

# BRFSS

Behavioral Risk Factor Surveillance System

**Arkansas Behavioral  
Risk Factors  
Surveillance System  
(BRFSS)**

**Survey Results**

**2001**



**Arkansas Department of Health  
Center for Health Statistics**

# **2001 Arkansas State BRFSS “Adult Risk Factor Survey”**

**April 2003**



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**April 2003**



## From the Director's Desk:

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The Arkansas Department of Health is pleased to present this report of selected findings based on our 2001 Arkansas Behavioral Risk Factor Surveillance System (BRFSS) survey results.

Although this report represents the first effort to create a general multi-topic report for Arkansas, many single-topic reports from surveys in previous years can be found on the HealthyArkansas web site under Data and Research.

The Centers for Disease Control and Prevention provide financial and technical support to all 50 states and 4 territories to conduct annual surveys of health behavior. The Arkansas survey had additional support in 2001 from Arkansas Department of Health programs for Diabetes Control, Breast and Cervical Cancer Control, Cardiovascular Health, and Tobacco Control. The Arkansas survey is coordinated and analyzed by the staff of the Center for Health Statistics.

These data provide valuable information for identifying health trends in Arkansas and the nation and can assist health professionals in identifying particular groups at risk of developing chronic diseases. They can also help assess the successes and failures of particular programs to help these populations. Recent attention in Arkansas and the nation on the growing problem with obesity is based, in large part, on the annual BRFSS survey results. The data collected in this survey will also provide a baseline to evaluate the success of the Arkansas Tobacco Control program.

None of these would be possible without the contribution of the 2,928 randomly selected, anonymous Arkansas citizens who were willing to spend time answering probing and personal questions about their health behavior. A special thanks to them.

Sincerely,

A handwritten signature in blue ink that reads "Fay Boozman".

Fay Boozman, M.D., Director  
Arkansas Department of Health

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## Acknowledgements:

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Survey results for 2001 Behavioral Risk Factor Surveillance System were prepared by Center for Health Statistics with the help of Centers for Disease Control and Prevention (CDC). The Behavioral Surveillance Branch (BSB) of the Centers for Disease Control and Prevention provided technical support for developing questions as well as financial support to conduct the interviews. As a final step, they also helped in processing and weighting the data. Many details in this process are explained on the website of Centers for Disease Control and Prevention located at <http://www.cdc.gov/BRFSS>.

Dr. John Senner, Senior Research Analyst for Center for Health Statistics, has provided supervision for more than 12 years of analyzing BRFSS surveys. The efforts of generating these reports were initiated by Tara Clark-Hendrix, Data Processing Senior Project Leader and strongly supported by Blake Woodson, BRFSS data coordinator for years 2001 and 2002. The report was programmed and structured with the help of Sharon Judah, Lead Programmer Analyst and Shalini Manjanatha, Medical Economist.

Telephone interviews were conducted by an Idaho-based research company – Clearwater Research Inc. Special appreciation is extended to Clearwater Research Inc.'s telephone interview team. Their dedication and hard work made interviewing a large sample possible for the state of Arkansas.

## Summary of the findings:

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The purpose of the Behavioral Risk Factor Surveillance System survey is to uniformly collect data on a variety of behaviors and conditions that place adults at risk for chronic diseases, injuries, and preventable infectious diseases that are the leading causes of morbidity and mortality in the United States. Arkansas participated in 1991 and has been conducting this survey monthly since January 1993.

This report is based on 2,928 completed interviews conducted throughout the year 2001, at an average rate of 245 interviews per month.

### Findings:

**General Health Status:** Nineteen percent of people mentioned their general health to be fair or poor in 2001. Thirty-seven percent of Arkansas adults had at least one day a month of poor physical health. Thirty-five percent had at least one day of poor mental health.

**Health Insurance Coverage:** Sixteen percent of Arkansas adults reported that they didn't have health insurance.

**Diabetes:** Eight percent of Arkansas adults have been told that they had diabetes by a doctor.

**Asthma:** Eleven percent of adults said that they have been told by a doctor that they have asthma.

**Arthritis:** Twenty-seven percent adults reported that they have been told by a doctor that they have arthritis.

**No Leisure-Time Physical Activity:** Thirty-one percent of Arkansas's adult residents did not participate in regular and sustained physical activity during the past month.

**Tobacco Use:** One-fourth (26%) of the adults in Arkansas smoked cigarettes in the past month. Of the current smokers in Arkansas, 41 percent had quit for at least one day in the past year.

**Overweight:** Sixty percent of Arkansas's adults are overweight (BMI  $\geq$  25).

**Alcohol Consumption:** Thirty-nine percent of adults living in Arkansas said that they have had five or more drinks on at least one occasion in the past month.

**Activity Limitations:** One-fifth (20%) of the adults in Arkansas reported that they had some activity limitations caused by a health condition.

## Quality of Life

**Depression:** Forty-five percent of the adults in Arkansas were depressed on one or more days during the past month.

**Anxiety:** More than half (60%) of adult Arkansans reported that they had at least one day of the past 30 days when they felt anxious or worried.

**Sleeplessness:** Seventy-one percent of Arkansas adults got inadequate sleep for at least one night during the past 30 days.

## Women's Health

**Breast Cancer Screening and Knowledge:** Twenty-eight percent of women who are age 40 and older have not had a mammogram within the past year in Arkansas.

**Cervical Cancer Screening and Pap smear:** One-fifth (20%) of Arkansas adult women had not had a Pap smear within the past three years.

# An Introduction: Arkansas 2001 BRFSS

## What is the BRFSS?<sup>1</sup>

In the early 1980s, the Centers for Disease Control and Prevention worked with the states to develop the Behavioral Risk Factor Surveillance System (BRFSS). 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 the 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.

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

## Why Did Arkansas Conduct the BRFSS?

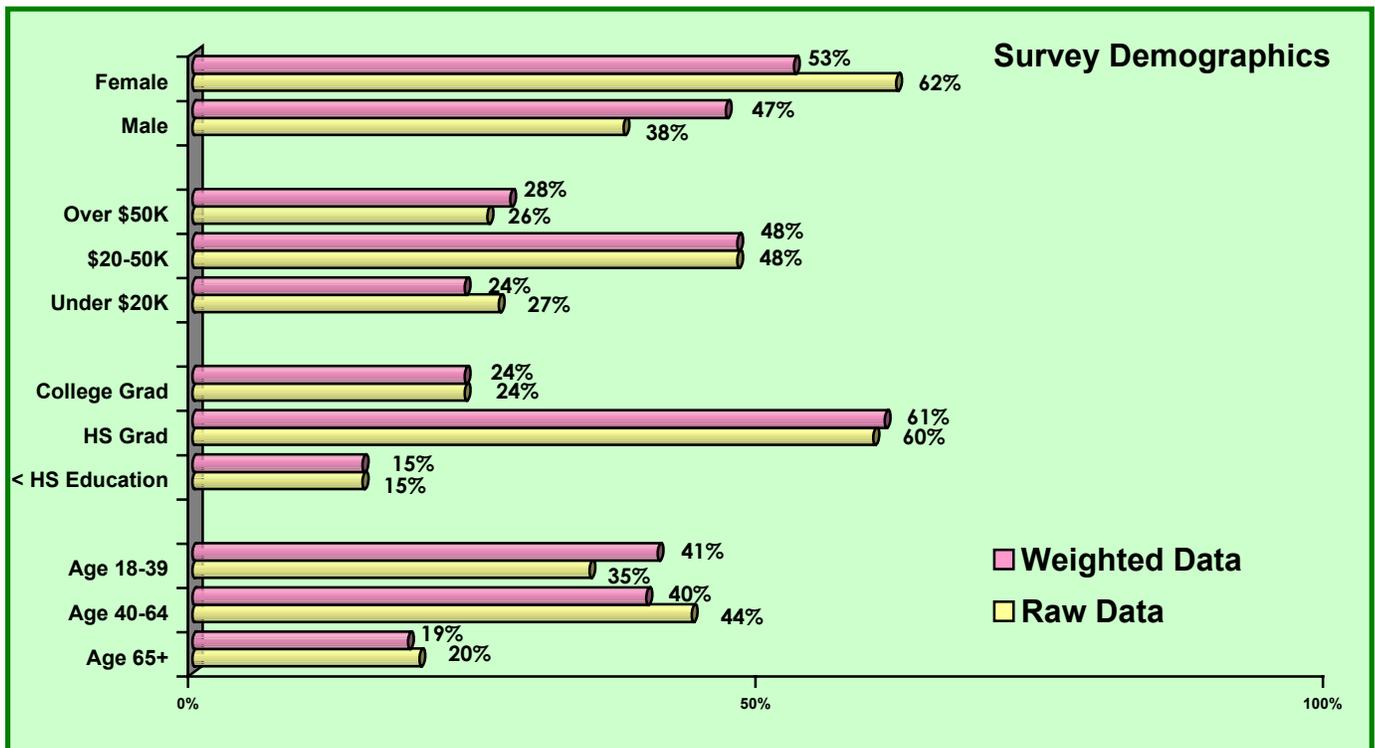
As the demand for data at a local level has increased, state, and local health agencies have begun using the BRFSS to develop and local information about health risk behaviors. The BRFSS was conducted to gather health information on a variety of behaviors that can impact health in both good and bad ways,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

## How Did Arkansas Conduct the BRFSS?

During 2001, 2,928 randomly selected adults participated in the Arkansas BRFSS telephone survey. Interviews were conducted and supervised by trained telephone research interviewers at the Clearwater Research, Inc. The data were then weighted to be representative of the sex and age distribution of Arkansas. All percentages presented in this report are rounded to the nearest whole percent.

## Who Participated in the Arkansas BRFSS?

Of the 2,928 people who were interviewed, 1,122 were men and 1,806 were women, and 2,459 were white, 359 were black, and 69 were 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 are based on the **weighted** data.



## For More Information about the Arkansas BRFSS

Interested persons may request additional information. Researchers and professionals wanting to build upon Arkansas' 2001 BRFSS data may request additional data. The results of these surveys are available on the website of Center for Disease Control and Prevention (CDC) in the form of datasets. These datasets can be found on web address <http://www.cdc.gov/BRFSS>. For more information about the Behavioral Risk Factor Surveillance System or analysis of the survey data, please contact:

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# **Risk Factors**

# Health Status

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

## General Health

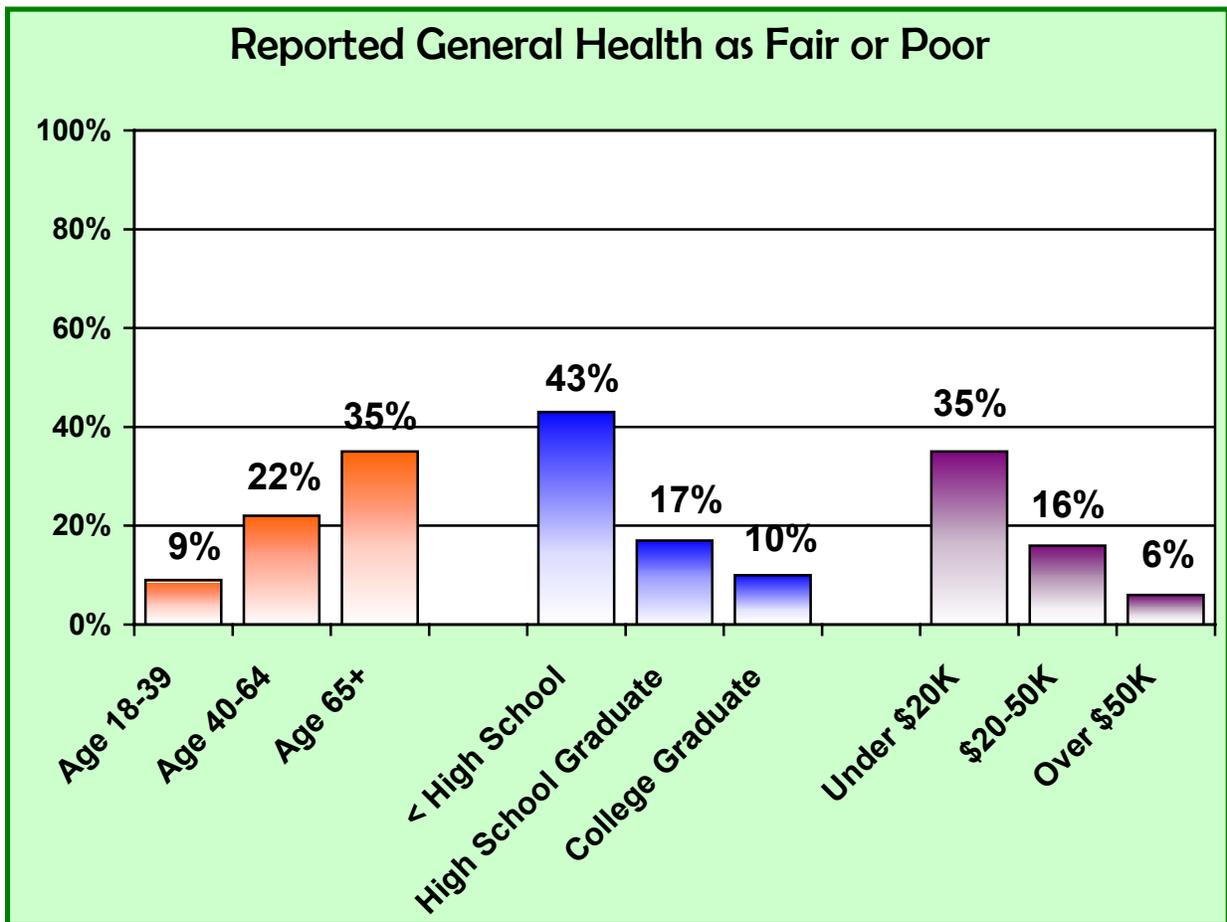
Risk Factor Definition: General Health

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 is At Risk in Arkansas?

Nineteen 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

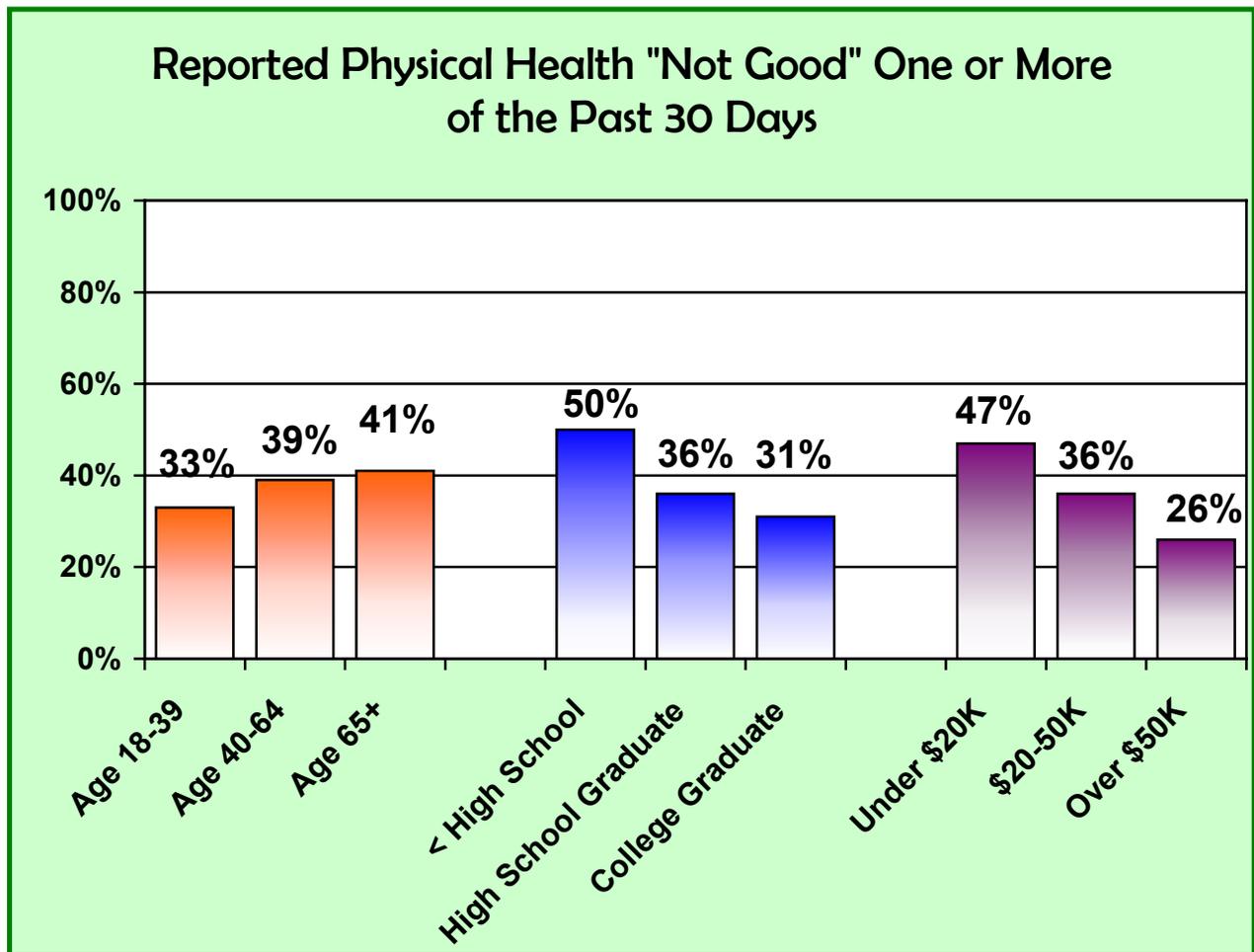
Risk Factor Definition: Physical Health

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 is At Risk in Arkansas?

Thirty-seven percent of Arkansas adults had at least one day a month of poor physical health. The average Arkansas adult had 4 days of bad physical health and 5 days each month when health problems interfered with usual activities. Older people and people with less income were more likely to be affected by poor health.



## Mental Health

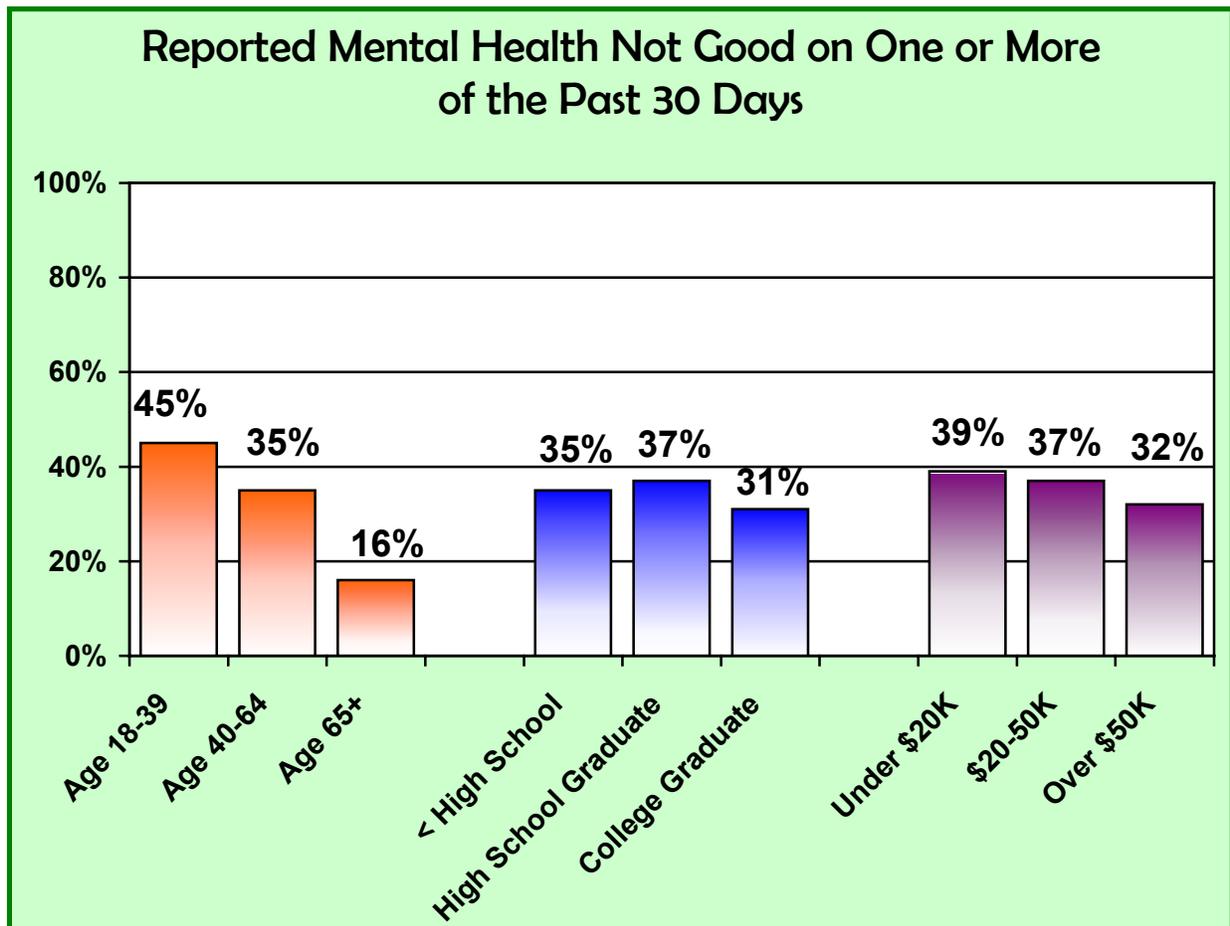
### Risk Factor Definition: Mental Health

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 is At Risk in Arkansas?

Thirty-five percent had at least one day of poor mental health in the past month. The average Arkansas adult had 4 days each month of poor mental health. People with annual household incomes of less than \$20,000 and younger people 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*

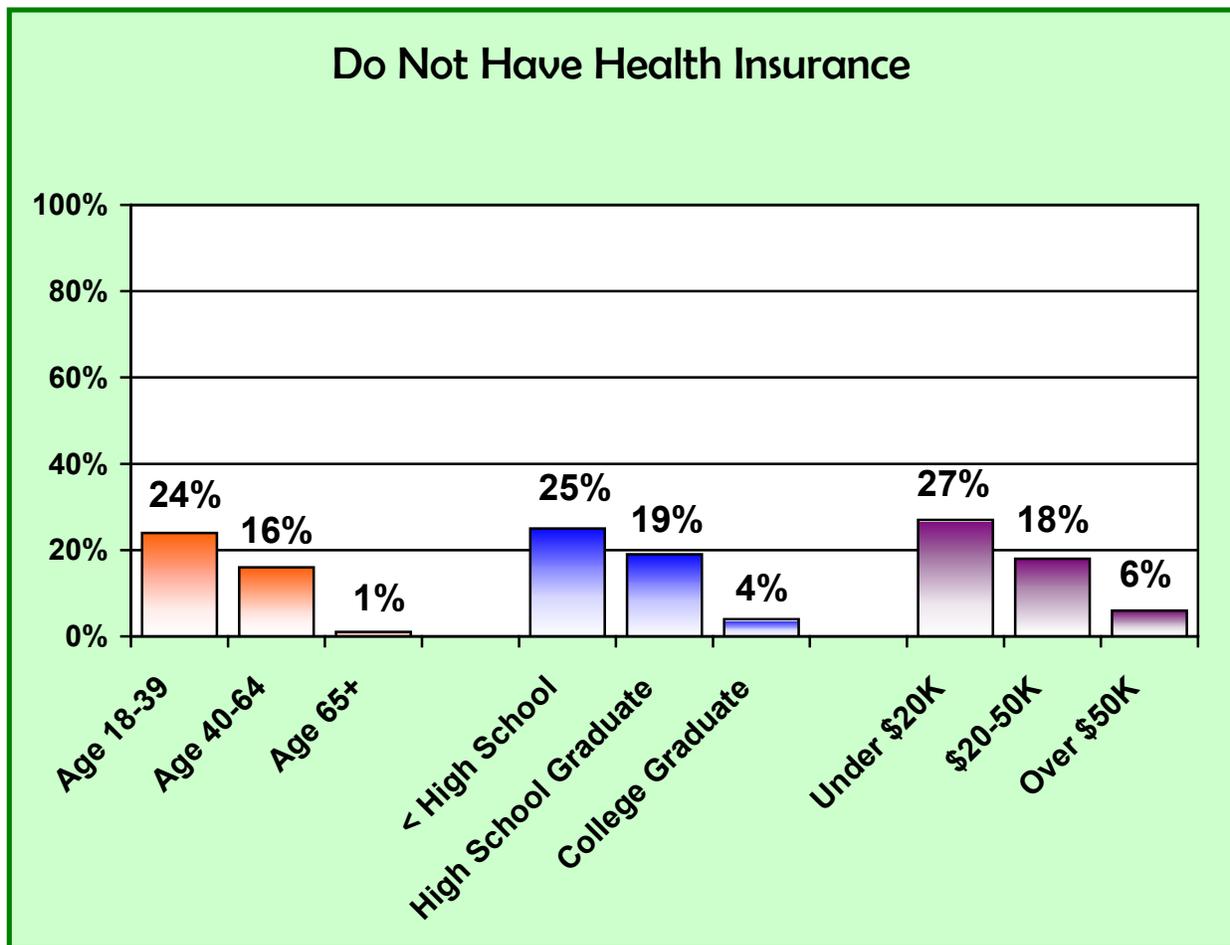
Risk Factor Definition: Health Insurance

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 is At Risk in Arkansas?

Sixteen percent said that they had no health insurance, with younger respondents and those with less education or income less likely to be insured.



## Chronic Conditions

Questions regarding specific chronic medical conditions were included in the Arkansas BRFSS survey.

### *Diabetes*

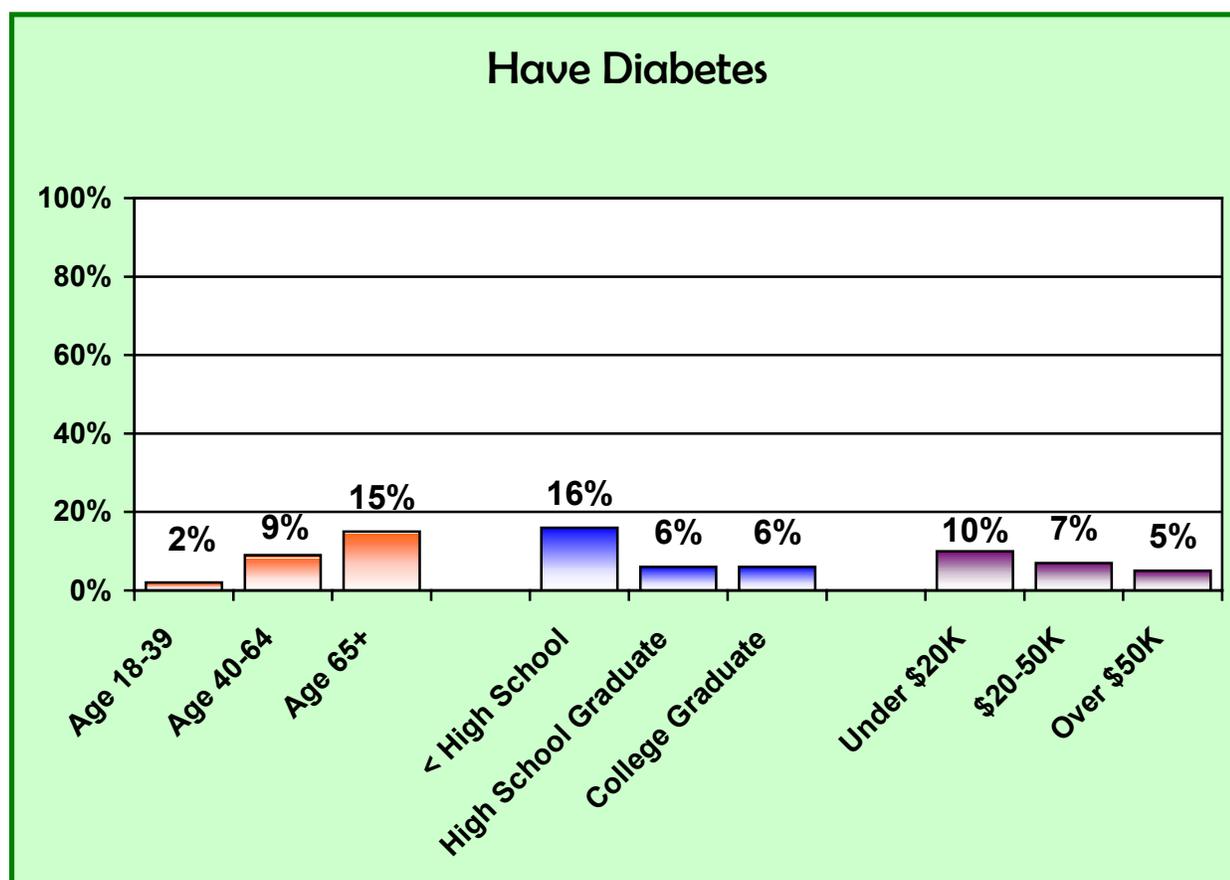
Risk Factor Definition: Have Diabetes

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

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

### Who is At Risk in Arkansas?

Eight percent of Arkansas adults have been told that they had diabetes by a doctor. Older people, people with lower incomes, and those with less education were more likely to report a diabetes diagnosis than others were.



## *Asthma*

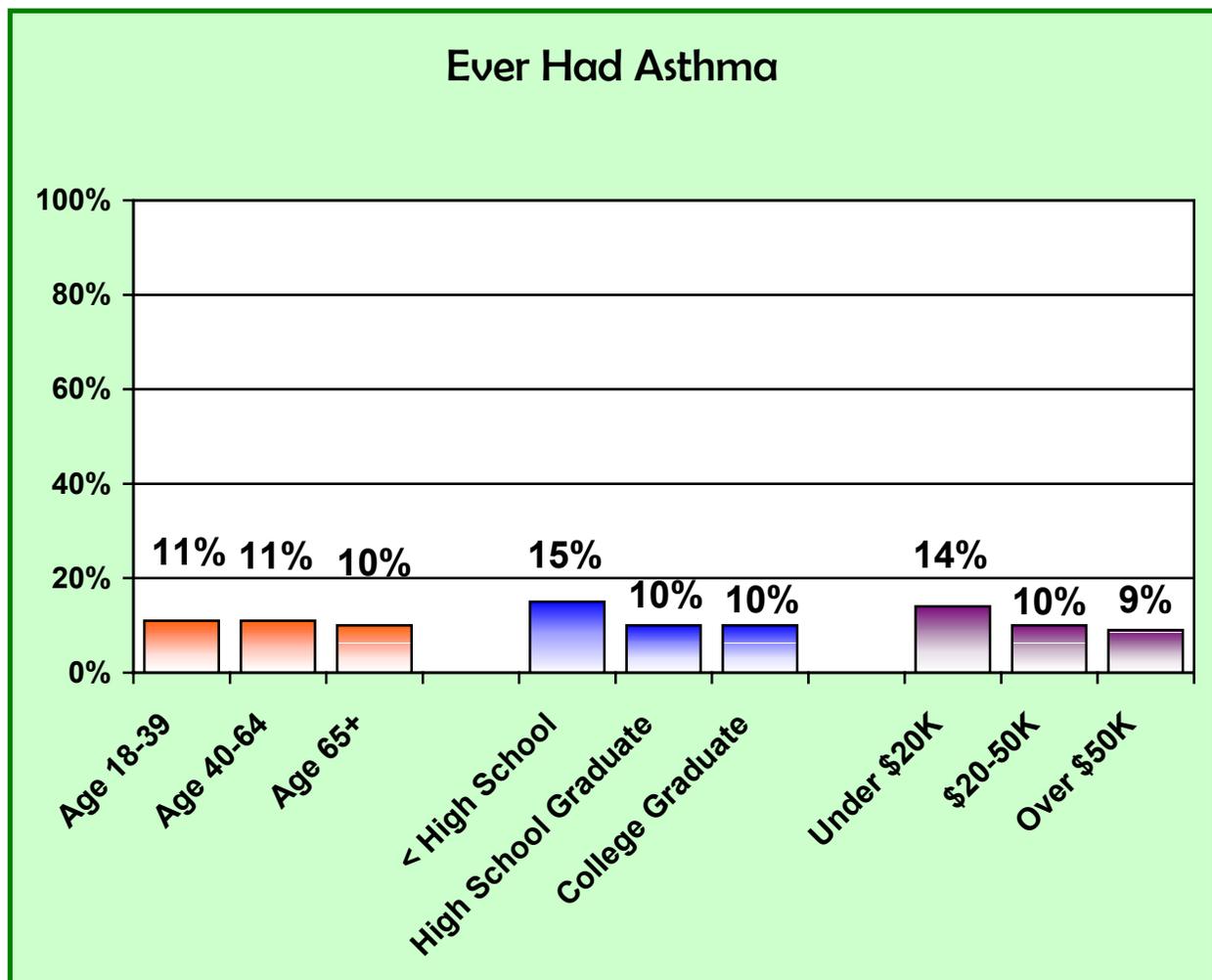
Risk Factor Definition: Ever had Asthma

Question: Did a doctor ever tell you that you had asthma?

At Risk: Those who said "Yes" are considered at risk.

### **Who is At Risk in Arkansas?**

Eleven percent reported that they had been told by a doctor that they have had asthma. No meaningful difference in asthma was reported between different age groups. People with lower income and less education were more likely to report an asthma diagnosis than others.



## Arthritis

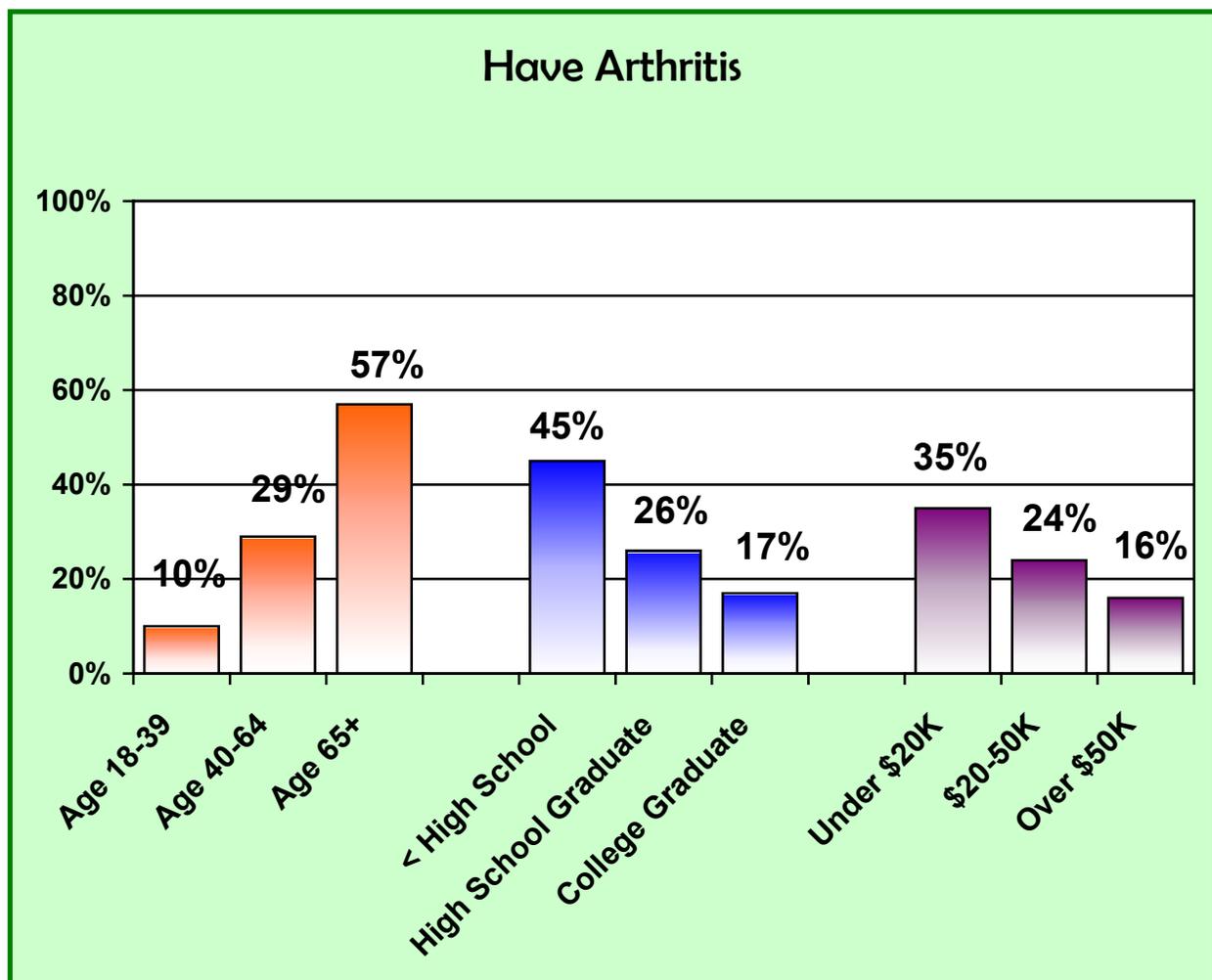
Risk Factor Definition: Have Arthritis

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

At Risk: Those who said "Yes" are considered at risk.

### Who is At Risk in Arkansas?

Twenty-seven percent said that they had been told by a doctor that they have arthritis. Older respondents, people with less education, and people with less income were more likely to report an arthritis diagnosis.



## Physical Activity

Questions about physical activity and exercise were asked to the Arkansas BRFSS survey participants.

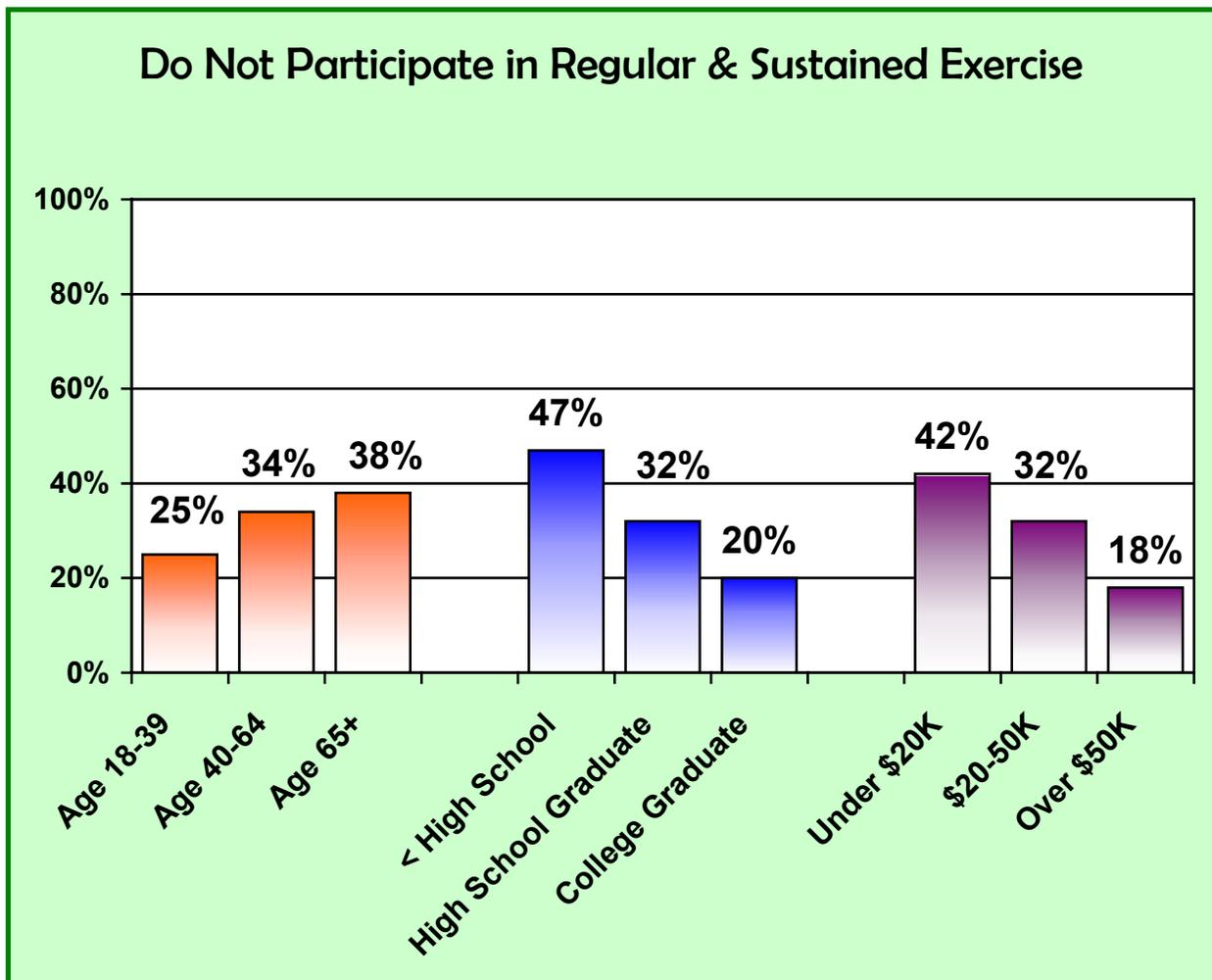
### Risk Factor Definition: Do Not Participate in Regular and Sustained Activities

Questions: 1. During the past month, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise? 2. What type of physical activity or exercise did you spend the most time doing during the past month? -and- 3. How many times per week or per month did you take part in this activity during the past month?

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

### Who is At Risk in Arkansas?

Thirty-one percent of Arkansas's adult residents did not participate in regular and sustained physical activities during the past month. People with more education were more likely to get regular exercise.



## Tobacco Use

Questions regarding cigarette smoking, attempts to quit smoking, and smokeless tobacco use were asked as part of the Arkansas BRFSS.

### *Cigarette Smoking*

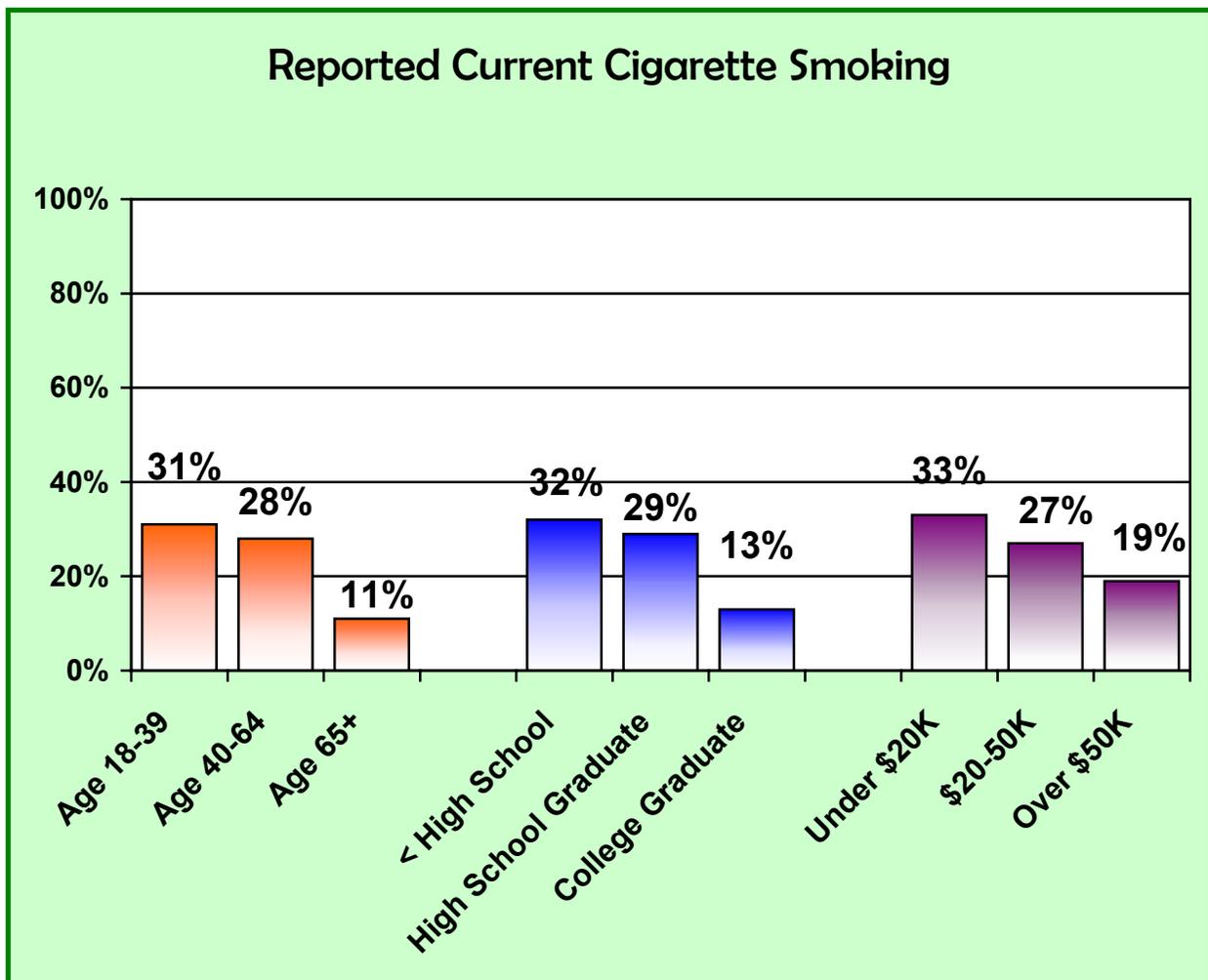
Risk Factor Definition: Currently Smoke Cigarettes

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 is At Risk in Arkansas?

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



## Smoking Cessation

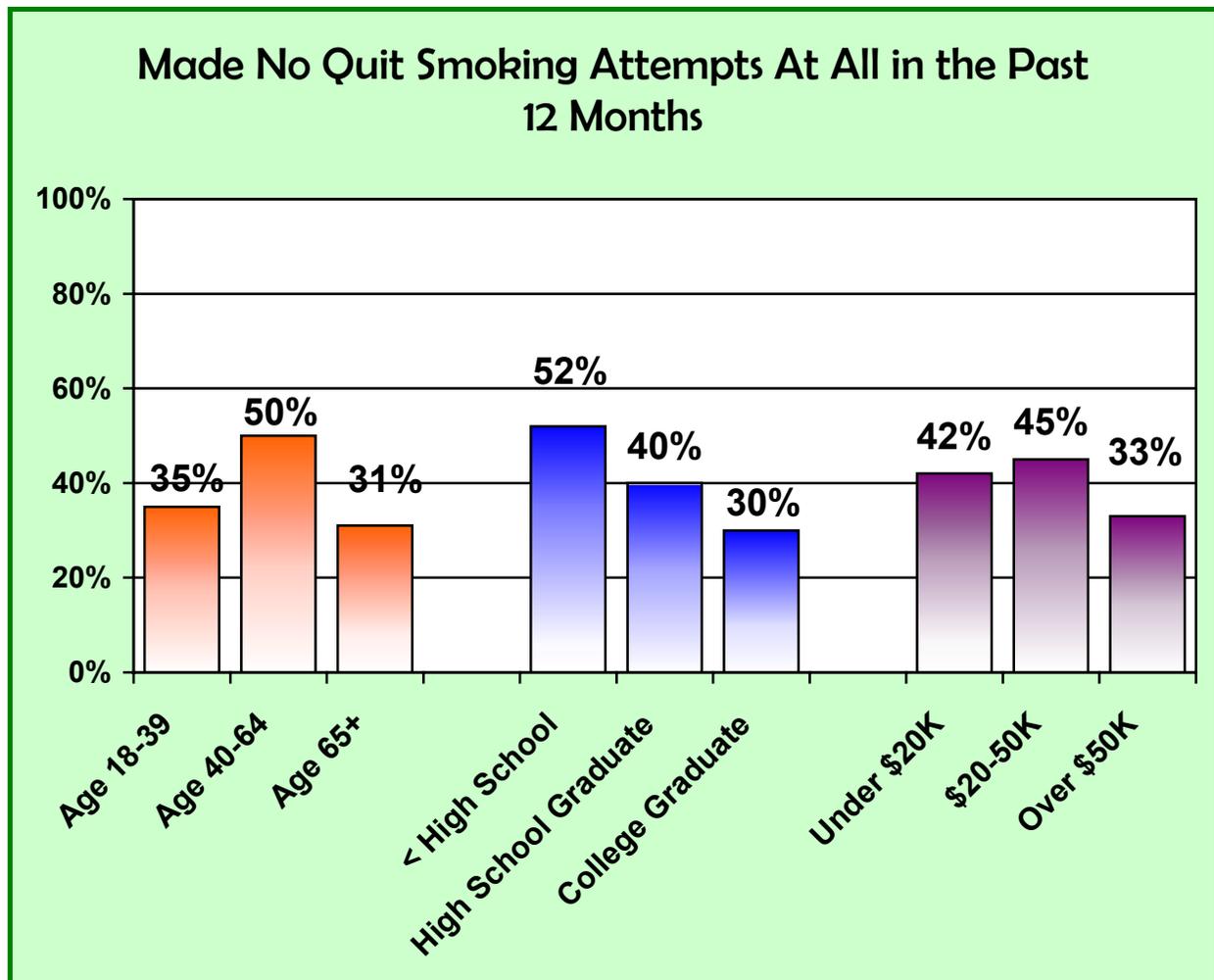
### Risk Factor Definition: Smoking Cessation

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 is At Risk in Arkansas?

Of the current adult smokers in Arkansas, forty-one percent had quit for at least one day in the past year. Smokers with less education were less likely to have a smokeless day in the past year.



## Body Weight

The Arkansas BRFSS included questions about height and weight, as well as questions about weight loss and weight management.

### *Overweight*

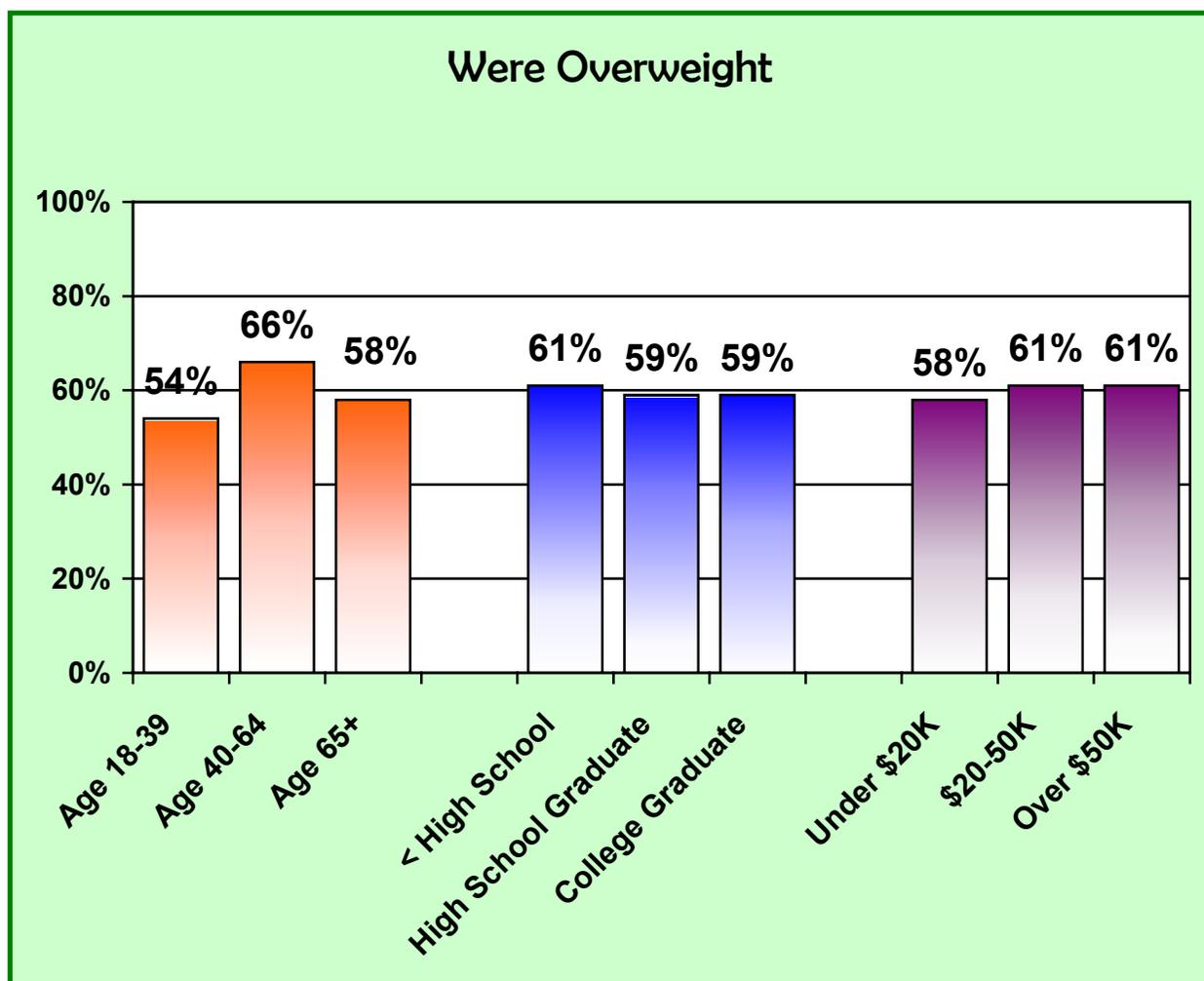
Risk Factor Definition: Overweight as Measured by Body Mass Index

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 the square of height.

### Who is At Risk in Arkansas?

Sixty percent of Arkansas' adults are overweight. In age group 40-64, the highest percentage of people reported to be overweight compared to the other age groups.



## Alcohol Consumption

Questions about alcoholic beverage consumption were asked to Arkansas BRFSS respondents.

### *Alcohol Consumption*

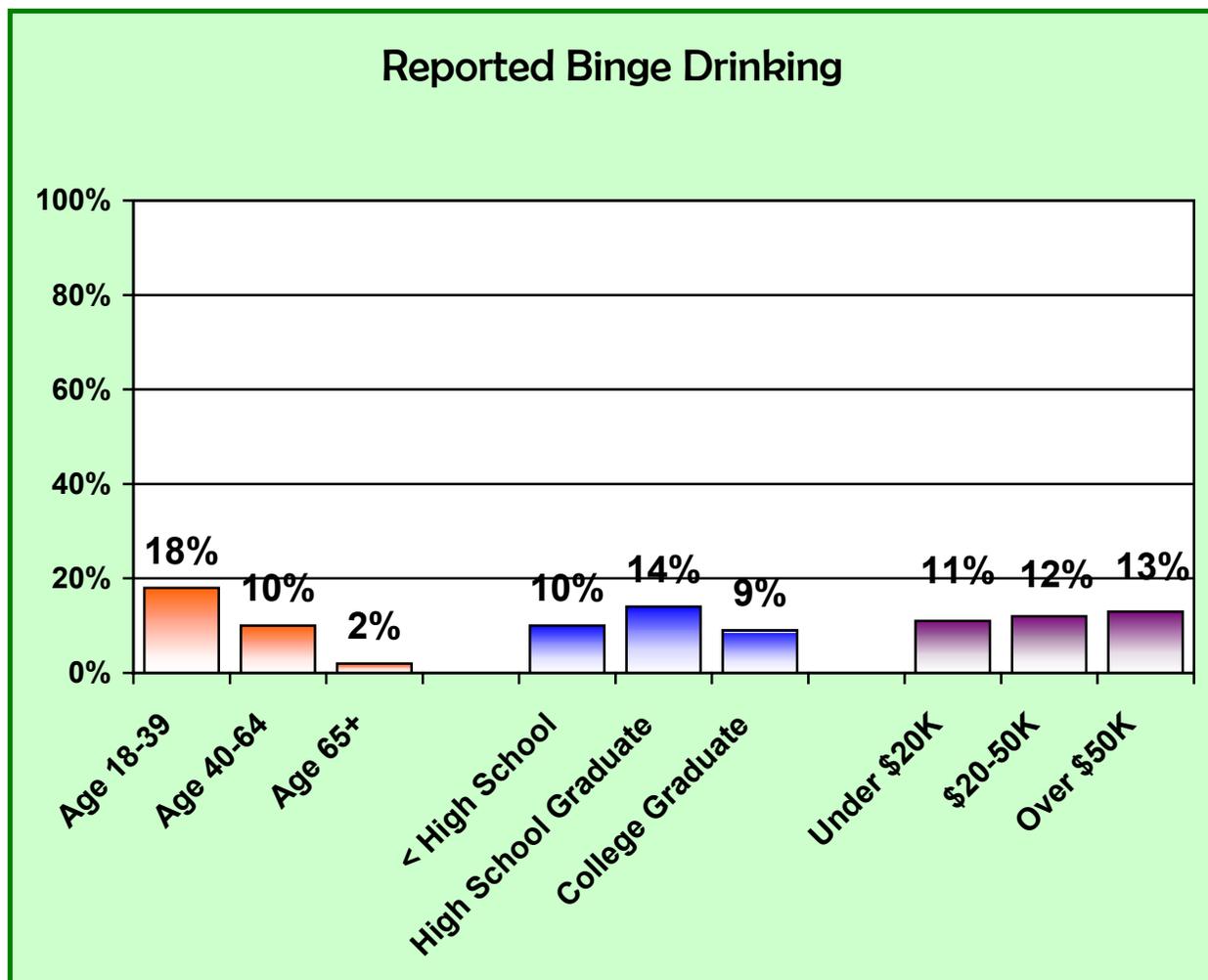
Risk Factor Definition: Binge Drinking

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 is At Risk in Arkansas?

Thirty-nine percent of adults living in Arkansas said that they had five or more drinks on at least one occasion in the past month. Younger people and people with higher education and income were more likely to report binge drinking.



## Activity Limitations

Survey respondents were asked about activity limitations due to health conditions.

### *General Activity Limitations*

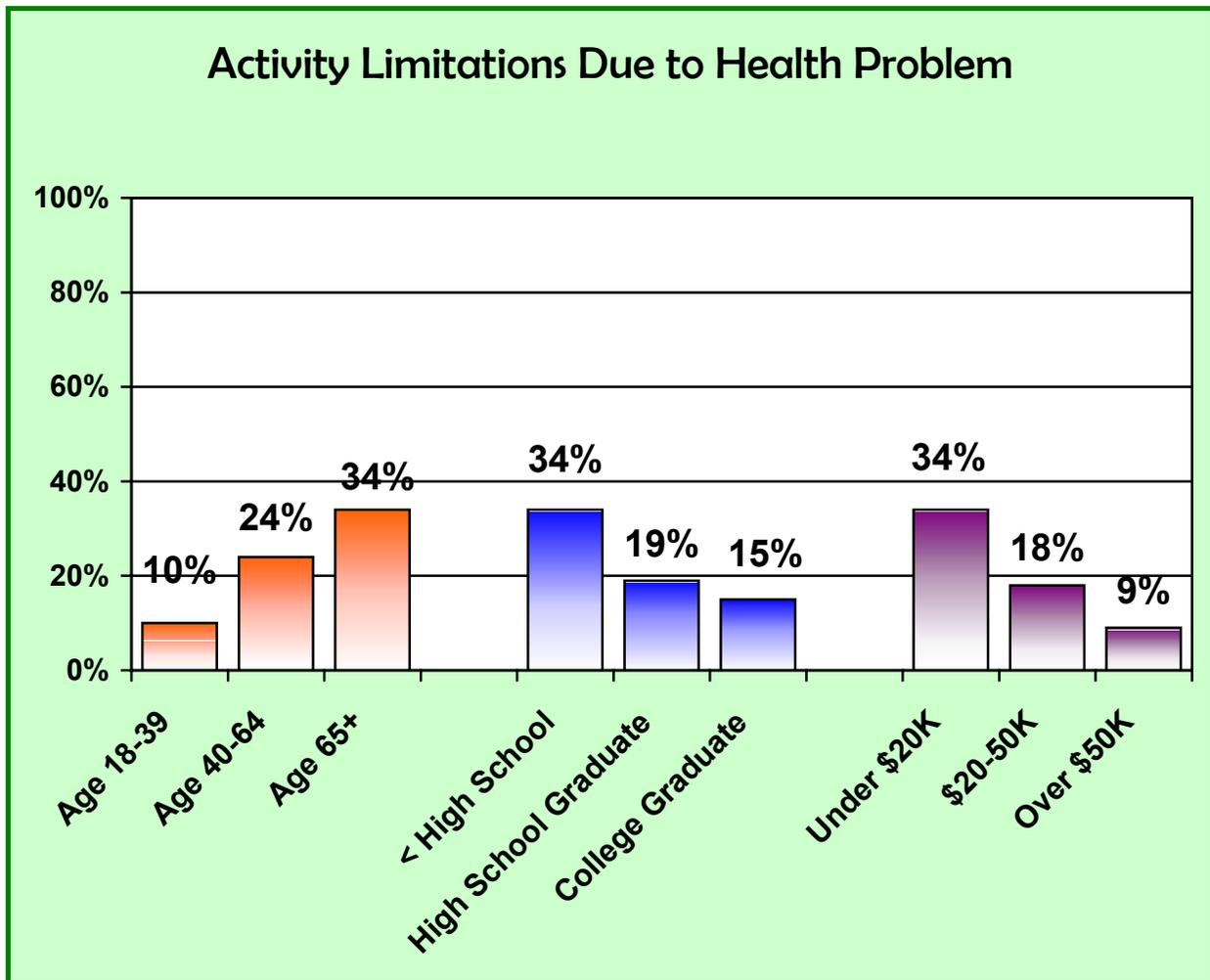
Risk Factor Definition: Activity Limitations

Questions: Are you limited in any way in any activities because of any impairment or health problem?

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

### Who is At Risk in Arkansas?

Twenty percent of the adults in Arkansas reported that they had some activity limitations caused by a health condition. Older respondents, people with less education, and people with less income were more likely to report activity limitations.



# Quality of Life

The Arkansas BRFSS included questions covering depression, anxiety, and other measures of quality of life.

## *Depression*

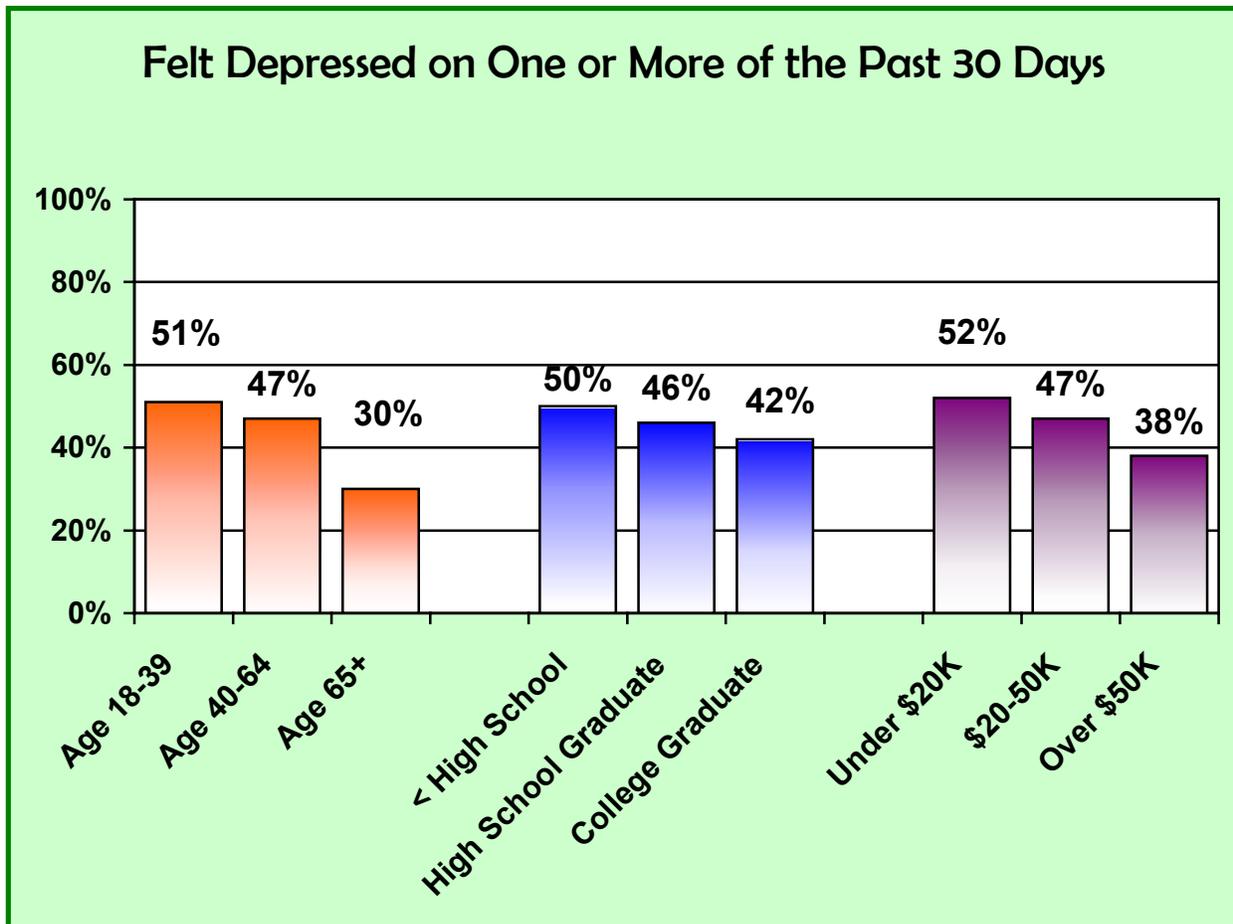
Risk Factor Definition: Depression

Questions: During the past 30 days, for about how many days have you felt sad, blue or depressed?

At Risk: Respondents who felt depressed for one or more of the past 30 days are considered at risk.

### Who is At Risk in Arkansas?

Forty-five percent of the adults in Arkansas were depressed on one or more days during the past month. Younger people, people with less income, and those with less education were more likely to be depressed during the past month.



## Anxiety

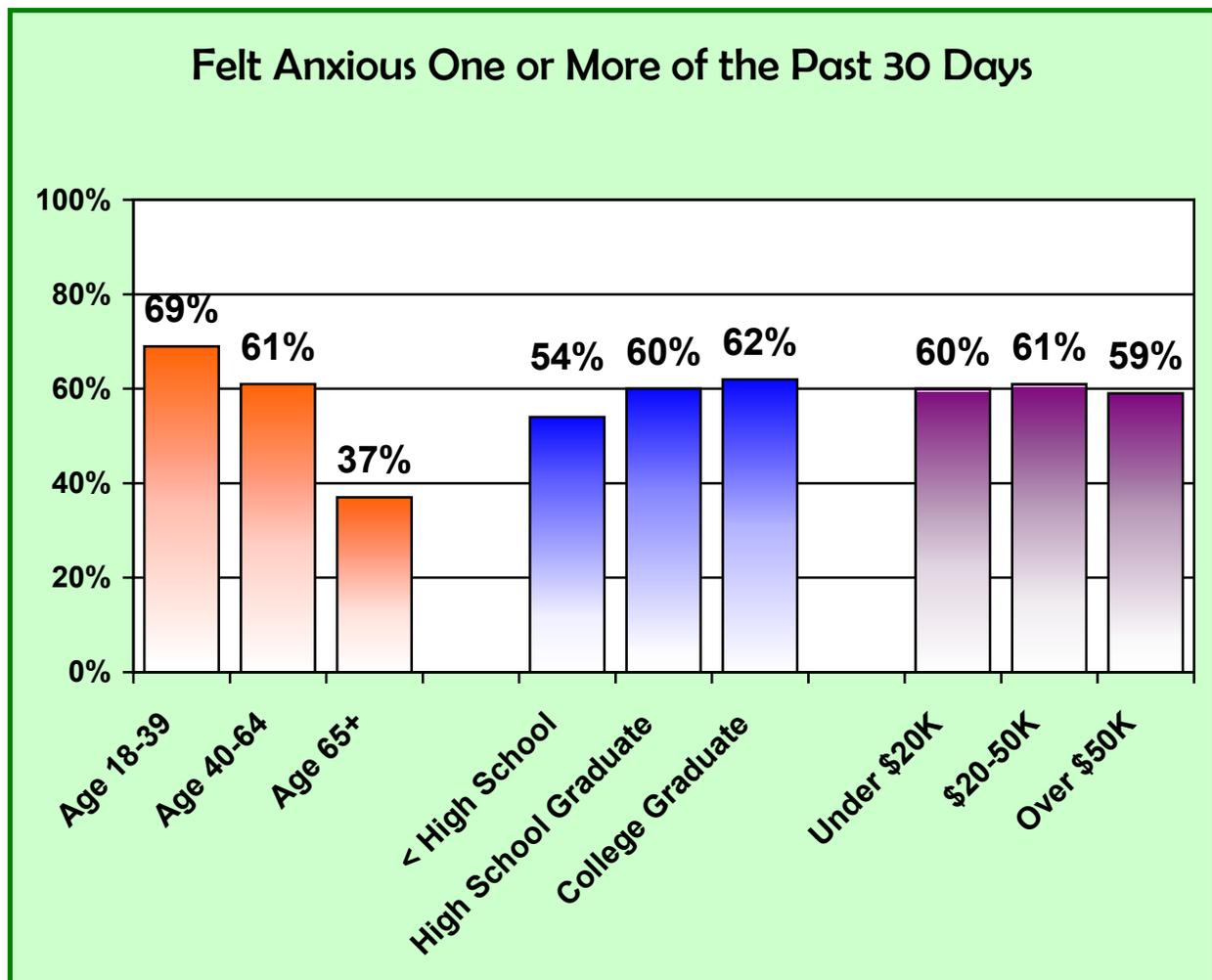
### Risk Factor Definition: Anxiety

Questions: During the past 30 days, for about how many days have you felt worried, tense, or anxious?

At Risk: Respondents who felt anxious for one or more of the past 30 days are considered at risk.

### Who is At Risk in Arkansas?

Sixty percent said that they had at least one day of the past 30 days when they felt anxious or worried. Younger respondents and those with less income were more likely to have experienced anxiety in the past month.



## Sleeplessness

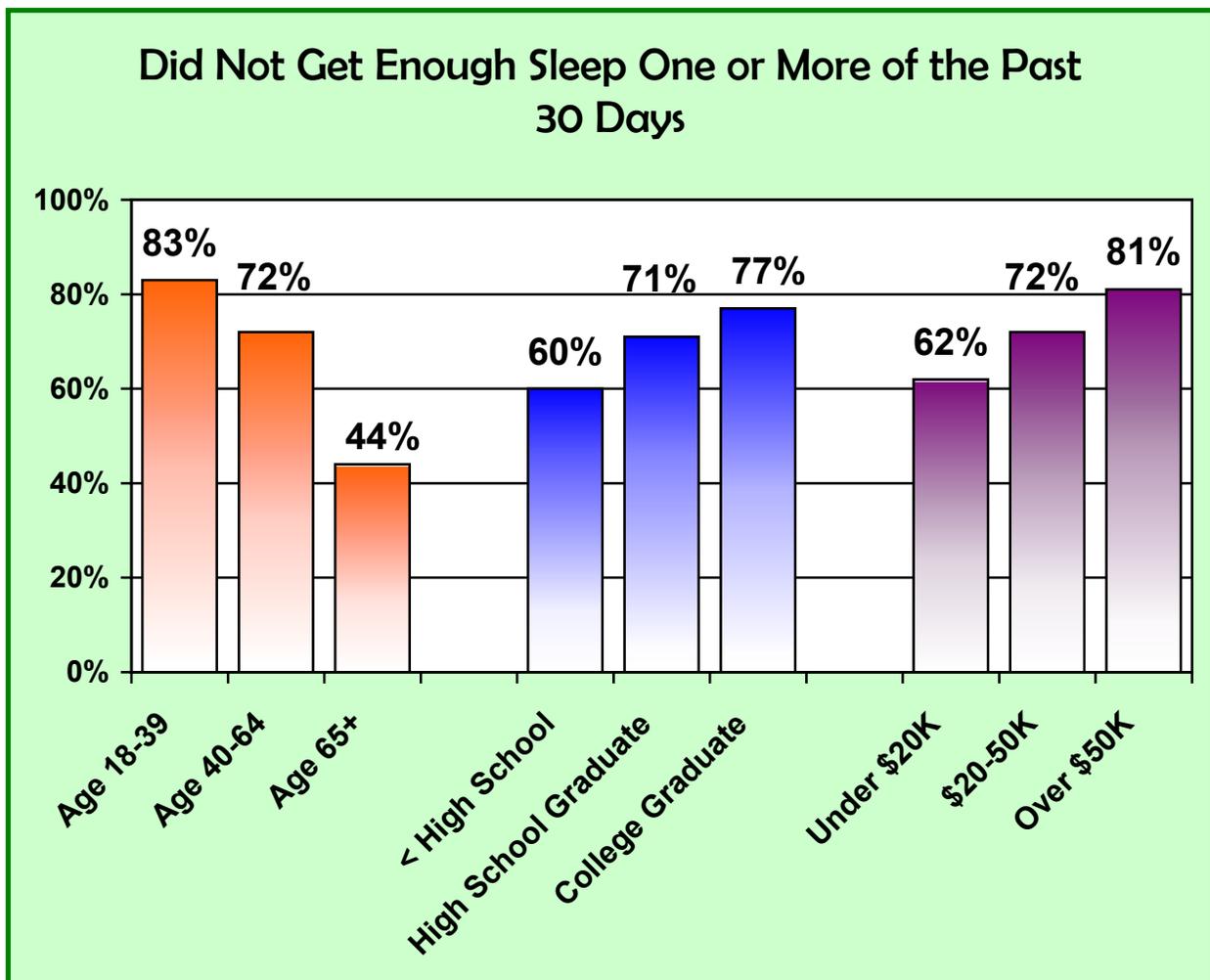
### Risk Factor Definition: Sleeplessness

Questions: During the past 30 days, for about how many days have you felt that you did not get enough rest or sleep?

At Risk: Respondents who felt they got inadequate sleep for one or more of the past 30 days are considered at risk.

### Who is At Risk in Arkansas?

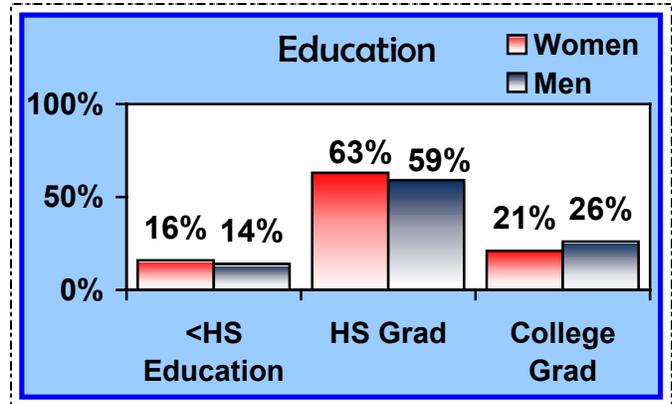
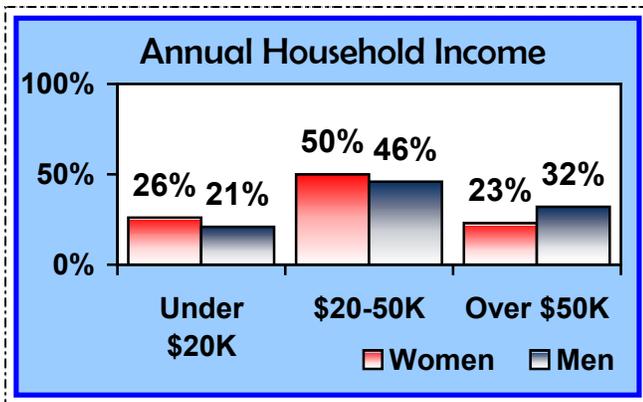
Seventy-one percent of Arkansas's adults got inadequate sleep for at least one night during the past 30 days. People with higher income, those with more education, and younger people reported sleepless nights more often than others.



# **Women's Health & Risk Factors**

# Women's Health and the Arkansas BRFSS

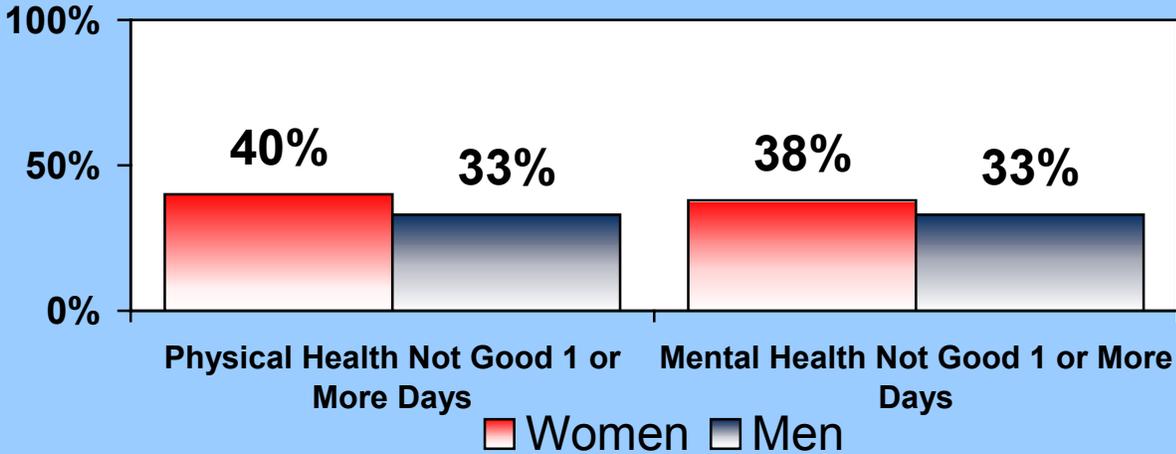
## Arkansas BRFSS Survey: Women's Demographics



### Women & Behavioral Risk Factors

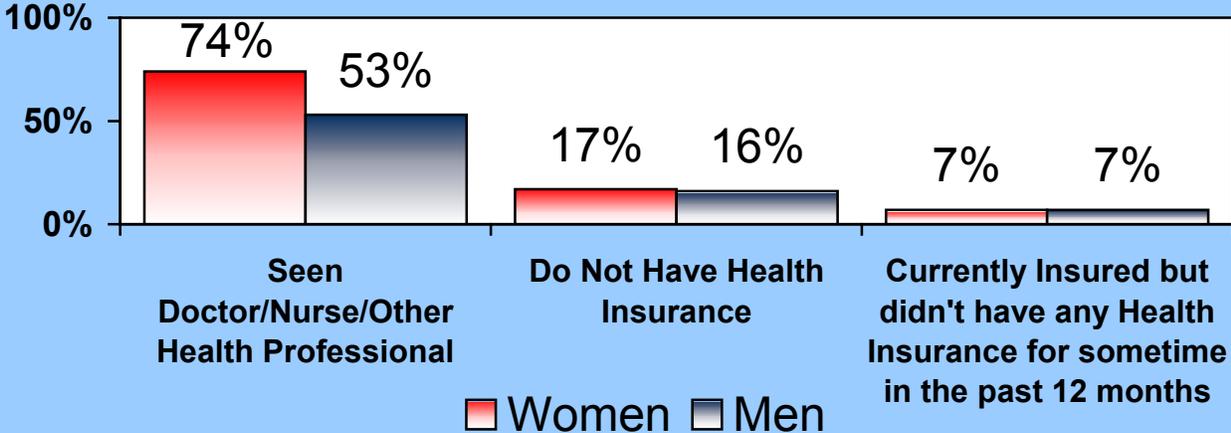
Women's health concerns more than just breast care and reproductive health. Disparities between women's and men's health exist among various risk factors. Specific health issues that were investigated in conjunction with women's health concerns in Arkansas include self-reported perceptions of health, utilization of preventative health care and health screenings and personal risk behaviors.

### Risk Factors--Peceptions of Health

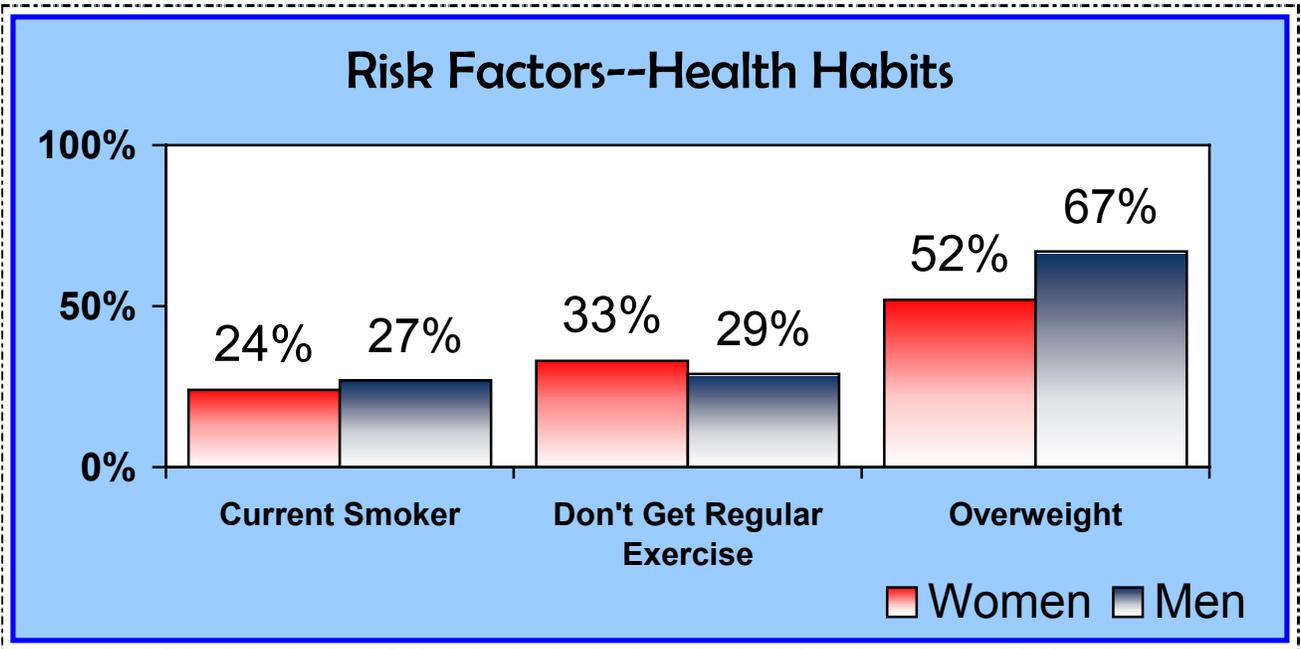


Women were more likely than men to report that their physical health and their mental health had been “Not good” on one or more days during the past month. Women had an average of 7 days in the previous month that they reported as feeling worried or anxious compared to 8 anxious or tense days for men. Men reported an average of 4 days of feeling sad or blue in the past month compared to an average of 3 days for women.

### Risk Factors--Health Care



Although Arkansas women were less likely to have health insurance than men were, women more often reported that they had not seen a doctor when they needed to. Seven percent of currently insured men and same number of women reported that they did not have any health insurance for some time, in past 12 months.



Arkansas men were more likely to be smokers and to be overweight than women. However, men were more likely to get regular exercise. Fifty-two percent of women who were overweight said that they were trying to lose weight. However, 25% of the women who were not overweight are also trying to lose weight.

# Breast Cancer Screening and Knowledge

Women were asked when they had their last mammogram.

## *Mammography-Women 40 and Older*

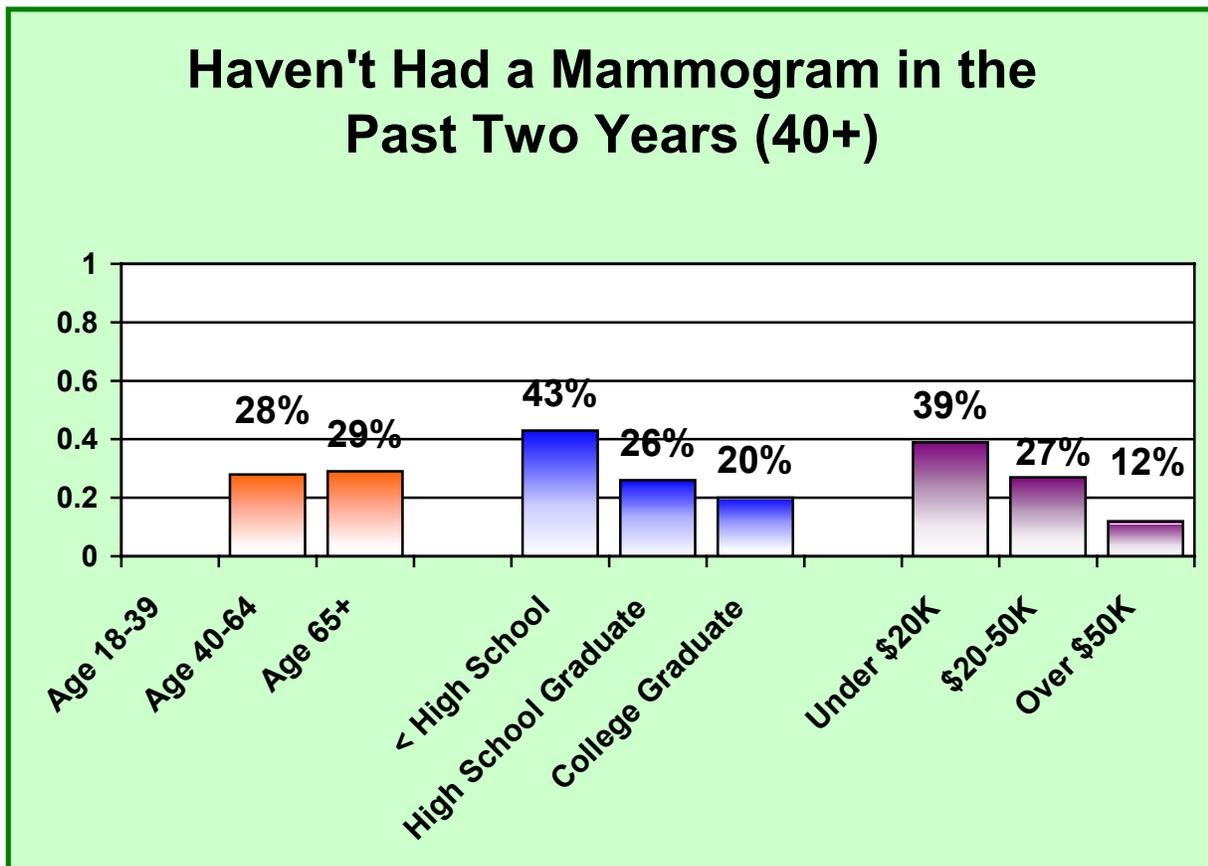
Risk Factor Definition: Mammograms

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 is At Risk in Arkansas?

Twenty-eight percent of women age 40 and older had not had a mammogram within the past year. Lower income women and women with less education were more likely to report not receiving the screening within the past two years.



## Other Women's Health Screening

### *Pap Smear*

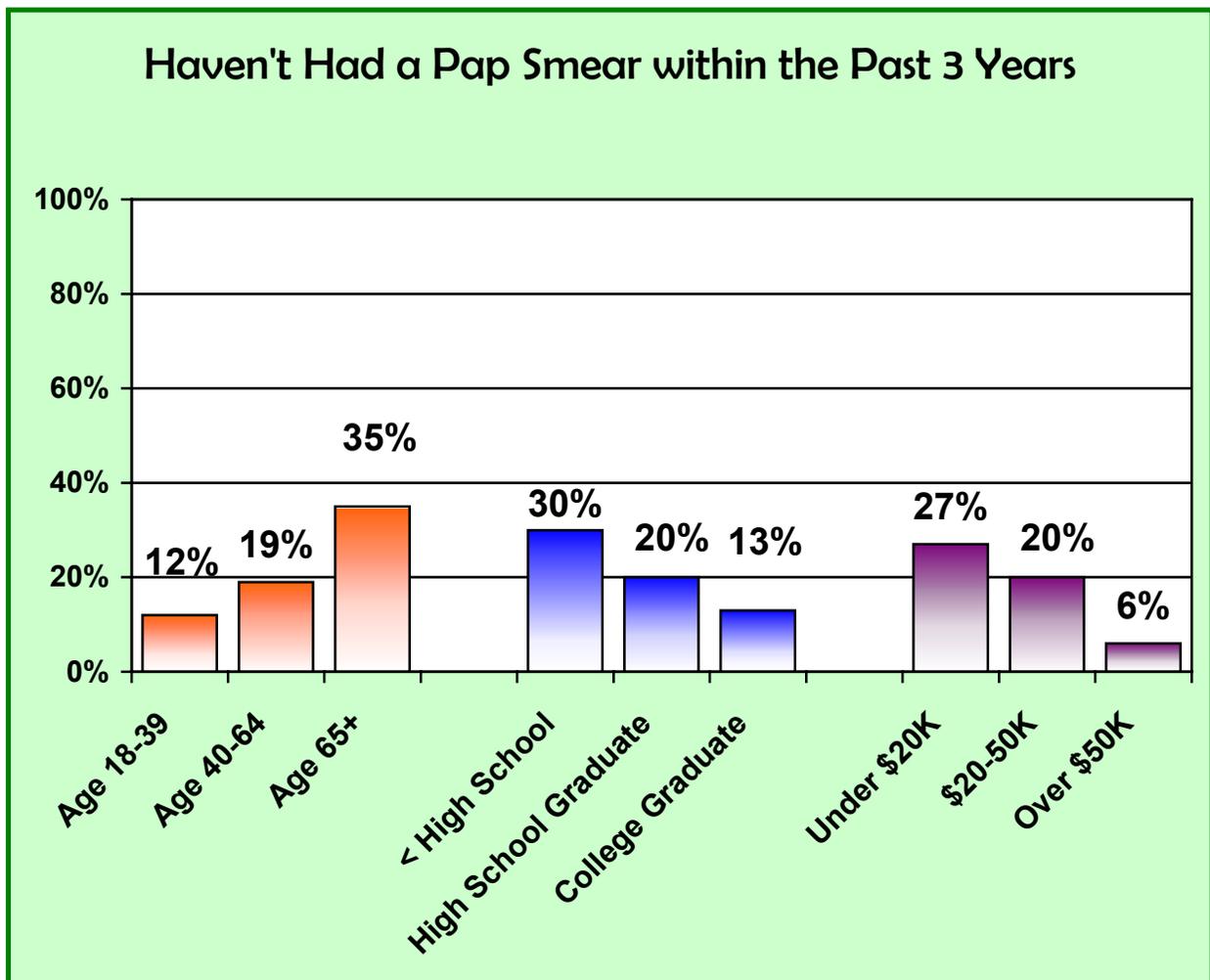
Risk Factor Definition: Pap Smear

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 is At Risk in Arkansas?

Twenty percent of Arkansas adult women had not had a Pap smear within the past three years. Women with lower income, older women, and women with less education were more likely to not have had this screening test.

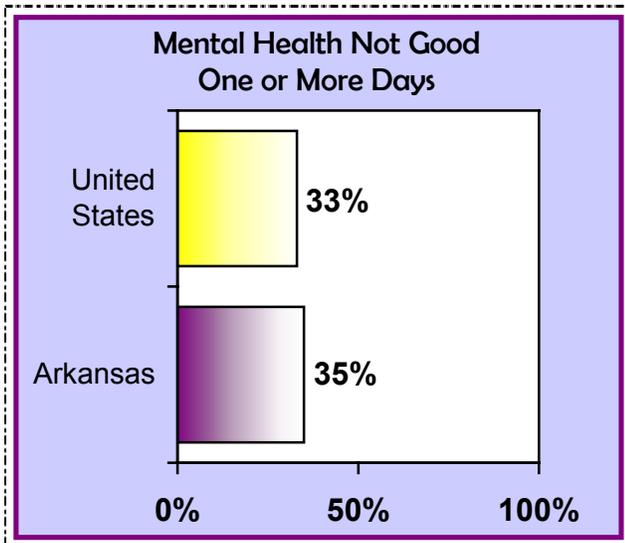
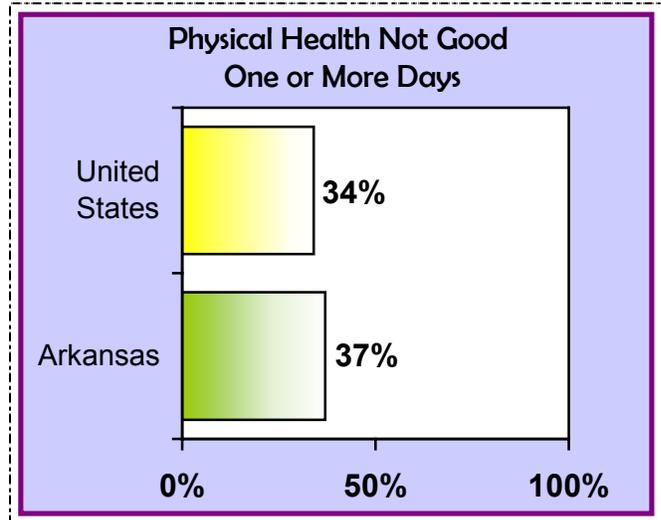
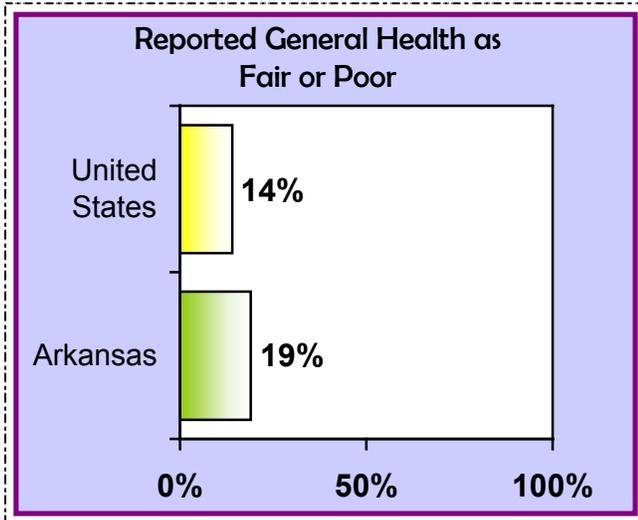


# **Arkansas and United States BRFSS Data Compared**

## How Does Arkansas Compare?

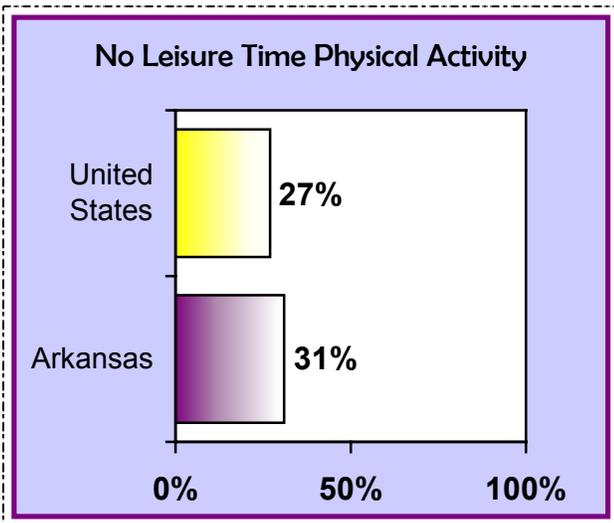
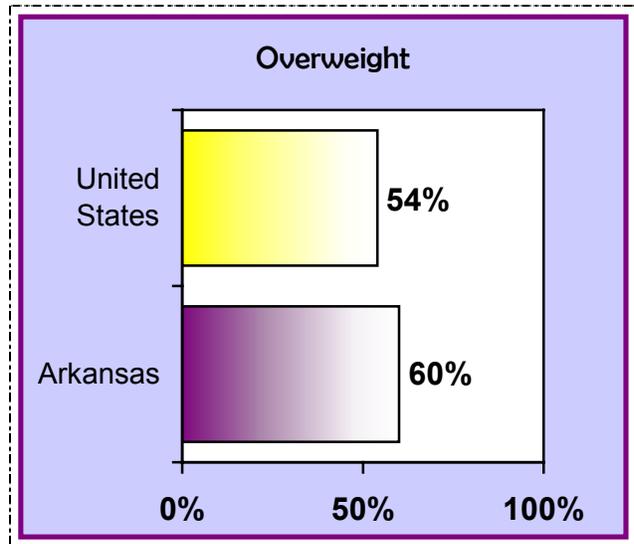
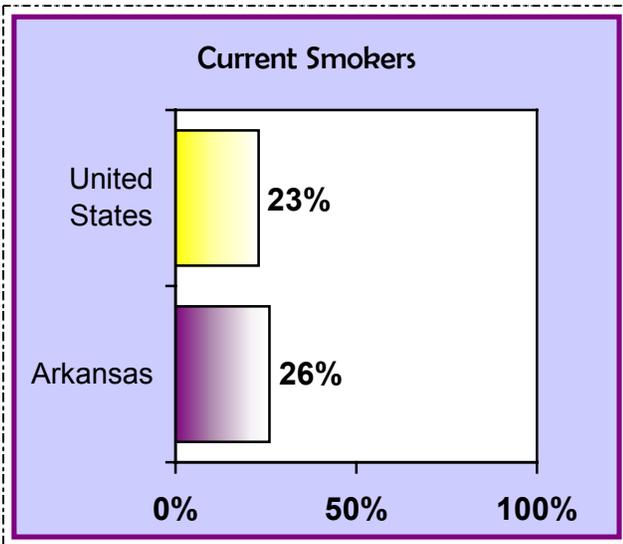
In order to determine Arkansas's adult health strengths and weaknesses, Arkansas state BRFSS data was compared to nationwide data from the 2001 BRFSS.

### *Health Status*



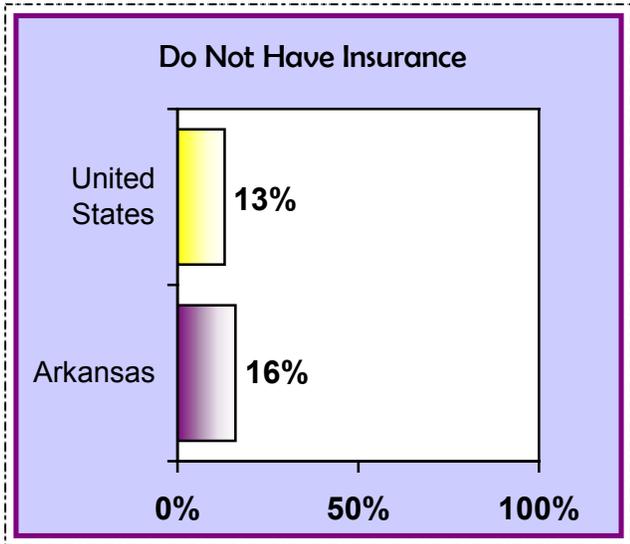
Arkansas adults reported their general health to be fair or poor more often than the rest of the nation. They also reported that their physical health and mental health were not good one or more days during the past month more often than the rest of the nation.

## Health Habits

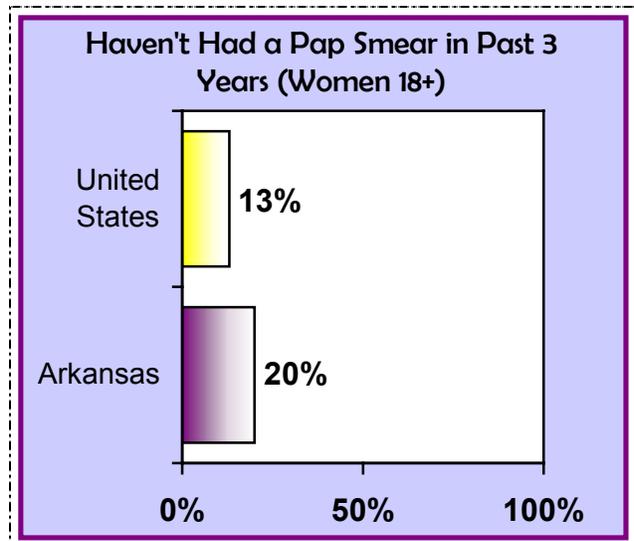
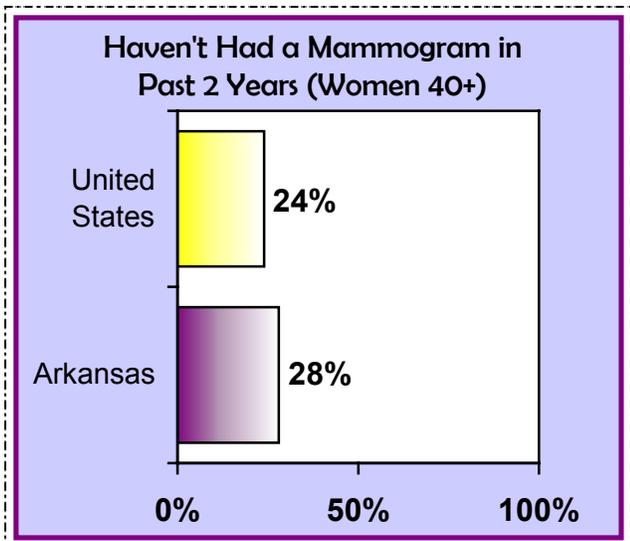


Arkansas has a higher percentage of adult smokers, physical inactivity and overweight adults when compared to the rest of the nation.

## Health Care Access and Routine Health Screenings



Compared to the rest of the nation, Arkansas has a higher percentage of uninsured adults. Arkansas also has a higher percentage of women who haven't had a mammogram in the past two years, and women who haven't had a Pap smear in the past 3 years.



# Appendix

## **Arkansas Behavioral Risk Factor Surveillance System**

The following questions were administered as part of the Arkansas Behavioral Risk Factor Surveillance System. The interviews were conducted by telephone. A telephone interview script was used by the interviewers, 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 Arkansas Center for Health Statistics.

### **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. During the past 12 months, was there any time that you did not have any health insurance or coverage?
- 2.3. Do you have one person you think of as your personal doctor or health care provider?

### **Section 3: Exercise**

- 3.1. 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?
- 3.2. Do you still have asthma?

### **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. Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?
- 5.2. About how long has it been since you last 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. Have you ever been told by a doctor, nurse, or other health professional 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?
- 7.2. How old were you when you were told you have diabetes?
- 7.3. Are you now taking insulin?
- 7.4. Are you now taking diabetes pills?
- 7.5. About how often do you check your blood for glucose or sugar?
- 7.6. About how often do you check your feet for any sores or irritations?
- 7.7. Have you ever had any sores or irritations on your feet that took more than four weeks to heal?
- 7.8. About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?
- 7.9. A test for hemoglobin "A one C" measures the average level of blood sugar over the past three months. About how many times in the past 12 months has a doctor, nurse, or other health professional checked you for hemoglobin "A one C"?
- 7.10. About how many times in the past 12 months has a health professional checked your feet for any sores or irritations?
- 7.11. When was the last time you had an eye exam in which the pupils were dilated?
- 7.12. Has a doctor ever told you that diabetes has affected your eyes or that you had retinopathy?

7.13. Have you ever taken a course or class in how to manage your diabetes yourself?

### **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. During the past 12 months, have you quit smoking for one day or longer?

### **Section 11: Alcohol Consumption**

11.1. 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 an occasion?

### **Section 11: Firearm**

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? Would you say: American Indian or Alaska Native, Asian, Black or African American, Native Hawaiian or Other Pacific Islander, White, or Other?
- 13.4. Which one of these groups would you say best represents your race?
- 13.5. Are you: married, divorced, widowed, separated, never 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. Are you currently: employed for wages, self-employed, out of work for more than 1 year, out of work for less than 1 year, a homemaker, a student, retired, or unable to work?
- 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 county do you live in?
- 13.13. Do you have more than one telephone number in your household?
- 13.14. How many of these are residential numbers?
- 13.15. How many adult members of your household currently use a cell phone for any purpose?
- 13.16. Indicate sex of respondent. (Ask Only if Necessary)
- 13.17. What is your zip code?

## **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?  
Would you say: Mostly sitting or standing, mostly walking, or mostly heavy labor or physically demanding work?
- 15.2. Now, thinking about the moderate physical activities you do **[fill in (when you are not working) if "employed" or "self-employed" to core Q13.8]** 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 **[fill in (when you are not working) if "employed" or "self-employed" to core Q13.8]** 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 is an exam in which a doctor, nurse, or other health professional places a gloved finger into the rectum to feel the size, shape, and hardness of the prostate gland. Have you ever had a digital rectal exam?
- 16.4. How long has it been since 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 the 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 health problems. Have you ever had either of 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 or False?
- 18.2. There are medical treatments available that are intended to help a person who is infected with HIV to live longer. True or 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?
- 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 test for HIV?
- 18.8. Where did you have the HIV test?
- 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?

## **MODULES:**

### **Module 5: Women's Health**

- 5.1. A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?
- 5.2. How long has it been since you had your last mammogram?
- 5.3. Was your last mammogram done as part of a routine checkup, because of a breast problem other than cancer, or because you've already had breast cancer?

- 5.4. In the past month, have you noticed any posters, billboards, commercials, or advertisements with a message about having a mammogram test?
- 5.5. Are you aware that the health department offers free to low cost breast exams and mammograms?
- 5.6. How often do you believe women your age should get a mammogram?
- 5.7. Did a doctor suggest that you have your most recent mammogram?
- 5.8. Have you ever had breast cancer?
- 5.9. Do you think your risk of getting breast cancer is high, medium, low, or none?
- 5.10. If you wanted to have a mammogram, would you have to pay for all, part or none of the cost?
- 5.11. How difficult would it be for you to pay for the cost of the mammogram test?
- 5.12. A clinical breast exam is when a doctor, nurse, or other health professional feels the breast for lumps. Have you ever had a clinical breast exam?
- 5.13. How long has it been since your last breast exam?
- 5.14. 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?
- 5.15. A Pap smear is a test for cancer of the cervix. Have you ever had a Pap smear?
- 5.16. How long has it been since you had your last Pap smear?
- 5.17. Was your last Pap smear done as part of a routine exam, or to check a current or previous problem?
- 5.18. Have you had a hysterectomy?

## **Module 8: Heart Attack and Stroke**

- 8.1. Which of the following do you think is a symptom of a heart attack? For each, tell me yes, no, or you're not sure.
- 8.2. Which of the following do you think is a symptom of a stroke? For each, tell me yes, no, or you're not sure.
- 8.3. If you thought someone was having a heart attack or a stroke, what is the first thing you would do?

## **Module 9: Cardiovascular Disease**

- 9.1. To lower your risk of developing heart disease or stroke, are you....

- M09Q01a. Eating fewer high fat or high cholesterol foods?
- M09Q01b. Eating more fruits and vegetables?
- M09Q01c. More physically active?

9.2. Within the past 12 months, has a doctor, nurse, or other health professional told you to...

- M09Q02a. Eat fewer high fat or high cholesterol foods?
- M09Q02b. Eat more fruits and vegetables?
- M09Q02c. Be more physically active?

9.3. Has a doctor, nurse, or other health professional ever told you that you had any of the following?

- M09Q03a. A heart attack, also called a myocardial infarction
- M09Q03b. Angina or coronary heart disease
- M09Q03c. A stroke

9.4. At what age did you have your first heart attack?

9.5. At what age did you have your first stroke?

9.6. After you left the hospital following your **[fill in (heart attack) if "yes" to Q3a or to Q3a and Q3c; fill in (stroke) if "yes" to Q3c and "no" to Q3a]**, did you go to any kind of outpatient rehabilitation?

9.7. Do you take aspirin daily or every other day?

9.8. Do you have a health problem or condition that makes taking aspirin unsafe for you?

9.9. Why do you take aspirin?

### **Module 13: Tobacco Indicators**

13.1. Previously you said you have smoked cigarettes. How old were you the first time you smoked a cigarette, even one or two puffs? How old were you when you first started smoking cigarettes regularly?

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

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

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

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

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

- 13.7 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?
- 13.8 Which of the following best describes your place of work's official smoking policy for work areas?

#### **Module 14: Other Tobacco Products**

- 14.1. Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?
- 14.2. Do you currently use chewing tobacco or snuff every day, some days, or not at all?
- 14.3. Have you ever smoked a cigar, even one or two puffs?
- 14.4. Do you now smoke cigars every day, some days, or not at all?
- 14.5. Have you ever smoked tobacco in a pipe, even one or two puffs?
- 14.6. Do you now smoke a pipe every day, some days, or not at all?
- 14.7. A bidi is a flavored cigarette from India. Have you ever smoked a bidi, even one or two puffs?
- 14.8. Do you now smoke bidis every day, some days, or not at all?

#### **Module 15: Quality of Life and Disability-Related Supplemental Items**

- 15.1. How often do you get the social and emotional support you need?
- 15.2. In general, how satisfied are you with your life?
- 15.3. Because of any impairment or health problem, do you have any trouble learning, remembering, or concentrating?
- 15.4. What is the farthest distance you can walk by yourself, without any special equipment or help from others?
- 15.5. What is your major impairment or health problem?
- 15.6. For how long have your activities been limited because of your major impairment or health problem?
- 15.7. Because of any impairment or health problem, do you need the help of other persons with your personal care needs, such as eating, bathing, dressing, or getting around the house?
- 15.8. Because of any impairment or health problem, do you need the help of other persons in handling your routine needs, such as everyday household chores, doing necessary business, shopping, or getting around for other purposes?

- 15.9. During the past 30 days, for about how many days did pain make it hard for you to do your usual activities, such as self-care, work, or recreation?
- 15.10. During the past 30 days, for about how many days have you felt sad, blue, or depressed?
- 15.11. During the past 30 days, for about how many days have you felt worried, tense, or anxious?
- 15.12. During the past 30 days, for about how many days have you felt you did not get enough rest or sleep?
- 15.13. During the past 30 days, for about how many days have you felt very healthy and full of energy?
- 15.14. Is there anyone in your household who is limited in any way in any activities because of any physical, mental, or emotional problem or who uses special equipment?
- 15.15. How old are these people?

**END OF SURVEY**

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