

Cholesterol Awareness

Recommendations/Conclusions: In 2005, Louisiana residents were least likely to report having had their cholesterol checked in the past five years if they were: over 55 years old, Black, had a high school education or less, had a household income of \$50,000 or less or were unemployed. Whites had a higher proportion of reported high cholesterol levels compared to Blacks. High cholesterol levels also increased for Louisiana residents aged 55 years or more.

Cholesterol awareness among adults, overall and by select categories Behavioral Risk Factor Surveillance System, Louisiana 2005

Characteristic+	Ever Had Cholesterol Checked**			Had Cholesterol Checked Last 5 Years***			Ever Told High Cholesterol++		
	Sample Size*	%	95% CI	Sample Size*	%	95% CI	Sample Size*	%	95% CI
Total	2337	77	(75.0-79.0)	2184	73.9	(71.8-76.0)	779	30.3	(28.1-32.4)
Age									
18-34	377	59.5	(58.9-64.1)	349	57.1	(52.3-61.7)	50	11.9	(8.1-15.7)
35-54	940	79.4	(76.5-82.2)	870	75.1	(72.1-78.0)	275	29.9	(26.5-33.3)
55+	1020	92.9	(91.3-94.5)	965	20.9	(18.1-23.8)	454	43.7	(40.3-47.2)
Gender									
Male	800	76.4	(73.2-79.7)	753	74	(70.7-77.4)	272	30.1	(26.6-33.7)
Female	1537	77.5	(75.0-79.9)	1431	73.8	(71.2-76.3)	507	30.4	(27.9-33.0)
Race									
White	1630	80.4	(78.1-82.7)	1503	76.3	(73.9-78.7)	561	32.3	(29.7-35.0)
Black	548	70.3	(66.0-74.6)	530	69.4	(65.1-73.7)	170	25.8	(21.6-30.0)
Education									
< High school	307	72.6	(67.1-78.2)	290	70.8	(65.1-76.5)	126	37.5	(31.0-44.1)
High school grad	785	71.8	(68.2-75.5)	736	68.8	(65.0-72.6)	274	30.2	(26.5-33.9)
Some college/grad	1239	82.1	(79.6-84.6)	1153	78.6	(76.0-81.2)	378	28.6	(25.7-31.5)
HH Income									
<\$25,000	682	72.7	(68.9-76.6)	641	70.2	(66.3-74.2)	262	34.1	(29.9-38.3)
\$25,000-\$49,999	591	75.1	(71.2-79.0)	550	71.5	(67.5-75.6)	181	26.5	(22.3-30.7)
\$50,000+	671	86.4	(83.6-89.2)	630	82.6	(79.5-85.7)	207	30.4	(26.5-34.2)
Employment									
Employed	1098	76.5	(73.7-79.3)	1030	73.3	(70.4-76.2)	293	24.5	(21.7-27.4)
Self-employed	716	88.2	(85.3-91.0)	666	85.2	(82.1-88.3)	278	38	(33.8-42.1)
Unemployed	279	60.9	(54.8-66.9)	260	57.9	(51.7-64.0)	86	25.2	(19.5-30.9)
Unable to work	241	81	(74.5-87.6)	225	78.3	(71.4-85.1)	121	47.4	(39.7-55.0)

* Percentages are based on weighted data estimates. Un-weighted sample size (cholesterol check) = 2377. Un-weighted sample size (checked in five years) = 2184. Un-weighted sample size (high cholesterol) = 779.

+ In this analysis, data for each category are included only for persons for whom the data were available; excluded data were either unknown or refused.

**The proportion who reported ever had cholesterol checked in their life time.

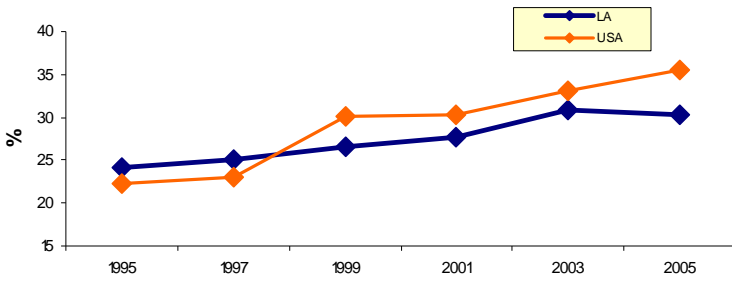
*** The proportion who reported having cholesterol checked in past five years.

++The proportion who reported that they were told to have a high level of cholesterol by a doctor, nurse or health care professional

High cholesterol is a risk factor for developing cardiovascular disease, more specifically, coronary heart disease (CHD) (Healthy People, 2000). In the United States about 12 million people currently have CHD and over 50 million adults in the United States have high cholesterol (Healthy People, 2000). Therefore, the focus of *Healthy People 2010* is to reduce CHD and other heart diseases by focusing on the risk factors, such as cholesterol.

One of the *Healthy People 2010* health objectives is to reduce the average total blood cholesterol levels of all adults to 199mg/dL (2000). Health practitioners recommended that adults check their blood cholesterol levels once every 5 years in order to manage these levels more effectively (Healthy People, 2000). Healthy cholesterol levels can be maintained through a healthy diet as well as increasing physical activity (Healthy People, 2000).

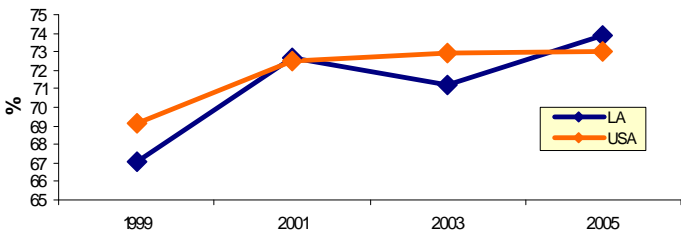
Individuals that were told that he or she had high Cholesterol levels US & LA Respondents for BRFSS



In 2005, 73.9% [95% CI: 71.8-76.0] of Louisiana residents reported that they had their cholesterol checked in the last 5 years. Louisiana residents between the ages 35-54 years were more likely to report having had a recent cholesterol check than were those in all other age categories.

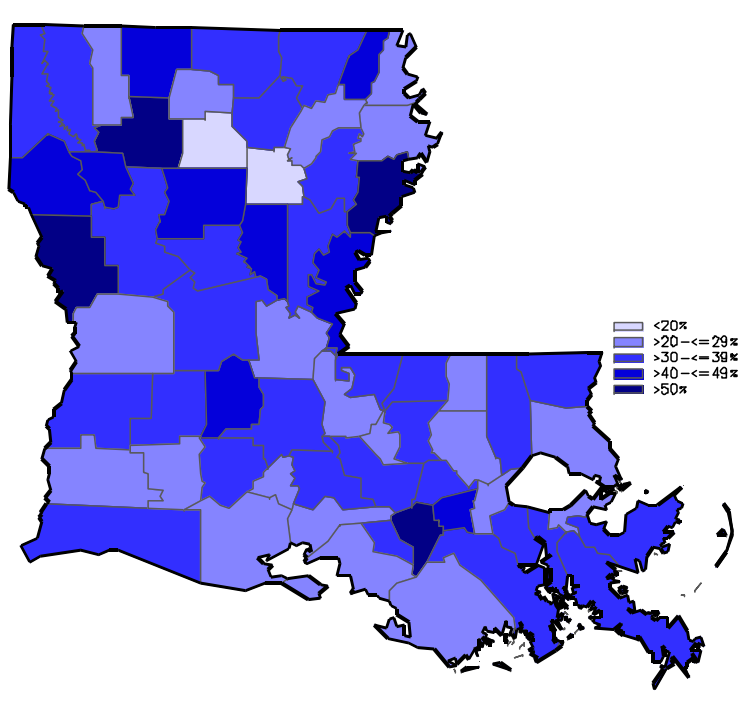
Between 1999 and 2005, receiving regular cholesterol checks became more common among both Louisiana and US residents. Louisiana have similar rates compared to national rates for having cholesterol levels checked on a regular basis. (fig XX)

US & LA Residents that had their Cholesterol checked in the last 5 Years



When examining cholesterol levels in 2005, 30.3% of Louisiana residents had been told by a health professional that he or she had a high cholesterol level. Whites had a higher proportion of reported high cholesterol levels compared to Blacks. Gender had no significant effect on reported high cholesterol levels. Persons aged 55 years and above had the highest proportion of reported high cholesterol levels when compared to other age groups. When looking at the employment categories, persons that claimed that they were unable to work had the highest proportion of high cholesterol levels.

Prevalence of Louisiana residents with High Cholesterol levels by Parish 2004-2005**and Region +



Parish**	N	%	95% CI
Bienville*	35	57.1	[32.6 - 83.1]
Tensas*	25	55.3	[22.6 - 88]
Sabine	53	53.4	[34.2 - 72.8]
Assumption	58	52	[33.8 - 71.3]
Concordia	65	47.8	[28 - 67.3]
Claiborne	50	46.3	[28.2 - 64]
W Carroll*	31	45.7	[22.1- 69.3]
Red River*	17	45	[13.5 - 77.3]
St James*	44	44.7	[25.3- 64.2]
Desoto	54	44.2	[26.6 - 61.7]

*Denotes category less than 50 respondents. Inferences based on categories with less than 50 respondents should be used with caution.

**Two data files for the years 2004 and 2005 were appended to create one data file to increase the sample size for the parishes.

Region+	N	%	95% CI
1	784	31.8	[16.1 - 22.2]
2	754	32.1	[17.7 - 24]
3	726	32.9	[24.3 - 31.3]
4	705	27.7	[21.6 - 27.8]
5	719	30.4	[22.9 - 29.8]
6	725	36.6	[24.6 - 31.6]
7	770	37.7	[18.9 - 25]
8	726	32.2	[22.2 - 29]
9	776	30.9	[23.7 - 30]