



# Westchester County Department of Health



2024.08

## Community Health Data Report

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### Self-Reported Health Status, Westchester County, 2021 – 2022 Updates from the Behavioral Risk Factor Surveillance System (BRFSS)

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Prepared by WCDH  
Planning & Evaluation

Project Staff:  
Nidhi Patel, MPH  
Medical Data Analyst

Project Director:  
Jiali Li, Ph.D.  
Director of Research &  
Evaluation

The Behavioral Risk Factor Surveillance System (BRFSS) is an annual nationwide telephone survey conducted by the Centers for Disease Control and Prevention (CDC). A standardized questionnaire is used to collect prevalence data among U.S. residents 18 years and older regarding their health status, risk behaviors, and preventive practices affecting their overall health.

Data included in this report are from the 2021 and 2022 BRFSS located at the CDC’s resource website PLACES (Population Level Analysis and Community Estimates, <https://www.cdc.gov/places/index.html>), which was created by the collaboration of the Robert Wood Johnson Foundation and the CDC Foundation. PLACES provides health data at the local level across the U.S., including counties, incorporated and census-designated places, census tracts, and ZIP Code Tabulation Areas (ZCTAs). Using estimates from the BRFSS, PLACES allows local health departments to understand the impact of various health measures on their communities.

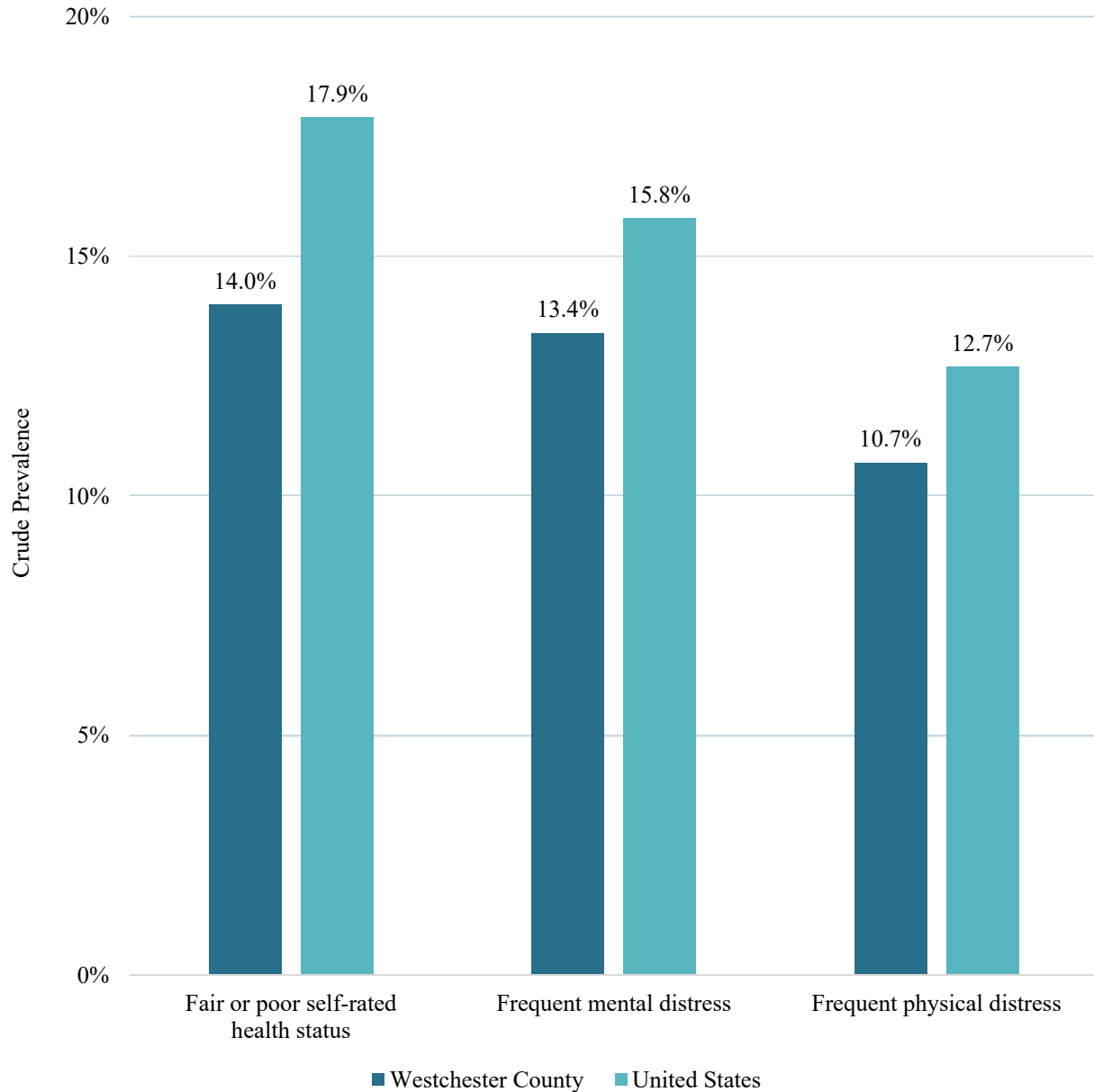
The health estimates for Westchester County are presented by prevalence (%) and grouped into five categories relating to chronic disease: health status, health outcomes, disability, prevention service utilization, and health risk behaviors. Prevalence is defined as the proportion of a population who have a certain health condition at a specific period of time. Prevalence estimates determined by PLACES are directly based on the population counts that were used for the 2021 and 2022 BRFSS. For Westchester County prevalence estimates, a total population of 990,427 and an adult population (18 years and older) of 783,613 were used. For the national prevalence estimates, a total population of 333,287,557 and an adult population of 260,836,730 were used. Due to limited sample sizes, data for Westchester are reported at the county level only.



George Latimer, County Executive  
Sherlita Amler, MD, Commissioner  
Department of Health

# Health Status

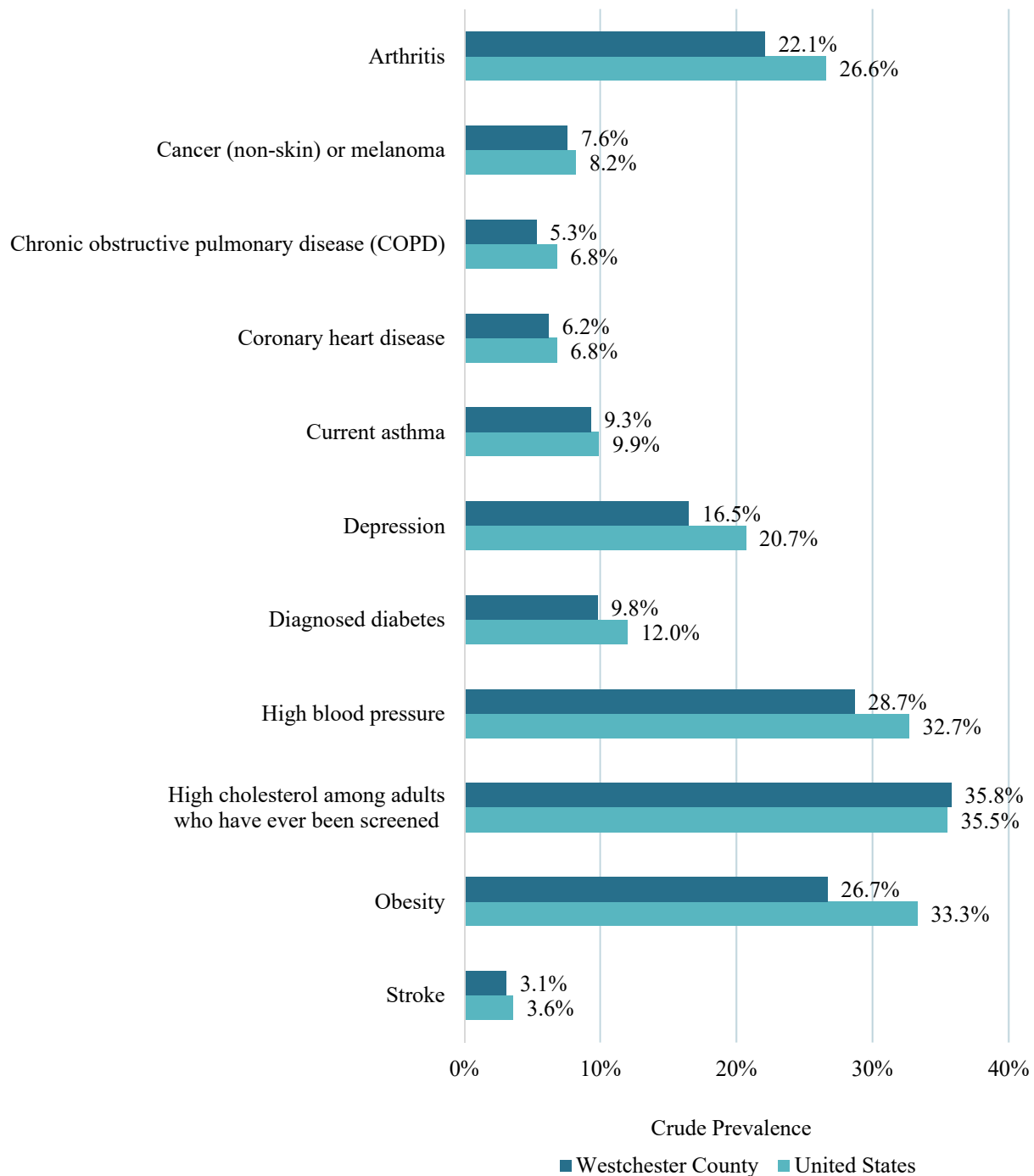
Reported health status, population 18 years and older,  
Westchester County, 2021 - 2022



In comparison to the United States, Westchester County adults reported being in better overall, mental, and physical health. Fourteen percent considered themselves to be in either fair or poor health, 13.4% reported frequent mental distress, and 10.7% reported frequent physical distress. The national prevalence of all three health status indicators was higher in comparison to that of Westchester County.

# Health Outcomes

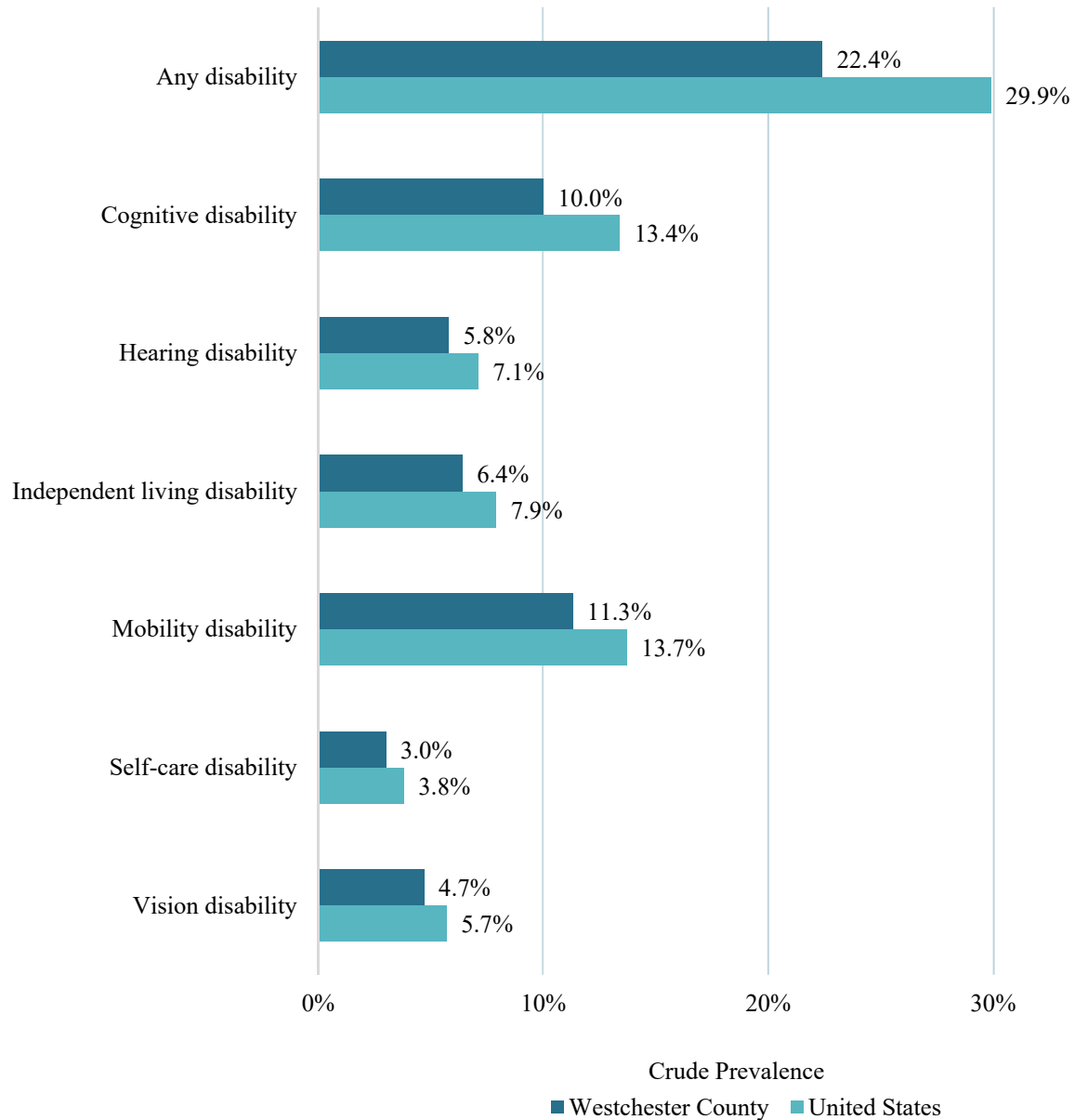
## Reported health outcomes, population 18 years and older, Westchester County, 2021 - 2022



The most prevalent health outcomes reported among Westchester County adults were high cholesterol (36%), high blood pressure (29%), and obesity (27%). The national prevalence of all health outcomes were higher than those of Westchester County, except for high cholesterol, which was reported to be slightly more prevalent in Westchester County.

# Disability

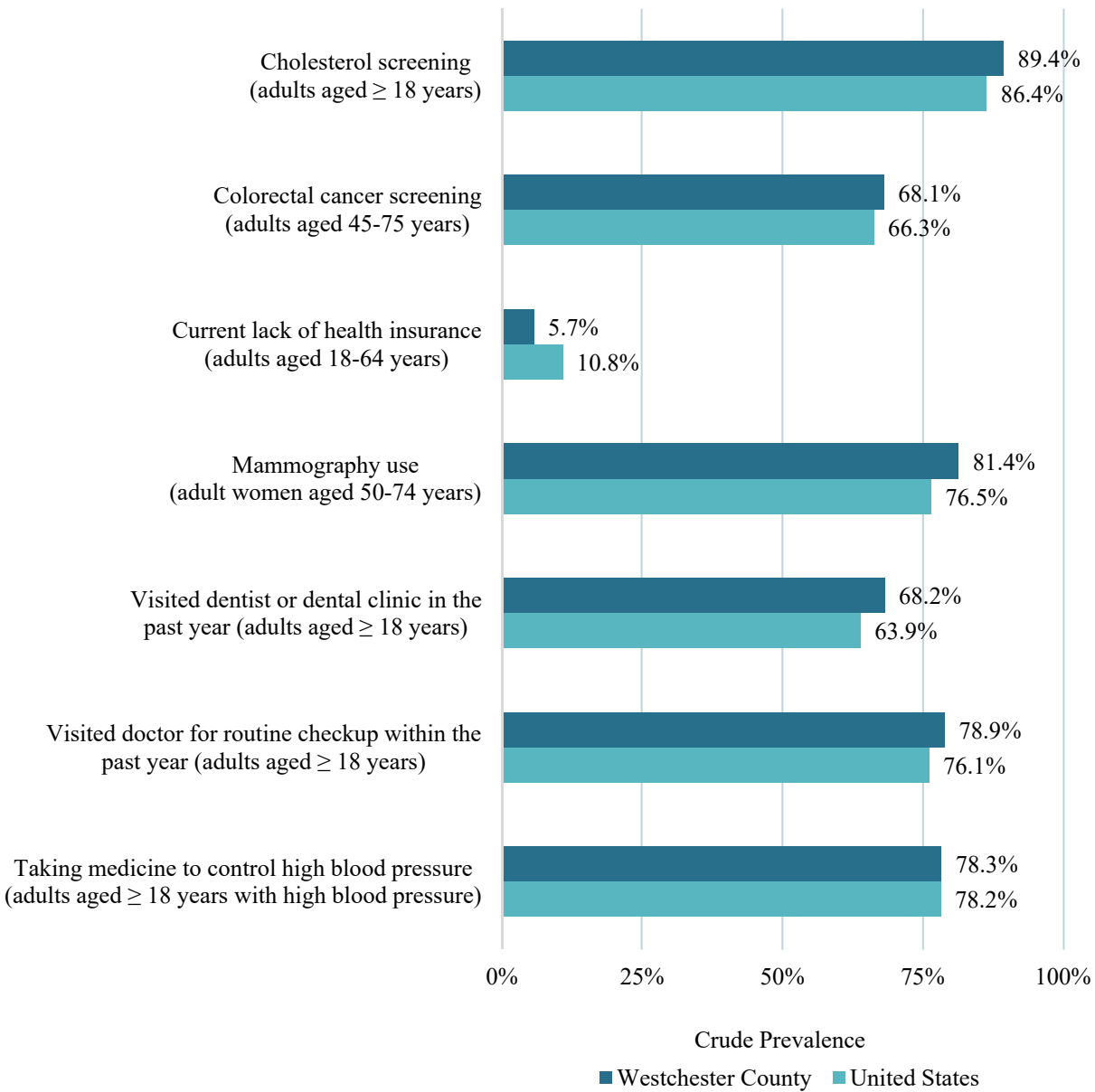
Reported disability, population 18 years and older,  
Westchester County, 2021 - 2022



Approximately 22% of Westchester County adults reported living with a disability, in comparison to the national prevalence of almost 30%. The national prevalence of all disability indicators were higher in comparison to those of Westchester County. Mobility disability and cognitive disability were the most common disabilities reported in both Westchester County and the United States.

# Prevention Service Utilization

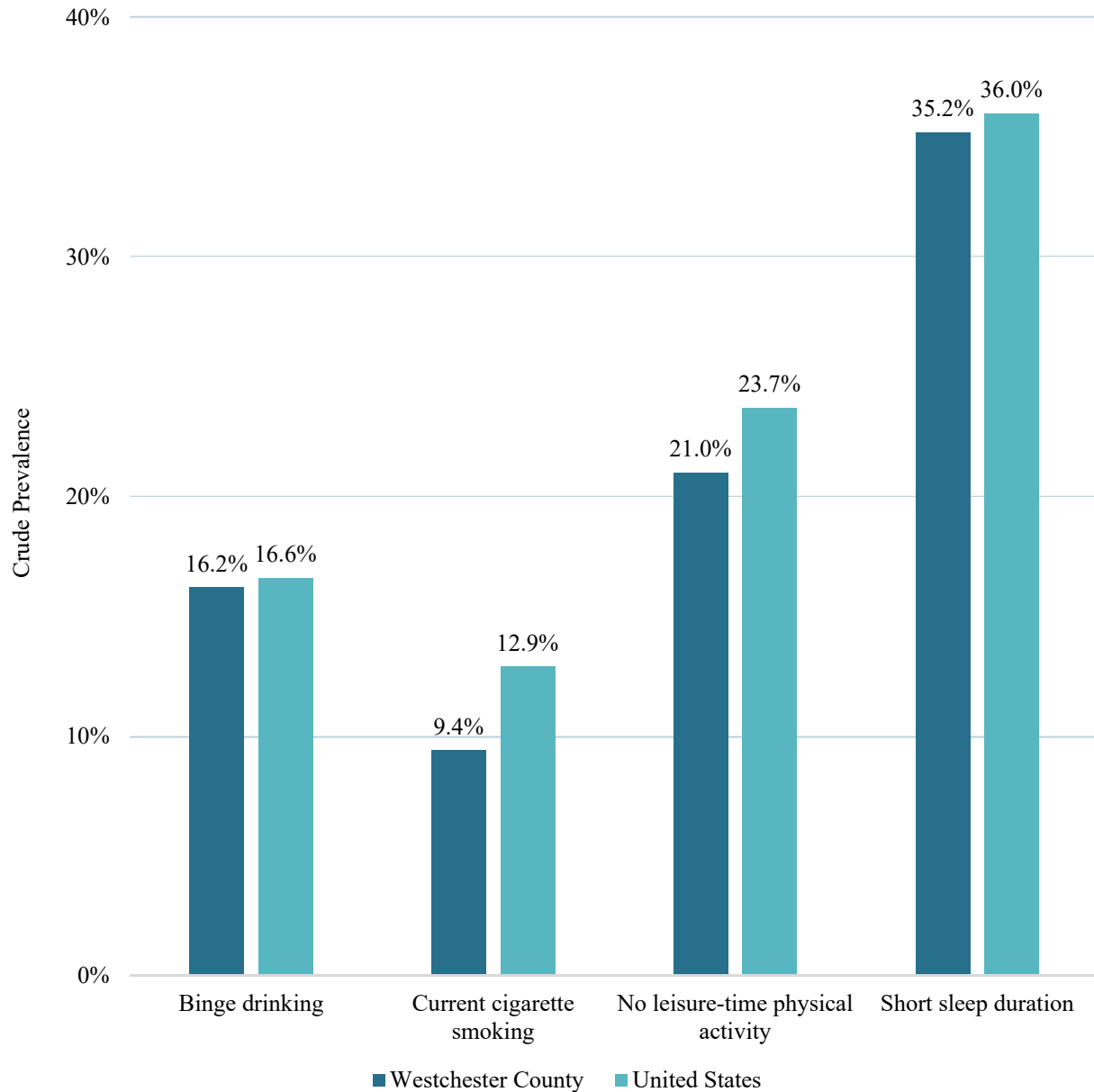
## Reported prevention service utilization, Westchester County, 2021 - 2022



About 6% of Westchester County adults aged 18 to 64 years reported not having health insurance, in comparison to almost 11% across the United States. Westchester County also reported a higher prevalence of recent dentist and doctor visits among adults than the national prevalence. Additionally, the majority of county residents reported receiving age-appropriate clinical preventive services, with prevalence indicators all higher than what was reported nationally.

# Health Risk Behaviors

Reported health risk behaviors, population 18 years and older,  
Westchester County, 2021 - 2022



Among Westchester County adults, about 16% reported binge drinking and 9% reported currently smoking cigarettes. Over one-fifth reported not participating in leisure-time physical activity, and over one-third reported short sleep duration. The national prevalence of all risk behavior indicators were higher in comparison to those of Westchester County.

# Prevalence Data

## Prevalence of self-reported health status indicators, Westchester County vs. United States, 2021 - 2022

Category	Measure	Westchester County Prevalence & 95% Conf. Limits (%)	United States Prevalence & 95% Conf. Limits (%)
Health Status	<u>Fair or poor self-rated health status among adults aged ≥18 years</u> <i>Respondents reported their general health status as one of the following acceptable choices: Excellent, Very Good, Good, Fair, Poor</i>	14 (12.7-15.3)	17.9 (17.6-18.1)
	<u>Frequent mental distress among adults aged ≥18 years</u> <i>Frequent mental distress here is 14 or more days, during the past 30 days, that the respondent's mental health (including stress, depression, and problems with emotions) was not good.</i>	13.4 (12.2-14.5)	15.8 (15.5-16)
	<u>Frequent physical distress among adults aged ≥18 years</u> <i>Frequent physical distress here is 14 or more days, during the past 30 days, that the respondent's physical health (including physical illness and injury) was not good.</i>	10.7 (9.7-11.7)	12.7 (12.4-12.9)
Health Outcomes	<u>Arthritis among adults aged ≥18 years</u> <i>A "yes" to the question: "Have you ever been told by a doctor, nurse, or other health professional that you had some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?"</i>	22.1 (22.0-22.2)	26.6 (26.4-26.9)
	<u>Cancer (non-skin) or melanoma among adults aged ≥18 years</u> <i>A "yes" to the question: "Have you ever been told by a doctor, nurse, or other health professional that you had melanoma or any other types of cancer?" and a "no" to the question, "Have you ever been told by a doctor, nurse, or other health professional that you had skin cancer that is not melanoma?"</i>	7.6 (6.9-8.3)	8.2 (8.0-8.3)
	<u>Chronic obstructive pulmonary disease among adults aged ≥18 years</u> <i>A "yes" to the question: "Have you ever been told by a doctor, nurse, or other health professional that you had C.O.P.D. (chronic obstructive pulmonary disease), emphysema or chronic bronchitis?"</i>	5.3 (4.8-5.8)	6.8 (6.6-6.9)
	<u>Coronary heart disease among adults aged ≥18 years</u> <i>A "yes" to the question: "Have you ever been told by a doctor, nurse, or other health professional that you had angina or coronary heart disease?"</i>	6.2 (5.6-6.7)	6.8 (6.7-7.0)
	<u>Current asthma among adults aged ≥18 years</u> <i>A "yes" to the questions: "Have you ever been told by a doctor, nurse, or other health professional that you had asthma?" and "Do you still have asthma?"</i>	9.3 (8.4-10.3)	9.9 (9.7-10.1)
	<u>Depression among adults aged ≥18 years</u> <i>A "yes" to the question: "Have you ever been told by a doctor, nurse, or other health professional that you had a depressive disorder (including depression, major depression, dysthymia, or minor depression)?"</i>	16.5 (14.7-18.4)	20.7 (20.4-20.9)
	<u>Diagnosed diabetes among adults aged ≥18 years</u> <i>A "yes" to the question: "Have you ever been told by a doctor, nurse, or other health professional that you had diabetes?" and if the respondent was female, a "no" to the question: "Was this only when you were pregnant?"</i>	9.8 (8.8-10.9)	12.0 (11.8-12.2)
	<u>High blood pressure among adults aged ≥18 years</u> <i>A "yes" to the question: "Have you ever been told by a doctor, nurse, or other health professional that you had high blood pressure?" and if the respondent was female, a "no" to the question: "Was this only when you were pregnant?"</i>	28.7 (26.4-31.0)	32.7 (32.4-33.0)

	<u>High cholesterol among adults aged ≥18 years who have ever been screened</u> <i>A “yes” to the question: “Have you ever been told by a doctor, nurse, or other health professional that you had high cholesterol?”</i>	35.8 (33.2-38.5)	35.5 (35.2-35.9)
	<u>Obesity among adults aged ≥18 years</u> <i>Respondents reported their height and weight, which were used to calculate body mass index (BMI). Respondents with a calculated BMI of ≥30.0 kg/m<sup>2</sup> were categorized as obese.</i>	26.7 (23.6-29.7)	33.3 (33.0-33.6)
	<u>Stroke among adults aged ≥18 years</u> <i>A “yes” to the question: “Have you ever been told by a doctor, nurse, or other health professional that you had a stroke?”</i>	3.1 (2.9-3.3)	3.6 (3.5-3.7)
Disability	<u>Any disability among adults aged ≥18 years</u> <i>A “yes” to any of the six Disability section questions listed below.</i>	22.4 (20.3-24.5)	29.9 (29.6-30.2)
	<u>Cognitive disability among adults aged ≥18 years</u> <i>A “yes” to the question: “Because of a physical, mental, or emotional condition, do you have serious difficulty concentrating, remembering, or making decisions?”</i>	10.0 (9.0-10.9)	13.4 (13.2-13.6)
	<u>Hearing disability among adults aged ≥18 years</u> <i>A “yes” to the question: “Are you deaf or do you have serious difficulty hearing?”</i>	5.8 (5.2-6.4)	7.1 (6.9-7.2)
	<u>Independent living disability among adults aged ≥18 years</u> <i>A “yes” to the question: “Because of a physical, mental, or emotional condition, do you have difficulty doing errands alone such as visiting a doctor’s office or shopping?”</i>	6.4 (5.8-7.0)	7.9 (7.7-8.1)
	<u>Mobility disability among adults aged ≥18 years</u> <i>A “yes” to the question: “Do you have serious difficulty walking or climbing stairs?”</i>	11.3 (10.2-12.4)	13.7 (13.5-13.9)
	<u>Self-care disability among adults aged ≥18 years</u> <i>A “yes” to the question: “Do you have difficulty dressing or bathing?”</i>	3.0 (2.8-3.3)	3.8 (3.7-4.0)
	<u>Vision disability among adults aged ≥18 years</u> <i>A “yes” to the question: “Are you blind or do you have serious difficulty seeing, even when wearing glasses?”</i>	4.7 (4.3-5.1)	5.7 (5.5-5.8)
		<u>Cholesterol screening among adults aged ≥18 years</u> <i>This applies to respondents who reported having their cholesterol checked within the previous 5 years.</i>	89.4 (87.8-90.8)
Prevention Service Utilization	<u>Colorectal cancer screening among adults aged 45-75 years</u> <i>This applies to respondents who reported having had a fecal occult blood test (FOBT) within the previous year; a FIT-DNA test within the previous 3 years; a sigmoidoscopy within the previous 5 years; a sigmoidoscopy within the previous 10 years with a FIT in the past year; a colonoscopy within the previous 10 years; or a CT colonography (virtual colonoscopy) within the previous 5 years.</i>	68.1 (65.1-70.9)	66.3 (65.9-66.8)
	<u>Current lack of health insurance among adults aged 18-64 years</u> <i>The selection of “No coverage of any type” in response to the question: “What is the current primary source of your health insurance?”</i>	5.7 (5.0-6.2)	10.8 (10.5-11.1)
	<u>Mammography use among women aged 50-74 years</u> <i>This applies to respondents who reported having had a mammogram within the previous 2 years.</i>	81.4 (76.9-85.0)	76.5 (75.9-77.1)
	<u>Visit to dentist or dental clinic in the past year among adults aged ≥18 years</u> <i>The selection of “Within the past year (anytime less than 12 months ago)” in response to the question: “How long has it been since you last visited a dentist or a dental clinic for any reason?”</i>	68.2 (65.7-70.7)	63.9 (63.6-64.2)
	<u>Visit to doctor for routine checkup within the past year among adults aged ≥18 years</u> <i>The selection of “Within the past year (anytime less than 12 months ago)” in response to the question: “How long has it been since you last visited a doctor for a routine checkup (e.g., a general physical exam, not an exam for a specific injury, illness, or condition)?”</i>	78.9 (76.4-81.0)	76.1 (75.9-76.4)



	<u>Taking medicine to control high blood pressure among adults aged &gt;18 years with high blood pressure</u>		
Health Risk Behaviors	<u>Binge drinking among adults aged ≥18 years</u> <i>This applies to respondents who reported having ≥ 5 drinks (men) or ≥ 4 drinks (women) on ≥ 1 occasion during the previous 30 days.</i>	16.2 (14.3-18.3)	16.6 (16.3-16.8)
	_____	9.4 (8.4-10.5)	12.9 (12.7-13.1)
	_____	21.0 (18.8-23.1)	23.7 (23.4-24.0)
	<u>Short sleep duration among adults aged ≥18 years</u> <i>A response of less than 7 hours in response to the question: “On average, how many hours of sleep do you get in a 24-hour period?”</i>	35.2 (32.0-38.2)	36.0 (35.7-36.3)