

# Johnson County, 2005 County Adult Health Survey

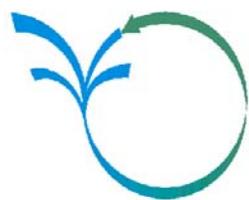


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# BRFSS

Johnson County  
and  
Arkansas Department of Health  
& Human Services  
Center for Health Statistics

2005 Johnson County  
County Adult Health Survey  
*Behavioral Risk Factor Surveillance System*

August 2005

## For More Information about the Johnson County County Adult Health Survey

Interested parties may request additional information from the following person:

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# Johnson County, 2005 County Adult Health Survey

## Introduction

### What is the County Adult Health Survey?

The national focus on improving the health of American citizens has also become a major focus for local communities.<sup>1</sup> As a result, the demand by state, county, and local agencies for health-related data in order to develop health-promotion programs and target resources has increased. The **County Adult Health Survey** is an instrument used by **Hometown Health Improvement** to collect, evaluate, and monitor personal risk behaviors that affect the health of adults in Arkansas communities. The survey uses questions from the **Behavior Risk Factor Surveillance System (BRFSS)**, which was developed by the Centers for Disease Control.<sup>2</sup>

### What is Hometown Health Improvement?

Hometown Health Improvement is a grassroots initiative that stresses cooperative action and creative solutions at the local level to identify community health problems and to develop and implement ways to solve them.

This goal is accomplished through cooperation, coalition building, community health assessment, prioritization of health issues, and the development and implementation of health-improving strategies designed and sustained locally.

As part of this initiative, Johnson County conducted the County Adult Health Survey using questions from the Behavioral Risk Factor Surveillance System (BRFSS).

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<sup>1</sup> Centers for Disease Control and Prevention. Healthy People 2010. Atlanta, Georgia. <http://www.healthypeople.gov>

<sup>2</sup> Centers for Disease Control and Prevention. About BRFSS. Atlanta, Georgia. <http://www.cdc.gov/nccdphp/brfss/about.htm>

## **What is the BRFSS?**

The BRFSS is a survey developed to help states collect and monitor state level information on the major behaviors that can affect the health of their adults. It was developed in the 1980s by the Centers for Disease Control and Prevention after research indicated that personal health behaviors play an important role in premature death and illness. Primarily, the survey focuses on behaviors that are linked to the leading causes of death (heart disease, cancer, stroke, diabetes and injury) as well as other important health issues.

The specific behaviors included in the survey are the following:

- Not getting enough physical activity
- Being overweight
- Not using seatbelts
- Using tobacco and alcohol
- Not getting preventive medical care (e.g. flu shots, mammograms, Pap smears, colorectal exams) that can save lives.

## **How is the BRFSS used?**

State and local health departments in all 50 states rely heavily on BRFSS data to:

- Determine priority health issues and identify populations at highest risk.
- Develop strategic plans and target prevention programs.
- Monitor the effectiveness of intervention strategies and progress toward prevention goals.
- Educate the public, the health community, and policymakers about disease prevention.
- Support community policies that promote health and prevent disease.

BRFSS information is also used by researchers, voluntary, organizations and professional managed care organizations to target prevention efforts. Recognizing the value of such a system in addressing priority health issues in the coming century, China, Canada, and other countries have looked to CDC for assistance in establishing BRFSS-like systems for their own populations.

The ability to determine populations at highest risk is essential in effectively targeting scarce prevention resources. BRFSS data can be analyzed by a variety of demographic variables; including age, education, income, and racial and ethnic background to determine which populations are at highest risk in a community.

### **How did Johnson County conduct the County Adult Health Survey?**

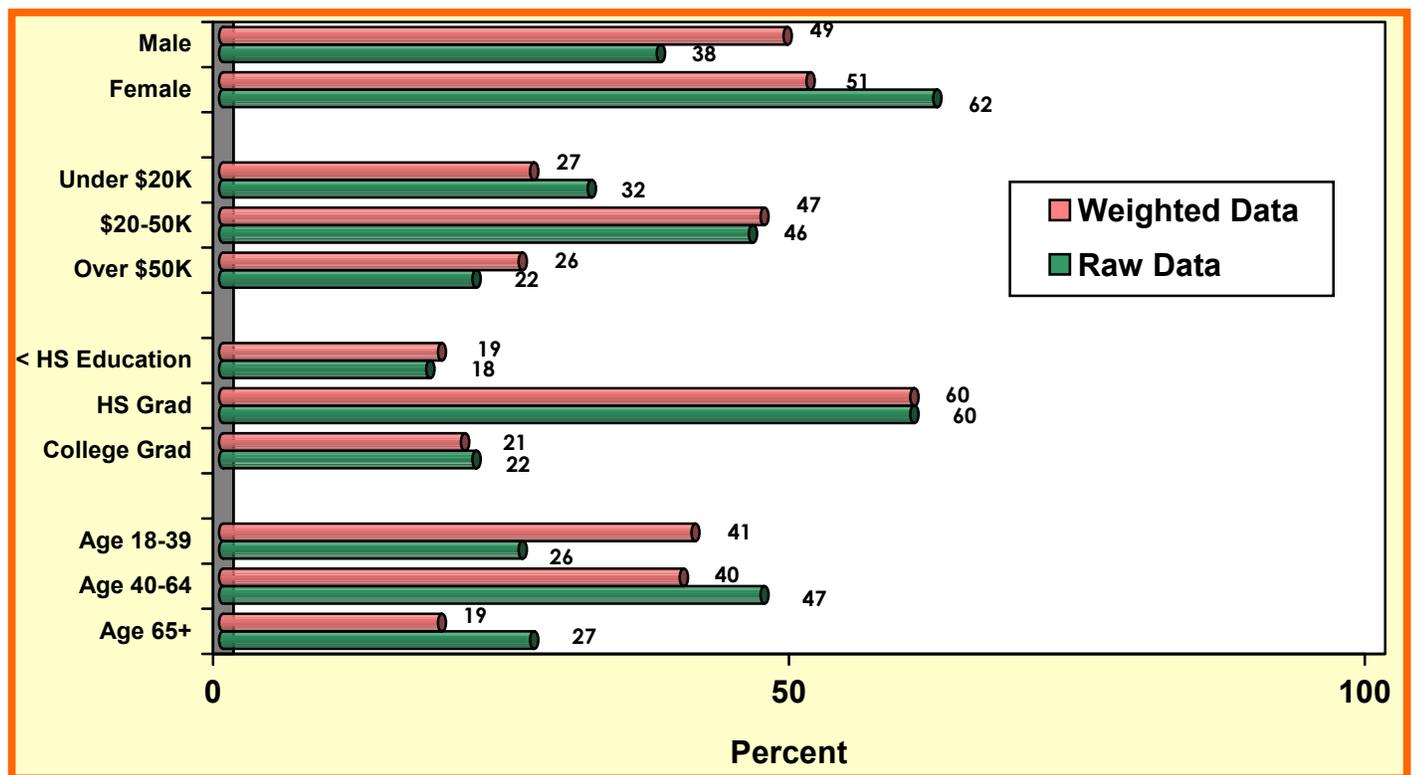
During June and July of 2005, a telephone survey of 804 randomly selected adults in Johnson County was conducted. Telephone interviews were carried out and supervised by trained telephone research interviewers at the University of Arkansas at Little Rock's Institute of Government.

## Who participated in the Johnson County County Adult Health Survey?

Of the 804 people who were interviewed, 302 were men and 502 were women. The following chart summarizes the demographics of the survey participants as both raw numbers and as weighted data. The raw data is the data collected from the sample of persons interviewed. The weighted data is the collected survey data [raw data] that has been adjusted to represent the population from which the sample was drawn.

All other data presented in the report is based on the **weighted** data. All percentages presented in this report are rounded to the nearest whole percent.

### Survey Demographics



# **Risk Factors**

# Health Status

The survey asked respondents to rate their general, physical, and mental health status.

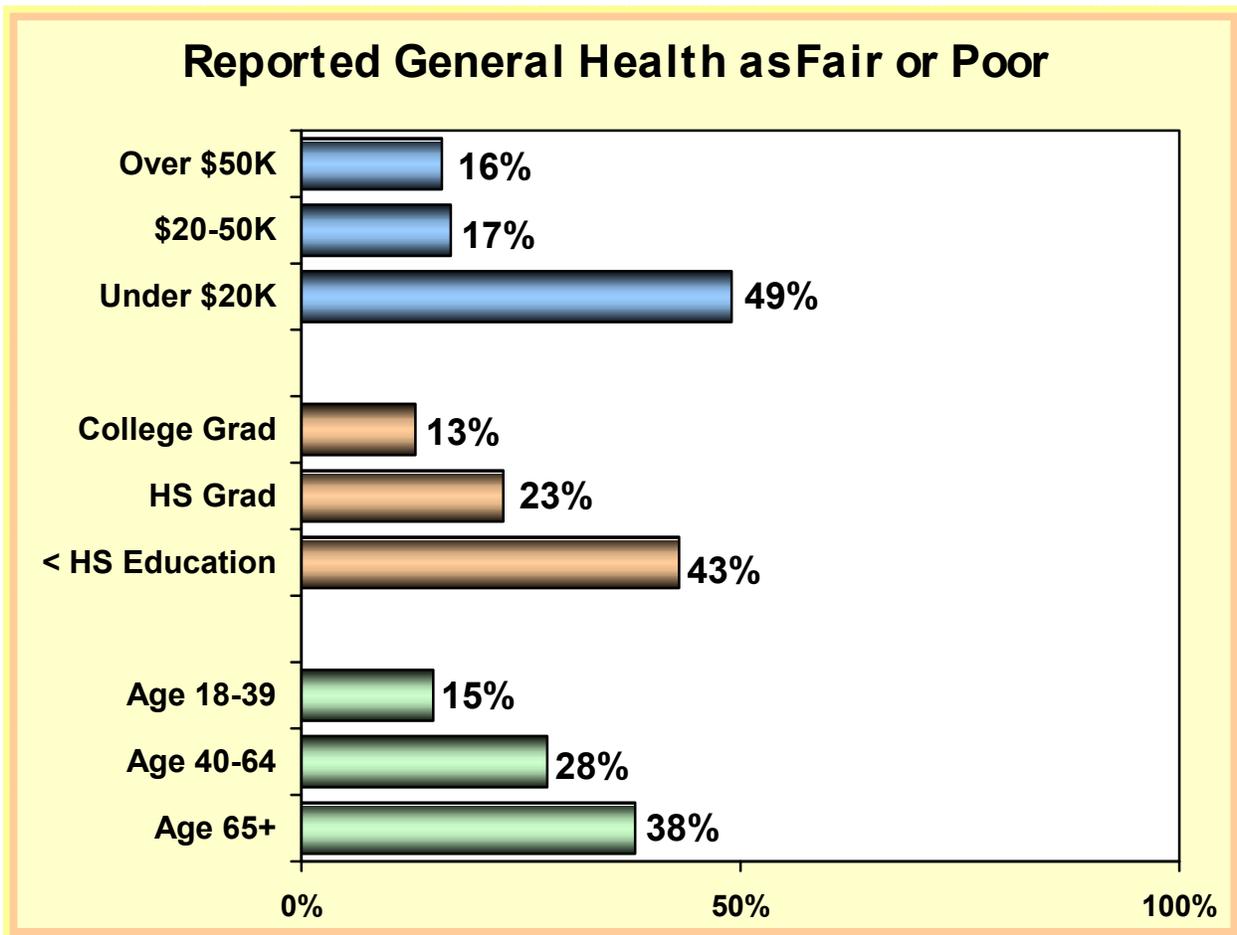
Risk Factor Definition: General Health

Question: Would you say that your general health is “excellent,” “very good,” “good,” “fair,” or “poor?”

At Risk: Those who answered “fair” or “poor” are considered at risk.

## Who is at risk in Johnson County?

Twenty-five percent characterized their general health as fair or poor. Younger people, people with more education and those with annual income greater than \$20,000 reported better general health.



# Physical Health

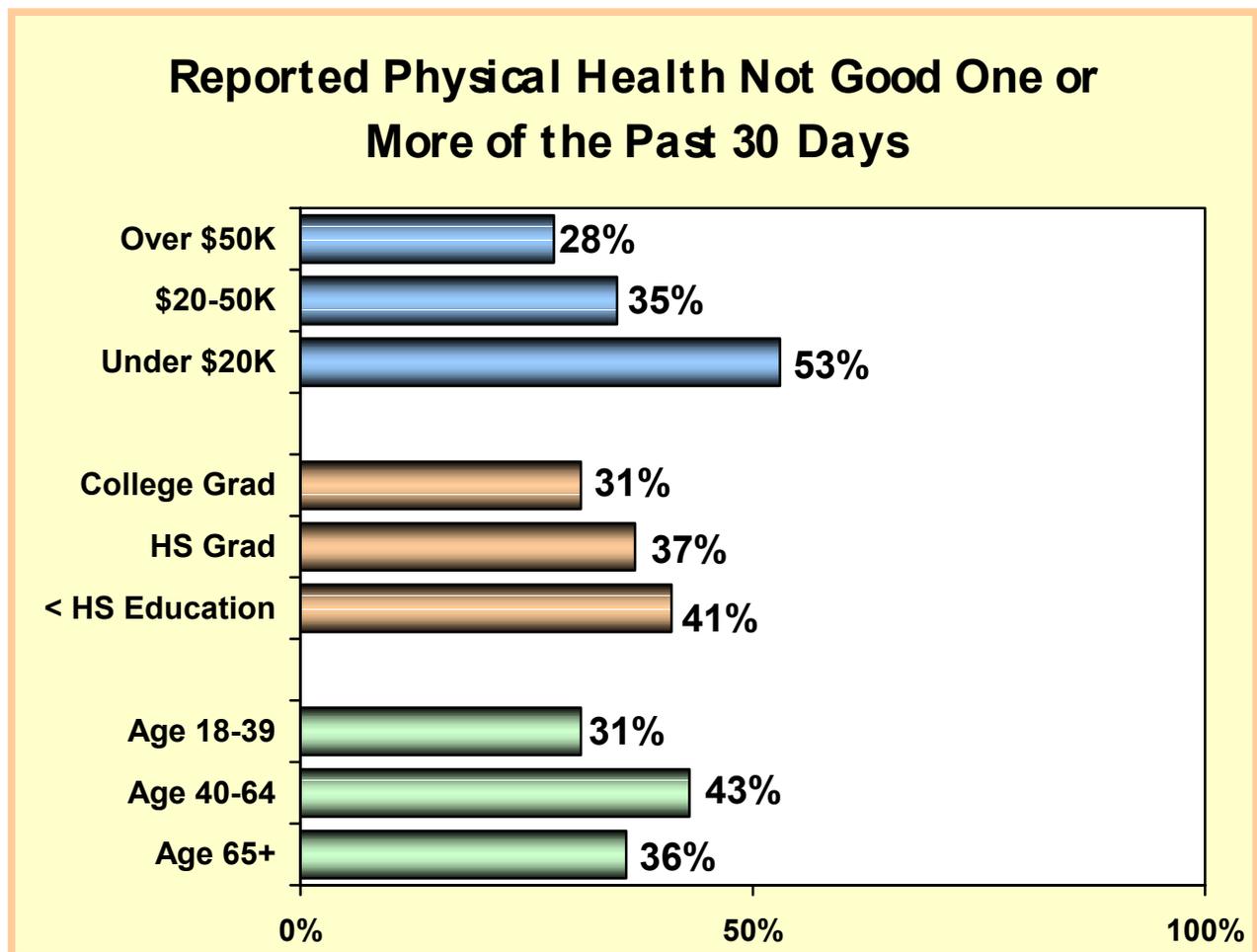
Risk Factor Definition: Physical Health

Question: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

At Risk: Having one or more self-reported days of “not good” physical health.

## Who is at risk in Johnson County?

Thirty-seven percent of Johnson County adults had at least one day a month of poor physical health. According to the survey, the average Johnson County adult had 4.19 days of bad health and 5.43 days each month when health problems interfered with usual activities. Respondents with either less income or education were more likely to be affected by poor health.



# Mental Health

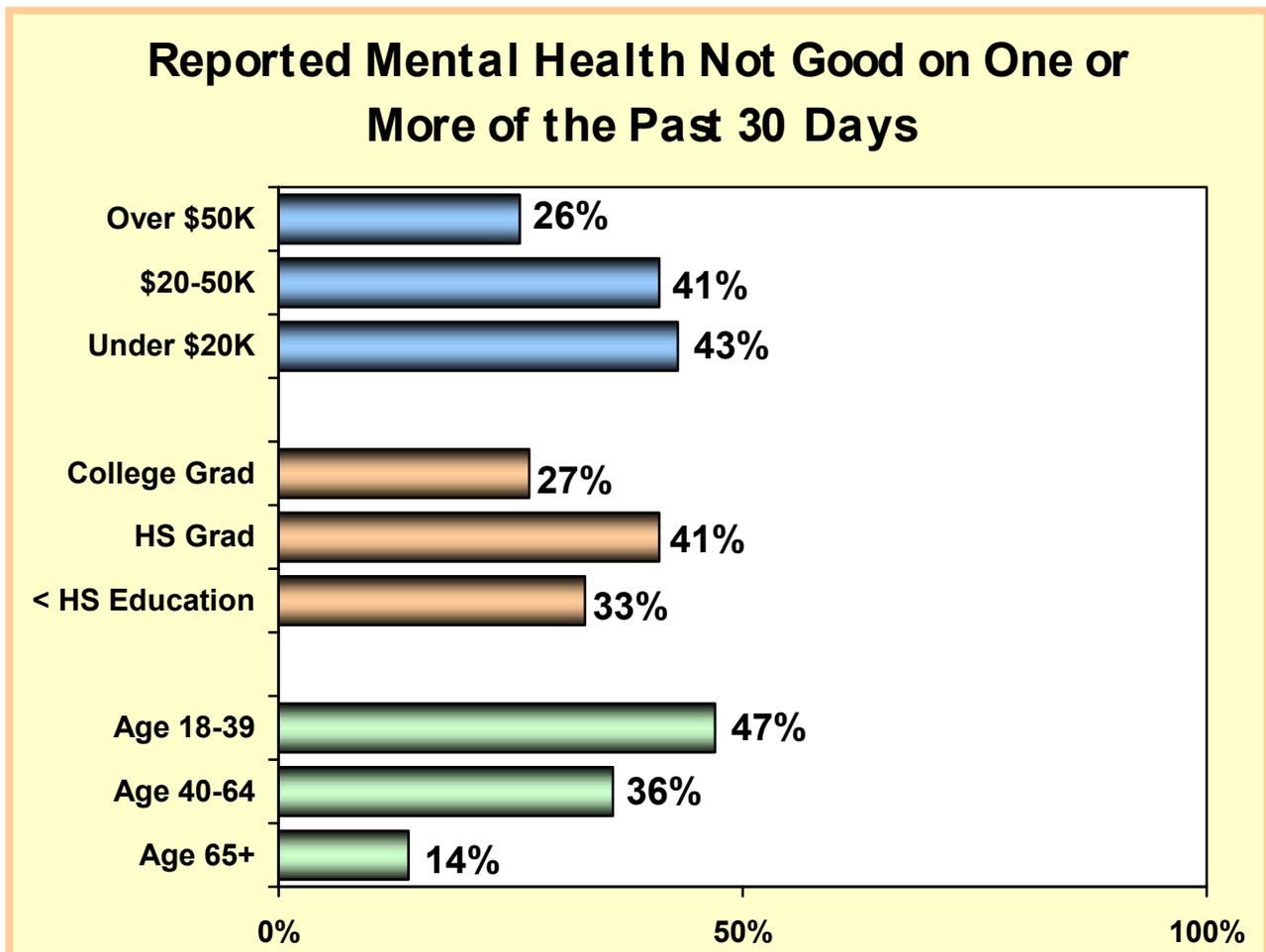
Risk Factor Definition: Mental Health

Question: Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

At Risk: Having one or more self-reported days of “not good” mental health.

## Who is at risk in Johnson County?

Thirty-six percent had at least one day of poor mental health in the past month. The average Johnson County adult had 4.20 days each month of poor mental health. People with either annual household incomes of less than \$20,000 or younger people were more likely to report at least one day of poor mental health in the past month.



# Health Care Access

The survey asked if respondents had health insurance and about barriers to getting insurance.

## Health Insurance

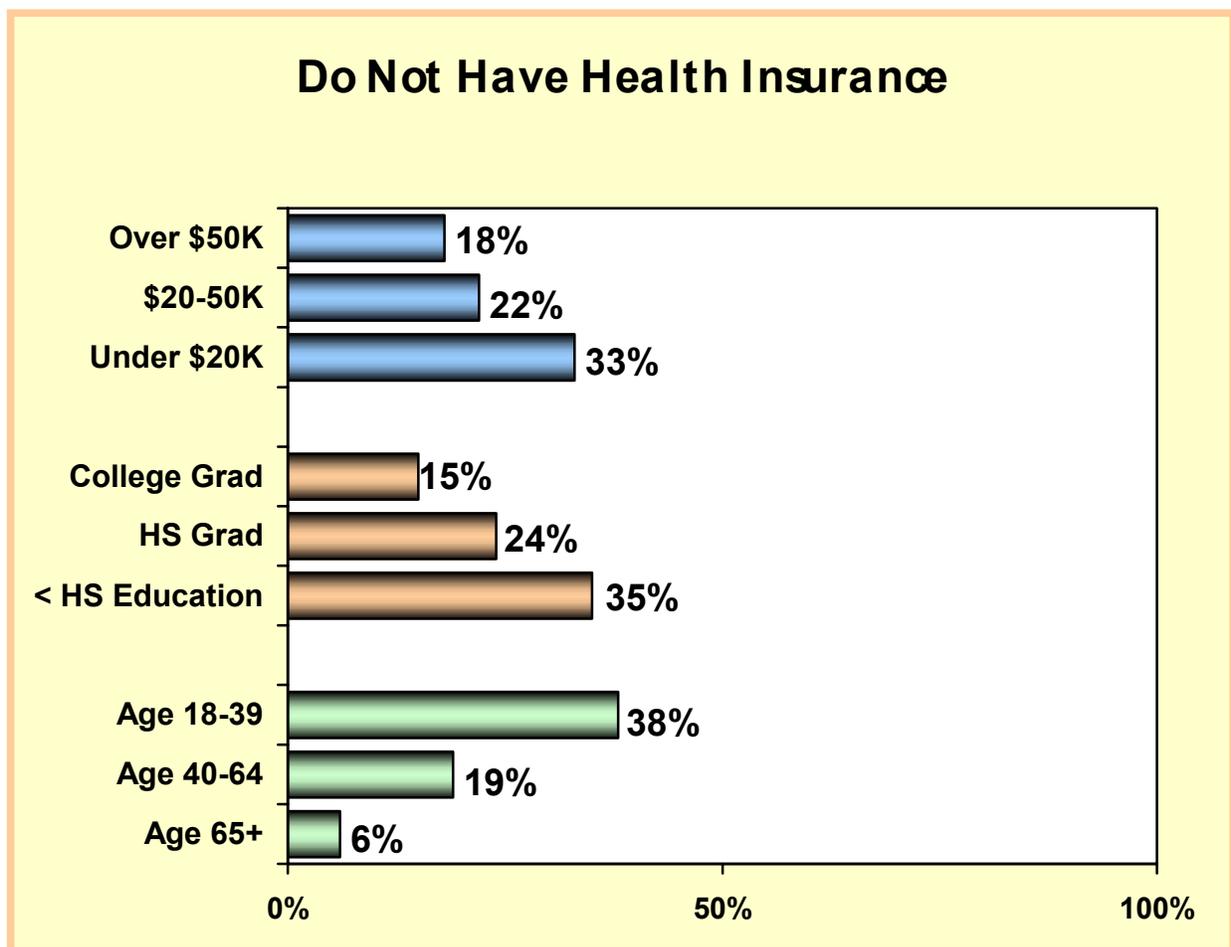
Risk Factor Definition: Health Insurance

Question: Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?

At Risk: Those who answered “no” are considered at risk.

### Who is at risk in Johnson County?

Twenty-four percent said they didn't have health insurance, with younger respondents and those with less education or income less likely to be insured.



# Hypertension

Questions regarding specific chronic medical conditions were included in the Johnson County Adult Health Survey.

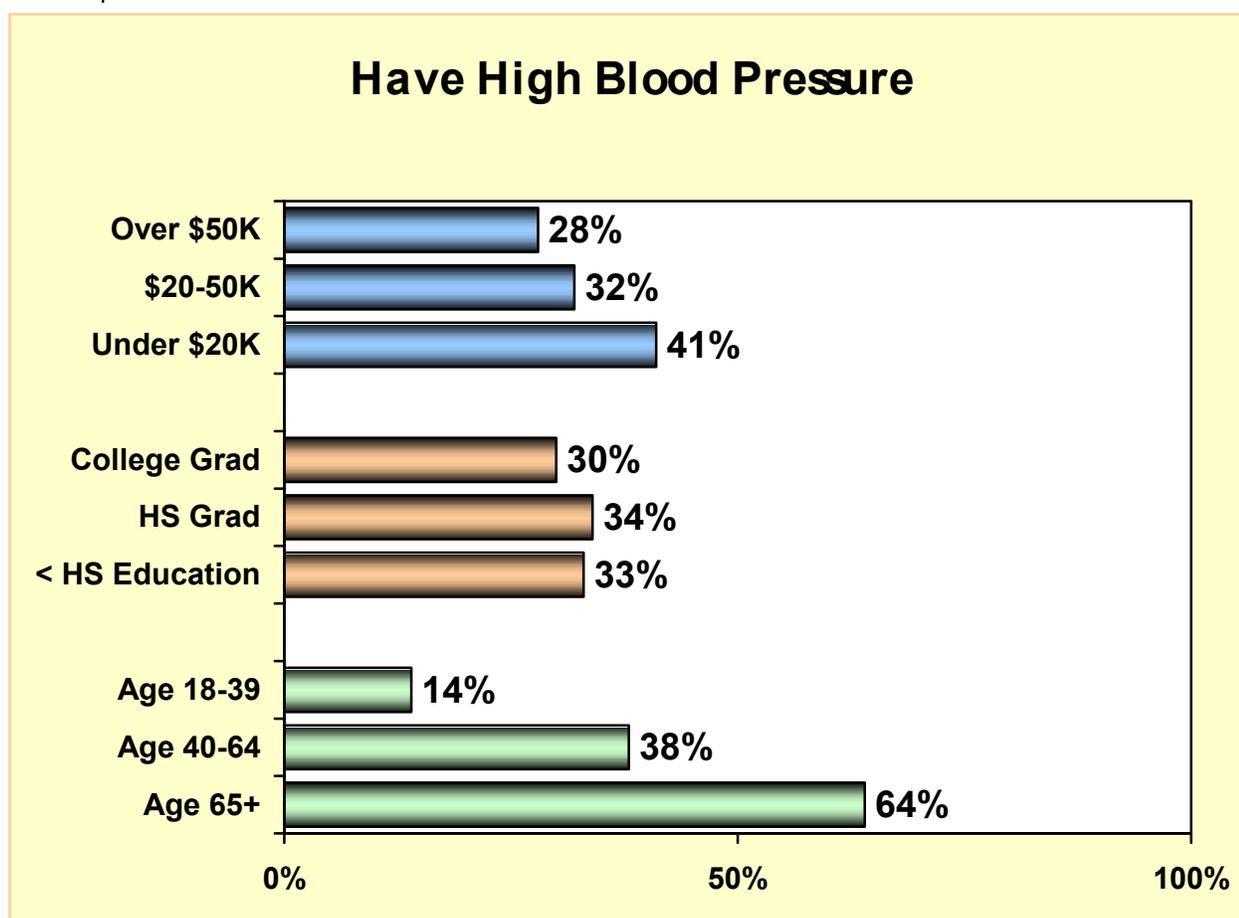
Risk Factor Definition: Have High Blood Pressure

Questions: Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure? Are you currently taking medicine for your high blood pressure?

At Risk: Those who answered "yes" are considered at risk.

## Who is at risk in Johnson County?

Thirty-three percent of Johnson County adults have been given a hypertension diagnosis by a doctor. Older respondents were more likely to report having high blood pressure.



# Cholesterol

Risk Factor Definition: Blood Cholesterol Not Checked in Past 2 Years

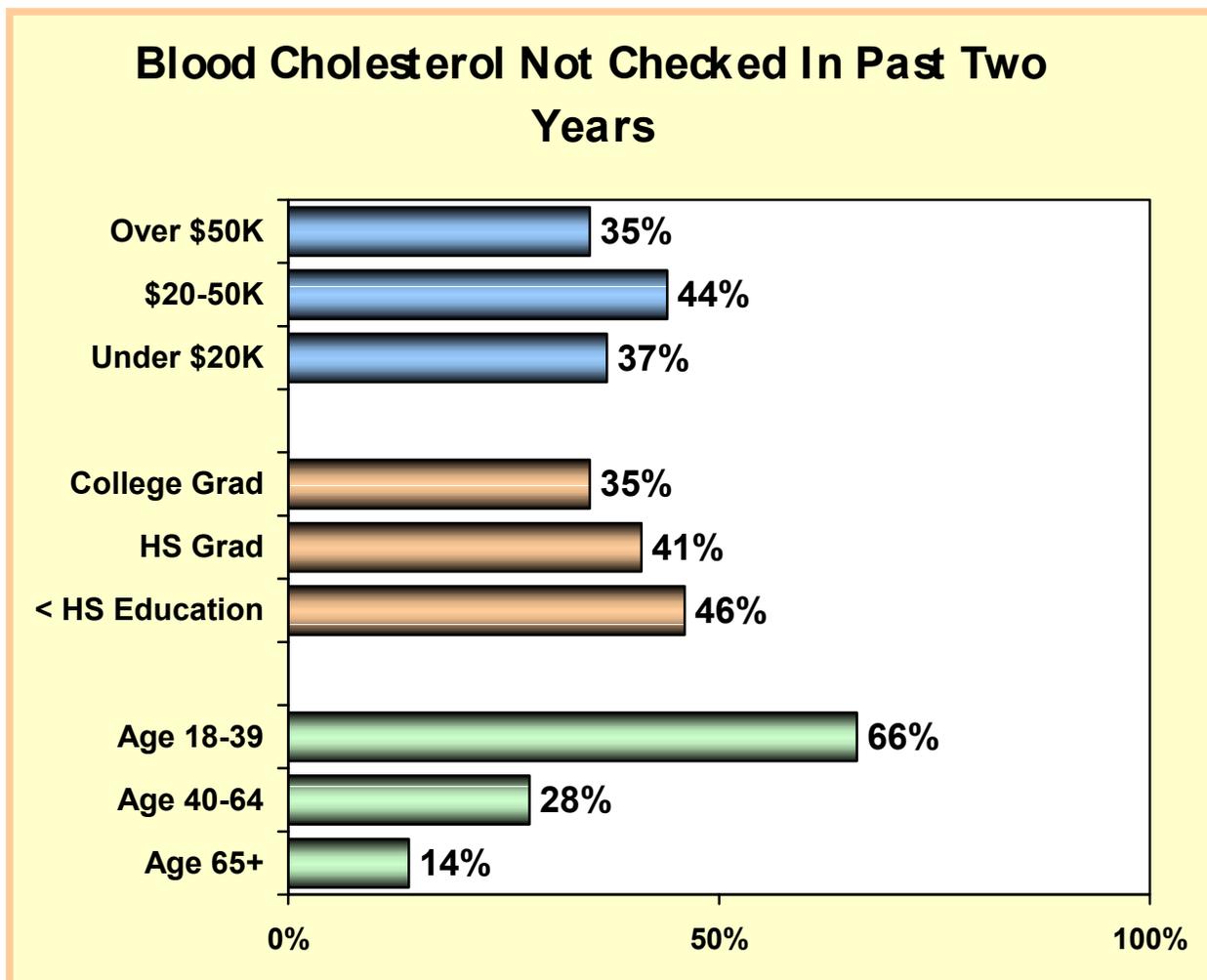
Blood cholesterol is a fatty substance found in the blood.

Question s: 1. Have you ever had your blood cholesterol checked?  
2. About How long has it been since you had your blood cholesterol checked?

At Risk: Those who have not had their blood cholesterol checked within the past 2 years are considered at risk.

## Who is at risk in Johnson County?

Forty-one percent of Johnson County adults have not had their blood cholesterol tested within the past two years. Younger respondents were far less likely to have had their blood cholesterol tested within the past two years.



# Cholesterol

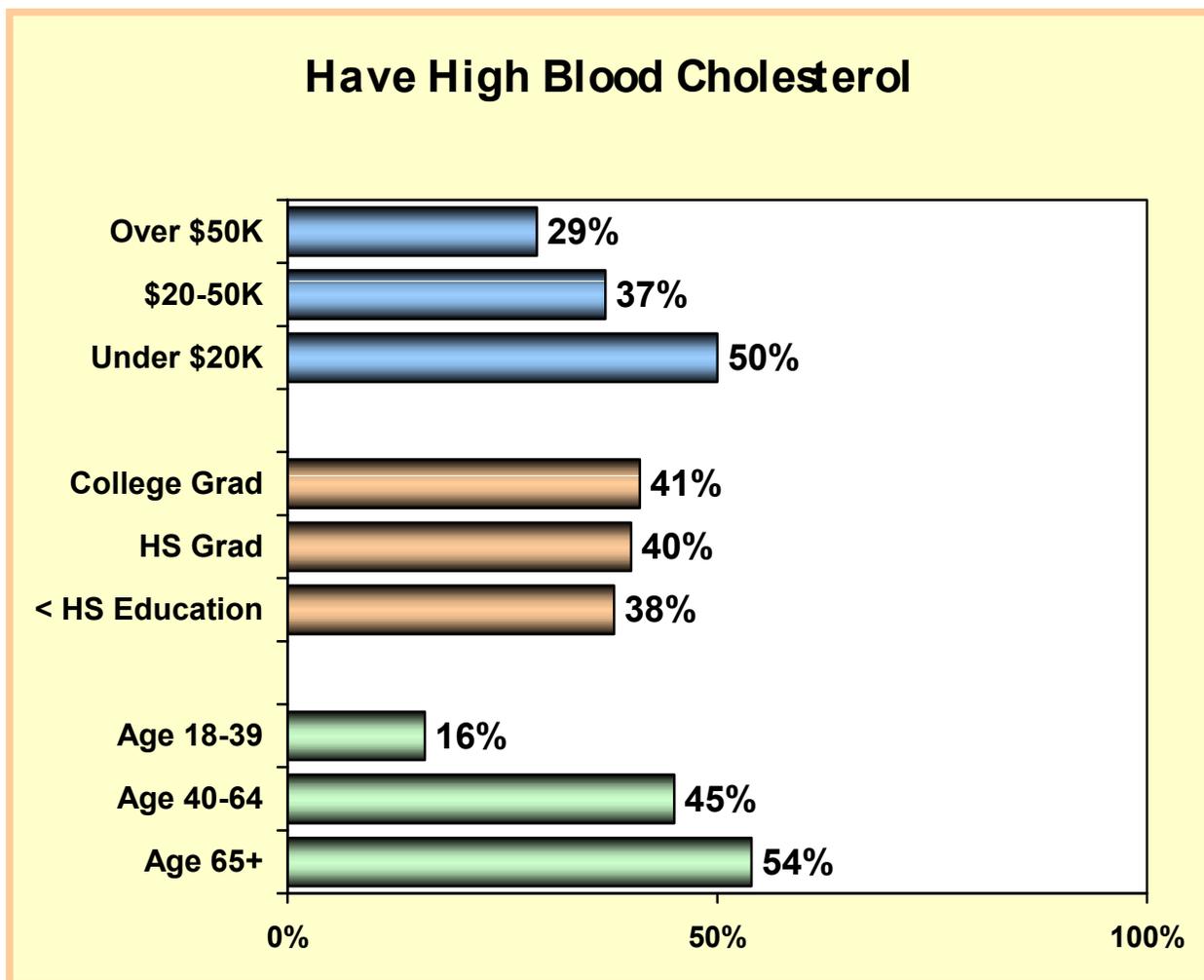
Risk Factor Definition: Have High Blood Cholesterol

Question: Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?

At Risk: Those who answered "yes" are considered at risk.

## Who is at risk in Johnson County?

Thirty-nine percent of Johnson County adults have been given a high blood cholesterol diagnosis by a doctor. Older people or those with an annual income less than \$20,000 were more likely to report a high blood cholesterol diagnosis than others.



# Asthma

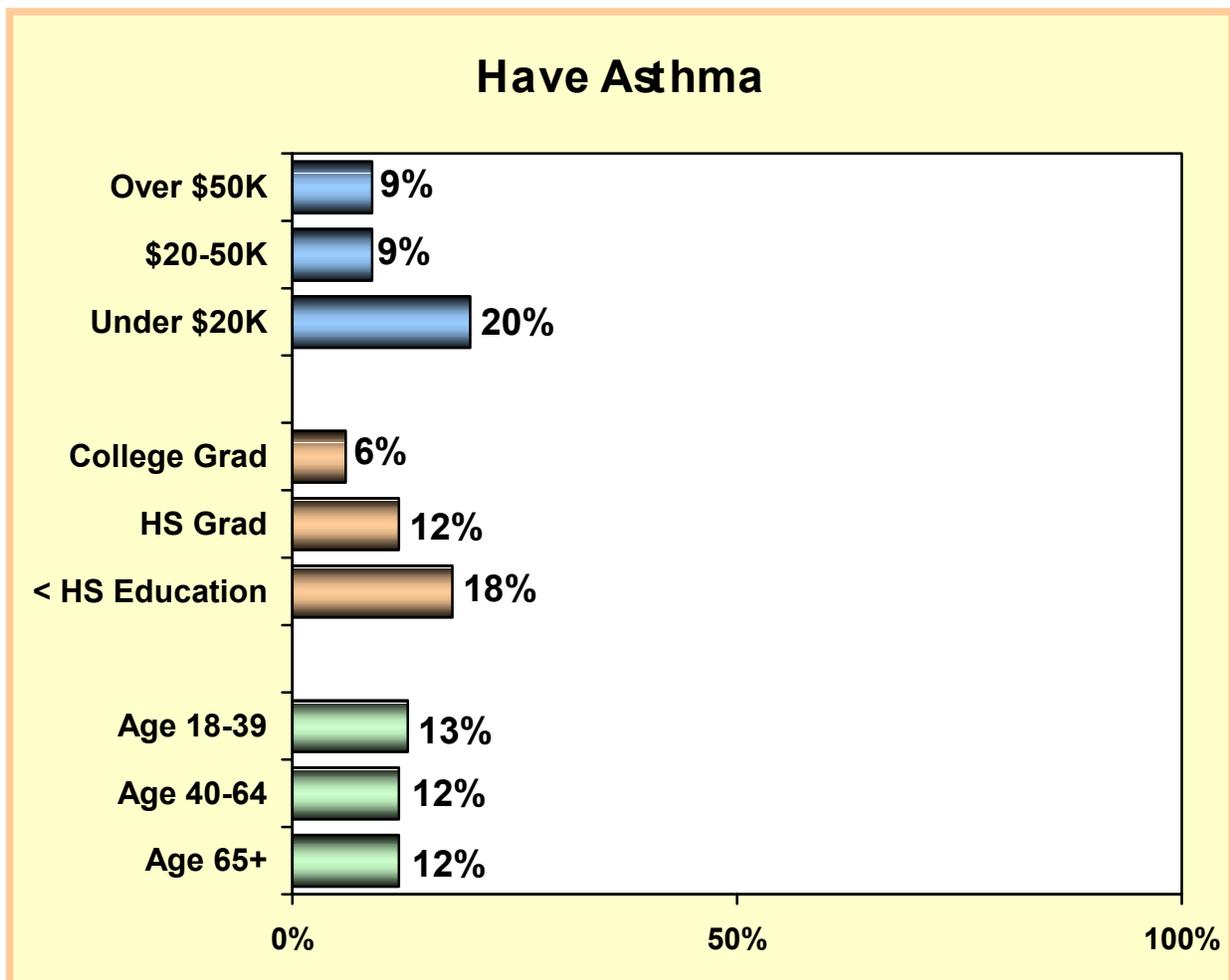
Risk Factor Definition: Have Asthma

Question: Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

At Risk: Those who said "yes" are considered at risk.

## Who is at risk in Johnson County?

Twelve percent said they had been told by a doctor that they have asthma. Respondents with either less income or education were more likely to report that they had asthma.



# Diabetes

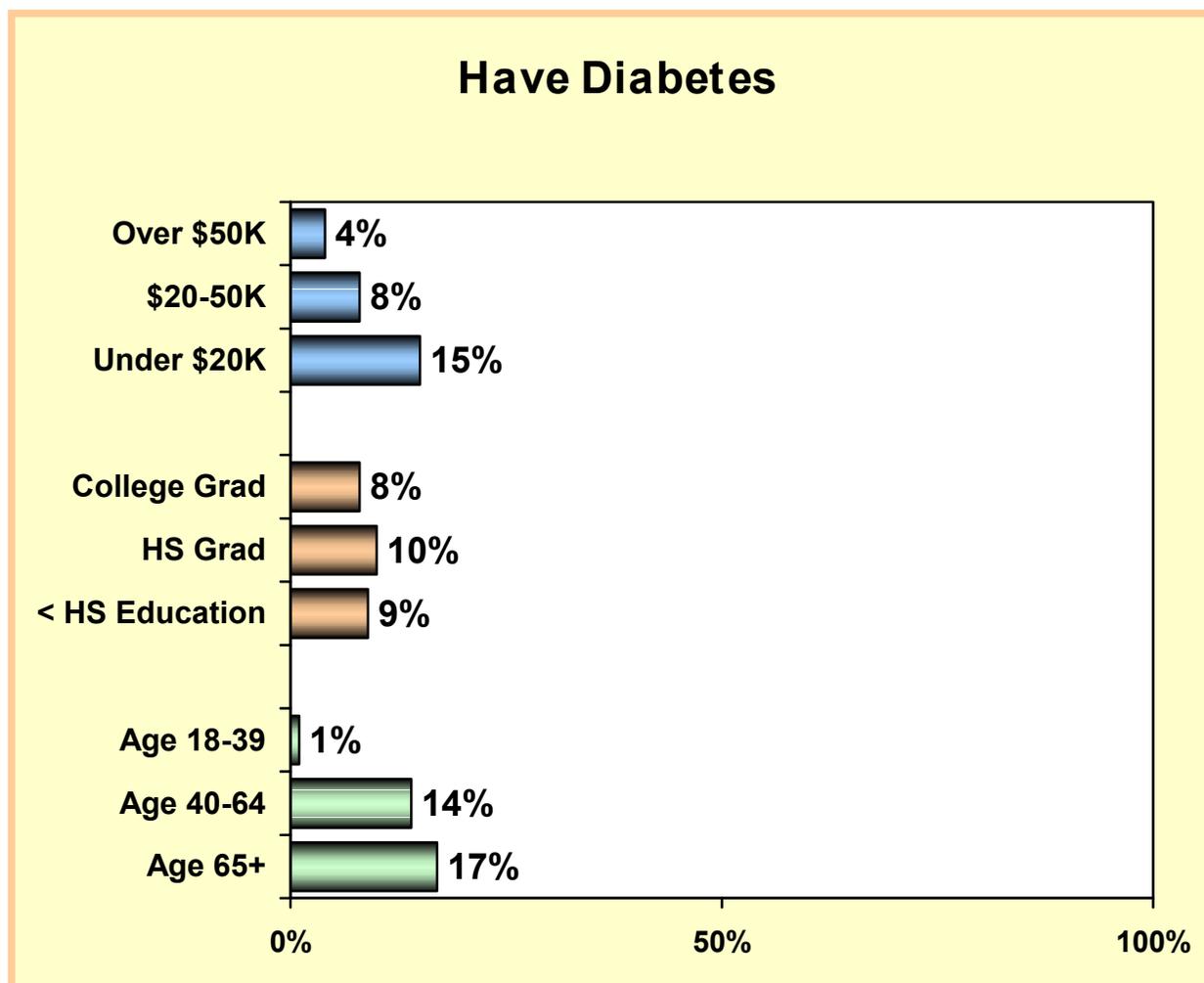
Risk Factor Definition: Have Diabetes

Question: Have you ever been told by a doctor that you have diabetes?

At Risk: Those who answered "yes" are considered at risk.

## Who is at risk in Johnson County?

Nine percent of Johnson County adults have been given a diabetes diagnosis by a doctor. Older respondents or those with an annual income less than \$20,000 were more likely to report a diabetes diagnosis.



# Arthritis

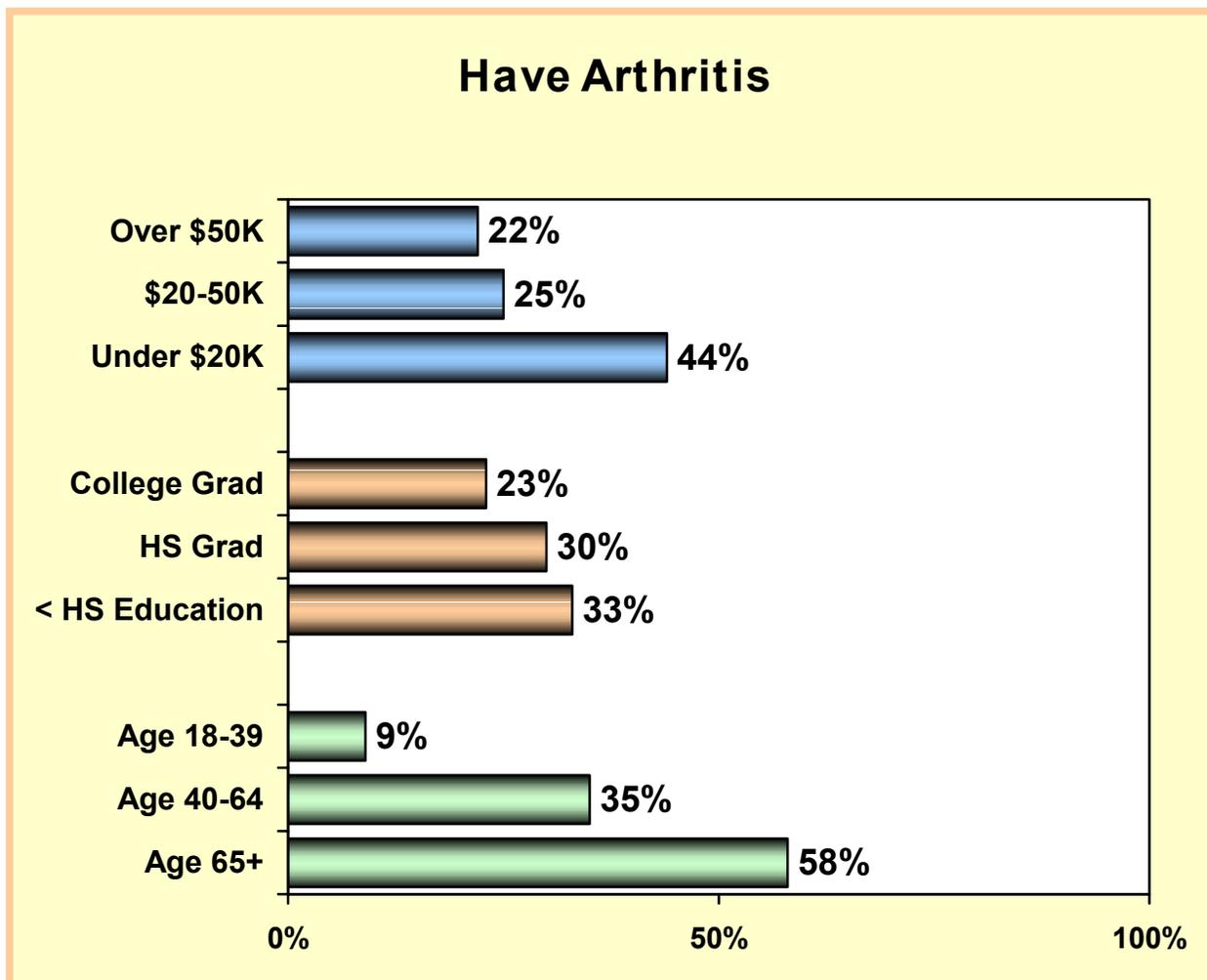
Risk Factor Definition: Have Arthritis

Question: Have you ever been told by a doctor that you have arthritis?

At Risk: Those who answered "yes" are considered at risk.

## Who is at risk in Johnson County?

Twenty-nine percent of Johnson County adults have been given an arthritis diagnosis by a doctor. Older people and those with less annual household income were more likely to report arthritis.



# Arthritis

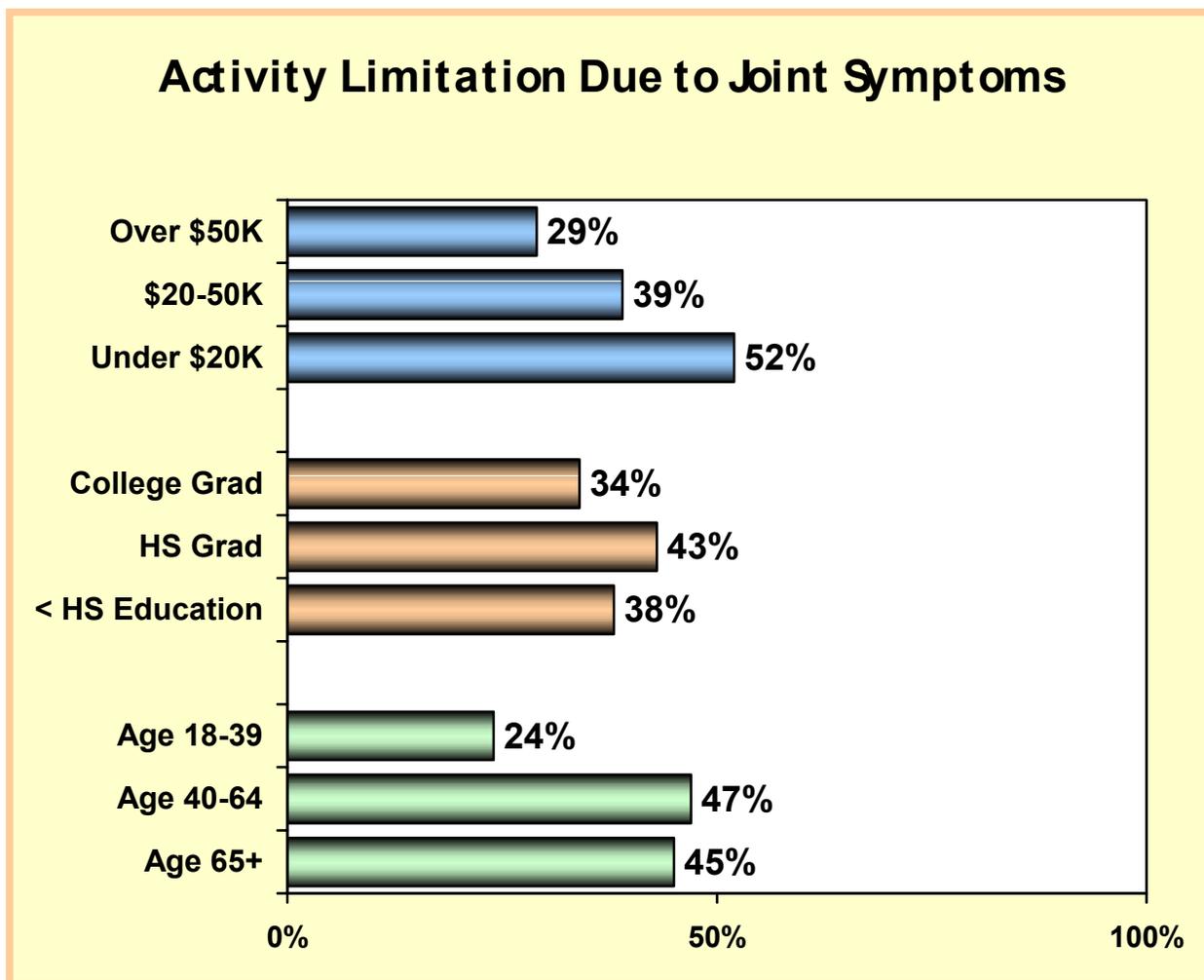
Risk Factor Definition: Have Activity Limitation Due to Joint Symptoms

Question: Are you now limited in any way in any activities because of joint symptoms?

At Risk: Those who answered "yes" are considered at risk.

## Who is at risk in Johnson County?

Forty percent of Johnson County adults indicated a limitation in activities because of joint symptoms. Respondents with an annual household income of less than \$20,000 were more likely to report an activity limitation due to joint symptoms.



# Colorectal Cancer Screening

Risk Factor Definition: Over Age 50 and Never Been Screened

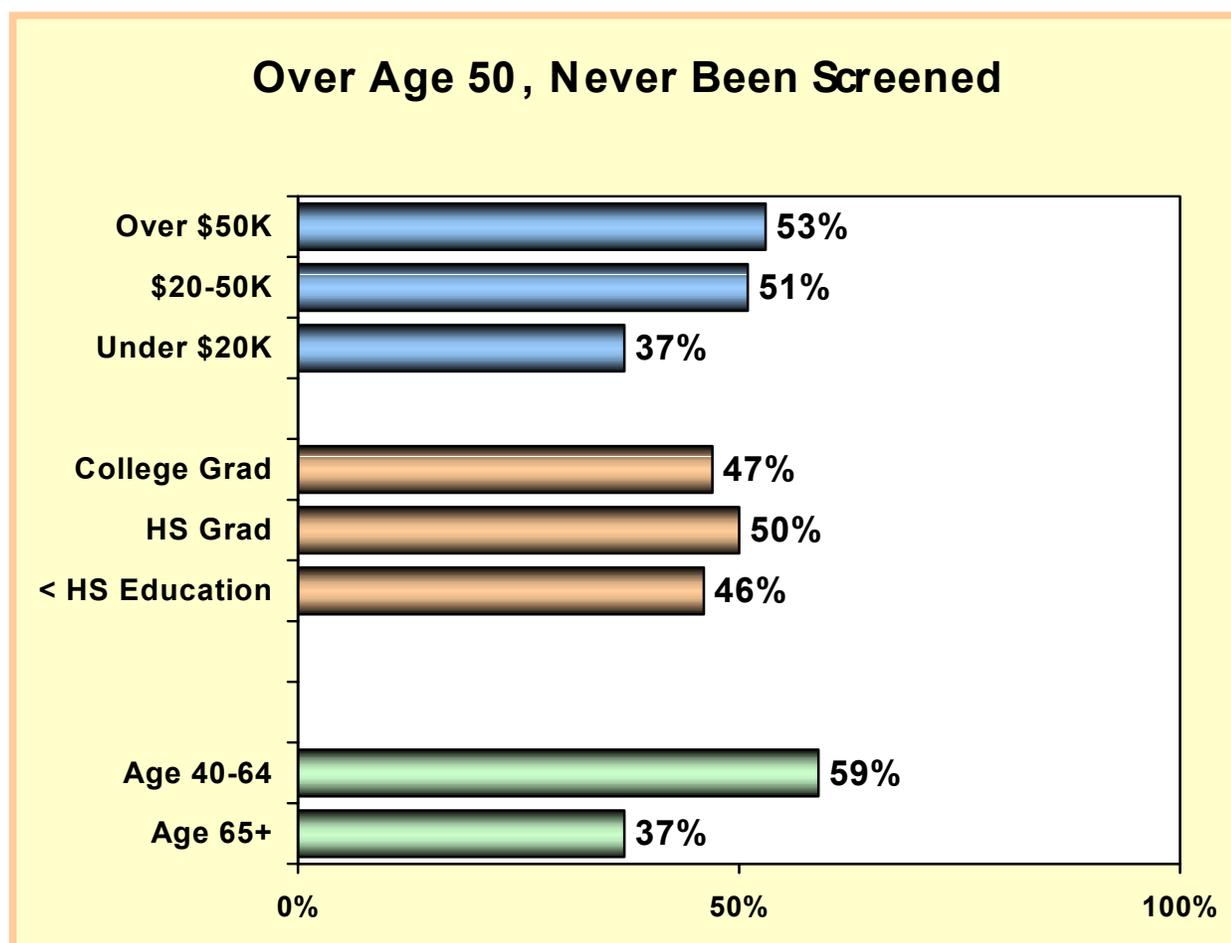
Sigmoidoscopy and colonoscopy are exams in which a tube is inserted into the rectum to view the bowel for signs of cancer or other health problems.

Question: Have you ever had these exams?

At Risk: Those aged 50 and older who answered "no" are considered at risk.

## Who is at risk in Johnson County?

Forty-nine percent of Johnson County adults over the age of 50 have never been screened for colorectal cancer.



# Prostate Cancer Screening

Risk Factor Definition: Male, Over Age 40, and Not Screened Within the Past Year

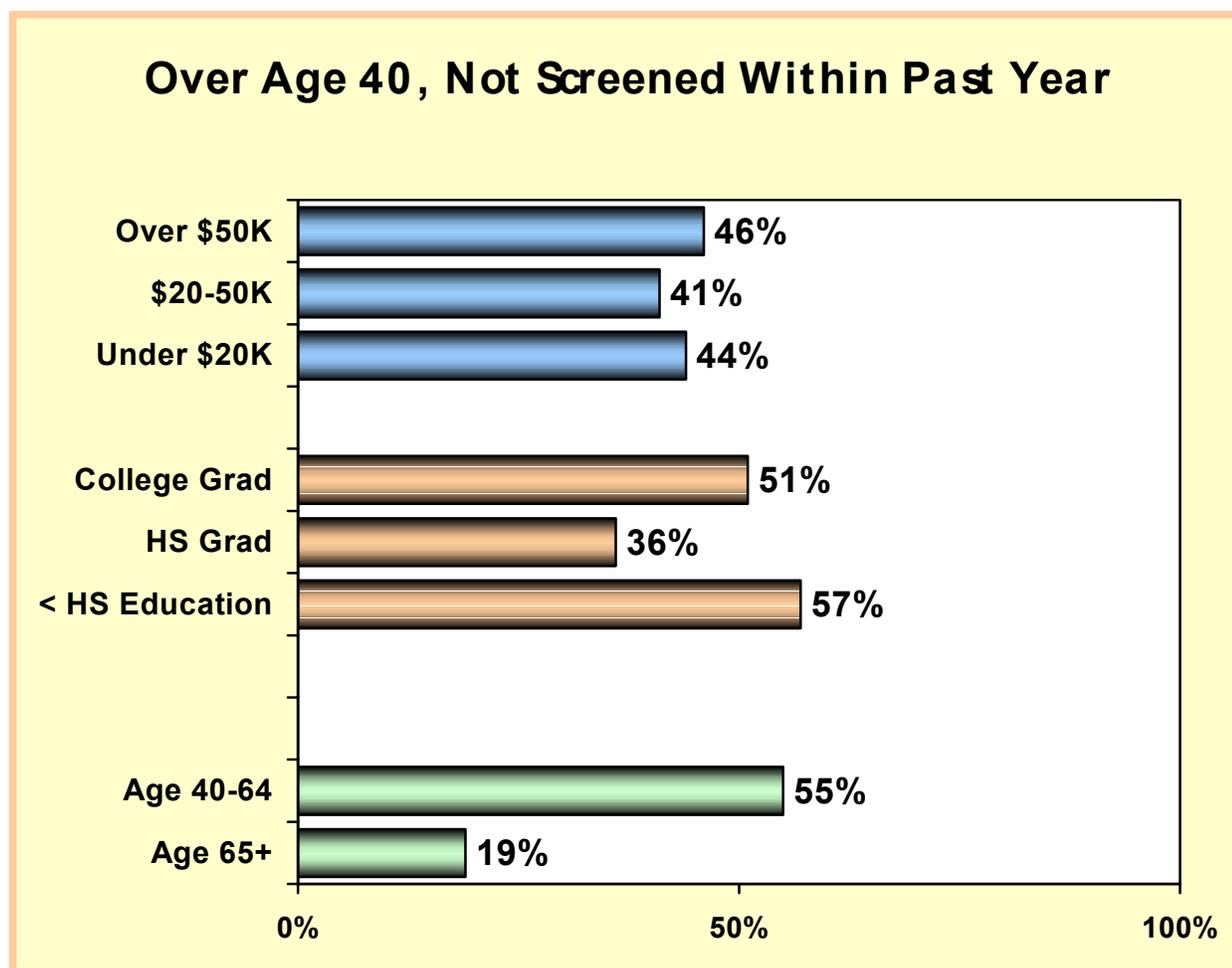
A Prostate-Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. A digital rectal exam is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland.

Question: Have you ever had these exams?

At Risk: Those aged 40 and older who answered "no" are considered at risk.

## Who is at risk in Johnson County?

Forty-four percent of Johnson County males over age 40 indicated they had not been screened for prostate cancer within the past year.



# Immunization

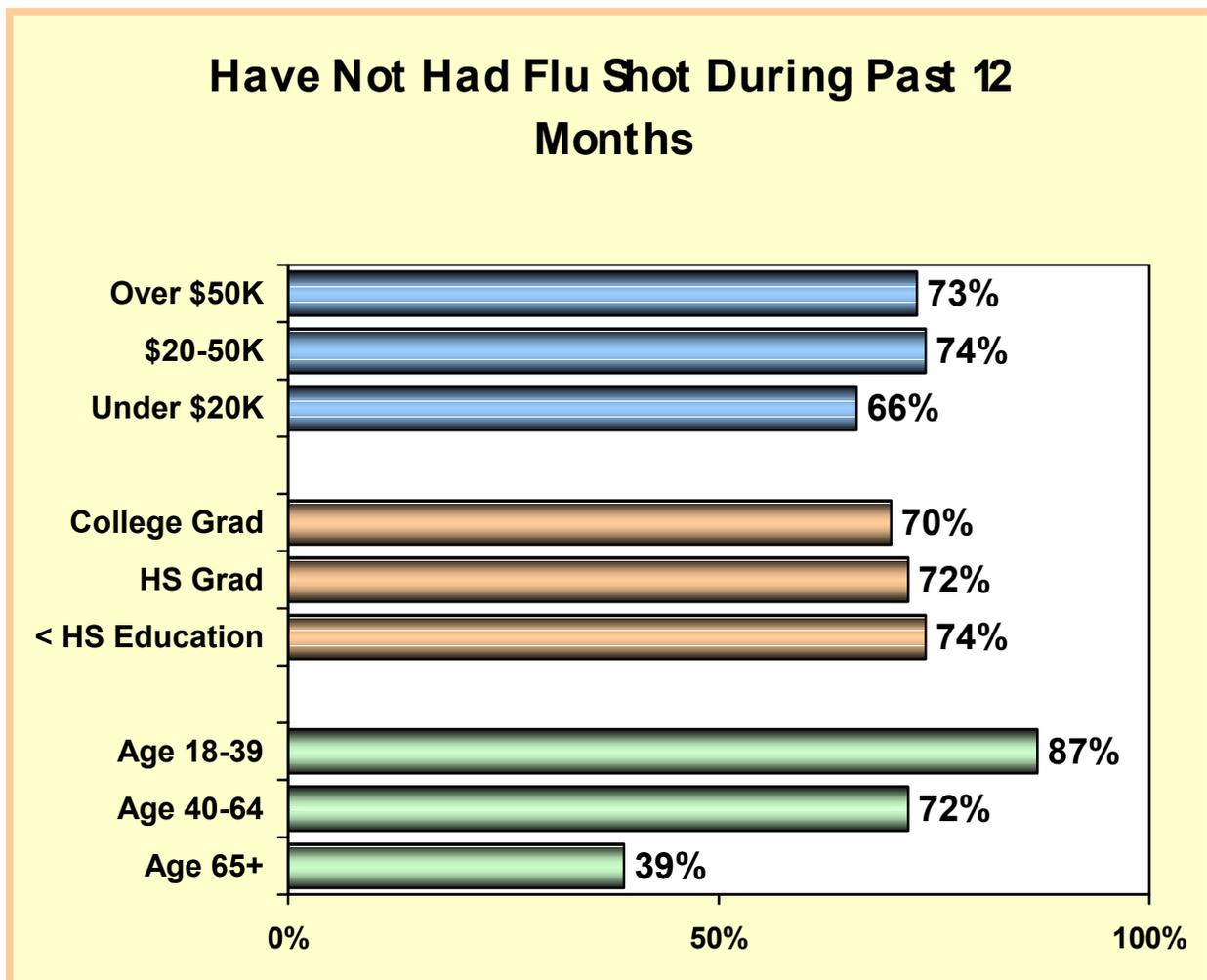
Risk Factor Definition: No Flu Shot

Question: During the past 12 months, have you had a flu shot?

At Risk: Those who answered "No" are considered at risk.

## Who is at risk in Johnson County?

Seventy-two percent of Johnson County adults have not had a flu shot during the past 12 months. Younger people were less likely to have had a flu shot during the past 12 months.



# Physical Activity

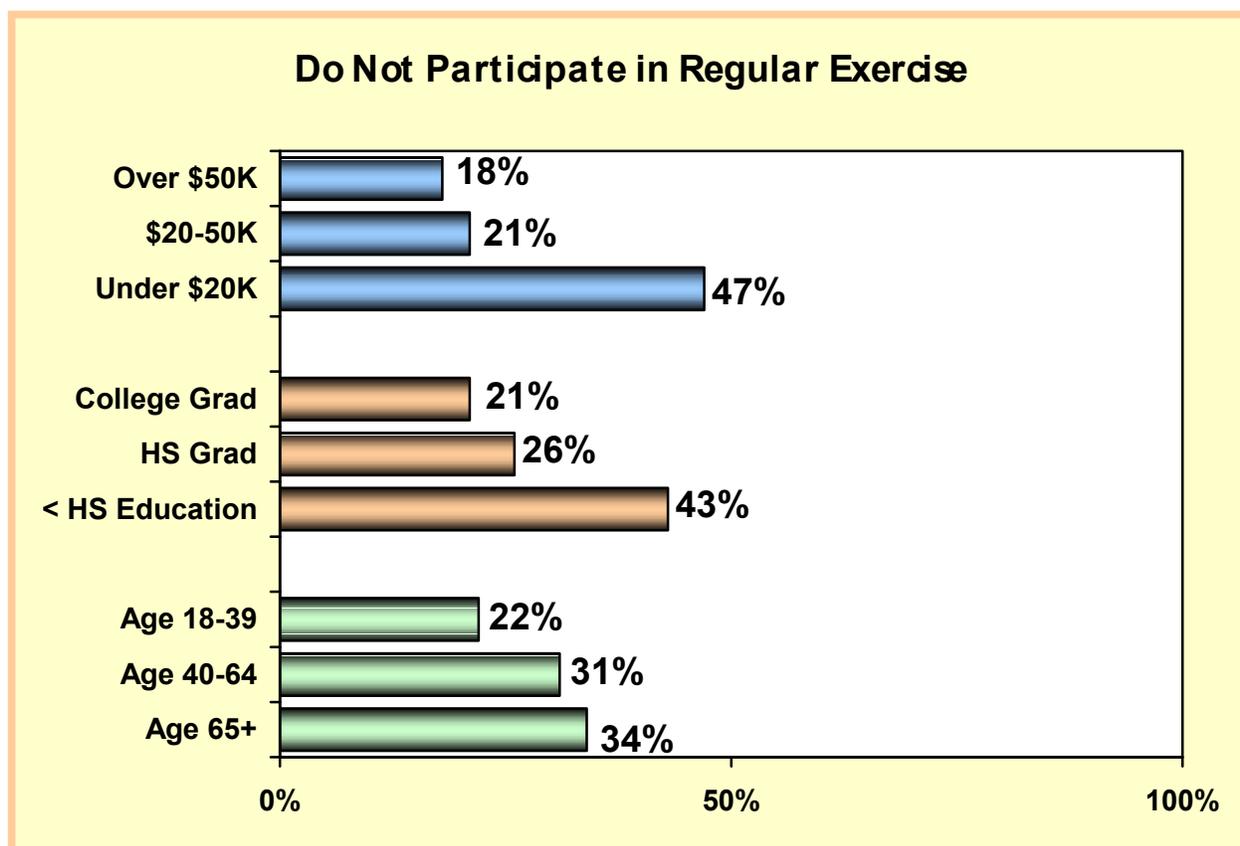
Risk Factor Definition: Do Not Participate in Regular Physical Activity

Questions: 1. During the past 30 days, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

At Risk: Those who do not participate in physical activity on a regular basis are at risk.

## Who is at risk in Johnson County?

Twenty-eight percent of Johnson County's adult residents did not participate in regular physical activity during the past month. Younger respondents and those with more education or income were more likely to get regular exercise.



# Overweight

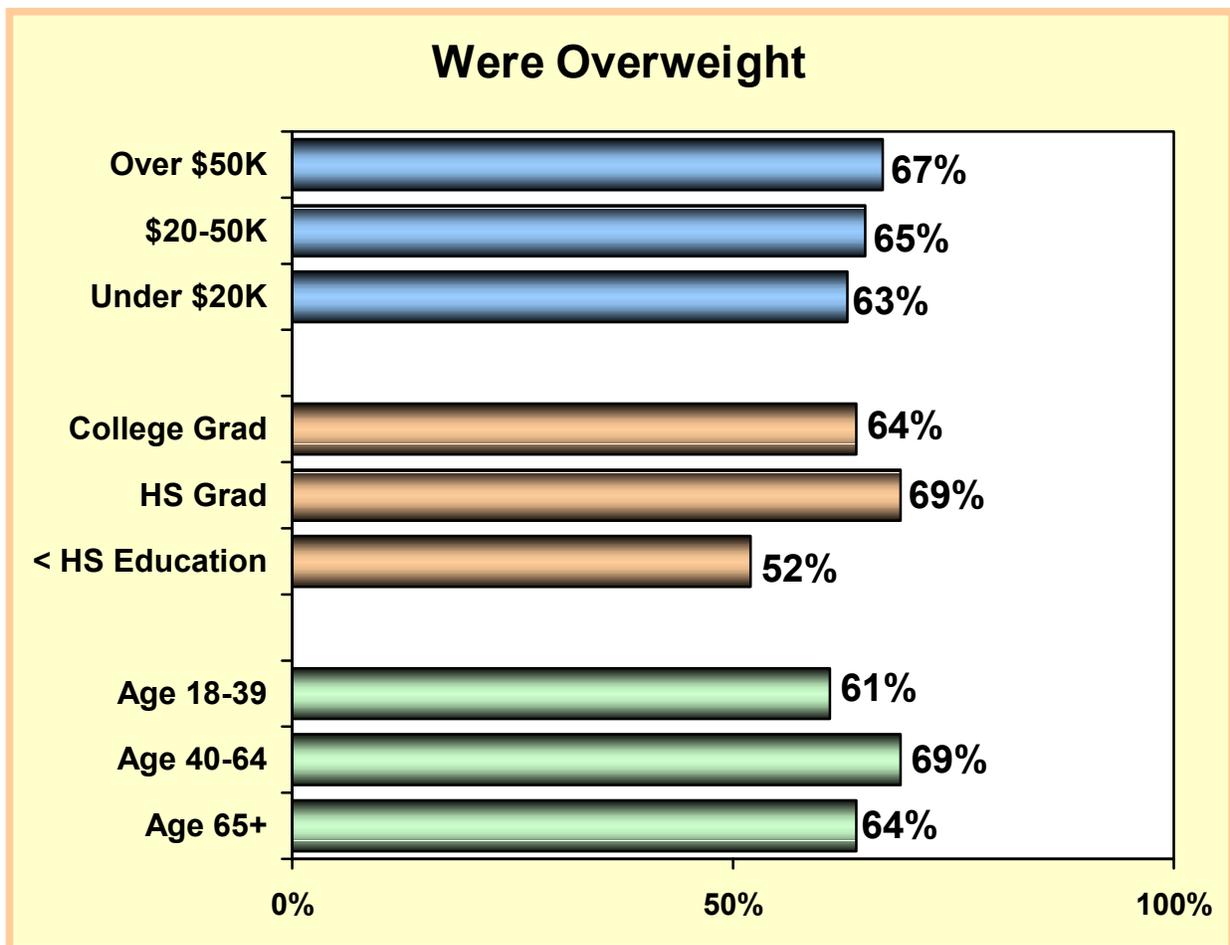
Risk Factor Definition: Overweight as Measured by Body Mass Index

Questions: 1. How much do you weigh without shoes?  
2. How tall are you without shoes?

At Risk: Those with a Body Mass Index (BMI) of greater than 25.0 are overweight  
BMI is a ratio of weight to height.

## Who is at risk in Johnson County?

Sixty-five percent of Johnson County's adults are overweight.



# Disability

Survey respondents were asked about health problems or impairments that they had.

## *General Activity Limitations*

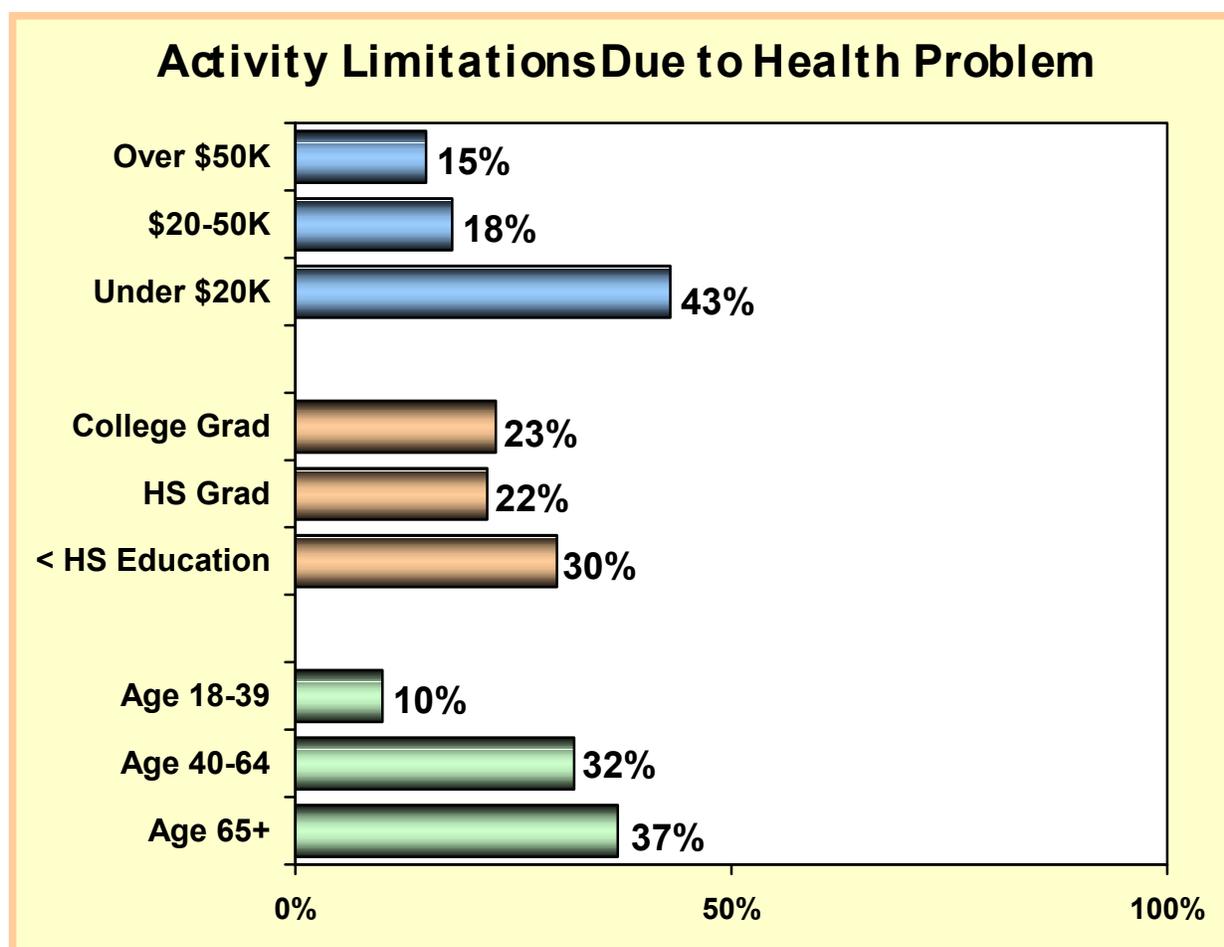
Risk Factor Definition: Activity Limitations

Questions: Are you limited in any way in any activities because of physical, mental or emotional problems?

At Risk: Those who answered "yes" are considered at risk.

### **Who is at risk in Johnson County?**

Twenty-four percent of the adults in Johnson County reported that they had some activity limitations caused by a health condition. Older respondents or those with an annual income less than \$20,000 were more likely to report activity limitations.



# Alcohol Consumption

Questions about alcoholic beverage consumption were asked to Johnson County Adult Health Survey respondents.

## *Alcohol Consumption*

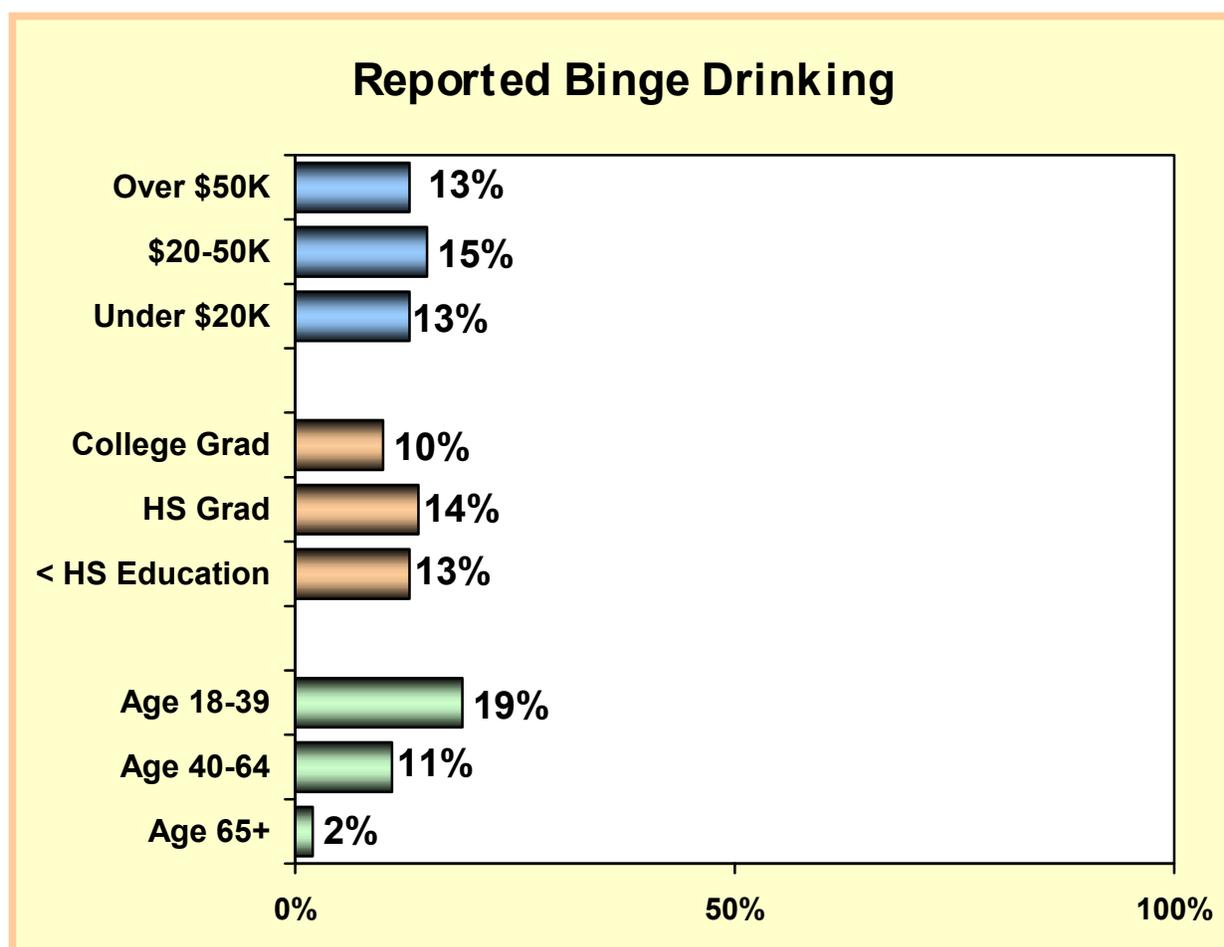
Risk Factor Definition: Binge Drinking

Question: Considering all types of alcoholic beverages --- how many times during the past month did you have five or more drinks on an occasion?

At Risk: Those who had five or more drinks in a row on one or more occasions during the past month are considered at risk.

### Who is at risk in Johnson County?

Of those who reported drinking at least once in the past thirty days, 13 percent reported they had consumed five or more drinks on at least one occasion in the past month. Younger people were more likely to report binge drinking.



# Tobacco Use

Questions regarding cigarette smoking, attempts to quit smoking, smoking in the household, and other tobacco use were asked as part of the Johnson County Adult Health Survey.

## *Cigarette Smoking*

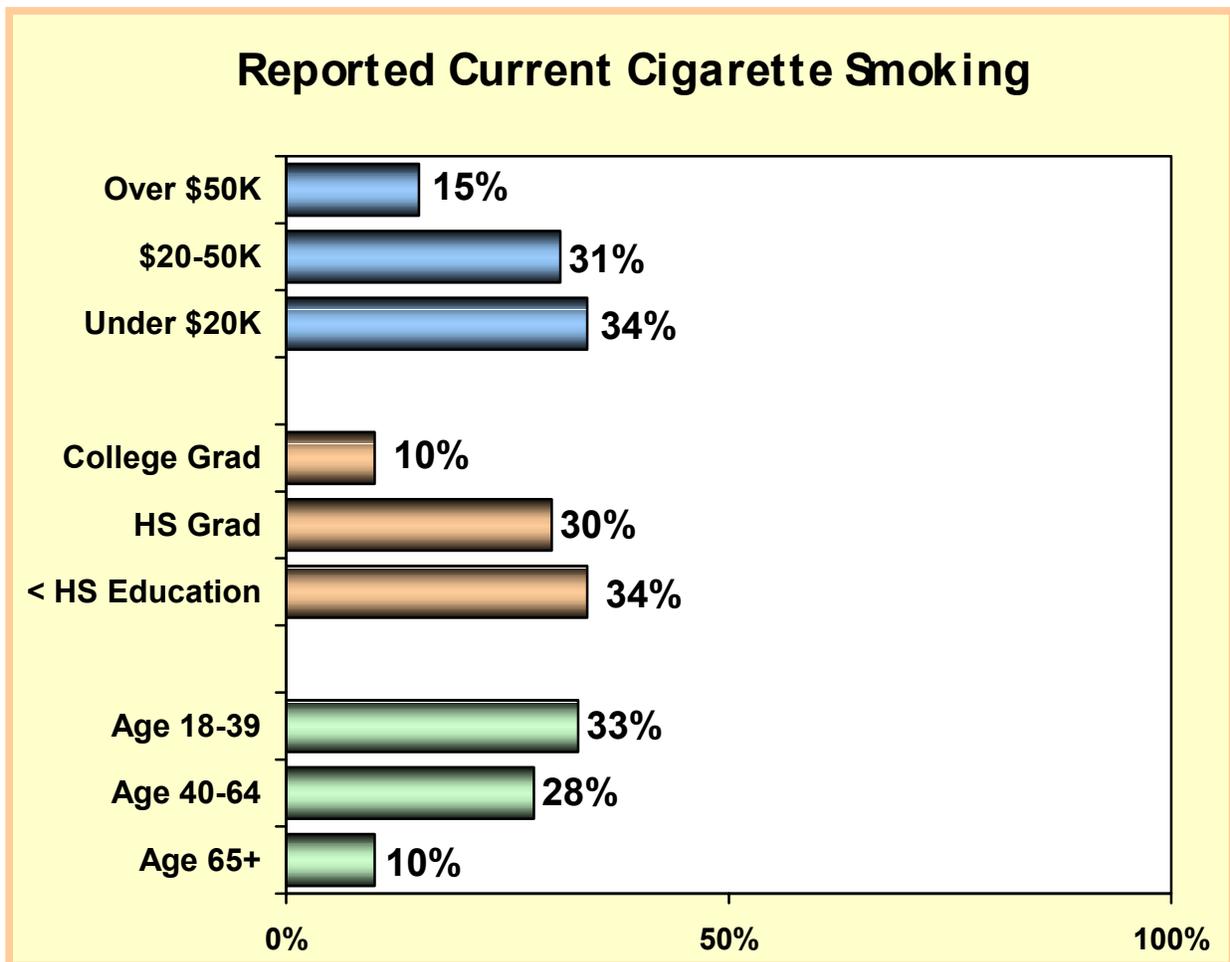
Risk Factor Definition: Currently Smoke Cigarettes

Question: Do you smoke cigarettes every day, some days or not at all?

At Risk: Those who answered “every day” or “some days” are considered at risk.

### Who is at risk in Johnson County?

Twenty-six percent of the adults in Johnson County smoked cigarettes in the past month. Younger respondents, those with fewer years of education or annual household income of less than \$20,000 were more likely to smoke cigarettes.



# Cigarette Smoking Cessation

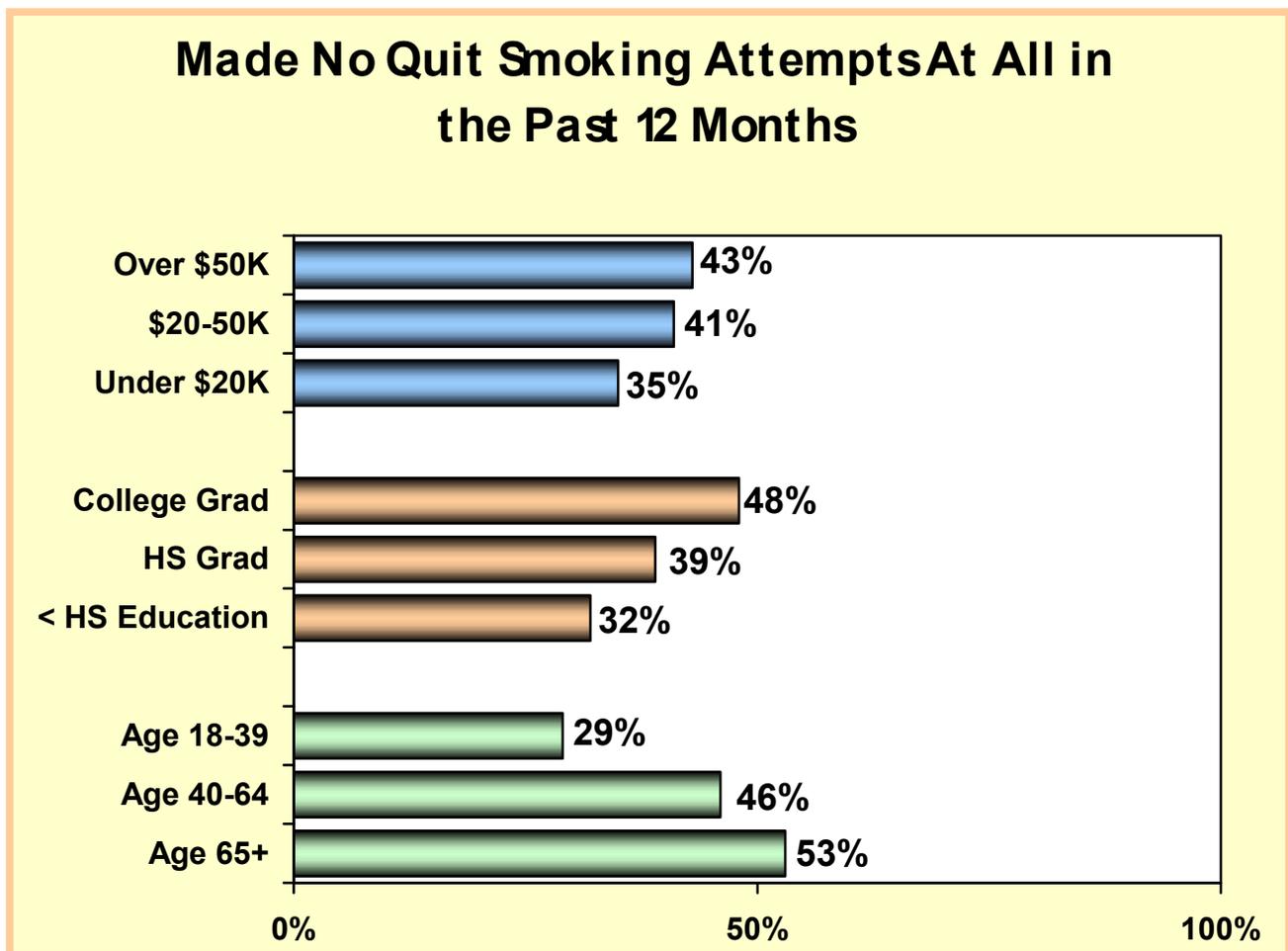
Risk Factor Definition: Smoking Cessation

Question: During the past 12 months, have you quit smoking for one day or longer

At Risk: **Of those who smoked in the past month**, people who answered “no” are considered at risk for continued cigarette smoking.

## Who is at risk in Johnson County?

Of the current adult smokers in Johnson County, 38 percent had not quit for at least one day in the past year. Younger smokers, smokers with less education and income were less likely to have had a smokeless day in the past year.



# Cigar Smoking

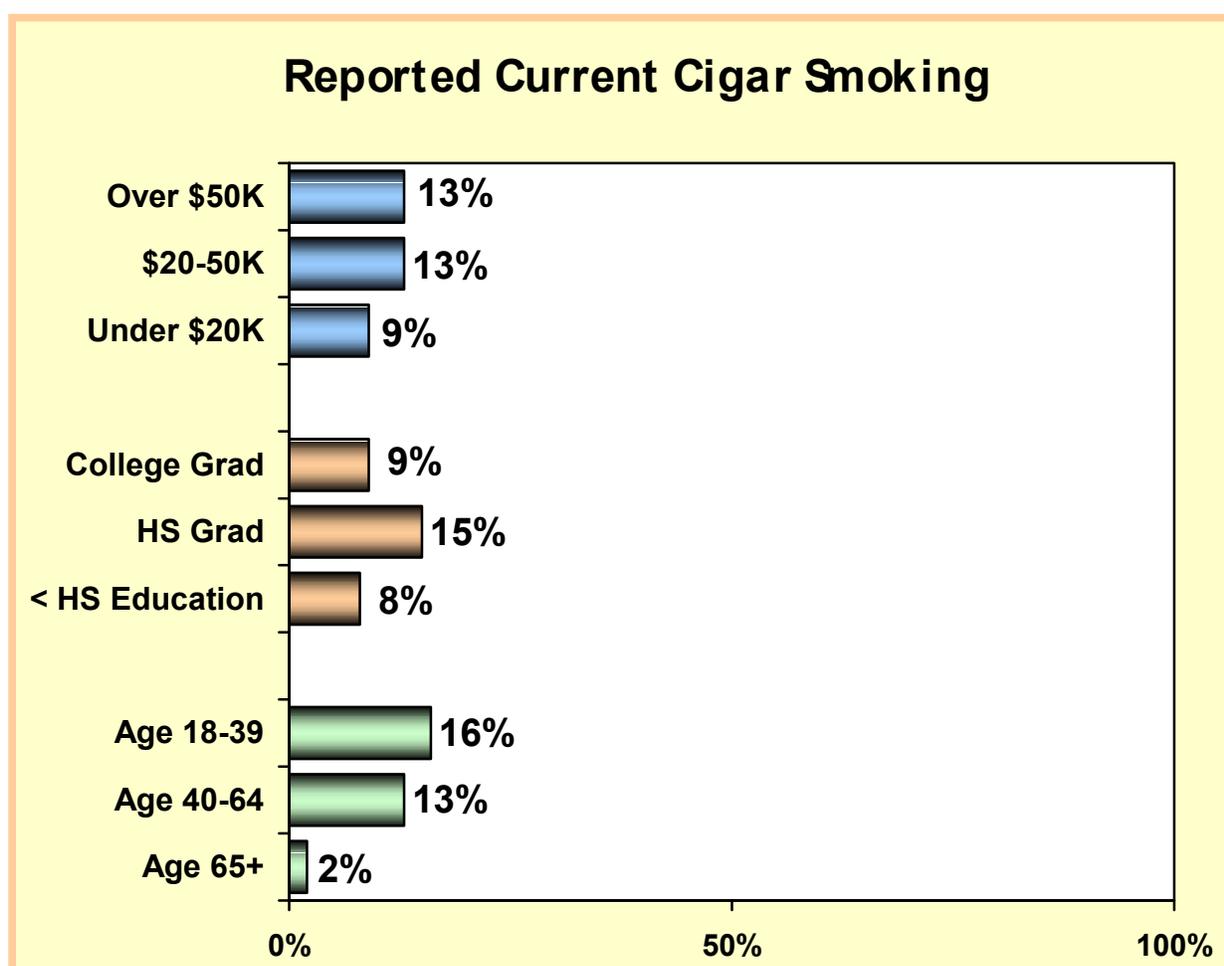
Risk Factor Definition: Currently Smoke Cigars

Question: Do you smoke cigars every day, some days or not at all

At Risk: Those who answered “every day” or “some days” are considered at risk

## Who is at risk in Johnson County?

Twelve percent of the adults in Johnson County smoked cigars in the past month. People under the age of 65 or those with at least a high school education were more likely to smoke cigars.



# Pipes

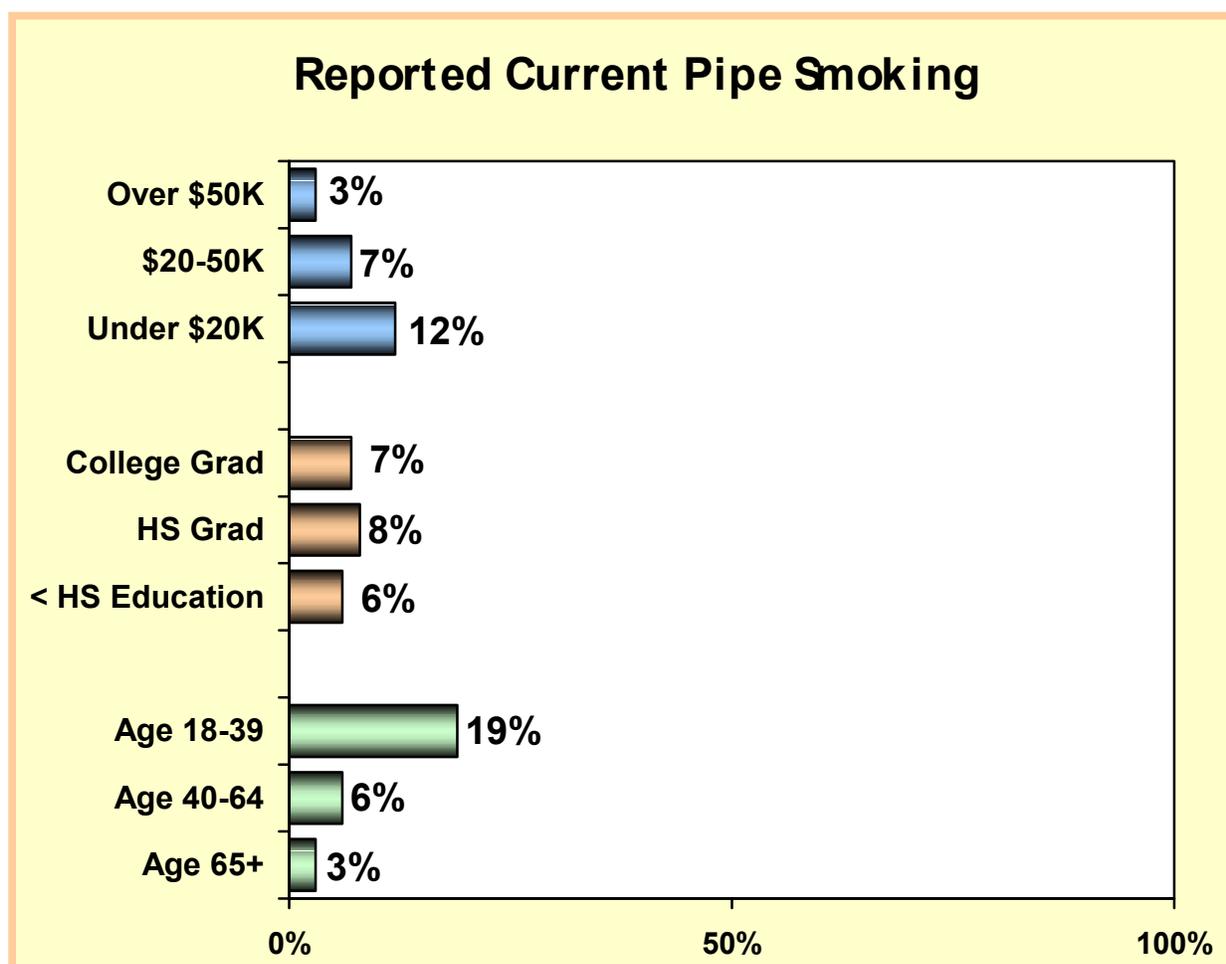
Risk Factor Definition: Smoking a pipe

Question: Do you now smoke a pipe every day, some days or not at all?

At Risk: Those who answered "every day" or "some days" are considered at risk.

## Who is at risk in Johnson County?

Eight percent of the adults in Johnson County smoked the pipe in the past month. People under the age of 40 or those with annual household income under \$20,000 were more likely to smoke a pipe.



# Smoking in Home

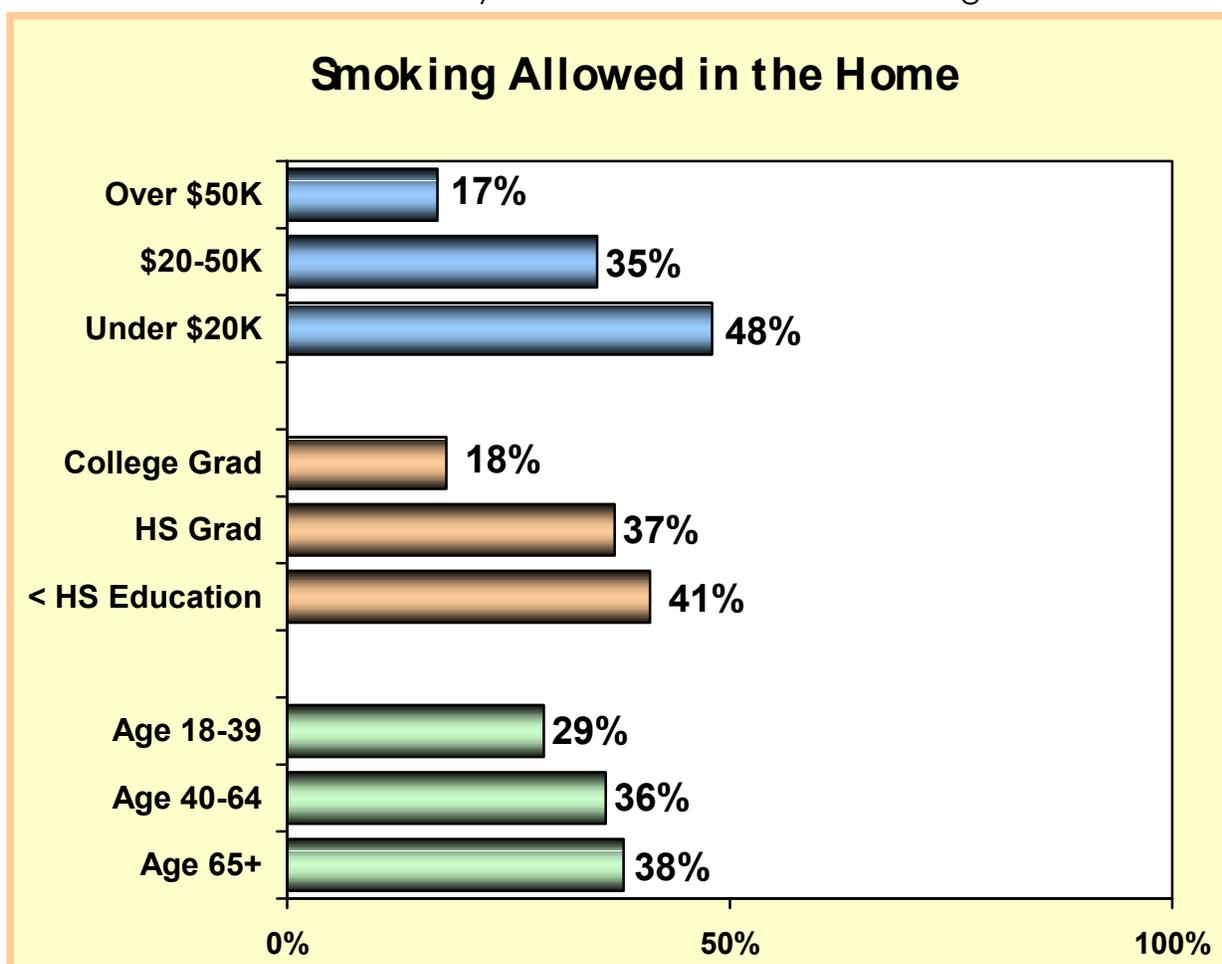
Risk Factor Definition: Smoking is allowed in the home

Question: Which statement best describes the rules of smoking inside your home?

At Risk: Those who did not indicate that smoking is not allowed anywhere inside the home are considered at risk.

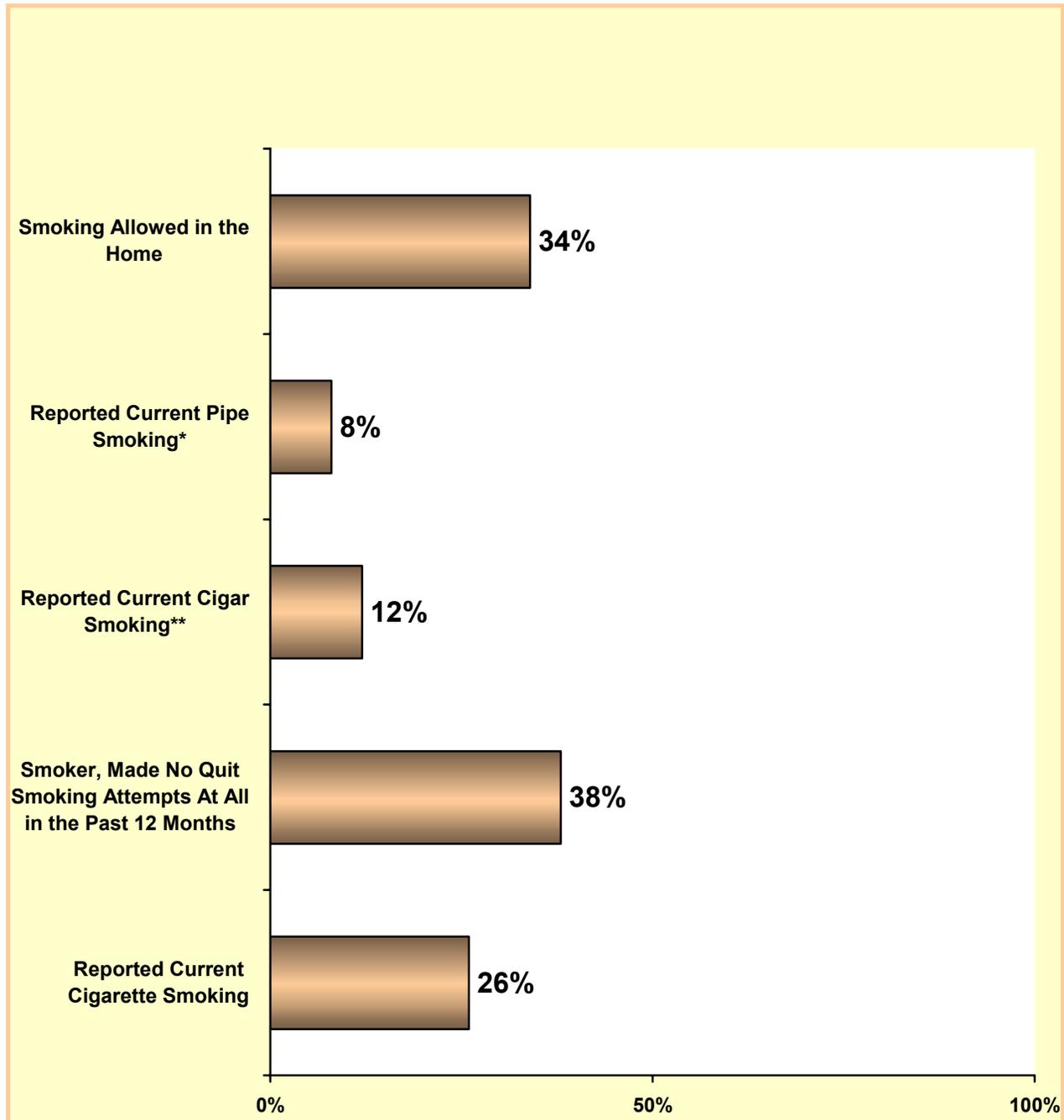
## Who is at risk in Johnson County?

Thirty-four percent of the adults in Johnson County indicated that smoking is allowed inside their home. Respondents with either less than a high school education or those with lower income were more likely to live in homes where smoking is allowed.



# Tobacco Use Summary

Questions regarding cigarette smoking, attempts to quit smoking, smoking in the household, and other tobacco use were asked as part of the Johnson County Adult Health Survey.



*\*Of those who have ever tried smoking tobacco in a pipe, even one or two puffs*

*\*\*Of those who have ever tried smoking a cigar, even one or two puffs*

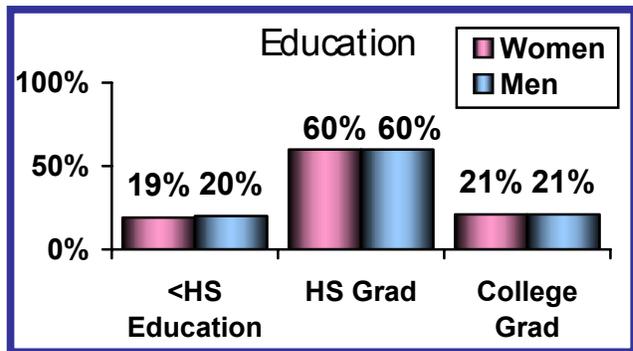
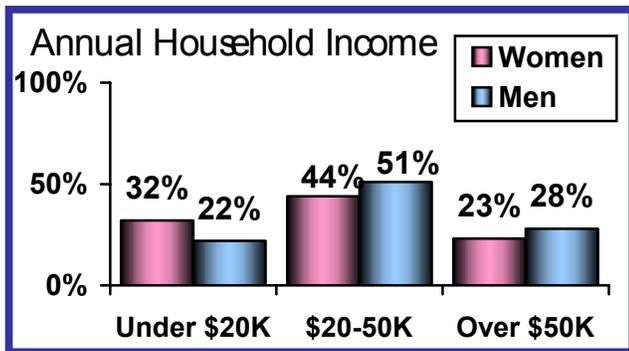
# **Women's Health & Risk Factors**

# Women's Health

## Demographics

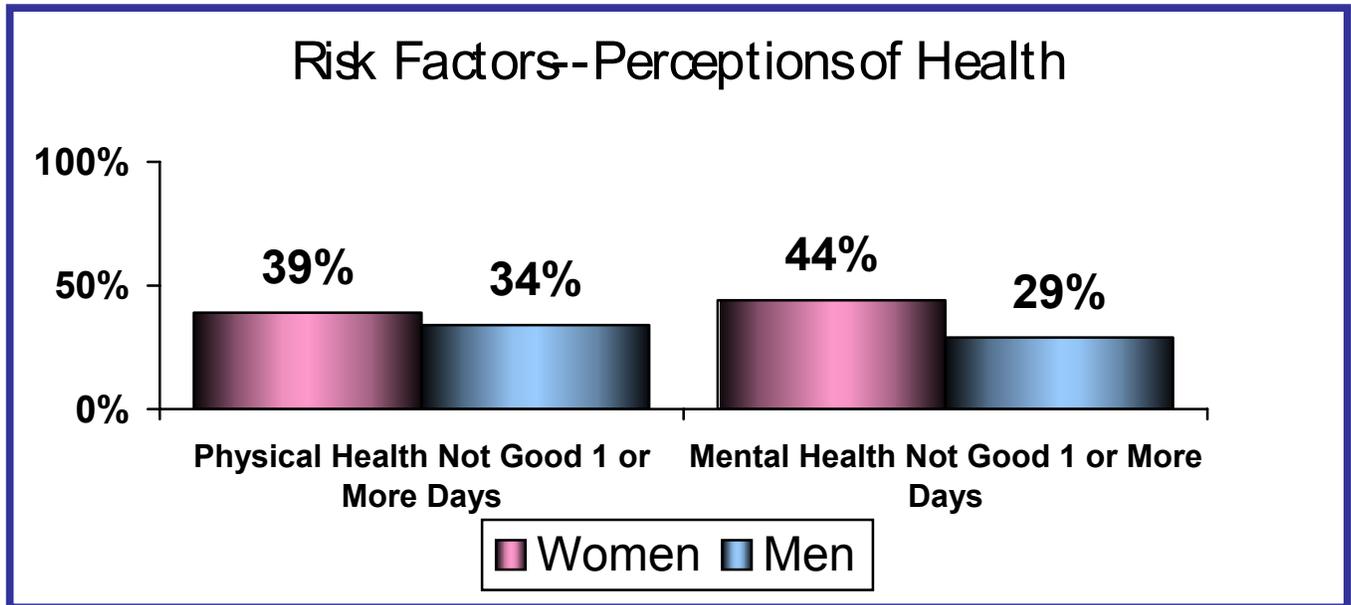
Total Number of People Surveyed		
Male	Female	Total Surveyed
302	502	804

## Economic Characteristics

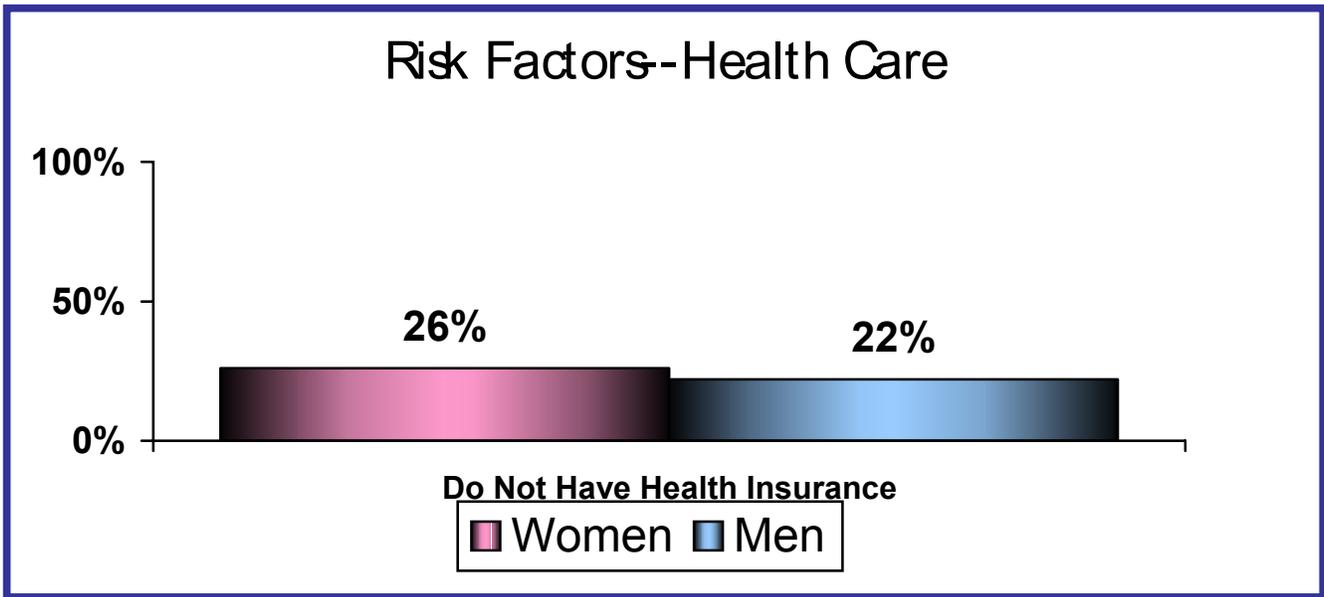


## Women & Behavioral Risk Factors

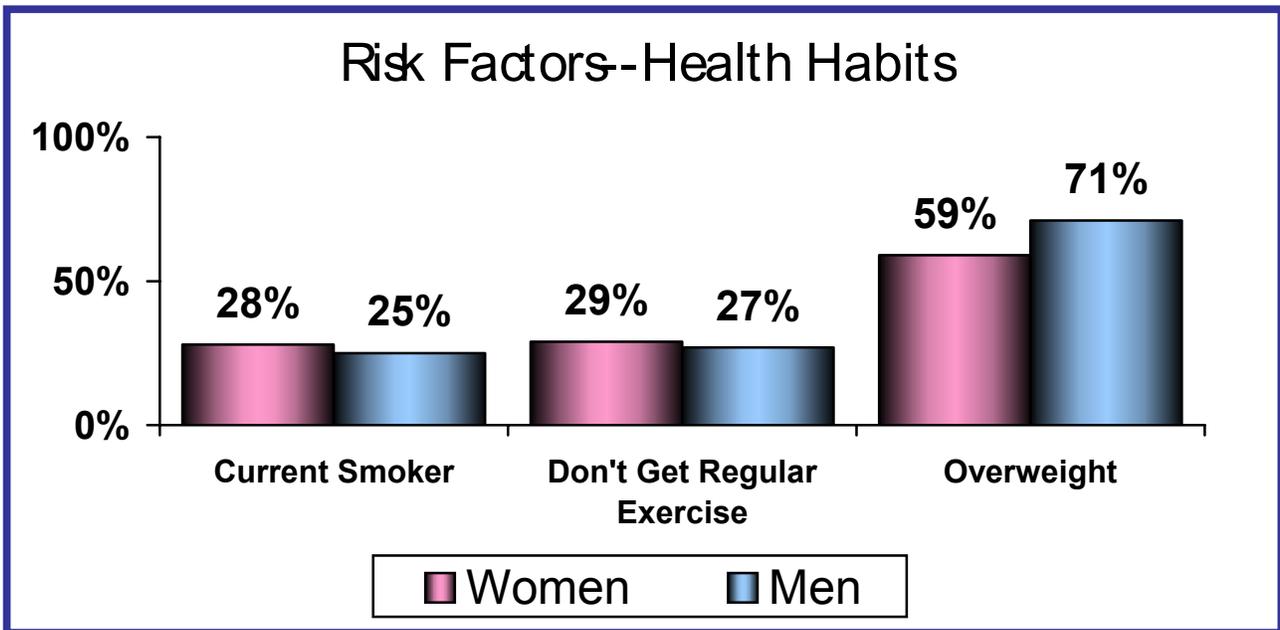
In addition to the standard BRFSS questions, the survey for Johnson County included questions related to women's health issues. Disparities between women's and men's health exist for various risk factors. Self-reported perceptions of health, utilization of preventative health care and health screenings, and personal risk behaviors for men and women in Johnson County were compared.



Women were more likely than men to report that their physical health and their mental health had been "not good" on one or more days during the past month.



Johnson County women were more likely than Johnson County men to be without health insurance.



Johnson County women were more likely than Johnson County men to be smokers. They were also more likely to go without regular exercise, but less likely to be overweight.

# Breast Cancer Screening and Knowledge

Risk Factor Definition: No Mammogram within the past two years

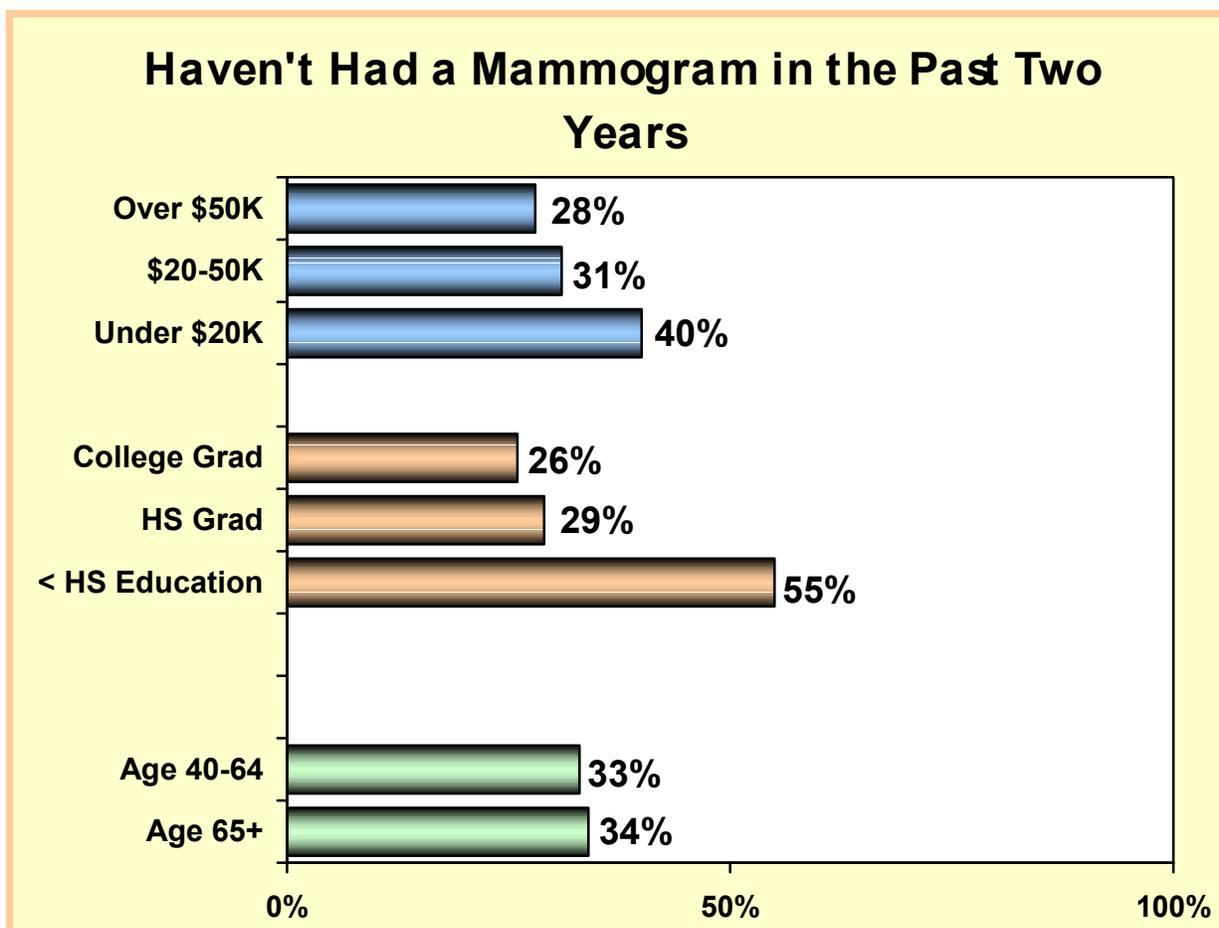
A mammogram is an x-ray of each breast to look for breast cancer.

Question: Have you ever had a mammogram?  
How long has it been since your last mammogram?

At Risk: Women 40 and older who haven't had a mammogram in the past two years are considered at risk.

## Who is at risk in Johnson County?

Thirty-four percent of women over age 40 had not had a mammogram within the past two years. Women over 40 years with either fewer years of education or lower income were more likely to report not receiving the screening within the past two years.



# Pap Smear

Risk Factor Definition: No Pap Smear within the past three years

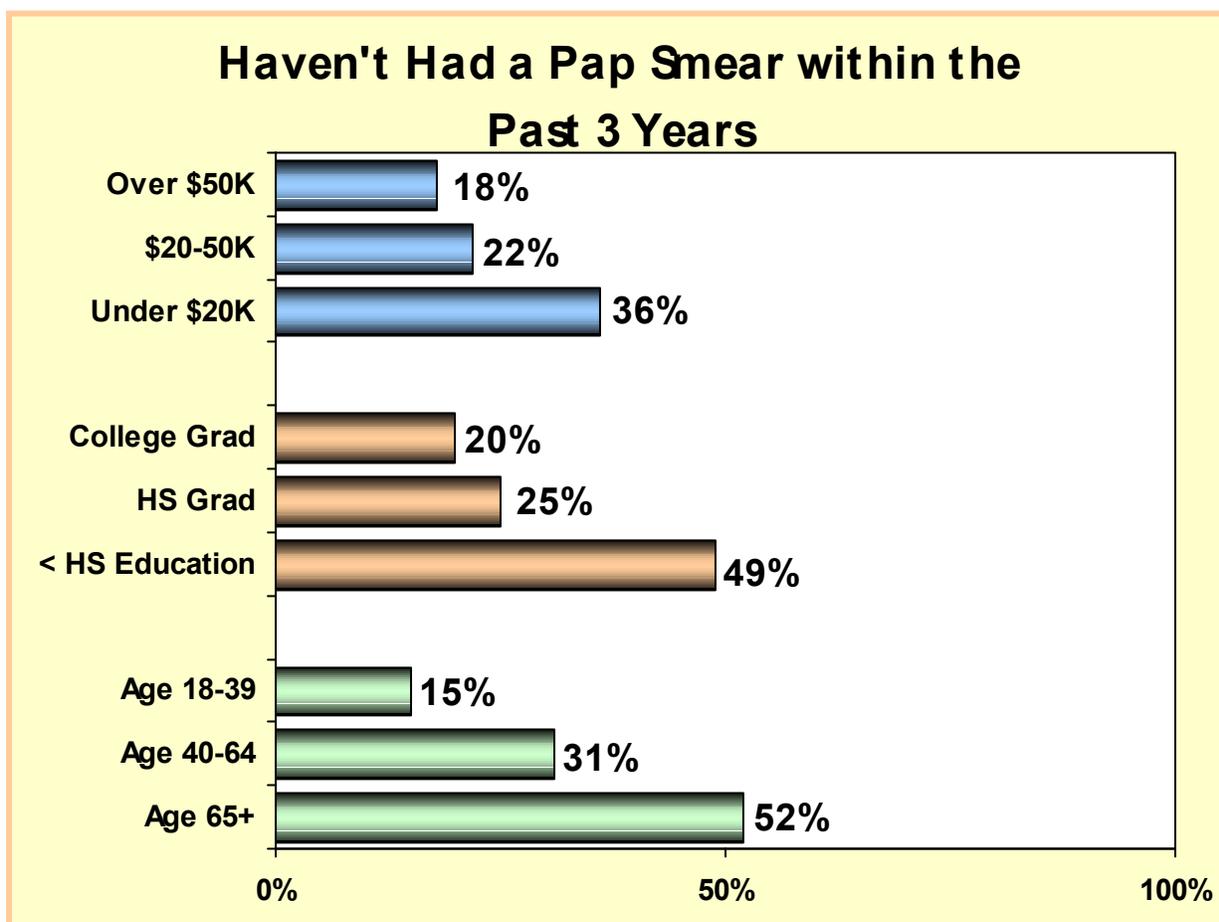
A Pap smear is a test for cancer of the cervix.

Question: Have you ever had a Pap smear? How long has it been since your last Pap smear?

At Risk: Women 18 or older with an intact uterus who have not had a Pap smear within the past three years are considered at risk.

## Who is at risk in Johnson County?

Twenty-nine percent of Johnson County adult women had not had a Pap smear within the past three years. Women with lower income, older women or women with less education were less likely to have had this screening test.

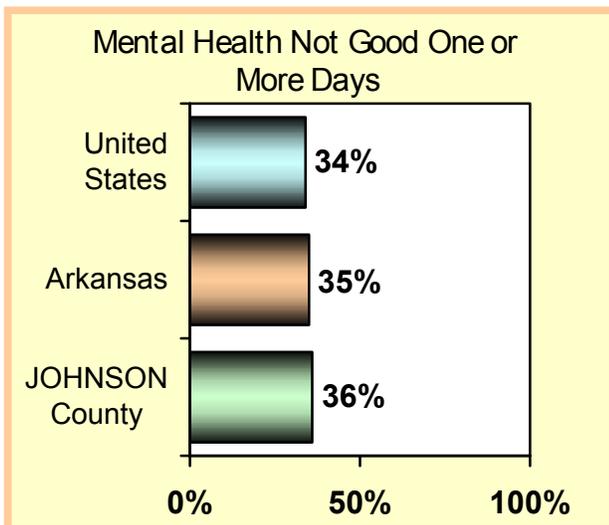
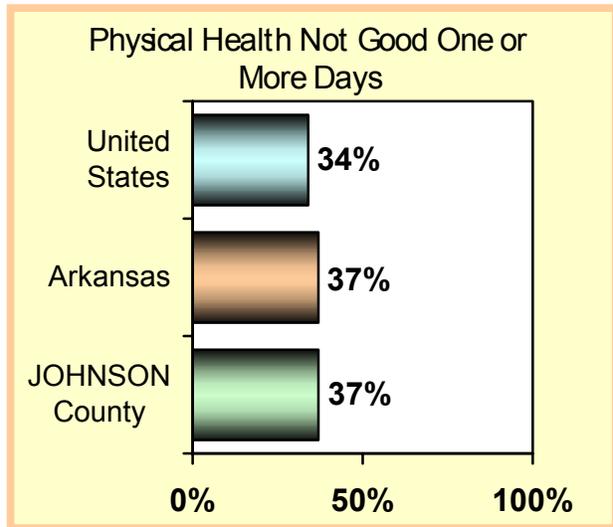
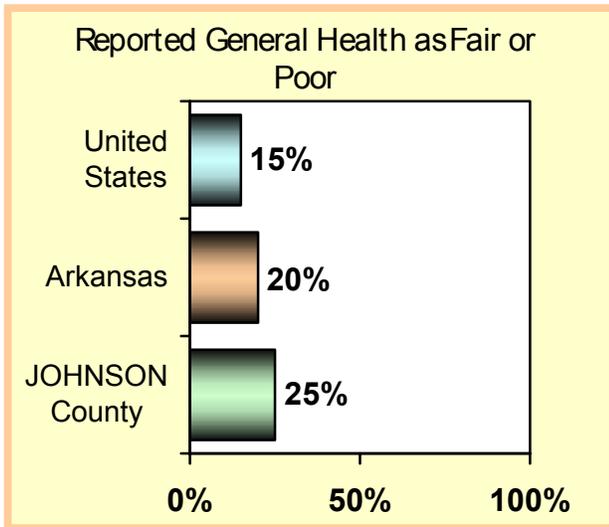


# **BRFSS Data for Johnson County, Arkansas, and the United States Compared**

## How Does Johnson County Compare?

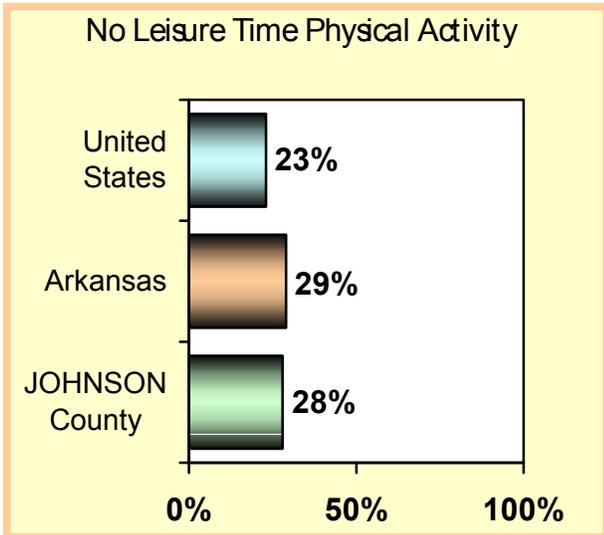
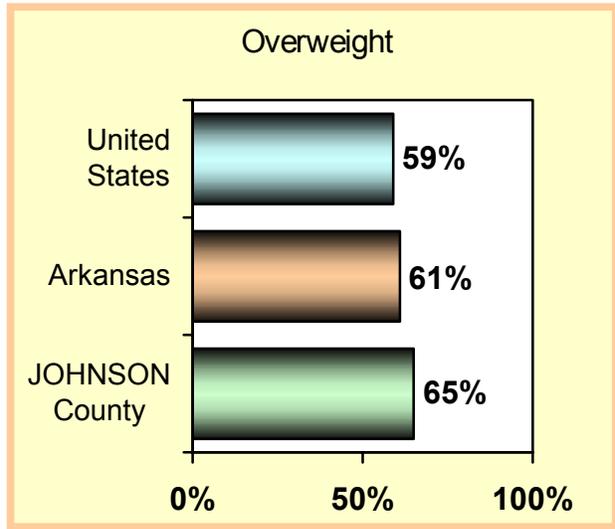
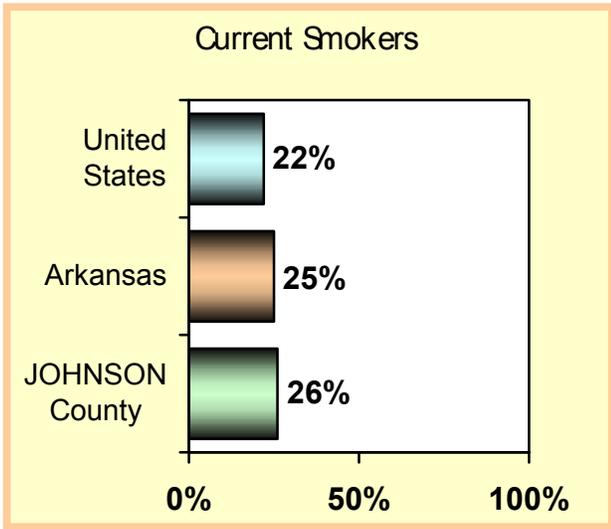
In order to determine Johnson County's adult health strengths and weaknesses, its Adult Health Survey data was compared to state and nationwide data from the 2001 and 2002 BRFSS.

### Health Status



Johnson County adults reported their general health to be fair or poor more often than the rest of the state and the nation. Johnson County adults reported mental health and physical health not good one or more days as often as the rest of the state but more often than the nation.

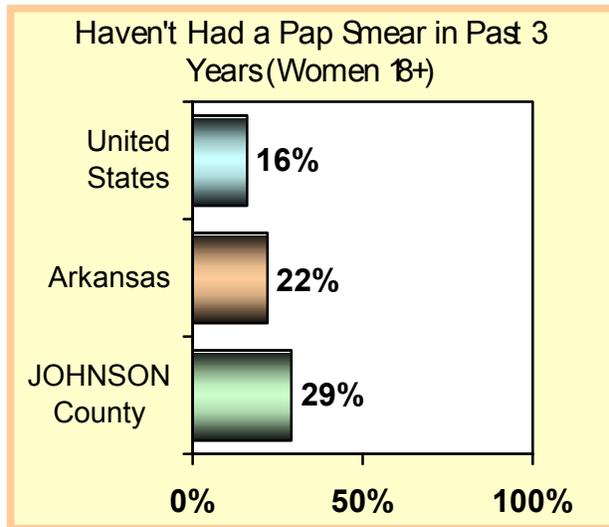
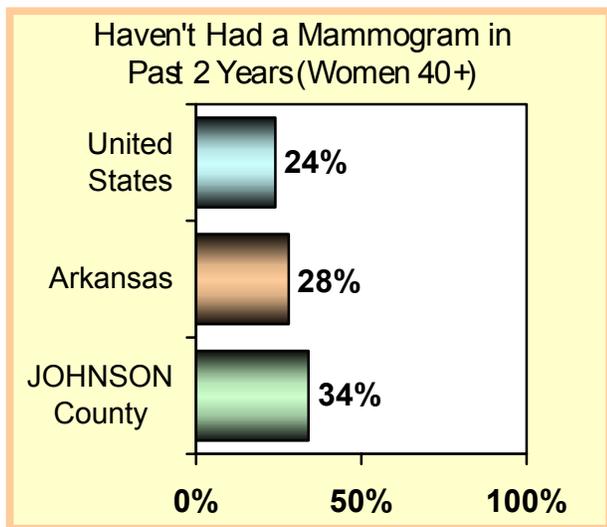
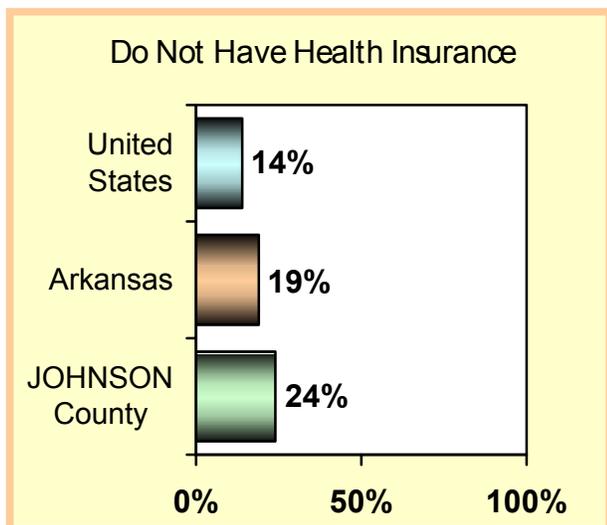
# Health Habits



Johnson County's numbers are higher than national prevalence figures but closer Arkansas figures.

# Health Care Access and Routine Health Screenings

Johnson County has a high percentage of uninsured adults.



# Appendix

# Johnson County Adult Health Survey Questions

The following questions were administered as part of the Hometown Health County Adult Health Survey. The interviews were conducted by telephone, so a telephone interview script was used by the telephone interviews complete with notes and instructions regarding skipping certain questions, etc. Interested parties can obtain a complete copy of the script used to conduct the interview from their local Hometown Health leaders.

## Section 1: Health Status

- 1.1. Would you say that in general your health is excellent, very good, good, fair or poor?
- 1.2. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?
- 1.3. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?
- 1.4. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

## Section 2: Health Care Access

- 2.1. Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?
- 2.2. What type of health care coverage do you use to pay for most of your medical care?
- 2.3. There are some types of coverage you may not have considered. Please tell me if you have any of the following (list of insurance plans).

## Section 3: Exercise

- 3.1. During the past 30 days, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?

## **Section 4: Hypertension Awareness**

- 4.1. Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure.
- 4.2. Are you currently taking medicine for your high blood pressure?

## **Section 5: Cholesterol Awareness**

- 5.1 Have you ever had your blood cholesterol checked?
- 5.2 About how long has it been since you had your blood cholesterol checked?
- 5.3 Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?

## **Section 6: Asthma**

- 6.1 Did a doctor ever tell you that you had asthma?
- 6.2 Do you still have asthma?

## **Section 7: Diabetes**

- 7.1. Have you ever been told by a doctor that you have diabetes?

## **Section 8: Arthritis**

- 8.1. During the past 12 months, have you had pain, aching, stiffness, swelling in or around a joint?
- 8.2. Were these symptoms present on most days for at least one month?
- 8.3. Are you now limited in any way in any activities because of joint symptoms?
- 8.4. Have you ever seen a doctor, nurse, or other health professional for these joint symptoms?
- 8.5. Have you ever been told by a doctor that you have arthritis?
- 8.6. Are you currently being treated by a doctor for arthritis?

## **Section 9: Immunization**

- 9.1. During the past 12 months, have you had a flu shot?
- 9.2. Have you ever had a pneumonia shot?

## **Section 10: Tobacco Use**

- 10.1. Have you smoked at least 100 cigarettes in your entire life?
- 10.2. Do you now smoke cigarettes everyday, some days, or not at all?
- 10.3. On the average, about how many cigarettes a day do you now smoke?

## **Section 11: Alcohol Consumption**

- 11.1. A drink is 1 can or bottle of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail, or shot of liquor. During the past 30 days, how often have you had at least one drink of any alcoholic beverage?
- 11.2. On the days when you drank, about how many drinks did you drink on the average?
- 11.3. Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on a occasion?

## **Section 12: Firearms**

- 12.1. Are any firearms now kept in or around your home? Include those kept in a garage, outdoor storage area, car, truck, or other motor vehicle.

## **Section 13: Demographics**

- 13.1. What is your age?
- 13.2. Are you Hispanic or Latino?
- 13.3. Which one or more of the following would you say is your race?
- 13.4. Which one of these groups best represent your race?
- 13.5. Are you married, divorced, widowed, separated, never been married, or a member of an unmarried couple?
- 13.6. How many children less than 18 years of age live in your household ?
- 13.7. What is the highest grade or year of school you completed?
- 13.8. What is your current employment status?

- 13.9. What is your annual household income from all sources?
- 13.10. About how much do you weigh without shoes?
- 13.11. About how tall are you without shoes?
- 13.12. What is your ZIP Code?
- 13.13. Do you have more than one telephone number in your household?
- 13.14. How many residential telephone numbers do you have?
- 13.15a. Has your regular home telephone service been disconnected in the last 12 months?
- 13.15b. In the past 12 months, about how many months in total were you without a working home telephone? (Do not count cell phones)
- 13.16. Indicate sex of respondent. (Ask Only if Necessary)

## **Section 14: Disability**

- 14.1. Are you limited in any way in any activities because of physical, mental, or emotional problems?
- 14.2. Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?

## **Section 15: Physical Activity**

- 15.1. When you are at work, which of the following best describes what you do?
- 15.2. Now thinking about the moderate physical activities you do (when you are not working) if "employed" or "self-employed" in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate?
- 15.3. How many days per week do you do these moderate activities for at least 10 minutes at a time?
- 15.4. On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?
- 15.5. Now thinking about the vigorous physical activities you do (when you are not working) if "employed" or "self-employed" in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?

- 15.6. How many days per week do you do these vigorous activities for at least 10 minutes at a time?
- 15.7. On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

## **Section 16: Prostate Cancer Screening**

- 16.1. A Prostate Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. Have you ever had a PSA test?
- 16.2. How long has it been since you had your last PSA test?
- 16.3. A digital rectal exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. Have you ever had a digital rectal exam?
- 16.4. How long has it been since you had your last digital rectal exam?
- 16.5. Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?
- 16.6. Has your father, brother, son, or grandfather ever been told by a doctor, nurse, or health professional that he had prostate cancer?

## **Section 17: Colorectal Cancer Screening**

- 17.1. A blood stool test is a test that may use a special kit at home to determine whether stool contains blood. Have you ever had this test using a home kit?
- 17.2. How long has it been since you had your last blood stool test using a home kit?
- 17.3. Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the bowel for signs of cancer or other problems. Have you ever had these exams?
- 17.4. How long has it been since you had your last Sigmoidoscopy or colonoscopy?

## **County Selected Modules**

### **Module 5: Women's Health**

1. What types of things can women do to help in the early detection of breast cancer?
2. Is there anything else women can do to help in the early detection of breast cancer?
3. A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?
4. What is the most important reason why you haven't had a mammogram?
5. Are there any other reasons why you haven't had a mammogram?
6. How long has it been since you had your last mammogram?
7. What is the most important reason why you haven't had a mammogram in the past two years?
8. Are there any other reasons why you haven't had a mammogram in the past two years?
9. Was your last mammogram done as part of a routine checkup, because of a breast problem, or because you've already had breast cancer?
10. In the past month, have you noticed any posters, billboards, commercials or advertisements with a message about having a mammogram test?
11. Are you aware that the health department offers free to low cost breast exams and mammograms?
12. How often do you believe women your age should get a mammogram?
13. Did a doctor suggest that you have your most recent mammogram?
14. Have you ever had breast cancer?
15. Do you think your risk of getting breast cancer is high, medium, low, or none?
16. If you wanted to have a mammogram, would you have to pay for all, part or none of the cost?
17. How difficult would it be for you to pay for the cost of the mammogram test? Would you say very difficult, somewhat difficult, a little difficult or not at all difficult?
18. Have you ever had a clinical breast exam?

19. How long has it been since your last breast exam?
20. Was your last breast exam done as part of a routine checkup, because of a breast problem other than cancer, or because you've already had breast cancer?
21. A Pap smear is a test for cancer of the cervix. Have you ever had a Pap smear?
22. How long has it been since you had your last Pap smear?
23. Was your last Pap smear done as part of a routine exam, or to check a current or previous problem?
24. Have you had a hysterectomy?

### **Module 13: Tobacco Indicators**

1. How old were you the first time you smoked a cigarette, even one or two puffs?
2. How old were you when you first started smoking cigarettes regularly?
3. About how long has it been since you last smoked cigarettes regularly?
4. In the past 12 months, have you seen a doctor, nurse, or other health professional to get any kind of care for yourself?
5. In the past 12 months, has a doctor, nurse, or other health professional advised you to quit smoking?
6. Which statement best describes the rules about smoking inside your home?
7. While working at your job, are you indoors most of the time?
8. Which of the following best describes your place of work's official smoking policy for indoor public or common areas, such as lobbies, rest rooms, and lunchrooms?
9. Which of the following best describes your place of work's official smoking policy for work areas?

### **Module 14: Other Tobacco Products**

1. Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?
2. Do you currently use chewing tobacco or snuff everyday, some days, or not at all?
3. Have you ever smoked a cigar, even one or two puffs?

4. Do you now smoke cigars everyday, some days, or not at all?
5. Have you ever smoked tobacco in a pipe, even one or two puffs?
6. Do you now smoke a pipe everyday, some days, or not at all?
7. A bidi is a flavored cigarette from India, Have you ever smoked a bidi, even one or two puffs?
8. Do you now smoke bidis everyday, some days, or not at all?

**-End of Survey-**