

Health Behaviors and Risk Factors in Macomb County:

Results of the 2015 Macomb County Behavioral Risk Factor Survey

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SAMPLE PROFILE

Table 1 contains the demographic profile of the sample after weighting. The percentages are very close to those of the county population.

Table 1: Demographic Profile of the Weighted Sample for Macomb County BRFSS

Characteristic		Macomb County
Sex	Male	47.6%
	Female	52.4%
Age	18-24	9.3%
	25-34	16.1%
	35-44	18.1%
	45-54	19.6%
	55-64	17.7%
	65-74	9.8%
	75+	9.5%
Race	White, Non-Hispanic	85.6%
	Black / African-American	9.2%
	Other	5.2%
Education	Less than high school	11.1%
	High school graduate	29.8%
	Some college	35.7%
	College graduate	22.3%
Marital status	Single (never married)	22.6%
	Married	53.8%
	Divorced	11.2%
	Widowed	7.5%
	Separated	1.3%
	Unmarried couple	3.1%
Employment status	Employed for wages	46.3%
	Self-employed	7.5%
	Out of work (>1 year)	3.0%
	Out of work (<1 year)	4.1%
	Homemaker	6.5%
	Student	4.3%
	Retired	17.4%
	Unable to work	10.4%
Household income	<\$10,000	3.4%
	\$10,000-19,999	11.3%
	\$20,000-34,999	17.4%
	\$35,000-49,999	15.9%
	\$50,000-74,999	17.6%
	\$75,000+	34.5%

HEALTH STATUS INDICATORS

GENERAL HEALTH STATUS

Respondents in Macomb County were asked to assess their own health on a five-point scale (excellent, very good, good, fair, or poor). Almost 21 percent of Macomb County adults described their general health to be fair or poor. This is higher than the 17 percent of Michigan adults who described their health as fair or poor in the 2014 MiBRFS. Table 2 indicates that:

- Reported health status did not vary significantly by sex or race/ethnicity.
- Older respondents were more likely to rate their health as fair or poor than younger respondents. Nearly 28 percent of those aged 65 or older gave one of those two answers, compared to less than 18 percent of those aged 18 to 34.
- In general, respondents with greater household incomes were less likely to rate their health as fair or poor. Over 30 percent of Macomb County adults with an income of less than \$20,000 per year rated their health as fair or poor, compared to 11 percent of those with an annual income \$75,000 or greater.
- Respondents with health insurance reported a significantly higher prevalence (21.9 percent) of fair to poor health than those without health insurance (10.9 percent).
- Those who reported a disability (13.9 percent) were significantly more likely to rate their health as fair or poor than those without a disability (7.0 percent).

Table 2: Percentage Who Judged Their General Health To Be Fair Or Poor, By Demographic Characteristics^a

Demographic Characteristics		% Fair or poor health status ^b
Total		20.9
Sex	Male	18.6
	Female	23.0
Age	18-34	17.8
	35-54	19.9
	55-64	20.1
	65+	27.5
Race/Ethnicity^c	White	20.5
	Black	27.5
	Other	16.4
Household Income	<\$20,000	30.7
	\$20,000-\$34,999	29.7
	\$35,000-\$49,999	10.4
	\$50,000-\$74,999	21.9
	\$75,000+	10.8
Have insurance	Insured	21.9
	Uninsured	10.9
Disability	Disabled	13.9
	Not disabled	7.0

^aAmong all respondents, the percentage who reported fair or poor to the question, "Would you say that in general your health is excellent, very good, good, fair, or poor?"

^bStatistically significant ($p < 0.05$) differences in **bold italics**.

^cFor brevity in all subsequent tables, White refers to White/Non-Hispanic, Black refers to Black/Non-Hispanic and Other refers to Hispanic and multiple or other races.

QUALITY OF LIFE

Respondents in Macomb County were asked to report the number of days in the past 30 days that their physical and mental health was not good. Poor physical and mental health was defined as 14 or more days in the past 30 days in which the respondents rated their physical or mental health as not good. It is estimated that 14 percent of Macomb County adults were in poor physical health and 12 percent were in poor mental health. By comparison, 13 percent of Michigan adults reported poor physical health and 13 percent reported poor mental health in the 2014 MiBRFS. Table 3 shows that:

- Although male and female respondents were about equally likely to report poor physical health, females were significantly more likely (nearly 15 percent) to report poor mental health compared to males (less than 9 percent).
- In general, reported poor *physical* health *increased* with age while reported poor *mental* health *decreased* with the age of the respondent.
- On average, White respondents were more likely than Blacks and other races to report poor mental health.
- Respondents with lower household incomes were generally more likely to report both poor physical health and poor mental health. Among those with household incomes below \$50,000, 16 percent reported poor physical health and 16 percent reported poor mental health. Among those with household incomes \$50,000 and above, these figures were 11 percent and 7 percent, respectively.
- Not surprisingly, disabled respondents were more likely to report both poor physical and poor mental health compared to those without disabilities.

Table 3: Percentage Who Reported 14 Or More Days In Last 30 Days Of Poor Physical Or Mental Health, By Demographic Characteristics

Demographic Characteristics		% Poor Physical Health ^a	% Poor Mental Health ^a
Total		13.8	12.0
Sex	Male	13.7	8.6
	Female	14.0	14.9
Age	18-34	7.7	11.7
	35-54	15.4	15.5
	55-64	15.6	11.8
	65+	17.4	5.4
Race/Ethnicity	White	13.9	12.6
	Black	11.1	8.8
	Other	12.1	4.4
Household Income	<\$20,000	24.5	24.8
	\$20,000-\$34,999	17.8	15.9
	\$35,000-49,999	6.0	8.8
	\$50,000-74,999	21.6	11.6
	\$75,000+	6.0	4.4
Have Insurance	Insured	14.3	12.2
	Uninsured	9.5	9.3
Disability	Disabled	40.4	30.9
	Not disabled	4.8	5.4

^aStatistically significant ($p < 0.05$) differences in **bold italics**.

WEIGHT STATUS

Overweight and obesity has been linked to a number of diseases and adverse health conditions. These weight conditions are identified using a metric known as body mass index (BMI), which is calculated from an individual's height and weight. Overweight is generally defined as having a body mass index (BMI) between 25.0 and 29.9, while obesity is defined as having a BMI greater than or equal to 30.0. It should be noted that for the purpose of this report, these calculations were made using self-reported height and weight, which may somewhat *underestimate* people's actual BMI and the obesity rate.

- Overall, an estimated 33 percent of Macomb County adults were classified as obese. This is slightly higher than the 31 percent of Michigan adults who were classified as such in the 2014 MiBRFS. Another 35 percent of Macomb County adults were classified as overweight, which is on par with the 35 percent of Michigan adults who are overweight according to the 2014 MiBRFS.
- Black respondents (55 percent) were significantly more likely to be classified as obese than Whites (31 percent) and those of other races/ethnicities (35 percent).
- The prevalence of obesity increased through the 55-64 age group and then dropped within the 65+ age group.
- Disabled adults (41 percent) were significantly more likely to be classified as obese than non-disabled adults (31 percent).
- The prevalence of obesity was not significantly different across sex, income, or health insurance status.

Table 4: Percentage Who Are Obese^a, By Demographic Characteristics

Demographic Characteristics	% Obese^b
Total	33.1
Sex	
Male	33.8
Female	32.3
Age	
18-34	23.7
35-54	37.0
55-64	41.2
65+	30.3
Race/Ethnicity	
White	30.9
Black	55.2
Other	35.2
Household Income	
<\$20,000	29.1
\$20,000-\$34,999	32.8
\$35,000-\$49,999	32.0
\$50,000-\$74,999	39.1
\$75,000+	33.8
Have insurance	
Insured	33.1
Uninsured	32.6
Disability	
Disabled	40.7
Not disabled	30.5

^a BMI, or body mass index, was calculated as weight (in kilograms) divided by height (in meters) squared. Weight and height were both self-reported, and pregnant women were excluded from this analysis.

^bStatistically significant ($p < 0.05$) differences in **bold italics**.

LIMITED HEALTH CARE COVERAGE

Only about nine percent of adults in Macomb County reported not having health insurance. This compares to thirteen percent of Michigan adults in the 2014 MiBRFS. Slightly more adults reported having limited health care access. To measure limited access, respondents were asked if they had a personal health care provider and if they have had a time during the past 12 months in which they needed to see a doctor but could not because of cost. Increased access to basic primary care has been shown to improve health outcomes. Table 5 shows that:

- Males (18 percent) were significantly more likely than females (11 percent) not to have a personal doctor or health care provider.
- On average, the prevalence of both of these indicators decreased with age, but the difference was only statistically significant for not having a personal health care provider.
- Black respondents (4 percent) were significantly *less* likely than Whites (13 percent) and other races/ethnicities (18 percent) not to have seen a doctor due to cost.
- On average, the prevalence of both indicators decreased with household income, but the difference was only significant for reporting having not been able to afford to see a doctor.
- The prevalence of both indicators was significantly higher for those who reported having no health insurance. Uninsured respondents were about five times more likely to have no personal doctor, and about three times more likely not to have seen a doctor within the past 12 months due to cost.
- On average, disabled respondents were more than twice as likely as non-disabled respondents to report having not been able to afford to see a doctor in the past 12 months.

Table 5: Percentage Reporting Limited Health Care Coverage^a, By Demographic Characteristic

Demographic Characteristics		% No health care provider ^b	% Limited access due to cost ^b
Total		14.0	13.1
Sex	Male	18.0	12.9
	Female	10.5	13.2
Age	18-34	28.2	17.0
	35-54	14.8	12.9
	55-64	5.8	12.8
	65+	1.7	8.7
Race/Ethnicity	White	12.6	13.1
	Black	26.2	4.1
	Other	14.4	18.1
Household Income	<\$20,000	23.0	29.3
	\$20,000-\$34,999	15.5	29.3
	\$35,000-\$49,999	12.3	15.8
	\$50,000-\$74,999	16.2	4.8
	\$75,000+	12.7	3.4
Have Insurance	Insured	10.3	10.8
	Uninsured	50.6	35.2
Disability	Disabled	10.3	21.7
	Not disabled	15.4	10.2

^aAmong all adults, the percentage who reported that they did not have anyone they thought of as their personal doctor or health provider, and the percentage reporting that in the past 12 months they could not see a doctor when they needed due to cost.

^bStatistically significant ($p < 0.05$) differences in **bold italics**.

SOCIAL CONTEXT

Health-related stress can be both a predictor and a cause of other underlying health issues. It also indicates the extent to which these health problems can negatively affect a person's life above and beyond the direct symptoms of his or her condition(s). Table 6 indicates that:

- An estimated 32 percent of Macomb County adults reported worrying about being able to afford their rent/mortgage within the past year, while 23 percent reported worrying about being able to afford nutritious meals.
- The prevalence of both of these indicators decreased with age and household income level.
- Disabled adults (50 percent and 36 percent, respectively) were more likely than non-disabled adults (26 percent and 17 percent, respectively) to report being worried about affording rent/mortgage and nutritious meals within the past year.
- The prevalence of these indicators did not vary significantly by sex, race, or health insurance status.

Table 6: Percentage Reporting Worrying About Affording Rent/Mortgage^a Or Nutritious Meals^b, By Demographic Characteristic

Demographic Characteristics		% Worried About Affording Rent/Mortgage ^c	% Worried About Affording Nutritious Meals ^c
Total		32.4	22.9
Sex	Male	31.0	21.7
	Female	33.8	23.9
Age	18-34	41.8	31.9
	35-54	37.5	25.8
	55-64	29.8	17.0
	65+	16.1	11.0
Race	White	30.9	23.0
	Black	48.2	21.1
	Other	31.9	19.2
Household Income	<\$20,000	77.0	55.0
	\$20,000-\$34,999	42.7	30.1
	\$35,000-\$49,999	46.6	31.8
	\$50,000-\$74,999	20.8	17.4
	\$75,000+	12.4	7.8
Have Insurance	Insured	31.4	21.8
	Uninsured	41.3	33.4
Disability	Disabled	49.7	36.3
	Not disabled	25.8	17.8

^aAmong all adults, the percentage who reported always, usually, or sometimes being worried about having enough money to pay rent/mortgage in the past year.

^bAmong all adults, the percentage who reported always, usually, or sometimes being worried about having enough money to buy nutritious meals in the past year.

^cStatistically significant ($p < 0.05$) differences in **bold italics**.

RISK BEHAVIOR INDICATORS

NO LEISURE TIME PHYSICAL ACTIVITY

Regular physical activity has been shown to reduce the risk of many important diseases and heart conditions, such as cardiovascular disease and diabetes. Respondents were asked if during the last month, other than their regular job, they had participated in any physical activities or exercises. It is estimated that 30 percent of Macomb County adults did not participate in physical activities or exercises over the last month, which is higher than the 26 percent for the entire state in the 2014 MiBRFS. Table 7 indicates that:

- The prevalence of no leisure time physical activity was similar by age, gender, race/ethnicity, and health insurance status.
- The prevalence of no leisure time physical activity decreased for those with higher household incomes. Almost 36 percent of those with a household income less than \$20,000 reported no physical exercise or activity, compared to just over 15 percent of those with household incomes of \$75,000 or above.
- Disabled respondents were over twice as likely as those without a disability to report no leisure physical activity or exercise.

Table 7: Percentage Who Reported Participating In No Leisure Time Physical Activity^a, By Demographic Characteristics

Demographic Characteristics	% No leisure time physical activity^b
Total	30.0
Sex	
Male	29.5
Female	30.4
Age	
18-34	31.2
35-54	28.6
55-64	28.2
65+	32.7
Race/Ethnicity	
White	29.3
Black	36.1
Other	25.8
Household Income	
<\$20,000	35.5
\$20,000-\$34,999	47.0
\$35,000-\$49,999	27.6
\$50,000-\$74,999	34.2
\$75,000+	15.3
Have insurance	
Insured	29.9
Uninsured	30.8
Disability	
Disabled	48.2
Not disabled	23.4

^a Among all respondents, the percentage reporting they had not participated in any leisure time physical activities or exercises such as running, calisthenics, golf, gardening, or walking during the past month.

^b Statistically significant ($p < 0.05$) differences in **bold italics**.

ADEQUATE PHYSICAL ACTIVITY

The U.S. Department of Health and Human Services recommends that adults participate in vigorous physical activities for at least 75 minutes a week, or moderate physical activities for at least 150 minutes a week, or an equivalent combination of vigorous and moderate physical activities. In addition, it recommends adults also participate in muscle strengthening activities at least two or more days a week. Table 8 shows that:

- In 2015, an estimated 15 percent of Macomb County adults met both the aerobic and muscle strengthening components of the guidelines for adequate physical activity.
- Looking at each component separately, approximately 41 percent of Macomb County adults met the aerobic physical activity component, while just 21 percent met the muscle strengthening activity component.
- Less than 47 percent of Macomb County adults reported participating in at least one component of the physical activity guidelines (Aerobic only = 26 percent, Muscle strengthening only = 6 percent, both components = 15 percent).
- Reported adequate physical activity decreased with increasing age and mostly increased with increasing household income level.
- Non-disabled adults (19 percent) were over twice as likely as disabled adults (6 percent) to report participating in an adequate level of physical activity per week.
- Macomb County is currently *below* the CDC's Healthy People 2020 targets for the aerobic component (MC: 41.2% vs. HP: 47.9%), the muscle strengthening component (MC: 20.6% vs. HP: 24.1%), and the combined aerobic and muscle strengthening target (MC: 15.1% vs. HP: 20.1%).

Table 8: Percentage Who Report Participating In An Adequate Level Of Physical Activity Per Week^a

Demographic Characteristics		% Adequate physical activity ^b
Total		15.1
Sex	Male	17.8
	Female	12.7
Age	18-34	23.7
	35-54	14.7
	55-64	10.1
	65+	10.0
Race	White	13.1
	Black	26.1
	Other	24.2
Household Income	<\$20,000	15.8
	\$20,000-\$34,999	7.1
	\$35,000-49,999	6.4
	\$50,000-74,999	16.8
	\$75,000+	23.3
Have insurance	Insured	15.1
	Uninsured	15.0
Disability	Disabled	6.3
	Not disabled	18.7

^a Among all respondents, the proportion reporting that they do either moderate physical activities for at least 150 minutes per week, vigorous physical activities for at least 75 minutes per week, or an equivalent combination of moderate and vigorous physical activities and also participate in muscle strengthening activities on two or more days per week.

^b Statistically significant ($p < 0.05$) differences in **bold italics**.

FRUIT AND VEGETABLE CONSUMPTION

Eating a diet that includes plenty of fruits and vegetables may help reduce the risk of many chronic diseases, including cancer. The Centers for Disease Control and Prevention currently recommends using risk indicators defined as eating type of food less than one time per day. Table 9 indicates that:

- An estimated 43 percent of Macomb County adults reported consuming fruits less than one time per day, while 26 percent reported consuming vegetables less than one time per day.
- Less than 14 percent of Macomb County adults reported consuming fruits and vegetables 5 or more times per day.
- Both fruit and vegetable consumption were similar by sex, race, household income, and disability status.
- Respondents older than 65 years old were more likely than younger respondents to report consuming fruits at least once per day.
- Macomb County adults with health insurance (24 percent) were more likely than uninsured adults (42 percent) to report consuming vegetables at least once per day.

Table 9: Percentage Reporting Eating Fruits And Vegetables Less Than Once Per Day^a, By Demographic Characteristic

Demographic Characteristics		% Fruits (< 1 Time/Day) ^b	% Vegetables (< 1 Time/Day) ^b
Total		43.0	25.9
Sex	Male	46.0	28.1
	Female	40.3	23.9
Age	18-34	42.9	25.6
	35-54	45.0	24.8
	55-64	49.2	30.6
	65+	34.0	24.3
Race	White	43.3	25.8
	Black	43.0	37.1
	Other	39.8	17.6
Household Income	<\$20,000	41.7	28.2
	\$20,000-\$34,999	47.3	33.6
	\$35,000-\$49,999	46.9	31.6
	\$50,000-\$74,999	41.9	23.1
	\$75,000+	39.4	20.3
	Have Insurance	Insured	42.3
	Uninsured	50.3	42.3
Disability	Disabled	44.5	28.2
	Not disabled	42.5	25.1

^aAmong all adults, the proportion whose total reported consumption of fruits (including juice) or consumption of vegetables was less than one time per day.

^bStatistically significant ($p < 0.05$) differences in **bold italics**.

HYPERTENSION

High blood pressure, also known as hypertension, is usually defined as blood pressure above 140/90 and can put adults at a higher risk for health conditions such as stroke and heart disease. Table 10 shows that:

- In 2015, an estimated 33 percent of Macomb County adults reported ever being told by a doctor that they had high blood pressure. In addition, about 81 percent of those with HBP said they were currently taking medications for their blood pressure.
- The prevalence of HBP increased significantly with age, as nearly 70 percent of those aged 65 years and older reported being diagnosed with hypertension, compared to just 8 percent of adults under 35.
- Whites (34 percent) were more likely to report having HBP than blacks (23 percent) and other races (21 percent).
- Adults with household incomes between \$35,000 and \$74,999 were more likely than other income brackets to report having been diagnosed with HBP.
- Insured adults (34 percent) were more likely than uninsured adults (21 percent) to have reported HBP, and disabled adults (45 percent) were more likely than non-disabled adults (28 percent) to report having it.

Table 10: Percentage Who Have Ever Been Told They Had High Blood Pressure^a

Demographic Characteristics	% Ever told HBP^b
Total	32.7
Sex	
Male	32.5
Female	32.8
Age	
18-34	8.2
35-54	24.1
55-64	45.8
65+	69.6
Race	
White	34.4
Black	22.9
Other	21.0
Household Income	
<\$20,000	24.8
\$20,000-\$34,999	35.5
\$35,000-49,999	41.0
\$50,000-74,999	41.9
\$75,000+	24.5
Have insurance	
Insured	33.9
Uninsured	20.5
Disability	
Disabled	45.2
Not disabled	28.3

^a Among all adults, the proportion reporting that they were ever told by a doctor that they had high blood pressure (HBP), Women who had HBP only during pregnancy and adults who were borderline hypertensive were considered to not have been diagnosed.

^b Statistically significant ($p < 0.05$) differences in **bold italics**.

CIGARETTE SMOKING

Cigarette smoking causes major health problems and is closely linked to lung cancer and emphysema. An estimated 50 percent of Macomb County adults reported having smoked at least at least 100 cigarettes (5 packs) within their lifetime. In order to be classified as a current smoker, respondents had to meet the above criterion AND also report that they smoke cigarettes now, either every day or on some days. By this metric, over 21 percent of Macomb County adults reported that they smoke cigarettes currently. This is very similar to the 21 percent of all Michigan adults classified as current smokers by the 2014 MiBRFS. Table 11 shows that:

- Current smoking was not statistically significant for gender, age, race/ethnicity, health insurance status, and disability status.
- The prevalence of smoking decreased with higher household incomes, though that effect seemed to be concentrated mainly at the very highest incomes. Respondents with household incomes below \$75,000 were over three times more likely than those with household incomes of \$75,000 and above to report currently smoking cigarettes on a regular basis.

Table 11: Percentage Who Currently Smoke Cigarettes, By Demographic Characteristic^a

Demographic Characteristics		% Current Smokers ^b
Total		21.4
Sex	Male	24.3
	Female	18.7
Age	18-34	22.3
	35-54	23.3
	55-64	21.8
	65+	15.8
Race/Ethnicity	White	22.6
	Black	14.1
	Other	18.6
Household Income	<\$20,000	30.8
	\$20,000-\$34,999	30.1
	\$35,000-\$49,999	35.0
	\$50,000-\$74,999	27.2
	\$75,000+	8.2
	Have insurance	Insured
Uninsured		29.3
Disability	Disabled	20.3
	Not disabled	24.3

^a Among all respondents, the percentage who reported that they had ever smoked at least 100 cigarettes (5 packs) in their life and that they smoke cigarettes now, either every day or on some days.

^b Statistically significant ($p < 0.05$) differences in **bold italics**.

SECONDHAND SMOKE

Exposure to secondhand smoke has been shown to increase the risk of lung cancer and other health conditions. To measure the prevalence of this health risk, respondents were asked about their exposure to secondhand smoke in their home or car within the past seven days. About 21 percent of Macomb County adults reported they were exposed to secondhand smoke either in their car or in their home within the past seven days, which is lower than the 25 percent of Michigan adults in the 2014 MiBRFS. Table 12 shows that:

- Reported exposure to secondhand smoke did not vary significantly by gender, race/ethnicity, insurance status, or disability status.
- Secondhand smoke exposure decreased with increasing age, as 30 percent of those between the ages of 18 and 34 reported being exposed to secondhand smoke within the last week, compared to just 11 percent of those aged 65 and above.
- Generally, the prevalence of reported secondhand smoke exposure also decreased as household income increased. About 32 percent of those with incomes below \$50,000 reported being exposed, which was more than double the 13 percent of respondents with household incomes of \$50,000 and above.

Table 12: Percentage Who Reported Exposure To Secondhand Smoke, By Demographic Characteristic^a

Demographic Characteristics		% Secondhand smoke exposure ^b
Total		21.1
Sex	Male	25.3
	Female	17.0
Age	18-34	29.7
	35-54	19.8
	55-64	19.8
	65+	11.1
Race/Ethnicity	White	22.2
	Black	13.5
	Other	20.8
Household Income	<\$20,000	28.6
	\$20,000-\$34,999	33.2
	\$35,000-\$49,999	33.1
	\$50,000-\$74,999	15.2
	\$75,000+	12.1
	Have insurance	Insured
Uninsured		32.8
Disability	Disabled	24.9
	Not disabled	19.6

^a Among all respondents, the percentage who reported being exposed to secondhand smoke in their home or a car within the past seven days.

^b Statistically significant ($p < 0.05$) differences in **bold italics**.

SMOKELESS TOBACCO

Smokeless tobacco is associated with dangerous health conditions and diseases, including multiple types of cancer. It is estimated that about three percent of Macomb County adults use smokeless tobacco either every day or some days. The percent of smokeless tobacco use in Michigan was not report in 2014.

The figures in Table 13 indicate that:

- Males (4.4 percent) were about seven times as likely as females (0.6 percent) to report using smokeless tobacco at least some days.
- Blacks (0.0 percent) were significantly less likely than Whites (2.8 percent) and those of other races/ethnicities (2.4 percent) to report using smokeless tobacco.
- The prevalence of reported smokeless tobacco usage did not vary significantly by age, household income, insurance status, or disability status.

Table 13: Percentage Who Reported Currently Using Smokeless Tobacco, By Demographic Characteristic^a

Demographic Characteristics	% Using smokeless tobacco^b
Total	2.5
Sex	
Male	4.4
Female	0.6
Age	
18-34	6.0
35-54	1.5
55-64	1.1
65+	1.0
Race/Ethnicity	
White	2.8
Black	0.0
Other	2.4
Household Income	
<\$20,000	4.6
\$20,000-\$34,999	1.1
\$35,000-\$49,999	0.9
\$50,000-\$74,999	3.6
\$75,000+	2.9
Have insurance	
Insured	2.5
Uninsured	1.9
Disability	
Disabled	3.4
Not disabled	2.1

^a Among all respondents, the percentage who reported using chewing tobacco, snuff, or snus every day or some days.

^b Statistically significant ($p < 0.05$) differences in **bold italics**.

TOBACCO RESOURCE AWARENESS

For those who currently smoke, quitting as soon as possible can minimize the long-term health risks. Programs and resources are available in many communities to help people quit smoking, if they know enough about these resources to seek them out.

In Macomb County, it is estimated that 64 percent of current smokers have been advised of such programs by a health professional, while 76 percent are aware of some local programs or services to help them quit smoking.

Table 14 indicates that:

- Awareness of local programs and resources to help quit smoking was similar by sex, age, household income, health insurance status, and disability.
- Non-White respondents were significantly more likely than White respondents to report referral to or awareness of resources to help quit tobacco.

Table 14: Percentage Reporting Referral To Or Awareness Of Resources To Help Quit Tobacco^a, By Demographic Characteristic

Demographic Characteristics	% Referred by doctor ^b		% Aware of resources ^b
Total		64.3	76.1
Sex	Male	62.2	73.2
	Female	66.7	79.3
Age	18-34	58.0	87.7
	35-54	64.4	75.8
	55-64	74.1	67.8
	65+	62.5	65.0
Race/Ethnicity	White	62.2	74.0
	Black	92.1	86.5
	Other	68.1	99.3
Household Income	<\$20,000	82.4	90.1
	\$20,000-\$34,999	66.6	76.4
	\$35,000-\$49,999	55.1	63.7
	\$50,000-\$74,999	65.9	78.5
	\$75,000+	47.7	72.1
Have Insurance	Insured	65.1	76.0
	Uninsured	60.5	76.2
Disability	Disabled	75.7	78.7
	Not disabled	58.9	74.9

^aAmong current smokers, the percentage who reported that they had been advised or referred by a health professional to resources available to help them stop smoking, and the percentage reporting that they are aware of local programs that are available to help them quit smoking.

^bStatistically significant ($p < 0.05$) differences in **bold italics**.

ALCOHOL CONSUMPTION

Although alcohol consumption is quite common, excessive alcohol consumption is dangerous and could lead to death. Binge drinking is defined as consuming five or more alcoholic drinks per occasion for men and four or more alcoholic drinks per occasion for women. Heavy drinking is defined as consuming more than two alcoholic drinks per day for men and more than one alcoholic drink per day for women in the past month. About 58 percent of Macomb County adults reported some form of alcohol consumption in the past month. Almost nine percent reported heavy drinking, while fifteen percent reported binge drinking at least once in the past month – which is less than the 19 percent of Michigan adults who reported binge drinking in the 2014 MiBRFS. Table 15 indicates that:

- The prevalence of heavy drinking did not significantly vary across sex, age, income, insurance status, or disability status.
- Male respondents (22 percent) were over twice as likely as female respondents (9 percent) to report binge drinking at least once in the last month.
- Whites (10 percent) were significantly more likely than Blacks (0 percent) and other races (0 percent) to report heavy drinking.
- The prevalence of binge drinking decreased with older respondents, as those aged 18 to 34 were over five times more likely than those aged 65 and older to report binge drinking at least one in the last month.
- In general, respondents with higher household income were more likely to report binge drinking.

Table 15: Percentage Who Reported Heavy Drinking^a And Binge Drinking^b, By Demographic Characteristics

Demographic Characteristics		% Heavy drinking ^c	% Binge drinking ^c
Total		8.9	15.4
Sex	Male	11.9	22.2
	Female	5.7	9.2
Age	18-34	5.4	21.1
	35-54	12.0	17.7
	55-64	8.3	14.3
	65+	8.3	4.3
Race/Ethnicity	White	9.9	16.6
	Black	0.0	9.2
	Other	0.0	10.5
Household Income	<\$20,000	5.1	9.0
	\$20,000-\$34,999	12.7	11.2
	\$35,000-\$49,999	5.7	18.6
	\$50,000-\$74,999	17.4	21.6
	\$75,000+	6.2	19.9
Have Insurance	Insured	7.7	14.6
	Uninsured	21.0	23.0
Disability	Disabled	4.8	8.5
	Not disabled	9.7	17.7

^aThe percentage who reported an average of more than 2 drinks per day (for males) or more than 1 drink per day (for females) every day of the past month.

^bThe percentage who reported consuming 5 or more drinks per occasion (for males) or 4 or more drinks per occasion (for females) at least once in the previous month.

^cStatistically significant ($p < 0.05$) differences in **bold italics**.

RECREATIONAL DRUG USE

Unless done under the advisement of a health professional for their intended purpose, the use of drugs can lead to addiction and cause a multitude of maladies for a person's physical and mental health. Table 16, to the right, indicates that:

- The reported prevalence of getting high from prescription, over the counter, or synthetic drugs was highest among younger age groups. Over 21 percent of those under the age of 35 reported doing this, compared to just 2 percent of those 55 years old and above.
- Males (7 percent) were about 11 times more likely than females (< 1 percent) to report having ever injected drugs for the purpose of getting high.
- White respondents (4 percent) were significantly more likely than Blacks (0 percent) and other races (0 percent) to report having ever injected drugs in order to get high.
- On average, individuals with lower household incomes reported using both categories of recreational drugs at higher rates than those with higher household incomes, but these differences across income levels were not statistically significant.
- Reported recreational drug use did not vary significantly by insurance status or disability.

Table 16: Percentage Who Reported Getting High From Using^a Or Injecting^b Drugs, By Demographic Characteristics

Demographic Characteristics		% R _x / OCD / Synthetic ^c	% Injected drugs ^c
Total		11.7	3.6
Sex	Male	13.3	6.9
	Female	10.3	0.6
Age	18-34	21.1	6.2
	35-54	14.7	3.4
	55-64	1.9	2.4
	65+	2.9	1.7
Race/Ethnicity	White	13.1	4.2
	Black	4.3	0.0
	Other	2.7	0.0
Household Income	<\$20,000	27.9	15.3
	\$20,000- \$34,999	10.9	2.5
	\$35,000- \$49,999	14.1	1.4
	\$50,000- \$74,999	13.3	0.0
	\$75,000+	4.5	2.0
Have Insurance	Insured	10.3	3.2
	Uninsured	29.4	9.2
Disability	Disabled	15.4	6.5
	Not disabled	10.6	2.7

Among all adults, the percentage who reported ^athat they had ever used prescription drugs, over the counter drugs, or synthetic or designer drugs; or reported ^bhaving ever injected drugs to get high

^cStatistically significant ($p < 0.05$) differences in **bold italics**.

SEATBELT USE

Motor vehicles can be quite dangerous when operated without proper precaution, and one possible source of danger on the road is using seatbelts and driving after drinking alcohol. Seat belt use is mandatory by Michigan law because it saves lives in motor vehicle crashes.

It is estimated that 91 percent of Macomb County adults reported always using seatbelts when driving or riding in a car, compared to 88 percent of adults statewide according to the 2014 MiBRFS. Table 17 indicates that:

- On average, female respondents (93 percent) were slightly more likely than male respondents (88 percent) to report always using a seatbelt, but this difference was not statistically significant.
- Among respondents, seatbelt use increased slightly on average with age, but this difference was again not statistically significant.
- Seatbelt use also did not vary significantly by race/ethnicity, household income, health insurance status, or disability.

Table 17: Percentage Who Reported Always Using Their Seatbelt^a, By Demographic Characteristics

Demographic Characteristics		% Always use seatbelt ^b
Total		90.6
Sex	Male	88.1
	Female	92.9
Age	18-34	86.5
	35-54	90.6
	55-64	93.4
	65+	93.6
Race/Ethnicity	White	90.9
	Black	83.8
	Other	94.0
Household Income	<\$20,000	81.6
	\$20,000-\$34,999	92.0
	\$35,000-49,999	90.1
	\$50,000-74,999	87.6
	\$75,000+	93.3
Have insurance	Insured	91.0
	Uninsured	86.8
Disability	Disabled	91.4
	Not disabled	90.4

^a Among all respondents, the percentage who reported that they always used a seatbelt while driving or riding in a car.

^b Statistically significant ($p < 0.05$) differences in **bold italics**.

CLINICAL PREVENTIVE PRACTICES

ROUTINE CHECKUP

A yearly routine checkup is important for preventative health by ensuring proper immunization and other important preventative practices. In Macomb County, it is estimated that 73 percent of adults reported having had a routine checkup within the past year, which is similar to the 72 percent of Michigan adults in the 2014 MiBRFS. Table 18 indicates that:

- Males (69 percent) reported a significantly lower prevalence of having a routine checkup within the past year than females (78 percent).
- The prevalence of having a routine checkup within the past year increased with age. Nearly 84 percent of those aged 55 and over reported having a checkup within that time period, compared to just 67 percent of those under age 55.
- There was no statistically significant difference between races/ethnicities in the prevalence of reporting having had a routine checkup.
- Although the prevalence of reporting having had a routine checkup showed some variation across different household income levels, these differences were not statistically significant.
- Respondents with health insurance (76 percent) were significantly more likely than those without insurance (46 percent) to report having a routine checkup in the last year.
- Disabled respondents (85 percent) were significantly more likely than respondents without a disability to report having a routine checkup (70 percent) within the last year.

Table 18: Percentage Who Reported Having A Routine Checkup In The Last Year, By Demographic Characteristics

Demographic Characteristics		% Checkup in last year ^a
Total		73.4
Sex	Male	68.5
	Female	77.8
Age	18-34	65.1
	35-54	68.6
	55-64	84.1
	65+	83.5
Race/Ethnicity	White	73.0
	Black	76.8
	Other	74.4
Household Income	<\$20,000	74.1
	\$20,000-\$34,999	72.4
	\$35,000-49,999	58.2
	\$50,000-74,999	69.5
	\$75,000+	74.6
Have insurance	Insured	76.1
	Uninsured	45.7
Disability	Disabled	84.5
	Not disabled	69.8

^aStatistically significant ($p < 0.05$) differences in **bold italics**.

IMMUNIZATIONS/VACCINATIONS

Immunizations against the flu and pneumonia are important, especially for older adults who have a greater risk of severe problems and even death from these diseases. Adults 65 and older are encouraged to be vaccinated against the flu annually and pneumonia at least once as an adult.

Overall, among Macomb County adults, it is estimated that 33 percent reported receiving a flu vaccine within the past year and 36 percent reported ever receiving a pneumonia vaccine. Of those aged 65 years and older, 59 percent reported having been vaccinated against the flu in the past year and 74 percent reported having ever been vaccinated against pneumonia. These rates among those 65 and older were slightly higher than the statewide rates from the 2014 MiBRFS (58 and 69 percent, respectively). Table 19 shows that:

- The prevalence of reporting having received each of these vaccines increased significantly with age, particularly among those aged 65 and up.
- Macomb County adults who have health insurance were estimated to be about twice as likely as those without insurance to report receiving each of these vaccines.
- Disabled adults were significantly more likely than adults without a disability to report receiving each of these vaccines.
- The prevalence of receiving flu and/or pneumonia vaccines did not vary significantly by gender, race/ethnicity, or household income.

Table 19: Percentage Who Reported Immunization Against The Flu^a And Pneumonia^b, By Demographic Characteristics

Demographic Characteristics		% Flu vaccine in past year ^c	% Ever had pneumonia vaccine ^c
Total		33.3	36.3
Sex	Male	34.6	34.2
	Female	32.1	38.2
Age	18-34	21.4	30.0
	35-54	25.7	19.6
	55-64	37.2	33.8
	65+	59.4	74.4
Race/Ethnicity	White	67.5	62.8
	Black	58.1	73.1
	Other	68.2	67.2
Household Income	<\$20,000	27.5	31.8
	\$20,000-\$34,999	33.7	42.6
	\$35,000-\$49,999	30.3	40.2
	\$50,000-\$74,999	37.6	29.3
	\$75,000+	29.0	29.7
Have Insurance	Insured	34.9	38.4
	Uninsured	15.6	15.1
Disability	Disabled	44.3	56.3
	Not disabled	29.2	29.0

^aAmong all adults, the percentage reporting that they had a flu vaccine, either by injection in the arm or sprayed in the nose during the past 12 months.

^bAmong all adults, the percentage reporting that they ever had a pneumococcal vaccine.

^cStatistically significant ($p < 0.05$) differences in **bold italics**.

CHOLESTEROL SCREENING

High blood cholesterol is a major risk factor for stroke and heart disease. Regular screening is important because blood cholesterol can build up slowly for many years even without any symptoms developing and without the individual being aware of it. Early detection through screening can lead to corrective action or treatment and improve health outcomes. An estimated 80 percent of Macomb County adults reported having their cholesterol checked within the past five years. This is comparable to the 79.4% reported in the 2013 Michigan Behavioral Risk Factor Surveillance Survey Report. Table 20 indicates that:

- The prevalence of reported cholesterol screening within the past five years increased with age. Over 96 percent of those aged 65 or older said they had been checked recently, which was more than double the 45 percent of those aged 18 to 34.
- Blacks (67 percent) were significantly *less* likely than Whites (80 percent) and other races/ethnicities (89 percent) to report having their cholesterol checked in the past five years.
- The prevalence of reported cholesterol screening within the last five years also generally increased with higher household incomes. Over 86 percent of those with household incomes greater than \$50,000 said they had been checked in the last five years, compared to 74 percent of those with household incomes below \$50,000.
- Respondents with health insurance (82 percent) were significantly more likely than those without insurance (58 percent) to report having their cholesterol checked within the past five years.

Table 20: Percentage Who Reported Having Their Cholesterol Checked In The Past Five Years^a, By Demographic Characteristics

Demographic Characteristics		% Cholesterol checked in last five years ^b
Total		79.7
Sex	Male	76.8
	Female	82.2
Age	18-34	45.2
	35-54	88.0
	55-64	93.4
	65+	96.2
Race/Ethnicity	White	80.1
	Black	66.6
	Other	88.7
Household Income	<\$20,000	62.7
	\$20,000-\$34,999	83.7
	\$35,000-49,999	75.1
	\$50,000-74,999	87.4
	\$75,000+	86.0
Have insurance	Insured	81.9
	Uninsured	58.0
Disability	Disabled	82.6
	Not disabled	78.6

^aAmong all adults, the proportion reporting that they had their blood cholesterol checked in the past 5 years.

^bStatistically significant ($p < 0.05$) differences in **bold italics**.

HIV TESTING

Testing for the human immunodeficiency virus (HIV) can provide early detection of an infection, an early start on treatment, and increased health outcomes for those who have the virus. About 40 percent of Macomb County adults between the ages of 18 and 64 reported having ever been tested for HIV, which is equal to the statewide average among the same age group according to the 2014 MiBRFS. Table 21 indicates that:

- Females (46 percent) were significantly more likely than males (35 percent) to report ever having an HIV test.
- Blacks (62 percent) were significantly more likely than Whites (39 percent) and other races/ethnicities (37 percent) to report ever having an HIV test.
- The reported prevalence of HIV testing was significantly lower for those between the ages of 55 and 64. Less than 27 percent of respondents in that age group said they had ever had an HIV test, compared to 45 percent of adults younger than 55.

Table 21: Percentage Who Reported Ever Having An HIV Test^a, By Demographic Characteristics

Demographic Characteristics		% Tested for HIV ^b
Total		40.1
Sex	Male	35.4
	Female	45.9
Age	18-34	38.5
	35-54	48.9
	55-64	26.6
Race/Ethnicity	White	38.8
	Black	61.8
	Other	37.0
Household Income	<\$20,000	48.4
	\$20,000-\$34,999	55.1
	\$35,000-49,999	40.0
	\$50,000-74,999	40.7
	\$75,000+	35.2
Have insurance	Insured	41.0
	Uninsured	40.4
Disability	Disabled	46.5
	Not disabled	39.2

^aAmong adults aged 18-64 years, the proportion reporting that they had ever been tested for HIV, apart from tests that were part of a blood donation.

^bStatistically significant ($p < 0.05$) differences in **bold italics**.

COLORECTAL CANCER SCREENING

In the United States, colorectal cancer is one of the most commonly diagnosed cancers and a leading cause of cancer deaths. The main screening procedures used to detect colorectal cancer include blood stool tests, sigmoidoscopy, and colonoscopy. Appropriate screening for colorectal cancer is defined as having had a fecal occult blood test within the past year, a sigmoidoscopy within the past five years, or a colonoscopy within the past ten years.

It is estimated that 54 percent of Macomb County adults aged 50 years and older reported having either a sigmoidoscopy or colonoscopy within the past five years, while 65 percent reported at least some type of appropriate colorectal screening. These rates are lower than the statewide figures reported in the 2014 MiBRFS (58 and 72 percent, respectively). Table 22 indicates that:

- Insured respondents were about twice as likely as uninsured respondents to report having a sigmoidoscopy or colonoscopy within the past five years, and were also more likely to report having had appropriate colorectal cancer screening.
- The prevalence of self-reported appropriate screening for colorectal cancer increased significantly by age and household income of the respondent.
- Disabled adults were more likely than non-disabled adults to report receiving appropriate colorectal cancer screening.

Table 22: Percentage Who Reported Having Recent Screening For Colorectal Cancer^a, By Demographic Characteristics

Demographic Characteristics		% Five year sigmoidoscopy / colonoscopy ^b	% Had appropriate screening ^b
Total		53.8	64.9
Sex	Male	50.5	60.9
	Female	56.6	68.4
Age	50-59	51.2	57.5
	60-69	54.8	70.7
	70+	56.3	69.9
Race/Ethnicity	White	53.7	64.7
	Black	53.6	61.0
	Other	51.3	67.6
Household Income	<\$20,000	38.7	51.1
	\$20,000-\$34,999	50.8	58.0
	\$35,000-\$49,999	54.9	66.7
	\$50,000-\$74,999	59.6	75.3
	\$75,000+	59.8	70.1
Have Insurance	Insured	56.3	66.9
	Uninsured	24.6	41.2
Disability	Disabled	59.2	71.6
	Not disabled	50.8	61.3

^aAmong adults 50 years of age and older, the percentage reporting having a sigmoidoscopy or colonoscopy within the past five years; and the percentage reporting having a fecal occult blood test within the past year, a sigmoidoscopy within the past five years, or a colonoscopy within the past ten years.

^bStatistically significant (p<0.05) differences in **bold italics**.

HEPATITIS C TESTING

Hepatitis C is a liver infection caused by a blood-borne virus, which can cause long-term health problems and sometimes even death. In the United States, it is most commonly transmitted by people sharing needles and other drug paraphernalia. In Macomb County, about 47 percent of adults reported ever having been tested for Hepatitis C. Table 23 shows that:

- Hepatitis C testing was more common among younger age groups. Nearly 59 percent of those under the age of 55 said they had been tested, compared to just 25 percent of those 55 years old and above.
- Non-White respondents were significantly more likely than Whites to report having been tested for Hepatitis C.
- Adults without health insurance (72 percent) were more likely than the insured (45 percent) to report having been tested for Hepatitis C.
- On average, the prevalence of Hepatitis C testing was higher among those with lower household incomes. However, this difference was not statistically significant.
- The prevalence of reported Hepatitis C testing did not vary by sex or disability status.

Table 23: Percentage Who Reported Ever Having A Hepatitis C Test^a, By Demographic Characteristics

Demographic Characteristics	% Tested for Hepatitis C^b	
Total	47.2	
Sex	Male	45.9
	Female	48.5
Age	18-34	56.0
	35-54	60.7
	55-64	27.8
	65+	22.5
Race/Ethnicity	White	42.8
	Black	70.2
	Other	77.6
Household Income	<\$20,000	66.6
	\$20,000-\$34,999	51.5
	\$35,000-\$49,999	54.9
	\$50,000-\$74,999	54.5
	\$75,000+	38.0
Have insurance	Insured	45.4
	Uninsured	71.5
Disability	Disabled	51.0
	Not disabled	46.1

^aAmong all adult, the proportion reporting that they had ever been tested for Hepatitis C.

^bStatistically significant ($p < 0.05$) differences in **bold italics**.

CHRONIC CONDITIONS

ASTHMA

Asthma is characterized by difficulty of breathing. Among Macomb County adults, 18 percent said they had ever been told by a health care professional that they have asthma, and 13 percent reported that they currently have it. These rates are slightly higher than the statewide rates in the 2014 MiBRFS (15 and 11 percent, respectively).

Table 24 indicates that:

- The reported prevalence of lifetime and current asthma did not vary to a statistically significant degree by sex, age, race/ethnicity, or household income.
- Adults with health insurance (13 percent) were about twice as likely as those without insurance (6 percent) to report currently having asthma.
- Disabled respondents were also about twice as likely as those without a disability to report having ever been diagnosed with asthma, and about twice as likely to report currently having asthma.

Table 24: Percentage Who Reported Ever^a Or Currently^b Having Asthma, By Demographic Characteristics

Demographic Characteristics		% Lifetime asthma ^c	% Current asthma ^c
Total		17.6	12.7
Sex	Male	16.2	11.4
	Female	18.8	13.8
Age	18-34	19.5	14.9
	35-54	18.6	10.5
	55-64	18.0	15.4
	65+	12.5	11.4
Race/Ethnicity	White	16.8	11.3
	Black	19.7	19.7
	Other	21.6	18.3
Household Income	<\$20,000	12.5	9.1
	\$20,000-\$34,999	20.5	9.8
	\$35,000-\$49,999	11.0	10.2
	\$50,000-\$74,999	25.4	11.4
	\$75,000+	15.1	13.6
Have Insurance	Insured	17.9	13.4
	Uninsured	14.6	6.0
Disability	Disabled	27.6	20.1
	Not disabled	14.1	10.1

^aAmong all adults, the percentage reporting that they were ever told by a doctor, nurse, or other health care professional that they had asthma.

^bAmong all adults, the percentage reporting that they still have asthma.

^cStatistically significant ($p < 0.05$) differences in **bold italics**.

CHILDHOOD ASTHMA

An estimated 19 percent of Macomb County children have ever been told by a health care professional that they have asthma, and 11 percent reportedly had it at the time of the survey.

Table 25 shows that:

- The reported prevalence of Macomb County children ever having been diagnosed with asthma did not vary significantly by sex, age, race/ethnicity, household income, or health insurance status.
- Macomb County children living in homes with lower household income were more likely than those in higher income homes to have asthma currently. Almost 29 percent of those with household incomes below \$20,000 reportedly have asthma currently, compared to just 4 percent of those with household incomes of \$75,000 or more.
- The reported prevalence of current childhood asthma did not vary significantly by sex, age, or health insurance status.

Table 25: Percentage of Children Reported As Ever^a Or Currently^b Having Asthma, By Demographic Characteristics

Demographic Characteristics	% ^c		
	Lifetime asthma ^c	% Current asthma ^c	
Total	19.4	10.8	
Sex	Male	22.3	11.4
	Female	16.7	10.4
Age	0-5	11.1	11.1
	6-13	26.4	11.9
	14-18	22.7	11.6
Race/Ethnicity	White	16.4	8.9
	Black	31.7	19.1
	Other	22.2	10.0
Household Income	<\$20,000	35.6	28.6
	\$20,000-\$34,999	25.5	11.7
	\$35,000-\$49,999	13.1	1.0
	\$50,000-\$74,999	9.4	4.7
	\$75,000+	12.6	4.4
	Have Insurance	Insured	20.0
	Uninsured	12.9	7.0

^aAmong all children, the percentage who reportedly were ever told by a doctor, nurse, or other health care professional that they had asthma.

^b Among all children, the percentage who reportedly still have asthma.

^cStatistically significant ($p < 0.05$) differences in **bold italics**.

CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

Chronic Obstructive Pulmonary Disease (COPD) results in coughing, wheezing, and shortness of breath. Cigarette smoking is associated with COPD. It is estimated that eight percent of Macomb County adults reported ever being told they have COPD, emphysema, or chronic bronchitis, which is slightly lower than the nine percent of adults statewide who reported this in the 2014 MiBRFS. According to Table 26:

- The prevalence of COPD was similar across both gender and race. Females were, on average, slightly more likely to report having been told they have it, but this difference was not statistically significant.
- The prevalence of COPD increased with age such that those 65 years of age and older (18 percent) were about eight times as likely as those aged 18 to 34 (2 percent) to report having it.
- Macomb County adults with lower household incomes were more likely to report being diagnosed with COPD. Over 15 percent of those with household incomes below \$20,000 reported being told they have it, compared to less than 4 percent of those with household incomes of \$75,000 or more.
- Respondents with health insurance were over six times more likely than those without insurance to report being diagnosed with COPD.
- Disabled respondents were about 4 times more likely than those without a disability to report being diagnosed with COPD.

Table 26: Percentage Who Report Ever Being Told They Have COPD^a, By Demographic Characteristics

Demographic Characteristics	% Ever told COPD ^b	
Total	8.0	
Sex	Male	6.9
	Female	9.1
Age	18-34	2.3
	35-54	5.5
	55-64	10.3
	65+	18.4
Race/Ethnicity	White	7.6
	Black	10.3
	Other	7.1
Household Income	<\$20,000	15.5
	\$20,000-\$34,999	10.0
	\$35,000-49,999	5.6
	\$50,000-74,999	7.5
	\$75,000+	3.5
	Have insurance	Insured
Uninsured		1.3
Disability	Disabled	18.4
	Not disabled	4.5

^aAmong all adults, the proportion reporting ever being told by a doctor that they had chronic obstructive pulmonary disease (COPD), emphysema, or chronic bronchitis.

^bStatistically significant ($p < 0.05$) differences in **bold italics**.

ARTHRITIS

Arthritis is a leading cause of disability in the United States. About 30 percent of Macomb County adults reported being told by a doctor, nurse, or health care professional that they have arthritis, which is slightly less than the 32 percent of adults statewide who reported this in the 2014 MiBRFS. Table 27 shows that:

- The self-reported prevalence of arthritis did not vary significantly by sex or health insurance status.
- The prevalence of arthritis increased with age. Seven percent of those 18 to 34 reported ever being told they had arthritis, while 59 percent of individuals 65 and older reported being told they had it.
- Blacks (13 percent) were significantly *less* likely than Whites and other races /ethnicities to report having ever been diagnosed with arthritis.
- Those with household incomes below \$35,000 (38 percent) were significantly more likely than those with household incomes of \$75,000 or more (21 percent) to have been diagnosed with arthritis.
- Disabled adults (58 percent) were over two times more likely than non-disabled adults (21 percent) to report having been diagnosed with arthritis.
- The same significance patterns seen with the groups most likely to have been diagnosed with arthritis are the same as those most likely to say they cannot do everything they would like to do because of their symptoms. In general, around 83 percent of those diagnosed with arthritis reported that the symptoms limit what they can do at least somewhat.

Table 27: Percentage Who Report Ever Being Told They Have Arthritis And That The Symptoms Limit What They Can Do^a, By Demographic Characteristics

Demographic Characteristics		% Ever told arthritis ^b	% Limited by arthritis ^b
Total		30.4	25.4
Sex	Male	27.3	21.8
	Female	33.2	28.9
Age	18-34	6.9	5.5
	35-54	28.4	23.1
	55-64	38.8	34.0
	65+	58.5	50.4
Race/Ethnicity	White	32.5	28.3
	Black	12.5	10.4
	Other	24.1	22.6
Household Income	<\$20,000	31.3	26.6
	\$20,000-\$34,999	44.0	39.0
	\$35,000-49,999	24.1	23.3
	\$50,000-74,999	32.9	29.5
	\$75,000+	20.8	16.0
Have insurance	Insured	30.6	25.9
	Uninsured	28.3	22.2
Disability	Disabled	57.8	56.1
	Not disabled	21.2	15.8

^aAmong all adults, the proportion reporting ever being told by a doctor that they had some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia; and the ^bproportion reporting that as of today, they can do less than everything they would like to do because of their arthritis or joint symptoms.

^bStatistically significant ($p < 0.05$) differences in **bold italics**.

CARDIOVASCULAR DISEASE

Heart disease is one of the leading causes of death in both Michigan and the United States. The probability of getting heart disease can be decreased through healthy behavior, such as eating a healthy diet and exercise.

About five percent of Macomb county adults have been estimated to have been diagnosed with a heart attack, compared to four percent for angina and four percent for stroke. This is about on par with the statewide rates according to the 2014 MiBRFS (five, five, and three percent, respectively). Table 28 indicates that:

- Males were about twice as likely to report being diagnosed with a heart attack or angina, while the reported prevalence of stroke was similar by sex.
- The prevalence of all three conditions increased at higher ages, especially among those 65 years of age and older.
- Whites (5 percent) were more likely than Blacks (1 percent) and other races/ethnicities (2 percent) to report having been diagnosed with heart attack, while the prevalence of stroke and angina were similar by race/ethnicity.
- Those with household incomes of \$75,000 or more (1 percent) were less likely than those with household incomes below \$75,000 (5 percent) to report being diagnosed with angina. The prevalence of the other disease did not show statistically significant variation by household income.
- Disabled individuals were about three times more likely than those without a disability to report being diagnosed with each of these conditions.

Table 28: Percentage who reported ever being diagnosed with heart attack^a, angina^b, or stroke^c, by demographic characteristics

Demographic Characteristics		% Heart attack ^d	% Angina ^d	% Stroke ^d
Total		4.6	4.1	3.5
Sex	Male	6.4	6.0	3.4
	Female	3.0	2.4	3.6
Age	18-34	0.4	0.0	0.4
	35-54	2.6	1.4	3.1
	55-64	2.2	2.9	4.4
	65+	16.2	16.1	7.6
Race/Ethnicity	White	4.9	4.0	3.4
	Black	0.8	3.4	1.0
	Other	1.9	1.8	7.1
Household Income	<\$20,000	5.1	4.9	2.8
	\$20,000-\$34,999	5.4	6.2	5.8
	\$35,000-\$49,999	5.3	4.1	1.4
	\$50,000-\$74,999	6.1	6.3	6.5
	\$75,000+	2.4	1.3	1.6
Have Insurance	Insured	4.6	4.3	3.6
	Uninsured	4.3	1.9	2.8
Disability	Disabled	9.9	9.1	7.3
	Not disabled	2.8	2.4	2.3

Among all adults, the percentage reporting that they were ever told by a doctor, nurse, or other healthcare professional that: ^athey had a heart attack or myocardial infarction, ^bthey had angina or coronary heart disease, or ^cthey had a stroke.

^dStatistically significant ($p < 0.05$) differences in **bold italics**.

CANCER

According to the American Cancer Society, there will be about 1.7 million new cases of cancer this year. In Macomb County, six percent of adults had ever been told they had skin cancer, seven percent had been told they ever had any other type of cancer other than skin cancer, and eleven percent have been told they have any type of cancer. This is very similar to statewide rates for Michigan in the 2014 MiBRFS (six, eight, and twelve percent, respectively). Table 29 shows that:

- Females (14 percent) reported a significantly higher prevalence of cancer than males (8 percent).
- The prevalence of cancer increased significantly with age. Over 28 percent of those age 65 years and older said they had been diagnosed with some kind of cancer, compared to less than one percent of those aged 18 to 34.
- Whites were significantly more likely than Blacks and other races/ethnicities to report having been diagnosed with skin cancer and other forms of cancer.
- Uninsured Macomb County adults (12 percent) were about three times more likely than uninsured adults (4 percent) to have been diagnosed with some type of cancer.
- Disabled adults (19 percent) were about twice as likely as non-disabled adults (9 percent) to have been diagnosed with some type of cancer.

Table 29: Percentage Who Reported Ever Being Diagnosed With Skin Cancer^a, Any Other Type Of Cancer^b, Or Any Type Of Cancer^c, By Demographic Characteristics

Demographic Characteristics		% Skin cancer ^d	% Other cancer ^d	% Any cancer ^d
Total		5.7	6.6	11.2
Sex	Male	4.5	4.9	8.2
	Female	6.8	8.1	13.8
Age	18-34	0.0	0.7	0.7
	35-54	5.8	5.3	11.1
	55-64	3.6	5.4	7.9
	65+	14.7	17.8	28.3
Race/Ethnicity	White	6.6	7.4	12.9
	Black	0.0	0.5	0.5
	Other	1.6	2.1	2.9
Household Income	<\$20,000	3.9	7.5	10.3
	\$20,000-\$34,999	12.7	7.8	18.5
	\$35,000-\$49,999	2.0	6.2	7.8
	\$50,000-\$74,999	7.9	5.6	13.1
	\$75,000+	4.5	6.2	9.3
Have Insurance	Insured	6.2	6.9	12.0
	Uninsured	0.0	3.6	3.7
Disability	Disabled	10.0	10.8	18.6
	Not disabled	4.2	5.1	8.6

Among all adults, the percentage reporting that they were ever told by a doctor that: ^athey had skin cancer, ^bthey had a form of cancer other than skin cancer, or ^cthey had either skin cancer or any other type of cancer.

^dStatistically significant ($p < 0.05$) differences in **bold italics**.

CANCER (FAMILY HISTORY)

Some types of cancer, including breast and ovarian cancer, have a genetic link. This means that if a person has a family history of biological relatives having had these types of cancer, they may be at higher risk of developing cancer themselves. In Macomb County, an estimated 54 percent of adult women reported having at least one biological relative who had been diagnosed with breast cancer, and around 13 percent reported a biological relative with ovarian cancer. Table 30 indicates that:

- Women without health insurance (84 percent) were significantly more likely than insured women (53 percent) to report having at least one biological relative with diagnosed breast cancer.
- Although the prevalence of reporting a family history of breast and ovarian cancer decreased among higher age groups, this difference was not statistically significant.
- The prevalence of breast cancer and ovarian cancer among biological relatives did not vary significantly by race/ethnicity, household income, or disability status.

Table 30: Percentage Who Reported Breast Cancer Or Ovarian Cancer Diagnosis Among Biological Relatives^a, By Demographic Characteristics

Demographic Characteristics		% Family breast cancer ^b	% Family ovarian cancer ^b
Total		54.2	13.4
Age	18-34	63.0	23.7
	35-54	54.8	10.3
	55-64	57.3	9.5
	65+	39.5	7.9
Race/Ethnicity	White	52.6	10.7
	Black	68.5	21.6
	Other	55.9	35.0
Household Income	<\$20,000	45.2	20.4
	\$20,000-\$34,999	66.2	11.3
	\$35,000-\$49,999	37.8	12.4
	\$50,000-\$74,999	70.5	5.9
	\$75,000+	54.8	20.8
Have Insurance	Insured	52.5	12.8
	Uninsured	83.7	24.5
Disability	Disabled	65.3	7.9
	Not disabled	49.9	15.6

^aAmong adult women, the percentage reporting that at least one biological relative had been diagnosed with breast cancer or ovarian cancer.

^bStatistically significant ($p < 0.05$) differences in **bold italics**.

DIABETES

Eleven percent of Macomb County adults reported being diagnosed with diabetes, which is similar to the ten percent of adults statewide who reported this in the 2014 MiBRFS. Another one percent said that they were diagnosed with prediabetes, a condition that makes a person more likely to develop diabetes, heart disease, or stroke. Table 31 indicates that:

- The prevalence of reported prediabetes increased with the age of the respondent, but did not vary significantly by sex, race, household income, insurance status, or disability status.
- Male and female respondents reported similar rates of diagnosed diabetes.
- The prevalence of diagnosed diabetes also did not differ significantly by race/ethnicity.
- The prevalence of diabetes increased dramatically with age, as individuals 65 years of age and older (28 percent) were almost 14 times more likely than those aged 18 to 34 (2 percent) to report having been diagnosed with it.
- The prevalence of diabetes was higher among those with lower household income levels. Over 16 percent of those with household incomes below \$20,000 reported being diagnosed, compared to less than five percent of those with household incomes of \$75,000 and above.
- Disabled respondents (22 percent) were more than three times as likely as those without disabilities (7 percent) to report being diagnosed with diabetes.
- The prevalence of diabetes did not show statistically significant variation by sex or health insurance status.

Table 31: Percentage Who Reported Being Diagnosed With Prediabetes^a Or Diabetes^b, By Demographic Characteristics

Demographic Characteristics		% Told pre-diabetes ^c	% Told diabetes ^c
Total		1.2	10.8
Sex	Male	0.9	12.7
	Female	1.5	9.0
Age	18-34	1.3	2.0
	35-54	0.2	7.9
	55-64	1.0	10.8
	65+	3.1	27.9
Race/Ethnicity	White	1.1	10.1
	Black	0.3	7.7
	Other	2.8	9.2
Household Income	<\$20,000	0.5	16.1
	\$20,000-\$34,999	4.9	9.7
	\$35,000-\$49,999	0.9	9.7
	\$50,000-\$74,999	0.2	13.3
	\$75,000+	0.3	5.5
Have Insurance	Insured	1.1	11.3
	Uninsured	1.6	5.9
Disability	Disabled	1.4	21.8
	Not disabled	1.1	7.0

Among all adults, the percentage reporting that they were ever told by a doctor that they had ^aprediabetes or ^bdiabetes. Women who were told that they had diabetes only during pregnancy were classified as not having been diagnosed.

*^cStatistically significant ($p < 0.05$) differences in **bold italics**.*

KIDNEY DISEASE

Kidney disease is a disease in which the kidneys cannot filter fluids properly and is associated with diabetes and high blood pressure. Almost four percent of Macomb County adults reported that they had ever been told they had kidney disease, which is about equal to the statewide prevalence reported in the 2014 MiBRFS. Table 32 indicates that:

- The prevalence of diagnosed kidney disease did not vary to a statistically significant degree by sex, age, or race/ethnicity.
- On average, the prevalence of self-reported kidney disease was highest among those with low household incomes. However, this difference was not statistically significant.
- Macomb County adults with health insurance (four percent) were about four times more likely than those without insurance (one percent) to report having been told they have kidney disease.
- Disabled individuals (11 percent) were roughly 10 times more likely than non-disabled individuals (1 percent) to report having been diagnosed with kidney disease.

Table 32: Percentage who report ever being told they have kidney disease^a, by demographic characteristics

Demographic Characteristics		% Told kidney disease ^b
Total		3.6
Sex	Male	2.2
	Female	4.9
Age	18-34	3.1
	35-54	3.9
	55-64	3.8
	65+	3.5
Race/Ethnicity	White	3.5
	Black	2.5
	Other	6.0
Household Income	<\$20,000	6.4
	\$20,000-\$34,999	10.8
	\$35,000-\$49,999	2.9
	\$50,000-\$74,999	2.8
	\$75,000+	0.8
Have insurance	Insured	3.9
	Uninsured	0.8
Disability	Disabled	10.8
	Not disabled	1.1

^aAmong all adults, the proportion reporting ever being told by a doctor that they had kidney disease, not including kidney stones, bladder infections, or incontinence.

^bStatistically significant ($p < 0.05$) differences in **bold italics**.

DEPRESSION

It is estimated that about 18 percent of Macomb County adults said they had been diagnosed with depression, which is slightly below the statewide rate of 20.5 percent in the 2014 MiBRFS. Table 33 shows that:

- On average, females (22 percent) were more likely than males (15 percent) to be diagnosed with depression, but this difference was not statistically significant.
- Respondents of different races/ethnicities reported statistically similar rates of depression.
- The prevalence of reported depression decreased with age. Roughly 20 percent of those between the ages of 18 and 64 said they had been diagnosed, compared to nine percent of those aged 65 years and older.
- The prevalence of depression also decreased with higher household incomes. Over one-fourth (26 percent) of those with household incomes below \$50,000 said they had been diagnosed, compared to just one-tenth (10 percent) of respondents with household incomes of \$75,000 or more.
- Disabled individuals (43 percent) were over four times more likely than non-disabled individuals (10 percent) to report ever having been diagnosed with depression.

Table 33: Percentage Who Report Ever Being Told They Have Depression^a, By Demographic Characteristics

Demographic Characteristics	% Ever told depression^b	
Total	18.3	
Sex	Male	14.8
	Female	21.6
Age	18-34	19.6
	35-54	21.8
	55-64	19.1
	65+	9.4
Race/Ethnicity	White	18.2
	Black	24.6
	Other	12.9
Household Income	<\$20,000	26.9
	\$20,000-\$34,999	25.5
	\$35,000-\$49,999	14.4
	\$50,000-\$74,999	18.6
	\$75,000+	9.6
	Have insurance	Insured
	Uninsured	12.1
Disability	Disabled	43.0
	Not disabled	9.8

^aAmong all adults, the proportion reporting ever being told by a doctor that they had a depressive disorder including depression, major depression, dysthymia, or minor depression.

^bStatistically significant ($p < 0.05$) differences in **bold italics**.

OTHER HEALTH CONCERNS

COGNITIVE DECLINE

Individuals experiencing cognitive decline (defined here as confusion or memory loss that is happening more often or is getting worse) may have an increased risk of developing Alzheimer's or dementia. An estimated 11 percent Macomb County adults 50 years old and above reported experiencing cognitive decline within the past 12 months. Table 34 indicates that:

- The reported prevalence of cognitive decline did not vary significantly by sex, age, race/ethnicity, or health insurance status.
- On average, the prevalence of cognitive decline decreased with greater household income. However, this difference was not statistically significant.
- Disabled adults (25 percent) were about eight times more likely than non-disabled adults to report experiencing confusion or memory loss happening more often or getting worse during the past 12 months.

Table 34: Percentage Reporting Cognitive Decline Getting Worse In The Past 12 Months^a, By Demographic Characteristics

Demographic Characteristics	% Cognitive decline^b
Total	11.3
Sex	
Male	9.2
Female	13.2
Age	
50-59	13.1
60-69	8.7
70+	11.0
Race/Ethnicity	
White	10.5
Black	32.4
Other	3.7
Household Income	
<\$20,000	27.5
\$20,000-\$34,999	15.1
\$35,000-\$49,999	17.6
\$50,000-\$74,999	9.2
\$75,000+	5.2
Have insurance	
Insured	11.0
Uninsured	14.8
Disability	
Disabled	25.2
Not disabled	3.1

^aAmong all adults, the proportion who reported that during the last 12 months, they have experienced confusion or memory loss that is happening more often or is getting worse.

^bStatistically significant ($p < 0.05$) differences in **bold italics**.

FAMILY PLANNING

Family planning refers to the process of deciding if and when to have children, as well as the plan of action for carrying out those decisions. Proper family planning provides health and well-being benefits for both women and families, including avoiding unwanted pregnancies, protecting against sexually transmitted diseases, and assisting those who have difficulty conceiving by natural means. Medical professionals can help provide trustworthy information and safe, effective options. It is estimated that nearly 56 percent of Macomb County women between the ages of 18 and 50 report having discussed pregnancy planning or prevention with a doctor or other health professional. The figures in Table 35 show that:

- On average, women younger than 35 years old were more likely to report having discussed family planning with a health professional than women 35 and older. However, this difference was not statistically significant.
- The prevalence of discussing family planning with a doctor also did not vary significantly by race/ethnicity, health insurance status, or disability.
- The prevalence of discussing family planning with a doctor varied significantly by income, but the nature of the relationship is not entirely clear. Women with household incomes between \$20,000 and \$34,999, or between \$50,000 and \$74,999, were least likely to say they had discussed it with a health professional, while those with household incomes between \$35,000 and \$49,999 were the most likely.

Table 35: Percentage Reporting Having Discussed Family Planning With A Doctor Or Nurse^a, By Demographic Characteristics

Demographic Characteristics		% Discussed with doctor ^b
Total		55.6
Age	18-34	60.0
	35-50	51.5
Race/Ethnicity	White	56.3
	Black	59.3
	Other	43.5
Household Income	<\$20,000	52.2
	\$20,000-\$34,999	38.8
	\$35,000-\$49,999	81.4
	\$50,000-\$74,999	38.7
	\$75,000+	64.2
Have insurance	Insured	54.6
	Uninsured	65.9
Disability	Disabled	44.6
	Not disabled	58.4

^aAmong females between the ages of 18 and 50, the proportion reporting having discussed pregnancy planning or prevention with a health professional.

^bStatistically significant ($p < 0.05$) differences in **bold italics**.

FOOD ACCESS

Eating a diet that includes fresh fruits and vegetables provides vital nutrients and can reduce the risk of some chronic diseases. However, some people may lack convenient access to a full service grocery store where such foods are reliably available. In Macomb County, it is estimated that nearly one-fourth (25 percent) of adult respondents reported that the distance from their home to a full service grocery store makes it difficult for them to buy the variety and quality of fresh fruits and vegetables they would like at least some of the time. Table 36 indicates that:

- Reported access to fresh fruits and vegetables is, by far, most limited for those with lower incomes. Specifically, almost 47 percent of those with household incomes below \$20,000 reported limited access, compared to just 18 percent of those with household incomes of \$75,000 and above.
- Disabled individuals (34 percent) were significantly more likely than those without disabilities (21 percent) to report having their access to fruits and vegetables limited due to the distance to a full service grocery store.
- Access to fresh fruits and vegetables did not vary significantly by sex, age, race/ethnicity, or health insurance status.

Table 36: Percentage Who Reported Limited Access To Fresh Fruits And Vegetables^a, By Demographic Characteristics

Demographic Characteristics	% Limited access ^b
Total	24.5
Sex	
Male	23.9
Female	25.2
Age	
18-34	27.2
35-54	22.9
55-64	27.0
65+	22.2
Race/Ethnicity	
White	24.6
Black	32.1
Other	17.6
Household Income	
<\$20,000	46.8
\$20,000-\$34,999	33.1
\$35,000-49,999	26.2
\$50,000-\$74,999	18.5
\$75,000+	18.1
Have insurance	
Insured	23.1
Uninsured	38.8
Disability	
Disabled	34.4
Not disabled	20.8

^aAmong all adults, the proportion reporting that the distance from their home to a full service grocery store makes it difficult to buy the variety and quality of fresh fruits and vegetables they would like, at least some of the time.

^bStatistically significant ($p < 0.05$) differences in **bold italics**.

FISH CONSUMPTION

Fish and seafood are important sources of omega-3 fatty acids and other vital nutrients. The American Heart Association recommends eating fish at least twice a week because it can provide health benefits such as reduced risk of heart disease, lower blood pressure, and better blood vessel function. It is estimated that about 23 percent of Macomb County adults consume fish at least two times per week. Table 37 indicates that:

- Men (30 percent) were about twice as likely as women (15 percent) to report eating fish at least twice a week.
- The reported prevalence of eating fish twice a week generally increased on average with higher ages, but this difference was not statistically significant.
- The reported frequency of fish consumption also did not vary significantly by race/ethnicity, household income, insurance status, or disability.

Table 37: Percentage Who Reported Eating Fish At Least Two Times A Week^a, By Demographic Characteristics

Demographic Characteristics		% Eat fish twice a week ^b
Total		22.6
Sex	Male	30.4
	Female	15.2
Age	18-34	14.2
	35-54	26.0
	55-64	21.8
	65+	28.0
Race/Ethnicity	White	23.2
	Black	23.4
	Other	11.6
Household Income	<\$20,000	17.2
	\$20,000-\$34,999	15.7
	\$35,000-\$49,999	27.5
	\$50,000-\$74,999	18.1
	\$75,000+	28.5
	Have insurance	Insured
Uninsured		13.0
Disability	Disabled	26.6
	Not disabled	21.3

^aAmong all adults, the proportion reporting that they eat fresh, frozen, or canned fish that they purchased from a store or restaurant at least two times per week.

^bStatistically significant ($p < 0.05$) differences in **bold italics**.

GAMBLING

Although some amount of gambling is relatively common, gambling too frequently can lead to addiction in much the same way as drugs and alcohol, and become a compulsive behavior with the potential to cause financial ruin. An estimated 38 percent of Macomb County adults said they had gambled in at least some form within the past 30 days. Table 38 shows that:

- Male respondents (48 percent) were more likely than females (30 percent) to report having gambled within the past 30 days.
- Whites (41 percent) were more likely than Blacks (16 percent) and other races/ethnicities (26 percent) to report having gambled in the last 30 days.
- The prevalence of self-reported gambling activity did not vary significantly by age, household income, health insurance status, or disability status.

Table 38: Percentage Who Reported Gambling In The Past 30 Days^a, By Demographic Characteristics

Demographic Characteristics	% Gambled last 30 days^b
Total	38.4
Sex	
Male	47.5
Female	30.0
Age	
18-34	34.7
35-54	37.6
55-64	38.0
65+	44.9
Race/Ethnicity	
White	41.2
Black	16.0
Other	26.1
Household Income	
<\$20,000	38.2
\$20,000-\$34,999	23.8
\$35,000-\$49,999	49.7
\$50,000-\$74,999	50.1
\$75,000+	40.7
Have insurance	
Insured	39.5
Uninsured	29.9
Disability	
Disabled	43.7
Not disabled	36.7

^aAmong all adults, the proportion reporting that within the past 30 days, they have bet money or possessions on lottery games, pull tabs or lotto, casino gaming, card games, sports betting other than racing, internet betting, bingo, dice games, board games, or other types of wagering.

^bStatistically significant ($p < 0.05$) differences in **bold italics**.