September 2023

Behavioral Risk Factor Surveillance System (BRFSS) 2022 Data Results
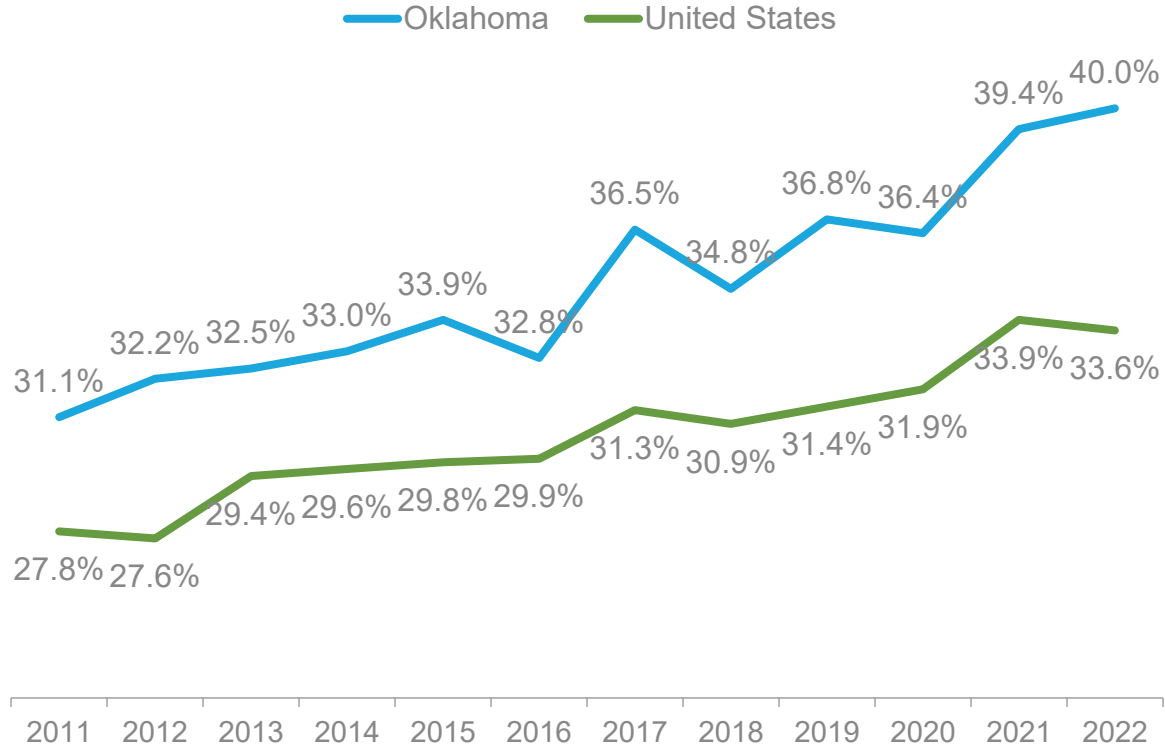
OKLAHOMA
State Department of Health

Obesity in Oklahoma

40.8%

40.9%

37.3%

38.4%

42.9%

42.1%

Legend

Obesity Prevalence
- 37.3% - 37.6%
- 37.7% - 38.4%
- 38.5% - 40.8%
- 40.9% - 41.9%
- 42.0% - 42.9%

In 2022, the **Southwest** region of Oklahoma had the highest rate of obesity.
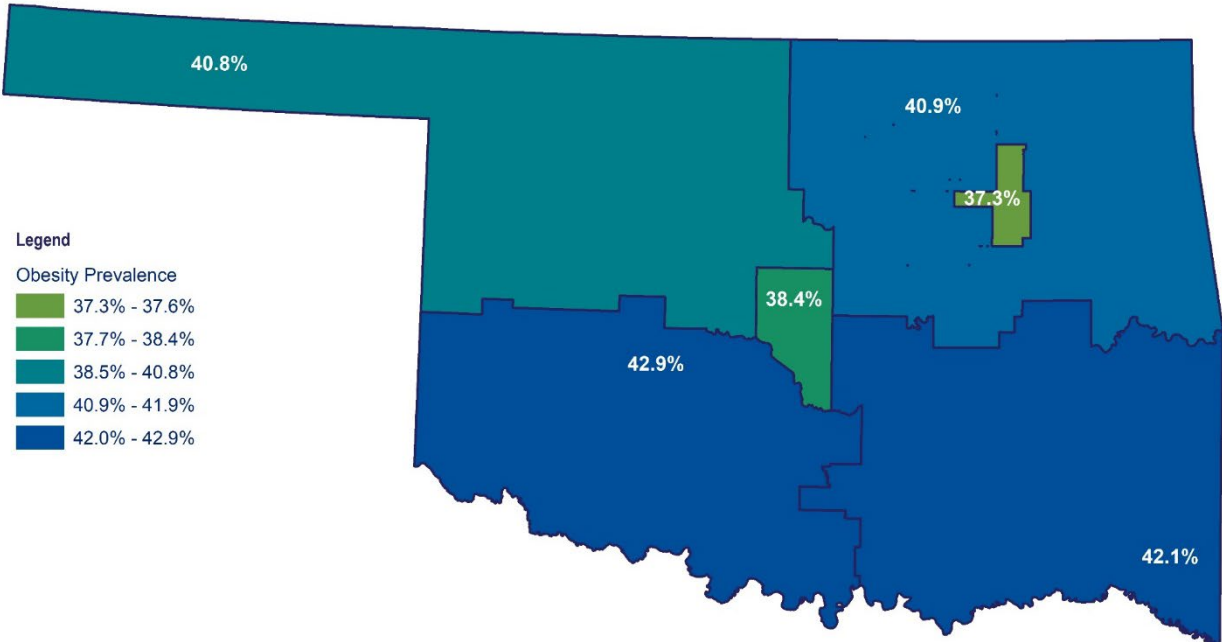
In 2022, Oklahoma ranked

49th

in the nation for obesity prevalence.

—— Oklahoma   —— United States

Oklahoma: 31.1%, 32.2%, 32.5%, 33.0%, 33.9%, 32.8%, 36.5%, 34.8%, 36.8%, 36.4%, 39.4%, 40.0%

United States: 27.8%, 27.6%, 29.4%, 29.6%, 29.8%, 29.9%, 31.3%, 30.9%, 31.4%, 31.9%, 33.9%, 33.6%

2011 2012 2013 2014 2015 2016 2017 2018 2019 2020 2021 2022

Obesity is defined as respondents with body mass index greater than or equal to 30.

Obesity by Social Determinants of Health

EDUCATION

|	
Less Than High School	38.5%
High School or G.E.D.	40.9%
Some College	42.4%
College Graduate	36.4%
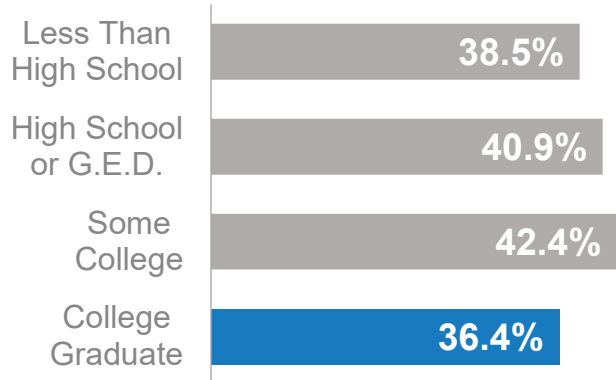
In 2022, the lowest prevalence of obesity was **36.4%** among Oklahoma adults who **graduated from college**.

INCOME

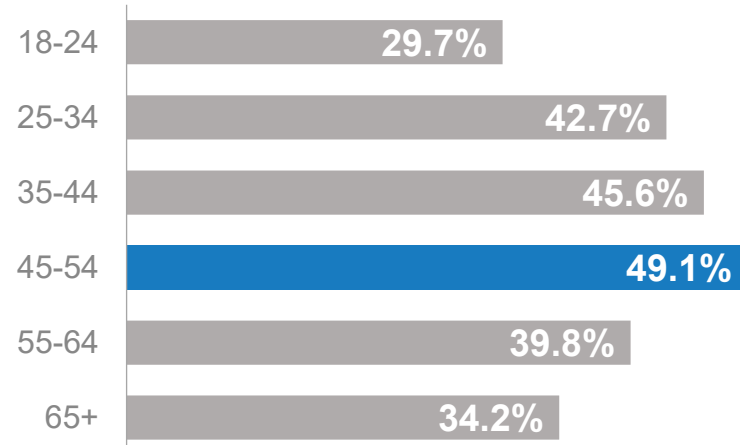|	
Less than $15,000	41.1%
$15,000 - $24,999	38.6%
$25,000 - $49,999	42.7%
$50,000 - $74,999	38.5%
$75,000 +	40.7%
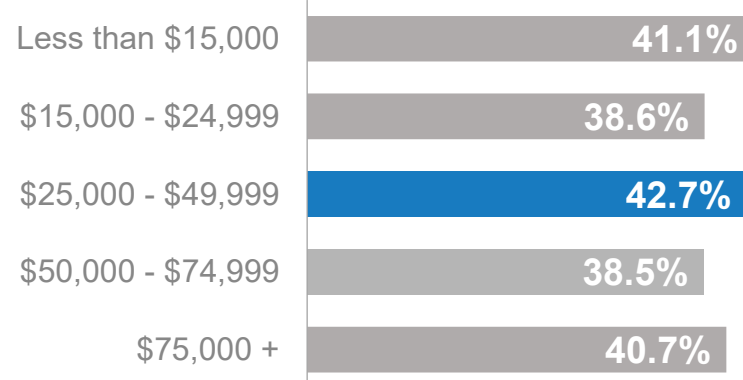
In 2022, the highest prevalence of obesity was **42.7%** among those with a **household income between $25,000 and $49,999**.

RACE/ETHNICITY

White	38.1%
Black	52.2%
Asian	N/A
American Indian	47.7%
Hispanic	44.2%
Other	41.1%
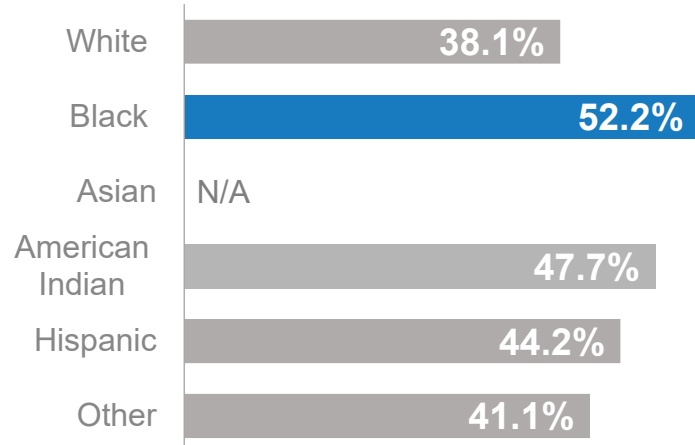
In 2022, the highest prevalence of obesity was **52.2%** among **Blacks**.

AGE

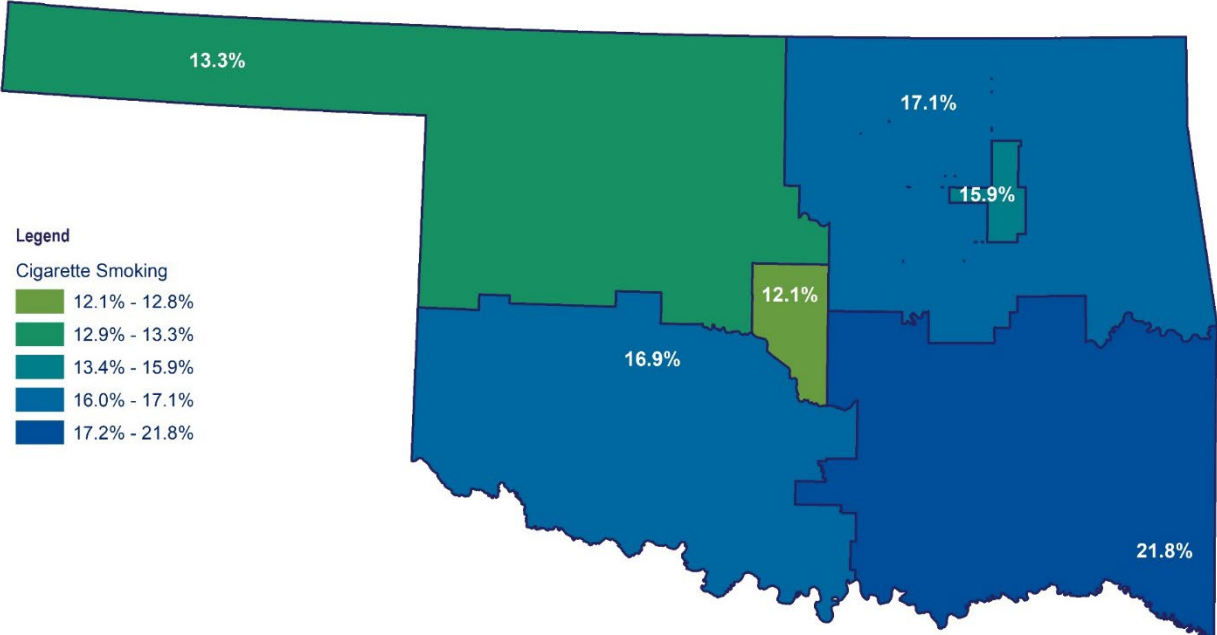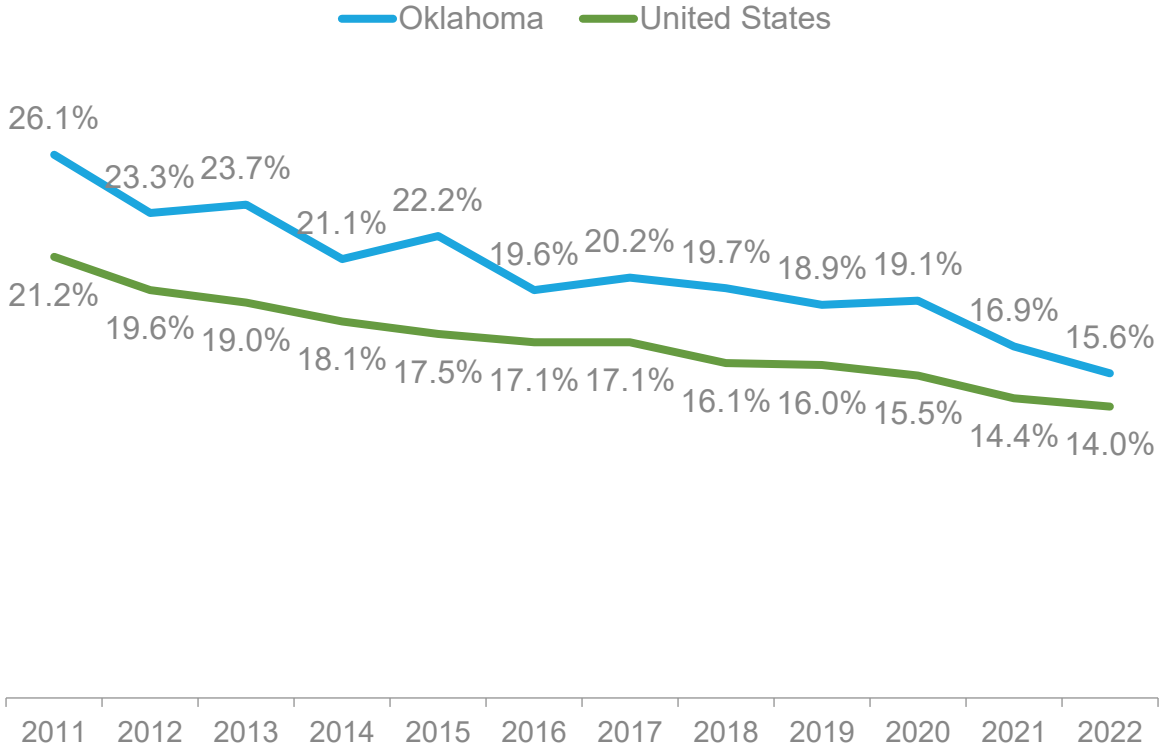|	
18-24	29.7%
25-34	42.7%
35-44	45.6%
45-54	49.1%
55-64	39.8%
65+	34.2%

In 2022, the highest prevalence of obesity was **49.1%** among Oklahoma adults **aged 45-54 years**.

Smoking in Oklahoma

Legend
Cigarette Smoking
- 12.1% - 12.8%
- 12.9% - 13.3%
- 13.4% - 15.9%
- 16.0% - 17.1%
- 17.2% - 21.8%

Map values: 13.3%, 17.1%, 15.9%, 12.1%, 16.9%, 21.8%

In 2022, the **Southeast** region of Oklahoma had the highest rate of cigarette smoking.

In 2022, Oklahoma ranked

40th

in the nation for smoking prevalence.

Oklahoma ─── United States ───

Oklahoma: 26.1%, 23.3%, 23.7%, 21.1%, 22.2%, 19.6%, 20.2%, 19.7%, 18.9%, 19.1%, 16.9%, 15.6%

United States: 21.2%, 19.6%, 19.0%, 18.1%, 17.5%, 17.1%, 17.1%, 16.1%, 16.0%, 15.5%, 14.4%, 14.0%

2011 2012 2013 2014 2015 2016 2017 2018 2019 2020 2021 2022

Current smoker is defined as respondents who reported having smoked at least 100 cigarettes in their lifetime and currently smoke.

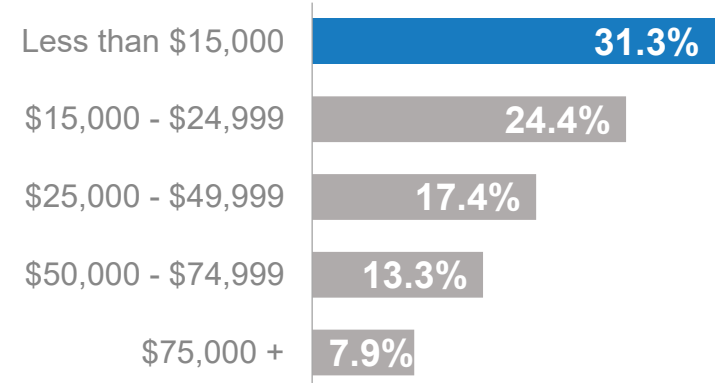# Smoking by Social Determinants of Health

EDUCATION

Less Than High School	27.3%
High School or G.E.D.	18.3%
Some College	15.6%
College Graduate	6.3%
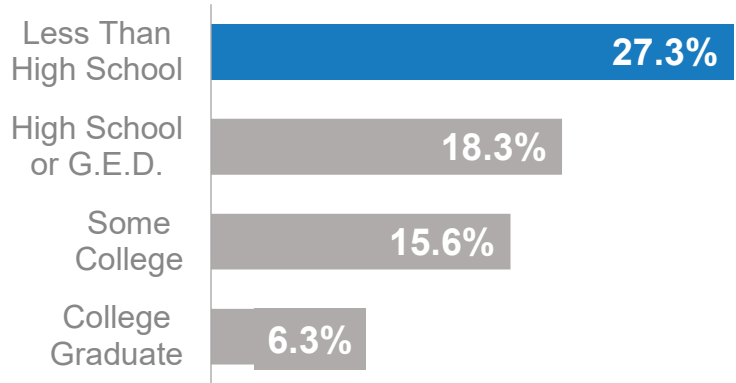
In 2022, the highest prevalence of cigarette smoking was **27.3%** among Oklahoma adults who **had less than a high school education**.
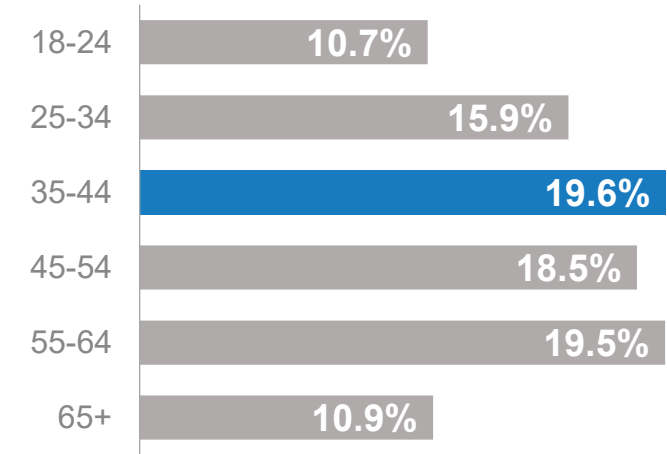
INCOME

Less than $15,000	31.3%
$15,000 - $24,999	24.4%
$25,000 - $49,999	17.4%
$50,000 - $74,999	13.3%
$75,000 +	7.9%

In 2022, the highest prevalence of cigarette smoking was **31.3%** among those with **household incomes less than $15,000**.

RACE/ETHNICITY

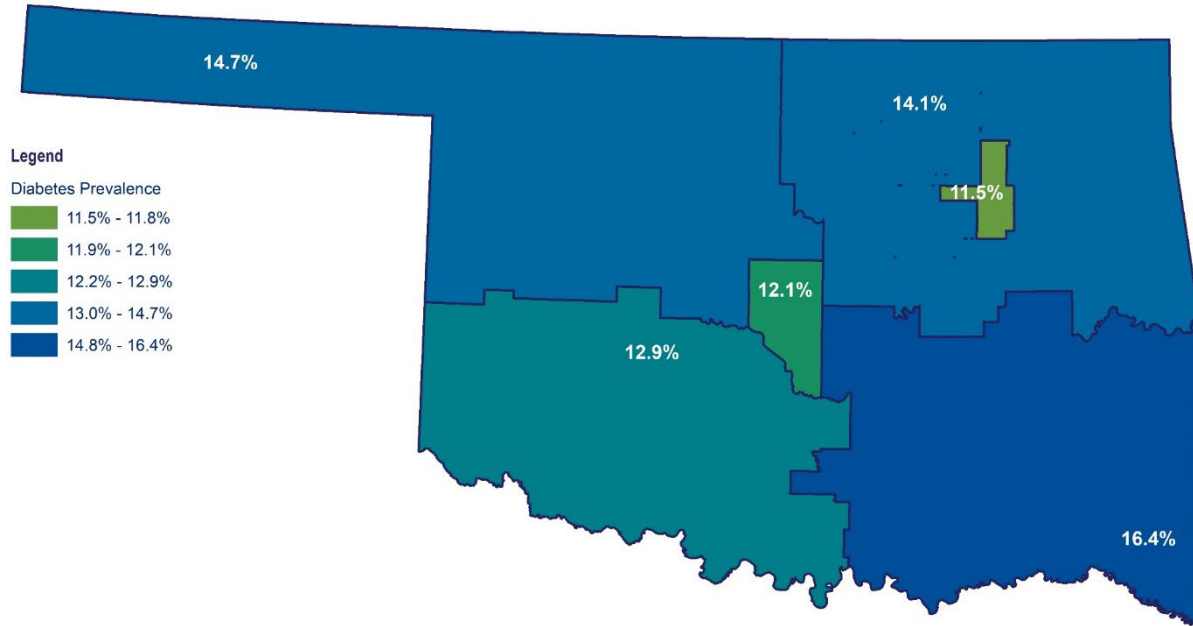|	
White	15.7%
Black	13.9%
Asian	N/A
American Indian	19.8%
Hispanic	10.0%
Other	22.0%
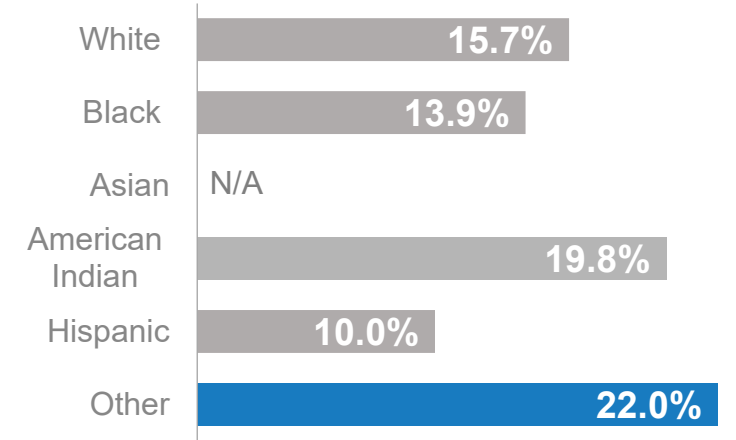
In 2022, the highest prevalence of cigarette smoking was **22.0%** among **Other race**.

AGE

18-24	10.7%
25-34	15.9%
35-44	19.6%
45-54	18.5%
55-64	19.5%
65+	10.9%

In 2022, the highest prevalence of cigarette smoking was **19.6%** among Oklahoma adults **aged 35-44**.

Diabetes in Oklahoma

Legend
Diabetes Prevalence
- 11.5% - 11.8%
- 11.9% - 12.1%
- 12.2% - 12.9%
- 13.0% - 14.7%
- 14.8% - 16.4%

Map values:
- 14.7%
- 14.1%
- 11.5%
- 12.1%
- 12.9%
- 16.4%

In 2022, Oklahoma ranked

42nd

in the nation for diabetes prevalence.

Oklahoma — United States

Oklahoma: 11.1%, 11.5%, 11.0%, 12.0%, 11.7%, 12.0%, 12.7%, 12.5%, 12.2%, 13.0%, 12.8%, 13.3%

United States: 9.5%, 9.7%, 9.7%, 10.0%, 9.9%, 10.5%, 10.5%, 10.9%, 10.7%, 10.6%, 10.9%, 11.5%

2011 2012 2013 2014 2015 2016 2017 2018 2019 2020 2021 2022

In 2022, the **Southeast** region of Oklahoma had the highest rate of diabetes.

Rank out of 51, includes DC.
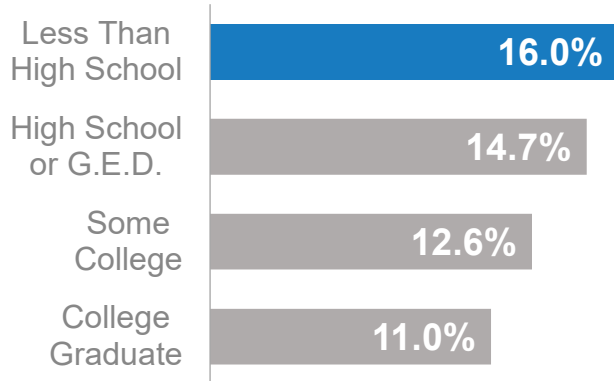Oklahoma State Department of Health | BRFSS 2022 Data | September 2023
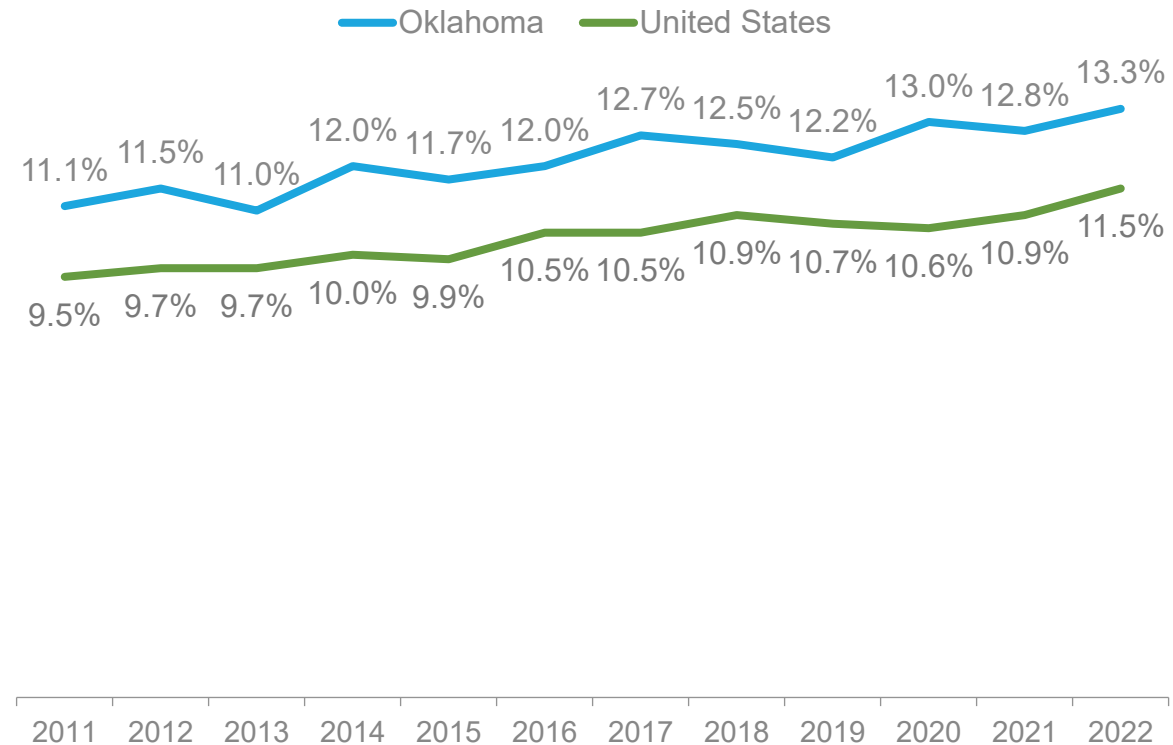
Diabetes is defined as respondents that were ever told by doctor they have diabetes.

Diabetes by Social Determinants of Health

EDUCATION

|	
Less Than High School	16.0%
High School or G.E.D.	14.7%
Some College	12.6%
College Graduate	11.0%

In 2022, the highest prevalence of diabetes was **16.0%** among Oklahoma adults who **had less than a high school education**.

INCOME

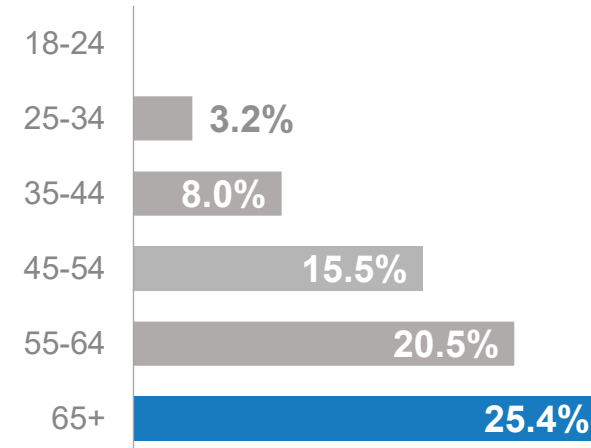|	
Less than $15,000	18.9%
$15,000 - $24,999	19.1%
$25,000 - $49,999	14.9%
$50,000 - $74,999	13.6%
$75,000 +	9.2%
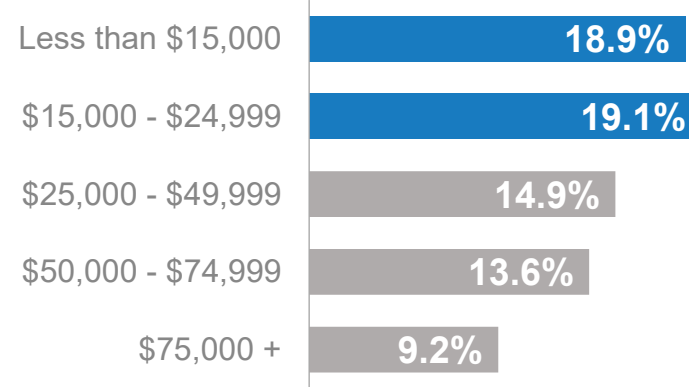
In 2022, the highest prevalence of diabetes among those with a **household income less than $15,000 and $15,000-$24,999**.

RACE/ETHNICITY

White	13.7%
Black	14.8%
Asian	N/A
American Indian	18.7%
Hispanic	12.4%
Other	7.9%
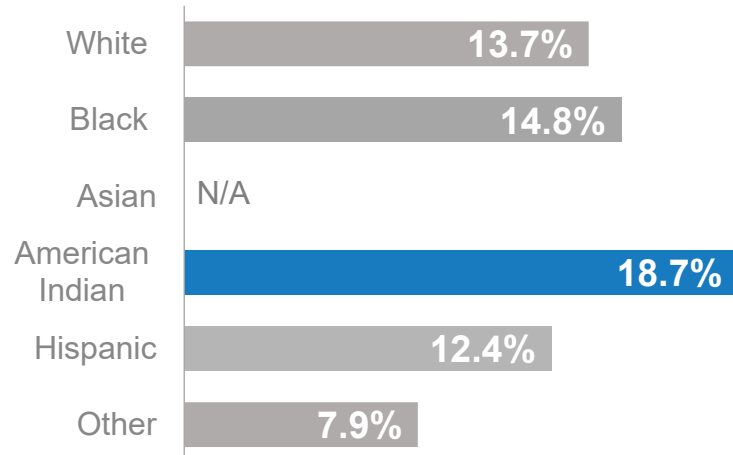
In 2022, the highest prevalence of diabetes was **18.7%** among **American Indians**.

AGE

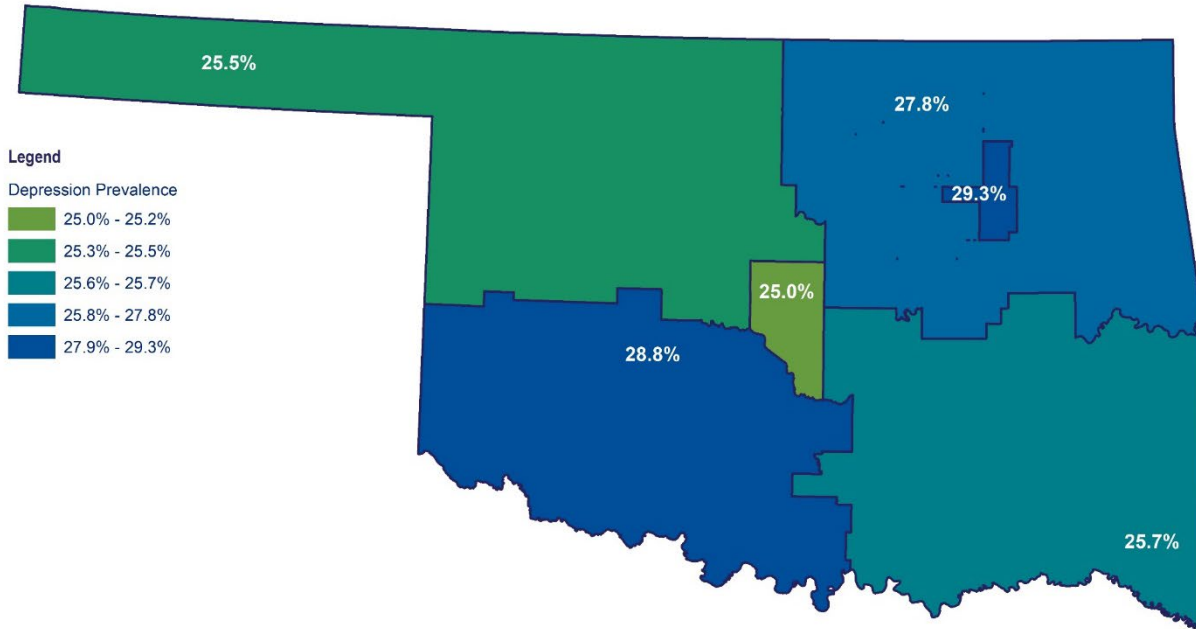|	
18-24	
25-34	3.2%
35-44	8.0%
45-54	15.5%
55-64	20.5%
65+	25.4%

In 2022, the highest prevalence of diabetes was **25.4%** among Oklahoma adults **aged 65 and older**.

Depressive Disorder in Oklahoma

Legend
Depression Prevalence
- 25.0% - 25.2%
- 25.3% - 25.5%
- 25.6% - 25.7%
- 25.8% - 27.8%
- 27.9% - 29.3%

25.5%

27.8%

29.3%

25.0%

28.8%

25.7%

In 2022, Oklahoma ranked

49th

in the nation for depressive disorder.

—— Oklahoma   —— United States

21.9% 21.9%   23.4%   21.8%   22.7%   22.0%   23.7% 23.3% 23.0% 22.9%   24.4%   26.9%

17.5%   18.0%   18.7%   19.0%   19.0%   17.4%   20.5%   19.6%   19.9%   19.6%   20.5%   21.7%

2011 2012 2013 2014 2015 2016 2017 2018 2019 2020 2021 2022
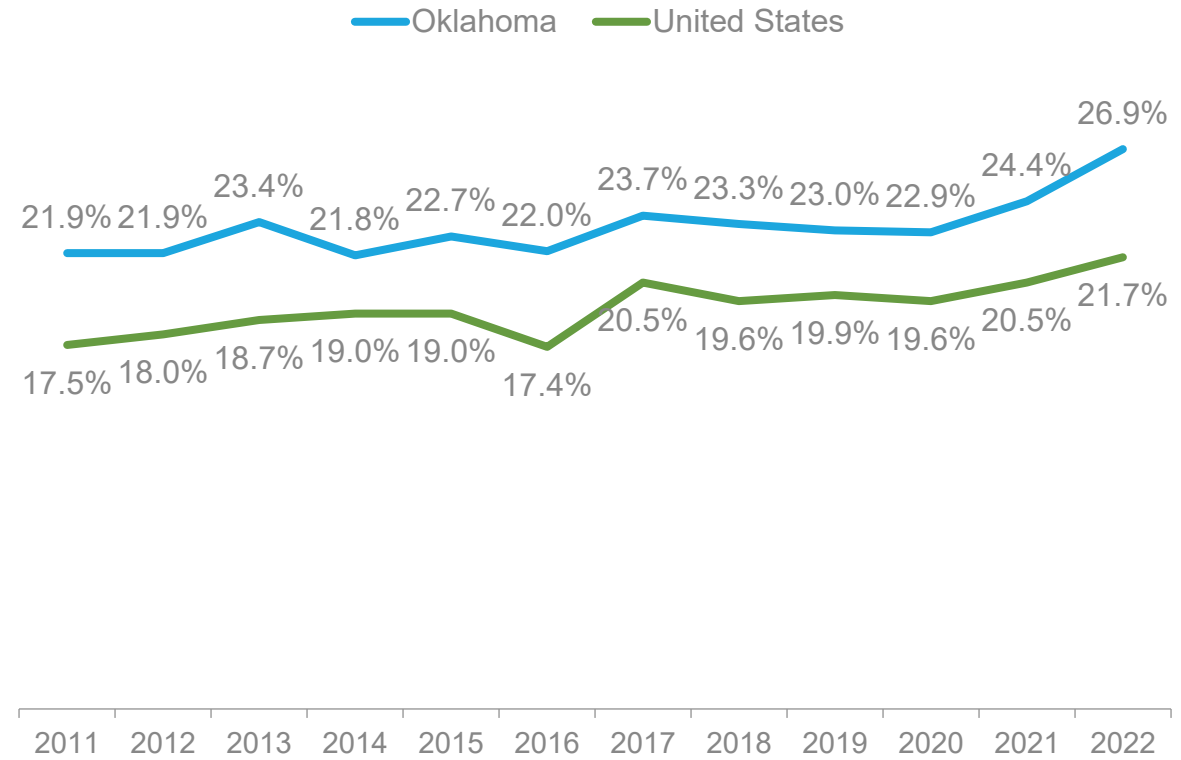
In 2022, **Tulsa** followed by the **Southwest** region of Oklahoma had the highest rates of depressive disorder.

Depressive disorder is defined as respondents that were ever told they a depressive disorder (including depression, major depression, dysthymia, or minor depression
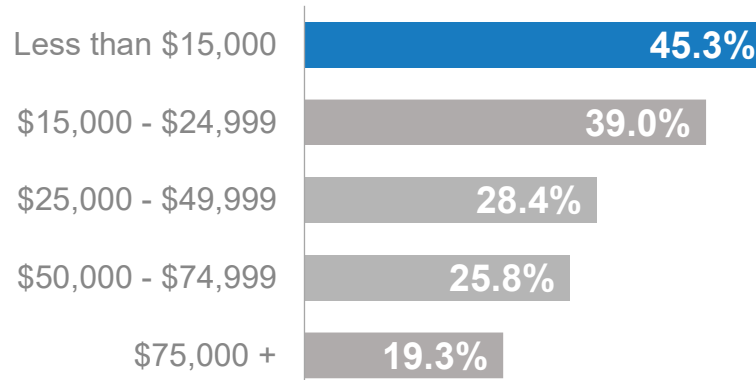
# Depressive Disorder by Social Determinants of Health

EDUCATION

Less Than High School	33.0%
High School or G.E.D.	28.7%
Some College	27.8%
College Graduate	20.7%
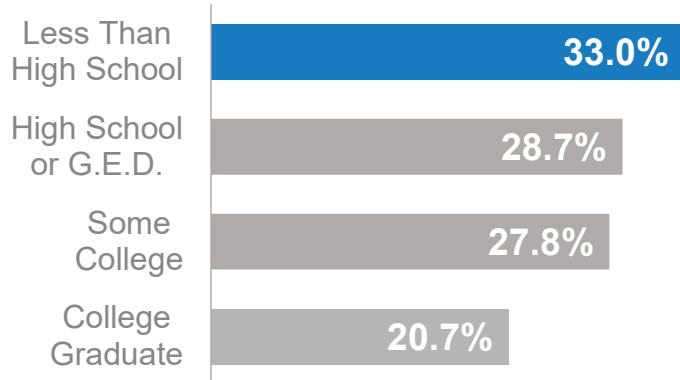
In 2022, the highest prevalence of depressive disorder was **33.0%** among Oklahoma adults who **had less than a high school education**.

INCOME

Less than $15,000	45.3%
$15,000 - $24,999	39.0%
$25,000 - $49,999	28.4%
$50,000 - $74,999	25.8%
$75,000 +	19.3%

In 2022, the highest prevalence of depressive disorder was **45.3%** among those with a **household income less than $15,000**.

RACE/ETHNICITY

White	27.9%
Black	20.6%
Asian	N/A
American Indian	35.5%
Hispanic	20.4%
Other	30.2%
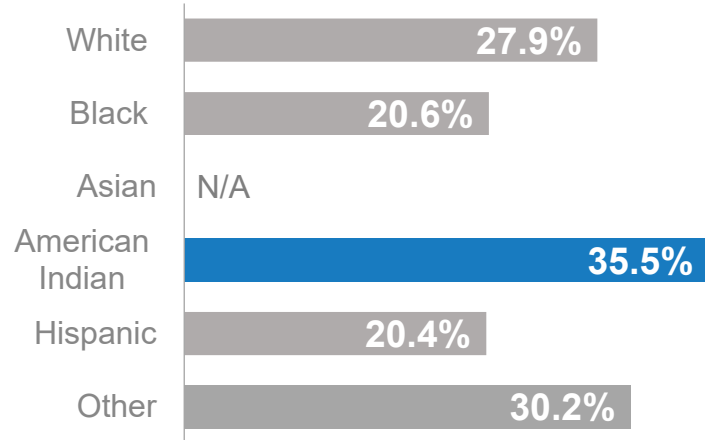
In 2022, the highest prevalence of depressive disorder was **35.5%** among **American Indians.**

AGE

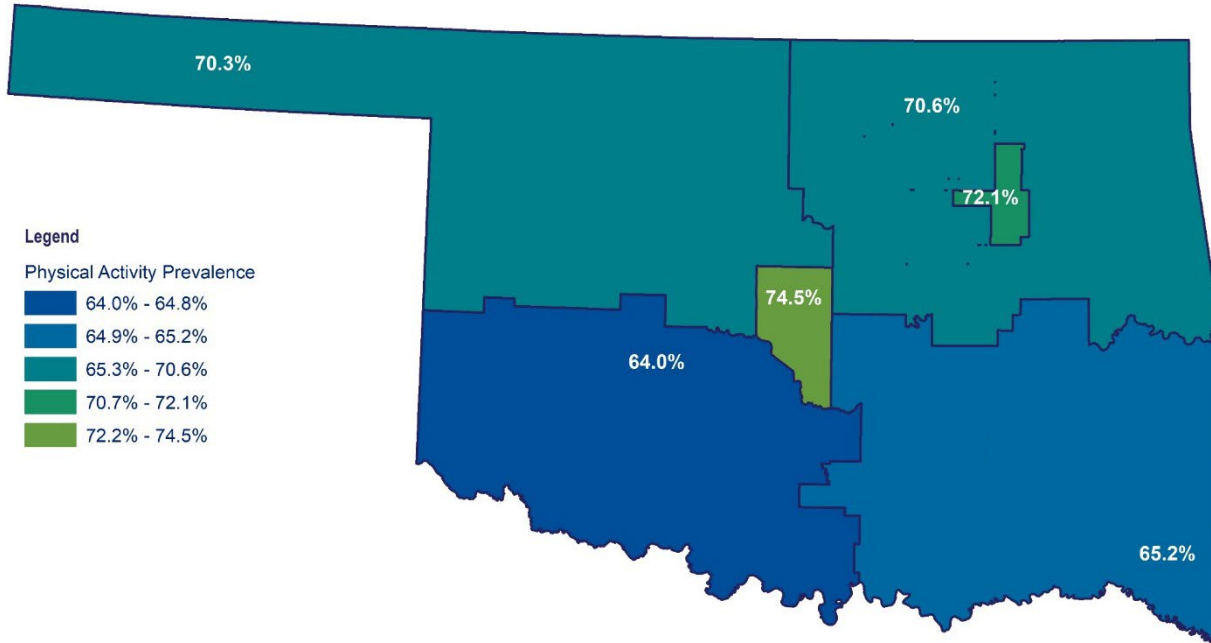|	
18-24	33.8%
25-34	29.1%
35-44	29.5%
45-54	29.2%
55-64	24.0%
65+	20.5%
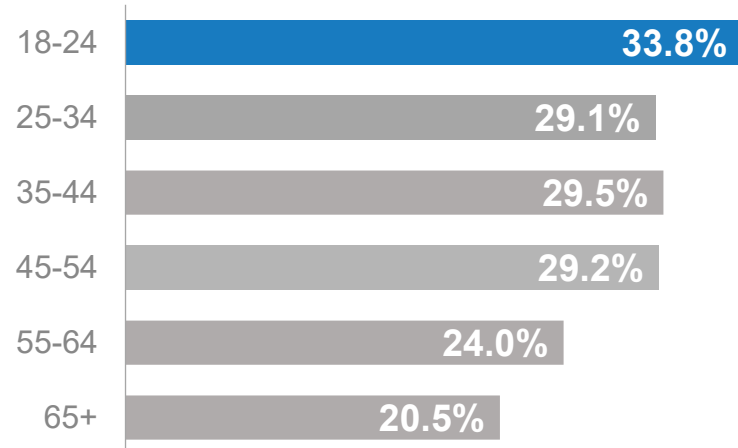
In 2022, the highest prevalence of depressive disorder was **33.8%** among Oklahoma adults **aged 18-24 years**.

Leisure Time Physical Activity in Oklahoma
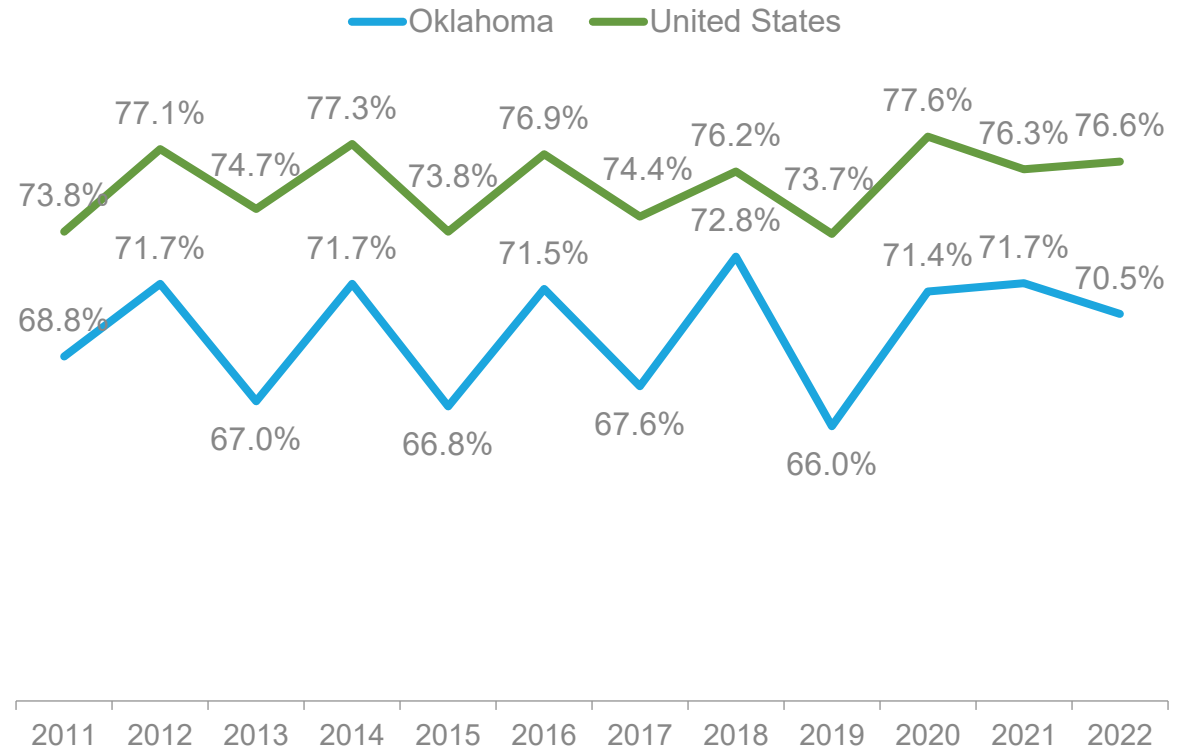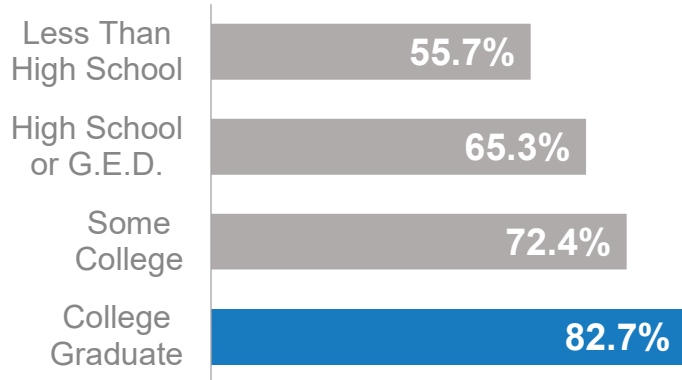
70.3%

70.6%

72.1%

74.5%

64.0%

65.2%

Legend

Physical Activity Prevalence

- 64.0% - 64.8%
- 64.9% - 65.2%
- 65.3% - 70.6%
- 70.7% - 72.1%
- 72.2% - 74.5%

In 2022, the **Southwest** region of Oklahoma had the lowest prevalence of leisure time physical activity.

In 2022, Oklahoma ranked

48th

in the nation for leisure time physical activity prevalence.

— Oklahoma — United States

73.8% 77.1% 74.7% 77.3% 73.8% 76.9% 74.4% 76.2% 73.7% 77.6% 76.3% 76.6%

68.8% 71.7% 71.7% 71.5% 72.8% 71.4% 71.7% 70.5%

67.0% 66.8% 67.6% 66.0%

2011 2012 2013 2014 2015 2016 2017 2018 2019 2020 2021 2022

Leisure time physical activity is defined as respondents who participated in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise during the last month.

Leisure Time Physical Activity by Social Determinants of Health

EDUCATION

Less Than High School	55.7%
High School or G.E.D.	65.3%
Some College	72.4%
College Graduate	82.7%

In 2022, the highest prevalence of leisure time physical activity was **82.7%** among Oklahoma adults who **graduated from college**.
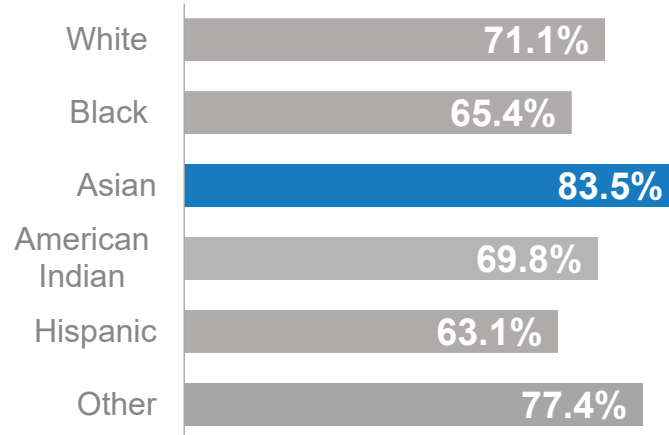
INCOME

|	
Less than $15,000	58.1%
$15,000 - $24,999	56.7%
$25,000 - $49,999	66.2%
$50,000 - $74,999	73.3%
$75,000 +	81.6%
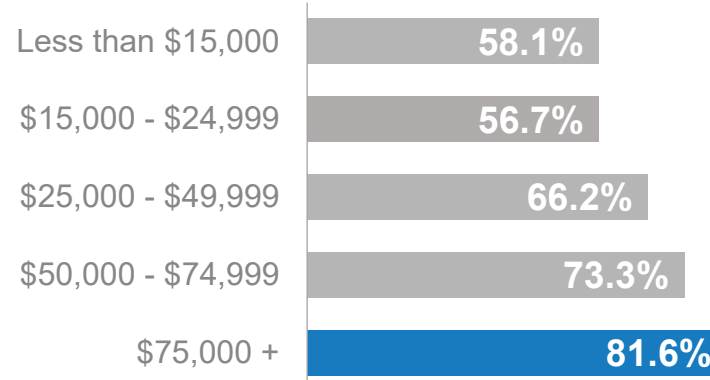
In 2022, the highest prevalence of leisure time physical activity was **81.6%** among those with a **household income greater than $75,000**.

RACE/ETHNICITY

White	71.1%
Black	65.4%
Asian	83.5%
American Indian	69.8%
Hispanic	63.1%
Other	77.4%

In 2022, the highest prevalence of leisure time physical activity was **83.5%** among **Asians.**

AGE

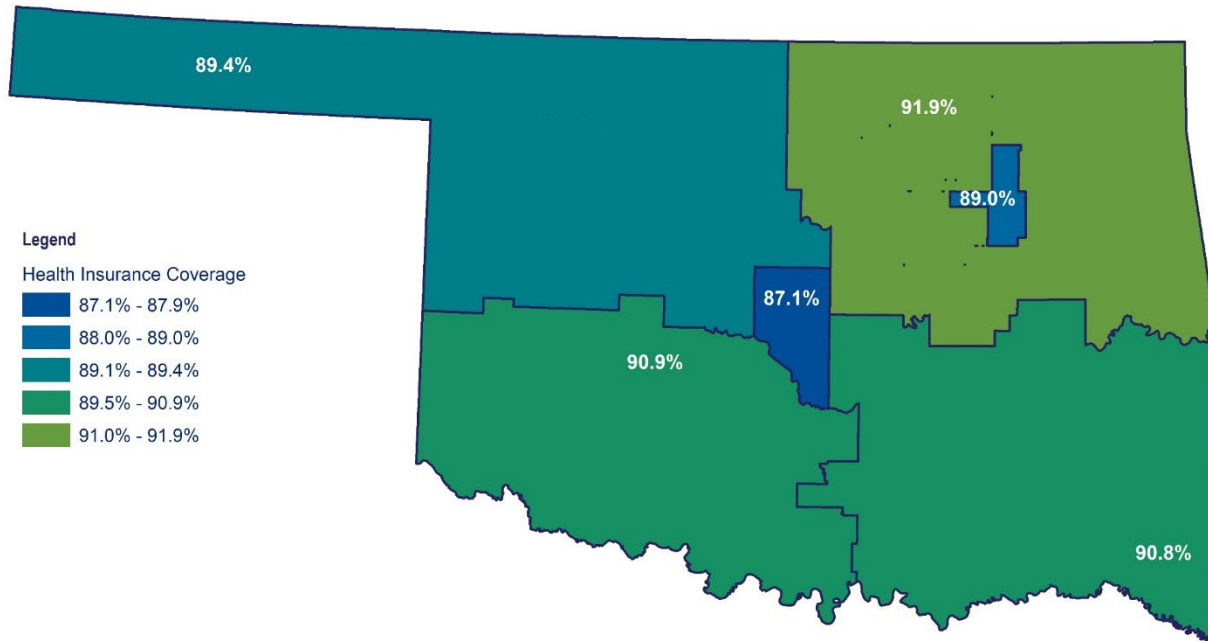|	
18-24	79.0%
25-34	79.1%
35-44	74.2%
45-54	67.8%
55-64	66.5%
65+	60.7%
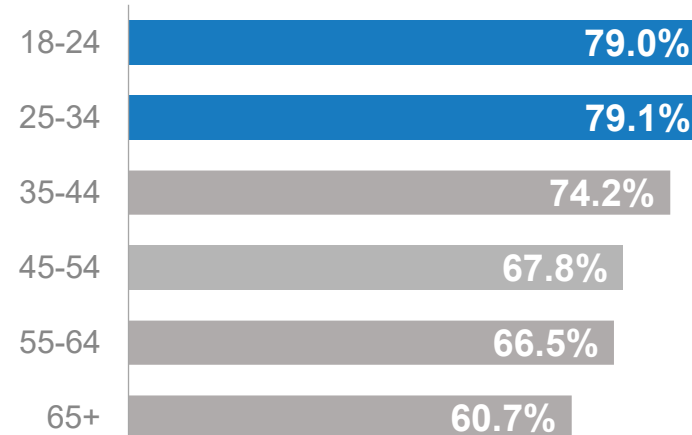
In 2022, the highest prevalence leisure time physical activity was **79.1%** and **79.0%** among Oklahoma adults **aged 25-34** and **18-24.**
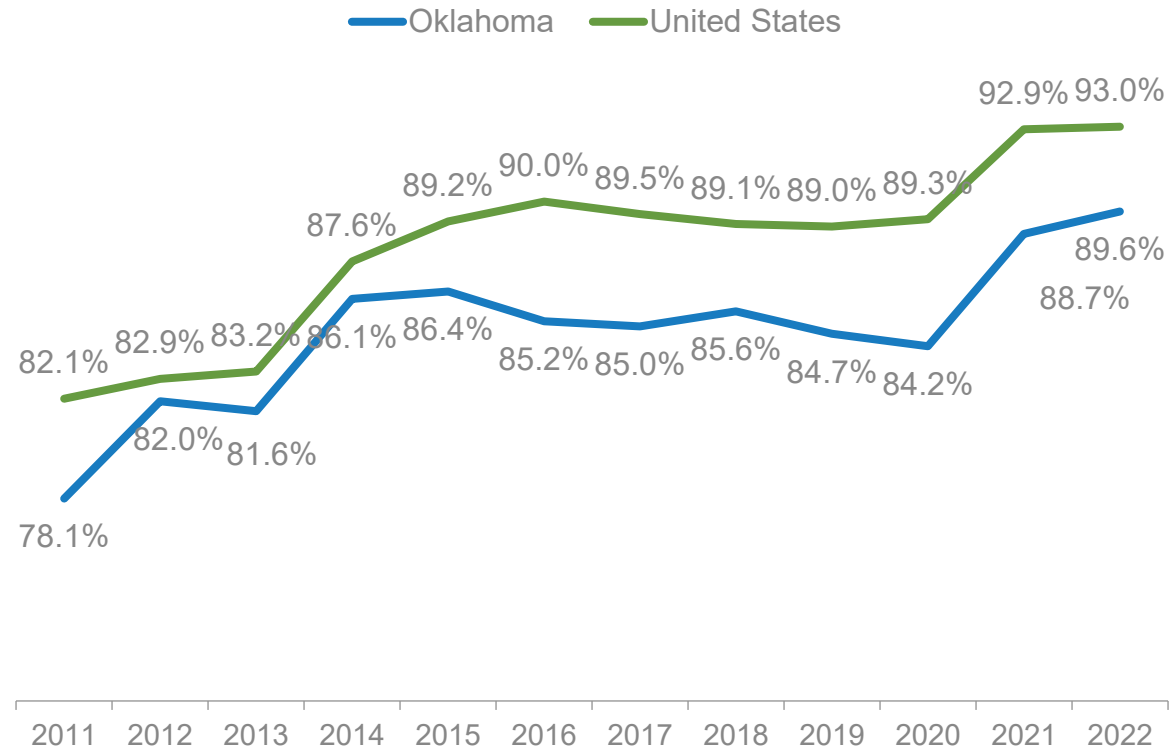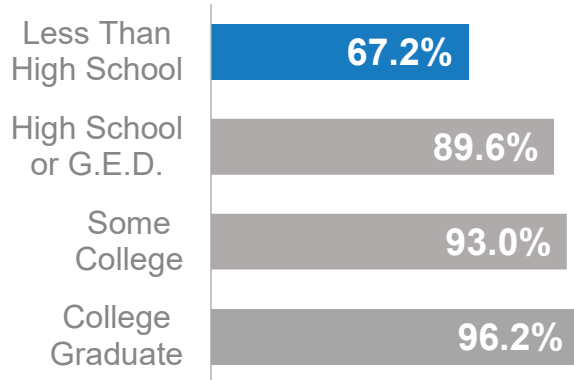
Health Insurance Coverage in Oklahoma

Legend
Health Insurance Coverage
- 87.1% - 87.9%
- 88.0% - 89.0%
- 89.1% - 89.4%
- 89.5% - 90.9%
- 91.0% - 91.9%

Map labels: 89.4%, 91.9%, 89.0%, 87.1%, 90.9%, 90.8%

In 2022, Oklahoma ranked

42nd

in the nation for health insurance coverage.

— Oklahoma   — United States

Oklahoma values: 78.1%, 82.0%, 81.6%, 86.1%, 86.4%, 85.2%, 85.0%, 85.6%, 84.7%, 84.2%, 88.7%, 89.6%

United States values: 82.1%, 82.9%, 83.2%, 87.6%, 89.2%, 90.0%, 89.5%, 89.1%, 89.0%, 89.3%, 92.9%, 93.0%

Years: 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022

In 2022, the **Central** region of Oklahoma had the lowest rate of health insurance coverage.

Health insurance coverage is defined as respondents 18+ who have any health care coverage.

Health Insurance Coverage by Social Determinants of Health

EDUCATION

|	
Less Than High School	67.2%
High School or G.E.D.	89.6%
Some College	93.0%
College Graduate	96.2%

In 2022, the lowest prevalence of health insurance was **67.2%** among Oklahoma adults who **had less than a high school education**.

INCOME

Less than $15,000	85.0%
$15,000 - $24,999	82.4%
$25,000 - $49,999	85.9%
$50,000 - $74,999	93.9%
$75,000 +	95.6%
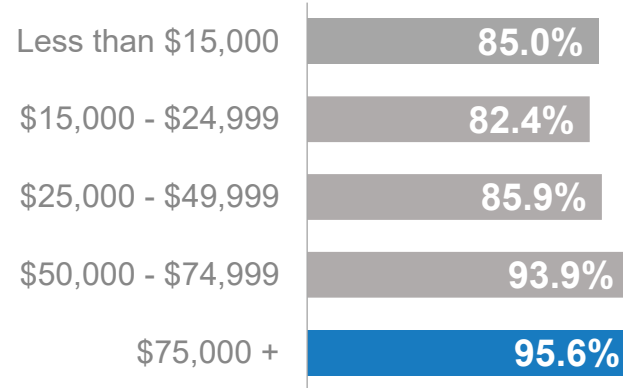
In 2022, the highest prevalence of health insurance was **80.6%** among those with **household incomes greater than $75,000**.

RACE/ETHNICITY

White	92.7%
Black	95.5%
Asian	93.8%
American Indian	95.9%
Hispanic	60.1%
Other	91.2%
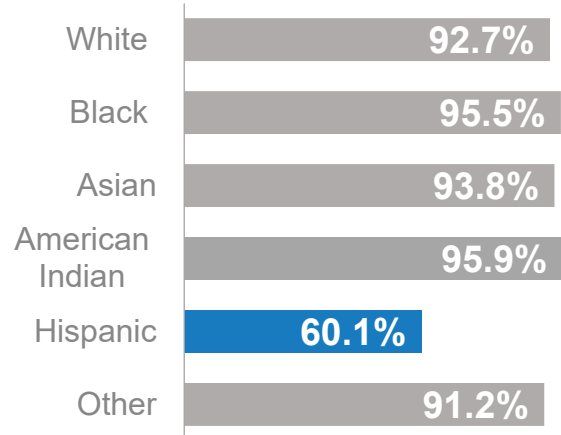
In 2022, the lowest prevalence of health insurance was **60.1%** among **Hispanics**.

AGE

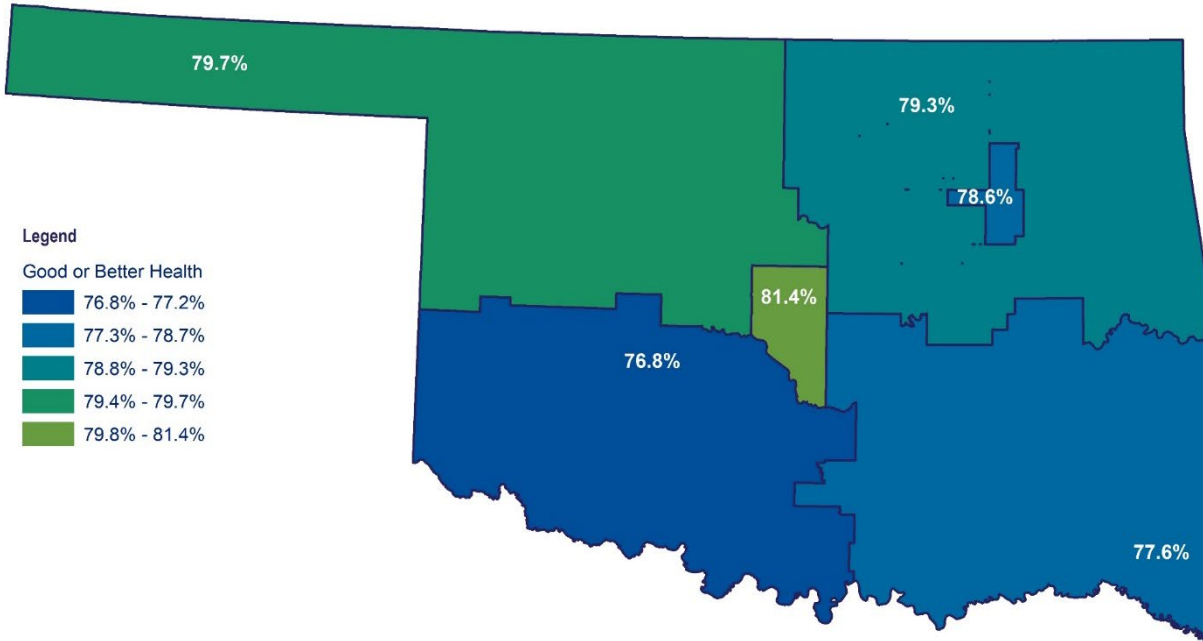|	
18-24	85.8%
25-34	84.3%
35-44	83.3%
45-54	87.9%
55-64	92.9%
65+	99.4%

In 2022, the highest prevalence of health insurance was **99.4%** among Oklahoma adults **aged 65 or older**.

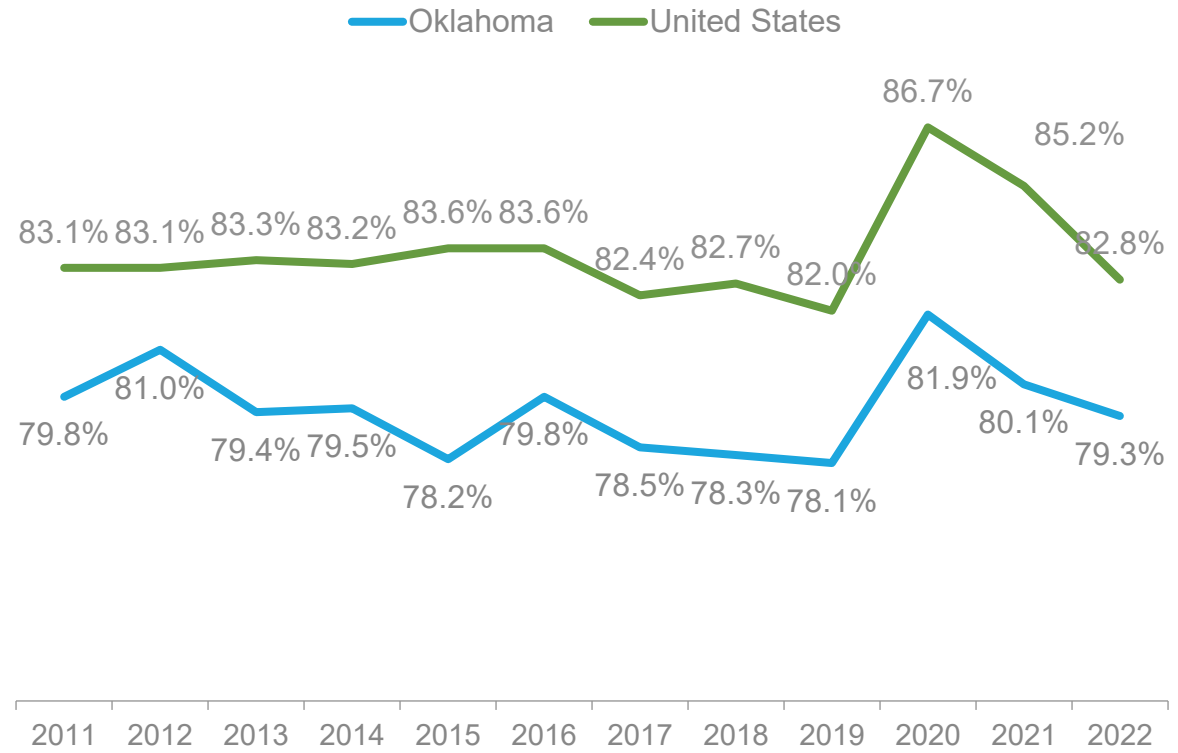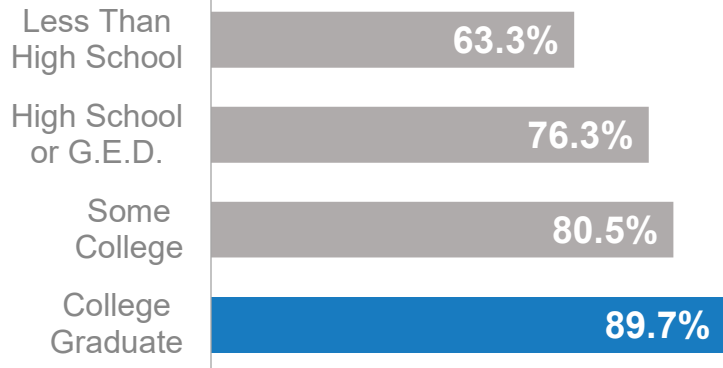# Good or Better Health in Oklahoma

In 2022, Oklahoma ranked

44th

in the nation for good or better health rating.

In 2022, the **Southwest** region of Oklahoma had the lowest rate of good or better health.

Legend

Good or Better Health

- 76.8% - 77.2%
- 77.3% - 78.7%
- 78.8% - 79.3%
- 79.4% - 79.7%
- 79.8% - 81.4%

Map values:
79.7% | 79.3% | 78.6% | 81.4% | 76.8% | 77.6%

Good or better health is defined as respondents who reported having excellent, very good or good health.

Line chart — Oklahoma vs United States

United States values: 83.1%, 83.1%, 83.3%, 83.2%, 83.6%, 83.6%, 82.4%, 82.7%, 82.0%, 86.7%, 85.2%, 82.8%

Oklahoma values: 79.8%, 81.0%, 79.4%, 79.5%, 78.2%, 79.8%, 78.5%, 78.3%, 78.1%, 81.9%, 80.1%, 79.3%

Years: 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022

Good or Better Health by Social Determinants of Health

🎓 EDUCATION

|	
Less Than High School	63.3%
High School or G.E.D.	76.3%
Some College	80.5%
College Graduate	**89.7%**

In 2022, the highest prevalence of good or better health was **89.7%** among Oklahoma adults who **graduated from college**.

💵 INCOME

|	
Less than $15,000	53.6%
$15,000 - $24,999	64.2%
$25,000 - $49,999	76.0%
$50,000 - $74,999	84.6%
$75,000 +	**91.2%**
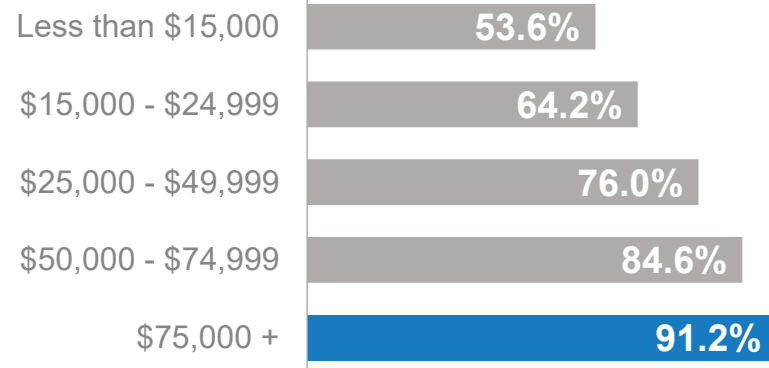
In 2022, the highest prevalence of good or better health was **91.2%** among those with a **household income greater than $75,000**.

RACE/ETHNICITY

White	80.4%
Black	75.2%
Asian	**99.5%**
American Indian	75.3%
Hispanic	76.1%
Other	77.4%
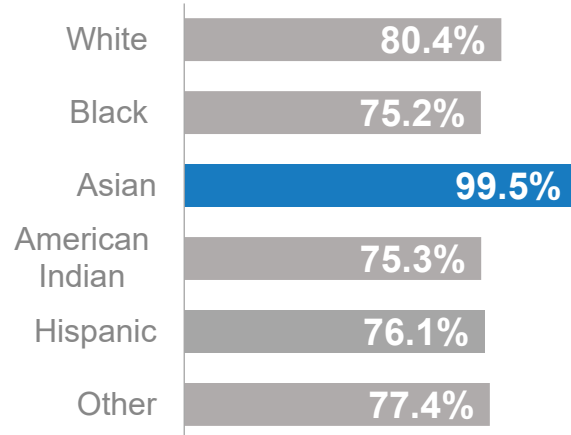
In 2022, the highest prevalence of good or better health was **99.5%** among **Asians**.

👪 AGE

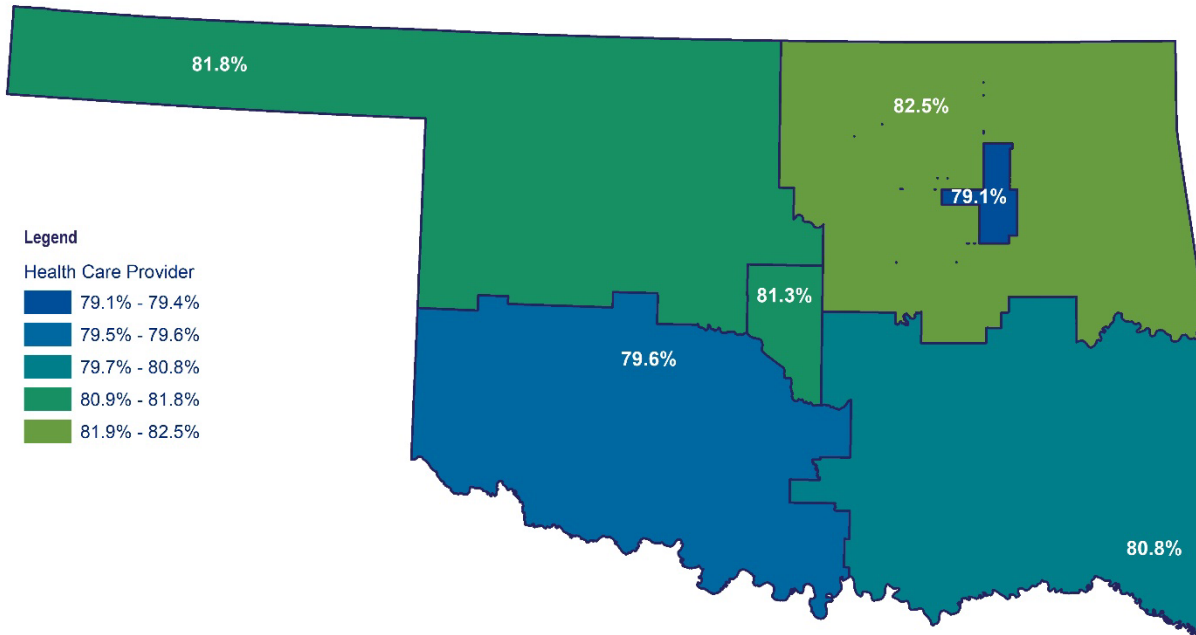|	
18-24	**88.5%**
25-34	84.8%
35-44	82.3%
45-54	74.9%
55-64	74.5%
65+	73.8%
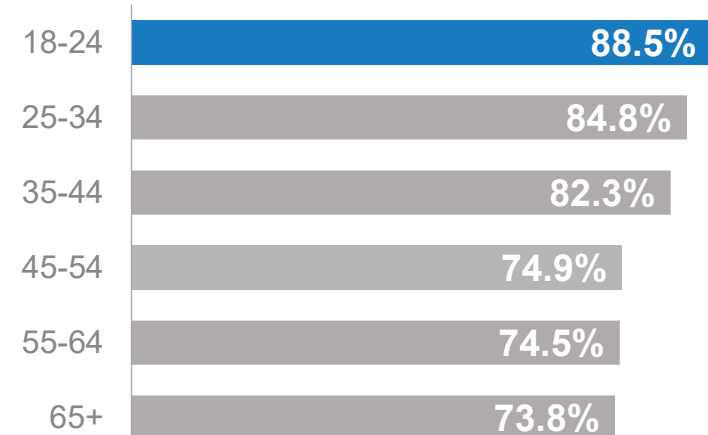
In 2022, the highest prevalence of good or better health was **88.5%** among Oklahoma adults **aged 18-24**.

Personal Health Care Provider in Oklahoma

81.8%

82.5%

79.1%

81.3%

79.6%

80.8%

Legend

Health Care Provider
- 79.1% - 79.4%
- 79.5% - 79.6%
- 79.7% - 80.8%
- 80.9% - 81.8%
- 81.9% - 82.5%

In 2022, **Tulsa** had the lowest rate of having a health care provider.

In 2022, Oklahoma ranked

40th

in the nation for personal health care provider.

——— Oklahoma   ——— United States

84.1%   84.0%

81.0%

79.6%

69.9%   70.0%   72.0%   70.9%   70.0%   70.5%   70.1%   71.0%

67.6%   68.2%   69.3%   69.7%   70.0%   69.7%   68.9%   70.2%

2013   2014   2015   2016   2017   2018   2019   2020   2021   2022

Personal health care provider is defined as respondents who have a personal doctor or health care provider.

Personal Health Care Provider by Social Determinants of Health

EDUCATION

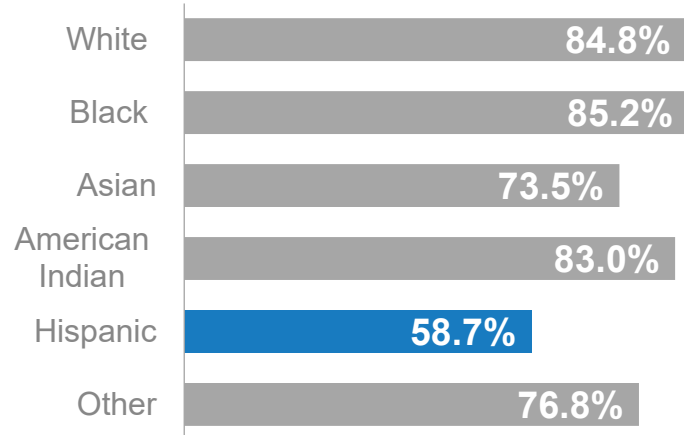| Category	Percentage
Less Than High School	66.2%
High School or G.E.D.	78.4%
Some College	84.5%
College Graduate	87.6%
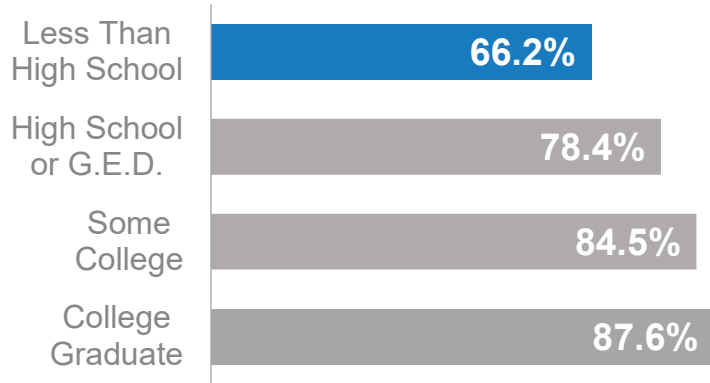
In 2022, the lowest prevalence of having a health care provider was **66.2%** among Oklahoma adults who **had less than a high school education**.

INCOME

Category	Percentage
Less than $15,000	77.7%
$15,000 - $24,999	81.5%
$25,000 - $49,999	77.1%
$50,000 - $74,999	83.8%
$75,000 +	85.9%
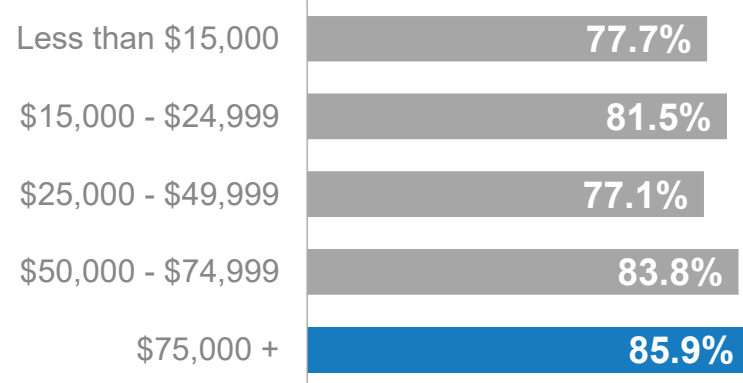
In 2022, the highest prevalence of having a health care provider was **85.9%** among those with a **household income greater than $75,000**.

RACE/ETHNICITY

Category	Percentage
White	84.8%
Black	85.2%
Asian	73.5%
American Indian	83.0%
Hispanic	58.7%
Other	76.8%

In 2022, the lowest prevalence of having a health care provider was **58.7%** among **Hispanics**.

AGE

Category	Percentage
18-24	69.0%
25-34	65.0%
35-44	78.7%
45-54	83.6%
55-64	88.8%
65+	94.8%
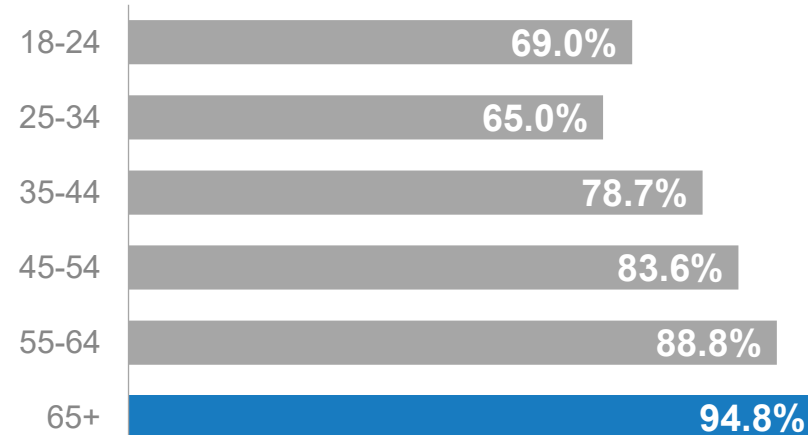
In 2022, the highest prevalence of having a health care provider was **94.8%** among Oklahoma adults **aged 65 and older**.
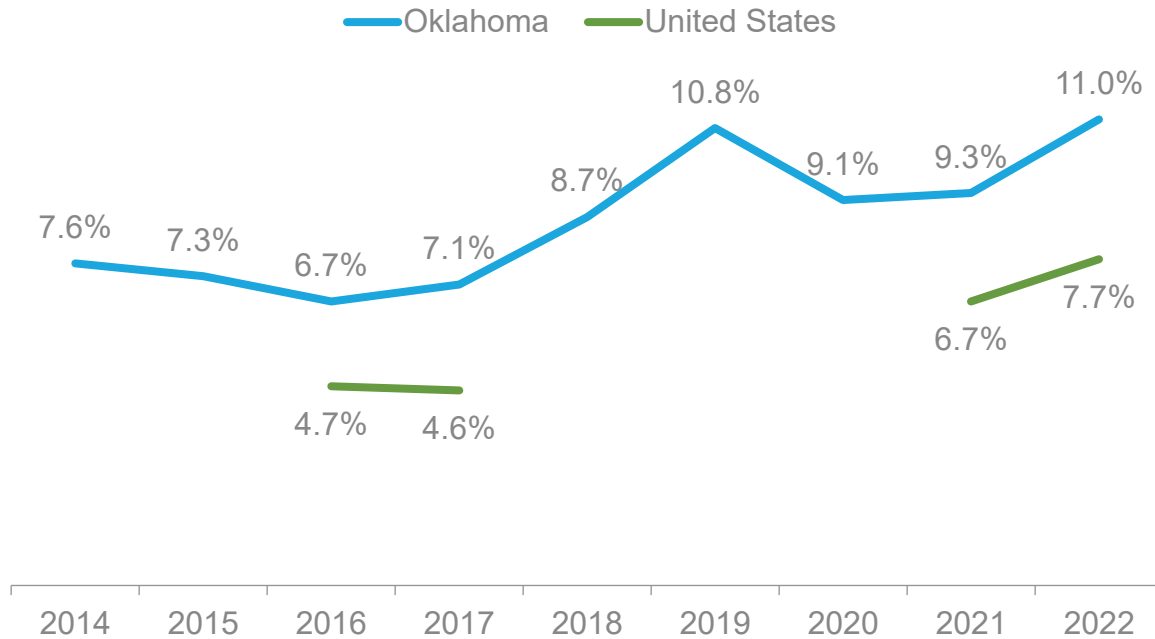
E-cigarette Use

In 2022, Oklahoma ranked
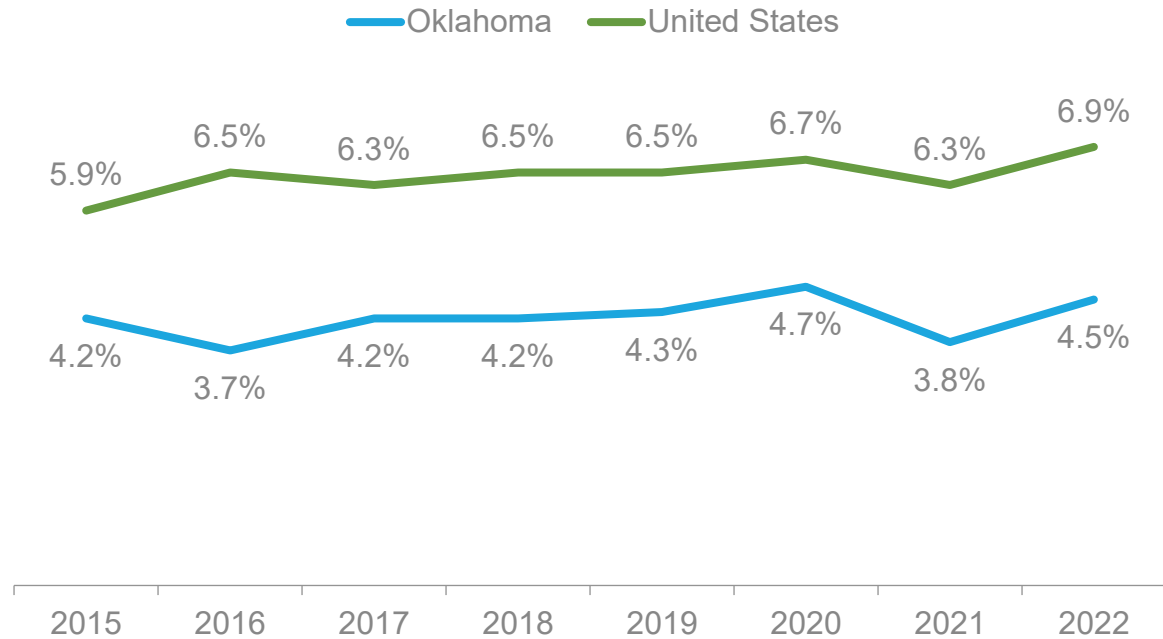
51st

in the nation for e-cigarette prevalence.

Oklahoma — United States

7.6%
7.3%
6.7%
7.1%
8.7%
10.8%
9.1%
9.3%
11.0%

4.7%
4.6%
6.7%
7.7%

2014 2015 2016 2017 2018 2019 2020 2021 2022

E-cigarette use is defined as respondents who used an electronic cigarette or other electronic vaping device in the past 30 days.

Heavy Alcohol Consumption

In 2022, Oklahoma ranked

1st

in the nation for heavy alcohol consumption.

Oklahoma — United States

5.9%
6.5%
6.3%
6.5%
6.5%
6.7%
6.3%
6.9%

4.2%
3.7%
4.2%
4.2%
4.3%
4.7%
3.8%
4.5%

2015 2016 2017 2018 2019 2020 2021 2022

Heavy alcohol consumption is defined as male respondents who reported having more than 14 drinks per week, or female respondents who reported having more than 7 drinks per week.