

Health and Wellness Behavior



Health Status

Mental Health

Physical Activity

Fruit and Vegetable Consumption

Cigarette Use

Alcohol and Marijuana Use

Pap Smears and Mammograms

Health Status

INDICATORS

- Reported health status among women
- Reported poor health that disrupted usual activities among women
- Reported quality of life since Hurricane Katrina among men and women

Figure #1: Proportion of women who reported good or better overall health (2011)⁴

	Orleans	Jefferson	Louisiana
White, %	77.5	87.3	79.7
Black, %	60.8	71.6	72.7
Other, %	77.8	75.0	71.0

Figure #2: Proportion of women who reported frequent poor health that disrupted usual activities (2011)⁴

	Orleans	Jefferson	Louisiana
White, %	21.1	12.0	18.1
Black, %	23.9	19.6	18.1
Other, %	18.2	12.5	22.8

Note: "Frequent poor health" is defined as having ≥ 14 days out of the past 30 days in which poor physical or mental health disrupted usual activities, such as self-care, work, or recreation.

Five Years After Hurricane Katrina

Figure #3: Proportion of men and women in Orleans Parish who reported a better quality of life since Hurricane Katrina (2010)¹⁴

White Men	25.7%
White Women	18.4%
Black Men	29.1%
Black Women	19.6%



Interpretation

In both parishes, black women were the least likely to report good or better overall health. White women in Jefferson Parish were the most likely to report good or better health compared to all other women. Women of all races in Orleans Parish were more likely to report that poor health frequently disrupted their usual activities compared to women in Jefferson Parish. Men in Orleans Parish were more likely to report a better quality of life since Hurricane Katrina compared to women of both races.

Mental Health

INDICATORS

- Reported frequent poor mental health among women
- Reported adverse mental health among high school girls
- Reported adequacy of mental health care among men and women since Hurricane Katrina

Figure #4: Proportion of women who reported frequent poor mental health (2011)⁴

	Orleans	Jefferson	Louisiana
White, %	15.2	11.1	15.3
Black, %	18.7	21.9	19.1
Other, %	23.1	6.3	19.8

Note: "Frequent poor mental health" is defined as having ≥ 14 days out of the past 30 days in which poor health disrupted daily activities.

Figure #5: Proportion of high school girls who reported feeling depressed in the past 12 months (2007/2011)^{13,15}

	Orleans	Louisiana
White, %	35.9	34.6
Black, %	33.8	34.6
Other, %	43.9	39.5

Note: "Feeling depressed" is defined as feeling so sad or hopeless that you stopped doing your usual activities almost every day for ≥ 2 weeks in a row during the past 12 months.

Figure #6: Proportion of high school girls who reported having suicidal ideation in the past 12 months (2007/2011)^{13,15}

	Orleans	Louisiana
White, %	26.4	15.9
Black, %	12.3	18.6
Other, %	22.8	20.4

Five Years After Hurricane Katrina

Figure #7: Proportion of men and women in Orleans Parish who reported that their mental health needs were being met (2010)¹⁴

White Men	67.6%
White Women	69.6%
Black Men	62.9%
Black Women	58.5%



From 2008-2010, mental health diagnoses among women made up 2.7% of inpatient hospital admissions in Orleans and Jefferson Parishes.¹⁶



Interpretation

Mental health indicators varied depending on race, parish, age, and gender. In Orleans Parish, women of other races were the most likely to report frequent poor mental health compared to white and black women. Black women in Jefferson Parish were much more likely to report poor mental health compared to white women and women of other races. White men and women in Orleans Parish were also more likely than their black counterparts to report that their mental health needs were being met after Hurricane Katrina. Among high school girls in Orleans Parish, girls of other races were the most likely to report feeling depressed. White girls in Orleans Parish were the most likely to report suicidal ideation and at a much higher prevalence than girls across the state.

Physical Activity

INDICATORS

Reported aerobic activity among women

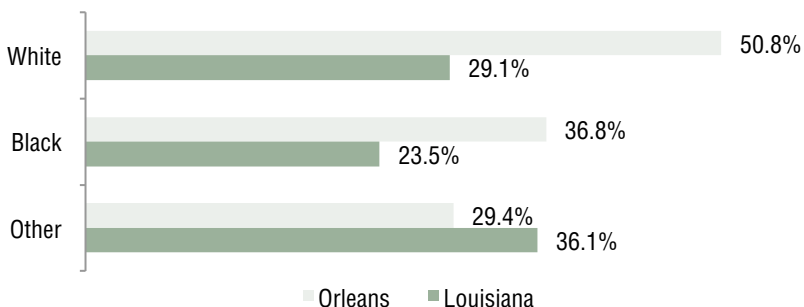
Reported physical activity among high school girls

Reported daily sedentary behavior (TV, video games, computer) among high school girls

Figure #8: Proportion of women who reported that they met the CDC guidelines for aerobic activity (2011)⁴

	Orleans	Jefferson	Louisiana
White, %	39.5	55.8	42.7
Black, %	31.1	36.2	34.2
Other, %	23.1	71.4	36.4

Figure #9: Proportion of high school girls who reported being physically active for 60+ minutes on at least 5 of the past 7 days (2007/2011)^{13,15}



Note: Physical activity is defined as any activity that increases the heart rate and makes it hard to breathe some of the time.

CDC Guidelines for Physical Activity¹⁷

Children and adolescents (6-17 years) should do 60+ minutes of physical activity daily.

Adults (18+ years) should do ≥150 minutes of moderate aerobic activity (i.e., brisk walking) every week, or ≥75 minute of vigorous aerobic activity (i.e., jogging or running) every week.

Figure #10: Proportion of high school girls who reported spending 3+ hours daily watching TV, or playing computer or video games in the past 7 days (2007/2011)^{13,15}

	Orleans	Louisiana
White, %	38.2	44.2
Black, %	65.1	76.3
Other, %	47.7	57.3



Interpretation

In general, less than 50% of women reported that they met the CDC guidelines for aerobic activity, with women of other races in Orleans Parish being the least active. White high school girls in Orleans Parish reported being the most physically active. Also, black girls were much more likely than white girls or girls of other races to report spending more than three hours daily in front of a TV or computer screen, both in Orleans Parish and across Louisiana.

Fruit and Vegetable Consumption

INDICATORS

Reported daily fruit and vegetable consumption among women
 Reported daily fruit and vegetable consumption among high school girls

Figure #11: Proportion of women who reported consuming 2+ servings of fruit daily (2011)⁴

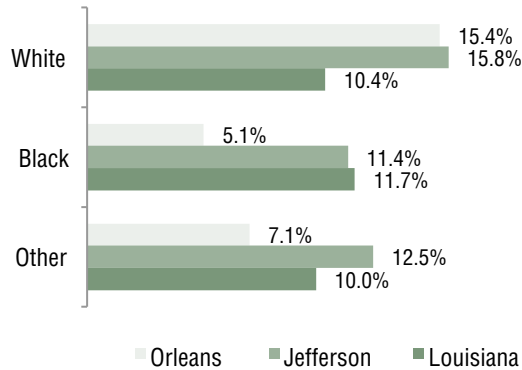


Figure #12: Proportion of women who reported consuming 3+ servings of vegetables daily (2011)⁴

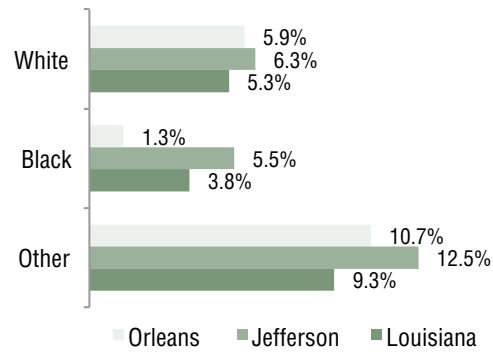


Figure #13: Proportion of high school girls who reported consuming 2+ servings of fruit daily in the past 7 days (2007/2011)^{13,15}

	Orleans	Louisiana
White, %	27.7	17.5
Black, %	14.7	27.1
Other, %	17.5	29.8

Figure #14: Proportion of high school girls who reported consuming 3+ servings of vegetables daily in the past 7 days (2007/2011)^{13,15}

	Orleans	Louisiana
White, %	60.9	12.7
Black, %	17.8	10.4
Other, %	32.2	12.6



Interpretation

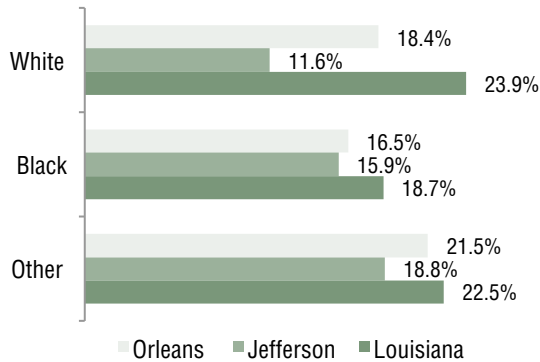
Fruit consumption was significantly higher than vegetable consumption among white and black women in both parishes and across the state. Vegetable consumption was strikingly low overall, with less than 10% for white and black women in both parishes and the lowest being less than 2% among black women in Orleans Parish. Fruit and vegetable consumption among high school girls in Orleans Parish was much higher than among adults, and smaller differences were seen between consumption of fruits and vegetables. In general, black girls consumed the least amount of fruits and vegetables compared to white girls and girls of other races.

Cigarette Use

INDICATORS

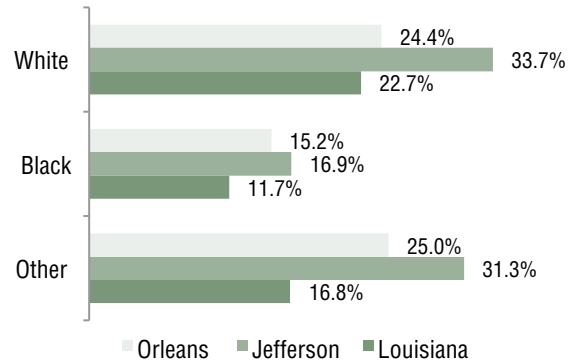
Reported history of cigarette use among women
Reported history of cigarette use among high school girls

Figure #15: Proportion of current smokers among women (2011)⁴



Note: Current smokers reported smoking some days or every day.

Figure #16: Proportion of former smokers among women (2011)⁴



Note: Former smokers reported smoking at least 100 cigarettes in their lifetime but no longer smoke.

Figure #17: Proportion of high school girls who reported ever smoking cigarettes in their lifetime (2007/2011)^{13,15}

	Orleans	Louisiana
White, %	51.1	60.6
Black, %	45.3	47.6
Other, %	48.6	59.6

Figure #18: Proportion of high school girls who reported smoking cigarettes in the past 30 days (2007/2011)^{13,15}

	Orleans	Louisiana
White, %	15.7	25.5
Black, %	5.0	10.5
Other, %	8.3	23.6



Interpretation

Overall, black women had the lowest proportions of current and former smokers. Women across the state were more likely to be current smokers compared to women in Orleans and Jefferson Parishes. Also of note is that the prevalence of former smokers was the highest in Jefferson Parish for all races. White high school girls in Orleans Parish were more likely to have ever smoked a cigarette compared to black girls and girls of other races. Black girls in Orleans Parish were the least likely to report smoking cigarettes in the past 30 days, and girls of all races across the state were more likely to report smoking cigarettes in the past 30 days compared to girls in Orleans Parish.

Alcohol and Marijuana Use

INDICATORS

- Reported binge drinking among women
- Reported alcohol use among high school girls
- Reported marijuana use among high school girls

Figure #19: Proportion of women who reported binge drinking in the past 30 days (2011)⁴

	Orleans	Jefferson	Louisiana
White, %	7.8	21.3	12.0
Black, %	3.9	5.9	7.6
Other, %	11.1	25.0	12.7

Note: Binge drinking is defined as drinking 4 or more drinks per occasion or 7 or more drinks per week.

Figure #20: Proportion of high school girls who reported drinking alcohol at least once in their lifetime (2007/2011)^{13,15}

	Orleans	Louisiana
White, %	80.5	80.6
Black, %	68.8	76.6
Other, %	72.3	67.9

Figure #22: Proportion of high school girls who reported trying marijuana at least once in their lifetime (2007/2011)^{13,15}

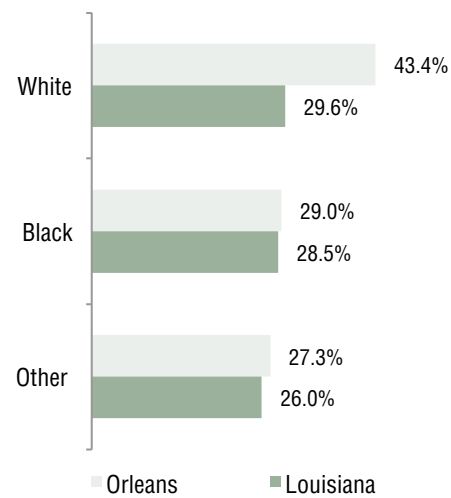


Figure #21: Proportion of high school girls who reported drinking alcohol at least once in the past 30 days (2007/2011)^{13,15}

	Orleans	Louisiana
White, %	59.7	49.9
Black, %	36.2	40.8
Other, %	39.9	43.0



Interpretation

The proportion of women who reported binge drinking in the past 30 days was highest in Jefferson Parish with white women and women of other races being much more likely than black women to report binge drinking. In Orleans Parish, white high school girls were much more likely to report alcohol consumption in their lifetime or in the past 30 days compared to black girls and girls of other races. White girls in Orleans Parish were also the most likely to report trying marijuana at least once in their lifetime compared to all other girls.

Pap Smears and Mammograms

INDICATORS

- Reported pap smear history among women
- Reported mammogram history among women

Figure #23: Proportion of women who reported having had a pap smear in the past 3 years (2010)^{18,19}

	Orleans	Jefferson	Louisiana
White, %	78.7	83.2	88.3
Black, %	93.1	84.2	87.2
Other, %	60.1	N.A.	77.7

Note: These numbers include women aged 18-65 years old who have not had a hysterectomy.

Figure #24: Proportion of women who reported having had a mammogram in the past 2 years (2010)^{18,19}

	Orleans	Jefferson	Louisiana
White, %	77.4	72.1	76.0
Black, %	75.8	82.5	77.8
Other, %	76.4	63.3	67.7

Note: These numbers include women aged 40+ years.



Interpretation

Black women in Orleans Parish were the most likely to report having had a pap smear in the last three years with women of other races being the least likely. Prevalence of women who reported having had a mammogram in the past two years was approximately 70-75% across the parishes and state for all races.