Sebastian County
2009 County Adult Health Survey

BRFSS

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Coordinated by:

Sebastian County HHI

and

Arkansas Department of Health

Health Statistics Branch

Sebastian County, 2009

County Adult Health Survey

(Based on the Behavioral Risk Factor Surveillance System (BRFSS))

January 2010

For more information about the Sebastian County
2009 County Adult Health Survey

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Sebastian County
2009 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.[1] As a result, health related data are needed by state, county, and local agencies for developing health-promotion programs and to efficiently target health dollars. 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 **Behavioral Risk Factor Surveillance System** survey (BRFSS), developed by the Centers for Disease Control.[2]

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, Sebastian County conducted the County Adult Health Survey using questions from the Behavioral Risk Factor Surveillance System (BRFSS).

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

[2] 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 health conditions and the major risk 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) and 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?

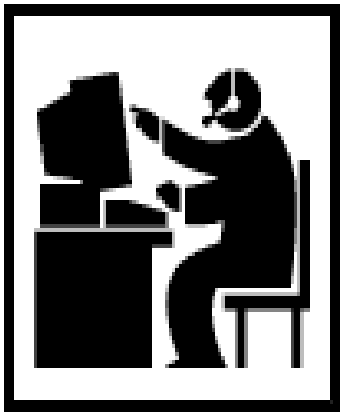
State and local health departments in all 50 states rely heavily on BRFSS data to do the following:

- 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 which population groups have the greatest health risk factors is essential in effectively targeting scarce prevention resources. BRFSS data can be analyzed by a variety of demographic and economic variables such as age, education, income, and racial and ethnic background, to determine which populations are at highest risk in a community.

How did Sebastian County conduct the County Adult Health Survey?



During September, October, and November 2009, a telephone survey of 837 randomly selected adults in Sebastian 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 2009 Sebastian County Adult Health Survey?

Of the 837 people who were interviewed, 292 were men and 545 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.

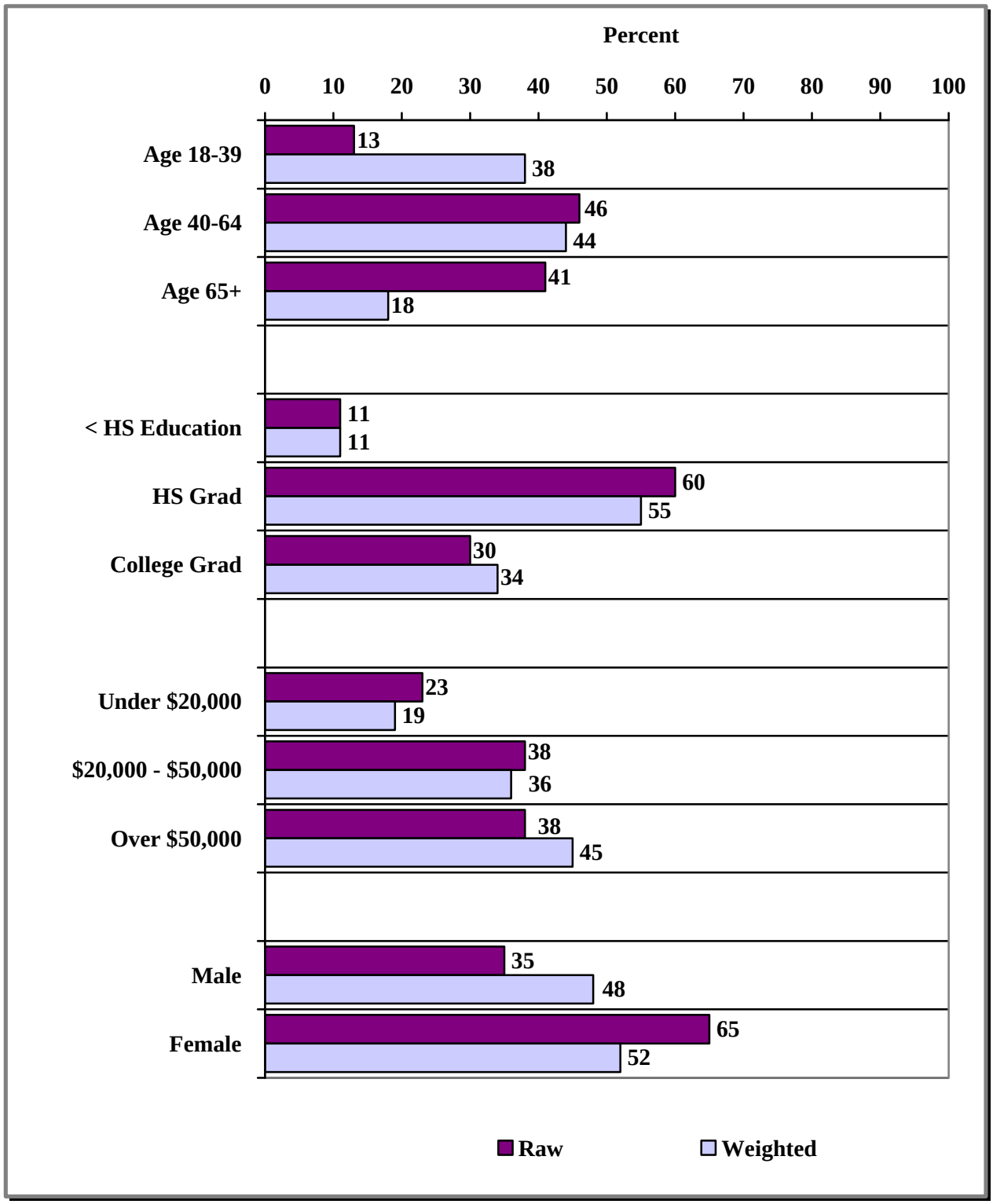
Generally, all data presented in the report is based on the **weighted** data. All percentages presented in this report are rounded to the nearest whole percent. However, data presented in the frequency tables in the risk factor section is raw data. The total number of responses (i.e. frequencies) for each question may not add up to the total number of people interviewed as each respondent may not have provided answers to all questions.

Table 1: Survey demographics

Variables	Categories	Raw Data %	Weighted Data (%)
Age (years)	Age 18-39	13	38
	Age 40-64	46	44
	Age 65+	41	18
Education	< HS Education	11	11
	HS Grad	60	55
	College Grad	30	34
Income	Under $20,000	23	19
	$20,000 - $50,000	38	36
	Over $50,000	38	45
Gender	Male	35	48
	Female	65	52

Who participated in the 2009 Sebastian County Adult Health Survey?
(continued)

Figure 1: Survey demographics, by, age, education, income, and gender



Risk Factors

Health Status

The survey asked respondents to rate their general, physical, and mental health status. Perceived health status is an important indicator of functionality and health-related quality of life. It assesses health issues that are not measured by standard morbidity and mortality data.

General Health

Risk Factor Definition: General health "fair" or "poor"

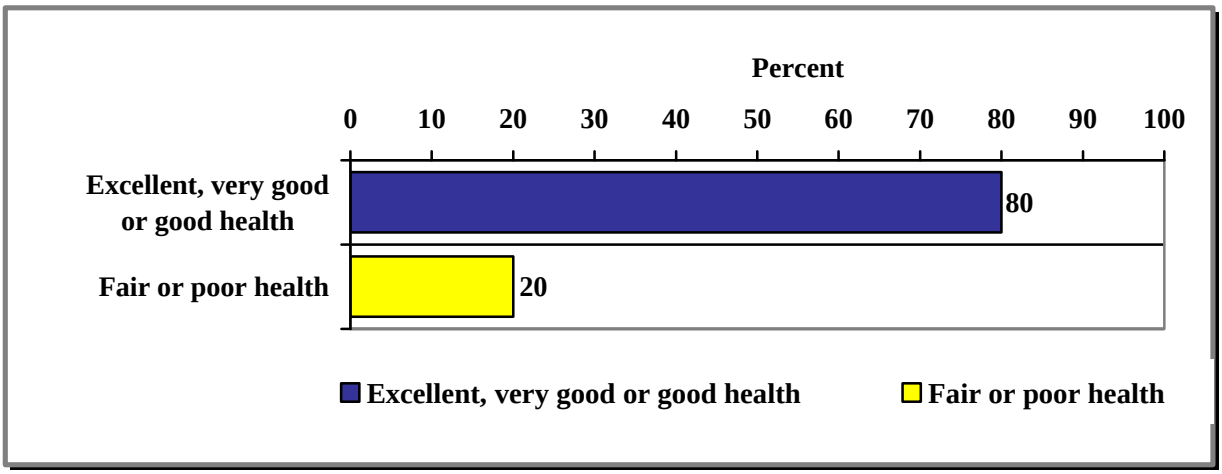
Question: Would you say that your general health is "excellent," "very good," "good," "fair," or "poor?"

At risk: Those who answered "fair" or "poor" are considered at risk.

Table 1: General health status (overall)

General health	Frequency (n)
Fair, Poor	226
Excellent, Very Good, Good	607

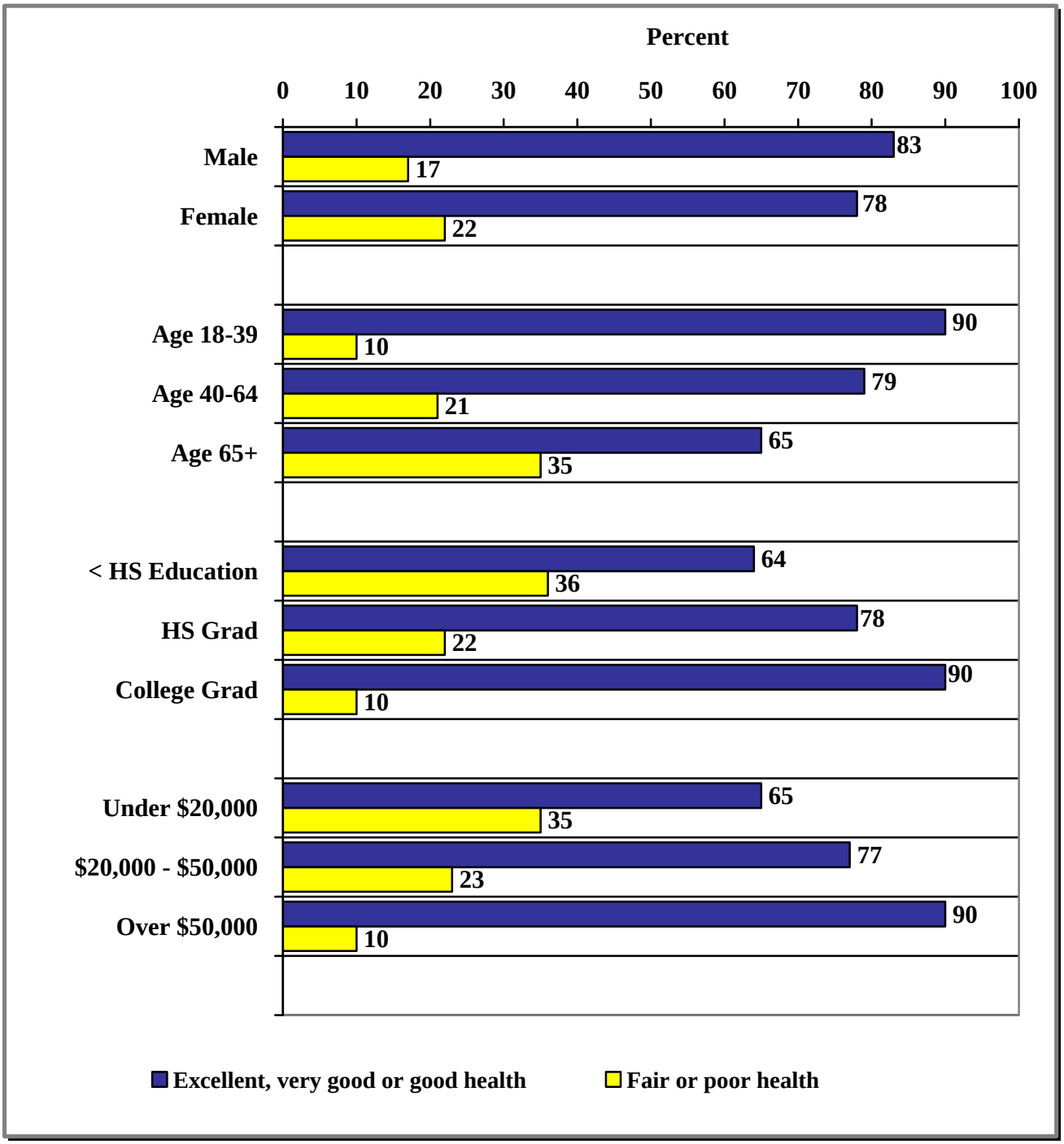
Figure 1: General health status (overall)



Health Status (continued)

<u>Question:</u> Would you say that your general health is "excellent," "very good," "good," "fair," or "poor?"

Figure 2: General health status (by selected characteristics)



Health Status (continued)

Physical Health

Risk Factor Definition: Physical health "not good"

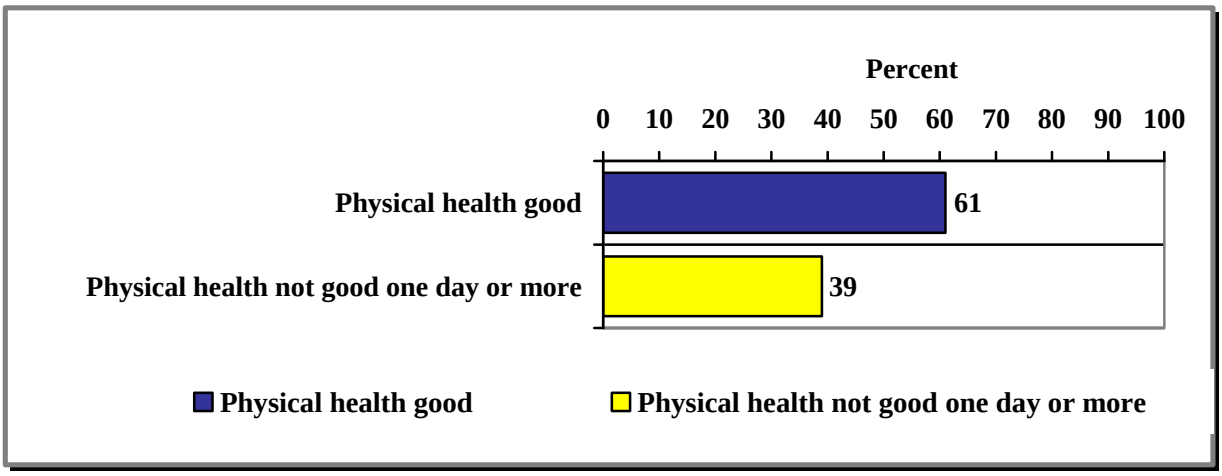
Question: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

At risk: Having one or more self-reported days of "not good" physical health.

Table 2: Physical health status (overall)

Physical health	Frequency (n)
Physical health not good one day or more	327
Physical health good	481

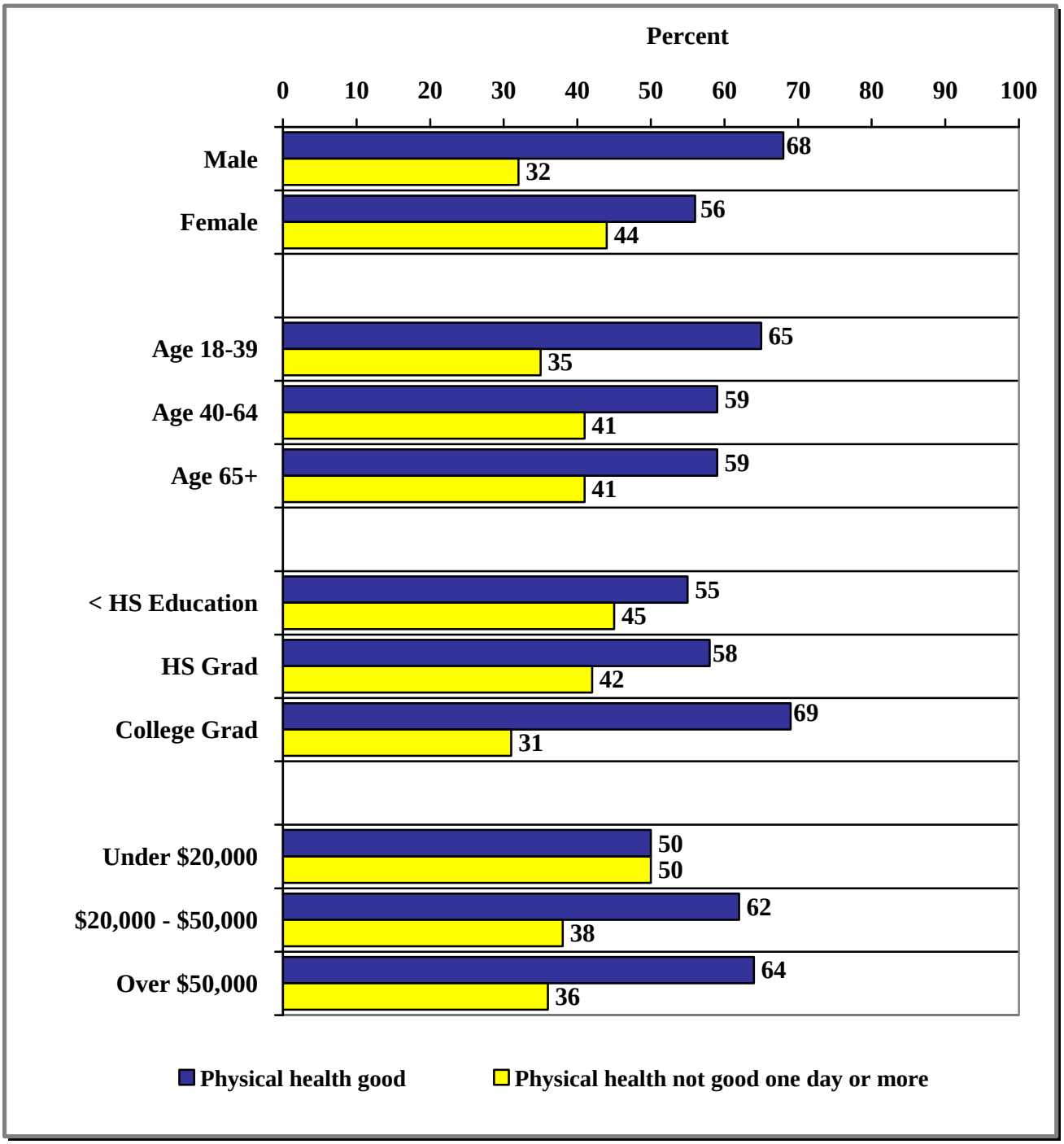
Figure 3: Physical health status (overall)



Health Status (continued)

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?

Figure 4: Physical health status (by selected characteristics)



Health Status (continued)

Mental Health

Mental health includes stress, depression, and problems with emotions.

Risk Factor Definition: Mental health "not good"

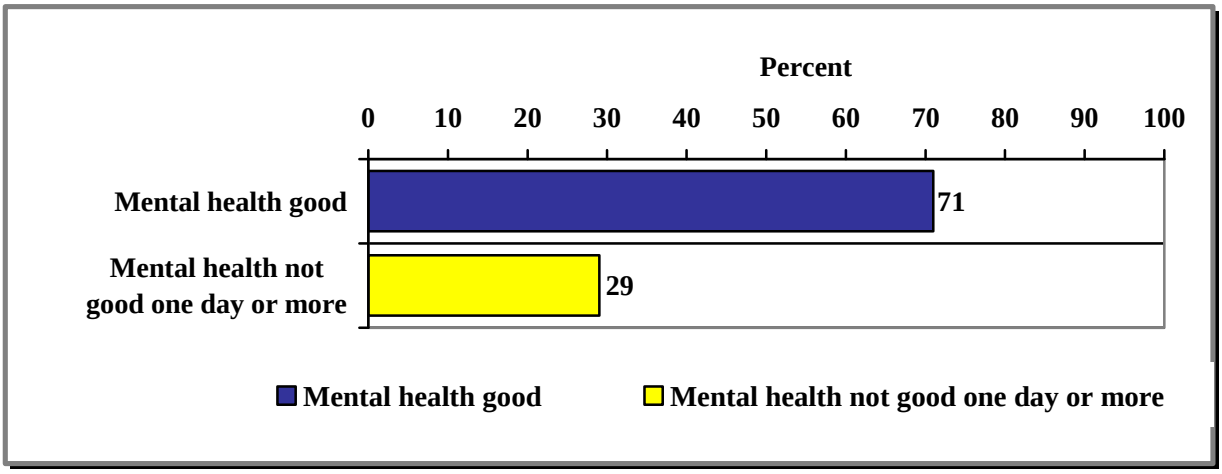
Question: How many days during the past 30 days was your mental health not good?

At risk: Having one or more self-reported days of "not good" mental health.

Table 3: Mental health status (overall)

Mental health	Frequency (n)
Mental health not good one day or more	227
Mental health good	591

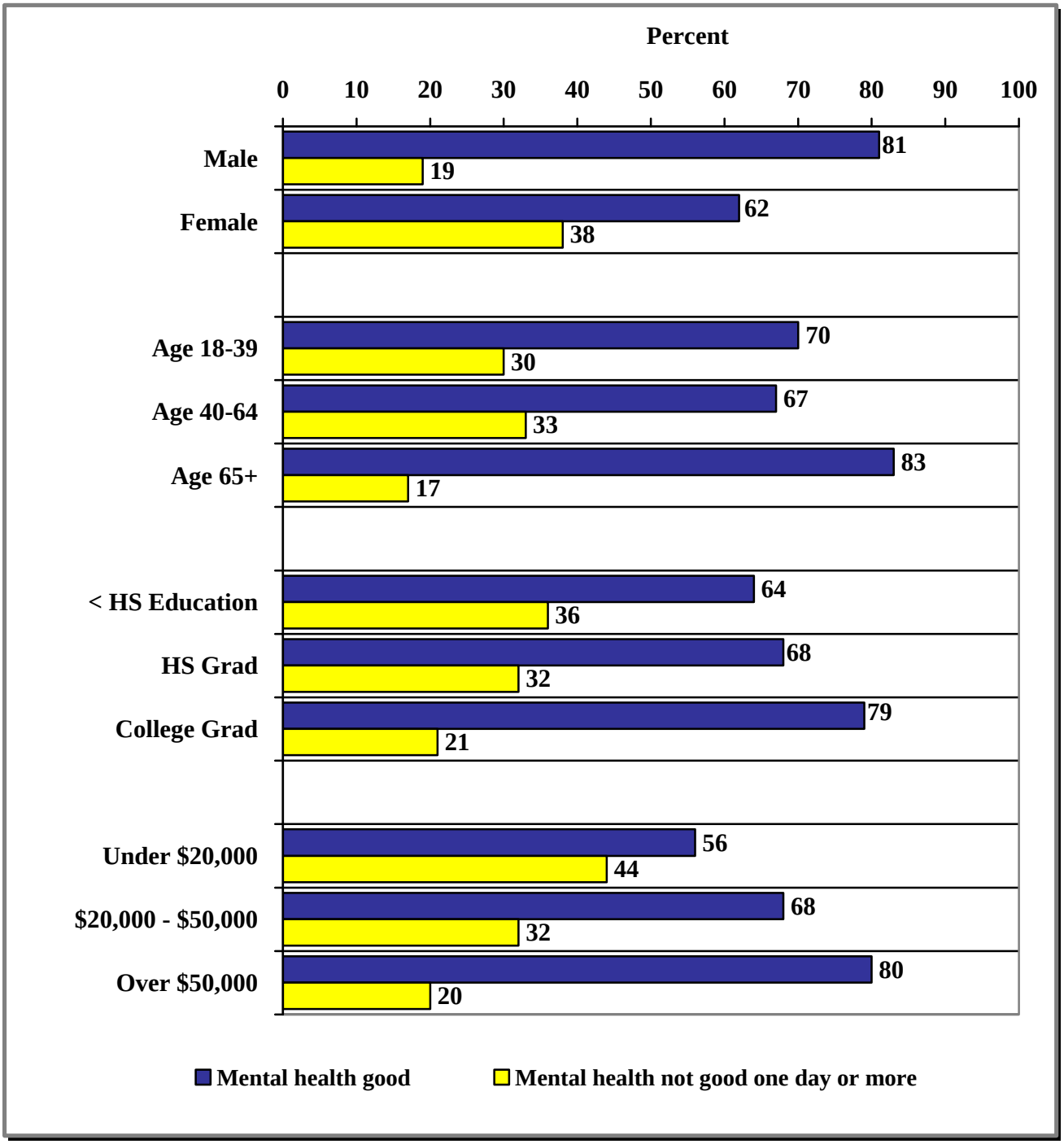
Figure 5: Mental health status (overall)



Health Status (continued)

Question: How many days during the past thirty days was your mental health not good?

Figure 6: Mental health status (by selected characteristics)



Health Care Access

The survey asked if respondents had health insurance. Health insurance provides better access to health care. Those with health insurance are more likely to have a primary care physician to receive appropriate preventative care.

Risk Factor Definition: No health care coverage

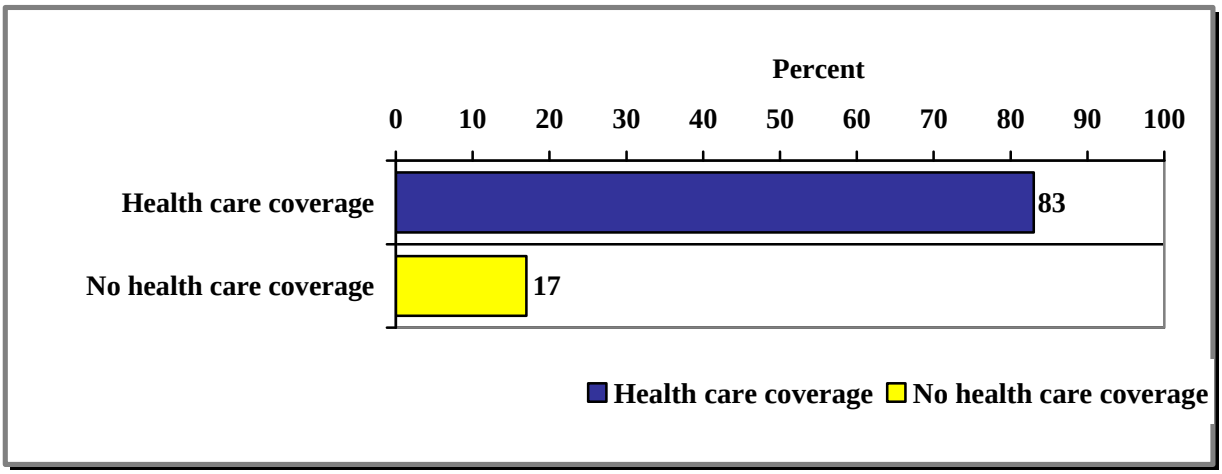
Question: Do you have any kind of health care coverage, including health insurance prepaid plans such as HMOs, or government plans such as Medicare?

At risk: Those who answered "no" are considered at risk.

Table 1: Health care coverage (overall)

Health care coverage	Frequency (n)
No health care coverage	85
Health care coverage	734

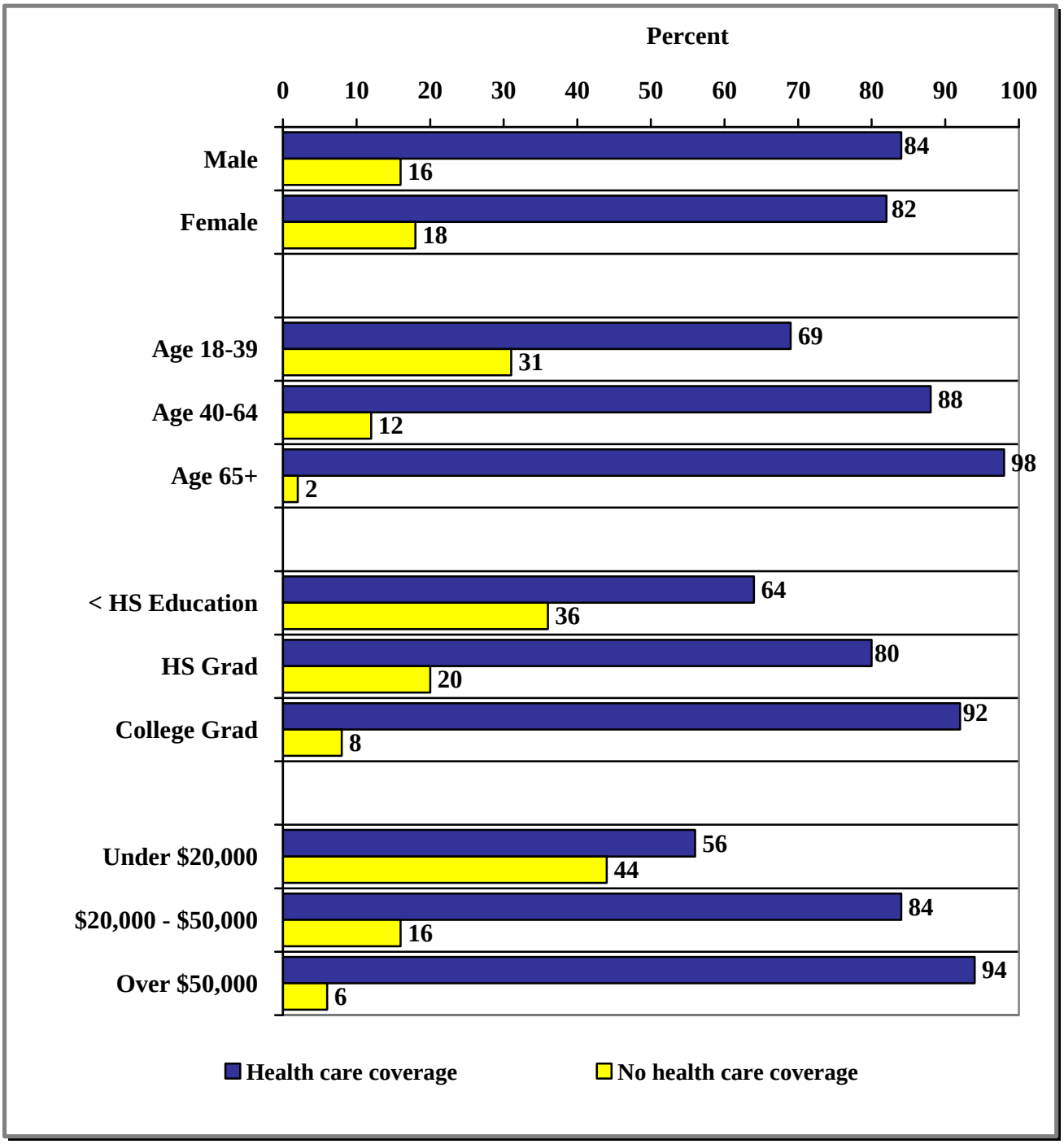
Figure 1: Health care coverage (overall)



Health Care Access (continued)

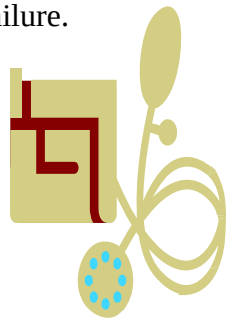
Question: Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?

Figure 2: Health care coverage (by selected characteristics)



Hypertension

Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure, or kidney failure.



Risk Factor Definition: Have high blood pressure (hypertension)

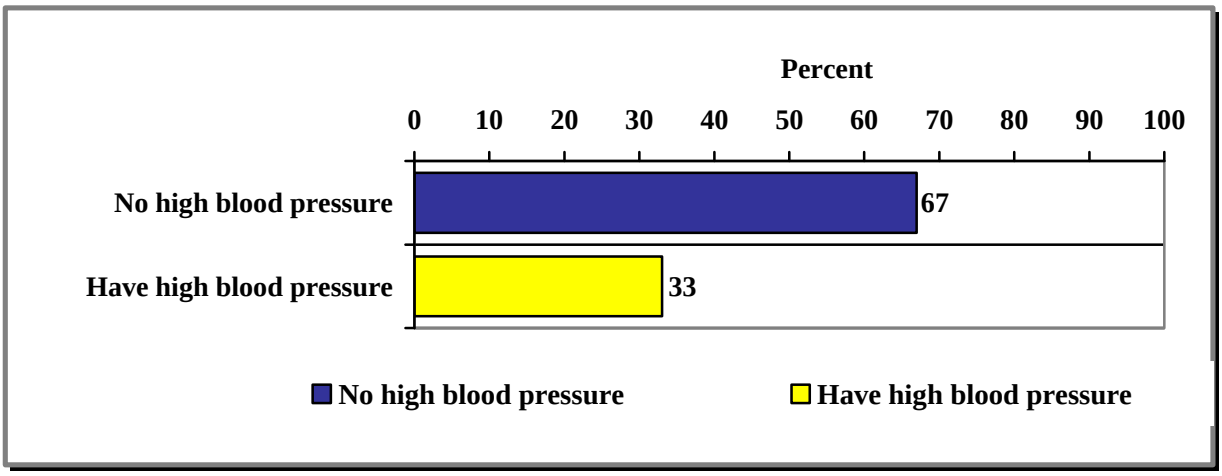
Question: Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?

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

Table 1: High blood pressure (hypertension) (overall)

Hypertension	Frequency (n)
Have high blood pressure	378
No high blood pressure	439

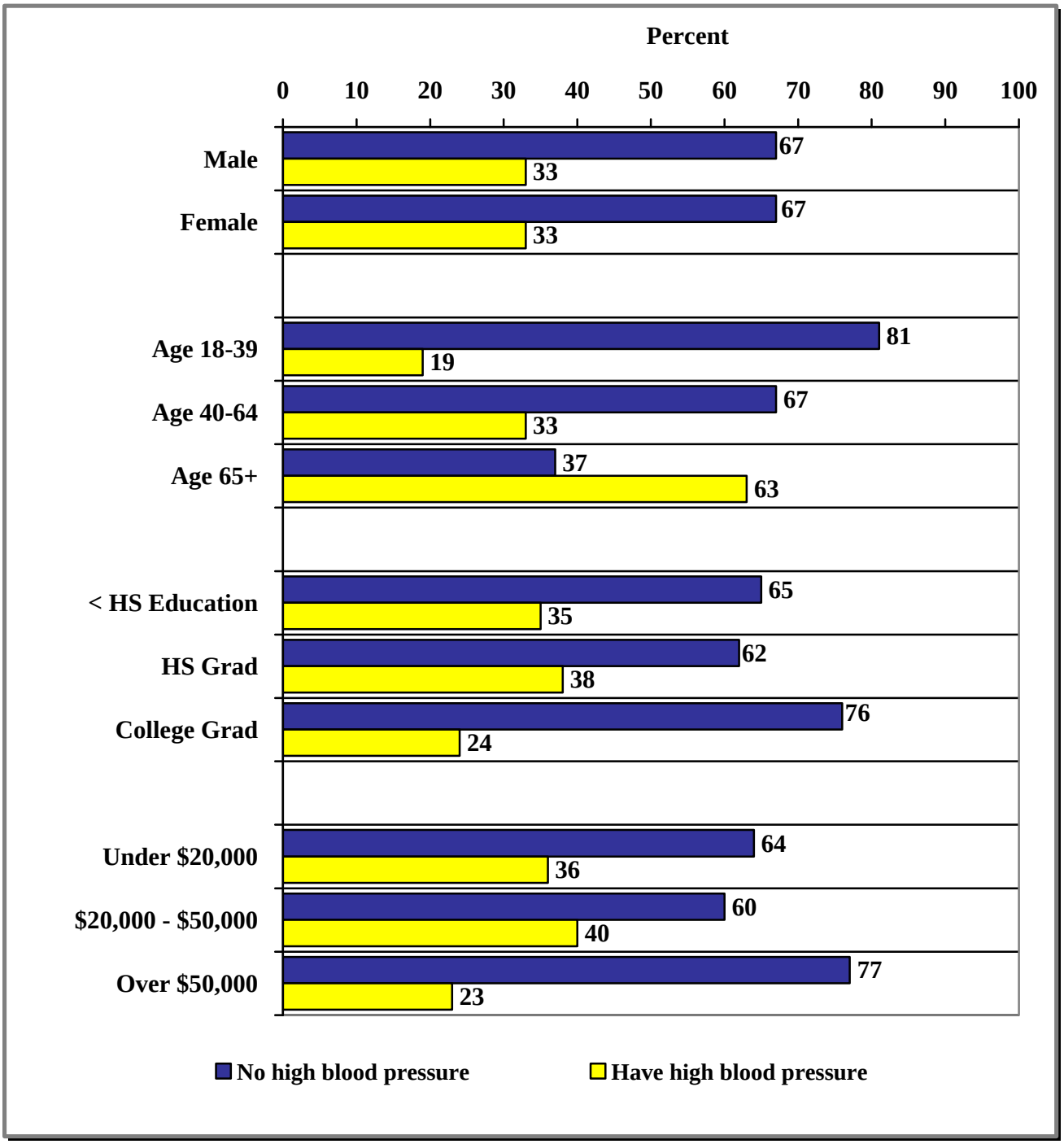
Figure 1: High blood pressure (hypertension) (overall)



Hypertension (continued)

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

Figure 2: High blood pressure (hypertension) (by selected characteristics)



Cholesterol

People with high cholesterol are at a higher risk for heart attack and stroke. Blood cholesterol is a fatty substance found in the blood.

Testing for Cholesterol

Risk Factor Definition: Have not had blood cholesterol checked in past two years

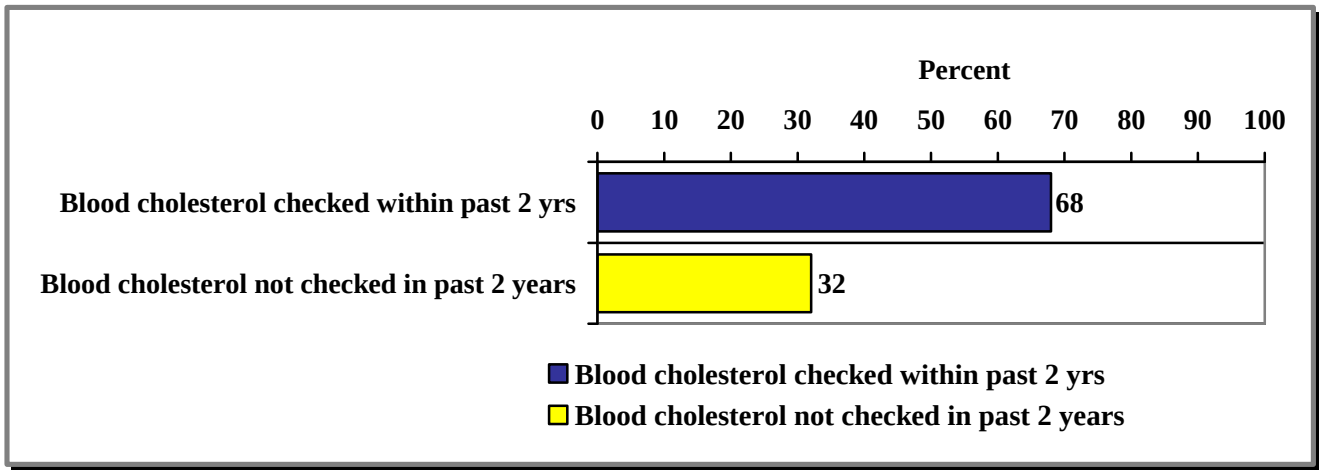
Questions:
1. Have you ever had your blood cholesterol checked?
2. How long has it been since you had your blood cholesterol checked?

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

Table 1: Testing for blood cholesterol (overall)

Testing for cholesterol	Frequency (n)
Blood cholesterol not checked in past two years	142
Blood cholesterol checked in past two years	652

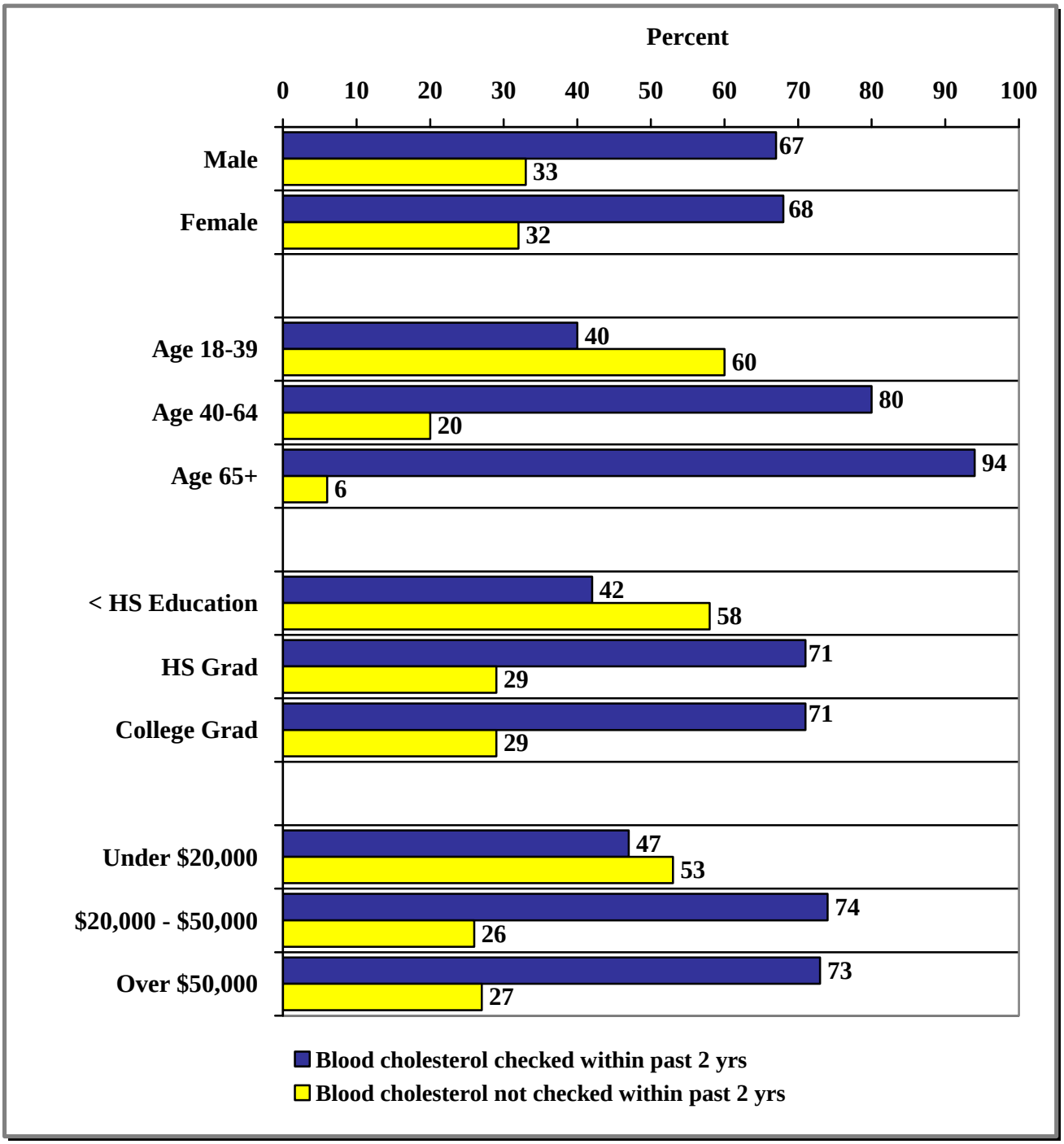
Figure 1: Testing for blood cholesterol (overall)



Cholesterol (continued)

<u>Question:</u> Have you ever had your blood cholesterol checked? How long has it been since you had your blood cholesterol checked?

<u>Figure 2:</u> Testing for blood cholesterol (by selected characteristics)



Cholesterol (continued)

Blood Cholesterol Level

Risk Factor Definition: High blood cholesterol level

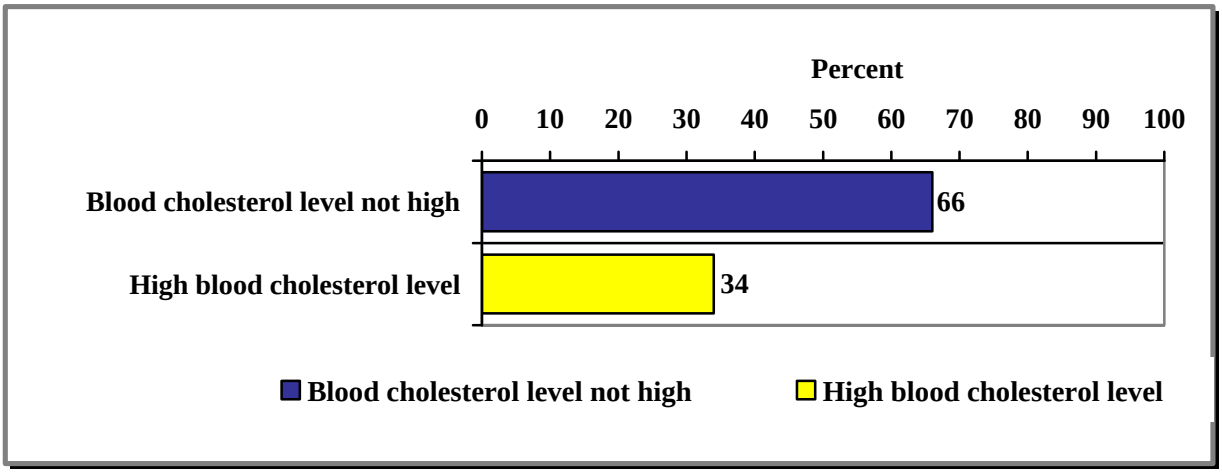
Question: Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?

At risk: **Of those who reported that they had had a blood cholesterol test done,** those respondents who answered "yes" are considered at risk.

Table 2: Blood cholesterol level (overall)

Blood cholesterol level	Frequency (n)
High blood cholesterol	306
Blood cholesterol not high	403

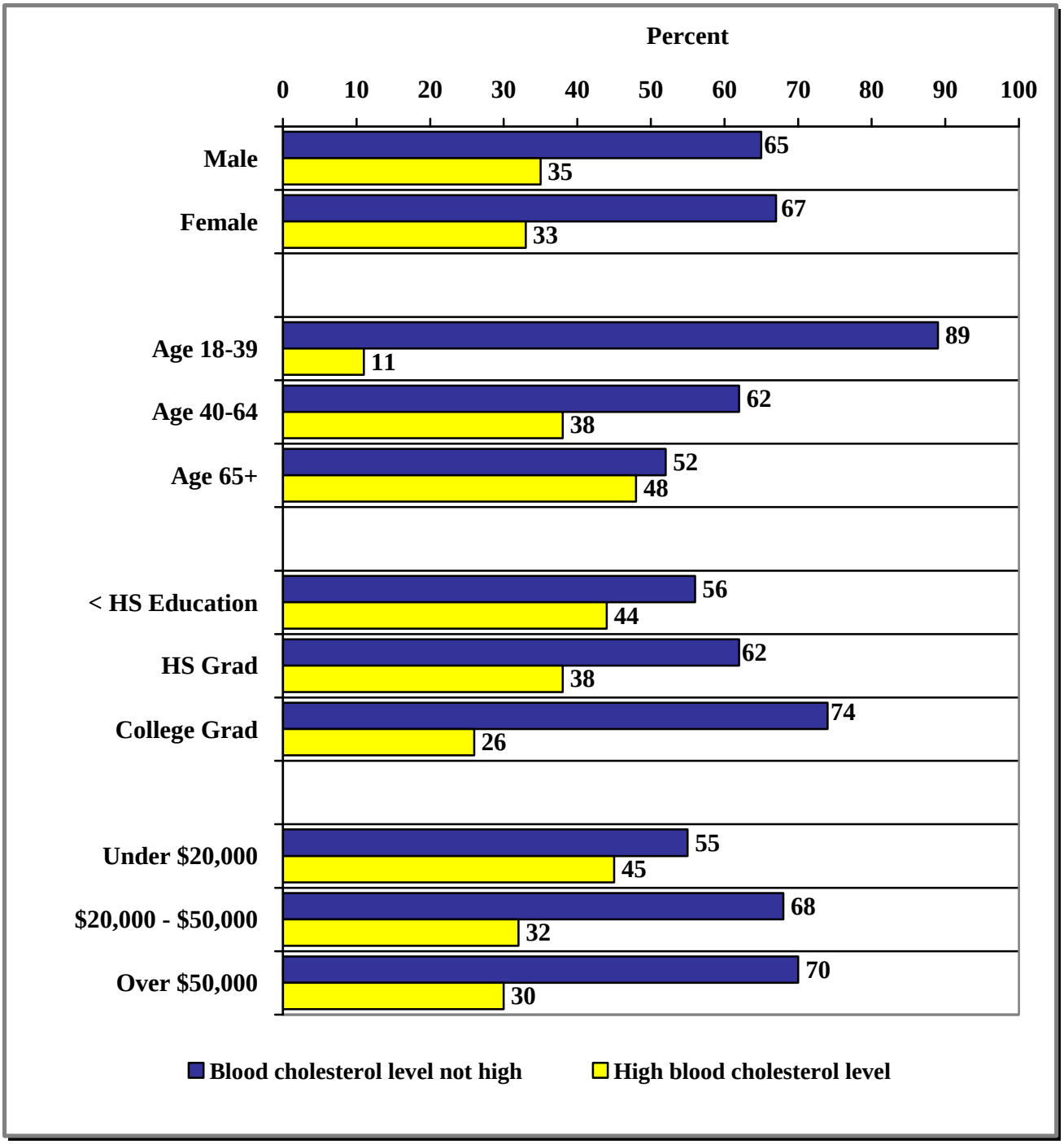
Figure 3: Blood cholesterol level (overall)



Cholesterol (continued)

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

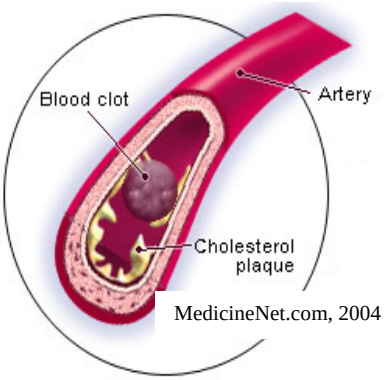
Figure 4: Blood cholesterol level (by selected characteristics)



Cardiovascular Disease Prevalence

Myocardial infarction (heart attack)

A heart attack occurs when blood flow to a section of heart muscle becomes blocked. If the flow of blood is not restored quickly, the section of heart muscle becomes damaged from lack of oxygen and begins to die. Heart attack is a leading killer of both men and women in the United States.[3]



Risk Factor Definition: Ever had a myocardial infarction

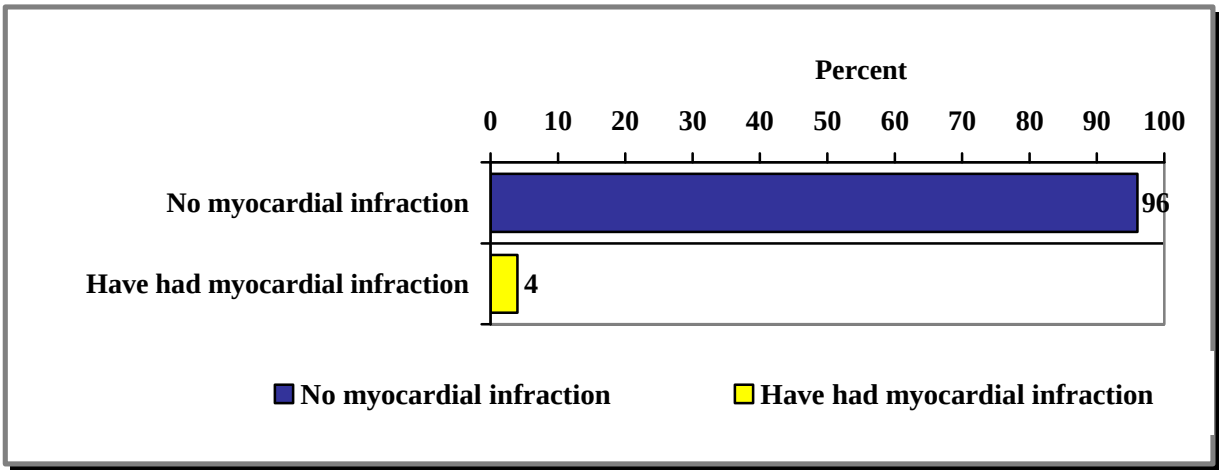
Question: Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also known as a myocardial infarction?

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

Table 1: Myocardial infarction (heart attack) (overall)

Myocardial infraction	Frequency (n)
Have had myocardial infarction	55
No myocardial infarction	747

Figure 1: Myocardial infarction (heart attack) (overall)

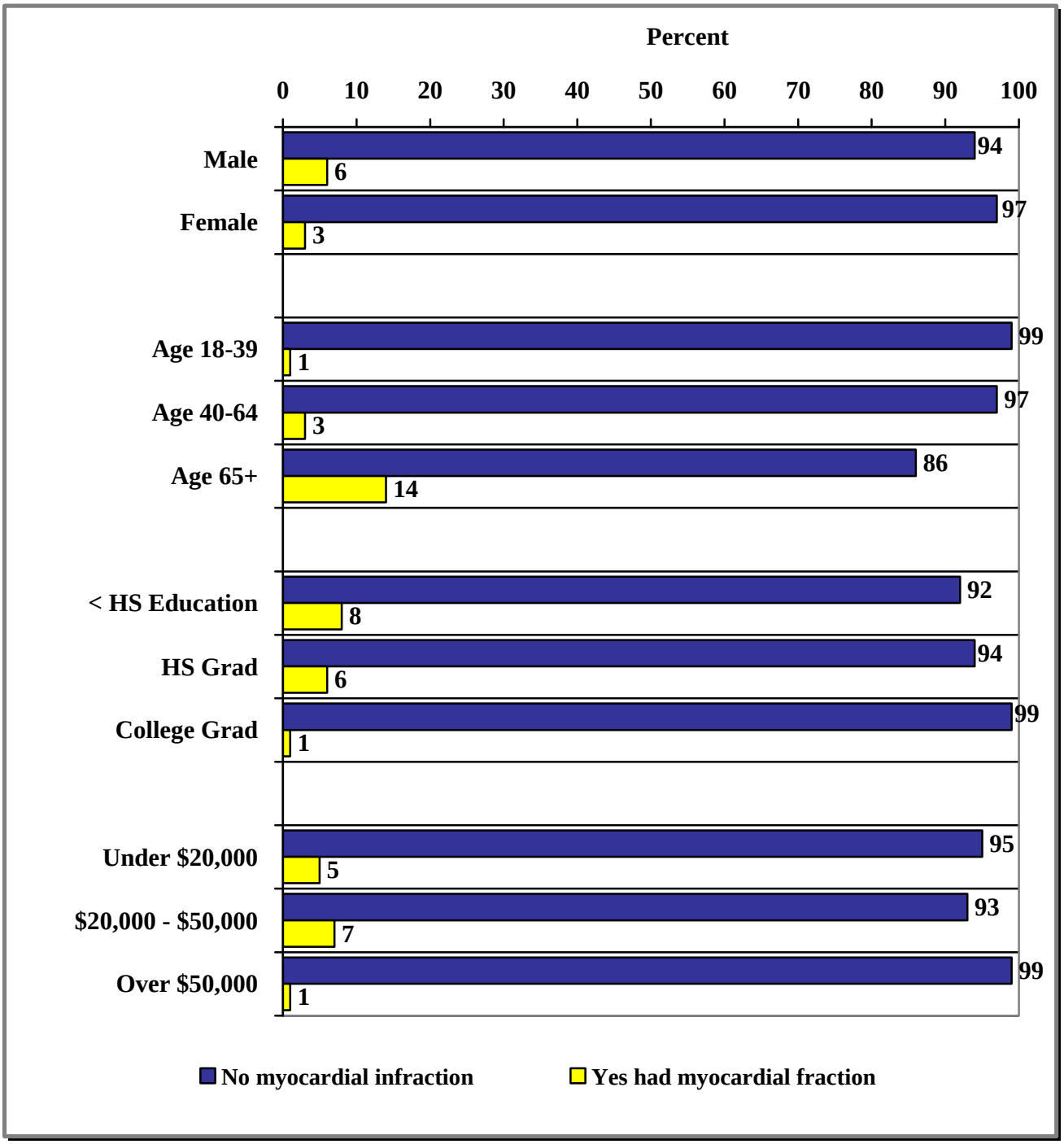


[3] http://www.nhlbi.nih.gov/health/dci/Diseases/HeartAttack/HeartAttack_WhatIs.html

Cardiovascular Disease Prevalence (continued)

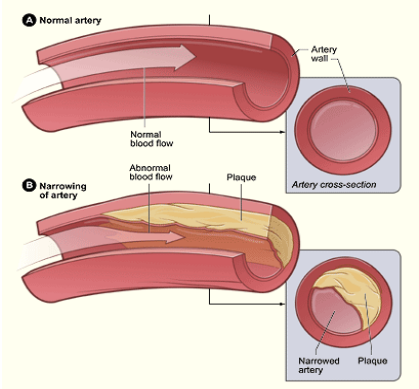
Question: Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also known as a myocardial infarction?

Figure 2: Myocardial infarction (heart attack) (by selected characteristics)



Cardiovascular Disease Prevalence (continued)

Angina or coronary heart disease



Angina is chest pain or discomfort that occurs when an area of your heart muscle doesn't get enough oxygen-rich blood. Angina may feel like pressure or squeezing in your chest. Pain also may occur in your shoulders, arms, neck, jaw, or back. It can feel like indigestion. Angina is a symptom of coronary artery disease (CAD), the most common type of heart disease. CAD occurs when a fatty material called plaque builds up on the inner walls of the coronary arteries.[4]

Risk Factor Definition: Ever had angina or coronary heart disease

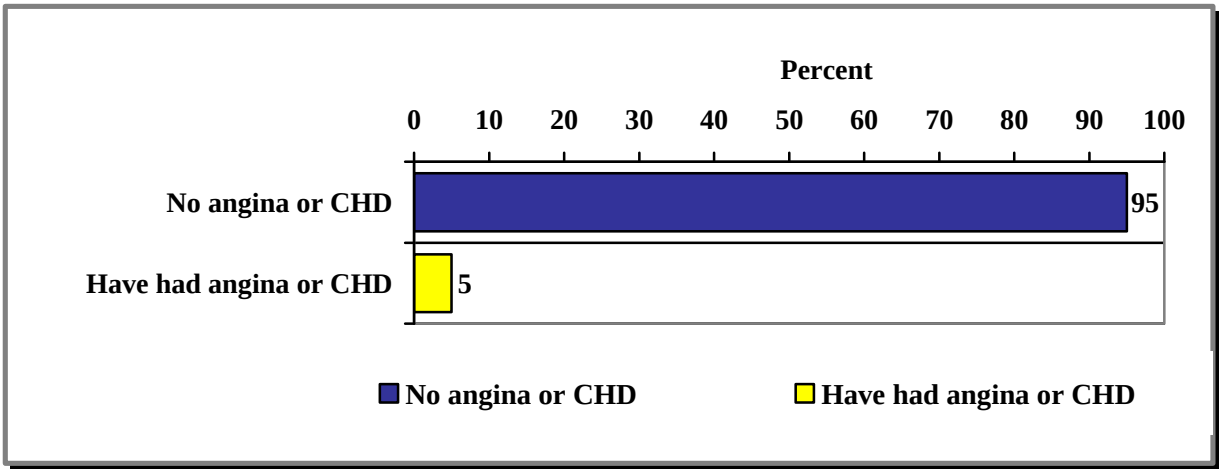
Question: Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?

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

Table 2: Angina or coronary heart disease (overall)

Angina or CHD	Frequency (n)
Have had angina or coronary heart disease	57
No angina or coronary heart disease	739

Figure 3: Angina or coronary heart disease (overall)

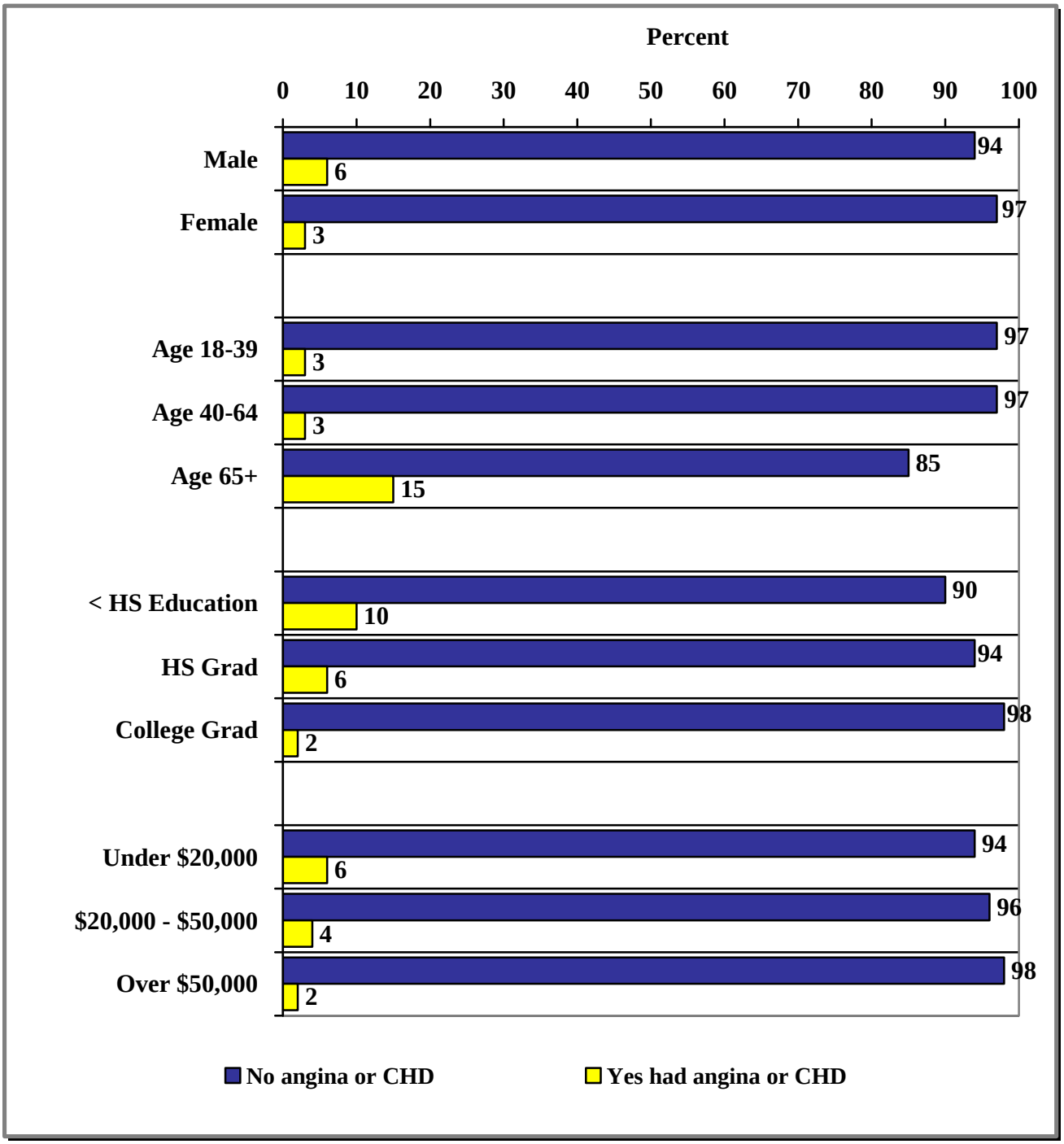


[4] http://www.nhlbi.nih.gov/health/dci/Diseases/Angina/Angina_WhatIs.html

Cardiovascular Disease Prevalence (continued)

Question: Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?

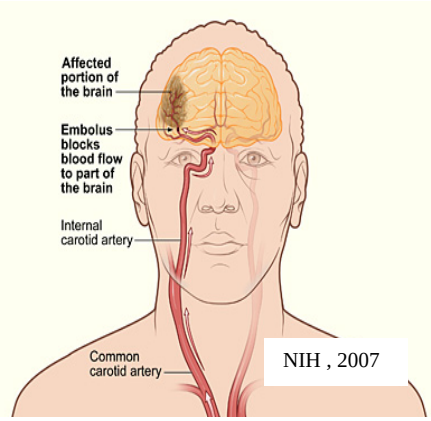
Figure 2: Angina or coronary heart disease (by selected characteristics)



Cardiovascular Disease Prevalence (continued)

Stroke

A stroke is when blood flow to the brain is interrupted. When a stroke occurs, brain cells in the immediate area begin to die because they stop getting the oxygen and nutrients they need to function. There are two major kinds of stroke. The first, called an ischemic stroke, is caused by a blood clot that blocks or plugs a blood vessel or artery in the brain. About 80 percent of all strokes are ischemic. The second, known as a hemorrhagic stroke, is caused by a blood vessel in the brain that breaks and bleeds into the brain.[5]



NIH , 2007

Risk Factor Definition: Ever had a stroke

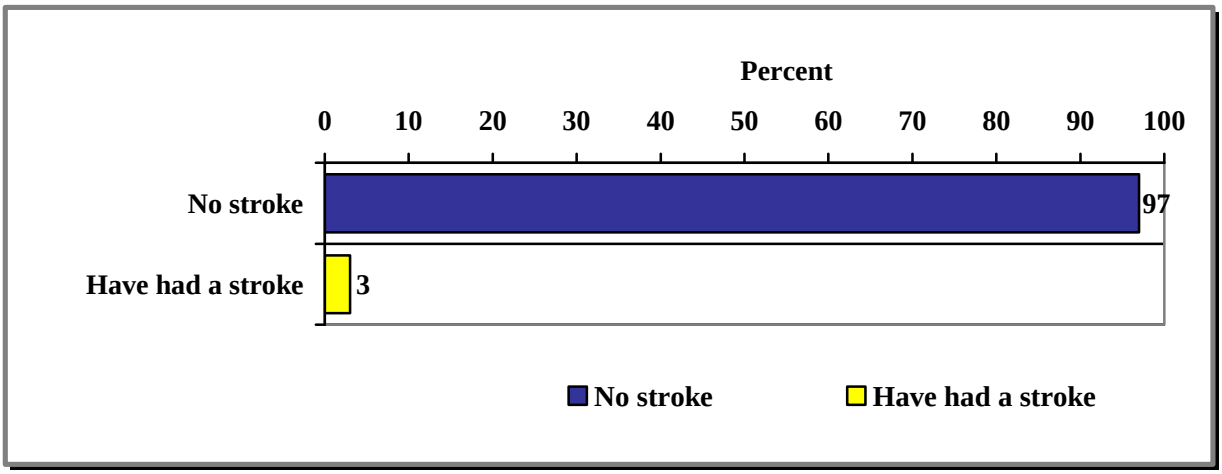
Question: Has a doctor, nurse, or other health professional ever told you that you had a stroke?

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

Table 3: Stroke (overall)

Stroke	Frequency (n)
Have had a stroke	46
No stroke	756

Figure 5: Stroke (overall)

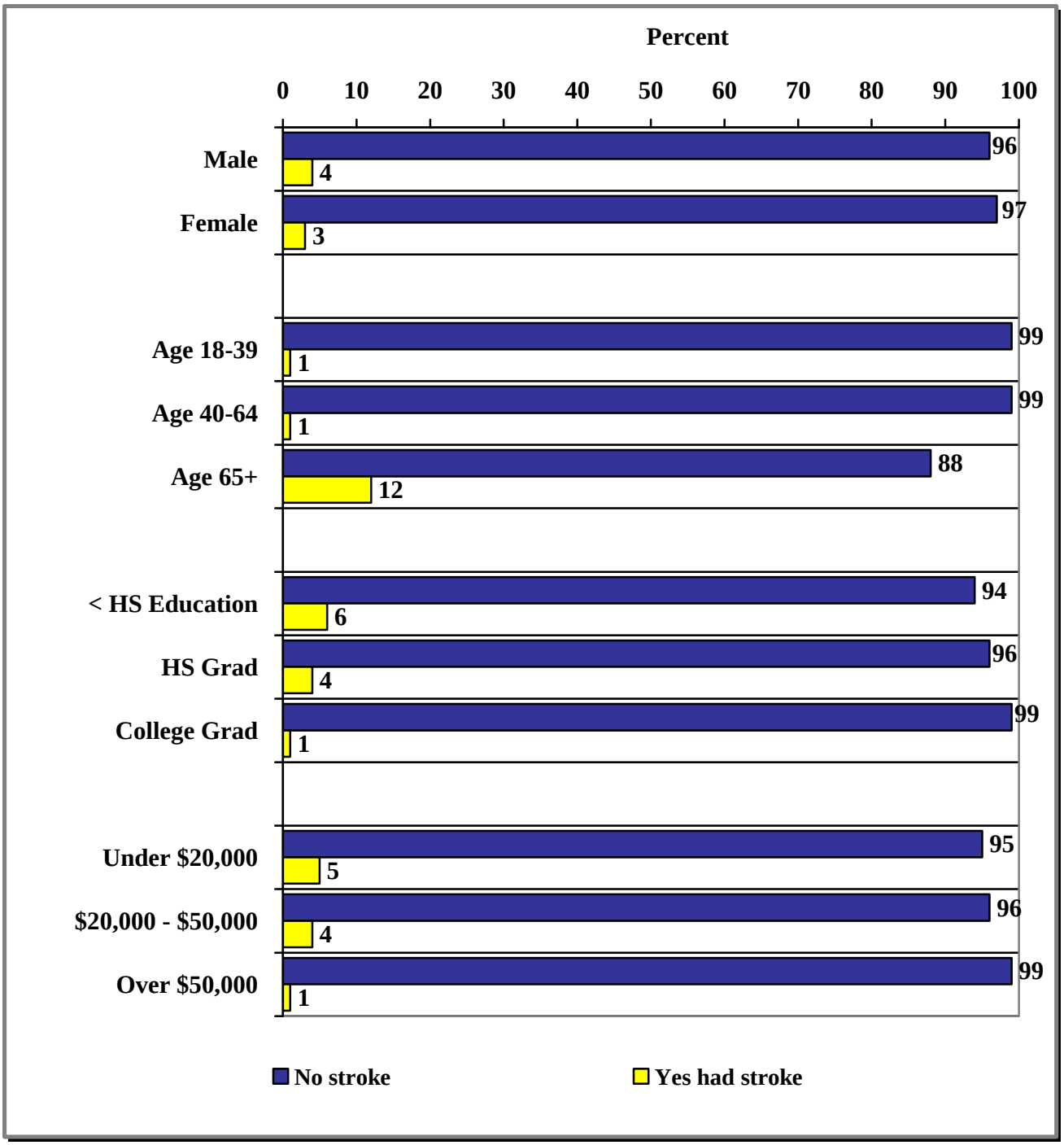


[5] http://www.ninds.nih.gov/disorders/stroke/knowstroke.htm#whatis

Cardiovascular Disease Prevalence (continued)

Question: Has a doctor, nurse, or other health professional ever told you that you had a stroke?

Figure 6: Stroke (by selected characteristics)



Asthma

Asthma is a chronic inflammatory disease of the airways that is characterized by wheezing, breathlessness, chest tightness, and coughing. Asthma is a serious and growing health problem. Severe asthma attacks often result in hospitalizations or emergency department visits.

Risk Factor Definition: Ever had asthma

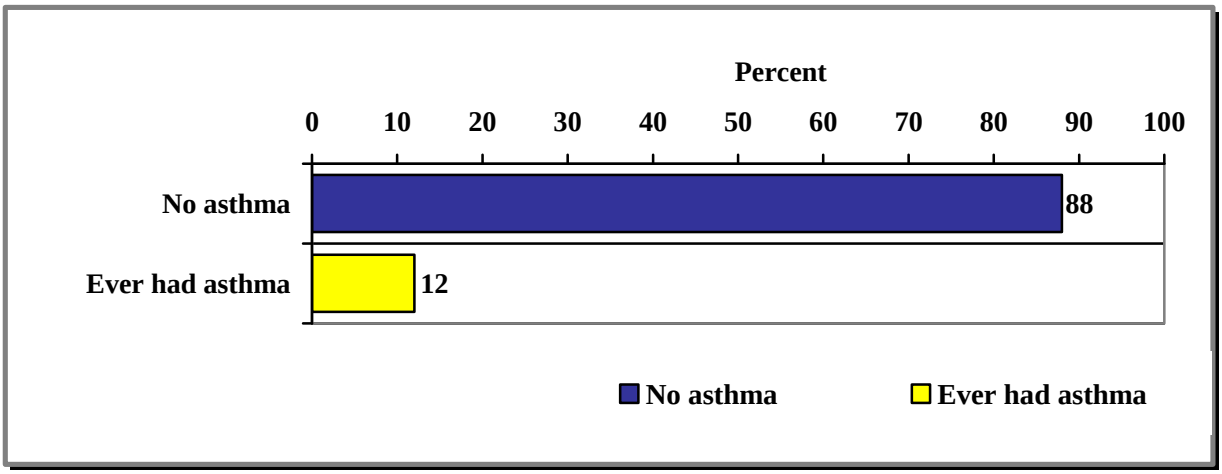
Question: Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

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

Table 1: Asthma (overall)

Asthma	Frequency (n)
Ever had asthma	102
No asthma	712

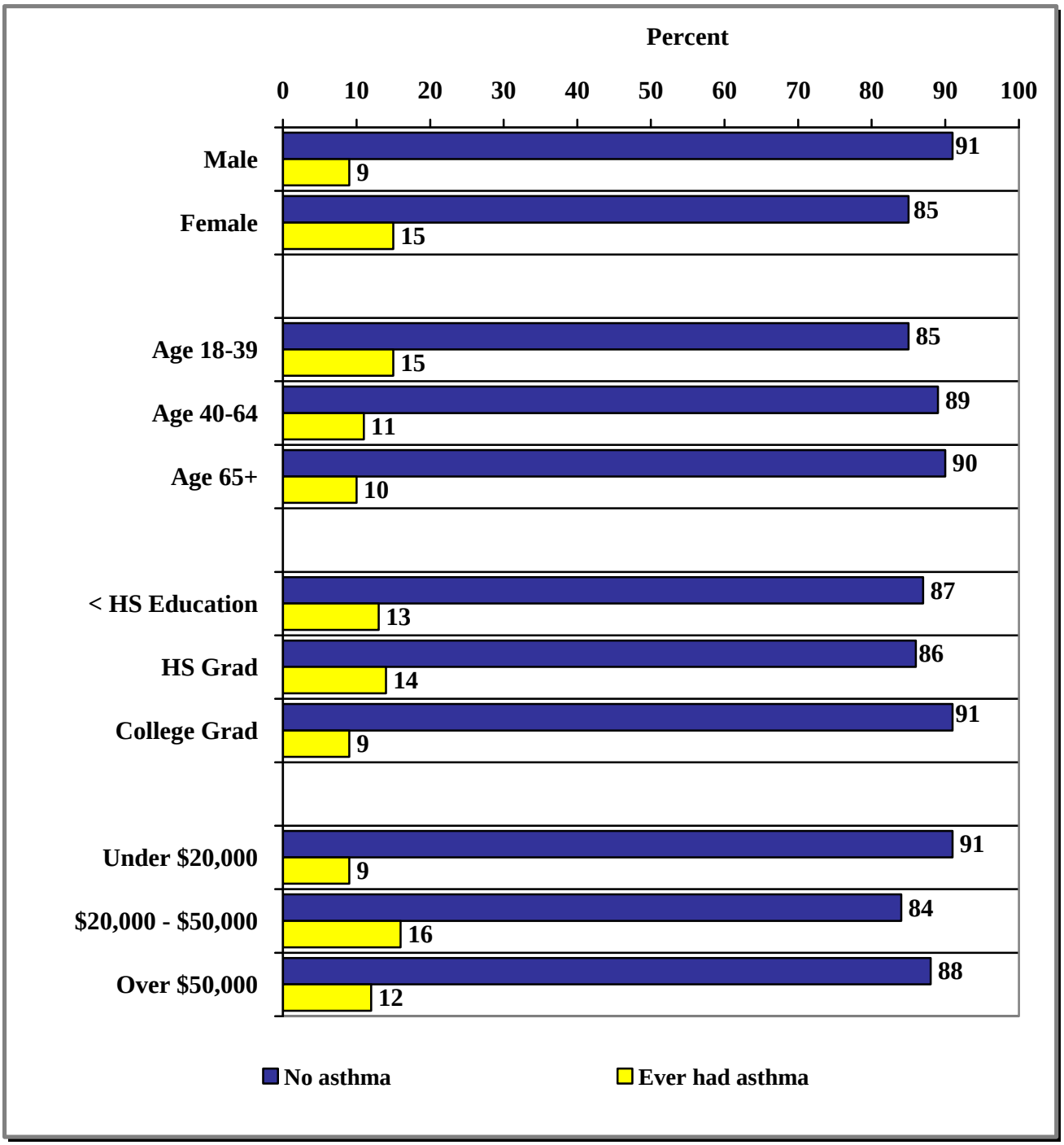
Figure 1: Asthma (overall)



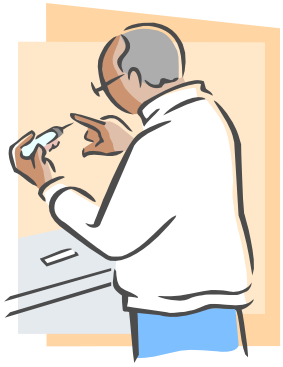
Asthma (continued)

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

Figure 2: Asthma (by selected characteristics)



Diabetes



Diabetes is a disease in which blood glucose levels are above normal. Diabetes can cause serious health complications including heart disease, blindness, kidney failure, and lower-extremity amputation.

Risk Factor Definition: Have diabetes

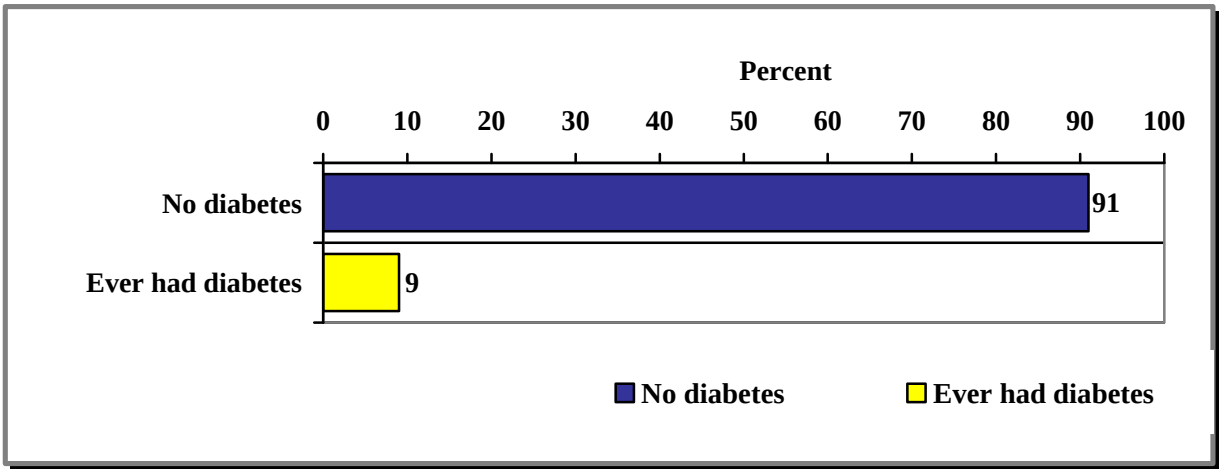
Question: Have you ever been told by a doctor that you have diabetes?

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

Table 1: Diabetes (overall)

Diabetes	Frequency (n)
Ever had diabetes	121
No diabetes	692

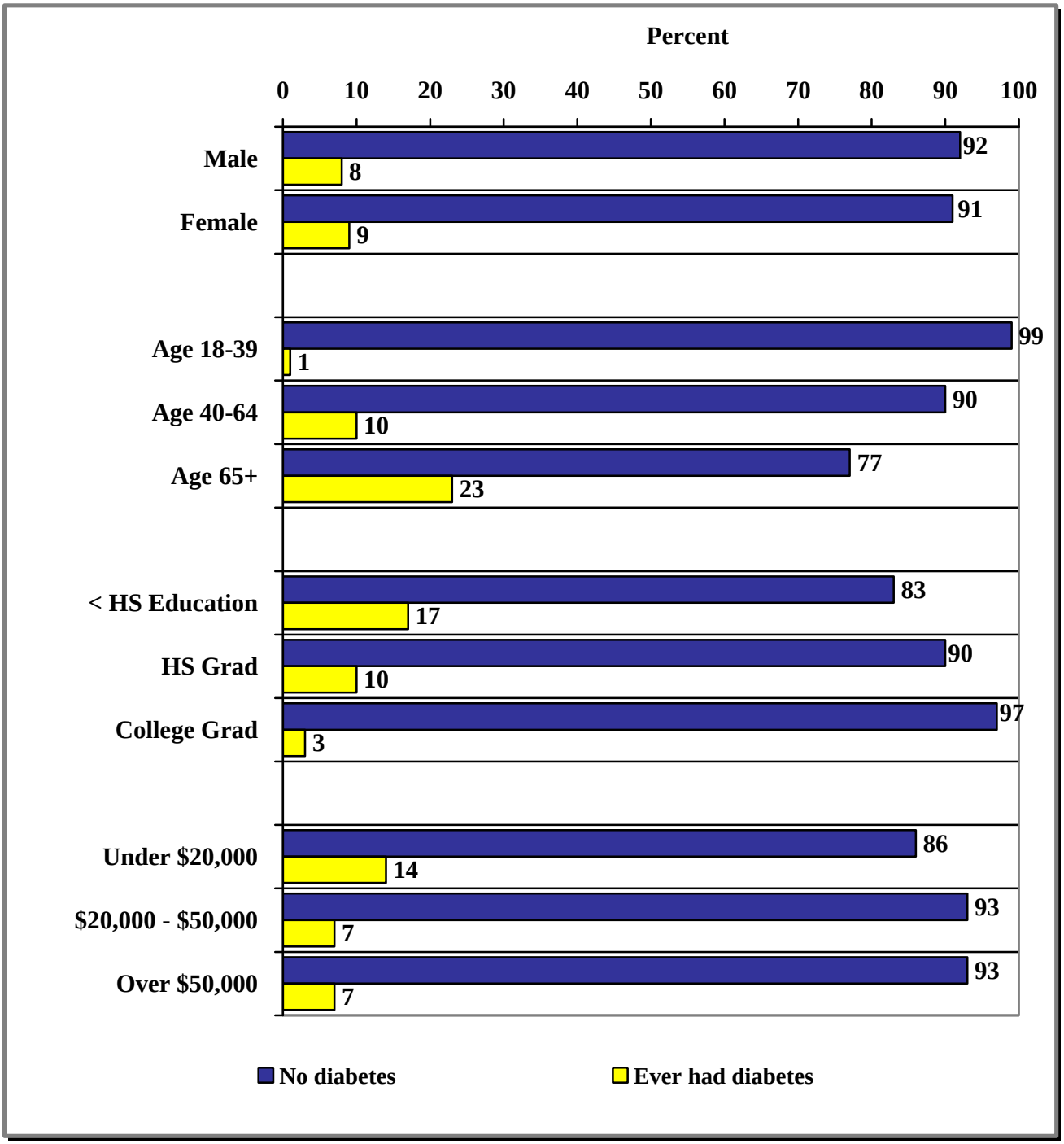
Figure 1: Diabetes (overall)



Diabetes (continued)

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

Figure 2: Diabetes (by selected characteristics)



Arthritis

Arthritis is the leading cause of disability in the nation. Arthritis limits everyday activities and adversely affects physical and mental health. The term arthritis encompasses over 100 different conditions affecting the joints and muscles.

Diagnosed with Arthritis

Risk Factor Definition: Ever had arthritis

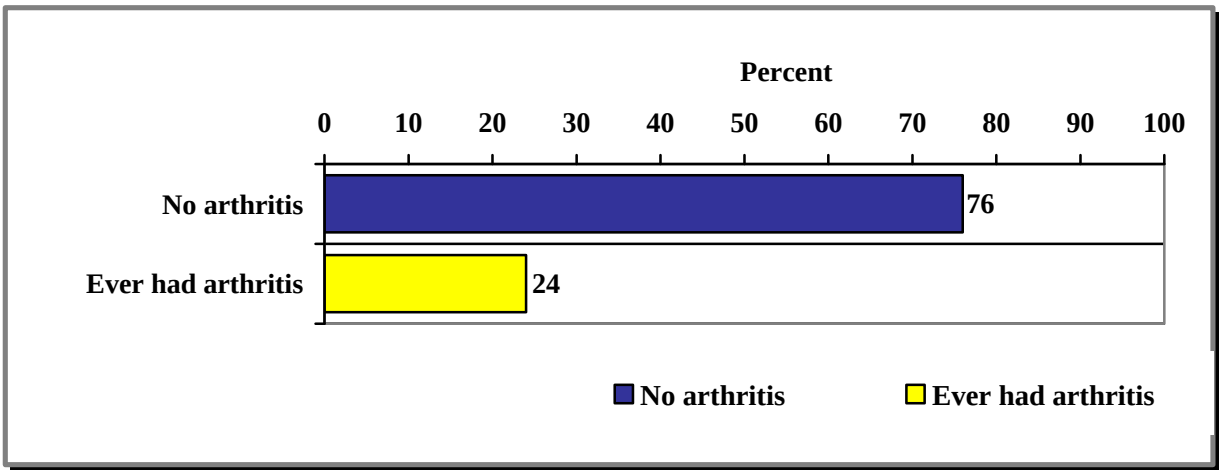
Question: Have you ever been told by a doctor that you have arthritis?

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

Table 1: Arthritis (overall)

Arthritis	Frequency (n)
Ever had arthritis	298
No arthritis	511

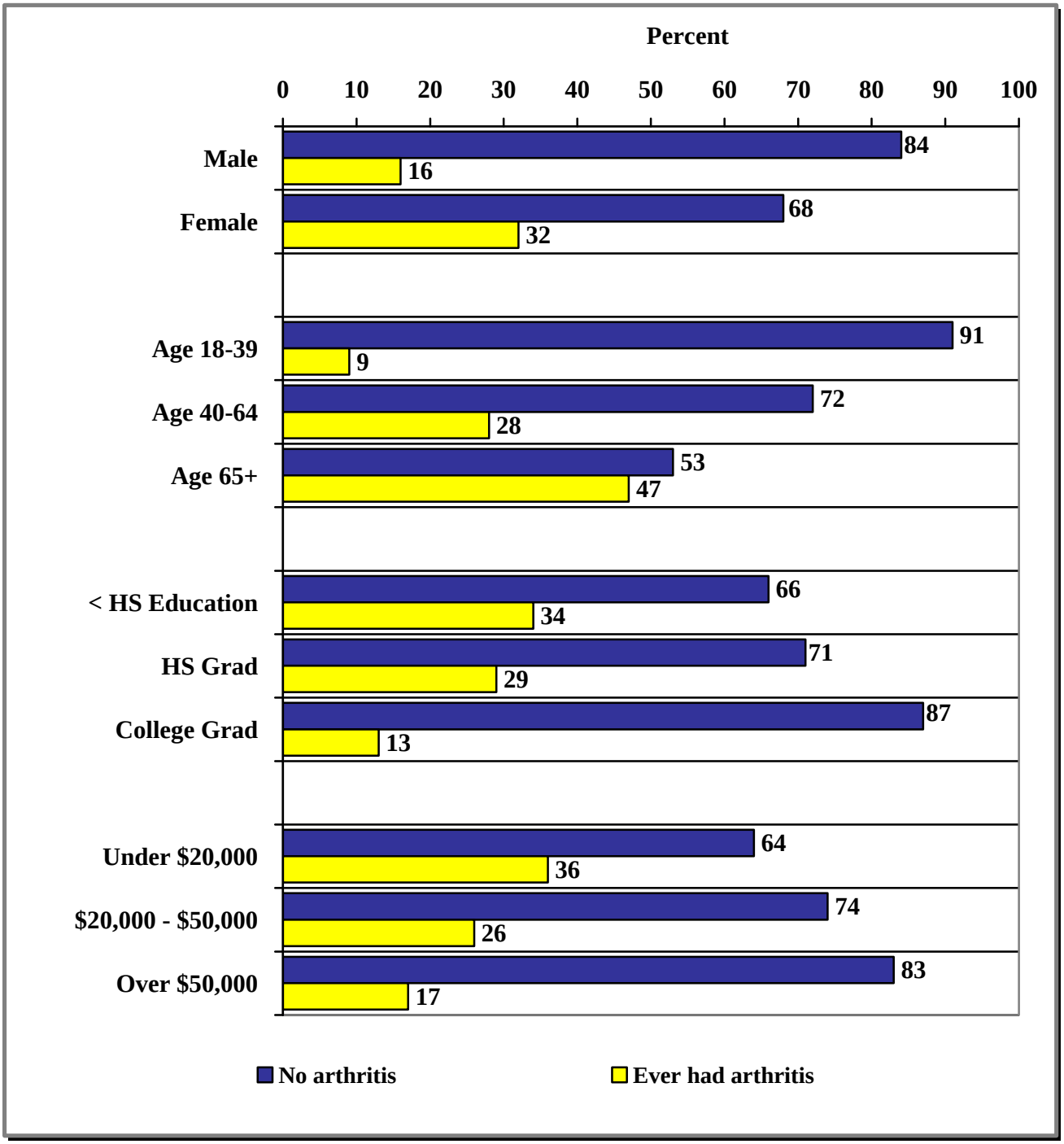
Figure 1: Arthritis (overall)



Arthritis (continued)

<u>Question:</u> Have you ever been told by a doctor that you have arthritis?

<u>Figure 2:</u> Arthritis (by selected characteristics)



Arthritis (continued)

Activity Limitations

Risk Factor Definition: Have activity limitations due to joint symptoms

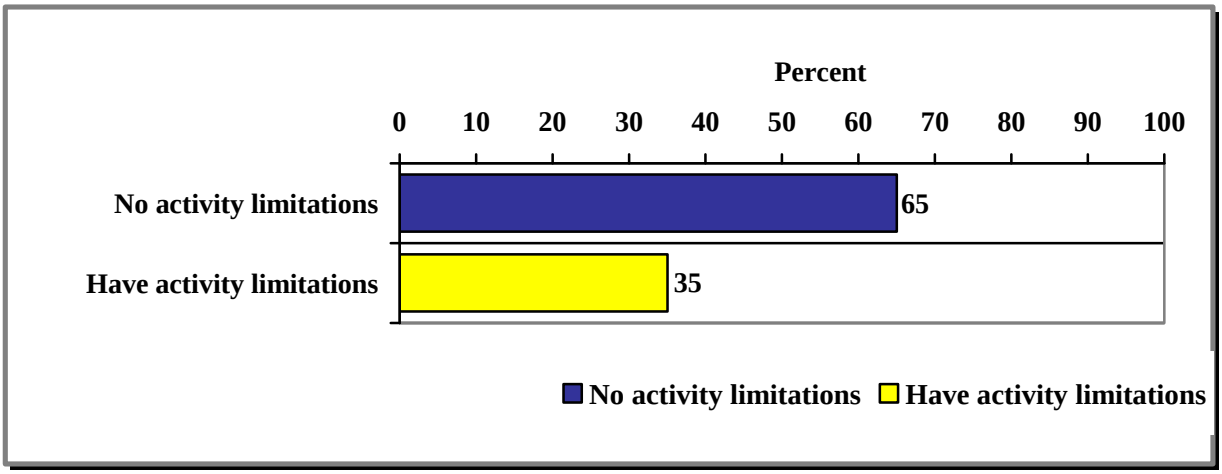
Question: Are you now limited in any way in any activities because of joint symptoms?

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

Table 2: Activity limitations (overall)

Activity limitations	Frequency (n)
Have activity limitations	170
No activity limitations	250

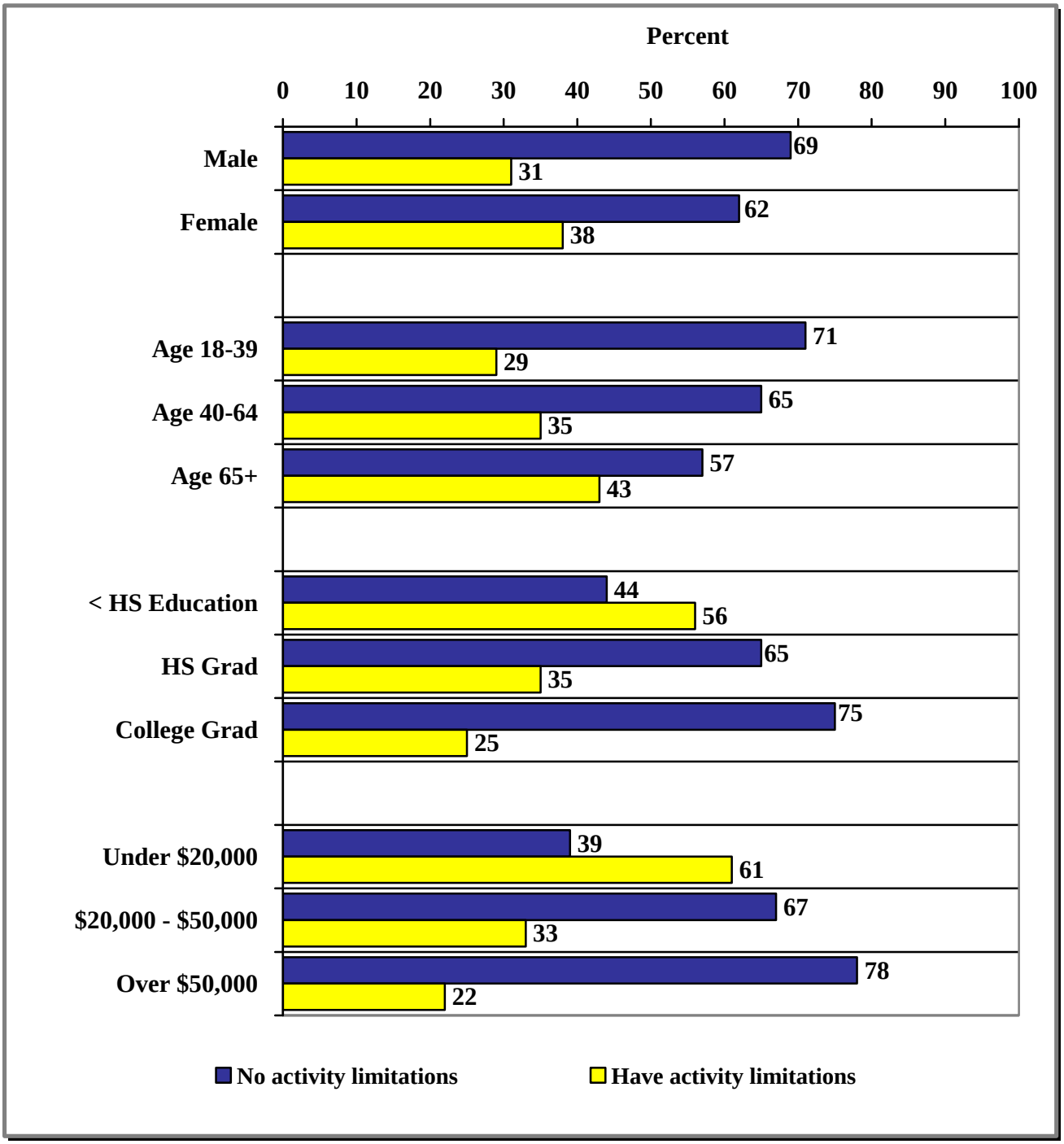
Figure 3: Activity limitations (overall)



Arthritis (continued)

<u>Question:</u> Are you now limited in any way in any activities because of joint symptoms?

<u>Figure 4:</u> Activity limitations (by selected characteristics)



Colorectal Cancer Screening

Colorectal cancer is the second leading cause of all cancer deaths in Arkansas according to the Arkansas Cancer Coalition. Some of the risk factors include age, family, history, physical inactivity, obesity and cigarette smoking.

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.

Risk Factor Definition: Over age 50 years and never been screened

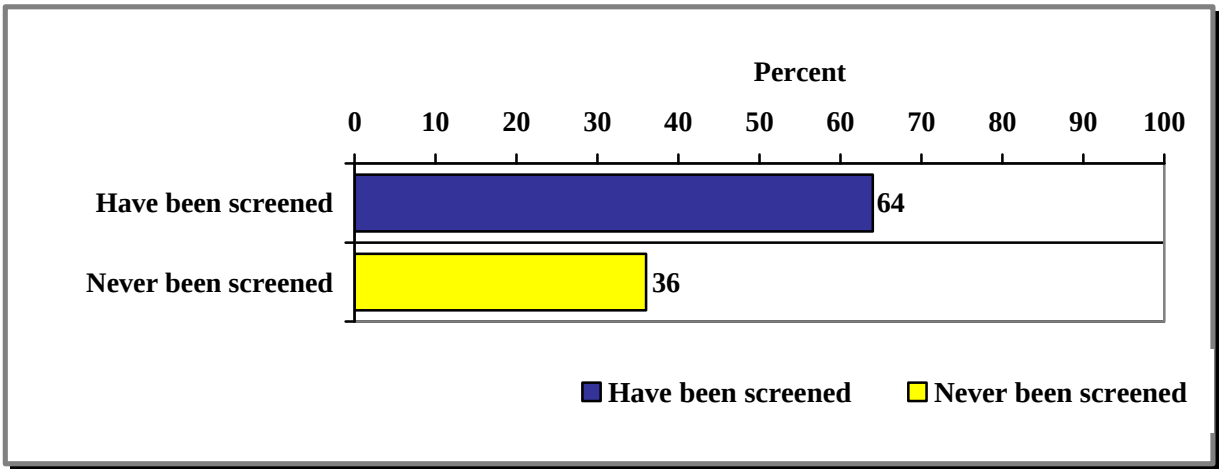
Question: Have you ever had these exams?

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

Table 1: Colorectal cancer screening (overall)

Colorectal cancer screening	Frequency (n)
Never been screened	190
Have been screened	371

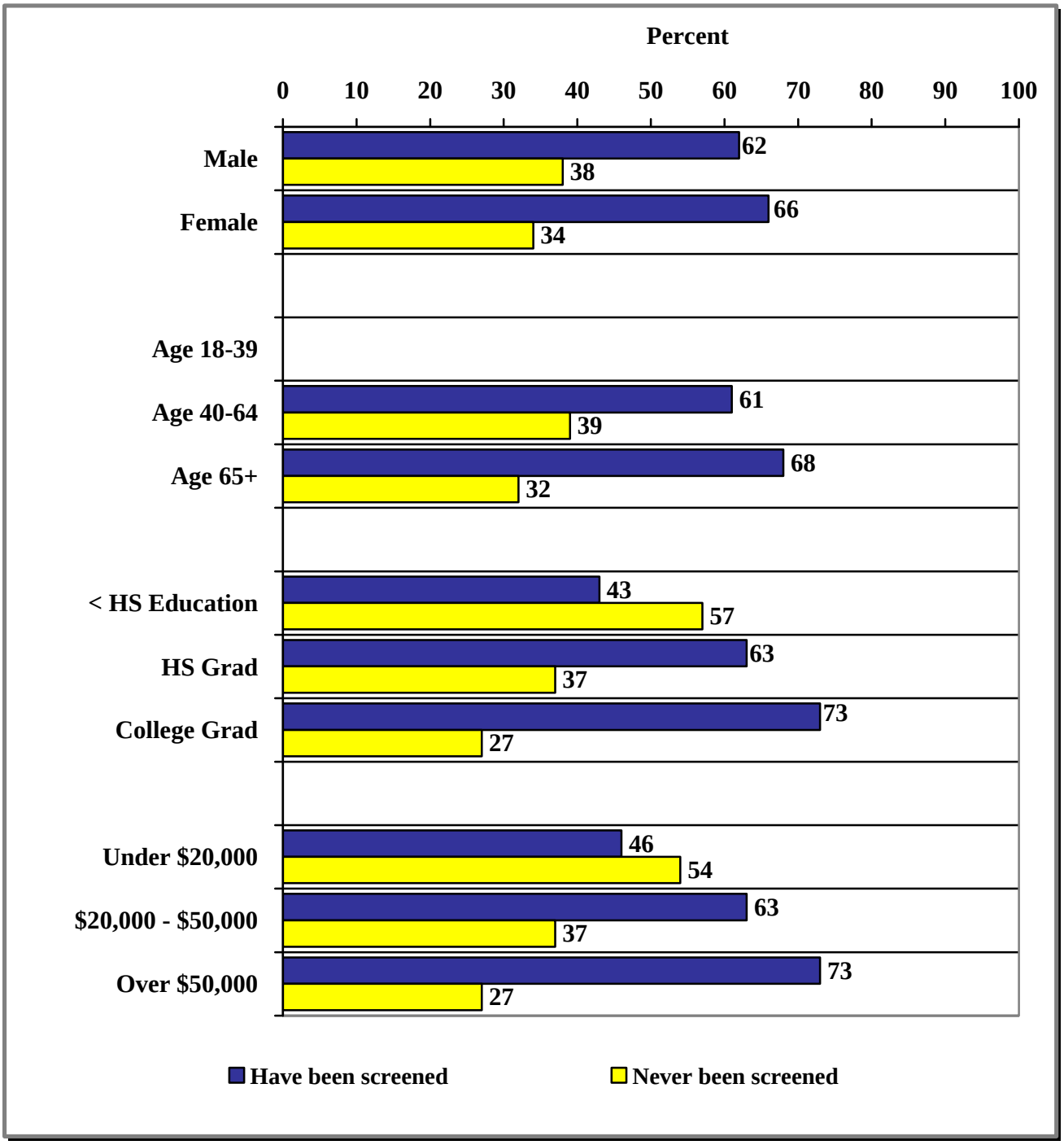
Figure 1: Colorectal cancer screening (overall)



Colorectal Cancer Screening (continued)

Question: Have you ever been screened for colorectal cancer, i.e. had a sigmoidoscopy or colonoscopy?

Figure 2: Colorectal cancer screening (by selected characteristics)



Prostate Cancer Screening

Prostate cancer is the most common form of cancer for men in Arkansas, aside from skin cancer. Age, race, family history, and diet may be risk factors for prostate cancer. Older men and African-American men are most at risk.

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.

Risk Factor Definition: Male, over age 40 years, and not screened within the past year

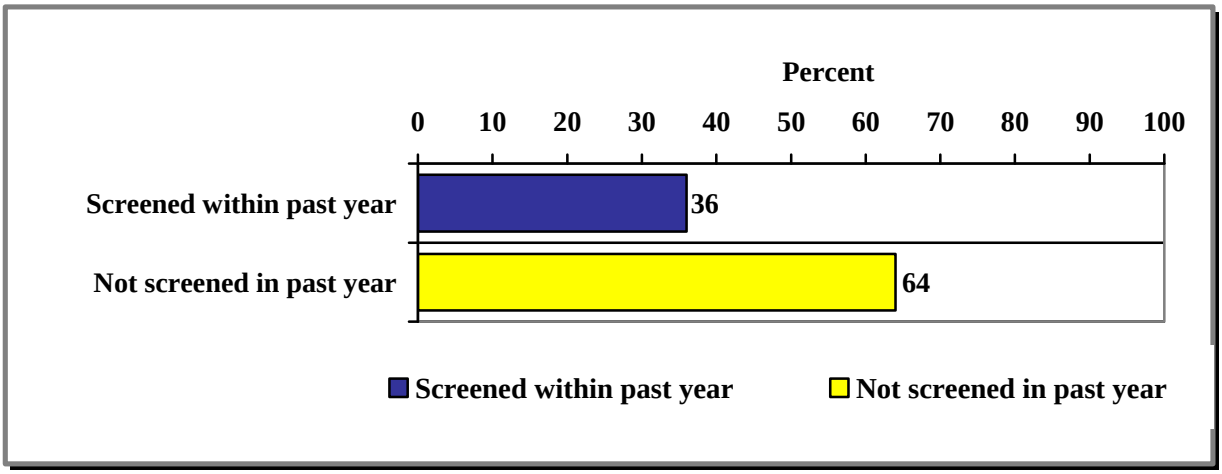
Question: Have you ever had these exams?

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

Table 1: Prostate cancer screening (overall)

Prostate cancer screening	Frequency (n)
Never or more than year ago	130
Within past year	99

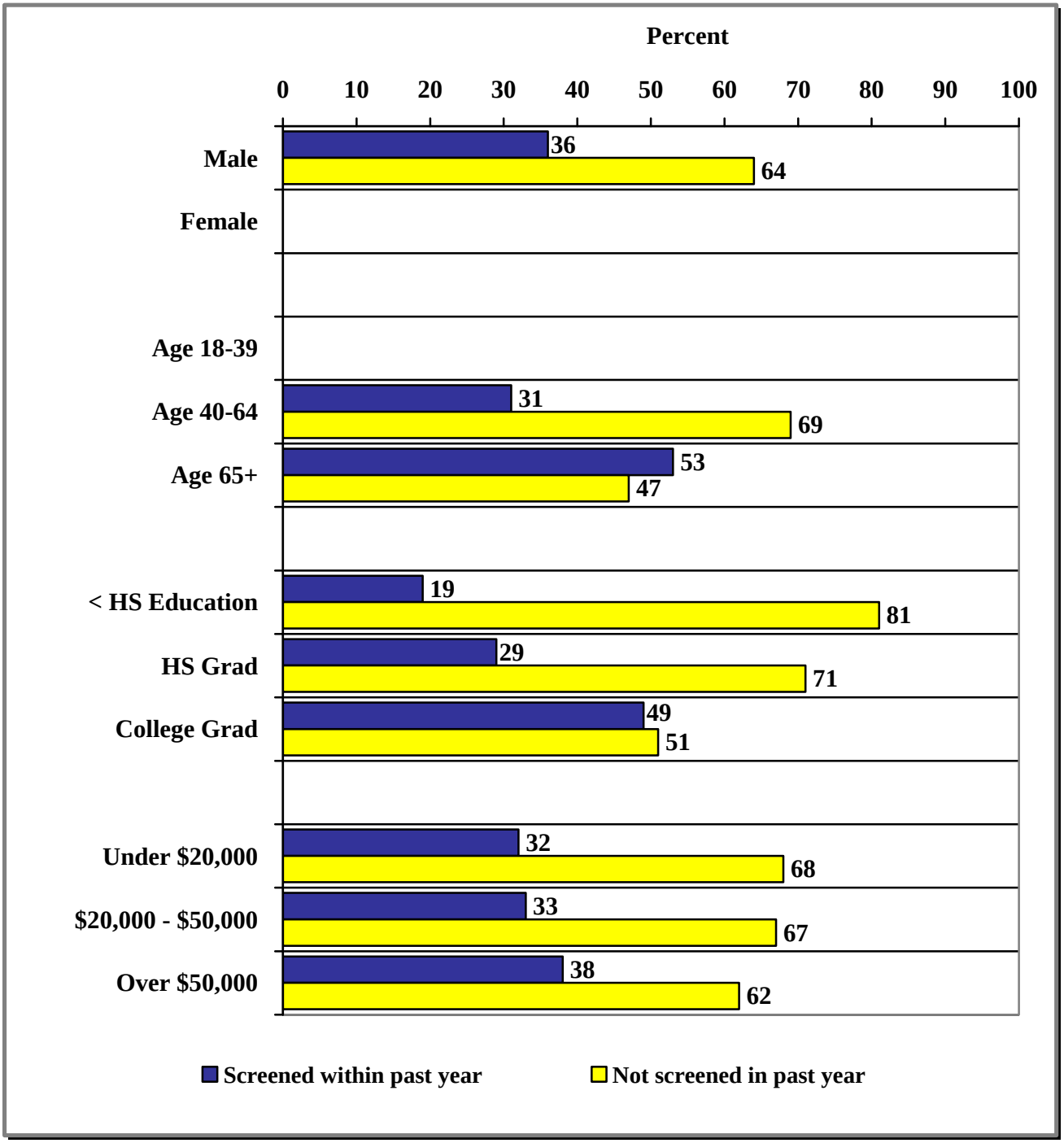
Figure 1: Prostate cancer screening (overall)



Prostate Cancer Screening (continued)

Question: Have you ever been screened for prostate cancer?

Figure 2: Prostate cancer screening (by selected characteristics)



Immunization – Influenza Shot

Immunization against influenza can prevent serious illness and death. Getting the flu shot not only helps you but it lessens the chance that you will spread the illness to someone else.

Risk Factor Definition: No influenza shot within past 12 months

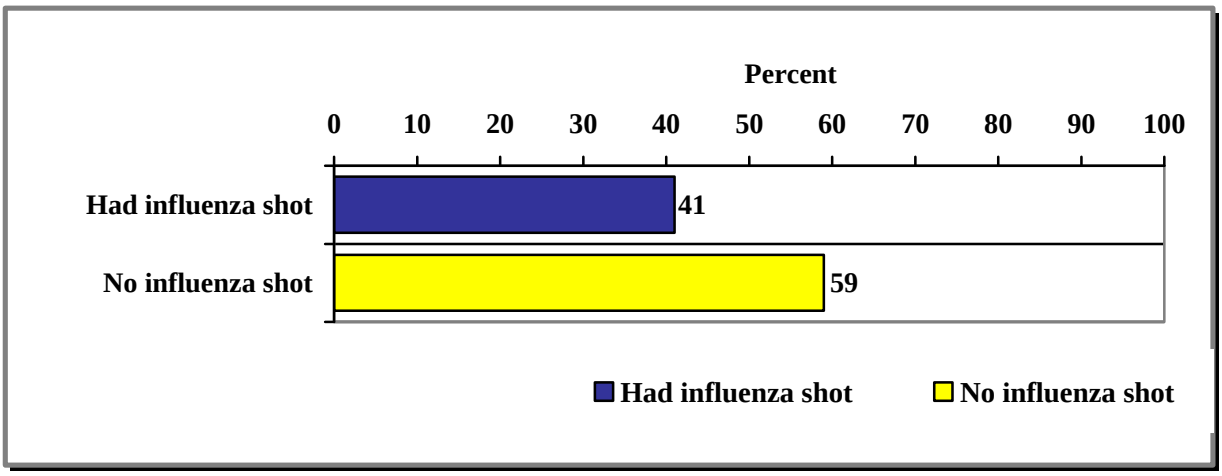
Question: During the past 12 months, have you had a flu shot?

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

Table 1: Influenza shot (overall)

Influenza shot	Frequency (n)
No influenza shot	425
Had influenza shot	380

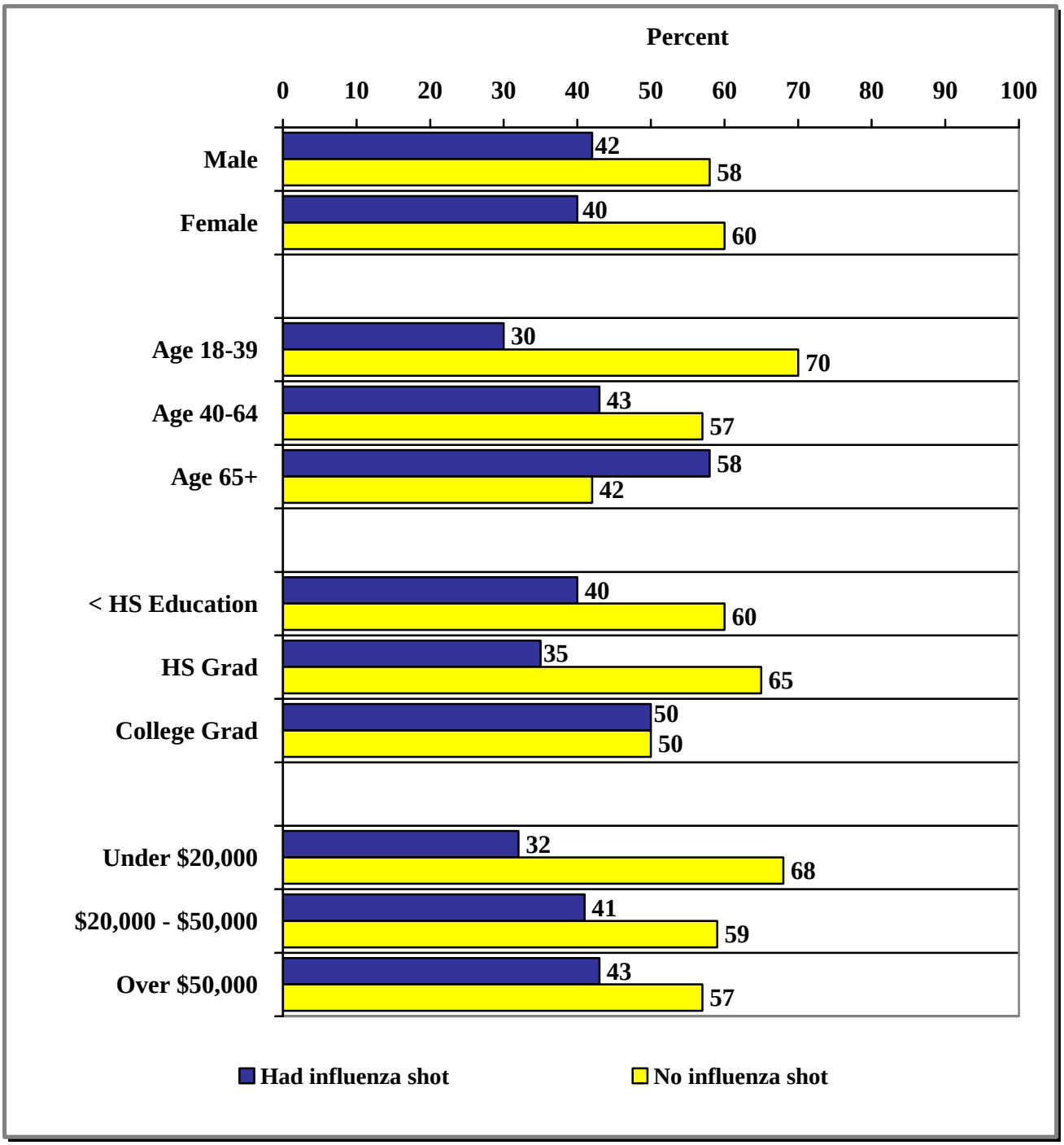
Figure 1: Influenza shot (overall)



Immunization – Influenza Shot (continued)

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

Figure 2: Influenza shot (by selected characteristics)



Oral Health

Permanent Teeth Extraction

Risk Factor Definition: Permanent teeth extraction

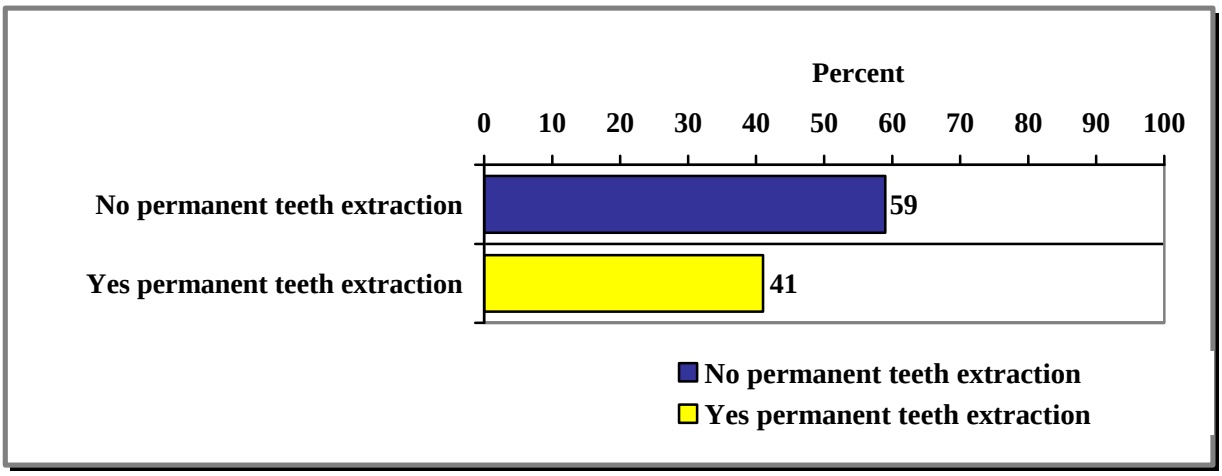
Question: How many of your permanent teeth have been removed because of tooth decay or gum disease?

At risk: Those who answered "1 or more" are considered at risk.

Table 1: Permanent teeth extraction (overall)

Permanent teeth extraction	Frequency (n)
Permanent teeth extraction	442
No permanent teeth extraction	318

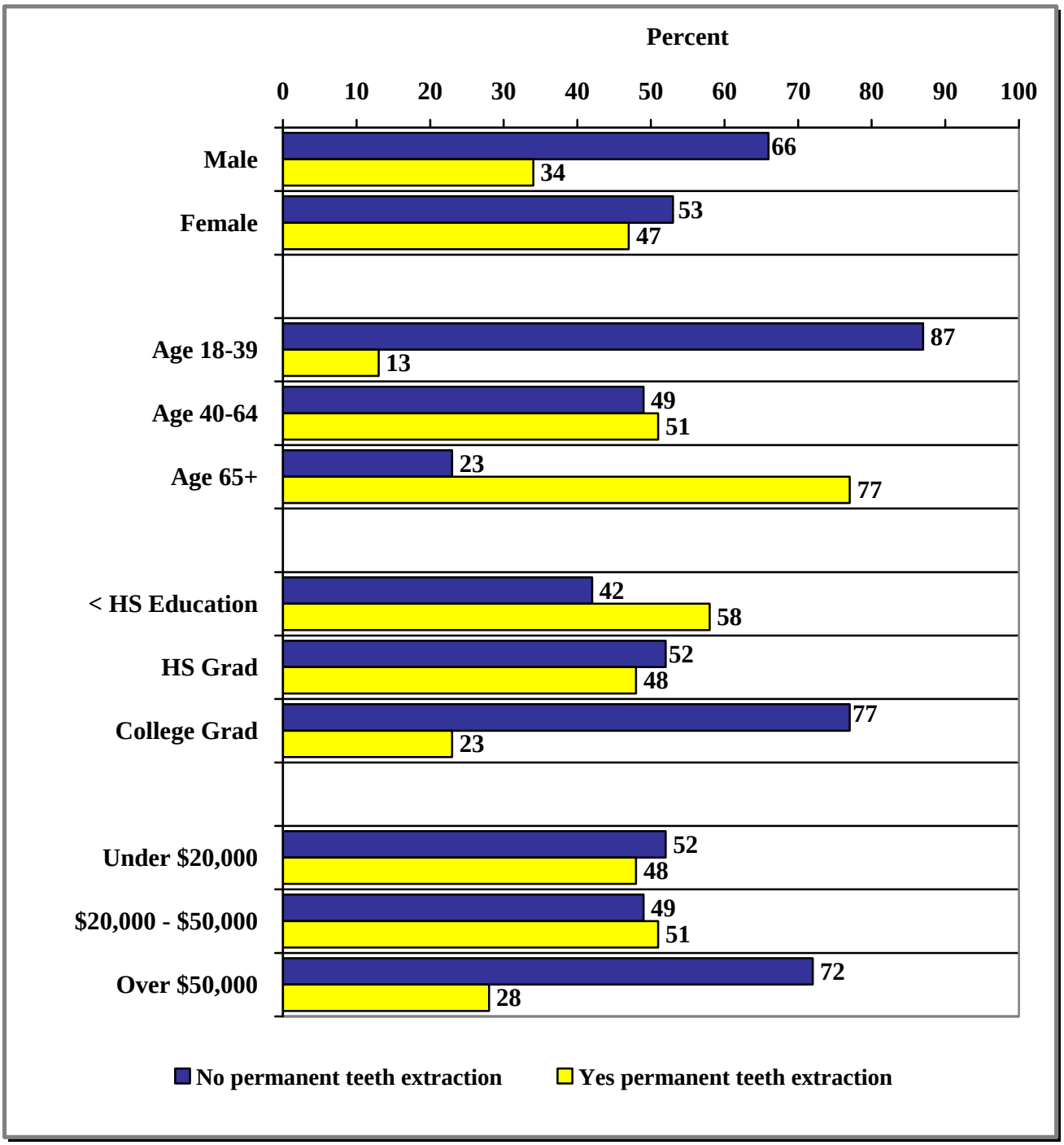
Figure 1: Permanent teeth extraction (overall)



Oral Health (continued)

Question: How many of your permanent teeth have been removed because of tooth decay or gum disease?

Figure 2: Permanent teeth extraction (by selected characteristics)



Oral Health (continued)

Last dental visit

Risk Factor Definition: Last dental visit one year or more ago

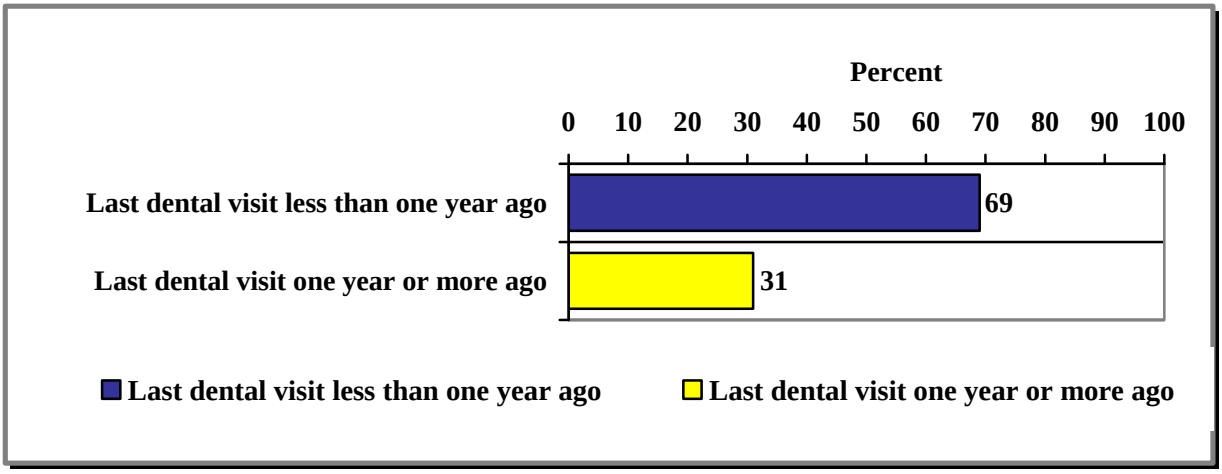
Question: How long has it been since you last visited a dentist or dental clinic for any reason?

At risk: Those who answered "1 year or more" are considered at risk.

Table 2: Last dental visit (overall)

Dental visit	Frequency (n)
Last dental visit one year or more ago	236
Last dental visit less than one year ago	531

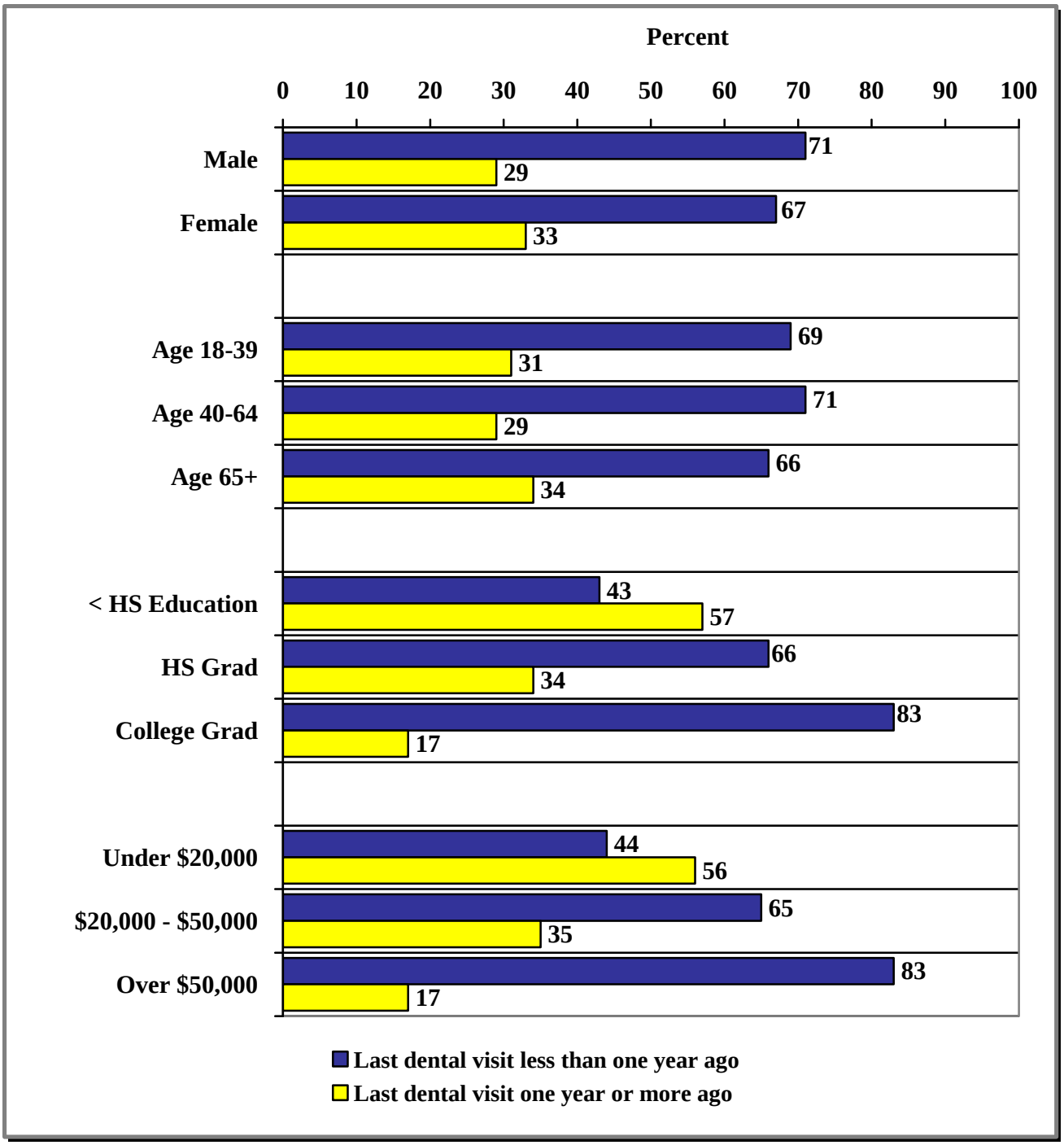
Figure 3: Last dental visit (overall)



Oral Health (continued)

Question: How long has it been since you last visited a dentist or dental clinic for any reason?

Figure 4: Last dental visit (by selected characteristics)



Physical Activity

Regular physical activity is important for people of all ages. It is important for maintaining a healthy body, enhancing quality of life, and preventing death.

Risk Factor Definition: Do not participate in regular physical activity

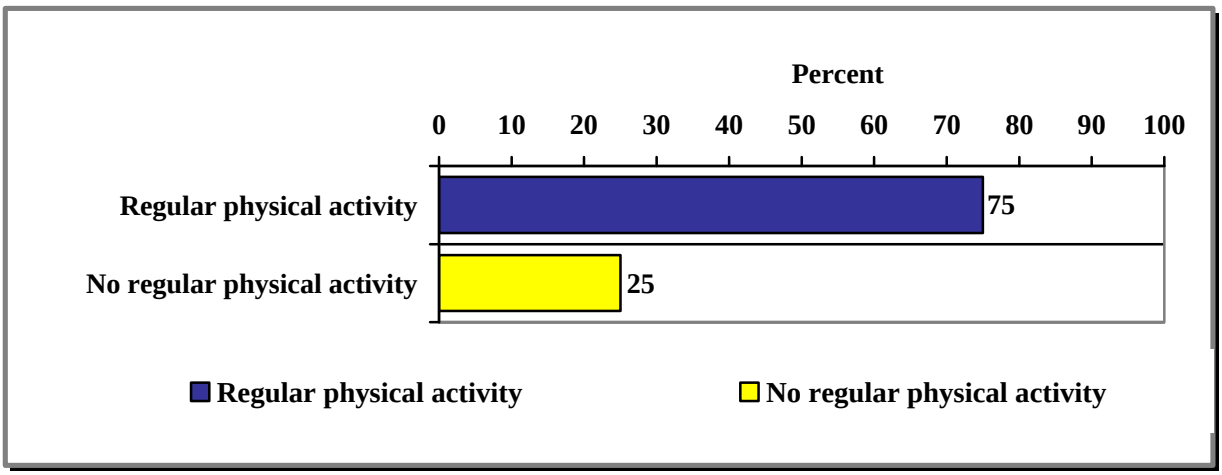
Questions: During the past 30 days, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

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

Table 1: Regular physical activity (overall)

Regular physical activity	Frequency (n)
No regular physical activity	238
Regular physical activity	582

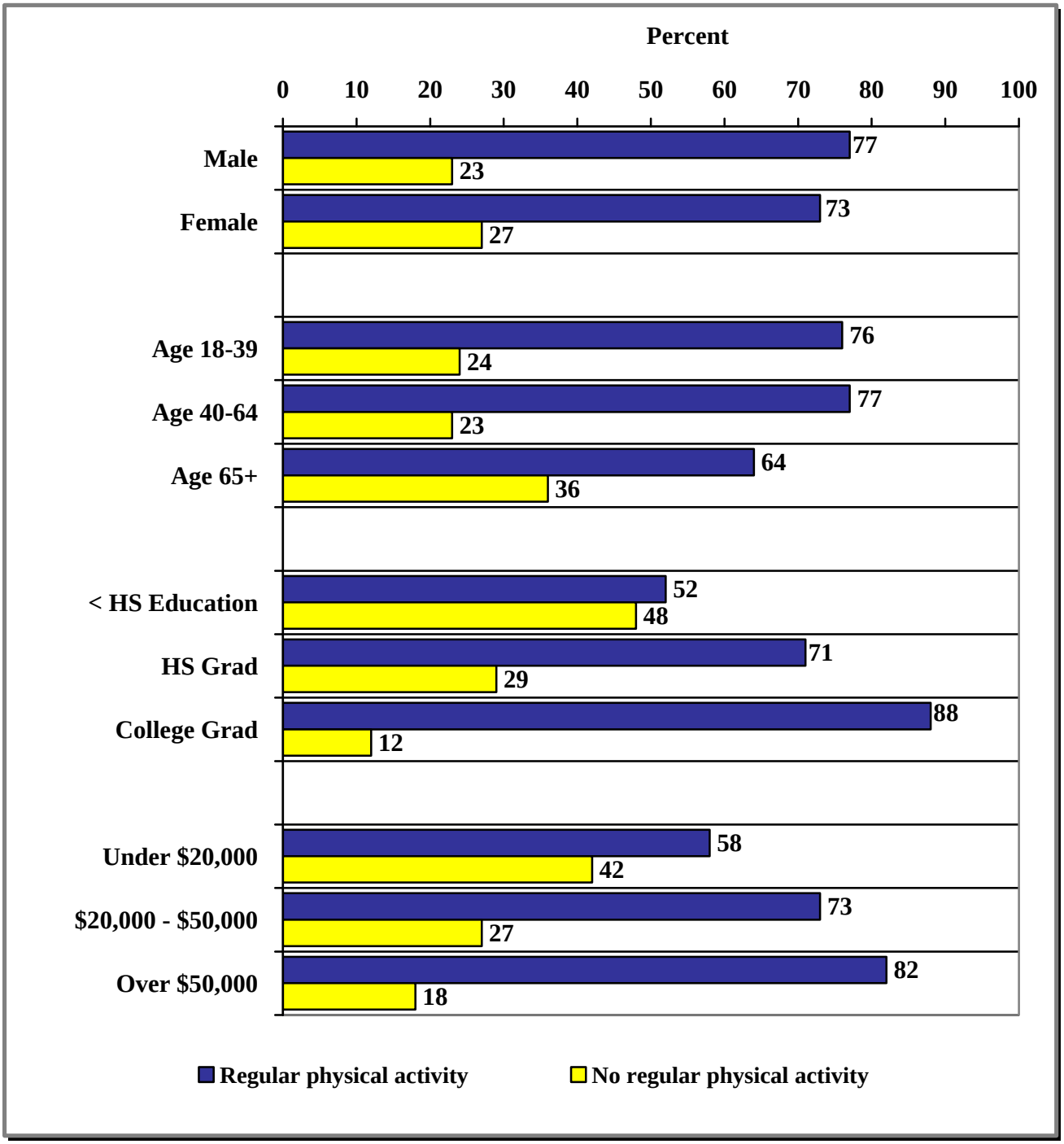
Figure 1: Regular physical activity (overall)



Physical Activity (continued)

Question: During the past 30 days, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

Figure 2: Physical activity (by selected characteristics)



Overweight

Overweight and obesity have risen considerably over the past several years and are major contributors to preventable causes of death. They raise the risk of social stigmatization, discrimination, and low-self esteem along with raising the risk of certain illnesses. Some of these illnesses include high blood pressure, high cholesterol, diabetes, heart disease, stroke, gall bladder disease, arthritis, sleep disturbance, breathing problems, and certain types of cancer.

Risk Factor Definition: Overweight as measured by Body Mass Index (BMI)

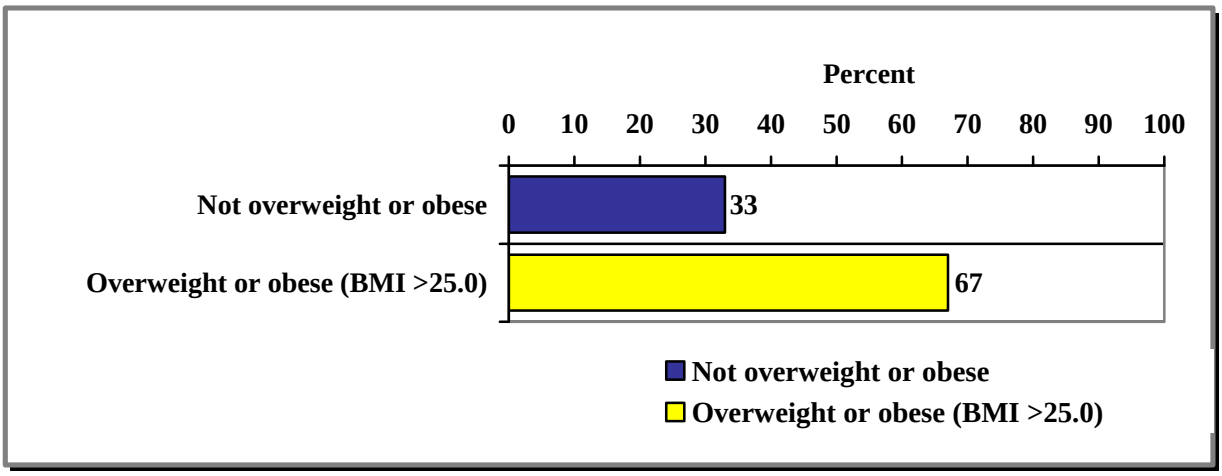
Questions: 1. How much do you weigh without shoes? 2. How tall are you without shoes?

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

Table 1: Bodyweight (overall)

Overweight or obese	Frequency (n)
Overweight or obese BMI > 25	492
Not overweight or obese BMI < 25	249

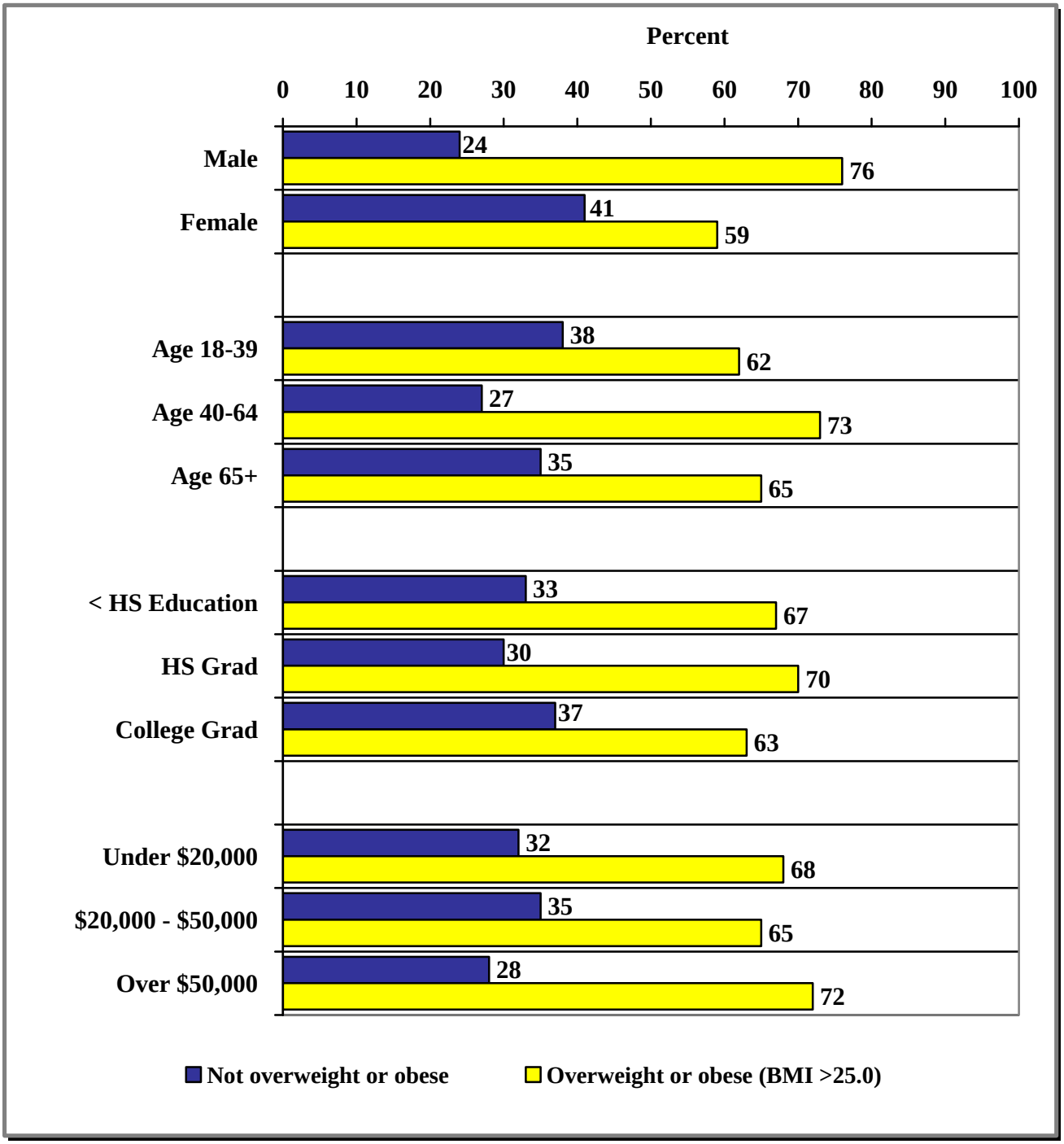
Figure 2: Bodyweight (overall)



Overweight (continued)

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

Figure 2: Bodyweight (by selected characteristics)



Fruits and Vegetables

Risk Factor Definition: Fewer than 5 fruits and vegetables per day

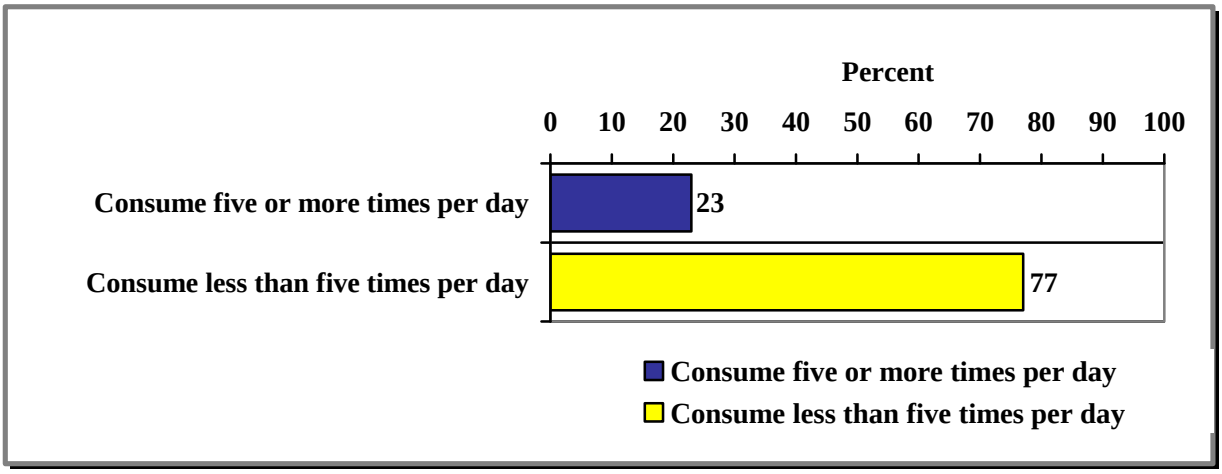
Question: How often do you eat fruits, green salad or other vegetables or drink fruit juice per day?

At risk: Those who answered "less than 5 times per day" are considered at risk.

Table 1: Consumption of fruits and vegetables (overall)

Fruits and vegetables	Frequency (n)
Consume less than 5 times per day	584
Consume 5 or more times per day	195

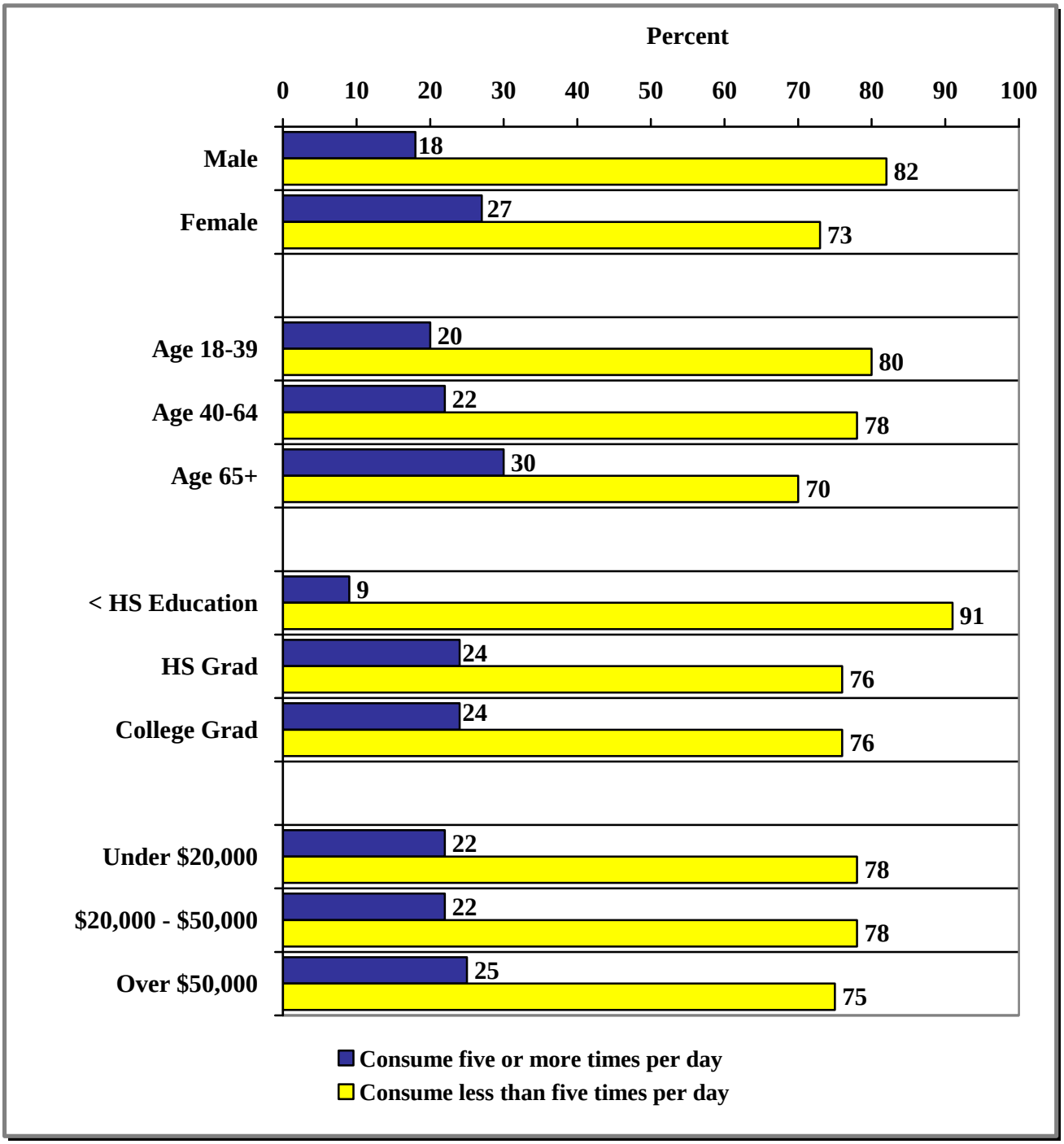
Figure 1: Consumption of fruits and vegetables (overall)



Fruits and Vegetables (continued)

Question: How often do you eat fruits, green salad or other vegetables or drink fruit juice per day?

Figure 2: Consumption of fruits and vegetables (by selected characteristics)



Disability

Survey respondents were asked about health problems or impairments they had. These include impairments that are either present at birth or acquired from illness or injury. People with disabilities face special challenges related to health, productivity, independence, and quality of life.

Limitations due to physical, mental or emotional problems

Risk Factor Definition: Limitations due to physical, mental, or emotional problems

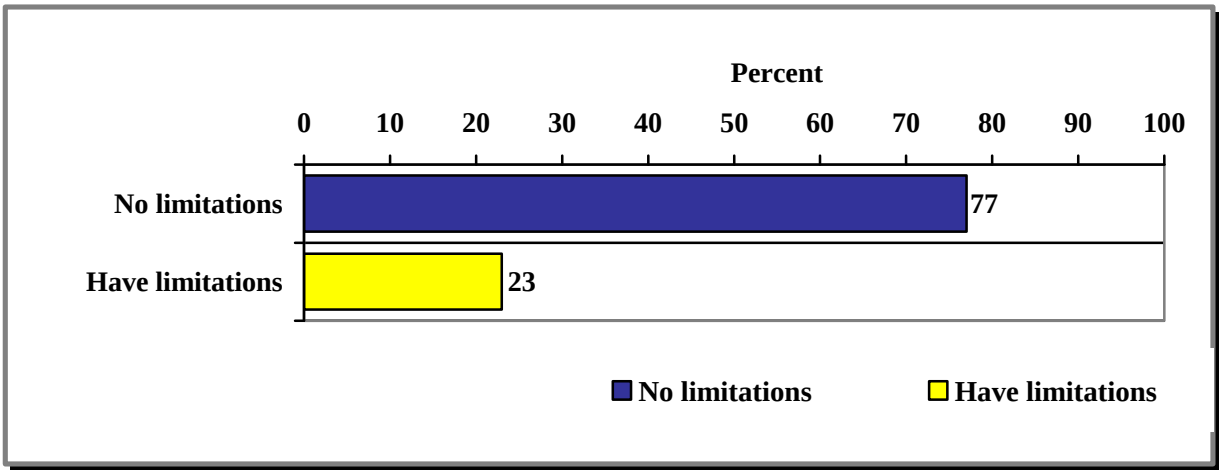
Question: Are you limited in any way in any activities because of physical, mental, or emotional problems?

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

Table 1: Limitations due to physical, mental or emotional problems (overall)

Limitations due to physical, mental or emotional problems	Frequency (n)
Limitations	239
No limitations	532

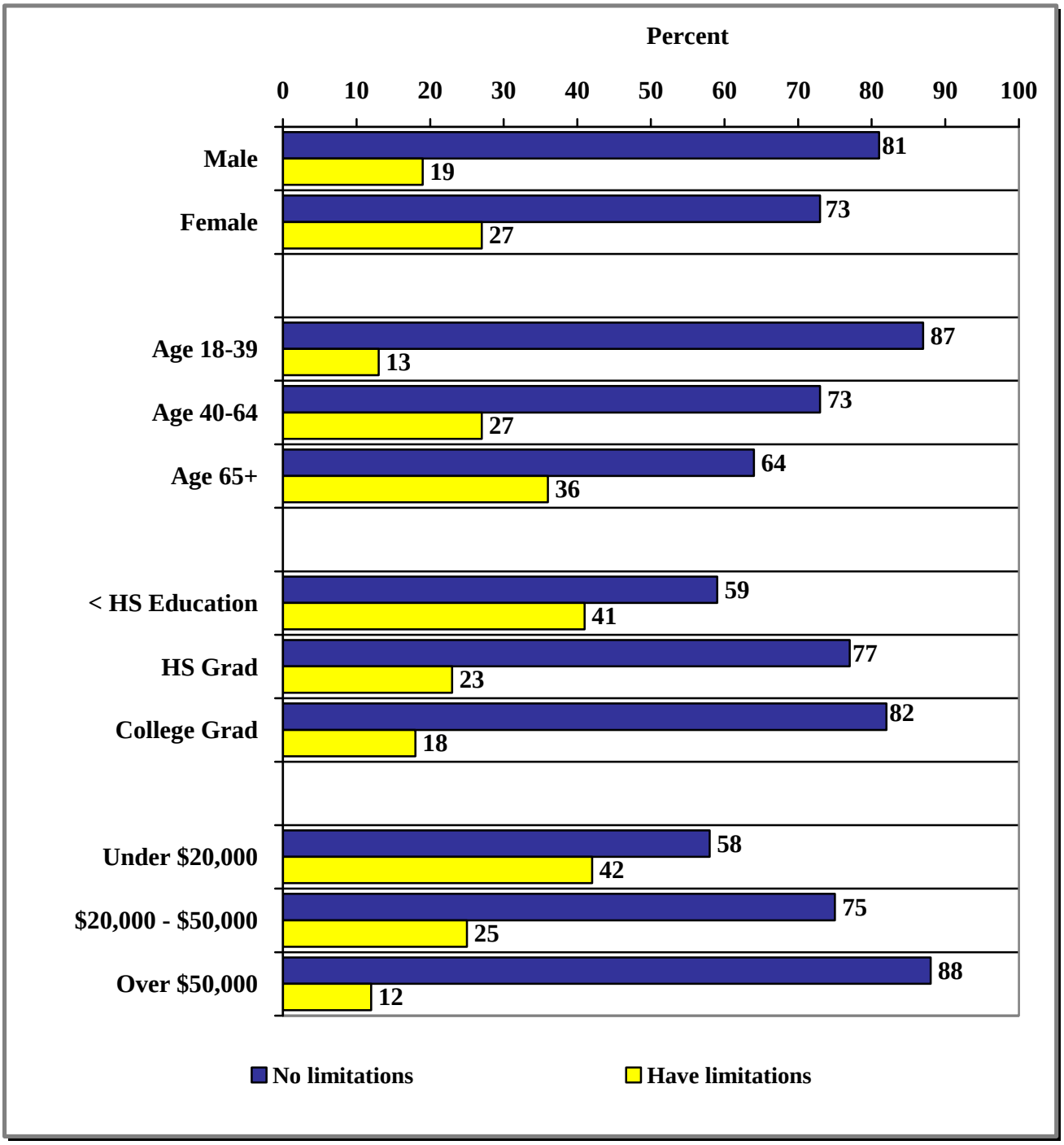
Figure 1: Limitations due to physical, mental or emotional problems (overall)



Disability (continued)

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

Figure 2: Limitations due to physical, mental or emotional problems (by selected characteristics)



Disability (continued)

Use of special equipment

Risk Factor Definition: Use of special equipment

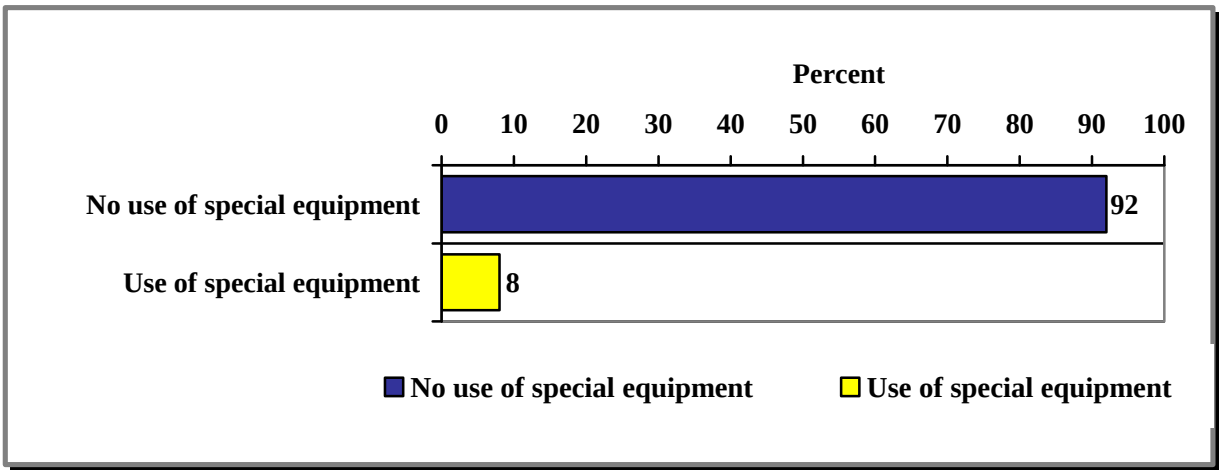
Question: Do you have any health problem that requires you to use special equipment, such as a cane, wheelchair, or special telephone?

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

Table 2: Use of special equipment (overall)

Use of special equipment	Frequency (n)
Use of special equipment	113
No use of special equipment	661

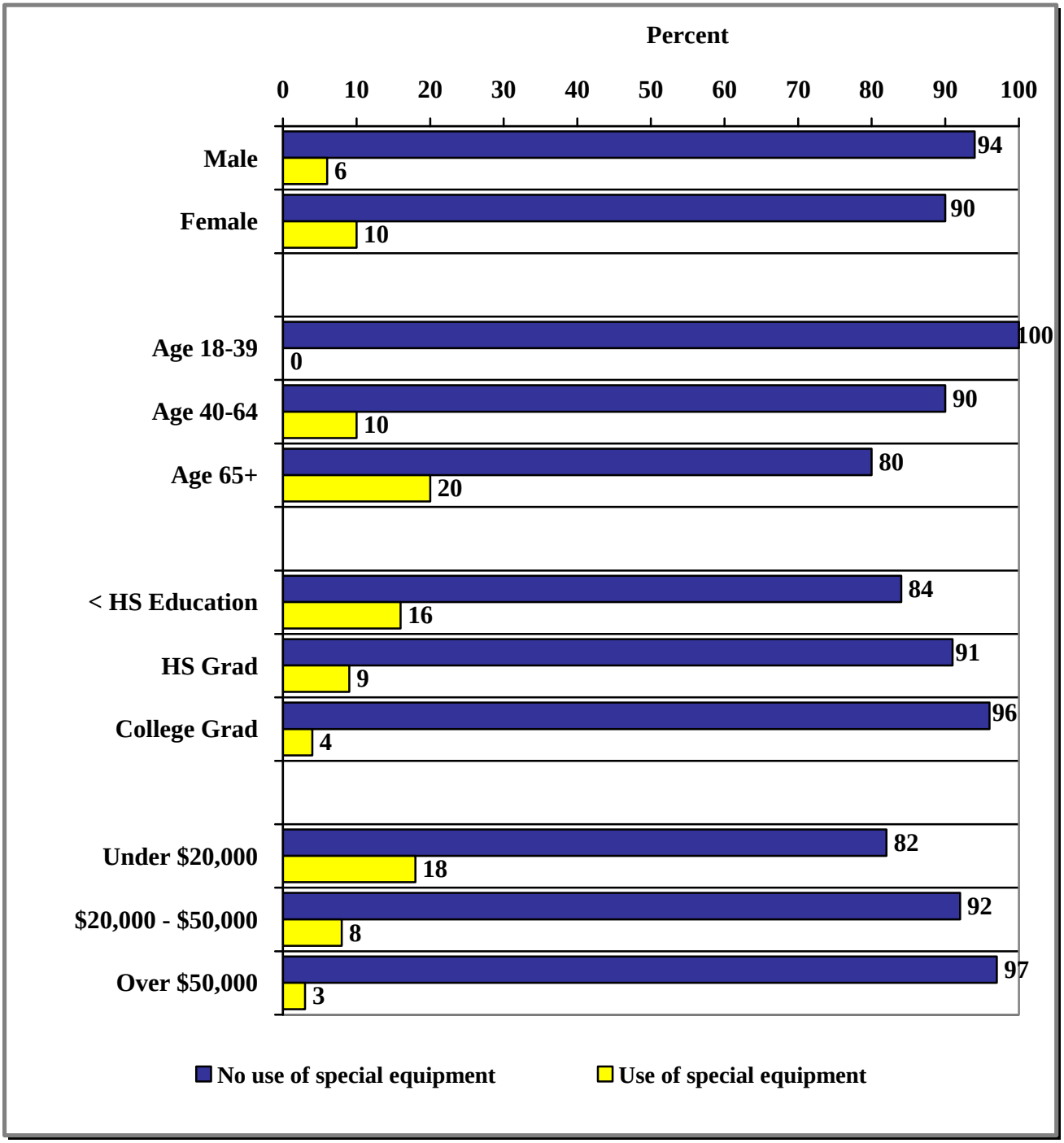
Figure 3: Use of special equipment (overall)



Disability (continued)

Question: Do you have any health problem that requires you to use special equipment?

Figure 4: Use of special equipment (by selected characteristics)



Disability (continued)

Social and emotional support

Risk Factor Definition: "Rarely or "never" get needed social and emotional support

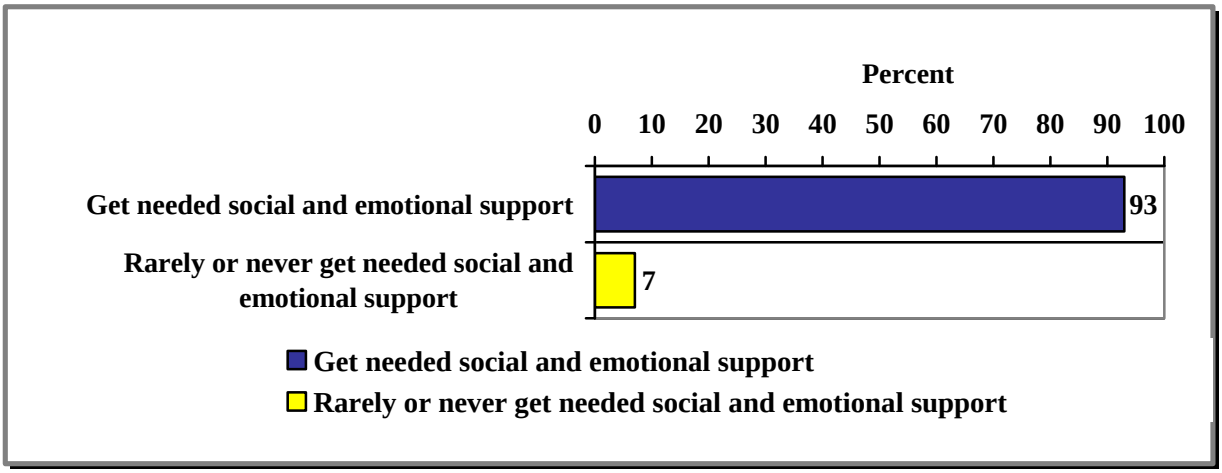
Question: How often do you get the social and emotional support that you need?

At risk: Those who answered "rarely or "never" are considered at risk.

Table 3: Social and emotional support (overall)

Social and emotional support	Frequency (n)
Rarely or never get needed social/emotional support	74
Get needed social/emotional support	685

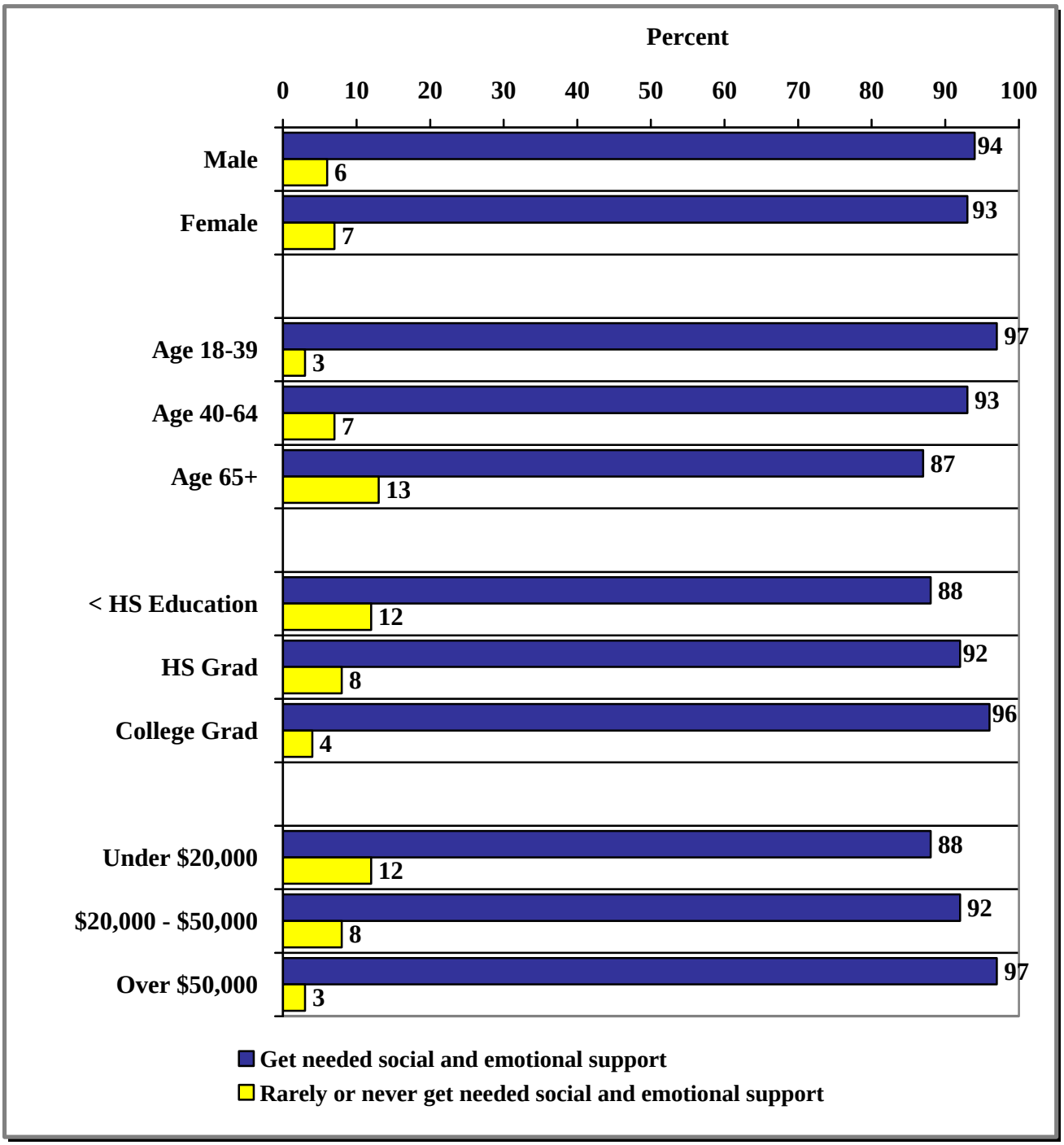
Figure 5: Social and emotional support (overall)



Disability (continued)

Question: How often do you get the social and emotional support you need?

Figure 6: Social and emotional support (by selected characteristics)



Disability (continued)

Satisfaction with life

Risk Factor Definition: "Dissatisfied" or "Very dissatisfied" with life

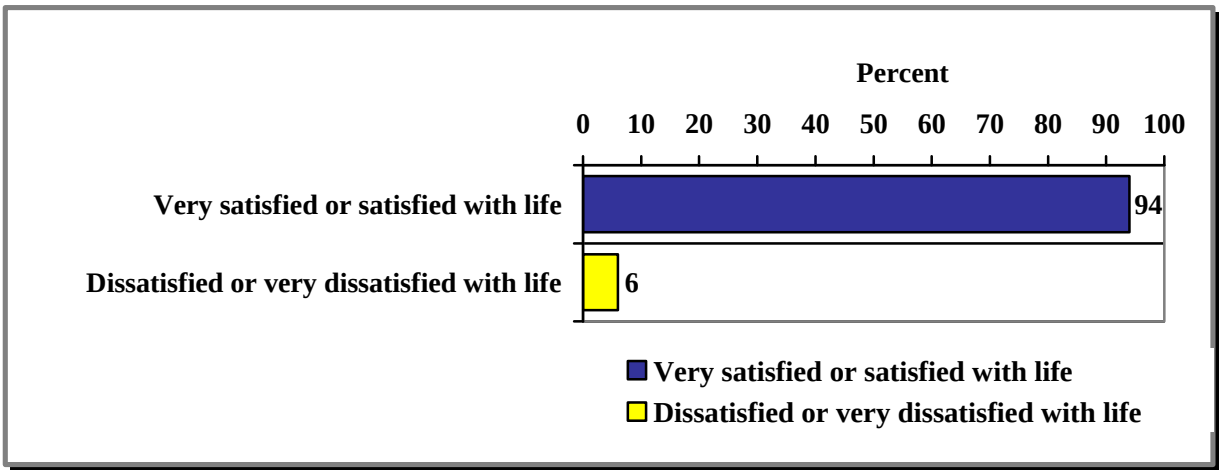
Question: In general, how satisfied are you with life?

At risk: Those who answered "dissatisfied" or "very dissatisfied" with life are considered at risk.

Table 4: Satisfaction with life (overall)

Satisfaction with life	Frequency (n)
Dissatisfied or very dissatisfied with life	36
Very satisfied or satisfied with life	730

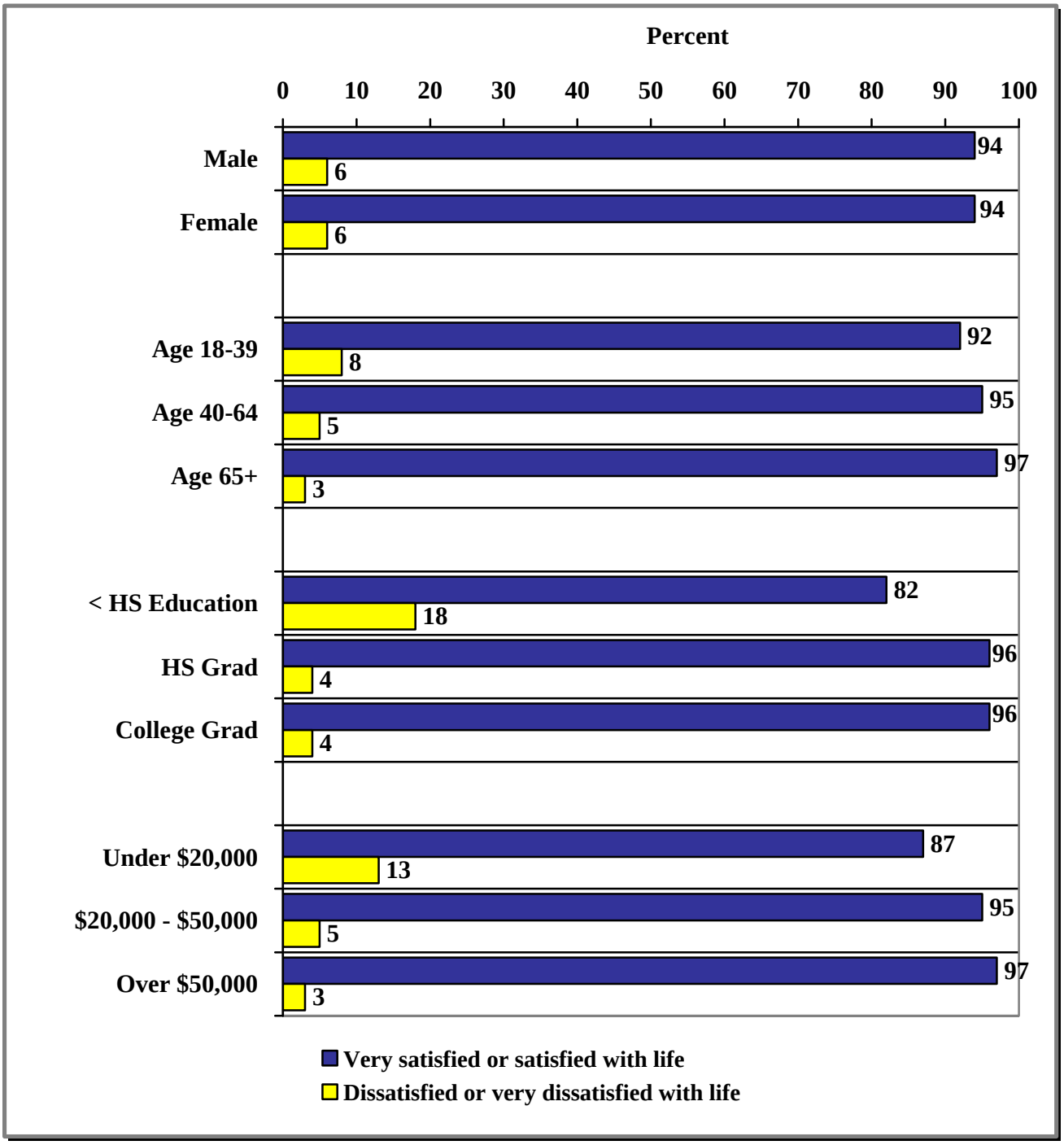
Figure 7: Satisfaction with life (overall)



Disability (continued)

Question: In general, how satisfied are you with life?

Figure 8: Satisfaction with life (by selected characteristics)



Alcohol Consumption

Many serious problems are associated with alcohol use. These include violence and injury.

Any Alcoholic Drink

Risk Factor Definition: Had one drink of alcohol

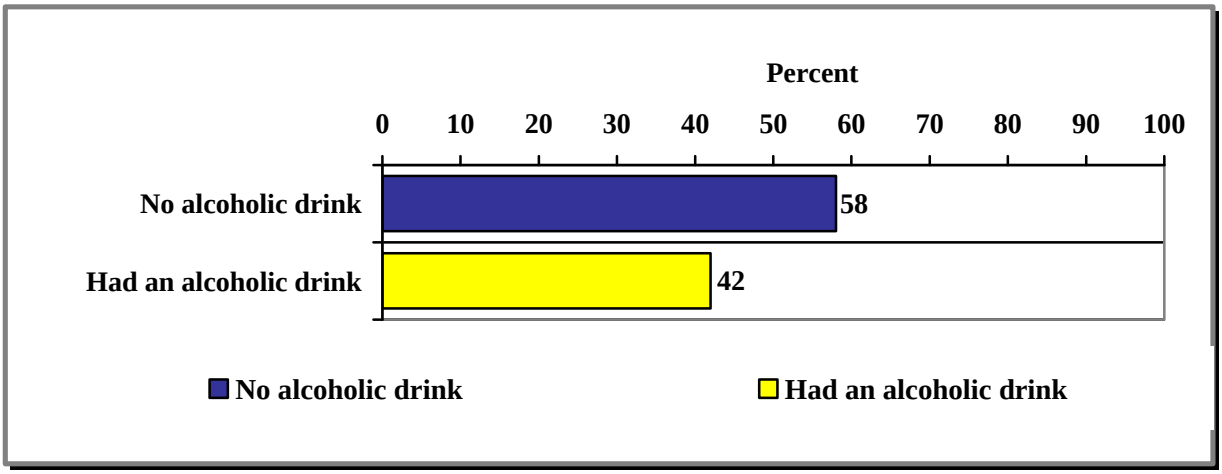
Question: During the thirty days preceding the survey, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

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

Table 1: Any alcoholic drink (overall)

Any alcoholic drink	Frequency (n)
Had an alcoholic drink	286
No alcoholic drink	523

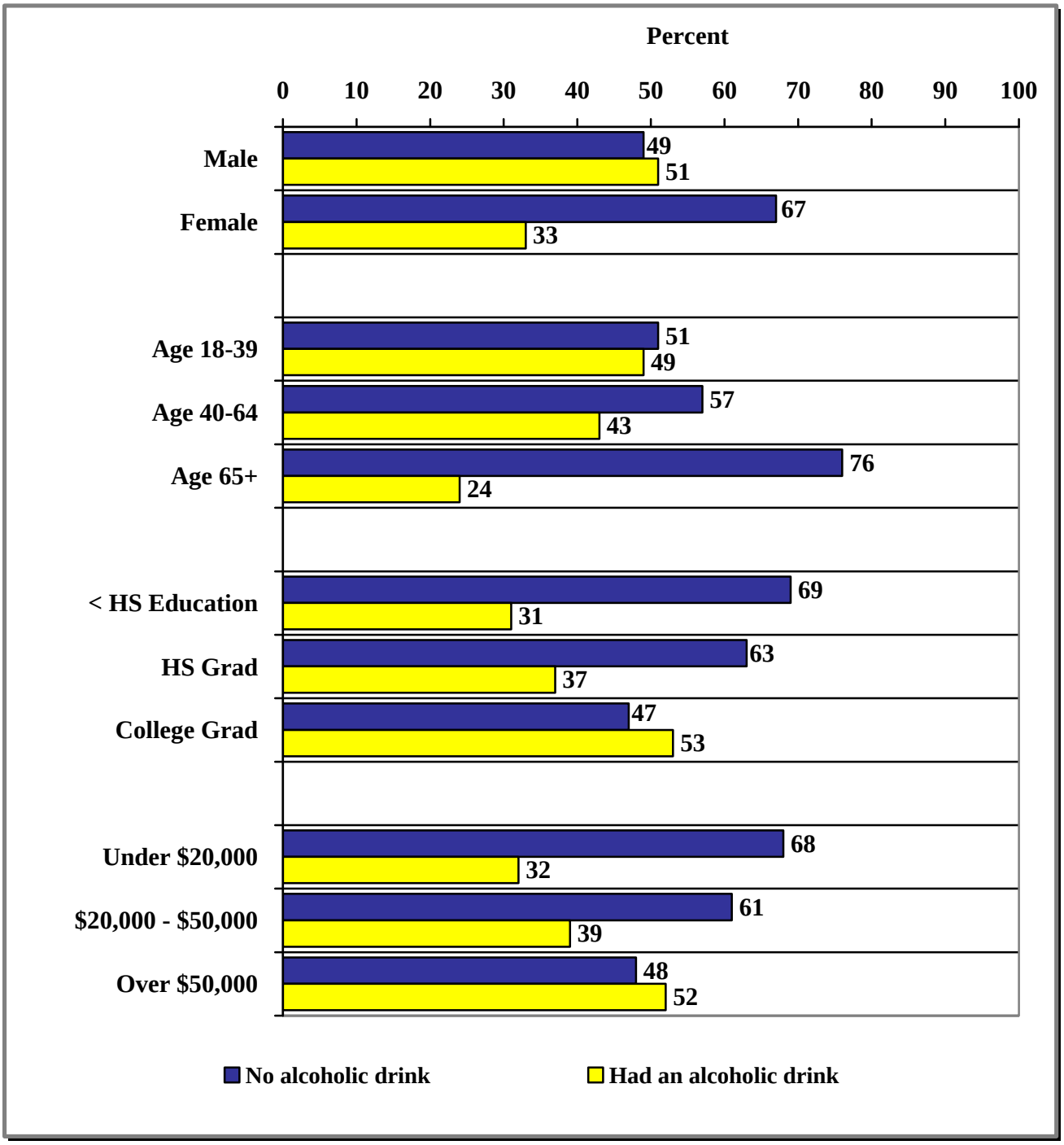
Figure 1: Any alcoholic drink (overall)



Alcohol Consumption (continued)

Question: During the thirty days preceding the survey, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

Figure 2: Any alcoholic drink (by selected characteristics)



Alcohol Consumption (continued)

Binge Drinking

Risk Factor Definition: Binge drinking

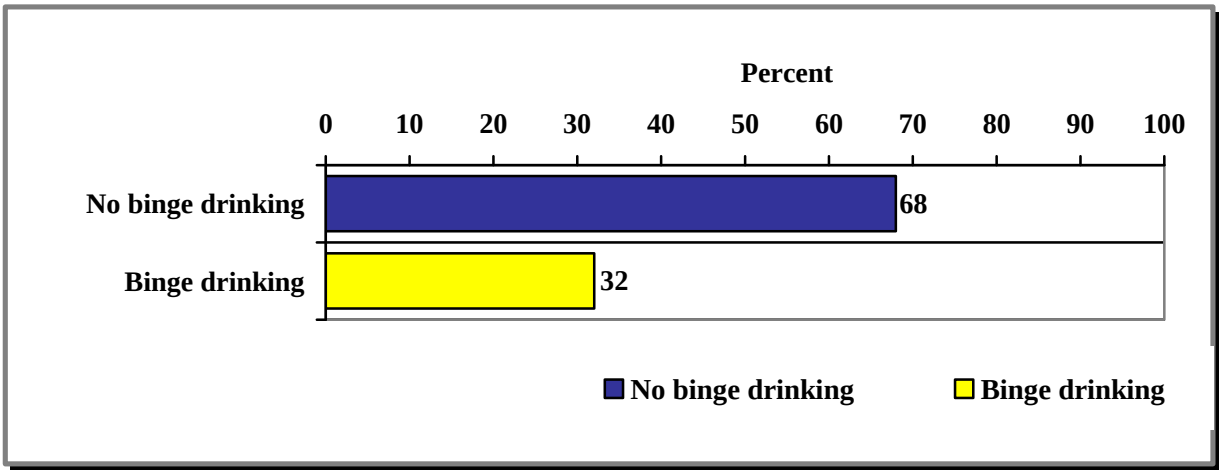
Question: Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks on one occasion?

At risk: **Of those respondents who reported that they had at least one alcoholic drink in the thirty days preceding the survey,** those who reported that they had had five or more drinks in a row on one or more occasion during the past month are considered at risk.

Table 2: Binge drinking (overall)

Binge drinking	Frequency (n)
Binge drinking	52
No binge drinking	227

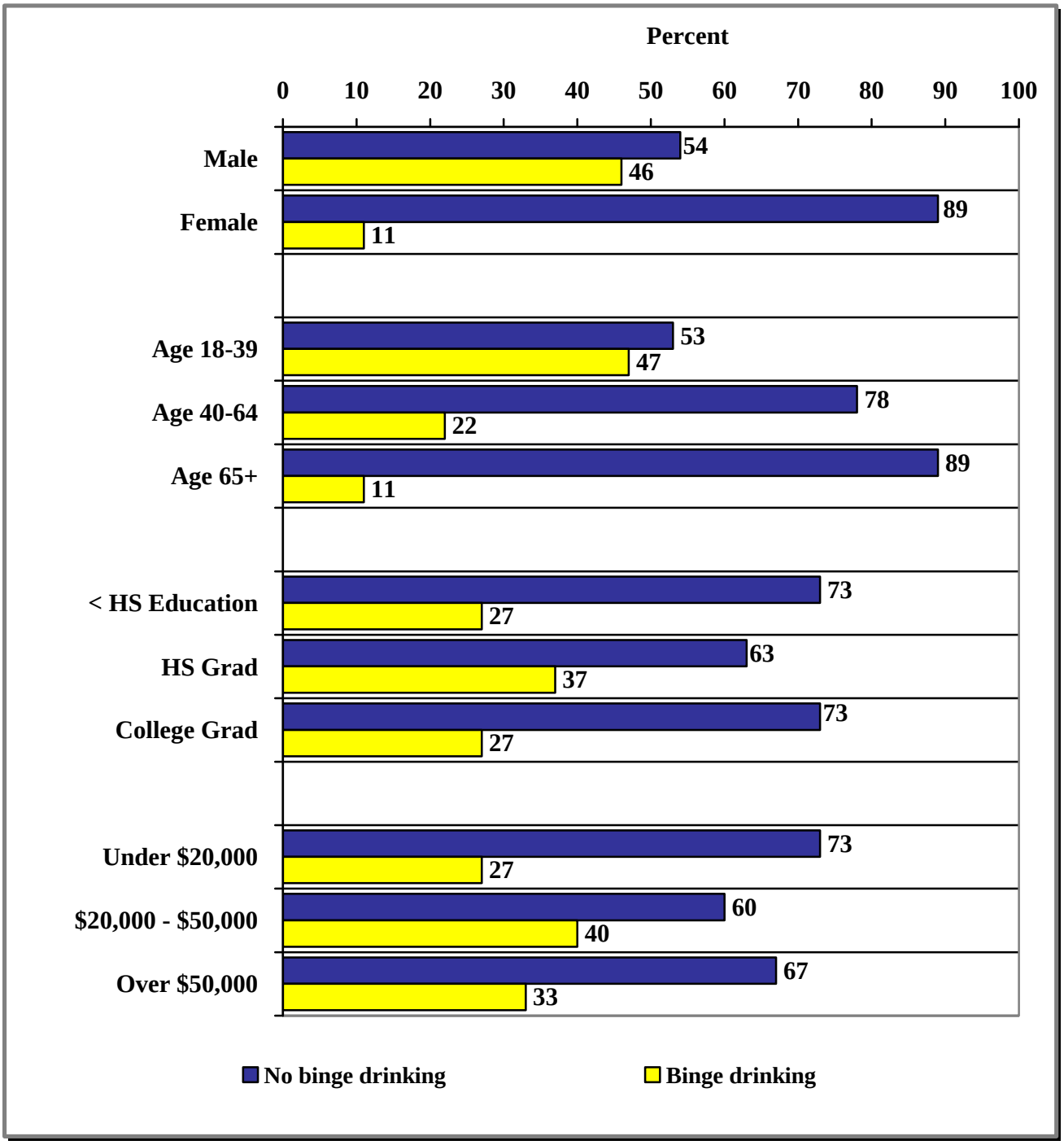
Figure 3: Binge drinking (overall)



Alcohol Consumption (continued)

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

Figure 4: Binge drinking (by selected characteristics)



Tobacco Use

Questions regarding cigarette smoking, attempts to quit smoking, smoking in the household, and other uses of tobacco were asked as part of the Sebastian County Adult Health Survey. Cigarette smoking is the single most preventable cause of disease and death. Smoking is a major risk factor for heart disease, stroke, lung cancer, and chronic lung disease.

Cigarette Use

Risk Factor Definition: Ever smoked cigarettes

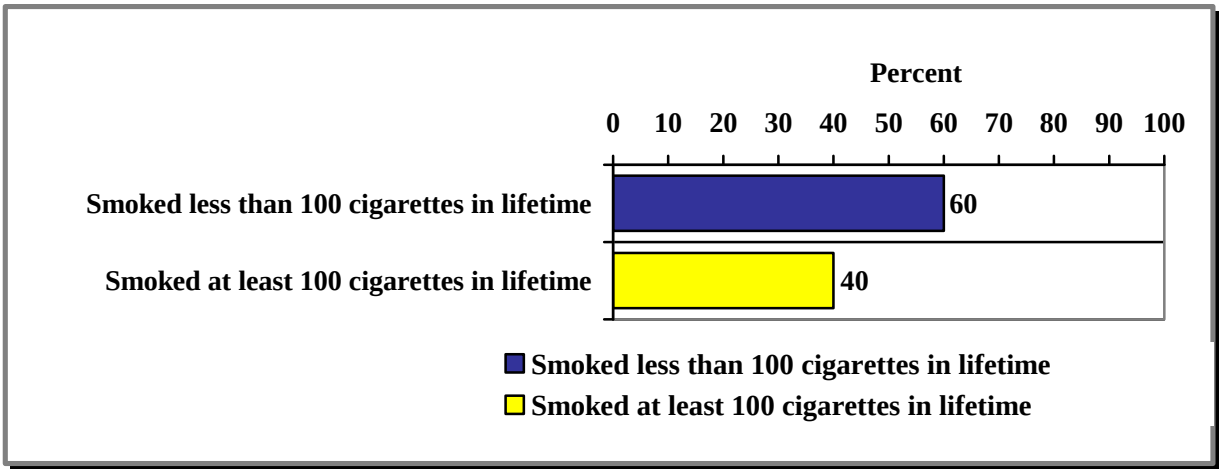
Question: Have you smoked at least 100 cigarettes in your entire lifetime?

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

Table 1: Cigarette use (overall)

Cigarette use	Frequency (n)
Smoked at least 100 cigarettes in lifetime	356
Smoked less than 100 cigarettes in lifetime	452

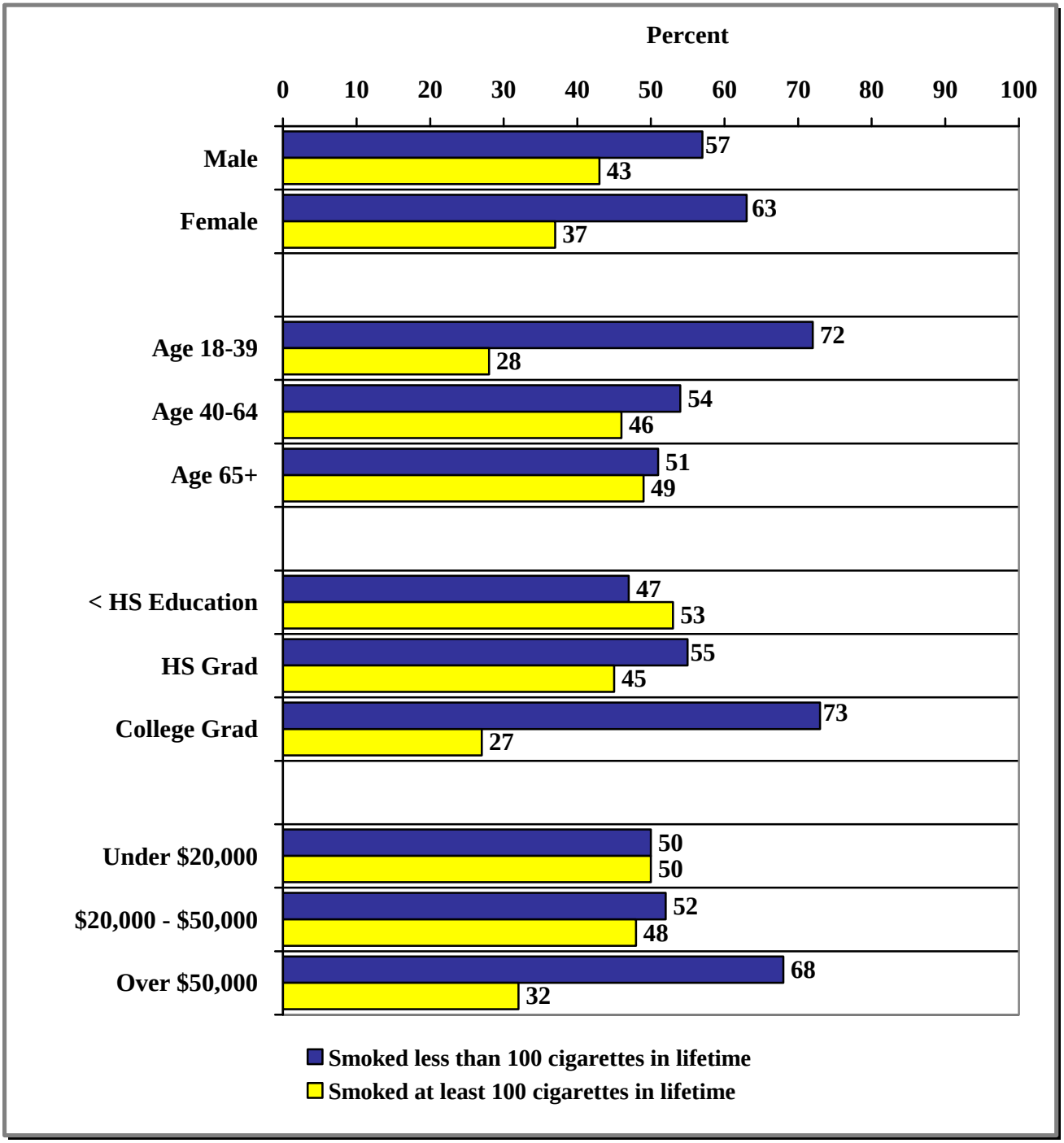
Figure 1: Cigarette use (overall)



Tobacco Use (continued)

Question: Have you smoked at least 100 cigarettes in your entire lifetime?

Figure 2: Cigarette Use (by selected characteristics)



Tobacco Use (continued)

Current cigarette use

Risk Factor Definition: Currently smoke cigarettes

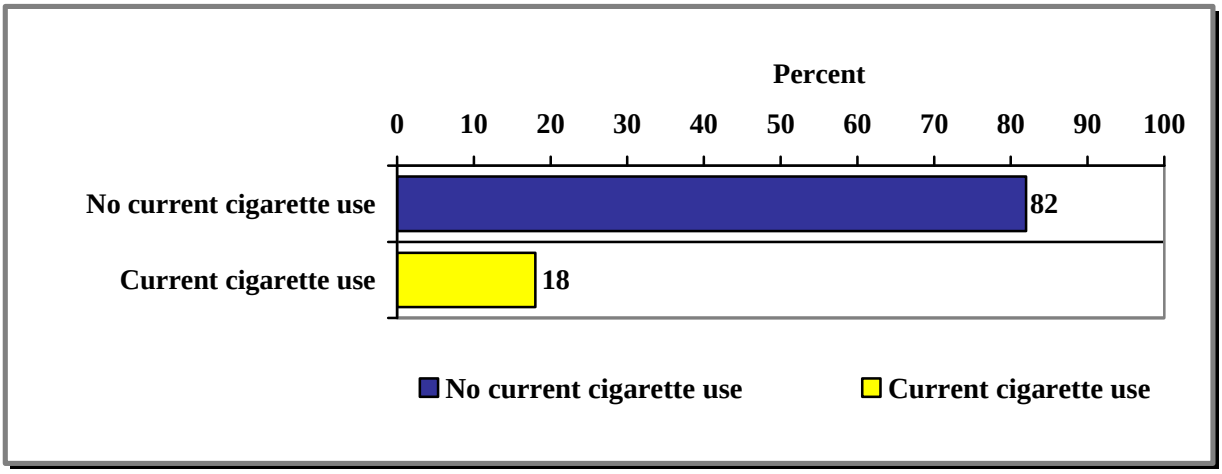
Question: Do you smoke cigarettes every day, some days, or not at all?

At risk: Those respondents who reported that they now smoke cigarettes "every day" or "some days" (i.e. current cigarette use) are considered at risk.

Table 2: Current cigarette use (overall)

Current smoker	Frequency (n)
Current cigarette use	124
No current cigarette use	684

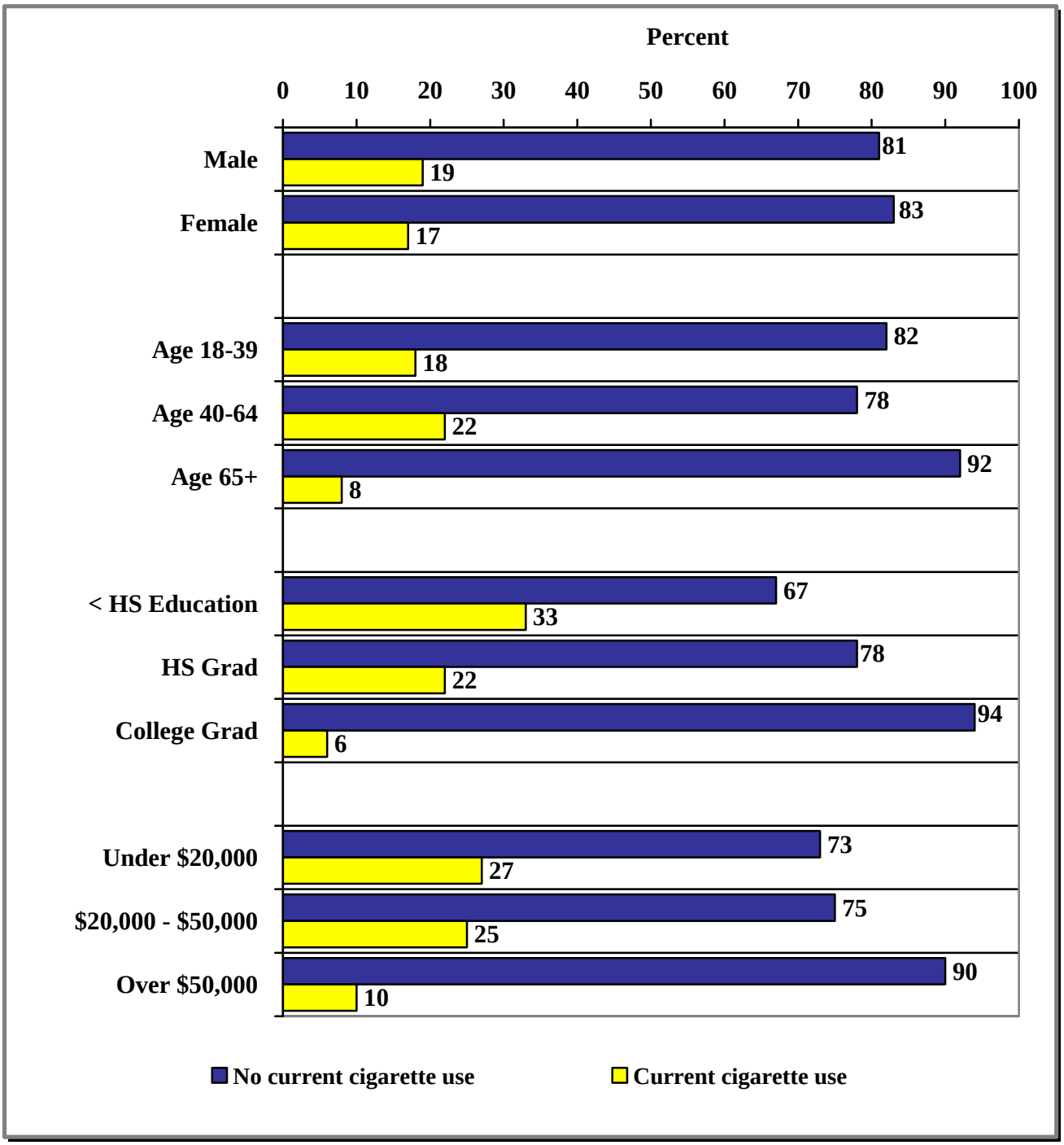
Figure 3: Current cigarette use (overall)



Tobacco Use (continued)

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

Figure 4: Current cigarette use (by selected characteristics)



Tobacco Use (continued)

Cigarette Smoking Cessation

Risk Factor Definition: No smoking cessation (no attempts to quit smoking)

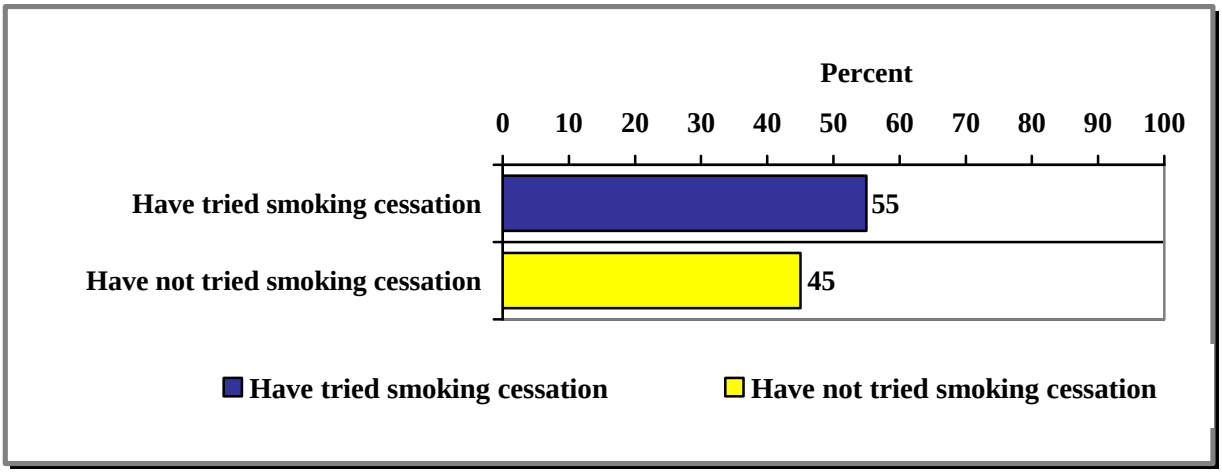
Question: During the past 12 months, have you quit smoking for one day or longer?

At risk: **Of those adults who reported current cigarette use,** those respondents who reported that they had made no attempt to stop smoking for one day or longer during the twelve months preceding the survey are considered at risk for continued cigarette smoking.

Table 3: Smoking cessation (overall)

Smoking cessation	Frequency (n)
Have not tried smoking cessation	55
Have tried smoking cessation	68

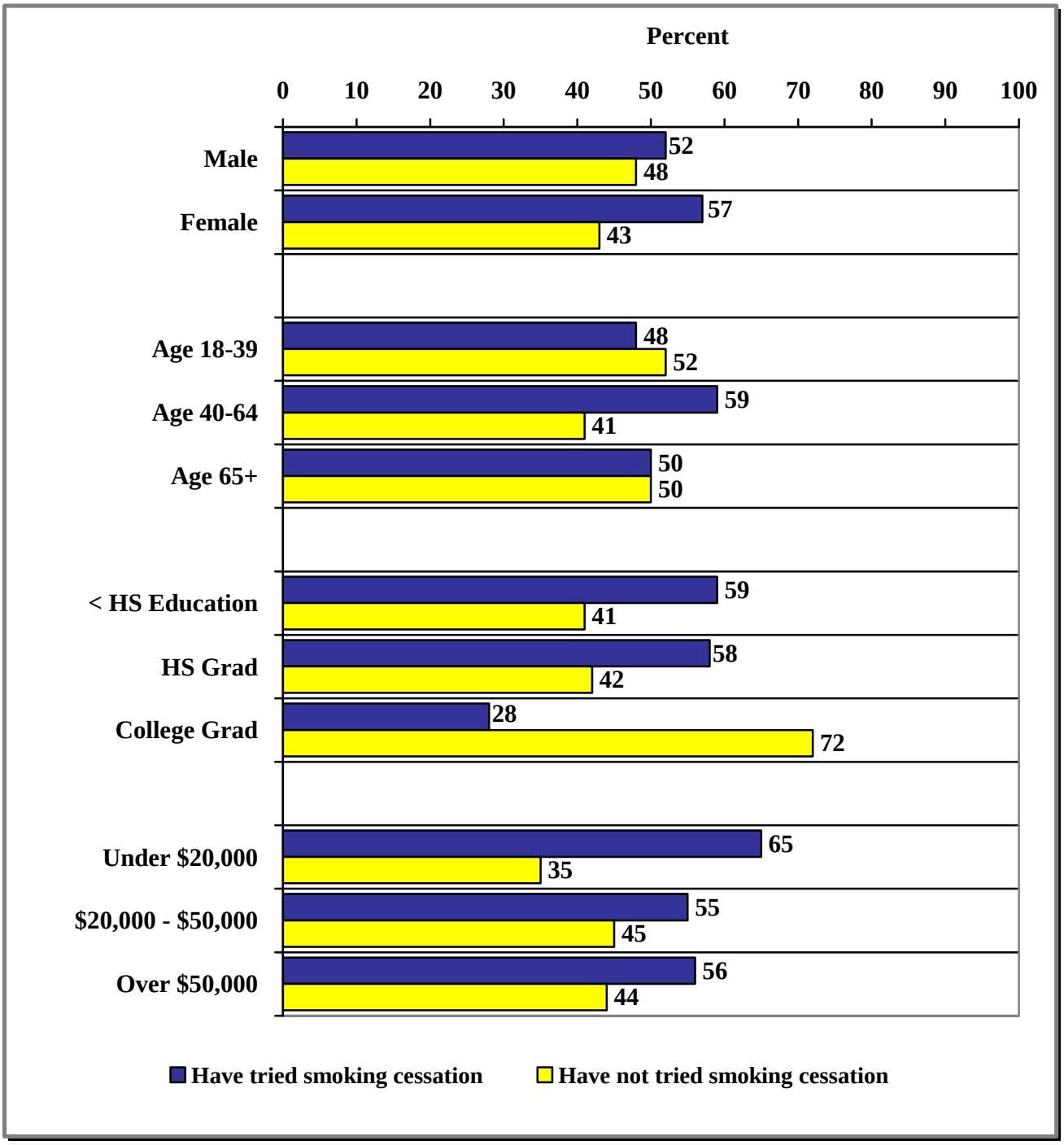
Figure 5: Smoking cessation (overall)



Tobacco Use (continued)

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

Figure 6: Smoking cessation (by selected characteristics)



Tobacco Use (continued)

Smokeless Tobacco Use

Risk Factor Definition: Ever smoked smokeless tobacco

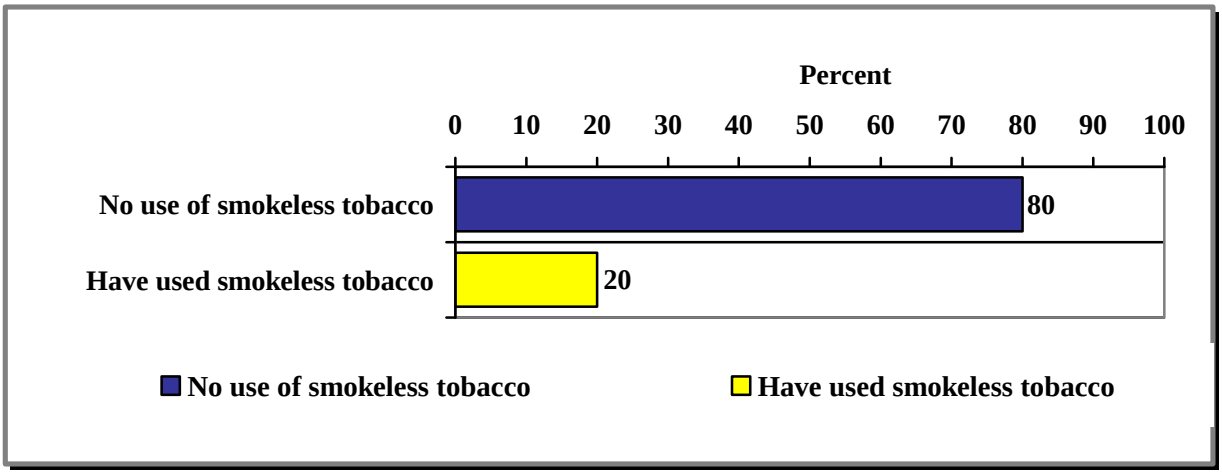
Question: Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?

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

Table 4: Smokeless tobacco use (overall)

Smokeless tobacco use	Frequency (n)
Have used smokeless tobacco	97
No use of smokeless tobacco	665

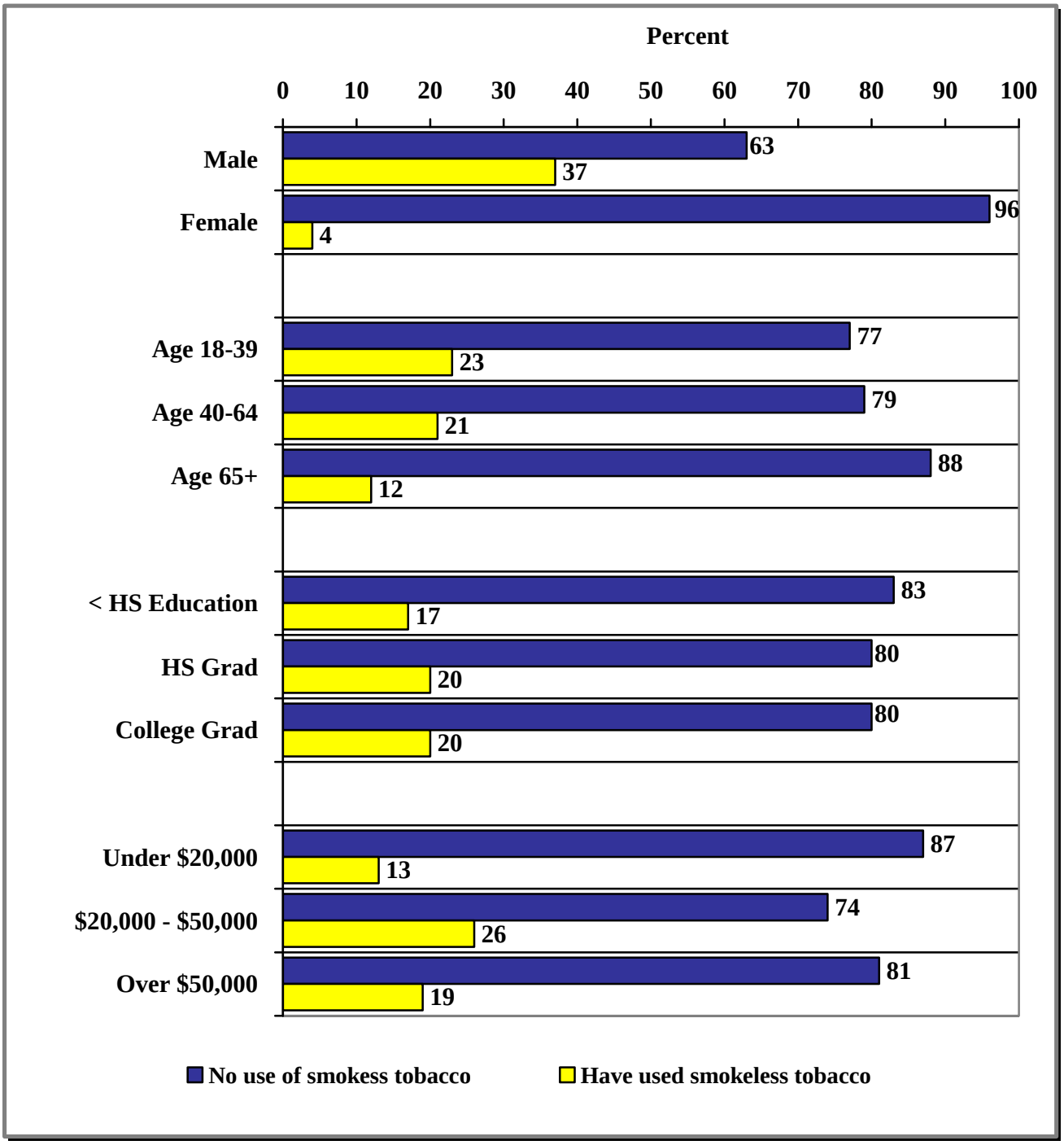
Figure 7: Smokeless tobacco use (overall)



Tobacco Use (continued)

Question: Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?

Figure 8: Smokeless tobacco use (by selected characteristics)



Tobacco Use (continued)

Current Smokeless Tobacco Use

Risk Factor Definition: Current use of smokeless tobacco

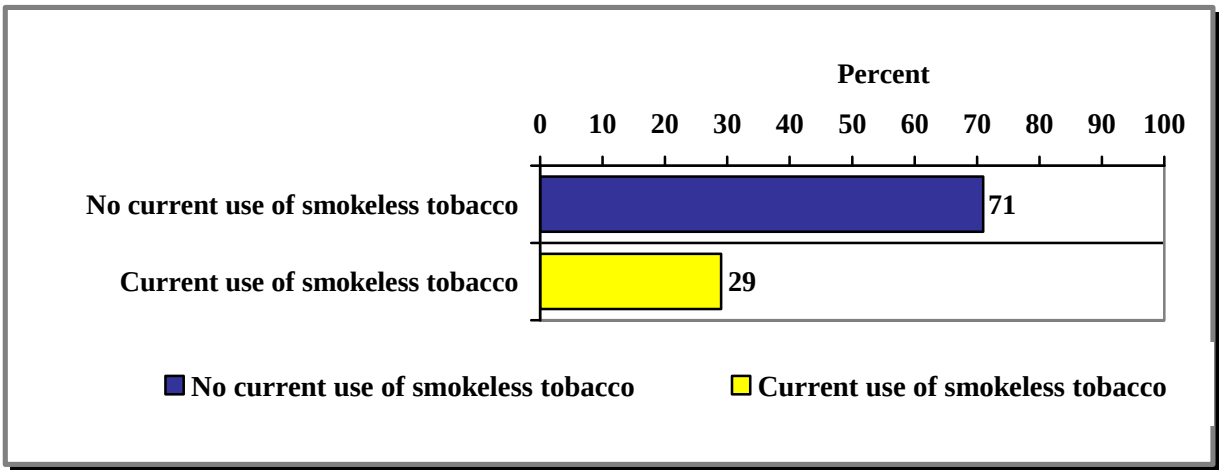
Question: Do you currently use chewing tobacco or snuff every day, some days, or not at all?

At risk: **Of those respondents who reported that they had ever tried chewing tobacco or snuff,** those who answered "every day" or "some days" (i.e. current chewing tobacco or snuff users) are considered at risk.

Table 5: Current smokeless tobacco use (overall)

Current use of smokeless tobacco	Frequency (n)
Current use of smokeless tobacco	22
No current use of smokeless tobacco	74

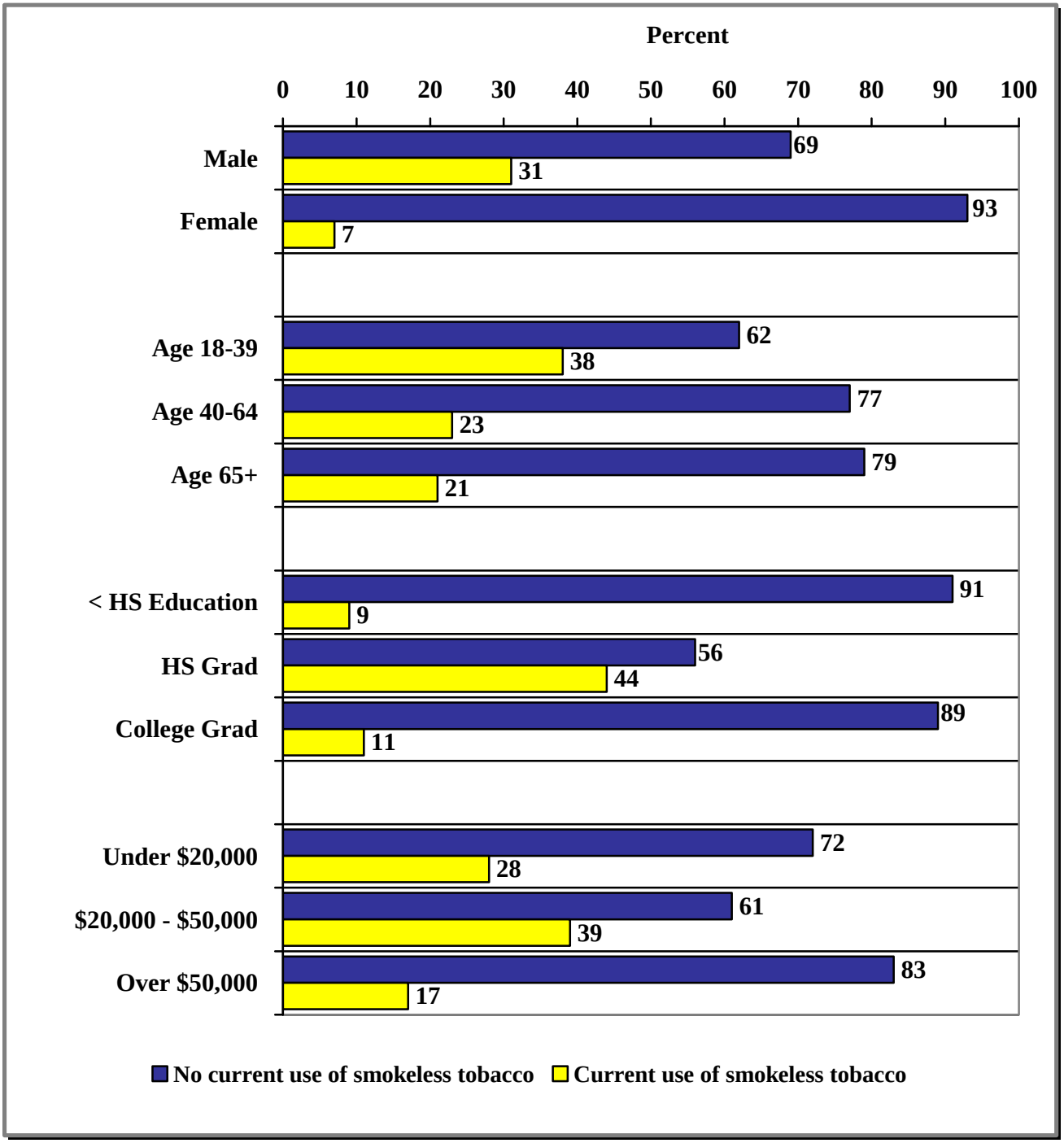
Figure 9: Current smokeless tobacco use (overall)



Tobacco Use (continued)

Question: Do you currently use chewing tobacco or snuff every day, some days, or not at all?

Figure 10: Current smokeless tobacco use (by selected characteristics)



Tobacco Use

Cigar Smoking

Risk Factor Definition: Ever smoked a cigar

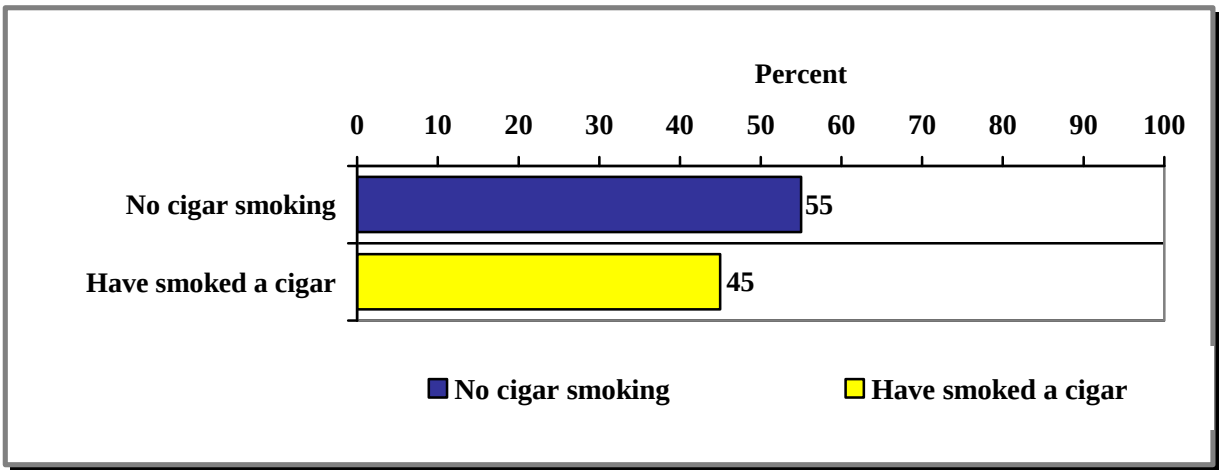
Question: Have you ever smoked a cigar, even one or two puffs?

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

Table 6: Cigar smoking (overall)

Cigar smoking	Frequency (n)
Have smoked cigar	276
No cigar smoking	485

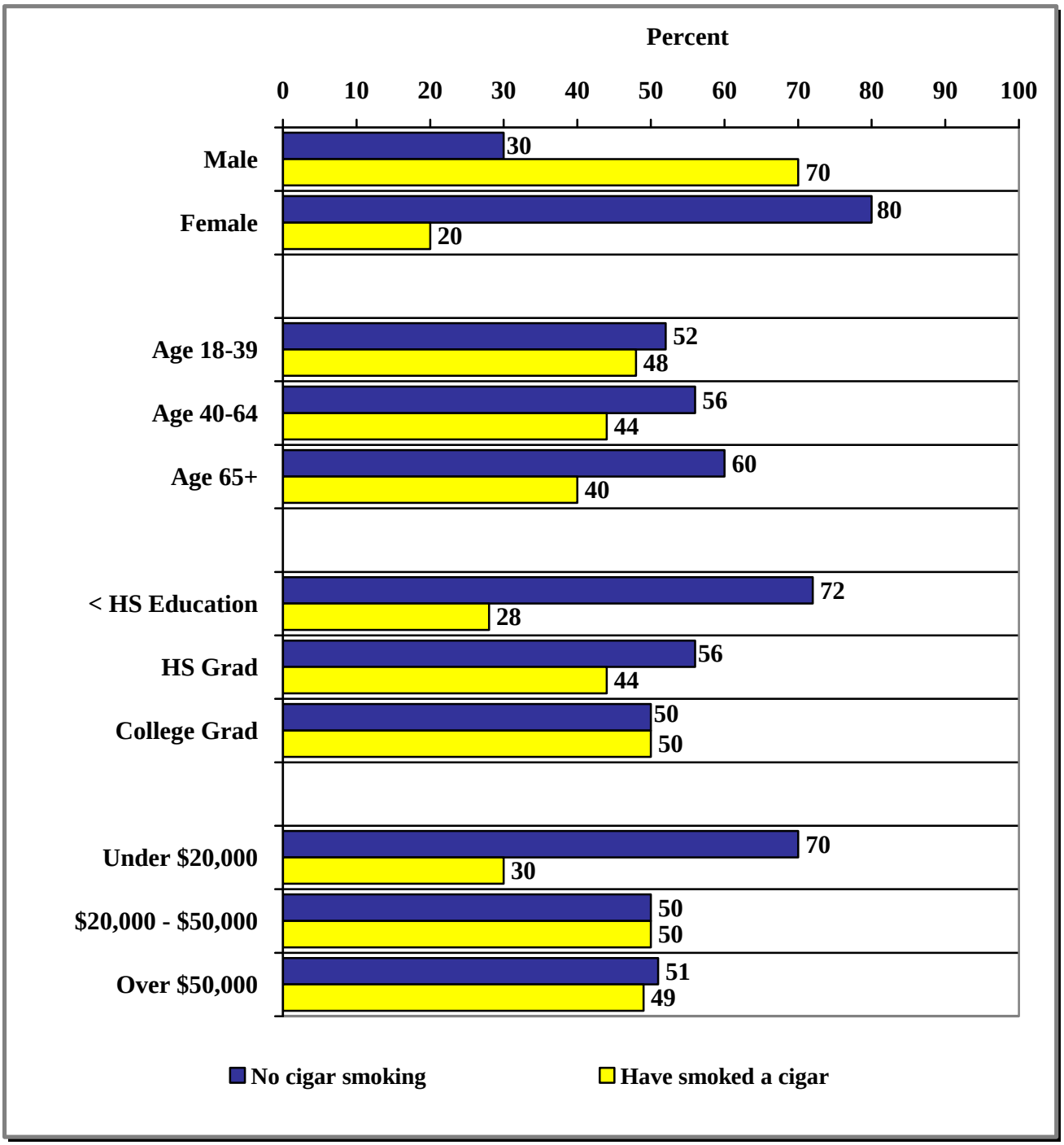
Figure 11: Cigar smoking (overall)



Tobacco Use (continued)

Question: Have you ever smoked a cigar, even one or two puffs?

Figure 12: Cigar smoking (by selected characteristics)



Tobacco Use

Current Cigar Smoking

Risk Factor Definition: Current cigar smoking

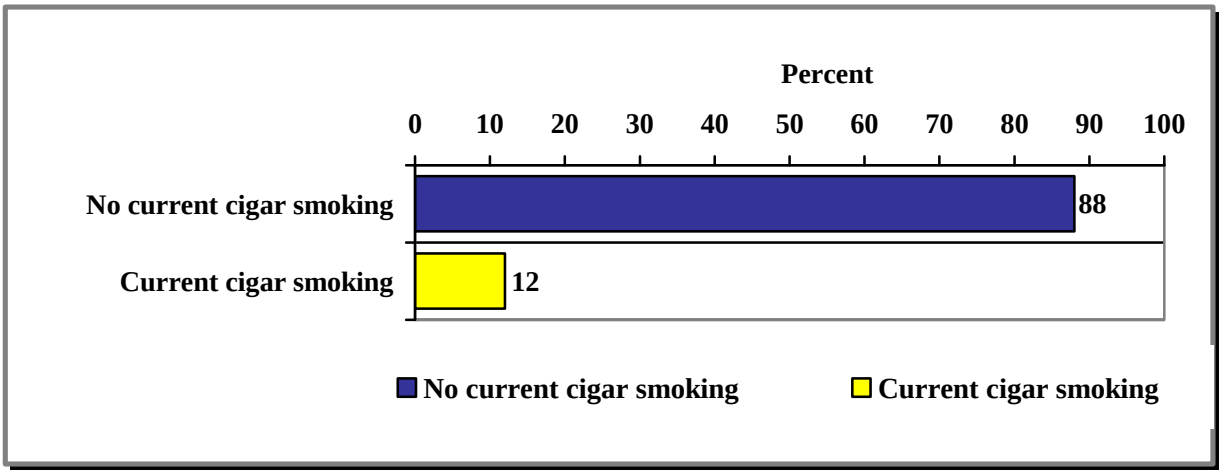
Question: Do you smoke cigars every day, some days, or not at all?

At risk: **Of those respondents who reported that they had ever smoked a cigar,** those who answered "every day" or "some days" (i.e. current cigar smokers) are considered at risk.

Table 7: Current cigar smoking (overall)

Current cigar smoking	Frequency (n)
Current cigar smoking	23
No current cigar smoking	253

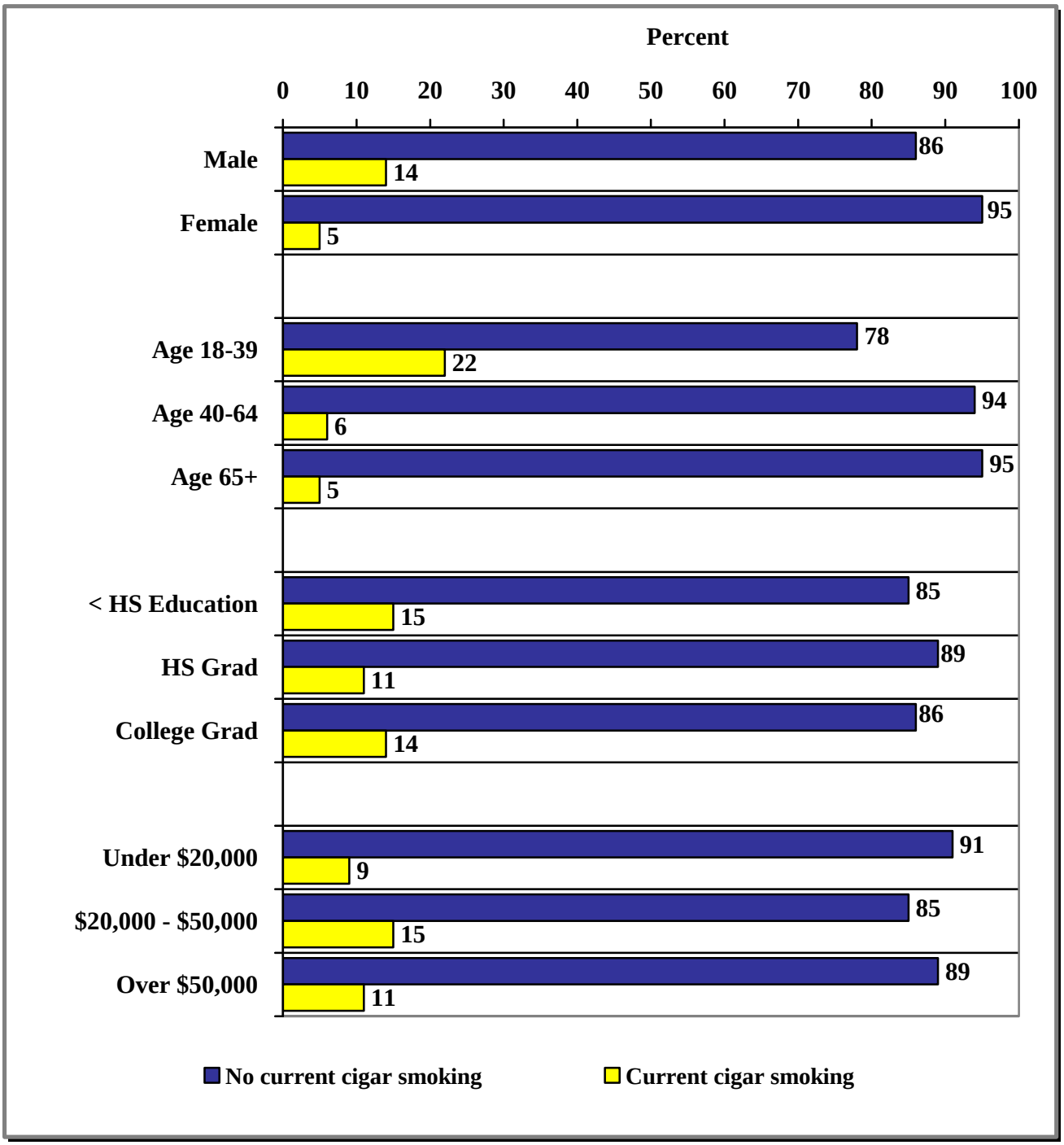
Figure 13: Current cigar smoking (overall)



Tobacco Use (continued)

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

Figure 14: Current cigar smoking (by selected characteristics)



Tobacco Use

Pipe Smoking

Risk Factor Definition: Ever smoked a pipe

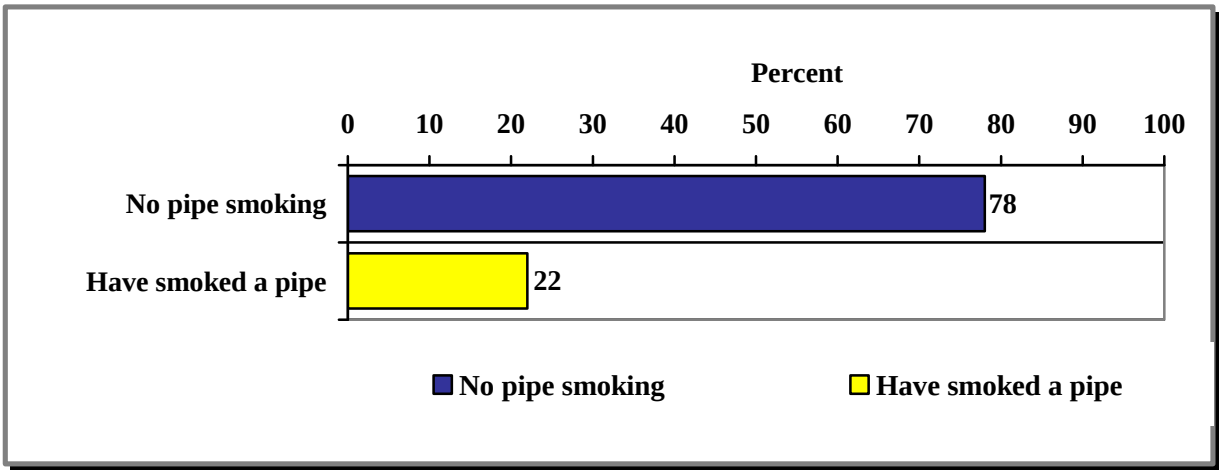
Question: Have you ever smoked tobacco in a pipe, even one or two puffs?

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

Table 8: Pipe smoking (overall)

Pipe smoking	Frequency (n)
Have smoked a pipe	163
No pipe smoking	596

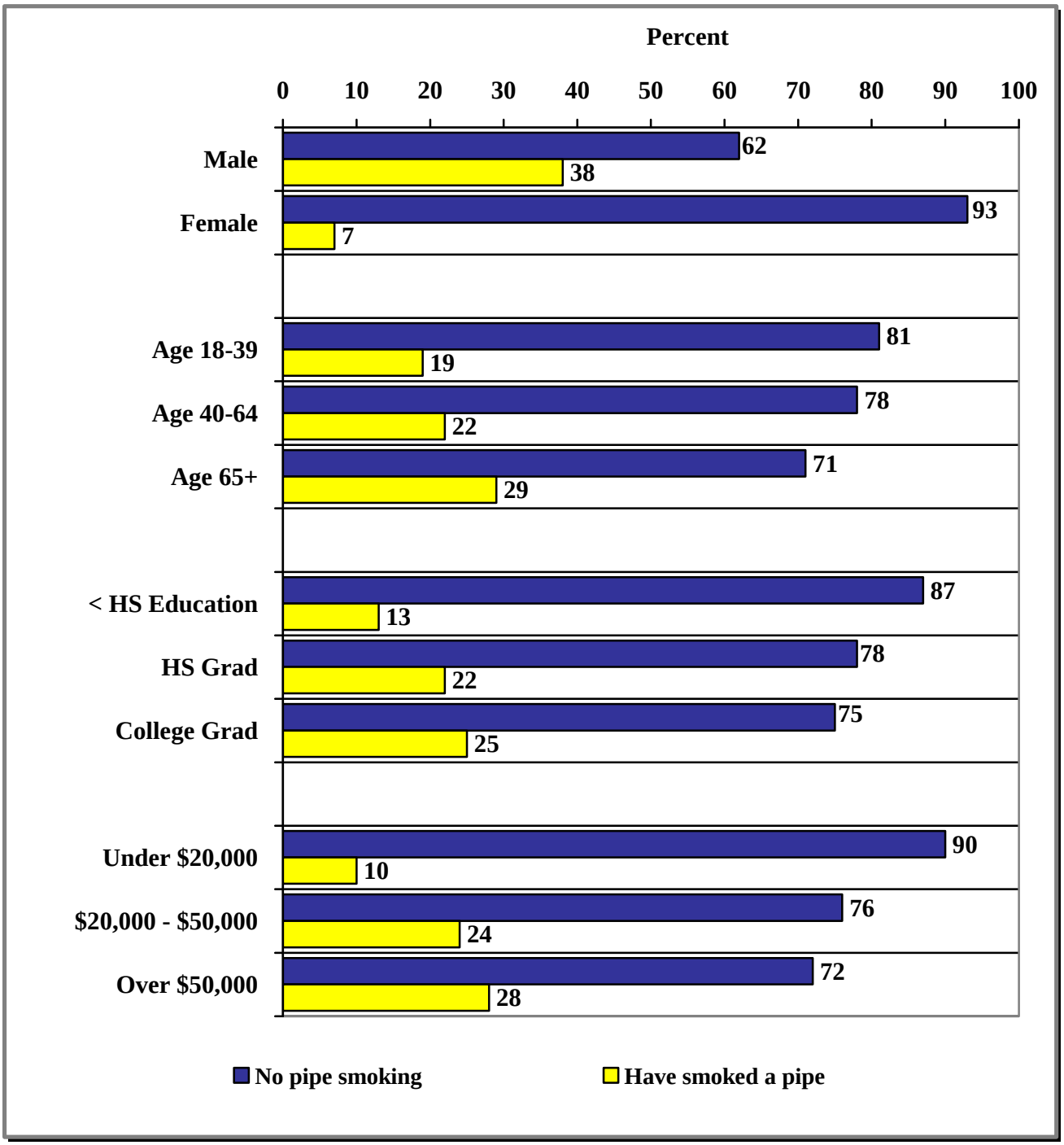
Figure 15: Pipe smoking (overall)



Tobacco Use (continued)

Question: Have you ever smoked tobacco in a pipe, even one or two puffs?

Figure 16: Pipe smoking (by selected characteristics)



Tobacco Use

Current Pipe Smoking

Risk Factor Definition: Current pipe smoking

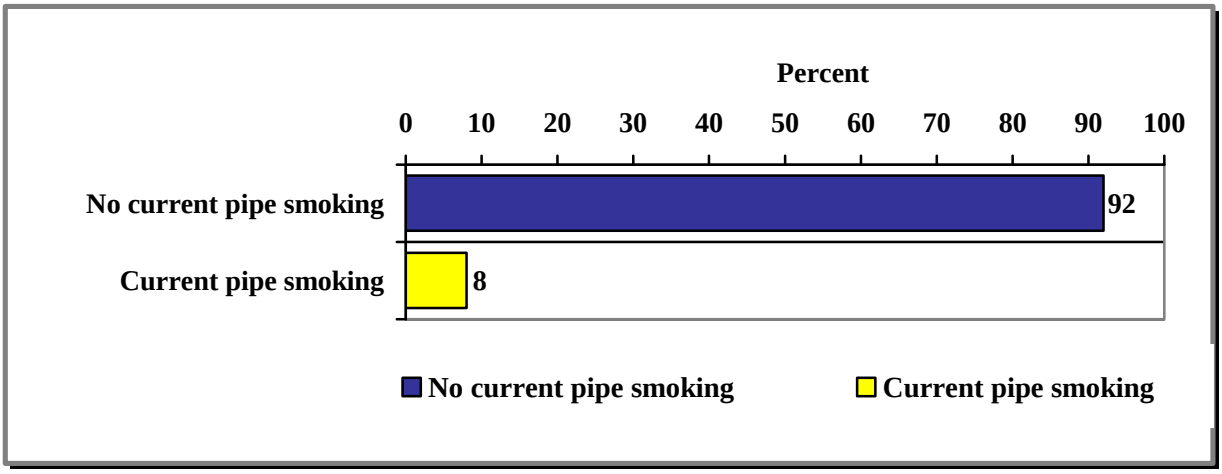
Question: Do you now smoke a pipe every day, some days, or not at all?

At risk: **Of those respondents who reported that they had ever smoked a pipe,** those adults who answered "every day" or "some days" (i.e. current pipe smokers) are considered at risk.

Table 9: Current pipe smoking (overall)

Current pipe smoking	Frequency (n)
Current pipe smoking	7
No current pipe smoking	156

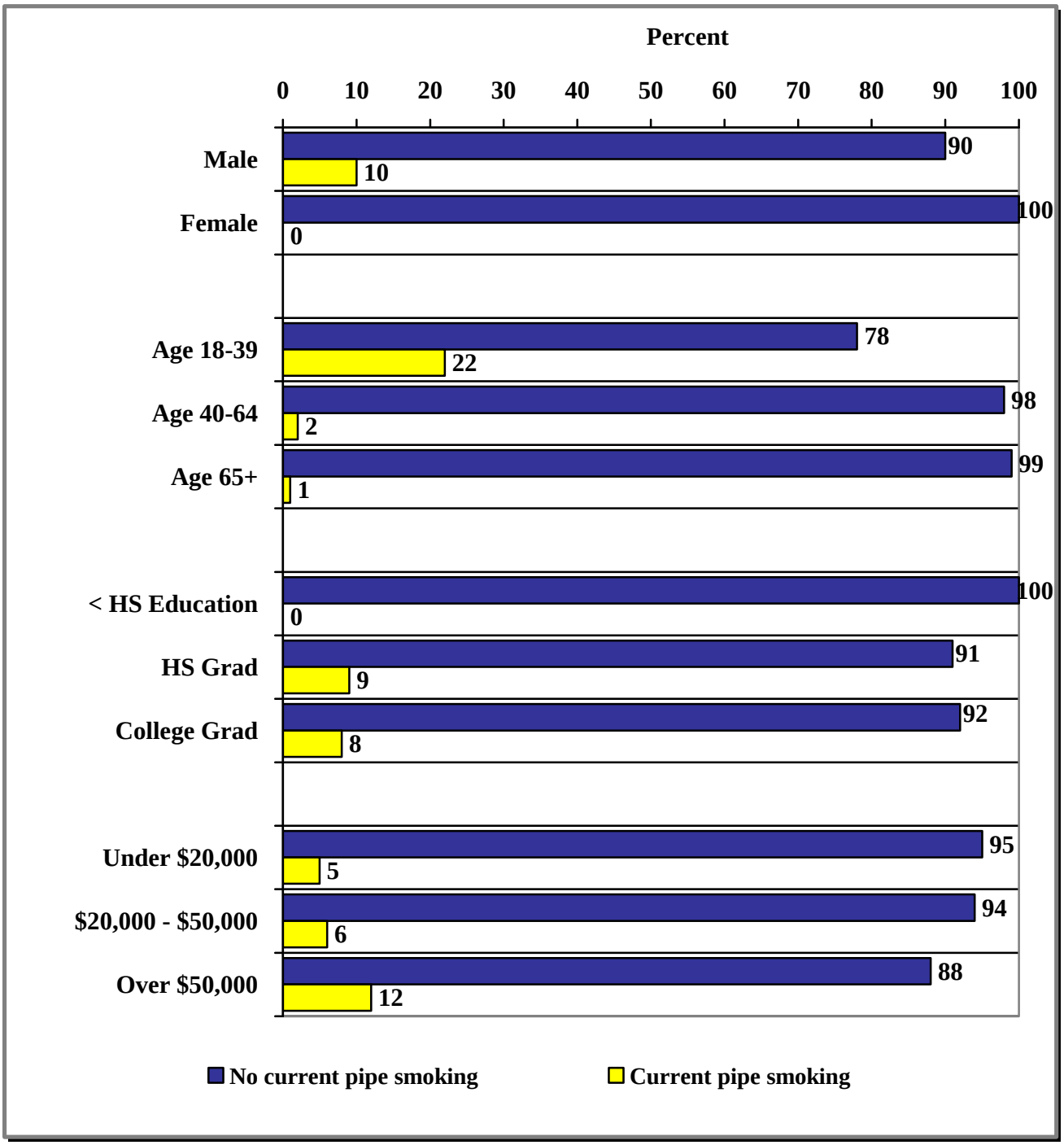
Figure 17: Current pipe smoking (overall)



Tobacco Use (continued)

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

Figure 18: Current pipe smoking (by selected characteristics)



Tobacco Use

Smoking in the Home

Risk Factor Definition: Smoking is allowed in the home

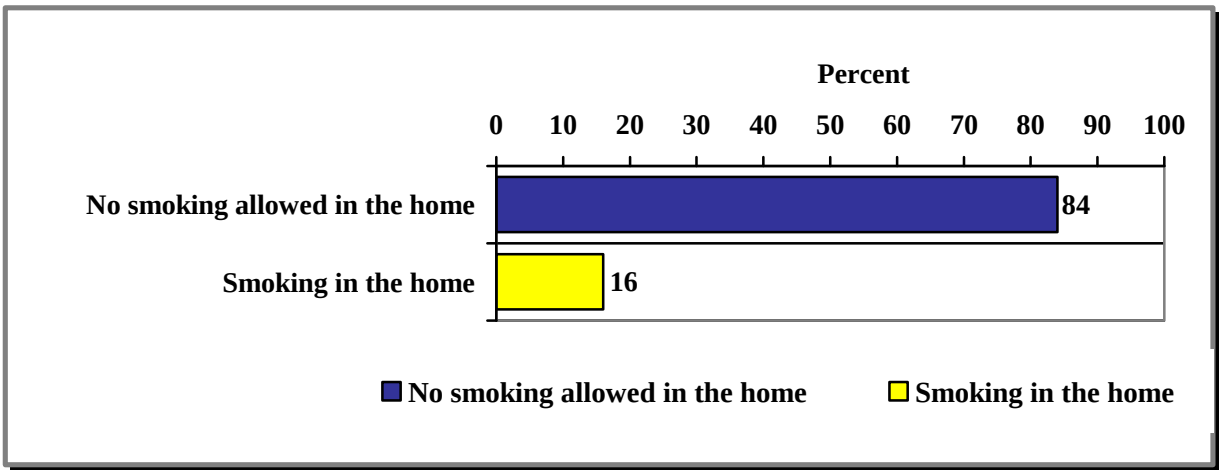
Question: Which statement best describes the rules of smoking inside your home?

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

Table 10: Smoking in the home (overall)

Smoking in the home	Frequency (n)
Smoking in the home	145
No smoking allowed in the home	617

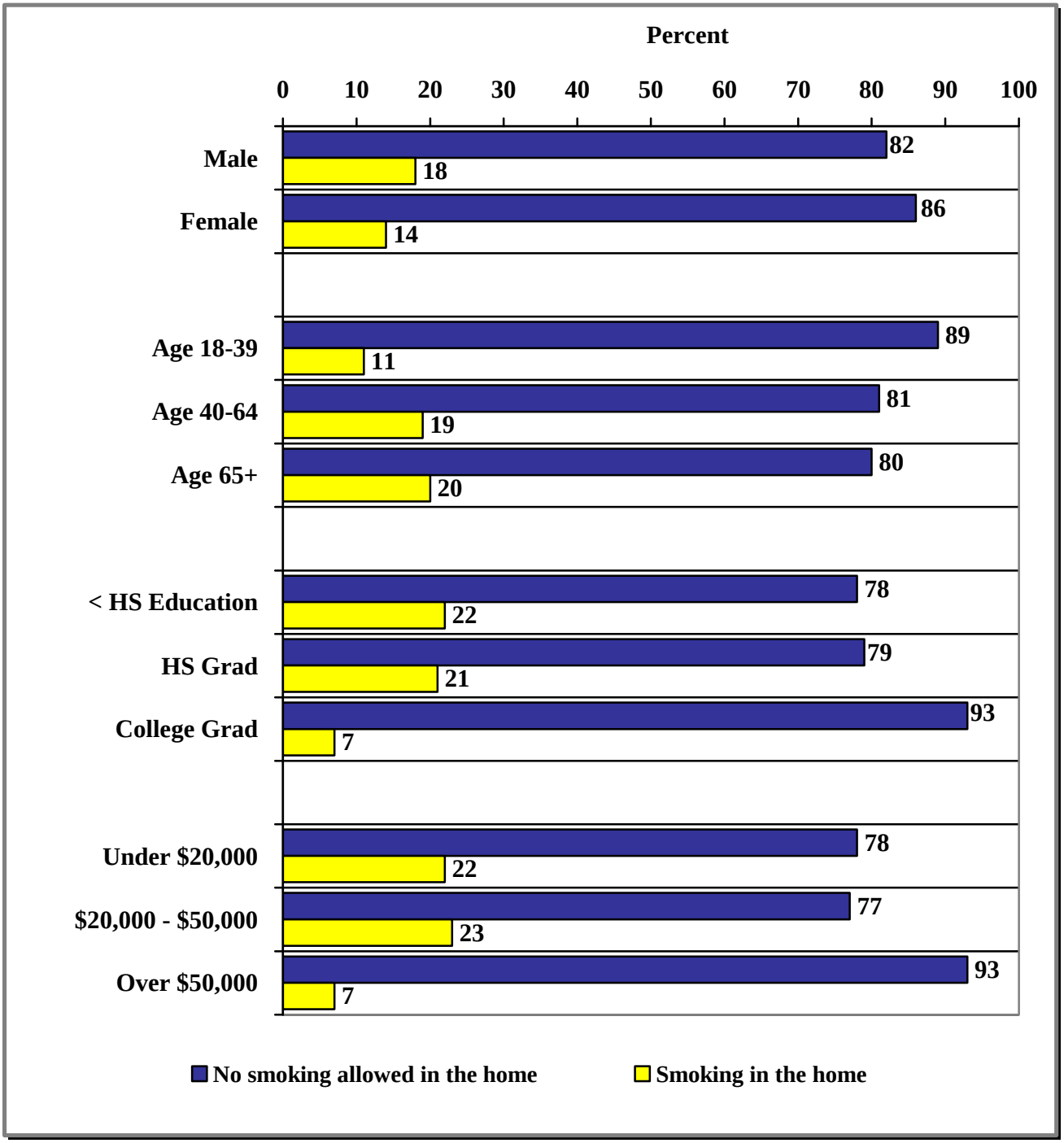
Figure 19: Smoking in the home (overall)



Tobacco Use (continued)

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

Figure 20: Smoking in the home (by selected characteristics)



Women's Health and Risk Factors

Breast Cancer Screening and Knowledge

Breast cancer is the most frequently diagnosed cancer among Arkansas women, aside from skin cancer. According to the American Cancer Society, mammography is very valuable as an early detection tool, often identifying cancer before any physical symptoms develop. Early detection saves lives and increases treatment options.

Advertisements for mammogram tests

Risk Factor Definition: Have not noticed mammogram advertisements

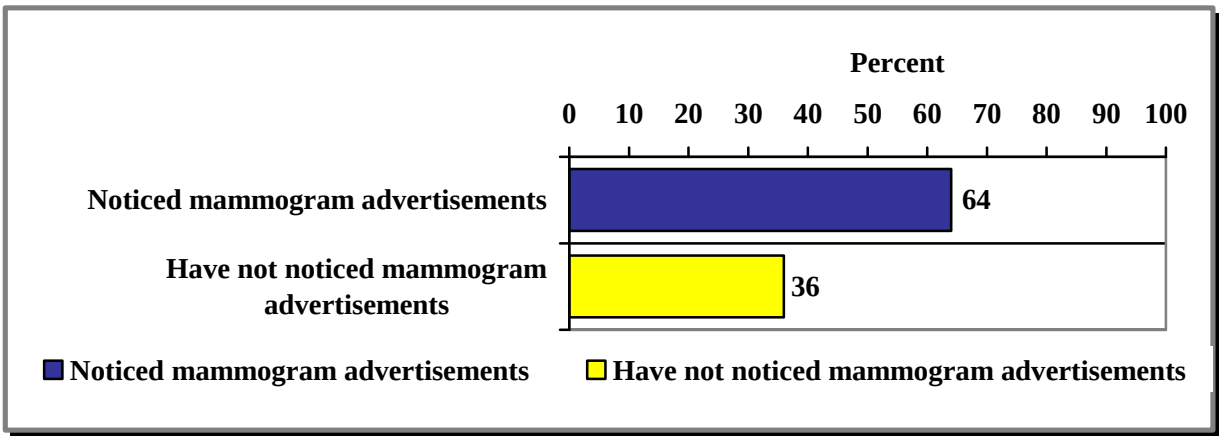
Question: In the past month, have you noticed any posters, billboards, commercials, or advertisements with a message about having a mammogram test?

At risk: Those who reported no sightings of posters, billboards, commercials, or advertisements with a message about having a mammogram test are considered at risk.

Table 1: Reported sightings of advertisements for mammogram tests (overall)

Adverts for mammogram tests	Frequency (n)
Have not noticed mammogram advertisements	178
Noticed mammogram advertisements	328

Figure 1: Reported sightings of advertisements for mammogram tests (overall)

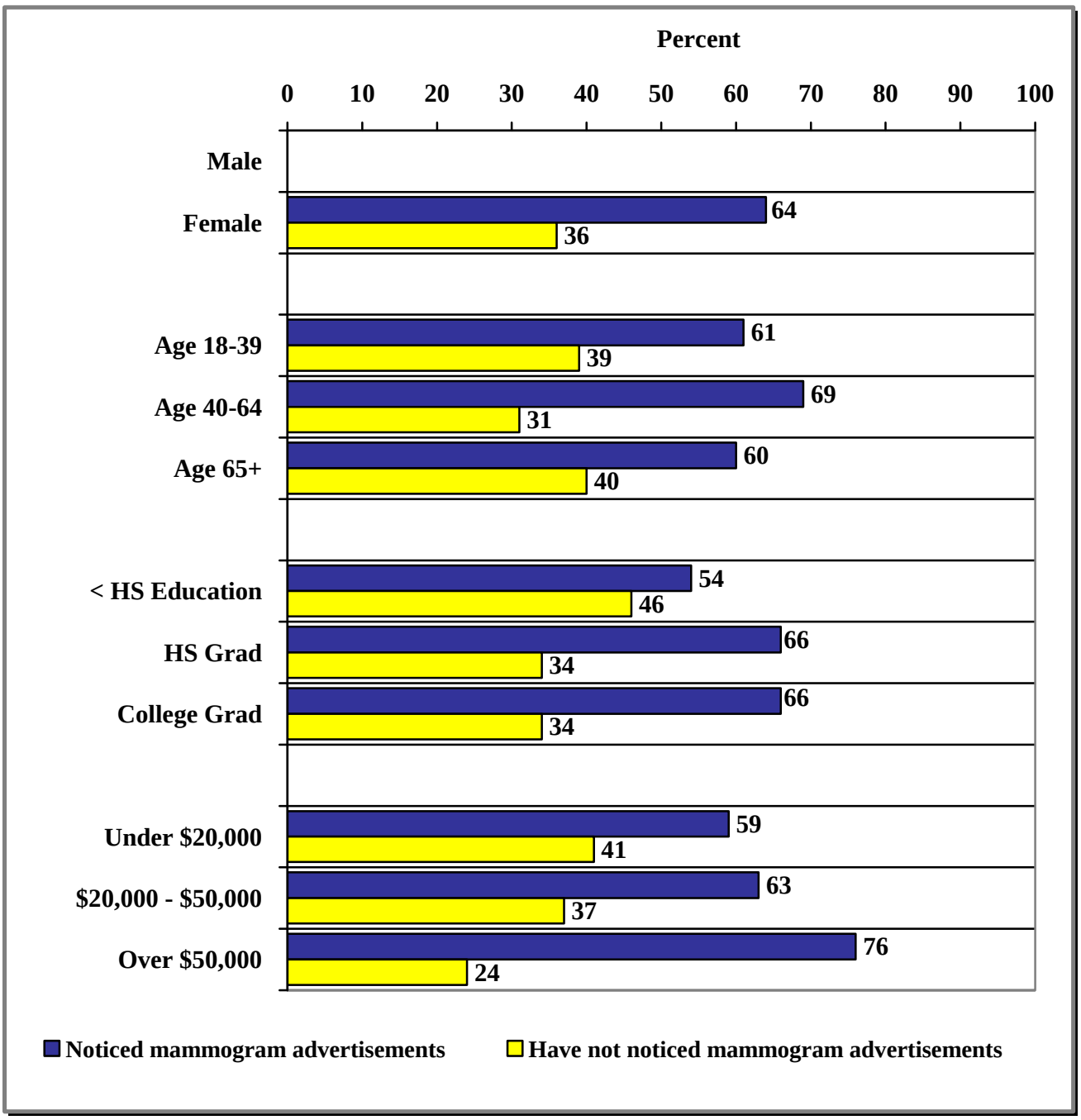


Breast Cancer Screening and Knowledge (continued)

Advertisements for mammogram tests

Question: In the past month, have you noticed any posters, billboards, commercials, or advertisements with a message about having a mammogram test?

Figure 2: Reported sightings of advertisements for mammogram tests (by selected characteristics)



Breast Cancer Screening and Knowledge (continued)

Free breast exams and mammograms

Risk Factor Definition: Not aware of free breast exams

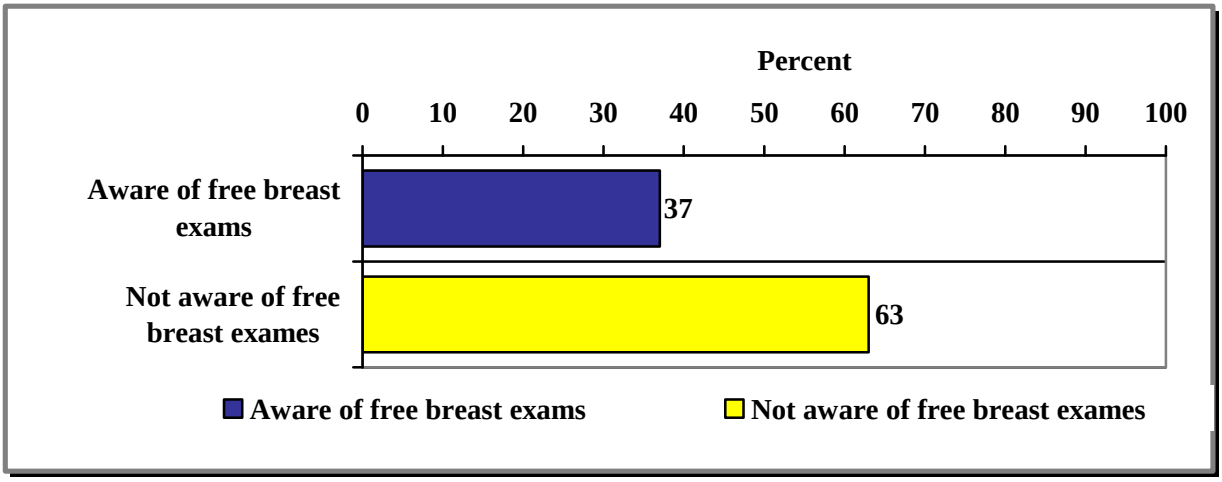
Question: Are you aware that BreastCare, a program of the local health department, offers free breast exams and mammograms to women age 40 and older?

At risk: Those reported that they were not aware that BreastCare, a program of the local health department, offers free breast exams and mammograms to women age 40 and older are considered at risk?

Table 2: Reported knowledge of free breast exams (overall)

Awareness of free breast exams	Frequency (n)
Not aware of free exams	297
Aware of free exams	216

Figure 3: Reported knowledge of free breast exams (overall)

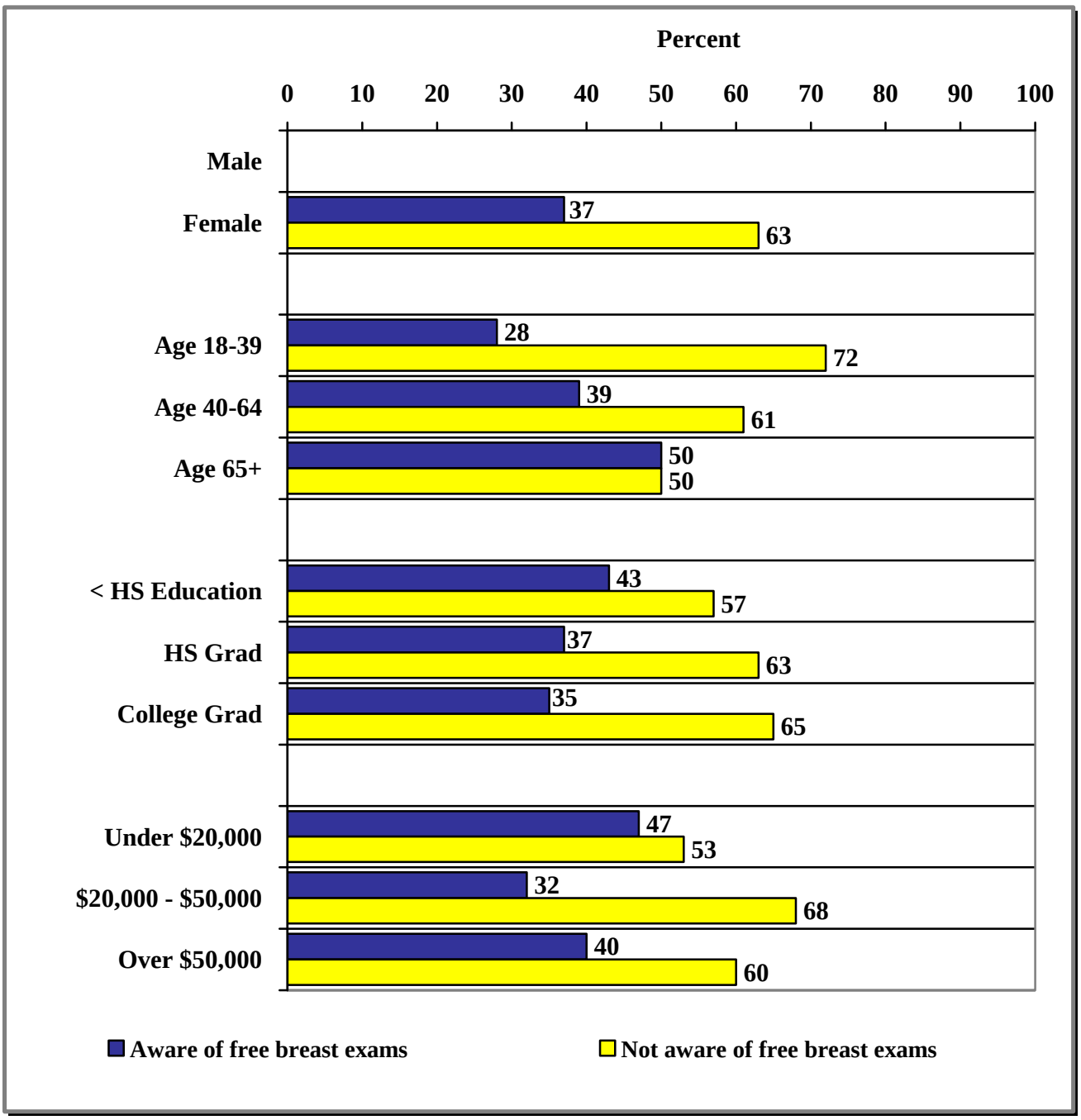


Breast Cancer Screening and Knowledge (continued)

Free breast exams and mammograms

Question: Are you aware that BreastCare, a program of the local health department, offers free breast exams and mammograms to women age 40 and older?

Figure 4: Reported knowledge of free breast exams (by selected characteristics)



Breast Cancer Screening and Knowledge (continued)

Cost of mammogram test

Risk Factor Definition: Difficult to pay for a mammogram test

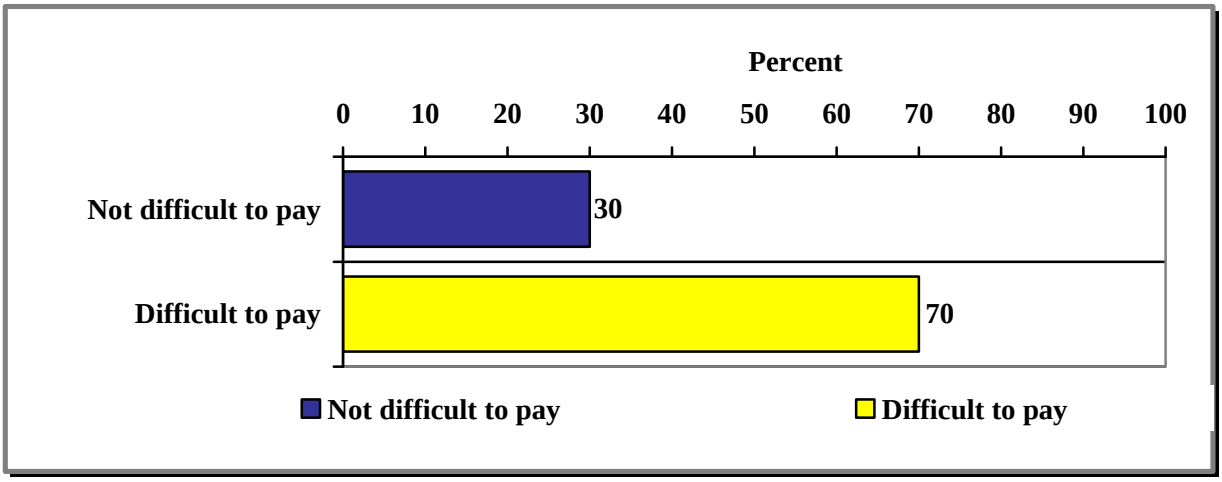
Question: How difficult would it be for you to pay for the cost of a mammogram test? Would you say difficult, somewhat difficult, a little difficult, or not at all difficult?

At risk: Those who reported that it would be difficult, somewhat difficult, or a little difficult are considered at risk?

Table 3: Reported ability to pay for a mammogram test (overall)

Difficult to pay	Frequency (n)
Difficult to pay	121
Not difficult to pay	63

Figure 5: Reported ability to pay for a mammogram test (overall)

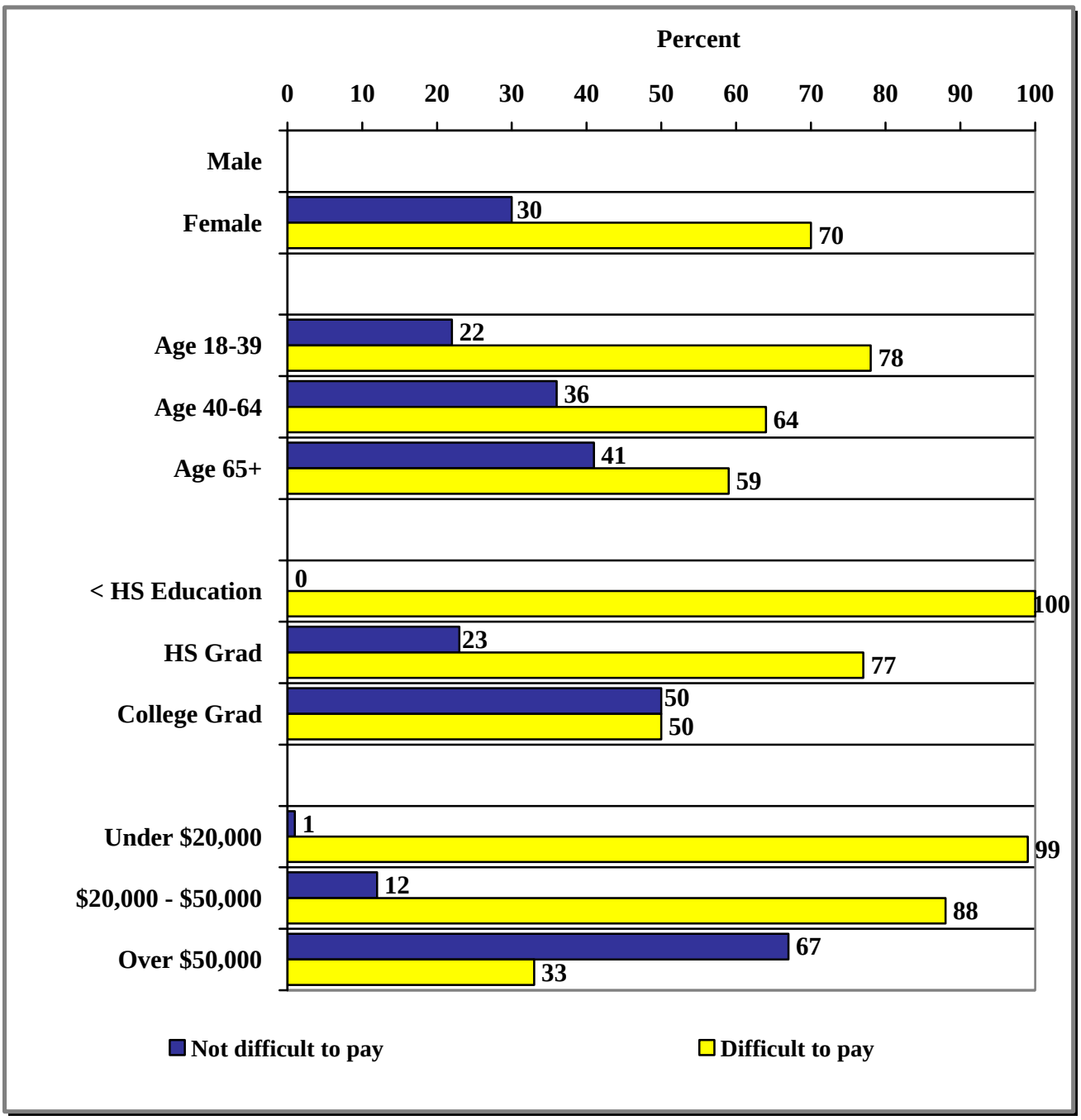


Breast Cancer Screening and Knowledge (continued)

Cost of mammogram test

Question: How difficult would it be for you to pay for the cost of a mammogram test? Would you say difficult, somewhat difficult, a little difficult, or not at all difficult?

Figure 6: Reported ability to pay for a mammogram test (by selected characteristics)



Breast Cancer Screening and Knowledge (continued)

Breast Cancer Screening

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

Risk Factor Definition: Women aged 40 years and older, no mammograms within the past two years

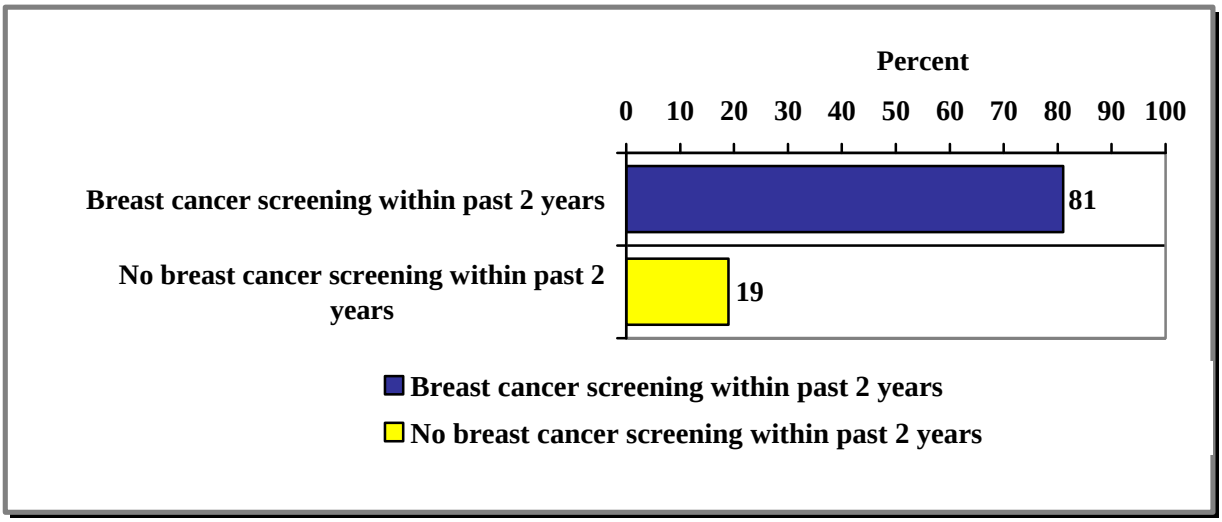
Questions: 1.Have you ever had a mammogram? 2. How long has it been since your last mammogram?

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

Table 4: Breast cancer screening within the past 2 years (overall)

Breast cancer screening	Frequency (n)
No breast cancer screening within the past 2 years	76
Breast cancer screening within past 2 years	359

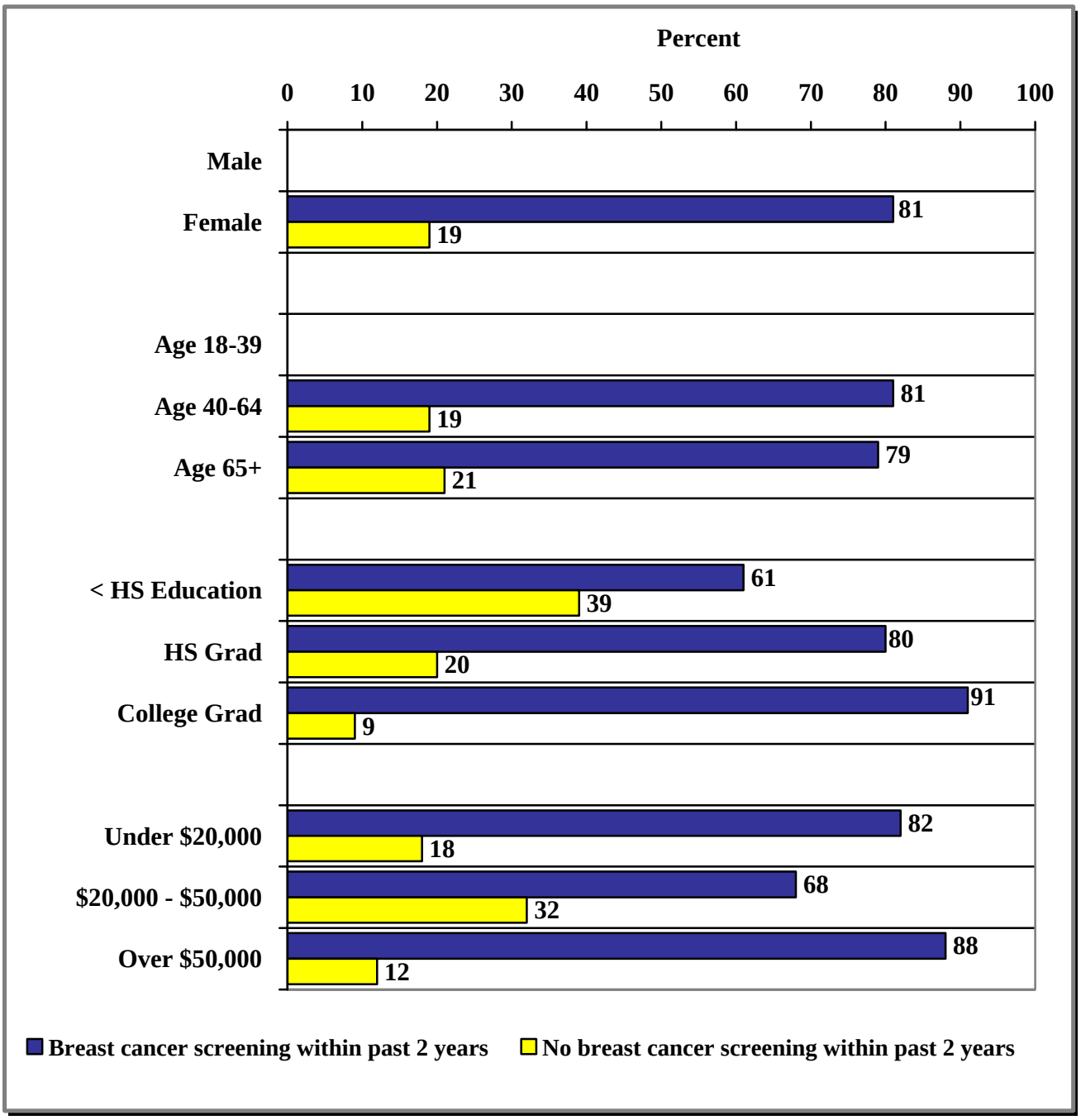
Figure 7: Breast cancer screening within the past 2 years (overall)



Breast Cancer Screening and Knowledge (continued)

Question: 1.Have you ever had a mammogram? 2. How long has it been since your last mammogram?

Figure 8: Breast cancer screening within the past 2 years, by age, education and income (by selected characteristics)



Other Women's Health Screening

Pap Smear

Pap tests are used to detect cervical cancer in women. Early stages of cervical cancer often have no signs or symptoms. This makes it important for women to have regular Pap smear tests.

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

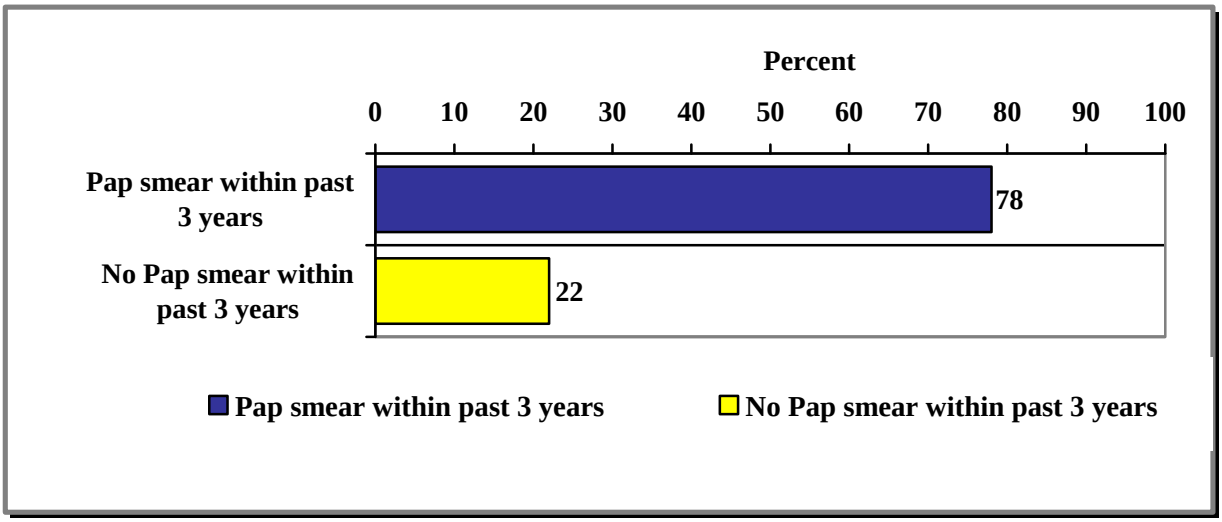
Questions: 1. Have you ever had a Pap smear? 2. How long has it been since your last Pap smear?

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.

Table 5: Pap smear within the past three years (overall)

Cervical cancer screening	Frequency (n)
No pap smear within the past 3 years	145
Pap smear within the past 3 years	347

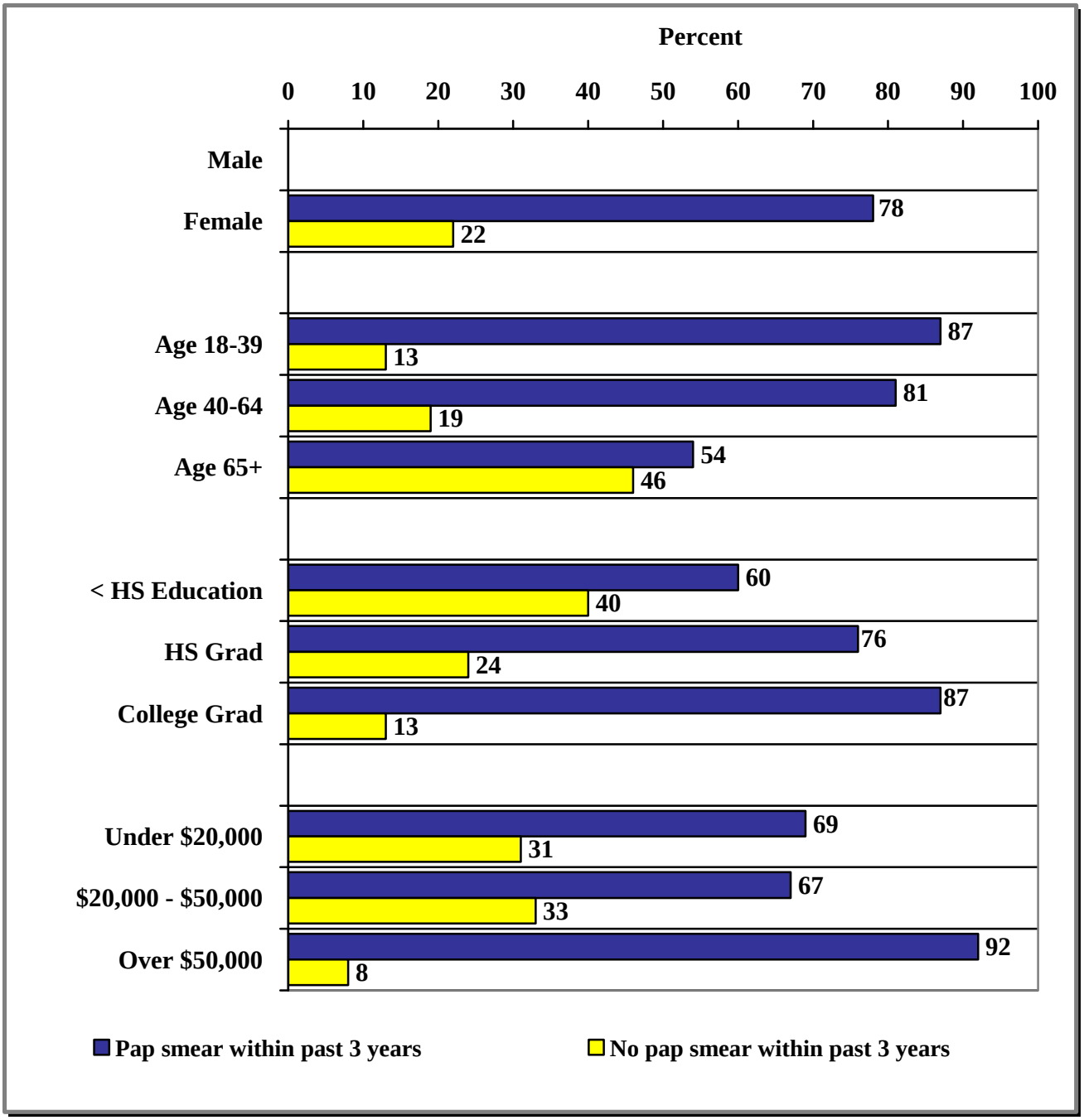
Figure 9: Pap smear within the past three years (overall)



Other Women's Health Screening (continued)

Questions: 1. Have you ever had a Pap smear? 2. How long has it been since your last Pap smear?

Figure 10: Pap smear within the past three years (by selected characteristics)



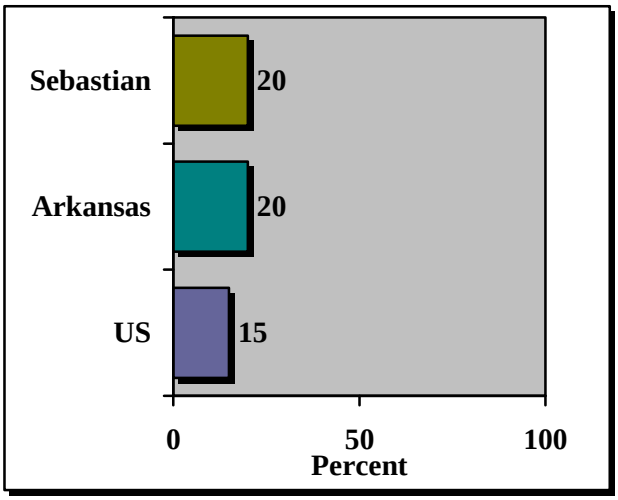
Appendix A

2009 Sebastian County
Comparison with State and national BRFSS

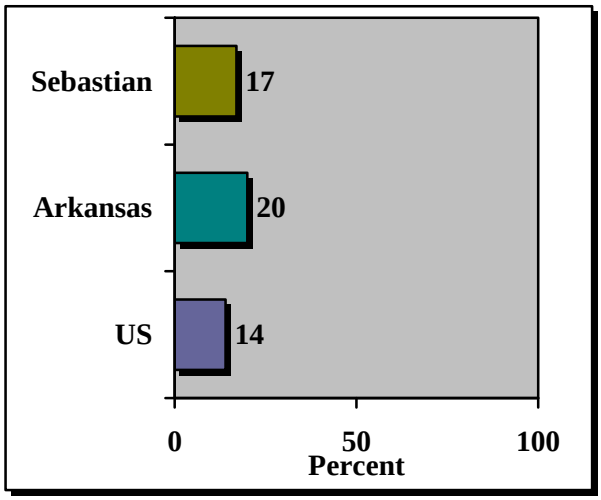
Sebastian County

2009 County Adult Health Survey
Comparison with State and national BRFSS

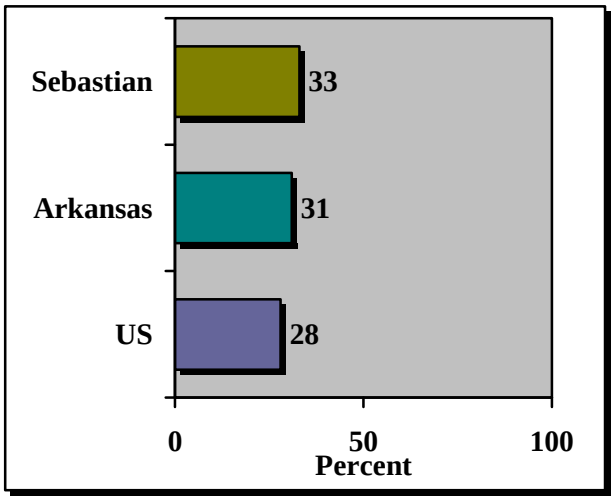
General health "fair" or "poor"



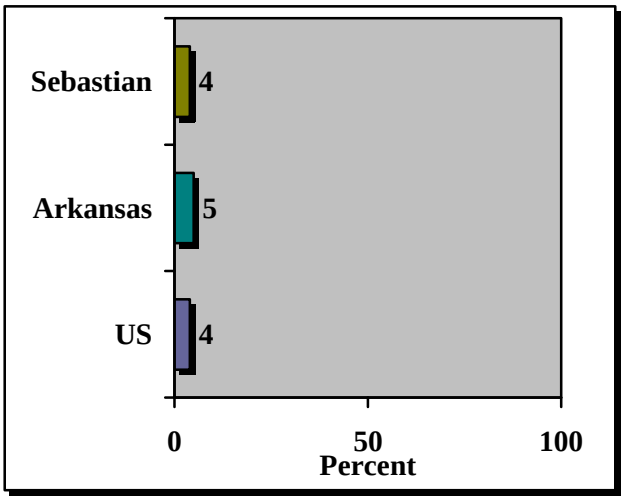
No health care coverage



Have high blood pressure



Have had a myocardial infarction

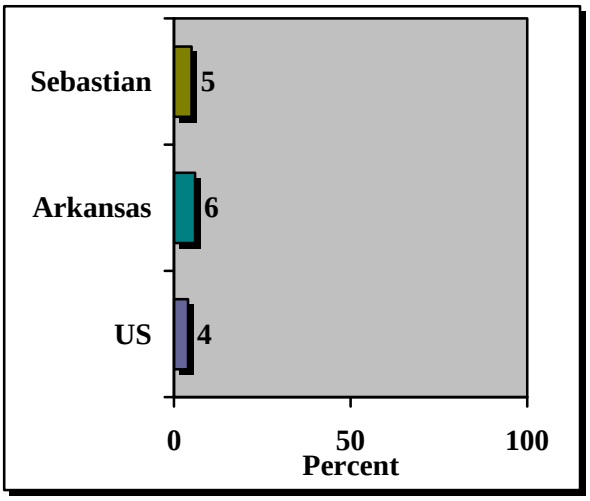


Sources: 2009 Sebastian County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2006 and 2007).

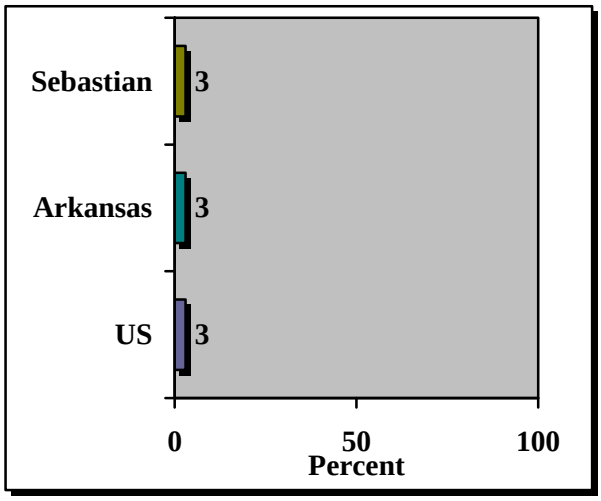
Sebastian County

2009 County Adult Health Survey
Comparison with State and national BRFSS

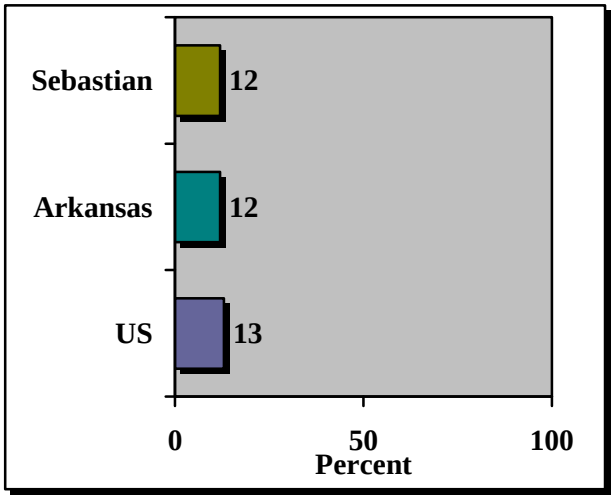
Have had angina or CHD



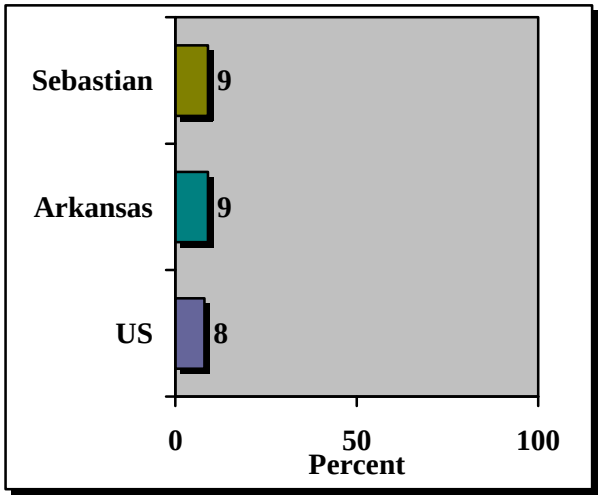
Have had a stroke



Have had asthma



Have diabetes

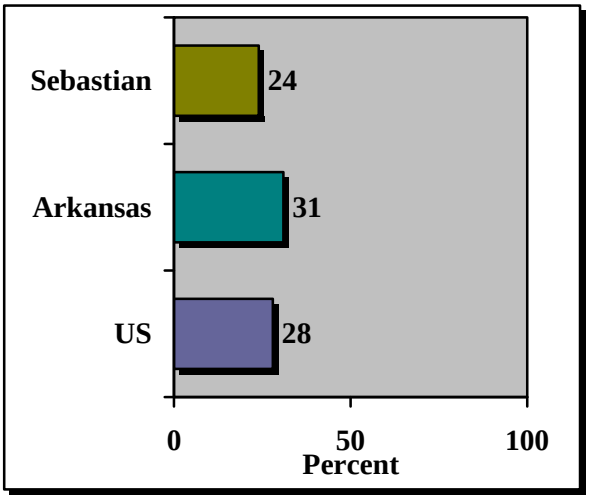


Sources: 2009 Sebastian County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2006 and 2007).

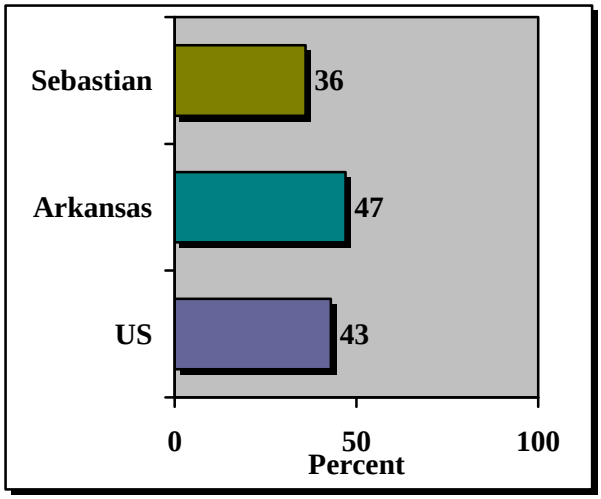
Sebastian County

2009 County Adult Health Survey
Comparison with State and national BRFSS

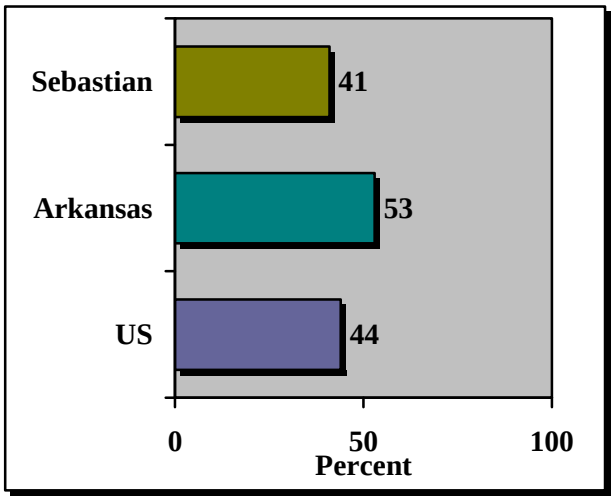
Have arthritis



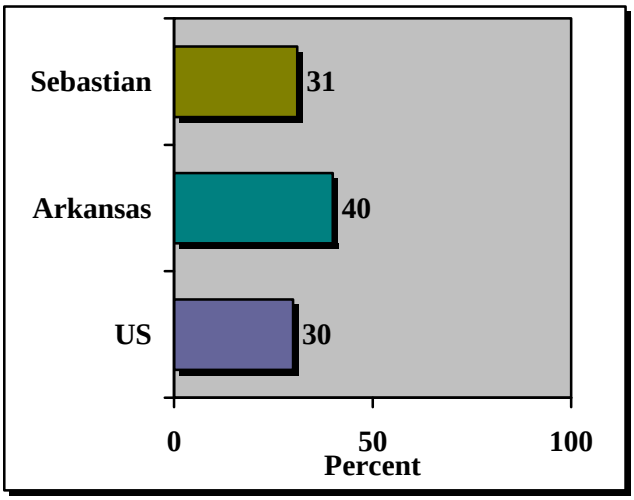
Over 50 years and not screened for colorectal cancer



Permanent teeth extraction



Last dental visit one year or more ago

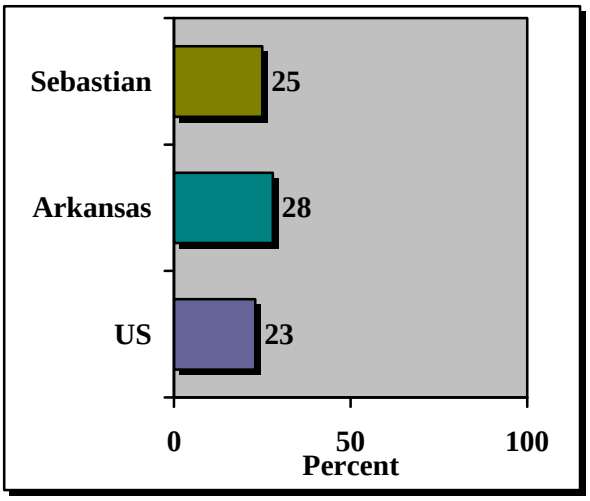


Sources: 2009 Sebastian County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2006 and 2007).

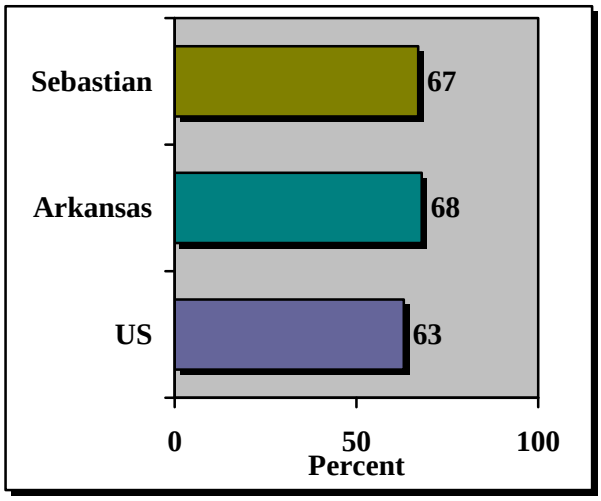
Sebastian County

2009 County Adult Health Survey
Comparison with State and national BRFSS

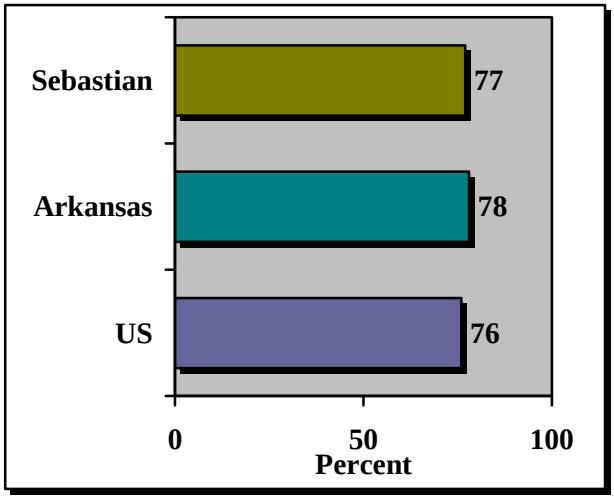
No regular physical activity



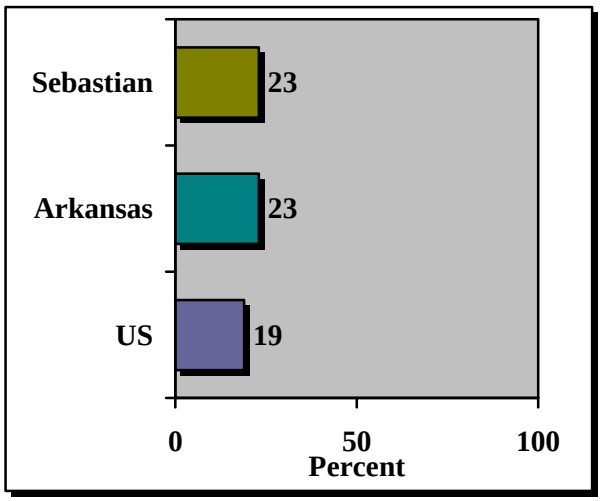
Over weight or obese



Fewer than five fruits and vegetables per day



Limitations due to physical, mental, or emotional problems

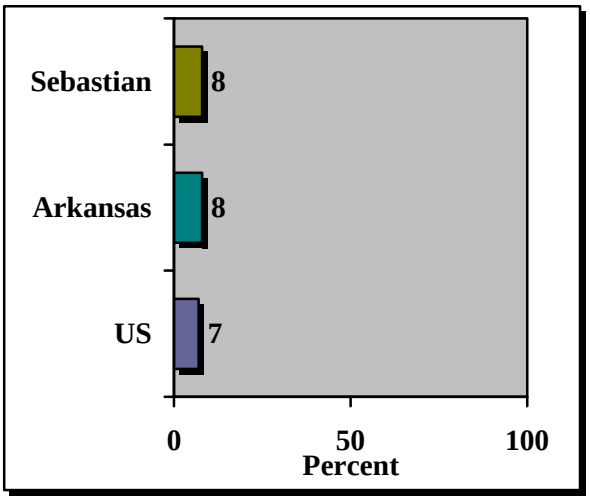


Sources: 2009 Sebastian County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2006 and 2007).

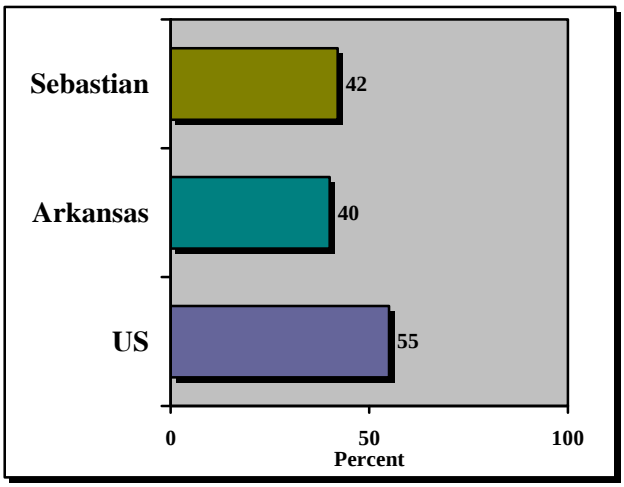
Sebastian County

2009 County Adult Health Survey
Comparison with State and national BRFSS

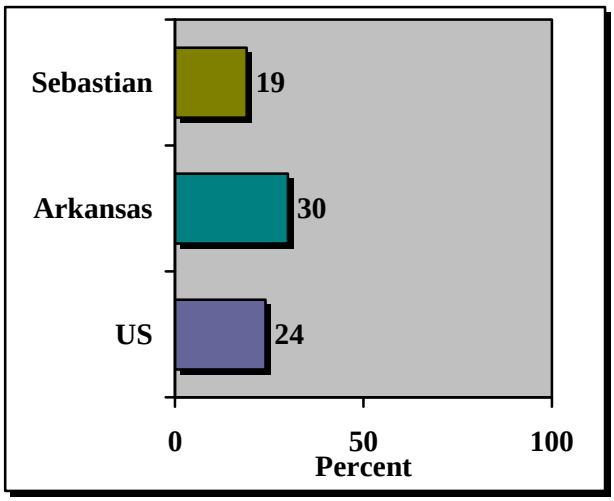
Use of special equipment



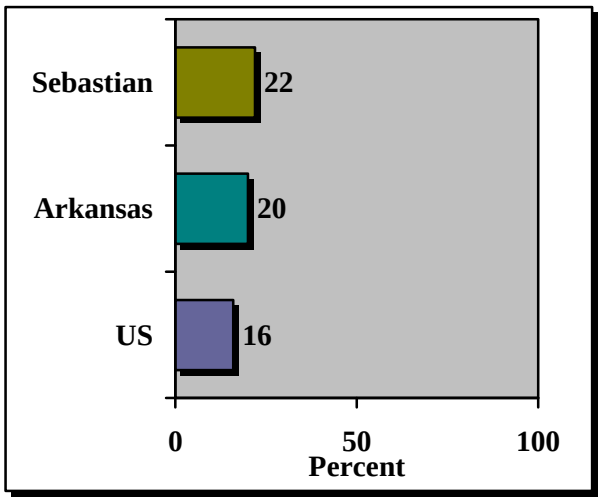
Had one drink of alcohol



Women over 40 years no mammogram in past 2 years



No pap smear in past three years



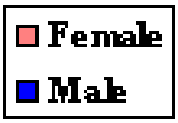
Sources: 2009 Sebastian County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2006 and 2007).

Appendix B

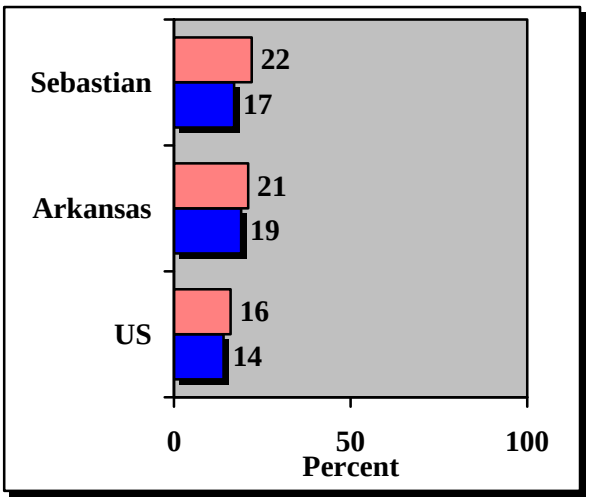
2009 Sebastian County
Comparison with State and national BRFSS
By Gender

Sebastian County

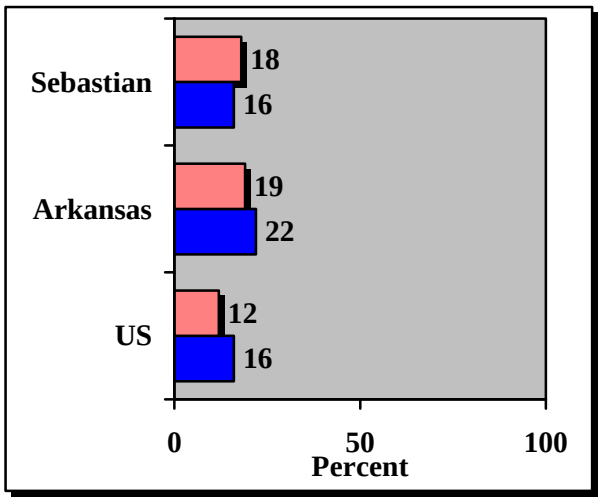
2009 County Adult Health Survey
Comparison with State and national BRFSS
By gender



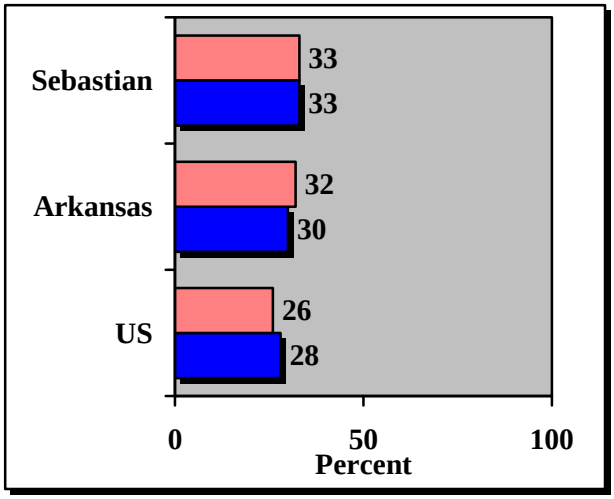
General health "fair" or "poor"



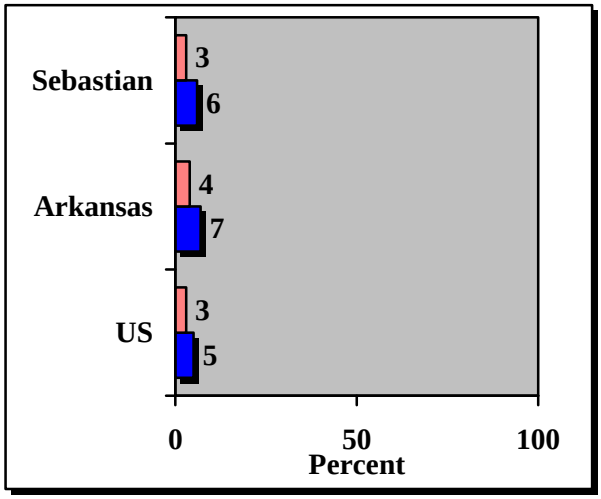
No health care coverage



Have high blood pressure



Have had a myocardial infarction

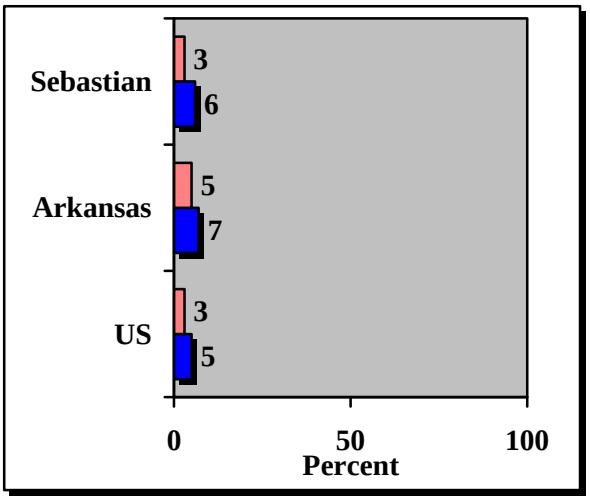


Sources: 2009 Sebastian County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2007 and 2009).

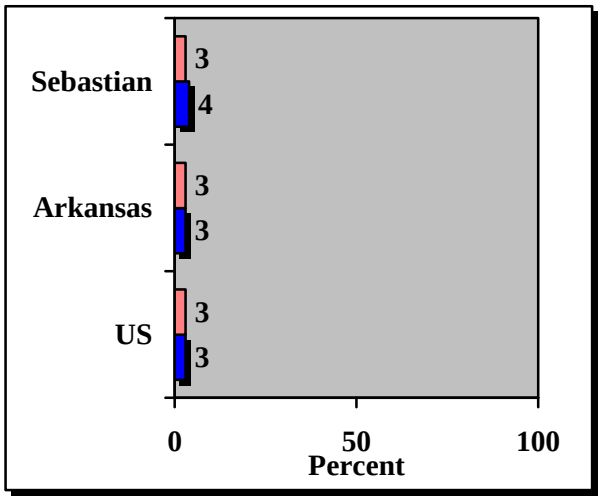
Sebastian County

2009 County Adult Health Survey
Comparison with State and national BRFSS

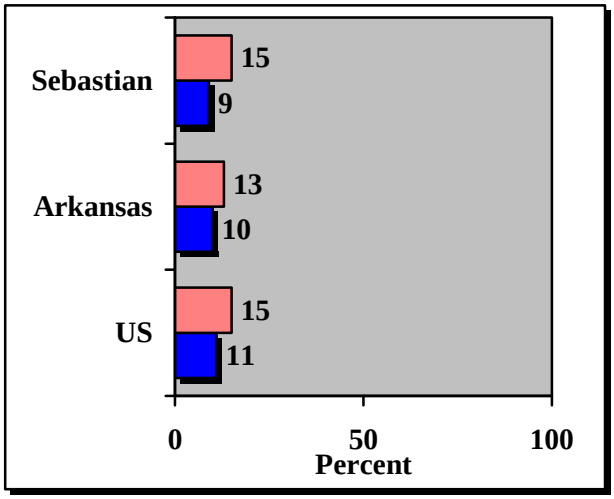
Have had angina or CHD



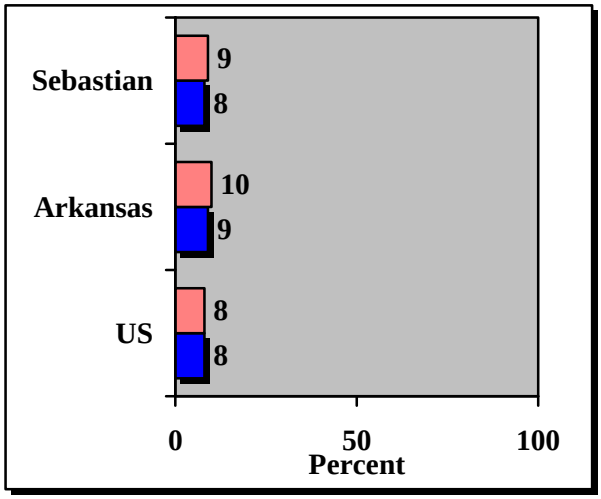
Have had a stroke



Have had asthma



Have diabetes

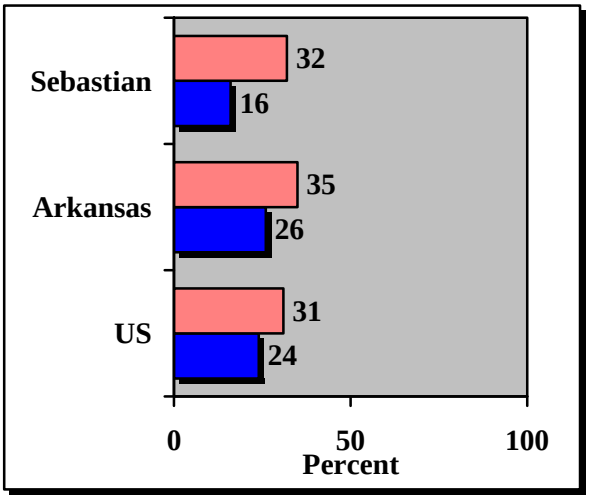


Sources: 2009 Sebastian County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2007 and 2009).

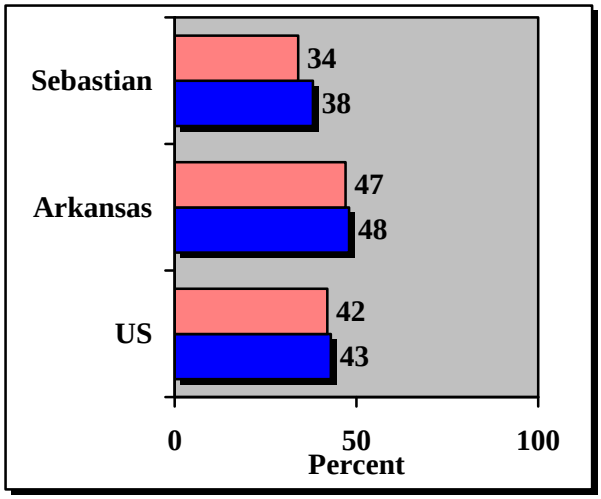
Sebastian County

2009 County Adult Health Survey
Comparison with State and national BRFSS

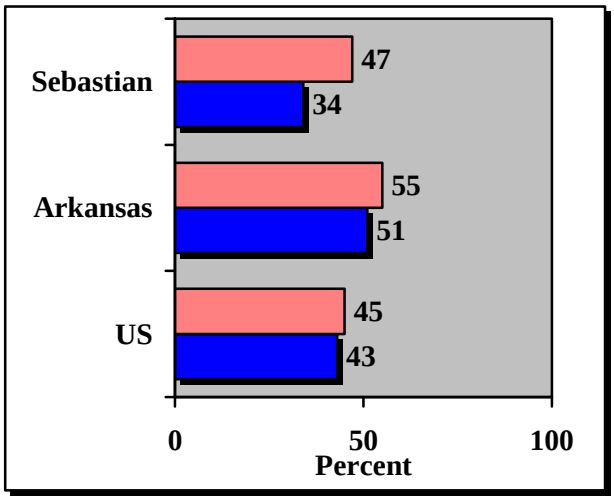
Have arthritis



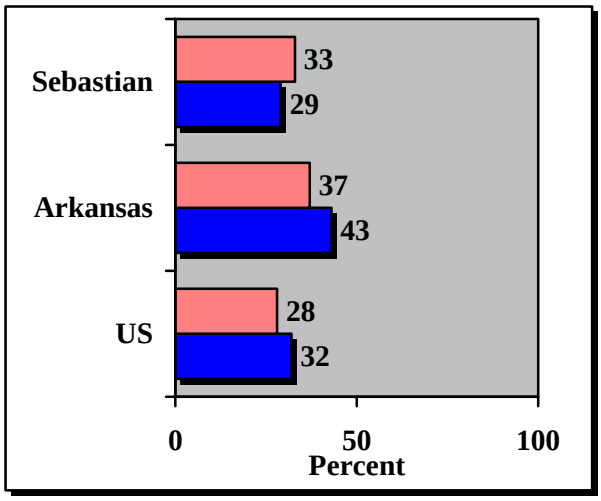
Over 50 years and not screened for colorectal cancer



Permanent teeth extraction



Last dental visit one year or more ago

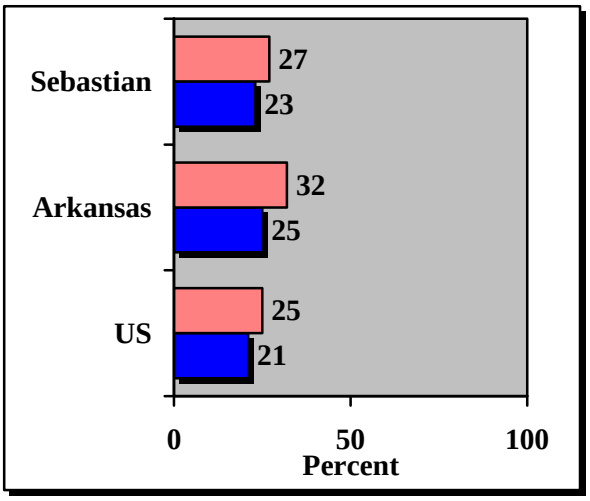


Sources: 2009 Sebastian County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2007 and 2009).

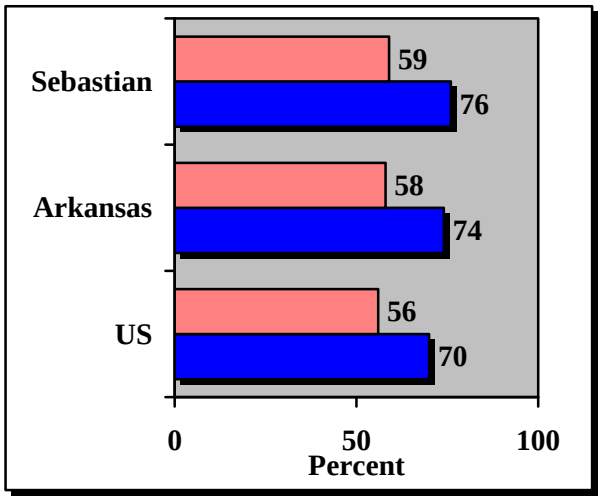
Sebastian County

2009 County Adult Health Survey
Comparison with State and national BRFSS

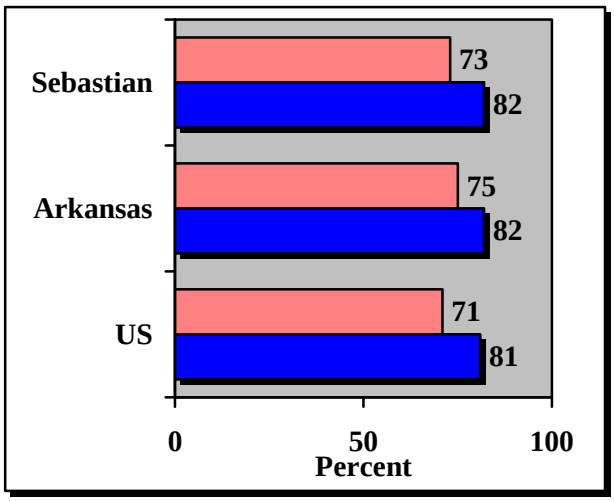
No regular physical activity



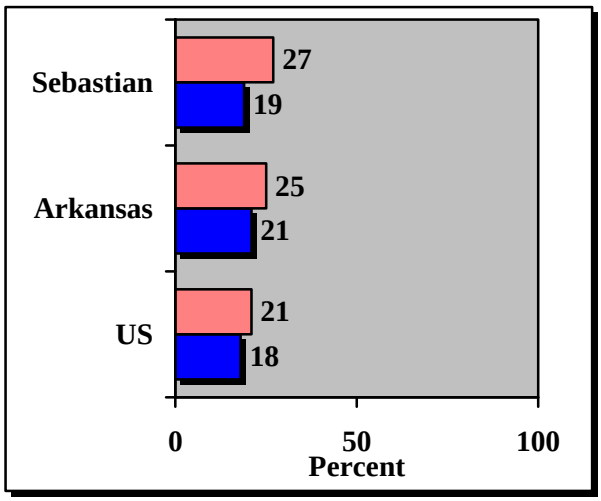
Over weight or obese



Fewer than fiver fruits and vegetables per day



Limitations due to physical, mental, or emotional problems

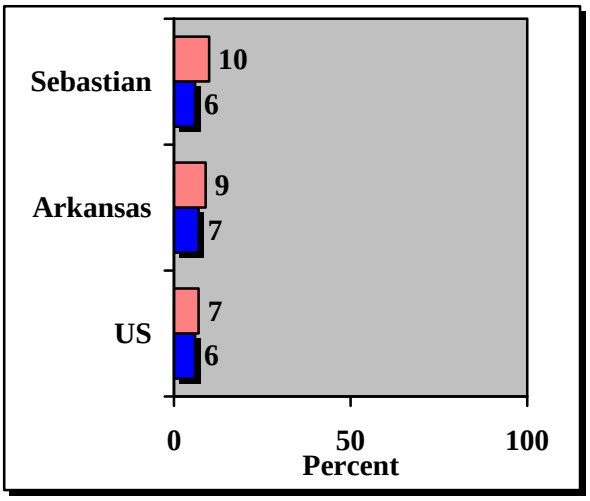


Sources: 2009 Sebastian County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2007 and 2009).

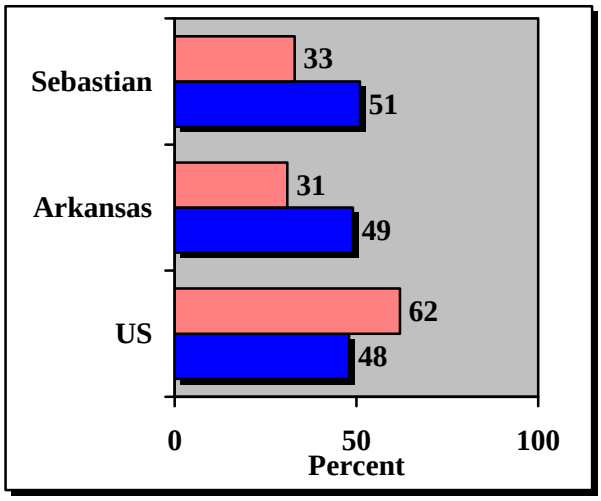
Sebastian County

2009 County Adult Health Survey
Comparison with State and national BRFSS

Use of special equipment



Had one drink of alcohol



Sources: 2009 Sebastian County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2006 and 2007).

Appendix C

2009 Sebastian County Confidence Intervals

How to interpret Sebastian County 2009 County Adult Health Survey results
Confidence Intervals

The prevalence rates shown in this report were calculated from a sample of the Sebastian County population. To control for the uncertainty in using sample data, 95% confidence intervals (CI) were calculated for each prevalence estimate. This value indicates that users of the data can be 95% confident that the prevalence rate for the true population falls within the calculated range. Small confidence intervals indicate more precise estimates of the true population rates, and large confidence intervals indicate less precise estimates.

For example, the table below shows the number of adults in Apple County that currently chew tobacco. The confidence interval is 11.1 to 13.5; 1 percentage point below and 1 percentage point above the prevalence of 12.4%. This suggests that there is a 95% chance that the prevalence estimate for the true or total population falls within 11.1 and 13.5 and close to the estimate of 12.4%.

	Current use of chew tobacco
Percent (%)	12.40
Confidence Limits	(11.1-13.5)
Frequency(n)	630

Sebastian County

2009 County Adult Health Survey
Confidence Intervals

How would you describe your general health				
	Frequency	Percent	95% Confidence Limits for Percent	
Fair, Poor	226	19.7	16.22	23.17
Excellent, Very Good, Good	607	80.3	76.83	83.78
Total	833	100.0		
Frequency Missing = 4				

Physical health NOT good in past month				
	Frequency	Percent	95% Confidence Limits for Percent	
Physical health not good one day or more	327	38.5	33.70	43.38
Physical health good	481	61.5	56.62	66.30
Total	808	100.0		
Frequency Missing = 29				

Mental health NOT good in past month				
	Frequency	Percent	95% Confidence Limits for Percent	
Mental health not good one day or more	227	28.6	24.18	33.09
Mental health good	591	71.4	66.91	75.82
Total	818	100.0		
Frequency Missing = 19				

Have health insurance				
	Frequency	Percent	95% Confidence Limits for Percent	
No health care coverage	85	17.3	13.07	21.63
Health care coverage	734	82.7	78.37	86.93
Total	819	100.0		
Frequency Missing = 18				

Told blood pressure high				
	Frequency	Percent	95% Confidence Limits for Percent	
Have high blood pressure	378	33.1	28.69	37.50
No high blood pressure	439	66.9	62.50	71.31
Total	817	100.0		
Frequency Missing = 20				

Blood cholesterol last checked				
	Frequency	Percent	95% Confidence Limits for Percent	
Blood cholesterol not checked in past two years	142	32.2	26.95	37.35
Blood cholesterol checked in past two years	652	67.8	62.65	73.05
Total	794	100.0		
Frequency Missing = 43				

Told cholesterol level high				
	Frequency	Percent	95% Confidence Limits for Percent	
High blood cholesterol	306	34.0	29.41	38.65
Blood cholesterol not high	403	66.0	61.35	70.59
Total	709	100.0		
Frequency Missing = 128				

Ever told had a heart attack				
	Frequency	Percent	95% Confidence Limits for Percent	
Have had myocardial infarction	55	4.4	2.92	5.98
No myocardial infarction	747	95.6	94.02	97.08
Total	802	100.0		
Frequency Missing = 35				

Ever told have angina or coronary heart disease				
	Frequency	Percent	95% Confidence Limits for Percent	
Have had angina or coronary heart disease	57	4.8	2.87	6.72
No angina or coronary heart disease	739	95.2	93.28	97.13
Total	796	100.0		
Frequency Missing = 41				

Ever told had a stroke				
	Frequency	Percent	95% Confidence Limits for Percent	
Have had a stroke	46	3.1	1.88	4.25
No stroke	756	96.9	95.75	98.12
Total	802	100.0		
Frequency Missing = 35				

Told by doctor have asthma				
	Frequency	Percent	95% Confidence Limits for Percent	
Ever had asthma	102	12.2	8.96	15.51
No asthma	712	87.8	84.49	91.04
Total	814	100.0		
Frequency Missing = 23				

Told by a doctor have diabetes				
	Frequency	Percent	95% Confidence Limits for Percent	
Ever had diabetes	121	8.6	6.71	10.59
No diabetes	692	91.4	89.41	93.29
Total	813	100.0		
Frequency Missing = 24				

Told by a doctor have arthritis				
	Frequency	Percent	95% Confidence Limits for Percent	
Ever had arthritis	298	24.3	20.67	27.90
No arthritis	511	75.7	72.10	79.33
Total	809	100.0		
Frequency Missing = 28				

Are you limited in any way because of joint symptoms				
	Frequency	Percent	95% Confidence Limits for Percent	
Have activity limitations	170	35.2	28.60	41.81
No activity limitations	250	64.8	58.19	71.40
Total	420	100.0		
Frequency Missing = 417				

Ever had colorectal cancer screening (sigmiodoscopy or colonoscopy)				
	Frequency	Percent	95% Confidence Limits for Percent	
Never been screened	190	35.7	30.75	40.58
Have been screened	371	64.3	59.42	69.25
Total	561	100.0		
Frequency Missing = 276				

Ever had prostate cancer screening (digital rectal exam or PSA test)				
	Frequency	Percent	95% Confidence Limits for Percent	
Never or more than year ago	130	63.9	56.38	71.34
Within past year	99	36.1	28.66	43.62
Total	229	100.0		
Frequency Missing = 608				

Had a flu shot in the past 12 months				
	Frequency	Percent	95% Confidence Limits for Percent	
No influenza shot	425	59.2	54.32	64.02
Had influenza shot	380	40.8	35.98	45.68
Total	805	100.0		
Frequency Missing = 32				

Had 1 or more permanent teeth removed because of tooth decay or gum disease				
	Frequency	Percent	95% Confidence Limits for Percent	
Permanent teeth extraction	442	40.7	35.98	45.48
No permanent teeth extraction	318	59.3	54.52	64.02
Total	760	100.0		
Frequency Missing = 77				

Last dental visit more than 1 year ago				
	Frequency	Percent	95% Confidence Limits for Percent	
Last dental visit one year or more ago	236	30.7	26.00	35.46
Last dental visit less than one year ago	531	69.3	64.54	74.00
Total	767	100.0		
Frequency Missing = 70				

Participate in physical activities, other than regular job, in the past 30 days				
	Frequency	Percent	95% Confidence Limits for Percent	
No regular physical activity	238	25.3	20.99	29.62
Regular physical activity	582	74.7	70.38	79.01
Total	820	100.0		
Frequency Missing = 17				

Overweight or obese BMI >= 25				
	Frequency	Percent	95% Confidence Limits for Percent	
Overweight or obese BMI > 25	492	67.4	62.36	72.39
Not overweight or obese BMI < 25	249	32.6	27.61	37.64
Total	741	100.0		
Frequency Missing = 96				

Ate fruits/vegs 5 or more times a day				
	Frequency	Percent	95% Confidence Limits for Percent	
Consume less than 5 times per day	584	77.5	73.39	81.56
Consume 5 or more times per day	195	22.5	18.44	26.61
Total	779	100.0		
Frequency Missing = 58				

Limited in activities because of physical, mental, or emotional problems				
	Frequency	Percent	95% Confidence Limits for Percent	
Limitations	239	23.0	19.04	26.94
No limitations	532	77.0	73.06	80.96
Total	771	100.0		
Frequency Missing = 66				

Have health problems that require use of equipment				
	Frequency	Percent	95% Confidence Limits for Percent	
Use of special equipment	113	8.0	6.09	9.93
No use of special equipment	661	92.0	90.07	93.91
Total	774	100.0		
Frequency Missing = 63				

Rarely or never get needed social or emotional support				
	Frequency	Percent	95% Confidence Limits for Percent	
Rarely or never get needed social/emotional support	74	6.8	4.78	8.76
Get needed social/emotional support	685	93.2	91.24	95.22
Total	759	100.0		
Frequency Missing = 78				

Satisfied with your life				
	Frequency	Percent	95% Confidence Limits for Percent	
Dissatisfied or very dissatisfied with life	36	5.6	2.88	8.35
Very satisfied or satisfied with life	730	94.4	91.65	97.12
Total	766	100.0		
Frequency Missing = 71				

Had at least one drink in past 30 days				
	Frequency	Percent	95% Confidence Limits for Percent	
Had an alcoholic drink	286	41.7	36.71	46.72
No alcoholic drink	523	58.3	53.29	63.29
Total	809	100.0		
Frequency Missing = 28				

Had 5 or more drinks in a row on one or more occasions during past month				
	Frequency	Percent	95% Confidence Limits for Percent	
Binge drinking	52	31.9	23.28	40.44
No binge drinking	227	68.1	59.56	76.72
Total	279	100.0		
Frequency Missing = 558				

Smoked at least 100 cigarettes in lifetime				
	Frequency	Percent	95% Confidence Limits for Percent	
Smoked at least 100 cigarettes in lifetime	356	40.0	35.14	44.83
Smoked less than 100 cigarettes in lifetime	452	60.0	55.17	64.86
Total	808	100.0		
Frequency Missing = 29				

Current smoker				
	Frequency	Percent	95% Confidence Limits for Percent	
Current cigarette use	124	18.0	13.96	22.13
No current cigarette use	684	82.0	77.87	86.04
Total	808	100.0		
Frequency Missing = 29				

Quit smoking one day or longer in the past 12 months				
	Frequency	Percent	95% Confidence Limits for Percent	
Have not tried smoking cessation	55	45.3	32.21	58.31
Have tried smoking cessation	68	54.7	41.69	67.79
Total	123	100.0		
Frequency Missing = 714				

Ever tried to use smokeless tobacco				
	Frequency	Percent	95% Confidence Limits for Percent	
Have used smokeless tobacco	97	19.9	15.12	24.68
No use of smokeless tobacco	665	80.1	75.32	84.88
Total	762	100.0		
Frequency Missing = 75				

Currently use smokeless tobacco				
	Frequency	Percent	95% Confidence Limits for Percent	
Current use of smokeless tobacco	22	29.3	14.72	43.88
No current use of smokeless tobacco	74	70.7	56.12	85.28
Total	96	100.0		
Frequency Missing = 741				

Ever smoked a cigar				
	Frequency	Percent	95% Confidence Limits for Percent	
Have smoked cigar	276	44.6	39.28	49.82
No cigar smoking	485	55.4	50.18	60.72
Total	761	100.0		
Frequency Missing = 76				

Currently smoke cigars				
	Frequency	Percent	95% Confidence Limits for Percent	
Current cigar smoking	23	12.0	5.81	18.25
No current cigar smoking	253	88.0	81.75	94.19
Total	276	100.0		
Frequency Missing = 561				

Ever smoked a pipe				
	Frequency	Percent	95% Confidence Limits for Percent	
Have smoked a pipe	163	22.2	17.80	26.68
No pipe smoking	596	77.8	73.32	82.20
Total	759	100.0		
Frequency Missing = 78				

Currently smoke a pipe				
	Frequency	Percent	95% Confidence Limits for Percent	
Current pipe smoking	7	8.4	0.37	16.34
No current pipe smoking	156	91.6	83.66	99.63
Total	163	100.0		
Frequency Missing = 674				

Smoking allowed in the home				
	Frequency	Percent	95% Confidence Limits for Percent	
Smoking in the home	145	16.1	12.34	19.90
No smoking allowed in the home	617	83.9	80.10	87.66
Total	762	100.0		
Frequency Missing = 75				

Noticed mammogram advertisements				
	Frequency	Percent	95% Confidence Limits for Percent	
Have not noticed mammogram advertisements	178	35.8	29.68	41.87
Noticed mammogram advertisements	328	64.2	58.13	70.32
Total	506	100.0		

Frequency Missing = 331

Awareness of free/low cost breast exams and mammograms				
	Frequency	Percent	95% Confidence Limits for Percent	
Not aware of free exams	297	63.0	57.35	68.73
Aware of free exams	216	37.0	31.27	42.65
Total	513	100.0		
Frequency Missing = 324				

Difficult to pay for cost of mammogram				
	Frequency	Percent	95% Confidence Limits for Percent	
Difficult to pay	121	70.1	61.40	78.89
Not difficult to pay	63	29.9	21.11	38.60
Total	184	100.0		
Frequency Missing = 653				

Ever had Mammogram				
	Frequency	Percent	95% Confidence Limits for Percent	
No breast cancer screening within the past 2 years	76	19.2	14.34	24.14
Breast cancer screening within past 2 years	359	80.8	75.86	85.66
Total	435	100.0		
Frequency Missing = 402				

How long since last Pap Smear				
	Frequency	Percent	95% Confidence Limits for Percent	
No pap smear within the past 3 years	145	22.2	17.27	27.11
Pap smear within the past 3 years	347	77.8	72.89	82.73
Total	492	100.0		
Frequency Missing = 345				

Appendix D

2009 County Adult Health Survey Questions

Sebastian 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. Interested parties can obtain a complete copy of the script used to conduct the interview from their local Hometown Health leaders.

Core 1: Health Status

1. Would you say that in general your health is excellent, very good, good, fair, or poor?

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?

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?

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?

Core 2: Healthcare Access

1. Do you have any kind of health care coverage, including health insurance, pre-paid plans such as HMO's, or government plans such as Medicare?

2. During the past 12 months, was there any time that you did not have any health insurance or coverage?

3. Do you have one person you think of as your personal doctor or health care provider?

Core 3: Exercise

1. During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics (cal i STEN iks), golf, gardening, or walking for exercise?

Core 4: Hypertension Awareness

1. Have you ever been told by a doctor that you have high blood pressure?

2. Are you currently taking medicine for your high blood pressure?

Core 5: Cholesterol Awareness

1. Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?

2. About how long has it been since you last had your blood cholesterol checked?

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

Core 6: Asthma

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

2. Do you still have asthma?

Core 7: Diabetes

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

Core 8: Arthritis

1. During the past 12 months, have you had pain, aching, stiffness or swelling in or around a joint?

2. Were these symptoms present on most days for at least one month?

3. Are you now limited in any way in any activities because of joint symptoms?

4. Have you ever seen a doctor, nurse or other health professional for these joint symptoms?

5. Have you ever been told by a doctor that you have arthritis?

6. Are you currently being treated by a doctor for arthritis?

Core 9: Immunization

1. During the past 12 months, have you had a flu shot?

2. Have you ever had a pneumonia shot? This shot is given only once or twice in a person's lifetime and is different from the flu shot. It is also called the pneumococcal (new mo COCK kle) vaccine.

Core 10: Tobacco Use

1. Have you smoked at least 100 cigarettes in your entire life?

2. Do you now smoke cigarettes every day, some days, or not at all?

3. During the past 12 months have you stopped smoking for one day or longer because you were trying to quit smoking?

Core 11: Alcohol Use

1. During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

2. One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?

3. Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on an occasion?

Core 13: Demographics

1. What is your age?

2. Are you Hispanic or Latino?

3. Which one or more of the following would you say is your race?

4. Which one of these groups would you say best represents your race?

5. Marital status?

6. How many children less than 18 years of age live in your household?

7. What is the highest grade or year of school you completed?

8. Are you currently?

9. Is your annual household income from all sources?

10. About how much do you weigh without shoes?

11. About how tall are you without shoes?

12. What is your ZIP Code?

13. Do you have more than one telephone number in your household? Do not include cell phones or numbers that are only used by a computer or fax machine.
14. How many of these are residential numbers?

15. How many adult members of your household currently use a cell phone for any purpose?

16. Not counting interruptions in service because of the weather, has your regular home telephone service been disconnected in the last 12 months?

17. In the past 12 months, about how many months in total were you without a working home telephone? (Do not count cell phones)

18. And I need to verify that you are (male/female).

19. The next question relates to military service. Have you ever served on active duty in the United States Armed Forces, either in the regular military or in a National Guard or military reserve unit?

Arkansas CAHS Module 1: Women's Health

1. The next questions concern women's health. 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 other than cancer, 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 "BreastCare" is a program of the local health department, offers free breast exams and mammograms to women age 40 and older?

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. A clinical breast exam is when a doctor, nurse, or other health professional feels the breast for lumps. 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 have 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?

Core 14: Disability & Quality of Life

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

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?

3. How often do you get the social and emotional support you need?

4. In general, how satisfied are you with your life?

Core 15: Physical Activity

1. When you are at work, which of the following best describes what you do? Would you say:

2. Now, thinking about the moderate physical activities you do when you are not working, 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?

3. How many days per week do you do these moderate activities for at least 10 minutes at a time?

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?

5. Now thinking about the vigorous physical activities you do when you are not working, 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?

6. How many days per week do you do these vigorous activities for at least 10 minutes at a time?

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?

Core 16: Prostate Cancer Screening

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?

2. How long has it been since you had your last PSA test?

3. 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. Have you ever had a digital rectal exam?

4. How long has it been since your last digital rectal exam?

5. Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?

6. Has your father, brother, son, or grandfather ever been told by a doctor, nurse, or health professional that he had prostate cancer?

Core 17: Colorectal Cancer Screening

1. A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever had this test using a home kit?

2. How long has it been since you had your last blood stool test using a home kit?

3. Sigmoidoscopy (sig-moyd-OS-kopee) or colonoscopy (kolon-OS-kopee) are exams in which a tube is inserted in the rectum to view the bowel for signs of cancer and other health problems. Have you ever had either of these exams?

4. How long has it been since you had your last sigmoidoscopy or colonoscopy?

Core 18: HIV/AIDS

1. Have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation.

2. Not including blood donations, in what month and year was your last HIV test?

3. Where did you have your last HIV test, at a private doctor or HMO office, at a counseling and testing site, at a hospital, at a clinic, in a jail or prison, at home, or somewhere else?

4. I am going to read you a list. When I am done, please tell me if any of the situations apply to you. You do not need to tell me which one.

ARKANSAS CAHS Module 2: Oral Health

1. How long has it been since you last visited a dentist or a dental clinic for any reason?

2. How many of your permanent teeth have been removed because of tooth decay or gum disease? Do not include teeth lost for other reasons, such as injury or orthodontics.

3. How long has it been since you had your teeth "cleaned" by a dentist or dental hygienist?

ARKANSAS CAHS Module 3: Cardiovascular Disease Prevalence

1. Has a doctor ever told you that you had a heart attack, also called a myocardial infraction?

2. Has a doctor ever told you that you had angina or coronary heart disease?

3. Has a doctor ever told you that you had a stroke?

ARKANSAS CAHS Module 4: Fruits and Vegetables

1. How often do you drink fruit juices such as orange, grapefruit, or tomato?

2. Not counting juice, how often do you eat fruit?

3. How often do you eat green salad?

4. How often do you eat potatoes not including French fries, fried potatoes, or potato chips?

5. How often do you eat carrots?

6. Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat?

ARKANSAS CAHS Module 5: 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. Have you ever been told by a doctor or other health care professional that you have chronic bronchitis?

8. Have you ever been told by a doctor or other health care professional that you have emphysema?

9. Have you ever been told by a doctor or other health care professional that you have Chronic Obstructive Pulmonary Disease (COPD)?

10. Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?

11. Do you currently use chewing tobacco or snuff every day, some days, or not at all?

12. Have you ever smoked a cigar, even one or two puffs?

13. Do you now smoke cigars every day, some days, or not at all?

14. Have you ever smoked tobacco in a pipe, even one or two puffs?

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

16. A bidi (BEE-dee) is a flavored cigarette from India. Have you ever smoked a bidi, even one or two puffs?

17. Do you now smoke bidis (BEE-dees) every day, some days, or not at all?