

**Region VIII Behavioral Health Data Summary**

	Nation	CO	MT	ND	SD	UT	WY
<b>Adult Behavioral and Social Determinants of Health*</b>							
% Alcohol consumption: heavy drinkers <sup>+</sup>	6.2	6.7	7.7	7.2	5.2	4.5	5.8
% Alcohol consumption: binge drinkers <sup>++</sup>	16.8	18.5	20.8	23.8	19.2	12.3	16.6
% Current smokers	19.0	17.7	19.0	21.2	19.6	10.3	20.6
% No flu shot within 12 months (ages 65 and older)	37.2	32.2	38.9	41.0	28.7	42.6	44.3
% No pneumonia shot (ages 65 and older)	30.5	26.1	30.1	29.6	34.6	30.6	31.1
% Adults aged 18-24 who have any kind of health care coverage	80.0	80.0	78.5	87.6	85.1	80.8	76.4
% Overweight: body mass index (BMI) 25.0-29.9	35.4	35.1	36.8	36.6	37.1	35.0	36.6
% Obese: BMI 30.0-99.8	29.4	21.3	24.6	31.0	29.9	24.1	27.8
% Do not participate in physical activities <sup>++++</sup>	25.3	17.9	22.5	27.6	23.9	20.6	25.1
% Told they have diabetes	9.7	6.5	7.7	8.9	9.1	7.1	8.6
% Adults who have ever been told they have high blood pressure	31.4	26.3	29.3	29.7	30.7	24.2	28.7
% Adults who have ever been told they have asthma	14.1	13.5	13.2	12.3	11.8	14.1	14.1
% Adults who do not always wear a seat belt	5.9	6.7	10.7	12.8	16.6	6.9	12.1
% Reported general health as fair or poor	16.7	13.1	15.4	14.7	10.7	12.5	15.3
% Told they have a form of depression	18.7	18.2	21.1	16.8	14.5	21.9	18.7
% Adults who ever had blood cholesterol checked	80.1	80.6	78.9	78.1	77.4	73.1	78.6
% No colorectal cancer screening <sup>+++</sup> (2012)	32.7	33.2	38.5	38.0	34.4	28.1	39.1
% No dental visit in past year (2012)	32.8	34.8	39.1	32.8	29.1	31.6	34.0
% Men ages 40+ no prostate specific antigen (PSA) test in past 2 years (2012)	54.8	57.3	54.3	55.2	55.5	61.6	47.8
% Women ages 18+ no pap test in past 3 years (2012)	22.0	21.2	23.9	23.7	21.0	29.4	26.4
% Women ages 50+ no mammogram in past 2 years (2012)	23.0	28.1	31.1	23.1	23.0	28.7	34.6
<b>Youth Behavioral and Social Determinants of Health*</b>							
% Youth who rarely or never wore a seat belt in past 12 months	7.6	NA	10.1	11.6	16.1	5.6	13.6
% Youth who drove vehicle when drinking alcohol anytime in past 30 days	10.0	5.8 <sup>*</sup>	12.6	10.7	6.6	2.5	10.2
% Youth who drank alcohol at least once in past 30 days	34.9	36.4 <sup>*</sup>	37.1	35.3	30.8	11.0	34.4
% Youth who had five+ drinks in a row in past 30 days <sup>#</sup>	20.8	22.3 <sup>*</sup>	23.5	21.9	17.2	5.9	21.4
% Youth who smoked cigarettes at least once in past 30 days	15.7	15.7 <sup>*</sup>	15.2	19.0	16.5	4.4	17.4
% Youth who used marijuana at least once in past 30 days	23.4	22.0 <sup>*</sup>	21.0	15.9	16.1	7.6	17.8
% Youth who felt sad or hopeless & stopped usual activities in past 12 months	29.9	21.9 <sup>*</sup>	26.4	25.4	22.0	25.7	27.2
% Youth who attempted suicide at least once in past 12 months	8.0	6.1 <sup>*</sup>	7.9	11.5	8.9	7.3	8.6
% Youth who ever had sexual intercourse	46.8	40.8 <sup>*</sup>	46.0	44.9	40.1	NA	47.2
% Youth who are sexually active <sup>###</sup>	34.0	31.8 <sup>*</sup>	34.1	NA	27.4	NA	34.9
% Youth who are obese <sup>^</sup>	13.7	7.3 <sup>*</sup>	9.4	13.5	11.9	6.4	10.7
% Youth who are overweight <sup>^^</sup>	16.6	10.7 <sup>*</sup>	12.9	15.1	13.2	11.0	12.8
% Youth who were physically active less than five days during past week <sup>^^^</sup>	52.7	46.9 <sup>*</sup>	45.2	49.4	52.9	51.3	47.8
% Youth who did not participate in at least 60 minutes of exercise during past week <sup>^^^</sup>	15.2	10.6 <sup>*</sup>	10.7	10.9	15.0	10.0	13.9

\*Adult data from the Behavioral Risk Factor Surveillance System (BRFSS) Prevalence and Data Trends, 2013, [www.cdc.gov/brfss/index.htm](http://www.cdc.gov/brfss/index.htm), for adults ages ≥ 18, unless otherwise indicated

<sup>+</sup>Males having more than two drinks per day and females having more than one drink per day

<sup>++</sup>Males having five or more drinks on one occasion and females having four or more drinks on one occasion

<sup>+++</sup>Adults aged 50+ who have never had a sigmoidoscopy or colonoscopy

<sup>++++</sup>Did not participate in any physical activity in past month

<sup>#</sup>Youth data from the Youth Risk Behavior Surveillance System (YRBSS), 2013, [www.cdc.gov/healthyyouth/yrbss/index.htm](http://www.cdc.gov/healthyyouth/yrbss/index.htm), for students in grades 9-12

<sup>##</sup>Drank five+ drinks of alcohol within a couple of hours during last 30 days

<sup>###</sup>Youth who had sexual intercourse with at least one person during the three months before the survey

<sup>^</sup>Youth who were ≥ 95th percentile for Body Mass Index (BMI)

<sup>^^</sup>Youth who were ≥ 85th percentile and < 95th percentile for BMI

<sup>^^^</sup>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

<sup>♦</sup>Youth data for Colorado is from the 2012 YRBSS report; 2013 YRBSS data for Colorado is not available.

NA - data not available