

Adult Behavioral Risk Factor Prevalence, 2019
Statewide and By County

	State	New Castle County	Kent County	Sussex County
Behavioral Risk Factors	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)
Current Cigarette Smoker	15.9% (14.2-17.7)	13.8% (11.2-16.4)	18.5% (15.4-21.6)	18.8% (15.9-21.8)
Total Tobacco Use	21.4% (19.5-23.3)	18.5% (15.6-21.3)	24.9% (21.5-28.3)	25.3% (22.1-28.6)
Obese	34.4% (32.1-36.6)	31.5% (28.1-34.8)	42.0% (37.9-46)	35.3% (31.7-38.8)
Overweight	34.5% (32.3-36.8)	35.3% (31.8-38.8)	31.4% (27.8-35.1)	35.1% (31.5-38.6)
Sedentary	26.6% (24.6-28.6)	24.2% (21.2-27.1)	30.2% (26.5-33.8)	29.5% (26.3-32.8)
Did not meet PA guidelines	36.6% (34.3-38.9)	35.2% (31.7-38.8)	39.3% (35.2-43.4)	37.7% (34.1-41.3)
Did not consume at least five fruits and/or vegetable per day	86.0% (84.4-87.6)	84.4% (81.9-87)	87.3% (84.7-89.9)	88.5% (86.4-90.6)
Binge Drinking	17.2% (15.3-19.2)	19.8% (16.7-22.9)	12.6% (10.1-15.2)	14.8% (12.2-17.5)
Chronic Heavy Drinking	7.3% (5.9-8.6)	7.8% (5.7-10)	5.8% (4-7.6)	7.1% (5.2-9)
No Seatbelt Use	Not Asked			
Chronic Health Conditions				
Disability	25.6% (23.8-27.4)	22.0% (19.4-24.7)	29.1% (25.6-32.6)	31.3% (28.1-34.6)
Diabetes	12.8% (11.4-14.2)	11.8% (9.8-13.9)	13.2% (11-15.5)	14.7% (12.2-17.2)
Prediabetes	11.8% (10.3-13.3)	11.4% (9.2-13.6)	12.9% (9.7-16.1)	11.8% (9.4-14.1)
High Cholesterol	35.4% (33.2-37.6)	33.4% (30.1-36.7)	35.0% (31.3-38.7)	40.3% (36.8-43.8)
Hypertension	36.4% (34.3-38.5)	33.9% (30.7-37)	37.4% (33.7-41.1)	41.4% (38.1-44.8)
Angina or Coronary Heart Disease	4.4% (3.6-5.2)	4.0% (2.8-5.1)	3.9% (2.7-5.1)	5.9% (4.3-7.5)
Coronary Heart Disease or Myocardial Infarction	7.0% (6-8)	5.6% (4.2-7)	6.2% (4.7-7.7)	10.8% (8.7-12.8)
Stroke	4.0% (3.2-4.7)	3.2% (2.2-4.2)	3.7% (2.7-4.8)	5.9% (4.3-7.5)
Skin Cancer	7.3% (6.4-8.3)	6.3% (5-7.6)	5.8% (4.5-7.1)	10.8% (9-12.7)
Other Cancer	8.2% (7.1-9.3)	7.0% (5.4-8.6)	6.5% (5.1-7.9)	12.0% (9.9-14.1)
Asthma	9.8% (8.4-11.2)	9.5% (7.3-11.6)	12.7% (9.9-15.6)	8.5% (6.6-10.4)
COPD	9.8% (8.4-11.2)	9.5% (7.3-11.6)	12.7% (9.9-15.6)	8.5% (6.6-10.4)
Arthritis	27.4% (25.6-29.3)	23.5% (20.7-26.2)	29.5% (26.3-32.6)	35.2% (32-38.4)
Limited Work Ability Due to Arthritis	30.9% (27.4-34.4)	28.6% (22.7-34.5)	31.2% (25.7-36.7)	34.3% (28.9-39.8)
Depressive Disorder	18.8% (17-20.6)	18.9% (16.1-21.7)	18.9% (15.8-22)	18.4% (15.7-21.1)
Vision Impairment	4.9% (4-5.8)	4.8% (3.5-6.1)	5.1% (3.3-6.8)	5.1% (3.7-6.4)
Preventive Medicine: Immunizations and Screenings				
Age ≥ 65 Flu Shot in Past Year†	63.4% (59.6-67.2)	65.1% (58.8-71.5)	58.6% (52.3-64.9)	63.4% (57.5-69.2)
Age ≥ 65 Pneumonia Vaccinet	75.3% (71.9-78.8)	75.2% (69.5-81)	68.6% (62.2-75)	78.7% (73.6-83.7)
Adults Who are at High Risk for HIV	6.3% (5-7.6)	6.6% (4.6-8.7)	6.3% (4.1-8.4)	5.5% (3.7-7.4)
Adults Who Have Been Tested for HIV	45.5% (43-48)	46.0% (42.2-49.8)	49.0% (44.8-53.2)	42.0% (38.2-45.7)
Men 40 + Who Had PSA Test in Past 2 Years	Not Asked			
Age 50+ Who Ever Had Colonoscopy	Not Asked			
Women 50+ Who Had Mammogram In Past 2 Years	Not Asked			
Women Who Had a Pap Test in Past 3 Years	Not Asked			
Visited Dental Clinic In Past Year	Not Asked			
Health Care Coverage/ Health Status				
No Health Insurance (Age 18-64)	13.0% (11.2-14.9)	11.9% (9.2-14.6)	11.5% (8.6-14.4)	17.7% (14.6-20.7)
Health Status: Poor to Fair	18.7% (17-20.5)	17.3% (14.7-20)	20.2% (17-23.5)	20.9% (18.1-23.7)

Data Source: Delaware Behavior Risk Factor Survey, 2019