4	53.1	59.7	40.3	26.4	54.2	56.2	51.3	61.1	68.0	57.1	79.0	63.2	58.3	68.2	
>=\$50,000	61.2	42.2	80.1	66.9	63.8	69.9	73.6	54.4	92.9	65.7	61.0	70.4	71.0	60.9	81.2	73.2	69.6	76.8	

* 95% CI: 95% Confidence Interval

Table 4: Percentage of Hispanics and non-Hispanic Whites 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						
	Hispanic			White			Hispanic			White			Hispanic			White			
	%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		
All	28.8	23.8	33.7	24.0	22.8	25.2	46.9	40.3	53.6	24.1	22.4	25.8	39.2	33.7	44.8	21.1	19.3	23.0	
Sex																			
Men	31.6	23.1	40.1	20.9	19.2	22.5	41.2	31.4	50.9	21.8	19.3	24.3	37.7	27.8	47.5	18.3	16.0	20.6	
Women	26.6	20.8	32.5	26.9	25.2	28.6	50.9	42.1	59.7	26.2	23.9	28.5	40.6	34.4	46.7	23.7	20.9	26.5	
Age																			
18-44	26.1	19.3	33.0	20.0	18.0	22.0	47.3	39.5	55.1	22.5	19.4	25.6	33.3	27.2	39.4	17.1	13.7	20.5	
45-64	32.7	24.2	41.2	24.9	23.0	26.8	54.2	38.6	69.7	23.0	20.3	25.8	49.1	36.4	61.8	20.3	17.6	23.1	
65 and older	33.7	18.2	49.2	30.1	27.9	32.3	28.0	10.1	45.9	26.6	23.5	29.7	42.8	29.5	56.1	28.8	25.5	32.1	
Marital Status																			
Never married	13.6	5.7	21.4	18.8	15.7	21.9	37.6	21.2	53.9	20.4	14.0	26.9	45.0	27.1	62.9	22.7	15.2	30.2	
Married/ living together as a couple	28.6	22.0	35.2	22.2	20.6	23.7	49.7	41.5	58.0	21.2	19.2	23.1	36.8	30.5	43.0	17.3	15.3	19.2	
Divorced/ widowed/separated	43.4	33.1	53.8	31.8	29.5	34.0	42.9	27.1	58.6	34.0	30.7	37.4	40.0	31.3	48.8	29.5	26.1	32.9	
Education																			
0-11 years	46.6	33.6	59.6	48.1	43.7	52.5	59.2	48.9	69.5	50.3	43.7	57.0	57.3	41.8	72.8	35.2	27.0	43.4	
HS Grad/GED	27.0	18.8	35.2	32.0	29.7	34.3	49.9	37.0	62.8	28.3	25.5	31.2	43.1	34.0	52.2	28.7	25.2	32.2	
1 or more years of college	21.0	14.3	27.7	16.1	14.8	17.4	31.3	18.8	43.8	17.1	15.1	19.0	30.4	24.8	36.1	16.8	14.5	19.1	
Employment																			
Employed for wages	29.3	22.8	35.8	19.0	17.3	20.6	47.5	38.9	56.1	19.0	16.7	21.4	32.2	26.1	38.2	15.8	13.8	17.7	
Household Income																			
<=\$24,999	29.5	21.9	37.1	35.4	32.2	38.6	53.1	42.7	63.6	35.3	30.8	39.8	49.2	39.5	59.0	33.2	28.6	37.7	
\$25,000 – \$49,999	33.9	24.0	43.7	23.0	21.0	25.0	35.0	23.6	46.5	23.2	20.2	26.2	28.8	19.6	38.0	25.1	20.4	29.9	
>=\$50,000	16.4	2.5	30.3	12.0	10.3	13.6	30.7	6.9	54.5	11.8	9.4	14.1	17.3	9.3	25.3	11.5	9.5	13.5	

* 95% CI: 95% Confidence Interval

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Table 5: Percentage of Hispanics 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						
	Hispanic			White			Hispanic			White			Hispanic			White			
	%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		
All	71.3	65.8	76.7	63.6	62.2	65.0	72.1	66.0	78.1	62.3	60.0	64.6	75.7	71.7	79.8	65.8	63.9	67.8	
Sex																			
Men	71.6	62.2	81.0	63.3	61.3	65.3	77.9	69.4	86.4	63.0	59.9	66.0	78.8	72.5	85.1	66.3	63.4	69.3	
Women	71.0	64.5	77.5	63.9	62.0	65.8	68.0	59.7	76.4	61.7	58.3	65.0	73.2	67.9	78.5	65.4	62.7	68.1	
Age																			
18-44	71.3	64.4	78.2	61.9	59.4	64.3	71.0	63.8	78.2	62.6	59.0	66.3	75.1	69.9	80.3	63.1	59.7	66.5	
45-64	76.4	67.6	85.2	64.8	62.7	66.9	84.6	76.3	92.8	61.7	58.5	64.8	78.0	69.8	86.2	66.8	63.5	70.2	
65 and older	56.1	35.7	76.5	65.0	62.6	67.3	56.9	32.9	80.8	62.5	57.7	67.3	76.6	66.0	87.3	69.1	65.6	72.5	
Marital Status																			
Never married	77.9	67.5	88.3	64.3	60.4	68.2	69.1	54.4	83.8	57.5	45.1	69.8	72.9	61.0	84.8	63.6	57.7	69.6	
Married/ living together as a couple	69.3	62.1	76.5	62.8	61.0	64.7	74.5	67.0	82.1	62.1	59.7	64.6	75.4	70.0	80.7	65.5	63.0	68.1	
Divorced/ widowed/separated	73.0	61.3	84.6	65.3	62.9	67.6	65.6	50.8	80.4	65.1	61.8	68.4	78.3	71.6	85.1	68.5	64.9	72.1	
Education																			
0-11 years	69.7	55.5	84.0	68.0	63.9	72.2	75.3	65.9	84.6	71.6	65.2	78.0	85.2	77.4	93.0	67.9	59.5	76.3	
HS Grad/GED	74.7	65.2	84.2	64.6	62.3	67.0	67.6	54.4	80.8	65.4	62.3	68.5	77.3	69.7	85.0	65.4	61.6	69.2	
1 or more years of college	69.7	62.7	76.8	62.4	60.5	64.3	72.1	62.4	81.8	58.7	55.4	62.1	70.9	65.2	76.6	66.0	63.6	68.4	
Employment																			
Employed for wages	72.2	65.3	79.0	64.2	62.2	66.3	74.8	67.9	81.6	61.8	57.9	65.6	74.4	69.1	79.7	66.3	63.6	68.9	
Household Income																			
<=\$24,999	70.5	61.0	80.0	66.2	63.1	69.3	64.2	53.7	74.8	63.5	57.4	69.5	82.1	76.4	87.7	67.3	62.6	72.1	
\$25,000 – \$49,999	67.7	58.5	77.0	62.0	59.7	64.3	77.4	68.5	86.3	63.6	60.2	66.9	75.6	67.1	84.1	65.1	61.1	69.0	
>=\$50,000	75.7	64.7	86.7	61.0	58.5	63.5	75.7	59.4	92.0	57.9	53.9	62.0	64.0	54.4	73.6	63.5	60.3	66.7	

* 95% CI: 95% Confidence Interval

Table 6: Percentage of Hispanics 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						
	Hispanic			White			Hispanic			White			Hispanic			White			
	%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		
All	77.9	73.5	82.4	75.9	74.6	77.1	75.8	69.9	81.6	76.1	73.9	78.4	77.8	73.9	81.8	75.5	73.7	77.3	
Sex																			
Men	70.8	63.0	78.5	70.4	68.4	72.4	66.8	56.6	77.0	71.5	68.6	74.5	72.9	65.9	80.0	72.1	69.3	74.9	
Women	83.4	78.3	88.5	81.0	79.6	82.5	82.0	75.7	88.4	80.4	76.8	83.9	81.9	77.5	86.4	78.5	76.3	80.8	
Age																			
18-44	71.6	65.2	78.0	67.0	64.7	69.4	73.6	66.8	80.4	68.6	64.9	72.3	70.1	64.5	75.7	64.3	60.9	67.7	
45-64	84.8	77.2	92.3	79.8	77.9	81.7	88.1	79.1	97.0	77.4	74.7	80.1	89.0	83.5	94.5	79.2	76.3	82.0	
65 and older	92.1	84.9	99.3	86.1	84.4	87.9	68.4	40.7	96.1	82.5	77.2	87.8	90.0	81.8	98.1	89.1	86.8	91.3	
Marital Status																			
Never married	63.9	50.1	77.7	63.8	59.8	67.8	73.3	58.1	88.4	62.4	49.3	75.6	65.1	51.5	78.8	59.7	53.4	66.0	
Married/ living together as a couple	78.2	72.6	83.8	76.1	74.5	77.7	76.4	69.2	83.6	76.6	74.4	78.8	80.2	75.2	85.1	75.6	73.3	77.9	
Divorced/ widowed/separated	90.1	84.3	95.8	81.7	79.6	83.8	76.0	62.4	89.6	81.2	78.6	83.8	82.9	76.3	89.5	85.6	83.1	88.0	
Education																			
0-11 years	86.7	77.5	95.9	85.8	82.7	88.9	79.9	70.6	89.3	83.2	77.8	88.7	91.2	85.8	96.7	83.4	76.5	90.4	
HS Grad/GED	76.3	68.1	84.4	81.1	79.1	83.0	79.6	69.6	89.6	82.1	79.6	84.7	75.0	67.3	82.7	80.0	76.8	83.2	
1 or more years of college	74.8	68.4	81.3	71.6	69.9	73.4	68.0	57.1	78.9	71.3	67.8	74.8	74.1	68.5	79.7	72.9	70.6	75.2	
Employment																			
Employed for wages	75.8	69.8	81.7	70.5	68.6	72.5	76.3	69.3	83.3	69.9	66.0	73.9	75.7	70.6	80.7	70.1	67.5	72.7	
Household Income																			
<=\$24,999	79.4	71.9	86.8	81.9	79.7	84.1	80.5	71.7	89.2	80.4	73.5	87.3	80.5	74.2	86.8	86.5	83.2	89.8	
\$25,000 – \$49,999	76.5	68.4	84.5	74.5	72.3	76.6	58.9	46.4	71.4	79.9	77.1	82.7	75.3	66.9	83.8	74.2	70.6	77.8	
>=\$50,000	71.1	58.6	83.5	68.3	65.8	70.9	84.1	72.8	95.4	65.7	61.9	69.6	66.5	57.0	75.9	69.7	66.6	72.8	

* 95% CI: 95% Confidence Interval

Table 7: Percentage of Hispanics and non-Hispanic Whites 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					
	Hispanic			White			Hispanic			White			Hispanic			White		
	%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*	
All	23.5	18.5	28.5	19.2	18.1	20.3	24.8	18.8	30.7	19.6	18.1	21.2	29.8	24.3	35.3	19.3	17.7	20.9
Sex																		
Men	22.9	14.8	31.1	18.2	16.6	19.8	25.8	16.5	35.0	19.2	16.9	21.5	28.7	18.6	38.8	19.5	17.0	22.0
Women	24.0	17.7	30.2	20.2	18.7	21.6	24.1	16.3	31.9	20.0	18.0	22.1	30.8	25.1	36.5	19.1	17.0	21.2
Age																		
18-44	14.2	8.4	20.0	13.4	11.8	14.9	24.9	17.6	32.2	13.9	11.5	16.2	19.8	14.8	24.8	12.6	10.4	14.7
45-64	37.7	27.7	47.7	25.0	23.1	26.9	28.7	15.2	42.3	24.4	21.6	27.2	47.1	34.2	60.1	25.7	22.5	28.9
65 and older	36.0	18.9	53.0	22.3	20.2	24.5	14.7	5.3	24.1	21.1	18.4	23.9	38.6	25.6	51.6	22.5	19.3	25.6
Marital Status																		
Never married	7.6	1.5	13.8	12.0	9.5	14.5	17.7	5.7	29.7	12.9	7.7	18.0	33.2	13.3	53.1	12.0	8.7	15.4
Married/ living together as a couple	24.9	18.1	31.7	20.7	19.3	22.1	25.6	18.0	33.2	20.0	18.2	21.9	27.0	21.3	32.6	20.8	18.6	23.0
Divorced/ widowed/separated	33.1	23.0	43.1	19.1	17.1	21.1	28.3	14.3	42.3	21.7	18.9	24.4	33.4	25.0	41.8	20.6	17.7	23.6
Education																		
0-11 years	30.2	18.2	42.3	22.5	19.0	26.0	22.6	14.5	30.8	19.0	13.8	24.2	45.0	27.0	62.9	23.0	15.9	30.2
HS Grad/GED	20.0	11.6	28.3	20.6	18.7	22.5	29.5	15.5	43.6	21.8	19.2	24.4	25.2	17.4	33.0	20.8	17.7	23.9
1 or more years of college	22.8	15.7	29.9	18.0	16.7	19.4	23.1	14.1	32.2	18.5	16.5	20.6	26.8	21.2	32.4	18.4	16.4	20.4
Employment																		
Employed for wages	21.0	14.5	27.6	16.3	14.9	17.7	25.0	17.5	32.4	17.5	15.3	19.6	22.3	17.0	27.5	18.1	16.0	20.2
Household Income																		
<=\$24,999	29.6	20.5	38.7	20.4	18.0	22.7	26.9	17.1	36.6	21.9	18.4	25.4	34.2	23.3	45.0	21.3	17.6	25.1
\$25,000 – \$49,999	20.6	12.6	28.6	19.1	17.3	21.0	26.8	15.0	38.5	19.8	17.1	22.6	20.6	13.0	28.2	19.4	16.2	22.6
>=\$50,000	21.1	6.8	35.4	18.2	16.2	20.1	25.3	7.7	42.8	17.6	14.8	20.4	28.4	19.0	37.7	18.3	15.7	20.9

* 95% CI: 95% Confidence Interval

Table 8: Percentage of Hispanics and non-Hispanic Whites 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					
	Hispanic			White			Hispanic			White			Hispanic			White		
	%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*	
All	35.8	30.0	41.7	23.4	22.3	24.6	39.5	33.0	46.0	24.8	23.1	26.5	43.9	38.5	49.4	22.4	20.7	24.1
Sex																		
Men	38.6	28.7	48.4	22.1	20.4	23.8	39.2	29.5	49.0	24.8	22.2	27.4	42.3	32.7	51.8	22.2	19.7	24.8
Women	33.8	26.7	40.8	24.7	23.1	26.3	39.7	31.1	48.3	24.8	22.5	27.0	45.3	39.2	51.5	22.5	20.2	24.8
Age																		
18-44	27.7	20.2	35.1	18.9	17.1	20.7	41.0	33.2	48.7	20.6	17.7	23.4	36.2	30.1	42.2	16.6	14.1	19.1
45-64	43.8	33.8	53.9	26.6	24.7	28.5	36.4	21.7	51.0	27.4	24.5	30.4	59.6	48.2	70.9	26.4	23.2	29.6
65 and older	59.8	43.0	76.6	27.7	25.5	30.0	32.2	16.8	47.6	26.6	23.5	29.8	46.8	33.4	60.2	26.6	23.3	29.9
Marital Status																		
Never married	24.3	10.7	37.8	17.3	14.1	20.6	35.0	19.5	50.5	20.3	13.3	27.3	42.3	23.9	60.8	18.1	13.7	22.6
Married/ living together as a couple	35.8	28.1	43.4	24.4	22.9	26.0	40.9	32.8	49.0	24.8	22.7	26.8	42.6	36.3	48.8	23.0	20.7	25.2
Divorced/ widowed/separated	46.9	35.9	57.9	24.1	22.0	26.2	37.8	22.6	53.0	27.0	24.0	29.9	46.6	37.7	55.6	24.1	20.9	27.3
Education																		
0-11 years	57.9	45.8	69.9	32.0	27.9	36.0	42.2	32.3	52.1	29.4	23.0	35.8	51.6	34.4	68.7	27.7	20.0	35.3
HS Grad/GED	30.5	20.9	40.2	24.8	22.7	26.8	46.6	33.4	59.7	26.6	23.8	29.4	39.4	30.5	48.3	25.5	22.1	29.0
1 or more years of college	28.6	20.9	36.3	21.6	20.1	23.1	30.8	20.5	41.0	23.0	20.7	25.3	43.5	37.2	49.8	20.6	18.6	22.7
Employment																		
Employed for wages	31.1	24.0	38.3	20.0	18.5	21.6	36.1	28.0	44.2	22.6	20.0	25.1	37.2	31.2	43.2	19.6	17.5	21.7
Household Income																		
<=\$24,999	42.2	32.5	51.9	26.5	23.8	29.2	44.9	34.3	55.4	29.3	25.2	33.4	48.6	38.7	58.6	28.6	24.2	33.1
\$25,000 – \$49,999	30.1	20.3	40.0	23.8	21.8	25.8	40.4	27.9	52.9	25.4	22.4	28.4	36.3	26.9	45.7	22.0	18.7	25.4
>=\$50,000	33.0	16.2	49.7	20.9	18.8	23.0	24.6	7.6	41.6	21.6	18.6	24.7	40.8	30.9	50.7	20.5	17.8	23.2

* 95% CI: 95% Confidence Interval

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Table 9: Percentage of Hispanics and non-Hispanic Whites 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						
	Hispanic			White			Hispanic			White			Hispanic			White			
	%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		
All	35.9	30.1	41.8	23.1	21.9	24.2	36.3	30.0	42.7	24.1	22.4	25.8	37.8	32.3	43.3	25.1	23.2	27.1	
Sex																			
Men	37.1	27.4	46.9	22.1	20.4	23.8	36.8	27.1	46.4	24.5	21.9	27.1	37.0	27.3	46.8	24.6	21.8	27.3	
Women	35.0	27.9	42.2	24.0	22.4	25.6	36.0	27.5	44.5	23.7	21.5	26.0	38.5	32.5	44.5	25.7	23.0	28.3	
Age																			
18-44	27.1	19.7	34.4	18.9	17.1	20.8	34.9	27.3	42.6	20.0	17.2	22.9	29.7	24.1	35.3	18.9	16.2	21.6	
45-64	50.9	40.8	61.0	28.0	26.0	29.9	42.9	27.2	58.5	29.9	26.8	33.0	55.5	43.7	67.3	32.7	28.8	36.6	
65 and older	46.0	26.2	65.9	24.6	22.5	26.7	34.9	18.6	51.2	23.2	20.2	26.2	37.6	24.9	50.2	26.4	23.1	29.7	
Marital Status																			
Never married	26.2	12.5	39.9	16.3	13.2	19.3	25.7	12.4	39.1	16.6	10.3	22.8	37.1	17.7	56.5	19.9	15.3	24.5	
Married/ living together as a couple	38.1	30.4	45.8	24.6	23.1	26.2	38.4	30.4	46.4	25.4	23.3	27.5	37.6	31.4	43.7	26.0	23.6	28.4	
Divorced/ widowed/separated	37.5	27.1	47.9	22.5	20.4	24.6	38.3	22.9	53.8	24.1	21.2	26.9	41.2	32.3	50.1	26.5	22.3	30.7	
Education																			
0-11 years	48.1	34.6	61.6	23.3	19.7	26.8	39.6	29.8	49.5	21.7	16.1	27.3	48.3	30.7	65.9	23.3	16.3	30.2	
HS Grad/GED	26.5	17.4	35.7	23.9	21.9	25.8	42.0	28.6	55.4	26.6	23.7	29.5	34.5	25.9	43.2	28.7	24.6	32.9	
1 or more years of college	36.7	28.7	44.7	22.6	21.1	24.1	28.3	18.5	38.1	23.1	20.8	25.4	36.0	30.0	42.0	23.8	21.6	25.9	
Employment																			
Employed for wages	32.1	24.8	39.4	21.6	20.0	23.2	30.8	23.2	38.5	23.8	21.3	26.4	32.6	26.8	38.5	24.6	21.9	27.3	
Household Income																			
<=\$24,999	36.1	26.6	45.5	22.8	20.3	25.2	41.3	30.9	51.6	25.9	22.0	29.8	41.8	31.4	52.2	32.1	26.6	37.6	
\$25,000 – \$49,999	38.3	28.2	48.4	23.1	21.1	25.2	38.4	25.8	50.9	24.8	21.7	28.0	34.8	25.3	44.3	22.4	19.0	25.8	
>=\$50,000	34.5	17.9	51.1	24.0	21.8	26.2	26.7	11.7	41.7	23.8	20.6	26.9	31.4	22.2	40.6	25.6	22.7	28.6	

* 95% CI: 95% Confidence Interval

Table 10: Percentage of Hispanics and non-Hispanic Whites who reported that they were eating fewer high fat or high cholesterol foods, Florida, 2002

	Rural-1						Rural-2						Urban						
	Hispanic			White			Hispanic			White			Hispanic			White			
	%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		
All	58.3	52.4	64.1	61.6	60.0	63.1	55.6	48.8	62.4	64.5	62.5	66.6	62.7	57.6	67.7	65.3	63.3	67.4	
Sex																			
Men	57.9	48.7	67.0	56.7	54.6	58.8	59.9	50.0	69.7	60.0	56.9	63.2	59.4	50.8	68.0	61.8	58.7	64.9	
Women	58.6	51.0	66.2	66.1	63.8	68.5	52.6	43.6	61.7	68.6	66.1	71.2	65.4	59.5	71.4	68.6	66.0	71.2	
Age																			
18-44	49.9	41.9	57.9	53.9	51.1	56.7	56.7	48.8	64.6	53.0	49.2	56.8	56.5	50.1	62.8	58.6	55.0	62.2	
45-64	68.0	58.9	77.1	69.8	67.7	71.9	48.7	32.6	64.9	71.5	68.4	74.6	74.7	65.8	83.5	72.2	69.0	75.4	
65 and older	80.5	69.6	91.4	64.9	62.5	67.3	60.8	38.4	83.2	70.1	66.7	73.4	65.3	52.2	78.4	67.9	64.4	71.4	
Marital Status																			
Never married	51.4	36.0	66.9	45.3	41.2	49.5	52.3	35.5	69.0	60.1	50.2	70.1	62.6	48.0	77.3	57.8	51.3	64.2	
Married/ living together as a couple	59.4	51.9	66.9	64.8	62.7	67.0	56.2	47.7	64.7	66.4	64.0	68.9	62.1	55.8	68.4	67.3	64.7	69.8	
Divorced/ widowed/separated	60.0	49.2	70.8	61.2	58.7	63.6	56.4	40.7	72.2	61.3	57.8	64.7	67.3	58.8	75.8	65.6	61.8	69.4	
Education																			
0-11 years	65.3	52.8	77.8	51.5	47.0	56.0	60.9	50.9	70.9	52.8	46.0	59.7	70.4	56.3	84.4	53.6	44.7	62.4	
HS Grad/GED	55.9	44.6	67.2	59.5	57.1	61.8	53.9	40.5	67.3	64.0	60.8	67.2	55.2	46.2	64.2	62.2	58.2	66.2	
1 or more years of college	56.3	48.3	64.3	64.1	61.8	66.3	51.1	39.2	63.1	66.8	64.0	69.6	63.9	57.7	70.1	67.6	65.1	70.0	
Employment																			
Employed for wages	56.2	48.5	63.9	60.1	57.7	62.5	54.9	46.2	63.6	62.0	58.6	65.3	59.5	53.3	65.7	65.1	62.4	67.8	
Household Income																			
<=\$24,999	60.5	51.2	69.7	58.8	54.7	62.8	52.2	41.3	63.0	62.2	57.4	67.1	65.0	56.5	73.5	58.7	53.7	63.8	
\$25,000 – \$49,999	60.1	50.0	70.3	61.3	58.9	63.7	55.5	42.8	68.1	66.0	62.6	69.4	61.5	51.5	71.5	65.6	61.6	69.7	
>=\$50,000	51.3	34.7	67.9	66.2	63.7	68.7	61.5	41.7	81.3	66.0	62.2	69.9	63.5	53.8	73.3	68.7	65.6	71.9	

* 95% CI: 95% Confidence Interval

Table 11: Percentage of Hispanics and non-Hispanic Whites who reported that they were eating more fruits and vegetables, Florida, 2002

	Rural-1						Rural-2						Urban					
	Hispanic			White			Hispanic			White			Hispanic			White		
	%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*	
All	71.5	66.4	76.7	67.4	66.0	68.8	69.3	62.6	76.0	69.4	67.5	71.4	68.9	63.3	74.6	68.3	66.2	70.4
Sex																		
Men	72.9	65.9	80.0	60.4	58.3	62.5	64.9	55.2	74.6	64.1	61.1	67.1	58.1	48.4	67.8	62.9	59.9	66.0
Women	70.5	63.2	77.8	74.0	72.3	75.8	72.4	63.0	81.7	74.3	71.9	76.7	78.1	73.1	83.2	73.1	70.2	76.0
Age																		
18-44	67.3	60.3	74.3	61.1	58.6	63.6	69.4	61.7	77.1	59.5	55.7	63.3	64.2	57.9	70.5	60.0	56.2	63.7
45-64	75.9	66.6	85.2	71.7	69.6	73.8	65.0	47.2	82.7	73.4	70.4	76.3	72.0	56.9	87.1	72.7	69.5	75.9
65 and older	85.4	76.5	94.4	73.0	70.8	75.2	76.7	58.5	95.0	75.8	72.8	78.7	81.1	70.5	91.8	76.1	73.0	79.2
Marital Status																		
Never married	64.5	50.8	78.1	54.9	50.7	59.0	56.4	39.2	73.5	63.2	53.7	72.7	50.2	33.1	67.3	53.7	46.7	60.6
Married/ living together as a couple	74.7	68.1	81.3	69.3	67.6	71.1	72.7	64.4	81.1	70.8	68.4	73.1	72.4	66.6	78.2	71.3	68.9	73.8
Divorced/ widowed/separated	66.4	56.3	76.5	68.9	66.5	71.2	66.2	50.9	81.6	68.5	65.2	71.7	78.9	71.8	86.0	70.2	66.7	73.6
Education																		
0-11 years	77.9	69.3	86.5	60.0	55.5	64.5	70.7	61.2	80.2	64.1	57.5	70.8	52.1	34.6	69.7	66.5	58.1	74.9
HS Grad/GED	63.7	52.7	74.8	66.5	64.2	68.8	71.2	57.6	84.9	69.6	66.5	72.8	64.8	55.8	73.7	66.3	62.4	70.1
1 or more years of college	73.9	67.4	80.5	68.8	67.0	70.7	66.1	53.7	78.4	70.3	67.6	73.0	77.6	72.5	82.7	69.3	66.7	72.0
Employment																		
Employed for wages	69.2	62.4	76.1	65.4	63.3	67.4	70.7	62.4	79.0	65.7	62.5	69.0	68.9	62.9	75.0	65.4	62.7	68.1
Household Income																		
<=\$24,999	73.3	65.6	81.0	67.4	64.3	70.6	65.8	54.5	77.0	69.2	64.8	73.5	63.0	52.2	73.8	68.8	64.2	73.3
\$25,000 – \$49,999	71.3	62.6	80.1	66.7	64.3	69.0	69.9	58.5	81.4	70.7	67.4	74.0	78.9	70.7	87.1	67.3	62.5	72.1
>=\$50,000	67.4	51.5	83.4	69.0	66.5	71.5	54.2	34.8	73.5	67.6	63.8	71.4	67.4	57.5	77.2	67.8	64.6	71.1

* 95% CI: 95% Confidence Interval

Table 12: Percentage of Hispanics and non-Hispanic Whites who reported that they were more physically active, Florida, 2002

	Rural-1						Rural-2						Urban					
	Hispanic			White			Hispanic			White			Hispanic			White		
	%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*		%	95% CI*	
All	72.7	67.9	77.5	57.3	55.8	58.9	71.6	65.2	78.0	57.4	55.3	59.5	68.8	63.1	74.4	58.4	56.3	60.5
Sex																		
Men	74.4	67.0	81.8	56.2	54.1	58.2	80.4	73.7	87.2	57.1	54.1	60.2	66.1	55.9	76.2	57.6	54.5	60.7
Women	71.3	65.0	77.7	58.5	56.2	60.7	65.4	56.0	74.7	57.6	54.7	60.6	71.0	65.4	76.6	59.2	56.3	62.1
Age																		
18-44	74.0	67.9	80.1	59.0	56.2	61.8	75.5	68.4	82.5	56.3	52.6	60.1	70.4	64.4	76.4	61.6	58.1	65.0
45-64	70.8	61.7	79.9	58.0	55.8	60.2	56.8	39.8	73.8	59.7	56.5	63.0	64.1	49.8	78.4	57.6	53.8	61.5
65 and older	74.3	60.6	88.0	53.8	51.3	56.4	70.6	50.9	90.4	56.2	52.2	60.3	70.2	57.8	82.5	53.6	49.8	57.4
Marital Status																		
Never married	78.2	67.7	88.7	56.2	52.1	60.3	85.4	74.4	96.4	64.5	55.4	73.6	59.5	40.6	78.4	60.3	54.2	66.5
Married/ living together as a couple	72.0	65.7	78.4	58.6	56.5	60.7	70.7	62.4	78.9	57.3	54.9	59.8	71.3	65.5	77.1	60.1	57.5	62.8
Divorced/ widowed/separated	69.3	59.9	78.8	54.2	51.7	56.7	62.8	47.5	78.2	54.2	50.9	57.5	71.6	63.6	79.7	53.1	49.0	57.3
Education																		
0-11 years	75.3	65.7	84.8	51.6	47.1	56.0	77.5	69.9	85.2	55.2	48.6	61.8	59.5	40.3	78.7	54.7	45.6	63.8
HS Grad/GED	70.8	61.0	80.6	54.0	51.6	56.3	68.1	54.4	81.8	55.2	51.9	58.5	71.1	62.8	79.3	52.1	47.9	56.2
1 or more years of college	72.8	66.3	79.3	60.0	57.8	62.2	67.8	55.7	79.9	59.2	56.2	62.1	70.8	65.1	76.5	61.3	58.8	63.9
Employment																		
Employed for wages	73.9	67.8	80.0	60.3	58.0	62.7	73.3	65.2	81.4	59.6	56.2	62.9	72.1	66.3	77.9	59.7	56.9	62.6
Household Income																		
<=\$24,999	72.4	64.4	80.4	51.3	47.5	55.1	67.1	55.9	78.3	55.1	50.0	60.2	64.8	54.0	75.6	52.9	47.5	58.2
\$25,000 – \$49,999	72.8	64.0	81.7	56.5	54.1	58.9	83.2	75.9	90.5	57.9	54.4	61.4	71.1	61.8	80.4	57.5	53.2	61.8
>=\$50,000	78.4	67.5	89.3	65.0	62.5	67.5	53.5	34.0	73.1	61.4	57.5	65.3	70.3	60.8	79.8	62.8	59.6	66.1

* 95% CI: 95% Confidence Interval

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Published: January, 2004

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