

Crawford County County Adult Health Survey



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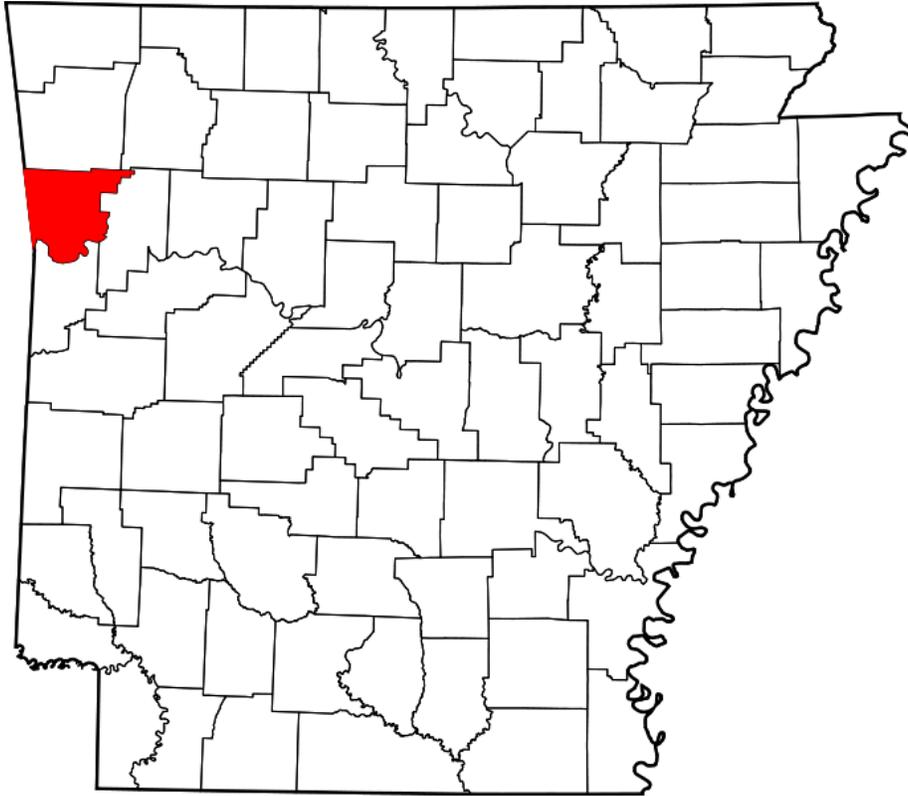


Behavioral Risk Factor Surveillance System

Crawford County Hometown Health
Improvement

and
Arkansas Department of Health,
Health Statistics Branch

Crawford County, 2012



County Adult Health Survey
Based on the Behavioral Risk Factor Surveillance System (BRFSS)

December, 2012

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Crawford County 2012 County Adult Health Survey

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, Crawford County conducted the County Adult Health Survey using questions from the Behavioral Risk Factor Surveillance System (BRFSS) during October and November of 2012.



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:

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

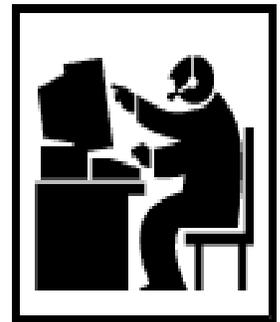
How is the BRFSS used?

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

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

BRFSS information is also used by researchers, voluntary organizations, and professional managed care organizations to target prevention efforts of recognizing the value of such a system in addressing potential priority health issues. 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, or racial and ethnic background, to determine which populations are at highest risk in a community.



How did Crawford County conduct the County Adult Health Survey?

During the months September, October, and November of 2012, a telephone survey of 856 randomly selected adults in Crawford 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 2012 Crawford County Adult Health Survey?

Of the 856 people who were interviewed, 306 were men and 550 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 have been adjusted to represent the population based on the latest US Census from which the sample was drawn.

Note:

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. Please note, 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.

Variables	Categories	Raw Data %	Weighted Data (%)
Age (years)	Age 18-39	10	47
	Age 40-64	45	34
	Age 65+	45	19
Education	< HS Education	17	18
	HS Grad	67	66
	College Grad	17	16

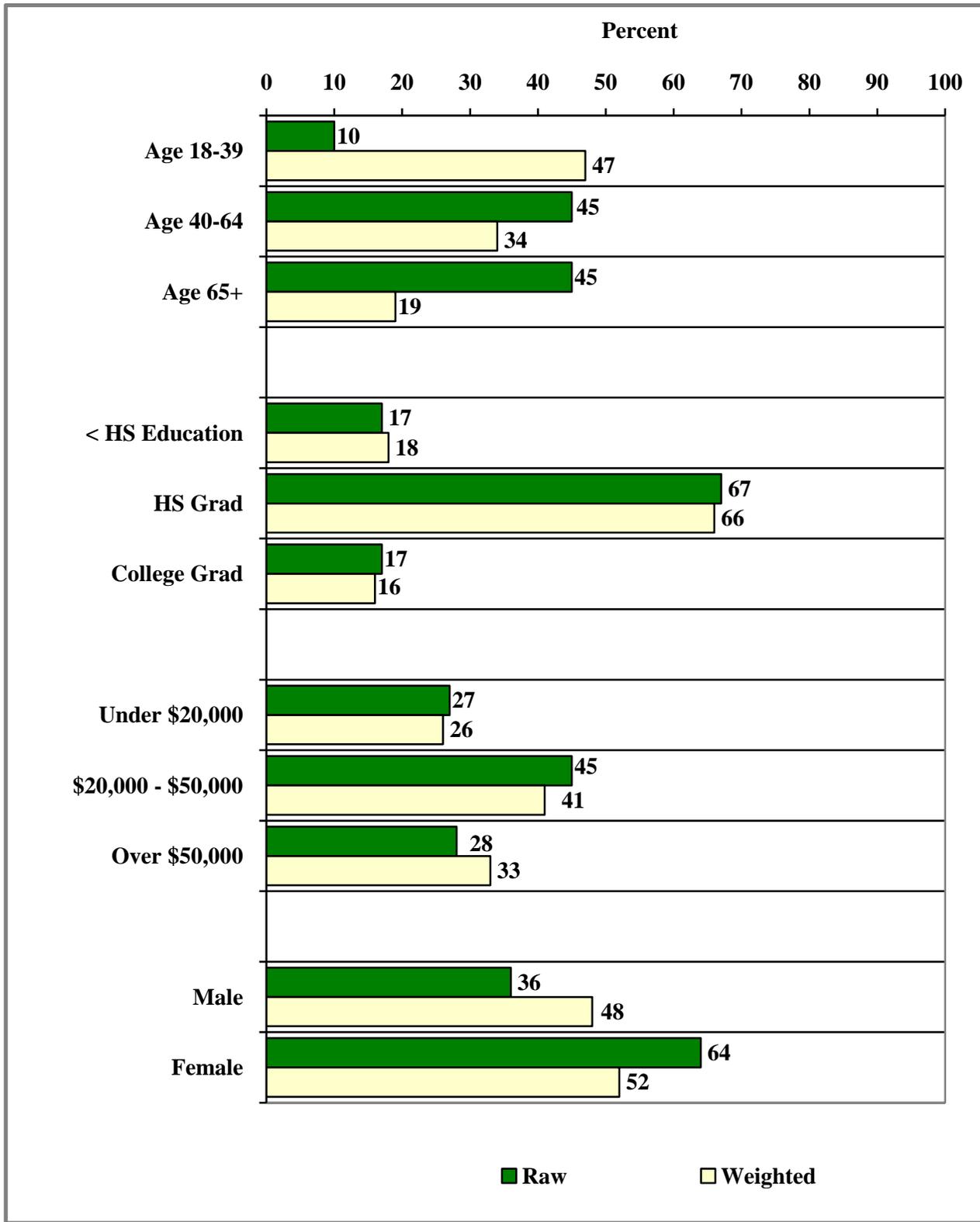
Who Participated in the Crawford CAHS?

Income	Under \$20,000	27	26
	\$20,000 - \$50,000	45	41
	Over \$50,000	28	33
Gender	Male	36	48
	Female	64	52

Table 1: Survey demographics

Who participated in the 2012 Crawford County Adult Health Survey?)

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



Risk Factors

Individuals choose behaviors that are not always the best for overall health and well-being. They often make poor choices based on long-term habits, lack of education, social influences, or impulsive decisions, and many other reasons. Some of the most common risk factors to poor health and a less than desirable quality of life have been identified through years of research. The most prominent risk factors were examined on this County Adult Health Survey.

The risk factors addressed in the County Adult Health Surveys were chosen mainly because they are related to preventable diseases and frequently lead pre-mature death. In this study, residents of Crawford County were asked about their perceived physical and mental health as well as their health care coverage and access to professional health care. Participants were also asked about any diagnosis and any treatment of hypertension, high blood cholesterol, cardiovascular disease, asthma, diabetes, and various forms of arthritis in the past or present.

Studies have shown that prevention is in fact, the best source of health care for serious illnesses. Residents were asked about preventative behaviors such as getting proper immunization, regular screenings for various types of cancers and HIV, regular visits to the dentists, eating habits, exercise habits and avoiding excessive alcohol and use of tobacco products.

Health Status

The surveyors 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 includes perceptions of physical and mental health, which are important indicators of functionality and health-related quality of life. Low or poor perceived health levels are associated with risk factors and disease indicators that lead to premature mortality, cardiovascular causes, and incidence of myocardial infarction. Self-perceived health status assesses health issues that are not measured by standard morbidity and mortality data. This survey includes questions for respondents to rate their general, physical, and mental health status. Results for each of the questions related to perceived health status are shown for overall responses and then by various characteristics.

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?”

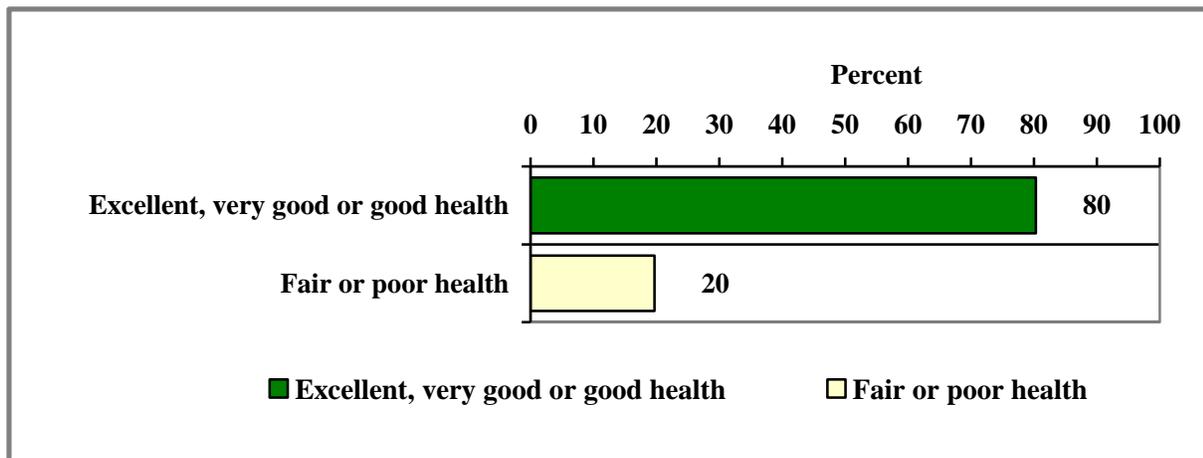
At risk: Those who answered “fair” or “poor” are considered at risk.

In Crawford County, the majority of the residents in all age groups consider his or her health to be good, very good, or excellent.

Table 2: General health status (overall)

General health	Frequency (n)
Excellent, Very Good, Good	570
Fair or Poor	284

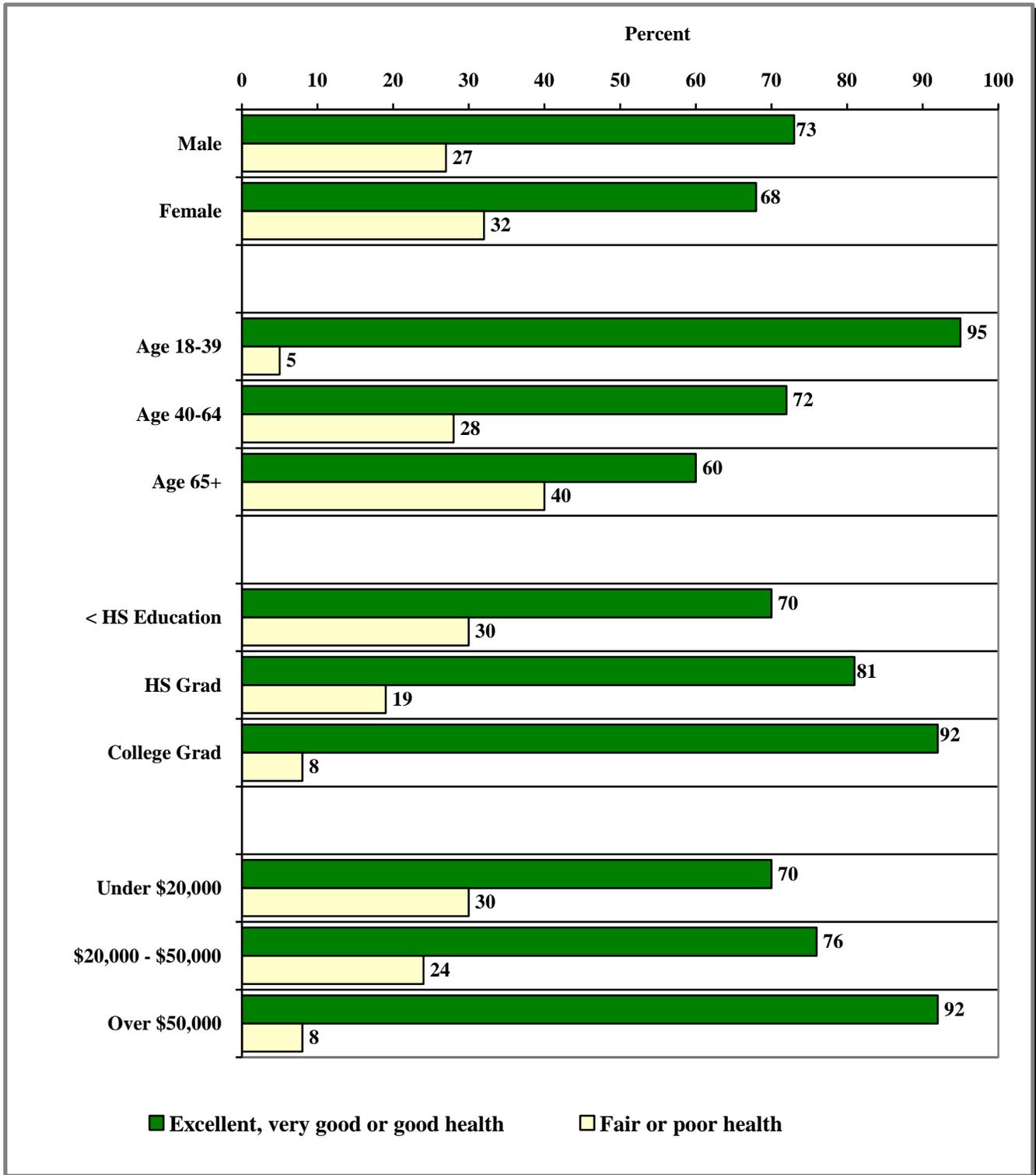
Figure 2: General health status (overall)



Health Status

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

Figure 3: General health status (by selected characteristics)



Health Status

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?

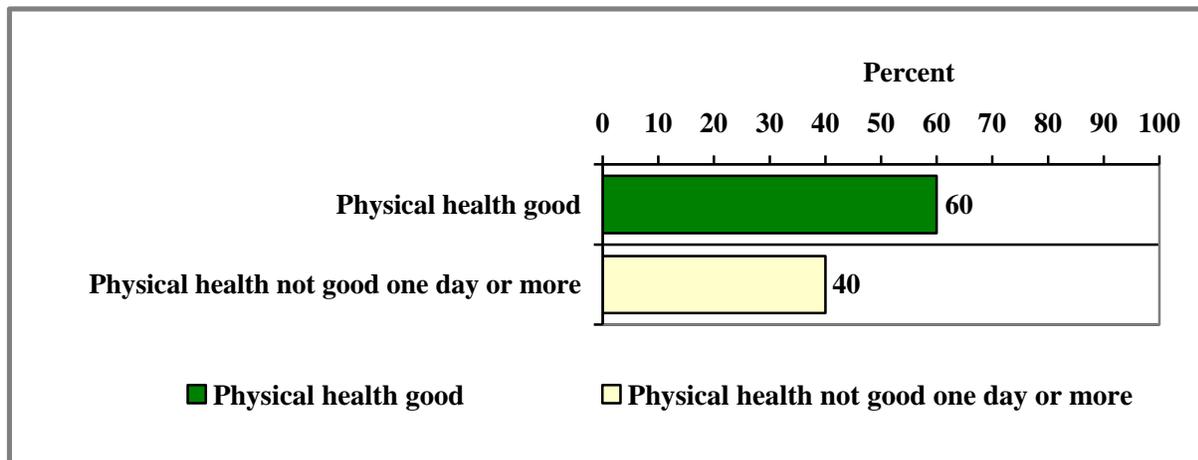
At risk: Having one or more self-reported days of “not good” physical health.

Although not all residents answered the question, the majority (56%) of the 836 that did answer, indicated his or her health had been good everyday for the past thirty days. Weighted percentage is 61% of the population in Crawford County.

Table 3: Physical health status (overall)

Physical health	Frequency (n)
Physical health good	466
Physical health not good one day or more	370

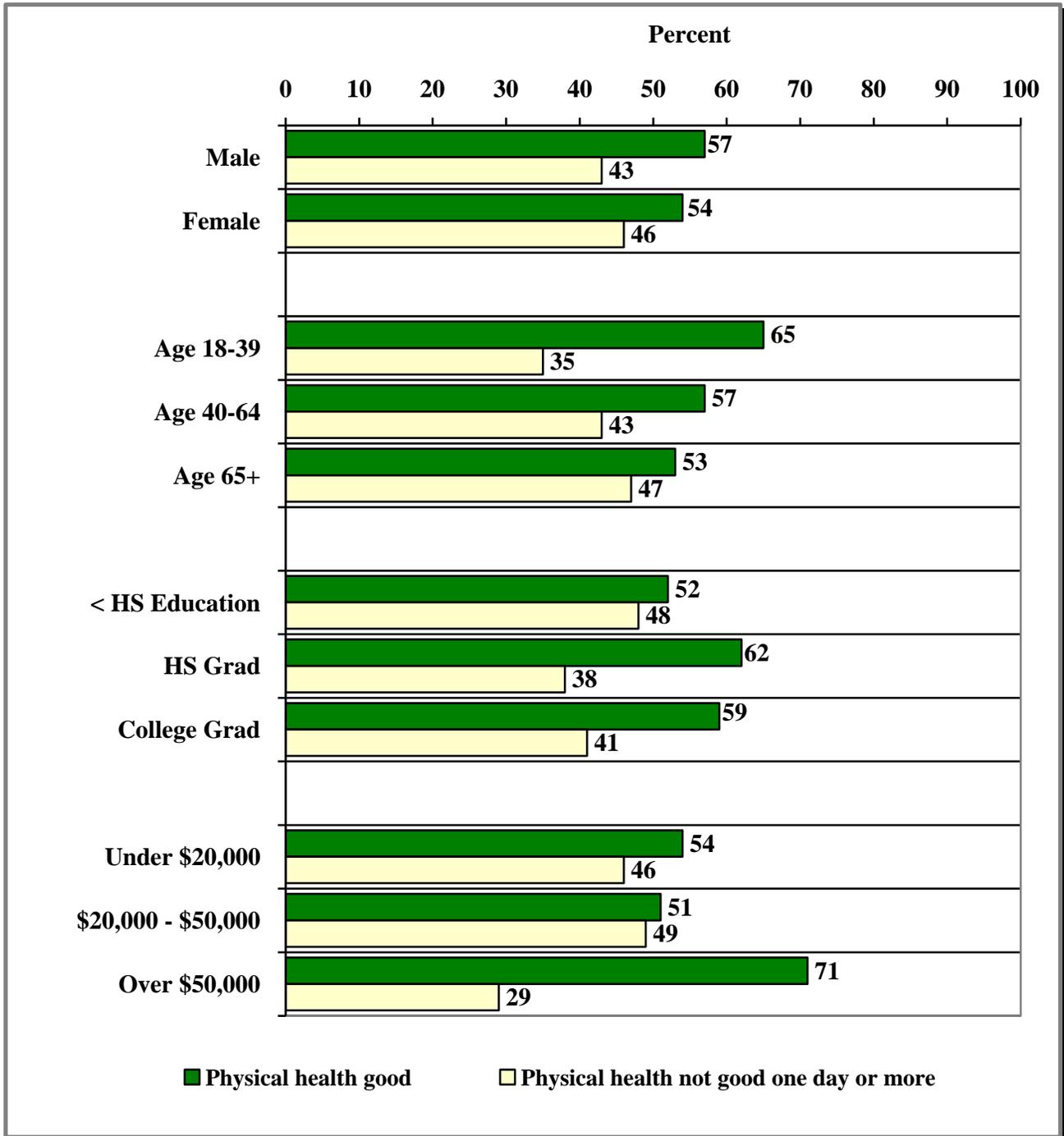
Figure 4: Physical health status (overall)



Health Status

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 5: Physical health status (by selected characteristics)



Health Status

Mental Health

Mental health includes stress, depression, and problems with emotions. It has been documented by the National Center for Chronic Disease Control and Prevention that individuals with higher levels of frequent mental distress of 14 days or more within a thirty-day period also reported higher levels of smoking and drinking alcohol; and lower levels of physical activity; thus resulting in higher rates of obesity; often a pre-cursor to heart disease.

Risk Factor Definition: Mental health “not good”

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

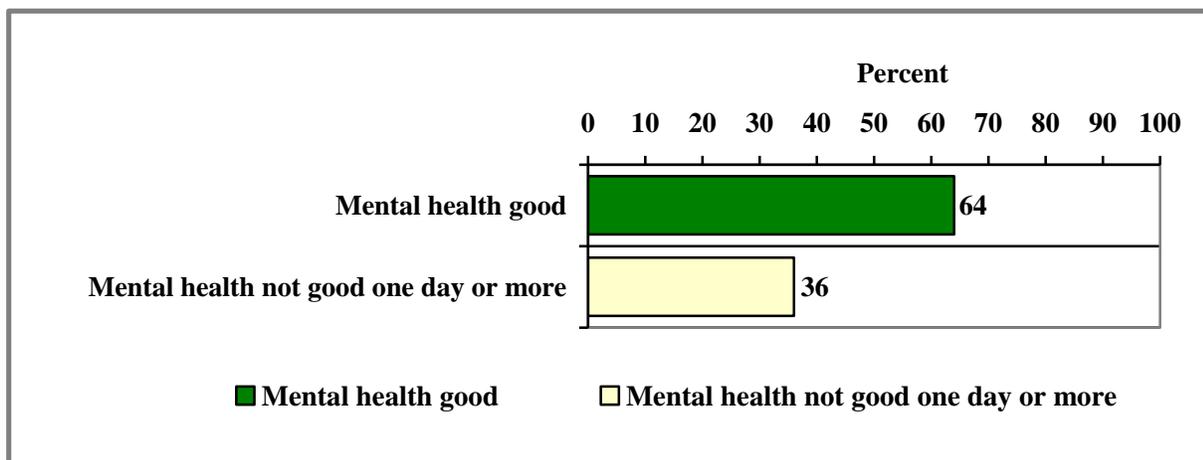
At risk: Having multiple self-reported days of “not good” mental health.

Of the 830 residents who chose to answer, the majority indicated his or her mental health was good for the past thirty (30) days. Over half (61%) of the residents indicated they had no days when his or her mental health was not good and another 161 (19%) indicated less than 14 days when mental health was not good.

Table 4: Mental health status (overall)

Mental health	Frequency (n)
Mental health good every day	551
Mental health not good less than 14 days	161
Mental health not good 15 or more days	118

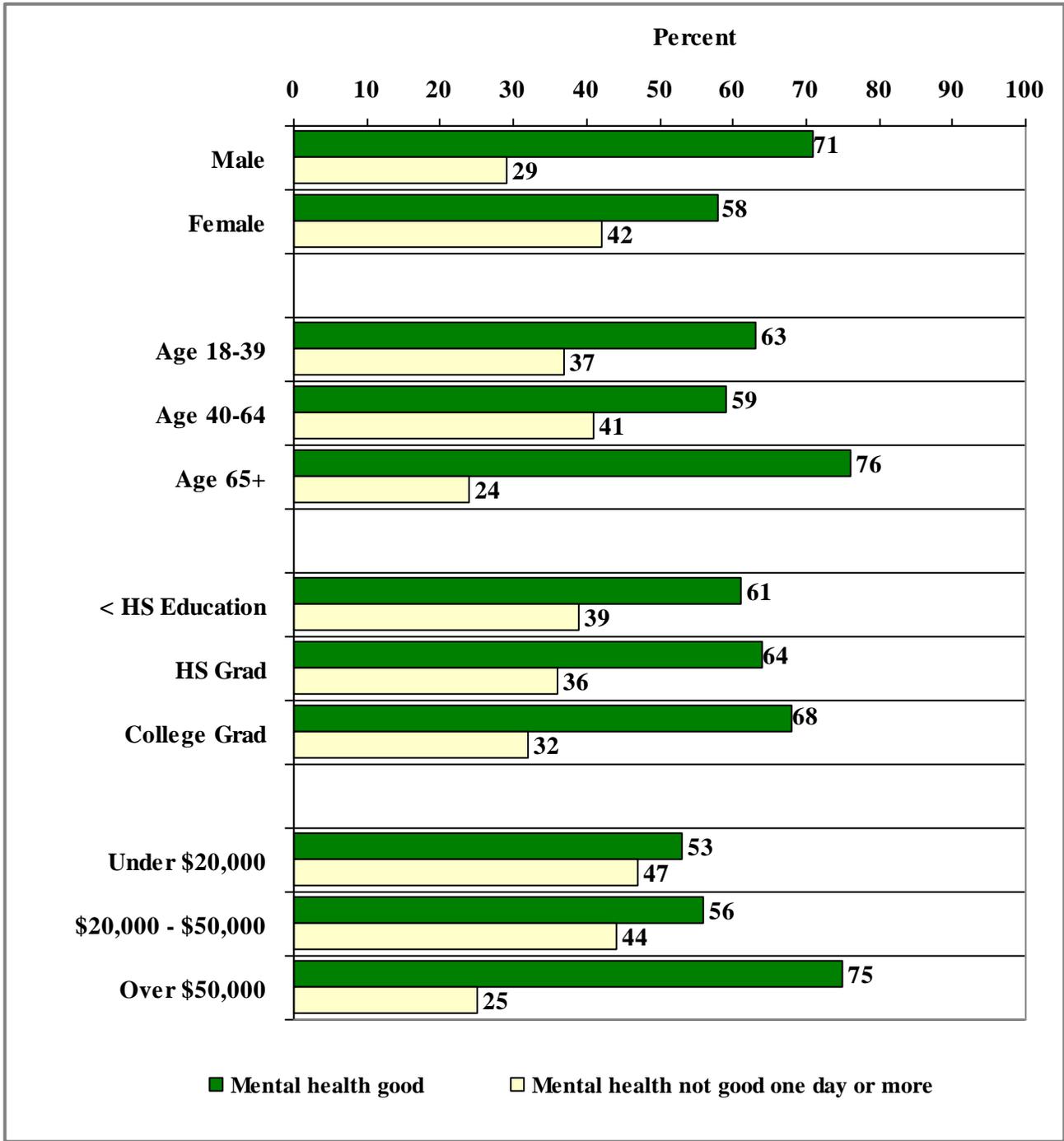
Figure 6: Mental health status (overall)



Health Status

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

Figure 7: 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?

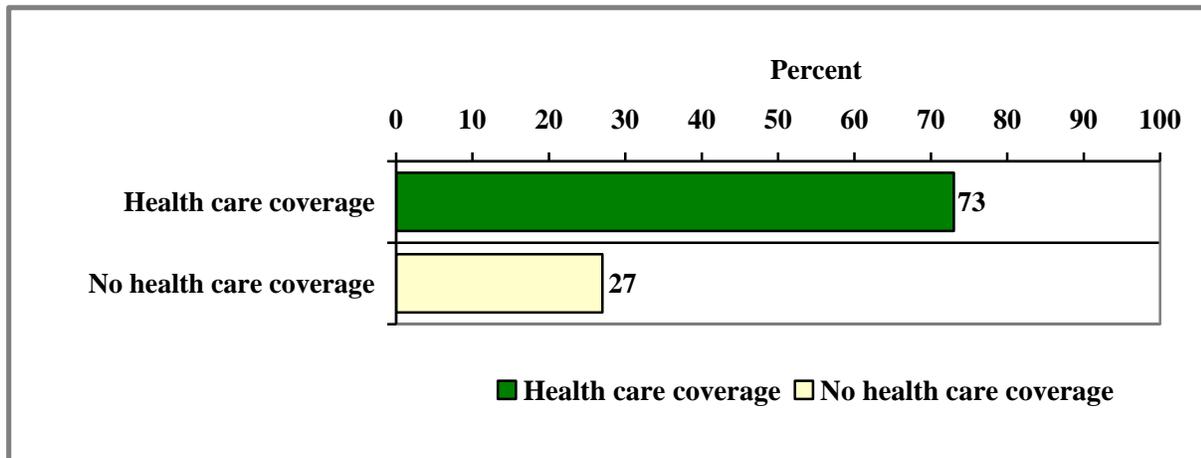
At risk: Those who answered “no” are considered at risk.

Of the 830 that answered this question, 734 indicated they have health insurance with 27 of those indicating they had not had health insurance for the full past 12 months. At the time of the survey, only 55% of the young adults (ages 18- 39 years), 83% of the middle adults (ages 40- 64) and only 98% of the seniors (ages 65 and older) had health coverage.

Table 5: Health care coverage (overall)

Health care coverage	Frequency (n)
Have health insurance	734
No health insurance	95

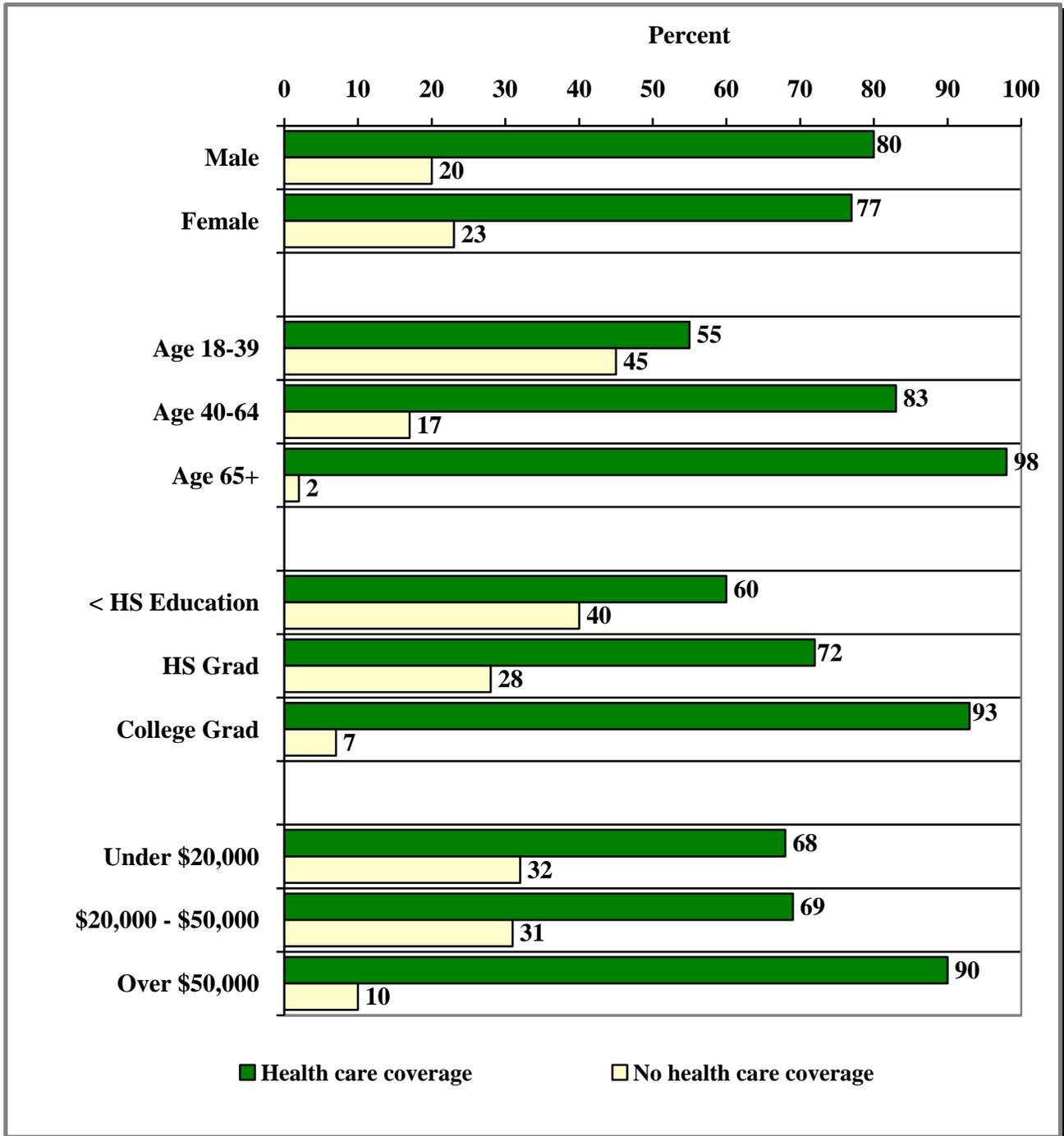
Figure 8: Health care coverage (overall)



Health Care Access

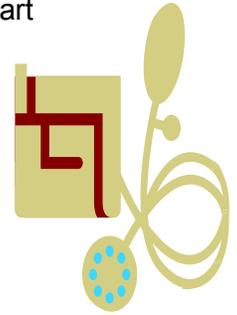
Question: Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?

Figure 9: Health care coverage (by selected characteristics)



Hypertension

Often referred to as “the Silent Killer,” high blood pressure contributes to heart attacks, heart disease, congestive heart failure, and hardening of the arteries. Uncontrolled high blood pressure can lead to stroke, heart attack, heart failure, kidney failure, visual loss, memory loss, peripheral artery disease, and it can be fatal. Unpreventable risk factors of high blood pressure increase with age, gender, and hereditary factors; however, preventable risk behavioral factors include avoiding tobacco smoke, controlling diabetes, reducing or eliminating obesity, and increasing physical activity.



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?

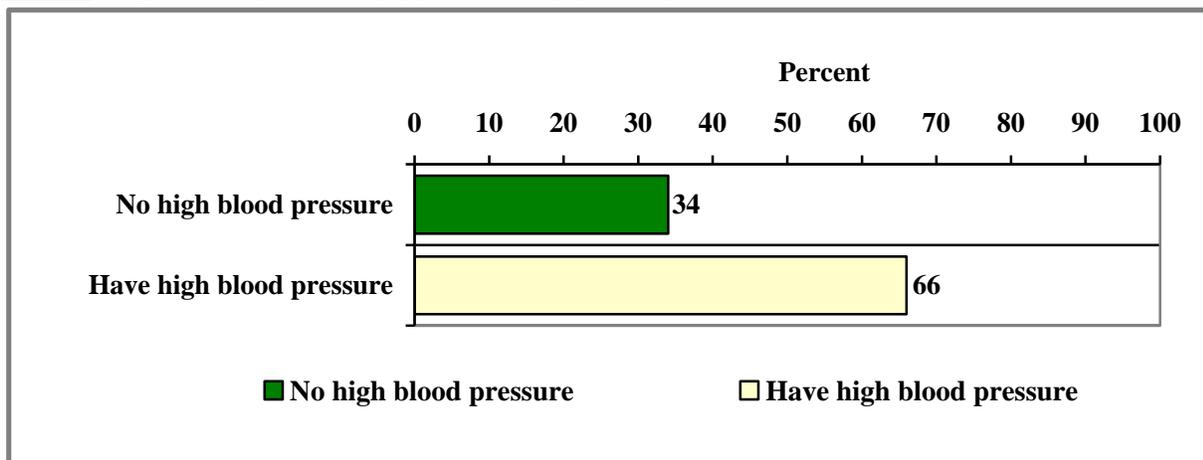
At risk: Those who answered “yes” are considered at risk.

The majority of adults in Crawford County have been told they have high blood pressure. Of those who do not have high blood pressure, five middle aged adults have been told they have “borderline” or “pre-hypertension.” Of those who have high blood pressure, 397 (91%) reported taking medication.

Table 6: High blood pressure (hypertension) (overall)

Hypertension	Frequency (n)
No high blood pressure	393
Have high blood pressure	438

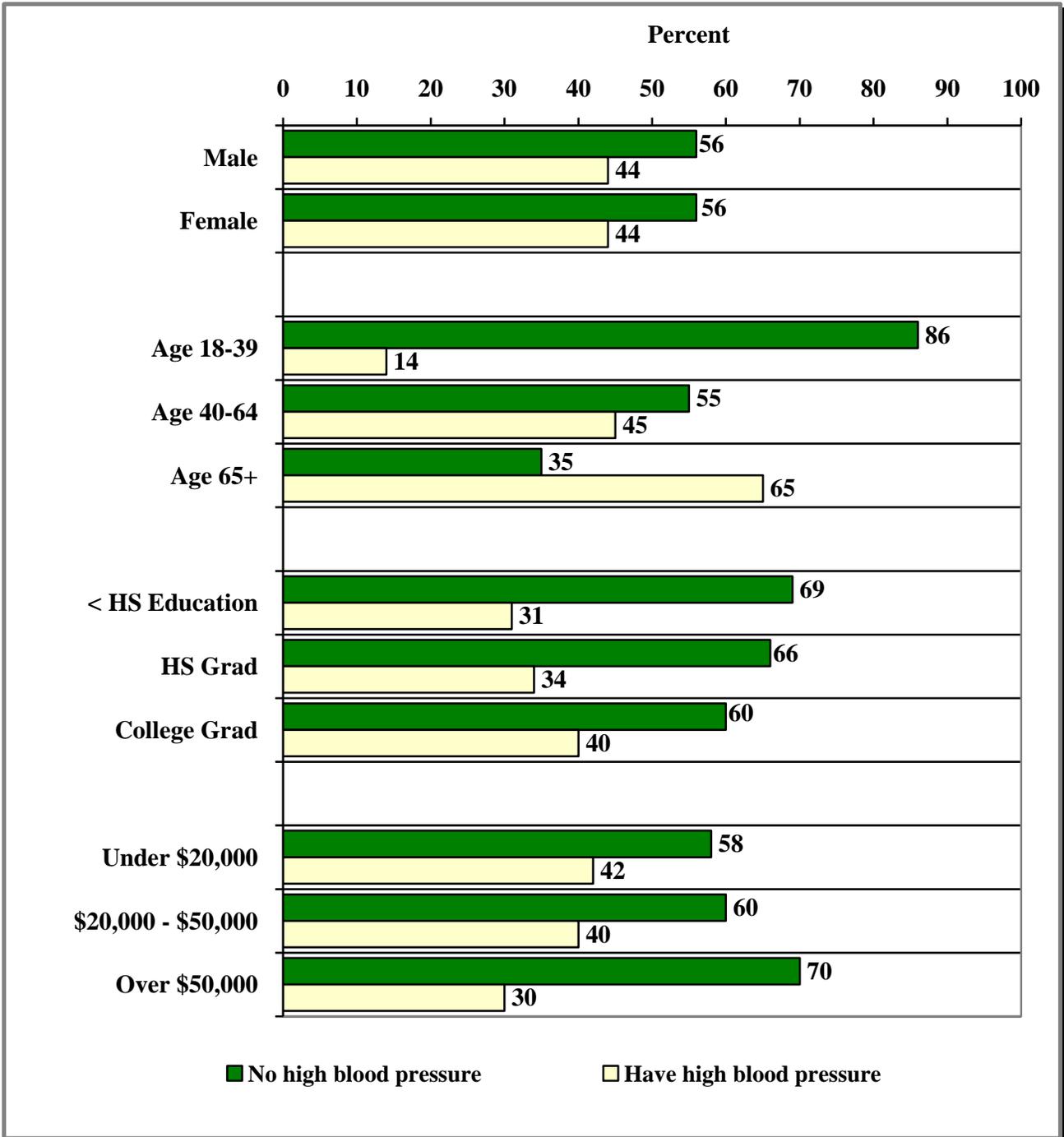
Figure 10: High blood pressure (hypertension) (overall)



Hypertension

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

Figure 11: High blood pressure (hypertension) (by selected characteristics)



Cholesterol

Blood cholesterol is a fatty substance found in the blood. High Blood cholesterol is one of the leading factors for heart disease. If cholesterol builds up on the walls of the arteries, it is harder for the blood to properly flow through the body and carry needed blood and oxygen to the heart. Unfortunately, like high blood pressure, high blood cholesterol does not produce a specific set of symptoms and can go undetected for long periods of time without regular testing. People with high cholesterol are at a higher risk for heart attack, stroke, or pre-mature death. The surveyors asked two questions related to High blood cholesterol testing and a follow-up question about the results to those who had been tested or declined to answer the first two questions.

Testing for Cholesterol

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

Questions:

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

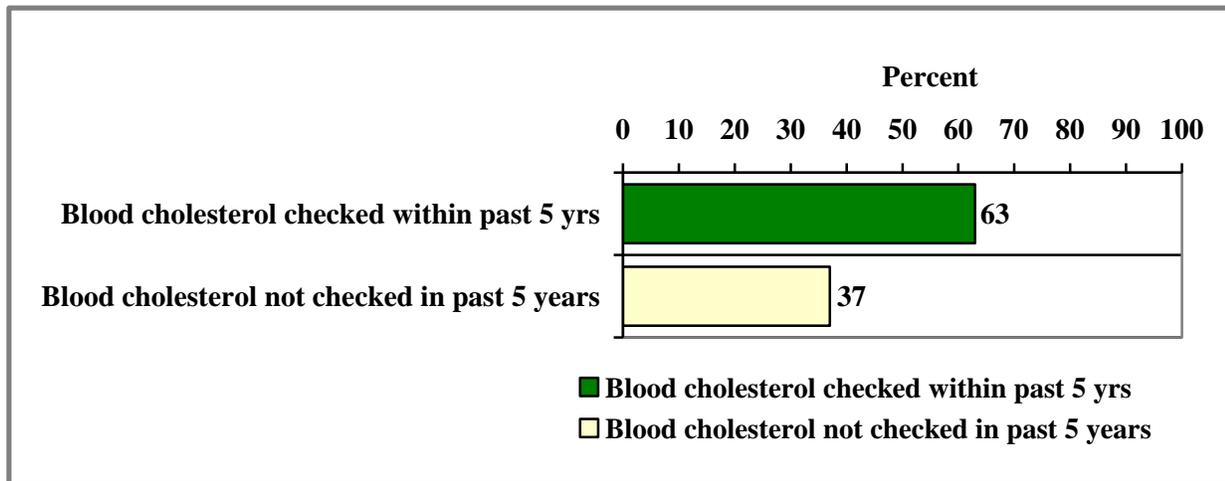
At risk: Those who have not had their blood cholesterol checked within the past 5 years are considered at risk.

The majority (736) of the 824 people who answered the question reported having had his or her blood cholesterol checked. Of those answering the questions, 710 residents have had their blood cholesterol checked within the past five years. Less than half (362) of those who had his or her blood cholesterol checked have high blood cholesterol. Of the 362 who have high blood cholesterol, half of the middle and older adults have high blood cholesterol.

Table 7: Testing for blood cholesterol (overall)

Testing for cholesterol	Frequency (n)
Blood cholesterol checked in past five years	710
Blood cholesterol not checked in past five years	105

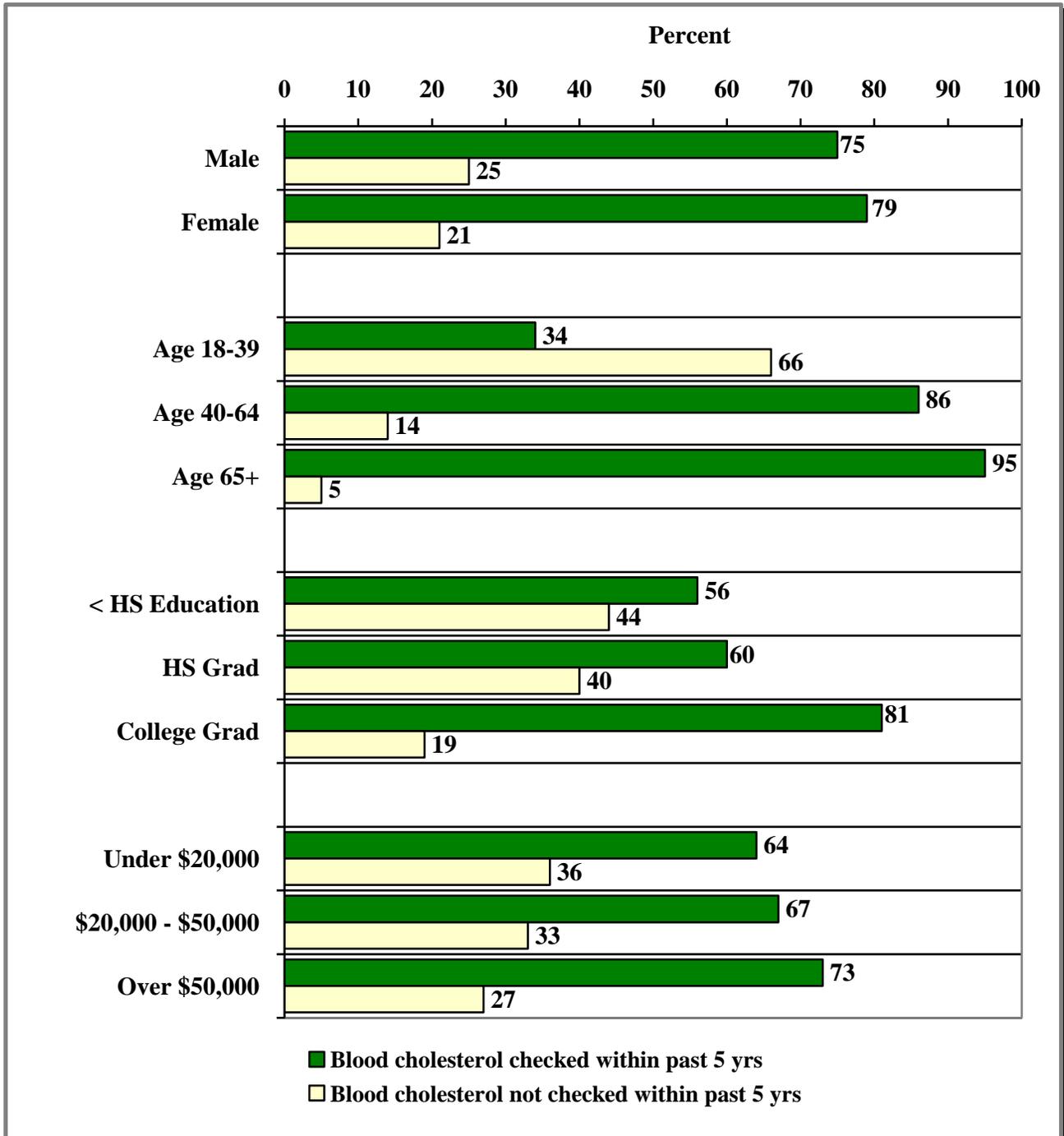
Figure 12: Testing for blood cholesterol (overall)



Cholesterol

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

Figure 13: Testing for blood cholesterol (by selected characteristics)



Cholesterol

Blood Cholesterol Level

Risk Factor Definition: High blood cholesterol level

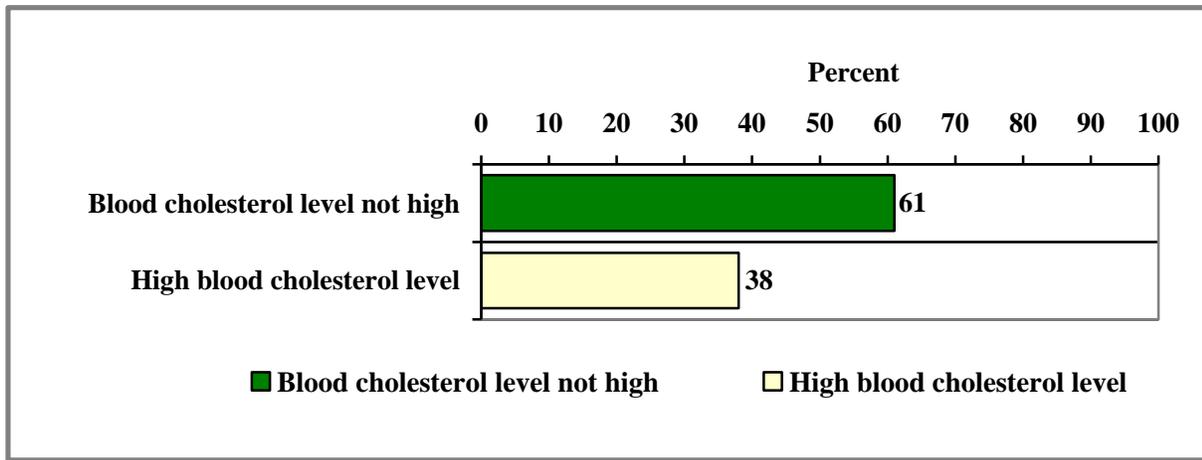
Question: Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?

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

Table 8: Blood cholesterol level (overall)

Blood cholesterol level	Frequency (n)
Blood cholesterol not high	370
High blood cholesterol	362

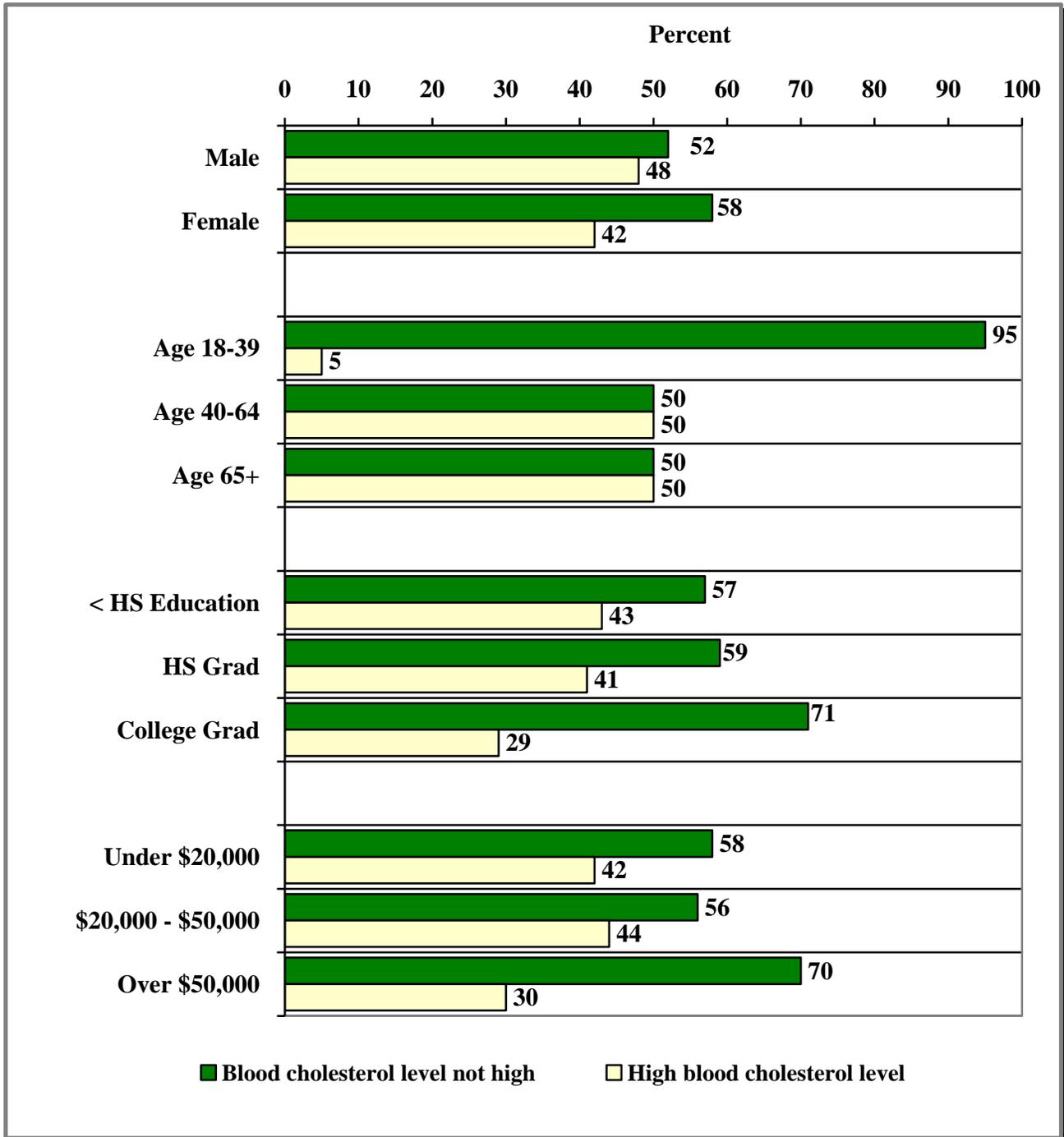
Figure 14: Blood cholesterol level (overall)



Cholesterol

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

Figure 15: Blood cholesterol level (by selected characteristics)



Cardiovascular Disease Prevalence

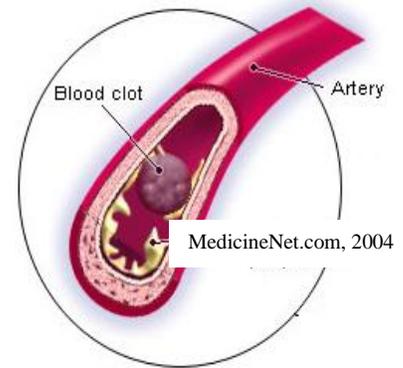
Myocardial infarction (heart attack)

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.

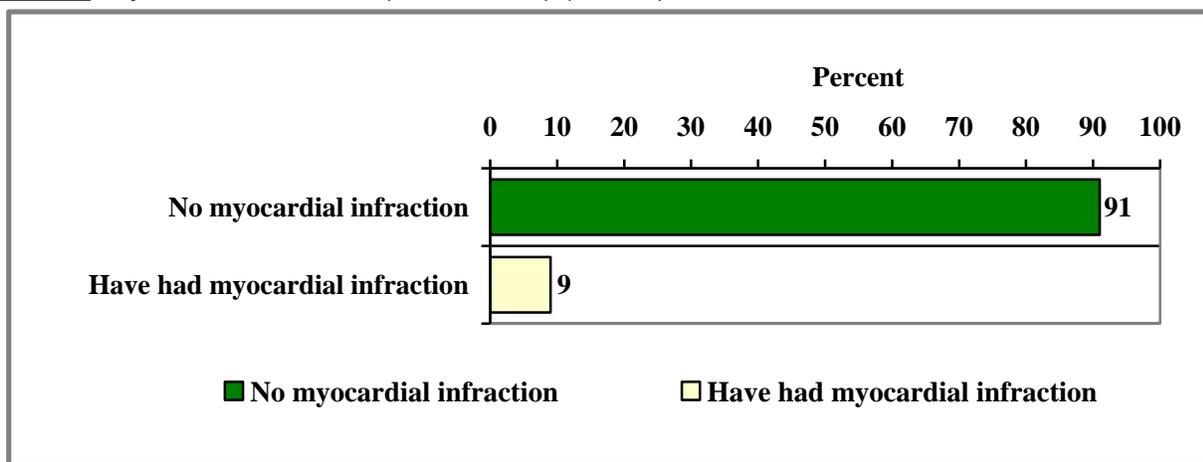


When asked if he or she had ever had a heart attack, only 9% of the residents in Crawford County indicated they had had at least one heart attack. Weighted percentages indicate that both groups, middle adults and older adults, had twice as many heart attacks than young adults.

Table 9: Myocardial infarction (heart attack) (overall)

Myocardial infarction	Frequency (n)
No myocardial infarction	703
Have had myocardial infarction	79

Figure 16: Myocardial infarction (heart attack) (overall)

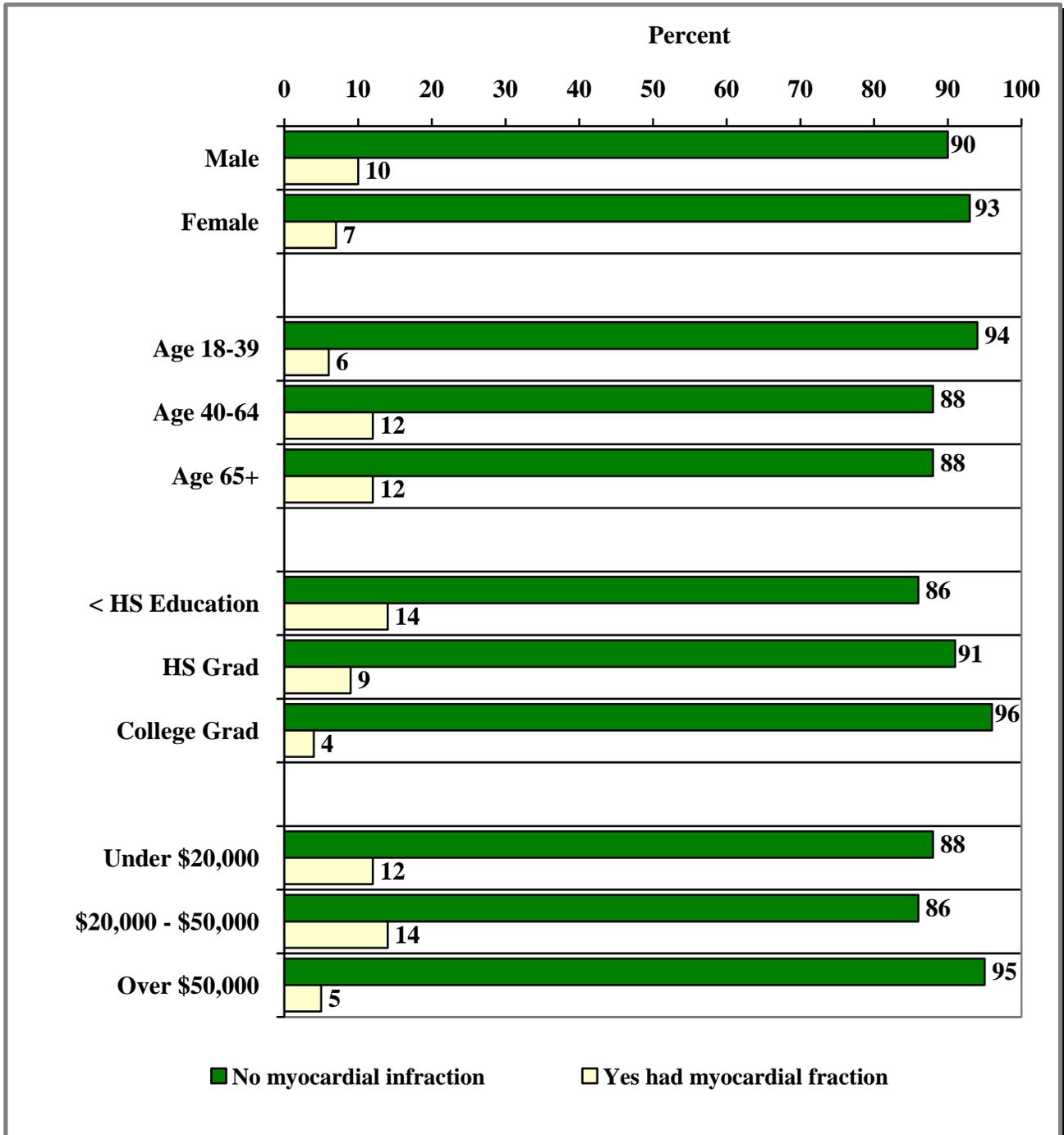


³ http://www.nhlbi.nih.gov/health/dci/Diseases/HeartAttack/HeartAttack_WhatIs.html

Cardiovascular Disease Prevalence

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

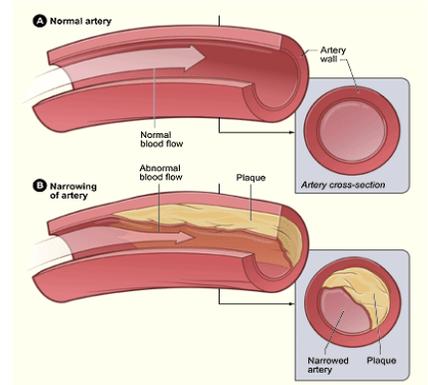
Figure 17: Myocardial infarction (heart attack) (by selected characteristics)



Cardiovascular Disease Prevalence

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

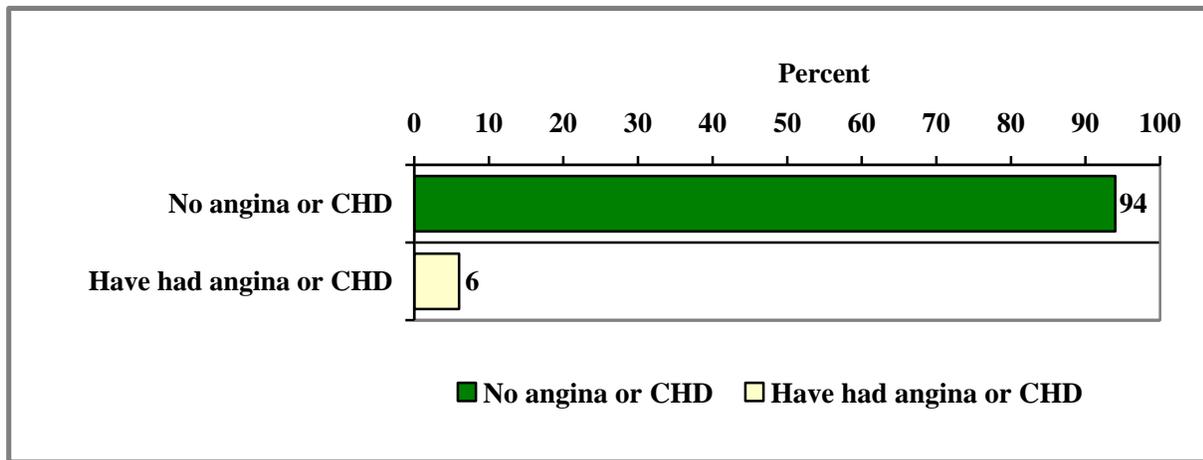
Question: Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?

At risk: Those who answered “yes” are considered at risk.

Table 10: Angina or coronary heart disease (overall)

Angina or CHD	Frequency (n)
No angina or coronary heart disease	693
Have had angina or coronary heart disease	78

Figure 18: Angina or coronary heart disease (overall)

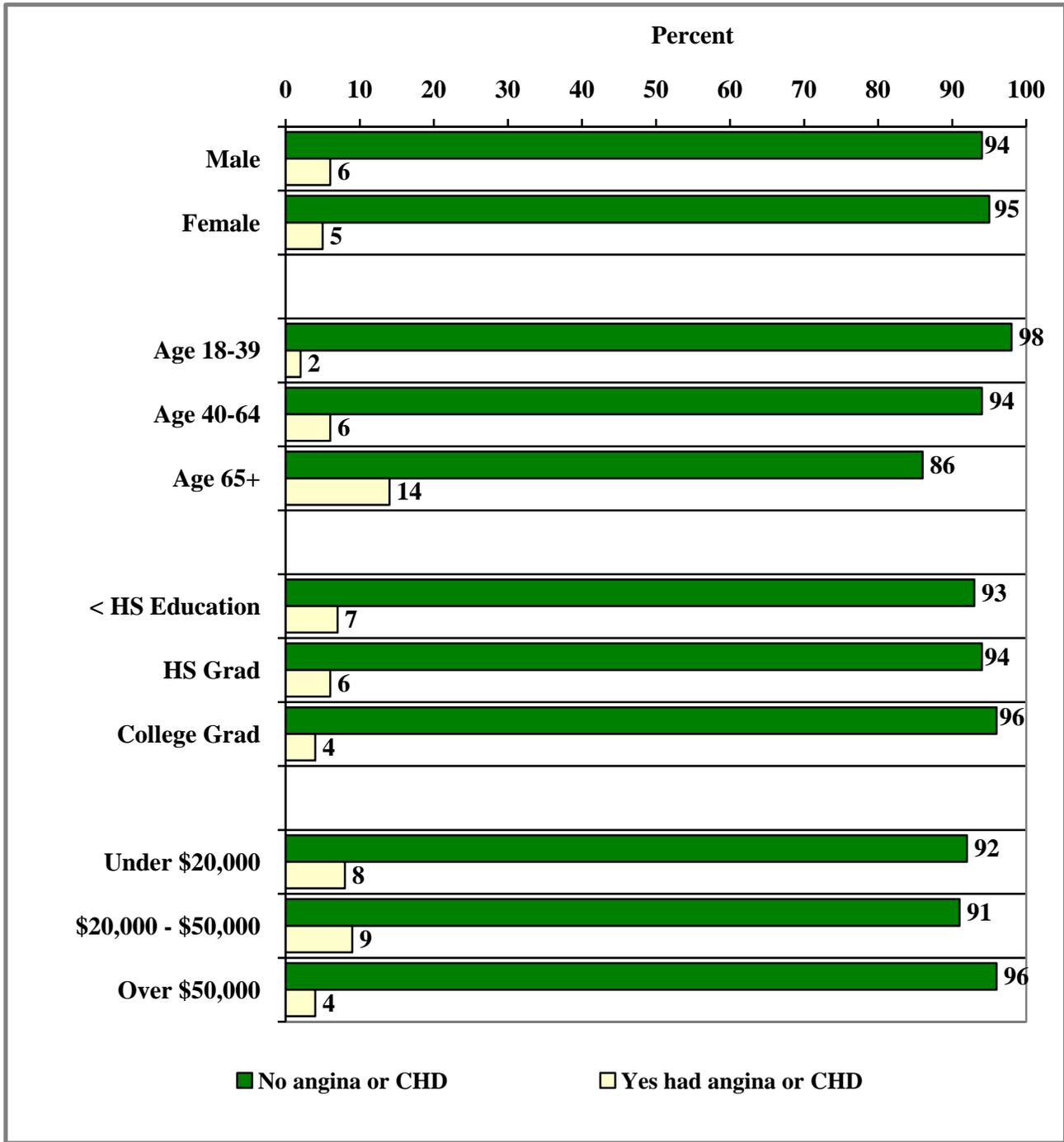


⁴ http://www.nhlbi.nih.gov/health/dci/Diseases/Angina/Angina_WhatIs.html

Cardiovascular Disease Prevalence

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

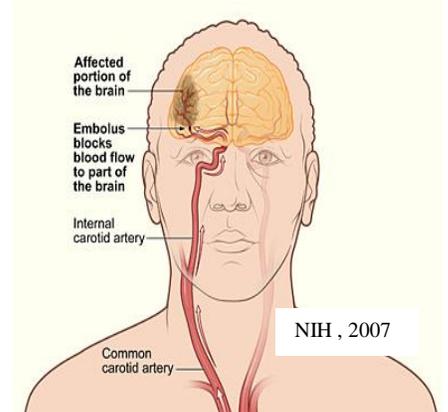
Figure 19: Angina or coronary heart disease (by selected characteristics)



Cardiovascular Disease Prevalence

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



Risk Factor Definition: Ever had a stroke

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

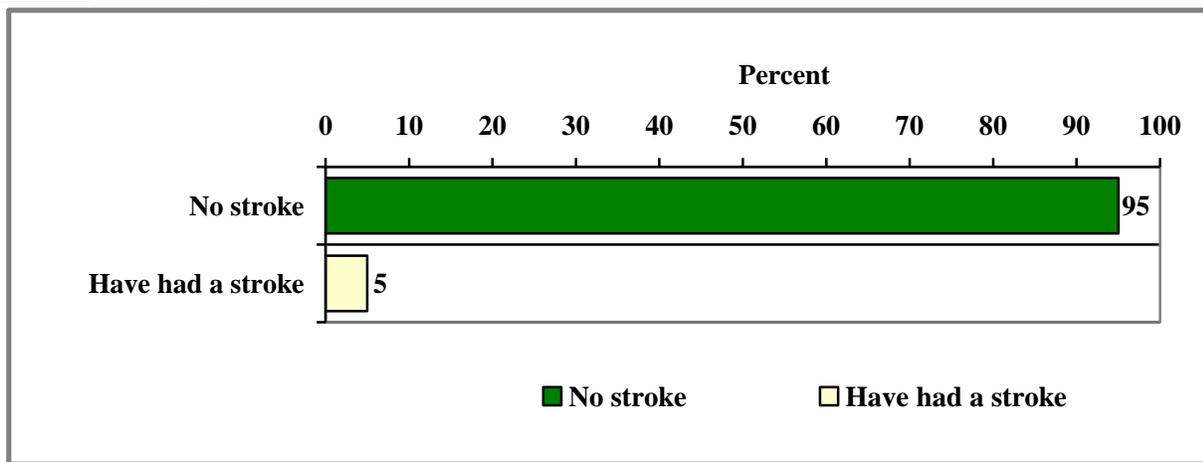
At risk: Those who answered “yes” are considered at risk.

Only 5% of the 786 individuals who answered this question acknowledge they had had a stroke. Females were twice as likely as males to acknowledge a stroke. Older adults were over twice as likely as middle adults and almost five times as likely to have had a stroke.

Table 11 Stroke (overall)

Stroke	Frequency (n)
No stroke	728
Have had a stroke	58

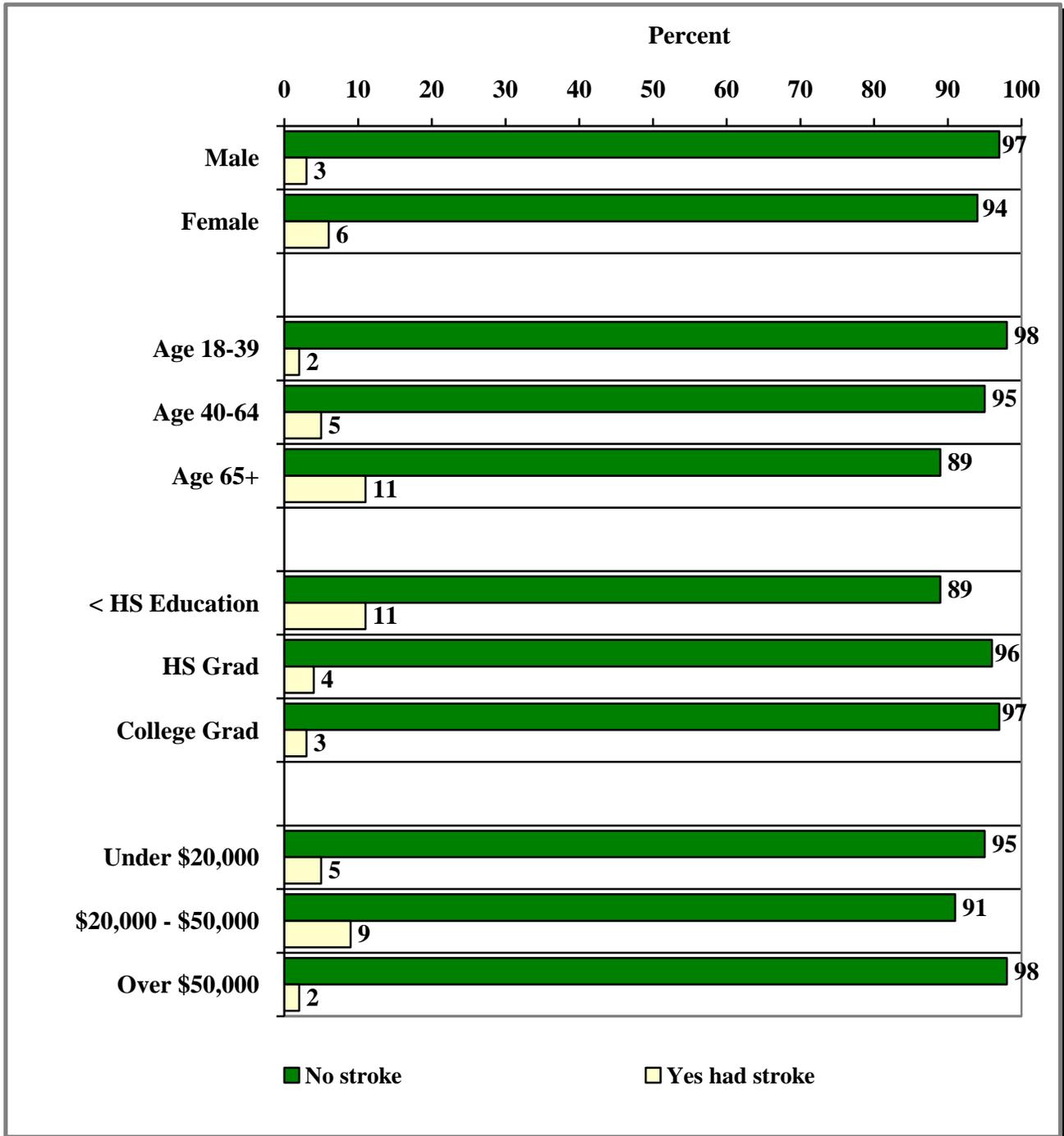
Figure 20: Stroke (overall)



Cardiovascular Disease Prevalence

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

Figure 21: Stroke (by selected characteristics)



Asthma

Asthma is a chronic inflammatory disease of the airways that is characterized by wheezing, breathlessness, chest tightness, and coughing. Severe asthma attacks often result in hospitalizations or emergency department visits. Asthma is a serious and growing health problem. It *cannot* be cured, but it can be controlled by controlling the environment through practices of reducing or eliminating dust mites, mold, pet dander, and other small air-borne contaminants that are frequently inhaled. Females are more likely than males to have asthma. According to the CDC in 2010, 11.8% of the adult males and 15% of adult females in Arkansas had been diagnosed with asthma.



Risk Factor Definition: Ever had asthma

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

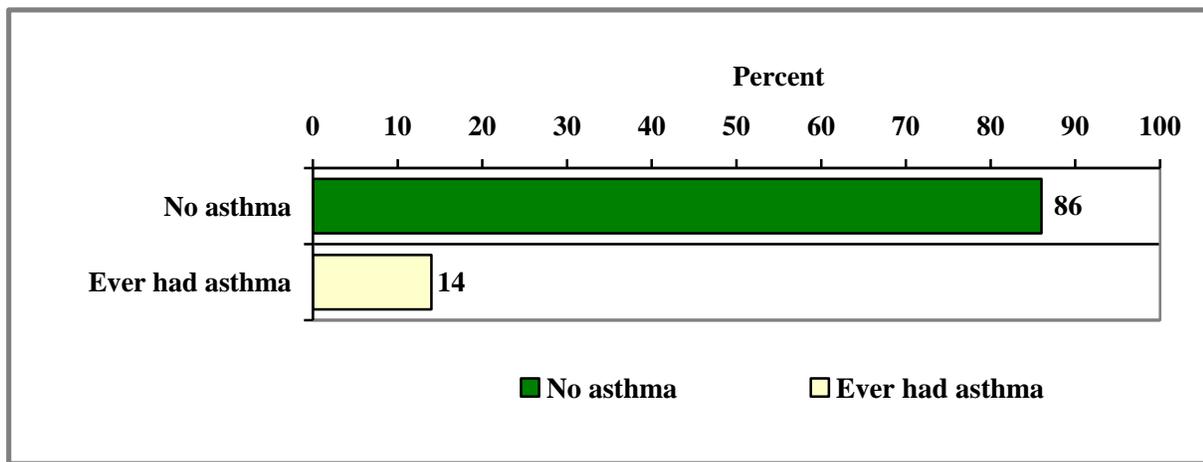
At risk: Those who said “yes” are considered at risk.

Approximately 14% of Crawford County residents have been diagnosed with asthma. Females in Crawford County were twice as likely as males to report having had asthma.

Table 12: Asthma (overall)

Asthma	Frequency (n)
No asthma	725
Ever had asthma	107

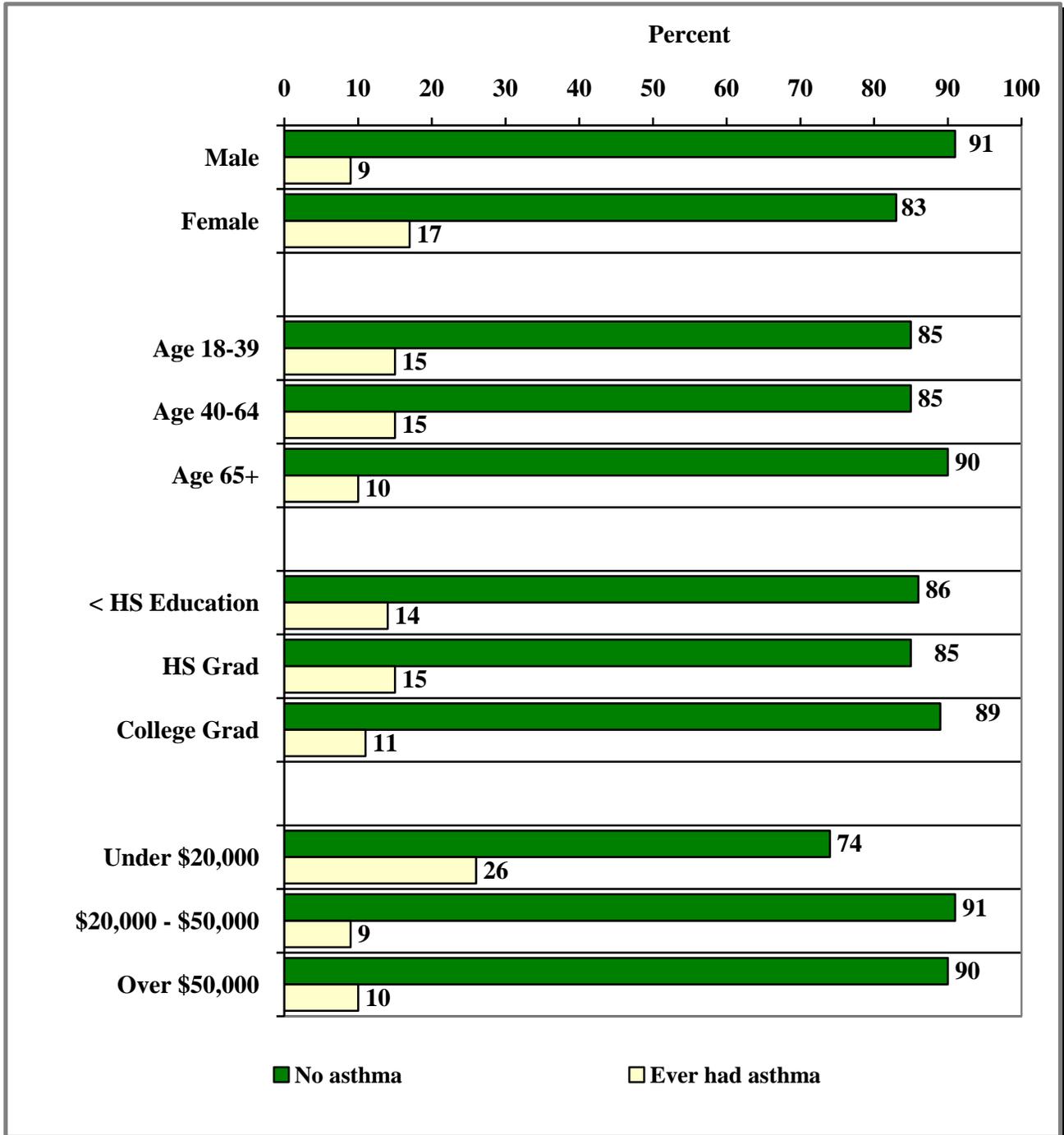
Figure 22: Asthma (overall)



Asthma

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

Figure 23: 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, nurse, or other health professional that you have diabetes?

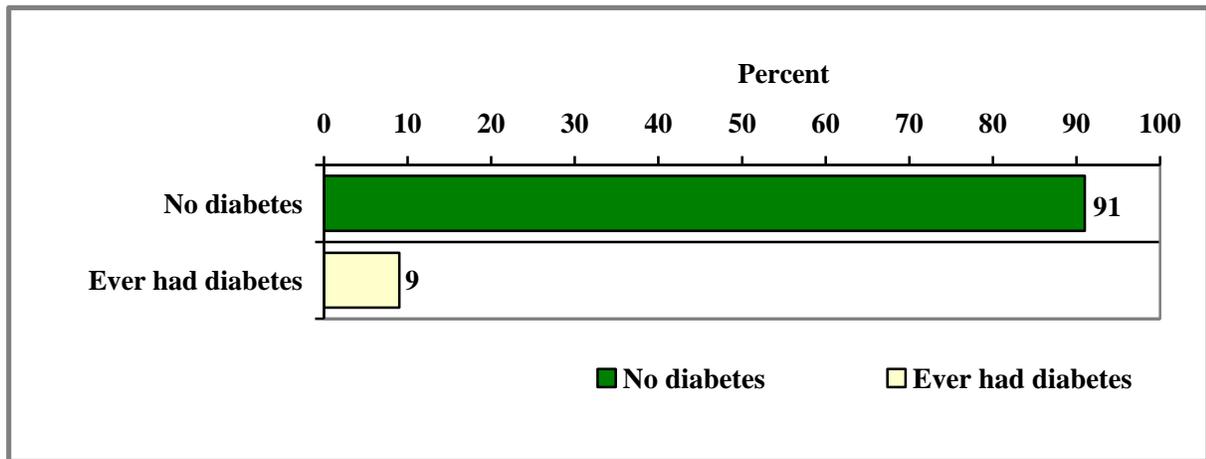
At risk: Those who answered “yes” are considered at risk.



Table 13: Diabetes (overall)

Diabetes	Frequency (n)
No diabetes	694
Ever had diabetes	136

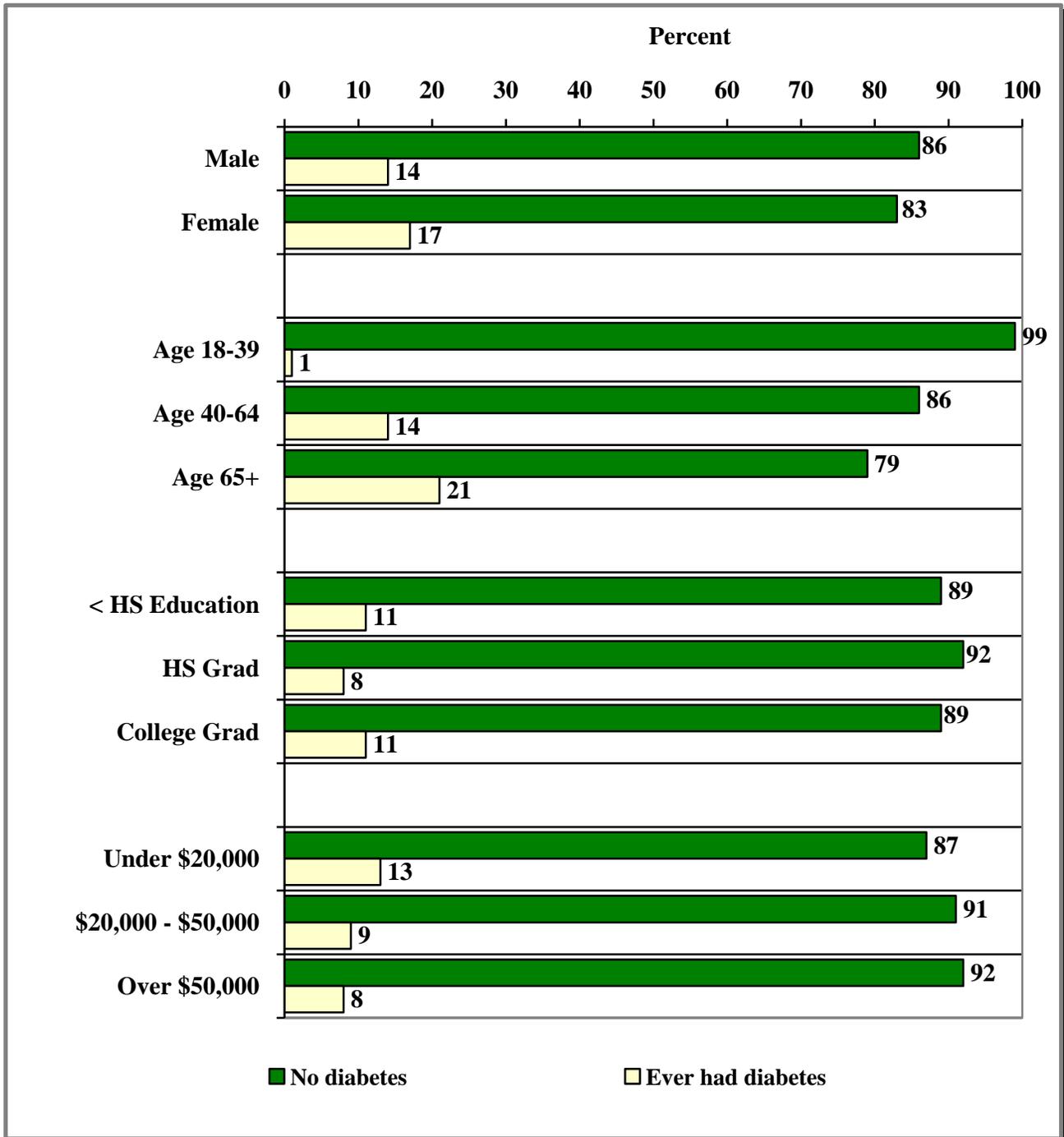
Figure 24: Diabetes (overall)



Diabetes

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

Figure 25: Diabetes (by selected characteristics)



Arthritis

Arthritis is the leading cause of disability in the nation. Often referred to as “the nation’s primarycrippler,” it is described as the inflammation of the joints. The term arthritis encompasses over 100 different conditions affecting the joints and muscles. The two most common types are Osteoarthritis and Rheumatoid. Osteoarthritis is the degenerative form that is often associated with poor nutrition and aging; although exact, repetitive motions for years, not actual aging may be the cause. It usually affects joints or the back. Rheumatoid is less common and is an autoimmune disease that occurs in symmetrical parts of the body. Arthritis often limits everyday activities and adversely affects physical and mental health. Eating well and proper daily exercise can help reduce or eliminate pain, and possibly slow down the progress of the disease.



Diagnosed with Arthritis

Risk Factor Definition: Ever had arthritis

Question: Have you ever been told by a doctor or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?

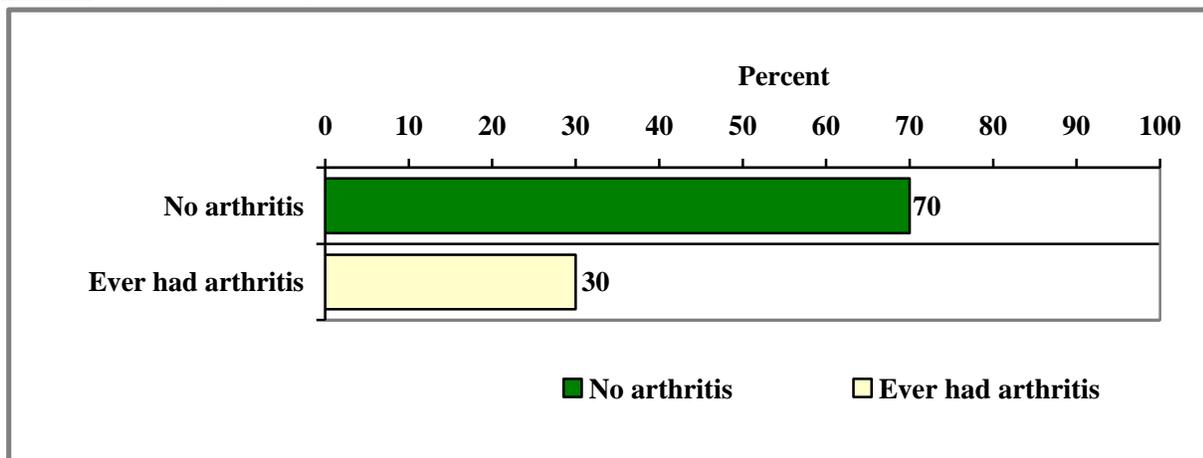
At risk: Those who answered “yes” are considered at risk.

When asked if they had arthritis, almost half (46%) of those ages 40 -64 indicated they had already had arthritis and over half (58%) of individuals 65 years or older indicated they had arthritis. Education and income did not seem to play a factor in prevention.

Table 14: Arthritis (overall)

Arthritis	Frequency (n)
No arthritis	417
Ever had arthritis	412

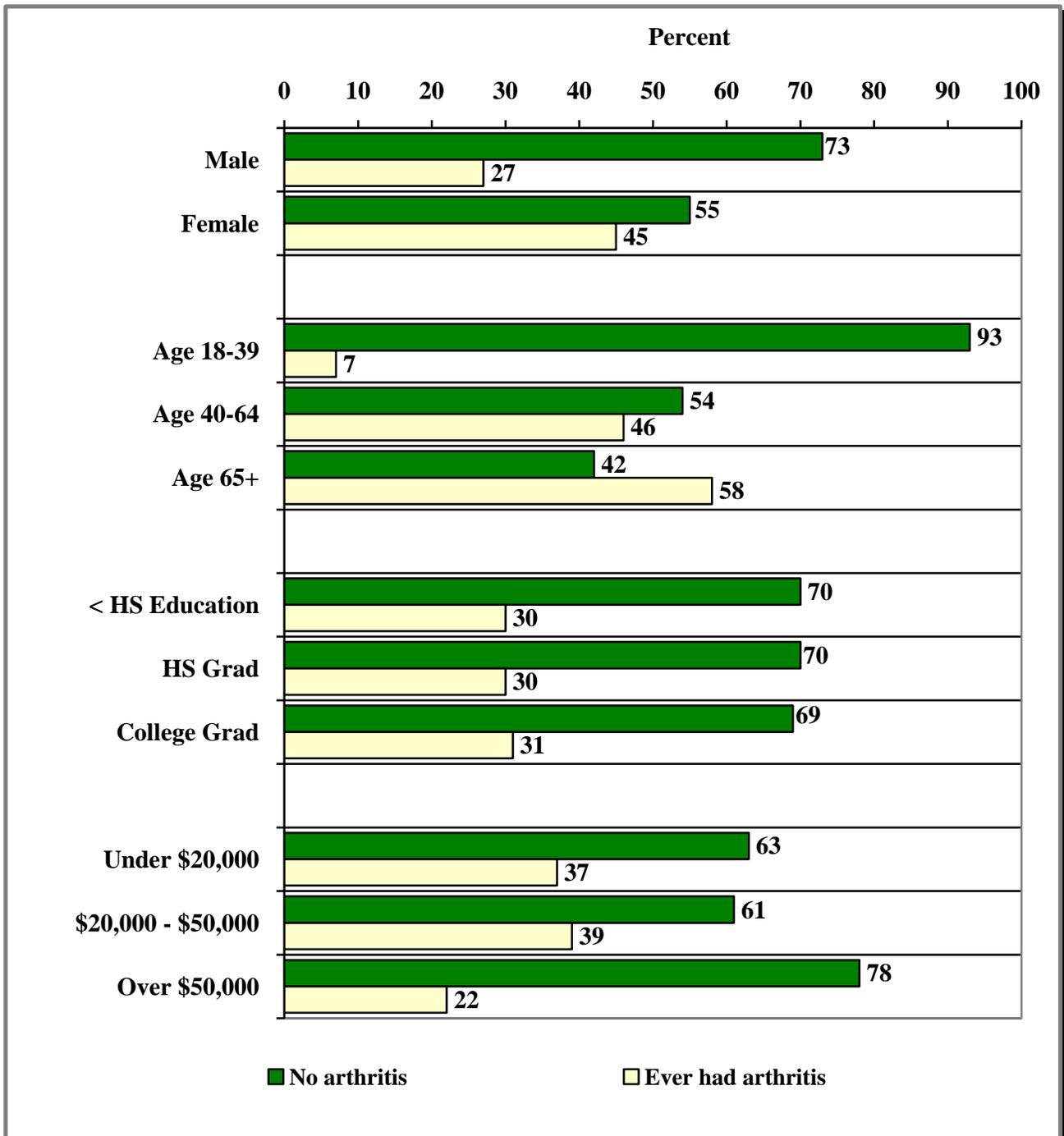
Figure 26: Arthritis (overall)



Arthritis

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

Figure 27: Arthritis (by selected characteristics)



Arthritis

Activity Limitations

Risk Factor Definition: Have activity limitations due to joint symptoms

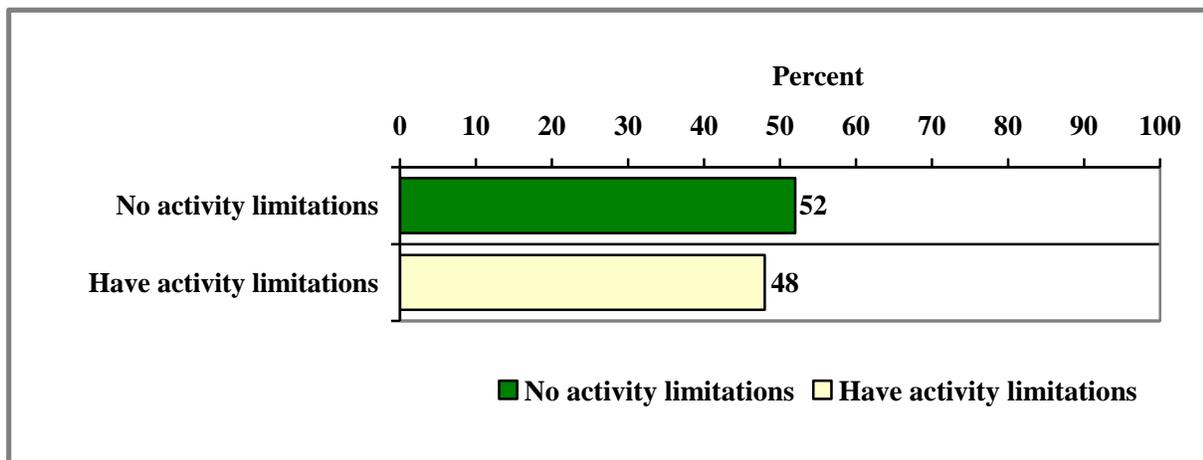
Question: Are you now limited in any of your usual activities because of arthritis or joint symptoms?

At risk: Those who answered “yes” are considered at risk.

Table 15: Activity limitations (overall)

Activity limitations	Frequency (n)
No activity limitations	208
Have activity limitations	203

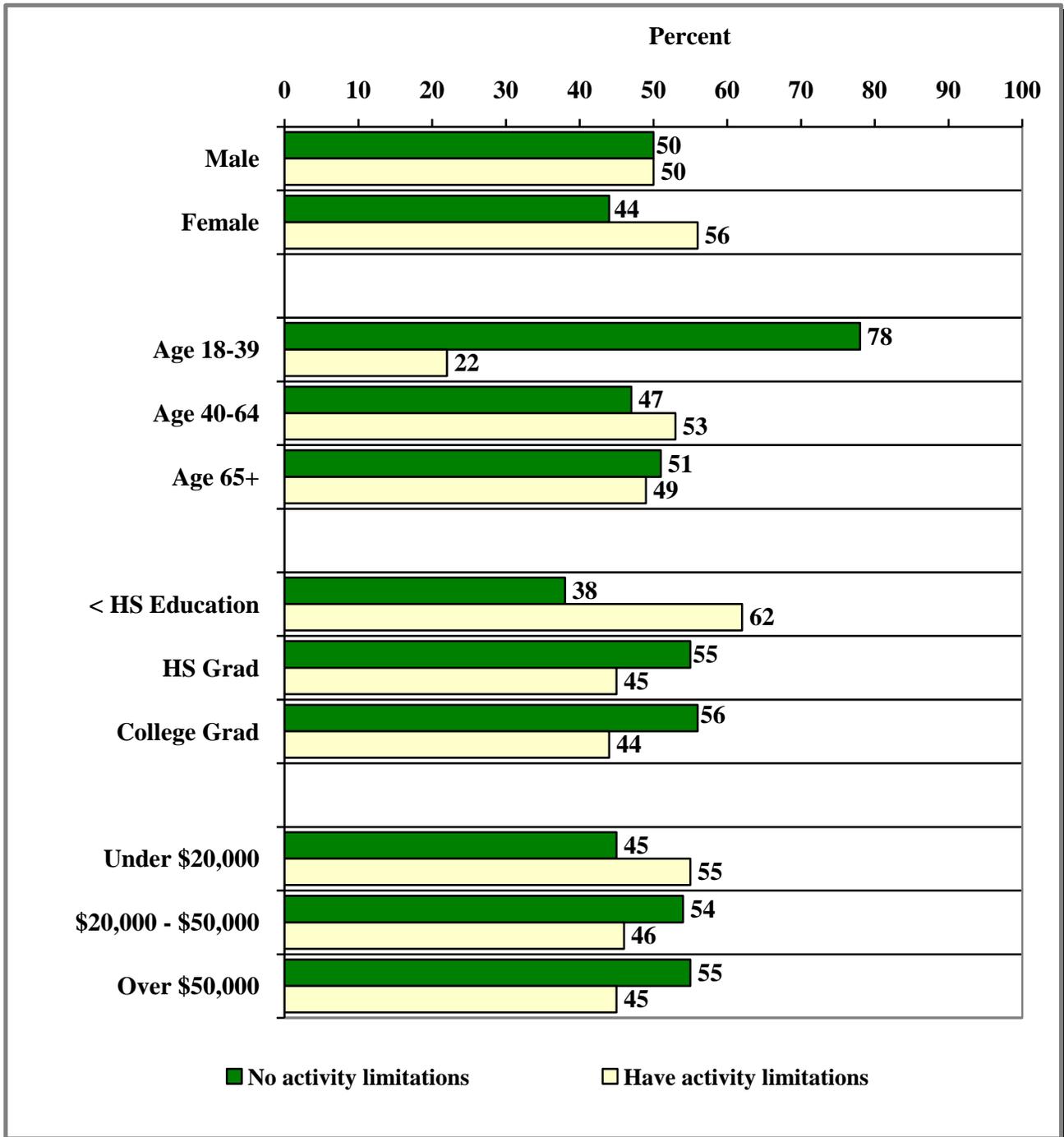
Figure 28: Activity limitations (overall)



Arthritis

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

Figure 29: 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. It is the second leading cause of cancer related deaths in the US according to the CDC. The risk for getting colorectal cancer rises with age. Family history, as well as behaviors such as lack of physical activity, lack of eating fruits and vegetables, alcohol and tobacco use and being overweight or obese can also contribute to developing this type of cancer. After age 50, men are more likely than women to be diagnosed. Preventative measures include regular exams beginning at age 50. Sigmoidoscopy and colonoscopy are exam in which a tube is inserted into the rectum to view the bowel for signs of cancer or other health problems. The CDC reported an increase in the number of individuals between 50 and 75 who were properly screened, resulting in fewer cancer related deaths. Individuals ages 49 years or older were asked if he or she had any of the colorectal screenings in a series of yes/no questions with follow up questions related to how long it had been since the screening had been done.

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

4 Questions: Have you ever had a blood stool test? How long has it been? Have you had either a sigmoidoscopy or colonoscopy? How long has it been?

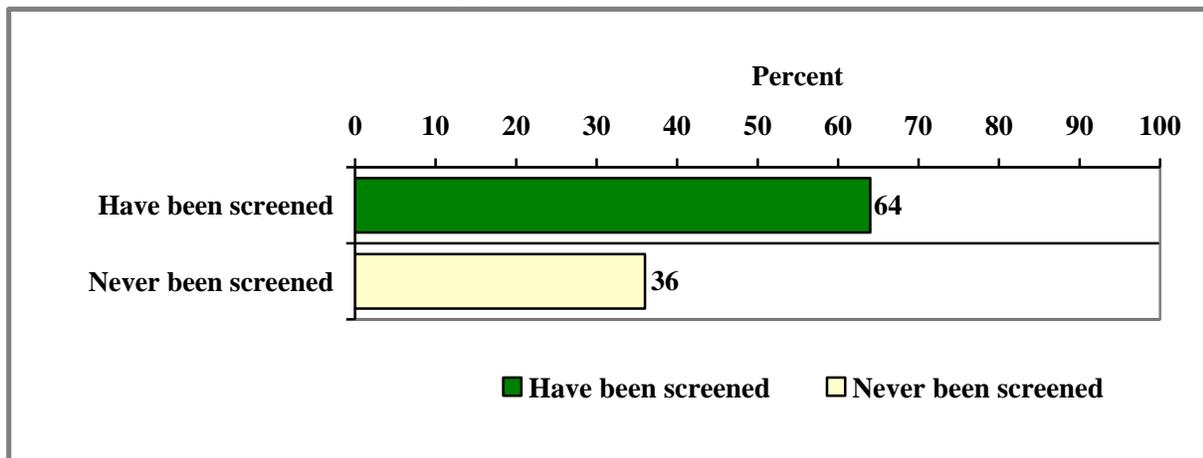
At risk: Those aged 50 years and older who answered “no” to having any of the screenings are considered at risk.

Of the 616 that responded to the question, the majority (62%) had received some type of screening. Of the males who responded only 39% were screened. Of the females who responded only 52% had been screened.

Table 16: Colorectal cancer screening (overall)

Colorectal cancer screening	Frequency (n)
Have been screened	411
Never been screened	205

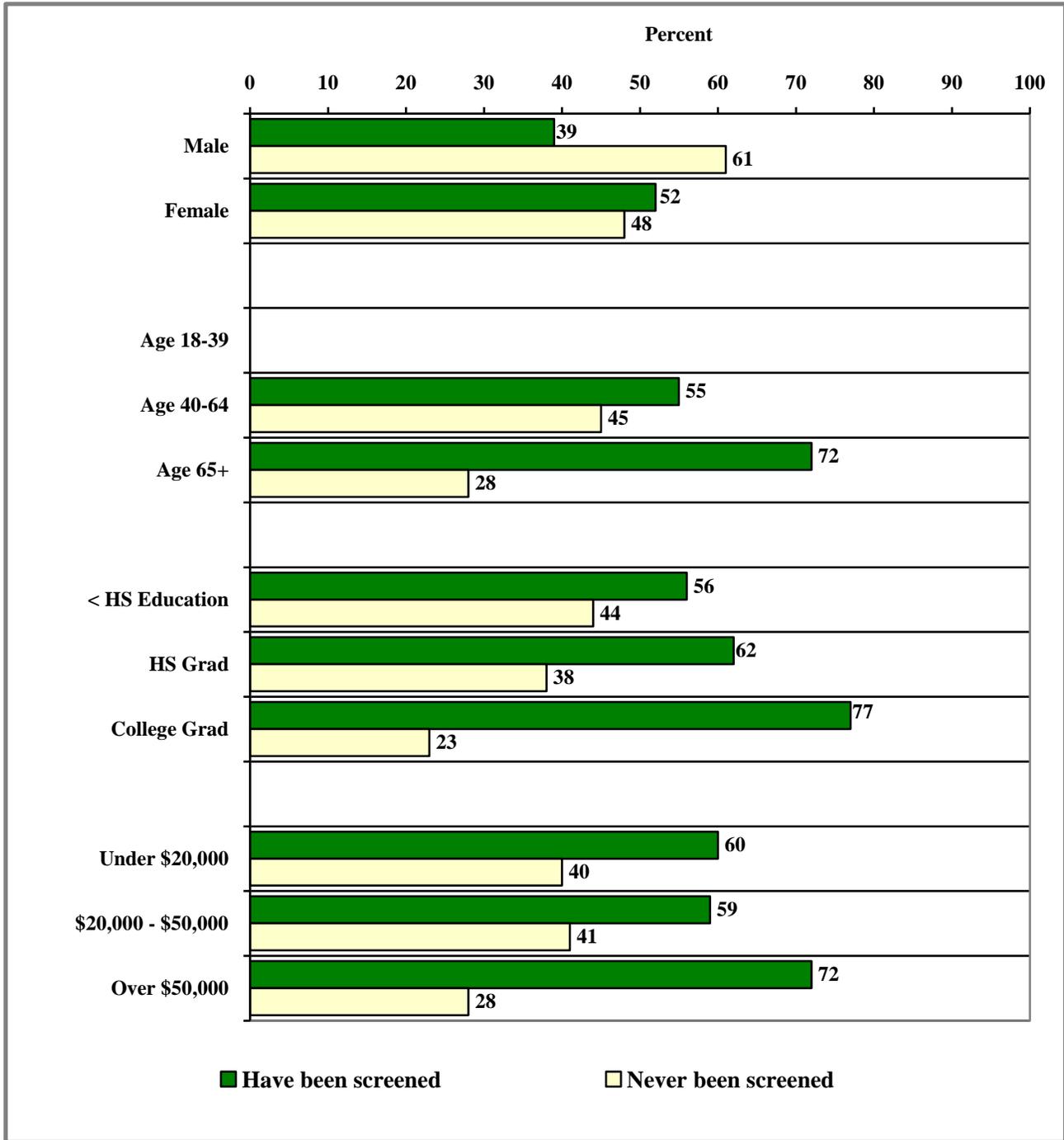
Figure 30: Colorectal cancer screening (overall)



Colorectal Cancer Screening

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

Figure 31: 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 either of these exams within the past year?

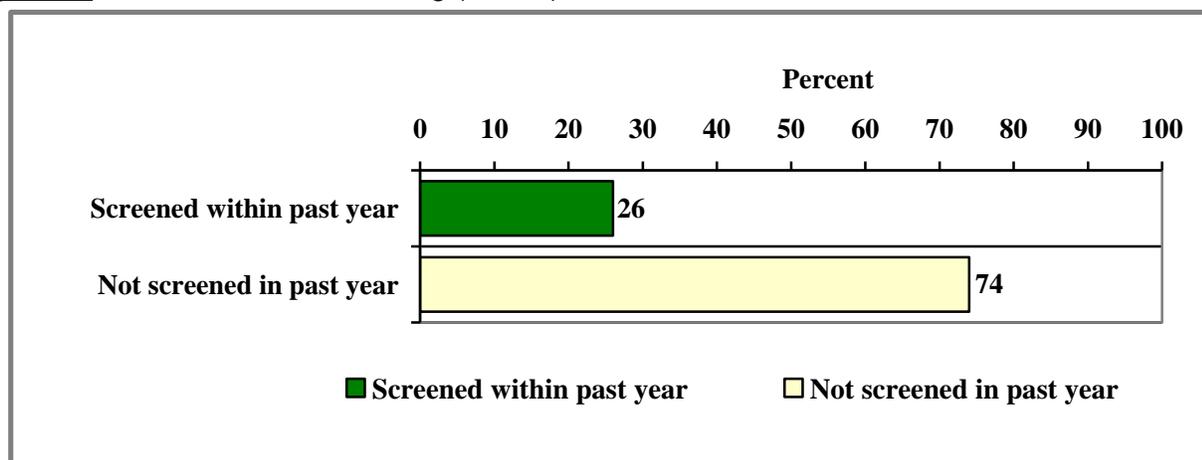
At risk: Those aged 40 years and older who answered “no” are considered at risk.

Most men in Crawford County have not had either type of screening for prostate cancer. The middle adult male in Crawford County is least likely to have a prostate exam; and yet they are the ones most likely to develop the cancer, according to CDC in 2010. Adult males between 40 and 64 years of age in lower social economic groups and those with less education are the least likely to have a PSA screening in Crawford County.

Table 17: Prostate cancer screening (overall)

Prostate cancer screening	Frequency (n)
Within past year	82
Never or more than year ago	162

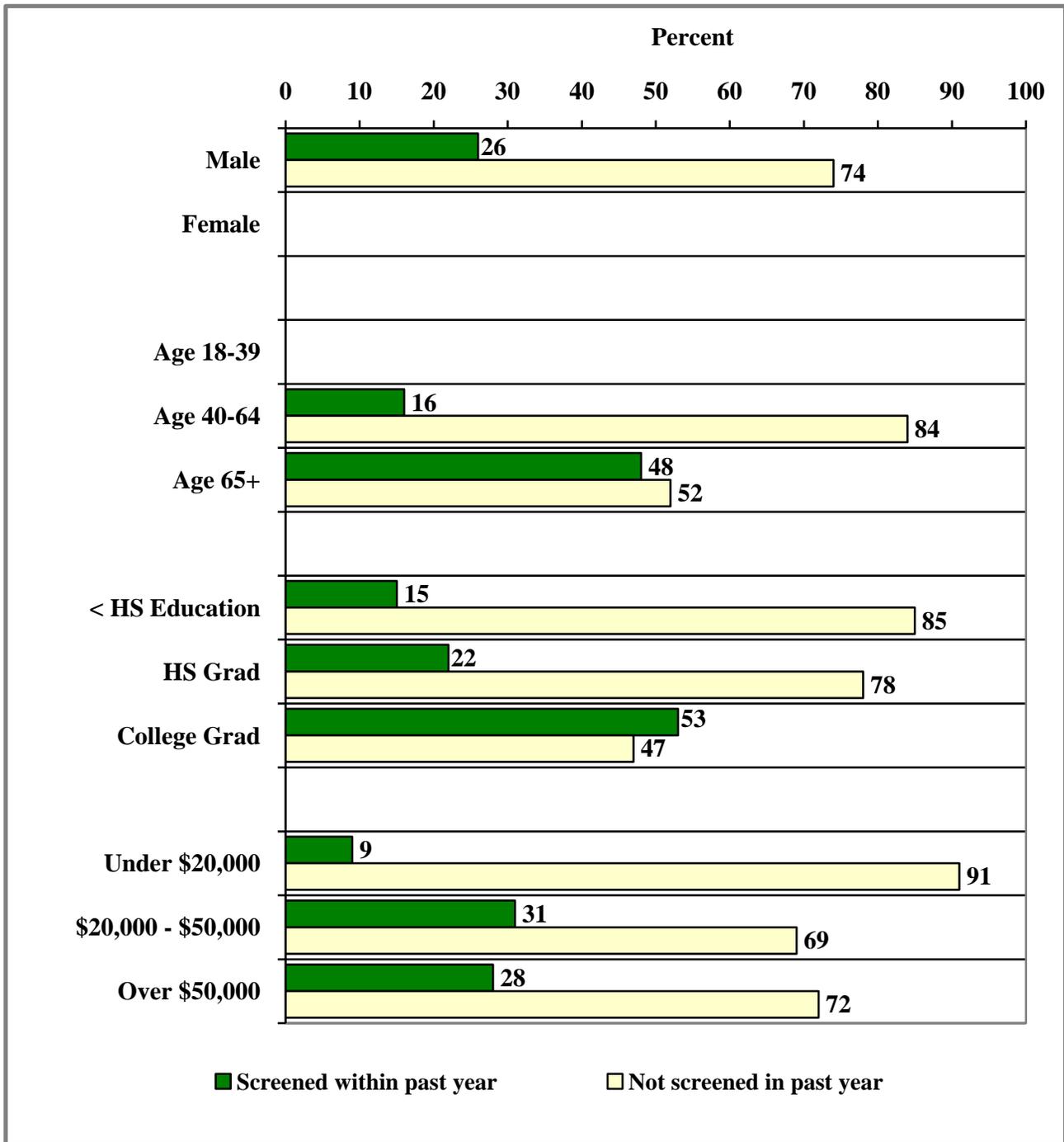
Figure 32: Prostate cancer screening (overall)



Prostate Cancer Screening

Question: Have you ever been screened for prostate cancer?

Figure 33: 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. For the 2012-2013 campaign, the number of Arkansans being immunized increased from previous years.

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.

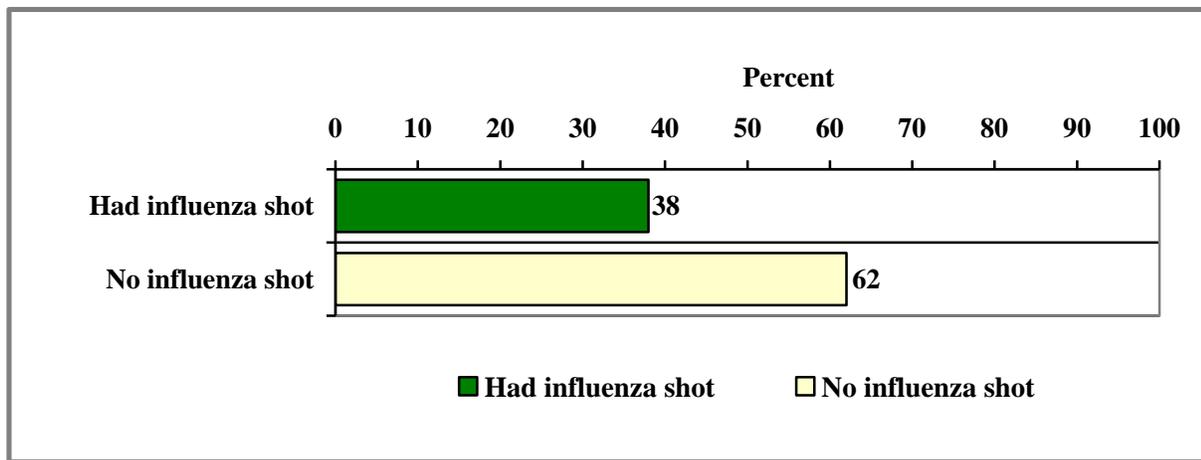


At the time of the study, over half of the adults in Crawford County had not gotten a flu. Younger adults and males were less likely to have gotten an annual flu shot at the time of the survey.

Table 18: Influenza shot (overall)

Influenza shot	Frequency (n)
Had influenza vaccine	392
No influenza vaccine	432

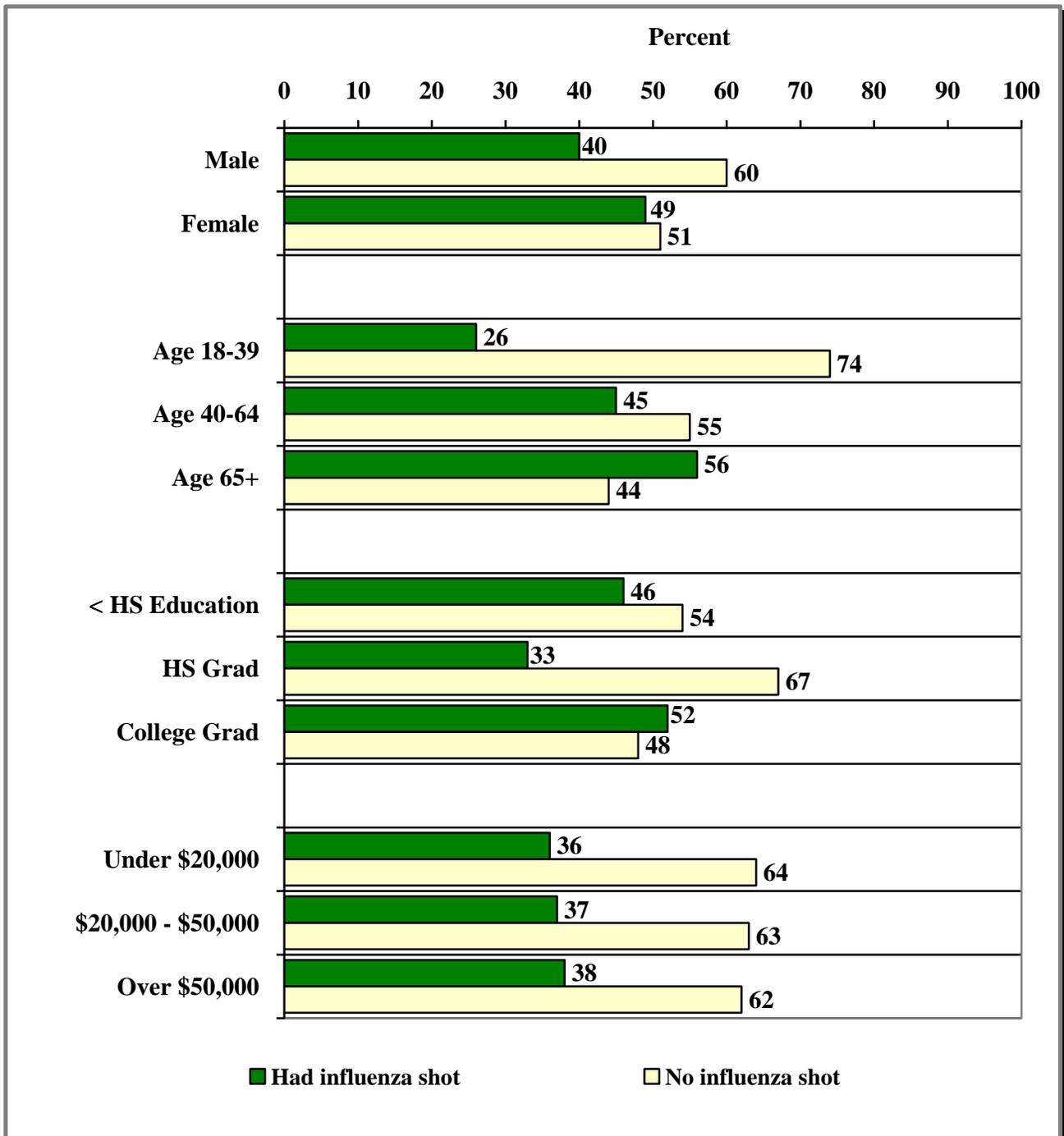
Figure 34: Influenza shot (overall)



Immunization – Influenza Shot

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

Figure 35: Influenza shot (by selected characteristics)



Oral Health

Good oral health is so important to overall good health that the Department of Health and Human Services has selected oral health as one of the 12 leading health indicators for *Health People 2020*. Maintaining good oral health decreases the chances of mouth and facial pain, oral or throat cancer, gum disease, tooth decay, (a need for tooth removal or restoring), and reduces chances of high levels of bacteria that could get into the blood stream and cause other health problems. Good oral health care increases psychosocial wellbeing. Behaviors such as unhealthy diets, tobacco, and alcohol abuse and poor oral hygiene habits such as lack of regular dental visits contribute to poor oral health and can be social determinants.



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?

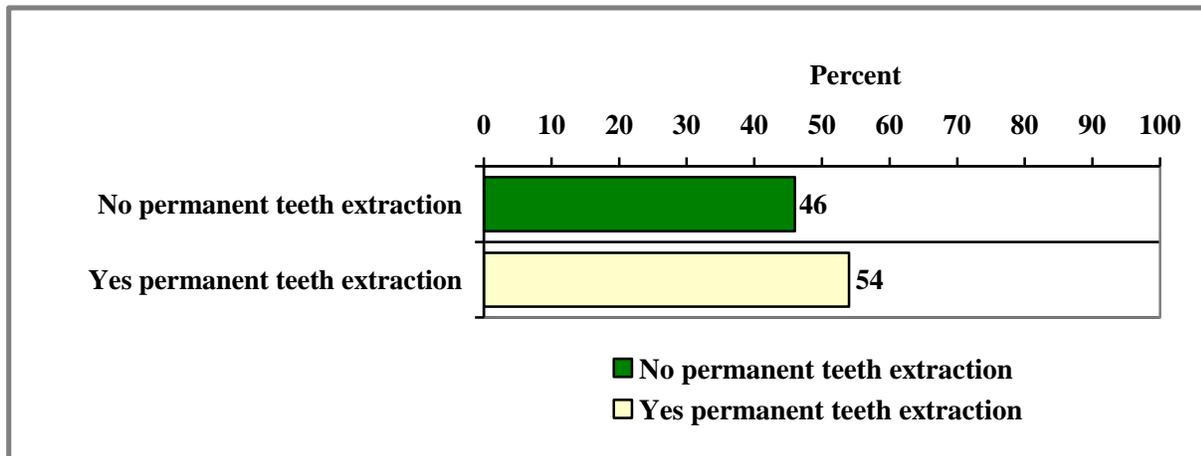
At risk: Those who answered “1 or more” are considered at risk for additional health problems.

Of the 776 that responded, 551 have had at least one tooth removed due to decay or gum disease. Of those 551 who had at least one tooth removed, 222 had less than six teeth removed and 329 had six or more removed with 158 of the last group having to have all teeth removed due to decay or gum disease.

Table 19: Permanent teeth extraction (overall).

Permanent teeth extraction	Frequency (n)
No permanent teeth extraction	225
At least one permanent teeth extracted	551

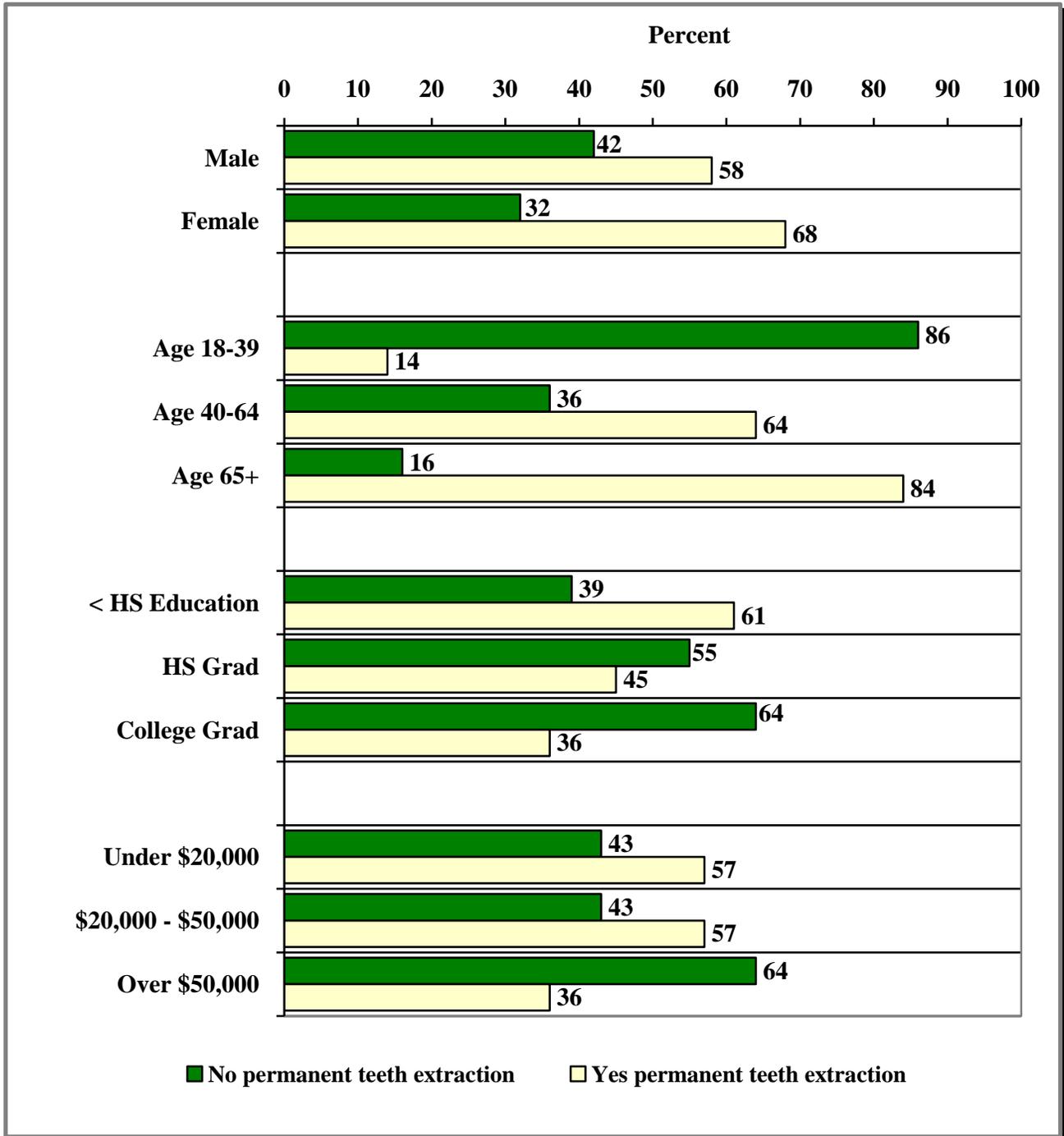
Figure36: Permanent teeth extraction (overall)



Oral Health

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

Figure 37: Permanent teeth extraction (by selected characteristics)



Oral Health

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.

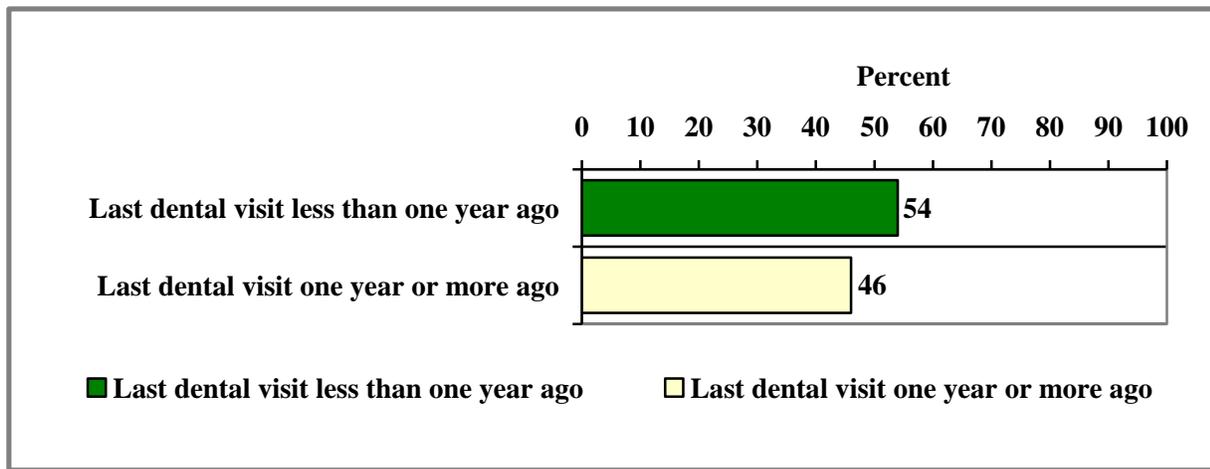


Of those asked, 787 individuals who responded to the question, only 3 people had never seen a dentist. 427 had seen a dentist within the past year. 181 had seen a dentist between 2 and 5 years ago. 176 had not seen a dentist in the past five years.

Table 20: Last dental visit (overall)

Dental visit	Frequency (n)
Last dental visit less than one year ago	427
Last dental visit one year or more ago	360

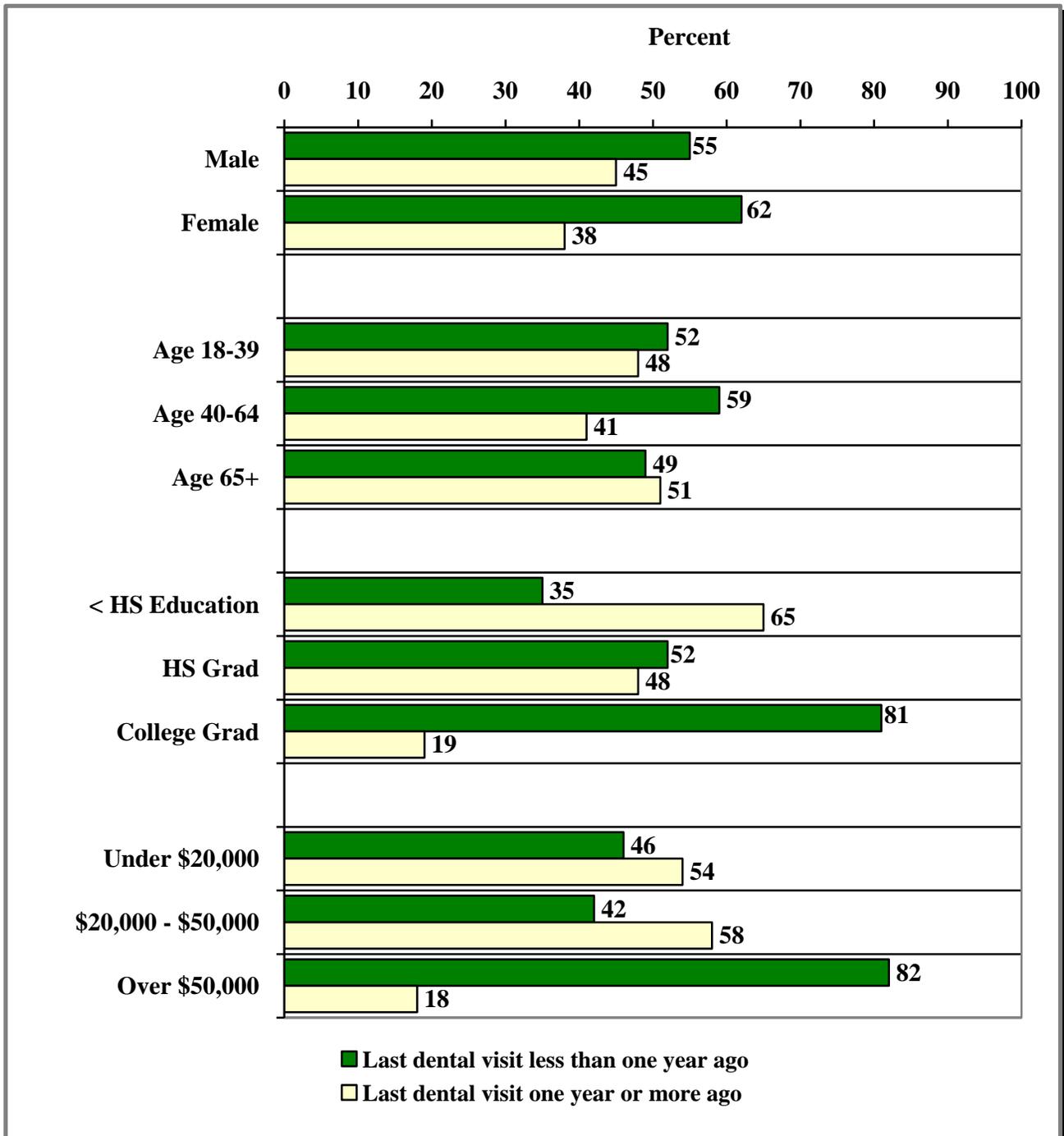
Figure 38: Last dental visit (overall)



Oral Health

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

Figure 39: 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?



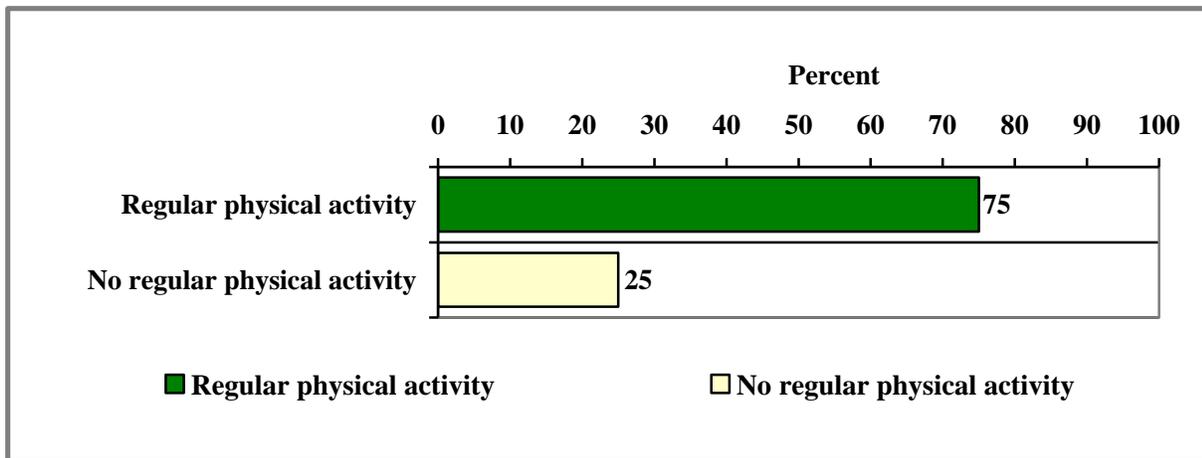
At risk: Those who do not participate in physical activity on a regular basis are at risk.

Almost three times as many of Crawford County adult residents tend to exercise on a regular basis than their local counterparts. Males are slightly more likely than females to report regular physical activities. The younger adult is more likely than the middle aged adult to report regular physical activity and the older adult is least like to report participating in regular physical activities.

Table 21: Regular physical activity (overall)

Regular physical activity	Frequency (n)
Regular physical activity	545
No regular physical activity	287

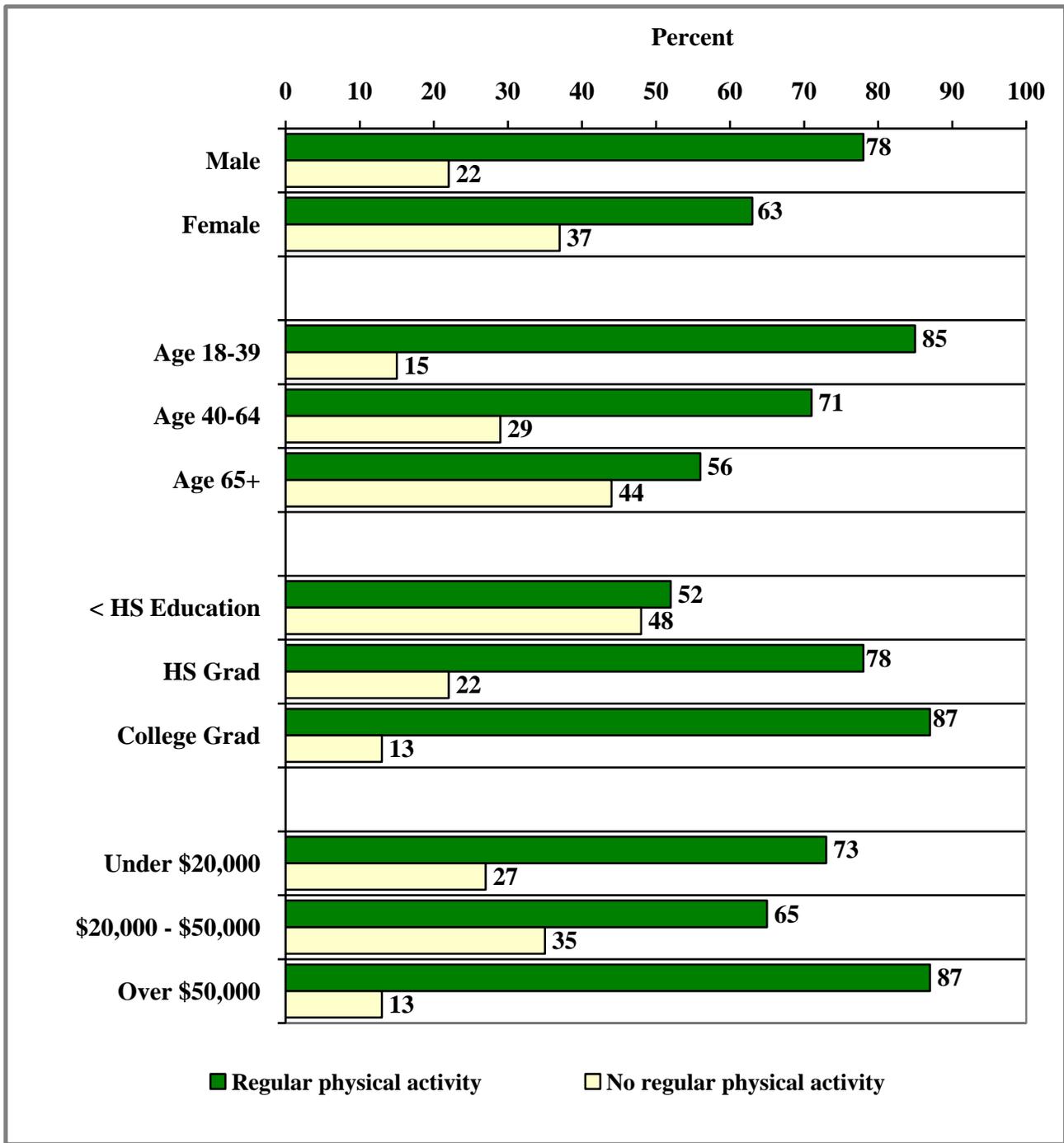
Figure 40: Regular physical activity (overall)



Physical Activity

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 41: 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. These conditions 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. *Body Mass Index* is the result of a ratio of height to weight. A body mass index of 25 to 29.9 is considered overweight and a body mass index of 30.0 or more is considered obese. Participants are asked two questions so body mass index can be calculated.



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?

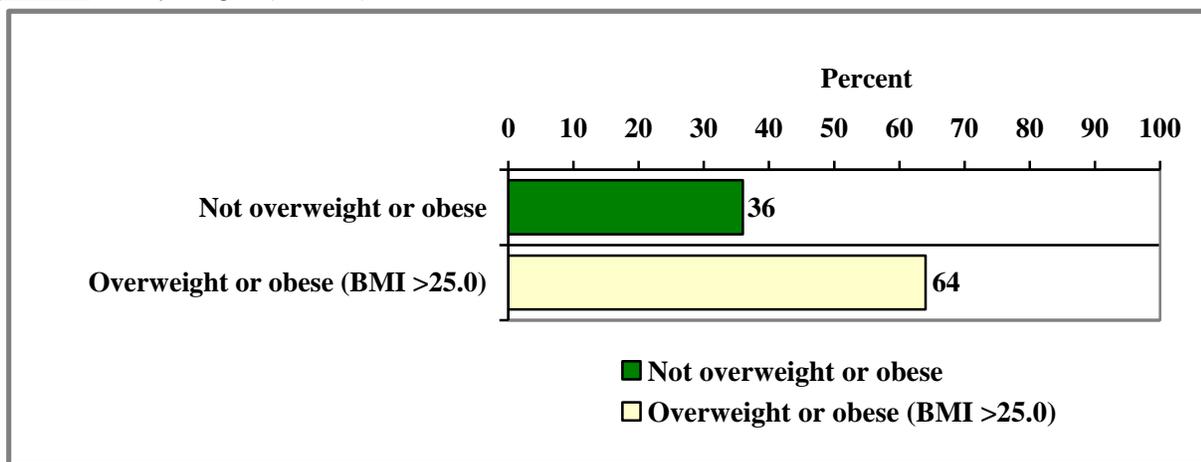
At risk: Those with a Body Mass Index (BMI) of greater than 25.0.

Of those who provided body weight and height, calculations indicated 64% are either overweight or obese. There was no difference in BMI between males and females. There was no significant difference among age groups or levels of education.

Table 22: Bodyweight (overall)

Overweight or obese	Frequency (n)
Not overweight or obese BMI < 25	260
Overweight or obese BMI > 25	551

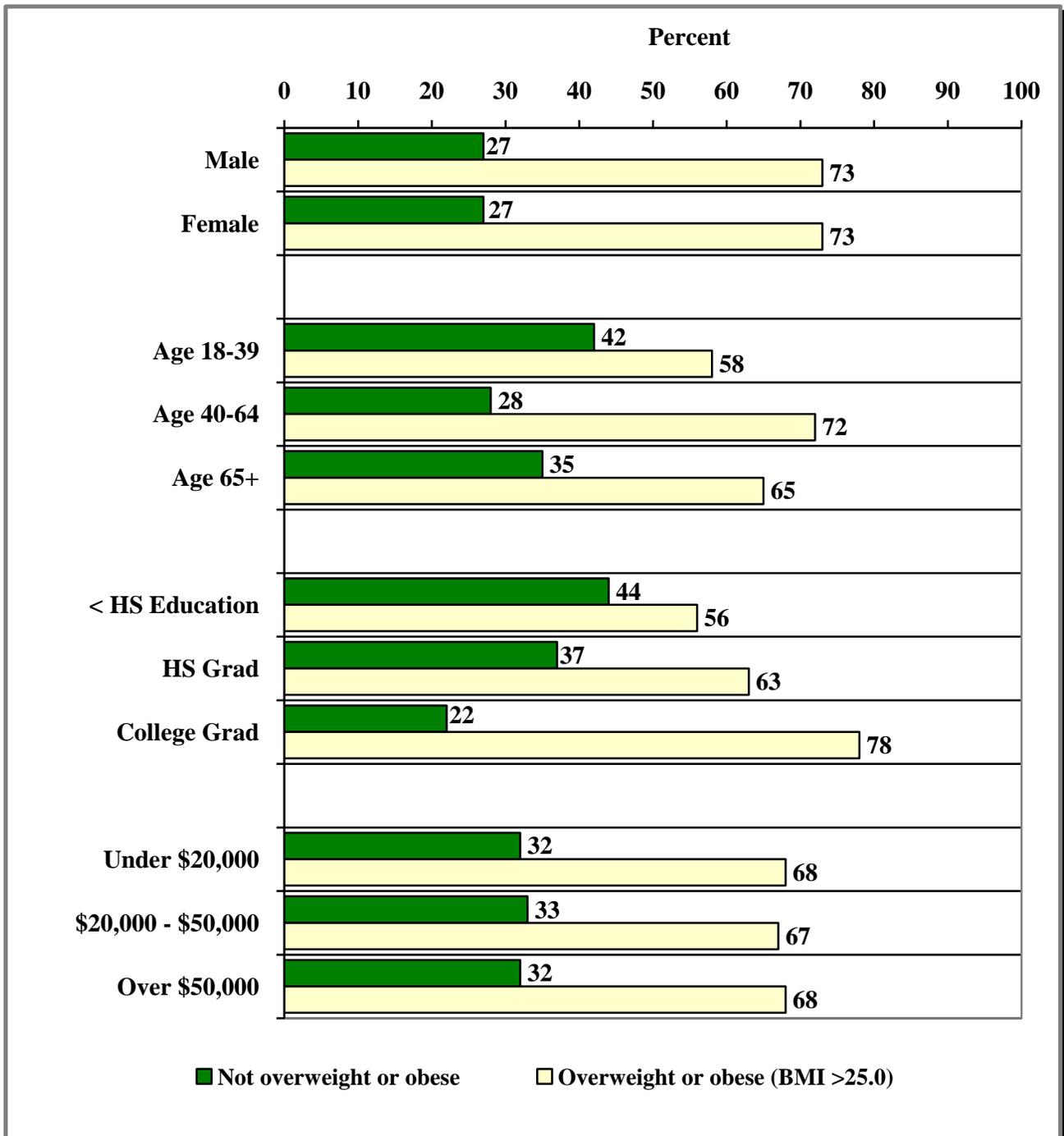
Figure 42: Bodyweight (overall)



Overweight

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

Figure 43: Bodyweight (by selected characteristics)



Fruits and Vegetables

The World Health Organization recommends eating a minimum of 400g (5 servings) of fruits and vegetables a day to lower the risk of serious health problems, such as heart disease, stroke, type 2 diabetes, and obesity. Other professional organizations have recommended as much as eight or ten servings a day. It is recommended that individuals should be sure to vary the types of fruits and vegetables because different fruits and vegetables contain a different combination of needed vitamins, minerals, fiber, and other nutrients to avoid serious health problems like stroke, heart disease, or obesity.



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?

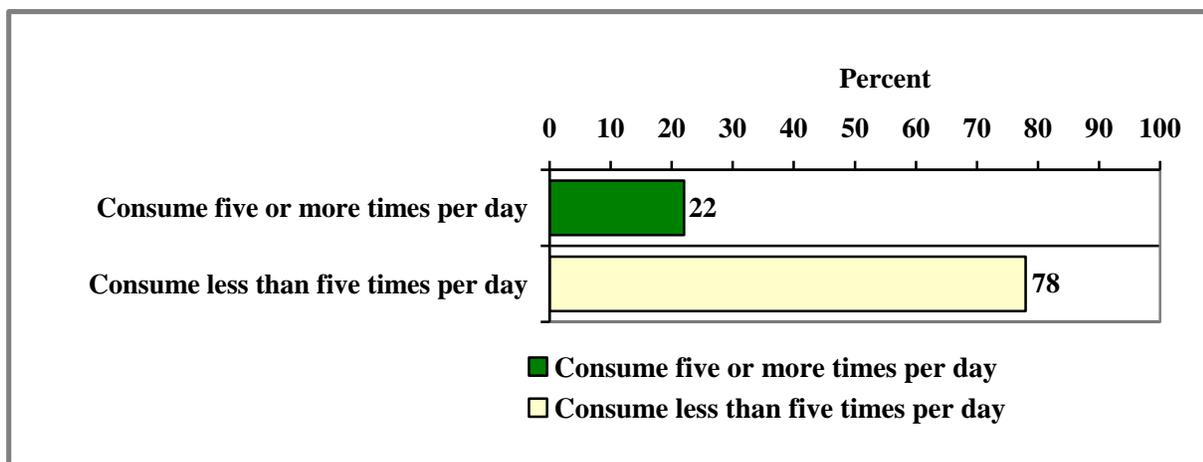
At risk: Those who answered “less than 5 times per day” are considered at risk for potential serious health problems.

Less than one-fourth of the Crawford County residents are likely to eat enough fruits and vegetables on a daily basis. Residents of lower income are more likely than any other economic group to eat enough fruits and vegetables. Females are more likely than males of Crawford County to eat the minimum recommended amounts of fruits and vegetables.

Table 23: Consumption of fruits and vegetables (overall)

Fruits and vegetables	Frequency (n)
Consume 5 or more times per day	180
Consume less than 5 times per day	606

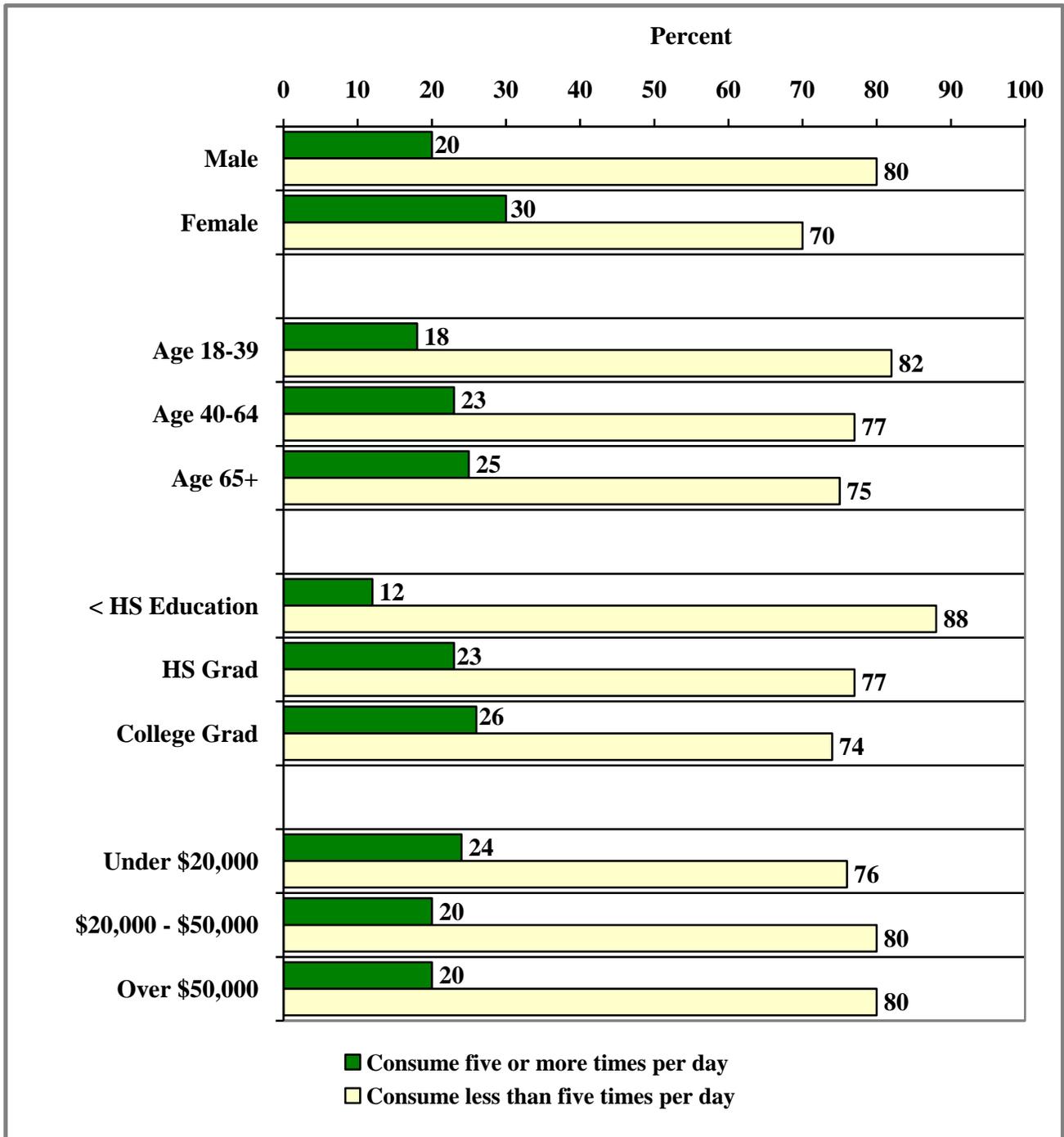
Figure 44: Consumption of fruits and vegetables (overall)



Fruits and Vegetables

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

Figure 45: Consumption of fruits and vegetables (by selected characteristics)



Disability

We all need social and emotional support; but for some individuals, because of health problems or physical or mental impairments, it is often exceptionally hard to get the necessary type and level physical, emotional, or social support. These include impairments that are either present at birth or acquired from illness or injury. People with any type of disability often face special challenges related to health, productivity, independence; and therefore, quality of life. Surveyors asked individuals with health problems, disabilities, or some type of impairment about his or her perception of how well a physical, mental, or emotion challenge caused limitations to daily life. They were also asked if special equipment was needed and if they received the needed social and emotional support.

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?

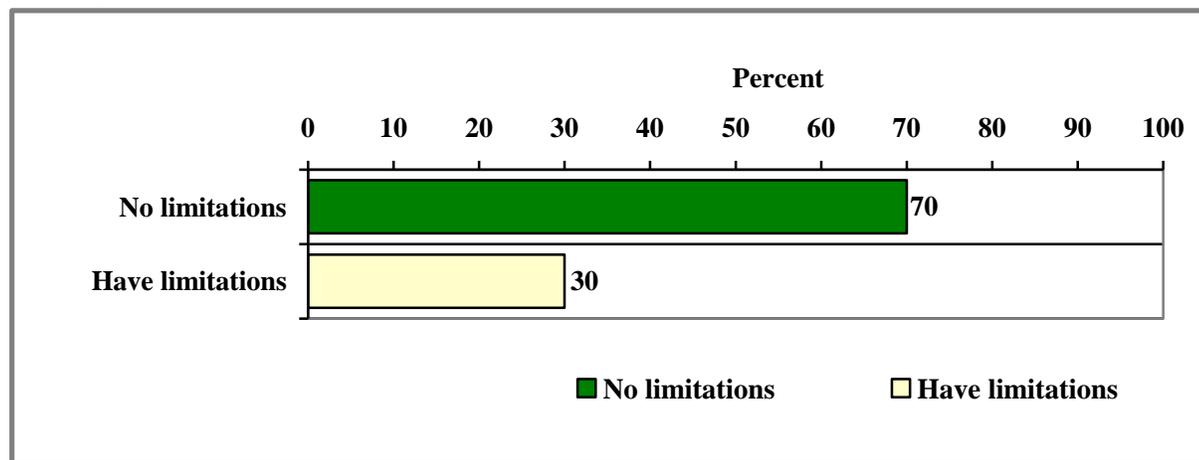
At risk: Those who answered “yes” are considered at risk for additional health and emotional problems.

Of the 802 residents who answered this question, 523 indicated there were no limitations for physical activity. Most (70%) of the residents of Crawford County are likely to report no limitations for activity due physical, mental or emotional problems.

Table 24: Limitations due to physical, mental or emotional problems (overall)

Limitations due to physical, mental or emotional problems	Frequency (n)
No Limitations	523
Limitations	279

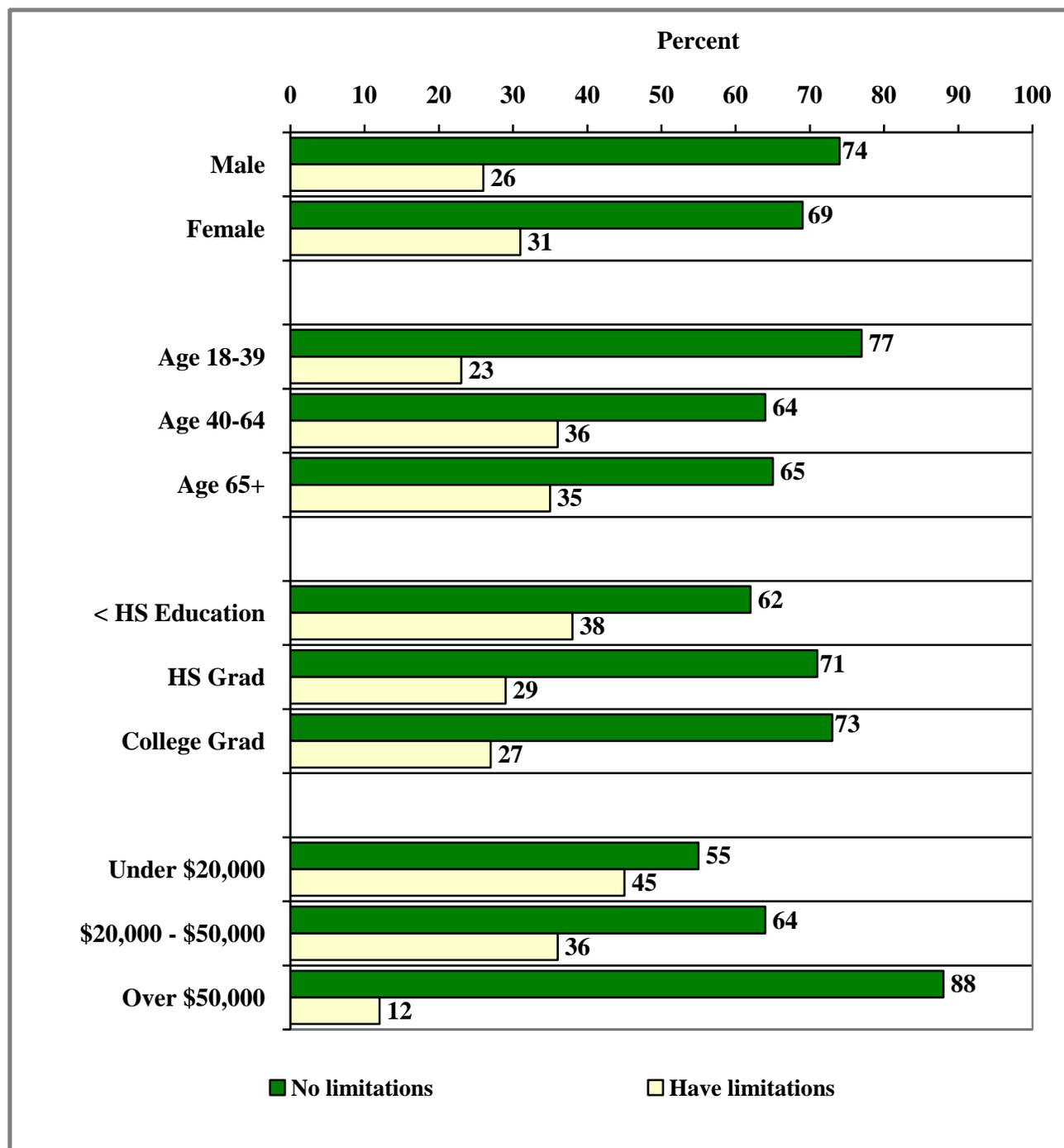
Figure 46: Limitations due to physical, mental, or emotional problems (overall)



Disability

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

Figure 47: Limitations due to physical, mental or emotional problems (by selected characteristics)



Disability

Use of special equipment

Risk Factor Definition: Use of special equipment

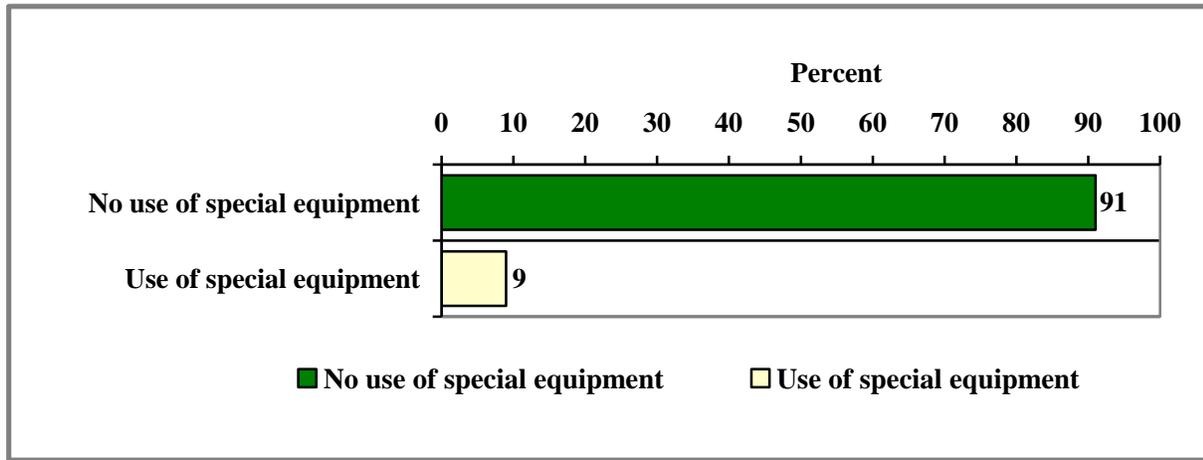
Question: Do you have any health problem that requires you to use special equipment, such as a cane, wheelchair, or special telephone?

At risk: Those who answered “yes” are considered at risk.

Table 25: Use of special equipment (overall)

Use of special equipment	Frequency (n)
No use of special equipment	673
Use of special equipment	129

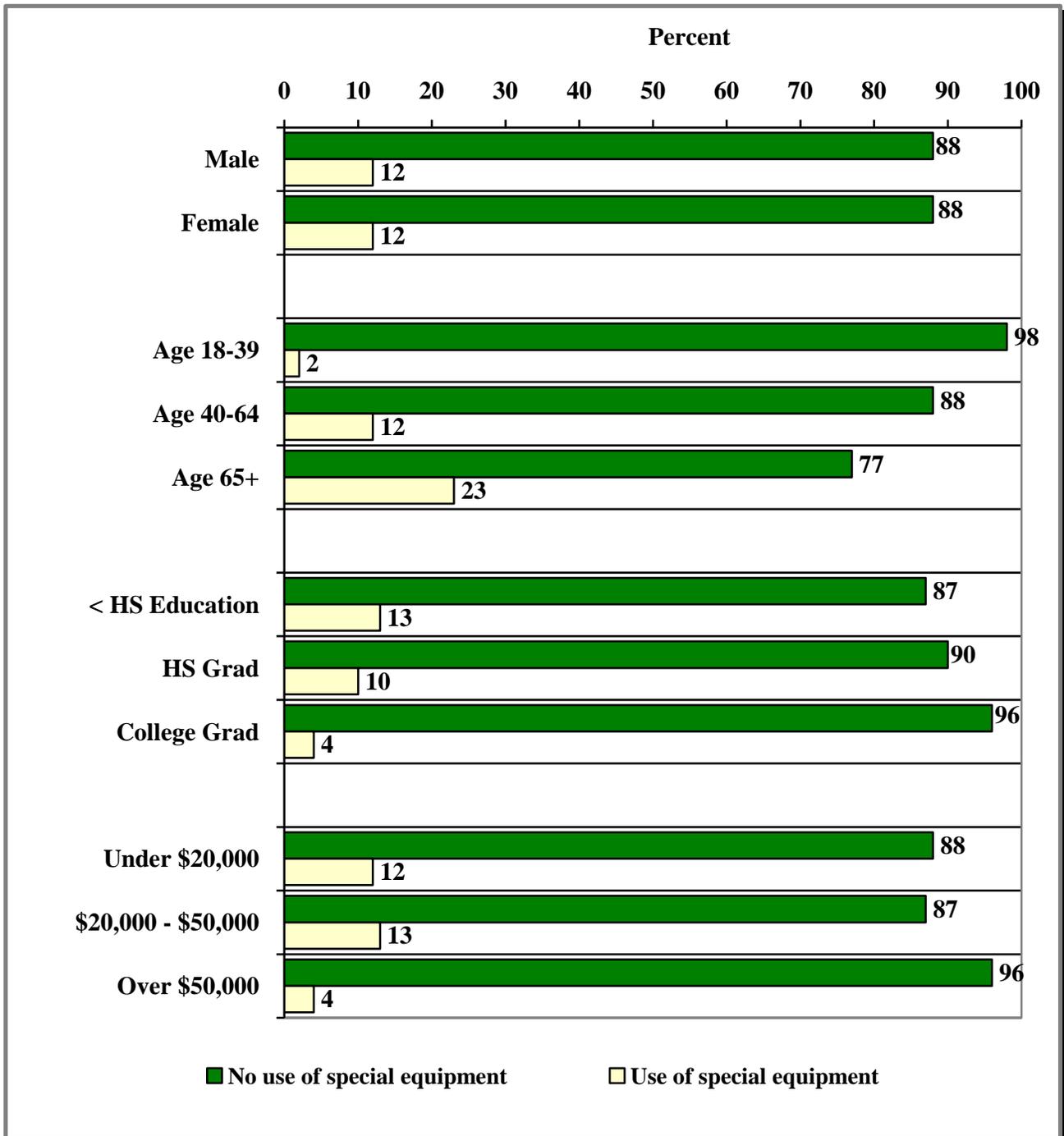
Figure 48: Use of special equipment (overall)



Disability

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

Figure 49: Use of special equipment (by selected characteristics)



Disability

Social and emotional support

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

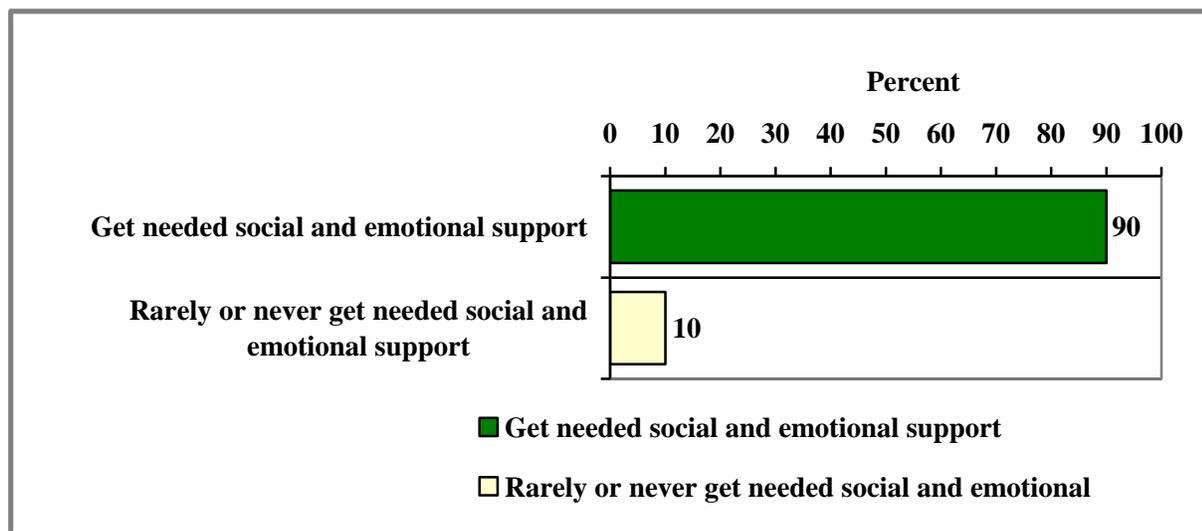
Question: How often do you get the social and emotional support that you need?

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

Table 26: Social and emotional support (overall)

Social and emotional support	Frequency (n)
Get needed social/emotional support	716
Rarely or never get needed social/emotional support	77

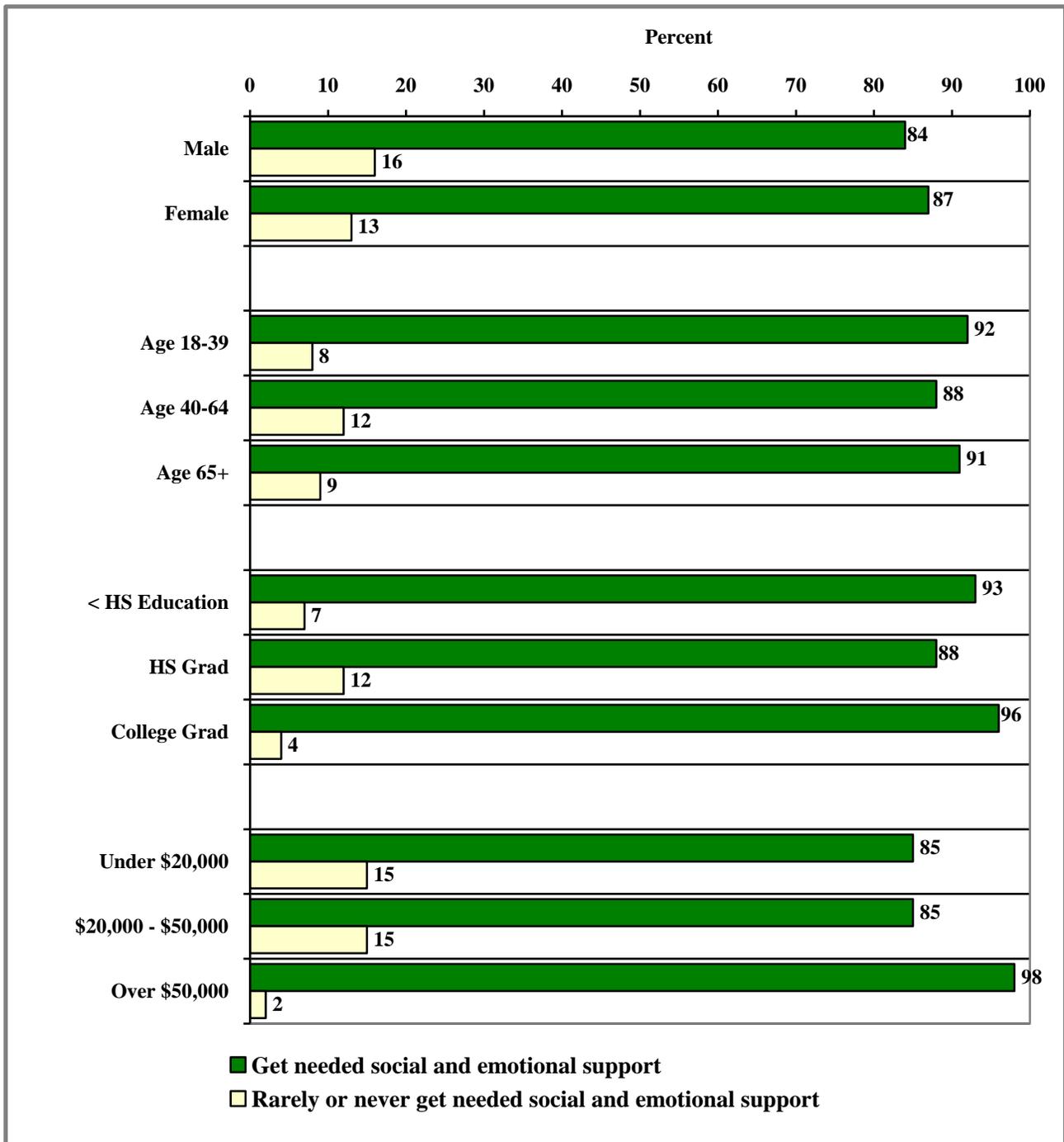
Figure 50: Social and emotional support (overall)



Disability

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

Figure 51: Social and emotional support (by selected characteristics)



Disability

Satisfaction with life

Risk Factor Definition: “Dissatisfied” or “Very dissatisfied” with life

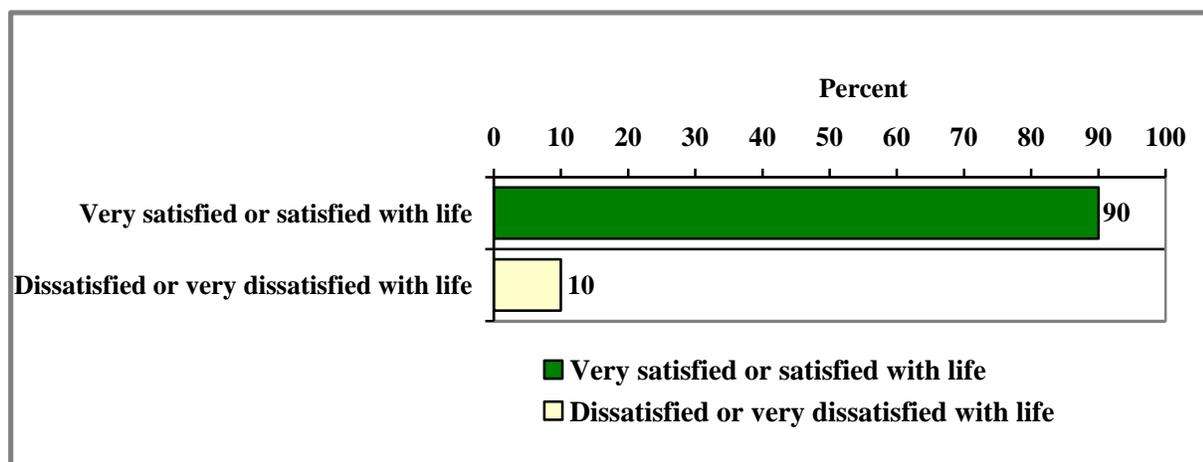
Question: In general, how satisfied are you with life?

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

Table 27: Satisfaction with life (overall)

Satisfaction with life	Frequency (n)
Dissatisfied or very dissatisfied with life	62
Very satisfied or satisfied with life	733

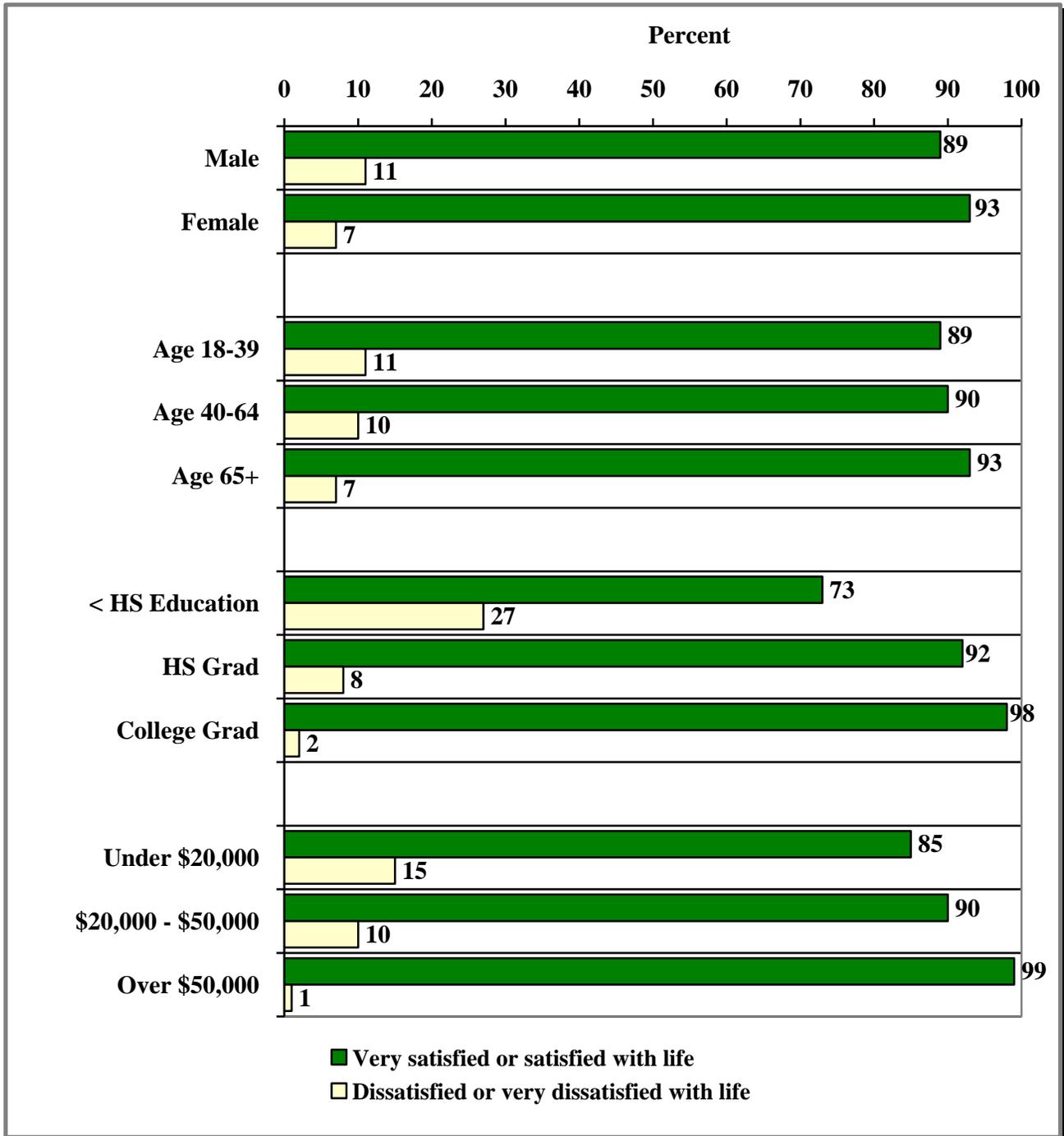
Figure 52: Satisfaction with life (overall)



Disability

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

Figure 53: Satisfaction with life (by selected characteristics)



Alcohol Consumption

Alcohol consumption can lead to problems with thinking clearly and lack of behavior control. Problems associated with drinking alcohol occur at different levels of severity, from mild and inconvenient to life-threatening and may include violence and physical or mental injury to self or others. Many serious, long-term problems are associated with drinking alcohol, especially if the drinking behavior is considered to be excessive. Excessive or binge drinking is considered as more than five drinks per day for men and more than four (4) drinks per day for women. Excessive alcohol use is the third leading preventable cause of death in the United States.

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?

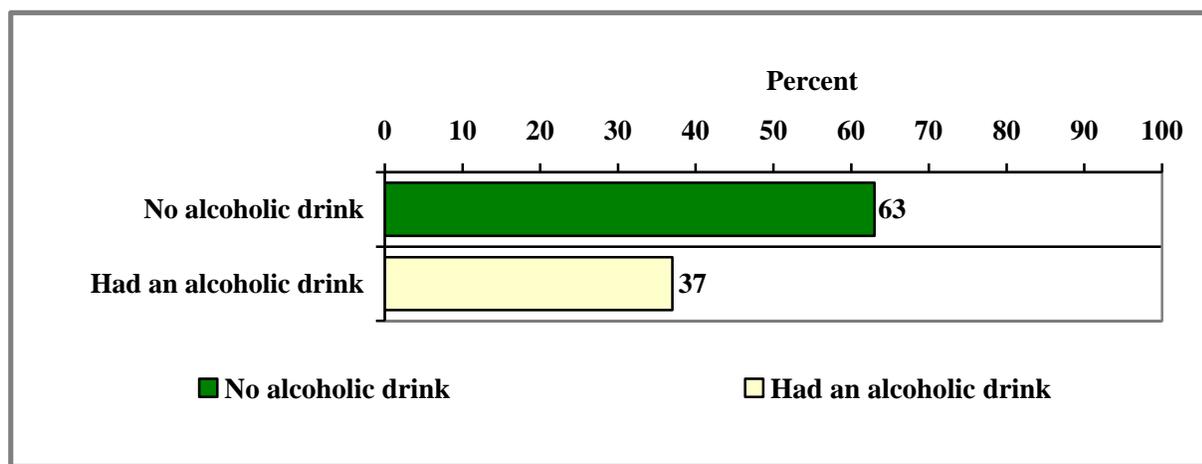
At risk: Those who answered “yes” are considered at risk.

Of the 231 who indicated they had at least one drink within the past 30 days; 109 had only one drink and 76 had two or three drinks with the past 30 days. Unfortunately, 41 had four or more drinks within the past 30 days.

Table 28: Any alcoholic drink (overall)

Any alcoholic drink	<i>Frequency (n)</i>
No alcoholic drink in past 30 days	596
Had a drink of alcohol in past 30 days	231

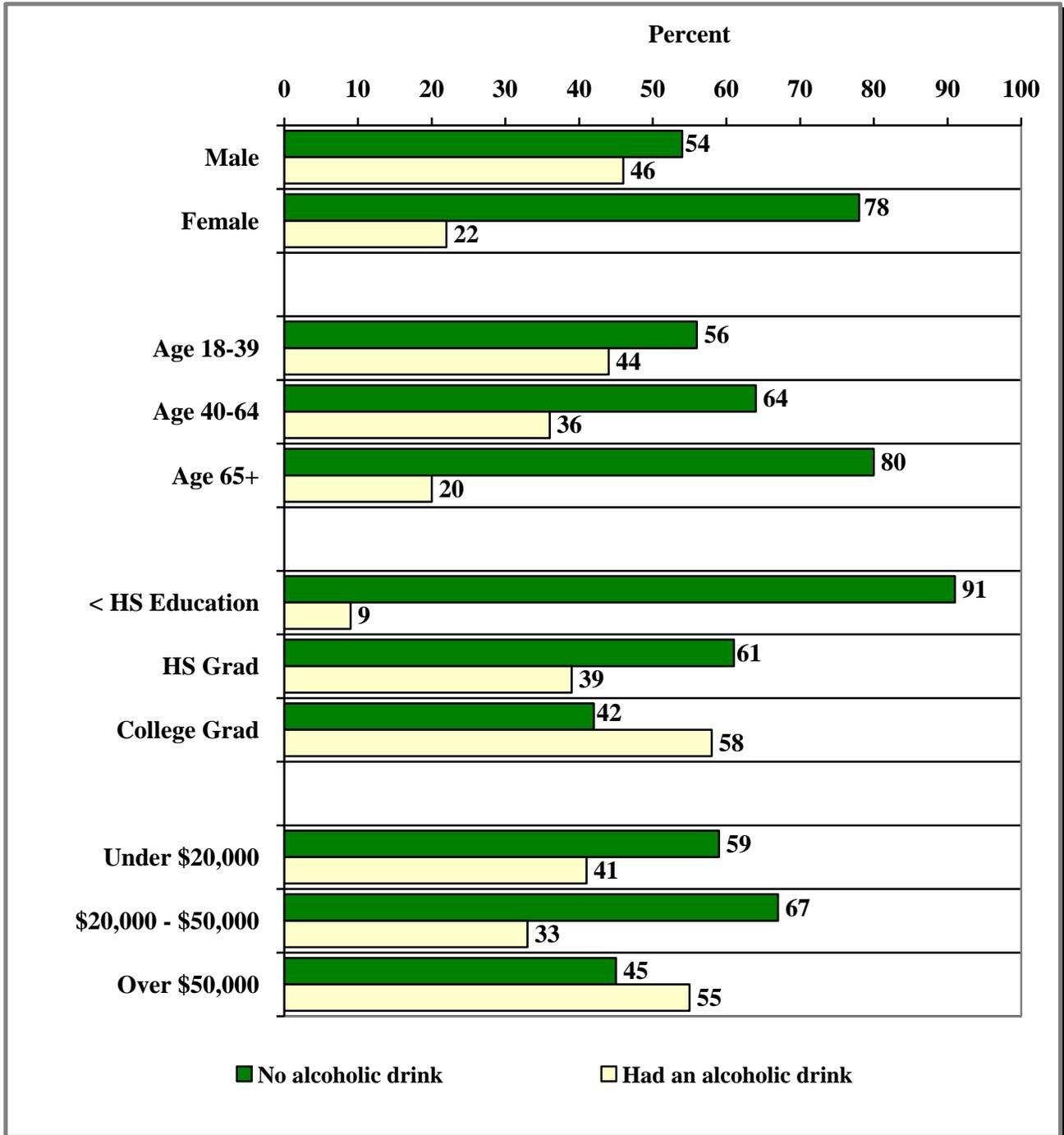
Figure 54: Any alcoholic drink (overall)



Alcohol Consumption

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 55: Any alcoholic drink (by selected characteristics)



Alcohol Consumption

Binge Drinking

Risk Factor Definition: Binge drinking

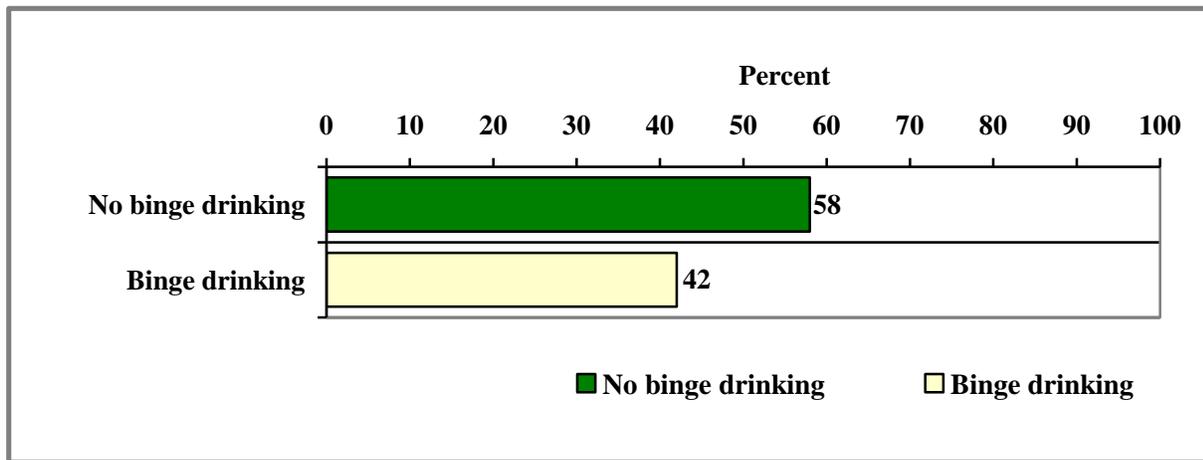
Question: Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks on one occasion?

At risk: 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 29: Binge drinking (overall)

Binge drinking	Frequency (n)
No Binge drinking in past 30 days (5 f or men, 4 for women)	169
Binge drinking in past 30 days	58

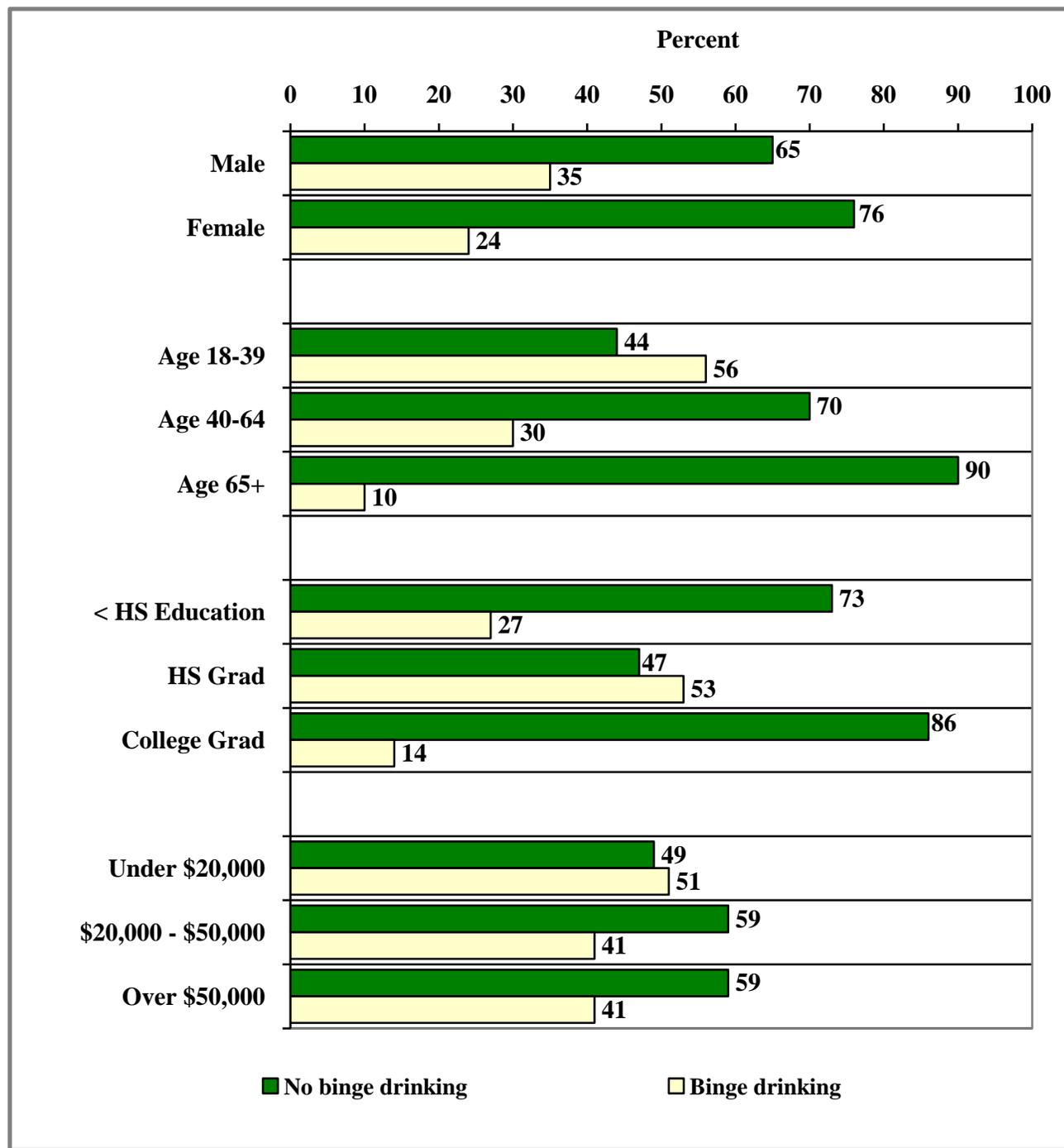
Figure 56: Binge drinking (overall)



Alcohol Consumption

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 57: 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 Crawford 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

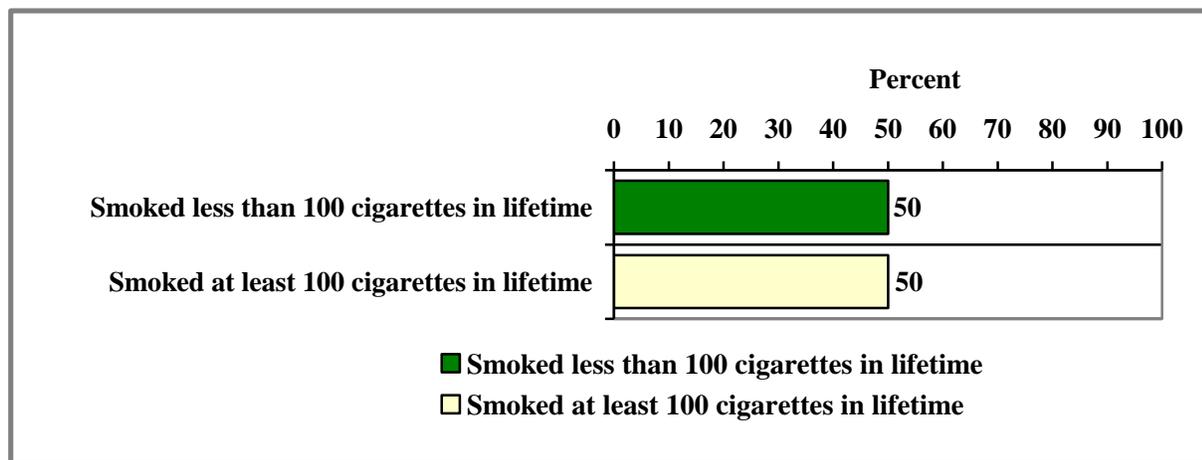
Question: Have you smoked at least 100 cigarettes in your entire lifetime?

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

Table 30: Cigarette use (overall)

Cigarette use	Frequency (n)
Smoked less than 100 cigarettes in lifetime	420
Smoked at least 100 cigarettes in lifetime	405

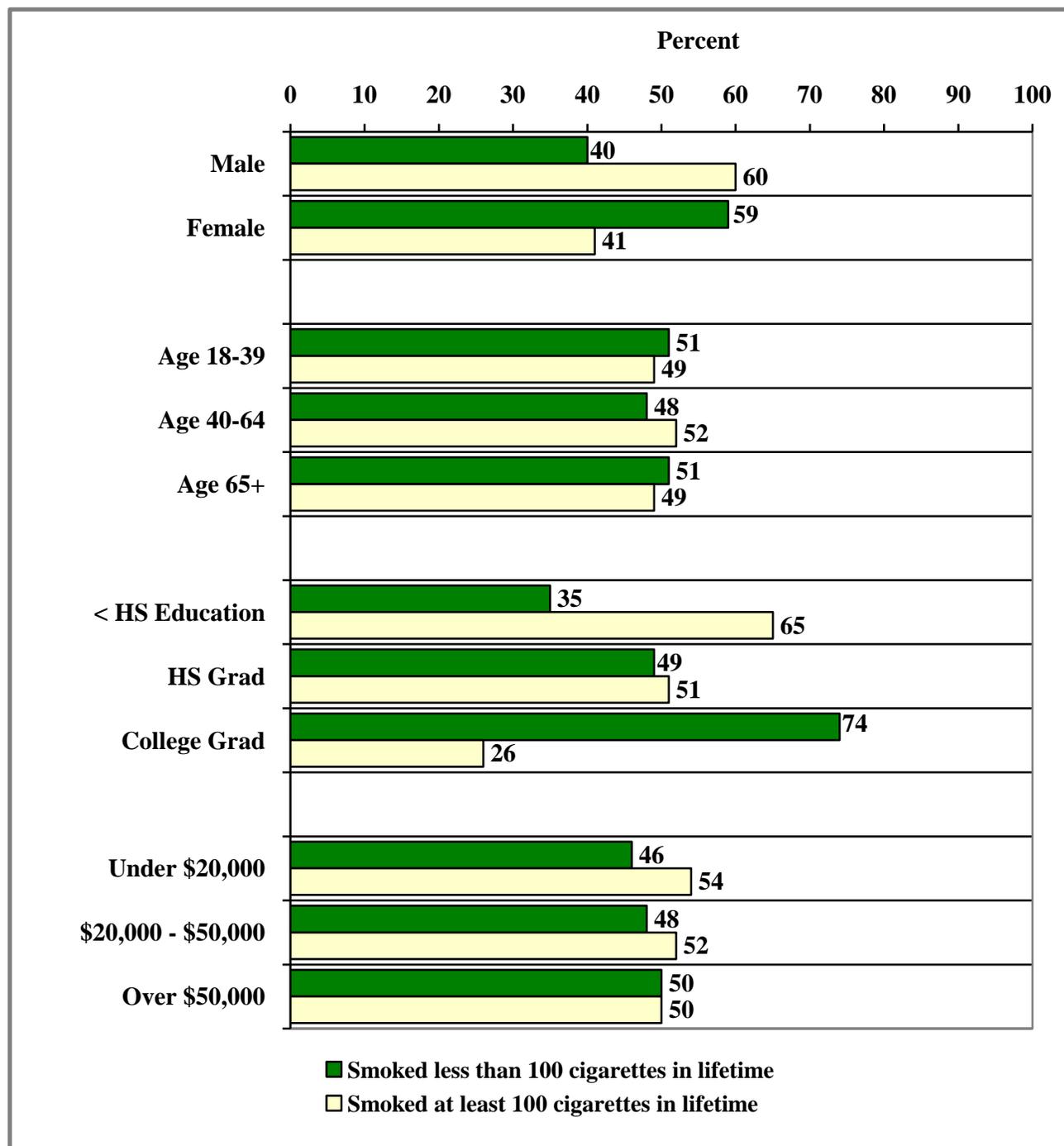
Figure 58: Cigarette use (overall)



Tobacco Use

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

Figure 59: Cigarette Use (by selected characteristics)



Tobacco Use

Current cigarette use

Risk Factor Definition: Currently smoke cigarettes

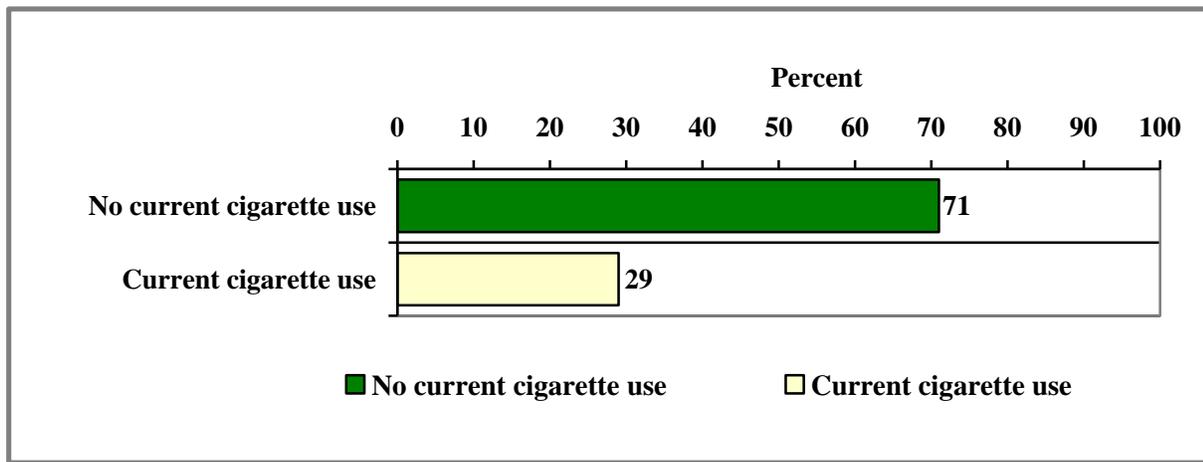
Question: Do you smoke cigarettes every day, some days, or not at all?

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 31: Current cigarette use (overall)

Current smoker	Frequency (n)
not a current smoker (former and never smoked)	661
current smoker	164

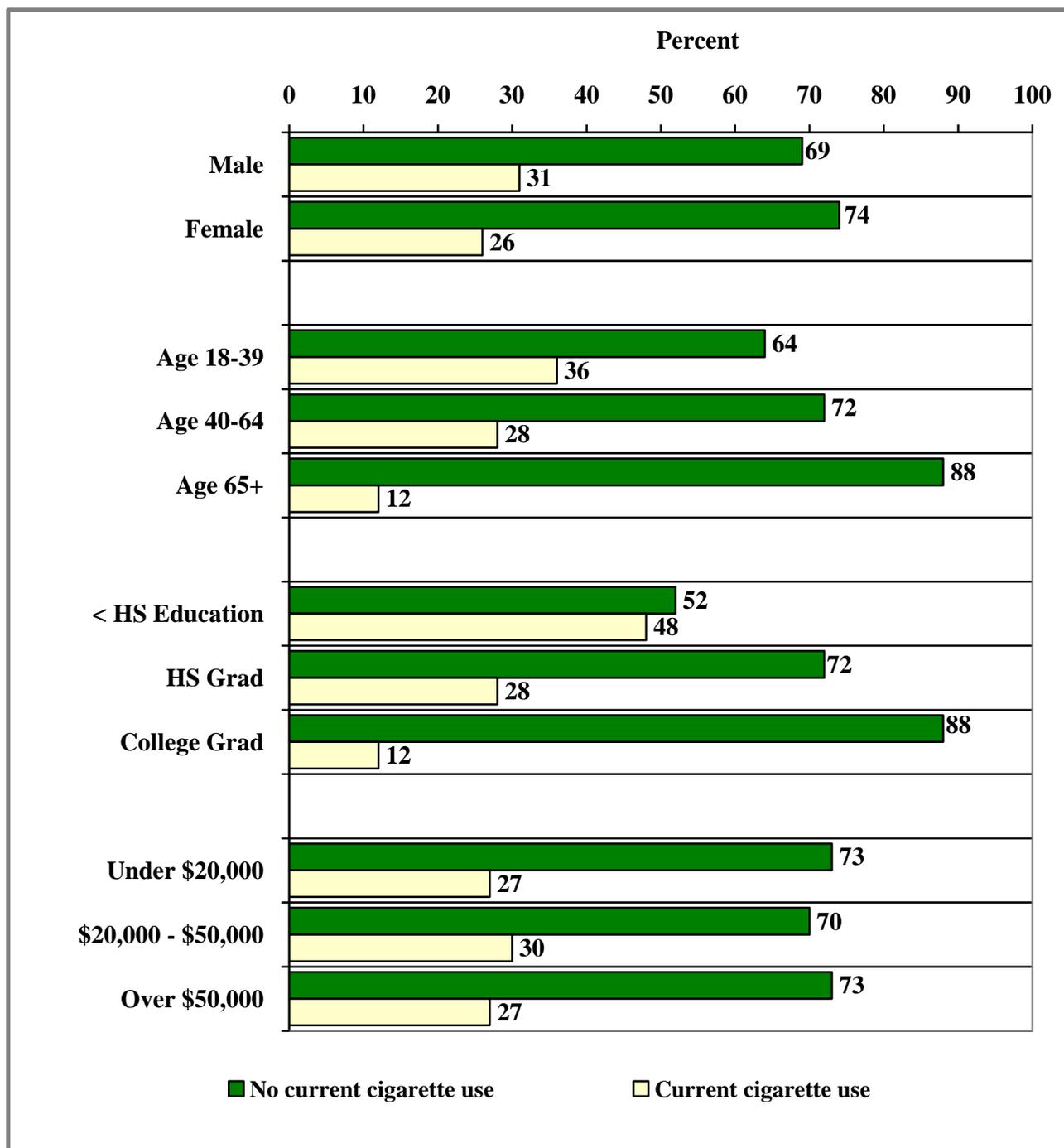
Figure 60: Current cigarette use (overall)



Tobacco Use

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

Figure 61: Current cigarette use (by selected characteristics)



Tobacco Use

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?

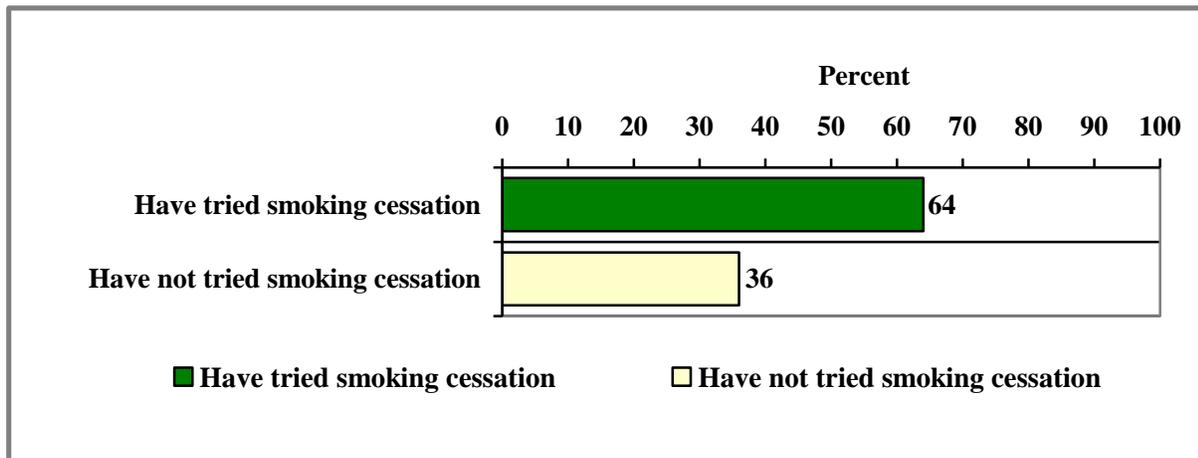
At risk: Of those adults who reported current cigarette use, those respondents who reported that they had made no attempt to stop smoking for one day or longer during the twelve months preceding the survey are considered at risk for continued cigarette smoking.



Table 32: Smoking cessation (overall)

Smoking cessation	Frequency (n)
Tried smoking cessation	89
Not tried smoking cessation	75

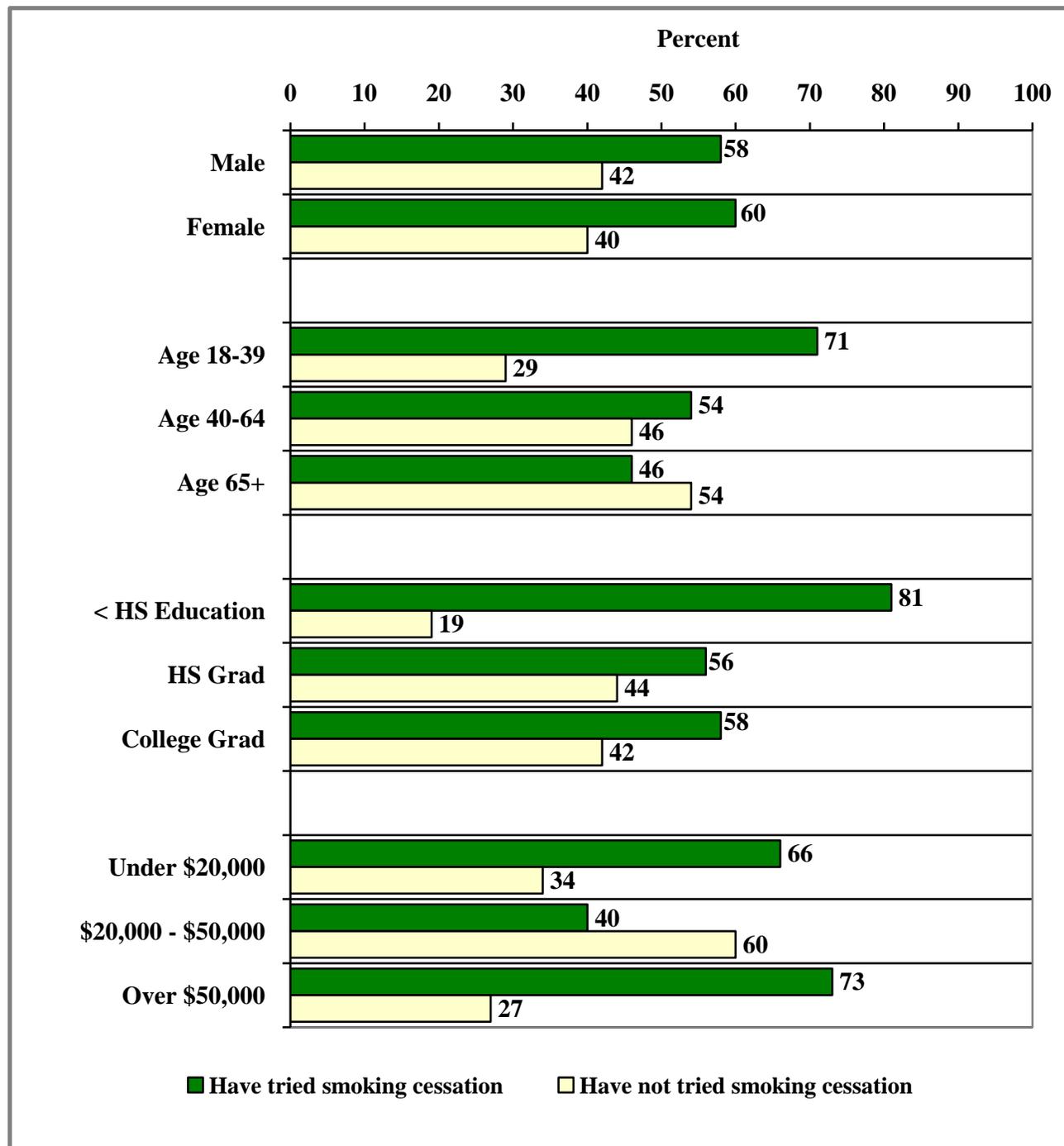
Figure 62: Smoking cessation (overall)



Tobacco Use

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

Figure 63: Smoking cessation (by selected characteristics)



Tobacco Use

Smokeless Tobacco Use

Risk Factor Definition: Ever use smokeless tobacco

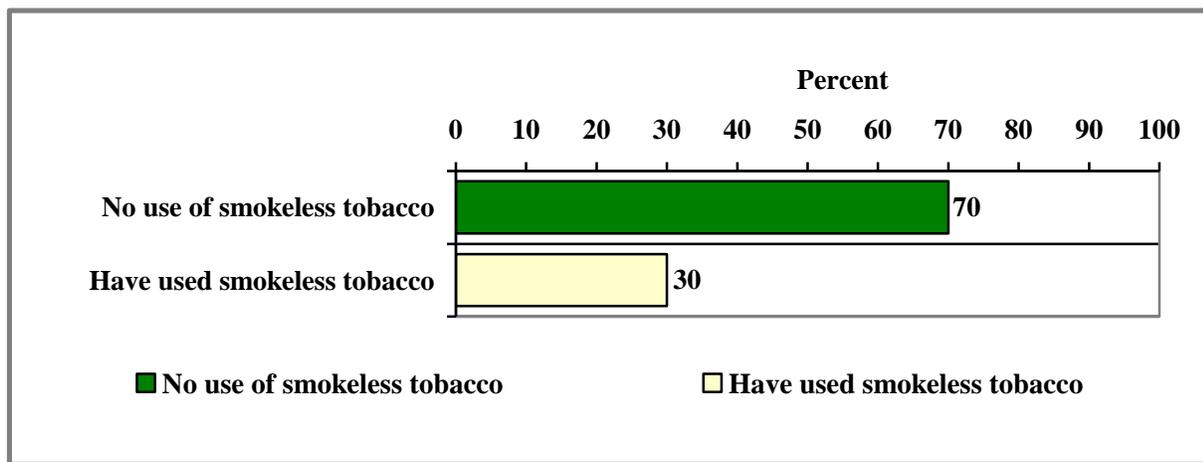
Question: Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?

At risk: Those who answered “yes” are considered at risk.

Table 33: Smokeless tobacco use (overall)

Smokeless tobacco use	Frequency (n)
Never tried smokeless tobacco	627
Ever tried smokeless tobacco	153

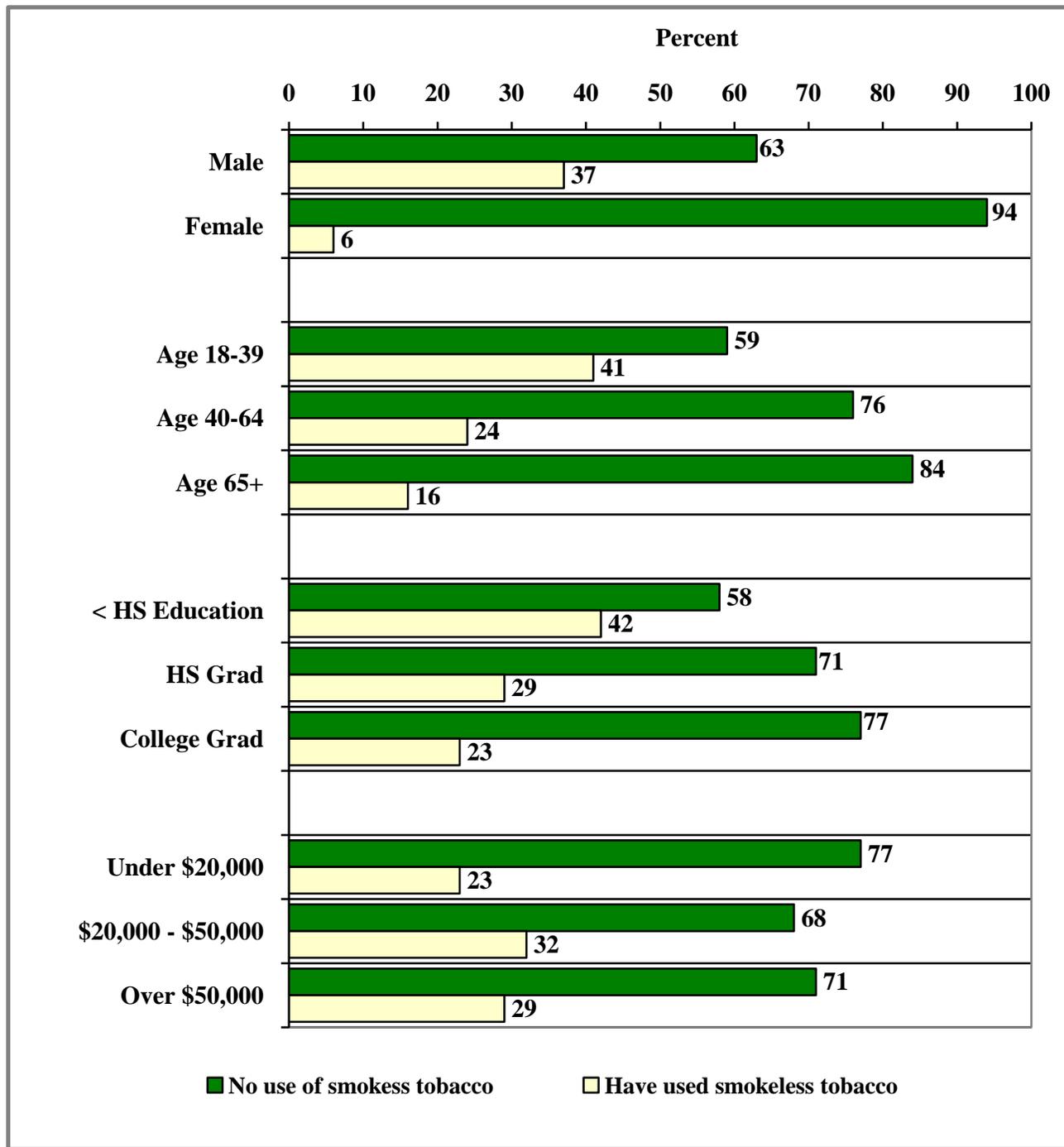
Figure 64: Smokeless tobacco use (overall)



Tobacco Use

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

Figure 65: Smokeless tobacco use (by selected characteristics)



Tobacco Use

Current Smokeless Tobacco Use

Risk Factor Definition: Current use of smokeless tobacco

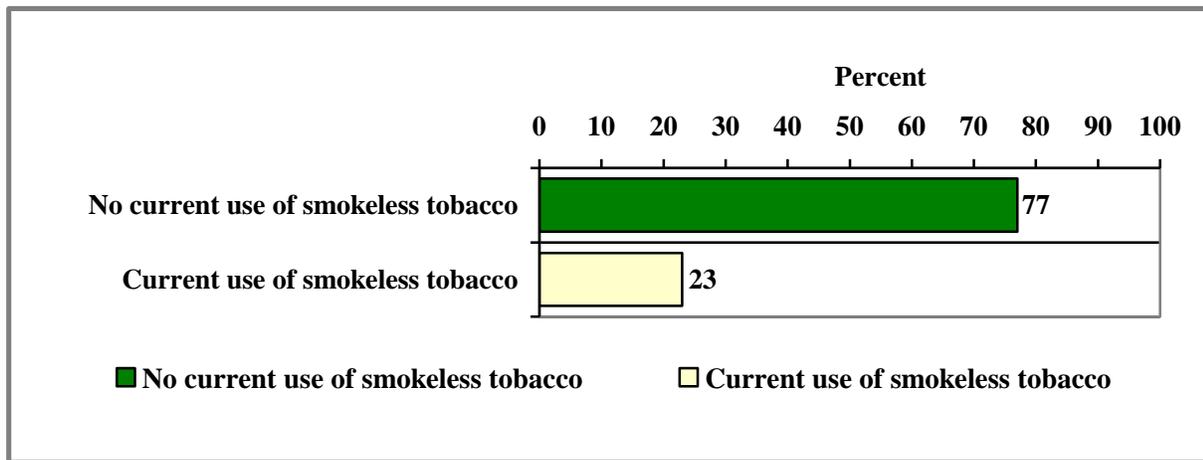
Question: Do you currently use chewing tobacco or snuff every day, some days, or not at all?

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 34: Current smokeless tobacco use (overall)

Current use of smokeless tobacco	Frequency (n)
No current use of smokeless tobacco	122
Current use of smokeless tobacco	31

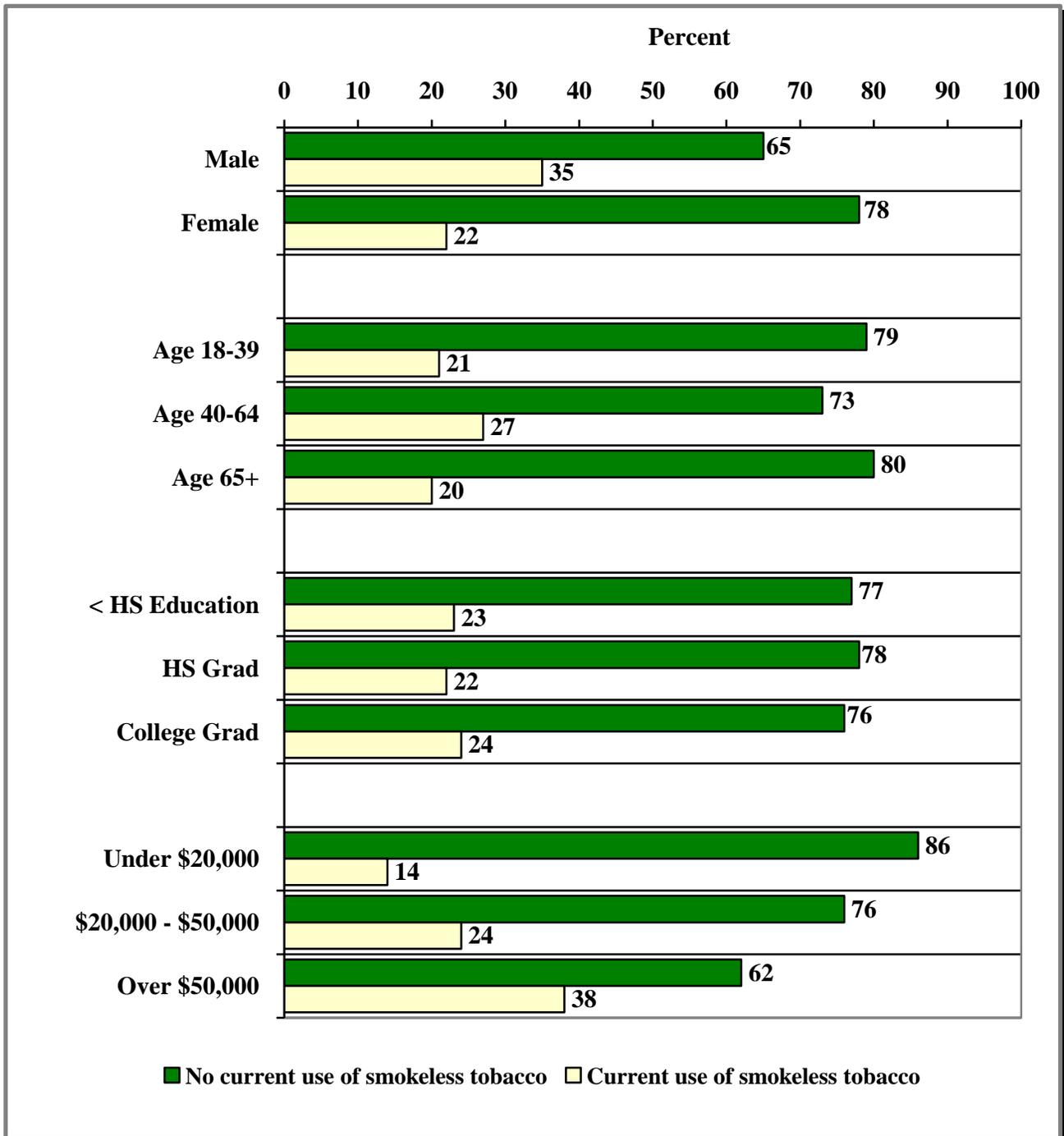
Figure 66: Current smokeless tobacco use (overall)



Tobacco Use

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

Figure 67: Current smokeless tobacco use (by selected characteristics)



Tobacco Use

Cigar Smoking

Risk Factor Definition: Ever smoked a cigar

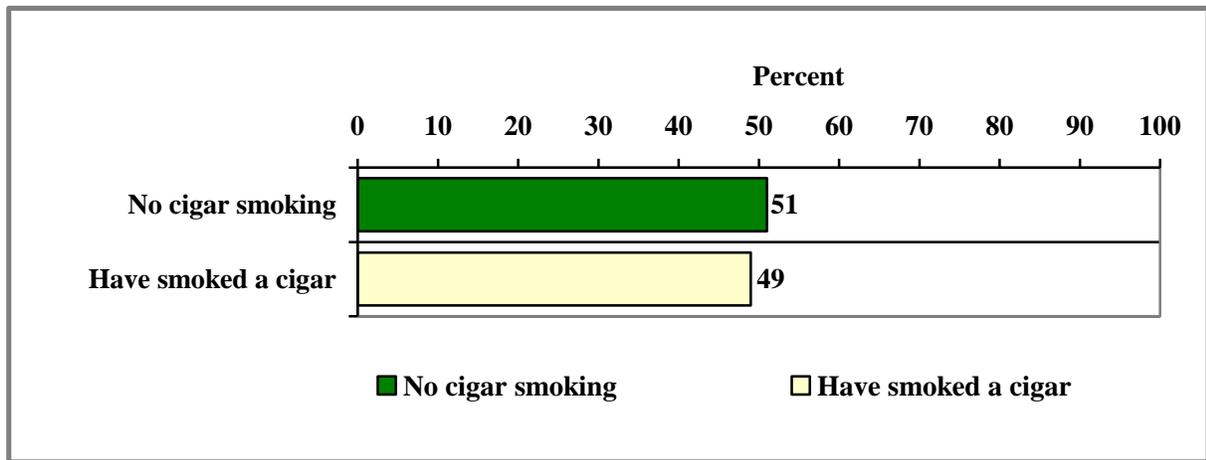
Question: Have you ever smoked a cigar, even one or two puffs?

At risk: Those who answered “yes” are considered at risk.

Table 35: Cigar smoking (overall)

Cigar smoking	Frequency (n)
Never tried cigar	461
Ever tried cigar	317

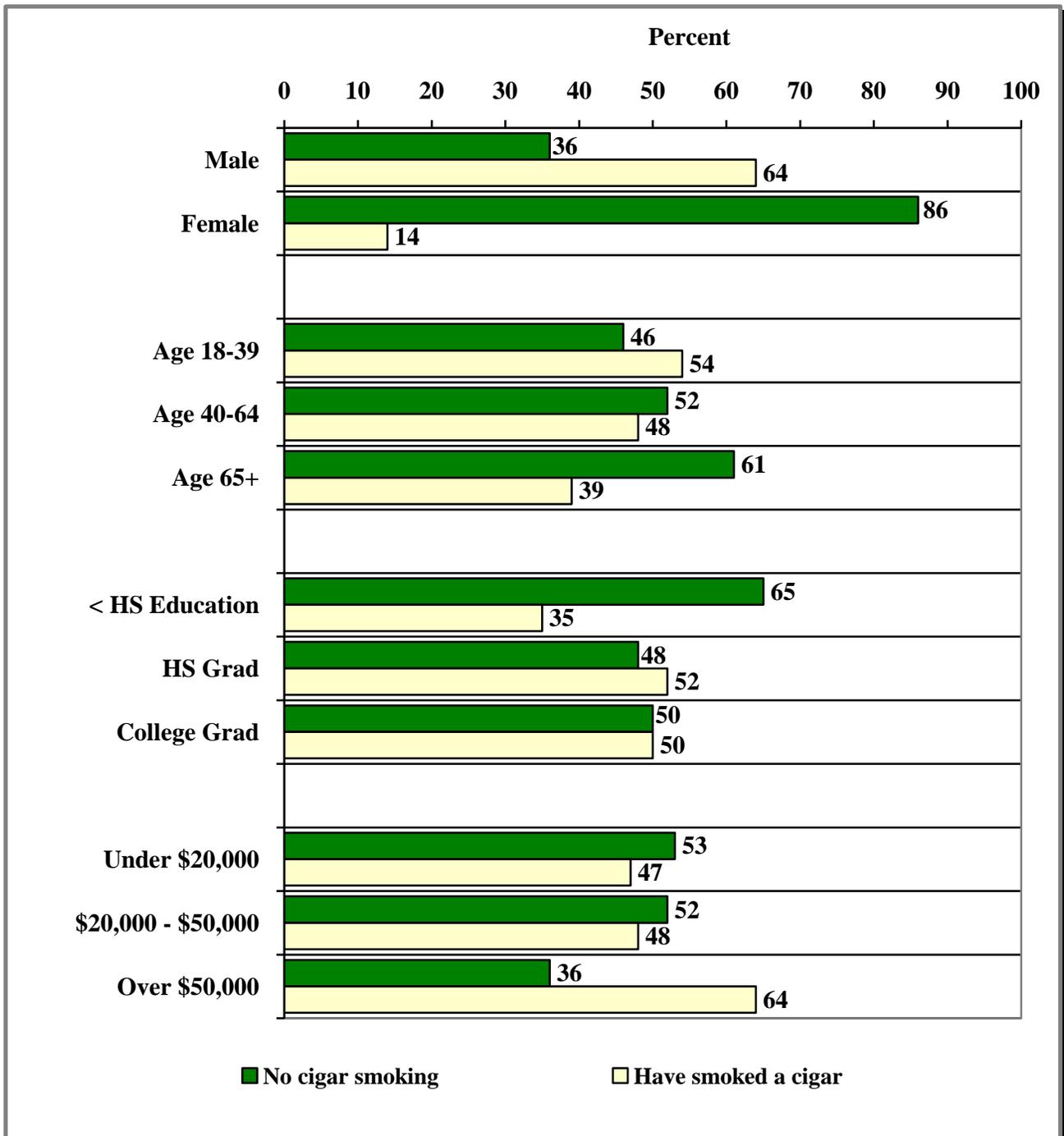
Figure 68: Cigar smoking (overall)



Tobacco Use

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

Figure 69: Cigar smoking (by selected characteristics)



Tobacco Use

Current Cigar Smoking

Risk Factor Definition: Current cigar smoking

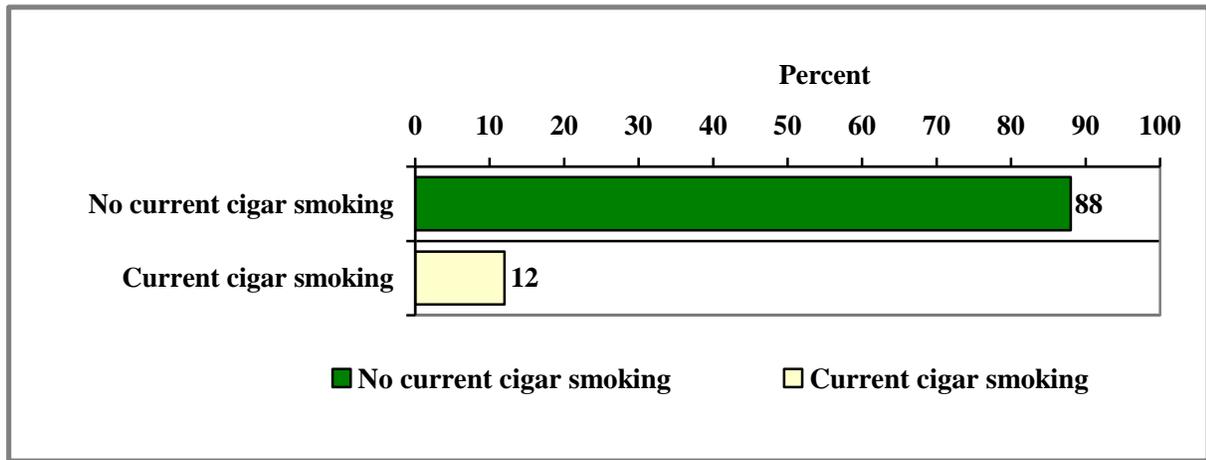
Question: Do you smoke cigars every day, some days, or not at all?

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 36: Current cigar smoking (overall)

Current cigar smoking	Frequency (n)
No current use of cigars	297
Current use of cigars	20

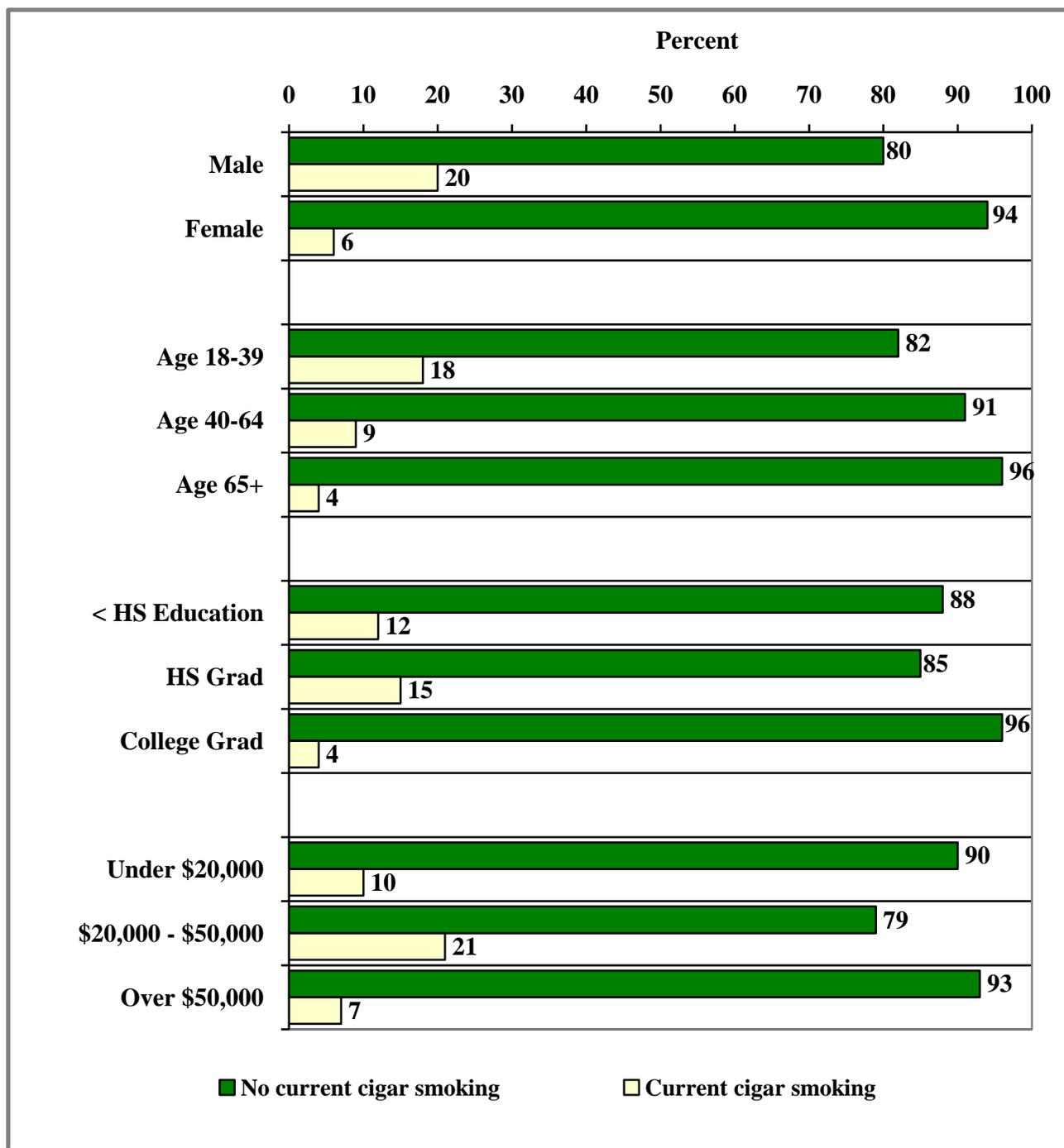
Figure 70: Current cigar smoking (overall)



Tobacco Use

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

Figure 71: Current cigar smoking (by selected characteristics)



Tobacco Use

Smoking in the Home

Risk Factor Definition: Smoking is allowed in the home

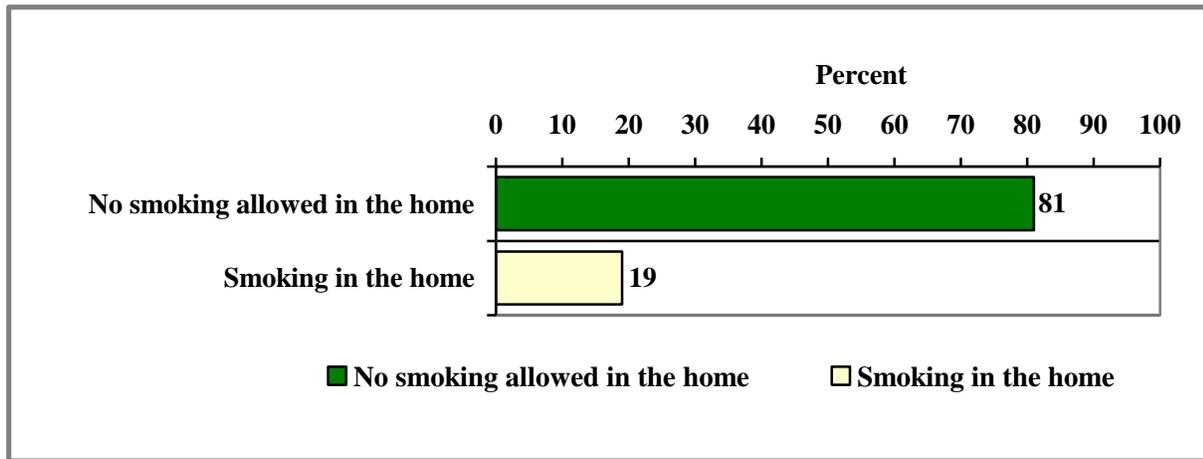
Question: Which statement best describes the rules of smoking inside your home?

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

Table 37: Smoking in the home (overall)

Smoking in the home	Frequency (n)
Does not allow smoking in home	602
Allows smoking in home	177

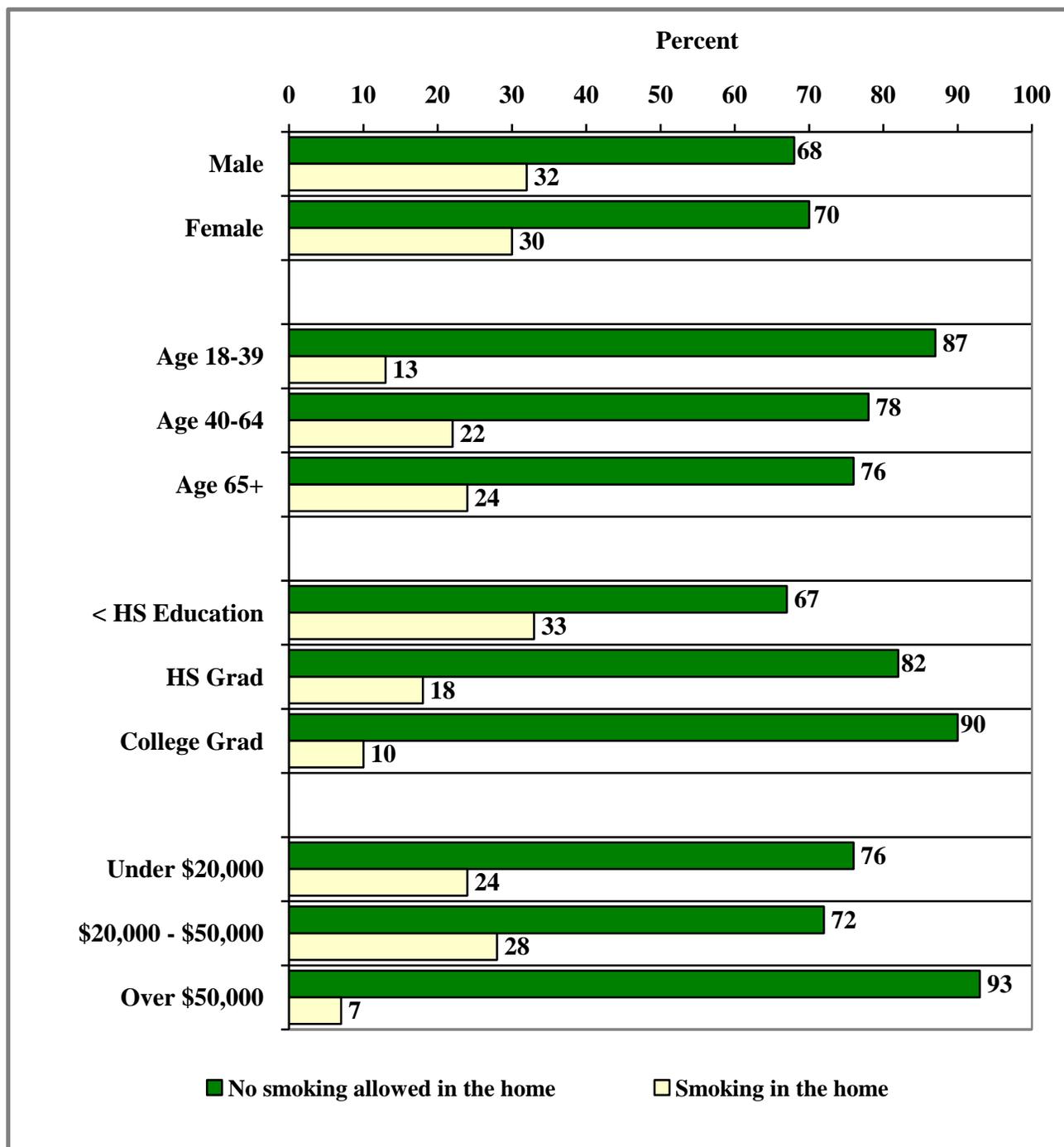
Figure 72: Smoking in the home (overall)



Tobacco Use

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

Figure 73: 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

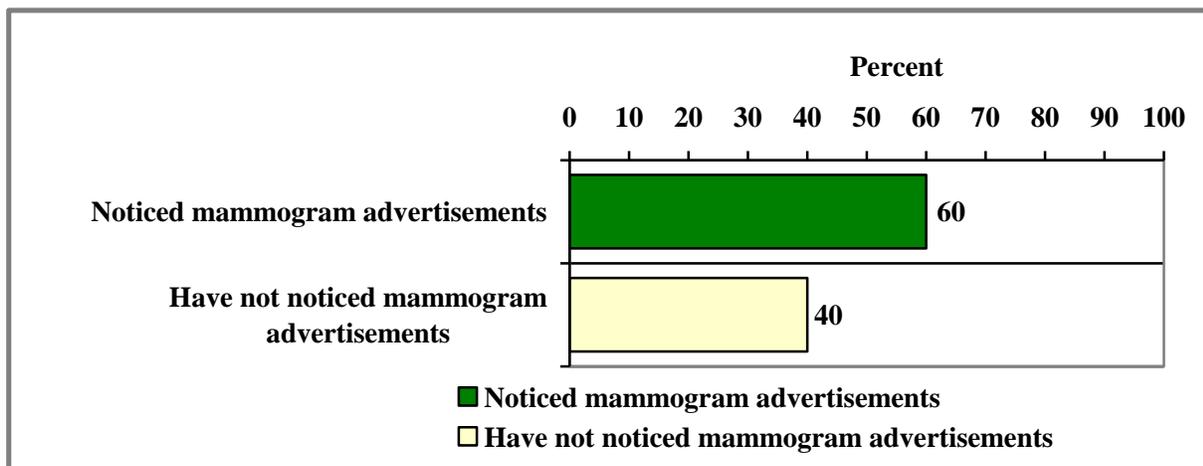
Question: In the past month, have you noticed any posters, billboards, commercials, or advertisements with a message about having a mammogram test?

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 38: Reported sightings of advertisements for mammogram tests (overall)

Adverts for mammogram tests	Frequency (n)
Noticed mammogram advertisements	326
Have not noticed mammogram advertisements	188

Figure 74: Reported sightings of advertisements for mammogram tests (overall)

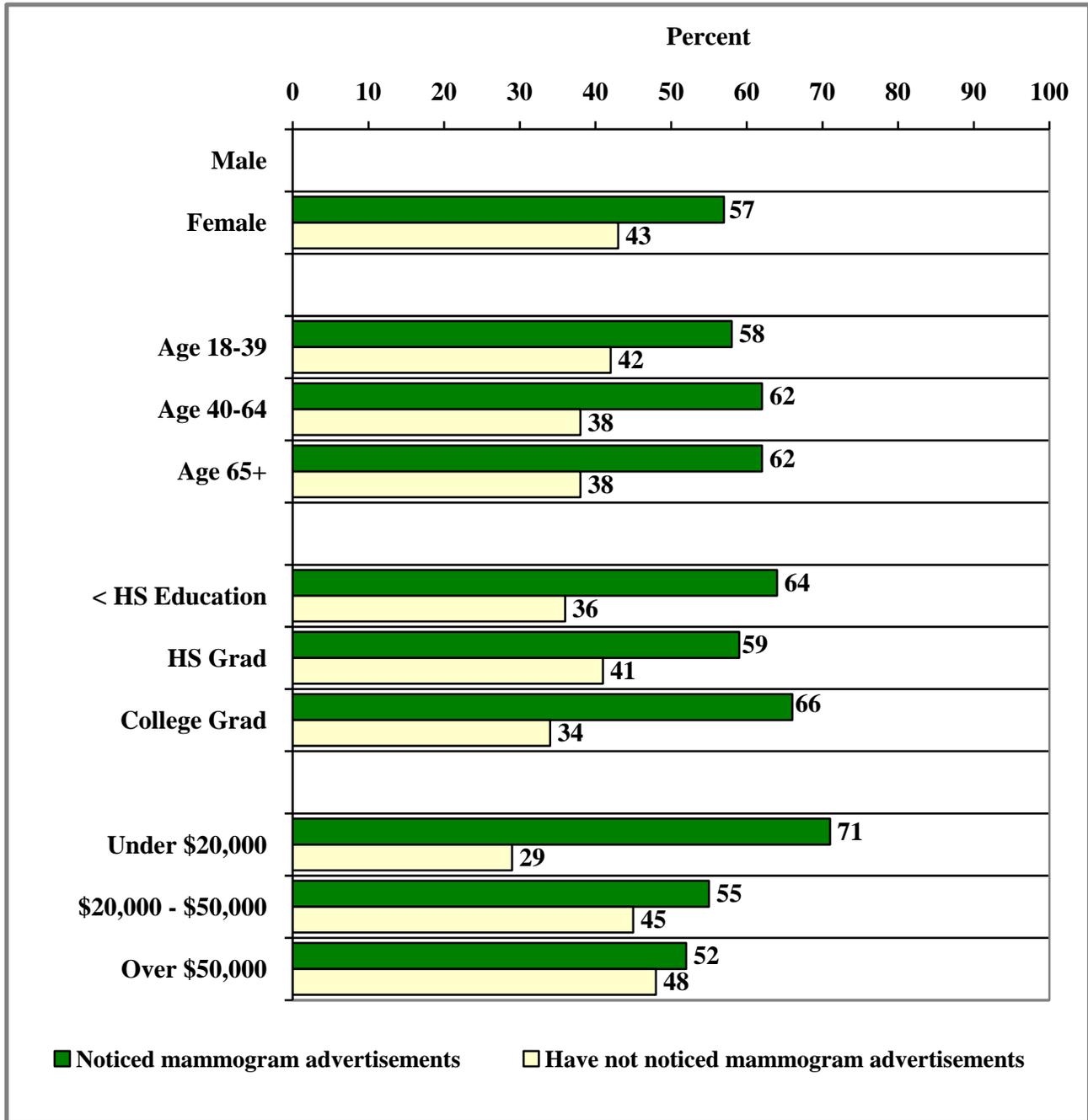


Breast Cancer Screening and Knowledge

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



Breast Cancer Screening and Knowledge

Free breast exams and mammograms

Risk Factor Definition: Not aware of free breast exams

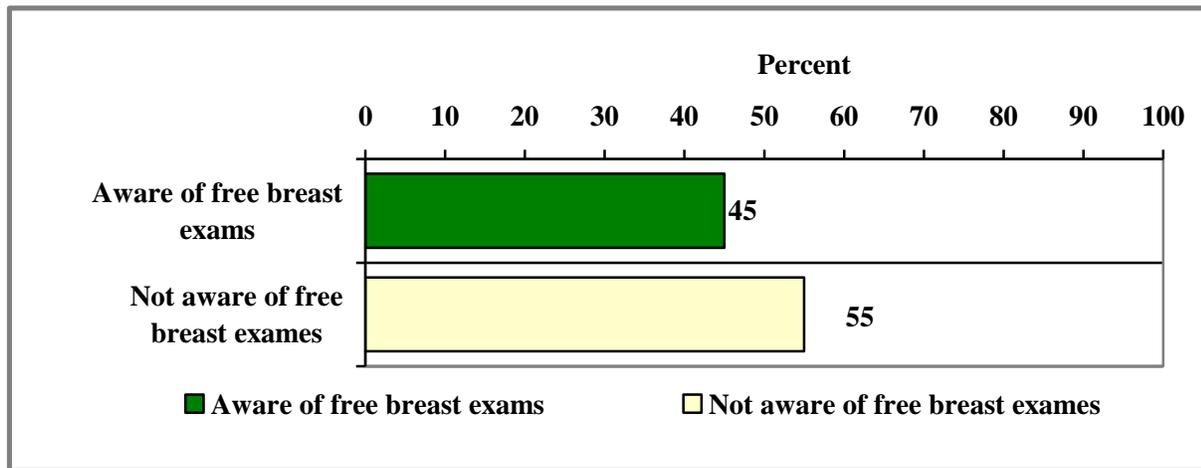
Question: Are you aware that BreastCare, a program of the local health department, offers free breast exams and mammograms to women age 40 and older?

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 39: Reported knowledge of free breast exams (overall)

Awareness of free breast exams	Frequency (n)
Aware of free exams	241
Not aware of free exams	272

Figure 76: Reported knowledge of free breast exams (overall)

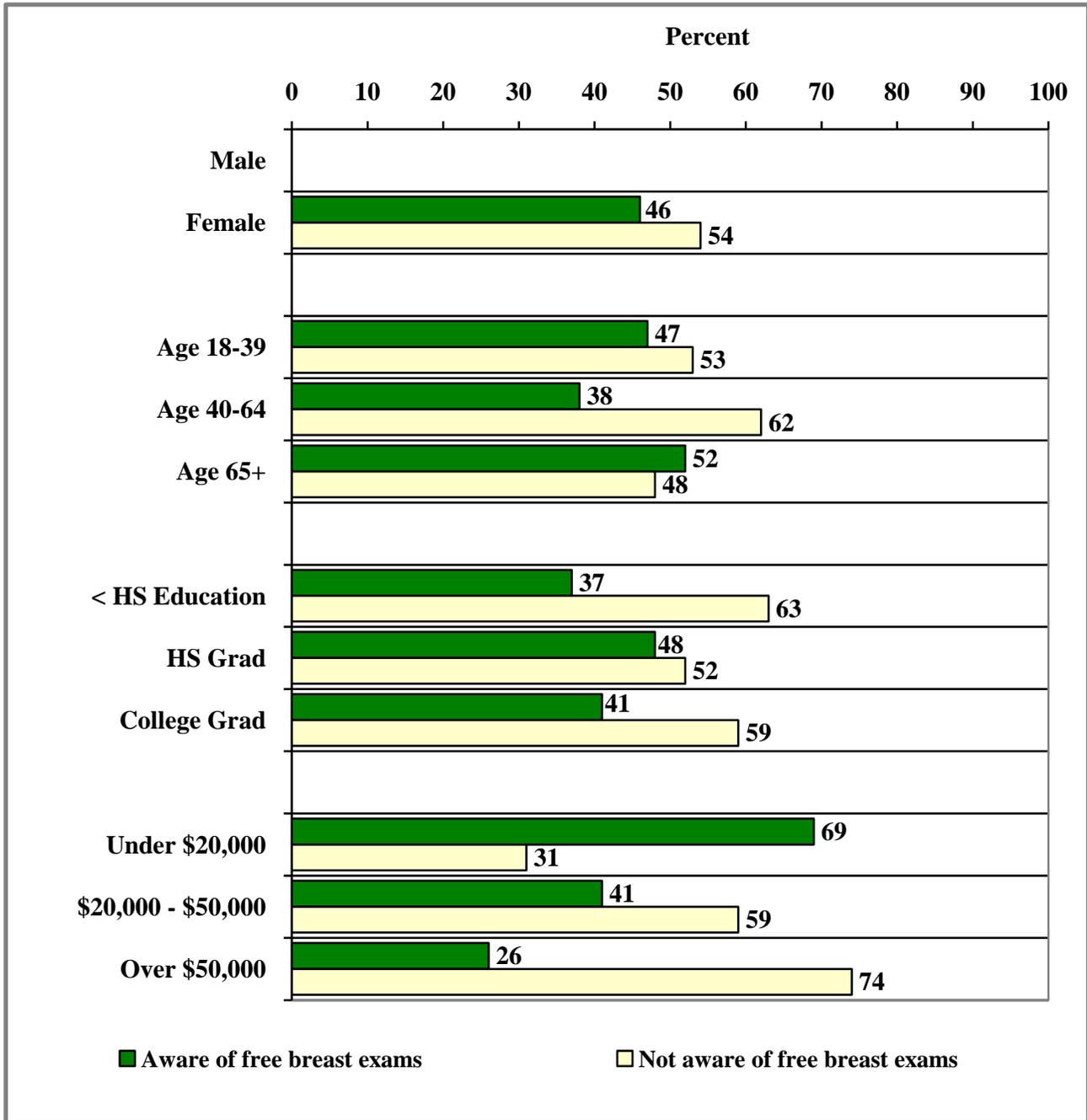


Breast Cancer Screening and Knowledge

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



Breast Cancer Screening and Knowledge

Cost of mammogram test

Risk Factor Definition: Difficult to pay for a mammogram test

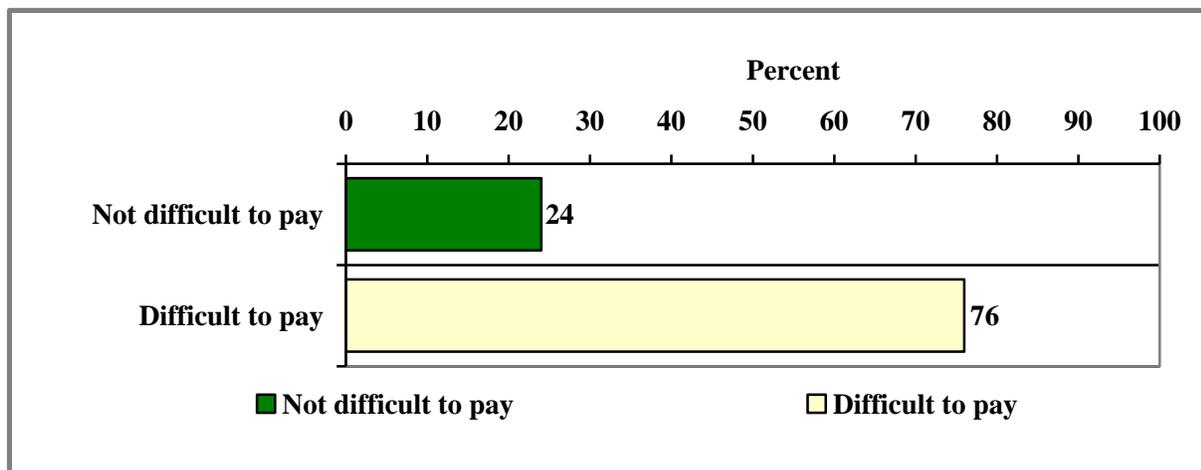
Question: How difficult would it be for you to pay for the cost of a mammogram test? Would you say difficult, somewhat difficult, a little difficult, or not at all difficult?

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

Table 40: Reported ability to pay for a mammogram test (overall)

Difficult to pay	Frequency (n)
Not difficult to pay	63
Difficult to pay	127

Figure 78: Reported ability to pay for a mammogram test (overall)

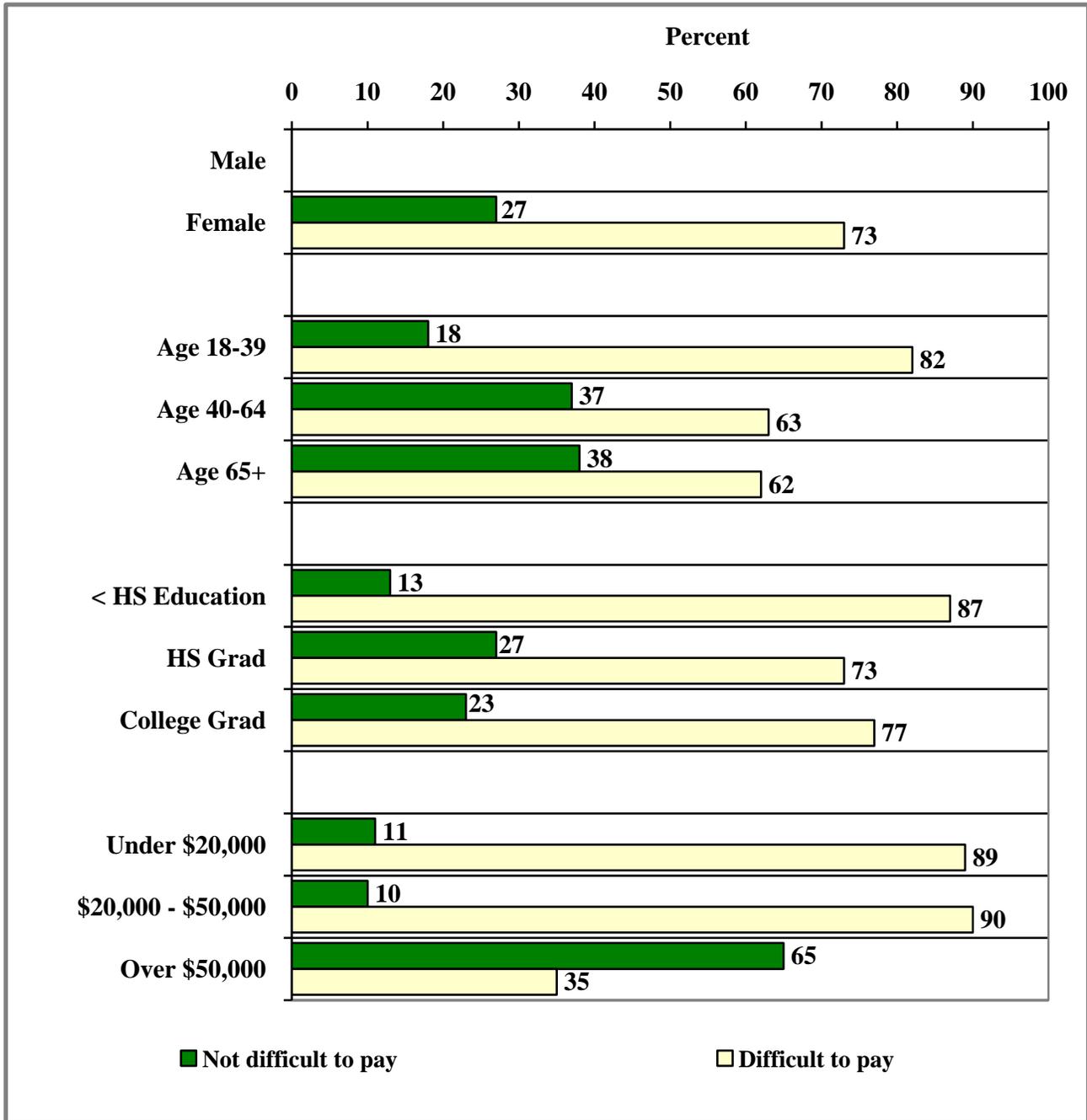


Breast Cancer Screening and Knowledge

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



Breast Cancer Screening and Knowledge

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

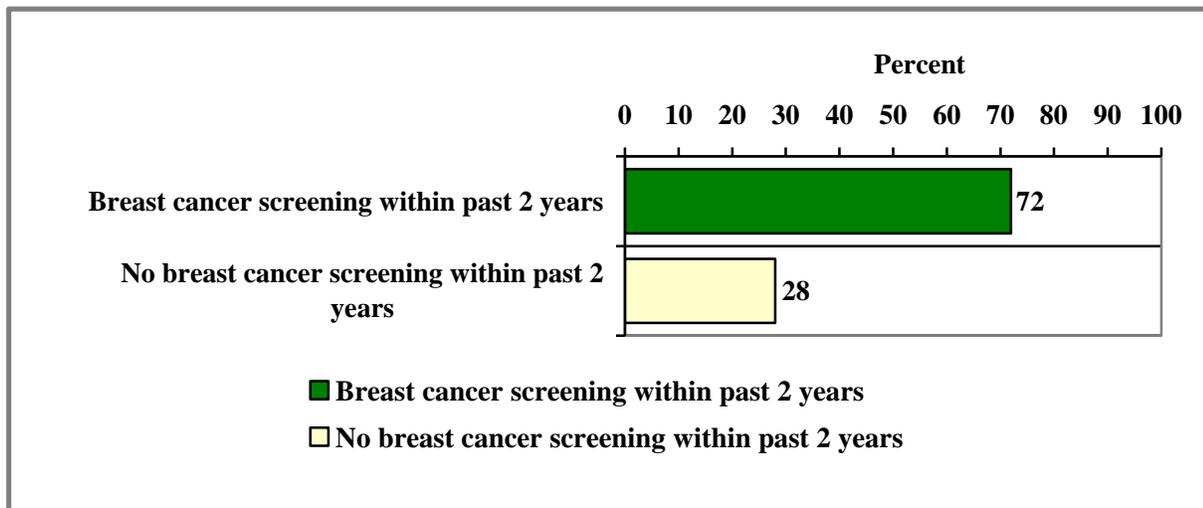
Questions: 1. Have you ever had a mammogram? 2. How long has it been since your last mammogram?

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

Table 41: Breast cancer screening within the past 2 years (overall)

Breast cancer screening	Frequency (n)
Breast cancer screening within past 2 years	349
No breast cancer screening within the past 2 years	114

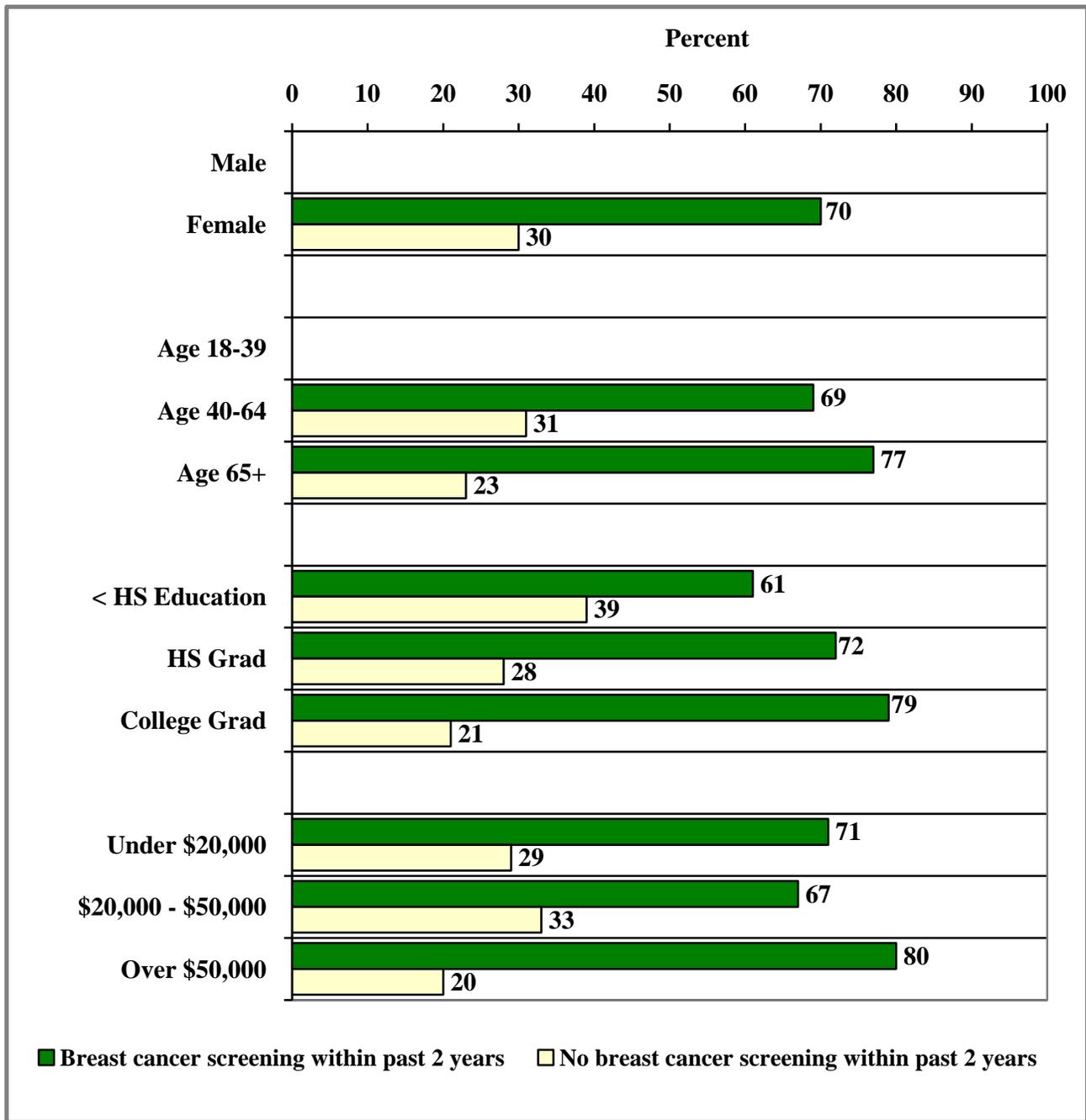
Figure 80: Breast cancer screening within the past 2 years (overall)



Breast Cancer Screening and Knowledge

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

Figure 81: 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

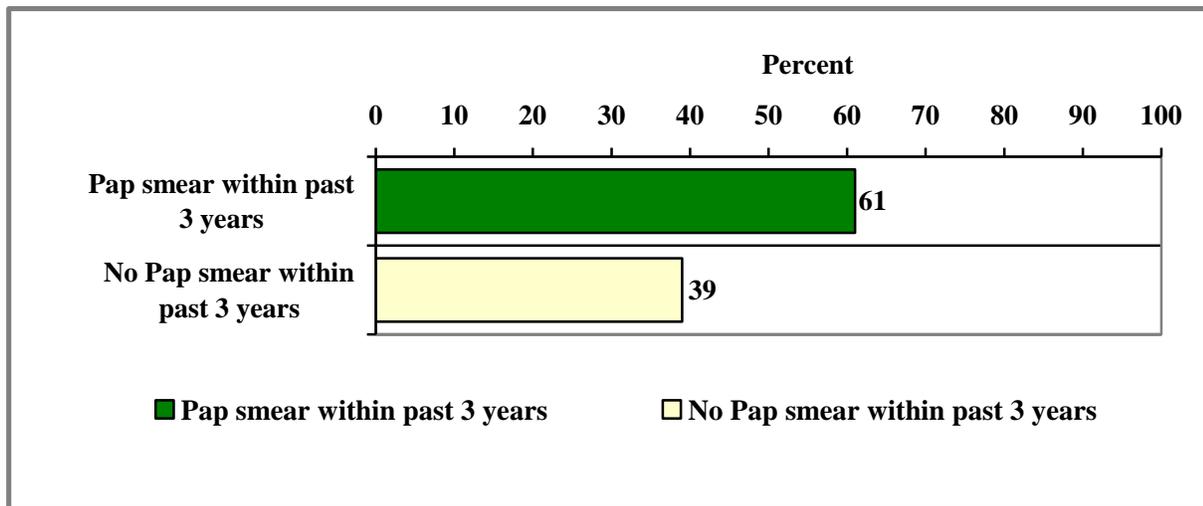
Questions: 1. Have you ever had a Pap smear? 2. How long has it been since your last Pap smear?

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 42: Pap smear within the past three years (overall)

Cervical cancer screening	Frequency (n)
Pap smear within the past 3 years	272
No pap smear within the past 3 years	232

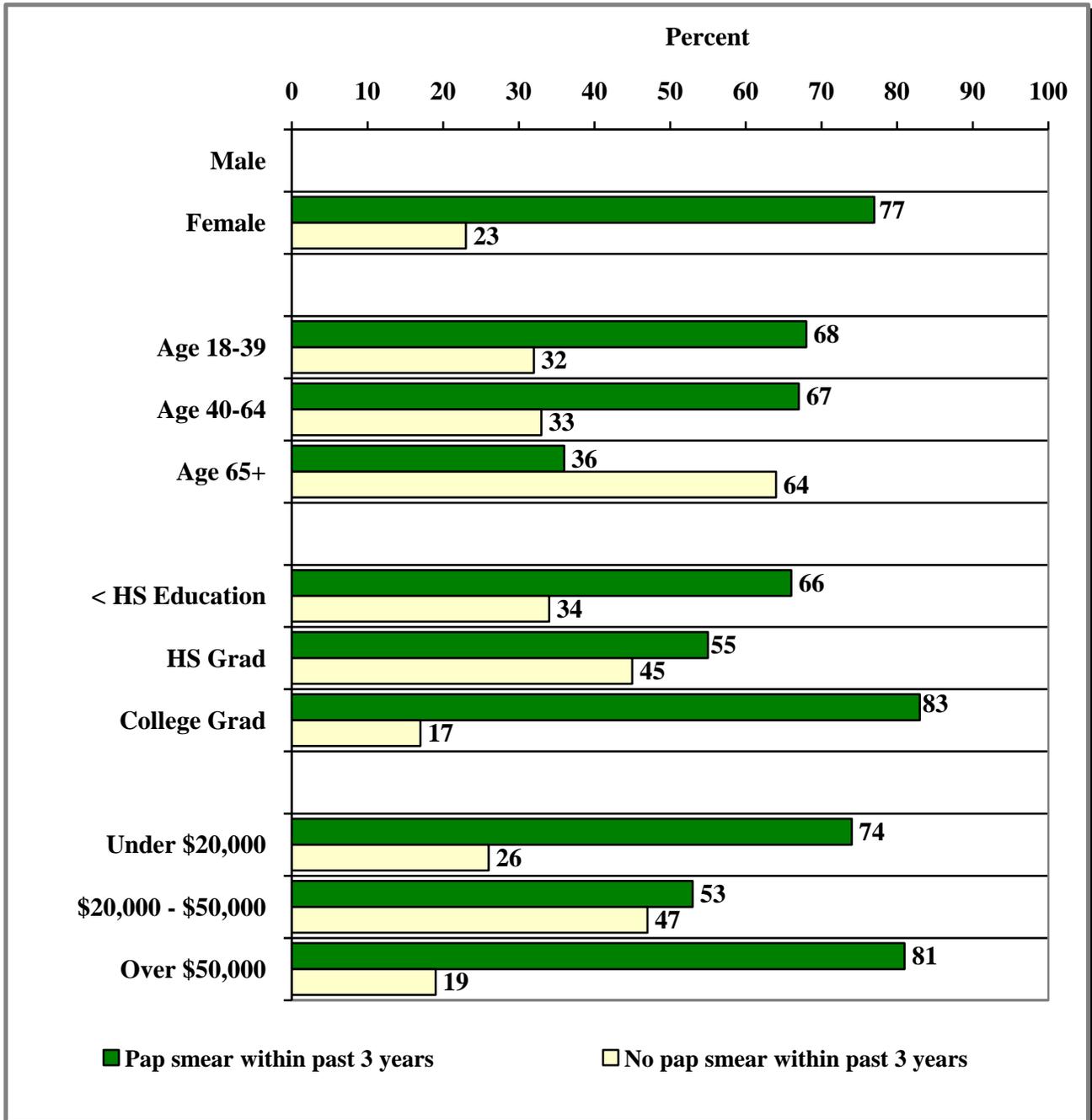
Figure 82: Pap smear within the past three years (overall)



Other Women's Health Screening

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

Figure 83: Pap smear within the past three years (by selected characteristics)

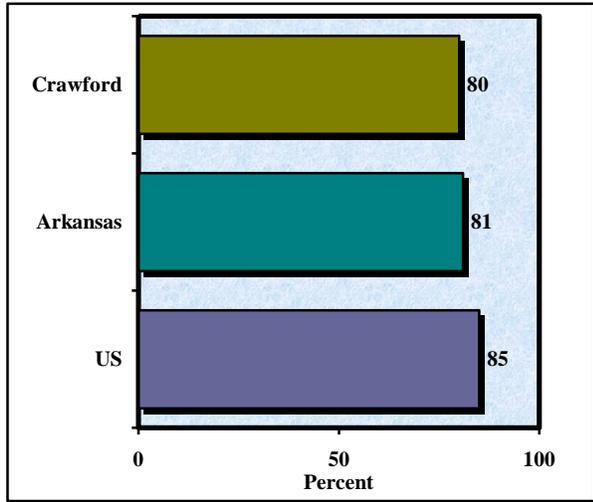


Appendix A

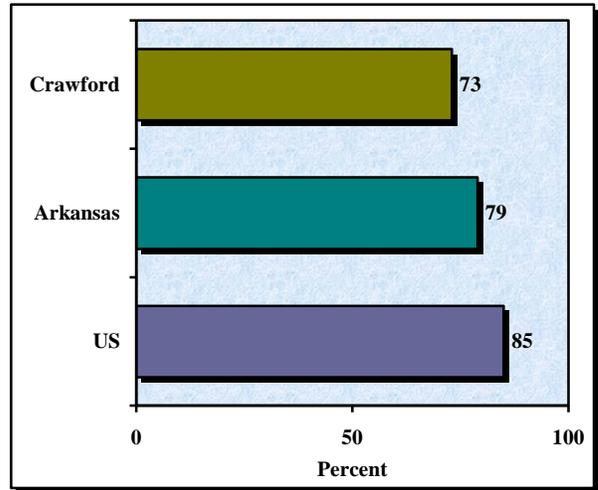
**2012 Crawford County
Comparison with State and national BRFSS**

**Crawford County
2012 County Adult Health Survey
Comparison with State and national BRFSS**

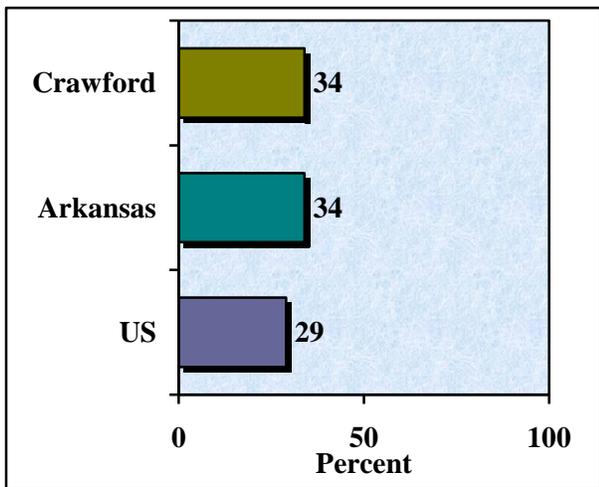
General health "good" or "better"



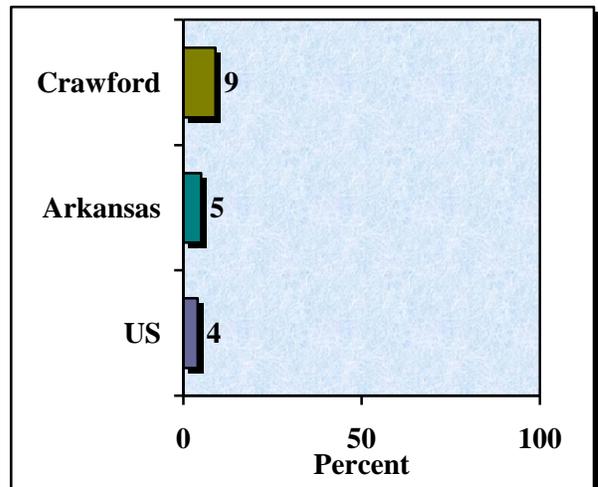
Has health care coverage



Have high blood pressure



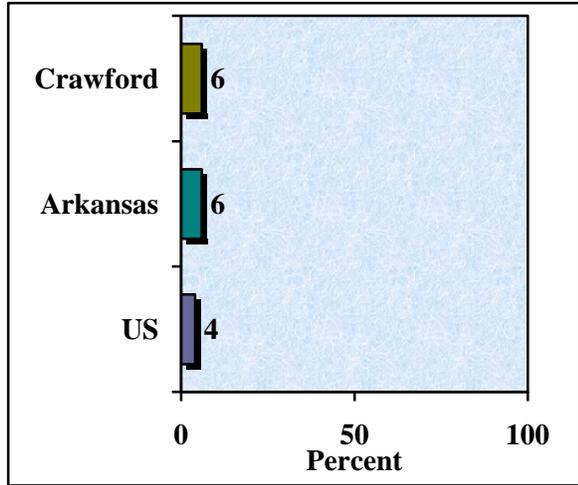
Have had a myocardial infarction



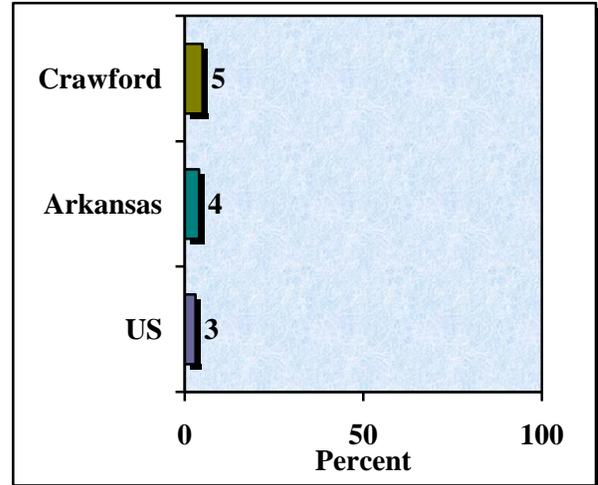
Sources: 2012 Crawford County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2009 & 2010).

**Crawford County
2012 County Adult Health Survey
Comparison with State and national BRFSS**

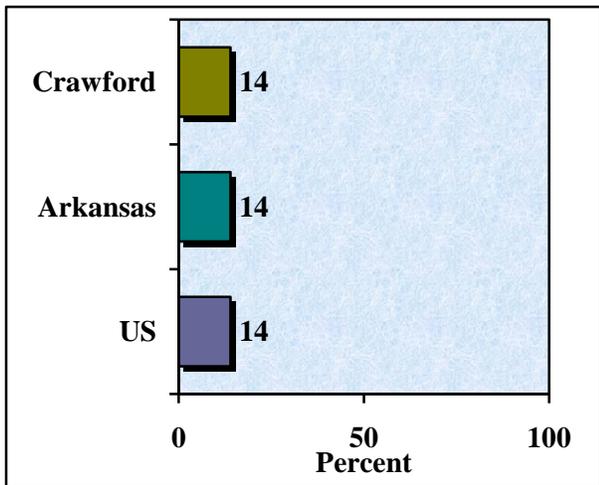
Have had angina or CHD



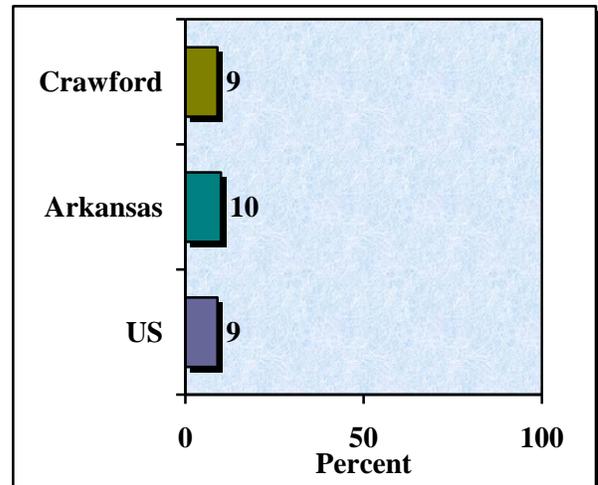
Have had a stroke



Have had asthma



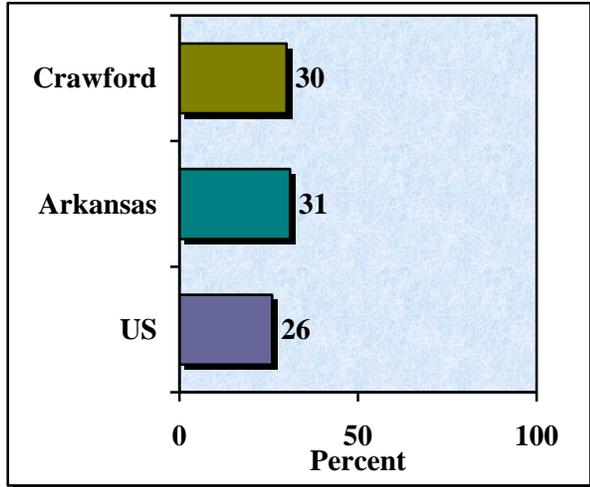
Have diabetes



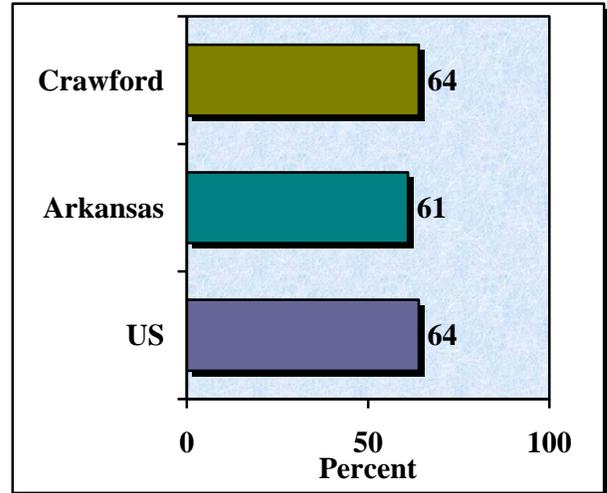
Sources: 2012 Crawford County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2009 & 2010).

**Crawford County
2012 County Adult Health Survey
Comparison with State and national BRFSS**

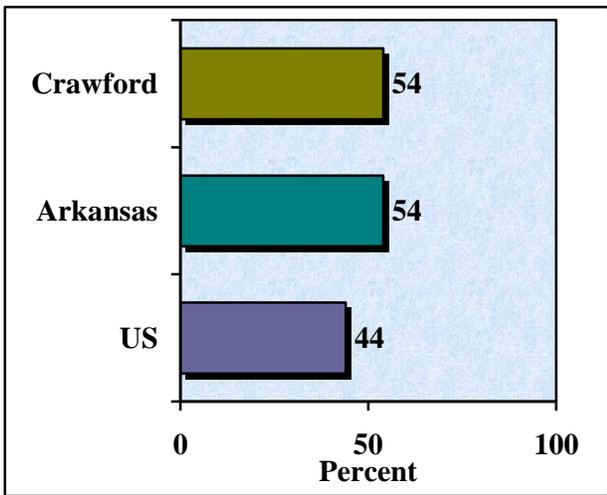
Have arthritis



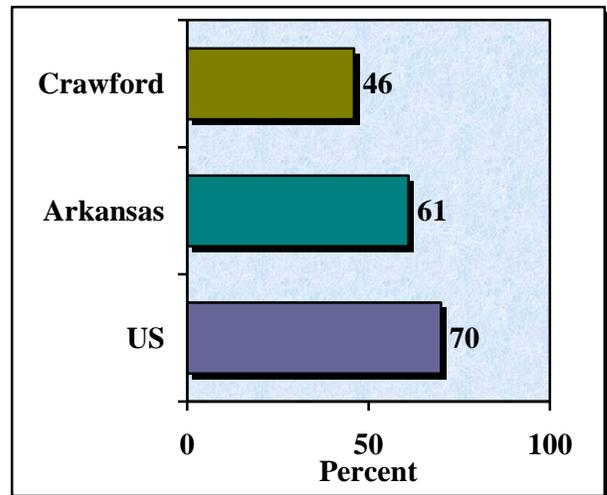
Over 50 years and screened for colorectal cancer



Permanent teeth extraction



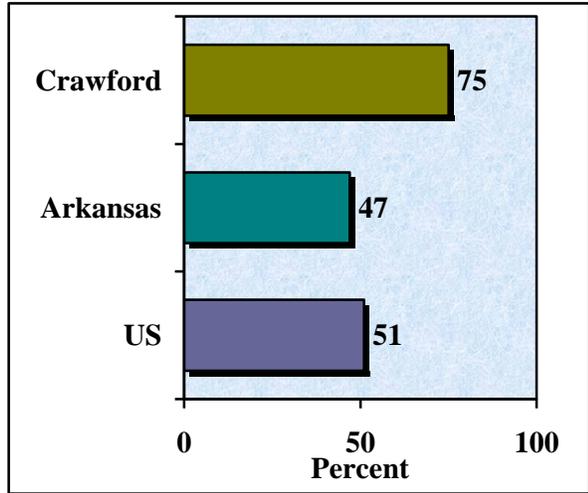
Last dental visit one year or more ago



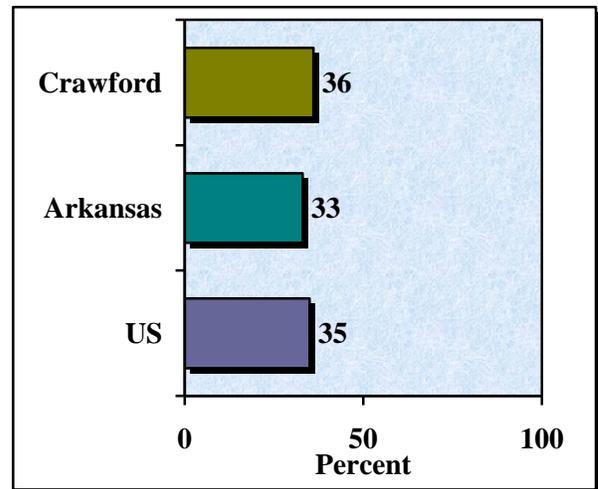
Sources: 2012 Crawford County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2009 & 2010).

**Crawford County
2012 County Adult Health Survey
Comparison with State and national BRFSS**

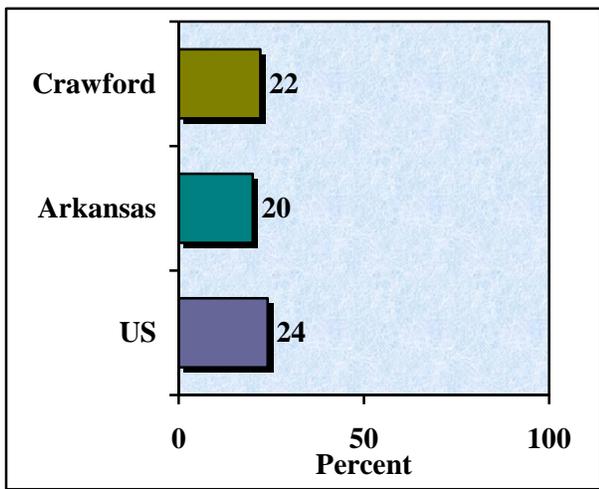
Participates in regular physical activity



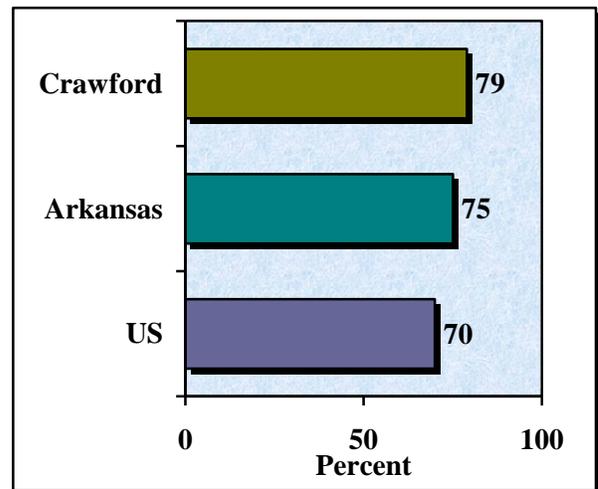
Not Overweight or obese



Fewer than five fruits and vegetables per day



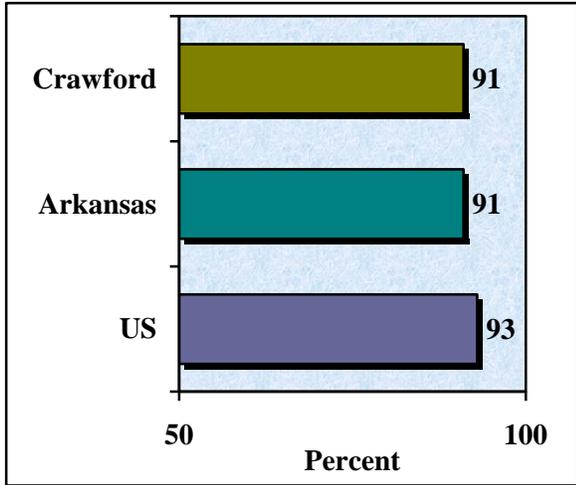
No limitations due to physical, mental, or emotional problems



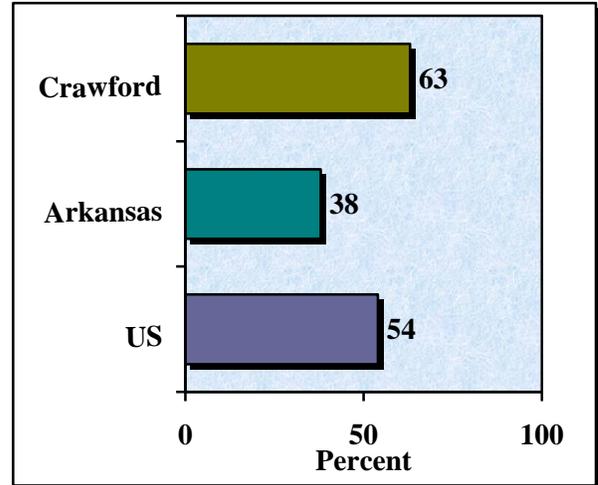
Sources: 2012 Crawford County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2009 & 2010).

**Crawford County
2012 County Adult Health Survey
Comparison with State and national BRFSS**

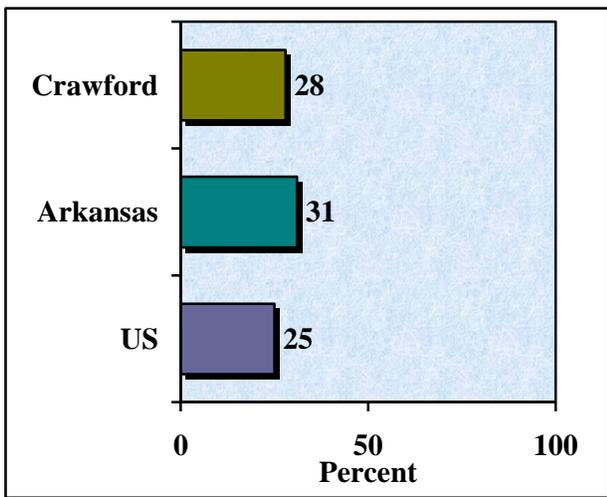
No use of special equipment



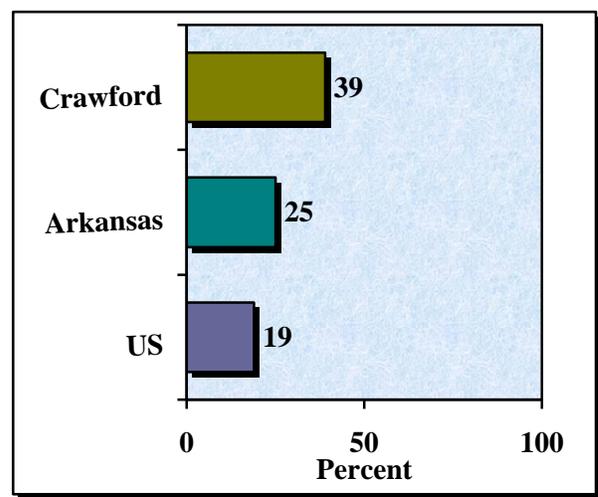
Had one drink of alcohol



Women over 40 years no mammogram in past 2 years



No pap smear in past three years



Sources: 2012 Crawford County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2009 & 2010).

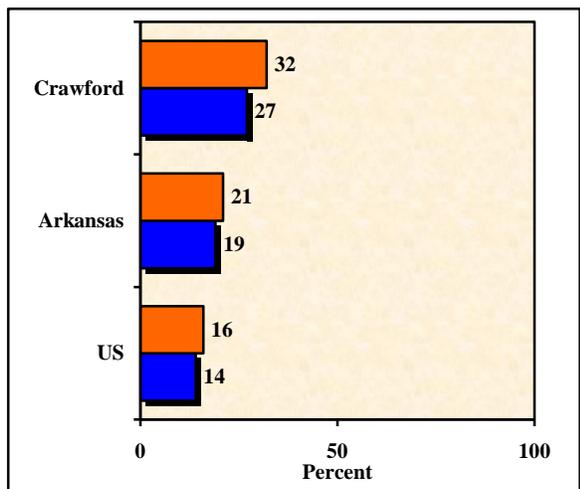
Appendix B

**2012 Crawford County
Comparison with State and national BRFSS
By Gender**

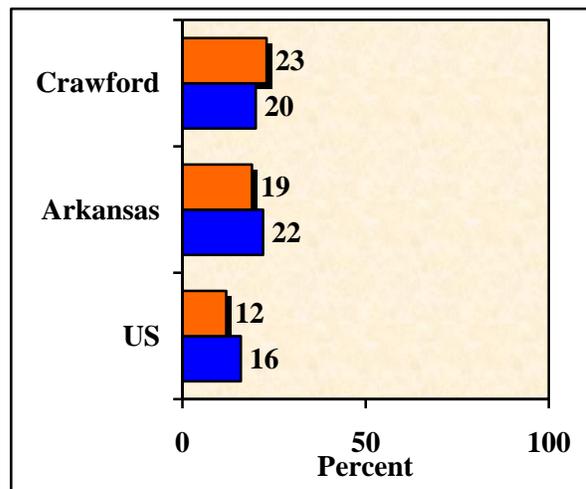
**Crawford County
2012 County Adult Health Survey
Comparison with State and national BRFSS
By gender**



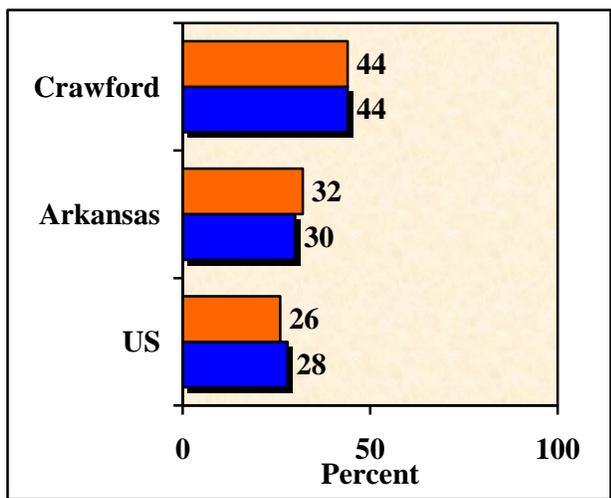
General health “fair” or “poor”



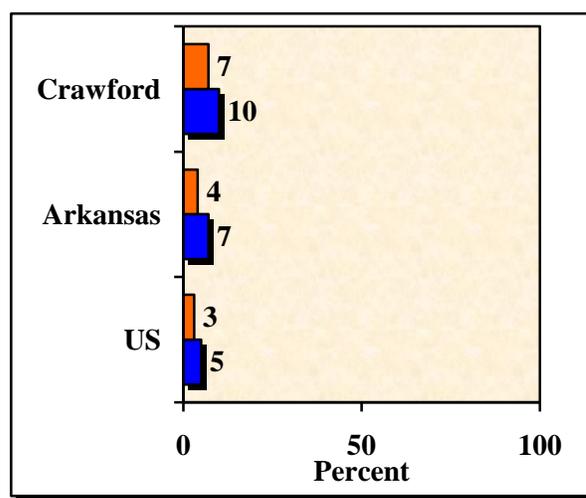
No health care coverage



Have high blood pressure



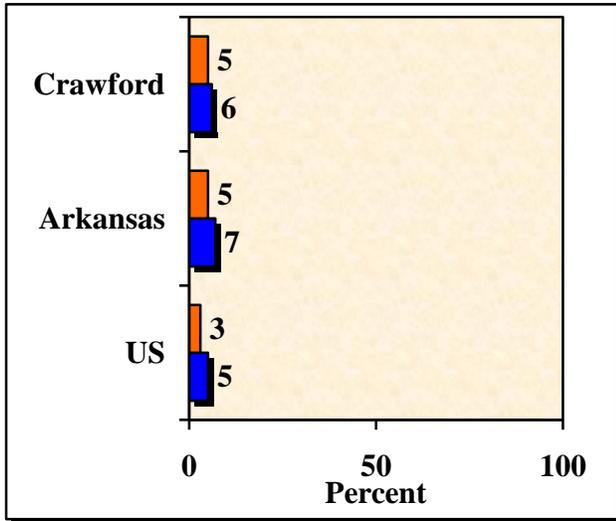
Have had a myocardial infarction



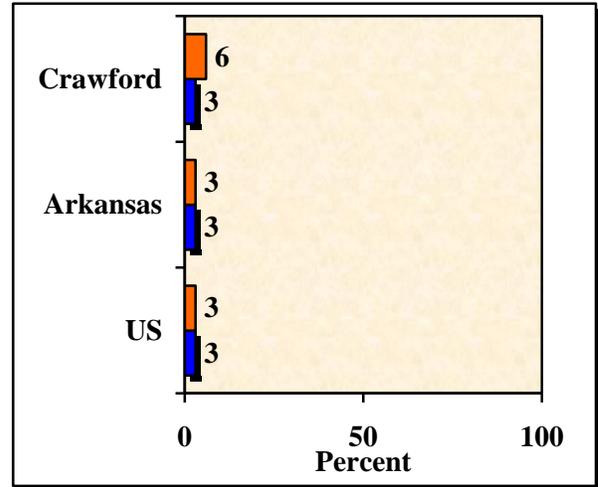
Sources: 2012 Crawford County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2009 & 2010).

**Crawford County
2012 County Adult Health Survey
Comparison with State and national BRFSS**

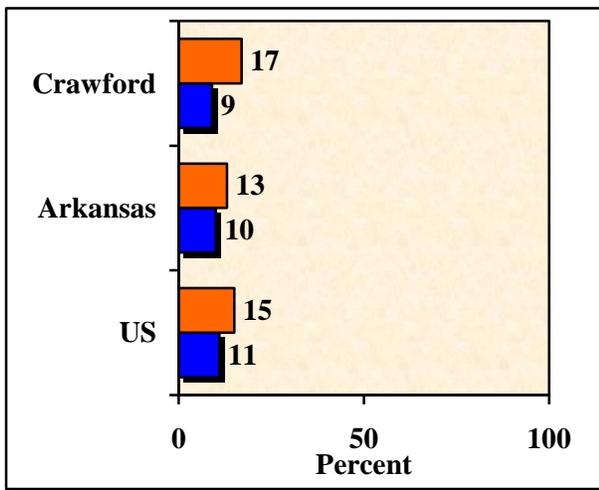
Have had angina or CHD



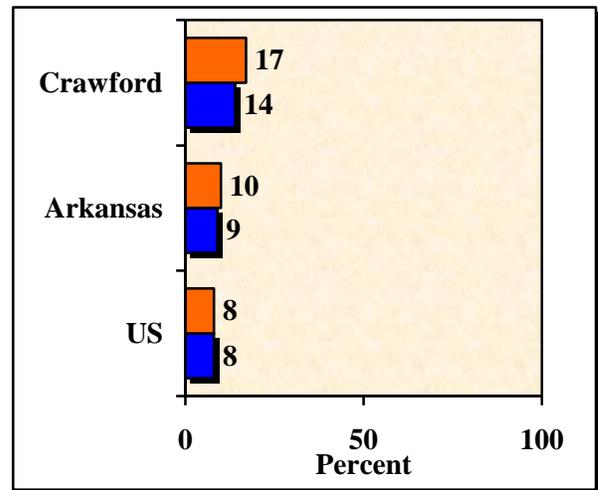
Have had a stroke



Have had asthma



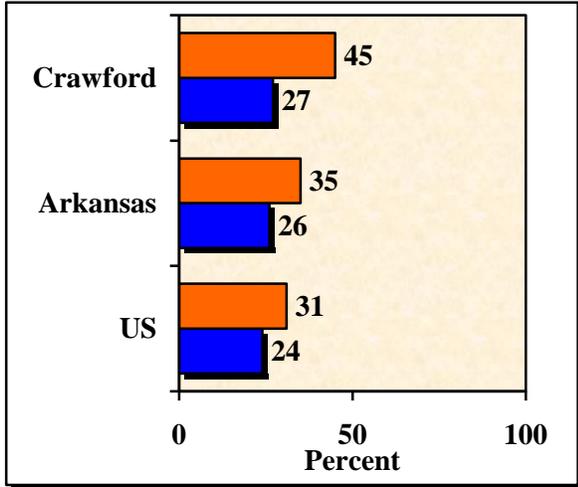
Have diabetes



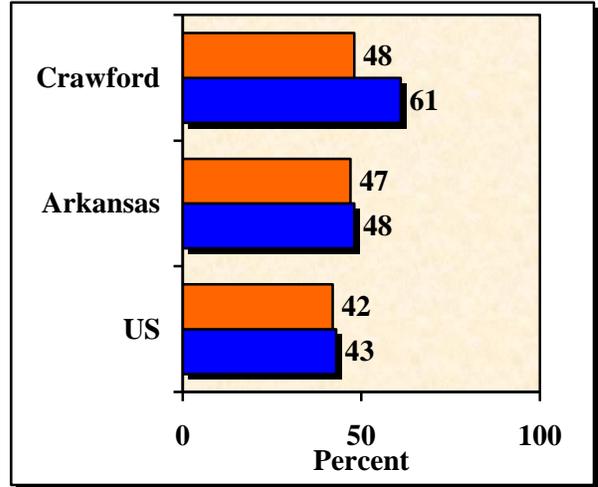
Sources: 2012 Crawford County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2009 & 2010).

**Crawford County
2012 County Adult Health Survey
Comparison with State and national BRFSS**

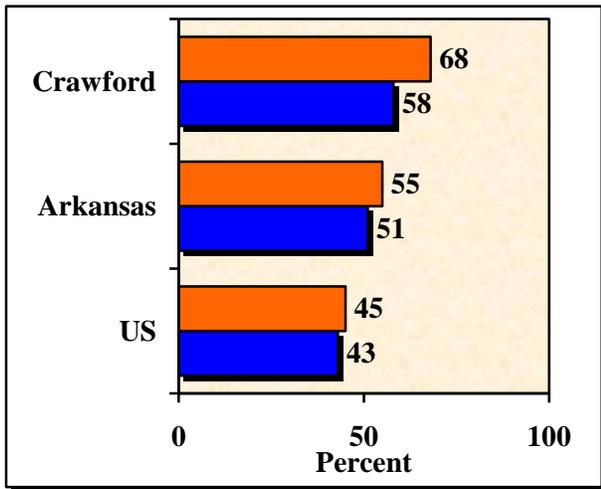
Have arthritis



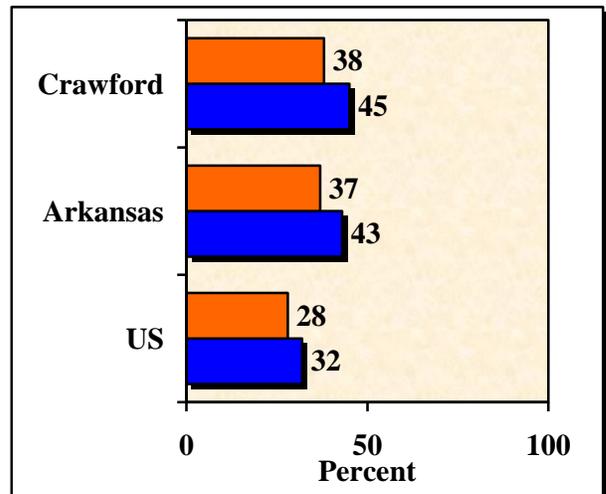
Over 50 years and not screened for colorectal cancer



Permanent teeth extraction



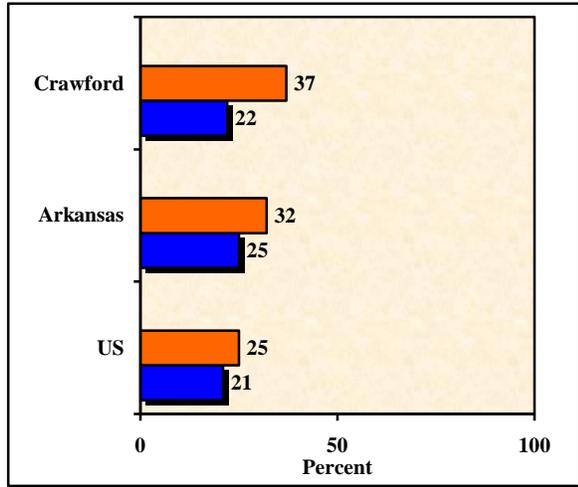
Last dental visit one year or more ago



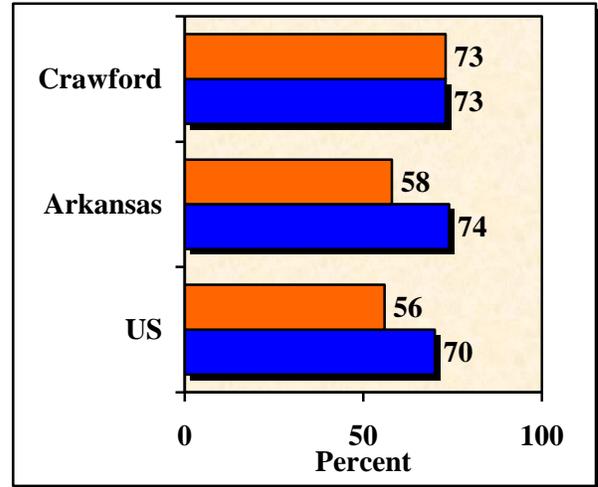
Sources: 2012 Crawford County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2009 & 2010).

Crawford County 2012 County Adult Health Survey Comparison with State and national BRFSS

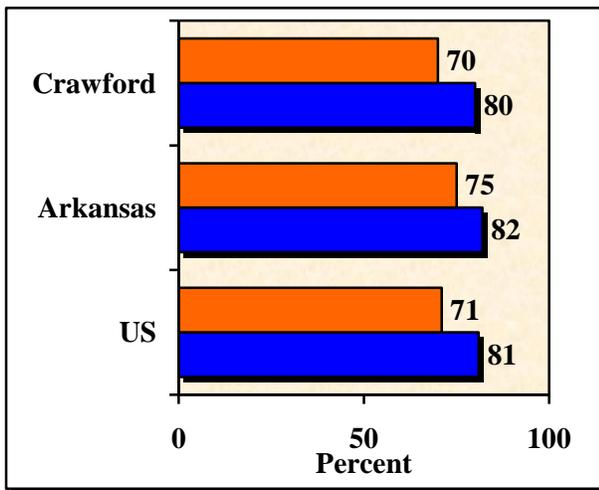
No regular physical activity



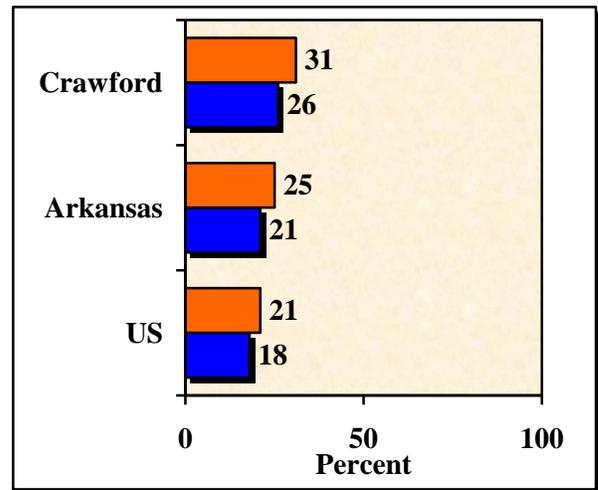
Overweight or obese



Fewer than five fruits and vegetables per day



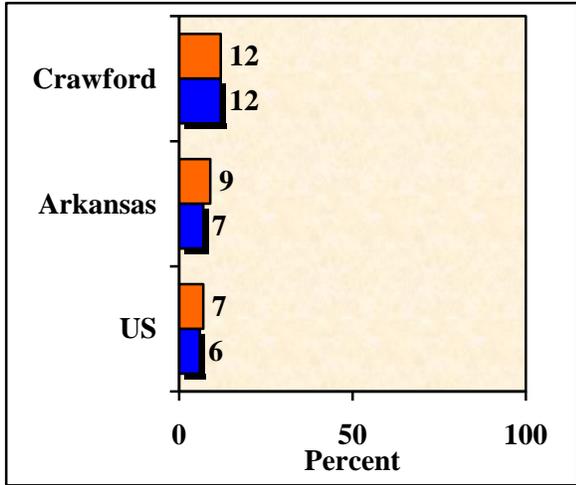
Limitations due to physical, mental, or emotional problems



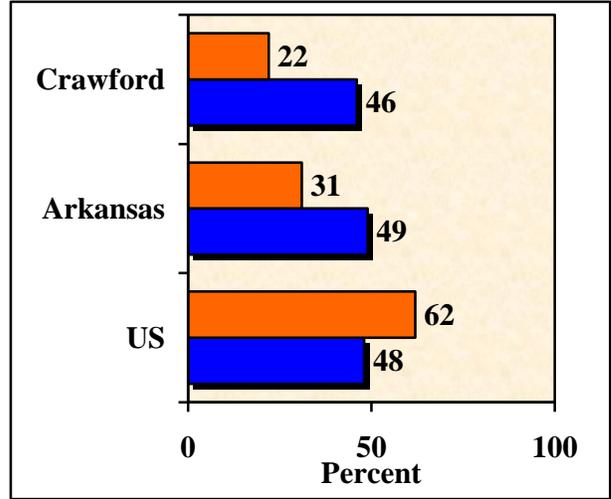
Sources: 2012 Crawford County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2009 & 2010).

**Crawford County
2012 County Adult Health Survey
Comparison with State and national BRFSS**

Use of special equipment



Had one drink of alcohol



Sources: 2012 Crawford County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2009 & 2010).

Appendix C
2012 Crawford County
Confidence Intervals

How to interpret Crawford County 2012 County Adult Health Survey results

Confidence Intervals

The prevalence rates shown in this report were calculated from a sample of the Crawford 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

**Crawford County
2012 County Adult Health Survey**

Demographics

Gender					
	Frequency	Percent	95% Confidence Limits		
			for Percent		
Male	100	306	48.08	40.54	55.63
female		550	51.92	44.37	59.46
Total		856	100		

Age Groups					
	Frequency	Percent	95% Confidence Limits		
			for Percent		
Age 18-39		81	47.16	39.06	55.26
Age 40-64		361	33.90	28.08	39.72
Age 65+		366	18.94	15.56	22.32
Total		808	100		

Frequency Missing = 48

Education					
	Frequency	Percent	95% Confidence Limits		
			for Percent		
< HS Education		135	17.81	11.25	24.37
HS Grad or some College		546	66.30	59.03	73.57
College Grad		137	15.89	11.17	20.62
Total		818	100		

Frequency Missing = 38

Income level					
	Frequency	Percent	95% Confidence Limits		
			for Percent		
Under \$20,000		193	26.25	19.15	33.35
\$20,000 - \$50,000		315	40.51	33.47	47.55
Over \$50,000		196	33.24	26.19	40.29
Total		704	100		

Frequency Missing = 152

Overweight or Obese, BMI >25					
	Frequency	Percent	95% Confidence Limits		
			for Percent		
Overweight or obese BMI > 25		551	64.14	56.34	71.93
Not overweight or obese BMI < 25		260	35.86	28.07	43.66
Total		811	100		

General Health Status

Q: Would you say that in general your health is excellent, very good, good, fair, or poor?				
	Frequency	Percent	95% Confidence Limits for Percent	
Fair, Poor	284	19.71	15.92	23.49
Excellent, Very Good, Good	570	80.29	76.51	84.08
Total	854	100		
Frequency Missing = 2				

Q: 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?				
	Frequency	Percent	95% Confidence Limits for Percent	
Physical health not good one day or more days	370	39.89	32.67	47.12
Physical health good	466	60.11	52.88	67.33
Total	836	100		
Frequency Missing = 20				

Q: 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?				
	Frequency	Percent	95% Confidence Limits for Percent	
Mental health not good one day or more	279	35.92	28.47	43.37
Mental health good	551	64.08	56.63	71.53
Total	830	100		
Frequency Missing = 26				

Healthcare Access

Q: 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?

	Frequency	Percent	95% Confidence Limits for Percent	
No health insurance	95	27.13	18.91	35.35
Have health insurance	734	72.87	64.65	81.09
Total	829	100		
Frequency Missing = 27				

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

	Frequency	Percent	95% Confidence Limits for Percent	
No health coverage IPY	705	94.19	90.58	97.79
Yes health coverage IPY	27	5.814	2.21	9.42
Total	732	100		
Frequency Missing = 124				

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

	Frequency	Percent	95% Confidence Limits for Percent	
No personal dr.	104	30.64	22.16	39.12
Yes, have personal dr.	729	69.36	60.88	77.84
Total	833	100		
Frequency Missing = 23				

Q: Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?

	Frequency	Percent	95% Confidence Limits for Percent	
No doctor's visit because of cost	95	18.46	12.13	24.79
No barrier of cost to see doctor	735	81.54	75.21	87.87
Total	830	100		
Frequency Missing = 26				

Exercise

Q: During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?				
	Frequency	Percent	95% Confidence Limits for Percent	
No regular physical activity	287	25.20	19.38	31.02
Regular physical activity	545	74.80	68.98	80.62
Total	832	100		
Frequency Missing = 24				

Heart and Lung Health Awareness

Q: Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?				
	Frequency	Percent	95% Confidence Limits for Percent	
Have high blood pressure	438	34.01	27.88	40.14
No high blood pressure	393	65.99	59.86	72.12
Total	831	100		
Frequency Missing = 26				

Q: Are you currently taking medicine for your high blood pressure?				
	Frequency	Percent	95% Confidence Limits for Percent	
Yes, take hbp medication	39	22.74	11.80	33.69
No, do not take hbp medication	397	77.26	66.31	88.20
Total	436	100		
Frequency Missing = 420				

Q: Have you ever had your blood cholesterol checked?				
	Frequency	Percent	95% Confidence Limits for Percent	
Never had blood cholesterol checked in lifetime	88	34.46	25.47	43.45
Yes, had blood cholesterol checked in lifetime	736	65.54	56.55	74.53
Total	824	100		
Frequency Missing = 32				

Q: How long since blood cholesterol checked?				
	Frequency	Percent	95% Confidence Limits for Percent	
Blood cholesterol <i>not</i> checked in past five years	105	37.14	28.32	45.96
Blood cholesterol checked in past five years	710	62.86	54.04	71.68
Total	815	100		
Frequency Missing = 41				

Q: Have you ever been told by a health professional that your blood cholesterol is high?				
	Frequency	Percent	95% Confidence Limits for Percent	
High blood cholesterol	362	38.60	33.17	44.04
Blood cholesterol not high	370	61.40	55.96	66.83
Total	732	100		
Frequency Missing =124				

Q: Have you ever been told by a doctor, nurse, or other health professional that you had asthma?				
	Frequency	Percent	95% Confidence Limits for Percent	
Ever had asthma	107	13.99	8.95	19.02
No asthma	725	86.02	80.98	91.05
Total	832	100		
Frequency Missing = 24				

Q: Have you ever been told by a doctor, nurse, or other health professional that you have asthma now?				
	Frequency	Percent	95% Confidence Limits for Percent	
Yes, have asthma now	84	67.79	47.31	88.26
No asthma now	22	32.22	11.74	52.69
Total	106	100		
Frequency Missing = 750				

Q: Have you ever been told by a doctor that you have diabetes?				
	Frequency	Percent	95% Confidence Limits for Percent	
Ever had diabetes	136	8.99	6.79	11.18
No diabetes	694	91.01	88.82	93.21
Total	830	100		
Frequency Missing = 26				

Q: During the past 30 days, have you had symptoms of pain, aching, or stiffness in or around a joint?				
	Frequency	Percent	95% Confidence Limits for Percent	
Have had pain in past 30 days	509	50.11	42.45	57.77
No pain in past 30 days	322	49.89	42.23	57.55
Total	831	100		

Frequency Missing = 25				
Q: Did your joint symptoms first begin more than 3 months ago?				
	Frequency	Percent	95% Confidence Limits for Percent	
Pain occurred more than 3 months ago	442	89.59	85.83	93.34
Pain occurred less than 3 months ago	64	10.41	6.66	14.17
Total	506			
Frequency Missing = 350				

Q: Have you ever seen a doctor or other health professional for these joint symptoms?				
	Frequency	Percent	95% Confidence Limits for Percent	
Have not seen a doctor for joint symptoms	99	31.46	21.52	41.41
Have seen a doctor for joint symptoms	343	68.54	58.59	78.48
Total	442			
Frequency Missing = 414				

Q: Have you ever been told by a doctor or other health professional that you have some form of arthritis?				
	Frequency	Percent	95% Confidence Limits for Percent	
Ever had arthritis	412	29.97	24.59	35.34
No arthritis	417	70.04	64.66	75.41
Total	829			
Frequency Missing = 27				

Q: Are you now limited in any way in any of your usual activities because of arthritis or joint symptoms?				
	Frequency	Percent	95% Confidence Limits for Percent	
Have activity limitations	203	47.59	40.29	54.88
No activity limitations	208	52.41	45.12	59.71
Total	411	100		
Frequency Missing = 445				

Q: Have you ever been told you had a heart attack?				
	Frequency	Percent	95% Confidence Limits	
			for Percent	
Have had myocardial infarction	79	9.11	5.23	12.99
No myocardial infarction	703	90.89	87.01	94.77
Total	782	100		
Frequency Missing = 74				

Q: Have you ever been told you have angina or coronary heart disease?				
	Frequency	Percent	95% Confidence Limits	
			for Percent	
Have had angina or coronary heart disease	78	5.90	3.82	7.98
No angina or coronary heart disease	693	94.10	92.02	96.18
Total	771	100		
Frequency Missing = 85				

Q: Has a doctor ever told you that you had a stroke?				
	Frequency	Percent	95% Confidence Limits	
			for Percent	
Have had a stroke	58	5.02	3.00	7.03
No stroke	728	94.98	92.97	97.00
Total	786	100		
Frequency Missing = 70				

Have you been diagnosed with COPD?				
	Frequency	Percent	95% Confidence Limits	
			for Percent	
Yes	103	8.58	6.25	10.90
No	678	91.42	89.10	93.75
Total	781	100		
Frequency Missing = 75				

Immunizations

Q: During the past 12 months, have you had a flu shot?				
	Frequency	Percent	95% Confidence Limits for Percent	
No influenza vaccine	432	61.85	54.70	69.00
Had influenza vaccine	392	38.15	31.00	45.30
Total	824	100		
Frequency Missing = 32				

Q: Have you ever had a pneumonia shot?				
	Frequency	Percent	95% Confidence Limits for Percent	
No pneumonia vaccine	424	65.28	58.62	71.95
Pneumonia vaccine	385	34.717	28.05	41.38
Total	809	100		
Frequency Missing = 47				

Tobacco Use

Q: Have you smoked 100 cigarettes in your lifetime?				
	Frequency	Percent	95% Confidence Limits	
			for Percent	
Smoked 100 cigarettes in lifetime	405	49.69	42.00	57.38
Have not smoked 100 cigarettes in lifetime	420	50.31	42.62	58.00
Total	825	100		
Frequency Missing = 31				

Smokes cigarettes everyday or some days				
	Frequency	Percent	95% Confidence Limits	
			for Percent	
current smoker	164	28.78	21.08	36.47
not a current smoker (former and never smoked)	661	71.22	63.53	78.92
Total	825	100		
Frequency Missing = 31				

Tried to stop smoking in past 12 months				
	Frequency	Percent	95% Confidence Limits	
			for Percent	
Not tried smoking cessation	75	36.39	21.73	51.04
Tried smoking cessation	89	63.61	48.96	78.27
Total	164	100		
Frequency Missing = 692				

Has a doctor, health professional asked if you smoke in the past year?				
	Frequency	Percent	95% Confidence Limits	
			for Percent	
health professional did not ask if respondent smokes	11	4.66	1.19	8.13
health professional asked if respondent smokes	110	95.34	91.87	98.81
Total	121	100		
Frequency Missing = 735				

Has a doctor, health professional advised you to quit smoking?				
	Frequency	Percent	95% Confidence Limits for Percent	
health professional did not advise respondent to stop smoking	25	29.73	7.04	52.42
health professional advised respondent to stop smoking	96	70.27	47.58	92.96
Total	121	100		
Frequency Missing = 735				

Ever tried smokeless tobacco in lifetime?				
	Frequency	Percent	95% Confidence Limits for Percent	
Ever tried smokeless tobacco	153	29.92	22.51	37.34
Never tried smokeless tobacco	627	70.08	62.66	77.50
Total	780	100		
Frequency Missing = 76				

Currently use smokeless tobacco?				
	Frequency	Percent	95% Confidence Limits for Percent	
Current use of smokeless tobacco	31	22.68	10.74	34.62
No current use of smokeless tobacco	122	77.32	65.38	89.26
Total	153	100		
Frequency Missing = 703				

Wants to quit smokeless tobacco?				
	Frequency	Percent	95% Confidence Limits for Percent	
Does not want to quit smokeless tobacco	15	60.05	33.93	86.17
Wants to quit using smokeless tobacco	16	39.95	13.83	66.07
Total	31	100		
Frequency Missing = 825				

Has tried to stop chewing tobacco?				
	Frequency	Percent	95% Confidence Limits for Percent	
Has not tried to stop smokeless tobacco use	14	38.73	8.71	68.76
Has tried to stop using smokeless tobacco	17	61.27	31.24	91.29
Total	31	100		
Frequency Missing = 825				

Ever smoked a cigar in lifetime?				
	Frequency	Percent	95% Confidence Limits for Percent	
Ever tried cigar	317	48.69	41.05	56.33
Never tried cigar	461	51.31	43.67	58.95
Total	778	100		
Frequency Missing = 78				

Currently smokes cigars?				
	Frequency	Percent	95% Confidence Limits for Percent	
Current use of cigars	20	12.47	4.01	20.93
No current use of cigars	297	87.53	79.07	95.99
Total	317	100		
Frequency Missing = 539				

Currently uses pipes, bidis, or clove cigarettes?				
	Frequency	Percent	95% Confidence Limits for Percent	
Uses pipes, bidis, or clove cigarettes	12	3.43	0.03	6.84
Does not use pipes, bidis, or clove cigarettes	768	96.57	93.16	99.97
Total	780	100		
Frequency Missing = 76				

Allows smoking in home?				
	Frequency	Percent	95% Confidence Limits for Percent	
Allows smoking in home	177	18.58	13.59	23.58
Does not allow smoking in home	602	81.42	76.42	86.41
Total	779	100		

Frequency Missing = 77

Been in car with someone smoking in past 7 days?

	Frequency	Percent	95% Confidence Limits for Percent	
Has been in car with a smoker in the past 7 days	132	28.50	20.13	36.88
Has not been in car with a smoker in past 7 days	648	71.50	63.12	79.87
Total	780	100		

Frequency Missing = 76

Works indoors most of the time?

	Frequency	Percent	95% Confidence Limits for Percent	
Does not work indoors most of time	53	23.55	13.96	33.15
Work indoors most of time	224	76.45	66.85	86.04
Total	277	100		

Frequency Missing = 579

Works in an area where someone smokes?

	Frequency	Percent	95% Confidence Limits for Percent	
Yes, someone smokes in work area	11	2.67	0.49	4.84
No one smokes in work area	213	97.33	95.16	99.51
Total	224	100		

Frequency Missing = 632

Supports comprehensive smoking laws?

	Frequency	Percent	95% Confidence Limits for Percent	
Does not support a comprehensive smoking law	249	36.31	28.63	43.99
Supports a comprehensive smoking law	511	63.69	56.01	71.37
Total	760	100		

Frequency Missing = 96

Alcohol Consumption

Q: During the past 30 days, have you had at least one drink of any alcoholic beverage?				
	Frequency	Percent	95% Confidence Limits for Percent	
Had a drink of alcohol in past 30 days	231	36.80	29.30	44.30
No alcoholic drink in past 30 days	596	63.20	55.70	70.70
Total	827	100		
Frequency Missing = 29				

Q: About how many drinks did you drink on the average?				
	Frequency	Percent	95% Confidence Limits for Percent	
Binge drinking in past 30 days (5 for men; 4 for women)	58	42.35	28.38	56.31
No binge drinking in past 30 days	169	57.65	43.69	71.62
Total	227	100		
Frequency Missing = 629				

Women's Health Care

Q: Had you had a mammogram in past 2 years?				
	Frequency	Percent	95% Confidence Limits	
			for Percent	
No mammogram screening within the past 2 years	114	28.24	22.81	33.66
Breast mammogram within past 2 years	349	71.76	66.34	77.19
Total	463	100		
Frequency Missing = 393				

Q: Have you had a pap smear in past 3 years?				
	Frequency	Percent	95% Confidence Limits	
			for Percent	
No pap smear within the past 3 years	232	38.70	27.63	49.77
Pap smear within the past 3 years	272	61.30	50.23	72.37
Total	504	100		
Frequency Missing = 352				

Q: Most important reason <i>not</i> to have a mammogram was difficult to pay the cost				
	Frequency	Percent	95% Confidence Limits	
			for Percent	
Difficult to pay	127	75.56	60.78	90.35
Not difficult to pay	63	24.44	9.65	39.22
Total	190	100		
Frequency Missing = 666				

Q: Are you aware of free/low cost breast exams and mammograms?				
	Frequency	Percent	95% Confidence Limits	
			for Percent	
Not aware of free exams	272	55.04	43.87	66.22
Aware of free exams	241	44.96	33.78	56.13
Total	513	100		
Frequency Missing = 343				

Men's Health

Q: Ever you had prostate cancer screening (Prostate-Specific Antigen or digital rectal exam)?				
	Frequency	Percent	95% Confidence Limits	
			for Percent	
Never been screened	162	73.59	67.35	79.83
Have been screened	82	26.41	20.17	32.65
Total	244	100		
Frequency Missing = 612				

Q: Have ever been told by a doctor you had prostate cancer?				
	Frequency	Percent	95% Confidence Limits	
			for Percent	
Told by a doctor I had prostate cancer	20	5.14	2.71	7.56
Never told a doctor I had prostate cancer	228	94.86	92.44	97.29
Total	248	100		
Frequency Missing = 608				

Have family history of prostate cancer?				
	Frequency	Percent	95% Confidence Limits	
			for Percent	
Have family history of prostate cancer	36	13.70	8.29	19.11
No family history of prostate cancer	208	86.30	80.89	91.71
Total	244	100		
Frequency Missing = 612				

Disability

Q: Are you limited in activities because of physical, mental, or emotional problems?				
	Frequency	Percent	95% Confidence Limits	
			for Percent	
Limitations	279	30.16	23.45	36.88
No limitations	523	69.84	63.12	76.55
Total	802	100		
Frequency Missing = 54				

Q: Do you have any health problems that require use of equipment?				
	Frequency	Percent	95% Confidence Limits	
			for Percent	
Use of special equipment	129	9.33	6.89	11.77
No use of special equipment	673	90.67	88.23	93.11
Total	802	100		
Frequency Missing = 84				

Emotional Support and Life Satisfaction

Q: How often do you get the social and emotional support?				
	Frequency	Percent	95% Confidence Limits	
			for Percent	
Rarely or never get needed social/emotional support	77	9.56	5.70	13.42
Get needed social/emotional support	716	90.44	86.58	94.30
Total	793	100		
Frequency Missing = 63				

Q: In general, how satisfied are you with your life?				
	Frequency	Percent	95% Confidence Limits	
			for Percent	
Dissatisfied or very dissatisfied with life	62	9.81	4.43	15.19
Very satisfied or satisfied with life	733	90.19	84.81	95.57
Total	795	100		
Frequency Missing = 61				

Q: Have you ever had a colorectal cancer screening (sigmoidoscopy or colonoscopy)?				
	Frequency	Percent	95% Confidence Limits	
			for Percent	
Never been screened for colorectal cancer	205	36.14	31.47	40.81
Have been screened for colorectal cancer	411	63.86	59.19	68.53
Total	616	100		
Frequency Missing = 240				

Q: Have you ever been tested for HIV in lifetime?				
	Frequency	Percent	95% Confidence Limits	
			for Percent	
Never been tested for HIV	311	66.00	57.18	74.83
Have been tested for HIV in lifetime	120	34.00	25.17	42.82
Total	431	100		
Frequency Missing = 425				

Q: Was the HIV test a rapid test where results available in a couple hours?				
	Frequency	Percent	95% Confidence Limits	
			for Percent	
No, test was not HIV rapid test	30	63.11	37.01	89.21
Had HIV rapid test	18	36.89	10.79	62.99
Total	48	100		
Frequency Missing = 808				

Q: Number of individuals who admitted to engaging in risky behaviors that may contribute to HIV				
	Frequency	Percent	95% Confidence Limits	
			for Percent	
Yes, HIV risky behaviors	13	8.84	1.66	16.03
No HIV related risky behaviors	429	91.16	83.97	98.34
Total	442	100		
Frequency Missing = 414				

Oral Health

Q: 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.

	Frequency	Percent	95% Confidence Limits	
			for Percent	
Permanent teeth extraction	551	45.87	38.72	53.02
No permanent teeth extraction	225	54.13	46.98	61.28
Total	776	100		
Frequency Missing = 80				

Q: Was your last dental visit more than 1 year ago?

	Frequency	Percent	95% Confidence Limits	
			for Percent	
Last dental visit one year or more ago	256	43.84	35.31	52.37
Last dental visit less than one year ago	366	56.16	47.63	64.69
Total	622	100		
Frequency Missing = 234				

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

	Frequency	Percent	95% Confidence Limits	
			for Percent	
Last dental cleaning one year or more ago	256	43.84	35.31	52.37
Last dental cleaning less than one year ago	366	56.17	47.63	64.69
Total	622			
Frequency Missing = 234				

Healthy Lifestyle Choices

Calculation of questions related to eating fruits/vegetables 5 or more times a day?				
	Frequency	Percent	95% Confidence Limits	
			for Percent	
Consume less than 5 times per day	606	78.42	72.68	84.17
Consume 5 or more times per day	180	21.58	15.83	27.32
Total	786	100		
Frequency Missing = 70				

Q: Have you seen a doctor, nurse, health care professional for care?				
	Frequency	Percent	95% Confidence Limits	
			for Percent	
No, does not see doctor for care	43	39.00	23.23	54.77
Yes, sees doctor for care	121	61.00	45.23	76.77
Total	164	100		
Frequency Missing = 692				

Do you support comprehensive smoking laws?				
	Frequency	Percent	95% Confidence Limits	
			for Percent	
Does not support a comprehensive smoking law	249	36.31	28.63	43.99
Supports a comprehensive smoking law	511	63.69	56.01	71.37
Total	760	100		
Frequency Missing = 96				

Q: During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?				
	Frequency	Percent	95% Confidence Limits	
			for Percent	
No regular physical activity	287	25.20	19.38	31.02
Regular physical activity	545	74.80	68.98	80.62
Total	832	100		
Frequency Missing = 24				

Appendix D
2010 County Adult Health Survey
Questions

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?

Core 2: Healthy Days

1. 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?
2. 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?
3. 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 3: 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?
4. Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?

Core 4: 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 5: Hypertension Awareness

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

Core 6: 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 7: 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 8: Diabetes

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

Core 9: Arthritis

1. During the past 30 days, have you had symptoms of pain, aching, or stiffness in or around a joint?
2. Did your joint symptoms first begin more than 3 months ago?
3. Have you ever seen a doctor or other health professional for these joint symptoms?
4. Have you ever been told by a doctor or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?
5. Are you now limited in any way or in any of your usual activities because of arthritis or joint symptoms?

Core 10: 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 vaccine.

Core 11: 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 12: 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. 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?
6. Marital status?
7. How many children less than 18 years of age live in your household?
8. What is the highest grade or year of school you completed?
9. Are you currently (employment status)?
10. Is your annual household income from all sources?
11. About how much do you weigh without shoes?
12. About how tall are you without shoes?
13. What county do you live in?
14. What is your ZIP Code?
15. 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.
16. How many of these are residential numbers?
17. How many adult members of your household currently use a cell phone for any purpose?
18. During the past 12 months, has your household been without telephone service for 1 week or more? Do not include interruptions of telephone service because of weather disasters?
19. And I need to verify that you are (male/female).

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.

4. Have you ever had a mammogram?
5. What is the most important reason why you haven't had a mammogram?
6. Are there any other reasons why you haven't had a mammogram?
7. How long has it been since you had your last mammogram?
8. What is the most important reason why you haven't had a mammogram in the past two years?
9. Are there any other reasons why you haven't had a mammogram in the past two years?
10. 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?
11. In the past month, have you noticed any posters, billboards, commercials, or advertisements with a message about having a mammogram test?
12. 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?
13. How often do you believe women your age should get a mammogram?
14. Did a doctor suggest that you have your most recent mammogram?
15. Have you ever had breast cancer?
16. Do you think your risk of getting breast cancer is high, medium, low, or none?
17. If you wanted to have a mammogram, would you have to pay for all, part, or none of the cost?
18. 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?
19. 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?
20. How long has it been since your last breast exam?
21. 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?
22. A Pap smear is a test for cancer of the cervix. Have you ever had a Pap smear?
23. How long has it been since you had your last Pap smear?
24. Was your last Pap smear done as part of a routine exam, or to check a current or previous problem?
25. Have you had a hysterectomy?

Core 14: Disability

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?

Core 15: Emotional Support & Life Satisfaction

1. How often do you get the social and emotional support you need?
2. In general, how satisfied are you with your life?

Core 16: 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 17: 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 18: 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 19: 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. Was it a rapid test where you could get your results within a couple of hours?
5. 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 asked you if you smoke?
6. In the past 12 months, has a doctor, nurse, or other health professional advised you to quit smoking?
7. Which statement best describes the rules about smoking inside your home?
8. Have you ever been told by a doctor or other health care professional that you have Chronic Obstructive Pulmonary Disease (COPD)?

ARKANSAS CAHS Module 6: Other Tobacco Products

1. Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?
2. Do you currently use chewing tobacco or snuff every day, some days, or not at all?
3. How old were you when you first started using smokeless tobacco products such as chewing tobacco, snuff, or snus fairly regularly?
4. Do you want to stop using smokeless tobacco products such as chewing tobacco, snuff, or snus?
5. During the past 12 months have you tried to quit using smokeless tobacco products such as chewing tobacco, snuff or snus for one day or longer?
6. Have you ever smoked a cigar, even one or two puffs?
7. Do you now smoke cigars every day, some days, or not at all?
8. Do you currently use pipes, bidis, clove cigarettes or other tobacco products? Do not include cigarettes, snus, snuff, chewing tobacco or cigars.

9. In the past 7 days, that is since last . . . [Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday] have you been in a car with someone who was smoking?
10. While working at your job, are you indoors most of the time?
11. As far as you know, in the past 7 days, that is since last . . . [Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday] has anyone smoked in your work area?
12. Would you support a comprehensive no smoking law in any indoor place that would include ALL restaurants, bars and taverns, bowling alleys and skating rinks, gambling tracks and casinos?