

# Region VIII Health Behavior Data Summary

	Nation	CO	MT	ND	SD	UT	WY
<b>Adult Health Behaviors, 2020-2021*</b>							
Reported general health as fair or poor (2021)	14.9%	13.1%	14.4%	13.0%	13.6%	12.4%	13.9%
Have any kind of health care coverage (ages 18-24) (2021)	92.9%	90.2%	93.0%	93.8%	93.0%	91.2%	87.0%
Did not participate in any physical activity in past month (2021)	23.7%	16.7%	21.2%	25.5%	23.2%	17.3%	22.9%
Did not have a dental visit in past year <sup>a</sup> (2020)	33.7%	32.8%	35.8%	33.7%	30.5%	27.0%	34.6%
Do not always wear a seat belt <sup>a</sup> (2020)	5.8%	4.9%	11.0%	11.2%	12.0%	4.2%	9.8%
Obese: Body Mass Index (BMI) 30.0-99.8 (2021)	33.9%	25.1%	31.8%	35.2%	38.4%	30.9%	32.0%
Overweight: Body Mass Index (BMI) 25.0-29.9 (2021)	34.3%	35.5%	35.0%	34.8%	33.7%	33.3%	37.0%
Diagnosis: Told they have diabetes (2021)	11.1%	7.0%	8.9%	9.5%	10.8%	8.0%	8.8%
Diagnosis: Told they have high blood pressure <sup>a</sup> (2021)	32.2%	26.0%	30.6%	31.1%	33.5%	26.6%	29.7%
Diagnosis: Told they have asthma (2021)	9.8%	10.4%	9.7%	8.4%	8.3%	9.7%	9.7%
Diagnosis: Told they have a form of depression (2021)	20.4%	20.4%	22.8%	19.5%	16.5%	24.1%	21.0%
Diagnosis: Told they have angina or coronary heart disease (2021)	3.8%	2.5%	3.8%	4.4%	4.2%	2.4%	3.1%
Immunization: No flu shot within 12 months (ages 65+) (2021)	32.9%	28.0%	35.0%	30.5%	25.0%	30.1%	39.5%
Immunization: No pneumonia shot (ages 65+) (2021)	29.1%	23.7%	30.8%	29.6%	25.8%	26.6%	33.2%
Screening: No blood cholesterol check at any time <sup>a</sup> (2021)	10.7%	11.3%	14.0%	15.4%	13.7%	13.6%	13.7%
Screening: No colorectal cancer screening <sup>a</sup> (2020)	18.2%	17.9%	22.6%	19.7%	15.9%	19.1%	27.9%
Screening: No HIV test at any time (2021)	64.9%	60.7%	65.6%	70.4%	71.4%	72.1%	67.5%
Screening: No mammogram in past 2 years (women ages 50-74) (2020)	21.7%	27.3%	26.6%	21.0%	19.9%	28.8%	34.2%
Screening: No pap test in past 3 years (women ages 21-65) (2020)	22.3%	24.6%	25.2%	24.8%	19.8%	29.9%	28.0%
Screening: No Prostate Specific Antigen (PSA) test in past 2 years (men ages 40+) (2020)	68.2%	73.9%	69.6%	70.7%	67.2%	73.3%	61.7%
Substance Use: Heavy drinkers <sup>++</sup> (2021)	6.2%	7.3%	8.3%	6.7%	6.7%	4.0%	6.7%
Substance Use: Binge drinkers <sup>+++</sup> (2021)	15.3%	18.7%	20.5%	20.8%	19.6%	11.8%	15.9%
Substance Use: Have driven after having too much to drink <sup>a</sup> (2020)	2.3%	2.2%	4.0%	3.5%	2.2%	2.5%	2.8%
Substance Use: Current smokers (2021)	14.4%	12.0%	14.4%	15.0%	15.3%	7.2%	16.4%
<b>Youth Health Behaviors, 2021**</b>							
Were not physically active for a total of at least 60 minutes on at least 1 day <sup>^</sup>	15.8%	12.1%	11.3%	10.9%	15.8%	8.1%	13.0%
Were not physically active at least 60 minutes per day on 5 or more days <sup>^</sup>	54.7%	53.0%	48.3%	43.5%	48.8%	48.2%	49.3%
Did not always wear a seat belt (when in a car driven by someone else)	39.9%	41.1%	46.0%	49.6%	50.3%	41.2%	10.7%
Texted or e-mailed while driving a car or other vehicle	36.1%	41.6%	57.1%	55.4%	52.3%	47.0%	51.8%
Were electronically (via social media) bullied in the past 12 months	15.9%	16.7%	16.4%	13.6%	17.4%	16.5%	17.5%
Obese (≥95th percentile for BMI)	16.3%	10.6%	11.8%	16.3%	16.6%	10.2%	10.9%
Overweight (≥85th percentile and <95th percentile for BMI)	16.0%	12.8%	14.0%	15.6%	15.3%	12.1%	14.6%
Mental Health: Felt sad or hopeless and stopped usual activities in past 12 months	42.3%	41.7%	41.4%	36.0%	38.7%	41.5%	30.8%
Mental Health: Attempted suicide at least once in past 12 months	10.2%	11.9%	10.2%	6.1%	11.9%	9.0%	11.1%
Sexual Activity: Have ever had sexual intercourse	30.0%	31.5%	41.5%	36.6%	26.9%	NA	41.9%
Sexual Activity: Had sexual intercourse with at least 1 person in 3 months before survey	20.7%	20.8%	30.1%	28.2%	16.7%	NA	31.5%
Substance Use: Drove vehicle when drinking alcohol any time in past 30 days	4.6%	5.4%	7.5%	5.0%	NA	1.0%	9.9%
Substance Use: Drank alcohol at least once in past 30 days	22.7%	29.7%	31.4%	23.7%	24.3%	8.1%	31.0%
Substance Use: Drank 4+/5+ servings of alcohol within a couple of hours in last 30 days <sup>+++</sup>	10.5%	13.8%	16.4%	14.0%	11.1%	3.6%	NA
Substance Use: Smoked cigarettes at least once in past 30 days	3.8%	4.5%	7.0%	5.9%	5.5%	1.9%	15.7%
Substance Use: Used marijuana at least once in past 30 days	15.8%	18.0%	19.7%	10.7%	14.6%	7.8%	18.3%
Substance Use: Used an electronic vapor product at least once in past 30 days	18.0%	18.5%	25.5%	21.2%	15.8%	9.7%	29.6%

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

<sup>a</sup>Adult data for this measure is available from 2019 only

<sup>+</sup>Adults aged 50-75 who have never received any of the U.S. Preventative Services Task Force (USPSTF) recommendations for colorectal cancer screening (fecal occult blood test, sigmoidoscopy, or colonoscopy)

<sup>++</sup>Males having more than 14 drinks per week and females having more than 7 drinks per week

<sup>+++</sup>Males having 5 or more drinks on one occasion and females having 4 or more drinks on one occasion

<sup>\*\*</sup>Data from the Youth Risk Behavior Surveillance System (YRBSS), [www.cdc.gov/healthyyouth/data/yrbss/index.htm](http://www.cdc.gov/healthyyouth/data/yrbss/index.htm), for students in grades 9-12 (CO, MT, ND, SD, and UT 2019 data, WY 2015 data)

<sup>^</sup>Physically active is defined as engaging in 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

NA - Data Not Available

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