



Rhode Island Adult Health Risks (2010)

This brief examines healthcare access, health screening and health risks for Rhode Island (RI) adults.¹ When available, 2008 information is included for comparison (Chart 1) as are the values for married and unmarried adults (Chart 2). In the text, only those differences in values (over time or between married and unmarried adults) that are statistically 'significant' at the 95% confidence level are noted.² Lastly, all of the 15 measures are unfavorable indicators, so lower/declining values are preferred.

Healthcare Access:

- One in five adults (21%) did not have a routine checkup, and unmarried adults were 1.5 times more likely to not have a routine checkup (26% vs. 17%).
- One in eight adults (12%) did not see a doctor because of unaffordable costs and unmarried adults were 2.5 times more likely to not see a doctor due to cost (19% vs. 7%).
- One in five adults (22%) did not have a dental visit with unmarried adults more likely to not have a dental visit (30% vs. 16%)
- One in three adults (34%) lacked dental insurance and unmarried adults were more likely to lack dental insurance (46% vs. 25%).

Key Findings

From 2008 to 2010, one measure improved ('no colorectal screening') and no measure worsened.

Unmarried RI adults generally engaged in riskier behaviors than their married peers.

Health Screening:

- One in five women (19%) age 40+ did not receive a mammogram and unmarried women were more likely to not have a mammogram (37% vs. 28%).
- Seventeen percent (17%) of women did not receive a Pap test. Thirty-eight percent (38%) of unmarried women did not have a Pap test compared to 8% of married women.
- Forty-two percent (42%) of men age 40+ did not have a prostate screening test. Forty nine percent (49%) of unmarried men did not have a prostate screening test compared to 40% of married men.
- One in four adults (26%) age 50+ never had colorectal screening, but this rate improved significantly (i.e., decreased) from 31% in 2008. Unmarried adults were more likely to not have colorectal screening (30% vs. 23%).

Risk Behaviors:

- Thirty percent (30%) of elderly adults age 65+ did not receive a flu shot.
- Sixteen percent (16%) of adults smoked cigarettes, and unmarried adults were more likely to smoke (21% vs. 12%).
- Sixty three percent of adults (63%) drank alcohol, and drinking was higher among married adults (67% vs. 57%).
- Eight percent (8%) of adults did not wear their seat belts and unmarried adults were more likely to not wear seatbelts (11% vs. 5%).
- One in four adults (26%) did not regularly get enough sleep (or rest).
- One in ten adults (11%) is currently depressed and unmarried adults were twice as likely to feel depressed (16% vs. 7%).
- One in five adults (20%) does not get sufficient social and emotional support with unmarried adults more likely to not receive needed emotional support (27% vs. 15%).

A general lack of improvement in most health indicators from 2008 to 2010 (only one of 15 measures improved) was noted. RI adults still face barriers to accessing medical and dental care, and many do not receive routine health screenings. Overall, married adults have fewer health risks than their unmarried peers.

¹ Data are sourced from the Behavioral Risk Factor Surveillance System (BRFSS), an annual Department of Health survey of non-institutionalized RI adults (Contact: Tara Cooper, 401-222-7628).

² As the RI-BRFSS is a sample survey, if the 95% Confidence Intervals of two values do not overlap, one may conclude (with 95% certainty) there was a 'real' difference between the two values (i.e., the difference was not likely due to sampling bias).

Chart 1: 2008 & 2010 RI Adult Health Measures

(* statistically significant changes)

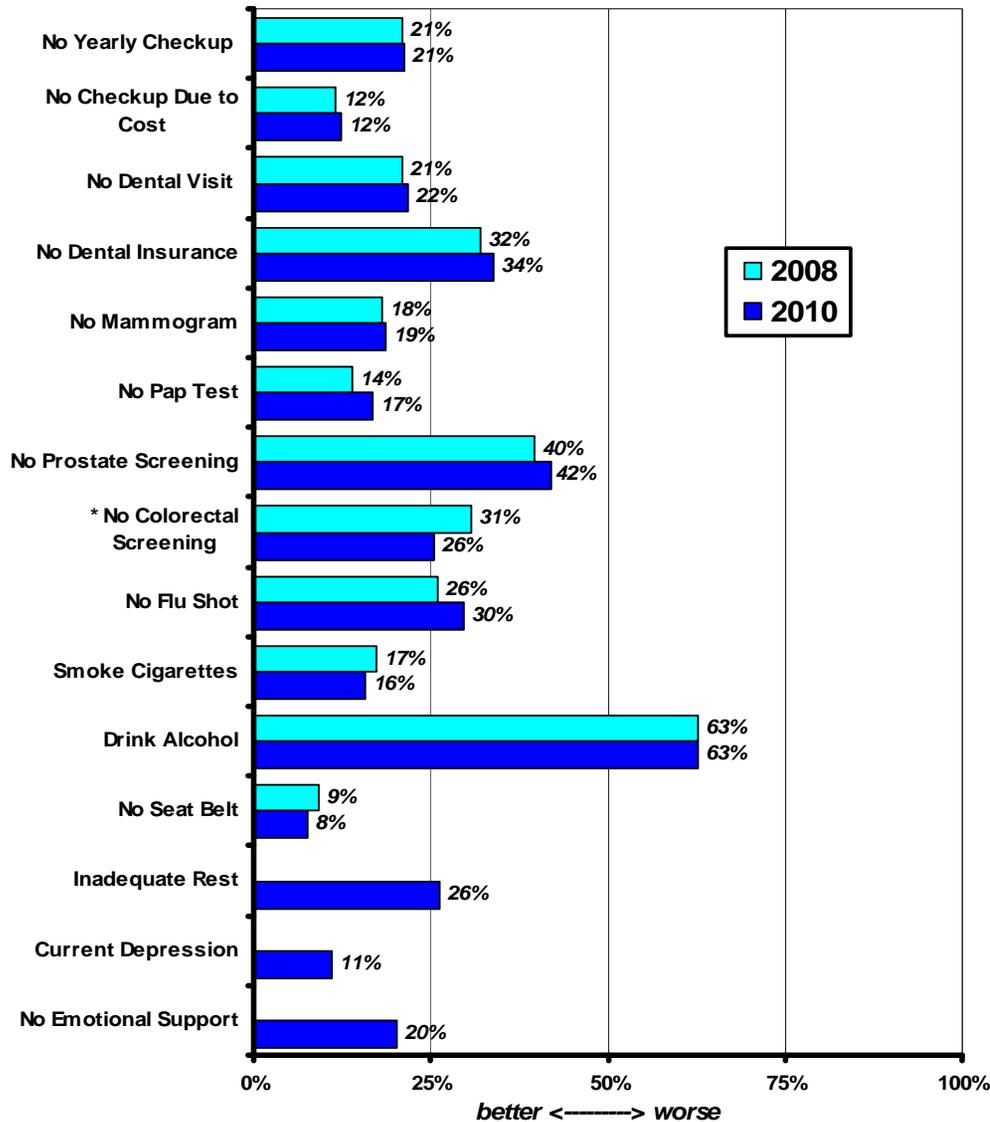
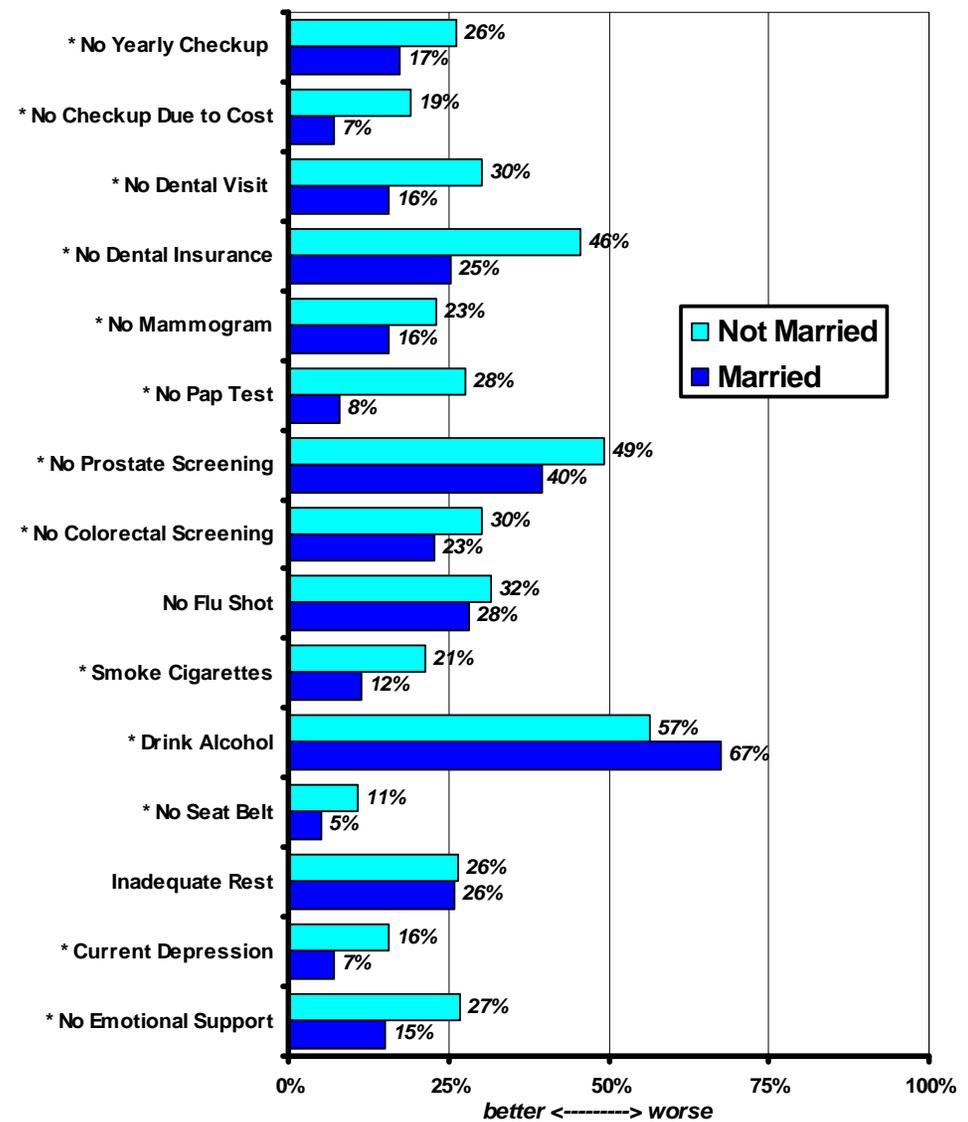


Chart 2: Married & Unmarried 2010 RI Adult Health Measures

(* statistically significant differences)



HEALTHCARE ACCESS MEASURES: No Yearly Checkup (past yr.); No Checkup Due to Cost (did not see a doctor because of high costs, past yr.); No Dental Visit (past yr.); No Dental Insurance (past yr.); HEALTH SCREENING MEASURES: No Mammogram (past 2 yrs., women age 40+); No Pap Test (past 3 yrs., women age 18+); No Prostate Screening (past 2 yrs., men age 40+); No Colorectal Screening (adults age 50+, ever); RISK BEHAVIOR MEASURES: No Flu Shot (past yr., adults 65+); Smoke Cigarettes (smokes cigarettes daily or some days); Drink Alcohol (had 1 drink in past mo.); No Seat Belt (never, seldom, sometimes use seatbelt); Inadequate Rest (for 14+ days, past mo.); Current Depression (mood for past two weeks); No Emotional Support (sometimes, rarely or never has social, emotional support for depression).

This brief was produced with funding from CDC BRFSS Cooperative Agreement 5U58SO000044-03 and with assistance from Yongwen Jiang, PhD and Bruce Cryan, MS, MBA (RI HEALTH).