

BRFSS REPORT: FUNCTIONAL DISABILITY, FINAL 2021

North Carolina Population: Adults (ages 18+)

| | | |
|--------------------------------------|----------|-------------------------|
| | N | Weighted Percent |
| Functional Disability (Yes)** | 1,517 | 30.4 |
| Functional Disability (No) | 3,311 | 69.6 |

| YES | | | NO | | |
|-----|------------------|----------|----|------------------|----------|
| N | Weighted Percent | 95% C.I. | N | Weighted Percent | 95% C.I. |

FUNCTIONAL DISABILITY STATUS

| SEX | | | | | | |
|----------------------------|-----|------|-----------|-------|------|-----------|
| Male | 651 | 45.4 | 42.2-48.7 | 1,598 | 49.0 | 46.9-51.2 |
| Female | 866 | 54.6 | 51.3-57.8 | 1,713 | 51.0 | 48.8-53.1 |
| RACE | | | | | | |
| Non-Hispanic White | 931 | 65.4 | 62.3-68.4 | 2,132 | 64.6 | 62.5-66.7 |
| Non-Hispanic Black | 334 | 23.0 | 20.2-25.7 | 552 | 19.9 | 18-21.7 |
| Non-Hispanic Other | 116 | 5.3 | 3.9-6.8 | 210 | 6.0 | 4.9-7 |
| Hispanic | 110 | 6.3 | 4.9-7.8 | 358 | 9.6 | 8.4-10.8 |
| AGE IN YEARS | | | | | | |
| 18-24 | 72 | 9.5 | 7.2-11.8 | 241 | 13.7 | 11.8-15.5 |
| 25-34 | 117 | 10.2 | 8.2-12.3 | 575 | 20.3 | 18.6-22.1 |
| 35-44 | 151 | 11.3 | 9.2-13.5 | 571 | 18.0 | 16.4-19.6 |
| 45-54 | 212 | 14.0 | 11.9-16.1 | 545 | 15.2 | 13.8-16.7 |
| 55-64 | 293 | 19.7 | 17.1-22.3 | 521 | 15.2 | 13.7-16.7 |
| 65-74 | 353 | 18.0 | 15.5-20.4 | 522 | 12.1 | 10.8-13.3 |
| 75+ | 296 | 17.3 | 14.8-19.7 | 246 | 5.6 | 4.7-6.4 |
| MARITAL STATUS | | | | | | |
| Married | 667 | 44.0 | 40.8-47.3 | 1,881 | 53.9 | 51.7-56 |
| Separated/Divorced | 290 | 18.8 | 16.2-21.4 | 380 | 10.6 | 9.4-11.9 |
| Widowed | 245 | 13.4 | 11.2-15.6 | 199 | 5.0 | 4-5.9 |
| Never married or partnered | 302 | 23.8 | 20.8-26.7 | 817 | 30.5 | 28.4-32.6 |
| EDUCATION LEVEL | | | | | | |
| Less Than H.S. | 201 | 18 | 14.8-20.5 | 234 | 9.1 | 7.6-10.5 |
| H.S. or G.E.D. | 440 | 31.3 | 28.2-34.4 | 691 | 24.7 | 22.8-26.7 |
| Some Post-H.S. | 475 | 34.4 | 31.3-37.5 | 806 | 31.6 | 29.5-33.7 |
| College Graduate | 396 | 17 | 14.7-18.6 | 1,565 | 34.6 | 32.8-36.4 |
| EMPLOYMENT STATUS | | | | | | |
| Employed/Self-employed | 499 | 36.9 | 33.8-40.1 | 2,118 | 66.3 | 64.2-68.3 |
| Unemployed | 95 | 7.4 | 5.7-9.2 | 151 | 5.0 | 4.1-6 |
| Other | 632 | 38 | 34.8-41.1 | 960 | 27.0 | 25.1-28.9 |
| Unable to work | 282 | 17.6 | 15.2-20.1 | 56 | 1.7 | 1.1-2.3 |
| INCOME LEVEL | | | | | | |
| < \$15,000 | 166 | 13 | 10.5-15.8 | 103 | 4.4 | 3.3-5.4 |
| \$15,000 to \$24,999 | 217 | 17 | 14.7-20 | 231 | 8.8 | 7.3-10.2 |
| \$25,000 to \$34,999 | 205 | 19.4 | 16.3-22.5 | 296 | 11.4 | 9.9-12.9 |
| \$35,000+ | 552 | 50 | 46.5-53.8 | 2,006 | 75.5 | 73.3-77.6 |

| | YES | | | NO | | |
|---|-------|------------------|-----------|-------|------------------|-----------|
| | N | Weighted Percent | 95% C.I. | N | Weighted Percent | 95% C.I. |
| HEALTH RISK FACTORS | | | | | | |
| HEALTH CARE COVERAGE | | | | | | |
| Yes | 1,350 | 91.1 | 89.4-92.9 | 2,904 | 89.2 | 87.8-90.5 |
| No | 129 | 8.9 | 7.1-10.6 | 344 | 10.8 | 9.5-12.2 |
| CURRENT SMOKING | | | | | | |
| No | 1,228 | 81.6 | 79.1-84 | 2,917 | 87.4 | 85.9-88.9 |
| Yes | 278 | 18.4 | 16-20.9 | 367 | 12.6 | 11.1-14.1 |
| ANY LEISURE TIME PHYSICAL ACTIVITY OR EXERCISE IN THE PAST 30 DAYS | | | | | | |
| Yes | 952 | 64.0 | 60.9-67.2 | 2,783 | 83.8 | 82.1-85.4 |
| No | 562 | 36.0 | 32.8-39.1 | 522 | 16.2 | 14.6-17.9 |
| BODY MASS INDEX - THREE CATEGORIES | | | | | | |
| Normal | 344 | 25.8 | 22.7-28.9 | 990 | 33.8 | 31.7-36 |
| Overweight | 440 | 28.9 | 26-31.8 | 1,085 | 34.2 | 32.1-36.3 |
| Obese | 631 | 45.3 | 41.9-48.7 | 940 | 32.0 | 29.8-34.1 |
| COULD NOT SEE DOCTOR BECAUSE OF COST | | | | | | |
| Yes | 250 | 17.7 | 15.1-20.3 | 226 | 7.4 | 6.3-8.5 |
| No | 1,259 | 82.3 | 79.7-84.9 | 3,081 | 92.6 | 91.5-93.7 |
| USE ANY TOBACCO PRODUCT | | | | | | |
| No Use | 1,035 | 74.4 | 71.3-77.5 | 2,404 | 81.5 | 79.5-83.4 |
| Use at least 1 product | 324 | 25.6 | 22.5-28.7 | 457 | 18.5 | 16.6-20.5 |
| USE OF MULTIPLE TOBACCO PRODUCTS | | | | | | |
| No Use | 1,035 | 74.4 | 71.3-77.5 | 2,404 | 81.5 | 79.5-83.4 |
| Use single product | 266 | 20.3 | 17.4-23.2 | 391 | 15.9 | 14.1-17.7 |
| Use multiple products | 58 | 5.3 | 3.7-6.9 | 66 | 2.6 | 1.9-3.4 |
| E-CIGARETTE/VAPING STATUS | | | | | | |
| Never Used | 1,063 | 75.2 | 72.2-78.2 | 2,327 | 78.1 | 76.1-80.1 |
| No Longer Used | 215 | 16.5 | 14-19 | 422 | 17.0 | 15.2-18.8 |
| Use Some Days/Use Every Day | 77 | 8.3 | 6.2-10.3 | 104 | 4.9 | 3.7-6.1 |

| YES | | | NO | | |
|-----|------------------|----------|----|------------------|----------|
| N | Weighted Percent | 95% C.I. | N | Weighted Percent | 95% C.I. |

PERCEIVED POOR HEALTH

GENERAL HEALTH

| | | | | | | |
|-------------------|-----|------|-----------|-------|------|-----------|
| Excellent/Vg/Good | 960 | 64.0 | 60.8-67.1 | 3,085 | 93.7 | 92.7-94.7 |
| Fair/Poor | 551 | 36.0 | 32.9-39.2 | 222 | 6.3 | 5.3-7.3 |

NUMBER OF DAYS PHYSICAL HEALTH NOT GOOD

| | | | | | | |
|-----------|-----|------|-----------|-------|------|-----------|
| None | 714 | 48.6 | 45.3-51.9 | 2,595 | 80.1 | 78.5-81.8 |
| 1-2 days | 109 | 7.7 | 5.9-9.6 | 264 | 7.5 | 6.4-8.6 |
| 3-7 days | 171 | 11.0 | 8.9-13.1 | 236 | 6.8 | 5.8-7.8 |
| 8-29 days | 217 | 15.5 | 13.1-17.9 | 132 | 4.2 | 3.3-5.1 |
| 30 days | 251 | 17.2 | 14.6-19.8 | 51 | 1.4 | 0.9-1.9 |

NUMBER OF DAYS MENTAL HEALTH NOT GOOD

| | | | | | | |
|-----------|-----|------|-----------|-------|------|-----------|
| None | 827 | 53.0 | 49.6-56.3 | 2,316 | 69.3 | 67.2-71.3 |
| 1-2 days | 78 | 5.3 | 3.9-6.7 | 252 | 7.9 | 6.7-9.1 |
| 3-7 days | 154 | 10.1 | 8.2-12 | 362 | 11.5 | 10.1-13 |
| 8-29 days | 215 | 15.8 | 13.4-18.2 | 250 | 8.5 | 7.2-9.7 |
| 30 days | 204 | 15.8 | 13.1-18.4 | 95 | 2.9 | 2.2-3.6 |

DAYS HEALTH IMPAIRED LAST MONTH

| | | | | | | |
|-----------|-----|------|-----------|-------|------|-----------|
| None | 919 | 59.4 | 56.2-62.6 | 2,810 | 84.9 | 83.4-86.4 |
| 1-2 days | 68 | 4.7 | 3.3-6 | 177 | 5.3 | 4.4-6.3 |
| 3-7 days | 146 | 9.6 | 7.8-11.5 | 171 | 5.2 | 4.3-6.1 |
| 8-29 days | 214 | 15.0 | 12.7-17.3 | 121 | 3.8 | 2.9-4.6 |
| 30 days | 170 | 11.3 | 9.2-13.4 | 32 | 0.8 | 0.4-1.2 |

| | YES | | | NO | | |
|---|-------|------------------|-----------|-------|------------------|-----------|
| | N | Weighted Percent | 95% C.I. | N | Weighted Percent | 95% C.I. |
| CHRONIC HEALTH CONDITIONS | | | | | | |
| EVER HAD A HEART ATTACK | | | | | | |
| Yes | 157 | 10.2 | 8.1-12.2 | 85 | 2.3 | 1.7-2.9 |
| No | 1,346 | 89.8 | 87.8-91.9 | 3,217 | 97.7 | 97.1-98.3 |
| HEART DISEASE | | | | | | |
| Yes | 169 | 10.7 | 8.6-12.9 | 92 | 2.1 | 1.6-2.7 |
| No | 1,314 | 89.3 | 87.1-91.4 | 3,207 | 97.9 | 97.3-98.4 |
| EVER HAD A STROKE | | | | | | |
| Yes | 142 | 9.9 | 7.8-12 | 70 | 2.0 | 1.4-2.6 |
| No | 1,369 | 90.1 | 88-92.2 | 3,238 | 98.0 | 97.4-98.6 |
| EVER HAD ASTHMA | | | | | | |
| Yes | 299 | 20.0 | 17.5-22.5 | 338 | 11.1 | 9.6-12.5 |
| No | 1,214 | 80.0 | 77.5-82.5 | 2,970 | 88.9 | 87.5-90.4 |
| CURRENT ASTHMA | | | | | | |
| Yes | 219 | 14.0 | 11.8-16.1 | 203 | 6.5 | 5.3-7.6 |
| No | 1,289 | 86.0 | 83.9-88.2 | 3,101 | 93.5 | 92.4-94.7 |
| SKIN CANCER | | | | | | |
| Yes | 146 | 8.1 | 6.5-9.7 | 246 | 6.2 | 5.2-7.2 |
| No | 1,363 | 91.9 | 90.3-93.5 | 3,062 | 93.8 | 92.8-94.8 |
| OTHER CANCER DIAGNOSIS* | | | | | | |
| Yes | 204 | 12.0 | 10-14 | 186 | 4.8 | 3.9-5.7 |
| No | 1,308 | 88.0 | 86-90 | 3,122 | 95.2 | 94.3-96.1 |
| CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD) | | | | | | |
| Yes | 241 | 16.1 | 13.6-18.6 | 124 | 4.0 | 3-4.9 |
| No | 1,263 | 83.9 | 81.4-86.4 | 3,181 | 96.0 | 95.1-97 |
| ARTHRITIS | | | | | | |
| Yes | 813 | 49.6 | 46.3-52.9 | 676 | 17.7 | 16.1-19.2 |
| No | 694 | 50.4 | 47.1-53.7 | 2,625 | 82.3 | 80.8-83.9 |
| DEPRESSION | | | | | | |
| Yes | 562 | 39.6 | 36.3-42.8 | 439 | 13.7 | 12.2-15.2 |
| No | 944 | 60.4 | 57.2-63.7 | 2,865 | 86.3 | 84.8-87.8 |
| KIDNEY DISEASE | | | | | | |
| Yes | 129 | 8.3 | 6.4-10.3 | 58 | 1.5 | 1-2 |
| No | 1,383 | 91.7 | 89.7-93.6 | 3,250 | 98.5 | 98-99 |
| DIABETES | | | | | | |
| Yes | 372 | 22.8 | 20.1-25.6 | 292 | 8.2 | 7.1-9.3 |
| No | 1,144 | 77.2 | 74.4-79.9 | 3,018 | 91.8 | 90.7-92.9 |
| CHRONIC DISEASE INDEX | | | | | | |
| No chronic disease | 232 | 18.2 | 15.5-20.8 | 1,783 | 56.2 | 54.1-58.3 |
| 1 chronic disease | 413 | 27.7 | 24.6-30.7 | 906 | 27.2 | 25.2-29.1 |
| 2+ chronic diseases | 872 | 54.2 | 50.9-57.4 | 622 | 16.6 | 15.1-18.2 |

| | YES | | | NO | | |
|--|-------|------------------|-----------|-------|------------------|-----------|
| | N | Weighted Percent | 95% C.I. | N | Weighted Percent | 95% C.I. |
| USE OF PREVENTIVE CARE | | | | | | |
| HAD FLUSHOT IN PAST 12 MONTHS | | | | | | |
| Yes | 781 | 47.9 | 44.6-51.1 | 1,608 | 45.1 | 43-47.3 |
| No | 708 | 52.1 | 48.9-55.4 | 1,650 | 54.9 | 52.7-57 |
| EVER HAD PNEUMONIA SHOT | | | | | | |
| Yes | 699 | 45.1 | 41.7-48.5 | 935 | 27.3 | 25.3-29.2 |
| No | 694 | 54.9 | 51.5-58.3 | 2,075 | 72.7 | 70.8-74.7 |
| TIME SINCE LAST ROUTINE CHECKUP | | | | | | |
| 1-12 months ago | 1,289 | 82.4 | 79.7-85.1 | 2,578 | 77.9 | 76.1-79.7 |
| 1 to 5+ yrs. or never | 211 | 17.6 | 14.9-20.3 | 691 | 22.1 | 20.3-23.9 |

* Any type of cancer diagnosis other than skin cancer.

** Functional disability includes having difficulty with hearing, sight, mobility or cognitive processes. See BRFSS 2021 Annual Results Technical Notes for details. (<https://schs.dph.ncdhhs.gov/data/brfss/2021/technical.htm>)

*** The estimate was suppressed because it did not meet statistical reliability standards.

†This report presents information for BRFSS respondents aged 18+ by functional disability. The BRFSS does not interview adults living in institutions, such as nursing homes or other long-term care facilities. As a result, this report may not be representative of the entire adult population.