

# Newton County 2012 County Adult Health Survey



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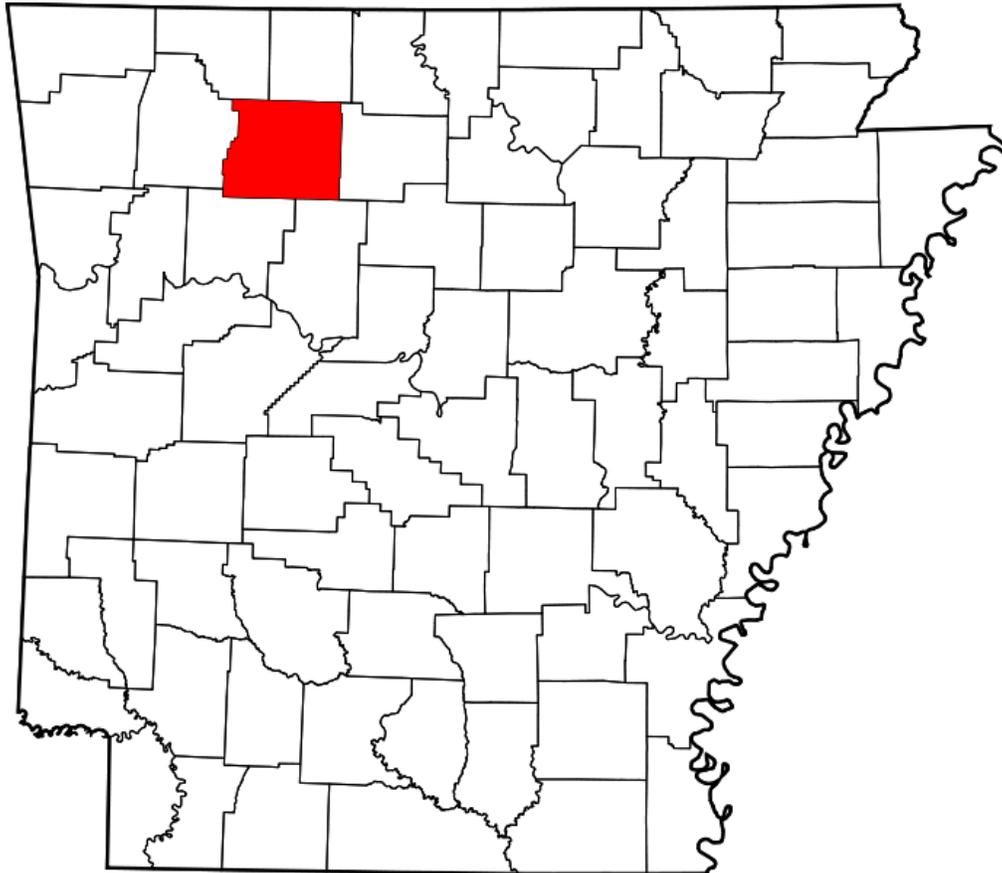
Newton County HHI

and

Arkansas Department of Health

Health Statistics Branch

## Newton County, 2013



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

December, 2012

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2012 County Adult Health Survey

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Newton County  
2010 County Adult Health Survey

Introduction

**What is the County Adult Health Survey?**

The national focus on improving the health of American citizens has also become a major focus for local communities.<sup>1</sup> As a result, 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.<sup>2</sup>

**What is Hometown Health Improvement?**

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

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



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

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

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

## **What is the BRFSS?**

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

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

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

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

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

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

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

**How did Newton County conduct the County Adult Health Survey?**

During the months October, November, and December of 2012, a telephone survey of 957 randomly selected adults in Newton 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 2010 Newton County Adult Health Survey?

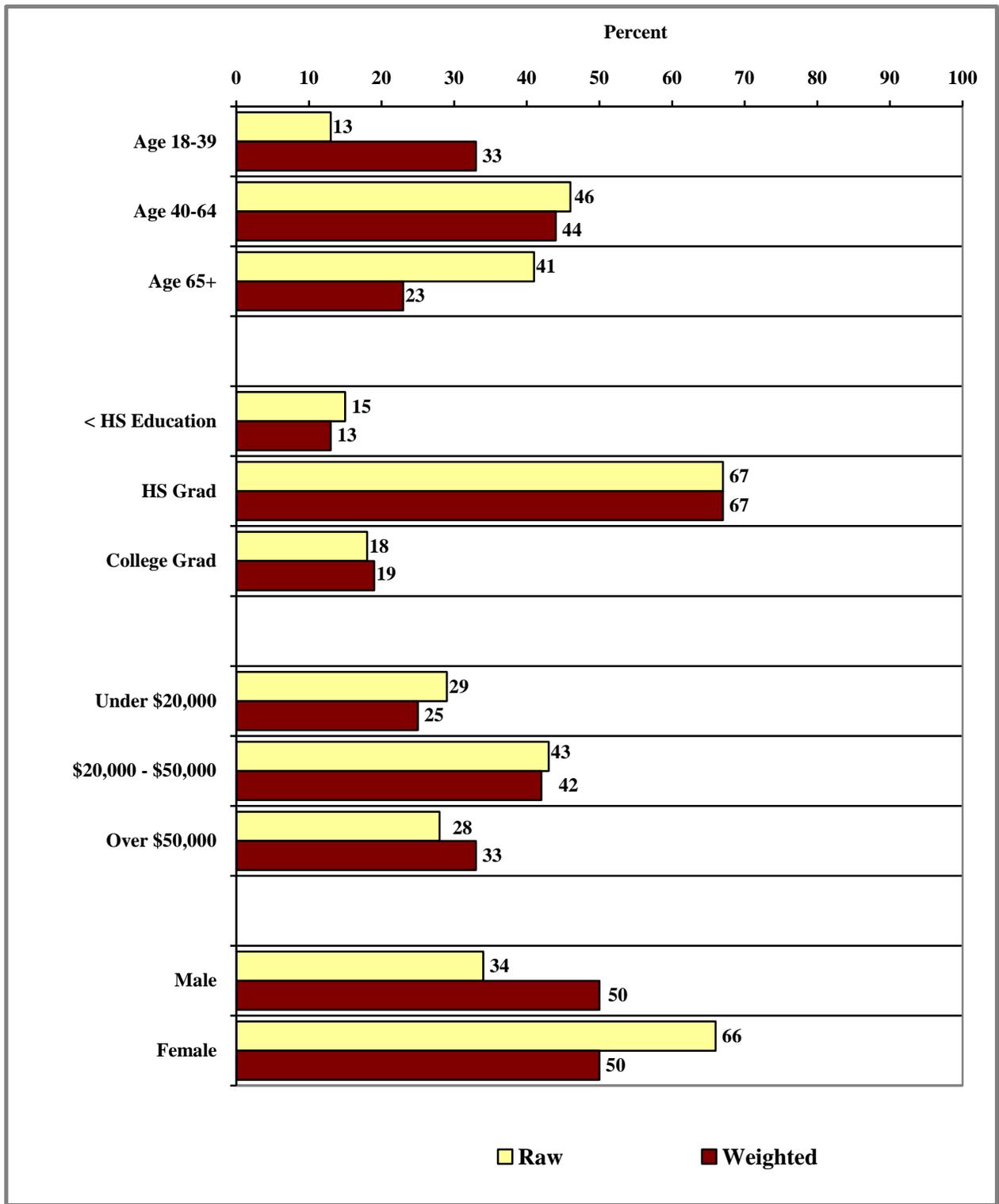
Of the 957 people who were interviewed, 369 were men and 588 were women. The following chart summarizes the demographics of the survey participants as both raw numbers in frequency and as weighted data shown as percents. The raw data is the data collected from the sample of persons interviewed. The weighted data is the collected survey data (raw data) that has been adjusted to represent the population from which the sample was drawn.

Some percentages presented in this report are rounded to the nearest whole percent and others are rounded to the tenth of a percent; therefore, values may not add up to exactly 100%. Some values (i.e. frequencies) for each question may not add up to the total number of people interviewed as each respondent may not have provided answers to all questions.

Table 1: Survey demographics

<b>Variables</b>	<b>Categories</b>	<b>Raw Data %</b>	<b>Weighted Data (%)</b>
<b>Age (years)</b>	Age 18-39	14	32
	Age 40-64	48	45
	Age 65+	39	23
<b>Education</b>	< HS Education	14	14
	HS Grad	64	66
	College Grad	21	20
<b>Income</b>	Under \$20,000	42	36
	\$20,000 - \$50,000	40	42
	Over \$50,000	18	22
<b>Gender</b>	Male	39	50
	Female	61	50

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



# Risk Factors

## Health Status

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

### General Health

#### **Risk Factor Definition: General health “fair” or “poor”**

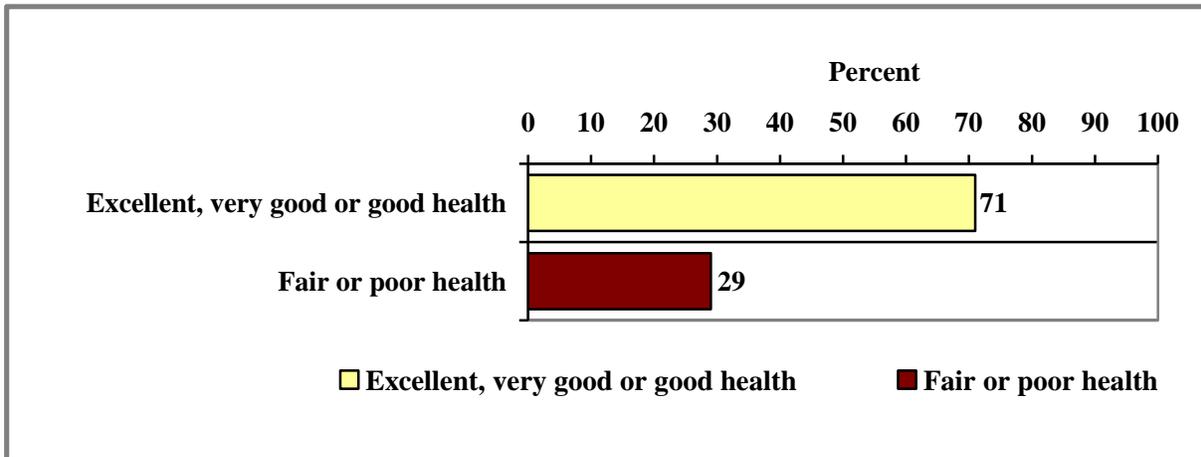
Question: Would you say that your general health is “excellent,” “very good,” “good,” “fair,” or “poor?”

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

Table 2: General health status (overall)

General health	Frequency (n)
Fair, Poor	319
Excellent, Very Good, Good	635

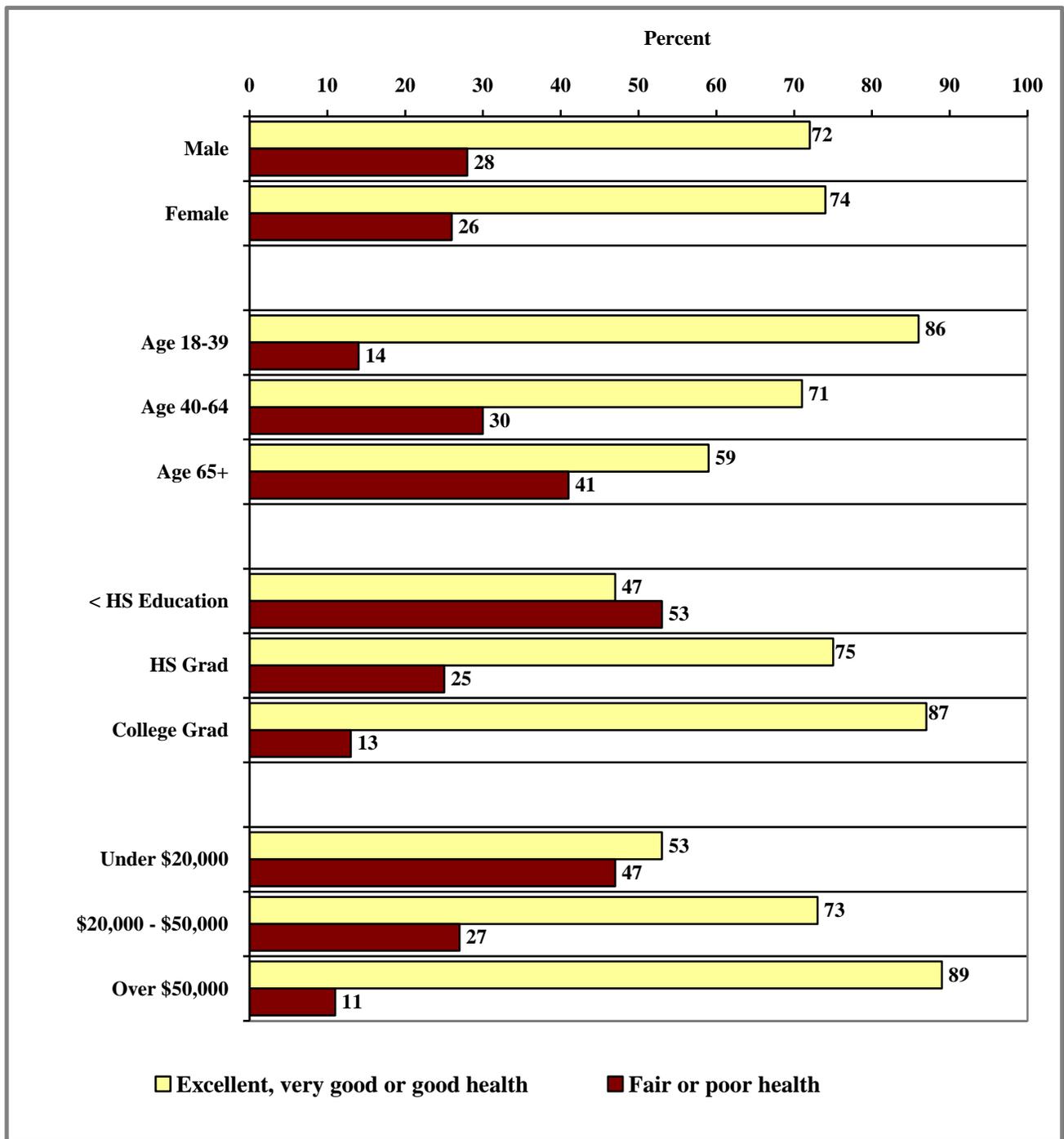
Figure 2: General health status (overall)



**Health Status (continued)**

**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 (continued)

### Physical Health

#### **Risk Factor Definition: Physical health “not good”**

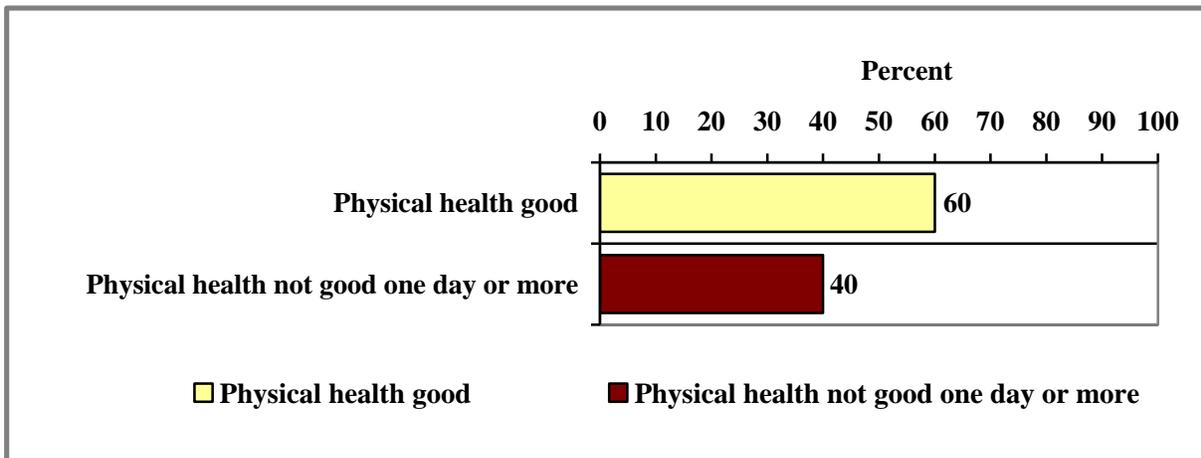
Question: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

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

Table 3: Physical health status (overall)

Physical health	Frequency (n)
Physical health not good one day or more	412
Physical health good	518

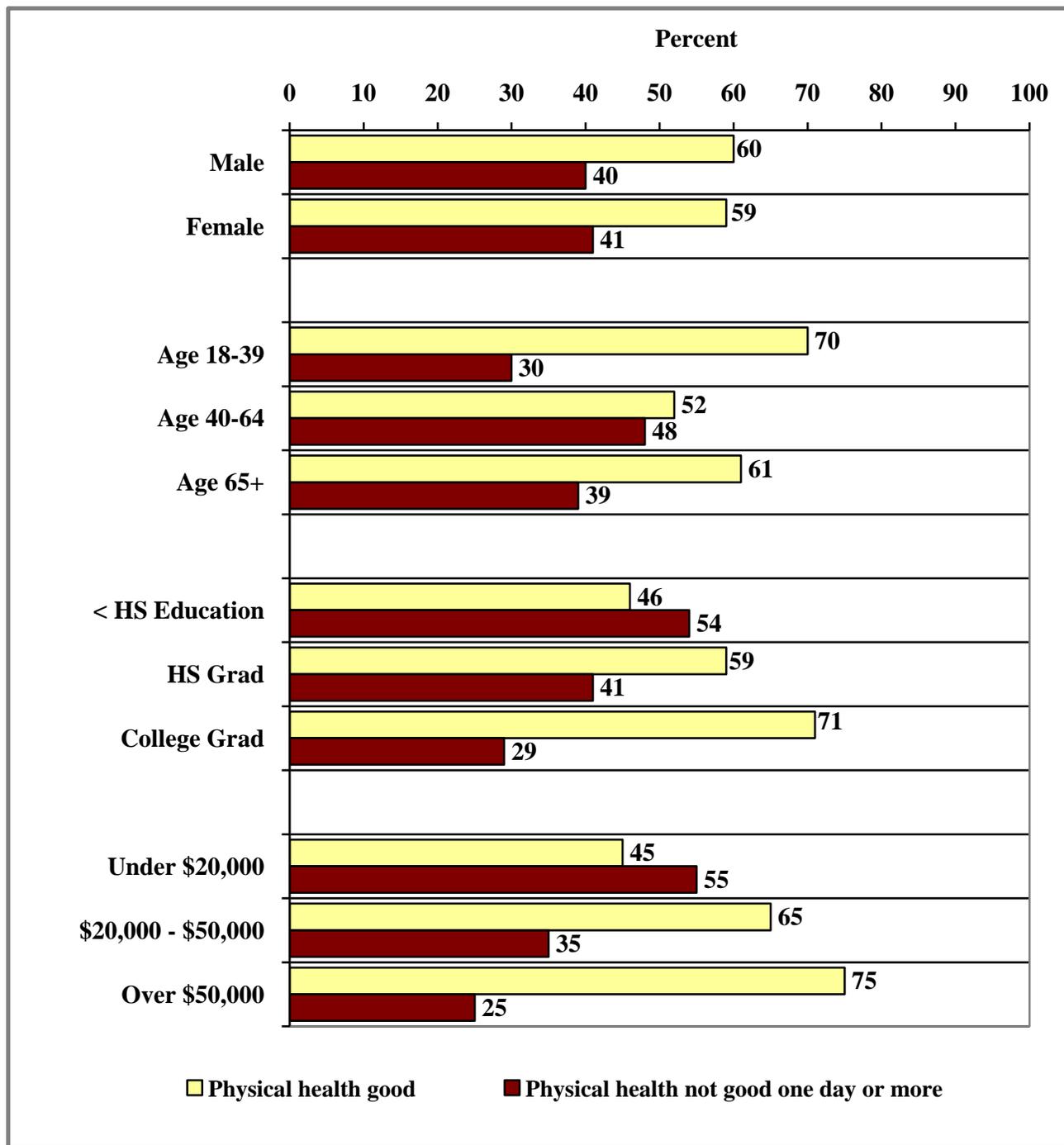
Figure 4: Physical health status (overall)



Health Status (continued)

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

Figure 5: Physical health status (by selected characteristics)



## Health Status (continued)

### Mental Health

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

#### **Risk Factor Definition: Mental health “not good”**

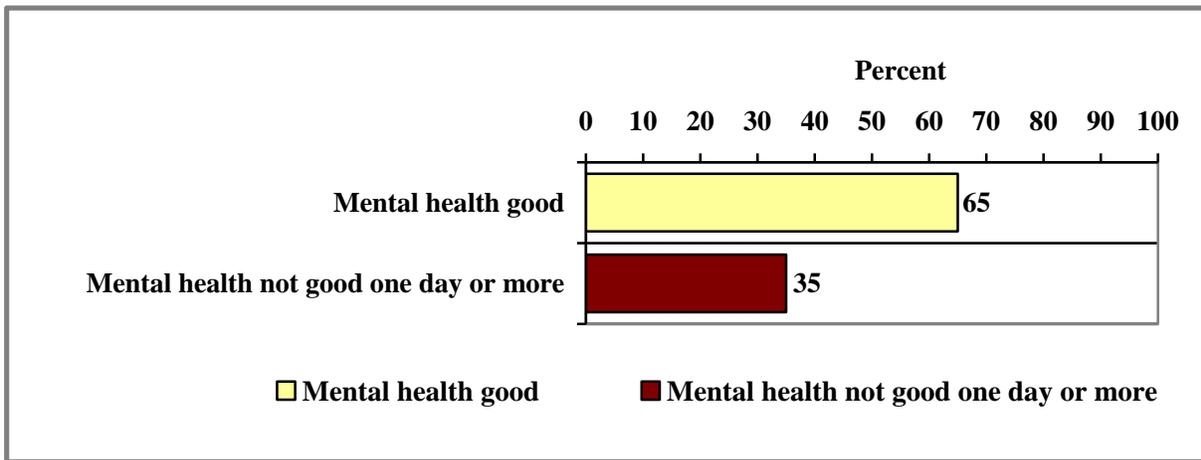
Question: How many days during the past 30 days was your mental health not good?

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

Table 4: Mental health status (overall)

Mental health	Frequency (n)
Mental health not good one day or more	258
Mental health good	550

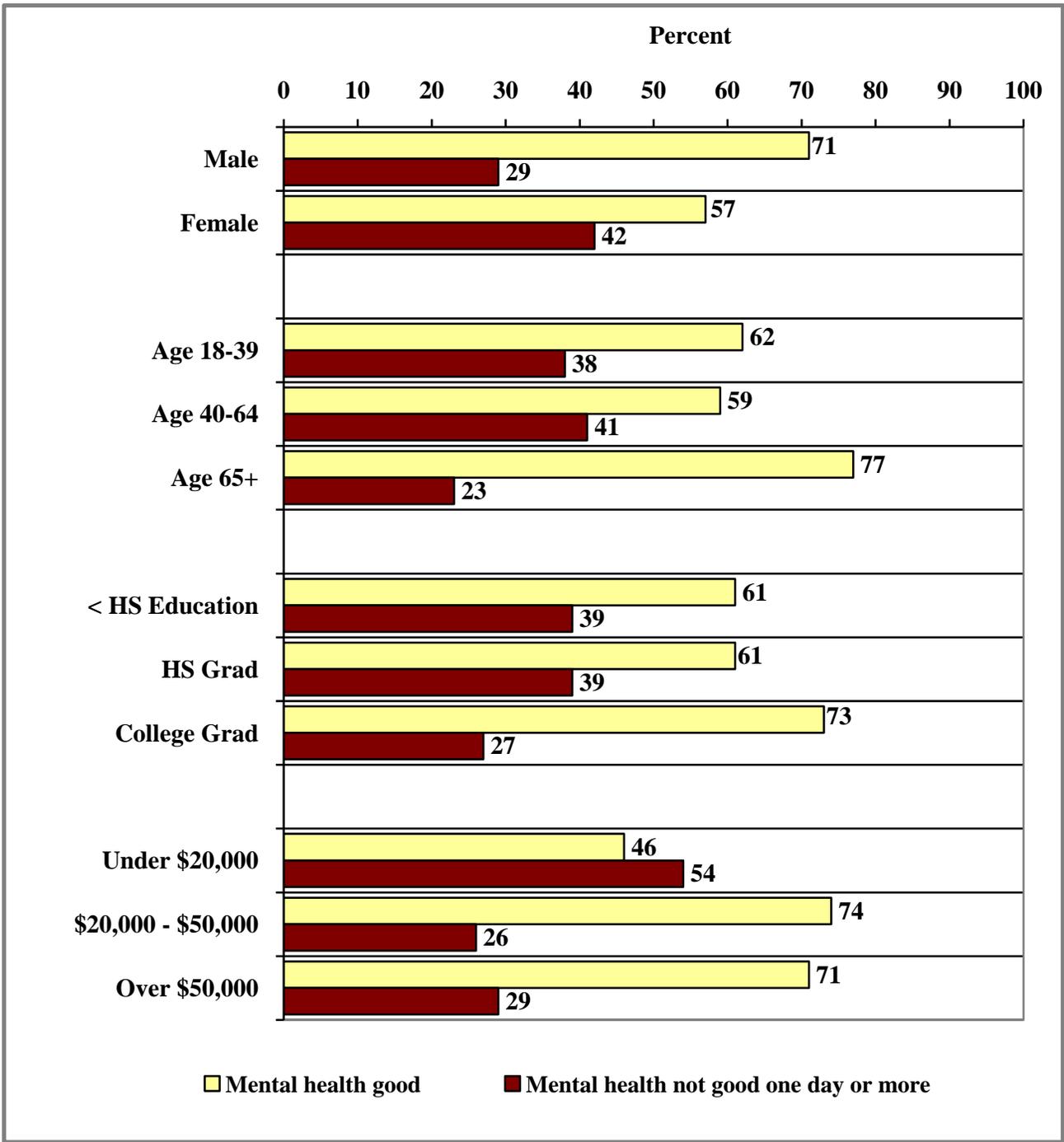
Figure 6: Mental health status (overall)



**Health Status (continued)**

**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?

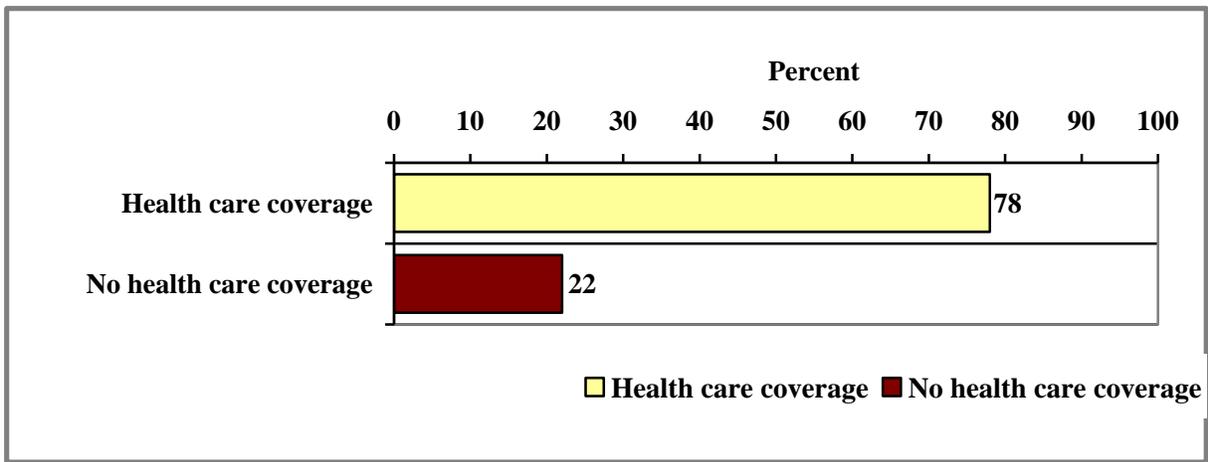
**At risk:** Those who answered “no” are considered at risk.



**Table 5:** Health care coverage (overall)

Health care coverage	Frequency (n)
No health insurance	70
Have health insurance	745

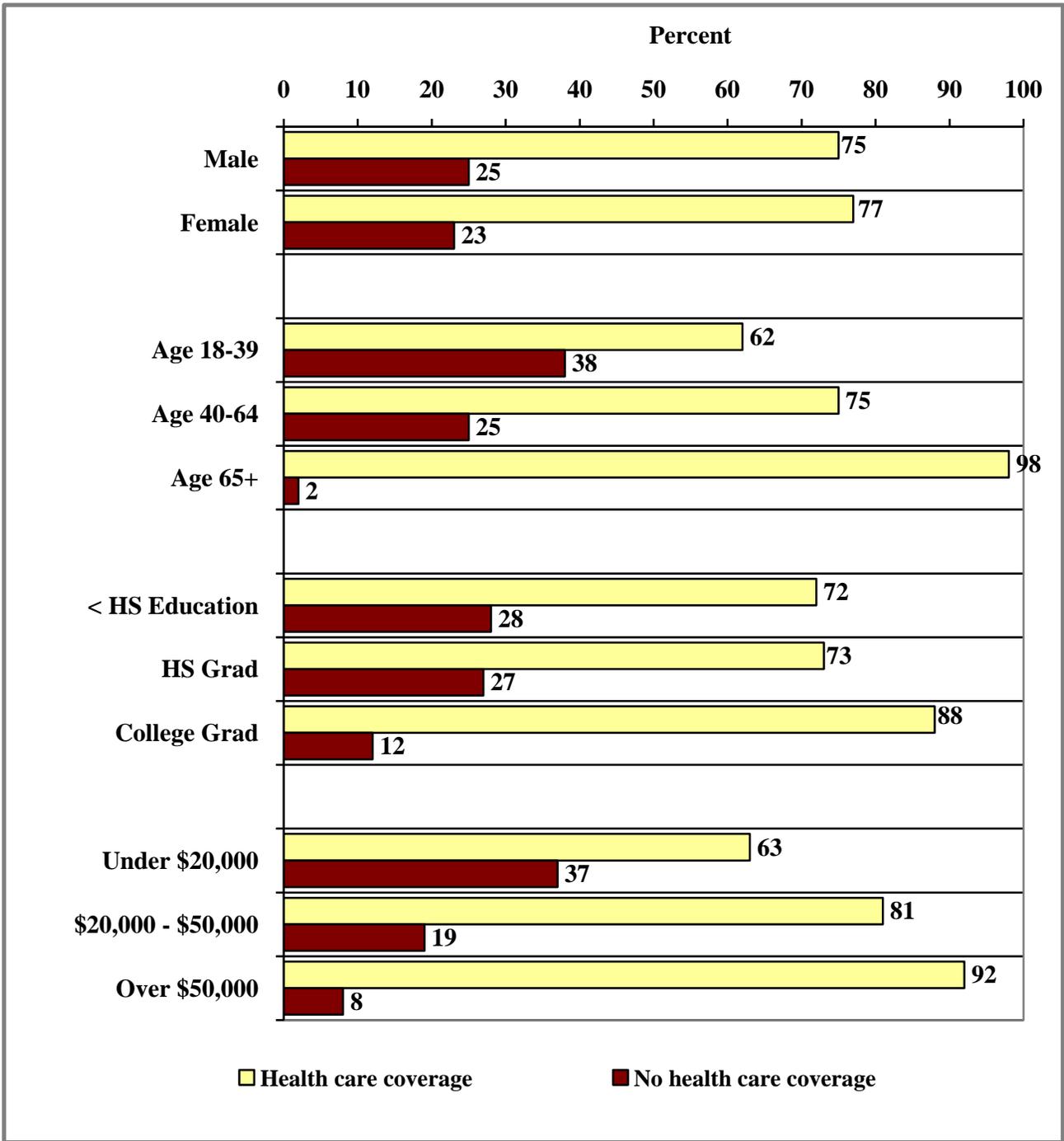
**Figure 8:** Health care coverage (overall)



Health Care Access (continued)

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

Figure 9: Health care coverage (by selected characteristics)



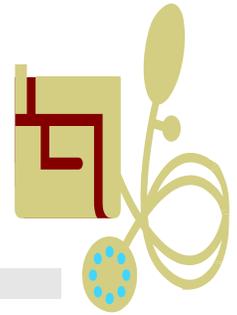
## Hypertension

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

### **Risk Factor Definition: Have high blood pressure (hypertension)**

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

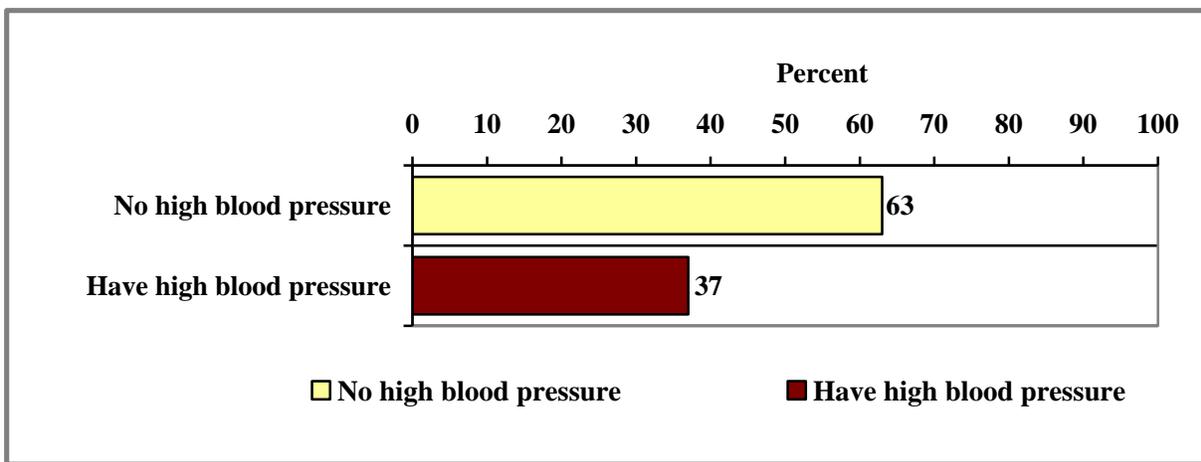
**At risk:** Those who answered “yes” are considered at risk.



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

Hypertension	Frequency (n)
Have high blood pressure	366
No high blood pressure	448

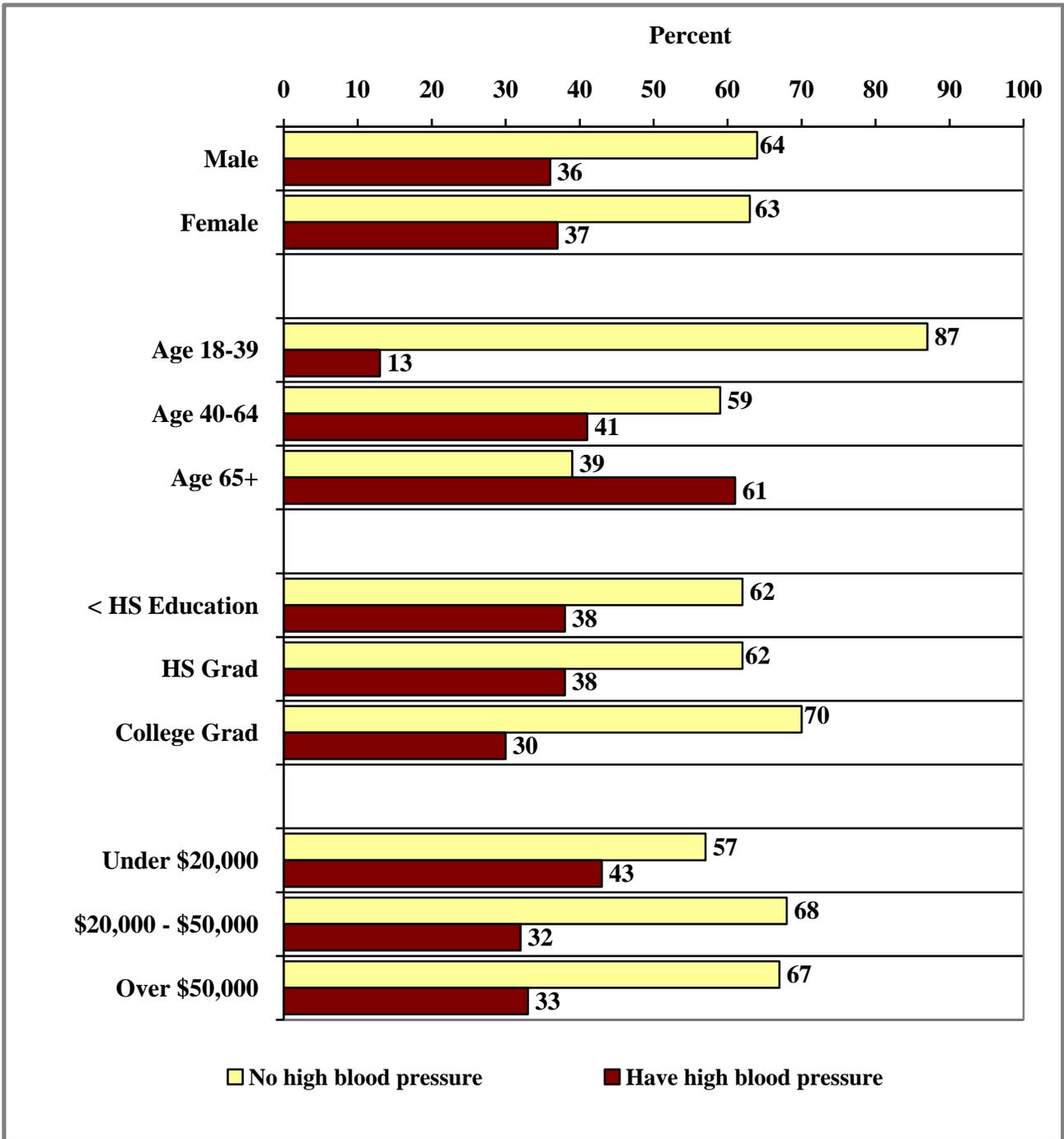
**Figure 10:** High blood pressure (hypertension) (overall)



Hypertension (continued)

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

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



## Cholesterol

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

### Testing for Cholesterol

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

#### Questions:

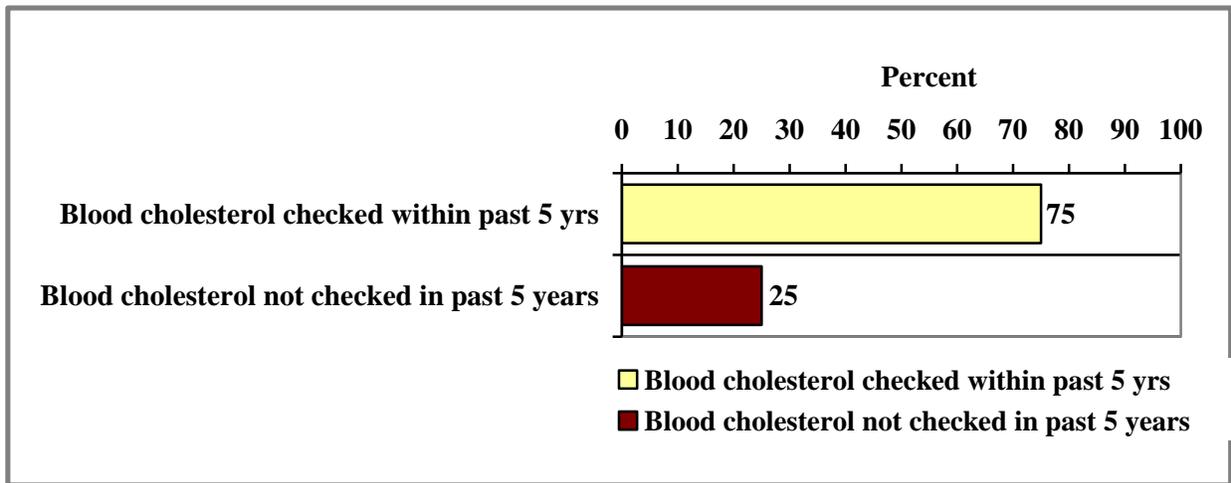
1. Have you ever had your blood cholesterol checked?
2. How long has it been since you had your blood cholesterol checked?

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

Table 7: Testing for blood cholesterol (overall)

Testing for cholesterol	Frequency (n)
Blood cholesterol not checked in past five years	114
Blood cholesterol checked in past five years	680

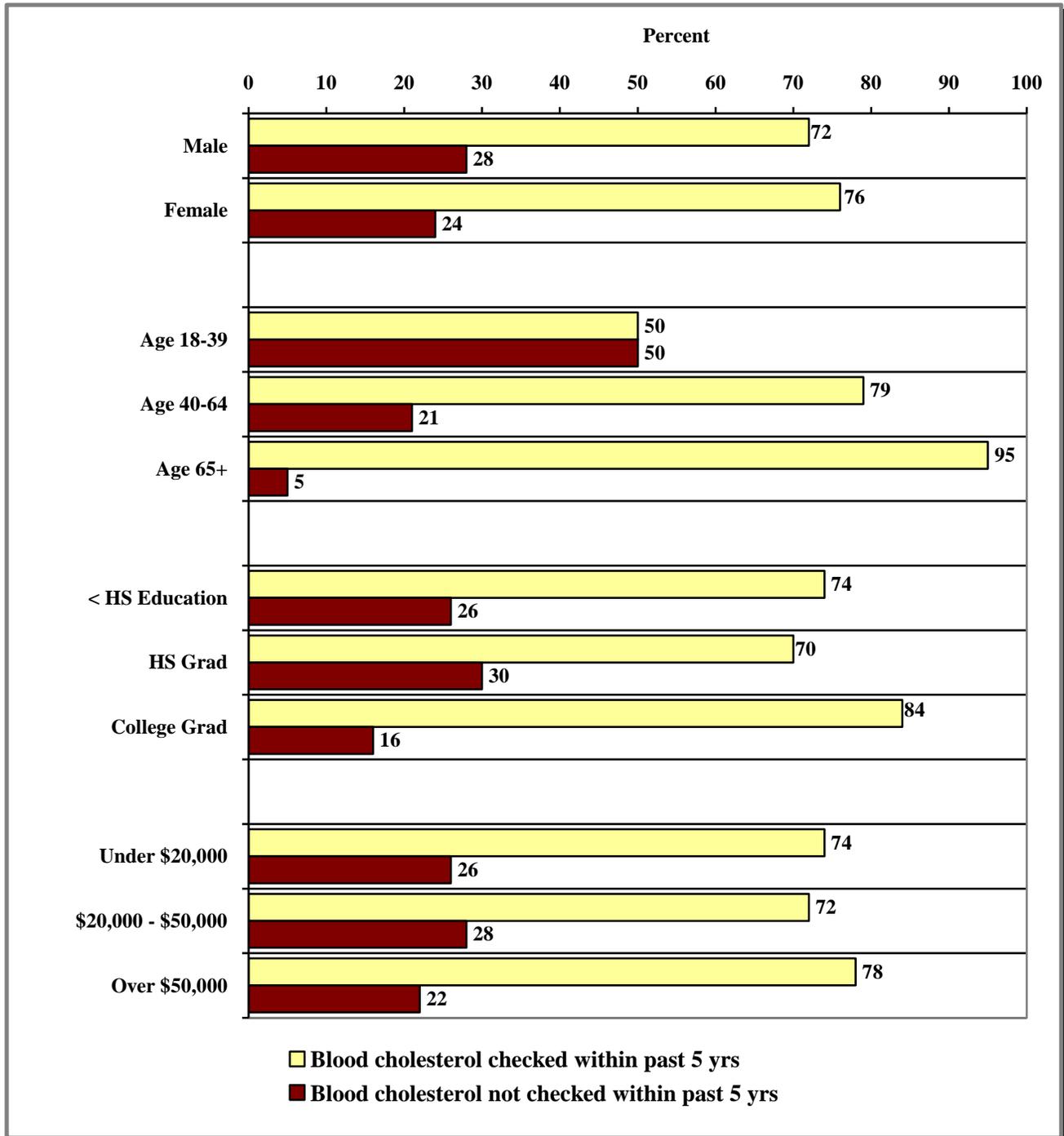
Figure 12: Testing for blood cholesterol (overall)



Cholesterol (continued)

**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 (continued)**

**Blood Cholesterol Level**

**Risk Factor Definition: High blood cholesterol level**

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

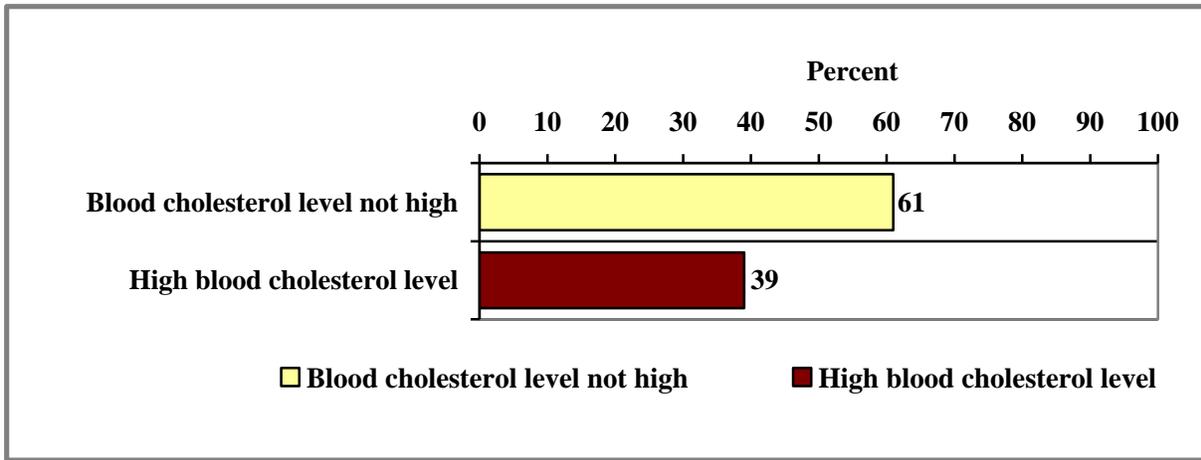
At risk: **Of those who reported that they had blood cholesterol test done**, those respondents who answered “yes” are considered at risk.

Table 8: Blood cholesterol level (overall)

Blood cholesterol level	Frequency (n)
High blood cholesterol	364
Blood cholesterol not high	352

Figure 14: Blood cholesterol level (overall)

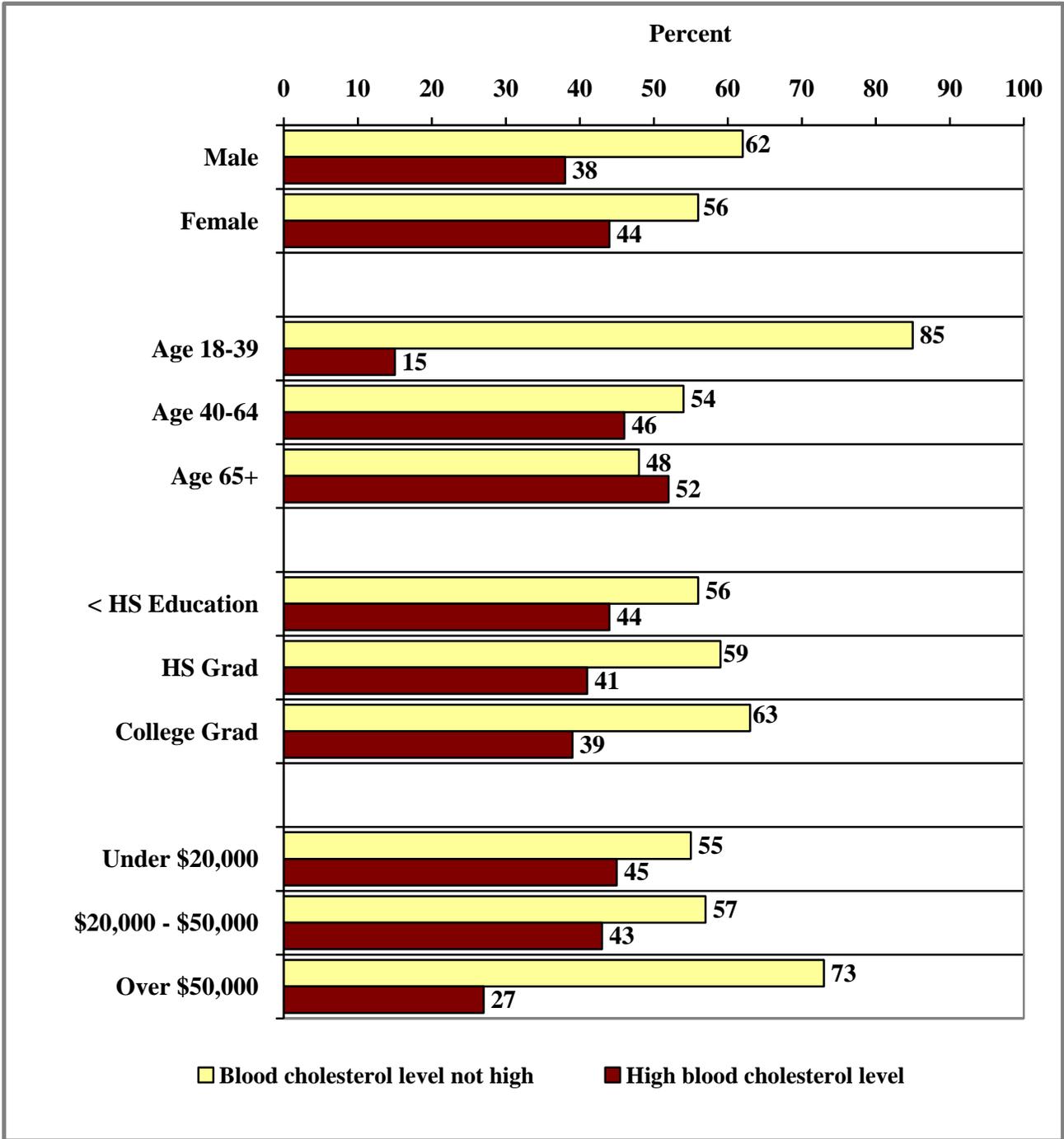
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Cholesterol (continued)

**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

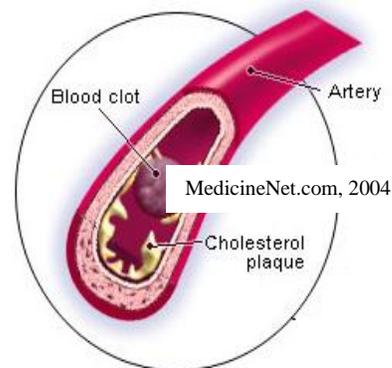
### Myocardial infarction (heart attack)

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.<sup>3</sup>

#### **Risk Factor Definition: Ever had a myocardial infarction**

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

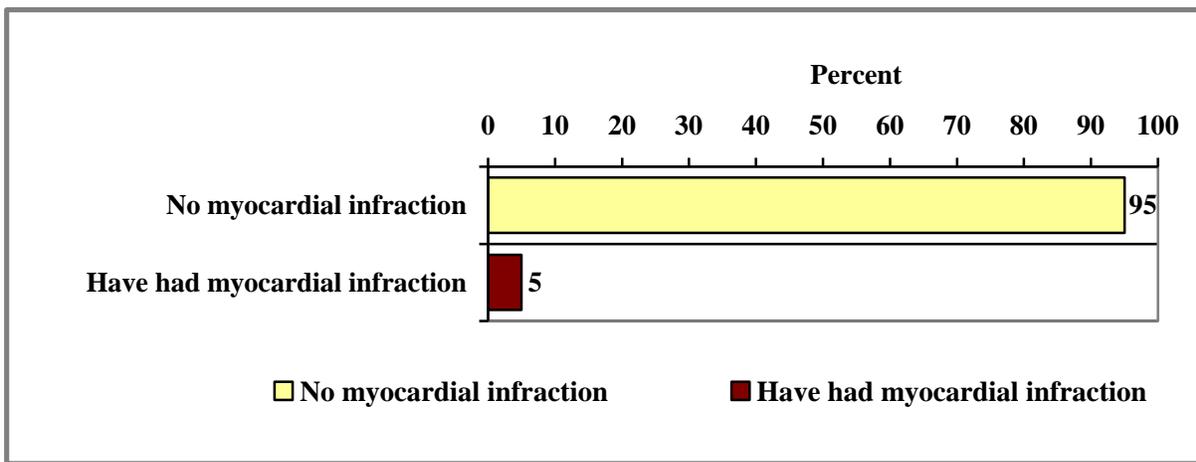
**At risk:** Those who answered “yes” are considered at risk.



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

Myocardial infraction	Frequency (n)
Have had myocardial infarction	72
No myocardial infarction	701

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

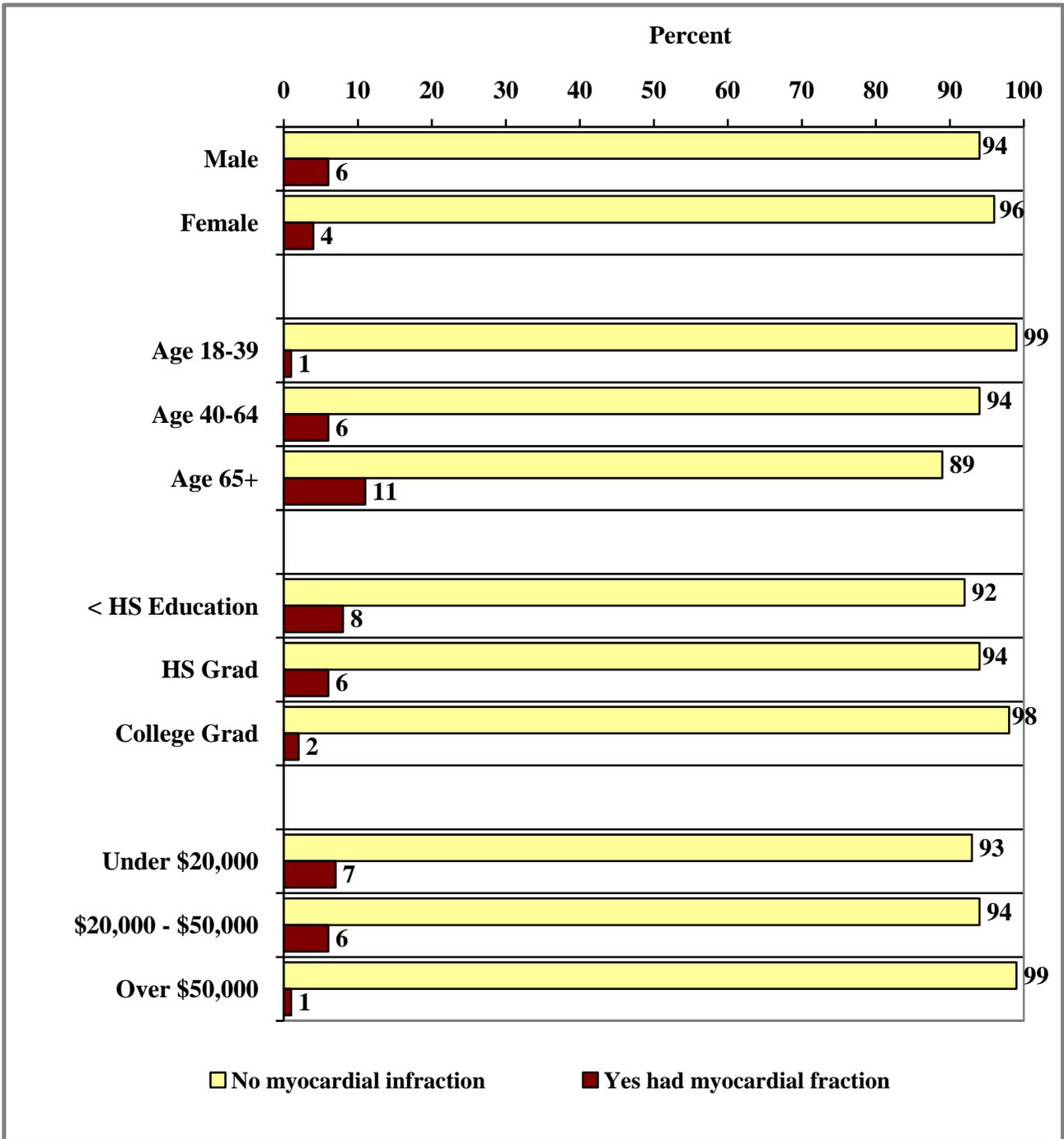


<sup>3</sup> [http://www.nhlbi.nih.gov/health/dci/Diseases/HeartAttack/HeartAttack\\_WhatIs.html](http://www.nhlbi.nih.gov/health/dci/Diseases/HeartAttack/HeartAttack_WhatIs.html)

Cardiovascular Disease Prevalence (continued)

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

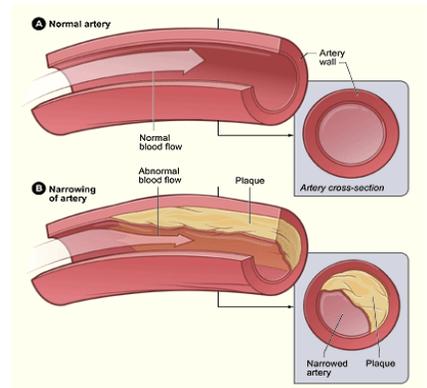
Figure 17: Myocardial infarction (heart attack) (by selected characteristics)



## Cardiovascular Disease Prevalence (continued)

### Angina or coronary heart disease

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



#### **Risk Factor Definition: Ever had angina or coronary heart disease**

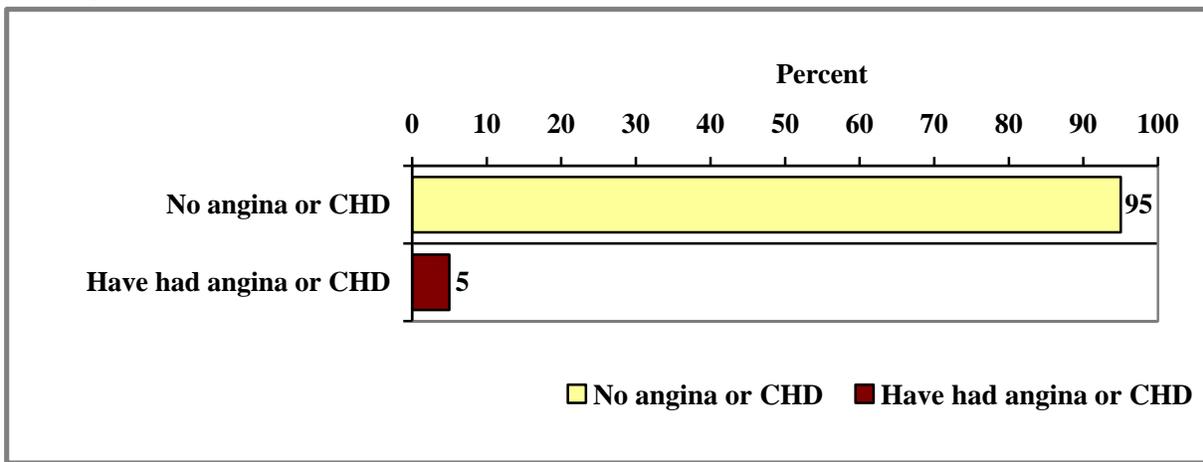
**Question:** Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?

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

**Table 10:** Angina or coronary heart disease (overall)

Angina or CHD	Frequency (n)
Have had angina or coronary heart disease	64
No angina or coronary heart disease	698

**Figure 18:** Angina or coronary heart disease (overall)

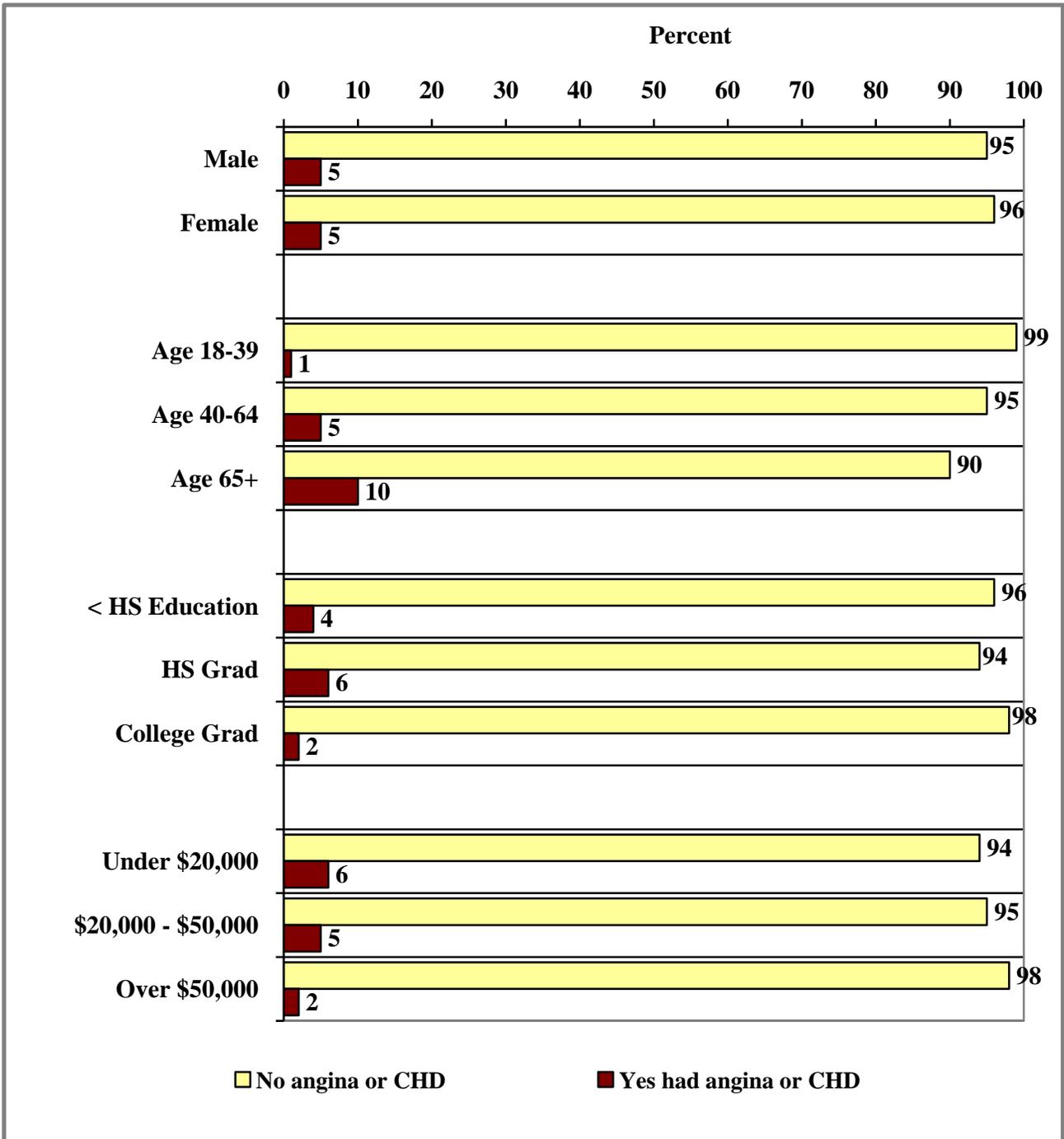


<sup>4</sup> [http://www.nhlbi.nih.gov/health/dci/Diseases/Angina/Angina\\_WhatIs.html](http://www.nhlbi.nih.gov/health/dci/Diseases/Angina/Angina_WhatIs.html)

Cardiovascular Disease Prevalence (continued)

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

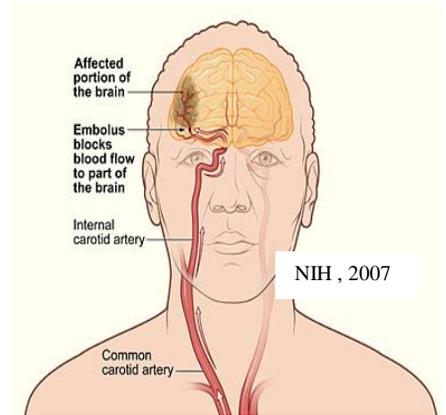
Figure 19: Angina or coronary heart disease (by selected characteristics)



**Cardiovascular Disease Prevalence (continued)**

**Stroke**

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



**Risk Factor Definition: Ever had a stroke**

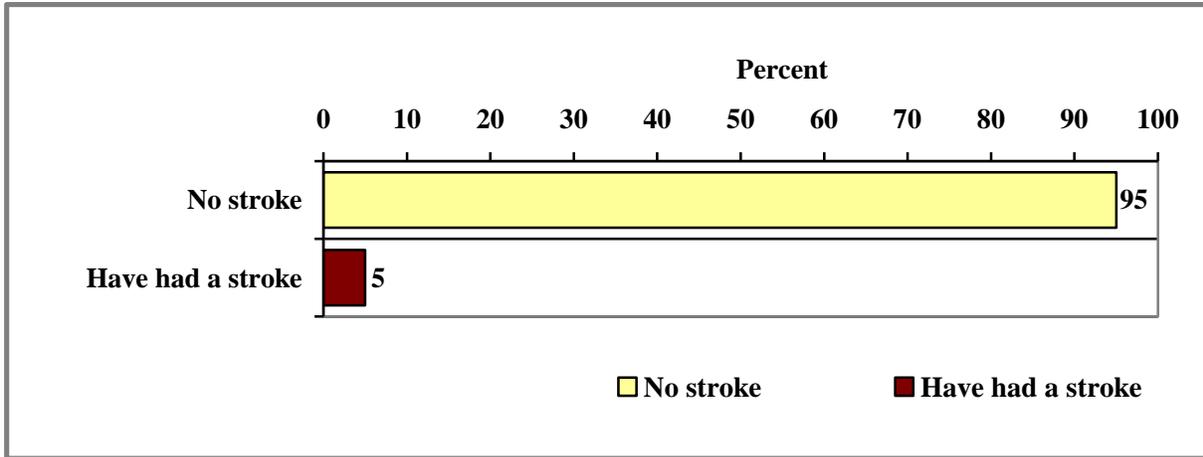
**Question:** Has a doctor, nurse, or other health professional ever told you that you had a stroke?

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

**Table 11:** Stroke (overall)

Stroke	Frequency (n)
Have had a stroke	47
No stroke	730

**Figure 20:** Stroke (overall)

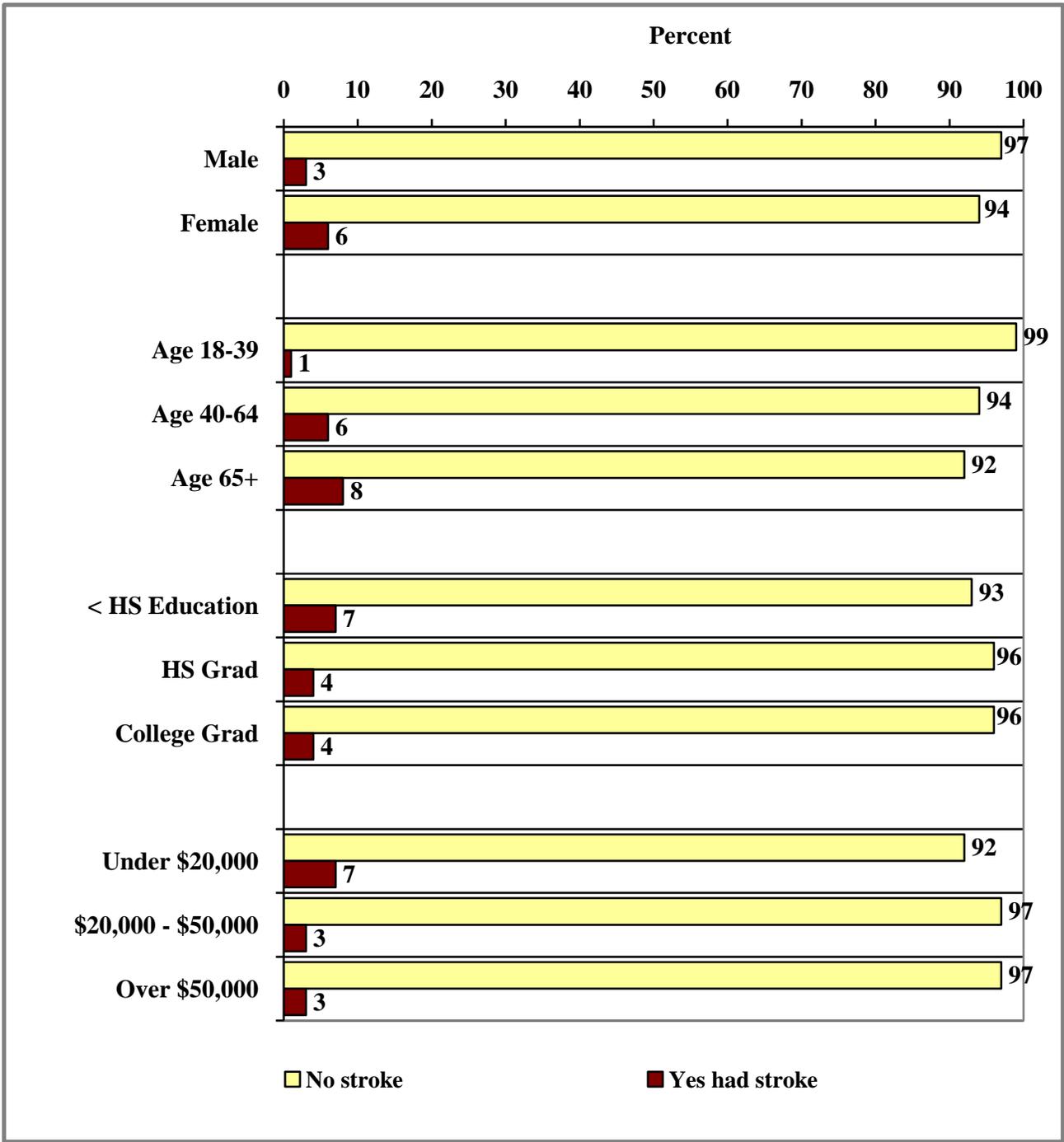


<sup>5</sup> <http://www.ninds.nih.gov/disorders/stroke/knowstroke.htm#whatis>  
 Newton County Adult Health Survey Statistics

Cardiovascular Disease Prevalence (continued)

**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. Asthma is a serious and growing health problem. Severe asthma attacks often result in hospitalizations or emergency department visits.



### **Risk Factor Definition: Ever had asthma**

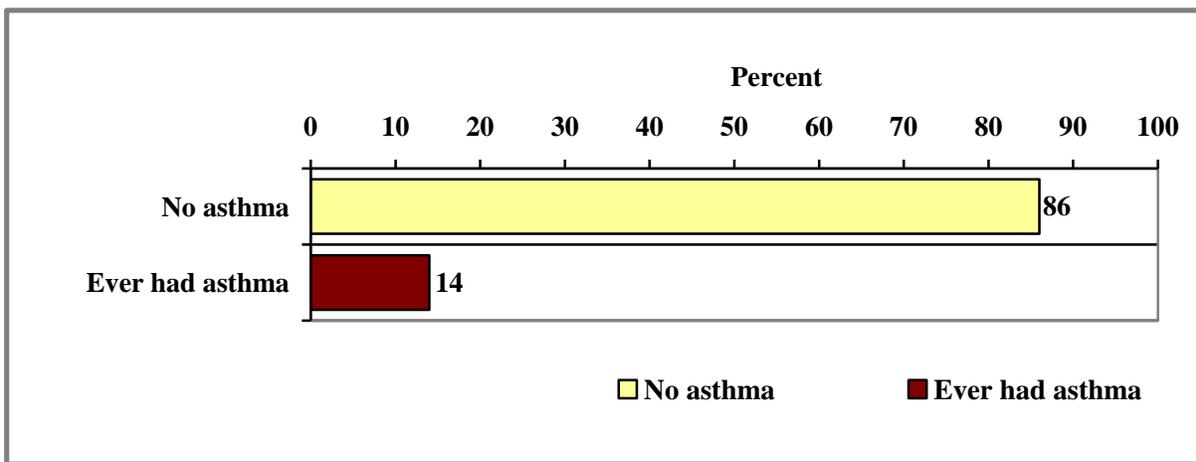
**Question:** Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

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

Table 12: Asthma (overall)

Asthma	Frequency (n)
Ever had asthma	99
No asthma	713

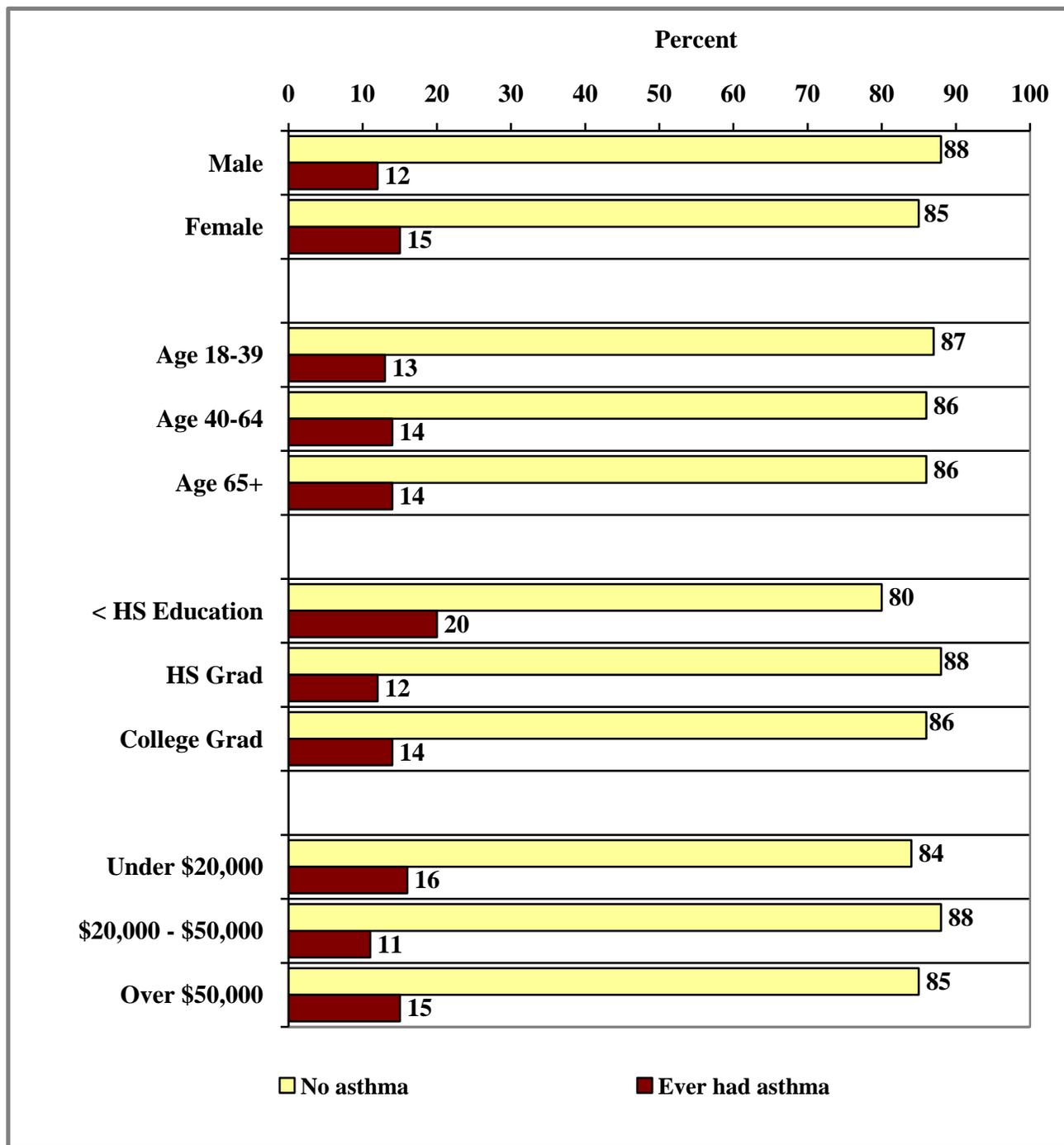
Figure 22: Asthma (overall)



Asthma (continued)

**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?

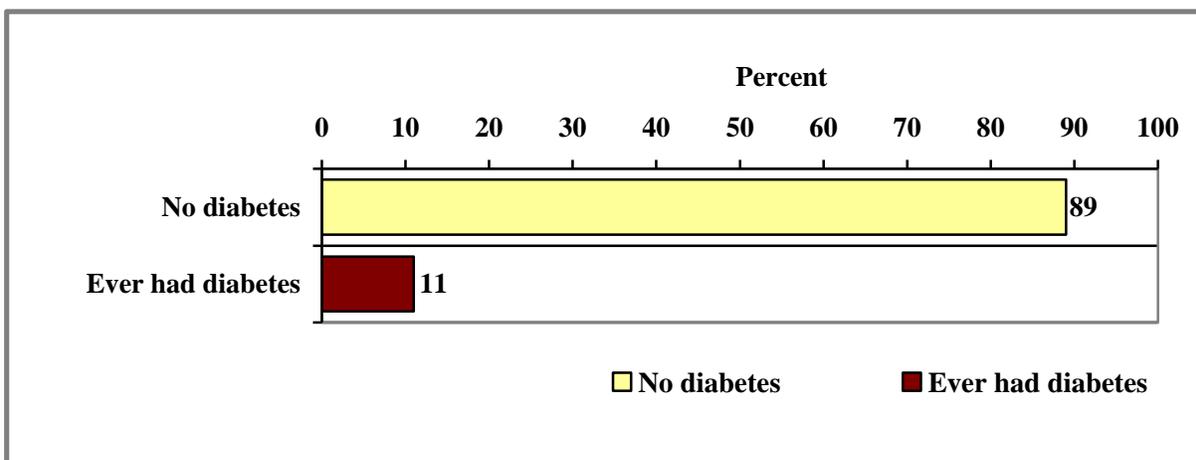
**At risk:** Those who answered “yes” are considered at risk.



Table 13: Diabetes (overall)

Diabetes	Frequency (n)
Ever had diabetes	130
No diabetes	682

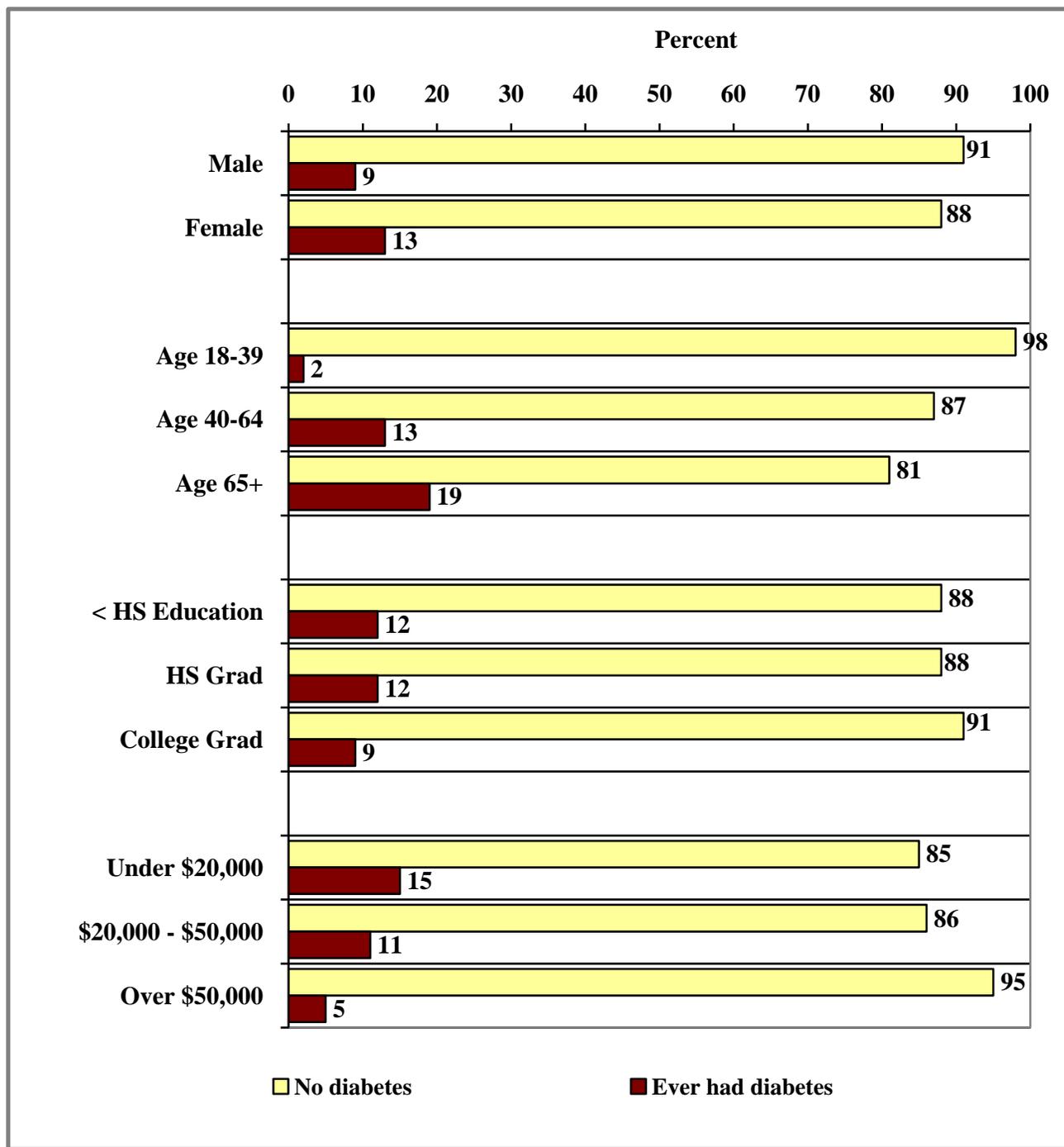
Figure 24: Diabetes (overall)



Diabetes (continued)

**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. Arthritis limits everyday activities and adversely affects physical and mental health. The term arthritis encompasses over 100 different conditions affecting the joints and muscles.

#### Diagnosed with Arthritis

#### Risk Factor Definition: Ever had arthritis

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

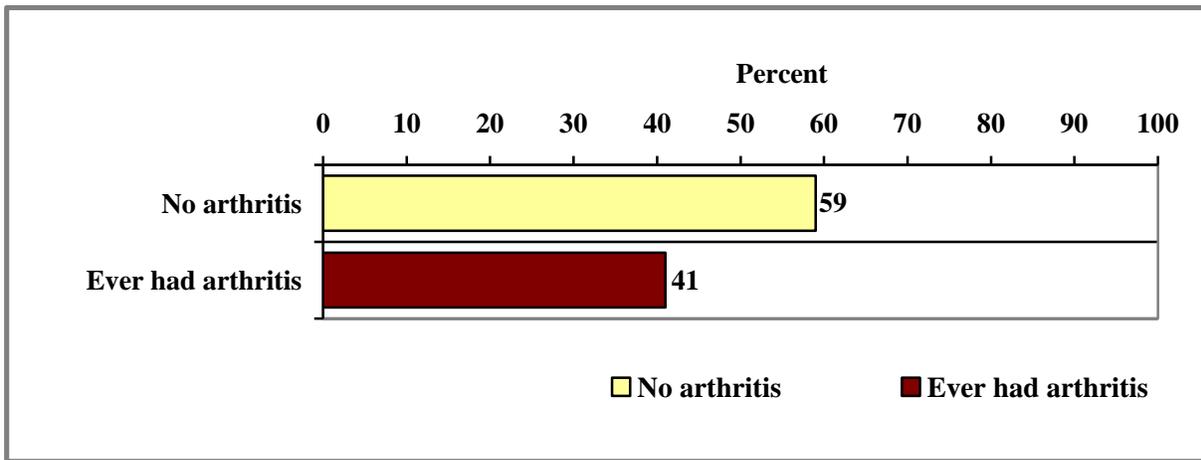
At risk: Those who answered “yes” are considered at risk.



Table 14: Arthritis (overall)

Arthritis	Frequency (n)
Ever had arthritis	342
No arthritis	466

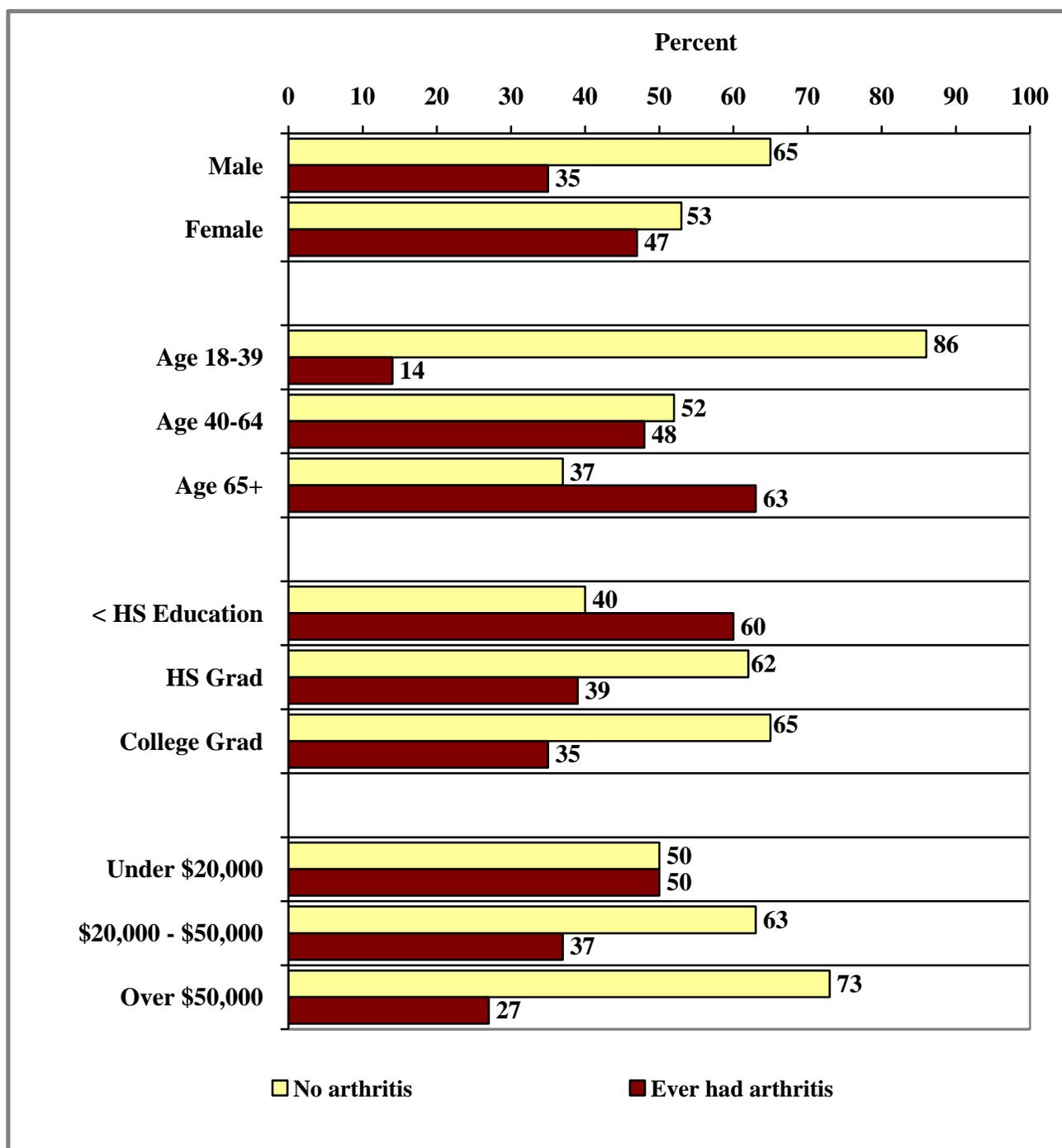
Figure 26: Arthritis (overall)



Arthritis (continued)

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

Figure 27: Arthritis (by selected characteristics)



## Arthritis (continued)

### Activity Limitations

#### **Risk Factor Definition: Have activity limitations due to joint symptoms**

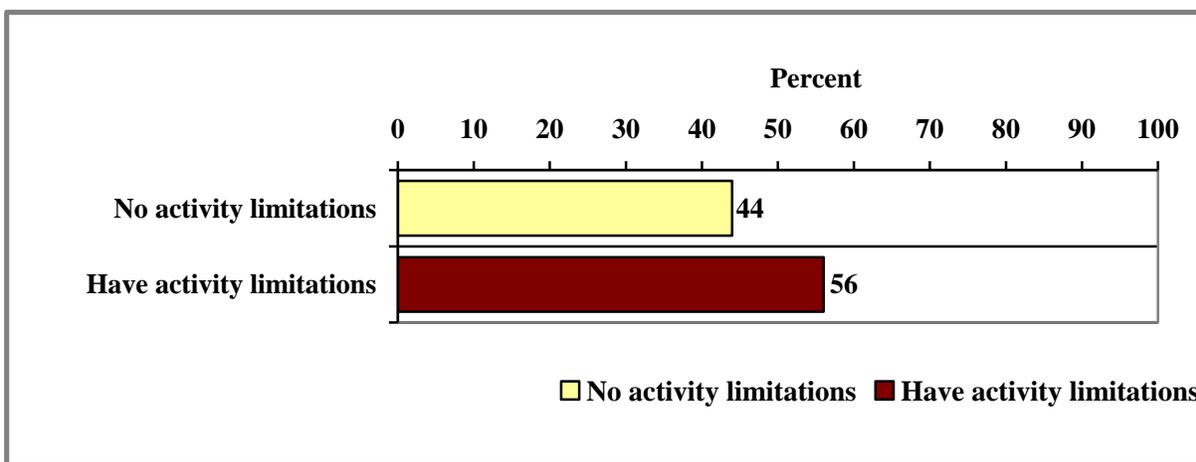
Question: Are you now limited in any of your usual activities because of arthritis or joint symptoms?

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

Table 15: Activity limitations (overall)

Activity limitations	Frequency (n)
Have activity limitations	158
No activity limitations	183

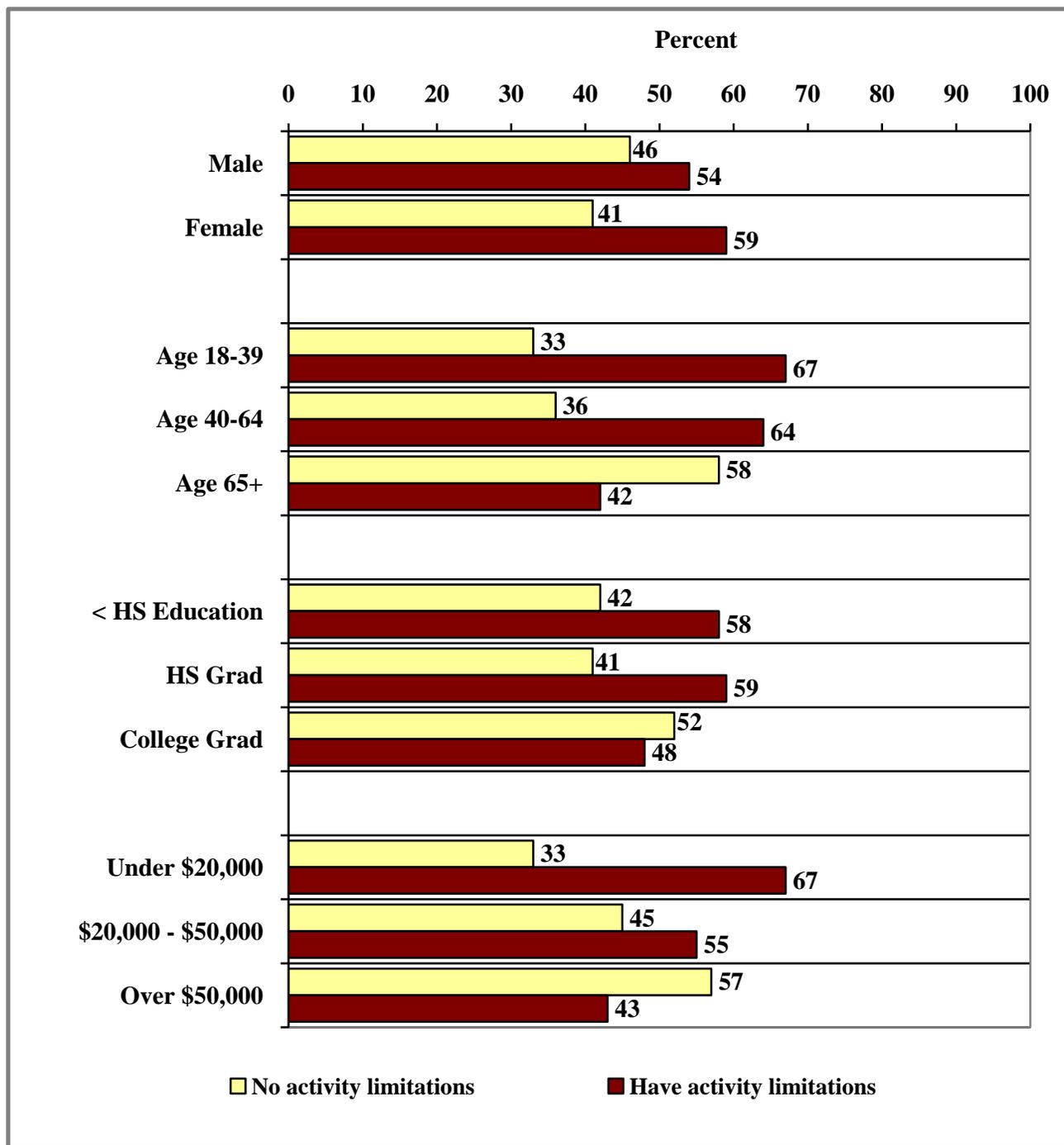
Figure 28: Activity limitations (overall)



Arthritis (continued)

**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. Some of the risk factors include age, family, history, physical inactivity, obesity and cigarette smoking.

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

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

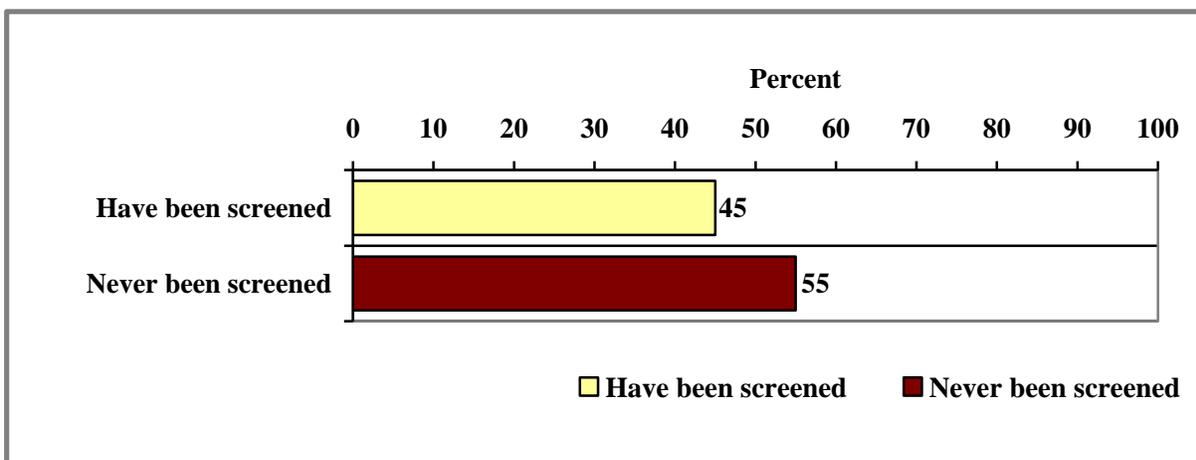
**Question:** Have you ever had these exams?

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

Table 16: Colorectal cancer screening (overall)

Colorectal cancer screening	Frequency (n)
Never been screened	132
Have been screened	379

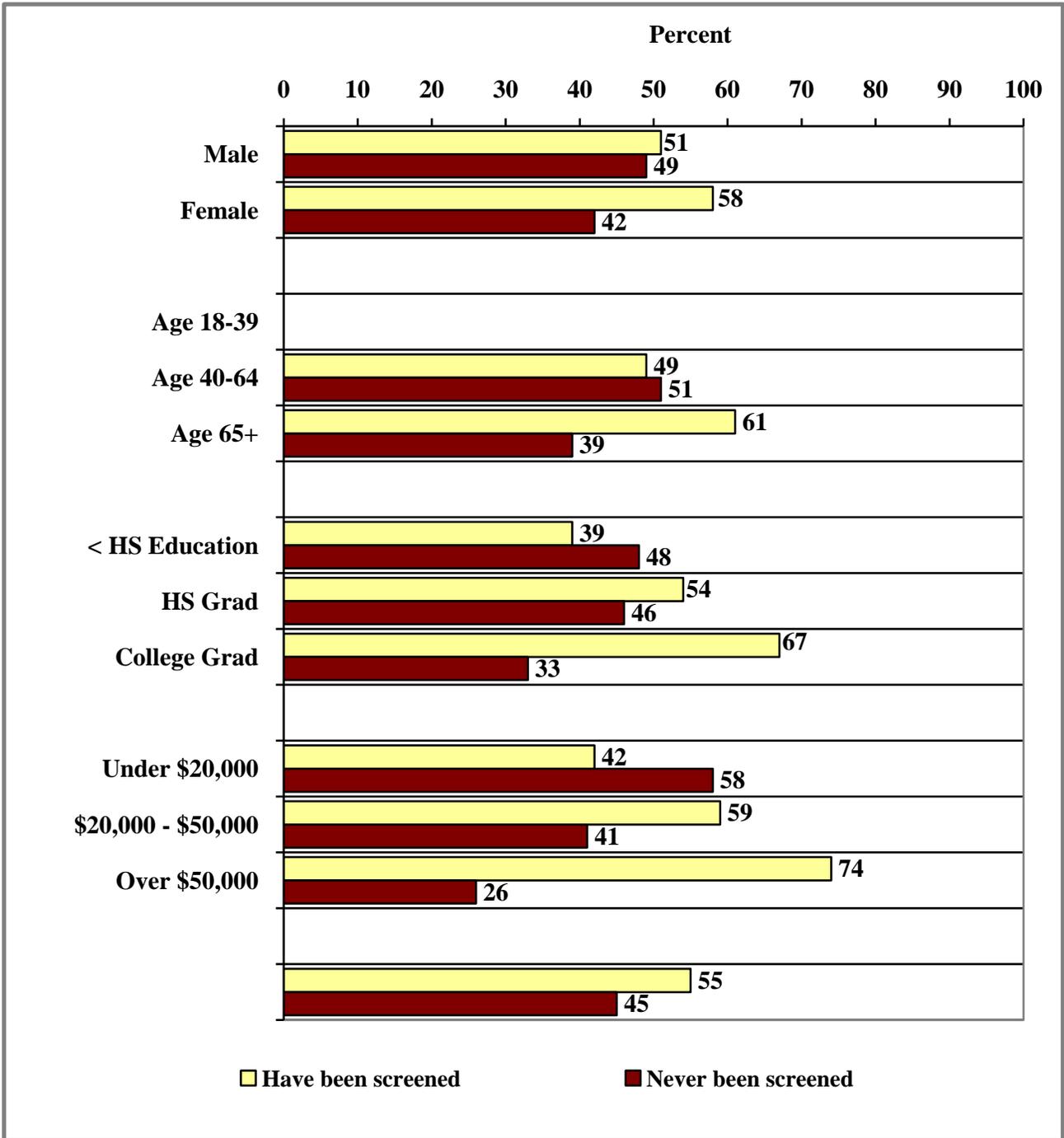
Figure 30: Colorectal cancer screening (overall)



**Colorectal Cancer Screening** (continued)

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

Figure 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**

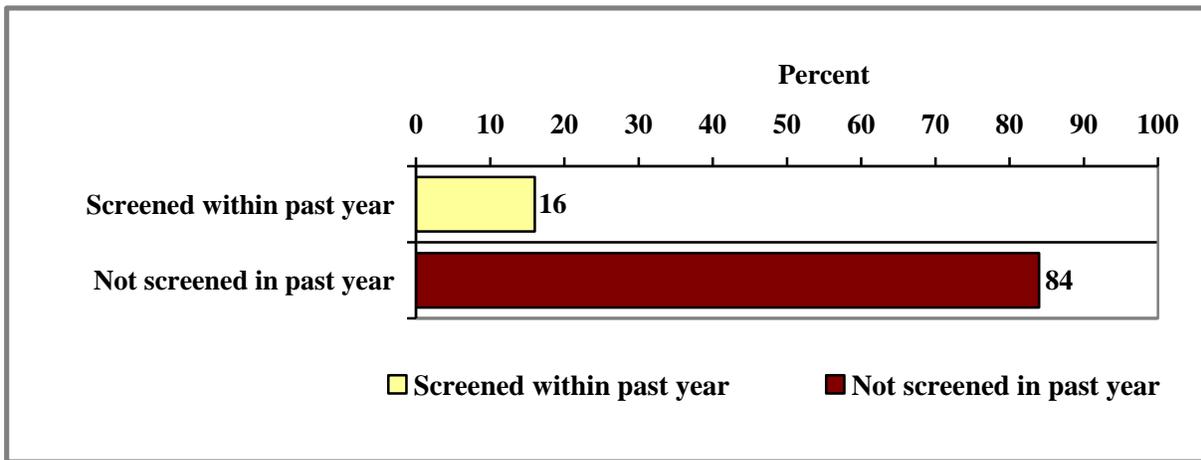
**Question:** Have you ever had these exams?

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

Table 17: Prostate cancer screening (overall)

Prostate cancer screening	Frequency (n)
Never or more than year ago	141
Within past year	79

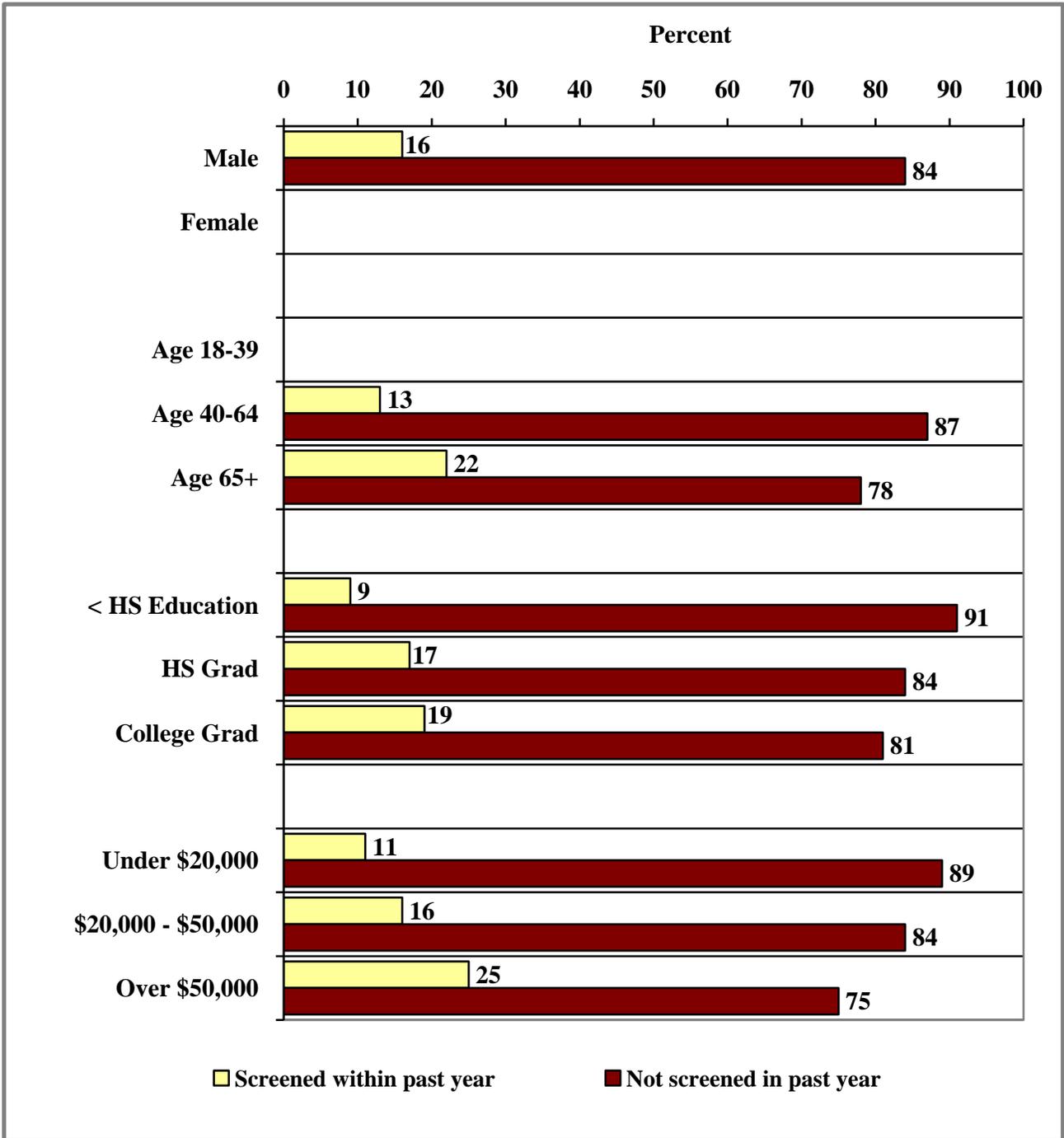
Figure 32: Prostate cancer screening (overall)



Prostate Cancer Screening (continued)

**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.

**Risk Factor Definition: No influenza shot within past 12 months**

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

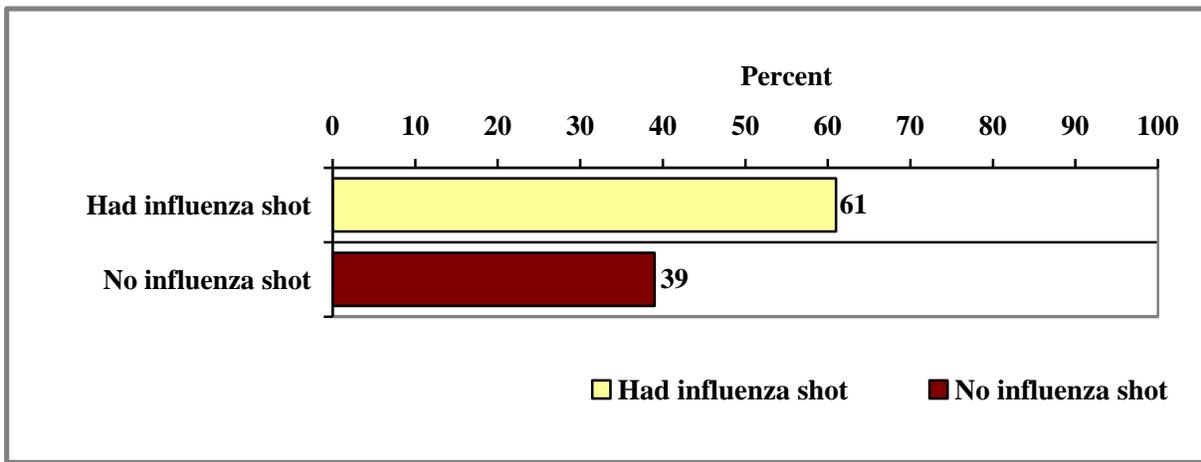
At risk: Those who answered “No” are considered at risk.



Table 18: Influenza shot (overall)

Influenza shot	Frequency (n)
No influenza vaccine	295
Had influenza vaccine	510

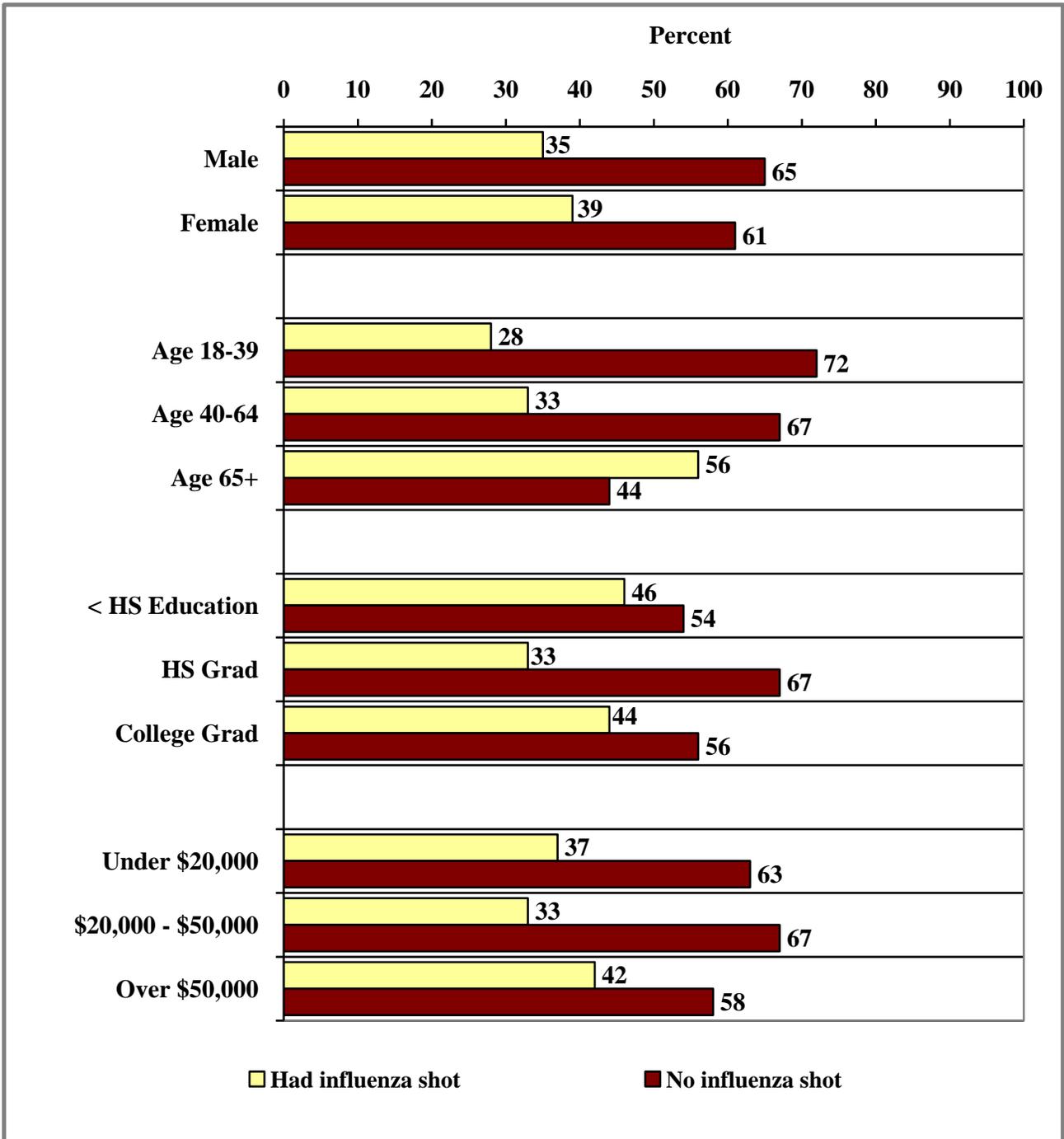
Figure 34: Influenza shot (overall)



Immunization – Influenza Shot (continued)

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

Figure 35: Influenza shot (by selected characteristics)



## Oral Health

### Permanent Teeth Extraction

#### **Risk Factor Definition: Permanent teeth extraction**

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

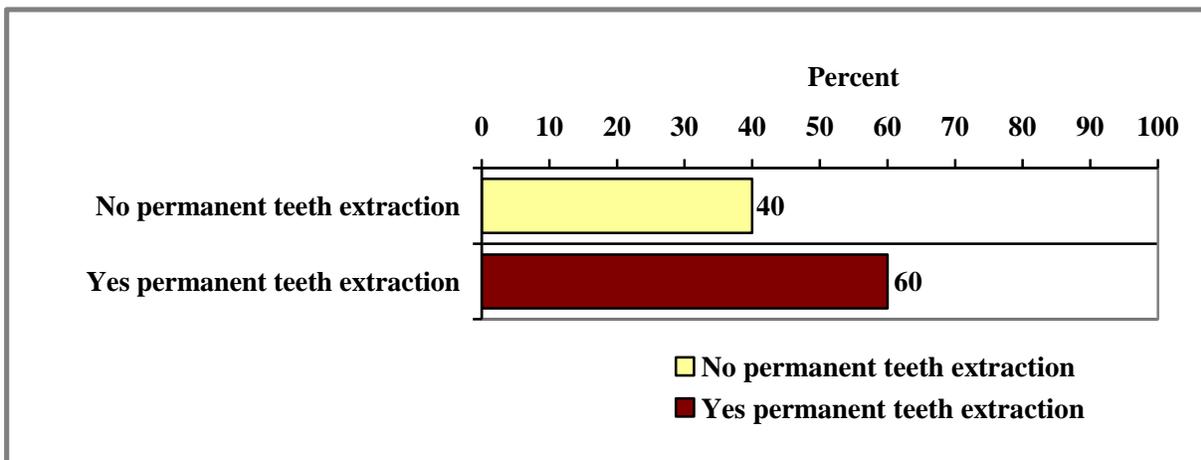
**At risk:** Those who answered “1 or more” are considered at risk.



**Table 19:** Permanent teeth extraction (overall)

Permanent teeth extraction	Frequency (n)
Permanent teeth extraction	465
No permanent teeth extraction	308

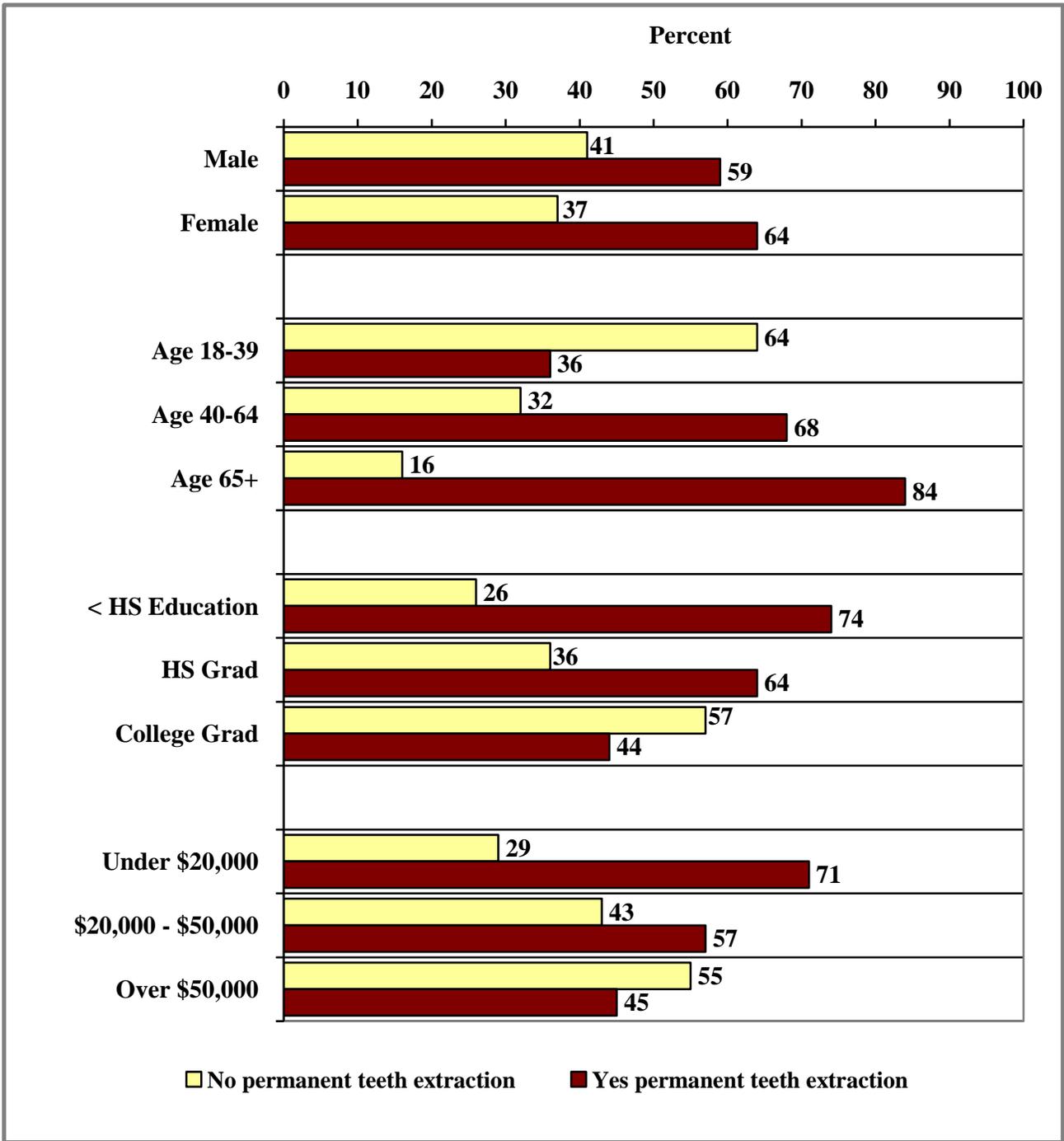
**Figure 36:** Permanent teeth extraction (overall)



Oral Health (continued)

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

Figure 37: Permanent teeth extraction (by selected characteristics)



## Oral Health (continued)

### Last dental visit

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

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

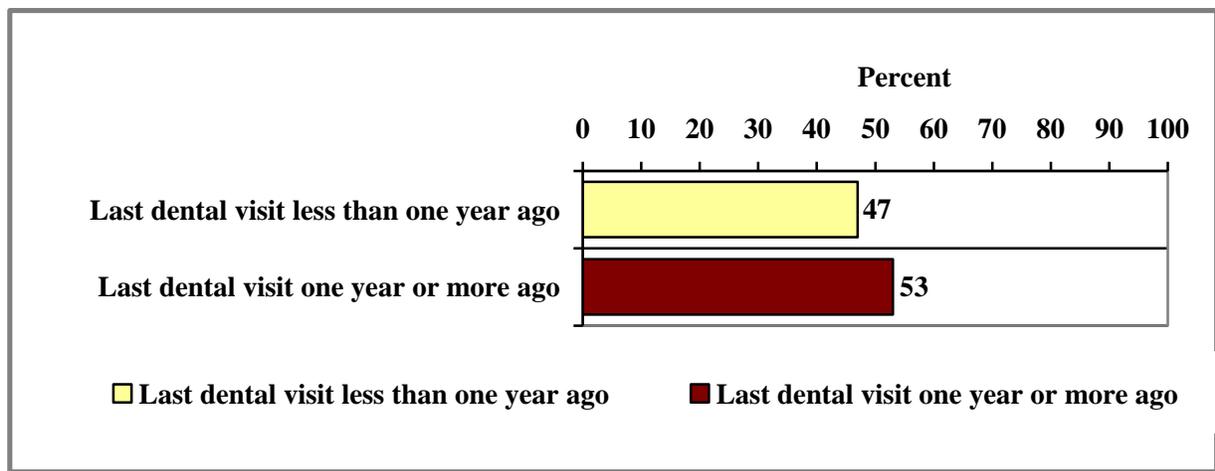
At risk: Those who answered “1 year or more” are considered at risk.



Table 20: Last dental visit (overall)

Dental visit	Frequency (n)
Last dental visit one year or more ago	242
Last dental visit less than one year ago	535

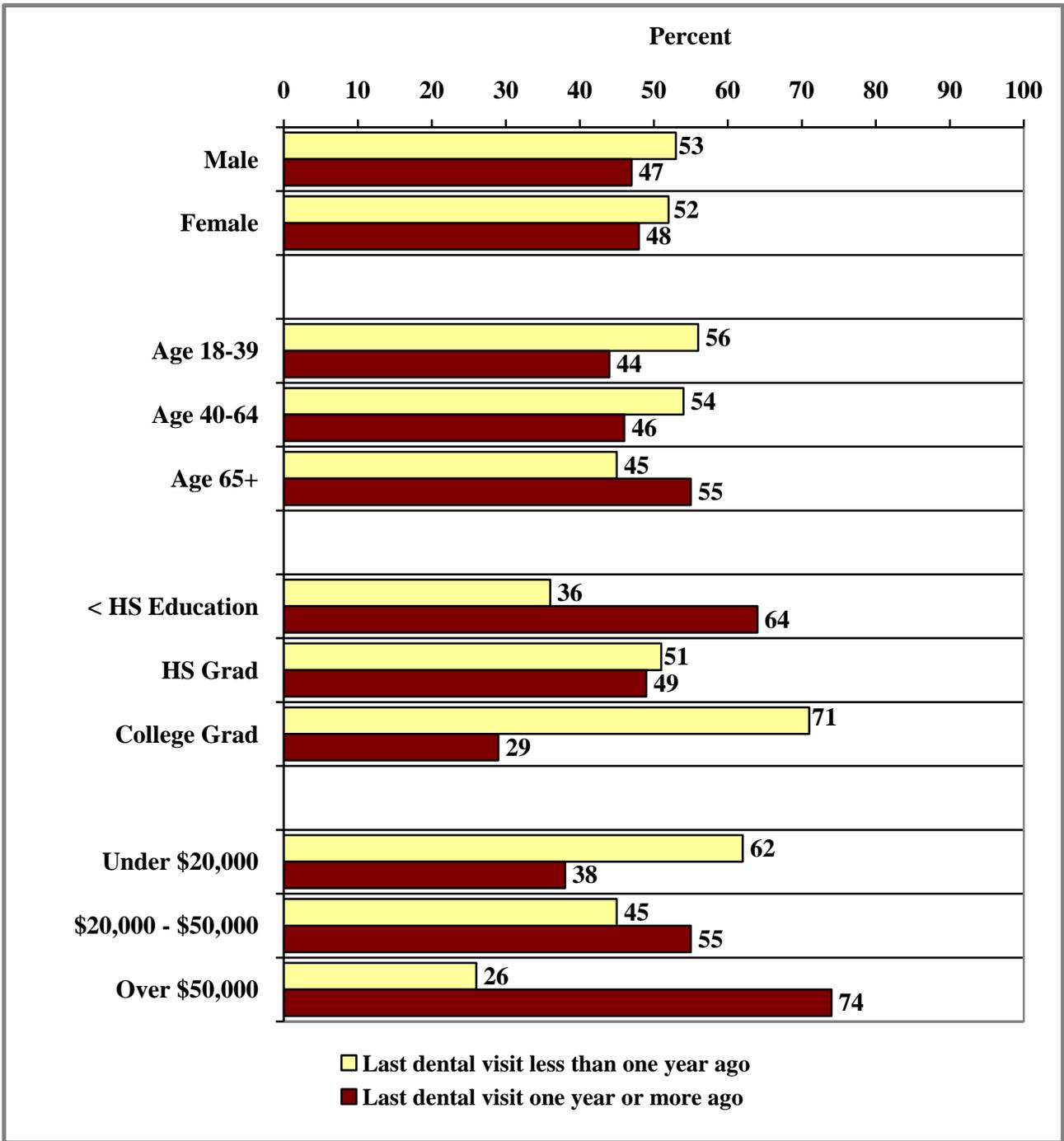
Figure 38: Last dental visit (overall)



Oral Health (continued)

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

Figure 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?

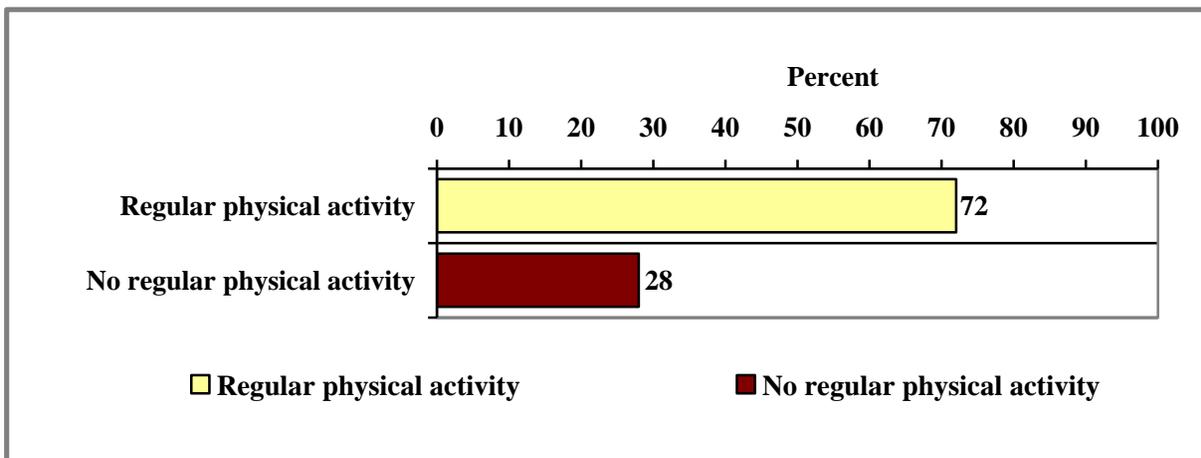
**At risk:** Those who do not participate in physical activity on a regular basis are at risk.



Table 21: Regular physical activity (overall)

Regular physical activity	Frequency (n)
No regular physical activity	216
Regular physical activity	599

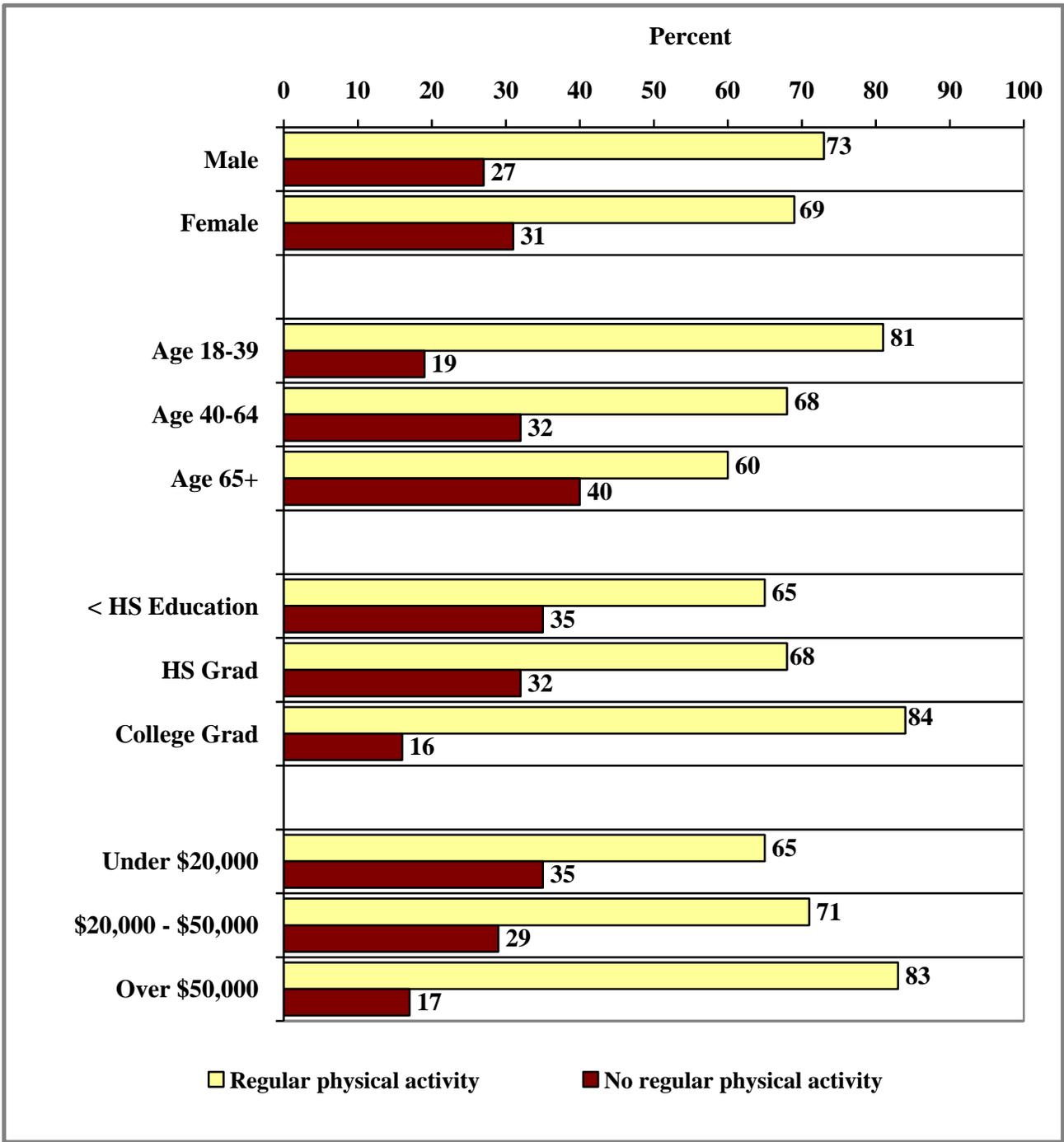
Figure 40: Regular physical activity (overall)



Physical Activity (continued)

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

Figure 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. They raise the risk of social stigmatization, discrimination, and low-self esteem along with raising the risk of certain illnesses. Some of these illnesses include high blood pressure, high cholesterol, diabetes, heart disease, stroke, gall bladder disease, arthritis, sleep disturbance, breathing problems, and certain types of cancer.

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

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

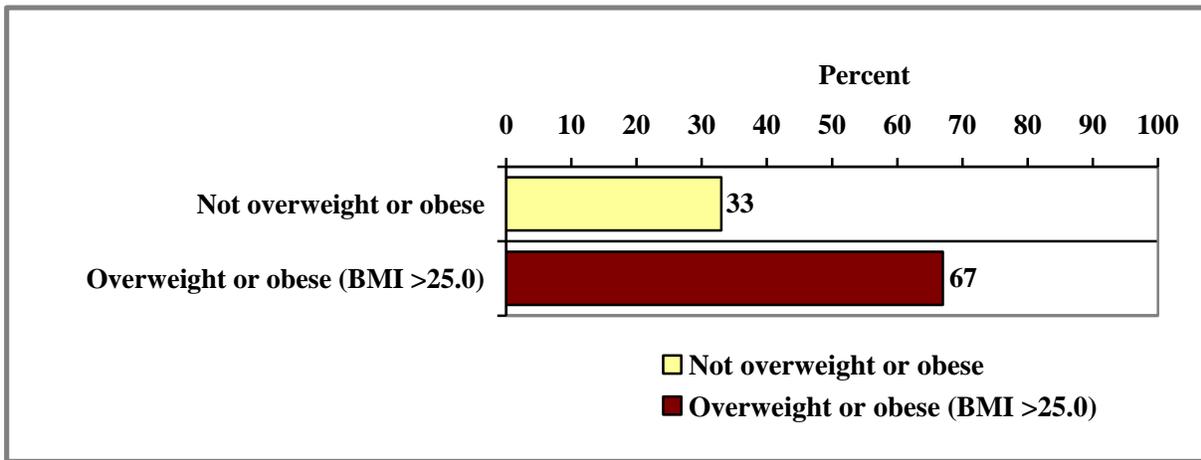
**At risk:** Those with a Body Mass Index (BMI) of greater than 25.0 are overweight. BMI is a ratio of weight to height.



Table 22: Bodyweight (overall)

Overweight or obese	Frequency (n)
Overweight or obese BMI > 25	551
Not overweight or obese BMI < 25	249

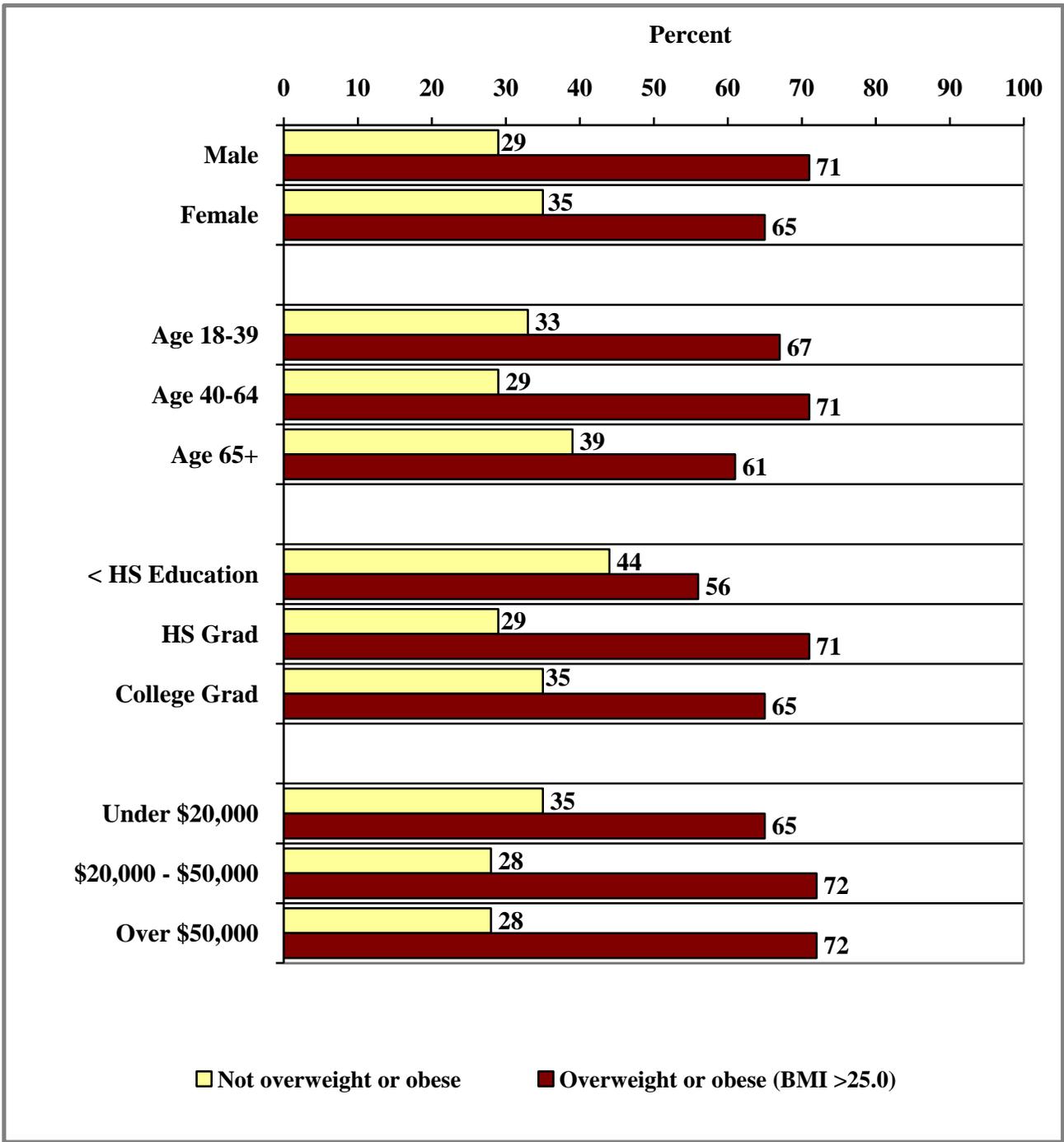
Figure 42: Bodyweight (overall)



**Overweight (continued)**

**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

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

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

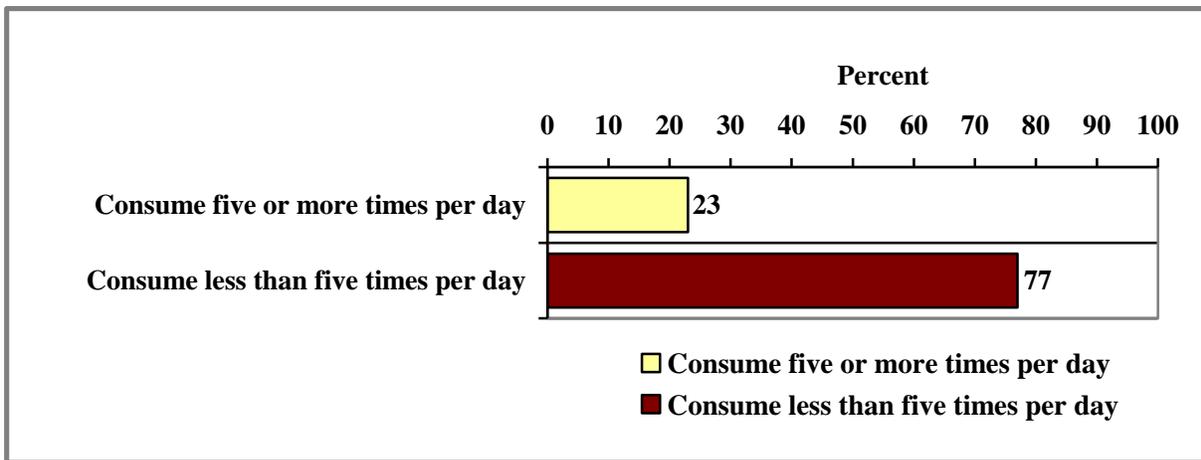
At risk: Those who answered “less than 5 times per day” are considered at risk.



Table 23: Consumption of fruits and vegetables (overall)

Fruits and vegetables	Frequency (n)
Consume less than 5 times per day	583
Consume 5 or more times per day	195

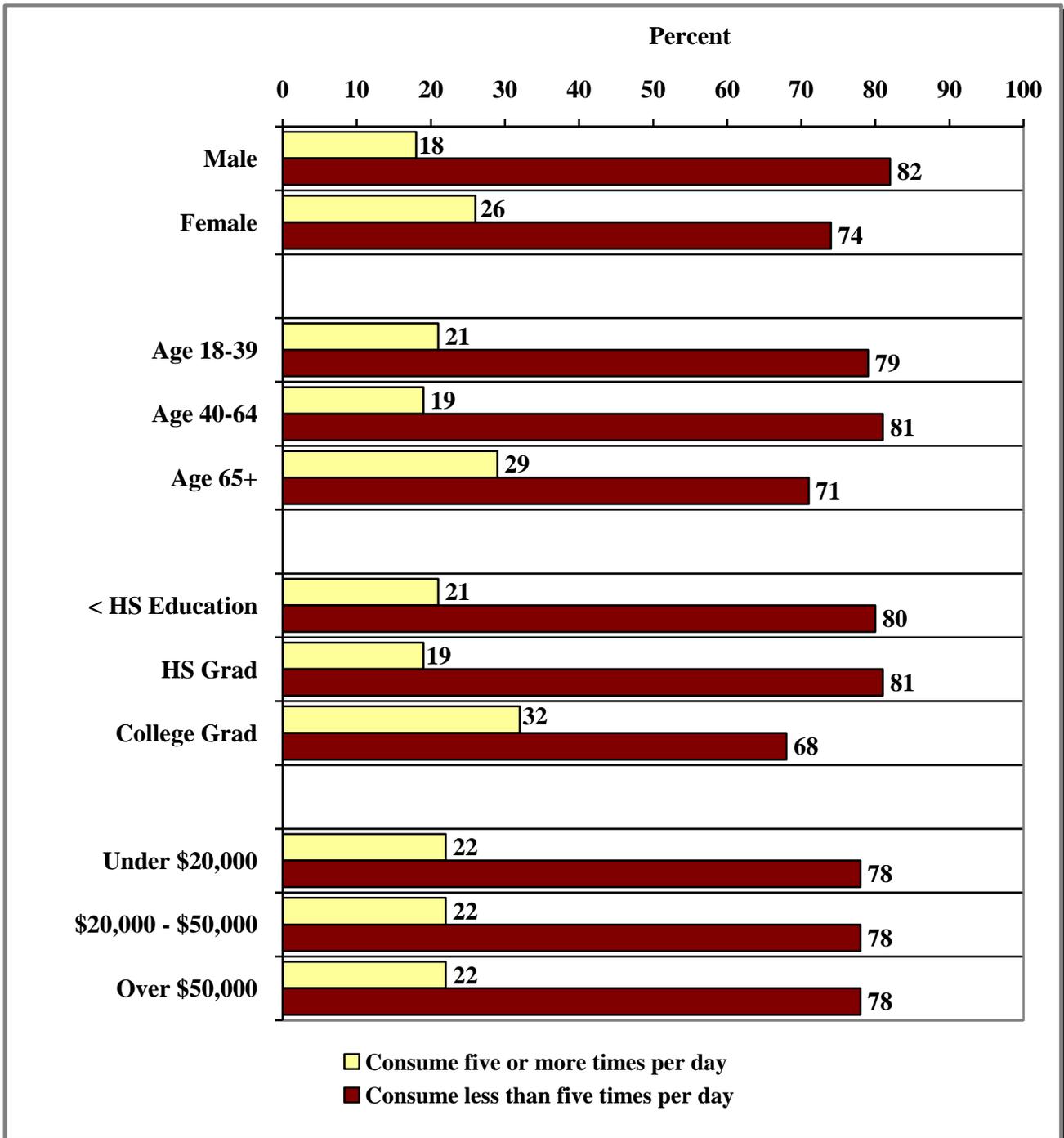
Figure 44: Consumption of fruits and vegetables (overall)



**Fruits and Vegetables (continued)**

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

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



## Disability

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

### Limitations due to physical, mental or emotional problems

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

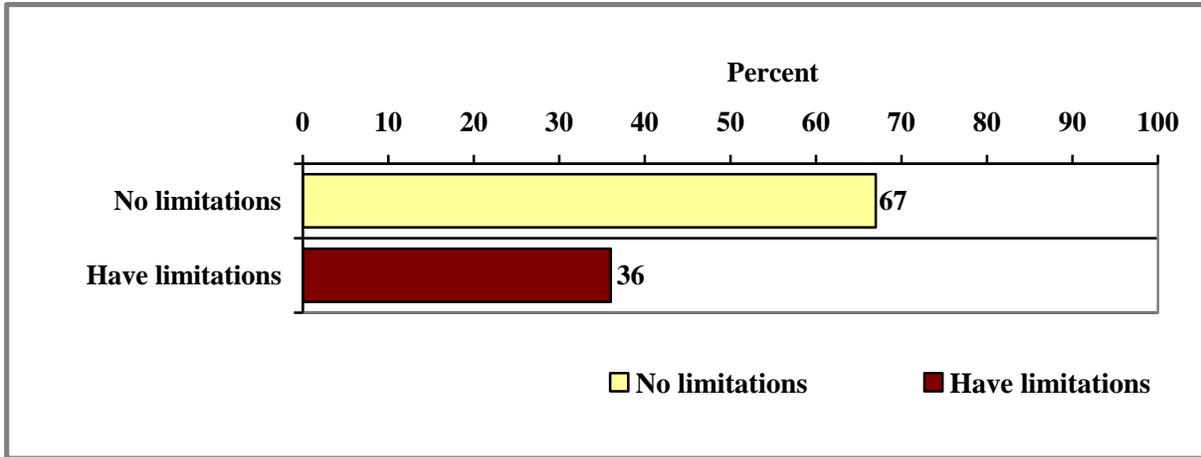
**Question:** Are you limited in any way in any activities because of physical, mental, or emotional problems?

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

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

Limitations due to physical, mental or emotional problems	Frequency (n)
Limitations	229
No limitations	565

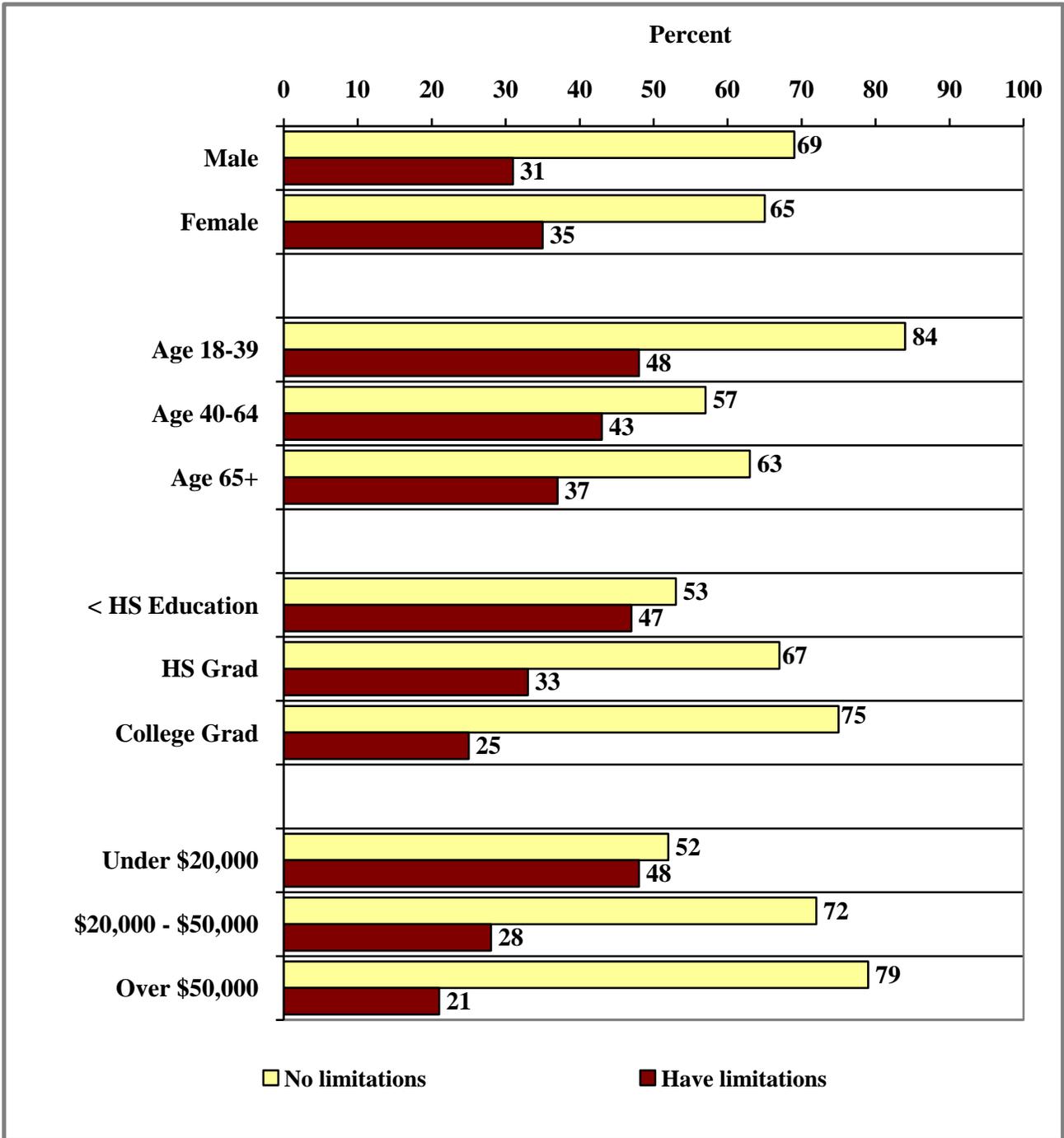
Figure 46: Limitations due to physical, mental or emotional problems (overall)



Disability (continued)

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

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



**Disability (continued)**

**Use of special equipment**

**Risk Factor Definition: Use of special equipment**

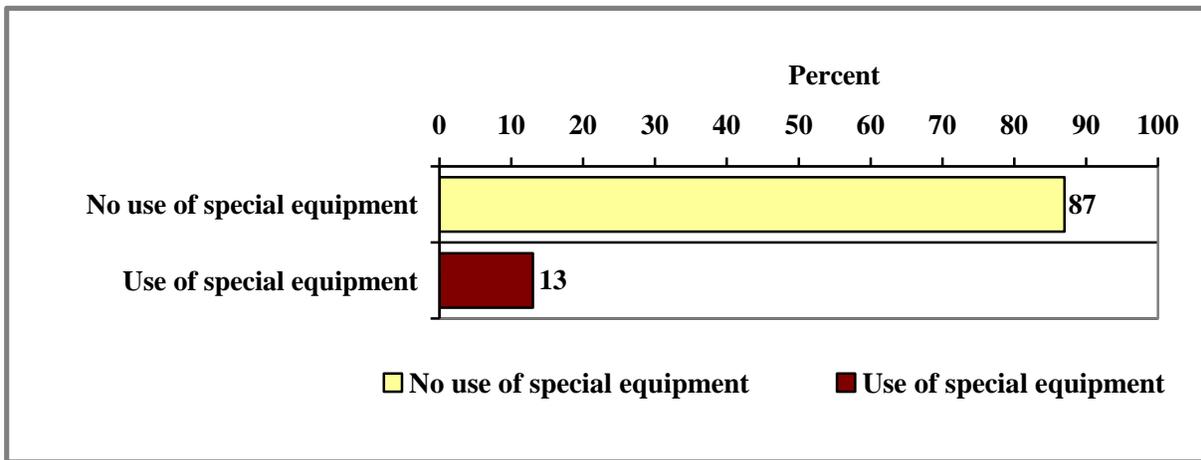
Question: Do you have any health problem that requires you to use special equipment, such as a cane, wheelchair, or special telephone?

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

Table 25: Use of special equipment (overall)

Use of special equipment	Frequency (n)
Use of special equipment	113
No use of special equipment	680

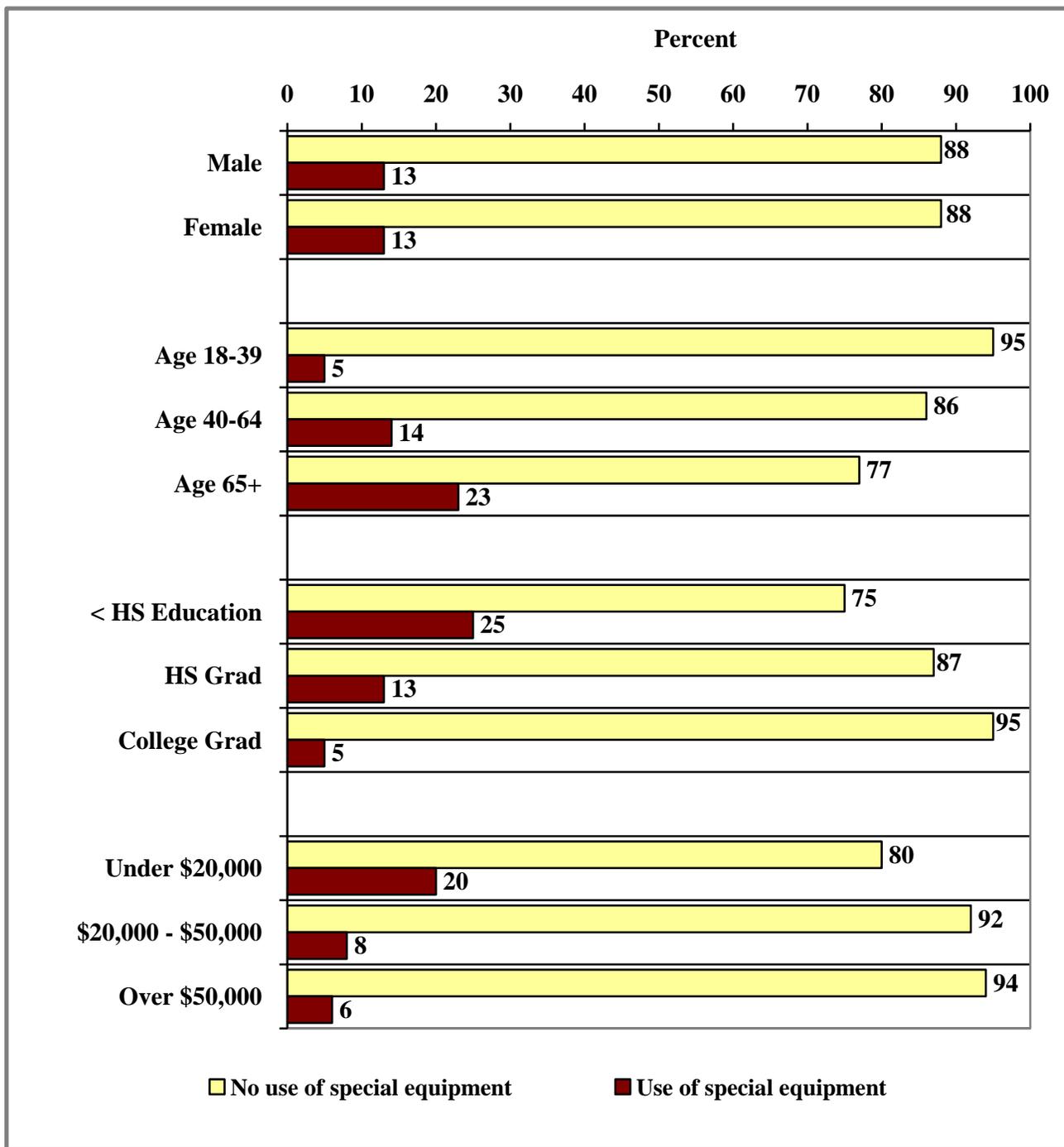
Figure 48: Use of special equipment (overall)



Disability (continued)

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

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



**Disability (continued)**

**Social and emotional support**

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

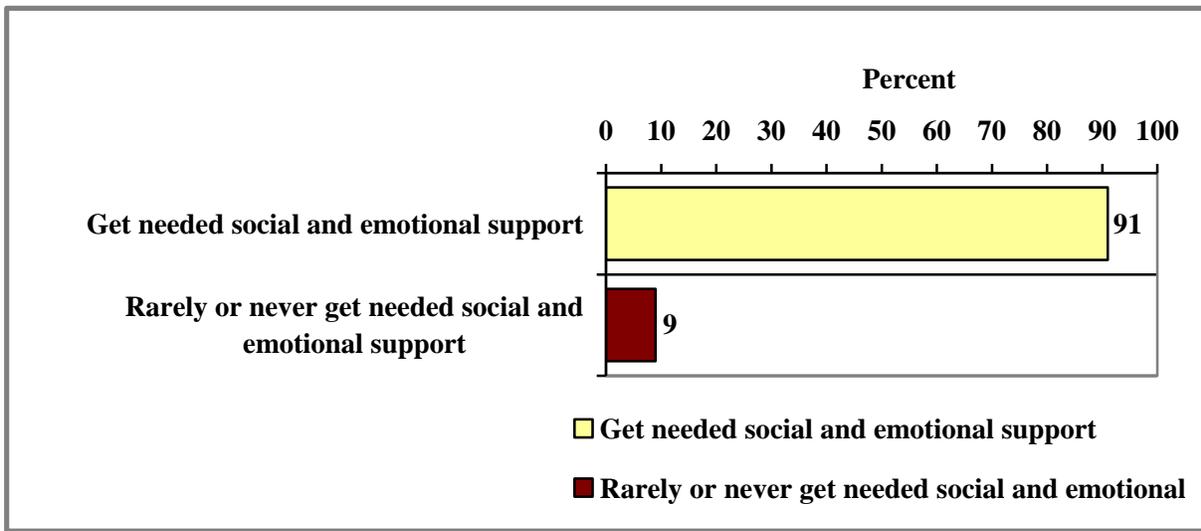
Question: How often do you get the social and emotional support that you need?

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

Table 26: Social and emotional support (overall)

Social and emotional support	Frequency (n)
Rarely or never get needed social/emotional support	73
Get needed social/emotional support	715

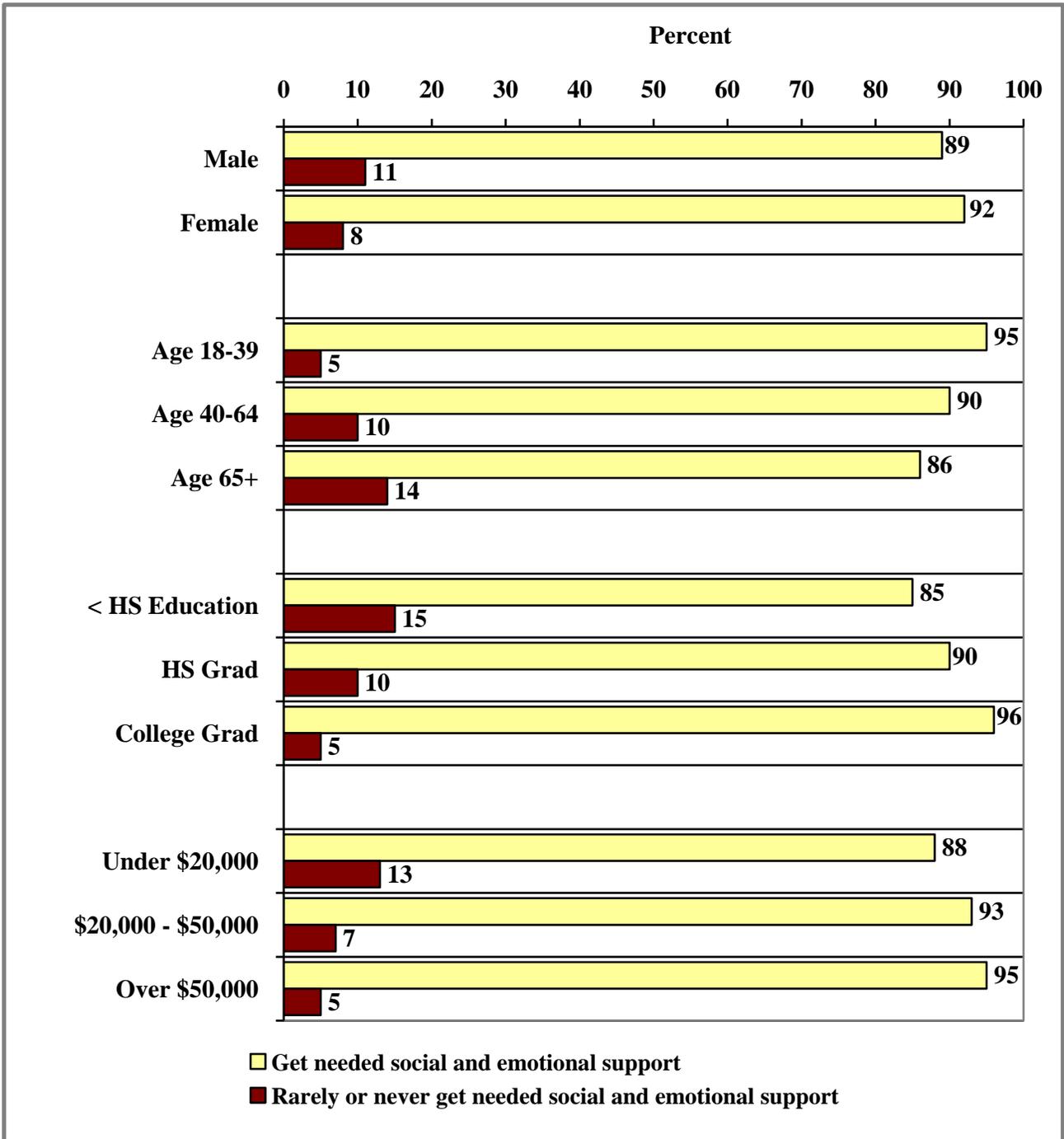
Figure 50: Social and emotional support (overall)



Disability (continued)

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

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



**Disability (continued)**

**Satisfaction with life**

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

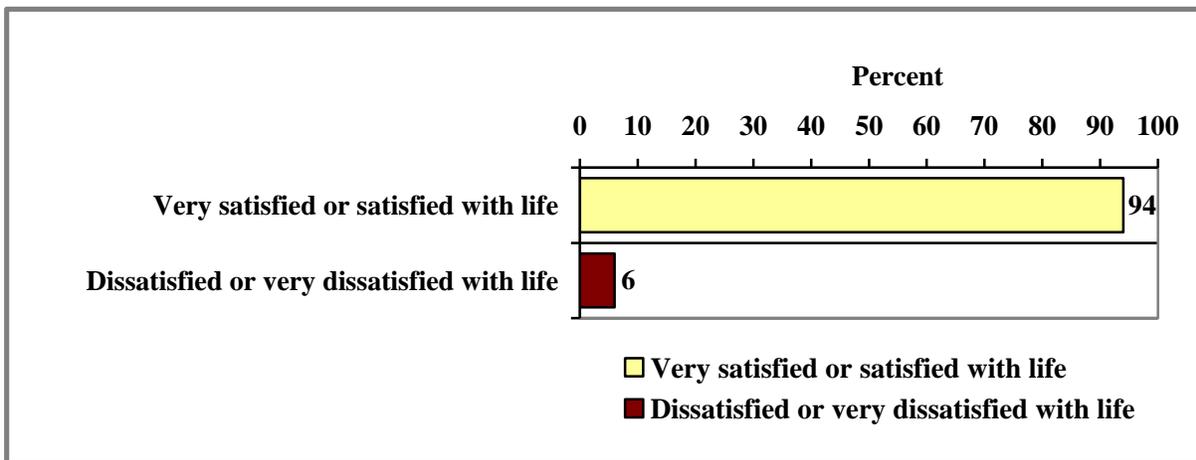
Question: In general, how satisfied are you with life?

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

Table 27: Satisfaction with life (overall)

Satisfaction with life	Frequency (n)
Dissatisfied or very dissatisfied with life	38
Very satisfied or satisfied with life	749

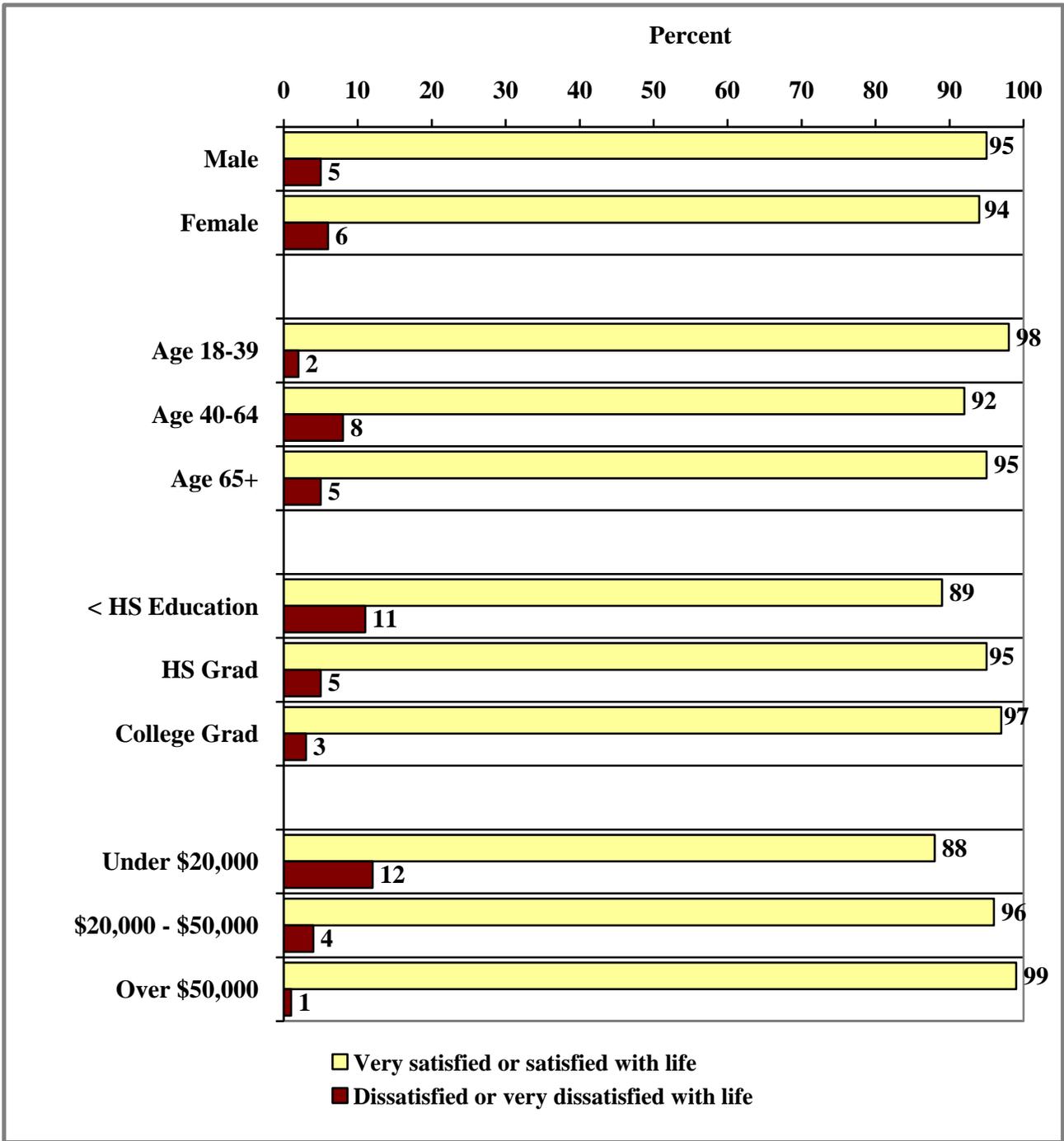
Figure 52: Satisfaction with life (overall)



Disability (continued)

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

Figure 53: Satisfaction with life (by selected characteristics)



## Alcohol Consumption

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

### Any Alcoholic Drink

#### **Risk Factor Definition: Had one drink of alcohol**

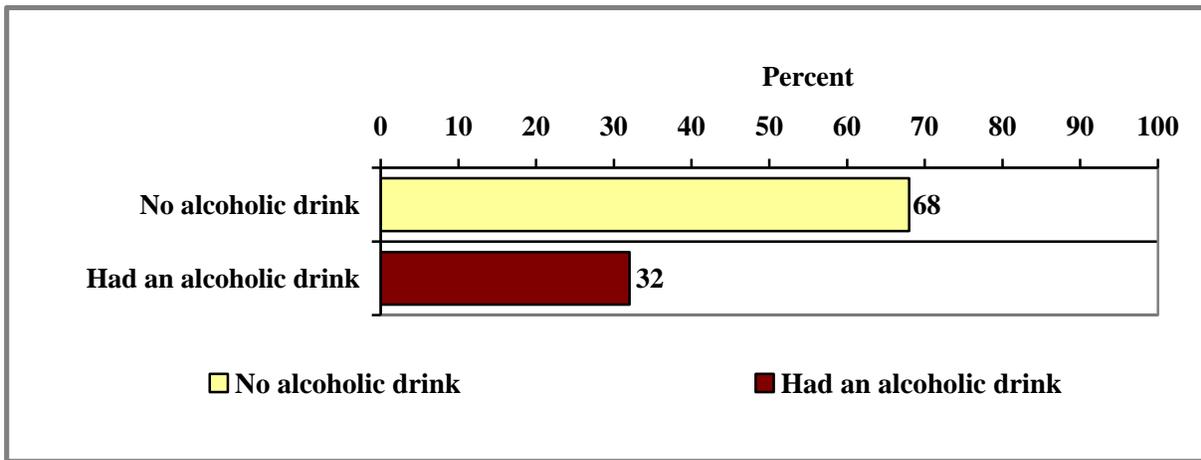
Question: During the thirty days preceding the survey, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

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

Table 28: Any alcoholic drink (overall)

Any alcoholic drink	Frequency (n)
Had a drink of alcohol in past 30 days	287
No alcoholic drink in past 30 days	520

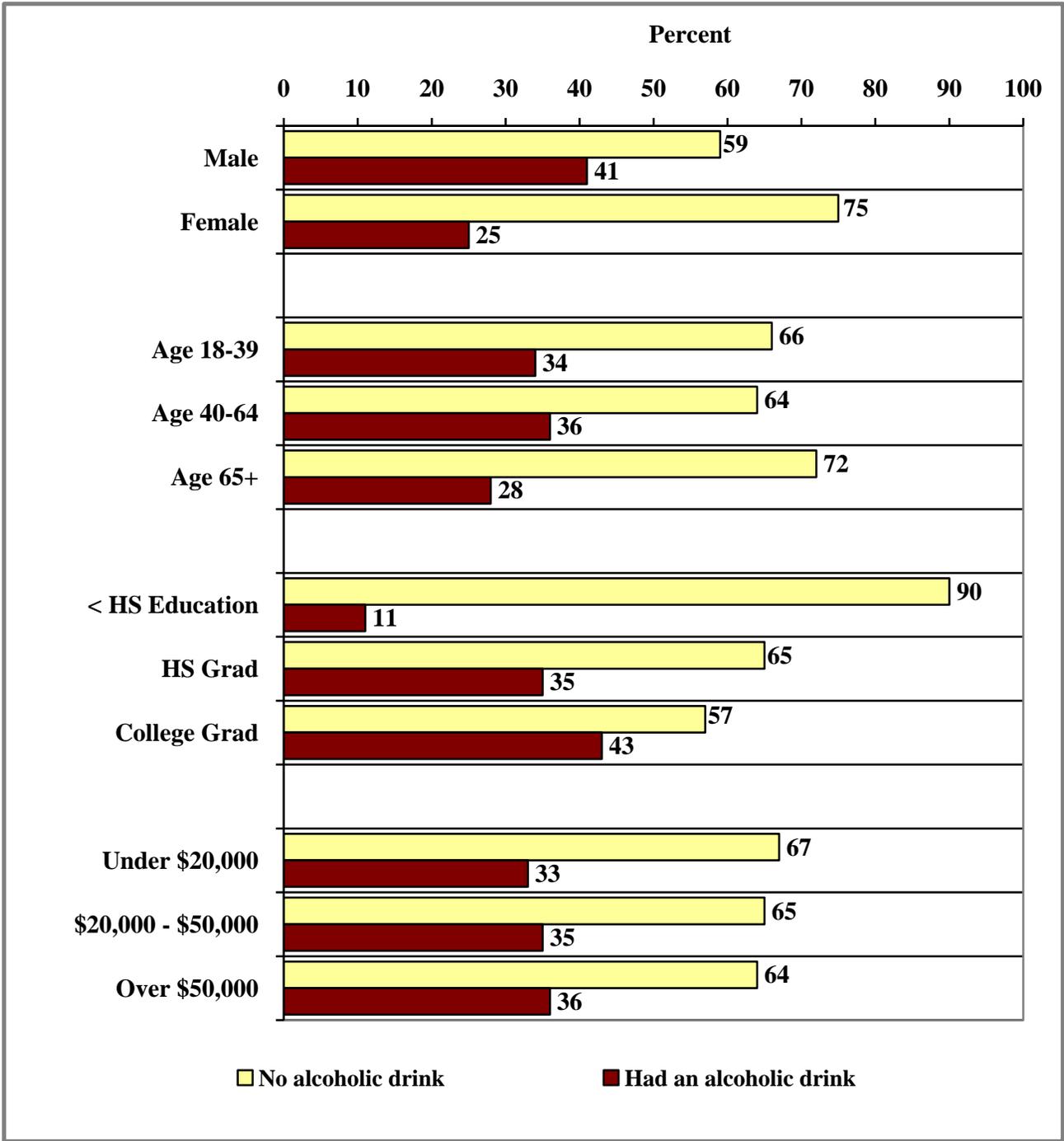
Figure 54: Any alcoholic drink (overall)



Alcohol Consumption (continued)

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

Figure 55: Any alcoholic drink (by selected characteristics)



## Alcohol Consumption (continued)

### Binge Drinking

#### **Risk Factor Definition: Binge drinking**

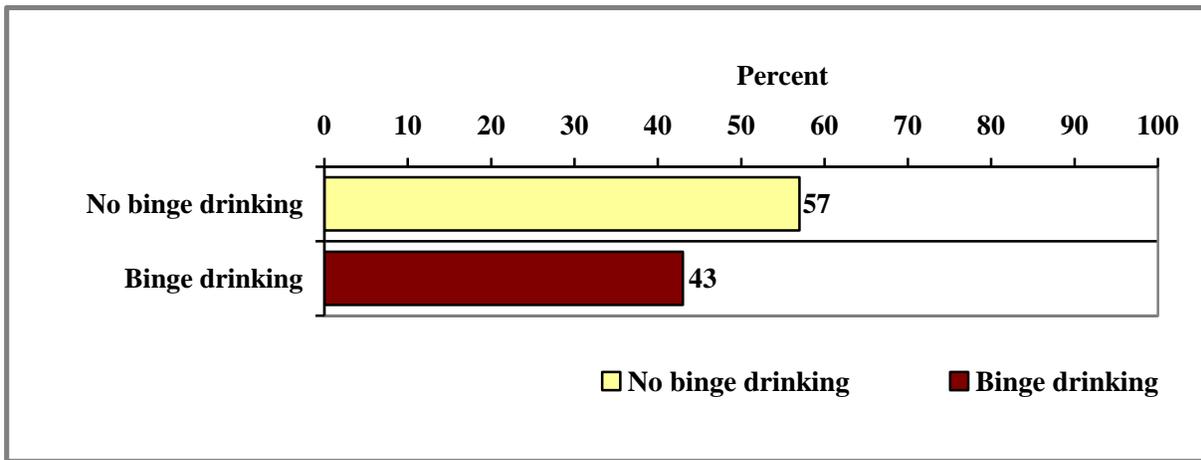
**Question:** Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks on one occasion?

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

Table 29: Binge drinking (overall)

Binge drinking	Frequency (n)
Binge drinking in past 30 days (5men,4women)	76
No binge drinking in past 30 days	205

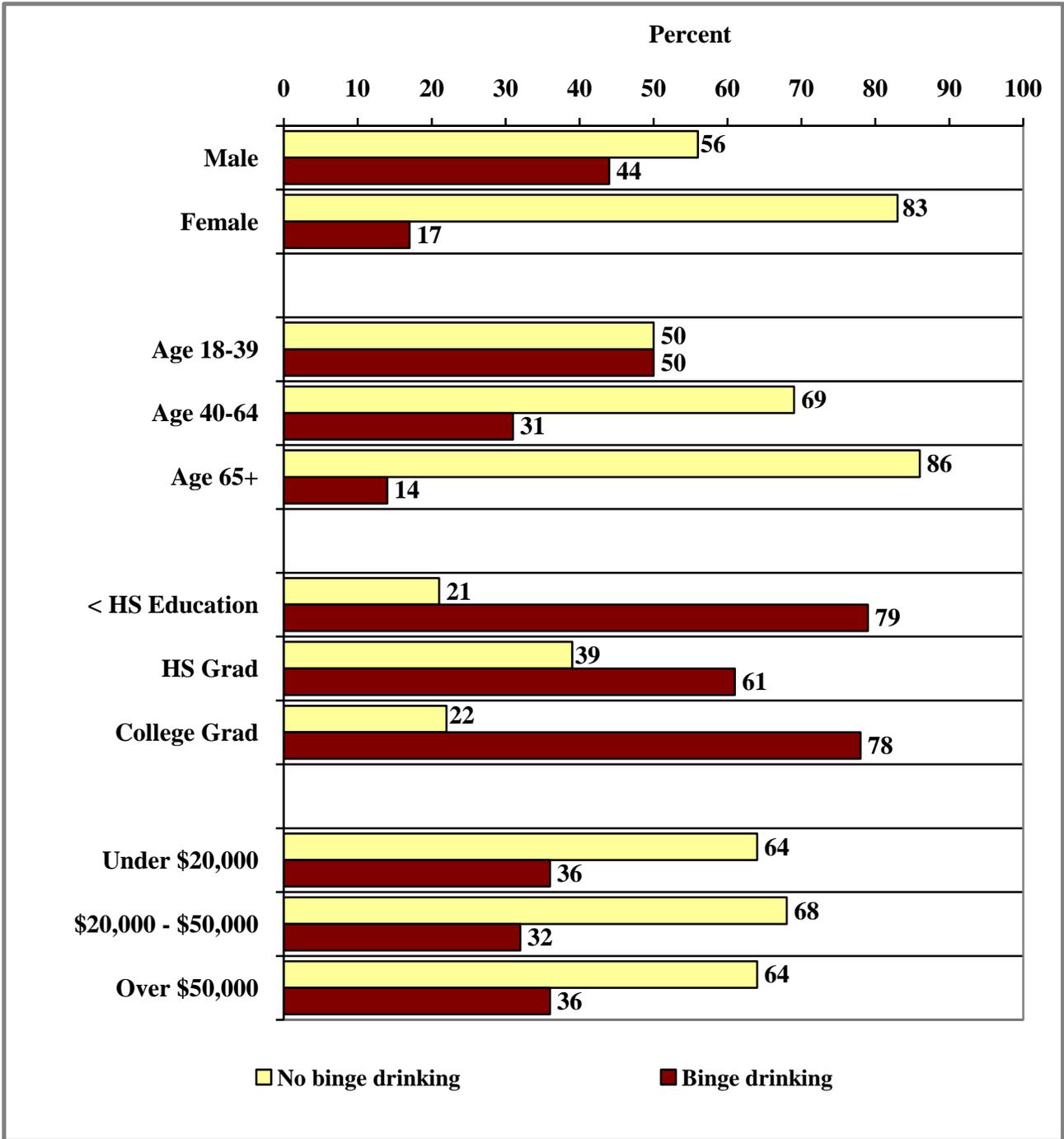
Figure 56: Binge drinking (overall)



Alcohol Consumption (continued)

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

Figure 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 Newton 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**

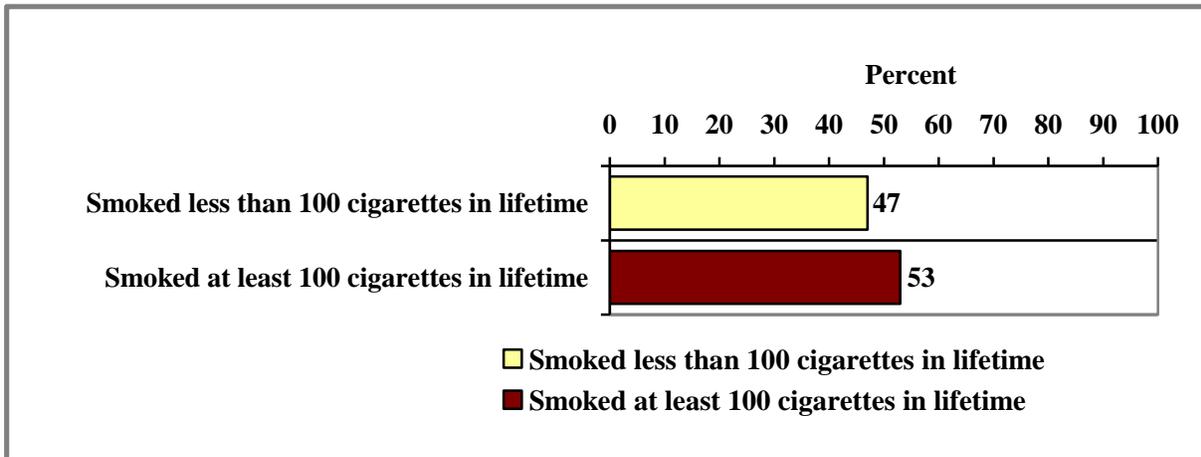
**Question:** Have you smoked at least 100 cigarettes in your entire lifetime?

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

Table 30: Cigarette use (overall)

Cigarette use	Frequency (n)
Smoked 100 cigarettes in lifetime	392
Have not smoked 100 cigarettes in lifetime	418

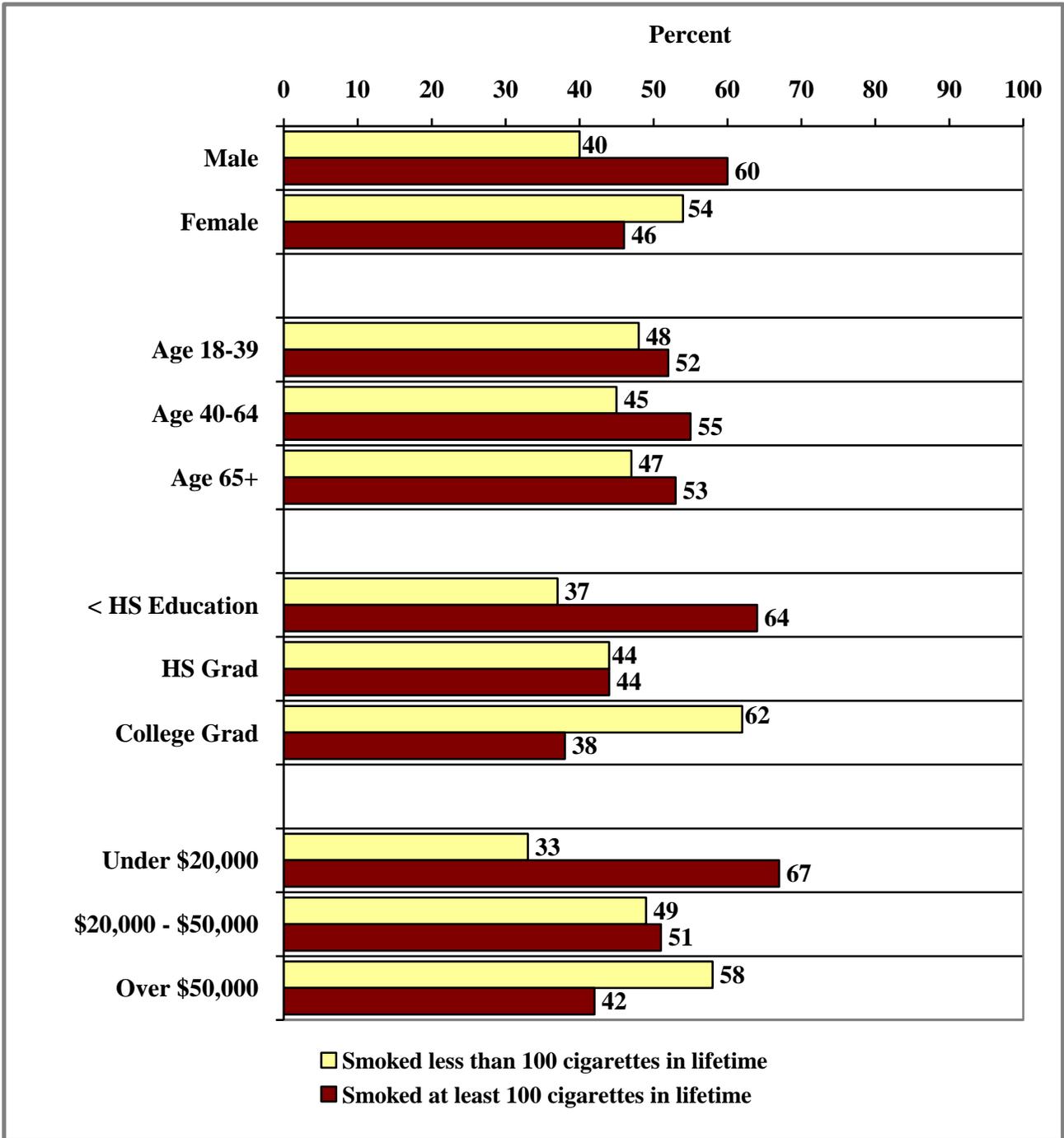
Figure 58: Cigarette use (overall)



Tobacco Use (continued)

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

Figure 59: Cigarette Use (by selected characteristics)



## Tobacco Use (continued)

### Current cigarette use

#### **Risk Factor Definition: Currently smoke cigarettes**

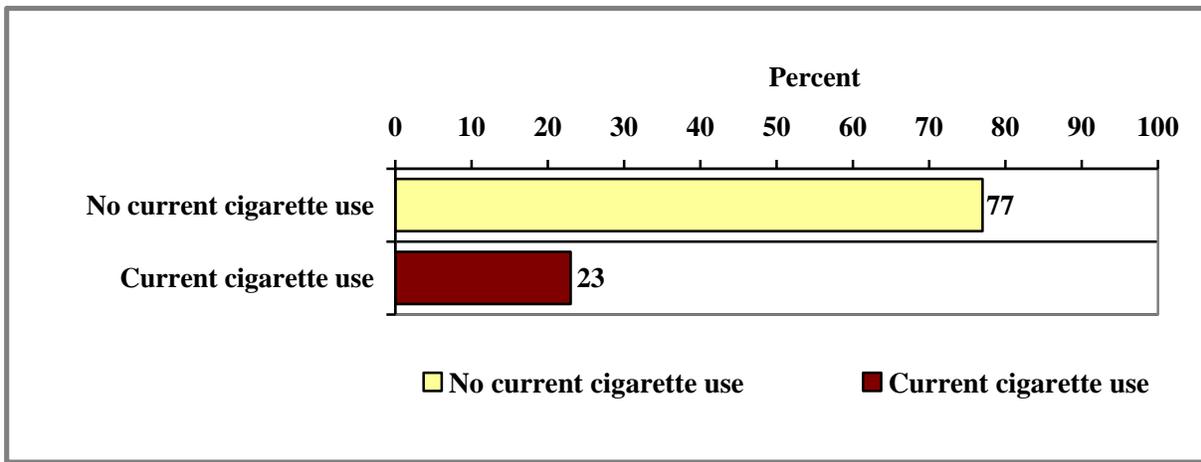
Question: Do you smoke cigarettes every day, some days, or not at all?

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

Table 31: Current cigarette use (overall)

Current smoker	Frequency (n)
current smoker	140
not a current smoker (former and never smoked)	668

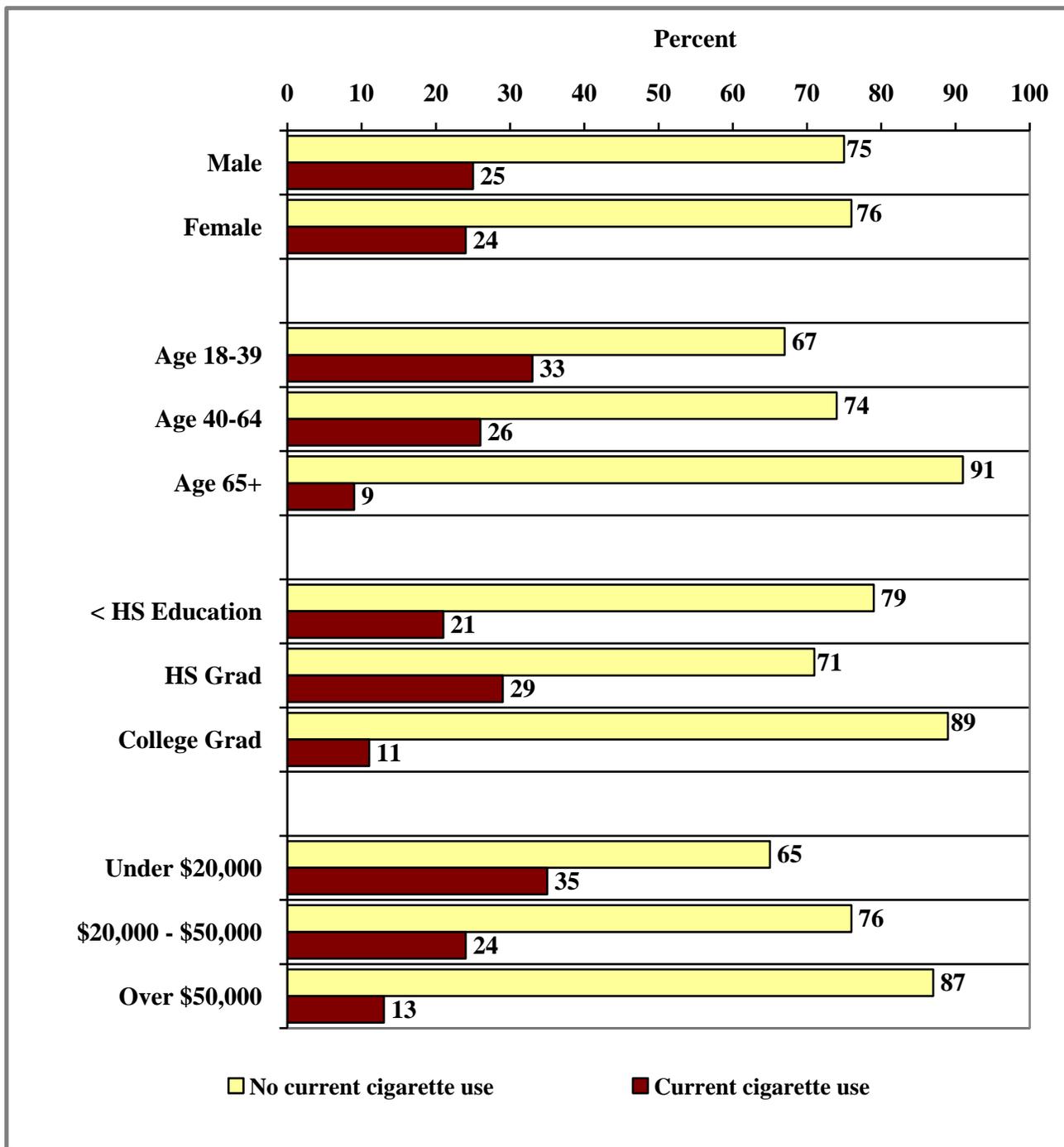
Figure 60: Current cigarette use (overall)



Tobacco Use (continued)

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

Figure 61: Current cigarette use (by selected characteristics)



Tobacco Use (continued)

Cigarette Smoking Cessation

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

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

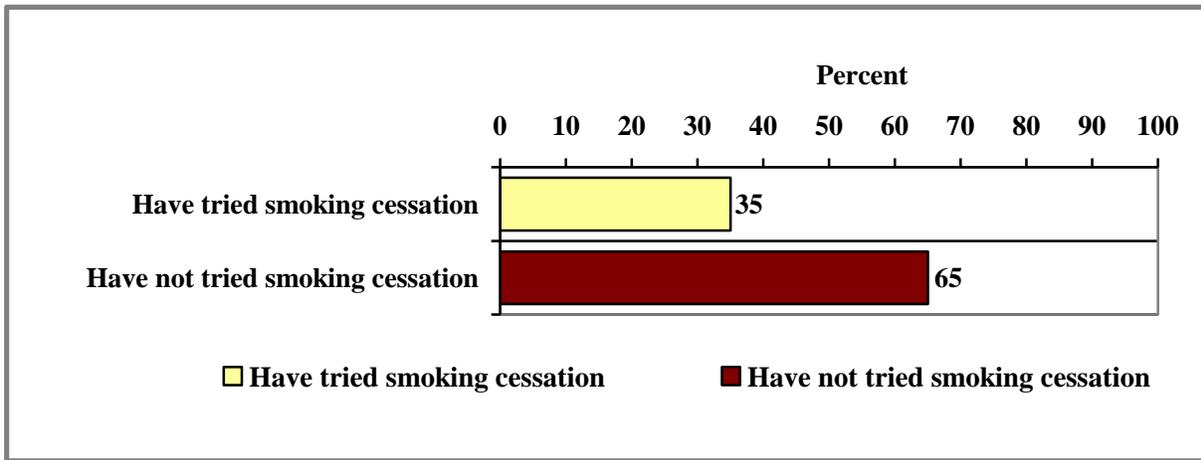
At risk: **Of those adults who reported current cigarette use**, those respondents who reported that they had made no attempt to stop smoking for one day or longer during the twelve months preceding the survey are considered at risk for continued cigarette smoking.



Table 32: Smoking cessation (overall)

Smoking cessation	Frequency (n)
Not tried smoking cessation	57
Tried smoking cessation	83

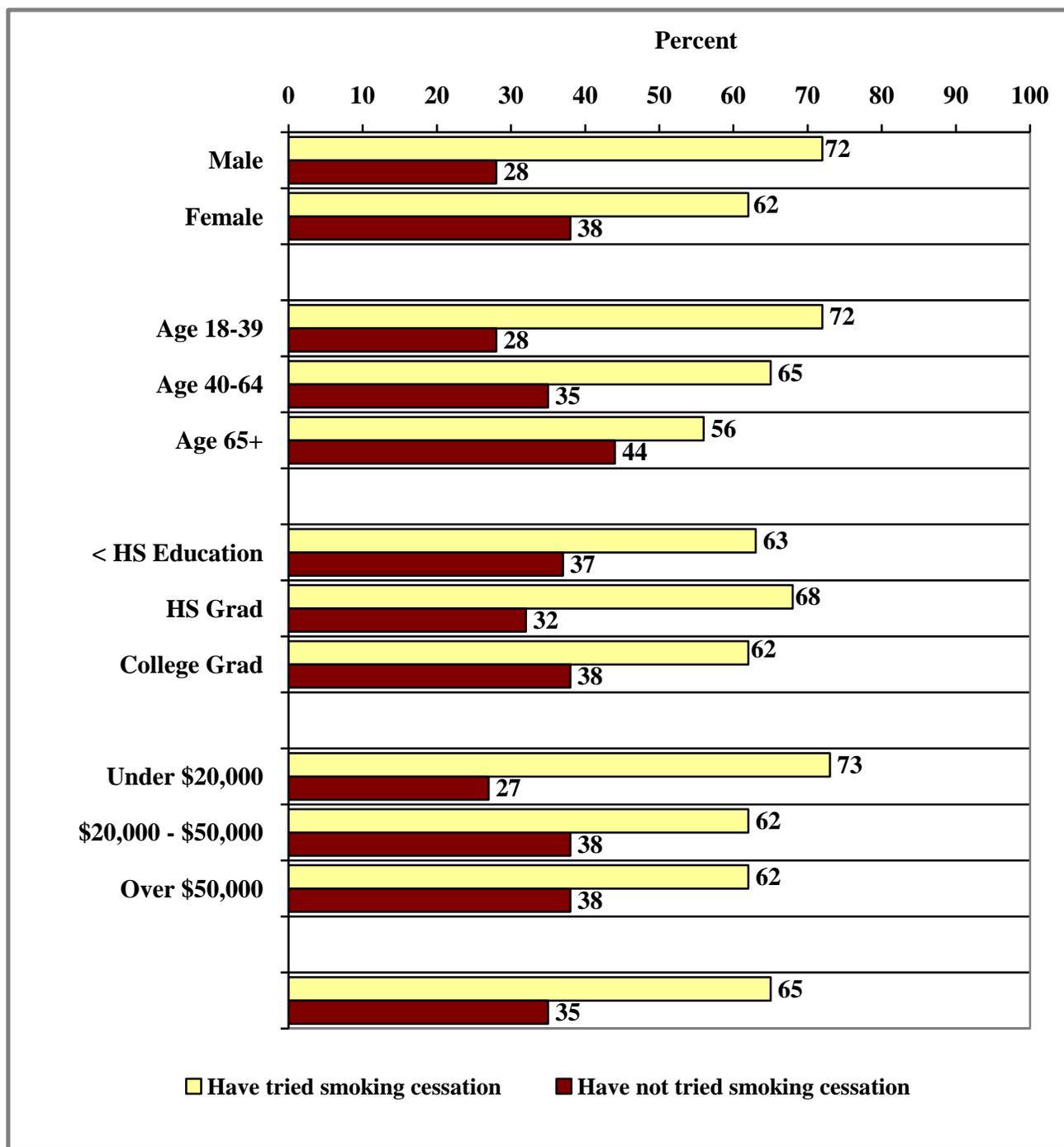
Figure 62: Smoking cessation (overall)



Tobacco Use (continued)

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

Figure 63: Smoking cessation (by selected characteristics)



## Tobacco Use (continued)

### Smokeless Tobacco Use

#### **Risk Factor Definition: Ever use smokeless tobacco**

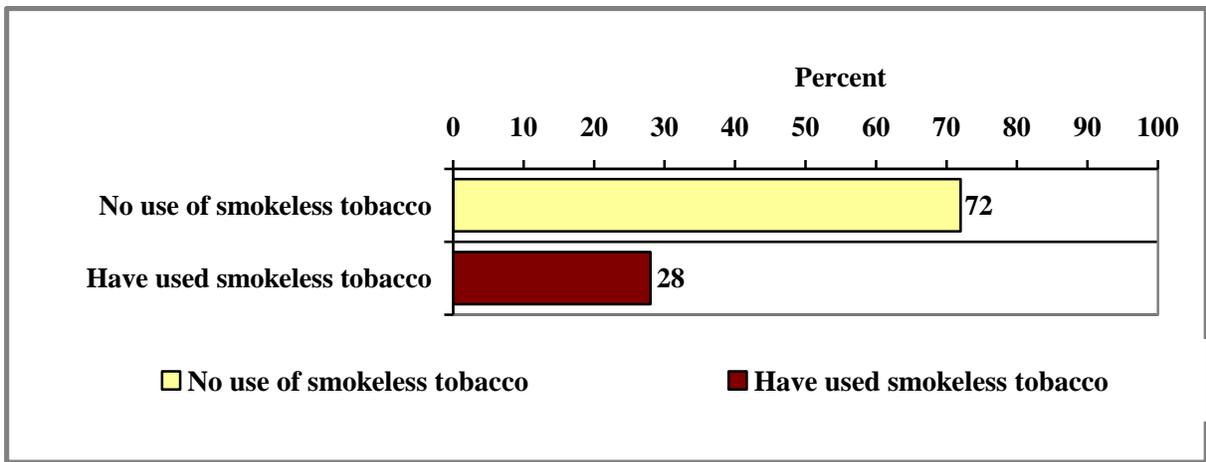
Question: Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?

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

Table 33: Smokeless tobacco use (overall)

Smokeless tobacco use	Frequency (n)
Ever tried smokeless tobacco	137
Never tried smokeless tobacco	637

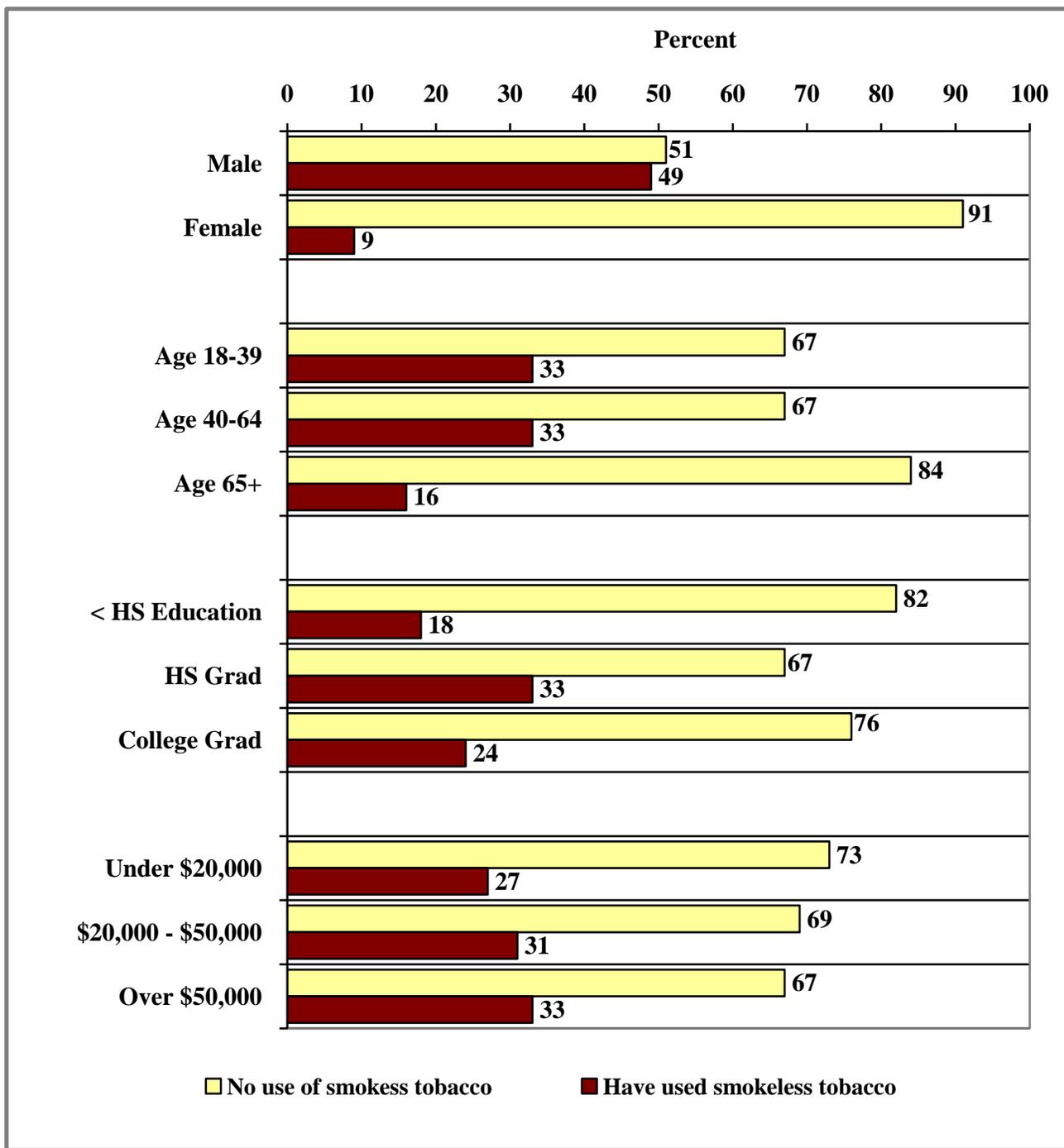
Figure 64: Smokeless tobacco use (overall)



Tobacco Use (continued)

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

Figure 65: Smokeless tobacco use (by selected characteristics)



## Tobacco Use (continued)

### Current Smokeless Tobacco Use

#### **Risk Factor Definition: Current use of smokeless tobacco**

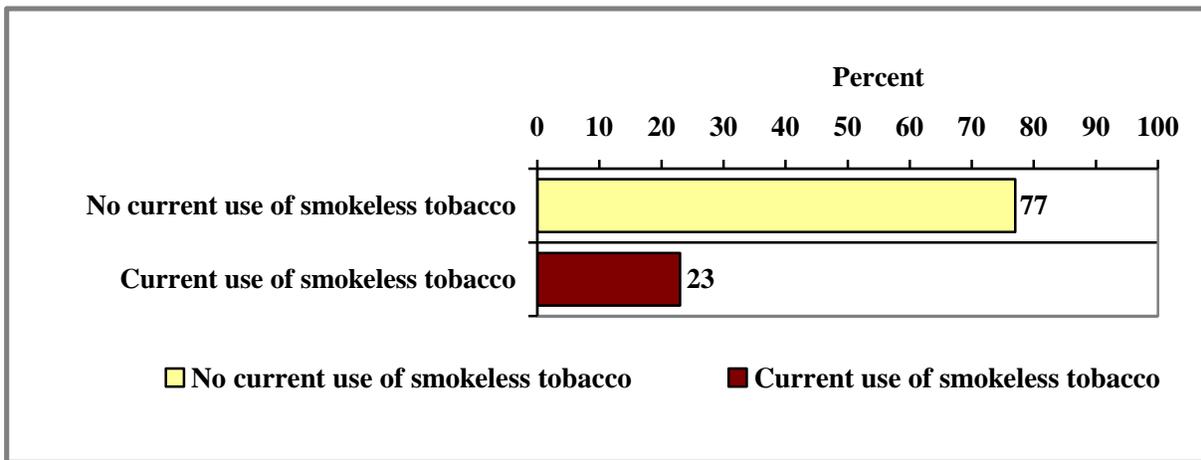
Question: Do you currently use chewing tobacco or snuff every day, some days, or not at all?

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

**Table 34 :** Current smokeless tobacco use (overall)

Current use of smokeless tobacco	Frequency (n)
Current use of smokeless tobacco	24
No current use of smokeless tobacco	113

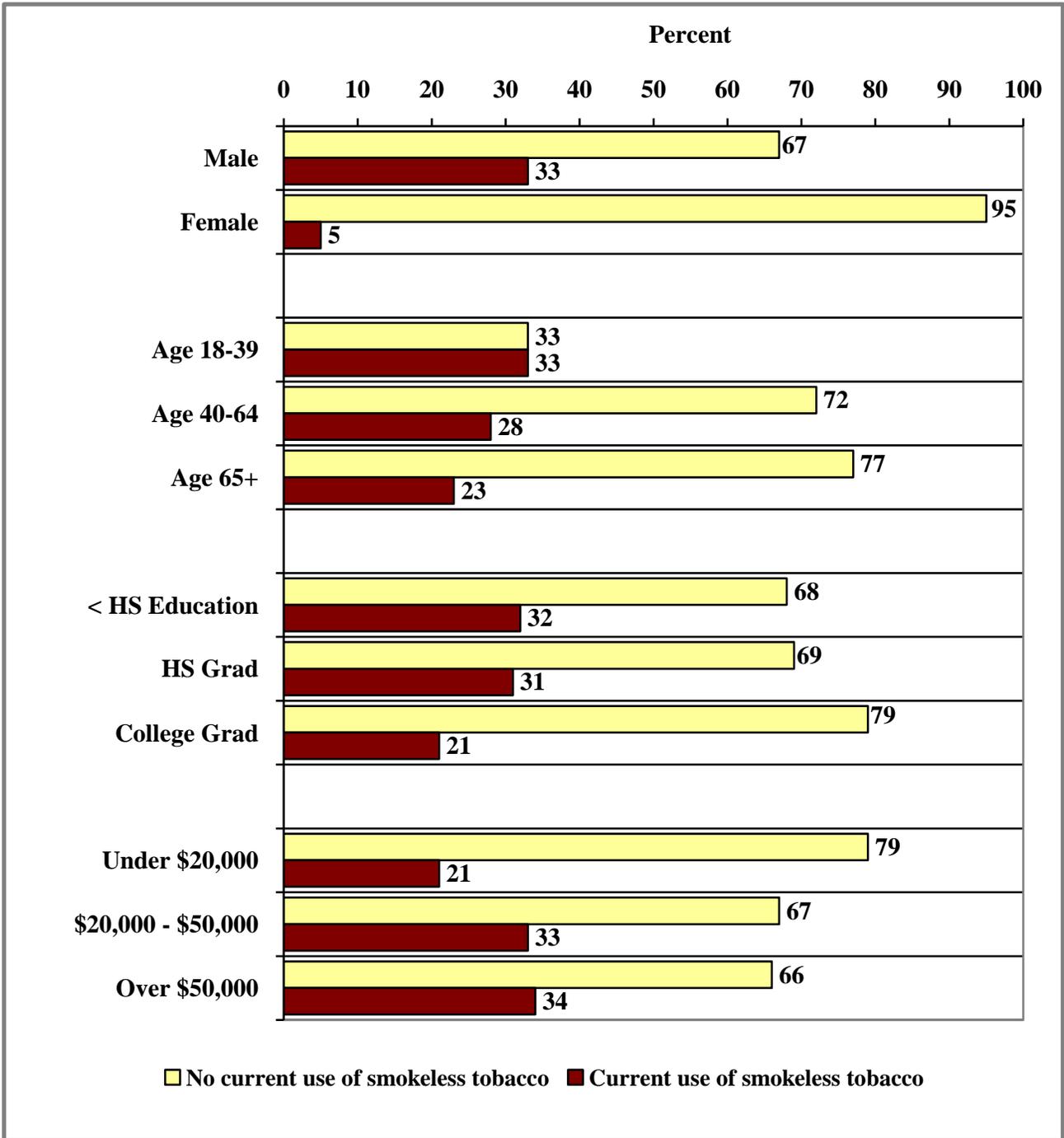
**Figure 66:** Current smokeless tobacco use (overall)



Tobacco Use (continued)

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

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



## Tobacco Use

### Cigar Smoking

#### **Risk Factor Definition: Ever smoked a cigar**

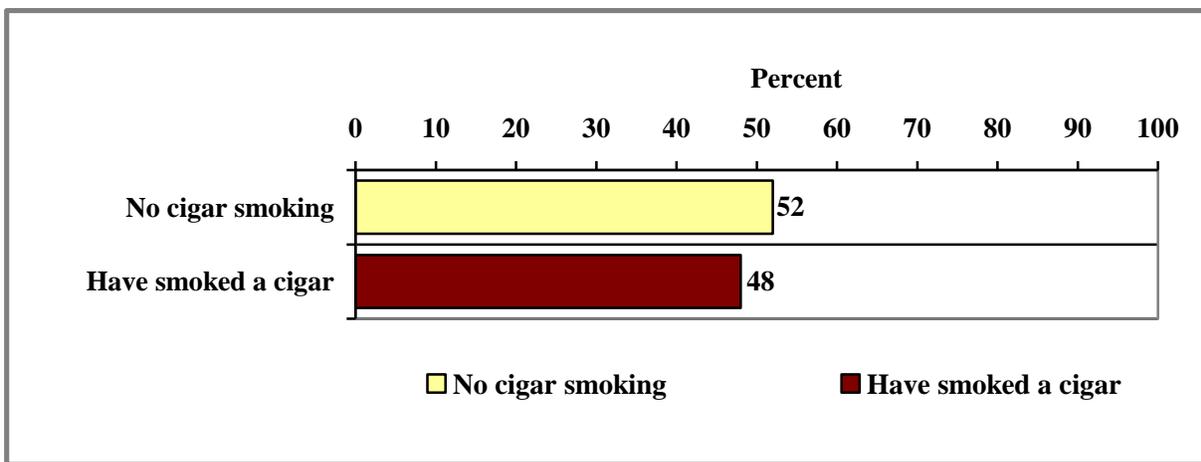
Question: Have you ever smoked a cigar, even one or two puffs?

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

Table 35: Cigar smoking (overall)

Cigar smoking	Frequency (n)
Ever tried cigar	274
Never tried cigar	500

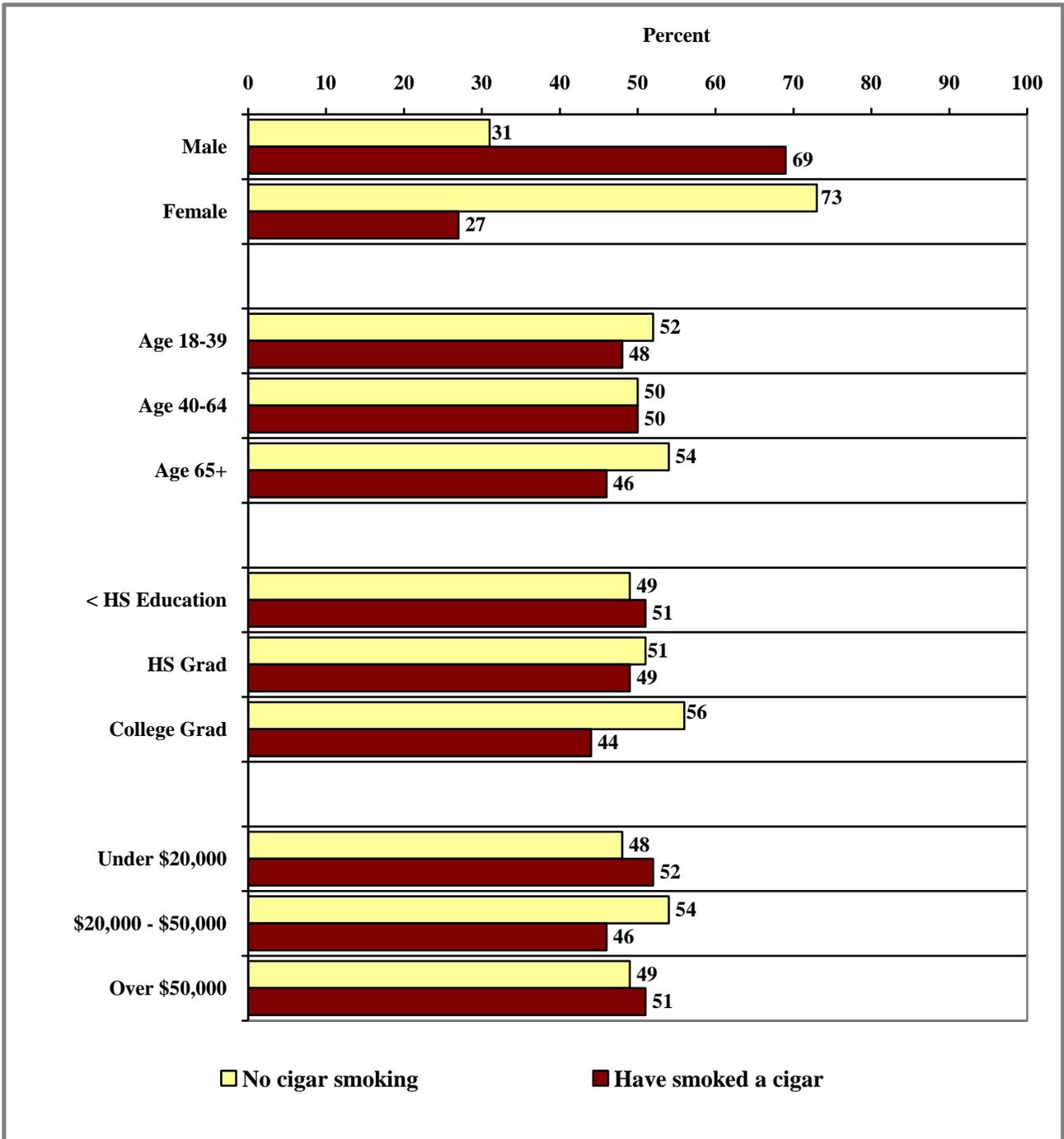
Figure 68: Cigar smoking (overall)



Tobacco Use (continued)

**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**

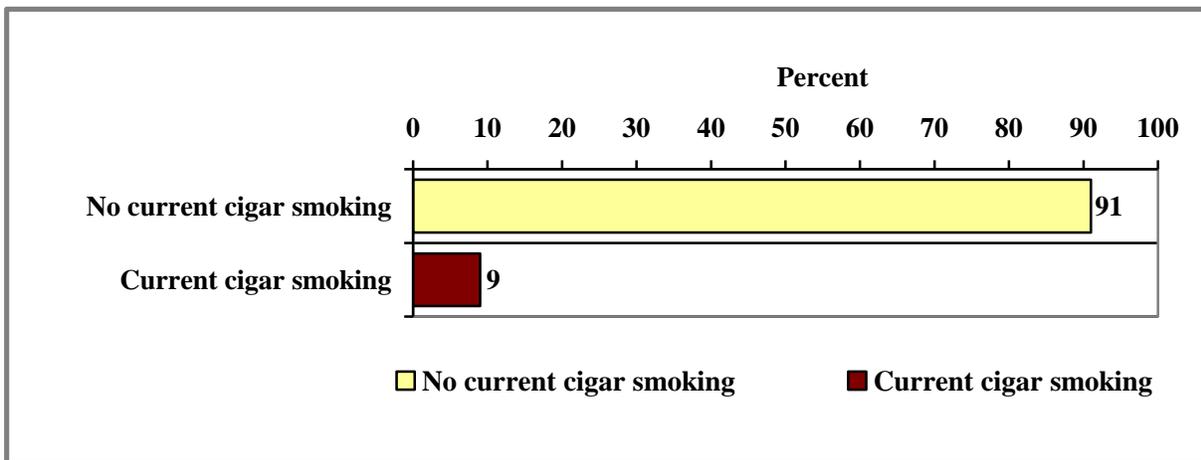
Question: Do you smoke cigars every day, some days, or not at all?

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)
Current use of cigars	28
No current use of cigars	246

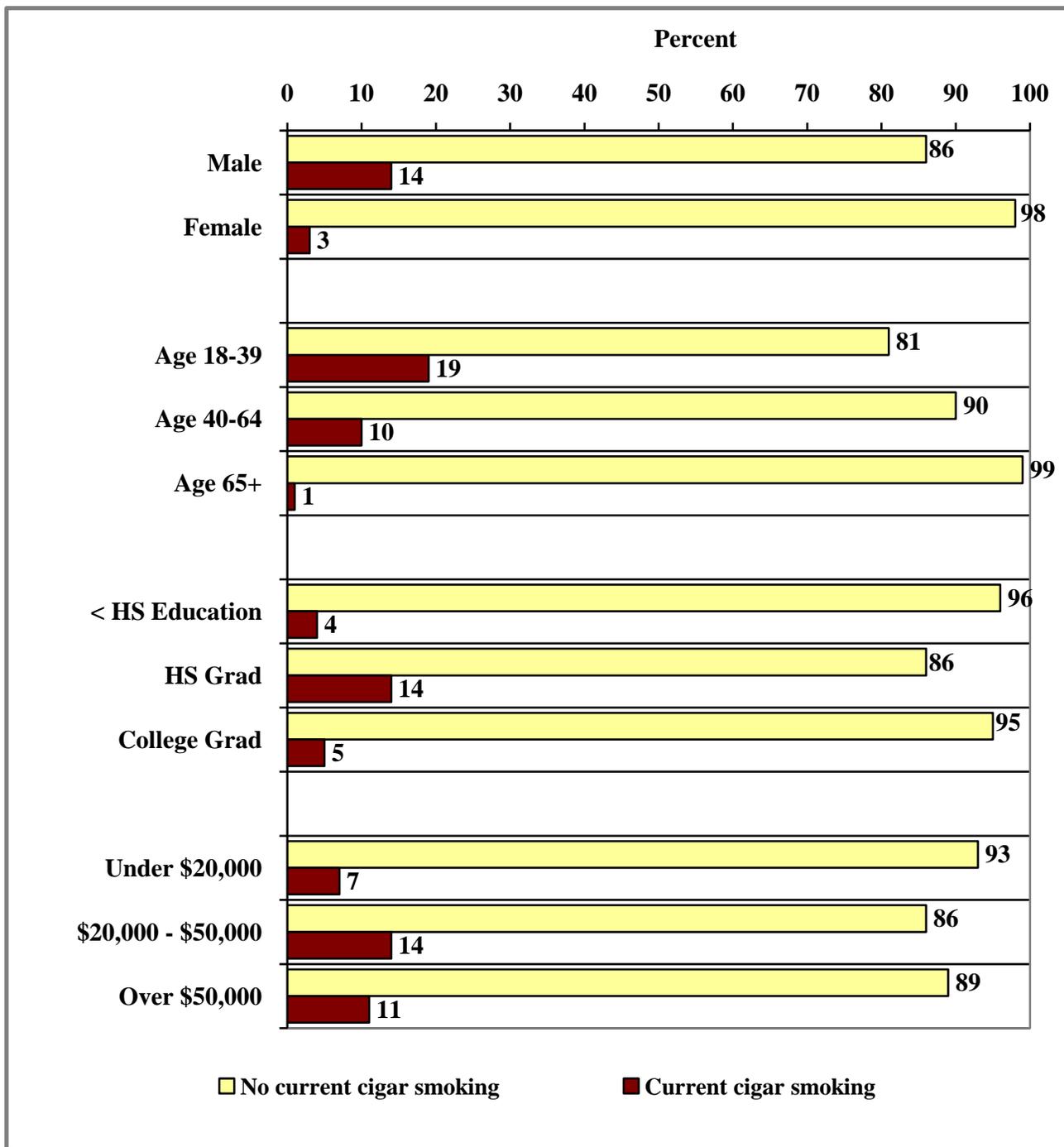
**Figure 70:** Current cigar smoking (overall)



Tobacco Use (continued)

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**

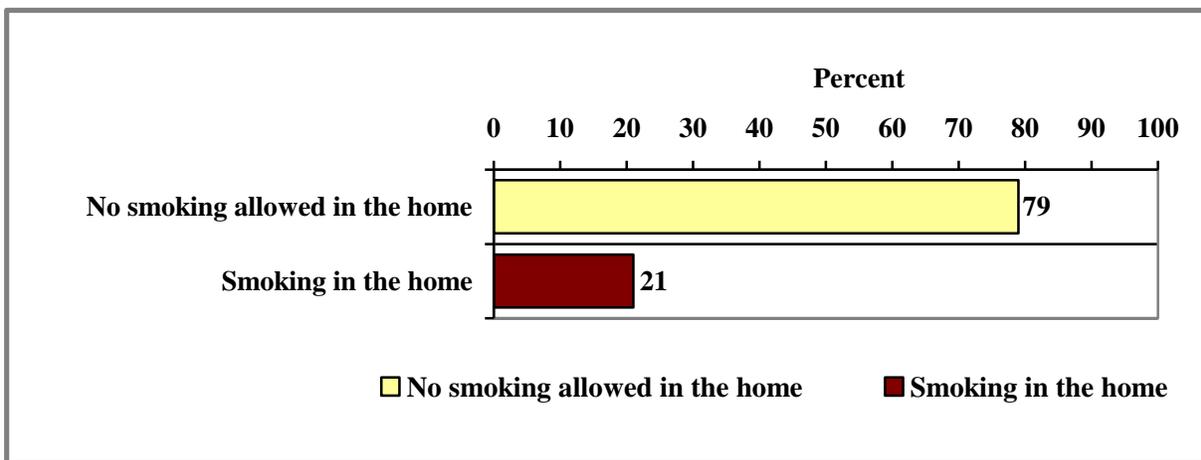
Question: Which statement best describes the rules of smoking inside your home?

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)
Allows smoking in home	145
Does not allow smoking in home	629

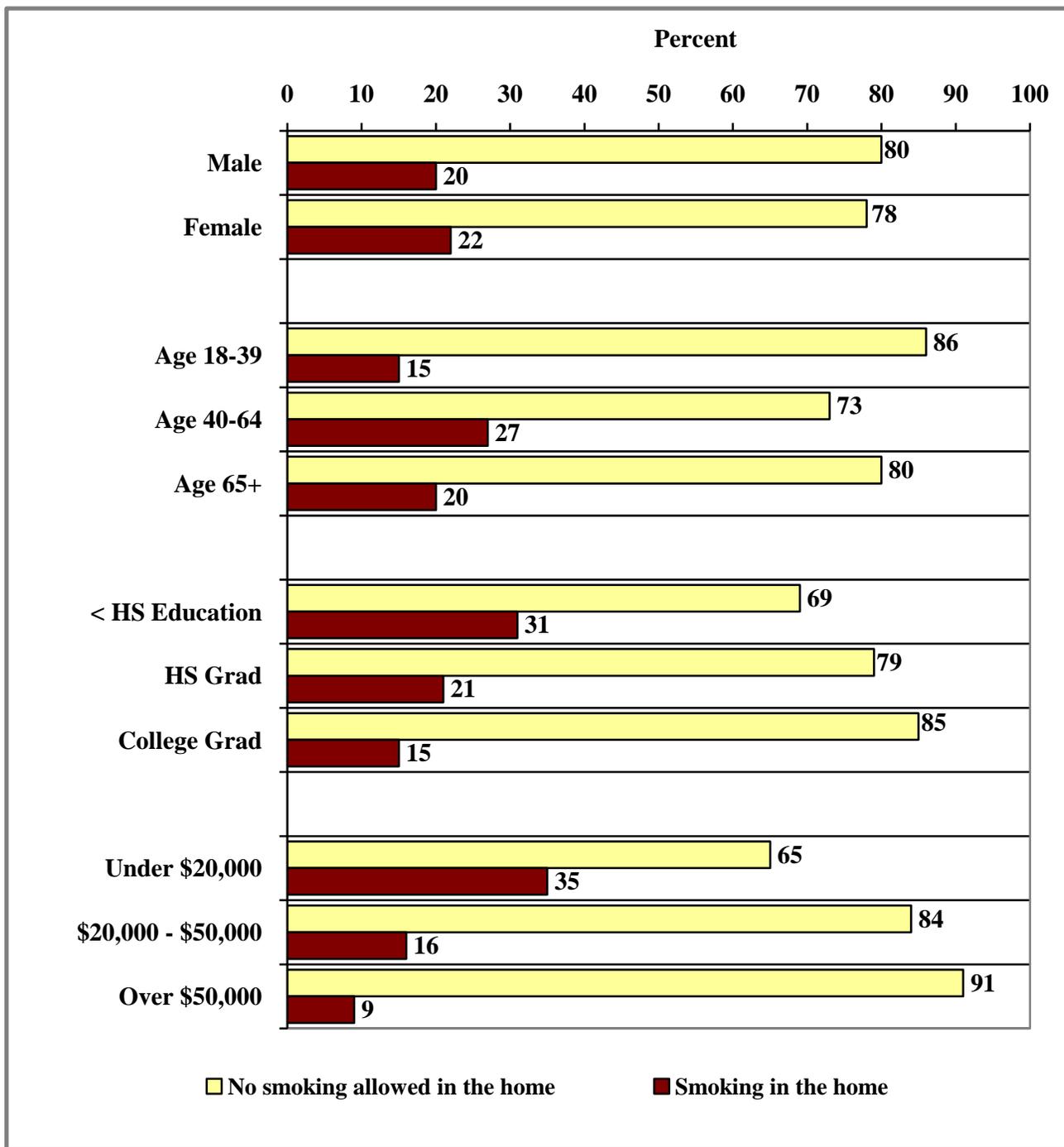
Figure 72: Smoking in the home (overall)



Tobacco Use (continued)

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**

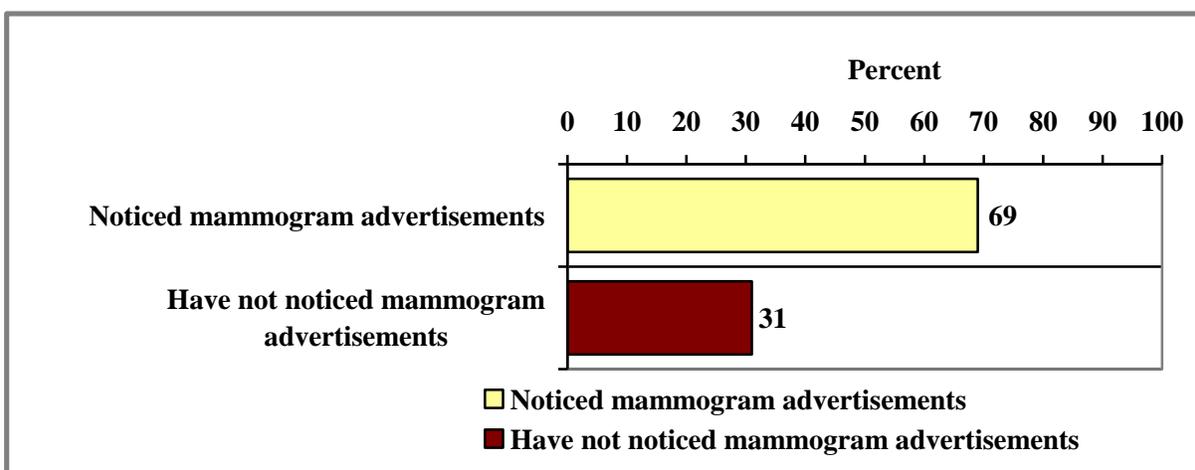
**Question:** In the past month, have you noticed any posters, billboards, commercials, or advertisements with a message about having a mammogram test?

**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)
Have not noticed mammogram advertisements	253
Noticed mammogram advertisements	263

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

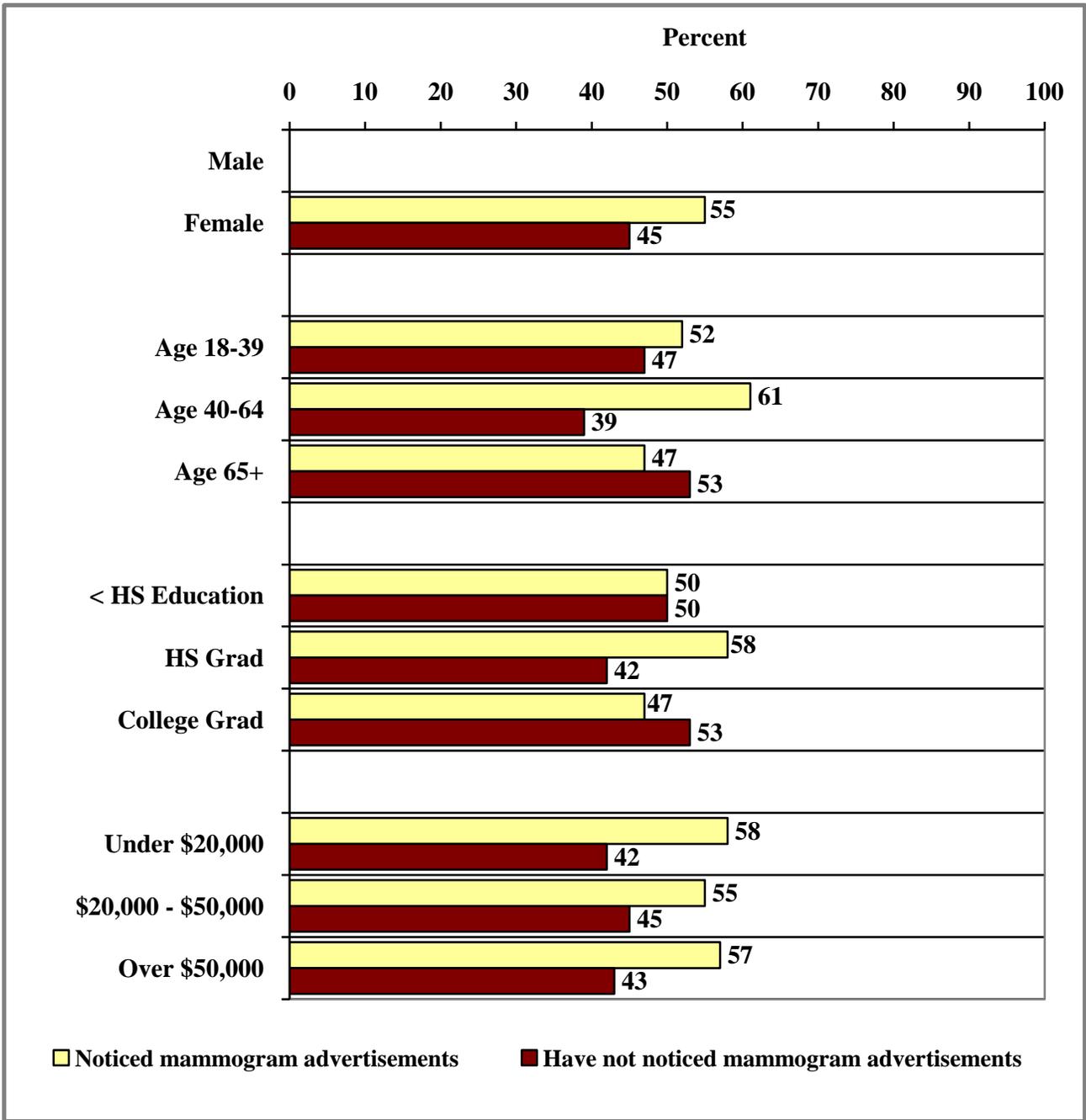


Breast Cancer Screening and Knowledge (continued)

Advertisements for mammogram tests

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

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



## Breast Cancer Screening and Knowledge (continued)

### Free breast exams and mammograms

#### **Risk Factor Definition: Not aware of free breast exams**

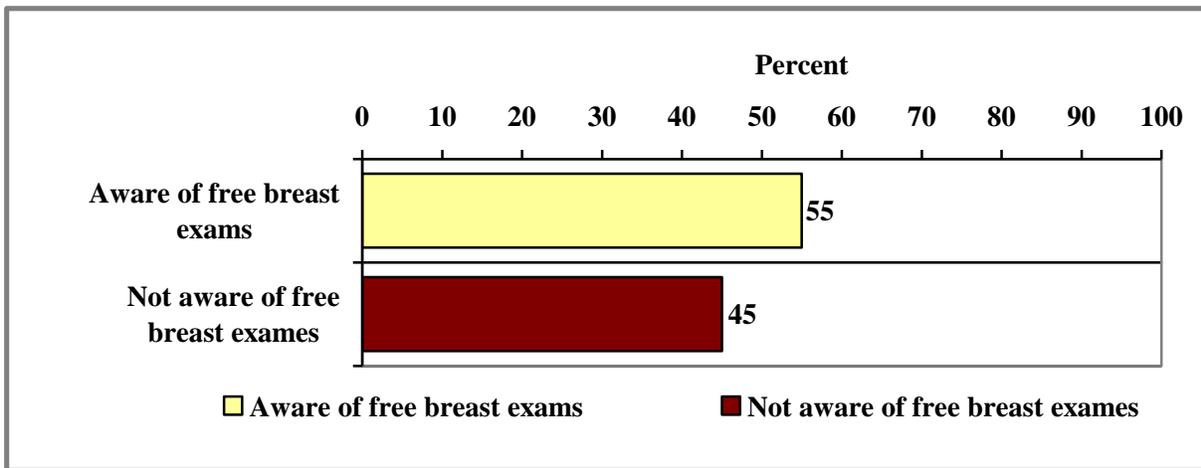
Question: Are you aware that BreastCare, a program of the local health department, offers free breast exams and mammograms to women age 40 and older?

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

Table 39: Reported knowledge of free breast exams (overall)

Awareness of free breast exams	Frequency (n)
Not aware of free exams	294
Aware of free exams	225

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

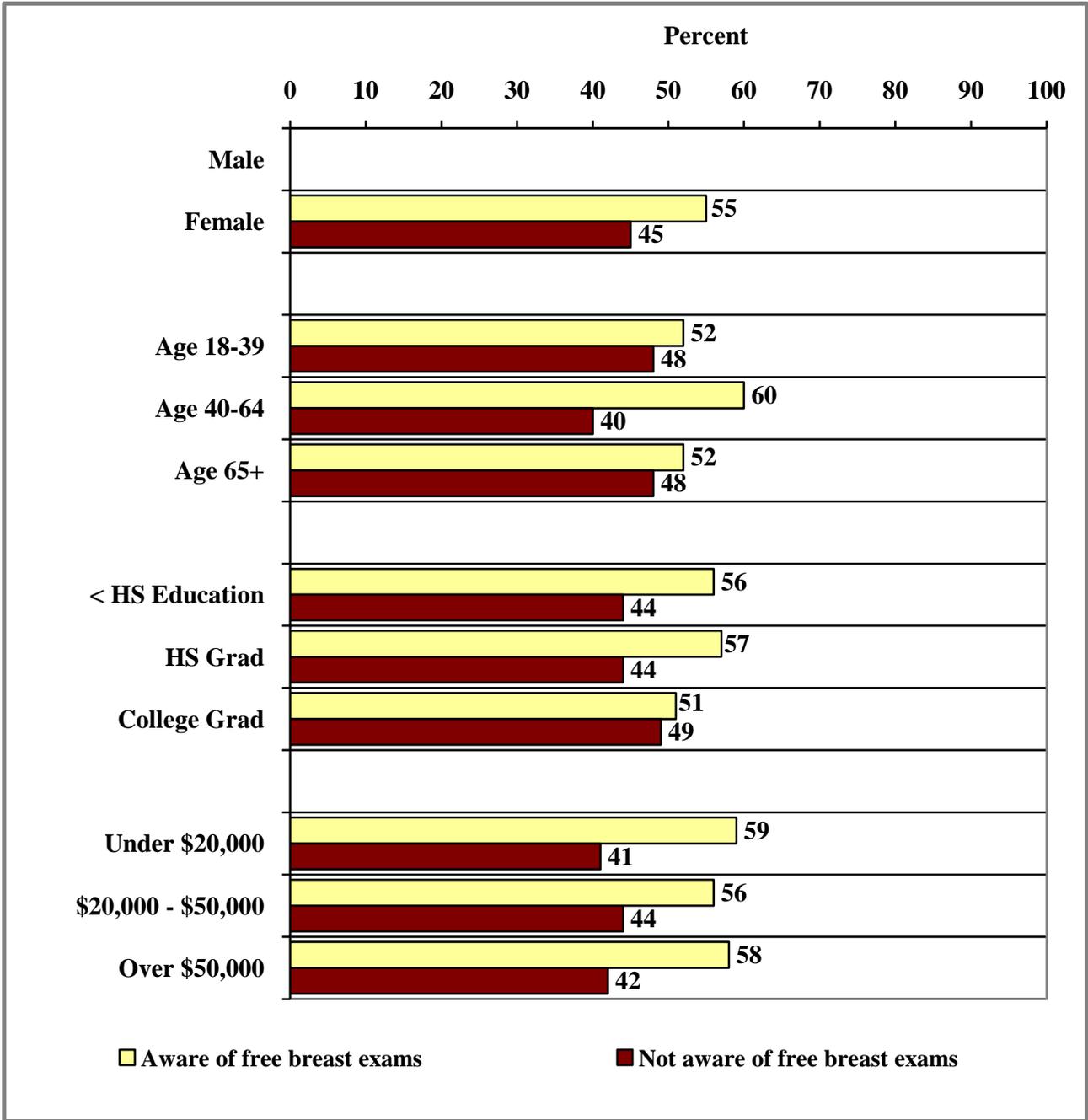


Breast Cancer Screening and Knowledge (continued)

Free breast exams and mammograms

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

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



## Breast Cancer Screening and Knowledge (continued)

### Cost of mammogram test

#### **Risk Factor Definition: Difficult to pay for a mammogram test**

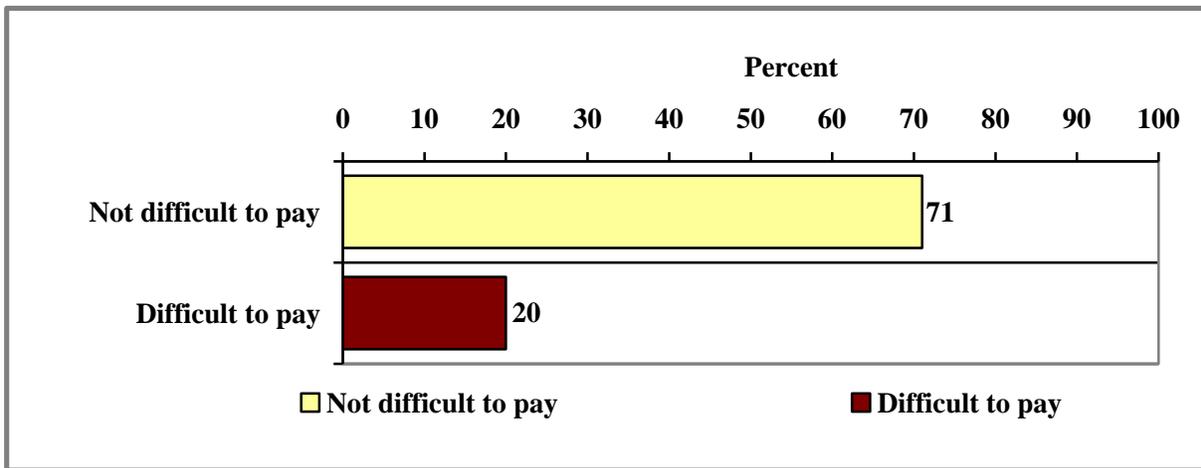
Question: How difficult would it be for you to pay for the cost of a mammogram test? Would you say difficult, somewhat difficult, a little difficult, or not at all difficult?

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

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

Difficult to pay	Frequency (n)
Difficult to pay	108
Not difficult to pay	87

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

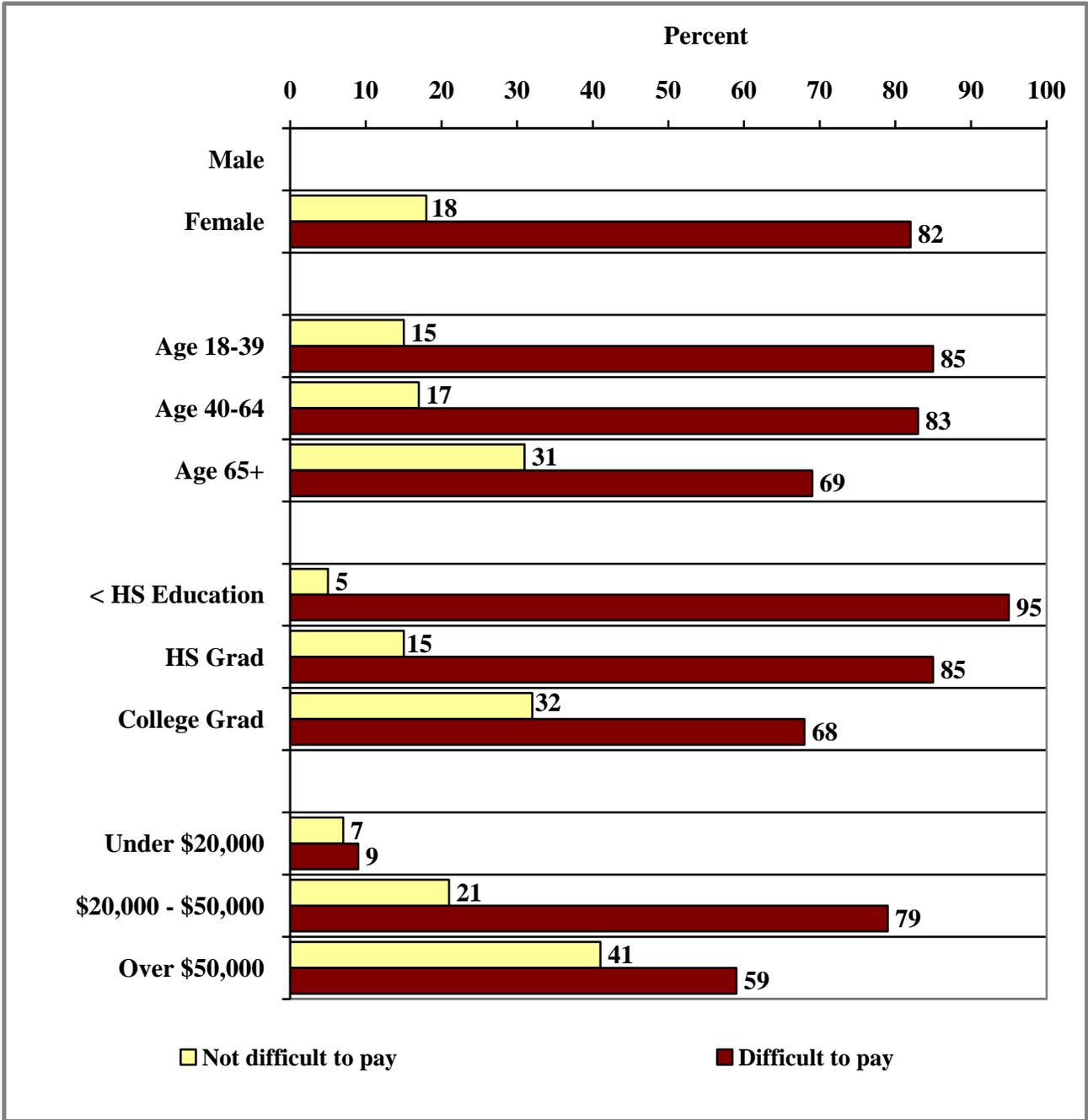


Breast Cancer Screening and Knowledge (continued)

Cost of mammogram test

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

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



## Breast Cancer Screening and Knowledge (continued)

### Breast Cancer Screening

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

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

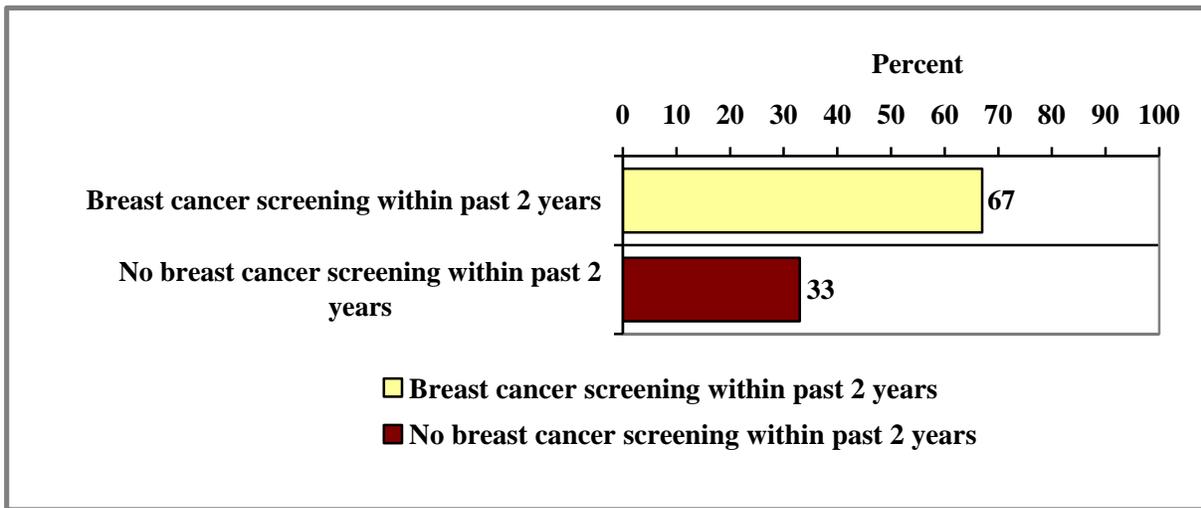
Questions: 1. Have you ever had a mammogram? 2. How long has it been since your last mammogram?

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

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

Breast cancer screening	Frequency (n)
No breast cancer screening within the past 2 years	100
Breast cancer screening within past 2 years	330

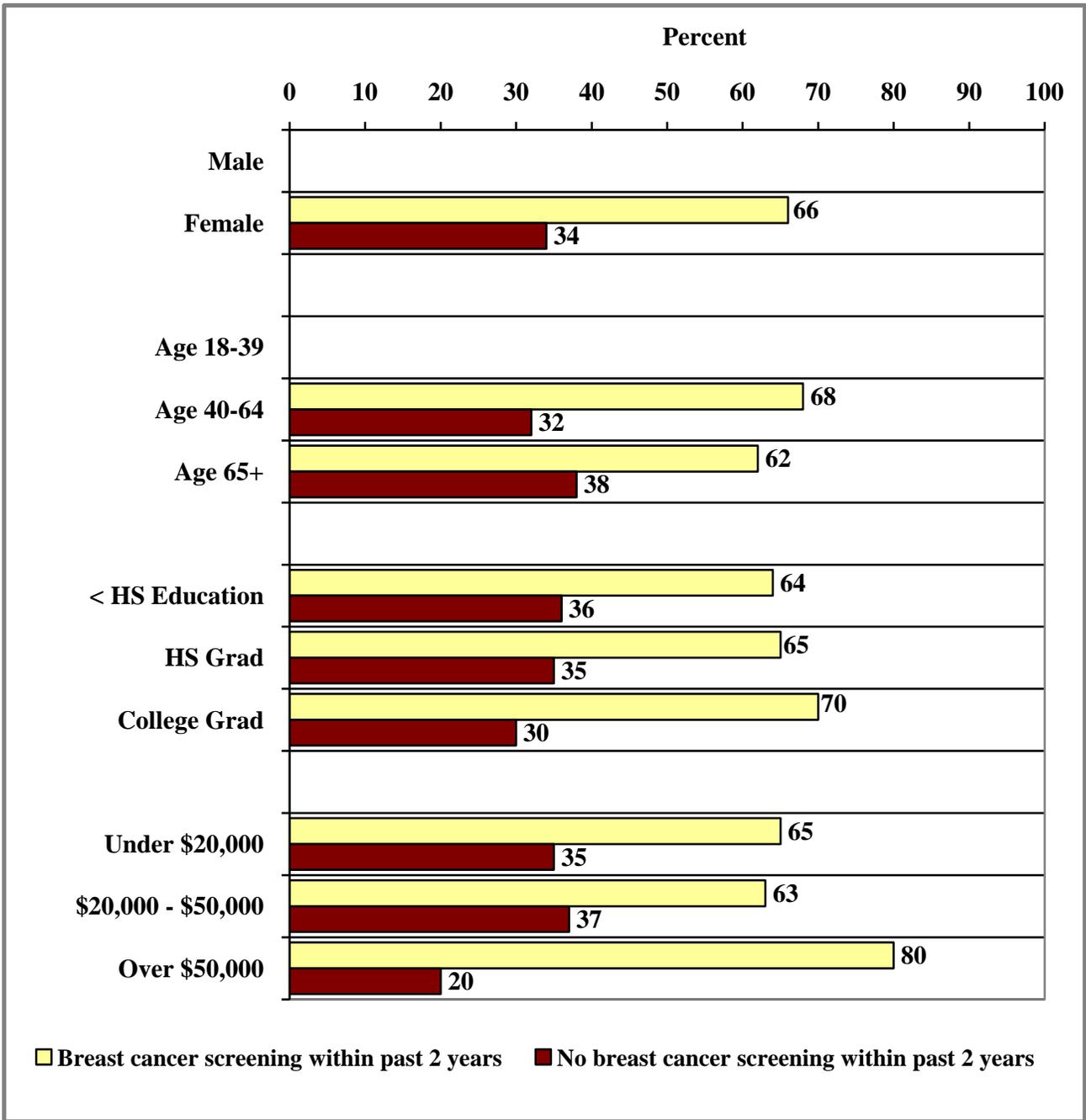
Figure 80: Breast cancer screening within the past 2 years (overall)



Breast Cancer Screening and Knowledge (continued)

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

Figure 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**

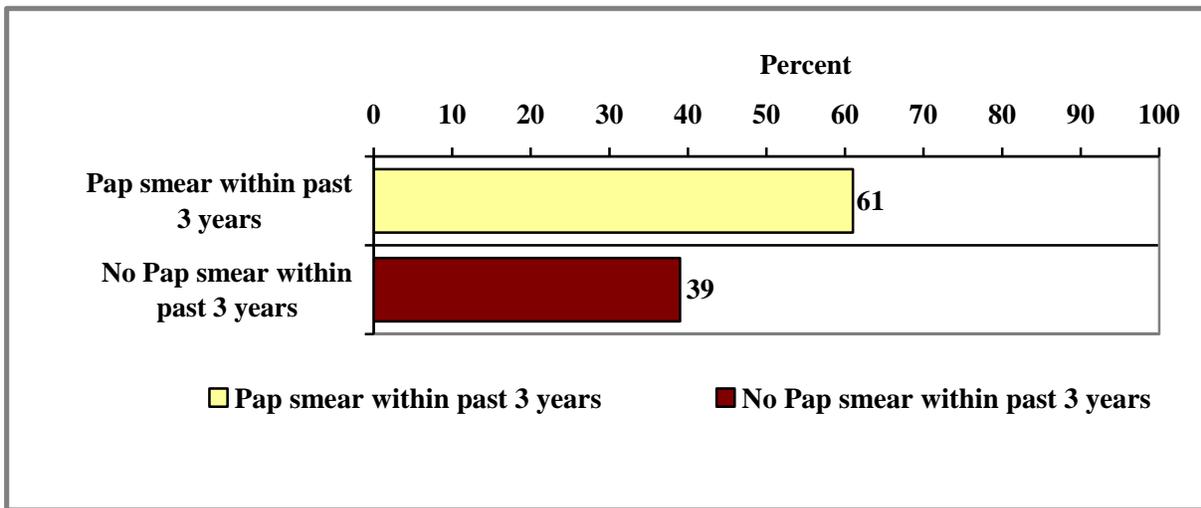
Questions: 1. Have you ever had a Pap smear? 2. How long has it been since your last Pap smear?

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)
No pap smear within the past 3 years	160
Pap smear within the past 3 years	347

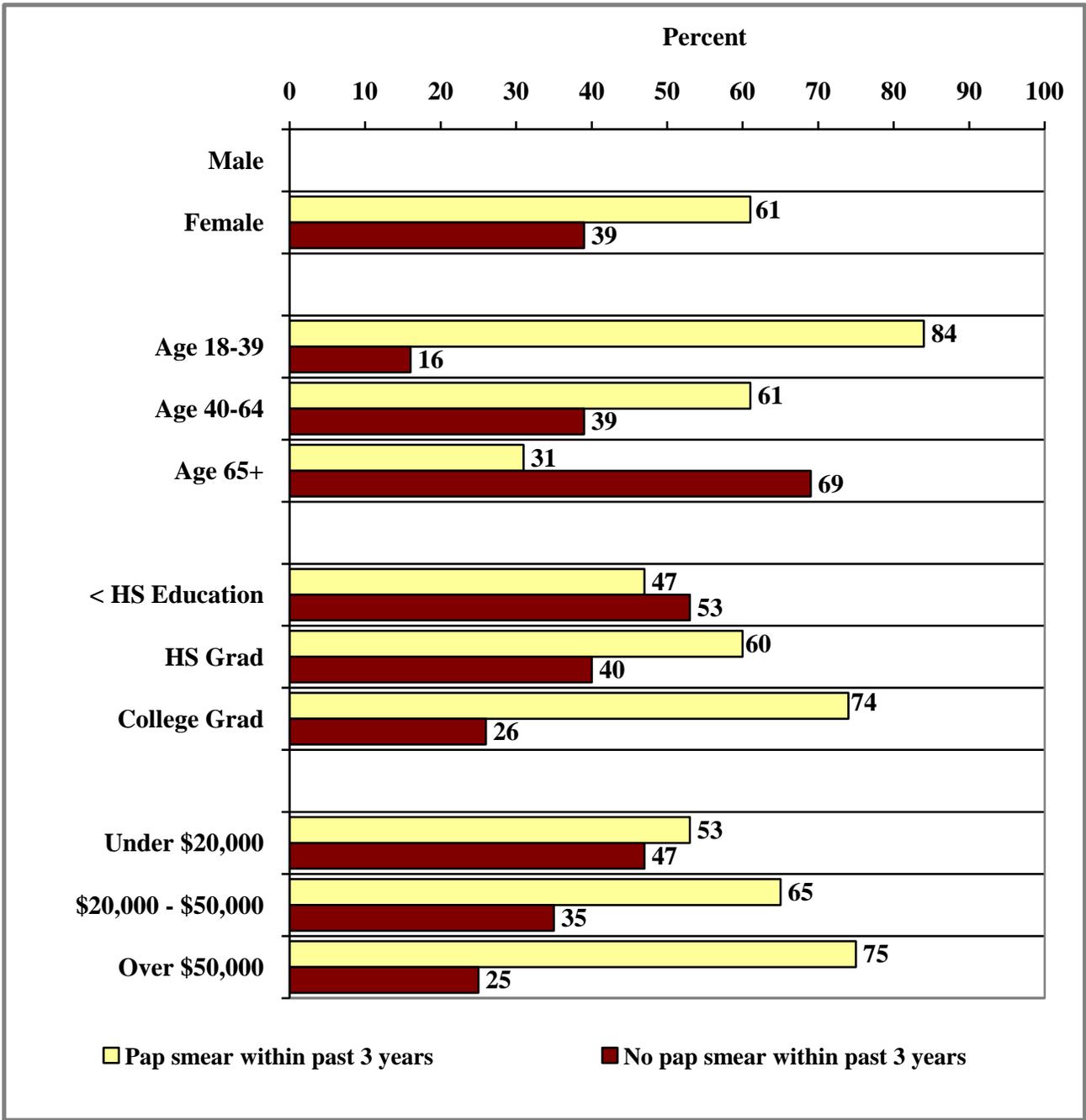
Figure 82: Pap smear within the past three years (overall)



Other Women's Health Screening (continued)

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

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

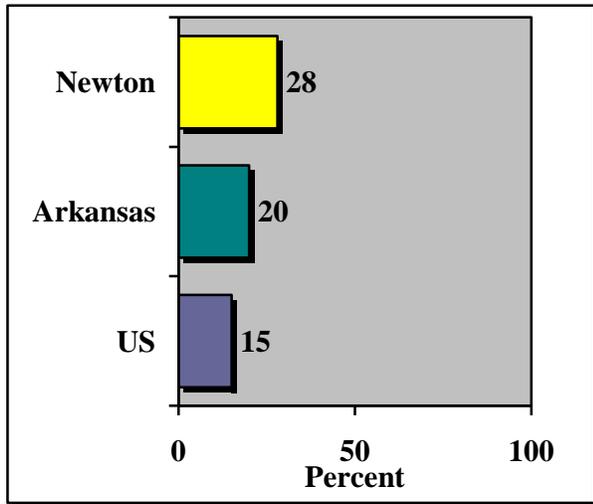


**Appendix A**

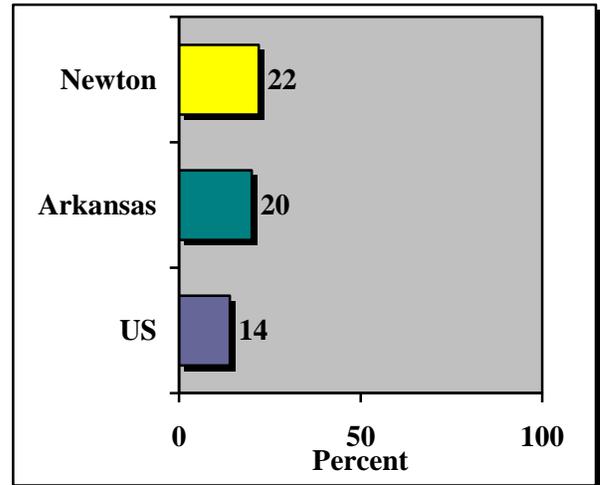
**2010 Newton County  
Comparison with State and national BRFSS**

**Newton County**  
 County Adult Health Survey  
 Comparison with State and national BRFSS

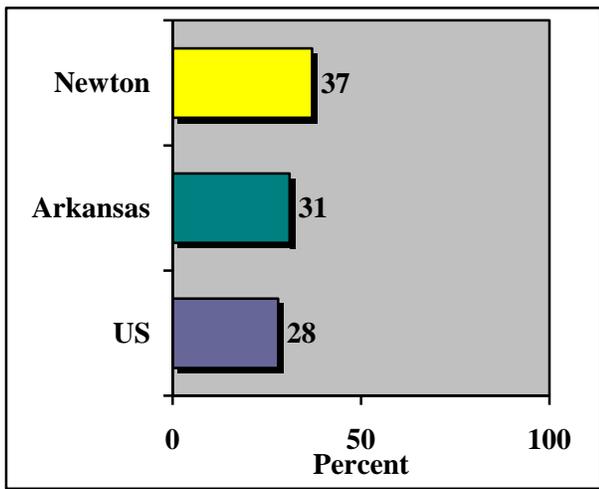
**General health “fair” or “poor”**



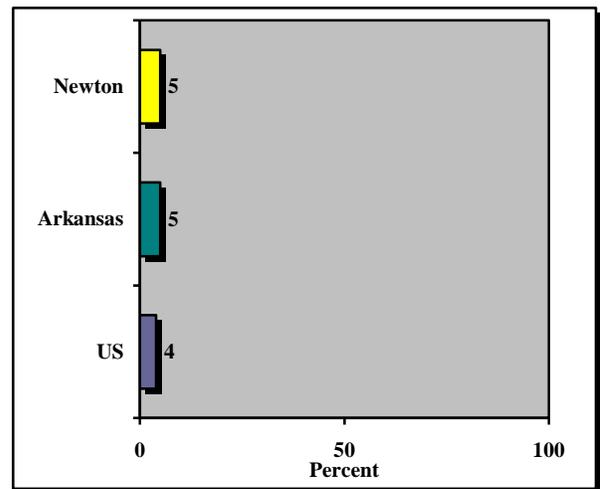
**No health care coverage**



**Have high blood pressure**

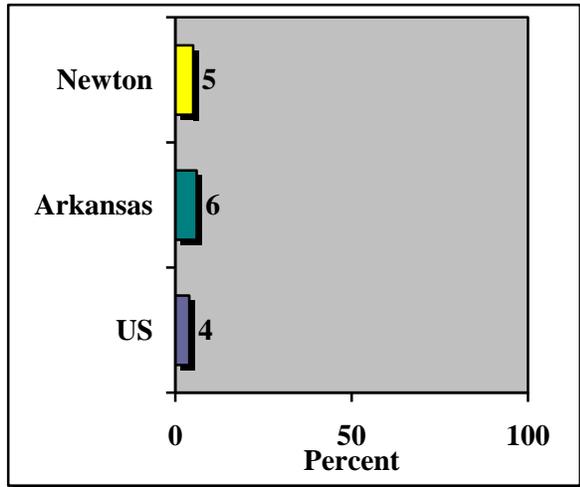


**Have had a myocardial infarction**

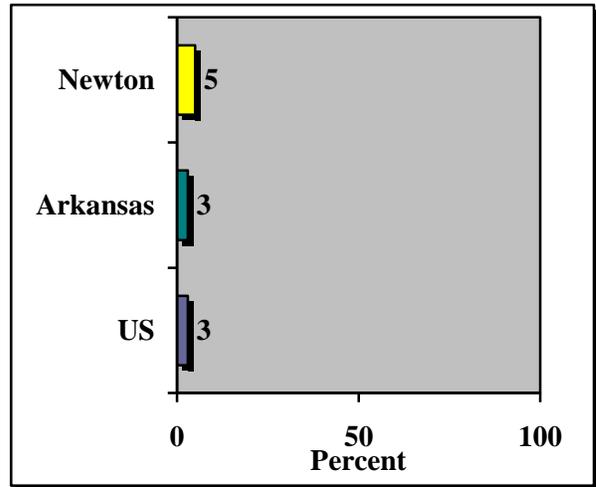


**Newton County**  
2010 County Adult Health Survey  
Comparison with State and national BRFSS

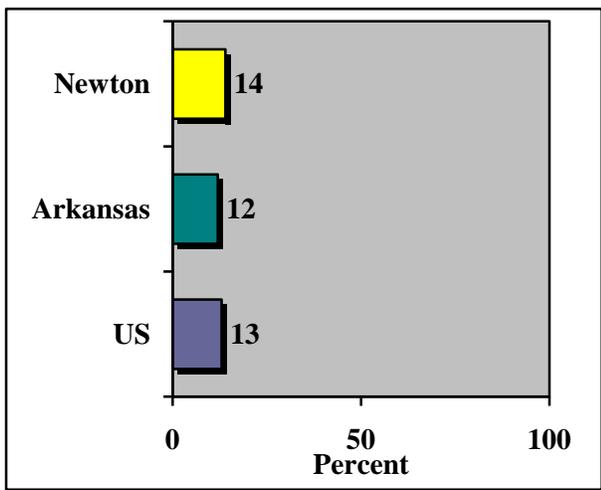
**Have had angina or CHD**



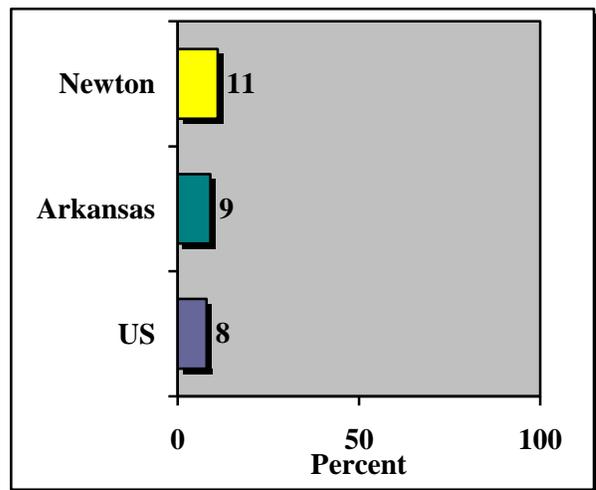
**Have had a stroke**



**Have had asthma**

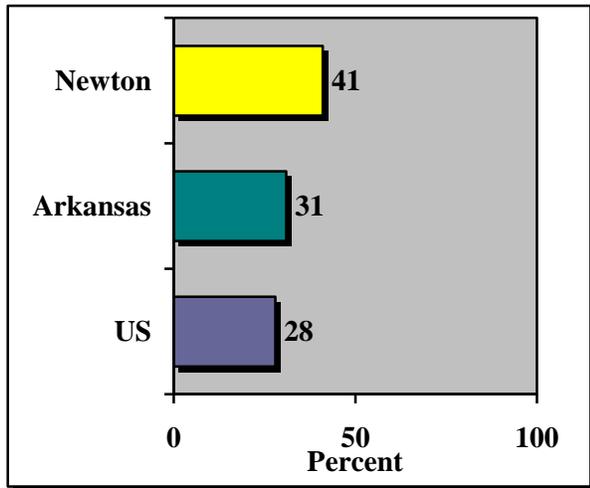


**Have diabetes**

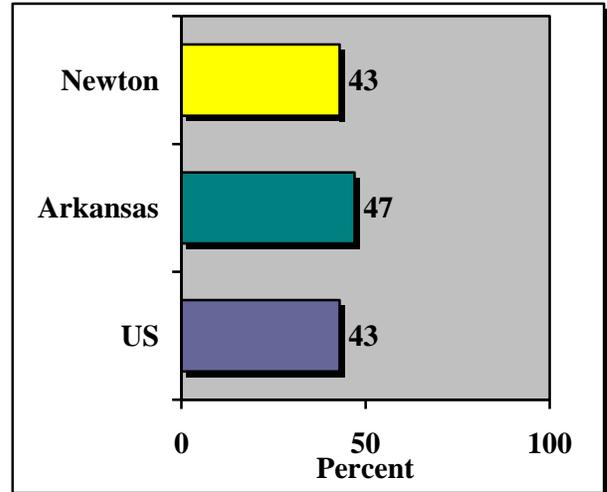


**Newton County**  
 2010 County Adult Health Survey  
 Comparison with State and national BRFSS

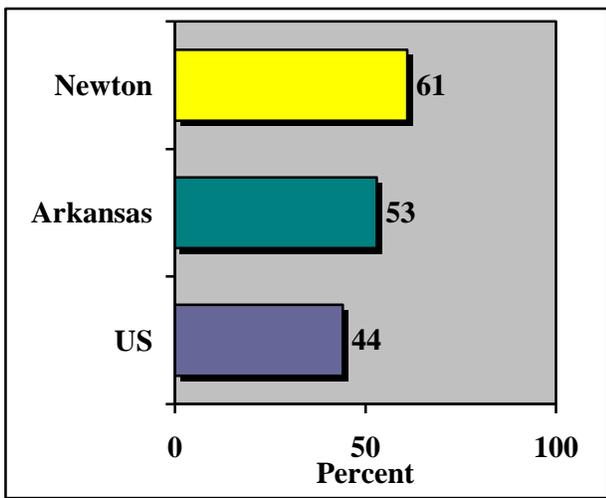
**Have arthritis**



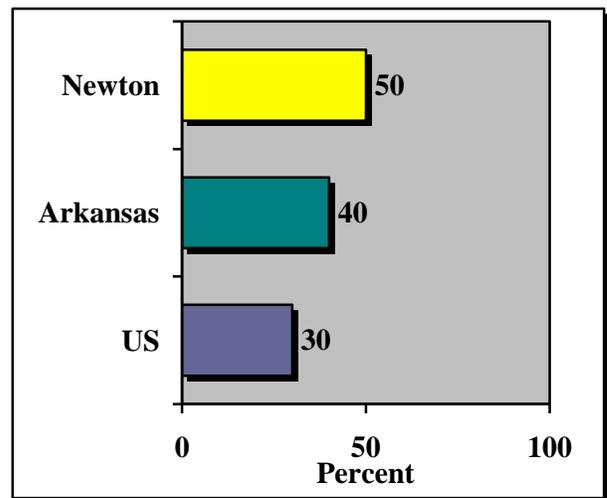
**Over 50 years and not screened for colorectal cancer**



**Permanent teeth extraction**

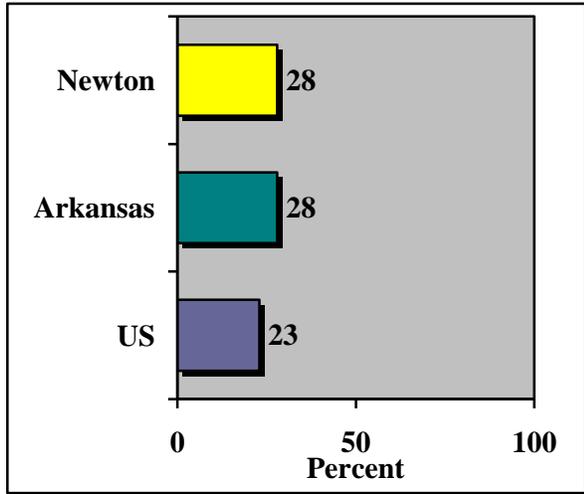


**Last dental visit one year or more ago**

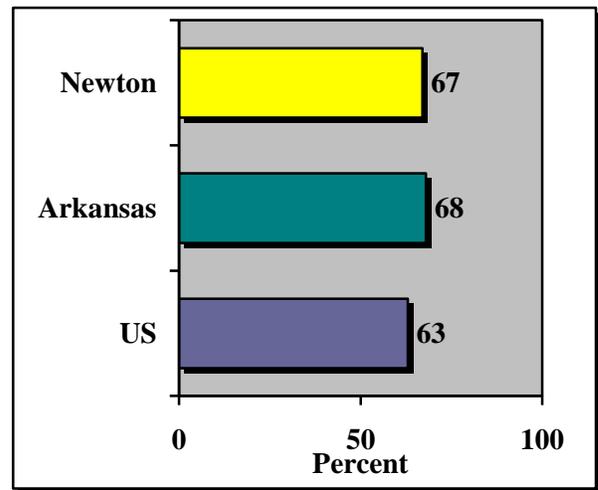


**Newton County**  
 2010 County Adult Health Survey  
 Comparison with State and national BRFSS

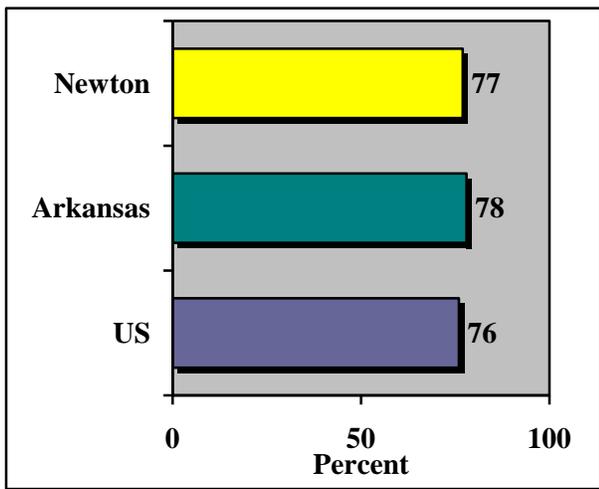
**No regular physical activity**



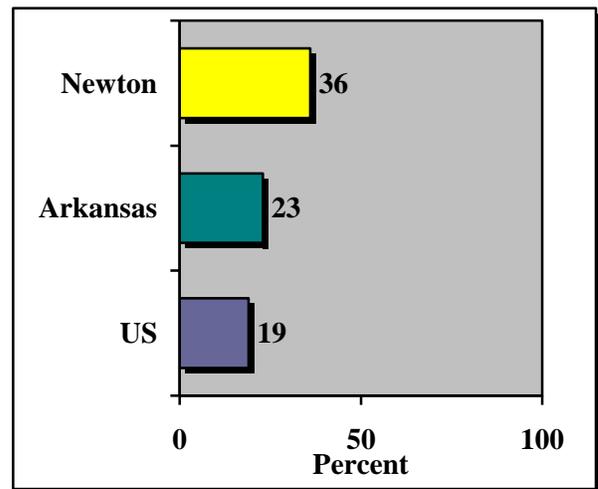
**Overweight or obese**



**Fewer than five fruits and vegetables per day**

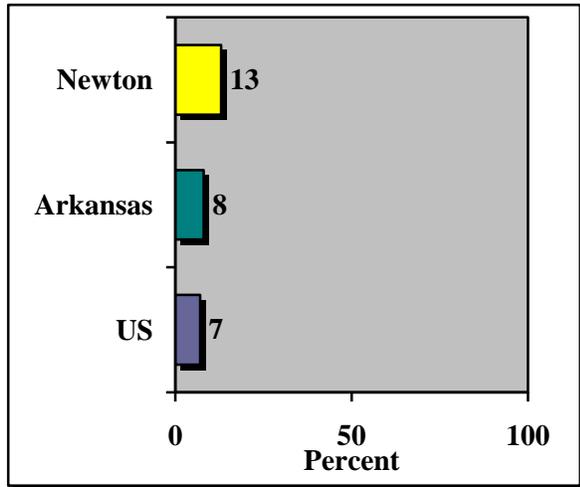


**Limitations due to physical, mental, or emotional problems**

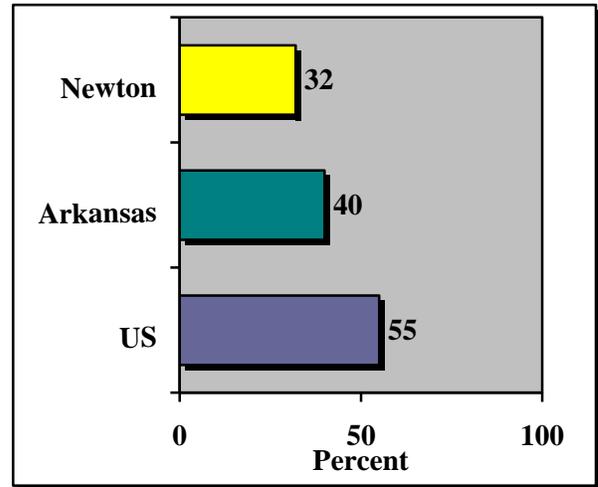


**Newton County**  
 2010 County Adult Health Survey  
 Comparison with State and national BRFSS

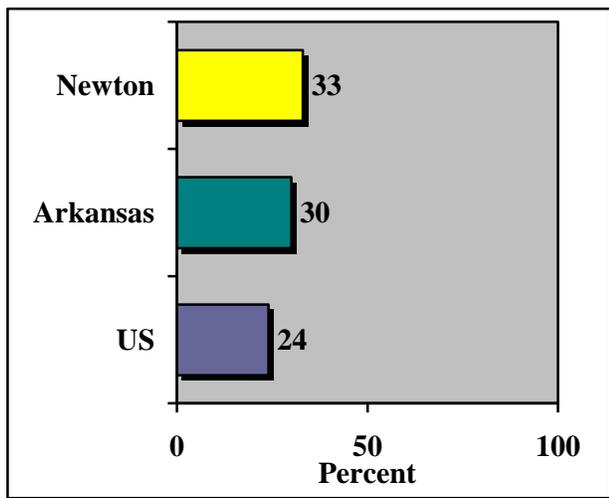
**Use of special equipment**



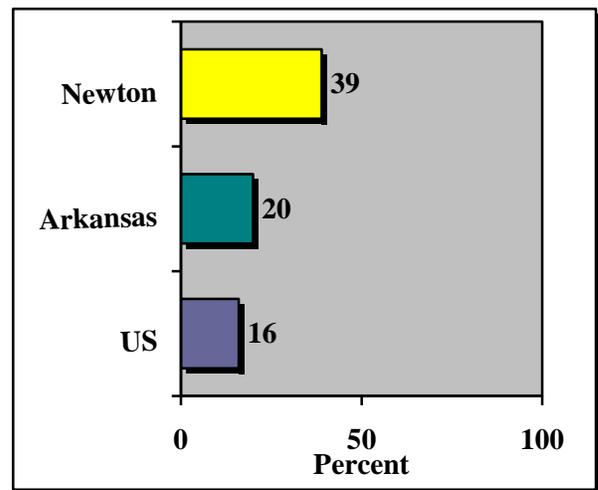
**Had one drink of alcohol**



**Women over 40 years no mammogram in past 2 years**



**No pap smear in past three years**

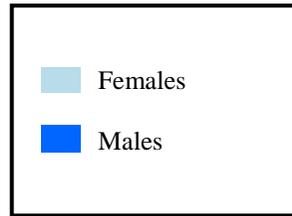


Sources: Newton County data obtained from 2012 County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data.

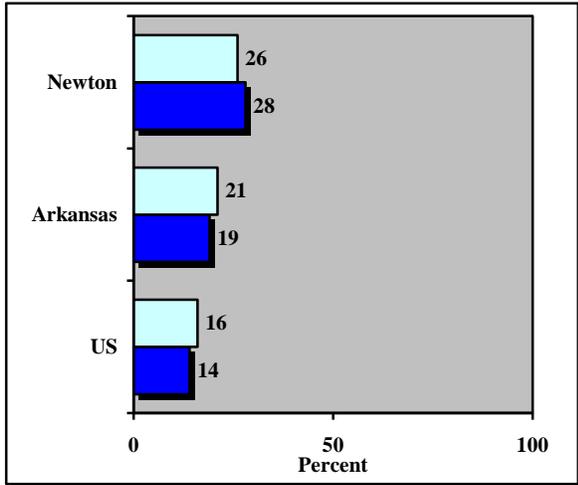
**Appendix B**

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

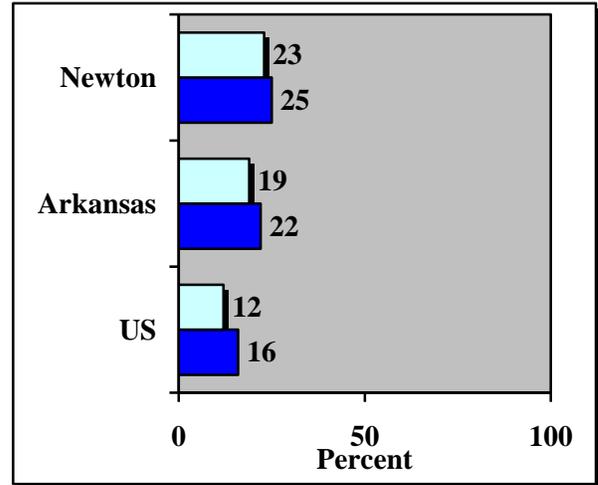
**Newton County**  
 2012 County Adult Health Survey  
 Comparison with State and national BRFSS  
 (By gender)



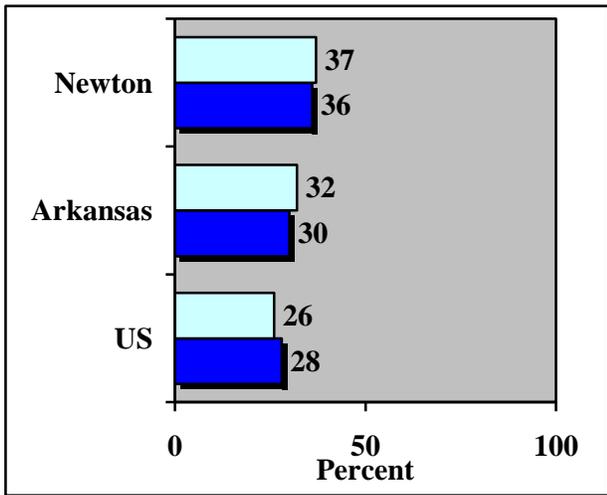
**General health “fair” or “poor”**



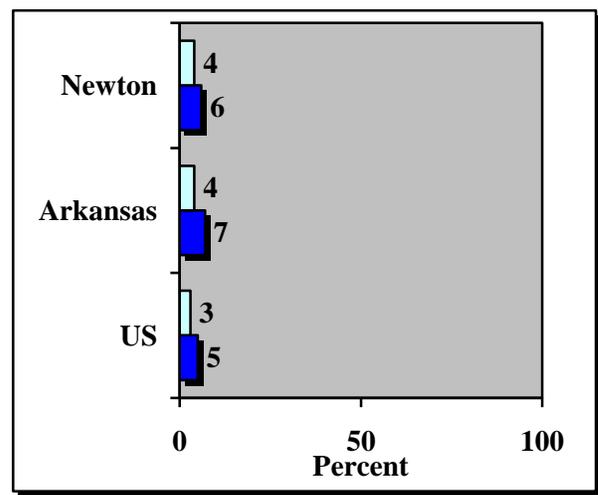
**No health care coverage**



**Have high blood pressure**

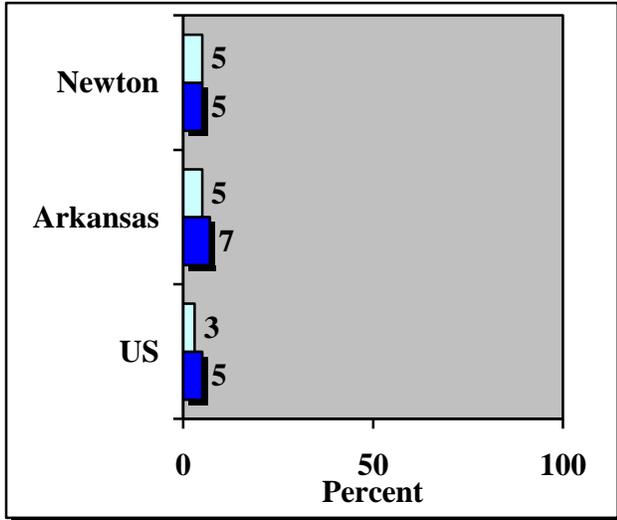


**Have had a myocardial infarction**

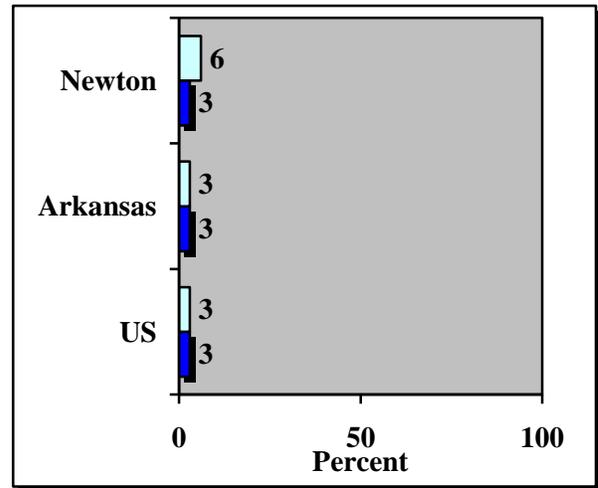


**Newton County**  
 County Adult Health Survey  
 Comparison with State and national BRFSS

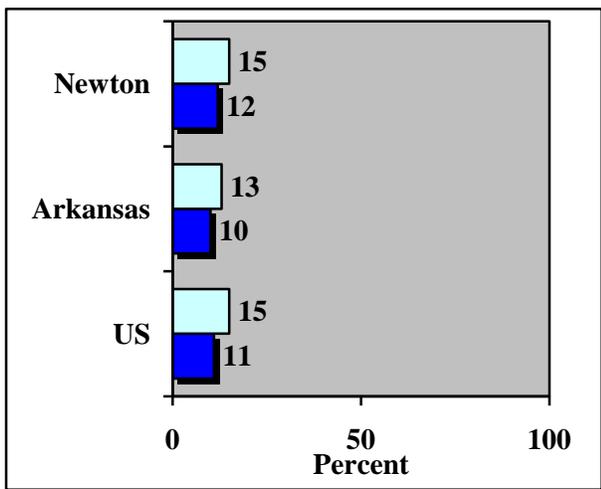
**Have had angina or CHD**



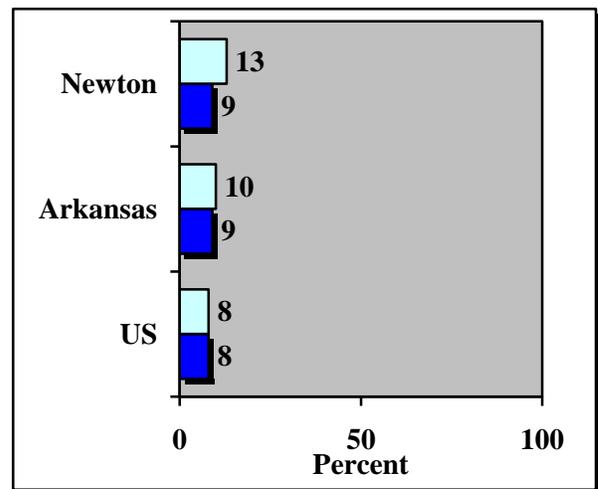
**Have had a stroke**



**Have had asthma**

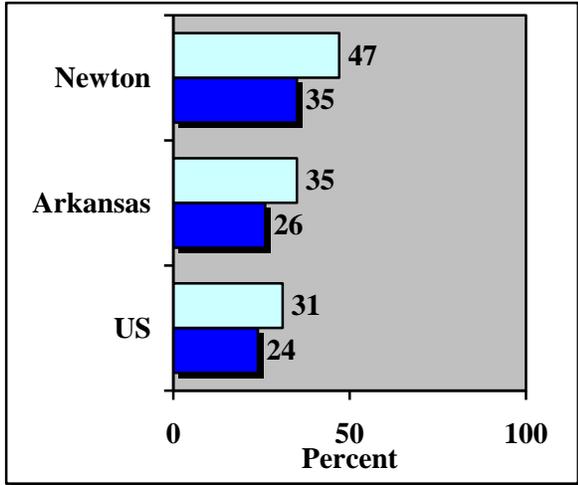


**Have diabetes**

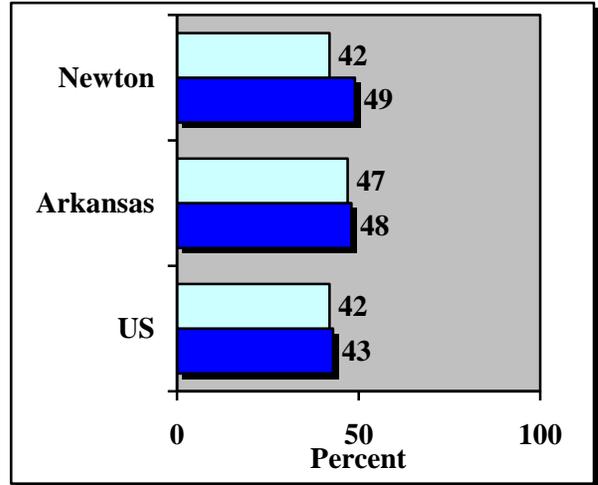


**Newton County**  
 County Adult Health Survey  
 Comparison with State and national BRFSS

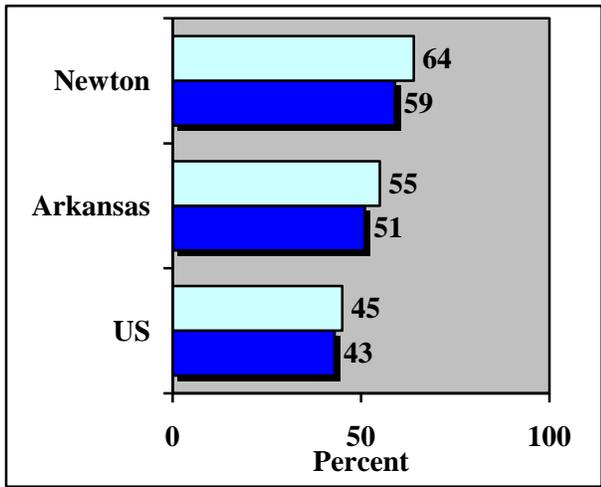
**Have arthritis**



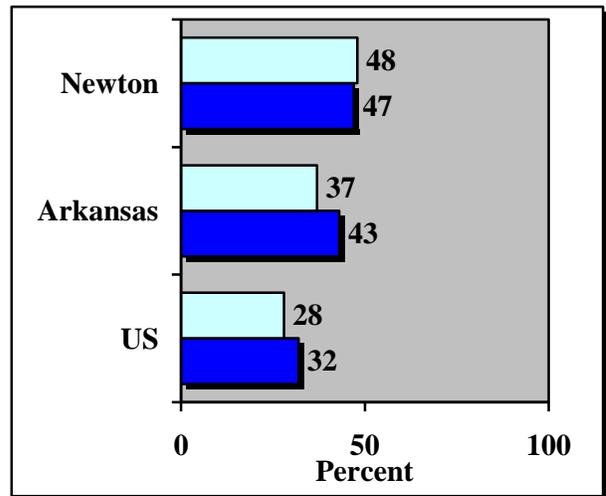
**Over 50 years and not screened for colorectal cancer**



**Permanent teeth extraction**

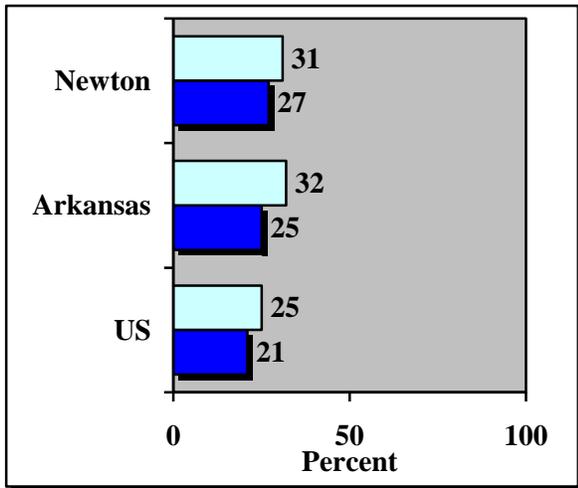


**Last dental visit one year or more ago**

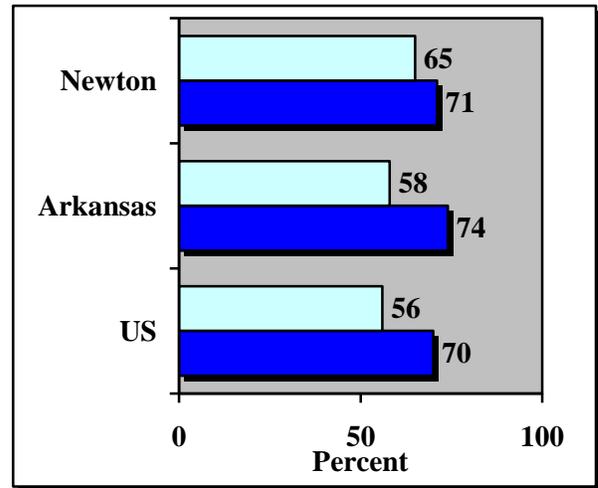


**Newton County**  
 County Adult Health Survey  
 Comparison with State and national BRFSS

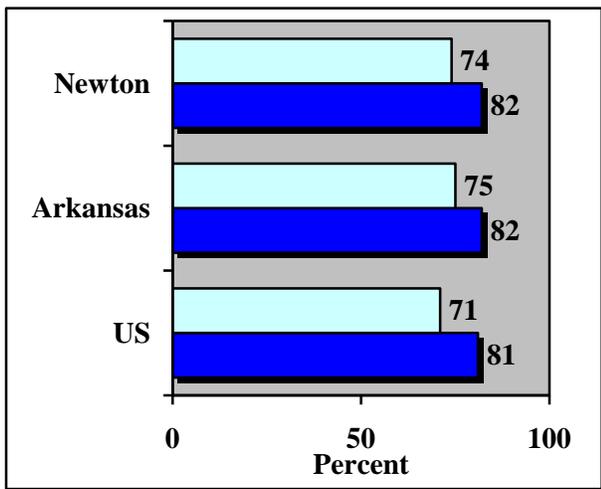
**No regular physical activity**



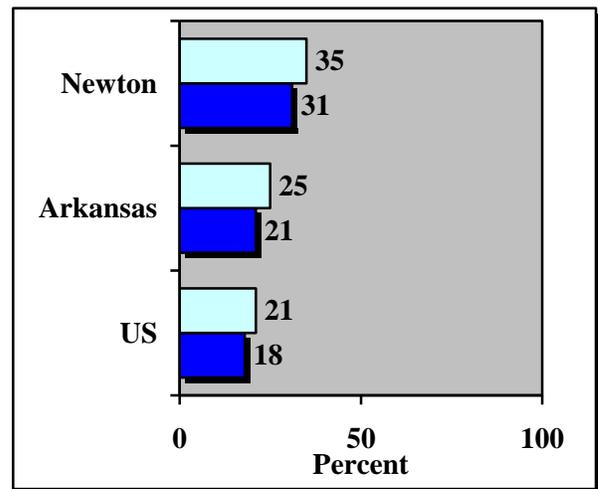
**Overweight or obese**



**Fewer than five fruits and vegetables per day**

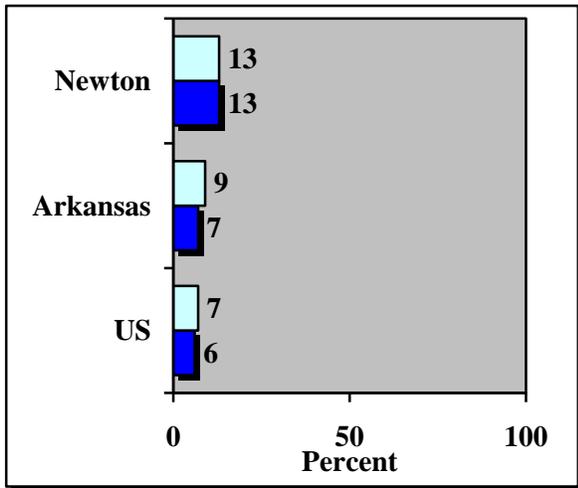


**Limitations due to physical, mental, or emotional problems**

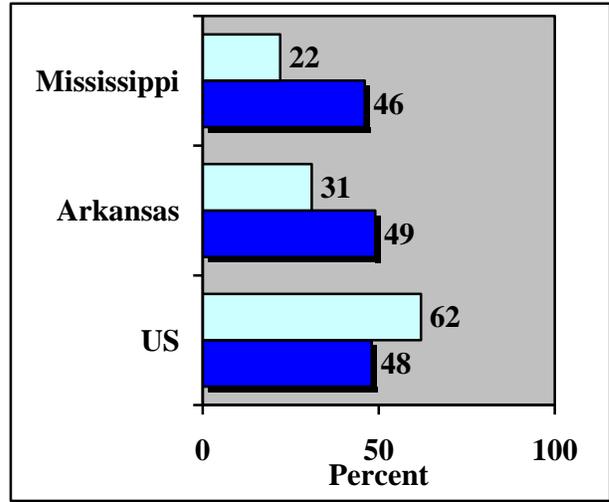


**Newton County**  
 County Adult Health Survey  
 Comparison with State and national BRFSS

**Use of special equipment**



**Had one drink of alcohol**



Sources: 2012 Newton County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data.

# **Appendix C**

## **2012 Newton County Confidence Intervals**

## How to interpret Newton County 2010 County Adult Health Survey results

### Confidence Intervals

The prevalence rates shown in this report were calculated from a sample of the Newton 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%.

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

**Newton County  
2012 County Adult Health Survey  
Confidence Intervals**

<b>How would you describe your general health</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Fair, Poor</b>	319	27.27	23.78	30.76
<b>Excellent, Very Good, Good</b>	635	72.73	69.24	76.22
<b>Total</b>	954	100.00		
<b>Frequency Missing = 3</b>				

<b>Physical health NOT good in past month</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Physical health not good one day or more</b>	412	40.26	36.19	44.33
<b>Physical health good</b>	518	59.74	55.67	63.81
<b>Total</b>	930	100.00		
<b>Frequency Missing = 27</b>				

<b>Mental health NOT good in past month</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Mental health not good one day or more</b>	332	36.09	32.06	40.11
<b>Mental health good</b>	600	63.91	59.89	67.94
<b>Total</b>	932	100.00		
<b>Frequency Missing = 25</b>				

<b>Have health insurance</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>No health insurance</b>	170	24.00	20.02	27.98
<b>Have health insurance</b>	765	76.00	72.02	79.98
<b>Total</b>	935	100.00		
<b>Frequency Missing = 22</b>				

<b>Any time in past year without health coverage</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>No health coverage IPY</b>	731	94.65	92.26	97.05
<b>Yes health coverage IPY</b>	32	5.35	2.95	7.74
<b>Total</b>	763	100.00		
<b>Frequency Missing = 194</b>				

<b>Do you have a personal doctor</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>No personal dr.</b>	105	15.67	12.00	19.34
<b>Yes, have personal dr.</b>	832	84.33	80.66	88.00
<b>Total</b>	937	100.00		
<b>Frequency Missing = 20</b>				

<b>Any time in past year no doctor visit due to cost</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>No dr. visit IPY because of cost</b>	147	19.95	16.37	23.53
<b>No barrier of cost to see dr. IPY</b>	790	80.05	76.47	83.63
<b>Total</b>	937	100.00		
<b>Frequency Missing = 20</b>				

<b>Besides work-related activity, any physical activity in past month</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>No regular physical activity</b>	147	19.95	16.37	23.53
<b>Regular physical activity</b>	790	80.05	76.47	83.63
<b>Total</b>	937	100.00		
<b>Frequency Missing = 18</b>				

<b>Told blood pressure high</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Have high blood pressure</b>	437	36.20	32.42	39.98
<b>No high blood pressure</b>	502	63.80	60.02	67.58
<b>Total</b>	939	100.00		
<b>Frequency Missing = 18</b>				

<b>Take medication for hbp</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Yes, take hbp medication</b>	75	23.49	17.93	29.05
<b>No, do not take hbp medication</b>	364	76.51	70.95	82.07
<b>Total</b>	439	100.00		
<b>Frequency Missing = 518</b>				

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<b>Ever had blood cholesterol checked in lifetime</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Never had blood cholesterol checked in lifetime</b>	130	22.57	18.50	26.63
<b>Yes, had blood cholesterol checked in lifetime</b>	795	77.43	73.37	81.50
<b>Total</b>	925	100.00		
<b>Frequency Missing = 32</b>				

<b>How long since blood cholesterol checked</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Blood cholesterol not checked in past five years</b>	158	26.39	22.20	30.58
<b>Blood cholesterol checked in past five years</b>	762	73.61	69.42	77.80
<b>Total</b>	920	100.00		
<b>Frequency Missing = 37</b>				

<b>Told cholesterol level high</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>High blood cholesterol</b>	371	40.59	36.30	44.89
<b>Blood cholesterol not high</b>	416	59.41	55.11	63.70
<b>Total</b>	787	100.00		
<b>Frequency Missing = 170</b>				

<b>Told by doctor have asthma</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Ever had asthma</b>	129	13.73	10.78	16.68
<b>No asthma</b>	809	86.27	83.32	89.22
<b>Total</b>	938	100.00		
<b>Frequency Missing = 19</b>				

<b>Told by doctor currently have asthma</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Yes, have asthma now</b>	92	68.00	56.32	79.68
<b>No asthma now</b>	34	32.00	20.32	43.68
<b>Total</b>	126	100.00		
<b>Frequency Missing = 831</b>				

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<b>Told by doctor have diabetes</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Ever had diabetes</b>	139	11.11	8.92	13.29
<b>No diabetes</b>	798	88.89	86.71	91.08
<b>Total</b>	937	100.00		
<b>Frequency Missing = 20</b>				

<b>Joint pain, aching, stiffness in past 30 days</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Have had pain in past 30 days</b>	599	57.35	53.08	61.62
<b>No pain in past 30 days</b>	337	42.65	38.38	46.92
<b>Total</b>	936	100.00		
<b>Frequency Missing = 21</b>				

<b>Joint pain in past 3 months</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Pain occurred more than 3 months ago</b>	540	90.55	87.72	93.38
<b>Pain occurred less than 3 months ago</b>	59	9.45	6.62	12.28
<b>Total</b>	599	100.00		
<b>Frequency Missing = 358</b>				

<b>Have seen a doctor for joint symptoms</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Have not seen a doctor for joint symptoms</b>	143	28.33	23.35	33.30
<b>Have seen a doctor for joint symptoms</b>	396	71.67	66.70	76.65
<b>Total</b>	539	100.00		
<b>Frequency Missing = 418</b>				

<b>Have been diagnosed with a form of arthritis</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Ever had arthritis</b>	482	40.63	36.67	44.59
<b>No arthritis</b>	453	59.37	55.41	63.33
<b>Total</b>	935	100.00		
<b>Frequency Missing = 22</b>				

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<b>Limited in usual activities because of arthritis</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Have activity limitations</b>	256	56.87	51.40	62.34
<b>No activity limitations</b>	226	43.13	37.66	48.60
<b>Total</b>	482	100.00		
<b>Frequency Missing = 475</b>				

<b>Had flu vaccine during the past 12 months</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>No influenza vaccine</b>	543	63.26	59.23	67.29
<b>Had influenza vaccine</b>	391	36.74	32.71	40.77
<b>Total</b>	934	100.00		
<b>Frequency Missing = 23</b>				

<b>Had pneumococcal vaccine in lifetime</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>No pneumonia vaccine</b>	589	70.72	66.97	74.48
<b>Pneumonia vaccine</b>	321	29.28	25.52	33.03
<b>Total</b>	910	100.00		
<b>Frequency Missing = 47</b>				

<b>Smoked 100 cigarettes in lifetime</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Smoked 100 cigarettes in lifetime</b>	501	53.03	48.82	57.23
<b>Have not smoked 100 cigarettes in lifetime</b>	436	46.97	42.77	51.18
<b>Total</b>	937	100.00		
<b>Frequency Missing = 20</b>				

<b>Smokes cigarettes everyday or some days</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>current smoker</b>	198	24.40	20.60	28.19
<b>not a current smoker (former and never smoked)</b>	739	75.60	71.81	79.40
<b>Total</b>	937	100.00		
<b>Frequency Missing = 20</b>				

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<b>Tried to stop smoking in past 12 months</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Not tried smoking cessation</b>	82	32.93	24.93	40.94
<b>Tried smoking cessation</b>	115	67.07	59.06	75.07
<b>Total</b>	197	100.00		
<b>Frequency Missing = 760</b>				

<b>Had an alcoholic drink during the last 30 days</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Had a drink of alcohol in past 30 days</b>	314	33.39	29.45	37.33
<b>No alcoholic drink in past 30 days</b>	622	66.61	62.67	70.55
<b>Total</b>	936	100.00		
<b>Frequency Missing = 21</b>				

<b>Binge drinking in last 30 days, 5 or men and 4 for women</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Binge drinking in past 30 days (5 men, 4 women)</b>	82	33.84	26.58	41.11
<b>No binge drinking in past 30 days</b>	226	66.16	58.89	73.42
<b>Total</b>	308	100.00		
<b>Frequency Missing = 649</b>				

<b>Overweight or Obese, BMI &gt;25</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Overweight or obese BMI &gt; 25</b>	617	67.76	63.85	71.67
<b>Not overweight or obese BMI &lt; 25</b>	308	32.24	28.33	36.15
<b>Total</b>	925	100.0		
<b>Frequency Missing = 32</b>				

<b>Had mammogram in past 2 years</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>No breast cancer screening within the past 2 years</b>	167	34.25	29.28	39.22
<b>Breast cancer screening within past 2 years</b>	326	65.75	60.78	70.72
<b>Total</b>	493	100.00		
<b>Frequency Missing = 464</b>				

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<b>Had pap smear in past 3 years</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>No pap smear within the past 3 years</b>	278	39.04	34.19	43.89
<b>Pap smear within the past 3 years</b>	287	60.96	56.11	65.81
<b>Total</b>	565	100.00		
<b>Frequency Missing = 392</b>				

<b>Difficult to pay for cost of mammogram</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Difficult to pay</b>	134	82.08	75.63	88.53
<b>Not difficult to pay</b>	39	17.92	11.47	24.37
<b>Total</b>	173	100.00		
<b>Frequency Missing = 784</b>				

<b>Awareness of free/low cost breast exams and mammograms</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Not aware of free exams</b>	229	44.79	39.53	50.05
<b>Aware of free exams</b>	337	55.21	49.95	60.47
<b>Total</b>	566	100.00		
<b>Frequency Missing = 391</b>				

<b>Noticed mammogram advertisements</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Have not noticed mammogram advertisements</b>	259	45.09	39.85	50.33
<b>Noticed mammogram advertisements</b>	295	54.91	49.67	60.15
<b>Total</b>	554	100.00		
<b>Frequency Missing = 403</b>				

<b>Limited in activities because of physical, mental, or emotional problems</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Limitations</b>	356	33.01	29.16	36.85
<b>No limitations</b>	567	66.99	63.15	70.84
<b>Total</b>	923	100.00		
<b>Frequency Missing = 34</b>				

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<b>Have health problems that require use of equipment</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Use of special equipment</b>	144	12.90	10.10	15.70
<b>No use of special equipment</b>	778	87.10	84.30	89.90
<b>Total</b>	922	100.00		
<b>Frequency Missing = 35</b>				

<b>Rarely or never get needed social or emotional support</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Rarely or never get needed social/emotional support</b>	105	9.52	7.16	11.87
<b>Get needed social/emotional support</b>	808	90.48	88.13	92.84
<b>Total</b>	913	100.00		
<b>Frequency Missing = 44</b>				

<b>Satisfied with your life</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Dissatisfied or very dissatisfied with life</b>	57	5.60	3.74	7.47
<b>Very satisfied or satisfied with life</b>	863	94.40	92.53	96.26
<b>Total</b>	920	100.00		
<b>Frequency Missing = 37</b>				

<b>Ever had prostate cancer screening (Prostate-Specific Antigen-PSA or digital rectal exam)</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Never been screened</b>	237	84.19	79.91	88.47
<b>Have been screened</b>	59	15.81	11.53	20.09
<b>Total</b>	296	100.00		
<b>Frequency Missing = 661</b>				

<b>Told by doctor had prostate cancer</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Told by Dr. had prostate cancer</b>	20	5.22	2.77	7.68
<b>Never told my Dr. had prostate cancer</b>	281	94.78	92.32	97.23
<b>Total</b>	301	100.00		
<b>Frequency Missing = 656</b>				

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<b>Have family history of prostate cancer</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Have family history of prostate cancer</b>	55	19.34	13.42	25.27
<b>No family history of prostate cancer</b>	237	80.66	74.73	86.58
<b>Total</b>	292	100.00		
<b>Frequency Missing = 665</b>				

<b>Ever had colorectal cancer screening (sigmiodescopy or colonoscopy)</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Never been screened for colorectal cancer</b>	299	45.57	41.14	50.01
<b>Have been screened for colorectal cancer</b>	372	54.43	49.99	58.86
<b>Total</b>	671	100.00		
<b>Frequency Missing = 286</b>				

<b>Have been tested for HIV in lifetime</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Have been tested for HIV in lifetime</b>	375	67.75	62.82	72.67
<b>Never tested for HIV</b>	177	32.25	27.33	37.18
<b>Total</b>	552	100.00		
<b>Frequency Missing = 405</b>				

<b>Was the HIV test a rapid test where results available in a couple hours</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>No, test was not HIV rapid test</b>	62	79.72	67.04	92.40
<b>Had HIV rapid test</b>	12	20.28	7.60	32.96
<b>Total</b>	74	100.00		
<b>Frequency Missing = 883</b>				

<b>Engage in risky behaviors that may contribute to HIV</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Yes, HIV risky behaviors</b>	13	2.50	0.79	4.21
<b>No HIV related risky behaviors</b>	552	97.50	95.79	99.22
<b>Total</b>	565	100.00		
<b>Frequency Missing = 392</b>				

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<b>Permanent teeth extraction</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Permanent teeth extraction</b>	640	61.28	56.87	65.69
<b>No permanent teeth extraction</b>	260	38.72	34.31	43.13
<b>Total</b>	900	100.00		
<b>Frequency Missing = 57</b>				

<b>Last dental visit more than 1 year ago</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Last dental visit one year or more ago</b>	436	47.29	43.01	51.57
<b>Last dental visit less than one year ago</b>	475	52.71	48.43	56.99
<b>Total</b>	911	100.00		
<b>Frequency Missing = 46</b>				

<b>Teeth cleaning within last 1 year</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Last dental cleaning one year or more ago</b>	358	48.72	43.98	53.45
<b>Last dental cleaning less than one year ago</b>	376	51.28	46.55	56.02
<b>Total</b>	734	100.00		
<b>Frequency Missing = 223</b>				

<b>Ever told had a heart attack</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Have had myocardial infarction</b>	61	5.31	3.76	6.87
<b>No myocardial infarction</b>	838	94.69	93.13	96.24
<b>Total</b>	899	100.00		
<b>Frequency Missing = 58</b>				

<b>Ever told have angina or coronary heart disease</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Have had angina or coronary heart disease</b>	60	4.91	3.41	6.42
<b>No angina or coronary heart disease</b>	833	95.09	93.58	96.59
<b>Total</b>	893	100.00		
<b>Frequency Missing = 64</b>				

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<b>Ever told had a stroke</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Have had a stroke</b>	51	4.55	3.05	6.04
<b>No stroke</b>	854	95.45	93.96	96.95
<b>Total</b>	905	100.00		
<b>Frequency Missing = 52</b>				

<b>Ate fruits/vegetables 5 or more times a day</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Consume less than 5 times per day</b>	693	78.28	74.81	81.75
<b>Consume 5 or more times per day</b>	216	21.72	18.25	25.19
<b>Total</b>	909	100.00		
<b>Frequency Missing = 48</b>				

<b>Have you seen doctor, nurse, health care professional for care</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>No, does not see doctor for care</b>	68	39.20	29.84	48.57
<b>Yes, sees doctor for care</b>	138	60.80	51.43	70.16
<b>Total</b>	206	100.00		
<b>Frequency Missing = 751</b>				

<b>Has a doctor, health professional asked if you smoke in the past year</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>health professional did not ask if respondent smokes</b>	15	12.15	4.11	20.18
<b>health professional asked if respondent smokes</b>	123	87.85	79.82	95.89
<b>Total</b>	138	100.00		
<b>Frequency Missing = 819</b>				

<b>Has a doctor, health professional advised you to quit smoking</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>health professional did not advise respondent to stop smoking</b>	36	29.28	18.82	39.74
<b>health professional advised respondent to stop smoking</b>	101	70.72	60.26	81.18
<b>Total</b>	137	100.00		
<b>Frequency Missing = 820</b>				

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<b>Allows smoking in home</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Allows smoking in home</b>	223	21.18	17.86	24.51
<b>Does not allow smoking in home</b>	684	78.82	75.49	82.14
<b>Total</b>	907	100.00		
<b>Frequency Missing = 50</b>				

<b>Have you been diagnosed with COPD</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Yes</b>	94	7.73	5.82	9.65
<b>No</b>	809	92.27	90.35	94.18
<b>Total</b>	903	100.00		
<b>Frequency Missing = 54</b>				

<b>Ever tried smokeless tobacco in lifetime</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Ever tried smokeless tobacco</b>	202	29.14	25.08	33.20
<b>Never tried smokeless tobacco</b>	706	70.86	66.80	74.92
<b>Total</b>	908	100.00		
<b>Frequency Missing = 49</b>				

<b>Currently use smokeless tobacco</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Current use of smokeless tobacco</b>	53	29.16	21.23	37.08
<b>No current use of smokeless tobacco</b>	149	70.84	62.92	78.77
<b>Total</b>	202	100.00		
<b>Frequency Missing = 755</b>				

<b>Wants to quit smokeless tobacco</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Does not want to quit smokeless tobacco</b>	28	55.31	38.39	72.24
<b>Wants to quit using smokeless tobacco</b>	23	44.69	27.76	61.61
<b>Total</b>	51	100.00		
<b>Frequency Missing = 906</b>				

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<b>Has tried to stop smokeless tobacco use</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Has not tried to stop smokeless tobacco use</b>	36	68.92	53.89	83.94
<b>Has tried to stop using smokeless tobacco</b>	17	31.08	16.06	46.11
<b>Total</b>	53	100.00		
<b>Frequency Missing = 904</b>				

<b>Ever smoked a cigar in lifetime</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Ever tried cigar</b>	405	48.30	44.00	52.59
<b>Never tried cigar</b>	502	51.70	47.41	56.00
<b>Total</b>	907	100.00		
<b>Frequency Missing = 50</b>				

<b>Currently smokes cigars</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Current use of cigars</b>	26	10.89	5.72	16.05
<b>No current use of cigars</b>	379	89.11	83.95	94.28
<b>Total</b>	405	100.00		
<b>Frequency Missing = 552</b>				

<b>Currently uses pipes, bidis, or clove cigarettes</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Uses pipes, bidis, or clove cigarettes</b>	14	1.75	0.68	2.82
<b>Does not use pipes, bidis, or clove cigarettes</b>	894	98.25	97.18	99.32
<b>Total</b>	908	100.00		
<b>Frequency Missing = 49</b>				

<b>Been in car with someone smoking in past 7 days</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Has been in car with a smoker in past 7 days</b>	161	22.60	18.76	26.45
<b>Has not been in car with a smoker in past 7 days</b>	746	77.40	73.55	81.24
<b>Total</b>	907	100.00		
<b>Frequency Missing = 50</b>				

<b>Works indoors most of the time</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Does not work indoors most of time</b>	106	33.25	26.88	39.62
<b>Work indoors most of time</b>	245	66.75	60.38	73.12
<b>Total</b>	351	100.00		
<b>Frequency Missing = 606</b>				
<b>Works in an area where someone smokes</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Yes, someone smokes in work area</b>	17	10.77	4.40	17.14
<b>No one smokes in work area</b>	226	89.23	82.86	95.60
<b>Total</b>	243	100.00		
<b>Frequency Missing = 714</b>				
<b>Supports comprehensive smoking laws</b>				
	<b>Frequency</b>	<b>Percent</b>	<b>95% Confidence Limits for Percent</b>	
<b>Does not support a comprehensive smoking law</b>	312	36.25	31.99	40.50
<b>Supports a comprehensive smoking law</b>	568	63.75	59.50	68.01
<b>Total</b>	880	100.00		
<b>Frequency Missing = 77</b>				

## **Appendix D**

# **2012 County Adult Health Survey Questions for Newton County**

## 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?