



# Health Behaviors and Risks in Hamilton County

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Chattanooga-Hamilton County Health Department  
921 E 3rd Street  
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(423) 209-8000  
<http://health.hamiltontn.org/>

↑↓ Arrows compare 2007 Hamilton Co. prevalence rates to TN prevalence rates.  
**Green:** better than State.  
**Red:** worse than State.

## At a Glance

- Hamilton County adults overall have better health care access than their peers in TN.
- Smoking rates have fallen from 27% in 1999 to 23% in Hamilton County.
- Overweight and Obesity has increased from 41% in 1999 to 61% in Hamilton County.
- Vigorous physical activity in Hamilton County is less than State and U.S. rates, but fruit and veggie consumption is up.

### Sources:

Centers for Disease Control and Prevention (CDC). *Behavioral Risk Factor Surveillance System Survey Data*. Atlanta, Georgia: U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, 1999, 2004, 2007.

Tennessee Department of Health, Office of Policy, Planning and Assessment, Division of Health Statistics.

\*2006 BRFSS data

## BRFSS Summary Comparisons

	Hamilton County 1999	Hamilton County 2004	Hamilton County 2007	TN 2007	US 2007
<b>General Health Status</b>					
General Health Status (good or better health)	80.4%	83.2%	78.6%	↓ 79.5%	85.1%
<b>Health Care Access</b>					
No current health care coverage	12.7%	8.1%	11.6%	↓ 14.7%	14.2%
Have personal doctor or health care provider	n/a	82.3%	86.3%	↑ 83.6%*	n/a
Unable to see doctor in the past year because of cost	11.8%	9.2%	12.2%	↓ 14.8%*	n/a
Have not seen a doctor in the past year for a routine check-up	33.6%	23.7%	17.1%	n/a	n/a
<b>Chronic Disease</b>					
Diabetes	7.4%	9.6%	10.5%	↓ 11.9%	8.0%
Hypertension	25.8%	30.3%	37.1%	↑ 33.8%	27.8%
High Blood Cholesterol	29.5%	36.5%	29.8%	↓ 34.2%	37.6%
Asthma (current)	n/a	8.0%	5.6%	↓ 8.7%	8.4%
<b>Immunizations</b>					
Influenza vaccine- Adults over age 65 during past year	64.0%	68.0%	74.6%	↑ 70.1%	72.0%
Pneumonia shot- Adults over age 65 - ever had	56.1%	57.7%	67.1%	↑ 65.3%	67.3%
<b>Substance Use</b>					
Smoked at least 100 cigarettes in entire life	47.6%	45.2%	46.6%	n/a	n/a
Current smoker (every day and some/occasional days)	27.0%	20.8%	22.6%	↓ 24.3%	19.8%
Smokers who tried to quit smoking for one day or longer in the past year	55.1%	53.8%	56.5%	↓ 58.6%*	n/a
Binge drinkers (5 or more drinks on one occasion for males, 4 for females)	11.0%	12.8%	8.5%	↓ 9.2%	15.8%
<b>Nutrition and Physical Activity</b>					
Overweight and Obesity	41.0%	58.8%	60.8%	↓ 67.4%	62.9%
<i>Overweight adults (BMI 25-29)</i>	23.0%	36.6%	35.8%	↓ 36.7%	36.6%
<i>Obese adults (BMI 30 or greater)</i>	18.0%	22.2%	27.8%	↓ 30.7%	26.3%
<i>Healthy weight adults (BMI 18.5-24)</i>	45.8%	41.2%	34.0%	↑ 32.6%	37.1%
Physical activity in the past month outside of work	n/a	80.1%	70.7%	↑ 68.5%	77.4%
20+ mins of vigorous physical activity 3 or more days/week	n/a	26.9%	17.0%	↓ 18.5%	28.3%
5 or more fruits and vegetables per day	11.1%	21.0%	28.4%	↑ 26.4%	24.4%

## Hamilton County BRFSS 2007 Summary

Hamilton Co.  
2007

<b>General Health Status</b>	
General Health Status (good or better health)	78.6%
Physical Health Days (more than 7 days in month physical health not good)	16.4%
Mental Health Days (more than 7 days in month mental health not good)	12.2%
Limited in activities because of physical, mental, or emotional problems	19.3%
Very satisfied or satisfied with life	95.3%
<b>Health Care Access</b>	
No current health care coverage	11.6%
No health care coverage ages 18-64 years	14.1%
Have personal doctor or health care provider	86.3%
Did not see doctor in the past year because of cost	12.2%
Have not seen a doctor in the past year for a routine check-up	17.1%
<b>Chronic Disease</b>	
Diabetes	10.5%
Hypertension	37.1%
High Blood Cholesterol	29.8%
*Arthritis	31.1%
Asthma (current)	5.6%
<b>Immunizations</b>	
Influenza Vaccine during past year	39.1%
Influenza vaccine- Adults over age 65 during past year	74.6%
*Influenza vaccine-FluMist	2.7%
Pneumonia shot- Adults over age 65 - ever had	67.1%
*Hepatitis B vaccine	38.0%
<b>Risky Behaviors</b>	
Smoked at least 100 cigarettes in life	46.6%
Current smoker (every day and some/occasional days)	22.6%
Smokers who tried to quit smoking for one day or longer in the past year	56.5%
Binge drinkers (5 or more drinks on one occasion for males, 4 for females)	8.5%
Heavy drinkers (men 2 or more drinks/day, women 1 or more drink/day)	4.0%
Ever tested for HIV	38.8%
Tested for HIV (adults 18-64 years)	39.0%
<b>Nutrition and Physical Activity</b>	
Overweight and Obesity	60.8%
<i>Overweight adults (BMI 25-29)</i>	35.8%
<i>Obese adults (BMI 30 or greater)</i>	27.8%
<i>Healthy weight adults (BMI 18.5-24)</i>	34.0%
*Gained weight since last year	21.9%
Physical activity in the past month outside of work	70.7%
Meets moderate or vigorous physical activity recommendations	35.2%
20+ mins of vigorous physical activity 3 or more days/week	17.0%
30+ mins of moderate physical activity 5 or more days/week	23.9%
5 or more fruits and vegetables per day	28.4%
<b>Women's Health</b>	
Mammogram within the past 2 years (40+ years)	84.5%
Breast exam within the past 2 years (40+ years)	87.3%
Pap test within the past 3 years (18+ years)	86.8%
<b>OTHER</b>	
*Diarrhea in the past 30 days	17.8%



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\*New questions for Hamilton County BRFSS