Women’s Health in Alabama

tips to A Healthy Lifestyle for Women

Health risk factors can be drastically reduced by adopting healthy lifestyle habits such as the following:

1. Stop smoking.
2. Eat a balanced diet rich in whole grains and at least five servings of fruits and vegetables daily.
3. Exercise regularly.
4. Control high blood pressure.
5. Avoid being overweight.
6. Use preventive services such as mammograms; pap smears; and colorectal cancer, diabetes, and high blood pressure screenings.
7. Get immunizations.
8. Wear seatbelts.
9. Don’t indulge in drugs or other substances which could harm you.
10. Practice abstinence or safe sex.

Prepared by Albert Woolbright, Ph.D., Center for Health Statistics, in conjunction with
- The Committee on Women’s Health Status
- Bureau of Family Health Services, Women’s Health Branch, Epidemiology/Data Management Branch

Office of Primary Care and Rural Health Development, Minority Health Section
- Center for Health Statistics, Division of Statistical Analysis

Selected Key Indicators

Women 18-44 1997 Data

<table>
<thead>
<tr>
<th>Health Status</th>
<th>White</th>
<th>Black &amp; Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoking (%)</td>
<td>22.1%</td>
<td>27.0%</td>
</tr>
<tr>
<td>Hypertension (%)</td>
<td>43.6%</td>
<td>37.9%</td>
</tr>
<tr>
<td>Diabetes (%)</td>
<td>32.2%</td>
<td>21.4%</td>
</tr>
<tr>
<td>Chlamydia (%)</td>
<td>702.8%</td>
<td>98.8%</td>
</tr>
<tr>
<td>Gonorrhea (%)</td>
<td>542.8%</td>
<td>85.3%</td>
</tr>
<tr>
<td>Breast cancer cases (f)</td>
<td>135.8%</td>
<td>141.3%</td>
</tr>
<tr>
<td>Breast cancer cases (g)</td>
<td>51.4%</td>
<td>51.0%</td>
</tr>
<tr>
<td>Cancer deaths (b)</td>
<td>27.3%</td>
<td>24.7%</td>
</tr>
<tr>
<td>Cancer cases (b)</td>
<td>149.1%</td>
<td>122.4%</td>
</tr>
<tr>
<td>Overweight (g)</td>
<td>39.0%</td>
<td>27.5%</td>
</tr>
<tr>
<td>Sedentary lifestyle (1996 data) (f)</td>
<td>37.4%</td>
<td>37.0%</td>
</tr>
<tr>
<td>Unintended births (b)</td>
<td>47.2%</td>
<td>40.6%</td>
</tr>
<tr>
<td>Alcohol use, binge drinker (b)</td>
<td>10.4%</td>
<td>11.8%</td>
</tr>
</tbody>
</table>

Women 45-64 1997 Data

<table>
<thead>
<tr>
<th>Health Status</th>
<th>White</th>
<th>Black &amp; Other</th>
</tr>
</thead>
<tbody>
<tr>
<td>Smoking (%)</td>
<td>22.1%</td>
<td>27.0%</td>
</tr>
<tr>
<td>Lung cancer mortality (b)</td>
<td>133.6%</td>
<td>125.6%</td>
</tr>
<tr>
<td>Breast cancer mortality (b)</td>
<td>49.8%</td>
<td>45.3%</td>
</tr>
<tr>
<td>Breast cancer incidence (g)</td>
<td>208.3%</td>
<td>291.0%</td>
</tr>
<tr>
<td>Heart disease mortality (b)</td>
<td>149.1%</td>
<td>122.4%</td>
</tr>
<tr>
<td>Heart disease incidence (g)</td>
<td>95.9%</td>
<td>97.0%</td>
</tr>
<tr>
<td>Stroke/vascular mortality (b)</td>
<td>39.0%</td>
<td>27.5%</td>
</tr>
<tr>
<td>Medican days of w/w more mental health (f)</td>
<td>4.8%</td>
<td>6.4%</td>
</tr>
<tr>
<td>Suicide mortality (b)</td>
<td>13.0%</td>
<td>13.7%</td>
</tr>
<tr>
<td>Chronic obstructive pulmonary disease mortality (b)</td>
<td>24.7%</td>
<td>25.6%</td>
</tr>
<tr>
<td>Median number of days post mental health (f)</td>
<td>7.0%</td>
<td>5.3%</td>
</tr>
<tr>
<td>Sedentary lifestyle (1996 data) (f)</td>
<td>64.2%</td>
<td>39.4%</td>
</tr>
<tr>
<td>No mammography last 2 years (f)</td>
<td>27.0%</td>
<td>24.0%</td>
</tr>
<tr>
<td>Never had a mammography (g)</td>
<td>10.3%</td>
<td>7.6%</td>
</tr>
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</table>

Women 65+1997 Data

<table>
<thead>
<tr>
<th>Health Status</th>
<th>White</th>
<th>Black &amp; Other</th>
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</thead>
<tbody>
<tr>
<td>Smoking (%)</td>
<td>22.1%</td>
<td>27.0%</td>
</tr>
<tr>
<td>Lung cancer mortality (b)</td>
<td>177.9%</td>
<td>175.3%</td>
</tr>
<tr>
<td>Breast cancer mortality (b)</td>
<td>39.0%</td>
<td>39.0%</td>
</tr>
<tr>
<td>Breast cancer incidence (g)</td>
<td>201.4%</td>
<td>210.4%</td>
</tr>
<tr>
<td>Breast cancer incidence (g)</td>
<td>103.2%</td>
<td>98.0%</td>
</tr>
<tr>
<td>Colorectal cancer mortality (b)</td>
<td>97.4%</td>
<td>97.4%</td>
</tr>
<tr>
<td>Colorectal cancer incidence (g)</td>
<td>75.9%</td>
<td>74.9%</td>
</tr>
<tr>
<td>Stroke/vascular mortality (b)</td>
<td>452.7%</td>
<td>448.3%</td>
</tr>
<tr>
<td>Stroke/vascular incidence (g)</td>
<td>95.9%</td>
<td>100.2%</td>
</tr>
<tr>
<td>No mammography last 2 years (f)</td>
<td>5.0%</td>
<td>5.0%</td>
</tr>
<tr>
<td>Never had a mammography (g)</td>
<td>33.1%</td>
<td>30.8%</td>
</tr>
<tr>
<td>Never had a mammography (g)</td>
<td>14.7%</td>
<td>14.3%</td>
</tr>
<tr>
<td>Chronic obstructive pulmonary disease mortality (b)</td>
<td>199.4%</td>
<td>225.4%</td>
</tr>
<tr>
<td>Overweight (f)</td>
<td>29.5%</td>
<td>21.4%</td>
</tr>
</tbody>
</table>

Notes:
- b) Alabama Department of Public Health, Center for Health Statistics.
- c) Alabama Department of Public Health, STD Division.
- d) Alabama Department of Public Health, HIV/AIDS Division.
- f) Alabama Department of Public Health, Bureau of Health Promotion and Information, Alabama Statewide Cancer Registry.
- g) Ratio per 1,000 females in specified age group.
- h) Ratio per 1,000 females in specified age group.
- i) Percent of respondents.
- j) Median is the point at which half of the cases fall above and half below, in the last 30 days.