



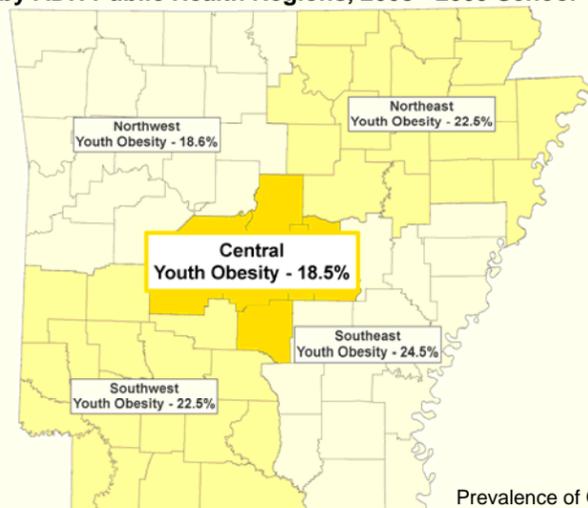
Health Behaviors

- In 2007, the prevalence of adult current smokers in the Central Region of 21.5% (95% confidence intervals = 18.6 - 24.5) was comparable to the state rate of 22.4% (95% confidence intervals = 20.9 - 23.9) (Table 1).
- In 2007, the prevalence of obesity among adults in the Central Region of 27.4% (95% confidence intervals = 24.2 - 30.6) was lower than the state rate of 29.3% (95% confidence intervals = 27.7 - 30.9) (Table 1).
- In 2007, the prevalence of physical inactivity among adults in the Central Region of 53.3% (95% confidence intervals = 49.8 - 56.8) was comparable to the state rate of 54.1% (95% confidence intervals = 52.3 - 55.9) (Table 1).
- In 2007, the prevalence of consumption of less than five fruits and vegetables (5-a-day F/V consumption) among adults in the Central Region of 77.8% (95% confidence intervals = 75.1 - 80.4) was comparable to the state rate of 78.2% (95% confidence intervals = 76.8 - 79.7) (Table 1).
- In 2008-2009 school year, the prevalence of obesity among Arkansas children in Central Region of 18.5% (95% confidence intervals = 18.2 - 18.9) was lower than the state rate of 20.4% (95% confidence intervals = 20.2 - 20.6) (Figure 5).

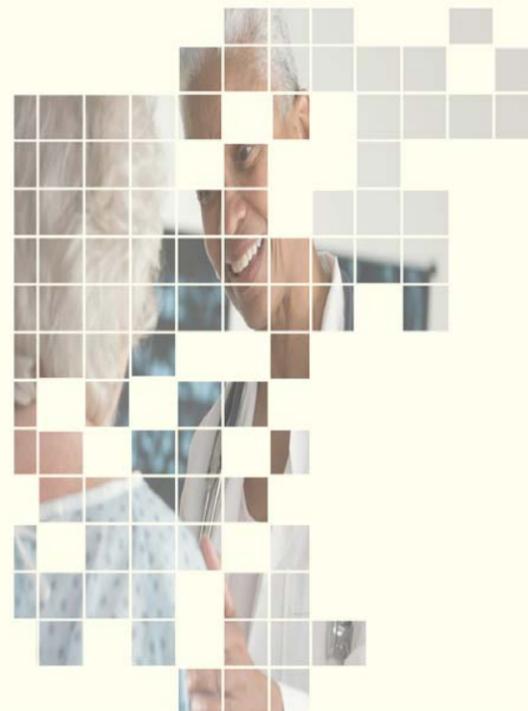
Table 1. Health Behaviors among Arkansas Adults by ADH Public Health Regions, 2007

Region/Area (Confidence Intervals)	Cigarette Smoking	Obesity	Physical Inactivity	5-a-day Nutrition
Central (Confidence Intervals)	21.5 (18.6 - 24.5)	27.4 (24.2 - 30.6)	53.3 (49.8 - 56.8)	77.8 (75.1 - 80.4)
Northeast (Confidence Intervals)	23.3 (20.1 - 26.6)	31.0 (27.0 - 35.0)	58.6 (54.4 - 62.7)	81.3 (78.4 - 84.1)
Northwest (Confidence Intervals)	21.7 (19.2 - 24.3)	27.5 (24.8 - 30.1)	50.8 (47.8 - 53.9)	76.5 (74.0 - 79.0)
Southeast (Confidence Intervals)	26.5 (20.7 - 32.3)	35.2 (29.4 - 41.0)	61.7 (55.4 - 68.0)	75.0 (68.6 - 81.4)
Southwest (Confidence Intervals)	21.7 (17.7 - 25.7)	31.8 (27.4 - 36.2)	52.9 (47.9 - 57.9)	81.7 (77.8 - 85.6)
State (Confidence Intervals)	22.4 (20.9 - 23.9)	29.3 (27.7 - 30.9)	54.1 (52.3 - 55.9)	78.2 (76.8 - 79.7)
United States	19.8	26.3	50.8	75.6

Figure 5. Prevalence of Obesity among Arkansas Children by ADH Public Health Regions, 2008 - 2009 School Year



Prevalence of Obesity Among Arkansas Children: AR = 20.4%



Prepared by:
Appathurai Balamurugan, MD, MPH
Terri Wooten, MPH
 Chronic Disease Epidemiology Section
Amanda Fincher, BS, GISP
 Office of Health Communications and Marketing



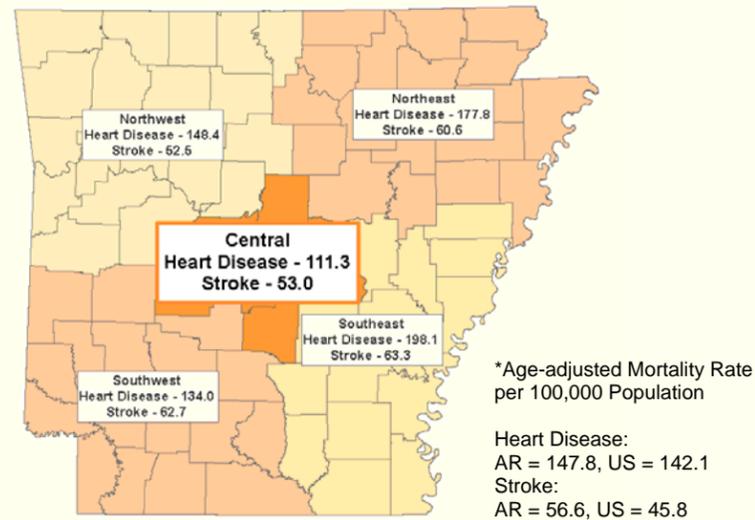
2010 Chronic Disease Forum
Chronic Disease Facts & Figures
 Central Region



Heart Disease and Stroke (Figure 1)

- Heart disease and stroke are the first and third leading causes of death in Arkansas and the United States.
- In 2007, the age-adjusted mortality rate for heart disease in the Central Region of 111.3 per 100,000 population (95% confidence intervals = 104.2 - 118.9) was lower than the state rate of 147.8 per 100,000 population (95% confidence intervals = 143.6 - 152.1).
- In 2007, the age-adjusted mortality rate for stroke in the Central Region of 53.0 per 100,000 population (95% confidence intervals = 48.0 - 58.3) was lower than the state rate of 56.6 per 100,000 population (95% confidence intervals = 54.0 - 59.3).

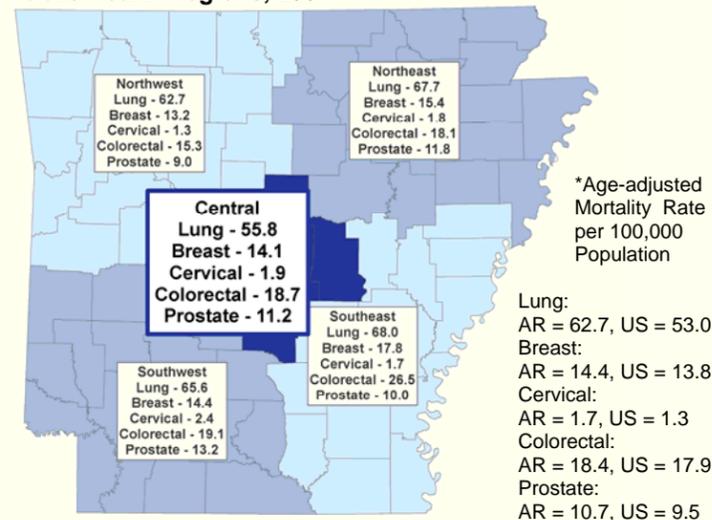
Figure 1. Age-adjusted* Mortality Rates for Heart Disease and Stroke by ADH Public Health Regions, 2007



Cancer - Mortality of Selected Cancers (Figure 2)

- Cancer is the second leading cause of death in Arkansas and the United States.
- In 2007, the age-adjusted mortality rate for lung cancer in the Central Region of 55.8 per 100,000 population (95% confidence intervals = 50.8 - 61.3) was lower than the state rate of 62.7 per 100,000 population (95% confidence intervals = 60.0 - 65.5).
- In 2007, the age-adjusted mortality rate for breast cancer in the Central Region of 14.1 per 100,000 population (95% confidence intervals = 11.6 - 17.0) was comparable to the state rate of 14.4 per 100,000 population (95% confidence intervals = 13.1 - 15.8).
- In 2007, the age-adjusted mortality rate for cervical cancer in the Central Region of 1.9 per 100,000 population (95% confidence intervals = 1.1 - 3.1) was comparable to the state rate of 1.7 per 100,000 population (95% confidence intervals = 1.3 - 2.2).
- In 2007, the age-adjusted mortality rate for colorectal cancer in the Central Region of 18.7 per 100,000 population (95% confidence intervals = 15.8 - 21.9) was comparable to the state rate of 18.4 per 100,000 population (95% confidence intervals = 16.9 - 19.9).
- In 2007, the age-adjusted mortality rate for prostate cancer in the Central Region of 11.2 per 100,000 population (95% confidence intervals = 9.0 - 13.8) was comparable to the state rate of 10.7 per 100,000 population (95% confidence intervals = 9.6 - 11.9).

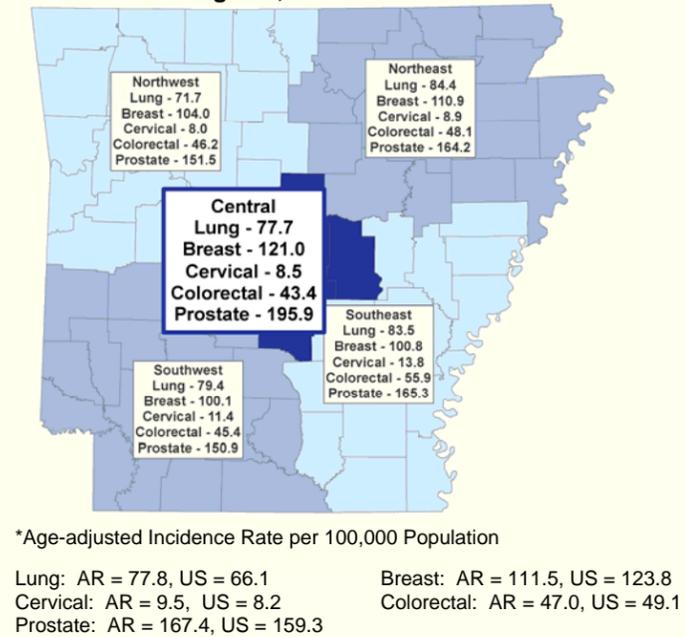
Figure 2. Age-adjusted* Mortality Rates for Cancer by ADH Public Health Regions, 2007



Cancer - Incidence (Newly Diagnosed Cases) (Figure 3)

- In 2006, the age-adjusted incidence rate for lung cancer in the Central Region of 77.7 per 100,000 population (95% confidence intervals = 71.6 - 83.8) was comparable to the state rate of 77.8 per 100,000 population (95% confidence intervals = 74.7 - 81.0).
- In 2006, the age-adjusted incidence rate for breast cancer in the Central Region of 121.0 per 100,000 population (95% confidence intervals = 111.0 - 131.0) was higher than the state rate of 111.5 per 100,000 population (95% confidence intervals = 106.4 - 116.6).
- In 2006, the age-adjusted incidence rate for cervical cancer in the Central Region of 8.5 per 100,000 population (95% confidence intervals = 5.6 - 11.4) was lower than the state rate of 9.5 per 100,000 population (95% confidence intervals = 7.8 - 11.0).
- In 2006, the age-adjusted incidence rate for colorectal cancer in the Central Region of 43.4 per 100,000 population (95% confidence intervals = 38.9 - 47.9) was lower than the state rate of 47.0 per 100,000 population (95% confidence intervals = 44.3 - 49.1).
- In 2006, the age-adjusted incidence rate for prostate cancer in the Central Region of 195.9 per 100,000 population (95% confidence intervals = 181.2 - 210.6) was higher than the state rate of 167.4 per 100,000 population (95% confidence intervals = 160.5 - 174.3).

Figure 3. Age-adjusted* Cancer Incidence Rates by ADH Public Health Regions, 2006



Diabetes (Figure 4)

- Diabetes is the sixth leading cause of death in Arkansas and the United States.
- In 2007, the prevalence of diabetes in the Central Region of 8.0% (95% confidence intervals = 6.5 - 9.6) was lower than the state rate of 9.2% (95% confidence intervals = 8.4 - 10.1).
- In 2007, the age-adjusted mortality rate for diabetes in the Central Region of 23.9 per 100,000 population (95% confidence intervals = 20.6 - 27.5) was lower than the state rate of 26.0 per 100,000 population (95% confidence intervals = 24.2 - 27.8).

Figure 4. Diabetes Prevalence and Age-adjusted* Mortality Rates by ADH Public Health Regions, 2007

