

# Puerto Rico Behavioral Risk Surveillance System

## Trends Report

2011-2021



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## **1. About this report**

The Puerto Rico Behavioral Risk Factor Surveillance System (PR-BRFSS) presents an update of health-related trends in Puerto Rico with the goal of disseminating data aimed to provide information for future decisions inside of the CDC and Puerto Rico Department of Health. Using survey data from 2011-2021, this report describes prevalence patterns of commonly used measures about health status, health care access, chronic conditions, prevention practices and risk factors.

In brief, the BRFSS estimates show improvements in health care access with a decrease in the proportion of uninsured adults and, a decrease in the share of adults that could not get care because of cost. Stable levels were observed for the proportions of adults that perceived their health as a fair or poor, and for most of the chronic conditions. We identify also at-risk groups, such as those without a high school diploma, which experienced an increasing trend in the diagnosis of hypertension after accounting for age. Improvements in risk and preventive behaviors were observed also in the overall population as the proportion of smokers decrease the proportion of adults with flu shots for seasonal influenza increased.

The finding in this report is of special relevance for policy makers, data users, and the overall population given that BRFSS's is the only survey in Puerto Rico that is conducted on a yearly basis. These characteristics of the BRFSS allows health trends. The BRFSS data also could be used to generate representative estimated of adult's population living in the island. Therefore, we expect that the findings included in this report provide valuable insights for further health care initiatives.

## 2. Methodology

*About the survey:* The BRFSS is an ongoing cross-sectional telephone survey conducted on a calendar year basis. The survey uses a standardized methodology, designed by the CDC, to collect uniform data among all 54 stated participants<sup>1</sup>. All the data sets used in this report are accessible at (<https://www.cdc.gov/brfss/index.html>). During the seven years period, the highest participation was recorded in 2011 (6,613) and the lowest in 2021 (4,014). In Puerto Rico, the response rate for the seven-year period is about 50% higher than the median survey.

The questionnaire has three parts: The Core, the optional CDC modules, and the state-added questions<sup>1</sup>. The Core, designed by the CDC, includes a standard set of questions asked about demographics, current health related perceptions, conditions, and behaviors. The optional modules, also design by the CDC, are a set of questions on specific topics that states elect to use on their questionnaire. This report included questions from Health Care Access, Health Status, Chronic Conditions, Risk Factors and Prevention Practices from 2011 to 2021.

*About the analysis:* The prevalence estimates were age-adjusted using the direct adjustment method as used by CDC <sup>2</sup>. This adjustment allows us to compare estimates between populations of different age distribution over time. For this report, all estimates were calculated using STATA software survey package to account for the survey complex design<sup>3</sup>. The appendices of this report include the unadjusted prevalence estimates for further reference.

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<sup>1</sup>A detailed description of the survey design and the methods for estimating the prevalence can be accessed at [https://www.cdc.gov/brfss/data\\_documentation/index.htm](https://www.cdc.gov/brfss/data_documentation/index.htm)

<sup>2</sup> [https://www.cdc.gov/brfss/data\\_documentation/index.htm](https://www.cdc.gov/brfss/data_documentation/index.htm)

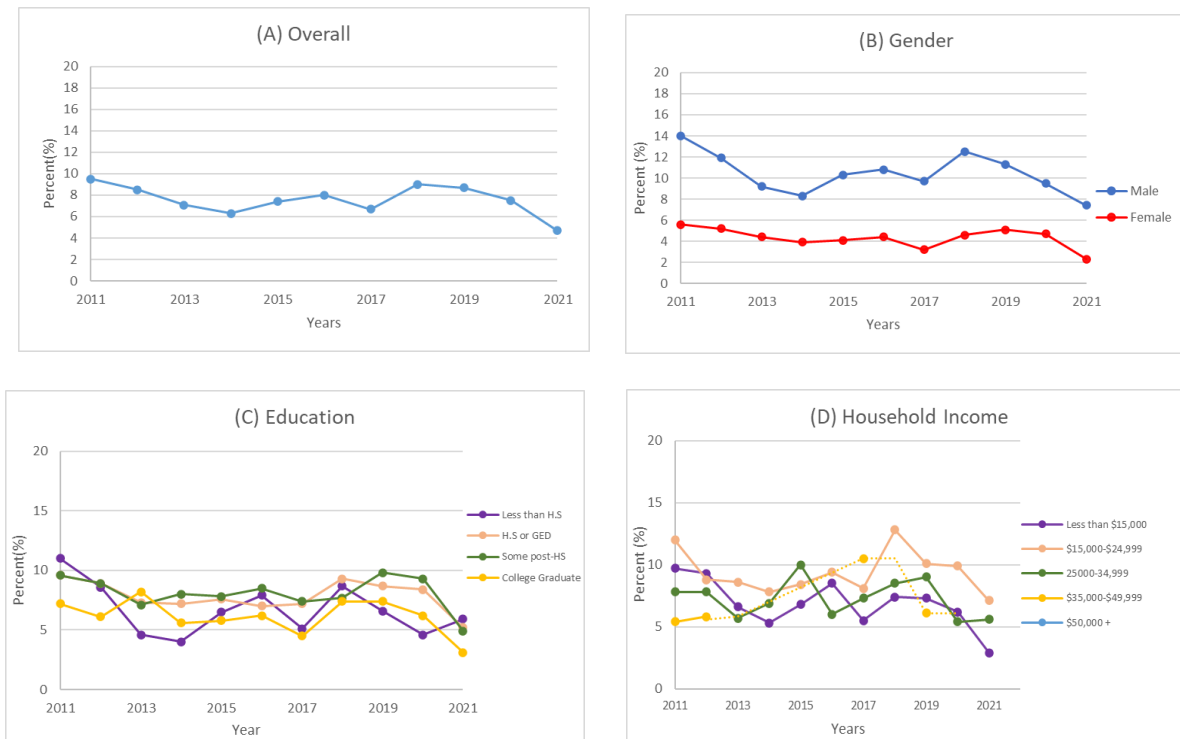
<sup>3</sup> <https://www.stata.com/>

### 3. Prevalence Trends

#### 3.1 Health Care Access

##### 3.1.1 Uninsured adults

Figure 1. Age-adjusted prevalence estimates of uninsured adults, Puerto Rico, 2011-2021



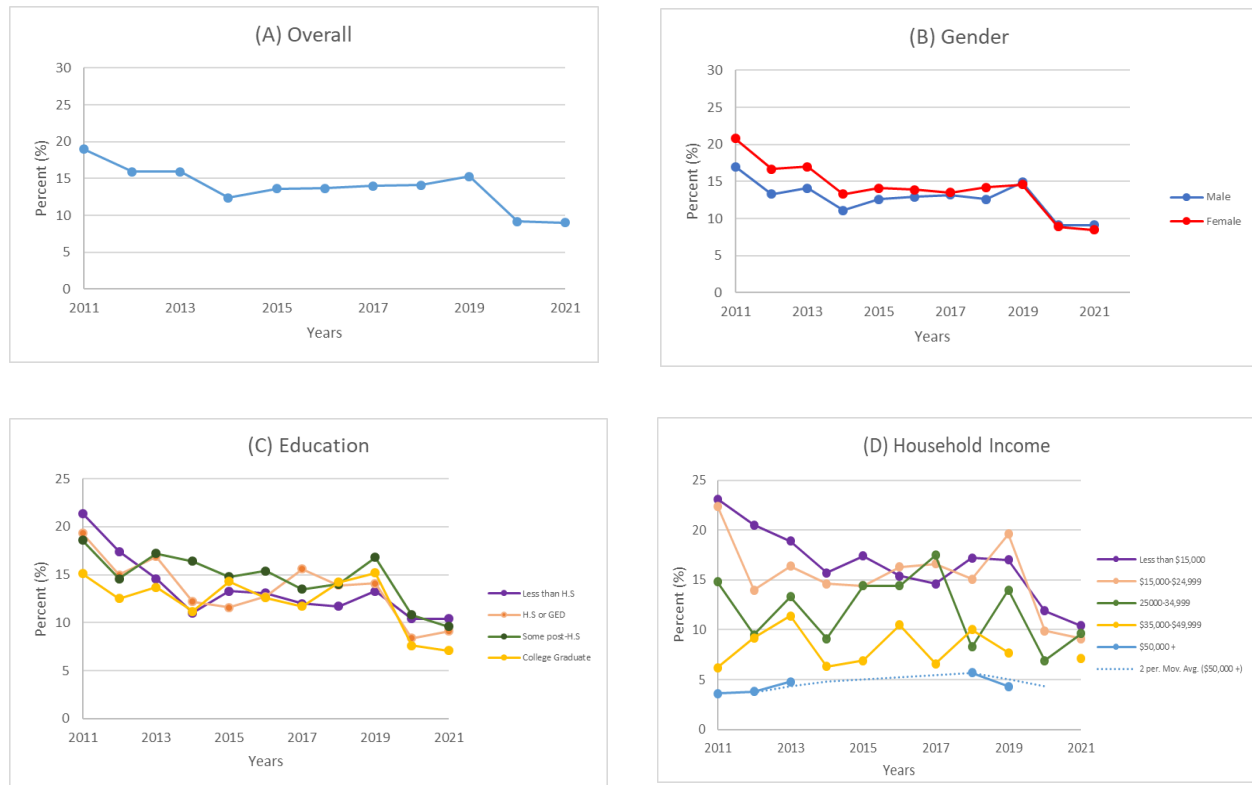
**Uninsured adults:** Obtained from participants that reported “not having any kind of health care coverage, including health insurance, prepaid plans such HMO’s or Government plans such as Medicare, Medicaid or Indian Health Service”.

- The age-adjusted prevalence estimates of uninsured adults in Puerto Rico decrease from 2011 to 2021. Overall, the adjusted prevalence estimated 21.1% decrease percentage between 2011 and 2021 (Appendix A.1)
- The age-adjusted prevalence of uninsured adult males decreases over the years. Although, in this gender group the estimates were about two times higher than in females for all years of survey.



### 3.1.2 Medical Cost

Figure 2: Age-adjusted prevalence estimates of adults that could not see a doctor because of the cost, Puerto Rico 2011-2021

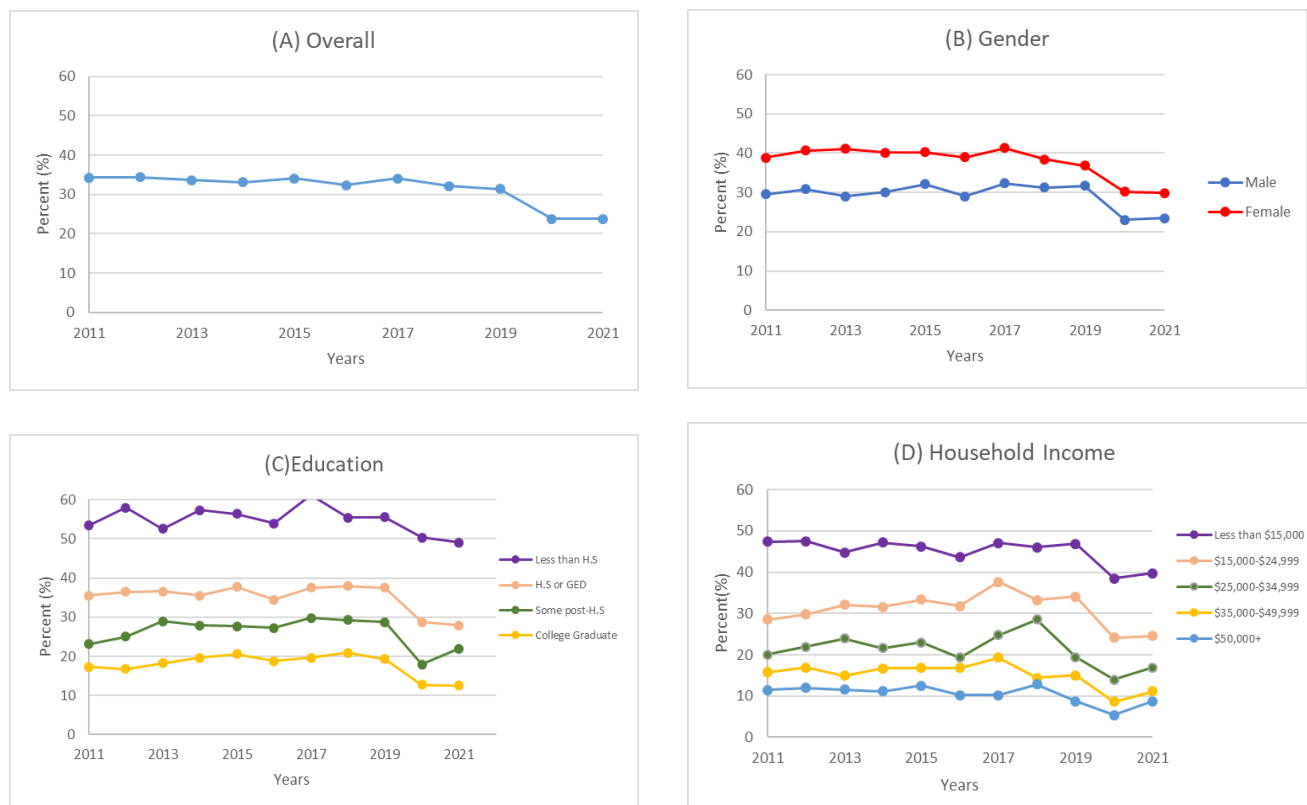


**Medical cost** was measured by asking “was there a time in the past 12 month when needed to see a doctor but could not because of cost?”

- The overall age-adjusted prevalence of adults that could not see a doctor because the cost it was a stable trend observed until 2020 that decrease from 15.3% (2019) to 9.1% (2021).
- The prevalence estimates a percentage change of 56.7% decrease in the 18-24 age group, 60.0% decrease percentage change in the 35-44 age group and 46.2% decrease percentage change in the 65+ age group (Appendix A.2)

### 3.2 Health Status

Figure 3: Age-adjusted prevalence estimates of adults that perceived their health as fair or poor, Puerto Rico 2011-2021



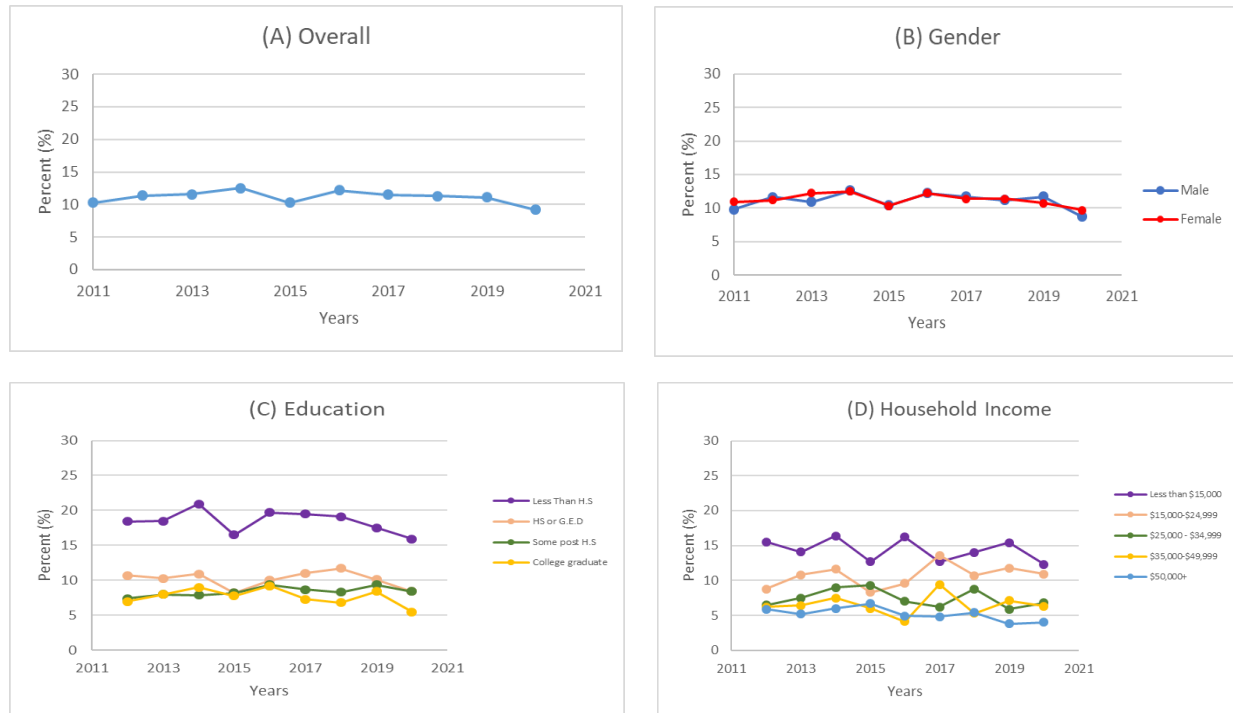
**Perceived health status:** Obtained from PR-BRFSS participants when asked: “Would you say that in general your health is excellent, very good, good, fair or poor?”. Responses were grouped in two categories 1) excellent, very good, good and 2) fair poor.

- The age-adjusted prevalence estimates of adults that reported a fair or poor health perception remained stable from 2011 to 2019 and then observed 22.3% decrease percentage from 2020 to 2021.
- Females, adults with less than a high school completion and people less than \$15,000 on household income reported more often a fair or poor health perception across the years.

### 3.3 Chronic Conditions

#### 3.3.1 History of any cardiovascular condition

Figure 4: Age-adjusted prevalence estimates of adults with a cardiovascular condition, Puerto Rico 2011-2020



**History of cardiovascular conditions:** obtained from the participants that responded “Yes” to any of the following questions: “(Ever told) you had a heart attack, also called a myocardial infarction?” (Ever told) you had angina or coronary heart disease?”; and “(Ever told) you had a stroke?”. The responses were combined to generate the history of cardiovascular conditions estimator.

- Overall, the report of adults diagnosed with cardiovascular conditions had a change of 19.3% from 2011 to 2020.
- The age-adjusted prevalence estimates for adults with less than high school diploma was higher across the ten-year period compared to the other group.

### 3.3.2 Hypertension

Figure 5: Age-adjusted prevalence estimates of adults diagnosed with hypertension, Puerto Rico 2011-2021



**Hypertension awareness** was measured with the question: “have you ever been told by a doctor, nurse or other health professional that you have a high blood pressure?”<sup>4</sup>

- The prevalence estimates of hypertension increase 14.5% from 2011 to 2021.
- In adults without high school diploma, the hypertension diagnosis was higher than other groups and increase across the ten years period (Appendix A.5)
- An increasing trend in the diagnosis of hypertension was also observed in the prevalence estimates by age groups(Appendix A.5)

<sup>4</sup>Diagnosis of hypertension during pregnancy was not used to estimate the prevalence of hypertension.

### 3.3.3 Cholesterol Awareness: High Cholesterol

Figure 6: Age-adjusted prevalence estimates of adults who have had their blood cholesterol checked and have been told it was high, Puerto Rico 2011-2021

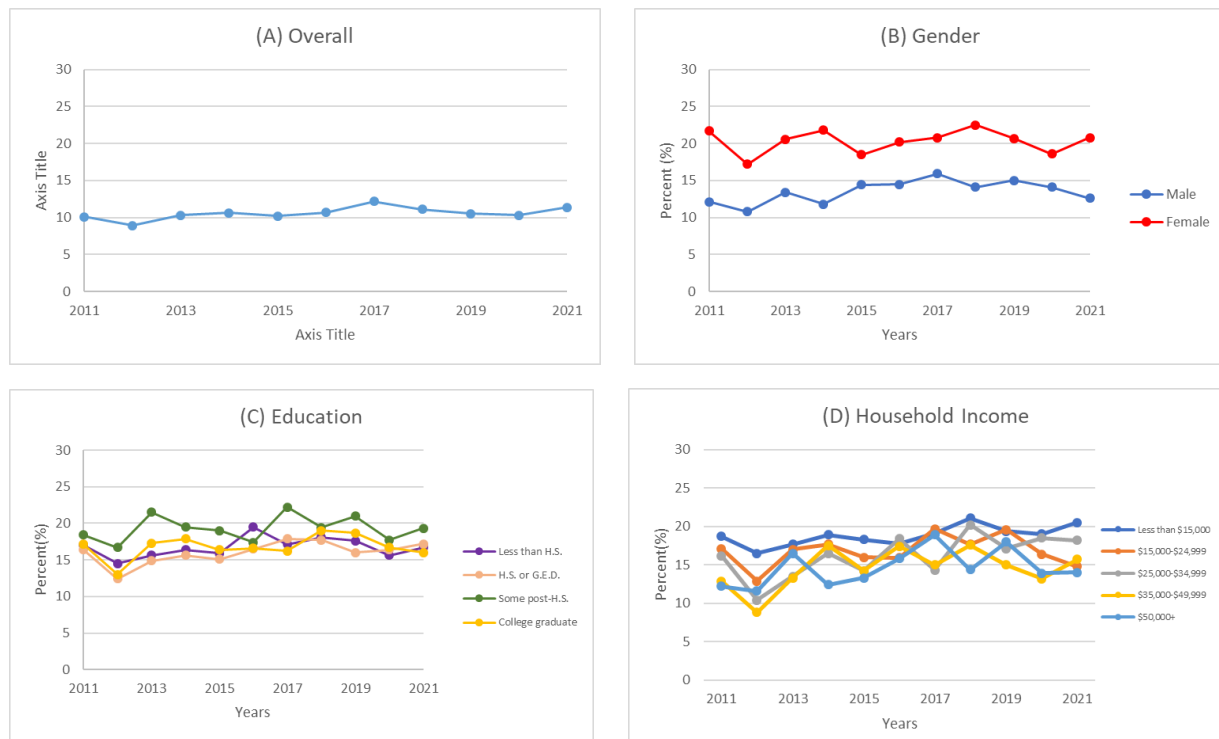


**High cholesterol** was obtained from PR-BRFSS participants when asked: “have you ever been told by a doctor, nurse or other health professional that your blood cholesterol was high?”

- The age-adjusted prevalence estimates of high cholesterol adults were similar across the years.
- Adults with an education less than a high school completed had a higher prevalence estimate of high cholesterol than other groups across the years.

### 3.3.4 Asthma

Figure 7: Age-adjusted prevalence estimates of adults diagnosed with Asthma, Puerto Rico 2011 – 2021

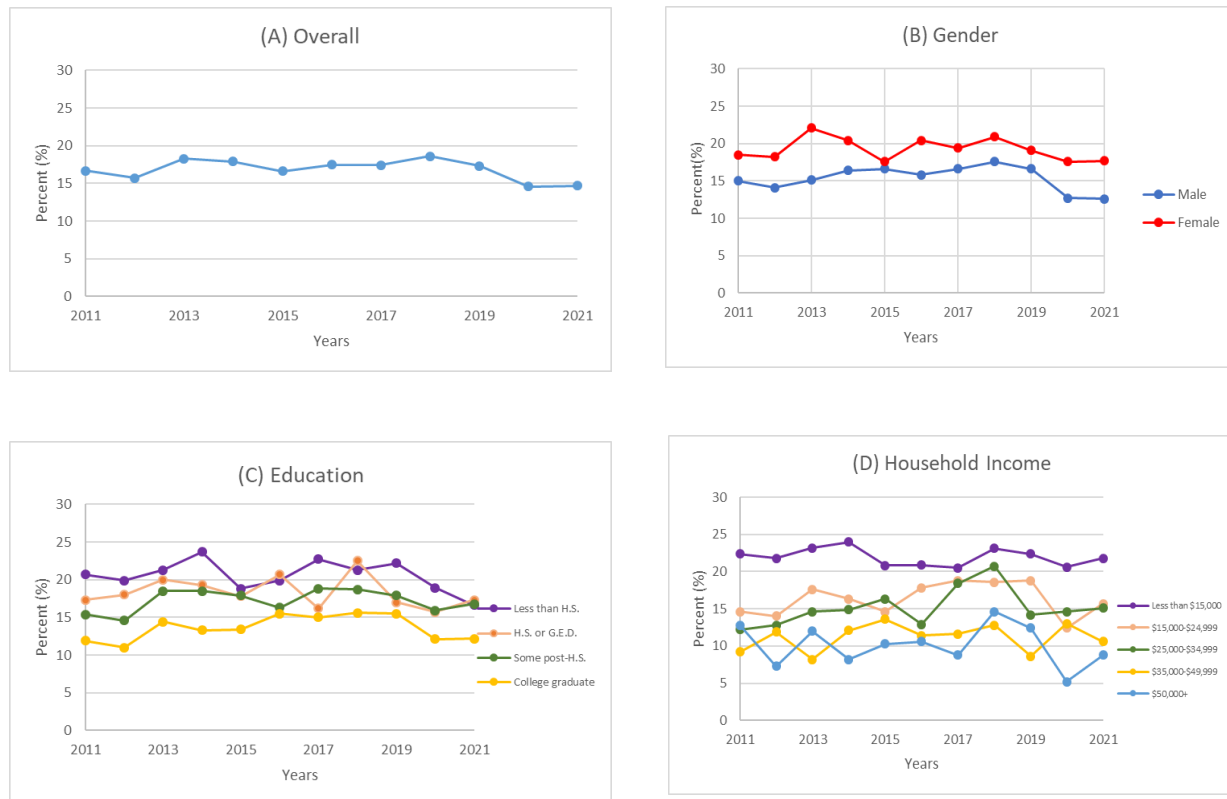


**Asthma** was measured with two questions: 1) “have you ever told by a health professional you have asthma?”, and 2) Do you still have asthma?”.

- The age-adjusted prevalence estimates of having asthma remained consistent trend from 2011-2021.
- Having asthma was two times higher for females than for men across the ten-year period.

### 3.3.5 Depression

Figure 8: Age-adjusted prevalence estimates of adults diagnosed with depression, Puerto Rico 2011-2021

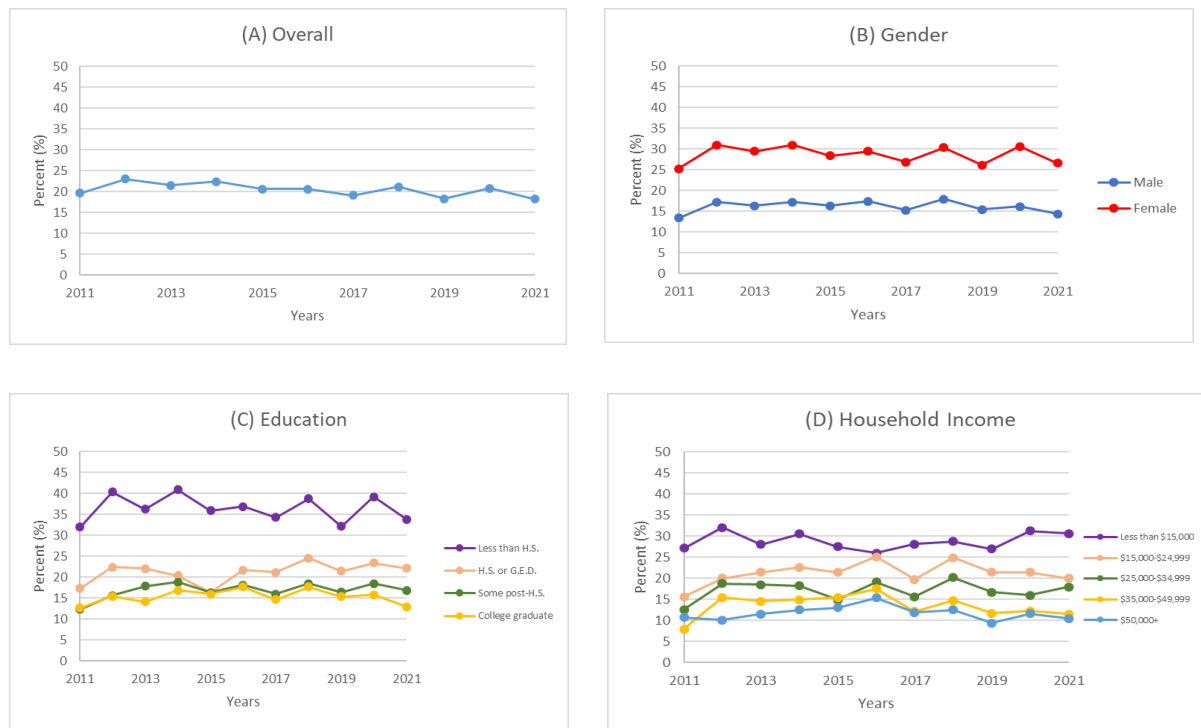


**Depression** health indicator was when asked “has a doctor or other health professional ever told you that you have depression, anxiety or post- traumatic stress disorder?”.

- For the overall, the age-adjusted prevalence estimates of depression diagnosis were similar across the survey years with a slightly decrease from 2011 to 2021
- Among adults with a High School or GED diploma, the age-adjusted prevalence shows a slightly increase trend from 16.2% to 22.5 in the 2017 and 2018, respectively.

### 3.3.6 Arthritis

Figure 9: Age-adjusted prevalence estimates of arthritis, Puerto Rico, 2011-2021



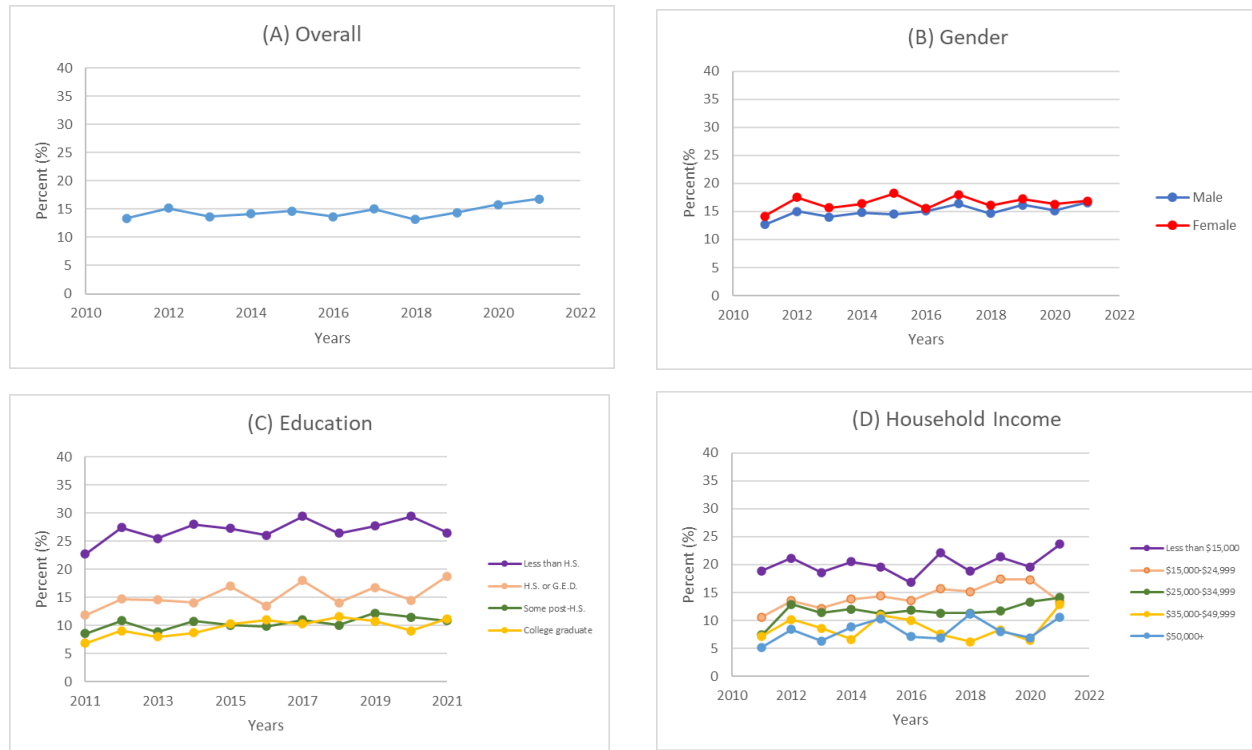
**Arthritis** indicator obtained from participants when asked if they ever been told by a health professional to have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?”

- The age-adjusted prevalence decrease 7.1% between 2011 and 2021.
- The age-adjusted prevalence estimates of arthritis were consistently higher for females, adults with less than a high school diploma and adults with less than \$15,000 on income.



### 3.3.7 Diabetes

Figure 10: Age-adjusted prevalence estimates of adults diagnosed with diabetes, Puerto Rico 2011-2021



**Diabetes indicator:** Obtained when asked survey participants if ever been told to have diabetes. <sup>5</sup>

- Between 2011 and 2018, the overall age adjusted prevalence estimates were similar across the years. From 2019 to 2021 were a slightly increase of the prevalence from 14.4% to 16.8%, respectively.
- Age-adjusted prevalence estimates of diabetes were consistently higher in adults without a high school diploma than in other education groups.

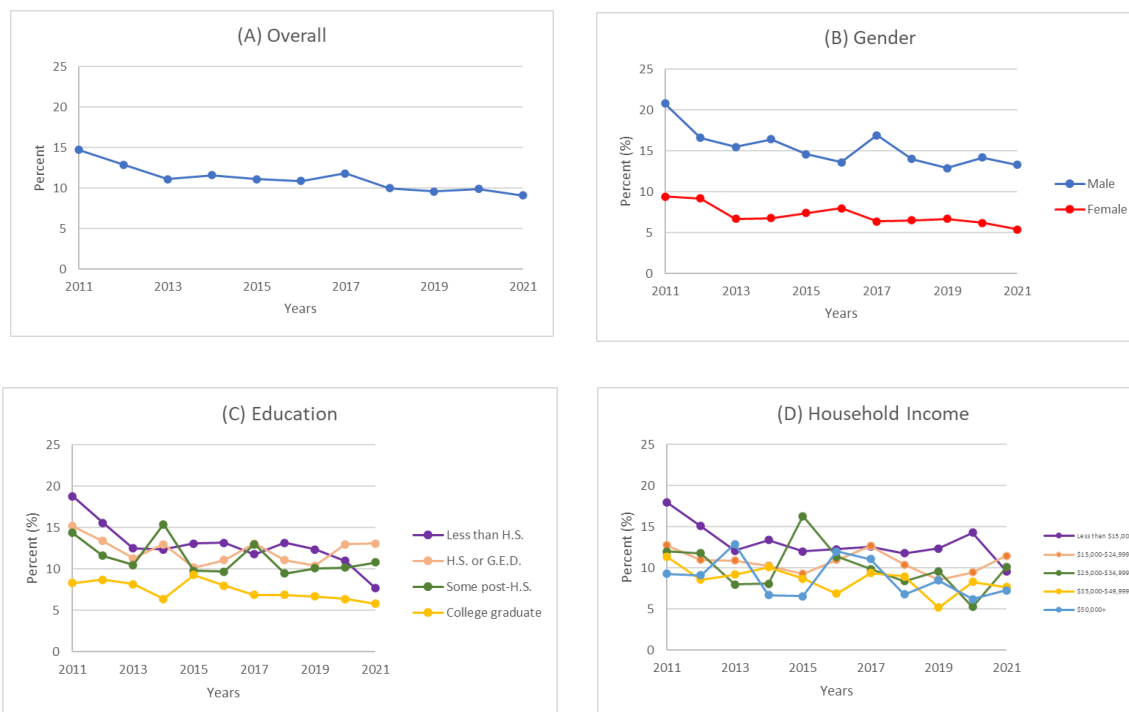
<sup>5</sup>Pregnancy-related diabetes was not used to estimate the prevalence of diabetes.

Prevalence estimates in (Appendix A.10)

### 3.4 Risk Factors

#### 3.4.1 Tobacco Use

Figure 11: Age-adjusted prevalence estimates of adults that are current smokers, Puerto Rico 2011-2021



**Tobacco use** was measured by asking “have you smoked at least 100 cigarettes in your entire life?”<sup>6</sup>

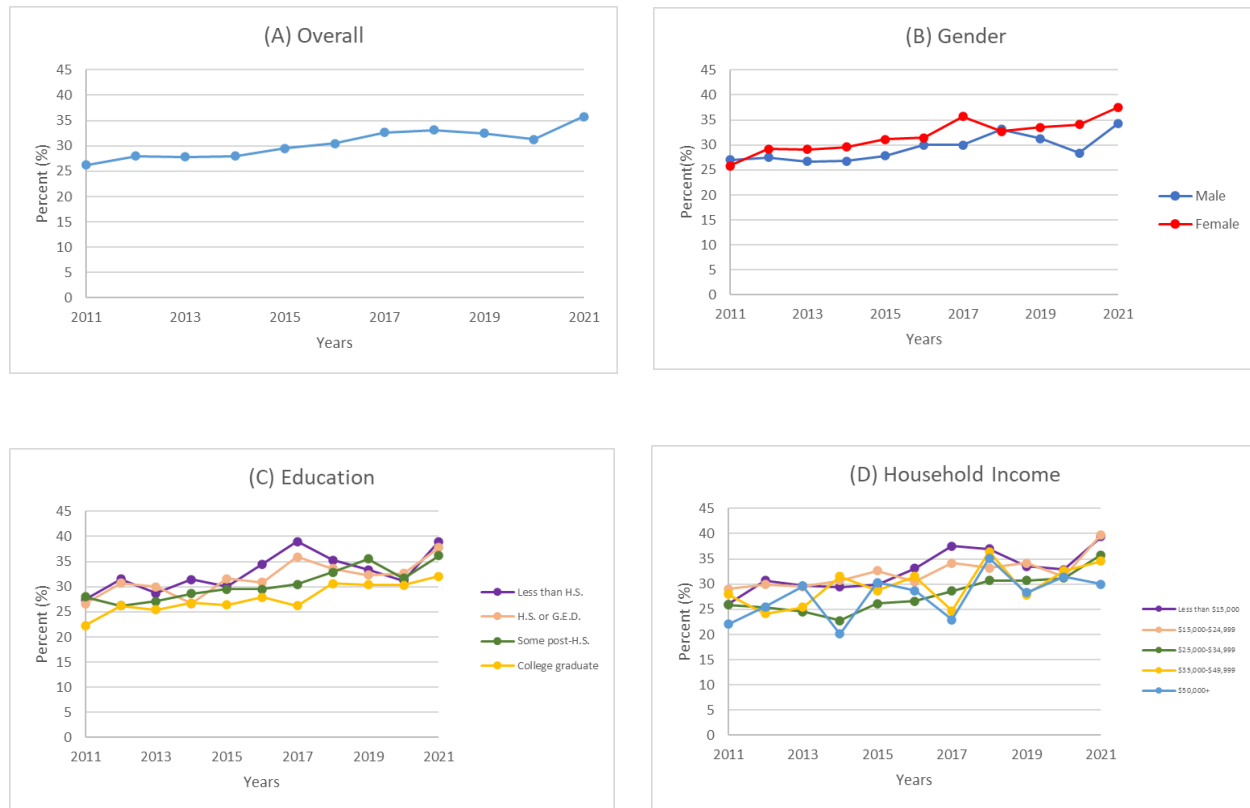
- The overall age-adjusted prevalence estimates of smokers in Puerto Rico decrease 24.5% from 2011 to 2013. A slightly increase in the 2017 but maintain a consistent decrease in the follow-up years.
- In females, the decreasing trend in the estimated age-adjusted prevalence of smokers decrease from 2011 to 2021 but on males, in 2017 was an increase of 24.3% and later a decrease on the follow-up years.

<sup>6</sup>Those that responded to smoked at least 100 cigarettes in the entire life, and smoke day or some days were considered smokers.

Prevalence estimates in(Appendix A.11)

### 3.4.2 Obesity

Figure 12: Age-adjusted prevalence estimates of Obese adults, Puerto Rico 2011-2021



**Obese indicator.** The measure was obtained using the BMI, where those with BMI with 30.0 or more were considered obese.<sup>7</sup>

- During the ten-year period prevalence of obesity in Puerto Rico estimates an increase of 36.6% demarking the consistent lineal trend on those years.

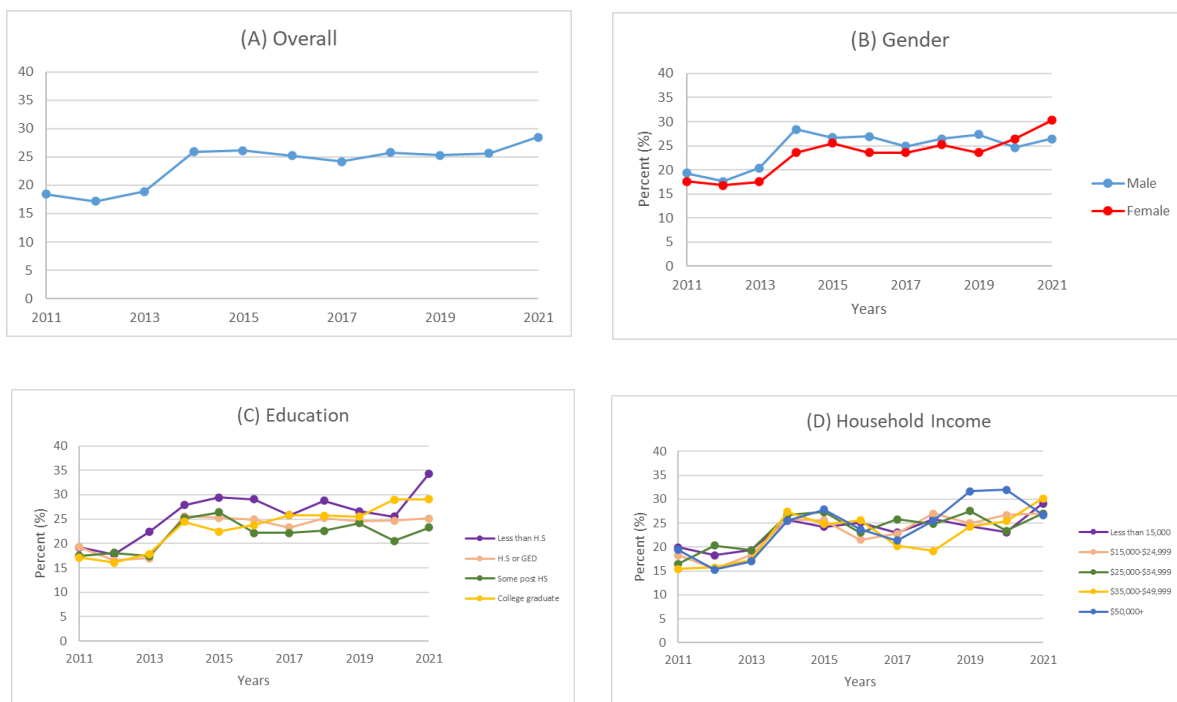
<sup>7</sup>Definition of the measure at (Appendix A.12)

Prevalence estimates also in (Appendix A.12)

## 3.5 Prevalence practices

### 3.5.1 Seasonal Influenza Immunization

Figure 13: Age-adjusted prevalence estimates of adults that had a seasonal flu shot, Puerto Rico 2011-2021



**Seasonal influenza immunization:** obtained from participants when asked “during the past 12 months, have you had either a seasonal flu shot or seasonal flu vaccine that was sprayed in your nose or injected?”

- Overall, the age-adjusted prevalence estimates of influenza immunization increase 40.8% from 2011 to 2014 and maintain a constant trend in the follow-up years.
- The trends of influenza immunization by demographic groups were similar between each group of classification with a fluctuation between 15 to 30 percent.

## A. Prevalence Estimates by Year of Survey

### A.1 Uninsured Adults

Table 1: Prevalence estimates of uninsured adults, Puerto Rico, 2011-2021

Survey Year	Age							Gender	
	Overall	18-24	25-34	35-44	45-54	55-64	65+	Male	Female
<b>2011</b>									
Percent (%)	9.5	11.2	17.3	10.3	8.8	6.7	1.3	14.0	5.6
95% CI	8.5-10.6	8.3-14.2	14.1-20.5	7.8-12.8	6.5-11.0	4.9-8.5	0.7-2.0	12.1-15.8	4.7-6.5
n	421.0	55.0	117.0	81.0	72.0	70.0	26.0	237.0	184.0
<b>2012</b>									
Percent (%)	8.5	7.3	13.9	10.4	10.2	6.7	1.6	11.9	5.2
95% CI	7.6-9.5	5.1-9.5	11.1-16.7	8.0-12.9	7.7-12.6	4.9-8.5	.09-2.2	10.3-13.5	4.3-6.0
n	387.0	44.0	95.0	76.0	82.0	64.0	1839.0	218.0	169.0
<b>2013</b>									
Percent (%)	7.1	8.0	12.4	10.7	6.0	3.4		9.2	4.4
95% CI	6.1-8.0	5.3-10.6	9.5-15.3	7.8-13.6	4.1-7.8	2.1-4.6		7.6-10.7	3.5-5.4
n	287.0	39.0	86.0	65.0	53.0	36.0		162.0	125.0
<b>2014</b>									
Percent (%)	6.3	8.3	9.9	8.4	4.7	5.4		8.3	3.9
95% CI	5.4-7.2	5.3-11.2	7.2-12.5	6.1-10.7	3.0-6.4	3.4-7.3		6.8-9.8	3.1-4.7
n	250.0	33.0	58.0	59.0	41.0	48.0		140.0	110.0
<b>2015</b>									
Percent (%)	7.4	7.1	12.6	10.0	5.8	6.5	1.3	10.3	4.1
95% CI	6.5-8.4	4.6-9.7	9.7-15.5	7.1-12.9	3.7-7.9	4.6-8.5	0.7-2.0	8.6-11.9	3.3-4.9
n	281.0	32.0	73.0	54.0	41.0	59.0	22.0	166.0	115.0
<b>2016</b>									
Percent (%)	8.0	9.8	13.9	10.3	6.2	5.0	1.2	10.8	4.4
95% CI	6.8-9.1	5.5-14.1	10.7-17.2	7.1-13.4	4.2-8.3	3.4-6.6	0.6-1.8	8.8-12.7	3.4-5.4
n	293.0	34.0	74.0	57.0	56.0	52.0	20.0	169.0	124.0
<b>2017</b>									
Percent (%)	6.7	6.9	10.1	8.9	6.8	5.3	1.3	9.7	3.2
95% CI	5.6-7.8	3.5-10.3	7.0-13.1	5.9-11.9	4.6-8.9	3.2-7.5	0.6-2.1	7.8-11.6	2.5-4.0
n	223.0	21.0	51.0	45.0	47.0	41.0	18.0	135.0	88.0
<b>2018</b>									
Percent (%)	9.0	9.7	13.6	11.3	9.7	8.2		12.5	4.6
95% CI	7.8-10.2	6.3-13.2	9.8-17.3	8.1-14.6	7.0-12.4	5.7-10.7		10.5-14.5	3.5-5.7
n	311.0	35.0	74.0	69.0	67.0	55.0		193.0	118.0
<b>2019</b>									
Percent (%)	8.7	11.4	13.8	9.5	9.4	7.5		11.3	5.1
95% CI	7.7-9.8	8.1-14.6	10.3-17.2	7.1-12.0	7.1-11.8	5.6-9.4		9.5-13.0	4.2
n	407.0	50.0	96.0	83.0	86.0	83.0		226.0	181.0
<b>2020</b>									
Percent (%)	7.5	6.7	14.5	7.9	7.0	7.0		9.5	4.7
95% CI	6.5-8.5	4.0-9.3	11.1-17.9	5.4-10.4	4.9-9.1	4.8-9.2		7.8-11.2	3.8-5.6
n	329.0	29.0	101.0	60.0	69.0	58.0		186.0	143.0

## A.2 Medical Cost

Table 2: Prevalence estimates of adults that could not see a doctor because of the cost, Puerto Rico 2011-2021

Survey Year	Age							Gender	
	Overall	18-24	25-34	35-44	45-54	55-64	65+	Male	Female
2011									
Percent (%)	19	13.4	20.7	24	23.1	19.7	11.7	17	20.8
95% CI	17.8-20.2	10.2-16.5	17.5-24.0	20.9-27.2	20.0-26.1	17.0-22.5	10.0-13.4	15.1-18.8	19.2-22.4
n	1120	72	167	216	218	210	237	348	772
2012									
Percent (%)	15.1	10.4	16.8	18.5	19.4	16.4	8.7	13.3	16.7
95% CI	14.0-16.2	7.8-13.0	13.8-19.8	15.6-21.4	16.4-22.5	14.0-18.9	7.1-10.3	11.6-15.0	15.3-18.1
n	863	64	140	161	179	176	143	270	772
2013									
Percent (%)	15.9	12.3	18.6	20	19.8	15.6	7.9	14.1	17
95% CI	14.6-17.1	8.9-15.7	14.9-22.3	16.6-23.5	16.8-22.9	12.9-18.3	6.3-9.4	12.2-15.9	15.4-18.7
n	828	56	119	154	191	165	143	267	561
2014									
Percent (%)	12.4	9.3	12.8	16.2	17.1	13.2	5.6	11.1	13.3
95% CI	11.3-13.5	6.5-12.2	9.9-15.6	13.2-19.3	14.1-20.0	10.5-15.8	4.3-6.8	9.4-12.7	11.9-14.6
n	662	45	87	117	163	147	103	205	457
2015									
Percent (%)	13.6	8.3	15.6	16	19.8	14.3	7	12.6	14.1
95% CI	12.4-14.7	5.6-11.0	12.4-18.9	12.9-19.0	16.6-22.9	11.7-16.8	5.4-8.6	10.8-14.4	12.7-15.5
n	669	43	96	115	168	140	107	226	443
2016									
Percent (%)	13.7	10.1	14.4	19.7	17.9	13.8	5.7	12.9	13.9
95% CI	12.4-15.0	6.8-13.3	11.2-17.6	15.8-23.6	14.6-21.3	11.1-16.5	4.2-7.2	10.9-14.9	12.3-15.4
n	711	49	100	136	166	151	109	250	461
2017									
Percent (%)	14	14.9	17.6	16.1	16.1	15.3	4.1	13.2	13.5
95% CI	12.6-15.5	10.5-19.4	13.7-21.4	12.2-20.1	13.0-19.2	11.9-18.7	2.9-5.3	11.1-15.3	11.8-15.2
n	544	49	94	87	122	122	70	197	346
2018									
Percent (%)	14.1	13.2	17.8	15.2	18.2	14.3	5.3	12.6	14.2
95% CI	12.7-15.4	9.1-17.2	13.8-21.7	12.1-18.4	15.0-21.5	11.6-17.1	3.9-6.7	10.6-14.6	12.7-15.8
n	623	44	112	113	149	132	73	214	409
2019									
Percent (%)	15.3	13.3	16.2	19.1	18.9	17.9	6.3	14.9	14.6
95% CI	14.0-16.5	10.0-16.7	12.9-19.4	15.7-22.5	16.0-21.8	15.0-20.8	4.8-7.7	13.0-16.7	13.2-16.0
n	842	66	131	159	195	186	105	304	538
2020									
Percent (%)	9.2	5.8	10.9	9.6	12.5	10.8		9.1	8.9
95% CI	7.9-10.4	3.0-8.4	7.5-14.2	7.0-12.1	9.8-15.3	8.2-13.4		6.8-11.3	7.6-10.3
n	427	23	74	82	111	96		164	263

### A.3 Perceived General Health

Table 3: Prevalence estimates of adults that perceived their health as fair or poor, Puerto Rico 2011-2021

Survey Year	Age							Gender	
	Overall	18-24	25-34	35-44	45-54	55-64	65+	Male	Female
2011									
Percent (%)	34.5	9	16.1	24.9	42.3	56.2	62.2	29.5	38.9
95% CI	33.1-35.8	6.4-11.6	13.2-19.0	21.6-28.2	38.7-45.9	52.8-59.5	59.7-64.6	27.4-31.6	37.1-40.6
n	2,697	50	125	208	405	626	1283	836	1861
2012									
Percent (%)	36.1	8.4	17.9	23.6	42.9	56.3	61.4	30.8	40.7
95% CI	34.7-37.4	6.0-10.8	14.-21.2	20.4-26.9	39.3-46.4	53.0-59.7	58.9-64.0	28.6-32.9	39.0-42.5
n	2,442	47	120	201	396	580	1098	746	1696
2013									
Percent (%)	35.4	13.1	15	25.5	42.3	52.2	58.3	29	41
95% CI	33.9-36.9	9.3-16.8	11.3-18.7	21.6-29.4	38.4-46.4	48.6-55.9	55.6-60.9	26.7-31.3	39.0-43.1
n	2,354	55	81	179	412	525	1102	694	1660
2014									
Percent (%)	35.4	9.3	12	25.5	40.7	54.6	61.5	30.1	40.1
95% CI	33.9-36.9	6.2-12.4	9.2-14.7	21.8-29.1	36.9-44.5	51.0-58.3	58.9-64.1	27.8-32.4	38.2-42.0
n	2,413	42	85	186	381	562	1157	731	1682
2015									
Percent (%)	36.4	10.3	14.7	26.5	42.5	55.6	59.3	32.1	40.3
95% CI	34.9-38.0	7.3-13.2	11.4-17.9	22.6-30.5	38.7-46.4	52.0-59.2	56.5-62.1	29.7-34.5	38.3-42.2
n	2,209	48	91	173	366	539	992	697	1512
2016									
Percent (%)	34.3	15.3	12.2	26.5	41.3	48	54.8	29	39
95% CI	32.6-36.0	10.2-20.3	8.9-15.5	22.3-30.7	37.0-45.6	43.9-52.1	51.8-57.8	26.4-31.7	36.9-41.2
n	2,197	58	82	175	351	484	1042	705	1492
2017									
Percent (%)	37.1	10.2	18.8	23.8	42.9	54.4	58.6	32.3	41.3
95% CI	35.3-38.9	6.9-13.5	14.5-23.1	19.4-28.3	38.4-47.5	49.7-59.1	55.4-61.9	29.5-35.2	38.9-43.7
n	1,803	38	95	134	291	417	828	581	1222
2018									
Percent (%)	35	9.9	14.8	25.6	39.8	51.2	54.9	31.3	38.4
95% CI	33.4-36.7	5.9-13.9	11.2-18.4	21.6-29.7	35.6-43.9	47.3-55.1	51.7-58.1	28.7-33.9	36.2-40.5
n	1,797	35	100	190	327	469	676	627	1170
2019									
Percent (%)	34.4	10.1	14	23.1	37.4	54.5	53.8	31.7	36.8
95% CI	32.9-35.9	7.1-13.2	10.6-17.4	19.6-26.5	33.7-41.0	50.9-58.1	50.9-56.7	29.3-34.1	34.9-38.6
n	2,192	49	111	201	369	550	912	752	1440
2020									
Percent (%)	26.8	7.5	7	14.4	27.6	40	50.3	23	30.2
95% CI	24.6-29.0	4.4-10.5	4.1-9.8	10.9-17.9	23.8-31.4	35.6-44.5	43.9-56.7	19.9-26.1	27.1-33.2
n	1,246	27	48	111	233	351	476	426	820
2021									
Percent (%)	26.8	5.6	9.3	13	26.3	42.8	49.7	23.4	29.9
95% CI	24.9-28.8	3.0-8.2	5.6-12.9	9.2-16.7	21.8-30.7	37.8-47.9	45.5-54.0	20.5-26.2	27.3-32.5
n	1,132	22	49	79	187	284	511	380	752

## A.4 History of any cardiovascular condition

Table 4: Prevalence estimates of adults with any cardiovascular condition, Puerto Rico 2012-2021

Survey Year	Age							Gender	
	Overall	18-24	25-34	35-44	45-54	55-64	65+	Male	Female
<b>2012</b>									
Percent (%)	11.4	1.3	4.4	5.7	13.3	17.5	23.5	11.6	11.2
95% CI	10.5-12.3	0.6-2.6	3.1-6.3	4.2-7.8	10.9-16.3	15.1-20.2	21.2-25.8	10.2-13.1	10.2-12.4
n	720	11	49	63	145	171	281	342	378
<b>2013</b>									
Percent (%)	11.6	2.3	4.0	7.5	12.1	18.3	22.8	10.9	12.2
95% CI	10.7-12.6	1.3-4.2	2.6-6.1	5.5-10.0	9.8-14.8	15.5-21.4	20.5-25.2	9.5-12.5	11.0-13.4
n	698	19	42	77	125	171	266	308	391
<b>2014</b>									
Percent (%)	12.5	1.9	5.5	6.2	13.2	20.1	24.2	12.6	12.5
95% CI	11.5-13.5	0.9-3.9	3.7-8.2	4.5-8.6	10.8-16.1	17.2-23.4	22.0-26.7	11.0-14.3	11.3-13.7
n	749	15	57	63	136	188	291	352	396
<b>2015</b>									
Percent (%)	10.3	1.5	3.8	5.8	10.5	15.2	20.9	10.4	10.3
95% CI	9.4-11.3	7.5-2.8	2.4-6.0	4.1-8.3	8.4-13.2	12.8-18.0	18.6-23.4	9.0-12.0	9.2-11.4
n	558	10	35	52	11	15	21	263	295
<b>2016</b>									
Percent (%)	12.2	3.0	3.2	6.1	13.2	16	26.4	12.2	12.2
95% CI	11.1-13.3	1.2-7.7	1.9-5.1	4.3-8.7	10.5-16.5	13.3-19.2	23.8-29.3	10.5-14.0	10.9-13.7
n	706	23	31	59	130	145	318	330	376
<b>2017</b>									
Percent (%)	11.5	1.9	3.5	9.2	12.3	17.5	19.9	11.7	11.4
95% CI	10.4-12.8	0.9-3.9	1.8-6.5	6.4-12.9	9.5-15.7	14.0-21.8	17.3-22.6	9.9-13.8	9.9-13.0
n	518	11	25	67	93	124	198	245	271
<b>2018</b>									
Percent (%)	11.3	2.3	4.1	6.5	9.7	16.6	21.9	11.2	11.4
95% CI	10.2-12.4	1.1-4.0	2.4-7.1	4.6-9.2	7.3-12.0	13.9-19.6	19.3-24.8	9.6-13.0	10.1-12.8
n	546	14	33	51	78	127	244	253	294
<b>2019</b>									
Percent (%)	11.1	1.9	2.9	7.8	11.5	18.6	18.9	11.7	10.7
95% CI	10.2-12.1	1.0-3.6	1.7-5.0	5.8-10.3	9.3-14.1	15.7-21.9	16.7-21.2	10.2-13.3	9.5-11.9
n	672	15	28	75	115	178	262	329	342
<b>2020</b>									
Percent (%)	9.2	2.9	2.5	3.1	9.0	14.6	18.1	8.7	9.7
95% CI	7.7-10.9	1.3-6.2	1.4-4.3	1.9-5.0	6.8-11.8	11.7-18.1	13.1-24.4	7.2-10.4	7.4-12.6
n	455	18	19	24	74	114	206	199	255



## A.5 Hypertension

Table 5: Prevalence estimates of adults with hypertension, Puerto Rico 2011-2019

Survey Year	Age							Gender	
	Overall	18-24	25-34	35-44	45-54	55-64	65+	Male	Female
<b>2011</b>									
Percent (%)	36.5	8.6	15.2	27.2	45.3	61.5	67.2	35.9	37.6
95% CI	35.3-37.8	6.0-11.2	12.5-17.9	23.8-30.6	41.7-48.9	58.2-64.8	64.8-69.6	33.7-38.1	35.8-39.3
n	3018	44	130	240	445	696	1463	1067	1951
<b>2013</b>									
Percent (%)	40.1	9.3	18.5	33.5	48.6	62.5	72	40.5	43.9
95% CI	38.6-41.6	6.2-12.4	14.7-22.4	29.5-37.4	44.7-52.5	58.9-66.0	69.5-74.4	38.-43.0	41.9-45.9
n	3007	38	106	261	476	690	1436	1045	1962
<b>2015</b>									
Percent (%)	39.4	9.6	19.2	30.7	47.4	64.6	69.7	40.4	43.8
95% CI	38.0-40.9	6.6-12.5	15.8-22.7	26.6-34.7	43.5-51.3	61.1-68.0	67.0-72.4	37.9-43.0	41.8-45.7
n	2690	44	120	208	415	659	1244	925	1765
<b>2017</b>									
Percent (%)	41	8.9	23.4	28.4	51.6	65.1	73	44.1	45.2
95% CI	39.3-42.7	5.2-12.5	19.9-27.8	23.6-33.2	47.1-56.1	60.7-69.5	70.1-75.9	41.0-47.1	42.8-47.6
n	2263	27	122	159	366	501	1088	844	1418
<b>2019</b>									
Percent (%)	36.1	6.3	15.2	27.7	42.5	62.9	66.4	40.8	39.2
95% CI	34.7-37.5	3.6-8.9	11.7-18.8	23.9-31.4	38.9-46.1	59.4-66.4	63.6-69.1	38.3-43.3	37.5-41.0
n	2627	27	105	231	443	660	1161	1005	1662
<b>2021</b>									
Percent (%)	41.8		16.6	25.6	41.9	64.6	73.3	42.2	41.5
95% CI	39.7-43.9		12.6-20.7	30.9-30.4	37.1-46.8	60.0-69.1	69.6-77.0	38.9-45.4	38.8-44.2
n	1804		81	154	295	448	809	736	1068

## A.6 Cholesterol Awareness: High Cholesterol

Table 6: Prevalence estimates of adults who have had their blood cholesterol checked and have been told it was high, Puerto Rico 2011-2021

Survey Year	Age							Gender	
	Overall	18-24	25-34	35-44	45-54	55-64	65+	Male	Female
<b>2011</b>									
Percent (%)	35.6	14.3	19.8	28.6	42.3	53.4	56.1	39.0	37.5
95% CI	34.0-37.1	9.7-19.0	15.7-23.8	24.9-32.4	38.5-46.1	49.8-56.9	53.5-58.7	36.4-41.6	35.6-39.4
n	2376	35	30	198	362	583	1108	814	1532
<b>2013</b>									
Percent (%)	34.5	7.6	17.0	29.6	43.1	54.6	53.3	35.6	40.8
95% CI	32.8-36.2	4.1-11.1	12.7-21.3	25.3-34.0	39.0-47.2	50.8-58.3	50.5-56.1	32.9-38.3	38.7-43.0
n	2188	19	73	179	377	551	989	694	1494
<b>2015</b>									
Percent (%)	37.3	12.5	19.7	33.8	44.7	53.1	57.7	39.7	42.9
95% CI	35.5-39.1	7.0-18.0	15.4-24.0	29.2-38.4	40.7-48.7	49.3-56.9	54.7-60.6	36.9-42.5	40.8-45.0
n	2139	24	84	176	359	528	968	694	1445
<b>2017</b>									
Percent (%)	32.5	6.6	16.4	24.8	43.1	53.7	50.2	36.6	36.7
95% CI	30.6-34.4	3.0-10.2	12.0-20.7	19.9-29.7	38.4-47.7	48.9-58.5	46.7-53.6	33.4-39.8	34.3-39.1
n	1632	14	62	123	283	416	734	575	1057
<b>2019</b>									
Percent (%)	33.4	11.0	18.7	25.7	29.8	56.6	51.3	37.4	36.8
95% CI	31.8-35.0	7.0-15.1	14.1-23.3	21.9-29.5	36.1-43.4	52.9-60.3	48.4-54.2	34.8-40.1	34.9-38.7
n	2171	35	99	199	385	568	814	771	1400
<b>2021</b>									
Percent (%)	37.6	10.0	16.9	29.0	41.5	60.9	64.4	38.2	44.1
95% CI	35.7-39.4	5.8-14.4	12.0-21.8	23.7-34.2	36.6-46.5	56.1-65.8	60.3-68.6	34.8-41.5	41.3-47.0
n	1804	28	72	153	264	419	690	593	1003

## A.7 Asthma

Table 7: Prevalence estimates of adults with asthma, Puerto Rico 2011-2021

Survey Year	Age							Gender	
	Overall	18-24	25-34	35-44	45-54	55-64	65+	Male	Female
<b>2011</b>									
Percent (%)	10.1	20.8	19.4	18.7	15.2	14.3	14.3	12.1	21.7
95% CI	9.2-11.0	17.2-24.5	16.4-22.5	15.7-21.7	12.7-17.7	12.0-16.6	12.6-16.0	10.5-13.7	20.1-23.3
n	644	112	162	156	164	178	310	262	820
<b>2012</b>									
Percent (%)	8.9	19.0	15.5	11.4	13.9	15.8	14.3	10.8	17.2
95% CI	8.0-9.8	15.4-22.6	12.8-18.2	9.2-13.6	11.3-16.6	13.5-18.2	12.6-16.0	9.3-12.3	15.8-18.6
n	558	102	133	116	137	191	310	237	655
<b>2013</b>									
Percent (%)	10.3	23.9	17.8	16.4	15.6	18.5	13.2	13.4	20.6
95% CI	9.2-11.4	19.6-28.3	14.1-21.6	13.5-19.4	12.9-18.3	15.7-21.4	11.4-14.9	11.5-15.2	19.0-22.3
n	622	121	109	143	176	176	204	258	776
<b>2014</b>									
Percent (%)	10.6	20.4	19.2	17.9	15.5	16.9	14.1	11.8	21.8
95% CI	9.6-11.7	16.2-24.5	15.9-22.6	14.7-21.0	12.8-18.2	14.1-19.6	12.3-15.9	10.1-13.5	20.1-23.4
n	636	96	130	137	164	197	307	243	788
<b>2015</b>									
Percent (%)	10.2	22.0	16.6	15.4	15.2	19.1	13.2	14.4	18.5
95% CI	9.2-11.2	17.4-26.5	13.4-19.4	12.2-18.6	12.5-17.9	16.2-22.1	11.3-15.1	12.4-16.4	17.0-20.1
n	585	91	114	110	148		241	254	651
<b>2016</b>									
Percent (%)	10.7	18.4	19.6	17.8	18.2	14.3	16.8	14.5	20.8
95% CI	9.4-11.9	13.3-23.6	15.3-23.8	14.3-21.3	14.9-21.6	11.8-16.8	14.5-19.1	13.6-18.2	18.8-22.8
n	605	75	123	137	168	181	318	237	587
<b>2017</b>									
Percent (%)	12.2	20.9	20.7	21.3	17.9	16.0	15.7	15.9	20.8
95% CI	10.9-13.5	15.8-26.0	16.5-25.0	16.9-25.7	14.6-21.3	12.7-19.2	13.4-18.1	13.6-18.2	18.8-22.8
n	552	71	109	112	137	143	252	237	587
<b>2018</b>									
Percent (%)	11.1	20.1	20.8	18.0	18.5	19.5	15.7	14.1	22.5
95% CI	10.0-12.3	15.0-25.3	16.4-25.2	14.6-21.5	15.3-21.8	16.5-22.5	13.4-18.1	11.9-16.2	20.6-24.3
n	560	65	134	146	170	190	209	243	671
<b>2019</b>									
Percent (%)	10.5	18.7	21.6	19.5	15.4	19.4	15.3	15.0	20.7
95% CI	9.6-11.5	14.6-22.9	18.0-25.1	16.3-22.7	12.8-18.0	16.5-22.3	13.2-17.4	13.2-16.9	19.1-22.3
n	660	87	187	180	167	216	270	329	778
<b>2020</b>									
Percent (%)	10.3	18.3	16.9	17.7	15.2	16.1	15.7	14.1	18.6
95% CI	8.8-11.7	14.0-22.6	13.4-20.4	12.4-23.0	12.3-18.1	13.1-19.1	11.4-19.9	11.6-16.7	16.4-20.8
n	515	76	132	130	144	160	183	248	577
<b>2021</b>									
Percent (%)	11.4	18.8	19.1	16.9	14.9	17.4	15.9	12.6	20.8
95% CI	10.0-12.7	13.4-24.2	14.7-23.5	13.0-20.8	11.8-18.0	13.8-20.9	13.0-18.8	10.5-14.7	18.6-23.0
n	480	60	101	105	131	134	175	197	509

## A.8 Depression

Table 8: Prevalence estimates of adults diagnosed with depression, Puerto Rico 2011-2021

Survey Year	Age							Gender	
	Overall	18-24	25-34	35-44	45-54	55-64	65+	Male	Female
2011									
Percent (%)	16.7	6.3	10.9	16.9	25.3	28.2	14.7	15	18.5
95% CI	15.6-17.8	4.2-8.4	8.5-13.3	14.0-19.8	22.1-28.4	25.1-31.3	12.9-16.5	13.3-16.7	17.0-29.9
n	1138	36	88	137	247	319	311	375	763
2012									
Percent (%)	15.7	5.5	9.3	13.5	22.9	29.2	16.6	14.1	18.2
95% CI	14.7-16.7	6.3-8.1	9.9-16.7	14.3-20.9	22.4-29.1	27.7-34.5	15.7-20.0	12.5-15.7	16.8-19.6
n	1072	32	76	125	214	918	907	328	744
2013									
Percent (%)	18.3	5.9	13.3	17.6	25.7	31.1	17.9	15.1	22.1
95% CI	17.0-19.5	3.6-8.1	9.9-16.7	14.3-20.9	22.4-29.1	27.7-34.5	15.7-20.0	13.2-16.9	20.4-23.8
n	1177	32	70	136	253	331	355	336	841
2014									
Percent (%)	17.9	8.1	9.9	18.3	25.2	31.4	17.3	16.4	20.4
95% CI	16.7-19.1	5.4-10.7	7.2-12.5	15.1-21.6	21.9-28.6	28.0-34.9	15.2-19.3	14.5-18.3	18.8-22.0
n	1184	42	70	133	251	338	350	356	828
2015									
Percent (%)	16.6	7.6	10.8	15.2	27.8	24	16	16.6	17.6
95% CI	15.4-17.8	5.1-10.0	7.9-13.7	11.9-18.4	24.3-31.3	21.0-27.0	13.9-18.2	14.7-18.6	16.1-19.0
n	1024	39	65	103	248	266	303	343	681
2016									
Percent (%)	17.5	8.1	8.9	17.4	25.5	26.3	20.9	15.8	20.4
95% CI	16.2-18.8	4.7-11.4	6.4-11.5	13.9-21.0	21.7-29.3	22.8-29.7	18.4-23.5	13.8-17.8	18.6-22.2
n	1150	33	58	127	224	306	402	376	774
2017									
Percent (%)	17.4	6.6	10.1	16.9	27.6	29.7	16.1	16.6	19.4
95% CI	15.9-18.9	3.5-9.7	6.9-13.4	12.7-21.0	23.4-31.8	25.4-34.1	13.7-18.5	14.2-19.0	17.5-21.3
n	862	23	52	91	197	244	255	279	582
2018									
Percent (%)	18.6	8.4	12.3	19.1	23.8	28.6	20.8	17.6	20.9
95% CI	17.2-20.0	5.3-11.6	8.8-15.7	15.3-22.9	20.1-27.4	25.1-32	18.2-23.5	15.4-19.8	19.1-22.6
n	1009	31	82	133	204	278	281	332	677
2019									
Percent (%)	17.3	7.2	13.3	17.2	22.2	27	18.3	16.6	19.1
95% CI	16.0-18.6	4.7-9.7	9.5-17.0	14.0-20.4	19.1-25.3	23.7-30.3	16.1-20.5	14.6-18.6	17.6-20.7
n	1120	38	87	138	232	294	331	356	764
2020									
Percent (%)	14.6	6.5	10.8	10.7	21.1	24.8	15.9	12.7	17.6
95% CI	13.2-16.0	3.8-9.2	7.2-14.4	7.9-13.4	17.5-24.7	21.2-28.6	11.8-20.0	10.6-14.8	15.5-19.8
n	785	28	66	88	184	229	190	265	520
2021									
Percent (%)	14.7	8.7	10	12.3	17.2	26.1	16	12.6	17.7
95% CI	13.2-16.2	4.6-12.7	6.8-13.2	8.7-15.9	13.7-20.8	21.4-30.9	12.4-19.5	10.3-14.8	15.5-19.9
n	651	27	60	71	122	188	183	204	447

## A.9 Arthritis

Table 9: Prevalence estimates of adults who have been told to have arthritis, Puerto Rico 2011-2021

Survey Year	Age						Gender	
	Overall	25-34	35-44	45-54	55-64	65+	Male	Female
<b>2011</b>								
Percent (%)	19.6	3.9	10.1	21.2	37.1	49.3	13.4	25.3
95% CI	18.6-20.6	2.5-5.3	7.7-12.5	18.4-24.0	33.8-40.4	46.8-51.8	11.9-14.8	23.8-26.8
n	1852	34	83	236	425	1072	446	1406
<b>2012</b>								
Percent (%)	23	4.6	10.3	24.9	42.5	57.7	17.3	31
95% CI	22.0-24.0	3.0-6.2	8.3-12.4	21.7-28.0	39.2-45.8	55.1-60.3	15.7-18.9	29.4-
n	1956	37	107	238	477	1082	494	1462
<b>2013</b>								
Percent (%)	21.5	3.7	10.6	26.2	39.3	52.4	16.4	29.5
95% CI	20.4-22.6	2.0-5.5	7.9-13.2	22.9-29.6	35.7-42.8	49.7-55.1	14.6-18.1	27.8-31.2
n	1857	23	82	270	430	1044	456	1401
<b>2014</b>								
Percent (%)	22.4	3.6	11.6	26.6	40	54.2	17.3	31
95% CI	21.3-23.5	1.9-5.3	9.0-14.1	23.2-29.9	36.4-43.6	51.5-56.9	15.5	29.3-32.7
n	1990	27	91	264	472	1127	492	1498
<b>2015</b>								
Percent (%)	20.6	4.2	13.2	24.1	37.2	48.0	16.4	28.4
95% CI	19.5-21.7	2.6-5.9	10.1-16.3	20.9-27.3	33.7-40.6	45.1-50.9	14.5-18.2	26.7-30.1
n	1616	29	88	230	403	864	397	1219
<b>2016</b>								
Percent (%)	20.6	3.7	13.3	26.9	37.6	49.5	17.4	29.5
95% CI	19.5-21.7	2.0-5.4	10.1-16.5	23.1-30.7	33.6-41.5	46.4-52.5	15.4-19.5	27.6-31.4
n	1616	23	99	239	430	1041	492	1346
<b>2017</b>								
Percent (%)	19.1	2.9	13.0	20.4	35.5	43.8	15.3	26.9
95% CI	17.7-20.4	1.4-4.3	8.7-17.2	17.1-23.7	31.0-40.0	40.5-47.1	13.1-17.5	24.9-28.9
n	1226	19	60	161	288	691	305	921
<b>2018</b>								
Percent (%)	21.1		11.7	24.1	10.6	52.3	18	30.4
95% CI	20.0-22.3		8.8-14.6	20.6-27.6	36.8-44.4	49.0-55.6	16.0-20.0	28.4-32.3
n	1361		87	205	386	668	397	964
<b>2019</b>								
Percent (%)	18.3	2.4	9.6	22.7	36.8	41.7	15.5	26.2
95% CI	17.3-19.3	1.4-3.5	7.2-12.0	19.5-25.8	33.2-40.3	38.9-44.5	13.8-17.3	24.5-27.8
n	1502	28	84	241	388	755	390	1112
<b>2020</b>								
Percent (%)	20.8	4.0	14	22.8	35.2	49.6	16.2	30.6
95% CI	19.0-22.6	1.8-6.1	8.8-19.3	19.3-26.2	30.9-39.4	43.1-56.1	14.0-18.4	27.3-33.8
n	1184	30	82	207	333	523	349	835
<b>2021</b>								
Percent (%)	18.2	5.9	8.0	21.6	33.4	42.9	14.4	26.6
95% CI	16.7-19.6	2.8-9.0	5.4-10.7	17.5-25.7	28.5-38.2	38.6-47.3	12.0-16.7	24.2-29.1
n	888	24	50	132	232	448	236	652

## A.10 Diabetes

Table 10: Prevalence estimates of adults who have been told to have diabetes, Puerto Rico 2011-2021

Survey Year	Age						Gender	
	Overall	25-34	35-44	45-54	55-64	65+	Male	Female
<b>2011</b>								
Percent (%)	13.4	2.8	5.3	14.6	25.3	33.2	12.7	14.2
95% CI	12.5-14.2	1.5-4.1	3.6-7.1	12.0-17.3	22.4-28.3	30.8-35.6	11.2-14.1	13.0-15.3
n	1191	21	47	139	285	685	403	788
<b>2012</b>								
Percent (%)	15.2	2.2	5.7	20.9	28.6	35.0	15.0	17.5
95% CI	14.3-16.1	1.0-3.5	4.0-7.4	17.9-24.0	25.5-31.7	32.5-37.5	13.5-16.6	16.2-18.9
n	1191	15	51	180	300	633	418	773
<b>2013</b>								
Percent (%)	13.7		8.4	13.6	23.5	35.5	14.0	15.7
95% CI	12.8-14.7		5.7-11.1	10.9-16.3	20.5-26.6	32.9-38.2	12.3-15.6	14.3-17.1
n	1125		55	138	253	661	387	738
<b>2014</b>								
Percent (%)	14.2		8.0	14.6	26.8	36.7	14.8	16.4
95% CI	13.3-15.1		5.9-10.2	11.9-17.3	23.4-30.1	34.0-39.3	13.2-16.5	15.1-17.8
n	1197		60	144	276	705	425	772
<b>2015</b>								
Percent (%)	14.7		7.5	17	27.6	36.6	14.5	18.2
95% CI	13.8-15.7		5.2-9.8	14.3-19.7	24.3-30.9	33.8-39.4	12.9-16.2	16.7-19.6
n	1095		53	162	268	598	364	731
<b>2016</b>								
Percent (%)	13.7	3.5	5.3	15.6	25.5	34.0	15.1	15.5
95% CI	12.7-14.8	1.9-5.2	3.4-7.3	11.9-19.3	21.7-29.2	31.1-36.9	13.1-17.1	14.1-17.0
n	1145	23	42	130	265	678	421	724
<b>2017</b>								
Percent (%)	15.0		5.7	18.5	27.9	36.9	16.4	18
95% CI	13.8-16.1		3.5-7.9	14.8-22.3	23.5-32.3	33.6-40.1	14.2	16.2-19.8
n	905		3	121	203	524	334	571
<b>2018</b>								
Percent (%)	13.2	2.2	5.6	13.0	25.0	34.9	14.7	16.1
95% CI	12.2-14.1	1.0-3.4	3.6-7.6	10.2-15.7	21.7-28.3	31.8-38.0	12.9-16.4	14.6-17.7
n	861	18	42	116	236	446	337	524
<b>2019</b>								
Percent (%)	14.4		7.1	15.8	26.4	35.2	16.2	17.2
95% CI	13.4-15.4		5.1-9.1	13.1-18.5	23.1-29.7	32.5-37.9	14.4-17.9	13.3-19.3
n	1139		63	159	280	613	426	713
<b>2020</b>								
Percent (%)	15.8		5.8	13.6	21.9	38.0	15.2	16.3
95% CI	13.8-17.8		3.5-8.1	10.8-16.3	18.5-25.2	31.4-44.6	12.6-17.7	13.3-19.3
n	764		44	124	223	357	312	452
<b>2021</b>								
Percent (%)	16.8		7.4	17.0	27.5	35.0	16.6	16.9
95% CI	15.2-18.3		4.2-10.5	13.2-20.8	22.8-32.1	31.0-39.0	14.2-19.0	14.8-18.9
n	722		43	115	177	372	293	429

## A.11 Tobacco Use

Table 11: prevalence estimates of adults that are current smokers, Puerto Rico 2011-2021

Survey Year	Age							Gender	
	Overall	18-24	25-34	35-44	45-54	55-64	65+	Male	Female
<b>2011</b>									
Percent (%)	147	14.1	23.4	13.5	19.6	11.7	4.5	20.8	9.4
95% CI	13.6-15.9	10.7-17.5	19.9-27.0	10.9-16.2	16.5-22.6	9.4-14.1	3.3-5.7	18.7-22.9	8.2-10.6
n	689	65	153	115	163	116	77	387	302
<b>2012</b>									
Percent (%)	12.9	11.4	19.4	13.6	15.6	9.7	6.1	16.6	9.2
95% CI	11.8-14.0	8.5-14.3	16.1-22.6	10.8-16.5	12.8-18.4	7.6-11.8	4.8-7.5	14.7-18.4	8.0-10.3
n	618	59	130	99	136	94	100	322	296
<b>2013</b>									
Percent (%)	11.1	10.8	16.6	12.0	11.1	10.0	5.0	15.5	6.7
95% CI	9.9-12.3	7.1-14.5	12.9-20.3	9.1-15.0	8.4-13.7	7.7-12.3	3.7-6.2	13.4-17.6	5.6-7.8
n	502	43	94	86	97	98	84	282	220
<b>2014</b>									
Percent (%)	11.6	9.9	16.6	13.8	12.8	10.0	5.4	16.4	6.8
95% CI	10.5-12.8	6.9-13.0	13.2-20.0	10.8-16.8	10.1-15.5	7.7-12.4	4.0-6.8	14.4-18.4	5.8-7.9
n	538	45	102	94	111	99	87	301	237
<b>2015</b>									
Percent (%)	11.1	64.0	15.7	14.5	12.9	10.1	5.2	14.6	7.4
95% CI	9.9-12.2	4.0-8.8	12.2-19.2	11.0-17.9	10.1-15.7	7.6-12.6	3.8-6.7	12.6-16.6	6.3-8.6
n	462	30	85	79	105	88	75	237	225
<b>2016</b>									
Percent (%)	10.9	6.6	14.7	14.2	12.6	11.9	4.2	13.6	8
95% CI	9.6-12.2	3.4-9.8	11.0-18.5	10.6-17.9	9.9-15.3	9.1-14.8	2.9-5.5	11.5-15.6	6.6-9.3
n	495	28	87	95	102	104	79	270	225
<b>2017</b>									
Percent (%)	11.8	8.7	17.9	13.8	15.3	9.0	4.9	16.9	6.4
95% CI	10.3-13.3	4.7-12.7	12.8-23.0	10.2-17.4	11.8-18.7	6.1-11.8	3.4-6.4	14.3-19.5	5.2-7.6
n	410	24	79	73	99	74	61	242	168
<b>2018</b>									
Percent (%)	10	7.5	13.2	11.5	11.9	11.5	5.5	14	6.5
95% CI	8.8-11.2	3.6-11.4	9.3-17.0	8.4-14.5	8.9-14.9	8.9-14.1	3.9-7.2	11.8-16.2	5.0-7.4
n	431	21	72	87	93	95	63	251	179
<b>2019</b>									
Percent (%)	9.6	4.7	10.8	14.6	12	13.6	3.7	12.9	6.7
95% CI	8.6-10.6	2.3-7.0	7.8-13.8	11.4-17.7	9.3-14.7	10.8-16.4	2.6-4.8	11.1-14.7	5.6-7.8
n	499	18	74	122	105	121	59	263	236
<b>2020</b>									
Percent (%)	9.9	6.6	11	14.4	11.7	13.4	4.2	14.2	6.2
95% CI	8.6-11.3	3.1-10.1	7.6-14.5	10.9-18.0	8.8-14.6	8.1-18.7	2.8-5.7	11.6-16.8	5.0-7.4
n	430	20	71	94	101	93	51	251	179
<b>2021</b>									
Percent (%)	9.1		10.8	13.1	9.5	11.6	5	13.3	5.4
95% CI	7.7-10.4		6.7-14.9	9.6-16.6	6.4-12.6	8.3-14.9	3.2-6.8	10.8-15.7	4.1-6.6
n	319		41	76	68	75	48	185	134

## A.12 Obesity

Definition: The BMI was calculated using responses from two questions: 1) about how much do you weight without shoes? and 2) about how tall are you without shoes? The formula used was  $BMI = \text{kilograms}/(\text{meters}^2)$ . The BMI categories were defined in accordance with the “Clinical guidelines on the identification, evaluation, and treatment of overweight and obesity in adults” as follows:

Classification	BMI
Underweight	Less than 18.5
Normal weight	18.5 to 24.99
Overweight	Greater than or equal to 25.00
Obese	Greater than or equal to 30.00

Table 12: Prevalence estimates of obesity in Puerto Rico, 2011-2021

Survey Year	Age							Gender	
	Overall	18-24	25-34	35-44	45-54	55-64	65+	Male	Female
<b>2011</b>									
Percent (%)	26.2	13.6	26.8	29.8	31.3	33.5	21.7	27	25.8
95% CI	24.9-27.5	10.4-16.7	23.3-30.4	26.4-33.2	27.9-34.6	30.2-36.8	19.5-23.8	24.8-29.1	24.1-27.4
n	1624	68	196	260	313	360	427	606	1018
<b>2012</b>									
Percent (%)	28	15.7	24.3	31.8	37.4	36	23.2	27.5	29.2
95% CI	26.6-29.4	12.4-19.0	20.9-27.6	28.2-35.5	33.9-40.9	32.8-39.3	20.8-25.5	25.4-29.6	27.5-30.9
n	1676	85	184	272	354	385	396	627	1049
<b>2013</b>									
Percent (%)	27.8	15.6	26.5	33.8	34.9	33.5	31.6	26.7	29.1
95% CI	26.2-29.3	11.8-19.5	22.2-30.8	29.6-37.9	31.2-38.7	30.0-37.0	19.4-23.8	24.3-29.0	27.2-31.1
n	1590	69	155	249	344	355	418	555	1035
<b>2014</b>									
Percent (%)	28	17.1	25.1	33.5	33.8	35.2	23.2	26.8	29.6
95% CI	26.5-29.6	12.8-21.4	31.2-29.0	29.5-37.5	30.2-37.5	31.7-38.8	30.9-25.5	24.4-29.1	27.8-31.5
n	1619	71	160	235	319	374	460	567	1052
<b>2015</b>									
Percent (%)	29.5	22.1	24.3	38.5	34.4	34.2	23.2	27.8	31.1
95% CI	27.9-31.2	17.2-27.0	20.4-28.2	34.0-42.9	30.7-38.1	30.7-37.8	20.7-25.7	25.3-30.2	29.1-33.0
n	1484	82	142	237	302	343	378	516	968
<b>2016</b>									
Percent (%)	30.5	18.3	30.1	33.8	38.8	36.7	25	30	31.4
95% CI	28.7-32.3	13.0-23.6	25.6-34.6	29.2-38.4	34.3-43.2	32.6-40.7	22.4-27.7	27.2-32.7	29.3-33.6
n	1660	67	175	234	338	368	478	620	1040
<b>2017</b>									
Percent (%)	32.6	14.4	31.7	38.8	41.8	40.8	27.1	30	35.7
95% CI	30.6-34.6	9.9-19.0	36.6-36.9	33.2-44.3	37.3-46.4	36.0-45.7	23.9-30.3	27.1-32.9	33.1-38.2
n	1299	44	153	201	266	273	362	476	823
<b>2018</b>									
Percent (%)	33.1	18.8	35.9	37.8	40.4	37.9	25.4	33.1	32.7
95% CI	31.2-35.0	13.4-24.1	41.1	33.2-42.4	36.3-44.6	34.1-41.8	22.5-28.3	30.3-35.9	30.5-34.9
n	1511	57	194	257	347	336	320	595	916
<b>2019</b>									
Percent (%)	32.5	21.2	33.7	35.5	38.8	38.8	26.3	31.3	33.5
95% CI	30.9-34.1	16.9-25.6	29.2-38.3	31.4-39.5	35.2-42.4	35.2-42.4	23.7-28.9	28.9-33.7	31.6-35.4
n	1918	92	249	300	403	426	448	691	1227
<b>2020</b>									
Percent (%)	31.3	17.6	27.2	37.1	39.5	41.8	24.1	28.4	34.1
95% CI	29.4-33.2	13.6-21.7	23.2-31.3	31.8-42.4	35.4-43.5	37.3-46.4	20.2-28.1	25.7-31.1	31.4-36.8
n	1614	75	211	291	353	381	303	618	996
<b>2021</b>									
Percent (%)	35.8	23.4	34.1	40.2	45.4	42.2	29.6	34.3	37.5
95% CI	33.7-38.0	17.2-29.6	28.5-39.7	34.7-45.6	40.4-50.3	37.2-47.2	25.8-33.4	31.0-37.5	34.8-40.3
n	1397	68	159	240	302	299	329	544	853

## A.13 Seasonal Influenza Immunization

*Table 13 Prevalence estimates of adults had a seasonal flu shot, Puerto Rico, 2011-2021*

Survey Year	Age						Gender	
	Overall	25-34	35-44	45-54	55-64	65+	Male	Female
<b>2011</b>								
Percent (%)	18.4	15	15.3	16.3	19.4	28.6	19.3	17.6
95% CI	17.3-19.5	12.2-17.8	12.6-18.1	13.7-19.0	16.8-22.0	26.3-30.9	17.5-21.1	16.2-19.1
n	1344	121	138	170	240	596	557	787
<b>2012</b>								
Percent (%)	17.2	12.8	14.1	13.3	18.4	26.3	17.6	16.8
95% CI	17.6-20.1	10.3-15.3	11.6-16.7	10.9-15.7	15.8-21.0	23.9-28.6	15.9-19.4	15.4-18.1
n	1163	110	134	136	208	486	454	709
<b>2013</b>								
Percent (%)	18.9	10.6	13.3	15.7	20.2	31.1	20.4	17.5
95% CI	17.6-20.1	7.7-13.4	10.4-16.1	12.9-18.4	17.1-23.3	28.5-33.6	18.3-22.4	16.0-19.1
n	1241	72	105	165	209	597	500	741
<b>2014</b>								
Percent (%)	25.9	18	21	20.8	25.1	39.6	28.4	23.6
95% CI	24.5-27.3	14.4-21.5	17.6-24.4	17.6-24.0	21.8-28.4	37.0-42.3	26.1-30.8	22.0-25.3
n	1651	107	151	198	269	813	655	995
<b>2015</b>								
Percent (%)	26.1	18.7	18.5	18.3	23.6	42.6	26.7	25.5
95% CI	24.6-27.5	15.4-21.9	15.0-22.0	15.5-21.1	20.5-26.8	39.7-45.5	24.4-29.1	23.7-27.2
n	1497	123	123	175	237	722	566	931
<b>2016</b>								
Percent (%)	25.2	15.5	16.5	18.4	26.9	42.2	26.9	23.6
95% CI	23.6-26.7	11.8-19.2	13.2-19.8	15.1-21.7	23.4-30.4	39.2-45.2	24.3-29.5	21.8-25.5
n	1625	110	120	164	293	844	676	949
<b>2017</b>								
Percent (%)	24.2	18.9	14.6	17.2	20.5	39	24.9	23.6
95% CI	22.5-25.8	14.8-23.0	10.8-18.3	14.1-20.3	16.8-24.1	35.8-42.3	22.2-27.5	21.6-25.5
n	1176	103	86	131	163	589	479	697
<b>2018</b>								
Percent (%)	25.8	15.6	18.5	19.8	23	41.6	26.4	25.2
95% CI	24.2-27.3	12.4-18.8	14.8-22.2	16.3-23.2	19.8-26.2	38.3-44.8	24.0-28.9	23.2-27.1
n	1238	111	119	159	224	526	502	736
<b>2019</b>								
Percent (%)	25.3	19.4	18.6	17.4	22	37.3	27.3	23.6
95% CI	23.9-26.7	15.8-23.1	15.4-21.9	14.6-20.2	18.9-25.1	34.5-40.1	25.0-29.6	21.9-25.3
n	1492	140	160	181	233	635	602	890
<b>2020</b>								
Percent (%)	25.6	19	17.4	19.9	22.5	42.8	24.6	26.4
95% CI	23.6-27.5	15.3-22.6	14.0-20.9	16.7-23.2	19.0-26.0	36.5-49.2	21.9-27.2	23.6-29.2
n	1275	133	139	197	230	489	503	772
<b>2021</b>								
Percent (%)	28.5	21.7	22.1	21.6	28	45.2	26.4	30.3
95% CI	26.5-30.5	17.1-26.3	17.2-27.0	17.6-25.6	23.5-32.4	40.9-49.5	23.4-29.3	27.6-33.0
n	1181	115	122	162	202	514	444	737