

OUACHITA COUNTY



**2011 County
Adult Health
Survey**





Topics

- What is the BRFSS and why is it important?
- Survey participant information and demographics
- Selected Results

Coordinated by



BRFSS



Health Statistics
Branch
(Arkansas
Department of
Health)



Hometown
Health Improvement



STAMP OUT SMOKING
Arkansas Department of
Health

www.stampoutsmoking.com
Your Tobacco Settlement
Dollars at Work



What is the BRFSS?

- The Behavioral Risk Factor Surveillance System (BRFSS) is the world's largest continuously conducted telephone survey, coordinated by the CDC.
- It covers personal behaviors that are linked to the leading causes of death and other important health issues including chronic illness, premature mortality, and other health-related topics.
- All 50 states, Puerto Rico, Guam, the Virgin Islands, and Washington D.C. participate.
- Ouachita participated in the county level BRFSS studies sponsored by Hometown Health.

- **Risk factors for these diseases measured by the survey include...**

Tobacco



Bodyweight



Physical Activity



Why is BRFSS important?

- **Leading Causes of Death – Arkansas 2007**

- **Heart Disease (34%)**
- **Cancer (22%)**

Years of Potential Life Lost

Heart Disease

87,943

Cancer

88,655

Leading causes of death for Ouachita County in 2007

- **Heart Disease and Cancer were the leading causes of death in Ouachita County**



Survey Information

Interview Year	Interview month(s)	Sample size	Women	Men
2011 County Adult Health Survey	March, April, and May	928	611	317

DEMOGRAPHICS

Variables	Categories	CAHS 2011	
		Raw (%)	Weighted (%)
Gender	Female	66	54
	Male	34	46
Income	Under \$20,000	29	25
	\$20,000-\$50,000	43	42
	Over \$50,000	28	33
Education	<HS Education	15	13
	HS Grad	67	67
	College Grad	18	19
Age	18-39 years	13	33
	40-64 years	46	44
	65+ years	41	23

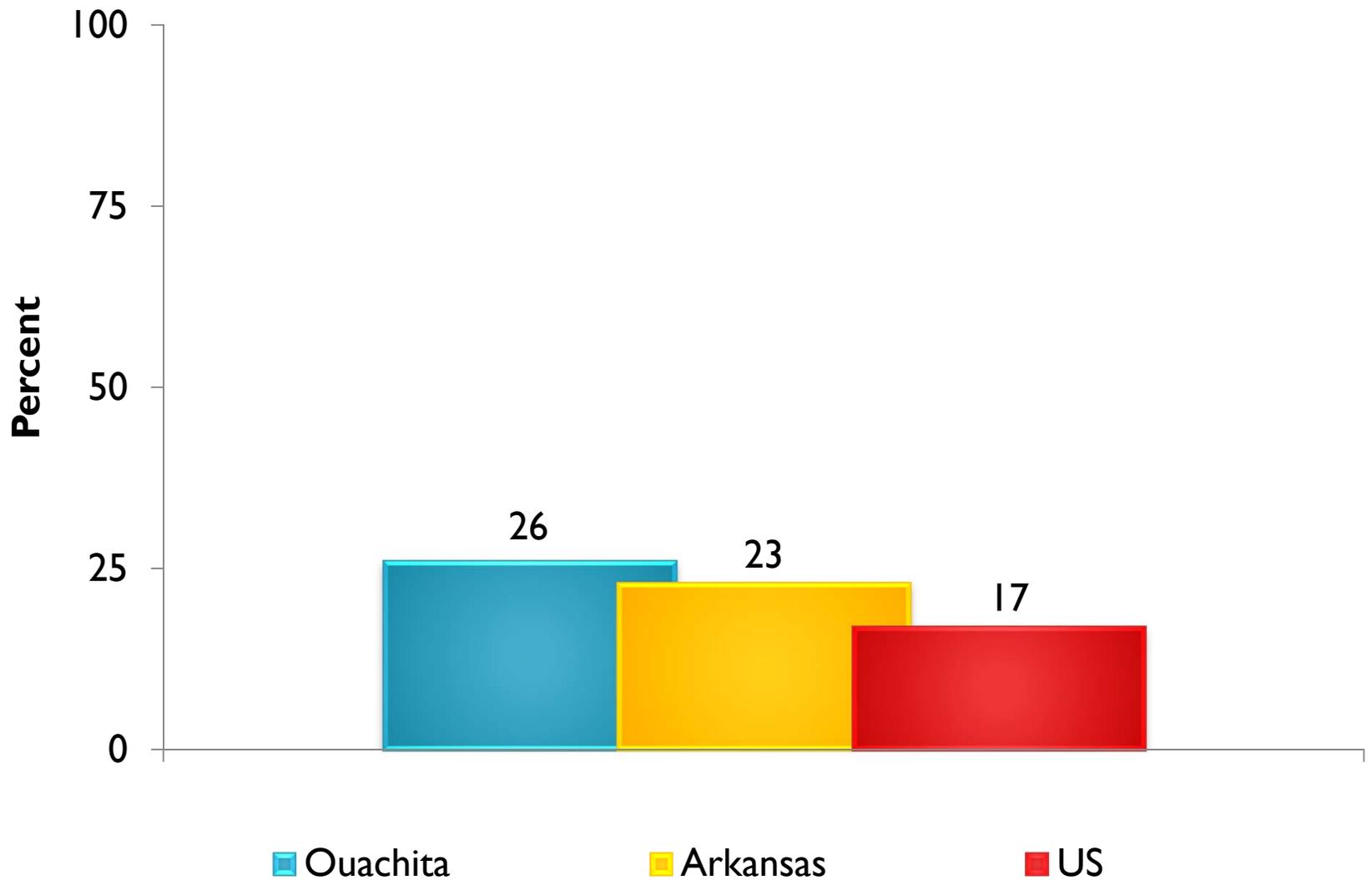


Results

- The county results are compared to state and nationwide data collected in 2009 or 2010.

Cigarette Smoking

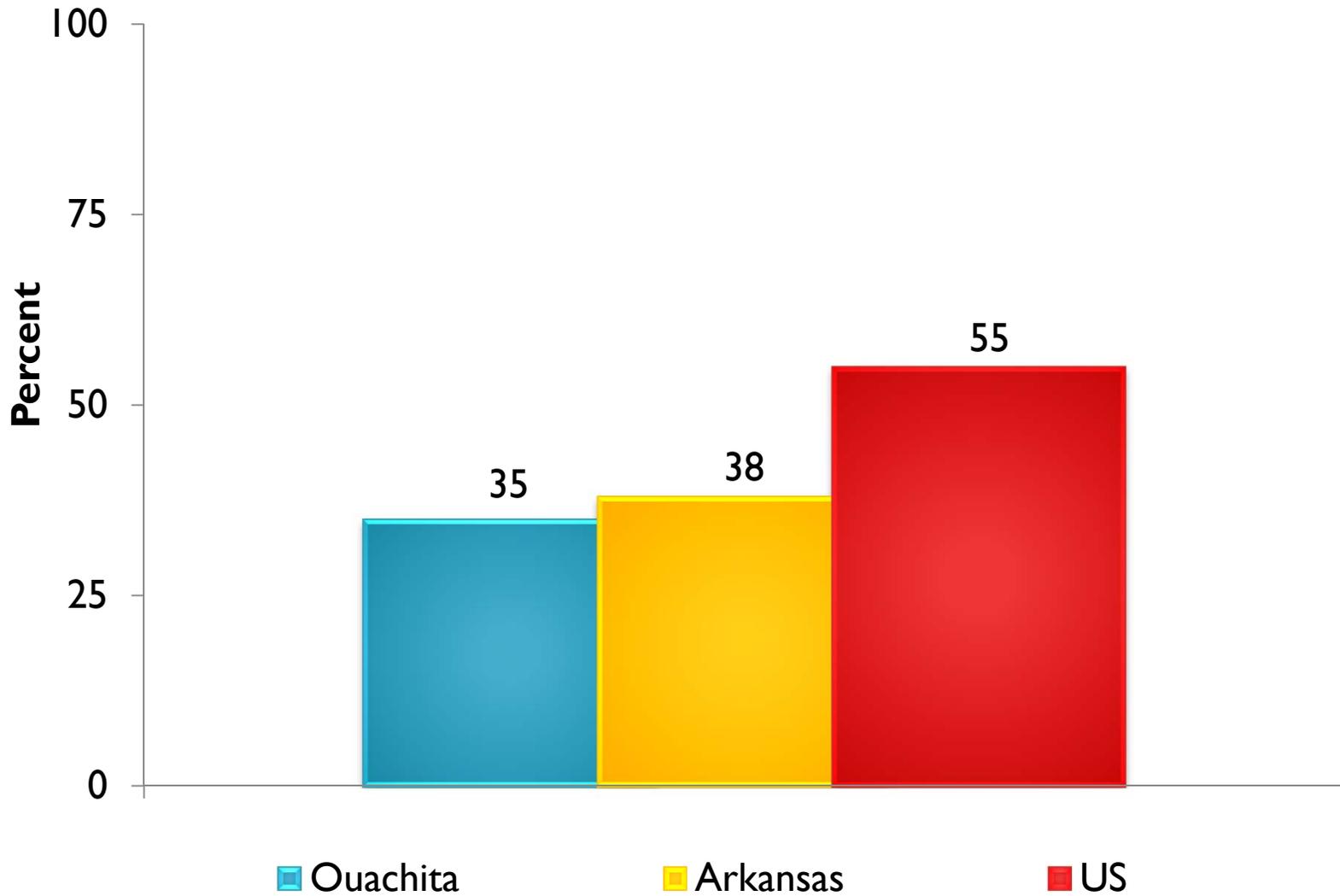
Persons who are current smokers: Ouachita County (2011), Arkansas & US (2010).



Source: CAHS, BRFSS

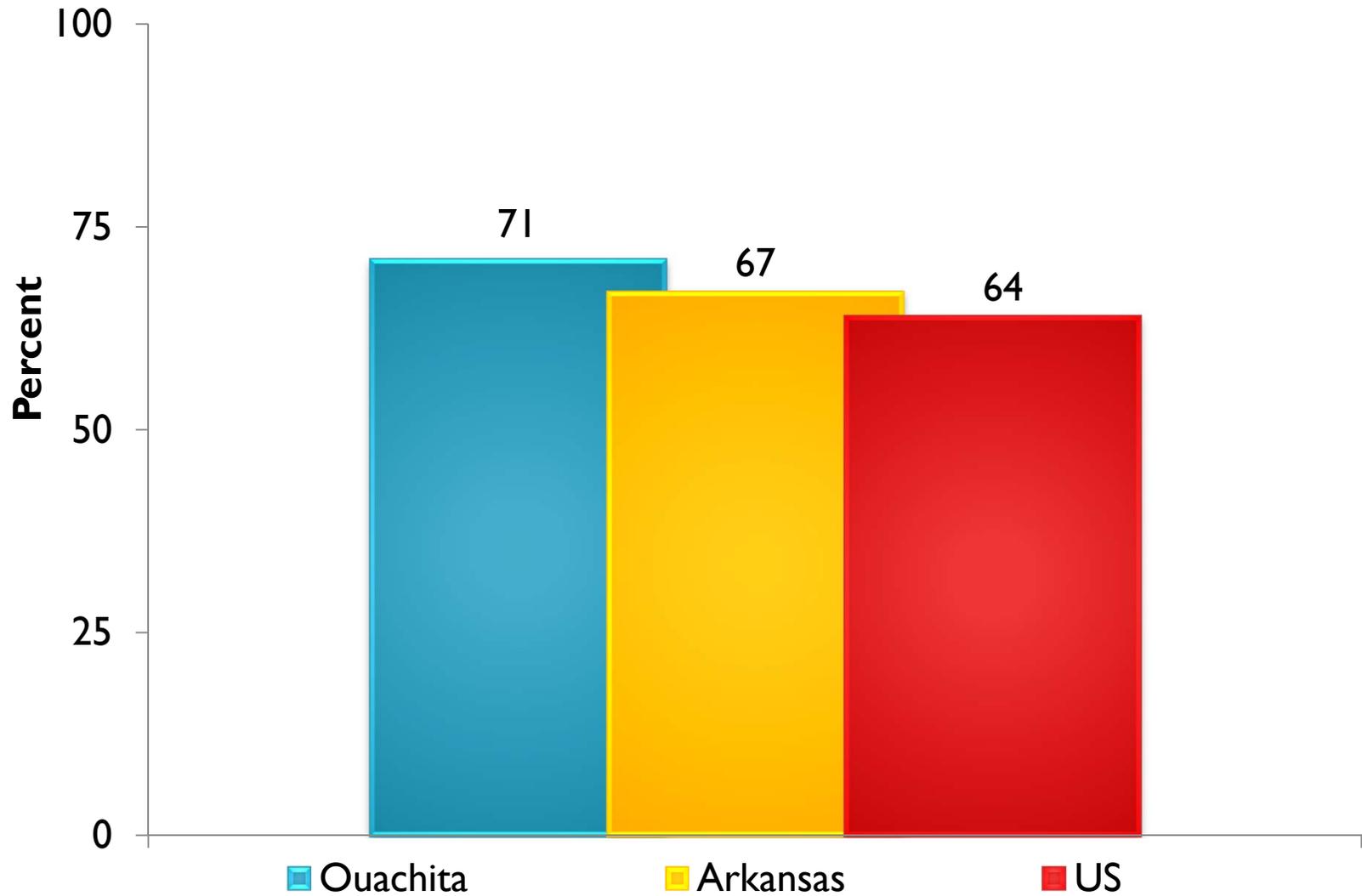
Alcohol use

Had one drink of alcohol: Ouachita County (2011), Arkansas & US (2010).



Overweight & Obese

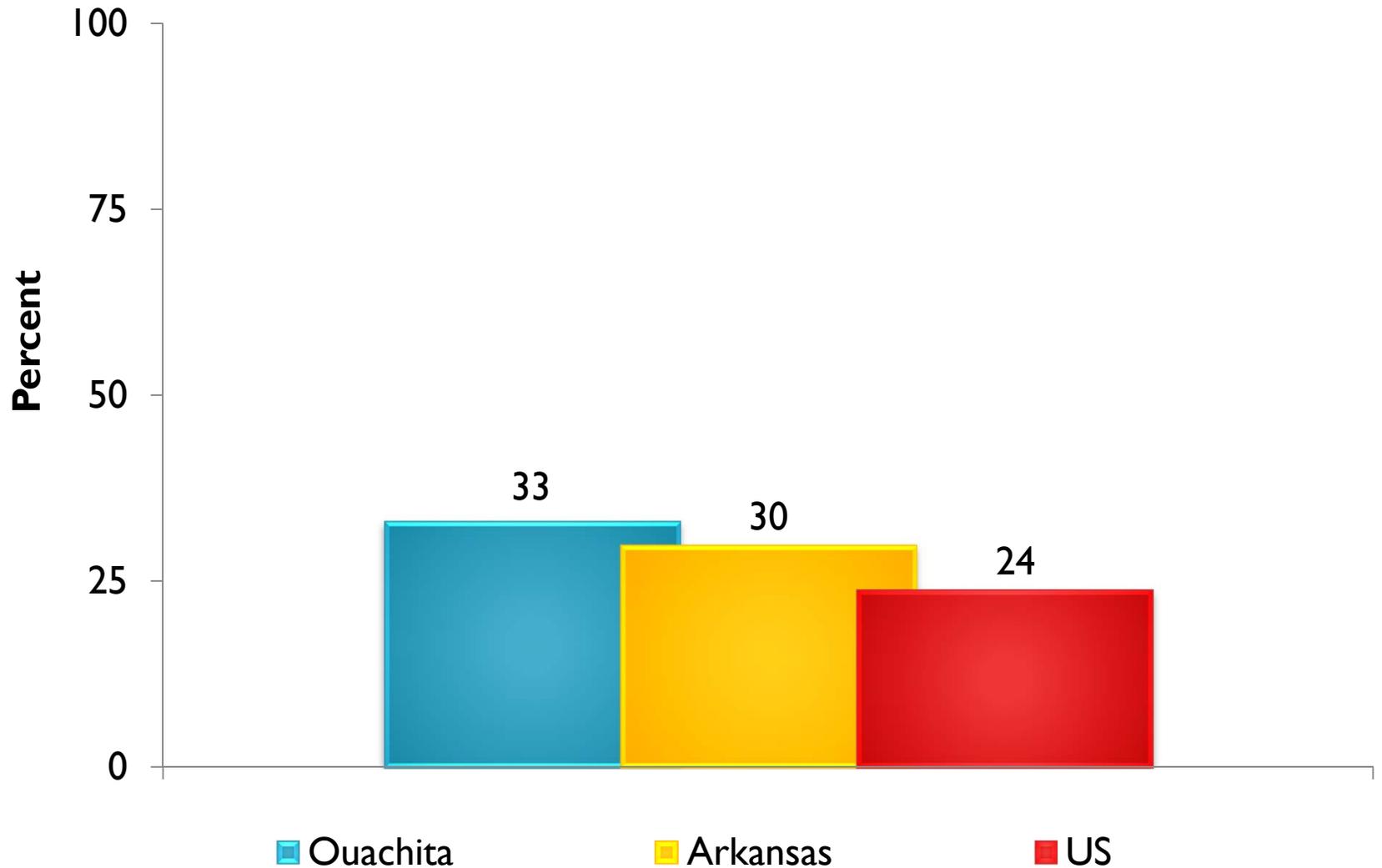
Persons who are overweight & obese as measured by BMI 25 or more: Ouachita County (2011), Arkansas & US (2010).



Source: CAHS, BRFSS

Physical Activity

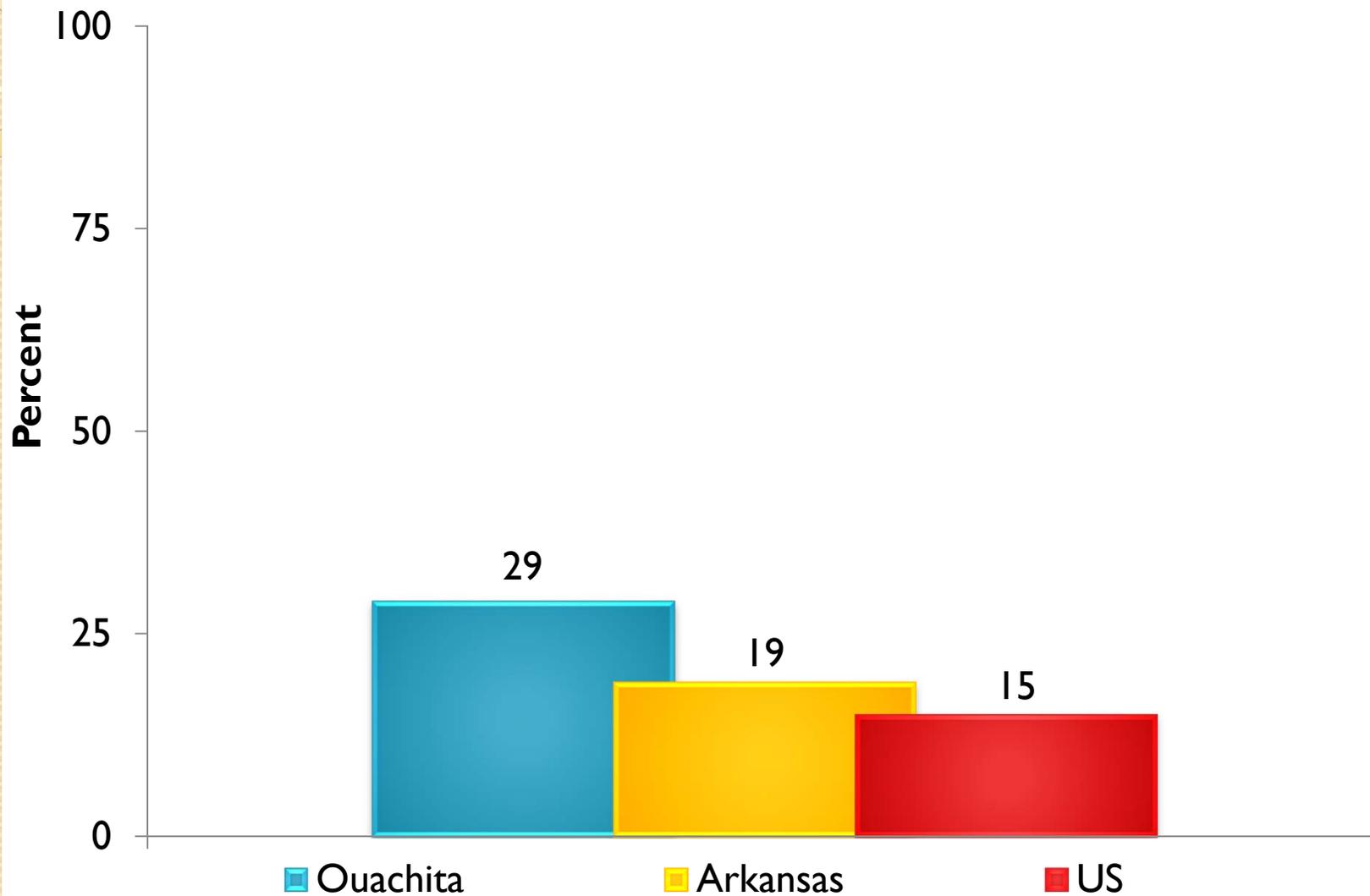
Persons who did not participate in any physical activity in past 30 days besides activity related to regular job: Ouachita County (2011), Arkansas & US (2009).



Source: CAHS, BRFSS

General Health

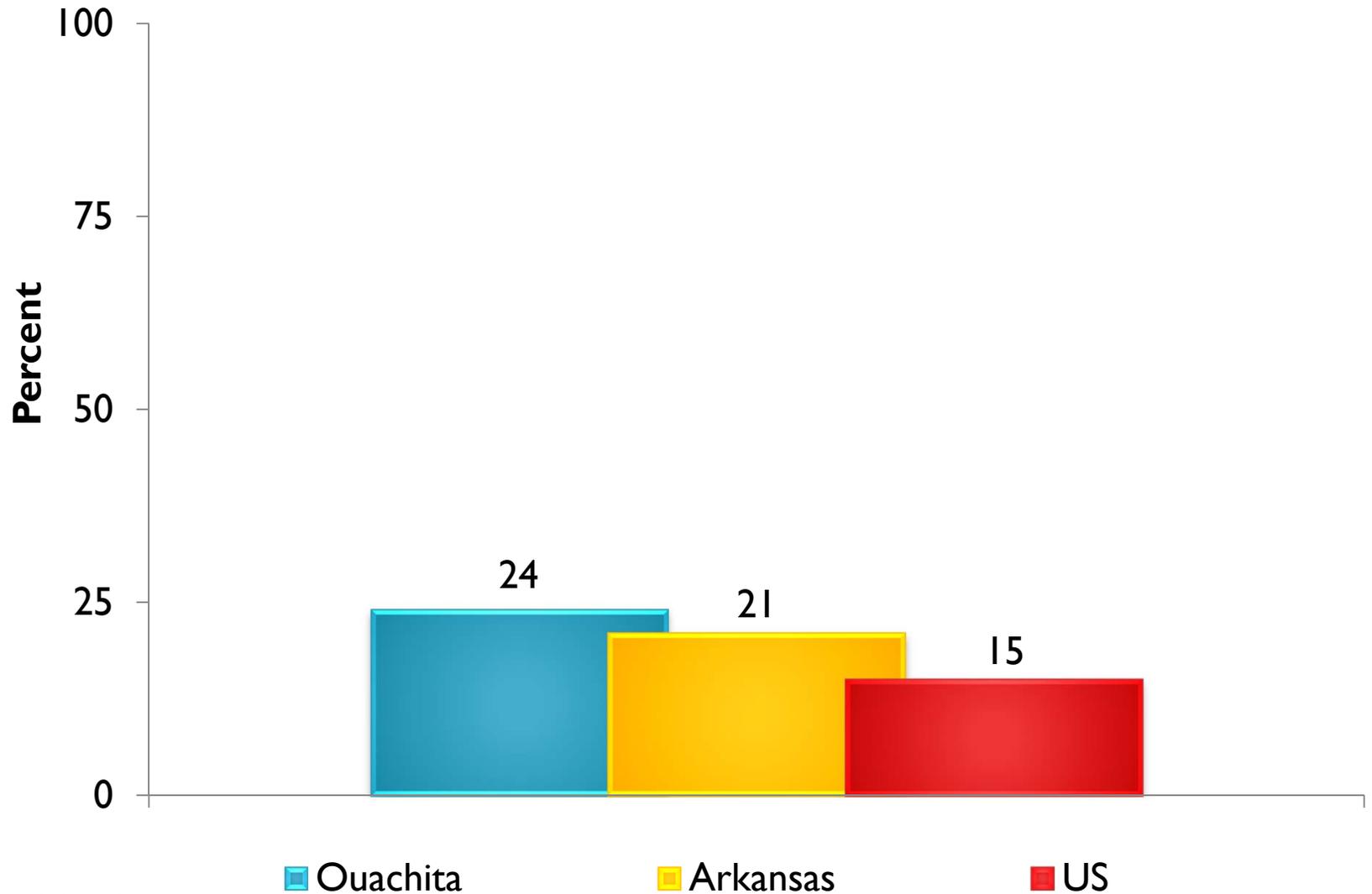
Persons who reported general health as “fair” or “poor”: Ouachita County (2011), Arkansas & US (2010).



Source: CAHS, BRFSS

Health Care Access

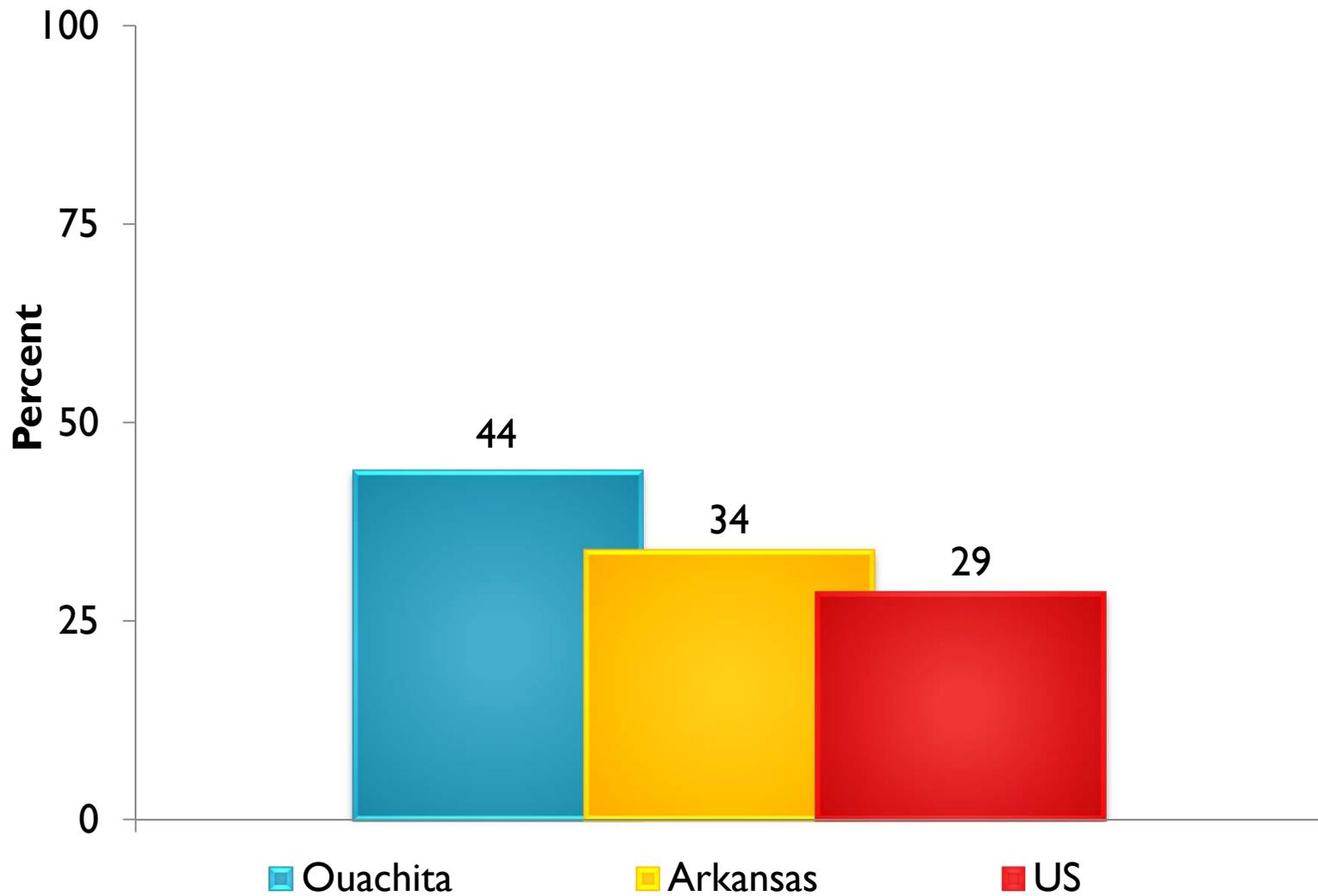
Persons who reported they did not have health care coverage, including health insurance, prepaid plans such as HMOs, or government plan such as Medicare: Ouachita County (2011), Arkansas & US (2010).



Source: CAHS, BRFSS

High Blood Pressure

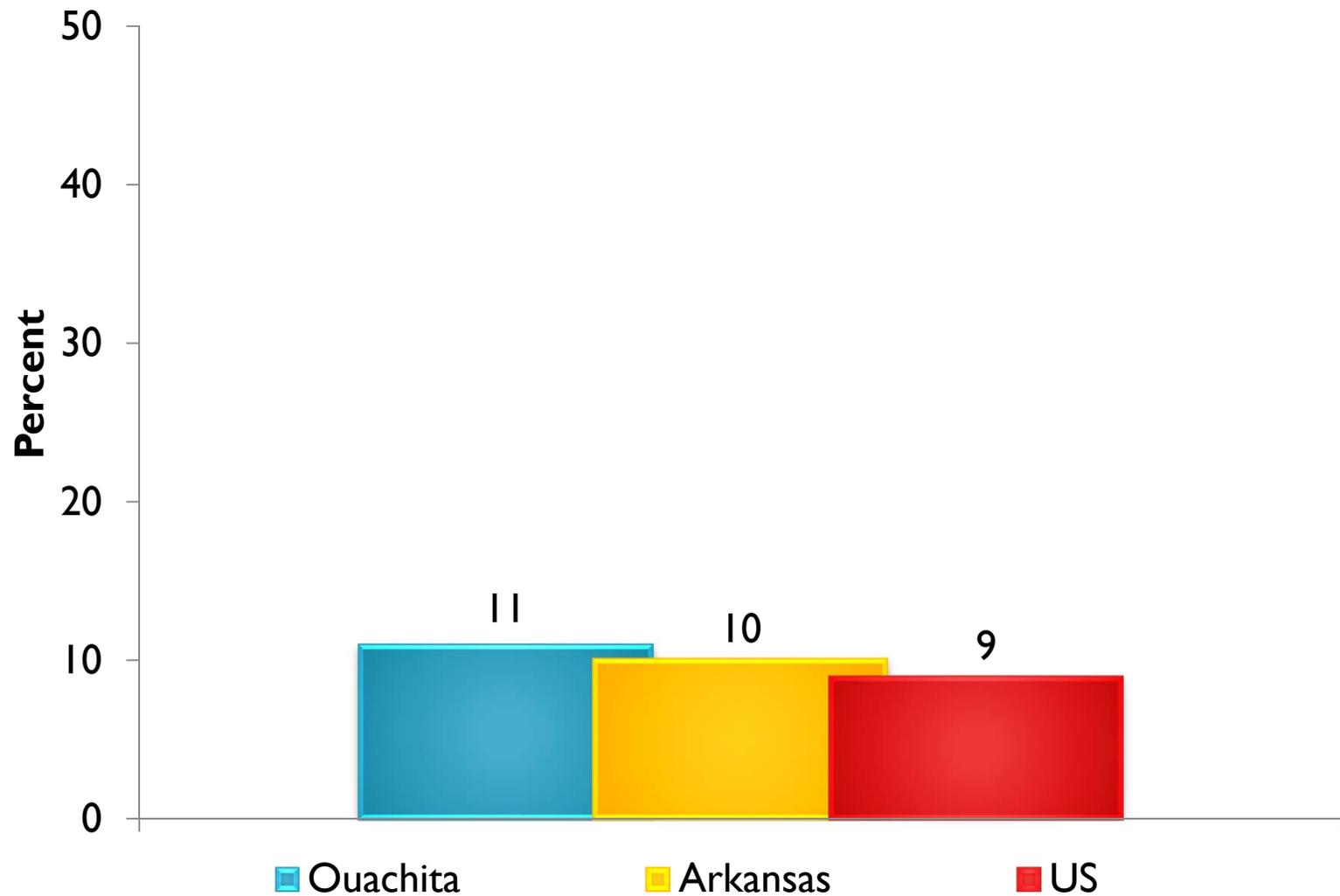
Persons who reported they have been diagnosed with high blood pressure: Ouachita County (2011), Arkansas & US (2010).



Source: CAHS, BRFSS

Diabetes

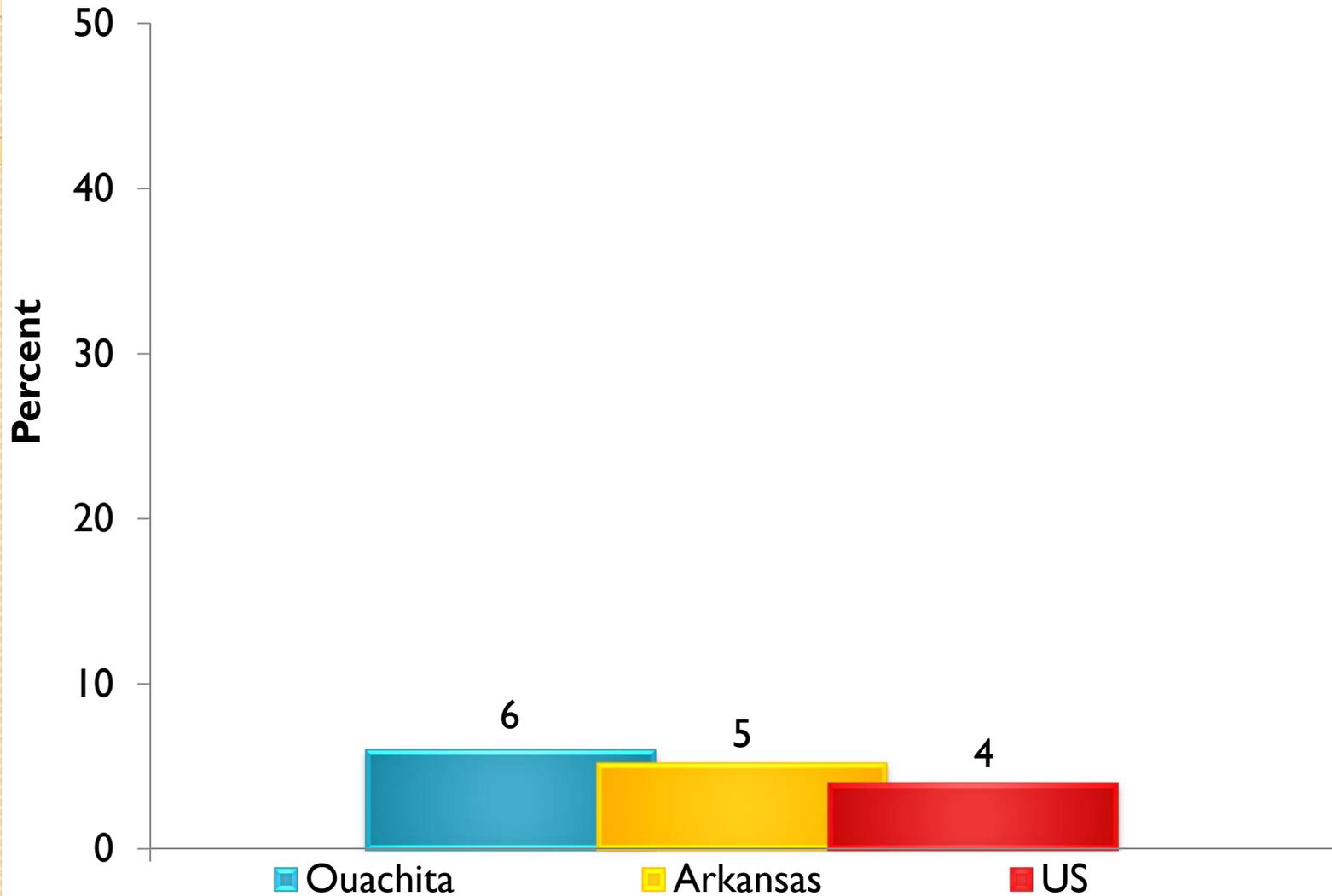
Persons who reported they have been diagnosed with diabetes: Ouachita County (2011), Arkansas & US (2010).



Source: CAHS, BRFSS

Myocardial Infarction (Heart Attack)

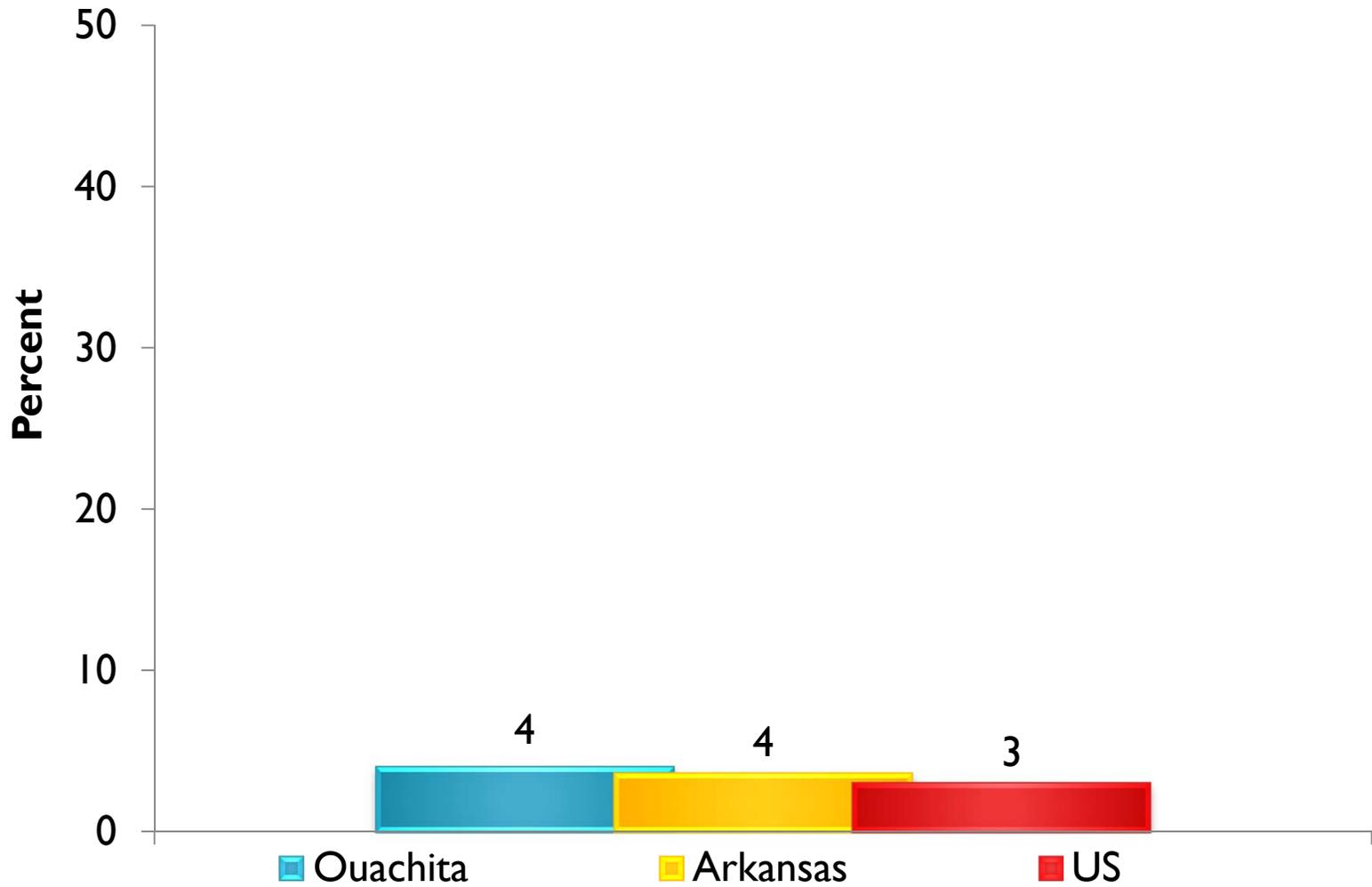
Persons who reported they had been diagnosed with a myocardial infarction: Ouachita County (2011), Arkansas & US (2010).



Source: CAHS, BRFSS

Stroke

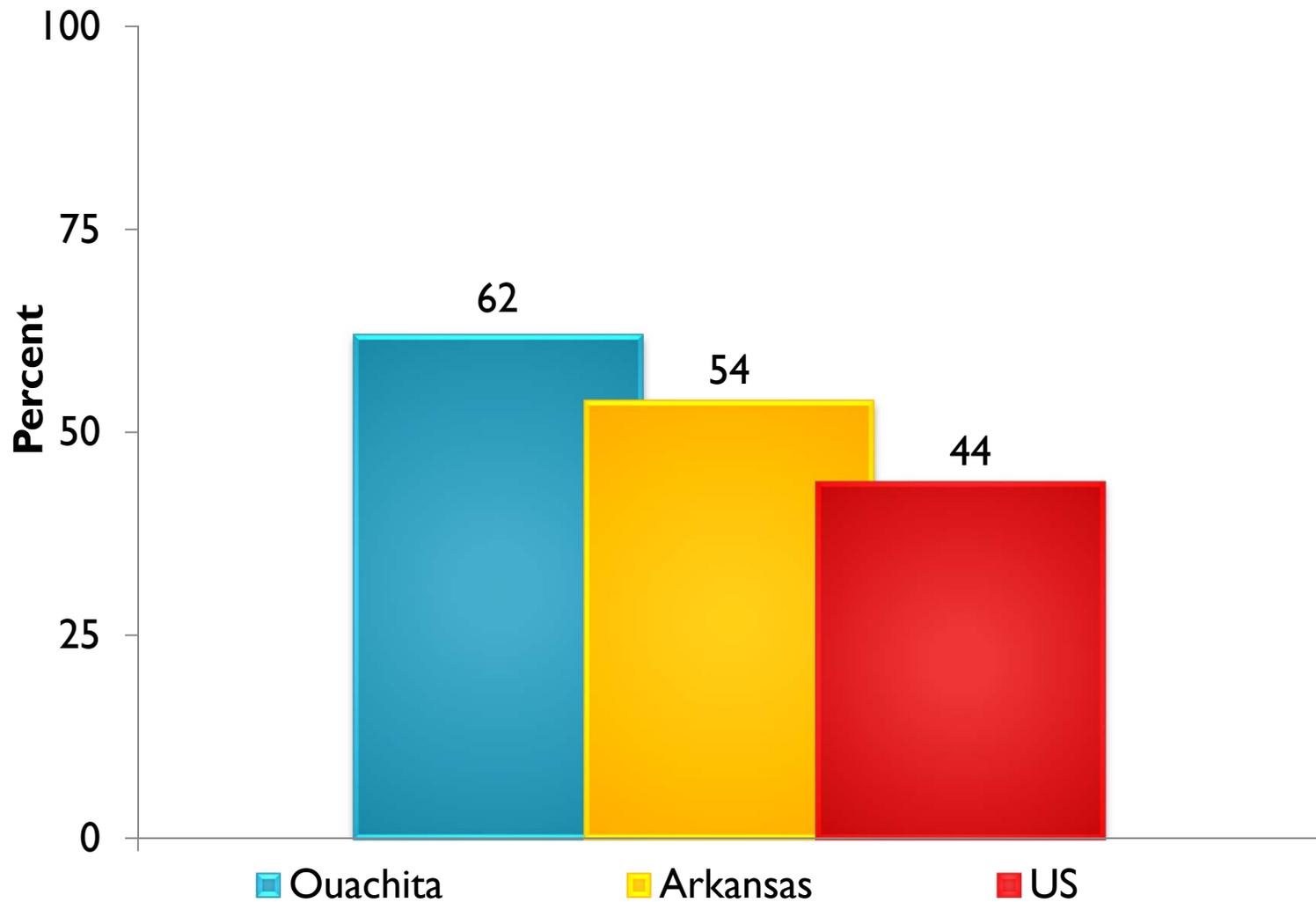
Persons who reported they had been diagnosed with a stroke: Ouachita County (2011), Arkansas & US (2010).



Source: CAHS, BRFSS

Permanent Teeth Extraction

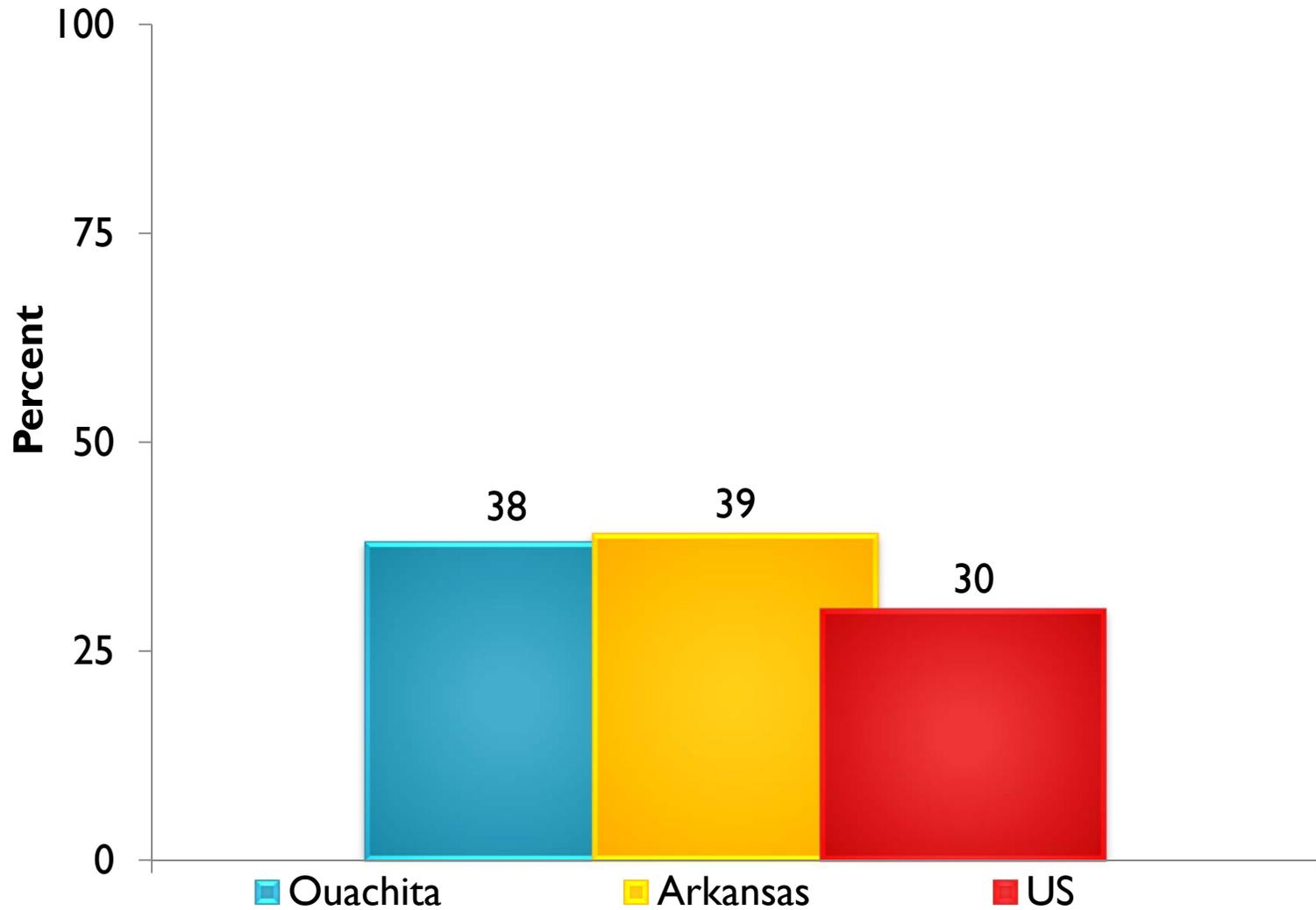
Persons who reported they have had permanent teeth extracted due to tooth decay or gum disease: Ouachita County (2011), Arkansas & US (2010).



Source: CAHS, BRFSS

Last Dental Visit

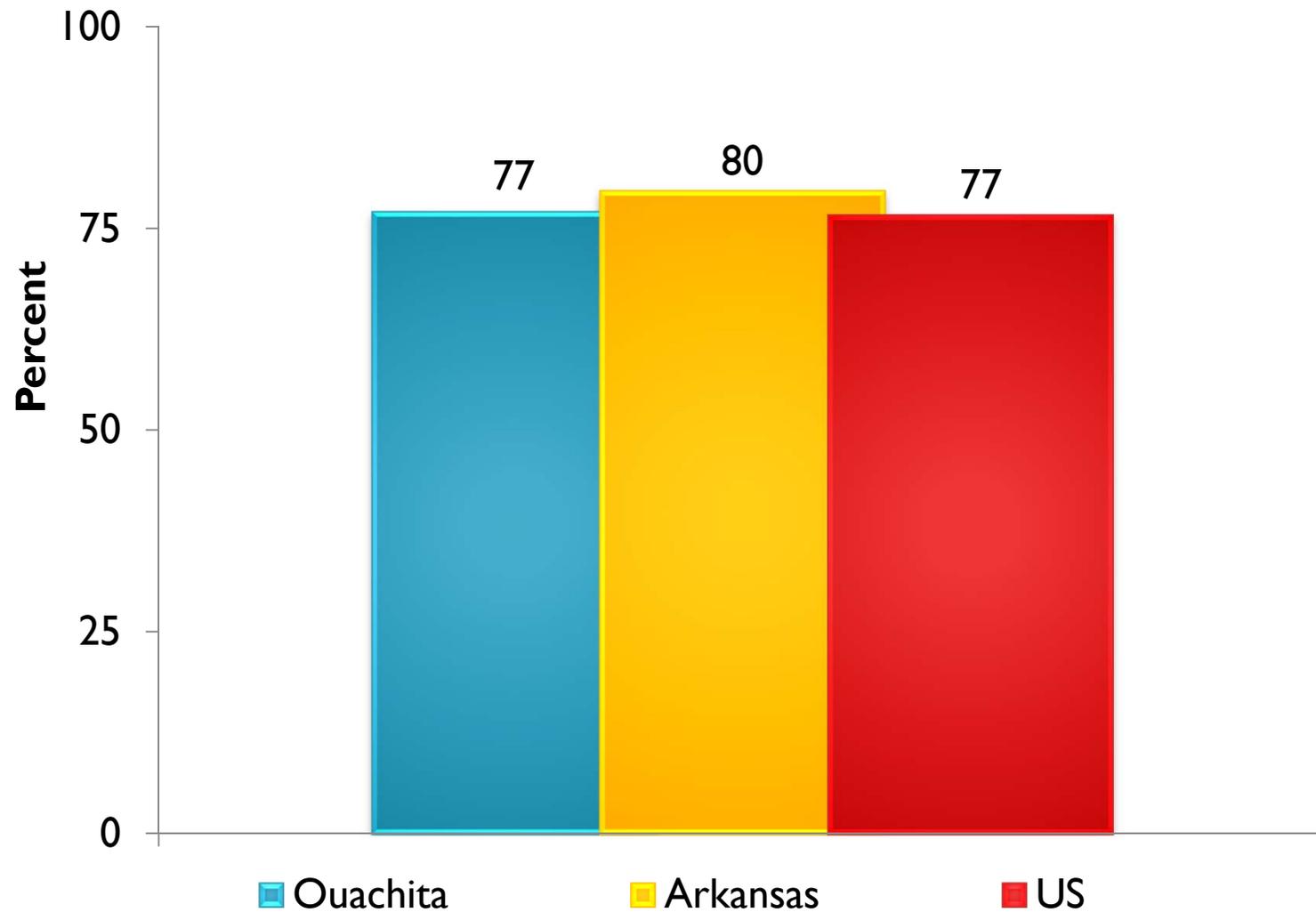
Persons who reported last dental visit was one year or more ago: Ouachita County (2011), Arkansas & US (2010).



Source: CAHS, BRFSS

Fruits and Vegetables

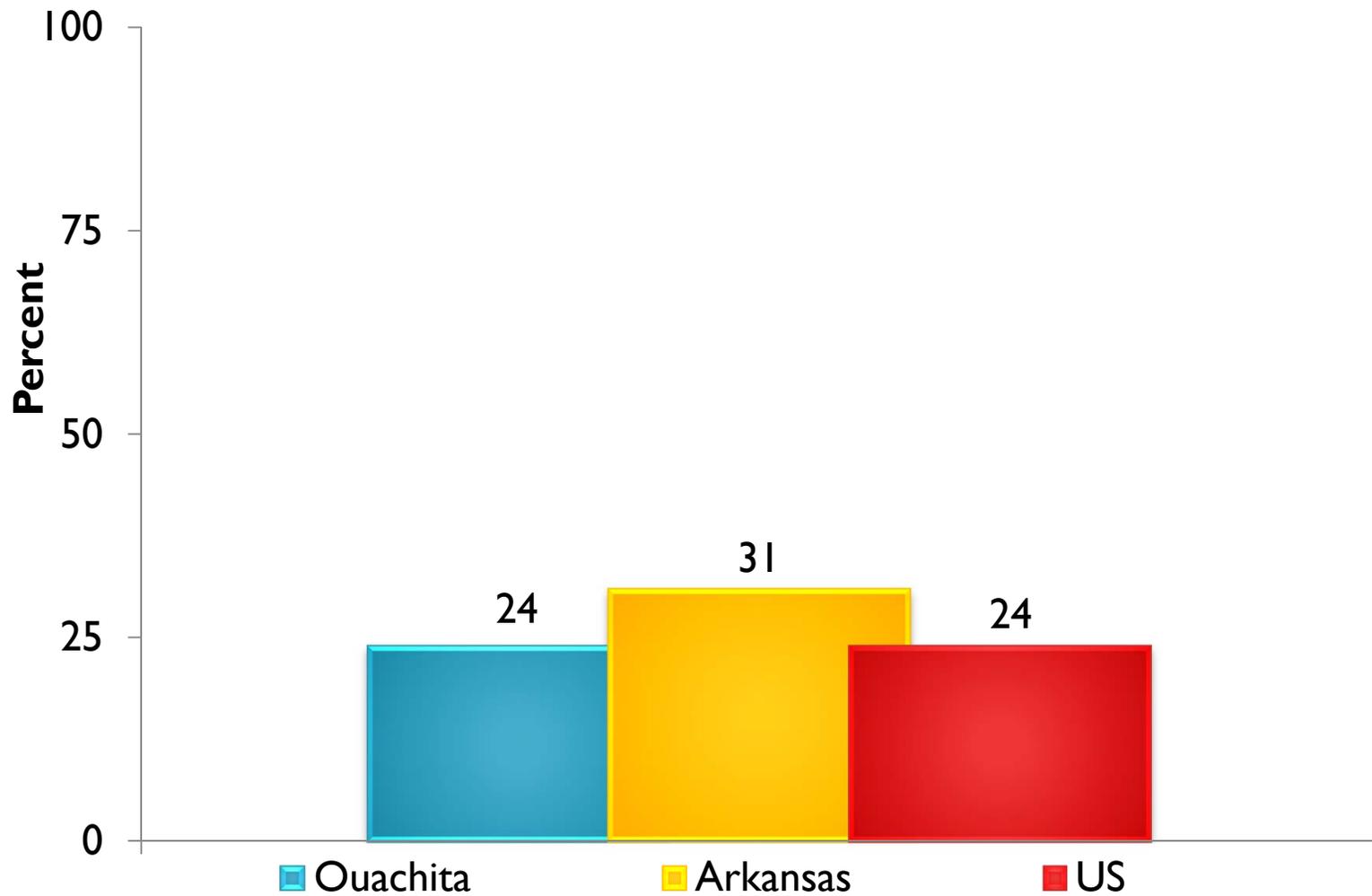
Persons who reported they consumed fewer than 5 fruits and vegetables per day: Ouachita County (2011), Arkansas & US (2009).



Source: CAHS, BRFSS

Mammogram

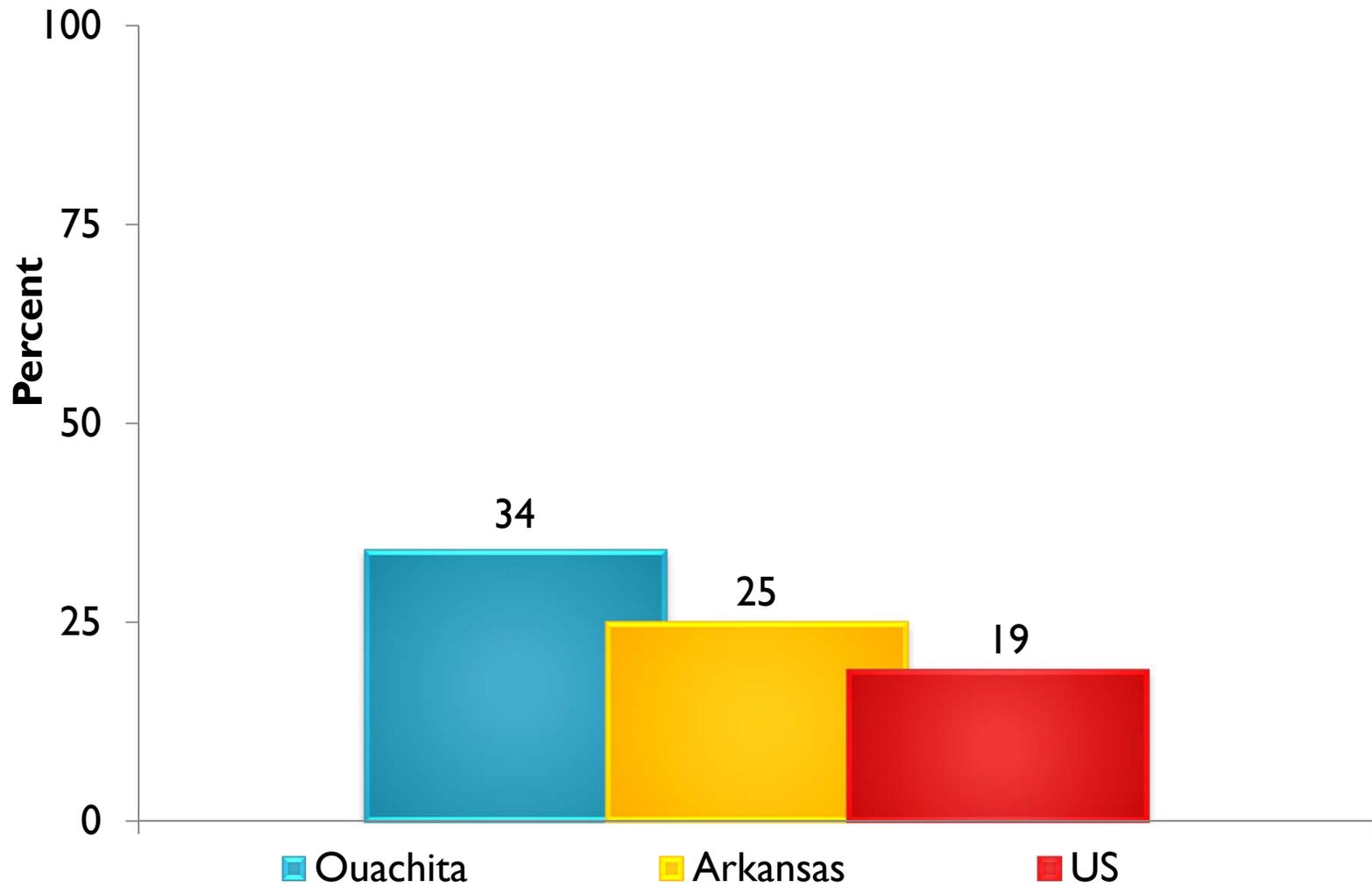
Women over 40 years who reported they had not had a mammogram in the past two years: Ouachita County (2011), Arkansas & US (2010).



Source: CAHS, BRFSS

Pap Smear

Women who reported they had not had a pap smear in the past three years:
Ouachita County (2011), Arkansas & US (2010).



Source: CAHS, BRFSS



What Can Your Hometown Health Coalition Do to Make a Difference?

- Identify health issues at the local level.
- Develop plans to target prevention programs.
- Monitor the effectiveness of intervention programs.
- Educate the public, health community about disease prevention.

Ouachita Report

<http://www.healthy.arkansas.gov/programsServices/healthStatistics/Brfss/Pages/CountyHealthSurveys.aspx>

ADH: County Health Surveys - Windows Internet Explorer

Arkansas causes of death reports

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County Health Surveys

County Health Surveys: Presentations

What is the County Health Survey?

A County Health Survey is a questionnaire used to collect and evaluate personal risk behaviors that may affect the health of Arkansans. The County Health Survey may focus on adults - County Adult Health Survey - or on the youth - County Youth Health Survey. The County Health Surveys are conducted in cooperation with the Hometown Health Improvement (HHI) initiative.

County Adult Health Survey (CAHS)

The County Adult Health Survey primarily focuses on behaviors that are linked to the leading causes of death (heart

start Scott 2011 Results.pptx ADH: County Health ... 1:09 PM