

# High Cholesterol – Cholesterol Awareness

Ever told blood cholesterol high, Adults (18 years of age and older), Alaska BRFSS, 2009:  
Standard (2009) Survey Instrument

Healthy People 2010 Objective:		12.14: Reduce the proportion of adults with high total blood cholesterol levels to 17%.							
Healthy Alaskans 2010 Objective:		21.9: Reduce the proportion of adults 18 years and older with high total blood cholesterol levels (240mg/dL or greater) to 17%.							
Screening Question:		Have you EVER been told by a doctor, nurse, or other health professional that your blood cholesterol is high?							
Response:		Yes					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		95% CI						%	95% CI
<b>Total</b>	<b>35.0%</b>	(	31.9% -	38.1%)	126,760	756	1,851	<b>32.3%</b>	( 29.3% - 35.4%)
<b>Demographics</b>									
<b>Gender</b>									
Female	<b>33.8%</b>	(	29.9% -	37.9%)	60,760	405	1,031	<b>31.8%</b>	( 28.0% - 35.8%)
Male	<b>36.1%</b>	(	31.5% -	41.0%)	66,000	351	820	<b>32.3%</b>	( 28.1% - 36.9%)
<b>Age Groups (Categories Used in Age-Adjustment)</b>									
Persons aged 18 to 24 years	<b>11%</b>	(	4% -	27%)	2,658	6	50	<b>NA</b>	( NA - NA )
Persons aged 25 to 34 years	<b>14%</b>	(	9% -	23%)	8,402	25	171	<b>NA</b>	( NA - NA )
Persons aged 35 to 44 years	<b>24%</b>	(	18% -	31%)	17,143	86	325	<b>NA</b>	( NA - NA )
Persons aged 45 to 64 years	<b>45.4%</b>	(	41.0% -	49.9%)	71,918	444	950	<b>NA</b>	( NA - NA )
Persons aged 65 years and older	<b>55%</b>	(	47% -	63%)	25,137	190	335	<b>NA</b>	( NA - NA )
<b>Race and Ethnicity</b>									
American Indian or Alaska Native	<b>29%</b>	(	22% -	36%)	12,533	95	273	<b>27%</b>	( 21% - 35%)
Asian or Pacific Islander	<b>DSU</b>	(	DSU -	DSU)	DSU	DSU	46	<b>DSU</b>	( DSU - DSU )
Asian	<b>DSU</b>	(	DSU -	DSU)	DSU	DSU	35	<b>DSU</b>	( DSU - DSU )
Native Hawaiian or Other Pacific Islander	<b>DSU</b>	(	DSU -	DSU)	DSU	DSU	11	<b>DSU</b>	( DSU - DSU )
Black or African American	<b>DSU</b>	(	DSU -	DSU)	DSU	DSU	26	<b>DSU</b>	( DSU - DSU )
White	<b>36.1%</b>	(	32.7% -	39.8%)	103,258	607	1,434	<b>33.6%</b>	( 30.0% - 37.5%)
Hispanic or Latino	<b>DSU</b>	(	DSU -	DSU)	DSU	DSU	40	<b>DSU</b>	( DSU - DSU )
Not Hispanic or Latino	<b>35.3%</b>	(	32.2% -	38.5%)	124,201	739	1,799	<b>32.5%</b>	( 29.5% - 35.7%)
Black or African American, not Hispanic/Latino	<b>DSU</b>	(	DSU -	DSU)	DSU	DSU	23	<b>DSU</b>	( DSU - DSU )
White, not Hispanic or Latino	<b>36.2%</b>	(	32.6% -	39.9%)	100,369	586	1,389	<b>33.7%</b>	( 30.0% - 37.7%)

Risk Factors

For table end notes see Appendix J on Pg 429.

# High Cholesterol – Cholesterol Awareness (continued)

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Healthy Alaskans 2010 Objective: 21.9: Reduce the proportion of adults 18 years and older with high total blood cholesterol levels (240mg/dL or greater) to 17%.

Screening Question: Have you EVER been told by a doctor, nurse, or other health professional that your blood cholesterol is high?

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate		n	N	#	%	95% CI
		95% CI	Individuals					
<b>Alaska Native</b>								
Yes	31%	( 24% - 38% )	14,751	110	300		29%	( 23% - 36% )
No	35.4%	( 32.1% - 38.9% )	110,445	637	1,536		32.9%	( 29.6% - 36.5% )
<b>Geographic Location</b>								
Anchorage & Vicinity	33%	( 28% - 38% )	66,955	159	411		31%	( 26% - 36% )
Fairbanks & Vicinity	35%	( 30% - 40% )	18,315	161	390		35%	( 30% - 40% )
Gulf Coast	41%	( 36% - 47% )	17,191	184	389		37%	( 31% - 43% )
Rural	33%	( 27% - 40% )	8,226	87	262		30%	( 24% - 36% )
Southeast	39%	( 34% - 45% )	15,834	165	399		36%	( 30% - 43% )
<b>Urban/Rural</b>								
Metropolitan Statistical Area	33.7%	( 29.6% - 38.1% )	83,888	312	778		31.6%	( 27.7% - 35.9% )
Micropolitan Statistical Area & Urban Clusters	37.6%	( 33.2% - 42.2% )	23,894	251	603		34.9%	( 30.0% - 40.1% )
Rural	38%	( 32% - 43% )	19,173	193	470		32%	( 28% - 37% )
<b>Education Level (persons aged 25 years and older)</b>								
Less than high school	33%	( 22% - 45% )	5,153	41	92		33%	( 24% - 44% )
High school graduate	41%	( 35% - 48% )	32,725	203	471		39%	( 33% - 45% )
At least some college	37.1%	( 31.8% - 42.7% )	39,919	238	571		35.8%	( 30.8% - 41.2% )
College Graduate	34.0%	( 29.0% - 39.4% )	45,941	268	666		33.4%	( 28.3% - 39.0% )
<b>Employment Status</b>								
Employed	31.7%	( 28.0% - 35.6% )	76,652	430	1,172		31.2%	( 26.6% - 36.3% )
Unemployed	37%	( 26% - 49% )	9,398	57	138		33%	( 22% - 47% )
Not in Workforce (Student, Homemaker, Retired)	43%	( 37% - 51% )	33,911	224	448		32%	( 27% - 38% )
Unable to work	43%	( 29% - 59% )	6,347	44	86		33%	( 23% - 43% )

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Healthy Alaskans 2010 Objective:		21.9: Reduce the proportion of adults 18 years and older with high total blood cholesterol levels (240mg/dL or greater) to 17%.						
Screening Question:		Have you EVER been told by a doctor, nurse, or other health professional that your blood cholesterol is high?						
Response:		Yes					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N #	%	95% CI
		%	95% CI					
<b>Marital Status</b>								
Married or Unwed Couple	<b>36.0%</b>	(	32.2% - 40.0%)	86,047	443	1,089	<b>34.3%</b>	( 28.3% - 40.8% )
Divorced/Separated	<b>56%</b>	(	43% - 68%)	8,949	82	146	<b>35%</b>	( 23% - 48% )
Widowed	<b>42%</b>	(	34% - 50%)	18,953	142	335	<b>33%</b>	( 27% - 40% )
Never Married	<b>19%</b>	(	12% - 27%)	8,585	56	196	<b>30%</b>	( 22% - 39% )
<b>Income Level</b>								
<\$15,000	<b>36%</b>	(	24% - 51%)	6,917	53	119	<b>27%</b>	( 21% - 35% )
\$15,000 - \$24,999	<b>37%</b>	(	27% - 48%)	8,501	71	162	<b>35%</b>	( 27% - 44% )
\$25,000 - \$49,999	<b>38%</b>	(	31% - 46%)	25,994	162	371	<b>36%</b>	( 30% - 42% )
\$50,000 - \$74,999	<b>41%</b>	(	34% - 49%)	24,258	139	330	<b>43%</b>	( 35% - 51% )
\$75,000	<b>32.7%</b>	(	28.0% - 37.7%)	48,838	257	666	<b>34.1%</b>	( 26.0% - 43.3% )
<b>Poverty Threshold</b>								
Poor (<100% Poverty Threshold)	<b>31%</b>	(	18% - 49%)	4,730	31	81	<b>32%</b>	( 22% - 44% )
Near Poor (100% to 199% Poverty Threshold)	<b>34%</b>	(	25% - 44%)	13,077	81	199	<b>35%</b>	( 27% - 44% )
Middle/High Income (>=200% Poverty Threshold)	<b>36.3%</b>	(	32.8% - 40.0%)	96,486	570	1,368	<b>34.1%</b>	( 29.8% - 38.6% )
<b>Below Poverty Guidelines</b>								
Yes	<b>26%</b>	(	16% - 39%)	5,764	38	114	<b>25%</b>	( 17% - 36% )
No	<b>36.6%</b>	(	33.2% - 40.1%)	108,627	644	1,534	<b>34.4%</b>	( 30.6% - 38.5% )
<b>Veteran</b>								
Yes	<b>38%</b>	(	31% - 45%)	30,887	167	376	<b>32%</b>	( 26% - 38% )
No	<b>34.2%</b>	(	30.8% - 37.8%)	95,933	586	1,468	<b>32.5%</b>	( 29.2% - 35.9% )

Risk Factors

# High Cholesterol – Cholesterol Awareness (continued)

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Screening Question: Have you EVER been told by a doctor, nurse, or other health professional that your blood cholesterol is high?

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI	
<b>Health Status</b>								
<b>General Health</b>								
Excellent to Very Good	27.9%	( 24.2% - 32.0% )	60,378	332	978	27.7%	( 24.0% - 31.8% )	
Good	44.4%	( 38.6% - 50.4% )	45,017	271	581	37.9%	( 32.6% - 43.4% )	
Fair/Poor	49%	( 41% - 58% )	21,004	150	281	37%	( 31% - 44% )	
<b>Healthy Days (Mean Number of Days)</b>								
Physical Health Not Good	4.3	( 3.6 - 5.1 )			742	3.6	( 3.0 - 4.3 )	
Mental Health Not Good	3.2	( 2.4 - 4.0 )			737	3.1	( 1.9 - 4.3 )	
Unhealthy Days (Physical or Mental Health Not Good)	6.6	( 5.6 - 7.6 )			728	6.2	( 4.9 - 7.4 )	
Days with Activity Limitation	2.7	( 2.0 - 3.3 )			744	2.0	( 1.5 - 2.4 )	
<b>Healthy Days (Percentage with 14 or More Days)</b>								
Physical Health Not Good	59%	( 49% - 68% )	16,887	109	188	50%	( 39% - 62% )	
Mental Health Not Good	51%	( 38% - 63% )	13,056	69	141	43%	( 32% - 55% )	
Unhealthy Days (Physical or Mental Health Not Good)	52%	( 43% - 61% )	25,830	152	284	45%	( 36% - 55% )	
Activity Limitation	55%	( 43% - 66% )	10,680	71	131	44%	( 37% - 52% )	
<b>Disability</b>								
Disabled								
Yes	44%	( 38% - 51% )	39,620	250	492	37%	( 30% - 45% )	
No	31.6%	( 28.2% - 35.3% )	84,783	490	1,326	30.4%	( 27.2% - 33.9% )	
Activity Limitation								
Yes	45%	( 38% - 52% )	38,377	239	466	37%	( 30% - 45% )	
No	31.8%	( 28.4% - 35.4% )	86,878	503	1,354	30.4%	( 27.3% - 33.8% )	

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Response:		Yes					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		95% CI						%	95% CI
Require Special Equipment									
Yes	57%	( 45% - 67% )		13,962	81	138		43%	( 34% - 53% )
No	33.4%	( 30.3% - 36.7% )		112,206	668	1,696		31.4%	( 28.3% - 34.6% )
<b>Mental Health</b>									
Social and Emotional Support									
Always/Usually	33.7%	( 30.3% - 37.3% )		95,127	554	1,382		32.3%	( 29.0% - 35.9% )
Sometimes/Rarely/Never	41%	( 34% - 48% )		24,562	158	356		35%	( 27% - 43% )
Life Satisfaction									
Very Satisfied / Satisfied	34.1%	( 31.0% - 37.4% )		112,510	680	1,679		32.0%	( 28.8% - 35.3% )
Dissatisfied / Very Dissatisfied	59%	( 39% - 75% )		7,905	37	67	1	46%	( 35% - 57% )
<b>Healthcare</b>									
<b>Healthcare Coverage</b>									
Health Plan									
Yes	35.6%	( 32.4% - 39.0% )		113,656	664	1,607		32.8%	( 29.4% - 36.4% )
No	30%	( 22% - 40% )		12,336	89	235		28%	( 20% - 37% )
<b>Immunization</b>									
Flu Shot Within Past 12 Months (Ages 65+)									
Yes	35.3%	( 30.7% - 40.3% )		56,999	349	795		31.7%	( 27.2% - 36.6% )
No	35.0%	( 30.9% - 39.2% )		68,623	395	1,021		32.6%	( 28.8% - 36.6% )
Ever Had Pneumonia Shot (Ages 65+)									
Yes	45.2%	( 38.9% - 51.7% )		39,631	266	515		37.4%	( 30.5% - 44.8% )
No	32.1%	( 28.3% - 36.1% )		72,798	413	1,121		31.8%	( 28.1% - 35.8% )

Risk Factors

# High Cholesterol – Cholesterol Awareness (continued)

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Population at Risk (See Appendix)	Response:		Yes				Age-Adjusted Rate	
	%	95% CI	Observed Rate			%	95% CI	
			Individuals	n	N #			
<b>Screening</b>								
AIDS/HIV Screening (Ages 18-64)								
Yes	26.6%	( 22.4% - 31.4% )	40,770	240	688	26.8%	( 22.2% - 32.0% )	
No	36.7%	( 31.6% - 42.1% )	49,770	268	687	28.5%	( 23.3% - 34.3% )	
<b>Diagnoses</b>								
<b>Arthritis</b>								
Arthritis								
Yes	49.7%	( 44.1% - 55.3% )	48,442	316	610	42.2%	( 34.5% - 50.3% )	
No	29.7%	( 26.1% - 33.5% )	75,641	420	1,178	29.8%	( 26.3% - 33.6% )	
<b>Asthma</b>								
Asthma Diagnosis								
Yes	38%	( 30% - 46% )	20,883	129	272	39%	( 32% - 46% )	
No	34.4%	( 31.2% - 37.9% )	105,633	625	1,574	31.8%	( 28.6% - 35.2% )	
Current Asthma								
Yes	38%	( 29% - 49% )	13,811	82	175	39%	( 30% - 48% )	
No	36%	( 24% - 51% )	6,131	40	85	40%	( 31% - 51% )	
<b>Cardiovascular and Cerebrovascular Disease</b>								
Cardiovascular Disease								
Yes	59%	( 46% - 70% )	13,235	83	134	64%	( 41% - 81% )	
No	32.7%	( 29.6% - 35.9% )	109,568	653	1,693	31.8%	( 28.8% - 35.0% )	
Heart Attack (Myocardial Infarction)								
Yes	59%	( 44% - 72% )	9,114	55	93	55%	( 29% - 78% )	
No	33.5%	( 30.4% - 36.8% )	115,723	692	1,748	32.1%	( 29.1% - 35.2% )	

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Screening Question:		Have you EVER been told by a doctor, nurse, or other health professional that your blood cholesterol is high?													
Response:		Yes					Age-Adjusted Rate								
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate							
		95% CI						%	95% CI						
<b>Coronary Heart Disease (Angina)</b>															
Yes	60%	(	43%	-	74%	)	8,705	58	86	65%	(	33%	-	87%	)
No	33.4%	(	30.3%	-	36.6%	)	114,729	684	1,748	32.1%	(	29.1%	-	35.2%	)
<b>Stroke</b>															
Yes	61%	(	41%	-	78%	)	4,852	40	58	55%	(	33%	-	75%	)
No	34.3%	(	31.2%	-	37.5%	)	121,300	712	1,786	32.1%	(	29.2%	-	35.3%	)
<b>Diabetes</b>															
<b>Nongestational Diabetes</b>															
Yes	67%	(	55%	-	77%	)	19,109	111	162	57%	(	38%	-	74%	)
No	32.3%	(	29.2%	-	35.5%	)	107,429	643	1,683	30.8%	(	27.8%	-	34.0%	)
<b>Pre-Diabetes</b>															
Yes	50%	(	40%	-	60%	)	17,864	106	196	44%	(	34%	-	55%	)
No	30.1%	(	26.9%	-	33.5%	)	89,603	536	1,488	29.0%	(	25.9%	-	32.3%	)
<b>Risk Factors</b>															
<b>Alcohol</b>															
<b>Binge Drinking</b>															
Yes	32%	(	25%	-	40%	)	18,532	88	266	32%	(	24%	-	41%	)
No	36.2%	(	32.9%	-	39.8%	)	106,456	654	1,528	32.7%	(	29.4%	-	36.1%	)
<b>Heavy Drinking</b>															
Yes	40%	(	28%	-	53%	)	9,192	48	122	47%	(	38%	-	57%	)
No	35.2%	(	32.0%	-	38.5%	)	114,794	684	1,658	32.4%	(	29.4%	-	35.7%	)

Risk Factors

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Screening Question: Have you EVER been told by a doctor, nurse, or other health professional that your blood cholesterol is high?

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate		
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI	
<b>Hypercholesterolemia</b>									
High Cholesterol									
Yes	100.0%	( 0.0% - 0.0% )	126,760	756	756		100.0%	( 0.0% - 0.0% )	
No	0.0%	( 0.0% - 0.0% )	0	0	1,095		0.0%	( 0.0% - 0.0% )	
<b>Hypertension</b>									
High Blood Pressure									
Yes	53.5%	( 48.1% - 58.9% )	63,349	406	691		43.4%	( 36.8% - 50.2% )	
No	25.9%	( 22.5% - 29.7% )	62,859	346	1,150		25.6%	( 22.1% - 29.4% )	
<b>Nutrition</b>									
Fruit and Vegetable Index									
<1 Per Day or Never	30%	( 18% - 45% )	4,444	31	74		26%	( 19% - 34% )	
1 to <3 Times Per Day	37.4%	( 31.8% - 43.3% )	43,242	253	603		34.5%	( 29.7% - 39.6% )	
3 to <5 Times Per Day	37.0%	( 31.8% - 42.4% )	50,295	284	671		34.7%	( 29.6% - 40.2% )	
5 Or More Times Per Day	31%	( 25% - 37% )	26,097	167	433		28%	( 23% - 34% )	
<b>Physical Activity</b>									
Physical Activity Recommendations (2008)									
Active	29.2%	( 25.7% - 32.9% )	74,403	430	1,202		27.9%	( 24.7% - 31.3% )	
Insufficient	52%	( 44% - 60% )	30,742	170	331		50%	( 40% - 60% )	
Inactive	48%	( 38% - 59% )	11,719	91	161		36%	( 29% - 45% )	
Leisure Time Exercise									
Yes	31.9%	( 28.6% - 35.4% )	92,496	540	1,445		30.5%	( 27.2% - 34.1% )	
No	47%	( 39% - 54% )	33,885	210	399		38%	( 32% - 45% )	

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Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate					
		95% CI						%	95% CI				
<b>Sexual Violence/Intimate Partner Violence</b>													
Parents Physically Hurt by Spouse/Partner													
Yes	39%	(	31%	-	47%)	24,661	130	319	38%	(	29%	-	47%)
No	34.3%	(	30.9%	-	37.8%)	90,429	563	1,362	30.8%	(	27.8%	-	34.1%)
Unwanted Sexual Activity													
Yes	41%	(	33%	-	50%)	19,064	116	269	37%	(	30%	-	45%)
No	34.3%	(	30.9%	-	37.9%)	96,062	577	1,411	31.5%	(	28.0%	-	35.3%)
Ever Hurt or Threatened by Intimate Partner													
Yes	38%	(	31%	-	46%)	24,563	157	373	33%	(	28%	-	39%)
No	34.5%	(	31.0%	-	38.1%)	90,767	539	1,316	32.3%	(	28.6%	-	36.2%)
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner													
Yes	21%	(	12%	-	34%)	3,859	30	83	23%	(	15%	-	35%)
No	36.3%	(	33.0%	-	39.6%)	112,003	668	1,604	33.3%	(	29.8%	-	37.0%)
<b>Tobacco Use</b>													
Cigarette Smoking Status													
Current Smoker	37%	(	30%	-	45%)	22,695	136	327	36%	(	29%	-	43%)
Former Smoker	43.1%	(	37.7%	-	48.8%)	47,669	289	621	32.7%	(	28.5%	-	37.2%)
Never Smoked	29.8%	(	25.7%	-	34.3%)	56,175	328	892	30.1%	(	26.0%	-	34.5%)
Smokeless Tobacco Status													
Current User	29%	(	17%	-	45%)	4,417	24	77	27%	(	16%	-	40%)
Former User	41%	(	33%	-	49%)	24,360	123	273	41%	(	31%	-	53%)
Never Used	34.3%	(	30.8%	-	38.0%)	90,000	563	1,375	31.2%	(	27.8%	-	34.8%)

Risk Factors

# High Cholesterol – Cholesterol Awareness (continued)

Ever told blood cholesterol high, Adults (18 years of age and older), Alaska BRFS, 2009:  
Standard (2009) Survey Instrument

Healthy People 2010 Objective: 12.14: Reduce the proportion of adults with high total blood cholesterol levels to 17%.

Healthy Alaskans 2010 Objective: 21.9: Reduce the proportion of adults 18 years and older with high total blood cholesterol levels (240mg/dL or greater) to 17%.

Population at Risk (See Appendix)	Screening Question: Have you EVER been told by a doctor, nurse, or other health professional that your blood cholesterol is high?						Age-Adjusted Rate		
	Response:	Observed Rate			Yes				
		%	95% CI	Individuals	n	N	#	%	95% CI
<b>Weight Status</b>									
Weight Status									
Normal (BMI <25)	25.7%	( 21.0% - 31.1% )	28,445	165	559		25.8%	( 21.1% - 31.1% )	
Overweight (BMI 25 to 30)	35.4%	( 30.3% - 40.9% )	49,384	282	678		32.4%	( 27.8% - 37.4% )	
Obese (BMI ≥30)	44.8%	( 39.1% - 50.7% )	46,227	291	558		38.0%	( 32.9% - 43.3% )	
Obese I (BMI 30 TO < 35)	45%	( 38% - 52% )	30,256	189	369		37%	( 30% - 44% )	
Obese II & III (BMI ≥35)	45%	( 35% - 56% )	16,154	102	189		43%	( 36% - 50% )	