

Arthritis

According to Florida's 2007 BRFSS data:

- 9% of adults ages 18-44 have doctor diagnosed arthritis, approximately 550,000 adults.
- 30% of adults ages 45-64 have doctor diagnosed arthritis, approximately 1,314,000 adults.
- 48% of adults 65 and older have doctor diagnosed arthritis, approximately 1,438,000 adults.

Health Disparities

In Florida, with the exception of tobacco use, risk factors for cardiovascular disease (cvd), such as hypertension, diabetes, elevated cholesterol, obesity, and physical inactivity are higher among racial and ethnic minorities.

Among adults who have been screened, non-Hispanic blacks are 84% more likely to have physician-diagnosed hypertension than their non-Hispanic white counterparts (1990-2000).

Blacks had the highest prevalence of obesity (34.7%) in 2007.

The stroke death rate for blacks was nearly double the death rate for whites in 2007.

Connect the Dots

Source: 2007 Florida BRFSS

Of adults with *cardiovascular disease

27% have diabetes, 51% have arthritis, 33% are obese, 36% are overweight
61% have high blood pressure,
62% have high cholesterol,
59% are inactive, and 20% smoke.

Of adults who are **obese**

13% also have cvd,
17% have diabetes,
32% have arthritis,
43% have high blood pressure,
45% have high cholesterol,
68% are inactive,
and 17% smoke.

Of adults with **diabetes**

29% also have cvd, 46% have arthritis,
47% are obese, 34% are overweight,
64% have high blood pressure, 59% have
high cholesterol, 61% are inactive, and
16% smoke.

Of adults with **arthritis**

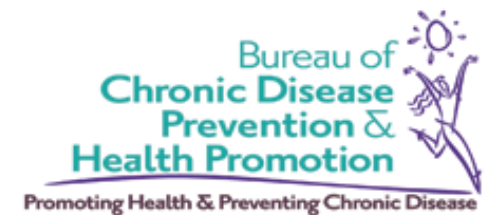
19% also have cvd, 17% have
diabetes, 31% are obese, 36%
are overweight, 48% have high
blood pressure, 51% have high
cholesterol, 68% are inactive,
and 19% smoke.

*CVD is heart disease and
stroke data combined.

For more information visit
www.doh.state.fl.us/Family/chronicdisease

Florida Department of Health

CHRONIC DISEASE FACT SHEET



Be Smoke Free, Be Physically Active, Eat a
Healthy Diet, Maintain a Healthy Weight, and
Get Regular Checkups.

Heart Disease and Stroke

Heart disease is the leading cause of death in Florida.

- In 2007, there were 41,956 deaths from heart disease, representing 25% of total deaths.

Stroke is the fifth major cause of death in Florida.

- In 2007, there were 8,715 deaths from stroke, representing 5.2% of total deaths.
- High blood pressure (or hypertension) is the single most important risk factor for stroke.



Diabetes

Diabetes is the sixth leading cause of death in Florida.

- In 2007, there were 5,092 deaths from diabetes, representing 3% of total deaths.
- In 2007, nearly 1.6 million adults, or about 8.7%, have been diagnosed with diabetes.
- Approximately 300,000 to 400,000 adults have diabetes, but have not been diagnosed.
- The risk of stroke is 2-4 times higher if you have diabetes.

Obesity

According to Florida's 2007 Behavioral Risk Factor Surveillance System (BRFSS) and Youth Risk Behavior Survey (YRBS) data:

- 62.1% of adults were overweight (38.0%) or obese (24.1%).
- 25.4% of adults were physically inactive.
- Only 26.2% of adults ate the recommended five servings of fruits and vegetables.
- 15.2% of high school students were at risk for being overweight and an additional 11.2% are overweight.
- 62.3% of high school students did not participate in any physical education at school.
- Approximately 22.1% of high school students ate 5 or more servings of fruits or vegetables each day during the past 7 days.

Cancer

Cancer is the second leading cause of death in Florida.

- Over 11,500 residents die annually of lung cancer making it the leading cause of cancer-related death.
- Colorectal cancer is the second leading cause of cancer-related death for men and women.
- Breast cancer is the third leading cause of cancer-related deaths among women.
- In 2007, 262 women died from cervical cancer.
- Prostate cancer is the most commonly diagnosed form of cancer among men. In 2007, approximately 2,100 men died from prostate cancer.
- Approximately 1,500 ovarian cancer cases are diagnosed per year.
- In 2005, 3,479 cases of melanoma were diagnosed. 80% of skin cancers are on the head and neck.

