2001 Montgomery County BreastCare BRFSS Survey

BreastCare

Say Yes to a Mammogram!

BRFSS

Coordinated by:

Montgomery County Hometown Health Improvement

and

Arkansas Department of Health
Center for Health Statistics

2001 Montgomery County BRFSS
"Adult Risk Factor Survey"

May, 2002

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An Introduction: Montgomery County 2001 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, Montgomery and Pike Counties 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 Montgomery County Conduct the BRFSS?

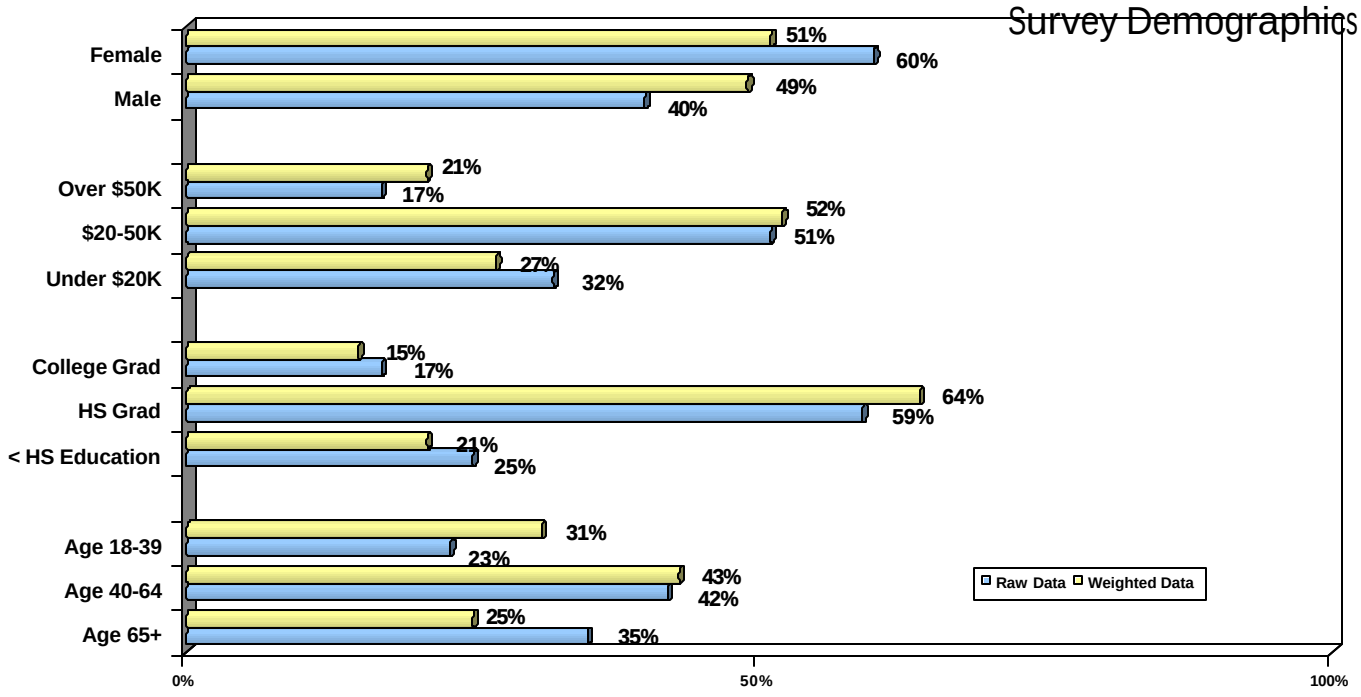
As the demand for data at a local level has increased, state, county, and local health agencies have begun using the BRFSS to develop county and local information about health risk behaviors. The Montgomery County BRFSS was conducted to gather health information on a variety of behaviors that can impact 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 Montgomery County Conduct the BRFSS?

During September, 2001, 340 randomly selected adults answered the Montgomery 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 Montgomery County. All data is for Montgomery County alone, except for Women's Health and demographic data, which is based on both counties' data in order to have enough interviews for statistically valid measures.

Who Participated in the Montgomery County BRFSS?

Of the 340 people who were interviewed, 135 were men and 205 were women, and 333 were white, and 3 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 is based on the **weighted** data.



For More Information about the Montgomery County BRFSS

Interested parties may request additional information. Researchers and professionals wanting to build upon Montgomery County's 2001 BRFSS data may request additional data from:

Montgomery County Hometown Health Improvement
Sharon Farley, Hometown Health Team Leader
Montgomery County Health Department
346 Luzerne Street
Mount Ida, AR 71957
870-867-2331
sfarley@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
Tara Clark-Hendrix, Data Processing Senior Project Leader
4815 W. Markham Street, Slot 19
Little Rock, AR 72205
501-661-2194
tlclark@healthyarkansas.com

Risk Factors

Health Status

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

General Health

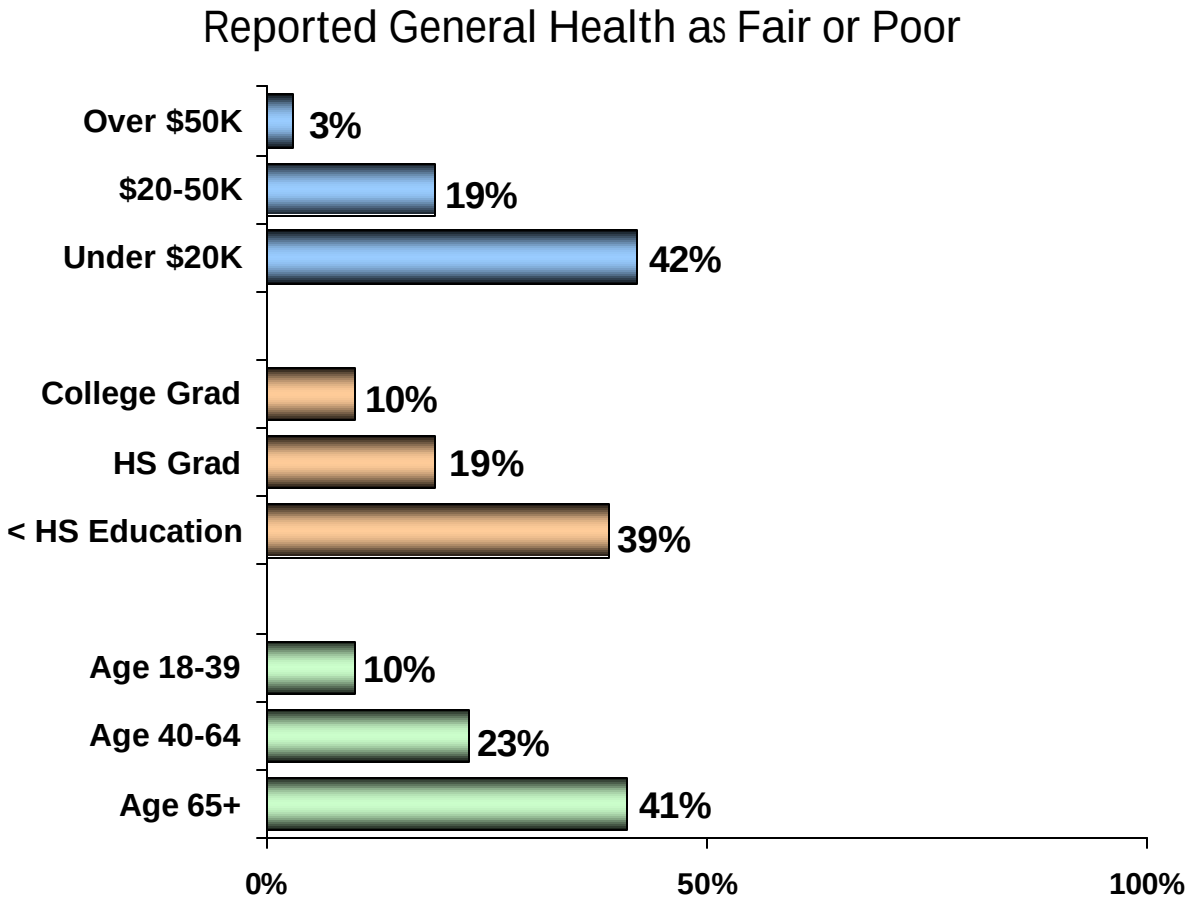
Risk Factor Definition: General Health

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 Montgomery 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.



Physical Health

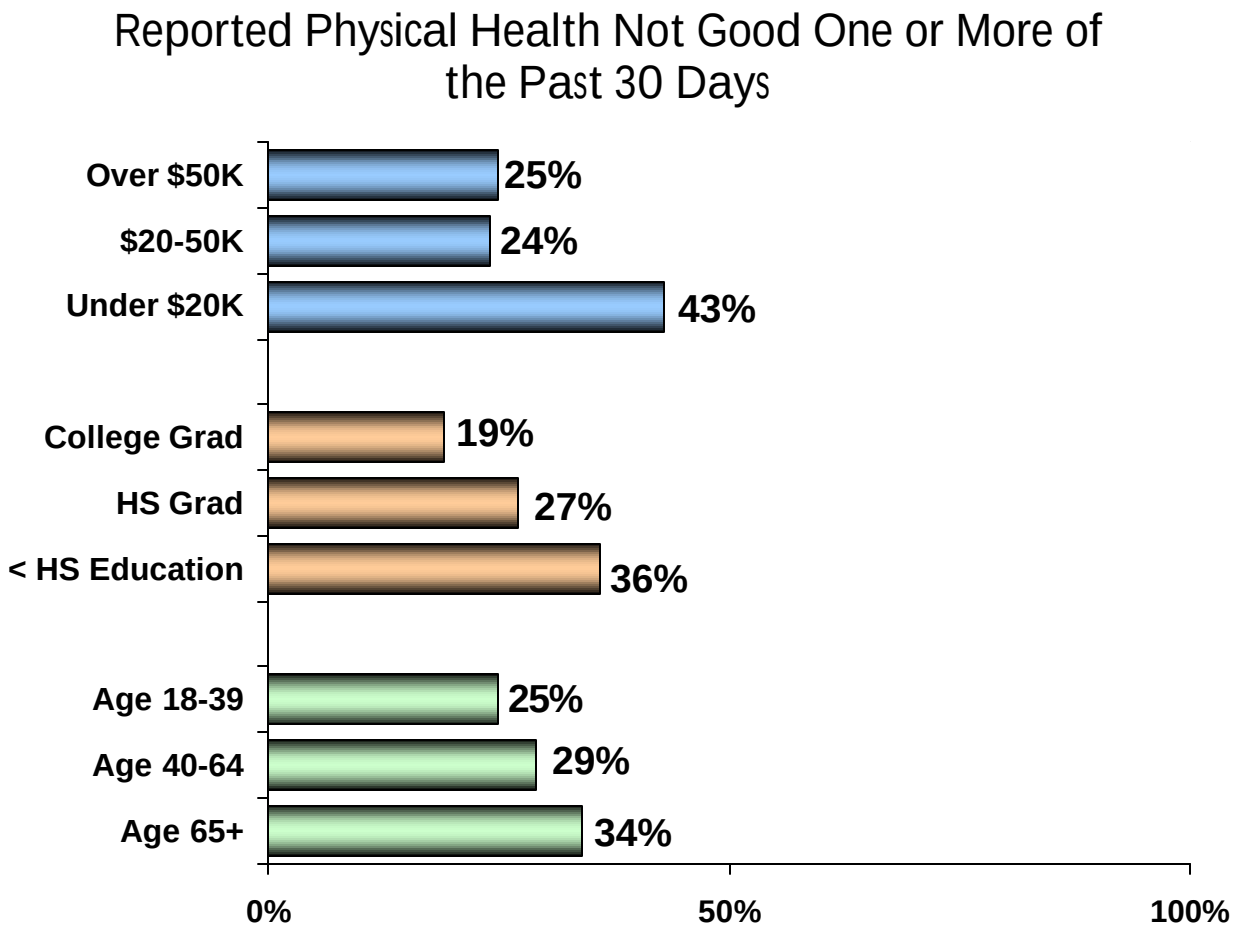
Risk Factor Definition: Physical Health

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 Montgomery County?

Thirty percent of Montgomery County adults had at least one day a month of poor physical health. According to the survey, the average Montgomery County adult had over 4 days of bad health and about 8 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

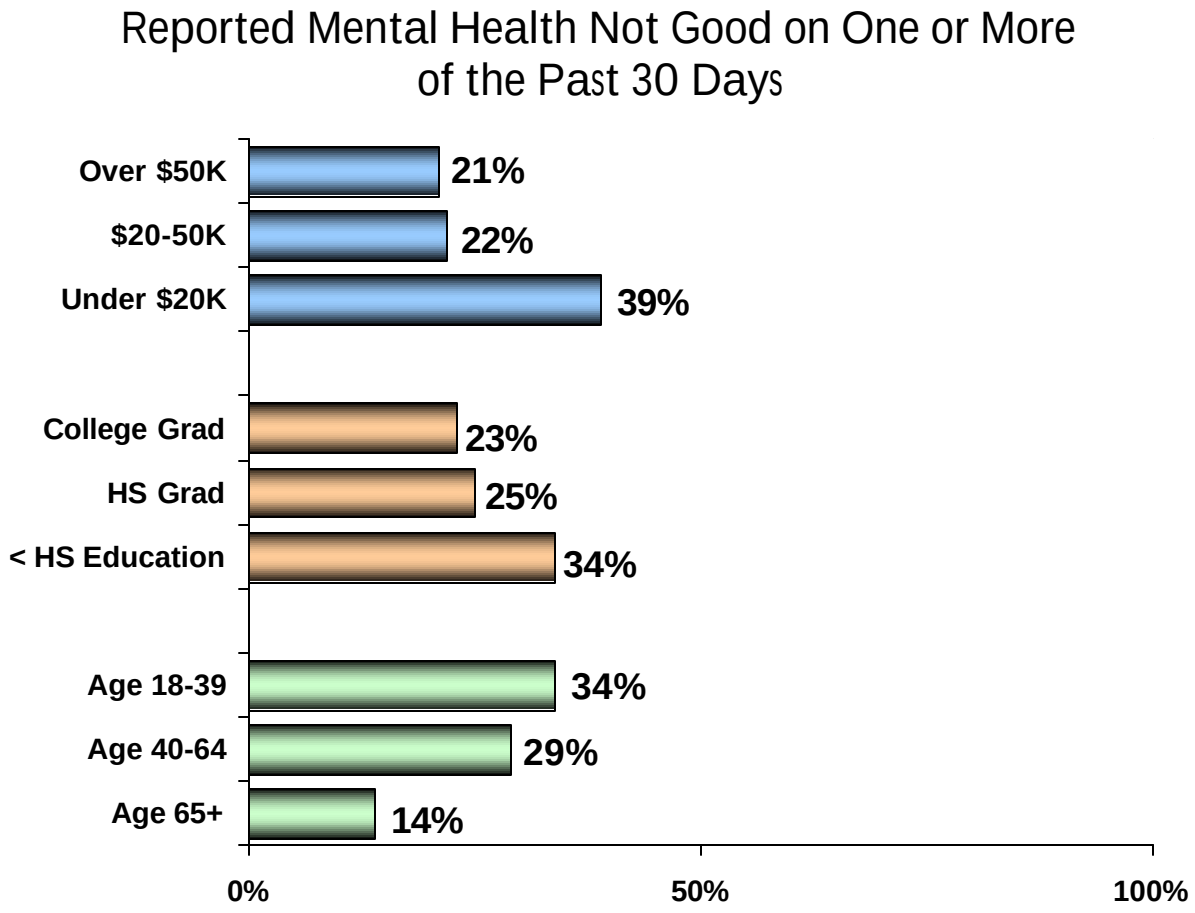
Risk Factor Definition: Mental Health

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's At Risk in Montgomery County?

Twenty-five percent had at least one day of poor mental health in the past month. The average Montgomery County adult had just over 3 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

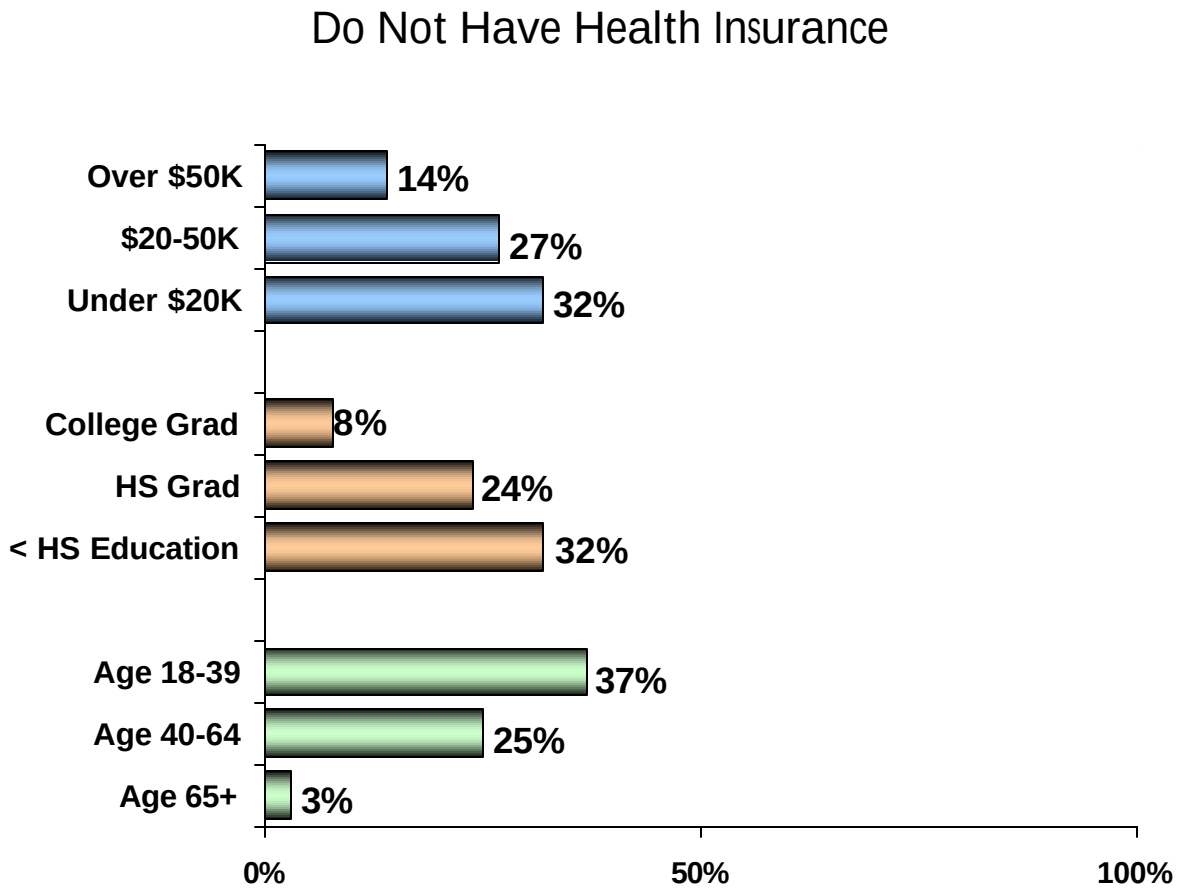
Risk Factor Definition: Health Insurance

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's At Risk in Montgomery County?

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



Routine Checkup

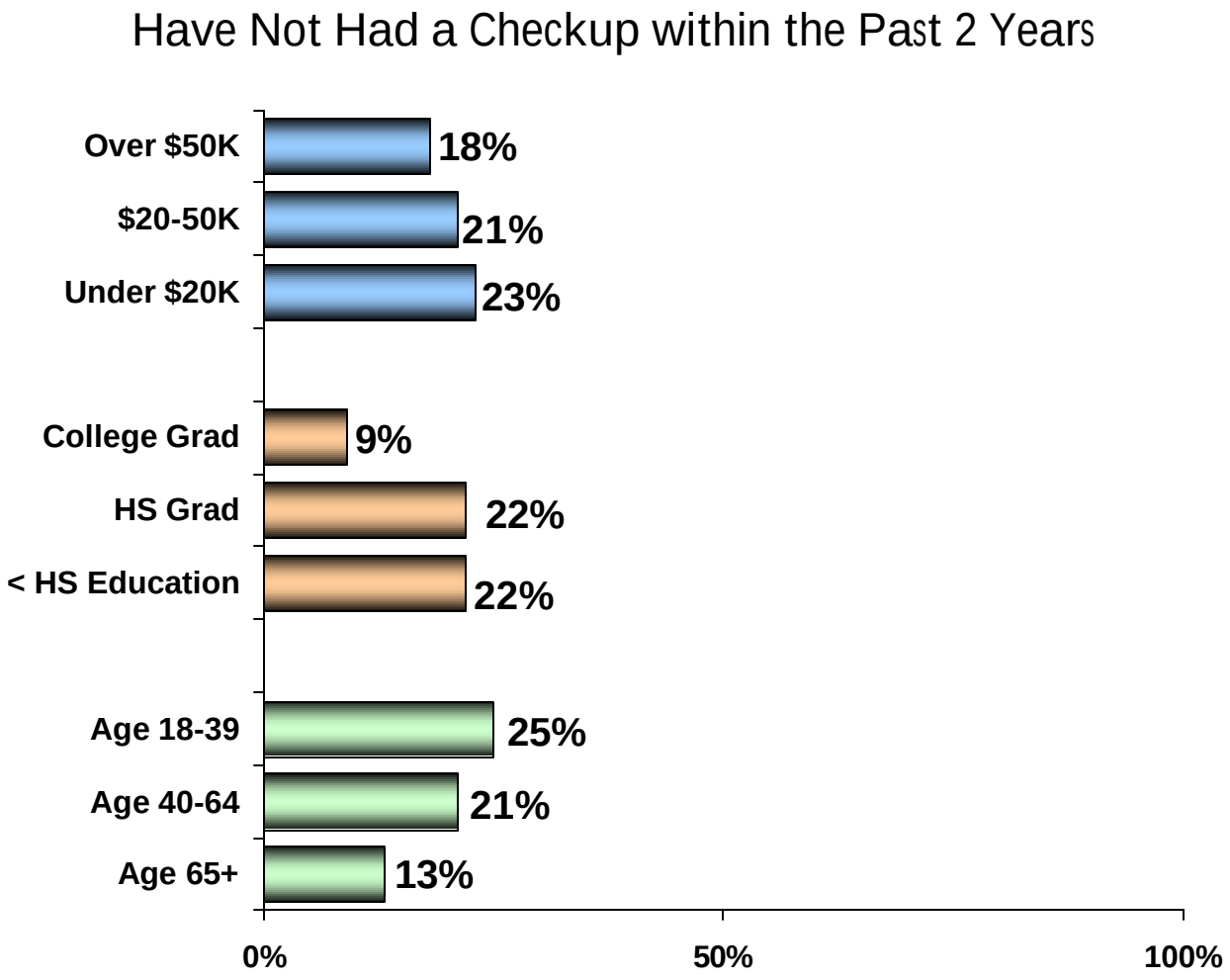
Risk Factor Definition: Checkup

Question: About how long has it been since you last visited a doctor for a routine checkup?

At Risk: Those who reported not having a routine checkup within the past two years are considered at risk.

Who's At Risk in Montgomery County?

Twenty-one percent said that they had not seen a doctor for a routine checkup within the past two years. Younger adults and people with less income were more likely to report not having received a checkup recently.



Cost As a Barrier to Doctor Visits

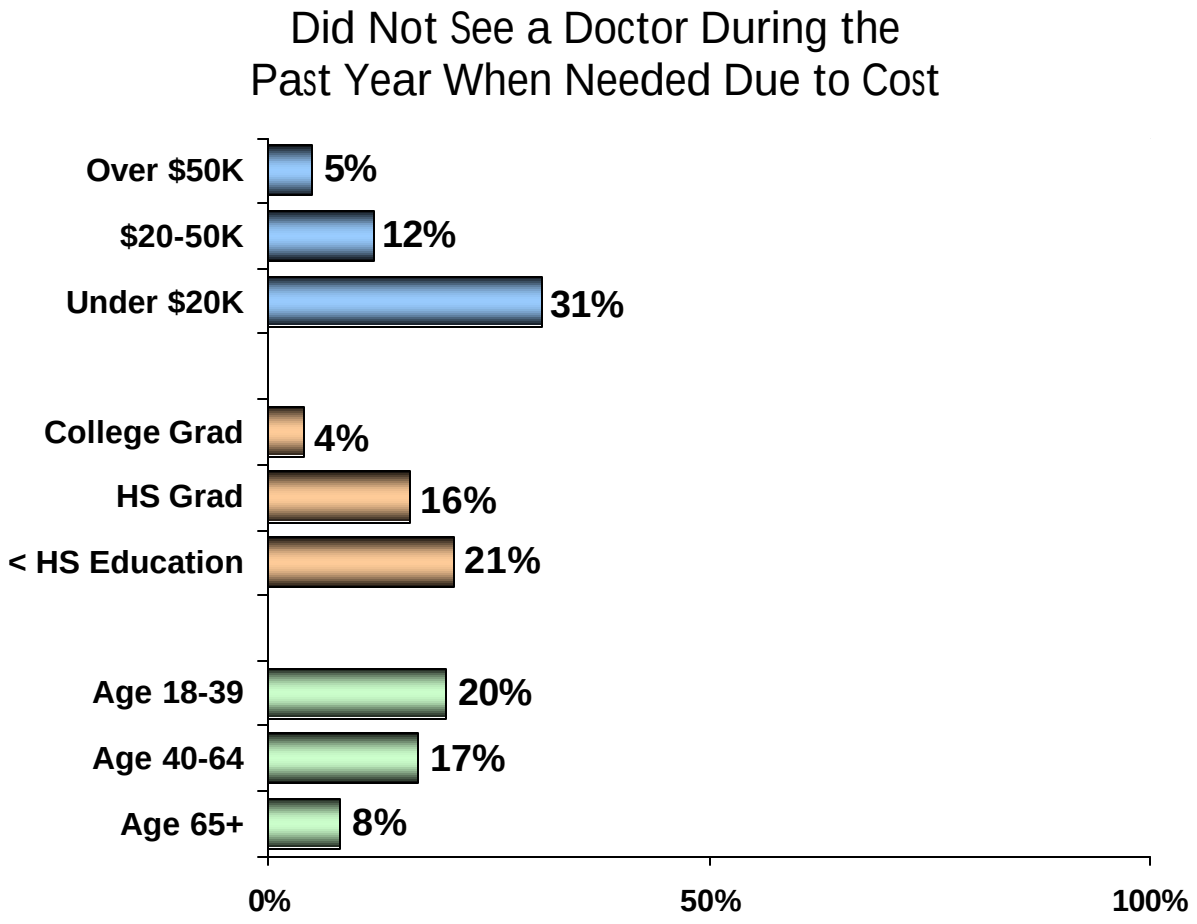
Risk Factor Definition: Lack of Medical Care

Question: Was there a time during the last 12 months when you needed to see a doctor, but could not because of the cost?

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

Who's At Risk in Montgomery County?

Fourteen percent said that they didn't go to the doctor at some time during the past year when they felt they needed to because they could not afford it. Younger people and people with less income were more likely to report not having seen a doctor when needed.



Chronic Conditions

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

Diabetes

Risk Factor Definition: Have Diabetes

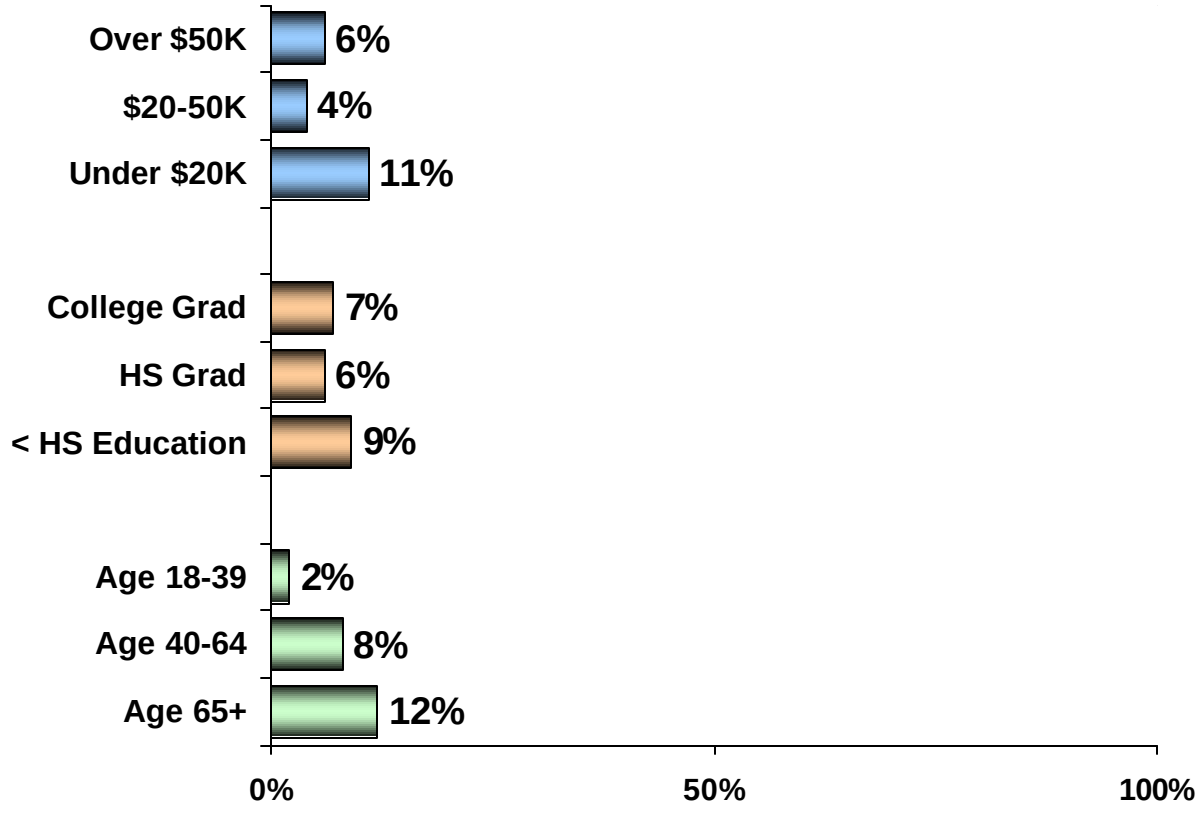
Question: Have you ever been told by a doctor that you have diabetes?

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

Who's At Risk in Montgomery County?

Nine percent of Montgomery 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



Asthma

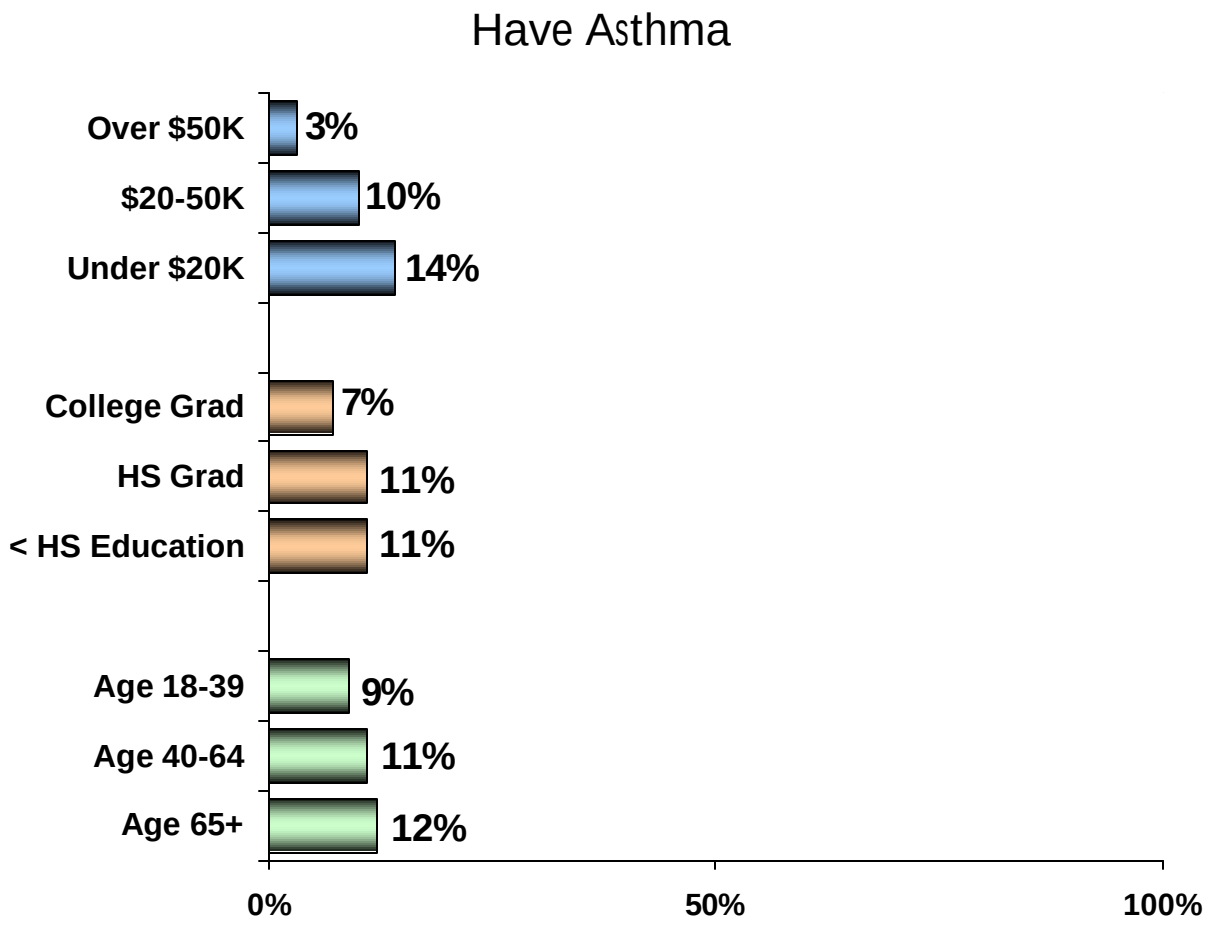
Risk Factor Definition: Have Asthma

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

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

Who's At Risk in Montgomery County?

Thirteen percent said that had been told by a doctor that they have asthma. People with incomes of less than $20,000 per year were most likely to report an asthma diagnosis.



Physical Activity

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

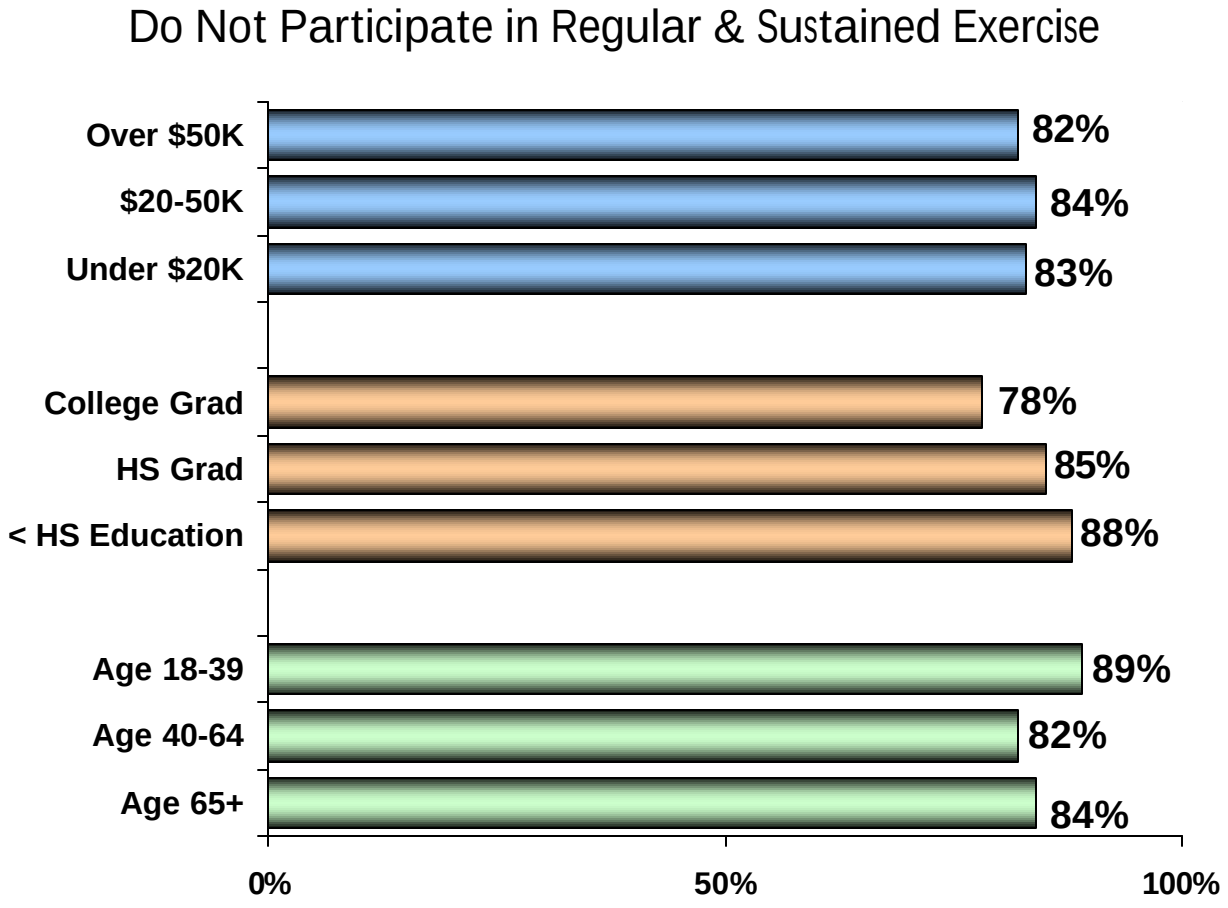
Risk Factor Definition: Do Not Participate in Regular and Sustained Activity

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's At Risk in Montgomery County?

Eighty-four percent of Montgomery County's adult residents did not participate in regular and sustained physical activity during the past month. People with more education were more likely to get regular exercise.



Care Giving

Participants were asked if during the previous month they had provided regular care or assistance to a family member or friend who is 60 or older.

Providing Care

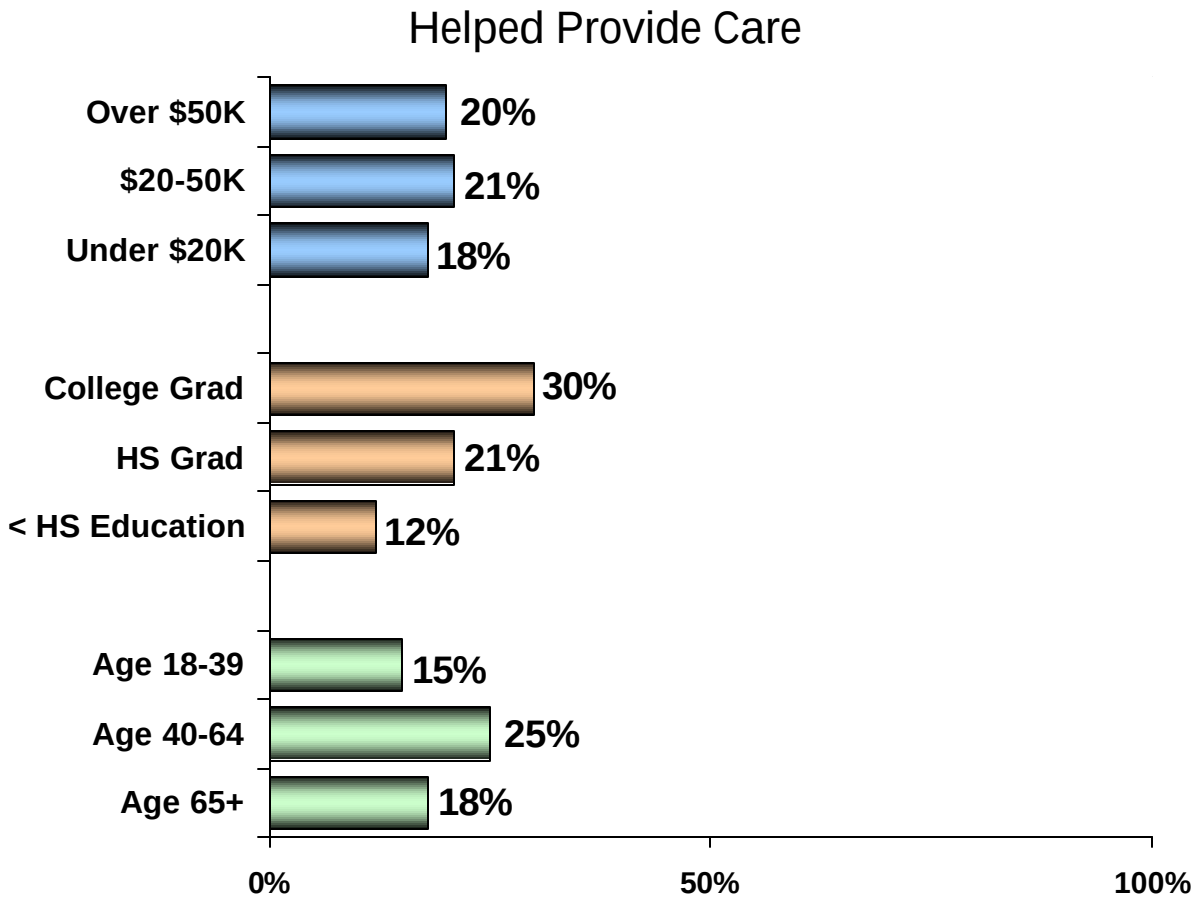
Risk Factor Definition: Providing Special Care

Question: There are situations where people provide regular care or assistance to a family member or friend who is elderly or has a long-term illness or disability. During the past month, did you provide any such care or assistance to a family member or friend who is 60 years of age or older?

At Risk: Those who answered "yes" are considered at risk for being called upon to provide long term care for an older adult.

Who's At Risk in Montgomery County?

Seventeen percent said that they had provided care for someone during the past month. People with more education and those ages 40-64 were more likely to have helped provide care.



Tobacco Use

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

Cigarette Smoking

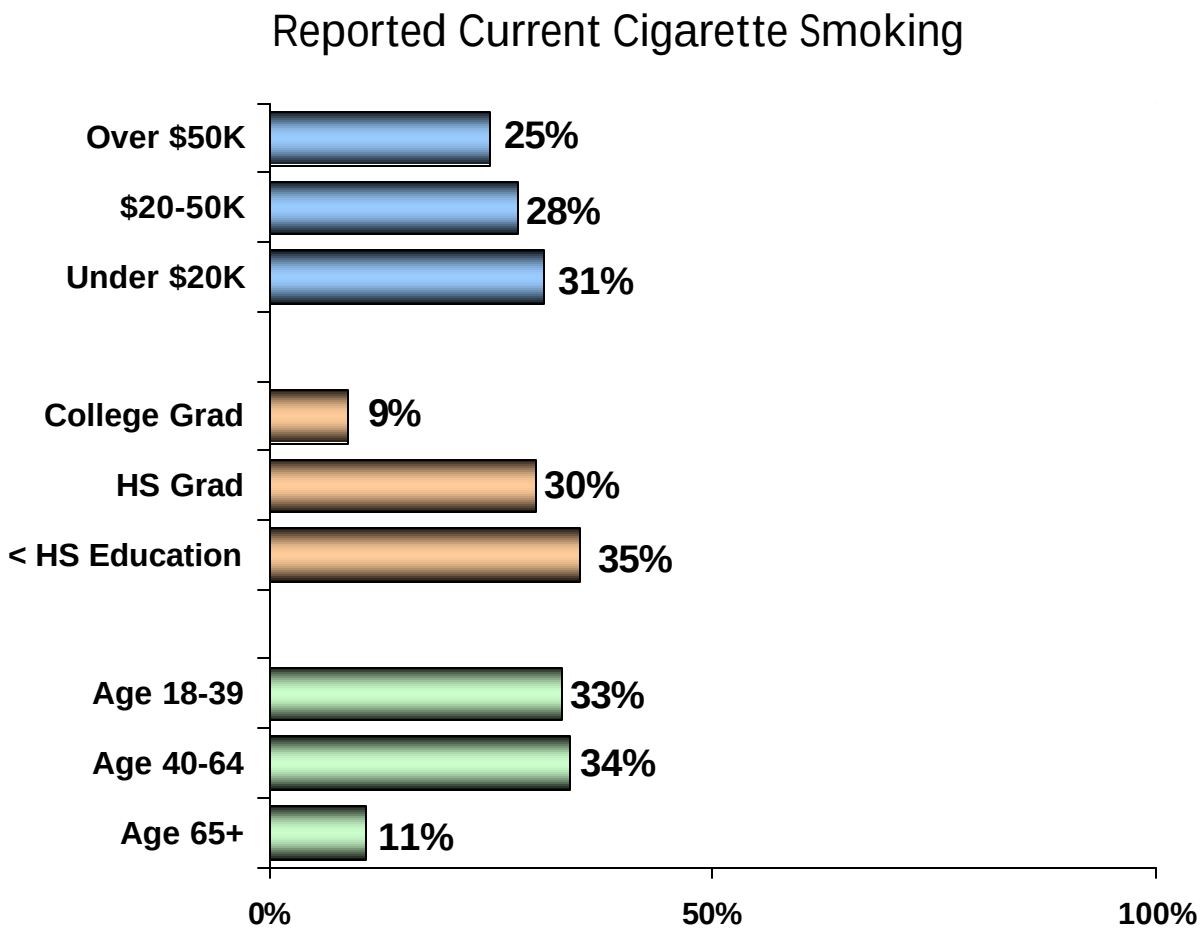
Risk Factor Definition: Currently Smoke Cigarettes

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's At Risk in Montgomery County?

Thirty percent of the adults in Montgomery County smoked cigarettes in the past month. People with less education or income were more likely to smoke cigarettes.



Smoking Cessation

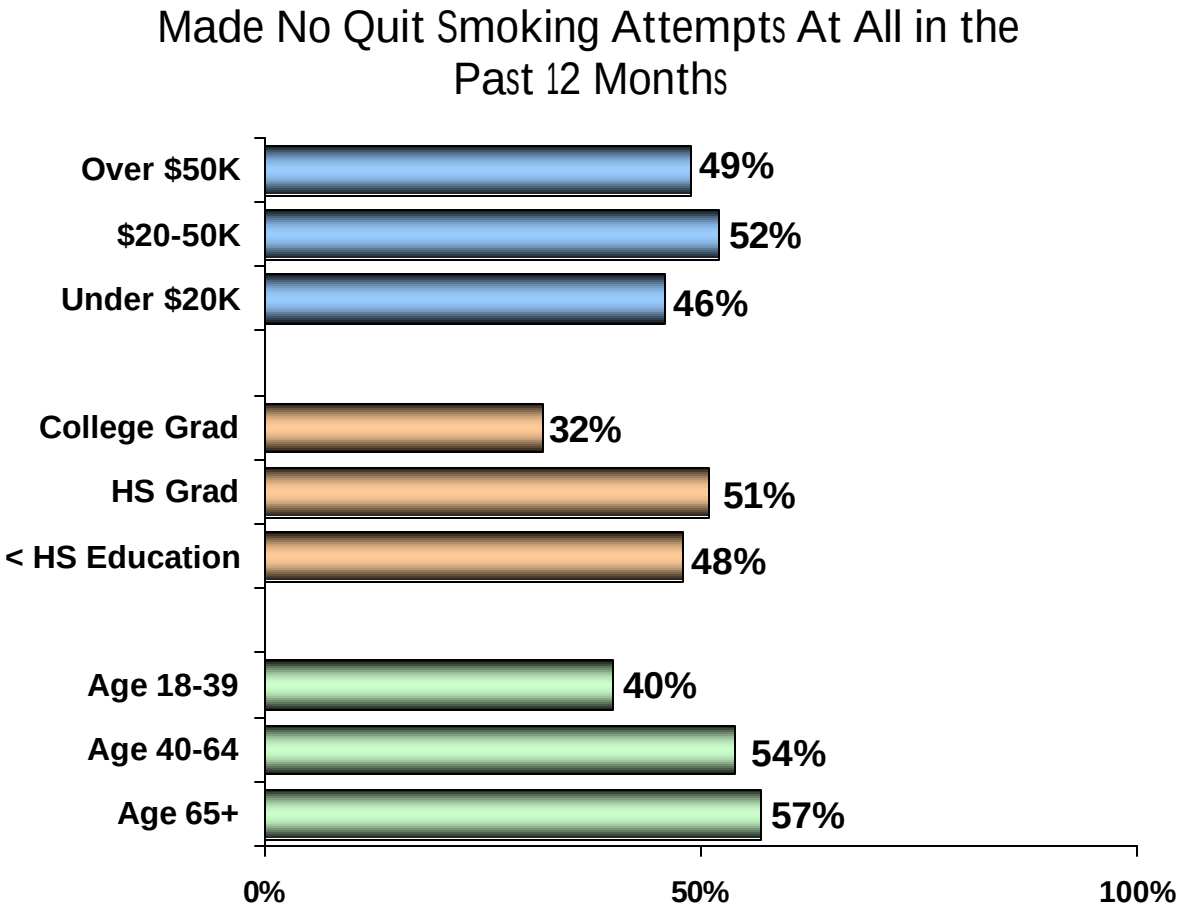
Risk Factor Definition: Smoking Cessation

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's At Risk in Montgomery County?

Of the current adult smokers in Montgomery County, 51 percent had quit for at least one day in the past year. Older smokers and middle income smokers were less likely to have a smokeless day in the past year.



Fruit and Vegetable Consumption

Survey respondents were asked a series of questions regarding the foods that they usually eat.

Five Fruits and Vegetables a Day

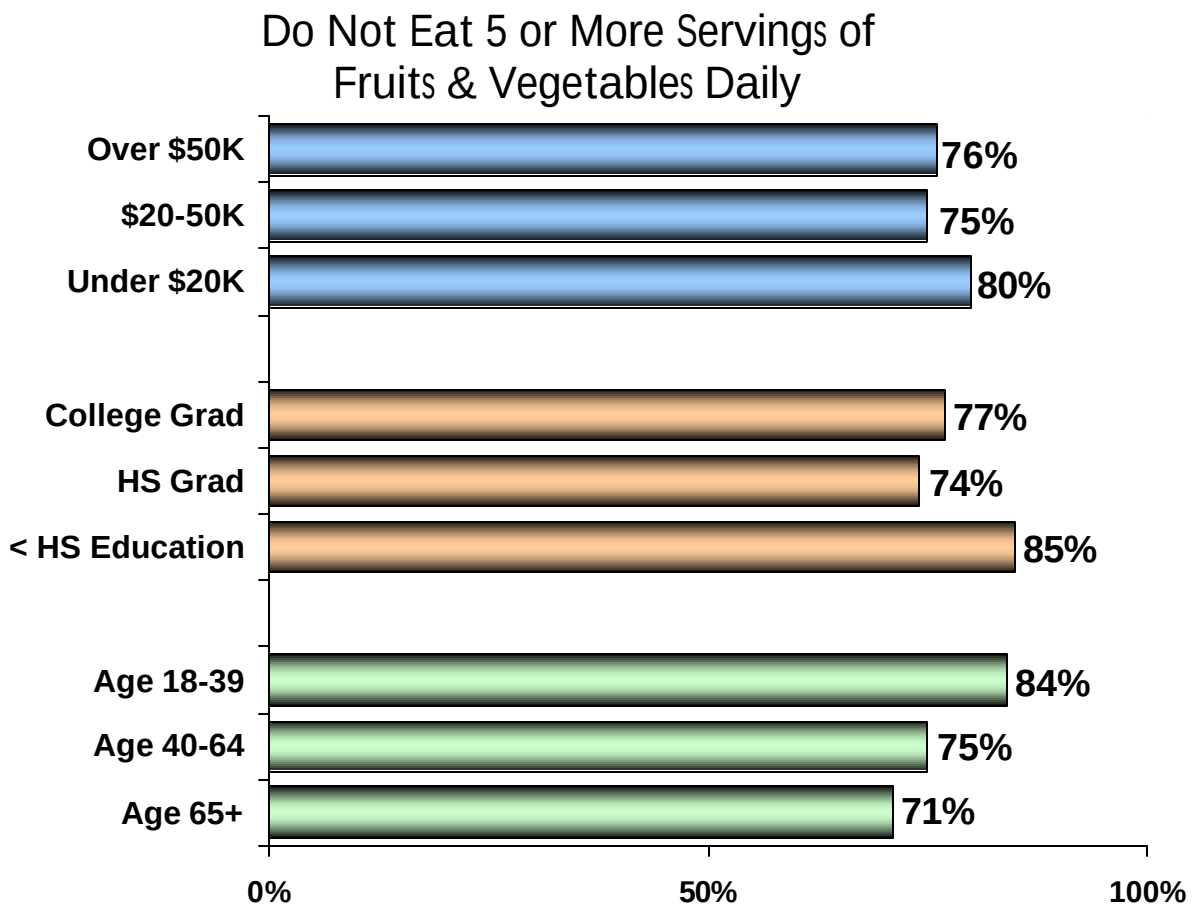
Risk Factor Definition: Five-a-Day

Questions:
1. How often do you eat fruit?
2. How often do you drink fruit juice?
3. How often do you eat green salad?
4. How often do you eat potatoes?
5. How often do you eat carrots?
6. How many servings of other vegetables do you usually eat?

At Risk: Those who eat less than five servings of fruits and vegetables per day are considered at risk.

Who's At Risk in Montgomery County?

Seventy-four percent of Montgomery County adults are eating less than five servings of fruits and vegetables per day.



Body Weight

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

Overweight

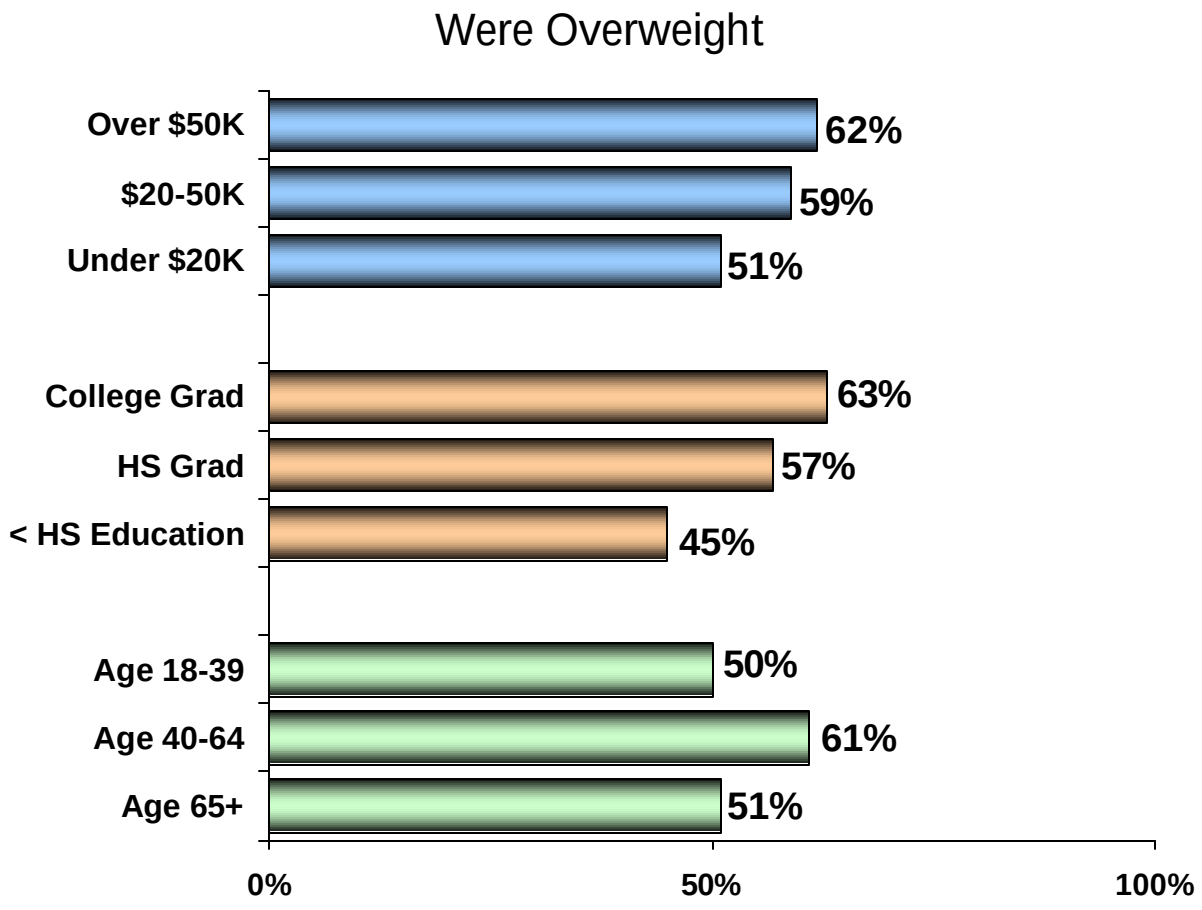
Risk Factor Definition: Overweight as Measured by Body Mass Index

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 height.

Who's At Risk in Montgomery County?

Fifty-four percent of Montgomery County's adults are overweight. People with less education and those with lower incomes tended to be overweight less than others.



Activity Limitations

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

General Activity Limitations

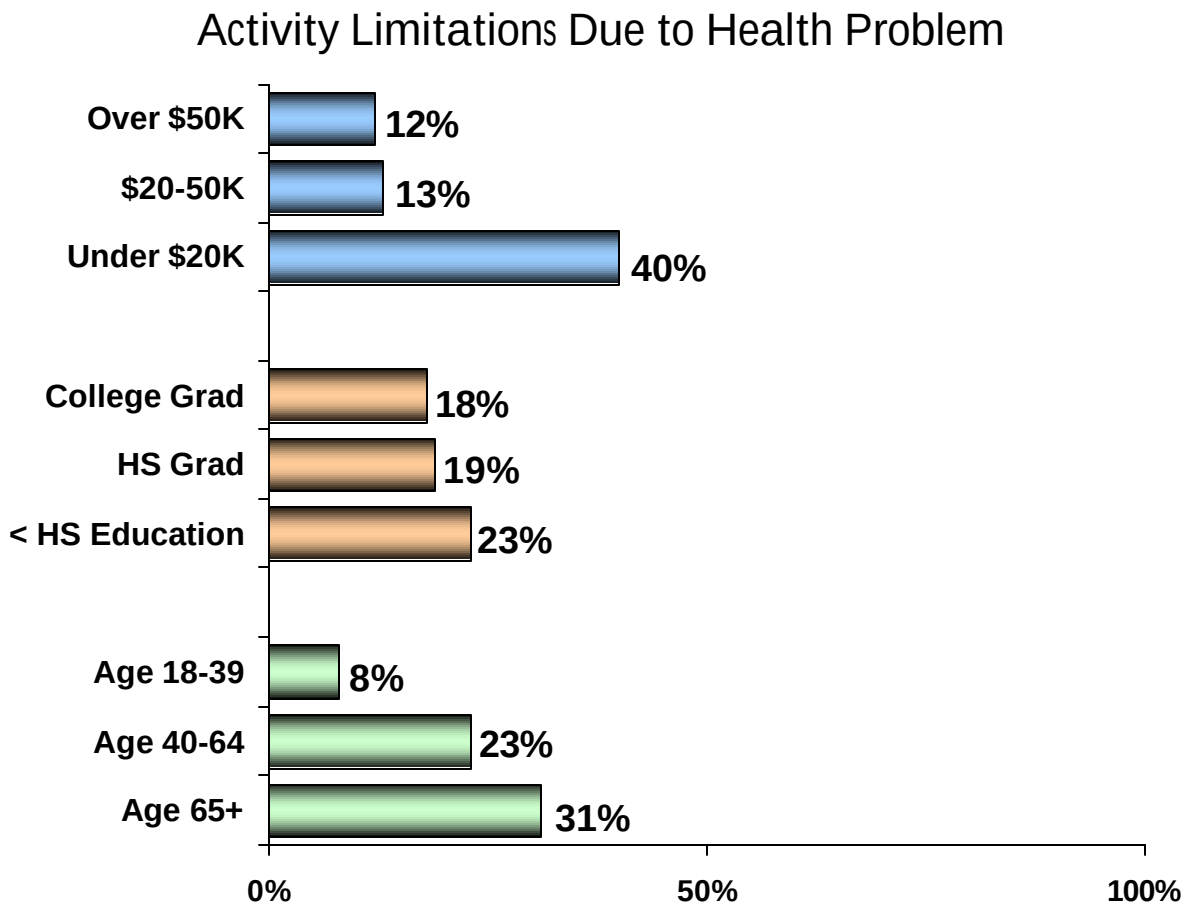
Risk Factor Definition: Activity Limitations

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's At Risk in Montgomery County?

Twenty-four percent of the adults in Montgomery County 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 Montgomery County BRFSS included questions covering depression, anxiety, and other quality of life measures.

Depression

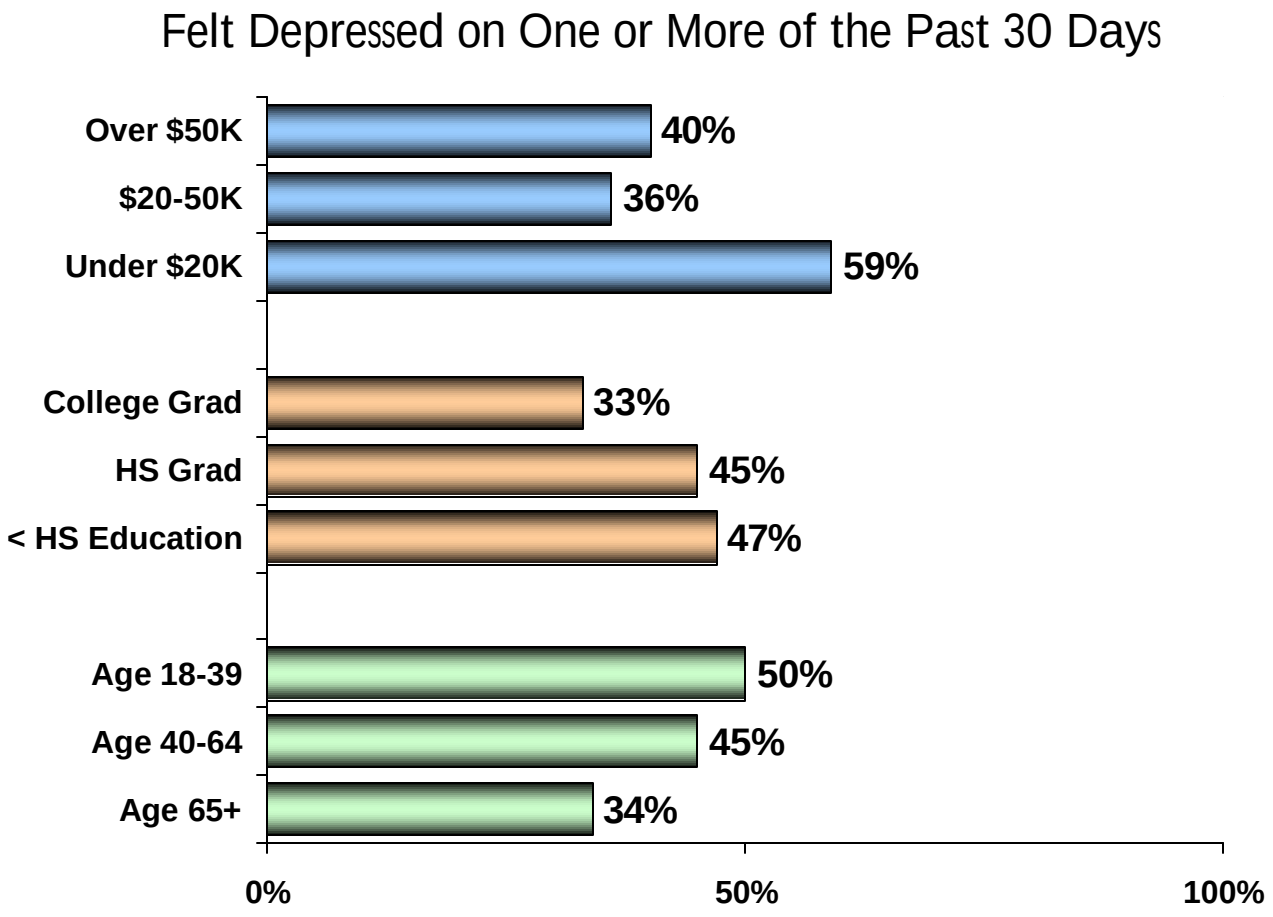
Risk Factor Definition: Depression

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's At Risk in Montgomery County?

Forty-five percent of the adults in Montgomery County 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

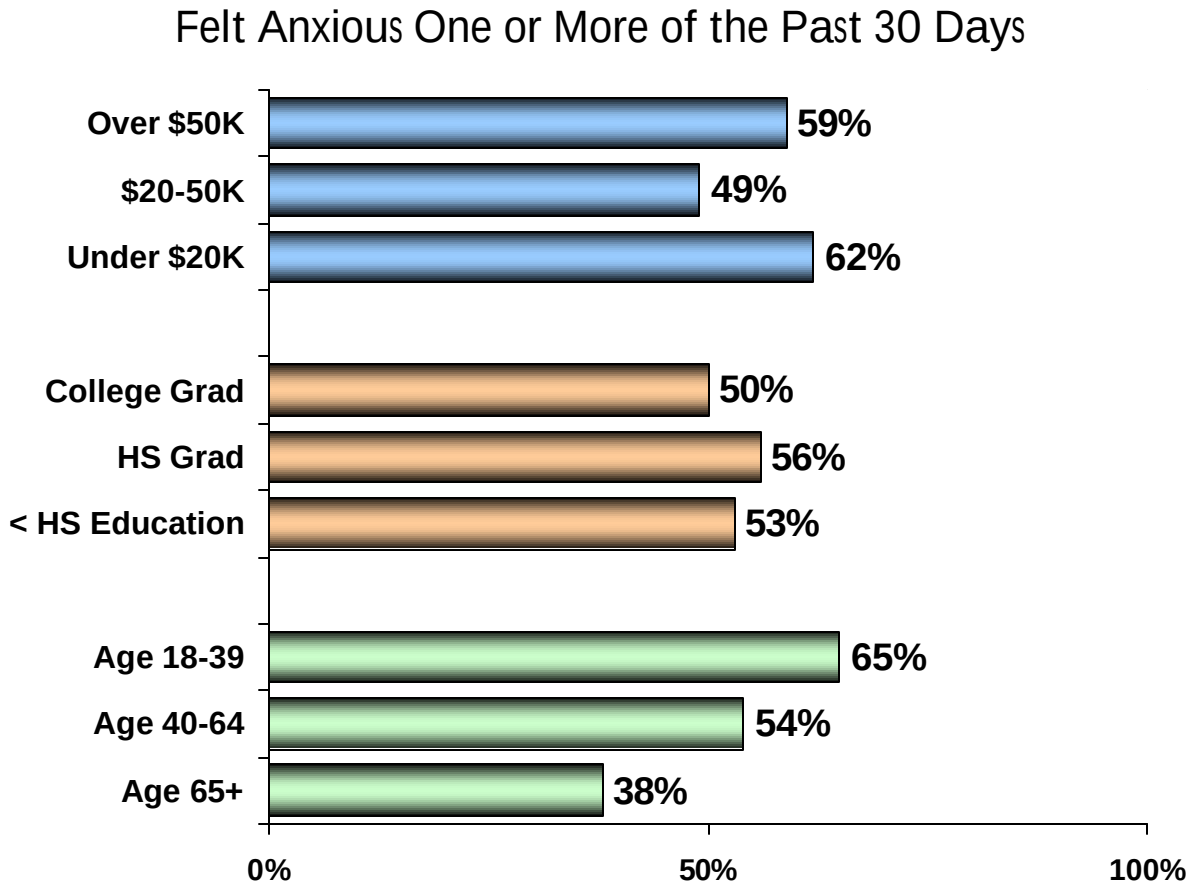
Risk Factor Definition: Anxiety

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's At Risk in Montgomery County?

Fifty-nine percent said 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

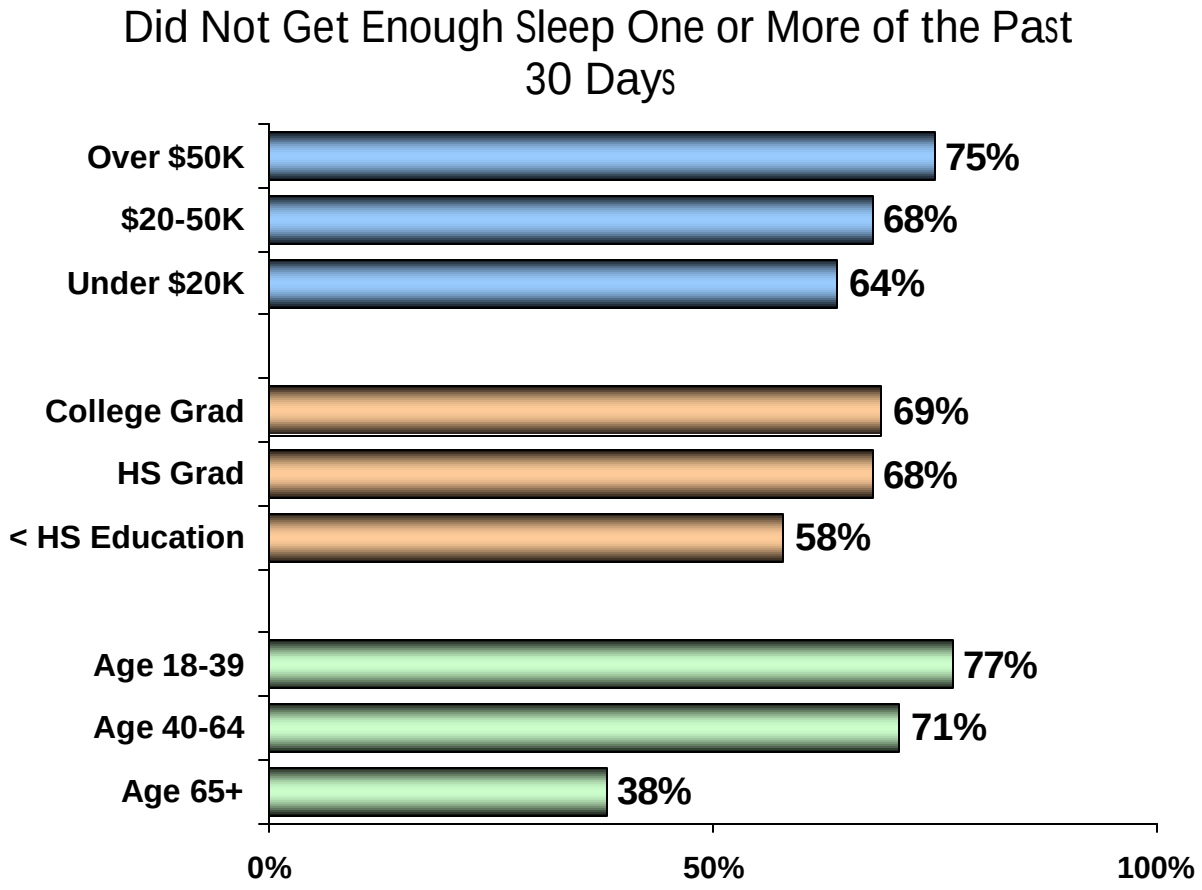
Risk Factor Definition: Sleeplessness

Questions: During the past 30 days, for about how many days have you felt 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's At Risk in Montgomery County?

Seventy-one percent of Montgomery County'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.

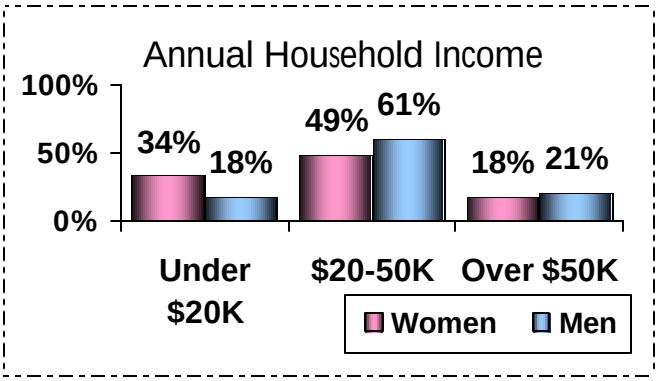


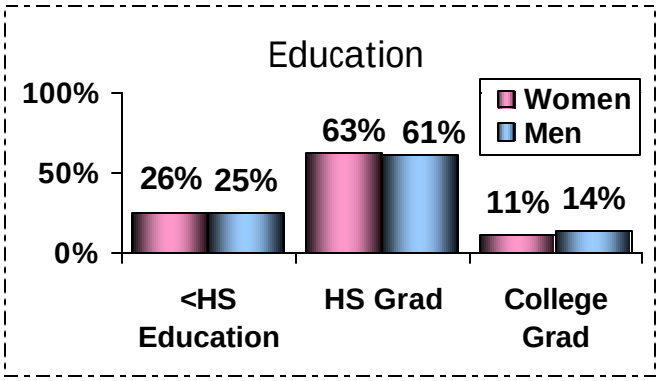
Women’s Health & Risk Factor

Women's Health and the Montgomery & Pike County BRFSS

Montgomery & Pike County BRFSS Survey Women's Demographics

Total Number of People Surveyed		
Male	Female	Total Surveyed
323	477	800



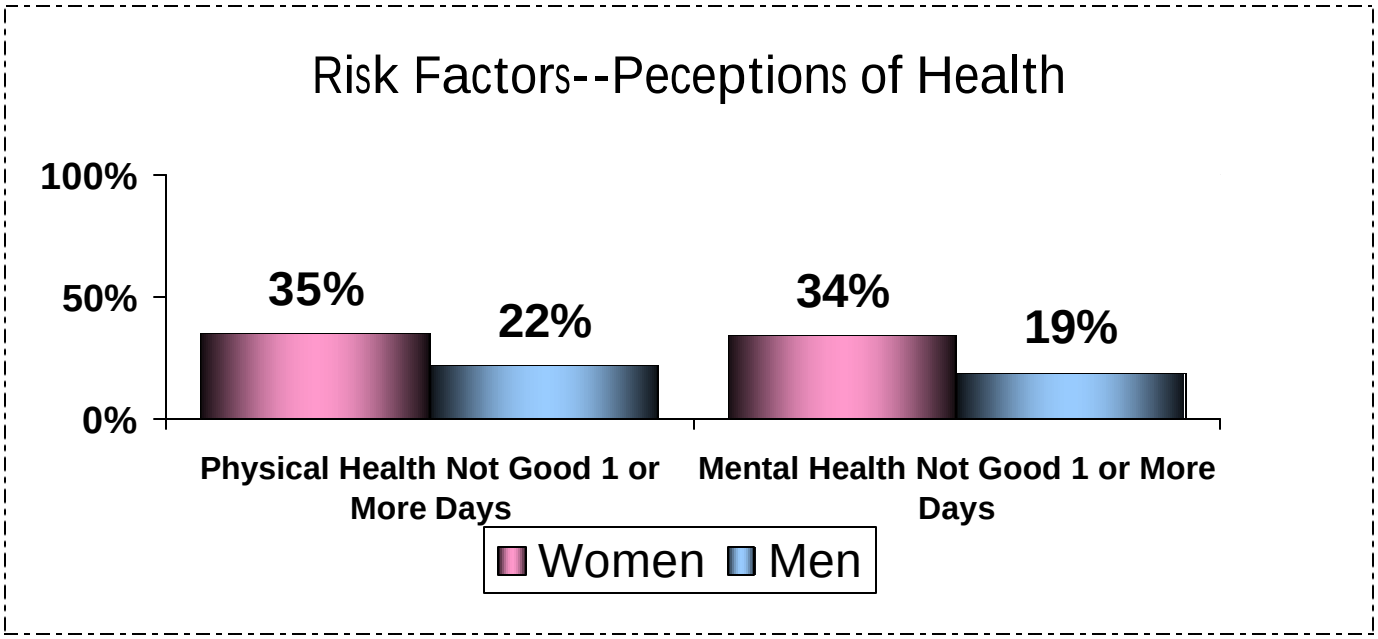


Breast and Cervical Cancer

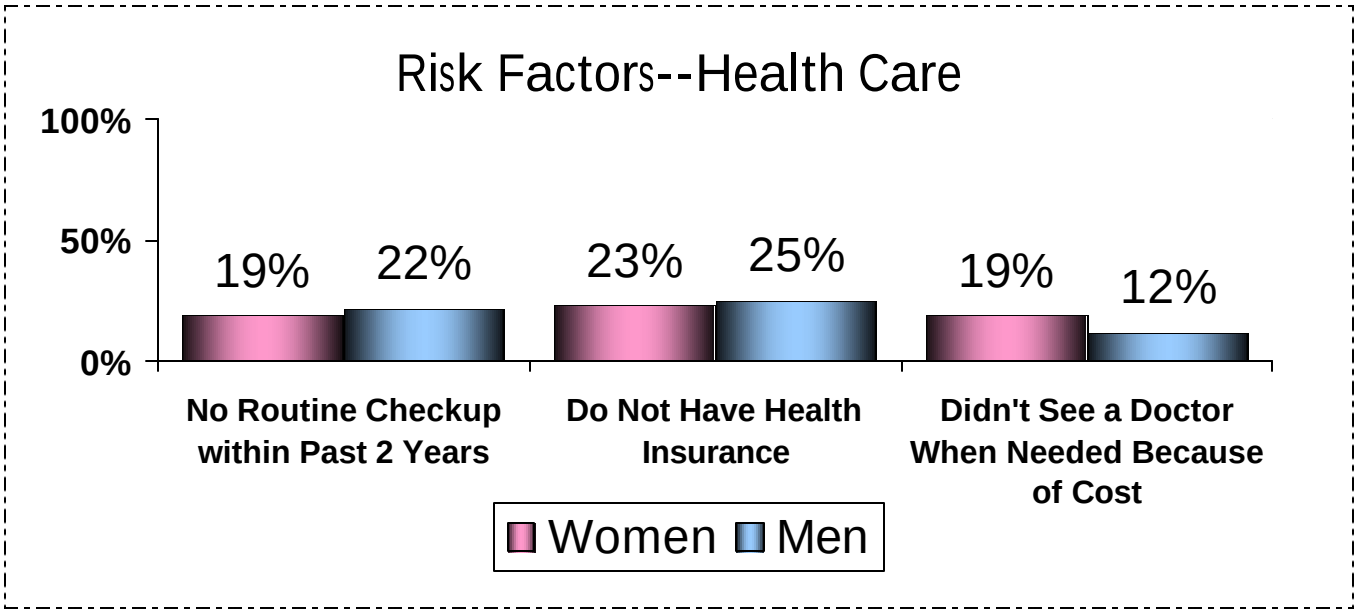
In addition to the standard BRFSS questions, the Montgomery County survey included special questions about women's health issues. These additional questions were supported by the Arkansas Department of Health's BreastCare program and the Little Rock affiliate of the Susan G. Komen Foundation. BreastCare was created by the Arkansas General Assembly in 1997 to provide education about breast cancer to all Arkansas women and offers free breast cancer screenings and diagnostic and treatment services for women who meet eligibility requirements. Women are encouraged to call free 1-877-670-CARE (2273) to determine if they qualify for free services from BreastCare. The Susan G. Komen Foundation's mission is to eradicate breast cancer as a life threatening disease by advancing research, education, screening, and treatment. The questions were designed to determine women's awareness of things they can do to aid in the early detection of breast cancer.

Women & Behavioral Risk Factors

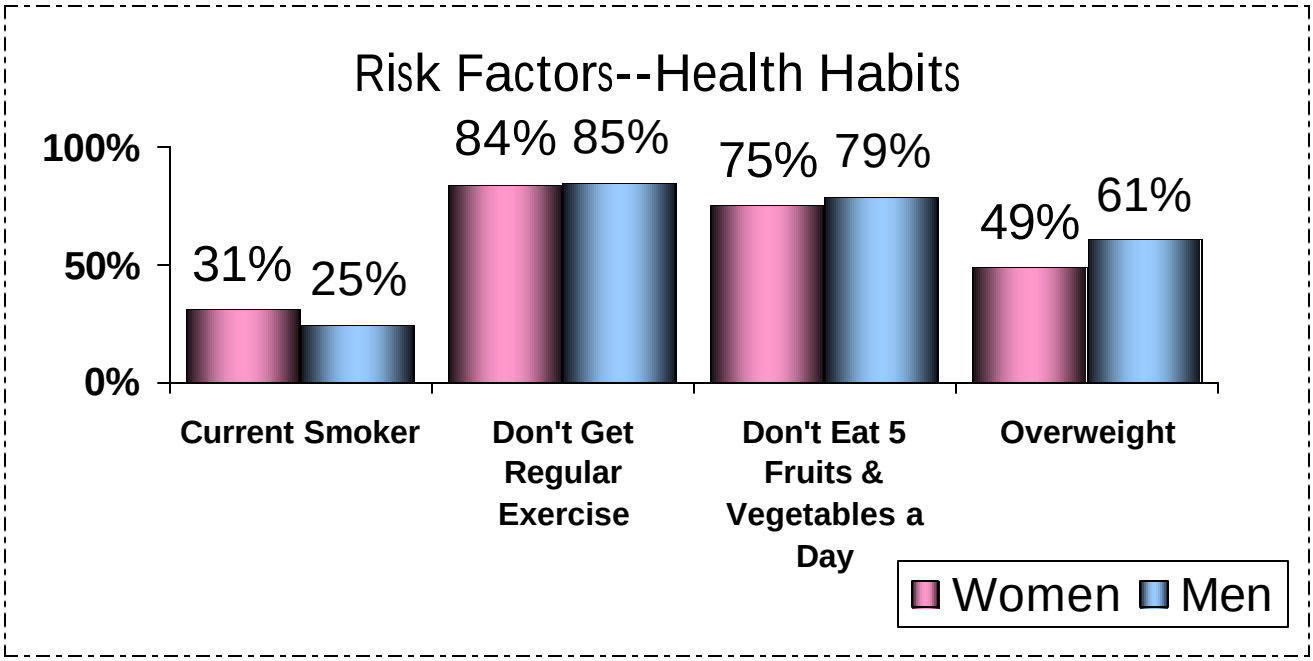
Women's health concerns more than just breast care and reproductive health. Disparities between women's and men's health exist among various risk factors. Specific health issues that were investigated in conjunction with women's health concerns in Montgomery County include self-reported perceptions of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



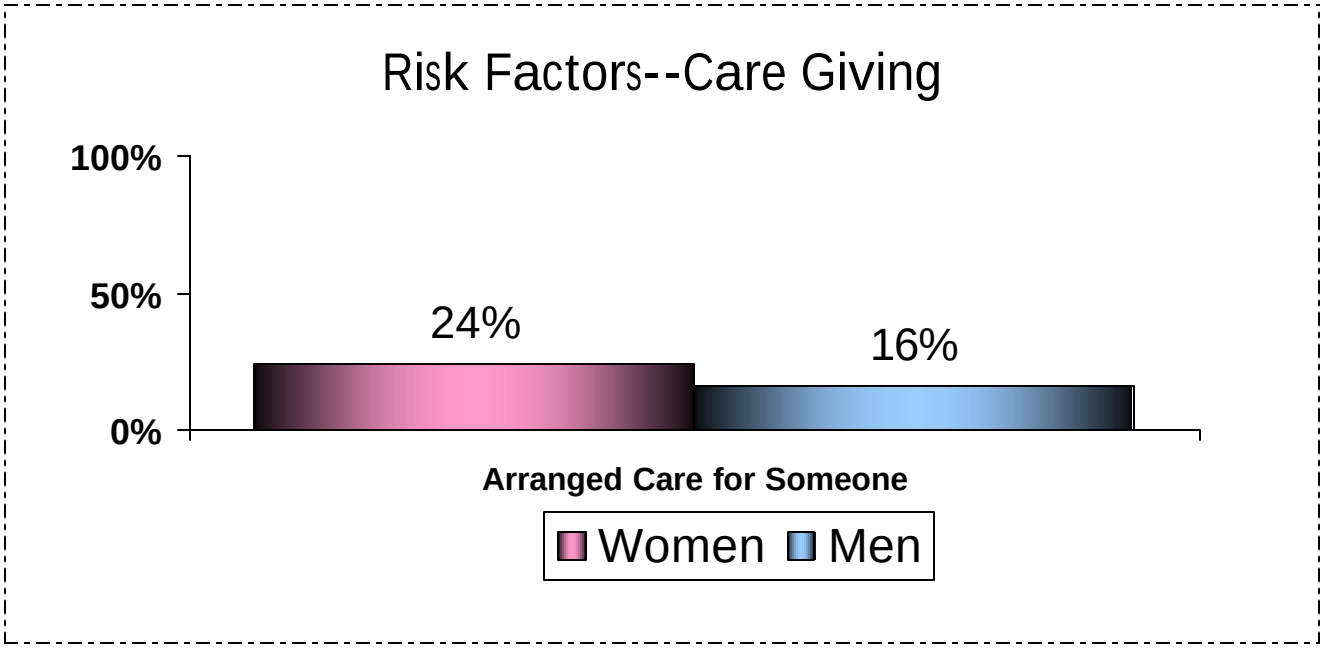
Women were more likely than men to report that their physical health and their mental health had been "not good" on one or more days during the past month. Women had an average of eight days in the previous month that they reported feeling worried or anxious compared to just under five anxious or tense days for men. Men reported an average of just over three days of feeling sad or blue in the past month compared to an average of five and a half days for women.



While women were more likely to have health insurance than men, women more often reported that they had not seen a doctor when they needed to because of cost. However, women were more likely to get routine checkups than men.



Women were more likely than men to be smokers. Men were more likely to be overweight than women. Fifty-five percent of women who were overweight said they were trying to loose weight. However, twenty percent of the women who were not overweight are also trying to lose weight.



Twenty-four percent of women had provided regular care or assistance to an elderly or disabled family member or friend.

Breast Cancer Screening and Knowledge

Women were asked when they had their last mammogram.

Mammography-Women 40 and Older

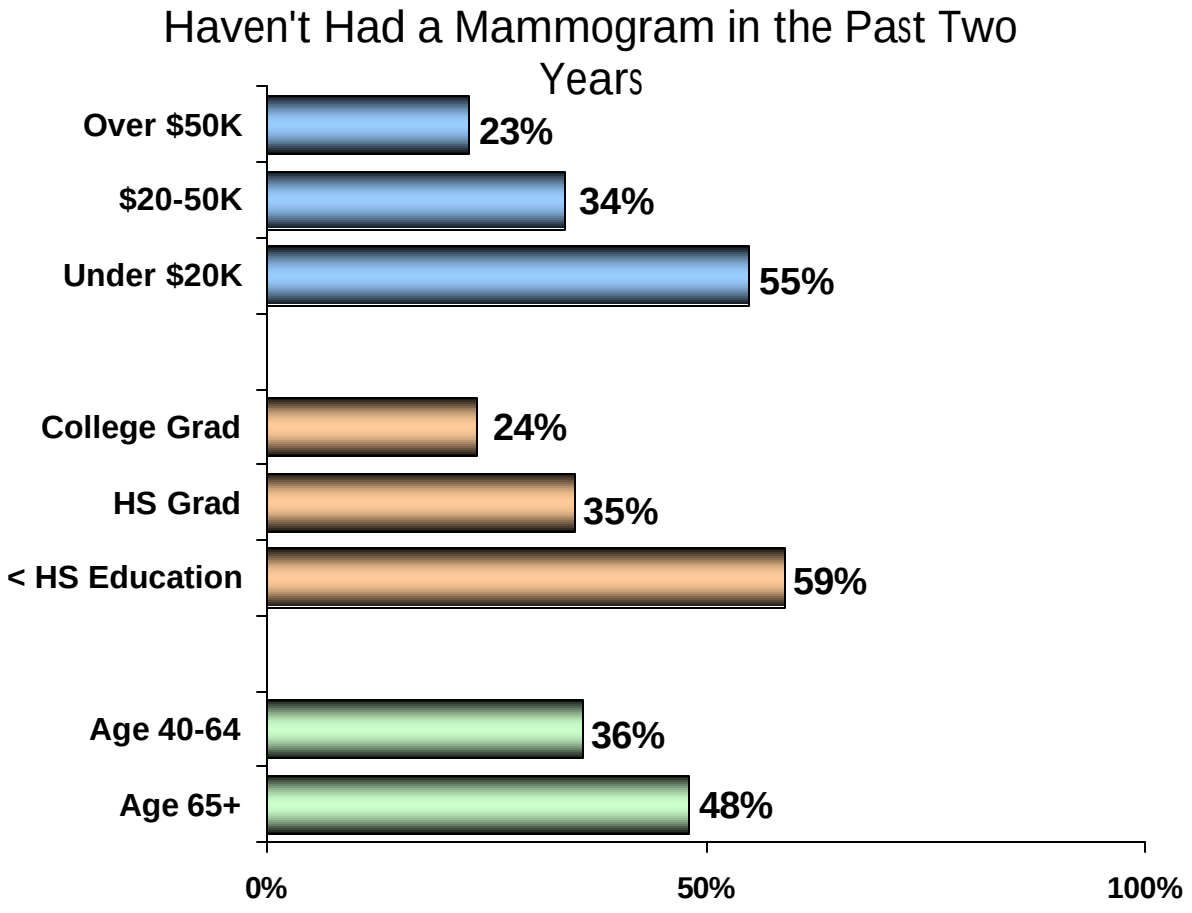
Risk Factor Definition: Mammograms

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 Montgomery and Pike Counties?

Forty percent of women 40 and older had not had a mammogram within the pasttwo years. Lower income women were more likely to report not receiving the screening within the past two years.



Knowledge of Breast Care

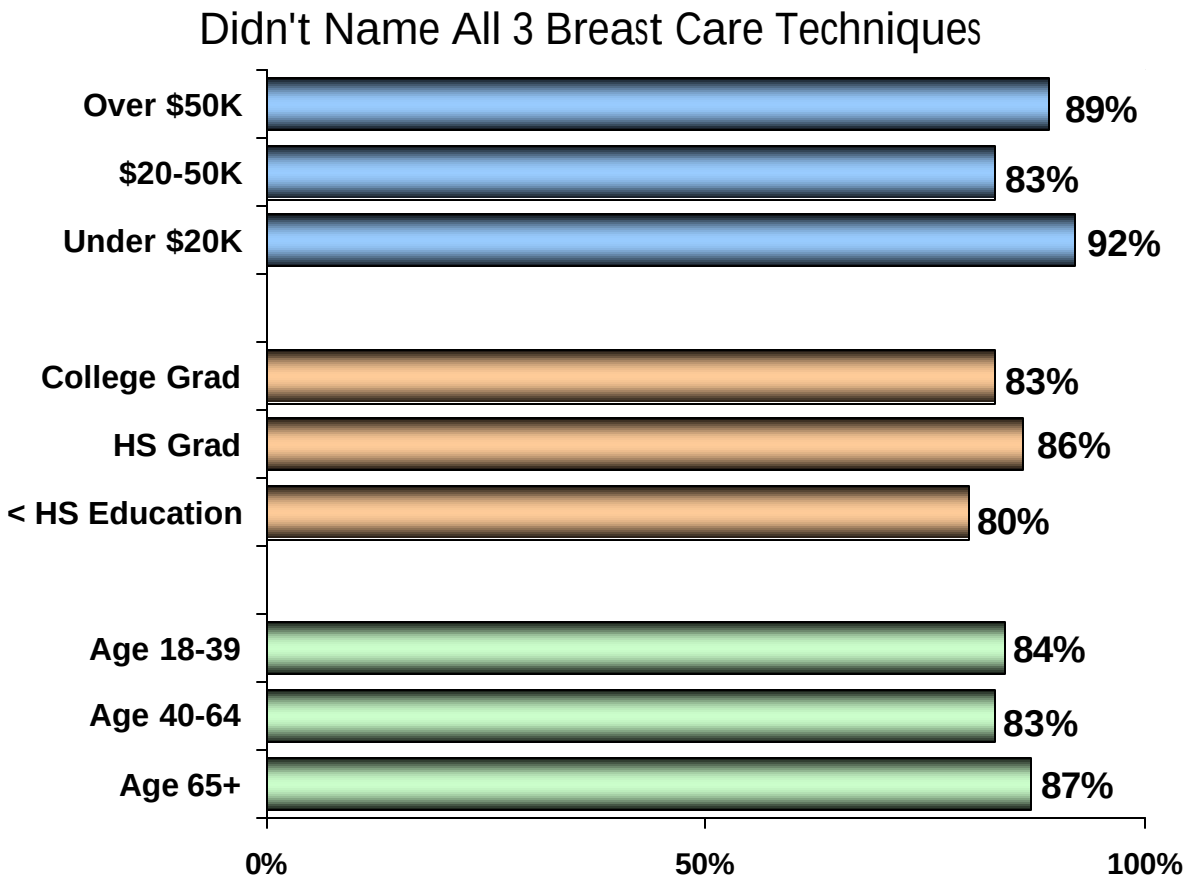
Risk Factor Definition: Knowledge of Breast Care Techniques

Question: What types of things can women do to help in the early detection of breast cancer?
Is there anything else women can do to help in the early detection of breast cancer?

At Risk: Women who did not name all three breast care techniques—mammogram, self-breast exams, and a yearly clinical breast exam by a health care professional—are considered at risk.

Who's At Risk in Montgomery and Pike Counties?

Eighty-four percent of adult women in Montgomery and Pike Counties did not name all three breast care techniques.



Other Women's Health Screening

Pap Smear

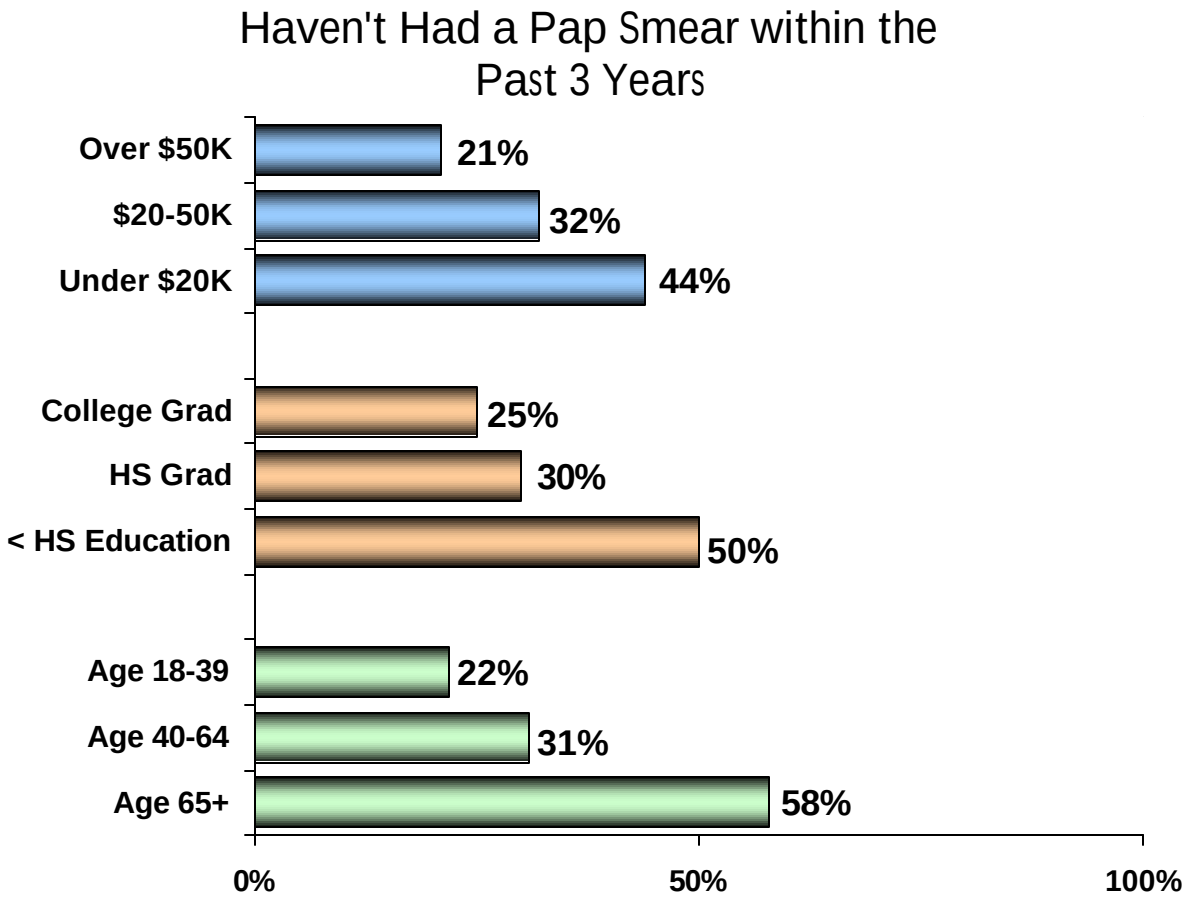
Risk Factor Definition: Pap Smear

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 Montgomery and Pike Counties?

Thirty-five percent of Montgomery and Pike Counties 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 more likely to not have had this screening test.

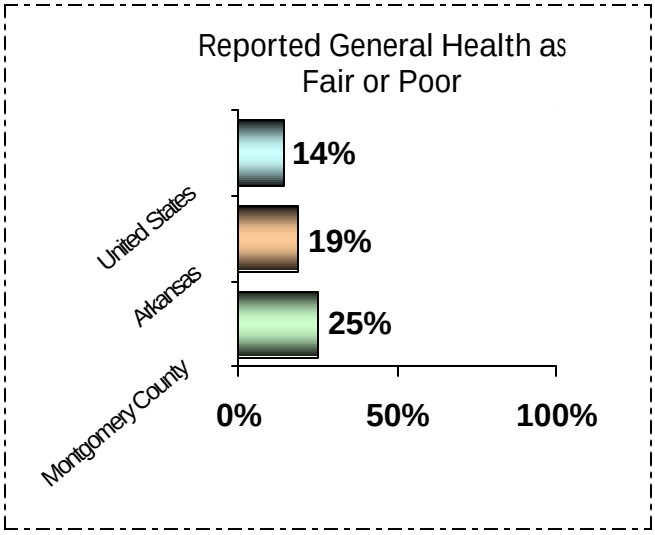


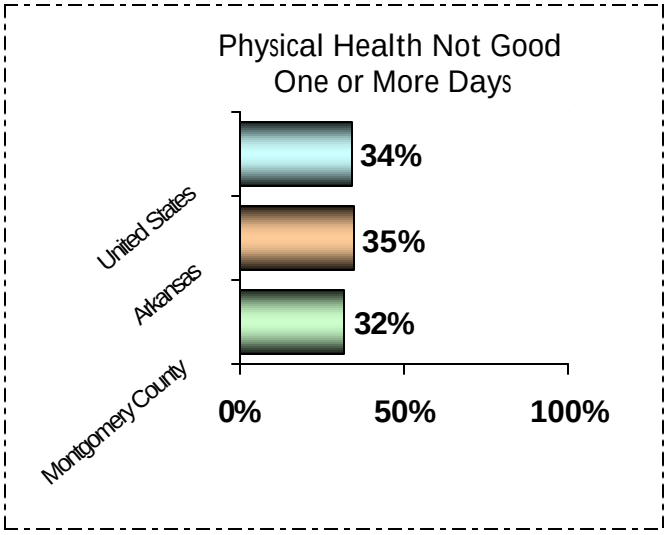
Montgomery County, Arkansas, and United States BRFSS Data Compared

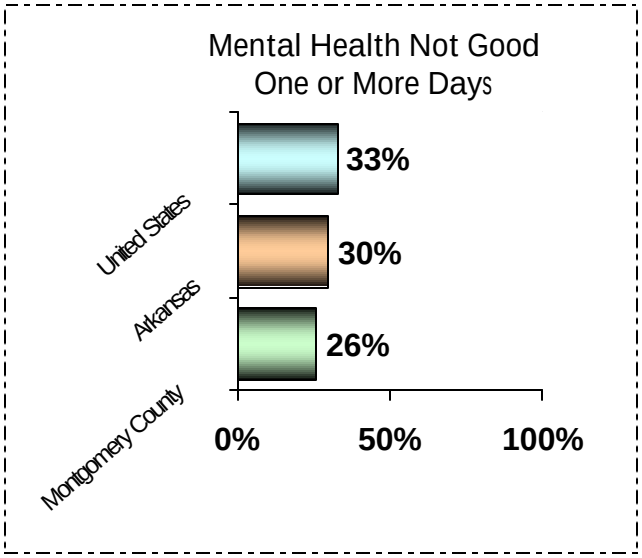
How Does Montgomery County Compare?

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

Health Status

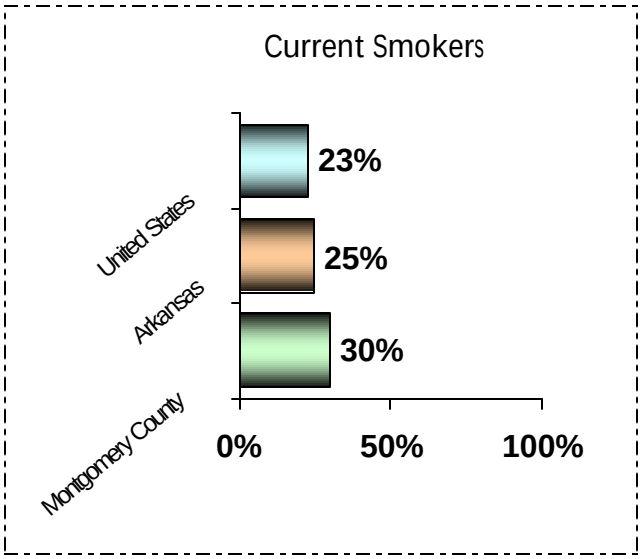


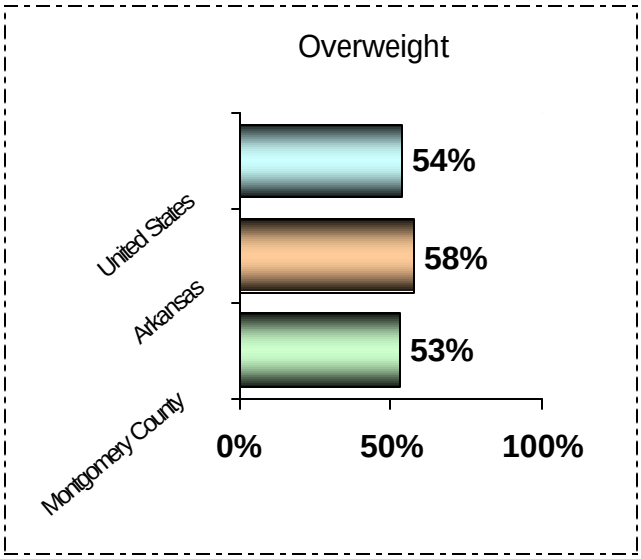


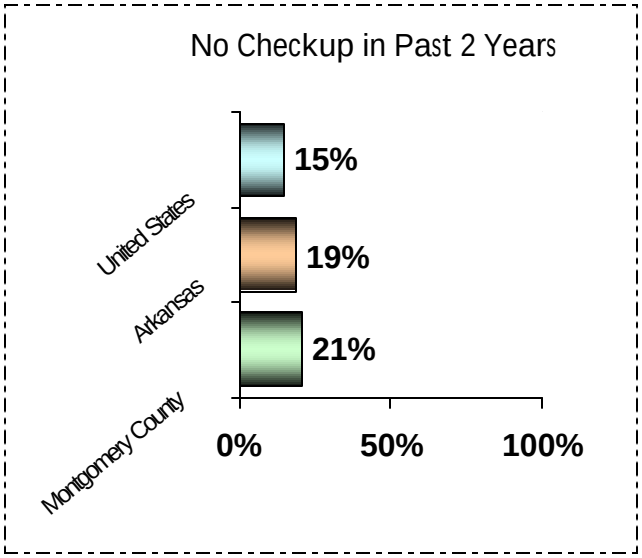


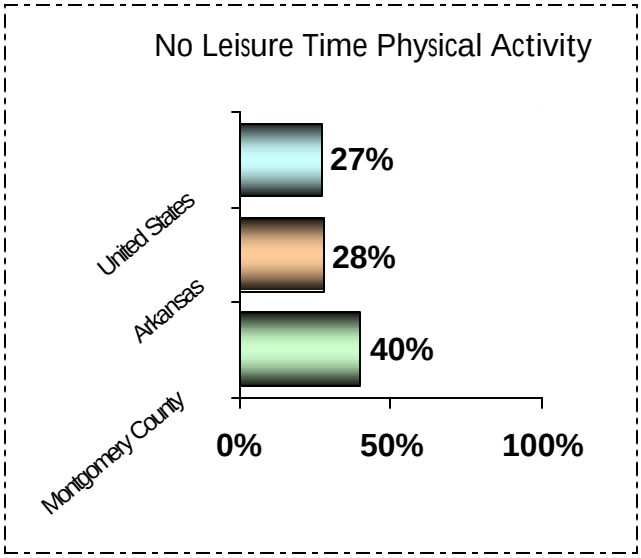
While Montgomery County adults reported their general health to be fair or poor more often than the rest of the nation, fewer of them reported their physical health was not good one or more days, and slightly fewer reported "not good" mental health on one or more days during the past month.

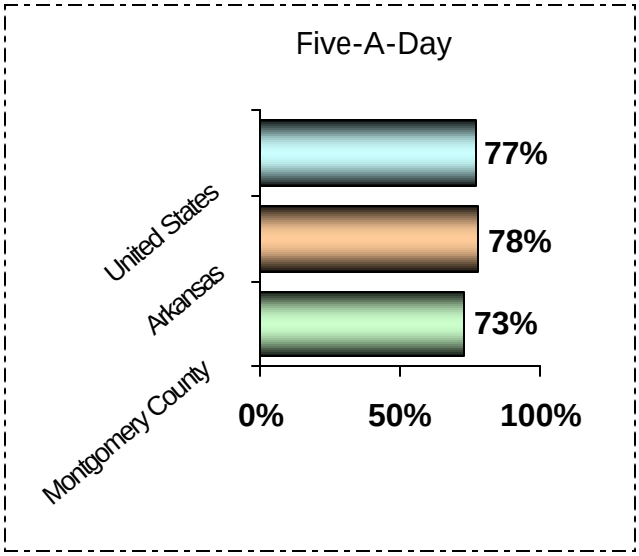
Health Habits



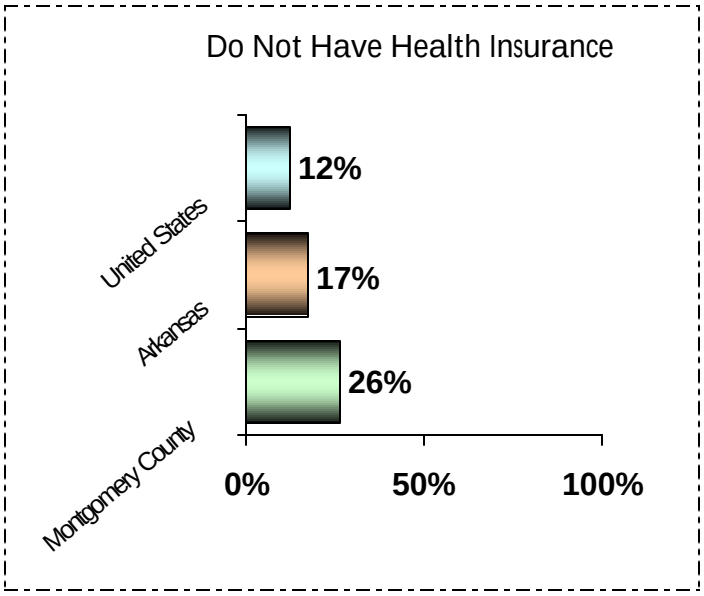




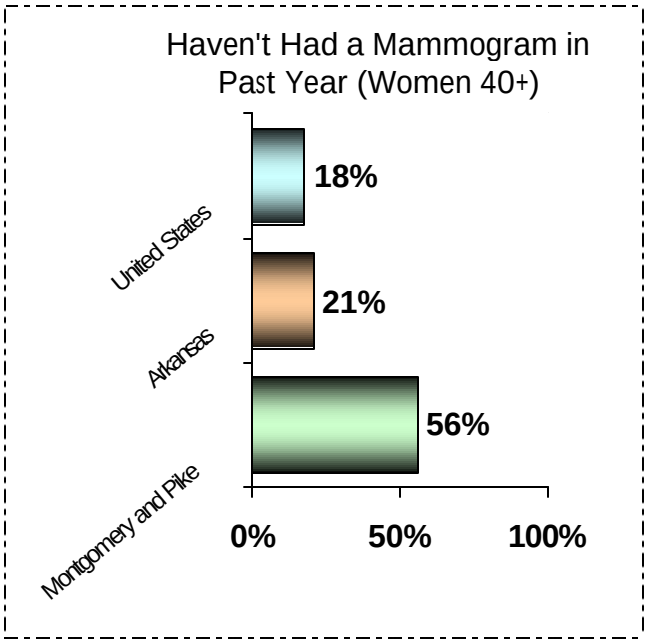


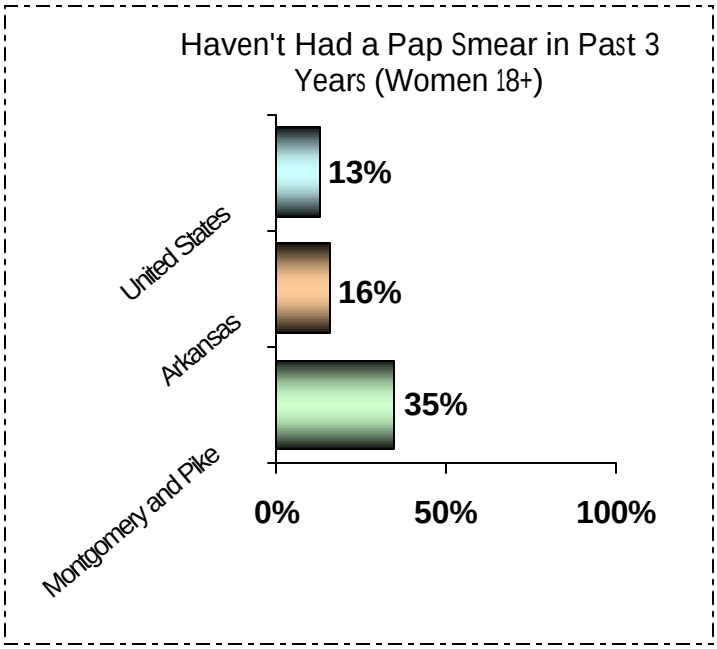


Montgomery County has a high percentage of adult smokers and physical inactivity, but a slightly lower percentage of overweight adults when compared to the state and the nation.



Montgomery County has a high percentage of uninsured adults. Montgomery County also has high percentage of women who haven't had a mammogram in past year, and women who haven't had a Pap smear in the past 3 years.





Appendix

BreastCare Hometown Health BRFSS Survey Questions

The following questions were administered as part of the BreastCare 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).

2.4. During the past 12 months, was there any time that you did not have any health insurance or coverage?

2.5. About how long has it been since you had health care coverage?

2.6. Was there a time during the last 12 months when you needed to see a doctor, but could not because of the cost?

2.7. About how long has it been since you last visited a doctor for a routine checkup?

Section 3: Asthma

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

3.2 Do you still have asthma?

Section 4: Diabetes

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

Section 5: Care Giving

5.1. There are situations where people provide regular care or assistance to a family member or friend who is elderly or has a long-term illness or disability. During the past month, did you provide any such care or assistance to a family member or friend who is 60 years of age or older?

5.2. Who would you call to arrange short or long-term care in the home for an elderly relative or friend who was no longer able to care for themselves?

Section 6: Exercise

6.1. During the past month, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

6.2. What type of physical activity or exercise did you spend the most time doing during the past month?

6.3. How far did you usually walk/run/jog/swim?

6.4. How many times per week or per month did you take part in this activity during the past month?

6.5. And when you took part in this activity, for how many minutes or hours did you usually keep at it?

6.6. Was there another physical activity or exercise that you participated in during the last month?

6.7. What other type of physical activity gave you the next most exercise during the past month*? (If activity is walking, running, jogging, or swimming, ask Q. 6.8)*

6.8. How far did you usually walk/run/jog/swim?

6.9 How many times per week or per month did you take part in this activity?

6.10. And when you took part in this activity, for how many minutes or hours did you usually keep at it?

Section 7: Tobacco Use

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

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

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

7.3a. On the average, when you smoked during the past 30 days, about how many cigarettes did you smoke a day?

7.4. During the past 12 months, have you quit smoking for 1 day or longer?

Section 8: Fruits and Vegetables

8.1. How often do you drink fruit juices such as orange, grapefruit, or tomato?

8.2. Not counting juice, how often do you eat fruit?

8.3. How often do you eat green salad?

8.4. How often do you eat potatoes not including french fries, fried potatoes, or potato chips?

8.5. How often do you eat carrots?

8.6. Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat?

Section 9: Weight Control

9.1. Are you now trying to lose weight?

9.2. Are you now trying to maintain your current weight, that is to keep from gaining weight?

Section 10: Demographics

10.1. What is your age?

10.2. What is your race?

10.3. Are you of Spanish or Hispanic origin?

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

10.5a. How many children live in your household who are 0 to 5 years old?

10.5b. How many children live in your household who are 6 to 12 years old?

10.5c. How many children live in your household who are 13 to 17 years old?

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

10.7. What is your current employment status?

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

10.9. About how much do you weigh without shoes?

10.10. How much would you like to weigh?

10.11. About how tall are you without shoes?

10.12. What county do you live in?

10.13. What is your ZIP Code?

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

10.15. How many residential telephone numbers do you have?

Q10.15a. Not counting interruptions in service because of the ice storms last December, has your regular home telephone service been disconnected in the last 12 months?

Q10.15b. In the past 12 months, about how many months in total were you without a working home telephone? (Do not count cell phones)

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

Section 11: Women's Health

11.1. What types of things can women do to help in the early detection of breast cancer?

11.2 Is there anything else women can do to help in the early detection of breast cancer?

11.3 A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?

11.4. What is the most important reason why you haven't had a mammogram?

11.5 Are there any other reasons why you haven't had a mammogram?

11.6. How long has it been since you had your last mammogram?

11.7 What is the most important reason why you haven't had a mammogram in the past two years?

11.8. Are there any other reasons why you haven't had a mammogram in the past two years?

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

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

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

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

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

11.14. Have you ever had breast cancer?

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

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

11.17 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?

11.18. Have you ever had a clinical breast exam?

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

11.20 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?

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

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

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

11.24. Have you had a hysterectomy?

11.25 To your knowledge, are you now pregnant?

County Selected Modules

Module 13: Cardiovascular Disease

1a. To lower your risk of developing heart disease or stroke, has your doctor advised you to eat fewer high fat or high cholesterol foods?

1b. To lower your risk of developing heart disease or stroke, has your doctor advised you to exercise more?

2a. To lower your risk of developing heart disease or stroke, are you eating fewer high fat or high cholesterol foods?

2b. To lower your risk of developing heart disease or stroke, are you exercising more?

3. Has your doctor ever told you that you had any of the following?
   a. heart attack or myocardial infarction?
   b. angina or coronary heart disease
   c. stroke

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

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

6. Why do you take aspirin?

7. Have you gone through or are you now going through menopause?

8. Estrogens such as Premarin and progestins such as Provera are female hormones that may be prescribed around the time of menopause, after menopause, or after a hysterectomy. Has your doctor discussed the benefits of estrogen with you?

9. Other than birth control pills, has your doctor ever prescribed estrogen pills for you?

10. Are you currently taking estrogen pills?

11. Why [are you taking/did you take] estrogen pills?

Module 15: Quality of Life and Care Giving

1. Are you limited in any way in any activities because of any impairment or health problem?

2. What is the major impairment or health problem that limits your activities?

3. For how long have your activities been limited because of your major impairment or health problem?

4. 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?

5. 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?

6. 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?

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

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

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

10. During the past 30 days, for about how many days have you felt very healthy and full of energy?

-End of Survey