

Your Disease Risk – Prevalence Estimates

Estimates for U.S. adult men and women. Numbers are for women and men combined unless otherwise noted.

Race

White	70%
African American	13%
American Indian and Alaska Native	1%
Asian	3%
Native Hawaiian and Pacific Islander	0.1%

Family History (yes)

Bladder cancer (1 st degree relative)	2% ¹
Breast cancer	
Mother or sister	6% ²⁻⁴
Mother and sister	1% ²
Colon cancer (1 st degree relative)	5% ^{3,4}
Diabetes	23.7% ⁵
Endometrial cancer	2% ^{3,4,6}
Heart attack (Note: Heart attack prevalence; ≥ 1 relative, any age)	46% ⁷
Heart attack/stroke (Note: Heart attack prevalence; ≥ 1 relative, any age)	46% ⁷
Kidney cancer (1 st degree relative)	2% ⁸
Lung cancer (1 st degree relative)	5% ^{3,9}
Osteoporosis/fracture (Note: Prevalence based on maternal/paternal history of hip fracture ≥ 65 years.)	
Hip	4%
Other	8%
Ovarian cancer (1 st degree relative)	1% ⁴
Pancreatic cancer (1 st degree relative)	2% ²
Prostate cancer (1 st degree relative)	5% ¹⁰
Skin melanoma (1 st degree relative)	2% ²
Stomach cancer (1 st degree relative)	4.5% ^{11,12}

Screening

Meets colon cancer screening guidelines	57% ¹³
Pap test within the last three years	83% ¹⁴

Height, Weight, and Body Mass Index (BMI)

	<i>Women</i>	<i>Men</i>
Height (ages 45-55)	>5'7" 10.4%	>5'10" 39.8%
Large waist size (yes)	>35 in. 45.3% ¹⁵	>40 in. 26.5% ¹⁵
Weight gain since age 18 in postmenopausal women on PMH	22-44 lbs. 6% ¹⁶ >45 lbs. 4%	
BMI for cancer calculations (ages 40-59)	≥30 40% ¹⁷	≥30 35% ¹⁷
BMI for CHD calculations	<25 50% 25-28: +2 20% ≥29: +3 30% Estimated from ¹⁸	<25 40% 25-29: +2 40% ≥30: +3 20% Estimated from ¹⁹
BMI for diabetes calculations	<23 35% 23-24: +2 15% 25-26: +3 10% ≥27: +4 40% Estimated from ¹⁸	<23 20% 23-24: +2 20% 25-30: +3 45% ≥31: +4 15% Estimated from ¹⁹
BMI for osteoporosis calculations	<18 4% 18-24 46% 25-29 25% ≥30 25% Estimated from ^{18, 20}	<18 1% 18-24 39% 25-29 40% ≥30 20% Estimated from ^{19, 20}

Smoking and Alcohol Use

	<i>Women</i>	<i>Men</i>
Passive smoke (Regular/heavy general exposure)	10% Estimated from ²¹	15% Estimated from ²¹
Passive smoke (50-59 year olds) (Lived with a smoker most of life)	11.4% ²²	4.8% ²²
Smoking status		
Current	24% ^{23, 24}	29% ^{23, 24}
Never	48%	23%
Former	28%	48%
Number of cigarettes/day		
<15	9% ^{23, 24}	11% ^{23, 24}
15-25	10%	12%
>25	5%	6%
Former smoker		
Quit < 2 years ago at 14 or fewer/day	3	4
Quit < 2 years ago at 15-25/day	2	4
Quit < 2 years ago at more than 25/day	1	2
Quit 2-10 years ago at 14 or fewer/day	3	4
Quit 2-10 years ago at 15-25/day	2	4
Quit 2-10 years ago at more than 25/day	1	2
Quit 10-20 years ago at 14 or fewer/day	3	4
Quit 10-20 years ago at 15-25/day	2	4
Quit 10-20 years ago at more than 25/day	1	2
Quit >20 years ago	10	18
	Estimated from ^{23, 24}	Estimated from ^{23, 24}
Cigar use (≥1/day)	.1% ²³	5.5% ²³
Alcohol use		
<1/day	89%	80%
1/day	9%	15%

2/day	1%	3%
≥3/day	1%	2%
	Estimated from ²⁵	Estimated from ²⁵

Cholesterol

	<i>Women</i>	<i>Men</i>
Total cholesterol level		
≤159	14%	15%
160-199	35%	35%
200-239	30%	32%
240-279	15%	13%
≥280	6%	4%
	Estimated from ²⁶	Estimated from ²⁶
High total cholesterol (yes)	19.1% ²⁵	17.2% ²⁵
HDL level		
≤39	12.5%	30%
≥40	87.5%	70%
	Estimated from ²⁶	Estimated from ²⁶

Physical Activity and Diet

Physical activity for ≥3 hours/week (ages 45-60)	Women ^{27, 28} 19.4%	Men ^{27, 28} 18.9%
Animal fat		
≥5 servings of animal fat/day	25%	
≥3 servings of red meat/week	50%	
Saturated fat	71% ²⁹	
Butter, lard, red meat, cheese or whole milk		
≥2 servings/day (proxy measure: ≥10% total calories from saturated fat)		
Transunsaturated fat	Women	Men
Stick margarine, vegetable shortening, store-bought baked goods (cookies, cakes, pies), or deep fried fast foods on most days	40%	40%
	Estimated from ³⁰	Estimated from ³⁰
Mono and polyunsaturated fat	15%	
Salad dressing or liquid vegetable oil on most days	Estimated from ³¹	
Dairy	Women	Men
<1 serving/day	56% ³²	42% ³²
1-2 servings/day	34%	48%
≥3 servings/day	10%	10%
High glycemic index food (≥3 refined starch servings/day)	40%	
	Estimated from ³³	
Fruits/Vegetables		
≥5 servings of fruits and vegetables/day	26% ³⁴	
≥3 or more servings of vegetables/day	25%	
Tomato-based foods (≥5 servings/week)	25%	
Nuts (~3 servings/week)	12%	
	Estimated from ³⁵	
Fish intake (≥2 servings/week)	35% ³⁶	
Whole grains (≥3 servings/day)	Women	Men
	11% ³⁷	5% ³⁷

Reproductive Factors

Menarche ≤15 years old	11% ^{38, 39}
First intercourse ≤15 years old (women ages 40-44)	3.3% ⁴⁰
Opposite-sex sexual partners (women ages 15-44) <3 lifetime male partners ≥3 lifetime male partners	42% ⁴¹ 58%
Sexually transmitted infection (lifetime, not including HIV/AIDS)	12.2% ⁴²
Current oral contraceptive user (women ages 40-44)	4.2% ⁴³
Barrier contraceptive use (dominant method over lifetime)	10.7% ⁴³
Tubal ligation (women ages 40-44)	35.1% ⁴⁴
Hysterectomy (women ages 40-44)	16% ⁴⁴
Lifetime live births (completed fertility; women ages 40-44) None ≥3	19% ⁴⁵ 29%
First birth ≥35 years old	5% ³⁹
Breast feeding > 1 year (total for all births)	13% ³⁹
Menopause ≥55 years of age	26% ³⁹

Other Risk Factors

Fair skin color (Note proxy: Severe/some burn with exposure)	37% ⁴⁶	
Natural blue, green, or hazel eyes	32%	
Natural blond or red hair	13% ⁴⁷	
Repeated sunburn during childhood	Women 17% ⁴⁸⁻⁵⁰	Men 20%
Moles on arms 3mm or greater 0 1-5 6-10 ≥11	62% ¹⁶ 32% 3% 2%	
Lived in a large city for the last 10 years	75.2% ⁵¹	
Chronic pancreatitis	.04% ⁵²⁻⁵⁴	
Diabetes	8.1% ⁵⁵	9.3% ⁵⁵
Hypertension	27.5% ⁵⁶	29.8% ⁵⁶
Inflammatory bowel disease	.1% ⁵⁷	
H. pylori infection	35% ⁵⁸	
Treated H. pylori infection (assuming 90% of cases are treated in the US)	32% ⁵⁸	
Blood group A	48.5% ⁵⁹	
Rheumatoid arthritis	2%	
Osteopenia (on BMD test) Ages <50 Ages 50-64 Ages ≥65	Women 8% 27.5% 25%	Men 12% 21.5% 25%
Osteoporosis (on BMD test) Ages <50 Ages 50-64 Ages ≥65	Women 2% 10% 25%	Men 0% 3.5% 15%

Medicine/Supplements

Multi/B-complex vitamin (on most days)	60%	
Vitamin D (on most days)	1% Estimated from ⁶⁰	
Calcium supplement (on most days)	Women 8% ⁶¹	Men 2% ⁶¹
Vitamin A (≥5000 IU on most days)	15% Estimated from ⁶²	20% Estimated from ⁶²
Vitamin E (on most days)	5% ⁶¹	4% ⁶¹
Vitamin K (green leafy vegetables on most days)	14% ³¹	12.4% ³¹
Regular aspirin use > 15 years	13%	11%
Immunosuppressive drug use	.0007% ^{63, 64}	
Postmenopausal hormones (PMH) current use Women ages 50-74 Women ages 65-74	15% ⁶⁵ 12%	
PMH use <5 years (women ages 50-74) (Note: Assuming 2:1 ratio of estrogen + progesterone to estrogen alone; half of users take for >5 years) Estrogen + progesterone	5% ⁶⁵	
PMH use ≥5 years (women ages 50-74) (Note: Assuming 2:1 ratio of estrogen + progesterone to estrogen alone; half of users take for >5 years) Estrogen alone Estrogen + progesterone	2.5% ⁶⁵ 5%	
Tamoxifen/Raloxifene use < 5 years (women ages 35-79)	1.25% ^{66, 67}	
Tamoxifen/Raloxifene use ≥5 years (women ages 35-79) (Assumption: half who take any go on to finish the 5 year course)	1.25% ^{66, 67}	

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