

Minority Health Disparities in Pennsylvania Adult Behavioral Health Risk Factors (2021):

Publication date: August 2023

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:

Behavioral Risk Factor Surveillance System (BRFSS) Category	Behavioral Risk Factor
Adverse childhood experiences	<ul style="list-style-type: none"> As a child, an adult or someone 5+ years older tried to make them touch them sexually As a child, their parents/adults slapped/hit/kicked/punched/beat each other up at least one time in their home As a child, they had someone at least 5 years older touch them sexually at least one time As a child, they were forced to have sex 1+ times with an adult or someone 5+ years older than them Before age 18, their parents/adults hit/beat/kicked/physically hurt them in any way at least one time in their home During childhood their parents were separated or divorced During childhood they lived with someone who served time or was sentenced to prison/jail/correctional facility During childhood they lived with someone who used illegal street drugs or abused prescription medications
Arthritis	<ul style="list-style-type: none"> Arthritis or joint symptoms limit their usual activities (out of adults who were told they have arthritis or joint symptoms) Arthritis symptoms affect their work (out of adults who were told they have arthritis or joint symptoms) Experienced moderate to severe joint pain during the past 30 days (5-10 on a pain scale of 0-10)
Asthma	<ul style="list-style-type: none"> Currently has asthma Ever told they have asthma
Diabetes	<ul style="list-style-type: none"> Ever told they have diabetes
Fruits and vegetables	<ul style="list-style-type: none"> Eat any kind of fried potatoes, including french fries, home fries or hash browns at least once every day
Health care access/coverage	<ul style="list-style-type: none"> Needed to see a doctor in the past year but could not because they could not afford it They have no health insurance coverage of any type
Mental/physical health status	<ul style="list-style-type: none"> Fair or poor general health Have difficulty doing errands alone (doctor visit, shopping, etc.) because of a physical, mental or emotional condition Have serious difficulty walking or climbing stairs
HIV/AIDS	<ul style="list-style-type: none"> Tested for HIV in the past year (except blood donation), age 18-64
Hypertension	<ul style="list-style-type: none"> Ever told they had high blood pressure

Overweight and obesity	<ul style="list-style-type: none"> • Obese (BMI GE 30) • Overweight (BMI GE 25)
Physical activity	<ul style="list-style-type: none"> • No leisure time physical activity in the past month
Tobacco/e-cigarette use	<ul style="list-style-type: none"> • Smokes some days
Hearing/vision problems	<ul style="list-style-type: none"> • Either blind or have serious difficulty seeing, even when wearing glasses
Illegal/prescription drug use	<ul style="list-style-type: none"> • Used any prescription pain medications in the past year
Coronavirus (COVID-19) pandemic	<ul style="list-style-type: none"> • Lost health insurance due to the coronavirus (COVID-19) pandemic since March 1st, 2020

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

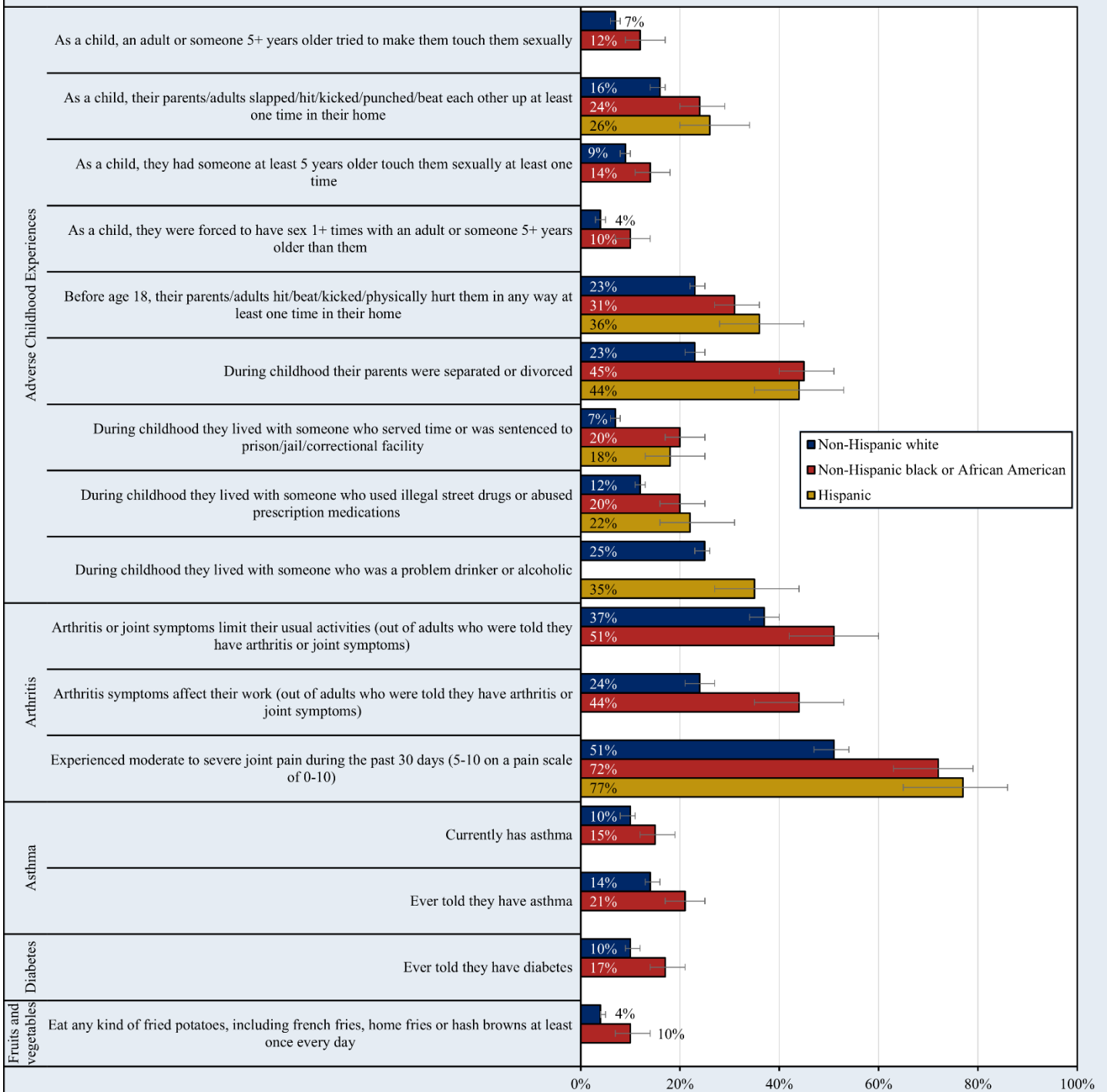
Behavioral Risk Factor Surveillance System (BRFSS) Category	Behavioral Risk Factor
Adverse childhood experiences	<ul style="list-style-type: none"> • As a child, their parents/adults slapped/hit/kicked/punched/beat each other up at least one time in their home • Before age 18, their parents/adults hit/beat/kicked/physically hurt them in any way at least one time in their home • During childhood their parents were separated or divorced • During childhood they lived with someone who served time or was sentenced to prison/jail/correctional facility • During childhood they lived with someone who used illegal street drugs or abused prescription medications • During childhood they lived with someone who was a problem drinker or alcoholic
Arthritis	<ul style="list-style-type: none"> • Experienced moderate to severe joint pain during the past 30 days (5-10 on a pain scale of 0-10)
Health care access/coverage	<ul style="list-style-type: none"> • Does not have a personal health care provider • Needed to see a doctor in the past year but could not because they could not afford itNo health insurance, age 18-64 • They have no health insurance coverage of any type
Mental/physical health status	<ul style="list-style-type: none"> • Have serious difficulty concentrating, remembering or making decisions because of a physical, mental or emotional condition
HIV/AIDS	<ul style="list-style-type: none"> • Tested for HIV in the past year (except blood donation), age 18-64
Hearing/vision problems	<ul style="list-style-type: none"> • Either blind or have serious difficulty seeing, even when wearing glasses
Sexual violence	<ul style="list-style-type: none"> • Have been exposed to an unwanted sexual situation not involving physical touching (sexual harassment, peeping Tom, etc.) in the past year
Coronavirus (COVID-19) pandemic	<ul style="list-style-type: none"> • Lost health insurance due to the coronavirus (COVID-19) pandemic since March 1st, 2020

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

Behavioral Risk Factor Surveillance System (BRFSS) Category	Behavioral Risk Factor
Health care access/coverage	<ul style="list-style-type: none"> • Does not have a personal health care provider

Behavioral Health Risks, 2021

Significant Differences Compared to White Pa. Residents



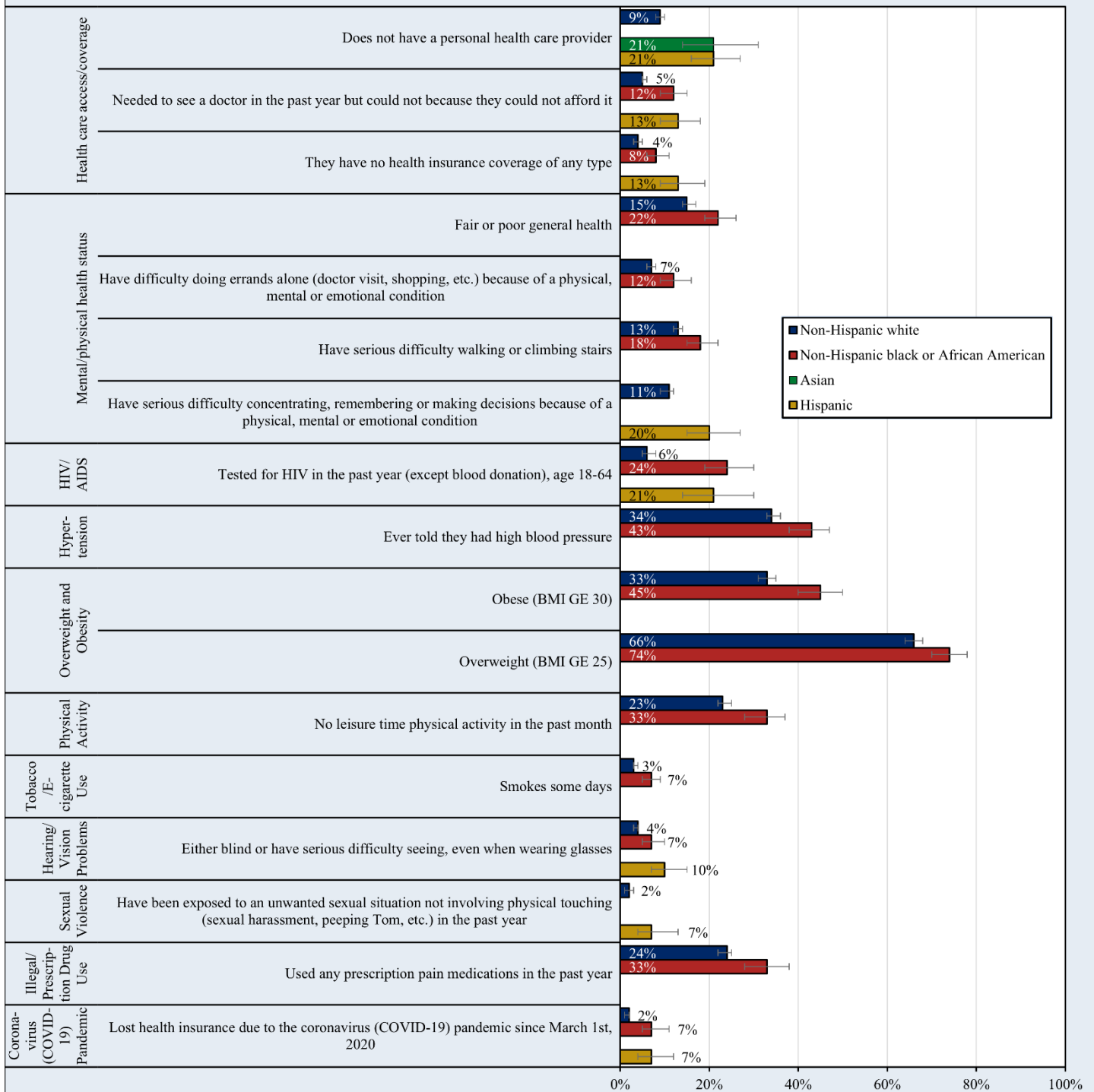
The symbol, \pm , represents a 95% confidence interval. Confidence intervals are a way to measure sampling error and define the range of values where percentages estimated by multiple samples of the same population would be found (95 percent of the time).

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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