

2012 Crawford
County Adult Health Survey
Summary of Results

The charts and graphs of the following pages are a summary of the findings of 2010 Crawford County Adult Health Survey. Data also include findings of a neighboring county and latest available data for Arkansas based on the national Behavioral Risk Factors Surveillance System (BRFSS). If you have any questions about this summary report, please contact:

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Sources: Crawford County data and Other County data (a neighboring county) obtained from County Adult Health surveys conducted in (2012). Arkansas data obtained from most recent BRFSS data (2009 &2010).

***Note: Missing data for State BRFSS are due to differences in questions from 2012 Crawford County Adult Health Survey.**

Summary

The Crawford County Adult Health Survey had 306 men and 550 females participate in the survey, totaling of 856 participants. Most of the participants perceive their overall health as good, very good, or excellent with 29% indicating at least one day of fair or poor health and only 118 (14%) of the participants indicated they had more than 14 days of mental health concerns such as stress, depression, or emotional problems. Overall, 733 of the 795 residents who responded indicated he or she was satisfied or very satisfied with their life.

Healthcare Access and Upper Respiratory Illnesses

As shown in the graphs and tables on the following pages, the risk factors of heart and lung diseases are similar to other counties in the northwestern region and similar to the state averages. Approximately 44% have high blood pressure, with the majority being age 65 years or older. During the past five years, 63% of the participants have had a blood cholesterol screening and less than half (38%) indicated they have high blood cholesterol. Only 6% of the participants said they had ever had an angina or coronary heart disease. Another 5% indicated they had experienced a stroke and only 9% of the participants said they had experienced a heart attack. Less than 10% of the Crawford County adult residents indicated having asthma.

Cancers Screening

Some of Crawford County residents seem to be somewhat proactive about cancer screenings; however only 36% of the residents over age 50 have had a colon cancer screening. Most men (74%) were screened for PSA's within the recommended five years; while only 28% of the women received mammograms and only 25% received pap smears for as recommended. Most women (76%) found it was difficult to pay for the mammograms. Few women (45%) told us they knew about free exams.

Proactive Healthy Living

Like most residents in Arkansas, Crawford County has a high percentage, (64%) of residents who are overweight or obese. Most of the residents (78%) indicated they eat *less* than the recommended five servings of fruits and vegetables each day and 25% are *not* exercising on a regular basis. Fortunately, the majority (70%) of participants indicated no limitations due to physical, mental, or emotional problems and most (90%) get the needed social and emotional support.

Alcohol and Tobacco Product Use

Most participants (63%) indicated they had not had an alcoholic drink within the past 30 days. Females (78%) were less likely than males (46%) to report having a drink in the past month. Of the three age groups, younger adults were most likely to have had a drink in the past month and were more likely to binge drink.

A relatively large percentage of residents still use one of more tobacco products. Of those who responded 29% indicated they are current cigarette smokers, 12% are current cigar smokers, and 23% currently use some form of smokeless tobacco product. Only 36% said they had tried to stop smoking.

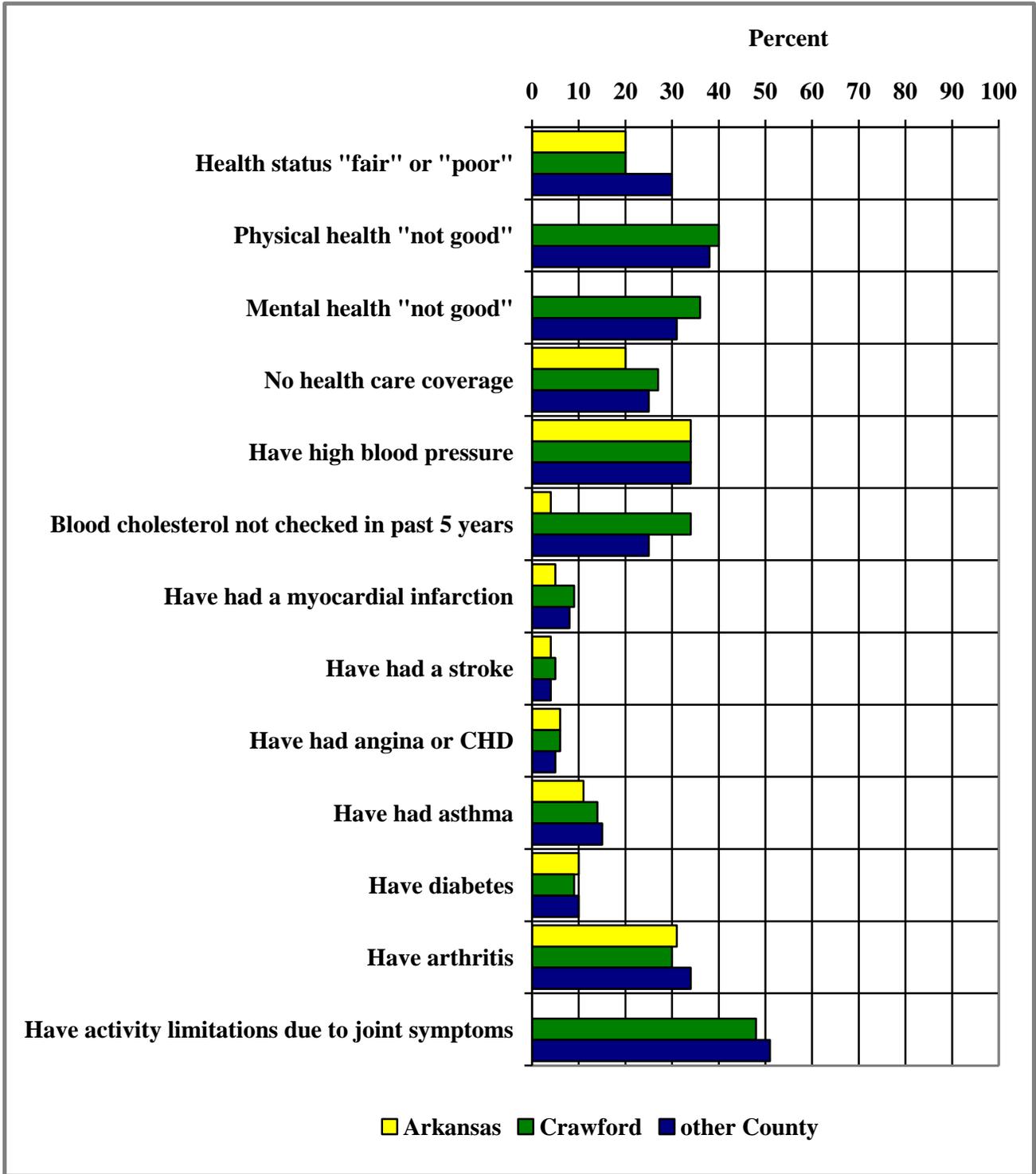
Crawford County CAHS 2012

Participants: 856

Demographics

	Frequency	Raw Percent	
Age (years)	Age 18-39	81	6
	Age 40-64	361	36
	Age 65+	366	59
	No Response	48	
Education	< HS Education	135	13
	HS Grad	546	65
	College Grad	137	22
	No Response	38	
Income	Under \$20,000	193	26
	\$20,000 - \$50,000	315	45
	Over \$50,000	196	29
	No Response	152	
Gender	Male	306	33
	Female	550	67

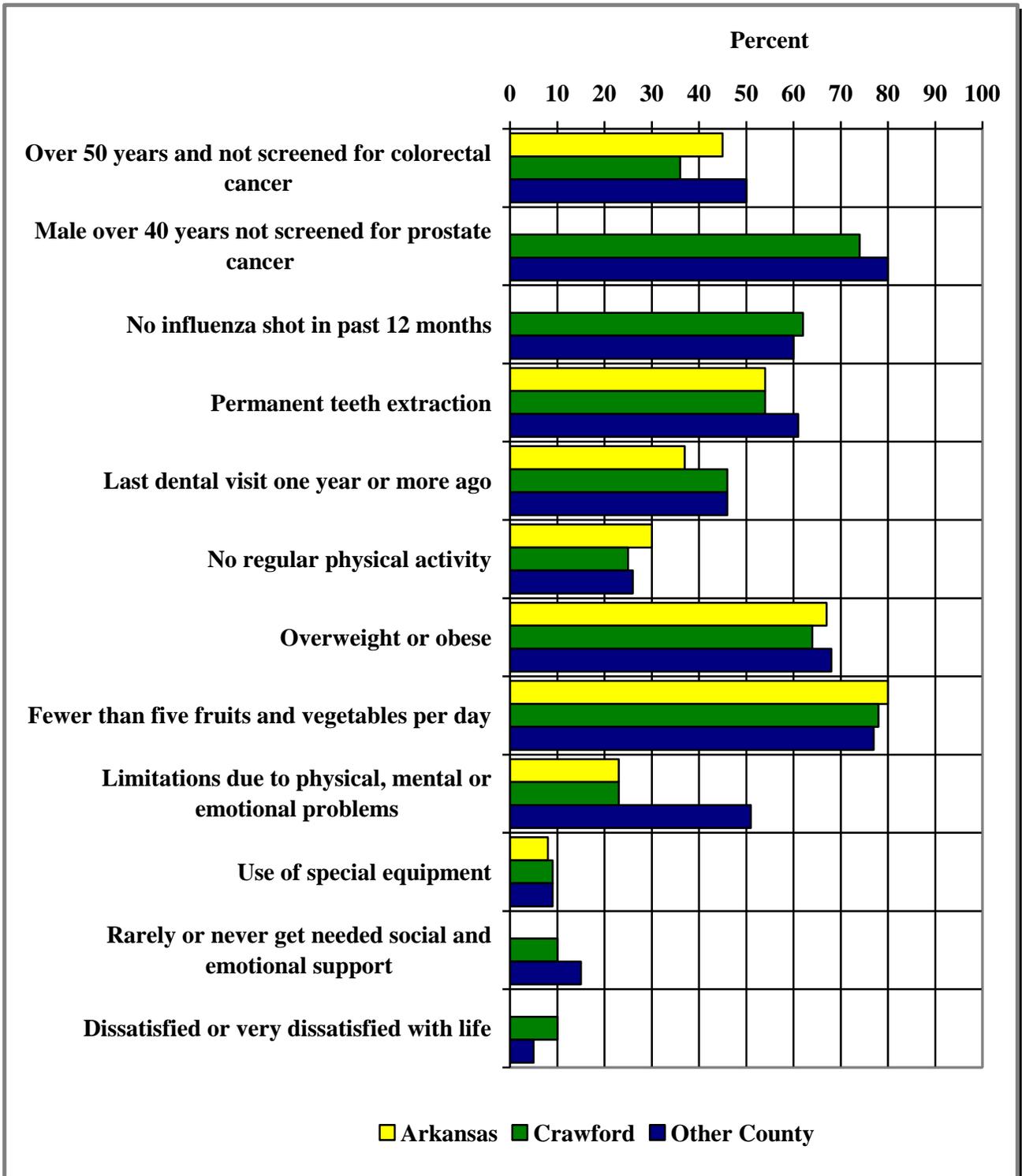
Crawford County CAHS 2012
 General Health Status and Health Care Access
 Risk Factors



*Note: Missing data for State BRFSS are due to differences in questions from 2012 Crawford County Adult Health Survey.

Crawford County CAHS 2012

Unhealthy Living Choices
Risk Profile

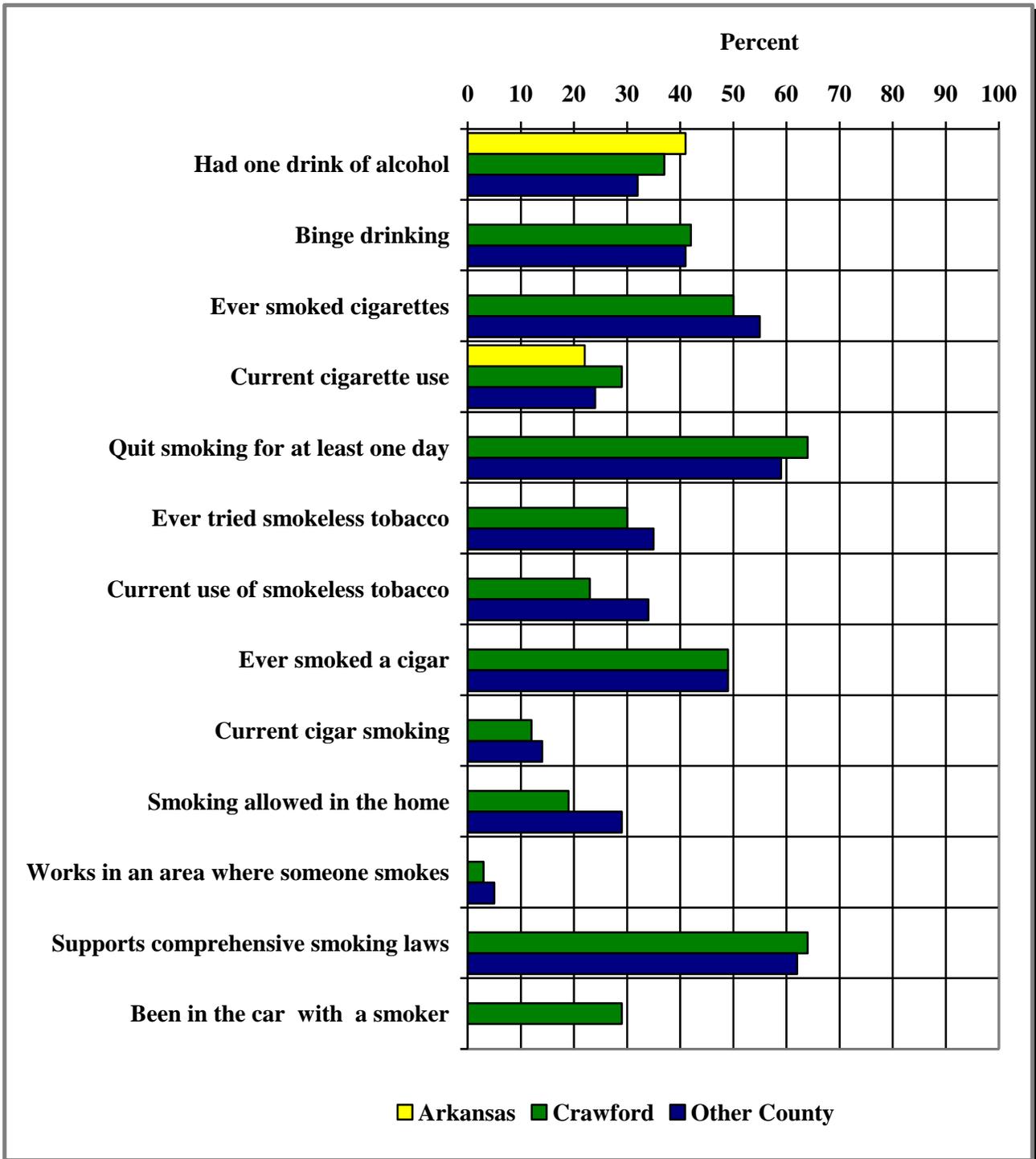


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Crawford County CAHS 2012

Use of Alcohol and Tobacco Product

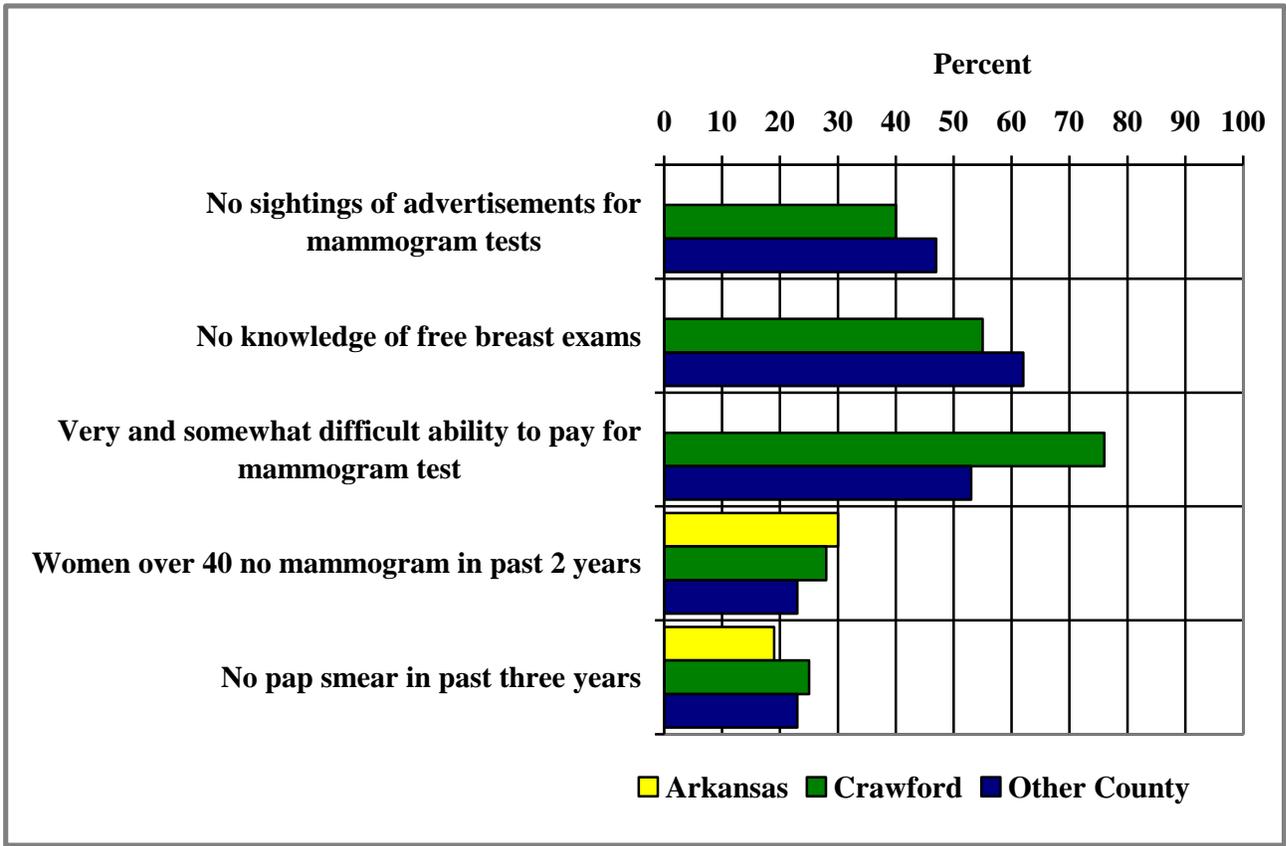
Risk Profile



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Crawford County

CAHS 2002 and 2012
 Women's Health Care
 Risk Profile



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CRAWFORD COUNTY CAHS 2012
Risk Profile (Table)

Risk Factor			
	Arkansas	Crawford	Other county
Health status “fair” or “poor”	20	20	30
Physical health “not good”		40	38
Mental health “not good”		36	31
No health care coverage	20	27	25
Have high blood pressure	34	34	34
Blood cholesterol not checked in past 2 years	4	34	25
Have had a myocardial infarction	5	9	8
Have had a stroke	4	5	4
Have had angina or CHD	6	6	5
Have had asthma	11	14	15
Have diabetes	10	9	10
Have arthritis	31	30	34
Have activity limitations due to joint symptoms		48	51

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CRAWFORD COUNTY CAHS 2012

Risk Profile (Table)

Risk Factor			
	Arkansas	Crawford	Other County
Over 50 years and not screened for colorectal cancer	45	36	50
Male over 40 years not screened for prostate cancer		74	80
No influenza shot in past 12 months		62	60
Permanent teeth extraction	54	54	61
Last dental visit one year or more ago	37	46	46
No regular physical activity	30	25	26
Overweight or obese	67	64	68
Fewer than five fruits and vegetables per day	80	78	77
Limitations due to physical, mental or emotional problems	23	23	51
Use of special equipment	8	9	9
Rarely or never get needed social and emotional support		10	15
Dissatisfied or very dissatisfied with life		10	5

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CRAWFORD COUNTY CAHS 2012

Risk Profile (Table)

Risk Factor			
	Arkansas	Crawford	Other County
Had one drink of alcohol	41	37	32
Binge drinking		42	41
Ever smoked cigarettes		50	55
Current cigarette use	22	29	24
Quit smoking for at least one day		64	59
Ever smoked smokeless tobacco		30	35
Current use of smokeless tobacco		23	34
Ever smoked a cigar		49	49
Current cigar smoking		12	14
Ever smoked a pipe		19	29
Works in an area where someone smokes		3	5
Supports comprehensive smoking laws		64	62

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CRAWFORD COUNTY CAHS 2012

Risk Profile (Table)

Risk Factor			
	Arkansas	Crawford	Other County
No sightings of advertisements for mammogram tests		40	47
No knowledge of free breast exams		55	62
Very and somewhat difficult ability to pay for mammogram test		76	53
Women over 40 no mammogram in past 2 years	30	28	23
No pap smear in past three years	19	25	23

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