



STAMP OUT SMOKING
Arkansas Department of Health
www.stampoutsmoking.com

YOUR TOBACCO SETTLEMENT DOLLARS AT WORK

Coordinated by:
Cleburne County HHI

and

Arkansas Department of Health

Health Statistics Branch

Cleburne County, 2012



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

November, 2012

For more information about the
Cleburne County
2012 County Adult Health Survey

Hazel Thompson
Cleburne County Local Health Unit
Judge Claude Dill Office Complex
2319 Hwy 110 W, Suite C
Heber Springs, AR
(501) 362-7581

For more information about
County Adult Health Surveys, the Behavioral Risk Factor Surveillance System, or analysis of this survey data,
please contact:

Tammy Pannells, Ph.D.
Research Project Analyst
Health Statistics Branch
Survey Section
Arkansas Department of Health
4815 West Markham
Little Rock, AR 72205
501-661-2666
tammy.pannells@arkansas.gov



Table of Contents

INTRODUCTION TO THE 2011 CLEBURNE COUNTY ADULT HEALTH SURVEY	1
HEALTH STATUS.....	7
HEALTH CARE ACCESS.....	13
HYPERTENSION.....	15
CHOLESTEROL	17
CARDIOVASCULAR DISEASE PREVALENCE	21
ASTHMA.....	27
DIABETES.....	29
ARTHRITIS.....	31
COLORECTAL CANCER SCREENING	35
PROSTATE CANCER SCREENING.....	37
IMMUNIZATION – INFLUENZA SHOT.....	39
ORAL HEALTH.....	41
PHYSICAL ACTIVITY.....	45
OVERWEIGHT.....	47
FRUITS AND VEGETABLES.....	49
DISABILITY.....	51
ALCOHOL CONSUMPTION	59
TOBACCO USE.....	63
WOMEN’S HEALTH.....	79
APPENDIX A Cleburne County Comparison with state and national BRFSS.....	90
APPENDIX B Cleburne County Comparison with state and national BRFSS, by gender.....	96
APPENDIX C Cleburne County Confidence Intervals.....	102
APPENDIX D County Adult Health Survey Questions.....	123

Cleburne County 2012 County Adult Health Survey

Introduction

What is the County Adult Health Survey?

The national focus on improving the health of American citizens has also become a major focus for local communities.¹ As a result, health related data are needed by state, county, and local agencies for developing health-promotion programs and to efficiently target health dollars. The County Adult Health Survey is an instrument used by Hometown Health Improvement to collect, evaluate, and monitor personal risk behaviors that affect the health of adults in Arkansas communities. The survey uses questions from the Behavioral Risk Factor Surveillance System survey (BRFSS), developed by the Centers for Disease Control.²

What is Hometown Health Improvement?

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

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



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

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

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

What is the BRFSS?

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

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

How is the BRFSS used?

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

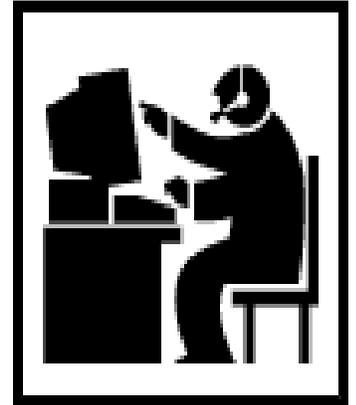
- Determine priority health issues and identify populations at highest risk.
- Develop strategic plans and target prevention programs.
- Monitor the effectiveness of intervention strategies and progress toward prevention goals.
- Educate the public, the health community, and policymakers about disease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

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

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

How did Cleburne County conduct the County Adult Health Survey?

During the months July and August of 2012, a telephone survey of 828 randomly selected adults in Cleburne 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 2011 Cleburne County Adult Health Survey?

Of the 828 people who were interviewed, 276 were men and 552 were women. The following chart summarizes the demographics of the survey participants as both raw numbers and as weighted data. The raw data is the data collected from the sample of persons interviewed. The weighted data is the collected survey data (raw data) that has been adjusted to represent the population from which the sample was drawn.

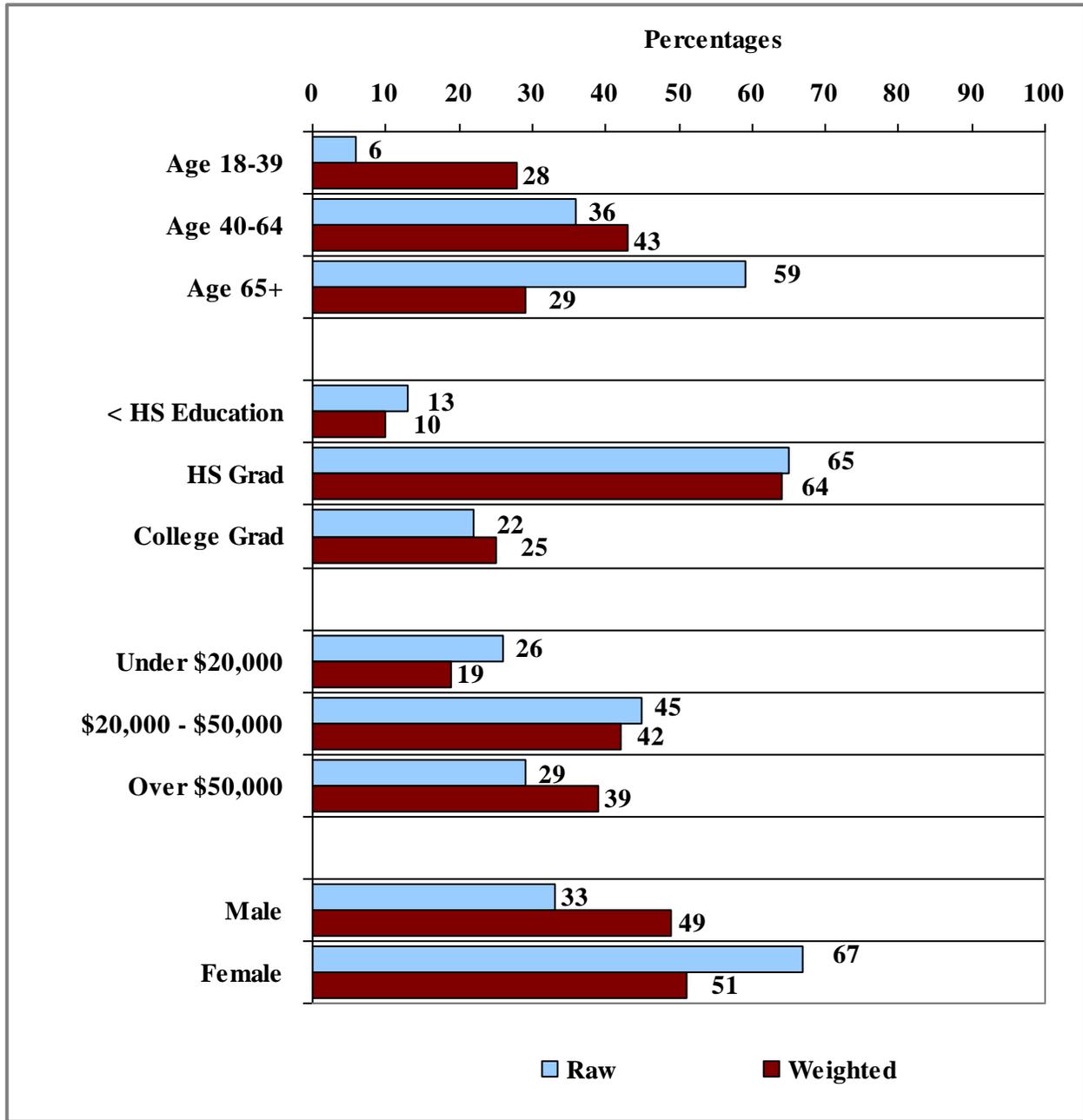
Generally, all data presented in the report is based on the **weighted** data. All percentages presented in this report are rounded to the nearest whole percent. However, data presented in the frequency tables in the risk factor section is **raw** data. The total number of responses (i.e. frequencies)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

Table 1: Survey demographics

Variables	Categories	Raw Data %	Weighted Data (%)
Age (years)	Age 18-39	6	28
	Age 40-64	36	43
	Age 65+	59	29
Education	< HS Education	13	10
	HS Grad	65	64
	College Grad	22	25
Income	Under \$20,000	26	19
	\$20,000 - \$50,000	45	42
	Over \$50,000	29	39
Gender	Male	33	49
	Female	67	51

Who participated in the 2011 Cleburne County Adult Health Survey?

Figure 1: The percentages of participants by age, education, income, and gender.



Risk Factors

Health Status

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

General Health

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

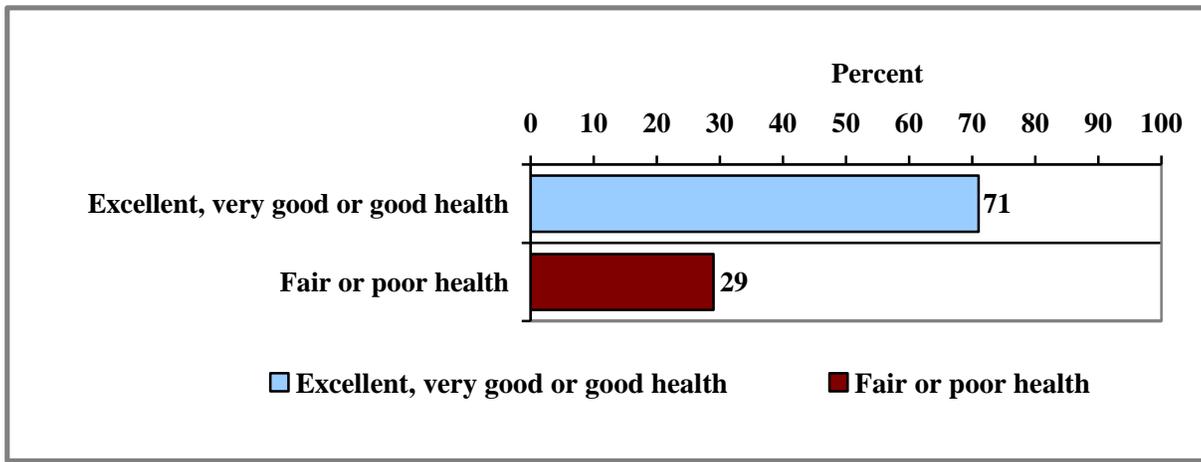
Question: Would you say that your general health is “excellent,” “very good,” “good,” “fair,” or “poor?”

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

Table 1: General health status (overall)

General health	Frequency (n)
Fair, Poor	276
Excellent, Very Good, Good	551

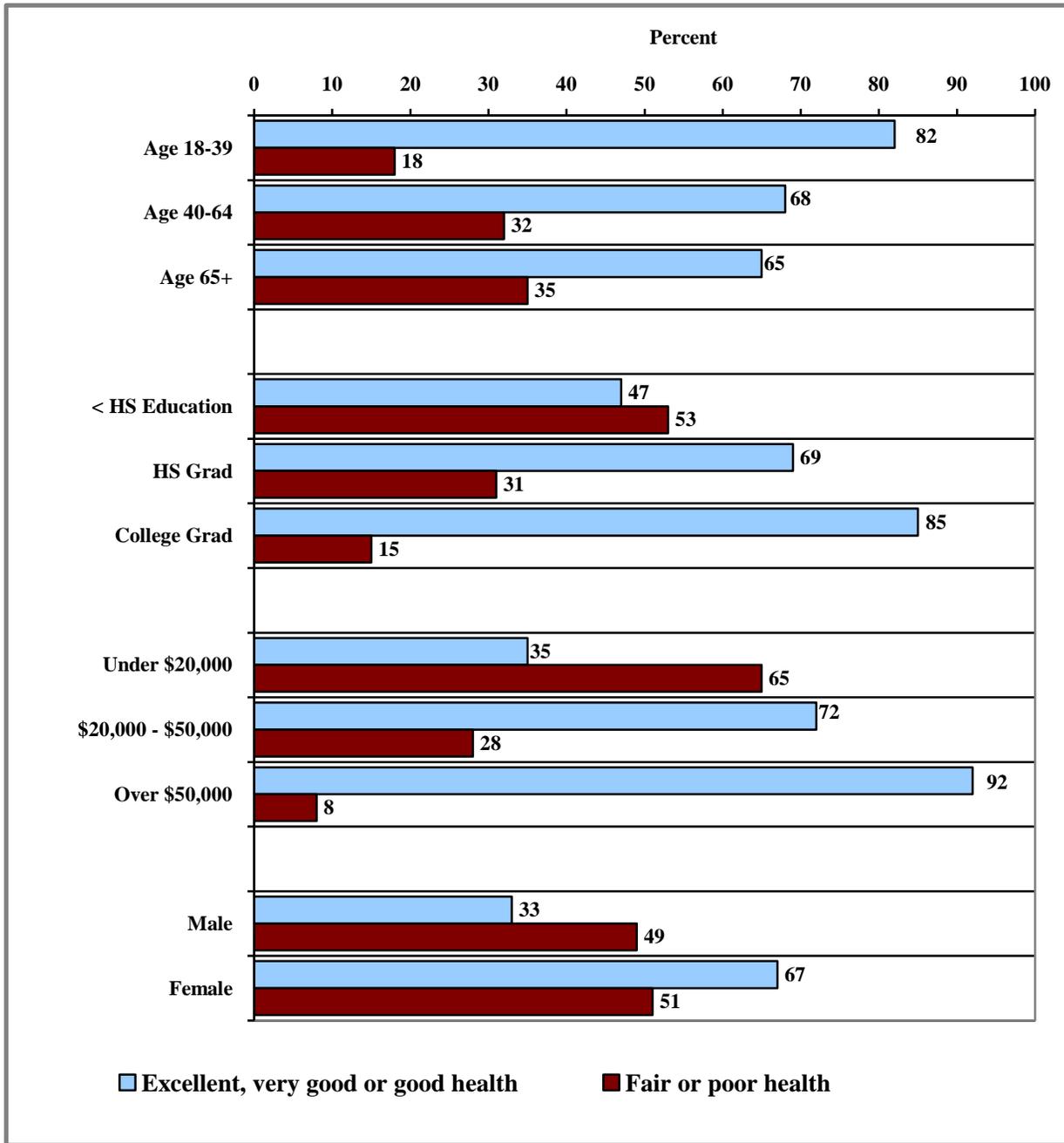
Figure 1: General health status (overall)



Health Status (continued)

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

Figure 2: General health status (by selected characteristics)



Health Status (continued)

Physical Health

Risk Factor Definition: Physical health “not good”

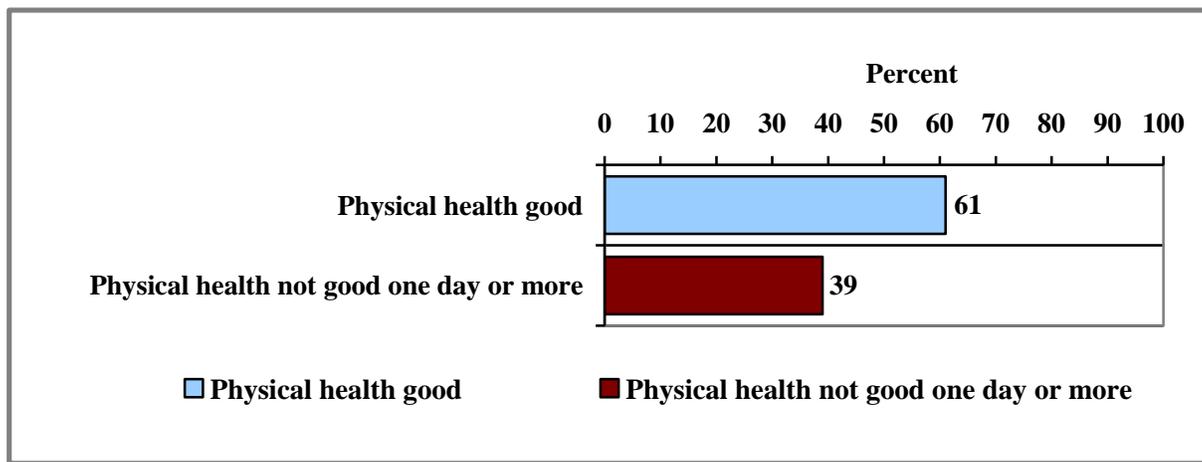
Question: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

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

Table 2: Physical health status (overall)

Physical health	Frequency (n)
Physical health not good one day or more	348
Physical health good	469

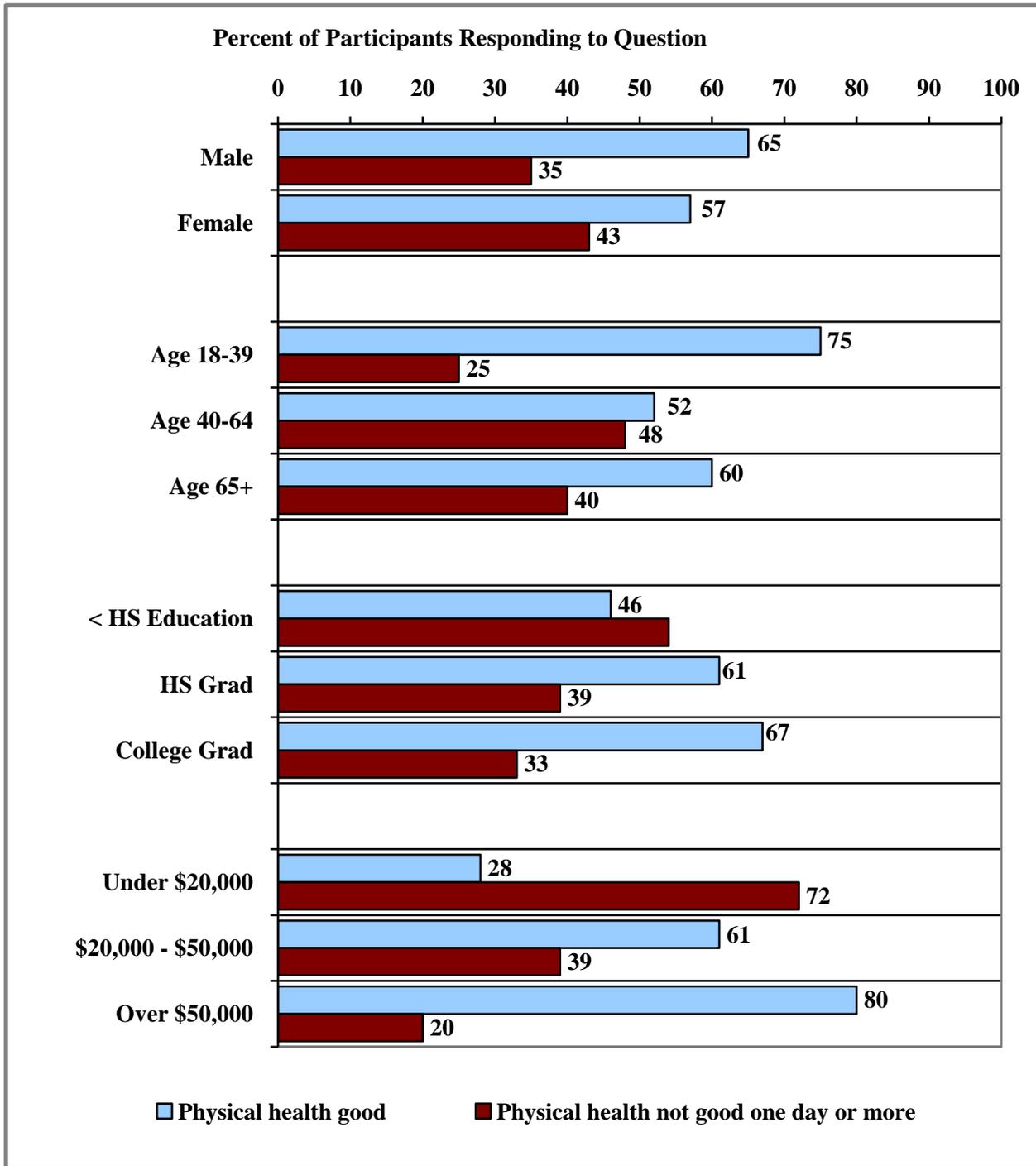
Figure 3: Physical health status (overall)



Health Status (continued)

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

Figure 4: Physical health status (by selected characteristics)



Health Status (continued)

Mental Health

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

Risk Factor Definition: Mental health “not good”

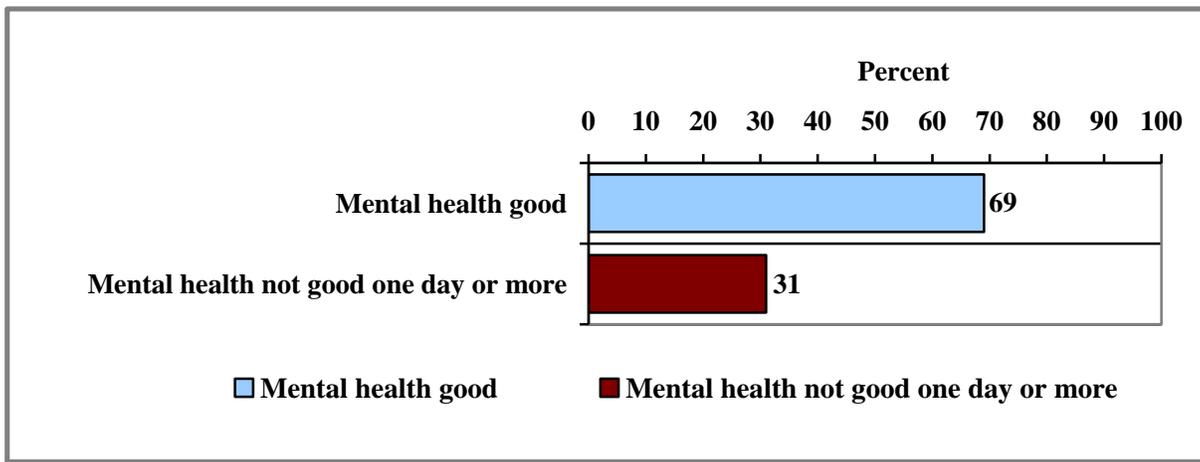
Question: How many days during the past 30 days was your mental health not good?

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

Table 3: Mental health status (overall)

Mental health	Frequency (n)
Mental health not good one day or more	228
Mental health good	581

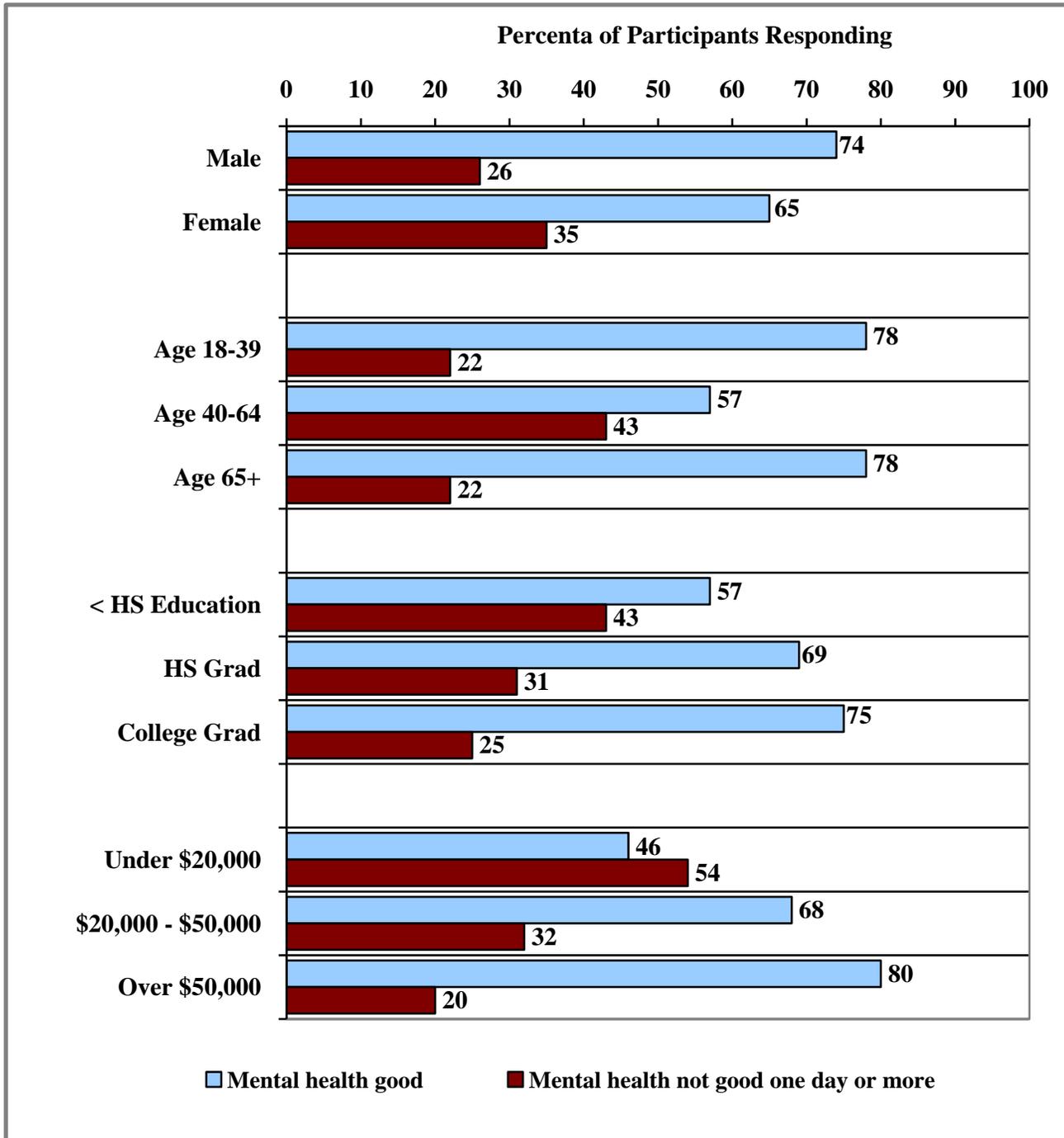
Figure 5: Mental health status (overall)



Health Status (continued)

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

Figure 6: Mental health status (by selected characteristics)



Health Care Access

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



Risk Factor Definition: No health care coverage

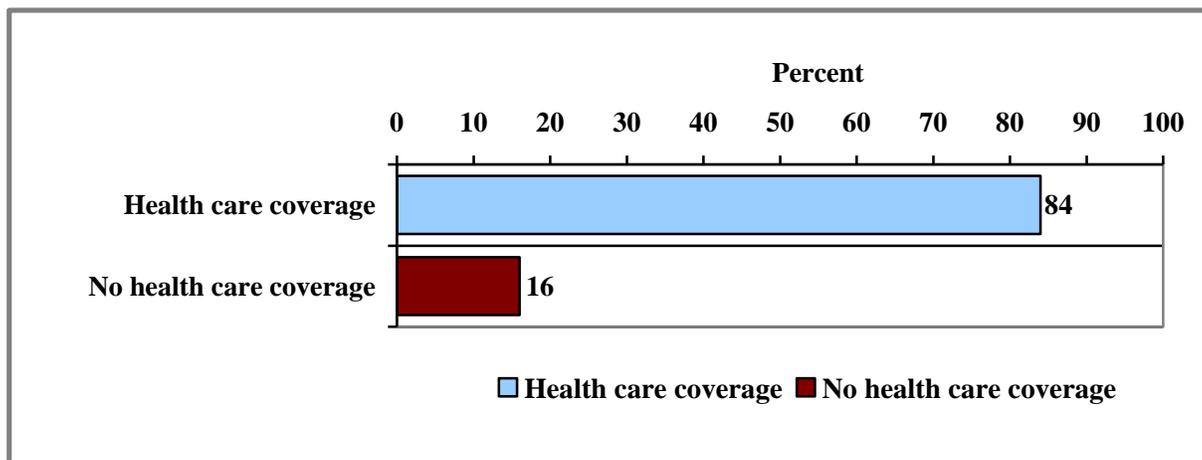
Question: Do you have any kind of health care coverage, including health insurance prepaid plans such as HMOs, or government plans such as Medicare?

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

Table 1: Health care coverage (overall)

Health care coverage	Frequency (n)
No health insurance	70
Have health insurance	747

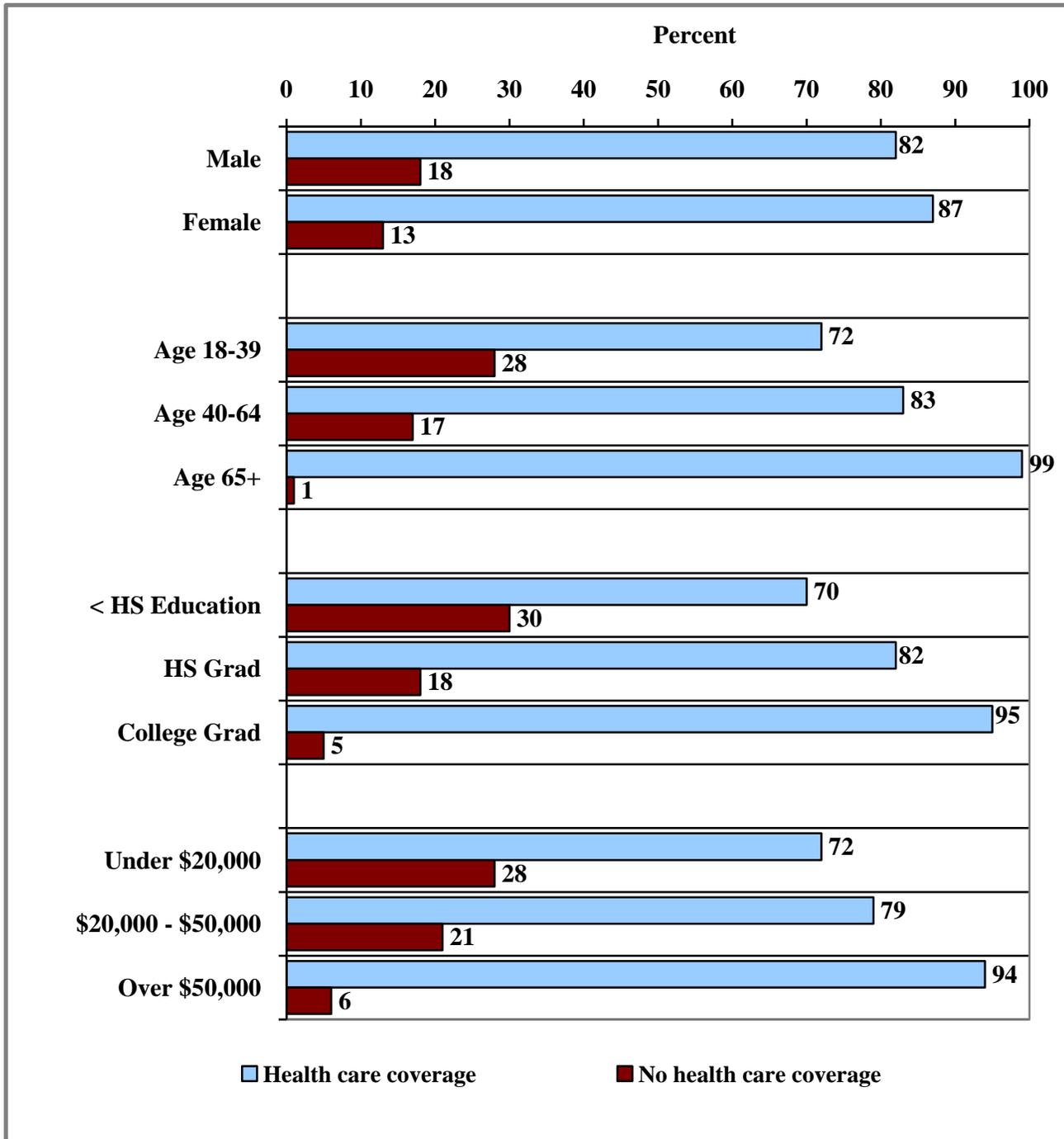
Figure 1: Health care coverage (overall)



Health Care Access (continued)

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

Figure 2: Health care coverage (by selected characteristics)



Hypertension

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

Risk Factor Definition: Have high blood pressure (hypertension)

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

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

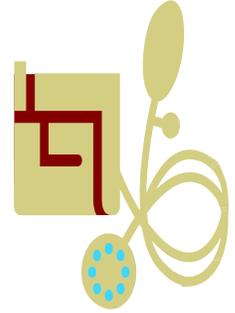
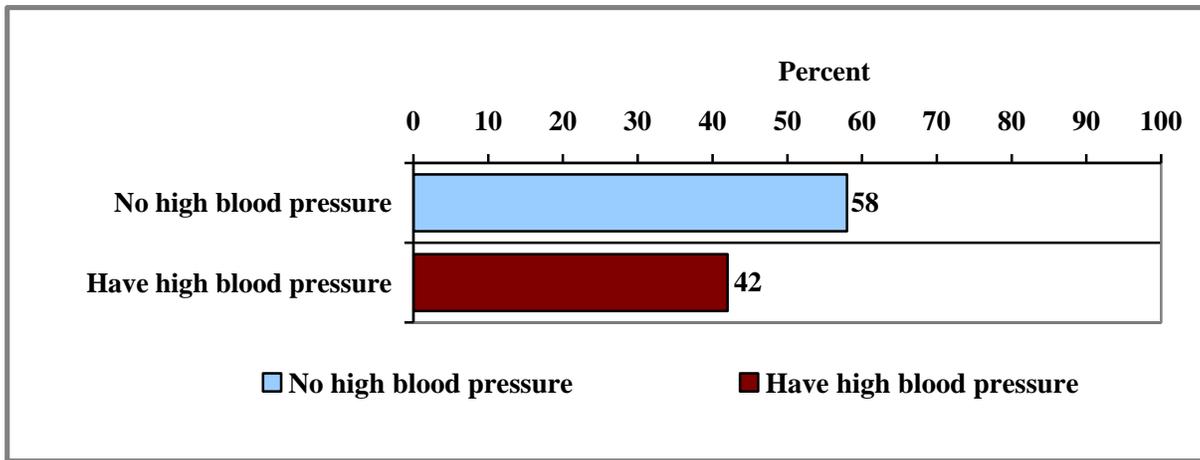


Table 1: High blood pressure (hypertension) (overall)

Hypertension	Frequency (n)
Have high blood pressure	435
No high blood pressure	383

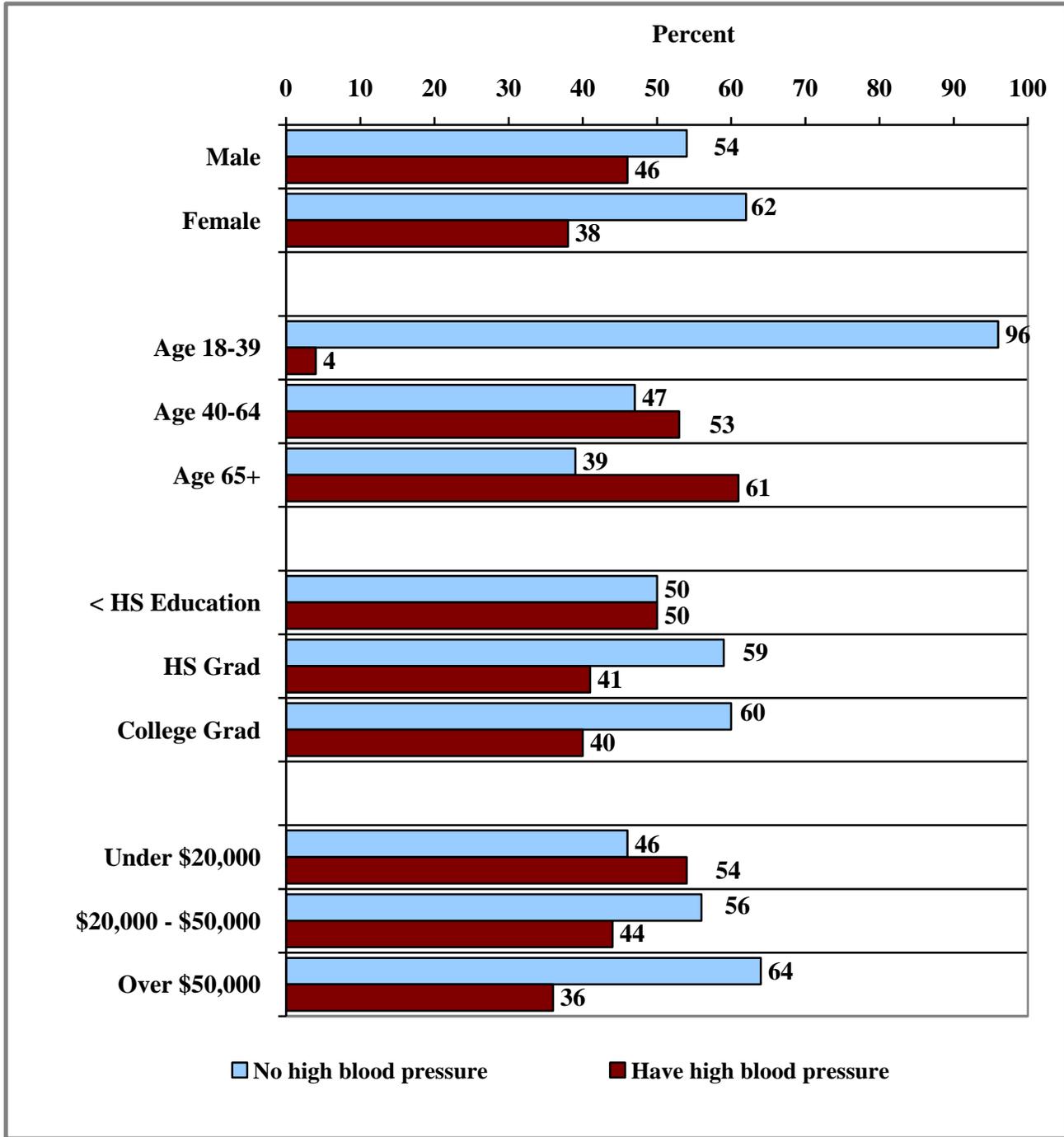
Figure 1: High blood pressure (hypertension) (overall)



Hypertension (continued)

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

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



Cholesterol

People with high cholesterol are at a higher risk for heart attack and stroke. Blood cholesterol is a fatty substance found in the blood. Participants were asked two questions related to their blood cholesterol testing.

Testing for Cholesterol

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

Questions:

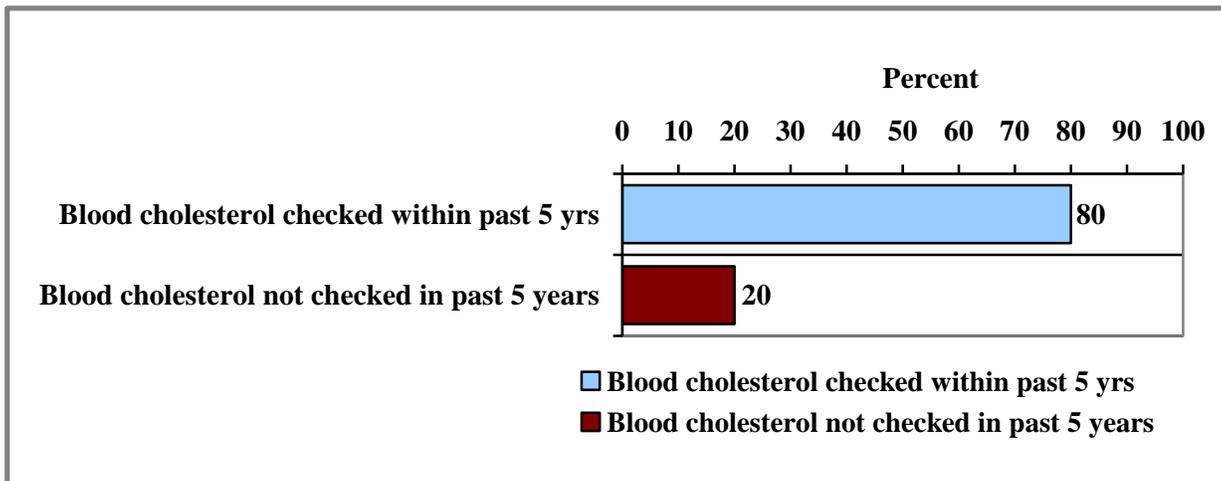
1. Have you ever had your blood cholesterol checked?
2. How long has it been since you had your blood cholesterol checked?

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

Table 1: Testing for blood cholesterol (overall)

Testing for cholesterol	Frequency (n)
Blood cholesterol not checked in past five years	78
Blood cholesterol checked in past five years	722

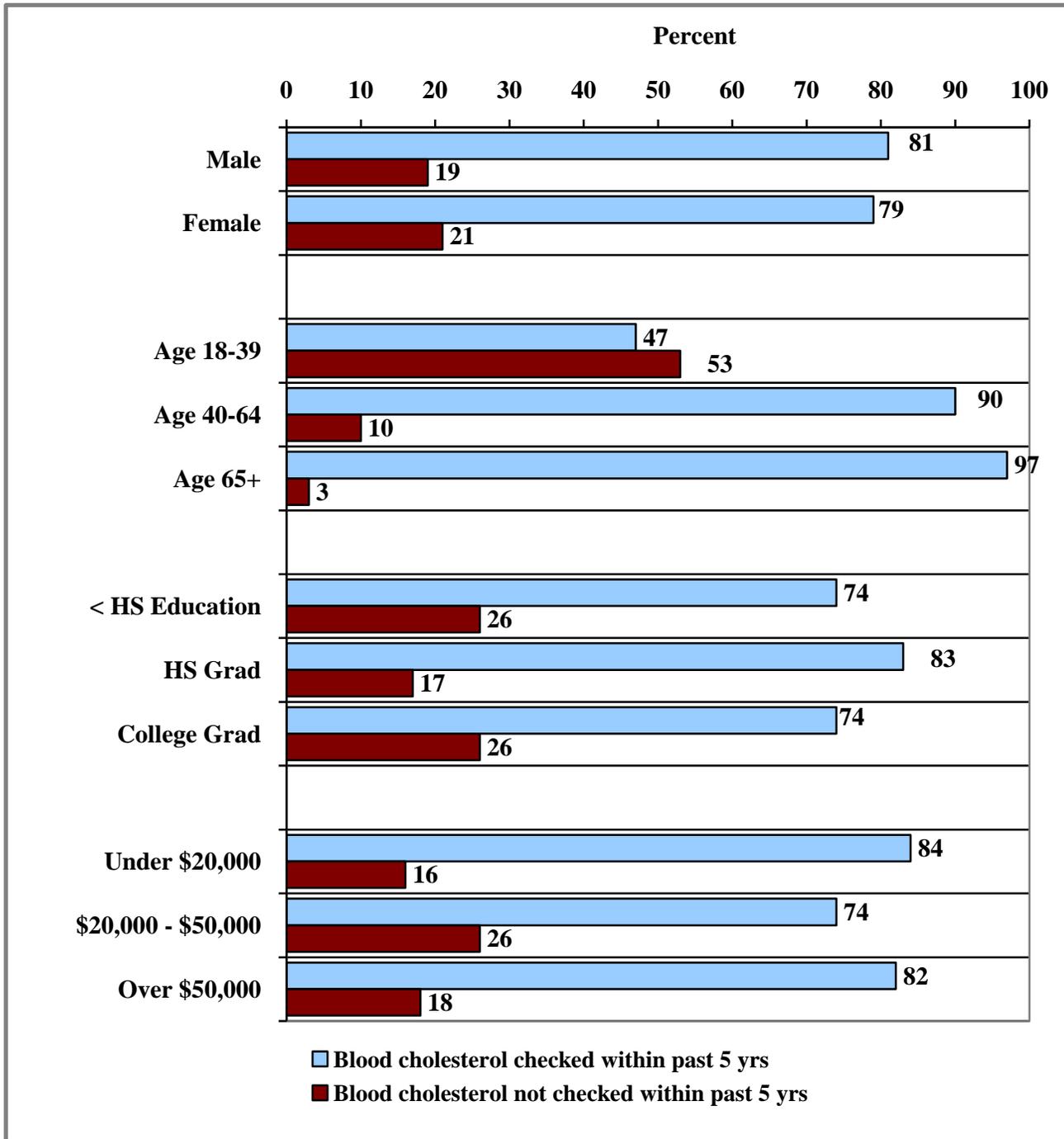
Figure 1: Testing for blood cholesterol (overall)



Cholesterol (continued)

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

Figure 2: Testing for blood cholesterol (by selected characteristics)



Cholesterol (continued)

Blood Cholesterol Level

Risk Factor Definition: High blood cholesterol level

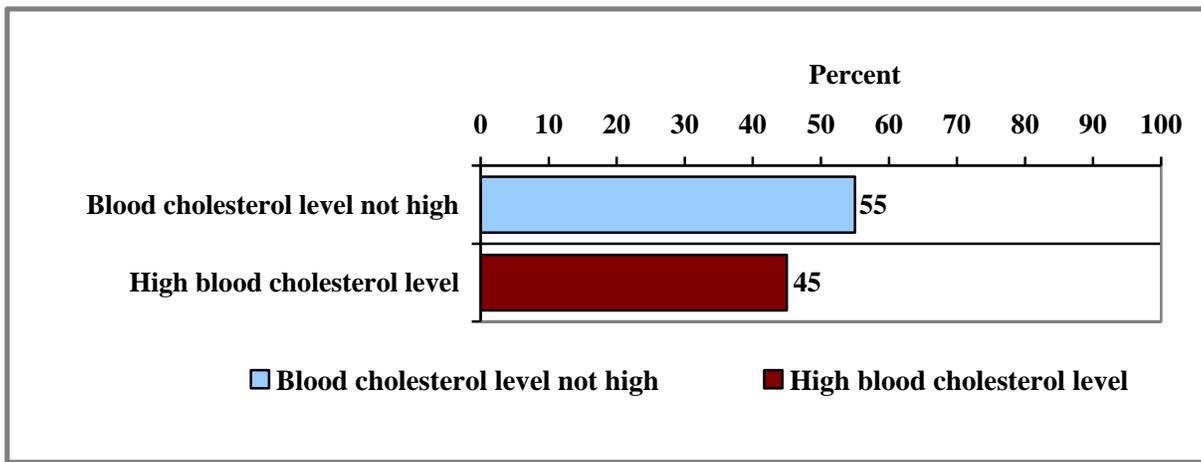
Question: Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?

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

Table 2: Blood cholesterol level (overall)

Blood cholesterol level	Frequency (n)
High blood cholesterol	386
Blood cholesterol not high	367

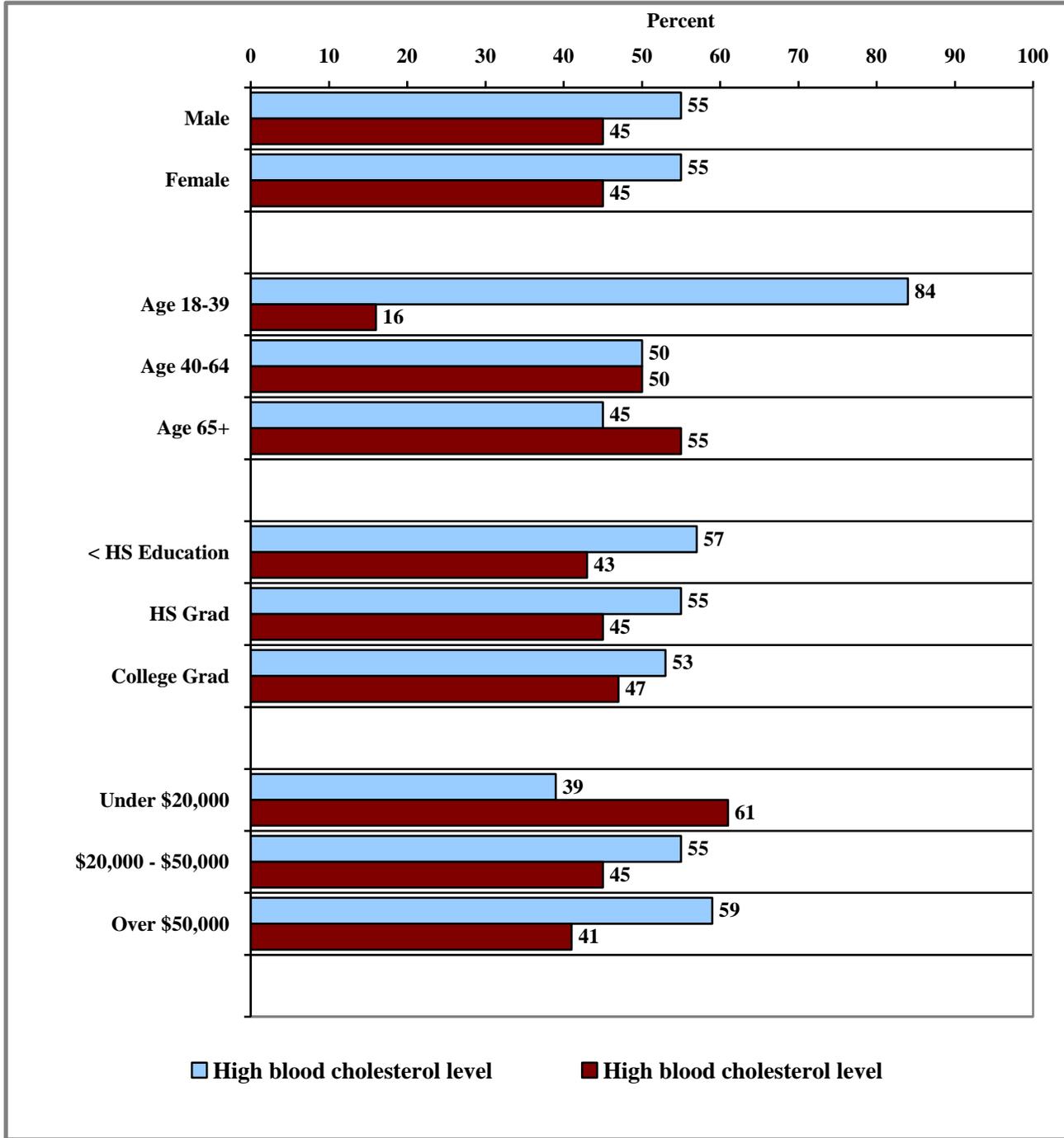
Figure 3: Blood cholesterol level (overall)



Cholesterol (continued)

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

Figure 4: Blood cholesterol level (by selected characteristics)



Cardiovascular Disease Prevalence

Myocardial infarction (heart attack)

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

Risk Factor Definition: Ever had a myocardial infarction

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

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

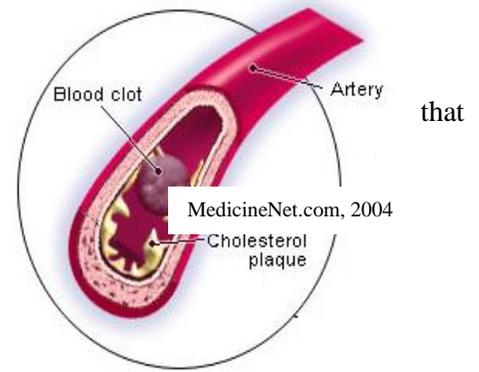
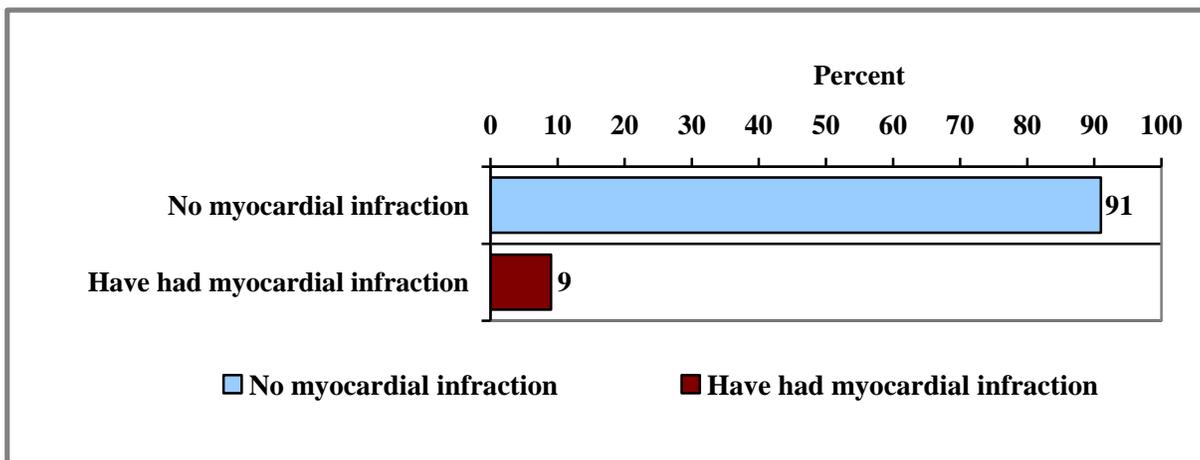


Table 1: Myocardial infarction (heart attack) (overall)

Myocardial infarction	Frequency (n)
Have had myocardial infarction	92
No myocardial infarction	705

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

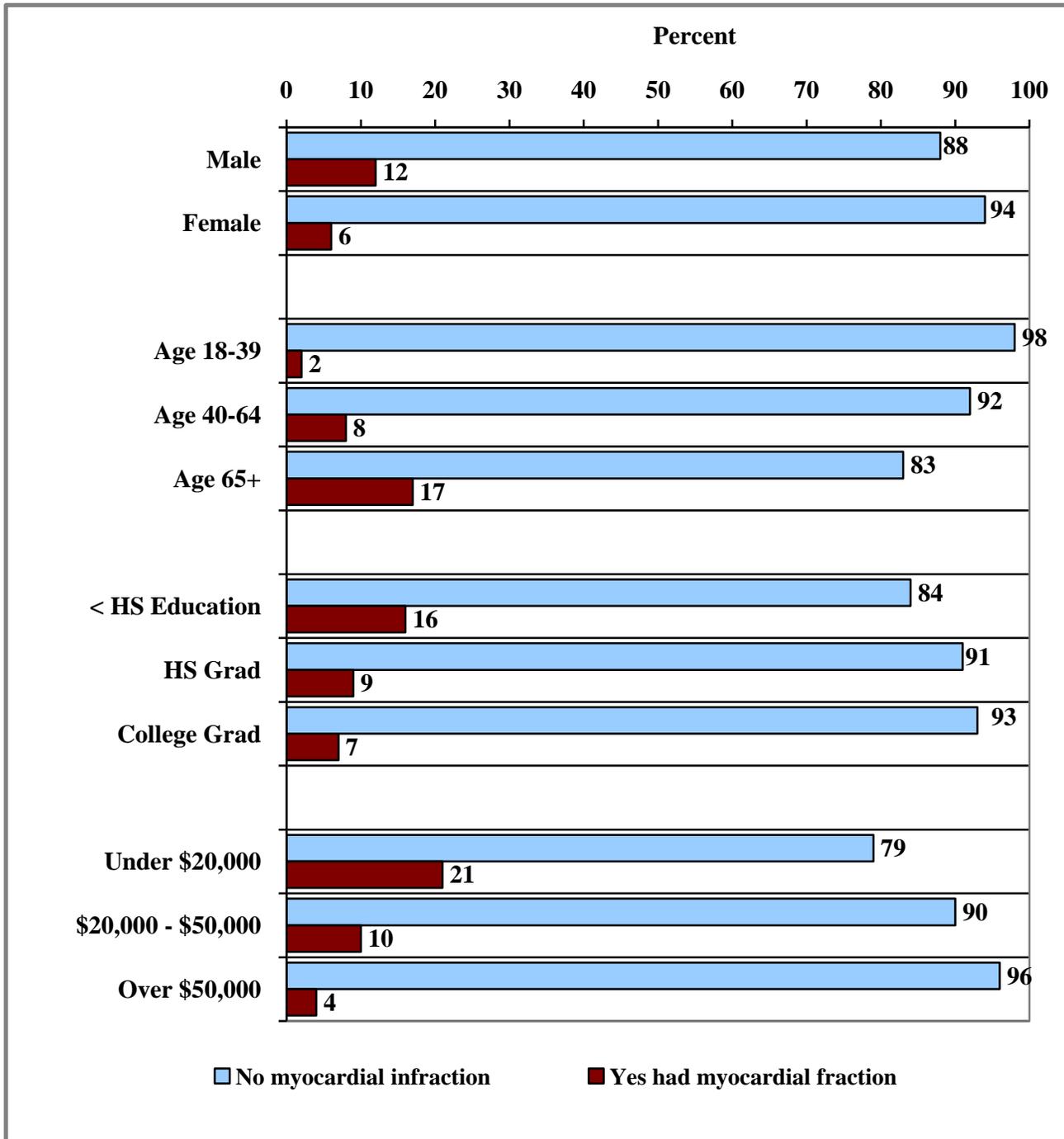


³ http://www.nhlbi.nih.gov/health/dci/Diseases/HeartAttack/HeartAttack_WhatIs.html

Cardiovascular Disease Prevalence (continued)

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

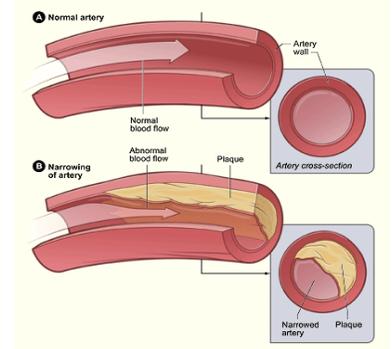
Figure 2: Myocardial infarction (heart attack) (by selected characteristics)



Cardiovascular Disease Prevalence (continued)

Angina or coronary heart disease

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



Risk Factor Definition: Ever had angina or coronary heart disease

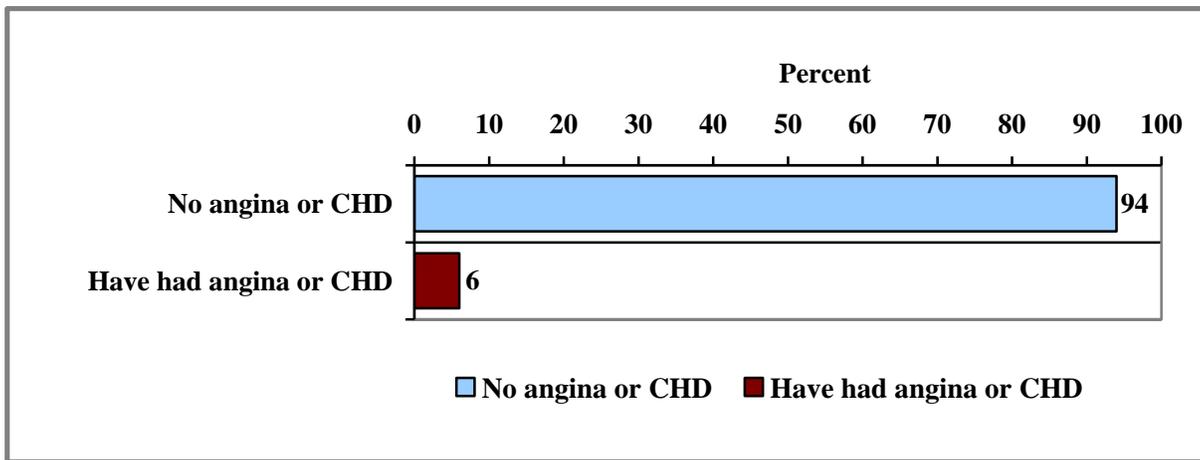
Question: Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?

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

Table 2: Angina or coronary heart disease (overall)

Angina or CHD	Frequency (n)
Have had angina or coronary heart disease	78
No angina or coronary heart disease	706

Figure 3: Angina or coronary heart disease (overall)

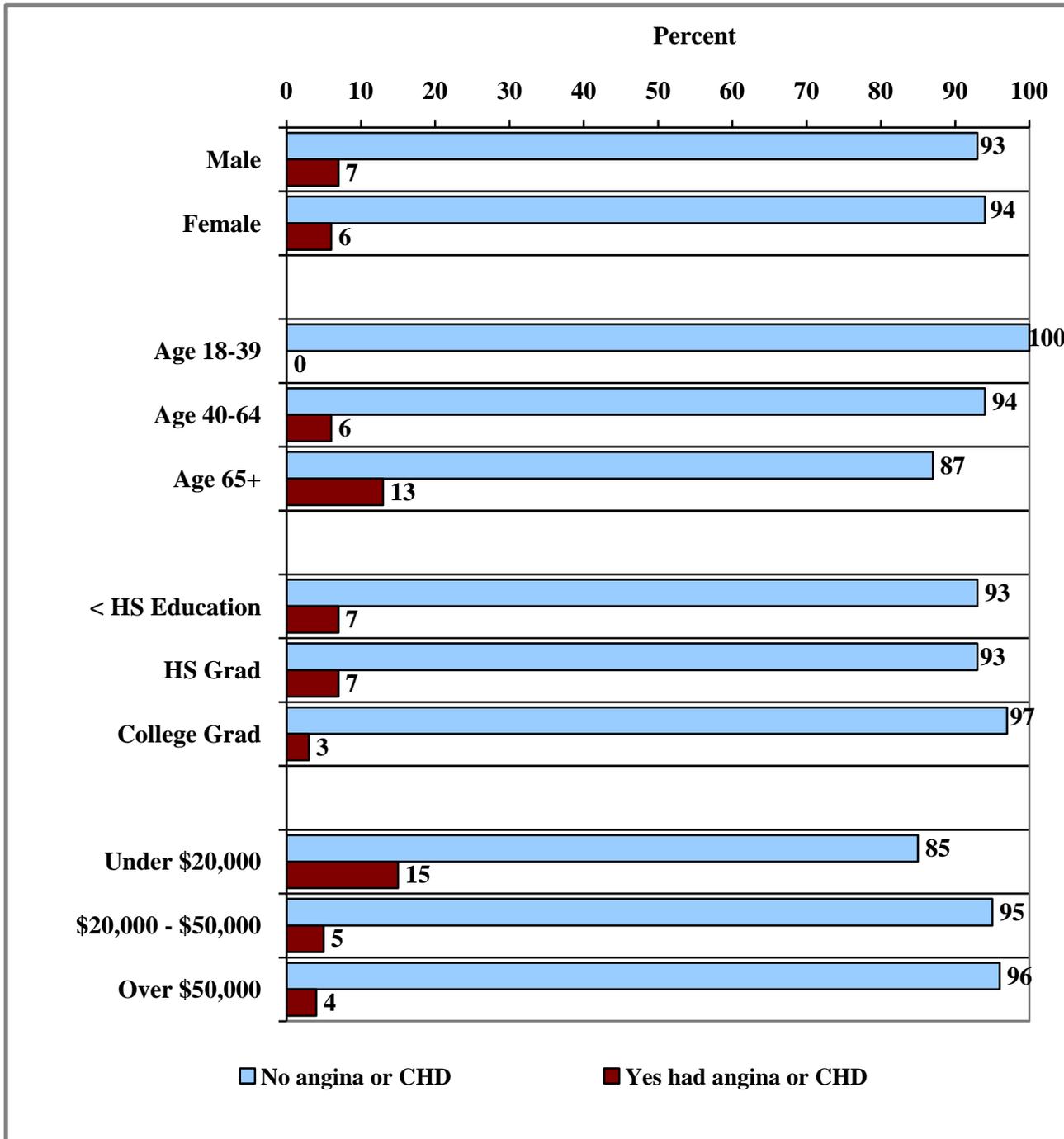


⁴ http://www.nhlbi.nih.gov/health/dci/Diseases/Angina/Angina_WhatIs.html

Cardiovascular Disease Prevalence (continued)

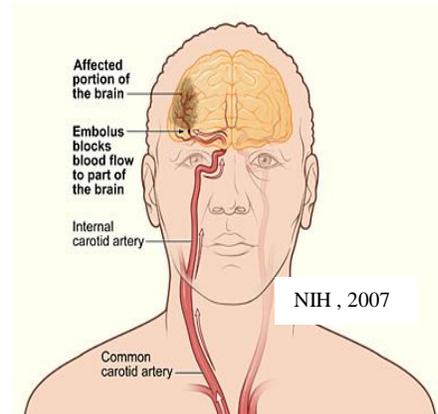
Question: Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?

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



Cardiovascular Disease Prevalence (continued)
Stroke

A stroke is when blood flow to the brain is interrupted. When a stroke occurs, brain cells in the immediate area begin to die because they stop getting the oxygen and nutrients they need to function. There are two major kinds of stroke. The first, called an *ischemic stroke*, is caused by a blood clot 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 a blood vessel in the brain that breaks and bleeds into the brain.⁵



that
 by
 you

Risk Factor Definition: Ever had a stroke

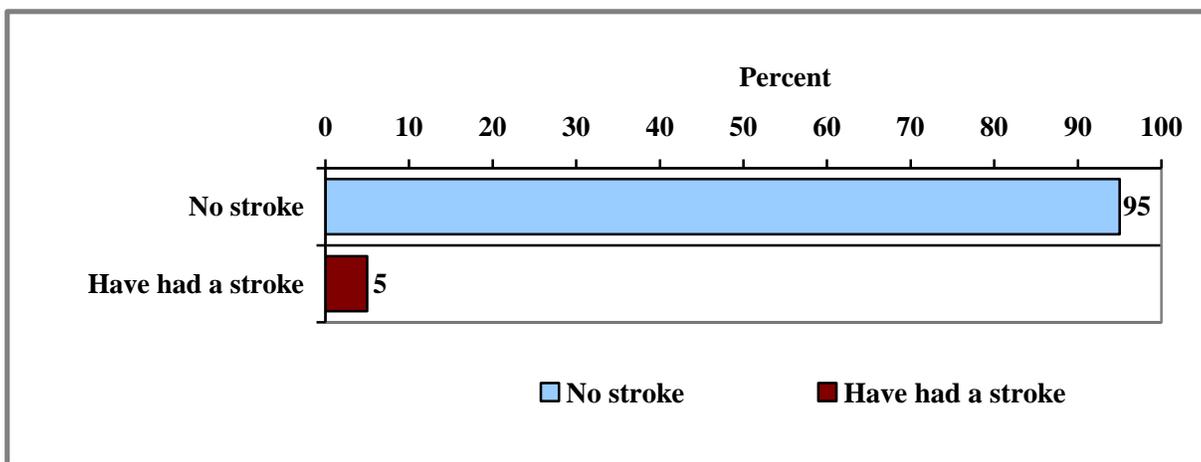
Question: Has a doctor, nurse, or other health professional ever told you that had a stroke?

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

Table 3: Stroke (overall)

Stroke	Frequency (n)
Have had a stroke	61
No stroke	740

Figure 5: Stroke (overall)

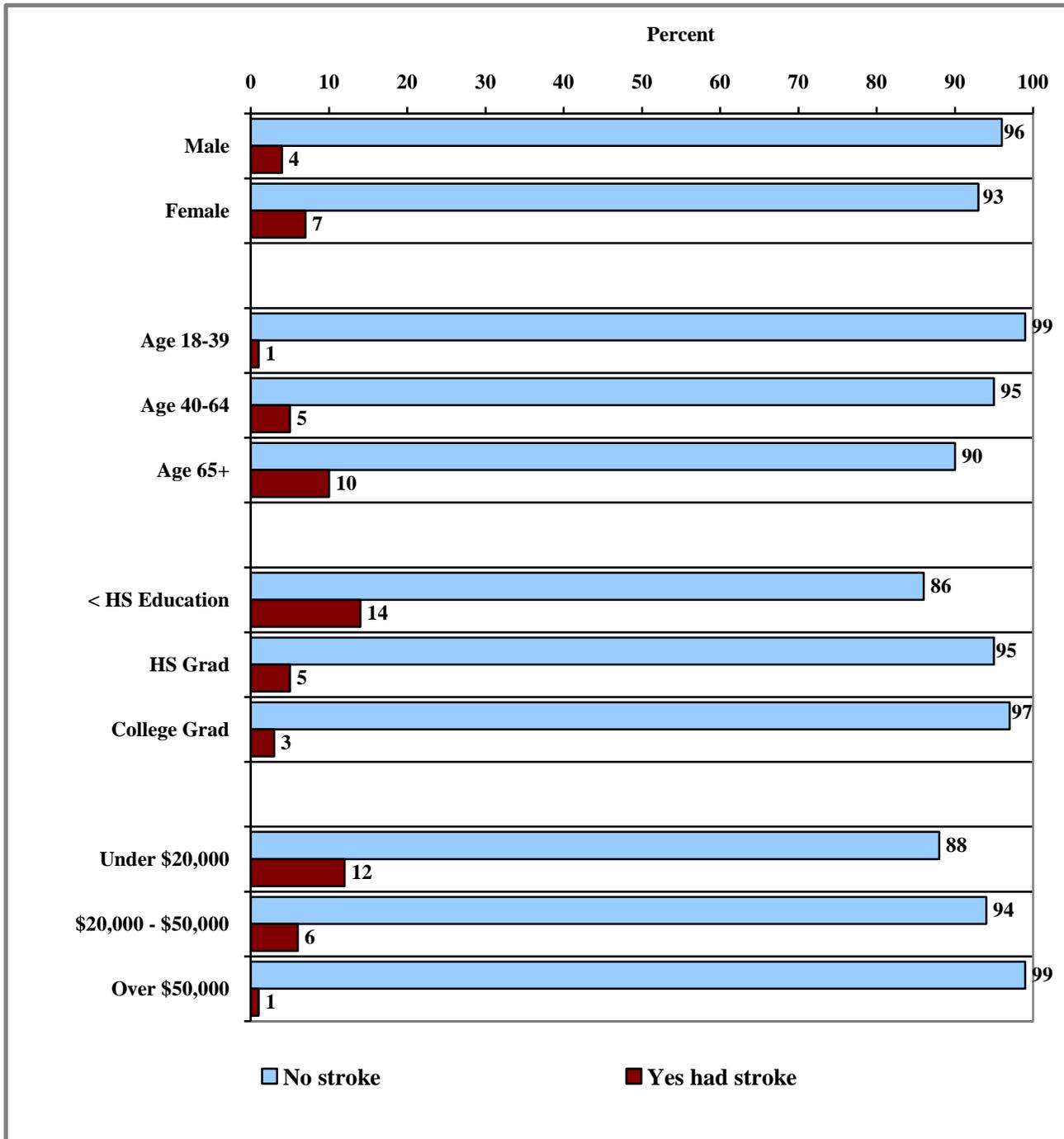


⁵ <http://www.ninds.nih.gov/disorders/stroke/knowstroke.htm#whatis>

Cardiovascular Disease Prevalence (continued)

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

Figure 6: Stroke (by selected characteristics)



Asthma

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



visits.

had

Risk Factor Definition: Ever had asthma

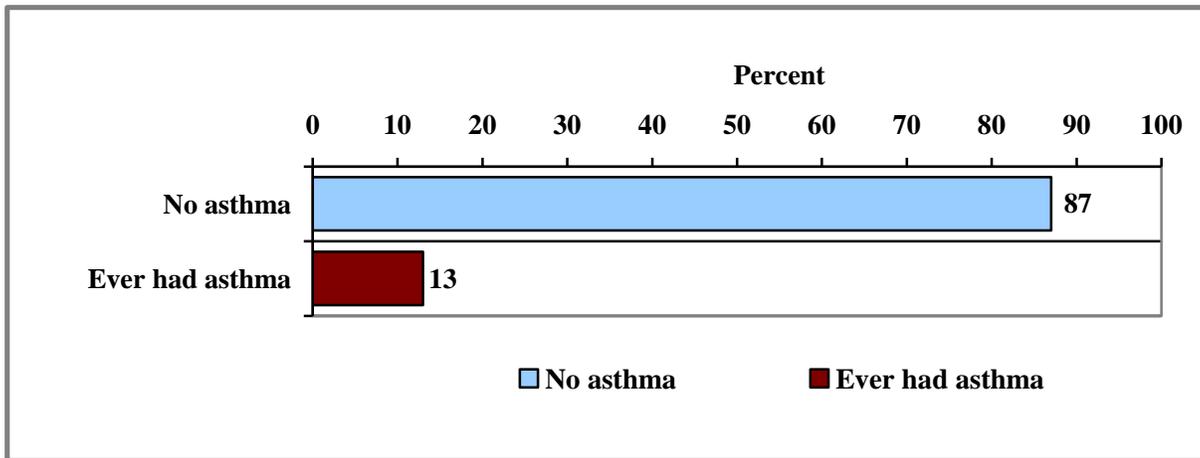
Question: Have you ever been told by a doctor, nurse, or other health professional that you asthma?

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

Table 1: Asthma (overall)

Asthma	Frequency (n)
Ever had asthma	111
No asthma	706

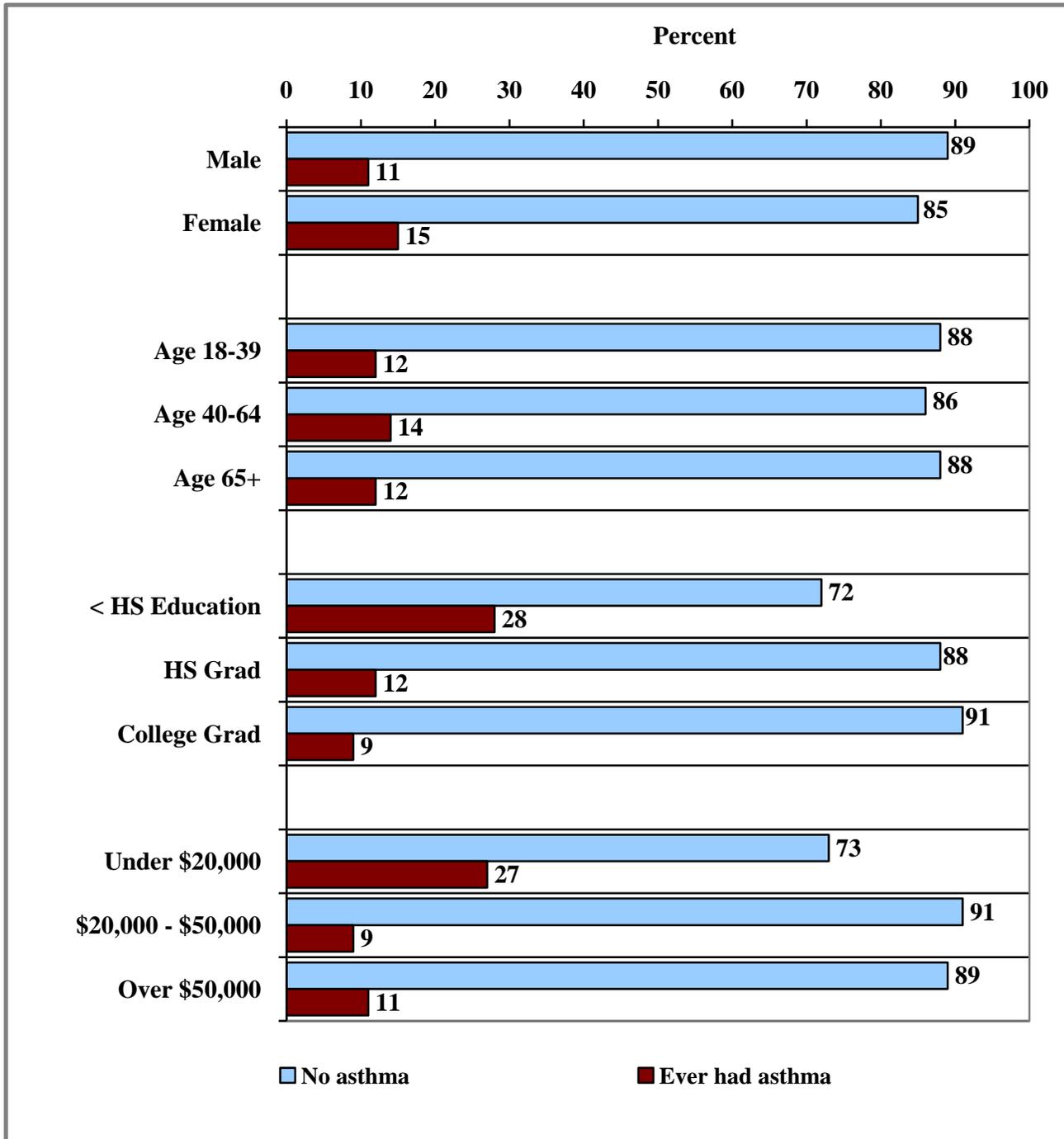
Figure 1: Asthma (overall)



Asthma (continued)

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

Figure 2: Asthma (by selected characteristics)



Diabetes

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

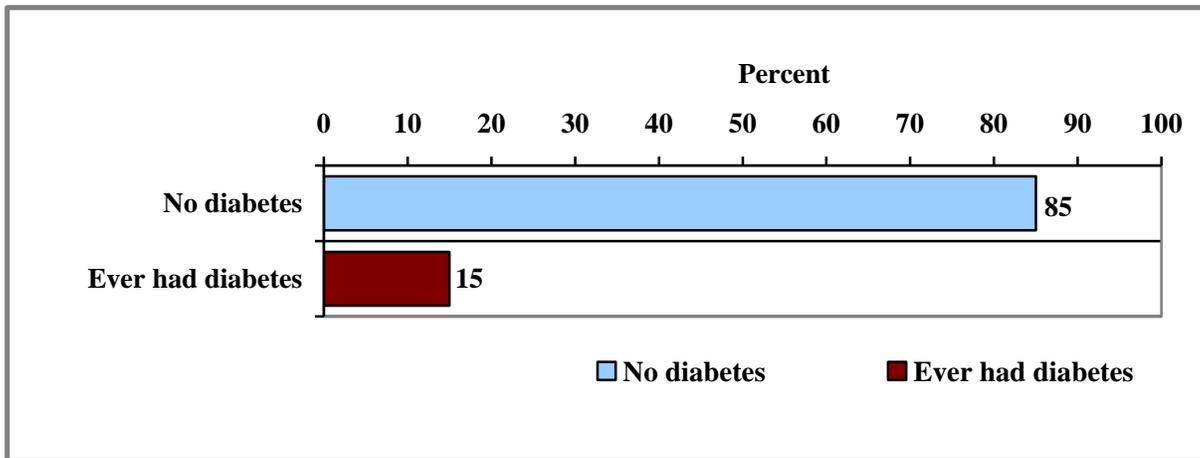


cause
lower-

Table 1: Diabetes (overall)

Diabetes	Frequency (n)
Ever had diabetes	142
No diabetes	676

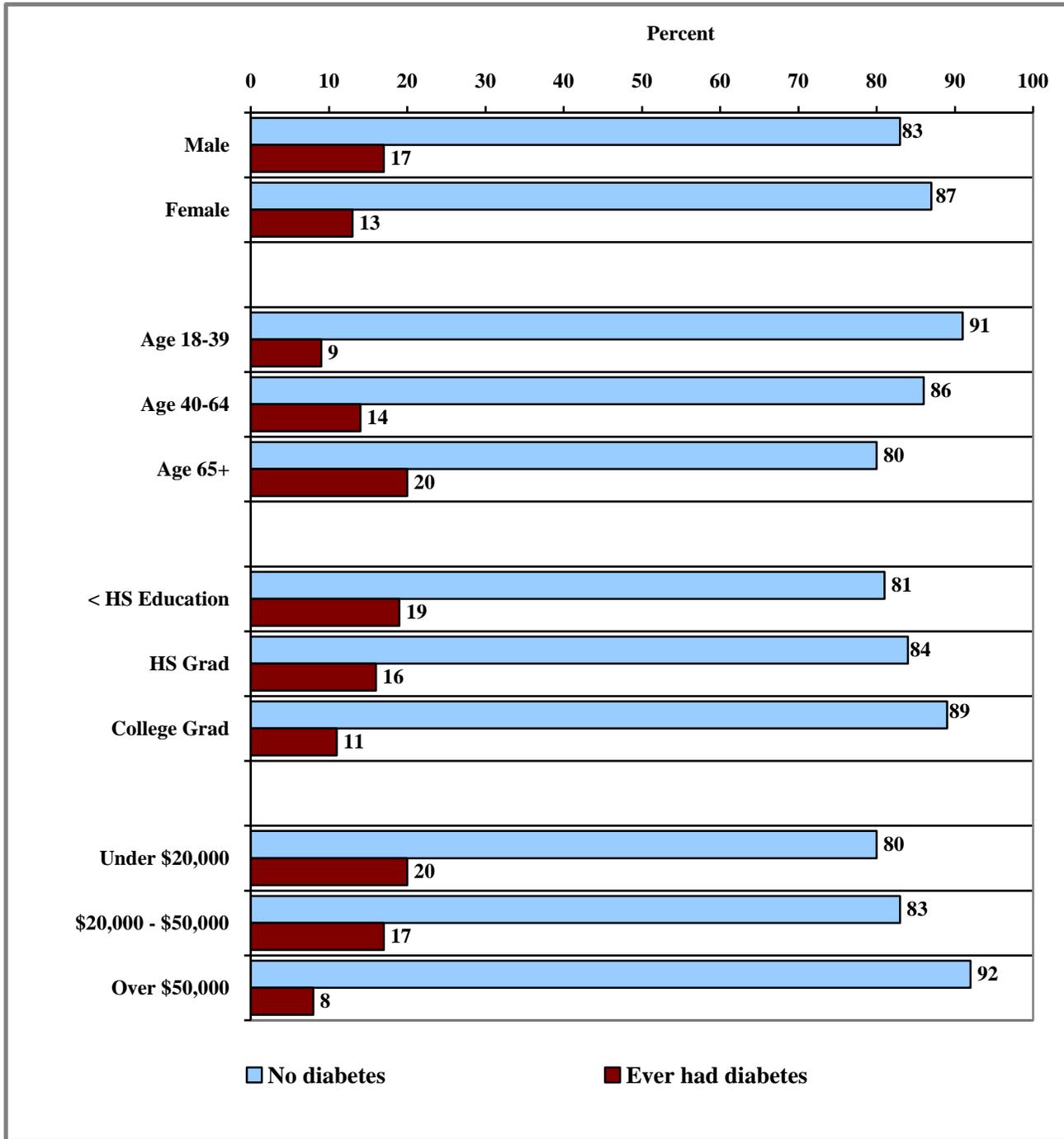
Figure 1: Diabetes (overall)



Diabetes (continued)

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

Figure 2: Diabetes (by selected characteristics)



Arthritis

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

Diagnosed with Arthritis

Risk Factor Definition: Ever had arthritis

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

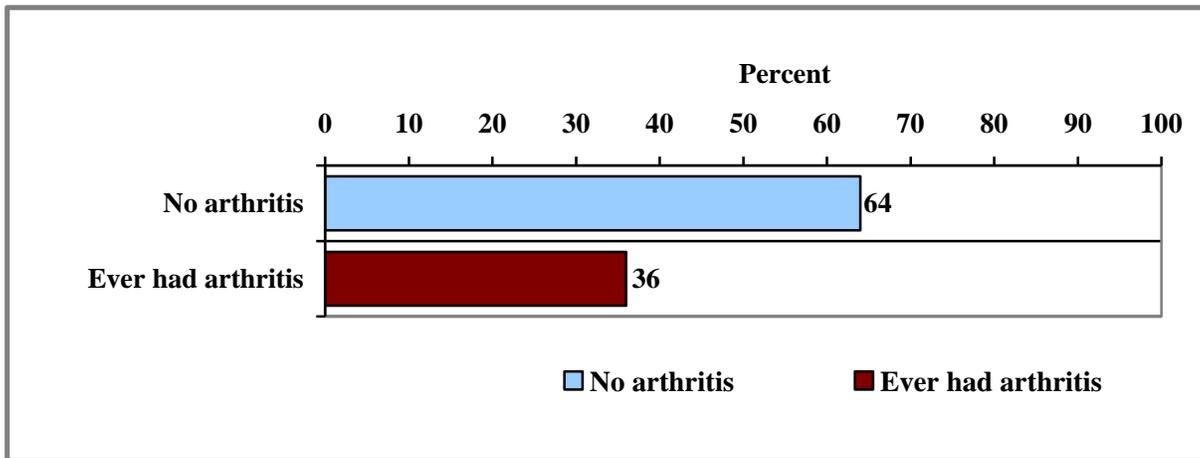
At risk: Those who answered “yes” are considered at risk.



Table 1: Arthritis (overall)

Arthritis	Frequency (n)
Ever had arthritis	395
No arthritis	419

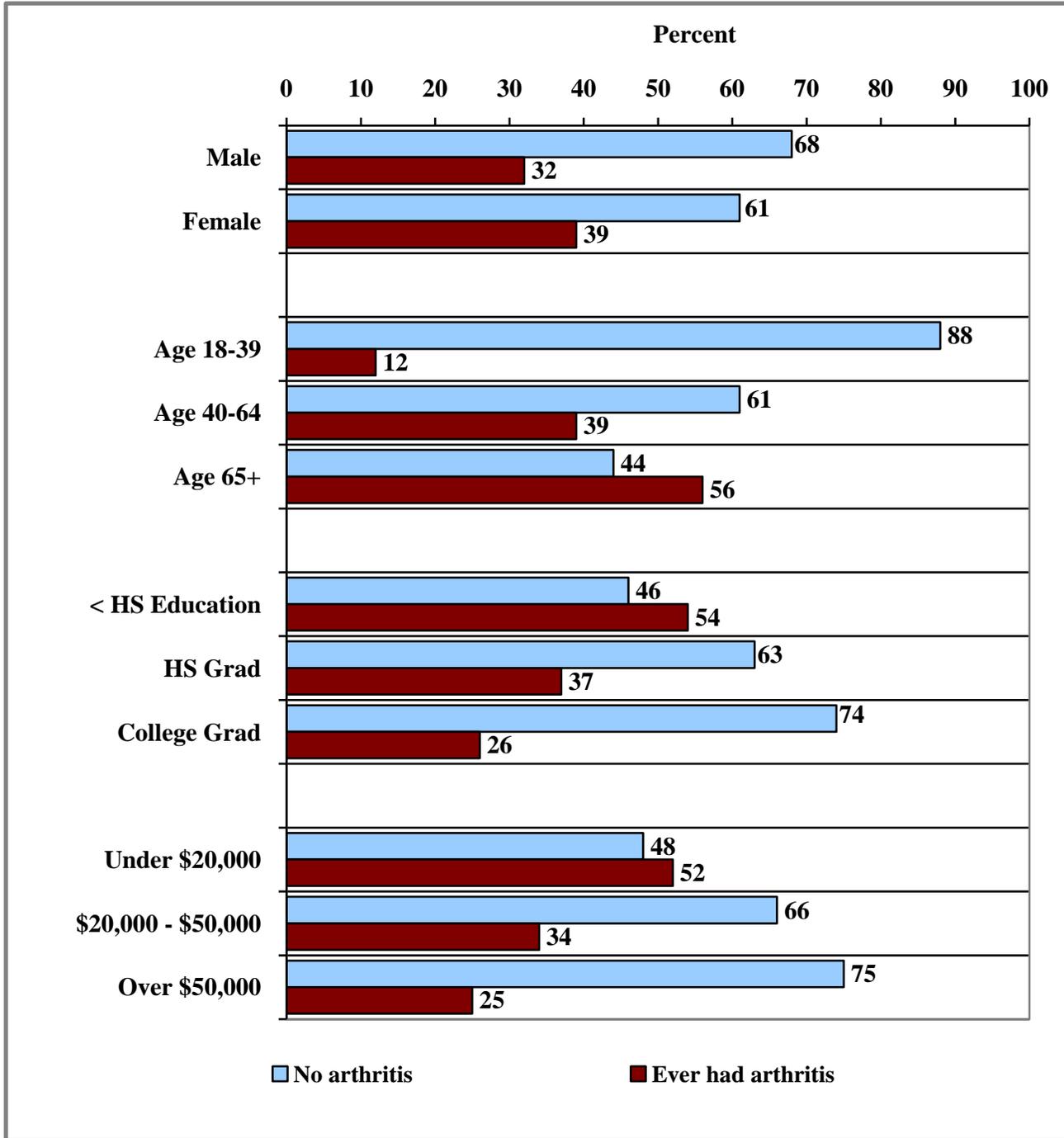
Figure 1: Arthritis (overall)



Arthritis (continued)

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

Figure 2: Arthritis (by selected characteristics)



Arthritis (continued)

Activity Limitations

Risk Factor Definition: Have activity limitations due to joint symptoms

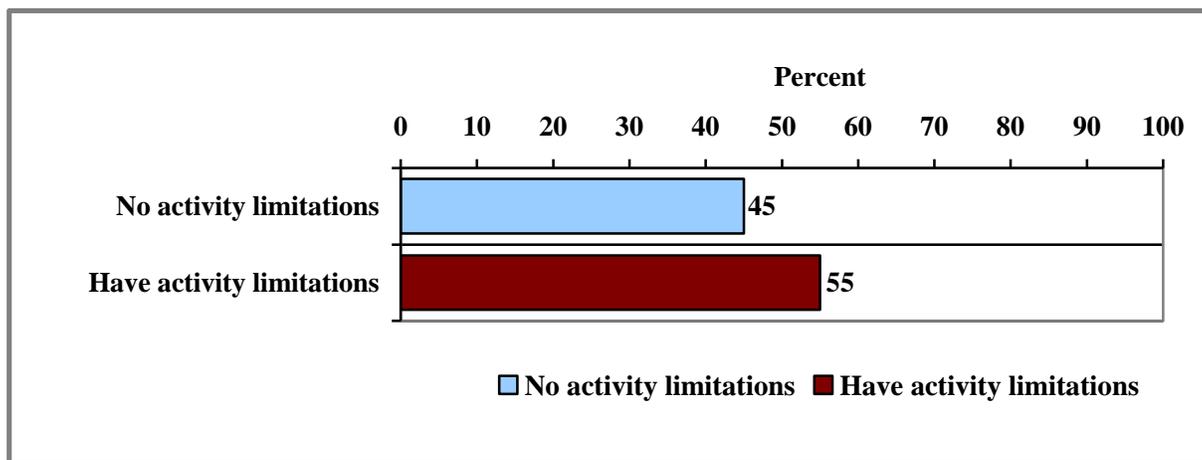
Question: Are you now limited in any of your usual activities because of arthritis or joint symptoms?

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

Table 2: Activity limitations (overall)

Activity limitations	Frequency (n)
Have activity limitations	190
No activity limitations	204

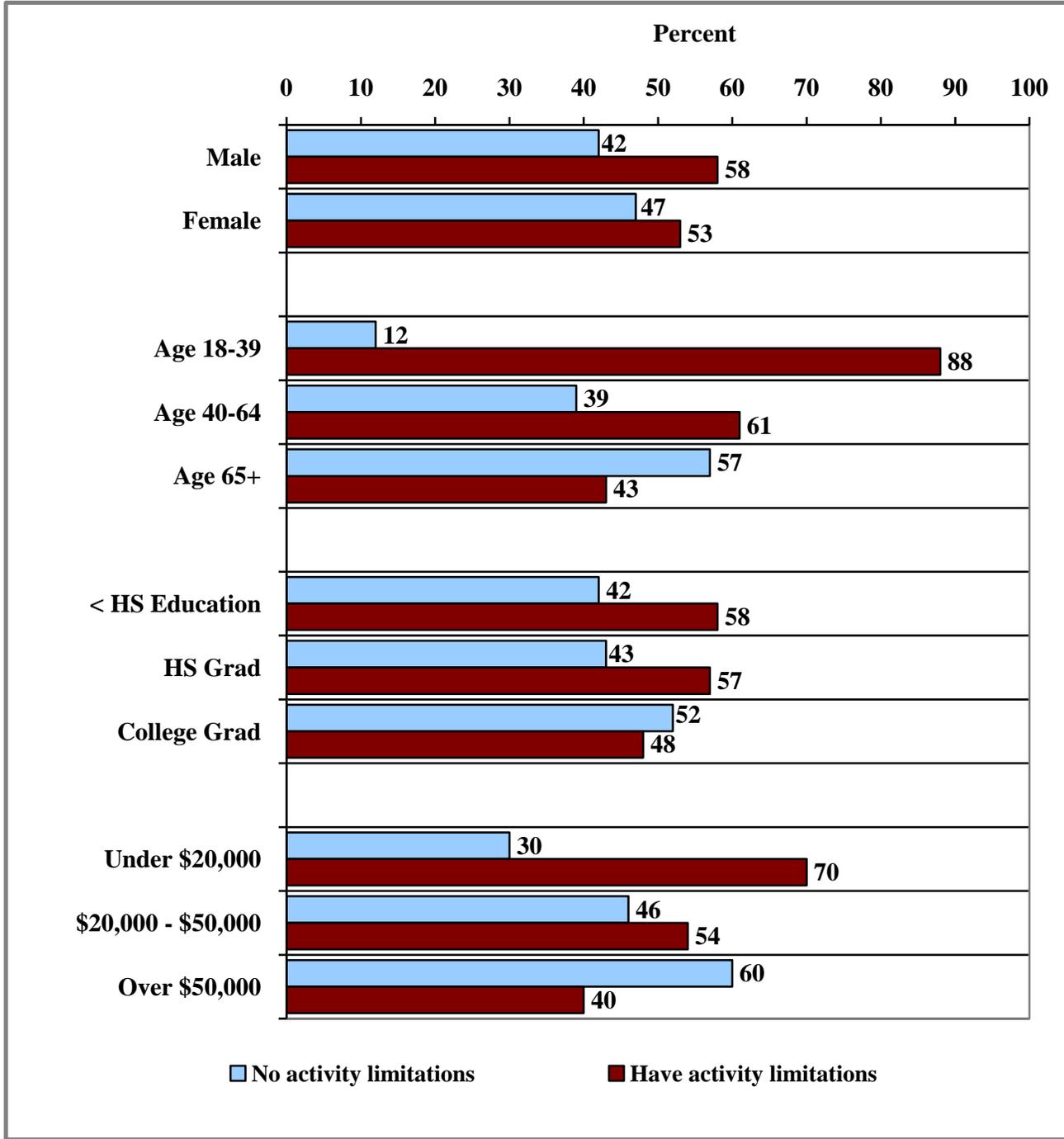
Figure 3: Activity limitations (overall)



Arthritis (continued)

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

Figure 4: Activity limitations (by selected characteristics)



Colorectal Cancer Screening

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

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

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

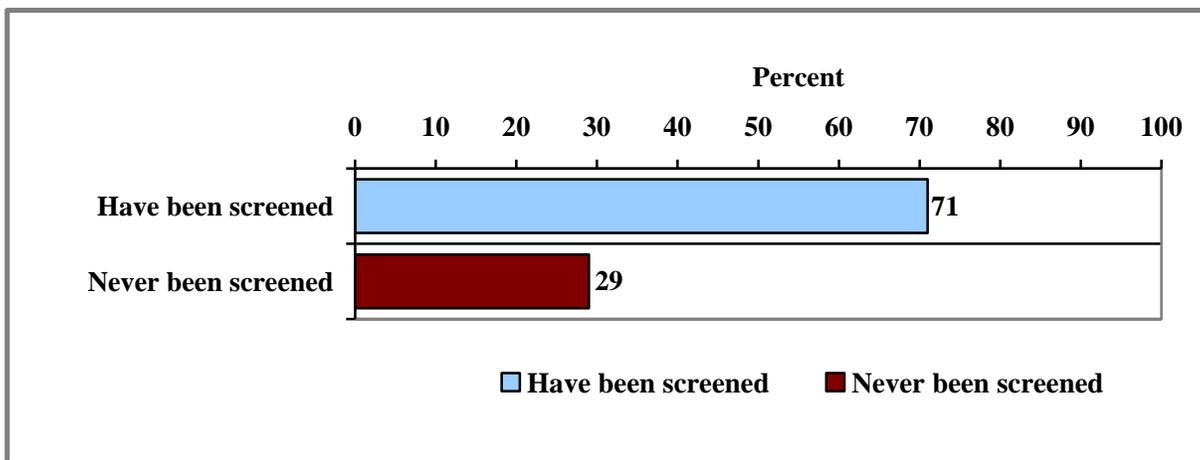
Question: Have you ever had these exams?

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

Table 1: Colorectal cancer screening (overall)

Colorectal cancer screening	Frequency (n)
Never been screened	172
Have been screened	513

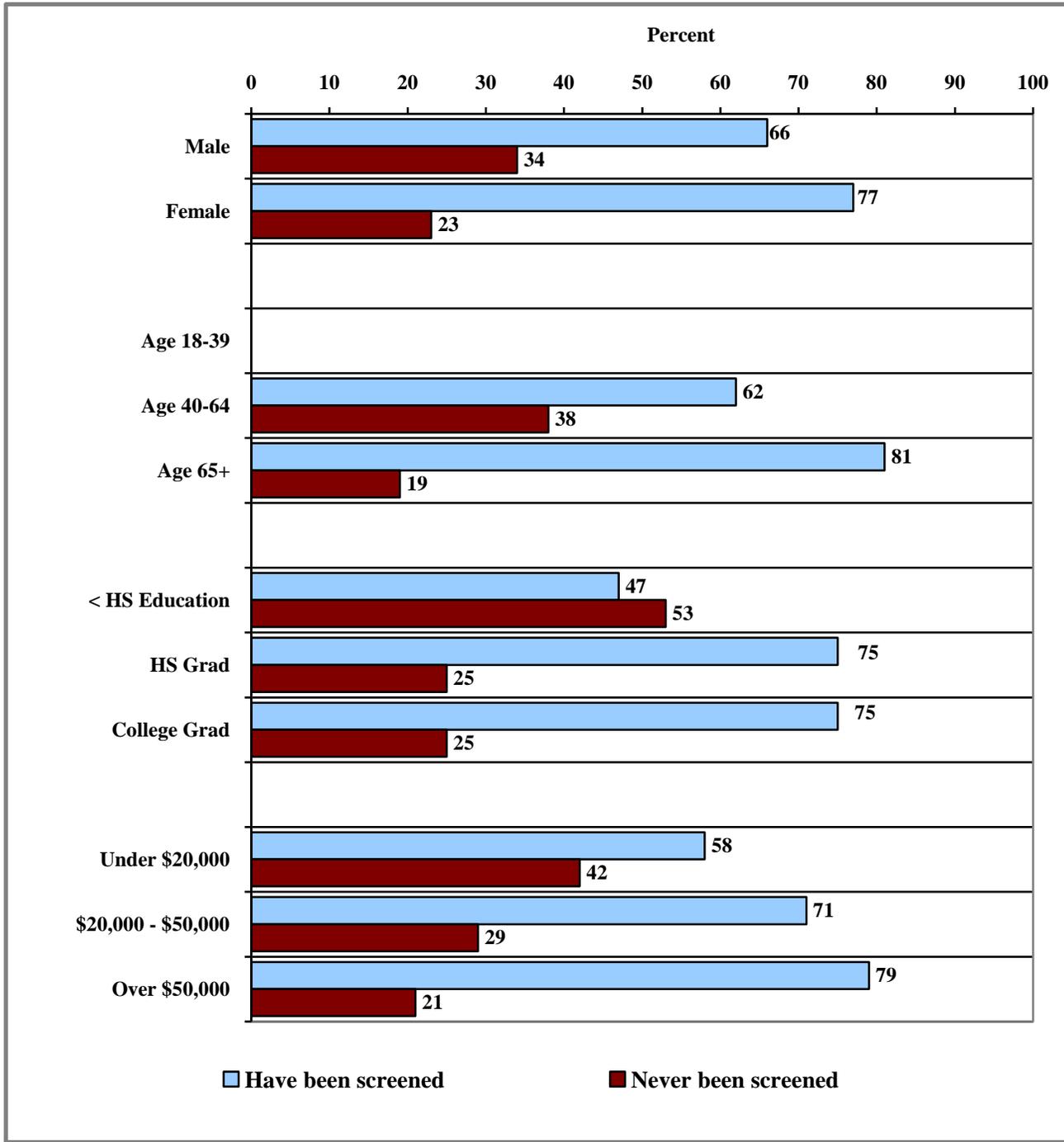
Figure 1: Colorectal cancer screening (overall)



Colorectal Cancer Screening (continued)

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

Figure 2: Colorectal cancer screening (by selected characteristics)



Prostate Cancer Screening

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

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

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

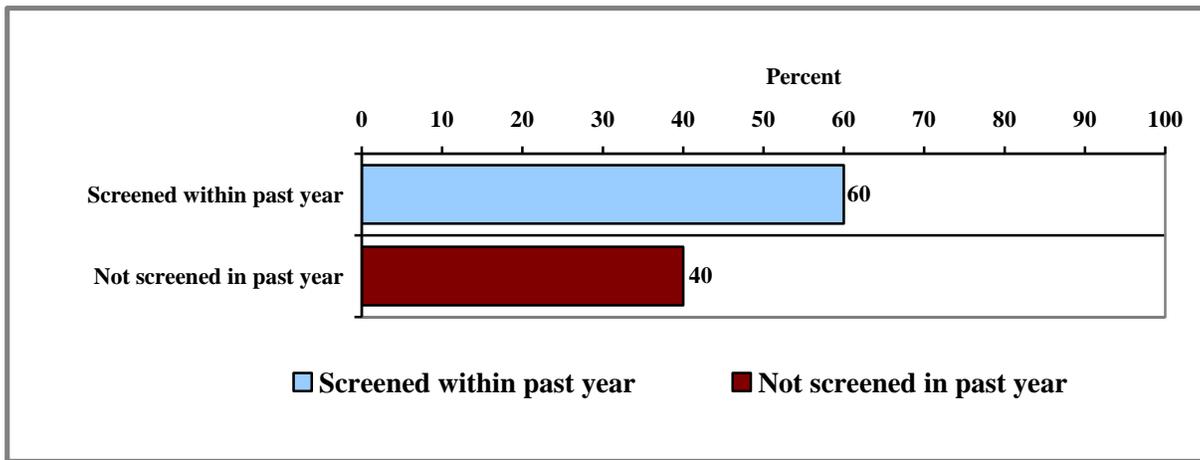
Question: Have you ever had these exams?

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

Table 1: Prostate cancer screening (overall)

Prostate cancer screening	Frequency (n)
Never or more than year ago	148
Within past year	98

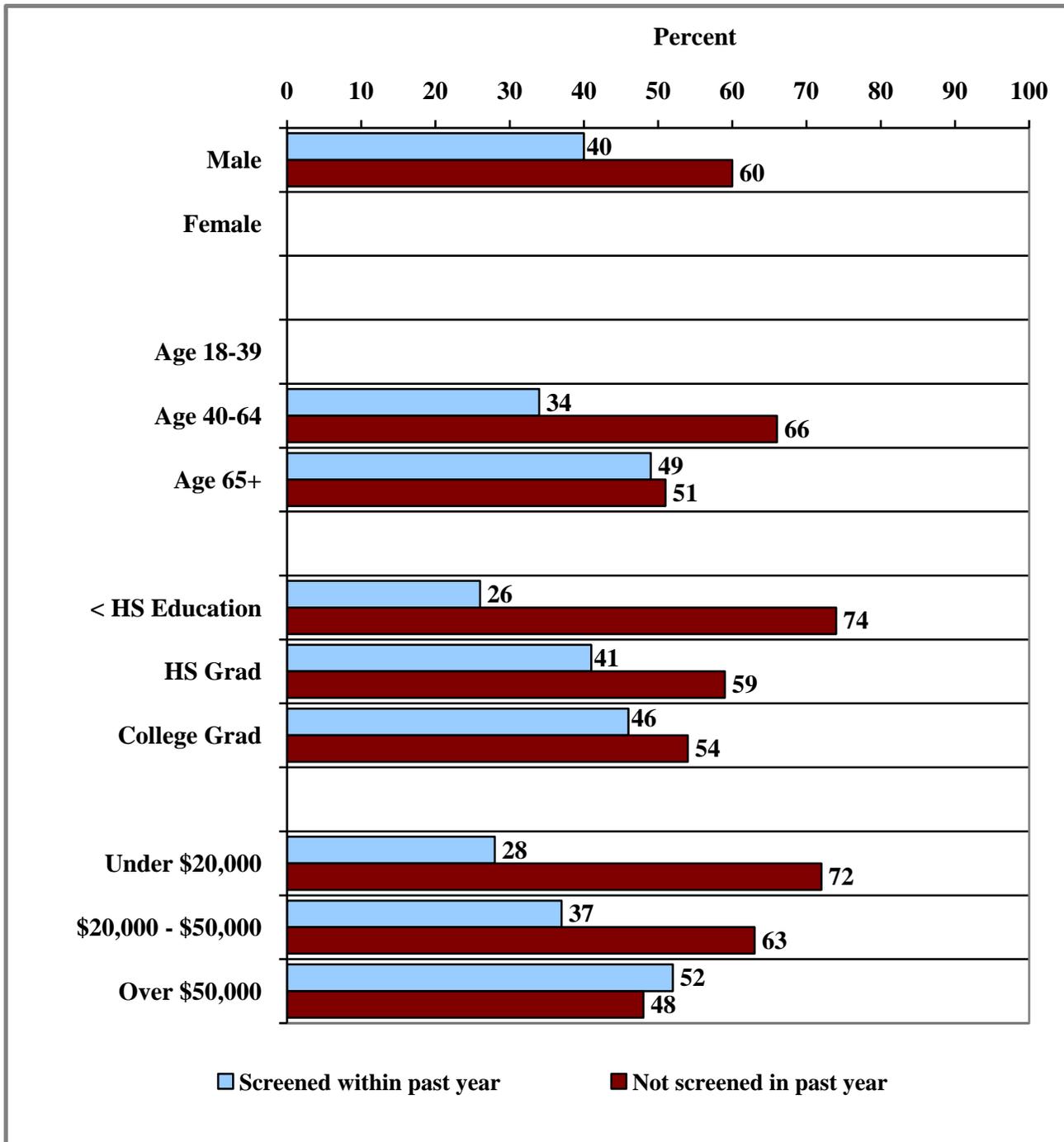
Figure 1: Prostate cancer screening (overall)



Prostate Cancer Screening (continued)

Question: Have you ever been screened for prostate cancer?

Figure 2: Prostate cancer screening (by selected characteristics)



Immunization – Influenza Shot

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

Risk Factor Definition: No influenza shot within past 12 months

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

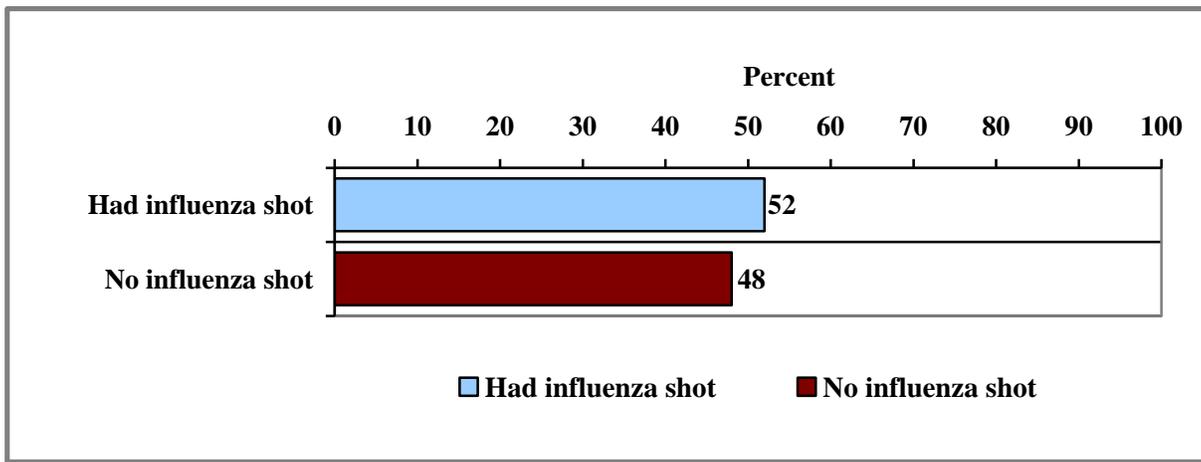
At risk: Those who answered “No” are considered at risk.



Table 1: Influenza shot (overall)

Influenza shot	Frequency (n)
No influenza vaccine	285
Had influenza vaccine	526

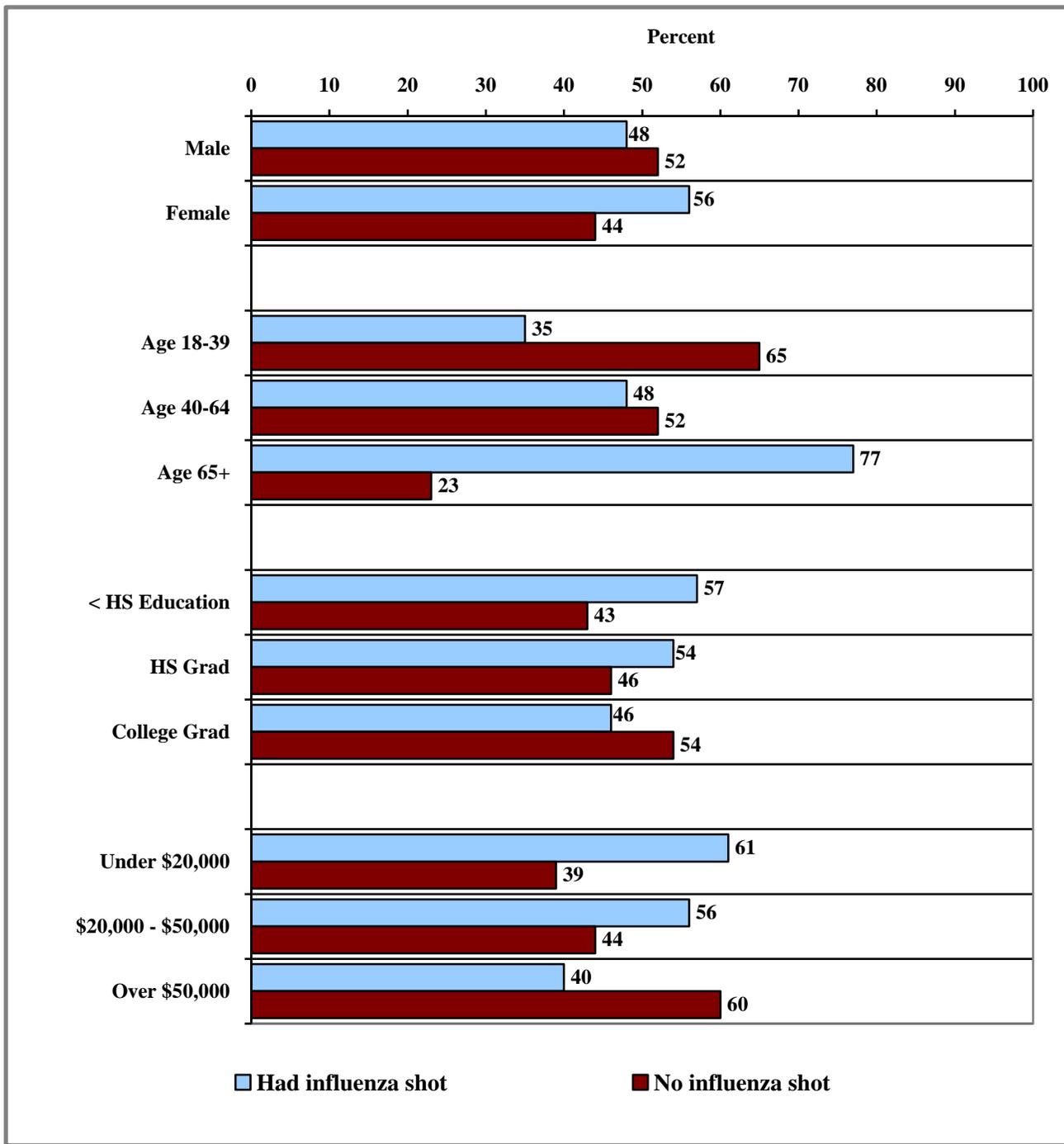
Figure 1: Influenza shot (overall)



Immunization – Influenza Shot (continued)

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

Figure 2: Influenza shot (by selected characteristics)



Oral Health

Permanent Teeth Extraction

Risk Factor Definition: Permanent teeth extraction

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

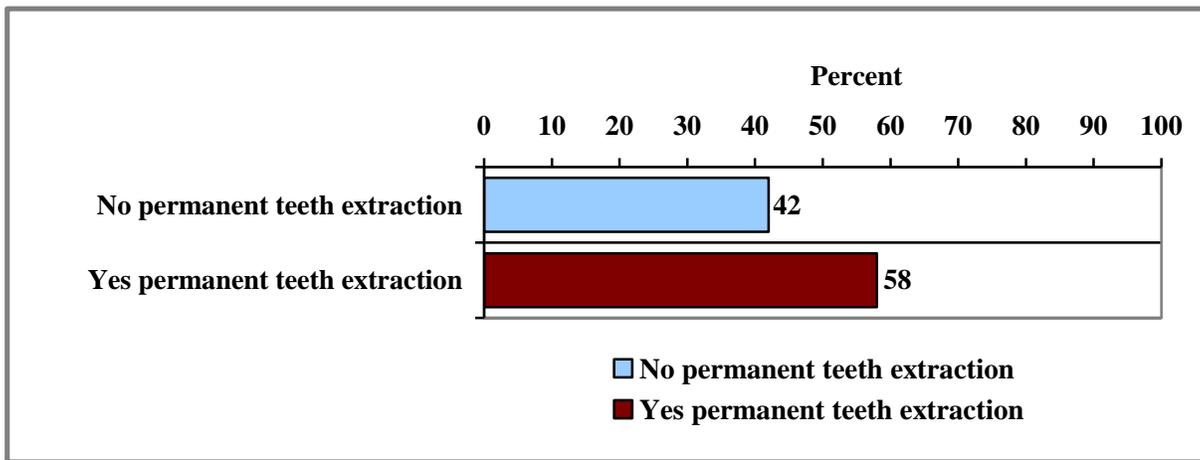
At risk: Those who answered “1 or more” are considered at risk.



Table 1: Permanent teeth extraction (overall)

Permanent teeth extraction	Frequency (n)
Permanent teeth extraction	573
No permanent teeth extraction	216

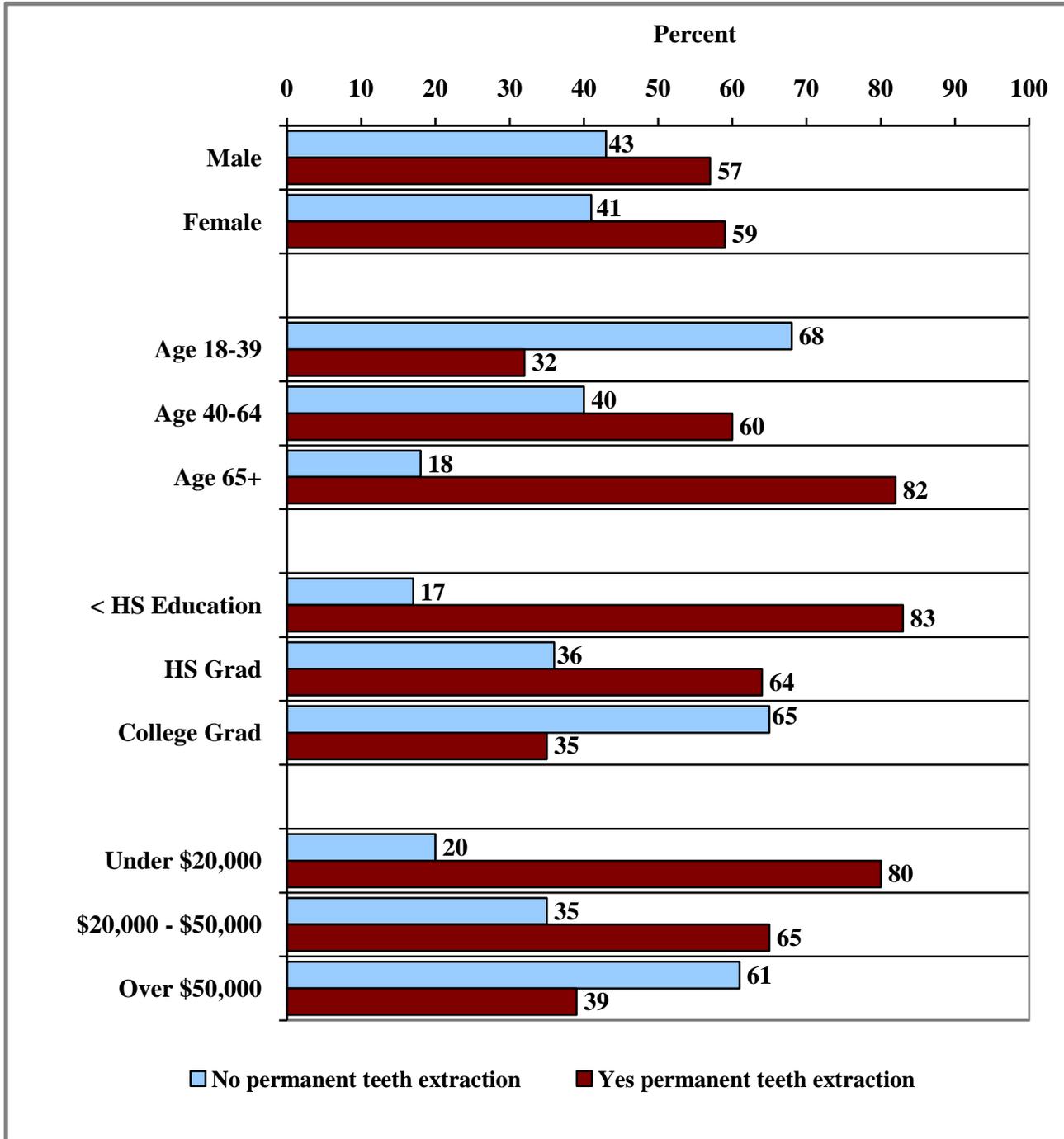
Figure 1: Permanent teeth extraction (overall)



Oral Health (continued)

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

Figure 2: Permanent teeth extraction (by selected characteristics)



Oral Health (continued)

Last dental visit

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

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

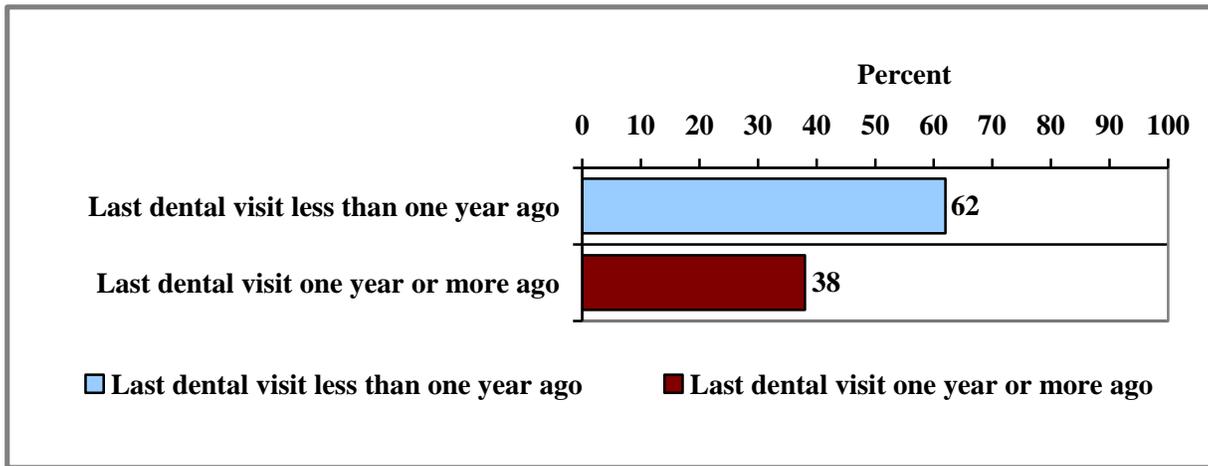
At risk: Those who answered “1 year or more” are considered at risk.



Table 2: Last dental visit (overall)

Dental visit	Frequency (n)
Last dental visit one year or more ago	302
Last dental visit less than one year ago	497

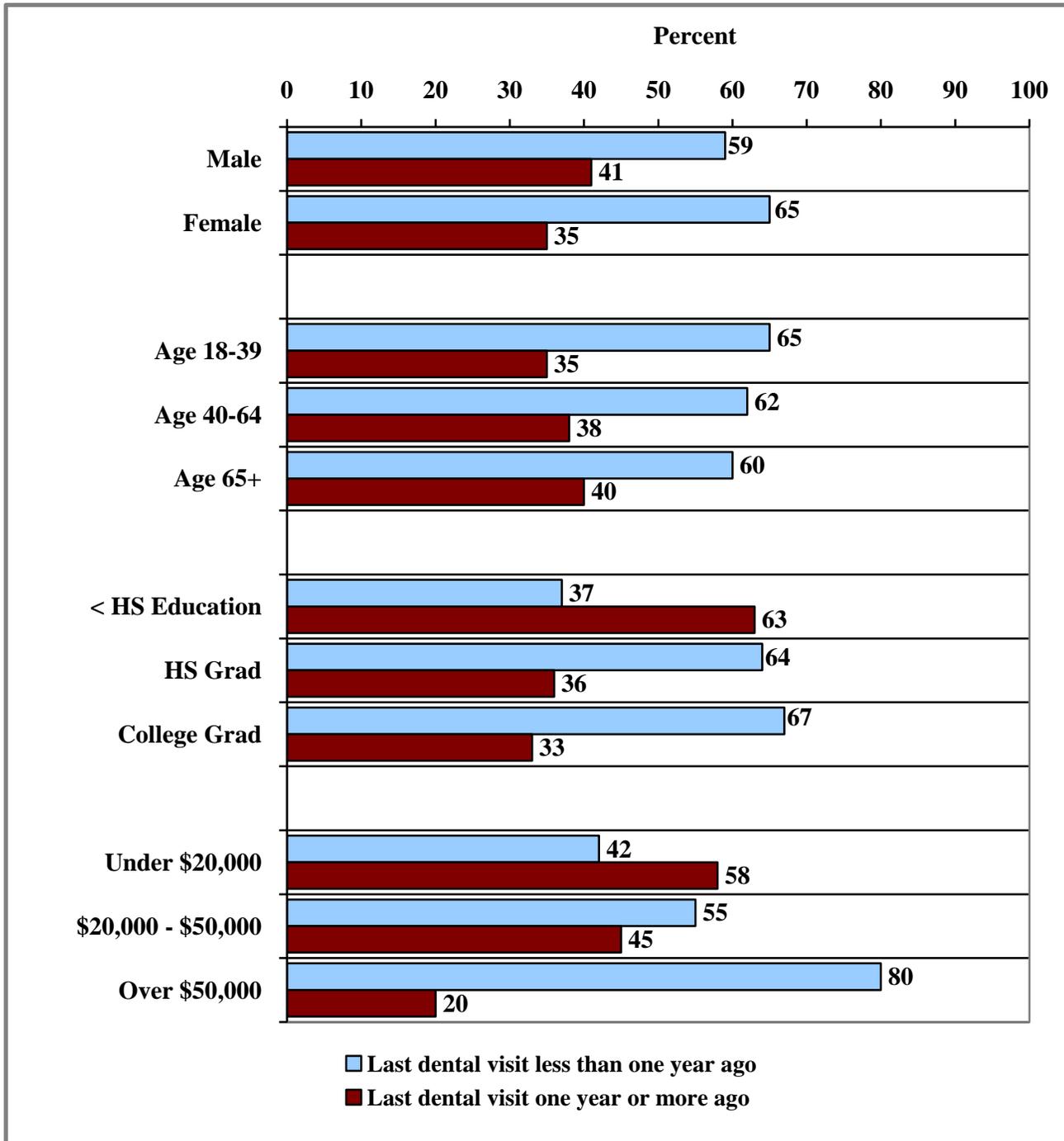
Figure 3: Last dental visit (overall)



Oral Health (continued)

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

Figure 4: Last dental visit (by selected characteristics)



Physical Activity

Regular physical activity is important for people of all ages. It is important for maintaining a healthy body, enhancing quality of life, and preventing death. Physical exercise is also helpful in releasing mental stress and increasing mental health.

Risk Factor Definition: Do not participate in regular physical activity

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

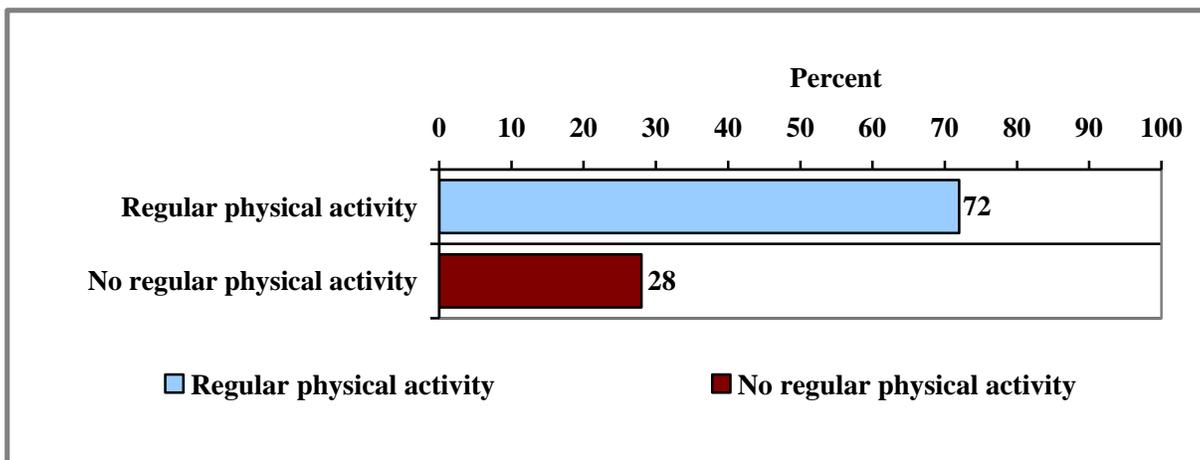
At risk: Those who do not participate in physical activity on a regular basis are at risk.



Table 1: Regular physical activity (overall)

Regular physical activity	Frequency (n)
No regular physical activity	272
Regular physical activity	548

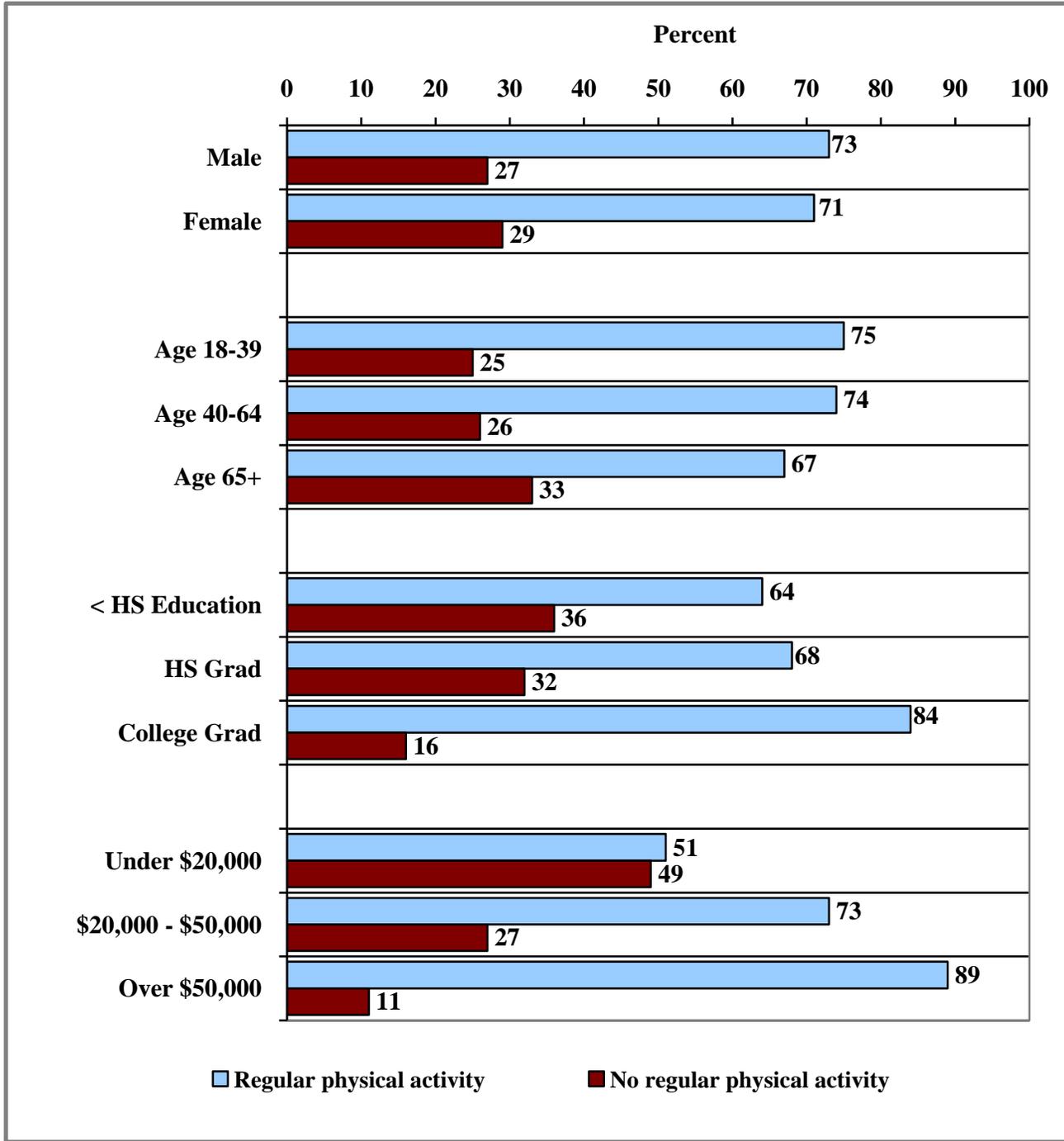
Figure 1: Regular physical activity (overall)



Physical Activity (continued)

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

Figure 2: Physical activity (by selected characteristics)



Overweight

Overweight and obesity have risen considerably over the past several years and are major contributors to preventable causes of death. They raise the risk of social stigmatization, discrimination, and low-self esteem along with raising the risk of certain illnesses. Some of these illnesses include high blood pressure, high cholesterol, diabetes, heart disease, stroke, gall bladder disease, arthritis, sleep disturbance, breathing problems, and certain types of cancer. *Body Mass Index* is the result of a ratio of height to weight. A body mass index of 25 to 29.9 is considered overweight and a body mass index of 30.0 or more is considered obese. Participants are asked two questions so body mass index can be calculated.



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

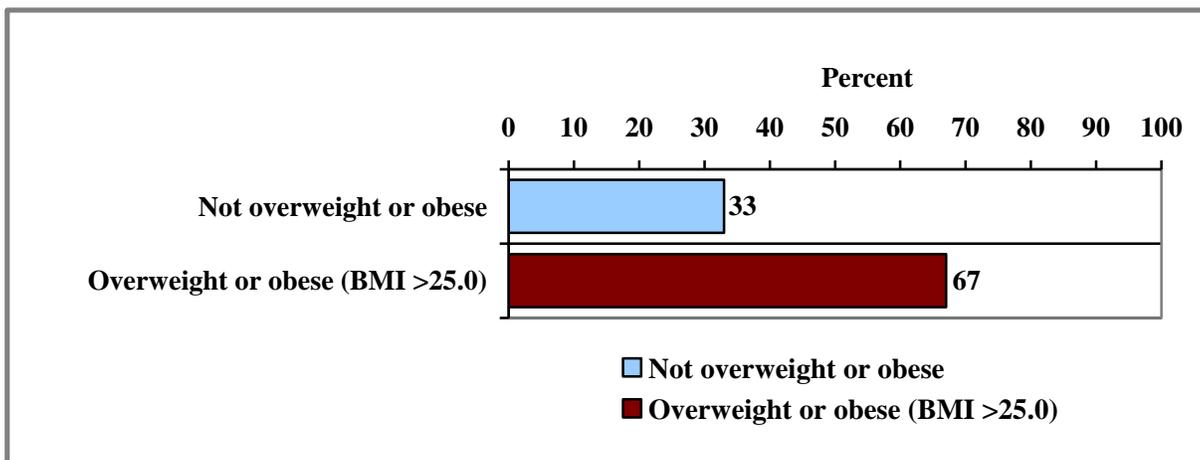
Questions: 1. How much do you weigh without shoes? 2. How tall are you without shoes?

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

Table 1: Bodyweight (overall)

Overweight or obese	Frequency (n)
Overweight or obese BMI > 25	540
Not overweight or obese BMI < 25	267

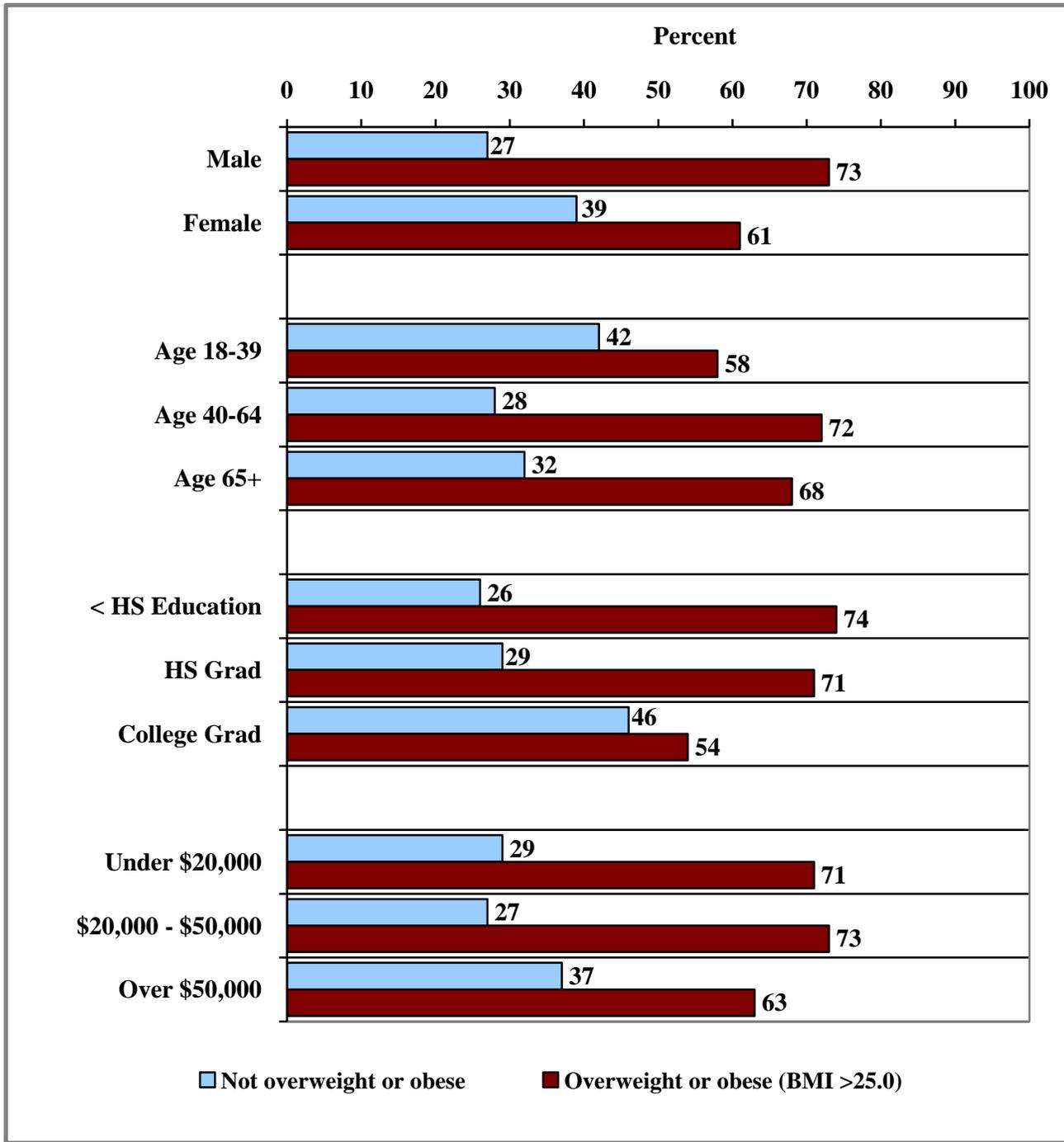
Figure 2: Bodyweight (overall)



Overweight (continued)

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

Figure 2: Bodyweight (by selected characteristics)



Fruits and Vegetables

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

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

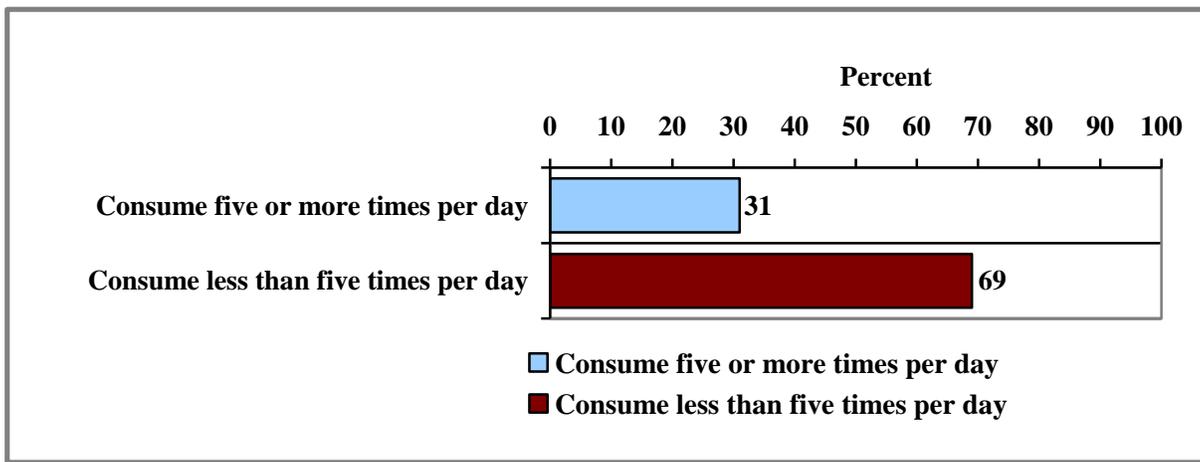
At risk: Those who answered “less than 5 times per day” are considered at risk.



Table 1: Consumption of fruits and vegetables (overall)

Fruits and vegetables	Frequency (n)
Consume less than 5 times per day	560
Consume 5 or more times per day	241

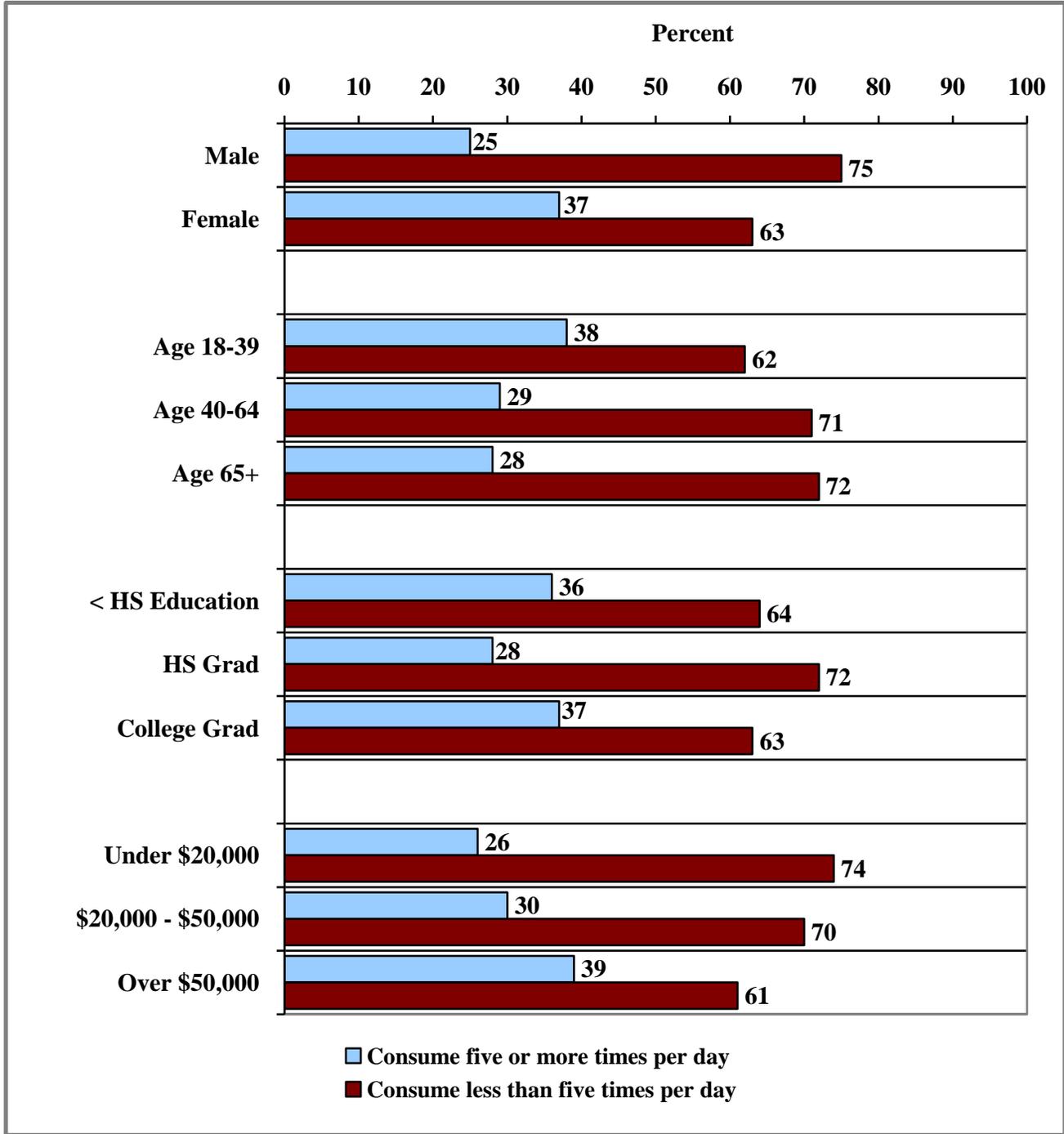
Figure 1: Consumption of fruits and vegetables (overall)



Fruits and Vegetables (continued)

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

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



Disability

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



Limitations due to physical, mental or emotional problems

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

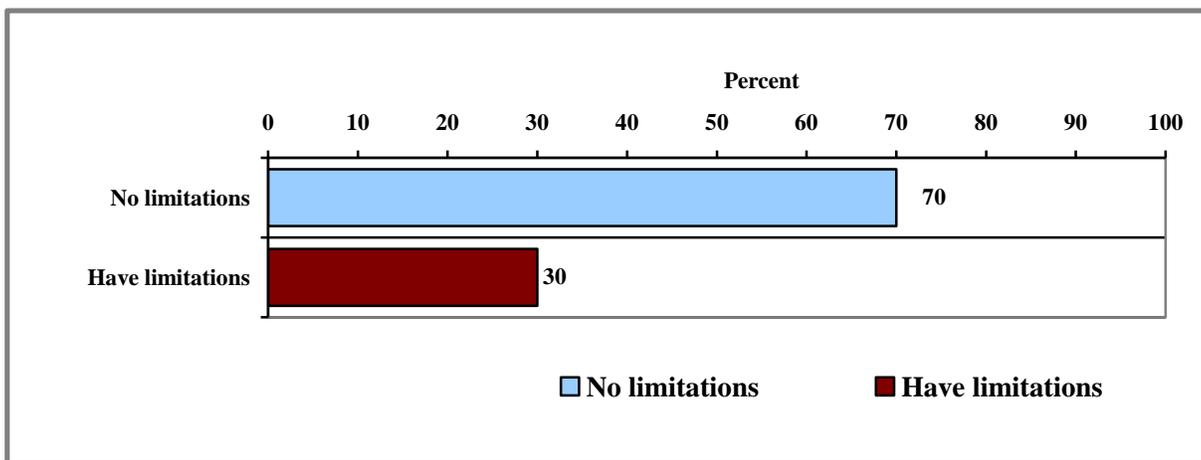
Question: Are you limited in any way in any activities because of physical, mental, or emotional problems?

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

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

Limitations due to physical, mental or emotional problems	Frequency (n)
Limitations	269
No limitations	537

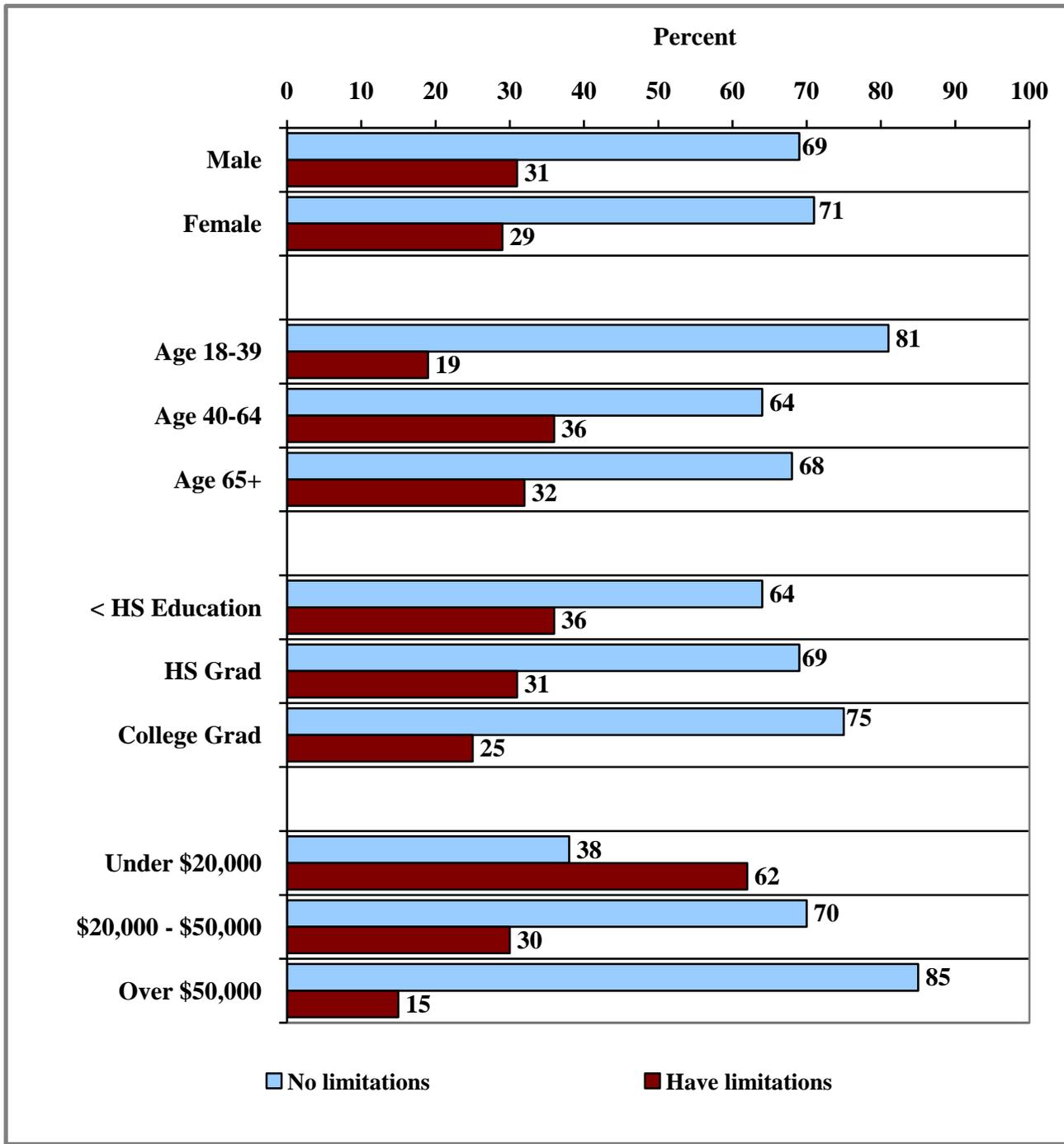
Figure 1: Limitations due to physical, mental or emotional problems (overall)



Disability (continued)

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

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



Disability (continued)

Use of special equipment

Risk Factor Definition: Use of special equipment

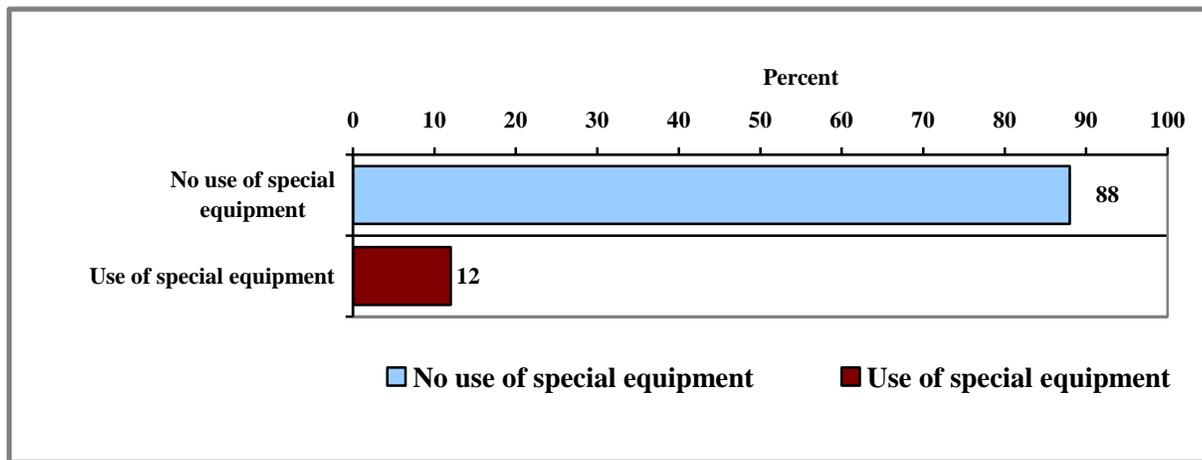
Question: Do you have any health problem that requires you to use special equipment, such as a cane, wheelchair, or special telephone?

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

Table 2: Use of special equipment (overall)

Use of special equipment	Frequency (n)
Use of special equipment	142
No use of special equipment	666

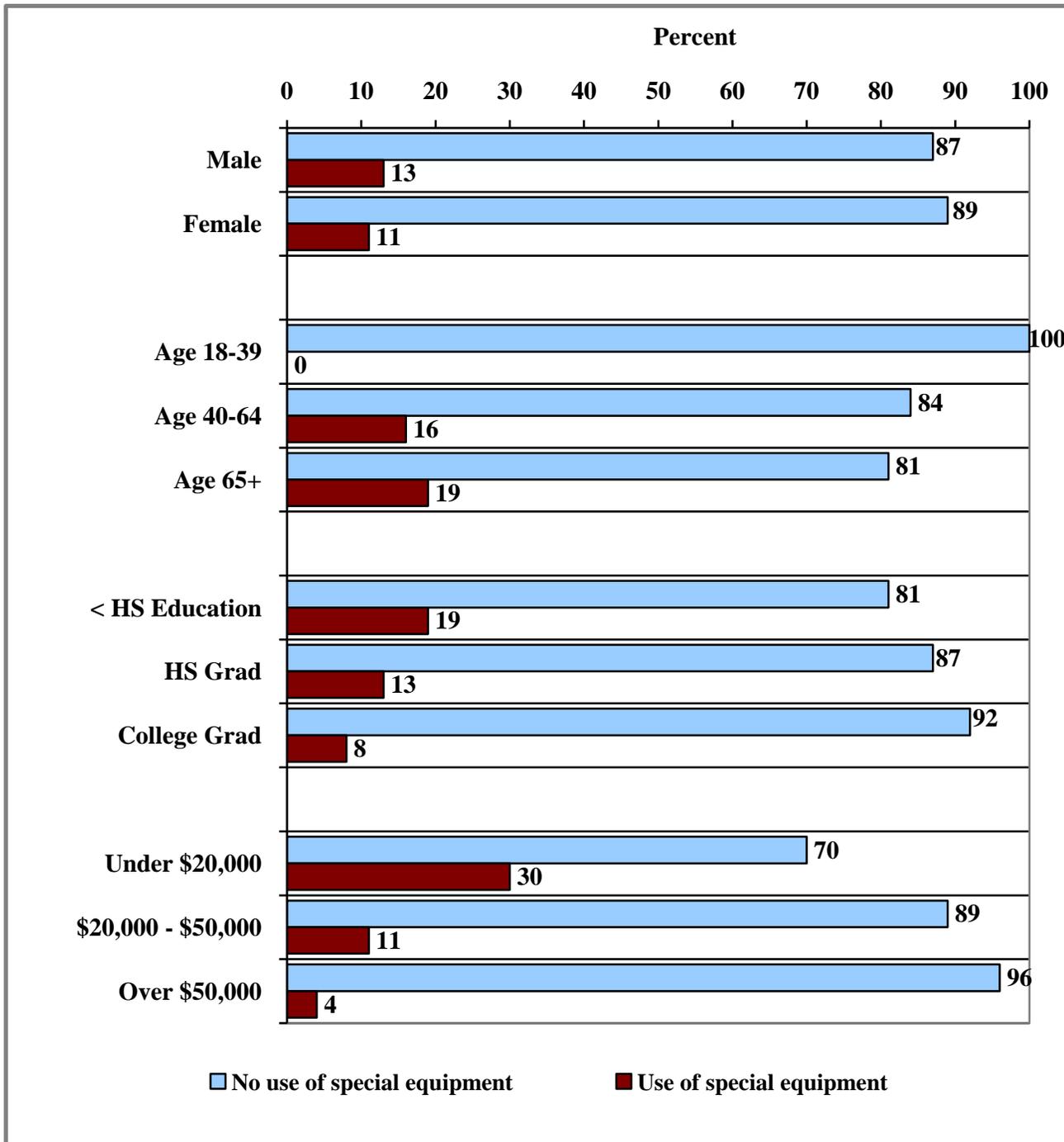
Figure 3: Use of special equipment (overall)



Disability (continued)

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

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



Disability (continued)

Social and emotional support

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

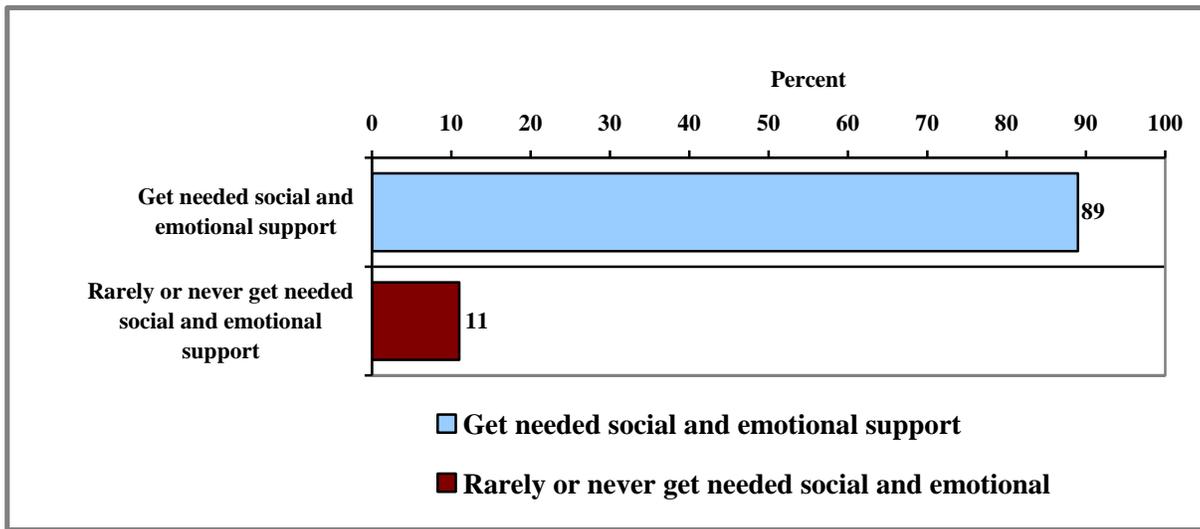
Question: How often do you get the social and emotional support that you need?

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

Table 3: Social and emotional support (overall)

Social and emotional support	Frequency (n)
Rarely or never get needed social/emotional support	86
Get needed social/emotional support	707

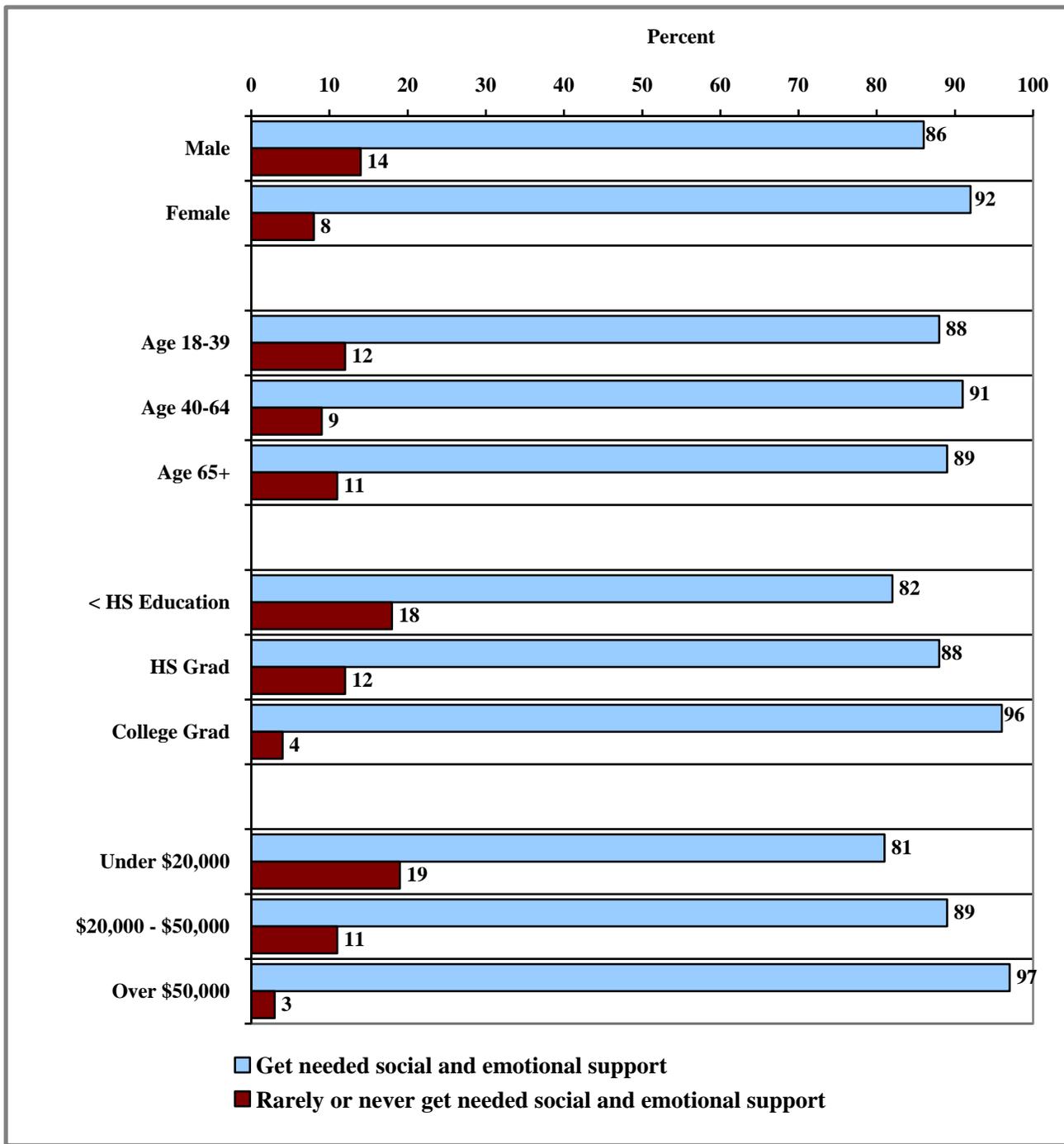
Figure 5: Social and emotional support (overall)



Disability (continued)

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

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



Disability (continued)

Satisfaction with life

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

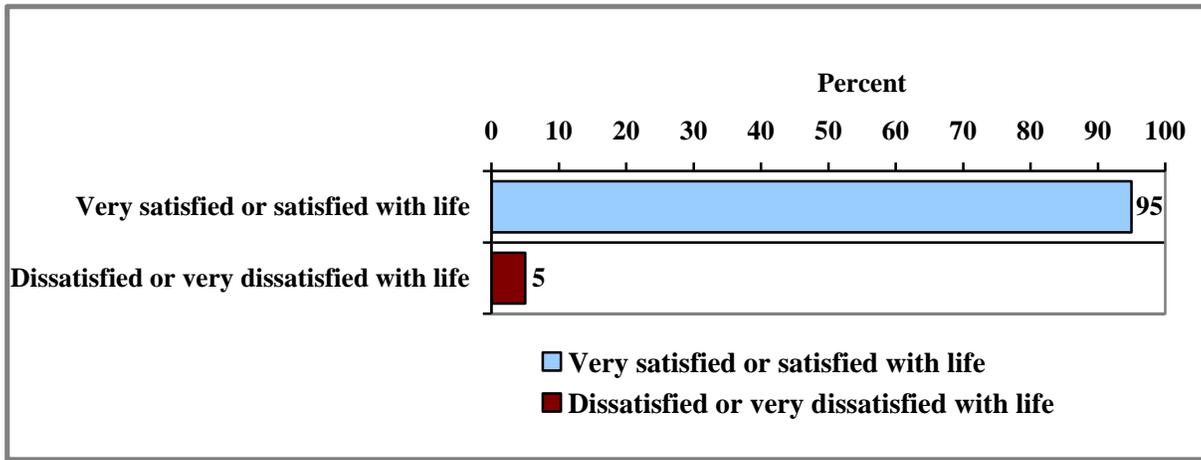
Question: In general, how satisfied are you with life?

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

Table 4: Satisfaction with life (overall)

Satisfaction with life	Frequency (n)
Dissatisfied or very dissatisfied with life	46
Very satisfied or satisfied with life	753

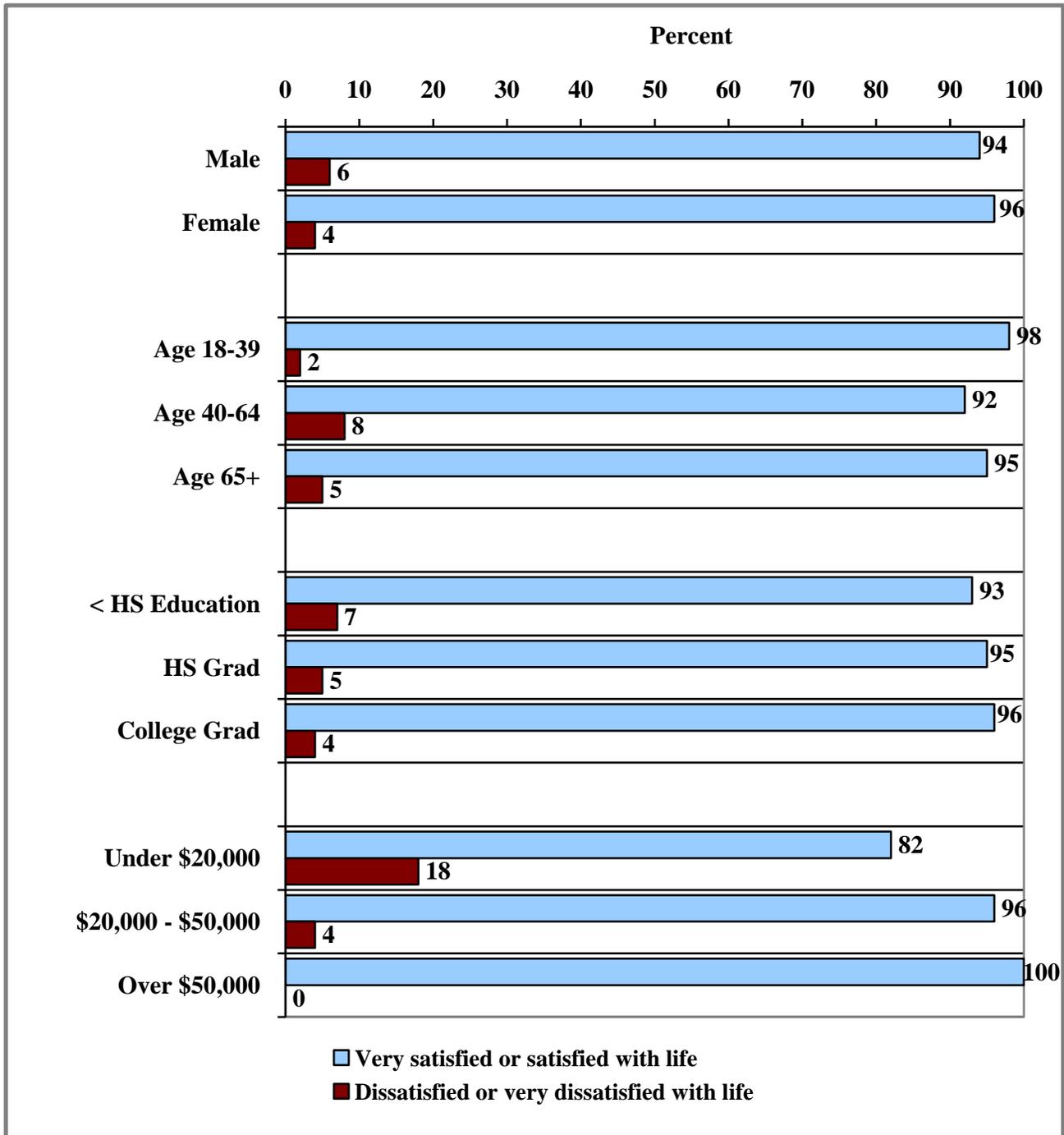
Figure 7: Satisfaction with life (overall)



Disability (continued)

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

Figure 8: Satisfaction with life (by selected characteristics)



Alcohol Consumption

Alcohol consumption can lead to problems with thinking clearly and lack of behavior control. Problems associated with drinking alcohol occur at different levels of severity, from mild and inconvenient to life-threatening. Problems may include violence and physical or mental injury to self or others. Many serious, long-term problems are associated with drinking alcohol, especially if the drinking behavior is considered to be excessive. More than five drinks per day are considered excessive for men and more than 4 drinks per day are usually considered excessive for women.

Any Alcoholic Drink

Risk Factor Definition: Had one drink of alcohol

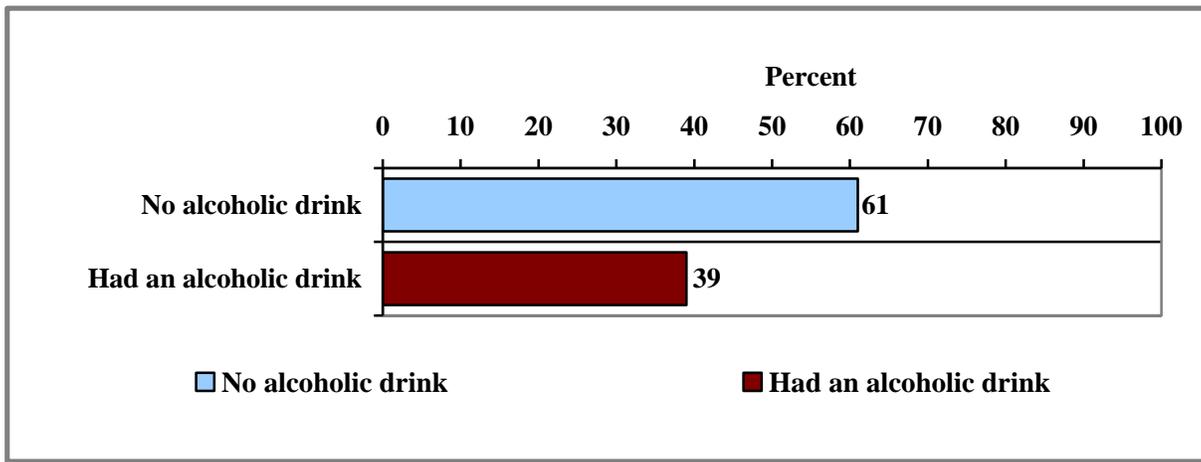
Question: During the thirty days preceding the survey, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

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

Table 1: Any alcoholic drink (overall)

Any alcoholic drink	Frequency (n)
Had a drink of alcohol in past 30 days	274
No alcoholic drink in past 30 days	542

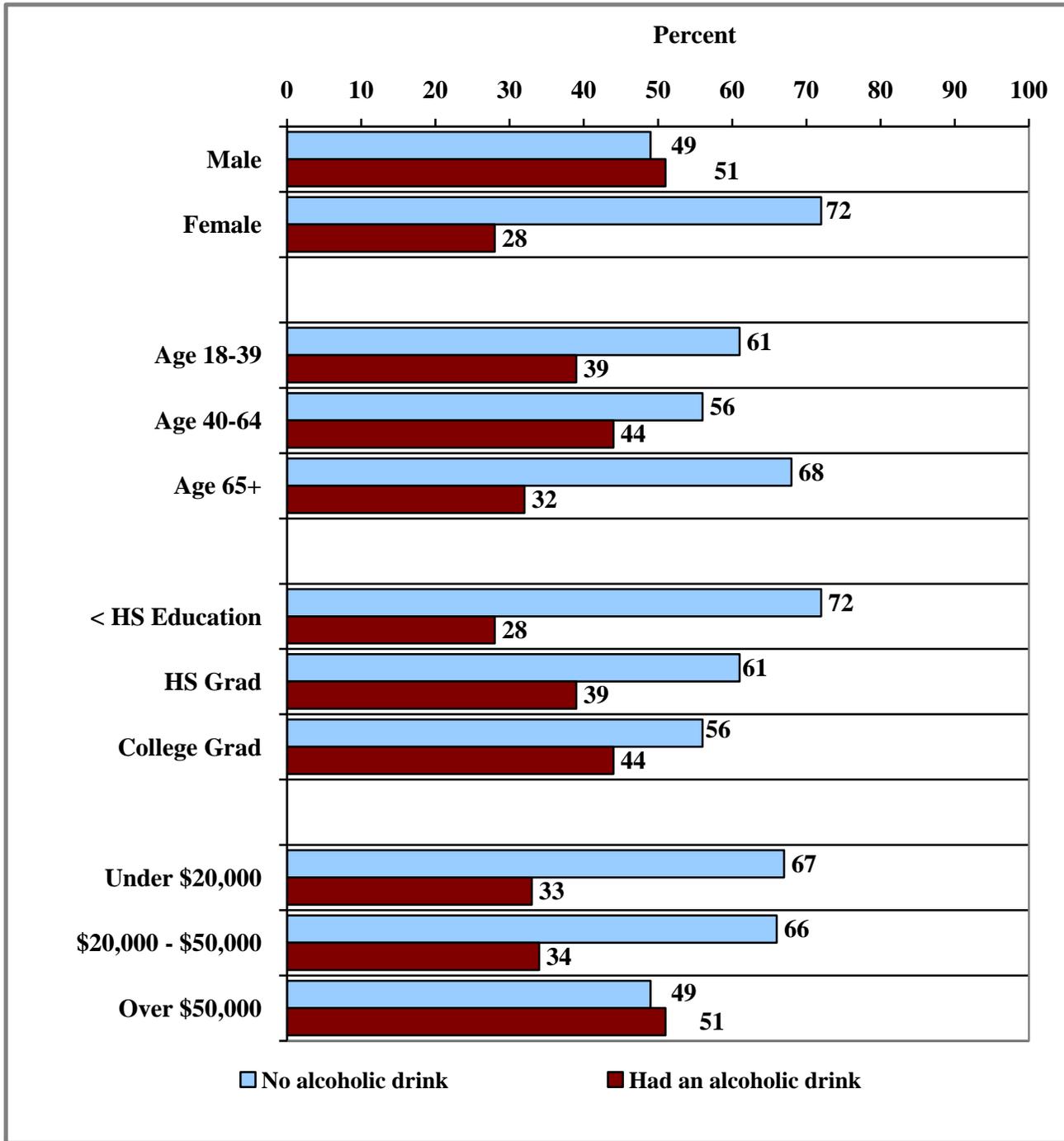
Figure 1: Any alcoholic drink (overall)



Alcohol Consumption (continued)

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

Figure 2: Any alcoholic drink (by selected characteristics)



Alcohol Consumption (continued)

Binge Drinking

Risk Factor Definition: Binge drinking

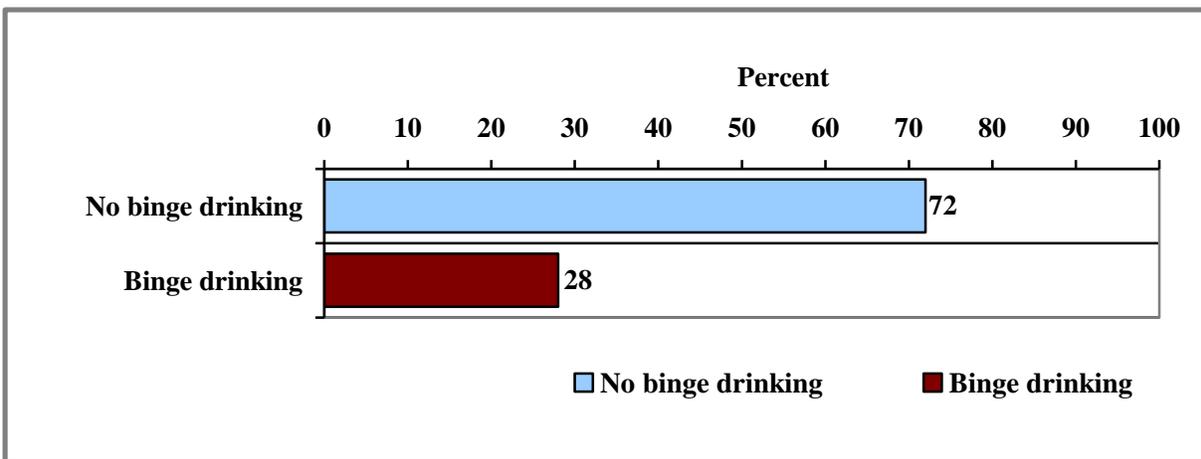
Question: Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks on one occasion?

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

Table 2: Binge drinking (overall)

Binge drinking	Frequency (n)
Binge drinking in past 30 days (5men,4women)	53
No binge drinking in past 30 days	218

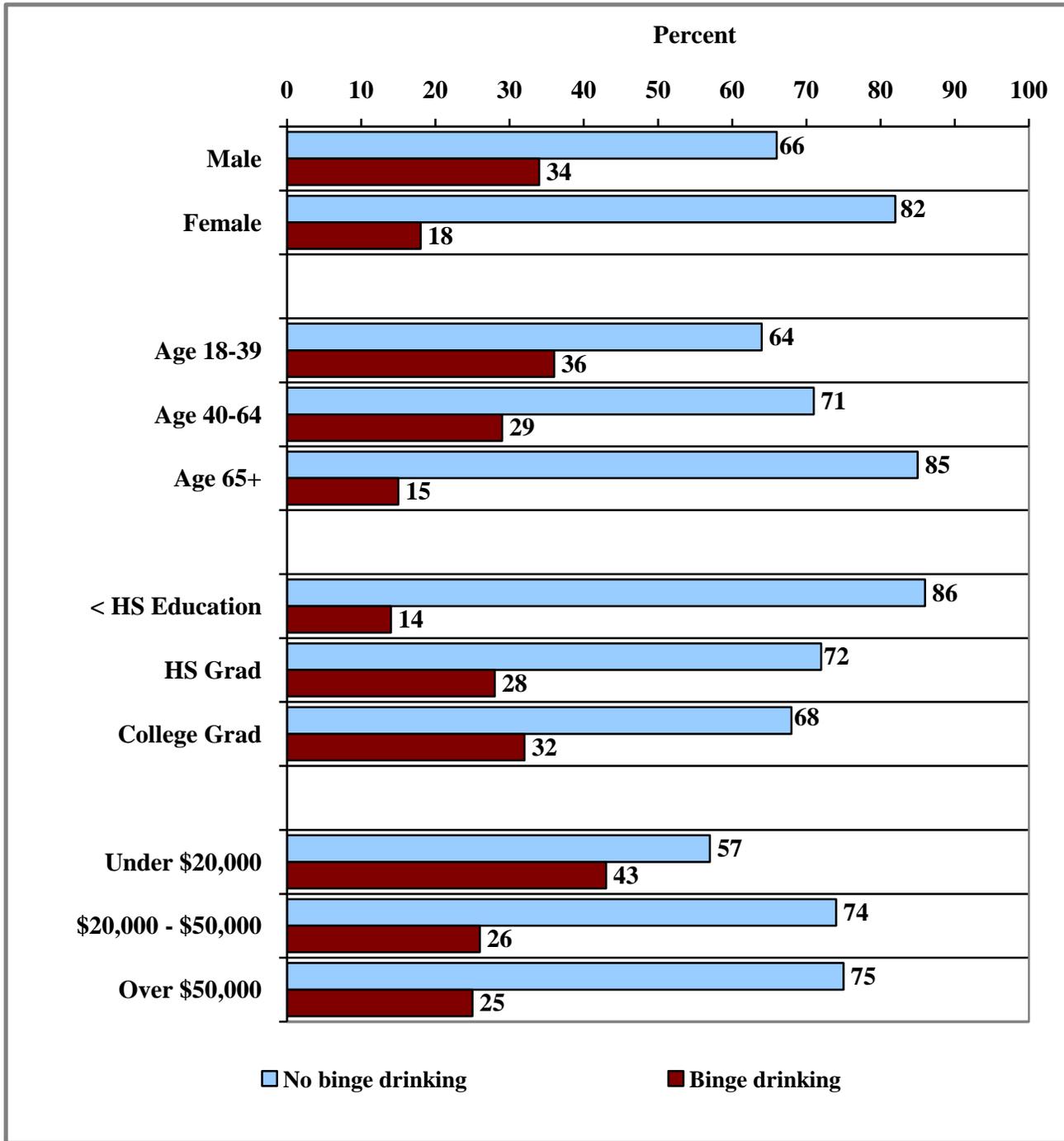
Figure 3: Binge drinking (overall)



Alcohol Consumption (continued)

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

Figure 4: Binge drinking (by selected characteristics)



Tobacco Use

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

Cigarette Use

Risk Factor Definition: Ever smoked cigarettes

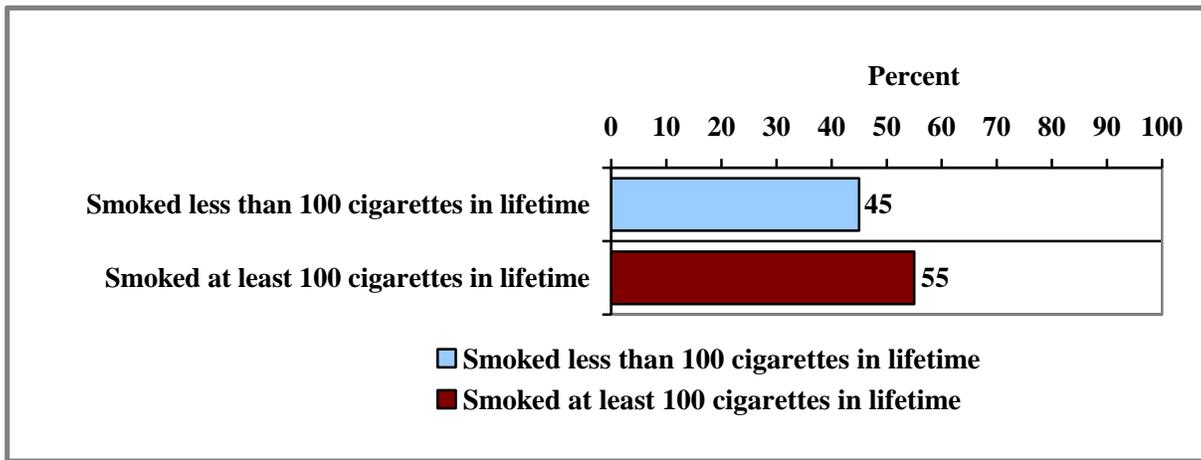
Question: Have you smoked at least 100 cigarettes in your entire lifetime?

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

Table 1: Cigarette use (overall)

Cigarette use	Frequency (n)
Smoked 100 cigarettes in lifetime	453
Have not smoked 100 cigarettes in lifetime	363

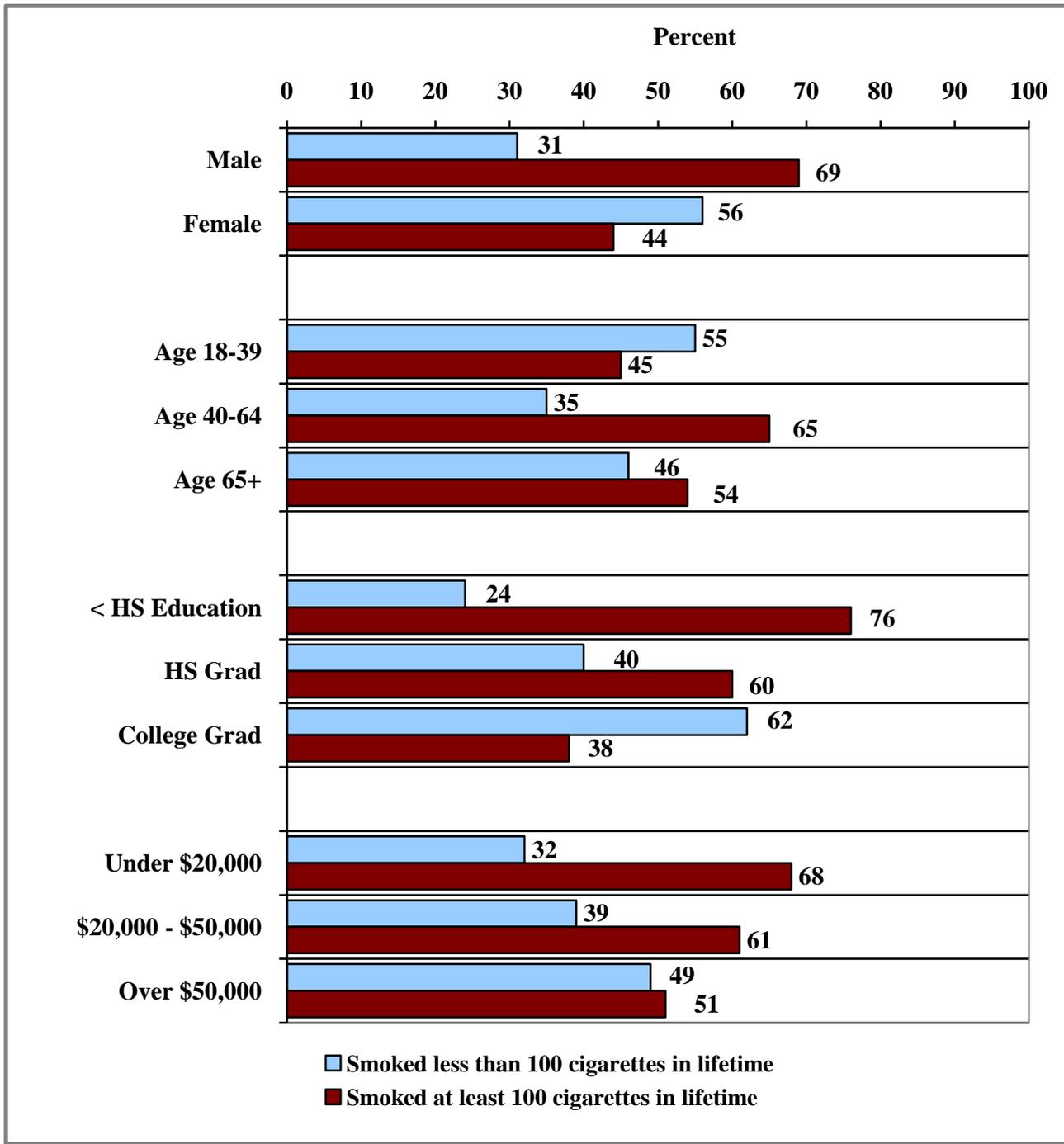
Figure 1: Cigarette use (overall)



Tobacco Use (continued)

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

Figure 2: Cigarette Use (by selected characteristics)



Tobacco Use (continued)

Current cigarette use

Risk Factor Definition: Currently smoke cigarettes

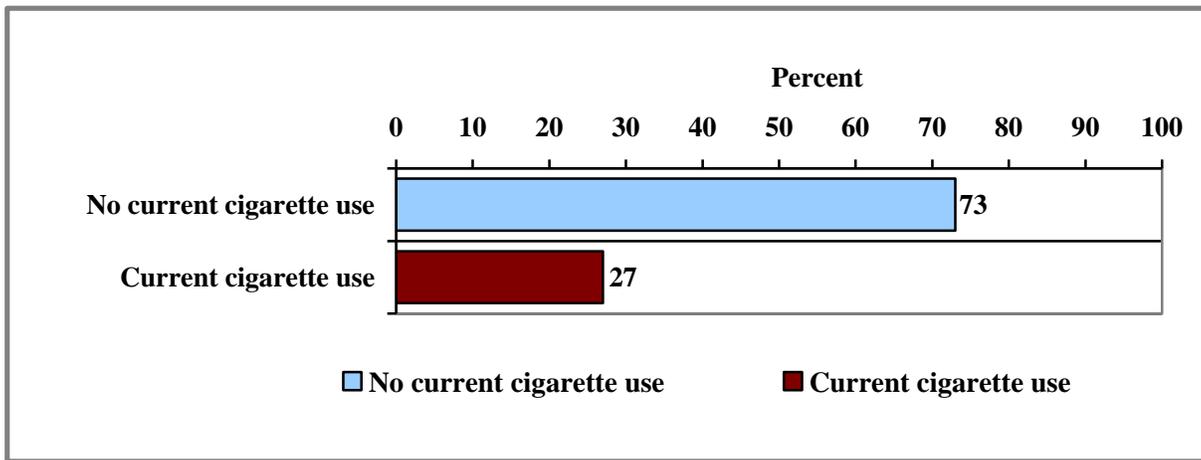
Question: Do you smoke cigarettes every day, some days, or not at all?

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

Table 2: Current cigarette use (overall)

Current smoker	Frequency (n)
current smoker	158
not a current smoker (former and never smoked)	658

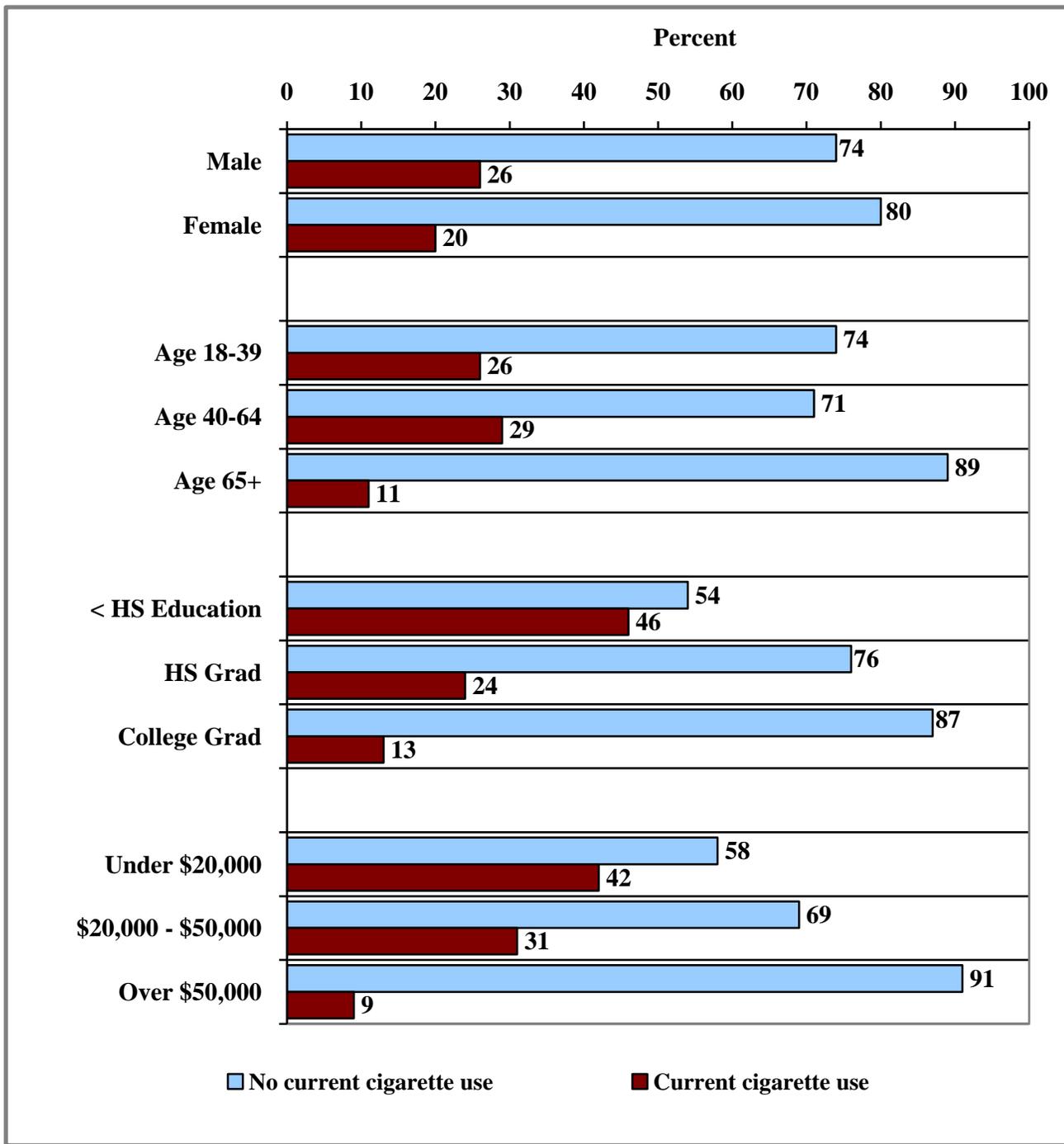
Figure 3: Current cigarette use (overall)



Tobacco Use (continued)

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

Figure 4: Current cigarette use (by selected characteristics)



Tobacco Use (continued)

Cigarette Smoking Cessation

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

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

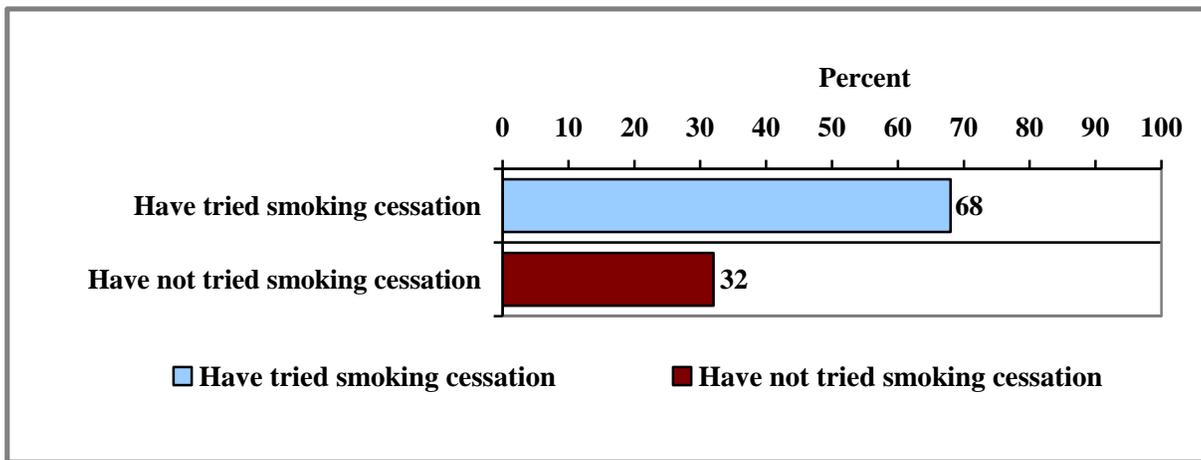
At risk: **Of those adults who reported current cigarette use**, those respondents who reported that they had made no attempt to stop smoking for one day or longer during the twelve months preceding the survey are considered at risk for continued cigarette smoking.



Table 3: Smoking cessation (overall)

Smoking cessation	Frequency (n)
Not tried smoking cessation	62
Tried smoking cessation	96

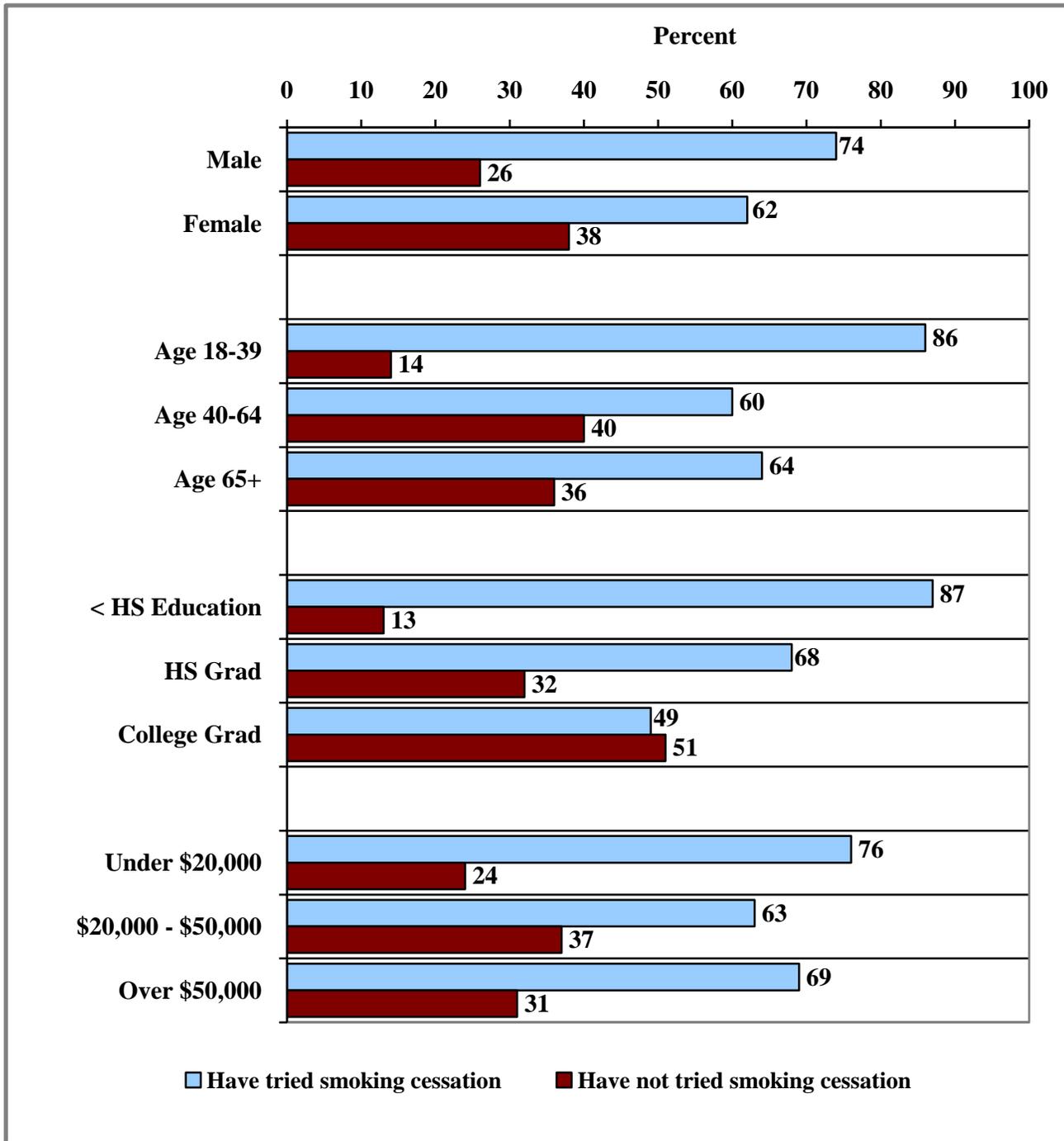
Figure 5: Smoking cessation (overall)



Tobacco Use (continued)

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

Figure 6: Smoking cessation (by selected characteristics)



Tobacco Use (continued)

Smokeless Tobacco Use

Risk Factor Definition: Ever use smokeless tobacco

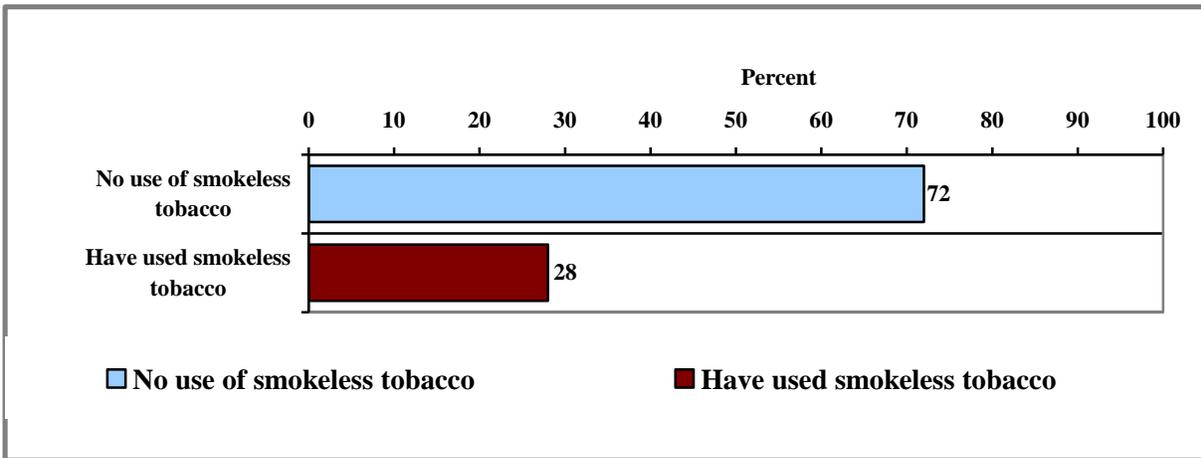
Question: Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?

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

Table 4: Smokeless tobacco use (overall)

Smokeless tobacco use	Frequency (n)
Ever tried smokeless tobacco	145
Never tried smokeless tobacco	653

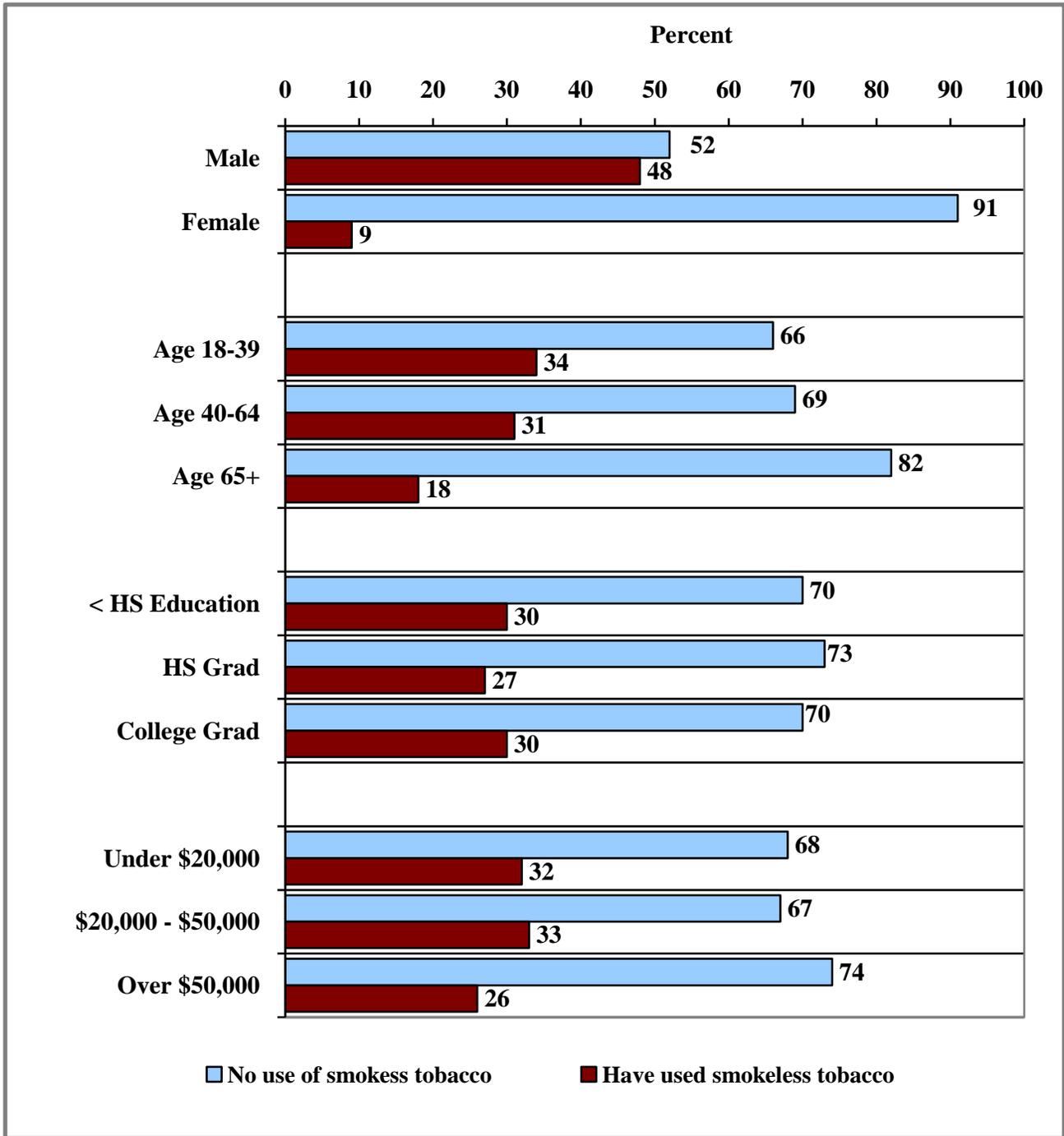
Figure 7: Smokeless tobacco use (overall)



Tobacco Use (continued)

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

Figure 8: Smokeless tobacco use (by selected characteristics)



Tobacco Use (continued)

Current Smokeless Tobacco Use

Risk Factor Definition: Current use of smokeless tobacco

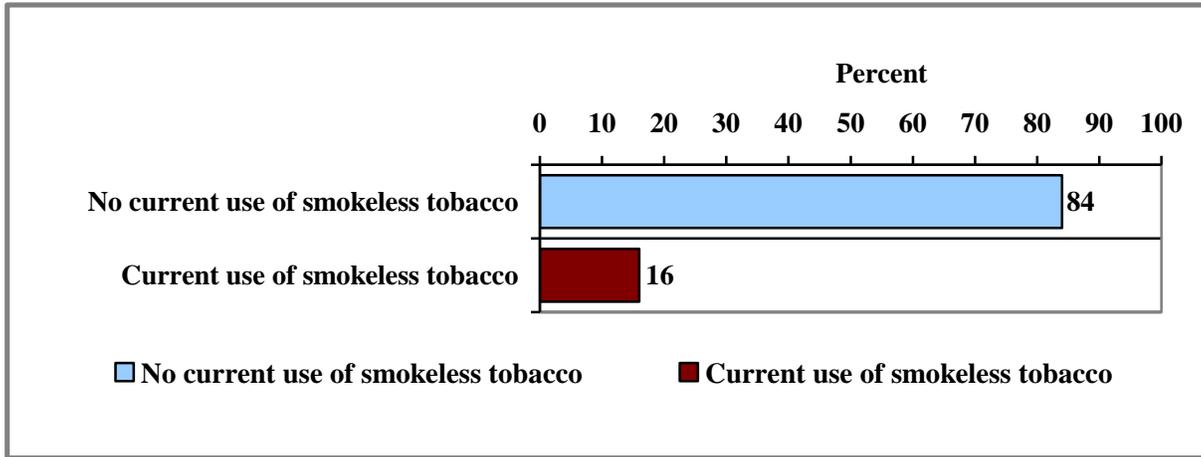
Question: Do you currently use chewing tobacco or snuff every day, some days, or not at all?

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

Table 5: Current smokeless tobacco use (overall)

Current use of smokeless tobacco	Frequency (n)
Current use of smokeless tobacco	19
No current use of smokeless tobacco	126

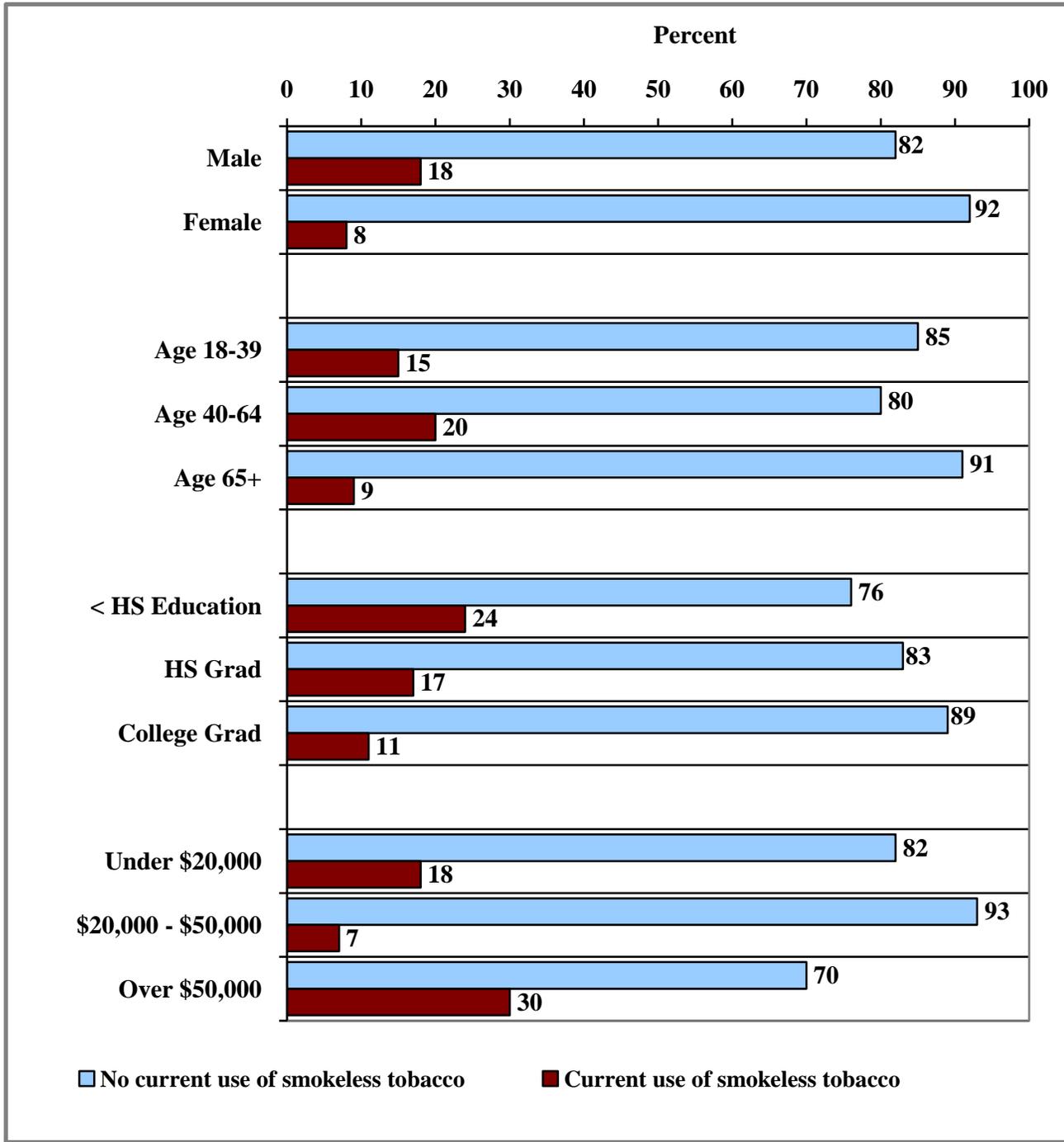
Figure 9: Current smokeless tobacco use (overall)



Tobacco Use (continued)

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

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



Tobacco Use

Cigar Smoking

Risk Factor Definition: Ever smoked a cigar

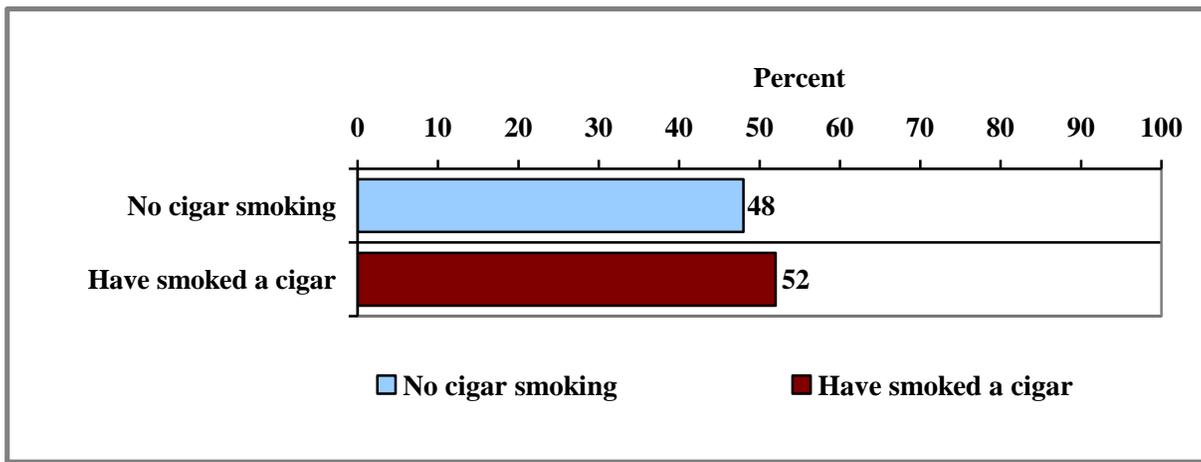
Question: Have you ever smoked a cigar, even one or two puffs?

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

Table 6: Cigar smoking (overall)

Cigar smoking	Frequency (n)
Ever tried cigar	336
Never tried cigar	464

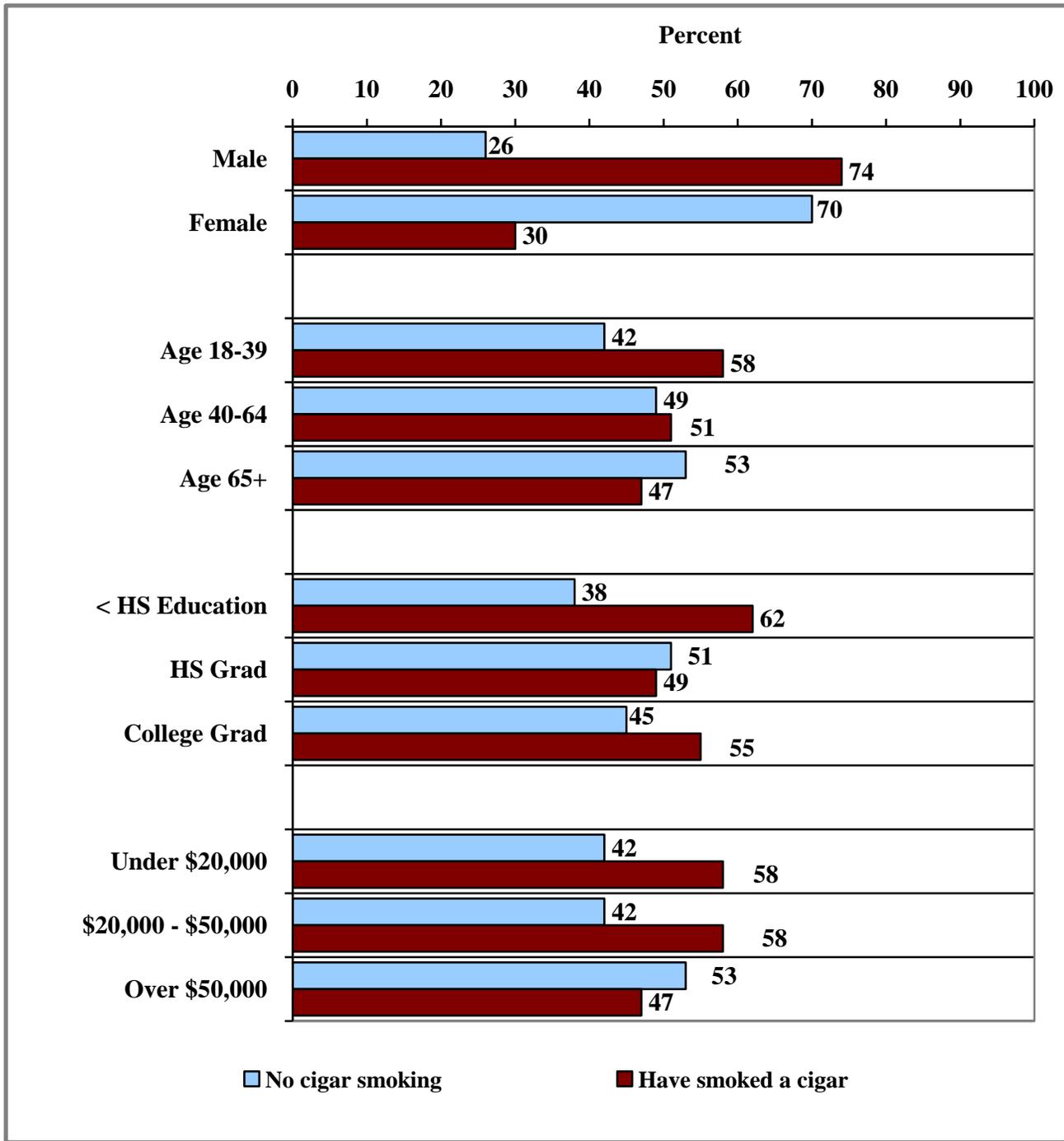
Figure 11: Cigar smoking (overall)



Tobacco Use (continued)

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

Figure 12: Cigar smoking (by selected characteristics)



Tobacco Use

Current Cigar Smoking

Risk Factor Definition: Current cigar smoking

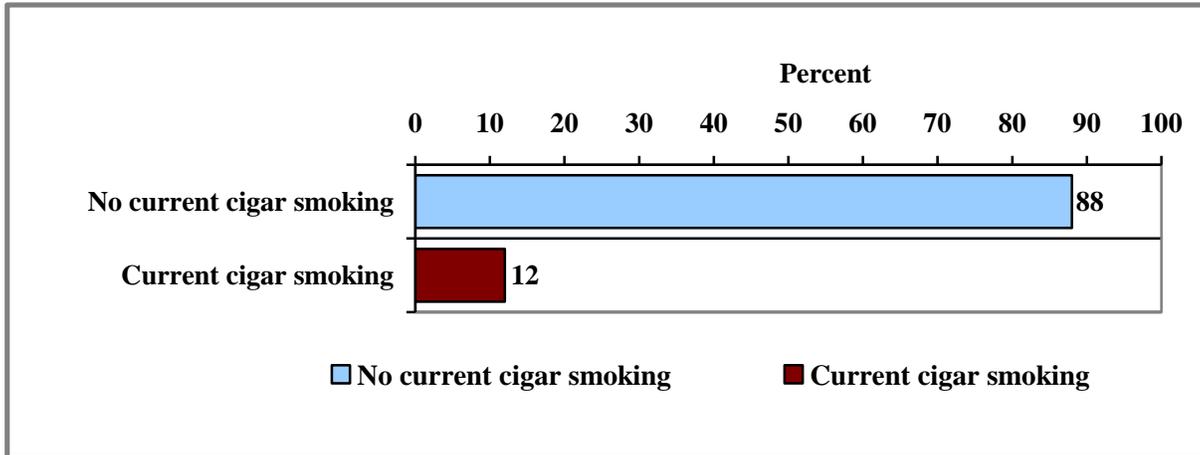
Question: Do you smoke cigars every day, some days, or not at all?

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

Table 7: Current cigar smoking (overall)

Current cigar smoking	Frequency (n)
Current use of cigars	29
No current use of cigars	307

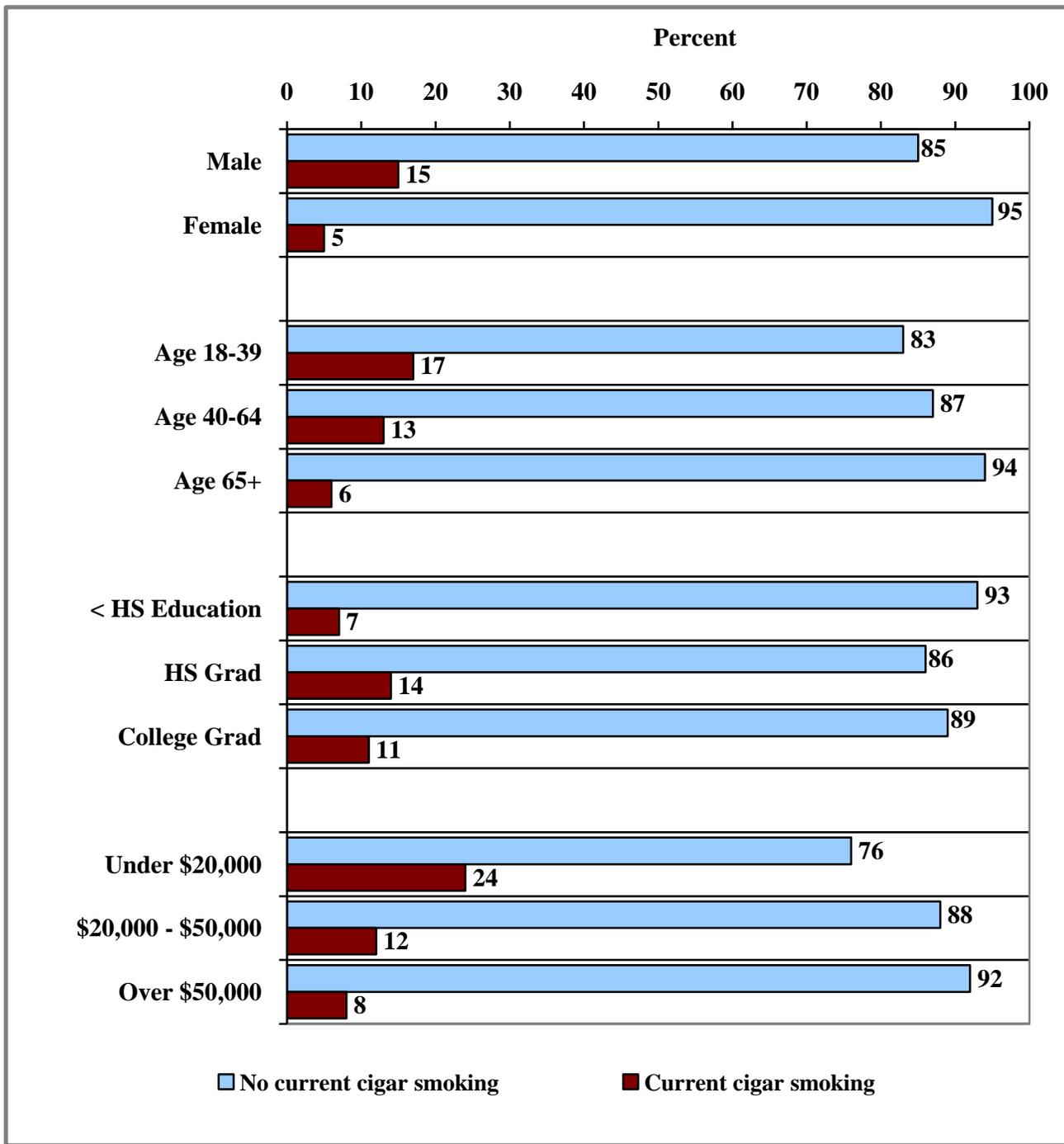
Figure 13: Current cigar smoking (overall)



Tobacco Use (continued)

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

Figure 14: Current cigar smoking (by selected characteristics)



Tobacco Use

Smoking in the Home

Risk Factor Definition: Smoking is allowed in the home

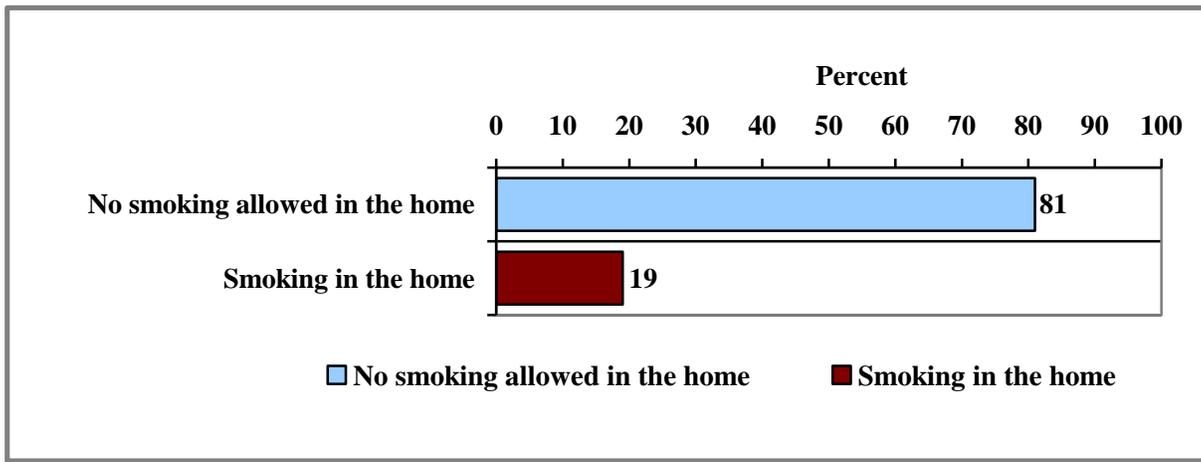
Question: Which statement best describes the rules of smoking inside your home?

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

Table 10: Smoking in the home (overall)

Smoking in the home	Frequency (n)
Allows smoking in home	176
Does not allow smoking in home	622

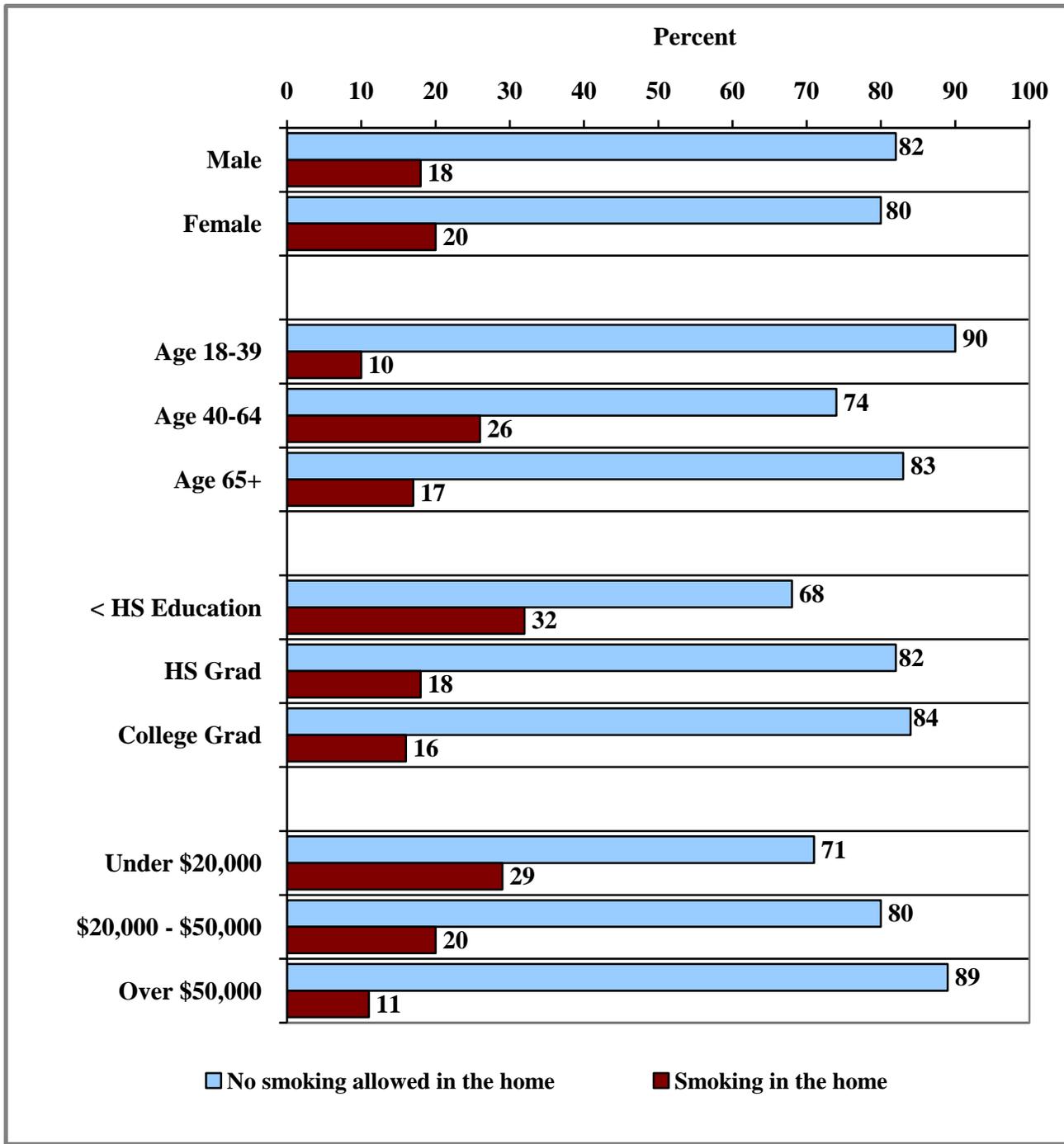
Figure 19: Smoking in the home (overall)



Tobacco Use (continued)

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

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



Women's Health and Risk Factors

Breast Cancer Screening and Knowledge

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

Advertisements for mammogram tests

Risk Factor Definition: Have not noticed mammogram advertisements

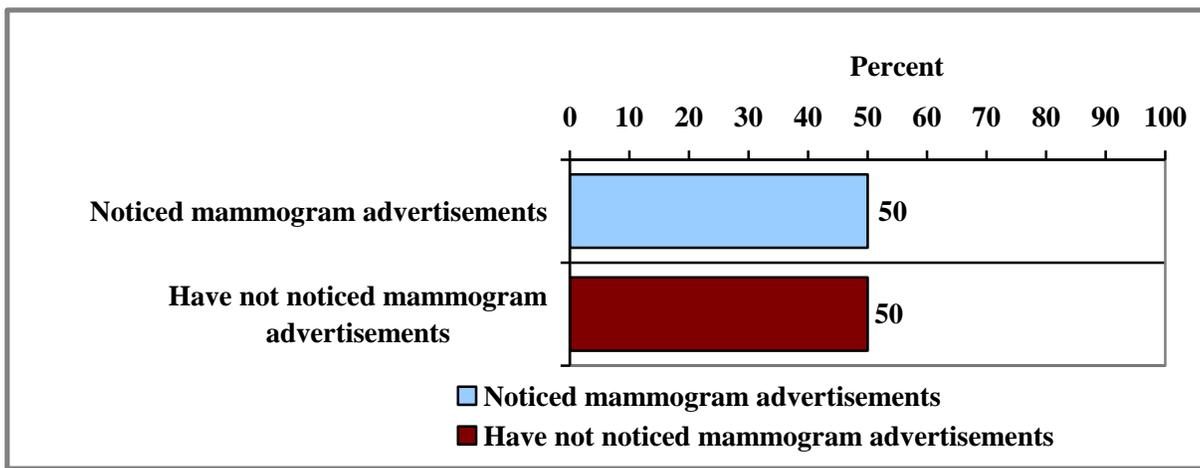
Question: In the past month, have you noticed any posters, billboards, commercials, or advertisements with a message about having a mammogram test?

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

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

Adverts for mammogram tests	Frequency (n)
Have not noticed mammogram advertisements	276
Noticed mammogram advertisements	257

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

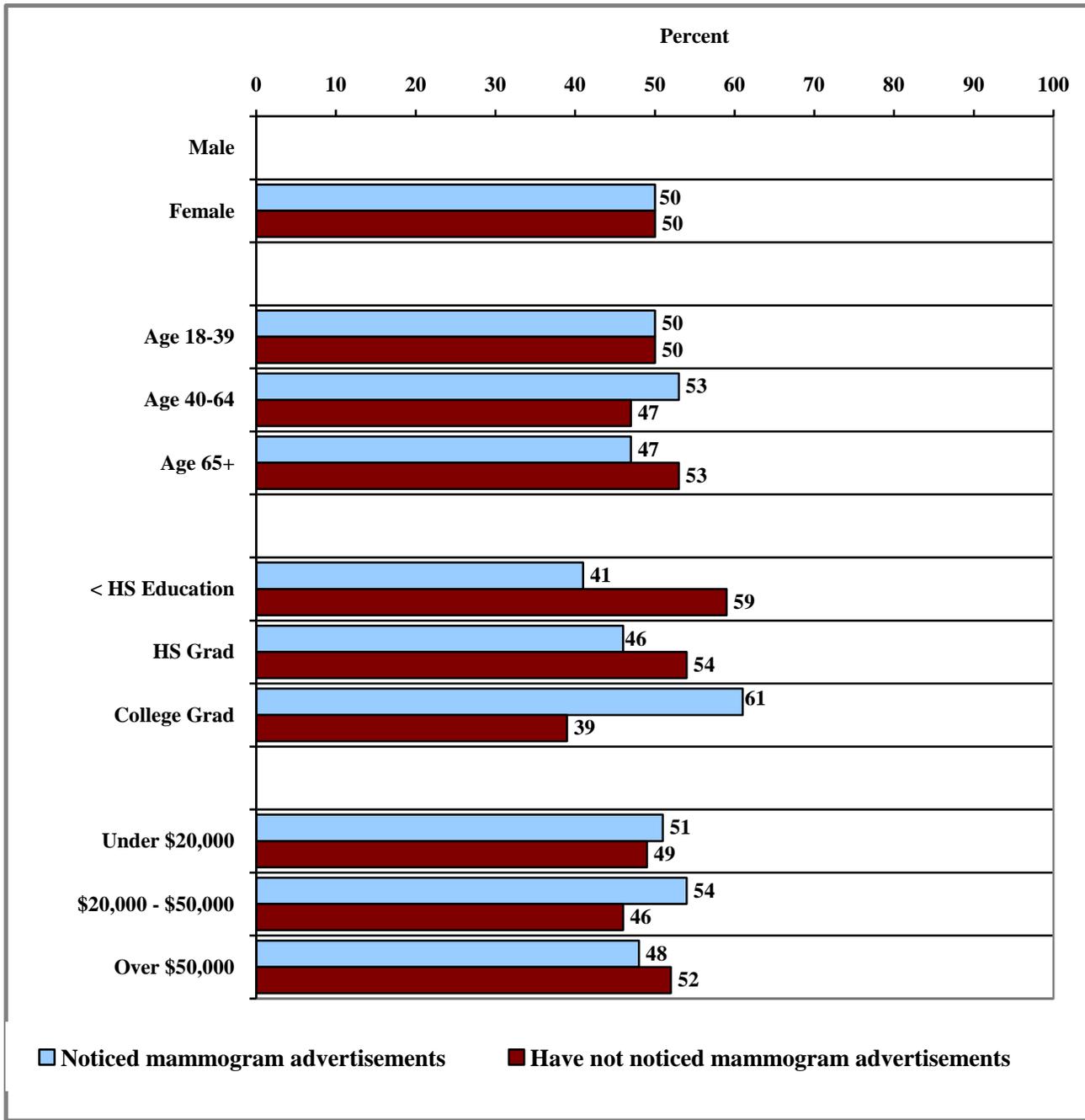


Breast Cancer Screening and Knowledge (continued)

Advertisements for mammogram tests

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

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



Breast Cancer Screening and Knowledge (continued)

Free breast exams and mammograms

Risk Factor Definition: Not aware of free breast exams

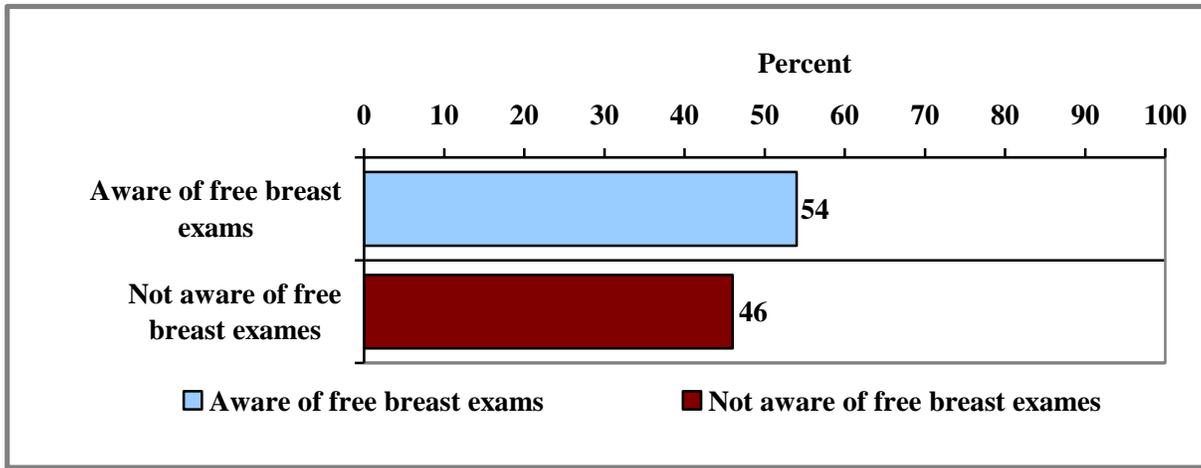
Question: Are you aware that BreastCare, a program of the local health department, offers free breast exams and mammograms to women age 40 and older?

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

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

Awareness of free breast exams	Frequency (n)
Not aware of free exams	255
Aware of free exams	284

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

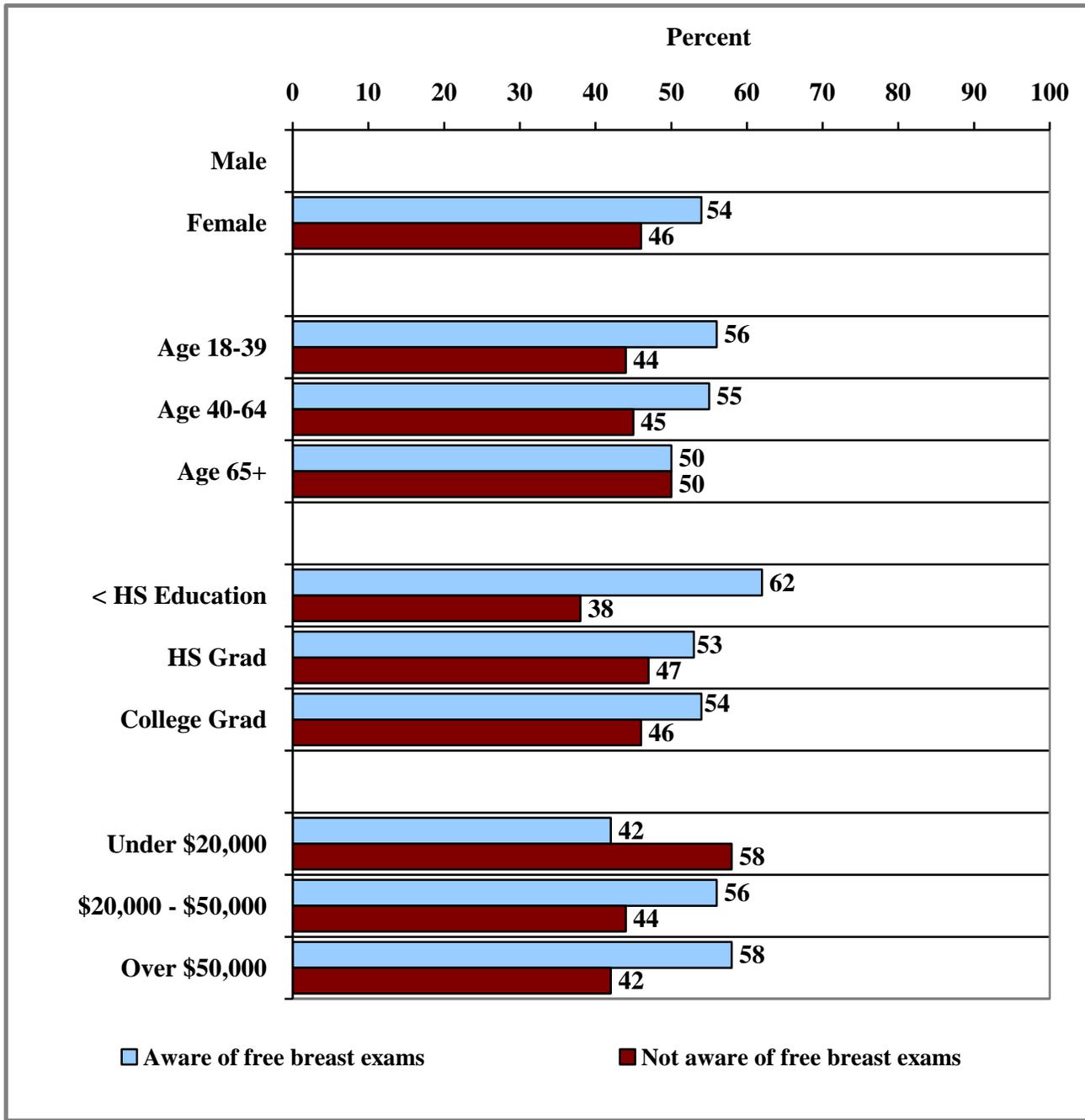


Breast Cancer Screening and Knowledge (continued)

Free breast exams and mammograms

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

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



Breast Cancer Screening and Knowledge (continued)

Cost of mammogram test

Risk Factor Definition: Difficult to pay for a mammogram test

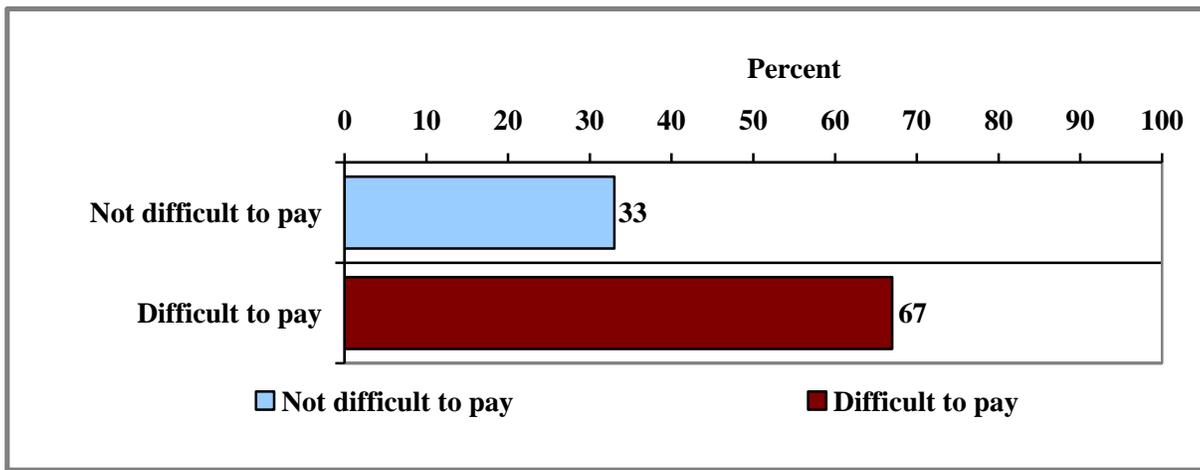
Question: How difficult would it be for you to pay for the cost of a mammogram test? Would you say difficult, somewhat difficult, a little difficult, or not at all difficult?

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

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

Difficult to pay	Frequency (n)
Difficult to pay	80
Not difficult to pay	43

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

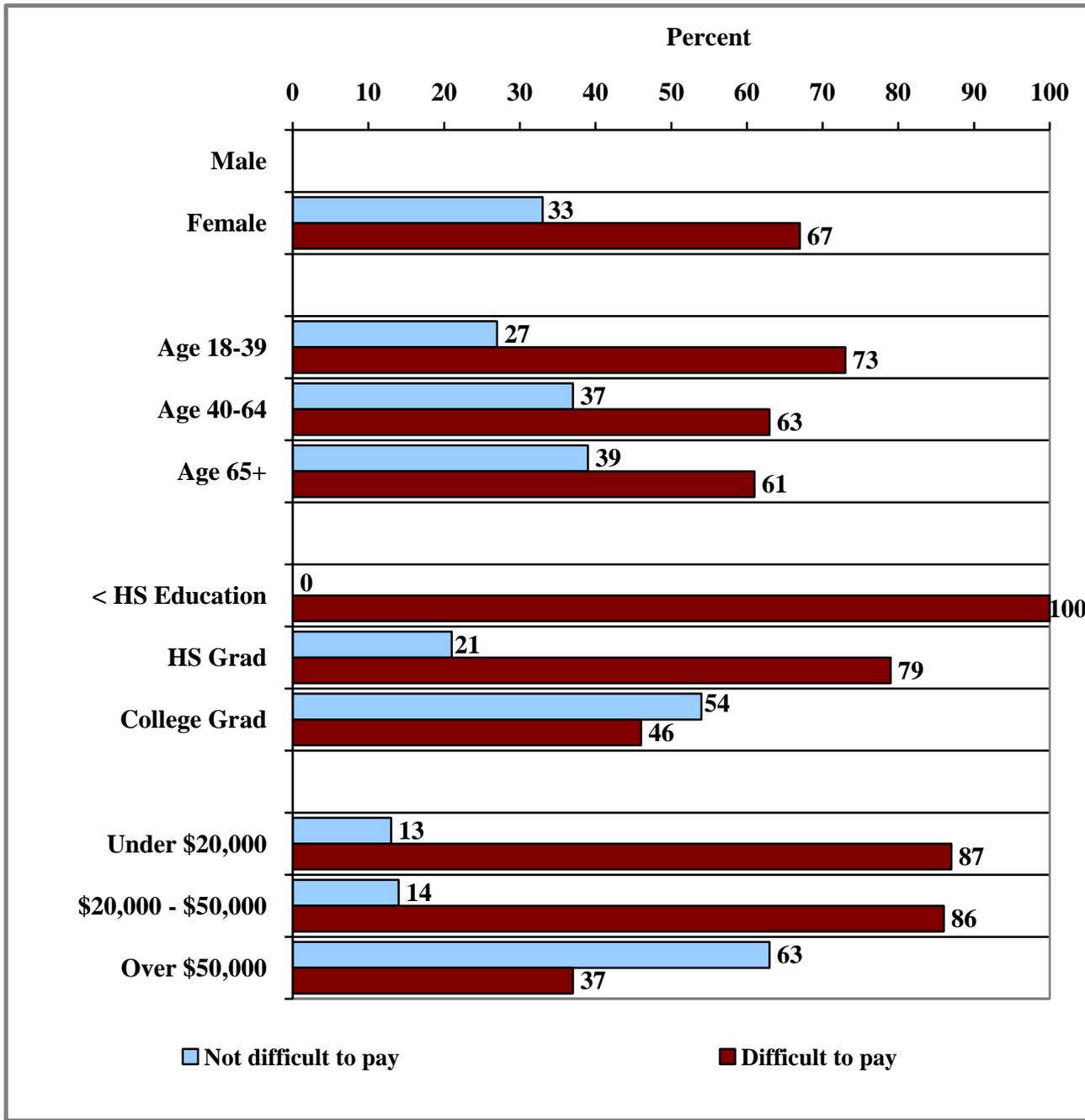


Breast Cancer Screening and Knowledge (continued)

Cost of mammogram test

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

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



Breast Cancer Screening and Knowledge (continued)

Breast Cancer Screening

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

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

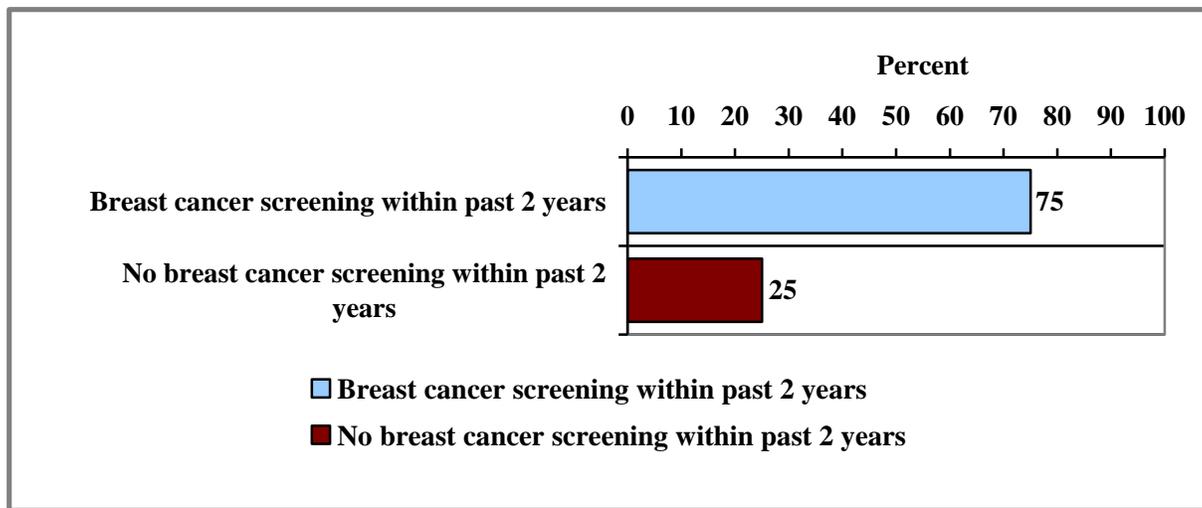
Questions: 1. Have you ever had a mammogram? 2. How long has it been since your last mammogram?

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

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

Breast cancer screening	Frequency (n)
No breast cancer screening within the past 2 years	126
Breast cancer screening within past 2 years	376

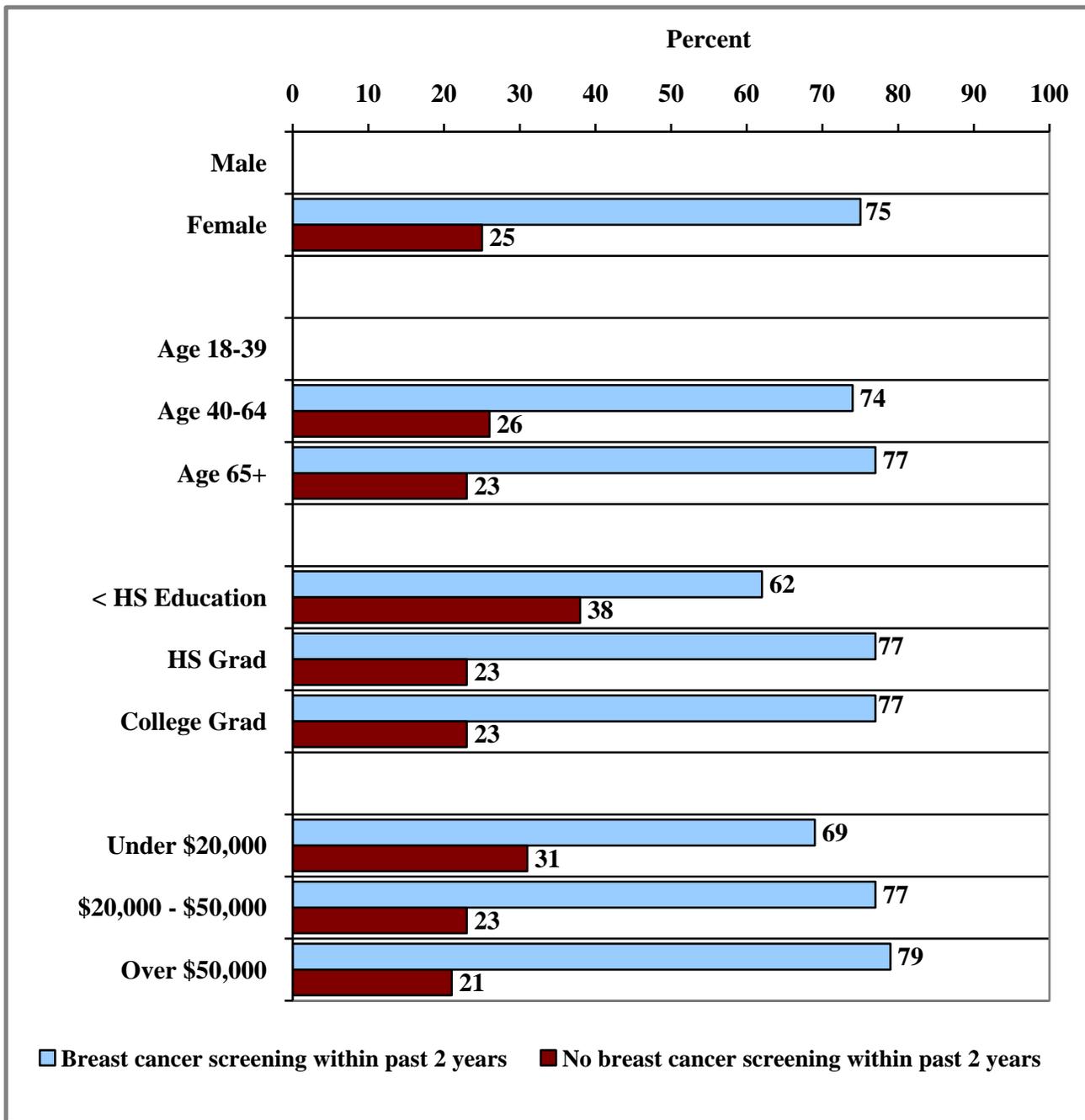
Figure 7: Breast cancer screening within the past 2 years (overall)



Breast Cancer Screening and Knowledge (continued)

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

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



Other Women's Health Screening

Pap Smear

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

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

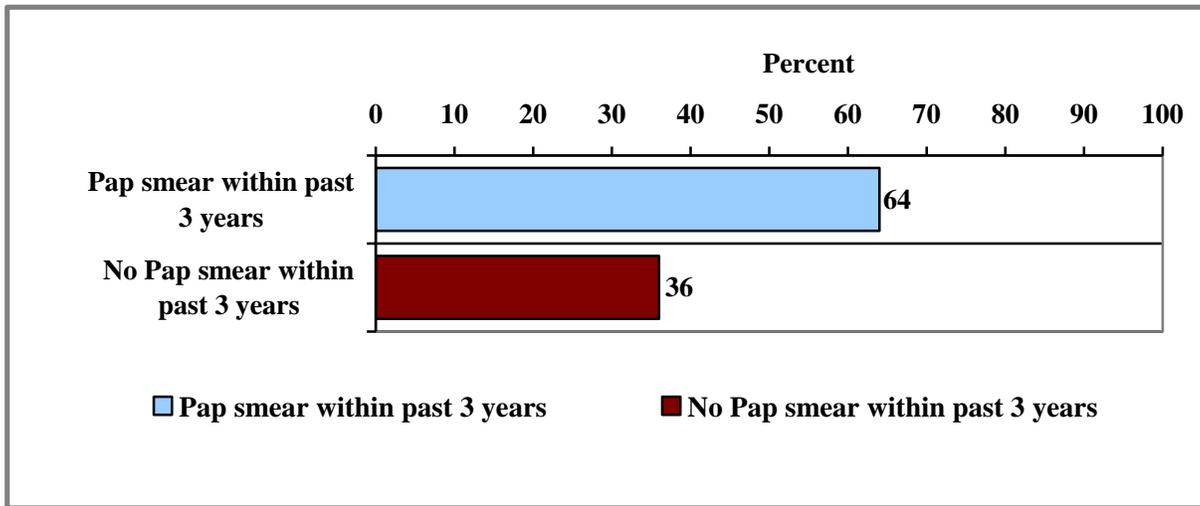
Questions: 1. Have you ever had a Pap smear? 2. How long has it been since your last Pap smear?

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

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

Cervical cancer screening	Frequency (n)
No pap smear within the past 3 years	255
Pap smear within the past 3 years	275

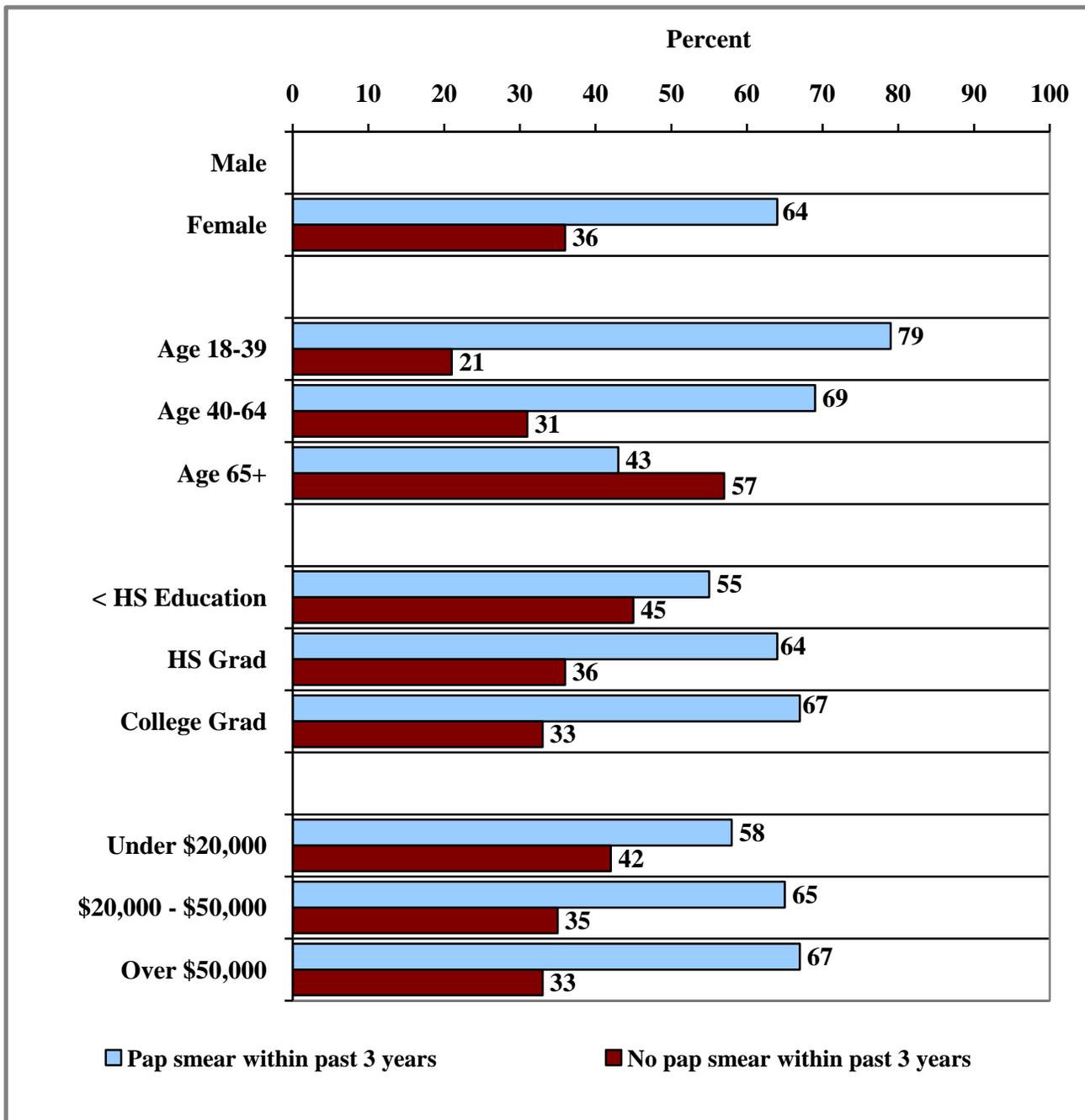
Figure 9: Pap smear within the past three years (overall)



Other Women's Health Screening (continued)

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

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



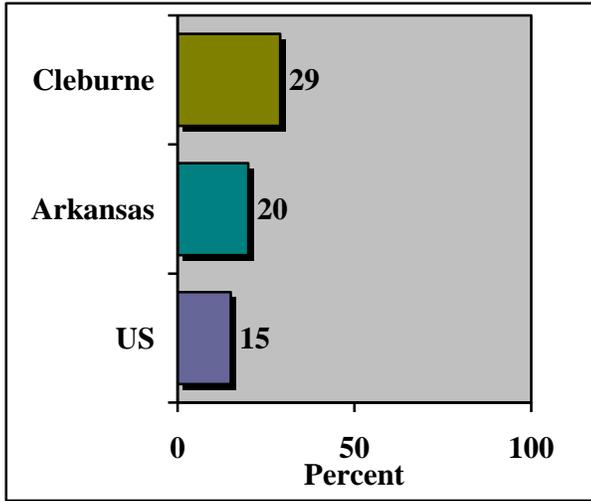
Appendix A

**2012 Cleburne County
Comparison with State and National BRFSS**

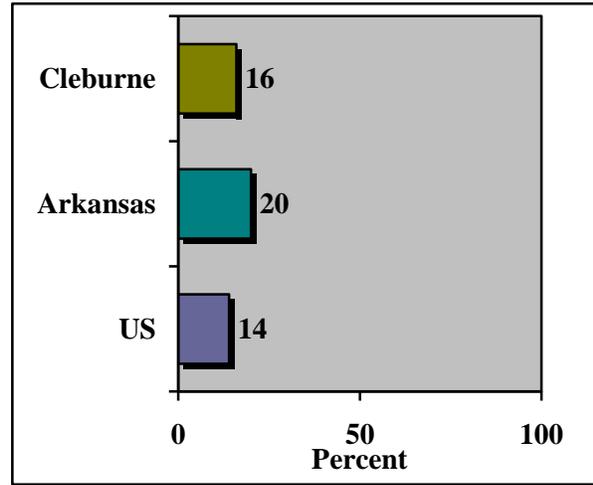
Cleburne County

2011 County Adult Health Survey
Comparison with State and National BRFSS

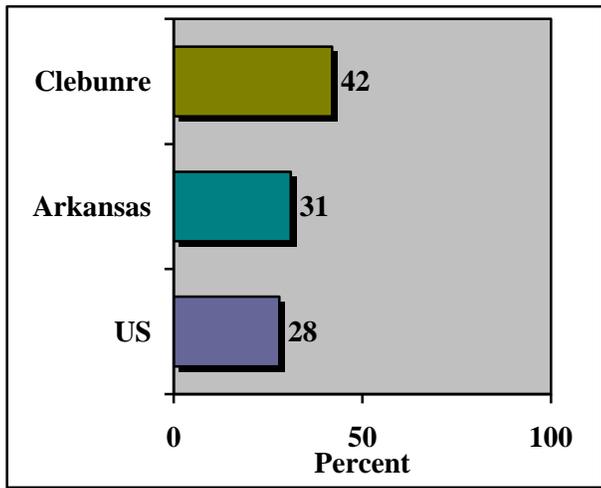
General health “fair” or “poor”



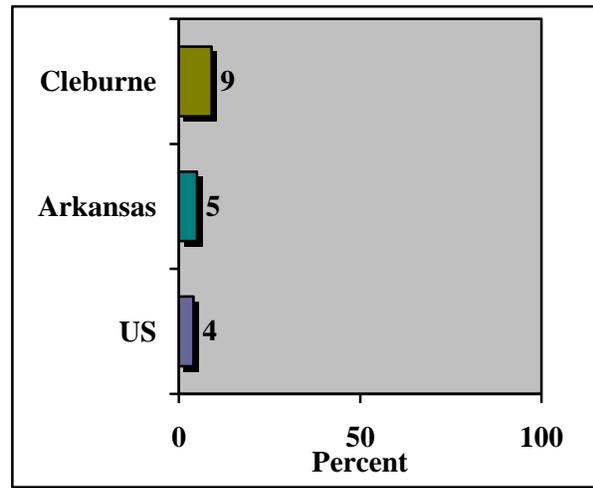
No health care coverage



Have high blood pressure



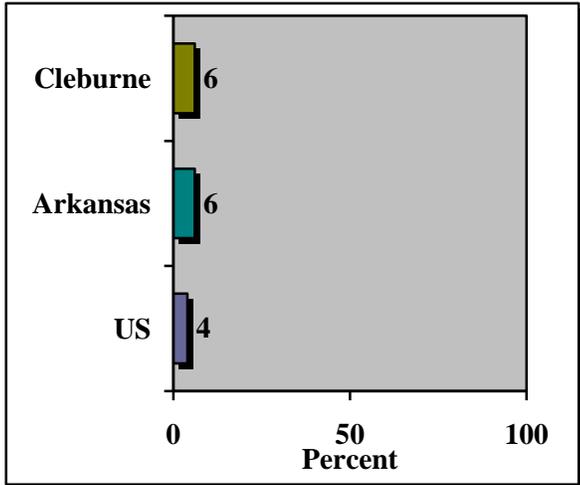
Have had a myocardial infarction



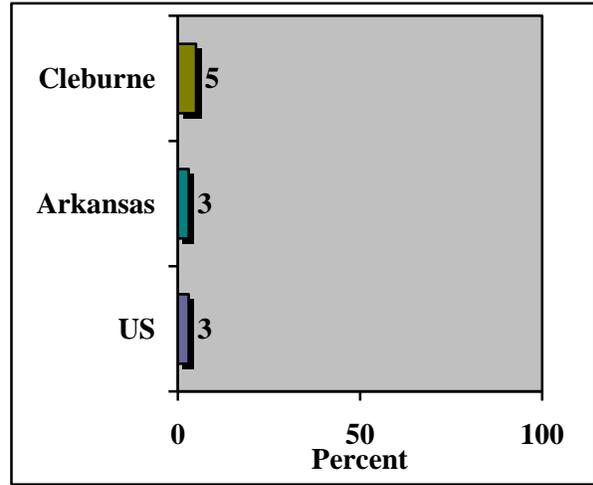
Sources: 2012 Cleburne County data obtained from Cleburne County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2010).

Cleburne County
 2011 County Adult Health Survey
 Comparison with State and national BRFSS

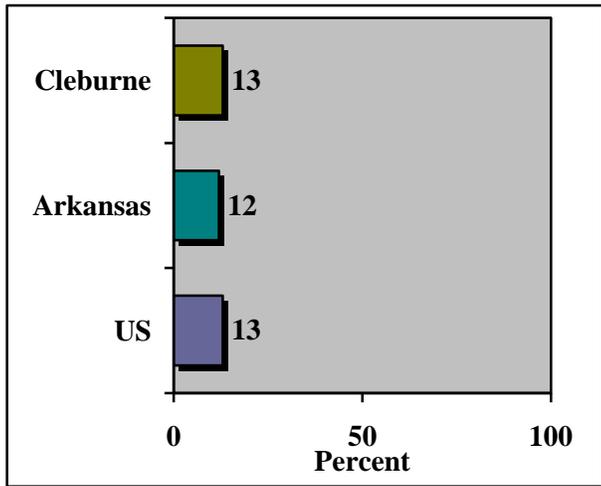
Have had angina or CHD



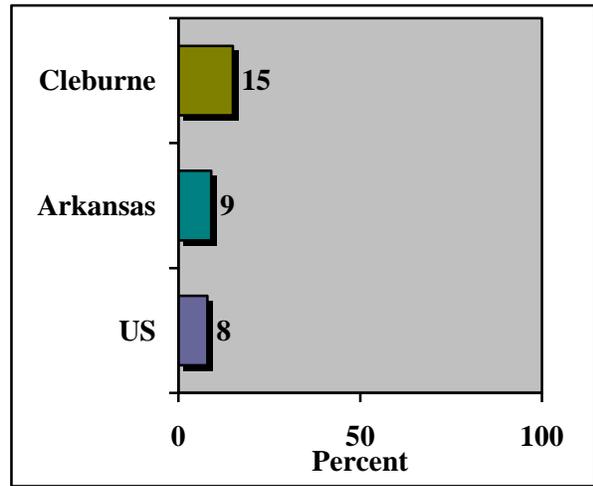
Have had a stroke



Have had asthma



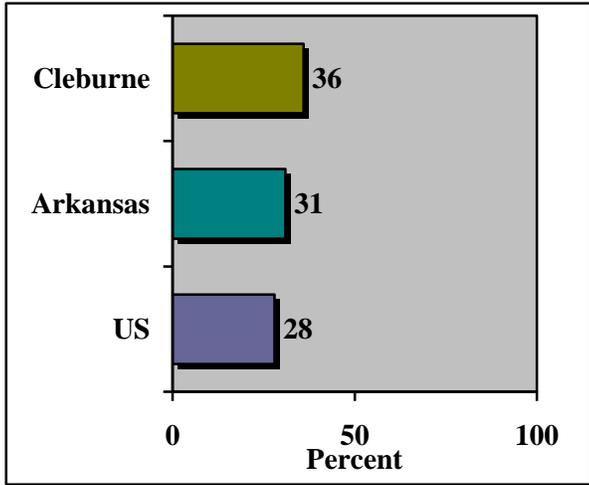
Have diabetes



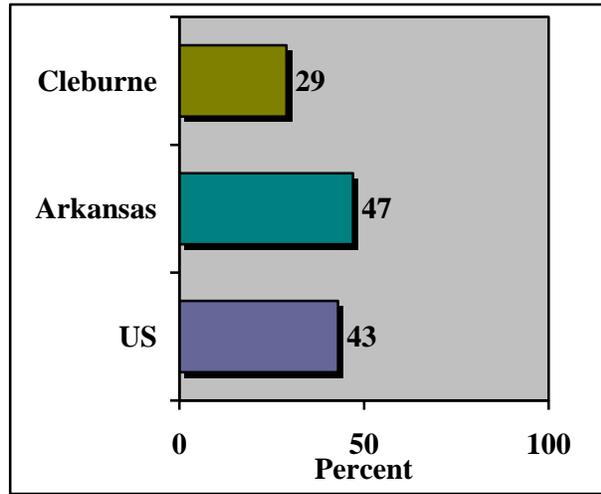
Sources: 2012 Cleburne County data obtained from Cleburne County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2010).

Cleburne County
 2011 County Adult Health Survey
 Comparison with State and national BRFSS

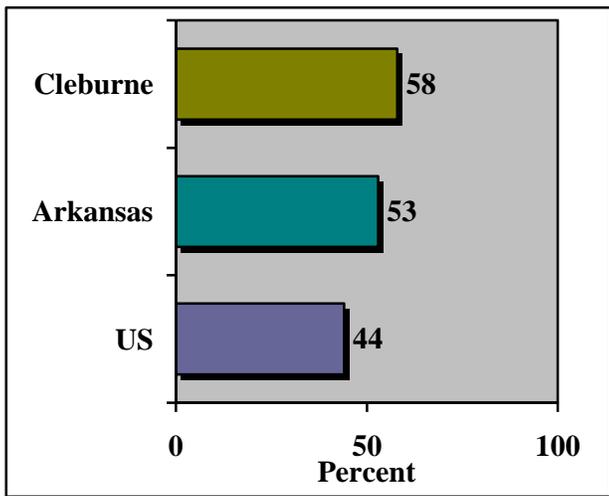
Have arthritis



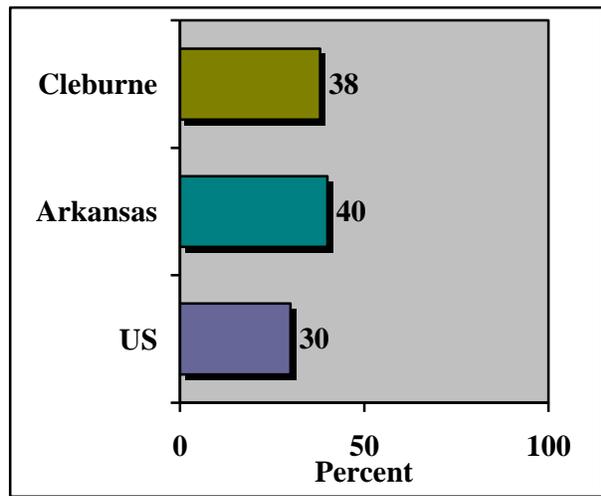
Over 50 years and not screened for colorectal cancer



Permanent teeth extraction



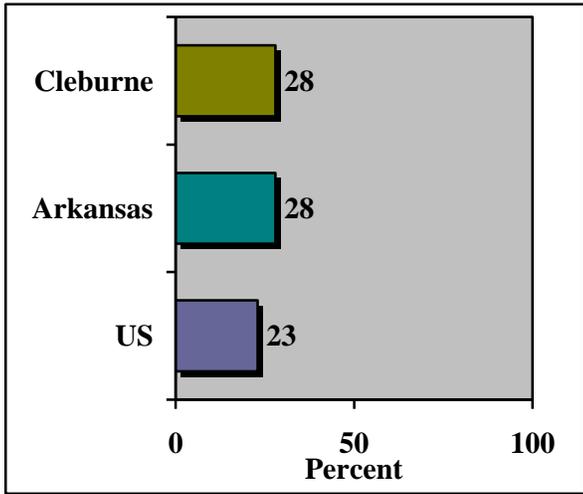
Last dental visit one year or more ago



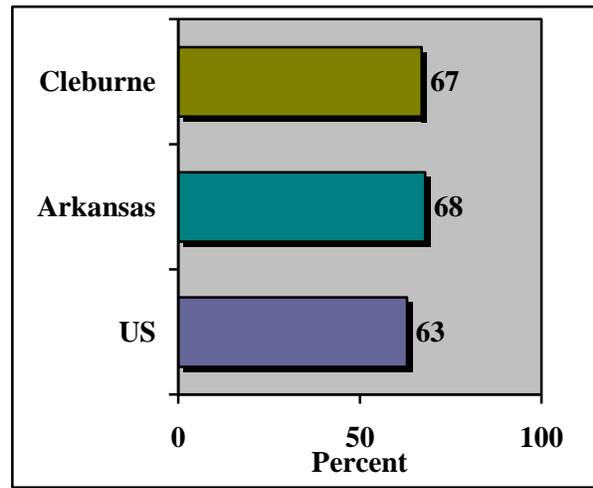
Sources: 2012 Cleburne County data obtained from Cleburne County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2010).

Cleburne County
 2011 County Adult Health Survey
 Comparison with State and national BRFSS

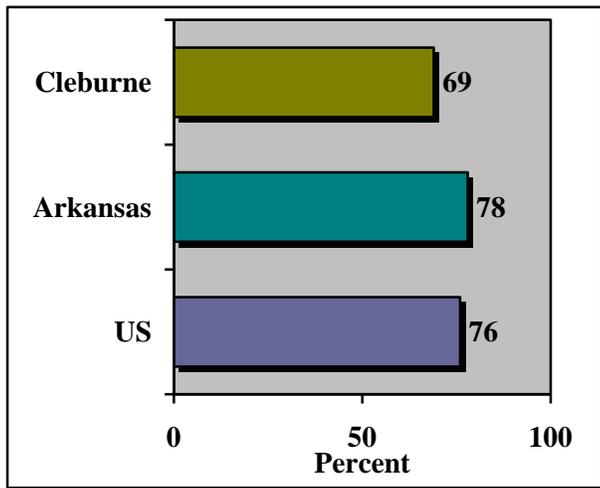
No regular physical activity



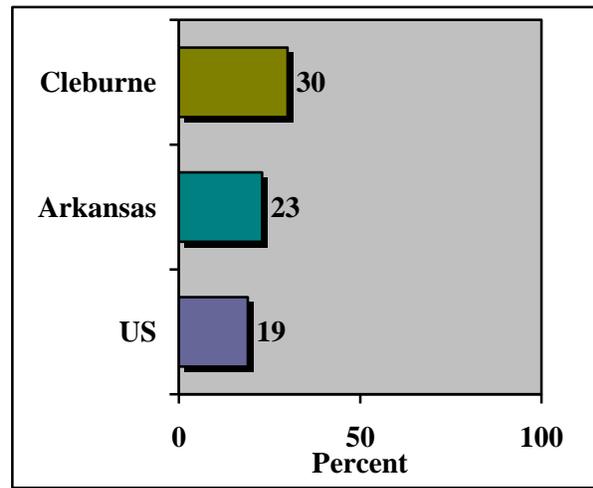
Overweight or obese



Fewer than five fruits and vegetables per day



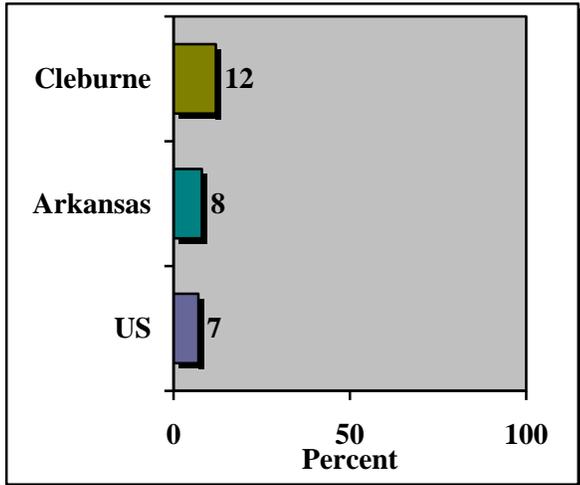
Limitations due to physical, mental, or emotional problems



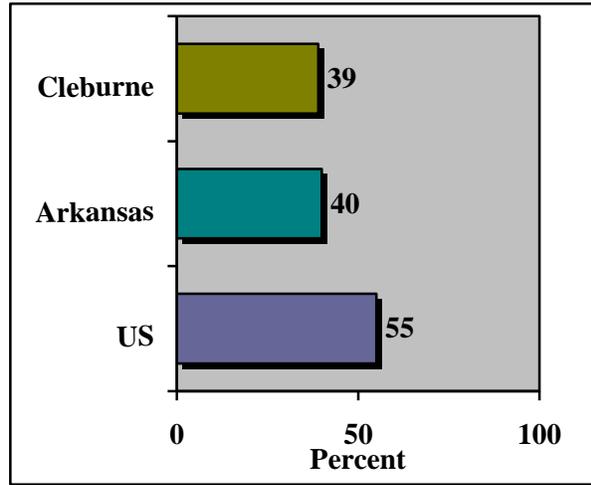
Sources: 2012 Cleburne County data obtained from Cleburne County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2010).

Cleburne County
 2011 County Adult Health Survey
 Comparison with State and national BRFSS

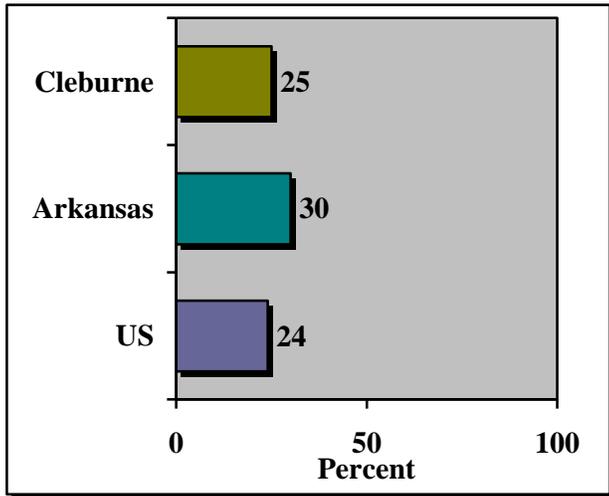
Use of special equipment



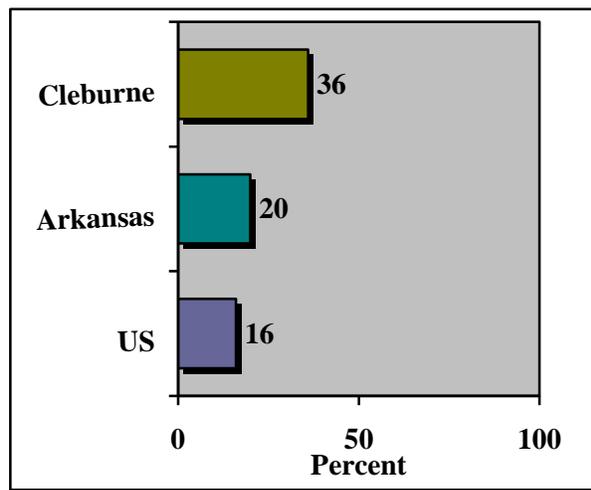
Had one drink of alcohol



Women over 40 years no mammogram in past 2 years



No pap smear in past three years



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

Appendix B

**2012 Cleburne County
Comparison with State and National BRFSS
By Gender**

Cleburne County

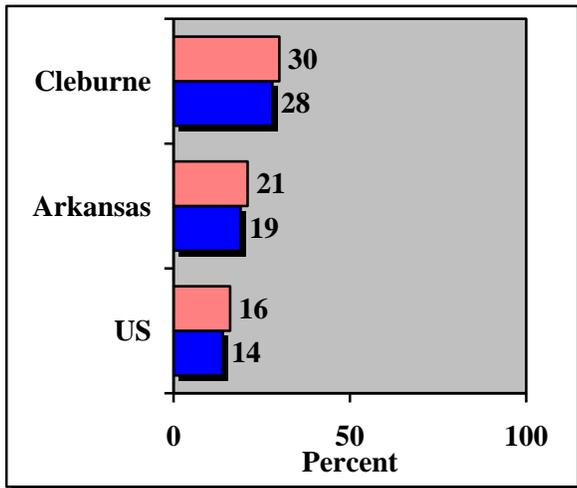
2011 County Adult Health Survey

Comparison with State and national BRFSS

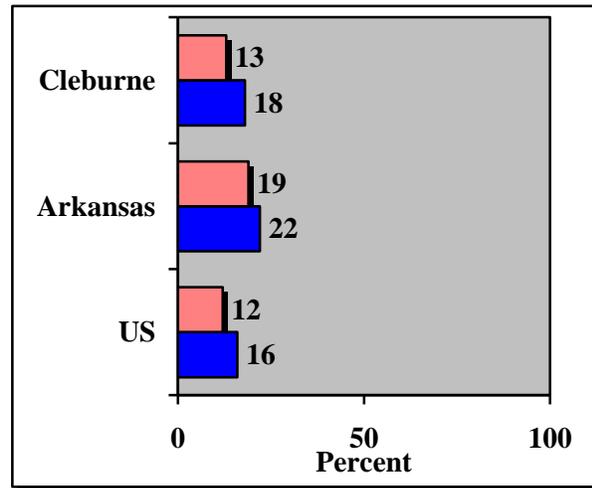
By gender



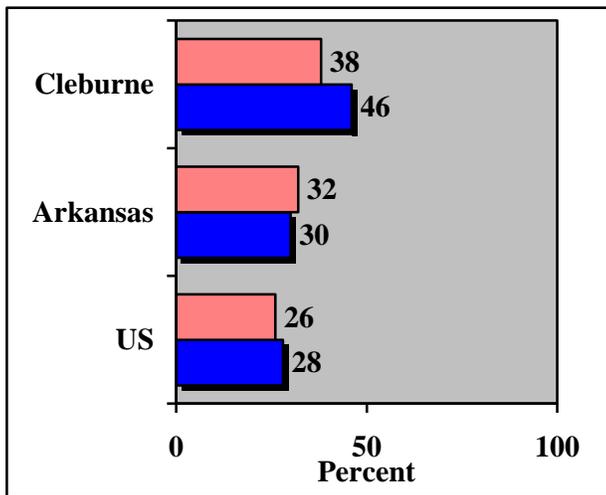
General health “fair” or “poor”



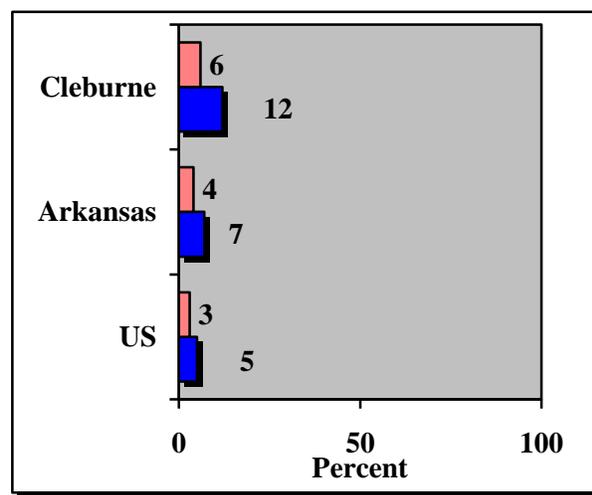
No health care coverage



Have high blood pressure



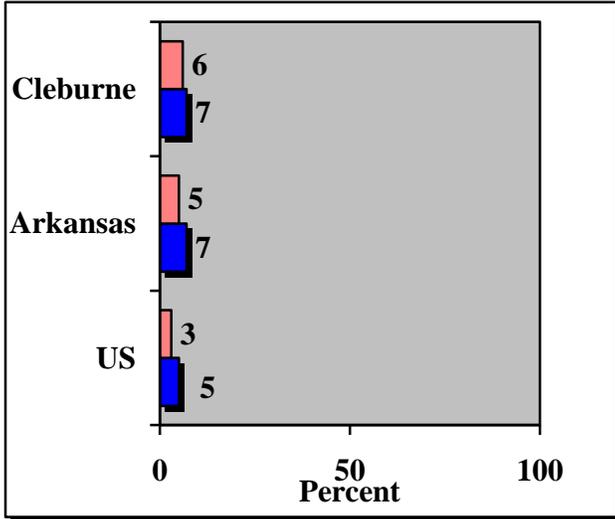
Have had a myocardial infarction



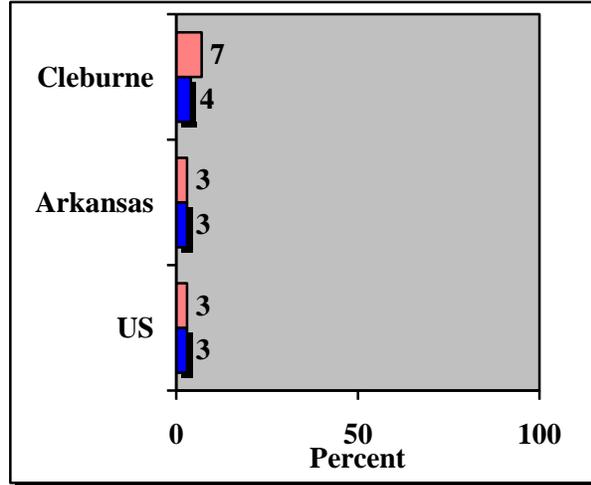
Sources: 2011 Cleburne County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2008 & 2009).

Cleburne County
 2011 County Adult Health Survey
 Comparison with State and national BRFSS

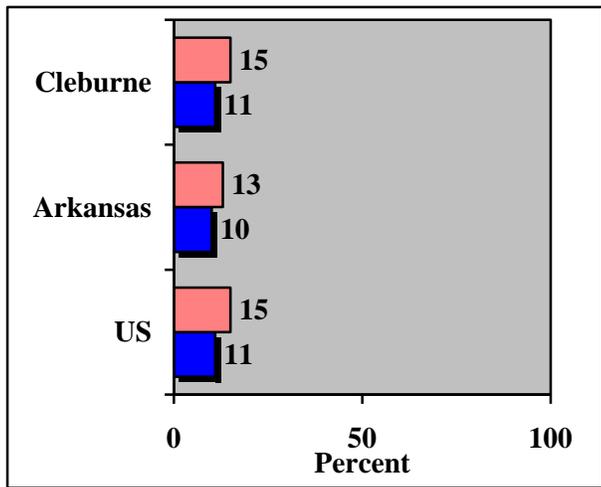
Have had angina or CHD



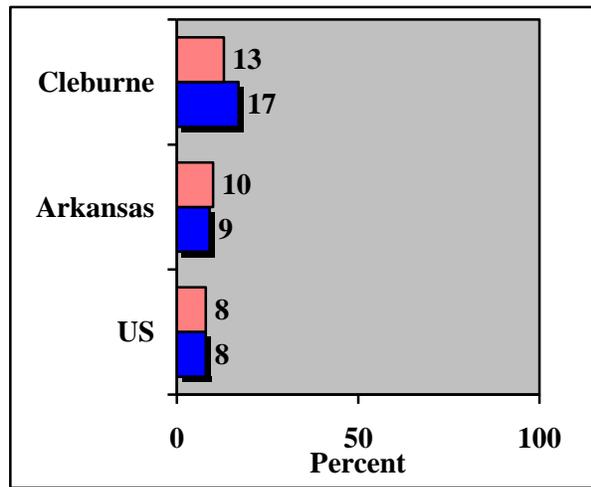
Have had a stroke



Have had asthma



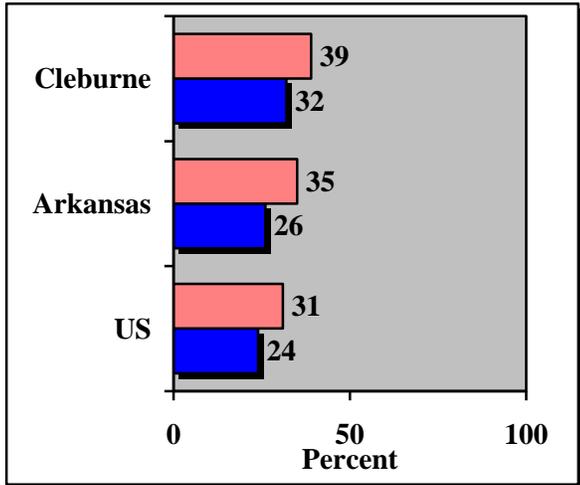
Have diabetes



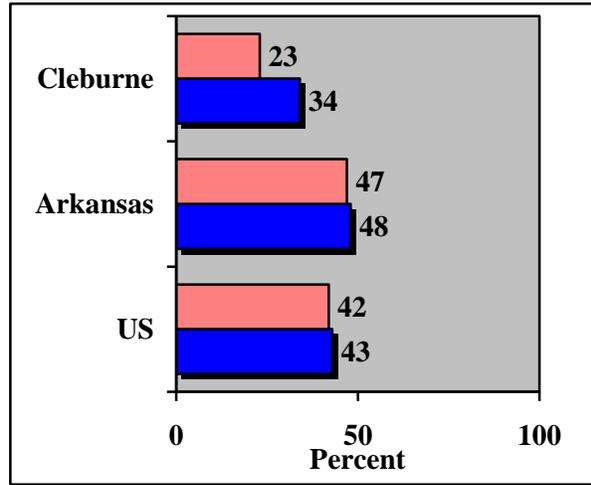
Sources: 2011 Cleburne County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2008 & 2009).

Cleburne County
 2011 County Adult Health Survey
 Comparison with State and national BRFS

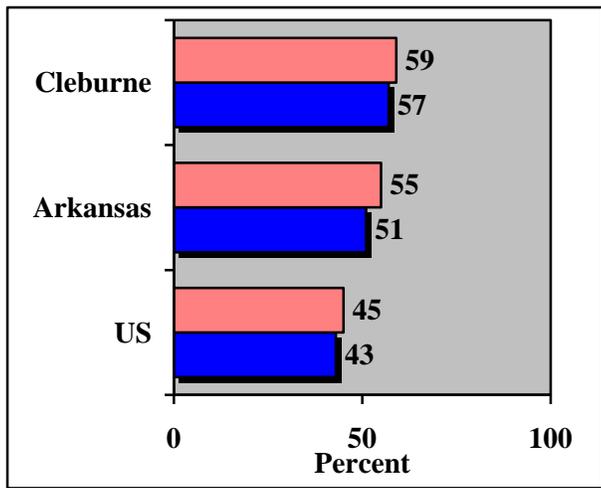
Have arthritis



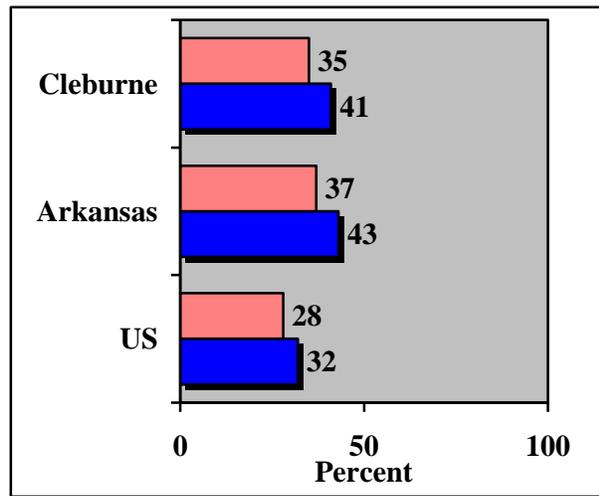
Over 50 years and not screened for colorectal cancer



Permanent teeth extraction



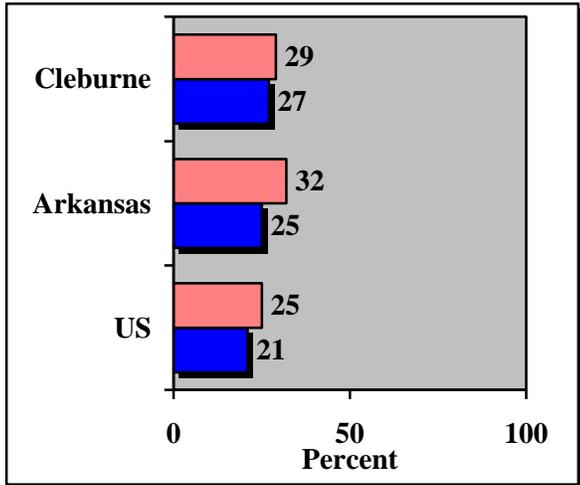
Last dental visit one year or more ago



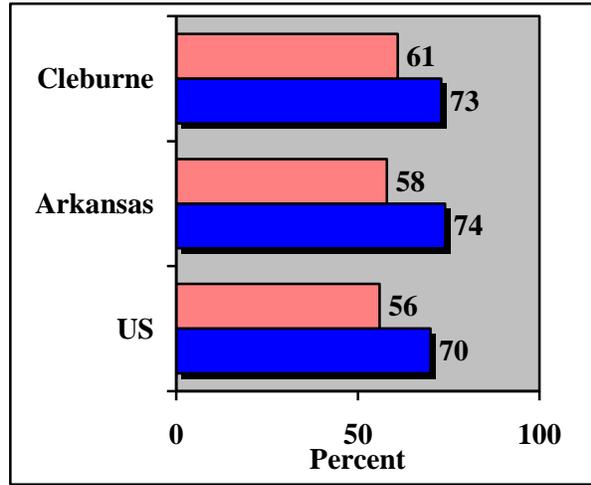
Sources: 2011 Cleburne County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFS data (2008 & 2009).

Cleburne County
 2011 County Adult Health Survey
 Comparison with State and national BRFSS

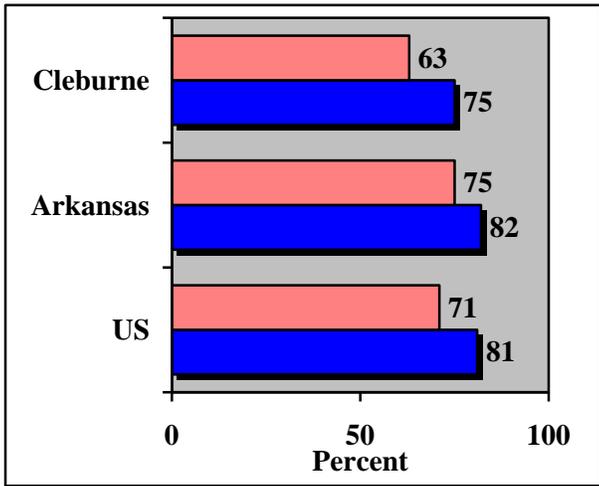
No regular physical activity



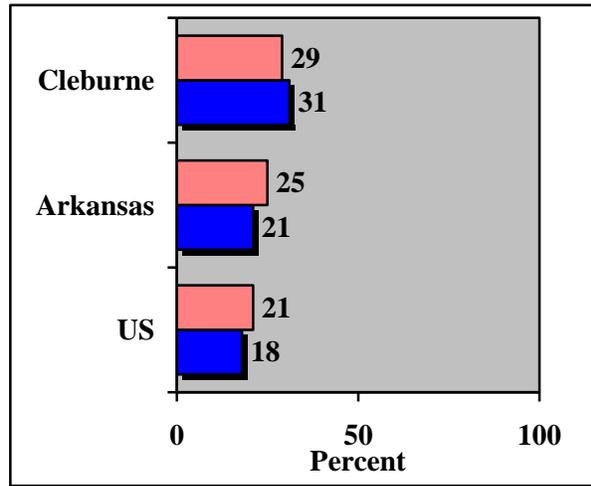
Overweight or obese



Fewer than five fruits and vegetables per day



Limitations due to physical, mental, or emotional problems



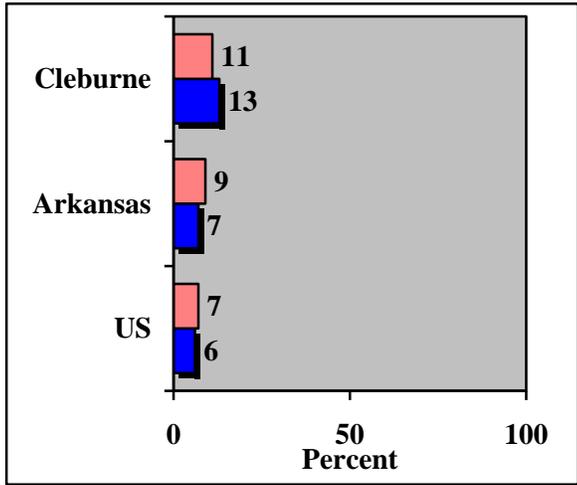
Sources: 2011 Cleburne County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2008 & 2009).

Cleburne County

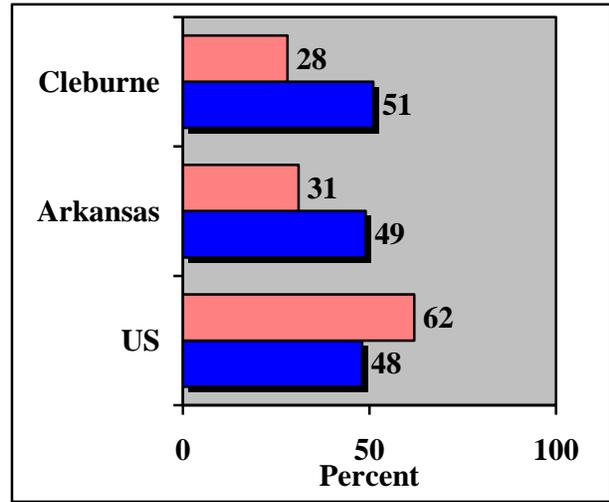
2011 County Adult Health Survey

Comparison with State and national BRFSS

Use of special equipment



Had one drink of alcohol



Sources: 2011 Cleburne County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2008 & 2009).

Appendix C
2011 Cleburne County
Confidence Intervals

How to interpret Cleburne County 2011 County Adult Health Survey results

Confidence Intervals

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

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

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

**Cleburne County
2011 County Adult Health Survey**

Gender				
	Frequency	Percent	95% Confidence Limits for Percent	
Male	276	49.1	43.1	55.0
Female	552	50.9	45.0	56.9
Total	828	100.0		

Would you say that in general your health is excellent, very good, good, fair, or poor?				
	Frequency	Percent	95% Confidence Limits for Percent	
Fair, Poor	276	29.0	24.0	34.0
Excellent, Very Good, Good	551	71.0	66.0	76.0
Total	827	100.0		
Frequency Missing = 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?				
	Frequency	Percent	95% Confidence Limits for Percent	
Physical health not good one day or more	348	39.1	33.4	44.7
Physical health good	469	60.9	55.3	66.6
Total	817	100.0		
Frequency Missing = 11				

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?				
	Frequency	Percent	95% Confidence Limits for Percent	
Mental health not good one day or more	228	30.7	25.3	36.1
Mental health good	581	69.3	63.9	74.7
Total	809	100.0		
Frequency Missing = 19				

Do you have health insurance?				
	Frequency	Percent	95% Confidence Limits for Percent	
No health insurance	70	15.6	11.0	20.2
Have health insurance	747	84.4	79.8	89.0
Total	817	100.0		
Frequency Missing = 11				

During the past 12 months, was there any time that you did not have any health insurance or coverage?				
	Frequency	Percent	95% Confidence Limits for Percent	
No health coverage IPY	721	91.3	85.4	97.2
Yes health coverage IPY	25	8.7	2.8	14.6
Total	746	100.0		
Frequency Missing = 82				

Do you have a personal doctor or health care provider?				
	Frequency	Percent	95% Confidence Limits for Percent	
No personal doctor	54	11.9	7.5	16.2
Yes, have personal doctor	763	88.1	83.8	92.5
Total	817	100.0		
Frequency Missing = 11				

Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?				
	Frequency	Percent	95% Confidence Limits for Percent	
No doctor visit IPY because of cost	73	13.2	9.0	17.3
No barrier of cost to see dr. IPY	746	86.8	82.7	91.0
Total	819	100.0		
Frequency Missing = 9				

During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?				
	Frequency	Percent	95% Confidence Limits for Percent	
No regular physical activity	272	28.1	23.0	33.2
Regular physical activity	548	71.9	66.8	77.0
Total	820	100.0		
Frequency Missing = 8				

Have you been told blood pressure high?				
	Frequency	Percent	95% Confidence Limits for Percent	
Have high blood pressure	435	41.6	36.1	47.1
No high blood pressure	383	58.4	52.9	63.9
Total	435	41.6	36.1	47.1
Frequency Missing = 10				

Are you taking medication for HBP?				
	Frequency	Percent	95% Confidence Limits for Percent	
Yes, take high blood pressure medication	28	9.8	5.4	14.2
No, do not take high blood pressure medication	407	90.2	85.8	94.6
Total	435	100.0		
Frequency Missing = 393				

Have you ever had your blood cholesterol checked?				
	Frequency	Percent	95% Confidence Limits for Percent	
Never had blood cholesterol checked in lifetime	52	16.3	10.3	22.3
Yes, had blood cholesterol checked in lifetime	759	83.7	77.7	89.7
Total	811	100.0		
Frequency Missing = 17				

How long since you last had your blood cholesterol checked?				
	Frequency	Percent	95% Confidence Limits for Percent	
Blood cholesterol not checked in past five years	78	20.4	14.2	26.5
Blood cholesterol checked in past five years	722	79.6	73.5	85.8
Total	800	100.0		
Frequency Missing = 28				

Have you ever been told by a medical professional that your blood cholesterol level is high?				
	Frequency	Percent	95% Confidence Limits for Percent	
High blood cholesterol	386	45.1	39.3	50.8
Blood cholesterol not high	367	54.9	49.2	60.7
Total	753	100.0		
Frequency Missing = 75				

Have been told by a health care professional that you have asthma?				
	Frequency	Percent	95% Confidence Limits for Percent	
Ever had asthma	111	13.1	9.5	16.6
No asthma	706	86.9	83.4	90.5
Total	817	100.0		
Frequency Missing = 11				

Do you still have asthma?				
	Frequency	Percent	95% Confidence Limits for Percent	
Yes, have asthma now	84	75.1	60.5	89.7
No asthma now	25	24.9	10.3	39.5
Total	109	100.0		
Frequency Missing = 719				

Have you ever been told by a health care professional that you have diabetes?				
	Frequency	Percent	95% Confidence Limits for Percent	
Ever had diabetes	142	14.9	11.0	18.7
No diabetes	676	85.1	81.3	89.0
Total	818	100.0		
Frequency Missing = 10				

During the past 30 days, have you had symptoms of pain, aching, or stiffness in or around a joint?				
	Frequency	Percent	95% Confidence Limits for Percent	
Have had pain in past 30 days	476	56.0	50.1	61.9
No pain in past 30 days	340	44.0	38.1	49.9
Total	816	100.0		
Frequency Missing = 12				

Did your joint symptoms first begin more than 3 months ago?				
	Frequency	Percent	95% Confidence Limits for Percent	
Pain occurred more than 3 months ago	417	84.2	77.5	90.8
Pain occurred less than 3 months ago	58	15.8	9.2	22.5
Total	475	100.0		
Frequency Missing = 353				

Have seen a health care professional for joint symptoms?				
	Frequency	Percent	95% Confidence Limits for Percent	
Have not seen a doctor for joint symptoms	95	23.7	16.8	30.7
Have seen a doctor for joint symptoms	322	76.3	69.3	83.2
Total	417	100.0		
Frequency Missing = 411				

Have you ever been told by a doctor or other health care professional that you have some form of arthritis?				
	Frequency	Percent	95% Confidence Limits for Percent	
Ever had arthritis	395	36.0	30.8	41.1
No arthritis	419	64.0	58.9	69.2
Total	814	100.0		
Frequency Missing = 14				

Are you now limited in any way or in any of your usual activities because of arthritis or joint symptoms?				
_lmtjoin2	Frequency	Percent	95% Confidence Limits for Percent	
Have activity limitations	190	55.1	48.0	62.3
No activity limitations	204	44.9	37.7	52.0
Total	394	100.0		
Frequency Missing = 434				

Had you gotten a flu vaccine during the past 12 months?				
	Frequency	Percent	95% Confidence Limits for Percent	
No influenza vaccine	285	47.5	41.5	53.6
Had influenza vaccine	526	52.5	46.4	58.5
Total	811	100.0		
Frequency Missing = 17				

Had you ever gotten pneumococcal vaccine?				
	Frequency	Percent	95% Confidence Limits for Percent	
No pneumonia vaccine	343	61.4	56.1	66.6
Pneumonia vaccine	453	38.6	33.4	43.9
Total	796	100.0		
Frequency Missing = 32				

Have you smoked at least 100 cigarettes in your entire life?				
	Frequency	Percent	95% Confidence Limits for Percent	
Smoked 100 cigarettes in lifetime	453	56.2	50.2	62.2
Have not smoked 100 cigarettes in lifetime	363	43.8	37.8	49.8
Total	816	100.0		
Frequency Missing = 12				

Do you now smoke cigarettes every day, some days, or not at all?				
	Frequency	Percent	95% Confidence Limits for Percent	
current smoker	158	23.2	18.3	28.0
not a current smoker (former and never smoked)	658	76.8	72.0	81.7
Total	816	100.0		
Frequency Missing = 12				

During the past 12 months have you stopped smoking for one day or longer because you were trying to quit smoking?				
	Frequency	Percent	95% Confidence Limits for Percent	
Not tried smoking cessation	62	31.1	21.6	40.7
Tried smoking cessation	96	68.9	59.3	78.4
Total	158	100.0		
Frequency Missing = 670				

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?				
drink	Frequency	Percent	95% Confidence Limits for Percent	
Had a drink of alcohol in past 30 days	274	39.2	33.3	45.1
No alcoholic drink in past 30 days	542	60.8	54.9	66.7
Total	816	100.0		
Frequency Missing = 557				

Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on an occasion?				
	Frequency	Percent	95% Confidence Limits for Percent	
Binge drinking in past 30 days (5 glasses for men, 4 glasses for women)	53	28.0	18.1	37.9
No binge drinking in past 30 days	218	72.0	62.1	81.9
Total	271	100.0		
Frequency Missing = 557				

Age Groups				
	Frequency	Percent	95% Confidence Limits for Percent	
Age 18-39	48	28.3	21.2	35.4
Age 40-64	286	42.9	37.1	48.7
Age 65+	471	28.8	24.9	32.7
Total	805	100.0		
Frequency Missing = 23				

Education				
	Frequency	Percent	95% Confidence Limits for Percent	
1 < HS Education	103	10.4	7.3	13.4
2 HS Grad or some College	529	64.2	58.4	70.0
3 College Grad	183	25.4	19.8	31.0
Total	815	100.0		
Frequency Missing = 13				

Income level				
	Frequency	Percent	95% Confidence Limits for Percent	
Under \$20,000	179	18.9	14.6	23.2
\$20,000 - \$50,000	316	42.2	35.9	48.4
Over \$50,000	206	38.9	32.5	45.4
Total	701	100.0		
Frequency Missing = 127				

Gender				
	Frequency	Percent	95% Confidence Limits for Percent	
male	276	49.1	43.1	55.0
female	552	50.9	45.0	56.9
Total	828	100.0		

Overweight or Obese, BMI >25?				
	Frequency	Percent	95% Confidence Limits for Percent	
Overweight or obese BMI > 25	540	67.0	61.0	73.0
Not overweight or obese BMI < 25	267	33.0	27.0	39.0
Total	807	100.0		
Frequency Missing = 21				

Have you ever had a mammogram?				
	Frequency	Percent	95% Confidence Limits for Percent	
No breast cancer screening within the past 2 years	126	24.6	20.0	29.2
Breast cancer screening within past 2 years	376	75.4	70.8	80.0
Total	502	100.0		
Frequency Missing = 326				

Had you a pap smear in past 3 years?				
	Frequency	Percent	95% Confidence Limits for Percent	
No pap smear within the past 3 years	255	36.1	29.5	42.8
Pap smear within the past 3 years	275	63.9	57.2	70.5
Total	530	100.0		
Frequency Missing = 298				

How difficult would it be for you to pay for the cost of the mammogram test?				
	Frequency	Percent	95% Confidence Limits for Percent	
Difficult to pay	80	67.3	53.3	81.3
Not difficult to pay	43	32.7	18.7	46.7
Total	123	100.0		
Frequency Missing = 705				

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?				
	Frequency	Percent	95% Confidence Limits for Percent	
Not aware of free exams	255	45.9	38.4	53.4
Aware of free exams	284	54.1	46.6	61.6
Total	539	100.0		
Frequency Missing = 289				

In the past month, have you noticed any posters, billboards, commercials, or advertisements with a message about having a mammogram test?				
	Frequency	Percent	95% Confidence Limits for Percent	
Have not noticed mammogram advertisements	276	50.0	42.5	57.4
Noticed mammogram advertisements	257	50.0	42.6	57.5
Total	533	100.0		
Frequency Missing = 295				

Are you limited in any way in any activities because of physical, mental, or emotional problems?				
	Frequency	Percent	95% Confidence Limits for Percent	
Limitations	269	30.2	24.9	35.6
No limitations	537	69.8	64.4	75.1
Total	806	100.0		
Frequency Missing = 22				

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?				
	Frequency	Percent	95% Confidence Limits for Percent	
Use of special equipment	142	12.2	9.2	15.2
No use of special equipment	666	87.8	84.8	90.8
Total	808	100.0		
Frequency Missing = 20				

How often do you get the social and emotional support you need?				
	Frequency	Percent	95% Confidence Limits for Percent	
Rarely or never get needed social/emotional support	86	10.7	7.0	14.5
Get needed social/emotional support	707	89.3	85.5	93.0
Total	793	100.0		
Frequency Missing = 35				

In general, how satisfied are you with your life?				
	Frequency	Percent	95% Confidence Limits for Percent	
Dissatisfied or very dissatisfied with life	46	5.2	3.2	7.2
Very satisfied or satisfied with life	753	94.8	92.8	96.8
Total	799	100.0		
Frequency Missing = 29				

Have you ever had prostate cancer screening (Prostate-Specific Antigen-PSA or digital rectal exam)?				
	Frequency	Percent	95% Confidence Limits for Percent	
Never been screened	148	59.9	50.9	68.8
Have been screened	98	40.1	31.2	49.1
Total	246	100.0		
Frequency Missing = 582				

Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?				
	Frequency	Percent	95% Confidence Limits for Percent	
Told by Dr. had prostate cancer	23	7.0	3.5	10.4
Never told my Dr. had prostate cancer	230	93.0	89.6	96.5
Total	253	100.0		
Frequency Missing = 574				

Has your father, brother, son, or grandfather ever been told by a doctor, nurse, or health professional that he had prostate cancer?				
	Frequency	Percent	95% Confidence Limits for Percent	
Have family history of prostate cancer	35	12.2	7.6	16.7
No family history of prostate cancer	212	87.8	83.3	92.4
Total	295	100.00		
Frequency Missing = 581				

Have you ever had colorectal cancer screening (sigmoidoscopy or colonoscopy)?				
	Frequency	Percent	95% Confidence Limits for Percent	
Never been screened for colorectal cancer	172	28.5	24.0	33.0
Have been screened for colorectal cancer	513	71.5	67.0	76.0
Total	685	100.0		
Frequency Missing = 143				

Have you ever been tested for HIV?				
	Frequency	Percent	95% Confidence Limits for Percent	
Never been tested for HIV	232	66.9	59.2	74.7
Have been tested for HIV in lifetime	94	33.1	25.3	40.8
Total	326	100.0		
Frequency Missing = 502				

Was the HIV test a rapid test where results available in a couple hours?				
	Frequency	Percent	95% Confidence Limits for Percent	
No, test was not HIV rapid test	25	79.1	59.3	99.0
Had HIV rapid test	7	20.9	1.0	40.7
Total	32	100.0		
Frequency Missing = 796				

Have engaged in risky behaviors that may contribute to HIV?				
	Frequency	Percent	95% Confidence Limits for Percent	
Yes, HIV risky behaviors	5	2.5	0.0	5.2
No HIV related risky behaviors	334	97.5	94.8	100.0
Total	339	100.0		
Frequency Missing = 489				

How many of your permanent teeth have been removed because of tooth decay or gum disease?				
	Frequency	Percent	95% Confidence Limits for Percent	
Permanent teeth extraction	573	58.3	52.0	64.7
No permanent teeth extraction	216	41.7	35.3	48.0
Total	789	100.0		
Frequency Missing = 39				

Was the last dental visit more than 1 year ago?				
	Frequency	Percent	95% Confidence Limits for Percent	
Last dental visit one year or more ago	302	37.7	31.7	43.8
Last dental visit less than one year ago	497	62.3	56.2	68.3
Total	799	100.0		
Frequency Missing = 29				

Has there been a professional teeth cleaning within last 1 year?				
	Frequency	Percent	95% Confidence Limits for Percent	
Last dental cleaning one year or more ago	247	42.4	35.7	49.0
Last dental cleaning less than one year ago	423	57.6	51.0	64.3
Total	670	100.0		
Frequency Missing = 158				

Have you ever been told by a health care professional that you had a heart attack?				
	Frequency	Percent	95% Confidence Limits for Percent	
Have had myocardial infarction	92	9.1	6.5	11.6
No myocardial infarction	705	90.9	88.4	93.5
Total	797	100.0		
Frequency Missing = 31				

Has a doctor ever told you that you had angina or coronary heart disease?				
	Frequency	Percent	95% Confidence Limits for Percent	
Have had angina or coronary heart disease	78	6.4	4.6	8.1
No angina or coronary heart disease	706	93.6	91.9	95.4
Total	784	100.0		
Frequency Missing = 44				

Has a doctor ever told you that you had a stroke?				
	Frequency	Percent	95% Confidence Limits for Percent	
Have had a stroke	61	5.3	3.6	6.9
No stroke	740	94.7	93.1	96.4
Total	801	100.0		
Frequency Missing = 27				

Ate fruits and vegetables 5 or more times a day				
	Frequency	Percent	95% Confidence Limits for Percent	
Consume less than 5 times per day	560	68.6	62.8	74.5
Consume 5 or more times per day	241	31.4	25.5	37.2
Total	801	100.0		
Frequency Missing = 27				

Have you seen doctor, nurse, health care professional for care within the last year?				
	Frequency	Percent	95% Confidence Limits for Percent	
No, does not see doctor for care	38	22.2	12.7	31.7
Yes, sees doctor for care	132	77.8	68.3	87.3
Total	170	100.0		
Frequency Missing = 658				

Has a doctor, health professional asked if you smoke in the past year?				
	Frequency	Percent	95% Confidence Limits for Percent	
health professional did not ask if respondent smokes	13	13.945	3.8087	24.0811
health professional asked if respondent smokes	118	86.055	75.9189	96.1913
Total	131	100.000		
Frequency Missing = 697				

Has a doctor, health professional advised you to quit smoking?				
	Frequency	Percent	95% Confidence Limits for Percent	
health professional did not advise respondent to stop smoking	32	21.847	11.8503	31.8441
health professional advised respondent to stop smoking	99	78.153	68.1559	88.1497
Total	131	100.000		
Frequency Missing = 697				

Allows smoking in the home				
	Frequency	Percent	95% Confidence Limits for Percent	
Allows smoking in home	176	19.095	15.0414	23.1477
Does not allow smoking in home	622	80.905	76.8523	84.9586
Total	798	100.000		
Frequency Missing = 30				

Have you been diagnosed with COPD?				
	Frequency	Percent	95% Confidence Limits for Percent	
Yes	99	8.603	6.3906	10.8152
No	701	91.397	89.1848	93.6094
Total	800	100.000		
Frequency Missing = 28				

Have you ever tried smokeless tobacco?				
	Frequency	Percent	95% Confidence Limits for Percent	
Ever tried smokeless tobacco	145	28.359	22.4181	34.3001
Never tried smokeless tobacco	653	71.641	65.6999	77.5819
Total	798	100.000		
Frequency Missing = 30				

Do you currently use smokeless tobacco?				
	Frequency	Percent	95% Confidence Limits for Percent	
Current use of smokeless tobacco	19	16.252	5.5838	26.9202
No current use of smokeless tobacco	126	83.748	73.0798	94.4162
Total	145	100.000		
Frequency Missing = 683				

Do you want to stop using smokeless tobacco products such as chewing tobacco, snuff, or snus?				
	Frequency	Percent	95% Confidence Limits for Percent	
Does not want to quit smokeless tobacco	10	37.124	3.3509	70.8974
Wants to quit using smokeless tobacco	9	62.876	29.1026	96.6491
Total	19	100.000		
Frequency Missing = 809				

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?				
	Frequency	Percent	95% Confidence Limits for Percent	
Has not tried to stop smokeless tobacco use	10	39.811	4.5859	75.0365
Has tried to stop using smokeless tobacco	9	60.189	24.9635	95.4141
Total	19	100.000		
Frequency Missing = 809				

Have you ever smoked a cigar in lifetime?				
	Frequency	Percent	95% Confidence Limits for Percent	
Ever tried cigar	336	51.691	45.7027	57.6793
Never tried cigar	464	48.309	42.3207	54.2973
Total	800	100.000		
Frequency Missing = 28				

Do you now smoke cigars?				
	Frequency	Percent	95% Confidence Limits for Percent	
Current use of cigars	29	12.221	6.1008	18.3407
No current use of cigars	307	87.779	81.6593	93.8992
Total	336	100.000		
Frequency Missing = 492				

Do you currently uses pipes, bidis, or clove cigarettes?				
	Frequency	Percent	95% Confidence Limits for Percent	
Uses pipes, bidis, or clove cigarettes	10	1.516	0.3436	2.6891
Does not use pipes, bidis, or clove cigarettes	790	98.484	97.3109	99.6564
Total	800	100.000		
Frequency Missing = 28				

Have you been in car with someone smoking in past 7 days?				
	Frequency	Percent	95% Confidence Limits for Percent	
-				
Has been in car with a smoker in past 7 days	118	20.767	15.6424	25.8912
Has not been in car with a smoker in past 7 days	681	79.233	74.1088	84.3576
Total	799	100.000		
Frequency Missing = 29				

Works indoors most of the time				
	Frequency	Percent	95% Confidence Limits for Percent	
Does not work indoors most of time	44	23.896	14.0819	33.7109
Work indoors most of time	165	76.104	66.2891	85.9181
Total	209	100.000		
Frequency Missing = 619				

As far as you know, in the past 7 days, has anyone smoked in your work area?				
	Frequency	Percent	95% Confidence Limits for Percent	
Yes, someone smokes in work area	10	5.973	0.717	11.2283
No one smokes in work area	154	94.027	88.7717	99.283
Total	164	100.000		
Frequency Missing = 664				

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?				
	Frequency	Percent	95% Confidence Limits for Percent	
Does not support a comprehensive smoking law	253	33.554	27.964	39.144
Supports a comprehensive smoking law	534	66.446	60.856	72.036
Total	787	100.000		
Frequency Missing = 41				

Appendix D
2010 County Adult Health Survey
Questions

County Adult Health Survey Questions

The following questions were administered as part of the Hometown Health County Adult Health Survey. The interviews were conducted by telephone. Interested parties can obtain a complete copy of the script used to conduct the interview from their local Hometown Health leaders.

Core 1: Health Status

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

Core 2: Healthy Days

1. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?
2. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?
3. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

Core 3: Healthcare Access

1. Do you have any kind of health care coverage, including health insurance, pre-paid plans such as HMO's, or government plans such as Medicare?
2. During the past 12 months, was there any time that you did not have any health insurance or coverage?
3. Do you have one person you think of as your personal doctor or health care provider?
4. Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?

Core 4: Exercise

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

Core 5: Hypertension Awareness

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

Core 6: Cholesterol Awareness

1. Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?
2. About how long has it been since you last had your blood cholesterol checked?
3. Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?

Core 7: Asthma

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

Core 8: Diabetes

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

Core 9: Arthritis

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

Core 10: Immunization

1. During the past 12 months, have you had a flu shot?
2. Have you ever had a pneumonia shot? This shot is given only once or twice in a person's lifetime and is different from the flu shot. It is also called the pneumococcal vaccine.

Core 11: Tobacco Use

1. Have you smoked at least 100 cigarettes in your entire life?
2. Do you now smoke cigarettes every day, some days, or not at all?
3. During the past 12 months have you stopped smoking for one day or longer because you were trying to quit smoking?

Core 12: Alcohol Use

1. During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?
2. One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?
3. Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on an occasion?

Core 13: Demographics

1. What is your age?
2. Are you Hispanic or Latino?
3. Which one or more of the following would you say is your race?
4. Which one of these groups would you say best represents your race?
5. Have you ever served on active duty in the United States Armed Forces, either in the regular military or in a National Guard or military reserve unit?
6. Marital status?
7. How many children less than 18 years of age live in your household?
8. What is the highest grade or year of school you completed?
9. Are you currently (employment status)?
10. Is your annual household income from all sources?
11. About how much do you weigh without shoes?
12. About how tall are you without shoes?
13. What county do you live in?
14. What is your ZIP Code?
15. Do you have more than one telephone number in your household? Do not include cell phones or numbers that are only used by a computer or fax machine.
16. How many of these are residential numbers?

17. How many adult members of your household currently use a cell phone for any purpose?
18. During the past 12 months, has your household been without telephone service for 1 week or more? Do not include interruptions of telephone service because of weather disasters?
19. And I need to verify that you are (male/female).

Arkansas CAHS Module 1: Women's Health

1. The next questions concern women's health. What types of things can women do to help in the early detection of breast cancer?
2. Is there anything else women can do to help in the early detection of breast cancer?
3. A mammogram is an x-ray of each breast to look for breast cancer.
4. Have you ever had a mammogram?
5. What is the most important reason why you haven't had a mammogram?
6. Are there any other reasons why you haven't had a mammogram?
7. How long has it been since you had your last mammogram?
8. What is the most important reason why you haven't had a mammogram in the past two years?
9. Are there any other reasons why you haven't had a mammogram in the past two years?
10. Was your last mammogram done as part of a routine checkup, because of a breast problem other than cancer, or because you've already had breast cancer?
11. In the past month, have you noticed any posters, billboards, commercials, or advertisements with a message about having a mammogram test?
12. Are you aware that "BreastCare" is a program of the local health department, offers free breast exams and mammograms to women age 40 and older?
13. How often do you believe women your age should get a mammogram?
14. Did a doctor suggest that you have your most recent mammogram?
15. Have you ever had breast cancer?
16. Do you think your risk of getting breast cancer is high, medium, low, or none?

17. If you wanted to have a mammogram, would you have to pay for all, part, or none of the cost?
18. How difficult would it be for you to pay for the cost of the mammogram test? Would you say very difficult, somewhat difficult, a little difficult, or not at all difficult?
19. A clinical breast exam is when a doctor, nurse, or other health professional feels the breast for lumps. Have you ever had a clinical breast exam?
20. How long has it been since your last breast exam?
21. Was your last breast exam done as part of a routine checkup, because of a breast problem other than cancer, or because you have already had breast cancer?
22. A Pap smear is a test for cancer of the cervix. Have you ever had a Pap smear?
23. How long has it been since you had your last Pap smear?
24. Was your last Pap smear done as part of a routine exam, or to check a current or previous problem?
25. Have you had a hysterectomy?

Core 14: Disability

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

Core 15: Emotional Support & Life Satisfaction

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

Core 16: Physical Activity

1. When you are at work, which of the following best describes what you do? Would you say: ...
2. Now, thinking about the moderate physical activities you do when you are not working, in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate?
3. How many days per week do you do these moderate activities for at least 10 minutes at a time?

4. On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?
5. Now thinking about the vigorous physical activities you do when you are not working, in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?
6. How many days per week do you do these vigorous activities for at least 10 minutes at a time?
7. On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

Core 17: Prostate Cancer Screening

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

Core 18: Colorectal Cancer Screening

1. A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever had this test using a home kit?
2. How long has it been since you had your last blood stool test using a home kit?
3. Sigmoidoscopy (sig-moyd-OS-kopee) or colonoscopy (kolon-OS-kopee) are exams in which a tube is inserted in the rectum to view the bowel for signs of cancer and other health problems. Have you ever had either of these exams?
4. How long has it been since you had your last sigmoidoscopy or colonoscopy?

Core 19: HIV/AIDS

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

2. Not including blood donations, in what month and year was your last HIV test?
3. Where did you have your last HIV test, at a private doctor or HMO office, at a counseling and testing site, at a hospital, at a clinic, in a jail or prison, at home, or somewhere else?
4. Was it a rapid test where you could get your results within a couple of hours?
5. I am going to read you a list. When I am done, please tell me if any of the situations apply to you. You do not need to tell me which one.

ARKANSAS CAHS Module 2: Oral Health

1. How long has it been since you last visited a dentist or a dental clinic for any reason?
2. How many of your permanent teeth have been removed because of tooth decay or gum disease? Do not include teeth lost for other reasons, such as injury or orthodontics.
3. How long has it been since you had your teeth “cleaned” by a dentist or dental hygienist?

ARKANSAS CAHS Module 3: Cardiovascular Disease Prevalence

1. Has a doctor ever told you that you had a heart attack, also called a myocardial infraction?
2. Has a doctor ever told you that you had angina or coronary heart disease?
3. Has a doctor ever told you that you had a stroke?

ARKANSAS CAHS Module 4: Fruits and Vegetables

1. How often do you drink fruit juices such as orange, grapefruit, or tomato?
2. Not counting juice, how often do you eat fruit?
3. How often do you eat green salad?
4. How often do you eat potatoes not including French fries, fried potatoes, or potato chips?
5. How often do you eat carrots?
6. Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat?

ARKANSAS CAHS Module 5: Tobacco Indicators

1. How old were you the first time you smoked a cigarette, even one or two puffs?
2. How old were you when you first started smoking cigarettes regularly?

3. About how long has it been since you last smoked cigarettes regularly?
4. In the past 12 months, have you seen a doctor, nurse, or other health professional to get any kind of care for yourself?
5. In the past 12 months, has a doctor, nurse, or other health professional asked you if you smoke?
6. In the past 12 months, has a doctor, nurse, or other health professional advised you to quit smoking?
7. Which statement best describes the rules about smoking inside your home?
8. Have you ever been told by a doctor or other health care professional that you have Chronic Obstructive Pulmonary Disease (COPD)?

ARKANSAS CAHS Module 6: Other Tobacco Products

1. Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?
2. Do you currently use chewing tobacco or snuff every day, some days, or not at all?
3. How old were you when you first started using smokeless tobacco products such as chewing tobacco, snuff, or snus fairly regularly?
4. Do you want to stop using smokeless tobacco products such as chewing tobacco, snuff, or snus?
5. During the past 12 months have you tried to quit using smokeless tobacco products such as chewing tobacco, snuff or snus for one day or longer?
6. Have you ever smoked a cigar, even one or two puffs?
7. Do you now smoke cigars every day, some days, or not at all?
8. Do you currently use pipes, bidis, clove cigarettes or other tobacco products? Do not include cigarettes, snus, snuff, chewing tobacco or cigars.
9. In the past 7 days, that is since last . . . [Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday] have you been in a car with someone who was smoking?
10. While working at your job, are you indoors most of the time?
11. As far as you know, in the past 7 days, that is since last . . . [Monday, Tuesday, Wednesday, Thursday, Friday, Saturday, Sunday] has anyone smoked in your work area?
12. Would you support a comprehensive no smoking law in any indoor place that would include ALL restaurants, bars and taverns, bowling alleys and skating rinks, gambling tracks and casinos?