

Women's Health and Mortality Chartbook



Healthy Women: State Trends in Health and Mortality

U.S. DEPARTMENT OF HEALTH AND HUMAN SERVICES

Office on Women's Health

Centers for Disease Control and Prevention, National Center for Health Statistics



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Website

For more information about Healthy Women: State Trends in Health and Mortality, or to access data files directly, visit:

<http://www.cdc.gov/nchs/healthywomen.htm>

Women's Health and Mortality Chartbook



August 2004

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Prepared by
The Lewin Group, Inc.

The Lewin Group is a premier national health and human services consulting firm with 34 years of experience delivering objective analyses and strategic counsel to prominent public agencies, non-profit organizations, and private companies across the United States.

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Dedication

This publication is dedicated to our colleague and friend, Joanna Skilogianis, Ph.D., (1964-2004). Dr. Skilogianis served as the project manager for the *Healthy Women* project from 2000 until the end of her federal service in 2003. Her skill at working with people as well as her capability to focus both on the overall mission of the project and on the many small details is evident in the quality and breadth of this data dissemination project.

She will be deeply missed.

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Introduction

The *Women's Health and Mortality Chartbook* is a statistical resource on women's health in each of the states, the District of Columbia and Puerto Rico. The chartbook was developed to provide readers with an easy-to-use collection of current state data on critical issues of relevance to women. A total of 27 different health indicators are featured, which highlight some of the key issues related to women's health that are being measured regularly at the state level. It is intended to be used as a reference for policymakers and program managers at the Federal and state levels to identify key health issues of importance in each state. The chartbook may also serve to stimulate additional detailed questions regarding the specific populations of concern in each state for these and other health indicators.

The data presented in this chartbook are taken from *Healthy Women: State Trends in Health and Mortality* (to be referred to as *Healthy Women*). *Healthy Women* was developed by the Department of Health and Human Services' Office on Women's Health and the Centers for Disease Control and Prevention's National Center for Health Statistics as a tool to help identify vulnerable and underserved populations at the state level, where most decisions regarding health policy are developed and implemented. While the project provides data on health, health care, and risk behavior on all populations in each state for which data are collected, women's health concerns have been targeted for inclusion, and racial and ethnic differences among women are a primary focus. The information presented in this chartbook represents only a small portion of the data available from *Healthy Women*, which addresses many other questions related to women's health.

The *Women's Health and Mortality Chartbook* is intended to present state data on women's health in a straightforward, user-friendly manner. More technically detailed publications can be obtained from the original data sources (National Vital Statistics System and the Behavioral Risk Factor Surveillance System) and from *Healthy Women*.

Structure of the Chartbook

The first section of the chartbook contains U.S. maps for each of the featured health indicators. Each health indicator is presented on a single map showing the variation in health status across the 50 states, the District of Columbia and Puerto Rico. The maps present geographic differences in either death rates or proportions of women with specific health characteristics. Data for each health indicator are divided into 5 categories (quintiles), with approximately 10 states in each category. Variations in health status are represented using a color gradation of dark to light, with dark colors representing poorer relative health status and light colors representing better relative health status across all maps.

The second section of the chartbook contains women's health profiles for each of the 52 geographic areas presented. The profiles include a brief summary that highlights how each state or territory fares on the presented indicators, and provides some additional background information. Each profile contains population statistics and data on each of the 27 featured health and mortality indicators, both among women overall and by race and Hispanic origin. The Healthy People 2010 target is included for comparison, where available.¹ Finally, the state or territory's relative ranking on each indicator is presented, with lower numerical ranking values indicating better health status relative to other states and territories.

The third section of the report includes information on the sources of data (Appendix I), explanations of terms and analytic issues (Appendix II), and references (Appendix III).

How indicators were selected

The *Women's Health and Mortality Chartbook* features 27 different health indicators taken from *Healthy Women*, covering a wide range of health issues for women. The Department of Health and Human Services' Office on Women's Health and the Centers for Disease Control and Prevention's National Center for Health Statistics chose

these indicators through careful review of the available data. These 27 indicators were chosen for the following reasons:

- They are regularly measured at the state level.
- They cover a wide range of mortality, morbidity, health risk factors, preventive services, and access to health care concerns.
- They cover a wide spectrum of disease types.
- They cover the full lifespan of women, from young adults to older women.

These broad criteria, combined with priorities set forth in two Department of Health and Human Services initiatives, Healthy People 2010 and *Steps to a HealthierUS* determined the final selection of indicators presented. Indicators available to measure either Healthy People 2010 or *Steps to a HealthierUS* objectives at the state level were chosen over other indicators, and the measure of the indicator used was formulated as defined by the HHS initiative. However, readers should be aware that both of these initiatives set targets for all of the U.S. and are not sex-specific. Therefore, text in the profile summaries stating that a state has met a Healthy People 2010 target, for example, does not imply that the state as a whole has met the objective. It refers only to the women in that state.

Healthy People 2010 contains 467 objectives designed to serve as a road map for improving the health of all people in the United States during the first decade of the 21st century. Healthy People 2010 builds on similar initiatives pursued over the past two decades. Two overarching goals--increase quality and years of healthy life, and eliminate health disparities--served as a guide for developing objectives that actually measure progress. Indicators were chosen based on their ability to motivate action, the availability of data to measure their progress, and their relevance as broad public health issues.¹

Steps to a HealthierUS is an initiative that advances President George W. Bush's HealthierUS goal of helping Americans live longer, better, and healthier lives. At the heart of this program lie both personal responsibility for the choices Americans make and social responsibility to ensure that policy makers support programs that foster healthy behaviors and prevent disease. The diseases targeted in this program are: diabetes, obesity, asthma, heart disease and stroke, and cancer. The lifestyle choices being targeted are: poor nutrition and physical inactivity, tobacco use, preventive screening, and youth risk taking.²

Associations between indicators

Some of the risk factor indicators presented in the chartbook have previously been found to be associated with other disease or risk factor indicators that are included. In some cases, these associations are noted in the summary text accompanying the state profiles. These known associations are:

- High blood pressure is positively associated with heart disease (including coronary heart disease)³ and stroke.⁴
- Obesity is positively associated with hypertension, diabetes, heart disease, and stroke.^{5, 6}
- Leisure time physical activity is inversely associated with heart disease,⁷ stroke,⁷ diabetes,⁸ and obesity.⁹
- Smoking is positively associated with heart disease and cancer, as well as many other diseases.^{10, 11}
- Smoking during pregnancy is positively associated with pregnancy complications, low birth weight delivery, and increased infant mortality and morbidity.¹⁰
- Binge drinking is positively associated with organ damage, motor vehicle crashes, and interpersonal violence.¹²
- Consumption of greater numbers of fruits and vegetables is associated with decreased obesity¹³ and cancer.¹⁴

Furthermore, many of the preventive service indicators presented are useful in reducing morbidity and mortality of some of the other indicators. These include:

- Cholesterol screening reduces heart disease mortality.¹⁵
- Mammography reduces breast cancer mortality.¹⁶

-
- Blood stool testing reduces colorectal cancer mortality.¹⁷
 - Adequate prenatal care is associated with improved birth weights, and decreased risk of preterm delivery, maternal mortality, and infant mortality.¹⁸

While all of these associations have been well documented, the studies investigating disease relationships do so at the level of the individual. That is, this type of research measures risk factors or preventive care and health outcomes on individual people and then makes statistical summaries over the group of people being studied. These same associations may not exist at the state level because many factors influence disease. For instance, there are states with a high proportion of women who reported receiving regular mammograms where the breast cancer death rate is also high. This should not be seen as evidence that mammography does not reduce breast cancer death. Rather, incongruent indicators at the state level should be noted and further investigated.

How comparisons were made

Rankings

Every state and territory was assigned a ranking for each indicator, indicating how women in that geographic area fare compared to other geographic areas. The rankings were assigned based on the “state total” value for that indicator. Low numbered rankings indicate better health and high numbered rankings indicate poorer health. Rankings compare the states and territories on women’s health status only.

Profile summaries

Each profile shows data for a particular state across each of the 27 health indicators. A few significant or noteworthy findings for each state and territory are highlighted in summaries at the top of the profiles. The profile summaries are not comprehensive descriptions of the data included in the tables. Rather, they are intended to provide a brief overview of women’s health in that state or territory and to put some of that information into a national or regional context.

In general, the summaries note particularly low (best 10) and high (worst 10) rankings, health status that is either near to, or far from, the goals of *Steps to a HealthierUS* or the targets of Healthy People 2010, and considerable or noteworthy racial differences in women’s health. Specifically, indicators for which a state or territory ranked in or near the top ten or bottom ten are generally noted in the summaries. High and low rankings on indicators relating to *Steps to a HealthierUS* are pointed out. Healthy People 2010 targets are highlighted under the circumstances described below.

For several of the presented indicators, few states or territories have met the Healthy People 2010 targets among women. For these indicators, it was generally noted if women in a state or territory had already met the target. These include:

- Diabetes-related death (females in Arizona, Florida, and Nevada have met the target)
- Total cancer death (females in Arizona, California, Colorado, Florida, Hawaii, Idaho, Iowa, Nebraska, New Mexico, North Dakota, South Dakota, Utah, and Puerto Rico have met the target)
- Breast cancer death (females in Hawaii, Utah, and Puerto Rico have met the target)
- Colorectal cancer death (females in Hawaii, Idaho, Utah, and Puerto Rico have met the target)
- Chronic lower respiratory death (females in Hawaii have met the target)
- Stroke death (females in the District of Columbia, Florida, New Jersey, New York, Rhode Island, and Puerto Rico have met the target)
- Unintentional injury death (females in California, Hawaii, Maryland, Massachusetts, New Jersey, New York, Rhode Island, and Puerto Rico have met the target)
- Obesity (women in Colorado have met the target)
- Leisure-time physical activity (women in Washington and Utah have met the target)

For a few of the presented indicators, women in most states and territories have already met the Healthy People 2010 target. For these indicators it was generally noted if women in a state or territory had not met the target among women. These indicators include:

- Lung cancer death (females in Alaska, Delaware, Indiana, Kentucky, Maine, Missouri, Nevada, Oklahoma, Oregon, Washington, and West Virginia have not met the target)
- Coronary heart disease death (females in the District of Columbia, Michigan, Mississippi, Missouri, New Jersey, New York, Ohio, Oklahoma, Rhode Island, Tennessee, and West Virginia have not met the target)
- Mammograms (women in Arkansas, Idaho, Mississippi, New Mexico, Oklahoma, Texas, Utah, and Wyoming have not met the target)

Health indicator ranges

There are two issues regarding the range of values presented in the health indicators which deserve mention. The first is that for some indicators, even geographic areas with the best rankings do not meet standards of good health. For example, in the states with the best rankings on leisure-time physical activity, almost 20 percent of women participated in no activity. The Healthy People 2010 objective is to reduce the proportion of adults who engage in no leisure-time physical activity to 20 percent, and so most states have levels of physical inactivity that are well above what is desirable.¹ Many of the reported indicators demonstrate that on a national basis, U.S. women are not meeting Healthy People goals.

The second issue is that the range of values in some of the indicators is relatively narrow. Therefore, the difference in the absolute value between states in the best quintile and those in the worst quintile may be very small. For example, the range of values for suicide mortality rates is 1.6 to 7.7. Having higher or lower rankings on these indicators may have less significance than for other indicators where the range is greater.

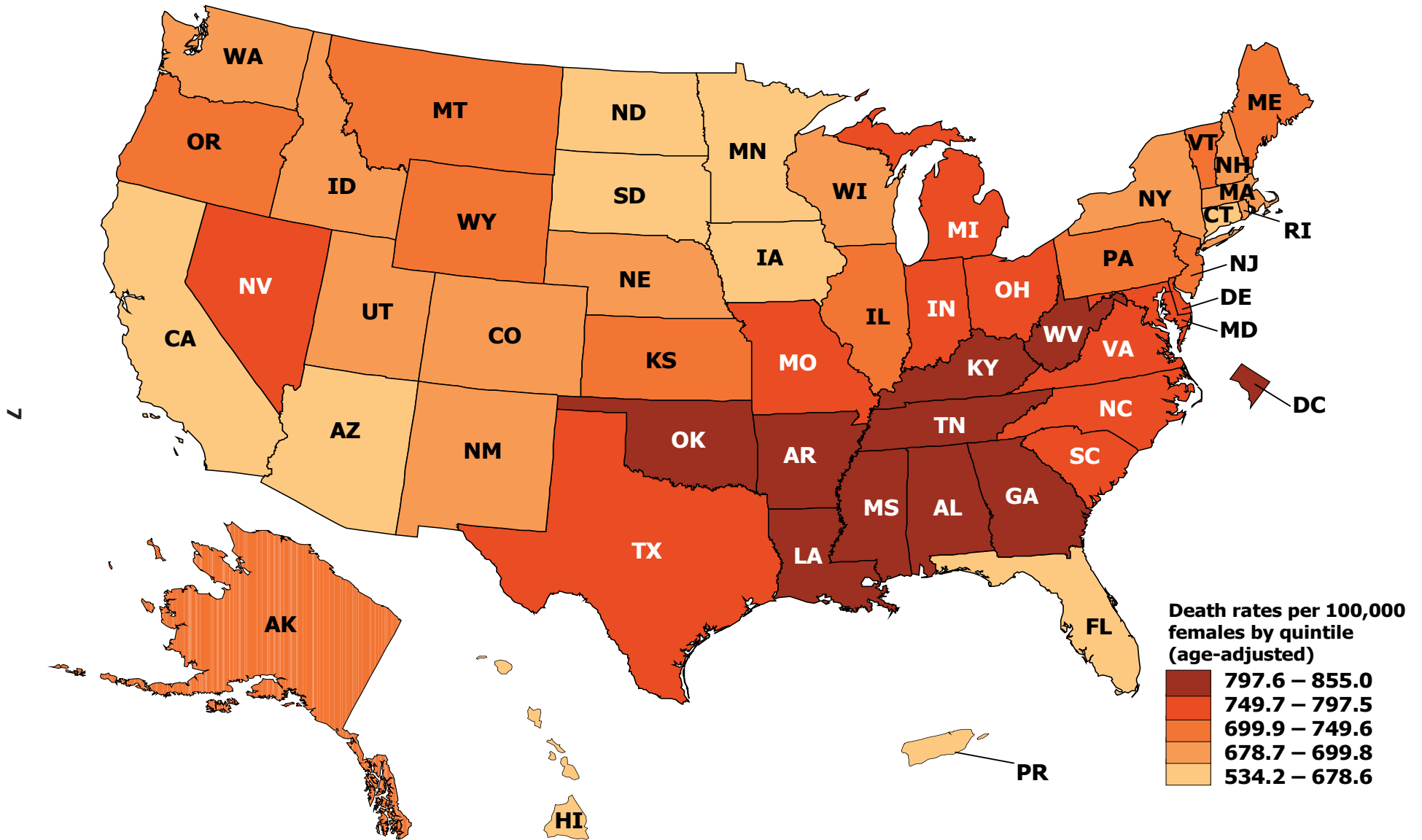
Race and Hispanic ethnicity

Data on race and Hispanic origin are presented in the greatest detail possible, after taking into account the quality of data, the amount of missing data and the number of observations. For at least part of the time period being presented, the data collection systems were using the 1977 Office of Management and Budget's Standards for race data, which require the use of four racial groups and separate tabulations by Hispanic origin. More detailed racial analyses were therefore not possible. The large differences in health status by race and Hispanic origin documented in this chartbook may be explained by several factors including socioeconomic status, health practices, psychosocial stress and resources, environmental exposures, discrimination, and access to health care. Most of the racial differences noted in the text associated with the state table pages are not unique to the state, but generally follow patterns seen in the nation as a whole.

Differences in health status between particular racial or ethnic groups and the white population were sometimes noted in the state profile summaries. Only differences that were found to be statistically significant were mentioned, although not every statistically significant difference could be included.

Health Indicator Maps

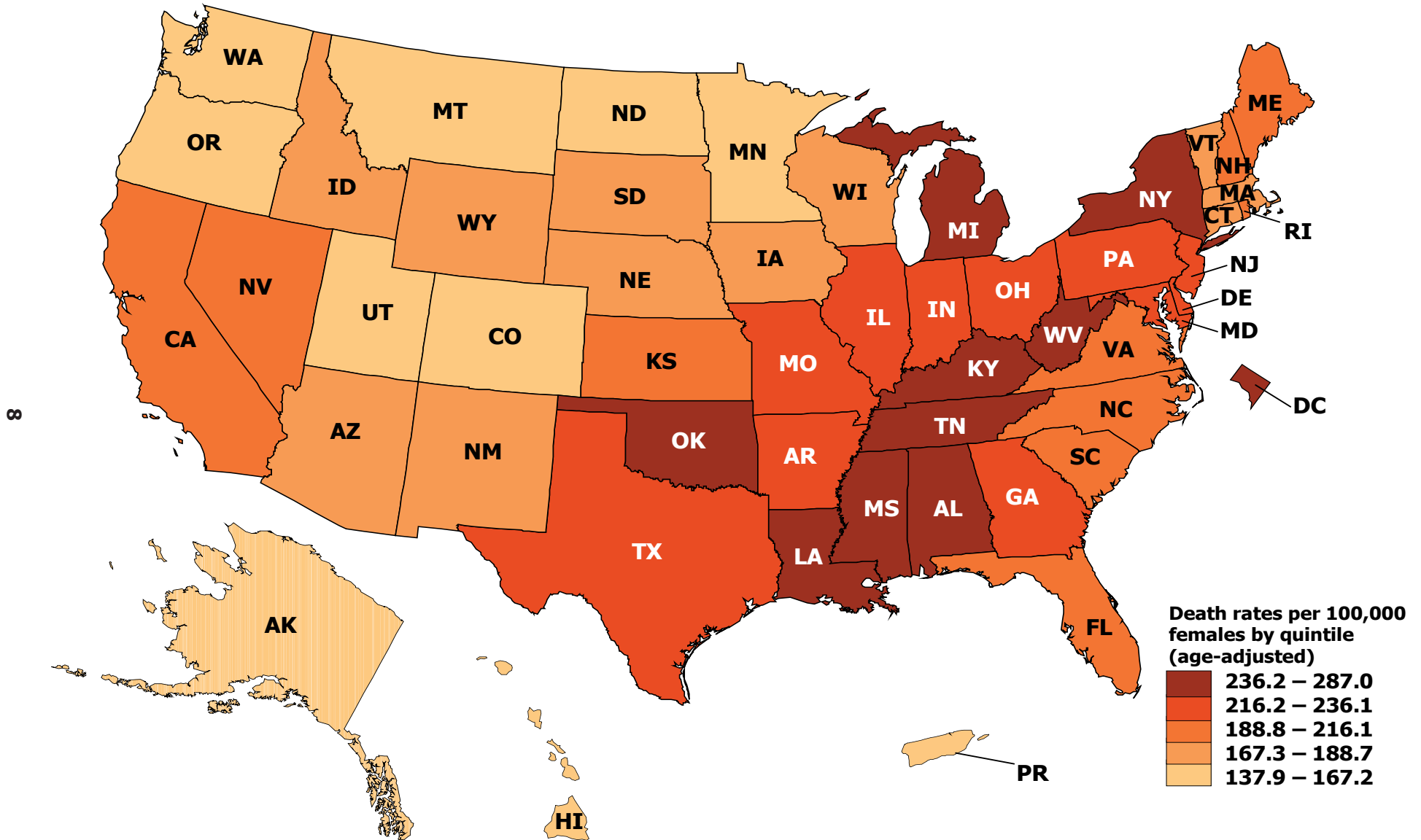
All cause death rates among females all ages by State, 1999 – 2001



SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics. Vital Statistics of the United States: Mortality data as presented in *Healthy Women: State Trends in Health and Mortality*. <http://www.cdc.gov/nchs/healthywomen.htm>.

All cause

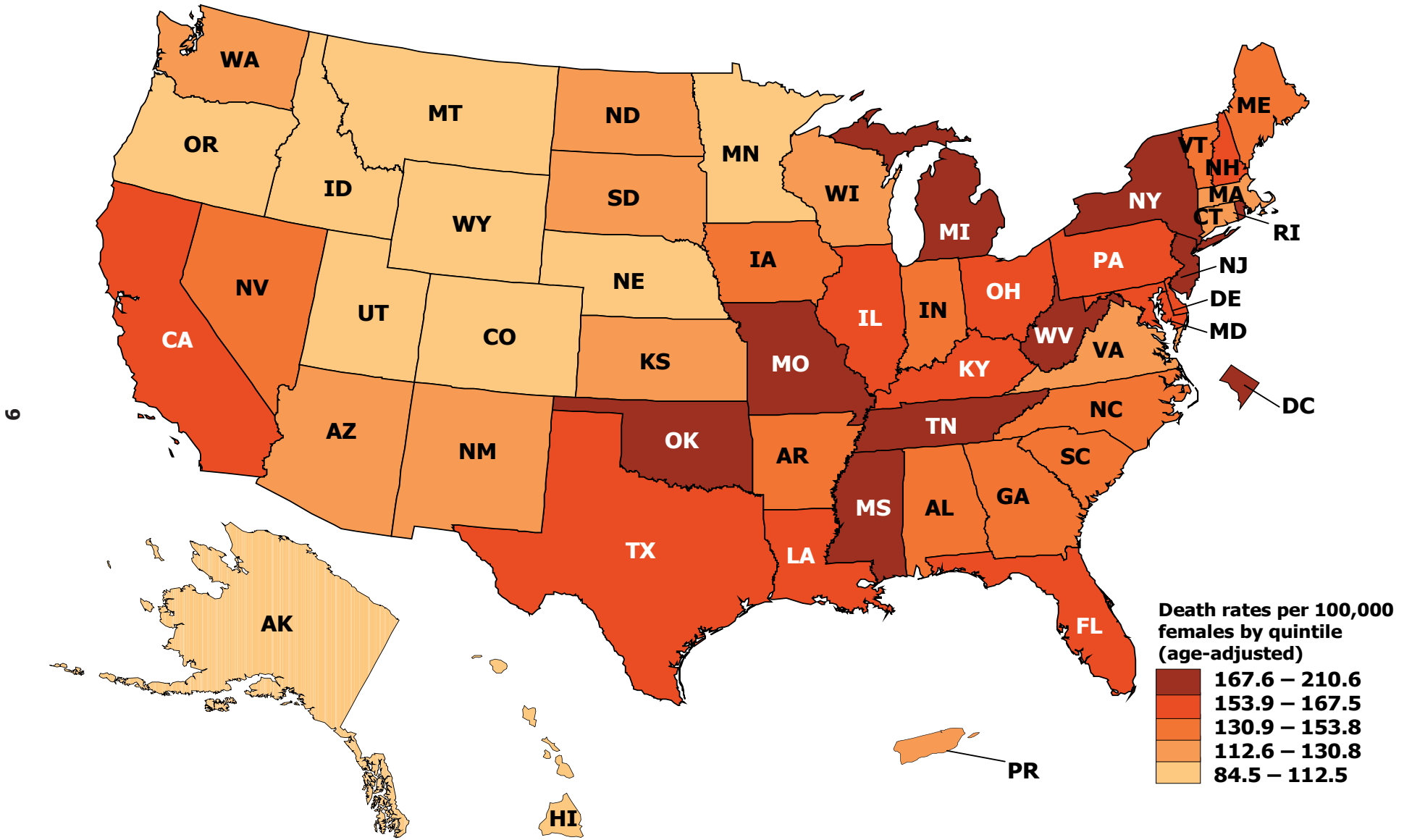
Heart disease death rates among females all ages by State, 1999 – 2001



NOTE: Includes rheumatic disease, hypertensive heart and renal diseases, ischemic heart disease, pulmonary heart disease and diseases of pulmonary circulation, and other forms of heart disease.

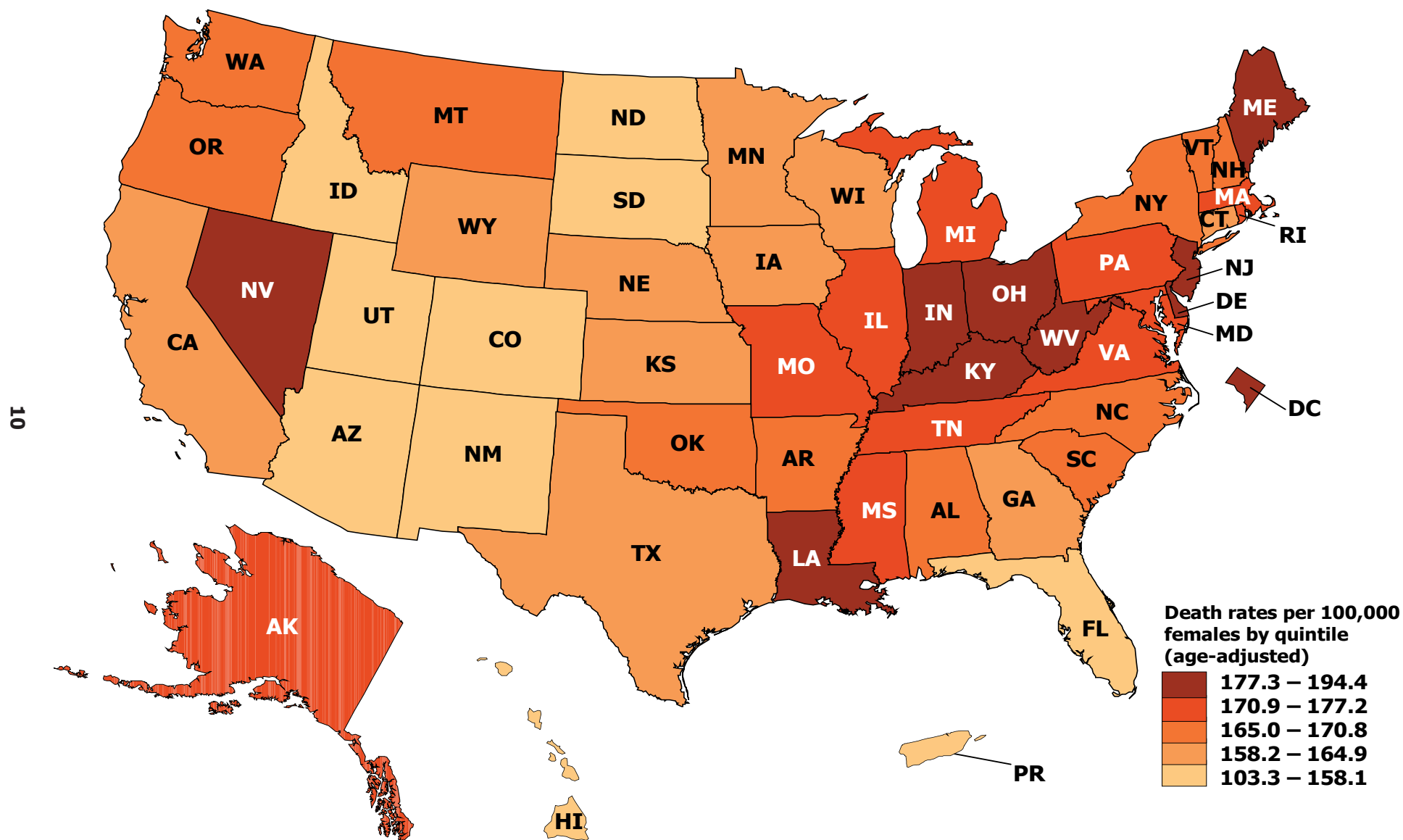
SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics. Vital Statistics of the United States: Mortality data as presented in *Healthy Women: State Trends in Health and Mortality*. <http://www.cdc.gov/nchs/healthywomen.htm>.

Coronary heart disease death rates among females all ages by State, 1999 – 2001



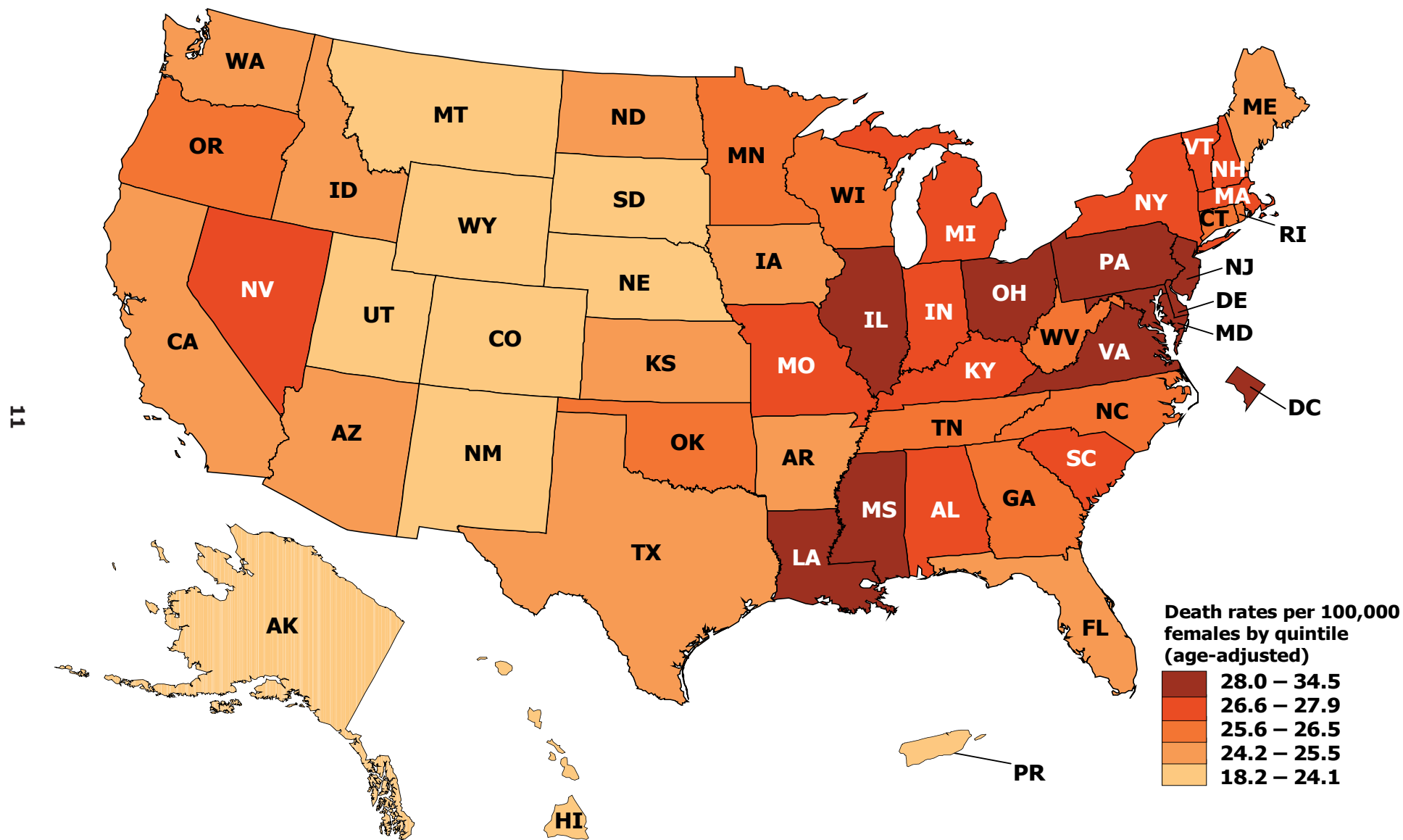
SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics. Vital Statistics of the United States: Mortality data as presented in *Healthy Women: State Trends in Health and Mortality*. <http://www.cdc.gov/nchs/healthywomen.htm>.

All cancer death rates among females all ages by State, 1999 – 2001



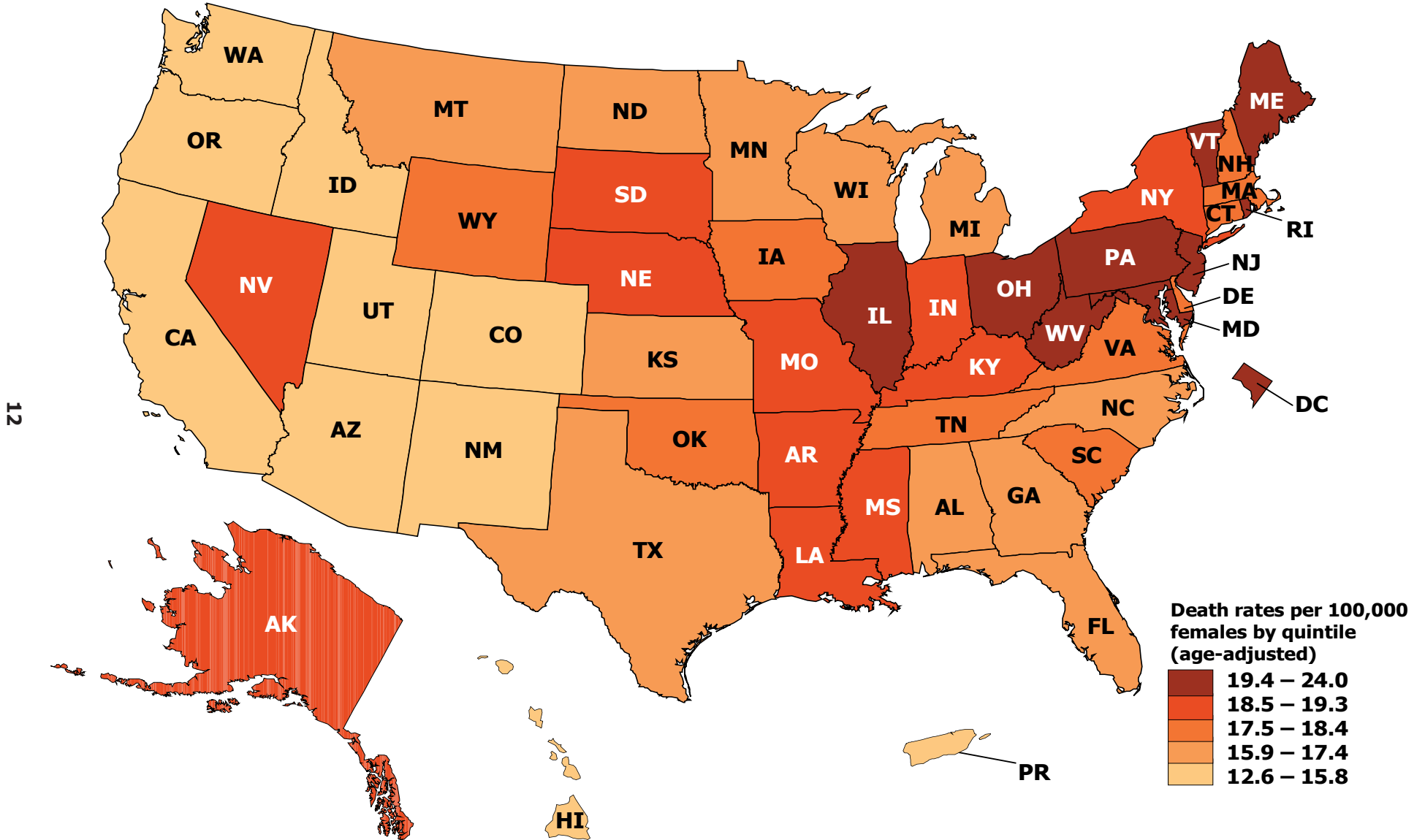
SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics. Vital Statistics of the United States: Mortality data as presented in *Healthy Women: State Trends in Health and Mortality*. <http://www.cdc.gov/nchs/healthywomen.htm>.

Breast cancer death rates among females all ages by State, 1999 – 2001



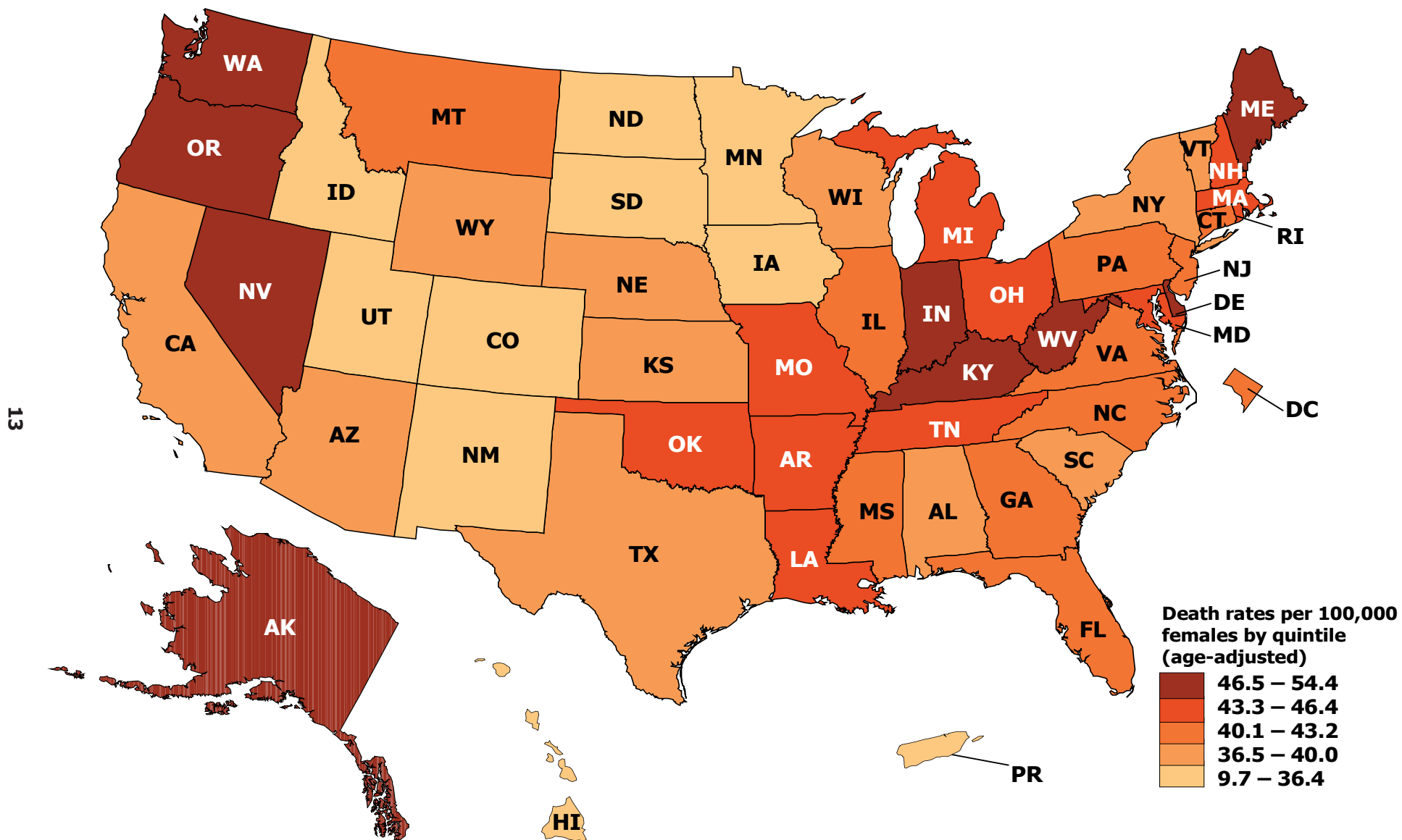
SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics. Vital Statistics of the United States: Mortality data as presented in *Healthy Women: State Trends in Health and Mortality*. <http://www.cdc.gov/nchs/healthywomen.htm>.

Colorectal cancer death rates among females all ages by State, 1999 – 2001



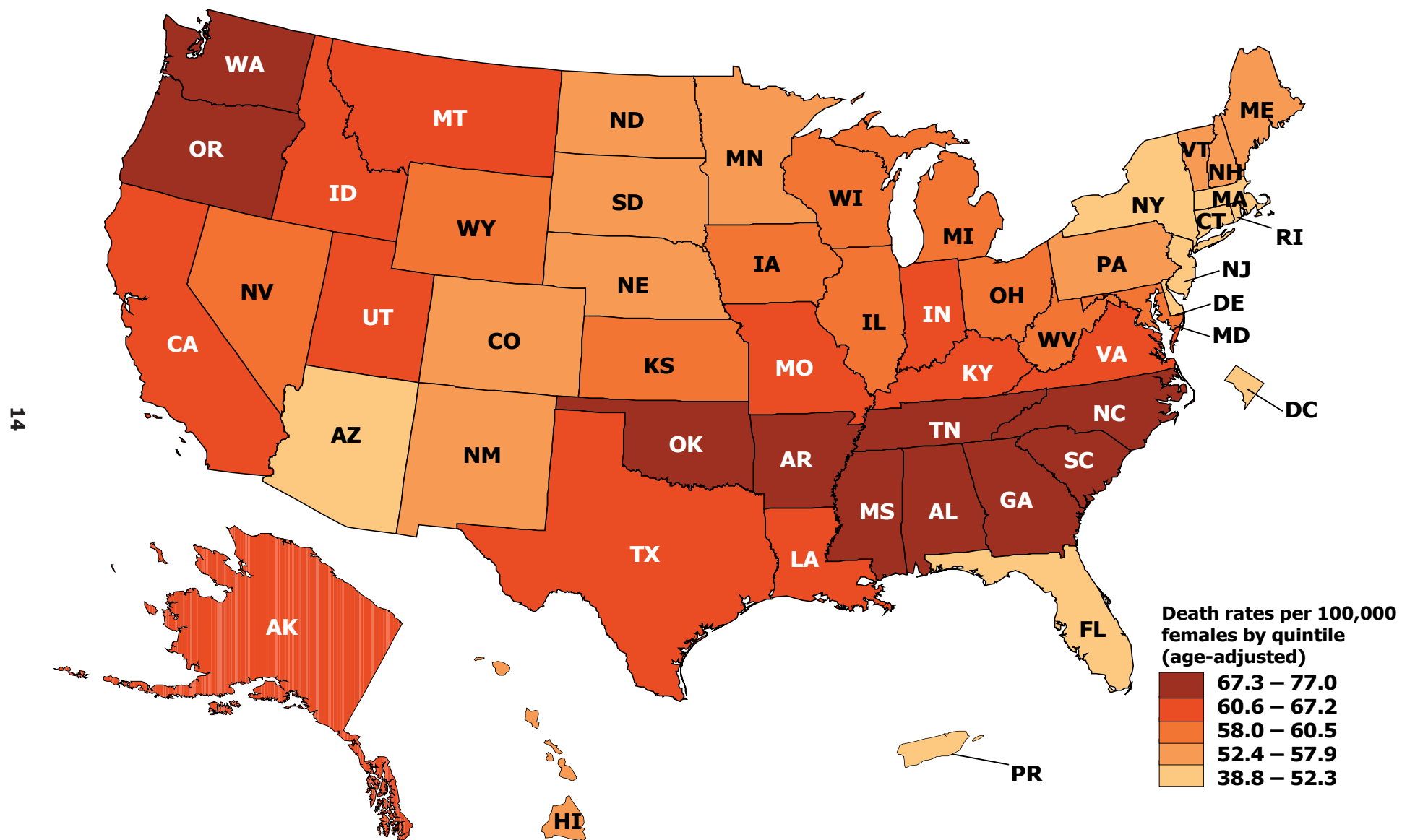
SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics. Vital Statistics of the United States: Mortality data as presented in *Healthy Women: State Trends in Health and Mortality*. <http://www.cdc.gov/nchs/healthywomen.htm>.

Lung cancer death rates among females all ages by State, 1999 – 2001



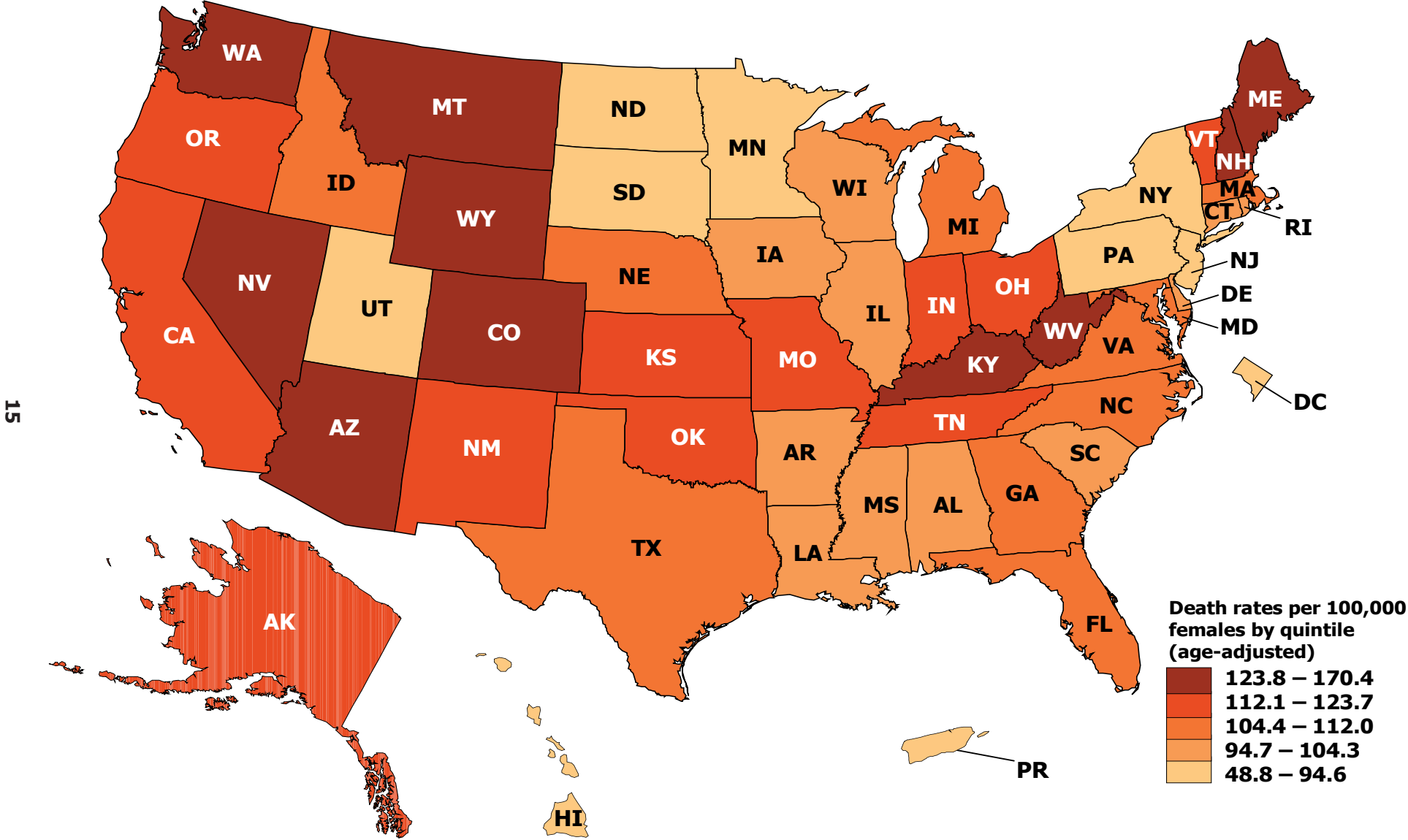
SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics. Vital Statistics of the United States: Mortality data as presented in *Healthy Women: State Trends in Health and Mortality*. <http://www.cdc.gov/nchs/healthywomen.htm>.

Stroke death rates among females all ages by State, 1999 – 2001



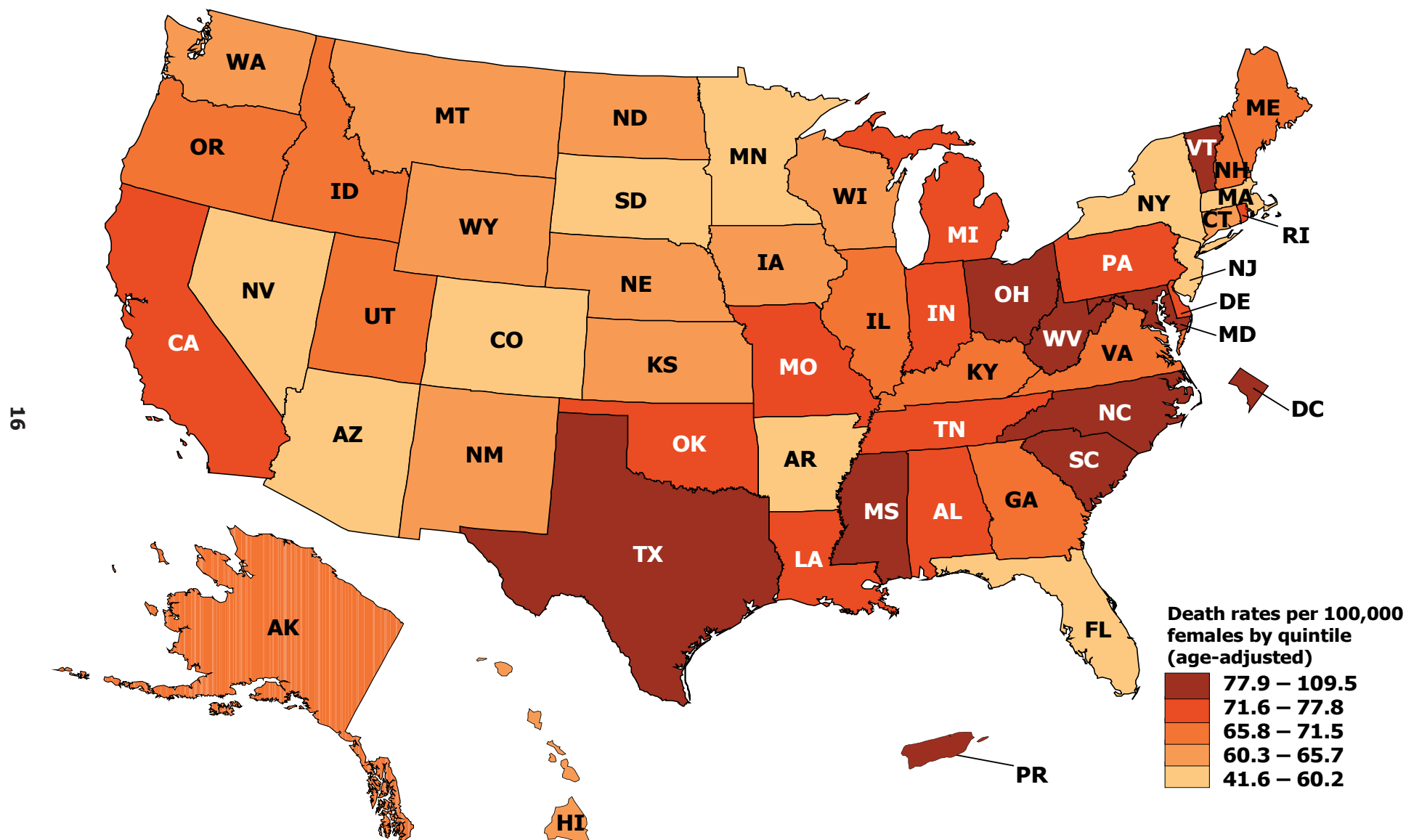
SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics. Vital Statistics of the United States: Mortality data as presented in *Healthy Women: State Trends in Health and Mortality*. <http://www.cdc.gov/nchs/healthywomen.htm>.

Chronic lower respiratory disease death rates among females aged 45 and older by State, 1999 – 2001



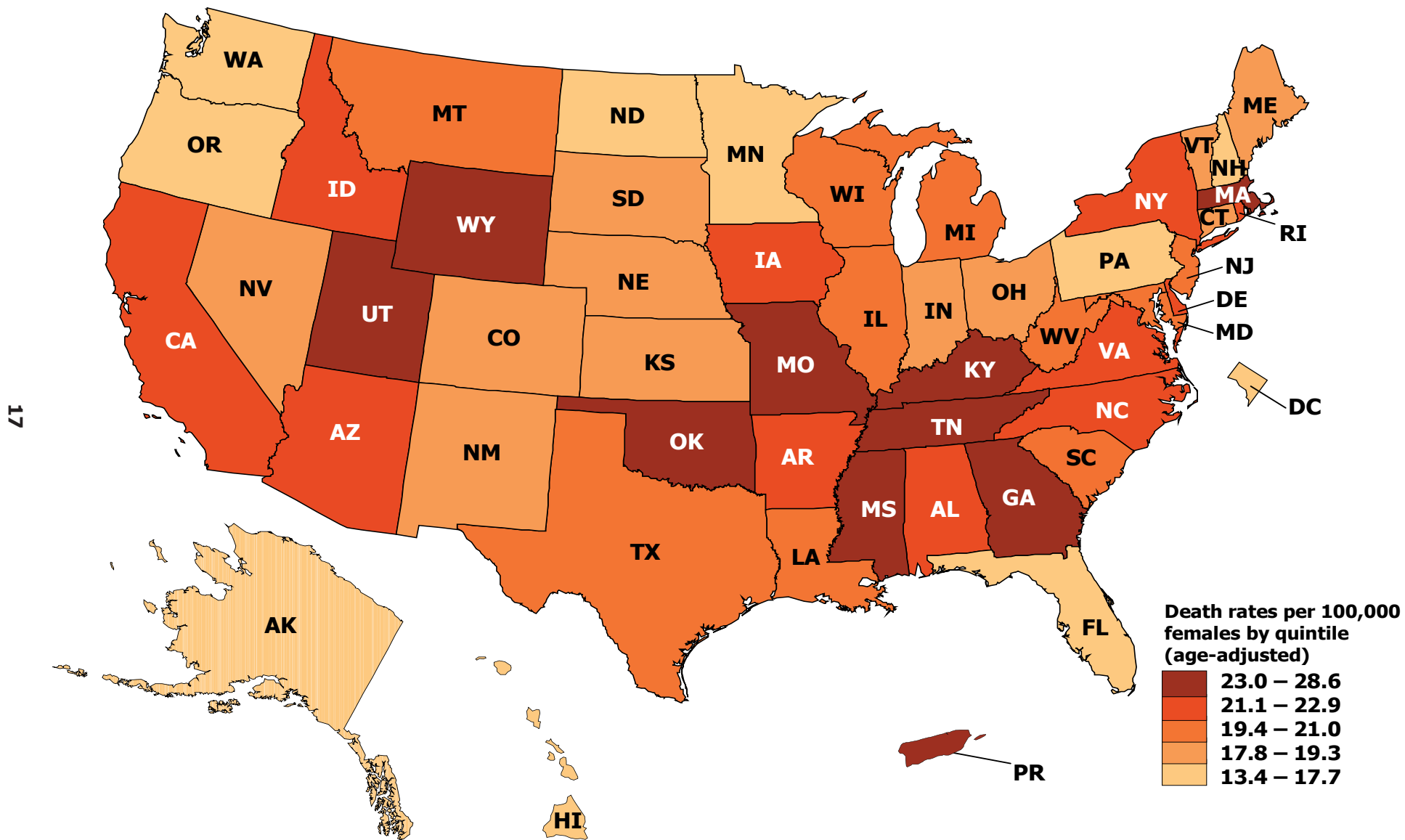
SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics. Vital Statistics of the United States: Mortality data as presented in *Healthy Women: State Trends in Health and Mortality*. <http://www.cdc.gov/nchs/healthywomen.htm>.

Diabetes-related death rates among females all ages by State, 1999 – 2001



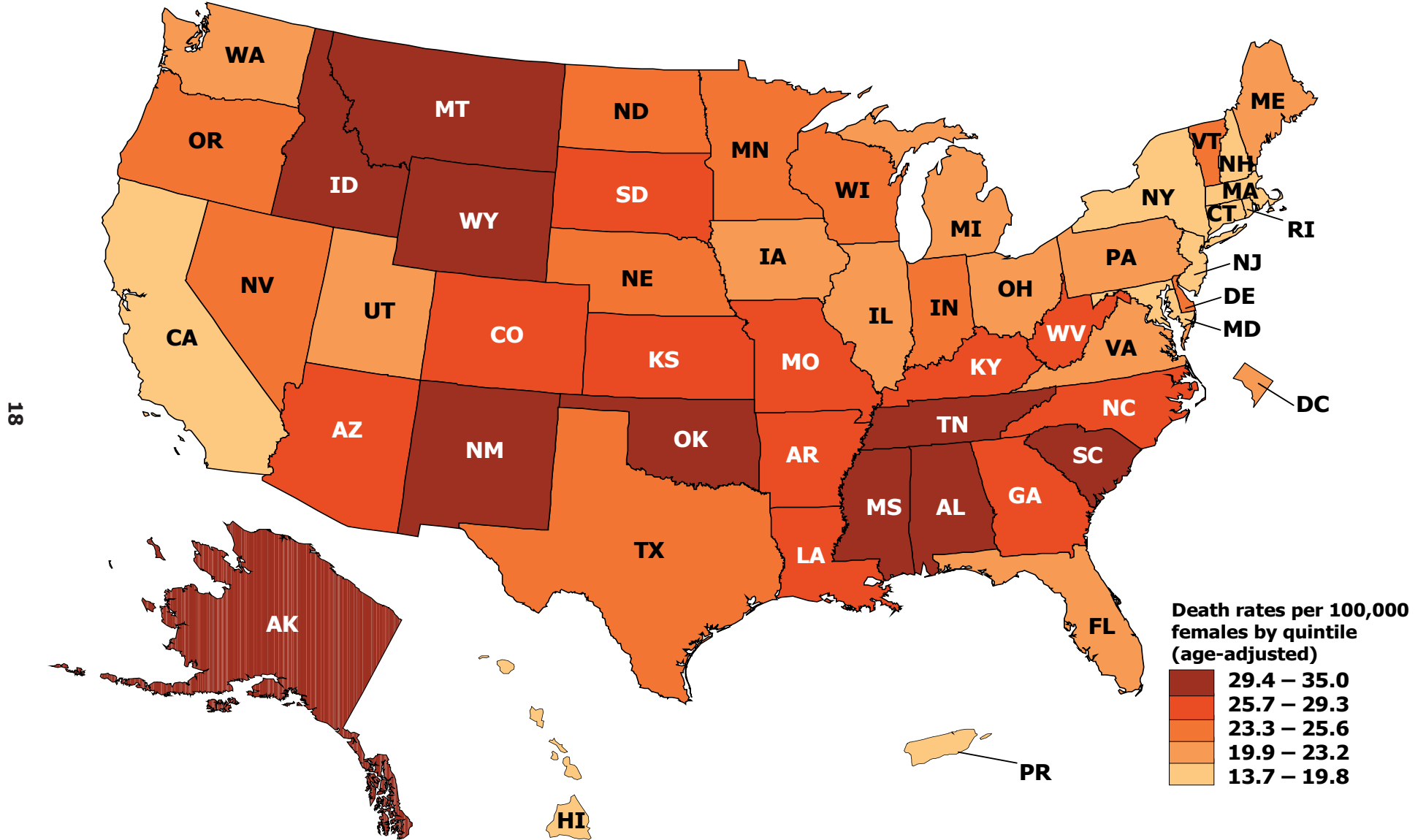
NOTE: Diabetes mellitus as the underlying or multiple cause of death. Excludes neonatal diabetes and diabetes complicating pregnancy, childbirth or the puerperium.
 SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics. Vital Statistics of the United States: Mortality data as presented in *Healthy Women: State Trends in Health and Mortality*.
<http://www.cdc.gov/nchs/healthywomen.htm>.

Influenza and pneumonia death rates among females all ages by State, 1999 – 2001



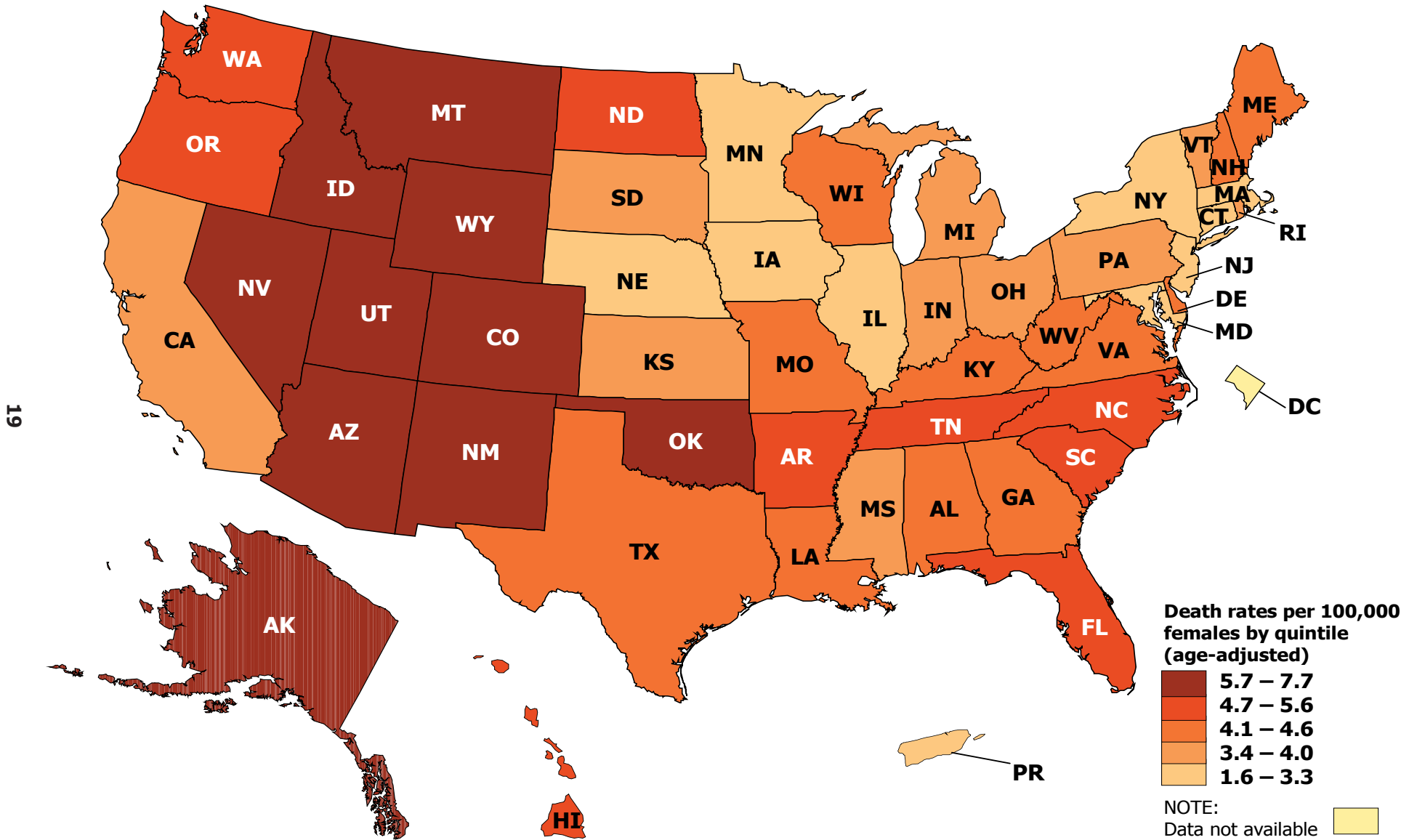
SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics. Vital Statistics of the United States: Mortality data as presented in *Healthy Women: State Trends in Health and Mortality*.
<http://www.cdc.gov/nchs/healthywomen.htm>.

Unintentional injury death rates among females all ages by State, 1999 – 2001



SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics. Vital Statistics of the United States: Mortality data as presented in *Healthy Women: State Trends in Health and Mortality*. <http://www.cdc.gov/nchs/healthywomen.htm>.

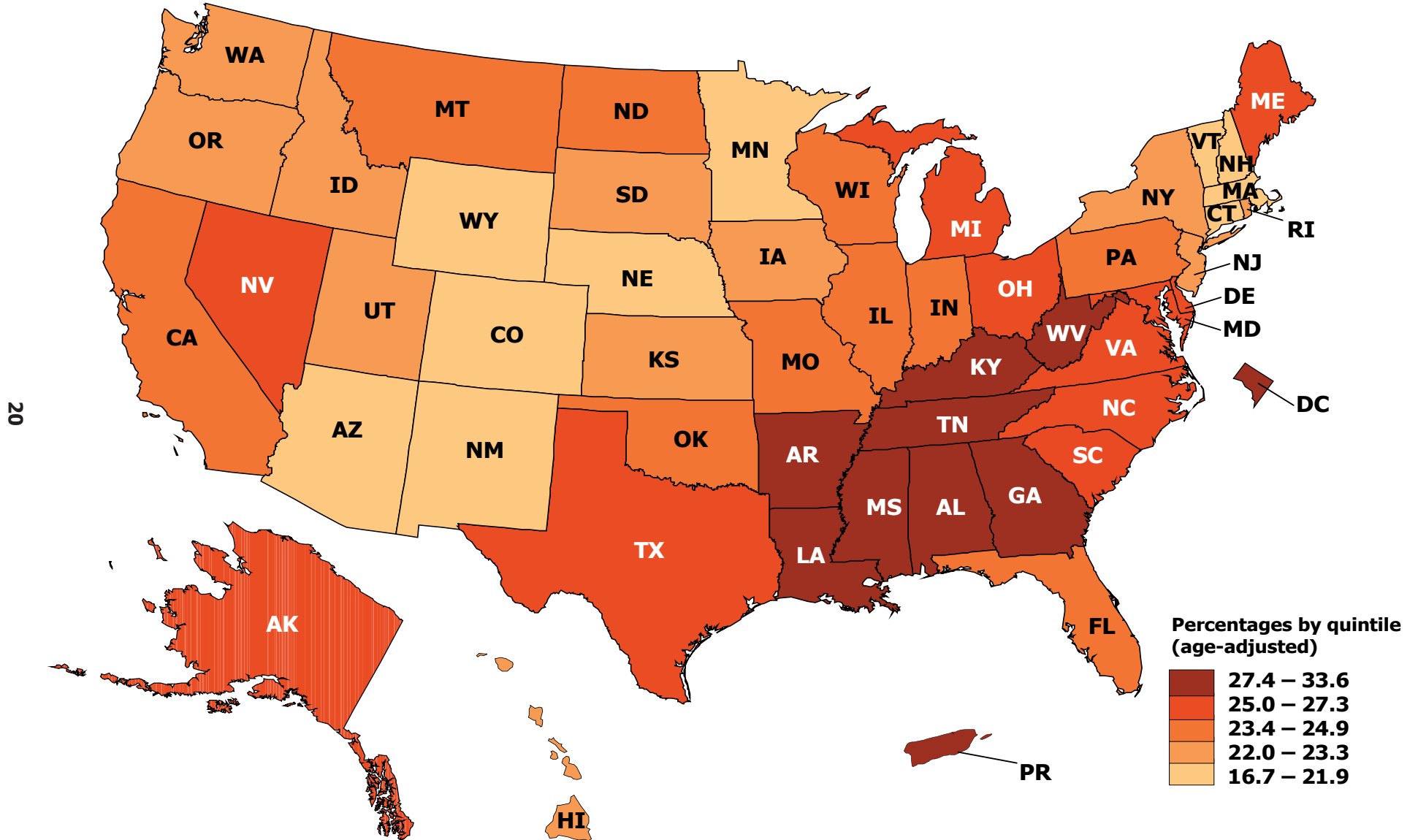
Suicide rates among females all ages by State, 1999 – 2001



SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics. Vital Statistics of the United States: Mortality data as presented in *Healthy Women: State Trends in Health and Mortality*. <http://www.cdc.gov/nchs/healthywomen.htm>.

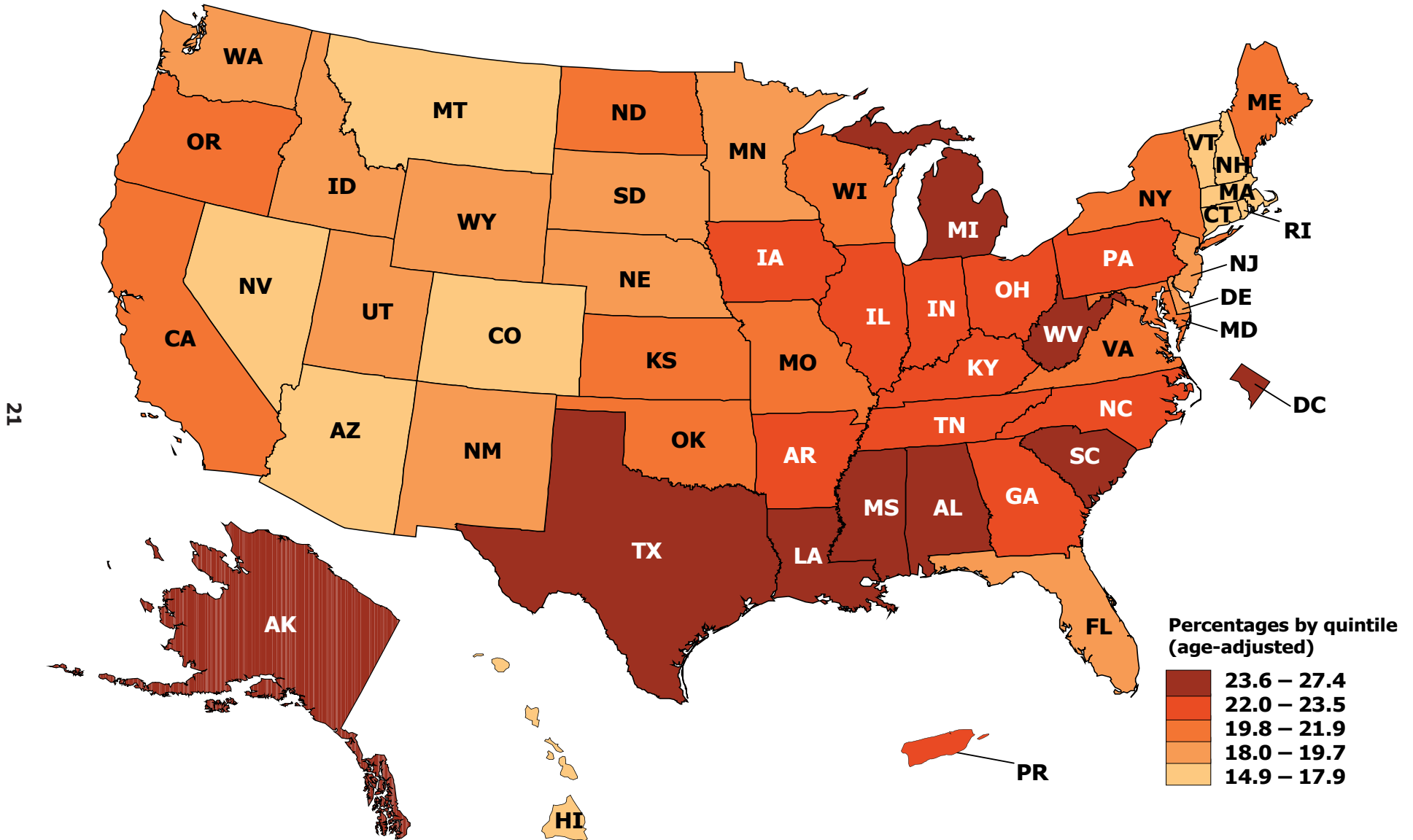
Diagnosed high blood pressure

Percentages of women aged 18 and older with diagnosed high blood pressure by State, 1999 – 2001



SOURCE: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. Behavioral Risk Factor Surveillance System. As presented in *Healthy Women: State Trends in Health and Mortality*. <http://www.cdc.gov/nchs/healthywomen.htm>

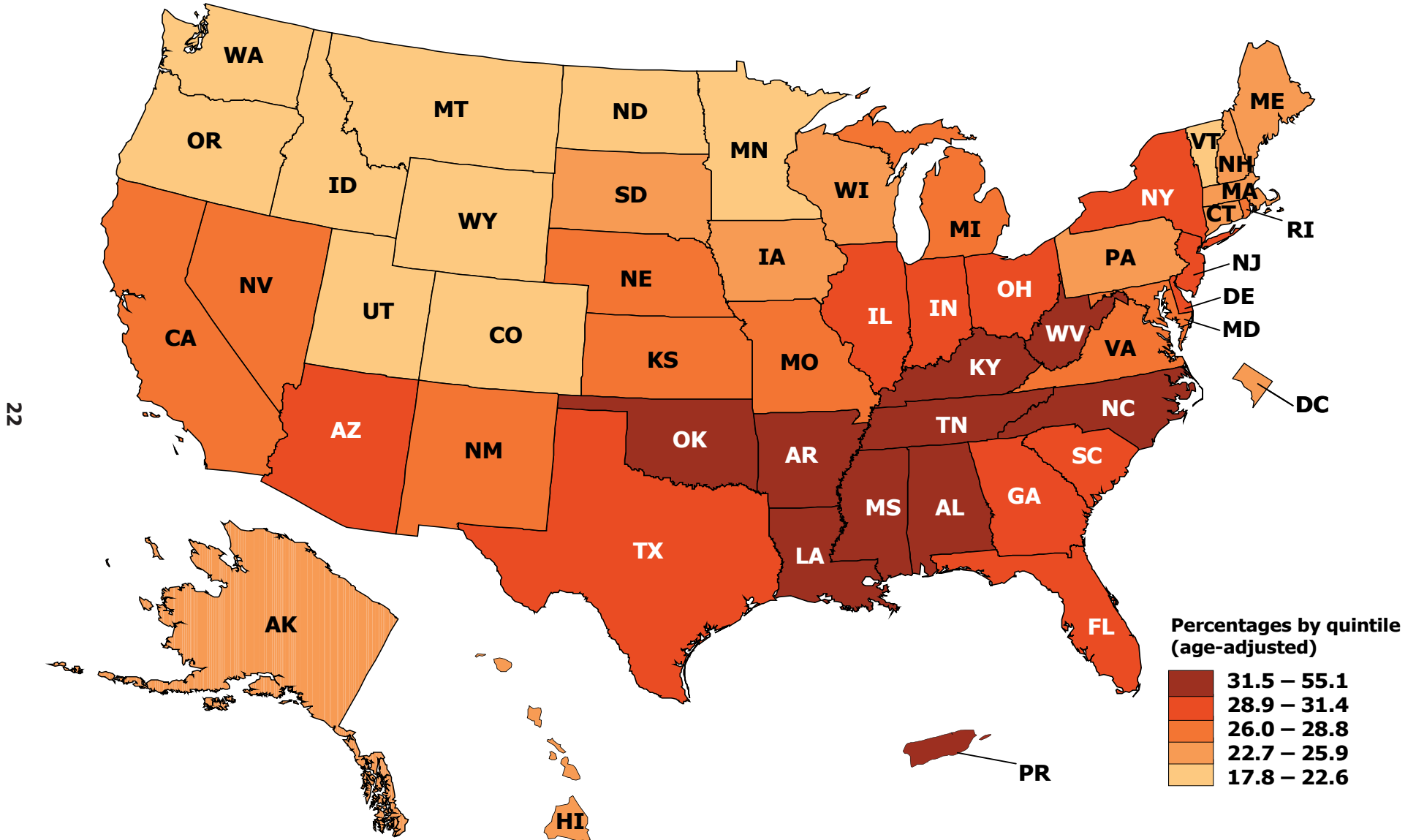
Percentages of women aged 20 and older who are obese by State, 2000 – 2002



NOTE: Respondents with Body Mass Index (BMI) greater than or equal to 30.0 kg/m² are considered obese. BMI is calculated by dividing weight in kilograms by height in meters squared (kg/m²).
 SOURCE: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. Behavioral Risk Factor Surveillance System. As presented in *Healthy Women: State Trends in Health and Mortality*. <http://www.cdc.gov/nchs/healthywomen.htm>

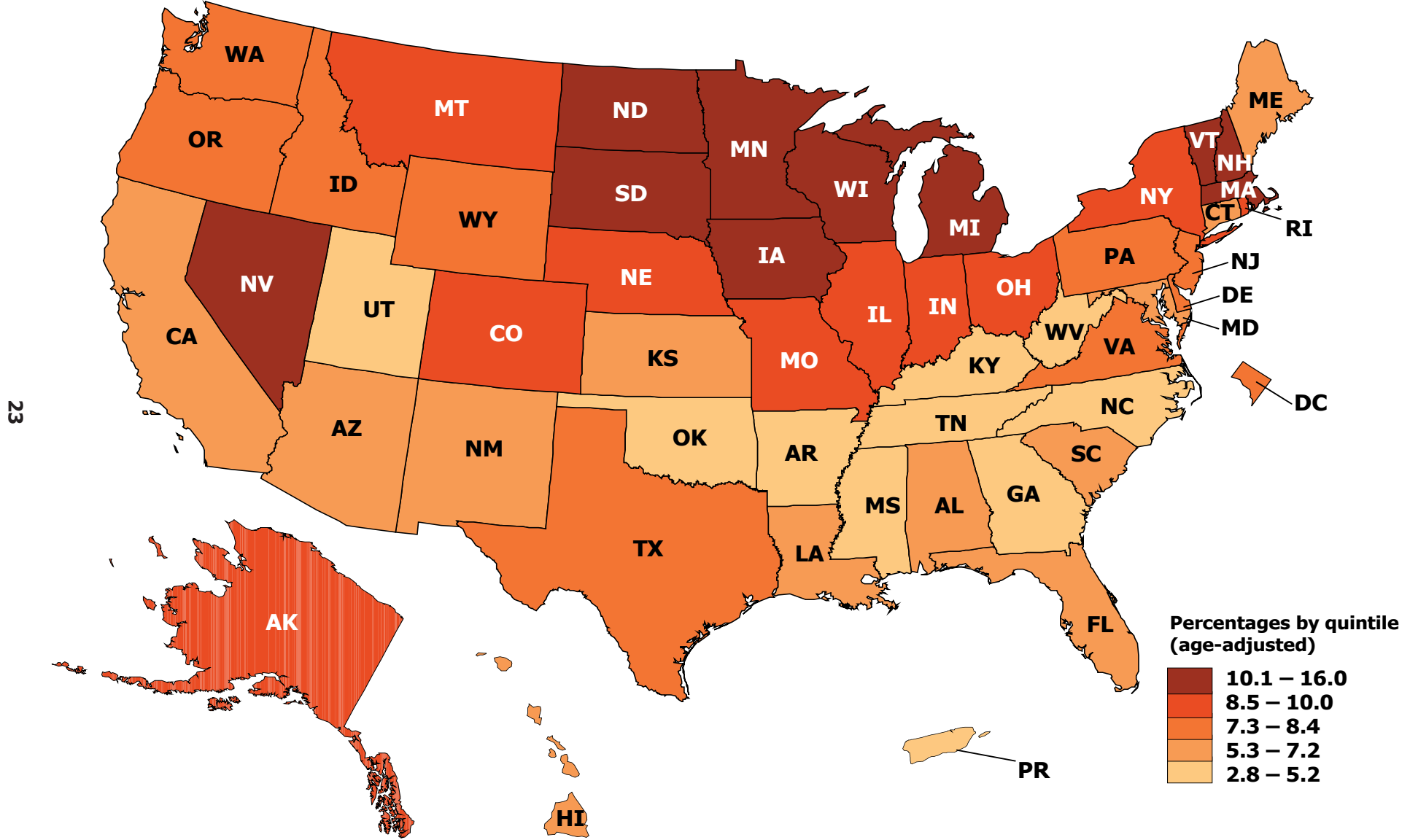
No leisure-time physical activity

Percentages of women aged 20 and older who report no leisure-time physical activity by State, 2000 – 2002



NOTE: Respondents who answered "no" to the question "during the past month, did you participate in any physical activities or exercises?" are defined as reporting no leisure-time physical activity.
SOURCE: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. Behavioral Risk Factor Surveillance System. As presented in *Healthy Women: State Trends in Health and Mortality*. <http://www.cdc.gov/nchs/healthywomen.htm>

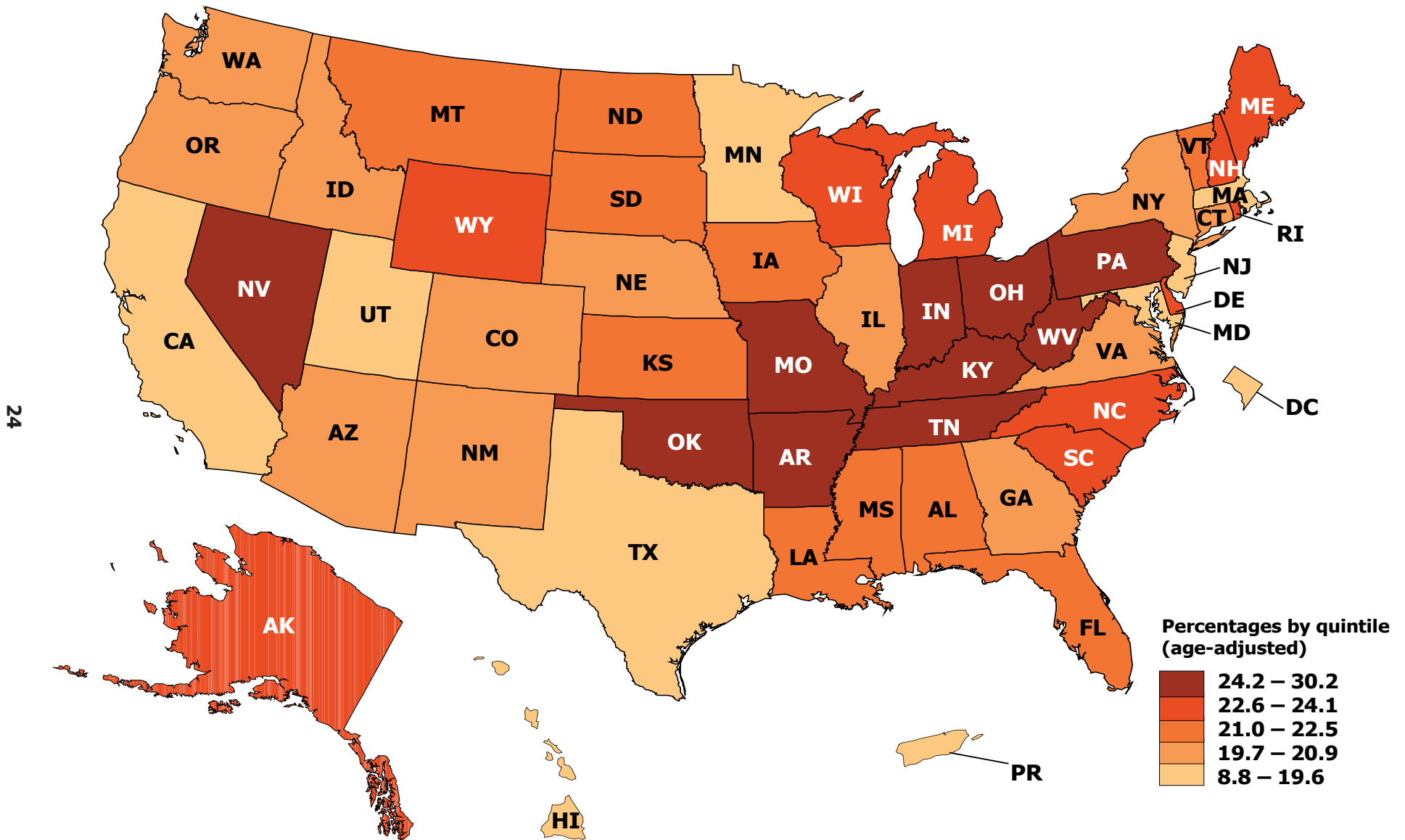
Percentages of women aged 18 and older who report binge drinking by State, 1999 – 2001



NOTE: Respondents defined as binge drinkers had 5 or more drinks on at least one occasion in the last month.
 SOURCE: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. Behavioral Risk Factor Surveillance System. As presented in *Healthy Women: State Trends in Health and Mortality*. <http://www.cdc.gov/nchs/healthywomen.htm>

Smoking currently

Percentages of women aged 18 and older who currently smoke by State, 2000 – 2002

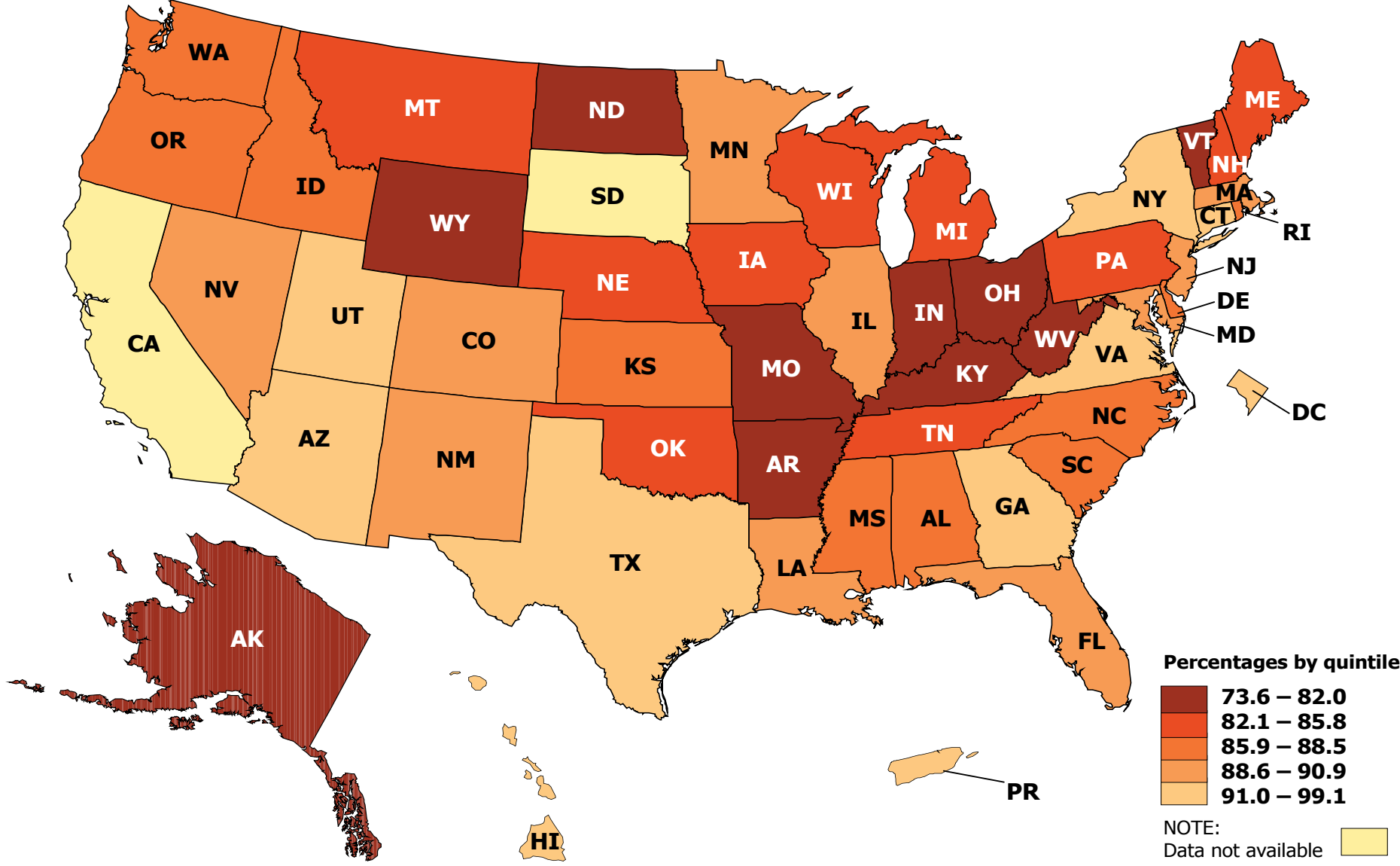


NOTE: Respondents defined as current smokers smoke everyday or some days.

SOURCE: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. Behavioral Risk Factor Surveillance System. As presented in *Healthy Women: State Trends in Health and Mortality*. <http://www.cdc.gov/nchs/healthywomen.htm>

Percentages of mothers all ages who did not use tobacco during pregnancy by State, 1999 – 2001

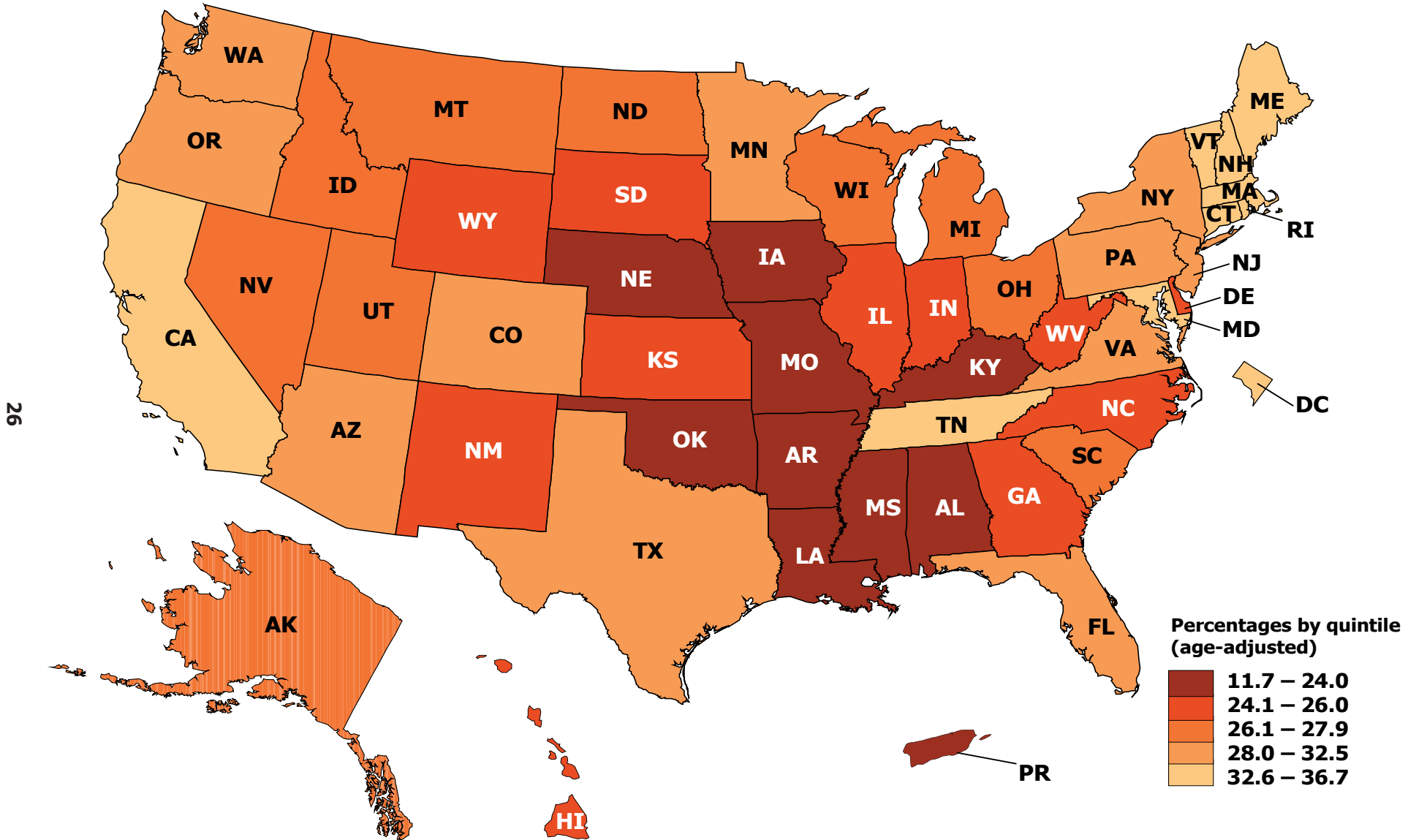
25



SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics. Vital Statistics of the United States: Natality data as presented in *Healthy Women: State Trends in Health and Mortality*. <http://www.cdc.gov/nchs/healthywomen.htm>.

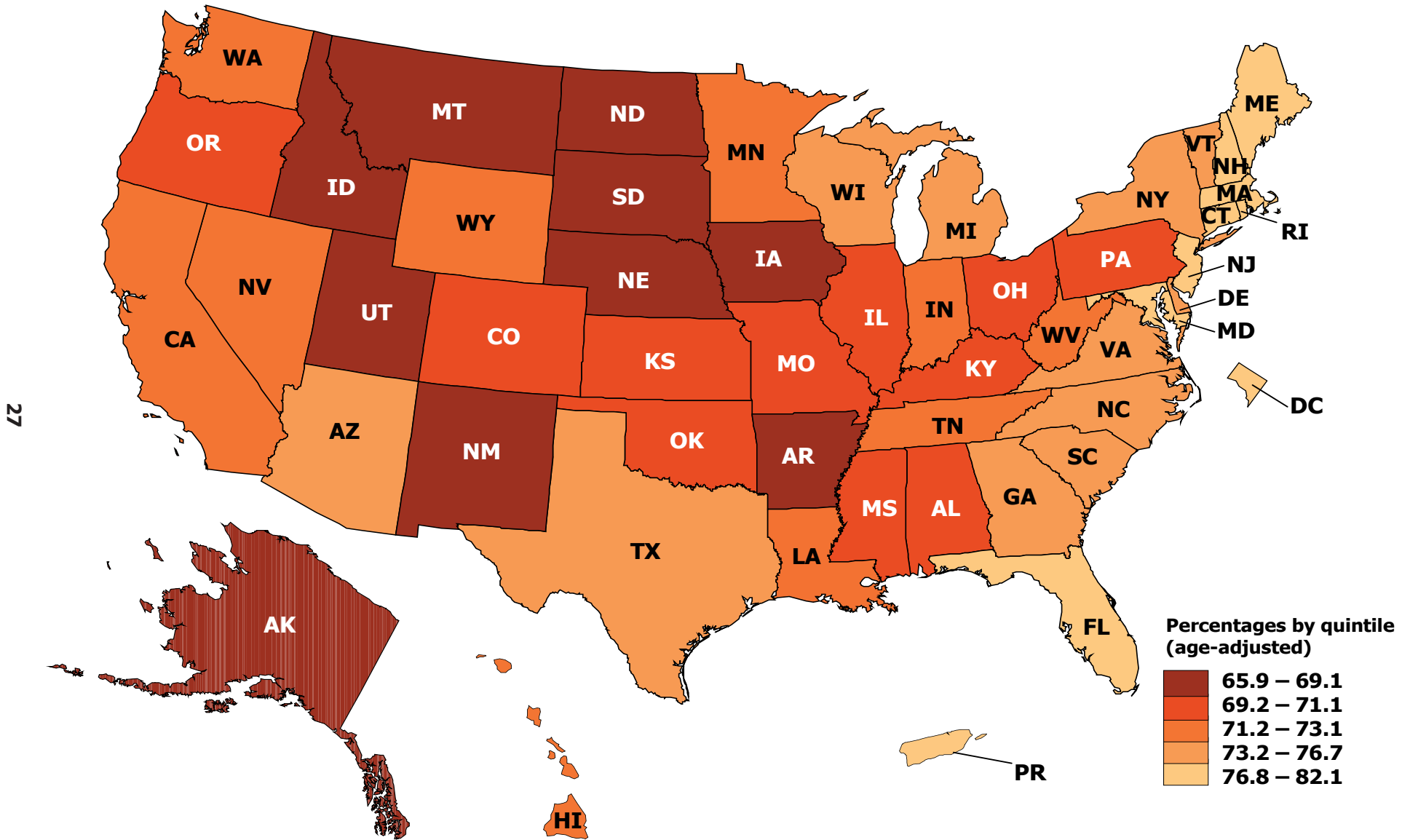
No smoking during pregnancy

Percentages of women aged 18 and older who eat at least 5 fruits and vegetables per day by State, 2000 – 2002



SOURCE: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. Behavioral Risk Factor Surveillance System. As presented in *Healthy Women: State Trends in Health and Mortality*. <http://www.cdc.gov/nchs/healthywomen.htm>

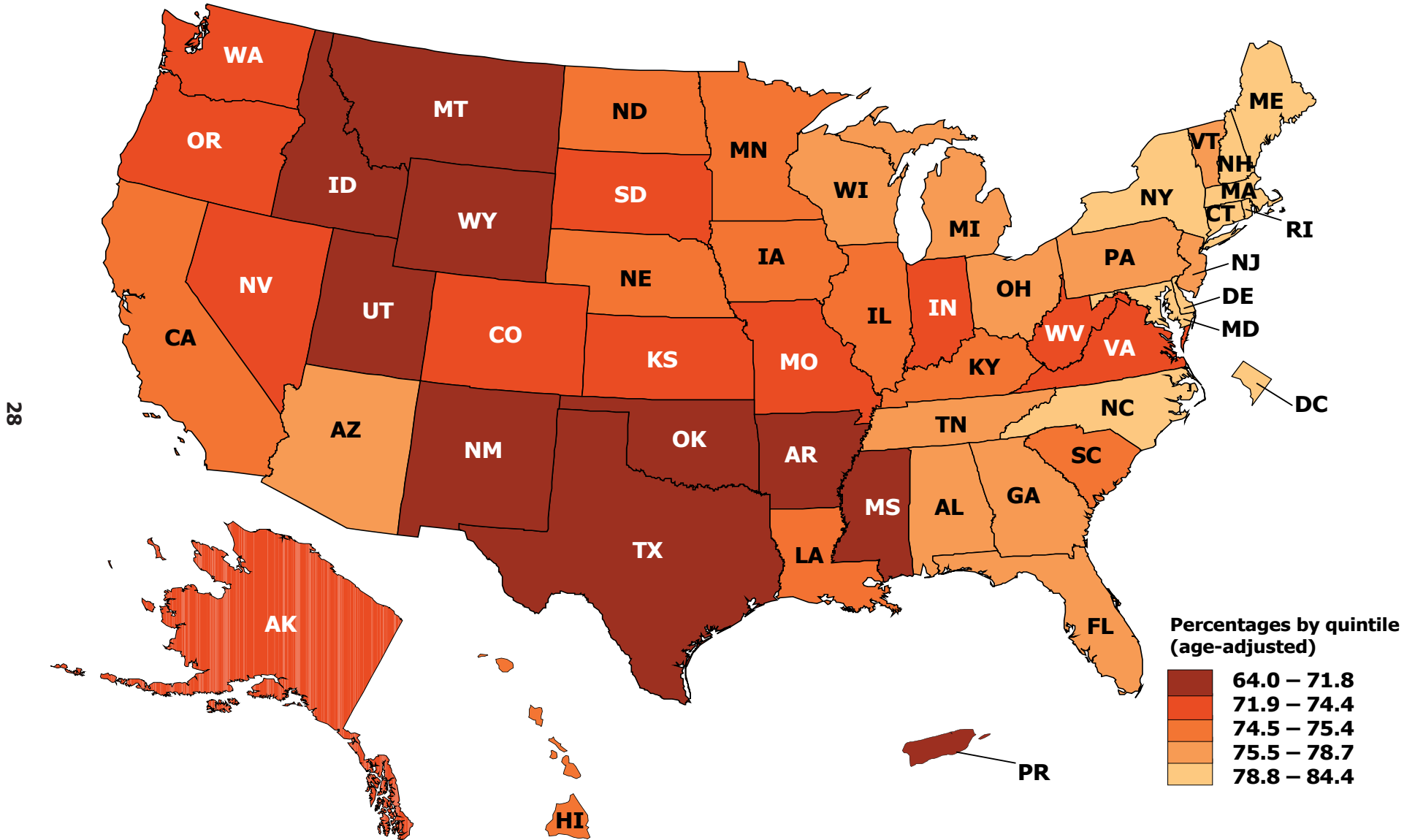
Percentages of women aged 18 and older who have had their blood cholesterol checked within the last 5 years by State, 1999 – 2001



SOURCE: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. Behavioral Risk Factor Surveillance System. As presented in *Healthy Women: State Trends in Health and Mortality*. <http://www.cdc.gov/nchs/healthywomen.htm>

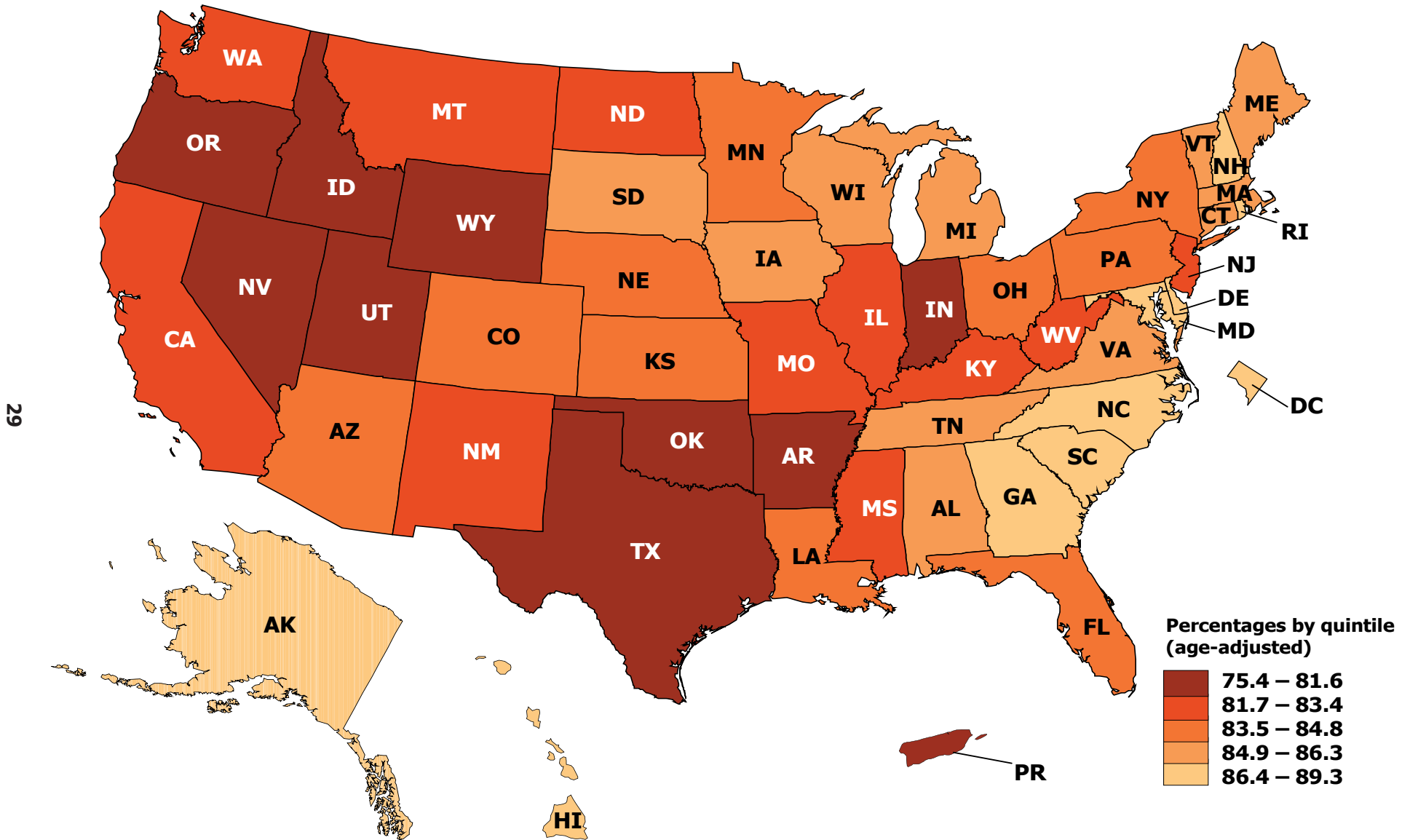
Mammogram

Percentages of women aged 40 and older who have had a mammogram within the last 2 years by State, 2000 – 2002



SOURCE: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. Behavioral Risk Factor Surveillance System. As presented in *Healthy Women: State Trends in Health and Mortality*. <http://www.cdc.gov/nchs/healthywomen.htm>

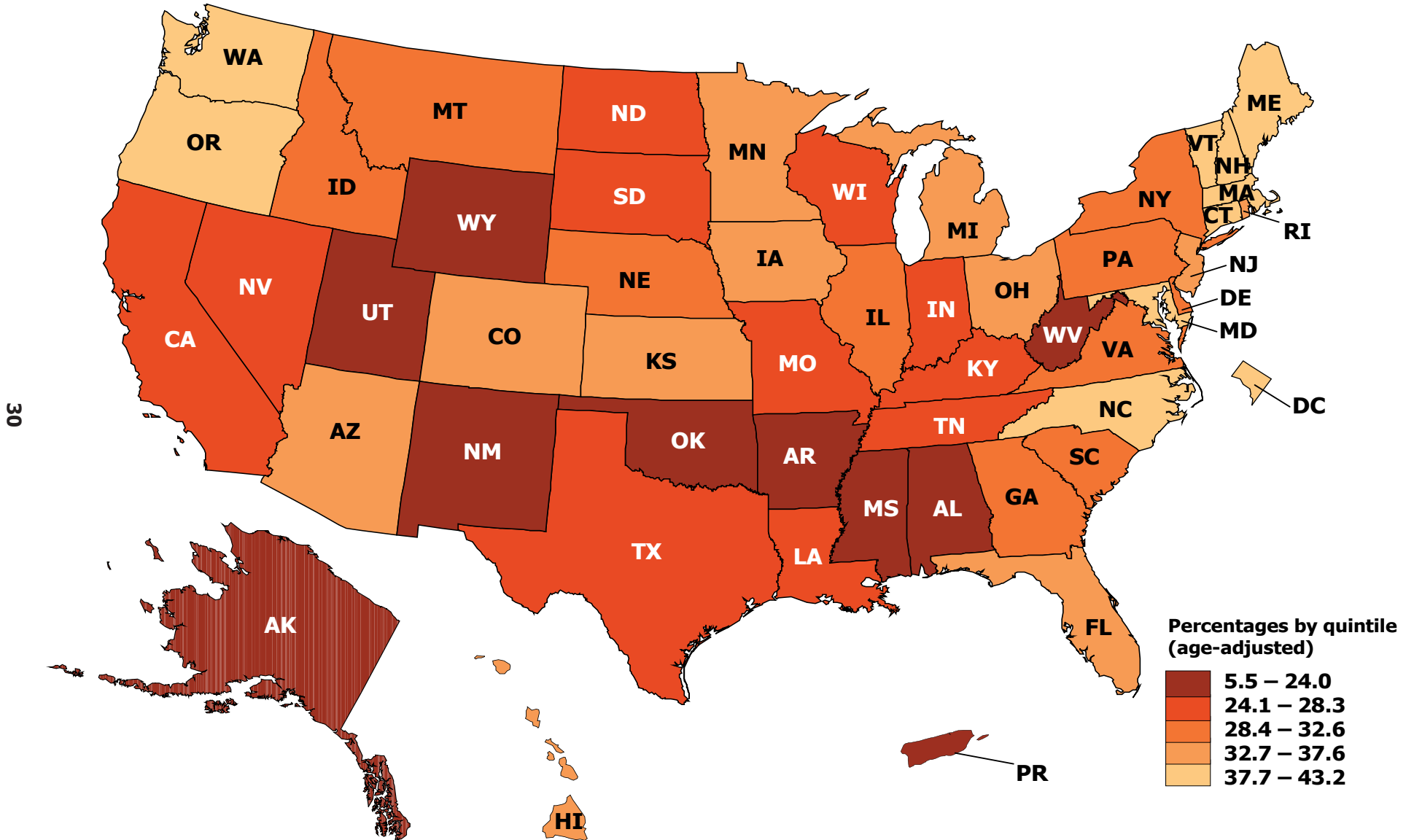
Percentages of women aged 18 and older who have had a Pap smear within the last 3 years by State, 2000 – 2002



SOURCE: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. Behavioral Risk Factor Surveillance System. As presented in *Healthy Women: State Trends in Health and Mortality*. <http://www.cdc.gov/nchs/healthywomen.htm>

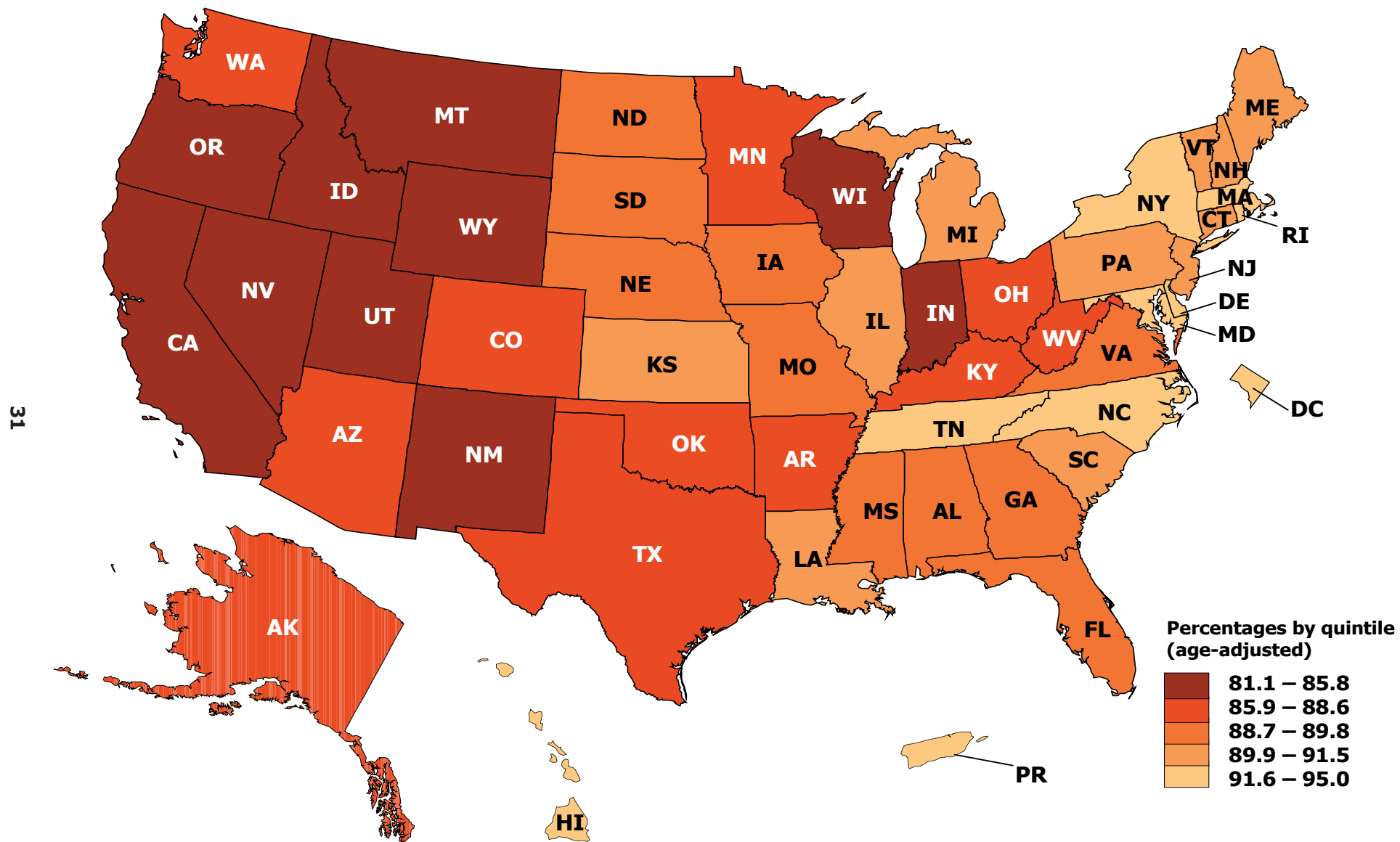
Blood stool test

Percentages of women aged 50 and older who have had a blood stool test within the last 2 years by State, 1999 – 2001



SOURCE: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. Behavioral Risk Factor Surveillance System. As presented in *Healthy Women: State Trends in Health and Mortality*. <http://www.cdc.gov/nchs/healthywomen.htm>

Percentages of women aged 18 and older who have had a routine check-up within the last 2 years by State, 1998 – 2000

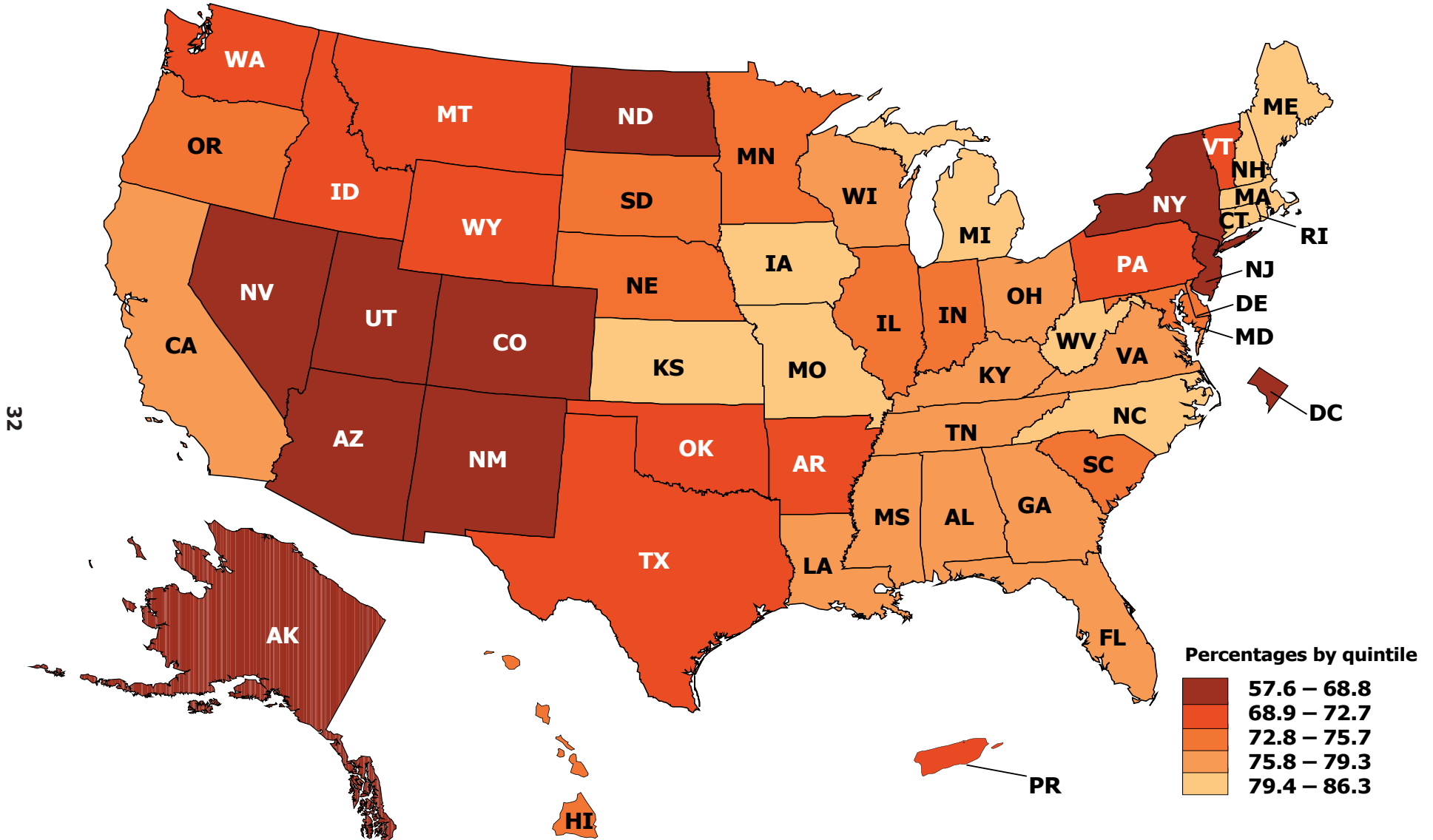


SOURCE: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. Behavioral Risk Factor Surveillance System. As presented in *Healthy Women: State Trends in Health and Mortality*. <http://www.cdc.gov/nchs/healthywomen.htm>

Routine check-ups

Early & adequate prenatal care

Percentages of mothers all ages who received early and adequate prenatal care by State, 1999 – 2001

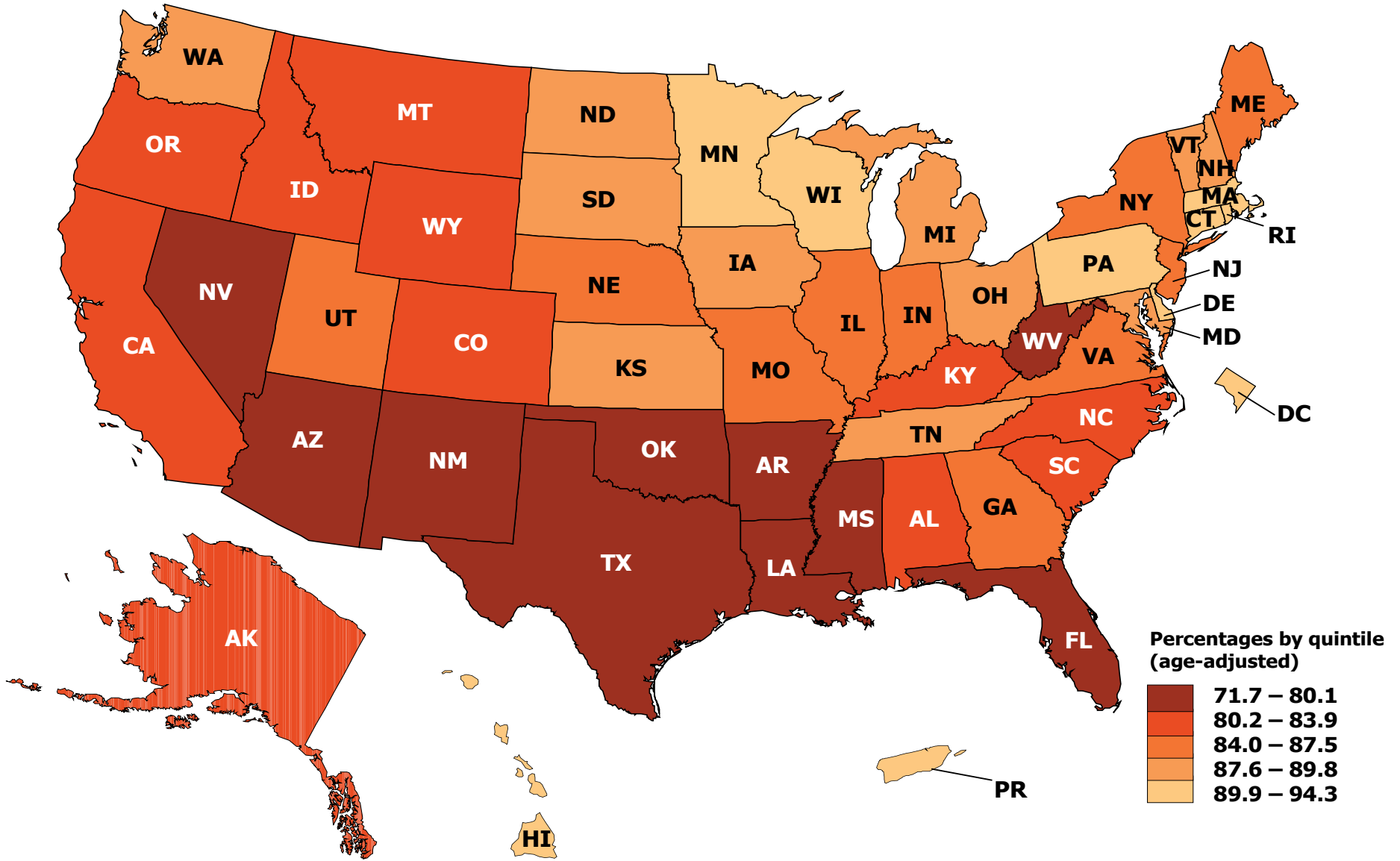


NOTE: Early and adequate prenatal care is a measure that combines the month prenatal care began and total number of prenatal care visits adjusted for length of pregnancy.

SOURCE: Centers for Disease Control and Prevention, National Center for Health Statistics. Vital Statistics of the United States: Natality data as presented in *Healthy Women: State Trends in Health and Mortality*. <http://www.cdc.gov/nchs/healthywomen.htm>.

Percentages of women aged 18 – 64 who have health insurance coverage by State, 2000 – 2002

33



NOTE: Includes health insurance, prepaid plans such as HMOs, or government plans such as Medicare.

SOURCE: Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion. Behavioral Risk Factor Surveillance System. As presented in *Healthy Women: State Trends in Health and Mortality*. <http://www.cdc.gov/nchs/healthywomen.htm>

State Profiles

Alabama Profile



Alabama is similar to many states in the South in having high rates of death among females due to heart disease and stroke. High blood pressure, obesity and physical inactivity are associated with these causes of death, and all are health risk factors for which Alabama ranks among the worst in the nation.³⁻⁷ The rates of obesity, high blood pressure and physical inactivity are especially high among black women in the state. Alabama ranks among the states with the lowest proportions of women who eat 5 or more fruits and vegetables a day. In addition, it has one the lowest percentages of women who have had a recent blood stool test, at test that aids in the early diagnosis of colorectal cancer.¹⁷

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	70.2%	27.0%	1.4%	0.5%	0.8%	2,300,596		
Major causes of death among females (rate per 100,000)[¶]								
All cause	798.9	954.2	225.7	324.5	377.8	828.9	†	47
Heart disease	236.6	275.9	59.0	*	*	243.5	†	46
Coronary heart disease	132.1	147.5	*	*	*	134.4	166.0	25
Total cancer	164.5	183.1	53.9	*	72.8	167.6	159.9	25
Breast cancer	25.1	34.6	*	*	*	27.1	22.3	37
Colorectal cancer	14.6	22.1	*	*	*	16.1	13.9	12
Lung cancer	41.6	30.2	*	*	*	39.1	44.9	18
Stroke	63.8	82.1	*	*	*	67.3	48.0	43
Chronic lower respiratory diseases (age 45 & over)	117.0	37.5	*	*	*	100.3	60.0	17
Diabetes-related	59.5	124.7	*	*	*	72.6	45.0	34
Influenza and pneumonia	23.8	19.1	*	*	*	22.8	†	41
Unintentional injuries	33.4	29.0	*	*	*	32.0	17.5	48
Suicide	5.6	1.1	*	*	*	4.4	5.0	25
Health risk factors (percent)[§]								
Diagnosed high blood pressure	28.8	42.5	35.1	*	*	31.6	‡	51
Obesity (2000–2002) (age 20 & over)	21.5	40.4	14.5	26.8	*	25.5	15.0	51
No leisure-time physical activity (2000–2002)	29.4	43.7	35.3	40.3	*	33.0	20.0	46
Binge drinking	6.3	4.6	*	*	*	5.7	†	12
Smoking currently (2000–2002)	24.3	15.7	25.1	42.7	*	22.5	12.0	31
No smoking during pregnancy (2000–2002) (all ages)	83.2	94.6	98.0	79.7	96.9	87.4	99.0	24
Eats 5+ fruits and vegetables a day (2000–2002)	23.1	20.9	24.9	*	*	23.0	†	46
Preventive care (percent)[§]								
Cholesterol screening in past 5 yrs.	72.1	67.7	72.1	62.4	*	71.0	80.0	34
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	75.6	81.9	65.5	72.4	*	76.5	70.0	13
Pap smear in past 3 yrs. (2000–2002)	84.1	88.8	83.9	71.0	65.7	85.2	90.0	19
Blood stool test in past 2 yrs. (age 50 & over)	16.1	15.0	*	*	45.7	15.9	50.0	51
Routine check-up in past 2 yrs. (1998–2000)	86.9	94.7	92.8	76.6	96.9	88.9	†	28
Early and adequate prenatal care (all ages)	83.3	67.6	49.9	73.0	77.1	77.2	90.0	17
Health insurance coverage (percent)								
Health insurance coverage (2000–2002) (ages 18–64)	84.4	74.4	80.1	72.2	89.9	81.7	100.0	37

¶ Estimate age-adjusted and for all ages unless noted.

§ Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999-2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Alaska Profile



Alaska ranks among the states with the lowest rates of death among females due to heart disease, breast cancer and influenza and pneumonia. The state is unique in that over 17 percent of its residents are American Indian or Alaskan Native (AI/AN) and there are notable differences in the health status of this group of women compared with the state's white population. The state ranks among states with the highest death rates among females due to unintentional injury and suicide, and both of these causes of death are more prevalent among AI/AN females. Suicide rates among AI/AN women are high nationally and have been linked to the high incidence of depression, alcoholism, and domestic violence this population experiences.¹⁹ The percentages of AI/AN women who smoke during pregnancy and who do not receive early and adequate prenatal care are notably high.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	69.3%	3.9%	4.2%	17.7%	5.5%	302,820		

Major causes of death among females (rate per 100,000)[¶]								
All cause	690.6	877.9	544.5	929.8	405.6	716.6	†	25
Heart disease	156.1	270.5	*	185.8	117.0	162.2	†	8
Coronary heart disease	97.4	*	*	99.9	81.8	98.4	166.0	5
Total cancer	177.7	*	*	196.3	78.5	172.4	159.9	35
Breast cancer	24.9	*	*	22.1	*	23.7	22.3	7
Colorectal cancer	17.0	*	*	28.9	*	18.8	13.9	35
Lung cancer	51.3	*	*	47.0	*	46.7	44.9	46
Stroke	62.2	*	*	71.8	*	64.0	48.0	37
Chronic lower respiratory diseases (age 45 & over)	119.7	*	*	179.1	*	122.5	60.0	39
Diabetes-related	65.2	219.8	*	62.9	65.8	69.7	45.0	30
Influenza and pneumonia	14.0	*	*	*	*	15.7	†	6
Unintentional injuries	28.6	*	*	70.0	*	33.5	17.5	50
Suicide	5.5	*	*	15.3	*	7.5	5.0	50

Health risk factors (percent)[§]								
Diagnosed high blood pressure	24.7	*	*	32.1	*	26.5	‡	40
Obesity (2000–2002) (age 20 & over)	22.2	33.0	*	33.8	*	23.9	15.0	44
No leisure-time physical activity (2000–2002)	20.4	29.9	37.8	35.8	41.7	24.5	20.0	15
Binge drinking	9.7	*	*	15.7	*	9.9	†	40
Smoking currently (2000–2002)	21.9	18.5	19.3	39.0	*	24.1	12.0	42
No smoking during pregnancy (2000–2002) (all ages)	85.9	91.3	91.4	66.5	93.4	82.0	99.0	41
Eats 5+ fruits and vegetables a day (2000–2002)	27.1	24.3	25.7	27.3	25.3	26.7	†	27

Preventive care (percent)[§]								
Cholesterol screening in past 5 yrs.	70.7	79.7	74.7	56.9	66.4	68.4	80.0	44
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	71.6	*	72.8	74.5	69.0	71.9	70.0	42
Pap smear in past 3 yrs. (2000–2002)	86.1	89.9	79.8	91.5	79.3	86.4	90.0	10
Blood stool test in past 2 yrs. (age 50 & over)	23.1	*	*	8.5	*	20.1	50.0	49
Routine check-up in past 2 yrs. (1998–2000)	87.3	79.2	89.4	90.0	97.1	88.0	†	34
Early and adequate prenatal care (all ages)	74.6	76.1	71.2	50.6	62.8	67.9	90.0	45

Health insurance coverage (percent)								
Health insurance coverage (2000–2002) (ages 18–64)	82.6	87.1	81.6	75.1	64.3	80.4	100.0	41

[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Arizona Profile



Arizona ranks among the states with the lowest rates of diabetes-related death and death from all cancers; it is one of few states in which females have already met the Healthy People 2010 death rate targets for these two causes of death. Arizona leads the nation with the lowest percentage of women with diagnosed high blood pressure. It is also among the states with the lowest levels of obesity among women. The state ranks among the best in having a high percentage of women who abstain from smoking during pregnancy. However, the percentages of Arizona's Hispanic and American Indian/Alaskan Native (AI/AN) mothers who receive early and adequate prenatal care are notably low. Similarly, smaller proportions of Hispanic and AI/AN women age 18 to 64 have health insurance coverage than the state's white population.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	65.6%	3.0%	24.4%	5.5%	2.3%	2,569,575		

Major causes of death among females (rate per 100,000)[¶]

All cause	658.3	886.5	654.1	846.1	415.9	672.2	†	9
Heart disease	168.9	263.3	172.9	149.8	98.8	170.5	†	13
Coronary heart disease	128.4	217.2	131.2	99.7	79.5	129.6	166.0	20
Total cancer	156.6	179.6	127.1	114.9	98.9	152.8	159.9	6
Breast cancer	26.4	40.4	18.7	12.5	*	25.4	22.3	20
Colorectal cancer	15.2	18.6	12.1	*	*	14.8	13.9	5
Lung cancer	41.8	40.3	16.7	*	22.0	38.3	44.9	13
Stroke	50.1	69.5	54.4	52.1	42.1	51.4	48.0	10
Chronic lower respiratory diseases (age 45 & over)	134.5	83.7	43.4	56.1	*	123.8	60.0	43
Diabetes-related	31.8	112.6	90.9	153.8	34.9	41.6	45.0	1
Influenza and pneumonia	20.2	15.8	23.5	43.9	*	21.1	†	32
Unintentional injuries	26.0	25.8	25.7	70.7	17.4	28.2	17.5	39
Suicide	7.1	*	2.6	4.9	*	6.1	5.0	46

Health risk factors (percent)[§]

Diagnosed high blood pressure	16.5	*	15.7	*	*	16.7	‡	1
Obesity (2000–2002) (age 20 & over)	15.2	25.6	27.0	33.2	*	17.8	15.0	9
No leisure-time physical activity (2000–2002)	23.3	*	46.7	35.3	*	29.4	20.0	35
Binge drinking	7.5	*	4.8	*	*	6.7	†	16
Smoking currently (2000–2002)	23.4	*	12.6	9.9	*	20.0	12.0	12
No smoking during pregnancy (2000–2002) (all ages)	88.7	89.0	97.5	96.2	97.3	93.0	99.0	4
Eats 5+ fruits and vegetables a day (2000–2002)	30.4	*	35.0	26.2	41.0	30.9	†	13

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	77.7	66.3	67.6	62.8	*	74.1	80.0	19
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	77.8	89.2	72.0	56.5	*	76.1	70.0	16
Pap smear in past 3 yrs. (2000–2002)	85.0	89.3	83.4	79.4	75.8	84.5	90.0	23
Blood stool test in past 2 yrs. (age 50 & over)	37.2	47.2	26.3	*	-	34.9	50.0	14
Routine check-up in past 2 yrs. (1998–2000)	87.2	95.8	82.6	90.4	96.3	86.5	†	40
Early and adequate prenatal care (all ages)	77.3	69.8	60.0	52.4	75.4	68.4	90.0	44

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	86.1	85.1	62.7	58.8	90.6	79.6	100.0	43
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Arkansas Profile



Arkansas has one of the highest rates of death among females due to stroke, a cause of death that is associated with high blood pressure, physical inactivity and smoking.^{4, 7, 11} All of these are risk factors for which Arkansas ranks among the worst in the nation. Arkansas ranks among states with the lowest rates of binge drinking among women. The state's rankings are low across all presented measures of preventive care, with particularly low percentages of women who have had a recent cholesterol screening and women who have had a recent Pap smear. Arkansas has one of the lowest levels of health insurance coverage among women age 18 to 64.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	79.3%	16.3%	2.8%	0.8%	0.9%	1,368,707		

Major causes of death among females (rate per 100,000)[¶]

All cause	778.6	996.0	239.3	287.2	430.1	797.6	†	43
Heart disease	224.4	303.7	*	*	*	231.5	†	41
Coronary heart disease	139.8	214.5	*	*	*	147.0	166.0	28
Total cancer	165.7	197.7	*	*	93.9	167.8	159.9	26
Breast cancer	22.8	38.2	*	*	*	24.5	22.3	13
Colorectal cancer	17.6	26.9	*	*	*	18.6	13.9	33
Lung cancer	45.3	38.1	*	*	*	44.0	44.9	38
Stroke	73.8	91.6	*	*	*	75.3	48.0	51
Chronic lower respiratory diseases (age 45 & over)	111.9	39.8	*	*	*	103.1	60.0	21
Diabetes-related	46.8	136.3	*	*	*	56.3	45.0	6
Influenza and pneumonia	23.1	17.1	*	*	*	22.3	†	38
Unintentional injuries	30.2	25.6	*	*	*	28.8	17.5	42
Suicide	5.6	*	*	*	*	4.8	5.0	37

Health risk factors (percent)[§]

Diagnosed high blood pressure	25.8	39.3	34.1	21.3	*	27.7	‡	45
Obesity (2000–2002) (age 20 & over)	21.0	40.6	26.3	21.9	*	23.5	15.0	40
No leisure-time physical activity (2000–2002)	30.0	40.4	42.2	33.5	*	31.5	20.0	43
Binge drinking	4.5	6.0	*	*	*	4.8	†	7
Smoking currently (2000–2002)	26.2	19.1	21.1	40.4	*	25.1	12.0	45
No smoking during pregnancy (2000–2002) (all ages)	77.5	90.0	96.7	76.2	95.4	81.5	99.0	44
Eats 5+ fruits and vegetables a day (2000–2002)	23.4	24.7	21.2	29.9	30.7	23.8	†	44

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	68.9	65.4	57.2	70.8	64.2	68.0	80.0	47
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	70.2	68.6	64.8	64.7	*	69.9	70.0	45
Pap smear in past 3 yrs. (2000–2002)	80.3	82.8	83.6	69.4	84.6	80.5	90.0	47
Blood stool test in past 2 yrs. (age 50 & over)	24.4	11.8	32.5	*	*	23.1	50.0	44
Routine check-up in past 2 yrs. (1998–2000)	85.6	92.6	90.8	76.5	89.7	86.5	†	40
Early and adequate prenatal care (all ages)	73.3	59.7	54.1	65.8	65.5	69.1	90.0	41

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	80.4	69.6	72.1	74.2	80.3	78.4	100.0	46
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

California Profile



Females in California have among the lowest rates of death due to colorectal cancer and unintentional injuries, a category that includes motor vehicle crash fatalities. California ranks among the states with the best records on two measures of the U.S. Department of Health and Human Services' prevention initiative *Steps to a HealthierUS*: the percentage of women who smoke and the percentage of women who eat the recommended number of fruits and vegetables a day.² Notably low percentages of California's Asian/Pacific Islander population have received recent Pap smears. Overall, California ranks among the states with the smallest proportion of women who have had a recent routine check-up.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	48.7%	7.0%	31.5%	1.4%	12.6%	16,996,756		

Major causes of death among females (rate per 100,000)[¶]

All cause	710.6	922.8	538.0	387.2	436.5	674.5	†	10
Heart disease	209.6	302.3	162.2	105.8	125.7	202.5	†	28
Coronary heart disease	170.7	249.6	134.2	87.0	105.0	165.4	166.0	39
Total cancer	173.6	202.3	113.8	71.4	106.7	158.9	159.9	13
Breast cancer	28.4	34.5	16.2	9.0	13.8	25.3	22.3	19
Colorectal cancer	16.4	24.3	10.5	*	11.0	15.6	13.9	8
Lung cancer	45.9	45.8	15.1	18.1	21.2	38.3	44.9	13
Stroke	61.8	88.0	49.1	32.4	55.2	61.8	48.0	33
Chronic lower respiratory diseases (age 45 & over)	139.5	86.1	47.3	72.6	38.9	114.4	60.0	35
Diabetes-related	61.6	162.1	112.3	76.9	61.7	73.6	45.0	38
Influenza and pneumonia	22.8	24.1	18.9	11.3	17.9	22.1	†	37
Unintentional injuries	17.7	20.2	13.2	11.6	12.3	16.2	17.5	7
Suicide	4.9	2.3	1.3	*	2.8	3.5	5.0	13

Health risk factors (percent)[§]

Diagnosed high blood pressure	22.2	38.1	23.9	24.4	18.5	23.9	‡	26
Obesity (2000–2002) (age 20 & over)	18.9	34.2	28.8	23.8	5.2	21.3	15.0	28
No leisure-time physical activity (2000–2002)	18.4	32.7	42.5	27.1	27.4	27.8	20.0	28
Binge drinking	8.9	6.5	6.2	*	*	7.1	†	19
Smoking currently (2000–2002)	16.7	18.8	9.9	26.1	6.2	13.9	12.0	3
No smoking during pregnancy (2000–2002) (all ages)	---	---	---	---	---	---	99.0	---
Eats 5+ fruits and vegetables a day (2000–2002)	31.6	30.5	33.4	29.0	39.5	32.8	†	8

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	75.9	76.6	67.7	70.3	73.0	73.1	80.0	22
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	76.9	77.0	74.1	*	64.1	75.0	70.0	25
Pap smear in past 3 yrs. (2000–2002)	83.6	87.9	81.2	93.2	68.5	81.7	90.0	42
Blood stool test in past 2 yrs. (age 50 & over)	33.6	18.4	18.2	*	*	28.1	50.0	33
Routine check-up in past 2 yrs. (1998–2000)	80.6	90.4	83.1	70.2	83.7	82.4	†	50
Early and adequate prenatal care (all ages)	81.7	76.1	72.8	67.1	78.0	76.6	90.0	20

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	90.5	85.1	67.0	81.5	90.8	82.1	100.0	35
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

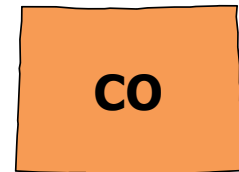
--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Colorado Profile



Colorado has some of the lowest rates of death among females due to heart disease and cancer, including coronary heart disease, breast cancer, lung cancer and colorectal cancer. Colorado is among states with the lowest percentages of women with diagnosed high blood pressure and is the only state in which women have met the Healthy People 2010 target for obesity. It is among the states with the lowest levels of physical inactivity, a component of the U.S. Department of Health and Human Services' prevention initiative *Steps to a HealthierUS*.² Colorado has one of the lowest percentages of pregnant women who receive early and adequate prenatal care. Levels of prenatal care for mothers and health insurance coverage for non-senior women are particularly low among Hispanics in the state.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	76.2%	3.9%	16.4%	1.3%	2.8%	2,135,278		

Major causes of death among females (rate per 100,000)[¶]

All cause	684.7	896.5	658.8	442.6	458.0	687.6	†	15
Heart disease	155.2	207.9	134.7	95.7	85.1	154.6	†	3
Coronary heart disease	102.6	143.1	93.1	61.2	64.9	102.5	166.0	7
Total cancer	152.2	191.0	121.4	59.0	97.9	149.3	159.9	5
Breast cancer	24.3	31.7	17.9	*	*	23.6	22.3	6
Colorectal cancer	15.4	22.9	12.4	*	*	15.3	13.9	7
Lung cancer	35.0	45.5	18.8	*	*	33.5	44.9	7
Stroke	56.5	77.8	57.8	*	51.6	57.5	48.0	21
Chronic lower respiratory diseases (age 45 & over)	137.4	77.9	74.3	*	*	129.3	60.0	46
Diabetes-related	46.5	122.5	118.4	77.7	42.2	54.3	45.0	5
Influenza and pneumonia	18.5	15.3	12.8	*	*	18.1	†	12
Unintentional injuries	27.7	26.9	32.8	23.3	26.0	28.5	17.5	40
Suicide	6.5	*	3.2	*	*	6.0	5.0	45

Health risk factors (percent)[§]

Diagnosed high blood pressure	21.1	29.0	26.3	*	*	21.8	‡	9
Obesity (2000–2002) (age 20 & over)	13.2	30.7	19.7	*	*	14.9	15.0	1
No leisure-time physical activity (2000–2002)	17.9	31.4	38.8	24.9	*	21.7	20.0	7
Binge drinking	9.4	*	6.3	*	*	8.6	†	34
Smoking currently (2000–2002)	20.3	23.7	19.9	35.7	*	20.3	12.0	16
No smoking during pregnancy (2000–2002) (all ages)	88.8	88.0	93.9	83.4	96.9	90.4	99.0	12
Eats 5+ fruits and vegetables a day (2000–2002)	28.6	21.2	26.2	48.9	44.8	28.9	†	18

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	73.1	75.9	59.1	85.7	68.0	71.1	80.0	32
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	73.7	*	64.4	76.8	72.2	72.2	70.0	40
Pap smear in past 3 yrs. (2000–2002)	84.6	80.8	79.0	83.8	80.8	83.6	90.0	30
Blood stool test in past 2 yrs. (age 50 & over)	38.9	*	28.0	68.9	*	37.6	50.0	11
Routine check-up in past 2 yrs. (1998–2000)	87.3	95.7	90.3	94.5	88.3	87.9	†	35
Early and adequate prenatal care (all ages)	75.3	63.9	54.7	58.2	70.9	68.8	90.0	43

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	88.1	93.8	62.2	74.8	91.8	83.4	100.0	33
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Connecticut Profile



Connecticut has one of the lowest rates of death among females due to stroke in the nation, which may be attributed in part to the state's low levels of high blood pressure and obesity among women.⁴⁻⁶ Connecticut ranks among states with the highest percentages of women who eat at least 5 fruits and vegetables a day, an indicator of good nutrition. Connecticut ranks among the states with the best records across presented measures of preventive care. The state has the highest percentage of mothers who receive early and adequate prenatal care, and ranks among states with the largest proportions of women age 18 to 64 who have health insurance coverage.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	78.6%	9.4%	9.1%	0.4%	2.7%	1,756,246		
Major causes of death among females (rate per 100,000)[¶]								
All cause	649.5	778.1	491.8	361.1	326.9	663.6	†	6
Heart disease	182.9	211.8	140.6	*	105.1	186.7	†	21
Coronary heart disease	127.2	148.4	97.3	*	91.9	129.9	166.0	21
Total cancer	165.4	172.5	86.4	*	70.5	164.3	159.9	19
Breast cancer	26.4	29.7	11.6	*	*	26.2	22.3	28
Colorectal cancer	17.3	22.3	*	*	*	17.6	13.9	22
Lung cancer	41.4	36.7	13.9	*	*	40.1	44.9	22
Stroke	47.8	58.2	38.1	*	*	48.8	48.0	7
Chronic lower respiratory diseases (age 45 & over)	103.0	57.7	69.8	*	*	100.3	60.0	17
Diabetes-related	56.2	132.1	82.3	*	38.9	61.2	45.0	14
Influenza and pneumonia	19.3	17.0	13.3	*	*	19.3	†	20
Unintentional injuries	17.6	19.2	13.7	*	*	17.9	17.5	9
Suicide	3.3	*	*	*	*	3.1	5.0	6
Health risk factors (percent)[§]								
Diagnosed high blood pressure	20.4	31.0	21.0	*	*	21.0	‡	6
Obesity (2000–2002) (age 20 & over)	14.8	34.5	26.1	*	*	17.0	15.0	4
No leisure-time physical activity (2000–2002)	21.7	41.4	44.2	52.3	24.9	25.7	20.0	20
Binge drinking	8.1	2.8	4.6	*	*	7.2	†	21
Smoking currently (2000–2002)	20.9	20.5	14.5	23.0	*	19.9	12.0	11
No smoking during pregnancy (2000–2002) (all ages)	91.6	91.6	92.8	79.7	99.0	92.0	99.0	7
Eats 5+ fruits and vegetables a day (2000–2002)	34.2	25.0	27.2	32.8	33.3	33.1	†	6
Preventive care (percent)[§]								
Cholesterol screening in past 5 yrs.	79.7	74.1	74.1	72.1	69.5	78.4	80.0	6
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	83.2	77.8	84.8	90.8	*	83.0	70.0	3
Pap smear in past 3 yrs. (2000–2002)	87.6	83.6	83.2	81.5	61.4	86.1	90.0	13
Blood stool test in past 2 yrs. (age 50 & over)	39.6	34.2	30.5	*	*	39.2	50.0	8
Routine check-up in past 2 yrs. (1998–2000)	90.6	96.1	92.4	87.1	94.2	91.3	†	12
Early and adequate prenatal care (all ages)	89.1	80.5	77.9	81.6	83.9	86.3	90.0	1
Health insurance coverage (percent)								
Health insurance coverage (2000–2002) (ages 18–64)	92.7	82.8	74.8	85.8	84.8	90.0	100.0	9

[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Delaware Profile



Delaware has some of the highest rates of death among females due to cancer in the U.S. The state is in an area along the Atlantic in the Northeast and South regions that has been identified by the National Cancer Institute as having notably high rates of breast cancer.²⁰ Delaware is one of few states in which women have not yet met the Healthy People 2010 target for lung cancer death. The state is among those with the best records on preventive care. It leads the nation in having the highest percentages of women who have had recent mammograms and Pap smears, tests that aid in the early detection of breast and cervical cancers. Delaware has one of the highest levels of health insurance coverage among non-senior women.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	73.2%	19.9%	4.3%	0.4%	2.3%	403,059		

Major causes of death among females (rate per 100,000)[¶]

All cause	733.5	905.5	643.2	*	388.8	762.0	†	34
Heart disease	210.3	265.7	189.6	*	*	219.5	†	38
Coronary heart disease	160.1	196.5	*	*	*	165.6	166.0	40
Total cancer	181.8	211.7	137.4	*	*	185.7	159.9	50
Breast cancer	27.0	35.5	*	*	*	28.7	22.3	46
Colorectal cancer	16.6	27.8	*	*	*	17.9	13.9	23
Lung cancer	49.8	49.3	*	*	*	49.6	44.9	49
Stroke	48.0	69.6	*	*	*	51.3	48.0	9
Chronic lower respiratory diseases (age 45 & over)	107.2	50.6	*	*	*	100.6	60.0	19
Diabetes-related	60.8	150.4	*	*	*	73.0	45.0	36
Influenza and pneumonia	22.5	14.0	*	*	*	21.7	†	35
Unintentional injuries	26.0	22.0	*	*	*	24.7	17.5	28
Suicide	5.6	*	*	*	*	4.5	5.0	27

Health risk factors (percent)[§]

Diagnosed high blood pressure	23.3	36.2	*	*	*	25.0	‡	32
Obesity (2000–2002) (age 20 & over)	16.6	36.2	18.6	*	*	19.4	15.0	16
No leisure-time physical activity (2000–2002)	25.8	47.1	51.3	35.0	51.5	30.7	20.0	39
Binge drinking	10.1	3.5	*	-	*	8.4	†	31
Smoking currently (2000–2002)	24.8	18.3	14.9	*	*	22.8	12.0	34
No smoking during pregnancy (2000–2002) (all ages)	85.0	87.7	95.3	85.4	97.4	87.0	99.0	25
Eats 5+ fruits and vegetables a day (2000–2002)	26.2	16.0	19.2	53.0	32.0	25.0	†	36

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	76.9	78.9	72.6	*	82.5	76.7	80.0	11
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	83.7	90.0	81.8	*	82.5	84.4	70.0	1
Pap smear in past 3 yrs. (2000–2002)	89.6	91.0	92.8	64.2	80.6	89.3	90.0	1
Blood stool test in past 2 yrs. (age 50 & over)	30.5	28.3	*	*	*	30.0	50.0	26
Routine check-up in past 2 yrs. (1998–2000)	90.5	95.6	96.2	98.2	94.7	91.6	†	10
Early and adequate prenatal care (all ages)	77.9	68.7	67.4	76.0	77.9	74.7	90.0	25

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	91.9	90.3	89.4	98.0	95.9	91.5	100.0	5
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

District of Columbia Profile



The District of Columbia's small size, urbanicity and racial composition make it more comparable to urban cities than to states. Females in DC have the highest rate of death due to coronary heart disease in the nation. The city also experiences high rates of death among females due to total cancer, breast cancer and colorectal cancer. DC leads the nation in percentage of women who eat 5 or more fruits and vegetables a day, and ranks among states with the lowest percentages of women who smoke. Across presented measures of preventive care, DC ranks among states with the best records. It leads the nation in percentage of women who have received a recent routine check-up, and ranks among states with the highest level of health insurance coverage. However, a high percentage of mothers in the city do not receive early and adequate prenatal care.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	27.1%	62.6%	7.0%	0.4%	3.1%	302,693		
Major causes of death among females (rate per 100,000)[¶]								
All cause	592.6	997.4	149.8	*	317.2	846.2	†	50
Heart disease	182.2	299.5	*	*	*	257.4	†	51
Coronary heart disease	151.4	243.7	*	*	*	210.6	166.0	52
Total cancer	161.7	218.7	*	*	*	194.4	159.9	52
Breast cancer	32.5	38.7	*	*	*	34.5	22.3	52
Colorectal cancer	15.1	28.0	*	*	*	24.0	13.9	52
Lung cancer	35.9	45.0	*	*	*	40.2	44.9	23
Stroke	38.4	50.7	*	*	*	45.8	48.0	4
Chronic lower respiratory diseases (age 45 & over)	84.6	58.2	*	*	*	63.9	60.0	2
Diabetes-related	30.4	146.2	*	*	*	109.5	45.0	52
Influenza and pneumonia	14.2	16.1	*	*	*	15.6	†	5
Unintentional injuries	13.9	23.7	*	*	*	19.9	17.5	11
Suicide	*	*	*	*	*	*	5.0	*
Health risk factors (percent)[§]								
Diagnosed high blood pressure	13.0	35.2	25.0	*	*	27.4	‡	43
Obesity (2000–2002) (age 20 & over)	7.5	34.6	22.4	*	*	24.2	15.0	45
No leisure-time physical activity (2000–2002)	10.1	32.7	34.9	*	*	25.1	20.0	16
Binge drinking	14.3	5.7	*	-	*	8.3	†	30
Smoking currently (2000–2002)	14.5	20.8	14.4	*	*	18.4	12.0	5
No smoking during pregnancy (2000–2002) (all ages)	99.0	95.3	99.7	83.3	99.4	96.6	99.0	2
Eats 5+ fruits and vegetables a day (2000–2002)	42.5	32.0	39.4	*	56.8	36.7	†	1
Preventive care (percent)[§]								
Cholesterol screening in past 5 yrs.	83.1	81.6	82.5	70.0	81.8	82.1	80.0	1
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	79.6	83.2	*	*	*	81.1	70.0	5
Pap smear in past 3 yrs. (2000–2002)	86.9	89.5	76.4	*	69.0	87.6	90.0	3
Blood stool test in past 2 yrs. (age 50 & over)	45.4	36.8	*	-	*	39.1	50.0	9
Routine check-up in past 2 yrs. (1998–2000)	92.8	96.3	92.9	81.5	98.0	95.0	†	1
Early and adequate prenatal care (all ages)	75.8	56.0	61.3	*	65.3	61.3	90.0	50
Health insurance coverage (percent)								
Health insurance coverage (2000–2002) (ages 18–64)	96.2	90.2	66.7	91.5	90.0	90.2	100.0	8

[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

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NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Florida Profile



Females in Florida have some of the lowest rates of death due to cancer and influenza and pneumonia. It is also one of the few states in which females have already met the Healthy People 2010 targets for reducing stroke and diabetes-related death. Across most presented measures of preventive care, Florida ranks in the middle ranges. However it is among states with the highest percentages of women who have recently received a cholesterol screening, an important health risk prevention strategy for reducing rates of coronary heart disease and stroke.¹⁵ Florida has one of the lowest levels of health insurance coverage among women age 18 to 64, a rate of coverage that is particularly low among the state's Hispanic population.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	66.4%	15.0%	16.4%	0.4%	2.0%	8,184,663		

Major causes of death among females (rate per 100,000)[¶]

All cause	664.7	921.9	524.1	309.8	288.2	671.3	†	7
Heart disease	190.0	279.5	182.7	85.2	85.4	196.3	†	25
Coronary heart disease	153.9	221.6	154.8	58.7	70.4	158.9	166.0	34
Total cancer	163.9	174.1	105.3	55.8	64.3	157.2	159.9	10
Breast cancer	24.5	31.3	17.1	*	7.0	24.2	22.3	11
Colorectal cancer	15.5	21.6	14.5	*	7.0	15.9	13.9	11
Lung cancer	48.1	29.3	14.6	*	15.0	42.3	44.9	29
Stroke	46.6	83.5	32.3	*	31.8	47.9	48.0	5
Chronic lower respiratory diseases (age 45 & over)	115.3	58.0	55.1	*	*	104.5	60.0	23
Diabetes-related	36.1	112.0	45.0	42.8	27.0	42.5	45.0	2
Influenza and pneumonia	13.2	15.5	13.4	*	*	13.4	†	1
Unintentional injuries	24.6	21.8	15.5	*	9.1	22.4	17.5	20
Suicide	7.1	1.3	2.3	*	*	5.4	5.0	40

Health risk factors (percent)[§]

Diagnosed high blood pressure	22.1	35.5	25.3	28.5	*	23.9	‡	26
Obesity (2000–2002) (age 20 & over)	16.2	34.3	21.2	15.2	*	18.8	15.0	13
No leisure-time physical activity (2000–2002)	23.9	39.2	44.5	35.8	39.5	29.7	20.0	36
Binge drinking	9.1	4.0	3.4	*	*	7.2	†	21
Smoking currently (2000–2002)	26.5	15.1	14.1	34.2	12.0	22.3	12.0	30
No smoking during pregnancy (2000–2002) (all ages)	84.7	95.6	97.8	90.6	97.8	90.4	99.0	12
Eats 5+ fruits and vegetables a day (2000–2002)	29.2	24.9	23.1	32.8	33.9	28.0	†	21

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	78.5	74.8	76.5	75.7	69.9	77.6	80.0	7
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	75.4	78.0	75.1	65.4	84.5	76.0	70.0	17
Pap smear in past 3 yrs. (2000–2002)	85.0	84.9	82.6	80.2	71.1	83.9	90.0	29
Blood stool test in past 2 yrs. (age 50 & over)	37.1	33.4	21.8	*	*	34.6	50.0	15
Routine check-up in past 2 yrs. (1998–2000)	88.8	94.3	89.0	87.2	87.5	89.5	†	24
Early and adequate prenatal care (all ages)	81.6	69.6	73.5	57.8	79.5	77.0	90.0	19

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	82.9	78.5	64.5	72.4	82.2	78.7	100.0	45
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Georgia Profile



Georgia is among the states with the highest rates of death among females due to stroke and influenza and pneumonia. The state is part of the “stroke belt” region in the South, where stroke death rates have been found to be higher than those found in the rest of the country.²¹ Women in Georgia have some of the highest rates of high blood pressure, obesity and physical inactivity, health risk factors that are associated with stroke.⁴⁻⁷ These three risk factors are found more frequently among the state’s large minority black female population than in Georgia’s white population. Georgia ranks among the states with the lowest levels of binge drinking among women. It has one of the highest percentages of pregnant women who abstain from smoking during pregnancy.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	63.2%	30.0%	4.3%	0.3%	2.3%	4,159,340		

Major causes of death among females (rate per 100,000)[¶]

All cause	781.9	948.2	324.4	648.0	386.2	815.0	†	44
Heart disease	216.0	275.9	84.0	142.1	92.1	227.8	†	39
Coronary heart disease	126.8	165.5	48.7	*	59.0	134.2	166.0	24
Total cancer	162.1	178.4	72.3	170.9	79.5	164.3	159.9	19
Breast cancer	24.6	31.1	*	*	*	25.7	22.3	23
Colorectal cancer	15.1	24.1	*	*	*	16.9	13.9	17
Lung cancer	43.7	31.3	*	*	*	40.3	44.9	25
Stroke	64.8	84.5	34.1	*	51.0	69.1	48.0	47
Chronic lower respiratory diseases (age 45 & over)	129.1	50.4	*	*	*	110.8	60.0	31
Diabetes-related	52.7	114.5	29.4	*	34.2	65.8	45.0	22
Influenza and pneumonia	24.7	21.2	*	*	*	23.8	†	45
Unintentional injuries	29.7	23.8	16.0	*	13.6	27.6	17.5	37
Suicide	5.9	1.1	*	*	*	4.3	5.0	24

Health risk factors (percent)[§]

Diagnosed high blood pressure	24.1	38.0	21.0	*	*	27.6	‡	44
Obesity (2000–2002) (age 20 & over)	18.7	35.8	17.0	32.5	*	23.5	15.0	40
No leisure-time physical activity (2000–2002)	27.1	40.4	36.9	25.0	43.7	31.4	20.0	42
Binge drinking	5.5	4.3	*	*	-	5.1	†	9
Smoking currently (2000–2002)	23.7	15.6	18.1	27.9	*	20.8	12.0	20
No smoking during pregnancy (2000–2002) (all ages)	87.1	95.4	99.1	91.7	98.4	91.4	99.0	9
Eats 5+ fruits and vegetables a day (2000–2002)	26.7	20.1	18.0	42.4	*	25.1	†	35

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	75.9	74.4	*	78.8	*	75.0	80.0	17
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	75.4	76.3	73.9	*	73.1	75.5	70.0	20
Pap smear in past 3 yrs. (2000–2002)	85.9	89.4	86.0	87.9	74.4	86.8	90.0	6
Blood stool test in past 2 yrs. (age 50 & over)	31.0	23.7	*	*	*	29.5	50.0	30
Routine check-up in past 2 yrs. (1998–2000)	87.4	93.6	89.7	76.1	89.9	89.3	†	25
Early and adequate prenatal care (all ages)	83.8	74.1	69.5	74.8	81.9	79.2	90.0	12

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	86.6	79.7	72.4	79.7	94.3	84.0	100.0	31
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Hawaii Profile



Hawaii is unique among U.S. states in that a majority of its residents are Asian or Pacific Islander. The state has some of the lowest rates of death found anywhere in the nation. The state is one of few in which females have met the Healthy People 2010 target for breast cancer and colorectal cancer death. It is the only state in which women age 45 and older have met the Healthy People 2010 target for chronic lower respiratory disease death. Hawaii has remarkably low levels of obesity and is also among the states with the lowest percentages of women who smoke. The state ranks among those with the highest percentages of women who have had a recent routine check-up and has one of the highest levels of health insurance coverage among non-senior women.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	24.9%	1.8%	7.2%	0.4%	69.7%	602,866		

Major causes of death among females (rate per 100,000)[¶]

All cause	587.8	605.4	890.0	1021.8	526.0	543.2	†	1
Heart disease	149.2	*	288.3	*	143.8	146.1	†	2
Coronary heart disease	87.4	*	159.2	*	82.9	84.5	166.0	1
Total cancer	140.8	*	184.6	*	123.3	127.7	159.9	3
Breast cancer	23.4	*	*	*	18.9	20.0	22.3	2
Colorectal cancer	12.5	*	*	*	12.8	12.6	13.9	1
Lung cancer	32.6	*	*	*	23.1	25.4	44.9	3
Stroke	50.9	*	93.8	*	57.7	55.9	48.0	19
Chronic lower respiratory diseases (age 45 & over)	88.0	*	*	*	34.8	48.8	60.0	1
Diabetes-related	38.6	*	164.2	*	72.3	65.1	45.0	21
Influenza and pneumonia	13.5	*	*	*	15.0	14.4	†	2
Unintentional injuries	15.1	*	23.6	*	15.3	15.2	17.5	5
Suicide	8.2	*	*	*	3.7	4.7	5.0	33

Health risk factors (percent)[§]

Diagnosed high blood pressure	18.4	*	24.2	29.9	24.5	22.5	‡	14
Obesity (2000–2002) (age 20 & over)	14.4	23.0	21.3	31.2	14.2	15.2	15.0	2
No leisure-time physical activity (2000–2002)	14.7	20.7	30.9	29.8	26.8	22.8	20.0	11
Binge drinking	7.6	*	*	*	3.7	5.4	†	11
Smoking currently (2000–2002)	19.3	*	17.5	25.8	14.2	16.6	12.0	4
No smoking during pregnancy (2000–2002) (all ages)	94.4	97.4	89.7	90.1	91.5	92.3	99.0	5
Eats 5+ fruits and vegetables a day (2000–2002)	28.5	20.8	30.2	25.6	22.0	24.5	†	40

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	73.5	83.5	73.4	62.2	73.1	72.0	80.0	26
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	75.9	79.0	71.6	72.5	74.3	74.6	70.0	29
Pap smear in past 3 yrs. (2000–2002)	88.8	90.0	85.3	83.7	86.1	86.9	90.0	5
Blood stool test in past 2 yrs. (age 50 & over)	35.6	-	27.4	*	36.6	35.9	50.0	13
Routine check-up in past 2 yrs. (1998–2000)	91.1	78.2	93.0	90.9	92.4	92.0	†	6
Early and adequate prenatal care (all ages)	75.5	81.1	73.3	71.0	74.2	74.6	90.0	27

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	90.8	91.6	89.9	92.8	93.4	92.2	100.0	3
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

Idaho Profile



Females in Idaho have some of the lowest rates of death due to total cancer, colorectal cancer and lung cancer. It is one of few states in which females have already met the Healthy People 2010 target for reducing deaths due to colorectal cancer. Idaho is among the states with the best ranking on level of physical inactivity among women. Increased exercise is an important component of the U.S. Department of Health and Human Services' prevention initiative *Steps to a HealthierUS*.² The state ranks among those with the lowest proportions of women who have had a recent routine check-up. Idaho is among the states with the lowest percentages of women who have received recent cholesterol screenings, mammograms and Pap smears.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	89.7%	0.4%	7.3%	1.6%	1.3%	645,293		

Major causes of death among females (rate per 100,000)[¶]

All cause	692.0	1285.3	545.6	864.0	417.2	691.7	†	21
Heart disease	168.0	*	130.7	138.2	*	167.5	†	12
Coronary heart disease	109.3	*	100.7	*	*	108.9	166.0	10
Total cancer	154.9	*	101.4	148.5	121.9	153.5	159.9	7
Breast cancer	25.3	*	*	*	*	24.9	22.3	16
Colorectal cancer	13.7	*	*	*	*	13.5	13.9	3
Lung cancer	34.5	*	*	*	*	33.8	44.9	8
Stroke	66.0	*	*	*	*	65.9	48.0	40
Chronic lower respiratory diseases (age 45 & over)	112.4	*	*	*	*	110.7	60.0	30
Diabetes-related	65.8	*	121.1	*	*	67.5	45.0	23
Influenza and pneumonia	21.7	*	*	*	*	21.3	†	33
Unintentional injuries	28.6	*	30.3	*	*	29.5	17.5	44
Suicide	6.2	*	*	*	*	6.2	5.0	47

Health risk factors (percent)[§]

Diagnosed high blood pressure	22.6	*	19.0	19.7	*	22.5	‡	14
Obesity (2000–2002) (age 20 & over)	19.1	*	31.4	37.4	*	19.6	15.0	19
No leisure-time physical activity (2000–2002)	20.6	*	28.0	28.9	*	21.3	20.0	6
Binge drinking	7.5	*	9.1	14.6	*	7.7	†	24
Smoking currently (2000–2002)	20.1	*	17.4	33.0	*	20.2	12.0	14
No smoking during pregnancy (2000–2002) (all ages)	87.1	87.9	95.7	81.2	94.0	88.2	99.0	21
Eats 5+ fruits and vegetables a day (2000–2002)	26.1	-	25.0	30.7	37.2	26.1	†	30

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	66.2	*	58.7	*	79.4	65.9	80.0	52
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	63.7	65.3	73.9	*	53.3	64.0	70.0	52
Pap smear in past 3 yrs. (2000–2002)	78.5	83.0	82.0	78.4	77.7	78.4	90.0	50
Blood stool test in past 2 yrs. (age 50 & over)	28.6	-	*	*	*	28.4	50.0	31
Routine check-up in past 2 yrs. (1998–2000)	82.1	67.8	83.1	84.0	87.0	82.2	†	51
Early and adequate prenatal care (all ages)	74.6	65.0	58.5	59.1	69.5	72.3	90.0	34

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	81.5	94.1	68.5	63.8	85.4	80.6	100.0	39
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Illinois Profile



Illinois is among the states with the highest rates of death among females due to breast cancer and colorectal cancer. The state has one of the lowest rates of suicide among females, a measure related to mental health status. Illinois has one of the highest levels of physical inactivity among women, a health risk on which the U.S. Department of Health and Human Services' prevention initiative *Steps to a HealthierUS* is focused.² The percentages of black, Hispanic and Asian/Pacific Islander women who report no leisure-time physical activity are especially high. Illinois has one of the highest levels of reported binge drinking among women, a health risk factor associated with organ damage, as well as an increased risk of motor vehicle crashes and interpersonal violence.¹² Illinois ranks in the middle ranges across most presented measures of preventive care.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	69.0%	15.9%	11.4%	0.3%	3.7%	6,338,957		

Major causes of death among females (rate per 100,000)[¶]

All cause	714.5	972.1	486.5	240.1	353.2	741.4	†	30
Heart disease	207.3	291.7	130.9	75.8	105.4	216.2	†	32
Coronary heart disease	152.5	218.3	101.3	*	87.7	159.4	166.0	35
Total cancer	174.9	220.3	98.7	*	81.0	176.5	159.9	42
Breast cancer	27.9	39.5	12.7	*	11.9	28.7	22.3	46
Colorectal cancer	19.0	26.8	9.9	*	10.1	19.5	13.9	44
Lung cancer	42.5	47.0	14.6	*	9.9	41.2	44.9	28
Stroke	57.6	69.1	35.2	*	38.5	59.2	48.0	26
Chronic lower respiratory diseases (age 45 & over)	102.5	68.7	39.5	*	25.5	96.1	60.0	13
Diabetes-related	62.0	109.6	86.2	*	49.0	68.0	45.0	25
Influenza and pneumonia	20.1	23.5	15.1	*	10.5	20.6	†	30
Unintentional injuries	19.7	24.3	15.1	*	7.6	19.9	17.5	11
Suicide	3.8	1.7	1.2	*	*	3.1	5.0	6

Health risk factors (percent)[§]

Diagnosed high blood pressure	22.7	32.6	22.9	*	*	24.4	‡	28
Obesity (2000–2002) (age 20 & over)	19.2	35.1	28.1	29.3	*	22.0	15.0	33
No leisure-time physical activity (2000–2002)	25.8	38.8	45.2	34.1	43.7	31.3	20.0	41
Binge drinking	12.4	3.8	*	*	*	9.9	†	40
Smoking currently (2000–2002)	22.4	20.9	13.1	29.8	7.2	20.6	12.0	18
No smoking during pregnancy (2000–2002) (all ages)	85.7	86.5	98.0	78.2	99.0	89.0	99.0	18
Eats 5+ fruits and vegetables a day (2000–2002)	24.8	22.1	23.5	*	37.0	25.0	†	36

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	70.8	76.8	63.5	*	*	70.8	80.0	36
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	75.1	77.1	73.1	54.2	*	74.5	70.0	30
Pap smear in past 3 yrs. (2000–2002)	81.9	87.0	80.3	*	71.9	81.8	90.0	41
Blood stool test in past 2 yrs. (age 50 & over)	30.1	35.0	*	*	-	29.7	50.0	28
Routine check-up in past 2 yrs. (1998–2000)	89.5	95.9	89.7	95.2	88.6	90.6	†	17
Early and adequate prenatal care (all ages)	82.6	64.3	65.7	68.7	75.3	75.4	90.0	24

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	91.5	81.0	69.9	83.2	92.5	87.0	100.0	23
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Indiana Profile



Indiana has one of the highest rates of death among females due to cancer in the U.S. It is one of the few states in which females have not yet met the Healthy People 2010 target for reducing the rate of lung cancer death. Indiana ranks among the states with the highest percentages of women who smoke and the lowest proportions of mothers who did not smoke during pregnancy. Smoking significantly increases a woman's chance of dying from lung cancer and other diseases and smoking during pregnancy can increase the risk of complications during pregnancy and low birth weight deliveries.¹⁰ Indiana ranks among states with the lowest percentages of women who have received recent Pap smears and routine check-ups.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	86.7%	8.8%	3.1%	0.3%	1.1%	3,098,011		
Major causes of death among females (rate per 100,000)[¶]								
All cause	770.8	965.2	551.2	298.6	376.8	780.2	†	39
Heart disease	217.6	277.7	162.3	*	111.7	220.7	†	36
Coronary heart disease	148.4	186.1	106.4	*	*	150.2	166.0	31
Total cancer	177.0	211.7	87.8	*	87.4	177.6	159.9	44
Breast cancer	26.8	36.1	*	*	*	27.2	22.3	38
Colorectal cancer	19.1	24.1	*	*	*	19.3	13.9	42
Lung cancer	46.7	54.0	*	*	*	46.5	44.9	44
Stroke	65.6	82.3	46.3	*	*	66.5	48.0	42
Chronic lower respiratory diseases (age 45 & over)	127.1	74.3	*	*	*	122.7	60.0	40
Diabetes-related	68.5	122.7	75.4	*	*	71.7	45.0	33
Influenza and pneumonia	18.6	18.1	*	*	*	18.5	†	15
Unintentional injuries	24.5	24.0	14.6	*	*	24.4	17.5	27
Suicide	4.2	*	*	*	*	4.0	5.0	19
Health risk factors (percent)[§]								
Diagnosed high blood pressure	23.9	41.5	22.8	*	*	24.9	‡	30
Obesity (2000–2002) (age 20 & over)	22.2	38.4	29.7	39.4	*	23.5	15.0	40
No leisure-time physical activity (2000–2002)	28.0	38.3	42.7	39.8	*	29.3	20.0	34
Binge drinking	9.1	8.1	*	*	*	9.0	†	38
Smoking currently (2000–2002)	27.2	21.8	18.7	43.7	*	26.3	12.0	49
No smoking during pregnancy (2000–2002) (all ages)	77.5	84.3	95.0	76.4	96.1	79.5	99.0	47
Eats 5+ fruits and vegetables a day (2000–2002)	23.9	26.3	25.1	*	49.3	24.3	†	41
Preventive care (percent)[§]								
Cholesterol screening in past 5 yrs.	71.0	76.7	69.3	*	77.0	71.2	80.0	30
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	72.6	75.3	81.1	*	*	72.9	70.0	38
Pap smear in past 3 yrs. (2000–2002)	81.5	86.3	80.1	60.0	75.4	81.4	90.0	43
Blood stool test in past 2 yrs. (age 50 & over)	25.6	25.3	43.9	*	*	25.6	50.0	39
Routine check-up in past 2 yrs. (1998–2000)	80.1	89.0	85.3	80.8	88.6	81.1	†	52
Early and adequate prenatal care (all ages)	77.0	63.3	56.6	69.0	72.3	74.3	90.0	29
Health insurance coverage (percent)								
Health insurance coverage (2000–2002) (ages 18–64)	86.9	83.2	68.1	90.3	72.4	85.7	100.0	29

[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Iowa Profile



Iowa has some of the lowest rates of death among females due to lung cancer and suicide in the U.S. The state ranks among those with the highest prevalence of binge drinking, which has been shown to have more adverse health effects for women than for men and is associated with organ damage, as well as an increased risk of motor vehicle crashes and interpersonal violence.¹² It has one of the lowest percentages of women who have received a recent cholesterol screening, a health risk prevention strategy for reducing rates of coronary heart disease and stroke.¹⁵ Iowa has one of the highest proportions of mothers who receive early and adequate prenatal care.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	93.7%	2.2%	2.5%	0.4%	1.4%	1,490,809		

Major causes of death among females (rate per 100,000)[¶]

All cause	659.5	959.3	555.6	651.7	524.7	662.6	†	5
Heart disease	185.7	289.4	140.4	*	165.8	186.4	†	20
Coronary heart disease	148.5	228.6	113.0	*	145.0	149.1	166.0	30
Total cancer	158.3	214.8	101.6	*	138.3	158.2	159.9	11
Breast cancer	24.5	38.4	*	*	*	24.6	22.3	15
Colorectal cancer	18.3	*	*	*	*	18.2	13.9	27
Lung cancer	36.3	65.6	*	*	*	36.2	44.9	9
Stroke	57.7	69.5	69.1	*	*	58.1	48.0	23
Chronic lower respiratory diseases (age 45 & over)	98.0	*	*	*	*	97.4	60.0	14
Diabetes-related	60.5	169.9	70.4	*	*	61.7	45.0	16
Influenza and pneumonia	22.5	*	*	*	*	22.6	†	39
Unintentional injuries	22.4	*	*	*	*	22.2	17.5	17
Suicide	3.0	*	*	*	*	3.1	5.0	6

Health risk factors (percent)[§]

Diagnosed high blood pressure	22.9	49.2	30.0	*	*	23.3	‡	20
Obesity (2000–2002) (age 20 & over)	21.9	27.5	24.6	43.6	*	22.1	15.0	34
No leisure-time physical activity (2000–2002)	24.8	34.4	35.9	*	*	25.2	20.0	17
Binge drinking	10.9	*	*	-	*	10.5	†	46
Smoking currently (2000–2002)	21.5	33.1	29.4	*	*	21.8	12.0	27
No smoking during pregnancy (2000–2002) (all ages)	81.5	77.1	94.3	73.2	94.6	82.3	99.0	37
Eats 5+ fruits and vegetables a day (2000–2002)	23.5	19.5	14.4	*	*	23.3	†	45

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	68.3	75.7	62.6	53.7	68.8	68.4	80.0	44
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	75.2	94.1	79.8	*	78.8	75.3	70.0	22
Pap smear in past 3 yrs. (2000–2002)	85.1	100.0	86.5	87.3	79.7	85.2	90.0	19
Blood stool test in past 2 yrs. (age 50 & over)	36.5	*	*	-	*	36.4	50.0	12
Routine check-up in past 2 yrs. (1998–2000)	89.3	95.8	85.2	87.5	74.4	89.2	†	26
Early and adequate prenatal care (all ages)	81.7	71.4	66.6	65.3	75.1	80.4	90.0	8

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	89.8	82.5	85.9	85.6	86.5	89.6	100.0	12
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Kansas Profile



Kansas ranks in the middle ranges across many measurements of women's health status. The prevalence of most health risk factors are average, however some differences are apparent between racial and ethnic groups. For example, the percentage of Hispanic women who are physically inactive is significantly higher than in the state's white population. Engaging in regular exercise is recommended by the U.S. Department of Health and Human Services' in its prevention initiative *Steps to a HealthierUS*.² Kansas ranks among states with the highest percentages of pregnant women who receive early and adequate prenatal care. However, levels of prenatal care are lower among the state's black, Hispanic and American Indian/Alaskan Native mothers than among white mothers.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	84.8%	5.9%	6.4%	1.1%	2.0%	1,359,944		

Major causes of death among females (rate per 100,000)[¶]

All cause	698.8	955.6	474.4	803.7	343.6	714.4	†	24
Heart disease	185.4	249.5	96.0	268.8	99.7	189.2	†	23
Coronary heart disease	118.6	154.7	59.2	156.5	*	120.6	166.0	14
Total cancer	158.3	202.3	102.2	166.6	73.2	160.3	159.9	15
Breast cancer	24.8	34.8	*	*	*	25.2	22.3	17
Colorectal cancer	16.2	25.0	*	*	*	16.6	13.9	16
Lung cancer	38.8	39.6	24.5	*	*	38.9	44.9	17
Stroke	58.7	74.2	48.4	*	*	60.1	48.0	29
Chronic lower respiratory diseases (age 45 & over)	114.1	74.3	*	*	*	112.1	60.0	32
Diabetes-related	55.9	150.3	89.4	126.9	*	60.3	45.0	11
Influenza and pneumonia	18.2	12.5	*	*	*	18.1	†	12
Unintentional injuries	25.9	22.4	17.1	*	*	25.7	17.5	32
Suicide	4.1	*	*	*	*	4.0	5.0	19

Health risk factors (percent)[§]

Diagnosed high blood pressure	21.6	31.5	22.6	*	*	22.0	‡	11
Obesity (2000–2002) (age 20 & over)	20.4	42.2	27.6	22.2	*	21.3	15.0	28
No leisure-time physical activity (2000–2002)	26.0	37.4	43.4	26.9	28.7	27.8	20.0	28
Binge drinking	6.9	*	6.8	*	*	6.7	†	16
Smoking currently (2000–2002)	21.2	24.3	16.8	25.8	*	21.0	12.0	23
No smoking during pregnancy (2000–2002) (all ages)	85.2	87.1	96.4	80.1	97.1	86.9	99.0	26
Eats 5+ fruits and vegetables a day (2000–2002)	24.8	20.9	21.0	*	50.8	24.8	†	39

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	71.1	73.1	61.1	79.3	73.6	70.7	80.0	38
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	73.9	86.3	68.8	*	62.8	74.1	70.0	34
Pap smear in past 3 yrs. (2000–2002)	84.4	93.1	81.5	77.6	55.0	84.2	90.0	27
Blood stool test in past 2 yrs. (age 50 & over)	33.3	25.3	31.2	55.5	-	32.9	50.0	20
Routine check-up in past 2 yrs. (1998–2000)	91.4	94.5	89.5	88.4	93.9	91.5	†	11
Early and adequate prenatal care (all ages)	82.8	71.6	62.5	71.9	76.9	79.4	90.0	10

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	89.4	78.4	68.2	77.4	88.6	87.6	100.0	19
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Kentucky Profile



Females in Kentucky have some of the highest rates of death in the U.S. due to heart disease, cancer, lung cancer, chronic lower respiratory disease and influenza and pneumonia. Kentucky ranks among states with the highest percentages of diagnosed high blood pressure and physical inactivity among women. It has one of the smallest proportions of women who eat 5 or more fruits and vegetables a day, an important measure of good nutrition. Kentucky ranks at the top on percentage of women who report binge drinking. The state has the highest percentages of women who smoke in the nation, a leading cause of cancer and other disease.¹¹

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	90.2%	7.6%	1.2%	0.2%	0.9%	2,066,401		

Major causes of death among females (rate per 100,000)[¶]

All cause	822.1	986.0	688.7	206.6	363.2	830.1	†	48
Heart disease	246.5	298.6	180.5	*	*	249.0	†	47
Coronary heart disease	160.1	196.1	119.0	*	*	161.8	166.0	37
Total cancer	180.2	219.0	201.7	*	96.7	182.1	159.9	48
Breast cancer	26.3	34.2	*	*	*	26.8	22.3	33
Colorectal cancer	18.5	27.3	*	*	*	19.1	13.9	40
Lung cancer	52.5	59.3	*	*	*	52.7	44.9	50
Stroke	65.4	79.7	*	*	*	66.2	48.0	41
Chronic lower respiratory diseases (age 45 & over)	134.7	91.3	*	*	*	131.5	60.0	47
Diabetes-related	66.2	124.9	83.2	*	*	69.3	45.0	28
Influenza and pneumonia	25.9	21.6	*	*	*	25.6	†	49
Unintentional injuries	29.4	21.2	*	*	*	28.7	17.5	41
Suicide	4.4	*	*	*	*	4.1	5.0	21

Health risk factors (percent)[§]

Diagnosed high blood pressure	27.0	42.3	34.0	*	*	28.0	‡	47
Obesity (2000–2002) (age 20 & over)	22.7	37.1	14.5	*	*	23.4	15.0	39
No leisure-time physical activity (2000–2002)	35.3	38.4	32.7	*	*	35.6	20.0	48
Binge drinking	3.4	5.9	*	*	*	3.6	†	2
Smoking currently (2000–2002)	30.2	30.1	40.2	*	*	30.2	12.0	52
No smoking during pregnancy (2000–2002) (all ages)	74.3	82.1	94.2	73.9	94.6	75.6	99.0	49
Eats 5+ fruits and vegetables a day (2000–2002)	24.3	17.0	30.0	52.8	*	23.9	†	43

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	70.4	71.1	83.8	67.1	*	70.7	80.0	38
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	74.7	89.2	63.0	90.3	63.2	75.2	70.0	24
Pap smear in past 3 yrs. (2000–2002)	82.3	92.4	86.5	*	74.2	82.9	90.0	35
Blood stool test in past 2 yrs. (age 50 & over)	26.9	28.9	28.3	*	*	27.0	50.0	37
Routine check-up in past 2 yrs. (1998–2000)	86.6	93.7	86.8	92.0	80.3	87.1	†	39
Early and adequate prenatal care (all ages)	79.5	72.5	60.7	74.8	76.0	78.4	90.0	14

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	81.7	79.5	79.9	86.5	74.3	81.7	100.0	37
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Louisiana Profile



Louisiana ranks among states with the highest rates of death among females due to heart disease and cancer, particularly breast cancer. Like many states in the South, Louisiana women have high rates of health risk factors that are associated with heart disease: high blood pressure, obesity and physical inactivity.^{3, 5-7} Each of these risk factors are notably prevalent among the state's large population of black women. The state has one of the lowest percentages of women who eat 5 or more fruits and vegetables a day. Louisiana ranks in the middle ranges across many presented measures of preventive care. However, it is among the states with the worst records on the rate of health insurance coverage among non-senior women.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	62.4%	33.4%	2.3%	0.6%	1.3%	2,306,073		

Major causes of death among females (rate per 100,000)[¶]

All cause	787.3	1010.1	444.0	351.2	493.6	842.3	†	49
Heart disease	224.7	281.9	104.5	103.0	139.7	238.0	†	45
Coronary heart disease	153.2	198.5	76.7	95.6	110.3	163.7	166.0	38
Total cancer	174.9	209.2	97.3	*	108.6	182.1	159.9	48
Breast cancer	26.9	39.4	*	*	*	30.1	22.3	51
Colorectal cancer	17.1	24.9	*	*	*	18.9	13.9	37
Lung cancer	46.5	42.0	18.2	*	*	44.7	44.9	40
Stroke	57.4	81.7	42.5	*	*	63.5	48.0	35
Chronic lower respiratory diseases (age 45 & over)	108.9	57.1	*	*	*	95.1	60.0	12
Diabetes-related	55.4	136.2	36.5	*	61.8	75.3	45.0	40
Influenza and pneumonia	21.4	20.0	*	*	*	21.0	†	31
Unintentional injuries	28.3	25.6	23.1	*	*	27.4	17.5	36
Suicide	5.4	1.4	*	*	*	4.1	5.0	21

Health risk factors (percent)[§]

Diagnosed high blood pressure	23.1	38.5	25.2	*	*	27.7	‡	45
Obesity (2000–2002) (age 20 & over)	19.7	38.7	21.2	26.8	*	25.2	15.0	50
No leisure-time physical activity (2000–2002)	33.2	47.0	33.0	39.6	42.3	37.7	20.0	51
Binge drinking	7.7	4.0	*	-	-	6.4	†	14
Smoking currently (2000–2002)	24.9	15.3	24.0	34.9	*	21.8	12.0	27
No smoking during pregnancy (2000–2002) (all ages)	86.2	94.8	96.2	82.5	98.1	90.1	99.0	15
Eats 5+ fruits and vegetables a day (2000–2002)	18.4	18.6	20.5	*	*	18.7	†	50

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	71.6	69.2	76.6	88.9	69.5	71.2	80.0	30
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	74.9	74.4	73.2	79.1	*	74.5	70.0	30
Pap smear in past 3 yrs. (2000–2002)	83.9	89.0	81.4	80.3	*	84.8	90.0	22
Blood stool test in past 2 yrs. (age 50 & over)	26.4	25.3	*	*	-	26.4	50.0	38
Routine check-up in past 2 yrs. (1998–2000)	89.4	93.2	89.0	97.3	58.8	90.4	†	18
Early and adequate prenatal care (all ages)	83.7	70.7	75.6	73.3	79.1	78.1	90.0	15

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	79.7	61.8	67.6	66.3	90.0	73.5	100.0	51
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

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NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Maine Profile



Females in Maine have among the highest rates of death due to cancer, specifically colorectal cancer and lung cancer. The state also ranks among those with the highest rates of death due to chronic lower respiratory disease among women age 45 and older. Maine has one of the highest percentages of women who eat 5 or more fruits and vegetables a day, an indicator of good nutrition. The state ranks near the top on all presented measures of preventive care. Maine leads the nation in the percentage of women who have recently taken a blood stool test, which can aid in the early detection of colorectal cancer and other diseases of the digestive system.¹⁷

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	97.3%	0.5%	0.7%	0.6%	0.9%	654,614		

Major causes of death among females (rate per 100,000)[¶]

All cause	725.4	501.2	*	1507.7	522.3	729.8	†	28
Heart disease	187.5	*	*	649.5	*	188.8	†	22
Coronary heart disease	132.3	*	*	538.9	*	133.1	166.0	23
Total cancer	180.2	*	*	*	*	180.5	159.9	46
Breast cancer	24.6	*	*	*	*	24.5	22.3	13
Colorectal cancer	19.4	*	*	*	*	19.4	13.9	43
Lung cancer	46.3	*	*	*	*	46.5	44.9	44
Stroke	53.2	*	*	*	*	53.6	48.0	13
Chronic lower respiratory diseases (age 45 & over)	131.3	*	*	*	*	132.6	60.0	48
Diabetes-related	71.0	*	*	*	*	71.4	45.0	31
Influenza and pneumonia	18.3	*	*	*	*	18.4	†	14
Unintentional injuries	20.8	*	*	*	*	20.9	17.5	13
Suicide	4.5	*	*	*	*	4.6	5.0	28

Health risk factors (percent)[§]

Diagnosed high blood pressure	24.8	*	42.9	32.4	*	25.3	‡	33
Obesity (2000–2002) (age 20 & over)	20.5	*	*	29.0	*	20.4	15.0	23
No leisure-time physical activity (2000–2002)	25.5	*	34.0	37.7	*	25.9	20.0	21
Binge drinking	6.8	*	*	*	-	6.8	†	18
Smoking currently (2000–2002)	22.7	*	24.3	33.9	*	22.7	12.0	33
No smoking during pregnancy (2000–2002) (all ages)	82.0	86.3	88.9	59.5	94.2	82.1	99.0	39
Eats 5+ fruits and vegetables a day (2000–2002)	33.1	*	33.8	*	*	32.9	†	7

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	77.1	74.3	74.8	58.6	51.4	76.8	80.0	10
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	79.4	*	*	62.4	79.0	79.2	70.0	8
Pap smear in past 3 yrs. (2000–2002)	86.4	*	79.1	82.1	*	86.1	90.0	13
Blood stool test in past 2 yrs. (age 50 & over)	43.1	-	*	*	*	43.2	50.0	1
Routine check-up in past 2 yrs. (1998–2000)	91.2	100.0	90.4	*	100.0	91.0	†	14
Early and adequate prenatal care (all ages)	84.0	73.9	70.9	74.5	80.7	83.6	90.0	4

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	86.5	90.7	88.0	77.9	92.6	86.5	100.0	26
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NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

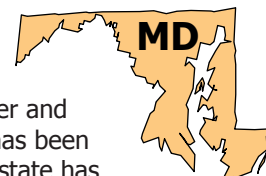
--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Maryland Profile



Maryland has some of the highest rates of death in the U.S. among females due to breast cancer and colorectal cancer. It is in an area along the Atlantic in the Northeast and South regions, which has been identified by the National Cancer Institute as having notably high rates of breast cancer.²⁰ The state has one of the lowest death rates among females due to unintentional injuries and suicides, a measure related to mental health status. Maryland ranks among the states with the best records on two measures related to the U.S. Department of Health and Human Services' prevention initiative *Steps to a HealthierUS*: the percentage of women who smoke and the percentage of women who eat the recommended number of fruits and vegetables a day.² Across most presented measures of preventive care, Maryland ranks among states with the best records.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	62.2%	29.2%	4.0%	0.4%	4.3%	2,738,692		

Major causes of death among females (rate per 100,000)[¶]

All cause	736.2	923.7	170.0	523.4	391.7	767.3	†	36
Heart disease	208.5	262.6	42.0	171.1	100.2	216.8	†	33
Coronary heart disease	159.6	202.9	32.4	135.4	77.6	165.8	166.0	41
Total cancer	175.2	195.9	39.4	106.4	106.2	175.7	159.9	40
Breast cancer	27.1	34.2	*	*	11.3	28.0	22.3	43
Colorectal cancer	18.4	25.7	*	*	15.1	19.8	13.9	49
Lung cancer	47.1	42.6	*	*	17.8	44.7	44.9	40
Stroke	57.8	69.5	*	*	47.2	60.2	48.0	30
Chronic lower respiratory diseases (age 45 & over)	119.2	61.2	*	*	*	104.8	60.0	24
Diabetes-related	73.7	157.2	15.8	*	38.9	88.9	45.0	48
Influenza and pneumonia	19.9	19.6	*	*	*	19.7	†	25
Unintentional injuries	16.1	15.4	7.1	*	11.0	15.7	17.5	6
Suicide	3.7	1.7	*	*	*	3.0	5.0	5

Health risk factors (percent)[§]

Diagnosed high blood pressure	22.1	34.0	23.1	*	27.7	25.3	‡	33
Obesity (2000–2002) (age 20 & over)	17.3	30.7	19.8	*	*	20.6	15.0	24
No leisure-time physical activity (2000–2002)	22.8	35.3	34.8	44.4	27.7	27.2	20.0	25
Binge drinking	8.7	5.5	*	*	*	7.1	†	19
Smoking currently (2000–2002)	20.6	17.8	14.8	*	*	18.7	12.0	6
No smoking during pregnancy (2000–2002) (all ages)	88.2	92.3	98.7	89.9	98.9	90.7	99.0	11
Eats 5+ fruits and vegetables a day (2000–2002)	33.0	28.2	45.8	37.8	32.4	32.6	†	10

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	79.6	80.5	76.9	75.1	84.5	79.8	80.0	3
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	81.3	81.3	81.1	85.7	*	80.8	70.0	6
Pap smear in past 3 yrs. (2000–2002)	89.2	89.4	87.1	75.6	75.5	88.6	90.0	2
Blood stool test in past 2 yrs. (age 50 & over)	40.6	44.9	42.1	*	*	40.9	50.0	5
Routine check-up in past 2 yrs. (1998–2000)	91.6	97.2	93.1	86.7	89.8	93.1	†	4
Early and adequate prenatal care (all ages)	79.2	67.5	67.6	72.4	76.3	74.6	90.0	27

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	91.6	86.4	76.9	89.1	88.6	89.0	100.0	13
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Massachusetts Profile



Massachusetts ranks among states with the lowest rates of stroke and diabetes-related death among females. It is one of the few states in which females have already met the Healthy People 2010 target for reducing the death rate due to unintentional injuries, a category that includes motor vehicle crash fatalities. Massachusetts has one of the best records on two measures related to the U.S. Department of Health and Human Services' prevention initiative *Steps to a HealthierUS*: the percentage of women who smoke and the percentage of women who eat 5 or more fruits and vegetables a day.² Massachusetts ranks near the top across presented measures of preventive care and has one of the highest rates of health insurance coverage among non-senior women in the U.S.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	83.5%	5.7%	6.6%	0.3%	4.0%	3,290,281		

Major causes of death among females (rate per 100,000)[¶]

All cause	690.8	793.2	489.3	272.4	354.0	689.2	†	18
Heart disease	177.9	196.7	111.9	*	67.4	176.9	†	16
Coronary heart disease	115.9	120.0	72.9	*	47.1	114.9	166.0	12
Total cancer	176.7	176.4	107.5	*	102.5	173.6	159.9	37
Breast cancer	27.6	26.6	13.9	*	10.0	27.0	22.3	35
Colorectal cancer	18.2	21.7	11.6	*	13.8	18.1	13.9	26
Lung cancer	45.2	34.2	15.3	*	22.6	43.6	44.9	35
Stroke	48.7	55.2	39.0	*	39.4	48.8	48.0	7
Chronic lower respiratory diseases (age 45 & over)	109.6	51.2	60.5	*	*	105.6	60.0	26
Diabetes-related	50.1	104.5	81.3	*	36.5	52.3	45.0	4
Influenza and pneumonia	23.5	20.2	11.5	*	*	23.2	†	44
Unintentional injuries	13.7	13.9	7.6	*	9.7	13.7	17.5	1
Suicide	3.0	*	*	*	*	2.9	5.0	4

Health risk factors (percent)[§]

Diagnosed high blood pressure	20.0	32.5	25.2	31.4	*	20.8	‡	3
Obesity (2000–2002) (age 20 & over)	15.4	33.9	23.4	24.2	*	16.6	15.0	3
No leisure-time physical activity (2000–2002)	20.8	32.6	47.8	47.3	30.0	24.4	20.0	14
Binge drinking	12.1	7.4	6.5	*	*	10.9	†	50
Smoking currently (2000–2002)	20.4	18.9	14.2	21.9	12.4	19.4	12.0	8
No smoking during pregnancy (2000–2002) (all ages)	89.0	91.0	92.1	75.4	98.4	90.0	99.0	16
Eats 5+ fruits and vegetables a day (2000–2002)	35.3	30.8	27.0	32.7	41.7	34.8	†	4

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	81.0	77.9	76.8	*	74.5	80.2	80.0	2
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	82.6	84.6	86.4	*	60.6	82.7	70.0	4
Pap smear in past 3 yrs. (2000–2002)	87.2	88.6	86.3	83.6	67.0	86.3	90.0	11
Blood stool test in past 2 yrs. (age 50 & over)	37.9	44.4	30.4	*	*	37.7	50.0	10
Routine check-up in past 2 yrs. (1998–2000)	93.8	98.6	95.8	82.5	92.5	94.0	†	3
Early and adequate prenatal care (all ages)	85.0	74.6	73.9	76.4	80.4	82.6	90.0	5

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	94.3	88.2	78.5	81.3	81.8	92.0	100.0	4
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Michigan Profile



Michigan has some of the highest rates of death among females due to heart disease, particularly coronary heart disease. Heart disease is associated with obesity, a health risk factor for which Michigan ranks among the worst in the nation.^{5, 6} The state has one of the highest percentages of women who report binge drinking, a health risk factor associated with organ damage, as well as an increased risk of motor vehicle crashes and interpersonal violence.¹² Michigan ranks among states with the highest percentages of pregnant women who receive early and adequate prenatal care. However, the percentages of black and Hispanic mothers who receive this care are significantly lower than the percentage of white mothers.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	79.4%	15.0%	3.0%	0.7%	1.9%	5,065,349		

Major causes of death among females (rate per 100,000)[¶]

All cause	727.2	997.6	587.9	1045.4	398.8	765.1	†	35
Heart disease	223.8	321.8	157.4	307.0	106.1	236.2	†	43
Coronary heart disease	166.5	258.1	114.9	244.2	80.7	177.4	166.0	46
Total cancer	167.0	206.6	102.8	212.2	108.1	171.6	159.9	34
Breast cancer	26.1	36.2	16.2	36.0	*	27.3	22.3	39
Colorectal cancer	16.2	25.1	*	*	*	17.2	13.9	19
Lung cancer	42.6	49.7	16.3	90.0	25.9	43.3	44.9	33
Stroke	57.4	73.5	45.8	64.2	45.5	59.7	48.0	28
Chronic lower respiratory diseases (age 45 & over)	110.5	68.2	59.2	189.0	*	106.4	60.0	27
Diabetes-related	66.6	119.0	106.7	174.9	45.7	73.0	45.0	36
Influenza and pneumonia	18.6	23.2	14.8	*	*	19.4	†	22
Unintentional injuries	20.7	26.1	19.8	33.4	16.2	21.7	17.5	16
Suicide	4.0	2.2	*	*	*	3.7	5.0	16

Health risk factors (percent)[§]

Diagnosed high blood pressure	24.0	40.2	17.7	28.4	*	25.7	‡	37
Obesity (2000–2002) (age 20 & over)	22.9	38.2	30.1	30.0	*	24.8	15.0	48
No leisure-time physical activity (2000–2002)	23.9	38.0	27.0	33.9	40.0	26.0	20.0	22
Binge drinking	10.8	6.6	*	*	*	10.1	†	43
Smoking currently (2000–2002)	24.1	25.9	22.3	38.4	*	24.0	12.0	41
No smoking during pregnancy (2000–2002) (all ages)	82.9	85.8	92.6	64.8	97.6	84.2	99.0	33
Eats 5+ fruits and vegetables a day (2000–2002)	27.5	21.0	26.5	32.7	29.1	27.0	†	25

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	75.3	79.2	78.9	79.4	65.8	75.8	80.0	14
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	79.0	77.1	*	70.9	82.9	78.6	70.0	11
Pap smear in past 3 yrs. (2000–2002)	85.9	86.7	82.4	84.4	82.0	85.6	90.0	17
Blood stool test in past 2 yrs. (age 50 & over)	34.4	34.2	41.3	*	-	34.3	50.0	16
Routine check-up in past 2 yrs. (1998–2000)	89.0	95.5	96.0	88.7	94.6	89.9	†	21
Early and adequate prenatal care (all ages)	82.6	69.5	66.8	72.3	80.9	79.5	90.0	9

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	89.8	84.8	85.6	80.4	84.9	88.5	100.0	16
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NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Minnesota Profile



Females in Minnesota have among the lowest rates of death in the U.S. due to heart disease, lung cancer, chronic lower respiratory disease, diabetes-related, influenza and pneumonia and suicide. The state has some of the lowest percentages of women with high blood pressure and women who smoke, which may account in part for Minnesota's top rankings on heart disease and lung cancer death rates.^{3,11} It is also among the states with the lowest frequencies of physical inactivity among women, which is an important component of the U.S. Department of Health and Human Services' prevention initiative *Steps to a HealthierUS*.² The state ranks among the worst in percentage of women who report binge drinking. Minnesota leads the nation in the percentage of non-senior women with health insurance coverage.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	89.4%	3.7%	2.6%	1.3%	3.2%	2,483,848		

Major causes of death among females (rate per 100,000)[¶]

All cause	630.5	849.6	521.5	1065.9	493.7	639.9	†	3
Heart disease	137.0	147.7	129.9	159.9	58.2	137.9	†	1
Coronary heart disease	86.3	85.0	83.4	120.8	*	86.6	166.0	3
Total cancer	158.2	204.3	103.3	188.9	129.8	159.0	159.9	14
Breast cancer	25.8	32.7	*	*	*	25.8	22.3	24
Colorectal cancer	16.3	23.5	*	*	*	16.5	13.9	15
Lung cancer	36.0	62.6	*	71.4	*	36.3	44.9	10
Stroke	52.8	75.9	*	73.1	80.4	53.7	48.0	14
Chronic lower respiratory diseases (age 45 & over)	93.7	*	*	211.7	*	93.9	60.0	10
Diabetes-related	55.0	147.4	90.5	232.9	52.9	57.1	45.0	8
Influenza and pneumonia	15.0	*	*	*	*	15.1	†	4
Unintentional injuries	23.7	26.1	20.6	63.8	*	24.3	17.5	26
Suicide	3.1	*	*	*	*	3.1	5.0	6

Health risk factors (percent)[§]

Diagnosed high blood pressure	21.3	33.3	23.0	*	*	21.5	‡	7
Obesity (2000–2002) (age 20 & over)	19.0	32.4	23.0	29.9	*	19.4	15.0	16
No leisure-time physical activity (2000–2002)	19.7	40.4	30.4	*	26.5	20.5	20.0	3
Binge drinking	10.9	*	*	23.7	*	10.6	†	47
Smoking currently (2000–2002)	19.5	25.0	19.3	53.0	*	19.6	12.0	9
No smoking during pregnancy (2000–2002) (all ages)	88.2	87.2	95.9	59.5	97.6	88.6	99.0	20
Eats 5+ fruits and vegetables a day (2000–2002)	28.3	28.8	33.3	*	33.8	28.7	†	19

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	72.1	78.4	62.5	72.4	*	71.9	80.0	27
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	75.7	75.7	63.9	70.2	68.0	75.3	70.0	22
Pap smear in past 3 yrs. (2000–2002)	84.4	89.4	85.6	81.8	74.5	84.2	90.0	27
Blood stool test in past 2 yrs. (age 50 & over)	33.0	*	32.5	*	*	33.2	50.0	19
Routine check-up in past 2 yrs. (1998–2000)	87.9	94.1	81.3	88.8	86.3	87.9	†	35
Early and adequate prenatal care (all ages)	77.3	56.4	55.3	47.6	58.8	73.4	90.0	31

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	94.8	86.9	92.6	85.8	95.3	94.3	100.0	1
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[§] Estimate age-adjusted and for 18 years of age and over unless noted.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

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Mississippi Profile



Mississippi has some of the highest rates of death among females in the U.S., ranking at or near the bottom for deaths due to heart disease, breast cancer, stroke, diabetes-related, influenza and pneumonia and unintentional injuries. Like several states in the South, Mississippi women have high rates of health risk factors that are associated with heart disease and stroke: high blood pressure, obesity and physical inactivity.³⁻⁷ These risk factors are notably high among the state's large population of black women.

The state ranks among those with the lowest rates of binge drinking among women. Mississippi is one of few states that have not yet met the Healthy People 2010 target for percentage of women age 40 and over who have had a recent mammogram, and it ranks near the bottom among states in the percentage of women age 18 to 64 with health insurance coverage.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	60.3%	37.4%	1.1%	0.4%	0.8%	1,471,104		

Major causes of death among females (rate per 100,000)[¶]

All cause	796.2	1002.7	139.0	794.6	435.6	855.0	†	52
Heart disease	265.0	347.4	*	*	*	287.0	†	52
Coronary heart disease	169.8	226.1	*	*	*	184.6	166.0	48
Total cancer	162.8	193.2	*	*	*	170.9	159.9	32
Breast cancer	25.2	37.3	*	*	*	28.8	22.3	48
Colorectal cancer	16.3	26.7	*	*	*	19.1	13.9	40
Lung cancer	45.9	35.5	*	*	*	42.8	44.9	31
Stroke	62.3	83.3	*	*	*	68.1	48.0	45
Chronic lower respiratory diseases (age 45 & over)	114.5	55.4	*	*	*	98.4	60.0	15
Diabetes-related	66.2	145.3	*	226.6	*	87.7	45.0	47
Influenza and pneumonia	26.3	22.2	*	*	*	25.3	†	48
Unintentional injuries	37.1	31.6	*	*	*	35.0	17.5	52
Suicide	5.2	*	*	*	*	3.7	5.0	16

Health risk factors (percent)[§]

Diagnosed high blood pressure	28.4	45.0	25.3	*	*	33.6	‡	52
Obesity (2000–2002) (age 20 & over)	20.6	41.9	24.9	*	*	27.4	15.0	52
No leisure-time physical activity (2000–2002)	32.9	43.5	45.2	52.1	*	37.3	20.0	50
Binge drinking	4.8	4.1	*	*	-	4.7	†	6
Smoking currently (2000–2002)	26.9	14.3	24.0	44.0	*	22.5	12.0	31
No smoking during pregnancy (2000–2002) (all ages)	81.3	94.2	97.0	86.7	96.8	87.5	99.0	22
Eats 5+ fruits and vegetables a day (2000–2002)	20.9	18.2	26.1	*	*	20.5	†	49

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	71.1	67.3	67.7	69.1	58.6	69.8	80.0	40
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	68.8	63.8	72.8	*	*	67.0	70.0	49
Pap smear in past 3 yrs. (2000–2002)	83.0	84.9	83.5	67.3	*	83.4	90.0	32
Blood stool test in past 2 yrs. (age 50 & over)	20.0	15.8	*	*	-	18.8	50.0	50
Routine check-up in past 2 yrs. (1998–2000)	85.7	94.4	90.2	100.0	74.8	88.7	†	30
Early and adequate prenatal care (all ages)	82.0	69.1	64.6	63.0	72.2	75.8	90.0	22

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	80.0	70.6	70.1	59.2	89.9	76.6	100.0	49
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[§] Estimate age-adjusted and for 18 years of age and over unless noted.

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NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Missouri Profile



Missouri ranks among the states with the highest rates of death among females due to heart disease, lung cancer and influenza and pneumonia. The state has one of the highest percentages of women who smoke in the nation. Smoking significantly increases a woman's chances of dying from heart disease, lung cancer and other diseases.¹¹ Missouri ranks near the bottom on an important measure of nutrition included in the U.S. Department of Health and Human Services' prevention initiative *Steps to a HealthierUS*: the percentage of women who eat 5 or more fruits and vegetables a day.² The state has one of the highest percentages of mothers who receive early and adequate prenatal care, which can reduce the risk of complications during pregnancy and of delivering before 37 weeks gestation.¹⁸

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	84.4%	11.9%	2.0%	0.6%	1.3%	2,875,034		

Major causes of death among females (rate per 100,000)[¶]

All cause	760.2	972.3	713.6	440.9	359.8	778.5	†	37
Heart disease	229.2	297.5	200.2	100.7	75.4	234.5	†	42
Coronary heart disease	165.6	222.6	144.2	81.0	58.7	169.8	166.0	44
Total cancer	171.2	213.5	156.7	129.4	95.2	174.0	159.9	38
Breast cancer	26.2	35.8	27.2	*	*	27.0	22.3	35
Colorectal cancer	18.0	28.0	*	*	*	18.8	13.9	35
Lung cancer	45.4	51.0	*	*	*	45.5	44.9	42
Stroke	60.8	70.2	58.8	*	*	61.9	48.0	34
Chronic lower respiratory diseases (age 45 & over)	119.0	72.3	99.6	*	*	114.9	60.0	36
Diabetes-related	66.0	131.4	97.5	*	51.5	71.6	45.0	32
Influenza and pneumonia	24.2	21.2	*	*	*	23.9	†	46
Unintentional injuries	28.7	24.1	29.7	*	*	28.1	17.5	38
Suicide	5.0	*	*	*	*	4.6	5.0	28

Health risk factors (percent)[§]

Diagnosed high blood pressure	23.9	37.3	21.5	*	*	24.9	‡	30
Obesity (2000–2002) (age 20 & over)	20.6	32.9	27.1	33.7	*	21.7	15.0	30
No leisure-time physical activity (2000–2002)	27.1	41.0	37.3	29.5	35.7	28.8	20.0	31
Binge drinking	8.8	*	*	*	*	8.6	†	34
Smoking currently (2000–2002)	25.5	23.2	23.0	39.6	*	25.2	12.0	46
No smoking during pregnancy (2000–2002) (all ages)	79.9	87.0	93.5	68.3	95.8	81.7	99.0	43
Eats 5+ fruits and vegetables a day (2000–2002)	23.0	20.9	21.0	33.3	*	22.9	†	47

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	68.0	77.8	75.3	*	71.2	69.2	80.0	41
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	73.3	83.0	64.1	39.7	71.4	73.6	70.0	35
Pap smear in past 3 yrs. (2000–2002)	82.6	89.8	79.9	60.1	69.6	82.6	90.0	36
Blood stool test in past 2 yrs. (age 50 & over)	28.4	*	35.7	*	45.7	28.1	50.0	33
Routine check-up in past 2 yrs. (1998–2000)	88.0	95.5	90.9	95.8	89.6	88.8	†	29
Early and adequate prenatal care (all ages)	83.2	70.9	69.4	69.5	80.2	80.9	90.0	7

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	87.7	83.9	81.4	91.0	88.3	87.3	100.0	22
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* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

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‡ Healthy People 2010 target is incompatible with collected data.

Montana Profile



Females in Montana have some of the lowest rates of death in the U.S. due to heart disease and breast cancer. The state has some of the highest death rates among females due to chronic lower respiratory disease and unintentional injuries, a category that includes motor vehicle crash fatalities. Montana ranks near the top in having one of the lowest levels of obesity among women and one of the lowest percentages of women who are physically inactive. However, rates of obesity and physical inactivity are notably higher among American Indian/Alaskan Native women in the state. The proportions of women in Montana who have had a recent cholesterol test, mammogram or routine check-up are among the lowest in the U.S.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	90.6%	0.3%	2.0%	6.7%	0.7%	452,715		

Major causes of death among females (rate per 100,000)[¶]

All cause	690.7	*	597.3	1043.5	367.0	706.5	†	23
Heart disease	157.2	*	*	183.7	*	159.0	†	7
Coronary heart disease	87.2	*	*	103.2	*	88.5	166.0	4
Total cancer	163.6	*	*	230.0	*	165.0	159.9	21
Breast cancer	24.1	*	*	*	*	23.9	22.3	10
Colorectal cancer	15.4	*	*	*	*	16.1	13.9	12
Lung cancer	41.9	*	*	96.5	*	43.0	44.9	32
Stroke	60.4	*	*	67.3	*	60.6	48.0	32
Chronic lower respiratory diseases (age 45 & over)	136.5	*	*	195.4	*	137.8	60.0	49
Diabetes-related	58.2	*	*	157.0	*	61.0	45.0	13
Influenza and pneumonia	18.7	*	*	44.7	*	19.7	†	25
Unintentional injuries	29.3	*	*	73.7	*	31.9	17.5	47
Suicide	5.4	*	*	*	*	5.7	5.0	42

Health risk factors (percent)[§]

Diagnosed high blood pressure	23.1	*	33.1	36.1	*	23.8	‡	24
Obesity (2000–2002) (age 20 & over)	16.2	*	20.0	36.1	*	17.3	15.0	6
No leisure-time physical activity (2000–2002)	21.4	*	21.0	38.6	*	22.2	20.0	9
Binge drinking	9.9	-	*	14.3	*	10.0	†	42
Smoking currently (2000–2002)	19.9	*	25.6	44.4	*	21.5	12.0	26
No smoking during pregnancy (2000–2002) (all ages)	83.6	82.9	84.3	70.6	90.8	82.1	99.0	39
Eats 5+ fruits and vegetables a day (2000–2002)	27.5	*	35.3	24.9	47.6	27.6	†	24

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	67.5	*	64.0	62.7	62.6	67.2	80.0	50
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	71.4	*	69.9	68.5	93.3	71.2	70.0	43
Pap smear in past 3 yrs. (2000–2002)	83.4	*	88.7	83.1	98.6	83.3	90.0	33
Blood stool test in past 2 yrs. (age 50 & over)	30.4	-	*	32.2	*	29.9	50.0	27
Routine check-up in past 2 yrs. (1998–2000)	84.5	80.4	83.3	83.8	85.2	84.3	†	45
Early and adequate prenatal care (all ages)	75.9	57.4	65.9	48.3	70.2	72.2	90.0	35

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	81.3	*	73.7	73.1	68.5	80.5	100.0	40
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--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Nebraska Profile



Nebraska has some of the lowest rates of death among females due to coronary heart disease, breast cancer and suicide. It ranks near the top in having one of the lowest percentages of women with high blood pressure, a health risk factor associated with heart disease.³ Nebraska has among the lowest percentages of women who eat 5 or more fruits and vegetables a day, a measure of nutrition that is an important component of the U.S. Department of Health and Human Services' prevention initiative *Steps to a HealthierUS*.² The state ranks among those with the worst records on the percentage of women who have had a recent cholesterol screening, an important health risk prevention strategy for reducing rates of coronary heart disease and stroke.¹⁵ Across most other presented measures of preventive care, Nebraska ranks in the middle ranges.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	88.5%	4.2%	5.0%	1.0%	1.5%	867,912		

Major causes of death among females (rate per 100,000)[¶]

All cause	664.3	958.1	565.1	1437.8	316.7	678.7	†	11
Heart disease	176.7	230.4	121.2	389.8	*	179.1	†	17
Coronary heart disease	103.6	143.1	*	259.8	*	105.2	166.0	8
Total cancer	156.6	211.7	121.8	192.1	133.1	158.5	159.9	12
Breast cancer	23.5	45.8	*	*	*	23.8	22.3	9
Colorectal cancer	18.6	*	*	*	*	18.5	13.9	32
Lung cancer	36.3	40.2	*	*	*	36.6	44.9	12
Stroke	55.2	87.6	*	*	*	56.1	48.0	20
Chronic lower respiratory diseases (age 45 & over)	103.8	120.3	*	*	*	104.4	60.0	22
Diabetes-related	60.5	147.8	95.2	456.8	*	64.1	45.0	20
Influenza and pneumonia	17.6	*	*	*	*	17.8	†	11
Unintentional injuries	24.1	*	*	*	*	24.1	17.5	25
Suicide	3.2	*	*	*	*	3.3	5.0	10

Health risk factors (percent)[§]

Diagnosed high blood pressure	21.7	34.3	13.5	*	*	21.7	‡	8
Obesity (2000–2002) (age 20 & over)	19.3	22.8	25.5	41.3	*	19.7	15.0	20
No leisure-time physical activity (2000–2002)	26.0	37.2	47.0	34.1	45.4	27.6	20.0	26
Binge drinking	9.2	*	*	*	*	8.6	†	34
Smoking currently (2000–2002)	21.5	23.1	18.7	32.2	*	20.8	12.0	20
No smoking during pregnancy (2000–2002) (all ages)	83.8	84.3	95.1	68.1	95.1	85.0	99.0	31
Eats 5+ fruits and vegetables a day (2000–2002)	23.2	16.3	19.4	*	*	22.9	†	47

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	67.2	69.3	56.7	*	48.4	66.8	80.0	51
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	74.6	89.6	67.2	67.4	70.3	74.7	70.0	27
Pap smear in past 3 yrs. (2000–2002)	83.9	86.4	77.0	86.5	66.3	83.5	90.0	31
Blood stool test in past 2 yrs. (age 50 & over)	31.4	*	*	*	-	31.1	50.0	24
Routine check-up in past 2 yrs. (1998–2000)	89.0	92.6	82.5	87.0	93.9	88.7	†	30
Early and adequate prenatal care (all ages)	75.7	59.6	60.9	54.3	71.2	72.8	90.0	32

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	89.0	84.3	63.8	79.9	83.5	86.9	100.0	24
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Nevada Profile



Death rates among females due to lung cancer and chronic lower respiratory disease (among women 45 and older) are higher in Nevada than in any other state. These causes of death are associated with smoking, a health risk factor for which Nevada women rank among the worst in the nation.¹¹ The state has one of the lowest rates of diabetes-related death, and is one of only three states in which women have met the Healthy People 2010 target for this measure. The state is among those with the lowest rates of obesity among women in the U.S. Nevada ranks near the bottom across most presented measures of preventive care for women, and has one of the lowest percentages of women age 18 to 64 who have health insurance coverage.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	67.0%	7.1%	18.8%	1.6%	6.1%	980,206		
Major causes of death among females (rate per 100,000)[¶]								
All cause	819.7	938.6	435.3	584.1	489.3	788.1	†	41
Heart disease	216.8	271.3	116.3	137.3	131.8	210.7	†	31
Coronary heart disease	141.1	169.6	72.9	103.2	87.3	136.9	166.0	26
Total cancer	192.3	204.4	80.4	102.5	108.1	180.7	159.9	47
Breast cancer	27.9	34.7	15.2	*	*	26.6	22.3	32
Colorectal cancer	19.8	22.1	*	*	*	19.0	13.9	38
Lung cancer	60.3	56.0	*	*	24.4	54.4	44.9	52
Stroke	57.5	90.8	38.2	*	45.9	58.0	48.0	22
Chronic lower respiratory diseases (age 45 & over)	187.4	81.9	64.9	*	*	170.4	60.0	52
Diabetes-related	40.4	84.6	43.8	81.1	41.9	42.7	45.0	3
Influenza and pneumonia	19.9	23.8	12.8	*	*	19.3	†	20
Unintentional injuries	28.0	25.6	16.0	*	14.7	25.1	17.5	31
Suicide	9.0	*	*	*	*	7.7	5.0	51
Health risk factors (percent)[§]								
Diagnosed high blood pressure	24.5	46.8	22.9	31.9	37.1	26.9	‡	41
Obesity (2000–2002) (age 20 & over)	15.9	28.5	28.3	24.6	*	17.2	15.0	5
No leisure-time physical activity (2000–2002)	22.8	38.6	40.2	25.9	42.6	26.8	20.0	24
Binge drinking	10.7	13.0	11.0	*	*	10.7	†	49
Smoking currently (2000–2002)	27.9	27.3	13.7	29.9	22.1	26.2	12.0	46
No smoking during pregnancy (2000–2002) (all ages)	83.3	87.4	96.9	84.5	94.0	88.8	99.0	19
Eats 5+ fruits and vegetables a day (2000–2002)	25.6	28.0	22.6	*	38.1	26.1	†	30
Preventive care (percent)[§]								
Cholesterol screening in past 5 yrs.	71.7	73.8	81.3	67.8	63.3	72.8	80.0	23
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	72.4	78.7	71.2	*	*	72.0	70.0	41
Pap smear in past 3 yrs. (2000–2002)	82.4	91.5	75.3	64.7	73.9	80.3	90.0	48
Blood stool test in past 2 yrs. (age 50 & over)	26.0	*	29.7	*	*	24.4	50.0	41
Routine check-up in past 2 yrs. (1998–2000)	82.5	84.1	84.0	81.6	82.2	82.9	†	47
Early and adequate prenatal care (all ages)	76.1	62.2	55.0	56.1	72.3	67.7	90.0	46
Health insurance coverage (percent)								
Health insurance coverage (2000–2002) (ages 18–64)	83.6	76.9	60.6	69.3	85.4	79.5	100.0	44

[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

New Hampshire Profile



New Hampshire has some of the highest death rates among women 45 and older due to chronic lower respiratory disease. It ranks among states with the lowest rates of death among females from influenza and pneumonia and unintentional injuries, a category that includes motor vehicle crashes. The state ranks among those with the lowest frequencies of women with diagnosed high blood pressure and obesity. New Hampshire has one of the highest percentages of women who eat 5 or more fruits and vegetables a day, an indicator of good nutrition. It has one of the highest percentages of women who report binge drinking. The state ranks near the top across most presented measures of preventive care, and has one of the highest percentages in the nation of pregnant women who receive early and adequate prenatal care.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	96.0%	0.7%	1.6%	0.3%	1.4%	628,099		

Major causes of death among females (rate per 100,000)[¶]

All cause	678.1	641.6	335.2	*	392.9	690.6	†	19
Heart disease	188.0	*	*	*	*	191.5	†	24
Coronary heart disease	151.1	*	*	*	*	153.9	166.0	32
Total cancer	168.4	*	*	*	*	170.5	159.9	30
Breast cancer	26.5	*	*	*	*	26.8	22.3	33
Colorectal cancer	17.6	*	*	*	*	18.2	13.9	27
Lung cancer	44.0	*	*	*	*	44.0	44.9	38
Stroke	54.6	*	*	*	*	55.5	48.0	15
Chronic lower respiratory diseases (age 45 & over)	121.2	*	*	*	*	124.0	60.0	44
Diabetes-related	68.5	*	*	*	*	68.4	45.0	27
Influenza and pneumonia	14.2	*	*	*	*	14.8	†	3
Unintentional injuries	17.6	*	*	*	*	17.9	17.5	9
Suicide	4.4	*	*	*	*	4.6	5.0	28

Health risk factors (percent)[§]

Diagnosed high blood pressure	22.0	*	*	*	*	21.9	‡	10
Obesity (2000–2002) (age 20 & over)	17.5	*	*	*	*	17.4	15.0	8
No leisure-time physical activity (2000–2002)	23.0	*	32.1	25.7	41.7	23.4	20.0	13
Binge drinking	10.4	-	*	*	-	10.2	†	44
Smoking currently (2000–2002)	23.4	*	*	48.3	*	23.3	12.0	38
No smoking during pregnancy (2000–2002) (all ages)	84.2	84.7	91.5	71.3	97.2	84.7	99.0	32
Eats 5+ fruits and vegetables a day (2000–2002)	33.0	55.8	34.5	*	*	33.2	†	5

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	77.9	*	63.9	65.7	56.5	77.3	80.0	9
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	80.2	79.5	81.1	*	*	80.2	70.0	7
Pap smear in past 3 yrs. (2000–2002)	87.1	87.6	80.6	66.3	*	86.7	90.0	7
Blood stool test in past 2 yrs. (age 50 & over)	41.6	*	*	*	-	40.9	50.0	5
Routine check-up in past 2 yrs. (1998–2000)	90.9	*	83.5	*	91.7	90.7	†	16
Early and adequate prenatal care (all ages)	86.5	75.9	79.5	78.3	83.1	86.1	90.0	2

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	89.0	100.0	79.4	59.9	89.4	88.6	100.0	15
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

New Jersey Profile



New Jersey has one of the lowest death rates due to stroke among females in the U.S., and is one of few states in which women have already met the Healthy People 2010 target for this measure. The state ranks among those with the highest rates of death due to cancer. It is in an area along the Atlantic in the Northeast and South regions, which has been identified by the National Cancer Institute as having notably high rates of breast cancer.²⁰ New Jersey has one of the lowest smoking rates among women. The state has one of the lowest percentages of mothers who receive early and adequate prenatal care. Levels of prenatal care are particularly low among the state's black, Hispanic and American Indian/Alaskan Native populations.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	67.3%	13.9%	12.7%	0.3%	6.0%	4,331,537		
Major causes of death among females (rate per 100,000)[¶]								
All cause	708.2	945.5	482.3	256.8	334.6	718.5	†	27
Heart disease	218.9	258.2	144.3	*	101.7	219.0	†	35
Coronary heart disease	167.8	198.3	109.7	*	81.0	167.6	166.0	43
Total cancer	185.2	201.8	94.9	82.6	81.7	178.8	159.9	45
Breast cancer	30.5	35.4	15.4	*	12.0	29.6	22.3	50
Colorectal cancer	19.8	22.8	13.1	*	7.1	19.6	13.9	46
Lung cancer	44.2	41.5	10.9	*	11.4	40.8	44.9	27
Stroke	42.3	65.1	31.2	*	33.0	44.3	48.0	2
Chronic lower respiratory diseases (age 45 & over)	89.4	75.0	41.3	*	21.7	84.5	60.0	5
Diabetes-related	49.8	115.1	61.4	*	35.8	56.6	45.0	7
Influenza and pneumonia	20.0	19.7	13.3	*	11.4	19.8	†	27
Unintentional injuries	16.4	19.6	11.0	*	6.4	16.2	17.5	7
Suicide	3.2	1.7	1.4	*	*	2.8	5.0	3
Health risk factors (percent)[§]								
Diagnosed high blood pressure	21.6	36.0	21.3	*	*	23.3	‡	20
Obesity (2000–2002) (age 20 & over)	16.5	35.0	23.4	*	*	19.2	15.0	14
No leisure-time physical activity (2000–2002)	24.4	36.8	38.2	49.1	31.8	28.9	20.0	32
Binge drinking	9.8	3.9	5.7	*	*	7.7	†	24
Smoking currently (2000–2002)	21.7	21.0	13.0	*	*	19.6	12.0	9
No smoking during pregnancy (2000–2002) (all ages)	88.7	86.7	94.3	82.1	98.7	90.3	99.0	14
Eats 5+ fruits and vegetables a day (2000–2002)	30.9	23.1	27.3	*	32.8	29.8	†	16
Preventive care (percent)[§]								
Cholesterol screening in past 5 yrs.	79.4	73.3	73.8	72.0	75.5	77.6	80.0	7
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	76.5	76.1	79.0	85.7	70.6	76.4	70.0	15
Pap smear in past 3 yrs. (2000–2002)	85.3	86.9	80.3	84.0	68.4	83.1	90.0	34
Blood stool test in past 2 yrs. (age 50 & over)	35.2	32.2	24.2	*	*	33.3	50.0	18
Routine check-up in past 2 yrs. (1998–2000)	90.6	95.6	90.4	89.9	93.5	91.1	†	13
Early and adequate prenatal care (all ages)	72.0	51.6	58.7	59.2	69.0	65.9	90.0	48
Health insurance coverage (percent)								
Health insurance coverage (2000–2002) (ages 18–64)	91.8	81.8	67.5	87.3	88.6	86.2	100.0	28

[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

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NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

New Mexico Profile



New Mexico ranks among states with the lowest rates of death among females due to cancer. It has some of the highest death rates due to suicide and unintentional injuries, for which the rate of death is notably higher among New Mexico's American Indian/Alaskan Native (AI/AN) population. Nationally, unintentional injuries, including injuries sustained in motor vehicle crashes, are the third leading cause of death among AI/AN females, whereas they are the seventh leading cause among white females.²² New Mexico has one of the lowest frequencies of high blood pressure among women in the U.S. The state has some of the lowest percentages of women who receive preventive care across all presented measures, and the worst record of all states on the percentage of mothers who receive early and adequate prenatal care. New Mexico ranks among states with the lowest levels of health insurance coverage among women age 18 to 64.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	45.9%	1.7%	41.8%	10.3%	1.5%	924,729		

Major causes of death among females (rate per 100,000)[¶]

All cause	683.3	825.6	657.5	707.2	452.6	683.3	†	14
Heart disease	174.3	241.6	156.3	107.1	*	167.3	†	11
Coronary heart disease	127.5	181.9	111.7	65.7	*	121.1	166.0	15
Total cancer	151.9	176.0	133.5	111.5	112.8	144.2	159.9	4
Breast cancer	24.6	*	20.4	14.1	*	22.8	22.3	4
Colorectal cancer	15.1	*	16.1	*	*	15.0	13.9	6
Lung cancer	36.3	*	18.2	*	*	29.0	44.9	4
Stroke	51.6	68.4	52.7	49.3	*	52.4	48.0	11
Chronic lower respiratory diseases (age 45 & over)	141.2	*	67.0	37.2	*	114.2	60.0	34
Diabetes-related	39.1	154.5	93.8	131.8	*	61.2	45.0	14
Influenza and pneumonia	19.1	*	17.6	34.4	*	19.2	†	18
Unintentional injuries	29.7	*	31.6	61.7	*	33.9	17.5	51
Suicide	10.3	*	3.8	*	*	7.3	5.0	49

Health risk factors (percent)[§]

Diagnosed high blood pressure	18.9	39.0	21.8	26.2	*	20.5	‡	2
Obesity (2000–2002) (age 20 & over)	15.2	32.6	24.1	32.4	*	19.5	15.0	18
No leisure-time physical activity (2000–2002)	20.9	29.0	33.7	27.7	24.1	26.6	20.0	23
Binge drinking	6.9	*	6.7	6.0	*	6.5	†	15
Smoking currently (2000–2002)	23.2	19.8	19.1	13.9	*	20.2	12.0	14
No smoking during pregnancy (2000–2002) (all ages)	83.9	83.1	91.7	96.4	95.7	89.6	99.0	17
Eats 5+ fruits and vegetables a day (2000–2002)	27.6	32.1	21.0	25.8	39.7	25.0	†	36

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	68.9	75.2	66.5	67.1	*	67.9	80.0	48
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	71.7	*	67.8	66.0	*	69.9	70.0	45
Pap smear in past 3 yrs. (2000–2002)	82.0	93.7	81.6	82.4	81.9	82.1	90.0	38
Blood stool test in past 2 yrs. (age 50 & over)	26.7	35.3	17.7	*	-	23.6	50.0	43
Routine check-up in past 2 yrs. (1998–2000)	85.3	94.7	83.1	89.0	77.1	84.7	†	44
Early and adequate prenatal care (all ages)	64.2	58.4	55.8	46.7	64.7	57.6	90.0	52

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	83.4	87.1	66.1	64.3	91.6	74.7	100.0	50
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

New York Profile



New York leads the nation in having the lowest death rate among females due to stroke and it is one of few states in which females have already met the Healthy People 2010 target for this measure. However, females in New York have some of the highest rates of death due to heart disease. The state ranks among those with the highest percentages of women who abstain from smoking during pregnancy. It has one of the worst records on percentage of women who receive early and adequate prenatal care, which can help prevent pregnancy complications and premature delivery.¹⁸ The percentages of women receiving early and adequate prenatal care are particularly low among the state's black, Hispanic and Asian/Pacific Islander populations. New York ranks among states with the highest percentage of women who have had a recent routine check-up.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	62.8%	16.2%	14.8%	0.6%	5.9%	9,829,709		

Major causes of death among females (rate per 100,000)[¶]

All cause	681.9	809.2	523.1	251.5	356.1	690.9	†	20
Heart disease	245.3	287.0	194.0	78.4	131.7	249.0	†	47
Coronary heart disease	201.3	247.7	171.7	67.0	118.6	206.9	166.0	51
Total cancer	172.6	181.3	104.6	51.1	86.3	166.5	159.9	24
Breast cancer	28.6	33.5	17.7	*	9.1	27.9	22.3	42
Colorectal cancer	18.6	22.6	12.4	*	10.2	18.6	13.9	33
Lung cancer	42.8	32.9	13.4	*	17.1	38.3	44.9	13
Stroke	38.7	40.2	25.8	19.4	25.8	38.8	48.0	1
Chronic lower respiratory diseases (age 45 & over)	96.6	51.7	41.9	*	23.9	86.5	60.0	7
Diabetes-related	50.7	103.8	70.1	57.0	29.9	58.1	45.0	10
Influenza and pneumonia	21.6	26.9	26.5	*	16.2	22.7	†	40
Unintentional injuries	15.4	14.5	12.5	*	8.0	15.0	17.5	4
Suicide	2.5	1.5	1.5	*	3.1	2.3	5.0	2

Health risk factors (percent)[§]

Diagnosed high blood pressure	20.8	33.3	26.7	*	*	23.2	‡	19
Obesity (2000–2002) (age 20 & over)	17.0	37.5	23.9	28.5	10.4	20.7	15.0	27
No leisure-time physical activity (2000–2002)	25.3	35.2	40.9	43.7	36.9	30.3	20.0	38
Binge drinking	10.6	3.2	5.8	*	*	8.5	†	33
Smoking currently (2000–2002)	23.7	18.0	18.1	38.5	*	20.9	12.0	22
No smoking during pregnancy (2000–2002) (all ages)	87.6	91.7	96.4	73.1	99.2	91.0	99.0	10
Eats 5+ fruits and vegetables a day (2000–2002)	32.0	28.8	31.9	20.1	49.0	32.3	†	11

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	77.1	72.7	69.9	63.7	76.0	75.5	80.0	15
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	79.1	81.6	80.2	70.1	*	79.2	70.0	8
Pap smear in past 3 yrs. (2000–2002)	85.0	85.6	88.5	75.3	75.5	84.5	90.0	23
Blood stool test in past 2 yrs. (age 50 & over)	34.2	25.4	19.5	*	*	31.3	50.0	23
Routine check-up in past 2 yrs. (1998–2000)	91.5	97.2	91.5	89.6	94.7	92.4	†	5
Early and adequate prenatal care (all ages)	70.2	55.5	58.6	64.4	59.7	64.4	90.0	49

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	90.0	83.6	73.4	70.3	79.8	85.0	100.0	30
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

North Carolina Profile



North Carolina has been identified as part of the “stroke belt” region in the South, and females in the state have one of the highest rates of death due to stroke in the U.S.²¹ The rate of diabetes-related death for females in North Carolina is also among the highest in the U.S. North Carolina has one of the highest levels of physical inactivity among women. Regular exercise may reduce the risk of stroke and diabetes and is one component of the U.S. Department of Health and Human Services’ prevention initiative *Steps to a Healthier US*.^{2, 7, 8} The state ranks among those with the lowest rates of binge drinking among women. North Carolina has one of the best records across presented measures of preventive care.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	70.9%	22.6%	3.7%	1.3%	1.6%	4,106,618		

Major causes of death among females (rate per 100,000)[¶]

All cause	744.5	951.9	218.2	806.0	353.3	779.8	†	38
Heart disease	197.8	257.8	53.1	233.5	61.6	207.7	†	29
Coronary heart disease	141.2	181.2	37.8	178.4	41.7	147.7	166.0	29
Total cancer	162.0	186.9	37.2	139.8	91.1	165.1	159.9	23
Breast cancer	23.7	34.6	*	26.3	*	25.6	22.3	22
Colorectal cancer	15.9	24.7	*	*	*	17.3	13.9	20
Lung cancer	43.1	31.8	*	28.1	30.1	40.6	44.9	26
Stroke	69.9	91.5	22.2	75.5	31.0	73.6	48.0	49
Chronic lower respiratory diseases (age 45 & over)	120.5	48.8	*	*	*	106.7	60.0	28
Diabetes-related	69.2	167.7	35.9	141.2	40.4	86.5	45.0	46
Influenza and pneumonia	23.4	20.7	*	22.2	*	22.8	†	41
Unintentional injuries	27.4	25.1	15.5	49.1	17.3	27.2	17.5	35
Suicide	6.0	1.8	*	*	*	4.9	5.0	38

Health risk factors (percent)[§]

Diagnosed high blood pressure	22.1	39.8	23.8	*	*	25.6	‡	35
Obesity (2000–2002) (age 20 & over)	18.9	41.3	22.1	28.6	*	23.3	15.0	38
No leisure-time physical activity (2000–2002)	27.9	42.8	47.9	40.1	42.2	32.0	20.0	44
Binge drinking	5.8	2.4	*	*	*	5.2	†	10
Smoking currently (2000–2002)	26.0	17.2	21.3	22.5	*	23.6	12.0	39
No smoking during pregnancy (2000–2002) (all ages)	82.4	88.9	98.5	74.6	97.7	85.9	99.0	29
Eats 5+ fruits and vegetables a day (2000–2002)	27.7	20.5	18.0	*	20.1	25.7	†	33

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	78.2	72.4	70.0	*	57.6	76.2	80.0	13
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	79.0	79.9	76.7	80.4	*	78.8	70.0	10
Pap smear in past 3 yrs. (2000–2002)	86.7	91.1	86.9	91.3	82.8	87.5	90.0	4
Blood stool test in past 2 yrs. (age 50 & over)	44.5	37.0	31.1	*	46.5	42.9	50.0	3
Routine check-up in past 2 yrs. (1998–2000)	90.7	95.8	91.3	86.6	100.0	91.9	†	7
Early and adequate prenatal care (all ages)	87.2	75.7	64.6	72.8	81.2	81.7	90.0	6

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	86.4	80.0	61.5	75.5	90.9	83.9	100.0	32
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

North Dakota Profile



North Dakota has some of the lowest rates of death among females due to heart disease, lung cancer, chronic lower respiratory disease and influenza and pneumonia. It also ranks among those with the lowest rates of physical inactivity among women. North Dakota ranks among states with the highest percentages of women who report binge drinking, a health risk factor associated with organ damage, as well as an increased risk of motor vehicle crashes and interpersonal violence.¹² It has one of the lowest percentages of women who have received a recent cholesterol screening, a health risk prevention strategy for reducing rates of heart disease.¹⁵ North Dakota has one of the lowest proportions of pregnant women who receive early and adequate prenatal care, particularly among American Indian/Alaskan Native mothers.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	92.5%	0.6%	1.1%	5.2%	0.7%	321,676		

Major causes of death among females (rate per 100,000)[¶]

All cause	599.6	*	*	1168.7	*	630.7	†	2
Heart disease	156.6	*	*	324.6	*	164.3	†	9
Coronary heart disease	113.8	*	*	264.3	*	119.8	166.0	13
Total cancer	149.0	*	*	244.3	*	153.8	159.9	8
Breast cancer	24.6	*	*	*	*	25.4	22.3	20
Colorectal cancer	16.8	*	*	*	*	17.3	13.9	20
Lung cancer	30.0	*	*	*	*	31.6	44.9	5
Stroke	53.6	*	*	*	*	55.7	48.0	17
Chronic lower respiratory diseases (age 45 & over)	71.4	*	*	*	*	75.8	60.0	3
Diabetes-related	57.3	*	*	241.0	*	60.4	45.0	12
Influenza and pneumonia	16.3	*	*	*	*	17.2	†	9
Unintentional injuries	20.7	*	*	49.9	*	23.3	17.5	22
Suicide	4.2	*	*	*	*	4.7	5.0	33

Health risk factors (percent)[§]

Diagnosed high blood pressure	23.6	*	*	29.0	*	23.8	‡	24
Obesity (2000–2002) (age 20 & over)	19.6	*	33.9	43.9	*	20.6	15.0	24
No leisure-time physical activity (2000–2002)	21.9	*	30.1	31.8	*	22.6	20.0	10
Binge drinking	11.3	-	*	*	*	11.1	†	51
Smoking currently (2000–2002)	19.9	*	21.2	45.1	*	21.0	12.0	23
No smoking during pregnancy (2000–2002) (all ages)	84.1	91.4	88.2	60.8	96.7	82.0	99.0	41
Eats 5+ fruits and vegetables a day (2000–2002)	28.3	*	*	20.4	*	27.8	†	22

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	68.6	*	70.4	67.6	54.3	68.6	80.0	43
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	75.1	74.2	85.7	*	*	74.7	70.0	27
Pap smear in past 3 yrs. (2000–2002)	82.6	*	75.0	82.1	*	82.1	90.0	38
Blood stool test in past 2 yrs. (age 50 & over)	28.2	*	*	*	-	28.1	50.0	33
Routine check-up in past 2 yrs. (1998–2000)	89.0	82.9	85.0	93.4	89.4	89.0	†	27
Early and adequate prenatal care (all ages)	70.2	69.5	61.6	46.3	70.5	67.7	90.0	46

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	89.6	69.4	76.4	63.8	80.1	88.0	100.0	18
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Ohio Profile



Females in Ohio have some of the highest rates of death due to cancer in the U.S., specifically breast and colorectal cancers. The state also has one of the highest rates of diabetes-related death among females. Ohio ranks among the states with the largest percentages of women who smoke, a leading cause of cancer and other diseases.¹¹ Reducing the number of women who smoke is one of the goals of the U.S. Department of Health and Human Services' prevention initiative *Steps to a HealthierUS*.² The percentage of women in Ohio who do not smoke during pregnancy is also lower than in most states. Smoking during pregnancy can increase the risks of complications during pregnancy and low birth weight.¹⁰ Ohio ranks in the middle ranges across most presented measures of preventive care.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	84.6%	12.1%	1.8%	0.3%	1.3%	5,840,878		

Major causes of death among females (rate per 100,000)[¶]

All cause	765.5	962.3	436.7	285.4	371.8	783.9	†	40
Heart disease	223.9	278.6	141.6	84.7	100.0	229.3	†	40
Coronary heart disease	162.1	206.2	100.2	*	69.4	166.3	166.0	42
Total cancer	174.9	211.6	84.1	*	87.3	177.3	159.9	43
Breast cancer	28.4	37.9	13.3	*	*	29.1	22.3	49
Colorectal cancer	19.1	25.7	*	*	*	19.6	13.9	46
Lung cancer	43.5	51.1	*	*	33.3	43.9	44.9	36
Stroke	57.5	72.0	40.9	*	38.4	59.1	48.0	25
Chronic lower respiratory diseases (age 45 & over)	123.6	81.8	*	*	*	119.6	60.0	37
Diabetes-related	83.6	154.7	80.3	*	47.3	89.5	45.0	49
Influenza and pneumonia	19.3	15.4	*	*	*	19.0	†	16
Unintentional injuries	21.2	20.4	11.6	*	*	21.0	17.5	14
Suicide	3.6	2.4	*	*	*	3.4	5.0	11

Health risk factors (percent)[§]

Diagnosed high blood pressure	24.6	36.1	26.3	*	*	25.6	‡	35
Obesity (2000–2002) (age 20 & over)	21.8	28.6	26.2	*	*	22.3	15.0	36
No leisure-time physical activity (2000–2002)	28.5	38.0	36.6	38.2	*	29.7	20.0	36
Binge drinking	9.2	4.2	*	*	*	8.8	†	37
Smoking currently (2000–2002)	27.7	19.2	21.6	35.6	*	26.6	12.0	50
No smoking during pregnancy (2000–2002) (all ages)	79.8	84.7	88.8	69.5	97.6	81.0	99.0	46
Eats 5+ fruits and vegetables a day (2000–2002)	26.7	23.3	30.5	36.9	43.7	26.7	†	27

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	69.0	72.2	69.2	*	66.6	69.2	80.0	41
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	75.3	80.8	78.3	91.6	83.3	75.9	70.0	18
Pap smear in past 3 yrs. (2000–2002)	84.4	86.0	88.2	94.8	72.3	84.5	90.0	23
Blood stool test in past 2 yrs. (age 50 & over)	33.7	33.6	*	*	-	33.5	50.0	17
Routine check-up in past 2 yrs. (1998–2000)	87.3	93.4	95.6	88.5	97.0	88.1	†	33
Early and adequate prenatal care (all ages)	80.5	66.3	66.0	72.3	76.3	78.0	90.0	16

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	88.4	82.7	91.3	79.2	87.1	87.6	100.0	19
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Oklahoma Profile



Oklahoma ranks among the states with the highest rates of death among women due to heart disease, stroke, influenza and pneumonia and unintentional injuries. Oklahoma ranks among the states with the worst records on three measures related to the U.S. Department of Health and Human Services' prevention initiative *Steps to a HealthierUS*, with a high percentage of women who are physically inactive, a low percentage of women who eat 5 or more fruits and vegetables a day, and a high percentage of women who smoke.² Overall, Oklahoma has one of the lowest rates of binge drinking among women. Across most presented measures of preventive care, Ohio ranks near the bottom and it has one of the lowest levels of health insurance coverage among non-senior women.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	77.1%	7.9%	4.7%	9.1%	1.6%	1,754,759		

Major causes of death among females (rate per 100,000)[¶]

All cause	822.6	1030.6	638.9	687.9	434.2	823.5	†	46
Heart disease	256.0	327.7	192.8	169.0	103.2	254.7	†	49
Coronary heart disease	186.9	239.3	143.8	125.0	72.0	185.9	166.0	50
Total cancer	171.4	208.2	105.6	129.0	116.6	169.6	159.9	29
Breast cancer	26.1	42.3	*	15.5	*	26.3	22.3	30
Colorectal cancer	17.6	27.1	*	15.9	*	17.9	13.9	23
Lung cancer	47.0	45.0	*	32.2	*	45.5	44.9	42
Stroke	68.1	85.4	55.4	46.9	*	68.2	48.0	46
Chronic lower respiratory diseases (age 45 & over)	130.5	73.4	*	67.5	*	123.3	60.0	41
Diabetes-related	66.7	145.4	100.9	130.6	59.9	74.1	45.0	39
Influenza and pneumonia	23.3	23.5	*	19.8	*	23.0	†	43
Unintentional injuries	31.4	28.0	24.6	36.6	*	31.0	17.5	46
Suicide	6.4	*	*	*	*	5.7	5.0	42

Health risk factors (percent)[§]

Diagnosed high blood pressure	23.2	35.8	29.1	35.4	*	24.5	‡	29
Obesity (2000–2002) (age 20 & over)	20.6	30.9	26.1	27.0	*	21.8	15.0	31
No leisure-time physical activity (2000–2002)	32.3	41.1	42.5	34.6	32.7	34.0	20.0	47
Binge drinking	4.7	*	*	9.2	*	4.8	†	7
Smoking currently (2000–2002)	26.3	21.1	14.4	30.8	16.2	25.2	12.0	46
No smoking during pregnancy (2000–2002) (all ages)	80.5	86.1	94.6	78.6	95.5	82.3	99.0	37
Eats 5+ fruits and vegetables a day (2000–2002)	18.2	16.7	23.0	21.1	45.2	18.6	†	51

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	71.5	74.1	68.0	68.1	61.2	71.0	80.0	34
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	67.4	68.2	62.2	72.3	61.1	67.6	70.0	48
Pap smear in past 3 yrs. (2000–2002)	81.2	87.2	79.3	82.3	66.4	80.9	90.0	45
Blood stool test in past 2 yrs. (age 50 & over)	23.8	23.0	*	13.3	*	22.8	50.0	45
Routine check-up in past 2 yrs. (1998–2000)	87.9	90.8	86.2	91.6	87.7	88.2	†	32
Early and adequate prenatal care (all ages)	72.7	61.6	56.1	58.6	69.5	68.9	90.0	42

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	80.9	75.8	52.4	66.8	74.1	77.6	100.0	47
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Oregon Profile



Females in Oregon have some of the lowest rates of death due to heart disease, colorectal cancer and influenza and pneumonia. The state ranks among those with the highest rates of stroke death among females, and it is one of the few states in which females have not yet met the Healthy People 2010 target for lung cancer death. Oregon ranks among states with the best records in having a low rate of physical inactivity among women. Oregon has some of the lowest percentages of women who have had a recent Pap smear or a routine check-up. It ranks near the top in having a high proportion of women age 50 and over who have recently taken a blood stool test, which is used to diagnosis colorectal cancer and other diseases of the digestive system.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	86.0%	1.8%	7.1%	1.7%	3.7%	1,724,849		

Major causes of death among females (rate per 100,000)[¶]

All cause	723.4	838.8	434.4	787.7	484.4	716.7	†	26
Heart disease	159.1	187.4	77.2	151.2	89.6	157.5	†	4
Coronary heart disease	102.5	118.1	57.0	113.4	66.1	101.7	166.0	6
Total cancer	173.5	167.1	79.5	175.6	123.8	170.8	159.9	31
Breast cancer	26.6	*	*	*	21.1	26.0	22.3	25
Colorectal cancer	15.8	*	*	*	*	15.8	13.9	10
Lung cancer	48.2	37.8	*	60.3	21.2	46.9	44.9	48
Stroke	73.1	115.4	47.6	57.0	63.3	73.0	48.0	48
Chronic lower respiratory diseases (age 45 & over)	126.9	*	*	175.9	*	123.6	60.0	42
Diabetes-related	68.1	184.1	74.5	111.5	68.8	69.6	45.0	29
Influenza and pneumonia	16.2	*	*	*	*	16.1	†	7
Unintentional injuries	24.1	*	19.0	33.3	19.0	23.7	17.5	24
Suicide	5.8	*	*	*	*	5.6	5.0	41

Health risk factors (percent)[§]

Diagnosed high blood pressure	22.8	*	25.4	*	*	22.7	‡	18
Obesity (2000–2002) (age 20 & over)	21.5	*	25.8	27.6	*	21.9	15.0	32
No leisure-time physical activity (2000–2002)	18.9	*	38.6	22.2	18.8	20.6	20.0	4
Binge drinking	8.4	*	*	*	*	8.1	†	29
Smoking currently (2000–2002)	20.8	32.4	9.7	44.3	*	20.3	12.0	16
No smoking during pregnancy (2000–2002) (all ages)	84.0	81.9	96.5	74.5	96.1	86.4	99.0	28
Eats 5+ fruits and vegetables a day (2000–2002)	30.7	29.3	24.8	38.8	42.5	31.1	†	12

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	72.4	76.0	53.7	74.6	80.3	71.1	80.0	32
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	73.2	75.4	72.8	*	73.3	72.7	70.0	39
Pap smear in past 3 yrs. (2000–2002)	81.7	90.6	83.5	81.4	74.3	81.3	90.0	44
Blood stool test in past 2 yrs. (age 50 & over)	40.1	*	*	*	*	39.7	50.0	7
Routine check-up in past 2 yrs. (1998–2000)	85.8	97.0	84.5	85.1	93.2	85.8	†	43
Early and adequate prenatal care (all ages)	77.7	72.2	62.8	65.1	73.5	74.7	90.0	25

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	86.3	81.2	58.2	77.0	75.3	83.2	100.0	34
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

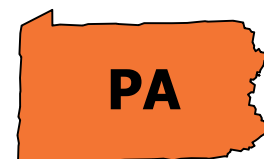
‡ Healthy People 2010 target is incompatible with collected data.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

Pennsylvania Profile



Pennsylvania has some of the highest rates of death among females due to breast and colorectal cancers. The state is in an area along the Atlantic in the Northeast and South regions, which has been identified by the National Cancer Institute as having notably high rates of breast cancer.²⁰ The state ranks among those with the largest proportions of women who smoke, which significantly increases a woman's risk of dying from cancer and other diseases.¹¹ Pennsylvania ranks among states with the lowest rates of death due to influenza and pneumonia and chronic lower respiratory disease (among women 45 and older). It has one of the highest rates of health insurance coverage among women age 18 to 64 in the U.S.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	84.6%	10.3%	3.0%	0.2%	1.9%	6,351,391		

Major causes of death among females (rate per 100,000)[¶]

All cause	726.5	974.4	579.9	289.4	395.4	745.5	†	31
Heart disease	219.3	261.7	158.6	90.5	96.7	222.1	†	37
Coronary heart disease	153.9	185.4	110.4	*	73.8	155.9	166.0	33
Total cancer	172.5	220.9	112.4	*	96.9	175.1	159.9	39
Breast cancer	27.7	38.5	19.3	*	13.9	28.5	22.3	45
Colorectal cancer	19.3	25.8	12.8	*	11.7	19.7	13.9	48
Lung cancer	39.5	54.2	20.5	*	10.0	40.2	44.9	23
Stroke	54.2	75.1	48.8	*	36.8	55.8	48.0	18
Chronic lower respiratory diseases (age 45 & over)	95.2	79.7	67.7	*	*	93.8	60.0	9
Diabetes-related	72.8	107.5	88.0	*	34.7	75.4	45.0	41
Influenza and pneumonia	16.5	18.0	9.8	*	*	16.6	†	8
Unintentional injuries	21.4	22.6	17.8	*	16.4	21.5	17.5	15
Suicide	3.9	1.8	*	*	*	3.6	5.0	14

Health risk factors (percent)[§]

Diagnosed high blood pressure	22.5	35.2	21.1	*	*	23.6	‡	23
Obesity (2000–2002) (age 20 & over)	20.2	42.1	20.8	*	*	22.1	15.0	34
No leisure-time physical activity (2000–2002)	23.8	37.3	32.6	*	37.4	25.5	20.0	19
Binge drinking	8.3	4.9	*	-	*	7.8	†	26
Smoking currently (2000–2002)	24.0	29.5	26.4	*	*	24.4	12.0	43
No smoking during pregnancy (2000–2002) (all ages)	82.3	83.1	87.3	85.6	97.7	83.1	99.0	35
Eats 5+ fruits and vegetables a day (2000–2002)	28.9	27.3	27.8	41.0	35.3	29.0	†	17

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	70.5	77.8	65.1	67.6	53.9	70.8	80.0	36
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	76.4	77.2	78.7	87.6	86.2	76.5	70.0	13
Pap smear in past 3 yrs. (2000–2002)	84.4	87.1	84.9	88.0	79.9	84.4	90.0	26
Blood stool test in past 2 yrs. (age 50 & over)	30.1	33.5	*	*	-	30.1	50.0	25
Routine check-up in past 2 yrs. (1998–2000)	89.7	95.3	92.4	92.3	94.3	90.4	†	18
Early and adequate prenatal care (all ages)	72.8	59.6	60.8	67.4	63.3	70.3	90.0	39

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	91.2	83.0	80.7	65.0	93.7	89.9	100.0	10
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

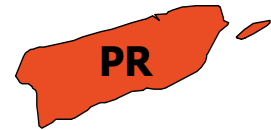
--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Puerto Rico Profile



The status of women's health in the Commonwealth of Puerto Rico, the largest of the U.S. territories, varies significantly across presented health measures. Puerto Rico has the lowest rates of death among females due to all cancers, and they have already met the Healthy People 2010 targets for breast, colorectal and lung cancers. Females in Puerto Rico have some of the highest rates of diabetes-related and influenza and pneumonia death. It has one of the worst records on two measures related to the U.S. Department of Health and Human Services' prevention initiative *Steps to a HealthierUS*, with a high percentage of women who are physically inactive and a low percentage of women who eat 5 or more fruits and vegetables a day.¹ However, Puerto Rico leads the nation in having the smallest percentages of women who smoke. Puerto Rico has one of the highest levels of health insurance coverage among non-senior women.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	---	---	---	---	---	1,979,094		

Major causes of death among females (rate per 100,000)[¶]

All cause	---	---	---	---	---	672.0	†	8
Heart disease	---	---	---	---	---	158.6	†	6
Coronary heart disease	---	---	---	---	---	112.6	166.0	11
Total cancer	---	---	---	---	---	103.3	159.9	1
Breast cancer	---	---	---	---	---	18.2	22.3	1
Colorectal cancer	---	---	---	---	---	12.7	13.9	2
Lung cancer	---	---	---	---	---	9.7	44.9	1
Stroke	---	---	---	---	---	48.0	48.0	6
Chronic lower respiratory diseases (age 45 & over)	---	---	---	---	---	93.0	60.0	8
Diabetes-related	---	---	---	---	---	107.6	45.0	51
Influenza and pneumonia	---	---	---	---	---	28.6	†	52
Unintentional injuries	---	---	---	---	---	14.3	17.5	2
Suicide	---	---	---	---	---	1.6	5.0	1

Health risk factors (percent)[§]

Diagnosed high blood pressure	*	*	28.9	*	*	28.9	‡	50
Obesity (2000–2002) (age 20 & over)	31.9	*	22.9	*	-	22.9	15.0	37
No leisure-time physical activity (2000–2002)	38.3	88.6	55.1	*	*	55.1	20.0	52
Binge drinking	*	-	3.9	*	-	3.9	†	3
Smoking currently (2000–2002)	22.4	*	8.7	-	*	8.8	12.0	1
No smoking during pregnancy (2000–2002) (all ages)	---	---	---	---	---	99.1	99.0	1
Eats 5+ fruits and vegetables a day (2000–2002)	*	-	11.7	*	*	11.7	†	52

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	84.7	*	78.8	*	*	78.7	80.0	5
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	75.9	*	70.4	*	*	70.3	70.0	44
Pap smear in past 3 yrs. (2000–2002)	78.2	93.5	75.3	*	*	75.4	90.0	52
Blood stool test in past 2 yrs. (age 50 & over)	*	*	5.5	-	-	5.5	50.0	52
Routine check-up in past 2 yrs. (1998–2000)	87.1	85.0	91.7	96.9	*	91.7	†	9
Early and adequate prenatal care (all ages)	---	---	---	---	---	71.5	90.0	37

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	96.4	86.8	93.5	*	*	93.5	100.0	2
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Rhode Island Profile



Rhode Island has some of the highest rates of death among females due to coronary heart disease and colorectal cancer in the U.S. It ranks among states with the lowest rates of death due to unintentional injuries, and is one of few states in which females have already met the Healthy People 2010 target for stroke death. Rhode Island ranks among states with the lowest levels of obesity among women. The percentage of women in Rhode Island who eat 5 or more fruits and vegetables a day is one of the highest in the U.S., an indicator of good nutrition. The state has one of the best records on health insurance coverage among non-senior women and ranks near the top across most presented measures of preventive care.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	83.9%	4.7%	8.5%	0.6%	2.6%	544,684		

Major causes of death among females (rate per 100,000)[¶]

All cause	684.6	911.0	359.2	603.3	386.1	687.8	†	16
Heart disease	199.3	248.0	80.5	*	*	199.1	†	26
Coronary heart disease	171.8	208.5	62.7	*	*	171.3	166.0	45
Total cancer	179.5	167.7	98.0	*	108.4	176.4	159.9	41
Breast cancer	27.0	*	*	*	*	26.1	22.3	26
Colorectal cancer	20.2	*	*	*	*	20.1	13.9	50
Lung cancer	45.5	*	*	*	*	43.9	44.9	36
Stroke	44.2	71.0	*	*	*	44.7	48.0	3
Chronic lower respiratory diseases (age 45 & over)	105.3	*	*	*	*	103.0	60.0	20
Diabetes-related	70.6	165.8	64.5	*	*	72.8	45.0	35
Influenza and pneumonia	21.4	*	*	*	*	21.5	†	34
Unintentional injuries	14.3	*	*	*	*	14.5	17.5	3
Suicide	3.7	*	*	*	*	3.4	5.0	11

Health risk factors (percent)[§]

Diagnosed high blood pressure	21.8	37.0	21.7	27.9	*	22.4	‡	13
Obesity (2000–2002) (age 20 & over)	15.6	41.4	22.4	20.4	*	17.3	15.0	6
No leisure-time physical activity (2000–2002)	24.6	35.4	52.1	38.8	21.9	28.3	20.0	30
Binge drinking	10.7	9.1	4.9	*	*	9.7	†	39
Smoking currently (2000–2002)	24.1	21.5	13.3	50.2	19.0	23.0	12.0	36
No smoking during pregnancy (2000–2002) (all ages)	83.9	85.4	94.0	64.5	95.7	85.9	99.0	29
Eats 5+ fruits and vegetables a day (2000–2002)	33.8	23.2	23.9	37.4	30.5	32.7	†	9

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	81.5	73.2	71.5	87.1	73.8	79.8	80.0	3
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	84.2	80.0	80.7	*	90.9	83.7	70.0	2
Pap smear in past 3 yrs. (2000–2002)	87.4	83.9	86.6	80.9	75.6	86.5	90.0	8
Blood stool test in past 2 yrs. (age 50 & over)	32.9	38.4	32.6	*	-	32.7	50.0	21
Routine check-up in past 2 yrs. (1998–2000)	94.2	95.8	93.5	100.0	91.5	94.1	†	2
Early and adequate prenatal care (all ages)	87.5	79.5	79.4	74.6	79.9	85.1	90.0	3

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	92.5	88.2	77.4	92.7	89.7	90.5	100.0	6
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

South Carolina Profile



Part of a region in the South that has been identified as the “stroke belt,” South Carolina has the highest rate of stroke death among females in the U.S.²¹ Diabetes-related death rates and rates of death due to unintentional injuries, a category that includes motor vehicle crashes, are also high among females in the state. South Carolina has one of the highest rates of obesity among women, a health risk factor linked with stroke and diabetes.^{5, 6} Obesity rates are particularly high among black women in the state. The state has one of the highest proportions of women who have received a recent Pap smear, a test that aids in the early detection of cervical cancer. South Carolina ranks in the middle ranges across most other presented measures of preventive care.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	66.1%	30.7%	1.9%	0.4%	1.1%	2,063,083		

Major causes of death among females (rate per 100,000)[¶]

All cause	751.9	937.7	246.4	349.5	373.2	795.9	†	42
Heart disease	197.3	250.3	54.9	*	109.2	209.3	†	30
Coronary heart disease	133.4	169.0	*	*	*	141.3	166.0	27
Total cancer	160.3	181.7	47.9	*	112.9	165.0	159.9	21
Breast cancer	24.6	35.9	*	*	*	27.5	22.3	40
Colorectal cancer	17.0	21.6	*	*	*	18.0	13.9	25
Lung cancer	43.5	27.8	*	*	*	39.5	44.9	20
Stroke	69.9	100.2	*	*	*	77.0	48.0	52
Chronic lower respiratory diseases (age 45 & over)	116.4	45.8	*	*	*	99.3	60.0	16
Diabetes-related	61.5	154.3	*	*	*	83.1	45.0	45
Influenza and pneumonia	19.7	18.7	*	*	*	19.4	†	22
Unintentional injuries	30.0	28.9	*	*	*	29.4	17.5	43
Suicide	6.1	1.3	*	*	*	4.7	5.0	33

Health risk factors (percent)[§]

Diagnosed high blood pressure	24.1	35.8	22.4	31.1	*	27.0	‡	42
Obesity (2000–2002) (age 20 & over)	18.1	40.6	21.4	28.8	*	24.2	15.0	45
No leisure-time physical activity (2000–2002)	25.2	36.5	40.5	31.8	33.7	28.9	20.0	32
Binge drinking	7.0	3.2	*	*	*	5.8	†	13
Smoking currently (2000–2002)	27.8	15.2	21.6	40.4	*	23.8	12.0	40
No smoking during pregnancy (2000–2002) (all ages)	83.2	93.6	97.5	75.2	96.4	87.5	99.0	22
Eats 5+ fruits and vegetables a day (2000–2002)	26.5	27.9	33.9	53.2	*	27.7	†	23

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	77.6	74.4	67.6	83.9	54.8	76.6	80.0	12
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	74.9	75.7	80.4	61.9	63.2	74.9	70.0	26
Pap smear in past 3 yrs. (2000–2002)	86.3	87.7	92.8	85.0	77.7	86.5	90.0	8
Blood stool test in past 2 yrs. (age 50 & over)	32.7	21.1	*	*	-	29.7	50.0	28
Routine check-up in past 2 yrs. (1998–2000)	89.6	94.2	95.2	76.2	80.5	90.9	†	15
Early and adequate prenatal care (all ages)	78.8	67.9	58.7	73.1	72.4	74.2	90.0	30

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	85.1	76.2	73.3	81.6	67.8	82.1	100.0	35
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

South Dakota Profile



Females in South Dakota have some of the lowest rates of death due to cancer in the U.S., specifically breast and lung cancers. The state also has low rates of diabetes-related death among females and chronic lower respiratory disease death among women age 45 and older. South Dakota has one of the highest percentages of women who report binge drinking, which has been shown to have more adverse health effects for women than for men, including organ damage and increased risk of motor vehicle crash and interpersonal violence.¹² Across most presented measures of preventive care, South Dakota ranks in the middle ranges. However, it ranks near the bottom on percentage of women who have had a recent cholesterol screening, an important health risk prevention strategy for reducing rates of coronary heart disease and stroke.¹⁵

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	89.0%	0.6%	1.3%	8.7%	0.7%	380,286		

Major causes of death among females (rate per 100,000)[¶]

All cause	618.5	*	*	1163.0	*	644.4	†	4
Heart disease	170.5	*	*	260.3	*	174.7	†	15
Coronary heart disease	119.5	*	*	174.4	*	122.0	166.0	16
Total cancer	154.8	*	*	199.8	*	156.1	159.9	9
Breast cancer	23.9	*	*	*	*	23.3	22.3	5
Colorectal cancer	19.2	*	*	*	*	19.0	13.9	38
Lung cancer	30.9	*	*	54.6	*	31.7	44.9	6
Stroke	54.9	*	*	67.8	*	55.5	48.0	15
Chronic lower respiratory diseases (age 45 & over)	85.3	*	*	*	*	85.6	60.0	6
Diabetes-related	51.8	*	*	196.2	*	57.1	45.0	8
Influenza and pneumonia	18.3	*	*	*	*	19.2	†	18
Unintentional injuries	22.3	*	*	63.5	*	26.0	17.5	33
Suicide	3.6	*	*	*	*	3.6	5.0	14

Health risk factors (percent)[§]

Diagnosed high blood pressure	22.0	*	21.4	32.2	*	22.5	‡	14
Obesity (2000–2002) (age 20 & over)	18.9	*	22.6	33.3	*	19.7	15.0	20
No leisure-time physical activity (2000–2002)	24.7	*	23.7	31.8	35.1	25.2	20.0	17
Binge drinking	10.4	-	*	13.1	*	10.4	†	45
Smoking currently (2000–2002)	20.7	*	28.7	39.4	26.5	21.9	12.0	29
No smoking during pregnancy (2000–2002) (all ages)	---	---	---	---	---	---	99.0	---
Eats 5+ fruits and vegetables a day (2000–2002)	23.8	51.4	29.6	26.5	*	24.1	†	42

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	67.9	*	71.1	64.6	61.4	67.5	80.0	49
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	74.6	*	76.4	65.1	66.7	74.3	70.0	32
Pap smear in past 3 yrs. (2000–2002)	86.2	74.5	84.8	85.3	79.1	86.0	90.0	15
Blood stool test in past 2 yrs. (age 50 & over)	28.6	*	32.4	19.6	-	28.2	50.0	32
Routine check-up in past 2 yrs. (1998–2000)	89.6	82.5	89.2	89.3	83.2	89.6	†	22
Early and adequate prenatal care (all ages)	81.3	67.5	66.5	49.0	77.5	75.6	90.0	23

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	89.2	77.2	84.3	63.4	81.9	87.6	100.0	19
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Tennessee Profile



Tennessee ranks among the states with the highest death rates among females due to heart disease and stroke, and it is one of few states in which females have not yet met the Healthy People 2010 target for coronary heart disease death. Heart disease and stroke are associated with high blood pressure, physical inactivity and smoking, three health risk factors that are prevalent among women in Tennessee.^{3, 4, 7, 11} The state has one of the highest percentages of women who eat 5 or more fruits and vegetables a day, a measure of nutrition that is an important component of the U.S. Department of Health and Human Services' prevention initiative *Steps to a HealthierUS*.² Tennessee stands out as having the lowest proportion of women who report binge drinking in the U.S.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	79.8%	17.1%	1.7%	0.3%	1.1%	2,919,008		

Major causes of death among females (rate per 100,000)[¶]

All cause	790.2	1048.4	287.8	216.0	422.5	819.6	†	45
Heart disease	226.9	324.6	70.5	*	118.5	237.7	†	44
Coronary heart disease	178.1	247.8	46.5	*	93.4	185.5	166.0	49
Total cancer	166.6	213.9	84.5	*	108.0	171.4	159.9	33
Breast cancer	25.3	33.5	*	*	*	26.2	22.3	28
Colorectal cancer	17.0	29.8	*	*	*	18.4	13.9	30
Lung cancer	43.6	45.5	*	*	*	43.4	44.9	34
Stroke	72.5	93.2	*	*	*	74.7	48.0	50
Chronic lower respiratory diseases (age 45 & over)	120.6	67.9	*	*	*	113.8	60.0	33
Diabetes-related	66.0	151.4	*	*	60.3	75.8	45.0	42
Influenza and pneumonia	27.0	23.6	*	*	*	26.5	†	50
Unintentional injuries	31.1	27.2	18.5	*	*	30.2	17.5	45
Suicide	5.3	2.2	*	*	*	4.7	5.0	33

Health risk factors (percent)[§]

Diagnosed high blood pressure	26.6	38.7	27.9	*	*	28.3	‡	48
Obesity (2000–2002) (age 20 & over)	21.3	37.0	19.9	*	*	23.5	15.0	40
No leisure-time physical activity (2000–2002)	34.8	43.8	39.0	*	*	36.2	20.0	49
Binge drinking	3.0	2.8	-	-	-	2.8	†	1
Smoking currently (2000–2002)	26.5	16.0	23.3	*	*	24.5	12.0	44
No smoking during pregnancy (2000–2002) (all ages)	79.3	91.5	97.0	76.9	97.1	82.9	99.0	36
Eats 5+ fruits and vegetables a day (2000–2002)	36.1	31.1	35.8	*	39.6	35.4	†	2

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	72.2	69.4	74.3	77.4	*	71.8	80.0	28
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	75.9	73.5	83.0	*	66.9	75.5	70.0	20
Pap smear in past 3 yrs. (2000–2002)	85.1	88.9	84.1	80.1	61.9	85.4	90.0	18
Blood stool test in past 2 yrs. (age 50 & over)	25.8	22.0	*	*	45.7	25.4	50.0	40
Routine check-up in past 2 yrs. (1998–2000)	91.4	94.6	93.0	98.1	85.9	91.9	†	7
Early and adequate prenatal care (all ages)	81.2	67.6	54.4	69.3	76.8	77.2	90.0	17

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	89.9	85.9	84.9	77.2	83.2	88.9	100.0	14
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Texas Profile



Texas has one of the highest rates of diabetes-related death among women in the U.S. The state ranks among those with the highest frequencies of obesity among women, a health risk factor associated with diabetes.^{5, 6} Texas has one of the best records on smoking among women, with low percentages of women who smoke and high proportions of mothers who abstain from smoking during pregnancy. The state has one of the worst records across presented measures of preventive care. It is one of few states that have not yet met the Healthy People 2010 target for mammography, and it ranks near the bottom in percentage of women who have received a recent Pap smear. Texas has the lowest levels of health insurance coverage among non-senior women in the U.S., a rate that is particularly low among Hispanic women in the state.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	53.7%	11.9%	31.2%	0.7%	3.1%	10,498,910		

Major causes of death among females (rate per 100,000)[¶]

All cause	753.7	981.7	639.8	145.8	405.6	752.6	†	33
Heart disease	214.9	306.0	182.3	35.3	112.2	217.5	†	34
Coronary heart disease	158.3	229.5	142.4	22.8	83.5	161.6	166.0	36
Total cancer	165.6	208.6	124.8	22.8	90.4	160.9	159.9	16
Breast cancer	25.5	37.0	18.5	*	9.7	25.2	22.3	17
Colorectal cancer	16.3	26.7	11.6	*	8.8	16.4	13.9	14
Lung cancer	45.6	43.3	15.0	*	18.8	39.1	44.9	18
Stroke	64.8	86.8	50.9	*	47.6	65.2	48.0	38
Chronic lower respiratory diseases (age 45 & over)	131.1	68.1	41.0	*	35.2	108.8	60.0	29
Diabetes-related	61.3	159.9	132.5	28.0	44.9	81.7	45.0	44
Influenza and pneumonia	21.0	18.6	17.4	*	10.7	20.2	†	28
Unintentional injuries	28.1	24.0	19.3	*	15.0	25.0	17.5	30
Suicide	5.7	2.0	1.5	*	3.4	4.1	5.0	21

Health risk factors (percent)[§]

Diagnosed high blood pressure	23.5	39.1	28.0	29.4	*	25.9	‡	38
Obesity (2000–2002) (age 20 & over)	19.1	36.3	33.7	28.4	*	24.3	15.0	47
No leisure-time physical activity (2000–2002)	24.3	35.5	41.6	32.4	14.0	30.8	20.0	40
Binge drinking	9.3	5.1	7.3	16.3	*	8.0	†	28
Smoking currently (2000–2002)	23.8	15.4	12.9	35.5	4.3	19.3	12.0	7
No smoking during pregnancy (2000–2002) (all ages)	87.4	94.1	97.9	83.9	98.5	93.4	99.0	3
Eats 5+ fruits and vegetables a day (2000–2002)	27.1	31.5	28.7	34.7	27.3	28.3	†	20

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	77.4	72.7	65.3	71.7	76.4	73.2	80.0	21
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	69.7	71.7	60.4	64.8	53.5	67.0	70.0	49
Pap smear in past 3 yrs. (2000–2002)	82.5	86.6	77.9	61.2	54.8	80.8	90.0	46
Blood stool test in past 2 yrs. (age 50 & over)	27.5	25.8	8.9	*	*	24.1	50.0	42
Routine check-up in past 2 yrs. (1998–2000)	86.5	94.8	81.9	78.5	77.7	85.9	†	42
Early and adequate prenatal care (all ages)	79.6	67.8	62.7	68.1	77.4	70.5	90.0	38

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	83.3	73.7	51.5	62.1	86.8	71.7	100.0	52
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

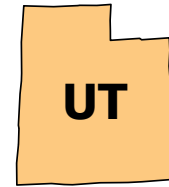
--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Utah Profile



Utah has some of the lowest rates of death among females in the U.S. due to heart disease, cancer, and chronic lower respiratory disease. Utah ranks among states with the lowest proportions of women who smoke and who report binge drinking. It also has one of the lowest levels of physical inactivity among women. Reducing smoking and increasing exercise are components of the U.S. Department of Health and Human Services' prevention initiative *Steps to a HealthierUS*.² Utah ranks among states with the lowest percentages of women who receive regular preventive care across presented measures. The proportion of mothers in Utah who receive early and adequate prenatal care is particularly low. Prenatal care can reduce the risks of complications during pregnancy and delivering before 37 weeks gestation.¹⁸

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	86.9%	0.8%	8.4%	1.5%	2.7%	1,114,138		

Major causes of death among females (rate per 100,000)[¶]

All cause	683.9	847.4	567.3	824.9	510.3	681.0	†	12
Heart disease	159.7	*	109.9	127.5	89.4	157.6	†	5
Coronary heart disease	87.3	*	66.1	*	58.5	86.5	166.0	2
Total cancer	128.1	*	89.9	137.3	106.9	126.6	159.9	2
Breast cancer	22.8	*	*	*	*	22.3	22.3	3
Colorectal cancer	14.0	*	*	*	*	13.8	13.9	4
Lung cancer	16.9	*	*	*	*	16.6	44.9	2
Stroke	63.8	*	49.9	*	59.5	63.6	48.0	36
Chronic lower respiratory diseases (age 45 & over)	78.0	*	*	*	*	76.7	60.0	4
Diabetes-related	65.5	*	108.6	199.2	81.3	68.1	45.0	26
Influenza and pneumonia	23.9	*	33.5	*	*	24.2	†	47
Unintentional injuries	22.5	*	19.0	*	*	22.7	17.5	21
Suicide	6.0	*	*	*	*	5.8	5.0	44

Health risk factors (percent)[§]

Diagnosed high blood pressure	22.4	*	15.4	*	*	22.2	‡	12
Obesity (2000–2002) (age 20 & over)	17.7	*	19.8	*	*	18.0	15.0	11
No leisure-time physical activity (2000–2002)	18.1	*	24.9	43.0	*	18.9	20.0	2
Binge drinking	4.5	*	4.7	*	*	4.6	†	5
Smoking currently (2000–2002)	11.2	*	10.4	20.7	*	11.3	12.0	2
No smoking during pregnancy (2000–2002) (all ages)	91.6	85.0	95.4	90.3	96.1	92.1	99.0	6
Eats 5+ fruits and vegetables a day (2000–2002)	26.9	*	19.0	*	38.2	26.8	†	26

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	68.7	90.8	62.8	*	60.8	68.4	80.0	44
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	69.3	78.2	73.2	69.1	76.5	69.3	70.0	47
Pap smear in past 3 yrs. (2000–2002)	77.7	86.8	74.9	89.0	73.1	77.4	90.0	51
Blood stool test in past 2 yrs. (age 50 & over)	21.8	89.0	*	*	*	21.8	50.0	46
Routine check-up in past 2 yrs. (1998–2000)	82.9	95.6	79.0	63.3	87.9	82.8	†	48
Early and adequate prenatal care (all ages)	61.3	46.0	46.5	43.7	48.6	58.8	90.0	51

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	87.6	84.5	73.3	55.2	95.6	86.6	100.0	25
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Vermont Profile



Vermont ranks among states with the highest rates of colorectal cancer and diabetes-related death among females in the U.S. The state has some of the lowest frequencies of diagnosed high blood pressure and obesity among women. Vermont ranks among the states with the best records on two components of the U.S. Department of Health and Human Services' prevention initiative *Steps to a HealthierUS*, in having one of the lowest proportions of women who are physically inactive and a one of the highest percentages of women who eat the recommended number of fruits and vegetables a day.² Vermont has one of the best records on percentage of women who have recently taken a blood stool test, which is used to diagnosis colorectal cancer and other diseases of the digestive system.¹⁷

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	97.1%	0.5%	0.9%	0.5%	1.0%	310,490		

Major causes of death among females (rate per 100,000)[¶]

All cause	703.8	*	*	*	*	699.9	†	22
Heart disease	181.5	*	*	*	*	180.4	†	18
Coronary heart disease	131.5	*	*	*	*	130.9	166.0	22
Total cancer	169.5	*	*	*	*	168.9	159.9	27
Breast cancer	28.0	*	*	*	*	27.8	22.3	41
Colorectal cancer	19.7	*	*	*	*	19.5	13.9	44
Lung cancer	38.9	*	*	*	*	38.5	44.9	16
Stroke	53.8	*	*	*	*	53.5	48.0	12
Chronic lower respiratory diseases (age 45 & over)	122.0	*	*	*	*	121.1	60.0	38
Diabetes-related	78.4	*	*	*	*	77.9	45.0	43
Influenza and pneumonia	19.1	*	*	*	*	19.0	†	16
Unintentional injuries	23.7	*	*	*	*	23.5	17.5	23
Suicide	3.8	*	*	*	*	3.7	5.0	16

Health risk factors (percent)[§]

Diagnosed high blood pressure	20.8	*	*	37.1	*	20.9	‡	4
Obesity (2000–2002) (age 20 & over)	17.8	*	20.2	*	*	17.9	15.0	10
No leisure-time physical activity (2000–2002)	20.6	*	19.6	29.8	*	20.7	20.0	5
Binge drinking	10.7	*	*	*	*	10.6	†	47
Smoking currently (2000–2002)	21.3	*	22.7	35.9	*	21.4	12.0	25
No smoking during pregnancy (2000–2002) (all ages)	81.0	85.6	87.5	67.6	92.6	81.1	99.0	45
Eats 5+ fruits and vegetables a day (2000–2002)	35.3	*	24.6	*	45.0	35.3	†	3

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	75.1	72.0	71.2	79.5	52.3	74.8	80.0	18
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	76.2	62.8	*	*	93.6	75.8	70.0	19
Pap smear in past 3 yrs. (2000–2002)	86.6	93.6	75.7	68.4	85.4	86.3	90.0	11
Blood stool test in past 2 yrs. (age 50 & over)	43.1	*	66.5	*	-	43.1	50.0	2
Routine check-up in past 2 yrs. (1998–2000)	90.1	94.4	91.0	87.2	82.8	90.0	†	20
Early and adequate prenatal care (all ages)	72.8	68.1	72.7	73.5	69.2	72.7	90.0	33

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	89.8	96.1	88.6	77.2	100.0	89.8	100.0	11
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Virginia Profile



Virginia ranks among states with the highest rates of death among females due to breast cancer. The state is in an area along the Atlantic in the Northeast and South regions, which has been identified by the National Cancer Institute as having notably high rates of breast cancer.²⁰ Across most presented measures of health risk factors, Virginia ranks in the middle ranges but it has one of highest percentages of women who abstain from smoking during pregnancy. Virginia also ranks near the top in having a high percentage of women who receive early and adequate prenatal care. However, the percentage of black and Hispanic women in Virginia who receive this care is significantly lower than the white population, which may put these women at greater risk of experiencing complications during pregnancy and delivering before 37 weeks gestation.¹⁸

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	70.9%	20.4%	4.3%	0.4%	4.2%	3,606,620		

Major causes of death among females (rate per 100,000)[¶]

All cause	723.4	913.5	429.4	331.9	400.0	749.7	†	32
Heart disease	192.2	247.2	105.7	119.1	90.2	199.9	†	27
Coronary heart disease	124.4	155.6	65.7	*	49.2	128.3	166.0	19
Total cancer	168.2	205.8	93.3	*	105.3	172.4	159.9	35
Breast cancer	26.7	38.3	17.2	*	11.1	28.2	22.3	44
Colorectal cancer	16.9	25.6	*	*	11.6	18.2	13.9	27
Lung cancer	44.2	38.9	16.2	*	18.1	42.4	44.9	30
Stroke	61.5	85.1	36.3	*	46.8	65.3	48.0	39
Chronic lower respiratory diseases (age 45 & over)	117.1	59.8	*	*	*	105.4	60.0	25
Diabetes-related	57.6	125.1	40.0	*	31.3	67.6	45.0	24
Influenza and pneumonia	22.5	19.5	*	*	*	21.9	†	36
Unintentional injuries	23.2	19.9	10.0	*	15.4	22.2	17.5	17
Suicide	5.5	2.1	*	*	*	4.6	5.0	28

Health risk factors (percent)[§]

Diagnosed high blood pressure	25.2	35.4	12.5	*	*	26.2	‡	39
Obesity (2000–2002) (age 20 & over)	17.7	35.6	20.3	*	*	20.6	15.0	24
No leisure-time physical activity (2000–2002)	24.6	38.2	37.1	36.7	33.0	27.6	20.0	26
Binge drinking	8.5	5.4	*	*	*	7.9	†	27
Smoking currently (2000–2002)	21.8	17.6	19.9	*	*	20.6	12.0	18
No smoking during pregnancy (2000–2002) (all ages)	89.5	93.3	98.9	90.2	98.8	91.6	99.0	8
Eats 5+ fruits and vegetables a day (2000–2002)	30.6	26.1	36.4	*	41.8	30.6	†	14

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	75.4	76.1	72.3	84.3	58.9	75.4	80.0	16
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	74.6	76.3	73.7	*	*	74.3	70.0	32
Pap smear in past 3 yrs. (2000–2002)	86.2	87.4	83.5	91.1	*	85.7	90.0	16
Blood stool test in past 2 yrs. (age 50 & over)	32.0	31.6	*	*	*	31.4	50.0	22
Routine check-up in past 2 yrs. (1998–2000)	88.2	96.3	82.1	89.6	92.5	89.6	†	22
Early and adequate prenatal care (all ages)	83.6	71.8	65.3	75.4	78.0	79.2	90.0	12

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	88.5	82.2	73.4	77.1	89.5	86.4	100.0	27
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

– Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Washington Profile



Females in Washington have some of the lowest rates of death due to heart disease, colorectal cancer and influenza and pneumonia in the U.S. However, the state ranks among those with the highest death rates among females due to lung cancer, stroke and chronic lower respiratory disease. The state leads the nation in having the lowest percentage of women do not engage in regular physical activity during their leisure-time, and Washington is one of only two states in which women have already met the Healthy People 2010 target for this health indicator. The state has one of the highest proportions of women who have recently taken a blood stool test, a test that aids in the early diagnosis of colorectal cancer.¹⁷

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	81.2%	3.4%	7.0%	1.9%	6.9%	2,959,821		

Major causes of death among females (rate per 100,000)[¶]

All cause	696.3	866.3	464.4	954.6	426.7	689.1	†	17
Heart disease	168.7	233.1	109.3	200.9	97.3	167.1	†	10
Coronary heart disease	126.2	180.8	81.5	144.5	77.1	125.1	166.0	17
Total cancer	173.3	187.0	113.9	162.6	106.0	169.2	159.9	28
Breast cancer	24.9	34.6	12.7	*	13.5	24.3	22.3	12
Colorectal cancer	15.8	21.9	*	*	10.3	15.7	13.9	9
Lung cancer	49.3	38.1	15.0	46.0	18.1	46.8	44.9	47
Stroke	66.9	98.9	43.0	112.5	54.8	67.4	48.0	44
Chronic lower respiratory diseases (age 45 & over)	132.2	70.7	*	168.8	38.9	126.2	60.0	45
Diabetes-related	60.0	134.9	96.8	121.8	58.0	62.1	45.0	17
Influenza and pneumonia	17.8	15.4	*	32.0	7.7	17.5	†	10
Unintentional injuries	22.5	20.6	14.4	41.8	12.9	22.3	17.5	19
Suicide	5.4	*	*	*	4.1	5.0	5.0	39

Health risk factors (percent)[§]

Diagnosed high blood pressure	22.0	29.8	29.8	31.7	26.3	22.5	‡	14
Obesity (2000–2002) (age 20 & over)	19.1	28.2	23.0	28.5	13.0	19.3	15.0	15
No leisure-time physical activity (2000–2002)	16.5	26.4	28.5	28.9	23.6	17.8	20.0	1
Binge drinking	7.7	*	10.5	*	*	7.5	†	23
Smoking currently (2000–2002)	20.4	19.6	19.9	30.5	10.1	20.1	12.0	13
No smoking during pregnancy (2000–2002) (all ages)	84.2	85.7	95.8	73.9	94.5	86.5	99.0	27
Eats 5+ fruits and vegetables a day (2000–2002)	30.7	24.7	25.9	18.6	31.5	30.1	†	15

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	73.1	66.4	70.1	73.2	62.3	72.2	80.0	24
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	73.8	65.8	79.9	65.4	71.1	73.3	70.0	37
Pap smear in past 3 yrs. (2000–2002)	83.0	85.9	80.1	84.8	78.3	82.3	90.0	37
Blood stool test in past 2 yrs. (age 50 & over)	41.8	50.3	53.9	44.3	-	41.4	50.0	4
Routine check-up in past 2 yrs. (1998–2000)	87.4	95.1	86.3	88.2	85.7	87.3	†	38
Early and adequate prenatal care (all ages)	72.8	60.1	59.6	59.2	66.8	69.7	90.0	40

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	88.7	88.2	82.3	84.6	93.9	88.4	100.0	17
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

West Virginia Profile



West Virginia has some of the highest death rates among females due to heart disease, cancer, chronic lower respiratory disease and diabetes-related death. It is one of few states in which females have not yet met the Healthy People 2010 targets for reducing death due to coronary heart disease and lung cancer. West Virginia has one of the highest proportions of women who smoke, a leading cause of cancer and other diseases.¹¹ It ranks near the bottom in having high rates of diagnosed high blood pressure, obesity and physical inactivity among women, health risk factors that are associated with heart disease and diabetes.^{3, 5-8} West Virginia ranks near the top in having a low percentage of women who report binge drinking. It has one of the lowest levels of health insurance coverage among women under 65.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	95.4%	3.2%	0.6%	0.2%	0.6%	929,174		

Major causes of death among females (rate per 100,000)[¶]

All cause	847.4	964.7	289.7	*	200.9	846.5	†	51
Heart disease	257.3	263.5	*	*	*	255.9	†	50
Coronary heart disease	180.3	190.7	*	*	*	179.5	166.0	47
Total cancer	187.5	216.9	*	*	*	187.2	159.9	51
Breast cancer	26.0	40.4	*	*	*	26.3	22.3	30
Colorectal cancer	20.2	24.6	*	*	*	20.2	13.9	51
Lung cancer	53.9	54.6	*	*	*	53.6	44.9	51
Stroke	59.0	75.0	*	*	*	59.3	48.0	27
Chronic lower respiratory diseases (age 45 & over)	145.1	77.4	*	*	*	142.4	60.0	50
Diabetes-related	97.6	187.0	*	*	*	99.5	45.0	50
Influenza and pneumonia	20.5	19.8	*	*	*	20.4	†	29
Unintentional injuries	26.5	29.9	*	*	*	26.6	17.5	34
Suicide	4.7	*	*	*	*	4.6	5.0	28

Health risk factors (percent)[§]

Diagnosed high blood pressure	28.0	36.8	42.2	*	-	28.3	‡	48
Obesity (2000–2002) (age 20 & over)	24.8	32.3	27.9	*	*	25.0	15.0	49
No leisure-time physical activity (2000–2002)	32.3	39.9	40.3	42.1	41.5	32.8	20.0	45
Binge drinking	4.4	*	*	*	-	4.5	†	4
Smoking currently (2000–2002)	27.9	25.1	37.2	60.0	*	28.1	12.0	51
No smoking during pregnancy (2000–2002) (all ages)	73.4	73.4	85.8	73.2	96.5	73.6	99.0	50
Eats 5+ fruits and vegetables a day (2000–2002)	25.3	23.7	26.4	*	*	25.4	†	34

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	71.9	72.2	69.0	61.7	71.2	71.7	80.0	29
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	73.5	78.3	*	88.8	61.7	73.5	70.0	36
Pap smear in past 3 yrs. (2000–2002)	82.0	79.0	76.6	82.0	70.1	81.9	90.0	40
Blood stool test in past 2 yrs. (age 50 & over)	21.1	*	*	*	-	21.2	50.0	48
Routine check-up in past 2 yrs. (1998–2000)	87.4	93.0	84.6	100.0	83.8	87.5	†	37
Early and adequate prenatal care (all ages)	79.9	69.3	69.2	74.4	76.1	79.4	90.0	10

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	77.8	67.2	74.1	77.0	86.1	77.5	100.0	48
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Wisconsin Profile



Wisconsin ranks near the top in having low rates of death among females due to lung cancer and chronic lower respiratory disease (among women 45 and older). Wisconsin has the highest percentage of women who report binge drinking in the U.S. Alcohol abuse has been shown to have more adverse health effects for women than for men and is associated with organ damage, as well as an increased risk of motor vehicle crashes and interpersonal violence.¹² Across most other presented health risk factor measurements, the state ranks in the middle ranges. Wisconsin has one of the lowest proportions of women who have received a recent routine check-up. However, it ranks among those with the highest levels of health insurance coverage among non-senior women.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	88.1%	6.0%	3.3%	1.0%	1.8%	2,714,634		

Major causes of death among females (rate per 100,000)[¶]

All cause	674.6	928.3	275.3	861.3	463.7	682.6	†	13
Heart disease	183.6	241.9	73.1	205.8	106.1	185.4	†	19
Coronary heart disease	127.0	158.3	52.1	135.6	64.2	127.8	166.0	18
Total cancer	161.4	198.5	46.6	156.7	95.4	161.1	159.9	17
Breast cancer	26.1	32.7	*	*	*	26.1	22.3	26
Colorectal cancer	16.8	25.0	*	*	*	17.0	13.9	18
Lung cancer	36.4	48.7	*	48.9	*	36.5	44.9	11
Stroke	59.7	85.4	33.5	*	73.5	60.5	48.0	31
Chronic lower respiratory diseases (age 45 & over)	95.5	82.6	*	*	*	94.7	60.0	11
Diabetes-related	60.3	143.9	71.2	183.2	73.6	63.3	45.0	18
Influenza and pneumonia	19.5	19.9	*	*	*	19.5	†	24
Unintentional injuries	24.9	19.5	*	60.8	*	24.8	17.5	29
Suicide	4.4	*	*	*	*	4.4	5.0	25

Health risk factors (percent)[§]

Diagnosed high blood pressure	22.7	41.2	25.1	32.3	*	23.4	‡	22
Obesity (2000–2002) (age 20 & over)	19.2	42.1	27.0	37.1	*	20.3	15.0	22
No leisure-time physical activity (2000–2002)	21.3	45.3	31.6	34.6	33.5	23.0	20.0	12
Binge drinking	16.7	8.2	12.8	*	*	16.0	†	52
Smoking currently (2000–2002)	22.9	25.6	24.7	30.9	*	23.1	12.0	37
No smoking during pregnancy (2000–2002) (all ages)	83.0	79.8	93.1	61.6	97.0	83.5	99.0	34
Eats 5+ fruits and vegetables a day (2000–2002)	26.5	22.0	26.5	17.8	52.3	26.5	†	29

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	74.0	63.2	70.5	*	40.9	73.4	80.0	20
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	77.7	81.7	84.8	*	*	77.7	70.0	12
Pap smear in past 3 yrs. (2000–2002)	85.3	87.8	81.5	78.9	56.7	84.9	90.0	21
Blood stool test in past 2 yrs. (age 50 & over)	28.5	*	*	*	-	28.1	50.0	33
Routine check-up in past 2 yrs. (1998–2000)	83.1	94.3	81.6	86.3	84.0	83.6	†	46
Early and adequate prenatal care (all ages)	80.4	58.1	61.9	61.3	60.2	76.2	90.0	21

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	91.0	84.9	88.9	80.2	85.7	90.3	100.0	7
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Wyoming Profile



Females in Wyoming have some of the lowest rates of coronary heart disease and breast cancer death in the U.S. Wyoming ranks among those with the highest rates of death among females due to chronic lower respiratory disease, influenza and pneumonia, unintentional injuries and suicide. The state has some of the lowest frequencies of diagnosed high blood pressure among women and ranks near the top in having a low percentage of women who engage in no leisure-time physical activity. Wyoming ranks near the bottom on proportion of pregnant women who abstain from smoking during pregnancy. It has some of the lowest percentages of women who receive preventive care across all presented measures, and is one of only a few states that have not yet met the Healthy People 2010 target for mammography.

	Non-Hispanic White	Non-Hispanic Black	Hispanic	American Indian/Alaskan Native	Asian/Pacific Islander	State Total	Healthy People 2010 National Target	State Rank
Female population (2000) (all ages)	90.1%	0.7%	6.3%	2.5%	0.8%	245,408		

Major causes of death among females (rate per 100,000)[¶]

All cause	729.6	983.2	698.1	1056.4	*	736.1	†	29
Heart disease	172.2	*	157.4	274.0	*	173.0	†	14
Coronary heart disease	106.5	*	96.6	*	*	106.5	166.0	9
Total cancer	164.0	*	139.3	226.3	*	164.1	159.9	18
Breast cancer	24.4	*	*	*	*	23.7	22.3	7
Colorectal cancer	18.2	*	*	*	*	18.4	13.9	30
Lung cancer	40.2	*	*	*	*	39.8	44.9	21
Stroke	57.3	*	*	*	*	58.2	48.0	24
Chronic lower respiratory diseases (age 45 & over)	160.8	*	*	*	*	156.2	60.0	51
Diabetes-related	58.6	*	134.3	201.3	*	63.3	45.0	18
Influenza and pneumonia	25.9	*	*	*	*	26.5	†	50
Unintentional injuries	31.5	*	*	*	*	32.9	17.5	49
Suicide	7.1	*	*	*	*	6.6	5.0	48

Health risk factors (percent)[§]

Diagnosed high blood pressure	20.8	*	26.9	*	*	20.9	‡	4
Obesity (2000–2002) (age 20 & over)	18.1	*	17.3	30.4	*	18.2	15.0	12
No leisure-time physical activity (2000–2002)	21.5	*	29.9	24.7	*	21.9	20.0	8
Binge drinking	8.3	-	10.4	*	*	8.4	†	31
Smoking currently (2000–2002)	22.3	55.3	26.3	37.9	*	22.9	12.0	35
No smoking during pregnancy (2000–2002) (all ages)	77.8	81.8	86.6	75.4	94.6	78.7	99.0	48
Eats 5+ fruits and vegetables a day (2000–2002)	25.8	*	25.9	*	*	25.8	†	32

Preventive care (percent)[§]

Cholesterol screening in past 5 yrs.	72.5	88.2	68.1	61.9	66.2	72.1	80.0	25
Mammogram in past 2 yrs. (2000–2002) (age 40 & over)	67.2	76.0	57.2	*	39.5	66.4	70.0	51
Pap smear in past 3 yrs. (2000–2002)	80.2	76.2	79.2	80.3	81.0	80.0	90.0	49
Blood stool test in past 2 yrs. (age 50 & over)	21.5	-	*	*	-	21.3	50.0	47
Routine check-up in past 2 yrs. (1998–2000)	82.7	91.1	82.1	86.2	71.8	82.8	†	48
Early and adequate prenatal care (all ages)	73.4	70.8	62.9	63.5	66.9	71.9	90.0	36

Health insurance coverage (percent)

Health insurance coverage (2000–2002) (ages 18–64)	81.2	84.1	69.1	73.5	59.2	80.2	100.0	42
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[¶] Estimate age-adjusted and for all ages unless noted.

[§] Estimate age-adjusted and for 18 years of age and over unless noted.

NOTE: All data are from 1999–2001 unless noted.

NOTE: Low numerical rankings indicate better relative health status.

NOTE: State rank includes the 50 states, District of Columbia, and Puerto Rico, where data are available and reliable.

* Figure does not meet standard of reliability or precision.

--- Data not available.

- Quantity zero.

† No Healthy People 2010 target associated with this health indicator.

‡ Healthy People 2010 target is incompatible with collected data.

Appendices

Appendix I: Data Sources

Introduction to data sources

This chartbook consolidates the most current data on the health of women in the United States. The information was obtained from the data systems of two Centers within the Centers for Disease Control and Prevention (CDC): the National Center for Chronic Disease Prevention and Health Promotion and the National Center for Health Statistics. In each case, the sponsoring organization collected data using its own methods and procedures. Therefore, the data in this chartbook vary with respect to source, method of collection, definitions, and reference period.

Although a detailed description and comprehensive evaluation of each data source are beyond the scope of this appendix, users should be aware of the general strengths and limitations of the different data systems. For example, population-based surveys obtain sociodemographic data, data on family characteristics, and information on health behaviors. These data are limited by the amount of information a respondent remembers or is willing to report. Specific medical information may not be known and if not known, may not be reported.

The populations covered by different data collection systems may not be the same, and understanding the differences is critical to interpreting the data. Data on vital statistics cover the entire population for all ages. Data on morbidity cover only the civilian noninstitutionalized population who are 18 years of age and over. Such statistics do not include data for military personnel who are usually young, for institutionalized people who may be any age, or for nursing home residents who are usually old.

All data collection systems are subject to error, and records may be incomplete or contain inaccurate information. People may not remember essential information, a question may not mean the same thing to different respondents, and some institutions or individuals may not respond at all. It is not always possible to measure the magnitude of these errors or their impact on the data.

Overall estimates generally have relatively small sampling errors, but estimates for certain population subgroups may be based on small numbers and have relatively large sampling errors. Numbers of births and deaths from the vital statistics system represent complete counts. Therefore, they are not subject to sampling error. However, when the figures are used for analytical purposes, such as the comparison of rates between racial groups, the number of events that actually occurred may be considered as one of a large series of possible results that could have arisen under the same circumstances. When the number of events is small and the probability of such an event is small, considerable caution must be observed in interpreting the conditions described by the figures. Estimates that are unreliable because of large sampling errors or small numbers of events are noted with asterisks in selected tables. The criteria used to designate unreliable estimates are indicated in Appendix II: Relative Standard Error.

Descriptive summaries of the data sets that follow provide a general overview of study design, methods of data collection, and reliability and validity of the data. The agency or organization that sponsored the data collection is specified. More complete and detailed discussions are in the publications and Web sites listed at the end of each summary. The entries are listed alphabetically by dataset name.

Behavioral Risk Factor Surveillance System

Centers for Disease Control and Prevention

National Center for Chronic Disease Prevention and Health Promotion

The Behavioral Risk Factor Surveillance System (BRFSS) is an ongoing, state-based telephone surveillance system administered and supported by the Division of Adult and Community Health, National Center for Chronic Disease Prevention and Health Promotion, CDC. State public health departments are collaborators with CDC in producing these data.

The purpose of the BRFSS is to collect uniform, state-based data on preventive health practices and risk behaviors that are linked to chronic diseases, injuries, and preventable infectious diseases in the U.S. population. Data are

collected through monthly telephone interviews conducted among a sample of each state's adult population. When aggregated, the data show the prevalence of risk behaviors and preventive health practices on an annual basis. Respondents' participation is voluntary and personal identifiers such as names and addresses are not used. Individual-level data are pooled to provide information about the health practices of state residents.

States collect behavioral risk data via telephone interviews. Telephone interviews are an efficient method to collect data. Telephone interviews are easy to administer and monitor. All calls can be made from one location, and interviews are usually entered directly into a data file by use of computer-assisted methods. This enhances quality control efforts. Telephone interviews have some limitations, however. There is a major concern about non-coverage of persons in households without telephones and persons who only use cellular telephones which are not included in telephone survey sample universes. Also, data cannot be verified by physical measurement or visual means, which can increase validity concerns.

BRFSS questionnaire

The BRFSS questionnaire is designed to give states the flexibility to study areas of local concern while also providing annual data on topics of interest to all states and to CDC. The questionnaire has three parts: (1) the core component, consisting of the fixed core, the rotating core, and emerging issues questions, (2) optional modules, and (3) state-added questions. All BRFSS data included in the *Healthy Women: State Trends in Health and Mortality* project come from the core component of the survey.

Core component questions are asked by all states. The core component includes queries about current health-related perceptions, conditions and behaviors, and questions on demographic characteristics. The fixed core is a standard set of questions asked each year. The rotating core is two separate sets of standardized questions, each asked in alternating years. In the years that rotating topics are not used in the core, they are available as optional modules for states to use as desired.

Each year, the states and CDC agree on the content of the core component and optional modules. For comparability, many of the questions are taken from established national surveys, such as the National Health Interview Survey and the National Health and Nutrition Examination Survey. This practice allows states to compare their data with those from other surveys.

Comparability of data

The BRFSS is a cross-sectional surveillance survey currently involving 52 reporting areas. It is important to note that any survey will have natural variation over sample sites; therefore some variation between states is to be expected. The complex sample design and the multiple reporting areas complicate the analysis of the BRFSS. Although CDC works with the states to minimize deviations, each year there are some deviations in sampling and weighting protocols, and slight differences in question wording, populations covered on some sections, sample size, response rates, and collection or processing procedures. Because of the differences in data collection by states, national estimates are not calculated from BRFSS for this publication.

For more information about the BRFSS, see the Centers for Disease Control and Prevention's National Center for Chronic Disease Prevention and Health Promotion online at: <http://www.cdc.gov/brfss/>.

National Vital Statistics System

*Centers for Disease Control and Prevention
National Center for Health Statistics*

Through the National Vital Statistics System, the National Center for Health Statistics (NCHS) collects and publishes data on births, deaths, marriages, and divorces in the United States. The Division of Vital Statistics obtains information on births and deaths from the registration offices of all states, New York City, the District of Columbia, Puerto Rico, the U.S. Virgin Islands, and Guam. Geographic coverage for births and deaths has been complete since 1933.

In 1972, some states began sending their data to NCHS through the Cooperative Health Statistics System (CHSS). States that participated in the CHSS program processed 100 percent of their death and birth records and sent

the entire data file to NCHS on computer tapes. Currently, the data are sent to NCHS through the Vital Statistics Cooperative Program (VSCP), following the same procedures as CHSS. Starting in 1985 all 50 states and the District of Columbia participated in VSCP.

In most areas practically all births and deaths are registered. The most recent test of the completeness of birth registration, conducted on a sample of births from 1964 to 1968, showed that 99.3 percent of all births in the U.S. during that period were registered. No comparable information is available for deaths, but it is generally believed that death registration in the U.S. is at least as complete as birth registration. The National Vital Statistics System is one of the few sources of comparable health-related data for smaller geographic areas in the U.S. and over a long time period.

U.S. Standard Certificates

U.S. Standard Live Birth and Death Certificates and Fetal Death Reports are revised periodically, allowing careful evaluation of each item and addition, modification, and deletion of items. The data presented in this chartbook come from the 1989 revised standard certificates. The 1989 revision of the birth certificate includes items to identify the Hispanic parentage of newborns and to expand information about maternal and infant health characteristics. The 1989 revision of the death certificate includes items on educational attainment and Hispanic origin of decedents, as well as changes to improve the medical certification of cause of death. Standard certificates recommended by NCHS are modified in each registration area to serve the area's needs. However, most certificates conform closely in content and arrangement to the standard certificate, and all certificates contain a minimum data set specified by NCHS.

Birth file

The birth file is comprised of demographic and medical information from birth certificates. Demographic information, such as race and ethnicity, is provided by the mother at the time of birth. Medical and health information is based on hospital records. Reporting areas and methodologies for items on the birth certificate have changed over time, although little has changed over the period being presented in this chartbook.

For more information, see National Center for Health Statistics, Vital Statistics of the United States, Vol. I Natality, Technical Appendix, available at: <http://www.cdc.gov/nchs/births.htm>.

Mortality file

The mortality data file is comprised of demographic and medical information from death certificates. Demographic information is provided by the funeral director based on information supplied by an informant. Medical certification of cause of death is provided by a physician, medical examiner, or coroner. The mortality data file is a fundamental source of cause-of-death information by demographic characteristics and for geographic areas, such as states.

For more information, see National Center for Health Statistics, Vital Statistics of the United States, Vol. II Mortality Part A, Technical Appendix, available at: <http://www.cdc.gov/nchs/datawh/statab/pubd/ta.htm>.

Population Census and Population Estimates

Bureau of the Census

Race data on Census 2000

The question on race on Census 2000 was based on the Office of Management and Budget's 1997 "Revisions of the Standards for the Classification of Federal Data on Race and Ethnicity" (see Appendix II: Race). The 1997 Standards changed the way race data are collected, tabulated and presented in two major ways. First, the 1997 Standards increased from four to five the minimum set of categories to be used by Federal agencies for identification of race: American Indian or Alaska Native, Asian, Black or African American, Native Hawaiian or Other Pacific Islander, and White. Second, the 1997 Standards included the requirement that Federal data collection programs allow respondents to select one or more race categories when responding to a query on their racial identity. This provision means that there are potentially 31 race groups, depending on whether an individual selects one, two, three, four, or all five of the race categories. The 1997 Standards continue to call for use, when possible, of a separate question on Hispanic or Latino ethnicity and specify that the ethnicity question should appear before the question on race. Thus, under the 1997 Standards, Hispanics may be of any race.

Bridged-race population estimates for Census 2000

Race data on Census 2000 are not comparable with race data on other data systems that have continued to collect data using the 1977 Standards on race and ethnicity during the transition to full implementation of the 1997 Standards. For example, most of the states in the Vital Statistics Cooperative Program were in the process of redesigning their birth and death certificates to conform to the 1997 Standards in 2001. Thus, population estimates for 2000 and beyond with race categories comparable to the 1977 categories are needed so that race-specific birth and death rates can be calculated. To meet this need, NCHS, in collaboration with the U.S. Census Bureau, developed methodology to bridge the 31 race groups in Census 2000 to the four single-race categories specified under the 1977 Standards.

The bridging methodology was developed using information from the 1997-2000 National Health Interview Survey (NHIS), an annual survey sponsored by NCHS and conducted by the Census Bureau. The NHIS provides a unique opportunity to investigate multiple-race groups because since 1982, the NHIS has allowed respondents to choose more than one race but has also asked respondents reporting multiple races to choose a "primary" race. The bridging methodology developed by NCHS involved the application of regression models relating person-level and county-level covariates to the selection of a particular primary race by the multiple-race respondents. Bridging proportions derived from these models were applied by the U.S. Census Bureau to the Census 2000 Modified Race Data Summary File. This application resulted in bridged counts of the April 1, 2000 resident single-race populations for four racial groups, American Indian or Alaska Native, Asian or Pacific Islander, black, and white.

For more information about bridged-race population estimates, see <http://www.cdc.gov/nchs/about/major/dvs/popbridge/popbridge.htm>.

Intercensal population estimates

The further from the census year on which the postcensal estimates are based, the less accurate are the postcensal estimates. With the completion of the decennial census at the end of the decade, intercensal estimates for the preceding decade were prepared to replace the less accurate postcensal estimates. Intercensal population estimates take into account the census of population at the beginning and end of the decade. Thus intercensal estimates are more accurate than postcensal estimates as they correct for the "error of closure" or difference between the estimated population at the end of the decade and the census count for that date. The error of closure differentially affects age, race, sex, and Hispanic origin subgroup populations as well as the rates based on these populations. Vital rates that were calculated using postcensal population estimates are routinely revised when intercensal estimates become available because the intercensal estimates correct for the error of closure.

Intercensal estimates for the 1990s with race data comparable to the 1977 Standards have been derived so that vital rates for the 1990s could be revised to reflect Census 2000. Calculation of the intercensal population estimates for the 1990s was complicated by the incomparability of the race data on the 1990 and 2000 censuses. The Census Bureau, in collaboration with National Cancer Institute and NCHS, derived race-specific intercensal population estimates for the 1990s using the 1990 Modified Age, Race and Sex (MARS) file as the beginning population base and the bridged-race population estimates for April 1, 2000 as the ending population base.

Bridged-race intercensal population estimates are available at: <http://www.cdc.gov/nchs/about/major/dvs/popbridge/popbridge.htm>.

Healthy Women: State Trends in Health and Mortality

Centers for Disease Control and Prevention (CDC)

National Center for Health Statistics

In 1998, NCHS began work on the *Healthy Women: State Trends in Health and Mortality* project (*Healthy Women*). The project was developed by NCHS with support from the Department of Health and Human Services' Office on Women's Health and Office for Minority Health. The goal of the project is to make information and statistics on the health and well-being of women and men available in a user-friendly, Web-based format. From the *Healthy Women* website (<http://www.cdc.gov/nchs/healthywomen.htm>), data tables may be viewed and downloaded that describe health status in each state by sex, race, Hispanic origin, age, and year, with a primary

focus on women's health issues. These tables include information on mortality, morbidity, health risk factors, access to care, and preventive care usage.

One of the main goals of this data dissemination project was to allow access to data by the public. Therefore, all data are pre-tabulated, age-adjusted where necessary, and presented only when NCHS's standards of reliability and confidentiality are met. To present the greatest number of estimates for small subpopulations, three year averages are presented. While this might not allow for quick identification of changes in trend, it allows for a much greater number of reliable estimates to be included in the tables. These tables have been released both on CD-ROM and on the NCHS Internet site.

Currently, the tables in the data warehouse include:

1. Mortality: 1997-2001
2. Natality: 1997-2002
3. Behavioral Risk Factor Surveillance System (BRFSS): 1997--2002

Further information and access to these tables is available at: <http://www.cdc.gov/nchs/healthywomen.htm>.

Appendix II: Definitions and Methods

Appendix II contains an alphabetical listing of terms used in the *Women's Health and Mortality Chartbook*. It includes cross-references to related terms and synonyms. It also describes the methods used for calculating rates.

Age adjustment - Age adjustment is used to compare statistics for two or more populations at one point in time or one population at two or more points in time. Age-adjusted rates should be viewed as relative indexes rather than actual measures of risk. Age-adjusted rates and proportions are computed by the direct method by applying age-specific rates in a population of interest to a standardized age distribution in order to eliminate differences in observed rates or proportions that result from age differences in population composition.

Age-adjusted rates are calculated by the direct method as follows:

$$\sum_{i=1}^n r_i \times (p_i / P)$$

where r_i = rate or proportion in age group i in the population of interest
 p_i = standard population in age group i

$$P = \sum_{i=1}^n p_i$$

n = total number of age groups over the age range of the age-adjusted rate

Age adjustment by the direct method requires use of a standard age distribution. The standard for age adjusting death rates and estimates for this chartbook is the year 2000 projected U.S. resident population.

Mortality data

Death rates are age adjusted to the year 2000 U.S. standard population (Table I). Age-adjusted rates are calculated using age-specific death rates per 100,000 population rounded to 1 decimal place. Adjustment is based on 11 age groups.

BRFSS

Proportions are age adjusted to the year 2000 U.S. standard population (Table I). Adjustment is generally based on 3 age groups: 18-44, 45-64, and 65+.

Table I. United States standard population, 2000

Age	Number
All ages	1,000,000
Under 1 year	13,818
1-4 years	55,317
5-14 years	145,565
15-24 years	138,646
25-34 years	135,573
35-44 years	162,613
45-54 years	134,834
55-64 years	87,247
65-74 years	66,037
75-84 years	44,842
85 years and over	15,508

Body mass index (BMI) - See Obesity

Binge drinking - BRFSS respondents were asked a series of questions on alcohol consumption. Respondents who consumed 5 or more drinks on at least one occasion in the last month were defined as 'binge drinkers'. These alcohol consumption questions are part of a series of questions included in the standard BRFSS questionnaire in odd years and the data are generally reported as two year averages. The following states chose to also include the alcohol questions in 2000: Alaska, Idaho, Illinois, Iowa, Nevada, New Mexico, Ohio, Tennessee, Texas, Vermont, and Wisconsin. For these states, the data are reported as three year averages.

Blood stool tests - Blood stool testing, sometimes called fecal occult blood testing, is a chemical test that can detect minute traces of blood in the feces (stool). The test is normally done by applying a small sample of feces to a piece of paper that contains the reacting chemical. BRFSS respondents were asked the following questions: "A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever had this test using a home kit?" and "How long has it been since you had your last blood stool test using a home kit?" (for year 2001) or "When did you have your last blood stool test using a home kit?" (for years 1999 and 2000). The proportion shown are based on the respondents who answered "yes" to the first question and "within the past year" or "within the past 2 years" to the second question. These questions are part of a series of questions included in the standard BRFSS questionnaire in odd years and the data are reported as two year averages. The following states chose to also include the blood stool test questions in 2000: Colorado, Illinois, Massachusetts, Ohio and Utah. For these states, the data are reported as three year averages. Illinois asked this question of only half its sample in 2001.

Cause of death - Cause of death is reported by attending physicians, medical examiners, and coroners on death certificates filed in state vital statistics offices. For the purpose of national mortality statistics, every death is attributed to one underlying condition, based on information reported on the death certificate and utilizing the international rules for selecting the underlying cause of death from the reported conditions. Cause of death is coded according to the appropriate revision of the International Classification of Diseases (ICD). The Tenth Revision (ICD-10) was implemented in the U.S. effective with deaths occurring in January 1999 (Table II).

Underlying cause of death

The underlying cause is defined by the World Health Organization (WHO) as the disease or injury that initiated the train of events leading directly to death, or the circumstances of the accident or violence, which produced the fatal injury. In this chartbook, most death rates are computed using the underlying cause of death.

Multiple cause of death

The conditions that are not selected as underlying cause of death constitute the non-underlying cause of death, also known as multiple cause of death. In this chartbook, all deaths which listed diabetes as either underlying or multiple cause of death were tabulated within the category of diabetes-related deaths.

Table II. Codes for Selected Causes of Death, Tenth Revision of the *International Classification of Diseases (ICD-10)*

<i>Cause of death</i>	<i>ICD-10-codes</i>
All cause	A00-Z99
Heart disease	I00-I09, I11, I13, I20-I51
Coronary heart disease	I11, I20-I25
Total cancer	C00-C97
Breast cancer	C50
Colorectal cancer	C18-21
Lung cancer	C33-C34
Stroke	I60-I69
Chronic lower respiratory disease	J40-J47
Diabetes-related	E10-E14
Influenza and pneumonia	J10-J18
Unintentional injuries	V01-X59, Y85-Y86
Suicide	X60-X84

Cholesterol screening - BRFSS respondents were asked the questions: 1) "Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?" and 2) "About how long has it been since you last had your blood cholesterol checked?" The proportions shown are based on the respondents who answered "yes" to the first question and "within the past year", "within the past 2 years", or "within the past 5 years" to the second question. These questions are part of a series of questions included in the standard BRFSS questionnaire in odd years and the data are generally reported as two year averages. The following states chose to also include the cholesterol questions in 2000: Illinois, Iowa, Ohio, Oklahoma, Tennessee, and Virginia. For these states, the data are reported as three year averages. Illinois asked this question of only half its sample in 2001.

Death rate - Death rates are calculated by dividing the number of deaths in 1999-2001 in a population by the resident population in 2000 multiplied by three. Because 2000 was a census year, rates are based on unrounded census counts of the resident population, as of April 1. Death rates are expressed as the number of deaths per 100,000 females (See related Appendix II: Age adjustment and Table I. United States standard population, 2000).

Diagnosed high blood pressure – see High blood pressure

Early and adequate prenatal care – see Prenatal care, early and adequate

Exercise - see Leisure-time physical activity

Fecal occult blood testing - see Blood stool tests

Fruit and vegetable consumption - Fruit and vegetable consumption is calculated according to formulas developed by BRFSS staff. This calculation was based on respondents' answers to questions about average servings of fruit juice; fruits other than juices; green salad; potatoes not including french fries, fried potatoes, or potato chips; carrots; and all other vegetables. This series of questions is included in the standard BRFSS questions in even years and the data are reported as two year averages. The following states chose to also include the fruits and vegetables questions 2001: Arizona, Connecticut, Hawaii, Illinois, Iowa, Kentucky, Montana, Ohio, Tennessee, and Wisconsin. For these states, the data are reported as three year averages.

Geographic regions - The 50 states and the District of Columbia are grouped for statistical purposes by the U.S. Bureau of the Census into four geographic regions. These regions are as follows:

- Northeast: Connecticut, Maine, Massachusetts, New Hampshire, New Jersey, New York, Pennsylvania, Rhode Island, Vermont
- Midwest: Indiana, Illinois, Iowa, Kansas, Michigan, Minnesota, Missouri, Nebraska, North Dakota, Ohio, South Dakota, Wisconsin
- South: Alabama, Arkansas, Delaware, District of Columbia, Florida, Georgia, Kentucky, Louisiana, Maryland, Mississippi, North Carolina, Oklahoma, South Carolina, Tennessee, Texas, Virginia, West Virginia
- West: Arizona, California, Colorado, Hawaii, Idaho, New Mexico, Montana, Oregon, Utah, Nevada, Washington, Wyoming

Health insurance coverage - BRFSS respondents were asked the question "Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?" The proportions shown are based on the respondents who answered "yes."

Healthy People 2010 - Healthy People 2010 is a national health promotion and disease prevention agenda, developed by the U.S. Department of Health and Human Services. It is a statement of national health objectives designed to identify the most significant preventable threats to health and to establish national objectives to reduce these threats. Healthy People 2010 is a set of health objectives for the Nation to achieve over the first decade of the new century. More information on Healthy People 2010 is available at: <http://www.health.gov/healthypeople>.

High blood pressure - BRFSS respondents were asked the question "Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?" The proportions shown are based on the respondents who answered "yes." This question is part of a series of questions included in the standard BRFSS questionnaire in odd years and the data are reported as two year averages. The following states chose to also include the hypertension question in 2000: Illinois, Iowa, Maine, Ohio, Tennessee, and Virginia. For these states, the data are reported as three year averages. Illinois asked this question of only half of its sample in 2001.

Hispanic origin - Hispanic or Latino origin includes persons of Mexican, Puerto Rican, Cuban, Central and South American, and other or unknown Latin American or Spanish origins. Persons of Hispanic origin may be of any race. In BRFSS, questions on Hispanic origin are self-reported and precede questions on race. On the birth certificate, Hispanic origin of the mother is included as a check-box on the standard birth certificate form.

Ethnicity information on the death certificate is reported by the funeral director as provided by an informant, often the surviving next of kin, or, in the absence of an informant, on the basis of observation. Ethnicity information from the census is by self report. To the extent Hispanic origin is inconsistent between these two data sources, death rates will be biased. Studies have shown that persons self reported as Hispanic on census and survey records may sometimes be reported as non-Hispanic on the death certificate, resulting in an underestimation of deaths and death rates for Hispanics. The net effects of misclassification result in understated death rates for Hispanics by 2 percent.

For more information, see Rosenberg HM, Maurer JD, Sorlie PD, Johnson NJ, et al. *Quality of death rates by race and Hispanic origin: A summary of current research*, 1999. National Center for Health Statistics. Vital Health Stat 2(128). 1999.

Hypothesis tests - Two-tailed tests of significance were performed on all the comparisons mentioned in the text associated with each state's table (no adjustments were made for multiple comparisons). The test statistic used to determine statistical significance of the difference between two percents was:

$$Z = \frac{|X_a - X_b|}{\sqrt{S_a^2 + S_b^2}}$$

where X_a and X_b are the two percents/rates being compared, and S_a and S_b are the standard errors of those percents/rates. The critical value used for two-sided tests at the 0.05 level of significance was 1.96.

Leisure-time physical activity - BRFSS respondents were asked, "During the past month, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?" The proportions shown are based on the respondents who answered "no."

Mammogram - A mammogram is an x-ray of the breast to check for cancer and other irregularities in breast tissue. BRFSS female respondents were asked the questions, "Have you ever had a mammogram?" and "How long has it been since you had your last mammogram?" The proportions shown are based on the respondents who answered "yes" to the first question and "within the past year" or "within the past 2 years" to the second question. Female respondents in California received a modified lead-in to the first question which was "I would like to ask you a few questions about a medical exam called a mammogram." Thus, while the actual questions were the same, the comparability of the California data to other states due to this modified introduction is unknown. This question is part of a series of questions included in the standard BRFSS 2000 and 2002 core questionnaire and the data are reported as two year averages. In 2001, the following states chose to include these survey questions: Arizona, Arkansas, Colorado, Georgia, Hawaii, Mississippi, New Jersey, Oklahoma, Rhode Island, South Dakota, Tennessee, Wisconsin, and Wyoming. For these states, the data are reported as three year averages.

Obesity - Obesity is defined using the body mass index (BMI), a measure that adjusts bodyweight for height. BMI is calculated as weight in kilograms divided by height in meters squared. Obesity for adults is defined as a BMI greater than or equal to 30. BMI weight categories are defined in U.S. Department of Health and Human Services, *Tracking Healthy People 2010*. Washington, DC: U.S. Government Printing Office, November 2000. Objectives 19.1, 19.2, and 19.3, or it is available at: <http://www.health.gov/healthypeople/document/html/volume2/19nutrition.htm>. BRFSS depends on self-reported weight and height measurements, which may introduce error into the measure.

Pap smear - A Pap smear (also known as a Papanicolaou smear or Pap test) is a microscopic examination of cells scraped from the cervix that is used to detect cancerous or precancerous conditions of the cervix. BRFSS female respondents were asked the questions, "A Pap smear is a test for cancer of the cervix. Have you ever had a Pap smear?" and "How long has it been since your last Pap smear?" The proportions shown are based on the respondents who answered "yes" to the first question and "within the past year", "within the past 2 years" or "within the past 3 years" to the second question. Respondents in California received a modified lead-in to the first question which was "A Pap smear is a test where material is taken from the cervix, that is the mouth of the womb, to see if any cancer cells are present. Have you ever had a Pap smear?" Thus, while the actual questions were the same, the comparability of the California data to other states due to this modified introduction is unknown. This question is part of a series of questions included in the standard BRFSS 2000 and 2002 core questionnaire and the data are reported as two year averages. In 2001, 13 the following states chose to include these questions: Arizona, Arkansas, Colorado, Georgia, Hawaii, Mississippi, New Jersey, Oklahoma, Rhode Island, South Dakota, Tennessee, Wisconsin, and Wyoming. For those states, the data are reported as three year averages.

Population - The U.S. Bureau of the Census collects and publishes data on populations in the United States according to several different definitions. Various statistical systems then use the appropriate population for calculating rates. See also Appendix I: Population Census and Population Estimates.

Resident population

Resident population includes persons whose usual place of residence (that is, the place where one usually lives and sleeps) is in one of the 50 states or the District of Columbia. It includes members of the Armed Forces stationed in the U.S. and their families. It excludes international military, naval, and diplomatic personnel and their families located in this country and residing in embassies or similar quarters. Also excluded are international workers and international students in this country and Americans living abroad. The resident population is the denominator when calculating death rates.

Civilian noninstitutionalized population

The civilian noninstitutionalized population is the civilian population not residing in institutions. Institutions include correctional institutions, detention homes, and training schools for juvenile delinquents; homes for aged and dependent persons (for example, nursing homes and convalescent homes); homes for dependent and neglected children; homes and schools for mentally or physically handicapped persons; homes for unwed mothers; psychiatric, tuberculosis, and chronic disease hospitals; and residential treatment centers. Census Bureau estimates of the civilian noninstitutionalized population are used to calculate sample weights for BRFSS.

Prenatal care, early and adequate - Early and adequate prenatal care is a measure that combines the month prenatal care began and total number of prenatal care visits. This measure is called the Adequacy of Prenatal Care Utilization Index which was previously developed.²³ Adequacy of prenatal care is defined by this index based on two dimensions: the adequacy of initiation of prenatal care, which is determined by the month prenatal care begins, and the adequacy of received services, which compares the total number of prenatal visits adjusted for length of gestation with the expected number of visits based on standards set by American College of Obstetricians and Gynecologists. Births can be classified as "intensive use," "adequate," "intermediate," or "less than adequate." For this indicator, adequate prenatal care is defined as a score of either "adequate" or "intensive use."

Quintiles - Quintiles means divided into five parts. Quintiles were used in mapping indicators. Because 52 geographic areas are presented on each map, it was necessary for some categories to contain more states than others. In each map, the category showing the best health status contained at least 10 states and the category showing the worst health status contained no more than 10 states. If states with equivalent values crossed the break between first and second categories, both states were placed in the first category. If states with equivalent values crossed the break between fourth and fifth categories, both states were placed in the fourth category.

Map legend

Data value ranges describe the categories; they do not define the categories. For example, on maps where dark colors indicate low numerical values, the minimum value of the 1st range presented in the legend is the minimum value for the whole distribution. The minimum value for the 2nd range presented in the legend is 1 decimal point above the value of the last state in the 1st range.

Race - In 1977, the Office of Management and Budget (OMB) issued Race and Ethnicity Standards for Federal Statistics and Administrative Reporting in order to promote comparability of data among Federal data systems. The 1977 Standards called for the Federal Government's data systems to classify individuals into the following four racial groups: American Indian or Alaska Native, Asian or Pacific Islander, black, and white. Depending on the data source, the classification by race was based on self-classification or on observation by an interviewer or other person filling out the questionnaire. The 1977 Standards were used to present race in this chartbook.

Maternal race

If the race of the mother is not defined or not identifiable with one of the categories used in the classification (0.4 percent of births in 2001) and the race of the father is known, the race of the father is assigned to the mother. Where information for both parents is missing, the race of the mother is allocated electronically according to the specific race of the mother on the preceding record with a known race of mother. Data for both parents were missing for only 0.3 percent of birth certificates for 2001.

BRFSS race

Before 2001, respondents to the BRFSS survey were allowed to identify as only one race from the following list: White, Black, Asian/Pacific Islander, American Indian/Alaska Native. In 2001, the questionnaire was changed. The first change was that two Asian response categories were given: Asian and Native Hawaiian or Other Pacific Islander. The second change was to allow respondents the opportunity to give more than one response to the race question. Those respondents who answered they were of multiple races were asked "Which one of these groups would you say best represents your race?" Because the three-year averages calculated in the *Healthy Women* project include years with both single and multiple race questions, the preferred race was used in 2001 and 2002 for calculating proportions.

Mortality race

Deaths are classified by race: white, black, American Indian, and Asian or Pacific Islander. The white category includes, in addition to persons reported as white, those reported in the race item on the death certificate as Hispanic, Mexican, Puerto Rican, Cuban, and all other Caucasians. The American Indian category includes North, Central, and South American Indian, Eskimo, and Aleut. If the racial entry on the death certificate indicates a mixture of Hawaiian and any other race, the entry is coded to Hawaiian. If the race is given as a mixture of white and any other race, the entry is coded to the appropriate nonwhite race. If a mixture of races other than white is given (except Hawaiian), the entry is coded to the first race listed.

Quality of race data

A number of studies have been conducted on the reliability of race reported on the death certificate by comparing race on the death certificate with that reported on another data collection instrument, such as the census or a survey. Differences may arise because of differences in who provides race information on the compared records. Race information on the death certificate is reported by the funeral director as provided by an informant or in the absence of an informant, on the basis of observation. In contrast, race on the census or on the Current Population Survey (CPS) is obtained while the individual is alive and is self-reported or reported by another member of the household familiar with the individual and, therefore, may be considered more valid. A high level of agreement between the death certificate and the census or survey report is essential to assure unbiased death rates by race.

Results from several studies show that a person self-reported as American Indian or Asian on census or survey records was sometimes reported as white on the death certificate.²⁴⁻²⁶ The net effect of misclassification is an underestimation of deaths and death rates for races other than white and black. In addition, undercoverage of minority groups in the census and resultant population estimates, introduces biases into death rates by race.²⁷⁻²⁹ Estimates of the approximate effect of the combined bias due to race misclassification on death certificates and underenumeration on the 1990 census are as follows: white, -1.0 percent; black, -5.0; American Indian, +20.6, Asian or Pacific Islander, +10.7.²⁹

Other races and race not stated

All records coded as "Other races" (0.02 percent of the total deaths in 1997) were assigned to the specified race of the previous record. Records for which race was unknown, not stated, or not classifiable (0.08 percent) were assigned the racial designation of the previous record.

Ranking process - States were ranked in terms of their relative standing on each indicator shown in this chartbook. The ranks indicate how healthy a state's women were, in general, compared to other states. Low numbers designate states that are healthier relative to other states, while high numbers denote states with less healthy populations. Because not all indicators are measured in the same direction, this ranking does not necessarily match higher or lower values for particular indicators. For example, states with high proportions of women who smoke would be given rankings of higher numbers, while states with high proportions of women who did not smoke during pregnancy would be given rankings with lower numbers.

When states were tied, the lower (or healthier) ranking was given to those states and the higher ranking was not used. For example, Vermont and Wyoming each have the same percentage of women reporting diagnosed high blood pressure. Three states had lower percentages of diagnosed high blood pressure than Vermont and

Wyoming, so both states were given the ranking 4. The next highest percentage was found in Connecticut and that state was given the ranking 6 because a total of 5 states have lower percentages than Connecticut.

Map colors

Darker colors on the maps represent poorer relative health status. Lighter colors on maps represent better relative health status. Because not all indicators are measured in the same direction, the colors do not indicate higher or lower percentages or rates. For example, states with high proportions of women who smoke are shaded dark colors, while states with high proportions of women who did not smoke during pregnancy are shaded lighter colors.

Region - See Geographic region

Relative standard error - The relative standard error (RSE) is a measure of an estimate's reliability. The RSE of an estimate is obtained by dividing the standard error of the estimate (SE(r)) by the estimate itself (r). This quantity is expressed as a percent of the estimate and is calculated as follows: $RSE=100 \times (SE(r)/r)$. Estimates with large RSEs are considered unreliable and are not presented. For death and birth data, rates or proportions with a numerator of less than 20, which corresponds to an RSE of 23 percent are considered unreliable. For BRFSS, proportions with a RSE of > 30 percent are considered unreliable.

Routine check-up - BRFSS respondents are asked the question "About how long has it been since you last visited a doctor for a routine checkup?" The proportions shown are based on the respondents who answered "within the past year" or "within the past 2 years".

Smoking currently - Smoking status is calculated according to formulas developed by BRFSS staff. This calculation was based on respondents' answers to a series of smoking questions. BRFSS respondents defined as 'current smokers' have smoked at least 100 cigarettes in their entire life and smoke everyday or some days.

Smoking during pregnancy - Whether or not tobacco was used during pregnancy is reported on the birth certificate in most states. California did not collect that information during the entire period, and South Dakota only began collecting tobacco use on their birth certificate starting in 2000. The areas reporting tobacco use comprised 87 percent of the U.S. births in 1999-2001.

Standard of reliability or precision - see Relative standard error

Unknown values - All unknown values (persons coded as "refused," "don't know," or "not ascertained") with respect to each variable of interest were removed from the denominators when calculating the proportions presented.

Appendix III: References

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***Healthy Women: State Trends in Health and Mortality* data files may be downloaded
from the NCHS website:**

<http://www.cdc.gov/nchs/healthywomen.htm>

The complete data collection is also available on CD-ROM.

For more information on NCHS products, contact:

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