

Adult Behavioral Risk Factor Prevalence, 2021 Statewide and By County				
	State	Kent County	New Castle County	Sussex County
Behavioral Risk Factors	% (95% CI)	% (95% CI)	% (95% CI)	% (95% CI)
Current Cigarette Smoker	13.4% (11.8-15)	16.4% (13.6-19.3)	12.6% (10.1-15)	13.1% (10.4-15.8)
Current e-Cigarette Users	6.0% (4.8-7.1)	6.7% (4.4-8.9)	5.7% (4.1-7.3)	6.1% (4-8.1)
Total Tobacco Use ¹	18.9% (17.0-20.7)	22.3% (19.1-25.6)	17.9% (15.1-20.7)	18.5% (15.4-21.5)
Obese	33.9% (31.7-36)	39.9%* (36.3-43.6)	32.2% (28.9-35.5)	33.3% (29.8-36.8)
Overweight	34.9% (32.7-37.1)	34.2% (30.7-37.7)	34.0% (30.6-37.3)	37.3% (33.7-40.8)
Normal Weight	29.4% (27.2-31.6)	23.9% (20.5-27.3)	31.6%* (28.1-35)	28.4% (25.1-31.8)
Adults Who Drank More than One Sugar-Sweetened Beverage per Day	Not asked in 2021			
Sedentary Lifestyle	27.2% (25.3-29.2)	30.7% (27.3-34.1)	24.9% (21.9-27.9)	29.9% (26.6-33.1)
Did Met Federal PA guidelines ⁴	Not asked in 2021			
Did not consume at least five fruits and/or vegetable per day	86.9% (85.2-88.6)	87.0% (84.6-89.5)	85.8% (83.1-88.6)	89.0% (86.6-91.4)
Binge Drinking	12.9% (11.3-14.5)	10.4% (7.9-12.8)	14.3% (11.8-16.9)	11.6% (9.3-13.8)
Chronic Heavy Drinking	5.0% (4-5.9)	4.4% (3-5.8)	5.3% (3.8-6.9)	4.7% (3.3-6)
Driven with Too Much to Drink in Past Month	Not asked in 2021			
No Seatbelt Use	Not asked in 2021			
Chronic Health Conditions				
Disability ²	25.2% (23.4-27.1)	29.3%* (26-32.7)	21.9% (19.1-24.7)	29.5% (26.3-32.8)
Diabetes	12.0% (10.6-13.3)	11.4% (9.5-13.3)	11.6% (9.5-13.7)	13.2% (10.8-15.5)
Pre-Diabetes	12.6% (11.1-14)	12.6% (10.2-14.9)	11.7% (9.5-13.9)	14.6% (12.1-17.1)
High Cholesterol	37.7% (35.5-39.9)	37.3% (33.7-40.8)	36.0% (32.7-39.4)	41.6% (38-45.2)
Hypertension	36.2% (34.2-38.3)	37.6% (34.2-41)	33.6% (30.6-36.7)	40.9%* (37.5-44.3)
Angina or Coronary Heart Disease	4.2% (3.5-4.9)	5.1%* (3.7-6.4)	2.6% (1.7-3.5)	7%* (5.2-8.8)
Coronary Heart Disease or Myocardial Infarction ³	7.1% (6-8.2)	7.5% (5.9-9.2)	5.3% (3.7-6.8)	10.7%* (8.5-13)
Stroke ³	4.0% (3.1-4.8)	4.0% (2.8-5.1)	3.5% (2.3-4.6)	5.0% (3.3-6.8)
Skin Cancer	7.9% (6.9-8.9)	6.1% (4.7-7.6)	6.8% (5.4-8.3)	11.5%* (9.5-13.4)
Other Cancer	7.8% (6.8-8.8)	8.6% (6.8-10.4)	6.2% (4.9-7.6)	10.6%* (8.7-12.6)
Asthma	9.8% (8.5-11.2)	10.4% (8.3-12.5)	9.5% (7.4-11.7)	10.0% (8-12.1)
COPD	9.8% (8.5-11.2)	10.4% (8.3-12.5)	9.5% (7.4-11.7)	10.0% (8-12.1)
Arthritis	27.3% (25.4-29.1)	29.1% (26-32.1)	23.4% (20.7-26.2)	34.4%* (31.1-37.6)
Limited Work Ability Due to Arthritis	11.2% (9.9-12.5)	12.4% (10.1-14.6)	9.5% (7.6-11.4)	14%* (11.7-16.3)
Depressive Disorder	16.4% (14.7-18)	16.1% (13.5-18.8)	17.0% (14.4-19.5)	15.3% (12.8-17.7)
Vision Impairment	4.2% (3.3-5.1)	6.3% (4.2-8.4)	3.6% (2.3-4.9)	4.0% (2.7-5.3)
Preventive Medicine: Immunizations and Screenings				
All Adults Flu Shot in Past Year	49.8% (47.5-52.1)	45.8% (42.2-49.5)	50.2% (46.6-53.8)	51.7% (48.1-55.3)
Age ≥ 65 Flu Shot in Past Year	73.7% (70.4-77)	72.0% (66.2-77.9)	74.3% (68.6-80)	73.7% (69.1-78.3)
Age ≥ 65 Pneumonia Vaccine	72.8% (69.4-76.3)	77.5% (72.1-82.9)	68.9% (62.9-75)	75.7% (70.9-80.5)
Men 40 + Who Had PSA Test in Past 2 Years	Not asked in 2021			
Age 50-75 who Have Fully Met the USPSTF Recommendations	Not asked in 2021			
Women 40+ Who Had Mammogram in Past 2 Years	Not asked in 2021			
Women 21-65 Who Had Pap Test in Past 3 Years	Not asked in 2021			
Adults Ever Tested for HIV/AIDS	41.5% (39.1-43.8)	45.1%* (41.2-49)	42.9% (39.3-46.6)	36.0% (32.3-39.7)
Adults at Significant Risk for HIV/AIDS	Not asked in 2021			
Visited Dental Clinic In Past Year	Not asked in 2021			
Health Care Coverage/ Health Status				
No Health Insurance (Age 18-64)	9.8% (8.1-11.4)	9.4% (6.5-12.3)	8.5% (6.1-10.8)	13.7% (10.5-16.8)
Health Status: Poor to Fair	14.6% (13.1-16.1)	15.4% (13-17.8)	13.2% (10.9-15.5)	17.2% (14.5-19.9)

Data Source: Delaware Behavior Risk Factor Survey, 2021

*County residents are a significantly more likely to have the behavior compared to the reference county. Reference county is the county with the lowest prevalence of risk behavior/chronic health condition/screening prevalence/health care status.

¹Includes all tobacco products such as cigarettes, e-cigarettes, pipes, cigars, smokeless products, hookahs, etc.

²Disability question series changed in 2018 to include those with hearing impairments

³For myocardial infarction and stroke, this prevalence only includes those who have suffer the condition and survived.