

SUPPLEMENT

ALLEGANY COUNTY

**BRFSS**

**Behavioral Risk Factor Surveillance System**

PHOTO CREDIT: Theresa Stahl

	2011	2012	2013	2014	2015	2016	2017	2018	2019	2020	2021	2022	2023	
<b>Indicators</b>														<b>Trend 2011-2023</b>
Adult Self-Reported Health Status (% reporting Excellent, Very Good or Good)	85.8	84.2	85.0	85.8	86.1	85.6	84.6*	84.1*	85.3*	88.7	86.3	85.0	83.5	----
Adult Smoking Prevalence (%)	19.2	16.2	16.3	14.7	15.1	13.7	13.8	12.5	12.7	10.9	10.1	9.6	9.1	↓
Adult Obesity Prevalence (%)	28.4*	27.6*	28.2*	29.7*	28.9*	29.9*	31.3*	30.9*	32.2*	31.0*	34.3*	33.2*	34.1*	↑
Adult Hypertension Prevalence (%)	31.9*	—	33.4*	—	33.1	34.4*	33.1*	—	34.9*	—	35.2*	—	35.8*	↑
Adult High Cholesterol Prevalence (%)	35.4*	—	37.0*	—	35.9*	—	32.5*	—	34.9*	—	37.6*	—	39.3*	↑
Adult Diabetes Prevalence (%)	9.6*	10.4*	9.8*	10.2	10.4	10.8*	10.4*	12.1*	11.1*	10.3*	11.2	12.1*	12.3*	↑
Adult Asthma Prevalence (%)	13.8	13.4	13.9	13.5*	13.9	14.0	15.1*	14.8*	14.6*	13.1*	14.5*	15.4	16.4*	↑
Exercise in Past 30 Days (%)	73.8*	77.0	74.8*	78.6**	75.9*	76.9*	74.4	77.1*	76.6*	79.0**	78.3*	78.8	77.3*	↑
Adult Fruit Intake (% reporting eating <1 time per day)	—	—	—	—	36.0	—	34.3*	—	37.2*	—	37.1	—	—	—
Adult Vegetable Intake (% reporting eating <1 time per day)	—	—	—	—	21.3*	—	18.3*	—	21.3*	—	19.2*	—	—	—
														<b>Trend 2011-2023</b>
Youth Smoking Prevalence (%)	12.5*	—	11.9*	8.7**	—	8.2	—	5.0**	—	—	3.6**	—	3.2**	↓
Youth Obesity Prevalence (%)	12.0*	—	11.0*	11.5*	—	12.6	—	12.8*	—	—	15.9*	—	15.7*	↑
														<b>Trend 2011-2023</b>
Total Age-Adjusted Mortality Rate (per 100,000)	715.8*	709.1*	710.4*	699.5*	705.7*	717.6*	718.1*	714.1*	704.7*	820.5*	805.5*	746.5*	708.5*	↓
Age-Adjusted Heart Disease Mortality (per 100,000)	171.2*	174.4*	172.7*	167.8*	169.3*	164.3*	164.5*	161.9*	159.3*	168.3*	165.2*	155.8*	149.7*	↓
Age-Adjusted Ischemic Heart Disease Mortality (per 100,000)	112.1*	110.0*	105.7	99.1	98.5	92.3	93.5	89.9*	86.8*	92.4*	89.2*	81.6	76.5	↓
Age-Adjusted Cancer Mortality (per 100,000)	166.1*	165.6*	162.9*	161.7*	155.0*	156.5*	151.5*	149.9*	144.4*	142.3*	139.2*	136.8*	137.8*	↓
Age-Adjusted Stroke Mortality (per 100,000)	37.8*	36.5*	36.1*	38*	37.8*	39.7*	40.2*	40.3*	41.8*	42.5*	47.3*	43.8*	43.4*	↑
Age-Adjusted Chronic Lower Respiratory Disease Mortality	34.3*	32.3*	32.5*	29.4**	30.7*	30.5*	29.9*	31.0*	29.2*	27.7**	24.5*	24.5*	24.2*	↓
Age-Adjusted Diabetes Mortality (per 100,000)	21.2*	19.2*	19.1*	19.8*	18.3*	19.6*	20.3*	19.6*	20.5*	23.9*	23.2*	23.1*	23.0*	----

**Racial Disparity:**

\* Black>White (statistically significant based on 95% confidence intervals)

\*\* Black<White (statistically significant based on 95% confidence intervals)

— Data not collected this year

Green arrows indicate the prevalence is trending in the desired direction. Red arrows indicate the prevalence is trending in the direction not desired.

Yellow squares indicate the prevalence trend has not changed significantly over time.

**Data Sources:**

Maryland Behavioral Risk

Factor Surveillance

System, 2011-2023.

Maryland Youth Risk

Behavior Survey/Youth

Tobacco Survey, 2011-

2023.

Centers for Disease Control and Prevention. CDC Wonder, Underlying Cause of Death 2011-2023.

Chronic Disease Indicators: Rates by Jurisdiction

Indicators	Maryland	Allegany	Anne Arundel	Baltimore County	Calvert	Caroline	Carroll	Cecil	Charles	Dorchester	Frederick	Garrett	Hartford	Howard	Kent	Montgomery	Prince George's	Queen Anne's	St. Mary's	Somerset	Talbot	Washington	Wicomico	Worcester	Baltimore City
Adult Self-Reported Health Status	85.6**	77.5	86.0	85.2	86.0	81.5	88.3	82.8	85.5	80.7	87.9	79.3	86.5	90.5	84.6	89.3	84.4	87.4**	84.8**	78.4	80.5**	83.2	81.7	84.9	80.3**
Adult Smoking Prevalence (%)	10.5	18.6	11.6	11.7	12.0	16.9	10.9	19.6	12.6**	16.1	8.2	18.2	12.2	4.3	13.1	5.2	7.9	13.8	13**	17.7	10.9	15.6	15.2	14.5	16.5*
Adult Obesity Prevalence (%)	33*	37.9	34*	33.5*	35*	40.9	31.0	39.1	42.2*	41.2	31.3*	35.5	34.8	25.1*	34*	23.9*	36.6*	30.4*	34.5*	44.9	32.5	38.4	38*	34.0	38.2*
Adult Hypertension Prevalence (%)	35.2*	43.1	33.9	36.4	36.3	37.4	32.7	40.7	40.0	42.1	31.5	39.5	36.7	31.9	45.8	29.5	36.8	41.1*	35.4	49.7*	42.6	38.9	36.7	43.7	37.8*
Adult High Cholesterol Prevalence (%)	36.5**	37.9	34.5	36.3**	35.7	36.7	34.7	37.6	35.1**	34.5**	38.0	43.7	38.4	38.9**	38.9	39.8**	35.0	33.0	36.5	44.0	35.5	34.3**	34.1	38.0	33.5
Adult Diabetes Prevalence (%)	11.4*	14.3	10.2	12.0	11.5	13.8	8.5	12.8	12.1	17.7	9.8	14.0	12.0	9.6	12.9	8.5	13.5*	10.3	13*	14.1	11*	13.1	12.6	14.2	13.6*
Adult Asthma Prevalence (%)	14.9*	18.2	14.2	15.6	15.7	17.6	13.2	14.8	14.8	17.1	13.6	14.3	16.0	13.3	15.2	12.5	14.7	13.2	14.4	18.6	15.4	15.0	16.1	15.9	19.5*
Exercise in Past 30 Days (%)	78.0**	66.8	79.0	75.4	81.3	72.1	77.6	71.5	77.1	69.0	81.8	73.0	79.1	84.3**	77**	82.8**	76.7	79.6	77.1	68.8	76.3	72.7	74.7	74.6	74.4**
Adult Fruit Intake (% reporting eating <1 time per day)	36.2*	43.7	38.7	37.7	39.1	37.2	35.2	38.3	40.6	44.6	34.9	41.5	35.1	33.2	39.6	28.9*	36.3	37.5	39.6	38.9	33.6	40.6	38.4	38.1	41.3
Adult Vegetable Intake (% reporting eating <1 time per day)	20.0*	18.2	18.6	22.5	16.1	22.1*	14.0	18.9	19.3	23.0	17.3*	13.5	16.9*	15.9	17.4	16.8*	25.6*	15.5	19.5	18.6	14.8	19.0	25.1*	19.1	23.7*
Youth Smoking Prevalence (%)	3.2**	5.4	3.5	3.2	4.3	4.7	5.6	4.7	2.9	6.2	2.9	8.3	3.3**	1.9	6.3	3.1	2.0	7.6	4.4	5.6	6.2	4.0	4.2	4.5	3.1
Youth Obesity Prevalence (%)	15.7*	18.1	13.8	27.0	13.4	20.4	12.2	17.0	17.8*	21.2	10.5*	19.6	13.5*	9.7	20.2	12.4	21.2	12.4	15.4*	25.1	14.1	17.3	21.4	15.9	22.9

Lower than statewide rate (statistically significant based on 95% confidence intervals)  
 Higher than statewide rate (statistically significant based on 95% confidence intervals)

† Result potentially skewed by sample size  
 Racial Disparity:  
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- Data Sources:**  
 1. Maryland Behavioral Risk Factor Surveillance System, 2019 - 2023  
 2. Maryland Behavioral Risk Factor Surveillance System, 2019 - 2021.  
 3. Maryland Youth Risk Behavior Survey/Youth Tobacco Survey, 2022-2023.

Note: the county level estimates for mortality rates cannot be pulled any longer. CDC wonder no longer allows you to pull age adjusted county level estimates. We would need to start pulling crude estimates

Chronic Disease Indicators: Rank by Jurisdiction

Jurisdiction	Alegany	Anne Arundel	Baltimore County	Calvert	Caroline	Carroll	Cecil	Charles	Dorchester	Frederick	Garrett	Harford	Howard	Kent	Montgomery	Prince George's	Queen Anne's	St. Mary's	Somerset	Talbot	Washington	Wicomico	Worcester	Baltimore City
Adult Self-Reported Health Status	24	8	10	7	18	3	16	9	19	4	22	6	1	13	2	14	5**	12**	23	20**	15	17	11	21**
Adult Smoking Prevalence	23	7	8	9	20	5	24	11**	18	4	22	10	1	13	2	3	14	12**	21	6	17	16	15	19*
Adult Obesity Prevalence	16	8*	7*	13*	21	4	20	23*	22	5*	14	12	2*	9*	1*	15*	3*	11*	24	6	19	17*	10	18*
Adult Hypertension Prevalence	21	5	8	7	12	4	17	16	19	2	15	9	3	23	1	11	18*	6	24*	20	14	10	22	13*
Adult High Cholesterol Prevalence	16	5	12**	11	14	7	15	9**	6**	17	23	19	20**	21	22**	8	1	13	24.0	10	4**	3	18	2
Adult Diabetes Prevalence	23	5	10	8	19	2	13	11	24	4	20	9	3	14	1	17*	6	15*	21	7*	16	12	22	18*
Adult Asthma Prevalence	22	6	15	16	21	3	10	11	20	5	7	18	4	13	1	9	2	8	23	14	12	19	17	24*
Exercise in Past 30 Days	23	7	14	4	20	8	21	9	22	3	18	6	1**	11**	2**	12	5	10	24	13	19	15	16	17**
Fruit Intake, <1 time per day	23	14	10	16	8	6	12	19	24	4	22	5	2	17	1*	7	9	18	15	3	20	13	11	21
Vegetable Intake, <1 time per day	11	13	20	6	19*	2	14	17	21	9*	1	8*	5	10	7*	24*	4	18	12	3	15	23*	16	22*
Youth Smoking Prevalence	17	9	7	12	15	18	16	4	20	3	24	8**	1	22	5	2	23	13	19	21	10	11	14	6
Youth Obesity Prevalence	15	8	24	6	18	3	12	14*	19	2*	16	7*	1	17	5	20	4	10*	23	9	13	21	11	22



† Result potentially skewed by sample size

Racial Disparity

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**Data Sources:**

Maryland Behavioral Risk Factor Surveillance System, 2019 - 2023

Maryland Behavioral Risk Factor Surveillance System, 2015 - 2021.

Maryland Youth Risk Behavior Survey/Youth Tobacco Survey, 2022-2023.