

Region VIII Behavioral Health Data Summary

	Nation	CO	MT	ND	SD	UT	WY
Adult Behavioral and Social Determinants of Health*							
% Alcohol consumption: heavy drinkers ⁺	5.9	5.9	7.7	6.6	4.8	3.6	6.2
% Alcohol consumption: binge drinkers ⁺⁺	16.3	17.6	19.8	24.1	16.9	11.6	16.0
% Current smokers	17.5	15.7	18.9	18.7	20.1	9.1	19.1
% No flu shot within 12 months (ages 65 and older)	38.7	32.7	38.6	41.2	29.4	41.1	46.8
% No pneumonia shot (ages 65 and older)	27.5	21.3	27.5	26.7	29.5	27.9	29.4
% Adults aged 18-24 who have any kind of health care coverage	NA	87.3	85.6	88.3	89.9	86.0	75.9
% Overweight: body mass index (BMI) 25.0-29.9	35.5	36.4	37.4	36.0	34.1	35.2	36.4
% Obese: BMI 30.0-99.8	29.8	20.2	23.6	31.0	30.4	24.5	29.0
% Do not participate in physical activities ⁺⁺⁺⁺	26.2	17.9	22.5	26.8	21.5	20.3	26.2
% Told they have diabetes	10.0	6.8	7.9	8.7	9.3	7.0	8.4
% Adults who have ever been told they have high blood pressure	30.9	25.7	29.1	30.4	30.0	23.6	29.9
% Adults who have ever been told they have asthma	14.3	13.9	12.7	12.8	12.5	14.0	13.5
% Adults who do not always wear a seat belt	13.5	15.2	23.3	28.4	31.0	17.2	24.8
% Reported general health as fair or poor	16.5	13.9	15.1	13.9	13.7	12.5	14.9
% Told they have a form of depression	18.9	19.3	19.9	18.8	16.1	20.8	20.9
% Adults who ever had blood cholesterol checked	81.5	81.8	79.4	76.3	78.1	73.1	79.2
% No colorectal cancer screening ⁺⁺⁺ (2014)	31.3	30.7	33.2	34.7	30.3	25.8	38.2
% No dental visit in past year (2014)	34.7	33.0	37.4	34.5	29.5	31.1	35.0
% Men ages 40+ no prostate specific antigen (PSA) test in past 2 years (2014)	57.2	58.9	57.6	58.8	56.0	65.8	54.0
% Women ages 18+ no pap test in past 3 years (2014)	24.8	23.0	25.4	26.2	24.5	29.7	24.7
% Women ages 50+ no mammogram in past 2 years (2014)	24.5	27.6	28.0	26.3	22.6	28.4	31.2
Youth Behavioral and Social Determinants of Health*							
% Youth who rarely or never wore a seat belt in past 12 months	6.1	NA	9.5	8.5	14.6	NA	10.7
% Youth who drove vehicle when drinking alcohol anytime in past 30 days	7.8	NA	10.9	7.8	7.9	NA	9.9
% Youth who drank alcohol at least once in past 30 days	32.8	NA	34.2	30.8	28.0	36.4 [□]	31.0
% Youth who had five+ drinks in a row in past 30 days [#]	17.7	NA	20.7	17.6	14.3	22.3 [□]	19.7
% Youth who smoked cigarettes at least once in past 30 days	10.8	NA	13.1	11.7	10.1	15.7 [□]	15.7
% Youth who used marijuana at least once in past 30 days	21.7	NA	19.5	15.2	12.4	22 [□]	18.3
% Youth who felt sad or hopeless & stopped usual activities in past 12 months	29.9	NA	29.3	27.2	25.4	21.9 [□]	30.8
% Youth who attempted suicide at least once in past 12 months	8.6	NA	8.9	9.4	8.4	6.1 [□]	11.1
% Youth who ever had sexual intercourse	41.2	NA	44.0	38.9	37.2	40.8 [□]	41.9
% Youth who are sexually active ^{###}	30.1	NA	32.3	29.7	27.5	31.8 [□]	31.5
% Youth who are obese [^]	13.9	NA	10.3	14.0	14.7	7.3 [□]	11.0
% Youth who are overweight ^{^^}	16.0	NA	15.0	14.7	14.5	10.7 [□]	14.6
% Youth who were physically active less than five days during past week ^{^^^}	51.4	NA	46.0	48.7	52.6	46.9 [□]	49.3
% Youth who did not participate in at least 60 minutes of exercise during past week ^{^^^}	14.3	NA	10.7	12.1	14.7	10.6 [□]	13.0

*Adult data from the Behavioral Risk Factor Surveillance System (BRFSS) Prevalence and Data Trends, 2015, www.cdc.gov/brfss/index.htm, for adults ages ≥ 18, unless otherwise indicated

⁺Males having more than 14 drinks per week and females having more than 7 drinks per week

⁺⁺Males having five or more drinks on one occasion and females having four or more drinks on one occasion

⁺⁺⁺Adults aged 50+ who have never had a sigmoidoscopy or colonoscopy

⁺⁺⁺⁺Did not participate in any physical activity in past month

[#]Youth data from the Youth Risk Behavior Surveillance System (YRBSS), 2015, www.cdc.gov/healthyyouth/yrbss/index.htm, for students in grades 9-12

^{##}Drank five+ drinks of alcohol within a couple of hours during last 30 days

^{###}Youth who had sexual intercourse with at least one person during the three months before the survey

[^]Youth who were ≥ 95th percentile for Body Mass Index (BMI)

^{^^}Youth who were ≥ 85th percentile and < 95th percentile for BMI

^{^^^}Doing any kind of physical activity that increased their heart rate and made them breathe hard some of the time during the seven days before the survey

[□]Youth data for Utah is from the 2013 YRBSS report; 2015 YRBSS data for Utah is not available.

NA - data not available (Note: Weighted 2015 youth data is not available for Colorado because the response rate was below 60%)