

**Minority Health Disparities in Pennsylvania  
Adult Behavioral Health Risk Factors (2017):**

**Publication date: December 2018**

Please keep in mind that, as you digest the data provided, many factors influence health outcomes. Where one lives, works and plays impacts one’s health and quality of life. Interrelationships among the social determinants of health (SDoH), such as income, education, housing and transportation, all contribute to a community’s chances to thrive.

**Black or African American, non-Hispanic adults in Pennsylvania reported significantly higher percentages than white, non-Hispanic adults for:**

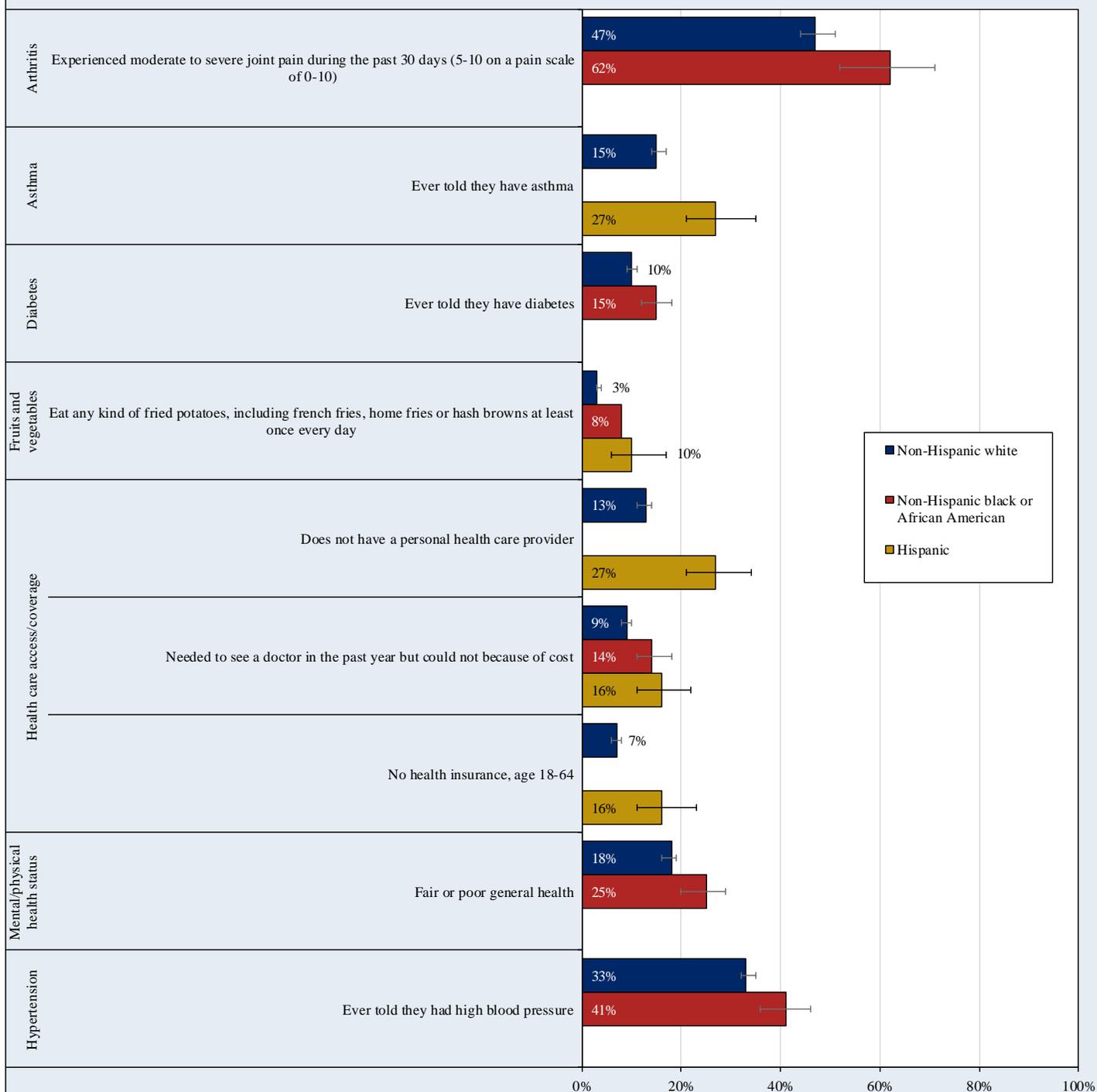
<b>Behavioral Risk Factor Surveillance System (BRFSS) Category</b>	<b>Behavioral Risk Factor</b>
Arthritis	<ul style="list-style-type: none"> <li>Experienced moderate to severe joint pain during the past 30 days (5-10 on a pain scale of 0-10)</li> </ul>
Fruits and vegetables	<ul style="list-style-type: none"> <li>Eat any kind of fried potatoes, including french fries, home fries or hash browns at least once every day</li> </ul>
Diabetes	<ul style="list-style-type: none"> <li>Ever told they have diabetes</li> </ul>
Health care access/coverage	<ul style="list-style-type: none"> <li>Needed to see a doctor in the past year but could not because of cost</li> </ul>
Mental/physical health status	<ul style="list-style-type: none"> <li>Fair or poor general health</li> </ul>
Hypertension	<ul style="list-style-type: none"> <li>Ever told they had high blood pressure</li> </ul>
Social determinants of health	<ul style="list-style-type: none"> <li>There was a time during the last 12 months that they were not able to pay their mortgage, rent or utility bills</li> <li>They consider their neighborhood to be unsafe or extremely unsafe</li> <li>They had stress all of the time in the past 30 days</li> <li>They often did not have the money to buy more food when the food they bought did not last</li> <li>They sometimes or often did not have the money to buy more food when the food they bought did not last</li> <li>They sometimes or often did not have the money to eat balanced meals</li> <li>They usually do not have enough money left over to make ends meet at the end of the month</li> <li>They usually have just enough money left over to make ends meet at the end of the month</li> </ul>
Prescription drugs	<ul style="list-style-type: none"> <li>Used any prescription pain medications in the past year</li> </ul>

**Hispanic adults in Pennsylvania reported significantly different percentages than white, non-Hispanic adults for:**

<b>Behavioral Risk Factor Surveillance System (BRFSS) Category</b>	<b>Behavioral Risk Factor</b>
Asthma	<ul style="list-style-type: none"> <li>• Ever told they have asthma</li> </ul>
Fruits and vegetables	<ul style="list-style-type: none"> <li>• Eat any kind of fried potatoes, including french fries, home fries or hash browns at least once every day</li> </ul>
Health care access/coverage	<ul style="list-style-type: none"> <li>• Does not have a personal health care provider</li> <li>• Needed to see a doctor in the past year but could not because of cost</li> <li>• No health insurance, age 18-64</li> </ul>
Social determinants of health	<ul style="list-style-type: none"> <li>• They consider their neighborhood to be unsafe or extremely unsafe</li> <li>• They had no stress in the past 30 days</li> <li>• They moved from one home to another at least one time in the last 12 months</li> <li>• They often did not have the money to buy more food when the food they bought did not last</li> <li>• They sometimes or often did not have the money to buy more food when the food they bought did not last</li> <li>• They sometimes or often did not have the money to eat balanced meals</li> <li>• They usually do not have enough money left over to make ends meet at the end of the month</li> </ul>

## Behavioral Health Risks, 2017

### Significant Differences Compared to White Pa. Residents



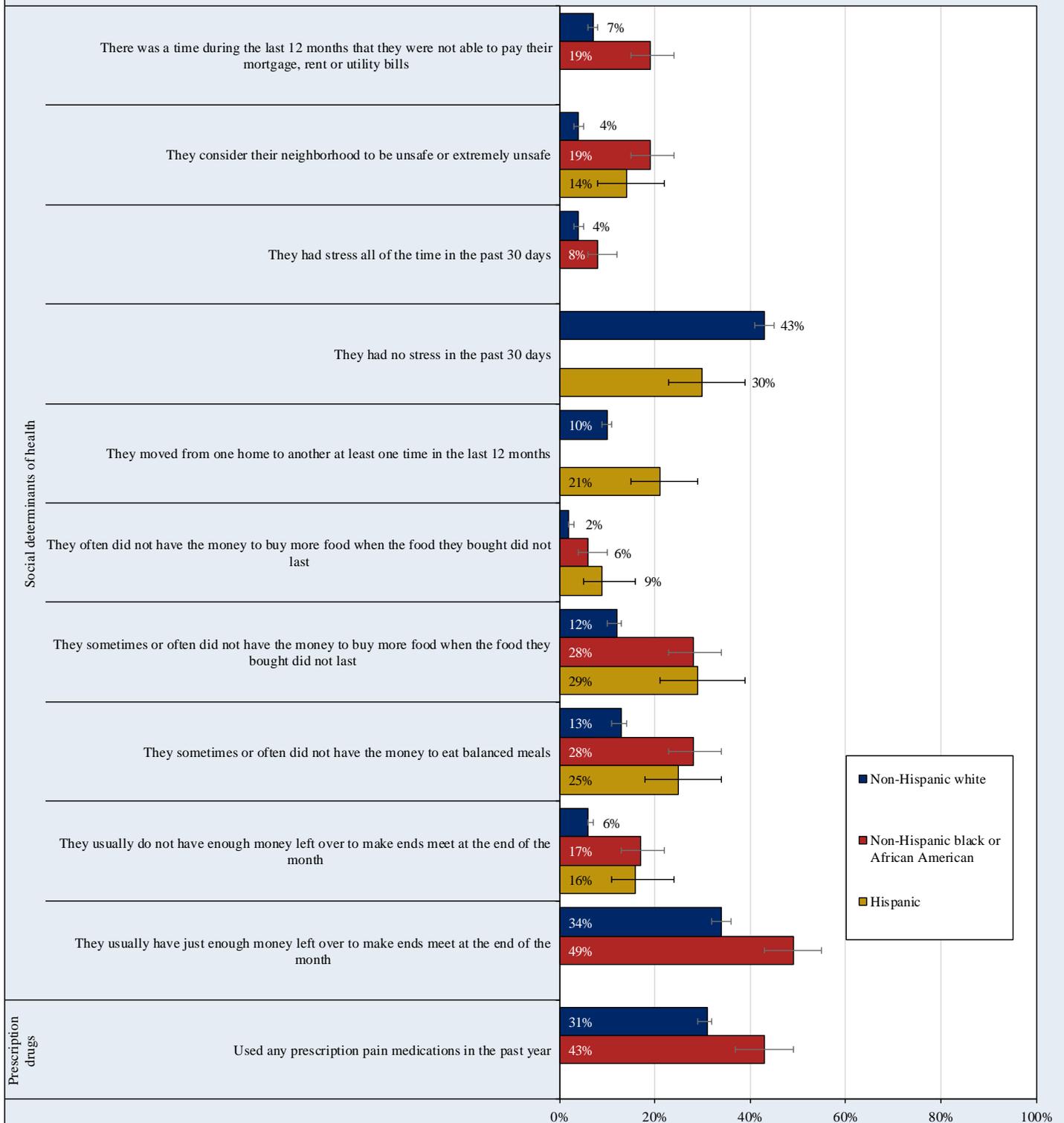
The symbol,  $\pm$ , represents a 95% confidence interval. Confidence intervals are a way to measure sampling error and define the range of values where percentages estimated by multiple samples of the same population would be found (95 percent of the time).

NOTE: In 2011, the BRFSS added numbers from a cell phone sample to the sample of landline telephones. This remedied a gap in coverage that had developed as people switched to cell phones. A new weighting methodology called "iterative proportional fitting" or "raking," was also introduced. Therefore, single-year measures should be re-benchmarked at the 2011 estimate values and not compared to BRFSS estimates from previous years.

SOURCE: Pa. Department of Health, Division of Health Informatics, Behavioral Risk Factor Surveillance System

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