



Health & Behaviors in Snohomish County

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



General Health

Health Statistics & Assessment | April 2011



General/Mental Health • Influenza Immunizations • HIV Testing

General Health

How to use the data

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

The BRFSS¹ 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:

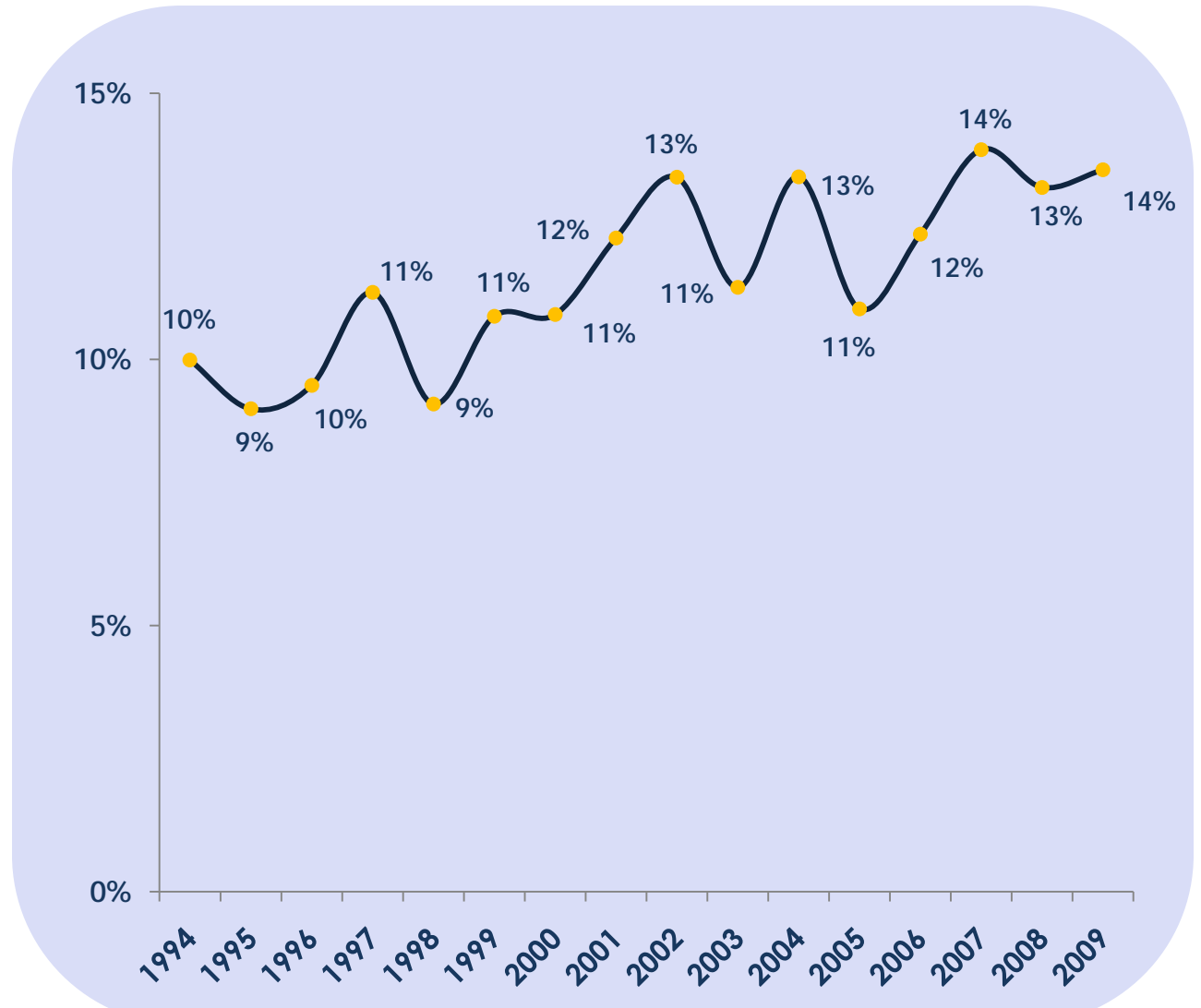
- Identify needs, direction, target populations, and indicators
- Assist in planning, goal setting, and/or establishing priorities
- Evaluate programs
- Obtain grants
- Formulate policy



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).

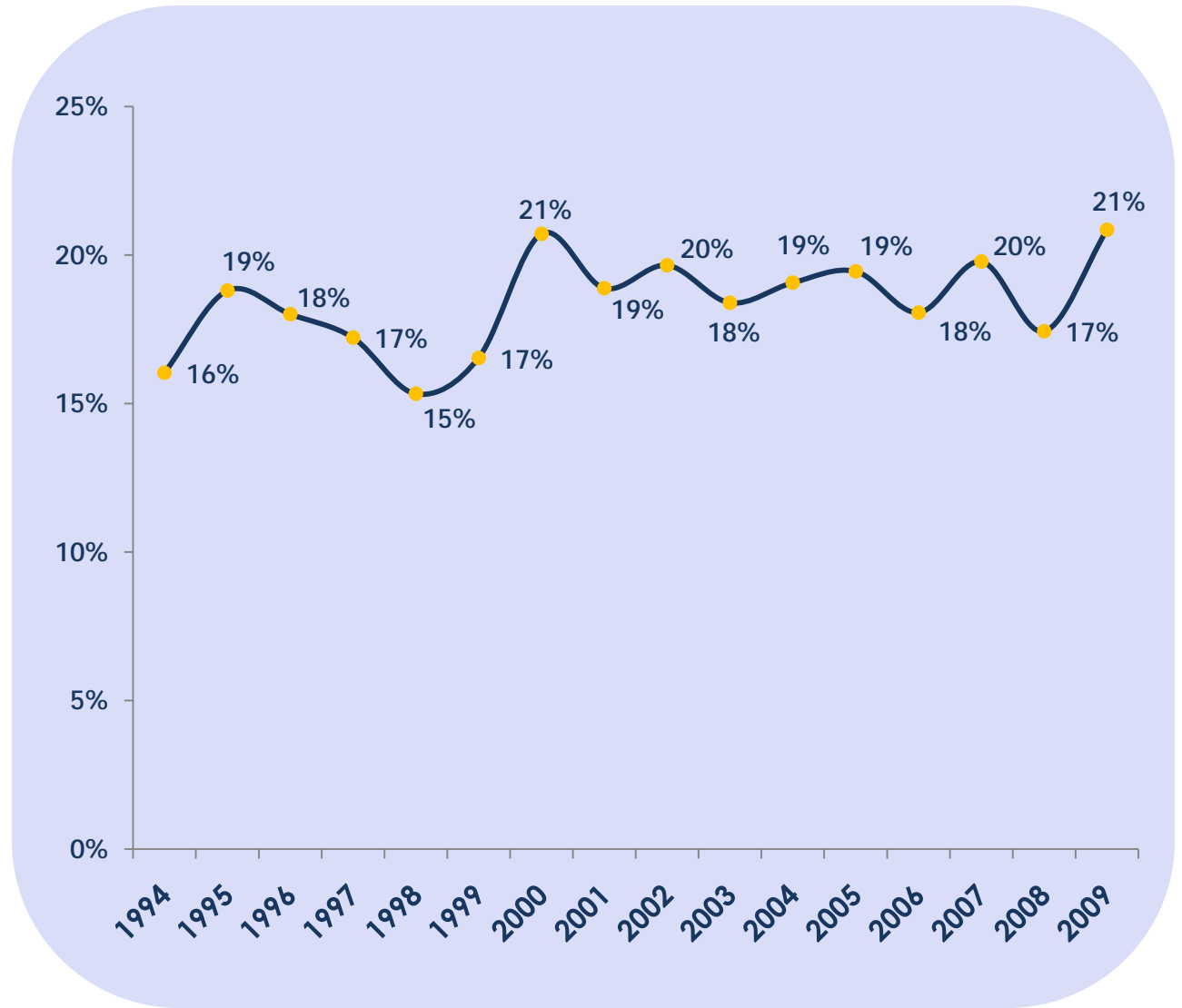
- In 2009 one in seven Snohomish County adults (13.6%) said their health was “fair” or “poor.”

- The proportion of adults whose health was either “fair” or “poor” increased by 36.0% from 1994 through 2009 ($P = 0.0002$).



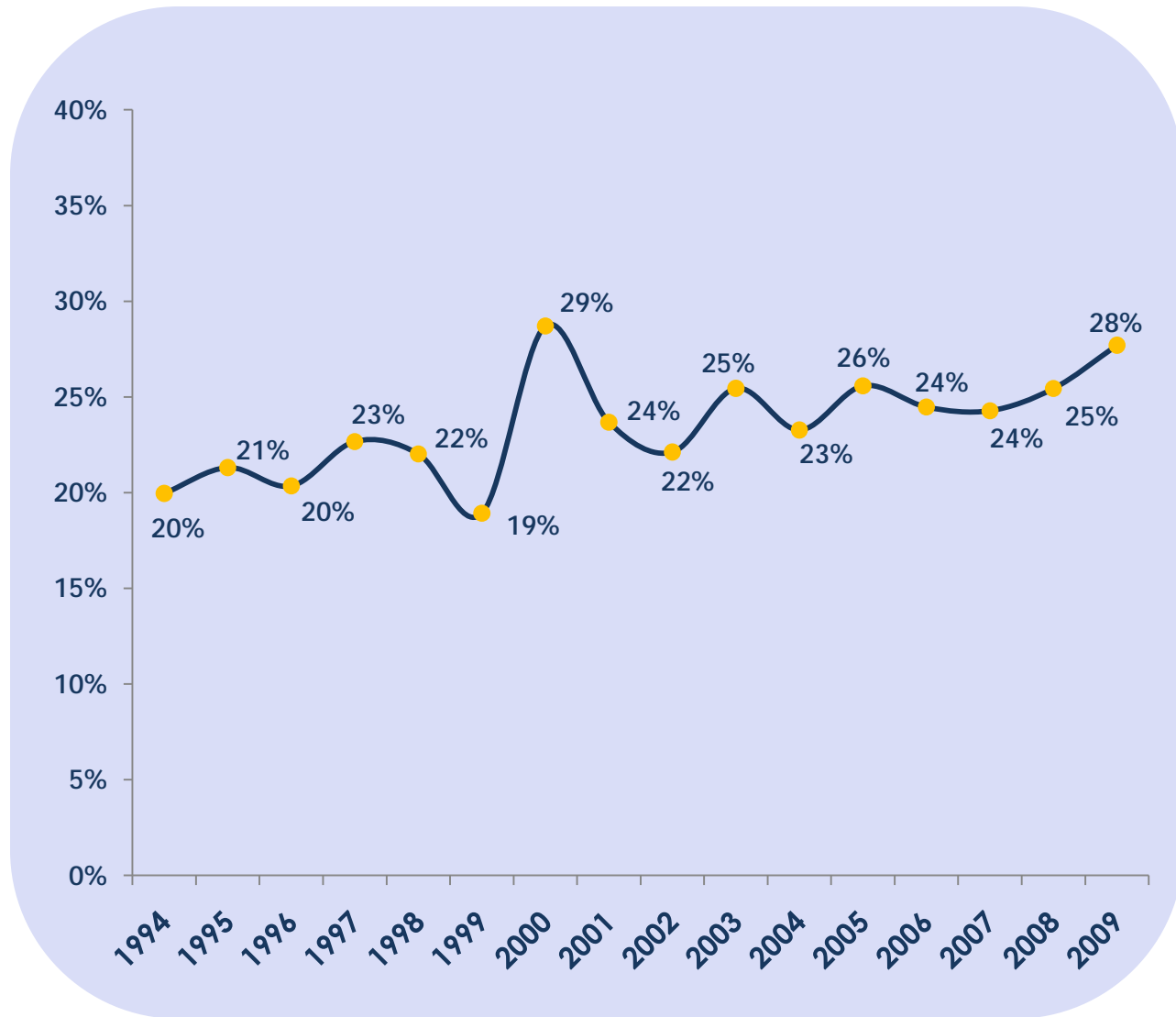
- One in five adults (20.8%) experienced poor quality of life during 2009.
- The proportion of adults who experienced poor quality of life increased by 30.0% between 1999 and 2009 ($P = .015$).

* 14 or more days of poor mental or physical health in past 30 days.



- More than one quarter of Snohomish County adults (27.7%) experienced poor health that interfered with their daily activities during 2009.

- The proportion of adults whose poor health interfered with their daily activities increased by 38.5% from 1994 through 2009 ($P = 0.0006$).



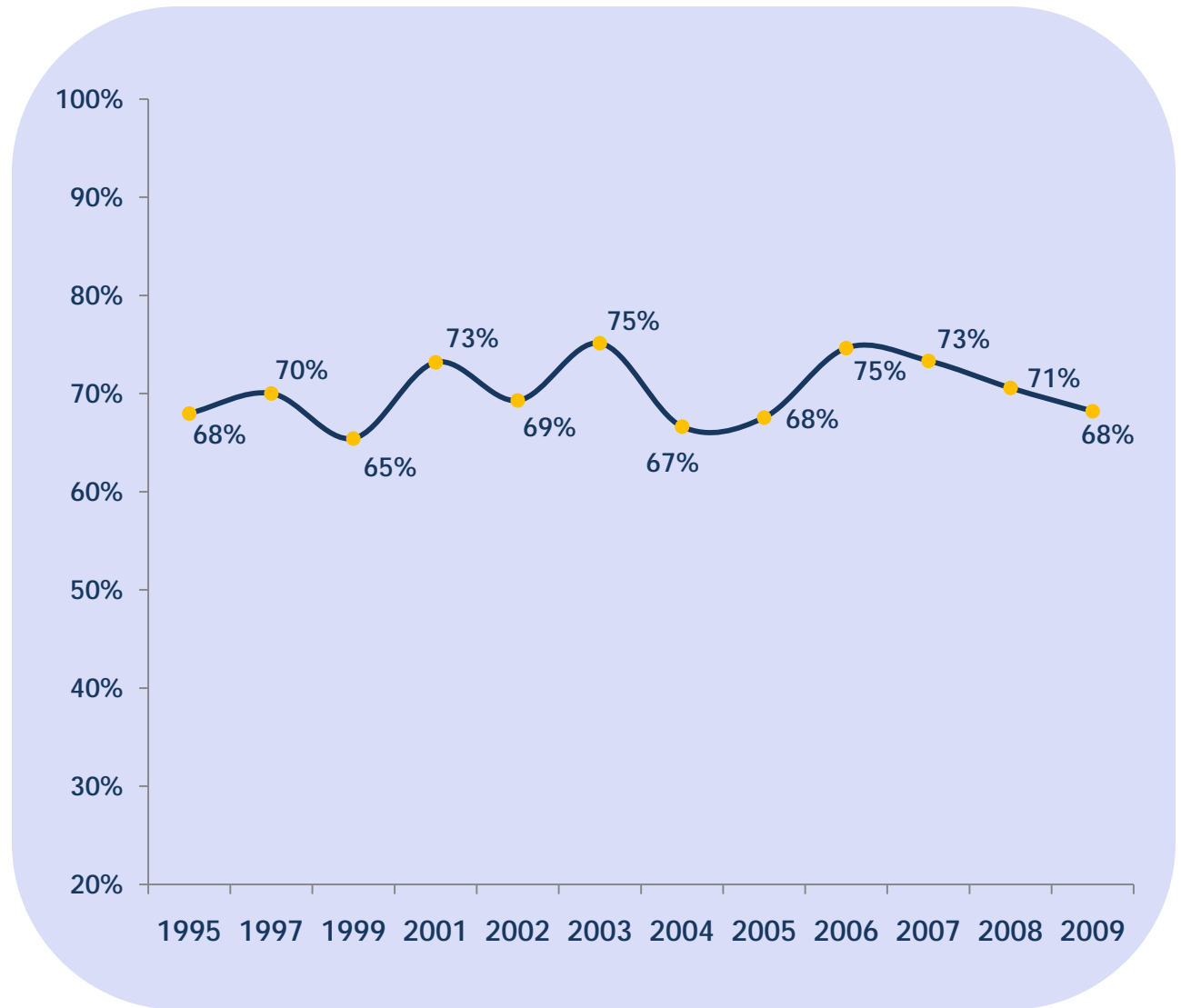
* Physical or mental



Poor Health* Interfered with Daily Activities
Snohomish County, 1994-2009

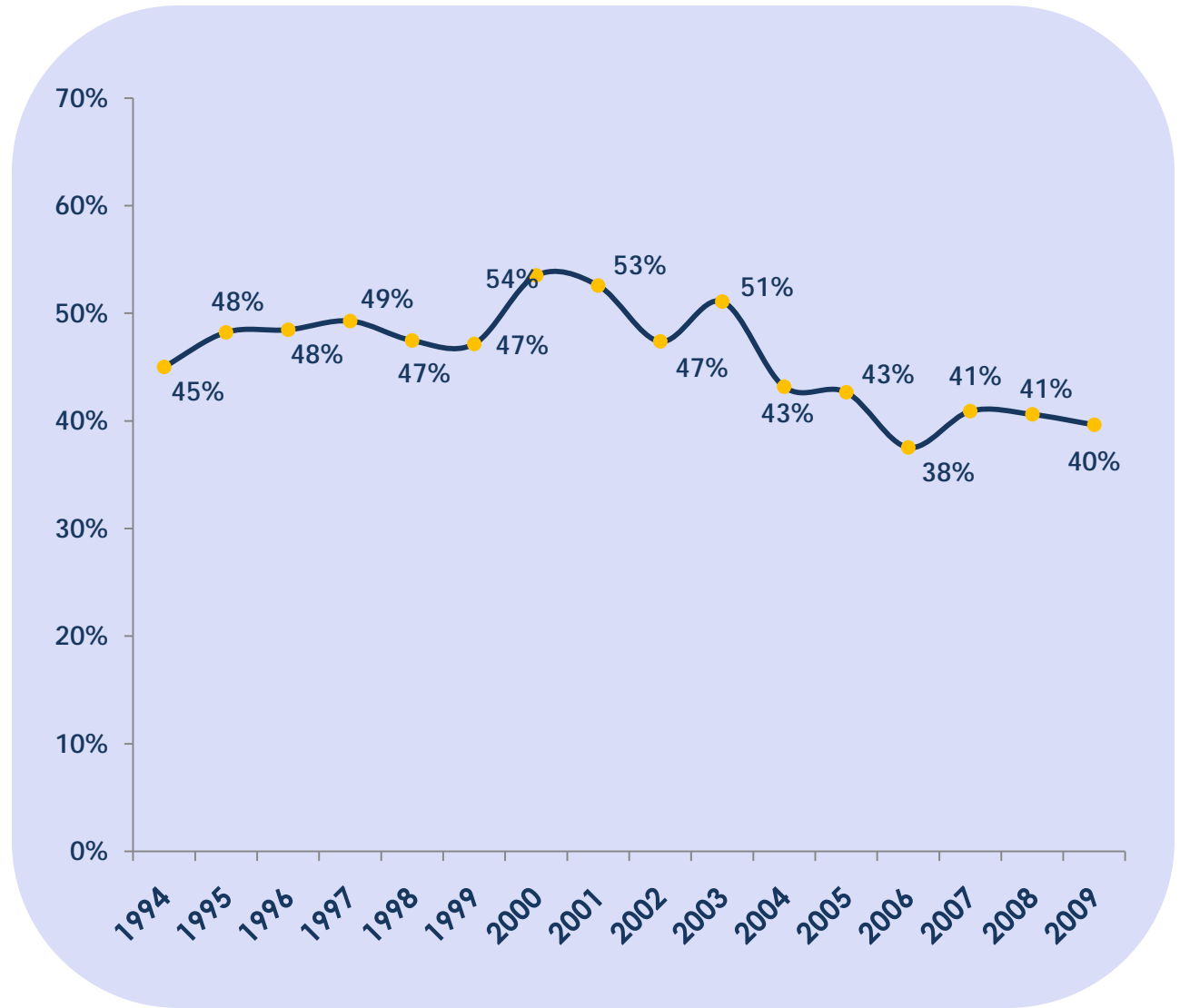
- More than two thirds of Snohomish County adults (68.2%) aged 65 and older received a flu shot in 2009.

- There was no significant change in the proportion of adults 65 and older who were immunized against the flu.



- Approximately 40% of Snohomish County adults (39.6%) had an HIV test in 2009.

- The proportion of adults who had an HIV test declined by 12.0% between 1994 and 2009 ($P = 0.02$).



General health of Snohomish County adults:

- Self-reported “poor health,” “fair health,” and “experiencing poor quality of life” have all increased since 1994.
- Fewer adults are being tested for HIV.
- There is no change in the number of adults older than age 65 receiving flu shots.

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

425.339.8618 | www.snohd.org

PUBLIC HEALTH
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SNOHOMISH COUNTY

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