



RHODE ISLAND DATA BRIEF

Rhode Island Adult Health Risks (2012)

June
2014

Improving access to healthcare screening and preventive services is a critical component of the Affordable Care Act. This brief examines selected 2012 measures of healthcare access, risk behaviors, and preventive services from the Behavioral Risk Factor Surveillance System (BRFSS).¹ The measures are compared with national percentages and parsed by gender. All the measures are unfavorable indicators, so lower/declining values are preferred.² This information is intended to inform policy-makers and programs.

'POSITIVE' INDICATORS:

- Fewer Rhode Island (RI) adults lack health insurance than adults across the US (15.2% vs. 18.4%). RI men (younger than age 65) are more likely to lack health insurance than RI women (17.6% vs. 13.0%)
- One in four RI adults did not access dental services in the past year (26.4%), lower than the national rate (34.5%). Men were more likely than women to have gone a year or more without visiting a dentist or dental clinic (29.6% vs. 23.5%).
- One in four RI adults are obese (25.7%), slightly less than the national rate (27.7%), based on Body Mass Index (BMI). RI males are significantly more likely to be obese than females (27.8% vs. 23.8%).
- Mammography screening was higher in RI than the nation. Nineteen percent of women (aged 40 and older) were not current with their mammography, compared to the national rate of 25.7%.
- One in five (19.2%) RI women did not have a Pap test in the past 3 years compared to 22.4% nationally.
- A lower percentage of RI adults, aged 50 and older, were not screened for colorectal cancer than adults nationally (25.3% vs. 32.6%).

'NEGATIVE' INDICATORS:

- Of the 11 indicators examined, no measure was statistically worse (i.e. higher) than the national value.

'NEUTRAL' INDICATORS:

- One in four RI adults (23.5%) does not exercise, similar to the US rate. RI females, however, are significantly more likely than males to be physically inactive (25.6% vs. 21.3%).
- Seventeen percent of RI adults engage in binge drinking, similar to the US rate. RI adult males, however, engage in binge drinking at a rate nearly twice that of adult females (22.6% vs. 12.3%).
- Seventeen percent of RI adults are smokers, similar to the US rate.
- Among RI adults age 65 years and older, 42.4% did not receive a flu shot in the past twelve months, similar to the US rate.

KEY FINDINGS

Rhode Island adults are more likely than adults across the US to have health insurance.

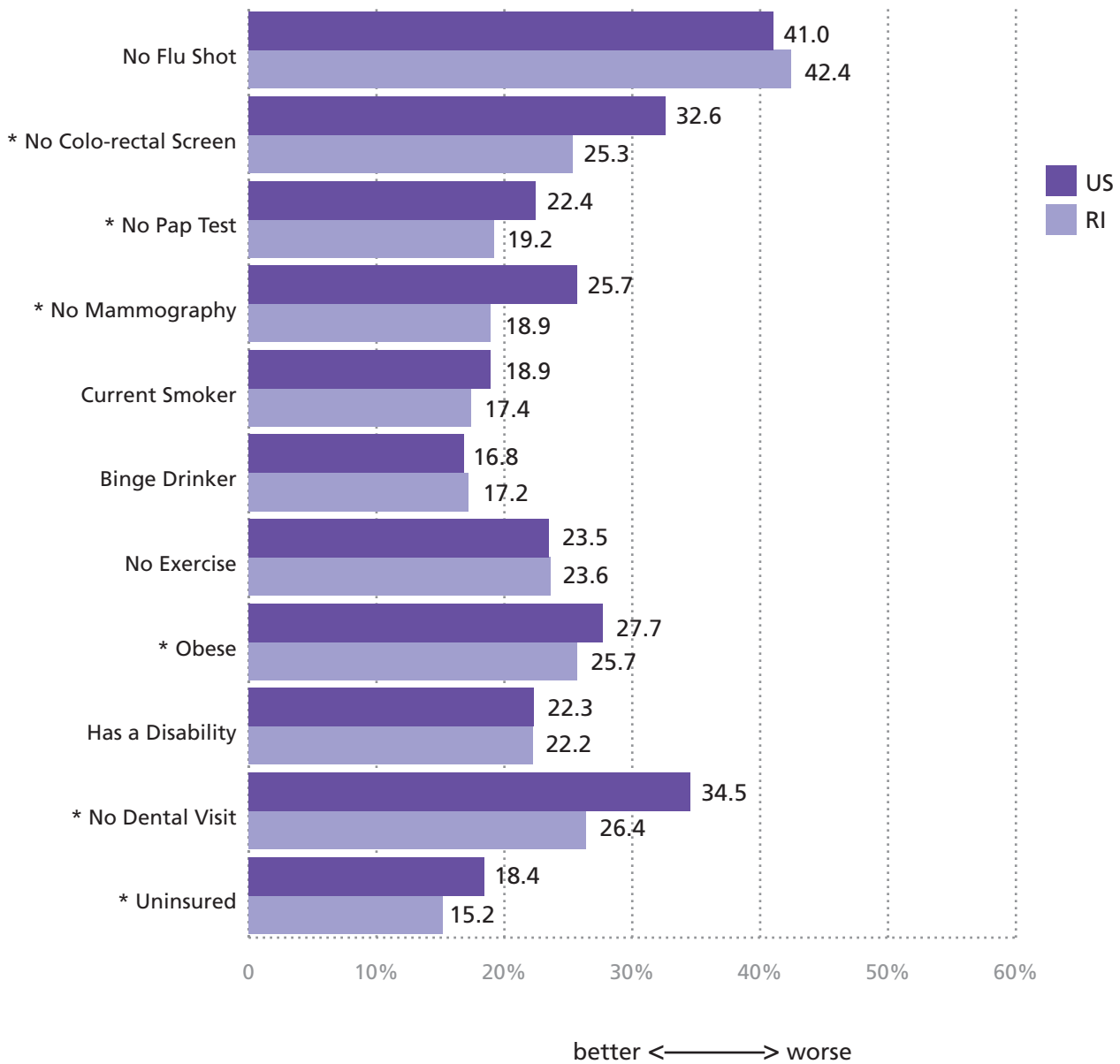
Rhode Island has higher rates of mammography, cervical, and colorectal cancer screening than the nation as a whole.

Health disparities exist among adult men and women in Rhode Island.



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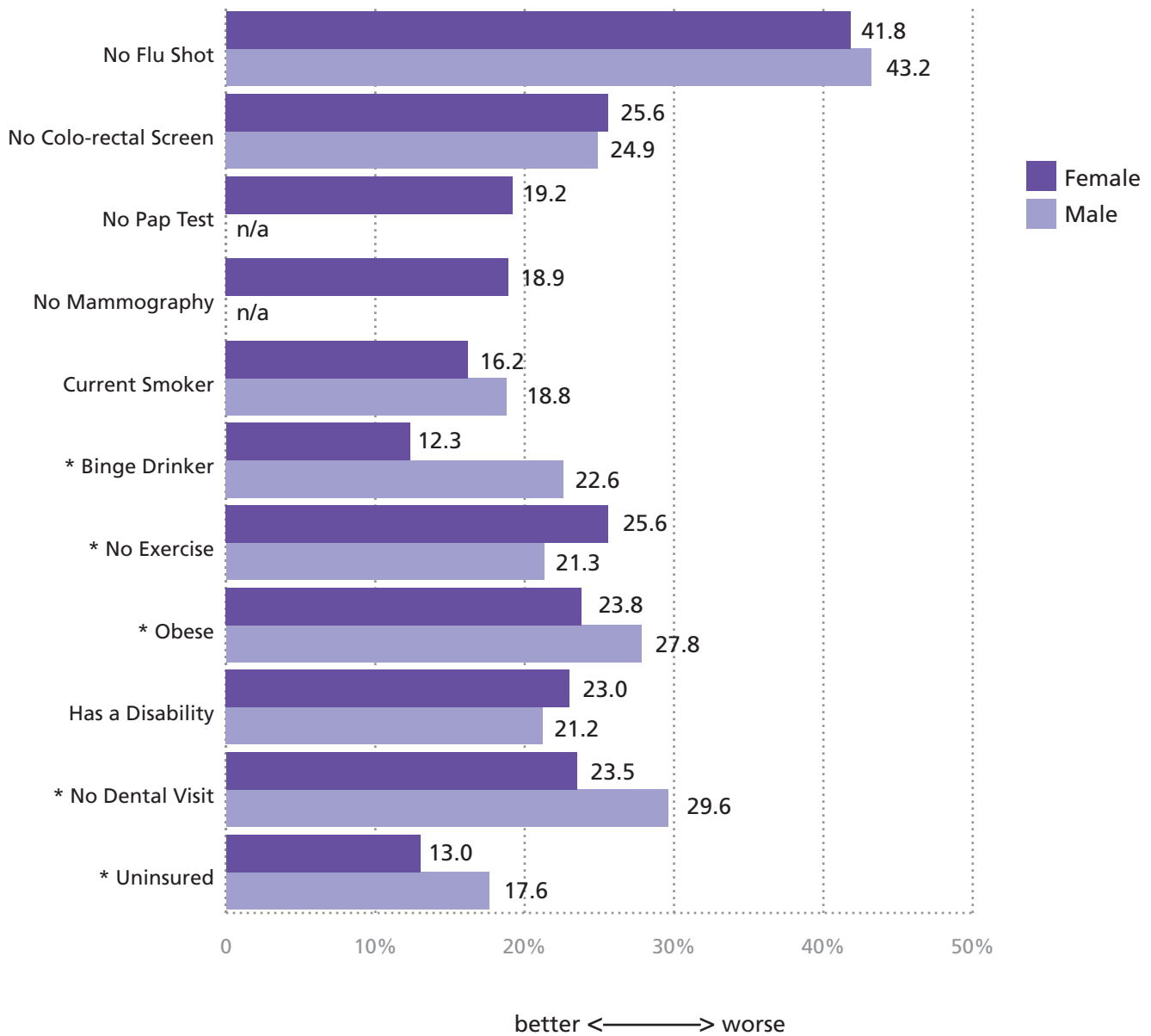
RI AND US ADULT HEALTH MEASURES, 2012



*statistically significant differences

HEALTHCARE ACCESS MEASURES: Uninsured (no healthcare coverage, 18-64 year olds); No Dental Visit (past yr.). CHRONIC CONDITION: Has a Disability (limited in any way in any activities because of physical, mental, or emotional problems or uses special equipment, such as a cane, a wheelchair, a special bed, or a special telephone). RISK BEHAVIOR MEASURES: Obese (Body Mass Index [weight in kilograms/height in meters²] > 30); No Exercise (no physical activity or exercise in past 30 days); Binge Drinker (> 5 drinks for men and > 4 drinks for women per occasion at least once in the previous month); Current Smoker (smokes cigarettes daily or some days). HEALTH SCREENING MEASURES: No Mammography (past 2 yrs., women age 40+); No Pap Test (past 3 yrs., women age 18+); No Colorectal Screen (adults age 50+, ever); No Flu Shot (past yr., adults 65+).

ADULT HEALTH MEASURES BY GENDER, RHODE ISLAND, 2012



*statistically significant differences

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SUMMARY

RI did better than the national rates for 6 of the 11 measures and had similar rates for the other 5 measures. Men are more likely than women to be uninsured, not visit the dentist, be obese, and binge drink; women are more likely than men to have a sedentary lifestyle.

The Rhode Island Department of Health (HEALTH) has set goals and developed action plans to promote physically active lifestyles and has strategized on ways to reduce binge drinking. HEALTH is also working to bring high-quality primary care to all Rhode Islanders, which along with the implementation of the Affordable Care Act will improve access to healthcare. HEALTH is committed to reducing risk behaviors to make optimal health a reality for all RI adults. The RI BRFSS will assist in monitoring progress made.

REFERENCES

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, 401-222-5960 / RI Relay 711, or go to www.health.ri.gov/data/behaviorriskfactor survey).

² In the text, only those differences in values (RI vs. US or between males and females) that are statistically 'significant' at the 95% confidence level are noted. 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).



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