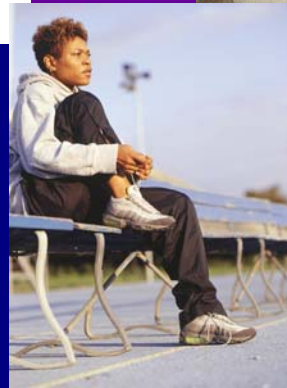
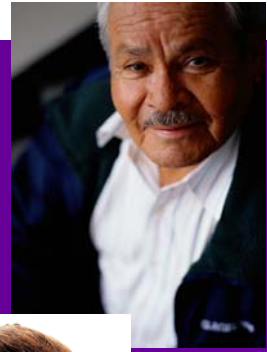
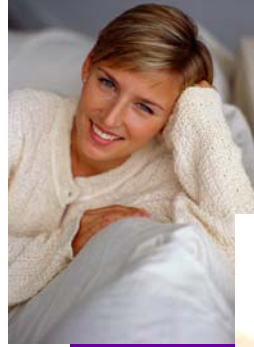


2005



# DeKalb County Behavioral Risk Factor Surveillance System Report









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## **Introduction**

In DeKalb County, the leading causes of premature death include cancer, unintentional injury, heart disease, homicide, HIV/AIDS, suicide, stroke, and infectious diseases (1). Many of these early deaths can be prevented by improving health behaviors and encouraging use of preventive clinical services.

The DeKalb County Behavioral Risk Factor Surveillance System (BRFSS) provides information about health risk behaviors, health conditions, and the use of health care services of adults age 18 years and over in DeKalb County, Georgia.

The BRFSS is an ongoing telephone health survey system. The information has been used to track health conditions and risk behaviors in the United States yearly since 1984. It is conducted by the 50 state health departments as well as several local health departments across the nation. Federal, state, and local health officials and researchers use this information to examine health risks, identify emerging problems, prevent disease, and improve treatment (2).

The DeKalb County Board of Health conducted the BRFSS for the first time in 2001. The survey was repeated in 2005. The following report summarizes the 2005 findings, compares the results to Metropolitan Atlanta, Georgia, and the nation, and highlights changes between 2001 and 2005. The first page of each section has a table containing comparison results. On subsequent pages, the text on the left side of each page introduces the topic along with overall percents. The graphs on the right side break each topic down by gender, race/ethnicity, and age. The appendix includes results from the 2001 DeKalb County BRFSS as well as Healthy People 2010 Goals.

Steps to a Healthier DeKalb focuses on preventing diabetes, obesity and hospitalization due to asthma by improving nutrition, increasing physical activity and reducing tobacco use. Intervention efforts focus on the African American population in the south DeKalb area. Results from the DeKalb County BRFSS will be used to evaluate the effectiveness of the program.

**YOUR BODY. YOUR HEALTH. YOU'RE WORTH IT!**

## Methods

The protocol for the DeKalb County BRFSS was developed by the Centers for Disease Control and Prevention (CDC) (3). DeKalb County residents were interviewed over the telephone in October, November, and December of 2005. Telephone numbers were randomly dialed and respondents were randomly selected from the adult members of each household. Participation was voluntary and anonymous. Institutionalized individuals, households without telephones, and households that use only cellular telephones are not represented.

The questionnaire for the 2005 DeKalb County BRFSS included many questions from the CDC core questionnaire and optional modules, as well as some questions that were added specifically for DeKalb County. Trained interviewers administered the questionnaire and the average interview length was 17 minutes. The cooperation rate was 73% and the total sample size is 1,953.

With assistance from the CDC, the data were weighted to represent the age, race, and gender distribution of the adult population in DeKalb County. Table 1 on page 8 describes the weighted sample. Weighting adjusts for the probability of selection and non-response. Analysis was conducted using statistical software that accounts for the survey design.

Weighted percentages and corresponding 95% confidence intervals were calculated. A difference is considered “significant” if there is no overlap in the 95% confidence intervals of the percentages being compared. Only comparisons that are statistically significant are described in the report text.

The BRFSS is not conducted at the national level, however, median estimates are available. Estimates for the 50 states and the District of Columbia were ordered from least to greatest and the middle value was reported as the median percent. The Selected Metropolitan/Micropolitan Area Risk Trends (SMART) project uses the BRFSS data of selected metropolitan and micropolitan statistical areas with 500 or more respondents. Estimates are available for the metropolitan Atlanta area (4).

## Demographics

The table below describes the demographic distribution of respondents. Some groups have small sample sizes and were collapsed in order to calculate more stable estimates. Race/ethnicity groupings used in this report are as follows: White (includes Non-Hispanic White only), African American (includes Non-Hispanic Black or African American only), and Other (includes Hispanic, Non-Hispanic Multiracial, and Non-Hispanic Other Race). Age groupings are as follows: 18-34 years, 35-44 years, 45-55 years, and 55 years and over.

<b>Table 1: Demographic Distribution of Respondents, DeKalb County BRFSS, 2005</b>		
	<b>Sample N</b>	<b>Weighted Percent %</b>
<b>Total</b>	1,953	
<b>Gender</b>		
Male	690	48
Female	1,263	52
<b>Race/Ethnicity</b>		
Non-Hispanic White	977	37
Non-Hispanic Black or African American	799	50
Hispanic	54	6
Non-Hispanic Multi-Racial	63	6
Non-Hispanic Other Race	22	2
<b>Age</b>		
18-24 years	66	10
25-34 years	293	30
35-44 years	412	23
45-54 years	477	17
55-64 years	328	10
65 years and over	377	10



# Access to Health Care Services

<b>Table 2: Access to Health Care Services in DeKalb County, Metropolitan Atlanta, Georgia, and the U.S.</b>				
<b>Risk Factor</b>	<b>DeKalb BRFSS, 2005</b>	<b>Metro Atlanta SMART BRFSS, 2005</b>	<b>Georgia BRFSS, 2005</b>	<b>National BRFSS, 2005</b>
	%	%	%	Median %
Percent of adults who have some type of health care coverage, including health insurance, HMOs, and Medicare.	87	84	83	86

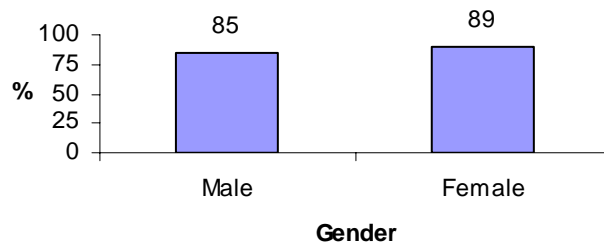
As shown in Table 2, the proportion of adults who have health care coverage in DeKalb County is similar to proportions in Metro-Atlanta and Georgia.

## Health Care Coverage

**87% of adults in DeKalb County have some type of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare.**

**14% of DeKalb County adults reported that there was a time in the past year when they could not see a doctor because of cost.**

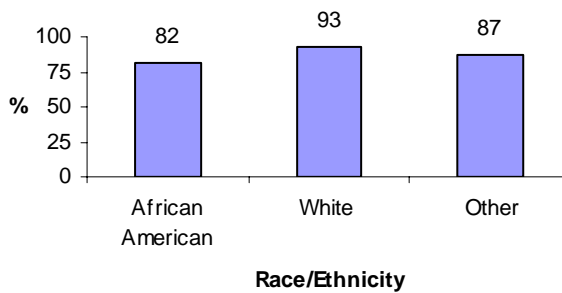
Percent with Health Care Coverage



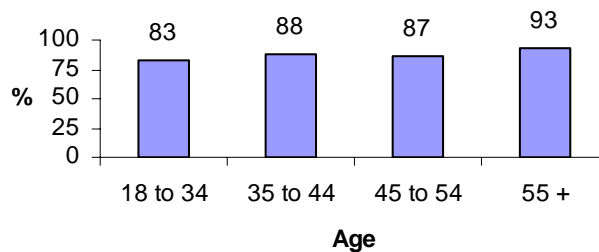
In DeKalb County, African American adults are significantly less likely to have health care coverage compared to white adults.

The proportion of adults who have health care coverage in DeKalb County did not change significantly from 2001 to 2005 (see Appendix).

Percent with Health Care Coverage



Percent with Health Care Coverage



# Health Care Utilization

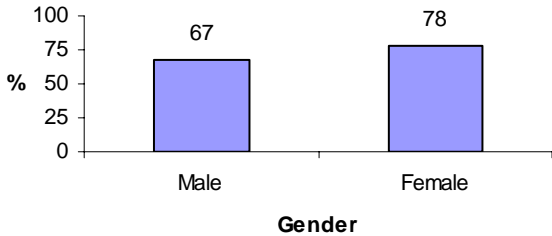
**73% of DeKalb County adults visited a doctor for a routine check-up in the past year.**

**83% of DeKalb County adults have a personal doctor or health care provider.**

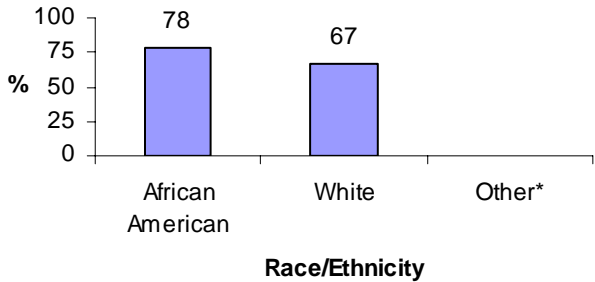
In DeKalb County, females were significantly more likely than males to have visited the doctor for a routine check-up within the past year. African American adults are significantly more likely to report this behavior compared to white adults. Adults age 55 and over are more likely to have a recent routine check-up compared with younger adults.

The proportion of adults in DeKalb County who have had a personal doctor or health care provider has increased significantly from 68% in 2001 to 83% in 2005 (see Appendix).

**Percent with a Recent Check-up**

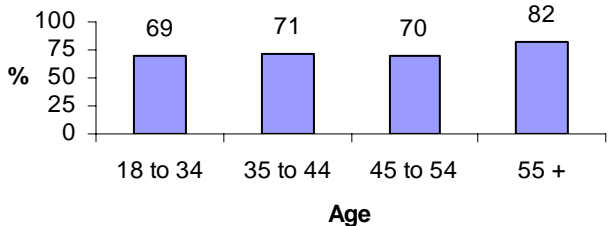


**Percent with a Recent Check-up**



\* Estimates are not available because of small sample sizes.

**Percent with a Recent Check-up**



# Diabetes and Cardiovascular Disease

**Table 3: Diabetes and Cardiovascular Disease Risk Factors in DeKalb County, Metropolitan Atlanta, Georgia, and the U.S.**

Risk Factor	DeKalb BRFSS, 2005 %	Metro Atlanta SMART BRFSS, 2005 %	Georgia BRFSS, 2005 %	National BRFSS, 2005 Median %
Percent of adults who have ever been told by a health professional that they have diabetes.	6	6	8	7
Percent of adults who have been told by a health professional that they have high blood pressure.	23	Not available	27	26
Percent of adults who have had their cholesterol checked in their lifetime.	80	Not available	78	77
Of those adults who have ever had their cholesterol checked, percent ever told by a health professional that their cholesterol was high.	29	Not available	32	36

As shown in Table 3, the prevalence of diabetes in DeKalb County adults is similar to the prevalence in Metro-Atlanta and Georgia. The prevalence of high blood pressure in DeKalb County adults is similar to the prevalence in Georgia. The proportion of DeKalb County adults who have had their cholesterol checked and the proportion who have been told it was high are similar to the proportion in Georgia.

# Diabetes

**6% of DeKalb County adults have ever been told by a health professional that they have diabetes (excluding gestational diabetes).**

In DeKalb County, adults over 45 years of age are more likely to have diabetes compared with younger adults.

The prevalence of diabetes in DeKalb County adults did not change significantly from 2001 to 2005 (see Appendix).

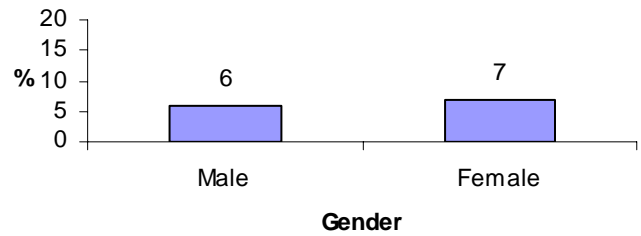
Among diabetic adults in DeKalb County:

73% have had a clinical foot exam within the past 12 months.

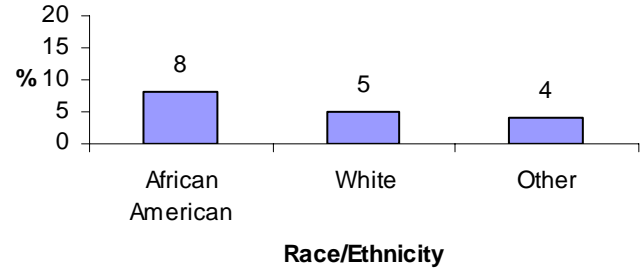
67% have received a glycosylated hemoglobin measurement (“A one C”) at least twice in the past year.

40% monitor their blood glucose at least twice daily.

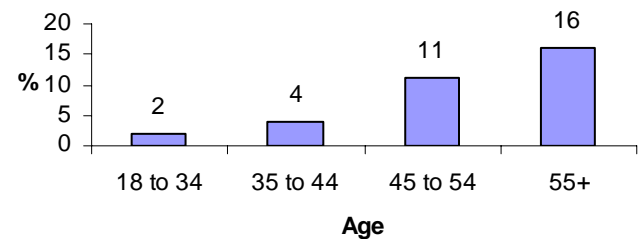
**Percent with Diabetes**



**Percent with Diabetes**



**Percent with Diabetes**



## Hypertension Awareness

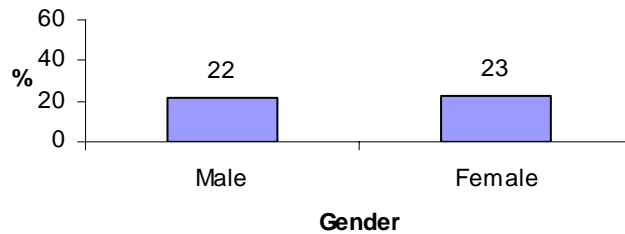
**23% of adults in DeKalb County have been told by a health professional that they have high blood pressure (excluding hypertension during pregnancy).**

African American and white adults in DeKalb County are more likely to report having high blood pressure compared with adults of other races. Also, DeKalb adults over age 45 are more likely to report hypertension compared with younger adults.

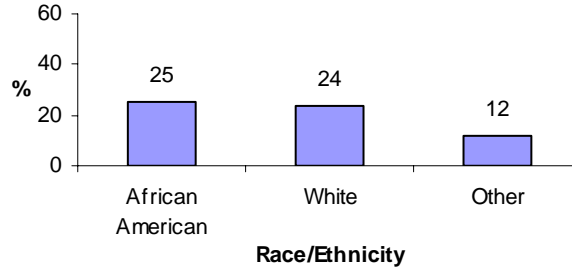
The prevalence of hypertension in DeKalb County adults did not change from 2001 to 2005 (see Appendix ).

Among adults who have been told they have high blood pressure, 77% reported taking blood pressure medication.

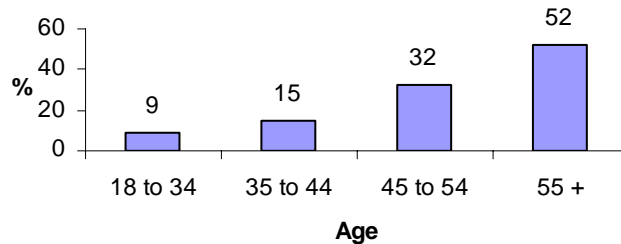
Percent with High Blood Pressure



Percent with High Blood Pressure



Percent with High Blood Pressure



# Cholesterol Awareness

**80% of adults in DeKalb County have had their cholesterol checked in their lifetime.**

In DeKalb County, females are more likely to have had their cholesterol checked in their lifetime. White adults are also more likely to report this behavior compared with African American adults. Adults over age 45 are more likely to have had their cholesterol checked compared with adults under age 45.

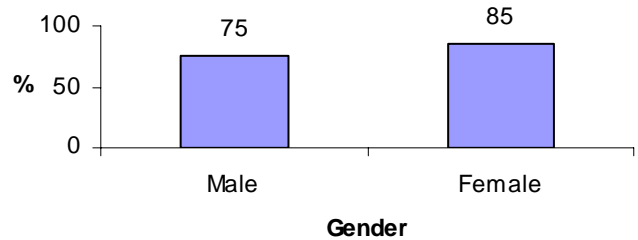
The proportion of DeKalb County adults who have had their cholesterol checked did not change significantly from 2001 to 2005 (see Appendix).

Among adults who have ever had their cholesterol checked:

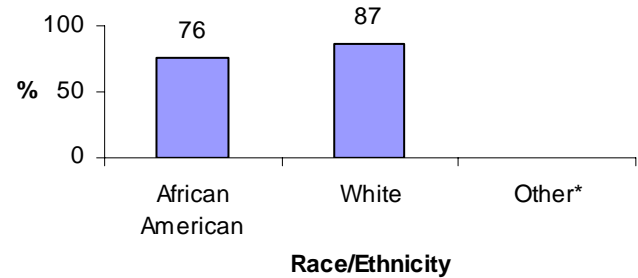
75% have had their cholesterol checked in the past 12 months.

29% have been told by a health professional that their cholesterol is high.

Percent with Cholesterol Checked

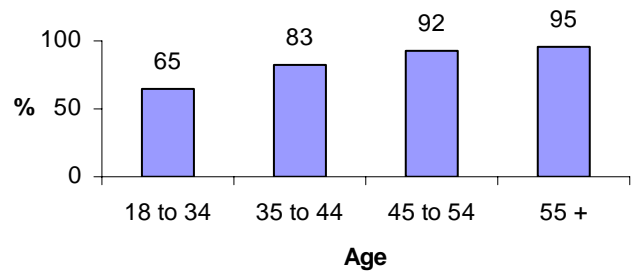


Percent with Cholesterol Checked



\* Estimates are not available because of small sample sizes.

Percent with Cholesterol Checked



## Cardiovascular Disease

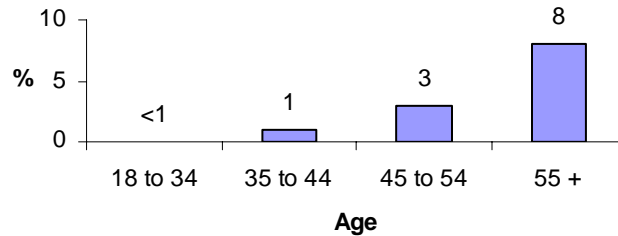
**3% of adults in DeKalb County have been told by a health professional that they have had a heart attack.**

**2% of adults in DeKalb County have been told by a health professional that they have angina or coronary heart disease.**

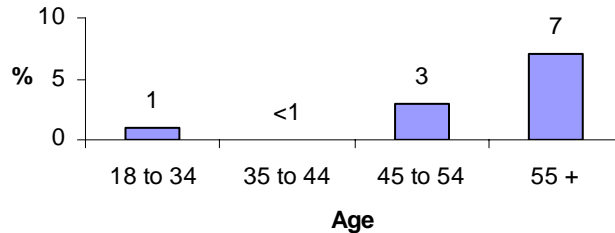
**2% of adults in DeKalb County have been told by a health professional that they have had a stroke.**

Adults over age 55 are more likely to have a history of heart attack or stroke. They are also more likely to have angina or coronary heart disease.

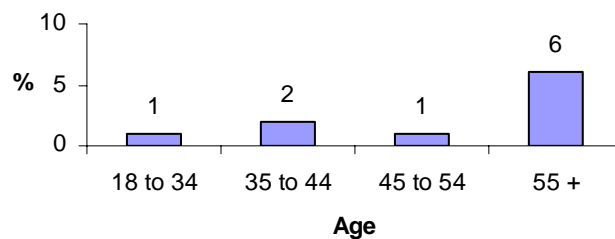
**Percent with History of Heart Attack**



**Percent with Coronary Heart Disease**



**Percent with History of Stroke**





# Asthma

<b>Table 4: Asthma Prevalence in DeKalb County, Metropolitan Atlanta, Georgia, and the U.S.</b>				
<b>Risk Factor</b>	<b>DeKalb BRFSS, 2005</b>	<b>Metro Atlanta SMART BRFSS, 2005</b>	<b>Georgia BRFSS, 2005</b>	<b>National BRFSS, 2005</b>
	%	%	%	Median %
Percent of adults who have ever been told by a health professional that they have asthma	12	12	12	13
Percent of adults who currently have asthma	7	8	7	8

As shown in Table 4, the prevalence of lifetime asthma and current asthma in DeKalb County adults is similar to the prevalence in Metro-Atlanta and Georgia.

# Asthma

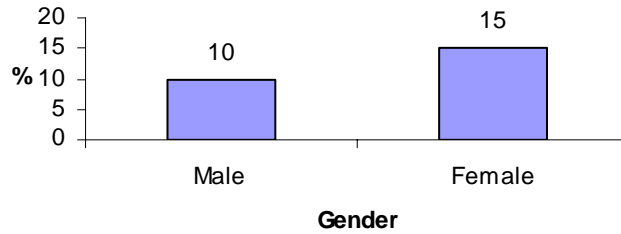
**12% of DeKalb County adults have ever been told by a health professional that they have asthma.**

**7% of DeKalb County adults currently have asthma.**

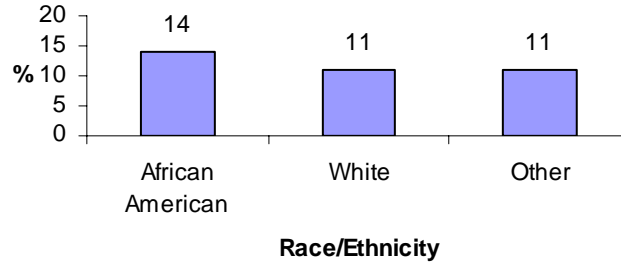
The prevalence of lifetime asthma among DeKalb County adults did not change from 2001 to 2005 (see Appendix).

Among adults with current asthma, 18% visited an emergency room or urgent care center in the past year because of their asthma.

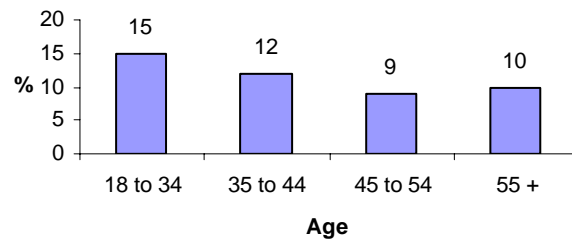
**Percent Ever Told Have Asthma**



**Percent Ever Told Have Asthma**



**Percent Ever Told Have Asthma**



# Immunizations and HIV Testing

<b>Risk Factor</b>	<b>DeKalb BRFSS, 2005</b>	<b>Metro Atlanta SMART BRFSS, 2005</b>	<b>Georgia BRFSS, 2005</b>	<b>National BRFSS, 2005</b>
	%	%	%	Median %
Percent of adults age 65 and over who have had a flu shot within the past year	68	67	61	66
Percent of adults age 65 and over who have ever had a pneumonia shot	64	62	63	66

As shown in Table 5, the proportion of DeKalb County adults age 65 and over who have had a flu shot in the past year and who have ever had a pneumonia shot is similar to the proportion in Metro-Atlanta and Georgia.

# Influenza Vaccination

**29% of DeKalb County adults received an influenza vaccine injection within the past year.**

African American adults in DeKalb County are less likely than white adults to have had a flu shot within the past year. Adults age 55 and over are more likely to receive a flu shot compared with younger adults.

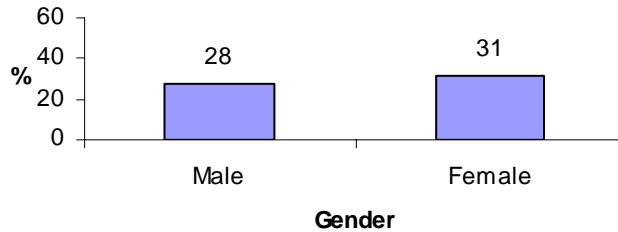
The proportion of DeKalb County adults who had a flu shot in the past year increased significantly for adults under age 65 as well as for those age 65 and over (see Appendix).

Note:

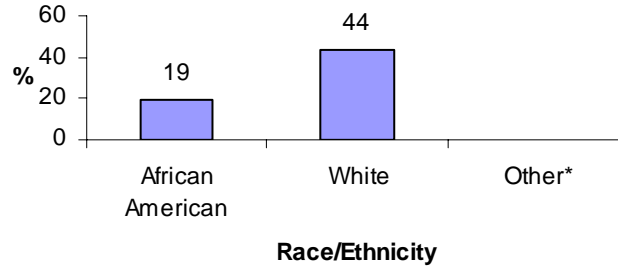
Annual influenza vaccination is recommended for the following adults (6):

- pregnant women,
- persons age 50 years and over,
- persons of with certain chronic medical conditions,
- household contacts who have frequent contact with persons at high risk and who can transmit influenza to those persons at high risk, and
- health-care workers.

Percent with Recent Flu Shot

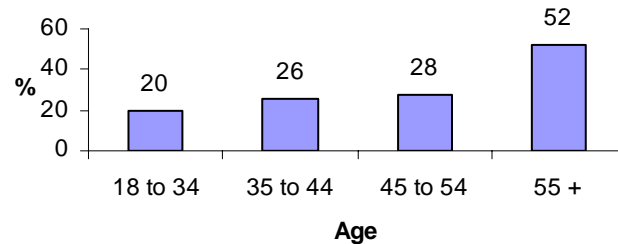


Percent with Recent Flu Shot



\* Estimates are not available because of small sample sizes.

Percent with Recent Flu Shot



# Pneumonia Vaccination

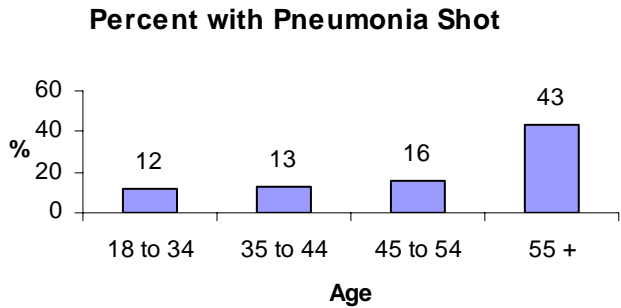
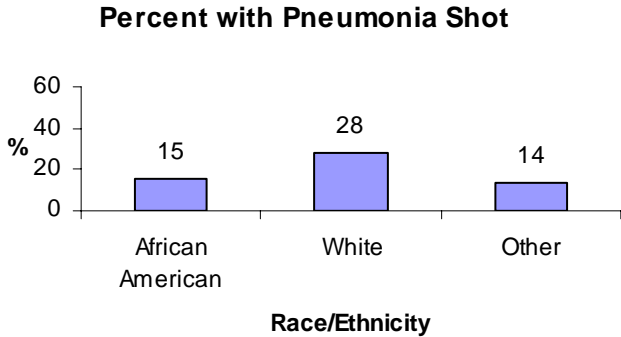
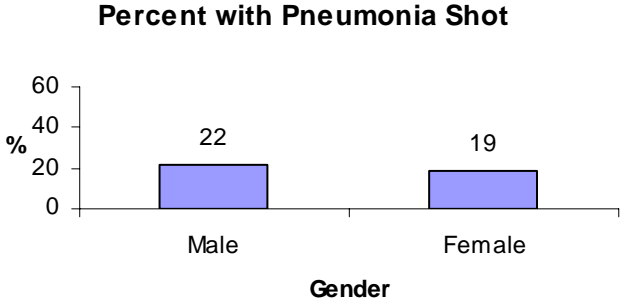
**20% of DeKalb County adults have had a pneumonia vaccine injection in their lifetime.**

African American adults in DeKalb County are less likely than white adults to have had a pneumonia shot in their lifetime. Adults age 55 and over are more likely to receive an pneumonia vaccine injection compared with younger adults.

The proportion of DeKalb County adults who have ever had a pneumonia shot did not change significantly from 2001 to 2005 (see Appendix).

Note:  
Pneumonia vaccination is recommended for the following adults (7):

- persons age 65 years and over,
- persons with certain chronic medical conditions,
- persons with sickle cell disease or splenectomy,
- residents of nursing homes or other long-term care facilities,
- immunocompromised persons, including those with HIV infection, leukemia, and chronic renal failure.



# HIV Testing

**55% of DeKalb County adults have been tested for HIV (including tests of saliva) in their lifetime.**

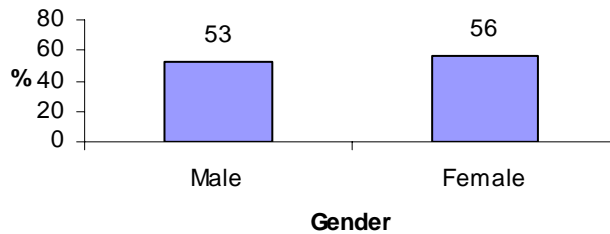
African American adults in DeKalb County are more likely to have been tested for HIV compared with white adults. Adults under age 45 are more likely to be tested compared with older adults.

The proportion of DeKalb County adults under age 65 who have been tested for HIV in their lifetime did not change significantly from 2001 to 2005 (see Appendix).

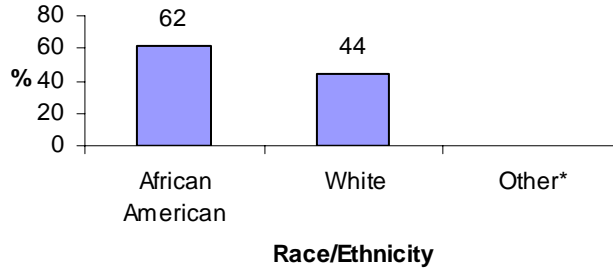
Adults that were tested for HIV received their last test at the following locations:

- 58% at a private doctor or HMO.
- 18% at a jail or prison.
- 12% at a hospital or clinic.
- 6% at a counseling and testing site.

**Percent Tested for HIV**

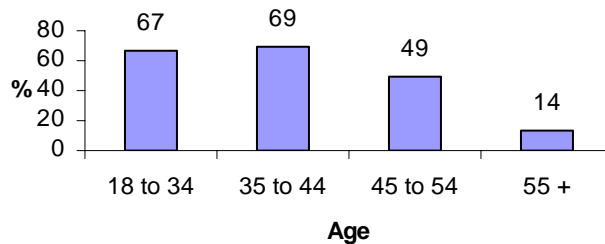


**Percent Tested for HIV**



\* Estimates are not available because of small sample sizes.

**Percent Tested for HIV**



# Tobacco and Alcohol Use

**Table 6: Tobacco and Alcohol Use in DeKalb County, Metropolitan Atlanta, Georgia, and the U.S.**

<b>Risk Factor</b>	<b>DeKalb BRFSS, 2005</b> %	<b>Metro-Atlanta SMART BRFSS, 2005</b> %	<b>Georgia BRFSS, 2005</b> %	<b>National BRFSS, 2005</b> Median %
Percent of adults who are current cigarette smokers	14 <sup>†</sup>	19	22	21
Percent of adults who are former cigarette smokers	19	21	22	25
Percent of adults who binge drink alcohol	11	13	12	14
Percent of adults who drink alcohol heavily	4	6	4	5

<sup>†</sup>Result is statistically different from the result of the 2005 Georgia BRFSS.

As shown in Table 6, the proportion of DeKalb County adults who are current smokers is significantly lower than the proportion in Georgia. The proportion of DeKalb County adults who are former smokers is similar to the proportion in Metro-Atlanta and Georgia. Binge drinking and heavy drinking rates in DeKalb County are similar to rates in Metro-Atlanta and Georgia.

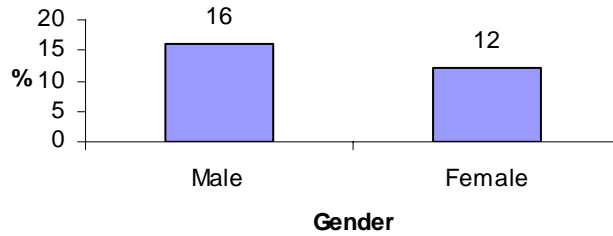
## Tobacco Use

**14% of DeKalb County adults currently smoke cigarettes.**

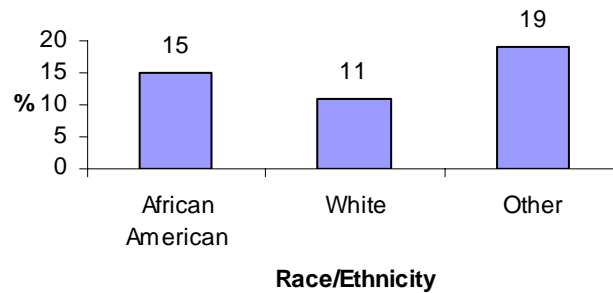
**64% of adults have heard messages in print, on television, or on the radio in the past month about how tobacco use or secondhand smoke could harm their health.**

The proportion of DeKalb County adults who are current smokers did not change significantly from 2001 to 2005 (see Appendix).

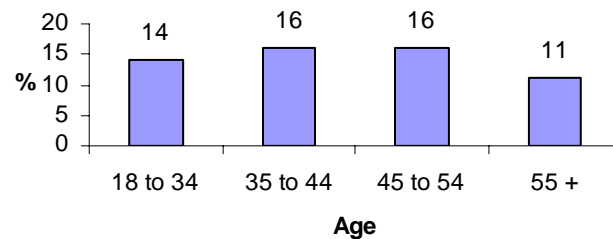
**Percent who Currently Smoke**



**Percent who Currently Smoke**



**Percent who Currently Smoke**





## Tobacco Cessation

**19% of DeKalb County adults are former cigarette smokers.**

White adults in DeKalb County are more likely to be former smokers compared with African American adults. Adults of other races are also more likely to be former smokers compared with African American adults. Adults age 55 and over are more likely to be former smokers compared with younger adults.

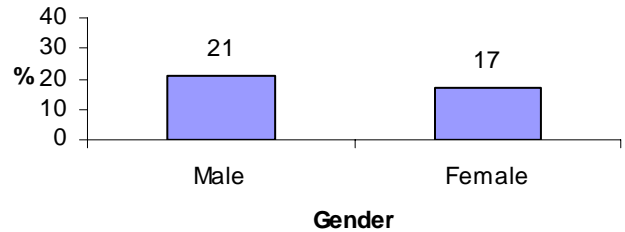
The proportion of DeKalb County adults who are former smokers did not change significantly from 2001 to 2005 (see Appendix).

Among current cigarette smokers:

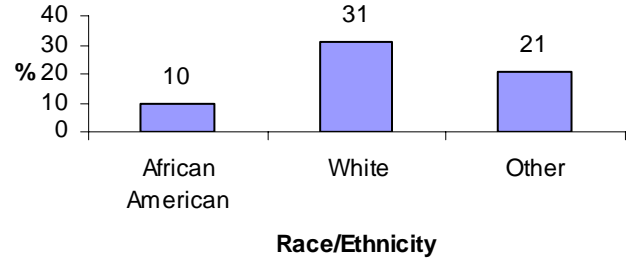
63% have tried to quit smoking in the past 12 months.

79% are aware of assistance available to help them quit smoking, such as telephone quitlines or clinic services.

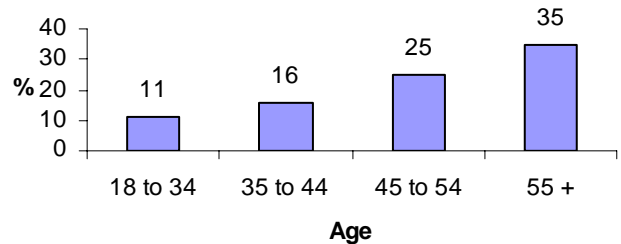
Percent who are Former Smokers



Percent who are Former Smokers



Percent who are Former Smokers

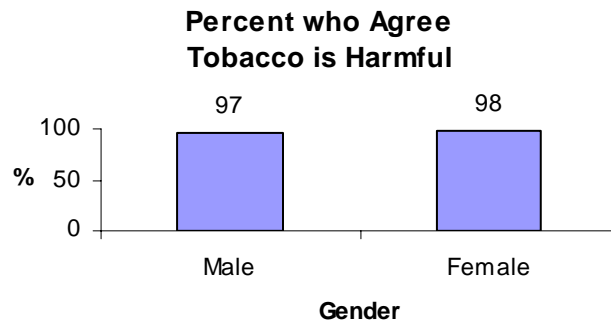


## Attitudes Regarding Tobacco Use

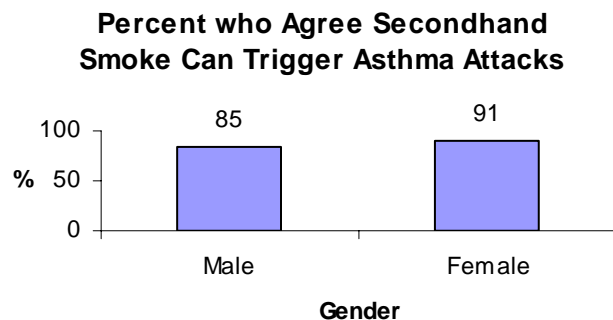
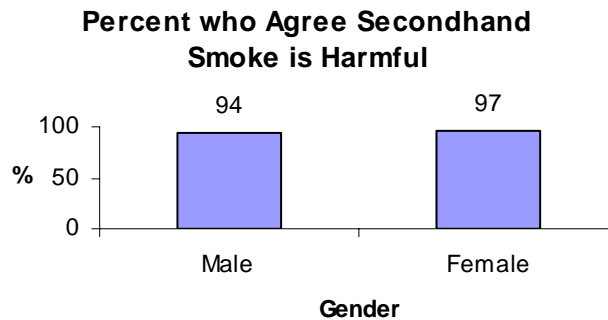
**97% of DeKalb County adults agree that tobacco products are harmful to their health.**

**96% of DeKalb County adults agree that breathing smoke from other people's cigarettes is harmful to their health.**

**88% of DeKalb County adults agree that breathing smoke from other people's cigarettes can trigger asthma attacks.**



Female adults in DeKalb County are more likely to agree that secondhand smoke is harmful compared with males.



# Alcohol Use

One drink is equivalent to a 12 ounce beer, a four ounce glass of wine, or a drink with one shot of liquor.

Binge drinking is defined as having five or more drinks on one occasion.

Heavy drinking is defined differently for males and females. Males who drink more than two alcoholic drinks per day are considered heavy drinkers while females are considered heavy drinkers if they have more than one alcoholic drink per day.

**11% of DeKalb County adults engaged in binge drinking in the past month.**

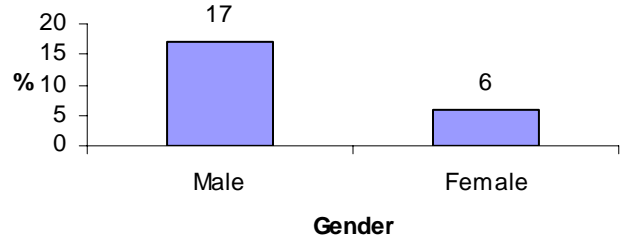
**6% of adult males drank heavily in the past month.**

**3% of adult females drank heavily in the past month.**

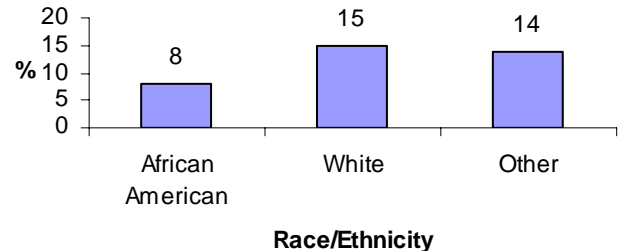
In DeKalb County, males are more likely than females to binge drink. White adults are more likely to binge drink compared with African American adults. Adults less than 55 years of age are more likely to binge drink compared with older adults.

Rates of binge drinking and heavy drinking among DeKalb County adults did not change significantly from 2001 to 2005 (see Appendix).

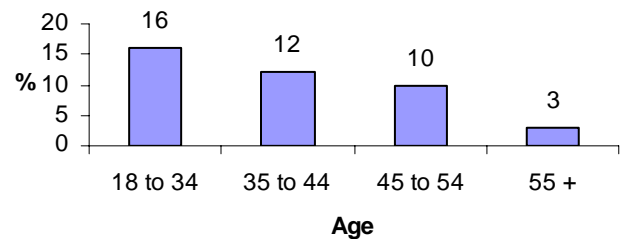
**Percent who Binge Drink**



**Percent who Binge Drink**



**Percent who Binge Drink**



# Nutrition

<b>Table 7: Nutrition in DeKalb County, Metropolitan Atlanta, Georgia, and the U.S.</b>				
<b>Risk Factor</b>	<b>DeKalb BRFSS, 2005</b>	<b>Metro-Atlanta SMART BRFSS, 2005</b>	<b>Georgia BRFSS, 2005</b>	<b>National BRFSS, 2005</b>
	%	%	%	Median %
Percent of adults who consume fruits and vegetables five or more times per day	28 <sup>†</sup>	Not available	23	23

<sup>†</sup>Result is statistically different from the result of the 2005 Georgia BRFSS

As shown in Table 7, the proportion of DeKalb County adults who consume fruits and vegetables five or more times per day is significantly higher compared to the proportion in Georgia.

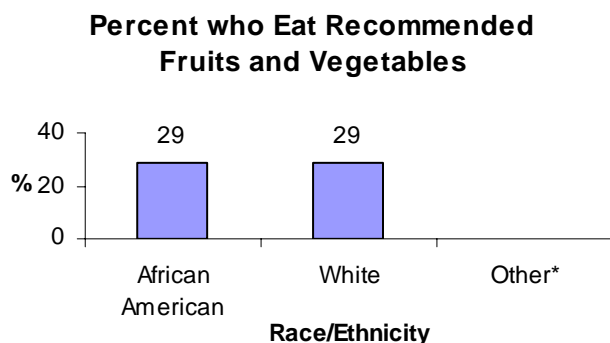
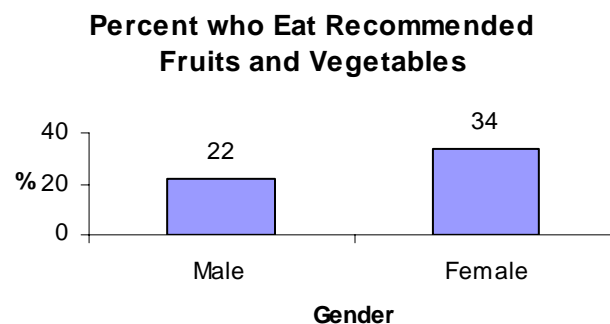
# Fruit and Vegetable Consumption

**28% of DeKalb County adults eat fruits and vegetables five or more times per day.**

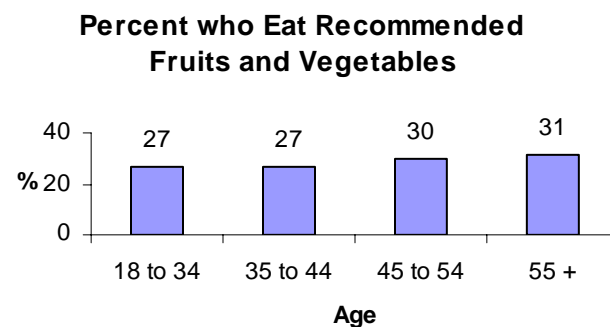
**43% of DeKalb County adults know it is recommended to eat five or more servings of fruits and vegetables per day**

In DeKalb County, female adults are more likely than male adults to eat fruits or vegetables five or more times per day.

The proportion of DeKalb County adults who consume fruits and vegetables five or more times per day did not change significantly from 2001 to 2005 (see Appendix).



\* Estimates are not available because of small sample sizes.

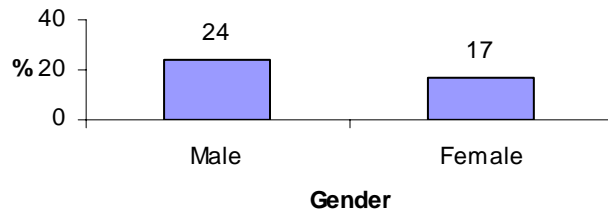


## Fast Food Consumption

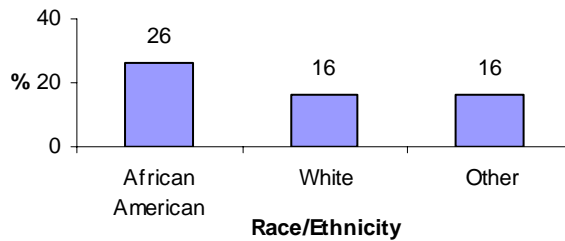
**20% of DeKalb County adults eat food from a fast food restaurant (either in the restaurant or as take out) three or more times per week.**

African American adults in DeKalb County are more likely to eat at fast food restaurants three or more times per week compared with adults of other races. Also, adults less than 35 years of age are more likely to frequently eat at fast food restaurants compared with older adults.

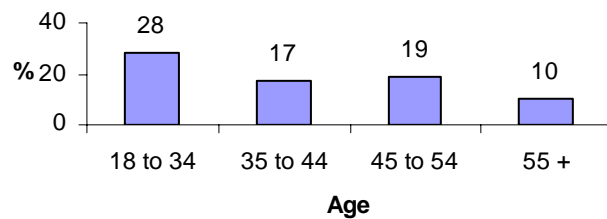
**Percent who Frequently Eat Fast Food**



**Percent who Frequently Eat Fast Food**



**Percent who Frequently Eat Fast Food**



# Physical Activity and Sedentary Behaviors

**Table 8: Physical Activity in DeKalb County, Metropolitan Atlanta, Georgia, and the U.S.**

Risk Factor	DeKalb BRFSS, 2005 %	Metro-Atlanta SMART BRFSS, 2005 %	Georgia BRFSS, 2005 %	National BRFSS, 2005 Median %
Percent of adults who engage in the recommended amount of physical activity each week	45 <sup>†</sup>	Not available	58	51

<sup>†</sup>Result is statistically different from the result of the 2005 Georgia BRFSS

As shown in Table 8, adults in DeKalb County are significantly less likely to engage in the recommended amount of physical activity compared with adults in Georgia. The timing of the survey should be considered when making this comparison. The DeKalb County survey was conducted in October-December when adults may be less active because of weather conditions.

## Participation in Recommended Physical Activity

The minimum recommended amount of physical activity for adults is 30 minutes of moderate activity five days a week OR 20 minutes of vigorous activity three days a week.

Moderate activities cause small increases in breathing or heart rate and include brisk walking, bicycling, vacuuming and gardening.

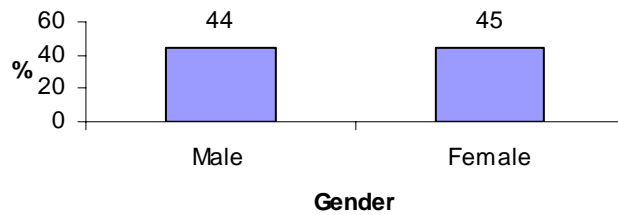
Vigorous activities cause large increases in breathing or heart rate and include running, aerobics and heavy yard work.

**45% of DeKalb County adults engage in the recommended amount of physical activity each week.**

In DeKalb County, white adults are more likely to engage in the recommended amount of physical activity each week compared with African American adults.

The proportion of DeKalb County adults who engage in the recommended amount of physical activity each week decreased from 2001 to 2005 (see Appendix).

**Percent who Engage in Recommended Physical Activity**

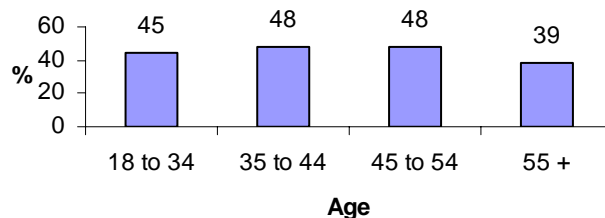


**Percent who Engage in Recommended Physical Activity**



\* Estimates are not available because of small sample sizes.

**Percent who Engage in Recommended Physical Activity**



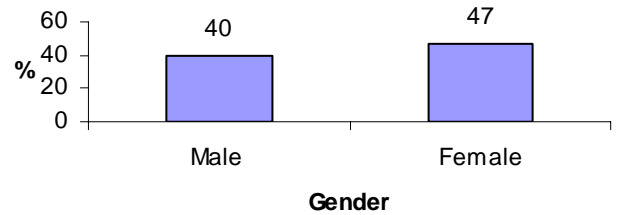


# Knowledge of Recommended Amount of Physical Activity

**43% of DeKalb County adults know it is recommended to engage in moderate activity for 30 minutes or more at least five days per week.**

In DeKalb County, white adults are more likely to know physical activity recommendations compared with African American adults.

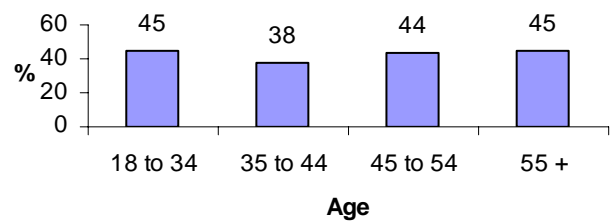
**Percent who Know Physical Activity Recommendations**



**Percent who Know Physical Activity Recommendations**



**Percent who Know Physical Activity Recommendations**

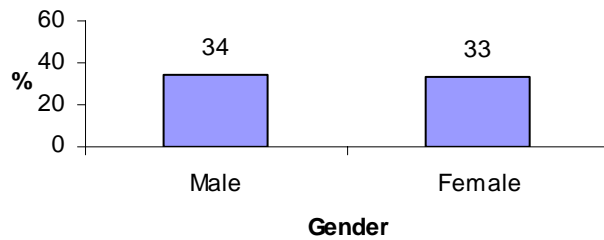


## Watching Television

**33% of DeKalb County adults watch three or more hours of television per day while sitting or lying down.**

In DeKalb County, African American adults are more likely to watch television three or more hours per day. Also, adults age 55 and over spend more time watching TV compared with younger adults.

Percent who Watch TV 3+ Hours a Day

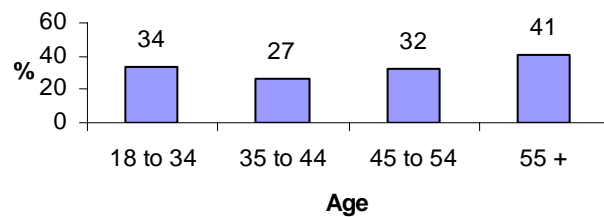


Percent who Watch TV 3+ Hours a Day



\* Estimates are not available because of small sample sizes.

Percent who Watch TV 3+ Hours a Day

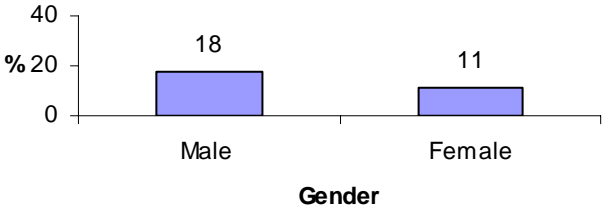


# Video Game and Computer Use

**14% of DeKalb County adults play video games or use a computer three or more hours per day while not at work.**

In DeKalb County, African American adults are more likely to play video games or use a computer three or more hours per day while not at work compared with white adults. Also, adults under age 35 spend more time playing video games or using a computer while not at work compared with adults age 35 and over.

**Percent who Play Video Games or Use a Computer 3+ Hours a Day**

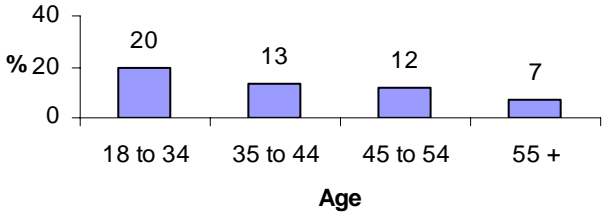


**Percent who Play Video Games or Use a Computer 3+ Hours a Day**



\* Estimates are not available because of small sample sizes.

**Percent who Play Video Games or Use a Computer 3+ Hours a Day**



# **Built Environment**

The term “built environment” refers to manmade surroundings that provide the setting for human activity; for example, roads, parks, waste disposal systems, homes, schools, sidewalks, bus systems, swimming pools, grocery stores, and playgrounds are all part of the built environment. Where and how these components of the urban environment are built has an impact on our health.

Questions were added to the DeKalb County survey in order to assess how residents feel about the built environment in the county. Estimates for these items are not available at the metropolitan, state, or national level.

DeKalb County Board of Health often engages in projects that highlight the connection between the built environment and health. Comments are provided on monthly city planning documents that take into account the impact of proposed developments on health. Community Action for a Renewed Environment (CARE) is an EPA grant-funded project that empowers communities to build partnerships to help understand and reduce toxic risks from all sources. A joint project between the DeKalb County Board of Health Injury Prevention Unit and Steps to a Healthier DeKalb works with local senior citizen groups to find out how the built environment impacts their mobility in the community. Successful built environment projects such as these can positively impact the public health and environmental quality of DeKalb County.

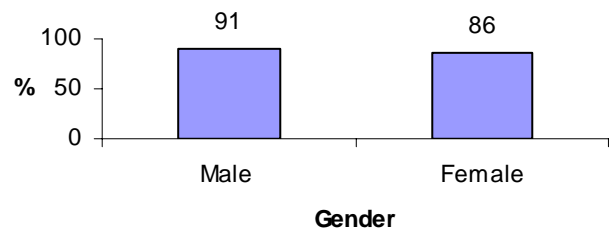
# Neighborhood Safety

**88% of DeKalb County adults believe it is safe to walk in their local community.**

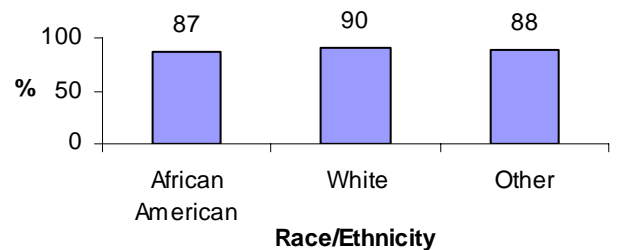
**86% of DeKalb County adults indicated that people are often walking or bicycling in their local community.**

In DeKalb County, adults age 55 and over are less likely to believe their neighborhood is safe to walk in compared with adults under age 55.

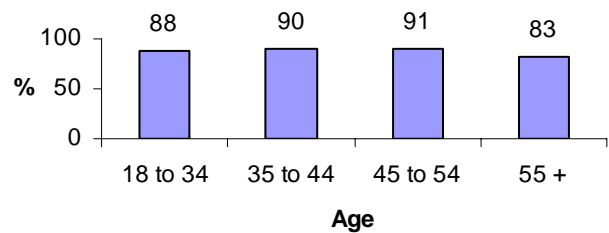
**Percent Indicating it is Safe to Walk**



**Percent Indicating it is Safe to Walk**



**Percent Indicating it is Safe to Walk**

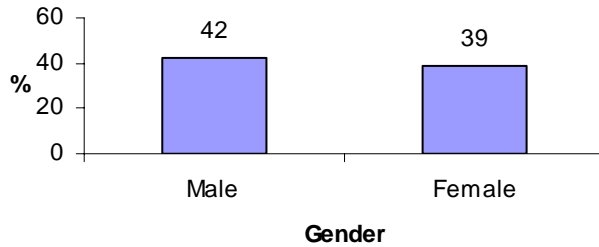


## Access to Sidewalks

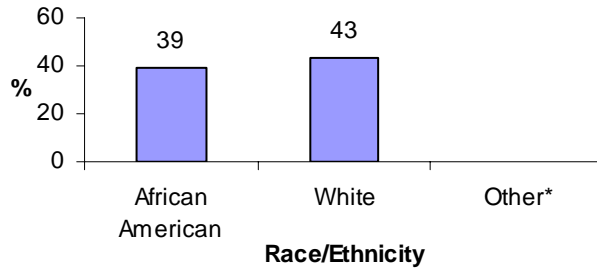
**41% of DeKalb County adults believe their neighborhood has enough sidewalks.**

**88% of DeKalb County adults indicated that people in their local community support creating and maintaining parks, trails, and recreational areas.**

**Percent with Enough Sidewalks**

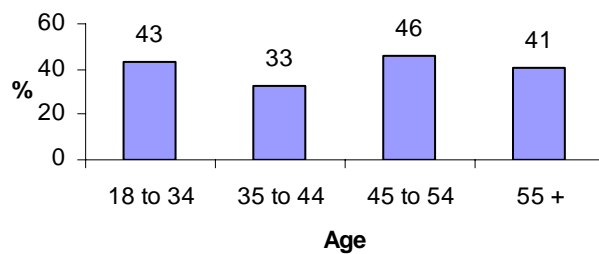


**Percent with Enough Sidewalks**



\* Estimates are not available because of small sample sizes.

**Percent with Enough Sidewalks**



\* Estimates are not available because of small sample sizes.

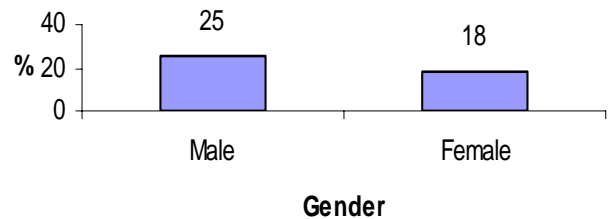
# Walking or Biking for Transportation

**21% of DeKalb County adults walk or bicycle for at least 10 minutes as part of getting to and from work, school, or to do errands three or more times per week.**

DeKalb County adults indicated that the following destinations are within walking distance from their home:

- 57% local corner shop/newsstand.
- 50% grocery store.
- 38% shopping center.
- 52% restaurant.
- 65% any religious establishment
- 52% park
- 69% local school
- 34% community center or recreation facility
- 44% child care center
- 50% pharmacy
- 37% bar
- 16% place they work

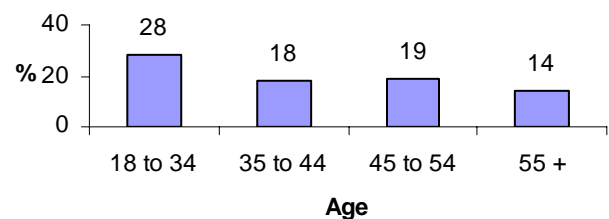
Percent who Walk or Bike for Transportation



Percent who Walk or Bike for Transportation



Percent who Walk or Bike for Transportation



# Weight Control and Obesity

**Table 9: Obesity in DeKalb County, Metropolitan Atlanta, Georgia, and the U.S.**

<b>Risk Factor</b>	<b>DeKalb BRFSS, 2005</b>	<b>Metro Atlanta SMART BRFSS, 2005</b>	<b>Georgia BRFSS, 2005</b>	<b>National BRFSS, 2005</b>
	%	%	%	Median %
Percent of adults who are overweight	36	33	36	37
Percent of adults who are obese	21 <sup>†</sup>	22	27	24

<sup>†</sup>Result is statistically different from the result of the 2005 Georgia BRFSS

As shown in Table 9, the proportion of DeKalb County adults who are overweight is similar to the proportion in Metro-Atlanta and Georgia. Rates of obesity in DeKalb County are similar to rates in Metro-Atlanta but significantly lower compared with Georgia.



# Overweight

Body Mass Index (BMI) is a number calculated from a person’s weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems.

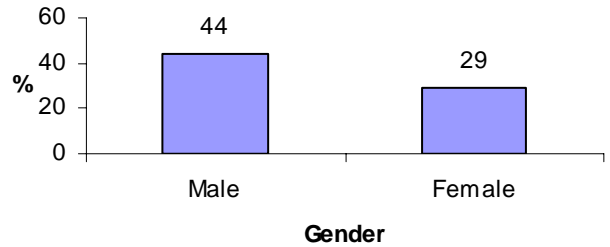
Adults with a BMI between 25 and 30 are overweight.

**36% of DeKalb County adults are overweight.**

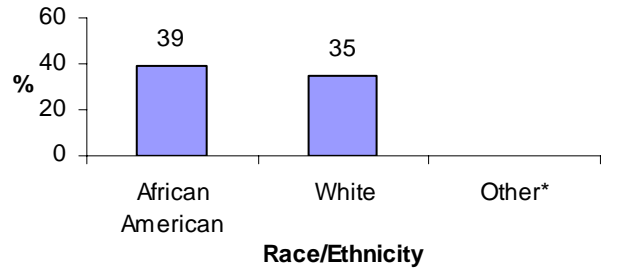
In DeKalb County, male adults are more likely to be overweight compared with females. Also, adults age 35 and over are more likely to be overweight compared with younger adults.

The proportion of DeKalb County adults who are overweight did not change significantly from 2001 to 2005 (see Appendix).

**Percent who are Overweight**

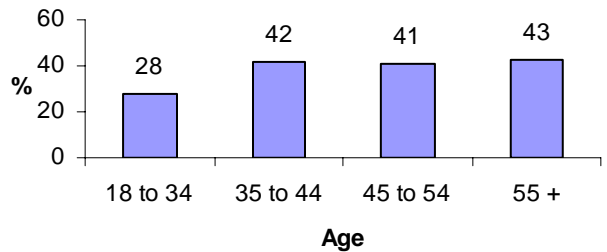


**Percent who are Overweight**



\* Estimates are not available because of small sample sizes.

**Percent who are Overweight**



# Obesity

Body Mass Index (BMI) is a number calculated from a person's weight and height. BMI provides a reliable indicator of body fatness for most people and is used to screen for weight categories that may lead to health problems.

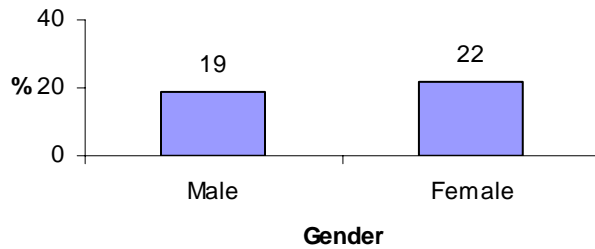
Adults with a BMI of 30 or higher are obese.

**21% of DeKalb County adults are obese.**

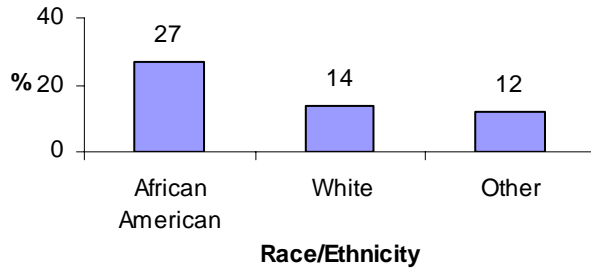
In DeKalb County, African American adults are more likely to be obese compared with adults of other races.

Rates of obesity among DeKalb County adults did not change significantly from 2001 to 2005 (see Appendix).

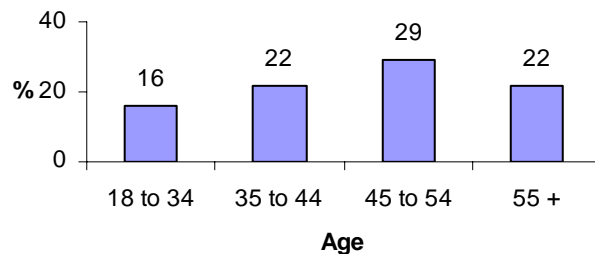
Percent who are Obese



Percent who are Obese



Percent who are Obese



# Weight Control

Among obese adults in DeKalb County:

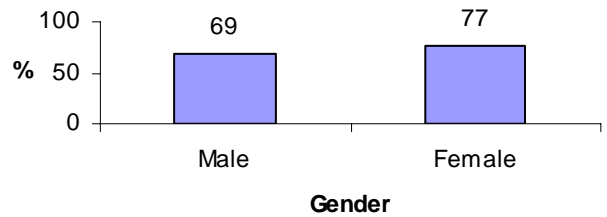
73% are trying to lose weight.

46% were told by a health professional to lose weight in the past year.

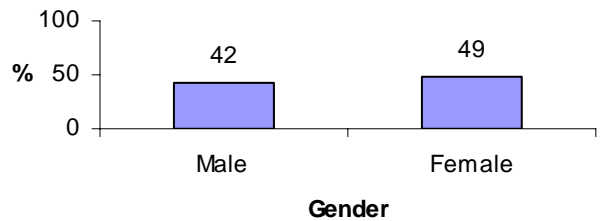
92% describe their weight as overweight or very overweight.

In DeKalb County, obese female adults are more likely to describe their weight as overweight or very overweight compare with obese male adults.

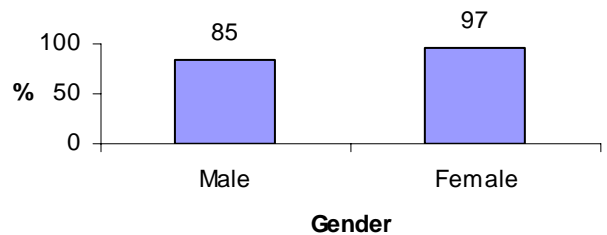
**Percent of Obese Trying to Lose Weight**



**Percent of Obese Told to Lose Weight**



**Percent of Obese Who Perceive Themselves as Overweight**



## Appendix

<b>Comparison of DeKalb County Behavioral Risk Factor Surveillance System results, 2001 and 2005 with Healthy People 2010 Goals (5)</b>			
<b>Risk Factor</b>	<b>DeKalb BRFSS, 2001</b>	<b>DeKalb BRFSS, 2005</b>	<b>Healthy People 2010 Goal<sup>§</sup></b>
	<b>%</b>	<b>%</b>	<b>%</b>
Percent of adults who have some type of health care coverage, including health insurance, HMOs, and Medicare.	86	87	100
Percentage of adults who have a personal doctor or health care provider.	68	83 <sup>‡</sup>	96
Percent of adults who have ever been told by a health professional that they have diabetes.	5.6	6.4	2.5
Percent of adults who have been told by a health professional that they have high blood pressure.	23	23	16
Percent of adults who have had their blood cholesterol checked within the past five years.	78	77	80
Of those adults who have ever had their cholesterol checked, percent ever told by a health professional that their cholesterol was high.	26	29	Not available
Percent of adults who have ever been told by a health professional that they have asthma.	12	12	Not available
Percent of adults <i>under age 65</i> who have had a flu shot within the past year.	20	25 <sup>‡</sup>	Not available
Percent of adults <i>age 65 and over</i> who have had a flu shot within the past year.	55	68 <sup>‡</sup>	90
Percent of adults <i>age 65 and over</i> who have ever had a pneumonia shot.	61	64	90
Percent of adults <i>under age 65</i> who have ever been tested for HIV.	64	60	Not available
Percent of adults who are current cigarette smokers.	17	14	12
Percent of adults who are former cigarette smokers.	18	19	Not available
Percent of adults who binge drink alcohol.	12	11	6
Percent of adults who drink alcohol heavily.	4	4	Not available

## Appendix, cont.

<b>Comparison of DeKalb County Behavioral Risk Factor Surveillance System results, 2001 and 2005 with Healthy People 2010 Goals, continued</b>			
<b>Risk Factor</b>	<b>DeKalb BRFSS, 2001</b>	<b>DeKalb BRFSS, 2005</b>	<b>Healthy People 2010 Goal<sup>§</sup></b>
	%	%	%
Percent of adults who consume fruits and vegetables five or more times per day.	24	28	Not available
Percent of adults who engage in the recommended amount of physical activity each week.	55	45 <sup>‡</sup>	50
Percent of adults who are overweight.	35	36	Not available
Percent of adults who are obese.	21	21	15

<sup>‡</sup>Result is statistically different from the result of the 2001 DeKalb BRFSS.

<sup>§</sup>BRFSS definitions of objectives differ slightly from those in Healthy People 2010.

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1. 2005 Status of Health in DeKalb Report. Decatur, GA: DeKalb County Board of Health. <http://www.dekalbhealth.net/information/status-health.asp>.
2. More information about the Behavioral Risk Factor Surveillance System can be obtained from <http://www.cdc.gov/brfss/>.
3. The *Behavioral Risk Factor Surveillance System User's Guide* can be downloaded at <http://www.cdc.gov/brfss/pdf/userguide.pdf>.
4. More information about the Selected Metropolitan/Micropolitan Area Risk Trends (SMART) can be obtained from <http://apps.nccd.cdc.gov/brfss-smart/index.asp>.
5. U.S. Department of Health and Human Services, Healthy People 2010. 2nd edition, Washington D.C.: U.S. Government Printing Office, November 2000.
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- Steps to a Healthier DeKalb staff

***For further information or to request additional copies of this report contact the DeKalb County Board of Health at (404) 508-7847 or e-mail: [info@dekalbhealth.net](mailto:info@dekalbhealth.net).***

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