

# Howard County 2003 Adult Health Survey



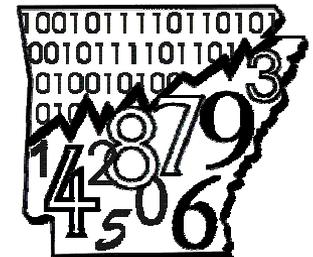
**STAMP OUT SMOKING**

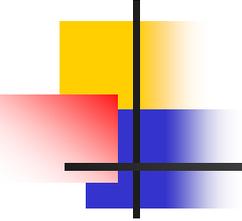
Arkansas Department of Health  
[stampoutsmoking.com](http://stampoutsmoking.com)

Your Tobacco Settlement Dollars at Work



Arkansas  
Center for  
Health  
Statistics

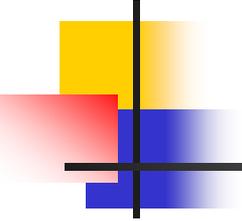




# What Is the Howard County 2003 BRFSS?

---

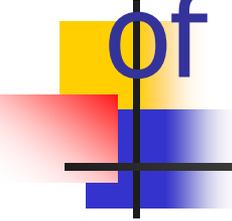
The BRFSS is the world's largest continuously conducted telephone survey. It covers issues surrounding chronic illness and premature mortality, as well as other health-related topics. All 50 states, Puerto Rico, Guam, and Washington D.C. participate. Howard County participated in county level BRFSS studies sponsored by Hometown Health.



# In Howard County...

---

- Interviews were conducted with 400 people who live in Howard County during May 2003.
- Of the 400 Howard County interviews, 156 were with men and 244 were with women.

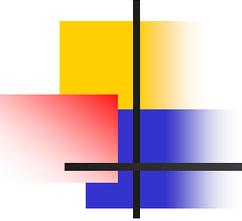


# What was the most common cause of death for Arkansans in 2000?

---

## Heart Disease

- ✦ Heart disease is the most common cause of death for people who live in Howard County, in the state of Arkansas, and in the United States.

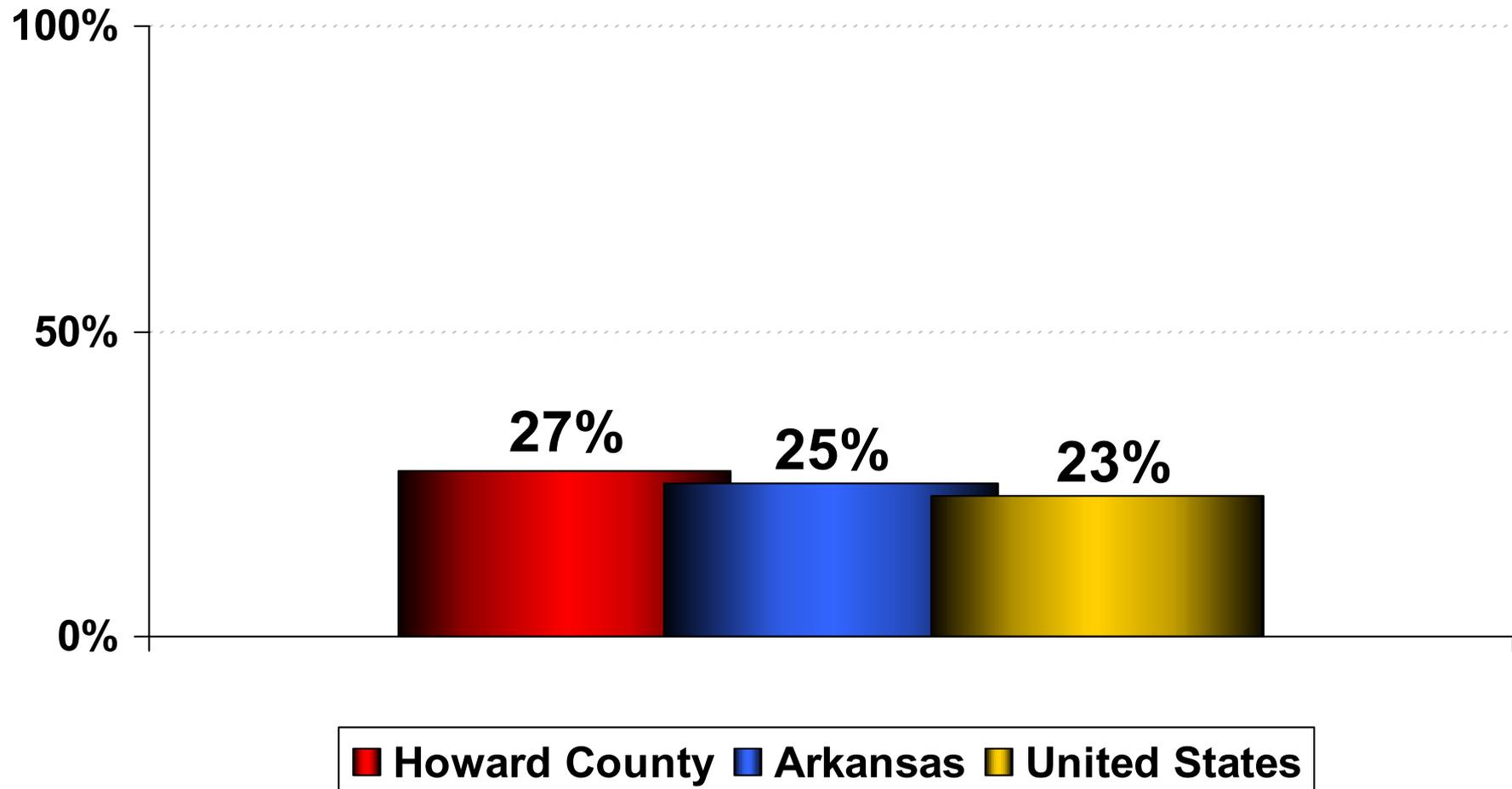


# Cardiovascular Disease Risks Measured Include...

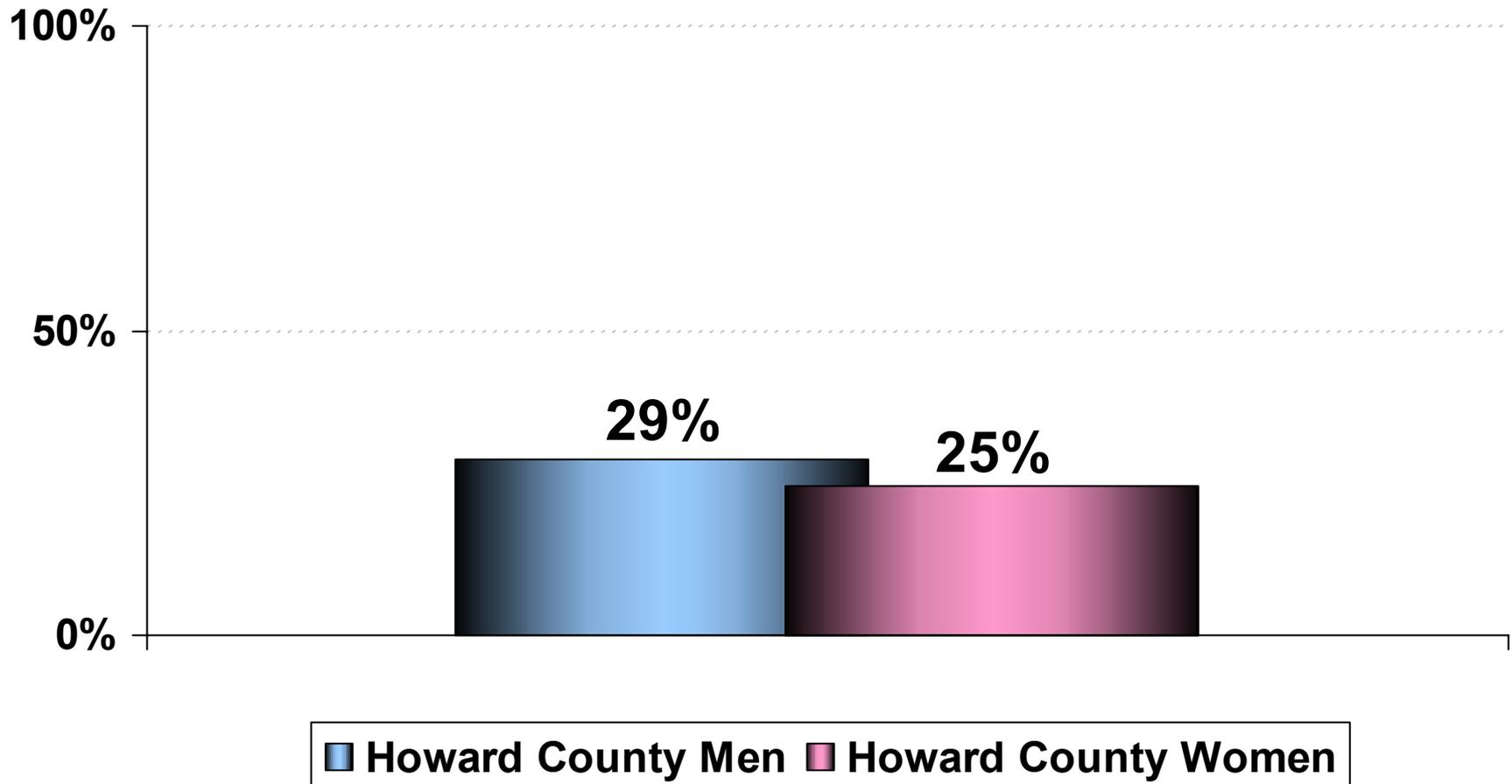
---

- ✦ Using tobacco
- ✦ Being overweight
- ✦ Having a sedentary lifestyle
- ✦ Having a poor diet

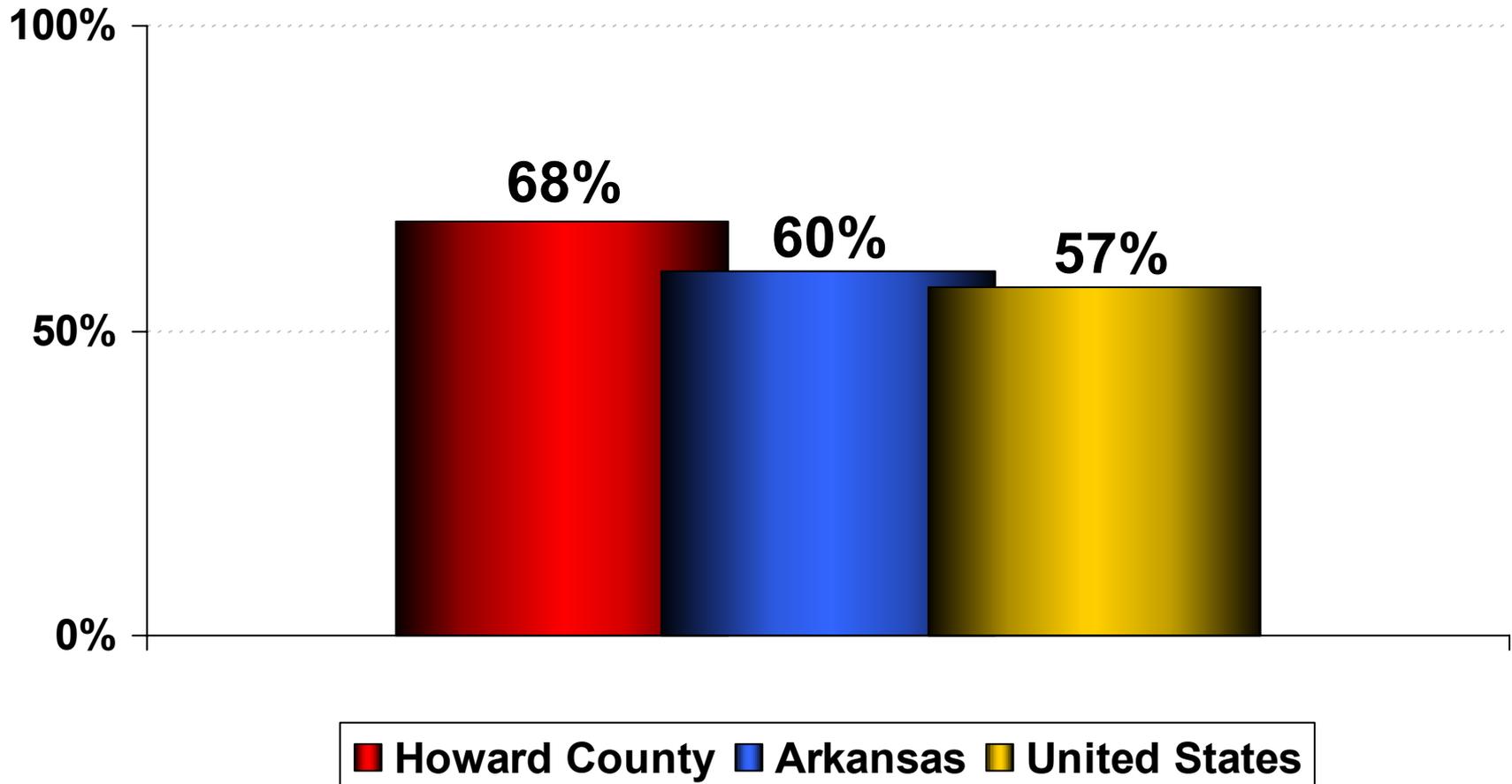
# Currently Smoke Cigarettes



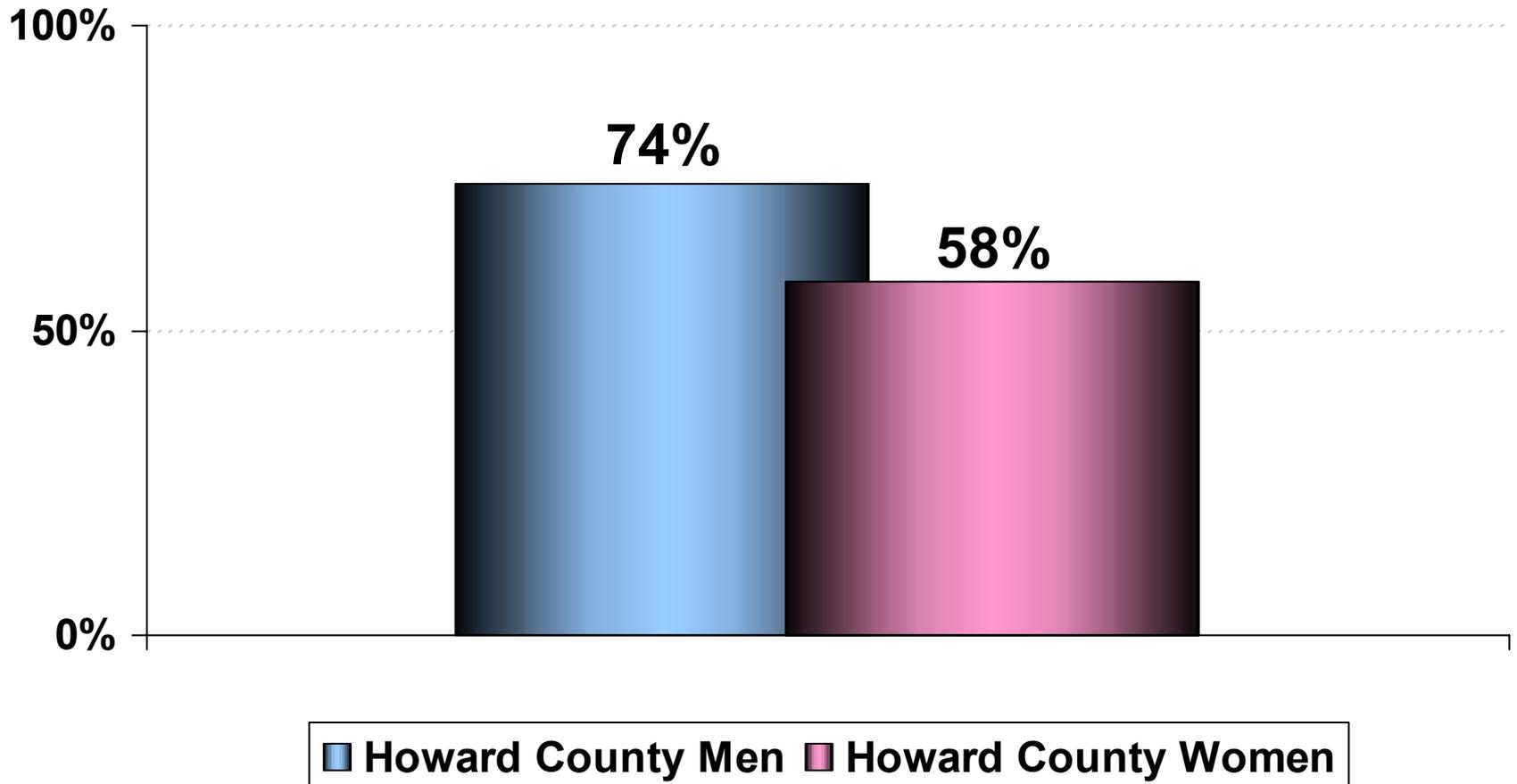
# Currently Smoke Cigarettes



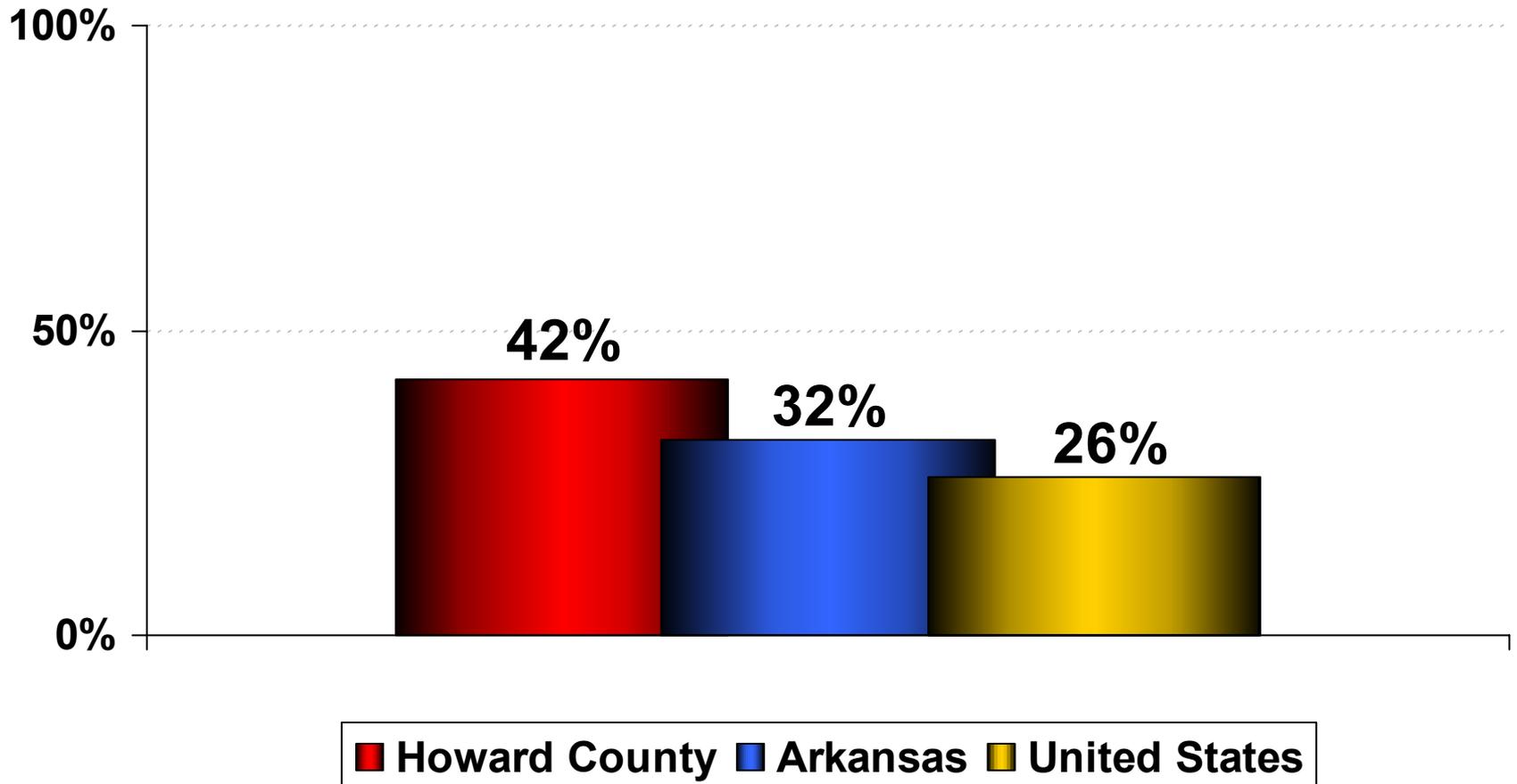
# Overweight as Measured by Body Mass Index



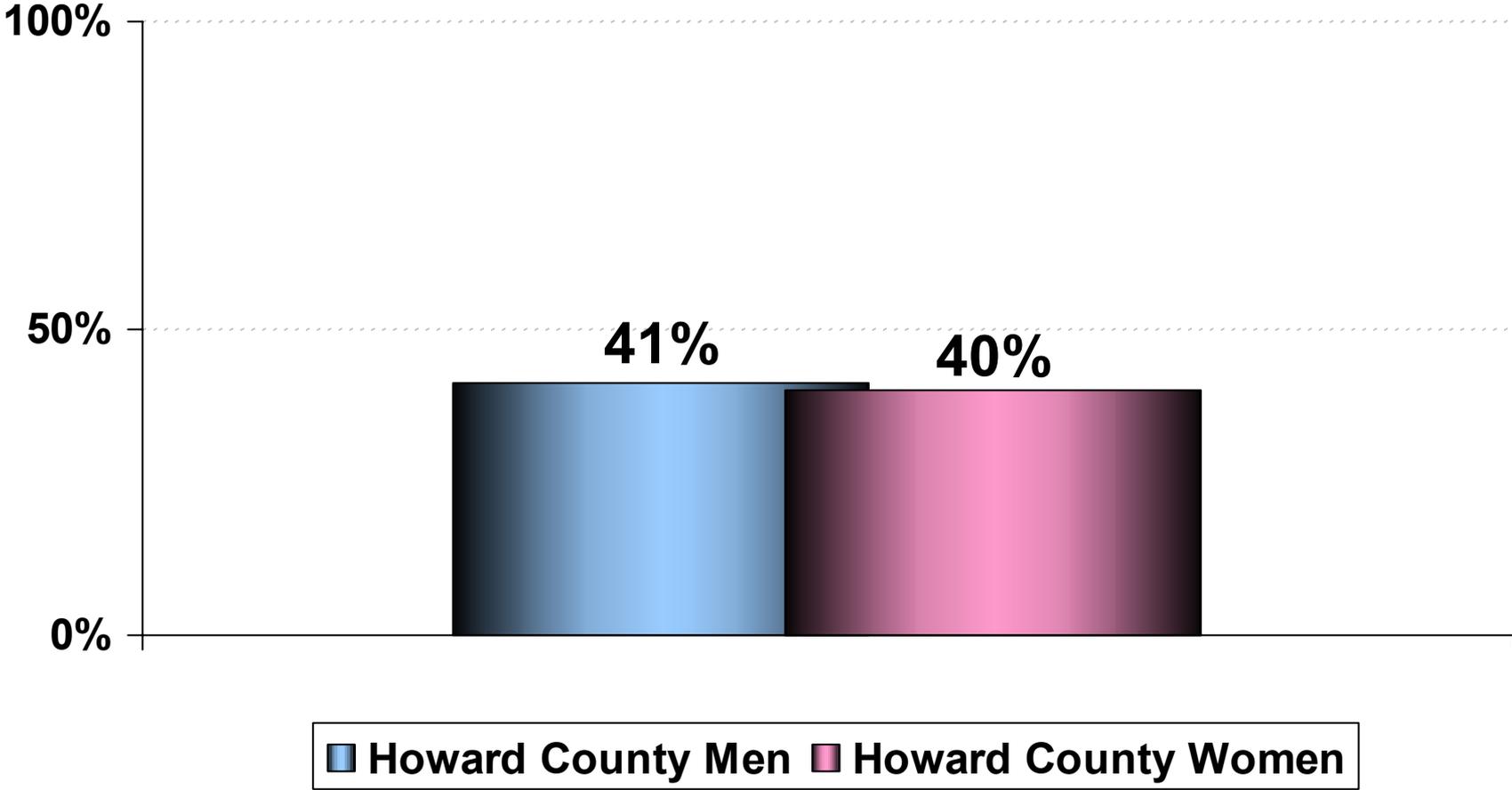
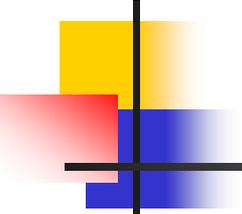
# Overweight as Measured by Body Mass Index



# Do Not Participate in Any Physical Activities

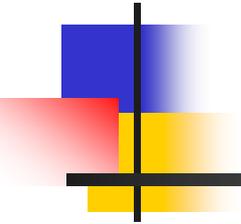


# Do Not Participate in Any Physical Activities

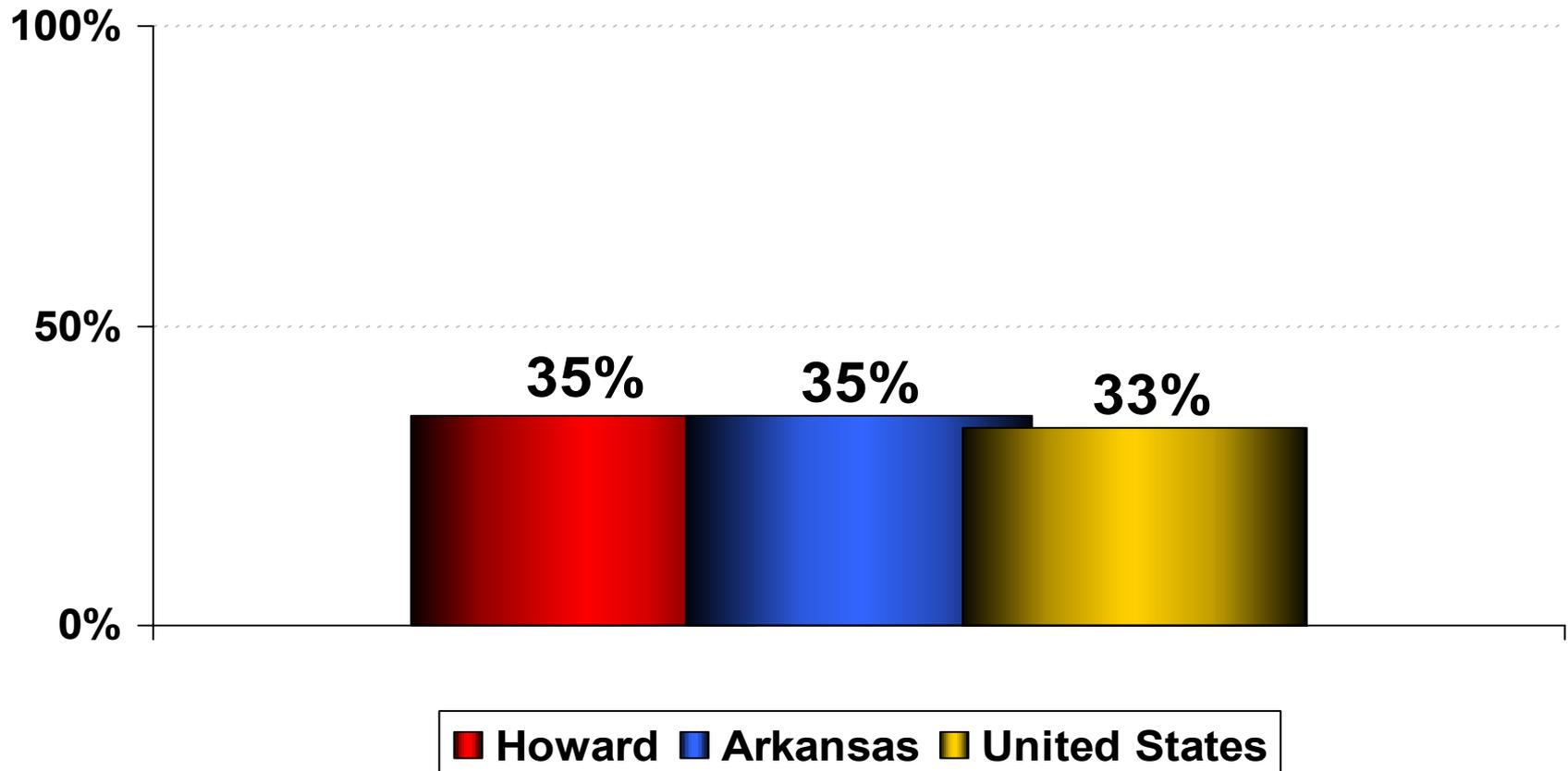


# Selected Other Major Risk Factors

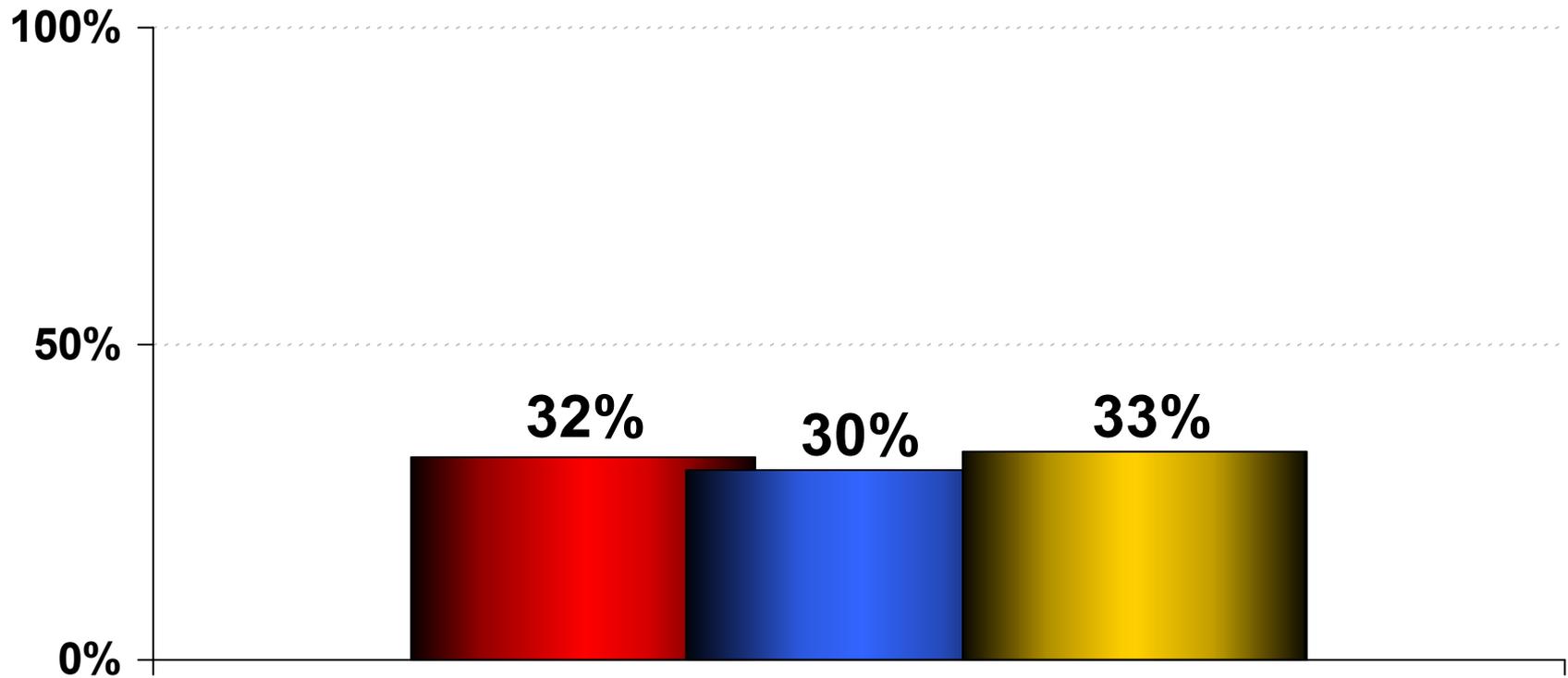
---



# Reported Physical Health Not Good One Or More Days During Past Month

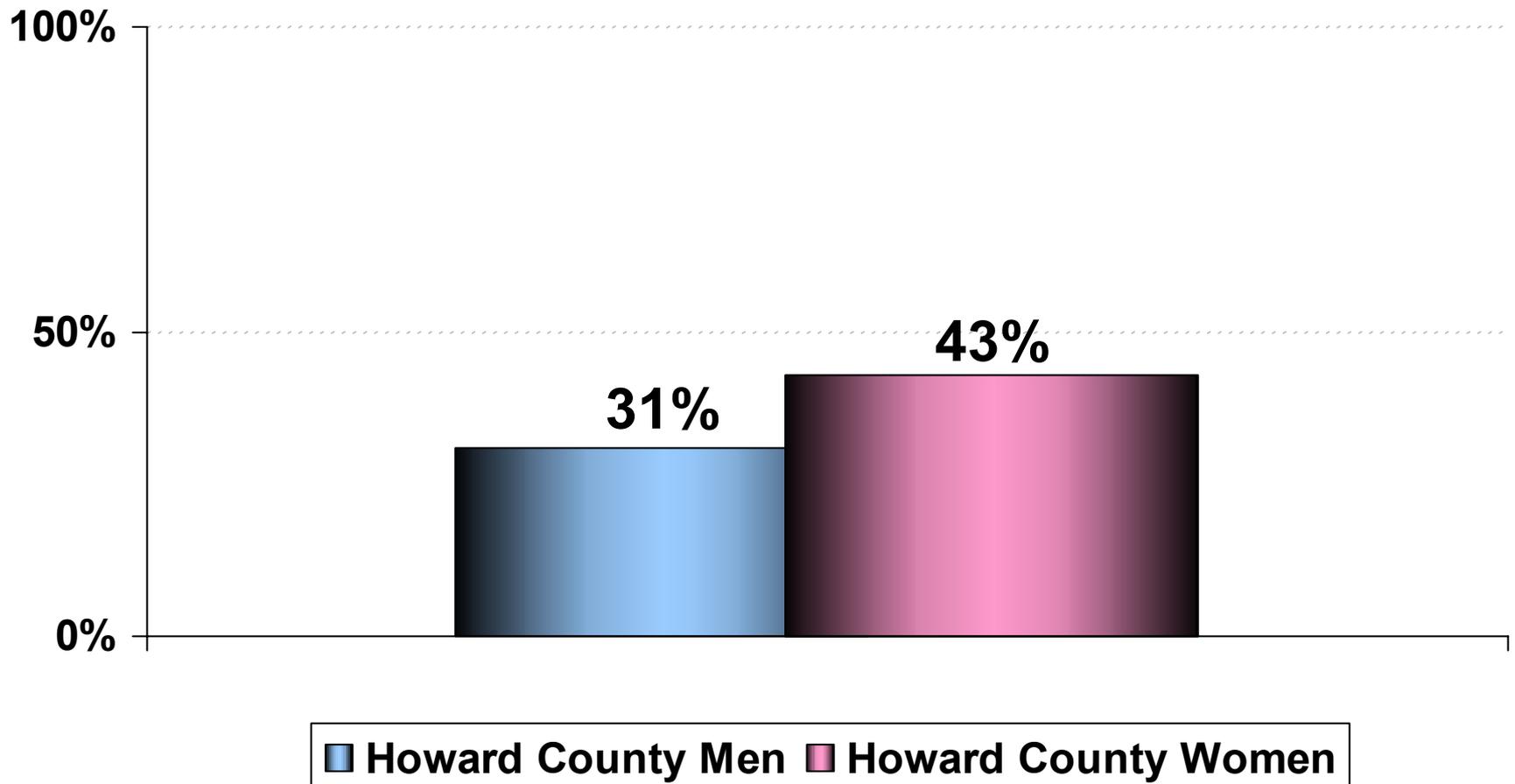


# Reported Mental Health Not Good One Or More Days During Past Month

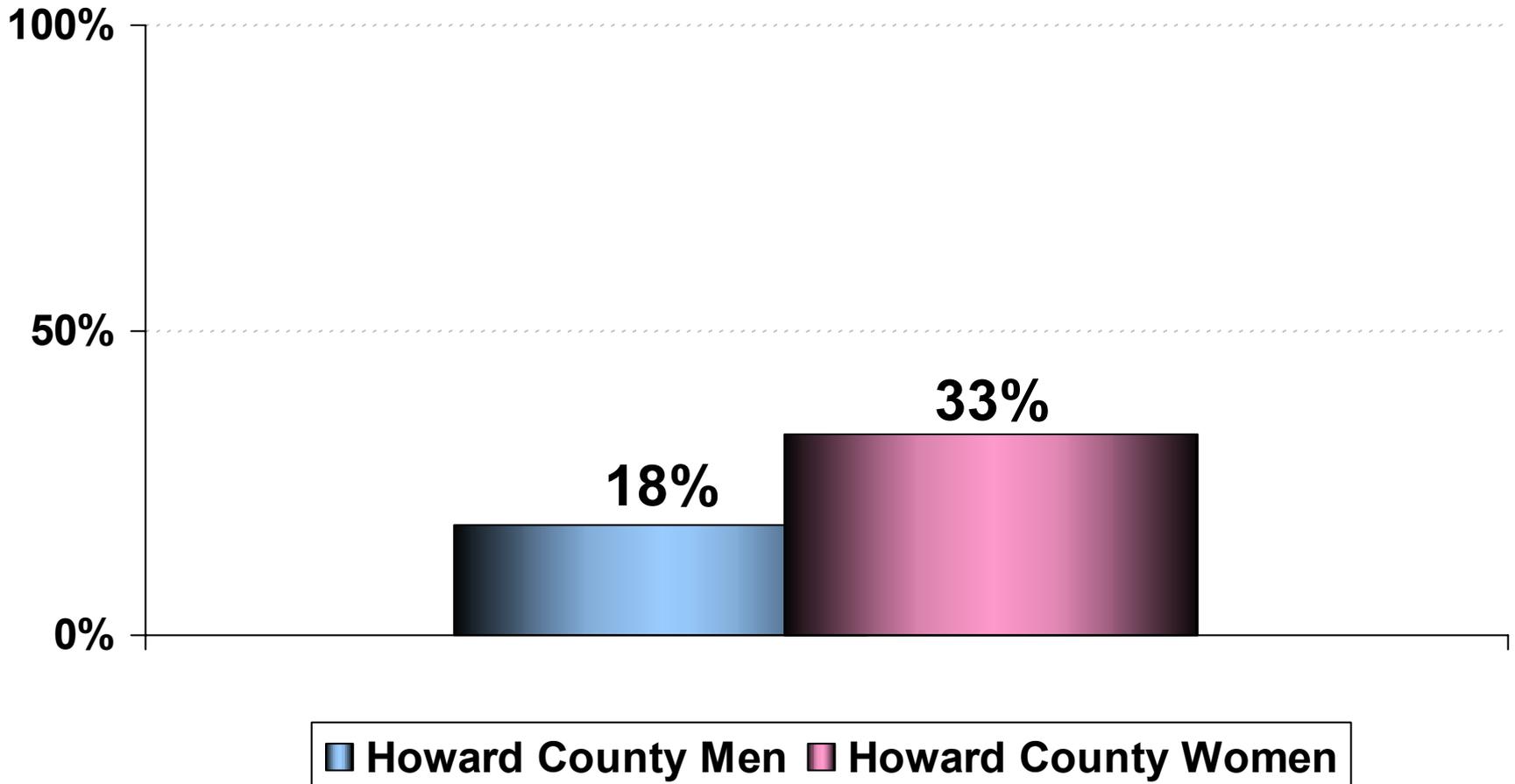


■ Howard County ■ Arkansas ■ United States

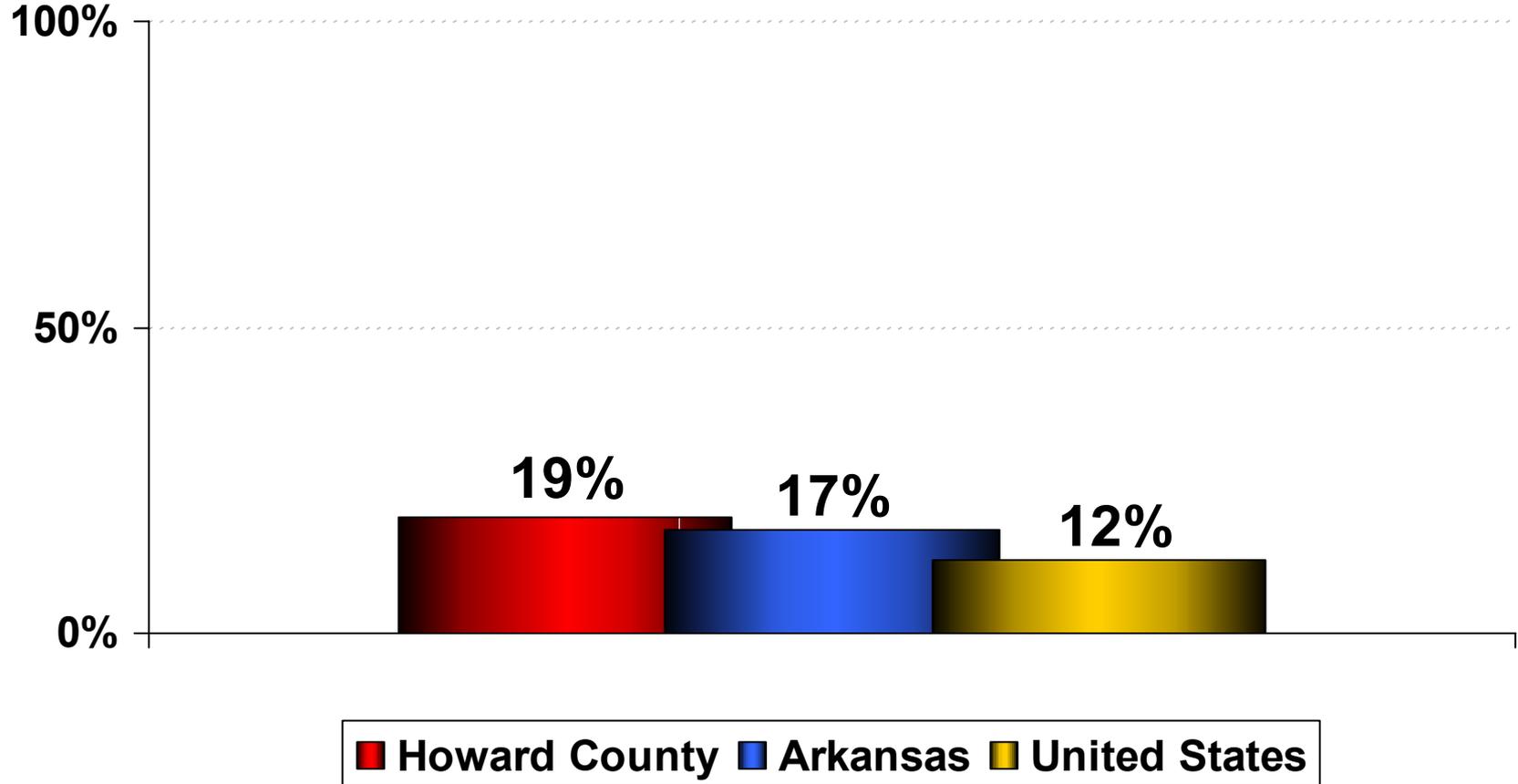
# Reported Physical Health Not Good One Or More Days During Past Month



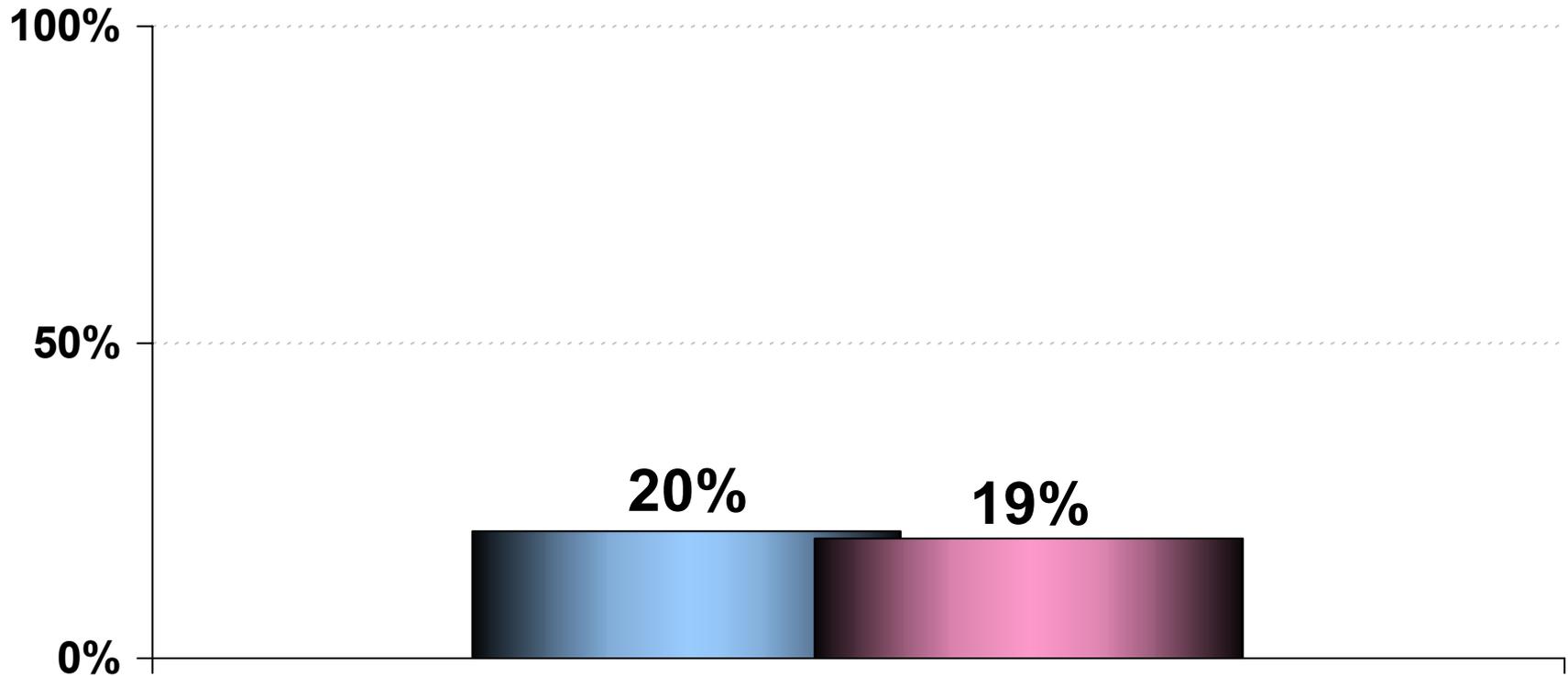
# Reported Mental Health Not Good One Or More Days During Past Month



# Do Not Have Health Insurance

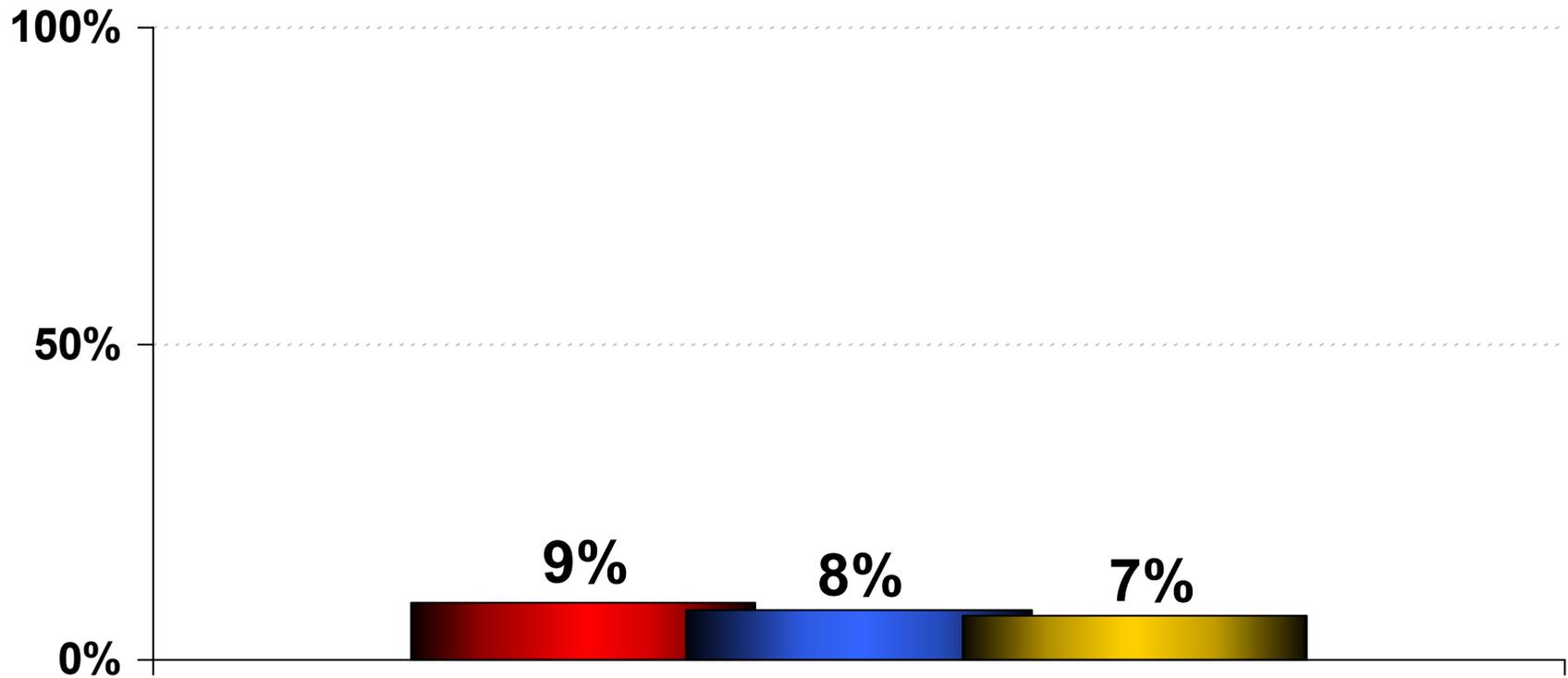


# Do Not Have Health Insurance



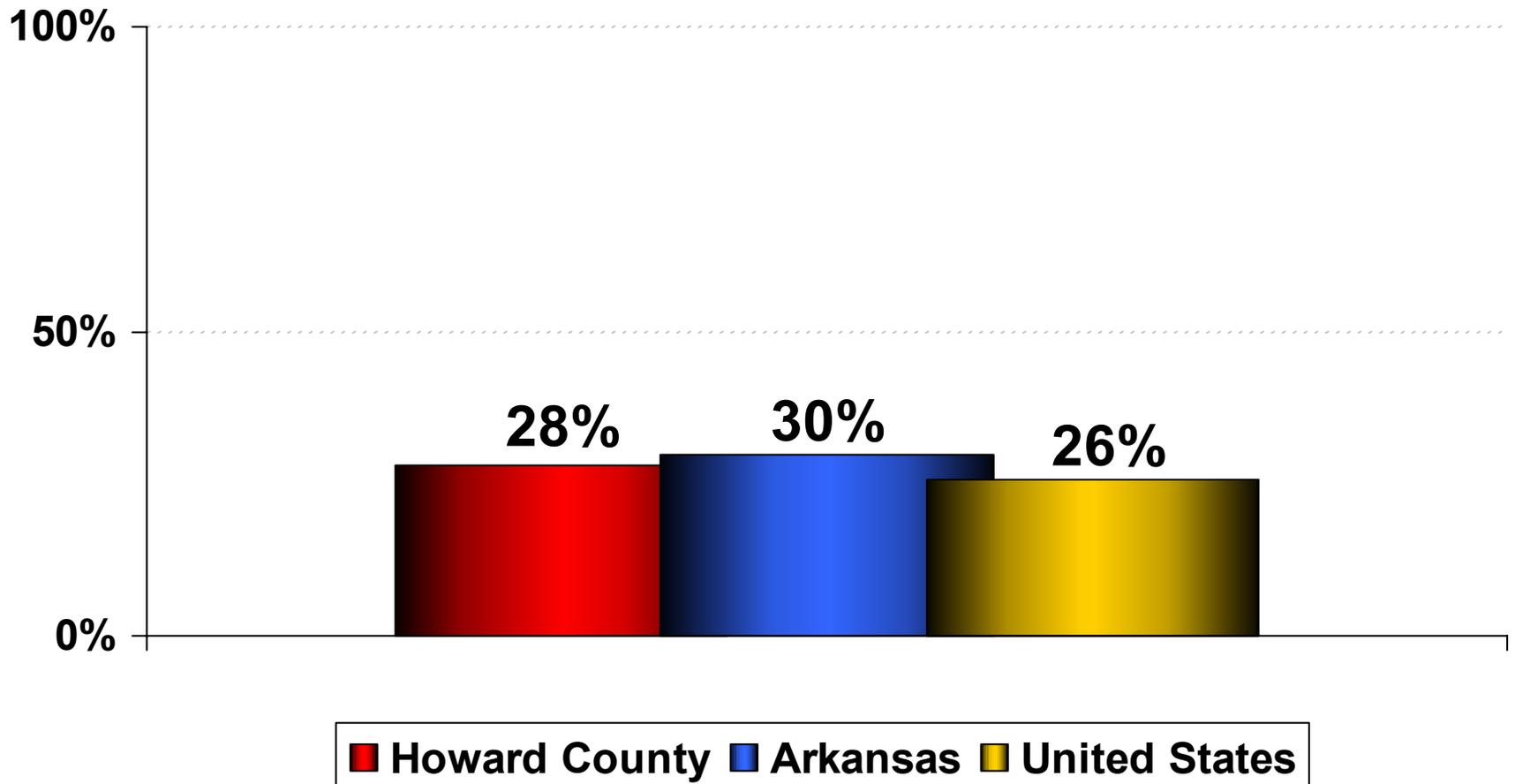
■ Howard County Men ■ Howard County Women

# Have Been Diagnosed with Diabetes

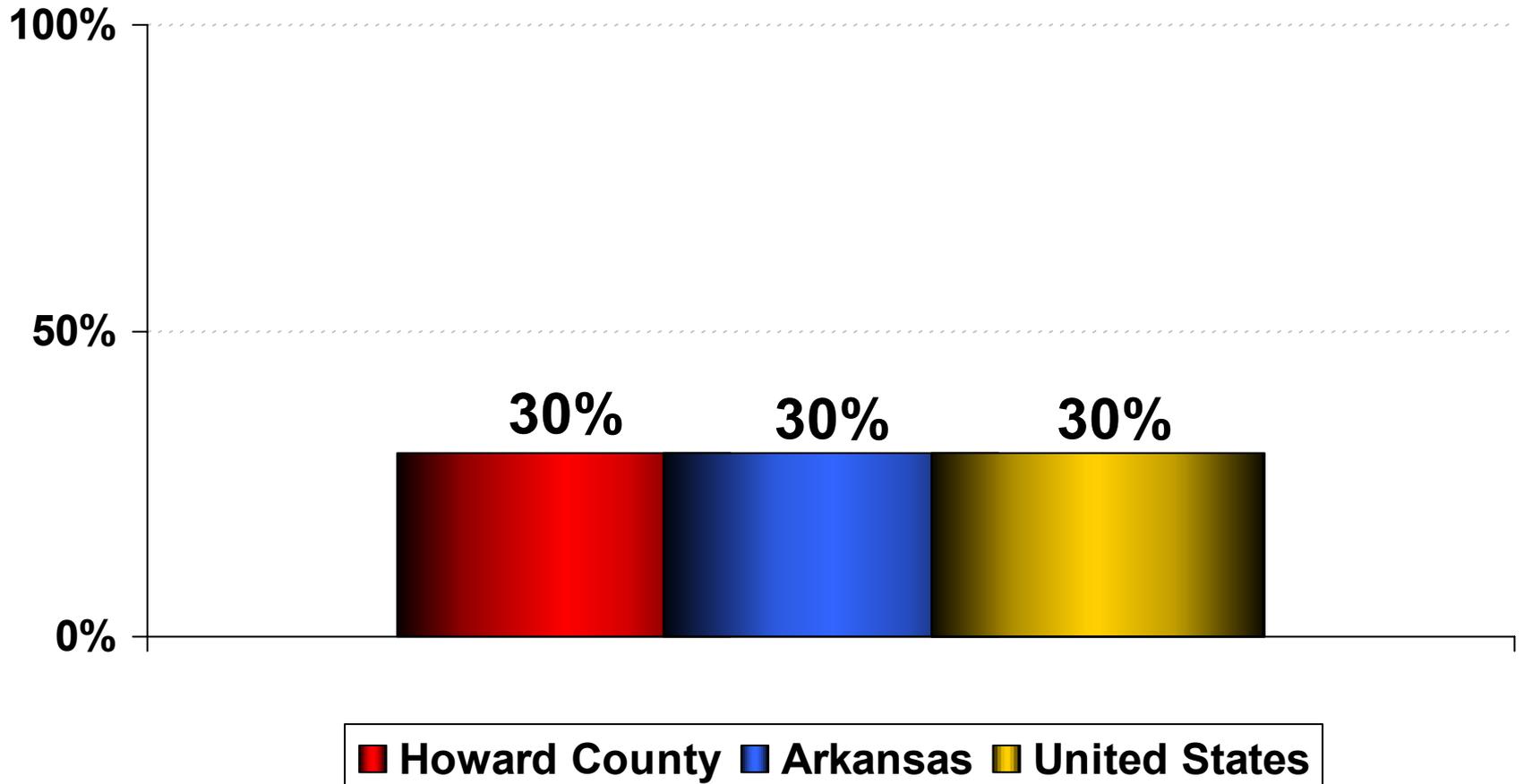


■ Howard County ■ Arkansas ■ United States

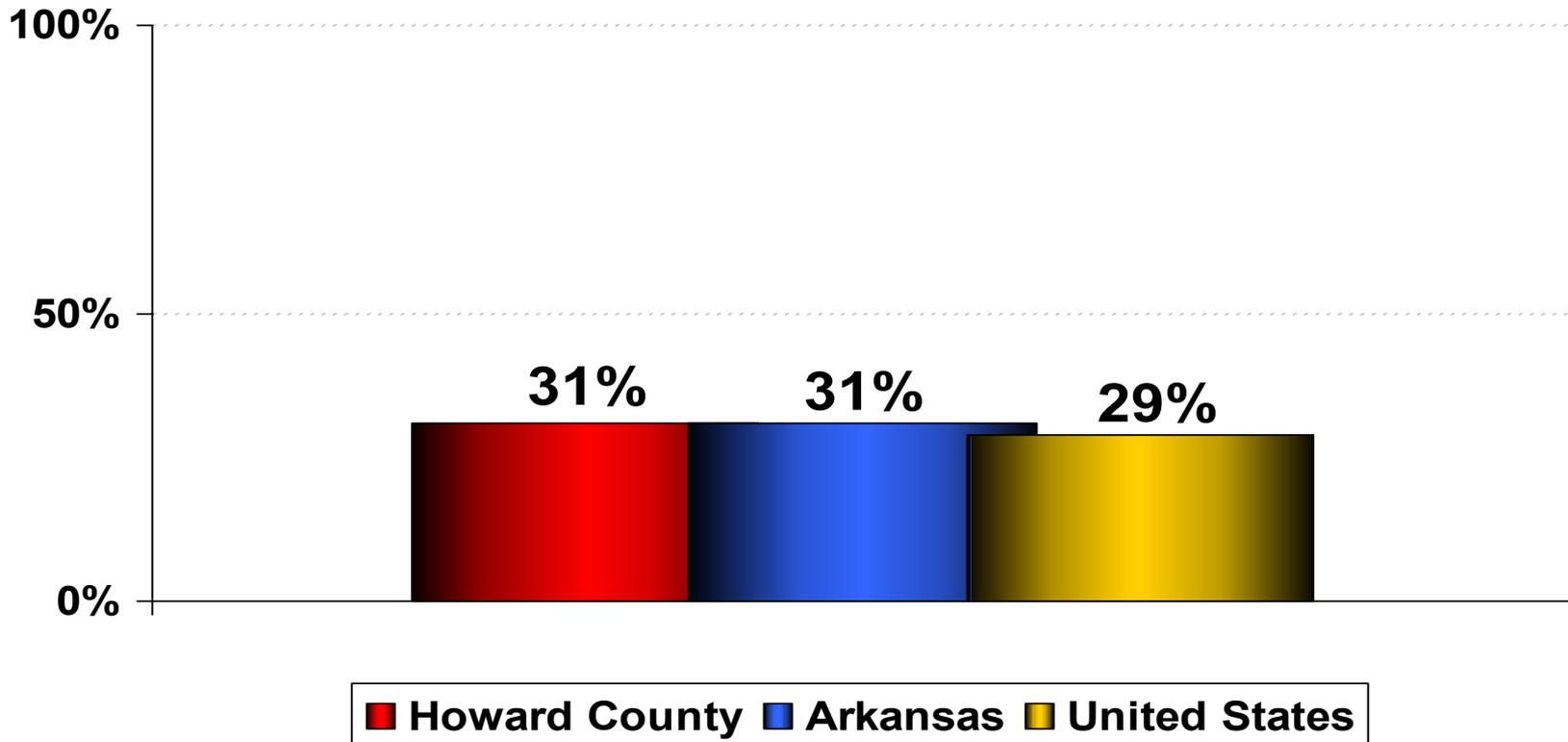
# Diagnosed With High Blood Pressure



# Diagnosed With High Blood Cholesterol

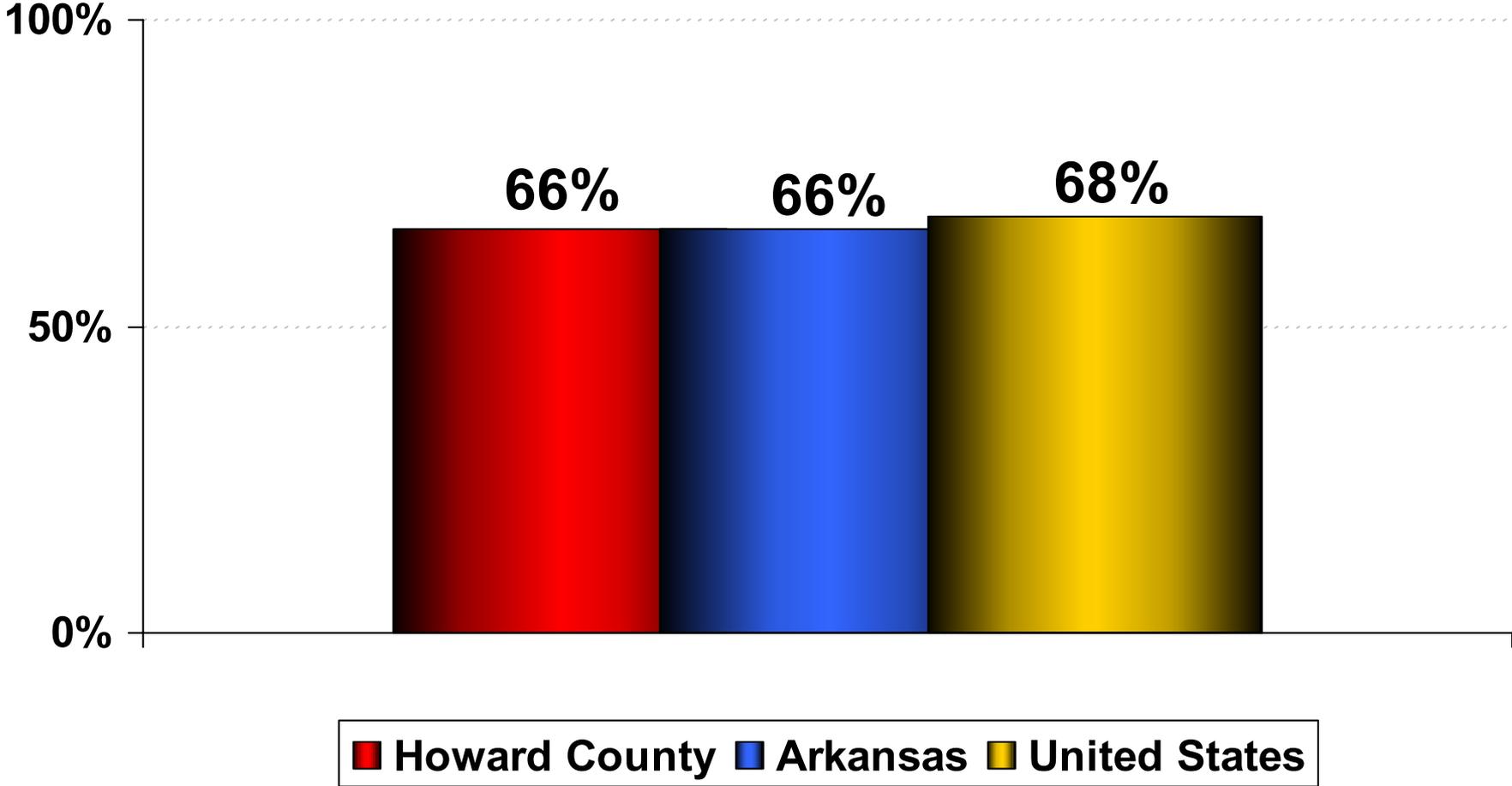


# Have Had Five Drinks In A Row On One Or More Occasions During the Past Month\*

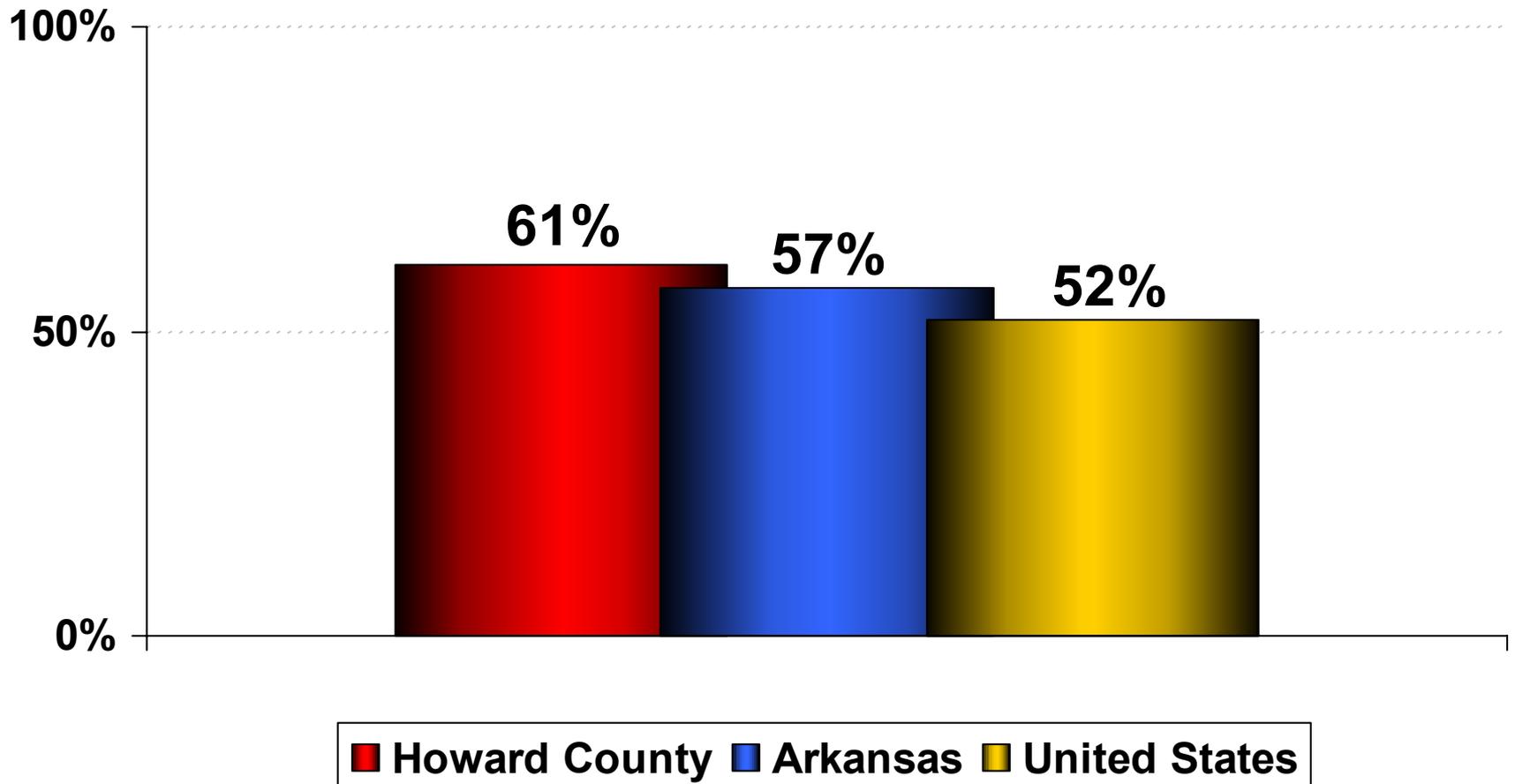


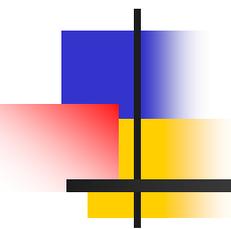
**\*Of respondents who reported drinking during the past month.**

# Have Not Received a Flu Shot During the Past Year



# Over 50, Never Been Screened for Colorectal Cancer

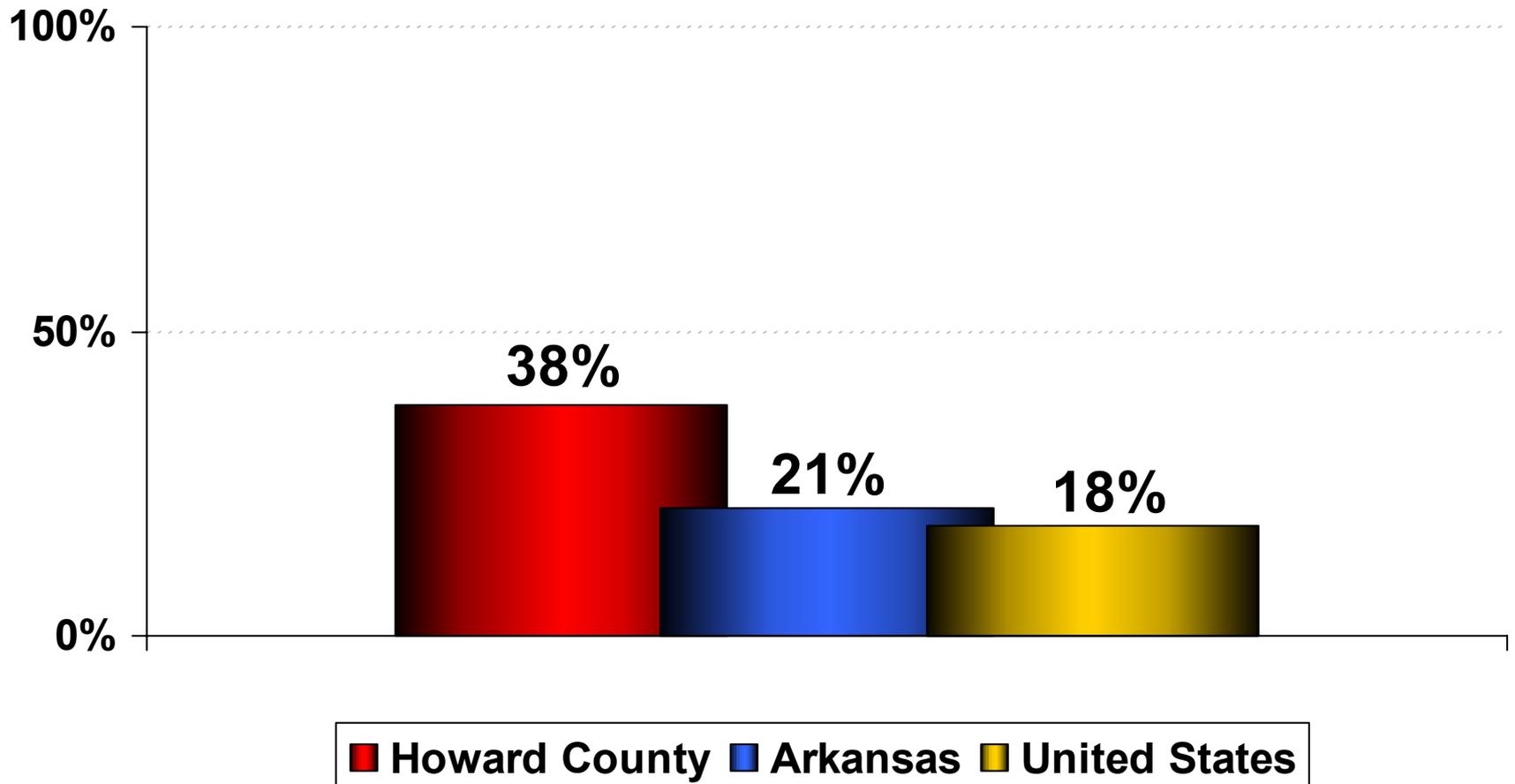




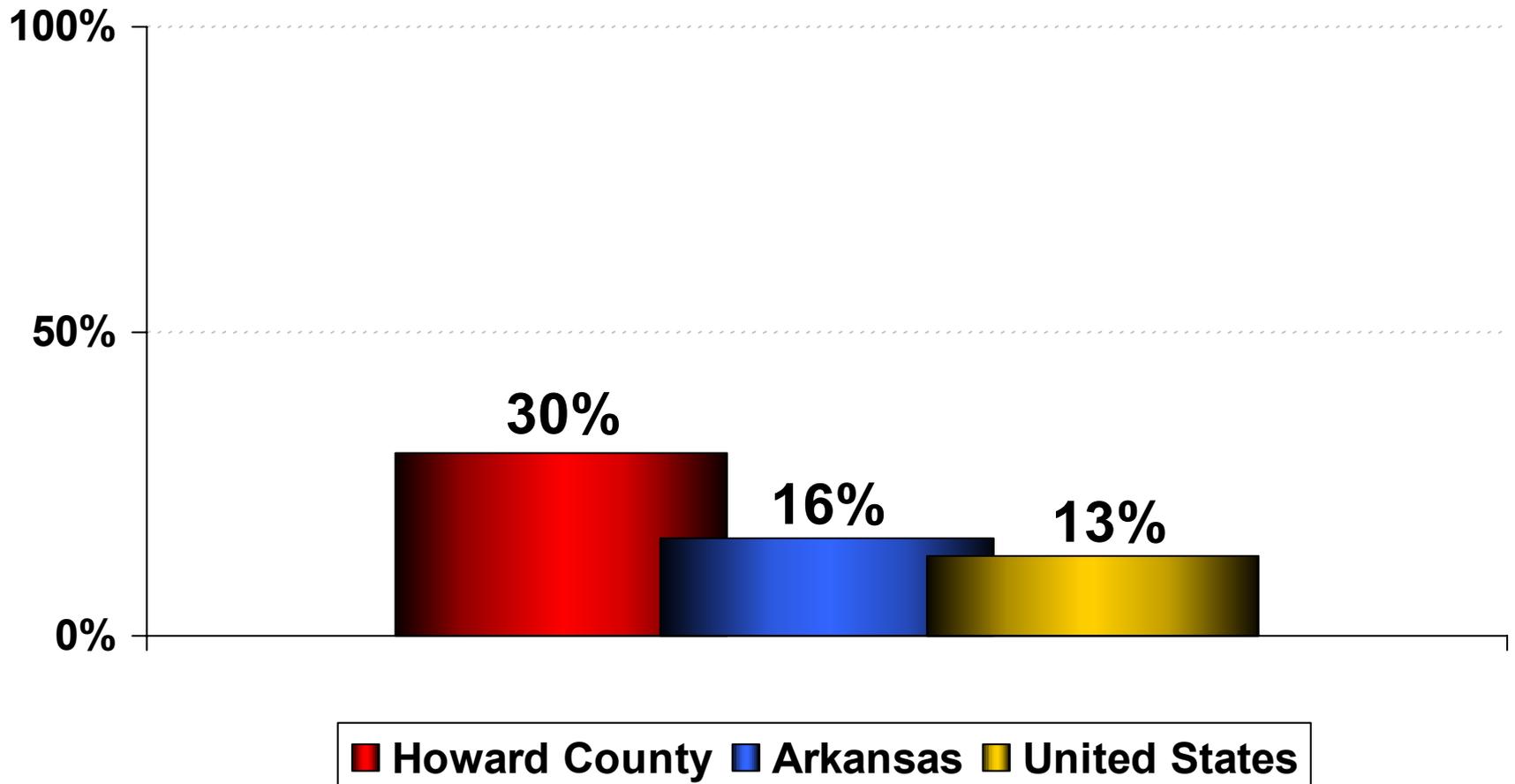
# Women's Health

---

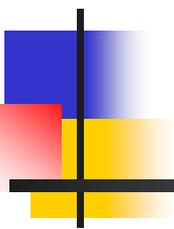
# Over 40, Haven't Had Mammogram in Past 2 Years



# Haven't Had a Pap Smear In Past 3 Years



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



---

- ✦ Assess
- ✦ Identify
- ✦ Develop
- ✦ Evaluate