2004 Pulaski County Adult Health Survey

Coordinated by:

Pulaski County Hometown Health
and
The Arkansas Department of Health
Center for Health Statistics

2004 Pulaski County
Adult Health Survey
Behavioral Risk Factor Surveillance System

October 2004

Table of Contents:

Introduction to Hometown Health Improvement & the Adult Health Survey 2

Risk Factors 5

Women's Health and Risk Factors 29

Pulaski County, Arkansas, and United States BRFSS Data Compared 35

Appendix 39

An Introduction: Pulaski County 2004 Adult Health Survey

What Is Hometown Health Improvement?

Hometown Health Improvement is a grassroots initiative that stresses cooperation, coalition building, community health assessment, prioritization of health issues, and the development and implementation of strategies designed and sustained locally. As part of this initiative, Pulaski County Hometown Health partnered with St. Vincent Health System to conduct the Adult Health Survey using questions from the Behavioral Risk Factor Surveillance System (BRFSS).

What Is the BRFSS?[1]

In the early 1980s, the Centers for Disease Control and Prevention worked with the states to develop the Behavioral Risk Factor Surveillance System. This state-based survey, the first of its kind, collected, analyzed and published information on the prevalence of risk behaviors among Americans and their perceptions of a variety of health issues.

Now conducted in all 50 states, the BRFSS continues to be the primary source of information on major health risk behaviors among Americans. State and local health departments rely heavily on BRFSS data to:

- 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 and professional organizations, and 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.

BRFSS data can be analyzed by a variety of demographic variables, including age, education, income, and racial and ethnic background. The ability to determine populations at highest risk is essential in effectively targeting scarce prevention resources.

[1] From the Centers for Disease Control and Prevention, About the BRFSS. http://www.cdc.gov/nccdphp/brfss/about.htm Atlanta, Georgia.

Why Did Pulaski County Conduct the Adult Health Survey?

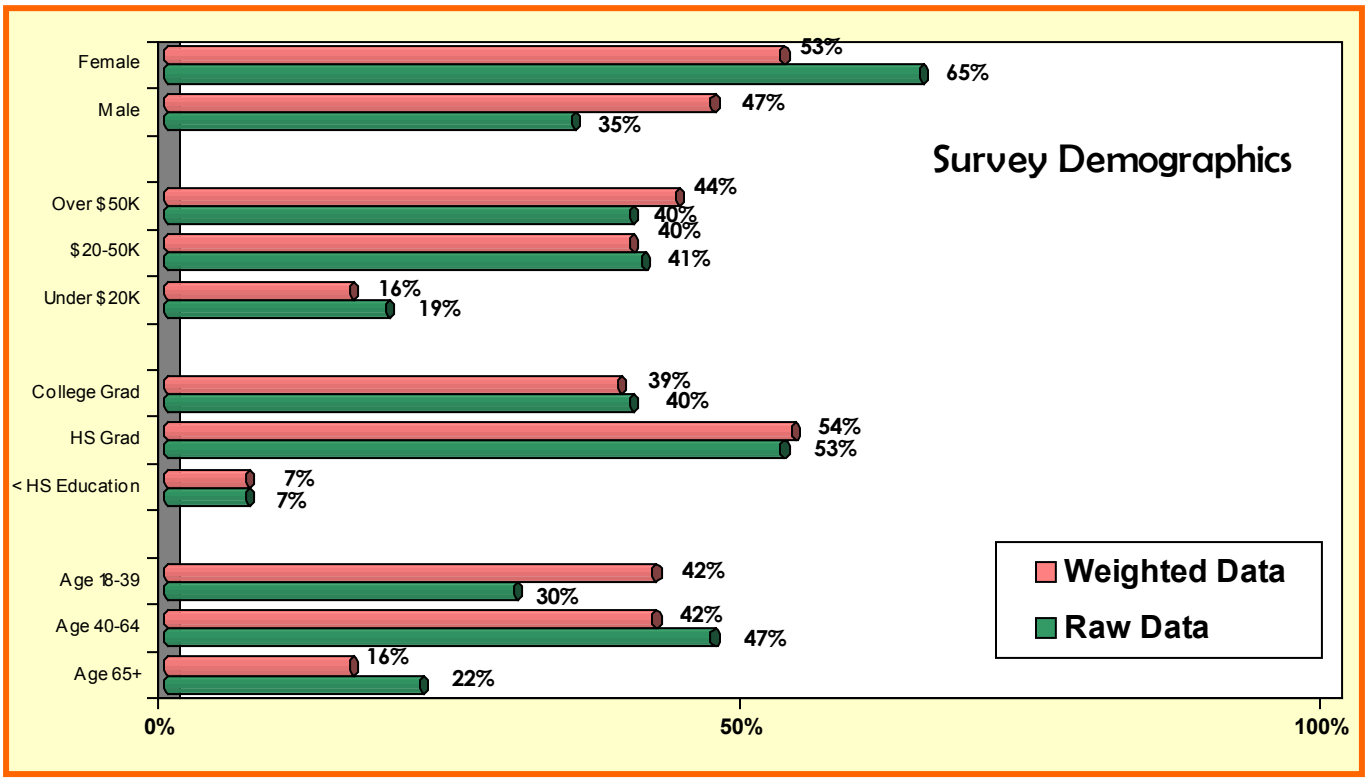
As the demand for data at a local level has increased, state, county, and local health agencies have begun using the BRFSS to develop county and local information about health risk behaviors. The Pulaski County Adult Health Survey was conducted to gather health information on a variety of behaviors that can impact health in both good and bad ways, including smoking, exercise, access to medical care, women's health, quality of life, chronic diseases, cancer screening, and other health related issues.

How Did Pulaski County Conduct the Adult Health Survey?

During February through May, 2004, 4011 randomly selected adults answered the Pulaski County Adult Health Survey telephone survey. Interviews were conducted and supervised by trained telephone research interviewers at the University of Arkansas at Little Rock's Institute of Government. The data were then weighted to be representative of the sex and age distribution of Pulaski County. All percentages presented in this report are rounded to the nearest whole percent.

Who Participated in the Pulaski County Adult Health Survey?

Of the 4011 people who were interviewed, 1407 were men and 2604 were women, and 2917 were white, 1008 were black, 51 were Native American, 26 were Asian, 7 were Pacific Islander, and 1 was Hispanic. The following chart summarizes the demographics of the survey participants as both raw numbers and as weighted data. All other data presented in the report is based on the **weighted** data.



For More Information about the Pulaski County Adult Health Survey

Interested parties may request additional information. Researchers and professionals wanting to build upon Pulaski County's 2004 Adult Health Survey data may request additional data from:

Arkansas Center for Health Statistics
Sharon Donovan, Lead Programmer Analyst
4815 W Markham Slot 19
Little Rock, AR 72205
501-661-2971
sjudah@healthyarkansas.com

For more information about the Pulaski County Adult Health Survey, the BRFSS, or analysis of the survey data, please contact:

Arkansas Center for Health Statistics
Shayala Williams, Health Program Analyst
4815 W. Markham Street, Slot 19
Little Rock, AR 72205
501-661-2232
swilliams@healthyarkansas.com

Risk Factors

Health Status

The survey asked respondents to rate their general, physical, and mental health status.

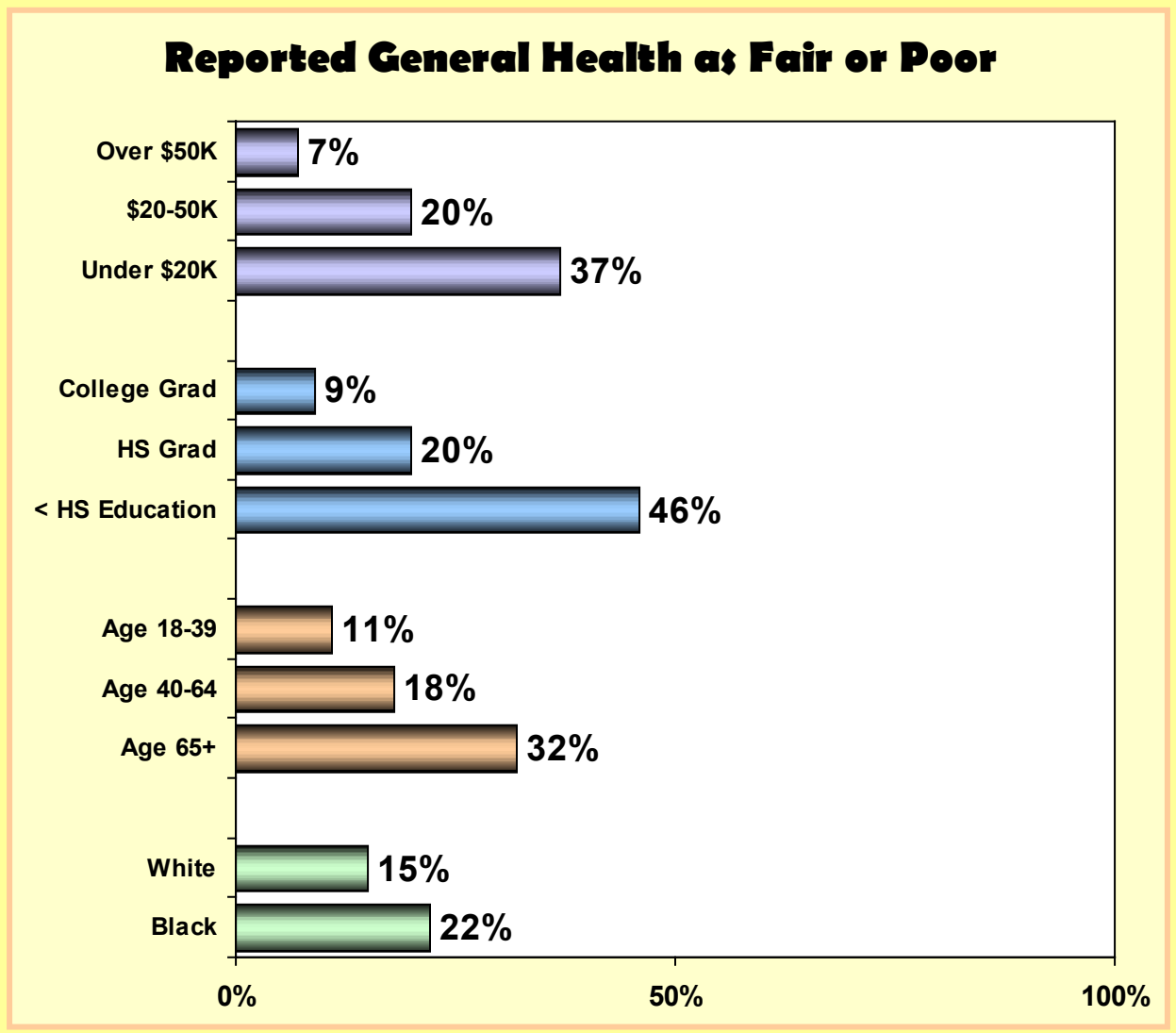
Risk Factor Definition: General Health

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.

Who's At Risk in Pulaski County?

Seventeen percent characterized their general health as fair or poor. Younger people and people with more income or education tended to report better general health.



Physical Health

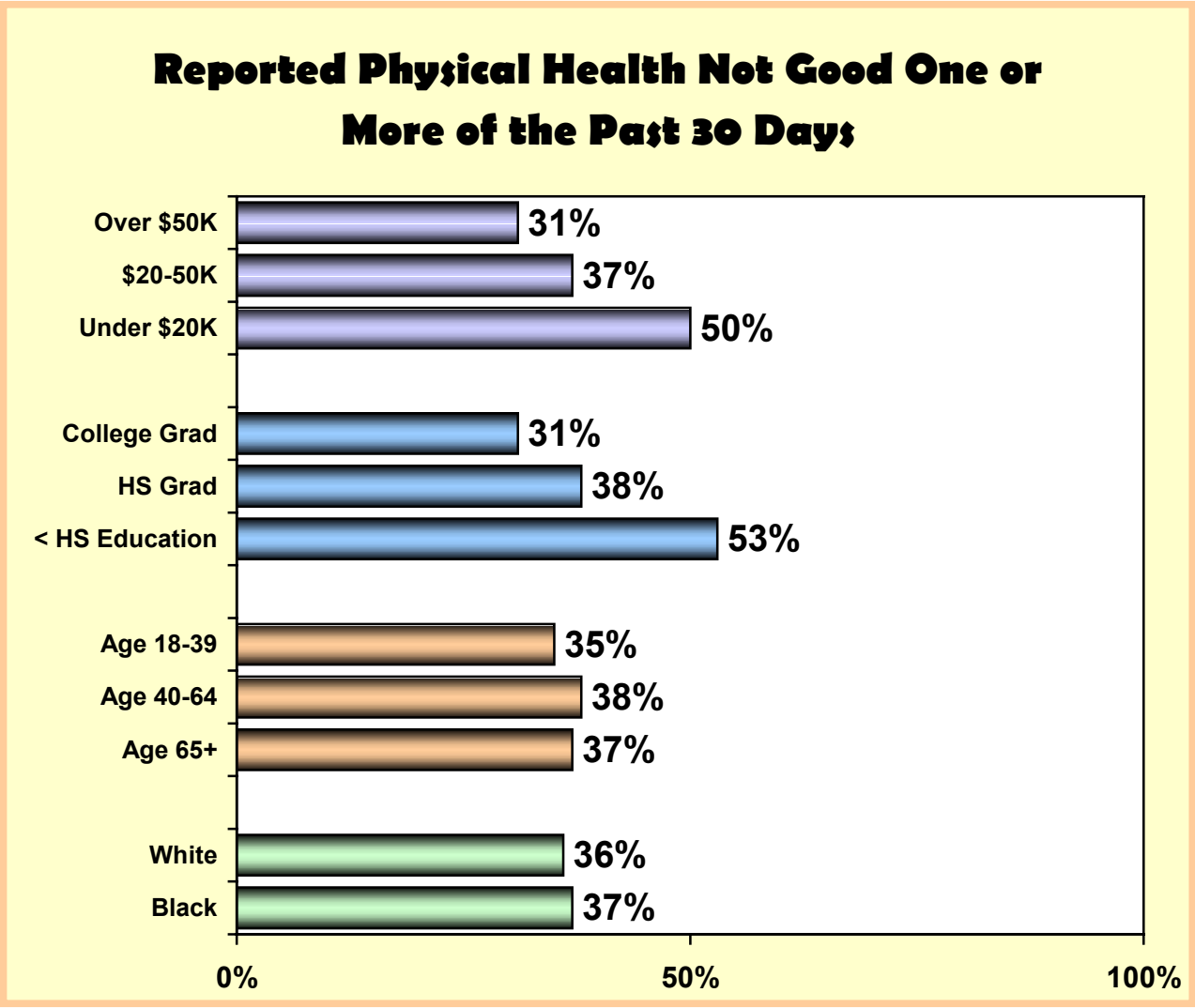
Risk Factor Definition: Physical Health

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.

Who's At Risk in Pulaski County?

Thirty-six percent of Pulaski County adults had at least one day a month of poor physical health. According to the survey, the average Pulaski County adult had four days of bad health and four days each month when health problems interfered with usual activities. People with less income or education were more likely to be affected by poor health.



Mental Health

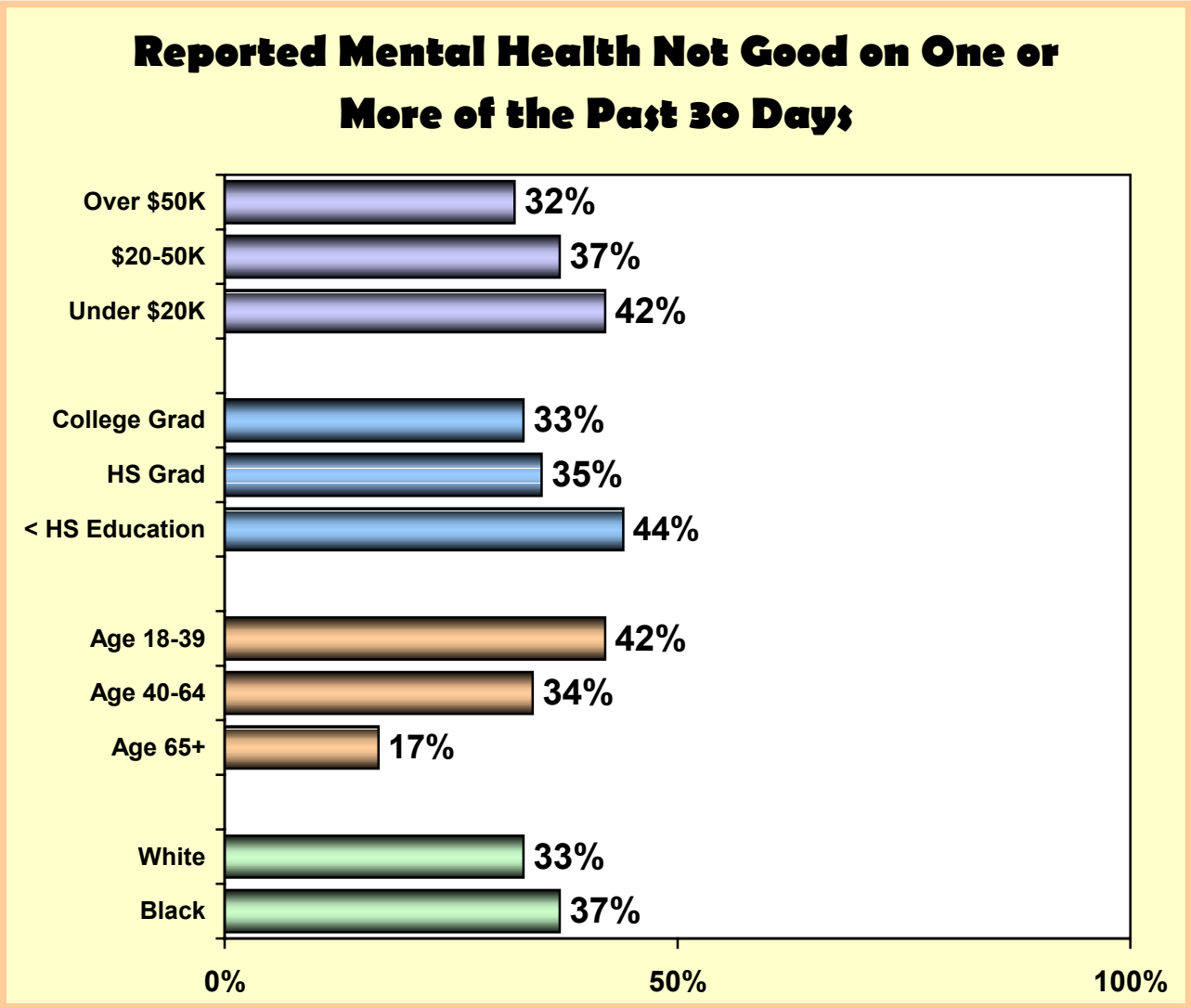
Risk Factor Definition: Mental Health

Question: Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

At Risk: Having one or more self-reported days of "not good" mental health.

Who's At Risk in Pulaski County?

Thirty-five percent had at least one day of poor mental health in the past month. The average Pulaski County adult had four days each month of poor mental health. Younger people and those with less income or education were more likely to report at least one day of poor mental health in the past month.



Health Care Access

The survey asked if respondents had health insurance and about barriers to getting insurance.

Health Insurance

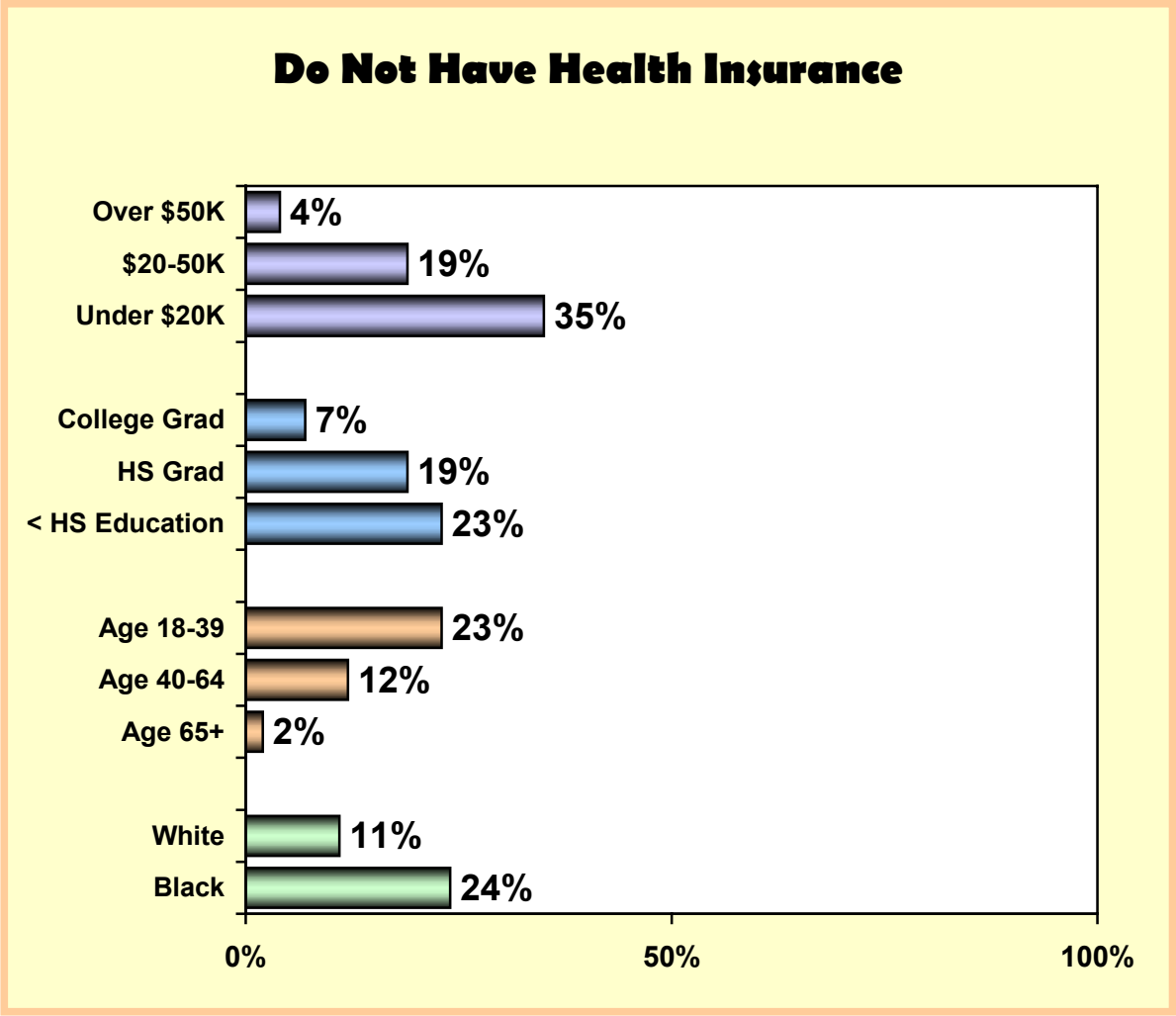
Risk Factor Definition: Health Insurance

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.

Who's At Risk in Pulaski County?

Fifteen percent said they didn't have health insurance. Younger adults, black adults, and adults with less education or income were less likely to be insured.



Chronic Conditions
Hypertension

Questions regarding specific chronic medical conditions were included in the Pulaski County Adult Health Survey.

Hypertension

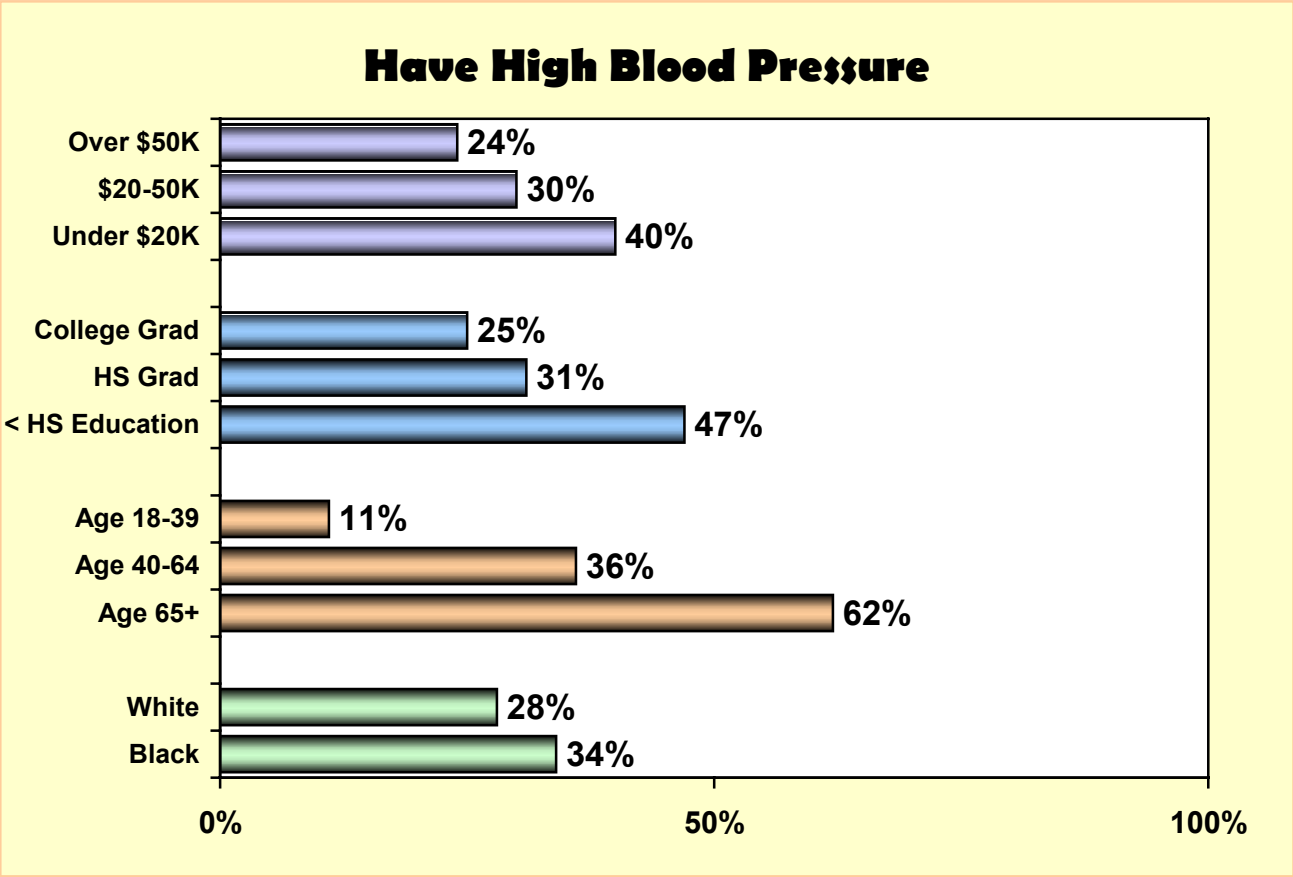
Risk Factor Definition: Have High Blood Pressure

Questions: Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure? -and – Are you currently taking medicine for your high blood pressure?

At Risk: Those who answered "yes" are considered at risk.

Who's At Risk in Pulaski County?

Twenty-nine percent of Pulaski County adults have been given a hypertension diagnosis by a doctor. Older respondents and those with less income or education were more likely to report having high blood pressure.



Cholesterol

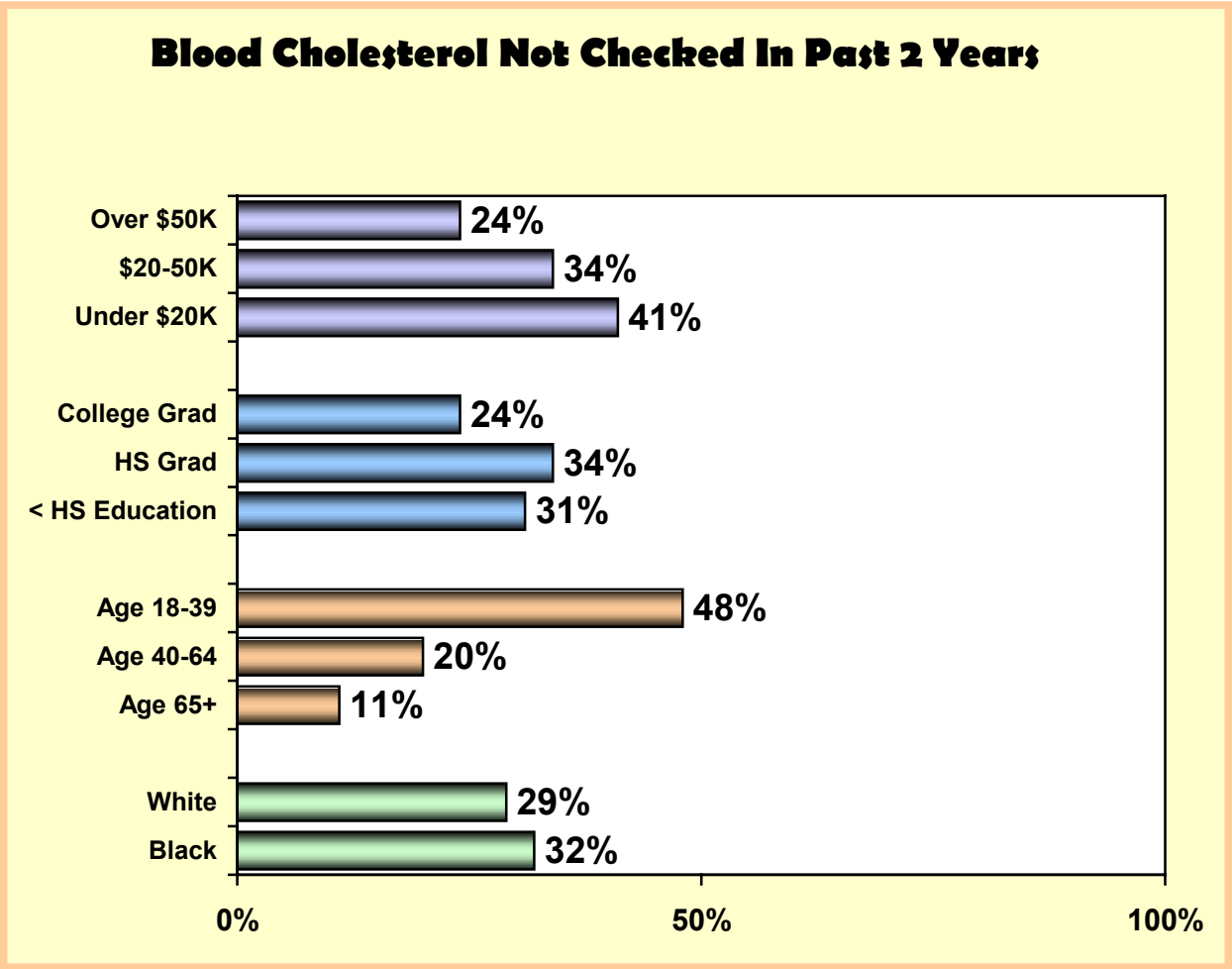
Risk Factor Definition: Have Not Had Blood Cholesterol Checked in Past 2 Years

Question s: 1. Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?
2. About how long has it been since you 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.

Who's At Risk in Pulaski County?

Thirty percent of Pulaski County adults have not had their blood cholesterol tested within the past 2 years. Younger respondents were far less likely to have had their blood cholesterol tested within the past two years.



Cholesterol

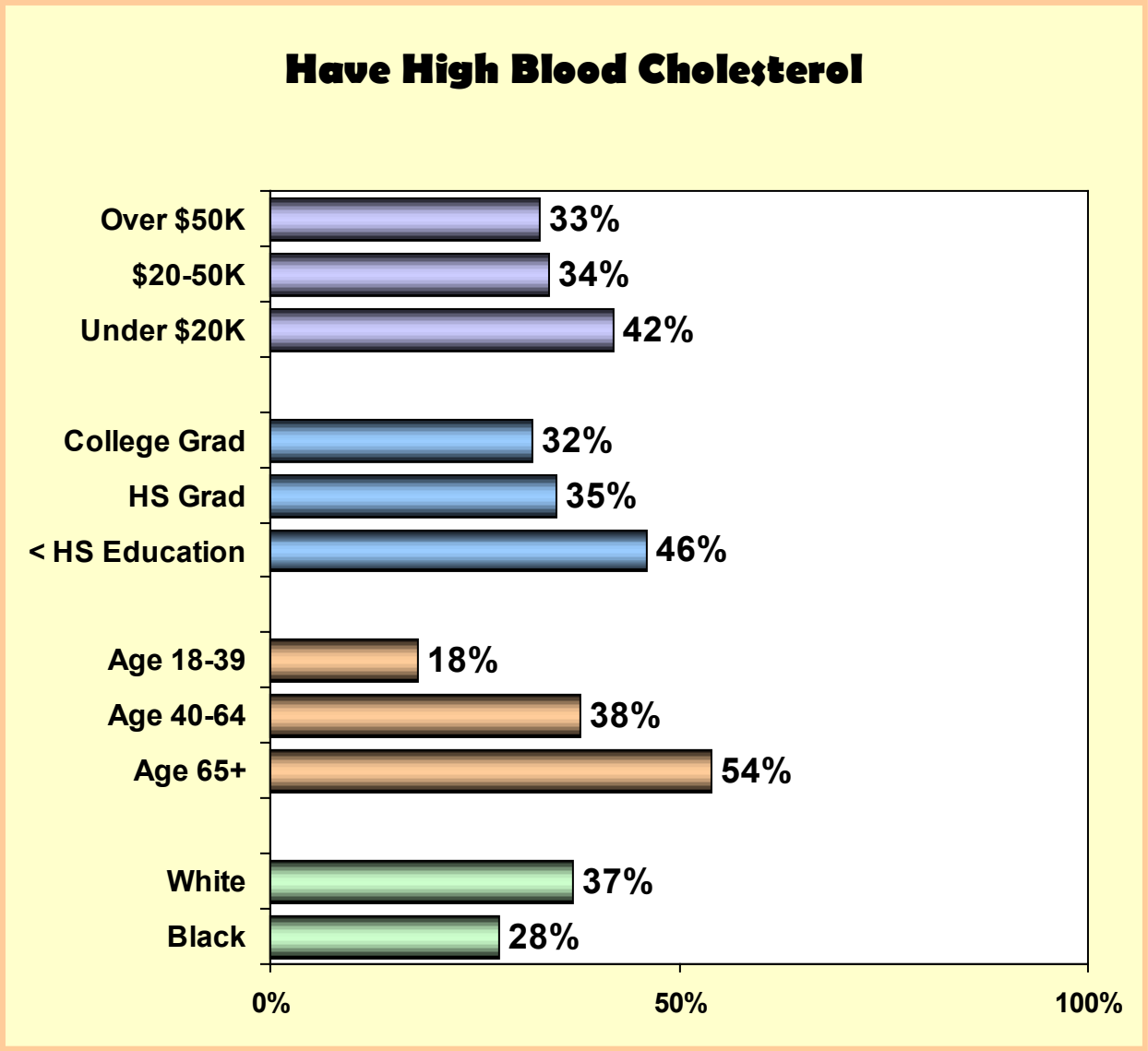
Risk Factor Definition: Have High Blood Cholesterol

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

At Risk: Those who answered "yes" are considered at risk.

Who's At Risk in Pulaski County?

Thirty-four percent of Pulaski County adults have been given a high blood cholesterol diagnosis by a doctor. White adults, older adults, and those with less education or income were more likely to report a high blood cholesterol diagnosis than others.



Asthma

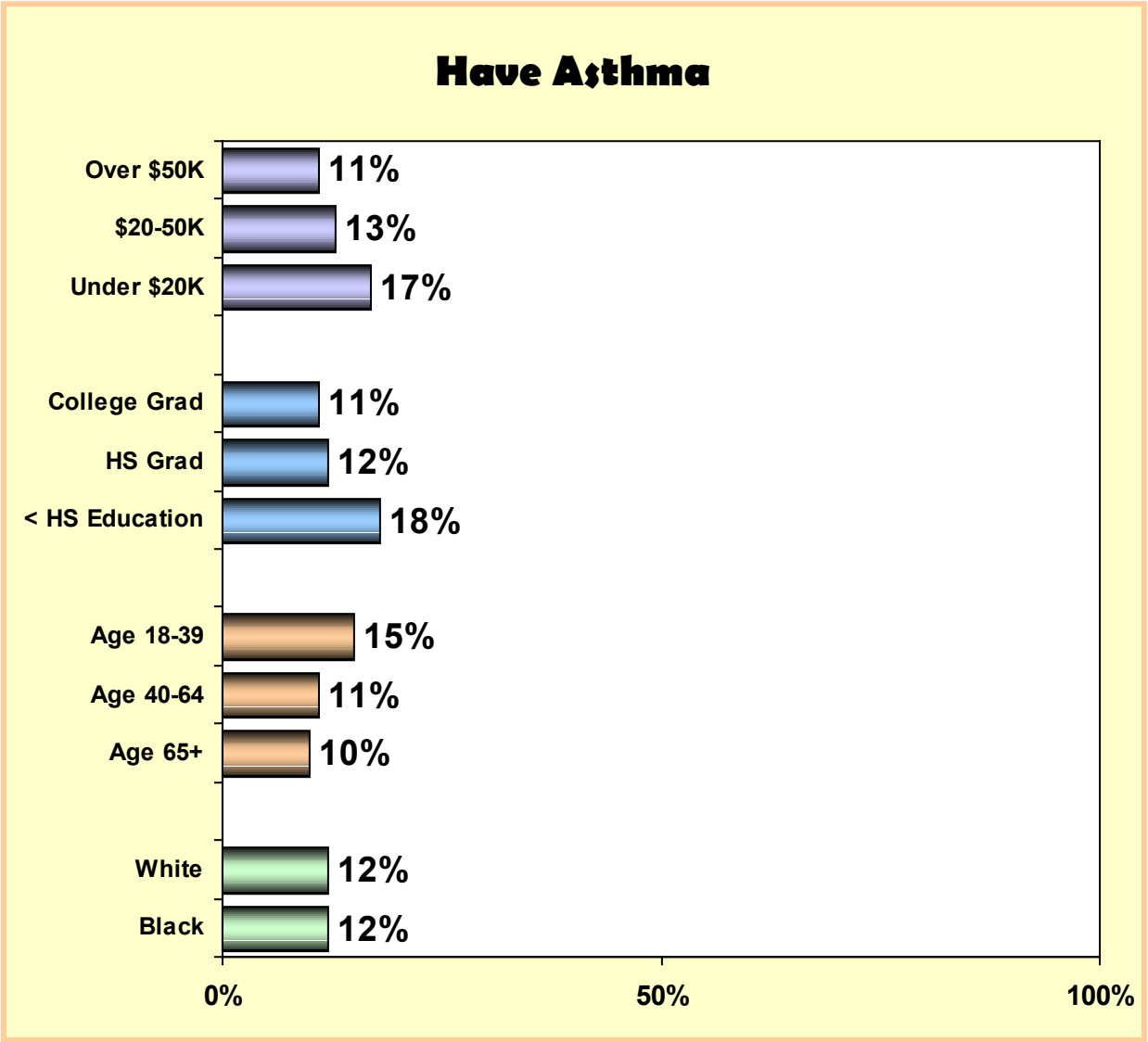
Risk Factor Definition: Have Asthma

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.

Who's At Risk in Pulaski County?

Twelve percent said they had been told by a doctor that they have asthma. Younger people and those with less income or education were more likely to report that they had asthma.



Diabetes

Questions regarding specific chronic medical conditions were included in the Pulaski County Adult Health Survey.

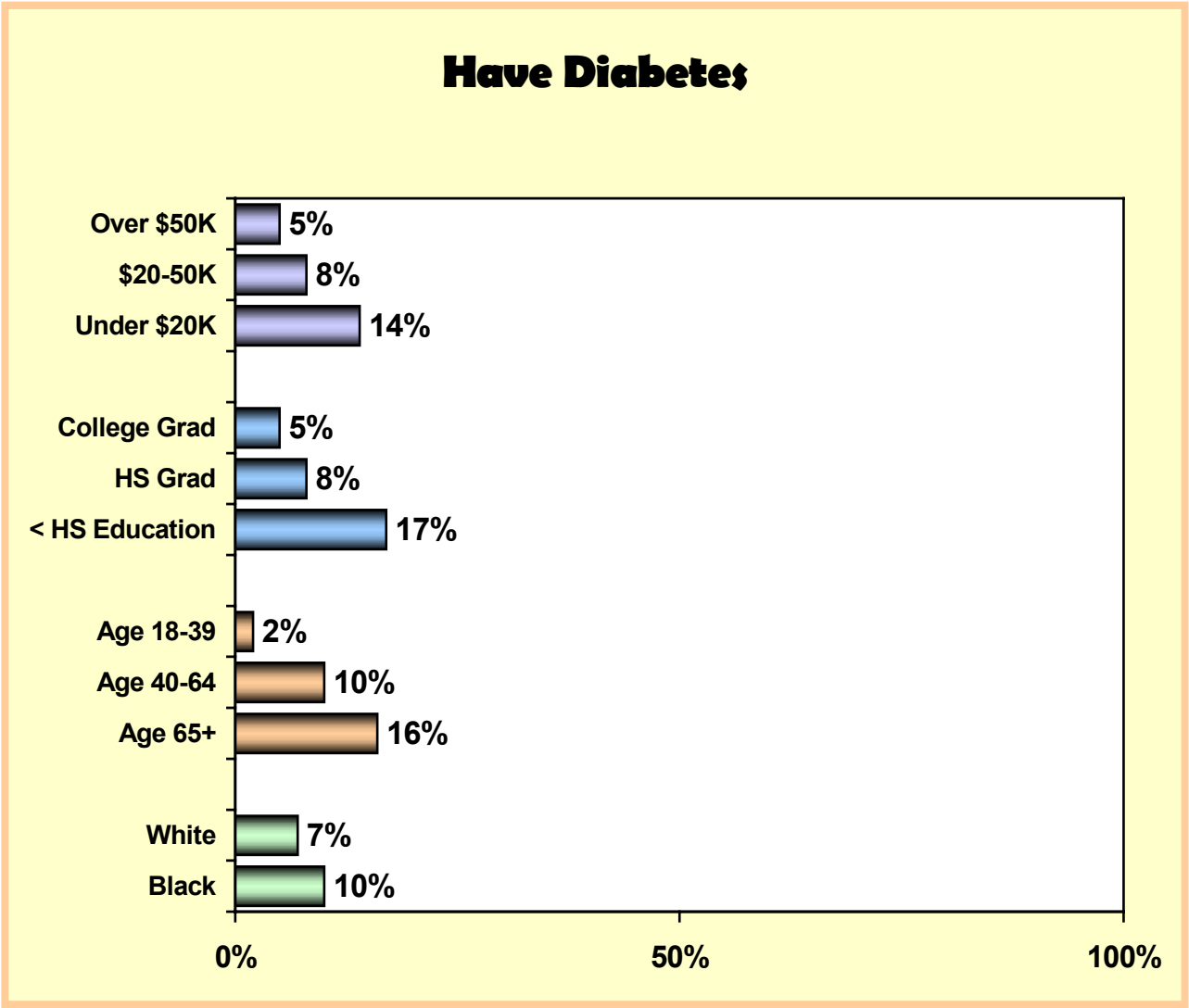
Risk Factor Definition: Have Diabetes

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

At Risk: Those who answered "yes" are considered at risk.

Who's At Risk in Pulaski County?

Eight percent of Pulaski County adults have been given a diabetes diagnosis by a doctor. Older people, people with lower incomes, and those with less education were more likely to report a diabetes diagnosis than others.



Arthritis

Questions regarding specific chronic medical conditions were included in the Pulaski County Adult Health Survey.

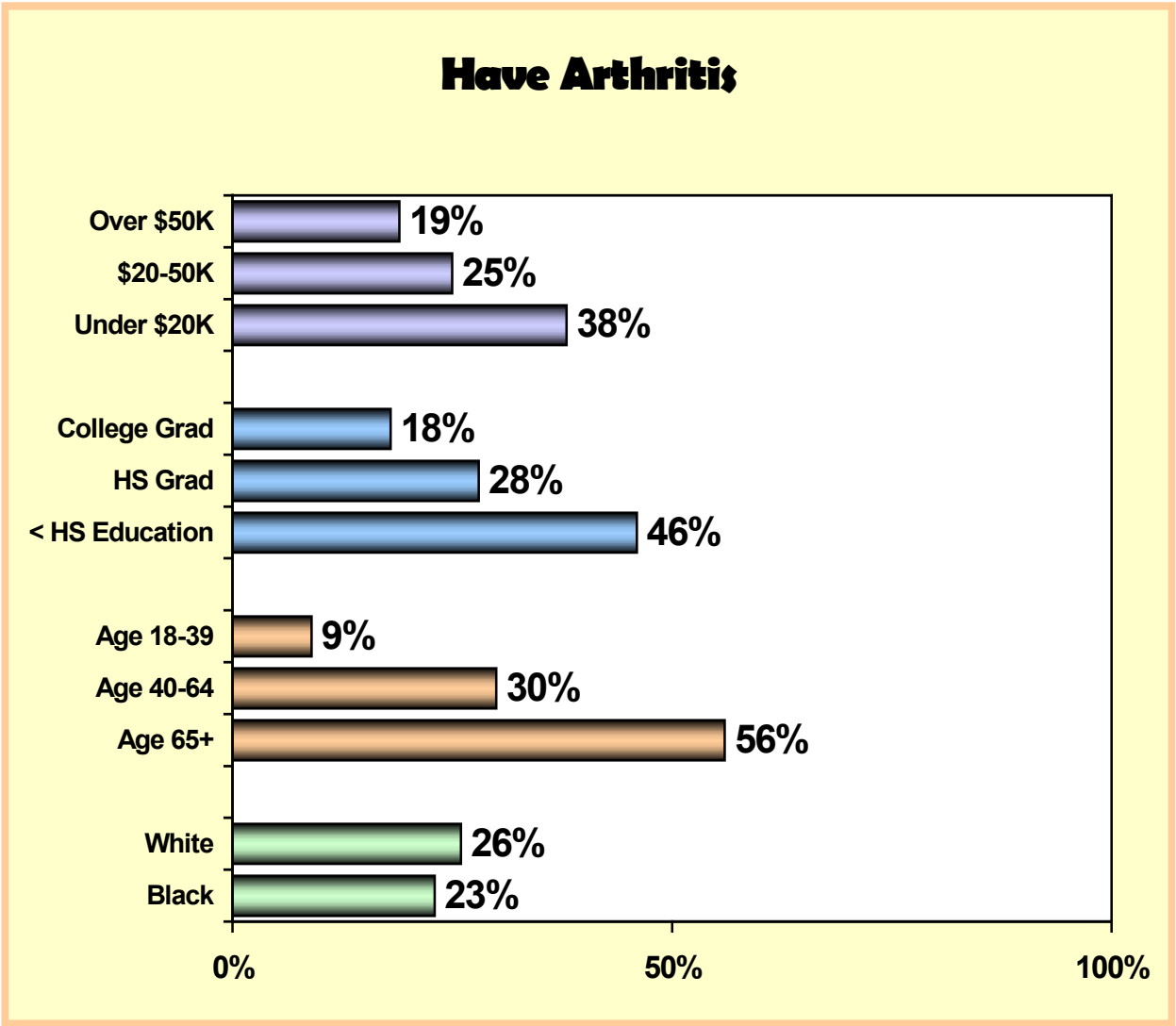
Risk Factor Definition: Have Arthritis

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

At Risk: Those who answered "yes" are considered at risk.

Who's At Risk in Pulaski County?

Twenty-five percent of Pulaski County adults have been given an arthritis diagnosis by a doctor. Older people and those with less income or education were more likely to report arthritis than others.



Arthritis

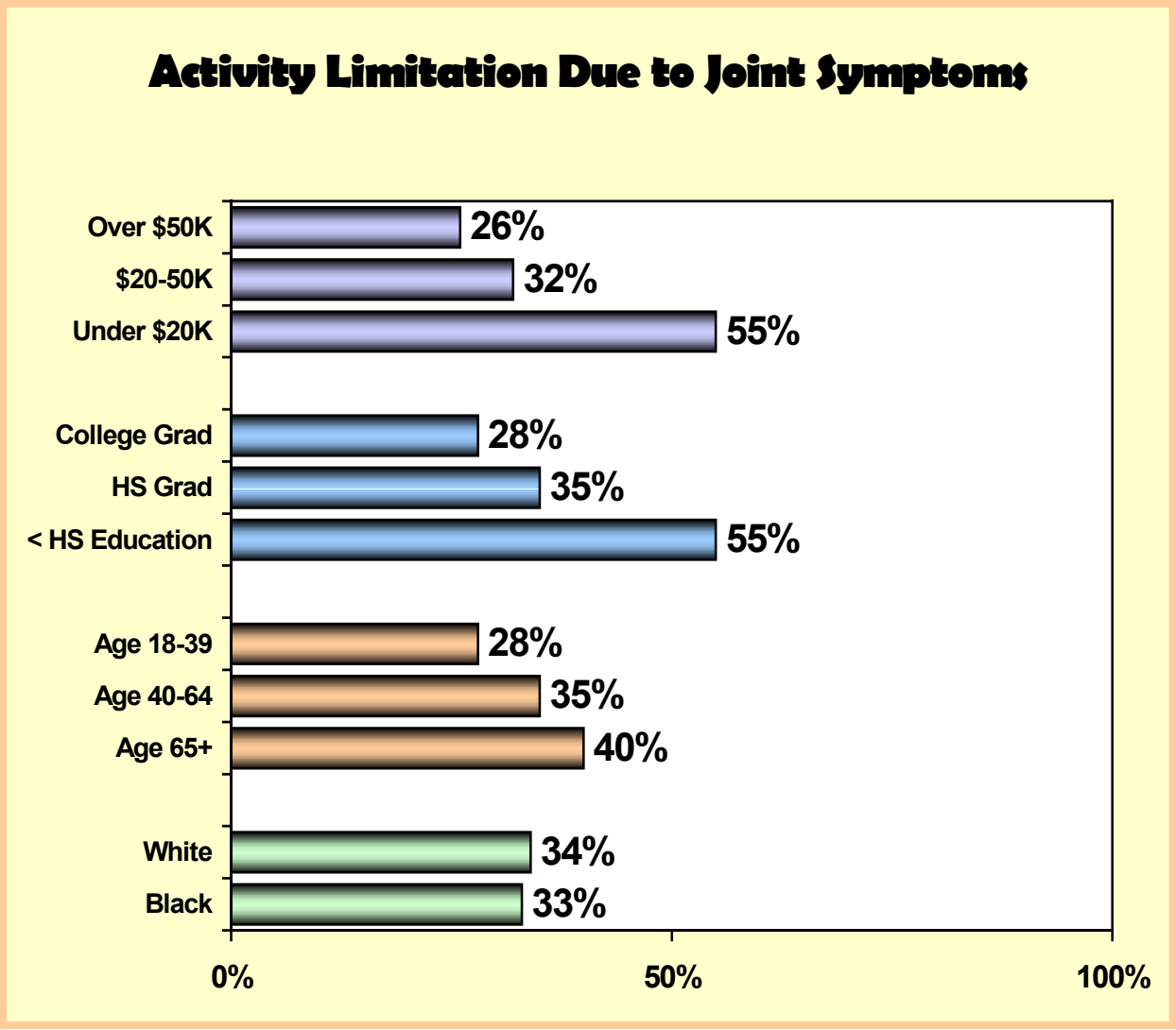
Risk Factor Definition: Have Activity Limitation Due to Joint Symptoms

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.

Who's At Risk in Pulaski County?

Thirty-four percent of Pulaski County adults indicated a limitation in activities because of joint symptoms. Older people, people with lower incomes, and those with less education were more likely to report an activity limitation due to joint symptoms than others.



Colorectal Cancer Screening

Questions regarding colorectal cancer screening were included in the Pulaski County Adult Health Survey.

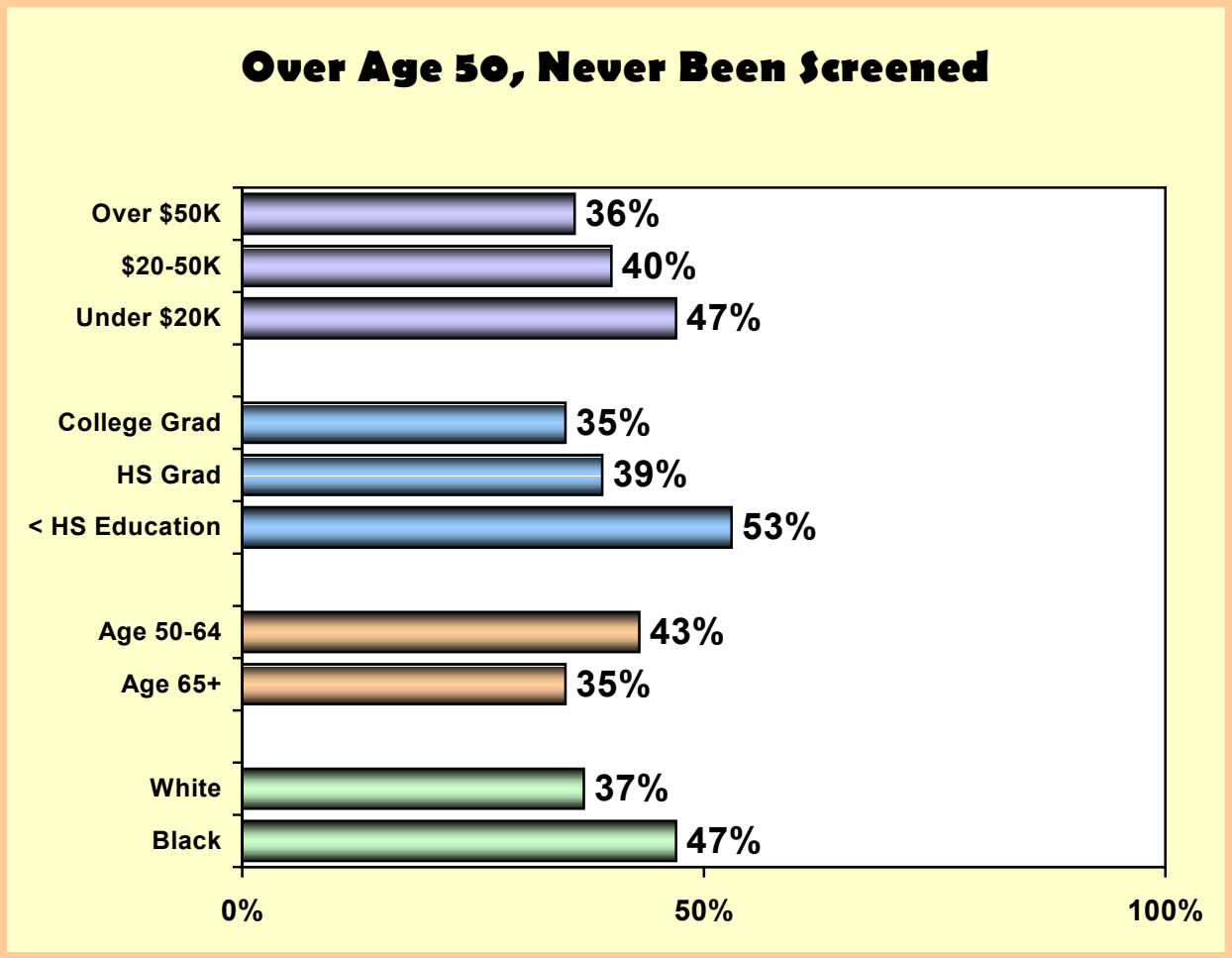
Risk Factor Definition: Over Age 50 and Never Been Screened

Question: 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. Have you ever had these exams?

At Risk: Those aged 50 and older who answered "no" are considered at risk.

Who's At Risk in Pulaski County?

Thirty-nine percent of Pulaski County adults over the age of 50 have never been screened for colorectal cancer. Black respondents, respondents with less annual household income, and those with less education were less likely to have been screened for colorectal cancer.



Prostate Cancer Screening

Questions regarding prostate cancer screening were included in the Pulaski County Adult Health Survey.

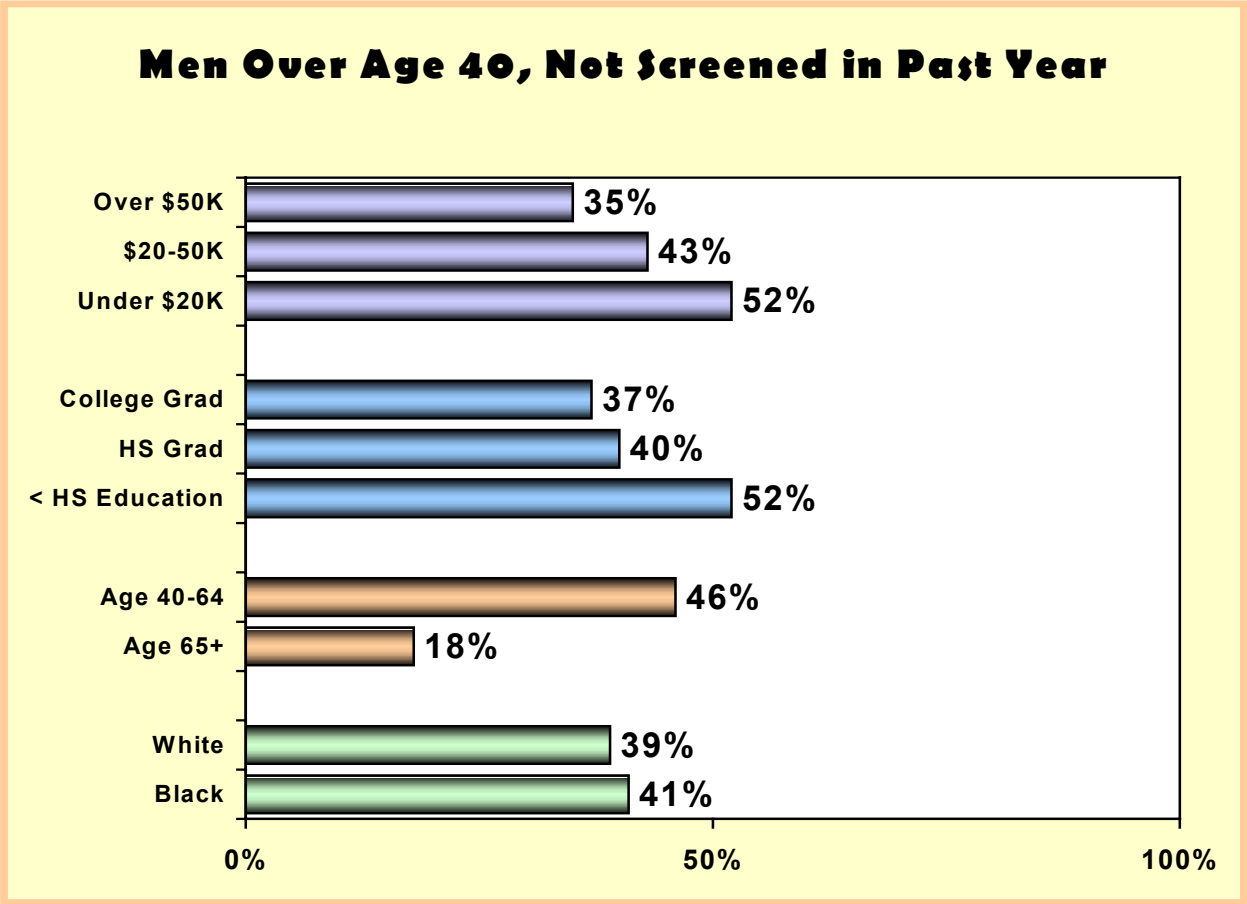
Risk Factor Definition: Male, Over Age 40, and Not Screened Within the Past Year

Question: 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. Have you ever had these exams?

At Risk: Those aged 40 and older who answered "no" are considered at risk.

Who's At Risk in Pulaski County?

Thirty-nine percent of Pulaski County males over age 40 indicated they had not been screened for prostate cancer within the past year. Younger men and those with less income or education were less likely to have been screened.



Immunization

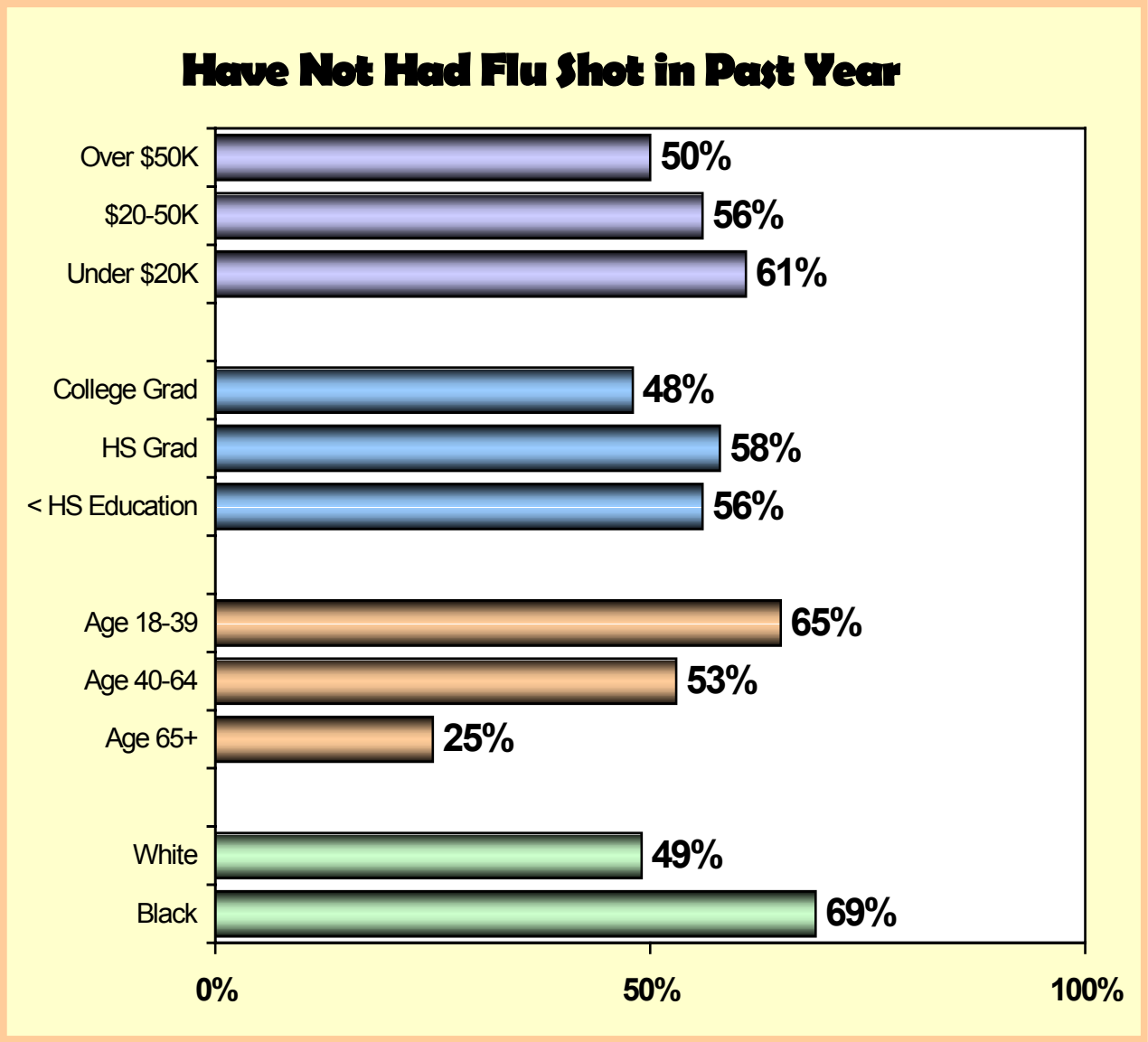
Risk Factor Definition: No Flu Shot

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

At Risk: Those who answered "No" are considered at risk.

Who's At Risk in Pulaski County?

Fifty-four percent of Pulaski County adults have not had a flu shot during the past 12 months. Black respondents, younger respondents, and those with less income were less likely to have had a flu shot during the past year.



Physical Activity

Questions about physical activity and exercise were asked to the Pulaski County Adult Health Survey participants.

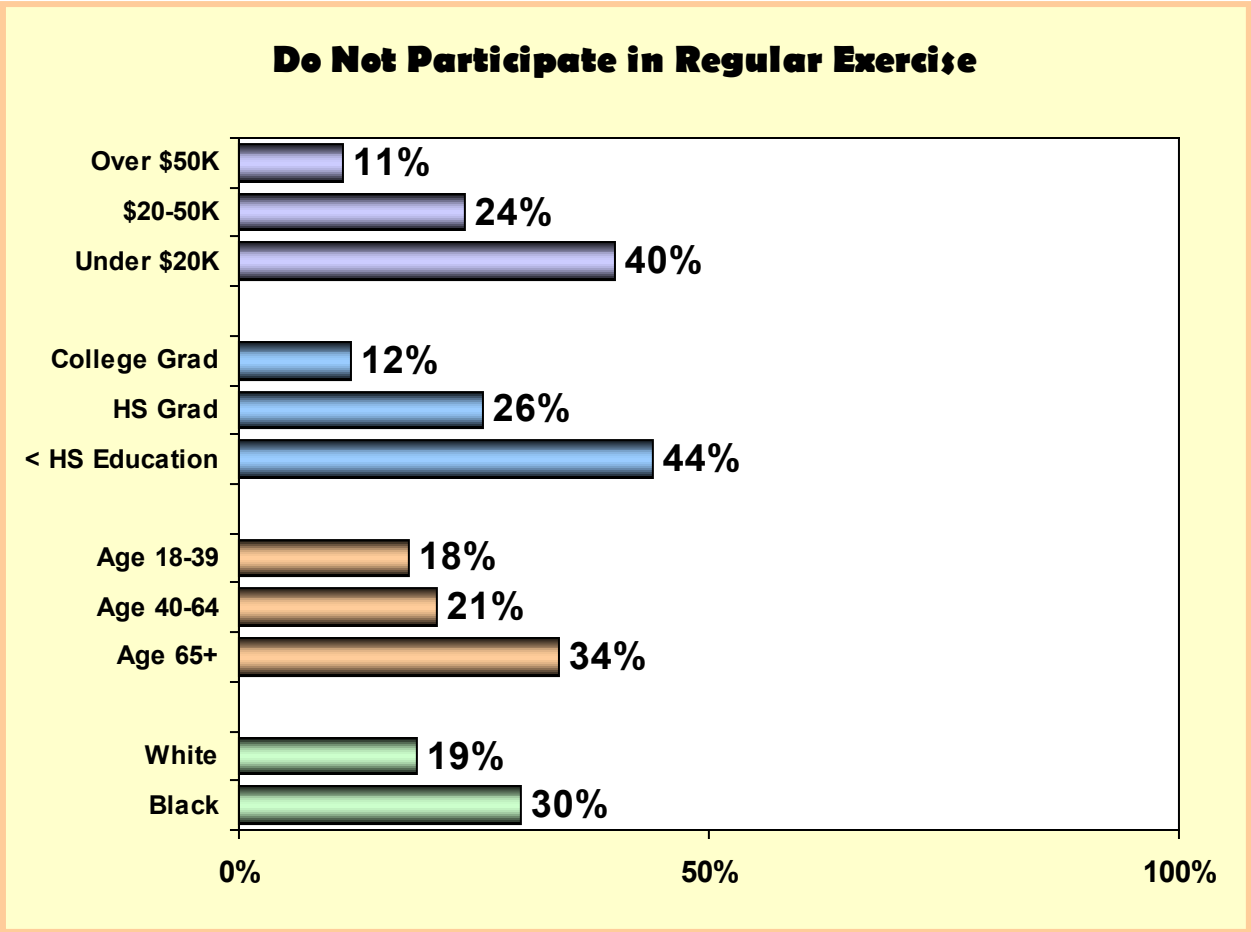
Risk Factor Definition: Do Not Participate in Regular Physical Activity

Questions: 1. 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.

Who's At Risk in Pulaski County?

Twenty-two percent of Pulaski County's adult residents did not participate in regular physical activity during the past month. White respondents, younger respondents, and those with more education or income were more likely to get regular exercise.



Overweight

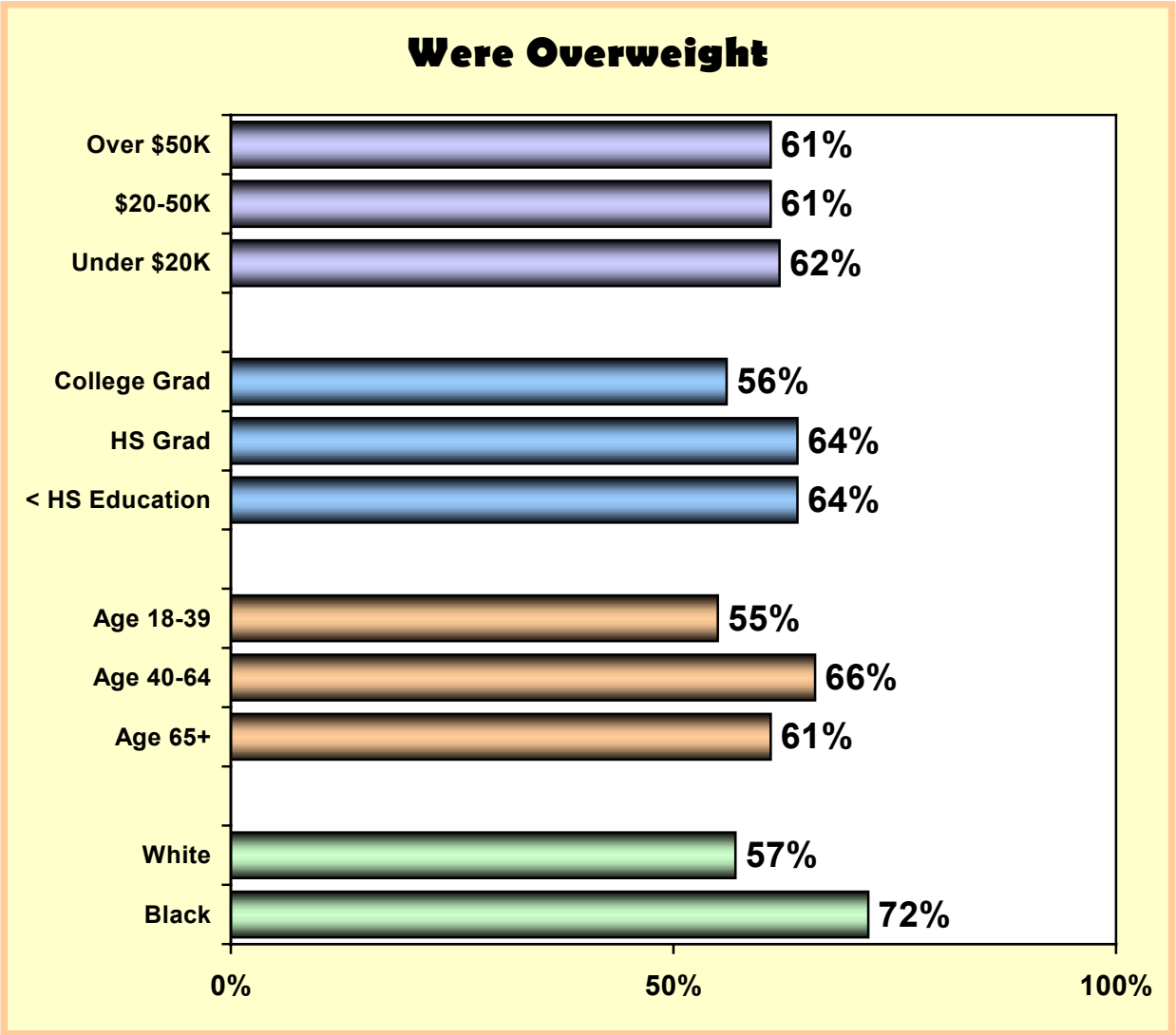
Risk Factor Definition: Overweight as Measured by Body Mass Index

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.

Who's At Risk in Pulaski County?

Sixty-one percent of Pulaski County's adults are overweight. Black adults and middle-aged adults in Pulaski County were more likely to be overweight.



Disability

Survey respondents were asked about health problems or impairments they had.

General Activity Limitations

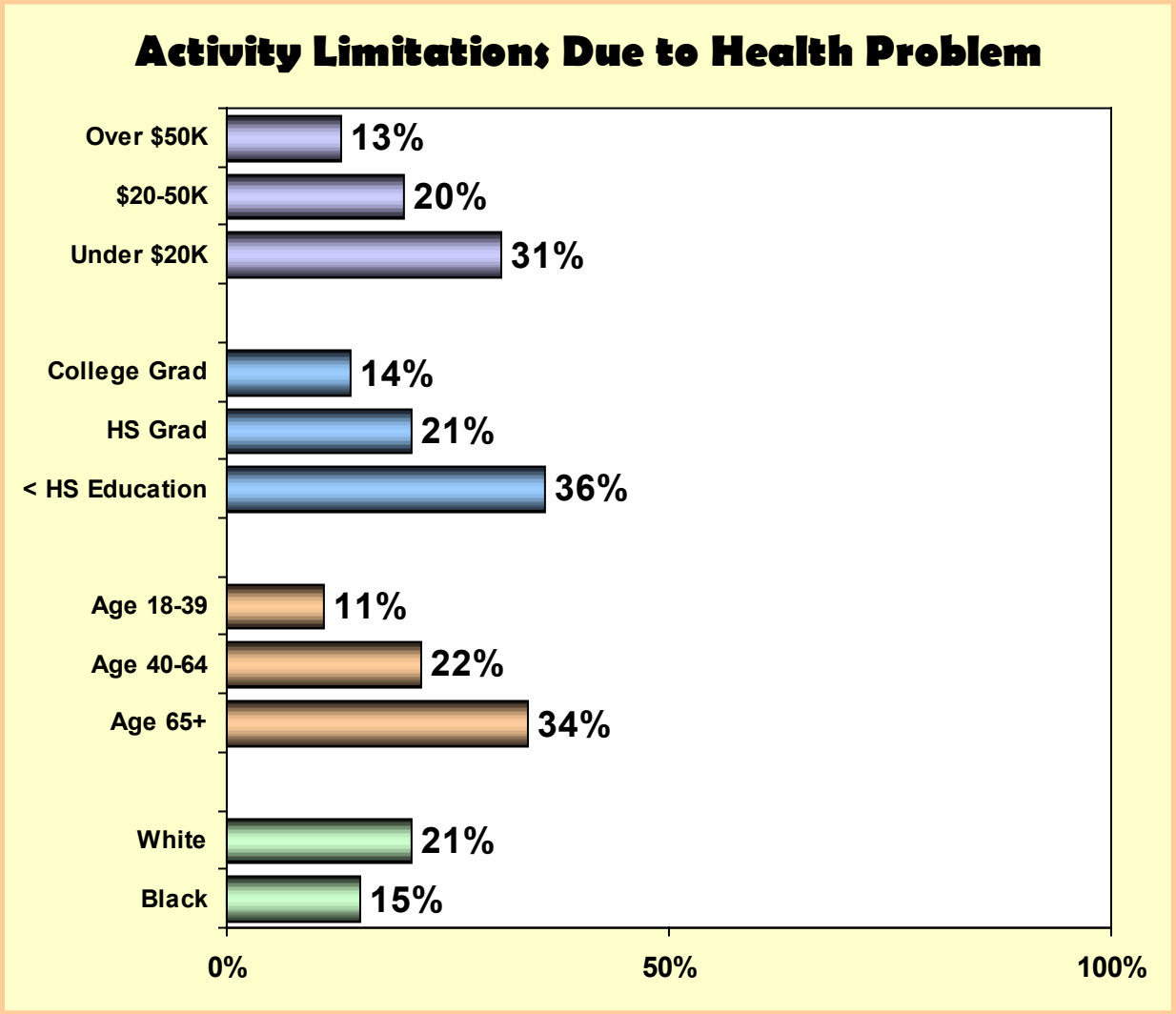
Risk Factor Definition: Activity Limitations

Questions: 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.

Who's At Risk in Pulaski County?

Nineteen percent of the adults in Pulaski County reported that they had some activity limitations caused by a health condition. White respondents, older respondents, and those less income or education were more likely to report activity limitations.



Alcohol Consumption

Questions about alcoholic beverage consumption were asked to Pulaski County Adult Health Survey respondents.

Alcohol Consumption

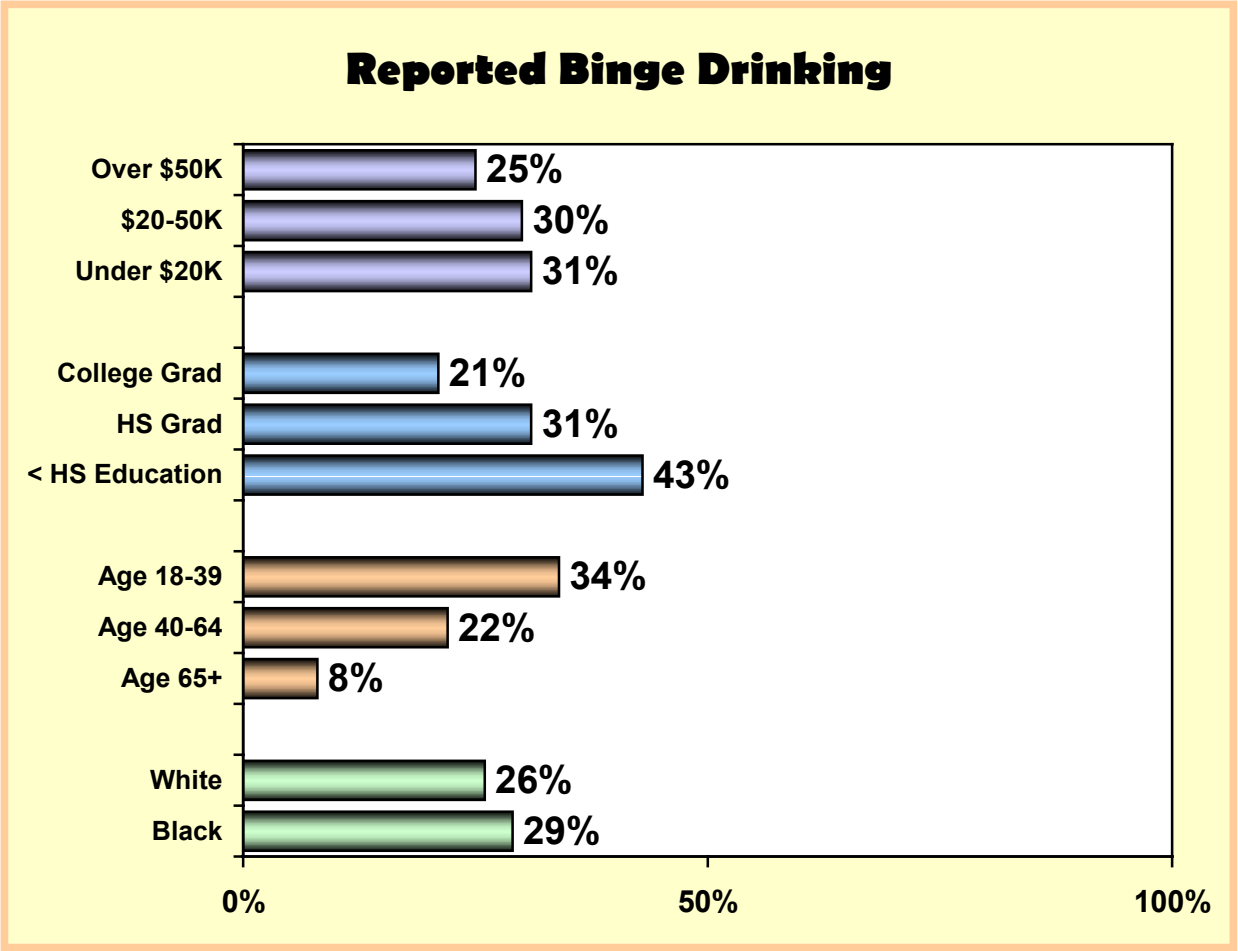
Risk Factor Definition: Binge Drinking

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

At Risk: Those who had five or more drinks in a row on one or more occasions during the past month are considered at risk.

Who's At Risk in Pulaski County?

Of those who reported drinking at least once in the past thirty days, twenty-seven percent said they had consumed five or more drinks on at least one occasion in the past month. Younger people and those with less education were more likely to report binge drinking.



Tobacco Use

Questions regarding cigarette smoking, attempts to quit smoking, smoking in the household, and other tobacco use were asked as part of the Pulaski County Adult Health Survey.

Cigarette Smoking

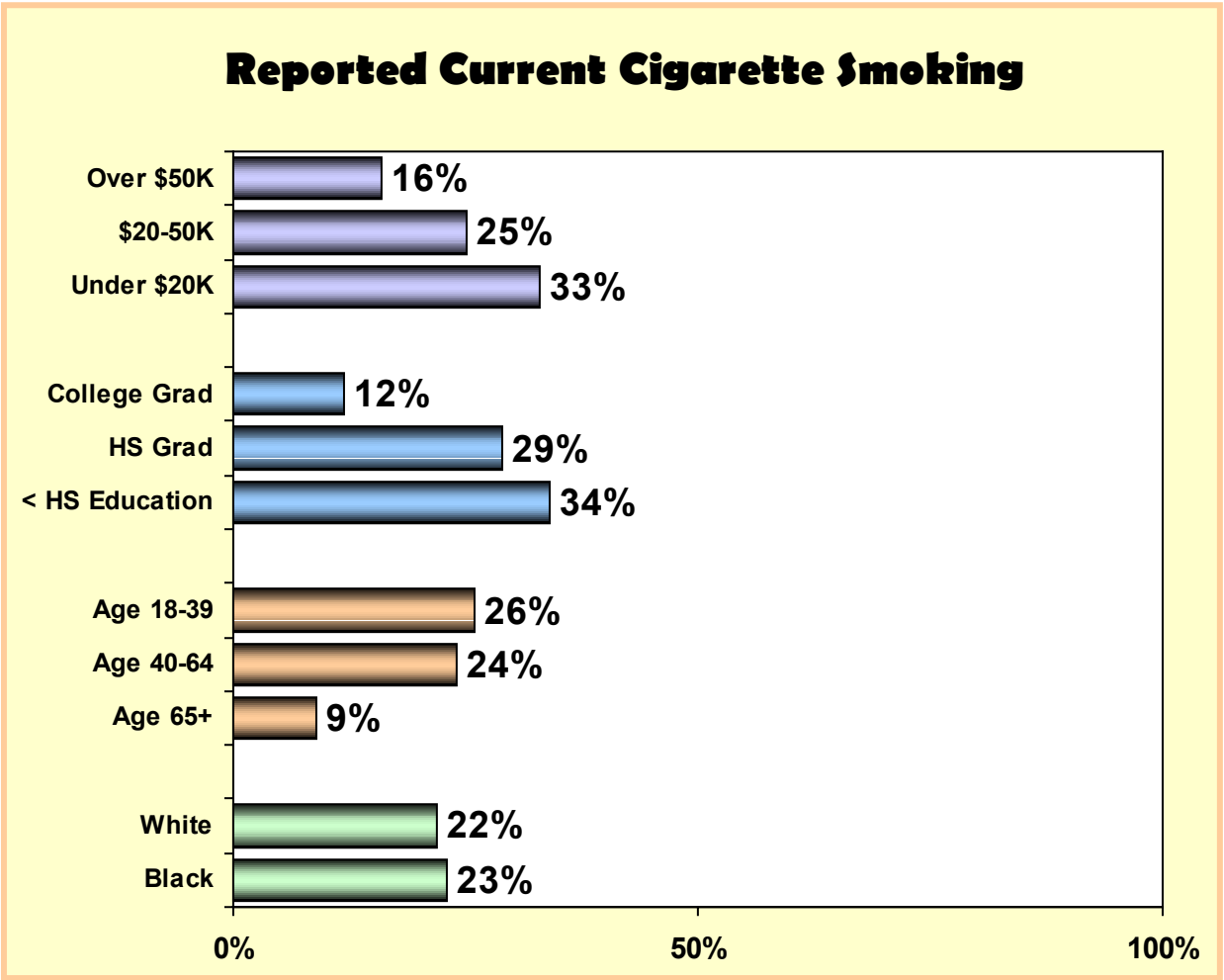
Risk Factor Definition: Currently Smoke Cigarettes

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

At Risk: Those who answered "every day" or "some days" are considered at risk.

Who's At Risk in Pulaski County?

Twenty-two percent of the adults in Pulaski County smoked cigarettes in the past month. Younger people and people with less education or income were more likely to smoke cigarettes.



Cigarette Smoking Cessation

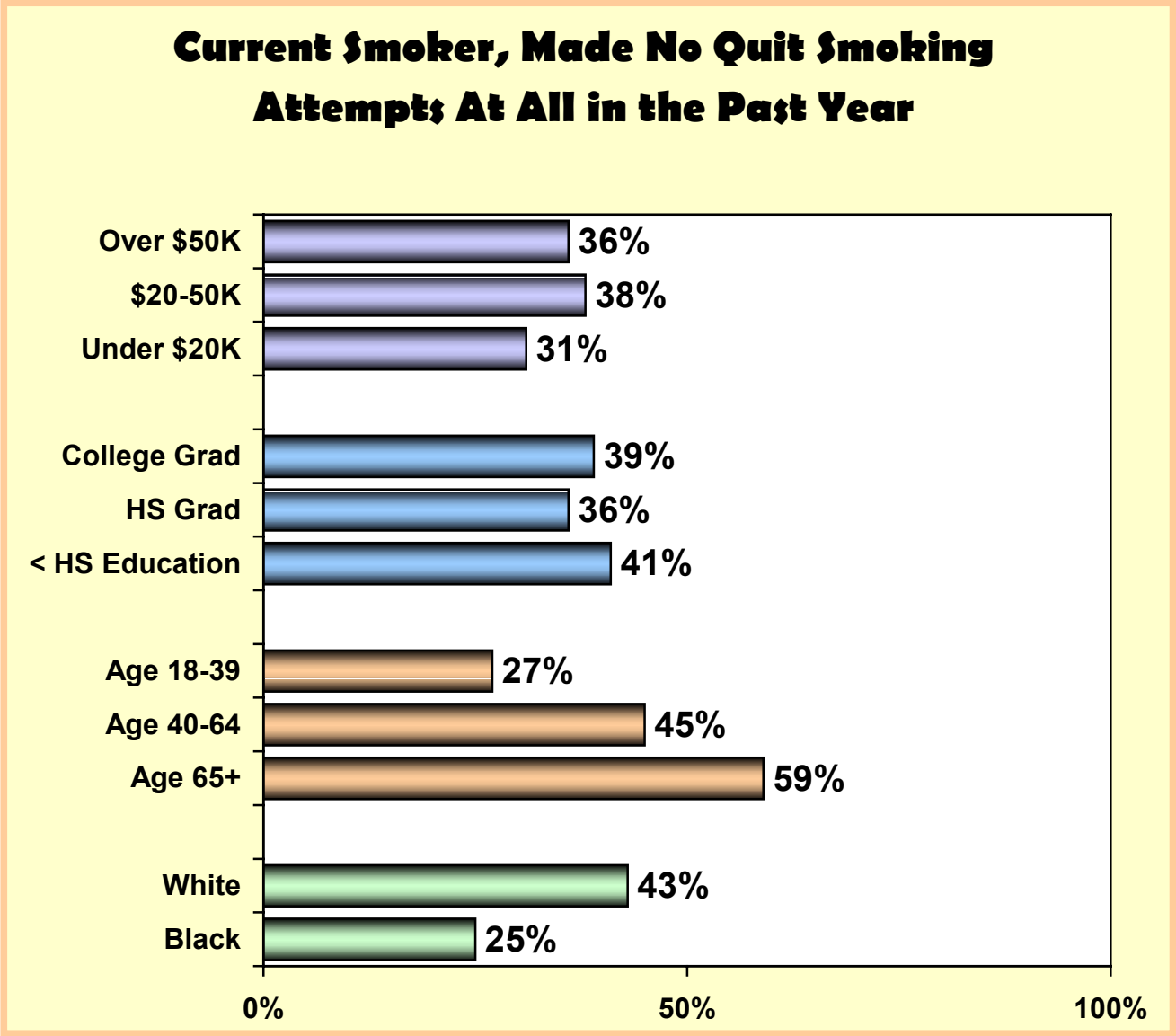
Risk Factor Definition: Smoking Cessation

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

At Risk: **Of those who smoked in the past month**, people who answered "no" are considered at risk for continued cigarette smoking.

Who's At Risk in Pulaski County?

Of the current adult smokers in Pulaski County, thirty-seven percent had not quit for at least one day in the past year. Older smokers and white smokers were less likely to have a smokeless day in the past year.



Smoking in Home

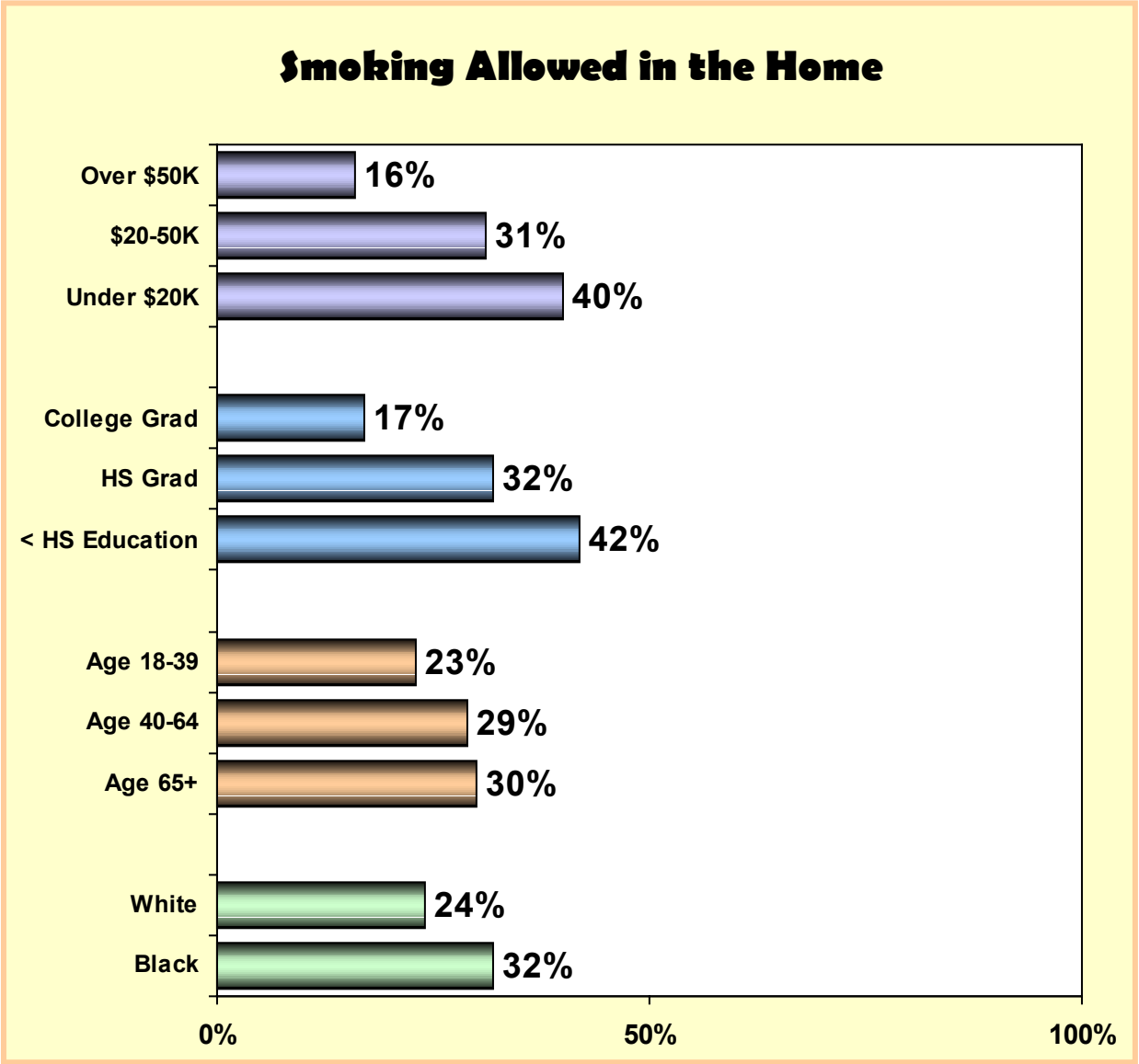
Risk Factor Definition: Smoking is allowed in the home

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 home are considered at risk.

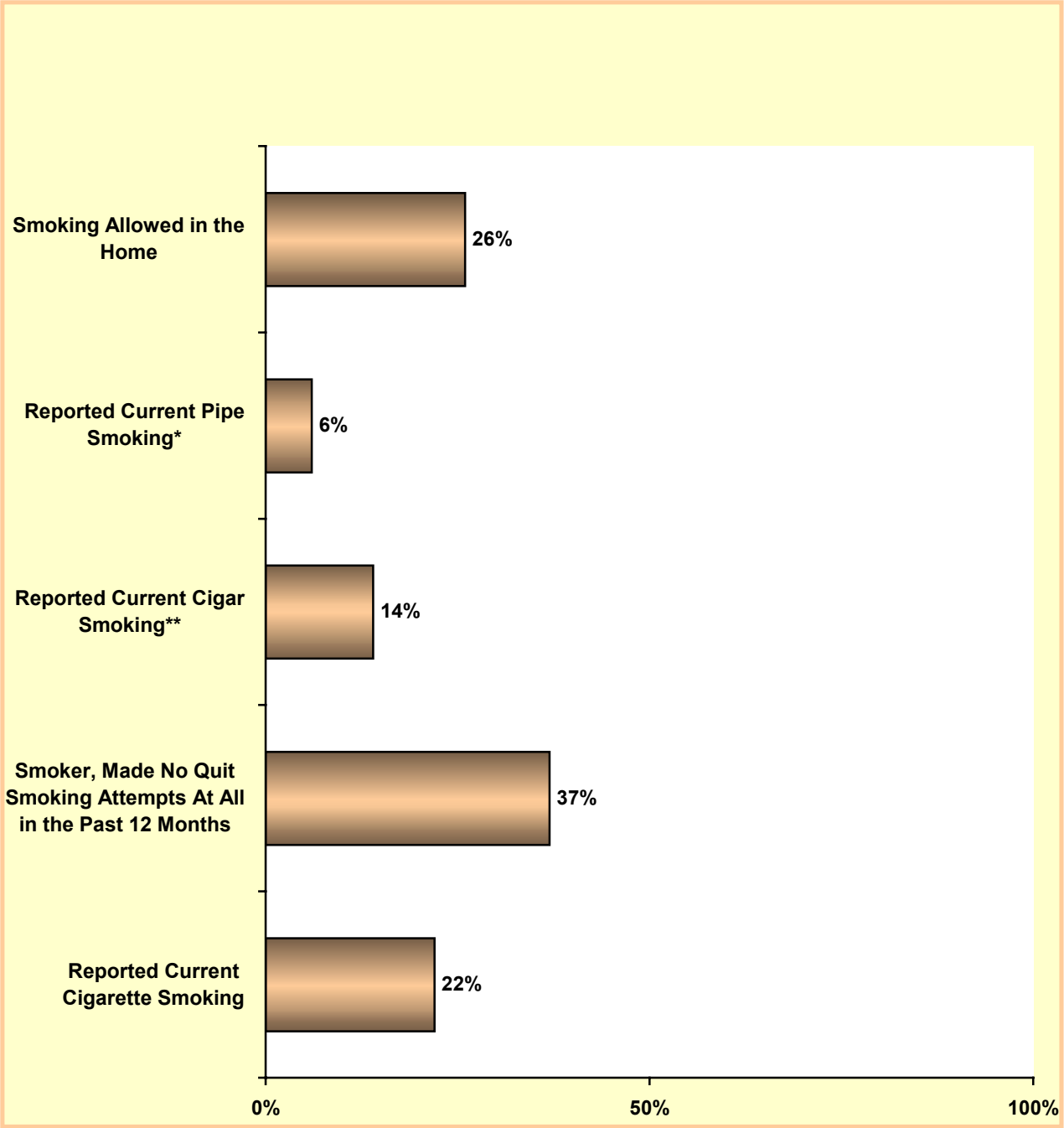
Who's At Risk in Pulaski County?

Twenty-six percent of the adults in Pulaski County indicated that smoking is allowed inside their home. Respondents with less income or education were more likely to live in homes where smoking is allowed.



Tobacco Use Summary

Questions regarding cigarette smoking, attempts to quit smoking, smoking in the household, and other tobacco use were asked as part of the Pulaski County Adult Health Survey.



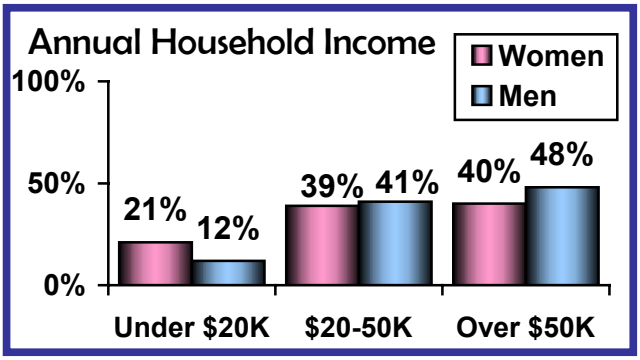
**Of those who have ever tried smoking tobacco in a pipe, even one or two puffs*
***Of those who have ever tried smoking a cigar, even one or two puffs*

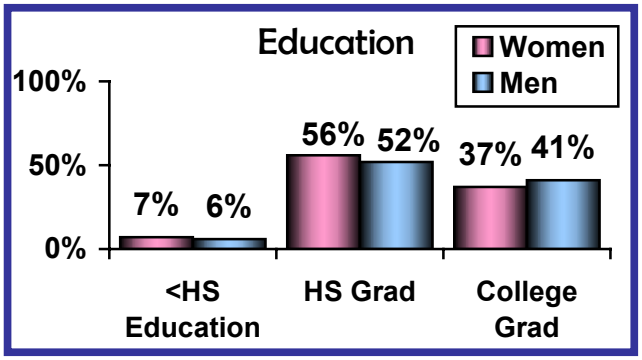
Women's Health & Risk Factors

Women's Health and the Pulaski County Adult Health Survey

Pulaski County Adult Health Survey Women's Demographics

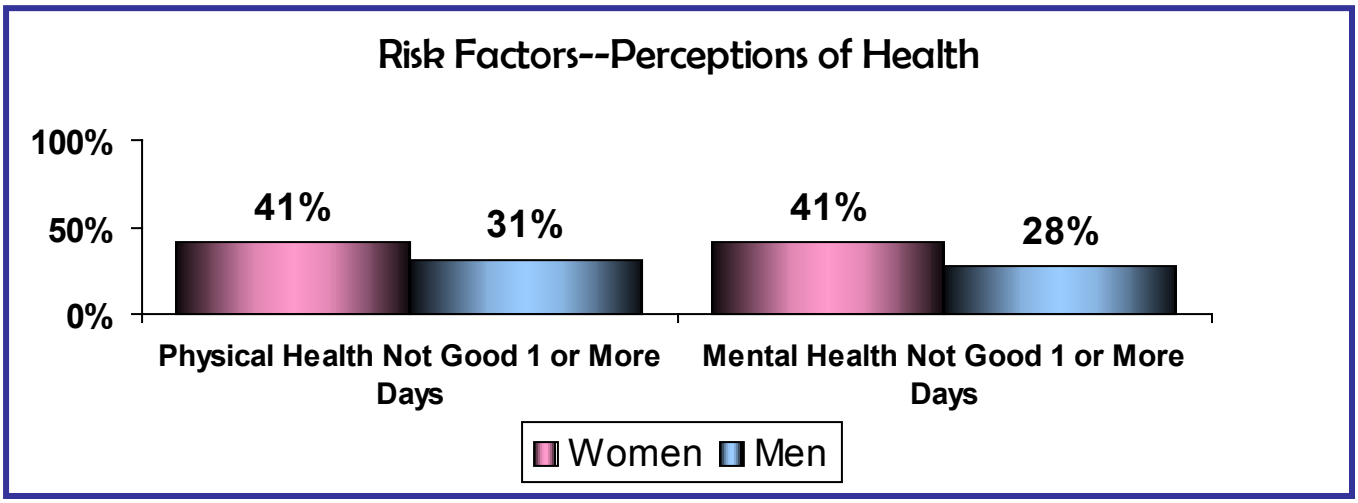
Total Number of People Surveyed		
Male	Female	Total Surveyed
1407	2604	4011



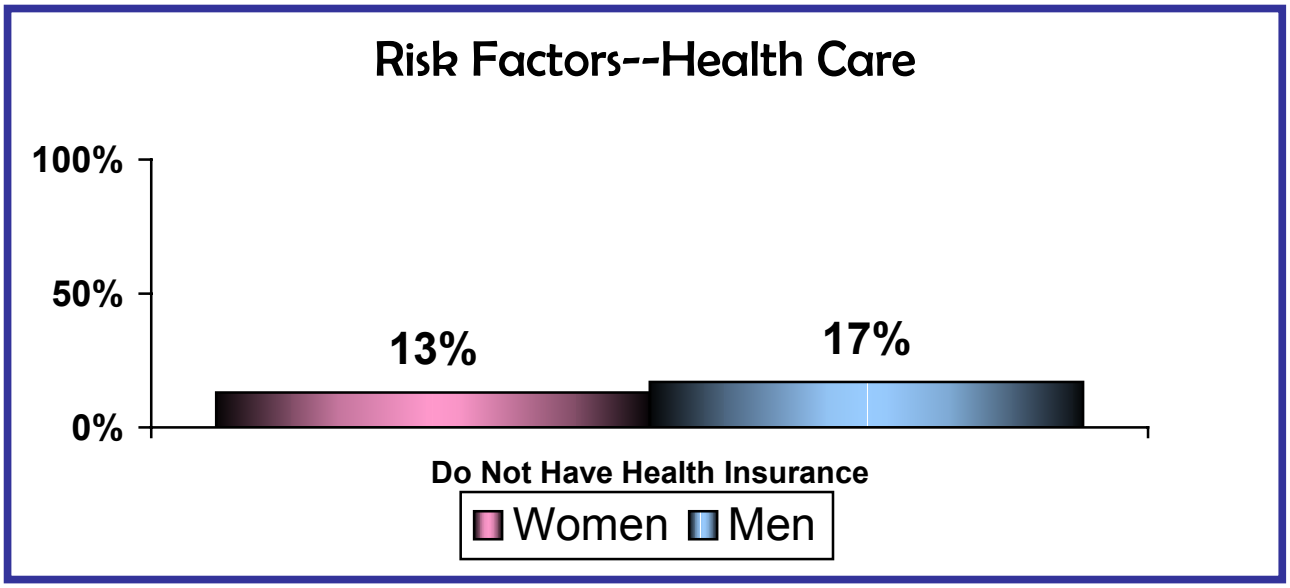


Women & Behavioral Risk Factors

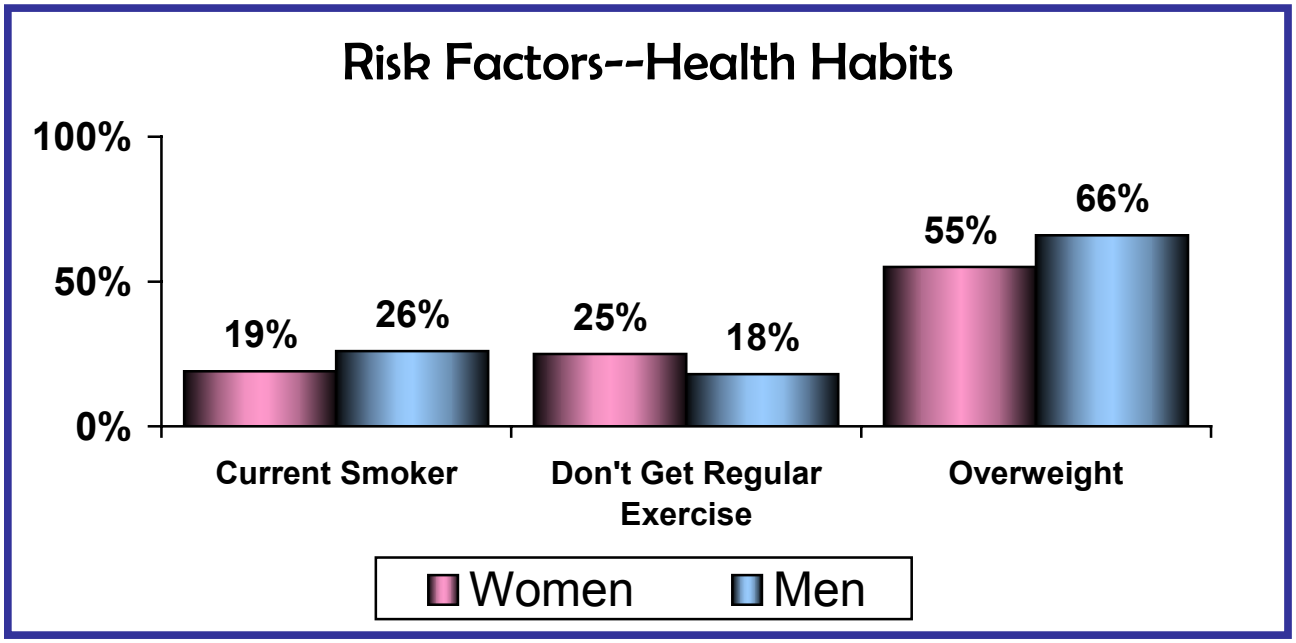
In addition to the standard BRFSS questions, the Pulaski County Health Survey included special questions about women's health issues. Women's health concerns more than just breast care and reproductive health. Disparities between women's and men's health exist among various risk factors. Specific health issues that were investigated in conjunction with women's health concerns in Pulaski County include self-reported perceptions of health, utilization of preventative health care and health screenings, and personal risk behaviors.



Women were more likely than men to report that their physical health and their mental health had been "not good" on one or more days during the past month.



Pulaski County women were more likely to have health insurance than men.



Pulaski County men were more likely than Pulaski County women to be smokers and to be overweight, but more likely to get regular exercise.

Breast Cancer Screening and Knowledge

Women were asked when they had their last mammogram.

Mammography-Women 40 and Older

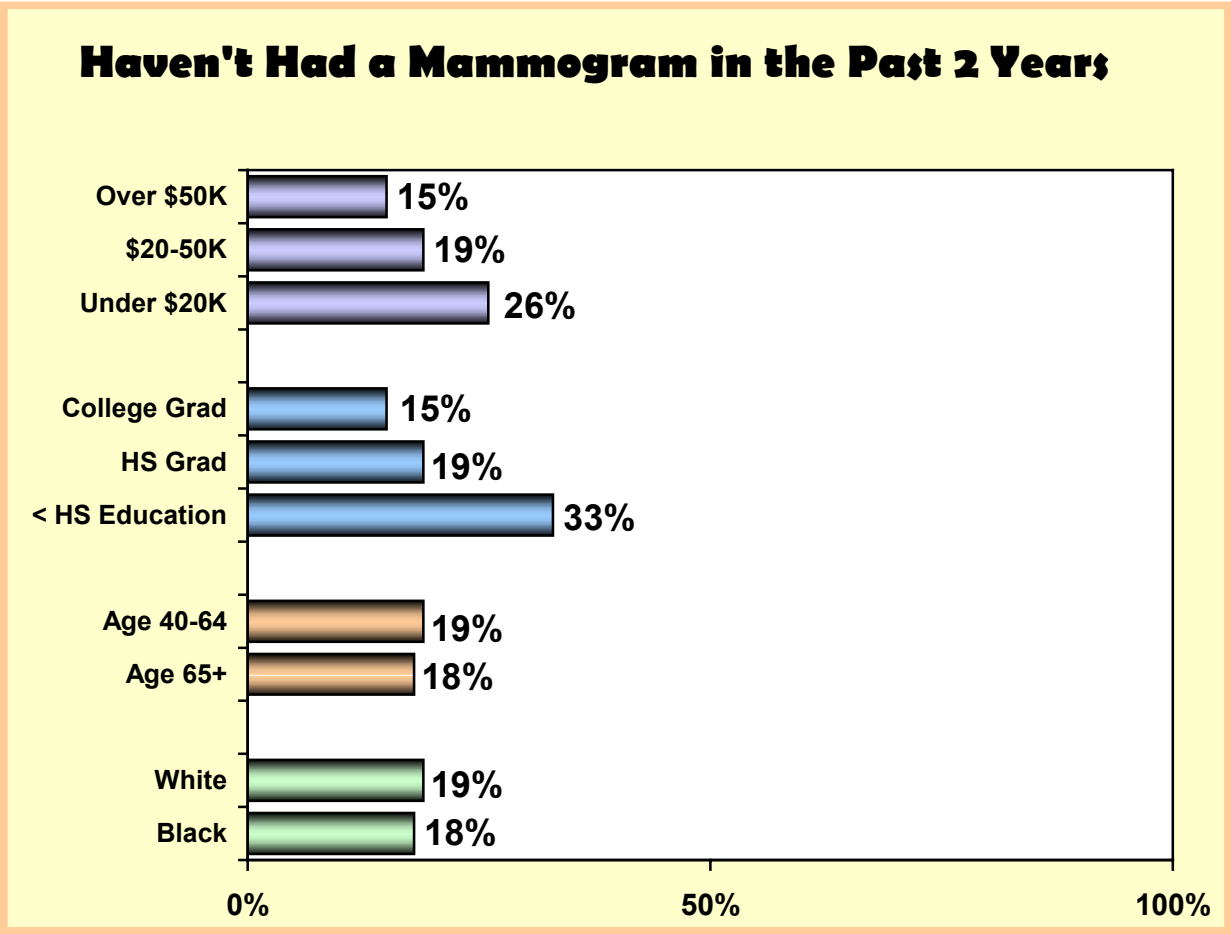
Risk Factor Definition: Mammograms

Question: A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?
How long has it been since your last mammogram?

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

Who's At Risk in Pulaski County?

Nineteen percent of women over age 40 had not had a mammogram within the past two years. Women with less income or education were less likely to have received a mammogram within the past two years.



Other Women's Health Screening

Pap Smear

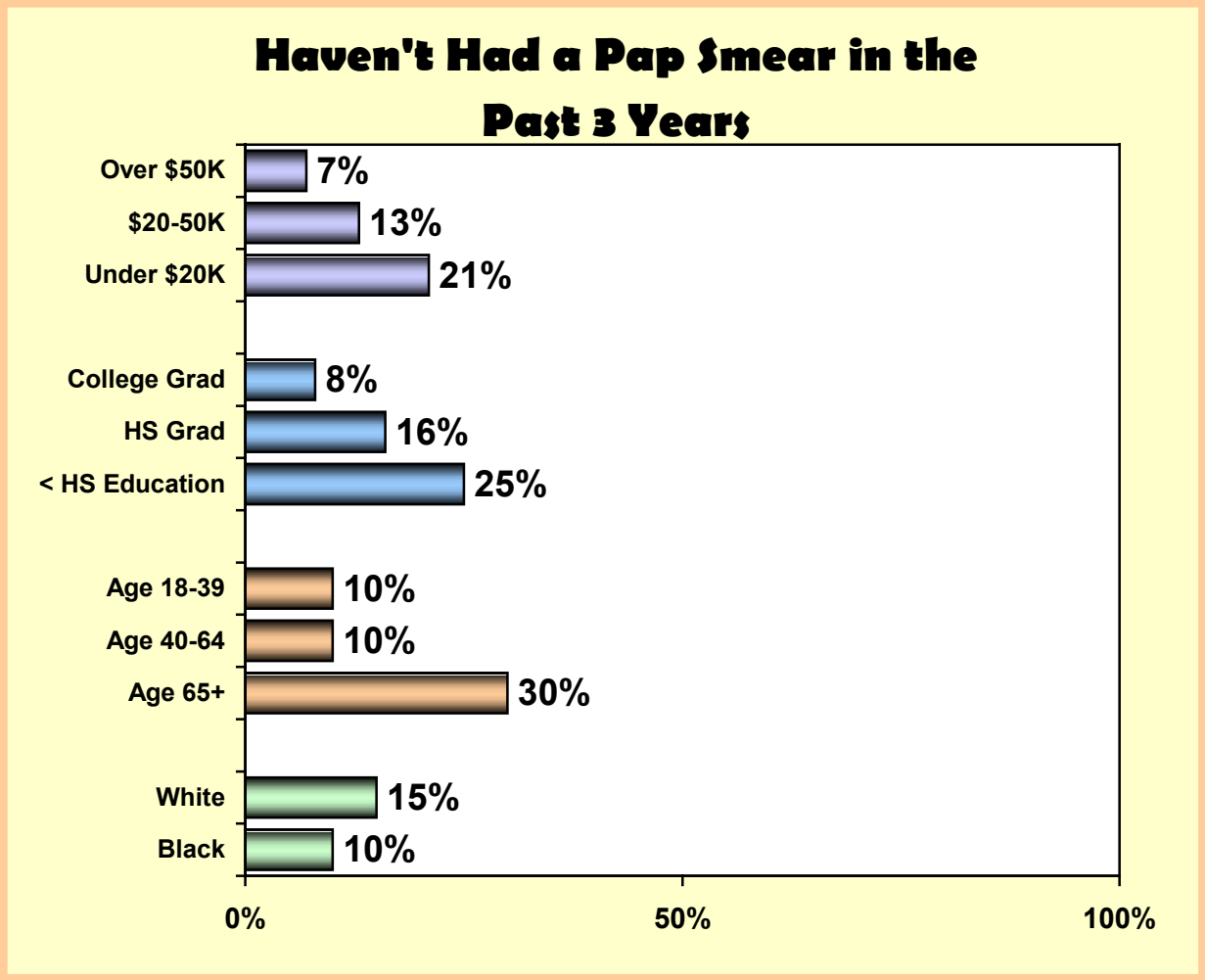
Risk Factor Definition: Pap Smear

Question: A Pap smear is a test for cancer of the cervix. Have you ever had a Pap smear?
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.

Who's At Risk in Pulaski County?

Thirteen percent of Pulaski County adult women had not had a Pap smear within the past three years. Women with less income or education, older women, and white women were less likely to have had this screening test.

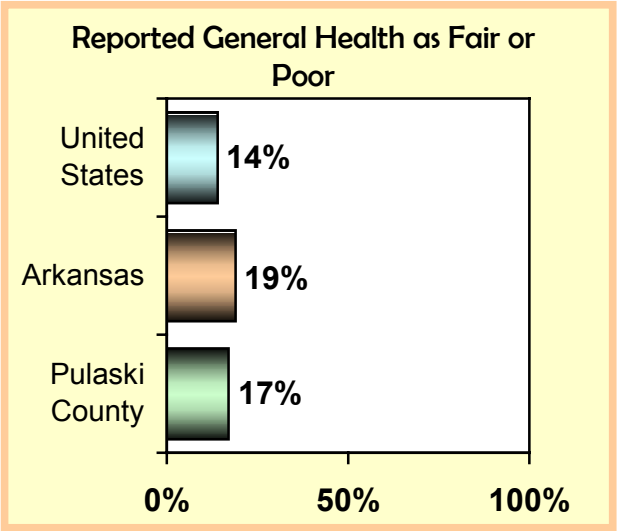


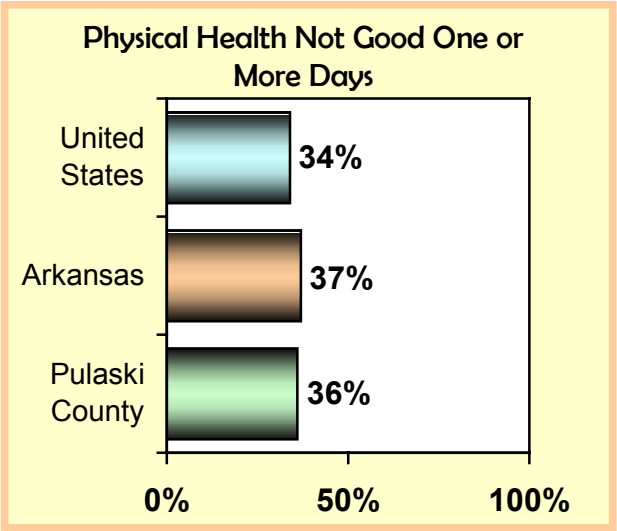
Pulaski County, Arkansas, and United States BRFSS Data Compared

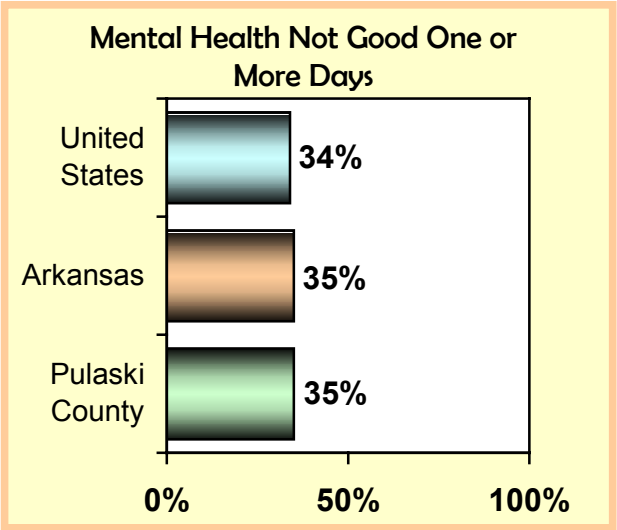
How Does Pulaski County Compare?

In order to determine Pulaski County's adult health strengths and weaknesses, its Adult Health Survey data was compared to state and nationwide data from the 2001and 2002 BRFSS.

Health Status

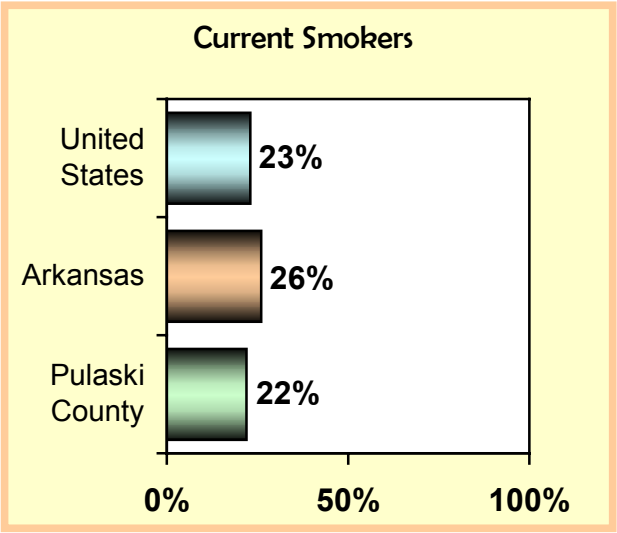


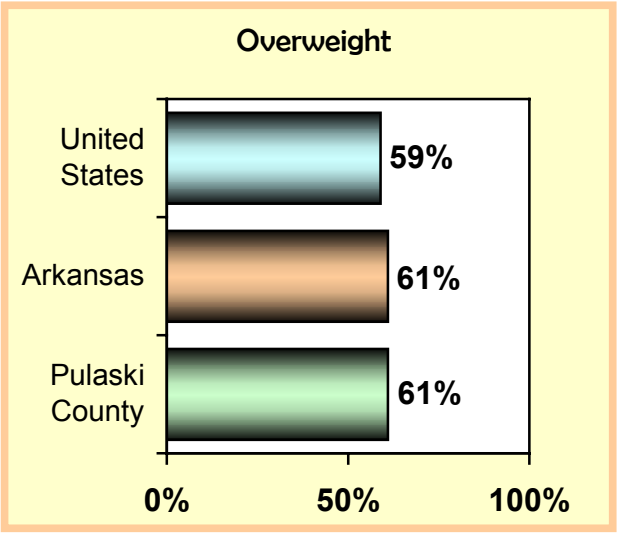


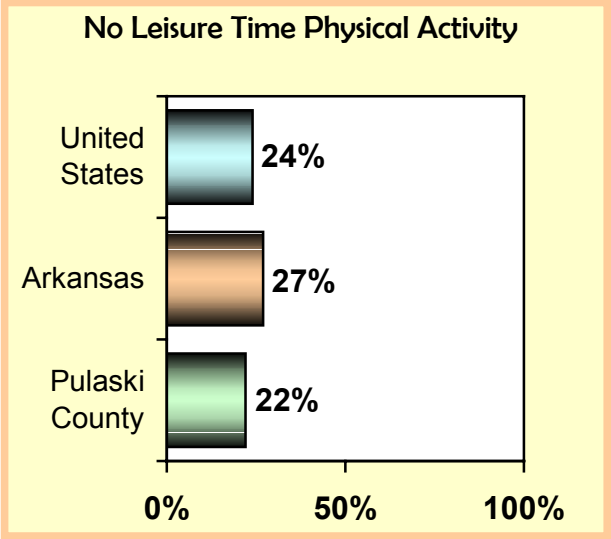


Pulaski County 's health status indicators were close to the prevalence figures of the state and the nation as a whole.

Health Habits

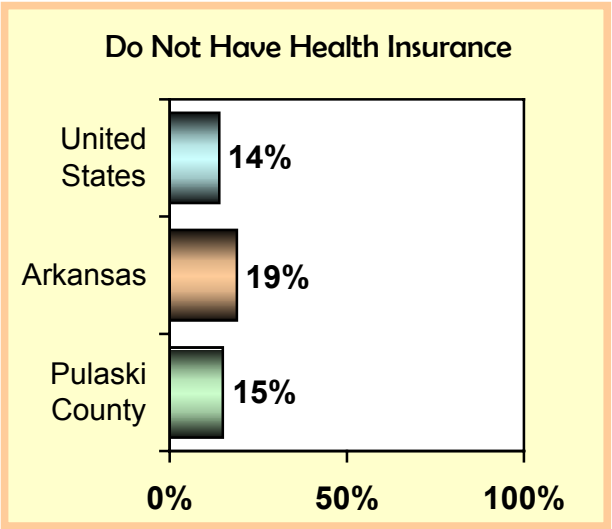




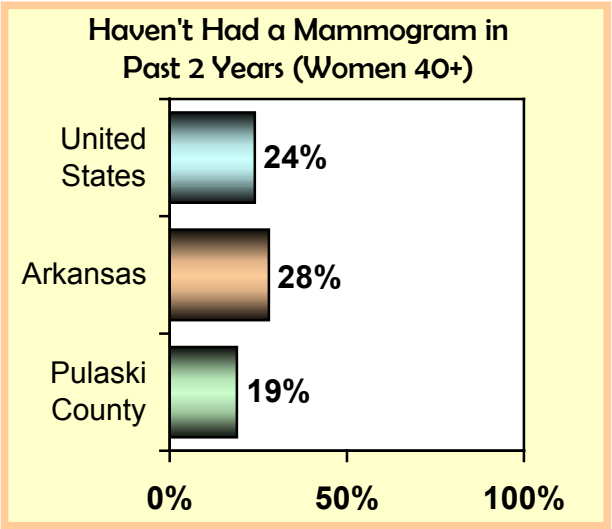


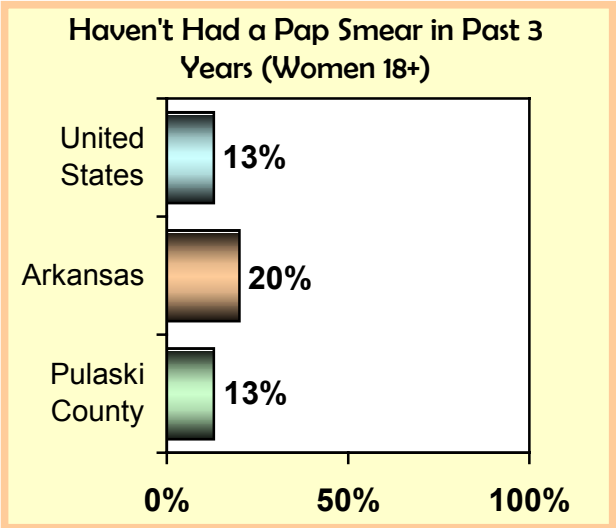
Pulaski County's percentages of adults who currently smoke and adults who reported no leisure time physical activity are closer to the national prevalence figures than to Arkansas'.

Health Care Access and Routine Health Screenings



Pulaski County's percentage of uninsured adults is close to the national uninsured rate and below the statewide percentage of uninsured adults. The percentage of women over 40 not receiving recommended mammograms is lower than the state and national figures.





Appendix

Pulaski County Adult Health Survey Questions

The following questions were administered as part of the Hometown Health County Adult Health Survey. The interviews were conducted by telephone, so a telephone interview script was used by the telephone interviews complete with notes and instructions regarding skipping certain questions, etc. Interested parties can obtain a complete copy of the script used to conduct the interview from their local Hometown Health leaders.

Section 1: Health Status

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

1.2. 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?

1.3 Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

1.4. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

Section 2: Health Care Access

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

2.2. What type of health care coverage do you use to pay for most of your medical care?

2.3. There are some types of coverage you may not have considered. Please tell me if you have any of the following (list of insurance plans).

Section 3: Exercise

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

Section 4: Hypertension Awareness

4.1. Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure.

4.2. Are you currently taking medicine for your high blood pressure?

Section 5: Cholesterol Awareness

5.1 Have you ever had your blood cholesterol checked?

5.2 About How long has it been since you had your blood cholesterol checked?

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

Section 6: Asthma

6.1 Did a doctor ever tell you that you had asthma?

6.2 Do you still have asthma?

Section 7: Diabetes

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

Section 8: Arthritis

8.1. During the past 12 months, have you had pain, aching, stiffness or swelling in or around a joint

8.2. Were these symptoms present on most days for at least one month?

8.3. Are you now limited in any way in any activities because of joint symptoms?

8.4. Have you ever seen a doctor, nurse, or other health professional for these joint symptoms?

8.5. Have you ever been told by a doctor that you have arthritis?

8.6. Are you currently being treated by a doctor for arthritis?

Section 9: Immunization

9.1. During the past 12 months, have you had a flu shot?

9.2. Have you ever had a pneumonia shot?

Section 10: Tobacco Use

10.1. Have you smoked at least 100 cigarettes in your entire life?

10.2. Do you now smoke cigarettes everyday, some days, or not at all?

10.3. On the average, about how many cigarettes a day do you now smoke?

Section 11: Alcohol Consumption

11.1 A drink is 1 can or bottle of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail, or shot of liquor. During the past 30 days, how often have you had at least one drink of any alcoholic beverage?

11.2 On the days when you drank, about how many drinks did you drink on the Average?

11.3 Considering all types of alcoholic beverages, how many times during the past 30 days did you have 5 or more drinks on a occasion?

Section 12: Firearms

12.1. Are any firearms now kept in or around your home? Include those kept in a garage, outdoor storage area, car, truck, or other motor vehicle.

Section 13: Demographics

13.1. What is your age?

13.2. Are you Hispanic or Latino?

13.3. Which one or more of the following would you say is your race?

13.4. Which one of these groups best represent your race?

13.5. Are you married, divorced, widowed, separated, never been married, or a member of an unmarried couple?

13.6. How many children less than 18 years of age live in your household ?

13.7. What is the highest grade or year of school you completed?

13.8. What is your current employment status?

13.9. What is your annual household income from all sources?

13.10. About how much do you weigh without shoes?

13.11. About how tall are you without shoes?

13.12. What is your ZIP Code?

13.13. Do you have more than one telephone number in your household?

13.14. How many residential telephone numbers do you have?

13.15a. Has your regular home telephone service been disconnected in the last 12 months?

13.15b. In the past 12 months, about how many months in total were you without a working home telephone? (Do not count cell phones)

13.16. Indicate sex of respondent. (Ask Only if Necessary)

Section 14: Disability

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

14.2. Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?

Section 15: Physical Activity

15.1. When you are at work, which of the following best describes what you do?

15.2. Now thinking about the moderate physical activities you do (when you are not working) if "employed" or "self-employed" in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes small increases in breathing or heart rate?

15.3. How many days per week do you do these moderate activities for at least 10 minutes at a time?

15.4. On days when you do moderate activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

15.5. Now thinking about the vigorous physical activities you do (when you are not working) if "employed" or "self-employed" in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?

15.6. How many days per week do you do these vigorous activities for at least 10 minutes at a time?

15.7. On days when you do vigorous activities for at least 10 minutes at a time, how much total time per day do you spend doing these activities?

Section 16: Prostate Cancer Screening

16.1. A Prostate Specific Antigen test, also called a PSA test, is a blood test used to check men for prostate cancer. Have you ever had a PSA test?

16.2. How long has it been since you had your last PSA test?

16.3. A digital rectal exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. Have you ever had a digital rectal exam?

16.4. How long has it been since you had your last digital rectal exam?

16.5. Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?

16.6. Has your father, brother, son, or grandfather ever been told by a doctor, nurse, or health professional that he had prostate cancer?

Section 17: Colorectal Cancer Screening

17.1 A blood stool test is a test that may use a special kit at home to determine whether stool contains blood. Have you ever had this test using a home kit?

17.2 How long has it been since you had your last blood stool test using a home kit?

17.3 Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the bowel for signs of cancer or other problems. Have you ever had these exams?

17.4 How long has it been since you had your last Sigmoidoscopy or colonoscopy?

Section 18: HIV/AIDS

18.1 A pregnant woman with HIV can get treatment to help reduce the chances that she will pass the virus on to her baby. (True/False)?

18.2 There are medical treatments available that are intended to help a person who is infected with HIV to live longer. (True/False)?

18.3 How effective do you think these treatments are helping persons with HIV to live longer?

18.4 How important do you think it is for people to know their HIV status by getting tested?

18.5 As far as you know, have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation.

18.6 Not including blood donations, in what month and year was your last HIV test?

18.7 What was the main reason you had your last test for HIV?

18.8 Where did you have the HIV test in… ?

18.9 In the past 12 months has a doctor, nurse, or other health professional talked to you about preventing sexually transmitted diseases through condom use?

County Selected Modules

Module 5: Women's Health

1. What types of things can women do to help in the early detection of breast cancer?
2. Is there anything else women can do to help in the early detection of breast cancer?
3. A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?
4. What is the most important reason why you haven't had a mammogram?
5. Are there any other reasons why you haven't had a mammogram?
6. How long has it been since you had your last mammogram?
7. What is the most important reason why you haven't had a mammogram in the past two years?
8. Are there any other reasons why you haven't had a mammogram in the past two years?

9. Was your last mammogram done as part of a routine checkup, because of a breast problem, or because you've already had breast cancer?

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

11. Are you aware that the health department offers free to low cost breast exams and mammograms?

12. How often do you believe women your age should get a mammogram?

13. Did a doctor suggest that you have your most recent mammogram?

14. Have you ever had breast cancer?

15. Do you think your risk of getting breast cancer is high, medium, low, or none?

16. If you wanted to have a mammogram, would you have to pay for all, part or none of the cost?

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

18. Have you ever had a clinical breast exam?

19. How long has it been since your last breast exam?

20. Was your last breast exam done as part of a routine checkup, because of a breast problem other than cancer, or because you've already had breast cancer?

21. A Pap smear is a test for cancer of the cervix. Have you ever had a Pap smear?

22. How long has it been since you had your last Pap smear?

23. Was your last Pap smear done as part of a routine exam, or to check a current or previous problem?

24. Have you had a hysterectomy?

Module 13: Tobacco Indicators

1. How old were you the first time you smoked a cigarette, even one or two puffs?

2. How old were you when you first started smoking cigarettes regularly?

3. About how long has it been since you last smoked cigarettes regularly?

4. In the past 12 months, have you seen a doctor, nurse, or other health professional to get any kind of care for yourself?

5. In the past 12 months, has a doctor, nurse, or other health professional advised you to quit smoking?

6. Which statement best describes the rules about smoking inside your home?

7. While working at your job, are you indoors most of the time?

8. Which of the following best describes your place of work's official smoking policy for indoor public or common areas, such as lobbies, rest rooms, and lunchrooms?

9. Which of the following best describes your place of work's official smoking policy for work areas?

Module 14: Other Tobacco Products

1. Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?

2. Do you currently use chewing tobacco or snuff everyday, some days, or not at all?

3. Have you ever smoked a cigar, even one or two puffs?

4. Do you now smoke cigars everyday, some days, or not at all?

5. Have you ever smoked tobacco in a pipe, even one or two puffs?

6. Do you now smoke a pipe everyday, some days, or not at all?

7. A bidi is a flavored cigarette from India, Have you ever smoked a bidi, even one or two puffs?

8. Do you now smoke bidis everyday, some days, or not at all?

-End of Survey-