



## Selected Key Indicators Women's Health in Alabama

### Steps to A Healthy Lifestyle for Women

Health risk factors can be drastically reduced by adopting healthy lifestyle habits such as the following :

1. Stop smoking.
2. Eat a balanced diet rich in whole grains and at least five servings of fruits and vegetables daily.
3. Exercise regularly.
4. Control high blood pressure.
5. Avoid being overweight.
6. Use preventive services such as mammograms; pap smears; and colorectal cancer, diabetes, and high blood pressure screenings.
7. Get immunizations.
8. Wear seatbelts.
9. Do not indulge in drugs or other substances which could harm you.
10. Practice abstinence or safe sex.

Prepared by Albert Woolbright, Ph.D., Center for Health Statistics, in conjunction with

- The Committee on Women's Health Status
- Bureau of Family Health Services, Women's Health Branch, Epidemiology/Data Management Branch
- Office of Primary Care and Rural Health Development, Minority Health Section
- Center for Health Statistics, Division of Statistical Analysis
- Bureau of Health Promotion & Information, Alabama Statewide Cancer Registry, Cancer Prevention Branch, Cardiovascular Health Branch, Risk Surveillance Unit
- Office of Professional & Support Service, Nutrition Section

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Deaths (b)	93	63	30
	Rate	Rate	Rate
Pregnancies (b)	27.8 <sup>1</sup>	19.7 <sup>1</sup>	43.4 <sup>1</sup>
Motor vehicle fatalities (b)	17.8 <sup>2</sup>	22.5 <sup>2</sup>	8.9 <sup>2</sup>
Gonorrhea (c)	573.9 <sup>3</sup>	293.2 <sup>3</sup>	1153.6 <sup>3</sup>
Chlamydia (c)	814.3 <sup>3</sup>	135.5 <sup>3</sup>	1112.9 <sup>3</sup>
HIV/AIDS (d)	7.0 <sup>4</sup>	2.0 <sup>4</sup>	16.5 <sup>4</sup>
Smoking (e)	31.5 <sup>5</sup>	37.8 <sup>5</sup>	18.5 <sup>5</sup>
Overweight (e)	30.9 <sup>5</sup>	32.6 <sup>5</sup>	27.7 <sup>5</sup>
Marihuana ever used (e)	33.1 <sup>5</sup>	33.5 <sup>5</sup>	32.4 <sup>5</sup>
Marihuana current user (e)	16.4 <sup>5</sup>	16.8 <sup>5</sup>	15.5 <sup>5</sup>
Alcohol use current (e)	43.0 <sup>5</sup>	43.4 <sup>5</sup>	42.2 <sup>5</sup>
Binge drinker (e)	23.3 <sup>5</sup>	26.4 <sup>5</sup>	17.0 <sup>5</sup>
In a physical fight (e)	23.3 <sup>5</sup>	20.4 <sup>5</sup>	29.5 <sup>5</sup>
Planned suicide (e)	17.6 <sup>5</sup>	17.8 <sup>5</sup>	17.4 <sup>5</sup>
Exercise <3x per wk (e)	53.8 <sup>5</sup>	46.8 <sup>5</sup>	67.7 <sup>5</sup>

Women 18-44 1997 Data	Total	White	Black & Other
Population (a)	828,279	585,935	242,344
Deaths (b)	1,094	647	447

	Rate	Rate	Rate
Smoking (f)	22.1 <sup>1</sup>	27.0 <sup>1</sup>	9.2 <sup>1</sup>
Overweight (f)	27.4 <sup>2</sup>	22.7 <sup>2</sup>	39.7 <sup>2</sup>
Sedentary lifestyle (1996 data) (f)	57.4 <sup>3</sup>	53.6 <sup>3</sup>	65.7 <sup>3</sup>
Accidents/unintentional injuries (b)	29.5 <sup>4</sup>	30.9 <sup>4</sup>	26.0 <sup>4</sup>
Cancer deaths (b)	27.3 <sup>4</sup>	24.7 <sup>4</sup>	33.4 <sup>4</sup>
Cancer cases (g)	135.8 <sup>4</sup>	141.3 <sup>4</sup>	122.6 <sup>4</sup>
Breast cancer deaths (b)	8.0 <sup>4</sup>	6.5 <sup>4</sup>	11.6 <sup>4</sup>
Breast cancer cases (g)	51.1 <sup>4</sup>	51.0 <sup>4</sup>	51.2 <sup>4</sup>
HIV/AIDS (d)	146.4 <sup>4</sup>	48.6 <sup>4</sup>	382.9 <sup>4</sup>
Chlamydia (c)	702.8 <sup>4</sup>	98.6 <sup>4</sup>	1208.6 <sup>4</sup>
Gonorrhea (c)	542.8 <sup>4</sup>	85.3 <sup>4</sup>	1310.9 <sup>4</sup>
Don't eat 5 fruits/vegetables a day (f)	82.1 <sup>4</sup>	81.6 <sup>4</sup>	83.0 <sup>4</sup>
Unintended births (b)	47.2 <sup>4</sup>	40.6 <sup>4</sup>	63.3 <sup>4</sup>
Inadequate prenatal care (b)	22.1 <sup>4</sup>	15.7 <sup>4</sup>	35.8 <sup>4</sup>
Median no. of days w/ poor mental health (f)	5.0 <sup>4</sup>	5.0 <sup>4</sup>	7.0 <sup>4</sup>
Alcohol use, binge drinker (f)	10.4 <sup>4</sup>	11.8 <sup>4</sup>	6.9 <sup>4</sup>

Women 45-64 1997 Data	Total	White	Black & Other
Population (a)	466,283	363,915	102,368
Deaths (b)	2,955	2,002	953

	Rate	Rate	Rate
Lung cancer mortality (b)	133.6 <sup>1</sup>	125.6 <sup>1</sup>	162.2 <sup>1</sup>
Lung cancer incidence (g)	83.6 <sup>1</sup>	87.7 <sup>1</sup>	69.4 <sup>1</sup>
Breast cancer mortality (b)	49.8 <sup>1</sup>	45.3 <sup>1</sup>	65.5 <sup>1</sup>
Breast cancer incidence (g)	288.5 <sup>1</sup>	291.8 <sup>1</sup>	276.5 <sup>1</sup>
Heart disease mortality (b)	149.1 <sup>1</sup>	122.6 <sup>1</sup>	243.2 <sup>1</sup>
Hypertension(f)	43.6 <sup>2</sup>	37.9 <sup>2</sup>	62.8 <sup>2</sup>
Diabetes mortality (b)	32.2 <sup>2</sup>	21.4 <sup>2</sup>	70.3 <sup>2</sup>
Colorectal cancer mortality (b)	17.6 <sup>2</sup>	17.6 <sup>2</sup>	17.6 <sup>2</sup>
Colorectal cancer incidence (g)	57.3 <sup>2</sup>	55.8 <sup>2</sup>	62.5 <sup>2</sup>
Stroke/cerebrovascular mortality (b)	39.5 <sup>2</sup>	27.5 <sup>2</sup>	82.1 <sup>2</sup>
Overweight (f)	40.6 <sup>2</sup>	35.2 <sup>2</sup>	57.4 <sup>2</sup>
Suicide mortality (b)	6.4 <sup>2</sup>	7.1 <sup>2</sup>	3.9 <sup>2</sup>
Motor vehicle fatality(b)	13.7 <sup>2</sup>	13.7 <sup>2</sup>	13.7 <sup>2</sup>
Chronic obstructive pulmonary disease mort (b)	24.7 <sup>2</sup>	25.6 <sup>2</sup>	21.5 <sup>2</sup>
Median number of days poor mental health (f)	7.0 <sup>2</sup>	5.5 <sup>2</sup>	15.0 <sup>2</sup>
Sedentary lifestyle (1996 data) (f)	61.5 <sup>2</sup>	59.4 <sup>2</sup>	68.2 <sup>2</sup>
No mammography last 2 years (f)	27.7 <sup>2</sup>	24.9 <sup>2</sup>	37.2 <sup>2</sup>
Never had a mammography (f)	10.3 <sup>2</sup>	7.6 <sup>2</sup>	19.1 <sup>2</sup>

Women 65+ 1997 Data	Total	White	Black & Other
Population (a)	341,075	272,362	68,713
Deaths (b)	16,904	13,201	3,703

	Rate	Rate	Rate
Heart disease mortality (b)	1779.1 <sup>1</sup>	1756.5 <sup>1</sup>	1868.6 <sup>1</sup>
Lung cancer mortality (b)	584.6 <sup>1</sup>	599.6 <sup>1</sup>	525.4 <sup>1</sup>
Lung cancer incidence (g)	201.1 <sup>1</sup>	210.4 <sup>1</sup>	164.5 <sup>1</sup>
Breast cancer mortality (b)	103.2 <sup>1</sup>	98.8 <sup>1</sup>	120.8 <sup>1</sup>
Breast cancer incidence (g)	410.2 <sup>1</sup>	419.3 <sup>1</sup>	374.0 <sup>1</sup>
Colorectal cancer mortality (b)	96.5 <sup>1</sup>	87.0 <sup>1</sup>	133.9 <sup>1</sup>
Colorectal cancer incidence (g)	75.3 <sup>1</sup>	74.9 <sup>1</sup>	77.1 <sup>1</sup>
Stroke/cerebrovascular mortality (b)	452.7 <sup>1</sup>	448.3 <sup>1</sup>	470.1 <sup>1</sup>
Alzheimer's mortality (b)	90.3 <sup>1</sup>	100.2 <sup>1</sup>	50.9 <sup>1</sup>
Median number of days poor mental health (f)	5.0 <sup>1</sup>	5.0 <sup>1</sup>	5.0 <sup>1</sup>
No mammography last 2 years (f)	31.1 <sup>1</sup>	30.8 <sup>1</sup>	32.1 <sup>1</sup>
Never had a mammography (f)	14.7 <sup>1</sup>	14.5 <sup>1</sup>	15.4 <sup>1</sup>
Quality of life fair or poor (f)	41.7 <sup>1</sup>	38.5 <sup>1</sup>	51.3 <sup>1</sup>
Sedentary lifestyle (1996) (f)	59.8 <sup>1</sup>	54.5 <sup>1</sup>	81.5 <sup>1</sup>
Chronic obstructive pulmonary disease mort (b)	199.4 <sup>1</sup>	225.1 <sup>1</sup>	97.5 <sup>1</sup>
Overweight (f)	29.5 <sup>1</sup>	21.4 <sup>1</sup>	53.8 <sup>1</sup>

#### Notes:

a) Center for Business and Economic Research, University of Alabama, Population Projections, 1997.

b) Alabama Department of Public Health, Center for Health Statistics.

c) Alabama Department of Public Health, STD Division.

d) Alabama Department of Public Health, HIV/AIDS Division.

e) State Department of Education, Alabama Youth Risk Behavior Survey, includes only ages 12-17.

f) Alabama Department of Public Health, Bureau of Health Promotion and Information, Behavioral Risk Factor Surveillance System.

g) Alabama Department of Public Health, Bureau of Health Promotion and Information, Alabama Statewide Cancer Registry.

1 Rate per 1,000 females in specified age group.

2 Rate per 100,000 females in specified age group.

3 Percent of respondents.

4 Median is the point at which half of the cases fall above and half below, in the last 30 days.