

Crittenden County 2009 County Adult Health Survey



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Coordinated by:

Crittenden County HHI

and

Arkansas Department of Health

Health Statistics Branch

Crittenden County, 2009



County Adult Health Survey

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

September 2009

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

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Crittenden County 2009 County Adult Health Survey

Introduction

What is the County Adult Health Survey?

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

What is Hometown Health Improvement?

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

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

As part of this initiative, Crittenden 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 Crittenden County conduct the County Adult Health Survey?

During June, July, and August 2009, a telephone survey of 839 randomly selected adults in Crittenden County was conducted. Telephone interviews were carried out and supervised by trained telephone research interviewers at the University of Arkansas at Little Rock's Institute of Government.



Who participated in the 2009 Crittenden County Adult Health Survey?

Of the 839 people who were interviewed, 272 were men and 567 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 respondents may not provided answers to each question.

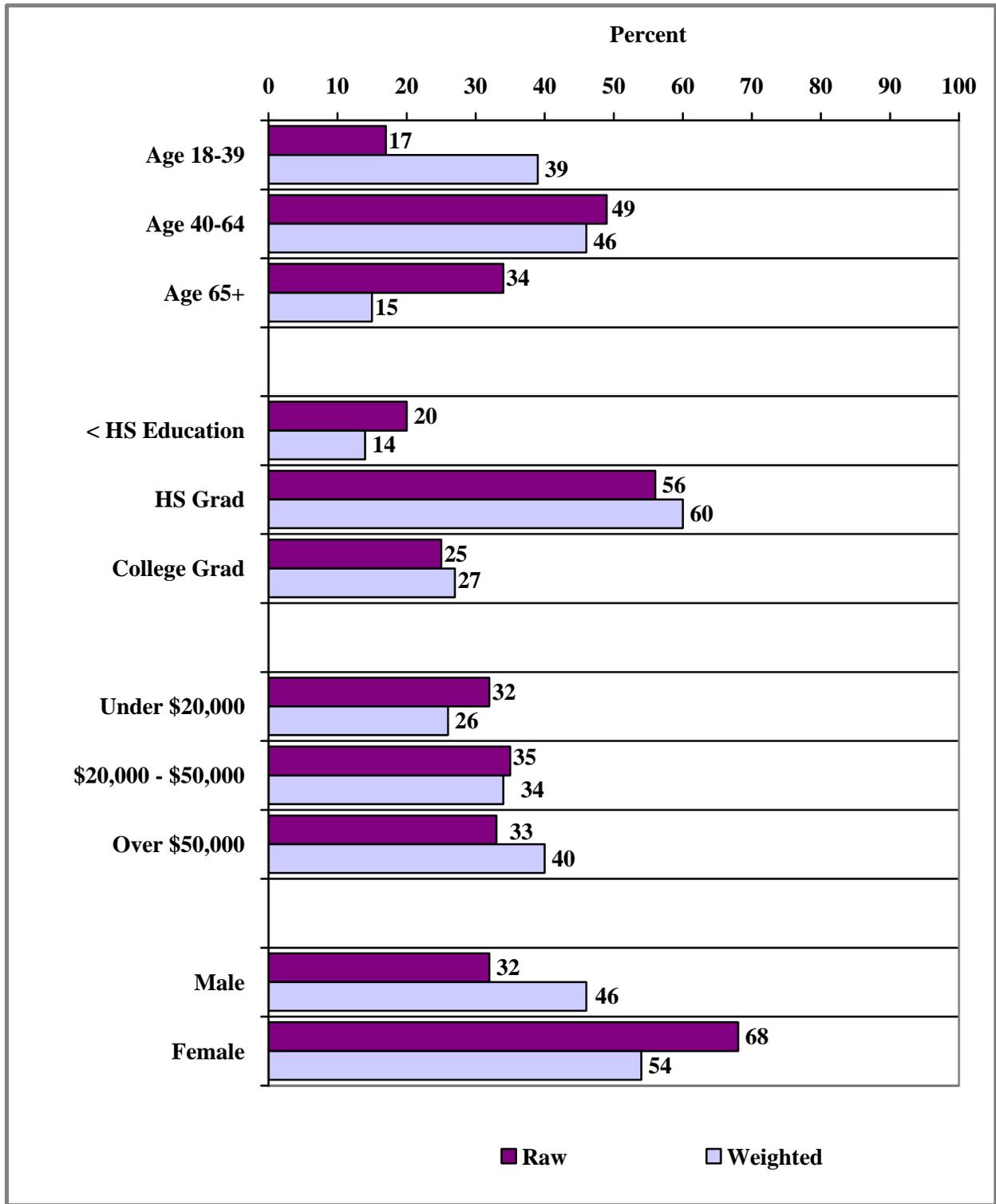
Table 1: Survey demographics

Variables	Categories	Raw Data %	Weighted Data (%)
Age (years)	Age 18-39	17	39
	Age 40-64	49	46
	Age 65+	34	15
Education	< HS Education	20	14
	HS Grad	56	60
	College Grad	25	27
Income	Under \$20,000	32	26
	\$20,000 - \$50,000	35	34
	Over \$50,000	33	40
Gender	Male	32	46
	Female	68	54

Who participated in the 2009 Crittenden County Adult Health Survey?

(continued)

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



Risk Factors

Health Status

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

General Health

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

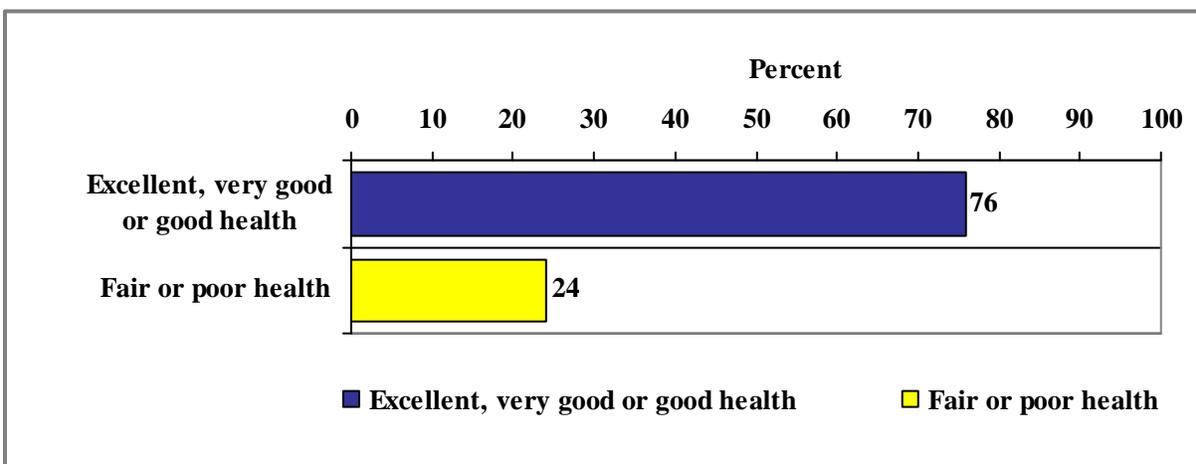
Question: Would you say that your general health is “excellent,” “very good,” “good,” “fair,” or “poor?”

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

Table 1: General health status (overall)

General health	Frequency (n)
Fair, Poor	253
Excellent, Very Good, Good	584

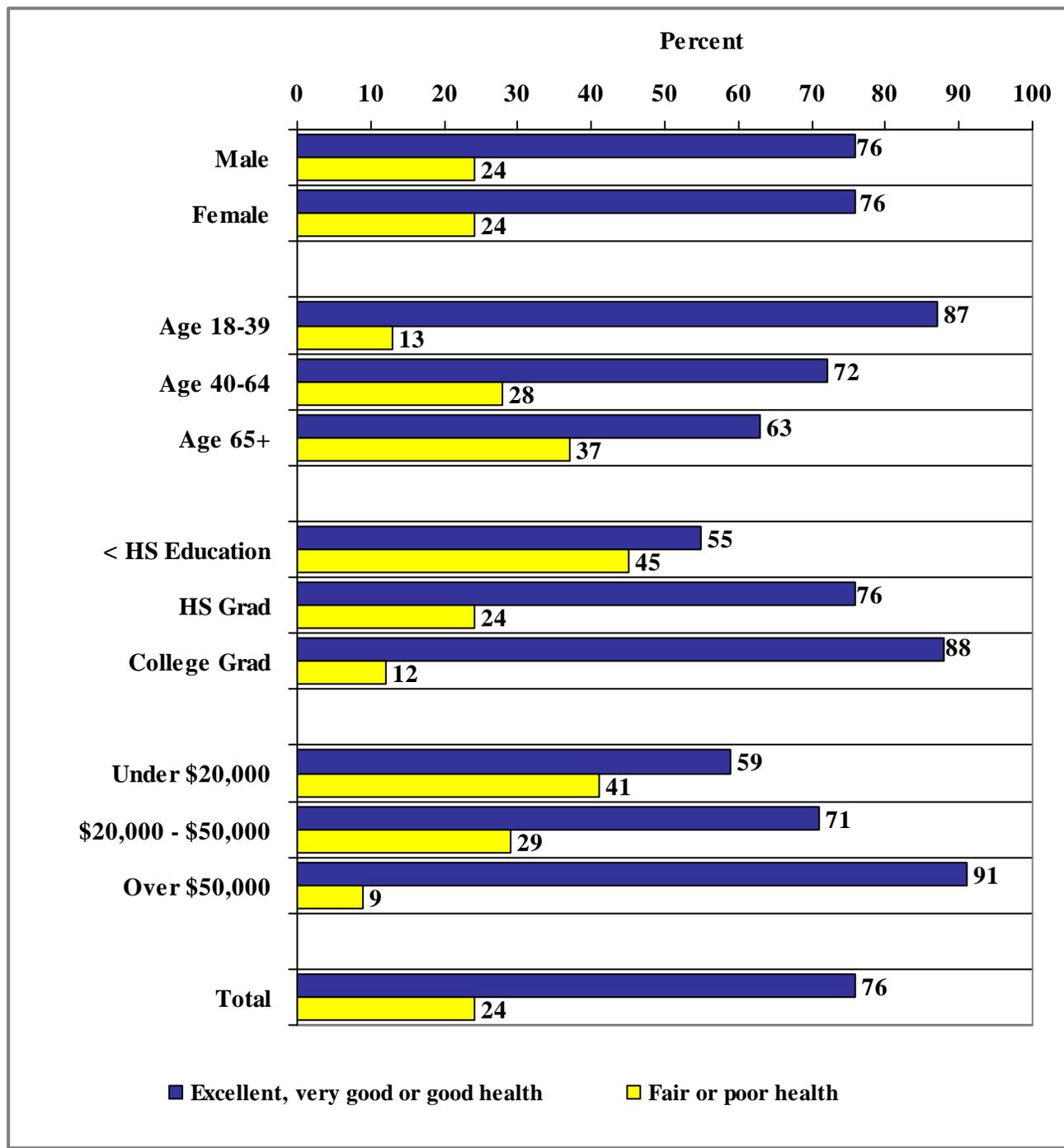
Figure 1: General health status (overall)



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”

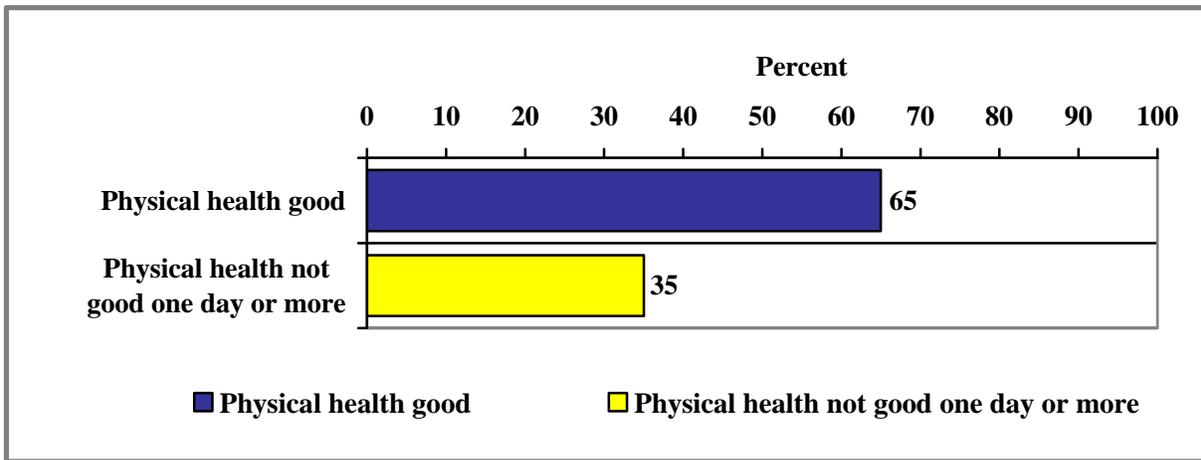
Question: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

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	320
Physical health good	485

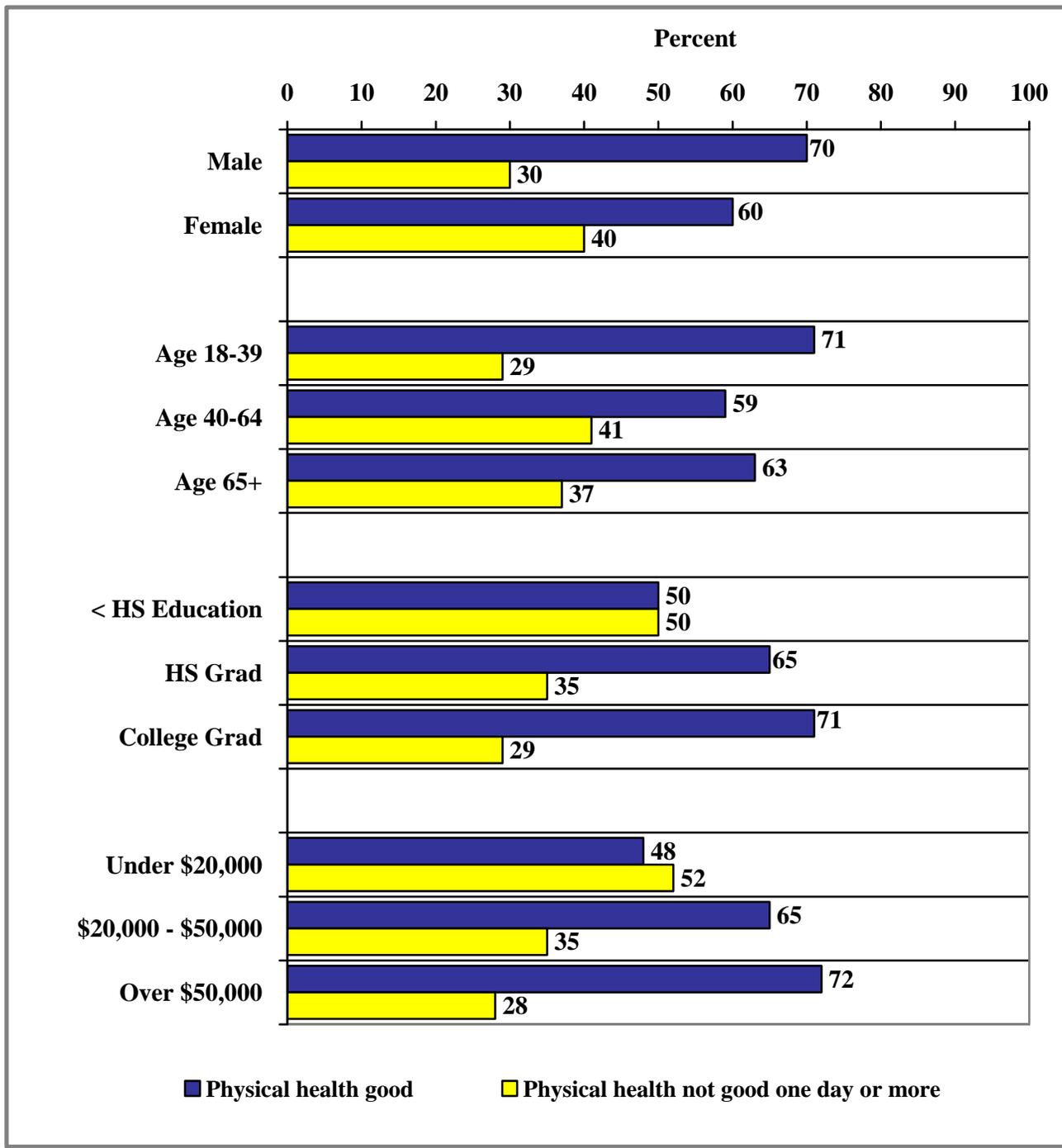
Figure 3: Physical health status (overall)



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”

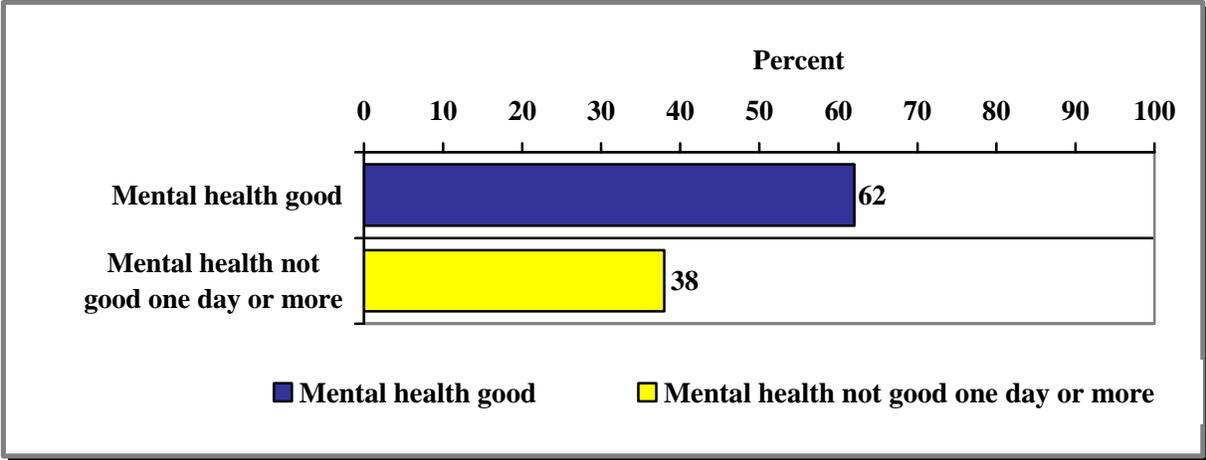
Question: How many days during the past 30 days was your mental health not good?

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	256
Mental health good	555

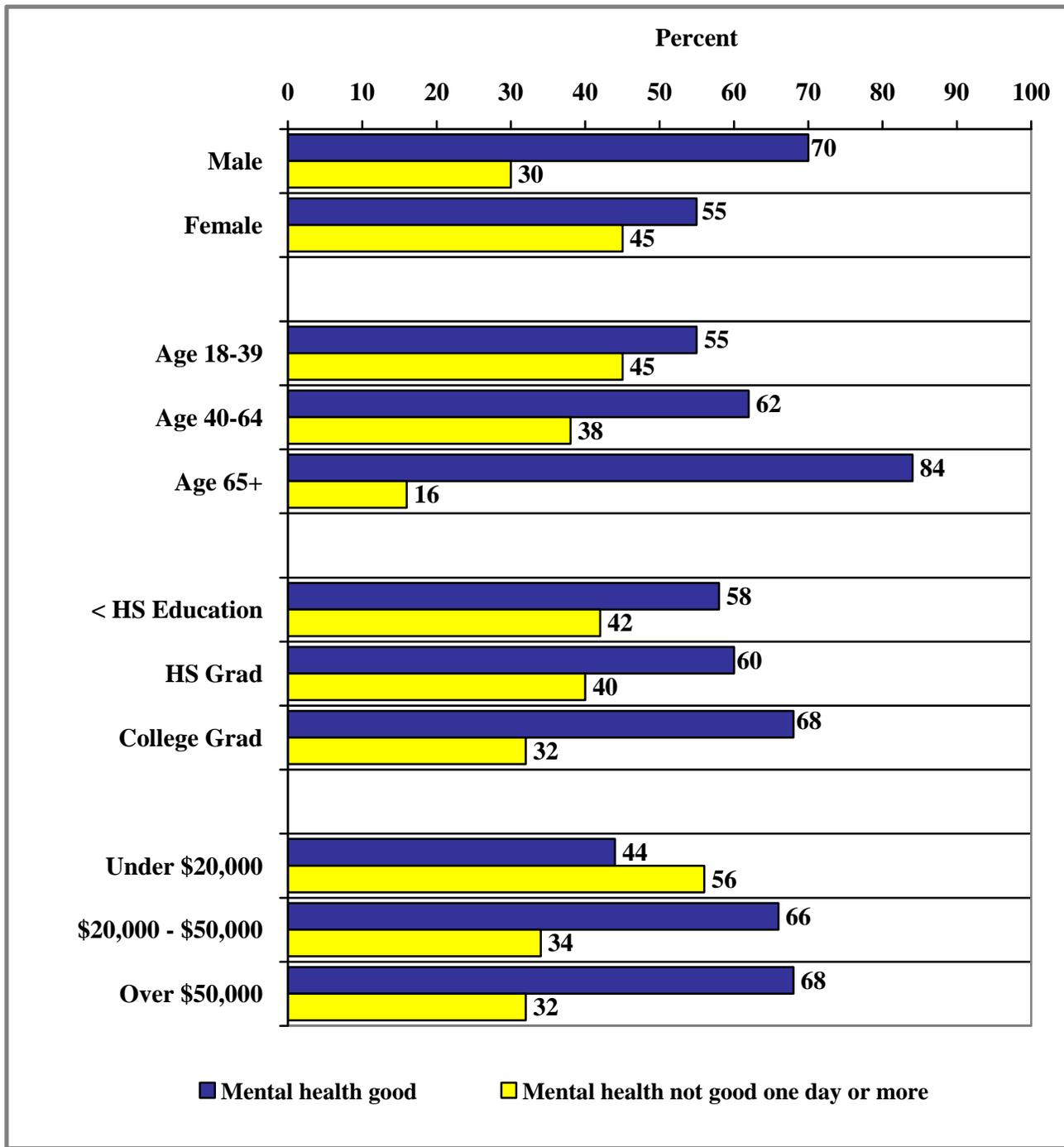
Figure 5: Mental health status (overall)



Health Status (continued)

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

Figure 6: Mental health status (by selected characteristics)



Health Care Access

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

Risk Factor Definition: No health care coverage

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

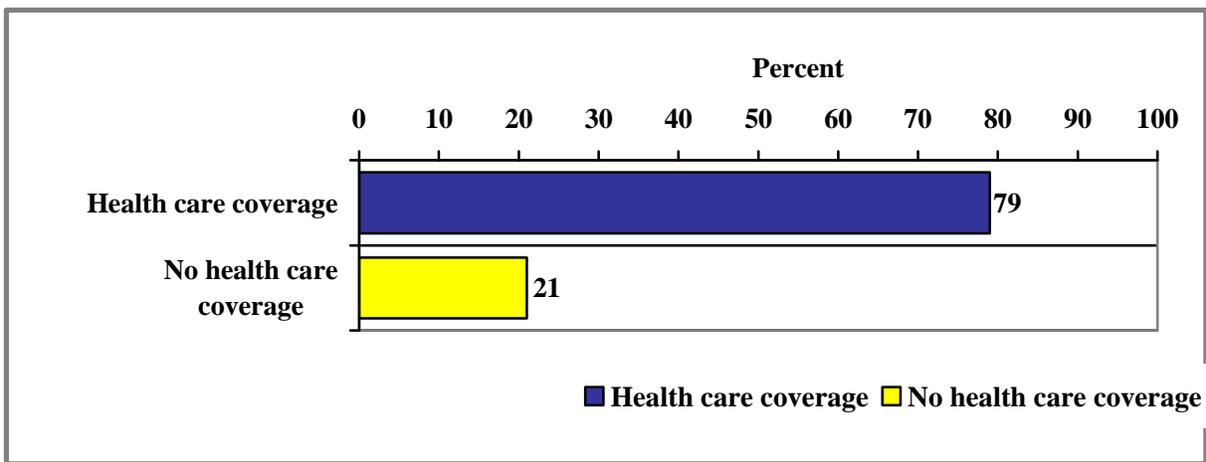
At risk: Those who answered “no” are considered at risk.



Table 1: Health care coverage (overall)

Health care coverage	Frequency (n)
No health care coverage	126
Health care coverage	689

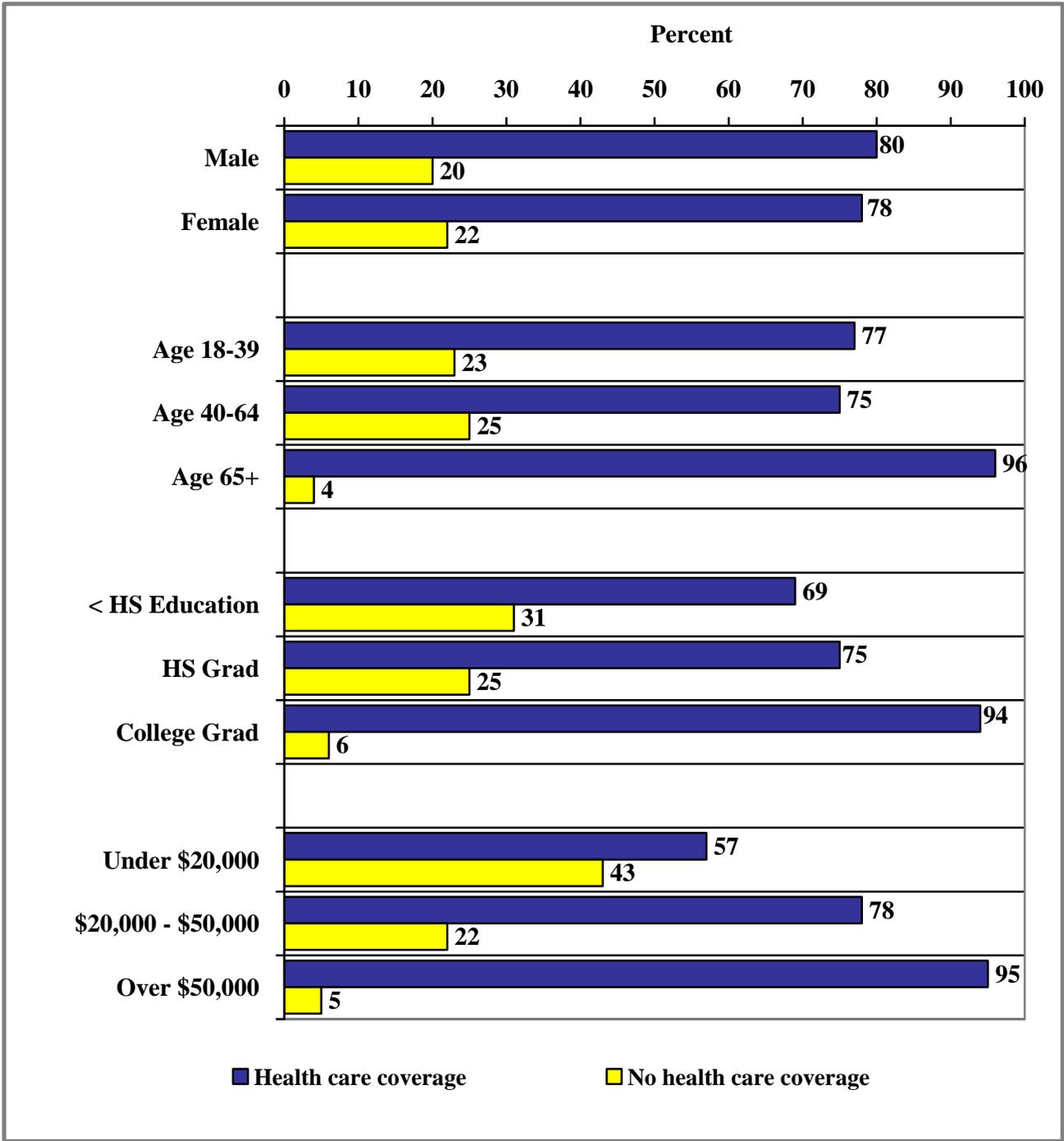
Figure 1: Health care coverage (overall)



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.

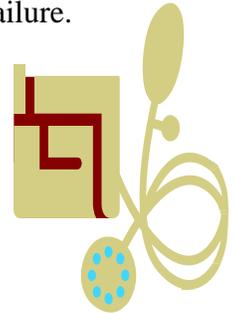
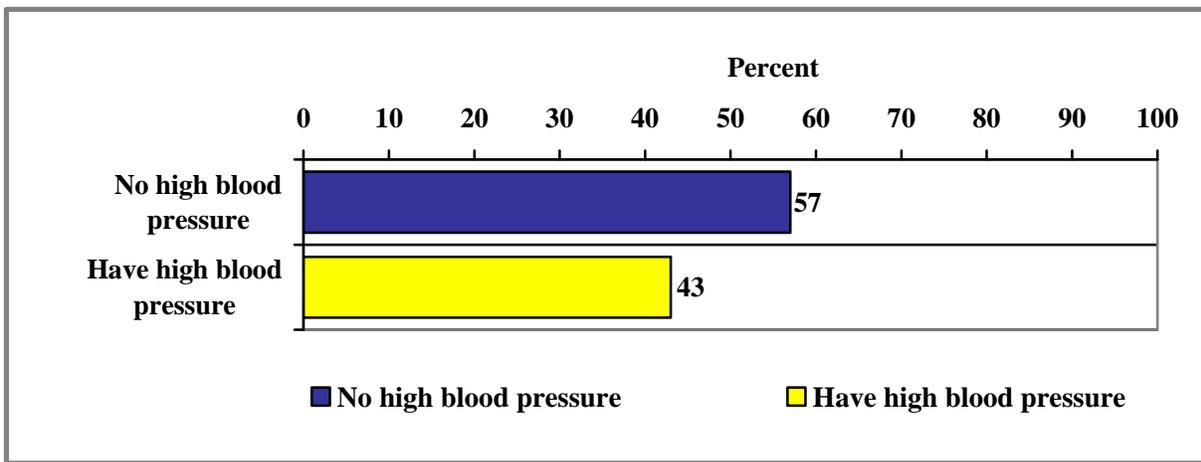


Table 1: High blood pressure (hypertension) (overall)

Hypertension	Frequency (n)
Have high blood pressure	456
No high blood pressure	361

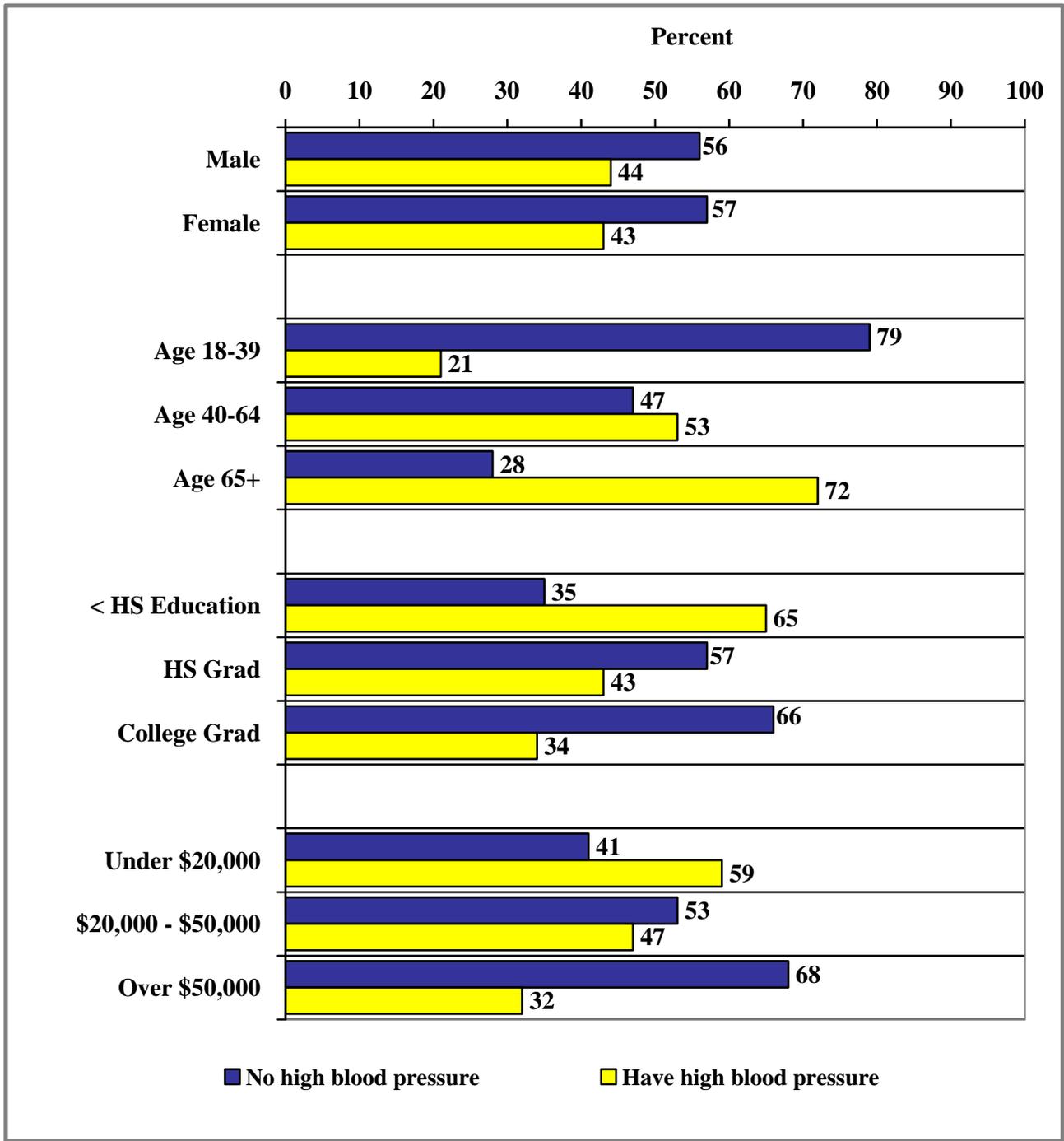
Figure 1: High blood pressure (hypertension) (overall)



Hypertension (continued)

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

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



Cholesterol

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

Testing for Cholesterol

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

Questions:

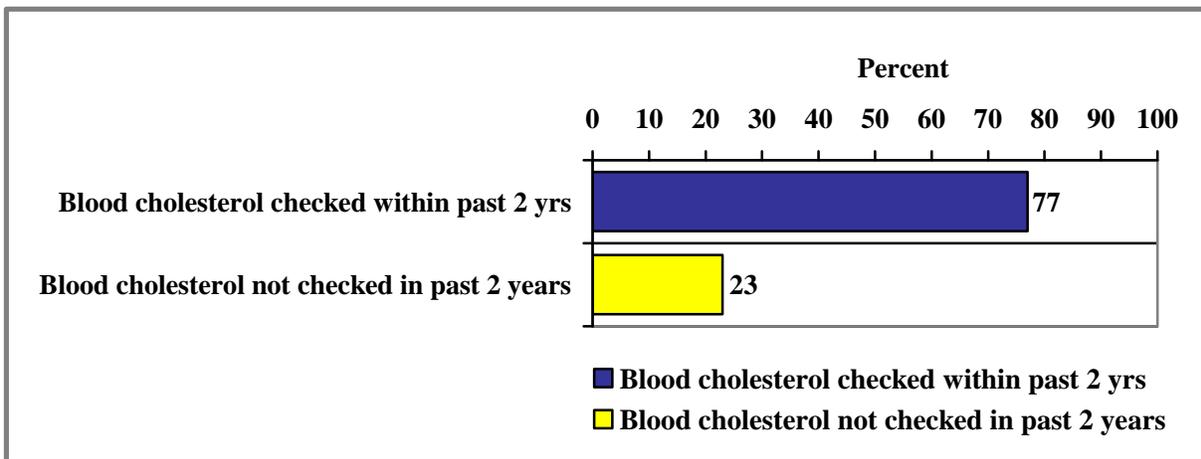
1. Have you ever had your blood cholesterol checked?
2. How long has it been since you had your blood cholesterol checked?

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

Table 1: Testing for blood cholesterol (overall)

Testing for cholesterol	Frequency (n)
Blood cholesterol not checked in past two years	131
Blood cholesterol checked in past two years	663

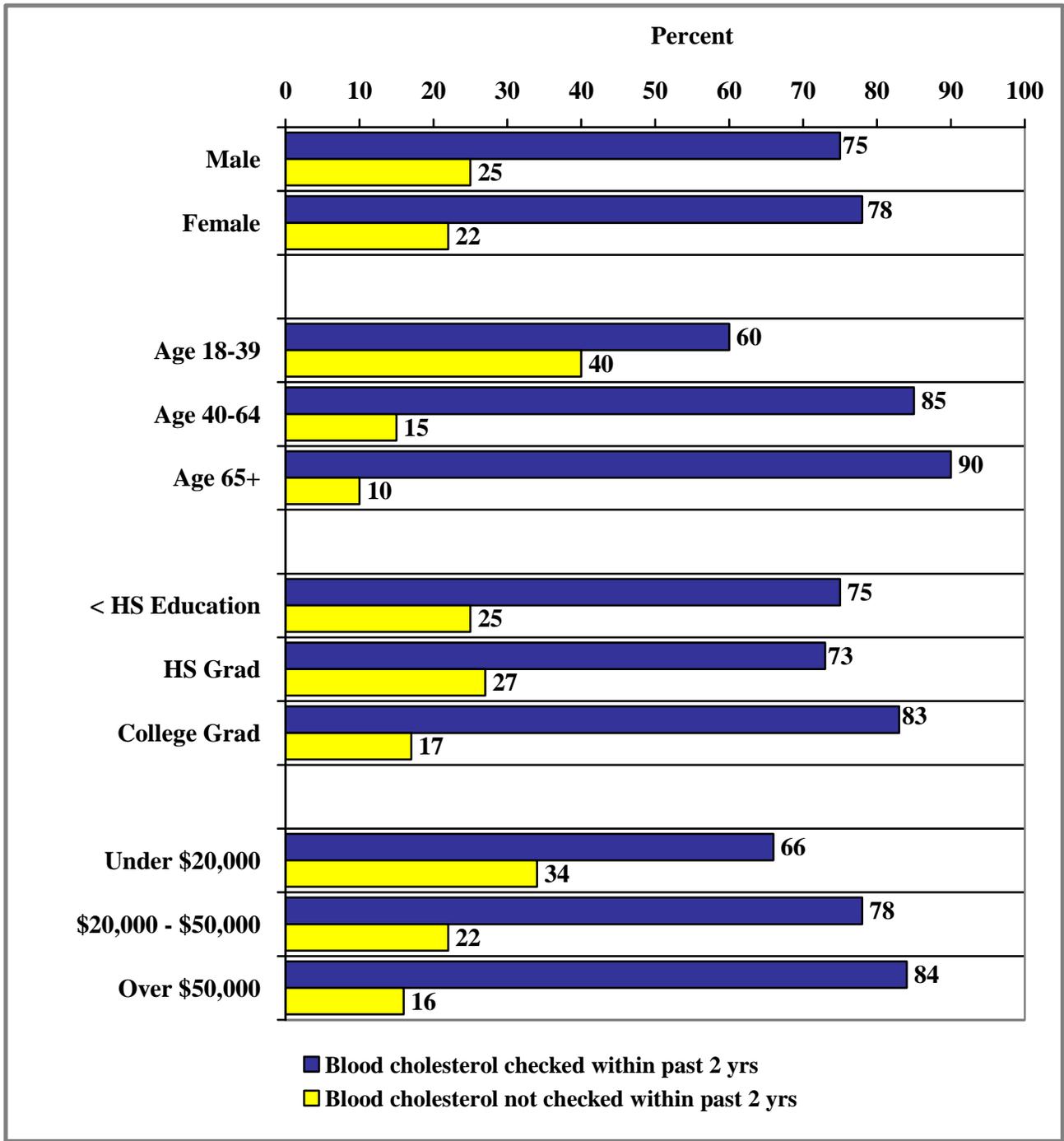
Figure 1: Testing for blood cholesterol (overall)



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

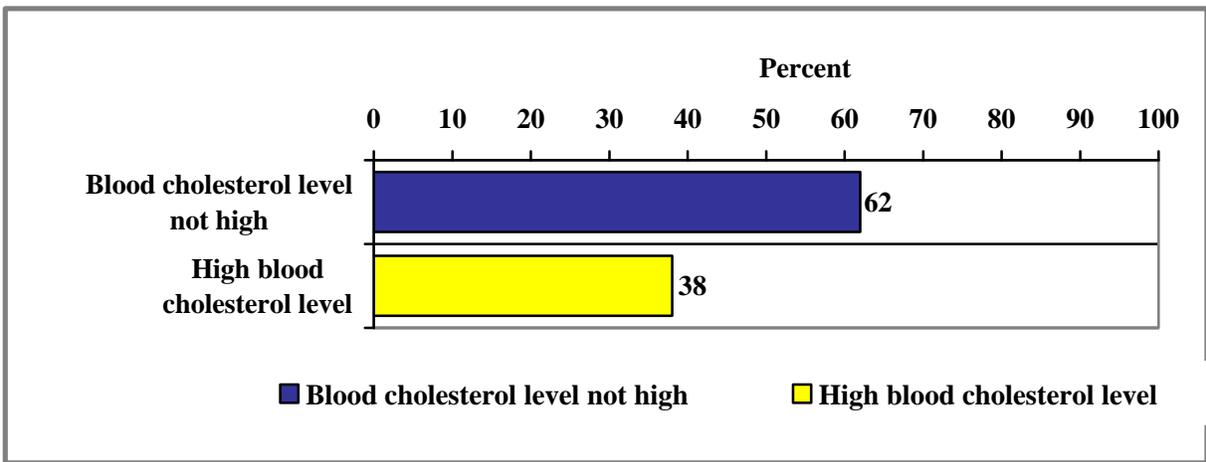
Question: Have you ever been told by a doctor, nurse, or other health professional that your blood cholesterol is high?

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

Table 2: Blood cholesterol level (overall)

Blood cholesterol level	Frequency (n)
High blood cholesterol	346
Blood cholesterol not high	356

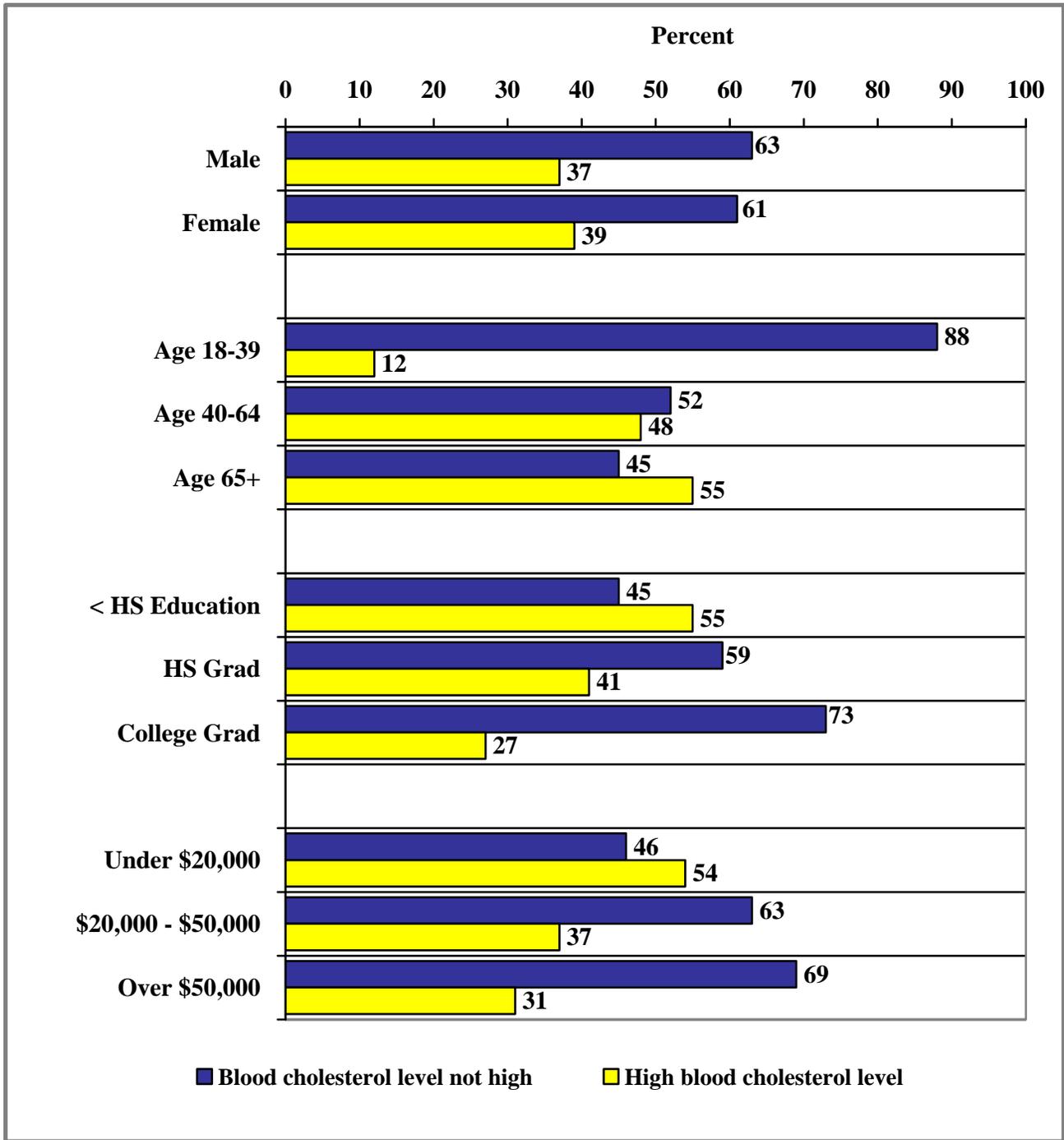
Figure 3: Blood cholesterol level (overall)



Cholesterol (continued)

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

Figure 4: Blood cholesterol level (by selected characteristics)



Cardiovascular Disease Prevalence

Myocardial infarction (heart attack)

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

Risk Factor Definition: Ever had a myocardial infarction

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

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

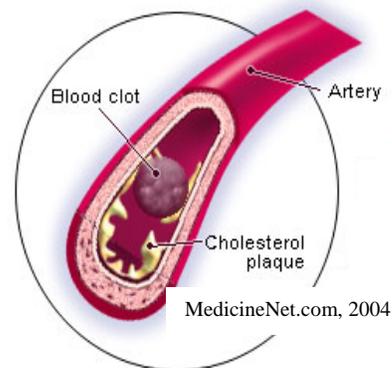
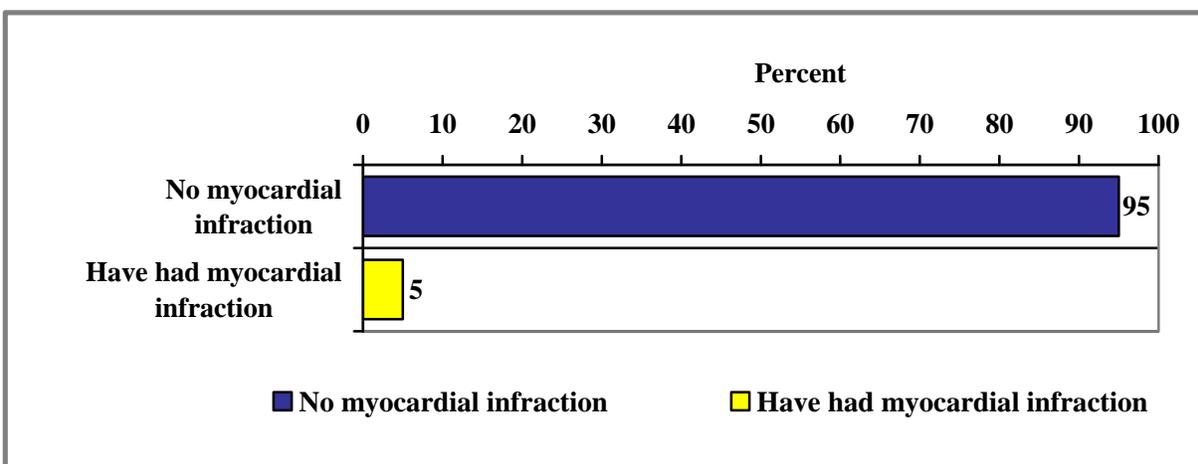


Table 1: Myocardial infarction (heart attack) (overall)

Myocardial infarction	Frequency (n)
Have had myocardial infarction	72
No myocardial infarction	728

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

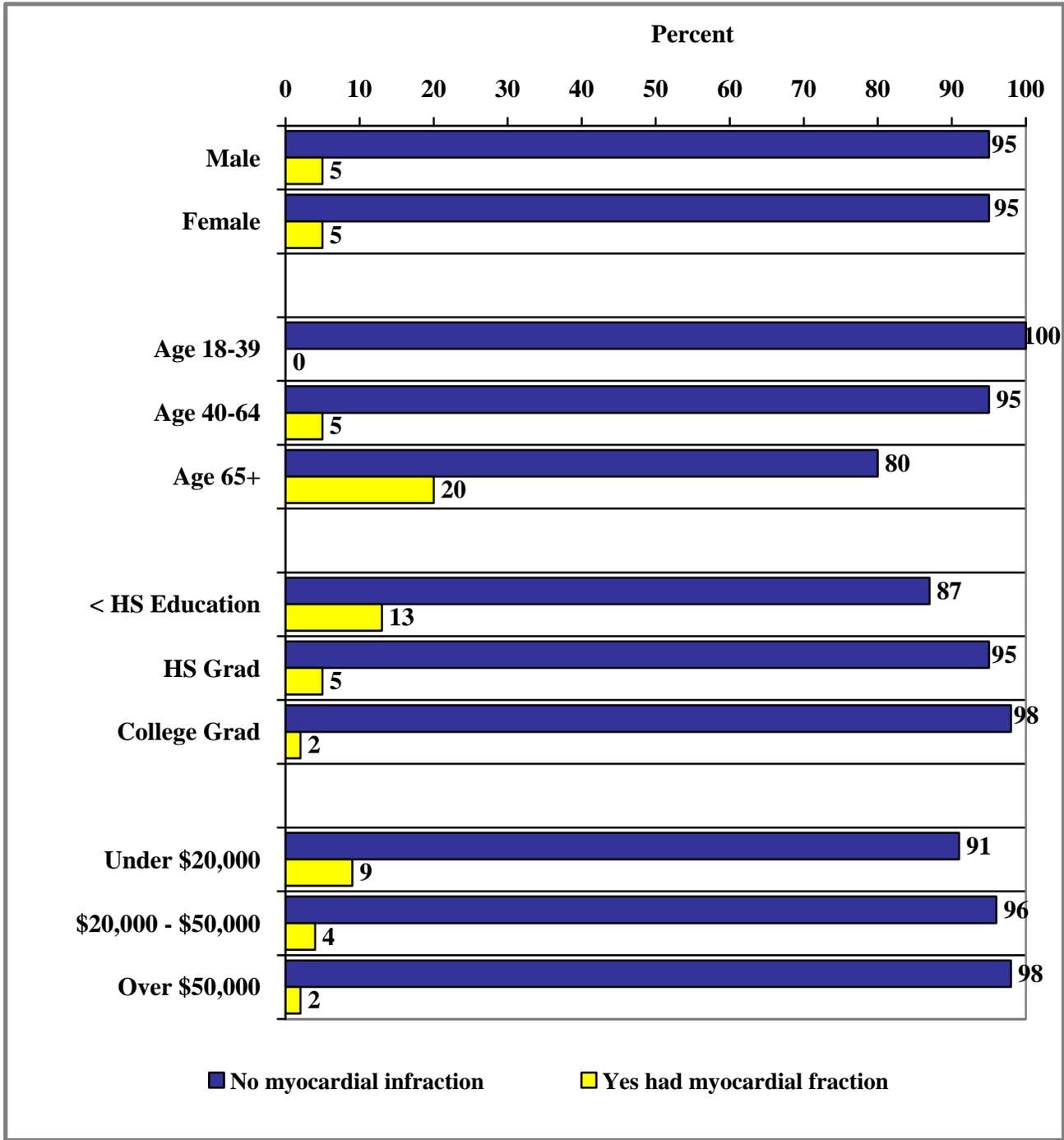


³ http://www.nhlbi.nih.gov/health/dci/Diseases/HeartAttack/HeartAttack_WhatIs.html

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?

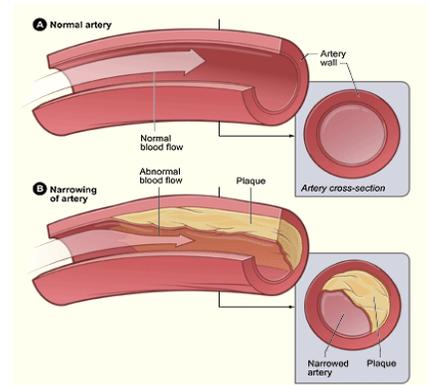
Figure 2: Myocardial infarction (heart attack) (by selected characteristics)



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

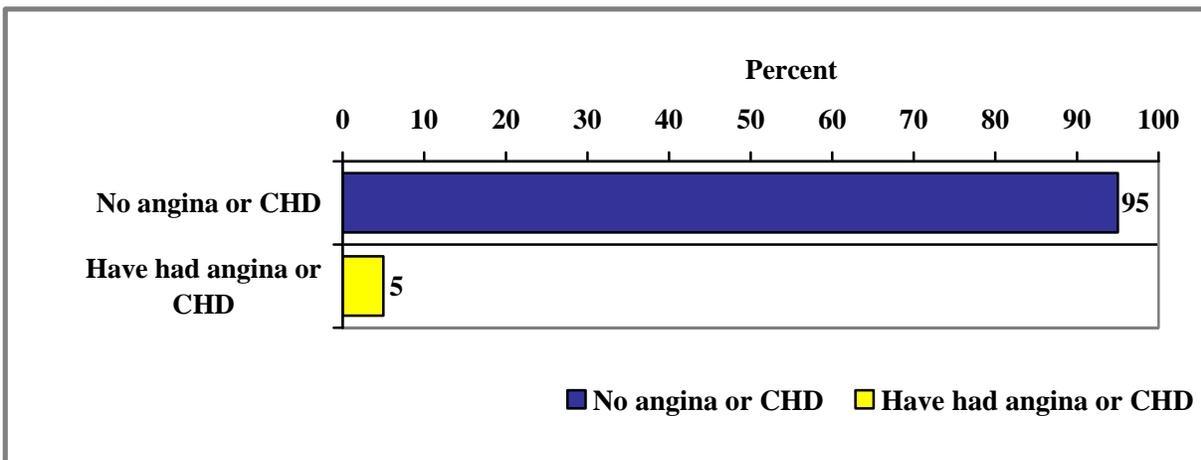
Question: Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?

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	66
No angina or coronary heart disease	726

Figure 3: Angina or coronary heart disease (overall)

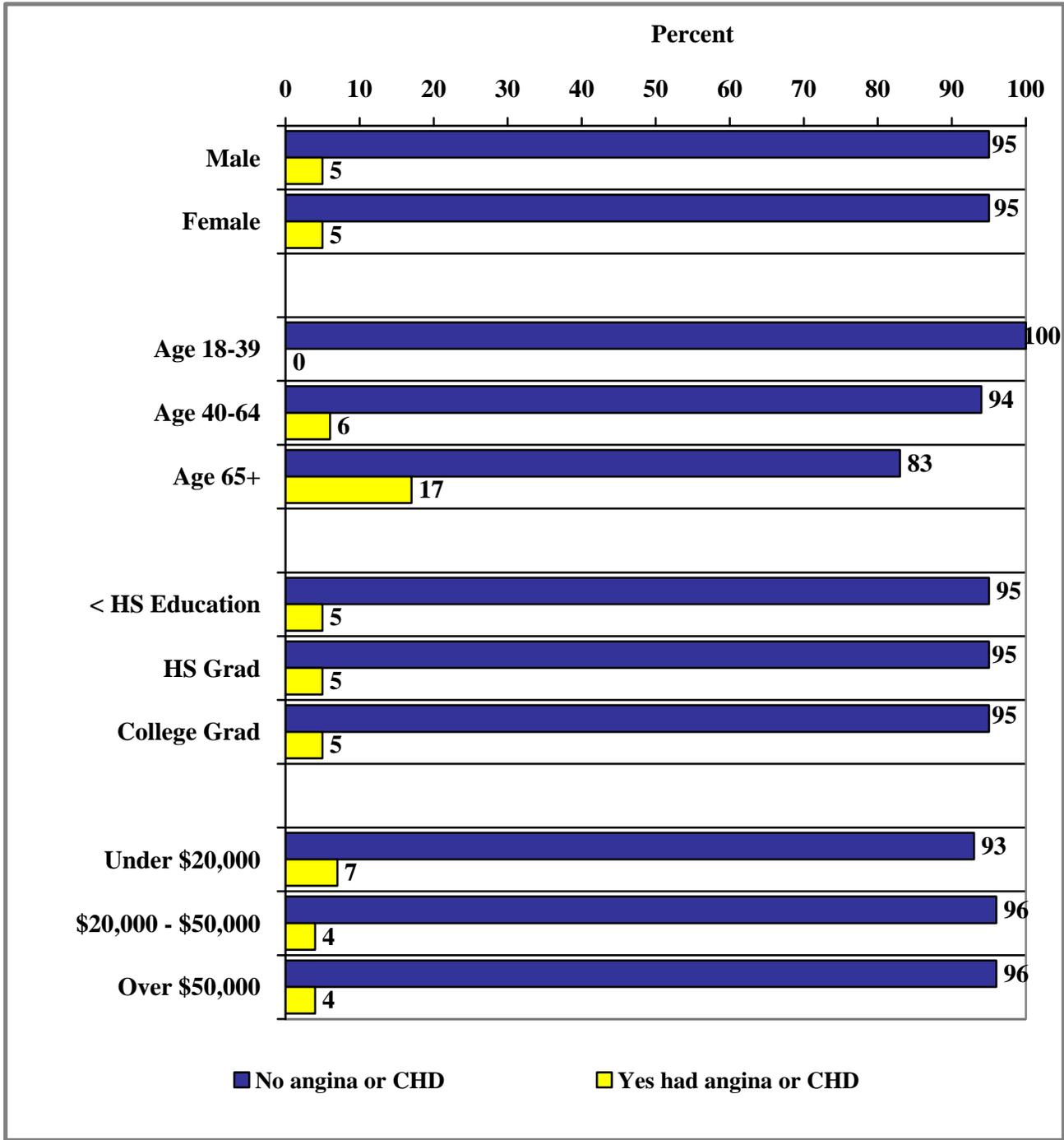


⁴ http://www.nhlbi.nih.gov/health/dci/Diseases/Angina/Angina_WhatIs.html

Cardiovascular Disease Prevalence (continued)

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

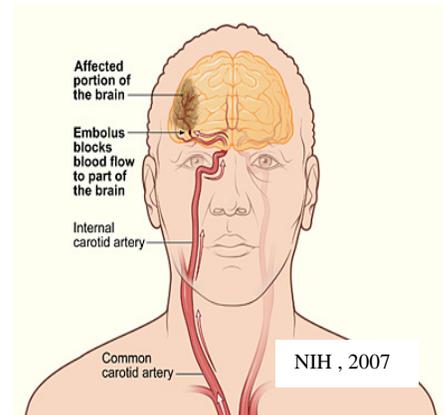
Figure 2: Angina or coronary heart disease (by selected characteristics)



Cardiovascular Disease Prevalence (continued)

Stroke

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



Risk Factor Definition: Ever had a stroke

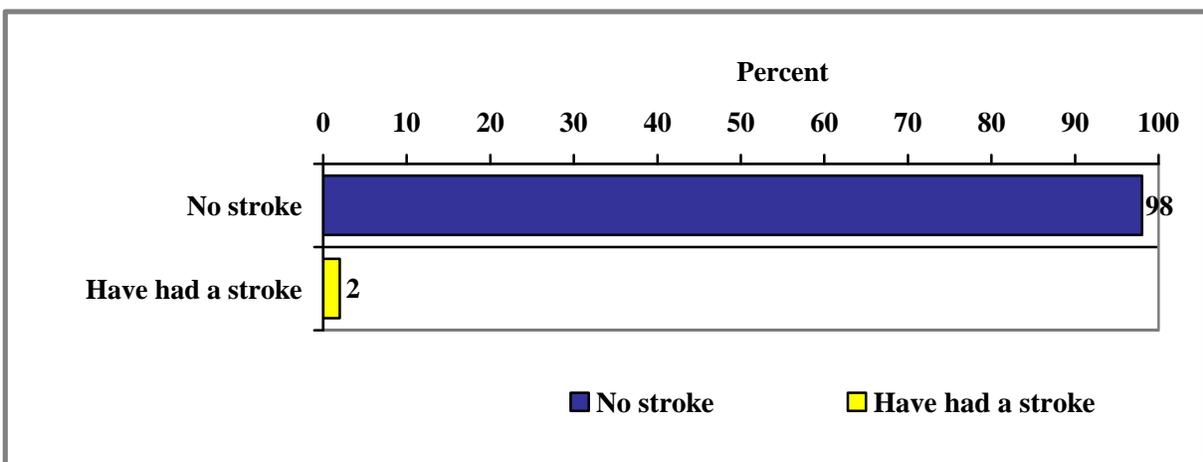
Question: Has a doctor, nurse, or other health professional ever told you that you had a stroke?

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

Table 3: Stroke (overall)

Stroke	Frequency (n)
Have had a stroke	39
No stroke	762

Figure 5: Stroke (overall)

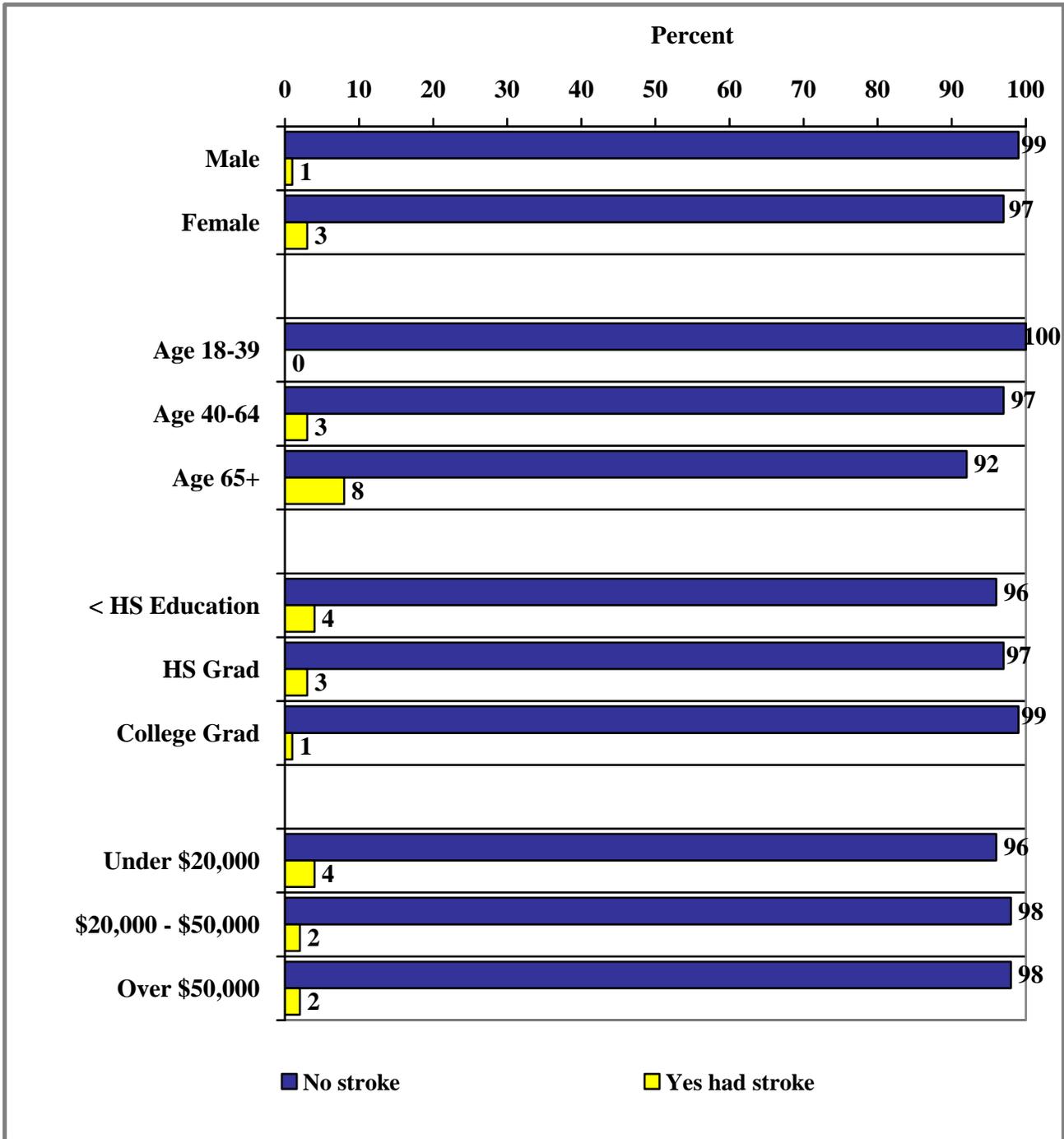


⁵ <http://www.ninds.nih.gov/disorders/stroke/knowstroke.htm#whatis>
Crittenden County Adult Health Survey Statistics

Cardiovascular Disease Prevalence (continued)

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

Figure 6: Stroke (by selected characteristics)



Asthma

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



Risk Factor Definition: Ever had asthma

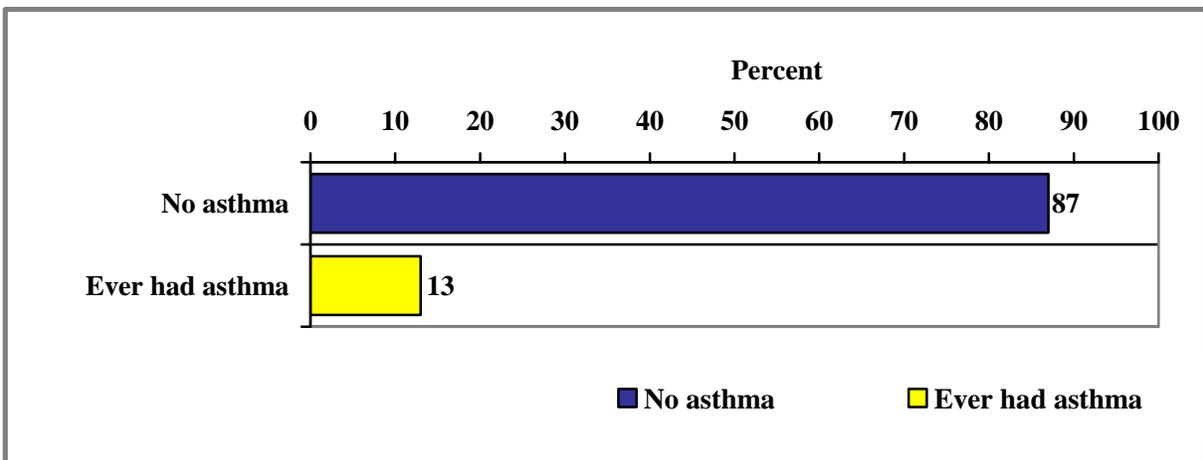
Question: Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

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

Table 1: Asthma (overall)

Asthma	Frequency (n)
Ever had asthma	101
No asthma	712

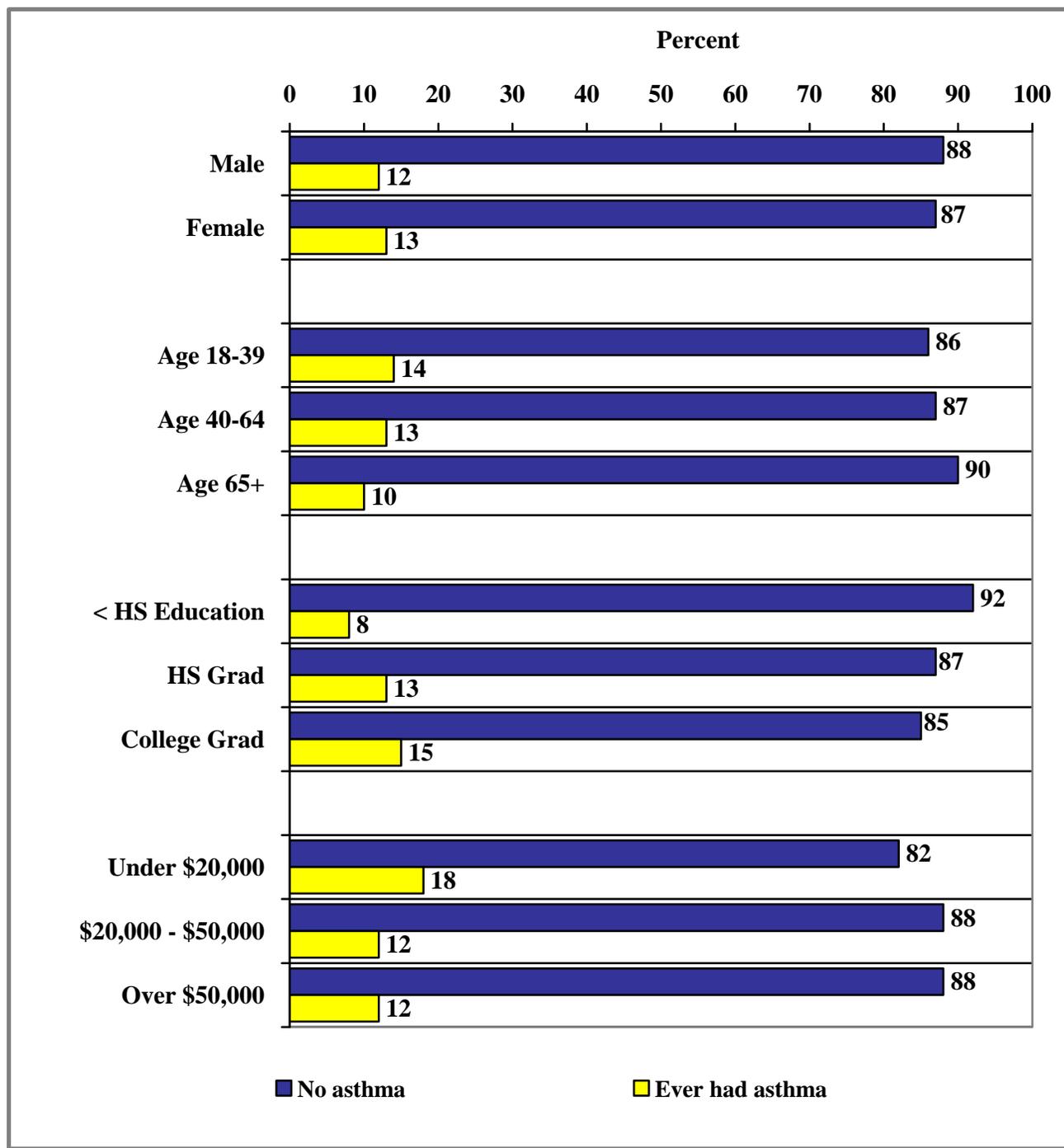
Figure 1: Asthma (overall)



Asthma (continued)

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

Figure 2: Asthma (by selected characteristics)



Diabetes

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



Risk Factor Definition: Have diabetes

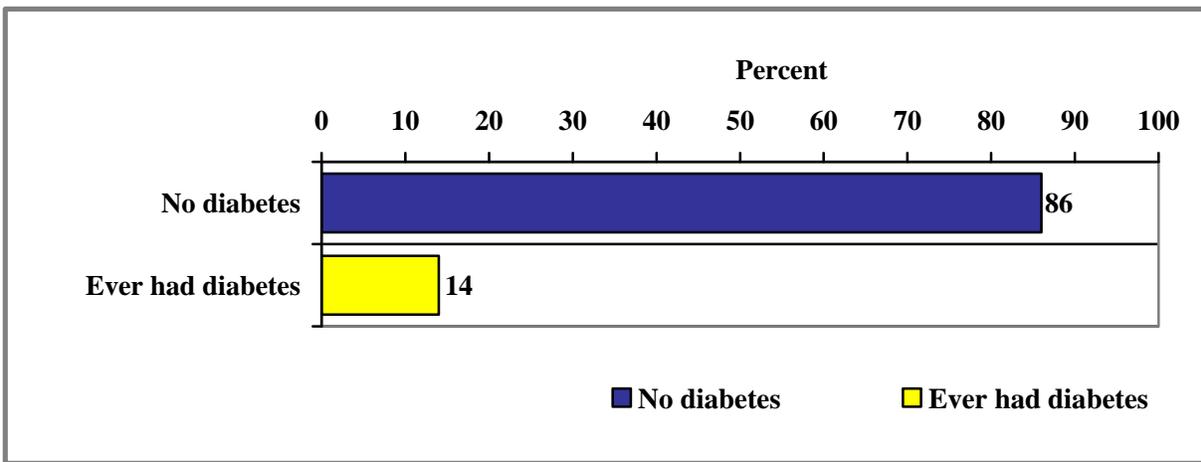
Question: Have you ever been told by a doctor that you have diabetes?

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

Table 1: Diabetes (overall)

Diabetes	Frequency (n)
Ever had diabetes	159
No diabetes	653

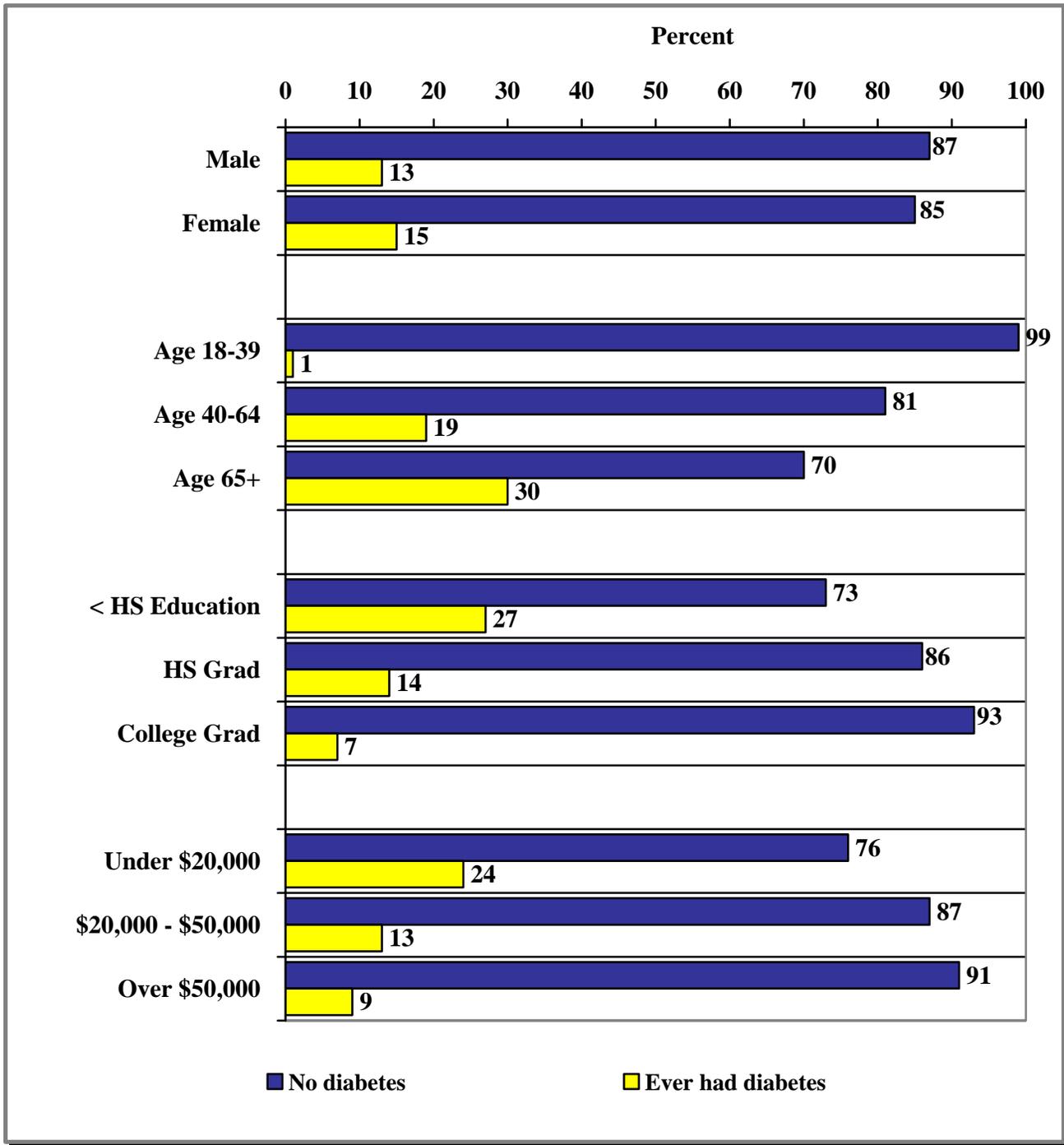
Figure 1: Diabetes (overall)



Diabetes (continued)

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

Figure 2: Diabetes (by selected characteristics)



Arthritis

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

Diagnosed with Arthritis

Risk Factor Definition: Ever had arthritis

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

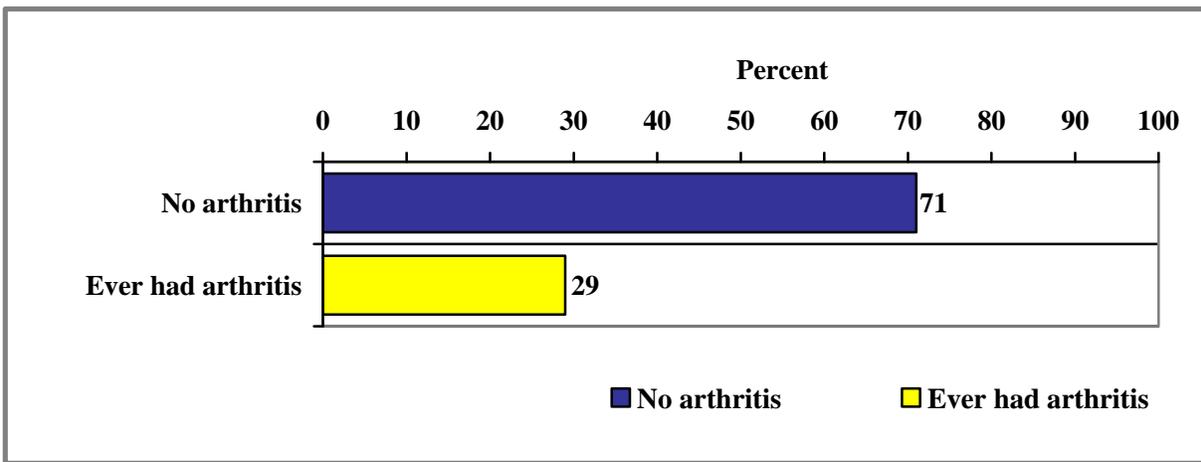
At risk: Those who answered “yes” are considered at risk.



Table 1: Arthritis (overall)

Arthritis	Frequency (n)
Ever had arthritis	335
No arthritis	478

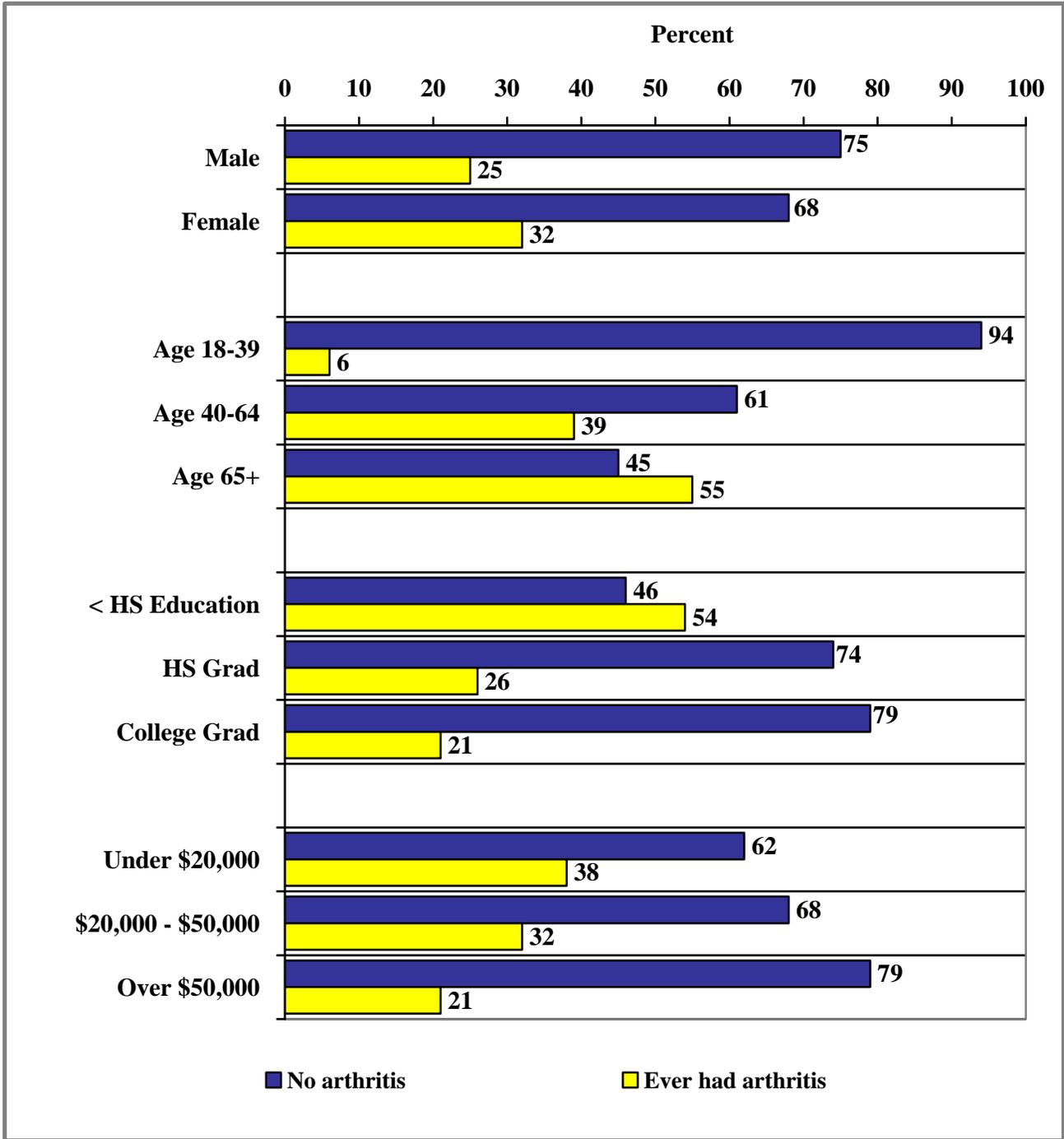
Figure 1: Arthritis (overall)



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

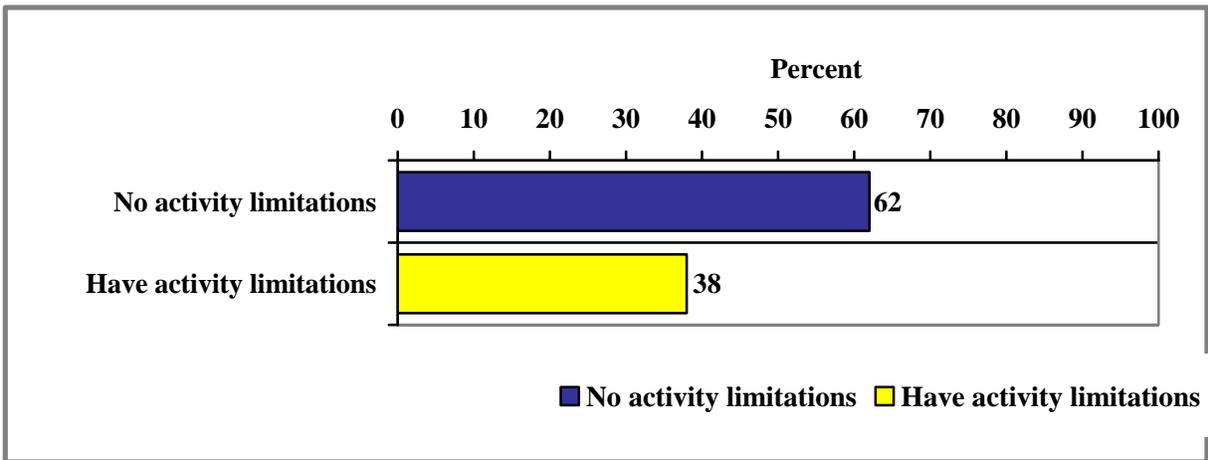
Question: Are you now limited in any way in any activities because of joint symptoms?

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

Table 2: Activity limitations (overall)

Activity limitations	Frequency (n)
Have activity limitations	192
No activity limitations	242

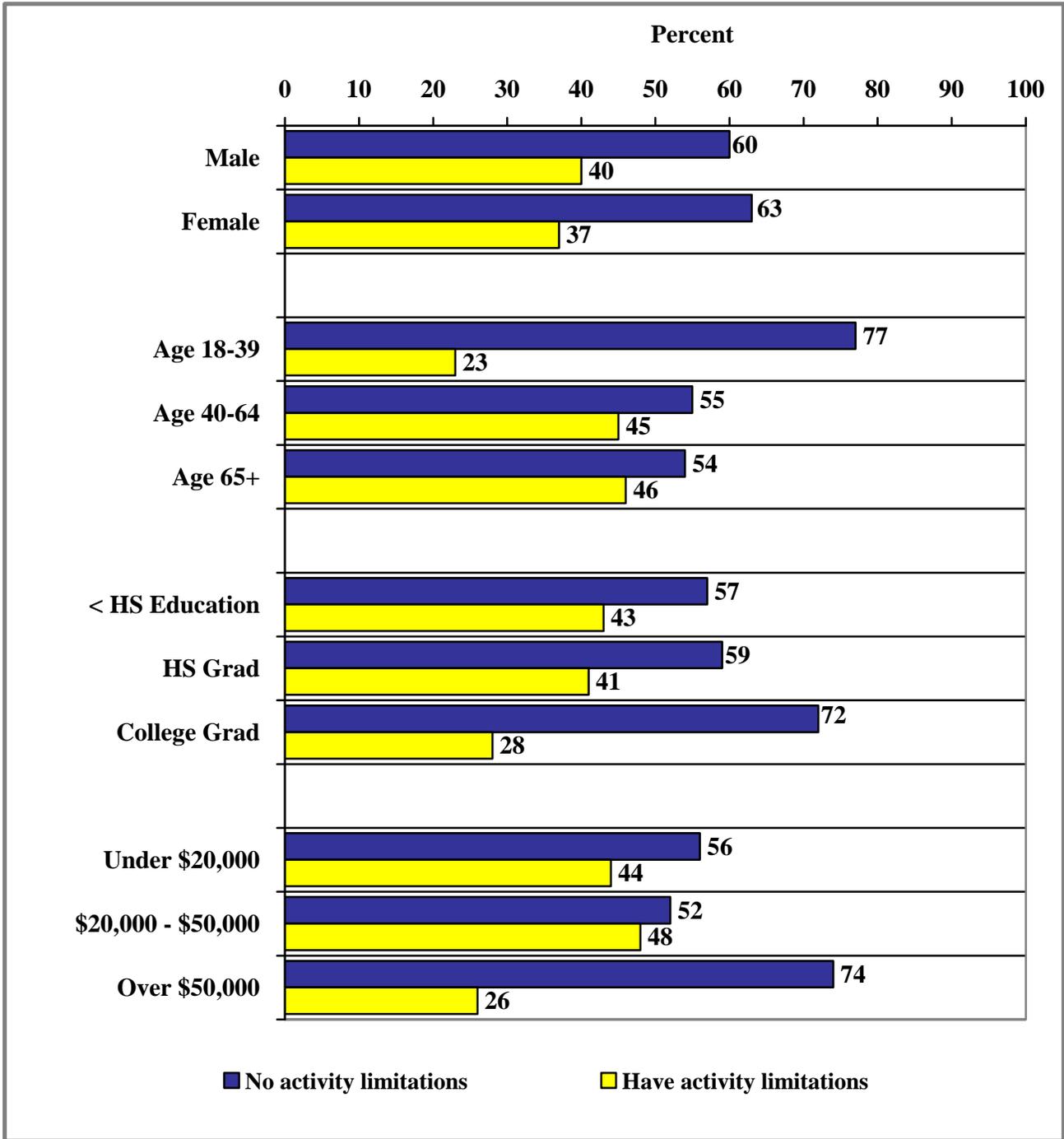
Figure 3: Activity limitations (overall)



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

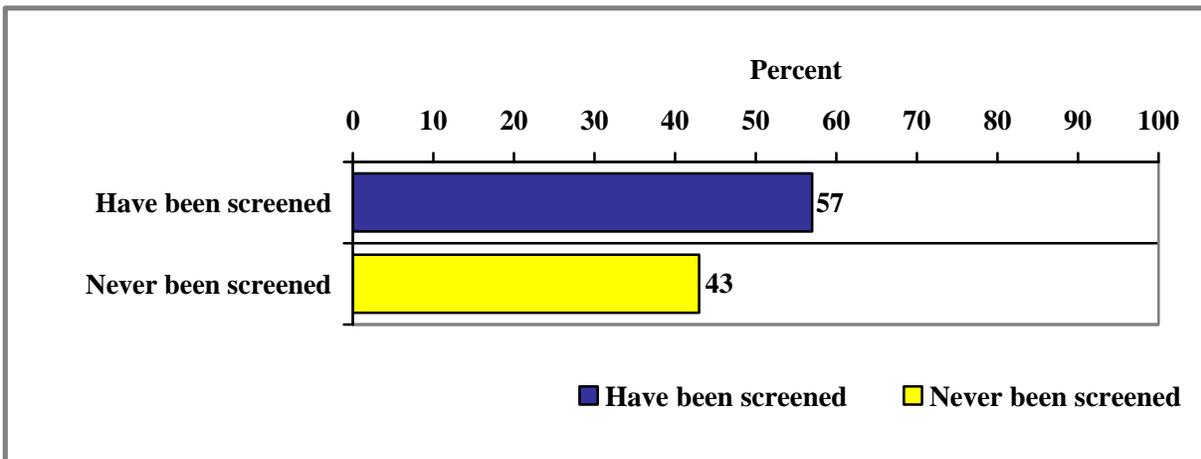
Question: Have you ever had these exams?

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	205
Have been screened	303

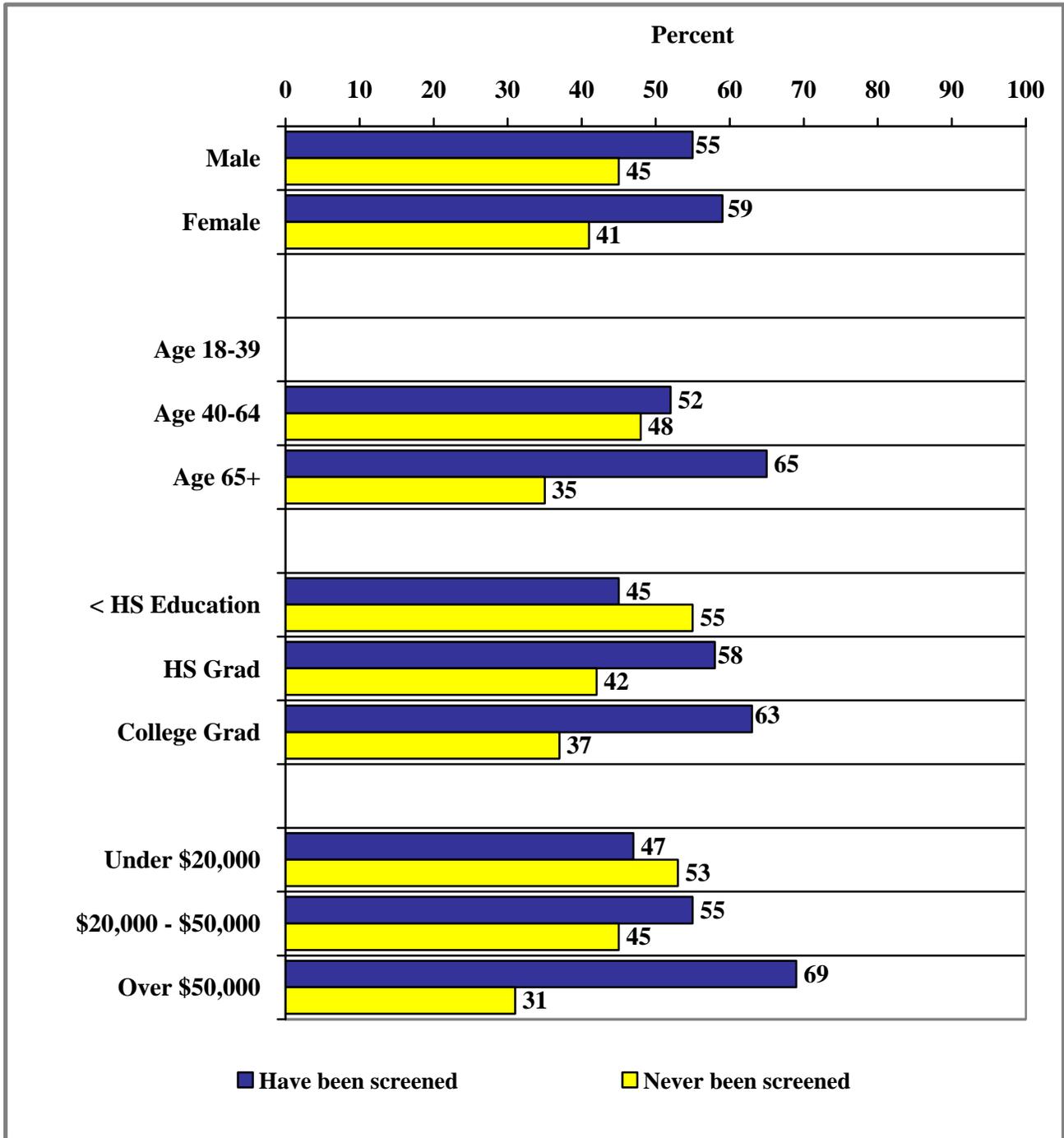
Figure 1: Colorectal cancer screening (overall)



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

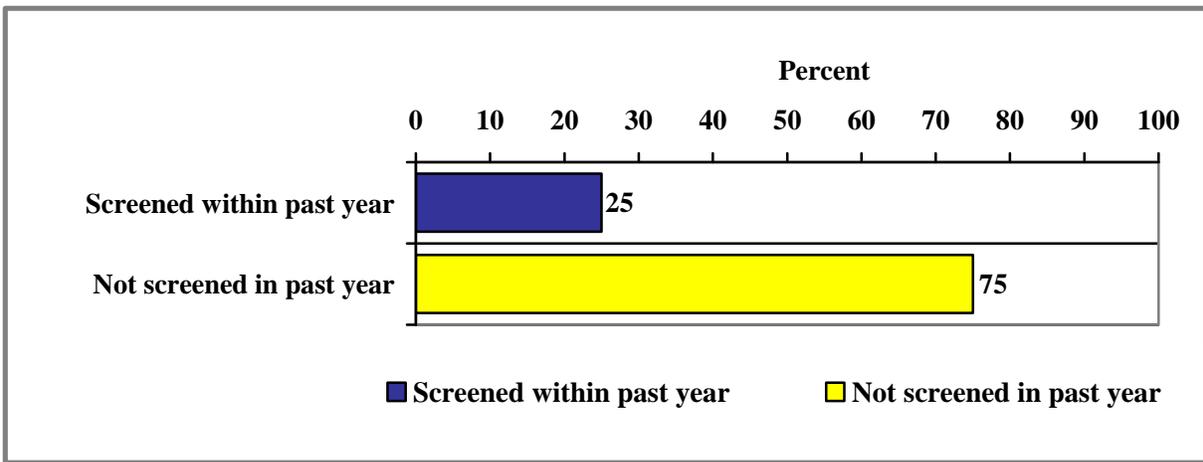
Question: Have you ever had these exams?

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	138
Within past year	65

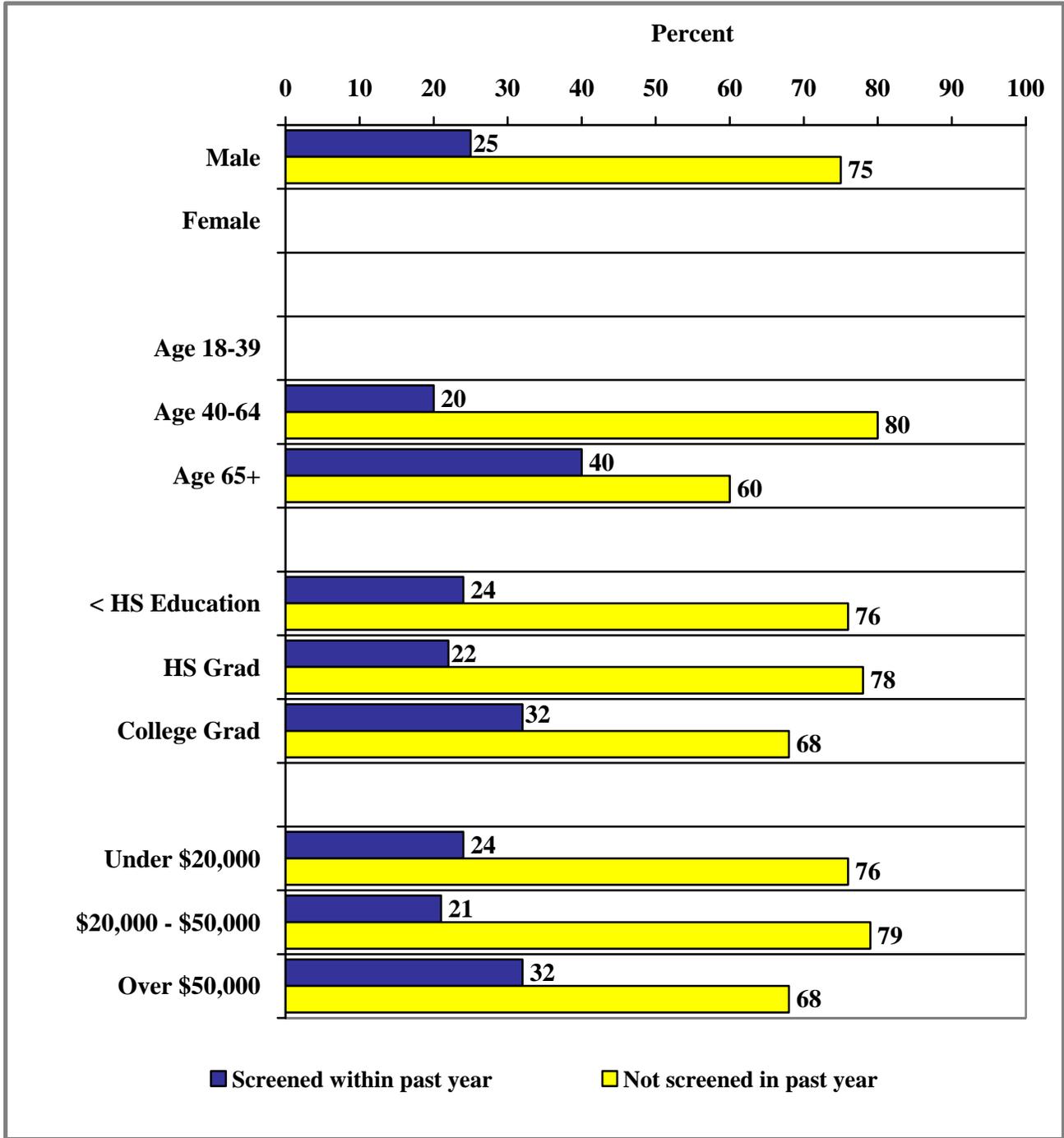
Figure 1: Prostate cancer screening (overall)



Prostate Cancer Screening (continued)

Question: Have you ever been screened for prostate cancer?

Figure 2: Prostate cancer screening (by selected characteristics)



Immunization – Influenza Shot

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

Risk Factor Definition: No influenza shot within past 12 months

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

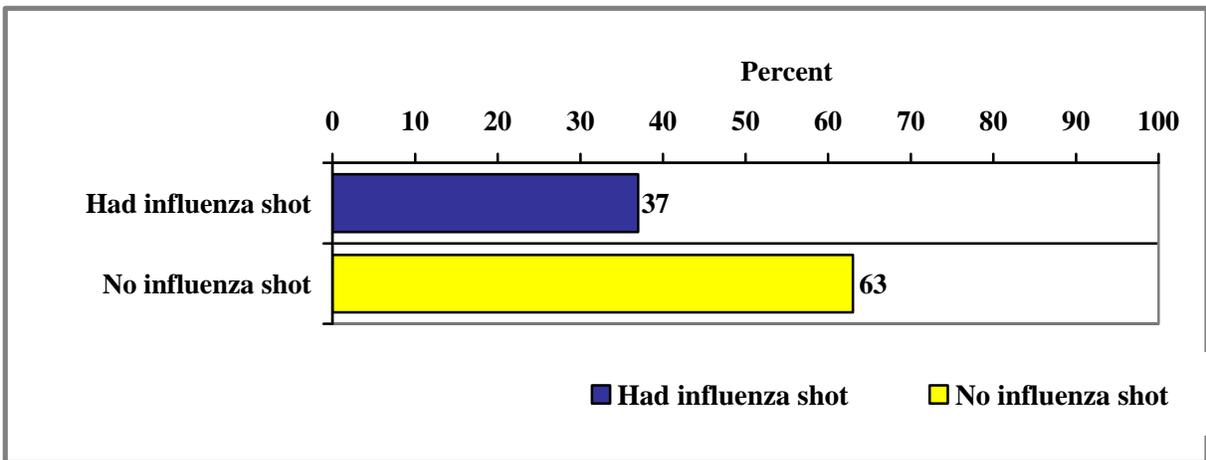
At risk: Those who answered “No” are considered at risk.



Table 1: Influenza shot (overall)

Influenza shot	Frequency (n)
No influenza shot	410
Had influenza shot	399

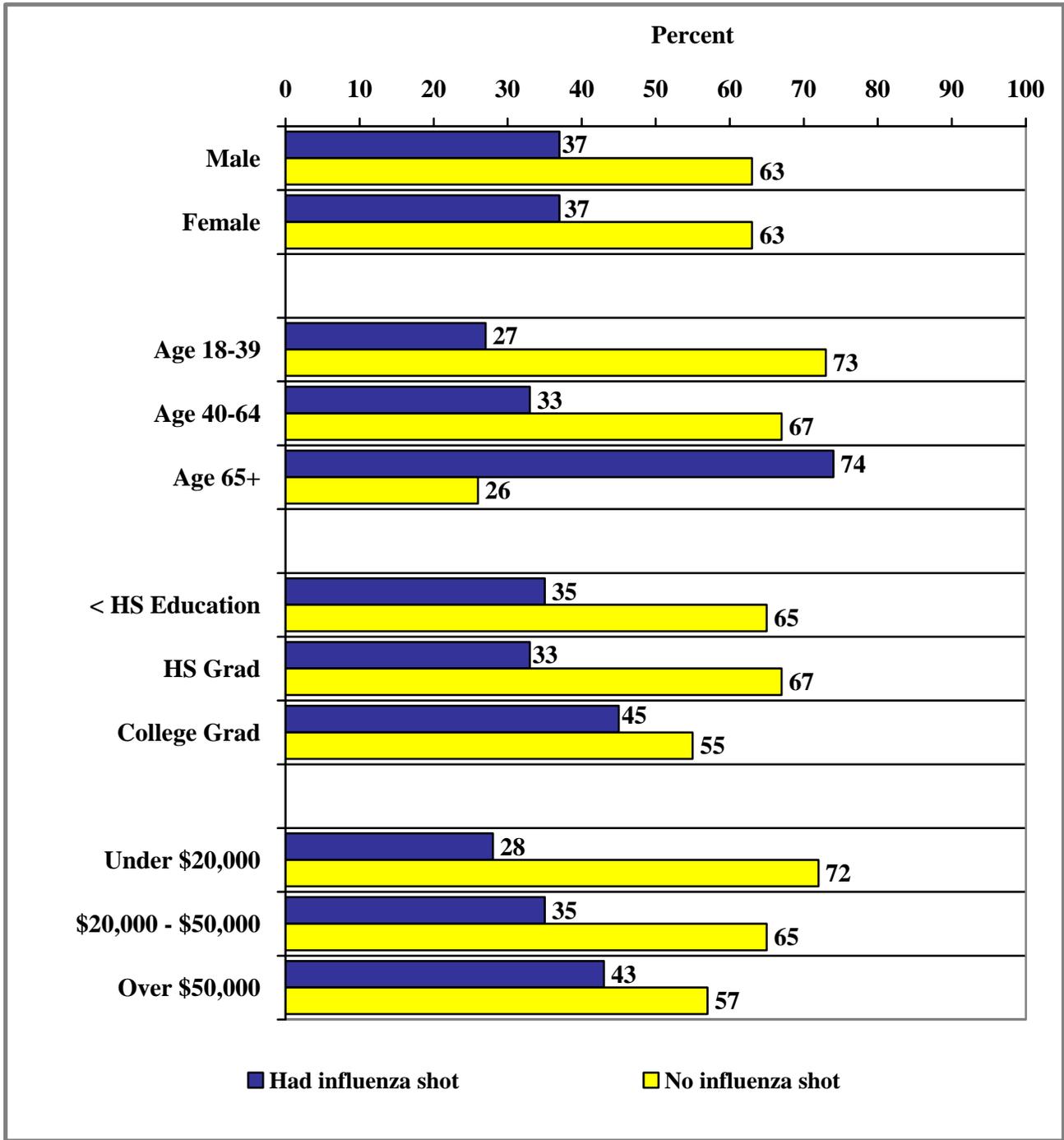
Figure 1: Influenza shot (overall)



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?

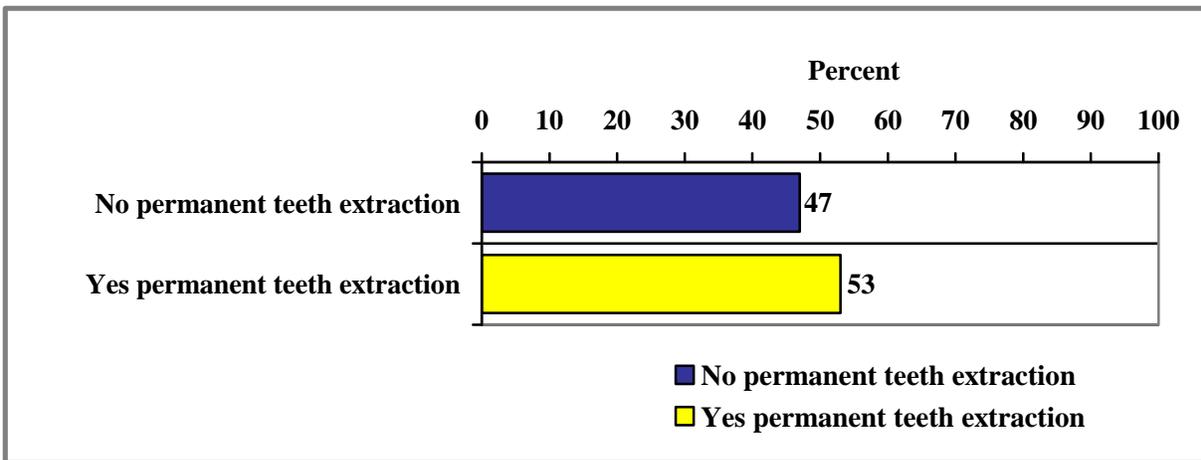
At risk: Those who answered “1 or more” are considered at risk.



Table 1: Permanent teeth extraction (overall)

Permanent teeth extraction	Frequency (n)
Permanent teeth extraction	498
No permanent teeth extraction	262

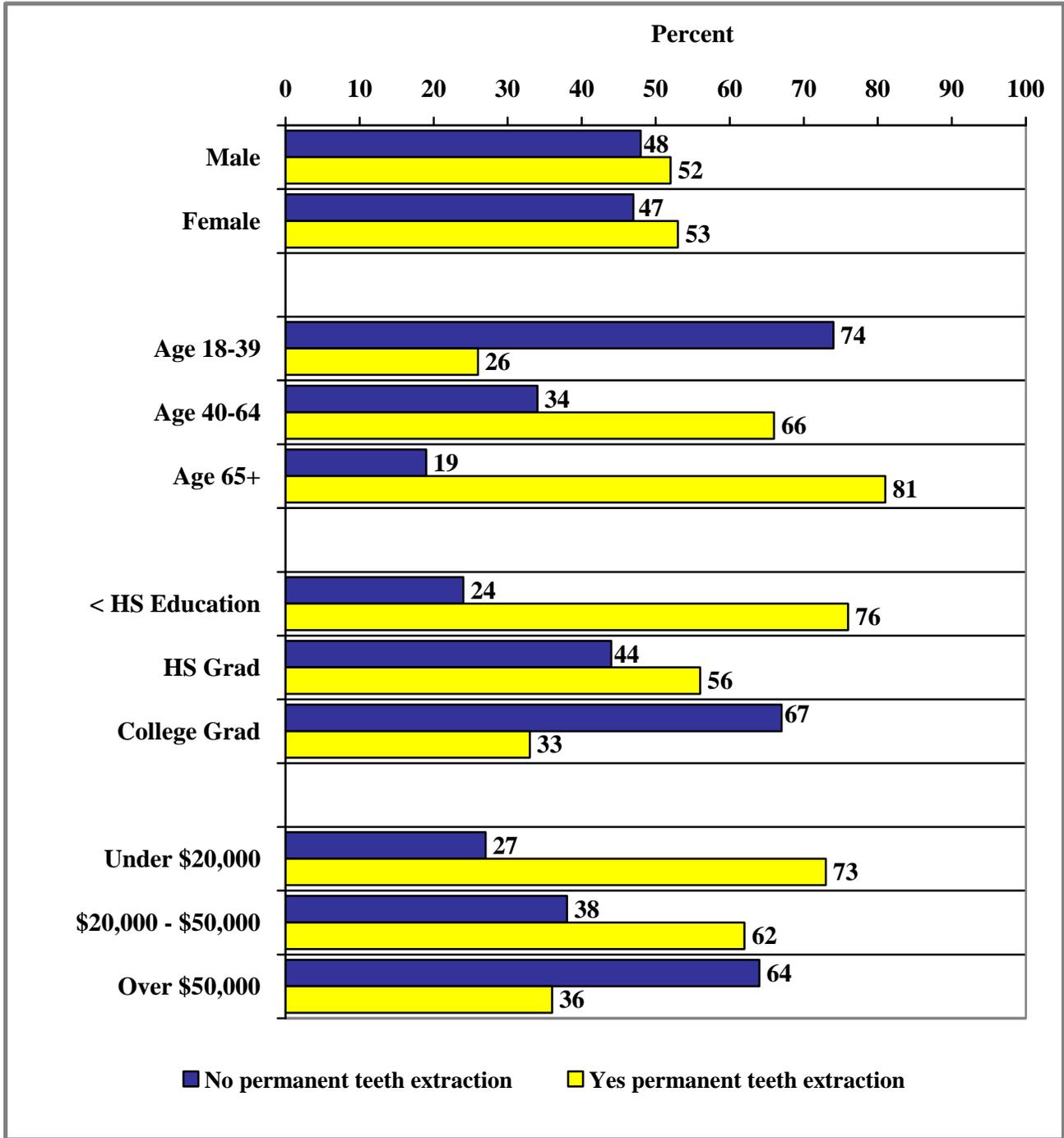
Figure 1: Permanent teeth extraction (overall)



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?

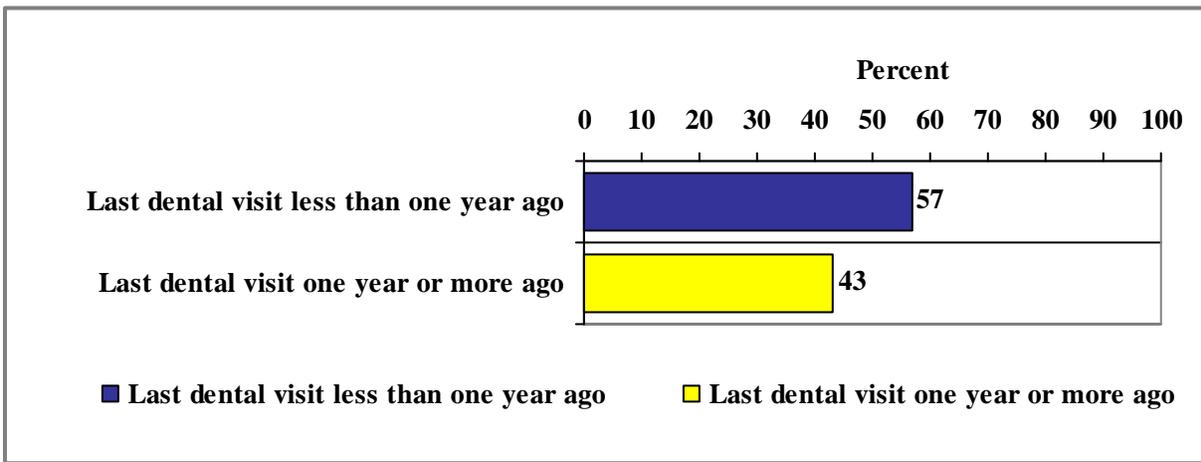
At risk: Those who answered “1 year or more” are considered at risk.



Table 2: Last dental visit (overall)

Dental visit	Frequency (n)
Last dental visit one year or more ago	299
Last dental visit less than one year ago	468

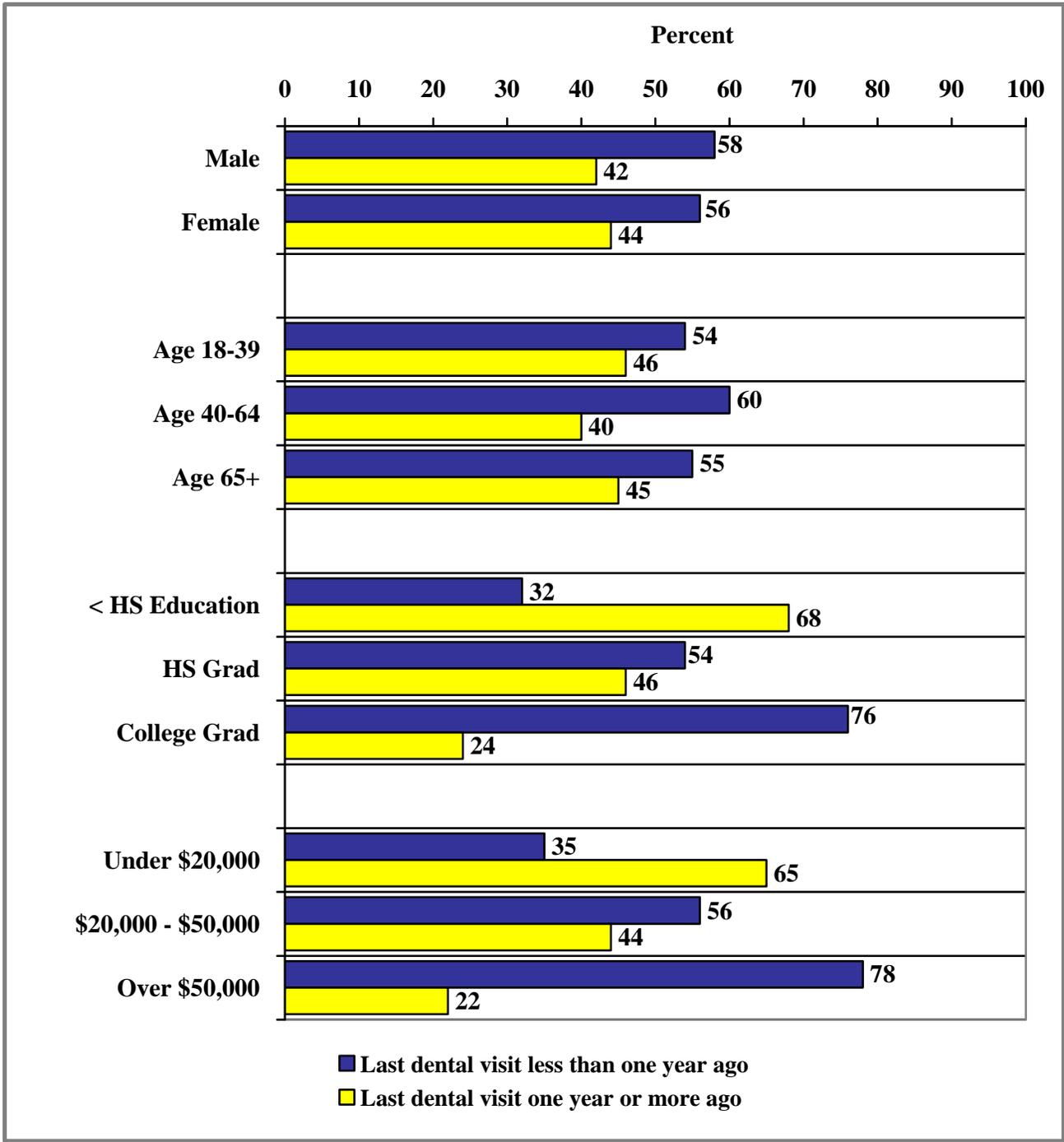
Figure 3: Last dental visit (overall)



Oral Health (continued)

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

Figure 4: Last dental visit (by selected characteristics)



Physical Activity

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

Risk Factor Definition: Do not participate in regular physical activity

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

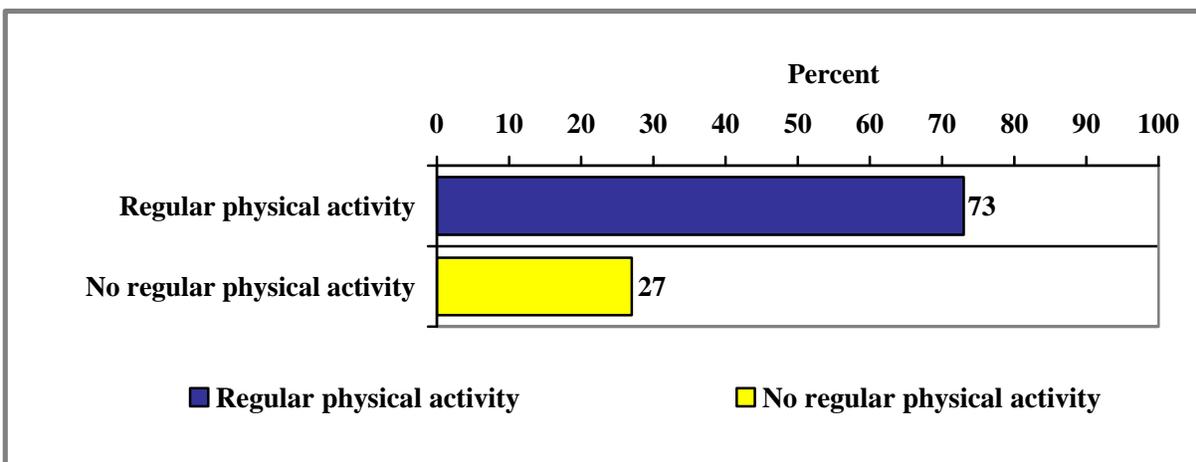
At risk: Those who do not participate in physical activity on a regular basis are at risk.



Table 1: Regular physical activity (overall)

Regular physical activity	Frequency (n)
No regular physical activity	263
Regular physical activity	554

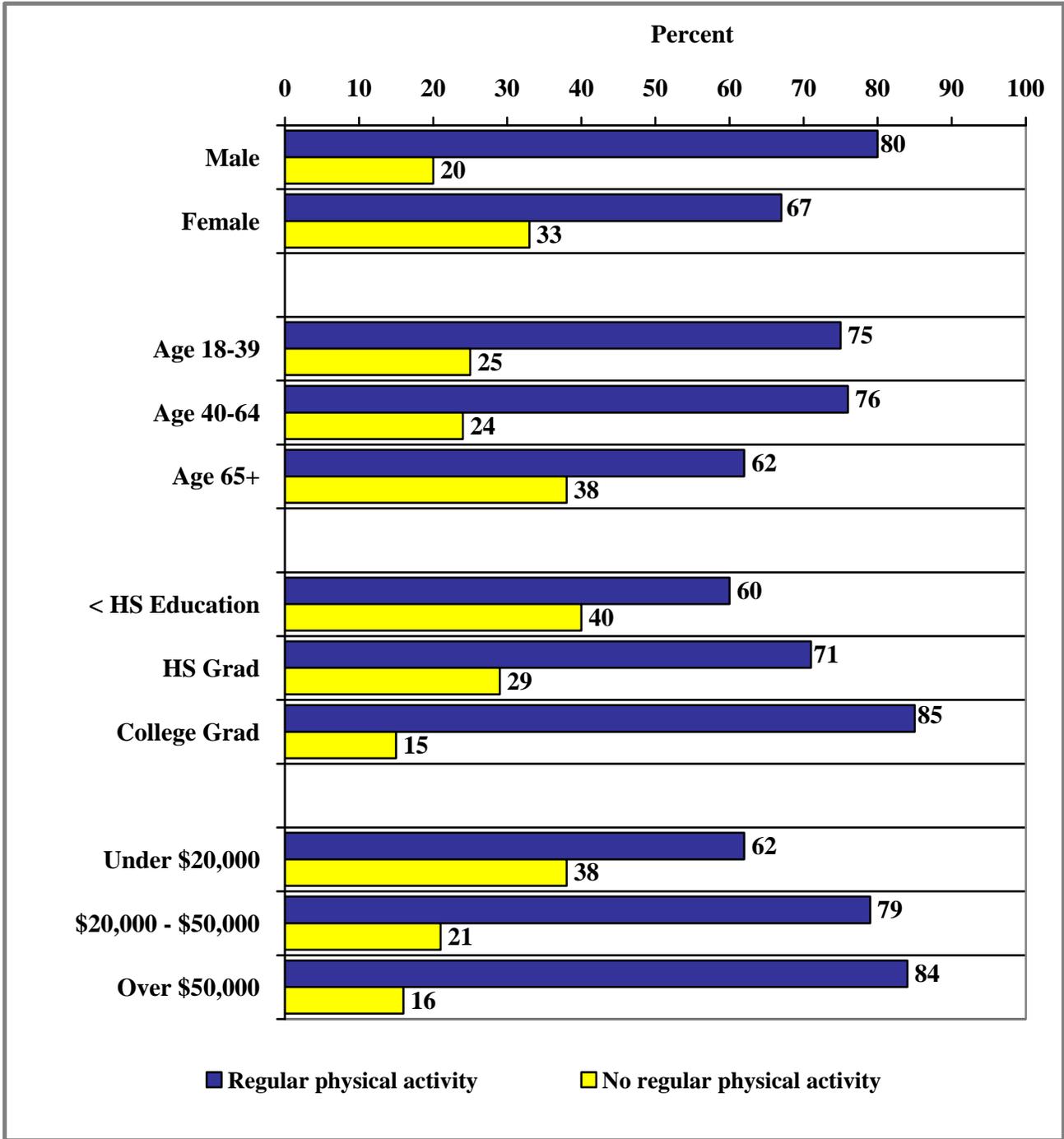
Figure 1: Regular physical activity (overall)



Physical Activity (continued)

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

Figure 2: Physical activity (by selected characteristics)



Overweight

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



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

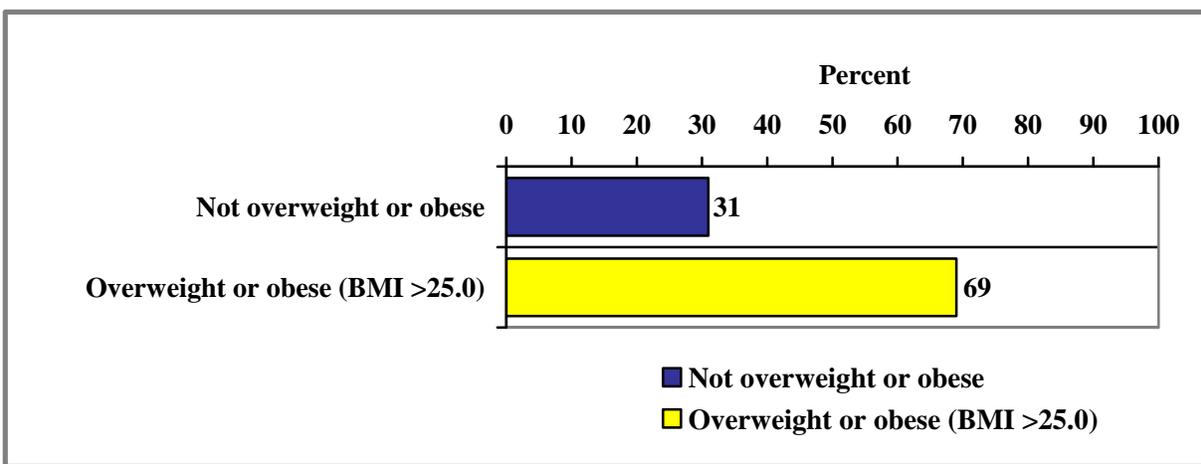
Questions: 1. How much do you weigh without shoes? 2. How tall are you without shoes?

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

Table 1: Bodyweight (overall)

Overweight or obese	Frequency (n)
Overweight or obese BMI > 25	531
Not overweight or obese BMI < 25	226

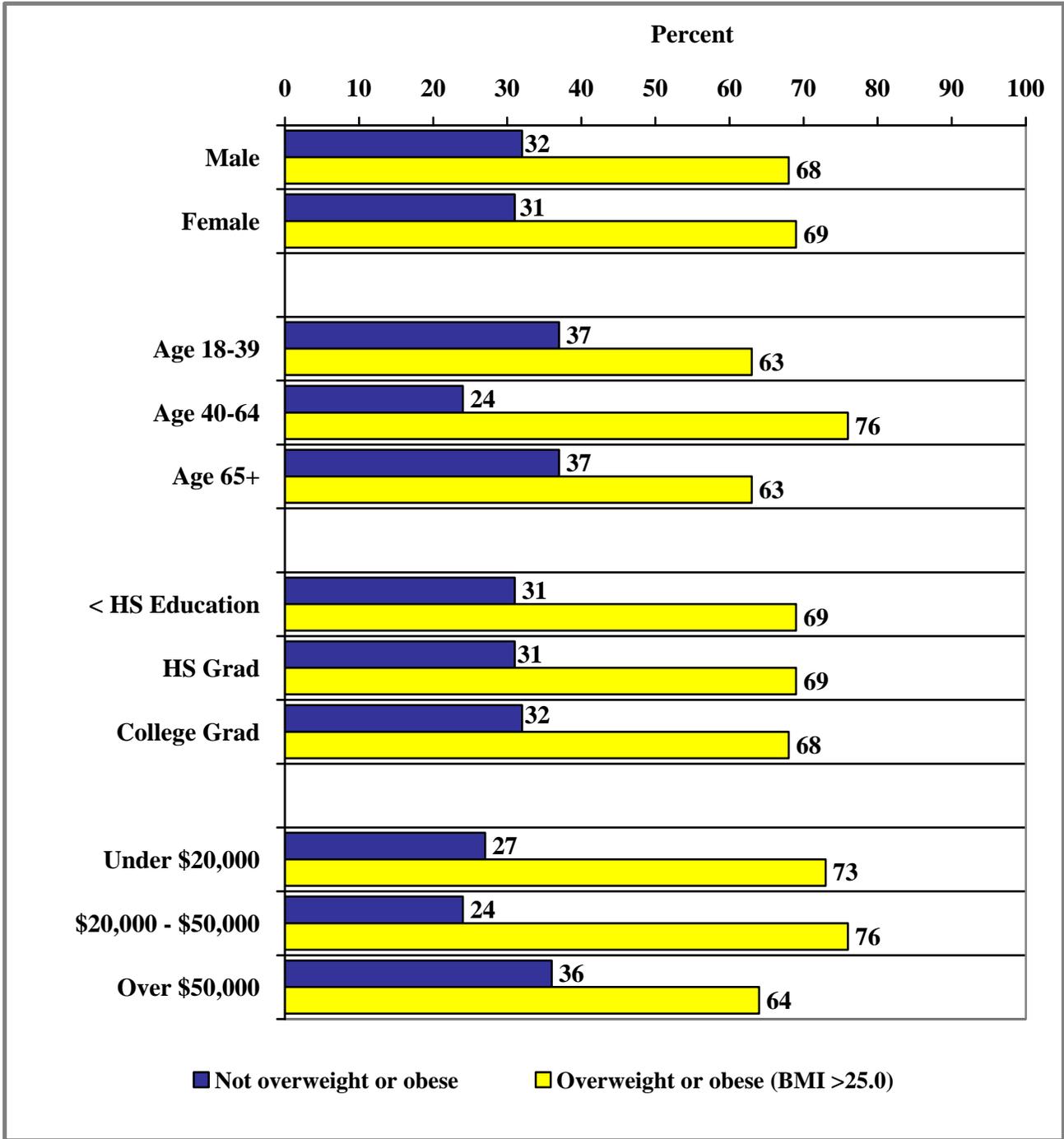
Figure 2: Bodyweight (overall)



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?

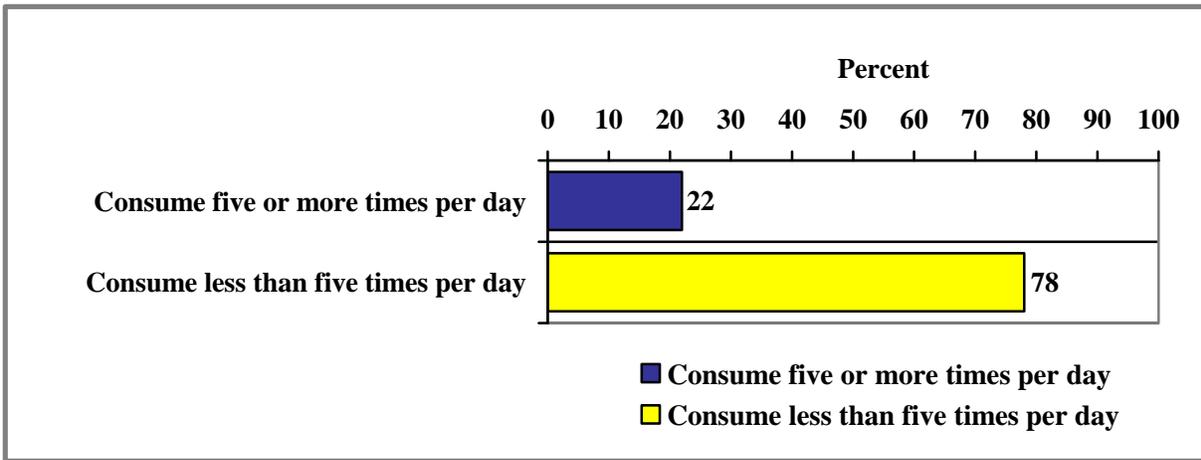
At risk: Those who answered “less than 5 times per day” are considered at risk.



Table 1: Consumption of fruits and vegetables (overall)

Fruits and vegetables	Frequency (n)
Consume less than 5 times per day	599
Consume 5 or more times per day	176

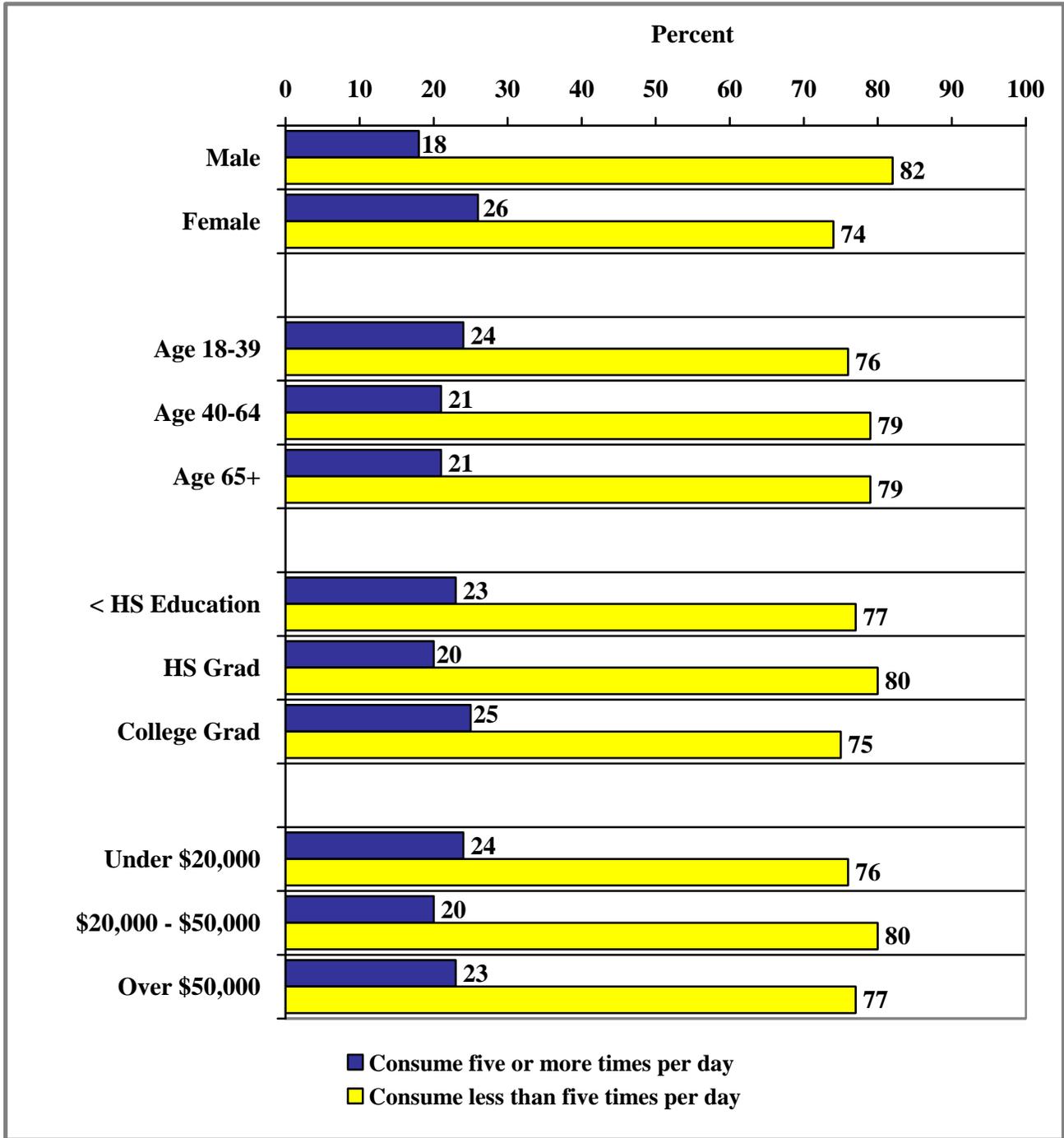
Figure 1: Consumption of fruits and vegetables (overall)



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

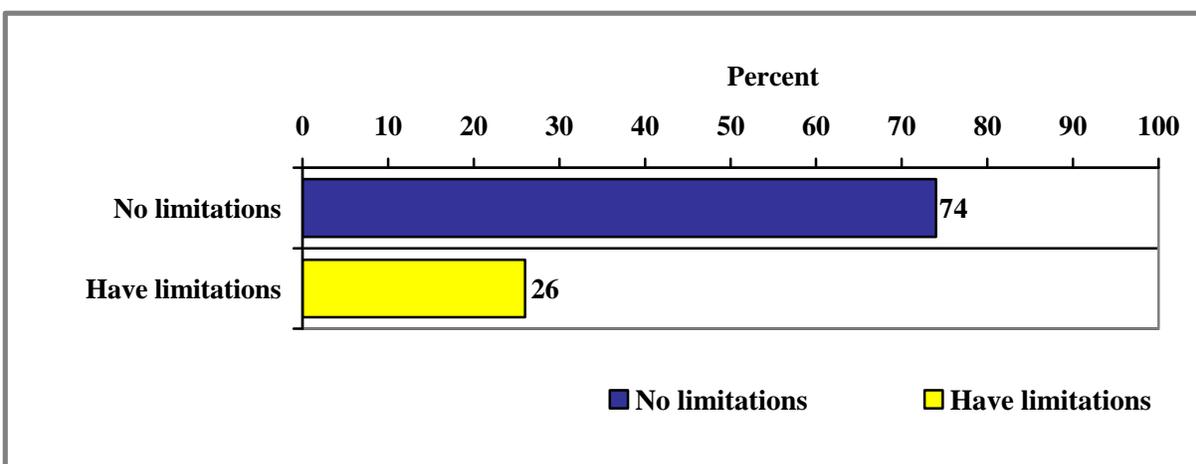
Question: Are you limited in any way in any activities because of physical, mental, or emotional problems?

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	233
No limitations	536

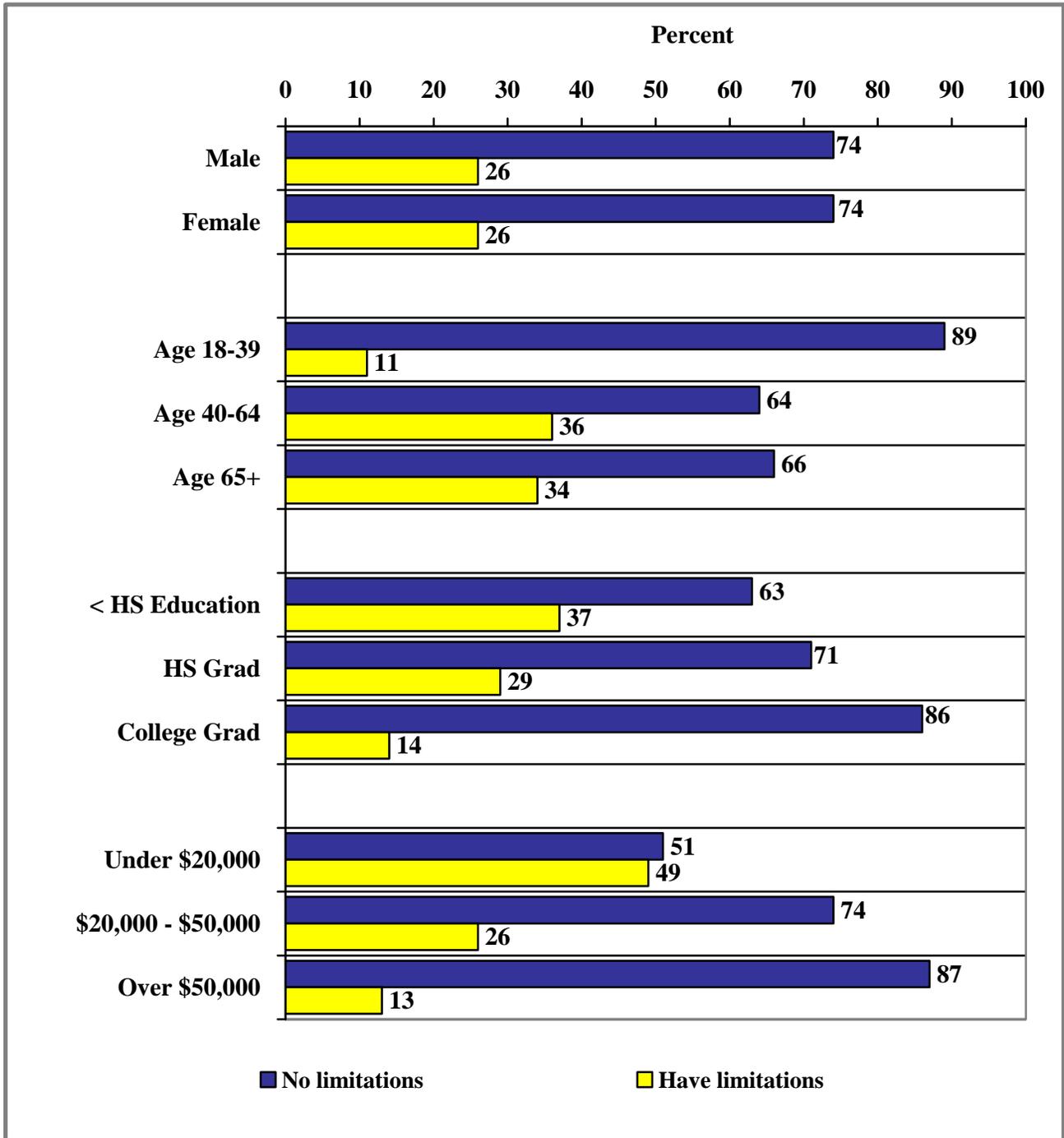
Figure 1: Limitations due to physical, mental or emotional problems (overall)



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

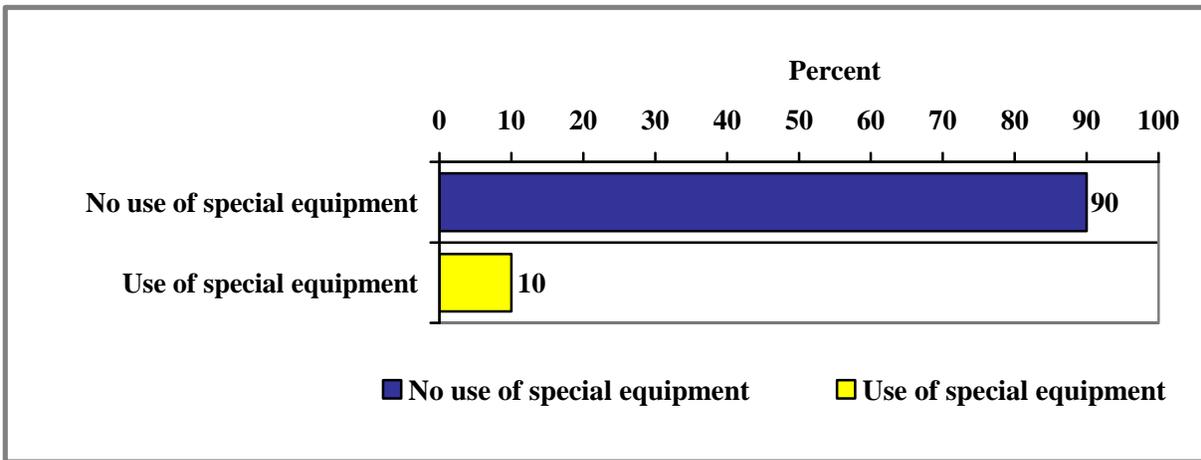
Question: Do you have any health problem that requires you to use special equipment, such as a cane, wheelchair, or special telephone?

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	109
No use of special equipment	662

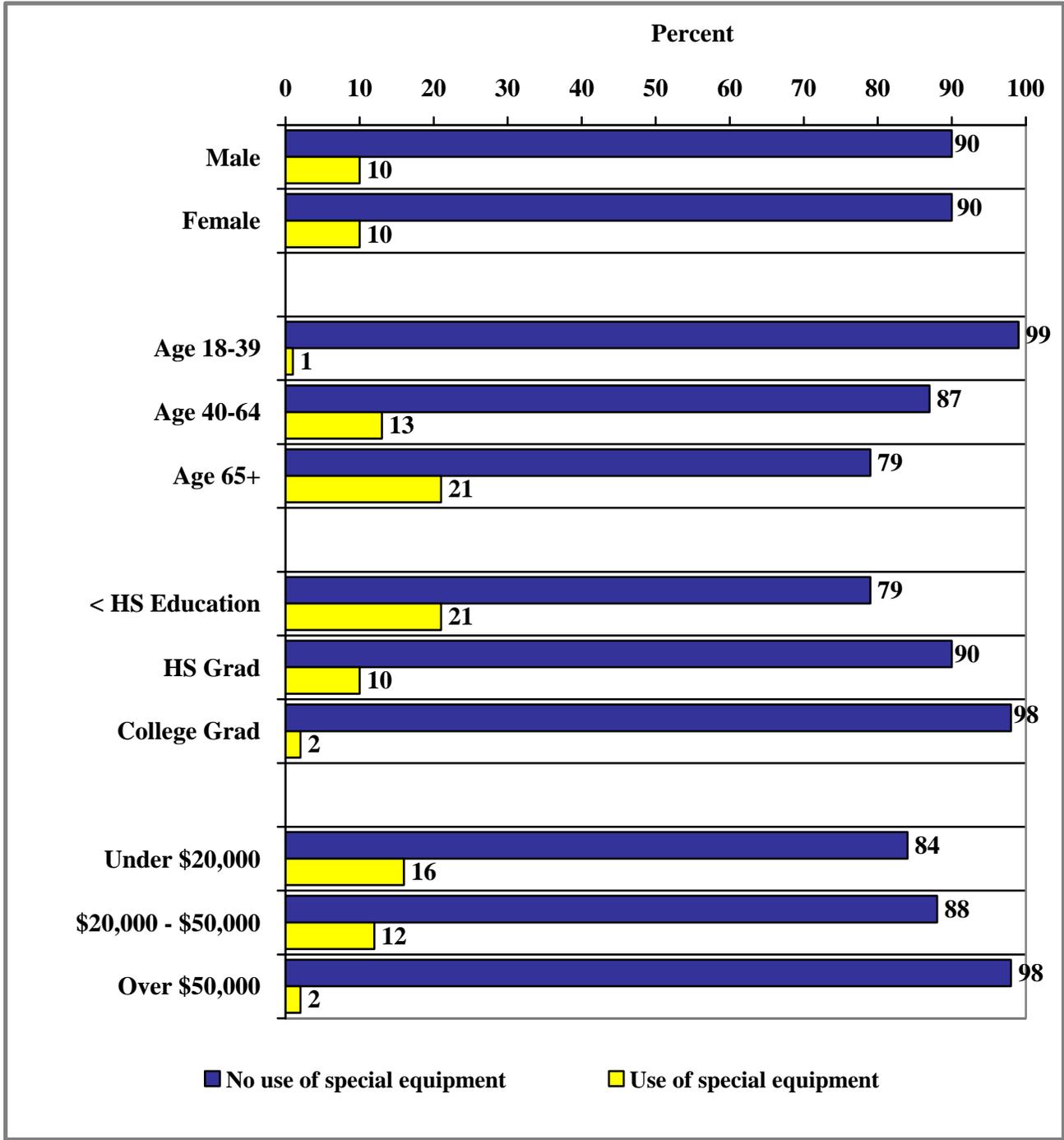
Figure 3: Use of special equipment (overall)



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

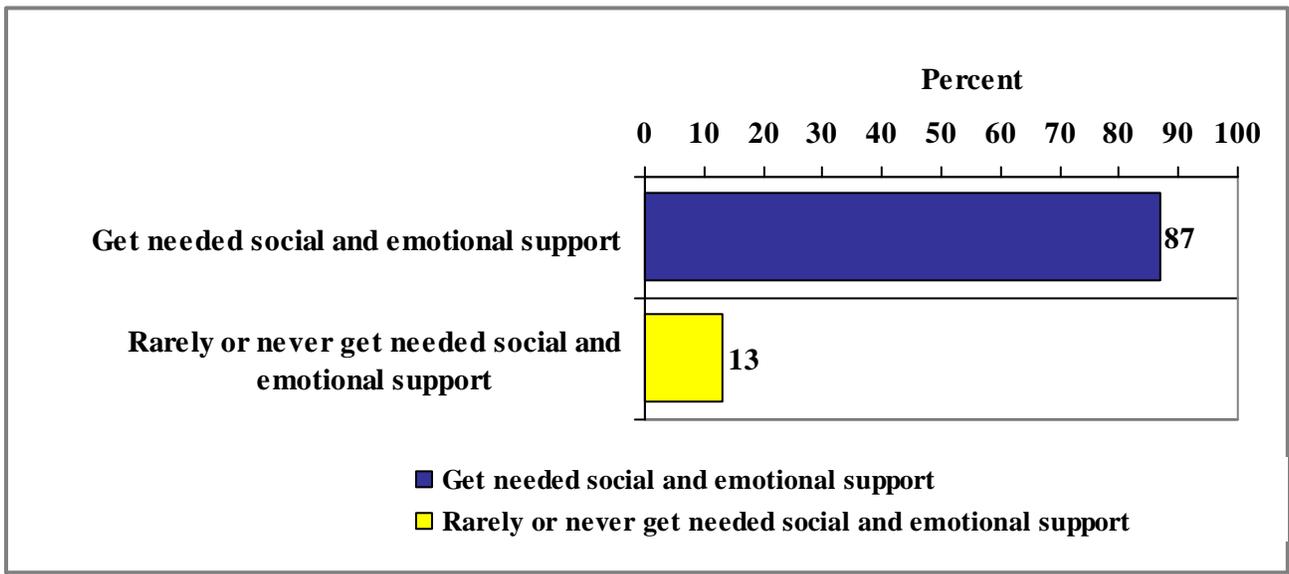
Question: How often do you get the social and emotional support that you need?

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

Table 3: Social and emotional support (overall)

Rarely or never get needed social/emotional support	100
Get needed social/emotional support	658

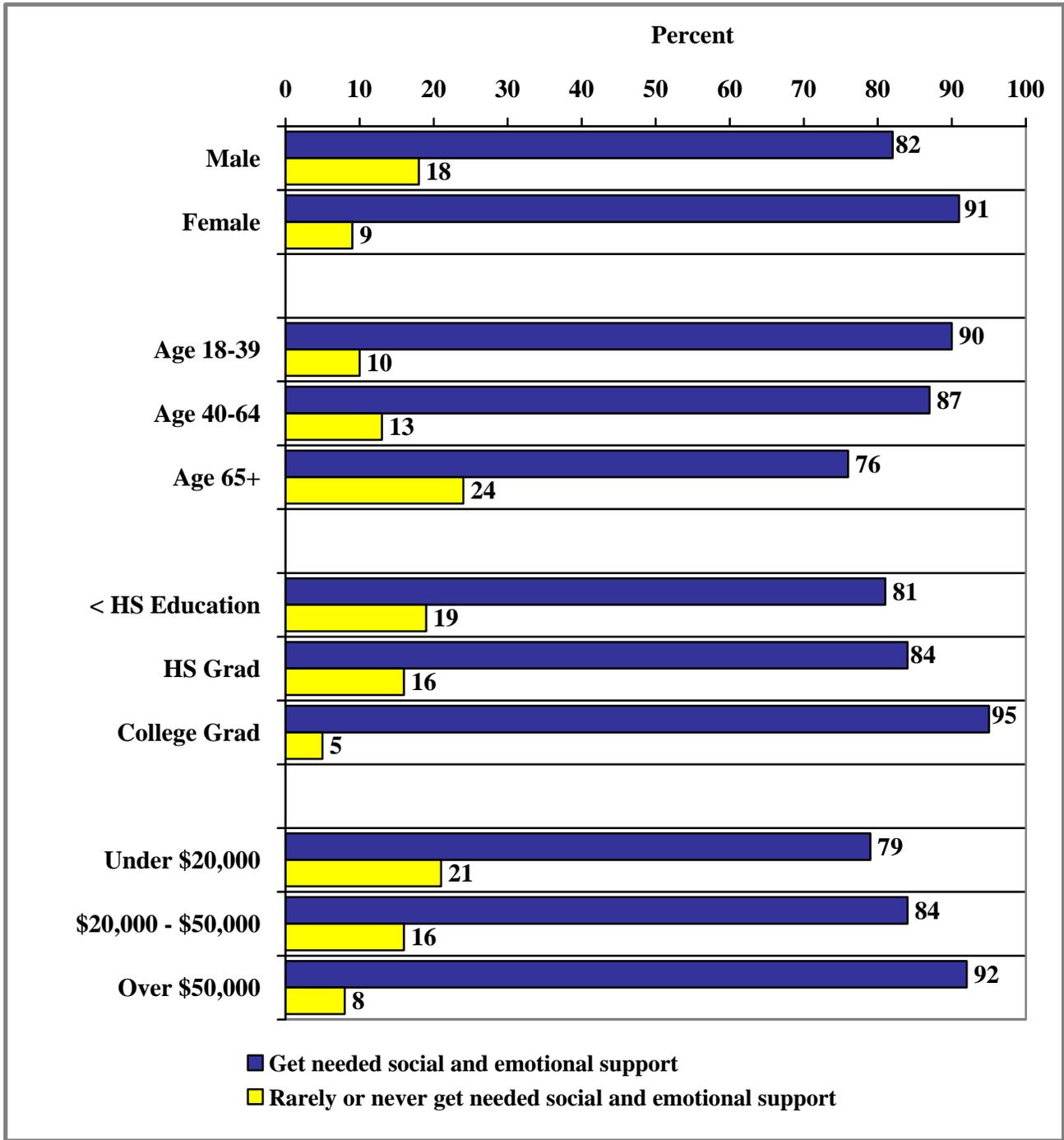
Figure 5: Social and emotional support (overall)



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

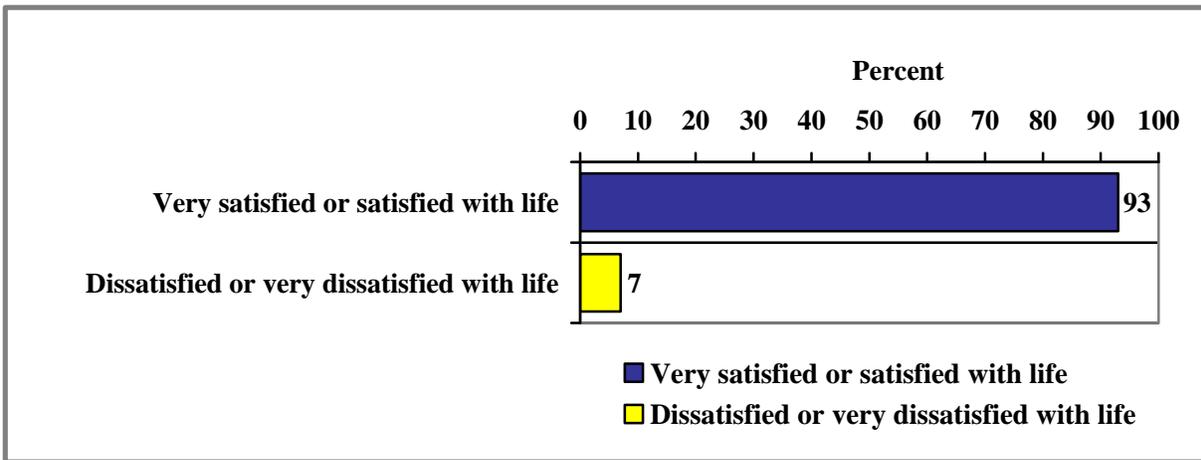
Question: In general, how satisfied are you with life?

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	716

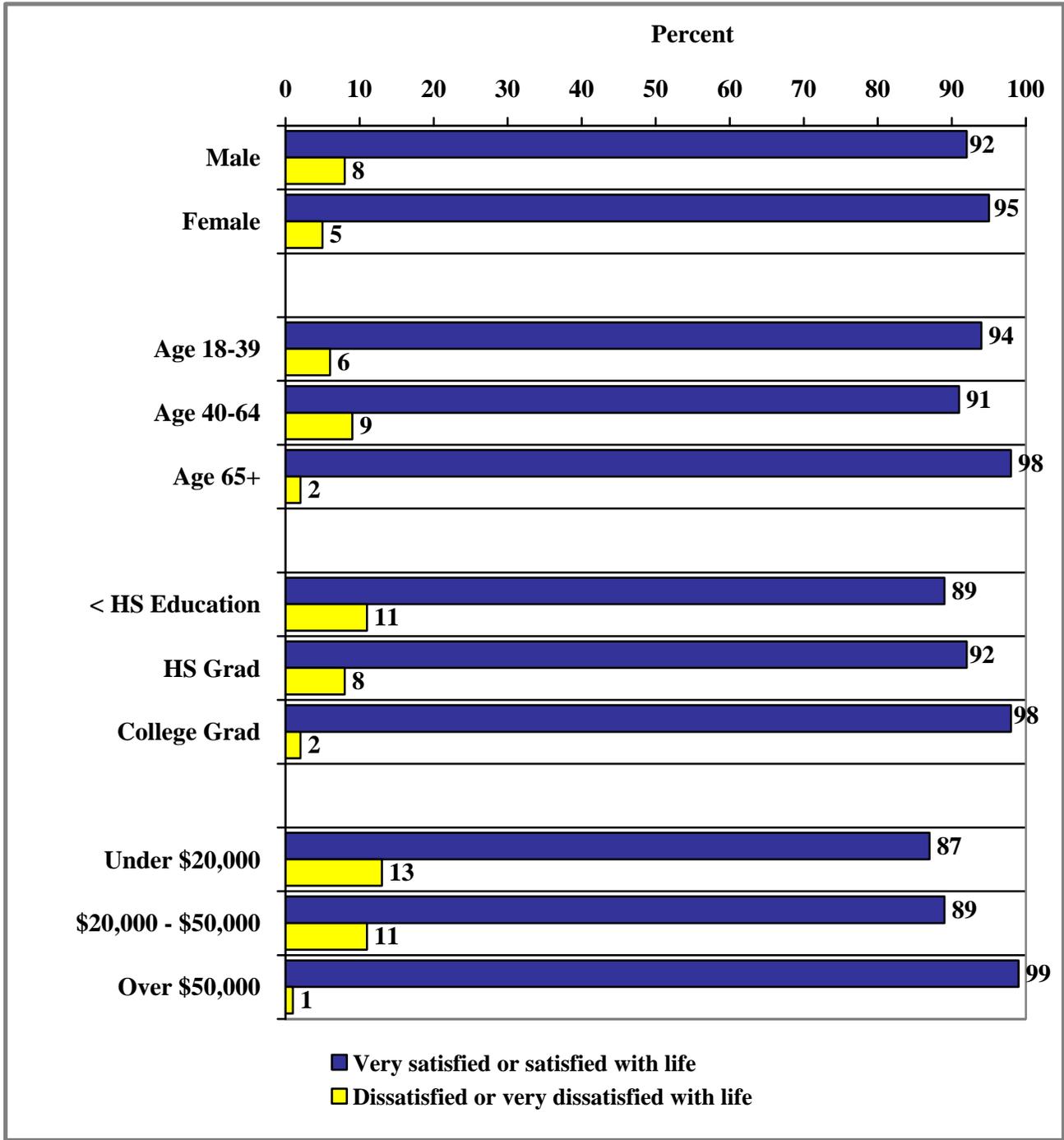
Figure 7: Satisfaction with life (overall)



Disability (continued)

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

Figure 8: Satisfaction with life (by selected characteristics)



Alcohol Consumption

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

Any Alcoholic Drink

Risk Factor Definition: Had one drink of alcohol

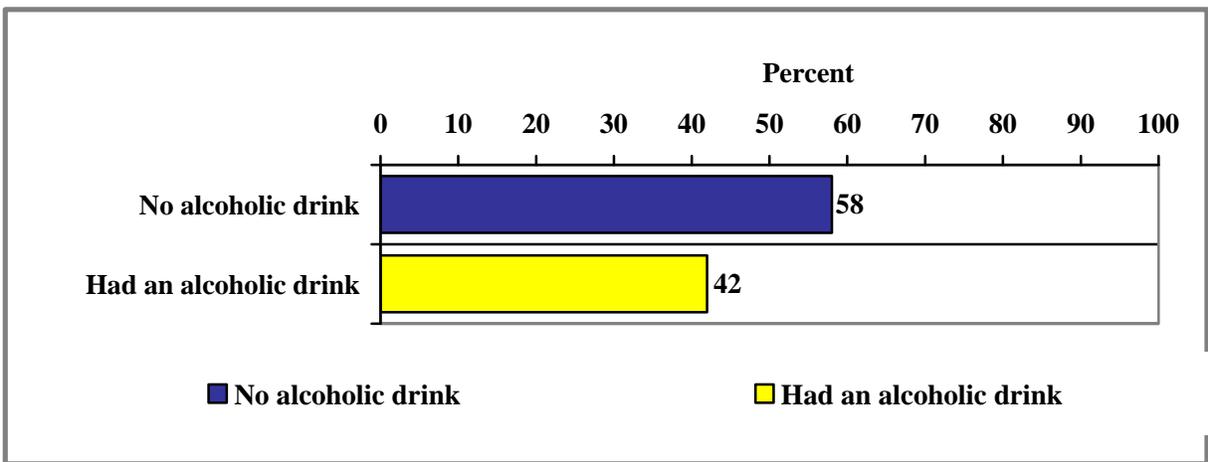
Question: During the thirty days preceding the survey, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

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

Table 1: Any alcoholic drink (overall)

Any alcoholic drink	Frequency (n)
Had an alcoholic drink	282
No alcoholic drink	525

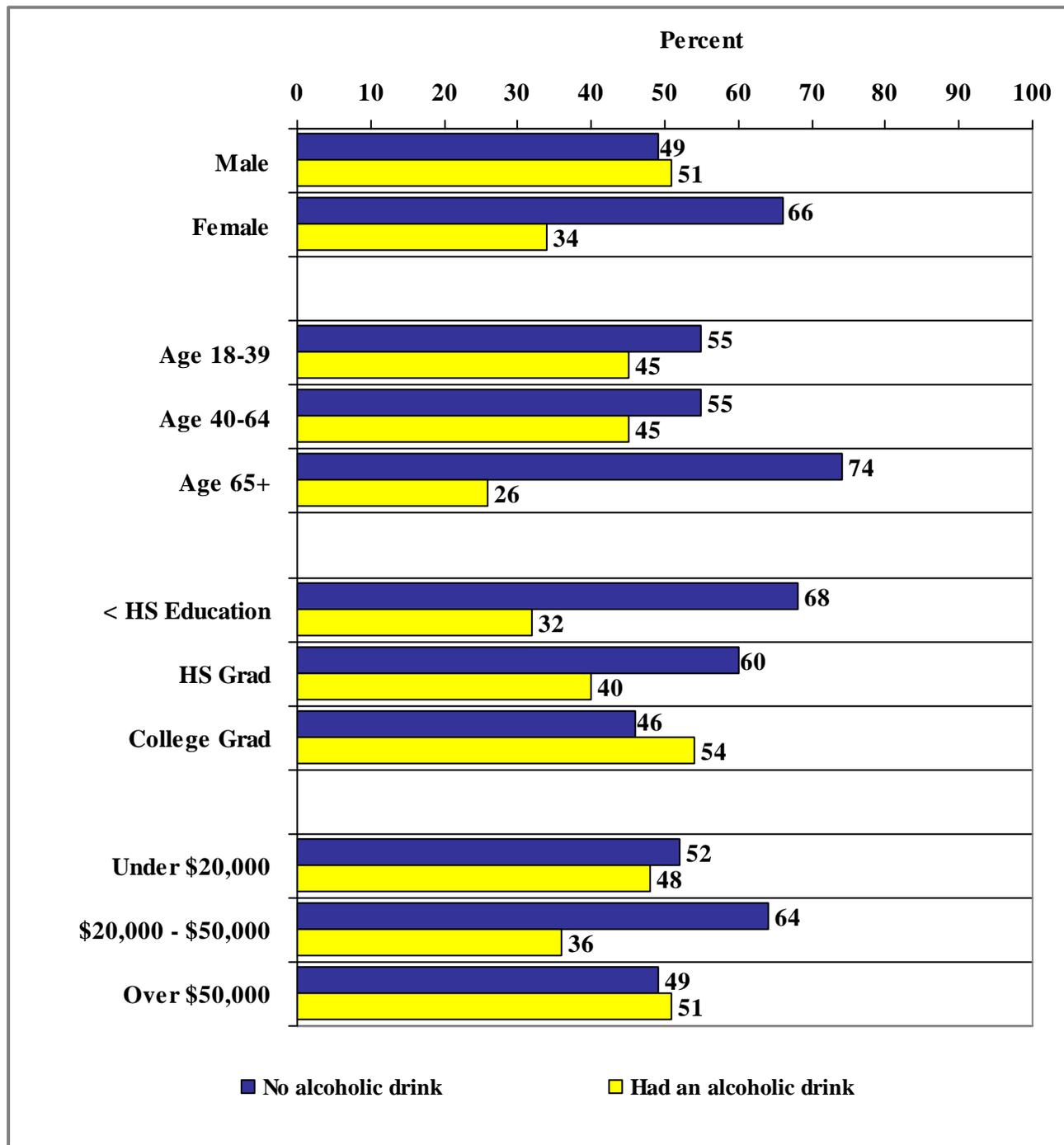
Figure 1: Any alcoholic drink (overall)



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

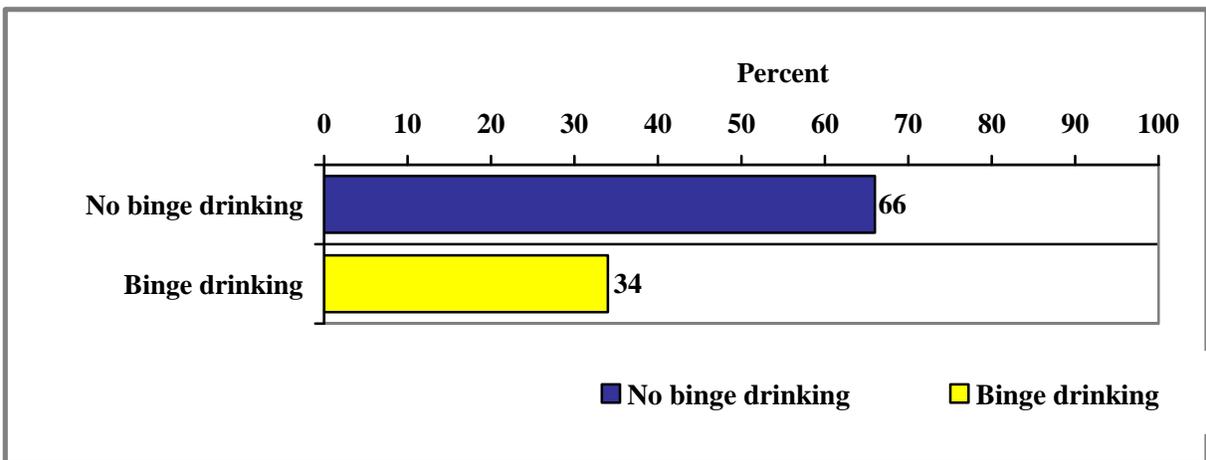
Question: Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks on one occasion?

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 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	70
No binge drinking	204

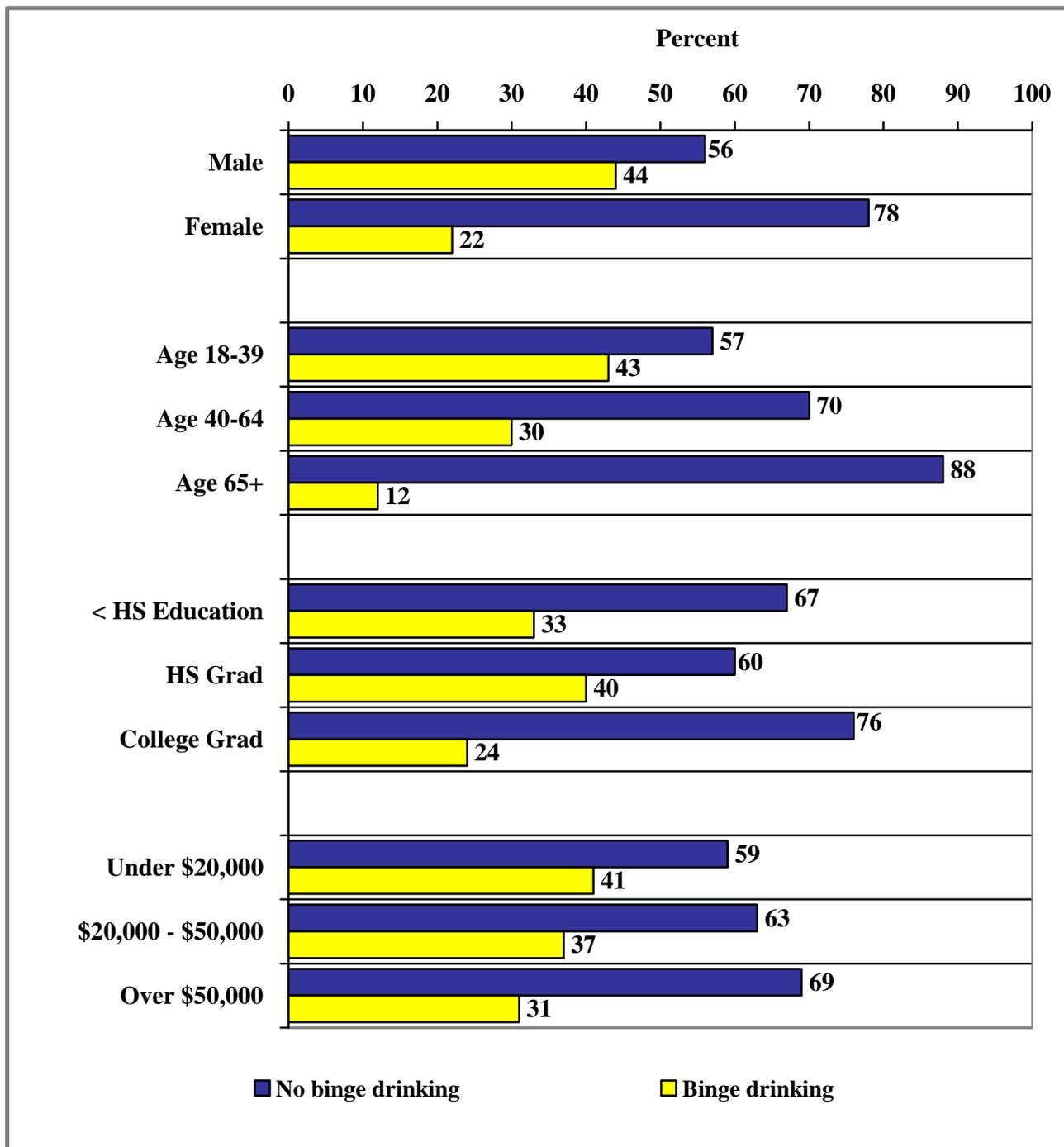
Figure 3: Binge drinking (overall)



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 Crittenden County Adult Health Survey. Cigarette smoking is the single most preventable cause of disease and death. Smoking is a major risk factor for heart disease, stroke, lung cancer, and chronic lung disease.

Cigarette Use

Risk Factor Definition: Ever smoked cigarettes

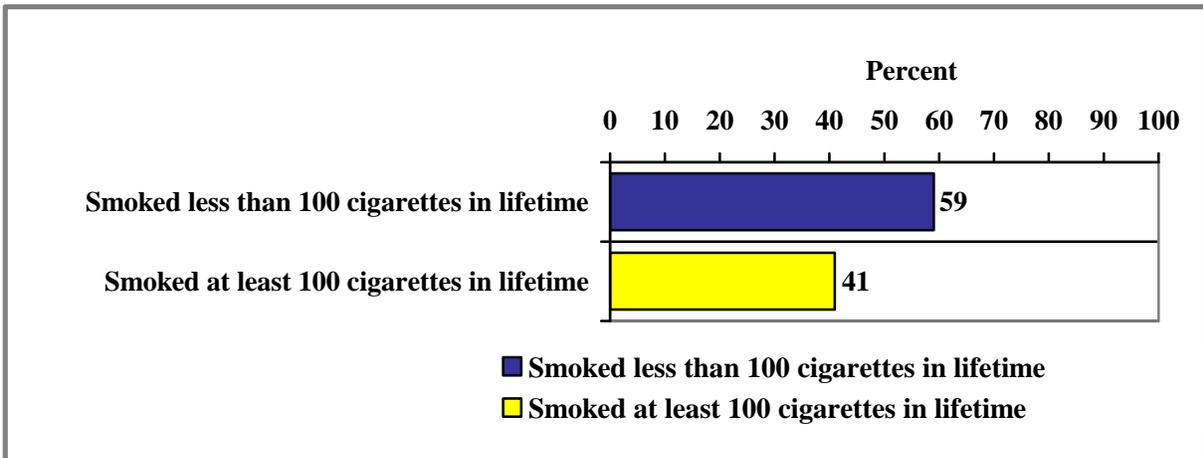
Question: Have you smoked at least 100 cigarettes in your entire lifetime?

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

Table 1: Cigarette use (overall)

Cigarette use	Frequency (n)
Smoked at least 100 cigarettes in lifetime	370
Smoked less than 100 cigarettes in lifetime	438

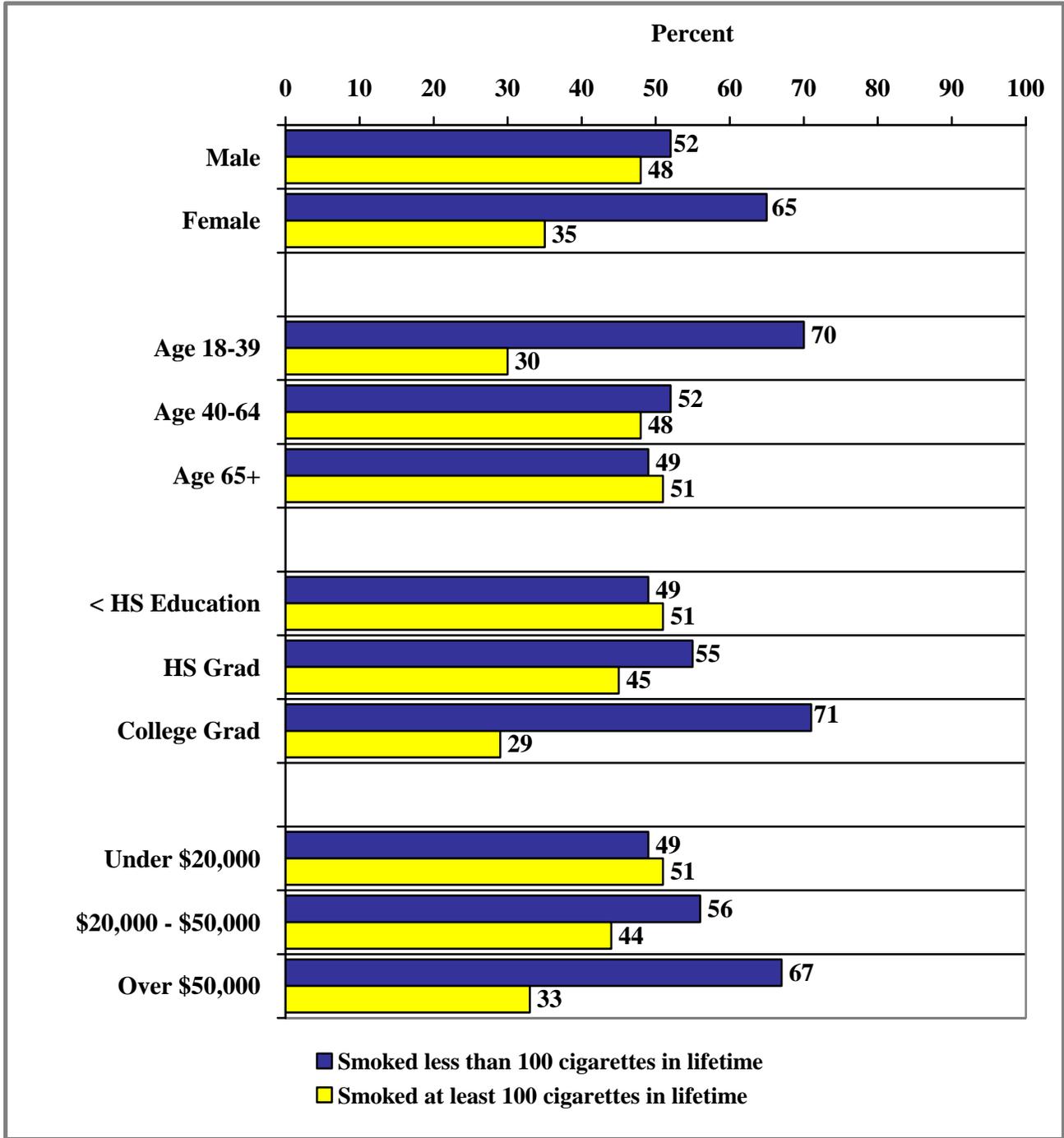
Figure 1: Cigarette use (overall)



Tobacco Use (continued)

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

Figure 2: Cigarette Use (by selected characteristics)



Tobacco Use (continued)

Current cigarette use

Risk Factor Definition: Currently smoke cigarettes

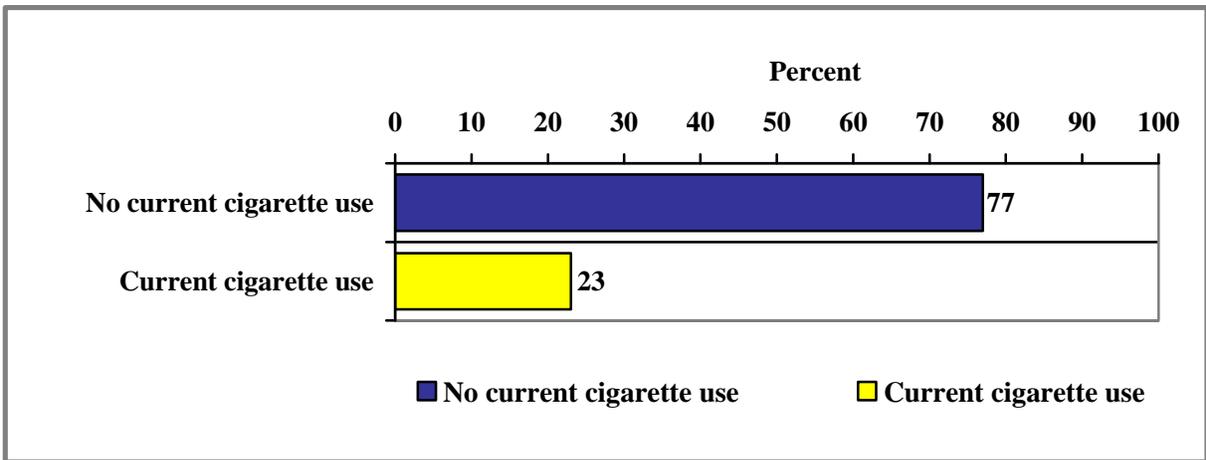
Question: Do you smoke cigarettes every day, some days, or not at all?

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

Table 2: Current cigarette use (overall)

Current smoker	Frequency (n)
Current cigarette use	164
No current cigarette use	644

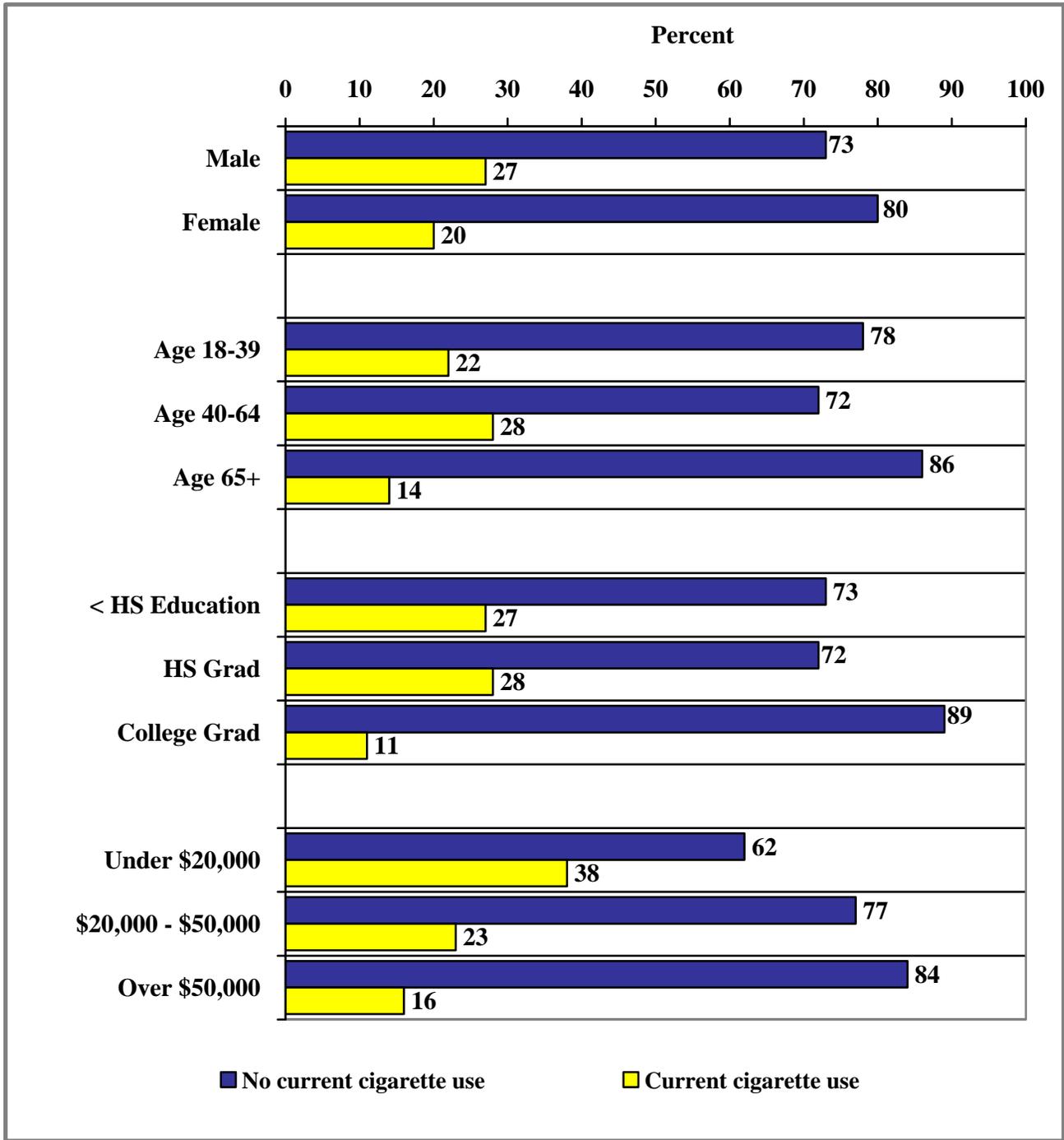
Figure 3: Current cigarette use (overall)



Tobacco Use (continued)

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

Figure 4: Current cigarette use (by selected characteristics)



Tobacco Use (continued)

Cigarette Smoking Cessation

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

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

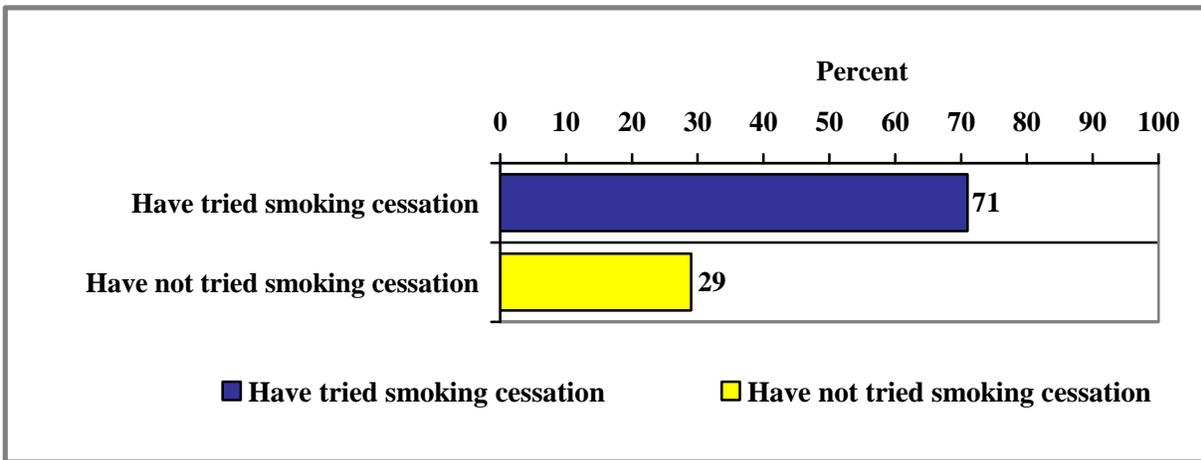
At risk: **Of those adults who reported current cigarette use**, those respondents who reported that they had made no attempt to stop smoking for one day or longer during the twelve months preceding the survey are considered at risk for continued cigarette smoking.



Table 3: Smoking cessation (overall)

Smoking cessation	Frequency (n)
Have not tried smoking cessation	53
Have tried smoking cessation	111

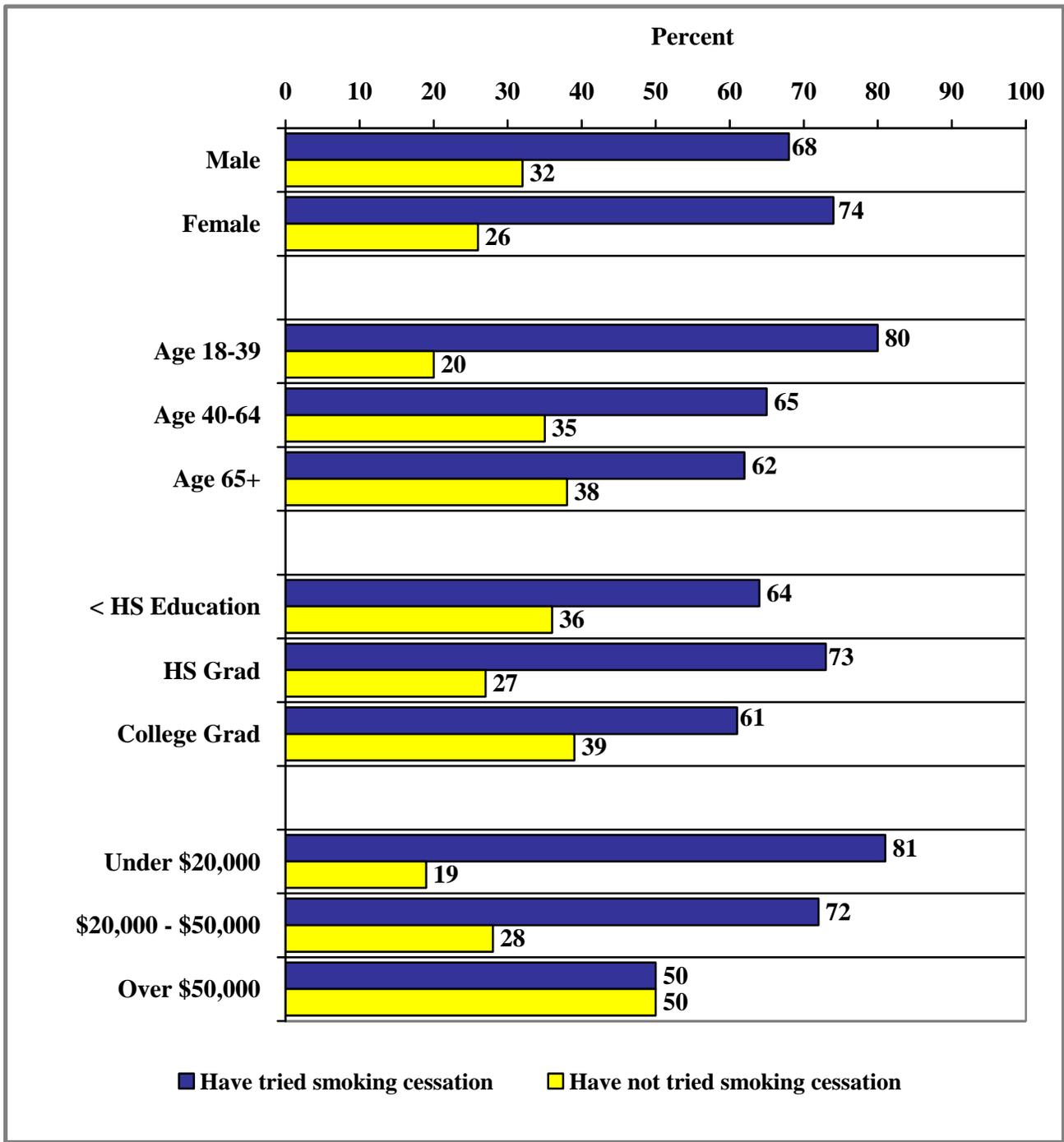
Figure 5: Smoking cessation (overall)



Tobacco Use (continued)

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

Figure 6: Smoking cessation (by selected characteristics)



Tobacco Use (continued)

Smokeless Tobacco Use

Risk Factor Definition: Ever smoked smokeless tobacco

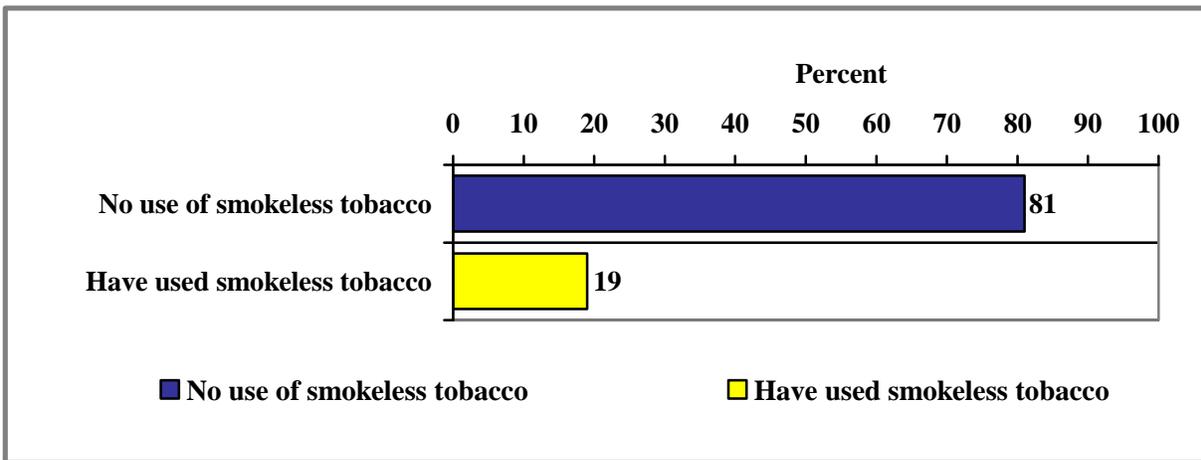
Question: Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?

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

Table 4: Smokeless tobacco use (overall)

Current use of smokeless tobacco	Frequency (n)
Current use of smokeless tobacco	26
No current use of smokeless tobacco	97

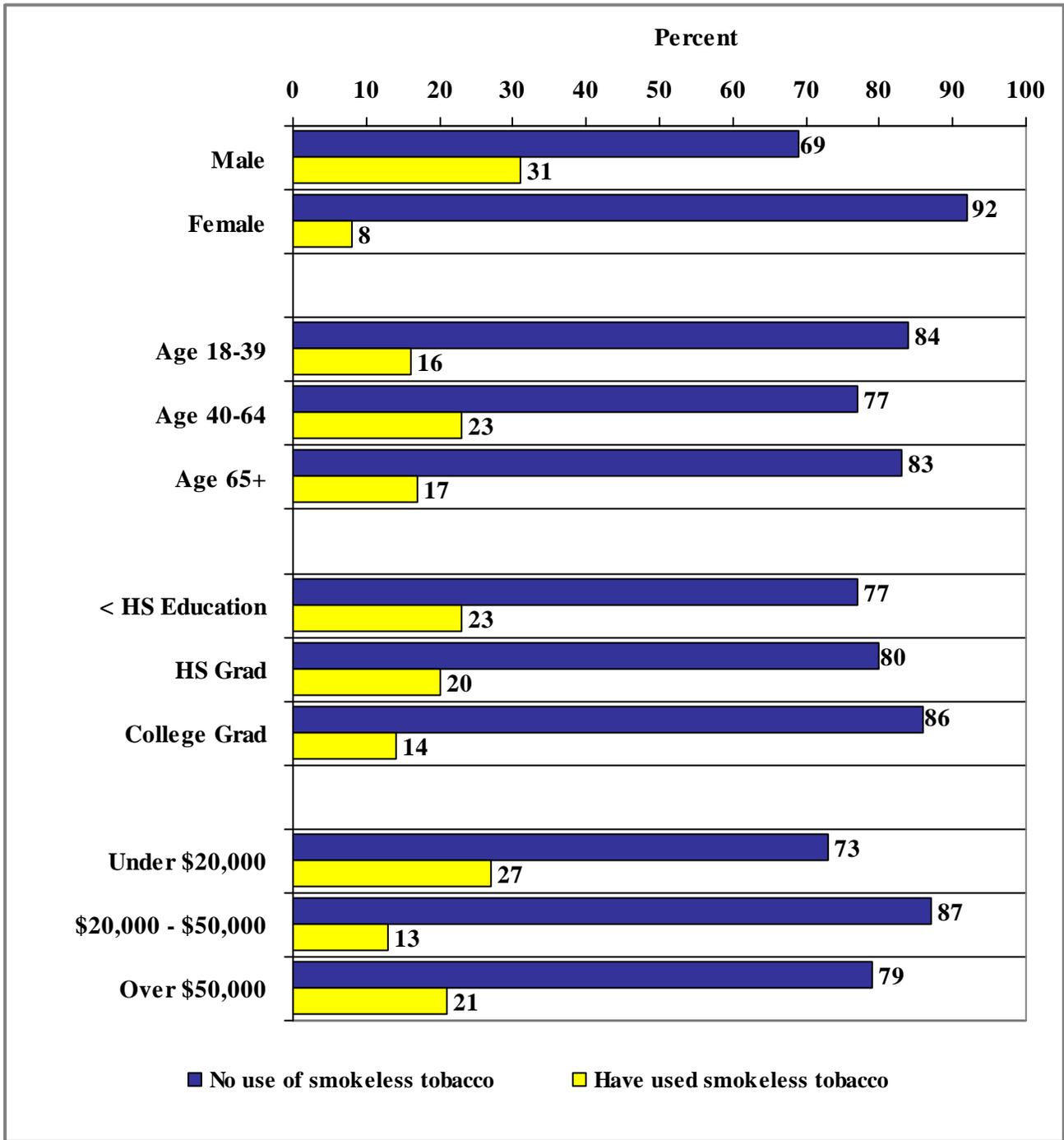
Figure 7: Smokeless tobacco use (overall)



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

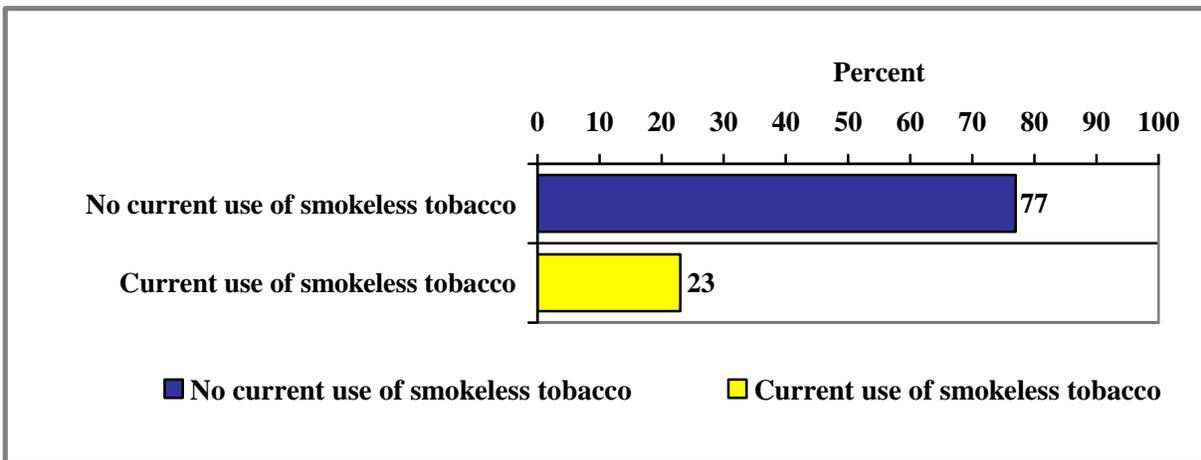
Question: Do you currently use chewing tobacco or snuff every day, some days, or not at all?

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	26
No current use of smokeless tobacco	97

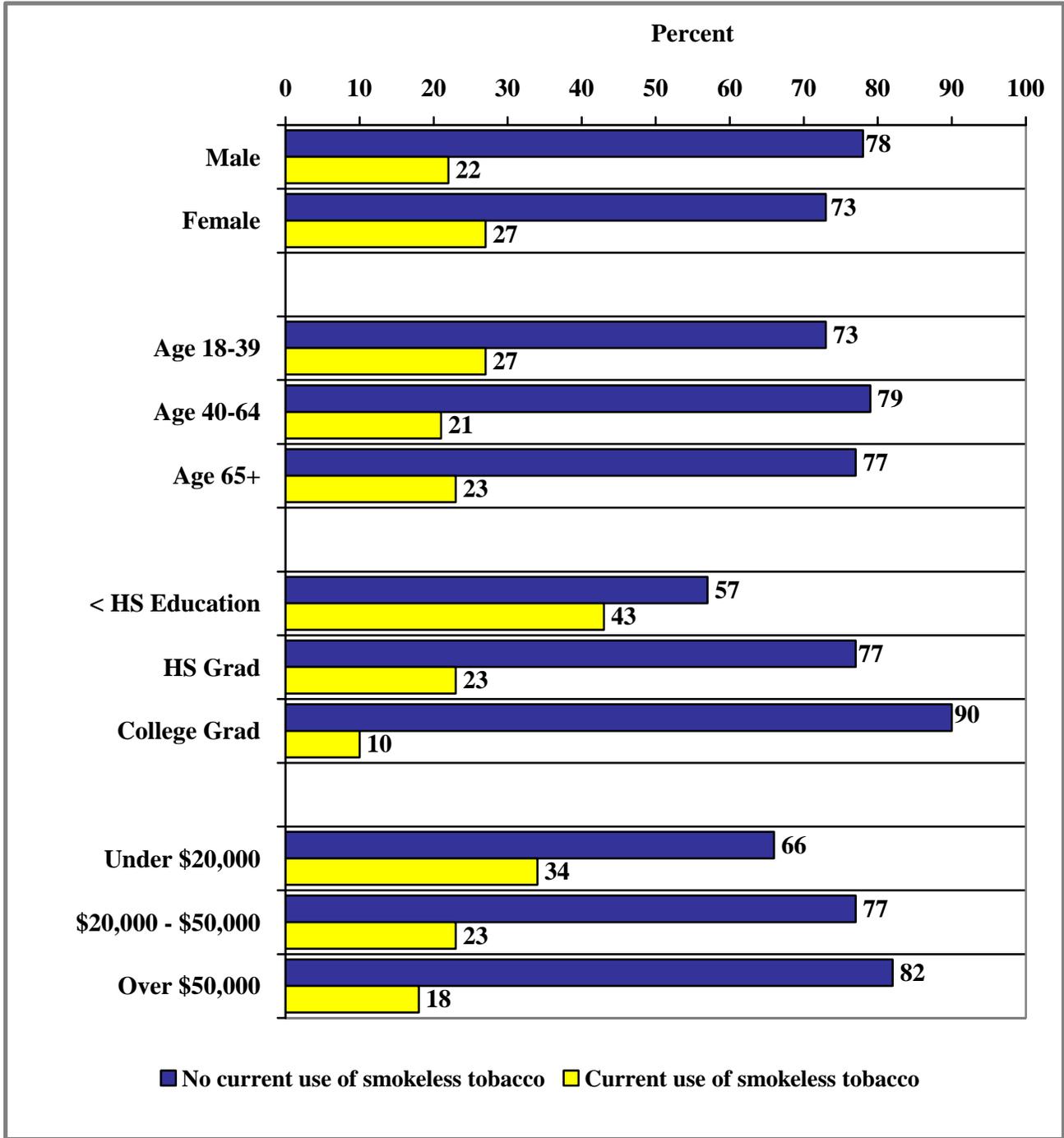
Figure 9: Current smokeless tobacco use (overall)



Tobacco Use (continued)

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

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



Tobacco Use

Cigar Smoking

Risk Factor Definition: Ever smoked a cigar

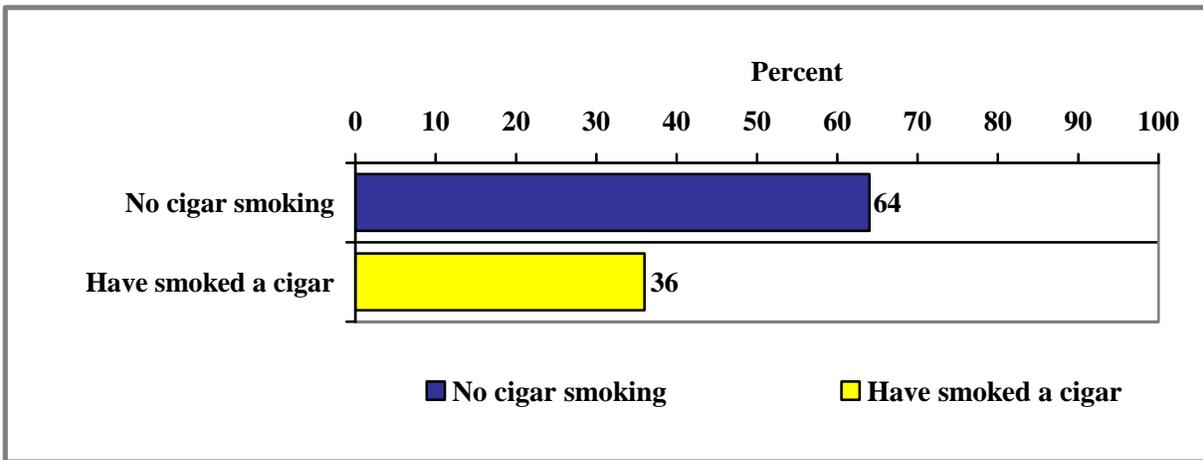
Question: Have you ever smoked a cigar, even one or two puffs?

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

Table 6: Cigar smoking (overall)

Cigar smoking	Frequency (n)
Have smoked cigar	226
No cigar smoking	529

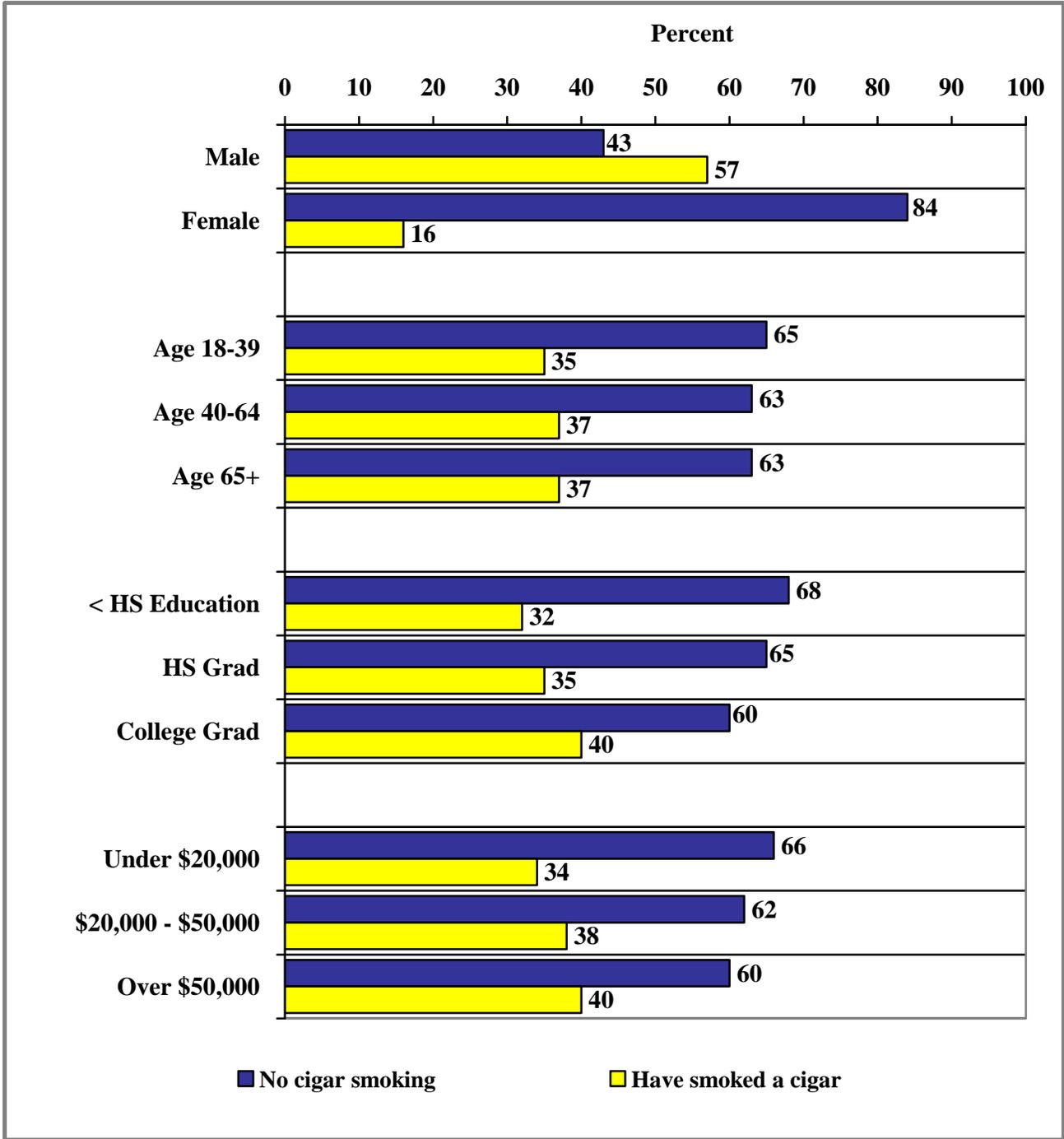
Figure 11: Cigar smoking (overall)



Tobacco Use (continued)

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

Figure 12: Cigar smoking (by selected characteristics)



Tobacco Use

Current Cigar Smoking

Risk Factor Definition: Current cigar smoking

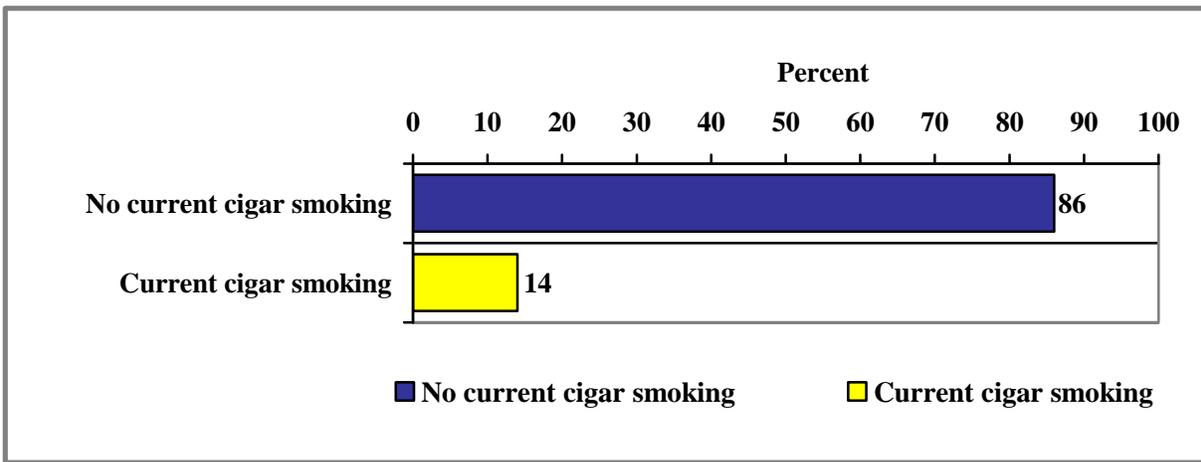
Question: Do you smoke cigars every day, some days, or not at all?

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

Table 7: Current cigar smoking (overall)

Current cigar smoking	Frequency (n)
Current cigar smoking	23
No current cigar smoking	203

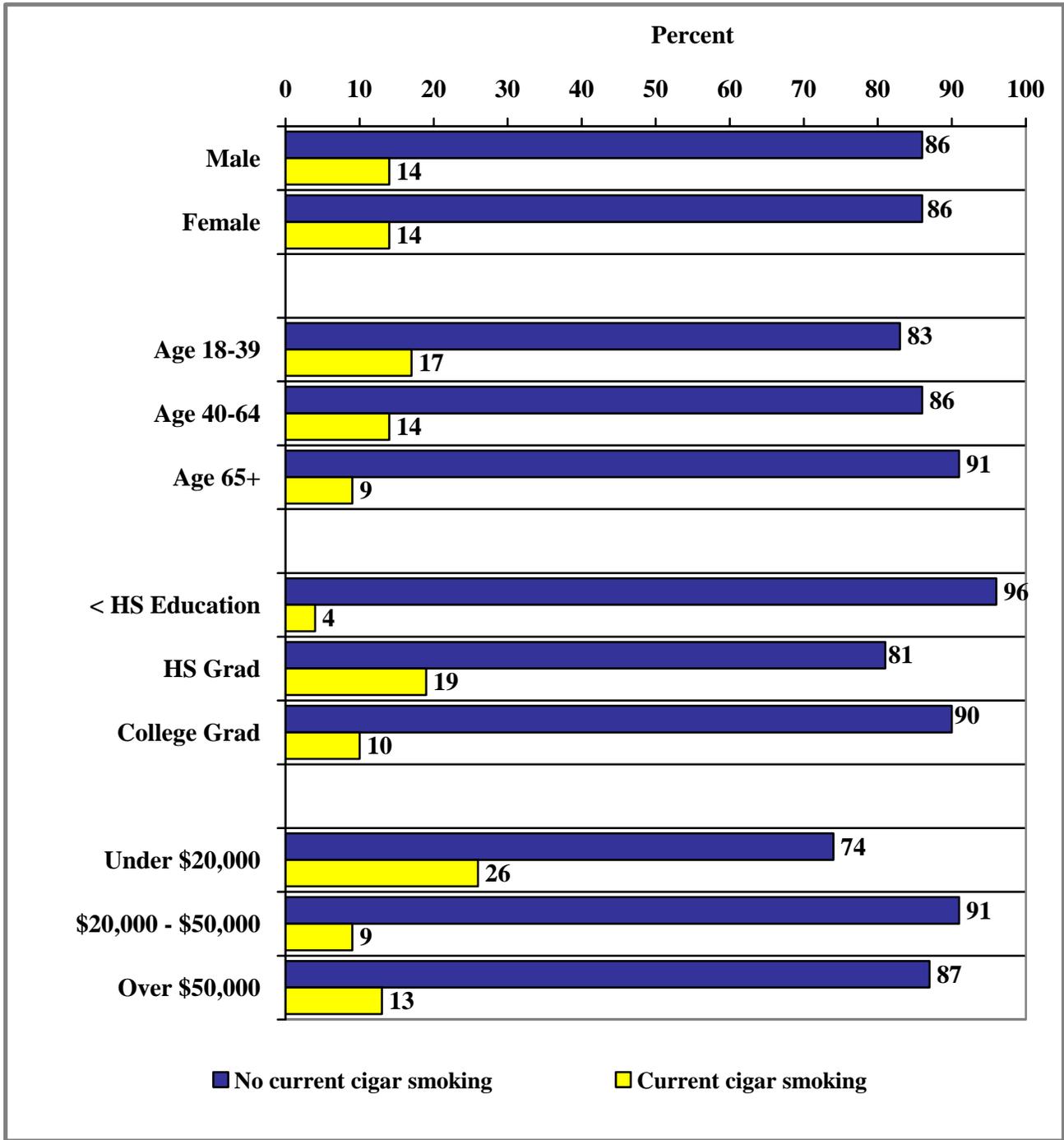
Figure 13: Current cigar smoking (overall)



Tobacco Use (continued)

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

Figure 14: Current cigar smoking (by selected characteristics)



Tobacco Use

Pipe Smoking

Risk Factor Definition: Ever smoked a pipe

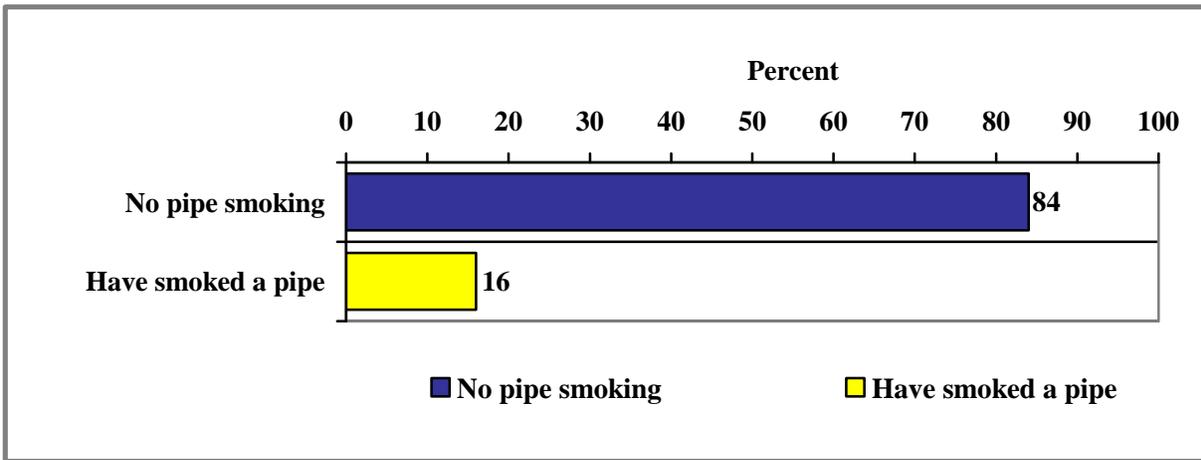
Question: Have you ever smoked tobacco in a pipe, even one or two puffs?

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

Table 8: Pipe smoking (overall)

Pipe smoking	Frequency (n)
Have smoked a pipe	127
No pipe smoking	628

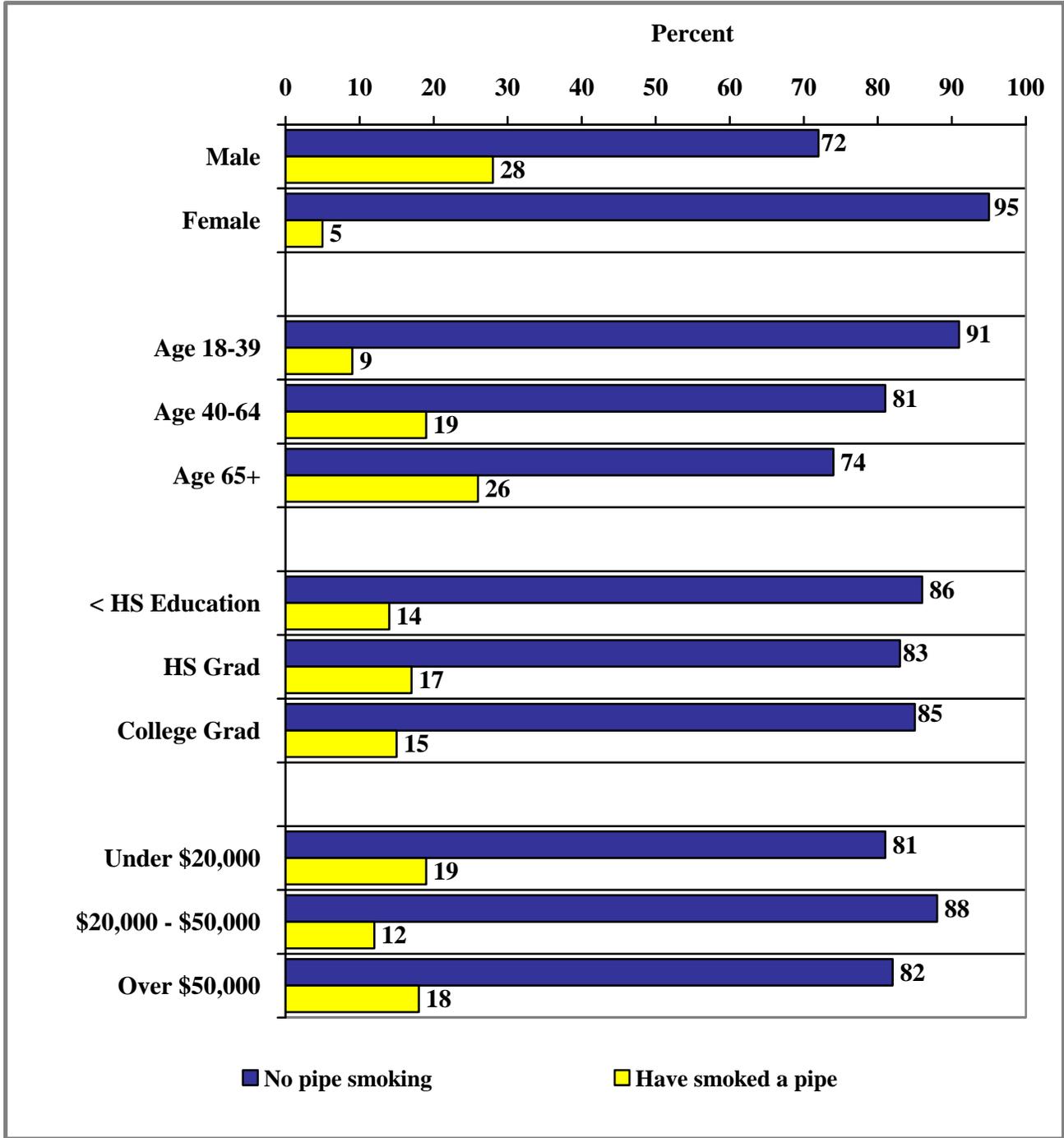
Figure 15: Pipe smoking (overall)



Tobacco Use (continued)

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

Figure 16: Pipe smoking (by selected characteristics)



Tobacco Use

Current Pipe Smoking

Risk Factor Definition: Current pipe smoking

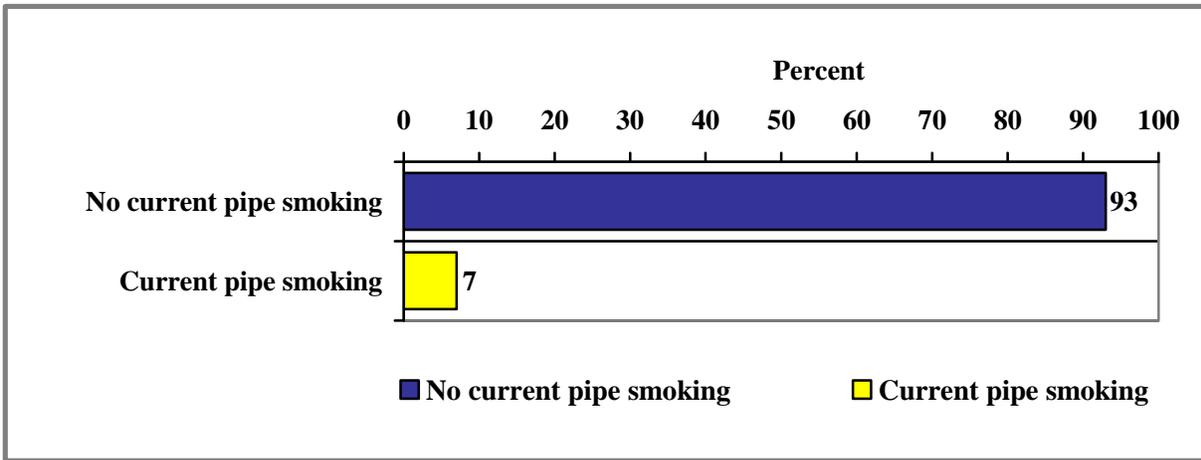
Question: Do you now smoke a pipe every day, some days, or not at all?

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

Table 9: Current pipe smoking (overall)

Current pipe smoking	Frequency (n)
Current pipe smoking	9
No current pipe smoking	118

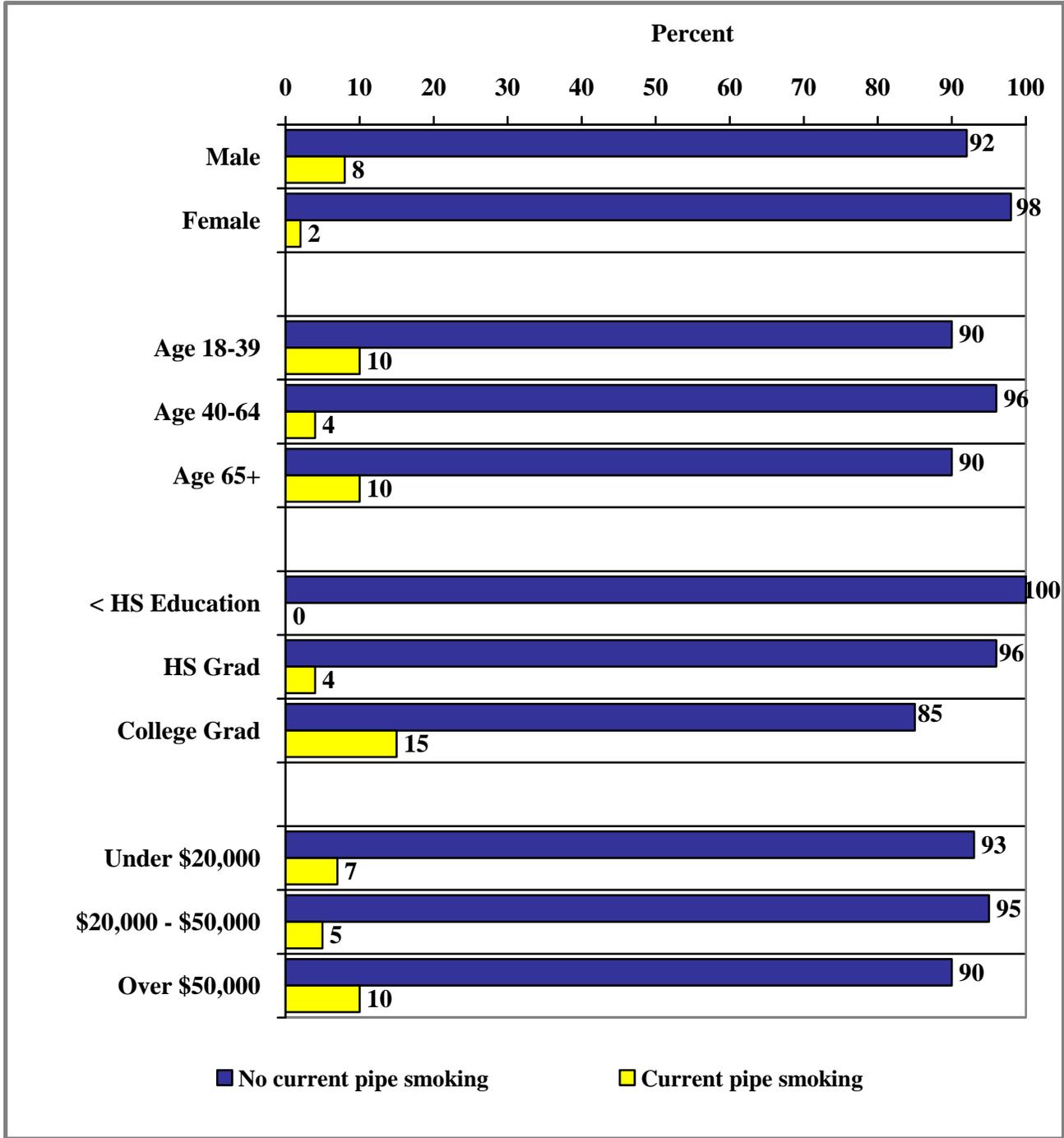
Figure 17: Current pipe smoking (overall)



Tobacco Use (continued)

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

Figure 18: Current pipe smoking (by selected characteristics)



Tobacco Use

Smoking in the Home

Risk Factor Definition: Smoking is allowed in the home

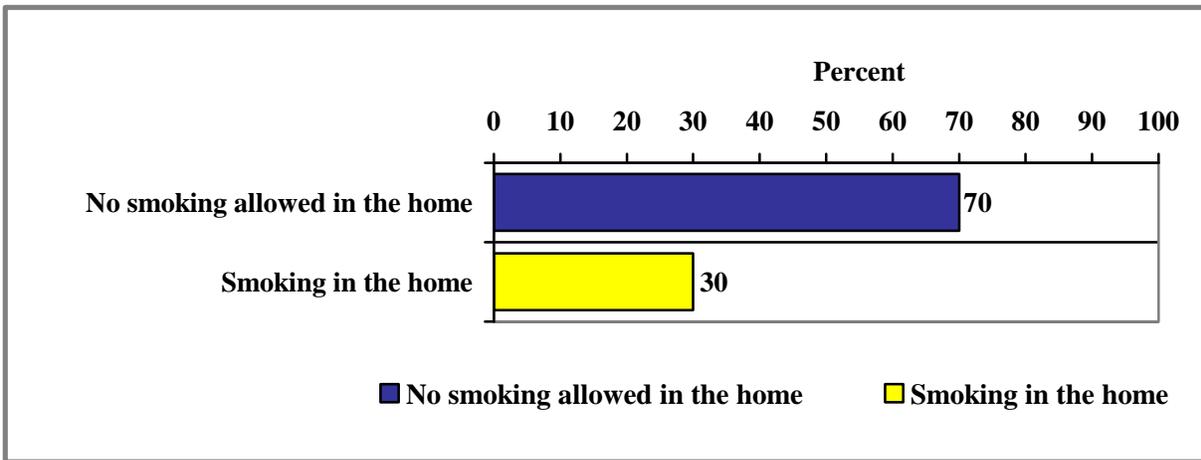
Question: Which statement best describes the rules of smoking inside your home?

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

Table 10: Smoking in the home (overall)

Smoking in the home	Frequency (n)
Smoking in the home	218
No smoking allowed in the home	537

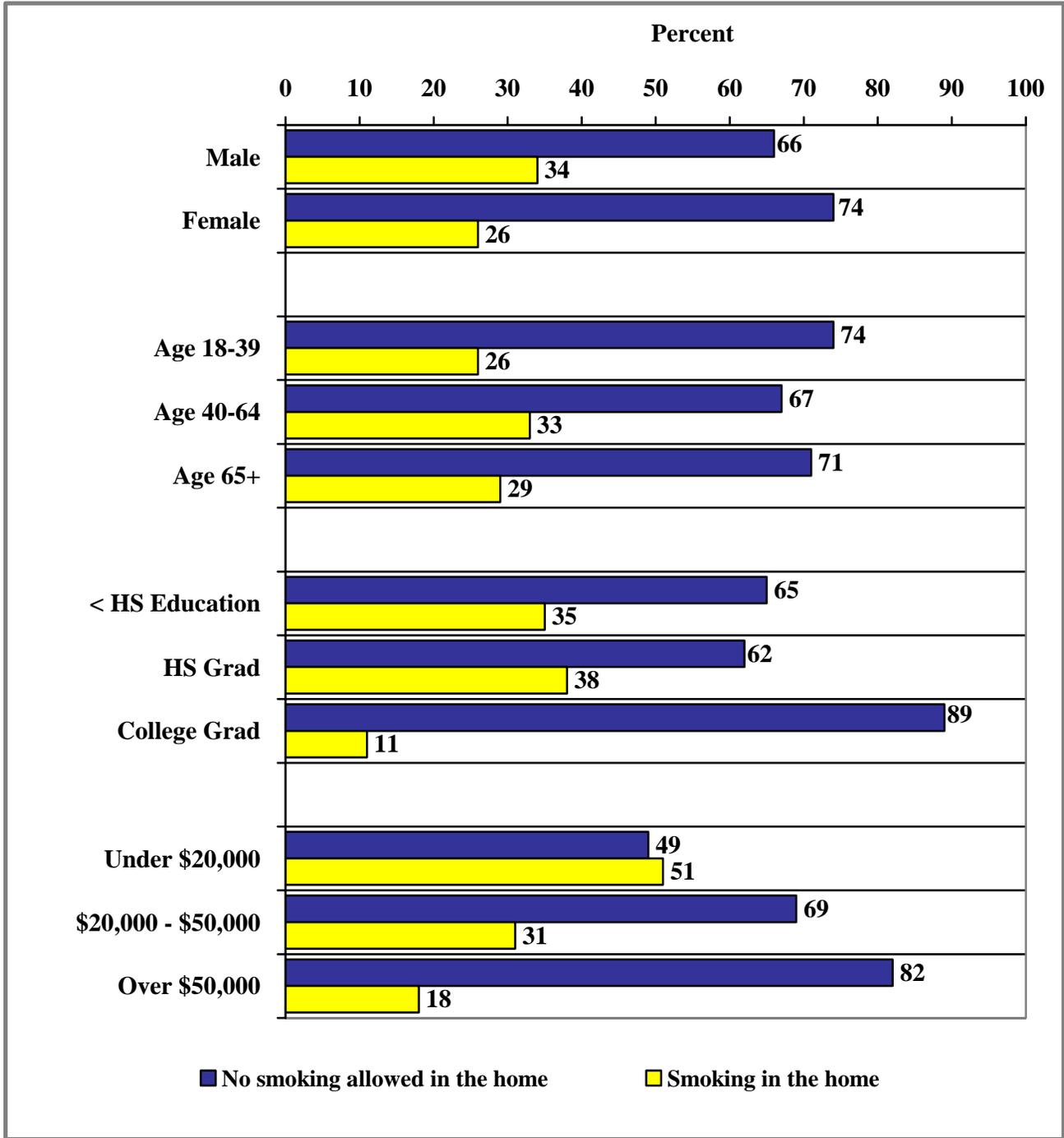
Figure 19: Smoking in the home (overall)



Tobacco Use (continued)

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

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



Women's Health and Risk Factors

Breast Cancer Screening and Knowledge

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

Advertisements for mammogram tests

Risk Factor Definition: Have not noticed mammogram advertisements

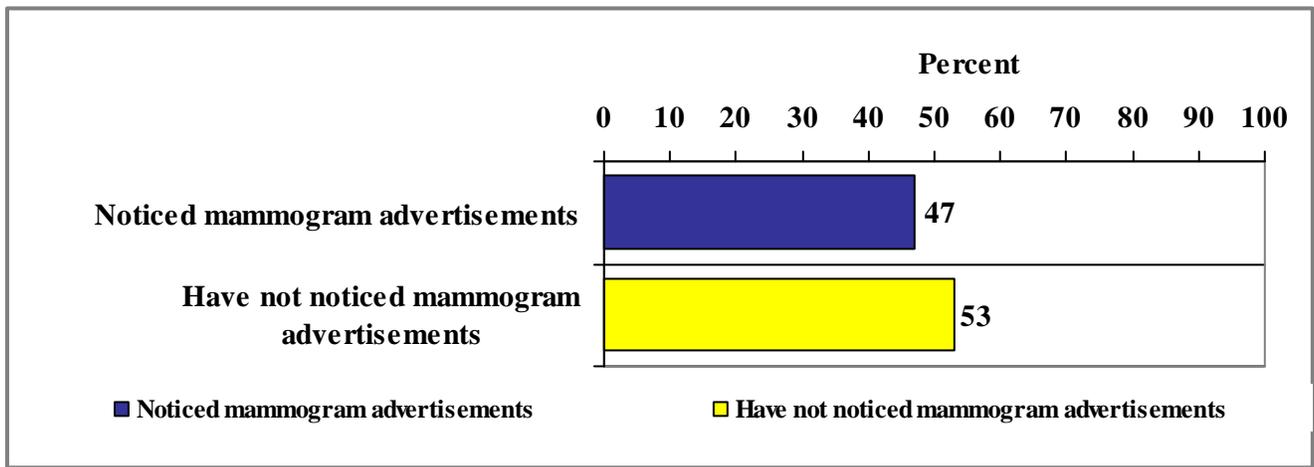
Question: In the past month, have you noticed any posters, billboards, commercials, or advertisements with a message about having a mammogram test?

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

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

Adverts for mammogram tests	Frequency (n)
No	274
Yes	242

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

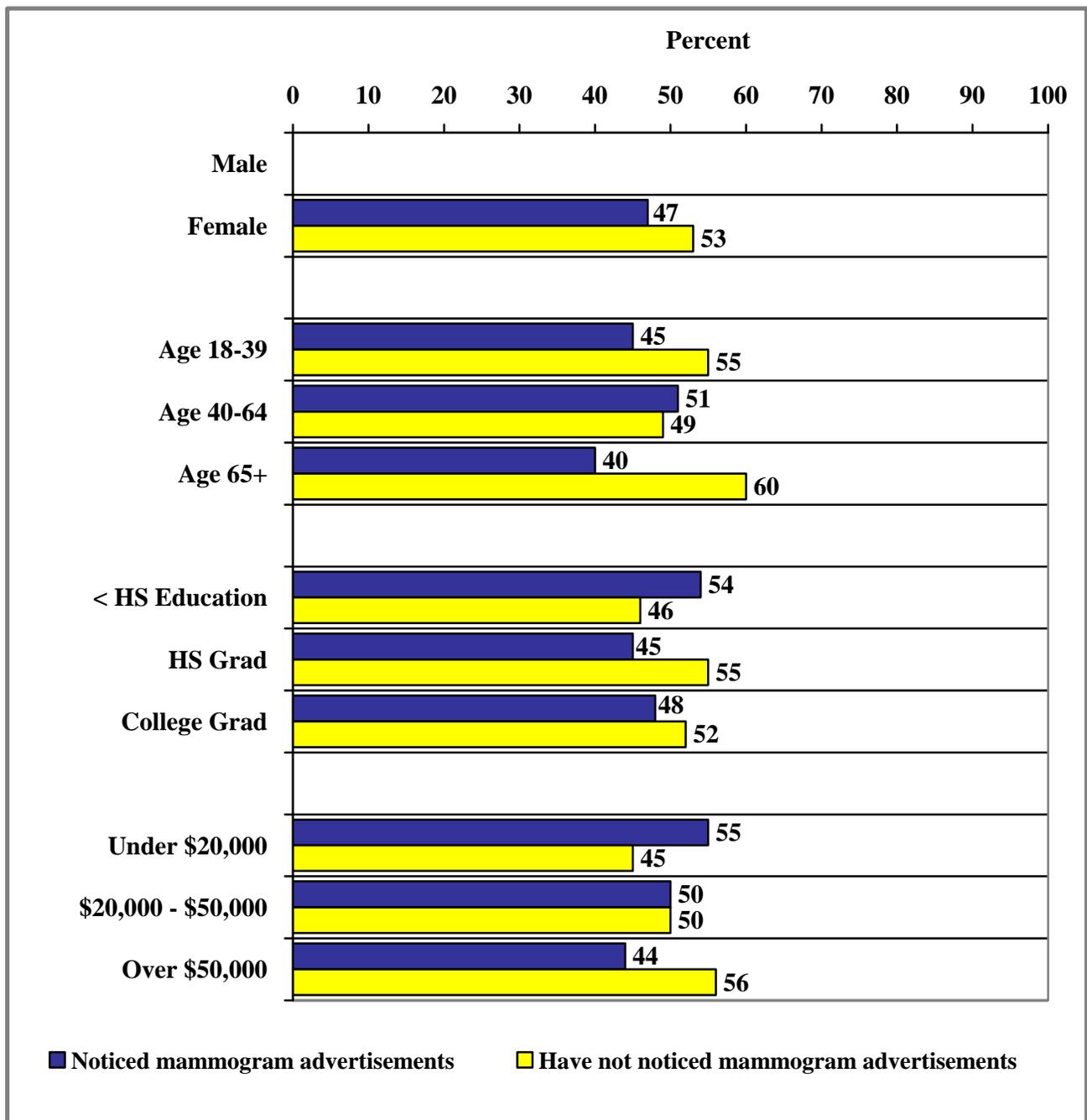


Breast Cancer Screening and Knowledge (continued)

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

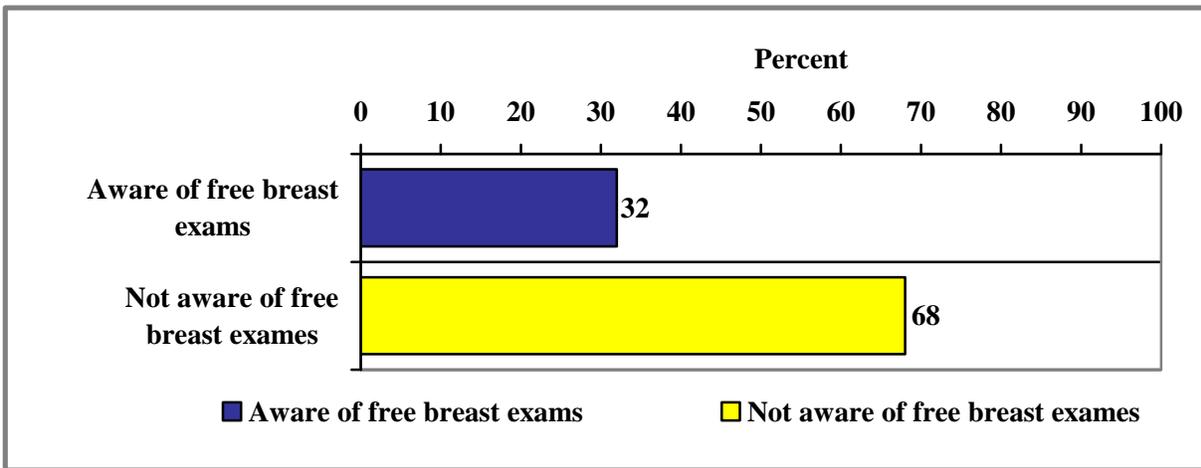
Question: Are you aware that BreastCare, a program of the local health department, offers free breast exams and mammograms to women age 40 and older?

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	349
Aware of free exams	175

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

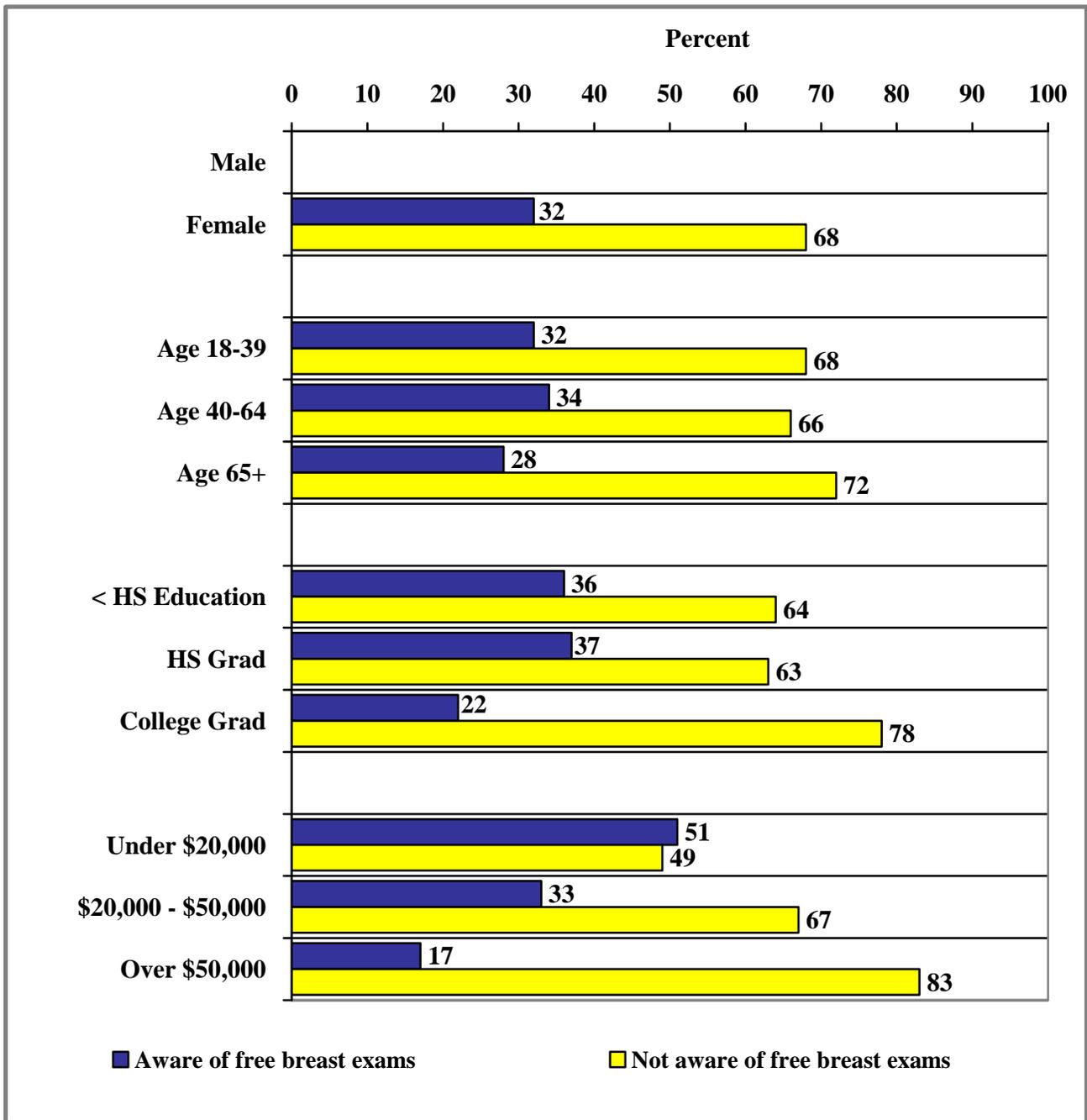


Breast Cancer Screening and Knowledge (continued)

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

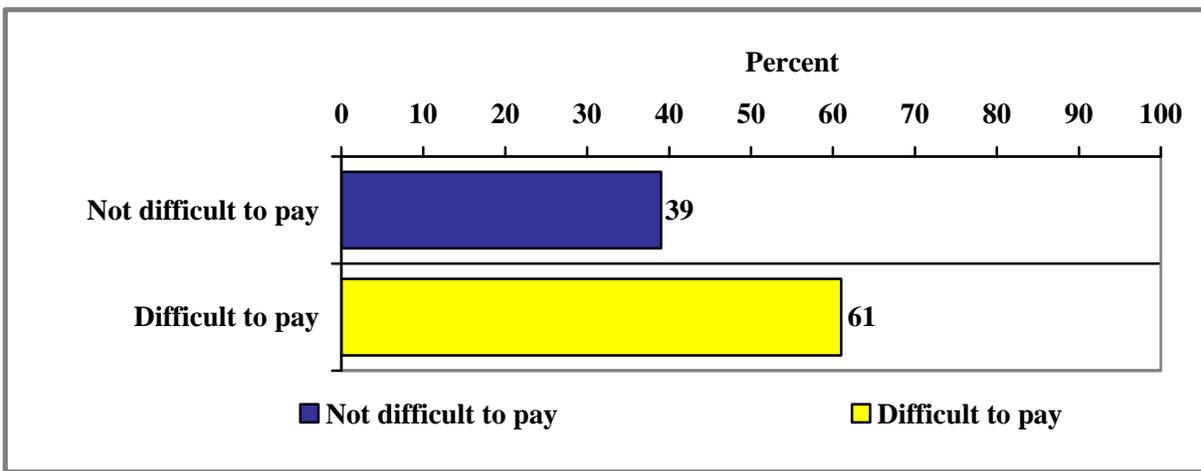
Question: How difficult would it be for you to pay for the cost of a mammogram test? Would you say difficult, somewhat difficult, a little difficult, or not at all difficult?

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)
Yes	134
No	77

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

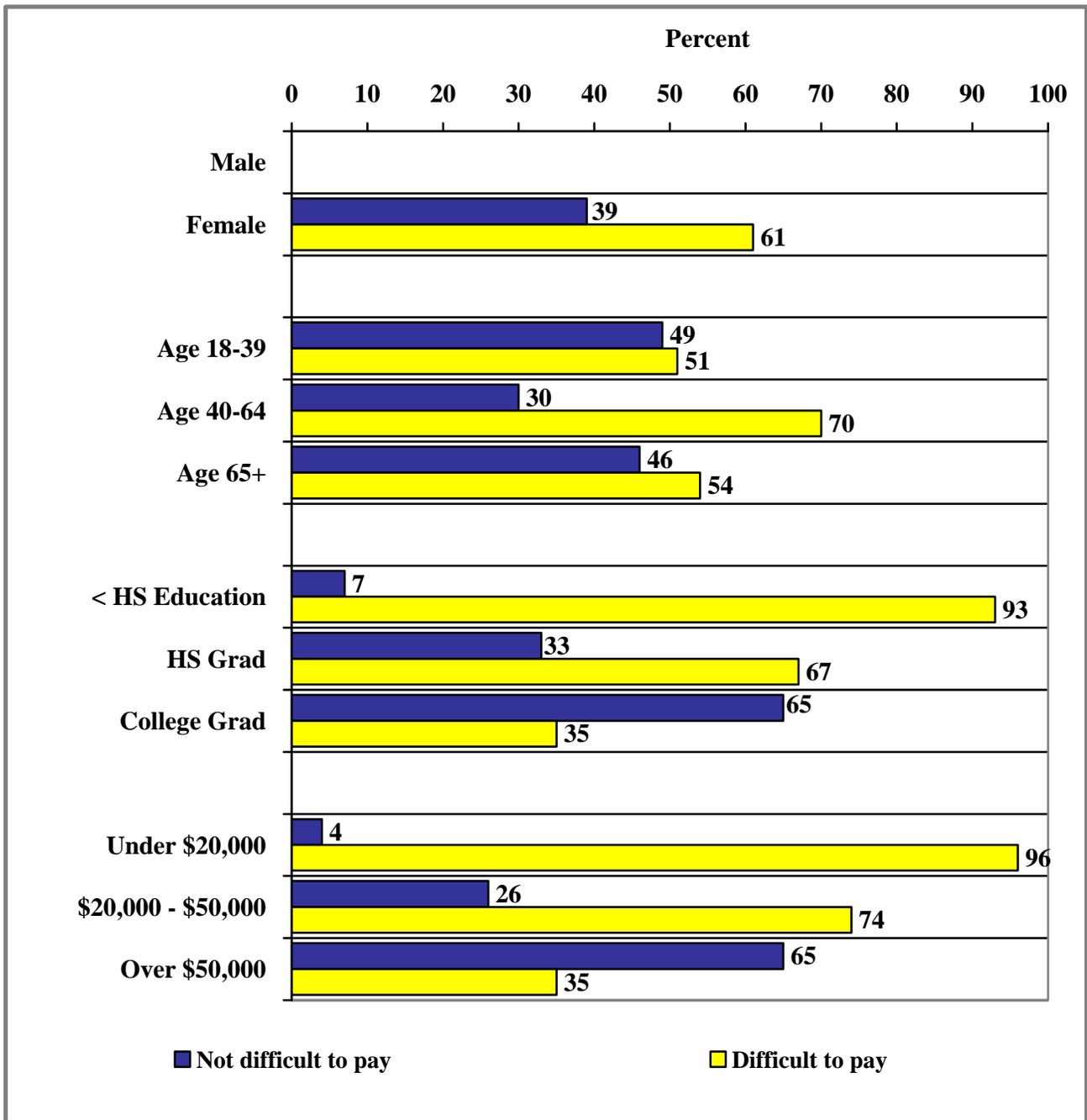


Breast Cancer Screening and Knowledge (continued)

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

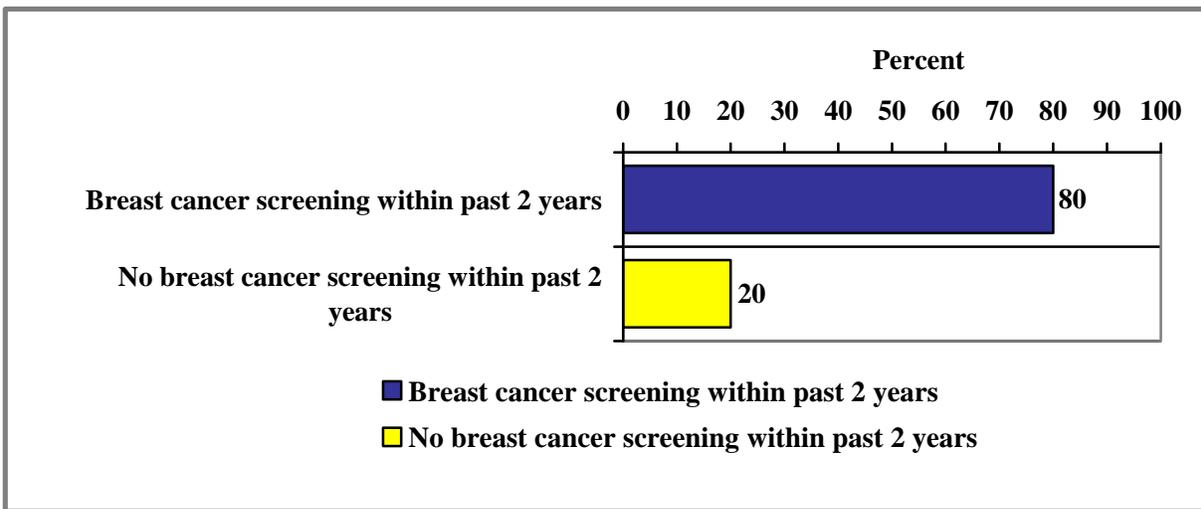
Questions: 1. Have you ever had a mammogram? 2. How long has it been since your last mammogram?

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	89
Breast cancer screening within past 2 years	341

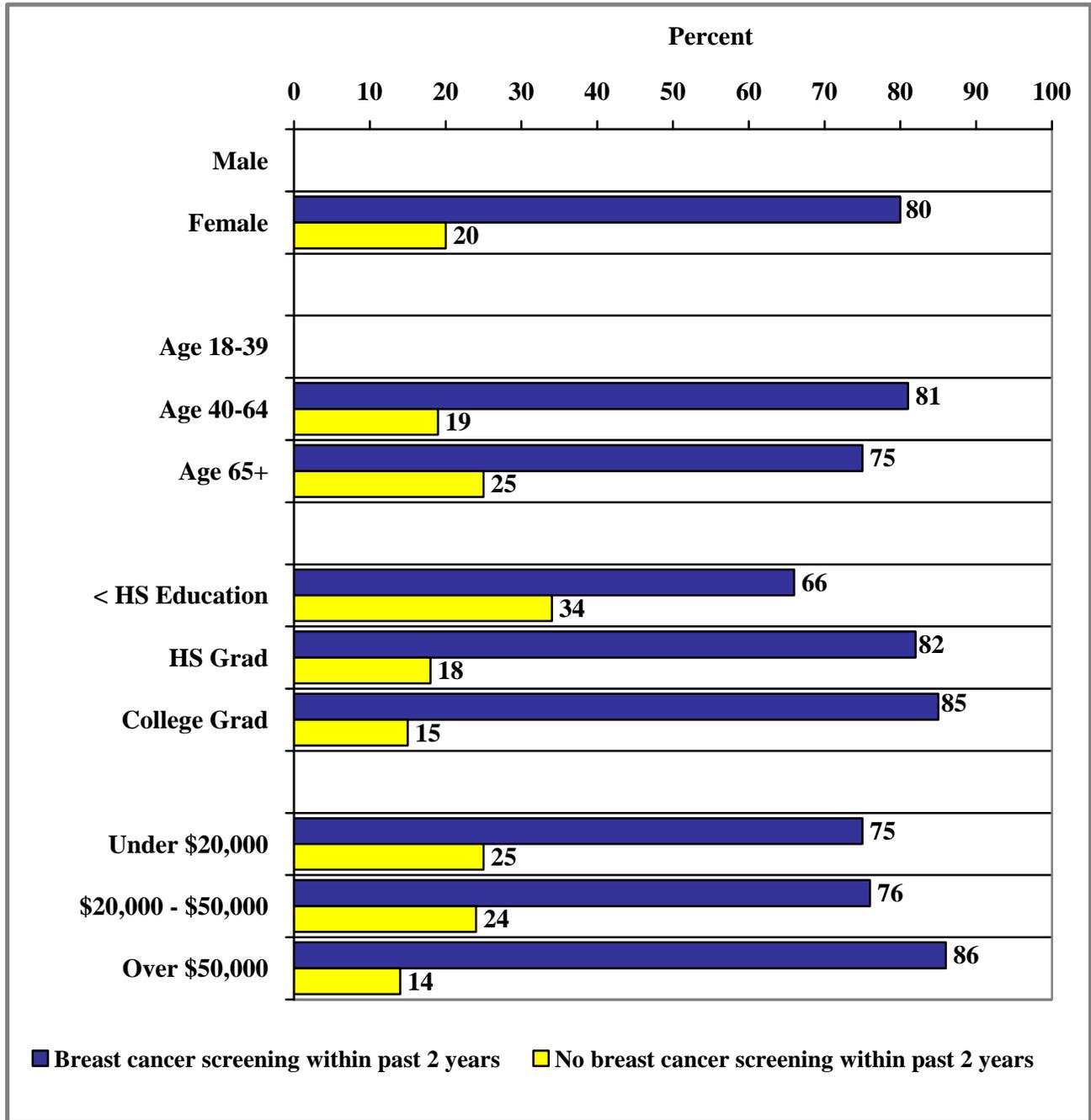
Figure 7: Breast cancer screening within the past 2 years (overall)



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

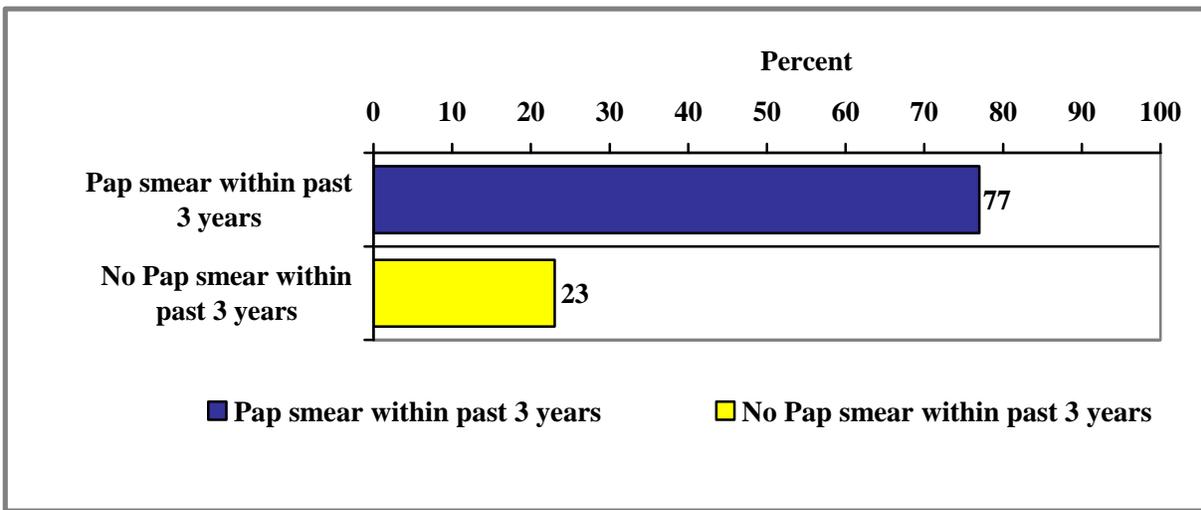
Questions: 1. Have you ever had a Pap smear? 2. How long has it been since your last Pap smear?

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	161
Pap smear within the past 3 years	354

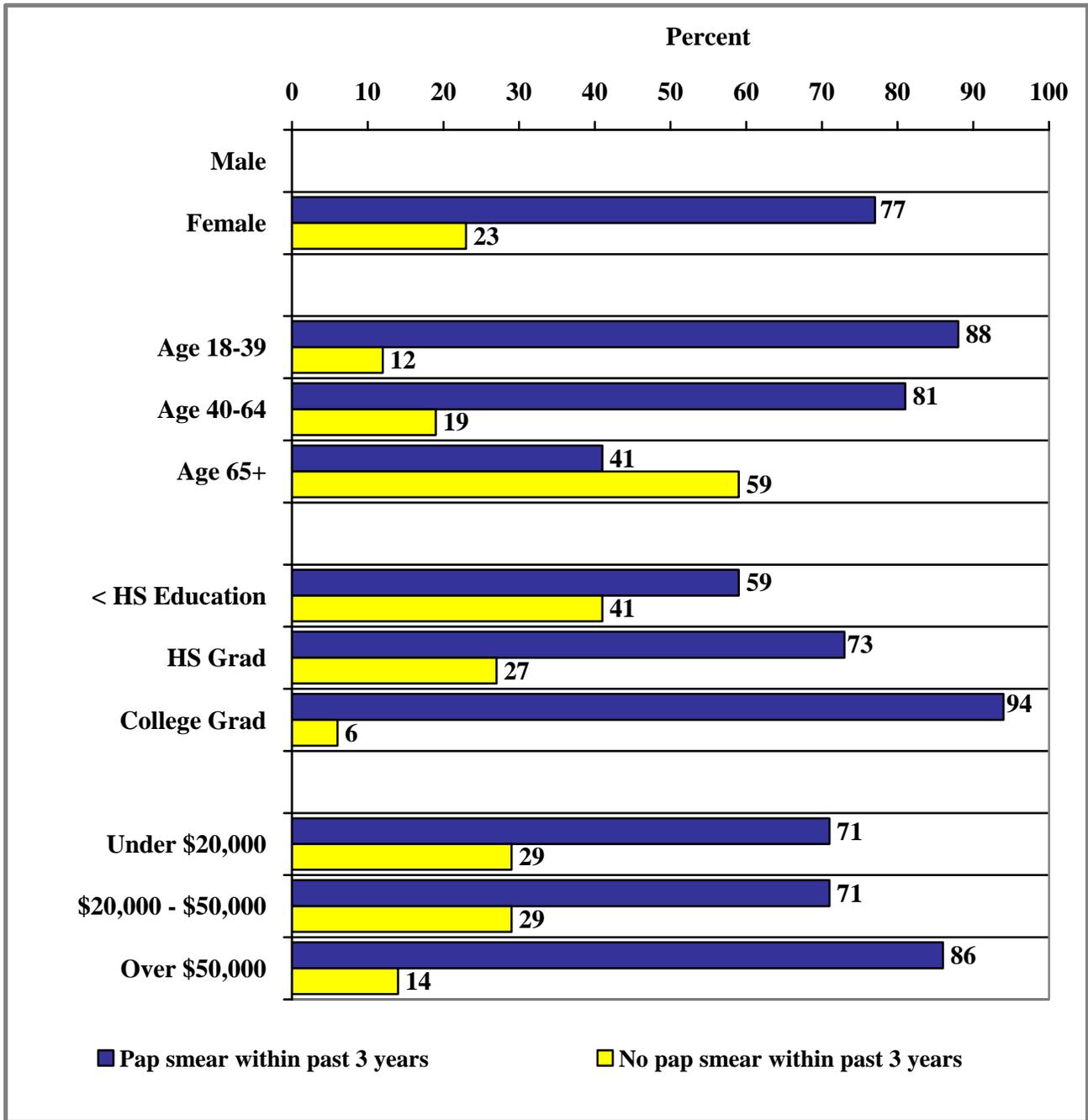
Figure 9: Pap smear within the past three years (overall)



Other Women's Health Screening (continued)

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

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



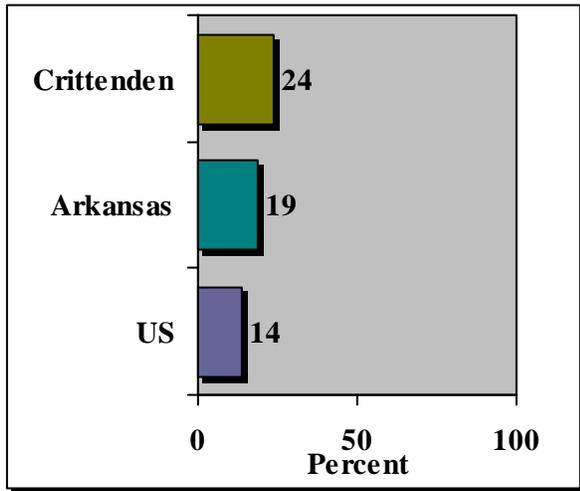
Appendix A

2009 Crittenden County Comparison with State and national BRFSS

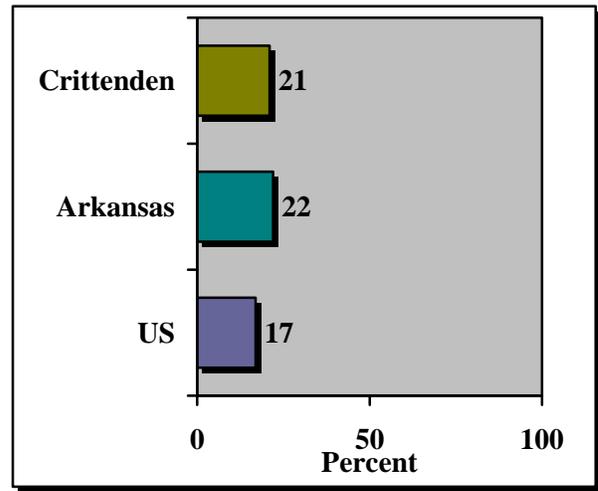
Crittenden County

2009 County Adult Health Survey
Comparison with State and national BRFSS

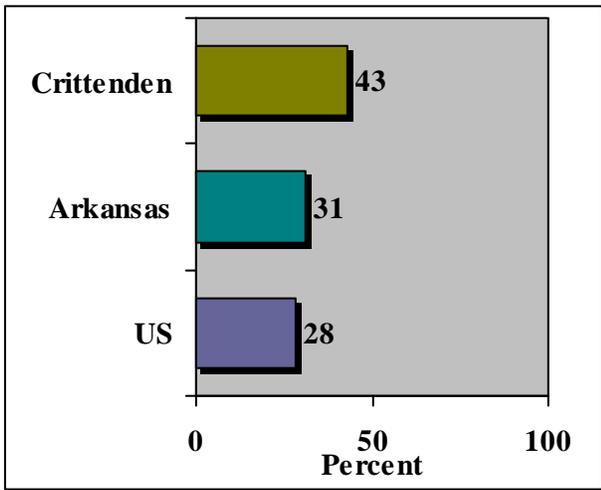
General health “fair” or “poor”



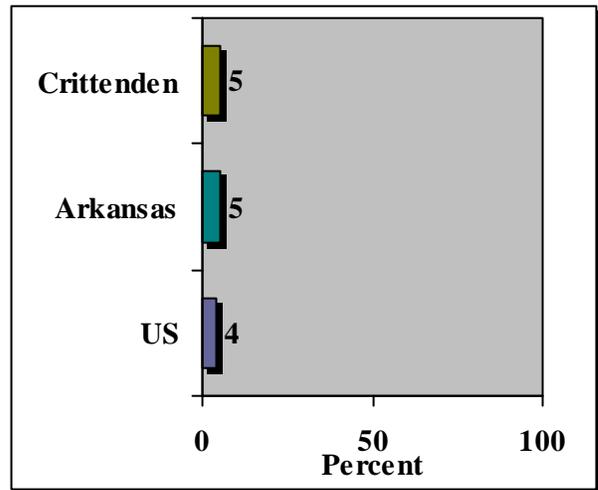
No health care coverage



Have high blood pressure



Have had a myocardial infarction



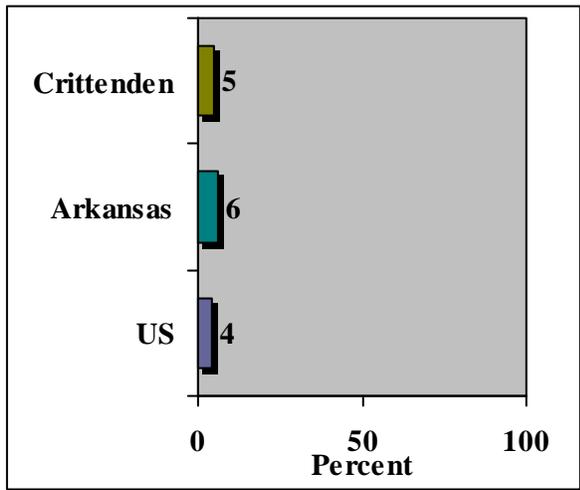
Sources: 2009 Crittenden County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2006 and 2007).

Crittenden County

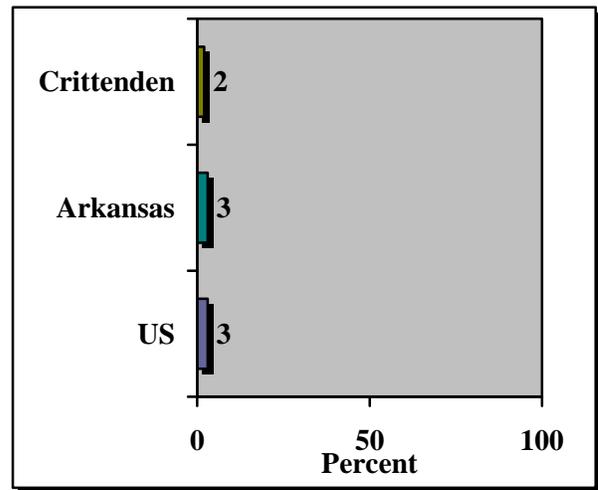
2009 County Adult Health Survey

Comparison with State and national BRFSS

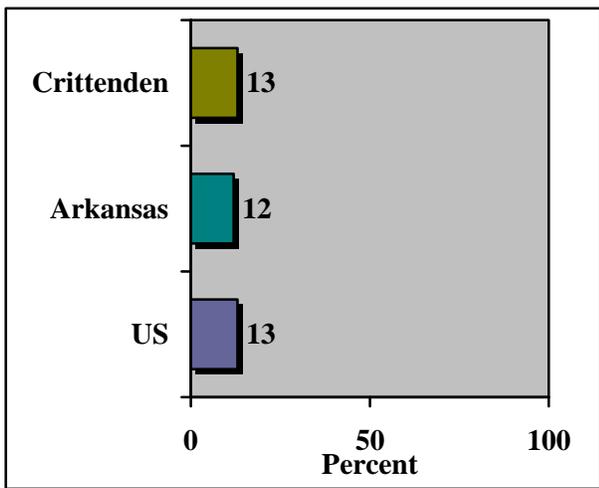
Have had angina or CHD



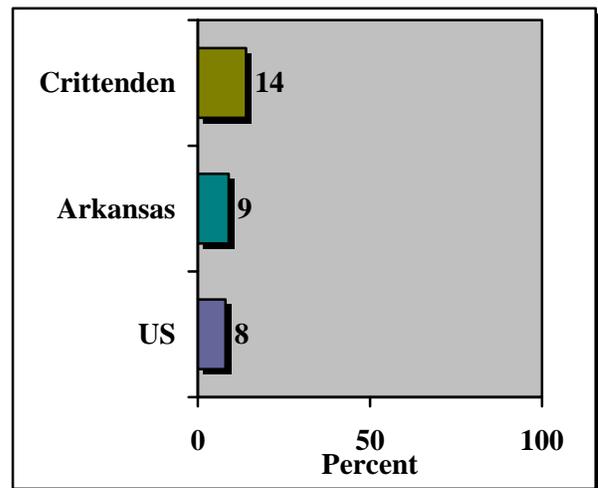
Have had a stroke



Have had asthma



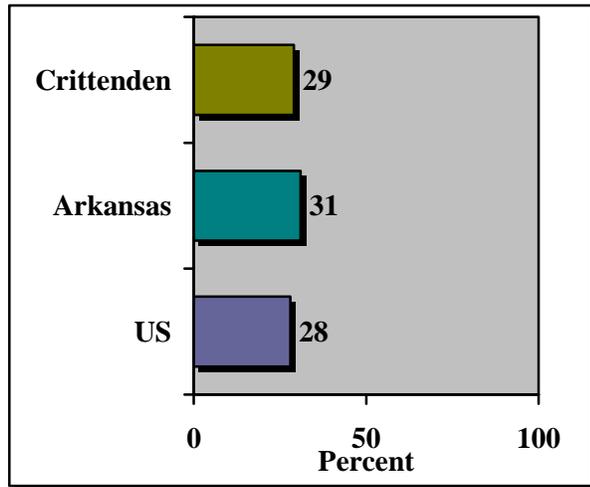
Have diabetes



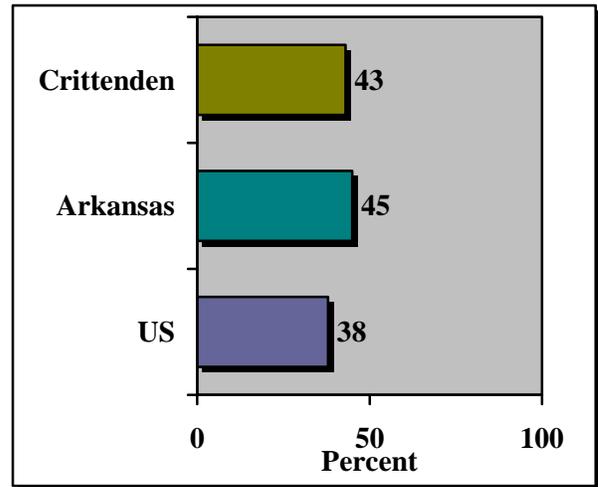
Sources: 2009 Crittenden County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2006 and 2007).

Crittenden County
 2009 County Adult Health Survey
 Comparison with State and national BRFSS

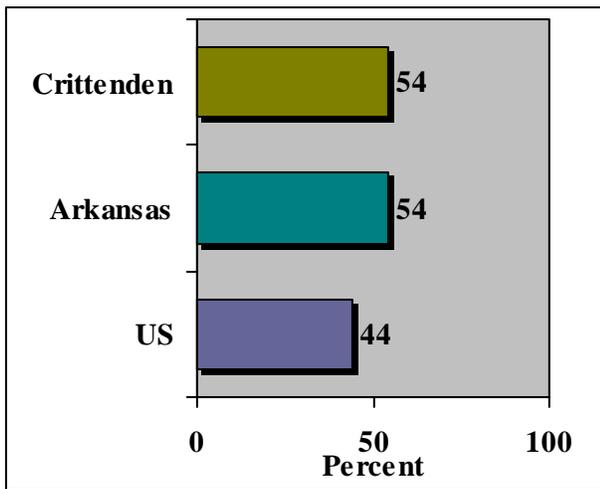
Have arthritis



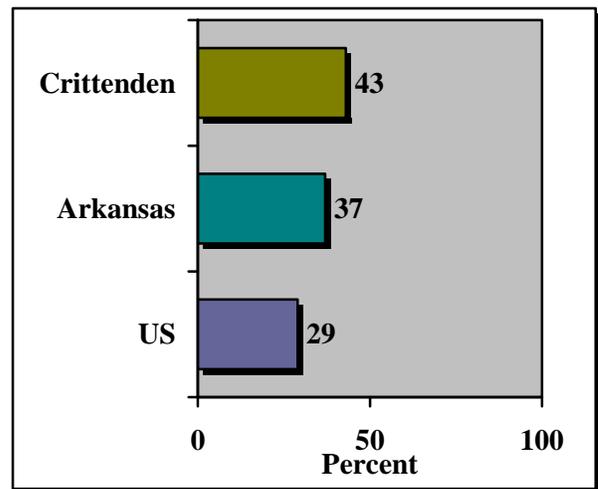
Over 50 years and not screened for colorectal cancer



Permanent teeth extraction



Last dental visit one year or more ago



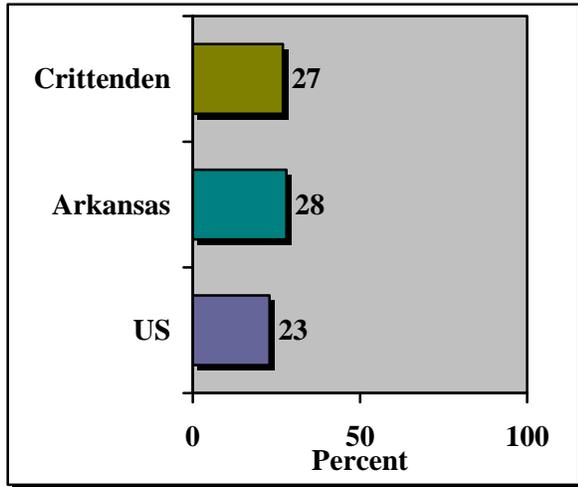
Sources: 2009 Crittenden County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2006 and 2007).

Crittenden County

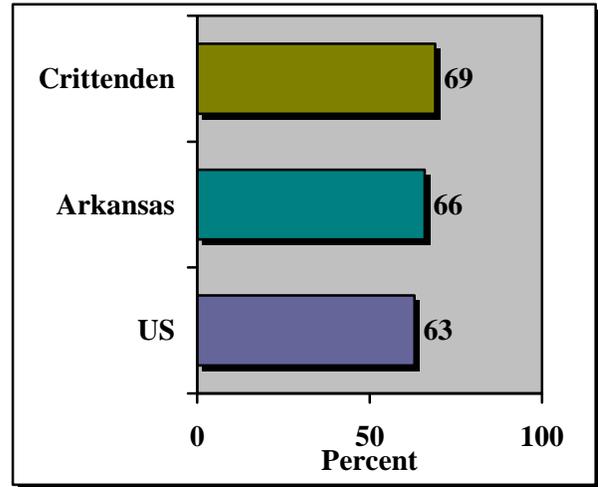
2009 County Adult Health Survey

Comparison with State and national BRFSS

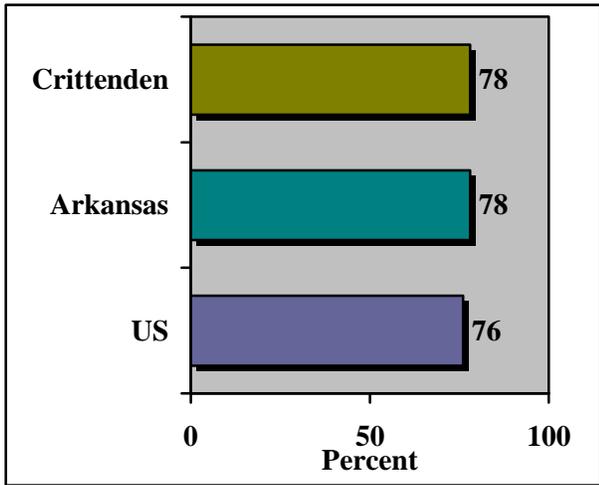
No regular physical activity



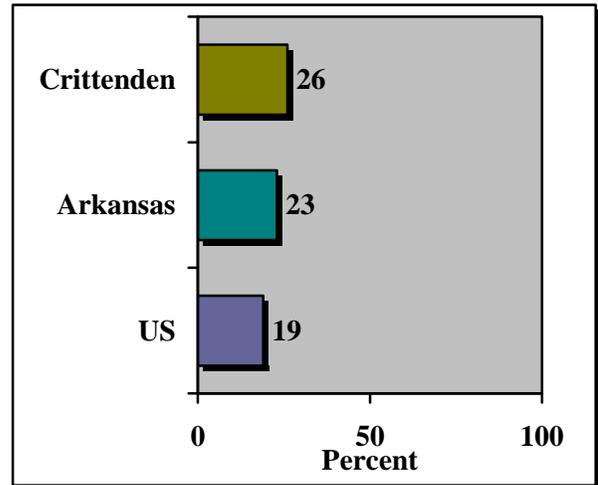
Over weight or obese



Fewer than five fruits and vegetables per day



Limitations due to physical, mental, or emotional problems



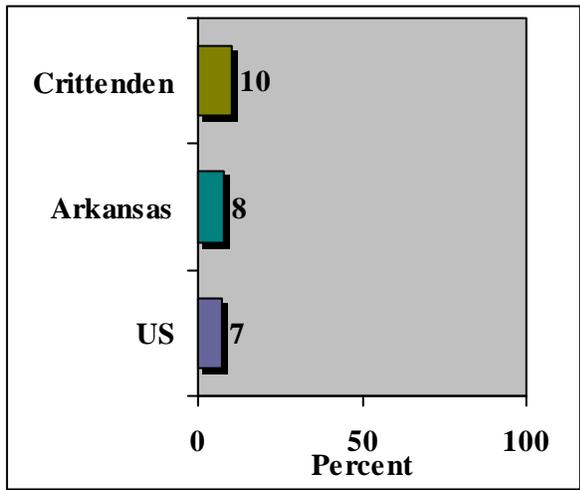
Sources: 2009 Crittenden County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2006 and 2007).

Crittenden County

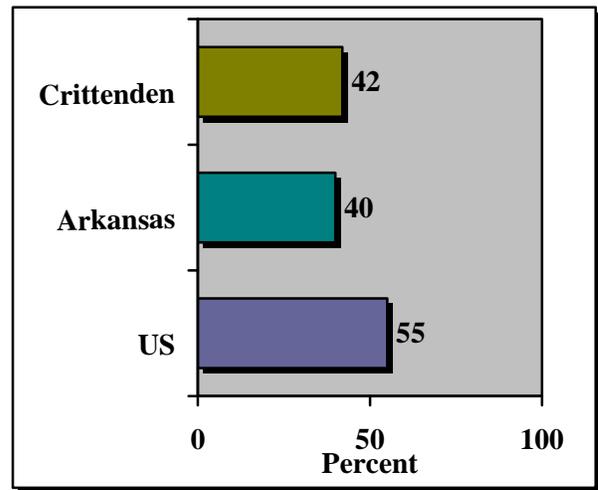
2009 County Adult Health Survey

Comparison with State and national BRFSS

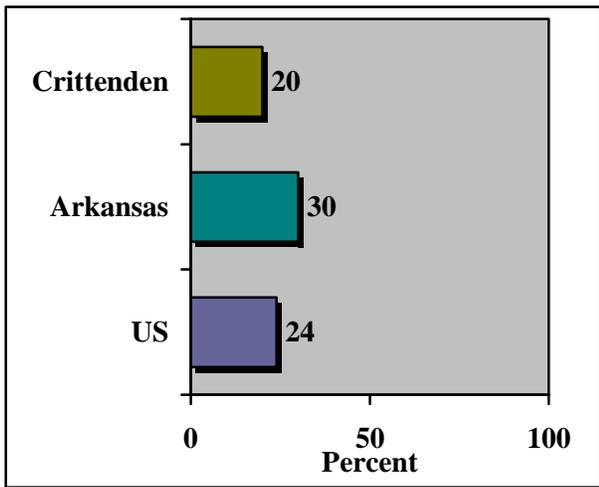
Use of special equipment



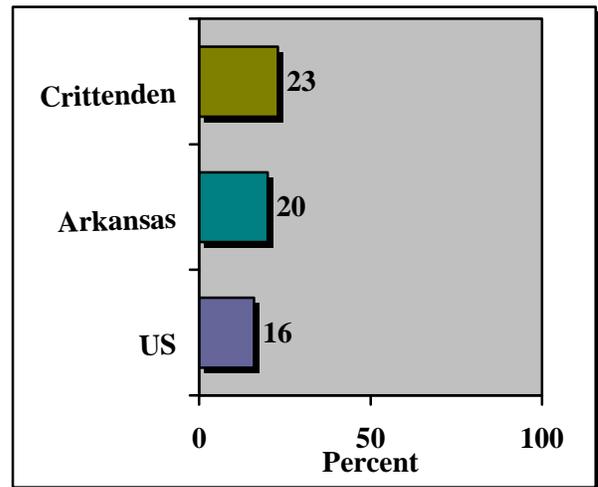
Had one drink of alcohol



Women over 40 years no mammogram in past 2 years



No pap smear in past three years



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

Appendix B

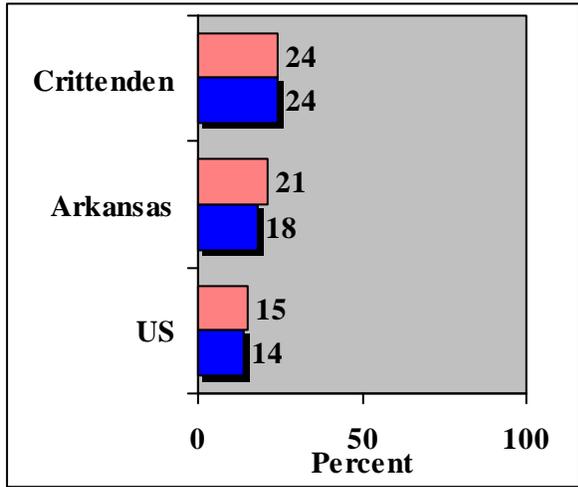
2009 Crittenden County Comparison with State and national BRFSS By Gender

Crittenden County

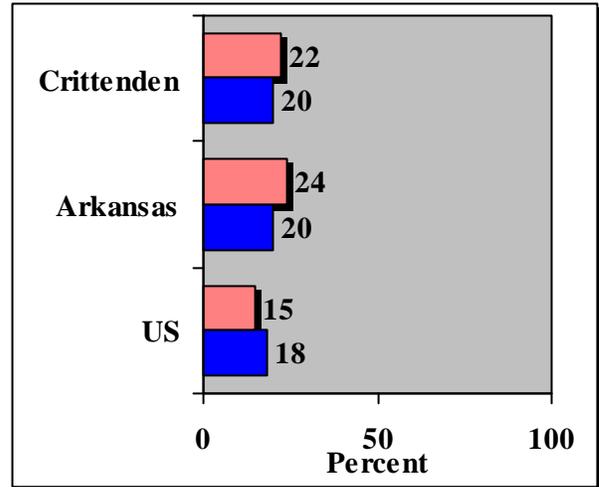
2009 County Adult Health Survey
 Comparison with State and national BRFSS
 By gender



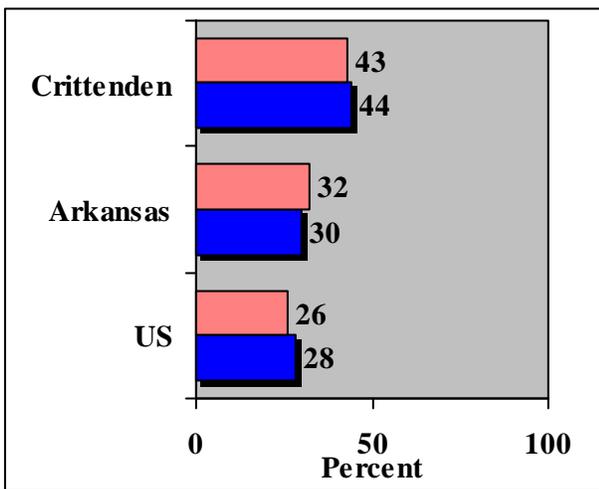
General health “fair” or “poor”



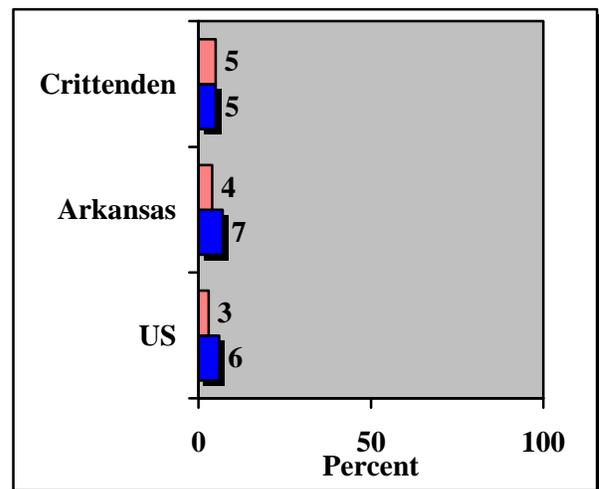
No health care coverage



Have high blood pressure



Have had a myocardial infarction



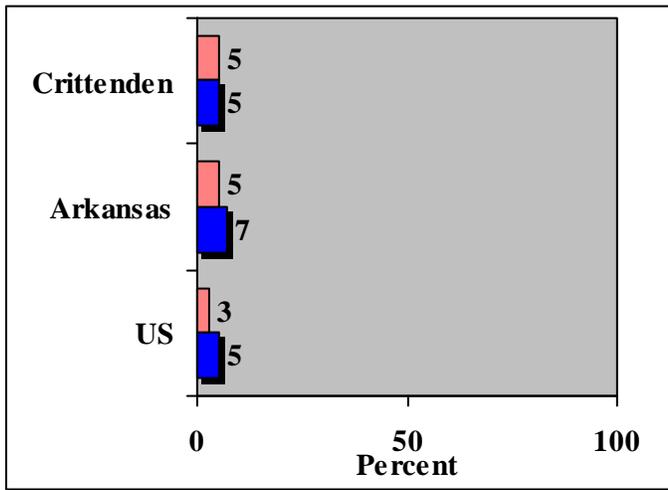
Sources: 2009 Crittenden County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2006 and 2007).

Crittenden County

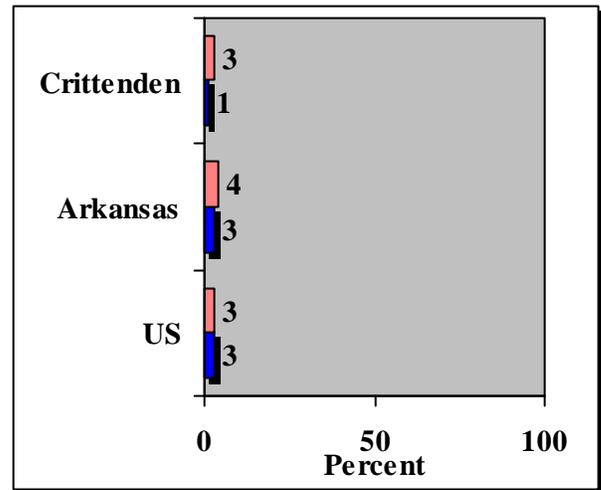
2009 County Adult Health Survey

Comparison with State and national BRFSS

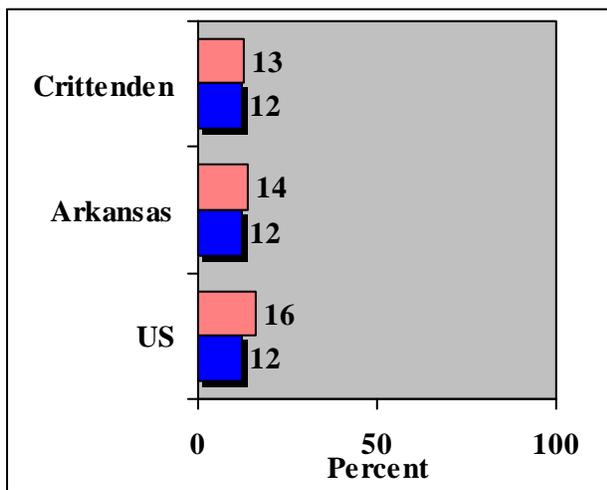
Have had angina or CHD



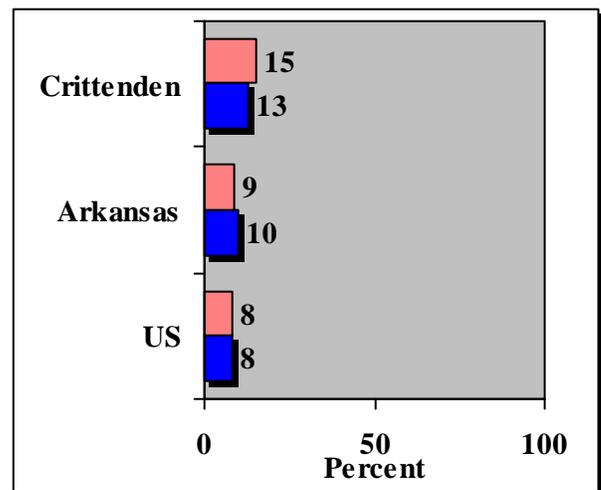
Have had a stroke



Have had asthma



Have diabetes

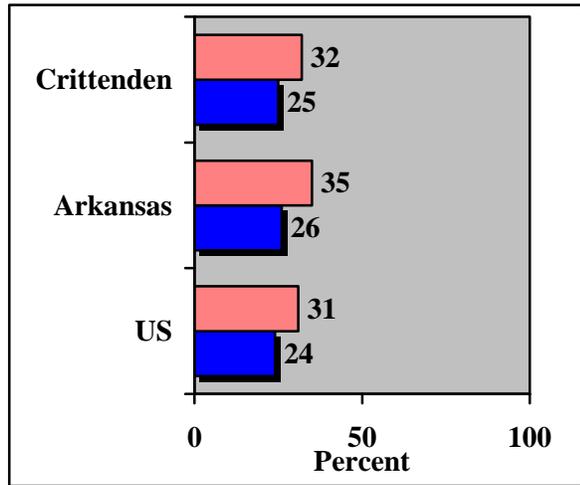


Sources: 2009 Crittenden County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2006 and 2007).

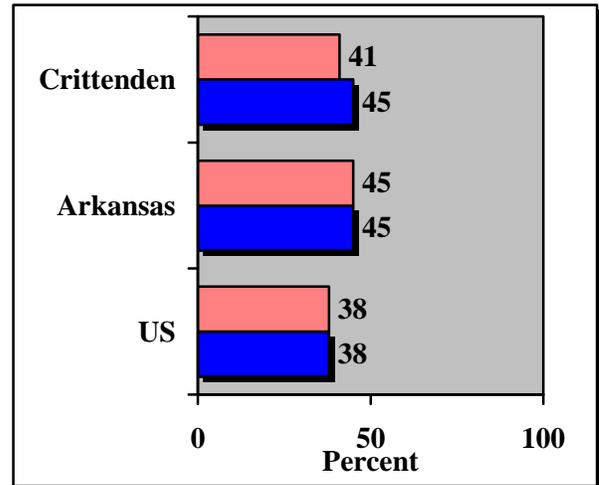
Crittenden County

2009 County Adult Health Survey
Comparison with State and national BRFSS

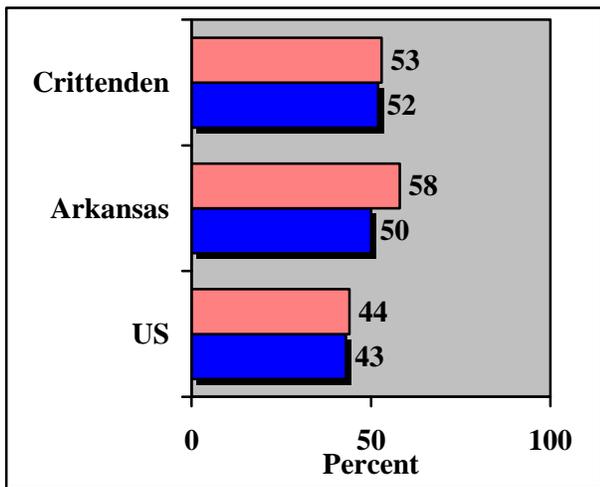
Have arthritis



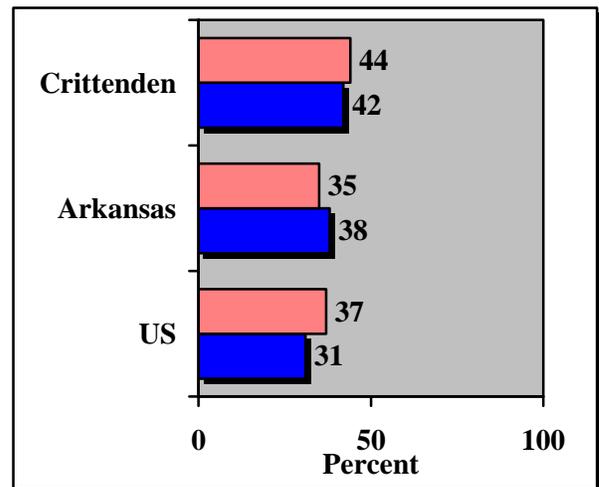
Over 50 years and not screened for colorectal cancer



Permanent teeth extraction



Last dental visit one year or more ago



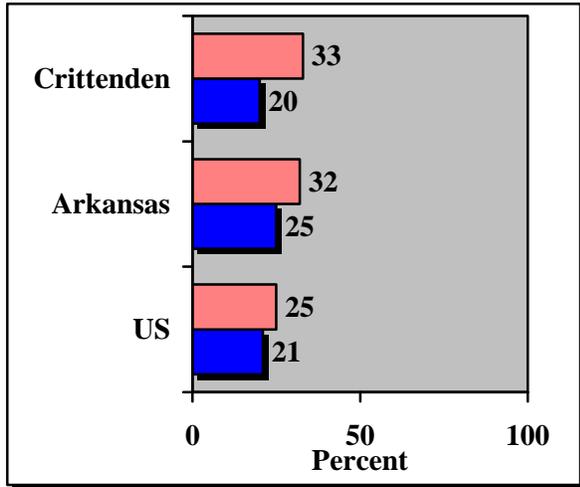
Sources: 2009 Crittenden County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2006 and 2007).

Crittenden County

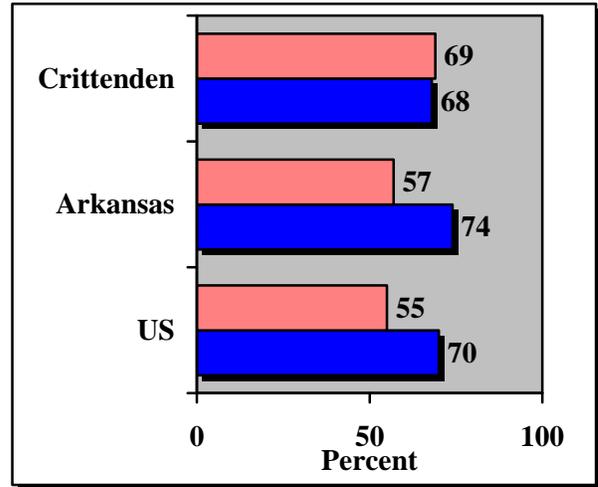
2009 County Adult Health Survey

Comparison with State and national BRFSS

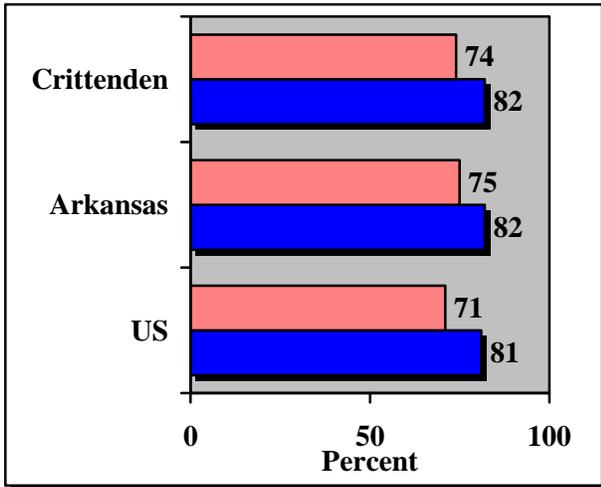
No regular physical activity



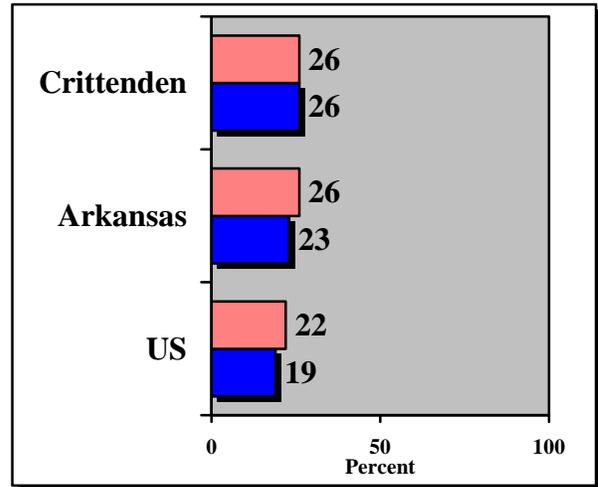
Over weight or obese



Fewer than five fruits and vegetables per day



Limitations due to physical, mental, or emotional problems



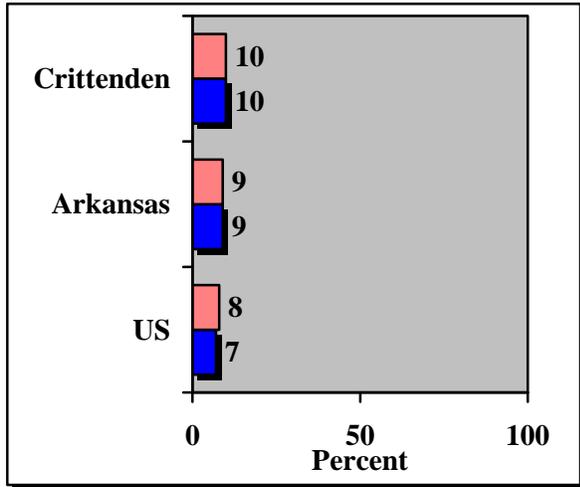
Sources: 2009 Crittenden County data obtained from County Adult Health survey. Arkansas and national data obtained from most recent BRFSS data (2006 and 2007).

Crittenden County

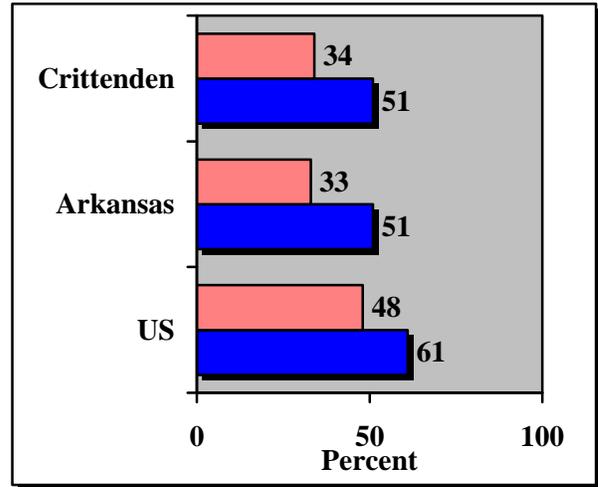
2009 County Adult Health Survey

Comparison with State and national BRFSS

Use of special equipment



Had one drink of alcohol



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

Appendix C

2009 Crittenden County Confidence Intervals

How to interpret Crittenden County 2009 County Adult Health Survey results

Confidence Intervals

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

Crittenden County
2009 County Adult Health Survey
Confidence Intervals

How would you describe your general health?				
General Health	Frequency	Percent	95% Confidence Limits	
			for Percent	
Fair, Poor	253	24	19.9	27.6
Excellent, Very Good, Good	584	76	72.4	80.1
Total	837	100		
Frequency Missing = 2				
For how days during the past 30 days was physical health not good?				
Physical Health	Frequency	Percent	95% Confidence Limits	
			for Percent	
Physical health not good one day or more	320	35	30.6	39.9
Physical health good	485	65	60.1	69.4
Total	805	100		
Frequency Missing = 34				
Mental health not good how many days in past month?				
Mental health	Frequency	Percent	95% Confidence Limits	
			for Percent	
Mental health not good one day or more	256	38	32.9	42.9
Mental health good	555	62	57.1	67.1
Total	811	100		
Frequency Missing = 28				
Do you have any kind of health care coverage?				
Health care coverage	Frequency	Percent	95% Confidence Limits	
			for Percent	
No health care coverage	126	21	16.4	25.1
Health care coverage	689	79	74.9	83.6
Total	815	100		
Frequency Missing = 24				

Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?				
Hypertension	Frequency	Percent	95% Confidence Limits	
			for Percent	
Have high blood pressure	456	43	38.6	48.2
No high blood pressure	361	57	51.8	61.4
Total	817	100		
Frequency Missing = 22				
How long has it been since you had your blood cholesterol checked?				
Blood cholesterol test	Frequency	Percent	95% Confidence Limits	
			for Percent	
Blood cholesterol not checked in past two years	131	23	18.9	28.0
Blood cholesterol checked in past two years	663	77	72.0	81.1
Total	794	100		
Frequency Missing = 45				
Have you ever been told by a doctor, nurse, or other health professional you're your blood cholesterol level is high?				
High blood cholesterol	Frequency	Percent	95% Confidence Limits	
			for Percent	
High blood cholesterol	346	38	33.1	43.0
Blood cholesterol not high	356	62	57.0	66.9
Total	702	100		
Frequency Missing = 137				
Has a doctor, nurse, or other health professional ever told you that you had a heart attack?				
Heart attack/Myocardial infarction	Frequency	Percent	95% Confidence Limits	
			for Percent	
Have had myocardial infarction	72	5	3.7	6.6
No myocardial infarction	728	95	93.4	96.3
Total	800	100		
Frequency Missing = 39				

Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?				
Angina/Coronary Heart Disease	Frequency	Percent	95% Confidence Limits	
			for Percent	
Have had angina or coronary heart disease	66	5	3.6	6.6
No angina or coronary heart disease	726	95	93.4	96.4
Total	792	100		
Frequency Missing = 47				
Has a doctor, nurse, or other health professional ever told you that you a stroke?				
Stroke	Frequency	Percent	95% Confidence Limits	
			for Percent	
Have had a stroke	39	2	1.5	3.4
No stroke	762	98	96.6	98.5
Total	801	100		
Frequency Missing = 38				
Have you ever been told by doctor, nurse, or other health professional that you had asthma?				
Asthma	Frequency	Percent	95% Confidence Limits	
			for Percent	
Ever had asthma	101	13	9.5	15.9
No asthma	712	87	84.1	90.5
Total	813	100		
Frequency Missing = 26				
Have you ever been told by a doctor that you have Diabetes?				
Diabetes	Frequency	Percent	95% Confidence Limits	
			for Percent	
Ever had diabetes	159	14	11.0	16.9
No diabetes	653	86	83.1	89.0
Total	812	100		
Frequency Missing = 27				

Have you ever been told by a doctor that you have arthritis?				
Arthritis	Frequency	Percent	95% Confidence Limits	
			for Percent	
Ever had arthritis	335	29	24.7	32.7
No arthritis	478	71	67.3	75.3
Total	813	100		
Frequency Missing = 26				
Are you now limited in any way in any activities of joint symptoms?				
Activity Limitations	Frequency	Percent	95% Confidence Limits	
			for Percent	
Have activity limitations	192	38	31.8	45.1
No activity limitations	242	62	54.9	68.2
Total	434	100		
Frequency Missing = 405				
Have you ever been screened for colorectal cancer?				
Colorectal cancer screening	Frequency	Percent	95% Confidence Limits	
			for Percent	
Never been screened	205	43	37.8	48.3
Have been screened	303	57	51.7	62.2
Total	508	100		
Frequency Missing = 331				
Have you been screened for prostate cancer?				
Prostate cancer screening	Frequency	Percent	95% Confidence Limits	
			for Percent	
Never or more than year ago	138	75	68.8	82.2
Within past year	65	25	17.8	31.2
Total	203	100		
Frequency Missing = 636				
Have you had a flu shot in the past twelve months?				
Flu shot	Frequency	Percent	95% Confidence Limits	
			for Percent	
No influenza shot	410	63	58.5	67.6
Had influenza shot	399	37	32.4	41.5
Total	809	100		
Frequency Missing = 30				

How many of your permanent teeth have been removed because of tooth decay or gum disease				
Permanent teeth removal	Frequency	Percent	95% Confidence Limits	
			for Percent	
Permanent teeth extraction	498	53	47.4	57.8
No permanent teeth extraction	262	47	42.2	52.6
Total	760	100		
Frequency Missing = 79				
How long has it been since you last visited a dentist or dental clinic for any reason?				
Last dental visit	Frequency	Percent	95% Confidence Limits	
			for Percent	
Last dental visit one year or more ago	299	43	37.9	48.3
Last dental visit less than one year ago	468	57	51.7	62.1
Total	767	100		
Frequency Missing = 72				
During the past 30 days, other than your regular job, did you participate in any physical activities or exercises?				
Physical exercise	Frequency	Percent	95% Confidence Limits	
			for Percent	
No regular physical activity	263	27	22.2	31.0
Regular physical activity	554	73	69.0	77.8
Total	817	100		
Frequency Missing = 22				
How much do you weight without shoes?				
Overweight	Frequency	Percent	95% Confidence Limits	
			for Percent	
Overweight or obese BMI > 25	531	69	64.0	73.7
Not overweight or obese BMI < 25	226	31	26.3	36.0
Total	757	100		
Frequency Missing = 82				

How often do you eat fruits, green salad or other vegetables, or drink fruit juice per day?				
Fruits and vegetables	Frequency	Percent	95% Confidence Limits	
			for Percent	
Consume less than 5 times per day	599	78	74.0	82.1
Consume 5 or more times per day	176	22	17.9	26.0
Total	775	100		
Frequency Missing = 64				
Are you limited in any way in any activities because of physical, mental, or emotional problems?				
Limitations due to physical, mental or emotional problems	Frequency	Percent	95% Confidence Limits	
			for Percent	
Limitations	233	26	21.4	30.0
No limitations	536	74	70.0	78.6
Total	769	100		
Frequency Missing = 70				
Do you have any health problem that requires you to use special equipment, such as a cane, wheelchair, or special telephone?				
Use of special equipment	Frequency	Percent	95% Confidence Limits	
			for Percent	
Use special equipment	109	10	7.0	12.2
No use of special equipment	662	90	87.8	93.0
Total	771	100		
Frequency Missing = 68				
How often do you get the social and emotional support you need?				
Social and emotional support	Frequency	Percent	95% Confidence Limits	
			for Percent	
Rarely or never get needed social/emotional support	100	13	9.8	16.6
Get needed social/emotional support	658	87	83.4	90.2
Total	758	100		
Frequency Missing = 81				

In general, how satisfied are you with life?				
Satisfaction with life	Frequency	Percent	95% Confidence Limits	
			for Percent	
Dissatisfied or very dissatisfied with life	46	7	4.0	9.4
Very satisfied or satisfied with life	716	93	90.6	96.0
Total	762	100		
Frequency Missing = 77				
During the thirty days preceding the survey, have you had at least one drink of any alcoholic beverage?				
Any alcoholic drink	Frequency	Percent	95% Confidence Limits	
			for Percent	
Had an alcoholic drink	282	42	36.9	46.9
No alcoholic drink	525	58	53.1	63.1
Total	807	100		
Frequency Missing = 32				
Considering all types of alcoholic beverages, how many times during the past month did you have five or more drinks on one occasion?				
Binge drinking	Frequency	Percent	95% Confidence Limits	
			for Percent	
Binge drinking	70	34	26.1	41.8
No binge drinking	204	66	58.2	73.9
Total	274	100		
Frequency Missing = 565				
Have you ever smoked at least 100 cigarettes in your entire lifetime?				
Cigarette use	Frequency	Percent	95% Confidence Limits	
			for Percent	
Smoked at least 100 cigarettes in lifetime	370	41	36.2	45.9
Smoked less than 100 cigarettes in lifetime	438	59	54.1	63.8
Total	808	100		
Frequency Missing = 31				

Do you smoke cigarettes every day, some days, or not at all?				
Current cigarette user	Frequency	Percent	95% Confidence Limits	
			for Percent	
Current cigarette use	164	23	18.9	27.4
No current cigarette use	644	77	72.6	81.1
Total	808	100		
Frequency Missing = 31				
During the past 12 months have you quit smoking for one day or longer?				
Cigarette smoking cessation	Frequency	Percent	95% Confidence Limits	
			for Percent	
Have not tried smoking cessation	53	29	20.4	38.5
Have tried smoking cessation	111	71	61.5	79.6
Total	164	100		
Frequency Missing = 675				
Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?				
Smokeless tobacco use	Frequency	Percent	95% Confidence Limits	
			for Percent	
Have used smokeless tobacco	123	19	14.9	22.9
No use of smokeless tobacco	632	81	77.1	85.1
Total	755	100		
Frequency Missing = 84				
Do you currently use chewing tobacco or snuff every day, some days, or not at all?				
Current use of smokeless tobacco	Frequency	Percent	95% Confidence Limits	
			for Percent	
Current use of smokeless tobacco	26	23	12.8	33.7
No current use of smokeless tobacco	97	77	66.3	87.2
Total	123	100		
Frequency Missing = 716				

Have you ever smoked a cigar?				
Cigar smoking	Frequency	Percent	95% Confidence Limits	
			for Percent	
Have smoked cigar	226	36	30.9	41.1
No cigar smoking	529	64	58.9	69.1
Total	755	100		
Frequency Missing = 84				
Do you smoke cigars every day, some days, or not at all?				
Current cigar smoking	Frequency	Percent	95% Confidence Limits	
			for Percent	
Current cigar smoking	23	14	6.9	21.5
No current cigar smoking	203	86	78.5	93.1
Total	226	100		
Frequency Missing = 613				
Have you ever smoked tobacco in a pipe, even one or two puffs?				
Pipe smoking	Frequency	Percent	95% Confidence Limits	
			for Percent	
Have smoked a pipe	127	16	12.4	19.5
No pipe smoking	628	84	80.5	87.6
Total	755	100		
Frequency Missing = 84				
Do you now smoke a pipe every day, some days, or not at all?				
Current pipe smoking	Frequency	Percent	95% Confidence Limits	
			for Percent	
Current pipe smoking	9	7	1.1	12.3
No current pipe smoking	118	93	87.7	98.9
Total	127	100		
Frequency Missing = 712				
Which statement best describes the rules of smoking inside your home?				
Smoking in the home	Frequency	Percent	95% Confidence Limits	
			for Percent	
Smoking in the home	218	30	25.1	34.8
No smoking allowed in the home	537	70	65.2	74.9
Total	755	100		
Frequency Missing = 84				

In the past month, have you noticed any posters, billboards, commercials, or advertisements with a message about having a mammogram?				
Advertisements for mammogram tests	Frequency	Percent	95% Confidence Limits	
			for Percent	
No	274	53	46.6	59.3
Yes	242	47	40.7	53.4
Total	516	100		
Frequency Missing = 323				
Are you aware that BreastCare, a program of the local health department, offers free breast exams and mammograms to women age 40 and over?				
Free breast exams and mammograms	Frequency	Percent	95% Confidence Limits	
			for Percent	
Not aware of free exams	349	68	61.7	73.8
Aware of free exams	175	32	26.2	38.3
Total	524	100		
Frequency Missing = 315				
How difficult would it be for you to pay for the cost of a mammogram test?				
Ability to pay	Frequency	Percent	95% Confidence Limits	
			for Percent	
Yes	134	61	50.6	70.8
No	77	39	29.2	49.4
Total	211	100		
Frequency Missing = 628				
Have you ever had a Mammogram?				
Mammogram test	Frequency	Percent	95% Confidence Limits	
			for Percent	
No breast cancer screening within the past 2 years	89	20	15.6	25.2
Breast cancer screening within past 2 years	341	80	74.8	84.4
Total	430	100		
Frequency Missing = 409				

How long since your last Pap Smear?				
Pap smear	Frequency	Percent	95% Confidence Limits	
			for Percent	
No pap smear within the past 3 years	161	23	18.3	27.7
Pap smear within the past 3 years	354	77	72.3	81.7
Total	515	100		
Frequency Missing = 324				