

2003 Arkansas County Behavioral Risk Factor Survey



STAMP OUT SMOKING

Arkansas Department of Health
stampoutsmoking.com

Your Tobacco Settlement Dollars at Work

Coordinated by:

Arkansas County
and

Arkansas Department of Health
Center for Health Statistics



2003 Arkansas County BRFSS
Adult Risk Factor Survey
Behavioral Risk Factor Surveillance System

December 2003

Table of Contents

Introduction to Hometown Health Improvement and the BRFSS	2
Risk Factors	5
Tobacco Modules	15
Women's Health and Risk Factors	19
Arkansas County, State, and United States BRFSS Data Compared	25
Appendix	29

An Introduction: Arkansas County 2003 BRFSS

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, Arkansas County conducted the Behavioral Risk Factor Surveillance System (BRFSS) survey.

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 Arkansas County Conduct the BRFSS?

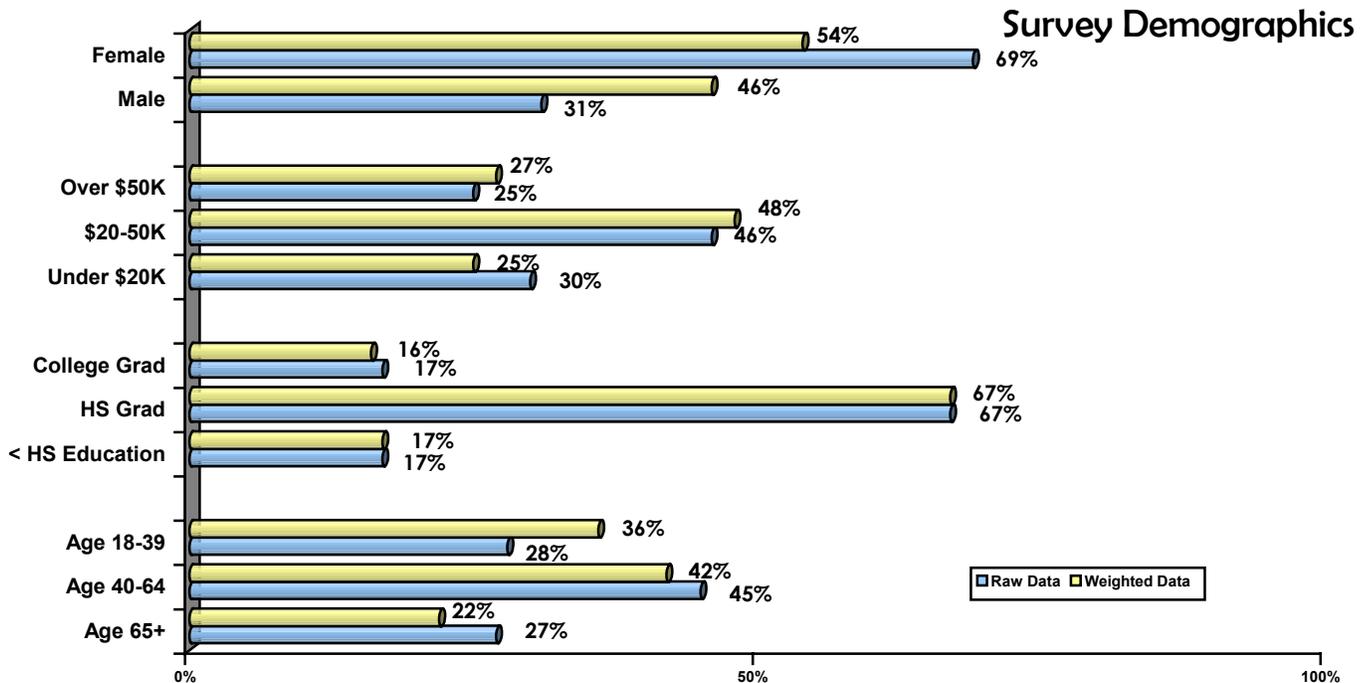
As the demand for data at a local level has increased, state, county, and local health agencies have begun using the BRFSS to develop county and local information about health risk behaviors. The Arkansas County BRFSS was conducted to gather health information on a variety of behaviors that can impact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

How Did Arkansas County Conduct the BRFSS?

During June 2003, 609 randomly selected adults answered the Arkansas County BRFSS 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 Arkansas County. All percentages presented in this report are rounded to the nearest whole percent.

Who Participated in the Arkansas County BRFSS?

Of the 609 people who were interviewed, 190 were men and 419 were women, and 486 were white and 115 were black. 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 Arkansas County BRFSS

Interested parties may request additional information. Researchers and professionals wanting to build upon Arkansas County's 2003 BRFSS data may request additional data from:

Arkansas County
Pamela Campbell, Hometown Health Leader
Arkansas County Health Department
1602 N. Buerkle
Stuttgart, AR 72160
870-673-1609
pcampbell@healthyarkansas.com

For more information about the Behavioral Risk Factor Surveillance System or analysis of the survey data, please contact:

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

Risk Factors

Health Status

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

General Health

Risk Factor Definition: General Health

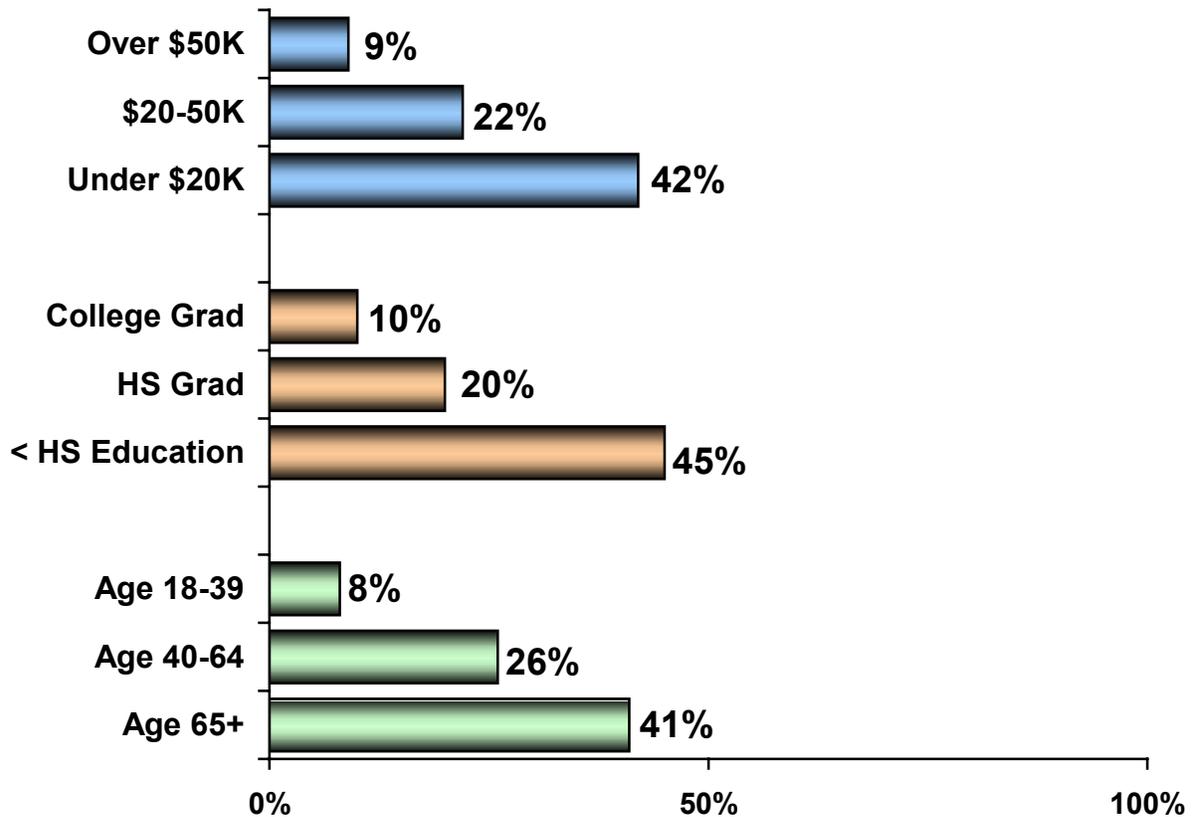
Question: Would you say that your general health is “excellent,” “very good,” “good,” “fair,” or “poor?”

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

Who’s At Risk in Arkansas County?

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

Reported General Health as Fair or Poor



Physical Health

Risk Factor Definition: Physical Health

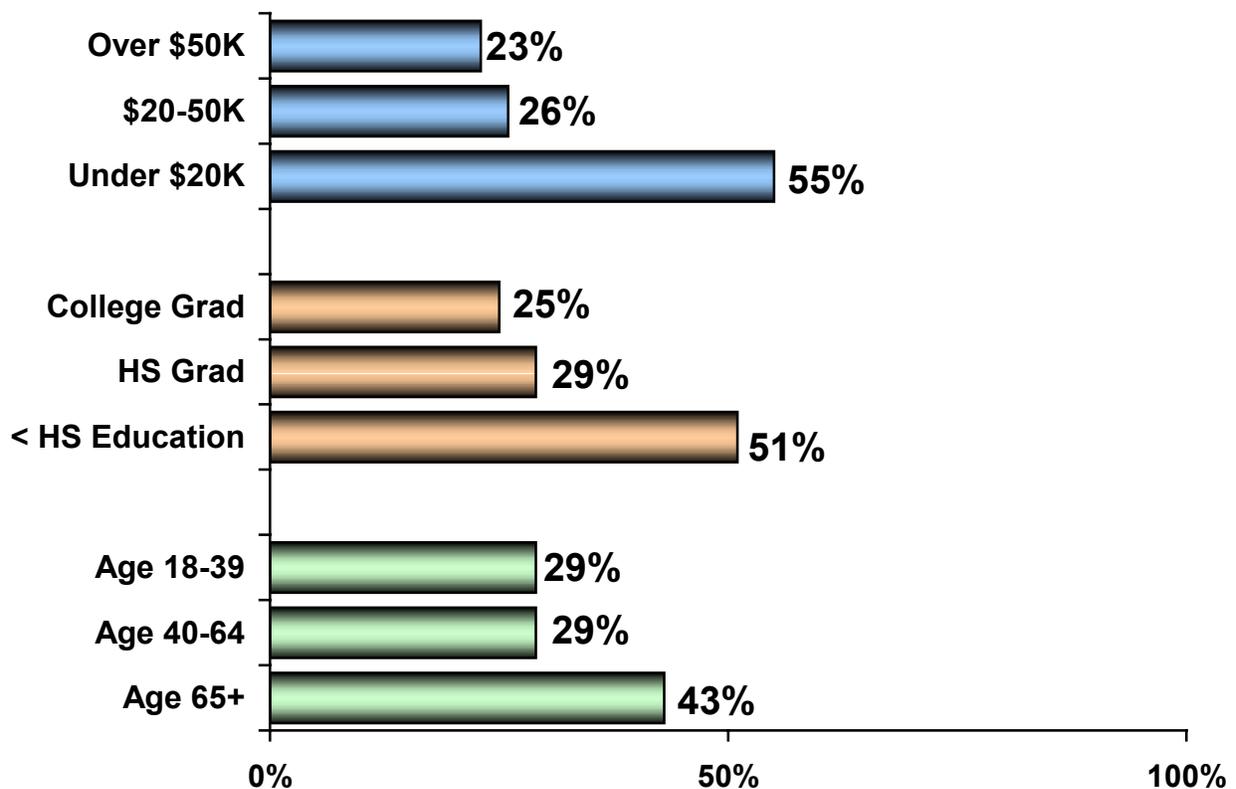
Question: Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

At Risk: Having one or more self-reported days of “not good” physical health.

Who's At Risk in Arkansas County?

Thirty-two percent of Arkansas County adults had at least one day a month of poor physical health. According to the survey, the average Arkansas County adult had four days of bad health and four days each month when health problems interfered with usual activities. People over age 65 and people with less income or education were more likely to be affected by poor health.

Reported Physical Health Not Good One or More of the Past 30 Days



Mental Health

Risk Factor Definition: Mental Health

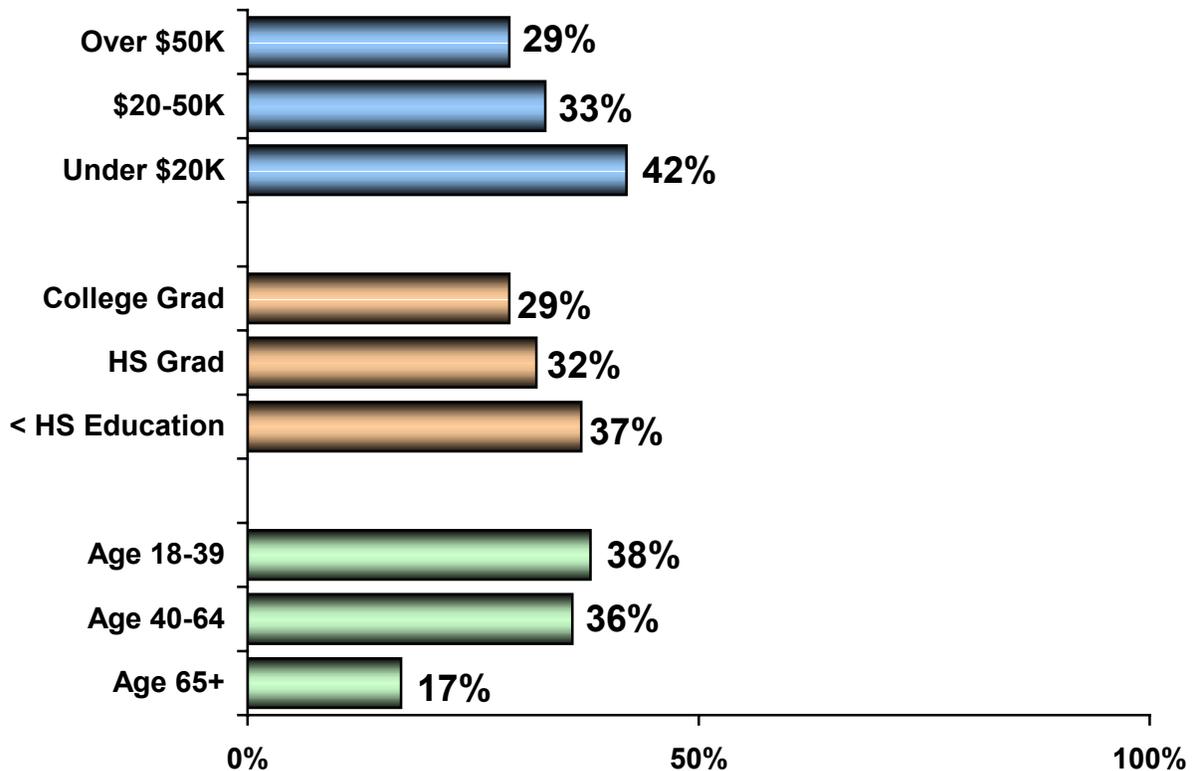
Question: Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?

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

Who's At Risk in Arkansas County?

Thirty-two percent had at least one day of poor mental health in the past month. The average Arkansas County adult had four days each month of poor mental health. People with less annual household income, those with less education, and younger people were more likely to report at least one day of poor mental health in the past month.

Reported Mental Health Not Good on One or More of the Past 30 Days



Health Care Access

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

Health Insurance

Risk Factor Definition: Health Insurance

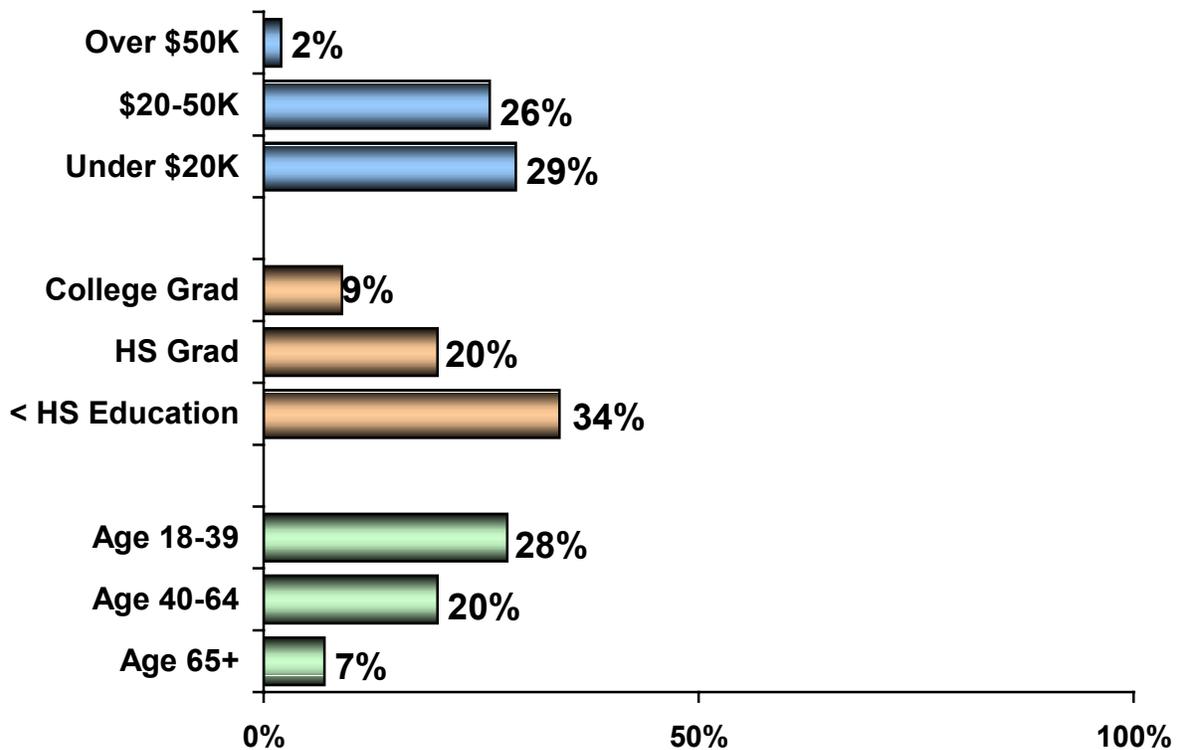
Question: Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare?

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

Who's At Risk in Arkansas County?

Twenty percent said they didn't have health insurance, with younger respondents and those with less education or income less likely to be insured.

Do Not Have Health Insurance



Chronic Conditions

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

Hypertension Awareness

Risk Factor Definition: Have High Blood Pressure

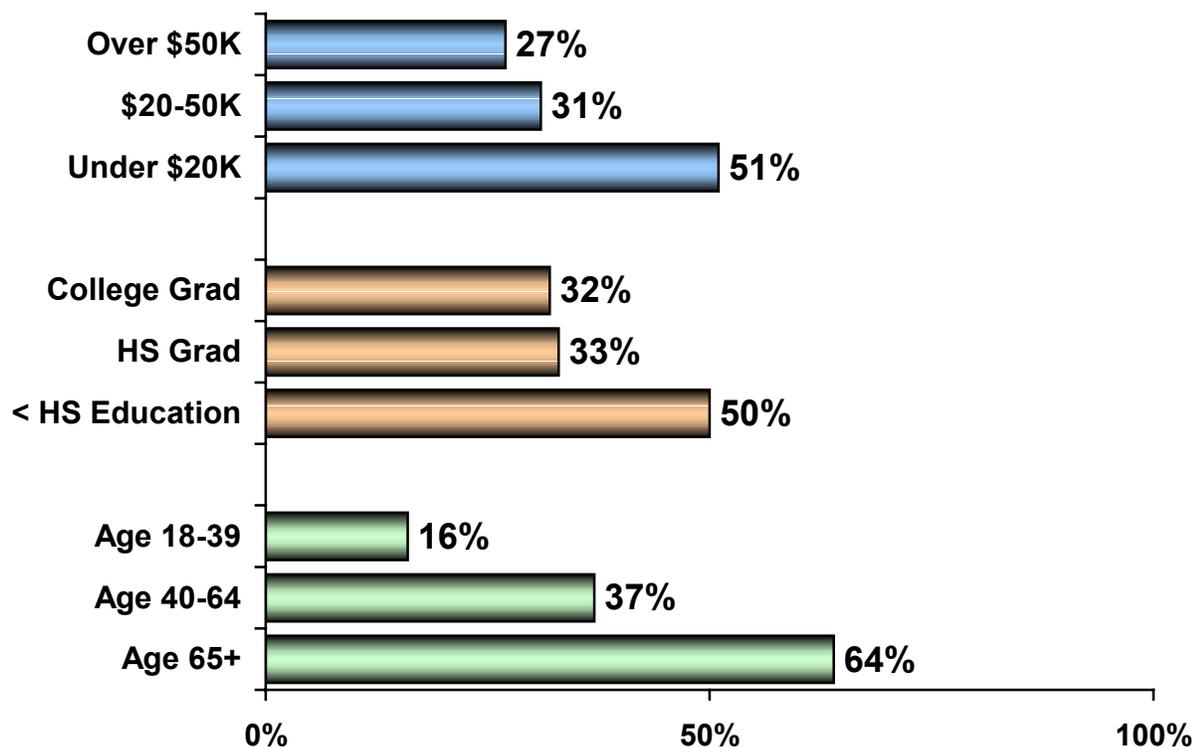
Questions: Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure? -and- Are you currently taking medicine for your high blood pressure?

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

Who's At Risk in Arkansas County?

Thirty-five percent of Arkansas 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.

Have High Blood Pressure



Asthma

Risk Factor Definition: Have Asthma

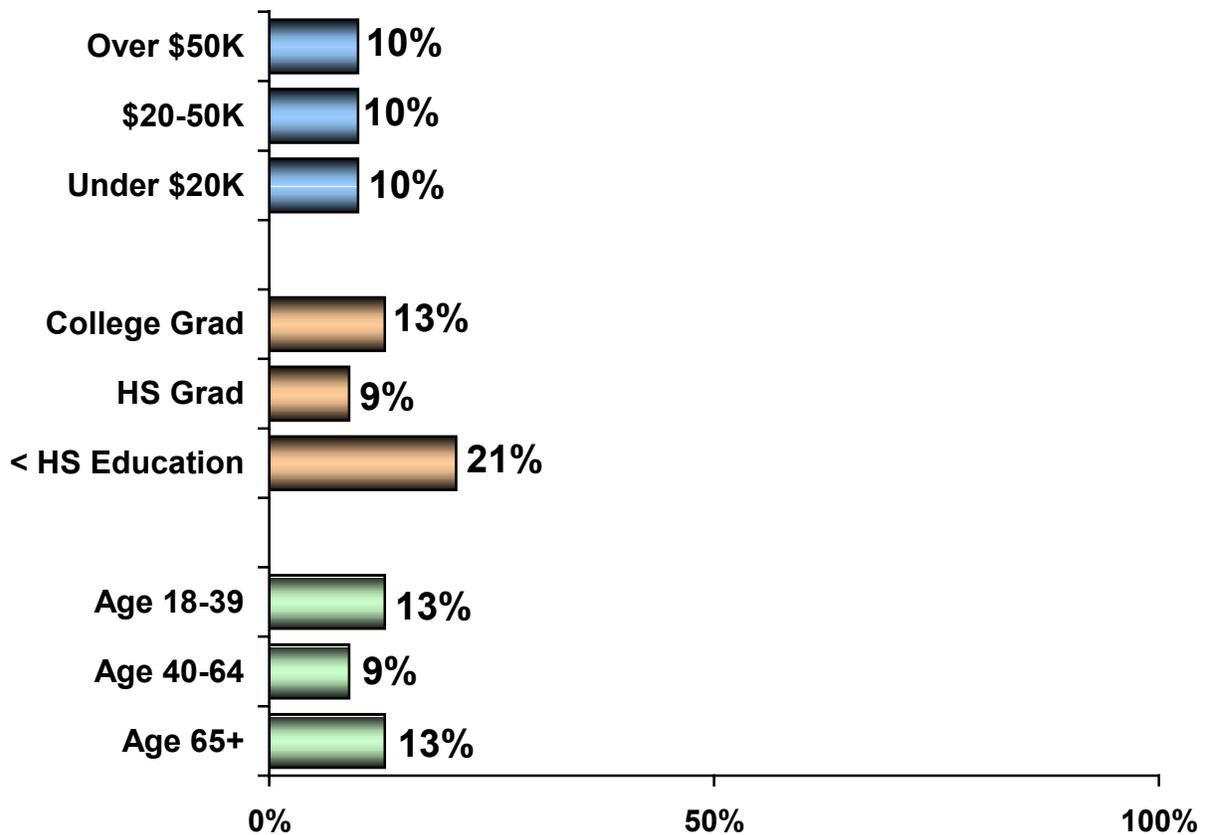
Question: Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

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

Who's At Risk in Arkansas County?

Twelve percent said they had been told by a doctor that they have asthma.

Have Asthma



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

Diabetes

Risk Factor Definition: Have Diabetes

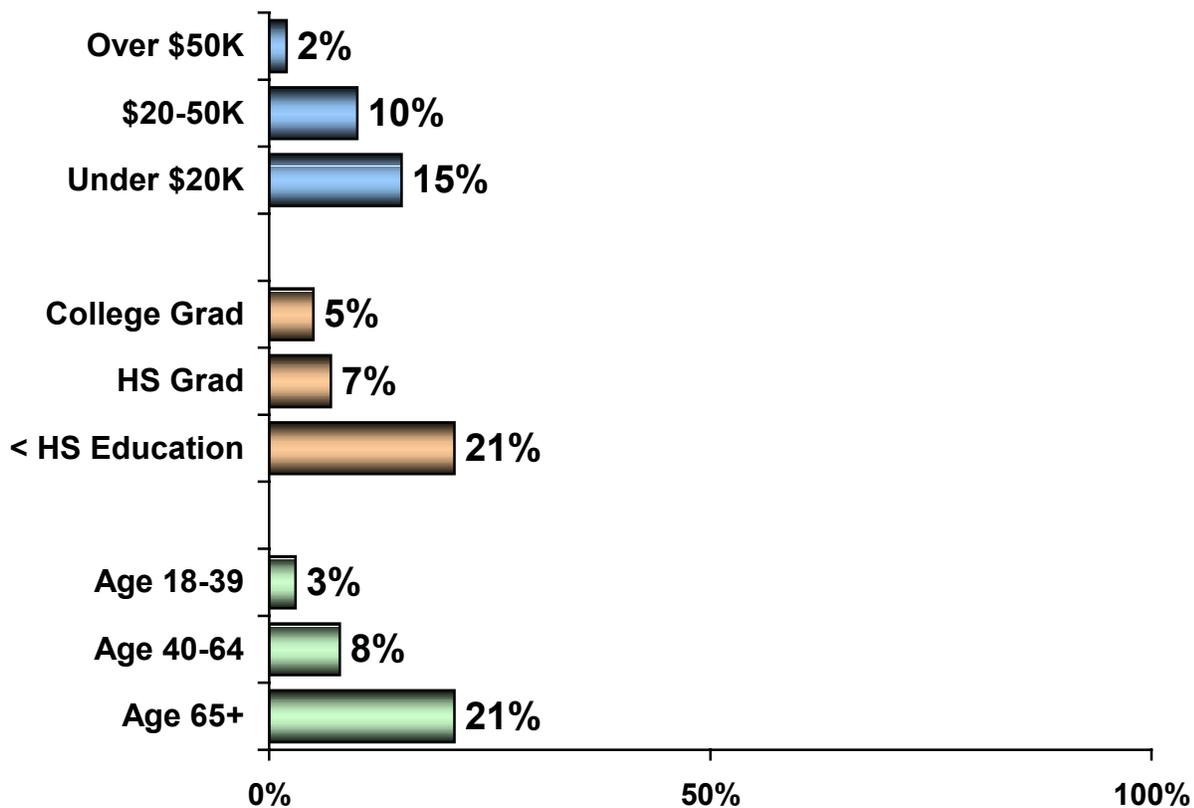
Question: Have you ever been told by a doctor that you have diabetes?

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

Who's At Risk in Arkansas County?

Nine percent of Arkansas 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.

Have Diabetes



Overweight

Risk Factor Definition: Overweight as Measured by Body Mass Index

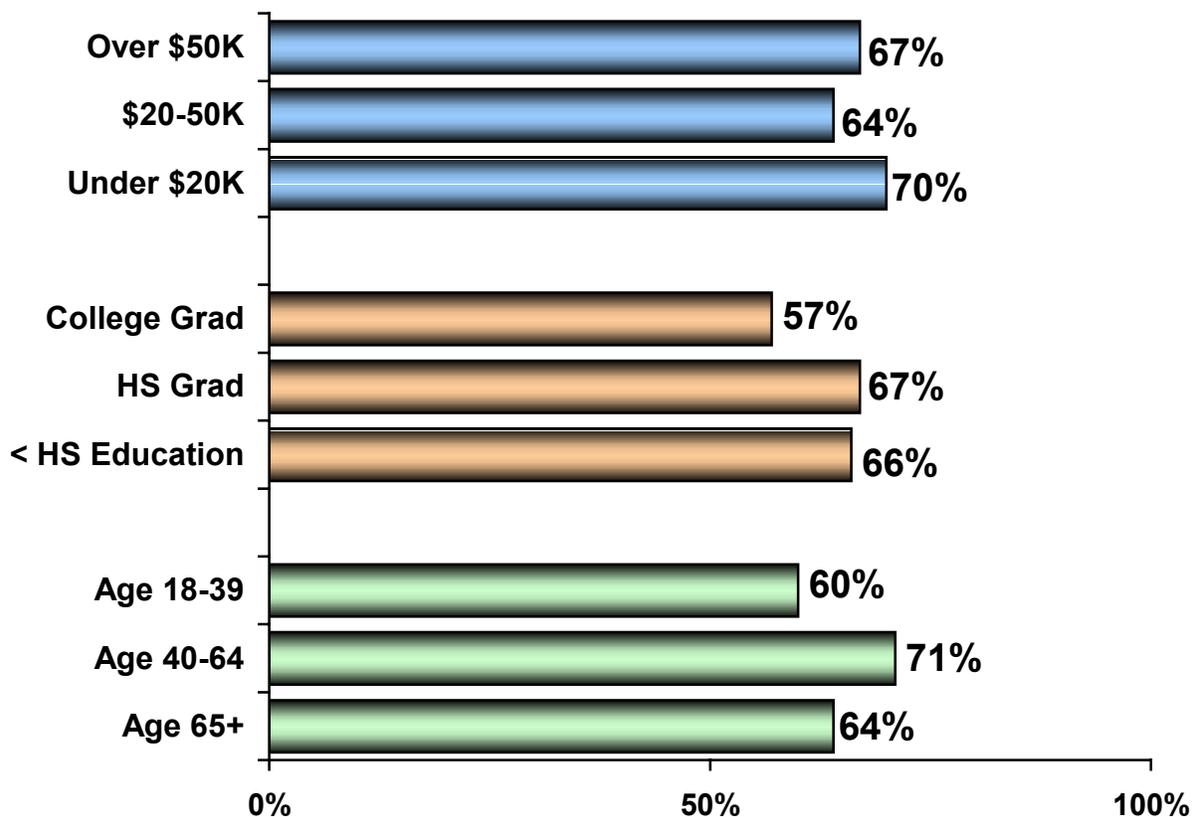
Questions: 1. How much do you weigh without shoes?
2. How tall are you without shoes?

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 Arkansas County?

Sixty-five percent of Arkansas County's adults are overweight.

Were Overweight

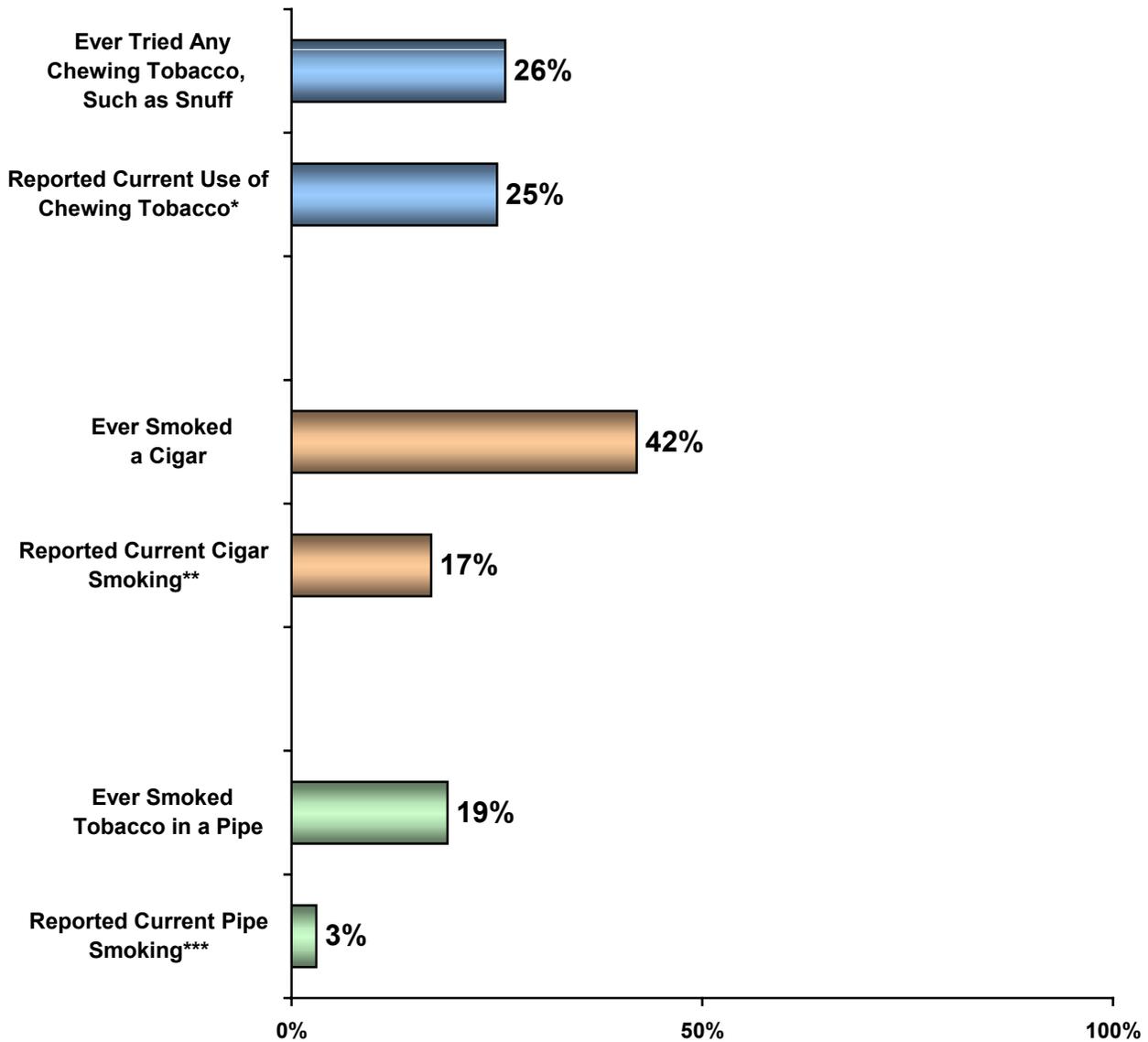


Tobacco Modules

Other Tobacco Products Module

Questions regarding use of tobacco products were asked as part of the Arkansas County BRFSS.

Tobacco Product Use

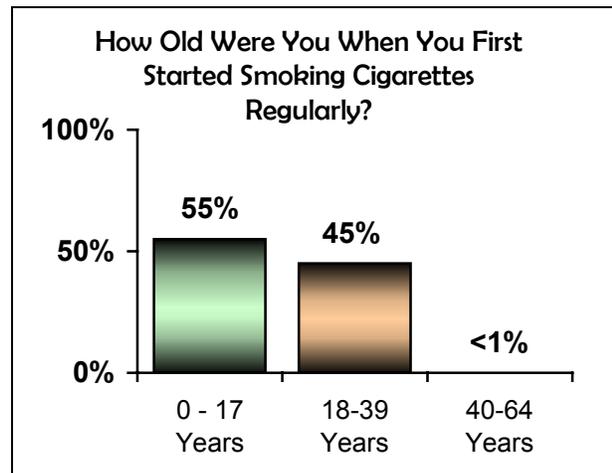
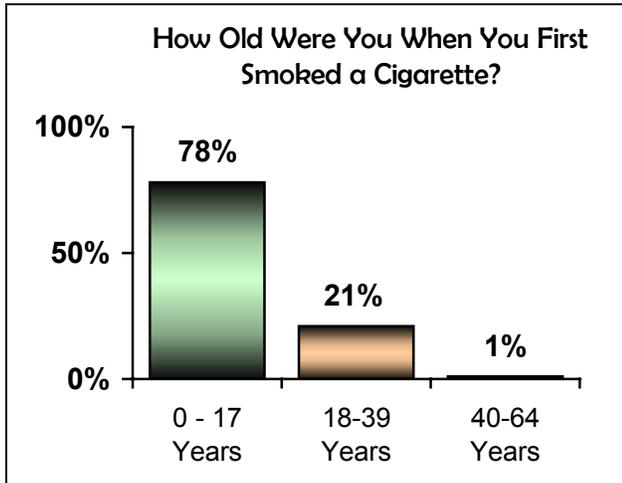


* Of those who indicated that they had ever tried chewing tobacco

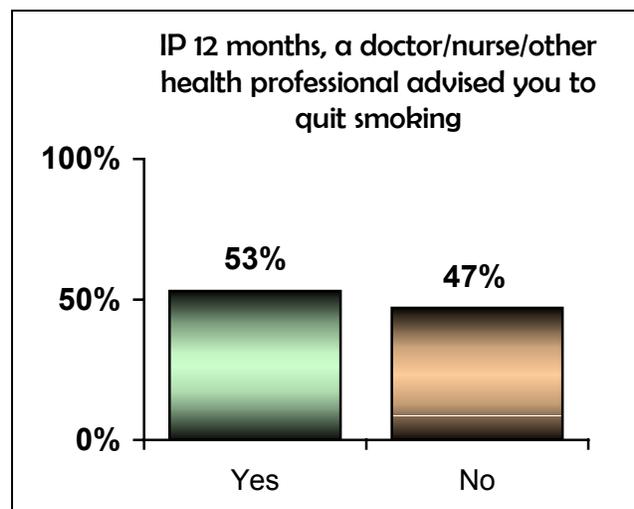
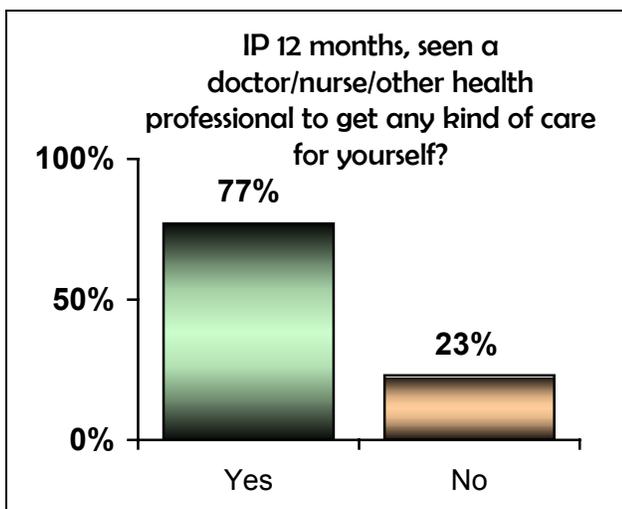
** Of those who indicated that they had ever smoked a cigar

*** Of those who indicated that they had ever smoked tobacco in a pipe

Questions Asked to Smokers in Arkansas County

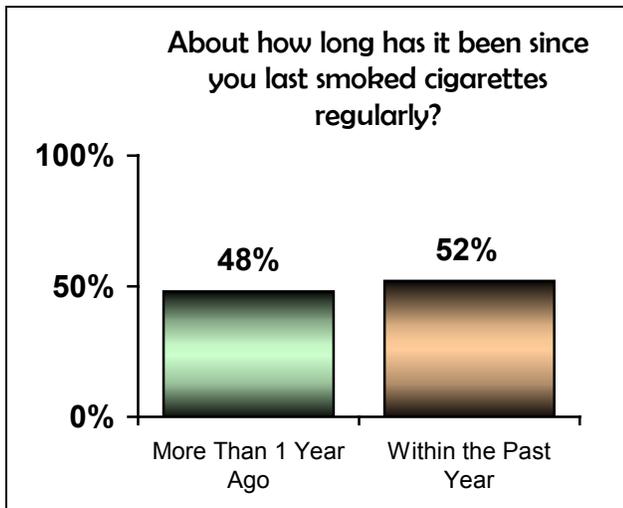


The average age smokers indicated they first smoked a cigarette was 17 years. The average age when smoking respondents began smoking regularly was 15 years old.

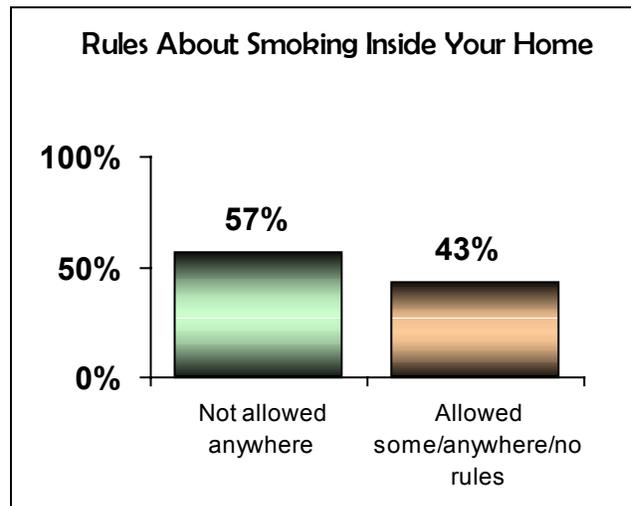
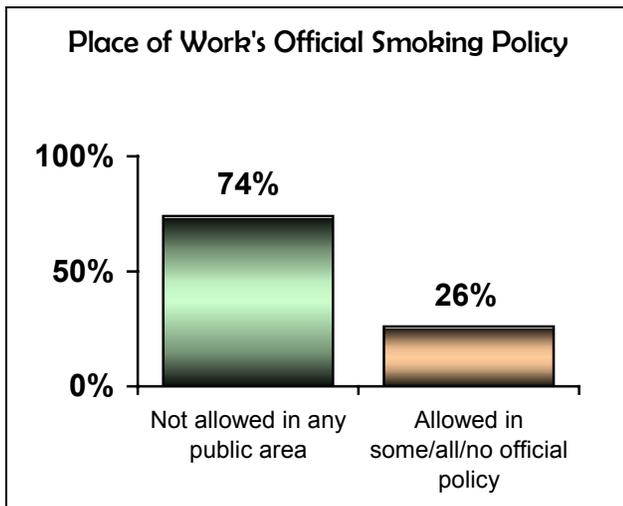


Seventy-seven percent have sought care from a health professional during the past year and more than half have been advised to quit smoking.

Additional Tobacco Indicators in Arkansas County



Of those who indicated they have smoked at least 100 cigarettes during their lifetime, nearly half have smoked cigarettes within the past year.



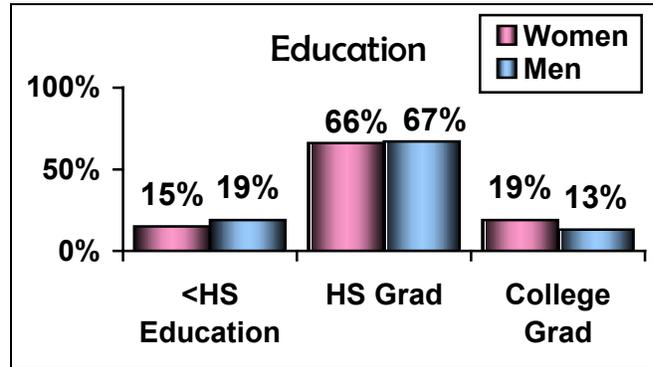
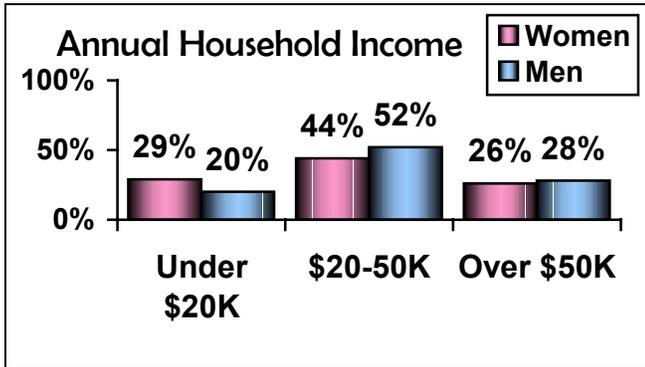
Of those who indicated they have smoked at least 100 cigarettes during their lifetime, 26% indicated that smoking is allowed in their workplace, and 43% indicated that smoking is allowed in their home.

Women's Health & Risk Factors

Women’s Health and the Arkansas County BRFSS

Arkansas County BRFSS Survey Women’s Demographics

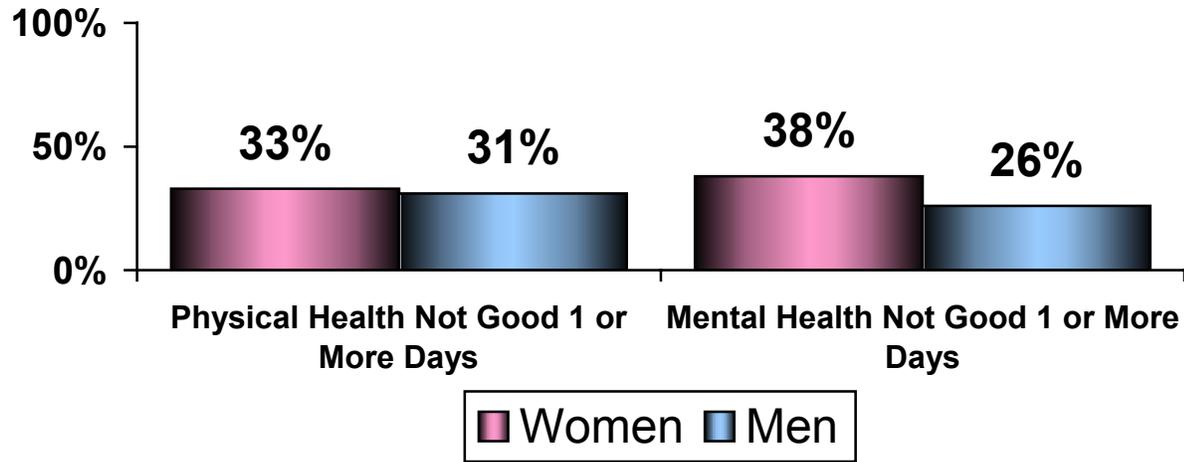
Total Number of People Surveyed		
Male	Female	Total Surveyed
190	419	609



Women & Behavioral Risk Factors

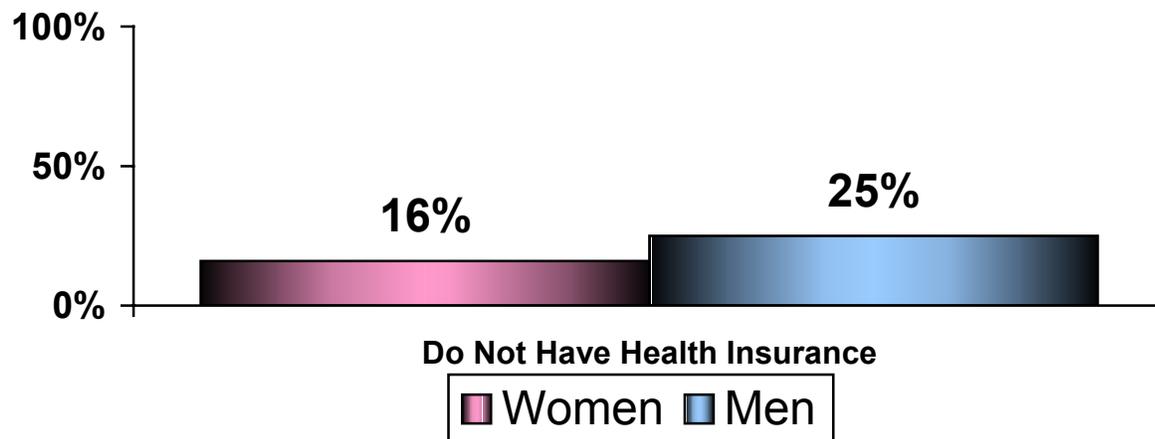
In addition to the standard BRFSS questions, the Arkansas County survey included special questions about women’s health issues. Women’s health concerns more than just breast care and reproductive health. Disparities between women’s and men’s health exist among various risk factors. Specific health issues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

Risk Factors--Perceptions of Health

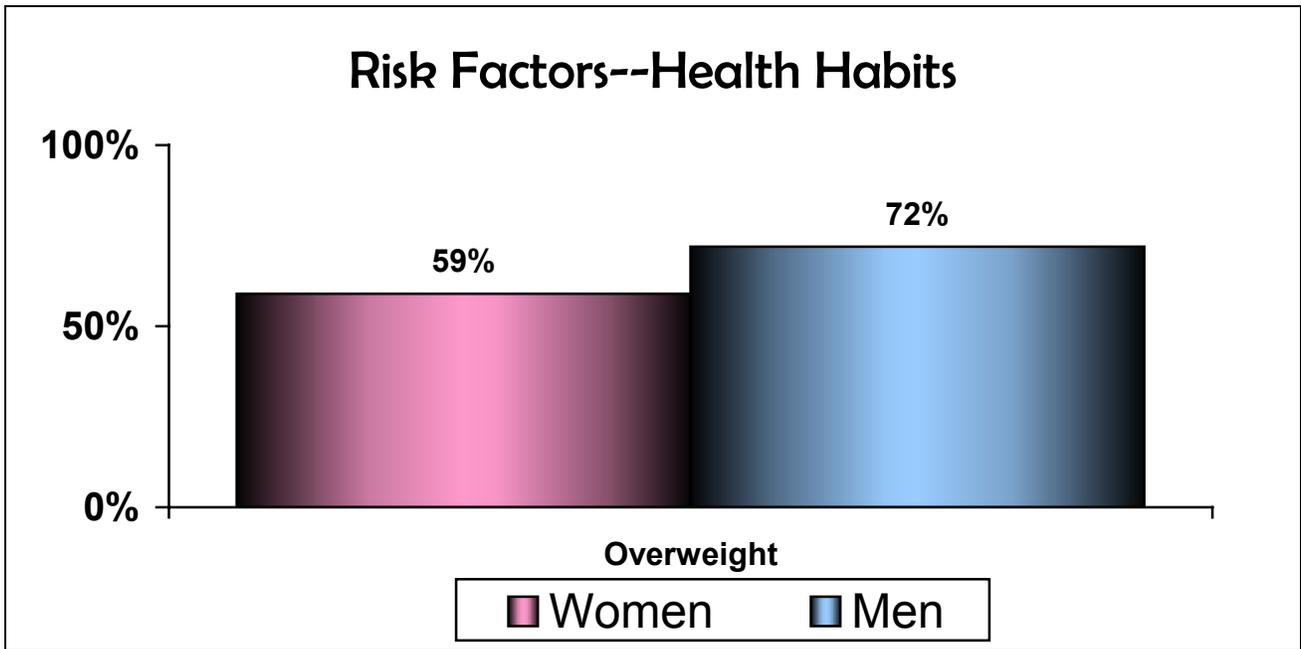


Women were more likely than men to report that their physical health and their mental health had been “not good” on one or more days during the past month.

Risk Factors--Health Care



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



Arkansas County men were more likely than Arkansas County women to be overweight.

Breast Cancer Screening and Knowledge

Women were asked when they had their last mammogram.

Mammography-Women 40 and Older

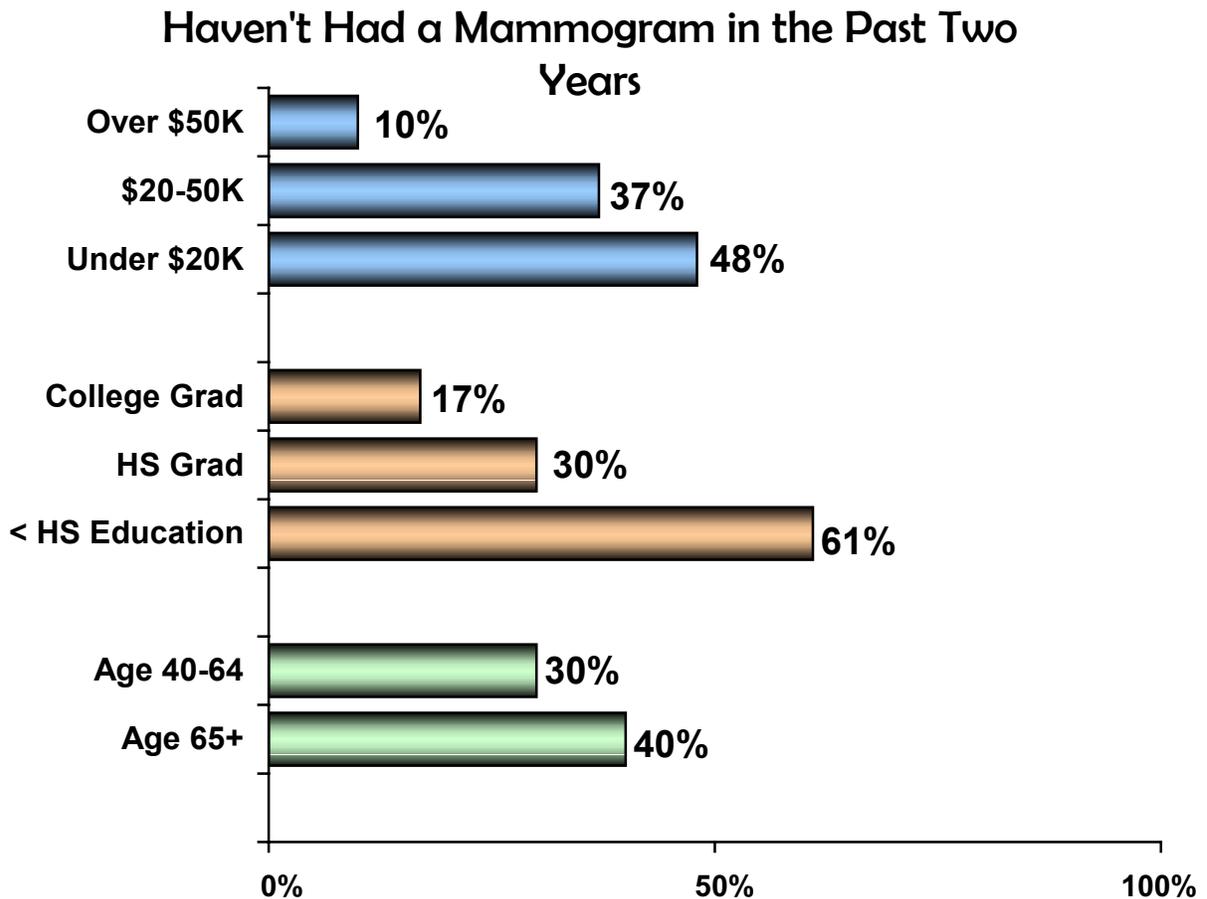
Risk Factor Definition: Mammograms

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 Arkansas County?

Thirty-four percent of women 40 and older had not had a mammogram within the past two years. Women of lower income or education levels 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

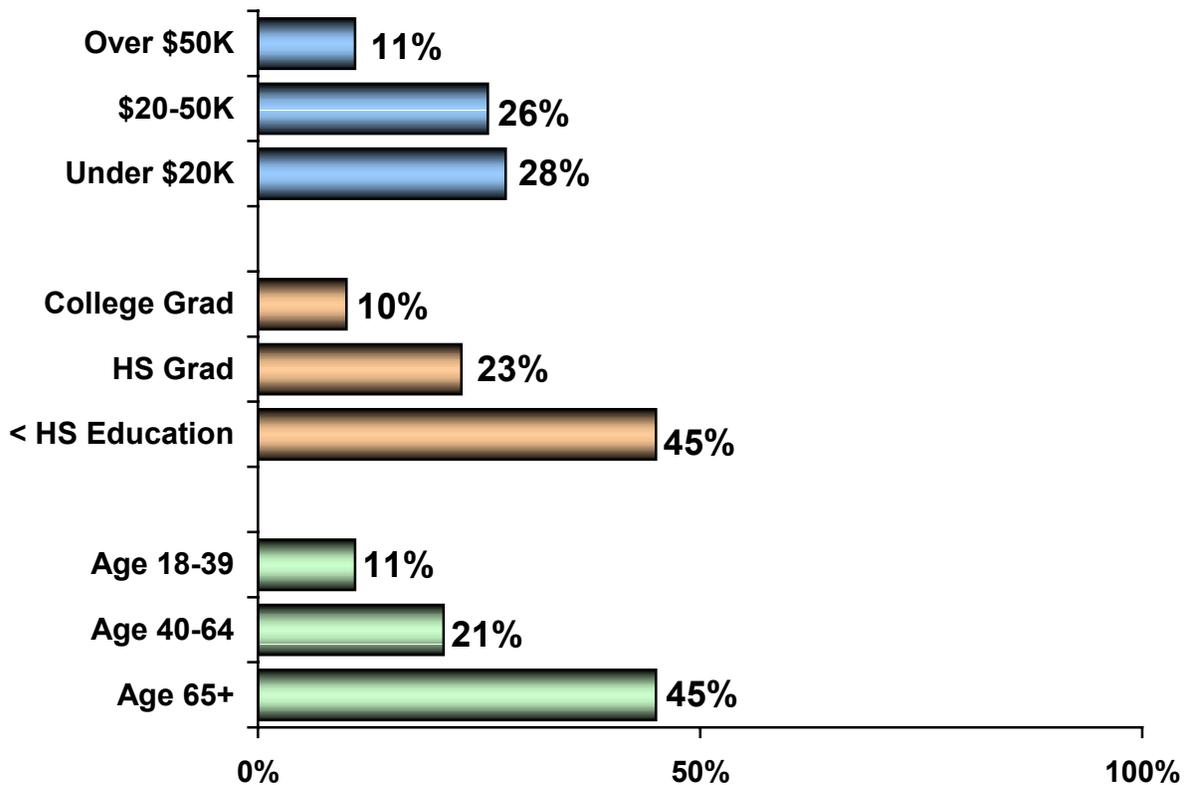
Question: A Pap smear is a test for cancer of the cervix. Have you ever had a Pap smear?
How long has it been since your last Pap smear?

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 Arkansas County?

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

Haven't Had a Pap Smear Within the Past 3 Years

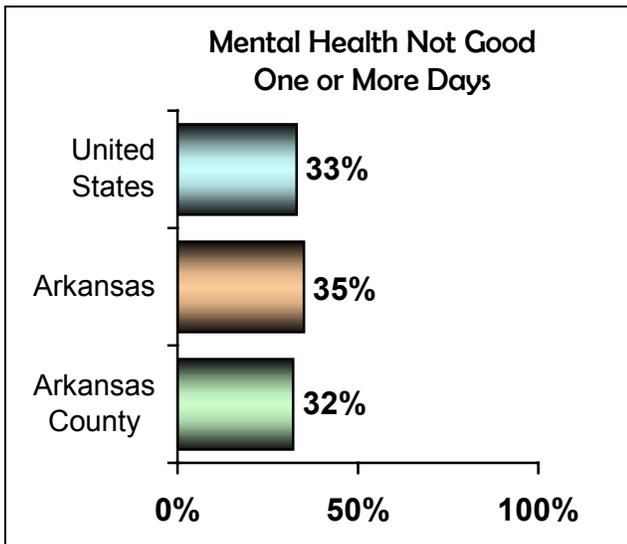
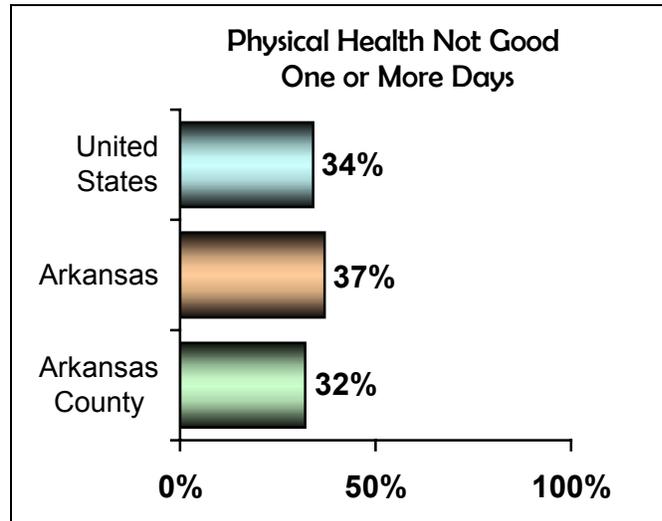
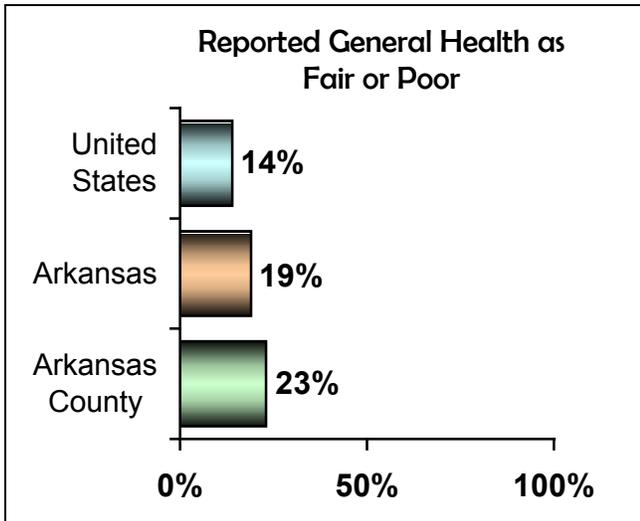


Arkansas County, State, and United States BRFSS Data Compared

How Does Arkansas County Compare?

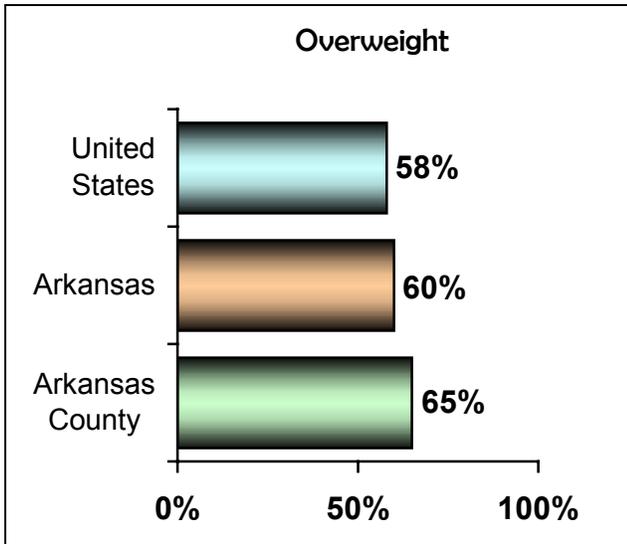
In order to determine Arkansas County's adult health strengths and weaknesses, its BRFSS data was compared to state and nationwide data from the 2000 and 2001 BRFSS.

Health Status



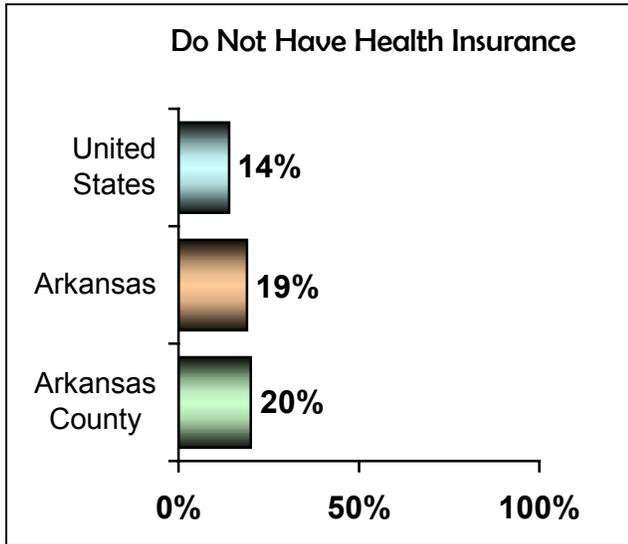
Arkansas County adults reported their general health to be fair or poor more often than the rest of the state and the nation. Fewer in Arkansas County reported their physical or mental health was not good one or more days compared to Arkansas and the nation as a whole.

Health Habits

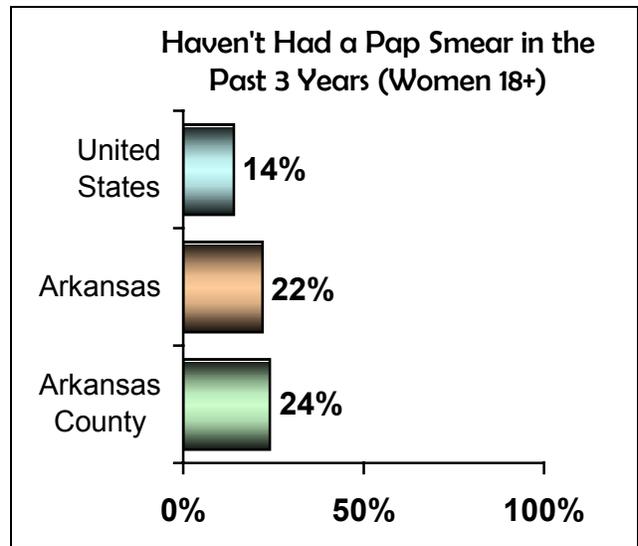
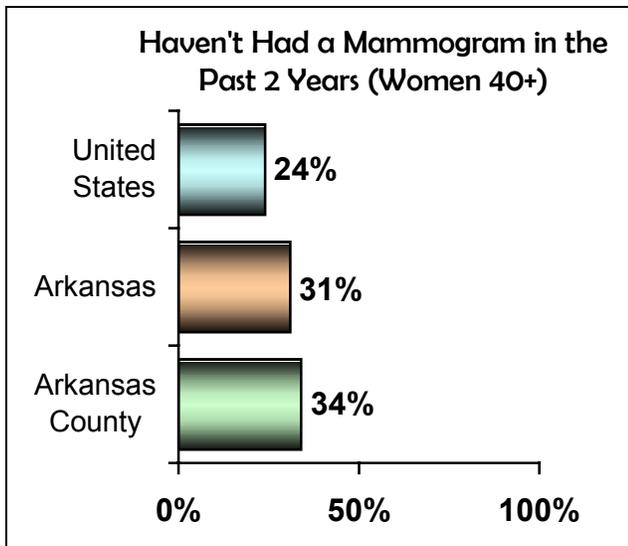


Arkansas county has a higher percentage of overweight adults compared to the national prevalence figures and to Arkansas'.

Health Care Access and Routine Health Screenings



Arkansas County has a high percentage of uninsured adults. Furthermore, a high percentage of women in Arkansas County do not receive routine Pap smear and mammogram cancer screening tests compared to the state and the nation.



Appendix

Hometown Health BRFSS Survey Questions

The following questions were administered as part of the Hometown Health BRFSS. 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 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 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 10: Tobacco Use

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

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 15: Physical Activity

- 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?

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-

