



# Health & Behaviors in Snohomish County

A summary of trends from the  
2009 Behavioral Risk Factor Surveillance System (BRFSS)



## Chronic Disease

Health Statistics & Assessment | April 2011



Obesity • Diabetes • Asthma

**Chronic Disease**

# How to use the data

Noun: **trend analysis** - analysis of changes over time

The BRFSS<sup>1</sup> data contained in this document can be used to educate and inform others about the trends of health measures in Snohomish County.

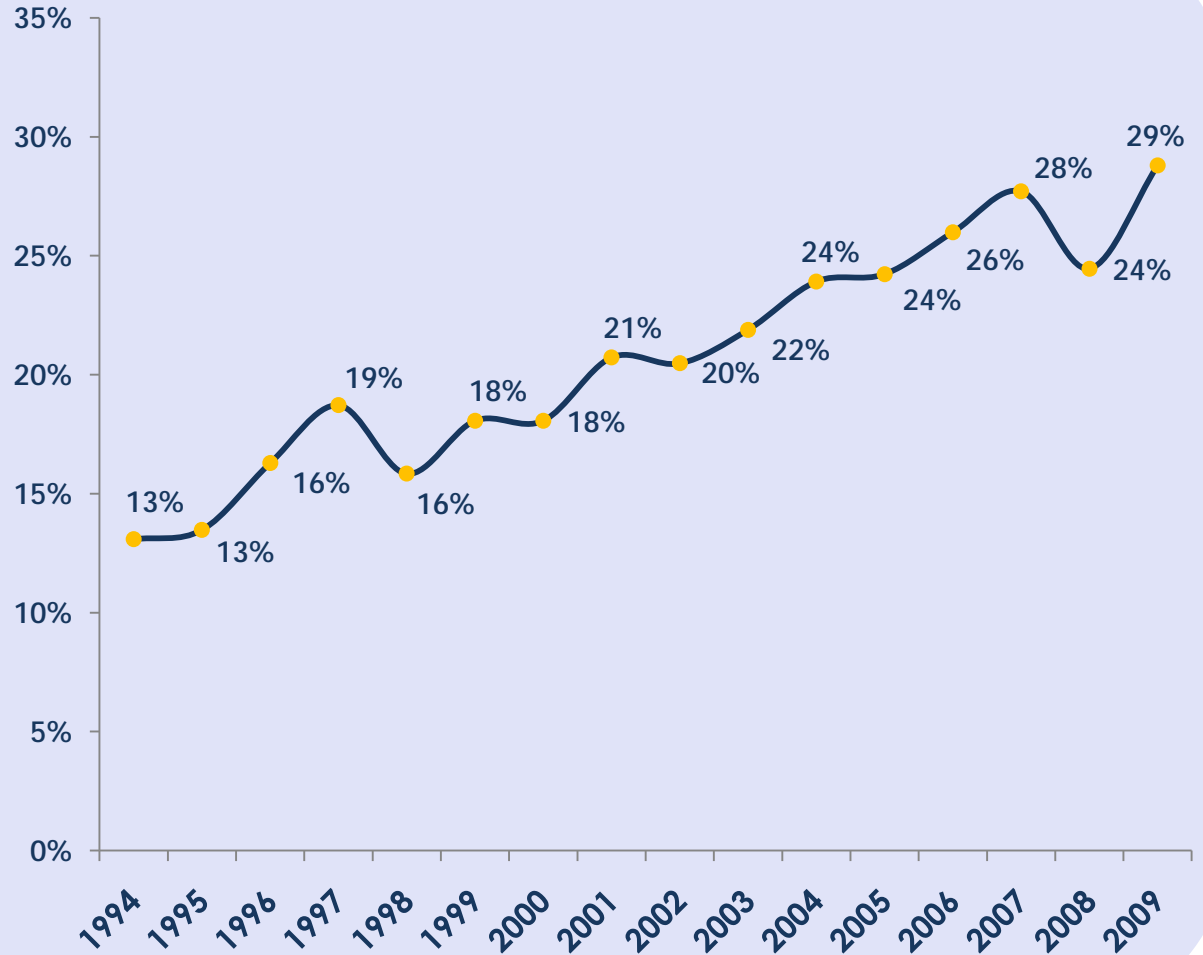
Other uses for the data include:

- Identify needs, direction, target populations, and indicators
- Assist in planning, goal setting, and/or establishing priorities
- Evaluate programs
- Obtain grants
- Formulate policy



1. The Behavioral Risk Factor Surveillance System (BRFSS) is an ongoing, state-based telephone surveillance system (survey) supported by the Centers for Disease Control and Prevention (CDC).

- In 2009 more than one quarter of adults (28.8%) were obese.
- The proportion of adults who were obese more than doubled from 1994 through 2009 ( $P < 0.0001$ ), increasing by 120%.
- The lower proportion of adults who were obese in 2008 probably reflects an aberrant sample rather than a real decrease in obesity during that year.



\* BMI =  $\geq 30$

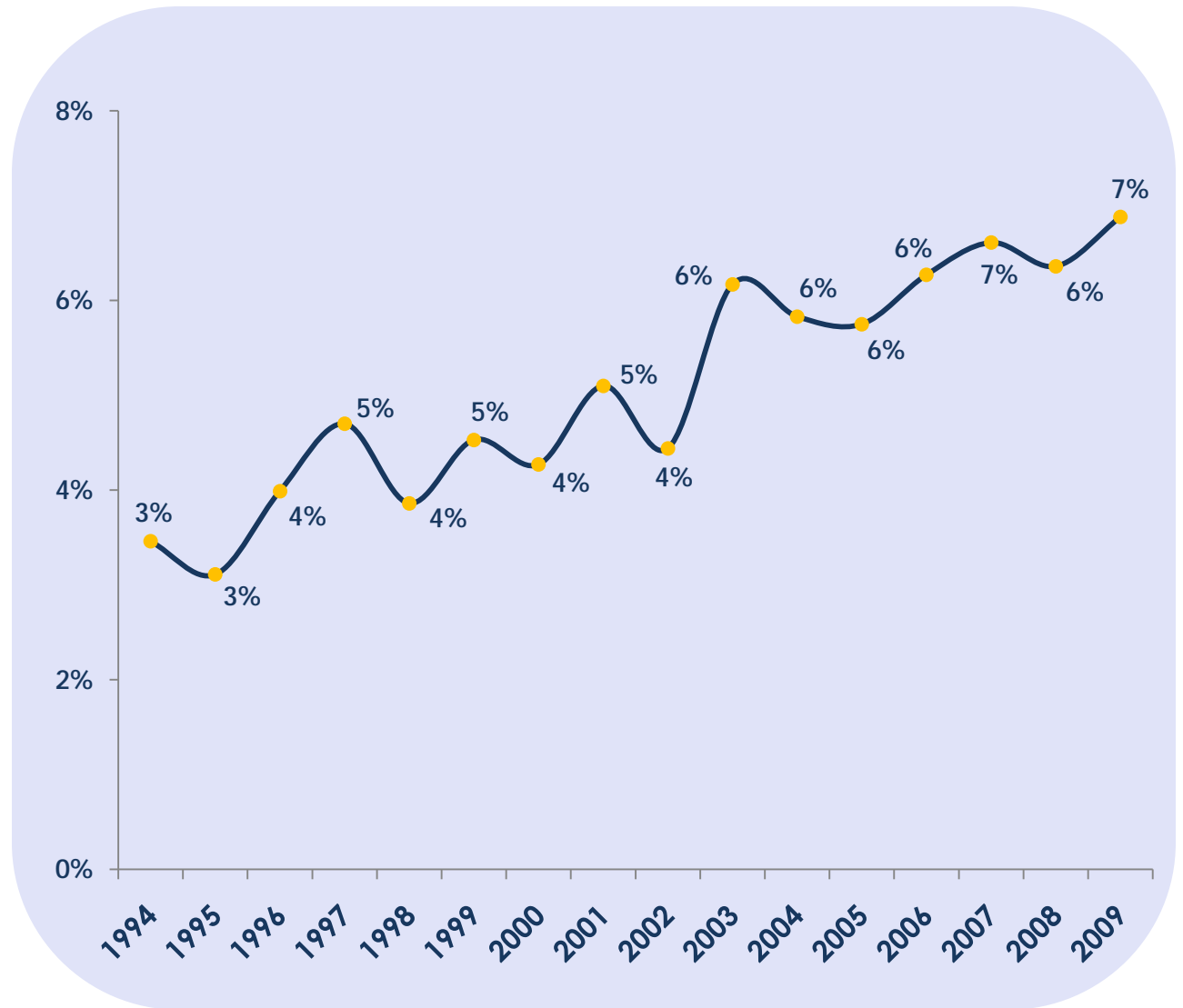


**Adult Obesity\***  
Snohomish County, 1994-2009

- Nearly 7% of adults (6.9%) were diagnosed with diabetes at some point in their lives.

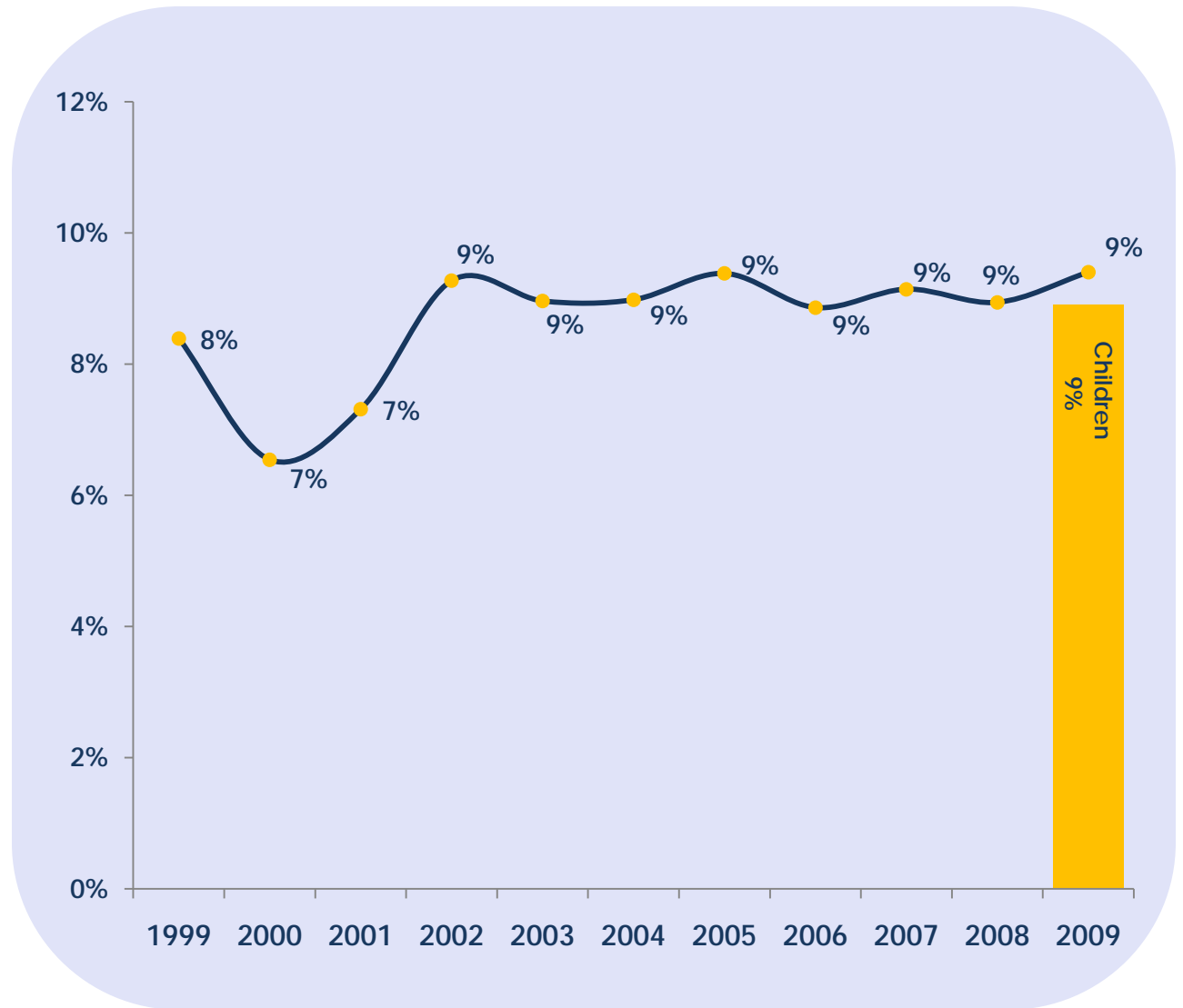
- The proportion of adults who were diagnosed with diabetes increased by 97% from 1994 through 2009 ( $P < 0.0001$ ).

- The increase in diagnosed diabetes paralleled the increase in obesity rates (previous slide).



- Nearly one tenth of adults (9.4%) had asthma in 2009. A similar proportion of households with children had at least one child with asthma (8.9%).

- The proportion of adults with asthma did not change significantly between 1999 and 2009.



## Chronic Disease in Snohomish County:

- More than 1 in 4 adults are obese, and the rate of obesity has more than doubled since 1994.
- Diabetes increased by 97% during the same time period.
- The prevalence of asthma has not changed since 1994.

**Health Statistics & Assessment (HSA)** has a repository of data available by contacting:

425.339.8618 | [www.snohd.org](http://www.snohd.org)

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