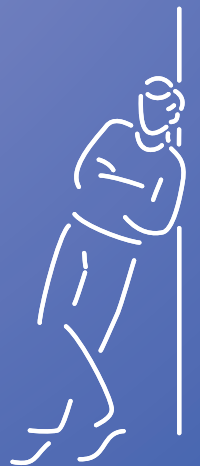


# ***Health Risks in Alaska Among Adults***



## ***Alaska Behavioral Risk Factor Survey 2008 Annual Report***



**State of Alaska**  
**Sean Parnell, Governor**

**Department of Health and Social Services**  
**Bill Hogan, Commissioner**



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U58/CCUO22905.

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Sean Parnell, Governor  
State of Alaska

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Dr. Ward Hurlburt, Director  
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## **Acknowledgments**

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# Introduction

***Alaska Behavioral Risk Factor Survey  
2008 Annual Report***





# Introduction

## **Background**

In 2007 there were 3,455 deaths in Alaska and 62% were identified within the top 5 causes of death. Mokdad, Marks, Stroup and Gerberding (2004) summarized published research and concluded that the greatest contributors to death in the United States in 2000 were tobacco use, poor diet, physical inactivity and alcohol consumption. Other causes of death included infections, toxic agents, firearms, sexual behaviors, motor vehicles, and illicit drugs.<sup>1</sup>

Modifying risk behaviors contributing to premature deaths and impaired quality of life is a public health challenge. For example, the behavioral risk factor of tobacco use is estimated to contribute to 30% of cancer deaths by the American Cancer Society. Tobacco also is responsible for 17–30% of cardiovascular deaths, 80-90% of lung disease deaths<sup>2</sup> and 24% of pneumonia and influenza deaths. Nationally, smoking results in approximately 440,000 annual preventable deaths and costs greater than \$75 billion in medical care.<sup>3</sup> Information on the prevalence of these health risk behaviors and clinical preventive health practices is essential for chronic disease and injury prevention and planning.

## **BRFSS History**

The Centers for Disease Control and Prevention (CDC) developed the Behavioral Risk Factor Surveillance System (BRFSS) to monitor state-level prevalence of the major behavioral risks among adults associated with premature morbidity and mortality. Data are collected on risk and

preventive behaviors and chronic disease prevalence that are especially useful for planning, initiating, supporting, and evaluating health promotion and disease prevention programs. The State of Alaska began the BRFSS in 1991 as a point-in-time study and has continued yearly since. The Alaska Behavioral Risk Factor Surveillance System is a collaborative project with the CDC and the Alaska Division of Public Health. Alaska's data are combined with all other states and U.S. territories participating in surveillance. The BRFSS is the longest running and largest telephone health survey in the world. In 2008, 414,509 interviews were completed throughout the United States, District of Columbia, U.S. Virgin Islands, Guam, and Puerto Rico. The BRFSS data have proven to be instrumental in formulating policy, proposing legislation for health initiatives and to focus resources on emergent and critical health concerns.

Since 1979, the Healthy People initiative has been the framework for identifying the most significant preventable threats to health and established prevention goals and objectives to address those issues. The goal is to increase quality and years of healthy life and to eliminate health disparities. *Healthy People 2010* is a scientific research system based on over 190 health surveillance and data systems, which includes the BRFSS.

# Introduction

Alaska has established state targets within the framework of the national Healthy People objectives in *Healthy Alaskans 2010* to address Alaska's specific health status, prevention priorities and objectives. *Healthy Alaskans 2010* was published in 2002 and serves as the structure for health policy development. In Alaska, seven of the ten leading health indicators for the 2010 goals are assessed with the BRFSS.

## **BRFSS in Alaska**

Alaska BRFSS data are used by numerous public health programs both within the state system and by outside organizations such as the Alaska Native health system. For example, State of Alaska, Section of Chronic Disease Prevention and Health Promotion staff have been actively involved in the selection of variables for the Anchorage Health Status Report and the Anchorage Community Assessment Project. Many of the variables under consideration are collected by the BRFSS. The intent is to compile approximately 30 variables that would represent the range of public health concerns in the Municipality of Anchorage. The Alaska Injury Surveillance and Prevention Programs used BRFSS data for the *State Epidemiologic Profile on Substance Use, Abuse, and Dependency* (funded by the Substance Abuse and Mental Health Services Administration).

The BRFSS data continue to be a valuable tool for guiding priorities within the Division of Public Health, and more broadly, the Department of Health and Social Services. One

specific example of this is that self-reported height and weight from the BRFSS, subsequently transformed into Body Mass Index (BMI), provide an important indicator of the problem of overweight and obesity in Alaska. Having a reliable indicator of BMI over the past 18 years has allowed the Division to bear witness to the ever increasing problem of overweight and obesity in Alaska and design initiatives to address the obesity problem in Alaska.

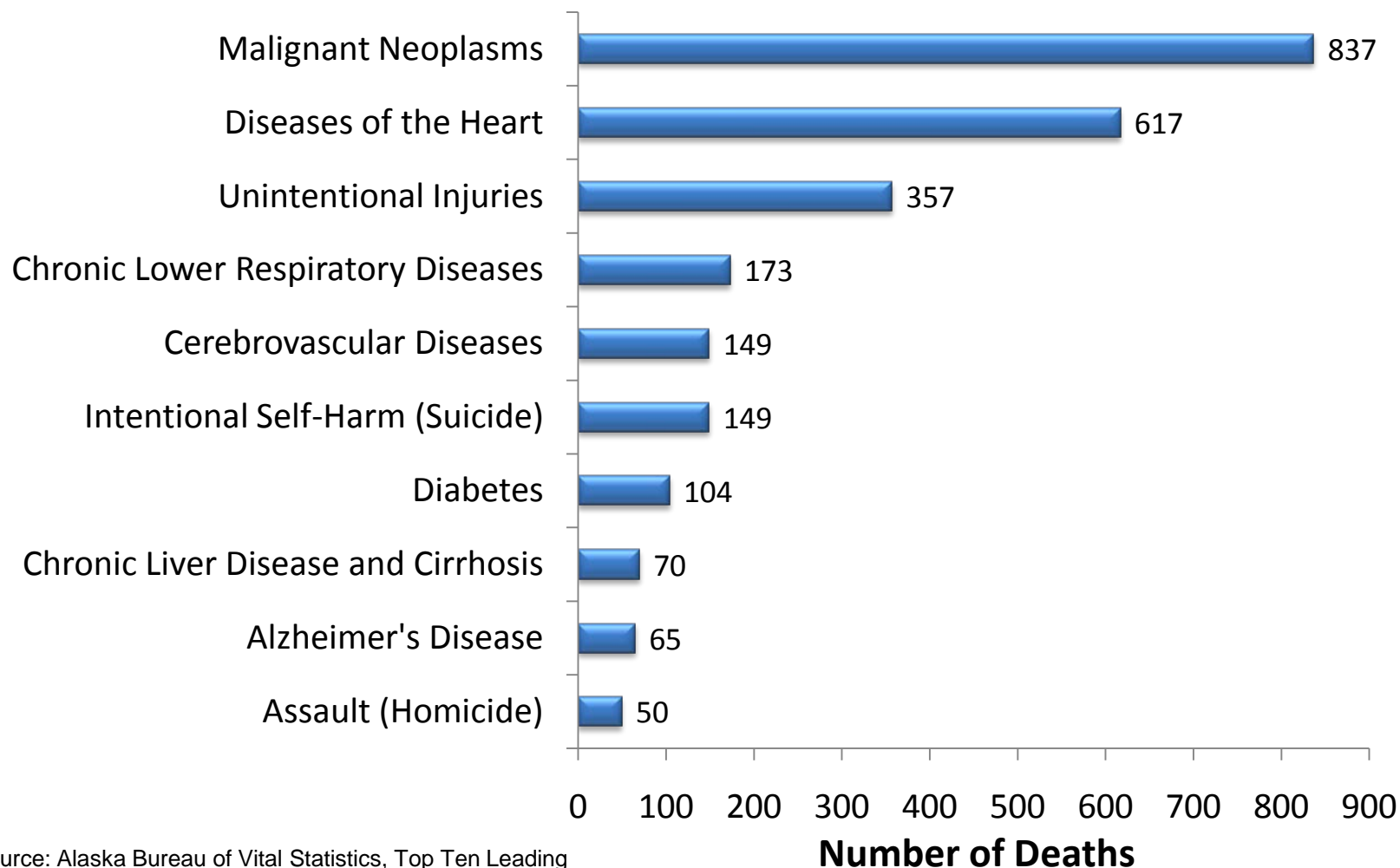
## Endnotes:

<sup>1</sup> Mokdad AH, Marks JS, Stroup DF, Gerberding JL. Actual Causes of Death in the United States, 2000. *JAMA* 2004; 291(10) 1238–1245.

<sup>2</sup> U.S. Department of Health and Human Services. [\*The Health Consequences of Smoking: A Report of the Surgeon General.\*](#) U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004. Accessed: December 2006.

<sup>3</sup> CDC SAMMEC, MMWR 2002; vol 51, No. 14:300-303.

# Leading Causes of Death in Alaska, 2007



Source: Alaska Bureau of Vital Statistics, Top Ten Leading Causes of Death for Alaska - 2007

## At Risk for Selected Risk Factors

Population\* = 482,836

Leading Health Indicator – Healthy Alaskans 2010	BRFSS 2008 Prevalence	Estimated Number of Affected Adults	Healthy Alaskans 2010 Goal
Proportion of adults who are obese (BMI $\geq 30.0$ )	28%	134,566	18%
Cigarette smoking by adults	22%	105,596	14%
Binge drinking among adults	16%	77,737	13%
Percent of Alaskans without health insurance	18% (adults age 18 years and older)	85,317	5% (All Alaskans)

\*Source: Alaska Department of Labor, Research and Analysis Section, Alaska Population by Age, Male/Female, Census Area and Labor Market, 2000, 2008.

# Methodology

***Alaska Behavioral Risk Factor Survey  
2008 Annual Report***



# Methodology

## ***Sample Design***

Although the main purpose of the BRFSS is to estimate the prevalence of behavioral risk factors in the general adult population, interviewing each person is not economically feasible. Thus, a probability or random sample is drawn in which all persons have a known chance of selection. The BRFSS in Alaska uses a stratified random sampling design, stratified into five regions based on common demographics (see Appendix A). An equal number of interviews are conducted from each region, which purposely over-samples the non-urban areas of Alaska. Over-sampling results in an adequate sample size collected from rural areas and allows analysis of the BRFSS data by region.

## ***Sample Size***

The survey is conducted throughout the year. Each month approximately 210 Alaska residents, age 18 years and older, are interviewed by telephone from an onsite health survey lab in Juneau. The goal for a year of data collection is 500 surveys from each of the 5 regions in Alaska, for a total of 2,500 surveys statewide (see *Special Note at the end of this section*).

## ***Sampling Process***

The GENESYS sampling system through Marketing Systems Group provides a random telephone number sample each month. They use a Disproportionate Stratified Sample (DSS) process that is designed to improve the probability that all

households in Alaska with telephones have a chance of inclusion in the study. For DSS, 100 number blocks of telephone numbers are placed into two strata based on the presumed density (high or low) of residential telephone numbers. One-plus block strata have at least one residential telephone number while zero blocks have none. The BRFSS sample is drawn from one-plus blocks; zero blocks are not sampled. The one-plus blocks are further divided based on whether the numbers are listed in a directory (listed one-plus block) or not listed (not listed one-plus block). Numbers in the listed one-plus blocks are sampled at a higher rate than those in the not listed one-plus blocks. In addition, GENESYS electronically identifies business, non-working, and cell phone numbers through its identification services and has modified its identification services to detect non-working numbers in rural Alaska. This technological adjustment has improved the process and the survey efficiency for Alaska. Because Alaska has such a low number of active residential lines, the study requires a large phone sample each month to operate successfully.

## ***Survey Instrument***

Participation is random, anonymous and confidential. Respondents are randomly selected from household residents 18 years of age or older. Only those living in households are surveyed, omitting residents of institutions, nursing homes, dormitories and group homes.



# Methodology

The questionnaire has three parts:

- Core
- Optional standard modules
- State-added questions

The core is a standard set of questions asked by all states. It includes questions about current health related perceptions, conditions, and behaviors (e.g., health status, health insurance, diabetes, tobacco use, selected cancer screening procedures, and HIV/AIDS risks) and questions on demographic characteristics.

Optional modules are CDC-supported sets of questions on specific topics that states can choose to add to their survey. State-added questions are developed or acquired by participating states and added to the questionnaire, they are not edited or evaluated by CDC. States are selective with choices of modules and state-specific questions to keep the questionnaires at a reasonable length of around 100 questions or approximately 20 minutes.

Each year the states and CDC agree on the content of the core component and possible optional modules. BRFSS protocol specifies that all states ask the core component questions without modification and may elect to add modules and state-added questions. Any new questions proposed as additions to the BRFSS must go through cognitive and field-testing prior to their inclusion in the

survey. The practice of utilizing questions from other surveys such as the National Health Interview Survey or the National Health and Nutrition Examination Survey allows the BRFSS to take advantage of cross-comparison between studies.

## ***Data Collection***

A staff of college interns and administrative clerks, each extensively trained using a standardized CDC protocol, conduct the interviews 7 days a week. The CDC-developed interviewer training is based on seven basic areas: overview of the BRFSS, role descriptions for staff involved in the interviewing process, the questionnaire, sampling, codes and dispositions, survey follow-up and practice sessions. The survey supervisor and coordinator routinely monitor the interviewers for training purposes and quality control. Data are collected via computer using WinCATI (Windows-based Computer Assisted Telephone Interviewing) software.

While conducting the telephone interview, the interviewer has the script and questionnaire on a computer screen, which is read verbatim. The designated answer of the respondent is selected on the screen. Incorporating edits and skip patterns into the CATI instrument reduces interviewer errors, data entry errors, and skip errors, while reducing respondent burden.

# Methodology

## ***Data Processing and Analysis***

Data processing is an integral part of the survey process, with collected data sent to CDC during each month of the year. Data conversion tables are developed to read the survey data and associated call history information from the WinCATI software, and to combine the information into the final format specified for the data year. CDC also created and distributes a Windows-based editing program that can perform data validations on properly formatted survey results. This program is used to output lists of errors or warning conditions encountered in the data. These edited reports are produced monthly and corrections are made by the survey supervisor or coordinator after which data files are sent to the CDC electronically. At the end of each survey year, data are compiled and weighted by CDC, and cross tabulations and prevalence reports are prepared using SAS and SUDAAN software. To create the specific at-risk variables, several variables from the data file are combined with varying complexity. The creation of some at-risk variables requires only combining codes, while others require sorting and combining selected categories from multiple variables.

## ***Weighting***

Unweighted data are the actual responses of each survey respondent. The data are weighted or adjusted to compensate for the over-representation or under-representation of persons in various subgroups. The data are further weighted to adjust the distribution of the sample

data so that it reflects the total population of the sampled area. (See Appendix B for weighting formula).

## ***Data Reporting***

For all analyses, respondents with “don’t know/not sure” responses, those who refused to answer and those with missing responses were excluded.

## ***Confidence Intervals***

A confidence interval is a range around a measure that conveys how precise the measurement is thought to be. A 95% confidence interval around an estimate specifies a range in which we believe a true estimate lies with a 95% probability. Confidence intervals are also used as a test of statistical significance. If two confidence intervals intersect one another the measures are not significantly different. If the confidence intervals do not intersect one another then there is a statistically significant difference.

## ***Comparisons***

All comparisons made to the national BRFSS median are comparisons made to the median prevalence of the 50 states participating in the Behavioral Risk Factor Surveillance System, plus the District of Columbia, Guam, Puerto Rico, and the U.S. Virgin Islands.

# Methodology

## *Limitations*

The BRFSS uses telephone interviewing for several reasons. Telephone interviews are faster and less expensive than face-to-face interviews. Calls are made from one central location in Juneau and are monitored for quality control.

The main limitation of any telephone survey is that people without landline phones cannot be reached and are not represented. In Alaska, about 97% of households have phones<sup>1</sup> with the U.S. average of phone coverage being 97.6%. The percentage of households with a telephone varies by region in Alaska (see Appendix C). In general, persons of lower socioeconomic status are less likely than persons of higher socioeconomic status to have phones and may be under-sampled. With surveys based on self-reported information, the potential for bias must be kept in mind when interpreting results. Survey response rates may also affect the potential for bias in the data. The literature shows that most questions on the core BRFSS instrument are at least moderately reliable and valid and many were reported to be highly reliable and valid.<sup>2</sup>

In recent years, there has been increase number of people who live in “cell phone only” households.<sup>3,4</sup> Through 2008 these households were not included in the BRFSS as only households with landline telephones are eligible. For 2009, all states are conducting a cell phone-based BRFSS using a sample of cell phone exchanges.

The reliability of a prevalence estimate depends on the actual, unweighted number of respondents in a category or demographic subgroup. Interpreting and reporting weighted numbers that are based on a small unweighted number of respondents can be misleading since the degree of precision for this instrument increases as the sample size increases.

Prevalence estimates are not reported for those categories in which there were less than 50 respondents and/or the 95% confidence interval half-width is greater than 10. Estimates are rounded to the nearest whole percentage when there are less than 500 observations.

## *Special Note*

For some indicators BRFSS data were combined with data from a second survey, the Alaska Modified BRFSS. This survey was state developed and is funded by the Alaska Tobacco Prevention and Control Program and focuses largely on tobacco use and attitudes. It has been collected in Alaska since 2004. The Modified BRFSS uses the same sample design, data collection methodology, and has the same sample size goal of 2,500 surveys collected per year as the BRFSS. Combining the Modified BRFSS survey with the BRFSS where possible allows for a larger sample size for analysis and more stable estimates. Also note that when the combined BRFSS and Modified BRFSS data were used, estimates will not match those provided by the CDC for those indicators.

# Methodology



## *Endnotes*

<sup>1</sup> Census 2000 Summary File 4 (SF 4)

<sup>2</sup> Nelson, DE, Holtzman D, Bolen J, et al. Reliability and validity of BRFSS measures. *Soz Praventivmed*. 2001; Vol. 46:suppl.1

<sup>3</sup> Blumberg, SJ, Lukem, JV. Wireless substitution: early release of estimates from the National Health Interview Survey, January –June 2007. National Center for Health Statistics. Available from <http://www.cdc.gov/nchs/data/nhis/earlyrelease/wireless200712.pdf>. December 10, 2007.

<sup>4</sup> Link, MW, Battaglia, MP, Frankel, MR, Osborn, L, Mokdadm AH. Reaching the US cell phone generation: comparison of cell phone survey results with an ongoing landline telephone survey. *Public Opinion Quarterly*. 2007, Vol. 71: No 5, 814-839.



# 2008 BRFSS Sampling Regions

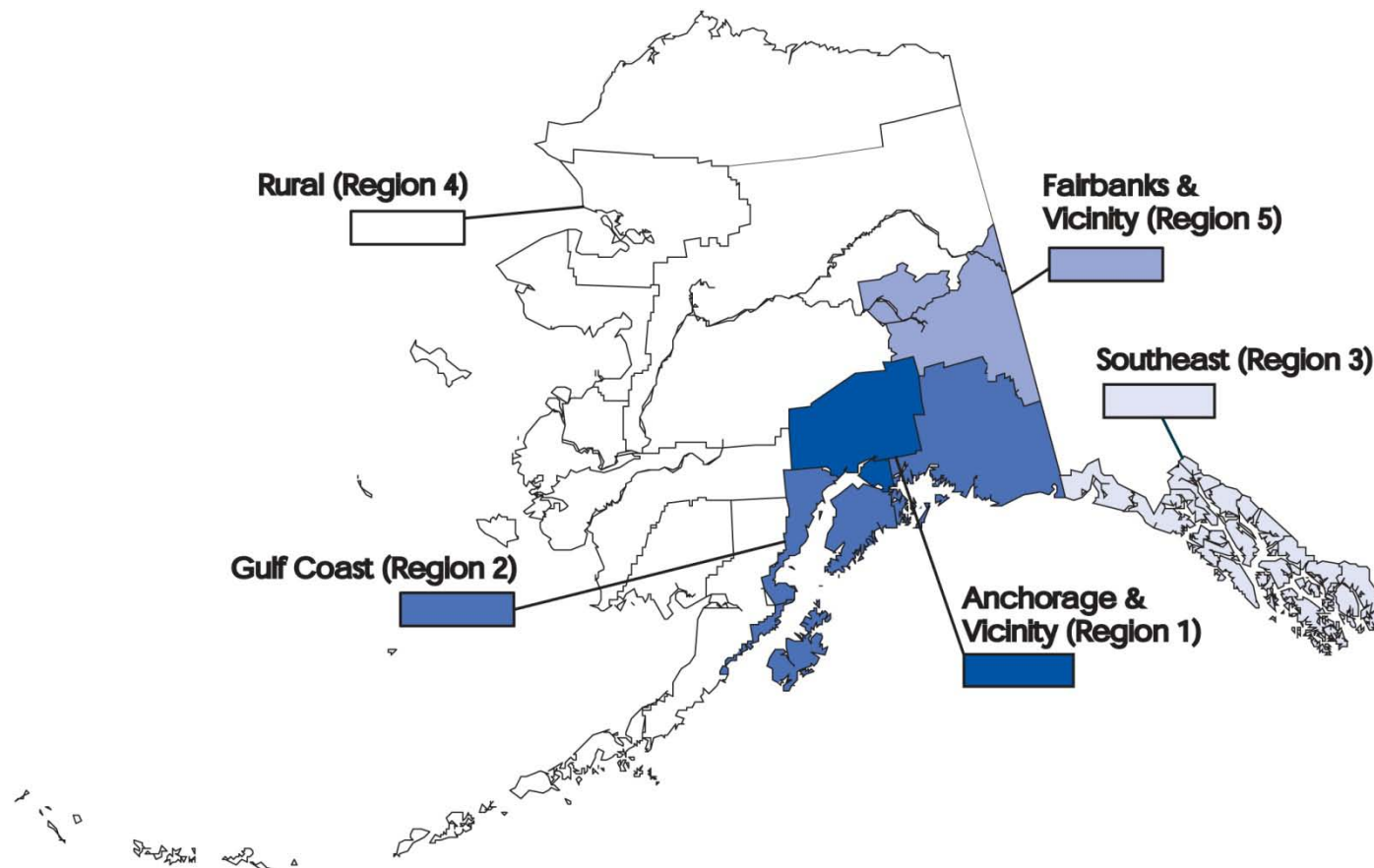


Region	2008 Population (18 years and older)*	2008 Number of Surveys		
		Standard BRFSS	Modified BRFSS	Total
<b>Anchorage and Vicinity (Region 1)</b>	<b>261,970</b>	<b>549</b>	<b>476</b>	<b>1,025</b>
Anchorage and vicinity				
<b>Gulf Coast (Region 2)</b>	<b>55,385</b>	<b>562</b>	<b>455</b>	<b>1,017</b>
Kenai, Kodiak, Valdez, Cordova and vicinity				
<b>Southeast (Region 3)</b>	<b>51,983</b>	<b>495</b>	<b>428</b>	<b>923</b>
All of Southeast Alaska				
<b>Rural (Region 4)</b>	<b>44,645</b>	<b>515</b>	<b>452</b>	<b>967</b>
All other non-urban areas of Alaska				
<b>Fairbanks and Vicinity (Region 5)</b>	<b>68,583</b>	<b>543</b>	<b>471</b>	<b>1,014</b>
Fairbanks and vicinity				
<b>Total</b>	<b>482,836</b>	<b>2,664</b>	<b>2,282</b>	<b>4,946</b>

\*Source: Alaska Department of Labor, Research and Analysis Section, Alaska Population by Age, Male/Female, Census Area and Labor Market, 2000, 2008.



# 2008 BRFSS Sampling Regions





# Survey Population by Selected Demographics

	2008 Standard BRFSS		2008 Modified BRFSS		2008 Totals	
	n	Weighted %	n	Weighted %	n	Weighted %
<b>Gender</b>						
Male	1,240	51.7%	1,049	51.7%	2,289	51.7%
Female	1,424	48.3%	1,233	48.3%	2,657	48.3%
Total	2,664		2,282		4,946	
<b>Race*</b>						
White	1918	73.1%	1,645	76.7%	3,563	74.9%
American Indian/Alaska Native	518	14.4%	431	13.7%	949	14.0%
Other	207	11.7%	169	8.3%	376	10.0%
Unknown	21	< 1%	37	1.3%	58	1.0%
<b>Age</b>						
18 - 24	138	13.4%	139	13.6%	277	13.4%
25 - 34	446	20.8%	357	20.6%	803	20.8%
35 - 44	477	19.4%	436	19.2%	913	19.3%
45 - 54	630	20.7%	574	21.2%	1,204	20.9%
55 - 64	569	14.6%	460	14.6%	1,029	14.6%
65 or older	376	10.0%	288	10.0%	664	10.0%
Unknown	28	1.2%	28	< 1%	56	1.0%
<b>Education</b>						
Did not graduate High School	200	8.1%	180	7.9%	380	8.7%
Graduated H.S./GED	846	31.7%	653	28.6%	1,499	30.2%
Attended College or Technical School	794	31.9%	663	29.1%	1,457	30.7%
Graduated from College	817	28.0%	781	34.2%	1,598	30.3%
Unknown	7	< 1%	5	< 1%	12	< 1%
<b>Income</b>						
Less than \$15,000	227	7.4%	159	5.1%	386	6.2%
\$15,000 - 24,999	272	9.1%	253	8.5%	525	8.8%
\$25,000 - 34,999	239	8.8%	186	7.7%	425	8.2%
\$35,000 - 49,999	349	12.4%	313	14.4%	662	13.4%
\$50,000 - 74,999	449	16.1%	409	17.0%	858	16.7%
> \$75,000	823	33.8%	711	36.0%	1,534	34.6%
Unknown	305	12.3%	251	11.3%	556	12.0%

\*Race categorization based on what race the respondent stated best describes their race if they stated they were of more than one race.

# Quality of Life

***Alaska Behavioral Risk Factor Survey  
2008 Annual Report***



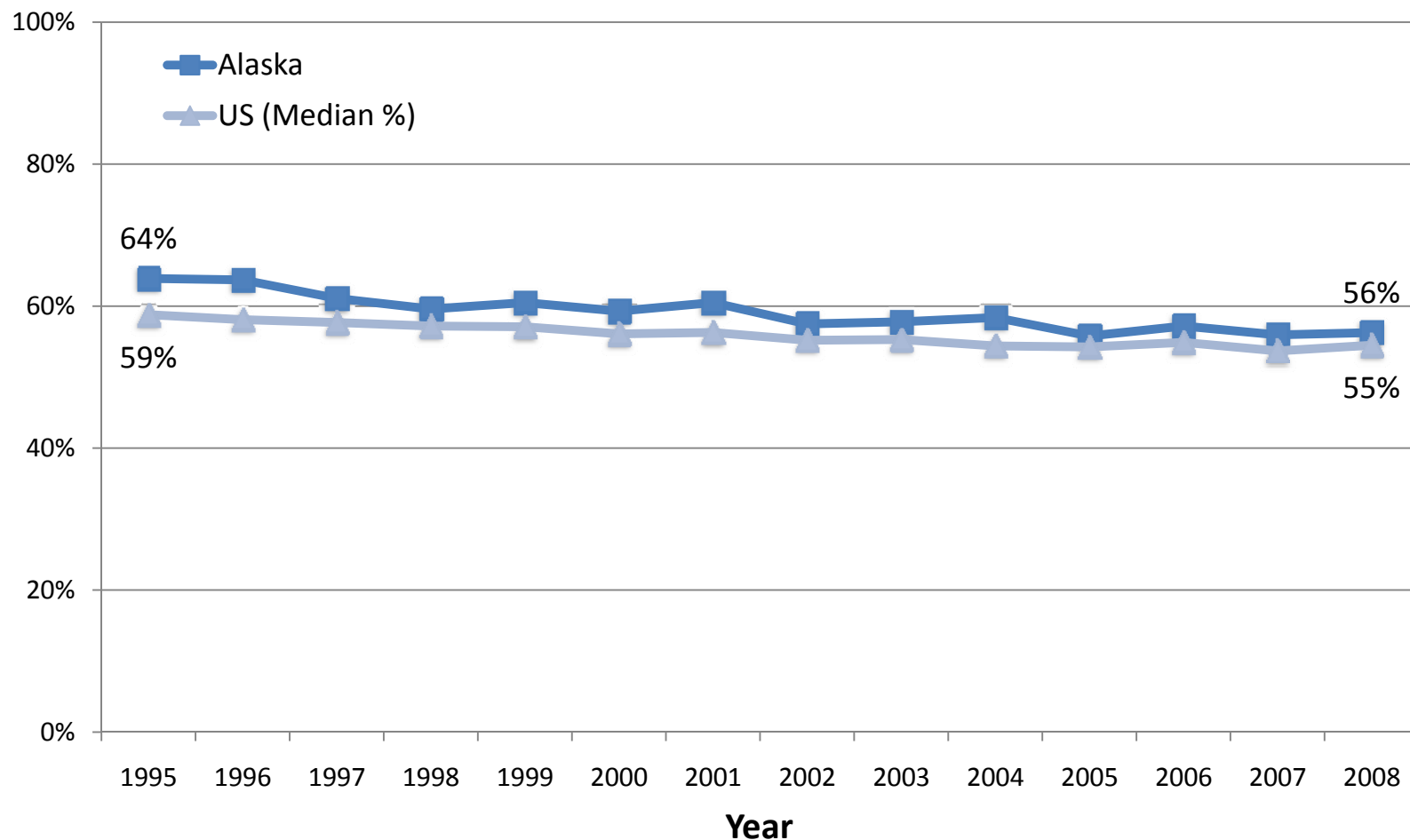
# General Health Status: Excellent or Very Good



- **Indicator:** Proportion of Alaskan adults who report their health is very good or excellent.
- **Data source:** 2008 Alaska Standard and Modified BRFSS surveys combined
- **BRFSS Question:** Would you say that in general, your health is excellent, very good, good, fair, or poor?
- **How are we doing?**
  - In 2008, Alaskan adults generally reported their health to be good. Over half said their health was very good or excellent.
- **How does Alaska compare with the US?**
  - From 1995 through 2008, the prevalence of respondents reporting very good or excellent health has decreased both in the US and in Alaska.
  - The prevalence of very good or excellent health has been slightly higher in Alaska than the US during this same time period.
- **How are different populations affected?**
  - Significantly more non-Natives than Alaska Natives rated their health as very good or excellent.
  - Ratings of general health status appeared to improve with higher levels of education and income.
  - Respondents living in non-Rural areas rated their health as very good or excellent significantly more than respondents living in the Rural region of Alaska.
  - A lower prevalence of excellent or very good health was associated with being divorced, widowed or separated, having a disability, having current mild depression, and having no health care coverage.
  - Having a lifetime diagnosis of asthma, having a lifetime diagnosis of cardiovascular disease, having diabetes, no leisure time physical activity in the past 30 days, smoking and being obese were also associated with a lower prevalence of reporting excellent or very good health.



# General Health: Excellent or Very Good 1991 - 2008 Alaska BRFSS

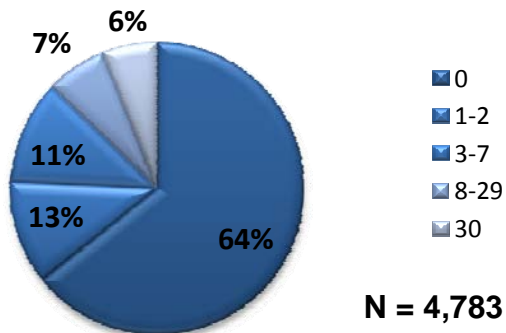


# Health Status: Healthy Days

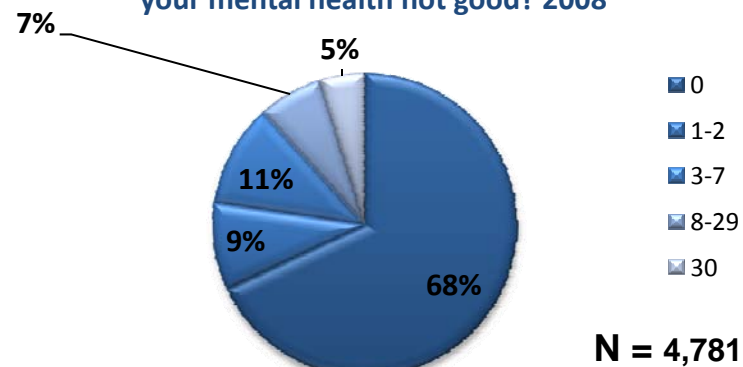
Data source: 2008 Alaska Standard and Modified BRFSS surveys combined



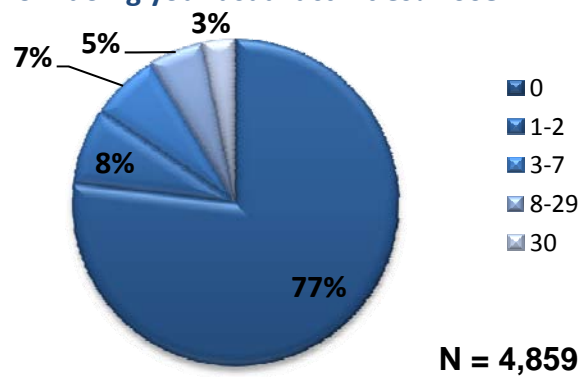
How many days during the past 30 days was your physical health not good? 2008



How many days during the past 30 days was your mental health not good? 2008



How many days did poor health keep you from doing your usual activities? 2008



**General Health, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy Alaskans 2010 Objective: 15.4: Increase the proportion of adults that report that their general health is excellent or very good to 75%.							
Screening Question:			Would you say in general that your health is:				
Response:			Excellent or Very good			Age-Adjusted Rate	
Population at Risk (See Appendix)	Observed Rate		Individuals	n	N	Age-Adjusted Rate	
	%	95% CI				%	95% CI
<b>Total</b>	<b>56.3%</b>	( 54.1% - 58.4% )	279,492	2,602	4,924	<b>54.8%</b>	( 52.7% - 56.9% )
<b>Demographics</b>							
<b>Gender</b>							
Female	57.1%	( 54.2% - 59.9% )	136,972	1,426	2,646	55.7%	( 52.8% - 58.5% )
Male	55.5%	( 52.3% - 58.7% )	142,521	1,176	2,278	53.9%	( 50.9% - 56.9% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>							
Persons aged 18 to 24 years	70%	( 62% - 77% )	46,698	170	277	NA	( NA - NA )
Persons aged 25 to 34 years	58.4%	( 53.3% - 63.3% )	60,358	479	802	NA	( NA - NA )
Persons aged 35 to 44 years	59.3%	( 54.8% - 63.7% )	57,307	531	924	NA	( NA - NA )
Persons aged 45 to 64 years	54.3%	( 51.3% - 57.2% )	98,295	1,183	2,267	NA	( NA - NA )
Persons aged 65 years and older	34.5%	( 29.7% - 39.6% )	16,796	239	654	NA	( NA - NA )
<b>Race and Ethnicity</b>							
American Indian or Alaska Native	40.6%	( 35.7% - 45.6% )	28,161	349	942	38.0%	( 33.8% - 42.4% )
Asian or Pacific Islander	44%	( 31% - 58% )	8,254	58	127	39%	( 29% - 51% )
Asian	44%	( 29% - 60% )	6,931	46	100	39%	( 28% - 52% )
Native Hawaiian or Other Pacific Islander	DSU	( DSU - DSU )	DSU	12	27	DSU	( DSU - DSU )
Black or African American	59%	( 44% - 73% )	6,613	39	79	52%	( 38% - 66% )
White	60.4%	( 57.9% - 62.8% )	224,991	2,050	3,551	59.2%	( 56.8% - 61.6% )
Hispanic or Latino	45%	( 33% - 58% )	7,796	62	134	38%	( 29% - 49% )
Not Hispanic or Latino	57.0%	( 54.8% - 59.2% )	269,741	2,518	4,718	55.6%	( 53.5% - 57.7% )
Black or African American, not Hispanic/Latino	DSU	( DSU - DSU )	DSU	14	34	DSU	( DSU - DSU )
White, not Hispanic or Latino	60.8%	( 58.3% - 63.3% )	218,337	2,001	3,423	59.8%	( 57.2% - 62.2% )
<b>Alaska Native</b>							
Yes	41.6%	( 36.9% - 46.5% )	32,264	384	1,036	38.9%	( 34.9% - 43.1% )
No	59.2%	( 56.8% - 61.6% )	245,373	2,198	3,841	57.8%	( 55.4% - 60.1% )



**General Health, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

**Healthy Alaskans 2010 Objective: 15.4: Increase the proportion of adults that report that their general health is excellent or very good to 75%.**

Screening Question:		Would you say in general that your health is:						
Response:		Excellent or Very good						
Population at Risk (See Appendix)		Observed Rate			Age-Adjusted Rate			
		%	95% CI	Individuals	n	N	%	95% CI
<b>Geographic Location</b>								
Anchorage & Vicinity	58.8%	( 55.2% - 62.4% )	159,355	564	1,022	56.7%	( 53.2% - 60.1% )	
Fairbanks & Vicinity	57.9%	( 53.9% - 61.7% )	39,572	564	1,008	56.0%	( 52.4% - 59.6% )	
Gulf Coast	55.5%	( 51.8% - 59.1% )	31,319	560	1,015	54.3%	( 50.3% - 58.2% )	
Rural	42.0%	( 38.4% - 45.8% )	19,947	426	961	41.1%	( 37.3% - 45.1% )	
Southeast	55.0%	( 51.3% - 58.5% )	29,299	488	918	55.4%	( 51.5% - 59.1% )	
<b>Urban/Rural</b>								
Metropolitan Statistical Area	58.8%	( 55.8% - 61.8% )	195,731	1,103	1,970	56.8%	( 53.9% - 59.7% )	
Micropolitan Statistical Area & Urban Clusters	56.0%	( 53.1% - 59.0% )	45,704	808	1,452	55.5%	( 52.4% - 58.6% )	
Rural	46.2%	( 42.5% - 50.0% )	38,058	691	1,502	45.0%	( 41.7% - 48.4% )	
<b>Education Level (persons aged 25 years and older)</b>								
Less than high school	31%	( 24% - 39% )	8,318	90	323	31%	( 24% - 38% )	
High school graduate	47.2%	( 43.3% - 51.2% )	59,060	601	1,366	45.9%	( 42.2% - 49.7% )	
At least some college	51.4%	( 47.5% - 55.2% )	67,348	712	1,375	49.5%	( 45.6% - 53.5% )	
College Graduate	66.9%	( 63.5% - 70.1% )	97,766	1,023	1,571	65.1%	( 61.6% - 68.4% )	
<b>Employment Status</b>								
Employed	61.3%	( 58.7% - 63.8% )	204,806	1,925	3,261	60.0%	( 57.0% - 63.0% )	
Unemployed	44%	( 36% - 52% )	15,726	134	341	38%	( 31% - 45% )	
Not in Workforce (Student, Homemaker, Retired)	52.2%	( 47.4% - 57.0% )	56,397	514	1,086	57.3%	( 52.4% - 62.1% )	
Unable to work	DSU	( DSU - DSU )	DSU	21	214	DSU	( DSU - DSU )	
<b>Marital Status</b>								
Married or Unwed Couple	59.5%	( 56.9% - 62.0% )	198,563	1,667	2,956	58.5%	( 55.8% - 61.1% )	
Divorced/Separated	41.8%	( 36.9% - 47.0% )	23,436	396	845	39.5%	( 31.1% - 48.6% )	
Widowed	37%	( 30% - 46% )	6,498	120	305	61%	( 48% - 72% )	
Never Married	57.5%	( 51.2% - 63.5% )	50,345	411	791	48.8%	( 42.9% - 54.7% )	

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**Healthy Alaskans 2010 Objective: 15.4: Increase the proportion of adults that report that their general health is excellent or very good to 75%.**

Screening Question:		Would you say in general that your health is:						
Response:		Excellent or Very good						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI	
Income Level								
<\$15,000	34%	( 25% - 43% )	10,512	95	381	28%	( 23% - 35% )	
\$15,000 - \$24,999	38.4%	( 31.8% - 45.3% )	16,746	190	521	37.7%	( 31.6% - 44.3% )	
\$25,000 - \$49,999	49.9%	( 45.1% - 54.7% )	53,451	534	1,081	47.7%	( 43.3% - 52.1% )	
\$50,000 - \$74,999	63.8%	( 59.0% - 68.3% )	52,921	529	857	63.9%	( 58.8% - 68.6% )	
\$75,000	67.6%	( 64.0% - 70.9% )	116,664	1,019	1,534	66.5%	( 62.1% - 70.6% )	
Poverty Threshold								
Poor (<100% Poverty Threshold)	36%	( 28% - 45% )	12,711	111	352	30%	( 25% - 36% )	
Near Poor (100% to 199% Poverty Threshold)	40.1%	( 34.2% - 46.3% )	27,365	238	703	37.2%	( 32.0% - 42.8% )	
Middle/High Income (>=200% Poverty Threshold)	62.9%	( 60.5% - 65.4% )	210,021	2,018	3,319	62.2%	( 59.6% - 64.8% )	
Below Poverty Guidelines								
Yes	37%	( 30% - 44% )	18,542	154	480	30%	( 26% - 35% )	
No	59.9%	( 57.5% - 62.2% )	231,782	2,213	3,894	58.9%	( 56.4% - 61.3% )	
Veteran								
Yes	54%	( 47% - 60% )	52,143	238	491	59%	( 53% - 65% )	
No	56.7%	( 53.3% - 60.0% )	226,853	1,166	2,160	54.6%	( 51.3% - 57.8% )	
Health Status								
General Health								
Excellent to Very Good	100.0%	( 0.0% - 0.0% )	279,492	2,602	2,602	100.0%	( 0.0% - 0.0% )	
Good	0.0%	( 0.0% - 0.0% )	0	0	1,554	0.0%	( 0.0% - 0.0% )	
Fair/Poor	0.0%	( 0.0% - 0.0% )	0	0	768	0.0%	( 0.0% - 0.0% )	
Healthy Days (Mean Number of Days)								
Physical Health Not Good	1.5	( 1.2 - 1.8 )			2558	1.5	( 1.2 - 1.7 )	
Mental Health Not Good	2.1	( 1.7 - 2.5 )			2556	2.0	( 1.6 - 2.3 )	
Unhealthy Days (Physical or Mental Health Not Good)	3.4	( 3.0 - 3.9 )			2528	3.2	( 2.8 - 3.6 )	
Days with Activity Limitation	0.9	( 0.6 - 1.2 )			2588	0.8	( 0.6 - 1.1 )	

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**Healthy Alaskans 2010 Objective: 15.4: Increase the proportion of adults that report that their general health is excellent or very good to 75%.**

Screening Question:		Would you say in general that your health is:							
Response:		Excellent or Very good							
		Observed Rate					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI		
Healthy Days (Percentage with 14 or More Days)									
Physical Health Not Good	DSU	( DSU - DSU )	DSU	75	525	DSU	( DSU - DSU )		
Mental Health Not Good	33%	( 26% - 41% )	14,070	123	467	32%	( 25% - 39% )		
Unhealthy Days (Physical or Mental Health Not Good)	29.3%	( 24.5% - 34.7% )	23,211	196	837	29.2%	( 24.6% - 34.4% )		
Activity Limitation	DSU	( DSU - DSU )	DSU	47	330	DSU	( DSU - DSU )		
Disability									
Disabled									
Yes	29.6%	( 24.4% - 35.3% )	34,092	189	693	32.0%	( 25.6% - 39.1% )		
No	64.3%	( 60.8% - 67.6% )	243,207	1,205	1,936	62.2%	( 58.9% - 65.5% )		
Activity Limitation									
Yes	27.7%	( 23.8% - 31.8% )	31,127	311	1,195	28.9%	( 24.4% - 33.9% )		
No	64.8%	( 62.4% - 67.2% )	246,264	2,268	3,675	62.6%	( 60.3% - 64.9% )		
Require Special Equipment									
Yes	30%	( 20% - 43% )	9,587	46	198	39%	( 27% - 53% )		
No	58.0%	( 54.9% - 61.1% )	269,067	1,359	2,450	56.6%	( 53.5% - 59.6% )		
Mental Health									
Depression Measure (PHQ-8)									
No Depression	65.1%	( 61.7% - 68.3% )	212,763	1,072	1,736	43.4%	( 40.4% - 46.5% )		
Mild Depression	44%	( 35% - 52% )	30,824	143	345	59%	( 56% - 62% )		
Moderate to Severe Depression	31%	( 19% - 46% )	10,600	36	163	65%	( 62% - 68% )		
Social and Emotional Support									
Always/Usually	61.0%	( 57.7% - 64.3% )	238,438	1,180	1,995	59.3%	( 56.0% - 62.6% )		
Sometimes/Rarely/Never	38.4%	( 31.1% - 46.3% )	33,439	179	531	38.0%	( 31.4% - 45.0% )		
Life Satisfaction									
Very Satisfied / Satisfied	58.4%	( 55.3% - 61.4% )	268,369	1,352	2,435	57.0%	( 54.0% - 60.0% )		
Dissatisfied / Very Dissatisfied	DSU	( DSU - DSU )	DSU	19	117	DSU	( DSU - DSU )		

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**Healthy Alaskans 2010 Objective: 15.4: Increase the proportion of adults that report that their general health is excellent or very good to 75%.**

Screening Question:		Would you say in general that your health is:						
Response:		Excellent or Very good						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI	
Healthcare								
Healthcare Coverage								
Health Plan								
Yes	58.1%	( 55.8% - 60.4% )	235,943	2,236	4,137	57.4%	( 55.1% - 59.6% )	
No	48.0%	( 42.2% - 53.8% )	41,776	350	757	42.1%	( 36.7% - 47.8% )	
Immunization								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	32%	( 25% - 41% )	10,615	80	232	32%	( 25% - 41% )	
No	42%	( 32% - 54% )	6,284	55	128	38%	( 28% - 49% )	
Ever Had Pneumonia Shot (Ages 65+)								
Yes	35%	( 27% - 44% )	10,552	229	217	35%	( 27% - 44% )	
No	35%	( 25% - 46% )	5,432	982	130	33%	( 24% - 44% )	
Ever Had Hepatitis B Shot								
Yes	60.8%	( 55.7% - 65.6% )	110,908	520	902	57.4%	( 52.3% - 62.2% )	
No	50.7%	( 46.2% - 55.1% )	107,975	613	1,233	50.9%	( 45.6% - 56.3% )	
Screening								
AIDS/HIV Screening (Ages 18-64)								
Yes	58.9%	( 54.2% - 63.4% )	111,854	540	973	58.5%	( 54.0% - 62.8% )	
No	58.6%	( 53.8% - 63.1% )	136,327	659	1,163	59.0%	( 54.0% - 63.7% )	
Clinical Breast Exam Annually (Women Ages 40+)								
Yes	54.2%	( 48.3% - 60.0% )	43,248	298	560	51.5%	( 45.5% - 57.4% )	
No	48%	( 41% - 55% )	24,450	168	358	46%	( 39% - 54% )	
Colorectal Screening (Ages 50+)								
Yes	45.9%	( 40.5% - 51.4% )	45,079	310	695	43.2%	( 38.1% - 48.5% )	
No	45.6%	( 39.4% - 51.8% )	32,481	256	511	44.3%	( 37.7% - 51.2% )	

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**Healthy Alaskans 2010 Objective: 15.4: Increase the proportion of adults that report that their general health is excellent or very good to 75%.**

Screening Question:		Would you say in general that your health is:						
Response:		Excellent or Very good						
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	Age-Adjusted Rate	
		95% CI					%	95% CI
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)								
Yes	45%	(	37% - 53%	)	21,152	138	282	47% ( 38% - 56% )
No	53.4%	(	47.2% - 59.5%	)	44,892	255	528	50.8% ( 44.5% - 57.1% )
Home Occult Blood Test (Ages 50+)								
Yes	37%	(	29% - 47%	)	9,979	84	193	37% ( 28% - 46% )
No	47.4%	(	42.8% - 52.0%	)	66,768	475	995	43.9% ( 39.3% - 48.5% )
Mammogram within Past 2 Years (Women Ages 40+)								
Yes	53.2%	(	47.8% - 58.6%	)	47,341	334	648	51.5% ( 46.1% - 56.9% )
No	49%	(	41% - 57%	)	20,912	138	276	48% ( 39% - 56% )
Oral Cancer Exam Annually								
Yes	64.3%	(	59.0% - 69.3%	)	79,268	426	675	66.7% ( 61.7% - 71.3% )
No	53.1%	(	49.3% - 56.9%	)	177,034	864	1,751	50.8% ( 47.3% - 54.3% )
Pap Test within Past 3 Years (Women Ages 18+)								
Yes	60.3%	(	55.5% - 64.9%	)	95,374	538	914	52.4% ( 45.9% - 58.8% )
No	53%	(	39% - 66%	)	16,416	88	172	50% ( 38% - 61% )
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)								
Yes	52%	(	45% - 60%	)	31,971	193	384	53% ( 44% - 61% )
No	49%	(	42% - 56%	)	32,131	189	399	46% ( 39% - 54% )
Diagnoses								
Asthma								
Asthma Diagnosis								
Yes	43.8%	(	37.6% - 50.2%	)	32,699	262	652	41.2% ( 35.7% - 46.9% )
No	58.6%	(	56.3% - 60.8%	)	245,357	2,330	4,239	57.3% ( 55.1% - 59.5% )
Current Asthma								
Yes	41%	(	33% - 48%	)	17,683	147	408	39% ( 32% - 46% )
No	48%	(	37% - 59%	)	13,939	103	216	46% ( 37% - 56% )

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**Healthy Alaskans 2010 Objective: 15.4: Increase the proportion of adults that report that their general health is excellent or very good to 75%.**

Screening Question:	Response:		Would you say in general that your health is:				
			Excellent or Very good				
			Observed Rate			Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI
Cardiovascular and Cerebrovascular Disease							
Cardiovascular Disease							
Yes	28%	( 21% - 36% )	6,029	65	270	36%	( 28% - 46% )
No	57.9%	( 55.7% - 60.1% )	272,239	2,515	4,578	56.2%	( 54.0% - 58.3% )
Heart Attack (Myocardial Infarction)							
Yes	DSU	( DSU - DSU )	DSU	39	180	DSU	( DSU - DSU )
No	57.4%	( 55.2% - 59.6% )	275,256	2,552	4,707	55.8%	( 53.6% - 57.9% )
Coronary Heart Disease (Angina)							
Yes	26%	( 18% - 35% )	3,976	47	197	23%	( 14% - 36% )
No	57.5%	( 55.2% - 59.6% )	274,945	2,542	4,681	55.8%	( 53.6% - 57.9% )
Stroke							
Yes	DSU	( DSU - DSU )	DSU	27	129	DSU	( DSU - DSU )
No	57.0%	( 54.8% - 59.2% )	276,424	2,572	4,776	55.3%	( 53.2% - 57.4% )
Diabetes							
Nongestational Diabetes							
Yes	DSU	( DSU - DSU )	DSU	56	330	DSU	( DSU - DSU )
No	58.6%	( 56.4% - 60.8% )	273,500	2,541	4,583	56.9%	( 54.8% - 59.0% )
Pre-Diabetes							
Yes	34%	( 27% - 41% )	12,571	132	377	31%	( 24% - 38% )
No	60.9%	( 58.6% - 63.2% )	260,523	2,401	4,181	58.9%	( 56.7% - 61.1% )
Prostate Cancer							
Prostate Cancer							
Yes	DSU	( DSU - DSU )	DSU	9	20	DSU	( DSU - DSU )
No	50.6%	( 45.7% - 55.6% )	67,419	398	822	50.3%	( 45.0% - 55.5% )



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**Healthy Alaskans 2010 Objective: 15.4: Increase the proportion of adults that report that their general health is excellent or very good to 75%.**

Screening Question:	Would you say in general that your health is:						
Response:	Excellent or Very good						
		Observed Rate			Age-Adjusted Rate		
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI
Risk Factors							
Alcohol							
Binge Drinking							
Yes	56.4%	( 54.0% - 58.7% )	230,808	2,125	4,039	55.2%	( 52.9% - 57.5% )
No	56.6%	( 54.4% - 58.7% )	276,163	2,561	4,816	55.1%	( 52.9% - 57.1% )
Heavy Drinking							
Yes	56.2%	( 53.8% - 58.5% )	226,683	2,056	3,948	54.9%	( 52.6% - 57.1% )
No	56.2%	( 53.9% - 58.5% )	242,518	384	4,254	54.8%	( 52.6% - 57.0% )
Physical Activity							
Leisure Time Exercise							
Yes	60.1%	( 57.7% - 62.4% )	235,197	2,188	3,810	58.3%	( 56.0% - 60.7% )
No	42.4%	( 37.6% - 47.5% )	43,752	406	1,096	42.4%	( 37.6% - 47.3% )
Tobacco Use							
Cigarette Smoking Status							
Current Smoker	48.9%	( 44.0% - 53.8% )	52,806	447	1,106	45.5%	( 41.1% - 49.8% )
Former Smoker	50.4%	( 46.7% - 54.1% )	67,793	749	1,499	52.4%	( 48.2% - 56.6% )
Never Smoked	62.9%	( 59.7% - 66.0% )	158,102	1,397	2,289	60.7%	( 57.6% - 63.7% )
Smokeless Tobacco Status							
Current User	49%	( 40% - 58% )	11,999	111	252	46%	( 38% - 55% )
Former User	55.6%	( 50.5% - 60.6% )	50,162	452	863	53.1%	( 48.5% - 57.7% )
Never Used	57.1%	( 54.6% - 59.7% )	205,878	1,938	3,597	56.0%	( 53.6% - 58.5% )

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**Healthy Alaskans 2010 Objective: 15.4: Increase the proportion of adults that report that their general health is excellent or very good to 75%.**

Screening Question:		Would you say in general that your health is:							
Response:		Excellent or Very good							
Population at Risk (See Appendix)	%	Observed Rate		Age-Adjusted Rate			%	95% CI	
		95% CI	Individuals	n	N				
Weight Status									
Weight Status									
Normal (BMI <25)	64.2%	( 60.4% - 67.8% )	107,477	964	1,591	61.0%	( 57.6% - 64.3% )		
Overweight (BMI 25 to 30)	60.5%	( 57.0% - 63.8% )	107,935	1,020	1,763	59.5%	( 56.1% - 62.8% )		
Obese (BMI ≥30)	41.8%	( 37.8% - 45.9% )	55,839	539	1,377	41.5%	( 37.1% - 46.1% )		
Obese I (BMI 30 TO < 35)	47.7%	( 42.5% - 52.8% )	39,608	382	851	46.6%	( 40.9% - 52.4% )		
Obese II & III (BMI ≥35)	32.2%	( 26.2% - 38.9% )	16,231	157	526	33.1%	( 26.7% - 40.2% )		

**Appendix**

**Definitions:**

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (*n*) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

**Notes:**

Data may include revisions, and may differ from those shown previously.

# Current Depression



- **Indicator:** Proportion of Alaskan adults with current moderate to severe depression.
- **Data source:** 2008 Alaska Standard BRFSS survey, State-added questions
- **BRFSS Questions:**
  - Patient Health Questionnaire- 8 (PHQ-8) uses 8 questions for self-report about emotions or behaviors associated with depression over a two-week period [0-1 days = 0 , 2-6 days = 1, 7- 11 days = 2, and 12-14 days = 3]. See full 2008 questionnaire for more details.
  - Summary Score from 8 Questions  $\geq 10$  (Current moderate to severe depression)
- **How are we doing?**
  - In 2008, 8% of respondents score on the Patient Health Questionnaire-8 indicated current moderate to severe depression. In comparison, 6.7% of respondents had a score on the PHQ-8 indicating moderate to severe depression in 2006.
- **How are different populations affected?**
  - Significantly more females than males, those in the “near poor” vs. “middle/high” income group, those with fair or poor general health, those who report a disability, and those who receive social support sometimes, rarely or never report symptoms of current moderate or severe depression.
  - In 2008, significantly fewer college graduates reported symptoms of current depression than those with less education.
  - In addition, Alaskan adults who have a lifetime diagnosis of asthma and those who report no leisure time physical activity had a higher prevalence of current moderate or severe depression.



**Current Depression, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instruments**

Screening Question:		Patient Health Questionnaire- 8 (PHQ-8) uses 8 questions for self-report about emotions or behaviors associated with depression over a two-week period. [0-1 days = 0 , 2-6 days = 1, 7-11 days = 2, and 12-14 days = 3]						
Response:		Summary Score from 8 Questions ≥ 10					Age-Adjusted Rate	
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	%	95% CI
<b>Total</b>		<b>8.0%</b>	( 6.1% - 10.3% )	34,381	2,602	2,248	<b>7.6%</b>	( 5.9% - 9.7% )
<b>Demographics</b>								
<b>Gender</b>								
Female		<b>10.9%</b>	( 8.0% - 14.6% )	23,232	1,426	1,226	<b>10.6%</b>	( 7.8% - 14.3% )
Male		<b>5.1%</b>	( 3.2% - 8.1% )	11,148	1,176	1,022	<b>4.7%</b>	( 3.1% - 7.2% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>								
Persons aged 18 to 24 years		<b>DSU</b>	( DSU - DSU )	DSU	DSU	118	<b>NA</b>	( NA - NA )
Persons aged 25 to 34 years		<b>8%</b>	( 5% - 13% )	7,125	479	391	<b>NA</b>	( NA - NA )
Persons aged 35 to 44 years		<b>7%</b>	( 5% - 12% )	6,038	531	420	<b>NA</b>	( NA - NA )
Persons aged 45 to 64 years		<b>6.4%</b>	( 4.7% - 8.7% )	10,088	1,183	1,044	<b>NA</b>	( NA - NA )
Persons aged 65 years and older		<b>3%</b>	( 2% - 6% )	1,106	239	275	<b>NA</b>	( NA - NA )
<b>Race and Ethnicity</b>								
American Indian or Alaska Native		<b>10%</b>	( 6% - 17% )	5,417	349	378	<b>9%</b>	( 6% - 15% )
Asian or Pacific Islander		<b>DSU</b>	( DSU - DSU )	DSU	DSU	43	<b>DSU</b>	( DSU - DSU )
Asian		<b>DSU</b>	( DSU - DSU )	DSU	DSU	33	<b>DSU</b>	( DSU - DSU )
Native Hawaiian or Other Pacific Islander		<b>DSU</b>	( DSU - DSU )	DSU	DSU	10	<b>DSU</b>	( DSU - DSU )
Black or African American		<b>DSU</b>	( DSU - DSU )	DSU	DSU	32	<b>DSU</b>	( DSU - DSU )
White		<b>7.0%</b>	( 5.2% - 9.5% )	23,262	2,050	1,703	<b>7.0%</b>	( 5.1% - 9.5% )
Hispanic or Latino		<b>DSU</b>	( DSU - DSU )	DSU	DSU	65	<b>DSU</b>	( DSU - DSU )
Not Hispanic or Latino		<b>7.2%</b>	( 5.6% - 9.3% )	29,670	2,518	2,163	<b>7.0%</b>	( 5.4% - 8.9% )
Black or African American, not Hispanic/Latino		<b>DSU</b>	( DSU - DSU )	DSU	DSU	26	<b>DSU</b>	( DSU - DSU )
White, not Hispanic or Latino		<b>6.4%</b>	( 4.6% - 8.8% )	20,031	2,001	1,641	<b>6.4%</b>	( 4.5% - 9.0% )
<b>Alaska Native</b>								
Yes		<b>11%</b>	( 7% - 16% )	7,035	384	419	<b>10%</b>	( 7% - 15% )
No		<b>7.5%</b>	( 5.5% - 10.1% )	27,353	2,198	1,816	<b>7.2%</b>	( 5.3% - 9.7% )

**Current Depression, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instruments**

Screening Question:		Patient Health Questionnaire- 8 (PHQ-8) uses 8 questions for self-report about emotions or behaviors associated with depression over a two-week period. [0-1 days = 0 , 2-6 days = 1, 7-11 days = 2, and 12-14 days = 3]									
Response:		Summary Score from 8 Questions ≥ 10									
		Observed Rate						Age-Adjusted Rate			
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N		%	95% CI			
<b>Geographic Location</b>											
Anchorage & Vicinity	9%	( 6% - 13% )	21,788	564	487		8%	( 5% - 11% )			
Fairbanks & Vicinity	7%	( 5% - 11% )	4,193	564	469		7%	( 5% - 10% )			
Gulf Coast	8%	( 6% - 11% )	3,903	560	480		7%	( 5% - 10% )			
Rural	8%	( 5% - 12% )	2,782	426	394		8%	( 5% - 11% )			
Southeast	6%	( 4% - 9% )	2,760	488	418		6%	( 3% - 9% )			
<b>Urban/Rural</b>											
Metropolitan Statistical Area	8.2%	( 5.7% - 11.6% )	24,428	1,103	939		7.5%	( 5.4% - 10.3% )			
Micropolitan Statistical Area & Urban Clusters	6.4%	( 4.7% - 8.7% )	4,437	808	676		6.1%	( 4.4% - 8.5% )			
Rural	8.6%	( 6.2% - 11.8% )	5,516	691	633		8.4%	( 6.1% - 11.6% )			
<b>Education Level (persons aged 25 years and older)</b>											
Less than high school	19%	( 11% - 30% )	3,563	90	121		20%	( 13% - 30% )			
High school graduate	10.5%	( 7.4% - 14.7% )	11,446	601	631		9.9%	( 7.1% - 13.8% )			
At least some college	7.0%	( 4.7% - 10.4% )	8,316	712	638		6.9%	( 4.5% - 10.5% )			
College Graduate	1.4%	( 0.8% - 2.4% )	1,743	1,023	736		1.5%	( 0.9% - 2.5% )			
<b>Employment Status</b>											
Employed	4.8%	( 3.5% - 6.6% )	14,006	1,925	1,526		4.2%	( 3.1% - 5.9% )			
Unemployed	DSU	( DSU - DSU )	DSU	DSU	141		DSU	( DSU - DSU )			
Not in Workforce (Student, Homemaker, Retired)	9%	( 5% - 17% )	8,304	514	487		10%	( 5% - 18% )			
Unable to work	DSU	( DSU - DSU )	DSU	DSU	85		DSU	( DSU - DSU )			
<b>Marital Status</b>											
Married or Unwed Couple	5.3%	( 3.7% - 7.5% )	14,300	1,667	1,309		5.5%	( 3.2% - 9.1% )			
Divorced/Separated	8%	( 4% - 15% )	994	396	130		7%	( 3% - 15% )			
Widowed	15%	( 10% - 21% )	6,740	120	357		13%	( 8% - 20% )			
Never Married	12%	( 6% - 22% )	9,804	411	348		6%	( 4% - 10% )			

**Current Depression, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instruments**

Patient Health Questionnaire- 8 (PHQ-8) uses 8 questions for self-report about emotions or behaviors associated with depression over a two-week period. [0-1 days = 0 , 2-6 days = 1, 7-11 days = 2, and 12-14 days = 3]											
Screening Question:		Response:									
		Summary Score from 8 Questions ≥ 10									
		Observed Rate						Age-Adjusted Rate			
Population at Risk (See Appendix)		%	95% CI		Individuals	n	N	%	95% CI		
Income Level											
<\$15,000	DSU (	DSU -	DSU )	DSU	DSU	165	DSU (	DSU -	DSU )		
\$15,000 - \$24,999	DSU (	DSU -	DSU )	DSU	DSU	216	DSU (	DSU -	DSU )		
\$25,000 - \$49,999	6% (	3% -	9% )	5,414	534	497	5% (	3% -	7% )		
\$50,000 - \$74,999	5% (	3% -	9% )	3,664	529	404	5% (	3% -	8% )		
\$75,000	4.0% (	2.4% -	6.6% )	6,263	1,019	762	3.1% (	1.9% -	5.0% )		
Poverty Threshold											
Poor (<100% Poverty Threshold)	DSU (	DSU -	DSU )	DSU	DSU	152	DSU (	DSU -	DSU )		
Near Poor (100% to 199% Poverty Threshold)	15% (	9% -	25% )	9,211	238	305	15% (	10% -	22% )		
Middle/High Income (≥200% Poverty Threshold)	4.5% (	3.3% -	6.2% )	13,218	2,018	1,587	4.1% (	3.0% -	5.7% )		
Below Poverty Guidelines											
Yes	DSU (	DSU -	DSU )	DSU	DSU	193	DSU (	DSU -	DSU )		
No	6.2% (	4.6% -	8.4% )	21,331	2,213	1,851	6.2% (	4.5% -	8.5% )		
Veteran											
Yes	6% (	4% -	10% )	4,985	29	406	6% (	3% -	10% )		
No	8.4% (	6.3% -	11.2% )	29,341	137	1,841	7.8% (	6.0% -	10.1% )		
Health Status											
General Health											
Excellent to Very Good	4.1% (	2.3% -	7.2% )	10,463	2,602	1,251	3.4% (	2.0% -	5.7% )		
Good	4.9% (	3.0% -	8.0% )	6,066	0	667	4.4% (	2.7% -	7.0% )		
Fair/Poor	32% (	24% -	42% )	17,416	0	326	35% (	27% -	44% )		
Healthy Days (Mean Number of Days)											
Physical Health Not Good	10.7 (	8.4 -	13.1 )			164	13.2 (	10.9 -	15.4 )		
Mental Health Not Good	15.9 (	12.5 -	19.4 )			159	16.9 (	14.3 -	19.4 )		
Unhealthy Days (Physical or Mental Health Not Good)	20.5 (	17.5 -	23.5 )			157	21.7 (	19.6 -	23.8 )		
Days with Activity Limitation	14.6 (	11.4 -	17.8 )			162	15.5 (	12.9 -	18.1 )		

**Current Depression, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instruments**

Patient Health Questionnaire- 8 (PHQ-8) uses 8 questions for self-report about emotions or behaviors associated with depression over a two-week period. [0-1 days = 0 , 2-6 days = 1, 7-11 days = 2, and 12-14 days = 3]										
Screening Question:		Response:		Summary Score from 8 Questions ≥ 10						
				Observed Rate			Age-Adjusted Rate			
Population at Risk (See Appendix)		%		95% CI	Individuals	n	N	%	95% CI	
Healthy Days (Percentage with 14 or More Days)										
Physical Health Not Good		31%	(	22% - 41% )	12,956	75	223	32%	( 23% - 43% )	
Mental Health Not Good		DSU	(	DSU - DSU )	DSU	DSU	201	DSU	( DSU - DSU )	
Unhealthy Days (Physical or Mental Health Not Good)		34%	(	26% - 44% )	22,988	196	354	33%	( 26% - 41% )	
Activity Limitation		DSU	(	DSU - DSU )	DSU	DSU	137	DSU	( DSU - DSU )	
Disability										
Disabled										
Yes		20.7%	(	15.3% - 27.4% )	20,502	106	564	22.2%	( 16.2% - 29.7% )	
No		4.1%	(	2.6% - 6.3% )	13,583	57	1,668	3.7%	( 2.4% - 5.5% )	
Activity Limitation										
Yes		21.3%	(	15.6% - 28.3% )	19,911	311	534	22.7%	( 16.5% - 30.3% )	
No		4.2%	(	2.8% - 6.4% )	14,173	2,268	1,695	3.9%	( 2.6% - 5.7% )	
Require Special Equipment										
Yes		23%	(	15% - 34% )	5,525	39	140	DSU	( DSU - DSU )	
No		7.1%	(	5.2% - 9.5% )	28,820	127	2,105	6.5%	( 4.9% - 8.6% )	
Mental Health										
Depression Measure (PHQ-8)										
No Depression		0.0%	(	0.0% - 0.0% )	0	0	1,736	93.5%	( 91.4% - 95.1% )	
Mild Depression		0%	(	0% - 0% )	0	0	346	8%	( 6% - 10% )	
Moderate to Severe Depression		100%	(	0% - 0% )	34,381	166	166	0%	( 0% - 0% )	
Social and Emotional Support										
Always/Usually		4.0%	(	3.0% - 5.4% )	14,318	79	1,802	3.8%	( 2.8% - 5.2% )	
Sometimes/Rarely/Never		27%	(	19% - 37% )	19,456	85	417	25%	( 19% - 32% )	
Life Satisfaction										
Very Satisfied / Satisfied		4.7%	(	3.5% - 6.3% )	19,339	104	2,142	4.5%	( 3.4% - 6.0% )	
Dissatisfied / Very Dissatisfied		DSU	(	DSU - DSU )	DSU	DSU	93	DSU	( DSU - DSU )	

**Current Depression, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instruments**

Screening Question:		Patient Health Questionnaire- 8 (PHQ-8) uses 8 questions for self-report about emotions or behaviors associated with depression over a two-week period. [0-1 days = 0 , 2-6 days = 1, 7-11 days = 2, and 12-14 days = 3]						
Response:		Summary Score from 8 Questions ≥ 10					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N		%	95% CI
<b>Healthcare</b>								
<b>Healthcare Coverage</b>								
Health Plan								
Yes	7.1%	( 5.4% - 9.4% )	25,472	2,236	1,927		7.1%	( 5.3% - 9.5% )
No	12%	( 7% - 21% )	8,714	350	311		9%	( 6% - 14% )
<b>Immunization</b>								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	4%	( 2% - 7% )	1,036	12	184		3%	( 2% - 7% )
No	2%	( 1% - 9% )	217	2	90		2%	( 0% - 6% )
Ever Had Pneumonia Shot (Ages 65+)								
Yes	3%	( 1% - 8% )	669	47	163		3%	( 1% - 8% )
No	3%	( 1% - 7% )	379	97	97		2%	( 1% - 6% )
Ever Had Hepatitis B Shot								
Yes	11.0%	( 7.3% - 16.3% )	19,032	71	838		9.5%	( 6.6% - 13.5% )
No	5.5%	( 4.0% - 7.6% )	10,243	69	1,066		5.3%	( 3.8% - 7.5% )
<b>Screening</b>								
AIDS/HIV Screening (Ages 18-64)								
Yes	13.1%	( 9.5% - 17.7% )	22,455	95	865		13.4%	( 9.7% - 18.2% )
No	4.9%	( 3.0% - 7.9% )	10,108	53	1,025		4.7%	( 3.0% - 7.3% )
Clinical Breast Exam Annually (Women Ages 40+)								
Yes	8%	( 5% - 13% )	5,824	43	498		8%	( 5% - 12% )
No	11%	( 7% - 18% )	4,744	31	297		10%	( 6% - 16% )
Colorectal Screening (Ages 50+)								
Yes	4.7%	( 3.1% - 7.0% )	3,998	38	591		4.5%	( 3.0% - 6.7% )
No	5%	( 3% - 9% )	2,929	24	426		4%	( 2% - 7% )



**Current Depression, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instruments**

Screening Question:		Patient Health Questionnaire- 8 (PHQ-8) uses 8 questions for self-report about emotions or behaviors associated with depression over a two-week period. [0-1 days = 0 , 2-6 days = 1, 7-11 days = 2, and 12-14 days = 3]						
Response:		Summary Score from 8 Questions ≥ 10					Age-Adjusted Rate	
Population at Risk (See Appendix)		%	Observed Rate 95% CI	Individuals	n	N	%	95% CI
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)								
Yes	4% ( 2% - 8% )	1,713	12	254	4%	( 2% - 12% )		
No	4% ( 2% - 8% )	2,828	16	436	4%	( 2% - 6% )		
Home Occult Blood Test (Ages 50+)								
Yes	5% ( 2% - 9% )	1,187	13	164	5%	( 2% - 9% )		
No	5.0% ( 3.4% - 7.2% )	5,960	49	841	4.4%	( 3.0% - 6.4% )		
Mammogram within Past 2 Years (Women Ages 40+)								
Yes	7.3% ( 4.9% - 10.6% )	5,755	47	562	6.9%	( 4.7% - 10.0% )		
No	13% ( 8% - 22% )	4,826	27	238	11%	( 7% - 18% )		
Oral Cancer Exam Annually								
Yes	4.4% ( 2.6% - 7.4% )	5,190	27	632	4.1%	( 2.4% - 6.8% )		
No	9.8% ( 7.3% - 13.0% )	28,930	137	1,527	8.8%	( 6.8% - 11.4% )		
Pap Test within Past 3 Years (Women Ages 18+)								
Yes	9.5% ( 6.5% - 13.7% )	13,925	65	830	8.3%	( 5.7% - 12.0% )		
No	DSU ( DSU - DSU )	DSU	DSU	144	DSU	( DSU - DSU )		
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)								
Yes	4% ( 2% - 8% )	2,196	13	343	7%	( 3% - 16% )		
No	4% ( 2% - 8% )	2,183	14	325	3%	( 2% - 6% )		
<b>Diagnoses</b>								
<b>Asthma</b>								
Asthma Diagnosis								
Yes	17% ( 10% - 27% )	11,654	262	309	15%	( 10% - 21% )		
No	6.3% ( 4.8% - 8.3% )	22,899	2,330	1,927	6.0%	( 4.5% - 7.9% )		
Current Asthma								
Yes	DSU ( DSU - DSU )	DSU	DSU	190	DSU	( DSU - DSU )		
No	11% ( 5% - 22% )	2,661	103	103	10%	( 5% - 19% )		

**Current Depression, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instruments**

Screening Question:		Patient Health Questionnaire- 8 (PHQ-8) uses 8 questions for self-report about emotions or behaviors associated with depression over a two-week period. [0-1 days = 0 , 2-6 days = 1, 7-11 days = 2, and 12-14 days = 3]						
Response:		Summary Score from 8 Questions ≥ 10					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	Observed Rate 95% CI	Individuals	n	N		%	95% CI
<b>Cardiovascular and Cerebrovascular Disease</b>								
Cardiovascular Disease								
Yes	<b>12%</b>	( 6% - 22% )	2,216	65	123		<b>21%</b>	( 15% - 30% )
No	<b>7.7%</b>	( 5.8% - 10.1% )	31,475	2,515	2,099		<b>7.0%</b>	( 5.4% - 9.2% )
Heart Attack (Myocardial Infarction)								
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	81		<b>DSU</b>	( DSU - DSU )
No	<b>7.7%</b>	( 5.8% - 10.1% )	32,079	2,552	2,153		<b>7.2%</b>	( 5.5% - 9.3% )
Coronary Heart Disease (Angina)								
Yes	<b>12%</b>	( 7% - 22% )	1,535	47	87		<b>DSU</b>	( DSU - DSU )
No	<b>7.8%</b>	( 5.9% - 10.2% )	32,526	2,542	2,144		<b>7.2%</b>	( 5.5% - 9.3% )
Stroke								
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	57		<b>DSU</b>	( DSU - DSU )
No	<b>7.7%</b>	( 5.9% - 10.1% )	32,583	2,572	2,181		<b>7.3%</b>	( 5.6% - 9.4% )
<b>Diabetes</b>								
Nongestational Diabetes								
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	149		<b>DSU</b>	( DSU - DSU )
No	<b>6.9%</b>	( 5.2% - 9.1% )	27,955	2,541	2,093		<b>6.5%</b>	( 4.9% - 8.4% )
Pre-Diabetes								
Yes	<b>14%</b>	( 9% - 23% )	4,411	132	175		<b>13%</b>	( 8% - 21% )
No	<b>6.5%</b>	( 4.8% - 8.8% )	24,166	2,401	1,912		<b>6.0%</b>	( 4.5% - 8.0% )
<b>Prostate Cancer</b>								
Prostate Cancer								
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	20		<b>DSU</b>	( DSU - DSU )
No	<b>4.2%</b>	( 2.7% - 6.6% )	4,781	29	693		<b>4.3%</b>	( 2.4% - 7.5% )

**Current Depression, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instruments**

Screening Question:		Patient Health Questionnaire- 8 (PHQ-8) uses 8 questions for self-report about emotions or behaviors associated with depression over a two-week period. [0-1 days = 0 , 2-6 days = 1, 7-11 days = 2, and 12-14 days = 3]								
Response:		Summary Score from 8 Questions ≥ 10								
		Observed Rate						Age-Adjusted Rate		
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N		%	95% CI		
Risk Factors										
Alcohol										
Binge Drinking										
Yes	10%	( 6% - 16% )	6,587	436	351		8%	( 5% - 14% )		
No	7.7%	( 5.7% - 10.3% )	27,760	2,125	1,868		7.3%	( 5.5% - 9.6% )		
Heavy Drinking										
Yes	7%	( 4% - 14% )	1,311	162	133		7%	( 4% - 14% )		
No	7.8%	( 5.9% - 10.2% )	31,483	2,056	2,049		7.3%	( 5.6% - 9.5% )		
Physical Activity										
Leisure Time Exercise										
Yes	5.4%	( 3.9% - 7.4% )	18,068	2,188	1,709		5.0%	( 3.6% - 6.7% )		
No	17.1%	( 11.5% - 24.9% )	16,156	406	531		18.0%	( 13.2% - 24.2% )		
Tobacco Use										
Cigarette Smoking Status										
Current Smoker	15%	( 10% - 22% )	13,634	447	484		14%	( 10% - 19% )		
Former Smoker	7.8%	( 4.9% - 12.2% )	9,211	749	669		9.1%	( 5.2% - 15.4% )		
Never Smoked	5.0%	( 3.0% - 8.2% )	11,056	1,397	1,085		5.0%	( 3.2% - 7.7% )		
Smokeless Tobacco Status										
Current User	5%	( 2% - 11% )	1,094	111	120		5%	( 2% - 12% )		
Former User	9%	( 5% - 17% )	7,194	452	405		8%	( 4% - 15% )		
Never Used	8.0%	( 6.0% - 10.8% )	25,397	1,938	1,665		7.7%	( 5.8% - 10.2% )		

**Current Depression, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instruments**

Patient Health Questionnaire- 8 (PHQ-8) uses 8 questions for self-report about emotions or behaviors associated with depression over a two-week period. [0-1 days = 0 , 2-6 days = 1, 7-11 days = 2, and 12-14 days = 3]							
Screening Question:		Response:					
		Summary Score from 8 Questions ≥ 10					
		Observed Rate		Age-Adjusted Rate			
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI
<b>Weight Status</b>							
Weight Status							
Normal (BMI <25)	6.3%	( 3.8% - 10.4% )	9,242	964	699	5.4%	( 3.5% - 8.5% )
Overweight (BMI 25 to 30)	7.8%	( 5.0% - 12.1% )	12,790	1,020	834	7.9%	( 4.8% - 12.6% )
Obese (BMI ≥30)	10.4%	( 6.8% - 15.6% )	11,717	539	653	11.2%	( 7.0% - 17.4% )
Obese I (BMI 30 TO < 35)	5%	( 3% - 8% )	3,412	382	394	6%	( 3% - 9% )
Obese II & III (BMI ≥35)	19%	( 11% - 30% )	8,417	157	259	17%	( 11% - 26% )

**Appendix**

**Definitions:**

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (*n*) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

**Notes:**

Data may include revisions, and may differ from those shown previously.

# Risk Factors



***Alaska Behavioral Risk Factor Survey  
2008 Annual Report***

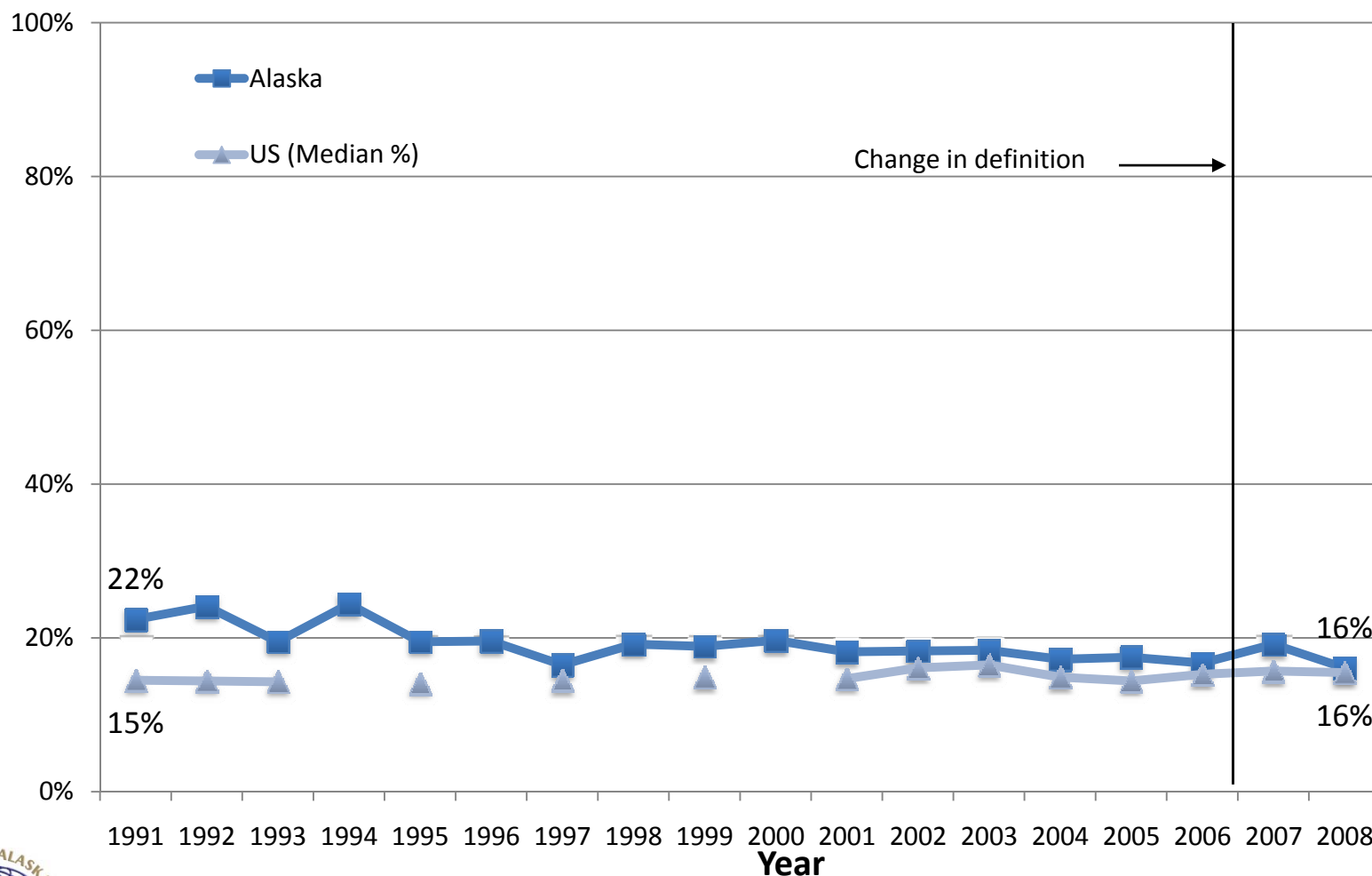
# Alcohol Use – Binge Drinking



- **Indicator:** Proportion of males having 5 or more drinks or females having 4 or more drinks on at least one occasion in the past 30 days. Note: prior to 2006 the threshold for binge drinking was 5 drinks for both men and women.
- **Data source:** 2008 Alaska Standard and Modified BRFSS surveys combined
- **BRFSS Questions:**
  - During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?
  - During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage?
  - Considering all types of alcoholic beverages, how many times during the past 30 days did you have X (X = 5 for men, X= 4 for women) or more drinks on an occasion?
- **How are we doing?**
  - In 2008, 16% of Alaskan adults reported binge drinking in the past 30 days.
  - Since 1991, overall the prevalence of binge drinking appears to have decreased, but has remained relatively flat after 2003.
- **How does Alaska compare with the US?**
  - In 2008, the prevalence of binge drinking was the same in Alaska as the US.
- **How are different populations affected?**
  - In 2008, the prevalence of binge drinking was significantly higher among males, employed respondents, and divorced or separated respondents than those in other demographic groups.
  - Not receiving a flu shot in the past 12 months, never having had a pneumonia shot, not having heart disease or diabetes, being a heavy drinker and being a current smoker were also associated with a higher prevalence of binge drinking.



# Binge Drinking: Alaska vs. Nationwide 1991 - 2008 Alaska BRFSS



**Binge Drinking, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy People 2010 Objective:		26.11c: Reduce binge drinking among adults to 6%.												
Healthy Alaskans 2010 Objective:		4.4: Reduce binge drinking among adults to 13%.												
Screening Question:		Calculated Variable: Binge Drinkers (males having five or more drinks on one occasion, females having four or more drinks on one occasion)												
Response:		Yes												
							Age-Adjusted Rate							
Population at Risk (See Appendix)		%	Observed Rate		95% CI	Individuals	n	N	%	95% CI				
Total		16.1%	(	14.5%	-	17.8%)	78,842	778	4,837	15.1%	(	13.6%	-	16.7%)
Demographics														
Gender														
Female		9.8%	(	8.4%	-	11.4%)	23,275	295	2,614	9.2%	(	7.9%	-	10.8%)
Male		22.1%	(	19.4%	-	25.0%)	55,567	483	2,223	20.5%	(	18.0%	-	23.1%)
Age Groups (Categories Used in Age-Adjustment)														
Persons aged 18 to 24 years		17%	(	11%	-	25%)	11,113	50	267	NA	(	NA	-	NA)
Persons aged 25 to 34 years		24.0%	(	20.1%	-	28.5%)	24,568	197	794	NA	(	NA	-	NA)
Persons aged 35 to 44 years		16.1%	(	13.2%	-	19.5%)	15,291	179	897	NA	(	NA	-	NA)
Persons aged 45 to 64 years		14.8%	(	12.7%	-	17.1%)	26,336	325	2,235	NA	(	NA	-	NA)
Persons aged 65 years and older		3.3%	(	2.1%	-	5.3%)	1,620	27	644	NA	(	NA	-	NA)
Race and Ethnicity														
American Indian or Alaska Native		19.8%	(	15.8%	-	24.5%)	13,230	169	904	18.3%	(	14.8%	-	22.4%)
Asian or Pacific Islander		DSU	(	DSU	-	DSU)	DSU	DSU	127	DSU	(	DSU	-	DSU)
Asian		DSU	(	DSU	-	DSU)	DSU	DSU	100	DSU	(	DSU	-	DSU)
Native Hawaiian or Other Pacific Islander		DSU	(	DSU	-	DSU)	DSU	DSU	27	DSU	(	DSU	-	DSU)
Black or African American		7%	(	3%	-	16%)	779	7	78	6%	(	2%	-	12%)
White		16.1%	(	14.2%	-	18.1%)	59,258	565	3,510	15.2%	(	13.4%	-	17.2%)
Hispanic or Latino		14%	(	7%	-	25%)	2,384	16	130	10%	(	6%	-	18%)
Not Hispanic or Latino		16.2%	(	14.6%	-	18.0%)	75,775	756	4,639	15.3%	(	13.7%	-	16.9%)
Black or African American, not Hispanic/Latino		DSU	(	DSU	-	DSU)	DSU	DSU	33	DSU	(	DSU	-	DSU)
White, not Hispanic or Latino		16.0%	(	14.2%	-	18.1%)	57,046	547	3,387	15.3%	(	13.4%	-	17.3%)
Alaska Native														
Yes		19.5%	(	15.6%	-	24.1%)	14,604	182	996	18.2%	(	14.7%	-	22.3%)
No		15.5%	(	13.8%	-	17.4%)	63,742	591	3,799	14.5%	(	12.9%	-	16.3%)



**Binge Drinking, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy People 2010 Objective:		26.11c: Reduce binge drinking among adults to 6%.						
Healthy Alaskans 2010 Objective:		4.4: Reduce binge drinking among adults to 13%.						
Screening Question:		Calculated Variable: Binge Drinkers (males having five or more drinks on one occasion, females having four or more drinks on one occasion)						
Response:		Yes						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI	
<b>Geographic Location</b>								
Anchorage & Vicinity	14.8%	( 12.3% - 17.8% )	39,869	144	1,013	13.7%	( 11.4% - 16.5% )	
Fairbanks & Vicinity	17.7%	( 14.7% - 21.1% )	11,853	154	992	15.7%	( 13.2% - 18.5% )	
Gulf Coast	17.0%	( 14.5% - 20.0% )	9,498	163	1,000	16.3%	( 13.7% - 19.3% )	
Rural	15.2%	( 12.7% - 18.0% )	6,878	148	929	14.4%	( 12.1% - 17.0% )	
Southeast	20.4%	( 17.5% - 23.6% )	10,744	169	903	19.8%	( 16.7% - 23.2% )	
<b>Urban/Rural</b>								
Metropolitan Statistical Area	15.6%	( 13.4% - 18.1% )	51,274	292	1,944	14.3%	( 12.3% - 16.6% )	
Micropolitan Statistical Area & Urban Clusters	19.5%	( 17.2% - 22.1% )	15,678	250	1,427	18.7%	( 16.4% - 21.4% )	
Rural	14.8%	( 12.8% - 17.1% )	11,889	236	1,466	14.5%	( 12.6% - 16.7% )	
<b>Education Level (persons aged 25 years and older)</b>								
Less than high school	16%	( 11% - 23% )	4,343	43	319	16%	( 11% - 23% )	
High school graduate	18.0%	( 15.2% - 21.3% )	22,070	247	1,337	15.9%	( 13.6% - 18.7% )	
At least some college	17.7%	( 14.8% - 21.1% )	22,990	232	1,349	16.5%	( 13.8% - 19.7% )	
College Graduate	12.7%	( 10.6% - 15.2% )	18,375	205	1,555	12.3%	( 10.2% - 14.7% )	
<b>Employment Status</b>								
Employed	18.9%	( 16.8% - 21.2% )	62,068	595	3,200	16.7%	( 14.8% - 18.8% )	
Unemployed	16%	( 12% - 22% )	5,580	72	329	15%	( 11% - 19% )	
Not in Workforce (Student, Homemaker, Retired)	8.5%	( 6.2% - 11.5% )	9,097	91	1,076	9.2%	( 6.7% - 12.4% )	
Unable to work	12%	( 6% - 22% )	2,047	19	213	16%	( 8% - 27% )	
<b>Marital Status</b>								
Married or Unwed Couple	14.7%	( 12.7% - 16.9% )	48,429	404	2,912	14.1%	( 11.9% - 16.6% )	
Divorced/Separated	23.2%	( 18.9% - 28.0% )	12,764	175	829	27.6%	( 20.3% - 36.5% )	
Widowed	7%	( 4% - 13% )	1,249	20	307	7%	( 4% - 14% )	
Never Married	19.0%	( 15.3% - 23.5% )	16,355	178	768	17.4%	( 14.0% - 21.4% )	

**Binge Drinking, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy People 2010 Objective:		26.11c: Reduce binge drinking among adults to 6%.					
Healthy Alaskans 2010 Objective:		4.4: Reduce binge drinking among adults to 13%.					
Screening Question:		Calculated Variable: Binge Drinkers (males having five or more drinks on one occasion, females having four or more drinks on one occasion)					
Response:		Yes					
		Observed Rate				Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI
<b>Income Level</b>							
<\$15,000	9%	( 6% - 13% )	2,725	50	373	9%	( 6% - 14% )
\$15,000 - \$24,999	17.2%	( 11.9% - 24.0% )	7,376	75	509	15.0%	( 11.0% - 20.2% )
\$25,000 - \$49,999	18.7%	( 15.4% - 22.4% )	19,776	192	1,066	16.8%	( 13.9% - 20.2% )
\$50,000 - \$74,999	15.4%	( 12.3% - 19.1% )	12,708	151	852	14.9%	( 11.5% - 19.0% )
\$75,000	15.9%	( 13.5% - 18.7% )	27,183	251	1,515	14.4%	( 12.1% - 17.1% )
<b>Poverty Threshold</b>							
Poor (<100% Poverty Threshold)	15%	( 9% - 24% )	5,208	50	345	13%	( 8% - 19% )
Near Poor (100% to 199% Poverty Threshold)	12.7%	( 9.5% - 16.6% )	8,526	100	689	11.0%	( 8.3% - 14.3% )
Middle/High Income (>=200% Poverty Threshold)	16.9%	( 15.2% - 18.8% )	55,952	569	3,281	15.7%	( 14.0% - 17.5% )
<b>Below Poverty Guidelines</b>							
Yes	16%	( 11% - 23% )	7,860	65	469	13%	( 10% - 19% )
No	16.2%	( 14.6% - 17.9% )	61,979	654	3,846	14.9%	( 13.4% - 16.5% )
<b>Veteran</b>							
Yes	19%	( 14% - 25% )	17,959	79	474	23%	( 17% - 30% )
No	15.2%	( 13.1% - 17.7% )	60,144	336	2,121	13.9%	( 12.0% - 16.1% )
<b>Health Status</b>							
<b>General Health</b>							
Excellent to Very Good	16.4%	( 14.2% - 18.9% )	45,355	436	2,561	15.0%	( 13.0% - 17.2% )
Good	16.9%	( 14.3% - 19.8% )	24,655	246	1,520	16.1%	( 13.6% - 19.0% )
Fair/Poor	13.3%	( 9.7% - 18.1% )	8,781	95	735	14.7%	( 10.2% - 20.7% )
<b>Healthy Days (Mean Number of Days)</b>							
Physical Health Not Good	2.9	( 2.1 - 3.6 )			761	3.3	( 2.4 - 4.1 )
Mental Health Not Good	3.8	( 3.0 - 4.5 )			761	3.8	( 2.8 - 4.7 )
Unhealthy Days (Physical or Mental Health Not Good)	5.8	( 4.9 - 6.8 )			748	6.3	( 5.1 - 7.4 )
Days with Activity Limitation	1.8	( 1.3 - 2.3 )			773	2.0	( 1.4 - 2.6 )
<b>Healthy Days (Percentage with 14 or More Days)</b>							
Physical Health Not Good	12.6%	( 8.7% - 17.7% )	6,062	62	519	13.7%	( 9.3% - 19.8% )

**Binge Drinking, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy People 2010 Objective:		26.11c: Reduce binge drinking among adults to 6%.						
Healthy Alaskans 2010 Objective:		4.4: Reduce binge drinking among adults to 13%.						
Screening Question:		Calculated Variable: Binge Drinkers (males having five or more drinks on one occasion, females having four or more drinks on one occasion)						
Response:		Yes						
							Age-Adjusted Rate	
Population at Risk (See Appendix)	%	Observed Rate 95% CI	Individuals	n	N	%	95% CI	
Mental Health Not Good	20%	( 15% - 26% )	8,486	102	465	19%	( 14% - 25% )	
Unhealthy Days (Physical or Mental Health Not Good)	16.2%	( 12.9% - 20.1% )	12,700	142	828	15.4%	( 12.2% - 19.4% )	
Activity Limitation	12%	( 8% - 18% )	3,979	40	330	12%	( 7% - 18% )	
Disability								
Disabled								
Yes	11.4%	( 8.6% - 15.0% )	13,025	91	679	13.4%	( 9.8% - 18.0% )	
No	17.3%	( 14.8% - 20.1% )	64,567	321	1,894	15.4%	( 13.3% - 17.8% )	
Activity Limitation								
Yes	11.9%	( 9.7% - 14.6% )	13,322	160	1,177	12.8%	( 10.1% - 16.0% )	
No	17.4%	( 15.4% - 19.5% )	65,044	612	3,609	15.7%	( 14.0% - 17.5% )	
Require Special Equipment								
Yes	10%	( 6% - 17% )	3,153	20	196	13%	( 6% - 24% )	
No	16.4%	( 14.2% - 18.8% )	74,826	395	2,395	14.9%	( 13.0% - 17.1% )	
Mental Health								
Depression Measure (PHQ-8)								
No Depression	14.5%	( 12.3% - 17.0% )	46,904	255	1,714	85.1%	( 82.9% - 87.0% )	
Mild Depression	18%	( 12% - 26% )	12,574	62	341	15%	( 13% - 18% )	
Moderate to Severe Depression	19%	( 11% - 30% )	6,486	34	164	14%	( 12% - 17% )	
Social and Emotional Support								
Always/Usually	16.0%	( 13.8% - 18.5% )	61,751	322	1,964	14.8%	( 12.8% - 17.2% )	
Sometimes/Rarely/Never	15.5%	( 10.8% - 21.7% )	13,306	81	524	15.2%	( 10.8% - 20.9% )	
Life Satisfaction								
Very Satisfied / Satisfied	15.8%	( 13.7% - 18.1% )	71,585	382	2,398	14.8%	( 12.8% - 16.9% )	
Dissatisfied / Very Dissatisfied	DSU	( DSU - DSU )	DSU	DSU	118	DSU	( DSU - DSU )	

**Binge Drinking, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy People 2010 Objective:		26.11c: Reduce binge drinking among adults to 6%.						
Healthy Alaskans 2010 Objective:		4.4: Reduce binge drinking among adults to 13%.						
Screening Question:		Calculated Variable: Binge Drinkers (males having five or more drinks on one occasion, females having four or more drinks on one occasion)						
Response:		Yes						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI	
Healthcare								
Healthcare Coverage								
Health Plan								
Yes	16.1%	( 14.4% - 18.1% )	64,783	618	4,067	15.5%	( 13.7% - 17.5% )	
No	15.9%	( 12.4% - 20.2% )	13,594	155	741	14.1%	( 11.2% - 17.7% )	
Immunization								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	2%	( 1% - 6% )	659	8	230	3%	( 1% - 6% )	
No	3%	( 1% - 10% )	456	4	126	4%	( 1% - 13% )	
Ever Had Pneumonia Shot (Ages 65+)								
Yes	3%	( 1% - 7% )	895	56	213	3%	( 1% - 8% )	
No	3%	( 1% - 8% )	465	298	129	3%	( 1% - 10% )	
Ever Had Hepatitis B Shot								
Yes	14.3%	( 11.1% - 18.3% )	25,854	121	891	12.6%	( 9.8% - 16.0% )	
No	17.7%	( 14.7% - 21.2% )	37,462	221	1,222	17.7%	( 14.4% - 21.6% )	
Screening								
AIDS/HIV Screening (Ages 18-64)								
Yes	21.7%	( 18.1% - 25.9% )	40,776	205	956	20.9%	( 17.2% - 25.1% )	
No	14.6%	( 11.7% - 18.0% )	33,676	185	1,151	14.9%	( 11.9% - 18.5% )	
Clinical Breast Exam Annually (Women Ages 40+)								
Yes	8.5%	( 5.7% - 12.4% )	6,718	49	555	7.8%	( 5.2% - 11.4% )	
No	9%	( 6% - 14% )	4,575	40	358	8%	( 6% - 12% )	
Colorectal Screening (Ages 50+)								
Yes	8.8%	( 5.9% - 12.8% )	8,555	56	689	7.7%	( 5.3% - 11.1% )	
No	11.6%	( 8.5% - 15.8% )	8,270	67	510	8.6%	( 6.2% - 11.9% )	
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)								
Yes	15%	( 10% - 23% )	7,021	40	281	17%	( 11% - 26% )	
No	19.1%	( 14.6% - 24.6% )	15,769	100	516	17.3%	( 13.2% - 22.4% )	

**Binge Drinking, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy People 2010 Objective:		26.11c: Reduce binge drinking among adults to 6%.						
Healthy Alaskans 2010 Objective:		4.4: Reduce binge drinking among adults to 13%.						
Screening Question:		Calculated Variable: Binge Drinkers (males having five or more drinks on one occasion, females having four or more drinks on one occasion)						
Response:		Yes						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI	
Home Occult Blood Test (Ages 50+)								
Yes	4%	( 2% - 8% )	1,077	10	192	4%	( 2% - 7% )	
No	11.2%	( 8.6% - 14.5% )	15,670	113	986	9.0%	( 6.9% - 11.6% )	
Mammogram within Past 2 Years (Women Ages 40+)								
Yes	6.4%	( 4.6% - 8.9% )	5,654	53	642	5.9%	( 4.2% - 8.1% )	
No	14%	( 9% - 21% )	5,961	35	276	11%	( 7% - 16% )	
Oral Cancer Exam Annually								
Yes	12.7%	( 9.7% - 16.5% )	15,560	91	669	11.6%	( 8.8% - 15.0% )	
No	16.7%	( 14.1% - 19.7% )	55,154	290	1,727	15.5%	( 13.2% - 18.2% )	
Pap Test within Past 3 Years (Women Ages 18+)								
Yes	11.3%	( 8.7% - 14.6% )	17,779	112	905	9.8%	( 7.5% - 12.8% )	
No	10%	( 6% - 17% )	3,023	21	168	12%	( 7% - 20% )	
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)								
Yes	17%	( 12% - 24% )	10,388	57	381	22%	( 16% - 31% )	
No	19%	( 14% - 26% )	12,238	77	391	16%	( 12% - 21% )	
Diagnoses								
Asthma								
Asthma Diagnosis								
Yes	12.3%	( 8.8% - 16.8% )	9,076	86	643	10.8%	( 8.0% - 14.4% )	
No	16.9%	( 15.1% - 18.8% )	69,603	689	4,163	15.9%	( 14.2% - 17.7% )	
Current Asthma								
Yes	7%	( 5% - 12% )	2,982	37	403	7%	( 5% - 11% )	
No	18%	( 11% - 28% )	5,219	45	215	15%	( 10% - 21% )	
Cardiovascular and Cerebrovascular Disease								
Cardiovascular Disease								
Yes	8%	( 4% - 13% )	1,716	20	268	7%	( 3% - 14% )	
No	16.5%	( 14.8% - 18.3% )	76,313	747	4,492	15.1%	( 13.6% - 16.8% )	

**Binge Drinking, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy People 2010 Objective:		26.11c: Reduce binge drinking among adults to 6%.						
Healthy Alaskans 2010 Objective:		4.4: Reduce binge drinking among adults to 13%.						
Screening Question:		Calculated Variable: Binge Drinkers (males having five or more drinks on one occasion, females having four or more drinks on one occasion)						
Response:		Yes						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI	
Heart Attack (Myocardial Infarction)								
Yes	10%	( 5% - 18% )	1,428	16	179	7%	( 4% - 14% )	
No	16.2%	( 14.6% - 18.0% )	76,731	755	4,619	15.0%	( 13.5% - 16.6% )	
Coronary Heart Disease (Angina)								
Yes	5%	( 2% - 8% )	760	13	195	15%	( 14% - 17% )	
No	16.5%	( 14.8% - 18.3% )	77,807	760	4,597	15.2%	( 13.7% - 16.9% )	
Stroke								
Yes	7%	( 3% - 15% )	687	9	127	9%	( 3% - 23% )	
No	16.3%	( 14.7% - 18.1% )	78,005	767	4,692	15.1%	( 13.6% - 16.8% )	
Diabetes								
Nongestational Diabetes								
Yes	7%	( 4% - 12% )	2,041	25	327	7%	( 4% - 12% )	
No	16.7%	( 15.0% - 18.5% )	76,637	752	4,497	15.4%	( 13.8% - 17.0% )	
Pre-Diabetes								
Yes	14%	( 10% - 20% )	5,108	50	370	15%	( 10% - 22% )	
No	16.9%	( 15.1% - 18.8% )	71,156	698	4,105	15.4%	( 13.9% - 17.2% )	
Prostate Cancer								
Prostate Cancer								
Yes	DSU	( DSU - DSU )	DSU	DSU	21	DSU	( DSU - DSU )	
No	17.6%	( 13.9% - 21.9% )	22,929	138	805	15.7%	( 12.2% - 19.8% )	
Risk Factors								
Alcohol								
Binge Drinking								
Yes	100.0%	( 0.0% - 0.0% )	78,842	778	778	100.0%	( 0.0% - 0.0% )	
No	0.0%	( 0.0% - 0.0% )	0	0	4,059	0.0%	( 0.0% - 0.0% )	
Heavy Drinking								
Yes	79%	( 72% - 85% )	20,489	222	289	76%	( 69% - 81% )	
No	11.4%	( 10.0% - 12.9% )	45,864	422	3,953	10.7%	( 9.4% - 12.1% )	

**Binge Drinking, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy People 2010 Objective:		26.11c: Reduce binge drinking among adults to 6%.						
Healthy Alaskans 2010 Objective:		4.4: Reduce binge drinking among adults to 13%.						
Screening Question:		Calculated Variable: Binge Drinkers (males having five or more drinks on one occasion, females having four or more drinks on one occasion)						
Response:		Yes						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI	
<b>Physical Activity</b>								
Leisure Time Exercise								
Yes	17.0%	( 15.1% - 19.0% )	65,582	624	3,749	15.7%	( 13.9% - 17.6% )	
No	13.0%	( 10.5% - 16.1% )	13,259	154	1,072	12.6%	( 10.0% - 15.6% )	
<b>Tobacco Use</b>								
Cigarette Smoking Status								
Current Smoker	30.8%	( 26.0% - 35.9% )	32,167	303	1,065	27.0%	( 23.1% - 31.2% )	
Former Smoker	16.3%	( 13.7% - 19.3% )	21,722	231	1,477	17.0%	( 14.0% - 20.4% )	
Never Smoked	10.0%	( 8.4% - 11.9% )	24,913	243	2,266	9.2%	( 7.7% - 10.8% )	
Smokeless Tobacco Status								
Current User	30%	( 23% - 39% )	7,100	65	242	28%	( 21% - 35% )	
Former User	28.8%	( 24.4% - 33.6% )	25,780	244	854	25.3%	( 21.5% - 29.5% )	
Never Used	11.7%	( 10.0% - 13.7% )	41,862	435	3,563	11.2%	( 9.6% - 13.0% )	
<b>Weight Status</b>								
Weight Status								
Normal (BMI <25)	15.9%	( 12.9% - 19.5% )	26,273	249	1,564	14.6%	( 12.1% - 17.5% )	
Overweight (BMI 25 to 30)	18.5%	( 15.9% - 21.3% )	32,356	321	1,728	17.5%	( 15.1% - 20.3% )	
Obese (BMI ≥30)	14.2%	( 11.7% - 17.1% )	18,837	191	1,361	13.0%	( 10.7% - 15.7% )	
Obese I (BMI 30 TO < 35)	16.4%	( 13.0% - 20.4% )	13,500	134	840	15.2%	( 12.0% - 19.1% )	
Obese II & III (BMI ≥35)	10.6%	( 7.6% - 14.7% )	5,336	57	521	9.5%	( 6.7% - 13.3% )	

**Binge Drinking, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

<b>Healthy People 2010 Objective:</b>		<b>26.11c: Reduce binge drinking among adults to 6%.</b>	
<b>Healthy Alaskans 2010 Objective:</b>		<b>4.4: Reduce binge drinking among adults to 13%.</b>	
<b>Screening Question:</b>		<b>Calculated Variable: Binge Drinkers (males having five or more drinks on one occasion, females having four or more drinks on one occasion)</b>	
<b>Response:</b>		<b>Yes</b>	
		<i>Observed Rate</i>	
		<i>Age-Adjusted Rate</i>	
<b>Population at Risk (See Appendix)</b>	<b>%</b>	<b>95% CI</b>	<b>Individuals</b>
			<b>n</b>
			<b>N</b>
		<b>%</b>	<b>95% CI</b>
<b>Appendix</b>			

**Definitions:**

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (n) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

**Notes:**

Data may include revisions, and may differ from those shown previously.



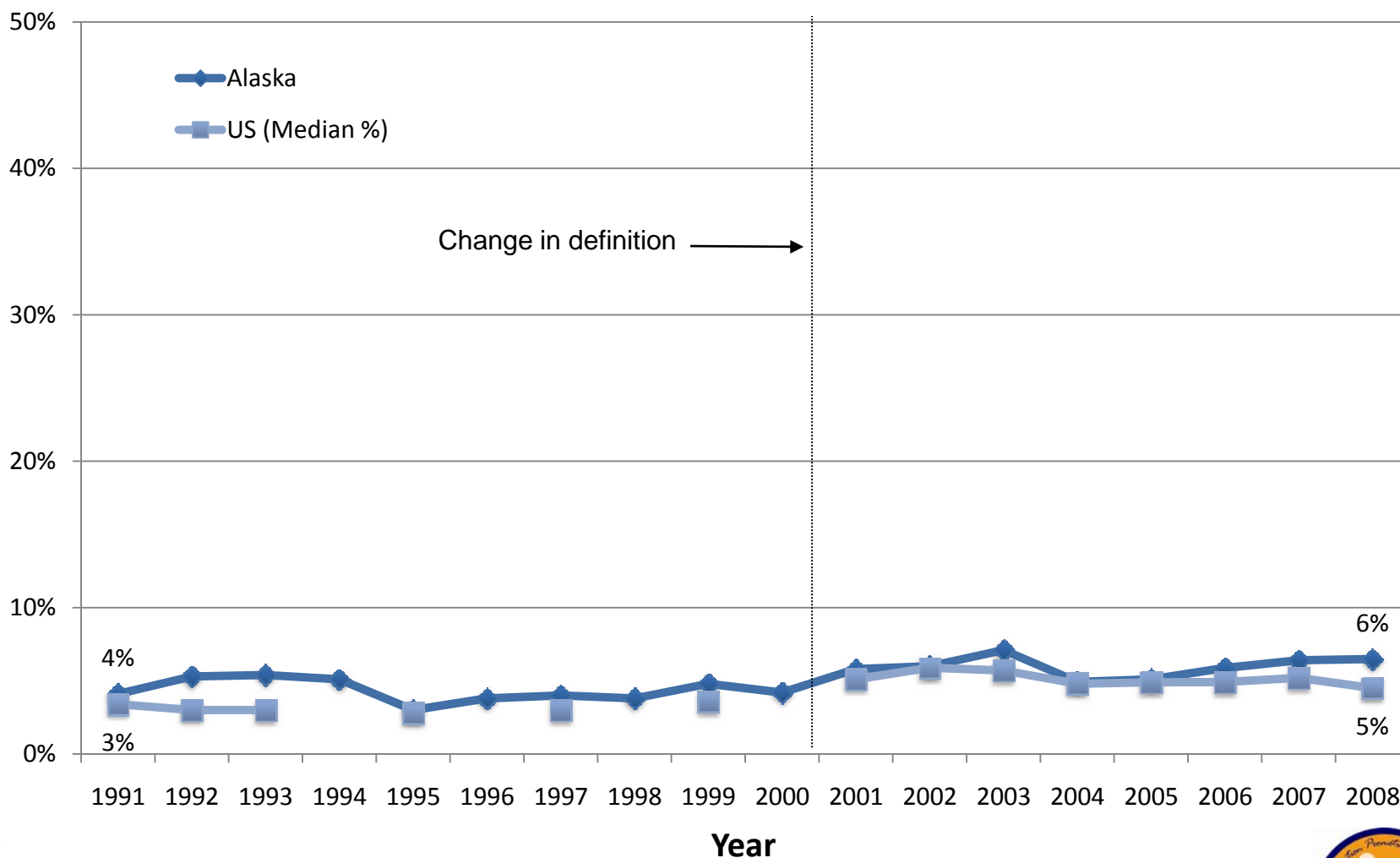
# Alcohol Use – Heavy Drinking



- **Indicator:** Proportion of males having more than 2 drinks per day or females having more than 1 drink per day in the past 30 days. Note: prior to 2001, the threshold for heavy drinking (previously called Chronic Drinking) was an average of greater than 60 drinks in the past 30 days for both men and women.
- **Data source:** 2008 Alaska Standard and Modified BRFSS surveys combined
- **BRFSS Questions:**
  - During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?
  - During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage?
  - One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine or a drink with one shot of liquor. During the past 30 days, on the days when you drank, how many drinks did you drink on the average?
- **How are we doing?**
  - In 2008, 6.5% of Alaskan adults reported heavy drinking in the past 30 days.
- **How does Alaska compare with the US?**
  - From 1991 to 2008 the prevalence of heavy drinking in Alaska and the US has stayed relatively stable.
  - In 2008, the prevalence of heavy drinking was slightly higher in Alaska than the US.
- **How are different populations affected?**
  - Alaskans age 65 years and older were classified as heavy drinkers significantly less often than respondents age 45 to 54 years or those age 18 to 24 years.
  - In 2008, respondents in the  $\geq 200\%$  of poverty group, those who were binge drinkers, and current smokers had a significantly higher prevalence of heavy drinking than those not in these groups.



# Heavy/Chronic Drinking: Alaska vs. Nationwide 1991 - 2008 Alaska BRFSS



**Heavy Drinking, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Heavy drinking is males having more than two drinks per day and females having more than one drink per day.						
Response:		Yes					Age-Adjusted Rate	
Population at Risk (See Appendix)		Observed Rate		Individuals	n	N		
		%	95% CI				%	95% CI
<b>Total</b>		<b>6.5%</b>	( 5.3% - 7.9% )	28,107	308	4,275	<b>6.2%</b>	( 5.1% - 7.5% )
<b>Demographics</b>								
<b>Gender</b>								
Female		<b>6.1%</b>	( 4.9% - 7.5% )	11,220	145	2,074	<b>5.9%</b>	( 4.7% - 7.3% )
Male		<b>6.8%</b>	( 5.1% - 9.1% )	16,887	163	2,201	<b>6.5%</b>	( 4.8% - 8.6% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>								
Persons aged 18 to 24 years		<b>7%</b>	( 3% - 18% )	4,084	15	242	<b>NA</b>	( NA - NA )
Persons aged 25 to 34 years		<b>6.3%</b>	( 4.3% - 9.0% )	5,548	46	685	<b>NA</b>	( NA - NA )
Persons aged 35 to 44 years		<b>5.7%</b>	( 3.8% - 8.3% )	4,674	56	780	<b>NA</b>	( NA - NA )
Persons aged 45 to 64 years		<b>7.6%</b>	( 6.1% - 9.2% )	12,006	162	1,973	<b>NA</b>	( NA - NA )
Persons aged 65 years and older		<b>3.7%</b>	( 2.3% - 5.9% )	1,665	29	595	<b>NA</b>	( NA - NA )
<b>Race and Ethnicity</b>								
American Indian or Alaska Native		<b>5.8%</b>	( 3.8% - 9.0% )	3,540	49	826	<b>5.8%</b>	( 3.5% - 9.2% )
Asian or Pacific Islander		<b>0%</b>	( 0% - 3% )	0	1	113	<b>1%</b>	( 0% - 4% )
Asian		<b>0%</b>	( 0% - 0% )	0	0	90	<b>0%</b>	( 0% - 0% )
Native Hawaiian or Other Pacific Islander		<b>DSU</b>	( DSU - DSU )	DSU	DSU	23	<b>DSU</b>	( DSU - DSU )
Black or African American		<b>4%</b>	( 1% - 10% )	389	5	70	<b>2%</b>	( 1% - 6% )
White		<b>7.3%</b>	( 5.9% - 9.1% )	23,656	246	3,065	<b>7.0%</b>	( 5.5% - 8.7% )
Hispanic or Latino		<b>1%</b>	( 0% - 4% )	161	2	121	<b>1%</b>	( 0% - 6% )
Not Hispanic or Latino		<b>6.8%</b>	( 5.6% - 8.2% )	27,933	306	4,091	<b>6.5%</b>	( 5.3% - 7.9% )
Black or African American, not Hispanic/Latino		<b>DSU</b>	( DSU - DSU )	DSU	DSU	33	<b>DSU</b>	( DSU - DSU )
White, not Hispanic or Latino		<b>7.5%</b>	( 6.0% - 9.3% )	23,233	237	2,950	<b>7.1%</b>	( 5.6% - 9.0% )
<b>Alaska Native</b>								
Yes		<b>5.7%</b>	( 3.8% - 8.4% )	3,883	57	911	<b>5.7%</b>	( 3.7% - 8.9% )
No		<b>6.7%</b>	( 5.4% - 8.3% )	24,128	249	3,327	<b>6.4%</b>	( 5.1% - 7.9% )

**Heavy Drinking, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Heavy drinking is males having more than two drinks per day and females having more than one drink per day.														
Response:		Yes														
Population at Risk (See Appendix)		Observed Rate					Age-Adjusted Rate									
		%	95% CI		Individuals	n	N	%	95% CI							
<b>Geographic Location</b>																
	Anchorage & Vicinity	6.1%	(	4.3%	-	8.7%	)	14,395	60	883	5.8%	(	4.1%	-	8.2%	)
	Fairbanks & Vicinity	6.6%	(	4.8%	-	9.0%	)	3,914	63	872	6.1%	(	4.6%	-	8.1%	)
	Gulf Coast	8.0%	(	6.2%	-	10.2%	)	3,900	75	855	7.6%	(	5.8%	-	9.9%	)
	Rural	5.7%	(	3.9%	-	8.1%	)	2,430	45	861	5.1%	(	3.6%	-	7.2%	)
	Southeast	7.3%	(	5.6%	-	9.5%	)	3,468	65	804	7.1%	(	5.4%	-	9.3%	)
<b>Urban/Rural</b>																
	Metropolitan Statistical Area	6.3%	(	4.7%	-	8.4%	)	18,202	122	1,696	6.0%	(	4.5%	-	7.9%	)
	Micropolitan Statistical Area & Urban Clusters	7.8%	(	6.3%	-	9.6%	)	5,593	101	1,260	7.6%	(	6.1%	-	9.5%	)
	Rural	5.8%	(	4.5%	-	7.5%	)	4,311	85	1,319	5.5%	(	4.3%	-	7.1%	)
<b>Education Level (persons aged 25 years and older)</b>																
	Less than high school	4%	(	2%	-	7%	)	965	14	292	4%	(	2%	-	7%	)
	High school graduate	7.2%	(	5.5%	-	9.3%	)	8,109	101	1,222	7.0%	(	5.4%	-	9.1%	)
	At least some college	7.2%	(	5.4%	-	9.5%	)	8,312	94	1,192	6.7%	(	4.9%	-	9.1%	)
	College Graduate	5.4%	(	4.0%	-	7.1%	)	6,532	84	1,318	5.2%	(	3.9%	-	6.9%	)
<b>Employment Status</b>																
	Employed	7.4%	(	5.9%	-	9.4%	)	21,597	224	2,817	6.8%	(	5.3%	-	8.7%	)
	Unemployed	6%	(	3%	-	11%	)	1,953	24	301	6%	(	3%	-	11%	)
	Not in Workforce (Student, Homemaker, Retired)	4.3%	(	3.0%	-	6.3%	)	4,028	52	943	4.2%	(	2.8%	-	6.2%	)
	Unable to work	3%	(	1%	-	7%	)	485	7	198	1%	(	1%	-	3%	)
<b>Marital Status</b>																
	Married or Unwed Couple	6.0%	(	4.5%	-	7.9%	)	17,303	161	2,562	6.0%	(	4.2%	-	8.7%	)
	Divorced/Separated	10.7%	(	7.5%	-	14.9%	)	5,325	76	728	9.0%	(	6.1%	-	13.0%	)
	Widowed	8%	(	4%	-	13%	)	1,198	18	271	7%	(	4%	-	14%	)
	Never Married	5.6%	(	3.7%	-	8.3%	)	4,334	53	695	6.3%	(	4.4%	-	8.8%	)

**Heavy Drinking, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Heavy drinking is males having more than two drinks per day and females having more than one drink per day.									
Response:		Yes						Age-Adjusted Rate			
Population at Risk (See Appendix)		%	Observed Rate		Individuals		n	N	%	95% CI	
			95% CI							95% CI	
<b>Income Level</b>											
<\$15,000		4%	(	2% - 7%	)	1,117	22	342	4%	(	2% - 7%
\$15,000 - \$24,999		4%	(	2% - 7%	)	1,495	25	450	4%	(	3% - 7%
\$25,000 - \$49,999		7.3%	(	5.4% - 9.8%	)	7,098	78	957	6.8%	(	5.1% - 9.0%
\$50,000 - \$74,999		7.3%	(	5.1% - 10.4%	)	5,377	67	747	7.2%	(	4.9% - 10.4%
\$75,000		6.0%	(	4.6% - 7.8%	)	8,724	95	1,308	5.0%	(	3.8% - 6.5%
<b>Poverty Threshold</b>											
Poor (<100% Poverty Threshold)		3%	(	1% - 5%	)	916	14	314	2%	(	1% - 4%
Near Poor (100% to 199% Poverty Threshold)		3.6%	(	2.3% - 5.6%	)	2,202	36	620	4.3%	(	2.7% - 6.8%
Middle/High Income (>=200% Poverty Threshold)		7.2%	(	6.0% - 8.5%	)	20,784	237	2,870	6.7%	(	5.6% - 8.0%
<b>Below Poverty Guidelines</b>											
Yes		3%	(	2% - 6%	)	1,285	17	421	4%	(	2% - 8%
No		6.6%	(	5.6% - 7.8%	)	22,410	270	3,383	6.2%	(	5.3% - 7.3%
<b>Veteran</b>											
Yes		4%	(	2% - 7%	)	3,712	21	460	3%	(	2% - 6%
No		4.7%	(	3.8% - 5.9%	)	18,278	133	2,088	4.5%	(	3.6% - 5.6%
<b>Health Status</b>											
<b>General Health</b>											
Excellent to Very Good		6.5%	(	4.8% - 8.8%	)	15,836	162	2,218	6.2%	(	4.7% - 8.0%
Good		6.5%	(	5.0% - 8.5%	)	8,512	94	1,355	6.2%	(	4.7% - 8.2%
Fair/Poor		6.2%	(	4.3% - 8.8%	)	3,603	50	681	6.2%	(	4.0% - 9.3%
<b>Healthy Days (Mean Number of Days)</b>											
Physical Health Not Good		2.2	(	1.5 - 3.0	)			299	2.2	(	1.5 - 3.0
Mental Health Not Good		4.2	(	2.9 - 5.5	)			298	3.8	(	2.8 - 4.9
Unhealthy Days (Physical or Mental Health Not Good)		5.7	(	4.5 - 7.0	)			292	5.5	(	4.3 - 6.7
Days with Activity Limitation		1.8	(	1.0 - 2.5	)			304	1.5	(	0.9 - 2.1
<b>Healthy Days (Percentage with 14 or More Days)</b>											
Physical Health Not Good		3%	(	2% - 5%	)	1,320	27	478	3%	(	2% - 6%
Mental Health Not Good		8%	(	6% - 13%	)	2,878	38	398	7%	(	5% - 11%
Unhealthy Days (Physical or Mental Health Not Good)		6.0%	(	4.3% - 8.4%	)	4,153	56	732	5.6%	(	3.9% - 8.0%

**Heavy Drinking, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Heavy drinking is males having more than two drinks per day and females having more than one drink per day.										
Response:		Yes										
		Observed Rate						Age-Adjusted Rate				
Population at Risk (See Appendix)		%	95% CI		Individuals	n	N	%	95% CI			
Disability	Activity Limitation	5%	(	3% -	9%)	1,467	18	298	4%	(	2% -	7%)
	Disabled											
	Yes	4.7%	(	3.1% -	7.0%)	5,226	38	664	4.6%	(	2.9% -	7.3%)
	No	4.5%	(	3.5% -	5.7%)	16,417	115	1,865	4.3%	(	3.4% -	5.4%)
Mental Health	Activity Limitation											
	Yes	6.4%	(	4.7% -	8.5%)	6,251	77	1,056	6.2%	(	4.4% -	8.8%)
	No	6.5%	(	5.2% -	8.3%)	21,725	228	3,176	6.1%	(	4.9% -	7.6%)
	Require Special Equipment											
Mental Health	Yes	5%	(	3% -	10%)	1,560	12	195	6%	(	3% -	11%)
	No	4.5%	(	3.6% -	5.6%)	20,062	142	2,350	4.3%	(	3.4% -	5.3%)
	Depression Measure (PHQ-8)											
	No Depression	4.9%	(	3.7% -	6.3%)	15,560	106	1,689	95.7%	(	94.7% -	96.6%)
	Mild Depression	3%	(	1% -	4%)	2,071	16	334	4%	(	4% -	6%)
	Moderate to Severe Depression	4%	(	2% -	9%)	1,315	11	159	5%	(	4% -	6%)
	Social and Emotional Support											
	Always/Usually	4.6%	(	3.6% -	5.9%)	17,679	120	1,936	4.4%	(	3.5% -	5.6%)
	Sometimes/Rarely/Never	3.9%	(	2.5% -	5.9%)	3,196	29	507	3.7%	(	2.4% -	5.6%)
	Life Satisfaction											
Mental Health	Very Satisfied / Satisfied	4.6%	(	3.7% -	5.7%)	20,524	141	2,355	4.4%	(	3.5% -	5.5%)
	Dissatisfied / Very Dissatisfied	3%	(	2% -	7%)	637	9	113	4%	(	2% -	8%)

**Heavy Drinking, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Heavy drinking is males having more than two drinks per day and females having more than one drink per day.									
Response:		Yes									
		Observed Rate						Age-Adjusted Rate			
Population at Risk (See Appendix)		%	95% CI		Individuals	n	N	%	95% CI		
Healthcare											
Healthcare Coverage											
Health Plan											
Yes		6.5%	(	5.2% - 8.2%	23,129	240	3,583	6.4%	(	4.9% - 8.2%	)
No		6.4%	(	4.6% - 8.8%	4,872	67	665	5.7%	(	4.2% - 7.7%	)
Immunization											
Flu Shot Within Past 12 Months (Ages 65+)											
Yes		2%	(	1% - 4%	628	10	221	2%	(	1% - 4%	)
No		6%	(	2% - 15%	893	6	124	6%	(	2% - 16%	)
Ever Had Pneumonia Shot (Ages 65+)											
Yes		2%	(	1% - 5%	567	28	206	2%	(	1% - 5%	)
No		5%	(	2% - 14%	762	105	126	6%	(	2% - 14%	)
Ever Had Hepatitis B Shot											
Yes		3.5%	(	2.2% - 5.5%	6,243	33	885	3.5%	(	2.3% - 5.3%	)
No		5.5%	(	4.2% - 7.2%	11,397	94	1,194	4.9%	(	3.7% - 6.5%	)
Screening											
AIDS/HIV Screening (Ages 18-64)											
Yes		4.8%	(	3.4% - 6.8%	8,909	56	941	4.4%	(	3.2% - 6.2%	)
No		4.4%	(	3.3% - 5.9%	9,977	75	1,131	3.8%	(	2.8% - 5.1%	)
Clinical Breast Exam Annually (Women Ages 40+)											
Yes		4.9%	(	3.1% - 7.8%	3,801	30	548	4.7%	(	3.0% - 7.4%	)
No		6%	(	4% - 10%	2,997	23	347	5%	(	3% - 9%	)
Colorectal Screening (Ages 50+)											
Yes		4.3%	(	2.8% - 6.8%	4,181	33	677	4.0%	(	2.6% - 6.1%	)
No		7%	(	5% - 11%	4,872	42	494	7%	(	4% - 11%	)
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)											
Yes		4%	(	2% - 8%	1,864	18	278	3%	(	2% - 6%	)
No		5.5%	(	3.6% - 8.1%	4,467	37	506	5.6%	(	3.4% - 9.2%	)

**Heavy Drinking, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Heavy drinking is males having more than two drinks per day and females having more than one drink per day.					
Response:		Yes					
Population at Risk (See Appendix)		Observed Rate			Age-Adjusted Rate		
		%	95% CI	Individuals			
				<i>n</i>	<i>N</i>		
Home Occult Blood Test (Ages 50+)							
Yes	3%	( 1% - 8% )	797	6	188	3%	( 1% - 7% )
No	6.1%	( 4.5% - 8.3% )	8,357	69	962	5.5%	( 4.0% - 7.6% )
Mammogram within Past 2 Years (Women Ages 40+)							
Yes	4.7%	( 2.9% - 7.3% )	4,050	31	630	4.3%	( 2.8% - 6.7% )
No	7%	( 4% - 11% )	2,878	22	269	7%	( 4% - 12% )
Oral Cancer Exam Annually							
Yes	4.2%	( 2.8% - 6.4% )	5,135	35	660	3.7%	( 2.4% - 5.5% )
No	4.3%	( 3.4% - 5.6% )	14,012	106	1,697	4.3%	( 3.3% - 5.5% )
Pap Test within Past 3 Years (Women Ages 18+)							
Yes	4.2%	( 2.8% - 6.3% )	6,599	40	893	3.9%	( 2.6% - 5.8% )
No	8%	( 4% - 14% )	2,342	17	163	8%	( 5% - 14% )
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)							
Yes	5%	( 3% - 9% )	3,037	24	377	4%	( 2% - 7% )
No	4%	( 3% - 6% )	2,545	29	382	4%	( 2% - 6% )
<b>Diagnoses</b>							
<b>Asthma</b>							
Asthma Diagnosis							
Yes	3.7%	( 2.3% - 5.8% )	2,412	30	566	3.7%	( 2.3% - 6.0% )
No	7.0%	( 5.7% - 8.6% )	25,498	275	3,680	6.7%	( 5.4% - 8.3% )
Current Asthma							
Yes	3%	( 2% - 6% )	1,163	15	359	3%	( 2% - 6% )
No	4%	( 2% - 9% )	1,008	14	186	4%	( 2% - 9% )
<b>Cardiovascular and Cerebrovascular Disease</b>							
Cardiovascular Disease							
Yes	4%	( 2% - 11% )	783	9	250	3%	( 1% - 7% )
No	6.6%	( 5.4% - 8.0% )	27,004	295	3,957	6.3%	( 5.2% - 7.7% )



**Heavy Drinking, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Heavy drinking is males having more than two drinks per day and females having more than one drink per day.									
Response:		Yes									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix)		%	95% CI		Individuals	n	N	%	95% CI		
Heart Attack (Myocardial Infarction)											
Yes		5%	(	2% - 15%	658	5	168	3%	(	1% - 10%	)
No		6.5%	(	5.3% - 7.9%	27,172	300	4,071	6.2%	(	5.1% - 7.6%	)
Coronary Heart Disease (Angina)											
Yes		3%	(	1% - 6%	431	7	186	2%	(	1% - 4%	)
No		6.6%	(	5.4% - 8.1%	27,589	299	4,050	6.3%	(	5.2% - 7.7%	)
Stroke											
Yes		5%	(	2% - 13%	457	5	120	4%	(	2% - 11%	)
No		6.5%	(	5.3% - 7.9%	27,502	301	4,138	6.2%	(	5.1% - 7.6%	)
Diabetes											
Nongestational Diabetes											
Yes		5%	(	3% - 9%	1,321	15	310	5%	(	3% - 10%	)
No		6.6%	(	5.4% - 8.1%	26,850	293	3,952	6.3%	(	5.2% - 7.7%	)
Pre-Diabetes											
Yes		6%	(	4% - 10%	1,914	26	324	7%	(	3% - 13%	)
No		6.7%	(	5.4% - 8.2%	24,868	267	3,609	6.4%	(	5.3% - 7.9%	)
Prostate Cancer											
Prostate Cancer											
Yes		DSU	(	DSU - DSU	DSU	DSU	21	DSU	(	DSU - DSU	)
No		4.6%	(	3.2% - 6.4%	5,928	52	790	3.6%	(	2.5% - 5.1%	)
Risk Factors											
Alcohol											
Binge Drinking											
Yes		30.9%	(	25.1% - 37.4%	20,546	222	644	33.9%	(	27.4% - 41.0%	)
No		1.5%	(	1.1% - 2.0%	5,390	67	3,598	1.4%	(	1.0% - 2.0%	)
Heavy Drinking											
Yes		100%	(	0% - 0%	28,107	308	308	100%	(	0% - 0%	)
No		0.0%	(	0.0% - 0.0%	0	0	3,967	0.0%	(	0.0% - 0.0%	)

**Heavy Drinking, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Heavy drinking is males having more than two drinks per day and females having more than one drink per day.						
Response:		Yes						
Population at Risk (See Appendix)		Observed Rate					Age-Adjusted Rate	
		%	95% CI	Individuals	n	N	%	95% CI
Physical Activity								
Leisure Time Exercise								
Yes		6.5%	( 5.1% - 8.2% )	21,977	227	3,271	6.3%	( 5.0% - 7.9% )
No		6.6%	( 4.8% - 8.9% )	6,130	81	988	6.3%	( 4.6% - 8.7% )
Tobacco Use								
Cigarette Smoking Status								
Current Smoker		12.9%	( 9.0% - 18.2% )	11,882	119	945	12.5%	( 9.0% - 17.1% )
Former Smoker		6.5%	( 5.0% - 8.5% )	7,732	100	1,302	5.9%	( 4.5% - 7.6% )
Never Smoked		3.8%	( 2.9% - 5.1% )	8,417	88	2,002	3.7%	( 2.8% - 4.9% )
Smokeless Tobacco Status								
Current User		11%	( 6% - 19% )	2,625	24	240	11%	( 6% - 18% )
Former User		8.5%	( 6.1% - 11.7% )	7,110	81	795	7.7%	( 5.5% - 10.5% )
Never Used		5.4%	( 4.1% - 7.2% )	16,706	188	3,068	5.2%	( 4.0% - 6.8% )
Weight Status								
Weight Status								
Normal (BMI <25)		8.7%	( 6.0% - 12.5% )	12,194	118	1,325	8.7%	( 6.6% - 11.6% )
Overweight (BMI 25 to 30)		5.4%	( 4.2% - 6.9% )	8,618	115	1,571	5.0%	( 3.9% - 6.5% )
Obese (BMI ≥30)		5.8%	( 4.3% - 7.9% )	7,014	70	1,231	5.6%	( 4.0% - 7.8% )
Obese I (BMI 30 TO < 35)		7.2%	( 5.0% - 10.1% )	5,397	53	766	7.0%	( 4.7% - 10.3% )
Obese II & III (BMI ≥35)		4%	( 2% - 6% )	1,803	17	465	3%	( 2% - 7% )

**Heavy Drinking, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Heavy drinking is males having more than two drinks per day and females having more than one drink per day.					
Response:		Yes					
		<i>Observed Rate</i>			<i>Age-Adjusted Rate</i>		
<b>Population at Risk (See Appendix)</b>	%	95% CI	Individuals	n	N	%	95% CI

**Appendix**

**Definitions:**

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (n) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

**Notes:**

Data may include revisions, and may differ from those shown previously.

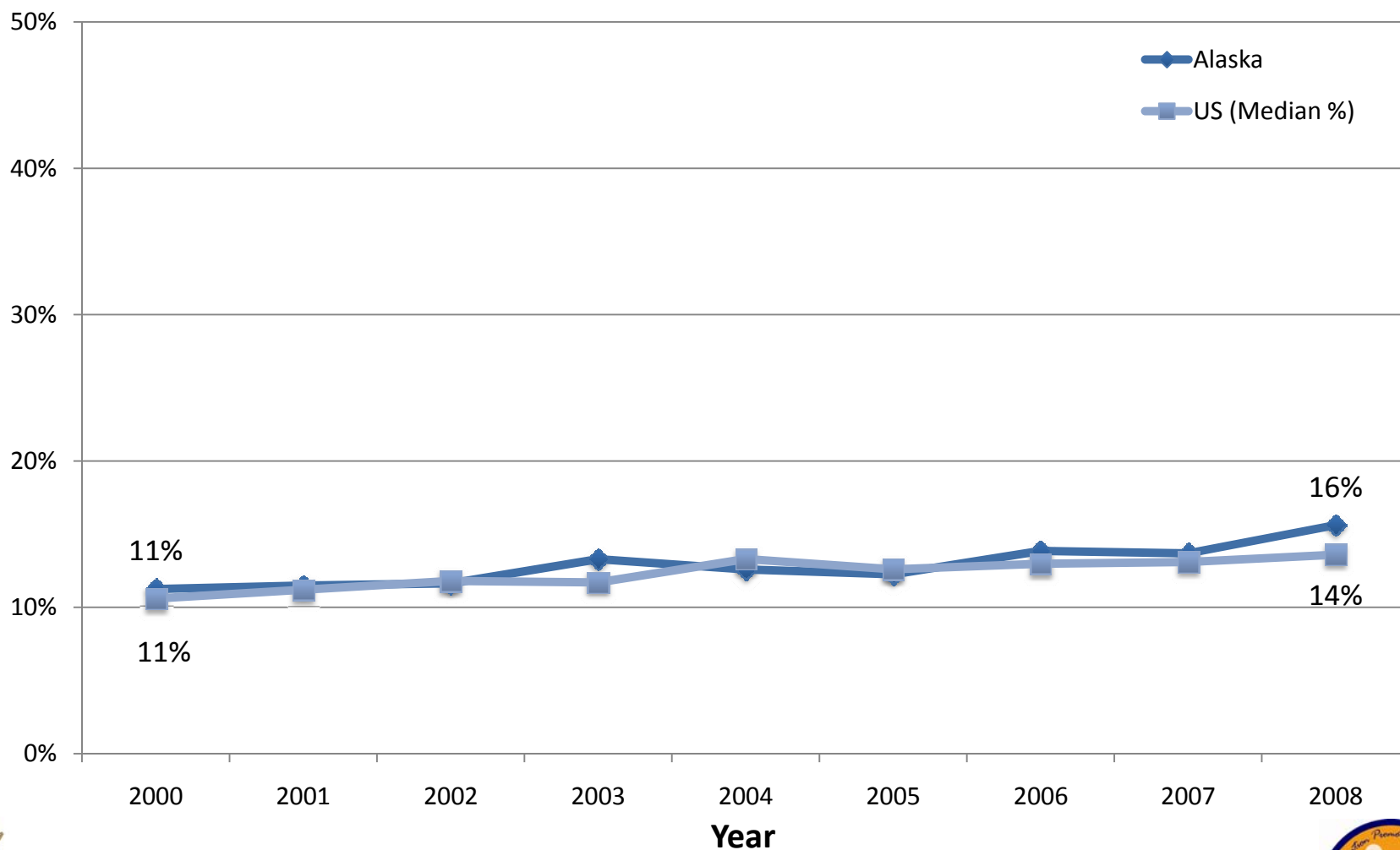
# Chronic Disease – Lifetime Diagnosis of Asthma



- **Indicator:** Proportion of Alaskan adults with a lifetime diagnosis of asthma.
- **Data source:** 2008 Alaska Standard and Modified BRFSS surveys combined
- **BRFSS Question:** Have you ever been told by a doctor, nurse or other health professional that you had asthma?
- **How are we doing?**
  - Sixteen percent of Alaskan adults reported a lifetime diagnosis of asthma in 2008.
- **How does Alaska compare with the US?**
  - From 2000 to 2008, the prevalence of lifetime diagnosis of asthma appears to have increased in both Alaska and the US.
  - There have been no differences between Alaska and the US in the prevalence of lifetime diagnosis of asthma during this same time period.
- **How are different populations affected?**
  - In 2008, Alaskan adults who were unable to work, compared to those who were unemployed and those who were never married compared to married adults had a higher prevalence of lifetime diagnosis of asthma.
  - Alaskan adults with an annual income below \$25,000 had a higher prevalence of lifetime diagnosis of asthma than those with an income of \$50,000 or more.
  - Respondents who had a pneumonia shot in their lifetime, those with cardiovascular disease, those with diabetes or pre-diabetes, and those with a BMI  $\geq 35.0$  had a significantly higher prevalence of lifetime diagnosis of asthma than respondents not in these groups.



# Asthma: Alaska vs. Nationwide 2000 - 2008 Alaska BRFSS



**Asthma, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy Alaskans 2010 Objective: 24.2a: Reduce lifetime asthma prevalence (adults ever told by a doctor that they has asthma) to 8%.								
Screening Question:			Have you ever been told by a doctor, nurse or other health professional that you have asthma?					
Response:			Yes					
Population at Risk (See Appendix)	Observed Rate					Age-Adjusted Rate		
	%	95% CI	Individuals	n	N	%	95% CI	
<b>Total</b>	<b>15.1%</b>	( 13.5% - 16.9% )	74,733	655	4,913	<b>15.0%</b>	( 13.4% - 16.8% )	
<b>Demographics</b>								
<b>Gender</b>								
Female	<b>17.0%</b>	( 14.9% - 19.4% )	40,766	424	2,642	<b>16.8%</b>	( 14.7% - 19.1% )	
Male	<b>13.3%</b>	( 10.9% - 16.1% )	33,967	231	2,271	<b>13.3%</b>	( 11.0% - 16.0% )	
<b>Age Groups (Categories Used in Age-Adjustment)</b>								
Persons aged 18 to 24 years	<b>20%</b>	( 14% - 29% )	13,254	46	276	<b>NA</b>	( NA - NA )	
Persons aged 25 to 34 years	<b>18.1%</b>	( 14.0% - 23.0% )	18,627	113	801	<b>NA</b>	( NA - NA )	
Persons aged 35 to 44 years	<b>13.1%</b>	( 10.4% - 16.4% )	12,650	132	920	<b>NA</b>	( NA - NA )	
Persons aged 45 to 64 years	<b>12.8%</b>	( 10.9% - 14.9% )	22,932	285	2,256	<b>NA</b>	( NA - NA )	
Persons aged 65 years and older	<b>14.0%</b>	( 10.5% - 18.6% )	6,947	79	660	<b>NA</b>	( NA - NA )	
<b>Race and Ethnicity</b>								
American Indian or Alaska Native	<b>13.6%</b>	( 10.7% - 17.1% )	9,366	111	942	<b>13.4%</b>	( 10.6% - 16.8% )	
Asian or Pacific Islander	<b>DSU</b>	( DSU - DSU )	DSU	DSU	127	<b>DSU</b>	( DSU - DSU )	
Asian	<b>DSU</b>	( DSU - DSU )	DSU	DSU	100	<b>DSU</b>	( DSU - DSU )	
Native Hawaiian or Other Pacific Islander	<b>DSU</b>	( DSU - DSU )	DSU	DSU	27	<b>DSU</b>	( DSU - DSU )	
Black or African American	<b>DSU</b>	( DSU - DSU )	DSU	DSU	78	<b>DSU</b>	( DSU - DSU )	
White	<b>15.3%</b>	( 13.4% - 17.4% )	56,874	488	3,540	<b>15.5%</b>	( 13.6% - 17.7% )	
Hispanic or Latino	<b>DSU</b>	( DSU - DSU )	DSU	DSU	134	<b>DSU</b>	( DSU - DSU )	
Not Hispanic or Latino	<b>14.8%</b>	( 13.1% - 16.6% )	69,690	622	4,708	<b>14.7%</b>	( 13.1% - 16.5% )	
Black or African American, not Hispanic/Latino	<b>DSU</b>	( DSU - DSU )	DSU	DSU	34	<b>DSU</b>	( DSU - DSU )	
White, not Hispanic or Latino	<b>15.4%</b>	( 13.4% - 17.5% )	54,920	463	3,413	<b>15.6%</b>	( 13.6% - 17.9% )	
<b>Alaska Native</b>								
Yes	<b>13.2%</b>	( 10.6% - 16.4% )	10,240	129	1,036	<b>13.1%</b>	( 10.5% - 16.2% )	
No	<b>15.5%</b>	( 13.7% - 17.6% )	64,190	523	3,830	<b>15.6%</b>	( 13.7% - 17.7% )	

**Asthma, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy Alaskans 2010 Objective: 24.2a: Reduce lifetime asthma prevalence (adults ever told by a doctor that they has asthma) to 8%.								
Screening Question:			Have you ever been told by a doctor, nurse or other health professional that you have asthma?					
Response:			Yes					
Population at Risk (See Appendix)	Observed Rate					Age-Adjusted Rate		
	%	95% CI	Individuals	n	N	%	95% CI	
<b>Geographic Location</b>								
Anchorage & Vicinity	16.6%	( 13.9% - 19.8% )	44,903	154	1,019	16.6%	( 13.9% - 19.7% )	
Fairbanks & Vicinity	14.9%	( 12.1% - 18.1% )	10,128	146	1,005	14.2%	( 11.8% - 17.1% )	
Gulf Coast	11.6%	( 9.2% - 14.5% )	6,486	112	1,007	11.9%	( 9.2% - 15.2% )	
Rural	11.9%	( 9.6% - 14.7% )	5,677	117	962	12.4%	( 9.8% - 15.7% )	
Southeast	14.1%	( 11.7% - 16.9% )	7,540	126	920	14.3%	( 11.7% - 17.5% )	
<b>Urban/Rural</b>								
Metropolitan Statistical Area	16.3%	( 13.9% - 18.9% )	53,871	288	1,965	16.0%	( 13.8% - 18.5% )	
Micropolitan Statistical Area & Urban Clusters	13.7%	( 11.7% - 16.0% )	11,191	198	1,449	13.8%	( 11.7% - 16.1% )	
Rural	11.8%	( 9.7% - 14.2% )	9,671	169	1,499	12.0%	( 9.8% - 14.7% )	
<b>Education Level (persons aged 25 years and older)</b>								
Less than high school	16%	( 11% - 23% )	4,385	45	329	18%	( 12% - 25% )	
High school graduate	16.2%	( 13.0% - 20.0% )	20,153	177	1,363	16.4%	( 13.4% - 19.9% )	
At least some college	14.1%	( 11.5% - 17.2% )	18,398	189	1,371	13.1%	( 10.7% - 15.9% )	
College Graduate	12.4%	( 10.3% - 15.0% )	18,096	198	1,563	13.3%	( 10.9% - 16.1% )	
<b>Employment Status</b>								
Employed	13.4%	( 11.5% - 15.5% )	44,574	414	3,245	12.9%	( 10.8% - 15.3% )	
Unemployed	22%	( 15% - 31% )	7,851	50	340	25%	( 17% - 35% )	
Not in Workforce (Student, Homemaker, Retired)	16.2%	( 12.7% - 20.6% )	17,632	134	1,090	15.4%	( 12.0% - 19.5% )	
Unable to work	28%	( 20% - 37% )	4,731	57	216	25%	( 18% - 33% )	
<b>Marital Status</b>								
Married or Unwed Couple	13.0%	( 11.3% - 14.9% )	43,228	372	2,949	13.1%	( 11.2% - 15.1% )	
Divorced/Separated	17.9%	( 14.0% - 22.8% )	10,004	138	841	26.4%	( 18.7% - 35.8% )	
Widowed	12%	( 8% - 19% )	2,147	36	309	8%	( 5% - 14% )	
Never Married	21.9%	( 16.3% - 28.6% )	18,970	106	788	15.5%	( 12.1% - 19.8% )	

**Asthma, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy Alaskans 2010 Objective: 24.2a: Reduce lifetime asthma prevalence (adults ever told by a doctor that they has asthma) to 8%.									
Screening Question:		Have you ever been told by a doctor, nurse or other health professional that you have asthma?							
Response:		Yes						Age-Adjusted Rate	
Population at Risk (See Appendix)		Observed Rate							
		%	95% CI	Individuals	n	N		%	95% CI
<b>Income Level</b>									
<\$15,000		23%	( 16% - 32% )	7,095	69	384		21%	( 16% - 28% )
\$15,000 - \$24,999		24.2%	( 17.7% - 32.0% )	10,394	88	519		23.5%	( 17.8% - 30.4% )
\$25,000 - \$49,999		17.3%	( 13.2% - 22.2% )	18,490	145	1,078		16.3%	( 12.9% - 20.4% )
\$50,000 - \$74,999		11.7%	( 8.5% - 15.9% )	9,712	88	854		12.0%	( 8.0% - 17.6% )
\$75,000		11.9%	( 9.8% - 14.5% )	20,456	187	1,529		12.5%	( 9.8% - 15.9% )
<b>Poverty Threshold</b>									
Poor (<100% Poverty Threshold)		23%	( 15% - 32% )	8,114	57	354		22%	( 16% - 30% )
Near Poor (100% to 199% Poverty Threshold)		24.8%	( 18.9% - 31.8% )	16,844	120	704		23.8%	( 18.8% - 29.7% )
Middle/High Income (>=200% Poverty Threshold)		12.4%	( 10.8% - 14.3% )	41,271	400	3,306		12.7%	( 10.8% - 14.8% )
<b>Below Poverty Guidelines</b>									
Yes		21%	( 15% - 28% )	10,550	81	484		21%	( 16% - 28% )
No		14.4%	( 12.6% - 16.4% )	55,497	496	3,880		14.6%	( 12.7% - 16.8% )
<b>Veteran</b>									
Yes		13%	( 9% - 18% )	12,576	52	494		13%	( 9% - 20% )
No		17.0%	( 14.2% - 20.2% )	67,733	315	2,150		17.0%	( 14.4% - 20.0% )
<b>Health Status</b>									
<b>General Health</b>									
Excellent to Very Good		11.8%	( 9.8% - 14.1% )	32,699	262	2,592		11.2%	( 9.3% - 13.3% )
Good		15.3%	( 12.5% - 18.5% )	22,659	217	1,543		15.4%	( 12.4% - 18.8% )
Fair/Poor		28.9%	( 23.4% - 35.1% )	19,257	173	756		31.2%	( 24.9% - 38.2% )
<b>Healthy Days (Mean Number of Days)</b>									
Physical Health Not Good		6.1	( 5.0 - 7.2 )			636		6.7	( 5.6 - 7.9 )
Mental Health Not Good		5.4	( 4.1 - 6.7 )			638		5.2	( 4.1 - 6.3 )
Unhealthy Days (Physical or Mental Health Not Good)		9.7	( 8.1 - 11.3 )			622		10.2	( 8.7 - 11.6 )
Days with Activity Limitation		4.0	( 2.9 - 5.1 )			641		4.3	( 3.2 - 5.4 )
<b>Healthy Days (Percentage with 14 or More Days)</b>									
Physical Health Not Good		26.4%	( 21.1% - 32.5% )	12,747	130	524		26.1%	( 20.6% - 32.5% )
Mental Health Not Good		30%	( 23% - 38% )	12,589	104	464		30%	( 24% - 36% )



**Asthma, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy Alaskans 2010 Objective: 24.2a: Reduce lifetime asthma prevalence (adults ever told by a doctor that they has asthma) to 8%.									
Screening Question:			Have you ever been told by a doctor, nurse or other health professional that you have asthma?						
Response:			Yes						
Population at Risk (See Appendix)			Observed Rate					Age-Adjusted Rate	
	%		95% CI	Individuals	n	N	%	95% CI	
Unhealthy Days (Physical or Mental Health Not Good)	27.8%	(	23.0% - 33.1% )	21,717	192	832	28.9%	(	24.0% - 34.4% )
Activity Limitation	26%	(	19% - 35% )	8,574	77	333	28%	(	21% - 36% )
Disability									
Disabled									
Yes	26.2%	(	21.0% - 32.0% )	29,983	158	691	28.1%	(	21.8% - 35.4% )
No	13.2%	(	10.5% - 16.5% )	49,986	208	1,933	12.6%	(	10.2% - 15.4% )
Activity Limitation									
Yes	23.5%	(	19.8% - 27.5% )	26,204	252	1,188	25.0%	(	20.7% - 30.0% )
No	12.7%	(	10.9% - 14.8% )	48,268	396	3,673	12.4%	(	10.7% - 14.3% )
Require Special Equipment									
Yes	DSU	(	DSU - DSU )	DSU	DSU	197	DSU	(	DSU - DSU )
No	15.0%	(	12.5% - 17.9% )	69,670	312	2,445	14.9%	(	12.6% - 17.7% )
Mental Health									
Depression Measure (PHQ-8)									
No Depression	11.9%	(	9.8% - 14.3% )	38,615	197	1,725	85.1%	(	82.3% - 87.4% )
Mild Depression	26%	(	18% - 37% )	18,273	69	346	16%	(	13% - 19% )
Moderate to Severe Depression	DSU	(	DSU - DSU )	DSU	DSU	165	DSU	(	DSU - DSU )
Social and Emotional Support									
Always/Usually	15.4%	(	12.8% - 18.4% )	59,947	267	1,986	15.8%	(	13.2% - 18.8% )
Sometimes/Rarely/Never	20.9%	(	14.2% - 29.5% )	18,085	86	530	20.4%	(	14.6% - 27.7% )
Life Satisfaction									
Very Satisfied / Satisfied	15.1%	(	12.7% - 17.8% )	69,062	321	2,428	15.3%	(	13.0% - 18.0% )
Dissatisfied / Very Dissatisfied	DSU	(	DSU - DSU )	DSU	DSU	116	DSU	(	DSU - DSU )
Healthcare									
Healthcare Coverage									
Health Plan									
Yes	14.4%	(	12.7% - 16.2% )	58,076	557	4,124	14.6%	(	12.8% - 16.5% )
No	18.7%	(	13.7% - 25.1% )	16,283	95	759	15.3%	(	11.7% - 19.7% )

**Asthma, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy Alaskans 2010 Objective: 24.2a: Reduce lifetime asthma prevalence (adults ever told by a doctor that they has asthma) to 8%.

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

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate	95% CI	Individuals	n	N	%	95% CI
<b>Immunization</b>								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	22%	( 15% - 31% )		7,343	36	233	22%	( 15% - 31% )
No	8%	( 4% - 15% )		1,222	13	129	9%	( 5% - 16% )
Ever Had Pneumonia Shot (Ages 65+)								
Yes	22%	( 15% - 31% )		6,687	137	218	21%	( 14% - 31% )
No	10%	( 4% - 21% )		1,547	187	130	11%	( 5% - 23% )
Ever Had Hepatitis B Shot								
Yes	16.8%	( 12.7% - 21.9% )		30,620	130	899	17.2%	( 13.3% - 22.0% )
No	18.5%	( 14.6% - 23.1% )		39,202	183	1,231	20.1%	( 15.4% - 25.9% )
<b>Screening</b>								
AIDS/HIV Screening (Ages 18-64)								
Yes	16.7%	( 13.0% - 21.1% )		31,586	154	970	16.9%	( 13.1% - 21.6% )
No	15.9%	( 12.1% - 20.6% )		36,838	146	1,157	16.4%	( 12.5% - 21.2% )
Clinical Breast Exam Annually (Women Ages 40+)								
Yes	17.7%	( 13.5% - 22.9% )		14,190	104	561	16.9%	( 12.8% - 22.0% )
No	18%	( 13% - 25% )		9,166	60	356	18%	( 13% - 25% )
Colorectal Screening (Ages 50+)								
Yes	17.3%	( 13.6% - 21.7% )		16,941	116	694	17.6%	( 13.8% - 22.4% )
No	11.2%	( 7.9% - 15.7% )		7,937	54	508	12.4%	( 8.3% - 18.2% )
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)								
Yes	12%	( 7% - 19% )		5,705	26	283	11%	( 7% - 19% )
No	9.6%	( 6.5% - 13.8% )		7,929	50	522	10.5%	( 6.8% - 15.9% )
Home Occult Blood Test (Ages 50+)								
Yes	15%	( 9% - 24% )		4,006	28	190	16%	( 10% - 25% )
No	14.7%	( 11.8% - 18.2% )		20,549	139	992	15.4%	( 12.1% - 19.4% )
Mammogram within Past 2 Years (Women Ages 40+)								
Yes	19.0%	( 15.0% - 23.8% )		16,975	121	649	18.8%	( 14.6% - 23.7% )
No	16%	( 10% - 24% )		6,806	43	273	13%	( 9% - 19% )

**Asthma, Adults (18 years of age and older), Alaska BRFSS, 2008:**  
**Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy Alaskans 2010 Objective: 24.2a: Reduce lifetime asthma prevalence (adults ever told by a doctor that they has asthma) to 8%.												
Screening Question:		Have you ever been told by a doctor, nurse or other health professional that you have asthma?										
Response:		Yes										
		Observed Rate					Age-Adjusted Rate					
Population at Risk (See Appendix)		%	95% CI		Individuals	n	N	%	95% CI			
Oral Cancer Exam Annually												
Yes		13.8%	(	10.5% - 18.0%	)	16,950	96	674	13.1%	(	10.0% - 17.1%	)
No		18.3%	(	15.0% - 22.1%	)	60,714	254	1,742	18.2%	(	15.2% - 21.5%	)
Pap Test within Past 3 Years (Women Ages 18+)												
Yes		18.0%	(	14.6% - 21.9%	)	28,369	158	913	17.1%	(	13.8% - 21.0%	)
No		DSU	(	DSU - DSU	)	DSU	DSU	171	DSU	(	DSU - DSU	)
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)												
Yes		12%	(	8% - 18%	)	7,286	37	382	13%	(	8% - 21%	)
No		9%	(	6% - 13%	)	5,851	37	398	12%	(	7% - 18%	)
Diagnoses												
Asthma												
Asthma Diagnosis												
Yes		100.0%	(	0.0% - 0.0%	)	74,733	655	655	100.0%	(	0.0% - 0.0%	)
No		0.0%	(	0.0% - 0.0%	)	0	0	4,258	0.0%	(	0.0% - 0.0%	)
Current Asthma												
Yes		100%	(	0% - 0%	)	43,248	411	411	100%	(	0% - 0%	)
No		100%	(	0% - 0%	)	29,040	216	216	100%	(	0% - 0%	)
Cardiovascular and Cerebrovascular Disease												
Cardiovascular Disease												
Yes		24%	(	17% - 31%	)	5,155	59	269	26%	(	20% - 35%	)
No		14.6%	(	12.9% - 16.5%	)	68,425	578	4,567	14.3%	(	12.7% - 16.2%	)
Heart Attack (Myocardial Infarction)												
Yes		24%	(	16% - 34%	)	3,420	40	178	26%	(	20% - 32%	)
No		14.7%	(	13.0% - 16.6%	)	70,280	602	4,696	14.5%	(	12.8% - 16.3%	)
Coronary Heart Disease (Angina)												
Yes		23%	(	16% - 32%	)	3,505	44	196	17%	(	10% - 27%	)
No		14.9%	(	13.2% - 16.7%	)	70,894	604	4,672	14.7%	(	13.0% - 16.5%	)

**Asthma, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy Alaskans 2010 Objective: 24.2a: Reduce lifetime asthma prevalence (adults ever told by a doctor that they has asthma) to 8%.									
Screening Question:		Have you ever been told by a doctor, nurse or other health professional that you have asthma?							
Response:		Yes						Age-Adjusted Rate	
Population at Risk (See Appendix)		Observed Rate							
		%	95% CI	Individuals	n	N		%	95% CI
Stroke									
Yes		<b>DSU</b>	( DSU - DSU )	DSU	DSU	131		<b>DSU</b>	( DSU - DSU )
No		<b>14.8%</b>	( 13.1% - 16.6% )	71,465	622	4,763		<b>14.6%</b>	( 13.0% - 16.4% )
<b>Diabetes</b>									
Nongestational Diabetes									
Yes		<b>26%</b>	( 19% - 35% )	7,529	71	328		<b>37%</b>	( 28% - 47% )
No		<b>14.3%</b>	( 12.7% - 16.2% )	66,600	580	4,572		<b>14.2%</b>	( 12.6% - 16.0% )
Pre-Diabetes									
Yes		<b>24%</b>	( 17% - 32% )	8,843	75	374		<b>28%</b>	( 21% - 37% )
No		<b>13.5%</b>	( 11.8% - 15.4% )	57,579	503	4,177		<b>13.2%</b>	( 11.6% - 14.9% )
<b>Prostate Cancer</b>									
Prostate Cancer									
Yes		<b>DSU</b>	( DSU - DSU )	DSU	DSU	21		<b>DSU</b>	( DSU - DSU )
No		<b>10.1%</b>	( 7.5% - 13.4% )	13,240	77	817		<b>11.9%</b>	( 8.5% - 16.6% )
<b>Risk Factors</b>									
<b>Alcohol</b>									
Binge Drinking									
Yes		<b>11.5%</b>	( 8.3% - 15.8% )	9,076	86	775		<b>9.7%</b>	( 7.2% - 12.9% )
No		<b>15.9%</b>	( 14.0% - 18.0% )	64,858	557	4,031		<b>15.9%</b>	( 14.0% - 17.9% )
Heavy Drinking									
Yes		<b>9%</b>	( 5% - 14% )	2,512	30	305		<b>8%</b>	( 5% - 13% )
No		<b>15.8%</b>	( 13.9% - 17.9% )	63,613	536	3,941		<b>15.7%</b>	( 13.9% - 17.8% )
<b>Physical Activity</b>									
Leisure Time Exercise									
Yes		<b>14.4%</b>	( 12.6% - 16.4% )	56,028	486	3,795		<b>14.2%</b>	( 12.4% - 16.2% )
No		<b>17.7%</b>	( 14.0% - 22.2% )	18,304	166	1,100		<b>18.0%</b>	( 14.2% - 22.7% )

**Asthma, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy Alaskans 2010 Objective: 24.2a: Reduce lifetime asthma prevalence (adults ever told by a doctor that they has asthma) to 8%.							
Screening Question:		Have you ever been told by a doctor, nurse or other health professional that you have asthma?					
Response:		Yes					
Population at Risk (See Appendix)	Observed Rate					Age-Adjusted Rate	
	%	95% CI	Individuals	n	N	%	95% CI
<b>Tobacco Use</b>							
Cigarette Smoking Status							
Current Smoker	16.7%	( 13.2% - 20.9% )	18,003	157	1,106	15.3%	( 12.2% - 18.9% )
Former Smoker	13.7%	( 11.4% - 16.4% )	18,293	208	1,494	13.2%	( 10.9% - 16.0% )
Never Smoked	15.1%	( 12.7% - 18.0% )	37,968	287	2,283	14.7%	( 12.4% - 17.3% )
Smokeless Tobacco Status							
Current User	14%	( 8% - 23% )	3,442	34	253	15%	( 10% - 23% )
Former User	13.6%	( 9.9% - 18.3% )	12,116	104	853	14.2%	( 10.5% - 19.0% )
Never Used	16.0%	( 14.0% - 18.1% )	57,357	494	3,593	15.8%	( 13.9% - 17.9% )
<b>Weight Status</b>							
Weight Status							
Normal (BMI <25)	15.0%	( 12.0% - 18.6% )	25,077	197	1,594	13.7%	( 11.2% - 16.6% )
Overweight (BMI 25 to 30)	10.8%	( 8.6% - 13.4% )	19,087	172	1,755	11.0%	( 8.7% - 13.8% )
Obese (BMI ≥30)	20.4%	( 17.1% - 24.2% )	27,257	254	1,373	20.8%	( 17.1% - 24.9% )
Obese I (BMI 30 TO < 35)	16.4%	( 12.8% - 20.7% )	13,646	128	851	16.8%	( 12.9% - 21.5% )
Obese II & III (BMI ≥35)	27.2%	( 21.1% - 34.4% )	13,611	126	522	27.0%	( 20.6% - 34.5% )

**Asthma, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy Alaskans 2010 Objective: 24.2a: Reduce lifetime asthma prevalence (adults ever told by a doctor that they has asthma) to 8%.							
Screening Question:		Have you ever been told by a doctor, nurse or other health professional that you have asthma?					
Response:		Yes					
		<i>Observed Rate</i>					<i>Age-Adjusted Rate</i>
<b>Population at Risk (See Appendix)</b>	%	95% CI	Individuals	n	N		% 95% CI
<b>Appendix</b>							

**Definitions:**

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (*n*) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

**Notes:**

Data may include revisions, and may differ from those shown previously.

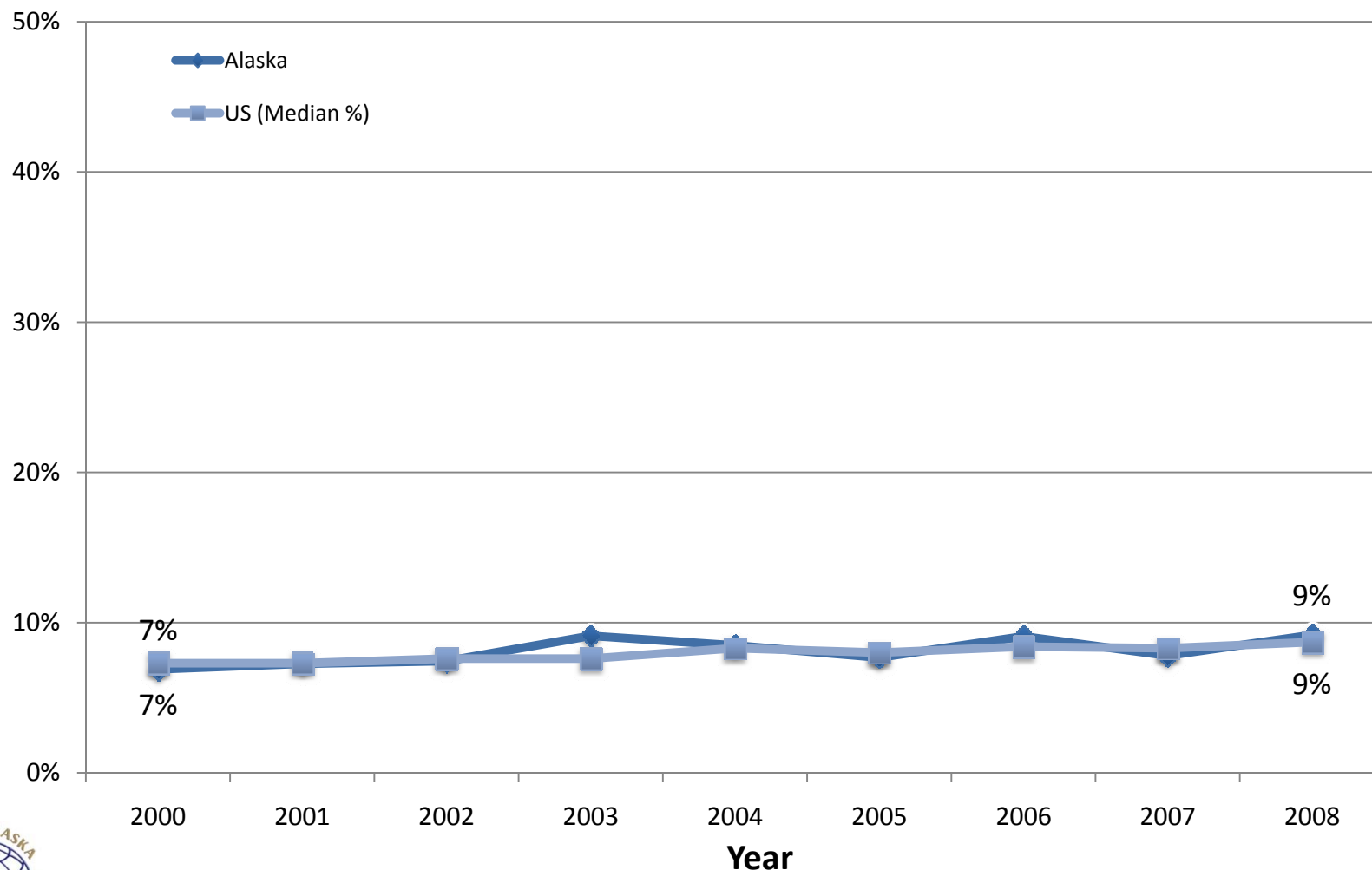
# Chronic Disease – Current Asthma



- **Indicator:** Proportion of Alaskan adults with current asthma.
- **Data source:** 2008 Alaska Standard and Modified BRFSS surveys combined
- **BRFSS Questions:**
  - Have you ever been told by a doctor, nurse or other health professional that you had asthma?
  - Do you still have asthma?
- **How are we doing?**
  - Nine percent of Alaskan adults reported current asthma in 2008.
  - Of Alaskan adults who reported a lifetime diagnosis of asthma, 60% still had asthma.
- **How does Alaska compare with the US?**
  - In 2008, the national median prevalence of current asthma was 8.7%, approximately the same as the prevalence in Alaska.
  - In both Alaska and the US, the prevalence of current asthma has increased slightly since 2000.
- **How are different populations affected?**
  - In 2008, females, adults who were unemployed or unable to work, those with incomes less than \$25,000 and those who report fair or poor general health had a higher prevalence of current asthma than adults not in these groups.
  - Having a disability, having cardiovascular disease, having diabetes or prediabetes, not participating in leisure time physical activity and being obese were associated with having current asthma in 2008.



# Current Asthma: Alaska vs. Nationwide 2000 - 2008 Alaska BRFSS





**Current Asthma, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy Alaskans 2010 Objective:			24.2b: Reduce current asthma prevalence (adults that still have asthma) to 5%.				
Screening Question:			Do you still have asthma?				
Population at Risk (See Appendix)	Response:		Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	%	95% CI
<b>Total</b>	<b>8.8%</b>	( 7.6% - 10.1% )	43,248	411	4,885	<b>8.8%</b>	( 7.6% - 10.2% )
<b>Demographics</b>							
<b>Gender</b>							
Female	<b>11.2%</b>	( 9.5% - 13.2% )	26,547	286	2,625	<b>10.9%</b>	( 9.2% - 12.8% )
Male	<b>6.6%</b>	( 5.0% - 8.5% )	16,701	125	2,260	<b>7.0%</b>	( 5.4% - 9.1% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>							
Persons aged 18 to 24 years	<b>9%</b>	( 5% - 15% )	5,947	26	274	<b>NA</b>	( NA - NA )
Persons aged 25 to 34 years	<b>10.1%</b>	( 7.3% - 14.0% )	10,435	68	800	<b>NA</b>	( NA - NA )
Persons aged 35 to 44 years	<b>7.7%</b>	( 5.8% - 10.1% )	7,376	85	915	<b>NA</b>	( NA - NA )
Persons aged 45 to 64 years	<b>8.2%</b>	( 6.7% - 10.1% )	14,713	174	2,240	<b>NA</b>	( NA - NA )
Persons aged 65 years and older	<b>9.8%</b>	( 6.7% - 14.0% )	4,807	58	656	<b>NA</b>	( NA - NA )
<b>Race and Ethnicity</b>							
American Indian or Alaska Native	<b>8.9%</b>	( 6.5% - 12.0% )	6,122	72	940	<b>8.9%</b>	( 6.6% - 11.9% )
Asian or Pacific Islander	<b>4%</b>	( 1% - 9% )	760	7	126	<b>5%</b>	( 2% - 14% )
Asian	<b>4%</b>	( 1% - 11% )	630	5	100	<b>4%</b>	( 1% - 10% )
Native Hawaiian or Other Pacific Islander	<b>DSU</b>	( DSU - DSU )	DSU	DSU	26	<b>DSU</b>	( DSU - DSU )
Black or African American	<b>DSU</b>	( DSU - DSU )	DSU	DSU	77	<b>DSU</b>	( DSU - DSU )
White	<b>9.0%</b>	( 7.6% - 10.6% )	33,250	308	3,516	<b>9.2%</b>	( 7.7% - 10.8% )
Hispanic or Latino	<b>DSU</b>	( DSU - DSU )	DSU	DSU	133	<b>DSU</b>	( DSU - DSU )
Not Hispanic or Latino	<b>8.4%</b>	( 7.3% - 9.8% )	39,578	388	4,681	<b>8.5%</b>	( 7.3% - 9.8% )
Black or African American, not Hispanic/Latino	<b>DSU</b>	( DSU - DSU )	DSU	DSU	34	<b>DSU</b>	( DSU - DSU )
White, not Hispanic or Latino	<b>9.0%</b>	( 7.5% - 10.6% )	31,846	289	3,390	<b>9.1%</b>	( 7.6% - 10.9% )
<b>Alaska Native</b>							
Yes	<b>8.8%</b>	( 6.6% - 11.6% )	6,756	85	1,033	<b>8.8%</b>	( 6.6% - 11.5% )
No	<b>8.8%</b>	( 7.5% - 10.4% )	36,247	324	3,805	<b>8.9%</b>	( 7.6% - 10.5% )

**Current Asthma, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy Alaskans 2010 Objective:			24.2b: Reduce current asthma prevalence (adults that still have asthma) to 5%.					
Screening Question:			Do you still have asthma?					
Response:			Yes					
Population at Risk (See Appendix)		%	Observed Rate			Age-Adjusted Rate		
			95% CI	Individuals	n	N	%	95% CI
<b>Geographic Location</b>								
Anchorage & Vicinity		9.8%	( 7.8% - 12.2% )	26,261	99	1,013	9.8%	( 7.8% - 12.2% )
Fairbanks & Vicinity		7.9%	( 6.2% - 10.1% )	5,360	91	1,001	7.9%	( 6.3% - 10.0% )
Gulf Coast		5.8%	( 4.5% - 7.6% )	3,236	68	1,000	6.1%	( 4.5% - 8.1% )
Rural		7.2%	( 5.5% - 9.4% )	3,409	70	957	7.6%	( 5.7% - 10.3% )
Southeast		9.4%	( 7.4% - 11.8% )	4,981	83	914	10.1%	( 7.7% - 13.0% )
<b>Urban/Rural</b>								
Metropolitan Statistical Area		9.4%	( 7.7% - 11.3% )	30,950	184	1,955	9.3%	( 7.7% - 11.2% )
Micropolitan Statistical Area & Urban Clusters		8.4%	( 6.9% - 10.2% )	6,808	123	1,436	8.8%	( 7.1% - 10.8% )
Rural		6.7%	( 5.3% - 8.5% )	5,490	104	1,494	7.1%	( 5.4% - 9.2% )
<b>Education Level (persons aged 25 years and older)</b>								
Less than high school		8%	( 5% - 13% )	2,172	29	327	9%	( 5% - 14% )
High school graduate		9.3%	( 7.2% - 12.0% )	11,583	114	1,358	10.2%	( 7.9% - 13.1% )
At least some college		9.2%	( 7.1% - 12.0% )	11,947	117	1,361	8.7%	( 6.7% - 11.1% )
College Graduate		8.0%	( 6.2% - 10.2% )	11,629	125	1,554	8.1%	( 6.2% - 10.6% )
<b>Employment Status</b>								
Employed		7.0%	( 5.8% - 8.4% )	23,188	245	3,229	7.0%	( 5.5% - 8.8% )
Unemployed		15%	( 9% - 25% )	5,341	32	338	16%	( 9% - 27% )
Not in Workforce (Student, Homemaker, Retired)		10.1%	( 7.4% - 13.6% )	10,896	91	1,083	9.6%	( 7.1% - 13.0% )
Unable to work		23%	( 16% - 32% )	3,855	43	213	21%	( 14% - 29% )
<b>Marital Status</b>								
Married or Unwed Couple		7.3%	( 6.2% - 8.7% )	24,302	224	2,933	7.5%	( 6.2% - 9.1% )
Divorced/Separated		12.7%	( 9.1% - 17.4% )	7,043	92	836	16.2%	( 9.9% - 25.4% )
Widowed		9%	( 5% - 14% )	1,594	27	306	7%	( 4% - 13% )
Never Married		11.7%	( 7.9% - 16.9% )	10,092	66	784	10.2%	( 7.3% - 13.9% )

**Current Asthma, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy Alaskans 2010 Objective:			24.2b: Reduce current asthma prevalence (adults that still have asthma) to 5%.					
Screening Question:			Do you still have asthma?					
Response:			Yes					
Population at Risk (See Appendix)	%	Observed Rate		n	N	Age-Adjusted Rate		
		95% CI	Individuals			%	95% CI	
Income Level								
<\$15,000	17%	(	11% - 26%)	5,204	52	381	16%	( 11% - 23%)
\$15,000 - \$24,999	16.9%	(	11.5% - 24.2%)	7,232	61	515	17.2%	( 12.2% - 23.7%)
\$25,000 - \$49,999	8.5%	(	6.1% - 11.6%)	9,023	91	1,072	8.4%	( 6.4% - 11.1%)
\$50,000 - \$74,999	6.7%	(	4.6% - 9.6%)	5,519	54	851	6.2%	( 4.1% - 9.1%)
\$75,000	6.4%	(	4.9% - 8.2%)	10,925	107	1,523	6.0%	( 4.5% - 8.0%)
Poverty Threshold								
Poor (<100% Poverty Threshold)	13%	(	8% - 21%)	4,555	37	351	14%	( 9% - 21%)
Near Poor (100% to 199% Poverty Threshold)	15.8%	(	11.4% - 21.5%)	10,609	87	699	15.8%	( 11.8% - 20.9%)
Middle/High Income (>=200% Poverty Threshold)	6.9%	(	5.8% - 8.2%)	22,756	241	3,292	6.6%	( 5.5% - 7.9%)
Below Poverty Guidelines								
Yes	14%	(	9% - 20%)	7,000	57	481	15%	( 10% - 21%)
No	8.1%	(	6.9% - 9.6%)	31,138	308	3,861	8.0%	( 6.7% - 9.5%)
Veteran								
Yes	9%	(	5% - 14%)	8,694	31	492	7%	( 4% - 12%)
No	9.8%	(	7.8% - 12.3%)	38,659	198	2,131	9.8%	( 7.9% - 12.2%)
Health Status								
General Health								
Excellent to Very Good	6.3%	(	4.9% - 8.1%)	17,518	147	2,580	6.0%	( 4.7% - 7.7%)
Good	8.8%	(	6.8% - 11.2%)	12,972	134	1,533	8.4%	( 6.6% - 10.6%)
Fair/Poor	19.1%	(	14.9% - 24.1%)	12,640	127	750	19.4%	( 14.6% - 25.3%)
Healthy Days (Mean Number of Days)								
Physical Health Not Good	7.5	(	6.0 - 9.0)			397	8.1	( 6.6 - 9.6)
Mental Health Not Good	6.3	(	4.5 - 8.2)			399	6.3	( 4.7 - 8.0)
Unhealthy Days (Physical or Mental Health Not Good)	11.5	(	9.4 - 13.6)			387	12.2	( 10.1 - 14.2)
Days with Activity Limitation	5.5	(	3.8 - 7.2)			399	5.8	( 4.2 - 7.5)

**Current Asthma, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy Alaskans 2010 Objective:		24.2b: Reduce current asthma prevalence (adults that still have asthma) to 5%.						
Screening Question:		Do you still have asthma?						
Response:		Yes						
Population at Risk (See Appendix)		Observed Rate					Age-Adjusted Rate	
		%	95% CI	Individuals	n	N	%	95% CI
Healthy Days (Percentage with 14 or More Days)								
Physical Health Not Good	19.0%	(	14.5% - 24.5% )	9,152	94	520	18.2%	( 13.9% - 23.5% )
Mental Health Not Good	21%	(	15% - 29% )	8,741	72	458	21%	( 15% - 28% )
Unhealthy Days (Physical or Mental Health Not Good)	19.3%	(	15.1% - 24.3% )	14,995	135	825	20.3%	( 15.8% - 25.7% )
Activity Limitation	22%	(	15% - 32% )	7,248	59	332	24%	( 17% - 32% )
Disability								
Disabled								
Yes	19.0%	(	14.4% - 24.6% )	21,512	111	684	20.3%	( 14.7% - 27.5% )
No	6.8%	(	5.0% - 9.1% )	25,520	118	1,919	6.3%	( 4.8% - 8.4% )
Activity Limitation								
Yes	16.6%	(	13.5% - 20.2% )	18,420	182	1,181	17.2%	( 13.7% - 21.5% )
No	6.5%	(	5.3% - 8.0% )	24,693	225	3,653	6.5%	( 5.3% - 7.9% )
Require Special Equipment								
Yes	23%	(	15% - 32% )	7,213	41	194	19%	( 13% - 27% )
No	8.7%	(	6.9% - 10.9% )	39,918	188	2,427	8.6%	( 6.9% - 10.9% )
Mental Health								
Depression Measure (PHQ-8)								
No Depression	7.0%	(	5.5% - 9.0% )	22,631	116	1,714	91.4%	( 89.1% - 93.1% )
Mild Depression	14%	(	9% - 22% )	9,761	43	342	10%	( 8% - 12% )
Moderate to Severe Depression	DSU	(	DSU - DSU )	DSU	DSU	164	DSU	( DSU - DSU )
Social and Emotional Support								
Always/Usually	8.6%	(	6.9% - 10.7% )	33,283	163	1,972	9.0%	( 7.2% - 11.2% )
Sometimes/Rarely/Never	14.4%	(	8.7% - 23.1% )	12,407	57	523	13.3%	( 8.9% - 19.6% )
Life Satisfaction								
Very Satisfied / Satisfied	8.5%	(	6.9% - 10.4% )	38,656	197	2,410	8.8%	( 7.2% - 10.7% )
Dissatisfied / Very Dissatisfied	DSU	(	DSU - DSU )	DSU	DSU	113	DSU	( DSU - DSU )

**Current Asthma, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy Alaskans 2010 Objective:		24.2b: Reduce current asthma prevalence (adults that still have asthma) to 5%.						
Screening Question:		Do you still have asthma?						
Response:		Yes						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N		%	95% CI
Healthcare								
Healthcare Coverage								
Health Plan								
Yes	8.4%	( 7.2% - 9.7% )	33,780	357	4,102		8.5%	( 7.3% - 9.9% )
No	10.6%	( 7.0% - 15.7% )	9,121	52	753		9.2%	( 6.4% - 13.1% )
Immunization								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	15%	( 9% - 24% )	4,915	26	230		15%	( 9% - 24% )
No	4%	( 2% - 8% )	609	9	128		6%	( 3% - 12% )
Ever Had Pneumonia Shot (Ages 65+)								
Yes	16%	( 9% - 25% )	4,818	97	216		16%	( 9% - 25% )
No	6%	( 2% - 16% )	906	109	128		7%	( 2% - 19% )
Ever Had Hepatitis B Shot								
Yes	10.7%	( 7.3% - 15.4% )	19,362	87	894		10.5%	( 7.4% - 14.6% )
No	10.7%	( 8.2% - 13.9% )	22,617	111	1,219		11.3%	( 8.4% - 15.0% )
Screening								
AIDS/HIV Screening (Ages 18-64)								
Yes	9.9%	( 7.0% - 13.8% )	18,635	93	962		10.3%	( 7.2% - 14.6% )
No	9.2%	( 6.6% - 12.6% )	21,156	92	1,150		9.5%	( 6.8% - 13.1% )
Clinical Breast Exam Annually (Women Ages 40+)								
Yes	10.5%	( 7.6% - 14.2% )	8,244	69	555		9.5%	( 6.9% - 12.8% )
No	11%	( 7% - 17% )	5,472	35	350		10%	( 7% - 16% )
Colorectal Screening (Ages 50+)								
Yes	12.7%	( 9.4% - 16.8% )	12,374	79	688		13.0%	( 9.5% - 17.5% )
No	5.8%	( 3.5% - 9.5% )	4,058	30	502		5.7%	( 3.4% - 9.4% )
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)								
Yes	10%	( 6% - 17% )	4,665	19	283		10%	( 5% - 17% )
No	4.8%	( 2.8% - 8.1% )	3,956	25	517		5.9%	( 3.0% - 11.0% )

**Current Asthma, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy Alaskans 2010 Objective:			24.2b: Reduce current asthma prevalence (adults that still have asthma) to 5%.			
Screening Question:			Do you still have asthma?			
Response:			Yes			
Population at Risk (See Appendix)	%	Observed Rate		Age-Adjusted Rate		
		95% CI	Individuals	n	N	
						% 95% CI
Home Occult Blood Test (Ages 50+)						
Yes	12%	( 7% - 21% )	3,190	22	188	13% ( 7% - 22% )
No	9.4%	( 7.0% - 12.5% )	13,013	85	982	9.8% ( 7.1% - 13.3% )
Mammogram within Past 2 Years (Women Ages 40+)						
Yes	12.3%	( 9.1% - 16.5% )	10,827	80	642	11.7% ( 8.5% - 15.8% )
No	7%	( 4% - 11% )	2,914	24	268	5% ( 3% - 8% )
Oral Cancer Exam Annually						
Yes	8.8%	( 6.2% - 12.2% )	10,694	58	667	8.1% ( 5.8% - 11.3% )
No	10.7%	( 8.3% - 13.7% )	35,318	163	1,729	11.0% ( 8.7% - 13.8% )
Pap Test within Past 3 Years (Women Ages 18+)						
Yes	11.8%	( 9.0% - 15.2% )	18,413	104	905	11.1% ( 8.6% - 14.2% )
No	DSU	( DSU - DSU )	DSU	DSU	169	DSU ( DSU - DSU )
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)						
Yes	9%	( 5% - 15% )	5,459	25	381	9% ( 5% - 15% )
No	4%	( 2% - 8% )	2,582	17	394	6% ( 3% - 12% )
<b>Diagnoses</b>						
<b>Asthma</b>						
Asthma Diagnosis						
Yes	59.8%	( 53.0% - 66.2% )	43,248	411	627	62.0% ( 56.2% - 67.5% )
No	0.0%	( 0.0% - 0.0% )	0	0	4,258	0.0% ( 0.0% - 0.0% )
Current Asthma						
Yes	100%	( 0% - 0% )	43,248	411	411	100% ( 0% - 0% )
No	0%	( 0% - 0% )	0	0	216	0% ( 0% - 0% )
<b>Cardiovascular and Cerebrovascular Disease</b>						
Cardiovascular Disease						
Yes	15%	( 10% - 22% )	3,187	40	267	12% ( 7% - 19% )
No	8.4%	( 7.2% - 9.8% )	39,343	360	4,543	8.5% ( 7.2% - 9.9% )

**Current Asthma, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy Alaskans 2010 Objective:			24.2b: Reduce current asthma prevalence (adults that still have asthma) to 5%.					
Screening Question:			Do you still have asthma?					
Response:			Yes					
Population at Risk (See Appendix)		%	Observed Rate				Age-Adjusted Rate	
			95% CI	Individuals	n	N	%	95% CI
Heart Attack (Myocardial Infarction)								
Yes		13%	( 8% - 21% )	1,822	25	176	9%	( 5% - 16% )
No		8.6%	( 7.4% - 9.9% )	40,700	377	4,671	8.6%	( 7.4% - 10.0% )
Coronary Heart Disease (Angina)								
Yes		16%	( 10% - 24% )	2,421	31	194	13%	( 7% - 24% )
No		8.6%	( 7.3% - 9.9% )	40,612	376	4,647	8.6%	( 7.4% - 10.0% )
Stroke								
Yes		DSU	( DSU - DSU )	DSU	DSU	131	DSU	( DSU - DSU )
No		8.5%	( 7.3% - 9.9% )	41,028	388	4,736	8.6%	( 7.4% - 9.9% )
Diabetes								
Nongestational Diabetes								
Yes		18%	( 12% - 27% )	5,150	49	324	28%	( 20% - 38% )
No		8.1%	( 7.0% - 9.5% )	37,599	358	4,548	8.3%	( 7.1% - 9.7% )
Pre-Diabetes								
Yes		15%	( 11% - 22% )	5,527	57	374	16%	( 11% - 23% )
No		7.5%	( 6.3% - 8.9% )	31,808	301	4,153	7.5%	( 6.3% - 8.8% )
Prostate Cancer								
Prostate Cancer								
Yes		DSU	( DSU - DSU )	DSU	DSU	21	DSU	( DSU - DSU )
No		6.1%	( 4.1% - 9.1% )	8,024	42	811	6.7%	( 4.3% - 10.4% )
Risk Factors								
Alcohol								
Binge Drinking								
Yes		4.1%	( 2.6% - 6.4% )	3,187	37	771	3.8%	( 2.4% - 5.9% )
No		9.7%	( 8.3% - 11.3% )	39,414	366	4,010	9.7%	( 8.3% - 11.3% )
Heavy Drinking								
Yes		4%	( 2% - 9% )	1,113	15	304	4%	( 2% - 8% )
No		9.4%	( 8.0% - 11.0% )	37,520	344	3,921	9.4%	( 8.0% - 11.0% )

**Current Asthma, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy Alaskans 2010 Objective:		24.2b: Reduce current asthma prevalence (adults that still have asthma) to 5%.					
Screening Question:		Do you still have asthma?					
Response:		Yes					
		Observed Rate			Age-Adjusted Rate		
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI
<b>Physical Activity</b>							
Leisure Time Exercise							
Yes	7.7%	( 6.5% - 9.1% )	29,782	290	3,771	7.6%	( 6.4% - 9.0% )
No	12.9%	( 9.8% - 16.8% )	13,307	120	1,097	13.0%	( 9.9% - 16.8% )
<b>Tobacco Use</b>							
Cigarette Smoking Status							
Current Smoker	9.7%	( 6.9% - 13.4% )	10,379	95	1,101	9.2%	( 6.7% - 12.4% )
Former Smoker	8.7%	( 6.9% - 10.9% )	11,531	133	1,483	8.2%	( 6.5% - 10.5% )
Never Smoked	8.4%	( 6.8% - 10.3% )	20,869	180	2,271	8.3%	( 6.7% - 10.2% )
Smokeless Tobacco Status							
Current User	9%	( 4% - 19% )	2,210	20	252	10%	( 5% - 17% )
Former User	7.1%	( 4.6% - 10.9% )	6,329	61	847	8.3%	( 5.3% - 12.8% )
Never Used	9.4%	( 8.1% - 11.0% )	33,747	319	3,574	9.4%	( 8.0% - 11.0% )
<b>Weight Status</b>							
Weight Status							
Normal (BMI <25)	6.3%	( 4.6% - 8.5% )	10,504	103	1,584	6.1%	( 4.6% - 8.0% )
Overweight (BMI 25 to 30)	6.7%	( 5.0% - 8.9% )	11,796	105	1,745	6.9%	( 5.1% - 9.3% )
Obese (BMI ≥30)	14.4%	( 11.7% - 17.7% )	19,132	183	1,366	15.0%	( 11.9% - 18.9% )
Obese I (BMI 30 TO < 35)	11.0%	( 8.1% - 14.9% )	9,162	87	847	11.5%	( 8.2% - 16.0% )
Obese II & III (BMI ≥35)	20.0%	( 15.0% - 26.3% )	9,970	96	519	20.9%	( 15.2% - 28.0% )



**Current Asthma, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (Standard and Modified) (2008) Survey Instruments**

Healthy Alaskans 2010 Objective:		24.2b: Reduce current asthma prevalence (adults that still have asthma) to 5%.					
Screening Question:		Do you still have asthma?					
Response:		Yes					
		Observed Rate			Age-Adjusted Rate		
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI

**Appendix**

**Definitions:**

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (*n*) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

**Notes:**

Data may include revisions, and may differ from those shown previously.

# Chronic Disease – Blood Glucose Testing



- **Indicator:** Proportion of adults without diabetes who have had a test for high blood sugar in the past 3 years.
- **Data source:** 2008 Alaska Standard and Modified BRFSS surveys combined
- **BRFSS Question:** Have you had a test for high blood sugar or diabetes within the past three years?
- **How are we doing?**
  - In 2008, 54% of adults without diabetes reported having a test for high blood sugar in the past 3 years.
- **How are different populations affected?**
  - The proportion of adults reporting having a test for high blood sugar appeared to increase with age, education and income in 2008.
  - Adults living in the Rural region of Alaska, those who have never been married , non-Veterans, those without a disability, and those with no health care coverage reported having a test for high blood sugar less often than adults not in these groups.
  - Current smokers and adults with a normal BMI were less likely to report a test for high blood sugar than adults not in these groups.



**Diabetes Screening, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:

Have you ever had a test for high blood sugar or diabetes within the past three years?

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	95% CI	Individuals	n	N		%	95% CI
<b>Total</b>	<b>53.8%</b>	( 51.4% - 56.1% )	240,820	2,518	4,433		<b>54.6%</b>	( 52.5% - 56.8% )
<b>Demographics</b>								
<b>Gender</b>								
Female	<b>56.8%</b>	( 53.7% - 59.8% )	123,712	1,410	2,398		<b>56.9%</b>	( 53.8% - 60.0% )
Male	<b>50.9%</b>	( 47.5% - 54.3% )	117,108	1,108	2,035		<b>52.8%</b>	( 49.7% - 55.8% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>								
Persons aged 18 to 24 years	<b>30%</b>	( 23% - 38% )	18,236	93	263		<b>NA</b>	( NA - NA )
Persons aged 25 to 34 years	<b>47.6%</b>	( 42.5% - 52.7% )	47,167	361	767		<b>NA</b>	( NA - NA )
Persons aged 35 to 44 years	<b>55.0%</b>	( 50.2% - 59.6% )	48,989	460	858		<b>NA</b>	( NA - NA )
Persons aged 45 to 64 years	<b>63.0%</b>	( 59.9% - 66.0% )	100,981	1,258	2,014		<b>NA</b>	( NA - NA )
Persons aged 65 years and older	<b>65.7%</b>	( 59.9% - 71.0% )	25,518	346	531		<b>NA</b>	( NA - NA )
<b>Race and Ethnicity</b>								
American Indian or Alaska Native	<b>47.6%</b>	( 42.7% - 52.6% )	29,989	413	868		<b>47.1%</b>	( 42.4% - 51.9% )
Asian or Pacific Islander	<b>DSU</b>	( DSU - DSU )	DSU	DSU	114		<b>DSU</b>	( DSU - DSU )
Asian	<b>DSU</b>	( DSU - DSU )	DSU	DSU	89		<b>DSU</b>	( DSU - DSU )
Native Hawaiian or Other Pacific Islander	<b>DSU</b>	( DSU - DSU )	DSU	DSU	25		<b>DSU</b>	( DSU - DSU )
Black or African American	<b>DSU</b>	( DSU - DSU )	DSU	DSU	70		<b>DSU</b>	( DSU - DSU )
White	<b>55.5%</b>	( 52.8% - 58.2% )	186,717	1,888	3,181		<b>55.9%</b>	( 53.3% - 58.4% )
Hispanic or Latino	<b>DSU</b>	( DSU - DSU )	DSU	DSU	118		<b>DSU</b>	( DSU - DSU )
Not Hispanic or Latino	<b>53.9%</b>	( 51.5% - 56.3% )	230,828	2,422	4,251		<b>54.7%</b>	( 52.5% - 56.9% )
Black or African American, not Hispanic/Latino	<b>DSU</b>	( DSU - DSU )	DSU	DSU	27		<b>DSU</b>	( DSU - DSU )
White, not Hispanic or Latino	<b>55.8%</b>	( 53.0% - 58.6% )	180,894	1,828	3,075		<b>55.9%</b>	( 53.3% - 58.5% )
<b>Alaska Native</b>								
Yes	<b>48.3%</b>	( 43.4% - 53.2% )	34,002	459	947		<b>48.1%</b>	( 43.5% - 52.8% )
No	<b>54.9%</b>	( 52.3% - 57.5% )	205,162	2,037	3,444		<b>55.8%</b>	( 53.3% - 58.2% )

**Diabetes Screening, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:

Have you ever had a test for high blood sugar or diabetes within the past three years?

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N		%	95% CI
<b>Geographic Location</b>								
Anchorage & Vicinity	<b>54.9%</b>	( 51.0% - 58.9% )	133,250	527	907		<b>55.9%</b>	( 52.2% - 59.4% )
Fairbanks & Vicinity	<b>52.5%</b>	( 48.3% - 56.5% )	32,395	544	908		<b>56.3%</b>	( 52.7% - 59.8% )
Gulf Coast	<b>54.5%</b>	( 50.6% - 58.4% )	28,060	529	919		<b>54.0%</b>	( 49.9% - 58.1% )
Rural	<b>41.9%</b>	( 38.2% - 45.8% )	18,611	419	889		<b>42.4%</b>	( 38.4% - 46.6% )
Southeast	<b>59.5%</b>	( 55.5% - 63.3% )	28,505	499	810		<b>59.1%</b>	( 54.9% - 63.1% )
<b>Urban/Rural</b>								
Metropolitan Statistical Area	<b>54.6%</b>	( 51.4% - 57.9% )	163,149	1,042	1,765		<b>56.0%</b>	( 53.0% - 59.0% )
Micropolitan Statistical Area & Urban Clusters	<b>54.4%</b>	( 51.2% - 57.5% )	40,225	744	1,294		<b>54.8%</b>	( 51.5% - 58.0% )
Rural	<b>49.6%</b>	( 45.8% - 53.4% )	37,446	732	1,374		<b>49.9%</b>	( 46.6% - 53.3% )
<b>Education Level (persons aged 25 years and older)</b>								
Less than high school	<b>43%</b>	( 36% - 52% )	10,010	133	285		<b>42%</b>	( 35% - 50% )
High school graduate	<b>52.3%</b>	( 48.1% - 56.4% )	59,918	631	1,239		<b>53.6%</b>	( 49.5% - 57.6% )
At least some college	<b>58.6%</b>	( 54.4% - 62.6% )	68,475	746	1,215		<b>59.3%</b>	( 55.1% - 63.4% )
College Graduate	<b>63.6%</b>	( 59.9% - 67.1% )	83,817	910	1,420		<b>64.3%</b>	( 60.6% - 67.8% )
<b>Employment Status</b>								
Employed	<b>52.7%</b>	( 49.9% - 55.5% )	162,033	1,685	2,995		<b>53.9%</b>	( 50.9% - 56.9% )
Unemployed	<b>47%</b>	( 38% - 55% )	15,792	147	323		<b>46%</b>	( 37% - 56% )
Not in Workforce (Student, Homemaker, Retired)	<b>58.8%</b>	( 53.5% - 63.8% )	54,366	579	937		<b>58.5%</b>	( 53.3% - 63.6% )
Unable to work	<b>DSU</b>	( DSU - DSU )	DSU	DSU	161		<b>DSU</b>	( DSU - DSU )
<b>Marital Status</b>								
Married or Unwed Couple	<b>57.2%</b>	( 54.4% - 60.0% )	174,775	1,601	2,692		<b>57.0%</b>	( 54.1% - 59.8% )
Divorced/Separated	<b>54.6%</b>	( 48.8% - 60.3% )	26,994	429	741		<b>50.9%</b>	( 42.4% - 59.2% )
Widowed	<b>57%</b>	( 48% - 66% )	7,856	156	249		<b>DSU</b>	( DSU - DSU )
Never Married	<b>39.1%</b>	( 33.1% - 45.4% )	30,359	321	728		<b>44.4%</b>	( 38.1% - 50.9% )

**Diabetes Screening, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:

Have you ever had a test for high blood sugar or diabetes within the past three years?

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N		%	95% CI
<b>Income Level</b>								
<\$15,000	42%	( 34% - 51% )	11,579	150	331		43%	( 35% - 51% )
\$15,000 - \$24,999	47%	( 40% - 54% )	18,699	253	471		48%	( 42% - 55% )
\$25,000 - \$49,999	47.6%	( 42.7% - 52.7% )	47,105	503	982		48.8%	( 44.3% - 53.4% )
\$50,000 - \$74,999	59.2%	( 53.9% - 64.4% )	43,793	481	770		59.7%	( 54.8% - 64.4% )
\$75,000	61.4%	( 57.5% - 65.1% )	96,242	899	1,407		59.4%	( 54.9% - 63.7% )
<b>Poverty Threshold</b>								
Poor (<100% Poverty Threshold)	37%	( 29% - 45% )	12,393	132	329		39%	( 31% - 47% )
Near Poor (100% to 199% Poverty Threshold)	46.8%	( 40.4% - 53.3% )	28,675	321	618		50.2%	( 44.3% - 56.1% )
Middle/High Income (>=200% Poverty Threshold)	58.3%	( 55.7% - 61.0% )	176,300	1,833	3,014		57.8%	( 55.1% - 60.5% )
<b>Below Poverty Guidelines</b>								
Yes	40%	( 33% - 47% )	18,532	197	443		42%	( 36% - 50% )
No	56.7%	( 54.2% - 59.2% )	198,879	2,089	3,518		56.8%	( 54.2% - 59.3% )
<b>Veteran</b>								
Yes	65%	( 59% - 72% )	54,135	280	428		67%	( 60% - 74% )
No	50.3%	( 46.8% - 53.9% )	182,443	1,076	1,959		51.9%	( 48.6% - 55.2% )
<b>Health Status</b>								
<b>General Health</b>								
Excellent to Very Good	53.2%	( 50.0% - 56.3% )	140,095	1,391	2,460		55.5%	( 52.6% - 58.4% )
Good	52.9%	( 48.9% - 56.9% )	70,184	773	1,376		53.7%	( 49.9% - 57.5% )
Fair/Poor	59.1%	( 52.9% - 65.1% )	29,865	346	579		56.2%	( 49.8% - 62.5% )
<b>Healthy Days (Mean Number of Days)</b>								
Physical Health Not Good	3.7	( 3.2 - 4.1 )			2444		3.8	( 3.2 - 4.3 )
Mental Health Not Good	3.2	( 2.7 - 3.6 )			2442		3.3	( 2.7 - 3.8 )
Unhealthy Days (Physical or Mental Health Not Good)	6.1	( 5.4 - 6.7 )			2394		6.2	( 5.5 - 6.9 )
Days with Activity Limitation	2.4	( 2.0 - 2.8 )			2485		2.5	( 2.0 - 2.9 )

**Diabetes Screening, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:

Have you ever had a test for high blood sugar or diabetes within the past three years?

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N		%	95% CI
<b>Healthy Days (Percentage with 14 or More Days)</b>								
Physical Health Not Good	<b>63%</b>	( 56% - 70% )	25,034	272	415		<b>64%</b>	( 57% - 71% )
Mental Health Not Good	<b>60%</b>	( 53% - 67% )	21,880	243	401		<b>63%</b>	( 56% - 69% )
Unhealthy Days (Physical or Mental Health Not Good)	<b>62.5%</b>	( 56.9% - 67.8% )	41,808	435	698		<b>63.2%</b>	( 57.6% - 68.5% )
Activity Limitation	<b>63%</b>	( 53% - 71% )	17,282	178	272		<b>64%</b>	( 55% - 72% )
<b>Disability</b>								
Disabled								
Yes	<b>63.7%</b>	( 57.6% - 69.3% )	60,669	382	577		<b>62.1%</b>	( 54.8% - 68.8% )
No	<b>50.2%</b>	( 46.5% - 53.9% )	174,727	961	1,788		<b>52.3%</b>	( 48.9% - 55.6% )
Activity Limitation								
Yes	<b>65.4%</b>	( 60.9% - 69.6% )	60,828	652	996		<b>64.6%</b>	( 59.5% - 69.5% )
No	<b>50.6%</b>	( 47.9% - 53.2% )	177,875	1,839	3,392		<b>52.5%</b>	( 50.1% - 55.0% )
Require Special Equipment								
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	142		<b>DSU</b>	( DSU - DSU )
No	<b>52.3%</b>	( 49.0% - 55.5% )	220,757	1,260	2,243		<b>53.2%</b>	( 50.2% - 56.2% )
<b>Mental Health</b>								
Depression Measure (PHQ-8)								
No Depression	<b>55.8%</b>	( 52.0% - 59.5% )	165,694	914	1,581		<b>46.8%</b>	( 43.8% - 49.8% )
Mild Depression	<b>49%</b>	( 40% - 59% )	31,949	180	316		<b>54%</b>	( 51% - 58% )
Moderate to Severe Depression	<b>DSU</b>	( DSU - DSU )	DSU	DSU	134		<b>DSU</b>	( DSU - DSU )
Social and Emotional Support								
Always/Usually	<b>55.5%</b>	( 51.9% - 59.1% )	196,286	1,073	1,812		<b>56.4%</b>	( 53.1% - 59.7% )
Sometimes/Rarely/Never	<b>43%</b>	( 36% - 51% )	33,133	221	461		<b>44%</b>	( 37% - 52% )
Life Satisfaction								
Very Satisfied / Satisfied	<b>53.7%</b>	( 50.4% - 57.0% )	223,121	1,258	2,205		<b>54.7%</b>	( 51.6% - 57.7% )
Dissatisfied / Very Dissatisfied	<b>DSU</b>	( DSU - DSU )	DSU	DSU	91		<b>DSU</b>	( DSU - DSU )

**Diabetes Screening, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:

Have you ever had a test for high blood sugar or diabetes within the past three years?

Population at Risk (See Appendix)	Response:		Yes				Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N		%	95% CI
<b>Healthcare</b>								
<b>Healthcare Coverage</b>								
Health Plan								
Yes	<b>58.6%</b>	( 56.1% - 61.1% )	212,052	2,256	3,702		<b>58.1%</b>	( 55.6% - 60.5% )
No	<b>34.0%</b>	( 28.6% - 39.7% )	28,178	253	702		<b>35.0%</b>	( 29.0% - 41.5% )
<b>Immunization</b>								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	<b>66%</b>	( 55% - 75% )	16,581	123	179		<b>65%</b>	( 55% - 74% )
No	<b>DSU</b>	( DSU - DSU )	DSU	DSU	113		<b>DSU</b>	( DSU - DSU )
Ever Had Pneumonia Shot (Ages 65+)								
Yes	<b>69%</b>	( 59% - 78% )	15,344	323	170		<b>69%</b>	( 58% - 78% )
No	<b>DSU</b>	( DSU - DSU )	DSU	DSU	114		<b>DSU</b>	( DSU - DSU )
Ever Had Hepatitis B Shot								
Yes	<b>56.3%</b>	( 50.7% - 61.7% )	90,943	502	806		<b>59.3%</b>	( 54.4% - 63.9% )
No	<b>52.4%</b>	( 47.8% - 57.1% )	101,813	610	1,115		<b>50.3%</b>	( 45.4% - 55.2% )
<b>Screening</b>								
AIDS/HIV Screening (Ages 18-64)								
Yes	<b>59.5%</b>	( 54.4% - 64.3% )	102,985	543	889		<b>59.4%</b>	( 54.4% - 64.2% )
No	<b>45.3%</b>	( 40.5% - 50.1% )	95,985	531	1,065		<b>43.9%</b>	( 39.3% - 48.5% )
Clinical Breast Exam Annually (Women Ages 40+)								
Yes	<b>69%</b>	( 63% - 74% )	47,615	347	493		<b>69%</b>	( 62% - 75% )
No	<b>45%</b>	( 38% - 53% )	20,895	155	321		<b>46%</b>	( 39% - 54% )
Colorectal Screening (Ages 50+)								
Yes	<b>76.4%</b>	( 71.2% - 80.9% )	61,901	436	573		<b>75.9%</b>	( 70.3% - 80.7% )
No	<b>52%</b>	( 46% - 59% )	32,312	238	458		<b>51%</b>	( 43% - 58% )
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)								
Yes	<b>79%</b>	( 71% - 86% )	30,297	188	231		<b>78%</b>	( 68% - 85% )
No	<b>53%</b>	( 47% - 60% )	38,706	240	470		<b>54%</b>	( 48% - 61% )

**Diabetes Screening, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:

Have you ever had a test for high blood sugar or diabetes within the past three years?

Population at Risk (See Appendix)	Response:		Observed Rate			Yes		Age-Adjusted Rate	
	%		95% CI	Individuals		n	N	%	95% CI
Home Occult Blood Test (Ages 50+)									
Yes	89%	(	83% - 93%)	19,521		129	154	88%	( 82% - 93%)
No	61.9%	(	57.1% - 66.5%)	74,024		537	862	61.4%	( 56.2% - 66.4%)
Mammogram within Past 2 Years (Women Ages 40+)									
Yes	68.1%	(	62.4% - 73.4%)	52,722		395	564	66.8%	( 60.6% - 72.5%)
No	41%	(	33% - 50%)	15,851		107	254	44%	( 36% - 53%)
Oral Cancer Exam Annually									
Yes	67.6%	(	61.9% - 72.9%)	73,868		410	603	66.5%	( 59.4% - 72.9%)
No	48.4%	(	44.5% - 52.4%)	146,558		837	1,584	50.7%	( 47.2% - 54.3%)
Pap Test within Past 3 Years (Women Ages 18+)									
Yes	61.8%	(	56.6% - 66.6%)	90,405		523	838	63.3%	( 58.1% - 68.3%)
No	DSU	(	DSU - DSU)	DSU		DSU	158	DSU	( DSU - DSU)
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)									
Yes	86%	(	80% - 90%)	44,437		274	326	87%	( 81% - 91%)
No	41%	(	34% - 48%)	23,496		145	358	43%	( 34% - 51%)
<b>Diagnoses</b>									
<b>Asthma</b>									
Asthma Diagnosis									
Yes	58.8%	(	51.7% - 65.6%)	38,558		366	570	61.7%	( 55.6% - 67.5%)
No	53.0%	(	50.5% - 55.4%)	201,281		2,143	3,838	53.6%	( 51.2% - 55.9%)
Current Asthma									
Yes	64%	(	56% - 72%)	24,030		235	353	66%	( 58% - 73%)
No	DSU	(	DSU - DSU)	DSU		DSU	195	DSU	( DSU - DSU)
<b>Cardiovascular and Cerebrovascular Disease</b>									
Cardiovascular Disease									
Yes	73%	(	64% - 80%)	12,370		150	206	DSU	( DSU - DSU)
No	53.1%	(	50.7% - 55.5%)	227,105		2,345	4,174	54.4%	( 52.2% - 56.7%)



**Diabetes Screening, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:

Have you ever had a test for high blood sugar or diabetes within the past three years?

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N		%	95% CI
Heart Attack (Myocardial Infarction)								
Yes	<b>70%</b>	( 60% - 79% )	7,755	91	132		<b>68%</b>	( 63% - 72% )
No	<b>53.4%</b>	( 51.1% - 55.8% )	232,357	2,415	4,274		<b>54.6%</b>	( 52.4% - 56.8% )
Coronary Heart Disease (Angina)								
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	143		<b>DSU</b>	( DSU - DSU )
No	<b>53.2%</b>	( 50.9% - 55.6% )	231,740	2,397	4,261		<b>54.3%</b>	( 52.1% - 56.5% )
Stroke								
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	98		<b>DSU</b>	( DSU - DSU )
No	<b>53.4%</b>	( 51.0% - 55.7% )	234,333	2,446	4,323		<b>54.4%</b>	( 52.2% - 56.6% )
<b>Diabetes</b>								
Nongestational Diabetes								
Yes	<b>DNC</b>	( DNC - DNC )	DNC	0	0		<b>DNC</b>	( DNC - DNC )
No	<b>53.8%</b>	( 51.4% - 56.1% )	240,464	2,515	4,424		<b>54.6%</b>	( 52.5% - 56.8% )
Pre-Diabetes								
Yes	<b>80%</b>	( 74% - 86% )	29,052	302	368		<b>82%</b>	( 74% - 87% )
No	<b>51.5%</b>	( 49.0% - 53.9% )	210,580	2,202	4,035		<b>52.7%</b>	( 50.5% - 55.0% )
<b>Prostate Cancer</b>								
Prostate Cancer								
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	18		<b>DSU</b>	( DSU - DSU )
No	<b>63.3%</b>	( 58.0% - 68.3% )	71,733	434	710		<b>63.4%</b>	( 57.6% - 68.9% )
<b>Risk Factors</b>								
<b>Alcohol</b>								
Binge Drinking								
Yes	<b>47.1%</b>	( 41.3% - 52.9% )	34,078	377	723		<b>52.7%</b>	( 47.4% - 58.0% )
No	<b>55.2%</b>	( 52.7% - 57.8% )	203,204	2,093	3,612		<b>55.6%</b>	( 53.2% - 58.0% )
Heavy Drinking								
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	279		<b>DSU</b>	( DSU - DSU )
No	<b>54.1%</b>	( 51.5% - 56.6% )	196,902	2,011	3,532		<b>54.7%</b>	( 52.3% - 57.1% )

**Diabetes Screening, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Have you ever had a test for high blood sugar or diabetes within the past three years?						
Response:		Yes						
Population at Risk (See Appendix)		Observed Rate					Age-Adjusted Rate	
		%	95% CI	Individuals	n	N	%	95% CI
<b>Physical Activity</b>								
Leisure Time Exercise								
Yes		<b>55.5%</b>	( 52.9% - 58.1% )	197,520	2,019	3,474	<b>56.6%</b>	( 54.1% - 59.0% )
No		<b>47.0%</b>	( 41.9% - 52.2% )	42,990	493	946	<b>47.1%</b>	( 42.5% - 51.7% )
<b>Tobacco Use</b>								
Cigarette Smoking Status								
Current Smoker		<b>45.1%</b>	( 40.2% - 50.1% )	45,312	492	1,015	<b>46.8%</b>	( 41.9% - 51.7% )
Former Smoker		<b>62.5%</b>	( 58.6% - 66.3% )	73,398	851	1,319	<b>60.8%</b>	( 56.2% - 65.3% )
Never Smoked		<b>53.2%</b>	( 49.8% - 56.5% )	121,025	1,164	2,073	<b>54.7%</b>	( 51.6% - 57.7% )
Smokeless Tobacco Status								
Current User		<b>48%</b>	( 38% - 57% )	10,986	109	234	<b>50%</b>	( 42% - 58% )
Former User		<b>54.9%</b>	( 49.4% - 60.2% )	44,914	438	782	<b>56.8%</b>	( 51.5% - 61.9% )
Never Used		<b>54.4%</b>	( 51.6% - 57.1% )	176,586	1,877	3,229	<b>54.7%</b>	( 52.2% - 57.3% )
<b>Weight Status</b>								
Weight Status								
Normal (BMI <25)		<b>43.9%</b>	( 39.9% - 48.0% )	68,837	719	1,488	<b>47.6%</b>	( 44.1% - 51.2% )
Overweight (BMI 25 to 30)		<b>55.8%</b>	( 52.1% - 59.5% )	92,117	939	1,620	<b>55.8%</b>	( 52.2% - 59.2% )
Obese (BMI ≥30)		<b>64.9%</b>	( 60.7% - 68.9% )	72,417	774	1,155	<b>63.8%</b>	( 59.0% - 68.3% )
Obese I (BMI 30 TO < 35)		<b>62.5%</b>	( 57.2% - 67.6% )	45,180	489	740	<b>61.3%</b>	( 55.3% - 67.0% )
Obese II & III (BMI ≥35)		<b>69%</b>	( 62% - 75% )	27,132	285	415	<b>68%</b>	( 60% - 75% )

# Diabetes Screening, Adults (18 years of age and older), Alaska BRFSS, 2008: Standard (2008) and Combined (2008) Survey Instruments

Screening Question:		Have you ever had a test for high blood sugar or diabetes within the past three years?					
Response:		Yes					
		Observed Rate			Age-Adjusted Rate		
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	% 95% CI

## Appendix

### Definitions:

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (n) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

### Notes:

Data may include revisions, and may differ from those shown previously.

# Chronic Disease – Pre-Diabetes



- **Indicator:** Proportion of Alaskan adults with pre-diabetes or borderline diabetes.
- **Data source:** 2008 Alaska Standard and Modified BRFSS surveys combined
- **BRFSS Question:** Have you ever been told by a doctor or other health professional that you have pre-diabetes or borderline diabetes?
- **How are we doing?**
  - In 2008, 8% of Alaskan adults reported having pre-diabetes.
- **How are different populations affected?**
  - As with diabetes, the prevalence of pre-diabetes appears to increase with age.
  - Alaskan adults who report good, fair or poor general health status had a higher prevalence of pre-diabetes than those who reported excellent or very good health.
  - In 2008, respondents who had received a flu shot in the past 12 months and those who had ever received a pneumonia shot had a higher prevalence of pre-diabetes than those who did not get these immunizations.
  - Having a disability, having a lifetime diagnosis of asthma, having cardiovascular disease, and being obese were all associated with pre-diabetes in 2008.



**Prediabetes, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Have you ever been told by a doctor or other health professional that you have prediabetes or borderline diabetes?								
		Response:			Yes					
		Observed Rate						Age-Adjusted Rate		
Population at Risk (See Appendix)		%	95% CI		Individuals	n	N	%	95% CI	
Total		7.9%	(	6.8% - 9.2% )	36,974	377	4,577	8.1%	(	7.0% - 9.4% )
Demographics										
Gender										
Female		9.5%	(	7.9% - 11.3% )	21,380	229	2,476	9.5%	(	7.9% - 11.3% )
Male		6.5%	(	5.0% - 8.4% )	15,594	148	2,101	6.8%	(	5.3% - 8.7% )
Age Groups (Categories Used in Age-Adjustment)										
Persons aged 18 to 24 years		2%	(	1% - 4% )	1,314	8	274	NA	(	NA - NA )
Persons aged 25 to 34 years		6.9%	(	4.3% - 10.8% )	7,018	46	788	NA	(	NA - NA )
Persons aged 35 to 44 years		7.0%	(	5.0% - 9.7% )	6,453	63	886	NA	(	NA - NA )
Persons aged 45 to 64 years		10.8%	(	8.9% - 13.1% )	17,954	202	2,077	NA	(	NA - NA )
Persons aged 65 years and older		10.9%	(	7.8% - 15.0% )	4,386	58	552	NA	(	NA - NA )
Race and Ethnicity										
American Indian or Alaska Native		9.9%	(	7.2% - 13.5% )	6,400	86	885	10.1%	(	7.4% - 13.6% )
Asian or Pacific Islander		9%	(	4% - 17% )	1,468	13	115	13%	(	7% - 23% )
Asian		11%	(	6% - 21% )	1,612	13	90	DSU	(	DSU - DSU )
Native Hawaiian or Other Pacific Islander		DSU	(	DSU - DSU )	DSU	DSU	25	DSU	(	DSU - DSU )
Black or African American		1%	(	0% - 2% )	104	3	69	1%	(	0% - 3% )
White		7.8%	(	6.5% - 9.3% )	27,411	257	3,302	7.9%	(	6.6% - 9.4% )
Hispanic or Latino		5%	(	3% - 11% )	764	10	120	7%	(	3% - 14% )
Not Hispanic or Latino		8.1%	(	6.9% - 9.4% )	36,016	363	4,392	8.2%	(	7.1% - 9.5% )
Black or African American, not Hispanic/Latino		DSU	(	DSU - DSU )	DSU	DSU	26	DSU	(	DSU - DSU )
White, not Hispanic or Latino		7.9%	(	6.6% - 9.5% )	26,796	249	3,190	8.0%	(	6.7% - 9.5% )
Alaska Native										
Yes		9.4%	(	6.9% - 12.7% )	6,826	94	968	9.7%	(	7.2% - 12.9% )
No		7.7%	(	6.5% - 9.1% )	29,951	280	3,565	7.9%	(	6.7% - 9.3% )

**Prediabetes, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Have you ever been told by a doctor or other health professional that you have prediabetes or borderline diabetes?							
Response:		Yes							
Population at Risk (See Appendix)		Observed Rate					Age-Adjusted Rate		
		%	95% CI	Individuals			%	95% CI	
Geographic Location									
	Anchorage & Vicinity	8.6%	( 6.8% - 10.9% )	21,854	89	939	8.8%	( 7.0% - 11.1% )	
	Fairbanks & Vicinity	6.3%	( 4.8% - 8.2% )	4,045	68	937	6.8%	( 5.2% - 8.7% )	
	Gulf Coast	7.6%	( 5.6% - 10.2% )	4,031	67	948	8.0%	( 5.6% - 11.1% )	
	Rural	6.2%	( 4.8% - 8.0% )	2,814	72	910	6.5%	( 4.9% - 8.6% )	
	Southeast	8.5%	( 6.8% - 10.8% )	4,231	81	843	8.3%	( 6.5% - 10.5% )	
Urban/Rural									
	Metropolitan Statistical Area	8.3%	( 6.7% - 10.1% )	25,728	155	1,823	8.5%	( 7.0% - 10.4% )	
	Micropolitan Statistical Area & Urban Clusters	7.2%	( 5.8% - 8.9% )	5,494	105	1,342	7.5%	( 6.0% - 9.4% )	
	Rural	7.4%	( 5.9% - 9.3% )	5,753	117	1,412	7.3%	( 5.8% - 9.2% )	
Education Level (persons aged 25 years and older)									
	Less than high school	8%	( 4% - 16% )	1,924	24	290	9%	( 5% - 15% )	
	High school graduate	10.4%	( 7.7% - 13.8% )	12,200	120	1,268	10.9%	( 8.4% - 14.0% )	
	At least some college	9.6%	( 7.5% - 12.2% )	11,576	120	1,258	9.0%	( 7.0% - 11.4% )	
	College Graduate	7.2%	( 5.5% - 9.4% )	9,905	102	1,476	8.1%	( 6.1% - 10.7% )	
Employment Status									
	Employed	7.2%	( 5.9% - 8.7% )	22,967	232	3,098	7.7%	( 5.9% - 9.9% )	
	Unemployed	7%	( 5% - 12% )	2,400	31	328	7%	( 4% - 11% )	
	Not in Workforce (Student, Homemaker, Retired)	9.2%	( 6.8% - 12.3% )	8,924	91	967	9.5%	( 6.8% - 13.1% )	
	Unable to work	DSU	( DSU - DSU )	DSU	DSU	167	DSU	( DSU - DSU )	
Marital Status									
	Married or Unwed Couple	7.9%	( 6.6% - 9.4% )	24,995	219	2,783	7.7%	( 6.4% - 9.3% )	
	Divorced/Separated	11.6%	( 8.6% - 15.6% )	5,913	79	766	8.9%	( 6.6% - 12.0% )	
	Widowed	11%	( 6% - 17% )	1,571	27	258	6%	( 3% - 11% )	
	Never Married	5.3%	( 2.8% - 9.7% )	4,406	49	744	7.2%	( 4.0% - 12.6% )	

**Prediabetes, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Have you ever been told by a doctor or other health professional that you have prediabetes or borderline diabetes?							
Response:		Yes							
Population at Risk (See Appendix)		Observed Rate					Age-Adjusted Rate		
		%	95% CI	Individuals			n	N	%
<b>Income Level</b>									
	<\$15,000	7%	( 4% - 11% )	1,915	29	336	7%	( 5% - 12% )	
	\$15,000 - \$24,999	8%	( 5% - 13% )	3,263	47	481	9%	( 6% - 13% )	
	\$25,000 - \$49,999	10.3%	( 7.3% - 14.3% )	10,386	88	1,006	10.7%	( 8.0% - 14.3% )	
	\$50,000 - \$74,999	5.4%	( 3.8% - 7.8% )	4,166	56	798	5.8%	( 3.7% - 8.9% )	
	\$75,000	8.4%	( 6.7% - 10.5% )	13,831	120	1,452	8.0%	( 6.1% - 10.6% )	
<b>Poverty Threshold</b>									
	Poor (<100% Poverty Threshold)	6%	( 3% - 13% )	1,991	19	330	7%	( 3% - 14% )	
	Near Poor (100% to 199% Poverty Threshold)	12.7%	( 8.5% - 18.4% )	7,929	73	635	12.9%	( 9.4% - 17.6% )	
	Middle/High Income (>=200% Poverty Threshold)	7.5%	( 6.3% - 8.9% )	23,689	248	3,108	7.2%	( 6.1% - 8.6% )	
<b>Below Poverty Guidelines</b>									
	Yes	7%	( 4% - 12% )	3,241	35	446	8%	( 5% - 14% )	
	No	8.3%	( 7.1% - 9.8% )	30,364	305	3,627	8.2%	( 6.9% - 9.6% )	
<b>Veteran</b>									
	Yes	9%	( 6% - 13% )	7,948	42	440	8%	( 5% - 11% )	
	No	8.3%	( 6.6% - 10.3% )	30,916	167	2,016	8.7%	( 7.0% - 10.8% )	
<b>Health Status</b>									
<b>General Health</b>									
	Excellent to Very Good	4.6%	( 3.6% - 5.9% )	12,538	132	2,533	5.1%	( 3.9% - 6.7% )	
	Good	10.9%	( 8.7% - 13.6% )	15,014	149	1,426	10.8%	( 8.6% - 13.4% )	
	Fair/Poor	17.6%	( 12.9% - 23.6% )	9,422	96	599	16.4%	( 11.7% - 22.6% )	
<b>Healthy Days (Mean Number of Days)</b>									
	Physical Health Not Good	4.8	( 3.6 - 6.0 )			365	4.9	( 3.6 - 6.3 )	
	Mental Health Not Good	4.5	( 3.3 - 5.6 )			364	4.7	( 3.4 - 6.1 )	
	Unhealthy Days (Physical or Mental Health Not Good)	8.3	( 6.7 - 9.8 )			357	8.5	( 6.7 - 10.3 )	
	Days with Activity Limitation	3.3	( 2.4 - 4.2 )			369	3.4	( 2.2 - 4.6 )	

**Prediabetes, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Have you ever been told by a doctor or other health professional that you have prediabetes or borderline diabetes?								
Response:		Yes								
Population at Risk (See Appendix)		Observed Rate						Age-Adjusted Rate		
		%	95% CI	Individuals	n	N	%	95% CI		
Healthy Days (Percentage with 14 or More Days)										
	Physical Health Not Good	13%	( 9% - 18% )	5,242	60	427	12%	( 9% - 17% )		
	Mental Health Not Good	12%	( 9% - 17% )	4,475	52	414	12%	( 8% - 16% )		
	Unhealthy Days (Physical or Mental Health Not Good)	13.5%	( 10.3% - 17.4% )	9,156	99	715	13.3%	( 10.2% - 17.1% )		
	Activity Limitation	12%	( 8% - 18% )	3,312	41	277	12%	( 8% - 17% )		
Disability										
	Disabled									
	Yes	14.4%	( 10.9% - 18.8% )	14,154	85	595	13.2%	( 9.6% - 17.8% )		
	No	6.6%	( 5.0% - 8.5% )	23,734	121	1,840	7.3%	( 5.7% - 9.3% )		
	Activity Limitation									
	Yes	13.8%	( 11.0% - 17.1% )	13,487	149	1,035	13.3%	( 10.4% - 16.8% )		
	No	6.3%	( 5.1% - 7.7% )	22,920	222	3,495	6.6%	( 5.5% - 7.9% )		
	Require Special Equipment									
	Yes	21%	( 13% - 32% )	5,176	27	151	DSU	( DSU - DSU )		
	No	7.6%	( 6.1% - 9.4% )	33,302	181	2,302	8.1%	( 6.6% - 10.0% )		
Mental Health										
	Depression Measure (PHQ-8)									
	No Depression	7.1%	( 5.6% - 9.0% )	21,824	123	1,628	91.9%	( 90.0% - 93.4% )		
	Mild Depression	8%	( 5% - 12% )	5,311	31	320	8%	( 6% - 9% )		
	Moderate to Severe Depression	16%	( 9% - 26% )	4,597	21	139	7%	( 6% - 9% )		
	Social and Emotional Support									
	Always/Usually	8.8%	( 7.1% - 10.9% )	32,307	164	1,869	9.4%	( 7.6% - 11.6% )		
	Sometimes/Rarely/Never	7%	( 4% - 10% )	5,409	34	466	6%	( 4% - 9% )		
	Life Satisfaction									
	Very Satisfied / Satisfied	8.5%	( 6.9% - 10.3% )	36,336	193	2,265	9.0%	( 7.4% - 10.9% )		
	Dissatisfied / Very Dissatisfied	7%	( 3% - 15% )	1,277	10	96	7%	( 3% - 14% )		



**Prediabetes, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Have you ever been told by a doctor or other health professional that you have prediabetes or borderline diabetes?						
Response:		Yes						
Population at Risk (See Appendix)		Observed Rate					Age-Adjusted Rate	
		%	95% CI	Individuals	n	N	%	95% CI
Healthcare								
Healthcare Coverage								
Health Plan								
Yes		8.3%	( 7.1% - 9.7% )	31,432	338	3,829	8.1%	( 7.0% - 9.5% )
No		6.4%	( 4.1% - 10.0% )	5,450	38	720	7.9%	( 4.4% - 13.9% )
Immunization								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes		16%	( 10% - 25% )	4,053	26	185	17%	( 10% - 25% )
No		11%	( 6% - 21% )	1,467	12	117	12%	( 6% - 23% )
Ever Had Pneumonia Shot (Ages 65+)								
Yes		17%	( 11% - 27% )	3,853	67	178	17%	( 11% - 26% )
No		12%	( 6% - 23% )	1,653	114	115	13%	( 6% - 26% )
Ever Had Hepatitis B Shot								
Yes		8.2%	( 6.0% - 11.2% )	13,704	64	826	8.9%	( 6.2% - 12.7% )
No		8.8%	( 6.4% - 12.0% )	17,782	101	1,146	8.6%	( 6.2% - 11.8% )
Screening								
AIDS/HIV Screening (Ages 18-64)								
Yes		7.9%	( 5.9% - 10.5% )	14,361	76	917	8.6%	( 6.4% - 11.4% )
No		7.3%	( 5.1% - 10.2% )	15,811	81	1,090	7.2%	( 4.9% - 10.6% )
Clinical Breast Exam Annually (Women Ages 40+)								
Yes		12.0%	( 8.5% - 16.8% )	8,581	55	511	11.5%	( 8.1% - 16.1% )
No		13%	( 9% - 20% )	6,227	35	333	14%	( 9% - 20% )
Colorectal Screening (Ages 50+)								
Yes		14.1%	( 10.6% - 18.6% )	11,781	78	597	14.6%	( 10.9% - 19.3% )
No		9%	( 6% - 13% )	5,735	36	464	9%	( 6% - 15% )
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)								
Yes		13%	( 8% - 20% )	5,206	33	243	15%	( 9% - 24% )
No		6%	( 3% - 9% )	4,523	26	474	8%	( 5% - 14% )

**Prediabetes, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Have you ever been told by a doctor or other health professional that you have prediabetes or borderline diabetes?							
Response:		Yes							
Population at Risk (See Appendix)		Observed Rate			Age-Adjusted Rate				
		%	95% CI	Individuals	n	N	%	95% CI	
Home Occult Blood Test (Ages 50+)									
Yes		22%	( 14% - 33% )	4,959	25	163	23%	( 15% - 34% )	
No		10.3%	( 7.9% - 13.4% )	12,697	91	882	10.5%	( 7.8% - 13.9% )	
Mammogram within Past 2 Years (Women Ages 40+)									
Yes		13.1%	( 9.6% - 17.7% )	10,524	65	588	12.5%	( 9.0% - 17.2% )	
No		12%	( 7% - 18% )	4,757	27	260	14%	( 9% - 20% )	
Oral Cancer Exam Annually									
Yes		9.3%	( 6.6% - 12.9% )	10,483	53	625	8.0%	( 5.7% - 11.2% )	
No		8.1%	( 6.3% - 10.4% )	25,510	141	1,626	9.2%	( 7.3% - 11.5% )	
Pap Test within Past 3 Years (Women Ages 18+)									
Yes		8.9%	( 6.6% - 11.9% )	13,384	77	865	9.2%	( 6.8% - 12.4% )	
No		11%	( 5% - 22% )	2,943	10	160	13%	( 6% - 25% )	
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)									
Yes		13%	( 9% - 19% )	6,924	43	339	16%	( 10% - 25% )	
No		5%	( 3% - 9% )	2,965	20	359	6%	( 3% - 9% )	
Diagnoses									
Asthma									
Asthma Diagnosis									
Yes		13.1%	( 9.0% - 18.6% )	8,661	75	578	14.2%	( 10.1% - 19.4% )	
No		7.1%	( 6.0% - 8.3% )	28,185	299	3,973	7.1%	( 6.1% - 8.3% )	
Current Asthma									
Yes		15%	( 11% - 22% )	5,627	57	358	16%	( 11% - 22% )	
No		11%	( 5% - 24% )	2,929	18	196	11%	( 5% - 19% )	
Cardiovascular and Cerebrovascular Disease									
Cardiovascular Disease									
Yes		19%	( 13% - 27% )	3,229	41	206	28%	( 25% - 32% )	
No		7.5%	( 6.4% - 8.8% )	33,336	329	4,315	7.7%	( 6.5% - 9.0% )	
Heart Attack (Myocardial Infarction)									
Yes		18%	( 11% - 28% )	1,977	23	133	27%	( 23% - 32% )	
No		7.7%	( 6.6% - 9.0% )	34,730	351	4,415	7.8%	( 6.7% - 9.1% )	

**Prediabetes, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Have you ever been told by a doctor or other health professional that you have prediabetes or borderline diabetes?													
Response:		Yes													
Population at Risk (See Appendix)		Observed Rate			n	N	Age-Adjusted Rate								
		%	95% CI	Individuals			%	95% CI							
Coronary Heart Disease (Angina)															
Yes	19%	(	12%	-	29%	)	2,154	30	145	27%	(	23%	-	32%	)
No	7.7%	(	6.5%	-	8.9%	)	34,692	343	4,402	7.9%	(	6.7%	-	9.2%	)
Stroke															
Yes	DSU	(	DSU	-	DSU	)	DSU	DSU	100	DSU	(	DSU	-	DSU	)
No	7.6%	(	6.5%	-	8.9%	)	34,665	354	4,464	7.8%	(	6.7%	-	9.0%	)
Diabetes															
Nongestational Diabetes															
Yes	DNC	(	DNC	-	DNC	)	DNC	0	0	DNC	(	DNC	-	DNC	)
No	7.9%	(	6.8%	-	9.1%	)	36,679	375	4,569	8.0%	(	6.9%	-	9.3%	)
Pre-Diabetes															
Yes	100%	(	0%	-	0%	)	36,974	377	377	100%	(	0%	-	0%	)
No	0.0%	(	0.0%	-	0.0%	)	0	0	4,200	0.0%	(	0.0%	-	0.0%	)
Prostate Cancer															
Prostate Cancer															
Yes	DSU	(	DSU	-	DSU	)	DSU	DSU	18	DSU	(	DSU	-	DSU	)
No	9.0%	(	6.6%	-	12.3%	)	10,705	65	728	9.7%	(	6.8%	-	13.6%	)
Risk Factors															
Alcohol															
Binge Drinking															
Yes	6.8%	(	4.6%	-	10.0%	)	5,189	50	748	8.1%	(	4.5%	-	14.1%	)
No	8.2%	(	7.0%	-	9.6%	)	31,297	320	3,727	8.3%	(	7.1%	-	9.7%	)
Heavy Drinking															
Yes	7%	(	4%	-	12%	)	1,880	26	293	7%	(	4%	-	10%	)
No	7.9%	(	6.7%	-	9.4%	)	29,925	298	3,640	8.1%	(	6.9%	-	9.5%	)
Physical Activity															
Leisure Time Exercise															
Yes	7.5%	(	6.4%	-	8.9%	)	27,968	284	3,595	7.5%	(	6.4%	-	8.9%	)
No	9.6%	(	6.8%	-	13.3%	)	8,915	92	969	9.5%	(	6.8%	-	13.2%	)

**Prediabetes, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Have you ever been told by a doctor or other health professional that you have prediabetes or borderline diabetes?								
Response:		Yes								
Population at Risk (See Appendix)		Observed Rate						Age-Adjusted Rate		
		%	95% CI	Individuals	n	N	%	95% CI		
<b>Tobacco Use</b>										
Cigarette Smoking Status										
	Current Smoker	7.2%	( 5.3% - 9.7% )	7,407	89	1,039	7.4%	( 5.5% - 9.9% )		
	Former Smoker	10.4%	( 8.3% - 12.9% )	12,628	137	1,359	9.2%	( 7.3% - 11.5% )		
	Never Smoked	7.0%	( 5.5% - 9.0% )	16,849	150	2,153	7.4%	( 5.8% - 9.4% )		
Smokeless Tobacco Status										
	Current User	5%	( 3% - 8% )	1,181	14	240	6%	( 3% - 11% )		
	Former User	8.3%	( 5.4% - 12.6% )	7,163	68	810	7.5%	( 5.2% - 10.6% )		
	Never Used	8.2%	( 6.9% - 9.6% )	27,535	280	3,333	8.4%	( 7.1% - 9.8% )		
<b>Weight Status</b>										
Weight Status										
	Normal (BMI <25)	3.7%	( 2.6% - 5.3% )	6,070	56	1,539	4.2%	( 3.0% - 5.9% )		
	Overweight (BMI 25 to 30)	6.2%	( 4.7% - 7.9% )	10,525	113	1,677	6.0%	( 4.7% - 7.7% )		
	Obese (BMI ≥30)	16.2%	( 13.1% - 20.0% )	18,893	188	1,182	15.7%	( 12.7% - 19.3% )		
	Obese I (BMI 30 TO < 35)	12.4%	( 9.3% - 16.3% )	9,494	99	766	12.4%	( 9.4% - 16.2% )		
	Obese II & III (BMI ≥35)	24%	( 17% - 32% )	9,512	89	416	22%	( 16% - 28% )		

**Prediabetes, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Have you ever been told by a doctor or other health professional that you have prediabetes or borderline diabetes?					
Response:		Yes					
		<i>Observed Rate</i>			<i>Age-Adjusted Rate</i>		
<b>Population at Risk (See Appendix)</b>	<b>%</b>	<b>95% CI</b>	<b>Individuals</b>	<b>n</b>	<b>N</b>	<b>%</b>	<b>95% CI</b>

**Appendix**

**Definitions:**

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (n) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

**Notes:**

Data may include revisions, and may differ from those shown previously.

# Chronic Disease – Diabetes



- **Indicator:** Proportion of Alaskan adults with non-gestational diabetes.
- **Data source:** 2008 Alaska Standard and Modified BRFSS surveys combined
- **BRFSS Question:** Have you ever been told by a doctor that you have diabetes?
- **How are we doing?**
  - In 2008, 6% of Alaskan adults reported having diabetes.
- **How does Alaska compare with the US?**
  - From 2000 to 2008, the prevalence of diabetes appears to have increased in both Alaska and the US.
  - The prevalence of diabetes in Alaska has been consistently below that in the US during this same time period.
- **How are different populations affected?**
  - The prevalence of diabetes increased with age; persons age 45 and older had a significantly higher prevalence of diabetes than those in younger age groups.
  - Alaskan adults with less than a high school education, those unable to work, those who were widowed, those who reported fair or poor general health status, and those with a disability reported a higher prevalence of diabetes than those not in these groups.
  - In 2008, respondents who had received a flu shot in the past 12 months and those who had ever received a pneumonia shot had a higher prevalence of diabetes than those who did not get these immunizations.
  - Cardiovascular disease, no leisure time physical activity, and obesity were all associated with having diabetes in 2008.



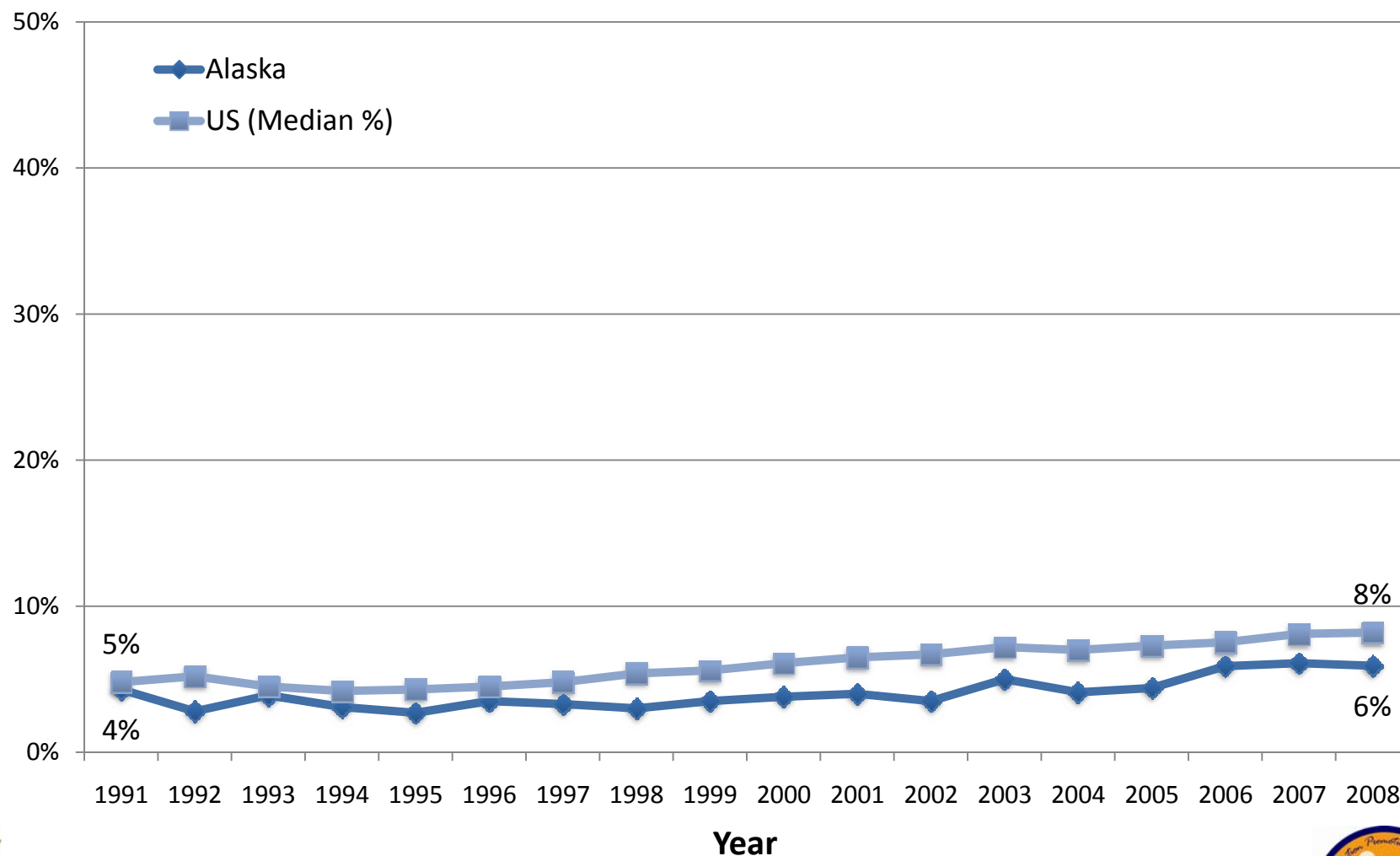
# Chronic Disease – Diabetes



- **Diabetes Module:**
  - 56% percent of adult Alaskans with diabetes reported having taken a course in how to manage diabetes, below the Healthy Alaskans 2010 goal of 60% (Goal 23.3).
  - In 2008, 72% of Alaskans with diabetes had their feet checked by a health professional at least once in the 12 months before the interview. This is below the Healthy Alaskans 2010 goal of 75% (Goal 23.7).
  - In 2008, 88% of Alaskans with diabetes reported a glycosylated hemoglobin test at least once in the 12 months before the interview, well above the Healthy Alaskans 2010 goal of 50% (Goal 23.8). Sixty-four percent of Alaskans with diabetes reported at least two glycosylated hemoglobin tests in the same time period.
  - Sixty-seven percent of Alaskans with diabetes reported having a dilated eye exam in the past year in 2008. This is below the Healthy Alaskans 2010 goal of 75% (Goal 23.9).



# Diabetes: Alaska vs. Nationwide 1991 – 2008 Alaska BRFSS





**Nongestational Diabetes, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Have you ever been told by a doctor that you have diabetes?					
Response:		Yes [Excludes Yes, but female told only during pregnancy]					
Population at Risk (See Appendix)		Observed Rate			Age-Adjusted Rate		
		%	95% CI	Individuals	n	N	%
<b>Total</b>		<b>5.9%</b>	( 5.0% - 7.0% )	29,432	333	4,933	<b>6.7%</b> ( 5.7% - 7.8% )
<b>Demographics</b>							
<b>Gender</b>							
Female		<b>6.2%</b>	( 4.9% - 7.8% )	14,821	171	2,653	<b>6.7%</b> ( 5.3% - 8.4% )
Male		<b>5.7%</b>	( 4.5% - 7.1% )	14,611	162	2,280	<b>6.7%</b> ( 5.3% - 8.4% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>							
Persons aged 18 to 24 years		<b>2%</b>	( 0% - 8% )	1,334	3	277	<b>NA</b> ( NA - NA )
Persons aged 25 to 34 years		<b>1.8%</b>	( 0.8% - 3.9% )	1,813	14	803	<b>NA</b> ( NA - NA )
Persons aged 35 to 44 years		<b>3.9%</b>	( 2.4% - 6.2% )	3,755	34	919	<b>NA</b> ( NA - NA )
Persons aged 45 to 64 years		<b>7.9%</b>	( 6.4% - 9.7% )	14,304	178	2,271	<b>NA</b> ( NA - NA )
Persons aged 65 years and older		<b>17.2%</b>	( 13.2% - 22.0% )	8,526	104	663	<b>NA</b> ( NA - NA )
<b>Race and Ethnicity</b>							
American Indian or Alaska Native		<b>6.8%</b>	( 4.6% - 10.0% )	4,713	56	945	<b>8.2%</b> ( 5.7% - 11.6% )
Asian or Pacific Islander		<b>4%</b>	( 1% - 11% )	40,000	9	127	<b>3%</b> ( 1% - 9% )
Asian		<b>4%</b>	( 1% - 13% )	630	7	100	<b>4%</b> ( 1% - 12% )
Native Hawaiian or Other Pacific Islander		<b>DSU</b>	( DSU - DSU )	DSU	DSU	27	<b>DSU</b> ( DSU - DSU )
Black or African American		<b>7%</b>	( 3% - 15% )	785	9	79	<b>14%</b> ( 8% - 24% )
White		<b>5.4%</b>	( 4.5% - 6.5% )	20,097	240	3,556	<b>5.8%</b> ( 4.8% - 7.0% )
Hispanic or Latino		<b>DSU</b>	( DSU - DSU )	DSU	DSU	134	<b>DSU</b> ( DSU - DSU )
Not Hispanic or Latino		<b>5.6%</b>	( 4.8% - 6.6% )	26,750	315	4,729	<b>6.3%</b> ( 5.4% - 7.4% )
Black or African American, not Hispanic/Latino		<b>DSU</b>	( DSU - DSU )	DSU	DSU	34	<b>DSU</b> ( DSU - DSU )
White, not Hispanic or Latino		<b>5.4%</b>	( 4.4% - 6.5% )	19,224	225	3,429	<b>5.7%</b> ( 4.7% - 6.9% )
<b>Alaska Native</b>							
Yes		<b>7.0%</b>	( 4.9% - 10.0% )	5,488	68	1,041	<b>8.3%</b> ( 6.0% - 11.5% )
No		<b>5.7%</b>	( 4.7% - 6.8% )	23,543	261	3,844	<b>6.3%</b> ( 5.2% - 7.6% )
<b>Geographic Location</b>							
Anchorage & Vicinity		<b>6.1%</b>	( 4.7% - 7.9% )	16,588	79	1,024	<b>7.0%</b> ( 5.4% - 9.1% )
Fairbanks & Vicinity		<b>5.8%</b>	( 4.0% - 8.4% )	3,961	68	1,009	<b>6.7%</b> ( 4.8% - 9.2% )
Gulf Coast		<b>5.1%</b>	( 3.9% - 6.7% )	2,892	61	1,017	<b>5.2%</b> ( 3.9% - 6.9% )
Rural		<b>4.5%</b>	( 3.3% - 6.2% )	2,150	51	962	<b>5.7%</b> ( 3.9% - 8.1% )
Southeast		<b>7.2%</b>	( 5.6% - 9.1% )	3,841	74	921	<b>7.2%</b> ( 5.7% - 9.1% )

**Nongestational Diabetes, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Have you ever been told by a doctor that you have diabetes?						
Response:		Yes [Excludes Yes, but female told only during pregnancy]						
Population at Risk (See Appendix)		Observed Rate					Age-Adjusted Rate	
		%	95% CI	Individuals	n	N	%	95% CI
<b>Urban/Rural</b>								
	Metropolitan Statistical Area	6.0%	( 4.8% - 7.5% )	19,898	140	1,970	6.9%	( 5.5% - 8.6% )
	Micropolitan Statistical Area & Urban Clusters	6.2%	( 5.0% - 7.6% )	5,036	106	1,455	6.8%	( 5.5% - 8.3% )
	Rural	5.4%	( 4.2% - 7.0% )	4,498	87	1,508	5.6%	( 4.4% - 7.2% )
<b>Education Level (persons aged 25 years and older)</b>								
	Less than high school	13%	( 8% - 19% )	3,572	36	328	13%	( 8% - 21% )
	High school graduate	5.3%	( 4.0% - 7.1% )	6,638	93	1,370	6.3%	( 4.7% - 8.3% )
	At least some college	7.8%	( 5.9% - 10.2% )	10,232	117	1,380	8.9%	( 6.7% - 11.7% )
	College Graduate	5.5%	( 4.1% - 7.4% )	8,046	84	1,568	6.1%	( 4.5% - 8.2% )
<b>Employment Status</b>								
	Employed	3.9%	( 3.1% - 4.9% )	13,096	150	3,258	5.0%	( 3.7% - 6.9% )
	Unemployed	4%	( 2% - 9% )	1,425	12	342	4%	( 2% - 9% )
	Not in Workforce (Student, Homemaker, Retired)	10.3%	( 7.8% - 13.5% )	11,235	123	1,094	8.1%	( 6.0% - 10.7% )
	Unable to work	21%	( 14% - 31% )	3,604	46	217	DSU	( DSU - DSU )
<b>Marital Status</b>								
	Married or Unwed Couple	5.1%	( 4.1% - 6.2% )	16,875	169	2,960	5.6%	( 4.4% - 7.0% )
	Divorced/Separated	8.7%	( 6.5% - 11.4% )	4,861	77	849	7.2%	( 5.4% - 9.7% )
	Widowed	19%	( 12% - 28% )	3,419	48	310	10%	( 5% - 19% )
	Never Married	4.9%	( 2.8% - 8.5% )	4,278	38	788	11.0%	( 6.8% - 17.2% )
<b>Income Level</b>								
	<\$15,000	9%	( 6% - 14% )	2,772	44	383	10%	( 7% - 14% )
	\$15,000 - \$24,999	6.7%	( 3.6% - 12.3% )	2,970	39	525	7.4%	( 4.4% - 12.3% )
	\$25,000 - \$49,999	5.4%	( 3.8% - 7.6% )	5,793	74	1,083	6.2%	( 4.5% - 8.4% )
	\$50,000 - \$74,999	7.6%	( 5.1% - 11.2% )	6,298	57	858	8.6%	( 5.7% - 12.8% )
	\$75,000	4.2%	( 3.1% - 5.7% )	7,266	76	1,533	4.6%	( 3.1% - 6.6% )
<b>Poverty Threshold</b>								
	Poor (<100% Poverty Threshold)	5%	( 2% - 8% )	1,762	20	353	6%	( 3% - 12% )
	Near Poor (100% to 199% Poverty Threshold)	8.1%	( 5.3% - 12.3% )	5,565	68	708	9.9%	( 6.9% - 14.0% )
	Middle/High Income (≥200% Poverty Threshold)	5.4%	( 4.4% - 6.6% )	18,076	202	3,321	5.8%	( 4.7% - 7.2% )

**Nongestational Diabetes, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Have you ever been told by a doctor that you have diabetes?					
Response:		Yes [Excludes Yes, but female told only during pregnancy]					
		Observed Rate			Age-Adjusted Rate		
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI
<b>Below Poverty Guidelines</b>							
Yes	6%	( 4% - 10% )	3,012	32	483	9%	( 5% - 14% )
No	5.7%	( 4.7% - 6.9% )	22,077	258	3,899	6.4%	( 5.3% - 7.8% )
<b>Veteran</b>							
Yes	8%	( 5% - 12% )	7,700	48	493	6%	( 4% - 9% )
No	6.3%	( 4.8% - 8.3% )	25,181	139	2,163	7.4%	( 5.7% - 9.5% )
<b>Health Status</b>							
<b>General Health</b>							
Excellent to Very Good	2.1%	( 1.4% - 3.0% )	5,733	56	2,597	2.8%	( 1.9% - 4.0% )
Good	7.0%	( 5.4% - 8.9% )	10,365	121	1,553	7.3%	( 5.6% - 9.4% )
Fair/Poor	19.4%	( 15.3% - 24.4% )	13,090	153	763	17.8%	( 13.4% - 23.3% )
<b>Healthy Days (Mean Number of Days)</b>							
Physical Health Not Good	9.1	( 7.3 - 11.0 )			321	9.7	( 7.7 - 11.8 )
Mental Health Not Good	5.5	( 3.8 - 7.2 )			316	7.8	( 5.3 - 10.4 )
Unhealthy Days (Physical or Mental Health Not Good)	11.9	( 9.6 - 14.1 )			310	14.6	( 12.4 - 16.7 )
Days with Activity Limitation	5.4	( 3.5 - 7.2 )			324	8.0	( 6.1 - 9.8 )
<b>Healthy Days (Percentage with 14 or More Days)</b>							
Physical Health Not Good	16.7%	( 12.6% - 21.8% )	8,171	98	530	15.1%	( 11.4% - 19.7% )
Mental Health Not Good	12%	( 8% - 18% )	5,101	53	470	15%	( 10% - 21% )
Unhealthy Days (Physical or Mental Health Not Good)	13.5%	( 10.2% - 17.6% )	10,669	118	840	14.4%	( 10.9% - 18.9% )
Activity Limitation	17%	( 11% - 25% )	5,705	54	335	17%	( 11% - 26% )
<b>Disability</b>							
<b>Disabled</b>							
Yes	14.0%	( 9.9% - 19.4% )	16,184	92	695	14.1%	( 9.1% - 21.2% )
No	4.3%	( 3.2% - 5.9% )	16,322	94	1,938	5.7%	( 4.1% - 7.9% )
<b>Activity Limitation</b>							
Yes	12.5%	( 9.9% - 15.7% )	14,091	153	1,199	11.9%	( 8.9% - 15.7% )
No	4.0%	( 3.2% - 5.0% )	15,130	176	3,681	5.1%	( 4.0% - 6.4% )
<b>Require Special Equipment</b>							
Yes	22%	( 14% - 32% )	7,056	45	200	22%	( 14% - 32% )
No	5.5%	( 4.2% - 7.2% )	25,654	142	2,453	6.6%	( 5.1% - 8.6% )

**Nongestational Diabetes, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Have you ever been told by a doctor that you have diabetes? Yes [Excludes Yes, but female told only during pregnancy]					
Response:							
		Observed Rate			Age-Adjusted Rate		
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI
<b>Mental Health</b>							
Depression Measure (PHQ-8)							
No Depression	5.3%	( 3.9% - 7.2% )	17,429	99	1,733	93.4%	( 91.4% - 94.9% )
Mild Depression	5%	( 3% - 9% )	3,514	24	346	6%	( 5% - 8% )
Moderate to Severe Depression	DSU	( DSU - DSU )	DSU	DSU	163	DSU	( DSU - DSU )
Social and Emotional Support							
Always/Usually	5.8%	( 4.5% - 7.5% )	22,650	120	1,996	6.6%	( 5.1% - 8.5% )
Sometimes/Rarely/Never	10.8%	( 6.5% - 17.5% )	9,436	61	533	11.6%	( 7.6% - 17.2% )
Life Satisfaction							
Very Satisfied / Satisfied	6.2%	( 5.0% - 7.8% )	28,574	162	2,440	6.9%	( 5.5% - 8.7% )
Dissatisfied / Very Dissatisfied	DSU	( DSU - DSU )	DSU	DSU	116	DSU	( DSU - DSU )
<b>Healthcare</b>							
<b>Healthcare Coverage</b>							
Health Plan							
Yes	6.7%	( 5.6% - 7.9% )	27,216	296	4,142	7.1%	( 6.0% - 8.4% )
No	2.3%	( 1.4% - 3.8% )	2,017	36	761	2.4%	( 1.5% - 3.7% )
<b>Immunization</b>							
Flu Shot Within Past 12 Months (Ages 65+)							
Yes	22%	( 15% - 31% )	7,363	46	234	21%	( 14% - 30% )
No	13%	( 6% - 24% )	1,999	12	130	13%	( 6% - 26% )
Ever Had Pneumonia Shot (Ages 65+)							
Yes	23%	( 15% - 33% )	6,991	102	218	22%	( 14% - 32% )
No	11%	( 6% - 20% )	1,723	72	132	12%	( 6% - 22% )
Ever Had Hepatitis B Shot							
Yes	8.7%	( 5.8% - 12.7% )	15,787	72	900	11.3%	( 7.8% - 16.2% )
No	5.2%	( 3.9% - 7.0% )	11,157	82	1,238	4.9%	( 3.7% - 6.6% )
<b>Screening</b>							
AIDS/HIV Screening (Ages 18-64)							
Yes	4.5%	( 3.0% - 6.7% )	8,480	54	974	4.9%	( 3.3% - 7.3% )
No	6.2%	( 4.1% - 9.3% )	14,492	69	1,164	5.9%	( 3.8% - 8.9% )

**Nongestational Diabetes, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Have you ever been told by a doctor that you have diabetes?					
Response:		Yes [Excludes Yes, but female told only during pregnancy]					
		Observed Rate			Age-Adjusted Rate		
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI
Clinical Breast Exam Annually (Women Ages 40+)							
Yes	11.0%	( 7.5% - 16.0% )	8,874	52	564	12.4%	( 8.4% - 18.0% )
No	6%	( 4% - 10% )	3,054	25	358	8%	( 5% - 12% )
Colorectal Screening (Ages 50+)							
Yes	14.8%	( 11.1% - 19.4% )	14,640	98	699	15.7%	( 11.7% - 20.6% )
No	10.3%	( 7.0% - 14.9% )	7,330	44	511	12.7%	( 8.2% - 19.2% )
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)							
Yes	14%	( 9% - 21% )	6,529	38	283	11%	( 7% - 17% )
No	9.2%	( 5.9% - 13.9% )	7,694	45	526	10.9%	( 7.0% - 16.5% )
Home Occult Blood Test (Ages 50+)							
Yes	16%	( 10% - 24% )	4,331	30	194	16%	( 10% - 23% )
No	12.0%	( 9.1% - 15.6% )	16,891	107	996	14.0%	( 10.4% - 18.5% )
Mammogram within Past 2 Years (Women Ages 40+)							
Yes	10.2%	( 7.4% - 13.9% )	9,094	62	651	10.9%	( 7.8% - 15.0% )
No	8%	( 4% - 16% )	3,434	17	277	9%	( 4% - 17% )
Oral Cancer Exam Annually							
Yes	8.2%	( 5.5% - 12.2% )	10,117	48	673	8.6%	( 5.7% - 12.8% )
No	5.7%	( 4.2% - 7.8% )	19,037	121	1,755	6.6%	( 5.0% - 8.6% )
Pap Test within Past 3 Years (Women Ages 18+)							
Yes	4.8%	( 3.3% - 7.0% )	7,660	49	916	6.8%	( 4.7% - 9.8% )
No	DSU	( DSU - DSU )	DSU	DSU	172	DSU	( DSU - DSU )
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)							
Yes	12%	( 8% - 18% )	7,322	44	384	9%	( 6% - 14% )
No	8%	( 5% - 13% )	5,244	33	399	12%	( 7% - 20% )
<b>Diagnoses</b>							
<b>Asthma</b>							
Asthma Diagnosis							
Yes	10.3%	( 7.2% - 14.6% )	7,642	71	651	11.5%	( 8.3% - 15.8% )
No	5.1%	( 4.2% - 6.1% )	21,314	257	4,249	5.8%	( 4.8% - 6.9% )

**Nongestational Diabetes, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Have you ever been told by a doctor that you have diabetes?									
		Response:		Yes [Excludes Yes, but female told only during pregnancy]							
				Observed Rate			Age-Adjusted Rate				
Population at Risk (See Appendix)		%		95% CI	Individuals	n	N	%		95% CI	
Current Asthma											
	Yes	12%	(	8% - 18% )	5,131	49	407	12%	(	8% - 18% )	
	No	7%	(	4% - 14% )	2,033	18	216	11%	(	6% - 20% )	
Cardiovascular and Cerebrovascular Disease											
Cardiovascular Disease											
	Yes	20%	(	14% - 26% )	4,312	61	271	14%	(	9% - 23% )	
	No	5.1%	(	4.2% - 6.1% )	23,970	254	4,587	6.0%	(	5.0% - 7.3% )	
Heart Attack (Myocardial Infarction)											
	Yes	21%	(	14% - 30% )	3,004	43	180	16%	(	9% - 27% )	
	No	5.4%	(	4.5% - 6.4% )	25,803	281	4,716	6.2%	(	5.2% - 7.4% )	
Coronary Heart Disease (Angina)											
	Yes	25%	(	17% - 34% )	3,830	50	198	18%	(	11% - 30% )	
	No	5.2%	(	4.3% - 6.2% )	24,692	270	4,690	6.0%	(	4.9% - 7.2% )	
Stroke											
	Yes	21%	(	13% - 32% )	2,098	30	130	18%	(	10% - 30% )	
	No	5.6%	(	4.7% - 6.6% )	27,013	297	4,784	6.4%	(	5.4% - 7.6% )	
Diabetes											
Nongestational Diabetes											
	Yes	100%	(	0% - 0% )	29,432	333	333	100%	(	0% - 0% )	
	No	0.0%	(	0.0% - 0.0% )	0	0	4,600	0.0%	(	0.0% - 0.0% )	
Pre-Diabetes											
	Yes	0%	(	0% - 0% )	0	0	375	0%	(	0% - 0% )	
	No	0.0%	(	0.0% - 0.0% )	0	0	4,194	0.0%	(	0.0% - 0.0% )	
Prostate Cancer											
Prostate Cancer											
	Yes	DSU	(	DSU - DSU )	DSU	DSU	21	DSU	(	DSU - DSU )	
	No	10.1%	(	7.5% - 13.6% )	13,437	83	821	10.6%	(	7.6% - 14.5% )	

**Nongestational Diabetes, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Have you ever been told by a doctor that you have diabetes?					
Response:		Yes [Excludes Yes, but female told only during pregnancy]					
		Observed Rate			Age-Adjusted Rate		
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI
<b>Risk Factors</b>							
<b>Alcohol</b>							
Binge Drinking							
Yes	2.7%	( 1.6% - 4.5% )	2,128	25	777	5.7%	( 2.7% - 11.4% )
No	6.6%	( 5.5% - 7.8% )	27,030	302	4,047	7.0%	( 5.9% - 8.3% )
Heavy Drinking							
Yes	4%	( 2% - 8% )	1,124	15	308	4%	( 2% - 8% )
No	6.2%	( 5.2% - 7.4% )	25,161	295	3,954	6.9%	( 5.8% - 8.2% )
<b>Physical Activity</b>							
Leisure Time Exercise							
Yes	4.8%	( 3.9% - 5.9% )	18,824	203	3,811	5.6%	( 4.5% - 6.9% )
No	9.3%	( 7.0% - 12.2% )	9,602	126	1,104	9.4%	( 7.0% - 12.4% )
<b>Tobacco Use</b>							
Cigarette Smoking Status							
Current Smoker	4.5%	( 3.2% - 6.5% )	4,877	63	1,106	6.2%	( 4.3% - 8.7% )
Former Smoker	9.6%	( 7.6% - 12.0% )	12,971	135	1,508	8.1%	( 6.3% - 10.3% )
Never Smoked	4.6%	( 3.5% - 6.1% )	11,527	133	2,289	5.8%	( 4.4% - 7.6% )
Smokeless Tobacco Status							
Current User	4%	( 2% - 7% )	977	12	251	6%	( 3% - 12% )
Former User	3.7%	( 2.6% - 5.4% )	3,355	45	864	5.4%	( 3.6% - 8.1% )
Never Used	6.5%	( 5.3% - 7.8% )	23,288	259	3,604	6.9%	( 5.7% - 8.3% )
<b>Weight Status</b>							
Weight Status							
Normal (BMI <25)	2.7%	( 1.8% - 4.0% )	4,517	50	1,596	3.5%	( 2.3% - 5.2% )
Overweight (BMI 25 to 30)	3.9%	( 2.8% - 5.4% )	6,936	82	1,767	4.7%	( 3.3% - 6.7% )
Obese (BMI ≥30)	12.7%	( 10.2% - 15.6% )	16,897	189	1,379	13.1%	( 10.3% - 16.4% )
Obese I (BMI 30 TO < 35)	7.7%	( 5.6% - 10.5% )	6,442	84	855	7.8%	( 5.8% - 10.5% )
Obese II & III (BMI ≥35)	20.9%	( 15.8% - 27.2% )	10,455	105	524	22.2%	( 16.4% - 29.4% )

**Nongestational Diabetes, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Have you ever been told by a doctor that you have diabetes? Yes [Excludes Yes, but female told only during pregnancy]					
Response:		Observed Rate			Age-Adjusted Rate		
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	% 95% CI
<b>Appendix</b>							

**Definitions:**

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (n) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

**Notes:**

Data may include revisions, and may differ from those shown previously.



# Chronic Disease – Cardiovascular Disease



- **Indicator:** Proportion of Alaskan adults with cardiovascular disease (heart attack/myocardial infarction and/or angina or coronary heart disease).
- **Data source:** 2008 Alaska Standard and Modified BRFSS surveys combined
- **BRFSS Questions:**
  - Has a doctor, nurse or other health professional EVER told you that you had any of the following?
    - (Ever told) you had a heart attack, also called a myocardial infarction?
    - (Ever told) you had angina or coronary heart disease?
- **How are we doing?**
  - In 2008, 4.4% of Alaskan adults reported having cardiovascular disease.
- **How does Alaska compare with the US?**
  - The national median prevalence of cardiovascular disease was 6.1% in 2008, higher than Alaska.
  - From 2005 to 2008, the national median prevalence of cardiovascular disease was higher than the prevalence in Alaska.



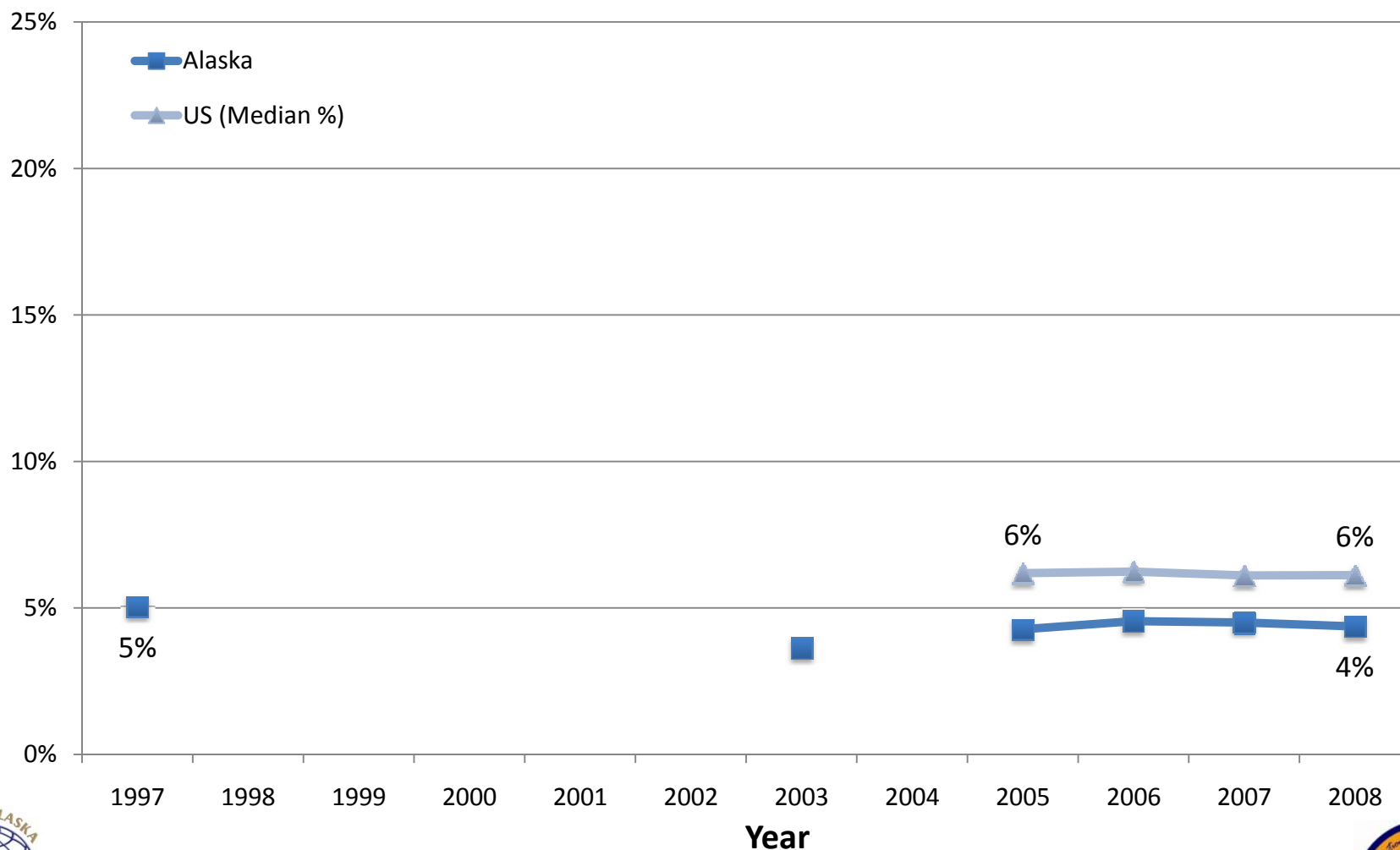
# Chronic Disease – Cardiovascular Disease



- **How are different populations affected?**
  - The prevalence of cardiovascular disease increases with age; Alaskan adults age 45 years and older had a higher prevalence of cardiovascular disease than those in younger age groups.
  - Respondents who reported being unable to work had a significantly higher prevalence of cardiovascular disease than those who were employed in 2008.
  - Cardiovascular disease appears to decrease somewhat with increasing income.
  - Having a disability, reporting fair or poor general health status, and having non-gestational diabetes or pre-diabetes were all associated with having cardiovascular disease.
  - In 2008, respondents who had received a flu shot in the past 12 months and those who had ever received a pneumonia shot had a higher prevalence of cardiovascular disease than those who did not get these immunizations.
  - Of adults reporting a heart attack in their lifetime, coronary heart disease, or angina, 28% had limited activities because of physical, mental or emotional problems due to heart disease (2008 Alaska Modified BRFSS only).



# Cardiovascular Disease: Alaska vs. Nationwide 1997 - 2008 Alaska BRFSS



**Cardiovascular Disease, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Ever told you had a heart attack, also called a myocardial infarction? and/or Ever told you had angina or coronary heart disease?						
Response:		Yes (either or both questions)					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N		
		%	95% CI				%	95% CI
<b>Total</b>	<b>4.4%</b>	(	3.7% - 5.1% )	21,560	271	4,868	<b>5.5%</b>	( 4.7% - 6.4% )
<b>Demographics</b>								
<b>Gender</b>								
Female	<b>3.9%</b>	(	3.0% - 5.0% )	9,267	119	2,619	<b>4.7%</b>	( 3.7% - 5.9% )
Male	<b>4.8%</b>	(	3.9% - 6.0% )	12,292	152	2,249	<b>6.3%</b>	( 5.1% - 7.8% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>								
Persons aged 18 to 24 years	<b>1%</b>	(	0% - 3% )	667	2	277	<b>NA</b>	( NA - NA )
Persons aged 25 to 34 years	<b>0.2%</b>	(	0.0% - 1.3% )	195	1	797	<b>NA</b>	( NA - NA )
Persons aged 35 to 44 years	<b>1.7%</b>	(	0.8% - 3.5% )	1,608	13	914	<b>NA</b>	( NA - NA )
Persons aged 45 to 64 years	<b>5.5%</b>	(	4.4% - 6.9% )	9,900	135	2,245	<b>NA</b>	( NA - NA )
Persons aged 65 years and older	<b>19.6%</b>	(	15.6% - 24.2% )	9,457	120	635	<b>NA</b>	( NA - NA )
<b>Race and Ethnicity</b>								
American Indian or Alaska Native	<b>4.5%</b>	(	3.1% - 6.6% )	3,078	48	921	<b>5.7%</b>	( 3.9% - 8.3% )
Asian or Pacific Islander	<b>1%</b>	(	1% - 4% )	188	5	121	<b>1%</b>	( 1% - 4% )
Asian	<b>2%</b>	(	1% - 5% )	306	5	94	<b>2%</b>	( 1% - 5% )
Native Hawaiian or Other Pacific Islander	<b>DSU</b>	(	DSU - DSU )	DSU	DSU	27	<b>DSU</b>	( DSU - DSU )
Black or African American	<b>2%</b>	(	1% - 6% )	224	6	78	<b>4%</b>	( 2% - 11% )
White	<b>4.3%</b>	(	3.6% - 5.2% )	15,996	199	3,524	<b>5.2%</b>	( 4.3% - 6.2% )
Hispanic or Latino	<b>3%</b>	(	1% - 10% )	516	6	132	<b>14%</b>	( 8% - 23% )
Not Hispanic or Latino	<b>4.4%</b>	(	3.7% - 5.2% )	20,537	260	4,666	<b>5.4%</b>	( 4.6% - 6.3% )
Black or African American, not Hispanic/Latino	<b>DSU</b>	(	DSU - DSU )	DSU	DSU	34	<b>DSU</b>	( DSU - DSU )
White, not Hispanic or Latino	<b>4.2%</b>	(	3.5% - 5.1% )	15,160	188	3,400	<b>5.0%</b>	( 4.2% - 6.1% )
<b>Alaska Native</b>								
Yes	<b>5.1%</b>	(	3.6% - 7.0% )	3,848	61	1,014	<b>6.2%</b>	( 4.4% - 8.5% )
No	<b>4.2%</b>	(	3.5% - 5.1% )	17,474	208	3,807	<b>5.4%</b>	( 4.5% - 6.4% )

**Cardiovascular Disease, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Ever told you had a heart attack, also called a myocardial infarction? and/or Ever told you had angina or coronary heart disease?													
Response:		Yes (either or both questions)													
Population at Risk (See Appendix)		Observed Rate					Age-Adjusted Rate								
		%	95% CI		Individuals	n	N	%	95% CI						
<b>Geographic Location</b>															
Anchorage & Vicinity	4.1%	(	3.1%	-	5.4%	)	11,028	58	1,015	5.2%	(	4.0%	-	6.9%	)
Fairbanks & Vicinity	5.3%	(	3.9%	-	7.1%	)	3,585	68	1,000	7.4%	(	5.7%	-	9.5%	)
Gulf Coast	3.8%	(	2.8%	-	5.1%	)	2,093	46	1,000	4.1%	(	3.0%	-	5.5%	)
Rural	3.9%	(	2.6%	-	5.6%	)	1,795	38	945	4.8%	(	3.1%	-	7.5%	)
Southeast	5.8%	(	4.4%	-	7.6%	)	3,057	61	908	6.2%	(	4.8%	-	8.0%	)
<b>Urban/Rural</b>															
Metropolitan Statistical Area	4.3%	(	3.4%	-	5.4%	)	14,361	120	1,957	5.7%	(	4.5%	-	7.1%	)
Micropolitan Statistical Area & Urban Clusters	4.4%	(	3.5%	-	5.7%	)	3,576	73	1,438	5.4%	(	4.3%	-	6.9%	)
Rural	4.5%	(	3.5%	-	5.8%	)	3,623	78	1,473	4.8%	(	3.7%	-	6.2%	)
<b>Education Level (persons aged 25 years and older)</b>															
Less than high school	9%	(	5%	-	15%	)	2,368	27	313	9%	(	5%	-	15%	)
High school graduate	4.4%	(	3.2%	-	5.9%	)	5,443	78	1,352	5.8%	(	4.3%	-	7.7%	)
At least some college	5.7%	(	4.2%	-	7.5%	)	7,332	89	1,357	6.8%	(	5.1%	-	9.1%	)
College Graduate	4.1%	(	3.1%	-	5.5%	)	5,979	74	1,559	5.5%	(	4.1%	-	7.4%	)
<b>Employment Status</b>															
Employed	2.8%	(	2.1%	-	3.7%	)	9,337	98	3,238	5.1%	(	3.5%	-	7.3%	)
Unemployed	5%	(	3%	-	9%	)	1,775	22	338	11%	(	6%	-	20%	)
Not in Workforce (Student, Homemaker, Retired)	8.1%	(	6.3%	-	10.2%	)	8,692	118	1,067	5.6%	(	4.3%	-	7.2%	)
Unable to work	11%	(	6%	-	17%	)	1,768	32	203	11%	(	7%	-	17%	)
<b>Marital Status</b>															
Married or Unwed Couple	4.2%	(	3.4%	-	5.1%	)	13,843	150	2,931	5.3%	(	4.2%	-	6.6%	)
Divorced/Separated	6.7%	(	4.8%	-	9.3%	)	3,715	61	832	6.5%	(	4.6%	-	9.0%	)
Widowed	14%	(	9%	-	21%	)	2,425	41	295	6%	(	4%	-	9%	)
Never Married	1.8%	(	0.8%	-	3.7%	)	1,542	18	783	4.9%	(	2.2%	-	10.4%	)

**Cardiovascular Disease, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Ever told you had a heart attack, also called a myocardial infarction? and/or Ever told you had angina or coronary heart disease?							
Response:		Yes (either or both questions)							
Population at Risk (See Appendix)	%	Observed Rate				Age-Adjusted Rate		%	95% CI
		95% CI	Individuals	n	N				
<b>Income Level</b>									
<\$15,000	8%	(	5% -	12%)	2,384	36	368	8%	( 5% - 12%)
\$15,000 - \$24,999	5.5%	(	3.7% -	8.2%)	2,380	40	509	6.2%	( 4.3% - 9.0%)
\$25,000 - \$49,999	4.1%	(	2.9% -	5.7%)	4,314	59	1,068	5.5%	( 4.0% - 7.4%)
\$50,000 - \$74,999	4.2%	(	2.6% -	6.7%)	3,438	32	850	5.4%	( 3.3% - 8.6%)
\$75,000	3.6%	(	2.6% -	4.9%)	6,144	65	1,528	4.7%	( 3.2% - 6.9%)
<b>Poverty Threshold</b>									
Poor (<100% Poverty Threshold)	4%	(	2% -	7%)	1,368	17	342	6%	( 3% - 12%)
Near Poor (100% to 199% Poverty Threshold)	5.5%	(	4.0% -	7.5%)	3,678	60	686	7.7%	( 5.7% - 10.3%)
Middle/High Income (>=200% Poverty Threshold)	4.1%	(	3.3% -	5.1%)	13,618	155	3,295	5.1%	( 4.1% - 6.3%)
<b>Below Poverty Guidelines</b>									
Yes	4%	(	2% -	6%)	1,953	28	468	6%	( 3% - 10%)
No	4.3%	(	3.6% -	5.2%)	16,640	204	3,855	5.5%	( 4.6% - 6.7%)
<b>Veteran</b>									
Yes	8%	(	6% -	11%)	7,677	57	488	7%	( 5% - 9%)
No	3.4%	(	2.6% -	4.5%)	13,660	92	2,136	4.7%	( 3.6% - 6.2%)
<b>Health Status</b>									
<b>General Health</b>									
Excellent to Very Good	2.1%	(	1.5% -	3.0%)	5,954	65	2,580	3.2%	( 2.3% - 4.4%)
Good	4.9%	(	3.7% -	6.4%)	7,233	91	1,534	5.4%	( 4.2% - 7.1%)
Fair/Poor	12.7%	(	9.9% -	16.2%)	8,346	114	734	10.8%	( 8.6% - 13.6%)
<b>Healthy Days (Mean Number of Days)</b>									
Physical Health Not Good	7.1	(	5.5 -	8.7)			263	7.8	( 6.2 - 9.4)
Mental Health Not Good	4.2	(	2.8 -	5.6)			261	7.6	( 6.2 - 8.9)
Unhealthy Days (Physical or Mental Health Not Good)	9.0	(	7.1 -	10.9)			255	11.5	( 9.8 - 13.3)
Days with Activity Limitation	4.8	(	3.4 -	6.1)			266	5.4	( 3.9 - 7.0)
<b>Healthy Days (Percentage with 14 or More Days)</b>									
Physical Health Not Good	9.6%	(	7.0% -	13.0%)	4,624	72	517	10.1%	( 7.0% - 14.4%)
Mental Health Not Good	6%	(	4% -	9%)	2,518	44	459	8%	( 5% - 11%)
Unhealthy Days (Physical or Mental Health Not Good)	7.6%	(	5.7% -	10.0%)	5,898	87	821	9.0%	( 6.8% - 11.8%)

**Cardiovascular Disease, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Ever told you had a heart attack, also called a myocardial infarction? and/or Ever told you had angina or coronary heart disease?						
Response:		Yes (either or both questions)						
Population at Risk (See Appendix)		Observed Rate		Individuals	n	N	Age-Adjusted Rate	
		%	95% CI				%	95% CI
Activity Limitation		10%	( 7% - 14% )	3,287	49	324	10%	( 7% - 15% )
<b>Disability</b>								
Disabled								
Yes		10.5%	( 7.9% - 13.9% )	11,957	83	681	8.7%	( 6.5% - 11.6% )
No		2.5%	( 1.8% - 3.5% )	9,436	66	1,923	3.8%	( 2.7% - 5.3% )
Activity Limitation								
Yes		9.2%	( 7.3% - 11.5% )	10,186	130	1,169	8.3%	( 6.7% - 10.3% )
No		3.0%	( 2.4% - 3.8% )	11,373	141	3,647	4.3%	( 3.4% - 5.4% )
Require Special Equipment								
Yes		15%	( 10% - 23% )	4,597	38	188	13%	( 7% - 21% )
No		3.6%	( 2.8% - 4.6% )	16,655	111	2,434	4.9%	( 3.8% - 6.3% )
<b>Mental Health</b>								
Depression Measure (PHQ-8)								
No Depression		4.0%	( 3.0% - 5.3% )	12,915	82	1,721	95.1%	( 93.7% - 96.2% )
Mild Depression		5%	( 3% - 8% )	3,462	23	339	4%	( 3% - 5% )
Moderate to Severe Depression		7%	( 3% - 13% )	2,362	18	162	4%	( 3% - 5% )
Social and Emotional Support								
Always/Usually		3.9%	( 3.0% - 5.1% )	15,295	99	1,984	4.9%	( 3.8% - 6.4% )
Sometimes/Rarely/Never		5.9%	( 4.0% - 8.8% )	5,036	42	515	7.4%	( 5.2% - 10.6% )
Life Satisfaction								
Very Satisfied / Satisfied		4.2%	( 3.4% - 5.4% )	19,376	125	2,412	5.3%	( 4.2% - 6.6% )
Dissatisfied / Very Dissatisfied		6%	( 3% - 11% )	1,310	16	114	8%	( 5% - 14% )

**Cardiovascular Disease, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Ever told you had a heart attack, also called a myocardial infarction? and/or Ever told you had angina or coronary heart disease?							
Response:		Yes (either or both questions)							
		Observed Rate						Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI		
Healthcare									
Healthcare Coverage									
Health Plan									
Yes	4.8%	( 4.1% - 5.7% )	19,387	246	4,087	5.5%	( 4.7% - 6.5% )		
No	2.3%	( 1.3% - 4.0% )	1,974	24	752	2.8%	( 1.6% - 4.7% )		
Immunization									
Flu Shot Within Past 12 Months (Ages 65+)									
Yes	21%	( 15% - 29% )	6,829	45	224	21%	( 15% - 29% )		
No	14%	( 8% - 24% )	2,089	16	124	16%	( 9% - 29% )		
Ever Had Pneumonia Shot (Ages 65+)									
Yes	20%	( 14% - 28% )	5,896	72	210	21%	( 15% - 29% )		
No	16%	( 9% - 27% )	2,458	66	127	17%	( 9% - 29% )		
Ever Had Hepatitis B Shot									
Yes	3.0%	( 1.9% - 4.5% )	5,351	39	893	4.3%	( 2.7% - 6.6% )		
No	5.8%	( 4.3% - 7.8% )	12,338	83	1,222	5.6%	( 4.1% - 7.4% )		
Screening									
AIDS/HIV Screening (Ages 18-64)									
Yes	2.4%	( 1.5% - 4.0% )	4,571	33	970	2.8%	( 1.7% - 4.6% )		
No	2.9%	( 2.0% - 4.3% )	6,731	47	1,153	2.4%	( 1.6% - 3.6% )		
Clinical Breast Exam Annually (Women Ages 40+)									
Yes	4.4%	( 3.0% - 6.4% )	3,445	35	554	5.5%	( 3.6% - 8.4% )		
No	7%	( 4% - 11% )	3,522	25	350	9%	( 5% - 13% )		
Colorectal Screening (Ages 50+)									
Yes	13.2%	( 10.2% - 16.8% )	12,804	96	683	14.7%	( 11.5% - 18.7% )		
No	7.0%	( 4.4% - 11.0% )	4,952	33	506	9.2%	( 5.2% - 15.7% )		
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)									
Yes	11%	( 7% - 17% )	5,156	30	280	9%	( 6% - 14% )		
No	8.1%	( 5.6% - 11.6% )	6,738	50	522	12.0%	( 8.2% - 17.1% )		



**Cardiovascular Disease, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Ever told you had a heart attack, also called a myocardial infarction? and/or Ever told you had angina or coronary heart disease?							
Response:		Yes (either or both questions)							
Population at Risk (See Appendix)		%	Observed Rate			Age-Adjusted Rate			
			95% CI	Individuals	n	N	%	95% CI	
Home Occult Blood Test (Ages 50+)									
Yes		20%	( 13% - 30% )	5,371	32	190	21%	( 14% - 30% )	
No		8.6%	( 6.7% - 11.1% )	11,980	94	982	11.2%	( 8.5% - 14.8% )	
Mammogram within Past 2 Years (Women Ages 40+)									
Yes		5.8%	( 4.0% - 8.2% )	5,087	44	640	6.9%	( 4.8% - 9.9% )	
No		4%	( 2% - 7% )	1,673	16	270	6%	( 3% - 12% )	
Oral Cancer Exam Annually									
Yes		3.6%	( 2.2% - 5.8% )	4,406	29	666	3.6%	( 2.1% - 6.0% )	
No		4.6%	( 3.6% - 6.0% )	15,394	104	1,736	6.1%	( 4.8% - 7.8% )	
Pap Test within Past 3 Years (Women Ages 18+)									
Yes		2.0%	( 1.2% - 3.6% )	3,214	23	911	4.1%	( 2.3% - 7.1% )	
No		3%	( 1% - 8% )	904	5	167	5%	( 1% - 13% )	
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)									
Yes		14%	( 10% - 19% )	8,572	53	380	11%	( 8% - 15% )	
No		6%	( 3% - 10% )	3,893	27	395	10%	( 5% - 18% )	
Diagnoses									
Asthma									
Asthma Diagnosis									
Yes		6.9%	( 4.9% - 9.6% )	5,077	59	637	9.2%	( 6.7% - 12.6% )	
No		3.9%	( 3.3% - 4.7% )	16,404	210	4,199	4.9%	( 4.0% - 5.9% )	
Current Asthma									
Yes		7%	( 5% - 11% )	2,976	40	400	9%	( 6% - 13% )	
No		6%	( 3% - 11% )	1,723	17	211	10%	( 6% - 17% )	
Cardiovascular and Cerebrovascular Disease									
Cardiovascular Disease									
Yes		100%	( 0% - 0% )	21,560	271	271	100%	( 0% - 0% )	
No		0.0%	( 0.0% - 0.0% )	0	0	4,597	0.0%	( 0.0% - 0.0% )	

**Cardiovascular Disease, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Ever told you had a heart attack, also called a myocardial infarction? and/or Ever told you had angina or coronary heart disease?									
Response:		Yes (either or both questions)									
		Observed Rate						Age-Adjusted Rate			
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N		%	95% CI			
Heart Attack (Myocardial Infarction)											
Yes	100%	( 0% - 0% )	13,612	167	167		100%	( 0% - 0% )			
No	1.7%	( 1.3% - 2.2% )	7,948	104	4,701		2.1%	( 1.6% - 2.8% )			
Coronary Heart Disease (Angina)											
Yes	100%	( 0% - 0% )	15,172	195	195		100%	( 0% - 0% )			
No	1.3%	( 1.0% - 1.8% )	6,388	76	4,673		1.8%	( 1.3% - 2.4% )			
Stroke											
Yes	DSU	( DSU - DSU )	DSU	DSU	123		DSU	( DSU - DSU )			
No	3.7%	( 3.1% - 4.5% )	18,041	218	4,729		4.9%	( 4.1% - 5.8% )			
Diabetes											
Nongestational Diabetes											
Yes	15%	( 11% - 21% )	4,227	61	315		11%	( 7% - 16% )			
No	3.7%	( 3.1% - 4.5% )	17,352	210	4,543		5.0%	( 4.2% - 6.0% )			
Pre-Diabetes											
Yes	9%	( 6% - 13% )	3,290	41	370		9%	( 6% - 12% )			
No	3.2%	( 2.6% - 4.0% )	13,771	165	4,151		4.5%	( 3.6% - 5.5% )			
Prostate Cancer											
Prostate Cancer											
Yes	DSU	( DSU - DSU )	DSU	DSU	20		DSU	( DSU - DSU )			
No	8.8%	( 6.5% - 11.7% )	11,559	74	813		10.1%	( 7.5% - 13.4% )			
Risk Factors											
Alcohol											
Binge Drinking											
Yes	2.1%	( 1.2% - 3.8% )	1,665	20	767		5.7%	( 2.8% - 11.5% )			
No	4.9%	( 4.1% - 5.8% )	19,780	248	3,993		5.6%	( 4.8% - 6.7% )			
Heavy Drinking											
Yes	3%	( 1% - 8% )	835	9	304		4%	( 2% - 8% )			
No	4.7%	( 3.9% - 5.6% )	18,745	241	3,903		5.7%	( 4.8% - 6.8% )			

**Cardiovascular Disease, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Ever told you had a heart attack, also called a myocardial infarction? and/or Ever told you had angina or coronary heart disease?							
Response:		Yes (either or both questions)							
Population at Risk (See Appendix)		%	Observed Rate			Age-Adjusted Rate			
			95% CI	Individuals	n	N	%	95% CI	
<b>Physical Activity</b>									
Leisure Time Exercise									
	Yes	4.0%	( 3.3% - 4.9% )	15,693	183	3,777	5.6%	( 4.6% - 6.8% )	
	No	5.5%	( 4.2% - 7.2% )	5,566	86	1,073	5.4%	( 4.1% - 7.0% )	
<b>Tobacco Use</b>									
Cigarette Smoking Status									
	Current Smoker	4.4%	( 3.0% - 6.3% )	4,659	60	1,084	6.4%	( 4.1% - 10.0% )	
	Former Smoker	7.7%	( 6.2% - 9.7% )	10,365	131	1,483	6.9%	( 5.5% - 8.6% )	
	Never Smoked	2.6%	( 1.9% - 3.5% )	6,475	79	2,271	3.8%	( 2.8% - 5.1% )	
Smokeless Tobacco Status									
	Current User	2%	( 1% - 4% )	483	8	247	6%	( 3% - 11% )	
	Former User	3.2%	( 2.1% - 4.9% )	2,925	40	860	5.2%	( 3.4% - 7.8% )	
	Never Used	4.7%	( 3.9% - 5.6% )	16,801	206	3,552	5.4%	( 4.5% - 6.5% )	
<b>Weight Status</b>									
Weight Status									
	Normal (BMI <25)	2.8%	( 1.9% - 4.1% )	4,632	53	1,569	4.1%	( 2.8% - 5.9% )	
	Overweight (BMI 25 to 30)	4.8%	( 3.8% - 6.2% )	8,564	115	1,748	5.8%	( 4.5% - 7.3% )	
	Obese (BMI ≥30)	5.8%	( 4.5% - 7.6% )	7,729	93	1,361	6.5%	( 5.0% - 8.4% )	
	Obese I (BMI 30 TO < 35)	5.3%	( 3.8% - 7.5% )	4,400	57	843	5.8%	( 4.2% - 8.1% )	
	Obese II & III (BMI ≥35)	6.7%	( 4.3% - 10.2% )	3,329	36	518	7.5%	( 4.8% - 11.5% )	

**Cardiovascular Disease, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Ever told you had a heart attack, also called a myocardial infarction? and/or Ever told you had angina or coronary heart disease?						
Response:		Yes (either or both questions)						
		<i>Observed Rate</i>					<i>Age-Adjusted Rate</i>	
<b>Population at Risk (See Appendix)</b>	%	95% CI	Individuals	n	N		%	95% CI

**Appendix**

**Definitions:**

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (n) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

**Notes:**

Data may include revisions, and may differ from those shown previously.

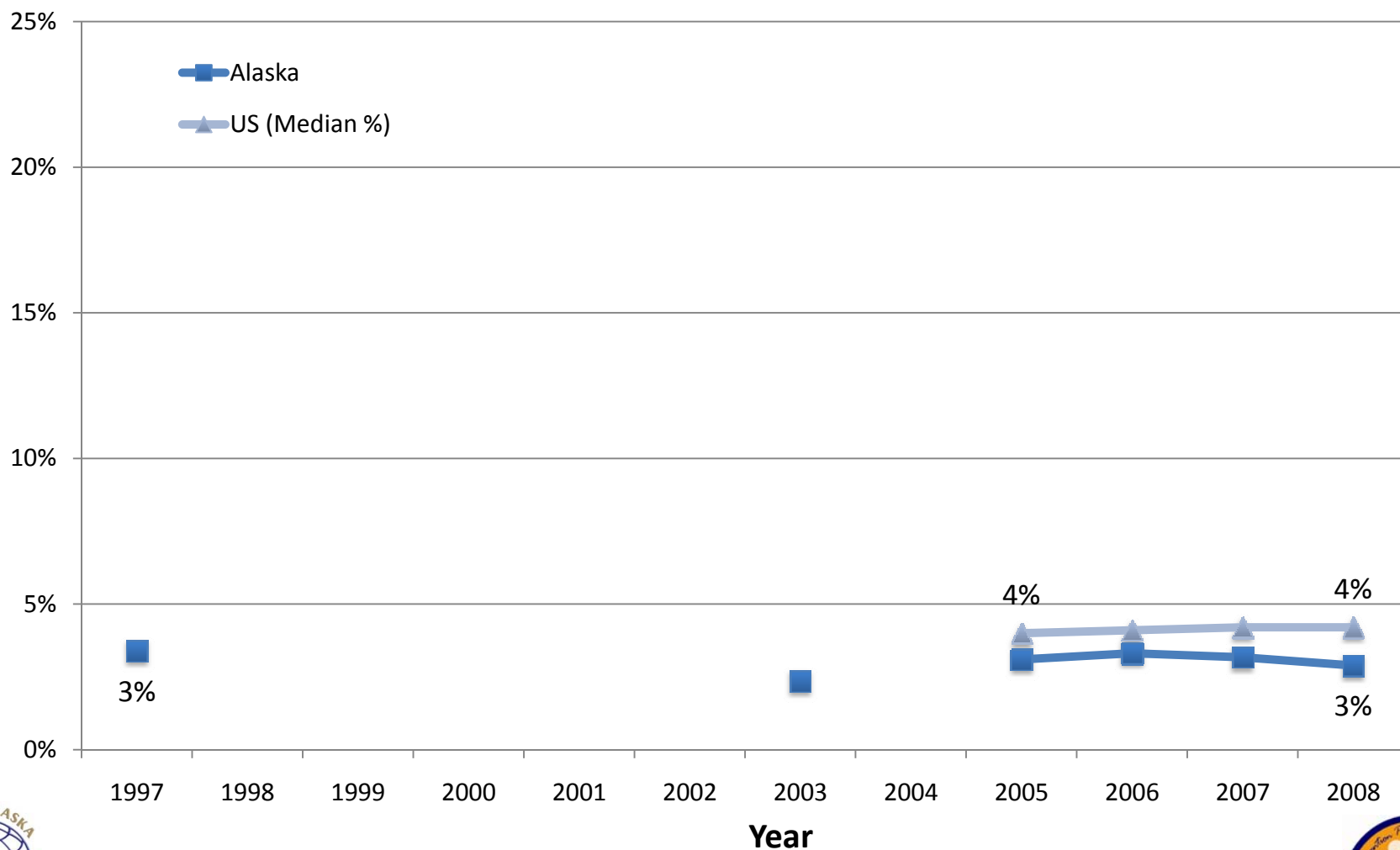
# Chronic Disease – Heart Attack



- **Indicator:** Proportion of Alaskan adults with a history of heart attack or myocardial infarction.
- **Data source:** 2008 Alaska Standard and Modified BRFSS surveys combined
- **BRFSS Questions:**
  - Has a doctor, nurse or other health professional EVER told you that you had any of the following?
    - (Ever told) you had a heart attack, also called a myocardial infarction?
- **How are we doing?**
  - In 2008, 3% of Alaskan adults reported ever being told they had a myocardial infarction.
  - The prevalence of history of heart attack has not changed since 1997.
- **How does Alaska compare with the US?**
  - The national median prevalence of heart attack was 4.2% in 2008, slightly higher than Alaska.
  - The national median prevalence of heart attack has been slightly higher than Alaska since 2005.
- **How are different populations affected?**
  - The prevalence of heart attack in Alaskan adults followed very similar patterns as cardiovascular disease in 2008.
  - Among Alaskan adults who had ever had a stroke, 27% also had a heart attack in their lifetime.
  - Of adults reporting a heart attack, 32% went to outpatient rehabilitation following their heart attack (2008 Alaska Modified BRFSS only).



# Heart Attack: Alaska vs. Nationwide 1997 - 2008 Alaska BRFSS



**Heart Attack, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Ever told you had a heart attack, also called a myocardial infarction?						
Response:		Yes					Age-Adjusted Rate	
Population at Risk (See Appendix)		%	Observed Rate 95% CI	Individuals	n	N	%	95% CI
<b>Total</b>		<b>2.9%</b>	( 2.4% - 3.5% )	14,307	180	4,907	<b>3.6%</b>	( 3.0% - 4.4% )
<b>Demographics</b>								
<b>Gender</b>								
Female		<b>2.3%</b>	( 1.7% - 3.1% )	5,534	73	2,637	<b>2.8%</b>	( 2.1% - 3.9% )
Male		<b>3.4%</b>	( 2.6% - 4.4% )	8,773	107	2,270	<b>4.5%</b>	( 3.4% - 5.8% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>								
Persons aged 18 to 24 years		<b>1%</b>	( 0% - 4% )	667	1	277	<b>NA</b>	( NA - NA )
Persons aged 25 to 34 years		<b>0.2%</b>	( 0.0% - 1.3% )	195	1	798	<b>NA</b>	( NA - NA )
Persons aged 35 to 44 years		<b>0.8%</b>	( 0.3% - 2.3% )	798	8	915	<b>NA</b>	( NA - NA )
Persons aged 45 to 64 years		<b>3.5%</b>	( 2.6% - 4.6% )	6,301	86	2,265	<b>NA</b>	( NA - NA )
Persons aged 65 years and older		<b>13.6%</b>	( 10.4% - 17.6% )	6,665	84	652	<b>NA</b>	( NA - NA )
<b>Race and Ethnicity</b>								
American Indian or Alaska Native		<b>2.5%</b>	( 1.6% - 3.9% )	1,720	31	934	<b>3.5%</b>	( 2.1% - 5.8% )
Asian or Pacific Islander		<b>1%</b>	( 0% - 3% )	190	3	124	<b>1%</b>	( 0% - 3% )
Asian		<b>1%</b>	( 0% - 4% )	155	3	97	<b>1%</b>	( 0% - 4% )
Native Hawaiian or Other Pacific Islander		<b>DSU</b>	( DSU - DSU )	DSU	DSU	27	<b>DSU</b>	( DSU - DSU )
Black or African American		<b>3%</b>	( 1% - 6% )	336	7	79	<b>5%</b>	( 2% - 11% )
White		<b>2.9%</b>	( 2.3% - 3.6% )	10,700	128	3,543	<b>3.4%</b>	( 2.7% - 4.3% )
Hispanic or Latino		<b>0%</b>	( 0% - 3% )	0	1	132	<b>0%</b>	( 0% - 3% )
Not Hispanic or Latino		<b>3.0%</b>	( 2.4% - 3.6% )	13,951	175	4,704	<b>3.7%</b>	( 3.0% - 4.5% )
Black or African American, not Hispanic/Latino		<b>DSU</b>	( DSU - DSU )	DSU	DSU	34	<b>DSU</b>	( DSU - DSU )
White, not Hispanic or Latino		<b>2.9%</b>	( 2.3% - 3.7% )	10,360	123	3,419	<b>3.4%</b>	( 2.7% - 4.3% )
<b>Alaska Native</b>								
Yes		<b>3.1%</b>	( 2.1% - 4.5% )	2,408	42	1,029	<b>4.2%</b>	( 2.8% - 6.2% )
No		<b>2.8%</b>	( 2.2% - 3.5% )	11,662	136	3,831	<b>3.5%</b>	( 2.8% - 4.4% )

**Heart Attack, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Ever told you had a heart attack, also called a myocardial infarction?						
Response:		Yes					Age-Adjusted Rate	
Population at Risk (See Appendix)		%	Observed Rate 95% CI	Individuals	n	N	%	95% CI
<b>Geographic Location</b>								
Anchorage & Vicinity		2.6%	( 1.9% - 3.7% )	7,134	38	1,019	3.5%	( 2.5% - 4.9% )
Fairbanks & Vicinity		3.6%	( 2.5% - 5.4% )	2,474	43	1,005	4.9%	( 3.5% - 6.8% )
Gulf Coast		2.4%	( 1.6% - 3.5% )	1,319	29	1,010	2.6%	( 1.7% - 3.8% )
Rural		2.4%	( 1.5% - 3.9% )	1,141	26	957	3.1%	( 1.7% - 5.5% )
Southeast		4.2%	( 3.0% - 5.8% )	2,239	44	916	4.6%	( 3.4% - 6.2% )
<b>Urban/Rural</b>								
Metropolitan Statistical Area		2.8%	( 2.1% - 3.8% )	9,449	77	1,966	3.7%	( 2.8% - 4.9% )
Micropolitan Statistical Area & Urban Clusters		2.7%	( 2.0% - 3.7% )	2,237	48	1,450	3.5%	( 2.6% - 4.7% )
Rural		3.2%	( 2.4% - 4.4% )	2,621	55	1,491	3.4%	( 2.4% - 4.7% )
<b>Education Level (persons aged 25 years and older)</b>								
Less than high school		5%	( 3% - 9% )	1,326	20	317	5%	( 3% - 8% )
High school graduate		2.9%	( 2.0% - 4.2% )	3,628	50	1,360	3.9%	( 2.7% - 5.6% )
At least some college		3.8%	( 2.7% - 5.4% )	5,025	60	1,374	4.6%	( 3.2% - 6.6% )
College Graduate		2.7%	( 1.9% - 3.8% )	3,906	48	1,567	3.6%	( 2.5% - 5.3% )
<b>Employment Status</b>								
Employed		1.9%	( 1.4% - 2.7% )	6,325	63	3,251	3.3%	( 2.0% - 5.5% )
Unemployed		3%	( 2% - 7% )	1,066	15	339	10%	( 5% - 18% )
Not in Workforce (Student, Homemaker, Retired)		5.2%	( 3.9% - 6.9% )	5,614	76	1,084	3.3%	( 2.4% - 4.3% )
Unable to work		7%	( 4% - 11% )	1,164	25	211	8%	( 5% - 13% )
<b>Marital Status</b>								
Married or Unwed Couple		2.6%	( 2.0% - 3.4% )	8,620	95	2,949	3.4%	( 2.5% - 4.5% )
Divorced/Separated		5.1%	( 3.4% - 7.6% )	2,854	46	840	5.2%	( 3.5% - 7.6% )
Widowed		8%	( 5% - 13% )	1,418	26	305	3%	( 2% - 5% )
Never Married		1.6%	( 0.7% - 3.5% )	1,363	12	786	4.0%	( 1.6% - 10.0% )



**Heart Attack, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Ever told you had a heart attack, also called a myocardial infarction?						
Response:		Yes					Age-Adjusted Rate	
Population at Risk (See Appendix)		%	Observed Rate 95% CI	Individuals	n	N	%	95% CI
<b>Income Level</b>								
<\$15,000		5%	( 3% - 7% )	1,516	26	375	5%	( 3% - 8% )
\$15,000 - \$24,999		3.6%	( 2.3% - 5.8% )	1,574	27	518	4.1%	( 2.6% - 6.4% )
\$25,000 - \$49,999		2.6%	( 1.7% - 4.0% )	2,774	38	1,079	3.6%	( 2.4% - 5.3% )
\$50,000 - \$74,999		2.2%	( 1.2% - 4.0% )	1,814	19	855	2.7%	( 1.4% - 5.0% )
\$75,000		2.4%	( 1.6% - 3.6% )	4,193	42	1,531	3.5%	( 2.2% - 5.6% )
<b>Poverty Threshold</b>								
Poor (<100% Poverty Threshold)		2%	( 1% - 4% )	694	11	346	3%	( 1% - 7% )
Near Poor (100% to 199% Poverty Threshold)		3.7%	( 2.6% - 5.3% )	2,506	44	696	5.3%	( 3.7% - 7.6% )
Middle/High Income (>=200% Poverty Threshold)		2.6%	( 2.0% - 3.4% )	8,614	97	3,316	3.2%	( 2.4% - 4.2% )
<b>Below Poverty Guidelines</b>								
Yes		2%	( 1% - 4% )	988	20	474	3%	( 2% - 6% )
No		2.7%	( 2.2% - 3.4% )	10,548	132	3,884	3.6%	( 2.8% - 4.5% )
<b>Veteran</b>								
Yes		5%	( 3% - 8% )	4,810	41	491	4%	( 3% - 6% )
No		2.5%	( 1.7% - 3.5% )	9,906	59	2,150	3.4%	( 2.4% - 4.8% )
<b>Health Status</b>								
<b>General Health</b>								
Excellent to Very Good		1.2%	( 0.8% - 1.9% )	3,395	39	2,591	1.8%	( 1.2% - 2.7% )
Good		3.4%	( 2.4% - 4.7% )	5,057	59	1,545	3.8%	( 2.8% - 5.3% )
Fair/Poor		8.8%	( 6.5% - 11.8% )	5,855	82	751	7.3%	( 5.5% - 9.6% )
<b>Healthy Days (Mean Number of Days)</b>								
Physical Health Not Good		7.7	( 5.6 - 9.8 )			174	8.7	( 5.8 - 11.5 )
Mental Health Not Good		4.4	( 2.5 - 6.3 )			172	8.1	( 5.7 - 10.5 )
Unhealthy Days (Physical or Mental Health Not Good)		9.7	( 7.2 - 12.1 )			167	12.4	( 9.4 - 15.3 )
Days with Activity Limitation		5.6	( 3.8 - 7.5 )			177	6.5	( 3.7 - 9.2 )
<b>Healthy Days (Percentage with 14 or More Days)</b>								
Physical Health Not Good		7.4%	( 5.1% - 10.7% )	3,619	50	524	7.9%	( 5.1% - 12.2% )
Mental Health Not Good		4%	( 3% - 7% )	1,689	31	463	6%	( 4% - 9% )
Unhealthy Days (Physical or Mental Health Not Good)		5.2%	( 3.7% - 7.3% )	4,069	60	830	6.4%	( 4.5% - 8.9% )
Activity Limitation		8%	( 5% - 12% )	2,657	39	329	9%	( 6% - 13% )

**Heart Attack, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Ever told you had a heart attack, also called a myocardial infarction?						
Response:		Yes					Age-Adjusted Rate	
Population at Risk (See Appendix)		Observed Rate						
		%	95% CI	Individuals	n	N	%	95% CI
<b>Disability</b>								
Disabled								
Yes		<b>6.6%</b>	( 4.6% - 9.4% )	7,574	54	690	<b>5.4%</b>	( 3.8% - 7.8% )
No		<b>1.9%</b>	( 1.3% - 2.9% )	7,295	46	1,931	<b>3.0%</b>	( 2.0% - 4.5% )
Activity Limitation								
Yes		<b>5.8%</b>	( 4.3% - 7.6% )	6,437	86	1,187	<b>5.1%</b>	( 3.9% - 6.8% )
No		<b>2.1%</b>	( 1.6% - 2.7% )	7,870	94	3,668	<b>3.1%</b>	( 2.3% - 4.1% )
Require Special Equipment								
Yes		<b>10%</b>	( 6% - 16% )	3,108	25	193	<b>9%</b>	( 4% - 17% )
No		<b>2.5%</b>	( 1.9% - 3.5% )	11,720	75	2,445	<b>3.5%</b>	( 2.6% - 4.8% )
<b>Mental Health</b>								
Depression Measure (PHQ-8)								
No Depression		<b>2.8%</b>	( 1.9% - 3.9% )	9,004	54	1,728	<b>96.5%</b>	( 95.2% - 97.4% )
Mild Depression		<b>3%</b>	( 1% - 5% )	2,094	15	344	<b>3%</b>	( 2% - 4% )
Moderate to Severe Depression		<b>5%</b>	( 2% - 11% )	1,687	12	162	<b>3%</b>	( 2% - 4% )
Social and Emotional Support								
Always/Usually		<b>2.8%</b>	( 2.0% - 3.8% )	10,739	64	1,990	<b>3.5%</b>	( 2.5% - 4.8% )
Sometimes/Rarely/Never		<b>3.7%</b>	( 2.3% - 5.9% )	3,190	29	524	<b>5.1%</b>	( 3.3% - 7.9% )
Life Satisfaction								
Very Satisfied / Satisfied		<b>3.0%</b>	( 2.2% - 3.9% )	13,576	84	2,428	<b>3.8%</b>	( 2.9% - 5.0% )
Dissatisfied / Very Dissatisfied		<b>3%</b>	( 1% - 7% )	661	9	115	<b>4%</b>	( 2% - 9% )
<b>Healthcare</b>								
<b>Healthcare Coverage</b>								
Health Plan								
Yes		<b>3.1%</b>	( 2.5% - 3.8% )	12,464	160	4,119	<b>3.6%</b>	( 2.9% - 4.4% )
No		<b>1.9%</b>	( 1.0% - 3.5% )	1,644	19	758	<b>2.2%</b>	( 1.2% - 4.0% )

**Heart Attack, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Ever told you had a heart attack, also called a myocardial infarction?						
Response:		Yes					Age-Adjusted Rate	
Population at Risk ( <i>See Appendix</i> )		%	Observed Rate 95% CI	Individuals	n	N	%	95% CI
<b>Immunization</b>								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes		<b>15%</b>	( 10% - 22% )	4,984	33	230	<b>15%</b>	( 10% - 23% )
No		<b>13%</b>	( 7% - 22% )	1,957	14	127	<b>15%</b>	( 7% - 27% )
Ever Had Pneumonia Shot (Ages 65+)								
Yes		<b>16%</b>	( 11% - 23% )	4,792	53	214	<b>16%</b>	( 11% - 24% )
No		<b>14%</b>	( 7% - 24% )	2,182	39	130	<b>14%</b>	( 7% - 27% )
Ever Had Hepatitis B Shot								
Yes		<b>2.0%</b>	( 1.2% - 3.4% )	3,633	24	897	<b>2.9%</b>	( 1.7% - 5.1% )
No		<b>4.0%</b>	( 2.8% - 5.6% )	8,436	56	1,232	<b>4.0%</b>	( 2.8% - 5.7% )
<b>Screening</b>								
AIDS/HIV Screening (Ages 18-64)								
Yes		<b>1.8%</b>	( 1.0% - 3.3% )	3,404	23	971	<b>2.1%</b>	( 1.1% - 3.7% )
No		<b>1.6%</b>	( 0.9% - 2.7% )	3,639	25	1,159	<b>1.2%</b>	( 0.7% - 2.1% )
Clinical Breast Exam Annually (Women Ages 40+)								
Yes		<b>2.4%</b>	( 1.4% - 4.1% )	1,942	19	559	<b>3.3%</b>	( 1.8% - 5.9% )
No		<b>5%</b>	( 3% - 9% )	2,536	19	355	<b>6%</b>	( 4% - 11% )
Colorectal Screening (Ages 50+)								
Yes		<b>8.0%</b>	( 5.9% - 10.9% )	7,884	62	692	<b>9.3%</b>	( 6.8% - 12.5% )
No		<b>5.7%</b>	( 3.3% - 9.7% )	4,064	22	510	<b>8.4%</b>	( 4.6% - 14.9% )
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)								
Yes		<b>7%</b>	( 4% - 11% )	3,296	21	283	<b>5%</b>	( 3% - 9% )
No		<b>6.0%</b>	( 3.8% - 9.4% )	5,061	33	526	<b>9.8%</b>	( 6.3% - 15.0% )
Home Occult Blood Test (Ages 50+)								
Yes		<b>14%</b>	( 8% - 23% )	3,773	23	192	<b>15%</b>	( 9% - 23% )
No		<b>5.6%</b>	( 4.0% - 7.7% )	7,840	58	992	<b>7.7%</b>	( 5.4% - 10.8% )
Mammogram within Past 2 Years (Women Ages 40+)								
Yes		<b>3.7%</b>	( 2.3% - 5.9% )	3,295	27	645	<b>4.4%</b>	( 2.8% - 7.1% )
No		<b>3%</b>	( 2% - 6% )	1,276	11	275	<b>5%</b>	( 2% - 9% )

**Heart Attack, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Ever told you had a heart attack, also called a myocardial infarction?						
Response:		Yes					Age-Adjusted Rate	
Population at Risk ( <i>See Appendix</i> )		%	Observed Rate 95% CI	Individuals	n	N	%	95% CI
Oral Cancer Exam Annually								
Yes		<b>2.8%</b>	( 1.6% - 5.1% )	3,487	19	668	<b>2.8%</b>	( 1.5% - 5.3% )
No		<b>3.1%</b>	( 2.2% - 4.3% )	10,307	71	1,750	<b>4.2%</b>	( 3.1% - 5.6% )
Pap Test within Past 3 Years (Women Ages 18+)								
Yes		<b>1.3%</b>	( 0.6% - 2.7% )	2,022	15	913	<b>2.9%</b>	( 1.4% - 6.0% )
No		<b>3%</b>	( 1% - 8% )	923	5	171	<b>4%</b>	( 1% - 13% )
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)								
Yes		<b>9%</b>	( 6% - 13% )	5,533	37	384	<b>8%</b>	( 5% - 11% )
No		<b>5%</b>	( 2% - 9% )	3,265	17	398	<b>9%</b>	( 4% - 17% )
<b>Diagnoses</b>								
<b>Asthma</b>								
Asthma Diagnosis								
Yes		<b>4.7%</b>	( 3.1% - 7.0% )	3,435	40	642	<b>6.3%</b>	( 4.2% - 9.4% )
No		<b>2.6%</b>	( 2.1% - 3.2% )	10,816	138	4,232	<b>3.2%</b>	( 2.6% - 4.0% )
Current Asthma								
Yes		<b>4%</b>	( 3% - 7% )	1,703	25	402	<b>5%</b>	( 3% - 9% )
No		<b>5%</b>	( 2% - 10% )	1,439	13	213	<b>8%</b>	( 5% - 15% )
<b>Cardiovascular and Cerebrovascular Disease</b>								
Cardiovascular Disease								
Yes		<b>63%</b>	( 55% - 71% )	13,583	167	271	<b>70%</b>	( 59% - 79% )
No		<b>0.0%</b>	( 0.0% - 0.0% )	0	0	4,597	<b>0.0%</b>	( 0.0% - 0.0% )
Heart Attack (Myocardial Infarction)								
Yes		<b>100%</b>	( 0% - 0% )	14,307	180	180	<b>100%</b>	( 0% - 0% )
No		<b>0.0%</b>	( 0.0% - 0.0% )	0	0	4,727	<b>0.0%</b>	( 0.0% - 0.0% )
Coronary Heart Disease (Angina)								
Yes		<b>48%</b>	( 38% - 57% )	7,282	91	195	<b>45%</b>	( 37% - 53% )
No		<b>1.3%</b>	( 1.0% - 1.8% )	6,388	76	4,673	<b>1.8%</b>	( 1.3% - 2.4% )

**Heart Attack, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Ever told you had a heart attack, also called a myocardial infarction?						
Response:		Yes					Age-Adjusted Rate	
Population at Risk (See Appendix)		Observed Rate						
		%	95% CI	Individuals	n	N	%	95% CI
Stroke								
Yes		27%	( 18% - 38% )	2,687	43	129	20%	( 13% - 31% )
No		2.4%	( 1.9% - 3.0% )	11,391	134	4,762	3.1%	( 2.4% - 3.9% )
<b>Diabetes</b>								
Nongestational Diabetes								
Yes		10%	( 7% - 16% )	2,879	43	324	7%	( 5% - 11% )
No		2.4%	( 1.9% - 3.0% )	11,316	137	4,572	3.3%	( 2.6% - 4.1% )
Pre-Diabetes								
Yes		5%	( 3% - 9% )	1,834	23	374	6%	( 3% - 9% )
No		2.1%	( 1.6% - 2.7% )	9,041	110	4,174	2.9%	( 2.3% - 3.7% )
<b>Prostate Cancer</b>								
Prostate Cancer								
Yes		DSU	( DSU - DSU )	DSU	DSU	21	DSU	( DSU - DSU )
No		5.8%	( 4.0% - 8.3% )	7,699	49	819	7.2%	( 5.0% - 10.3% )
<b>Risk Factors</b>								
<b>Alcohol</b>								
Binge Drinking								
Yes		1.9%	( 1.0% - 3.6% )	1,469	16	771	5.4%	( 2.6% - 11.2% )
No		3.1%	( 2.5% - 3.9% )	12,813	163	4,027	3.7%	( 3.0% - 4.5% )
Heavy Drinking								
Yes		2%	( 1% - 7% )	557	5	305	3%	( 1% - 8% )
No		3.1%	( 2.5% - 3.8% )	12,473	163	3,934	3.8%	( 3.1% - 4.7% )
<b>Physical Activity</b>								
Leisure Time Exercise								
Yes		2.5%	( 2.0% - 3.3% )	9,920	113	3,799	3.6%	( 2.8% - 4.6% )
No		4.1%	( 3.0% - 5.5% )	4,192	66	1,090	4.0%	( 2.9% - 5.3% )

**Heart Attack, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Ever told you had a heart attack, also called a myocardial infarction?						
Response:		Yes					Age-Adjusted Rate	
Population at Risk (See Appendix)		%	Observed Rate 95% CI	Individuals	n	N	%	95% CI
<b>Tobacco Use</b>								
Cigarette Smoking Status								
Current Smoker		3.2%	( 2.1% - 5.0% )	3,445	46	1,095	4.5%	( 3.0% - 6.7% )
Former Smoker		5.1%	( 3.9% - 6.7% )	6,908	85	1,500	4.6%	( 3.5% - 5.9% )
Never Smoked		1.6%	( 1.1% - 2.3% )	3,893	48	2,281	2.2%	( 1.5% - 3.2% )
Smokeless Tobacco Status								
Current User		1%	( 1% - 4% )	242	6	248	5%	( 2% - 10% )
Former User		1.6%	( 0.9% - 2.7% )	1,427	21	863	2.9%	( 1.6% - 5.3% )
Never Used		3.2%	( 2.5% - 4.0% )	11,449	142	3,585	3.7%	( 3.0% - 4.6% )
<b>Weight Status</b>								
Weight Status								
Normal (BMI <25)		1.9%	( 1.1% - 3.0% )	3,083	35	1,581	2.6%	( 1.6% - 4.2% )
Overweight (BMI 25 to 30)		3.5%	( 2.6% - 4.7% )	6,222	83	1,763	4.2%	( 3.1% - 5.6% )
Obese (BMI ≥30)		3.5%	( 2.5% - 4.9% )	4,639	57	1,373	4.0%	( 2.8% - 5.6% )
Obese I (BMI 30 TO < 35)		3.5%	( 2.2% - 5.5% )	2,921	34	852	3.9%	( 2.5% - 5.9% )
Obese II & III (BMI ≥35)		3.4%	( 2.0% - 5.7% )	1,718	23	521	4.0%	( 2.2% - 7.2% )

**Heart Attack, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Ever told you had a heart attack, also called a myocardial infarction?					
Response:		Yes					
		Observed Rate				Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI
<b>Appendix</b>							

**Definitions:**

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (n) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

**Notes:**

Data may include revisions, and may differ from those shown previously.

# Chronic Disease – Coronary Heart Disease

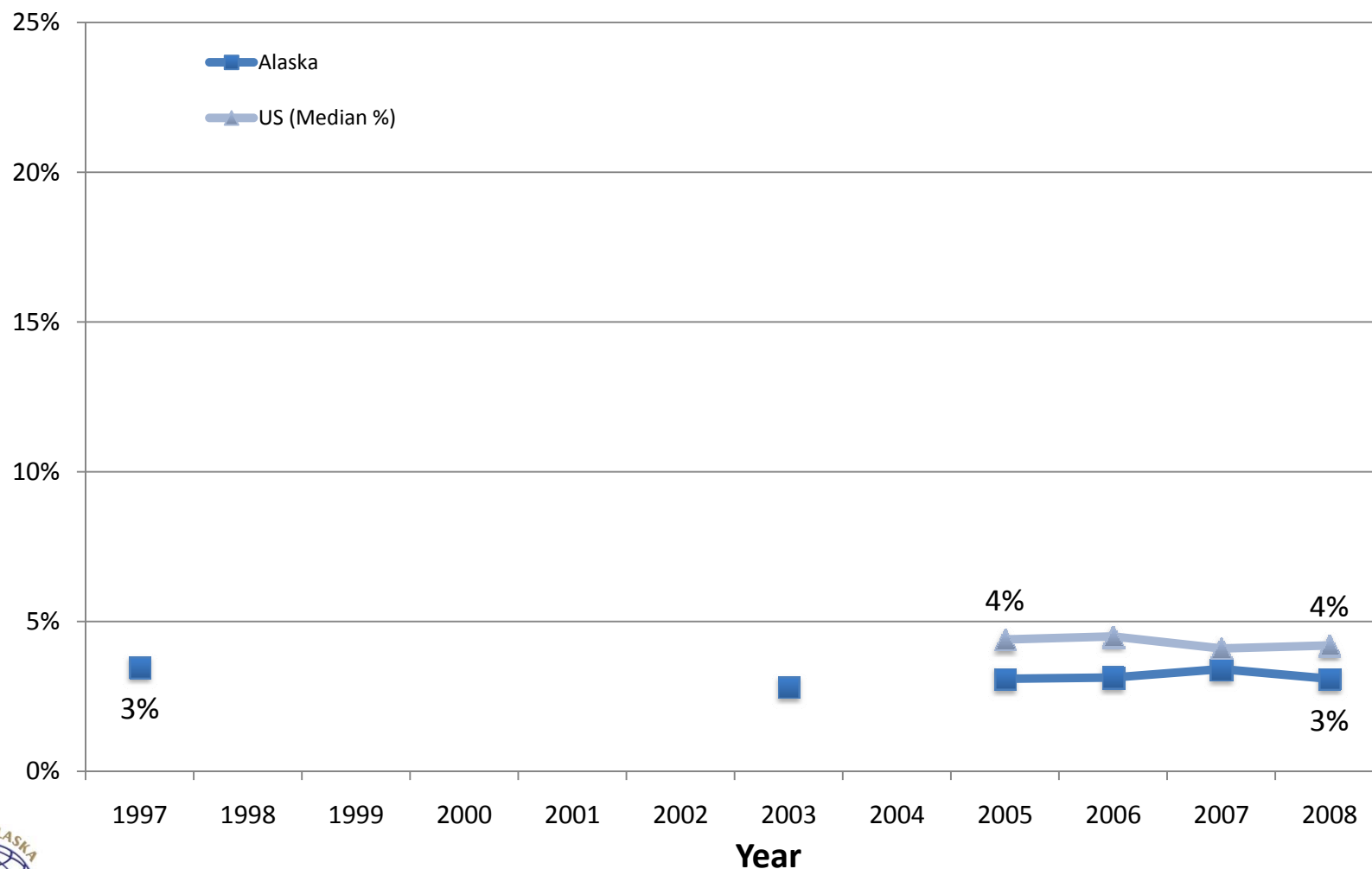


- **Indicator:** Proportion of Alaskan adults with angina or coronary heart disease (CHD).
- **Data source:** 2008 Alaska Standard and Modified BRFSS surveys combined
- **BRFSS Questions:**
  - Has a doctor, nurse or other health professional EVER told you that you had any of the following?
    - (Ever told) you had angina or coronary heart disease?
- **How are we doing?**
  - In 2008, 3% of Alaskan adults reported ever being told they had angina or CHD.
  - The prevalence of angina or CHD has not changed since 1997.
- **How does Alaska compare with the US?**
  - The national median prevalence of angina or CHD was 4.2% in 2008, slightly higher than Alaska.
  - The national median prevalence of heart attack has been slightly higher than Alaska since 2005.
- **How are different populations affected?**
  - The prevalence of angina or CHD in Alaskan adults followed many of the same patterns as cardiovascular disease in 2008.
  - Respondents who reported being widowed had a higher prevalence of angina or CHD than those who married, an unwed couple or never married.
  - Among Alaskan adults who had ever had a stroke, 20% also had angina or CHD.
  - Not reporting binge drinking in the past 30 days and being a former smoker were associated with angina or CHD in 2008.





# Angina or Coronary Heart Disease: Alaska vs. Nationwide, 1997 - 2008 Alaska BRFSS



**Coronary Heart Disease, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Ever told you had angina or coronary heart disease?						
Response:		Yes					Age-Adjusted Rate	
Population at Risk (See Appendix)		%	Observed Rate 95% CI	Individuals	n	N	%	95% CI
<b>Total</b>		<b>3.1%</b>	( 2.6% - 3.7% )	15,320	198	4,900	<b>3.9%</b>	( 3.2% - 4.7% )
<b>Demographics</b>								
<b>Gender</b>								
Female		<b>2.6%</b>	( 1.9% - 3.5% )	6,253	84	2,636	<b>3.1%</b>	( 2.3% - 4.2% )
Male		<b>3.5%</b>	( 2.7% - 4.6% )	9,067	114	2,264	<b>4.7%</b>	( 3.6% - 6.1% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>								
Persons aged 18 to 24 years		<b>0%</b>	( 0% - 1% )	0	1	277	<b>NA</b>	( NA - NA )
Persons aged 25 to 34 years		<b>0.2%</b>	( 0.0% - 1.3% )	195	1	802	<b>NA</b>	( NA - NA )
Persons aged 35 to 44 years		<b>1.0%</b>	( 0.4% - 2.6% )	1,004	8	922	<b>NA</b>	( NA - NA )
Persons aged 45 to 64 years		<b>4.0%</b>	( 3.0% - 5.2% )	7,143	98	2,256	<b>NA</b>	( NA - NA )
Persons aged 65 years and older		<b>14.2%</b>	( 10.8% - 18.5% )	6,927	90	643	<b>NA</b>	( NA - NA )
<b>Race and Ethnicity</b>								
American Indian or Alaska Native		<b>2.7%</b>	( 1.7% - 4.4% )	1,883	29	935	<b>3.2%</b>	( 2.0% - 5.1% )
Asian or Pacific Islander		<b>0%</b>	( 0% - 2% )	0	2	124	<b>0%</b>	( 0% - 2% )
Asian		<b>1%</b>	( 0% - 3% )	156	2	97	<b>1%</b>	( 0% - 3% )
Native Hawaiian or Other Pacific Islander		<b>DSU</b>	( DSU - DSU )	DSU	DSU	27	<b>DSU</b>	( DSU - DSU )
Black or African American		<b>1%</b>	( 0% - 3% )	112	3	78	<b>2%</b>	( 0% - 8% )
White		<b>3.1%</b>	( 2.5% - 3.8% )	11,516	154	3,539	<b>3.7%</b>	( 3.0% - 4.6% )
Hispanic or Latino		<b>3%</b>	( 1% - 10% )	519	5	133	<b>13%</b>	( 7% - 23% )
Not Hispanic or Latino		<b>3.1%</b>	( 2.5% - 3.7% )	14,408	189	4,696	<b>3.8%</b>	( 3.1% - 4.6% )
Black or African American, not Hispanic/Latino		<b>DSU</b>	( DSU - DSU )	DSU	DSU	34	<b>DSU</b>	( DSU - DSU )
White, not Hispanic or Latino		<b>3.0%</b>	( 2.4% - 3.7% )	10,722	143	3,412	<b>3.6%</b>	( 2.8% - 4.4% )
<b>Alaska Native</b>								
Yes		<b>3.3%</b>	( 2.2% - 4.9% )	2,535	40	1,029	<b>3.9%</b>	( 2.6% - 5.7% )
No		<b>3.0%</b>	( 2.4% - 3.8% )	12,547	156	3,824	<b>3.9%</b>	( 3.1% - 4.8% )
<b>Geographic Location</b>								
Anchorage & Vicinity		<b>3.0%</b>	( 2.1% - 4.1% )	8,029	41	1,018	<b>3.8%</b>	( 2.7% - 5.3% )
Fairbanks & Vicinity		<b>3.6%</b>	( 2.7% - 4.9% )	2,476	53	1,009	<b>5.5%</b>	( 4.1% - 7.3% )
Gulf Coast		<b>3.1%</b>	( 2.2% - 4.3% )	1,733	39	1,007	<b>3.3%</b>	( 2.3% - 4.5% )
Rural		<b>2.1%</b>	( 1.3% - 3.4% )	981	20	954	<b>2.5%</b>	( 1.4% - 4.2% )
Southeast		<b>4.0%</b>	( 2.9% - 5.5% )	2,101	45	912	<b>4.3%</b>	( 3.1% - 5.8% )

**Coronary Heart Disease, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Ever told you had angina or coronary heart disease?						
Response:		Yes					Age-Adjusted Rate	
Population at Risk (See Appendix)		%	Observed Rate 95% CI	Individuals	n	N	%	95% CI
<b>Urban/Rural</b>								
Metropolitan Statistical Area		3.1%	( 2.4% - 4.0% )	10,252	88	1,965	4.1%	( 3.1% - 5.4% )
Micropolitan Statistical Area & Urban Clusters		3.4%	( 2.5% - 4.5% )	2,729	56	1,443	4.0%	( 3.0% - 5.3% )
Rural		2.9%	( 2.1% - 3.8% )	2,339	54	1,492	3.1%	( 2.3% - 4.1% )
<b>Education Level (persons aged 25 years and older)</b>								
Less than high school		5%	( 3% - 11% )	1,367	16	324	6%	( 3% - 12% )
High school graduate		2.9%	( 2.0% - 4.1% )	3,596	58	1,363	4.0%	( 2.8% - 5.6% )
At least some college		4.5%	( 3.2% - 6.2% )	5,820	68	1,363	5.6%	( 4.0% - 7.8% )
College Graduate		2.9%	( 2.1% - 4.2% )	4,299	54	1,563	3.7%	( 2.6% - 5.3% )
<b>Employment Status</b>								
Employed		2.0%	( 1.5% - 2.7% )	6,656	70	3,247	4.1%	( 2.7% - 6.4% )
Unemployed		2%	( 1% - 5% )	718	13	344	3%	( 1% - 6% )
Not in Workforce (Student, Homemaker, Retired)		5.9%	( 4.4% - 7.8% )	6,374	89	1,076	4.1%	( 3.0% - 5.6% )
Unable to work		8%	( 5% - 14% )	1,333	25	210	8%	( 5% - 13% )
<b>Marital Status</b>								
Married or Unwed Couple		3.2%	( 2.5% - 4.1% )	10,773	112	2,946	4.2%	( 3.2% - 5.4% )
Divorced/Separated		4.5%	( 3.1% - 6.4% )	2,488	45	841	4.3%	( 2.9% - 6.5% )
Widowed		10%	( 6% - 16% )	1,743	31	299	4%	( 2% - 8% )
Never Married		0.4%	( 0.2% - 1.0% )	383	10	787	1.2%	( 0.5% - 2.8% )
<b>Income Level</b>								
<\$15,000		5%	( 3% - 9% )	1,523	26	377	6%	( 3% - 9% )
\$15,000 - \$24,999		3.9%	( 2.5% - 6.1% )	1,699	30	515	4.3%	( 2.8% - 6.6% )
\$25,000 - \$49,999		2.9%	( 1.9% - 4.4% )	3,107	43	1,074	3.9%	( 2.7% - 5.8% )
\$50,000 - \$74,999		2.8%	( 1.6% - 4.9% )	2,314	24	853	4.0%	( 2.2% - 7.0% )
\$75,000		2.8%	( 2.0% - 4.0% )	4,837	49	1,531	3.8%	( 2.4% - 5.9% )
<b>Poverty Threshold</b>								
Poor (<100% Poverty Threshold)		2%	( 1% - 5% )	699	11	351	4%	( 1% - 10% )
Near Poor (100% to 199% Poverty Threshold)		4.0%	( 2.8% - 5.7% )	2,718	43	696	5.4%	( 3.8% - 7.6% )
Middle/High Income (≥200% Poverty Threshold)		3.0%	( 2.4% - 3.9% )	10,095	118	3,303	4.0%	( 3.1% - 5.1% )

**Coronary Heart Disease, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Ever told you had angina or coronary heart disease?					
Response:		Yes					
		Observed Rate			Age-Adjusted Rate		
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI
<b>Below Poverty Guidelines</b>							
Yes	2%	( 1% - 5% )	996	19	479	4%	( 2% - 8% )
No	3.2%	( 2.6% - 4.0% )	12,354	153	3,871	4.2%	( 3.4% - 5.2% )
<b>Veteran</b>							
Yes	6%	( 4% - 9% )	5,779	43	490	5%	( 3% - 7% )
No	2.3%	( 1.6% - 3.1% )	9,014	65	2,150	3.0%	( 2.1% - 4.2% )
<b>Health Status</b>							
<b>General Health</b>							
Excellent to Very Good	1.4%	( 1.0% - 2.1% )	3,932	47	2,589	2.2%	( 1.4% - 3.3% )
Good	3.4%	( 2.4% - 4.7% )	4,980	64	1,541	3.7%	( 2.7% - 5.2% )
Fair/Poor	9.6%	( 7.2% - 12.7% )	6,381	86	748	8.2%	( 6.2% - 10.8% )
<b>Healthy Days (Mean Number of Days)</b>							
Physical Health Not Good	7.7	( 5.8 - 9.7 )			192	10.3	( 8.2 - 12.3 )
Mental Health Not Good	4.0	( 2.7 - 5.4 )			193	8.0	( 6.1 - 9.9 )
Unhealthy Days (Physical or Mental Health Not Good)	9.2	( 7.1 - 11.3 )			188	12.2	( 9.9 - 14.4 )
Days with Activity Limitation	4.6	( 3.0 - 6.2 )			194	7.7	( 5.8 - 9.7 )
<b>Healthy Days (Percentage with 14 or More Days)</b>							
Physical Health Not Good	7.2%	( 5.1% - 9.9% )	3,482	57	524	7.0%	( 5.0% - 9.5% )
Mental Health Not Good	4%	( 3% - 6% )	1,702	32	467	5%	( 4% - 8% )
Unhealthy Days (Physical or Mental Health Not Good)	5.6%	( 4.0% - 7.6% )	4,397	66	832	6.7%	( 4.9% - 9.0% )
Activity Limitation	6%	( 4% - 10% )	1,994	35	330	7%	( 5% - 11% )
<b>Disability</b>							
<b>Disabled</b>							
Yes	8.9%	( 6.4% - 12.1% )	10,137	67	687	7.4%	( 5.3% - 10.2% )
No	1.3%	( 0.9% - 1.9% )	4,883	41	1,931	2.0%	( 1.2% - 3.1% )
<b>Activity Limitation</b>							
Yes	7.7%	( 5.9% - 9.9% )	8,609	104	1,182	7.0%	( 5.4% - 8.9% )
No	1.8%	( 1.3% - 2.3% )	6,711	94	3,664	2.6%	( 1.9% - 3.5% )
<b>Require Special Equipment</b>							
Yes	11%	( 7% - 18% )	3,449	29	194	10%	( 6% - 19% )
No	2.5%	( 1.8% - 3.3% )	11,423	79	2,444	3.4%	( 2.4% - 4.6% )

**Coronary Heart Disease, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Ever told you had angina or coronary heart disease?						
Response:		Yes						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI	
<b>Mental Health</b>								
Depression Measure (PHQ-8)								
No Depression	2.8%	( 1.9% - 3.9% )	8,990	57	1,725	96.6%	( 95.4% - 97.6% )	
Mild Depression	3%	( 2% - 6% )	2,092	15	341	3%	( 2% - 4% )	
Moderate to Severe Depression	5%	( 2% - 9% )	1,705	15	165	3%	( 2% - 4% )	
Social and Emotional Support								
Always/Usually	2.6%	( 1.9% - 3.6% )	10,285	69	1,988	3.3%	( 2.4% - 4.5% )	
Sometimes/Rarely/Never	4.5%	( 2.9% - 7.2% )	3,917	33	525	4.9%	( 3.2% - 7.6% )	
Life Satisfaction								
Very Satisfied / Satisfied	2.9%	( 2.2% - 3.9% )	13,362	88	2,423	3.5%	( 2.7% - 4.7% )	
Dissatisfied / Very Dissatisfied	6%	( 3% - 11% )	1,329	14	117	7%	( 4% - 13% )	
<b>Healthcare</b>								
<b>Healthcare Coverage</b>								
Health Plan								
Yes	3.5%	( 2.8% - 4.2% )	14,015	181	4,114	4.0%	( 3.2% - 4.8% )	
No	1.3%	( 0.7% - 2.4% )	1,105	16	757	1.5%	( 0.8% - 2.6% )	
<b>Immunization</b>								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	15%	( 10% - 23% )	4,898	33	226	15%	( 10% - 22% )	
No	7%	( 3% - 16% )	1,067	8	127	9%	( 4% - 22% )	
Ever Had Pneumonia Shot (Ages 65+)								
Yes	13%	( 8% - 19% )	3,882	54	213	13%	( 8% - 19% )	
No	10%	( 5% - 21% )	1,544	45	129	12%	( 6% - 24% )	
Ever Had Hepatitis B Shot								
Yes	2.3%	( 1.4% - 3.8% )	4,261	30	897	3.5%	( 2.1% - 5.8% )	
No	4.0%	( 2.8% - 5.7% )	8,493	57	1,228	3.6%	( 2.5% - 5.1% )	
<b>Screening</b>								
AIDS/HIV Screening (Ages 18-64)								
Yes	1.4%	( 0.9% - 2.4% )	2,749	25	973	1.7%	( 1.1% - 2.8% )	
No	2.4%	( 1.5% - 3.8% )	5,584	36	1,160	2.0%	( 1.2% - 3.2% )	

**Coronary Heart Disease, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Ever told you had angina or coronary heart disease?									
Response:		Yes									
Population at Risk (See Appendix)		Observed Rate			n		Age-Adjusted Rate				
		%	95% CI	Individuals		N	%	95% CI			
Clinical Breast Exam Annually (Women Ages 40+)											
Yes	3.6%	(	2.4% -	5.4% )	2,839	29	558	4.3%	(	2.7% -	6.8% )
No	4%	(	2% -	6% )	2,031	15	354	4%	(	2% -	8% )
Colorectal Screening (Ages 50+)											
Yes	10.0%	(	7.5% -	13.4% )	9,838	72	689	10.9%	(	8.1% -	14.5% )
No	4.8%	(	2.7% -	8.5% )	3,408	23	509	5.9%	(	2.7% -	12.2% )
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)											
Yes	9%	(	5% -	16% )	4,219	23	280	8%	(	5% -	13% )
No	5.9%	(	3.7% -	9.2% )	4,903	35	524	7.9%	(	4.7% -	12.9% )
Home Occult Blood Test (Ages 50+)											
Yes	16%	(	10% -	26% )	4,304	24	191	16%	(	10% -	25% )
No	6.2%	(	4.6% -	8.4% )	8,715	69	988	7.8%	(	5.5% -	11.0% )
Mammogram within Past 2 Years (Women Ages 40+)											
Yes	4.2%	(	2.9% -	6.2% )	3,732	34	646	4.9%	(	3.2% -	7.2% )
No	2%	(	1% -	4% )	844	10	272	3%	(	1% -	7% )
Oral Cancer Exam Annually											
Yes	3.0%	(	1.7% -	5.1% )	3,637	24	671	3.0%	(	1.7% -	5.4% )
No	3.1%	(	2.2% -	4.2% )	10,148	70	1,742	3.9%	(	2.9% -	5.3% )
Pap Test within Past 3 Years (Women Ages 18+)											
Yes	1.1%	(	0.6% -	2.1% )	1,740	16	914	2.0%	(	1.0% -	3.9% )
No	2%	(	1% -	7% )	606	4	168	4%	(	1% -	12% )
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)											
Yes	11%	(	7% -	16% )	6,740	38	381	8%	(	6% -	12% )
No	5%	(	2% -	9% )	3,246	20	396	7%	(	3% -	15% )
Diagnoses											
Asthma											
Asthma Diagnosis											
Yes	4.7%	(	3.2% -	6.8% )	3,473	44	648	6.2%	(	4.2% -	9.1% )
No	2.8%	(	2.3% -	3.5% )	11,768	152	4,220	3.5%	(	2.8% -	4.4% )

**Coronary Heart Disease, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Ever told you had angina or coronary heart disease?						
Response:		Yes					Age-Adjusted Rate	
Population at Risk (See Appendix)		%	Observed Rate 95% CI	Individuals	n	N	%	95% CI
Current Asthma								
Yes		<b>6%</b>	( 4% - 9% )	2,583	31	407	<b>7%</b>	( 4% - 10% )
No		<b>3%</b>	( 2% - 7% )	870	11	214	<b>6%</b>	( 3% - 13% )
<b>Cardiovascular and Cerebrovascular Disease</b>								
Cardiovascular Disease								
Yes		<b>70%</b>	( 62% - 77% )	15,092	195	271	<b>67%</b>	( 57% - 76% )
No		<b>0.0%</b>	( 0.0% - 0.0% )	0	0	4,597	<b>0.0%</b>	( 0.0% - 0.0% )
Heart Attack (Myocardial Infarction)								
Yes		<b>DSU</b>	( DSU - DSU )	DSU	DSU	167	<b>DSU</b>	( DSU - DSU )
No		<b>1.7%</b>	( 1.3% - 2.2% )	7,948	104	4,701	<b>2.1%</b>	( 1.6% - 2.8% )
Coronary Heart Disease (Angina)								
Yes		<b>100%</b>	( 0% - 0% )	15,320	198	198	<b>100%</b>	( 0% - 0% )
No		<b>0.0%</b>	( 0.0% - 0.0% )	0	0	4,702	<b>0.0%</b>	( 0.0% - 0.0% )
Stroke								
Yes		<b>20%</b>	( 12% - 31% )	1,946	31	124	<b>14%</b>	( 9% - 23% )
No		<b>2.7%</b>	( 2.2% - 3.3% )	13,080	164	4,759	<b>3.5%</b>	( 2.8% - 4.4% )
<b>Diabetes</b>								
Nongestational Diabetes								
Yes		<b>13%</b>	( 9% - 19% )	3,702	50	320	<b>9%</b>	( 6% - 14% )
No		<b>2.5%</b>	( 2.0% - 3.1% )	11,536	148	4,568	<b>3.3%</b>	( 2.6% - 4.2% )
Pre-Diabetes								
Yes		<b>6%</b>	( 4% - 9% )	2,212	30	373	<b>6%</b>	( 3% - 9% )
No		<b>2.1%</b>	( 1.7% - 2.8% )	9,168	115	4,174	<b>3.0%</b>	( 2.3% - 3.9% )
<b>Prostate Cancer</b>								
Prostate Cancer								
Yes		<b>DSU</b>	( DSU - DSU )	DSU	DSU	20	<b>DSU</b>	( DSU - DSU )
No		<b>6.7%</b>	( 4.6% - 9.6% )	8,860	52	816	<b>7.4%</b>	( 5.0% - 10.6% )

**Coronary Heart Disease, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Ever told you had angina or coronary heart disease?						
Response:		Yes					Age-Adjusted Rate	
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	%	95% CI
<b>Risk Factors</b>								
<b>Alcohol</b>								
Binge Drinking								
Yes		<b>0.9%</b>	( 0.5% - 1.6% )	687	13	773	<b>1.7%</b>	( 0.7% - 4.1% )
No		<b>3.6%</b>	( 2.9% - 4.3% )	14,518	182	4,019	<b>4.1%</b>	( 3.4% - 5.0% )
Heavy Drinking								
Yes		<b>1%</b>	( 1% - 3% )	280	7	306	<b>2%</b>	( 1% - 3% )
No		<b>3.5%</b>	( 2.8% - 4.3% )	14,015	179	3,930	<b>4.3%</b>	( 3.5% - 5.2% )
<b>Physical Activity</b>								
Leisure Time Exercise								
Yes		<b>2.9%</b>	( 2.3% - 3.7% )	11,347	134	3,794	<b>4.1%</b>	( 3.2% - 5.2% )
No		<b>3.8%</b>	( 2.7% - 5.3% )	3,867	63	1,088	<b>3.7%</b>	( 2.7% - 5.2% )
<b>Tobacco Use</b>								
Cigarette Smoking Status								
Current Smoker		<b>2.2%</b>	( 1.4% - 3.4% )	2,324	38	1,098	<b>3.7%</b>	( 1.9% - 7.3% )
Former Smoker		<b>5.9%</b>	( 4.5% - 7.7% )	7,934	103	1,490	<b>5.2%</b>	( 4.0% - 6.8% )
Never Smoked		<b>2.0%</b>	( 1.4% - 2.8% )	5,062	57	2,282	<b>2.9%</b>	( 2.1% - 4.2% )
Smokeless Tobacco Status								
Current User		<b>2%</b>	( 1% - 4% )	490	7	252	<b>5%</b>	( 2% - 10% )
Former User		<b>2.8%</b>	( 1.7% - 4.4% )	2,508	35	862	<b>4.6%</b>	( 2.9% - 7.2% )
Never Used		<b>3.2%</b>	( 2.5% - 4.0% )	11,437	141	3,574	<b>3.7%</b>	( 2.9% - 4.6% )
<b>Weight Status</b>								
Weight Status								
Normal (BMI <25)		<b>1.9%</b>	( 1.2% - 3.1% )	3,234	36	1,583	<b>2.9%</b>	( 1.8% - 4.7% )
Overweight (BMI 25 to 30)		<b>3.2%</b>	( 2.4% - 4.3% )	5,732	82	1,752	<b>4.0%</b>	( 3.0% - 5.3% )
Obese (BMI ≥30)		<b>4.5%</b>	( 3.3% - 6.1% )	5,987	74	1,371	<b>5.0%</b>	( 3.7% - 6.8% )
Obese I (BMI 30 TO < 35)		<b>3.9%</b>	( 2.6% - 5.7% )	3,220	47	848	<b>4.2%</b>	( 2.9% - 6.2% )
Obese II & III (BMI ≥35)		<b>5.5%</b>	( 3.4% - 9.0% )	2,767	27	523	<b>6.3%</b>	( 3.8% - 10.3% )



**Coronary Heart Disease, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Ever told you had angina or coronary heart disease?					
Response:		Yes					
		Observed Rate				Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI
<b>Appendix</b>							

**Definitions:**

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (n) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

**Notes:**

Data may include revisions, and may differ from those shown previously.

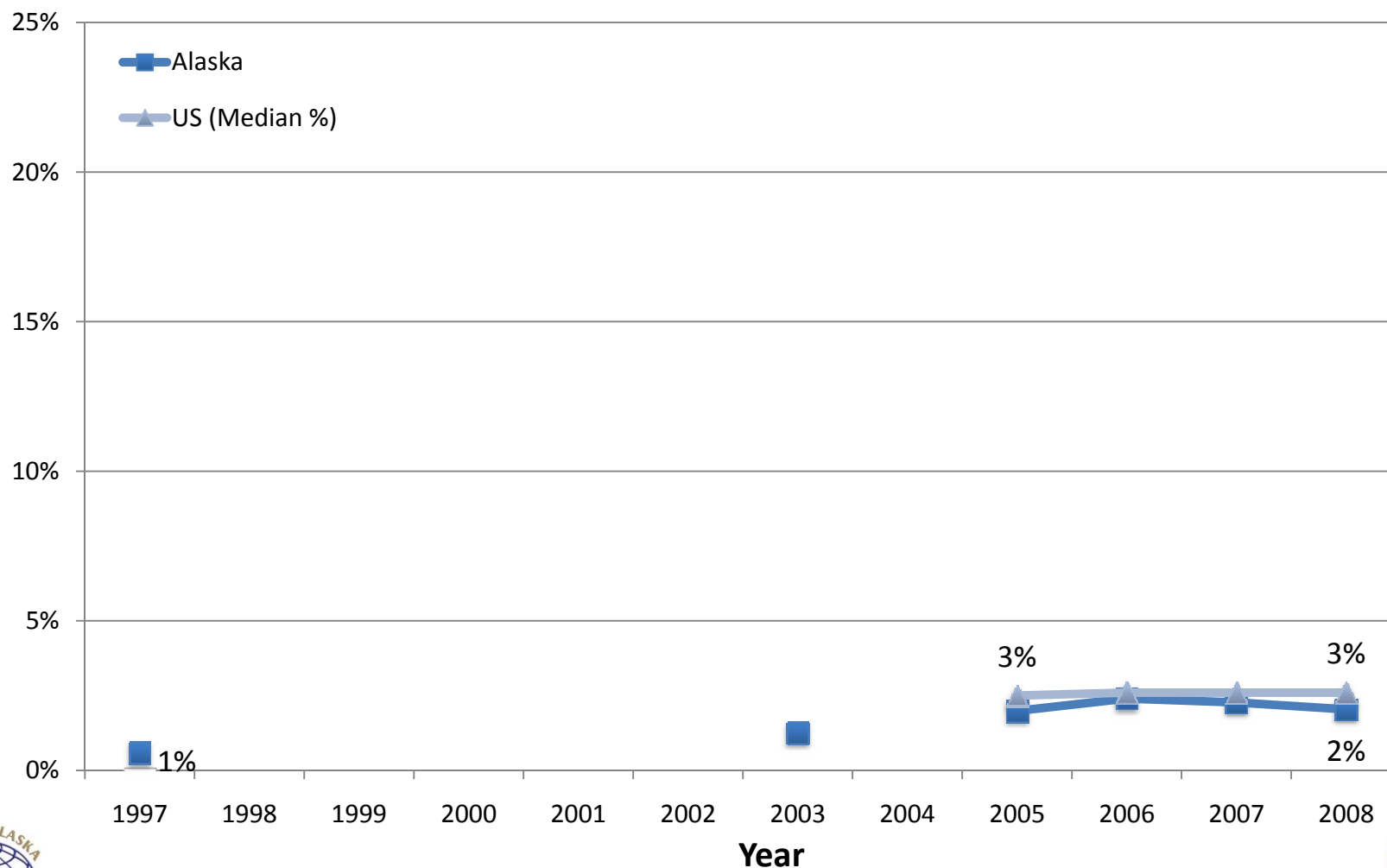
# Chronic Disease – Stroke



- **Indicator:** Proportion of Alaskan adults with a history of stroke.
- **Data source:** 2008 Alaska Standard and Modified BRFSS surveys combined
- **BRFSS Questions:**
  - Has a doctor, nurse or other health professional EVER told you that you had any of the following?
    - (Ever told) you had a stroke?
- **How are we doing?**
  - In 2008, 2% of Alaskan adults reported ever being told they had a stroke.
  - The prevalence of history of stroke increased slightly through 2005 and remained steady through 2008.
- **How does Alaska compare with the US?**
  - The national median prevalence of having had a stroke was 2.6% in 2008, comparable with Alaska.
  - From 2005 to 2008, the prevalence of stroke for Alaska compared to the national median prevalence was very similar.
- **How are different populations affected?**
  - Alaska Native adults had a higher prevalence of history of stroke than non-Natives.
  - Respondents living in the Southeast region had a higher prevalence of history of stroke than those living in the Anchorage or Fairbanks regions.
  - Older adults, those with less than a high school education, those unable to work, and those with lower income had a higher prevalence of history of stroke than those not in these groups.
  - In 2008, respondents who had received a flu shot in the past 12 months and those who had ever received a pneumonia shot had a higher prevalence of history of stroke than those who did not get these immunizations.
  - Of adults who reported ever having a heart attack, angina or CHD, 15% also had a history of stroke.
  - Twenty-seven percent of adults reporting stroke went to outpatient rehabilitation following their stroke; 23% had limitations due to physical, mental or emotional problems due to stroke (2008 Alaska Modified BRFSS only).



# Stroke: Alaska vs. Nationwide 1997 - 2008 Alaska BRFSS



**Stroke, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Ever told you had a stroke?						
Response:		Yes					Age-Adjusted Rate	
Population at Risk (See Appendix)		Observed Rate		Individuals	n	N		
		%	95% CI				%	95% CI
<b>Total</b>		<b>2.0%</b>	( 1.6% - 2.6% )	10,139	131	4,927	<b>2.6%</b>	( 2.0% - 3.3% )
<b>Demographics</b>								
<b>Gender</b>								
Female		<b>2.1%</b>	( 1.5% - 2.9% )	4,934	64	2,649	<b>2.6%</b>	( 1.8% - 3.7% )
Male		<b>2.0%</b>	( 1.5% - 2.8% )	5,205	67	2,278	<b>2.5%</b>	( 1.8% - 3.5% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>								
Persons aged 18 to 24 years		<b>1%</b>	( 0% - 4% )	665	1	276	<b>NA</b>	( NA - NA )
Persons aged 25 to 34 years		<b>0.0%</b>	( 0.0% - 0.0% )	0	0	801	<b>NA</b>	( NA - NA )
Persons aged 35 to 44 years		<b>0.8%</b>	( 0.3% - 1.8% )	728	8	922	<b>NA</b>	( NA - NA )
Persons aged 45 to 64 years		<b>2.4%</b>	( 1.7% - 3.3% )	4,348	60	2,272	<b>NA</b>	( NA - NA )
Persons aged 65 years and older		<b>9.5%</b>	( 6.7% - 13.2% )	4,683	62	656	<b>NA</b>	( NA - NA )
<b>Race and Ethnicity</b>								
American Indian or Alaska Native		<b>3.7%</b>	( 2.5% - 5.6% )	2,606	34	948	<b>4.5%</b>	( 3.0% - 6.8% )
Asian or Pacific Islander		<b>0%</b>	( 0% - 2% )	0	2	127	<b>0%</b>	( 0% - 2% )
Asian		<b>0%</b>	( 0% - 3% )	0	1	100	<b>0%</b>	( 0% - 3% )
Native Hawaiian or Other Pacific Islander		<b>DSU</b>	( DSU - DSU )	DSU	DSU	27	<b>DSU</b>	( DSU - DSU )
Black or African American		<b>1%</b>	( 0% - 3% )	112	2	78	<b>1%</b>	( 0% - 6% )
White		<b>1.8%</b>	( 1.3% - 2.4% )	6,746	88	3,549	<b>2.2%</b>	( 1.6% - 3.0% )
Hispanic or Latino		<b>1%</b>	( 0% - 7% )	170	1	131	<b>2%</b>	( 0% - 13% )
Not Hispanic or Latino		<b>2.0%</b>	( 1.6% - 2.6% )	9,653	126	4,723	<b>2.6%</b>	( 2.0% - 3.3% )
Black or African American, not Hispanic/Latino		<b>DSU</b>	( DSU - DSU )	DSU	DSU	33	<b>DSU</b>	( DSU - DSU )
White, not Hispanic or Latino		<b>1.8%</b>	( 1.3% - 2.4% )	6,343	82	3,424	<b>2.2%</b>	( 1.6% - 3.0% )
<b>Alaska Native</b>								
Yes		<b>3.5%</b>	( 2.4% - 5.2% )	2,760	38	1,041	<b>4.1%</b>	( 2.8% - 6.1% )
No		<b>1.7%</b>	( 1.3% - 2.3% )	7,179	90	3,838	<b>2.3%</b>	( 1.7% - 3.1% )
<b>Geographic Location</b>								
Anchorage & Vicinity		<b>1.6%</b>	( 1.0% - 2.5% )	4,404	23	1,021	<b>2.2%</b>	( 1.4% - 3.5% )
Fairbanks & Vicinity		<b>1.5%</b>	( 0.9% - 2.4% )	1,011	21	1,010	<b>2.2%</b>	( 1.4% - 3.7% )
Gulf Coast		<b>2.2%</b>	( 1.1% - 4.3% )	1,233	21	1,013	<b>3.0%</b>	( 1.5% - 6.1% )
Rural		<b>3.0%</b>	( 1.9% - 4.7% )	1,448	27	964	<b>3.5%</b>	( 2.1% - 5.8% )
Southeast		<b>3.8%</b>	( 2.7% - 5.4% )	2,042	39	919	<b>3.9%</b>	( 2.8% - 5.5% )

**Stroke, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Ever told you had a stroke?							
Response:		Yes							
Population at Risk (See Appendix)		Observed Rate					Age-Adjusted Rate		
		%	95% CI	Individuals	n	N	%	95% CI	
<b>Urban/Rural</b>									
	Metropolitan Statistical Area	1.6%	( 1.1% - 2.3% )	5,196	40	1,968	2.1%	( 1.4% - 3.2% )	
	Micropolitan Statistical Area & Urban Clusters	2.2%	( 1.5% - 3.1% )	1,773	36	1,452	2.6%	( 1.8% - 3.6% )	
	Rural	3.8%	( 2.7% - 5.4% )	3,170	55	1,507	4.1%	( 2.9% - 5.8% )	
<b>Education Level (persons aged 25 years and older)</b>									
	Less than high school	5%	( 3% - 8% )	1,374	21	327	5%	( 3% - 8% )	
	High school graduate	1.9%	( 1.2% - 2.9% )	2,345	33	1,370	2.3%	( 1.5% - 3.5% )	
	At least some college	3.2%	( 2.1% - 4.6% )	4,137	50	1,375	4.1%	( 2.7% - 6.2% )	
	College Graduate	1.3%	( 0.7% - 2.2% )	1,852	25	1,567	2.0%	( 1.1% - 3.5% )	
<b>Employment Status</b>									
	Employed	1.1%	( 0.7% - 1.7% )	3,728	37	3,257	2.8%	( 1.5% - 5.3% )	
	Unemployed	1%	( 1% - 3% )	360	8	345	4%	( 1% - 14% )	
	Not in Workforce (Student, Homemaker, Retired)	3.9%	( 2.7% - 5.5% )	4,206	58	1,089	2.8%	( 1.9% - 4.2% )	
	Unable to work	10%	( 6% - 15% )	1,710	27	214	10%	( 6% - 15% )	
<b>Marital Status</b>									
	Married or Unwed Couple	1.9%	( 1.4% - 2.6% )	6,355	65	2,960	2.6%	( 1.8% - 3.6% )	
	Divorced/Separated	3.2%	( 2.0% - 5.0% )	1,775	31	841	2.7%	( 1.7% - 4.4% )	
	Widowed	6%	( 4% - 10% )	1,075	23	310	2%	( 1% - 3% )	
	Never Married	1.0%	( 0.4% - 2.5% )	880	11	789	1.5%	( 0.8% - 3.1% )	
<b>Income Level</b>									
	<\$15,000	6%	( 4% - 10% )	1,842	30	379	7%	( 4% - 10% )	
	\$15,000 - \$24,999	2.6%	( 1.3% - 4.9% )	1,131	20	522	3.2%	( 1.7% - 5.8% )	
	\$25,000 - \$49,999	2.1%	( 1.3% - 3.4% )	2,265	25	1,084	2.7%	( 1.7% - 4.3% )	
	\$50,000 - \$74,999	0.3%	( 0.2% - 0.7% )	279	8	855	0.5%	( 0.2% - 1.2% )	
	\$75,000	1.4%	( 0.9% - 2.4% )	2,496	23	1,533	2.8%	( 1.4% - 5.5% )	
<b>Poverty Threshold</b>									
	Poor (<100% Poverty Threshold)	3%	( 2% - 6% )	1,063	15	354	4%	( 2% - 8% )	
	Near Poor (100% to 199% Poverty Threshold)	2.9%	( 1.8% - 4.7% )	1,955	32	701	4.2%	( 2.6% - 6.7% )	
	Middle/High Income (≥200% Poverty Threshold)	1.5%	( 1.1% - 2.1% )	5,006	59	3,318	2.0%	( 1.4% - 2.9% )	

**Stroke, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Ever told you had a stroke?							
Response:		Yes						Age-Adjusted Rate	
Population at Risk (See Appendix)		%	Observed Rate 95% CI	Individuals	n	N		%	95% CI
<b>Below Poverty Guidelines</b>									
Yes		3%	( 2% - 6% )	1,511	23	484		5%	( 3% - 7% )
No		1.7%	( 1.2% - 2.2% )	6,415	83	3,889		2.3%	( 1.7% - 3.1% )
<b>Veteran</b>									
Yes		3%	( 1% - 4% )	2,894	22	491		2%	( 1% - 4% )
No		2.0%	( 1.3% - 2.8% )	7,805	52	2,158		2.9%	( 1.9% - 4.3% )
<b>Health Status</b>									
<b>General Health</b>									
Excellent to Very Good		0.9%	( 0.5% - 1.5% )	2,454	27	2,599		1.6%	( 0.9% - 2.8% )
Good		2.6%	( 1.7% - 3.9% )	3,853	41	1,548		3.0%	( 1.9% - 4.6% )
Fair/Poor		5.5%	( 3.9% - 7.6% )	3,700	61	758		4.5%	( 3.3% - 6.2% )
<b>Healthy Days (Mean Number of Days)</b>									
Physical Health Not Good		8.8	( 5.9 - 11.7 )			126		7.6	( 4.9 - 10.2 )
Mental Health Not Good		4.2	( 2.3 - 6.2 )			121		4.2	( 2.5 - 6.0 )
Unhealthy Days (Physical or Mental Health Not Good)		10.4	( 7.3 - 13.6 )			117		9.6	( 6.8 - 12.5 )
Days with Activity Limitation		5.9	( 3.8 - 8.0 )			126		5.9	( 3.5 - 8.3 )
<b>Healthy Days (Percentage with 14 or More Days)</b>									
Physical Health Not Good		5.4%	( 3.5% - 8.1% )	2,628	36	525		4.9%	( 3.2% - 7.4% )
Mental Health Not Good		3%	( 2% - 5% )	1,280	17	468		4%	( 2% - 8% )
Unhealthy Days (Physical or Mental Health Not Good)		3.7%	( 2.5% - 5.5% )	2,933	40	836		4.2%	( 2.7% - 6.3% )
Activity Limitation		6%	( 4% - 9% )	2,000	32	329		6%	( 4% - 9% )
<b>Disability</b>									
Disabled									
Yes		5.5%	( 3.7% - 8.1% )	6,287	45	689		4.7%	( 2.9% - 7.6% )
No		1.0%	( 0.6% - 1.6% )	3,785	27	1,937		1.9%	( 1.1% - 3.3% )
Activity Limitation									
Yes		4.4%	( 3.1% - 6.0% )	4,903	67	1,192		4.0%	( 2.7% - 5.9% )
No		1.3%	( 1.0% - 1.9% )	5,093	61	3,681		2.2%	( 1.5% - 3.2% )
Require Special Equipment									
Yes		13%	( 8% - 21% )	4,089	28	195		10%	( 5% - 18% )
No		1.3%	( 0.9% - 1.9% )	6,213	46	2,452		1.9%	( 1.3% - 2.9% )

**Stroke, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:	Response:		Ever told you had a stroke?					
			Yes					
			Observed Rate				Age-Adjusted Rate	
Population at Risk (See Appendix)	%		95% CI	Individuals	n	N	%	95% CI
<b>Mental Health</b>								
Depression Measure (PHQ-8)								
No Depression	1.9%	(	1.2% - 2.8% )	6,033	38	1,731	98.1%	( 97.1% - 98.7% )
Mild Depression	1%	(	1% - 3% )	701	10	344	2%	( 1% - 3% )
Moderate to Severe Depression	4%	(	2% - 9% )	1,356	9	163	2%	( 1% - 3% )
Social and Emotional Support								
Always/Usually	1.6%	(	1.0% - 2.4% )	6,122	41	1,991	2.0%	( 1.3% - 3.1% )
Sometimes/Rarely/Never	3.6%	(	2.2% - 5.8% )	3,135	26	530	4.3%	( 2.6% - 7.0% )
Life Satisfaction								
Very Satisfied / Satisfied	1.8%	(	1.3% - 2.6% )	8,236	56	2,432	2.3%	( 1.6% - 3.3% )
Dissatisfied / Very Dissatisfied	5%	(	2% - 12% )	1,116	9	117	8%	( 4% - 15% )
<b>Healthcare</b>								
<b>Healthcare Coverage</b>								
Health Plan								
Yes	2.2%	(	1.7% - 2.8% )	8,834	117	4,138	2.5%	( 2.0% - 3.3% )
No	1.2%	(	0.5% - 2.8% )	1,070	13	759	1.2%	( 0.7% - 2.3% )
<b>Immunization</b>								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	10%	(	6% - 17% )	3,323	23	231	11%	( 6% - 18% )
No	8%	(	3% - 18% )	1,215	9	128	8%	( 3% - 16% )
Ever Had Pneumonia Shot (Ages 65+)								
Yes	10%	(	6% - 18% )	3,024	38	217	11%	( 6% - 18% )
No	10%	(	5% - 20% )	1,543	31	129	10%	( 5% - 20% )
Ever Had Hepatitis B Shot								
Yes	1.2%	(	0.6% - 2.6% )	2,228	12	900	1.4%	( 0.7% - 2.7% )
No	2.9%	(	1.9% - 4.2% )	6,083	47	1,232	2.8%	( 1.9% - 4.1% )
<b>Screening</b>								
AIDS/HIV Screening (Ages 18-64)								
Yes	1.2%	(	0.6% - 2.4% )	2,252	17	972	1.4%	( 0.7% - 3.0% )
No	1.3%	(	0.8% - 2.1% )	2,928	20	1,163	1.0%	( 0.6% - 1.7% )

**Stroke, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Ever told you had a stroke?							
Response:		Yes						Age-Adjusted Rate	
Population at Risk (See Appendix)		%	Observed Rate 95% CI	Individuals	n	N		%	95% CI
Clinical Breast Exam Annually (Women Ages 40+)									
Yes		3.1%	( 1.7% - 5.7% )	2,518	17	562		4.4%	( 2.3% - 8.3% )
No		5%	( 3% - 9% )	2,547	19	357		6%	( 3% - 11% )
Colorectal Screening (Ages 50+)									
Yes		5.4%	( 3.6% - 8.0% )	5,349	40	694		6.2%	( 4.1% - 9.3% )
No		3.3%	( 1.7% - 6.1% )	2,345	19	511		5.1%	( 2.3% - 10.8% )
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)									
Yes		3%	( 1% - 7% )	1,411	9	282		3%	( 1% - 7% )
No		2.5%	( 1.3% - 4.8% )	2,092	18	526		4.4%	( 2.0% - 9.2% )
Home Occult Blood Test (Ages 50+)									
Yes		5%	( 2% - 12% )	1,348	10	192		6%	( 3% - 13% )
No		4.4%	( 3.0% - 6.3% )	6,127	47	993		5.7%	( 3.7% - 8.7% )
Mammogram within Past 2 Years (Women Ages 40+)									
Yes		4.6%	( 2.9% - 7.5% )	4,147	25	650		5.5%	( 3.3% - 9.2% )
No		3%	( 1% - 6% )	1,280	12	275		3%	( 2% - 7% )
Oral Cancer Exam Annually									
Yes		2.0%	( 1.0% - 4.0% )	2,431	15	670		2.4%	( 1.1% - 5.0% )
No		2.1%	( 1.4% - 3.0% )	6,865	49	1,752		2.6%	( 1.8% - 3.8% )
Pap Test within Past 3 Years (Women Ages 18+)									
Yes		0.9%	( 0.4% - 1.9% )	1,363	11	914		1.7%	( 0.8% - 3.6% )
No		3%	( 1% - 7% )	926	9	171		3%	( 1% - 7% )
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)									
Yes		2%	( 1% - 4% )	1,226	14	382		2%	( 1% - 6% )
No		3%	( 2% - 7% )	1,968	14	400		9%	( 5% - 18% )
<b>Asthma</b>									
Asthma Diagnosis									
Yes		4.0%	( 2.4% - 6.5% )	2,972	28	650		5.0%	( 3.1% - 8.1% )
No		1.7%	( 1.3% - 2.2% )	7,167	103	4,244		2.2%	( 1.7% - 2.9% )
Current Asthma									
Yes		5%	( 3% - 8% )	2,153	20	408		5%	( 3% - 9% )
No		3%	( 1% - 8% )	869	8	215		5%	( 2% - 11% )



**Stroke, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Ever told you had a stroke?						
Response:		Yes					Age-Adjusted Rate	
Population at Risk (See Appendix)		%	Observed Rate 95% CI	Individuals	n	N	%	95% CI
<b>Cardiovascular and Cerebrovascular Disease</b>								
Cardiovascular Disease								
Yes		<b>15%</b>	( 10% - 21% )	3,185	49	267	<b>9%</b>	( 6% - 13% )
No		<b>1.4%</b>	( 1.0% - 1.9% )	6,457	74	4,585	<b>1.9%</b>	( 1.4% - 2.7% )
Heart Attack (Myocardial Infarction)								
Yes		<b>19%</b>	( 13% - 27% )	2,677	43	177	<b>12%</b>	( 7% - 19% )
No		<b>1.5%</b>	( 1.1% - 2.0% )	7,258	86	4,714	<b>2.0%</b>	( 1.5% - 2.7% )
Coronary Heart Disease (Angina)								
Yes		<b>13%</b>	( 8% - 21% )	1,956	31	195	<b>7%</b>	( 4% - 12% )
No		<b>1.6%</b>	( 1.2% - 2.1% )	7,763	93	4,688	<b>2.2%</b>	( 1.7% - 3.0% )
Stroke								
Yes		<b>100%</b>	( 0% - 0% )	10,139	131	131	<b>100%</b>	( 0% - 0% )
No		<b>0.0%</b>	( 0.0% - 0.0% )	0	0	4,796	<b>0.0%</b>	( 0.0% - 0.0% )
<b>Diabetes</b>								
Nongestational Diabetes								
Yes		<b>7%</b>	( 4% - 12% )	2,035	30	327	<b>5%</b>	( 3% - 8% )
No		<b>1.7%</b>	( 1.3% - 2.2% )	7,929	100	4,587	<b>2.3%</b>	( 1.8% - 3.1% )
Pre-Diabetes								
Yes		<b>6%</b>	( 3% - 10% )	2,211	19	373	<b>9%</b>	( 4% - 18% )
No		<b>1.3%</b>	( 1.0% - 1.8% )	5,733	81	4,191	<b>2.0%</b>	( 1.5% - 2.7% )
<b>Prostate Cancer</b>								
Prostate Cancer								
Yes		<b>DSU</b>	( DSU - DSU )	DSU	DSU	21	<b>DSU</b>	( DSU - DSU )
No		<b>2.6%</b>	( 1.6% - 4.3% )	3,482	28	819	<b>3.2%</b>	( 1.8% - 5.7% )
<b>Risk Factors</b>								
<b>Alcohol</b>								
Binge Drinking								
Yes		<b>0.9%</b>	( 0.4% - 1.9% )	682	9	776	<b>2.2%</b>	( 0.9% - 5.1% )
No		<b>2.2%</b>	( 1.7% - 2.9% )	9,131	118	4,043	<b>2.6%</b>	( 2.0% - 3.4% )

**Stroke, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:		Ever told you had a stroke?						
Response:		Yes					Age-Adjusted Rate	
Population at Risk (See Appendix)		%	Observed Rate 95% CI	Individuals	n	N	%	95% CI
Heavy Drinking								
Yes		<b>2%</b>	( 1% - 5% )	559	5	306	<b>1%</b>	( 1% - 3% )
No		<b>2.2%</b>	( 1.7% - 2.8% )	8,698	115	3,952	<b>2.7%</b>	( 2.1% - 3.5% )
<b>Physical Activity</b>								
Leisure Time Exercise								
Yes		<b>1.5%</b>	( 1.1% - 2.0% )	5,763	77	3,808	<b>1.9%</b>	( 1.3% - 2.6% )
No		<b>4.1%</b>	( 2.8% - 5.9% )	4,217	53	1,102	<b>4.1%</b>	( 2.9% - 5.9% )
<b>Tobacco Use</b>								
Cigarette Smoking Status								
Current Smoker		<b>2.2%</b>	( 1.4% - 3.3% )	2,373	38	1,106	<b>4.0%</b>	( 2.5% - 6.2% )
Former Smoker		<b>3.0%</b>	( 2.0% - 4.3% )	4,007	50	1,508	<b>2.6%</b>	( 1.8% - 3.7% )
Never Smoked		<b>1.5%</b>	( 1.0% - 2.3% )	3,759	43	2,282	<b>2.1%</b>	( 1.3% - 3.2% )
Smokeless Tobacco Status								
Current User		<b>2%</b>	( 1% - 4% )	494	5	254	<b>2%</b>	( 1% - 4% )
Former User		<b>1.0%</b>	( 0.5% - 1.9% )	933	17	862	<b>1.8%</b>	( 0.9% - 3.5% )
Never Used		<b>2.3%</b>	( 1.7% - 3.0% )	8,133	99	3,599	<b>2.7%</b>	( 2.0% - 3.5% )
<b>Weight Status</b>								
Weight Status								
Normal (BMI <25)		<b>1.5%</b>	( 0.9% - 2.5% )	2,524	33	1,592	<b>2.1%</b>	( 1.3% - 3.4% )
Overweight (BMI 25 to 30)		<b>1.9%</b>	( 1.3% - 2.7% )	3,324	46	1,763	<b>2.3%</b>	( 1.6% - 3.3% )
Obese (BMI ≥30)		<b>2.9%</b>	( 2.0% - 4.3% )	3,892	46	1,379	<b>3.4%</b>	( 2.2% - 5.1% )
Obese I (BMI 30 TO < 35)		<b>2.7%</b>	( 1.7% - 4.5% )	2,292	30	856	<b>3.1%</b>	( 1.8% - 5.3% )
Obese II & III (BMI ≥35)		<b>3.2%</b>	( 1.7% - 6.0% )	1,601	16	523	<b>3.7%</b>	( 1.8% - 7.6% )

**Stroke, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Screening Question:			Ever told you had a stroke?				
Response:			Yes				
			Observed Rate				
			95% CI		Age-Adjusted Rate		
Population at Risk (See Appendix)	%		Individuals	n	N	%	95% CI
<b>Appendix</b>							

**Definitions:**

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (n) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

**Notes:**

Data may include revisions, and may differ from those shown previously.

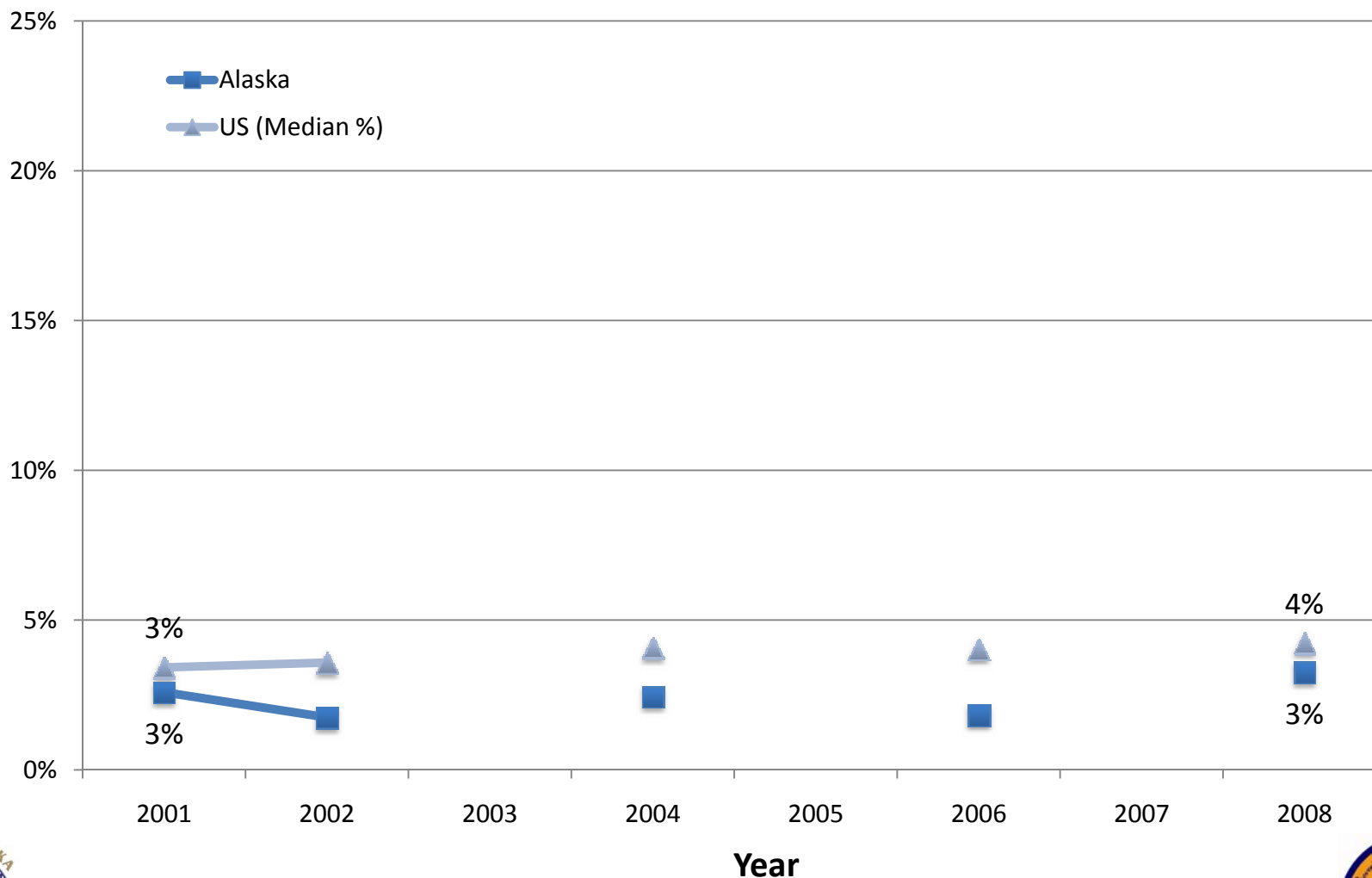
# Chronic Disease – Prostate Cancer



- **Indicator:** Proportion of Alaskan men age 40 years and older who report prostate cancer.
- **Data source:** 2008 Alaska Standard BRFSS survey
- **BRFSS Question:** Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?
- **How are we doing?**
  - In 2008, 3.2% of Alaskan men aged 40 years and older reported ever being told they had prostate cancer.
- **How does Alaska compare with the US?**
  - The national median prevalence of prostate cancer was 4.2% in 2008, slightly higher than the prevalence in Alaska.
  - The prevalence of prostate cancer has been consistently slightly lower than the national median prevalence since 2001.
- **How are different populations affected?**
  - The subgroup of respondents reporting prostate cancer is small; though comparisons between demographic groups were made, no significant differences were found.
  - Interested persons should consider other data sources such as the Alaska Cancer Registry, vital statistics, or hospital discharge data.



# Prostate Cancer: Alaska vs. Nationwide 2001-2008 Alaska BRFSS



**Prostate Cancer, Male Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instruments**

Screening Question:		Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?						
Response:		Yes					Age-Adjusted Rate	
Population at Risk (See Appendix)		Observed Rate		Individuals	n	N		
		%	95% CI				%	95% CI
<b>Total</b>		<b>3.2%</b>	( 1.7% - 6.1% )	4,476	1,108	847	<b>4.3%</b>	( 2.3% - 7.9% )
<b>Demographics</b>								
<b>Gender</b>								
Female		<b>DNC</b>	( DNC - DNC )	DNC	629	0	<b>DNC</b>	( DNC - DNC )
Male		<b>3.2%</b>	( 1.7% - 6.1% )	4,476	479	847	<b>4.3%</b>	( 2.3% - 7.9% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>								
Persons aged 18 to 24 years		<b>DNC</b>	( DNC - DNC )	DNC	53	0	<b>NA</b>	( NA - NA )
Persons aged 25 to 34 years		<b>DNC</b>	( DNC - DNC )	DNC	134	0	<b>NA</b>	( NA - NA )
Persons aged 35 to 44 years		<b>0%</b>	( 0% - 0% )	0	178	109	<b>NA</b>	( NA - NA )
Persons aged 45 to 64 years		<b>0.9%</b>	( 0.2% - 3.5% )	791	500	580	<b>NA</b>	( NA - NA )
Persons aged 65 years and older		<b>DSU</b>	( DSU - DSU )	DSU	DSU	158	<b>NA</b>	( NA - NA )
<b>Race and Ethnicity</b>								
American Indian or Alaska Native		<b>2%</b>	( 0% - 12% )	291	277	131	<b>3%</b>	( 0% - 16% )
Asian or Pacific Islander		<b>DSU</b>	( DSU - DSU )	DSU	DSU	17	<b>DSU</b>	( DSU - DSU )
Asian		<b>DSU</b>	( DSU - DSU )	DSU	DSU	16	<b>DSU</b>	( DSU - DSU )
Native Hawaiian or Other Pacific Islander		<b>DSU</b>	( DSU - DSU )	DSU	DSU	1	<b>DSU</b>	( DSU - DSU )
Black or African American		<b>DSU</b>	( DSU - DSU )	DSU	DSU	10	<b>DSU</b>	( DSU - DSU )
White		<b>3.8%</b>	( 1.9% - 7.4% )	4,203	713	654	<b>4.8%</b>	( 2.6% - 8.9% )
Hispanic or Latino		<b>DSU</b>	( DSU - DSU )	DSU	DSU	16	<b>DSU</b>	( DSU - DSU )
Not Hispanic or Latino		<b>3.4%</b>	( 1.8% - 6.5% )	4,476	1,053	808	<b>4.5%</b>	( 2.4% - 8.1% )
Black or African American, not Hispanic/Latino		<b>DSU</b>	( DSU - DSU )	DSU	DSU	8	<b>DSU</b>	( DSU - DSU )
White, not Hispanic or Latino		<b>4.0%</b>	( 2.0% - 7.7% )	4,203	680	626	<b>5.0%</b>	( 2.7% - 9.2% )
<b>Alaska Native</b>								
Yes		<b>2%</b>	( 0% - 10% )	350	305	147	<b>2%</b>	( 0% - 14% )
No		<b>3.5%</b>	( 1.8% - 6.9% )	4,203	793	691	<b>4.7%</b>	( 2.5% - 8.6% )

**Prostate Cancer, Male Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instruments**

Screening Question:		Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?									
Response:		Yes									
Population at Risk (See Appendix)		Observed Rate					Age-Adjusted Rate				
		%	95% CI		Individuals	n	N	%	95% CI		
Geographic Location											
	Anchorage & Vicinity	4%	(	2% -	10% )	2,941	222	171	5%	(	2% - 12% )
	Fairbanks & Vicinity	3%	(	1% -	7% )	520	220	171	4%	(	2% - 10% )
	Gulf Coast	3%	(	1% -	7% )	517	222	182	3%	(	1% - 7% )
	Rural	2%	(	0% -	13% )	257	252	147	4%	(	1% - 19% )
	Southeast	2%	(	1% -	5% )	340	192	176	3%	(	1% - 7% )
Urban/Rural											
	Metropolitan Statistical Area	4%	(	2% -	9% )	3,556	420	335	5%	(	2% - 11% )
	Micropolitan Statistical Area & Urban Clusters	2%	(	1% -	4% )	480	328	247	3%	(	1% - 6% )
	Rural	2%	(	1% -	7% )	501	360	265	3%	(	1% - 8% )
Education Level (persons aged 25 years and older)											
	Less than high school	3%	(	0% -	18% )	276	126	64	2%	(	0% - 14% )
	High school graduate	4%	(	1% -	10% )	1,478	407	274	5%	(	2% - 12% )
	At least some college	3%	(	0% -	14% )	1,367	312	253	4%	(	1% - 17% )
	College Graduate	3%	(	1% -	8% )	1,369	206	251	5%	(	2% - 10% )
Employment Status											
	Employed	0.1%	(	0.0% -	0.6% )	141	606	571	0.6%	(	0.2% - 2.5% )
	Unemployed	0%	(	0% -	0% )	0	98	53	0%	(	0% - 0% )
	Not in Workforce (Student, Homemaker, Retired)	DSU	(	DSU -	DSU )	DSU	DSU	164	DSU	(	DSU - DSU )
	Unable to work	0%	(	0% -	3% )	0	106	53	0%	(	0% - 2% )
Marital Status											
	Married or Unwed Couple	3.8%	(	1.8% -	7.8% )	3,849	579	519	4.8%	(	2.4% - 9.3% )
	Divorced/Separated	DSU	(	DSU -	DSU )	DSU	DSU	36	DSU	(	DSU - DSU )
	Widowed	3%	(	1% -	10% )	606	120	174	5%	(	2% - 15% )
	Never Married	0%	(	0% -	0% )	0	183	93	0%	(	0% - 0% )

**Prostate Cancer, Male Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instruments**

Screening Question:		Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?									
Response:		Yes					Age-Adjusted Rate				
Population at Risk (See Appendix)		%	Observed Rate		Individuals		n	N	%	95% CI	
<b>Income Level</b>											
<\$15,000	DSU ( DSU - DSU )	DSU	DSU	DSU	DSU	DSU	79		DSU ( DSU - DSU )		
\$15,000 - \$24,999	0% ( 0% - 0% )	0	172	76					0% ( 0% - 0% )		
\$25,000 - \$49,999	4% ( 1% - 14% )	855	272	153					4% ( 1% - 10% )		
\$50,000 - \$74,999	DSU ( DSU - DSU )	DSU	DSU	147					DSU ( DSU - DSU )		
\$75,000	1% ( 0% - 2% )	610	208	325					3% ( 1% - 7% )		
<b>Poverty Threshold</b>											
Poor (<100% Poverty Threshold)	DSU ( DSU - DSU )	DSU	DSU	65					DSU ( DSU - DSU )		
Near Poor (100% to 199% Poverty Threshold)	3% ( 0% - 19% )	344	229	98					3% ( 1% - 18% )		
Middle/High Income (>=200% Poverty Threshold)	2.9% ( 1.3% - 6.6% )	3,041	609	617					4.4% ( 2.0% - 9.5% )		
<b>Below Poverty Guidelines</b>											
Yes	DSU ( DSU - DSU )	DSU	DSU	80					DSU ( DSU - DSU )		
No	2.7% ( 1.2% - 6.1% )	3,041	791	700					4.0% ( 1.8% - 8.7% )		
<b>Veteran</b>											
Yes	6% ( 2% - 12% )	3,554	15	340					4% ( 2% - 9% )		
No	1.5% ( 0.5% - 4.6% )	1,217	6	506					4.9% ( 1.7% - 13.3% )		
<b>Health Status</b>											
<b>General Health</b>											
Excellent to Very Good	2% ( 1% - 4% )	1,375	406	407					4% ( 2% - 8% )		
Good	4% ( 1% - 13% )	1,879	396	282					4% ( 1% - 13% )		
Fair/Poor	6% ( 2% - 16% )	1,315	294	153					5% ( 2% - 13% )		
<b>Healthy Days (Mean Number of Days)</b>											
Physical Health Not Good	0.8 ( -0.3 - 1.9 )			20					0.7 ( 0.1 - 1.4 )		
Mental Health Not Good	0.6 ( -0.5 - 1.7 )			21					2.2 ( 0.6 - 3.8 )		
Unhealthy Days (Physical or Mental Health Not Good)	1.5 ( -0.3 - 3.4 )			20					3.0 ( 0.9 - 5.0 )		
Days with Activity Limitation	0.0 ( 0.0 - 0.0 )			21					0.0 ( 0.0 - 0.0 )		



**Prostate Cancer, Male Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instruments**

Screening Question:		Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?									
Response:		Yes									
Population at Risk (See Appendix)		Observed Rate					Age-Adjusted Rate				
		%	95% CI		Individuals	n	N	%	95% CI		
Healthy Days (Percentage with 14 or More Days)											
Physical Health Not Good		1%	(	0% -	7% )	135	200	91	1%	(	0% - 7% )
Mental Health Not Good		0%	(	0% -	0% )	0	152	58	0%	(	0% - 0% )
Unhealthy Days (Physical or Mental Health Not Good)		1%	(	0% -	5% )	188	273	128	1%	(	0% - 7% )
Activity Limitation		0%	(	0% -	0% )	0	142	62	0%	(	0% - 0% )
Disability											
Disabled											
Yes		3%	(	1% -	9% )	1,156	6	258	2%	(	1% - 7% )
No		3.4%	(	1.5% -	7.2% )	3,315	15	581	6.2%	(	3.1% - 12.1% )
Activity Limitation											
Yes		3%	(	1% -	10% )	1,068	377	242	3%	(	1% - 9% )
No		3.3%	(	1.5% -	7.0% )	3,362	712	595	5.5%	(	2.7% - 10.8% )
Require Special Equipment											
Yes		1%	(	0% -	5% )	94	3	68	1%	(	0% - 4% )
No		3.4%	(	1.7% -	6.5% )	4,343	18	776	5.2%	(	2.8% - 9.4% )
Mental Health											
Depression Measure (PHQ-8)											
No Depression		4.4%	(	2.3% -	8.2% )	4,430	20	607	94.8%	(	90.6% - 97.2% )
Mild Depression		0%	(	0% -	0% )	0	0	77	4%	(	2% - 7% )
Moderate to Severe Depression		DSU	(	DSU -	DSU )	DSU	DSU	29	DSU	(	DSU - DSU )
Social and Emotional Support											
Always/Usually		3.7%	(	1.8% -	7.4% )	4,004	18	619	4.9%	(	2.5% - 9.4% )
Sometimes/Rarely/Never		2%	(	1% -	7% )	467	3	190	3%	(	1% - 10% )
Life Satisfaction											
Very Satisfied / Satisfied		3.4%	(	1.8% -	6.4% )	4,476	21	797	4.5%	(	2.4% - 8.1% )
Dissatisfied / Very Dissatisfied		DSU	(	DSU -	DSU )	DSU	DSU	32	DSU	(	DSU - DSU )

**Prostate Cancer, Male Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instruments**

Screening Question:		Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?												
		Response:					Yes							
		Observed Rate					Age-Adjusted Rate							
Population at Risk (See Appendix)		%	95% CI		Individuals	n	N	%	95% CI					
Healthcare														
Healthcare Coverage														
Health Plan														
Yes		3.6%	(	1.8% -	6.9% )	4,319	902	707	4.5%	(	2.4% -	8.2% )		
No		1%	(	0% -	6% )	172	195	132	1%	(	0% -	4% )		
Immunization														
Flu Shot Within Past 12 Months (Ages 65+)														
Yes		DSU	(	DSU -	DSU )	DSU	DSU	106	DSU	(	DSU -	DSU )		
No		DSU	(	DSU -	DSU )	DSU	DSU	52	DSU	(	DSU -	DSU )		
Ever Had Pneumonia Shot (Ages 65+)														
Yes		DSU	(	DSU -	DSU )	DSU	DSU	88	DSU	(	DSU -	DSU )		
No		DSU	(	DSU -	DSU )	DSU	DSU	59	DSU	(	DSU -	DSU )		
Ever Had Hepatitis B Shot														
Yes		5%	(	2% -	14% )	2,067	9	254	8%	(	4% -	17% )		
No		2%	(	1% -	5% )	1,446	10	457	2%	(	1% -	5% )		
Screening														
AIDS/HIV Screening (Ages 18-64)														
Yes		0%	(	0% -	0% )	0	0	240	0%	(	0% -	0% )		
No		1%	(	0% -	5% )	659	3	405	1%	(	0% -	3% )		
Clinical Breast Exam Annually (Women Ages 40+)														
Yes		DNC	(	DNC -	DNC )	DNC	0	0	DNC	(	DNC -	DNC )		
No		DNC	(	DNC -	DNC )	DNC	0	0	DNC	(	DNC -	DNC )		
Colorectal Screening (Ages 50+)														
Yes		6%	(	3% -	14% )	3,093	16	335	8%	(	4% -	17% )		
No		2%	(	1% -	7% )	736	4	250	6%	(	2% -	16% )		
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)														
Yes		6%	(	3% -	14% )	2,827	12	284	6%	(	3% -	12% )		
No		1.8%	(	0.7% -	4.5% )	1,512	8	530	3.1%	(	1.3% -	7.3% )		

**Prostate Cancer, Male Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instruments**

Screening Question:		Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?								
Response:		Yes								
Population at Risk (See Appendix)		Observed Rate			n	N	Age-Adjusted Rate			
		%	95% CI	Individuals			%	95% CI		
Home Occult Blood Test (Ages 50+)										
	Yes	3%	( 1% - 7% )	443	4	98	4%	( 1% - 10% )		
	No	6%	( 3% - 11% )	4,408	17	483	9%	( 5% - 17% )		
Mammogram within Past 2 Years (Women Ages 40+)										
	Yes	DNC	( DNC - DNC )	DNC	0	0	DNC	( DNC - DNC )		
	No	DNC	( DNC - DNC )	DNC	0	0	DNC	( DNC - DNC )		
Oral Cancer Exam Annually										
	Yes	7%	( 3% - 17% )	2,620	8	225	9%	( 4% - 19% )		
	No	2.1%	( 1.0% - 4.7% )	1,914	12	559	2.8%	( 1.3% - 6.0% )		
Pap Test within Past 3 Years (Women Ages 18+)										
	Yes	DNC	( DNC - DNC )	DNC	0	0	DNC	( DNC - DNC )		
	No	DNC	( DNC - DNC )	DNC	0	0	DNC	( DNC - DNC )		
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)										
	Yes	7%	( 3% - 13% )	4,304	19	385	6%	( 3% - 11% )		
	No	0%	( 0% - 3% )	0	2	402	2%	( 0% - 9% )		
Diagnoses										
Asthma										
Asthma Diagnosis										
	Yes	DSU	( DSU - DSU )	DSU	DSU	80	DSU	( DSU - DSU )		
	No	2.9%	( 1.4% - 6.0% )	3,569	934	758	4.2%	( 2.1% - 8.3% )		
Current Asthma										
	Yes	DSU	( DSU - DSU )	DSU	DSU	45	DSU	( DSU - DSU )		
	No	DSU	( DSU - DSU )	DSU	DSU	29	DSU	( DSU - DSU )		
Cardiovascular and Cerebrovascular Disease										
Cardiovascular Disease										
	Yes	6%	( 3% - 13% )	738	86	82	4%	( 2% - 8% )		
	No	2.9%	( 1.3% - 6.3% )	3,602	987	751	4.7%	( 2.3% - 9.5% )		
Heart Attack (Myocardial Infarction)										
	Yes	9%	( 4% - 19% )	763	66	56	5%	( 2% - 12% )		
	No	2.9%	( 1.3% - 6.1% )	3,700	1,024	784	4.5%	( 2.2% - 9.0% )		

**Prostate Cancer, Male Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instruments**

Screening Question:		Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?					
Response:		Yes					
		Observed Rate			Age-Adjusted Rate		
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI
Coronary Heart Disease (Angina)							
Yes	7%	( 3% - 15% )	665	63	59	4%	( 2% - 10% )
No	2.9%	( 1.3% - 6.2% )	3,702	1,025	777	4.4%	( 2.2% - 8.8% )
Stroke							
Yes	DSU	( DSU - DSU )	DSU	DSU	31	DSU	( DSU - DSU )
No	3.0%	( 1.5% - 6.1% )	4,052	1,049	809	4.3%	( 2.2% - 8.2% )
<b>Diabetes</b>							
Nongestational Diabetes							
Yes	DSU	( DSU - DSU )	DSU	DSU	85	DSU	( DSU - DSU )
No	2.7%	( 1.5% - 5.0% )	3,361	978	757	3.9%	( 2.2% - 6.9% )
Pre-Diabetes							
Yes	1%	( 0% - 6% )	108	92	66	1%	( 0% - 5% )
No	2.4%	( 1.3% - 4.5% )	2,668	877	680	3.7%	( 2.1% - 6.6% )
<b>Prostate Cancer</b>							
Prostate Cancer							
Yes	DSU	( DSU - DSU )	DSU	DSU	21	DSU	( DSU - DSU )
No	0.0%	( 0.0% - 0.0% )	0	0	826	0.0%	( 0.0% - 0.0% )
<b>Risk Factors</b>							
<b>Alcohol</b>							
Binge Drinking							
Yes	4%	( 1% - 13% )	954	154	143	8%	( 3% - 20% )
No	3.2%	( 1.5% - 6.7% )	3,545	918	683	4.0%	( 2.0% - 7.8% )
Heavy Drinking							
Yes	DSU	( DSU - DSU )	DSU	DSU	56	DSU	( DSU - DSU )
No	3.0%	( 1.5% - 6.2% )	3,842	907	755	4.0%	( 2.0% - 7.9% )
<b>Physical Activity</b>							
Leisure Time Exercise							
Yes	3.8%	( 1.8% - 7.8% )	3,869	0	606	5.5%	( 2.8% - 10.7% )
No	2%	( 1% - 5% )	711	1,108	233	2%	( 1% - 6% )

**Prostate Cancer, Male Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instruments**

Screening Question:	Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?												
	Response:					Yes							
Population at Risk (See Appendix)	Observed Rate					Age-Adjusted Rate							
	%	95% CI			Individuals	n	N	%	95% CI				
Tobacco Use													
Cigarette Smoking Status													
Current Smoker	2%	(	1%	-	9%)	465	328	181	5%	(	1%	-	16%)
Former Smoker	2%	(	1%	-	3%)	1,099	337	333	2%	(	1%	-	3%)
Never Smoked	4%	(	1%	-	11%)	2,340	431	326	7%	(	3%	-	17%)
Smokeless Tobacco Status													
Current User	2%	(	0%	-	7%)	215	66	70	6%	(	2%	-	21%)
Former User	5%	(	2%	-	11%)	1,945	162	237	6%	(	2%	-	13%)
Never Used	3%	(	1%	-	8%)	2,350	815	487	4%	(	2%	-	9%)
Weight Status													
Weight Status													
Normal (BMI <25)	6%	(	2%	-	14%)	1,587	283	178	6%	(	2%	-	13%)
Overweight (BMI 25 to 30)	4%	(	1%	-	9%)	2,867	351	409	6%	(	3%	-	13%)
Obese (BMI ≥30)	1%	(	0%	-	2%)	379	408	248	1%	(	0%	-	3%)
Obese I (BMI 30 TO < 35)	1%	(	0%	-	3%)	268	228	172	1%	(	0%	-	4%)
Obese II & III (BMI ≥35)	0%	(	0%	-	0%)	0	180	76	0%	(	0%	-	0%)

**Prostate Cancer, Male Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instruments**

Screening Question:		Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?					
Response:		Yes					
		<i>Observed Rate</i>			<i>Age-Adjusted Rate</i>		
<b>Population at Risk (See Appendix)</b>	%	95% CI	Individuals	n	N	%	95% CI

**Appendix**

**Definitions:**

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (*n*) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

**Notes:**

Data may include revisions, and may differ from those shown previously.

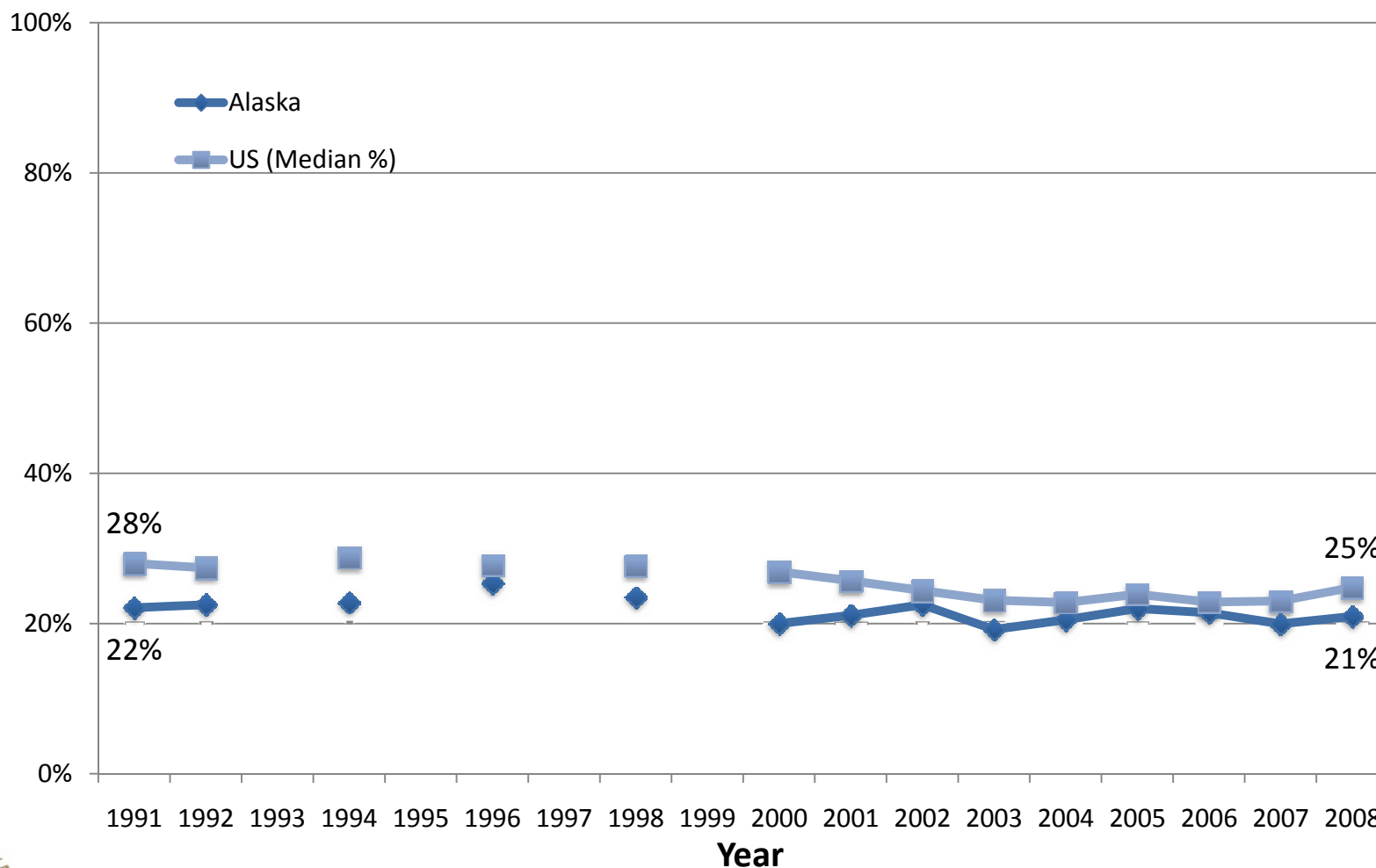
# Exercise – No Leisure Time Physical Activity



- **Indicator:** Proportion of adults who are physically inactive.
- **Data source:** 2008 Alaska Standard and Modified BRFSS surveys combined
- **BRFSS Question:** During the past month, other than your regular job, did you participate in any physical activities such as running, calisthenics, golf, gardening, or walking for exercise?
- **How are we doing?**
  - In 2008, 21% of Alaskan adults reported being physically inactive.
  - The prevalence of physical inactivity has remained steady since 1991.
- **How does Alaska compare with the US?**
  - Alaska has had a prevalence of physical inactivity that is consistently less than the US since 1991.
- **How are different populations affected?**
  - The prevalence of physical inactivity increased with age in 2008.
  - Alaska Native adults, those below poverty guidelines, those reporting fair or poor general health status, adults with a disability, and adults with diabetes had a significantly higher prevalence of physical inactivity than Alaskan adults not in these groups.
  - Current smokers had a higher prevalence of physical inactivity than non-smokers, as did obese adults compared to those who were not obese.



# No Leisure Time Physical Activity: Alaska vs. Nationwide, 1991 -2008 Alaska BRFSS





**No Leisure Time Physical Activity, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		22.1: Reduce the proportion of adults who are physically inactive to 20%.					
Healthy Alaskans 2010 Objective:		1.1: Reduce the proportion of adults who are physically inactive to 15%.					
Screening Question:		During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?					
Response:		No					
Population at Risk (See Appendix)	Observed Rate					Age-Adjusted Rate	
	%	95% CI	Individuals	n	N	%	95% CI
<b>Total</b>	<b>20.9%</b>	( 19.2% - 22.8% )	103,904	1,108	4,928	<b>21.9%</b>	( 20.2% - 23.8% )
<b>Demographics</b>							
<b>Gender</b>							
Female	<b>23.5%</b>	( 20.9% - 26.3% )	56,398	629	2,651	<b>24.4%</b>	( 21.8% - 27.2% )
Male	<b>18.6%</b>	( 16.3% - 21.0% )	47,507	479	2,277	<b>19.7%</b>	( 17.4% - 22.2% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>							
Persons aged 18 to 24 years	<b>20%</b>	( 13% - 29% )	13,342	53	277	<b>NA</b>	( NA - NA )
Persons aged 25 to 34 years	<b>16.5%</b>	( 12.8% - 20.8% )	17,032	134	803	<b>NA</b>	( NA - NA )
Persons aged 35 to 44 years	<b>18.8%</b>	( 15.5% - 22.6% )	18,154	178	923	<b>NA</b>	( NA - NA )
Persons aged 45 to 64 years	<b>21.4%</b>	( 19.1% - 23.9% )	38,717	500	2,271	<b>NA</b>	( NA - NA )
Persons aged 65 years and older	<b>34.3%</b>	( 29.5% - 39.5% )	16,717	243	654	<b>NA</b>	( NA - NA )
<b>Race and Ethnicity</b>							
American Indian or Alaska Native	<b>26.5%</b>	( 22.7% - 30.7% )	18,344	277	943	<b>28.7%</b>	( 24.8% - 33.0% )
Asian or Pacific Islander	<b>DSU</b>	( DSU - DSU )	DSU	DSU	125	<b>DSU</b>	( DSU - DSU )
Asian	<b>DSU</b>	( DSU - DSU )	DSU	DSU	98	<b>DSU</b>	( DSU - DSU )
Native Hawaiian or Other Pacific Islander	<b>DSU</b>	( DSU - DSU )	DSU	DSU	27	<b>DSU</b>	( DSU - DSU )
Black or African American	<b>DSU</b>	( DSU - DSU )	DSU	DSU	78	<b>DSU</b>	( DSU - DSU )
White	<b>18.6%</b>	( 16.7% - 20.7% )	69,317	713	3,554	<b>19.4%</b>	( 17.4% - 21.6% )
Hispanic or Latino	<b>DSU</b>	( DSU - DSU )	DSU	DSU	133	<b>DSU</b>	( DSU - DSU )
Not Hispanic or Latino	<b>20.5%</b>	( 18.8% - 22.4% )	97,091	1,053	4,723	<b>21.4%</b>	( 19.6% - 23.3% )
Black or African American, not Hispanic/Latino	<b>DSU</b>	( DSU - DSU )	DSU	DSU	33	<b>DSU</b>	( DSU - DSU )
White, not Hispanic or Latino	<b>18.6%</b>	( 16.6% - 20.8% )	66,767	680	3,426	<b>19.3%</b>	( 17.2% - 21.6% )
<b>Alaska Native</b>							
Yes	<b>26.1%</b>	( 22.5% - 30.1% )	20,292	305	1,039	<b>28.5%</b>	( 24.8% - 32.6% )
No	<b>20.0%</b>	( 18.1% - 22.1% )	82,800	793	3,841	<b>20.8%</b>	( 18.8% - 23.0% )

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Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		22.1: Reduce the proportion of adults who are physically inactive to 20%.						
Healthy Alaskans 2010 Objective:		1.1: Reduce the proportion of adults who are physically inactive to 15%.						
Screening Question:		During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?						
Response:		No						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	%	95% CI
<b>Geographic Location</b>								
Anchorage & Vicinity		21.0%	( 18.1% - 24.2% )	56,819	222	1,020	21.7%	( 18.8% - 24.9% )
Fairbanks & Vicinity		19.2%	( 16.5% - 22.2% )	13,183	220	1,012	20.6%	( 18.0% - 23.6% )
Gulf Coast		19.6%	( 17.0% - 22.6% )	11,085	222	1,015	20.4%	( 17.6% - 23.5% )
Rural		26.6%	( 23.4% - 30.0% )	12,635	252	964	28.8%	( 25.4% - 32.5% )
Southeast		19.1%	( 16.5% - 22.1% )	10,183	192	917	19.2%	( 16.5% - 22.2% )
<b>Urban/Rural</b>								
Metropolitan Statistical Area		20.0%	( 17.7% - 22.5% )	66,526	420	1,970	21.0%	( 18.6% - 23.5% )
Micropolitan Statistical Area & Urban Clusters		21.0%	( 18.8% - 23.5% )	17,192	328	1,454	22.2%	( 19.8% - 24.9% )
Rural		24.5%	( 20.7% - 28.8% )	20,187	360	1,504	25.4%	( 21.7% - 29.6% )
<b>Education Level (persons aged 25 years and older)</b>								
Less than high school		34%	( 27% - 41% )	9,313	126	327	33%	( 27% - 40% )
High school graduate		29.9%	( 26.3% - 33.7% )	37,339	407	1,367	31.0%	( 27.5% - 34.8% )
At least some college		20.0%	( 17.2% - 23.2% )	26,155	312	1,376	20.9%	( 17.9% - 24.2% )
College Graduate		12.0%	( 9.9% - 14.5% )	17,590	206	1,569	13.3%	( 10.9% - 16.1% )
<b>Employment Status</b>								
Employed		17.8%	( 15.8% - 19.9% )	59,258	606	3,256	19.8%	( 17.3% - 22.6% )
Unemployed		28%	( 22% - 36% )	10,066	98	345	28%	( 22% - 35% )
Not in Workforce (Student, Homemaker, Retired)		24.0%	( 19.9% - 28.7% )	26,008	285	1,088	21.0%	( 17.0% - 25.6% )
Unable to work		43%	( 33% - 52% )	7,337	106	217	45%	( 38% - 52% )
<b>Marital Status</b>								
Married or Unwed Couple		18.6%	( 16.7% - 20.6% )	61,883	579	2,956	19.5%	( 17.3% - 22.0% )
Divorced/Separated		26.7%	( 22.4% - 31.6% )	14,969	219	847	26.5%	( 19.7% - 34.7% )
Widowed		37%	( 30% - 46% )	6,610	120	308	18%	( 13% - 25% )
Never Married		22.8%	( 17.5% - 29.1% )	19,946	183	790	24.7%	( 19.5% - 30.8% )

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Healthy Alaskans 2010 Objective:		1.1: Reduce the proportion of adults who are physically inactive to 15%.					
Screening Question:		During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?					
Response:		No					
Population at Risk (See Appendix)		Observed Rate			Age-Adjusted Rate		
		%	95% CI	Individuals	n	N	% 95% CI
<b>Income Level</b>							
<\$15,000		36%	( 29% - 45% )	11,006	135	382	38% ( 31% - 46% )
\$15,000 - \$24,999		32.6%	( 26.5% - 39.3% )	14,345	172	524	35.8% ( 29.9% - 42.2% )
\$25,000 - \$49,999		23.1%	( 19.3% - 27.3% )	24,774	272	1,085	24.2% ( 20.6% - 28.0% )
\$50,000 - \$74,999		19.6%	( 15.8% - 24.0% )	16,217	162	855	18.6% ( 15.1% - 22.8% )
\$75,000		12.0%	( 9.9% - 14.5% )	20,640	208	1,531	13.0% ( 10.2% - 16.6% )
<b>Poverty Threshold</b>							
Poor (<100% Poverty Threshold)		31%	( 23% - 39% )	10,947	111	355	35% ( 27% - 43% )
Near Poor (100% to 199% Poverty Threshold)		30.9%	( 25.6% - 36.8% )	21,075	229	706	33.5% ( 28.4% - 39.0% )
Middle/High Income (≥200% Poverty Threshold)		16.6%	( 14.8% - 18.5% )	55,203	609	3,316	17.4% ( 15.4% - 19.6% )
<b>Below Poverty Guidelines</b>							
Yes		32%	( 26% - 39% )	16,089	158	485	36% ( 30% - 43% )
No		18.4%	( 16.6% - 20.3% )	70,996	791	3,892	19.3% ( 17.4% - 21.4% )
<b>Veteran</b>							
Yes		21%	( 17% - 26% )	20,268	121	491	18% ( 14% - 23% )
No		24.8%	( 22.0% - 27.9% )	98,964	558	2,155	26.5% ( 23.7% - 29.5% )
<b>Health Status</b>							
<b>General Health</b>							
Excellent to Very Good		15.7%	( 13.5% - 18.2% )	43,752	406	2,594	16.6% ( 14.4% - 19.0% )
Good		22.6%	( 19.8% - 25.7% )	33,612	396	1,549	23.4% ( 20.3% - 26.8% )
Fair/Poor		38.4%	( 32.9% - 44.1% )	25,715	294	763	38.4% ( 31.9% - 45.3% )
<b>Healthy Days (Mean Number of Days)</b>							
Physical Health Not Good		5.7	( 4.9 - 6.6 )			1050	5.7 ( 4.8 - 6.5 )
Mental Health Not Good		4.6	( 3.7 - 5.5 )			1052	4.6 ( 3.7 - 5.6 )
Unhealthy Days (Physical or Mental Health Not Good)		8.6	( 7.4 - 9.8 )			1015	8.5 ( 7.3 - 9.7 )
Days with Activity Limitation		4.4	( 3.5 - 5.3 )			1071	4.3 ( 3.4 - 5.3 )

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Healthy Alaskans 2010 Objective:		1.1: Reduce the proportion of adults who are physically inactive to 15%.						
Screening Question:		During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?						
Response:		No						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	%	95% CI
Healthy Days (Percentage with 14 or More Days)								
Physical Health Not Good		35.6%	( 29.9% - 41.8% )	17,355	200	528	33.5%	( 28.0% - 39.6% )
Mental Health Not Good		35%	( 28% - 42% )	14,937	152	469	36%	( 29% - 43% )
Unhealthy Days (Physical or Mental Health Not Good)		33.4%	( 28.6% - 38.6% )	26,415	273	837	34.3%	( 29.2% - 39.9% )
Activity Limitation		44%	( 36% - 53% )	14,833	142	336	45%	( 38% - 53% )
Disability								
Disabled								
Yes		35.9%	( 30.5% - 41.7% )	41,259	246	689	34.8%	( 28.3% - 41.9% )
No		20.4%	( 17.8% - 23.4% )	77,063	425	1,934	22.2%	( 19.5% - 25.2% )
Activity Limitation								
Yes		29.7%	( 26.0% - 33.7% )	33,433	377	1,196	29.7%	( 25.4% - 34.3% )
No		18.3%	( 16.3% - 20.4% )	69,307	712	3,677	19.7%	( 17.7% - 21.8% )
Require Special Equipment								
Yes		DSU	( DSU - DSU )	DSU	DSU	196	DSU	( DSU - DSU )
No		22.9%	( 20.4% - 25.7% )	106,041	588	2,448	23.8%	( 21.3% - 26.6% )
Mental Health								
Depression Measure (PHQ-8)								
No Depression		18.8%	( 16.3% - 21.5% )	61,113	364	1,730	76.2%	( 73.4% - 78.7% )
Mild Depression		24%	( 18% - 31% )	16,844	94	345	22%	( 19% - 25% )
Moderate to Severe Depression		DSU	( DSU - DSU )	DSU	DSU	165	DSU	( DSU - DSU )
Social and Emotional Support								
Always/Usually		20.5%	( 18.0% - 23.2% )	79,656	445	1,989	21.6%	( 19.0% - 24.4% )
Sometimes/Rarely/Never		40.3%	( 33.0% - 48.0% )	35,022	196	531	42.1%	( 35.5% - 49.0% )
Life Satisfaction								
Very Satisfied / Satisfied		22.2%	( 19.8% - 24.7% )	101,485	589	2,431	23.2%	( 20.8% - 25.7% )
Dissatisfied / Very Dissatisfied		DSU	( DSU - DSU )	DSU	DSU	117	DSU	( DSU - DSU )

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Screening Question:		During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?						
Response:		No						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	%	95% CI
Healthcare								
Healthcare Coverage								
Health Plan								
Yes	20.0%	( 18.1% - 22.0% )	80,947	902	4,134	20.7%	( 18.7% - 22.8% )	
No	24.8%	( 20.2% - 30.0% )	21,691	195	764	31.8%	( 26.6% - 37.5% )	
Immunization								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	34%	( 26% - 43% )	10,985	84	228	34%	( 26% - 43% )	
No	DSU	( DSU - DSU )	DSU	DSU	128	DSU	( DSU - DSU )	
Ever Had Pneumonia Shot (Ages 65+)								
Yes	38%	( 30% - 48% )	11,253	174	214	38%	( 30% - 48% )	
No	DSU	( DSU - DSU )	DSU	DSU	128	DSU	( DSU - DSU )	
Ever Had Hepatitis B Shot								
Yes	20.3%	( 16.2% - 25.1% )	36,967	179	901	21.8%	( 17.6% - 26.7% )	
No	26.7%	( 23.1% - 30.6% )	56,794	363	1,233	26.0%	( 22.2% - 30.2% )	
Screening								
AIDS/HIV Screening (Ages 18-64)								
Yes	20.4%	( 16.7% - 24.7% )	38,805	201	972	21.3%	( 17.3% - 25.9% )	
No	24.2%	( 20.5% - 28.4% )	56,225	296	1,164	24.4%	( 20.4% - 28.8% )	
Clinical Breast Exam Annually (Women Ages 40+)								
Yes	29.8%	( 24.6% - 35.5% )	23,713	163	560	32.0%	( 26.5% - 38.0% )	
No	31%	( 25% - 39% )	15,819	106	358	32%	( 26% - 40% )	
Colorectal Screening (Ages 50+)								
Yes	26.4%	( 22.1% - 31.2% )	25,604	203	691	27.8%	( 23.3% - 32.8% )	
No	35.6%	( 29.8% - 41.8% )	25,314	163	513	39.3%	( 32.7% - 46.3% )	
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)								
Yes	23%	( 17% - 31% )	10,770	73	282	22%	( 16% - 31% )	
No	29.1%	( 23.8% - 35.0% )	24,050	155	525	31.9%	( 26.1% - 38.2% )	

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Healthy Alaskans 2010 Objective:		1.1: Reduce the proportion of adults who are physically inactive to 15%.					
Screening Question:		During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?					
Response:		No					
		Observed Rate			Age-Adjusted Rate		
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI
Home Occult Blood Test (Ages 50+)							
Yes	26%	( 19% - 35% )	6,992	56	192	29%	( 22% - 37% )
No	30.4%	( 26.4% - 34.8% )	42,401	300	992	31.1%	( 26.8% - 35.7% )
Mammogram within Past 2 Years (Women Ages 40+)							
Yes	27.4%	( 22.7% - 32.6% )	24,349	184	648	28.8%	( 23.9% - 34.2% )
No	36%	( 28% - 45% )	15,397	86	276	38%	( 30% - 47% )
Oral Cancer Exam Annually							
Yes	15.8%	( 12.4% - 20.0% )	19,479	115	674	15.5%	( 12.1% - 19.6% )
No	27.1%	( 23.9% - 30.6% )	90,201	499	1,748	28.7%	( 25.5% - 32.1% )
Pap Test within Past 3 Years (Women Ages 18+)							
Yes	19.1%	( 15.8% - 22.9% )	30,087	195	913	20.4%	( 16.9% - 24.4% )
No	DSU	( DSU - DSU )	DSU	DSU	172	DSU	( DSU - DSU )
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)							
Yes	23%	( 18% - 29% )	14,075	98	383	22%	( 16% - 29% )
No	31%	( 25% - 38% )	20,236	123	399	32%	( 25% - 39% )
<b>Diagnoses</b>							
<b>Asthma</b>							
Asthma Diagnosis							
Yes	24.6%	( 19.5% - 30.6% )	18,304	166	652	26.3%	( 21.4% - 31.9% )
No	20.3%	( 18.5% - 22.2% )	84,901	934	4,243	21.2%	( 19.3% - 23.2% )
Current Asthma							
Yes	31%	( 24% - 39% )	13,358	120	410	33%	( 26% - 40% )
No	17%	( 10% - 27% )	4,929	43	215	19%	( 13% - 27% )
<b>Cardiovascular and Cerebrovascular Disease</b>							
Cardiovascular Disease							
Yes	26%	( 20% - 33% )	5,527	86	269	22%	( 14% - 32% )
No	20.5%	( 18.7% - 22.4% )	96,151	987	4,581	21.8%	( 20.0% - 23.8% )

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Healthy Alaskans 2010 Objective:		1.1: Reduce the proportion of adults who are physically inactive to 15%.					
Screening Question:		During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?					
Response:		No					
Population at Risk (See Appendix)		Observed Rate			Age-Adjusted Rate		
		%	95% CI	Individuals	n	N	%
Heart Attack (Myocardial Infarction)							
Yes		30%	( 22% - 39% )	4,234	66	179	DSU ( DSU - DSU )
No		20.6%	( 18.8% - 22.5% )	98,513	1,024	4,710	21.8% ( 19.9% - 23.7% )
Coronary Heart Disease (Angina)							
Yes		25%	( 18% - 34% )	3,803	63	197	DSU ( DSU - DSU )
No		20.7%	( 18.9% - 22.6% )	98,806	1,025	4,685	22.0% ( 20.2% - 23.9% )
Stroke							
Yes		DSU	( DSU - DSU )	DSU	DSU	130	DSU ( DSU - DSU )
No		20.5%	( 18.8% - 22.4% )	99,437	1,049	4,780	21.4% ( 19.7% - 23.3% )
<b>Diabetes</b>							
Nongestational Diabetes							
Yes		34%	( 26% - 42% )	9,665	126	329	41% ( 31% - 51% )
No		20.2%	( 18.4% - 22.1% )	94,130	978	4,586	21.2% ( 19.4% - 23.1% )
Pre-Diabetes							
Yes		24%	( 18% - 32% )	8,852	92	376	23% ( 17% - 30% )
No		19.7%	( 17.8% - 21.6% )	84,223	877	4,188	20.7% ( 18.9% - 22.7% )
<b>Prostate Cancer</b>							
Prostate Cancer							
Yes		DSU	( DSU - DSU )	DSU	DSU	21	DSU ( DSU - DSU )
No		26.6%	( 22.5% - 31.1% )	34,943	228	818	28.7% ( 23.7% - 34.2% )
<b>Risk Factors</b>							
<b>Alcohol</b>							
Binge Drinking							
Yes		16.8%	( 13.5% - 20.7% )	13,259	154	778	18.4% ( 14.3% - 23.3% )
No		21.6%	( 19.6% - 23.7% )	88,446	918	4,043	22.4% ( 20.4% - 24.5% )
Heavy Drinking							
Yes		22%	( 16% - 29% )	6,183	81	308	22% ( 16% - 28% )
No		21.5%	( 19.6% - 23.6% )	86,833	907	3,951	22.6% ( 20.6% - 24.7% )

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Healthy Alaskans 2010 Objective:		1.1: Reduce the proportion of adults who are physically inactive to 15%.						
Screening Question:		During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?						
Response:		No						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI	
<b>Physical Activity</b>								
Leisure Time Exercise								
Yes	0.0%	( 0.0% - 0.0% )	0	0	3,820	0.0%	( 0.0% - 0.0% )	
No	100.0%	( 0.0% - 0.0% )	103,904	1,108	1,108	100.0%	( 0.0% - 0.0% )	
<b>Tobacco Use</b>								
Cigarette Smoking Status								
Current Smoker	26.1%	( 22.3% - 30.2% )	28,147	328	1,108	28.8%	( 24.8% - 33.1% )	
Former Smoker	22.4%	( 19.5% - 25.6% )	30,018	337	1,500	21.8%	( 18.5% - 25.5% )	
Never Smoked	17.8%	( 15.3% - 20.6% )	44,790	431	2,290	18.9%	( 16.5% - 21.7% )	
Smokeless Tobacco Status								
Current User	23%	( 17% - 31% )	5,669	66	253	25%	( 19% - 33% )	
Former User	18.9%	( 14.9% - 23.8% )	17,113	162	864	20.5%	( 16.3% - 25.5% )	
Never Used	20.9%	( 18.9% - 23.1% )	75,305	815	3,603	21.7%	( 19.6% - 23.9% )	
<b>Weight Status</b>								
Weight Status								
Normal (BMI <25)	16.7%	( 13.8% - 20.1% )	27,950	283	1,592	17.5%	( 14.9% - 20.5% )	
Overweight (BMI 25 to 30)	19.3%	( 16.6% - 22.4% )	34,460	351	1,764	20.3%	( 17.4% - 23.5% )	
Obese (BMI ≥30)	27.5%	( 24.0% - 31.2% )	36,567	408	1,379	28.5%	( 24.8% - 32.5% )	
Obese I (BMI 30 TO < 35)	25.0%	( 21.1% - 29.4% )	20,708	228	853	25.5%	( 21.7% - 29.8% )	
Obese II & III (BMI ≥35)	31.5%	( 25.4% - 38.3% )	15,859	180	526	32.9%	( 26.3% - 40.2% )	



**No Leisure Time Physical Activity, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

<b>Healthy People 2010 Objective:</b>		<b>22.1: Reduce the proportion of adults who are physically inactive to 20%.</b>					
<b>Healthy Alaskans 2010 Objective:</b>		<b>1.1: Reduce the proportion of adults who are physically inactive to 15%.</b>					
<b>Screening Question:</b>		<b>During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?</b>					
<b>Response:</b>		<b>No</b>					
		<i>Observed Rate</i>				<i>Age-Adjusted Rate</i>	
<b>Population at Risk (See Appendix)</b>		<b>%</b>	<b>95% CI</b>	<b>Individuals</b>	<b>n</b>	<b>N</b>	<b>%</b>
							<b>95% CI</b>
<b>Appendix</b>							

**Definitions:**

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (n) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

**Notes:**

Data may include revisions, and may differ from those shown previously.

# Obesity and Overweight



- **Indicators:**
  - Proportion of adults who are overweight (BMI 25 – 29.9).
  - Proportion of adults who are obese (BMI 30.0+).
- **Data source:** 2008 Alaska Standard and Modified BRFSS surveys combined
- **BRFSS Questions:**
  - About how much do you weigh without shoes?
  - About how tall are you without shoes?
- **How are we doing?**
  - In 2008, 37% of Alaskan adults were overweight, 28% were obese.
  - The prevalence of overweight in Alaskan adults has remained stable since 1991.
  - The prevalence of obesity has more than doubled since 1991.
- **How does Alaska compare with the US?**
  - As in Alaska, the prevalence of overweight in the US has remained stable since 1991; there were only slight differences between Alaska and the US in the prevalence of overweight during this same time period.
  - The prevalence of obesity in both Alaska and the US has gone steadily up since 1991; there were only slight differences between Alaska and the US in the prevalence of obesity during this same time period.



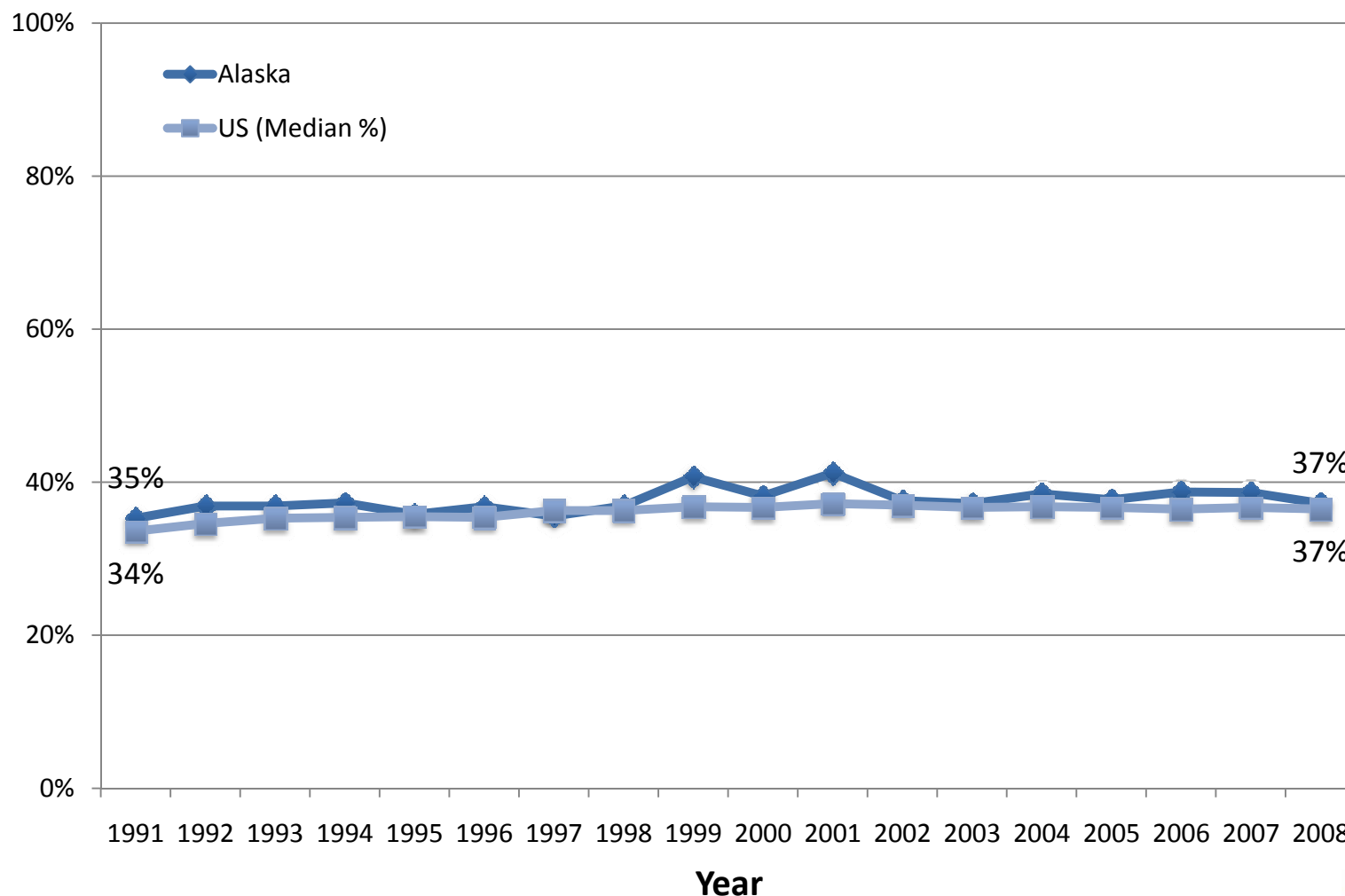
# Obesity and Overweight



- **How are different populations affected?**
  - Males were significantly more likely to be overweight than females; as were veterans compared to non-veterans.
  - Alaskan adults reporting excellent or very good health were more likely to be overweight or obese than those reporting fair or poor health.
  - Having asthma and having diabetes were associated with a lower prevalence of overweight.
  - Alaskans age 18 to 24 years were less likely to be obese than those age 35 years and older.
  - In 2008 Non-Native adults and those who were college graduates were less likely to be obese than Alaskan adults not in these groups.
  - Having a disability, receiving a flu shot or a pneumonia shot in the past 12 months, and having cardiovascular disease, diabetes or pre-diabetes were associated with being obese in 2008.
  - In 2008, 49% of men and 46% of women reported a change in weight in the 12 months prior to the interview.
  - Of men whose weight changed, 21% lost weight and 29% gained weight. In comparison, 25% of women with a weight changed lost weight and 31% gained weight.
  - For both men and women, the majority of those who lost weight did so intentionally, while the majority who gained weight did not do so intentionally.



# Overweight (25-29.9 BMI): Alaska vs. Nationwide, 1991 – 2008 Alaska BRFSS



**Overweight, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

<b>Healthy Alaskans 2010 Objective:</b>		<b>2.1a: Reduce the proportion of adults who meet criteria for overweight to 30%.</b>					
<b>Screening Question:</b>		<b>Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?</b>					
<b>Response:</b>		<b>25.0 - 29.9 kg/m<sup>2</sup></b>					
<b>Population at Risk (See Appendix)</b>	<b>Observed Rate</b>		<b>Age-Adjusted Rate</b>				
	<b>%</b>	<b>95% CI</b>	<b>Individuals</b>	<b>n</b>	<b>N</b>	<b>%</b>	<b>95% CI</b>
<b>Total</b>	<b>37.2%</b>	( 35.1% - 39.4% )	179,067	1,769	4,752	<b>37.1%</b>	( 35.0% - 39.3% )
<b>Demographics</b>							
<b>Gender</b>							
Female	<b>28.2%</b>	( 25.6% - 30.9% )	64,036	738	2,503	<b>28.0%</b>	( 25.4% - 30.7% )
Male	<b>45.3%</b>	( 42.1% - 48.6% )	115,031	1,031	2,249	<b>45.5%</b>	( 42.4% - 48.6% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>							
Persons aged 18 to 24 years	<b>31%</b>	( 23% - 39% )	20,454	88	270	<b>NA</b>	( NA - NA )
Persons aged 25 to 34 years	<b>34.9%</b>	( 30.3% - 39.8% )	35,136	268	785	<b>NA</b>	( NA - NA )
Persons aged 35 to 44 years	<b>37.7%</b>	( 33.2% - 42.4% )	34,981	321	880	<b>NA</b>	( NA - NA )
Persons aged 45 to 64 years	<b>40.9%</b>	( 37.9% - 44.0% )	70,884	849	2,178	<b>NA</b>	( NA - NA )
Persons aged 65 years and older	<b>36.9%</b>	( 31.8% - 42.3% )	17,738	243	639	<b>NA</b>	( NA - NA )
<b>Race and Ethnicity</b>							
American Indian or Alaska Native	<b>34.1%</b>	( 29.6% - 39.0% )	22,500	313	904	<b>34.0%</b>	( 29.6% - 38.8% )
Asian or Pacific Islander	<b>DSU</b>	( DSU - DSU )	DSU	DSU	123	<b>DSU</b>	( DSU - DSU )
Asian	<b>DSU</b>	( DSU - DSU )	DSU	DSU	97	<b>DSU</b>	( DSU - DSU )
Native Hawaiian or Other Pacific Islander	<b>DSU</b>	( DSU - DSU )	DSU	DSU	26	<b>DSU</b>	( DSU - DSU )
Black or African American	<b>DSU</b>	( DSU - DSU )	DSU	DSU	77	<b>DSU</b>	( DSU - DSU )
White	<b>37.9%</b>	( 35.5% - 40.4% )	137,437	1,306	3,441	<b>37.5%</b>	( 35.1% - 40.1% )
Hispanic or Latino	<b>DSU</b>	( DSU - DSU )	DSU	DSU	125	<b>DSU</b>	( DSU - DSU )
Not Hispanic or Latino	<b>36.9%</b>	( 34.8% - 39.1% )	169,617	1,690	4,564	<b>36.8%</b>	( 34.7% - 39.0% )
Black or African American, not Hispanic/Latino	<b>DSU</b>	( DSU - DSU )	DSU	DSU	34	<b>DSU</b>	( DSU - DSU )
White, not Hispanic or Latino	<b>37.9%</b>	( 35.4% - 40.5% )	132,589	1,262	3,321	<b>37.5%</b>	( 35.0% - 40.1% )
<b>Alaska Native</b>							
Yes	<b>34.3%</b>	( 29.9% - 39.1% )	25,507	344	999	<b>34.4%</b>	( 30.2% - 39.0% )
No	<b>37.8%</b>	( 35.4% - 40.2% )	152,174	1,414	3,717	<b>37.5%</b>	( 35.2% - 39.9% )

**Overweight, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

<b>Healthy Alaskans 2010 Objective:</b>		<b>2.1a: Reduce the proportion of adults who meet criteria for overweight to 30%.</b>					
<b>Screening Question:</b>		<b>Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?</b>					
<b>Response:</b>		<b>25.0 - 29.9 kg/m<sup>2</sup></b>					
<b>Population at Risk (See Appendix)</b>	<b>Observed Rate</b>		<b>Age-Adjusted Rate</b>				
	<b>%</b>	<b>95% CI</b>	<b>Individuals</b>	<b>n</b>	<b>N</b>	<b>%</b>	<b>95% CI</b>
<b>Geographic Location</b>							
Anchorage & Vicinity	<b>37.6%</b>	( 34.1% - 41.3% )	99,009	380	990	<b>37.2%</b>	( 33.7% - 40.7% )
Fairbanks & Vicinity	<b>36.7%</b>	( 33.0% - 40.6% )	24,257	372	975	<b>37.8%</b>	( 34.3% - 41.5% )
Gulf Coast	<b>35.6%</b>	( 32.2% - 39.2% )	19,501	356	981	<b>35.0%</b>	( 31.5% - 38.7% )
Rural	<b>35.7%</b>	( 32.1% - 39.4% )	16,234	321	929	<b>37.0%</b>	( 33.2% - 41.0% )
Southeast	<b>39.2%</b>	( 35.6% - 42.9% )	20,067	340	877	<b>38.4%</b>	( 34.6% - 42.4% )
<b>Urban/Rural</b>							
Metropolitan Statistical Area	<b>37.7%</b>	( 34.7% - 40.7% )	121,738	736	1,905	<b>37.4%</b>	( 34.5% - 40.4% )
Micropolitan Statistical Area & Urban Clusters	<b>38.6%</b>	( 35.7% - 41.6% )	30,401	540	1,397	<b>38.1%</b>	( 35.2% - 41.2% )
Rural	<b>34.0%</b>	( 30.8% - 37.3% )	26,928	493	1,450	<b>34.1%</b>	( 31.0% - 37.5% )
<b>Education Level (persons aged 25 years and older)</b>							
Less than high school	<b>35%</b>	( 27% - 43% )	8,975	93	307	<b>34%</b>	( 27% - 43% )
High school graduate	<b>38.7%</b>	( 34.9% - 42.7% )	47,271	485	1,324	<b>39.1%</b>	( 35.3% - 43.0% )
At least some college	<b>37.8%</b>	( 34.0% - 41.7% )	47,019	501	1,321	<b>37.2%</b>	( 33.3% - 41.3% )
College Graduate	<b>38.9%</b>	( 35.4% - 42.5% )	55,290	598	1,522	<b>37.9%</b>	( 34.5% - 41.5% )
<b>Employment Status</b>							
Employed	<b>38.7%</b>	( 36.1% - 41.3% )	125,987	1,215	3,160	<b>36.8%</b>	( 34.0% - 39.6% )
Unemployed	<b>33%</b>	( 25% - 42% )	11,339	110	329	<b>33%</b>	( 25% - 41% )
Not in Workforce (Student, Homemaker, Retired)	<b>34.3%</b>	( 29.9% - 39.0% )	35,486	380	1,037	<b>31.6%</b>	( 27.2% - 36.4% )
Unable to work	<b>DSU</b>	( DSU - DSU )	DSU	DSU	210	<b>DSU</b>	( DSU - DSU )
<b>Marital Status</b>							
Married or Unwed Couple	<b>38.8%</b>	( 36.2% - 41.5% )	125,138	1,095	2,855	<b>38.7%</b>	( 35.8% - 41.7% )
Divorced/Separated	<b>39.2%</b>	( 34.1% - 44.4% )	21,437	317	826	<b>41.3%</b>	( 33.3% - 49.9% )
Widowed	<b>33%</b>	( 26% - 42% )	5,595	98	293	<b>22%</b>	( 16% - 30% )
Never Married	<b>31.0%</b>	( 25.8% - 36.8% )	26,495	254	758	<b>34.7%</b>	( 28.9% - 40.8% )

**Overweight, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

<b>Healthy Alaskans 2010 Objective:</b>		<b>2.1a: Reduce the proportion of adults who meet criteria for overweight to 30%.</b>					
<b>Screening Question:</b>		<b>Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?</b>					
<b>Response:</b>		<b>25.0 - 29.9 kg/m<sup>2</sup></b>					
<b>Population at Risk (See Appendix)</b>	<b>Observed Rate</b>		<b>Age-Adjusted Rate</b>				
	<b>%</b>	<b>95% CI</b>	<b>Individuals</b>	<b>n</b>	<b>N</b>	<b>%</b>	<b>95% CI</b>
<b>Income Level</b>							
<\$15,000	<b>35%</b>	( 28% - 44% )	10,408	121	372	<b>35%</b>	( 28% - 43% )
\$15,000 - \$24,999	<b>34.4%</b>	( 28.1% - 41.3% )	14,563	172	505	<b>35.3%</b>	( 29.4% - 41.7% )
\$25,000 - \$49,999	<b>35.2%</b>	( 30.8% - 39.9% )	36,848	386	1,050	<b>34.8%</b>	( 30.7% - 39.1% )
\$50,000 - \$74,999	<b>40.9%</b>	( 36.1% - 45.9% )	33,353	332	839	<b>41.0%</b>	( 35.8% - 46.5% )
\$75,000	<b>41.4%</b>	( 37.8% - 45.1% )	69,758	609	1,500	<b>39.2%</b>	( 35.0% - 43.6% )
<b>Poverty Threshold</b>							
Poor (<100% Poverty Threshold)	<b>38%</b>	( 29% - 47% )	13,034	118	344	<b>38%</b>	( 30% - 46% )
Near Poor (100% to 199% Poverty Threshold)	<b>31.2%</b>	( 26.1% - 36.9% )	20,341	224	678	<b>32.6%</b>	( 27.7% - 37.9% )
Middle/High Income (>=200% Poverty Threshold)	<b>40.3%</b>	( 37.8% - 42.9% )	131,835	1,278	3,244	<b>39.9%</b>	( 37.2% - 42.7% )
<b>Below Poverty Guidelines</b>							
Yes	<b>36%</b>	( 29% - 44% )	17,603	158	469	<b>37%</b>	( 31% - 44% )
No	<b>39.0%</b>	( 36.7% - 41.4% )	147,407	1,462	3,797	<b>38.7%</b>	( 36.2% - 41.2% )
<b>Veteran</b>							
Yes	<b>49%</b>	( 43% - 56% )	46,431	236	491	<b>49%</b>	( 41% - 57% )
No	<b>35.7%</b>	( 32.5% - 39.0% )	138,858	734	2,083	<b>35.7%</b>	( 32.6% - 38.9% )
<b>Health Status</b>							
<b>General Health</b>							
Excellent to Very Good	<b>39.8%</b>	( 36.8% - 42.8% )	107,935	1,020	2,523	<b>40.5%</b>	( 37.6% - 43.4% )
Good	<b>37.3%</b>	( 33.7% - 41.1% )	53,424	516	1,475	<b>37.1%</b>	( 33.3% - 41.0% )
Fair/Poor	<b>26.4%</b>	( 22.1% - 31.2% )	17,173	227	733	<b>25.4%</b>	( 20.8% - 30.6% )
<b>Healthy Days (Mean Number of Days)</b>							
Physical Health Not Good	<b>3.1</b>	( 2.5 - 3.6 )			1715	<b>3.1</b>	( 2.5 - 3.6 )
Mental Health Not Good	<b>2.8</b>	( 2.3 - 3.4 )			1709	<b>2.7</b>	( 2.2 - 3.3 )
Unhealthy Days (Physical or Mental Health Not Good)	<b>5.0</b>	( 4.4 - 5.7 )			1672	<b>5.0</b>	( 4.3 - 5.7 )
Days with Activity Limitation	<b>2.2</b>	( 1.7 - 2.7 )			1745	<b>2.2</b>	( 1.6 - 2.8 )

**Overweight, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy Alaskans 2010 Objective:		2.1a: Reduce the proportion of adults who meet criteria for overweight to 30%.						
Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?						
Response:		25.0 - 29.9 kg/m <sup>2</sup>						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI	
<b>Healthy Days (Percentage with 14 or More Days)</b>								
Physical Health Not Good	33.5%	( 27.6% - 40.0% )	15,793	175	508	32.1%	( 25.8% - 39.1% )	
Mental Health Not Good	32%	( 26% - 39% )	13,286	157	454	31%	( 25% - 38% )	
Unhealthy Days (Physical or Mental Health Not Good)	32.0%	( 27.3% - 37.2% )	24,551	271	808	31.5%	( 26.5% - 36.9% )	
Activity Limitation	37%	( 29% - 46% )	11,930	117	321	38%	( 29% - 47% )	
<b>Disability</b>								
Disabled								
Yes	36.1%	( 30.8% - 41.8% )	40,043	242	672	33.8%	( 28.5% - 39.5% )	
No	39.1%	( 35.7% - 42.6% )	144,580	718	1,879	38.8%	( 35.5% - 42.2% )	
Activity Limitation								
Yes	33.4%	( 29.4% - 37.5% )	36,523	412	1,161	31.6%	( 27.5% - 35.9% )	
No	38.5%	( 36.0% - 41.0% )	141,531	1,342	3,541	38.4%	( 36.0% - 40.9% )	
Require Special Equipment								
Yes	DSU	( DSU - DSU )	DSU	DSU	187	DSU	( DSU - DSU )	
No	38.9%	( 35.9% - 42.0% )	176,172	907	2,384	38.7%	( 35.8% - 41.8% )	
<b>Mental Health</b>								
Depression Measure (PHQ-8)								
No Depression	40.4%	( 36.9% - 44.0% )	128,931	663	1,685	61.3%	( 58.2% - 64.2% )	
Mild Depression	31%	( 24% - 39% )	21,220	115	338	39%	( 36% - 42% )	
Moderate to Severe Depression	DSU	( DSU - DSU )	DSU	DSU	163	DSU	( DSU - DSU )	
Social and Emotional Support								
Always/Usually	38.4%	( 35.1% - 41.8% )	146,261	731	1,939	38.1%	( 34.9% - 41.4% )	
Sometimes/Rarely/Never	40.1%	( 33.0% - 47.6% )	34,109	206	516	41.1%	( 34.4% - 48.1% )	
Life Satisfaction								
Very Satisfied / Satisfied	38.4%	( 35.4% - 41.4% )	171,800	903	2,366	38.2%	( 35.3% - 41.2% )	
Dissatisfied / Very Dissatisfied	DSU	( DSU - DSU )	DSU	DSU	114	DSU	( DSU - DSU )	



**Overweight, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

<b>Healthy Alaskans 2010 Objective:</b>		<b>2.1a: Reduce the proportion of adults who meet criteria for overweight to 30%.</b>					
<b>Screening Question:</b>		<b>Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?</b>					
<b>Response:</b>		<b>25.0 - 29.9 kg/m<sup>2</sup></b>					
		<i>Observed Rate</i>			<i>Age-Adjusted Rate</i>		
<b>Population at Risk (See Appendix)</b>	<b>%</b>	<b>95% CI</b>	<b>Individuals</b>	<b>n</b>	<b>N</b>	<b>%</b>	<b>95% CI</b>
<b>Healthcare</b>							
<b>Healthcare Coverage</b>							
Health Plan							
Yes	<b>37.9%</b>	( 35.6% - 40.2% )	148,837	1,506	3,994	<b>37.3%</b>	( 35.0% - 39.7% )
No	<b>33.2%</b>	( 27.9% - 39.0% )	28,104	247	729	<b>34.0%</b>	( 28.1% - 40.4% )
<b>Immunization</b>							
Flu Shot Within Past 12 Months (Ages 65+)							
Yes	<b>38.3%</b>	( 33.9% - 42.8% )	69,889	381	1,020	<b>36.8%</b>	( 32.6% - 41.2% )
No	<b>38.8%</b>	( 35.0% - 42.9% )	114,588	579	1,514	<b>39.2%</b>	( 35.5% - 43.0% )
Ever Had Pneumonia Shot (Ages 65+)							
Yes	<b>33.0%</b>	( 27.4% - 39.2% )	32,196	190	550	<b>33.2%</b>	( 27.1% - 39.8% )
No	<b>41.0%</b>	( 37.3% - 44.8% )	130,419	655	1,687	<b>40.5%</b>	( 36.7% - 44.4% )
Ever Had Hepatitis B Shot							
Yes	<b>37.4%</b>	( 32.6% - 42.6% )	66,820	325	877	<b>37.3%</b>	( 32.3% - 42.6% )
No	<b>40.6%</b>	( 36.3% - 45.1% )	84,458	466	1,198	<b>38.3%</b>	( 34.1% - 42.7% )
<b>Screening</b>							
AIDS/HIV Screening (Ages 18-64)							
Yes	<b>40.9%</b>	( 36.1% - 45.8% )	76,070	362	952	<b>41.1%</b>	( 36.2% - 46.3% )
No	<b>36.3%</b>	( 32.0% - 40.8% )	82,451	424	1,131	<b>36.6%</b>	( 32.4% - 41.0% )
Clinical Breast Exam Annually (Women Ages 40+)							
Yes	<b>34.0%</b>	( 28.4% - 40.1% )	25,966	172	536	<b>33.3%</b>	( 27.6% - 39.5% )
No	<b>28%</b>	( 22% - 35% )	13,940	97	348	<b>27%</b>	( 21% - 34% )
Colorectal Screening (Ages 50+)							
Yes	<b>43.3%</b>	( 37.8% - 48.9% )	41,775	282	679	<b>42.3%</b>	( 36.8% - 47.9% )
No	<b>38%</b>	( 32% - 44% )	26,057	175	494	<b>37%</b>	( 30% - 44% )

**Overweight, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy Alaskans 2010 Objective:			2.1a: Reduce the proportion of adults who meet criteria for overweight to 30%.					
Screening Question:			Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?					
Response:			25.0 - 29.9 kg/m <sup>2</sup>					
			Observed Rate			Age-Adjusted Rate		
Population at Risk (See Appendix)	%		95% CI	Individuals	n	N	%	95% CI
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)								
Yes	57%	(	48% - 66% )	21,622	123	241	55%	( 46% - 64% )
No	44%	(	36% - 53% )	21,062	140	325	45%	( 36% - 54% )
Home Occult Blood Test (Ages 50+)								
Yes	47%	(	38% - 57% )	12,452	81	187	46%	( 37% - 56% )
No	39.9%	(	35.4% - 44.7% )	54,592	370	966	38.6%	( 33.8% - 43.6% )
Mammogram within Past 2 Years (Women Ages 40+)								
Yes	31.3%	(	26.4% - 36.7% )	26,887	191	623	31.3%	( 26.2% - 36.9% )
No	33%	(	25% - 42% )	13,435	82	262	30%	( 23% - 38% )
Oral Cancer Exam Annually								
Yes	43.2%	(	37.7% - 48.8% )	52,439	276	667	41.4%	( 34.9% - 48.3% )
No	36.4%	(	32.8% - 40.1% )	117,783	611	1,689	36.8%	( 33.4% - 40.2% )
Pap Test within Past 3 Years (Women Ages 18+)								
Yes	32%	(	27% - 39% )	20,742	147	466	33%	( 27% - 40% )
No	28%	(	20% - 38% )	6,521	49	167	27%	( 19% - 37% )
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)								
Yes	51%	(	44% - 59% )	31,258	185	383	55%	( 47% - 63% )
No	53%	(	46% - 60% )	34,444	198	397	53%	( 45% - 61% )
Diagnoses								
Asthma								
Asthma Diagnosis								
Yes	26.7%	(	21.6% - 32.6% )	19,087	172	623	27.4%	( 22.4% - 32.9% )
No	38.9%	(	36.7% - 41.3% )	158,265	1,583	4,099	38.7%	( 36.4% - 41.0% )
Current Asthma								
Yes	28%	(	22% - 36% )	11,601	105	391	29%	( 22% - 36% )
No	23%	(	15% - 33% )	6,425	57	205	24%	( 17% - 34% )

**Overweight, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy Alaskans 2010 Objective:		2.1a: Reduce the proportion of adults who meet criteria for overweight to 30%.						
Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?						
Response:		25.0 - 29.9 kg/m <sup>2</sup>						
Population at Risk (See Appendix)		Observed Rate			Age-Adjusted Rate			
		%	95% CI	Individuals	n	N	%	95% CI
Cardiovascular and Cerebrovascular Disease								
Cardiovascular Disease								
Yes		41%	( 33% - 49% )	8,579	115	261	DSU	( DSU - DSU )
No		37.2%	( 35.0% - 39.4% )	169,242	1,633	4,417	37.1%	( 34.9% - 39.4% )
Heart Attack (Myocardial Infarction)								
Yes		45%	( 35% - 55% )	6,275	83	175	DSU	( DSU - DSU )
No		37.1%	( 34.9% - 39.3% )	172,275	1,680	4,542	37.0%	( 34.9% - 39.2% )
Coronary Heart Disease (Angina)								
Yes		38%	( 30% - 48% )	5,682	82	192	35%	( 29% - 42% )
No		37.2%	( 35.1% - 39.5% )	172,480	1,670	4,514	37.2%	( 35.0% - 39.4% )
Stroke								
Yes		DSU	( DSU - DSU )	DSU	DSU	125	DSU	( DSU - DSU )
No		37.3%	( 35.1% - 39.5% )	174,953	1,717	4,609	37.2%	( 35.1% - 39.4% )
Diabetes								
Nongestational Diabetes								
Yes		24%	( 18% - 32% )	6,804	82	321	19%	( 13% - 27% )
No		38.1%	( 35.9% - 40.3% )	172,049	1,685	4,421	38.0%	( 35.8% - 40.2% )
Pre-Diabetes								
Yes		30%	( 23% - 37% )	10,646	113	357	29%	( 22% - 37% )
No		38.7%	( 36.4% - 41.1% )	160,582	1,564	4,041	38.8%	( 36.6% - 41.1% )
Prostate Cancer								
Prostate Cancer								
Yes		DSU	( DSU - DSU )	DSU	DSU	21	DSU	( DSU - DSU )
No		52.4%	( 47.4% - 57.4% )	69,015	398	814	51.7%	( 46.3% - 57.2% )

**Overweight, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy Alaskans 2010 Objective:		2.1a: Reduce the proportion of adults who meet criteria for overweight to 30%.						
Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?						
Response:		25.0 - 29.9 kg/m <sup>2</sup>						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	%	95% CI
Risk Factors								
Alcohol								
Binge Drinking								
	Yes	41.8%	( 36.4% - 47.4% )	32,356	321	761	38.9%	( 33.7% - 44.4% )
	No	36.1%	( 33.8% - 38.5% )	143,011	1,407	3,892	35.9%	( 33.6% - 38.3% )
Heavy Drinking								
	Yes	31%	( 24% - 39% )	8,626	115	303	31%	( 25% - 38% )
	No	38.7%	( 36.3% - 41.1% )	151,776	1,456	3,824	38.5%	( 36.2% - 40.9% )
Physical Activity								
Leisure Time Exercise								
	Yes	37.9%	( 35.5% - 40.3% )	143,943	1,413	3,693	37.9%	( 35.5% - 40.3% )
	No	34.8%	( 30.2% - 39.7% )	34,460	351	1,042	34.7%	( 30.2% - 39.6% )
Tobacco Use								
Cigarette Smoking Status								
	Current Smoker	35.5%	( 31.0% - 40.2% )	37,251	386	1,076	36.0%	( 31.5% - 40.8% )
	Former Smoker	40.7%	( 37.0% - 44.4% )	52,979	574	1,445	40.1%	( 36.0% - 44.3% )
	Never Smoked	36.1%	( 33.0% - 39.3% )	87,631	796	2,204	36.2%	( 33.2% - 39.3% )
Smokeless Tobacco Status								
	Current User	41%	( 32% - 50% )	9,865	101	248	42%	( 34% - 50% )
	Former User	45.3%	( 40.2% - 50.5% )	40,311	368	851	45.8%	( 40.6% - 51.0% )
	Never Used	34.5%	( 32.1% - 37.1% )	119,892	1,214	3,447	34.4%	( 32.0% - 36.9% )

**Overweight, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy Alaskans 2010 Objective:		2.1a: Reduce the proportion of adults who meet criteria for overweight to 30%.							
Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?							
Response:		25.0 - 29.9 kg/m <sup>2</sup>							
Population at Risk (See Appendix)		Observed Rate					Age-Adjusted Rate		
		%	95% CI	Individuals	n	N	%	95% CI	
Weight Status									
Weight Status									
	Normal (BMI <25)	0.0%	( 0.0% - 0.0% )	0	0	1,599	0.0%	( 0.0% - 0.0% )	
	Overweight (BMI 25 to 30)	100.0%	( 0.0% - 0.0% )	179,067	1,769	1,769	100.0%	( 0.0% - 0.0% )	
	Obese (BMI ≥30)	0.0%	( 0.0% - 0.0% )	0	0	1,384	0.0%	( 0.0% - 0.0% )	
	Obese I (BMI 30 TO < 35)	0.0%	( 0.0% - 0.0% )	0	0	857	0.0%	( 0.0% - 0.0% )	
	Obese II & III (BMI ≥35)	0.0%	( 0.0% - 0.0% )	0	0	527	0.0%	( 0.0% - 0.0% )	

**Appendix**

**Definitions:**

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (n) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

**Overweight, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy Alaskans 2010 Objective:		2.1a: Reduce the proportion of adults who meet criteria for overweight to 30%.					
Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?					
Response:		25.0 - 29.9 kg/m <sup>2</sup>					
		<i>Observed Rate</i>			<i>Age-Adjusted Rate</i>		
<b>Population at Risk (See Appendix)</b>	%	95% CI	Individuals	n	N	%	95% CI

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

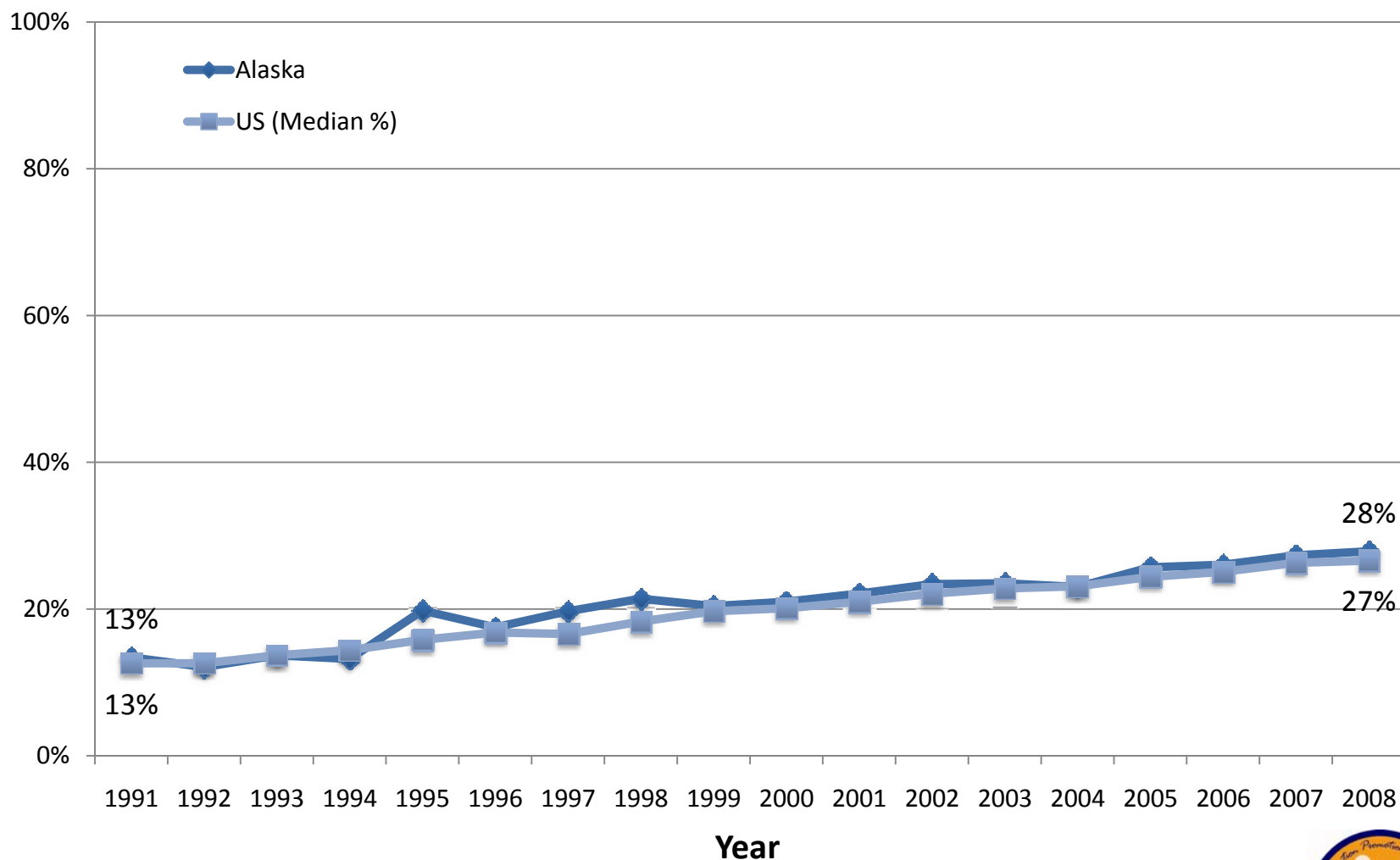
DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

**Notes:**

Data may include revisions, and may differ from those shown previously.

# Obesity (30+ BMI): Alaska vs. Nationwide 1991 – 2008 Alaska BRFSS



**Obesity, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		19.1: Reduce the proportion of adults who are obese to 15%.						
Healthy Alaskans 2010 Objective:		2.1b: Reduce the proportion of adults who meet criteria for obesity to 18%.						
Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?						
Response:		30.0+ kg/m <sup>2</sup>						
Population at Risk (See Appendix)			Observed Rate				Age-Adjusted Rate	
	%		95% CI	Individuals	n	N	%	95% CI
Total	27.9%	(	25.9% - 29.9% )	134,004	1,384	4,752	27.9%	( 26.0% - 29.8% )
Demographics								
Gender								
Female	29.0%	(	26.3% - 31.9% )	65,902	737	2,503	29.1%	( 26.3% - 32.0% )
Male	26.8%	(	24.2% - 29.7% )	68,102	647	2,249	26.9%	( 24.4% - 29.6% )
Age Groups (Categories Used in Age-Adjustment)								
Persons aged 18 to 24 years	16%	(	11% - 24% )	10,557	51	270	NA	( NA - NA )
Persons aged 25 to 34 years	26.9%	(	22.5% - 31.9% )	27,098	211	785	NA	( NA - NA )
Persons aged 35 to 44 years	28.2%	(	24.3% - 32.5% )	26,174	262	880	NA	( NA - NA )
Persons aged 45 to 64 years	32.1%	(	29.3% - 35.1% )	55,714	676	2,178	NA	( NA - NA )
Persons aged 65 years and older	30.0%	(	25.3% - 35.2% )	14,423	184	639	NA	( NA - NA )
Race and Ethnicity								
American Indian or Alaska Native	37.3%	(	32.6% - 42.2% )	24,558	325	904	37.8%	( 33.2% - 42.7% )
Asian or Pacific Islander	17%	(	10% - 27% )	170,000	26	123	18%	( 11% - 29% )
Asian	DSU	(	DSU - DSU )	DSU	DSU	97	DSU	( DSU - DSU )
Native Hawaiian or Other Pacific Islander	DSU	(	DSU - DSU )	DSU	DSU	26	DSU	( DSU - DSU )
Black or African American	DSU	(	DSU - DSU )	DSU	DSU	77	DSU	( DSU - DSU )
White	26.4%	(	24.2% - 28.7% )	95,554	946	3,441	26.1%	( 23.9% - 28.4% )
Hispanic or Latino	DSU	(	DSU - DSU )	DSU	DSU	125	DSU	( DSU - DSU )
Not Hispanic or Latino	27.9%	(	25.9% - 29.9% )	128,136	1,331	4,564	27.9%	( 25.9% - 29.9% )
Black or African American, not Hispanic/Latino	DSU	(	DSU - DSU )	DSU	DSU	34	DSU	( DSU - DSU )
White, not Hispanic or Latino	26.4%	(	24.2% - 28.8% )	92,433	915	3,321	26.1%	( 23.9% - 28.5% )
Alaska Native								
Yes	37.5%	(	33.0% - 42.2% )	27,868	360	999	38.1%	( 33.7% - 42.8% )
No	26.2%	(	24.1% - 28.5% )	105,666	1,016	3,717	26.1%	( 24.0% - 28.3% )



**Obesity, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		19.1: Reduce the proportion of adults who are obese to 15%.						
Healthy Alaskans 2010 Objective:		2.1b: Reduce the proportion of adults who meet criteria for obesity to 18%.						
Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?						
Response:		30.0+ kg/m <sup>2</sup>						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI	
<b>Geographic Location</b>								
Anchorage & Vicinity	27.1%	( 23.9% - 30.5% )	71,276	276	990	27.3%	( 24.3% - 30.6% )	
Fairbanks & Vicinity	27.7%	( 24.2% - 31.6% )	18,339	268	975	28.6%	( 25.2% - 32.2% )	
Gulf Coast	26.7%	( 23.6% - 30.1% )	14,641	272	981	25.6%	( 22.2% - 29.2% )	
Rural	31.6%	( 28.2% - 35.3% )	14,377	303	929	31.1%	( 27.6% - 34.8% )	
Southeast	30.0%	( 26.7% - 33.5% )	15,371	265	877	29.6%	( 26.1% - 33.4% )	
<b>Urban/Rural</b>								
Metropolitan Statistical Area	27.2%	( 24.5% - 30.0% )	87,702	519	1,905	27.5%	( 24.9% - 30.3% )	
Micropolitan Statistical Area & Urban Clusters	29.5%	( 26.8% - 32.3% )	23,191	416	1,397	29.0%	( 26.1% - 32.0% )	
Rural	29.2%	( 26.2% - 32.3% )	23,111	449	1,450	29.1%	( 26.3% - 32.2% )	
<b>Education Level (persons aged 25 years and older)</b>								
Less than high school	30%	( 23% - 38% )	7,693	95	307	31%	( 24% - 39% )	
High school graduate	33.5%	( 29.8% - 37.5% )	40,914	449	1,324	33.1%	( 29.6% - 36.9% )	
At least some college	33.0%	( 29.4% - 36.8% )	41,098	428	1,321	32.5%	( 28.8% - 36.5% )	
College Graduate	23.6%	( 20.6% - 26.9% )	33,579	359	1,522	24.0%	( 20.8% - 27.4% )	
<b>Employment Status</b>								
Employed	27.2%	( 24.9% - 29.6% )	88,451	926	3,160	28.0%	( 25.4% - 30.9% )	
Unemployed	35%	( 27% - 44% )	12,026	100	329	33%	( 25% - 43% )	
Not in Workforce (Student, Homemaker, Retired)	26.2%	( 22.0% - 30.8% )	27,069	272	1,037	26.5%	( 22.0% - 31.7% )	
Unable to work	38%	( 29% - 49% )	6,204	83	210	DSU	( DSU - DSU )	
<b>Marital Status</b>								
Married or Unwed Couple	27.4%	( 25.1% - 29.8% )	88,394	824	2,855	26.9%	( 24.6% - 29.3% )	
Divorced/Separated	32.4%	( 27.6% - 37.6% )	17,729	249	826	28.5%	( 23.4% - 34.2% )	
Widowed	25%	( 18% - 34% )	4,238	79	293	DSU	( DSU - DSU )	
Never Married	27.2%	( 21.9% - 33.3% )	23,229	227	758	31.3%	( 25.5% - 37.7% )	

**Obesity, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		19.1: Reduce the proportion of adults who are obese to 15%.					
Healthy Alaskans 2010 Objective:		2.1b: Reduce the proportion of adults who meet criteria for obesity to 18%.					
Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?					
Response:		30.0+ kg/m <sup>2</sup>					
Population at Risk (See Appendix)	Observed Rate		Age-Adjusted Rate				
	%	95% CI	Individuals	n	N	%	95% CI
Income Level							
<\$15,000	28%	( 21% - 36% )	8,326	110	372	31%	( 24% - 38% )
\$15,000 - \$24,999	29.7%	( 23.7% - 36.5% )	12,564	153	505	30.1%	( 24.3% - 36.5% )
\$25,000 - \$49,999	30.1%	( 25.8% - 34.7% )	31,449	330	1,050	30.1%	( 26.2% - 34.3% )
\$50,000 - \$74,999	25.9%	( 21.9% - 30.4% )	21,139	236	839	24.8%	( 20.8% - 29.2% )
\$75,000	27.9%	( 24.7% - 31.4% )	47,039	427	1,500	28.1%	( 24.2% - 32.4% )
Poverty Threshold							
Poor (<100% Poverty Threshold)	28%	( 21% - 36% )	9,604	100	344	29%	( 22% - 36% )
Near Poor (100% to 199% Poverty Threshold)	32.7%	( 26.9% - 39.0% )	21,292	221	678	32.9%	( 27.7% - 38.6% )
Middle/High Income (>=200% Poverty Threshold)	27.4%	( 25.1% - 29.7% )	89,582	935	3,244	26.6%	( 24.2% - 29.0% )
Below Poverty Guidelines							
Yes	30%	( 24% - 37% )	14,669	145	469	30%	( 24% - 37% )
No	28.0%	( 25.8% - 30.2% )	105,721	1,111	3,797	27.6%	( 25.4% - 29.9% )
Veteran							
Yes	28%	( 22% - 34% )	26,532	142	491	25%	( 20% - 31% )
No	27.0%	( 24.1% - 30.0% )	104,895	632	2,083	27.5%	( 24.7% - 30.4% )
Health Status							
General Health							
Excellent to Very Good	20.6%	( 18.3% - 23.1% )	55,839	539	2,523	21.3%	( 18.9% - 23.8% )
Good	33.4%	( 30.0% - 37.0% )	47,826	532	1,475	32.5%	( 29.3% - 36.0% )
Fair/Poor	45.9%	( 40.0% - 51.9% )	29,849	306	733	46.4%	( 39.5% - 53.5% )
Healthy Days (Mean Number of Days)							
Physical Health Not Good	4.5	( 3.8 - 5.2 )			1336	4.7	( 3.9 - 5.4 )
Mental Health Not Good	3.6	( 3.0 - 4.2 )			1332	3.6	( 2.9 - 4.3 )
Unhealthy Days (Physical or Mental Health Not Good)	7.2	( 6.3 - 8.0 )			1306	7.4	( 6.4 - 8.4 )
Days with Activity Limitation	2.8	( 2.2 - 3.4 )			1359	2.8	( 2.2 - 3.5 )

**Obesity, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		19.1: Reduce the proportion of adults who are obese to 15%.						
Healthy Alaskans 2010 Objective:		2.1b: Reduce the proportion of adults who meet criteria for obesity to 18%.						
Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?						
Response:		30.0+ kg/m <sup>2</sup>						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI	
Healthy Days (Percentage with 14 or More Days)								
Physical Health Not Good	35.1%	( 29.1% - 41.6% )	16,556	186	508	33.9%	( 27.8% - 40.6% )	
Mental Health Not Good	34%	( 28% - 41% )	14,116	153	454	37%	( 30% - 43% )	
Unhealthy Days (Physical or Mental Health Not Good)	35.8%	( 30.9% - 41.0% )	27,418	288	808	36.1%	( 31.1% - 41.4% )	
Activity Limitation	35%	( 28% - 44% )	11,285	113	321	35%	( 27% - 44% )	
Disability								
Disabled								
Yes	38.1%	( 32.6% - 44.0% )	42,306	273	672	38.5%	( 31.9% - 45.6% )	
No	23.6%	( 20.8% - 26.6% )	87,344	493	1,879	24.3%	( 21.6% - 27.3% )	
Activity Limitation								
Yes	39.7%	( 35.4% - 44.2% )	43,461	456	1,161	39.6%	( 34.5% - 44.9% )	
No	24.3%	( 22.2% - 26.5% )	89,221	910	3,541	24.9%	( 22.9% - 27.1% )	
Require Special Equipment								
Yes	DSU	( DSU - DSU )	DSU	DSU	187	DSU	( DSU - DSU )	
No	26.3%	( 23.7% - 29.1% )	119,275	694	2,384	26.6%	( 24.0% - 29.3% )	
Mental Health								
Depression Measure (PHQ-8)								
No Depression	25.3%	( 22.3% - 28.5% )	80,614	464	1,685	73.4%	( 70.7% - 76.0% )	
Mild Depression	30%	( 23% - 37% )	20,535	121	338	27%	( 24% - 30% )	
Moderate to Severe Depression	DSU	( DSU - DSU )	DSU	DSU	163	DSU	( DSU - DSU )	
Social and Emotional Support								
Always/Usually	25.5%	( 22.8% - 28.4% )	97,156	573	1,939	25.8%	( 23.2% - 28.6% )	
Sometimes/Rarely/Never	34.3%	( 27.2% - 42.1% )	29,162	163	516	33.4%	( 27.1% - 40.3% )	
Life Satisfaction								
Very Satisfied / Satisfied	26.5%	( 24.0% - 29.3% )	118,809	705	2,366	26.8%	( 24.3% - 29.5% )	
Dissatisfied / Very Dissatisfied	DSU	( DSU - DSU )	DSU	DSU	114	DSU	( DSU - DSU )	

**Obesity, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		19.1: Reduce the proportion of adults who are obese to 15%.						
Healthy Alaskans 2010 Objective:		2.1b: Reduce the proportion of adults who meet criteria for obesity to 18%.						
Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?						
Response:		30.0+ kg/m <sup>2</sup>						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI	
Healthcare								
Healthcare Coverage								
Health Plan								
Yes	29.0%	( 26.9% - 31.2% )	113,969	1,211	3,994	28.5%	( 26.4% - 30.8% )	
No	23.4%	( 18.9% - 28.6% )	19,800	169	729	25.6%	( 19.7% - 32.6% )	
Immunization								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	33.1%	( 28.8% - 37.8% )	60,499	338	1,020	33.7%	( 28.9% - 38.9% )	
No	23.4%	( 20.4% - 26.7% )	69,102	423	1,514	24.2%	( 21.2% - 27.5% )	
Ever Had Pneumonia Shot (Ages 65+)								
Yes	35.6%	( 29.6% - 42.1% )	34,730	208	550	34.9%	( 28.0% - 42.5% )	
No	24.3%	( 21.3% - 27.6% )	77,295	456	1,687	23.7%	( 20.6% - 27.1% )	
Ever Had Hepatitis B Shot								
Yes	26.2%	( 22.1% - 30.9% )	46,830	263	877	27.5%	( 23.2% - 32.2% )	
No	25.8%	( 22.3% - 29.7% )	53,692	355	1,198	25.0%	( 21.5% - 28.8% )	
Screening								
AIDS/HIV Screening (Ages 18-64)								
Yes	25.3%	( 21.6% - 29.3% )	47,088	278	952	24.9%	( 21.5% - 28.5% )	
No	28.3%	( 24.2% - 32.8% )	64,331	353	1,131	28.2%	( 24.0% - 32.8% )	
Clinical Breast Exam Annually (Women Ages 40+)								
Yes	31.3%	( 26.0% - 37.1% )	23,910	176	536	31.3%	( 25.9% - 37.2% )	
No	34%	( 28% - 41% )	16,928	112	348	35%	( 28% - 42% )	
Colorectal Screening (Ages 50+)								
Yes	31.6%	( 26.9% - 36.8% )	30,543	219	679	32.1%	( 27.2% - 37.3% )	
No	31%	( 25% - 37% )	21,257	157	494	29%	( 23% - 36% )	

**Obesity, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		19.1: Reduce the proportion of adults who are obese to 15%.					
Healthy Alaskans 2010 Objective:		2.1b: Reduce the proportion of adults who meet criteria for obesity to 18%.					
Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?					
Response:		30.0+ kg/m <sup>2</sup>					
Population at Risk (See Appendix)	%	Observed Rate		n	N	Age-Adjusted Rate	
		95% CI	Individuals			%	95% CI
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)							
Yes	24% ( 18% - 32% )		9,104	71	241	25% ( 18% - 33% )	
No	31% ( 24% - 39% )		14,839	99	325	29% ( 22% - 37% )	
Home Occult Blood Test (Ages 50+)							
Yes	38% ( 29% - 48% )		10,067	63	187	39% ( 30% - 49% )	
No	29.5% ( 25.5% - 33.8% )		40,261	303	966	28.9% ( 24.8% - 33.4% )	
Mammogram within Past 2 Years (Women Ages 40+)							
Yes	32.6% ( 27.7% - 37.9% )		27,958	213	623	32.1% ( 27.1% - 37.5% )	
No	32% ( 25% - 41% )		13,028	75	262	34% ( 26% - 43% )	
Oral Cancer Exam Annually							
Yes	24.1% ( 20.0% - 28.7% )		29,284	182	667	22.3% ( 18.4% - 26.7% )	
No	28.5% ( 25.2% - 32.0% )		92,264	539	1,689	29.4% ( 26.2% - 32.8% )	
Pap Test within Past 3 Years (Women Ages 18+)							
Yes	29% ( 23% - 35% )		18,797	139	466	29% ( 23% - 35% )	
No	33% ( 24% - 44% )		7,685	55	167	DSU ( DSU - DSU )	
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)							
Yes	28% ( 23% - 35% )		17,161	125	383	28% ( 21% - 36% )	
No	27% ( 21% - 34% )		17,547	105	397	24% ( 19% - 31% )	
<b>Diagnoses</b>							
<b>Asthma</b>							
Asthma Diagnosis							
Yes	38.2% ( 32.2% - 44.6% )		27,257	254	623	40.3% ( 34.8% - 46.1% )	
No	26.1% ( 24.1% - 28.2% )		106,056	1,119	4,099	25.9% ( 23.9% - 27.9% )	
Current Asthma							
Yes	46% ( 39% - 54% )		19,058	183	391	47% ( 40% - 55% )	
No	DSU ( DSU - DSU )		DSU	DSU	205	DSU ( DSU - DSU )	

**Obesity, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		19.1: Reduce the proportion of adults who are obese to 15%.						
Healthy Alaskans 2010 Objective:		2.1b: Reduce the proportion of adults who meet criteria for obesity to 18%.						
Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?						
Response:		30.0+ kg/m <sup>2</sup>						
Population at Risk (See Appendix)		Observed Rate					Age-Adjusted Rate	
		%	95% CI	Individuals	n	N	%	95% CI
Cardiovascular and Cerebrovascular Disease								
Cardiovascular Disease								
Yes		37%	( 29% - 45% )	7,742	93	261	31%	( 22% - 41% )
No		27.4%	( 25.5% - 29.5% )	124,903	1,268	4,417	27.5%	( 25.6% - 29.6% )
Heart Attack (Myocardial Infarction)								
Yes		33%	( 25% - 43% )	4,602	57	175	DSU	( DSU - DSU )
No		27.7%	( 25.8% - 29.8% )	128,868	1,316	4,542	27.8%	( 25.9% - 29.8% )
Coronary Heart Disease (Angina)								
Yes		40%	( 31% - 50% )	5,981	74	192	36%	( 29% - 44% )
No		27.4%	( 25.5% - 29.5% )	127,116	1,297	4,514	27.5%	( 25.6% - 29.5% )
Stroke								
Yes		DSU	( DSU - DSU )	DSU	DSU	125	DSU	( DSU - DSU )
No		27.7%	( 25.7% - 29.7% )	129,878	1,333	4,609	27.7%	( 25.7% - 29.6% )
Diabetes								
Nongestational Diabetes								
Yes		60%	( 51% - 68% )	17,010	189	321	66%	( 57% - 74% )
No		25.8%	( 23.9% - 27.8% )	116,511	1,190	4,421	25.8%	( 23.9% - 27.8% )
Pre-Diabetes								
Yes		53%	( 45% - 61% )	18,808	188	357	49%	( 41% - 56% )
No		23.5%	( 21.6% - 25.6% )	97,442	994	4,041	23.6%	( 21.7% - 25.6% )
Prostate Cancer								
Prostate Cancer								
Yes		DSU	( DSU - DSU )	DSU	DSU	21	DSU	( DSU - DSU )
No		28.6%	( 24.4% - 33.3% )	37,668	245	814	29.2%	( 24.5% - 34.4% )

**Obesity, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		19.1: Reduce the proportion of adults who are obese to 15%.							
Healthy Alaskans 2010 Objective:		2.1b: Reduce the proportion of adults who meet criteria for obesity to 18%.							
Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?							
Response:		30.0+ kg/m <sup>2</sup>							
		Observed Rate						Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N		%	95% CI	
Risk Factors									
Alcohol									
Binge Drinking									
Yes	24.3%	( 20.1% - 29.1% )	18,837	191	761		27.5%	( 22.6% - 33.0% )	
No	28.8%	( 26.6% - 31.0% )	113,769	1,170	3,892		28.7%	( 26.5% - 30.9% )	
Heavy Drinking									
Yes	25%	( 18% - 33% )	6,957	70	303		24%	( 18% - 31% )	
No	28.8%	( 26.7% - 31.1% )	113,181	1,161	3,824		28.8%	( 26.8% - 31.0% )	
Physical Activity									
Leisure Time Exercise									
Yes	25.4%	( 23.3% - 27.6% )	96,543	971	3,693		25.2%	( 23.2% - 27.4% )	
No	36.9%	( 32.4% - 41.7% )	36,567	408	1,042		36.7%	( 32.3% - 41.4% )	
Tobacco Use									
Cigarette Smoking Status									
Current Smoker	24.5%	( 20.8% - 28.7% )	25,769	269	1,076		22.7%	( 19.4% - 26.4% )	
Former Smoker	32.1%	( 28.7% - 35.7% )	41,839	472	1,445		30.8%	( 26.7% - 35.2% )	
Never Smoked	27.2%	( 24.4% - 30.2% )	66,018	637	2,204		27.8%	( 25.1% - 30.8% )	
Smokeless Tobacco Status									
Current User	28%	( 22% - 37% )	6,737	73	248		29%	( 22% - 37% )	
Former User	26.6%	( 22.3% - 31.4% )	23,695	242	851		26.8%	( 22.7% - 31.5% )	
Never Used	28.2%	( 25.9% - 30.6% )	97,885	1,019	3,447		28.2%	( 25.9% - 30.5% )	

**Obesity, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		19.1: Reduce the proportion of adults who are obese to 15%.						
Healthy Alaskans 2010 Objective:		2.1b: Reduce the proportion of adults who meet criteria for obesity to 18%.						
Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?						
Response:		30.0+ kg/m <sup>2</sup>						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI	
Weight Status								
Weight Status								
Normal (BMI <25)	0.0%	( 0.0% - 0.0% )	0	0	1,599	0.0%	( 0.0% - 0.0% )	
Overweight (BMI 25 to 30)	0.0%	( 0.0% - 0.0% )	0	0	1,769	0.0%	( 0.0% - 0.0% )	
Obese (BMI ≥30)	100.0%	( 0.0% - 0.0% )	134,004	1,384	1,384	100.0%	( 0.0% - 0.0% )	
Obese I (BMI 30 TO < 35)	100.0%	( 0.0% - 0.0% )	83,570	857	857	100.0%	( 0.0% - 0.0% )	
Obese II & III (BMI ≥35)	100.0%	( 0.0% - 0.0% )	50,434	527	527	100.0%	( 0.0% - 0.0% )	

**Appendix**

**Definitions:**

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (n) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

**Notes:**

Data may include revisions, and may differ from those shown previously.



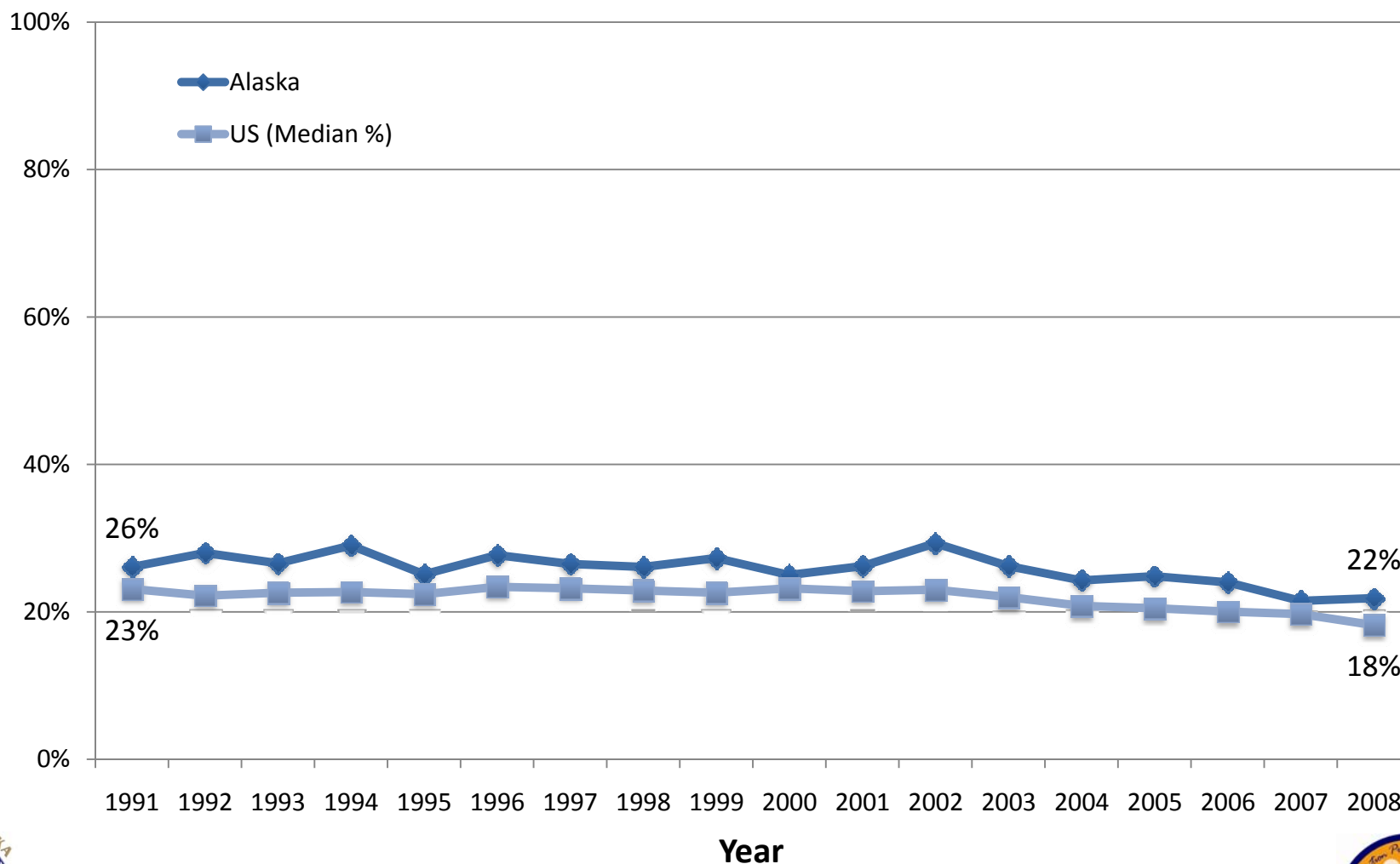
# Tobacco Use: Current Smoking



- **Indicator:** Proportion of adults who smoke cigarettes (either some days or every day).
- **Data source:** 2008 Alaska Standard and Modified BRFSS surveys combined
- **BRFSS Questions:**
  - Have you smoked at least 100 cigarettes in your entire life?
  - Do you now smoke cigarettes every day, some days, or not at all?
- **How are we doing?**
  - In 2008, 22% of Alaskan adults were current smokers.
- **How does Alaska compare with the US?**
  - The prevalence of current smoking remained relatively constant until 2002, but has decreased since then in both Alaska and the US.
  - The prevalence of smoking in Alaska has been consistently above the US median prevalence.
- **How are different populations affected?**
  - Adults age 65 years and older, non-Natives, Alaskans living in the non-Rural areas of Alaska and those with more education were less likely to be current smokers than those not in these groups.
  - Being unemployed or unable to work, having a lower income, sometimes, and rarely or never getting the social and emotional support needed was associated with current smoking in 2008.
  - Women aged 40 years and older who had not had a mammogram in the past 2 years, adults who had ever had an HIV test, and adults age 50 years and older who have not had colorectal cancer screening were more likely to be current smokers than adults not in these groups.



# Current Smokers: Alaska vs. Nationwide 1991 - 2008 Alaska BRFSS



**Current Smokers, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		27.1a: Reduce the percentage of adults who smoke cigarettes to 14%.						
Healthy Alaskans 2010 Objective:		3.8: Reduce tobacco use by adults to 12%.						
Screening Question:		Have you smoked at least 100 cigarettes in your life? And Do you now smoke cigarettes every day, some days, or not at all?						
Response:		Yes with Every day or Some days						
Population at Risk (See Appendix)		Observed Rate					Age-Adjusted Rate	
		%	95% CI	Individuals	n	N	%	95% CI
Total		21.9%	( 20.1% - 23.8% )	108,319	1,112	4,915	21.1%	( 19.4% - 22.9% )
Demographics								
Gender								
Female		19.5%	( 17.3% - 21.9% )	46,743	542	2,643	18.8%	( 16.6% - 21.1% )
Male		24.1%	( 21.3% - 27.1% )	61,576	570	2,272	23.3%	( 20.7% - 26.1% )
Age Groups (Categories Used in Age-Adjustment)								
Persons aged 18 to 24 years		27%	( 20% - 36% )	17,978	83	275	NA	( NA - NA )
Persons aged 25 to 34 years		28.4%	( 24.1% - 33.0% )	29,253	243	800	NA	( NA - NA )
Persons aged 35 to 44 years		24.3%	( 20.4% - 28.6% )	23,318	228	917	NA	( NA - NA )
Persons aged 45 to 64 years		18.3%	( 16.2% - 20.5% )	32,949	484	2,262	NA	( NA - NA )
Persons aged 65 years and older		9.5%	( 7.1% - 12.8% )	4,696	74	661	NA	( NA - NA )
Race and Ethnicity								
American Indian or Alaska Native		43.3%	( 38.6% - 48.1% )	29,944	400	938	40.4%	( 36.1% - 44.9% )
Asian or Pacific Islander		15%	( 8% - 26% )	150,000	19	125	14%	( 8% - 23% )
Asian		13%	( 6% - 26% )	2,036	11	99	13%	( 7% - 25% )
Native Hawaiian or Other Pacific Islander		DSU	( DSU - DSU )	DSU	DSU	26	DSU	( DSU - DSU )
Black or African American		18%	( 10% - 30% )	2,007	20	78	15%	( 9% - 26% )
White		18.5%	( 16.4% - 20.7% )	68,618	636	3,549	18.2%	( 16.1% - 20.4% )
Hispanic or Latino		DSU	( DSU - DSU )	DSU	DSU	133	DSU	( DSU - DSU )
Not Hispanic or Latino		21.9%	( 20.1% - 23.9% )	103,564	1,069	4,713	21.3%	( 19.5% - 23.2% )
Black or African American, not Hispanic/Latino		DSU	( DSU - DSU )	DSU	DSU	34	DSU	( DSU - DSU )
White, not Hispanic or Latino		18.1%	( 16.0% - 20.3% )	64,822	603	3,423	17.8%	( 15.7% - 20.1% )
Alaska Native								
Yes		43.1%	( 38.5% - 47.8% )	33,395	432	1,032	40.4%	( 36.3% - 44.6% )
No		18.1%	( 16.1% - 20.2% )	74,657	674	3,835	17.5%	( 15.6% - 19.5% )

**Current Smokers, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		27.1a: Reduce the percentage of adults who smoke cigarettes to 14%.					
Healthy Alaskans 2010 Objective:		3.8: Reduce tobacco use by adults to 12%.					
Screening Question:		Have you smoked at least 100 cigarettes in your life? And Do you now smoke cigarettes every day, some days, or not at all?					
Response:		Yes with Every day or Some days					
Population at Risk (See Appendix)	Observed Rate					Age-Adjusted Rate	
	%	95% CI	Individuals	n	N	%	95% CI
<b>Geographic Location</b>							
Anchorage & Vicinity	19.3%	( 16.3% - 22.6% )	52,003	180	1,020	18.6%	( 15.8% - 21.7% )
Fairbanks & Vicinity	18.6%	( 15.6% - 21.9% )	12,702	168	1,009	16.9%	( 14.4% - 19.9% )
Gulf Coast	23.3%	( 20.4% - 26.6% )	13,124	231	1,011	23.4%	( 20.1% - 27.1% )
Rural	39.2%	( 35.5% - 43.0% )	18,535	333	956	37.1%	( 33.5% - 40.8% )
Southeast	22.4%	( 19.4% - 25.7% )	11,954	200	919	21.9%	( 18.7% - 25.5% )
<b>Urban/Rural</b>							
Metropolitan Statistical Area	19.0%	( 16.5% - 21.7% )	62,962	334	1,967	18.1%	( 15.8% - 20.6% )
Micropolitan Statistical Area & Urban Clusters	23.4%	( 20.9% - 26.1% )	19,088	323	1,449	23.3%	( 20.7% - 26.1% )
Rural	32.0%	( 28.9% - 35.2% )	26,269	455	1,499	31.6%	( 28.5% - 34.8% )
<b>Education Level (persons aged 25 years and older)</b>							
Less than high school	49%	( 42% - 57% )	13,367	141	326	51%	( 45% - 58% )
High school graduate	29.9%	( 26.5% - 33.5% )	37,225	446	1,367	28.3%	( 25.1% - 31.6% )
At least some college	22.0%	( 18.9% - 25.6% )	28,802	311	1,372	21.4%	( 18.3% - 24.9% )
College Graduate	7.2%	( 5.6% - 9.2% )	10,510	129	1,565	7.1%	( 5.5% - 9.1% )
<b>Employment Status</b>							
Employed	20.0%	( 17.9% - 22.3% )	66,624	689	3,246	18.2%	( 16.2% - 20.4% )
Unemployed	53%	( 45% - 61% )	18,937	164	342	44%	( 38% - 51% )
Not in Workforce (Student, Homemaker, Retired)	13.7%	( 10.7% - 17.5% )	14,914	156	1,093	15.5%	( 11.6% - 20.4% )
Unable to work	45%	( 35% - 55% )	7,704	97	215	DSU	( DSU - DSU )
<b>Marital Status</b>							
Married or Unwed Couple	18.4%	( 16.3% - 20.7% )	61,222	536	2,949	18.4%	( 16.0% - 21.1% )
Divorced/Separated	35.6%	( 30.5% - 41.0% )	19,940	275	847	41.0%	( 32.5% - 50.0% )
Widowed	14%	( 10% - 19% )	2,503	51	308	DSU	( DSU - DSU )
Never Married	27.9%	( 23.1% - 33.3% )	24,329	244	785	26.7%	( 22.6% - 31.4% )

**Current Smokers, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		27.1a: Reduce the percentage of adults who smoke cigarettes to 14%.											
Healthy Alaskans 2010 Objective:		3.8: Reduce tobacco use by adults to 12%.											
Screening Question:		Have you smoked at least 100 cigarettes in your life? And Do you now smoke cigarettes every day, some days, or not at all?											
Response:		Yes with Every day or Some days											
Population at Risk (See Appendix)	%	Observed Rate			n	N	Age-Adjusted Rate						
		95% CI	Individuals	%			95% CI						
Income Level													
<\$15,000	47%	(	39%	-	56%)	14,267	187	378	49%	(	41%	-	56%)
\$15,000 - \$24,999	33.2%	(	27.3%	-	39.7%)	14,547	186	521	32.8%	(	27.4%	-	38.8%)
\$25,000 - \$49,999	25.9%	(	21.9%	-	30.3%)	27,672	276	1,082	24.8%	(	21.3%	-	28.8%)
\$50,000 - \$74,999	19.7%	(	15.9%	-	24.3%)	16,377	153	856	19.0%	(	14.8%	-	24.1%)
\$75,000	12.4%	(	10.2%	-	15.1%)	21,364	196	1,530	11.5%	(	9.2%	-	14.3%)
Poverty Threshold													
Poor (<100% Poverty Threshold)	48%	(	40%	-	57%)	16,711	166	348	44%	(	37%	-	51%)
Near Poor (100% to 199% Poverty Threshold)	29.8%	(	24.9%	-	35.2%)	20,198	259	704	29.2%	(	24.9%	-	33.9%)
Middle/High Income (>=200% Poverty Threshold)	17.2%	(	15.4%	-	19.3%)	57,404	573	3,315	16.7%	(	14.8%	-	18.9%)
Below Poverty Guidelines													
Yes	43%	(	37%	-	51%)	21,347	219	476	40%	(	34%	-	47%)
No	18.8%	(	17.0%	-	20.8%)	72,721	779	3,891	18.0%	(	16.2%	-	19.9%)
Veteran													
Yes	21%	(	16%	-	27%)	20,227	110	490	21%	(	16%	-	28%)
No	21.7%	(	19.0%	-	24.6%)	86,396	492	2,155	20.2%	(	17.8%	-	22.9%)
Health Status													
General Health													
Excellent to Very Good	18.9%	(	16.4%	-	21.7%)	52,806	447	2,593	17.5%	(	15.3%	-	19.9%)
Good	23.4%	(	20.4%	-	26.6%)	34,608	390	1,542	22.7%	(	19.8%	-	25.8%)
Fair/Poor	30.6%	(	26.0%	-	35.7%)	20,570	269	759	31.5%	(	26.3%	-	37.1%)
Healthy Days (Mean Number of Days)													
Physical Health Not Good	4.6	(	3.8	-	5.4)			1074	4.8	(	4.0	-	5.6)
Mental Health Not Good	4.9	(	4.0	-	5.8)			1066	4.6	(	3.8	-	5.4)
Unhealthy Days (Physical or Mental Health Not Good)	7.9	(	6.8	-	8.9)			1042	7.8	(	6.8	-	8.8)
Days with Activity Limitation	3.5	(	2.6	-	4.3)			1089	3.5	(	2.7	-	4.3)

**Current Smokers, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		27.1a: Reduce the percentage of adults who smoke cigarettes to 14%.						
Healthy Alaskans 2010 Objective:		3.8: Reduce tobacco use by adults to 12%.						
Screening Question:		Have you smoked at least 100 cigarettes in your life? And Do you now smoke cigarettes every day, some days, or not at all?						
Response:		Yes with Every day or Some days						
Population at Risk (See Appendix)		Observed Rate					Age-Adjusted Rate	
		%	95% CI	Individuals	n	N	%	95% CI
Healthy Days (Percentage with 14 or More Days)								
Physical Health Not Good	32.3%	( 26.6% - 38.7% )	15,804	168	526	33.5%	( 27.1% - 40.6% )	
Mental Health Not Good	37%	( 30% - 44% )	15,622	171	468	34%	( 28% - 41% )	
Unhealthy Days (Physical or Mental Health Not Good)	32.2%	( 27.5% - 37.2% )	25,295	273	836	31.3%	( 26.5% - 36.5% )	
Activity Limitation	36%	( 28% - 44% )	12,048	121	334	34%	( 26% - 43% )	
Disability								
Disabled								
Yes	24.8%	( 20.2% - 30.1% )	28,424	183	692	26.7%	( 20.9% - 33.3% )	
No	20.3%	( 17.5% - 23.3% )	76,453	409	1,930	18.8%	( 16.3% - 21.5% )	
Activity Limitation								
Yes	24.5%	( 21.1% - 28.3% )	27,439	319	1,191	25.5%	( 21.5% - 29.9% )	
No	20.9%	( 18.9% - 23.2% )	79,459	775	3,670	19.7%	( 17.8% - 21.7% )	
Require Special Equipment								
Yes	DSU	( DSU - DSU )	DSU	DSU	198	DSU	( DSU - DSU )	
No	21.0%	( 18.5% - 23.6% )	96,895	545	2,444	19.9%	( 17.6% - 22.5% )	
Mental Health								
Depression Measure (PHQ-8)								
No Depression	17.8%	( 15.2% - 20.8% )	57,862	329	1,727	80.1%	( 77.5% - 82.4% )	
Mild Depression	27%	( 20% - 36% )	18,976	87	346	21%	( 19% - 24% )	
Moderate to Severe Depression	DSU	( DSU - DSU )	DSU	DSU	165	DSU	( DSU - DSU )	
Social and Emotional Support								
Always/Usually	19.4%	( 16.8% - 22.3% )	75,590	410	1,990	18.7%	( 16.2% - 21.5% )	
Sometimes/Rarely/Never	31.9%	( 25.4% - 39.2% )	27,725	167	530	30.8%	( 24.7% - 37.6% )	
Life Satisfaction								
Very Satisfied / Satisfied	20.3%	( 18.0% - 23.0% )	93,204	524	2,430	19.5%	( 17.2% - 22.1% )	
Dissatisfied / Very Dissatisfied	DSU	( DSU - DSU )	DSU	DSU	116	DSU	( DSU - DSU )	

**Current Smokers, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		27.1a: Reduce the percentage of adults who smoke cigarettes to 14%.						
Healthy Alaskans 2010 Objective:		3.8: Reduce tobacco use by adults to 12%.						
Screening Question:		Have you smoked at least 100 cigarettes in your life? And Do you now smoke cigarettes every day, some days, or not at all?						
Response:		Yes with Every day or Some days						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI	
Healthcare								
Healthcare Coverage								
Health Plan								
Yes	19.7%	( 17.9% - 21.7% )	79,907	858	4,128	19.5%	( 17.6% - 21.6% )	
No	31.7%	( 26.6% - 37.3% )	27,509	246	757	29.3%	( 24.4% - 34.7% )	
Immunization								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	17.6%	( 14.5% - 21.1% )	32,688	201	1,045	17.8%	( 14.4% - 21.7% )	
No	24.2%	( 20.8% - 27.9% )	73,048	394	1,558	22.4%	( 19.4% - 25.7% )	
Ever Had Pneumonia Shot (Ages 65+)								
Yes	20.3%	( 15.7% - 25.8% )	20,284	120	575	24.5%	( 18.8% - 31.2% )	
No	20.8%	( 17.8% - 24.1% )	67,405	382	1,723	20.2%	( 17.3% - 23.5% )	
Ever Had Hepatitis B Shot								
Yes	20.5%	( 16.4% - 25.4% )	37,325	186	900	19.0%	( 15.4% - 23.3% )	
No	20.1%	( 17.0% - 23.6% )	42,797	284	1,232	20.2%	( 16.4% - 24.5% )	
Screening								
AIDS/HIV Screening (Ages 18-64)								
Yes	29.2%	( 24.8% - 34.0% )	55,227	289	968	29.0%	( 24.6% - 33.9% )	
No	17.2%	( 14.1% - 20.9% )	40,052	229	1,165	17.4%	( 14.1% - 21.2% )	
Clinical Breast Exam Annually (Women Ages 40+)								
Yes	14.5%	( 10.6% - 19.6% )	11,597	85	561	13.7%	( 10.0% - 18.3% )	
No	24%	( 19% - 31% )	12,275	95	358	22%	( 17% - 27% )	
Colorectal Screening (Ages 50+)								
Yes	10.5%	( 7.8% - 13.8% )	10,233	95	696	9.8%	( 7.3% - 13.1% )	
No	24.0%	( 19.4% - 29.2% )	17,114	141	513	21.1%	( 16.8% - 26.3% )	

**Current Smokers, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		27.1a: Reduce the percentage of adults who smoke cigarettes to 14%.						
Healthy Alaskans 2010 Objective:		3.8: Reduce tobacco use by adults to 12%.						
Screening Question:		Have you smoked at least 100 cigarettes in your life? And Do you now smoke cigarettes every day, some days, or not at all?						
Response:		Yes with Every day or Some days						
Population at Risk (See Appendix)		Observed Rate					Age-Adjusted Rate	
		%	95% CI	Individuals	n	N	%	95% CI
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)								
Yes	13%	( 8% - 19% )	6,031	42	282	14%	( 9% - 21% )	
No	19.8%	( 15.8% - 24.4% )	16,594	132	527	18.4%	( 14.5% - 23.2% )	
Home Occult Blood Test (Ages 50+)								
Yes	9%	( 6% - 13% )	2,436	27	194	9%	( 6% - 13% )	
No	17.8%	( 14.8% - 21.2% )	24,827	206	992	15.7%	( 12.9% - 19.0% )	
Mammogram within Past 2 Years (Women Ages 40+)								
Yes	12.3%	( 9.5% - 15.7% )	10,909	102	648	11.3%	( 8.8% - 14.4% )	
No	31%	( 23% - 40% )	13,271	79	276	26%	( 20% - 33% )	
Oral Cancer Exam Annually								
Yes	15.3%	( 11.2% - 20.5% )	18,868	101	674	18.3%	( 13.0% - 25.2% )	
No	23.6%	( 20.6% - 27.0% )	78,411	443	1,747	22.5%	( 19.7% - 25.5% )	
Pap Test within Past 3 Years (Women Ages 18+)								
Yes	15%	( 11% - 20% )	10,066	82	481	13%	( 10% - 18% )	
No	26%	( 18% - 36% )	6,220	46	175	24%	( 17% - 33% )	
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)								
Yes	13%	( 9% - 18% )	7,913	59	384	15%	( 10% - 22% )	
No	21%	( 16% - 26% )	13,763	108	400	21%	( 16% - 27% )	
Diagnoses								
Asthma								
Asthma Diagnosis								
Yes	24.2%	( 19.3% - 30.0% )	18,003	157	652	22.4%	( 18.1% - 27.3% )	
No	21.5%	( 19.6% - 23.5% )	89,817	949	4,231	20.9%	( 19.0% - 22.9% )	
Current Asthma								
Yes	24%	( 18% - 32% )	10,267	95	408	23%	( 18% - 30% )	
No	25%	( 17% - 34% )	7,260	57	216	23%	( 17% - 32% )	



**Current Smokers, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		27.1a: Reduce the percentage of adults who smoke cigarettes to 14%.						
Healthy Alaskans 2010 Objective:		3.8: Reduce tobacco use by adults to 12%.						
Screening Question:		Have you smoked at least 100 cigarettes in your life? And Do you now smoke cigarettes every day, some days, or not at all?						
Response:		Yes with Every day or Some days						
Population at Risk (See Appendix)		Observed Rate					Age-Adjusted Rate	
		%	95% CI	Individuals	n	N	%	95% CI
Cardiovascular and Cerebrovascular Disease								
Cardiovascular Disease								
	Yes	22%	( 15% - 30% )	4,730	60	270	32%	( 24% - 42% )
	No	21.7%	( 19.8% - 23.7% )	101,691	1,024	4,568	20.6%	( 18.9% - 22.5% )
Heart Attack (Myocardial Infarction)								
	Yes	24%	( 16% - 34% )	3,419	46	179	DSU	( DSU - DSU )
	No	21.7%	( 19.8% - 23.6% )	103,612	1,049	4,697	20.7%	( 19.0% - 22.6% )
Coronary Heart Disease (Angina)								
	Yes	15%	( 10% - 23% )	2,298	38	198	27%	( 19% - 36% )
	No	22.0%	( 20.2% - 24.0% )	105,027	1,060	4,672	21.0%	( 19.2% - 22.8% )
Stroke								
	Yes	23%	( 16% - 34% )	2,332	38	131	DSU	( DSU - DSU )
	No	21.8%	( 20.0% - 23.8% )	105,635	1,068	4,765	20.9%	( 19.2% - 22.8% )
Diabetes								
Nongestational Diabetes								
	Yes	17%	( 12% - 23% )	4,994	63	331	21%	( 13% - 31% )
	No	22.1%	( 20.2% - 24.1% )	102,892	1,043	4,572	21.1%	( 19.3% - 23.0% )
Pre-Diabetes								
	Yes	20%	( 15% - 26% )	7,377	89	376	20%	( 14% - 28% )
	No	22.4%	( 20.4% - 24.5% )	95,471	950	4,175	21.2%	( 19.4% - 23.2% )
Prostate Cancer								
Prostate Cancer								
	Yes	DSU	( DSU - DSU )	DSU	DSU	20	DSU	( DSU - DSU )
	No	17.1%	( 14.1% - 20.6% )	22,704	178	820	16.0%	( 12.7% - 19.9% )

**Current Smokers, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		27.1a: Reduce the percentage of adults who smoke cigarettes to 14%.						
Healthy Alaskans 2010 Objective:		3.8: Reduce tobacco use by adults to 12%.						
Screening Question:		Have you smoked at least 100 cigarettes in your life? And Do you now smoke cigarettes every day, some days, or not at all?						
Response:		Yes with Every day or Some days						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI	
Risk Factors								
Alcohol								
Binge Drinking								
Yes	40.8%	( 35.1% - 46.8% )	32,167	303	777	37.3%	( 32.4% - 42.4% )	
No	17.7%	( 16.0% - 19.6% )	72,408	762	4,031	17.4%	( 15.7% - 19.3% )	
Heavy Drinking								
Yes	DSU	( DSU - DSU )	DSU	DSU	307	DSU	( DSU - DSU )	
No	19.9%	( 18.1% - 21.9% )	80,245	826	3,942	19.4%	( 17.6% - 21.3% )	
Physical Activity								
Leisure Time Exercise								
Yes	20.5%	( 18.4% - 22.6% )	79,888	780	3,802	19.4%	( 17.5% - 21.5% )	
No	27.3%	( 23.4% - 31.6% )	28,147	328	1,096	27.5%	( 23.5% - 31.9% )	
Tobacco Use								
Cigarette Smoking Status								
Current Smoker	100.0%	( 0.0% - 0.0% )	108,319	1,112	1,112	100.0%	( 0.0% - 0.0% )	
Former Smoker	0.0%	( 0.0% - 0.0% )	0	0	1,509	0.0%	( 0.0% - 0.0% )	
Never Smoked	0.0%	( 0.0% - 0.0% )	0	0	2,294	0.0%	( 0.0% - 0.0% )	
Smokeless Tobacco Status								
Current User	23%	( 16% - 32% )	5,548	60	248	21%	( 15% - 28% )	
Former User	29.8%	( 25.3% - 34.8% )	26,880	254	862	27.9%	( 23.8% - 32.4% )	
Never Used	19.4%	( 17.4% - 21.6% )	69,809	730	3,595	19.2%	( 17.2% - 21.4% )	

**Current Smokers, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		27.1a: Reduce the percentage of adults who smoke cigarettes to 14%.						
Healthy Alaskans 2010 Objective:		3.8: Reduce tobacco use by adults to 12%.						
Screening Question:		Have you smoked at least 100 cigarettes in your life? And Do you now smoke cigarettes every day, some days, or not at all?						
Response:		Yes with Every day or Some days						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI	
Weight Status								
Weight Status								
Normal (BMI <25)	25.2%	( 21.7% - 29.0% )	42,002	421	1,591	24.6%	( 21.6% - 28.0% )	
Overweight (BMI 25 to 30)	20.9%	( 18.1% - 24.1% )	37,251	386	1,756	20.8%	( 17.9% - 23.9% )	
Obese (BMI ≥30)	19.3%	( 16.4% - 22.6% )	25,769	269	1,378	19.1%	( 16.0% - 22.7% )	
Obese I (BMI 30 TO < 35)	19.3%	( 15.7% - 23.7% )	16,139	160	854	19.7%	( 15.7% - 24.4% )	
Obese II & III (BMI ≥35)	19.2%	( 14.7% - 24.6% )	9,630	109	524	18.3%	( 13.8% - 23.9% )	

**Appendix**

**Definitions:**

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (n) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

**Notes:**

Data may include revisions, and may differ from those shown previously.

# Tobacco Use: Current Smokeless Tobacco Use

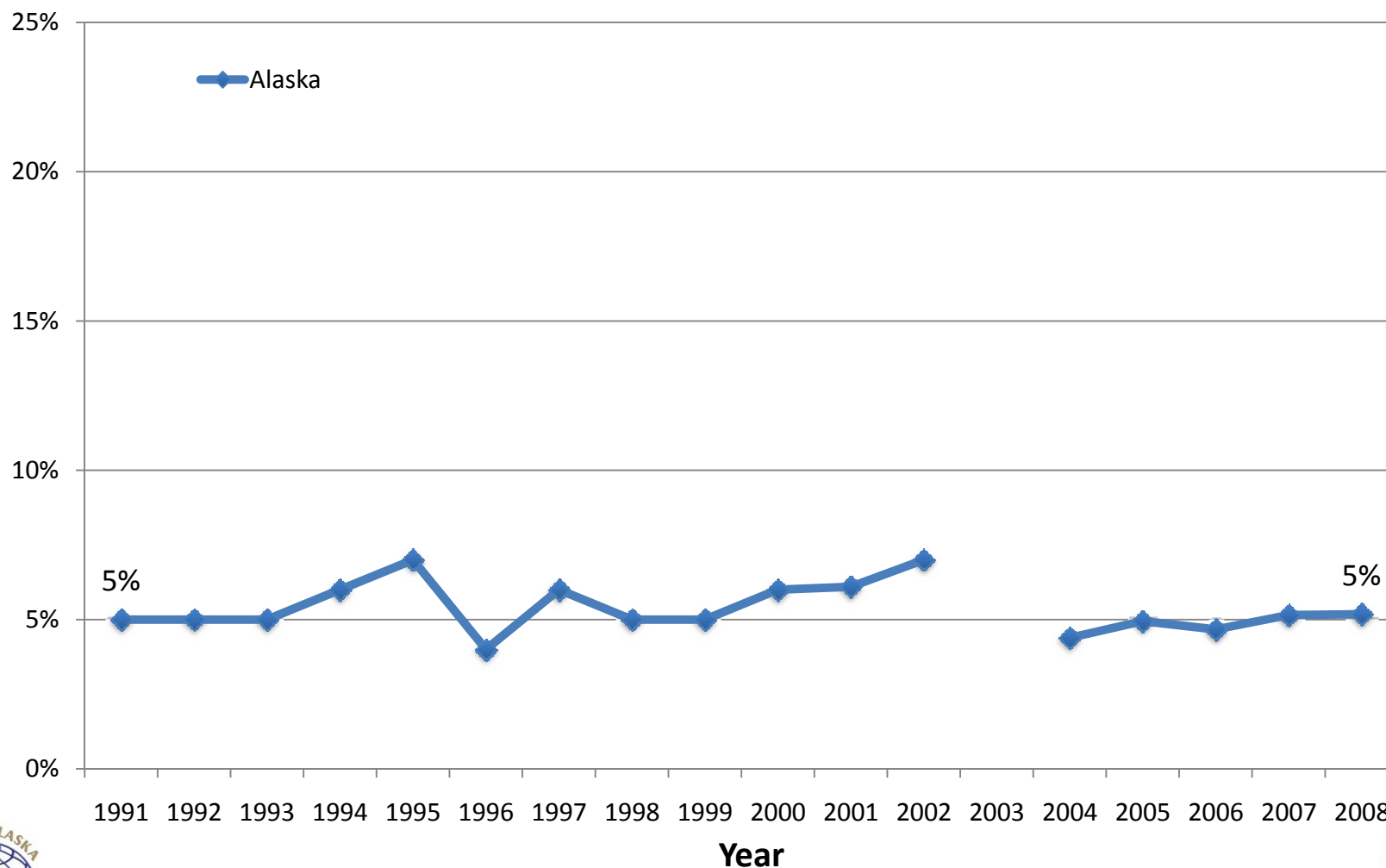


- **Indicator:** Proportion of adults who currently use smokeless tobacco.
- **Data source:** 2008 Alaska Standard and Modified BRFSS surveys combined
- **BRFSS Questions:**
  - Have you ever used or tried any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull?
  - Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull?
- **How are we doing?**
  - In 2008, 5.3% of Alaskan adults were current smokeless tobacco users.
  - The prevalence of smokeless tobacco use has remained steady since 1991.
- **How are different populations affected?**
  - Males, Alaska Natives, Alaskans living in the Rural areas of Alaska were much more likely to currently use smokeless tobacco products than Alaskan adults not in these groups.
  - College graduates were significantly less likely to use smokeless tobacco than those with less education.
  - Those with an income in the “poor” category were more likely to use smokeless tobacco than those who were “near poor” or in the “middle/high” income categories.
  - Binge drinking was associated with smokeless tobacco use in 2008.
  - Of current smokeless tobacco users in 2008, 42% had been advised to quit by a doctor, dentist or other health professional, 26% were asked about smokeless tobacco use (but not advised to quit) and 32% were neither asked nor advised.



# Current Smokeless Tobacco Use: Alaska

## 1991 - 2008 Alaska BRFSS



**Current Users of Smokeless Tobacco, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		27.1b: Reduce smokeless (spit tobacco) tobacco use to 0.4%.						
Healthy Alaskans 2010 Objective:		3.9: Reduce the percentage of adults who use smokeless tobacco (percent of persons aged 18 years and older who currently use chewing tobacco, snuff, or both) to 3%.						
Screening Question:		Have you ever used or tried any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull? And Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull?						
Response:		Yes to both						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	%	95% CI
Total		5.2%	( 4.4% - 6.2% )	24,675	254	4,732	5.1%	( 4.3% - 6.1% )
Demographics								
Gender								
Female		1.5%	( 1.1% - 2.0% )	3,486	53	2,577	1.6%	( 1.1% - 2.1% )
Male		8.7%	( 7.2% - 10.6% )	21,189	201	2,155	8.6%	( 7.1% - 10.4% )
Age Groups (Categories Used in Age-Adjustment)								
Persons aged 18 to 24 years		5%	( 3% - 8% )	3,231	22	266	NA	( NA - NA )
Persons aged 25 to 34 years		5.6%	( 3.6% - 8.5% )	5,400	50	762	NA	( NA - NA )
Persons aged 35 to 44 years		8.3%	( 6.0% - 11.3% )	7,735	74	889	NA	( NA - NA )
Persons aged 45 to 64 years		4.2%	( 3.2% - 5.5% )	7,251	89	2,185	NA	( NA - NA )
Persons aged 65 years and older		2.6%	( 1.5% - 4.3% )	1,243	19	630	NA	( NA - NA )
Race and Ethnicity								
American Indian or Alaska Native		12.1%	( 9.8% - 14.7% )	7,820	114	877	11.8%	( 9.6% - 14.5% )
Asian or Pacific Islander		0%	( 0% - 0% )	0	0	122	0%	( 0% - 0% )
Asian		0%	( 0% - 0% )	0	0	96	0%	( 0% - 0% )
Native Hawaiian or Other Pacific Islander		DSU	( DSU - DSU )	DSU	DSU	26	DSU	( DSU - DSU )
Black or African American		1%	( 0% - 8% )	110	1	77	1%	( 0% - 4% )
White		4.3%	( 3.3% - 5.5% )	15,410	130	3,444	4.3%	( 3.3% - 5.5% )
Hispanic or Latino		6%	( 2% - 14% )	983	6	130	3%	( 1% - 8% )
Not Hispanic or Latino		5.0%	( 4.2% - 6.0% )	22,926	241	4,540	5.0%	( 4.2% - 6.0% )
Black or African American, not Hispanic/Latino		DSU	( DSU - DSU )	DSU	DSU	32	DSU	( DSU - DSU )
White, not Hispanic or Latino		4.3%	( 3.3% - 5.5% )	14,787	122	3,327	4.2%	( 3.2% - 5.4% )

**Current Users of Smokeless Tobacco, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		27.1b: Reduce smokeless (spit tobacco) tobacco use to 0.4%.						
Healthy Alaskans 2010 Objective:		3.9: Reduce the percentage of adults who use smokeless tobacco (percent of persons aged 18 years and older who currently use chewing tobacco, snuff, or both) to 3%.						
Screening Question:		Have you ever used or tried any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull? And Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull?						
Response:		Yes to both						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI	
Alaska Native								
Yes	11.2%	( 9.2% - 13.7% )	8,089	119	966	11.2%	( 9.1% - 13.7% )	
No	4.1%	( 3.2% - 5.2% )	16,268	132	3,724	4.0%	( 3.1% - 5.0% )	
Geographic Location								
Anchorage & Vicinity	3.4%	( 2.3% - 5.1% )	8,928	33	991	3.3%	( 2.2% - 5.0% )	
Fairbanks & Vicinity	6.0%	( 4.3% - 8.4% )	3,971	43	973	5.8%	( 4.2% - 8.0% )	
Gulf Coast	4.7%	( 3.2% - 6.9% )	2,531	35	972	5.0%	( 3.4% - 7.5% )	
Rural	17.8%	( 14.8% - 21.3% )	7,865	117	905	17.8%	( 14.6% - 21.5% )	
Southeast	2.7%	( 1.8% - 4.0% )	1,380	26	891	2.4%	( 1.6% - 3.6% )	
Urban/Rural								
Metropolitan Statistical Area	3.8%	( 2.8% - 5.2% )	12,301	71	1,906	3.7%	( 2.8% - 5.1% )	
Micropolitan Statistical Area & Urban Clusters	4.6%	( 3.3% - 6.2% )	3,546	53	1,398	4.7%	( 3.4% - 6.4% )	
Rural	11.3%	( 9.4% - 13.6% )	8,828	130	1,428	11.7%	( 9.6% - 14.1% )	
Education Level (persons aged 25 years and older)								
Less than high school	8%	( 5% - 13% )	2,127	25	312	8%	( 5% - 12% )	
High school graduate	7.7%	( 6.1% - 9.8% )	9,173	112	1,296	7.5%	( 6.0% - 9.5% )	
At least some college	6.4%	( 4.4% - 9.4% )	8,001	62	1,316	6.4%	( 4.4% - 9.3% )	
College Graduate	1.6%	( 1.0% - 2.4% )	2,243	32	1,532	1.5%	( 1.0% - 2.3% )	
Employment Status								
Employed	5.1%	( 4.1% - 6.3% )	16,401	169	3,128	5.0%	( 4.0% - 6.2% )	
Unemployed	14%	( 9% - 21% )	4,630	44	322	13%	( 8% - 18% )	
Not in Workforce (Student, Homemaker, Retired)	2.5%	( 1.6% - 4.1% )	2,704	30	1,056	2.8%	( 1.6% - 4.9% )	
Unable to work	5%	( 2% - 10% )	808	9	206	7%	( 3% - 14% )	

**Current Users of Smokeless Tobacco, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		27.1b: Reduce smokeless (spit tobacco) tobacco use to 0.4%.						
Healthy Alaskans 2010 Objective:		3.9: Reduce the percentage of adults who use smokeless tobacco (percent of persons aged 18 years and older who currently use chewing tobacco, snuff, or both) to 3%.						
Screening Question:		Have you ever used or tried any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull? And Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull?						
Response:		Yes to both						
Population at Risk (See Appendix)		Observed Rate					Age-Adjusted Rate	
		%	95% CI	Individuals			n	N
<b>Marital Status</b>								
Married or Unwed Couple		4.8%	( 3.9% - 6.0% )	15,482	146	2,846	4.8%	( 3.8% - 6.0% )
Divorced/Separated		7.5%	( 4.6% - 12.2% )	3,967	45	811	12.6%	( 6.0% - 24.8% )
Widowed		2%	( 1% - 6% )	349	5	298	1%	( 0% - 3% )
Never Married		5.5%	( 3.8% - 7.8% )	4,628	55	750	5.5%	( 3.9% - 7.7% )
<b>Income Level</b>								
<\$15,000		9%	( 6% - 13% )	2,690	37	365	10%	( 7% - 14% )
\$15,000 - \$24,999		4%	( 2% - 7% )	1,672	24	497	4%	( 3% - 7% )
\$25,000 - \$49,999		5.1%	( 3.3% - 7.7% )	5,217	55	1,043	4.9%	( 3.4% - 6.9% )
\$50,000 - \$74,999		3.5%	( 2.2% - 5.5% )	2,803	29	832	3.4%	( 2.1% - 5.6% )
\$75,000		4.3%	( 3.1% - 6.0% )	7,157	66	1,483	3.7%	( 2.7% - 5.2% )
<b>Poverty Threshold</b>								
Poor (<100% Poverty Threshold)		12%	( 9% - 16% )	4,101	51	335	12%	( 9% - 16% )
Near Poor (100% to 199% Poverty Threshold)		3.8%	( 1.8% - 7.8% )	2,471	28	670	3.3%	( 1.9% - 5.8% )
Middle/High Income (>=200% Poverty Threshold)		4.0%	( 3.2% - 5.1% )	12,972	132	3,215	3.9%	( 3.1% - 5.0% )
<b>Below Poverty Guidelines</b>								
Yes		9%	( 6% - 12% )	4,310	52	454	9%	( 6% - 12% )
No		4.1%	( 3.3% - 5.2% )	15,361	159	3,766	4.0%	( 3.2% - 5.1% )
<b>Veteran</b>								
Yes		9%	( 6% - 14% )	8,151	35	446	10%	( 6% - 16% )
No		4.4%	( 3.4% - 5.6% )	16,402	107	2,028	4.3%	( 3.3% - 5.4% )



**Current Users of Smokeless Tobacco, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		27.1b: Reduce smokeless (spit tobacco) tobacco use to 0.4%.						
Healthy Alaskans 2010 Objective:		3.9: Reduce the percentage of adults who use smokeless tobacco (percent of persons aged 18 years and older who currently use chewing tobacco, snuff, or both) to 3%.						
Screening Question:		Have you ever used or tried any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull? And Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull?						
Response:		Yes to both						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI	
Health Status								
General Health								
Excellent to Very Good	4.5%	( 3.5% - 5.7% )	11,971	111	2,501	4.3%	( 3.4% - 5.5% )	
Good	6.6%	( 4.9% - 8.9% )	9,359	97	1,484	6.7%	( 5.0% - 9.0% )	
Fair/Poor	4.8%	( 3.5% - 6.8% )	3,159	44	727	5.3%	( 3.6% - 7.6% )	
Healthy Days (Mean Number of Days)								
Physical Health Not Good	4.6	( 2.6 - 6.6 )			245	4.5	( 2.8 - 6.1 )	
Mental Health Not Good	3.3	( 2.1 - 4.5 )			239	3.2	( 2.0 - 4.3 )	
Unhealthy Days (Physical or Mental Health Not Good)	6.5	( 4.4 - 8.7 )			235	6.2	( 4.4 - 8.0 )	
Days with Activity Limitation	2.8	( 0.9 - 4.7 )			245	2.5	( 1.1 - 3.9 )	
Healthy Days (Percentage with 14 or More Days)								
Physical Health Not Good	7.4%	( 4.3% - 12.5% )	3,469	28	506	8.7%	( 4.9% - 15.1% )	
Mental Health Not Good	5%	( 3% - 8% )	2,067	29	456	5%	( 3% - 7% )	
Unhealthy Days (Physical or Mental Health Not Good)	5.7%	( 3.6% - 8.9% )	4,363	41	809	5.8%	( 3.6% - 9.2% )	
Activity Limitation	7%	( 4% - 14% )	2,266	18	325	8%	( 4% - 15% )	
Disability								
Disabled								
Yes	3.5%	( 2.2% - 5.7% )	3,832	24	643	4.0%	( 2.3% - 6.7% )	
No	5.9%	( 4.6% - 7.6% )	20,848	118	1,810	5.6%	( 4.4% - 7.2% )	
Activity Limitation								
Yes	4.1%	( 2.6% - 6.4% )	4,448	46	1,142	4.6%	( 2.8% - 7.5% )	
No	5.5%	( 4.6% - 6.7% )	20,138	206	3,538	5.3%	( 4.4% - 6.4% )	

**Current Users of Smokeless Tobacco, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		27.1b: Reduce smokeless (spit tobacco) tobacco use to 0.4%.						
Healthy Alaskans 2010 Objective:		3.9: Reduce the percentage of adults who use smokeless tobacco (percent of persons aged 18 years and older who currently use chewing tobacco, snuff, or both) to 3%.						
Screening Question:		Have you ever used or tried any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull? And Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull?						
Response:		Yes to both						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	%	95% CI
Require Special Equipment								
Yes		5%	( 2% - 10% )	1,561	8	191	7%	( 3% - 17% )
No		5.4%	( 4.2% - 6.8% )	23,274	135	2,281	5.2%	( 4.1% - 6.6% )
Mental Health								
Depression Measure (PHQ-8)								
No Depression		4.9%	( 3.7% - 6.4% )	15,450	88	1,689	94.8%	( 93.4% - 95.9% )
Mild Depression		8%	( 4% - 14% )	5,554	24	338	5%	( 4% - 7% )
Moderate to Severe Depression		3%	( 1% - 7% )	1,018	8	163	5%	( 4% - 6% )
Social and Emotional Support								
Always/Usually		4.8%	( 3.6% - 6.4% )	17,811	87	1,906	4.6%	( 3.5% - 6.2% )
Sometimes/Rarely/Never		7.0%	( 5.0% - 9.8% )	5,936	50	513	6.6%	( 4.7% - 9.3% )
Life Satisfaction								
Very Satisfied / Satisfied		5.4%	( 4.2% - 6.8% )	23,575	134	2,333	5.2%	( 4.1% - 6.6% )
Dissatisfied / Very Dissatisfied		3%	( 1% - 9% )	663	7	116	3%	( 1% - 8% )
Healthcare								
Healthcare Coverage								
Health Plan								
Yes		5.0%	( 4.1% - 6.0% )	19,461	198	3,980	5.0%	( 4.1% - 6.0% )
No		5.7%	( 3.6% - 8.9% )	4,742	51	723	4.5%	( 3.0% - 6.9% )
Immunization								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes		3%	( 1% - 6% )	977	6	224	3%	( 1% - 7% )
No		2%	( 1% - 8% )	286	3	118	2%	( 0% - 6% )

**Current Users of Smokeless Tobacco, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		27.1b: Reduce smokeless (spit tobacco) tobacco use to 0.4%.						
Healthy Alaskans 2010 Objective:		3.9: Reduce the percentage of adults who use smokeless tobacco (percent of persons aged 18 years and older who currently use chewing tobacco, snuff, or both) to 3%.						
Screening Question:		Have you ever used or tried any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull? And Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull?						
Response:		Yes to both						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI	
Ever Had Pneumonia Shot (Ages 65+)								
Yes	2%	( 1% - 6% )	584	17	204	3%	( 1% - 8% )	
No	3%	( 1% - 8% )	446	101	124	2%	( 1% - 7% )	
Ever Had Hepatitis B Shot								
Yes	5.3%	( 3.4% - 8.3% )	9,609	45	889	5.2%	( 3.4% - 7.8% )	
No	5.6%	( 4.2% - 7.5% )	11,778	73	1,212	5.5%	( 4.1% - 7.4% )	
Screening								
AIDS/HIV Screening (Ages 18-64)								
Yes	6.8%	( 4.9% - 9.4% )	12,167	63	929	6.9%	( 4.9% - 9.6% )	
No	4.8%	( 3.4% - 6.9% )	10,613	66	1,103	5.5%	( 3.7% - 8.1% )	
Clinical Breast Exam Annually (Women Ages 40+)								
Yes	0.8%	( 0.4% - 2.0% )	659	6	546	0.8%	( 0.4% - 1.9% )	
No	3%	( 1% - 6% )	1,475	9	344	3%	( 1% - 6% )	
Colorectal Screening (Ages 50+)								
Yes	4.5%	( 2.5% - 8.1% )	4,268	21	673	4.4%	( 2.5% - 7.5% )	
No	3%	( 2% - 5% )	2,067	22	490	2%	( 1% - 3% )	
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)								
Yes	9%	( 5% - 16% )	4,116	20	272	9%	( 5% - 16% )	
No	8%	( 6% - 12% )	6,135	48	495	8%	( 5% - 11% )	
Home Occult Blood Test (Ages 50+)								
Yes	2%	( 1% - 6% )	513	4	187	2%	( 1% - 7% )	
No	4.1%	( 2.5% - 6.5% )	5,532	37	958	3.4%	( 2.2% - 5.4% )	

**Current Users of Smokeless Tobacco, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

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Healthy Alaskans 2010 Objective:		3.9: Reduce the percentage of adults who use smokeless tobacco (percent of persons aged 18 years and older who currently use chewing tobacco, snuff, or both) to 3%.						
Screening Question:		Have you ever used or tried any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull? And Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull?						
Response:		Yes to both						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI	
Mammogram within Past 2 Years (Women Ages 40+)								
Yes	1.4%	( 0.7% - 2.8% )	1,190	9	629	1.5%	( 0.7% - 3.1% )	
No	2%	( 1% - 5% )	820	6	266	3%	( 1% - 7% )	
Oral Cancer Exam Annually								
Yes	4.5%	( 2.7% - 7.3% )	5,474	25	666	4.5%	( 2.7% - 7.4% )	
No	5.8%	( 4.5% - 7.5% )	19,086	117	1,733	5.7%	( 4.4% - 7.3% )	
Pap Test within Past 3 Years (Women Ages 18+)								
Yes	1.6%	( 1.0% - 2.7% )	2,446	21	885	1.4%	( 0.8% - 2.4% )	
No	1%	( 0% - 4% )	288	2	157	1%	( 0% - 4% )	
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)								
Yes	7%	( 4% - 13% )	4,100	24	369	8%	( 5% - 13% )	
No	10%	( 7% - 15% )	6,082	45	373	9%	( 6% - 13% )	
Diagnoses								
Asthma								
Asthma Diagnosis								
Yes	4.7%	( 2.7% - 8.3% )	3,449	34	632	5.0%	( 3.1% - 8.0% )	
No	5.3%	( 4.4% - 6.3% )	21,135	219	4,067	5.2%	( 4.3% - 6.2% )	
Current Asthma								
Yes	5%	( 2% - 12% )	2,120	20	400	5%	( 3% - 10% )	
No	4%	( 2% - 8% )	1,127	13	206	5%	( 3% - 11% )	
Cardiovascular and Cerebrovascular Disease								
Cardiovascular Disease								
Yes	2%	( 1% - 5% )	404	8	254	1%	( 0% - 2% )	
No	5.2%	( 4.4% - 6.3% )	23,703	239	4,405	5.1%	( 4.3% - 6.1% )	

**Current Users of Smokeless Tobacco, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

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Healthy Alaskans 2010 Objective:		3.9: Reduce the percentage of adults who use smokeless tobacco (percent of persons aged 18 years and older who currently use chewing tobacco, snuff, or both) to 3%.						
Screening Question:		Have you ever used or tried any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull? And Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull?						
Response:		Yes to both						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI	
Heart Attack (Myocardial Infarction)								
Yes	3%	( 1% - 6% )	397	6	169	1%	( 0% - 2% )	
No	5.2%	( 4.3% - 6.2% )	23,841	242	4,527	5.0%	( 4.2% - 6.0% )	
Coronary Heart Disease (Angina)								
Yes	3%	( 1% - 6% )	430	7	183	1%	( 1% - 3% )	
No	5.3%	( 4.4% - 6.3% )	24,129	245	4,505	5.1%	( 4.3% - 6.1% )	
Stroke								
Yes	4%	( 2% - 11% )	379	5	121	6%	( 2% - 17% )	
No	5.2%	( 4.4% - 6.2% )	24,258	249	4,594	5.2%	( 4.3% - 6.1% )	
Diabetes								
Nongestational Diabetes								
Yes	3%	( 2% - 6% )	825	12	316	4%	( 2% - 9% )	
No	5.3%	( 4.4% - 6.3% )	23,556	239	4,403	5.1%	( 4.3% - 6.1% )	
Pre-Diabetes								
Yes	3%	( 2% - 5% )	1,073	14	362	6%	( 3% - 12% )	
No	5.5%	( 4.6% - 6.6% )	22,549	226	4,021	5.3%	( 4.4% - 6.4% )	
Prostate Cancer								
Prostate Cancer								
Yes	DSU	( DSU - DSU )	DSU	DSU	21	DSU	( DSU - DSU )	
No	8.6%	( 6.2% - 11.7% )	10,581	68	773	8.9%	( 6.2% - 12.6% )	
Risk Factors								
Alcohol								
Binge Drinking								
Yes	9.6%	( 7.0% - 13.1% )	7,197	65	744	8.7%	( 6.4% - 11.8% )	
No	4.2%	( 3.4% - 5.1% )	16,468	177	3,915	4.2%	( 3.4% - 5.3% )	

**Current Users of Smokeless Tobacco, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

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Healthy Alaskans 2010 Objective:		3.9: Reduce the percentage of adults who use smokeless tobacco (percent of persons aged 18 years and older who currently use chewing tobacco, snuff, or both) to 3%.						
Screening Question:		Have you ever used or tried any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull? And Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull?						
Response:		Yes to both						
		Observed Rate			Age-Adjusted Rate			
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI	
Heavy Drinking								
Yes	10%	( 6% - 17% )	2,650	24	293	9%	( 5% - 15% )	
No	5.5%	( 4.5% - 6.6% )	21,175	216	3,810	5.5%	( 4.6% - 6.6% )	
Physical Activity								
Leisure Time Exercise								
Yes	5.0%	( 4.1% - 6.2% )	18,903	187	3,677	4.9%	( 4.0% - 6.0% )	
No	5.9%	( 4.3% - 7.9% )	5,743	66	1,043	5.9%	( 4.3% - 8.0% )	
Tobacco Use								
Cigarette Smoking Status								
Current Smoker	5.5%	( 3.7% - 8.0% )	5,588	60	1,044	5.1%	( 3.5% - 7.3% )	
Former Smoker	6.3%	( 4.8% - 8.3% )	8,047	89	1,432	7.4%	( 5.4% - 10.1% )	
Never Smoked	4.3%	( 3.2% - 5.7% )	10,486	99	2,229	4.2%	( 3.1% - 5.5% )	
Smokeless Tobacco Status								
Current User	100%	( 0% - 0% )	24,675	254	254	100%	( 0% - 0% )	
Former User	0.0%	( 0.0% - 0.0% )	0	0	865	0.0%	( 0.0% - 0.0% )	
Never Used	0.0%	( 0.0% - 0.0% )	0	0	3,613	0.0%	( 0.0% - 0.0% )	
Weight Status								
Weight Status								
Normal (BMI <25)	4.6%	( 3.2% - 6.5% )	7,381	74	1,529	4.2%	( 3.0% - 5.8% )	
Overweight (BMI 25 to 30)	5.8%	( 4.4% - 7.6% )	9,826	101	1,683	5.9%	( 4.4% - 7.7% )	
Obese (BMI ≥30)	5.3%	( 4.0% - 7.1% )	6,854	73	1,334	5.4%	( 4.0% - 7.3% )	
Obese I (BMI 30 TO < 35)	6.2%	( 4.3% - 8.9% )	4,990	51	822	6.4%	( 4.4% - 9.3% )	
Obese II & III (BMI ≥35)	3.8%	( 2.3% - 6.3% )	1,864	22	512	3.5%	( 2.1% - 5.8% )	

**Current Users of Smokeless Tobacco, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

<b>Healthy People 2010 Objective:</b>		<b>27.1b: Reduce smokeless (spit tobacco) tobacco use to 0.4%.</b>					
<b>Healthy Alaskans 2010 Objective:</b>		<b>3.9: Reduce the percentage of adults who use smokeless tobacco (percent of persons aged 18 years and older who currently use chewing tobacco, snuff, or both) to 3%.</b>					
<b>Screening Question:</b>		<b>Have you ever used or tried any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull? And Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull?</b>					
<b>Response:</b>		<b>Yes to both</b>					
		<i>Observed Rate</i>				<i>Age-Adjusted Rate</i>	
<b>Population at Risk (See Appendix)</b>		<b>%</b>	<b>95% CI</b>	<b>Individuals</b>	<b>n</b>	<b>N</b>	<b>% 95% CI</b>

**Appendix**

**Definitions:**

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (n) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

**Notes:**

Data may include revisions, and may differ from those shown previously.

# Preventive Practices



***Alaska Behavioral Risk Factor Survey  
2008 Annual Report***



# HIV/AIDS Test

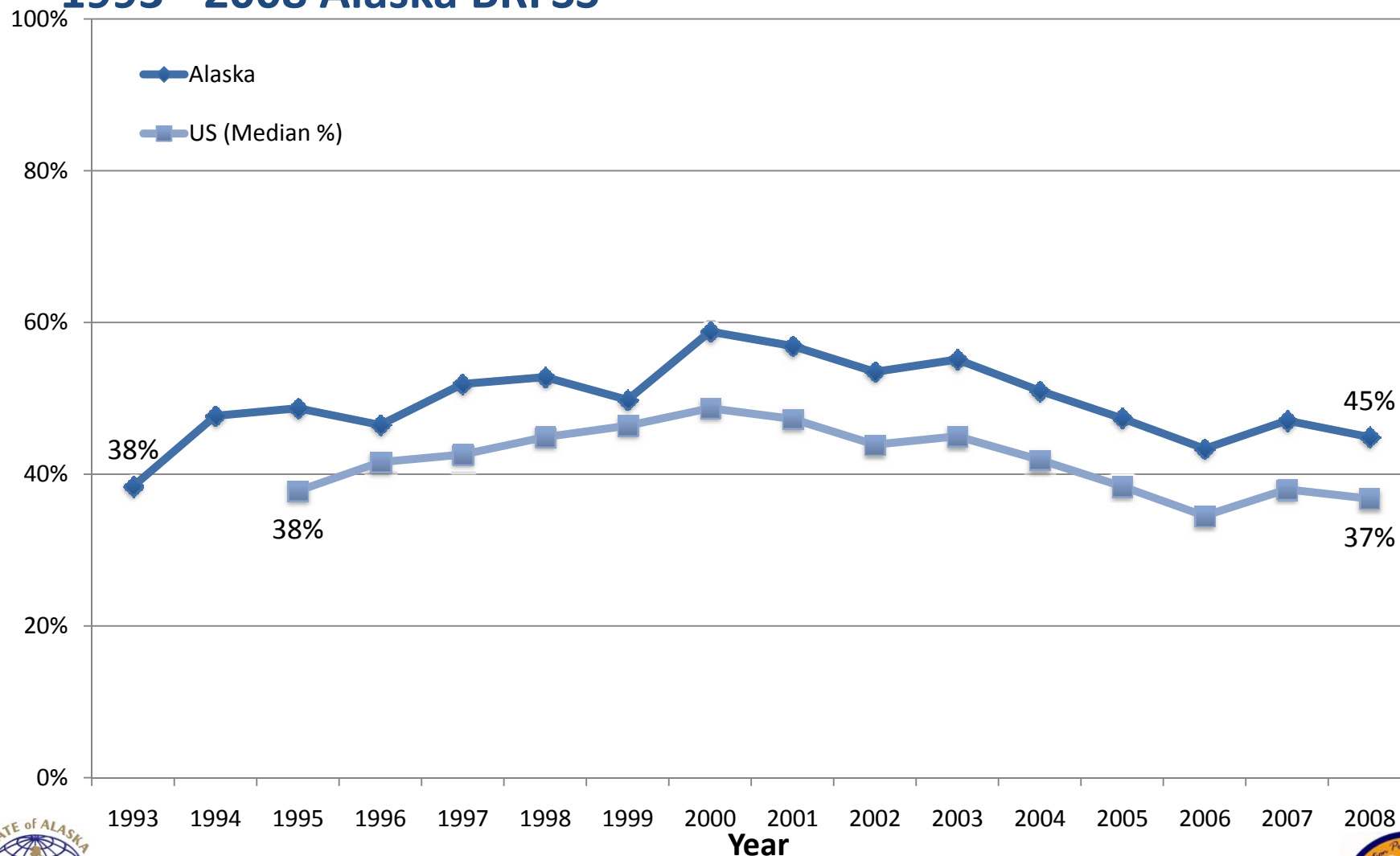


- **Indicator:** Proportion of adults who have ever had an HIV test
- **Data source:** 2008 Alaska Standard BRFSS survey
- **BRFSS Question:** Have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation. Include testing fluid from your mouth.
- **How are we doing?**
  - In 2008, 44.9% of Alaskan adults reported ever having an HIV test.
- **How does Alaska compare with the US?**
  - Since 1993, Alaska has had a consistently higher prevalence of having an HIV test than the national median.
- **How are different populations affected?**
  - The prevalence of ever having an HIV test decreased with age in 2008; respondents age 45 to 64 years were significantly less likely to have had an HIV test than those in younger age groups.
  - Alaskan adults who were widowed were more likely to have had an HIV test than married adults.
  - Veterans, adults who had a flu shot in the past 12 months, and those who had ever had a hepatitis B vaccine were more likely to have had an HIV test than adults not in these groups.
  - Not binge drinking, current smoking and being a former smokeless tobacco use was associated with having had an HIV test in 2008.
  - In 2008, 3.5% of respondents reported participating in a high HIV-risk activity in the past 12 months.



# HIV Testing, Age 18-64 Years: Alaska vs. Nationwide

## 1993 - 2008 Alaska BRFSS



**HIV Test, Adults (18-64 years of age), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:		Have you ever been tested for HIV? Do not include tests you may have had as part of a blood donation. Include testing fluid from your mouth.						
Response:		Yes					Age-Adjusted Rate	
Population at Risk (See Appendix)		Observed Rate		Individuals	n	N	Age-Adjusted Rate	
		%	95% CI				%	95% CI
<b>Total</b>		<b>44.9%</b>	( 41.6% - 48.3% )	190,125	975	2,143	<b>45.5%</b>	( 42.3% - 48.8% )
<b>Demographics</b>								
<b>Gender</b>								
	Female	<b>46.5%</b>	( 42.0% - 51.1% )	94,651	549	1,144	<b>47.2%</b>	( 42.7% - 51.7% )
	Male	<b>43.4%</b>	( 38.6% - 48.3% )	95,474	426	999	<b>44.1%</b>	( 39.4% - 48.9% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>								
	Persons aged 18 to 24 years	<b>DSU</b>	( DSU - DSU )	DSU	DSU	132	<b>NA</b>	( NA - NA )
	Persons aged 25 to 34 years	<b>60%</b>	( 52% - 66% )	59,078	273	424	<b>NA</b>	( NA - NA )
	Persons aged 35 to 44 years	<b>56%</b>	( 49% - 62% )	52,522	251	459	<b>NA</b>	( NA - NA )
	Persons aged 45 to 64 years	<b>33.5%</b>	( 29.8% - 37.5% )	55,705	405	1,128	<b>NA</b>	( NA - NA )
<b>Race and Ethnicity</b>								
	American Indian or Alaska Native	<b>48%</b>	( 41% - 56% )	29,085	202	428	<b>46%</b>	( 39% - 53% )
	Asian or Pacific Islander	<b>DSU</b>	( DSU - DSU )	DSU	DSU	60	<b>DSU</b>	( DSU - DSU )
	Asian	<b>DSU</b>	( DSU - DSU )	DSU	DSU	49	<b>DSU</b>	( DSU - DSU )
	Native Hawaiian or Other Pacific Islander	<b>DSU</b>	( DSU - DSU )	DSU	DSU	11	<b>DSU</b>	( DSU - DSU )
	Black or African American	<b>DSU</b>	( DSU - DSU )	DSU	DSU	31	<b>DSU</b>	( DSU - DSU )
	White	<b>44.7%</b>	( 40.9% - 48.6% )	137,113	677	1,528	<b>46.3%</b>	( 42.4% - 50.3% )
	Hispanic or Latino	<b>DSU</b>	( DSU - DSU )	DSU	DSU	69	<b>DSU</b>	( DSU - DSU )
	Not Hispanic or Latino	<b>44.9%</b>	( 41.5% - 48.3% )	178,725	927	2,047	<b>45.8%</b>	( 42.4% - 49.2% )
	Black or African American, not Hispanic/Latino	<b>DSU</b>	( DSU - DSU )	DSU	DSU	24	<b>DSU</b>	( DSU - DSU )
	White, not Hispanic or Latino	<b>43.9%</b>	( 40.1% - 47.7% )	127,827	643	1,471	<b>45.1%</b>	( 41.1% - 49.2% )
<b>Alaska Native</b>								
	Yes	<b>51%</b>	( 43% - 58% )	36,089	228	468	<b>49%</b>	( 42% - 56% )
	No	<b>43.6%</b>	( 39.9% - 47.3% )	152,519	740	1,660	<b>44.3%</b>	( 40.6% - 48.0% )

**HIV Test, Adults (18-64 years of age), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:

Have you ever been tested for HIV? Do not include tests you may have had as part of a blood donation. Include testing fluid from your mouth.

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate		
	%	95% CI	Individuals	n	N		%	95% CI	
<b>Geographic Location</b>									
Anchorage & Vicinity	45%	( 39% - 51% )	104,765	199	435		46%	( 40% - 51% )	
Fairbanks & Vicinity	50%	( 44% - 56% )	28,994	215	435		50%	( 45% - 55% )	
Gulf Coast	40%	( 35% - 46% )	18,827	191	447		39%	( 33% - 45% )	
Rural	43%	( 38% - 49% )	17,240	200	439		44%	( 38% - 49% )	
Southeast	44%	( 39% - 50% )	20,000	170	387		46%	( 40% - 52% )	
<b>Urban/Rural</b>									
Metropolitan Statistical Area	46.1%	( 41.5% - 50.8% )	132,667	409	855		46.8%	( 42.4% - 51.3% )	
Micropolitan Statistical Area & Urban Clusters	46.0%	( 41.6% - 50.5% )	31,643	306	632		45.0%	( 40.6% - 49.5% )	
Rural	38.5%	( 34.0% - 43.1% )	25,816	260	656		39.8%	( 35.1% - 44.8% )	
<b>Education Level (persons aged 25 years and older)</b>									
Less than high school	DSU	( DSU - DSU )	DSU	DSU	116		DSU	( DSU - DSU )	
High school graduate	45.6%	( 39.6% - 51.6% )	50,792	256	609		44.6%	( 38.9% - 50.4% )	
At least some college	49.0%	( 43.3% - 54.7% )	54,591	302	615		50.4%	( 44.7% - 56.2% )	
College Graduate	44.0%	( 38.8% - 49.4% )	51,394	318	668		45.2%	( 39.9% - 50.7% )	
<b>Employment Status</b>									
Employed	43.5%	( 39.8% - 47.3% )	133,285	712	1,586		43.7%	( 40.0% - 47.5% )	
Unemployed	DSU	( DSU - DSU )	DSU	DSU	163		DSU	( DSU - DSU )	
Not in Workforce (Student, Homemaker, Retired)	47%	( 38% - 56% )	29,902	123	286		48%	( 40% - 57% )	
Unable to work	DSU	( DSU - DSU )	DSU	DSU	100		DSU	( DSU - DSU )	
<b>Marital Status</b>									
Married or Unwed Couple	43.3%	( 39.4% - 47.3% )	112,380	513	1,235		45.5%	( 40.5% - 50.6% )	
Divorced/Separated	DSU	( DSU - DSU )	DSU	DSU	58		DSU	( DSU - DSU )	
Widowed	57%	( 49% - 65% )	24,764	203	346		DSU	( DSU - DSU )	
Never Married	41%	( 32% - 50% )	36,619	175	391		44%	( 37% - 52% )	

**HIV Test, Adults (18-64 years of age), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:

Have you ever been tested for HIV? Do not include tests you may have had as part of a blood donation. Include testing fluid from your mouth.

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate		
	%	95% CI	Individuals	n	N		%	95% CI	
<b>Income Level</b>									
<\$15,000	DSU	( DSU - DSU )	DSU	DSU	171		DSU	( DSU - DSU )	
\$15,000 - \$24,999	DSU	( DSU - DSU )	DSU	DSU	206		DSU	( DSU - DSU )	
\$25,000 - \$49,999	44%	( 37% - 51% )	39,689	209	466		42%	( 35% - 49% )	
\$50,000 - \$74,999	49%	( 41% - 56% )	34,335	166	379		50%	( 42% - 58% )	
\$75,000	43.8%	( 38.5% - 49.1% )	66,996	331	729		43.8%	( 38.0% - 49.9% )	
<b>Poverty Threshold</b>									
Poor (<100% Poverty Threshold)	DSU	( DSU - DSU )	DSU	DSU	180		DSU	( DSU - DSU )	
Near Poor (100% to 199% Poverty Threshold)	44%	( 34% - 54% )	27,929	154	290		47%	( 38% - 55% )	
Middle/High Income (>=200% Poverty Threshold)	45.5%	( 41.7% - 49.3% )	127,975	660	1,481		46.2%	( 42.1% - 50.3% )	
<b>Below Poverty Guidelines</b>									
Yes	DSU	( DSU - DSU )	DSU	DSU	230		DSU	( DSU - DSU )	
No	45.0%	( 41.4% - 48.7% )	148,785	782	1,721		45.3%	( 41.5% - 49.1% )	
<b>Veteran</b>									
Yes	67%	( 60% - 74% )	48,257	204	334		72%	( 65% - 79% )	
No	40.3%	( 36.8% - 44.0% )	141,700	770	1,807		40.9%	( 37.5% - 44.5% )	
<b>Health Status</b>									
<b>General Health</b>									
Excellent to Very Good	45.1%	( 40.7% - 49.5% )	111,854	540	1,199		45.2%	( 41.0% - 49.4% )	
Good	44.1%	( 38.3% - 50.1% )	52,972	278	635		43.1%	( 37.7% - 48.5% )	
Fair/Poor	46%	( 37% - 56% )	25,084	155	302		DSU	( DSU - DSU )	
<b>Healthy Days (Mean Number of Days)</b>									
Physical Health Not Good	3.6	( 2.9 - 4.3 )			951		3.8	( 3.1 - 4.5 )	
Mental Health Not Good	4.8	( 3.8 - 5.9 )			945		5.2	( 4.0 - 6.3 )	
Unhealthy Days (Physical or Mental Health Not Good)	7.1	( 6.0 - 8.3 )			928		7.5	( 6.3 - 8.6 )	
Days with Activity Limitation	3.0	( 2.2 - 3.8 )			962		3.2	( 2.2 - 4.2 )	

**HIV Test, Adults (18-64 years of age), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:

Have you ever been tested for HIV? Do not include tests you may have had as part of a blood donation. Include testing fluid from your mouth.

Response:	Yes						Age-Adjusted Rate		
	Observed Rate								
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N		%	95% CI	
<b>Healthy Days (Percentage with 14 or More Days)</b>									
Physical Health Not Good	DSU	( DSU - DSU )	DSU	DSU	205		DSU	( DSU - DSU )	
Mental Health Not Good	DSU	( DSU - DSU )	DSU	DSU	209		DSU	( DSU - DSU )	
Unhealthy Days (Physical or Mental Health Not Good)	58%	( 49% - 66% )	39,720	184	343		61%	( 52% - 69% )	
Activity Limitation	DSU	( DSU - DSU )	DSU	DSU	130		DSU	( DSU - DSU )	
<b>Disability</b>									
Disabled									
Yes	51%	( 44% - 58% )	44,609	248	495		56%	( 48% - 63% )	
No	43.3%	( 39.6% - 47.1% )	144,388	721	1,628		43.3%	( 39.6% - 47.0% )	
Activity Limitation									
Yes	52%	( 45% - 58% )	43,886	243	479		56%	( 48% - 64% )	
No	43.4%	( 39.6% - 47.2% )	145,868	727	1,644		43.4%	( 39.8% - 47.1% )	
Require Special Equipment									
Yes	DSU	( DSU - DSU )	DSU	DSU	113		DSU	( DSU - DSU )	
No	44.3%	( 40.9% - 47.7% )	178,082	911	2,025		44.7%	( 41.4% - 48.1% )	
<b>Mental Health</b>									
Depression Measure (PHQ-8)									
No Depression	41.9%	( 38.1% - 45.8% )	118,444	616	1,443		55.3%	( 51.9% - 58.6% )	
Mild Depression	48%	( 39% - 58% )	30,796	154	299		45%	( 42% - 49% )	
Moderate to Severe Depression	DSU	( DSU - DSU )	DSU	DSU	148		DSU	( DSU - DSU )	
Social and Emotional Support									
Always/Usually	44.4%	( 40.7% - 48.1% )	149,821	748	1,657		44.9%	( 41.3% - 48.5% )	
Sometimes/Rarely/Never	46%	( 38% - 54% )	34,796	202	434		47%	( 39% - 55% )	
Life Satisfaction									
Very Satisfied / Satisfied	43.8%	( 40.4% - 47.2% )	173,307	898	2,013		44.4%	( 41.1% - 47.8% )	
Dissatisfied / Very Dissatisfied	DSU	( DSU - DSU )	DSU	DSU	94		DSU	( DSU - DSU )	

**HIV Test, Adults (18-64 years of age), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:		Have you ever been tested for HIV? Do not include tests you may have had as part of a blood donation. Include testing fluid from your mouth.						
Response:		Yes					Age-Adjusted Rate	
Population at Risk (See Appendix)		%	Observed Rate 95% CI	Individuals	n	N	%	95% CI
<b>Healthcare</b>								
<b>Healthcare Coverage</b>								
Health Plan								
Yes		<b>46.4%</b>	( 42.9% - 50.0% )	158,457	832	1,773	<b>46.9%</b>	( 43.2% - 50.5% )
No		<b>40%</b>	( 31% - 49% )	31,904	142	355	<b>40%</b>	( 32% - 48% )
<b>Immunization</b>								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes		<b>DNC</b>	( DNC - DNC )	DNC	0	0	<b>DNC</b>	( DNC - DNC )
No		<b>DNC</b>	( DNC - DNC )	DNC	0	0	<b>DNC</b>	( DNC - DNC )
Ever Had Pneumonia Shot (Ages 65+)								
Yes		<b>DNC</b>	( DNC - DNC )	DNC	0	0	<b>DNC</b>	( DNC - DNC )
No		<b>DNC</b>	( DNC - DNC )	DNC	0	0	<b>DNC</b>	( DNC - DNC )
Ever Had Hepatitis B Shot								
Yes		<b>52.1%</b>	( 46.6% - 57.6% )	86,125	432	794	<b>52.6%</b>	( 47.4% - 57.6% )
No		<b>36.6%</b>	( 32.0% - 41.5% )	64,306	358	979	<b>38.0%</b>	( 32.4% - 43.8% )
<b>Screening</b>								
AIDS/HIV Screening (Ages 18-64)								
Yes		<b>100.0%</b>	( 0.0% - 0.0% )	190,125	975	975	<b>100.0%</b>	( 0.0% - 0.0% )
No		<b>0.0%</b>	( 0.0% - 0.0% )	0	0	1,168	<b>0.0%</b>	( 0.0% - 0.0% )
Clinical Breast Exam Annually (Women Ages 40+)								
Yes		<b>39%</b>	( 33% - 46% )	24,968	187	438	<b>41%</b>	( 35% - 48% )
No		<b>33%</b>	( 25% - 42% )	12,721	88	263	<b>32%</b>	( 25% - 40% )
Colorectal Screening (Ages 50+)								
Yes		<b>33%</b>	( 27% - 40% )	20,734	156	430	<b>33%</b>	( 27% - 40% )
No		<b>23%</b>	( 18% - 30% )	12,393	111	388	<b>23%</b>	( 18% - 30% )

**HIV Test, Adults (18-64 years of age), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:

Have you ever been tested for HIV? Do not include tests you may have had as part of a blood donation. Include testing fluid from your mouth.

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	95% CI	Individuals	n	N		%	95% CI
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)								
Yes	47%	( 38% - 57% )	15,099	80	188		57%	( 48% - 66% )
No	34%	( 28% - 41% )	24,876	154	444		34%	( 28% - 41% )
Home Occult Blood Test (Ages 50+)								
Yes	DSU	( DSU - DSU )	DSU	DSU	110		DSU	( DSU - DSU )
No	26.9%	( 22.5% - 31.9% )	26,651	220	696		26.9%	( 22.5% - 31.9% )
Mammogram within Past 2 Years (Women Ages 40+)								
Yes	35%	( 29% - 41% )	23,996	196	488		37%	( 31% - 43% )
No	40%	( 31% - 50% )	13,904	81	218		37%	( 29% - 45% )
Oral Cancer Exam Annually								
Yes	48.8%	( 42.7% - 54.9% )	50,760	273	542		52.0%	( 44.2% - 59.6% )
No	43.4%	( 39.3% - 47.5% )	125,396	643	1,460		43.7%	( 39.9% - 47.7% )
Pap Test within Past 3 Years (Women Ages 18+)								
Yes	50.9%	( 45.7% - 56.0% )	74,913	430	825		38.0%	( 32.0% - 44.0% )
No	DSU	( DSU - DSU )	DSU	DSU	127		DSU	( DSU - DSU )
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)								
Yes	41%	( 32% - 50% )	17,511	101	252		51%	( 42% - 61% )
No	37%	( 30% - 44% )	22,031	124	358		36%	( 29% - 43% )
<b>Diagnoses</b>								
<b>Asthma</b>								
Asthma Diagnosis								
Yes	46%	( 36% - 56% )	31,475	154	300		47%	( 38% - 55% )
No	44.7%	( 41.3% - 48.2% )	157,613	816	1,827		45.4%	( 42.0% - 48.9% )
Current Asthma								
Yes	DSU	( DSU - DSU )	DSU	DSU	185		DSU	( DSU - DSU )
No	DSU	( DSU - DSU )	DSU	DSU	100		DSU	( DSU - DSU )



**HIV Test, Adults (18-64 years of age), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:

Have you ever been tested for HIV? Do not include tests you may have had as part of a blood donation. Include testing fluid from your mouth.

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N		%	95% CI
<b>Cardiovascular and Cerebrovascular Disease</b>								
Cardiovascular Disease								
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	80		<b>DSU</b>	( DSU - DSU )
No	<b>45.2%</b>	( 41.8% - 48.7% )	185,019	937	2,043		<b>45.6%</b>	( 42.3% - 49.0% )
Heart Attack (Myocardial Infarction)								
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	48		<b>DSU</b>	( DSU - DSU )
No	<b>44.9%</b>	( 41.6% - 48.3% )	186,219	948	2,082		<b>45.5%</b>	( 42.2% - 48.8% )
Coronary Heart Disease (Angina)								
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	61		<b>DSU</b>	( DSU - DSU )
No	<b>45.2%</b>	( 41.9% - 48.7% )	187,064	948	2,072		<b>45.7%</b>	( 42.4% - 49.0% )
Stroke								
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	37		<b>DSU</b>	( DSU - DSU )
No	<b>44.9%</b>	( 41.6% - 48.3% )	187,355	955	2,098		<b>45.4%</b>	( 42.1% - 48.8% )
<b>Diabetes</b>								
Nongestational Diabetes								
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	123		<b>DSU</b>	( DSU - DSU )
No	<b>45.4%</b>	( 42.0% - 48.8% )	181,162	920	2,015		<b>45.7%</b>	( 42.4% - 49.1% )
Pre-Diabetes								
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	157		<b>DSU</b>	( DSU - DSU )
No	<b>45.3%</b>	( 41.7% - 48.9% )	167,050	841	1,850		<b>45.5%</b>	( 42.1% - 48.9% )
<b>Prostate Cancer</b>								
Prostate Cancer								
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	3		<b>DSU</b>	( DSU - DSU )
No	<b>38.8%</b>	( 33.5% - 44.4% )	41,277	240	642		<b>41.7%</b>	( 35.5% - 48.3% )

**HIV Test, Adults (18-64 years of age), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:		Have you ever been tested for HIV? Do not include tests you may have had as part of a blood donation. Include testing fluid from your mouth.						
Response:		Yes						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	%	95% CI
Risk Factors								
Alcohol								
Binge Drinking								
Yes		55%	( 47% - 62% )	40,949	205	390	53%	( 46% - 61% )
No		42.7%	( 39.0% - 46.4% )	146,840	751	1,717	43.8%	( 40.1% - 47.5% )
Heavy Drinking								
Yes		DSU	( DSU - DSU )	DSU	DSU	131	DSU	( DSU - DSU )
No		44.8%	( 41.3% - 48.3% )	175,799	885	1,941	45.4%	( 42.0% - 48.8% )
Physical Activity								
Leisure Time Exercise								
Yes		46.2%	( 42.5% - 50.0% )	151,059	771	1,639	46.6%	( 43.0% - 50.3% )
No		41%	( 34% - 48% )	38,963	201	497	42%	( 35% - 50% )
Tobacco Use								
Cigarette Smoking Status								
Current Smoker		58.0%	( 50.8% - 64.8% )	55,227	289	518	56.7%	( 50.2% - 63.1% )
Former Smoker		48.7%	( 42.6% - 54.8% )	54,027	271	582	51.4%	( 43.7% - 59.1% )
Never Smoked		37.1%	( 32.6% - 41.7% )	79,822	408	1,033	38.0%	( 33.8% - 42.4% )
Smokeless Tobacco Status								
Current User		DSU	( DSU - DSU )	DSU	DSU	129	DSU	( DSU - DSU )
Former User		54%	( 46% - 61% )	43,768	206	395	52%	( 45% - 60% )
Never Used		41.8%	( 37.9% - 45.7% )	123,092	660	1,508	43.3%	( 39.5% - 47.1% )

# **HIV Test, Adults (18-64 years of age), Alaska BRFSS, 2008: Standard (2008) Survey Instrument**

Screening Question:		Have you ever been tested for HIV? Do not include tests you may have had as part of a blood donation. Include testing fluid from your mouth.					
Response:		Yes					
		Observed Rate			Age-Adjusted Rate		
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI
<b>Weight Status</b>							
Weight Status							
Normal (BMI <25)	<b>43.9%</b>	( 37.9% - 50.1% )	63,036	312	666	<b>45.6%</b>	( 40.3% - 51.0% )
Overweight (BMI 25 to 30)	<b>48.0%</b>	( 42.7% - 53.3% )	76,070	362	786	<b>49.7%</b>	( 44.2% - 55.2% )
Obese (BMI ≥30)	<b>42.3%</b>	( 36.4% - 48.3% )	47,088	278	631	<b>41.0%</b>	( 35.9% - 46.4% )
Obese I (BMI 30 TO < 35)	<b>46%</b>	( 39% - 54% )	29,914	160	367	<b>46%</b>	( 39% - 52% )
Obese II & III (BMI ≥35)	<b>36%</b>	( 28% - 46% )	16,700	118	264	<b>37%</b>	( 29% - 45% )

## **Appendix**

### **Definitions:**

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (n) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

### **Notes:**

Data may include revisions, and may differ from those shown previously.

# Seatbelt Use

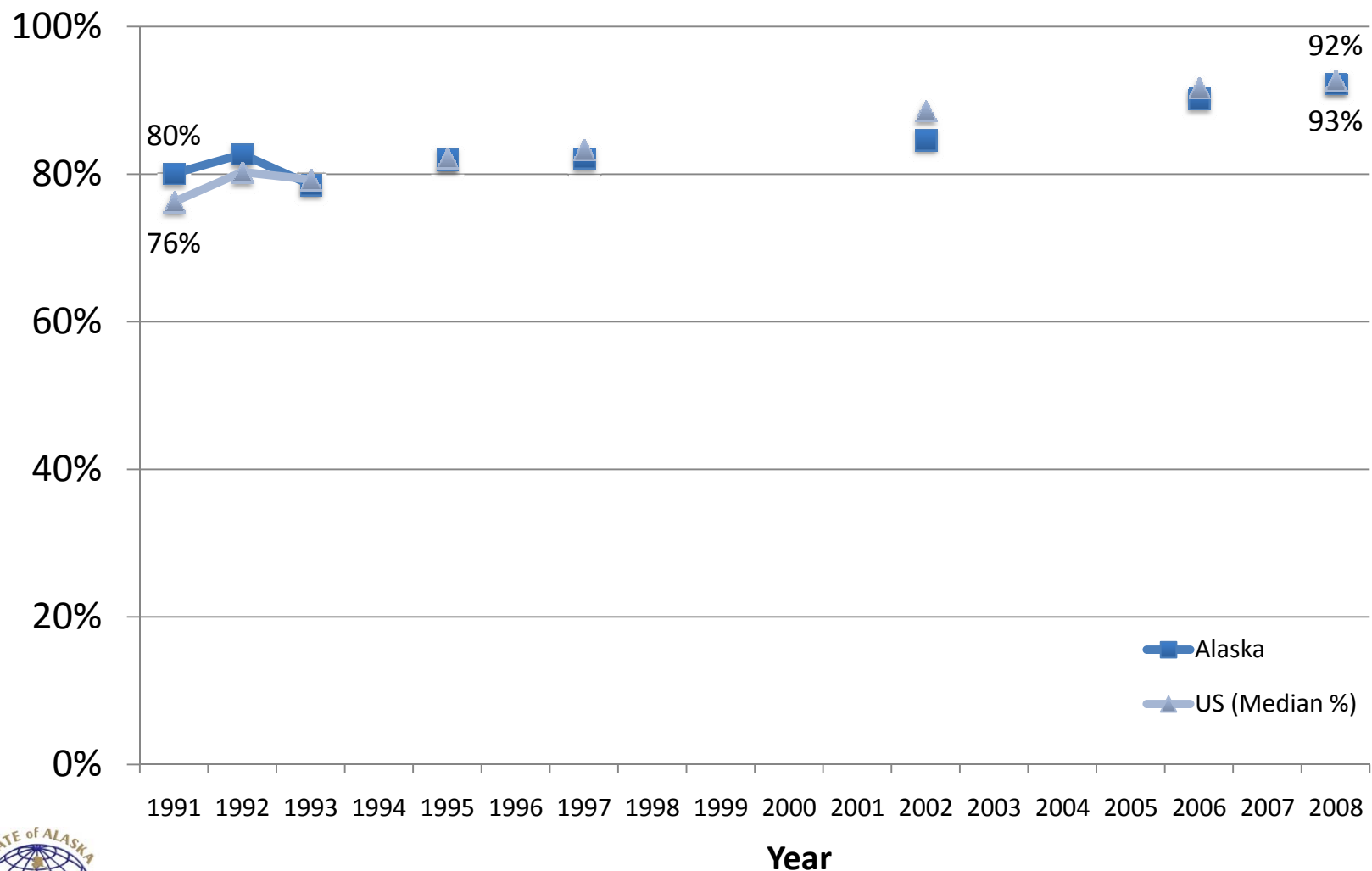


- **Indicator:** Proportion of adults who always or nearly always use a seatbelt when riding in a car, or adults who never drive or ride in a car.
- **Data source:** 2008 Alaska Standard BRFSS survey
- **BRFSS Question:** How often do you use seat belts when you drive or ride in a car?
- **How are we doing?**
  - In 2008, 92.3% of Alaskan adults reported they nearly or always use a seatbelt, or never drive or ride in a car.
- **How does Alaska compare with the US?**
  - In 2008, the national median prevalence of nearly or always using a seatbelt was 92.7%, very close to the prevalence in Alaska.
- **How are different populations affected?**
  - Females, non-Native Alaskans, adults living in the non-Rural areas of Alaska, college graduates, and those with an income above poverty guidelines were more likely to report always or nearly always using a seatbelt compared to adults not in these groups.
  - Seatbelt use increased with age , adults age 65 years and older were significantly more likely to use a seatbelt always or nearly always than adults age 18 to 24 years.
  - Having healthcare coverage, receiving a flu shot or a pneumonia shot in the past 12 months, having diabetes, not binge drinking in the past 30 days, and never smoking was associated with always or nearly always wearing a seatbelt in 2008.



# Seatbelt Use: Alaska vs. Nationwide

## 1991-2008 Alaska BRFSS



**Seatbelt Use, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective:	15.19: Increase use of safety belts to 92%.
Healthy Alaskans 2010 Objective:	8.9: Increase the use of safety belts by drivers and passengers to 80%.

Screening Question:

How often do you use seat belts when you drive or ride in a car?

Population at Risk (See Appendix)	Response: Always, Nearly always, Never drive or ride in a car						Age-Adjusted Rate	
	%	Observed Rate		Individuals	n	N	%	95% CI
		95% CI						
<b>Total</b>	<b>92.3%</b>	( 90.4% - 93.8% )		454,471	254	2,623	<b>92.6%</b>	( 90.8% - 94.0% )
<b>Demographics</b>								
<b>Gender</b>								
Female	<b>95.5%</b>	( 94.2% - 96.6% )		227,842	53	1,408	<b>95.7%</b>	( 94.3% - 96.7% )
Male	<b>89.2%</b>	( 85.8% - 91.8% )		226,630	201	1,215	<b>89.8%</b>	( 86.8% - 92.2% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>								
Persons aged 18 to 24 years	<b>86%</b>	( 74% - 93% )		56,346	22	134	<b>NA</b>	( NA - NA )
Persons aged 25 to 34 years	<b>91%</b>	( 86% - 94% )		93,726	50	443	<b>NA</b>	( NA - NA )
Persons aged 35 to 44 years	<b>94%</b>	( 90% - 96% )		90,175	74	476	<b>NA</b>	( NA - NA )
Persons aged 45 to 64 years	<b>93.3%</b>	( 91.5% - 94.7% )		167,194	89	1,206	<b>NA</b>	( NA - NA )
Persons aged 65 years and older	<b>97%</b>	( 94% - 98% )		47,473	19	364	<b>NA</b>	( NA - NA )
<b>Race and Ethnicity</b>								
American Indian or Alaska Native	<b>84.4%</b>	( 80.2% - 87.8% )		59,404	114	505	<b>85.1%</b>	( 81.1% - 88.4% )
Asian or Pacific Islander	<b>DSU</b>	( DSU - DSU )		DSU	DSU	66	<b>DSU</b>	( DSU - DSU )
Asian	<b>96%</b>	( 89% - 99% )		18,108	0	55	<b>96%</b>	( 88% - 99% )
Native Hawaiian or Other Pacific Islander	<b>DSU</b>	( DSU - DSU )		DSU	DSU	11	<b>DSU</b>	( DSU - DSU )
Black or African American	<b>DSU</b>	( DSU - DSU )		DSU	DSU	39	<b>DSU</b>	( DSU - DSU )
White	<b>93.9%</b>	( 91.7% - 95.6% )		339,496	130	1,897	<b>94.1%</b>	( 91.8% - 95.8% )
Hispanic or Latino	<b>DSU</b>	( DSU - DSU )		DSU	DSU	75	<b>DSU</b>	( DSU - DSU )
Not Hispanic or Latino	<b>92.2%</b>	( 90.3% - 93.8% )		428,416	241	2,506	<b>92.5%</b>	( 90.7% - 94.0% )
Black or African American, not Hispanic/Latino	<b>DSU</b>	( DSU - DSU )		DSU	DSU	32	<b>DSU</b>	( DSU - DSU )
White, not Hispanic or Latino	<b>93.8%</b>	( 91.5% - 95.5% )		322,611	122	1,822	<b>93.8%</b>	( 91.2% - 95.7% )
<b>Alaska Native</b>								
Yes	<b>85.4%</b>	( 81.6% - 88.6% )		70,003	119	557	<b>86.2%</b>	( 82.5% - 89.1% )
No	<b>93.6%</b>	( 91.3% - 95.3% )		380,508	132	2,047	<b>93.8%</b>	( 91.6% - 95.5% )

**Seatbelt Use, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective:

15.19: Increase use of safety belts to 92%.

Healthy Alaskans 2010 Objective:

8.9: Increase the use of safety belts by drivers and passengers to 80%.

Screening Question:

How often do you use seat belts when you drive or ride in a car?

Response:

Always, Nearly always, Never drive or ride in a car

Population at Risk (See Appendix)	Observed Rate						Age-Adjusted Rate	
	%	95% CI	Individuals	n	N		%	95% CI
<b>Geographic Location</b>								
Anchorage & Vicinity	94.7%	( 91.0% - 96.9% )	255,533	33	545		95.1%	( 91.9% - 97.1% )
Fairbanks & Vicinity	95.7%	( 93.5% - 97.2% )	64,016	43	533		95.5%	( 93.1% - 97.0% )
Gulf Coast	92.1%	( 88.6% - 94.7% )	51,315	35	553		91.7%	( 87.3% - 94.7% )
Rural	77.8%	( 73.0% - 81.9% )	36,452	117	505		79.0%	( 74.5% - 82.9% )
Southeast	89%	( 85% - 91% )	47,343	26	487		89%	( 85% - 92% )
<b>Urban/Rural</b>								
Metropolitan Statistical Area	94.9%	( 92.0% - 96.8% )	315,521	71	1,057		95.3%	( 92.8% - 97.0% )
Micropolitan Statistical Area & Urban Clusters	89.1%	( 86.0% - 91.5% )	71,084	53	779		88.6%	( 85.0% - 91.4% )
Rural	84.6%	( 81.3% - 87.3% )	67,867	130	787		84.7%	( 81.3% - 87.5% )
<b>Education Level (persons aged 25 years and older)</b>								
Less than high school	91%	( 86% - 95% )	24,649	25	173		92%	( 87% - 95% )
High school graduate	89.3%	( 85.8% - 92.0% )	116,910	112	766		90.0%	( 86.8% - 92.5% )
At least some college	93.3%	( 90.0% - 95.5% )	124,443	62	743		93.5%	( 90.5% - 95.5% )
College Graduate	97.4%	( 96.0% - 98.3% )	131,353	32	801		97.4%	( 96.1% - 98.3% )
<b>Employment Status</b>								
Employed	93.2%	( 91.2% - 94.7% )	306,933	169	1,735		93.0%	( 90.8% - 94.7% )
Unemployed	DSU	( DSU - DSU )	DSU	DSU	176		DSU	( DSU - DSU )
Not in Workforce (Student, Homemaker, Retired)	95.6%	( 93.0% - 97.3% )	100,655	30	577		95.4%	( 92.6% - 97.2% )
Unable to work	90%	( 82% - 95% )	15,313	9	123		88%	( 76% - 95% )
<b>Marital Status</b>								
Married or Unwed Couple	94.6%	( 93.1% - 95.7% )	287,551	146	1,486		95.1%	( 93.7% - 96.1% )
Divorced/Separated	96%	( 91% - 98% )	16,126	45	172		97%	( 94% - 99% )
Widowed	88%	( 80% - 93% )	46,047	5	428		88%	( 79% - 93% )
Never Married	89%	( 81% - 93% )	82,041	55	413		92%	( 89% - 94% )

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Screening Question:

How often do you use seat belts when you drive or ride in a car?

Response:

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Population at Risk (See Appendix)	Observed Rate						Age-Adjusted Rate	
	%	95% CI	Individuals	n	N		%	95% CI
<b>Income Level</b>								
<\$15,000	<b>DSU</b>	( DSU - DSU )	DSU	DSU	221		<b>DSU</b>	( DSU - DSU )
\$15,000 - \$24,999	<b>92%</b>	( 86% - 95% )	41,606	24	268		<b>92%</b>	( 88% - 95% )
\$25,000 - \$49,999	<b>89.7%</b>	( 84.2% - 93.4% )	94,082	55	581		<b>90.4%</b>	( 85.5% - 93.8% )
\$50,000 - \$74,999	<b>95%</b>	( 92% - 97% )	75,745	29	443		<b>95%</b>	( 93% - 97% )
\$75,000	<b>95.3%</b>	( 93.7% - 96.5% )	160,088	66	820		<b>95.3%</b>	( 93.4% - 96.6% )
<b>Poverty Threshold</b>								
Poor (<100% Poverty Threshold)	<b>DSU</b>	( DSU - DSU )	DSU	DSU	203		<b>DSU</b>	( DSU - DSU )
Near Poor (100% to 199% Poverty Threshold)	<b>90%</b>	( 83% - 94% )	65,953	28	368		<b>90%</b>	( 85% - 94% )
Middle/High Income (≥200% Poverty Threshold)	<b>94.4%</b>	( 92.8% - 95.6% )	302,539	132	1,762		<b>94.5%</b>	( 92.5% - 96.0% )
<b>Below Poverty Guidelines</b>								
Yes	<b>84%</b>	( 73% - 91% )	47,538	52	261		<b>87%</b>	( 80% - 91% )
No	<b>93.6%</b>	( 91.9% - 95.0% )	353,486	159	2,072		<b>93.9%</b>	( 92.1% - 95.3% )
<b>Veteran</b>								
Yes	<b>95%</b>	( 91% - 97% )	90,320	449	480		<b>96%</b>	( 92% - 98% )
No	<b>91.6%</b>	( 89.4% - 93.3% )	363,908	1,925	2,141		<b>92.2%</b>	( 90.4% - 93.8% )
<b>Health Status</b>								
<b>General Health</b>								
Excellent to Very Good	<b>93.7%</b>	( 91.1% - 95.6% )	258,428	111	1,390		<b>94.1%</b>	( 91.9% - 95.7% )
Good	<b>89.3%</b>	( 85.0% - 92.4% )	129,929	97	806		<b>89.6%</b>	( 85.2% - 92.8% )
Fair/Poor	<b>93%</b>	( 90% - 95% )	64,973	44	416		<b>93%</b>	( 90% - 95% )
<b>Healthy Days (Mean Number of Days)</b>								
Physical Health Not Good	<b>3.5</b>	( 3.0 - 3.9 )			2297		<b>3.6</b>	( 3.2 - 4.1 )
Mental Health Not Good	<b>3.1</b>	( 2.6 - 3.6 )			2292		<b>3.0</b>	( 2.6 - 3.5 )
Unhealthy Days (Physical or Mental Health Not Good)	<b>5.7</b>	( 5.1 - 6.3 )			2247		<b>5.8</b>	( 5.2 - 6.4 )
Days with Activity Limitation	<b>2.1</b>	( 1.7 - 2.5 )			2336		<b>2.1</b>	( 1.7 - 2.5 )



**Seatbelt Use, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

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Screening Question:

How often do you use seat belts when you drive or ride in a car?

Response:

Always, Nearly always, Never drive or ride in a car

Population at Risk (See Appendix)	Observed Rate						Age-Adjusted Rate	
	%	95% CI	Individuals	n	N		%	95% CI
<b>Healthy Days (Percentage with 14 or More Days)</b>								
Physical Health Not Good	93%	( 87% - 96% )	46,366	28	281		92%	( 85% - 96% )
Mental Health Not Good	DSU	( DSU - DSU )	DSU	DSU	248		DSU	( DSU - DSU )
Unhealthy Days (Physical or Mental Health Not Good)	91%	( 83% - 95% )	73,052	41	435		90%	( 83% - 95% )
Activity Limitation	DSU	( DSU - DSU )	DSU	DSU	169		DSU	( DSU - DSU )
<b>Disability</b>								
Disabled								
Yes	91.8%	( 88.7% - 94.2% )	104,682	616	684		91.7%	( 87.7% - 94.4% )
No	92.4%	( 90.0% - 94.2% )	346,957	1,739	1,915		92.9%	( 90.8% - 94.5% )
Activity Limitation								
Yes	92.0%	( 88.8% - 94.3% )	98,704	46	640		92.3%	( 88.8% - 94.8% )
No	92.5%	( 90.2% - 94.2% )	352,636	206	1,955		92.9%	( 90.9% - 94.5% )
Require Special Equipment								
Yes	94%	( 86% - 97% )	29,134	184	196		92%	( 82% - 97% )
No	92.2%	( 90.3% - 93.8% )	424,717	2,189	2,422		92.6%	( 90.8% - 94.1% )
<b>Mental Health</b>								
Depression Measure (PHQ-8)								
No Depression	94.0%	( 92.3% - 95.3% )	306,270	1,595	1,733		7.4%	( 5.9% - 9.2% )
Mild Depression	89%	( 81% - 94% )	62,551	302	346		93%	( 91% - 94% )
Moderate to Severe Depression	DSU	( DSU - DSU )	DSU	DSU	166		DSU	( DSU - DSU )
Social and Emotional Support								
Always/Usually	93.9%	( 92.1% - 95.3% )	367,251	1,837	1,997		94.2%	( 92.5% - 95.5% )
Sometimes/Rarely/Never	86.4%	( 79.7% - 91.1% )	74,615	457	531		87.6%	( 82.3% - 91.5% )
Life Satisfaction								
Very Satisfied / Satisfied	92.8%	( 91.1% - 94.1% )	426,283	2,215	2,440		93.1%	( 91.4% - 94.4% )
Dissatisfied / Very Dissatisfied	DSU	( DSU - DSU )	DSU	DSU	118		DSU	( DSU - DSU )

**Seatbelt Use, Adults (18 years of age and older), Alaska BRFSS, 2008:  
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Screening Question:

How often do you use seat belts when you drive or ride in a car?

Response:

Always, Nearly always, Never drive or ride in a car

Population at Risk (See Appendix)	Observed Rate					Age-Adjusted Rate	
	%	95% CI	Individuals	n	N	%	95% CI
Healthcare							
Healthcare Coverage							
Health Plan							
Yes	93.6%	( 92.1% - 94.8% )	381,089	198	2,230	93.8%	( 92.2% - 95.0% )
No	86%	( 77% - 92% )	71,500	51	378	87%	( 80% - 92% )
Immunization							
Flu Shot Within Past 12 Months (Ages 65+)							
Yes	97%	( 94% - 98% )	32,342	221	232	97%	( 94% - 98% )
No	96%	( 91% - 98% )	14,700	120	128	95%	( 90% - 98% )
Ever Had Pneumonia Shot (Ages 65+)							
Yes	99%	( 96% - 100% )	29,906	534	214	99%	( 97% - 100% )
No	92%	( 86% - 95% )	14,412	1,550	132	91%	( 85% - 95% )
Ever Had Hepatitis B Shot							
Yes	92.9%	( 88.7% - 95.6% )	169,373	825	900	93.7%	( 90.5% - 95.8% )
No	92.5%	( 90.5% - 94.2% )	197,226	1,115	1,238	92.9%	( 90.7% - 94.5% )
Screening							
AIDS/HIV Screening (Ages 18-64)							
Yes	93.2%	( 90.0% - 95.5% )	177,267	889	975	92.8%	( 89.2% - 95.3% )
No	90.4%	( 87.3% - 92.8% )	209,930	1,035	1,165	90.2%	( 86.8% - 92.8% )
Clinical Breast Exam Annually (Women Ages 40+)							
Yes	97.0%	( 95.2% - 98.2% )	77,101	535	563	97.2%	( 95.4% - 98.3% )
No	93%	( 90% - 96% )	47,561	326	358	94%	( 90% - 96% )
Colorectal Screening (Ages 50+)							
Yes	95.3%	( 93.2% - 96.8% )	94,250	653	698	95.8%	( 94.0% - 97.1% )
No	91.4%	( 87.8% - 94.0% )	64,529	459	512	91.9%	( 88.3% - 94.4% )

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Screening Question:

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Response:

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Population at Risk (See Appendix)	Observed Rate						Age-Adjusted Rate	
	%	95% CI	Individuals	n	N		%	95% CI
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)								
Yes	94%	( 90% - 97% )	44,282	264	283		95%	( 91% - 97% )
No	90.9%	( 87.9% - 93.2% )	76,511	460	529		91.7%	( 88.9% - 93.8% )
Home Occult Blood Test (Ages 50+)								
Yes	96%	( 93% - 98% )	25,978	182	193		97%	( 94% - 98% )
No	93.1%	( 90.8% - 94.8% )	130,496	911	997		93.7%	( 91.8% - 95.2% )
Mammogram within Past 2 Years (Women Ages 40+)								
Yes	97.3%	( 95.8% - 98.3% )	86,241	618	651		97.5%	( 96.2% - 98.4% )
No	92%	( 87% - 95% )	39,451	248	276		91%	( 87% - 95% )
Oral Cancer Exam Annually								
Yes	95.7%	( 92.1% - 97.7% )	117,944	640	675		94.7%	( 87.5% - 97.8% )
No	91.4%	( 88.9% - 93.3% )	304,316	1,565	1,754		91.9%	( 89.8% - 93.6% )
Pap Test within Past 3 Years (Women Ages 18+)								
Yes	95.7%	( 93.9% - 97.0% )	151,390	853	915		95.7%	( 93.7% - 97.1% )
No	94%	( 89% - 97% )	29,116	155	172		93%	( 88% - 96% )
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)								
Yes	95%	( 92% - 97% )	58,454	354	384		95%	( 92% - 97% )
No	89%	( 85% - 93% )	58,536	345	402		90%	( 86% - 93% )
<b>Diagnoses</b>								
<b>Asthma</b>								
Asthma Diagnosis								
Yes	92%	( 83% - 96% )	73,200	34	363		93%	( 87% - 96% )
No	92.4%	( 90.6% - 93.9% )	379,238	219	2,242		92.6%	( 90.9% - 94.1% )
Current Asthma								
Yes	DSU	( DSU - DSU )	DSU	DSU	226		DSU	( DSU - DSU )
No	97%	( 93% - 99% )	28,232	13	116		96%	( 91% - 98% )

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Screening Question:

How often do you use seat belts when you drive or ride in a car?

Response:

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Population at Risk (See Appendix)	Observed Rate						Age-Adjusted Rate				
	%	95% CI		Individuals	n	N	%	95% CI			
Cardiovascular and Cerebrovascular Disease											
Cardiovascular Disease											
Yes	95%	(	91% -	98% )	20,217	8	146	96%	(	91% -	98% )
No	92.2%	(	90.2% -	93.8% )	430,156	239	2,439	92.7%	(	90.9% -	94.1% )
Heart Attack (Myocardial Infarction)											
Yes	94%	(	88% -	97% )	13,871	6	97	95%	(	87% -	98% )
No	92.2%	(	90.3% -	93.8% )	437,927	242	2,505	92.7%	(	90.9% -	94.1% )
Coronary Heart Disease (Angina)											
Yes	95%	(	90% -	98% )	14,162	7	105	97%	(	94% -	99% )
No	92.3%	(	90.3% -	93.8% )	438,266	245	2,496	92.7%	(	90.9% -	94.2% )
Stroke											
Yes	89%	(	77% -	95% )	8,864	5	70	92%	(	82% -	96% )
No	92.4%	(	90.5% -	93.9% )	444,192	249	2,540	92.7%	(	91.0% -	94.2% )
Diabetes											
Nongestational Diabetes											
Yes	97%	(	94% -	98% )	31,966	12	185	97%	(	95% -	99% )
No	91.9%	(	89.9% -	93.6% )	421,602	239	2,432	92.4%	(	90.6% -	93.9% )
Pre-Diabetes											
Yes	93%	(	89% -	96% )	35,802	14	207	94%	(	90% -	97% )
No	91.8%	(	89.6% -	93.6% )	384,486	226	2,212	92.4%	(	90.5% -	93.9% )
Prostate Cancer											
Prostate Cancer											
Yes	DSU	(	DSU -	DSU )	DSU	DSU	21	DSU	(	DSU -	DSU )
No	92.2%	(	89.8% -	94.0% )	122,948	733	824	92.9%	(	90.4% -	94.7% )

**Seatbelt Use, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective:	15.19: Increase use of safety belts to 92%.
Healthy Alaskans 2010 Objective:	8.9: Increase the use of safety belts by drivers and passengers to 80%.

Screening Question:

How often do you use seat belts when you drive or ride in a car?

Response:

Always, Nearly always, Never drive or ride in a car

Population at Risk (See Appendix)	Observed Rate					Age-Adjusted Rate	
	%	95% CI	Individuals	n	N	%	95% CI
Risk Factors							
Alcohol							
Binge Drinking							
Yes	87%	( 81% - 91% )	67,709	65	414	88%	( 82% - 92% )
No	93.3%	( 91.2% - 94.9% )	380,798	177	2,161	93.5%	( 91.6% - 95.1% )
Heavy Drinking							
Yes	88%	( 82% - 92% )	18,739	24	151	89%	( 81% - 93% )
No	92.6%	( 90.6% - 94.2% )	422,124	216	2,376	92.9%	( 91.1% - 94.4% )
Physical Activity							
Leisure Time Exercise							
Yes	93.3%	( 91.3% - 94.9% )	347,388	187	1,941	93.8%	( 92.0% - 95.3% )
No	88.8%	( 83.9% - 92.4% )	104,351	66	667	88.6%	( 83.5% - 92.3% )
Tobacco Use							
Cigarette Smoking Status							
Current Smoker	84.8%	( 77.7% - 89.9% )	89,383	60	591	87.1%	( 82.3% - 90.7% )
Former Smoker	92.6%	( 89.9% - 94.7% )	129,383	89	794	92.6%	( 89.6% - 94.8% )
Never Smoked	95.4%	( 93.7% - 96.6% )	233,355	99	1,221	95.5%	( 94.0% - 96.7% )
Smokeless Tobacco Status							
Current User	DSU	( DSU - DSU )	DSU	DSU	143	DSU	( DSU - DSU )
Former User	90%	( 82% - 94% )	80,928	0	452	89%	( 83% - 93% )
Never Used	94.8%	( 93.3% - 96.0% )	329,836	0	1,876	95.0%	( 93.6% - 96.2% )

**Seatbelt Use, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

<b>Healthy People 2010 Objective:</b>	<b>15.19: Increase use of safety belts to 92%.</b>
<b>Healthy Alaskans 2010 Objective:</b>	<b>8.9: Increase the use of safety belts by drivers and passengers to 80%.</b>

**Screening Question:**

**How often do you use seat belts when you drive or ride in a car?**

**Response:**

**Always, Nearly always, Never drive or ride in a car**

<b>Population at Risk (See Appendix)</b>	<b>%</b>	<b>Observed Rate</b>					<b>Age-Adjusted Rate</b>	
		<b>95% CI</b>	<b>Individuals</b>	<b>n</b>	<b>N</b>		<b>%</b>	<b>95% CI</b>
<b>Weight Status</b>								
Weight Status								
Normal (BMI <25)	<b>93.0%</b>	( 89.0% - 95.6% )	152,912	74	809		<b>93.9%</b>	( 91.2% - 95.8% )
Overweight (BMI 25 to 30)	<b>92.1%</b>	( 88.5% - 94.7% )	170,266	101	962		<b>91.9%</b>	( 87.8% - 94.7% )
Obese (BMI ≥30)	<b>91.7%</b>	( 89.0% - 93.7% )	118,616	73	765		<b>92.1%</b>	( 89.3% - 94.2% )
Obese I (BMI 30 TO < 35)	<b>93%</b>	( 90% - 95% )	71,835	51	460		<b>93%</b>	( 89% - 95% )
Obese II & III (BMI ≥35)	<b>90%</b>	( 84% - 93% )	46,945	22	305		<b>91%</b>	( 86% - 94% )

**Appendix**

**Definitions:**

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (n) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

**Notes:**

Data may include revisions, and may differ from those shown previously.

# Breast Cancer Screening



- **Indicator:**
  - Proportion of women aged 40 years and older who had a mammogram in the past 2 years.
  - Proportion of women aged 40 years and older who had a clinical breast exam in the past year.
- **Data source:** 2008 Alaska Standard BRFSS survey
- **BRFSS Questions:**
  - 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 you had your last mammogram?
  - A clinical breast exam is when a doctor, nurse, or other health professional feels the breasts for lumps. Have you ever had a clinical breast exam?
  - How long has it been since your last breast exam?
- **How are we doing?**
  - In 2008, 68% of Alaskan women aged 40 years and older reported a mammogram in the past 2 years; 61% of women in the same age group had a clinical breast exam (CBE) in the past year.
  - Since 1991, the prevalence of having a mammogram in the past 2 years has increased somewhat while the prevalence of CBEs appears to have decreased.
- **How does Alaska compare with the US?**
  - In the US, 76% of women aged 40 years and older reported a mammogram in the past 2 years; this is higher than the prevalence in Alaska.
  - The prevalence of having a mammogram in the past 2 years has increased more steadily in the US than Alaska since 1991.
  - The prevalence of CBEs in the past year has decreased in Alaska and nationwide since 1991.



# Breast Cancer Screening



- **How are different populations affected?**

## Mammograms

- The prevalence of women that had a mammogram in the past 2 years appears to increase with age.
- Women who had a flu shot in the past 12 months, who had an annual clinical breast exam, had a Pap Test in the past 3 years, had colorectal cancer screening, or had an oral cancer exam were more likely to have had a mammogram in the past 2 years than those not in these groups.

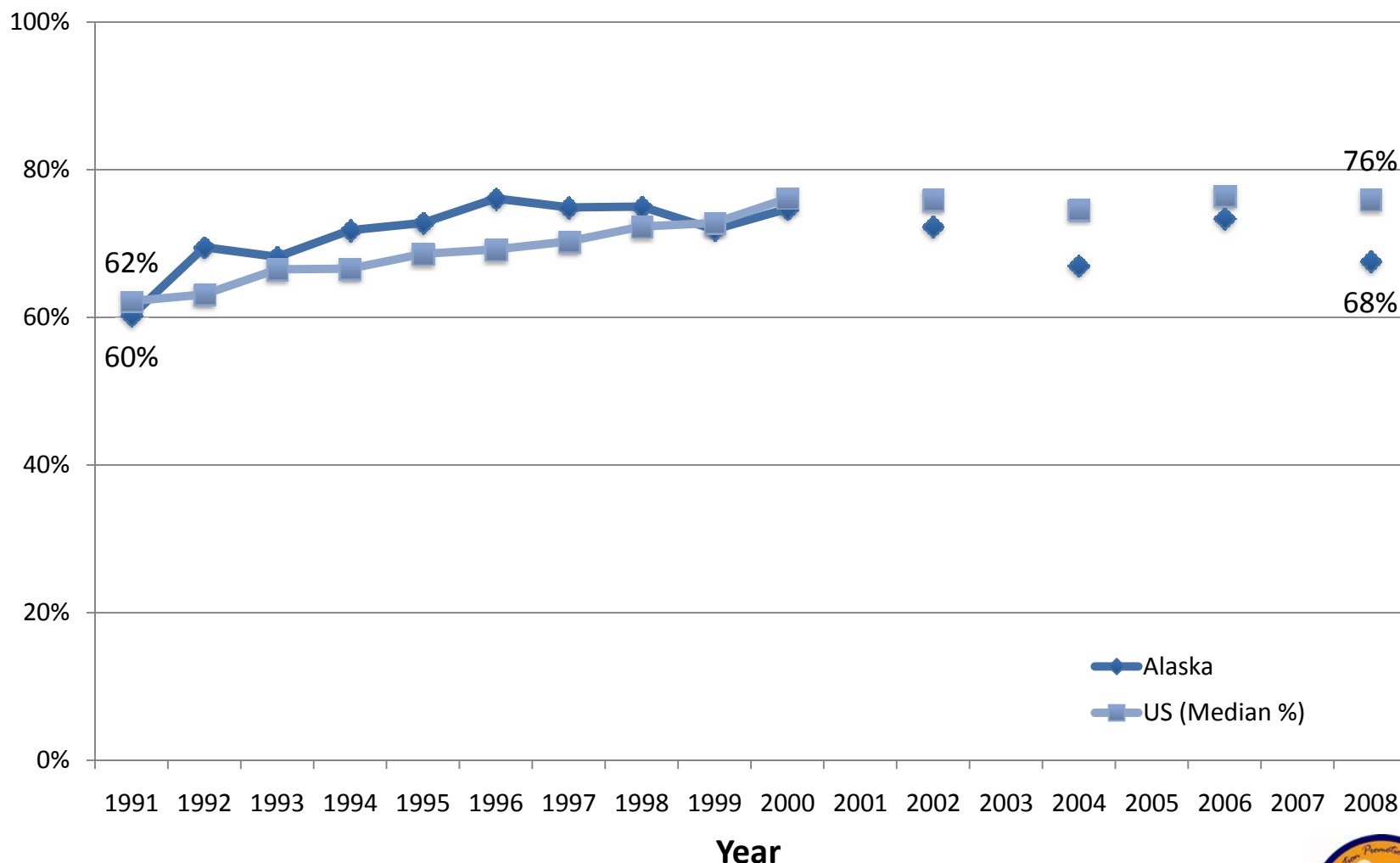
## CBEs

- There was little difference across demographic groups in the prevalence of having had a CBE in the past year.
- Seventy-eight percent of women aged 40 years and older who had a mammogram in the past 2 years had also had a CBE in the past year.





# Mammogram in Last 2 Years (Women Age 40+): Alaska vs. Nationwide, 1991 – 2008 Alaska BRFSS



**Breast Cancer Screening: Mammogram, Female Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective:		3.13: Increase the proportion of women aged 40 years and older who have received a mammogram within the preceding 2 years to 70%.						
Healthy Alaskans 2010 Objective:		22.11: Increase the proportion of women aged 40 years and older who have received a mammogram within the preceding 2 years to 76%.						
Screening Question:		A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram? And, How long has it been since you had your last mammogram?						
Response:		Yes with Within the past year or Within the past 2 years						
Population at Risk (See Appendix)		Observed Rate					Age-Adjusted Rate	
		%	95% CI	Individuals	n	N	%	95% CI
Total		67.6%	( 63.1% - 71.8% )	89,510	652	929	67.8%	( 63.4% - 71.8% )
Demographics								
Gender								
Female		67.6%	( 63.1% - 71.8% )	89,510	652	929	67.8%	( 63.4% - 71.8% )
Male		DNC	( DNC - DNC )	DNC	0	0	DNC	( DNC - DNC )
Age Groups (Categories Used in Age-Adjustment)								
Persons aged 40 to 49 years		56%	( 48% - 64% )	28,510	184	304	NA	( NA - NA )
Persons aged 50 to 64 years		76%	( 69% - 81% )	43,084	324	430	NA	( NA - NA )
Persons aged 65 years and older		72%	( 63% - 80% )	17,883	144	195	NA	( NA - NA )
Race and Ethnicity								
American Indian or Alaska Native		DSU	( DSU - DSU )	DSU	DSU	165	DSU	( DSU - DSU )
Asian or Pacific Islander		DSU	( DSU - DSU )	DSU	DSU	24	DSU	( DSU - DSU )
Asian		DSU	( DSU - DSU )	DSU	DSU	21	DSU	( DSU - DSU )
Native Hawaiian or Other Pacific Islander		DSU	( DSU - DSU )	DSU	DSU	3	DSU	( DSU - DSU )
Black or African American		DSU	( DSU - DSU )	DSU	DSU	14	DSU	( DSU - DSU )
White		70.2%	( 65.0% - 74.9% )	72,295	496	700	69.9%	( 64.9% - 74.4% )
Hispanic or Latino		DSU	( DSU - DSU )	DSU	DSU	15	DSU	( DSU - DSU )
Not Hispanic or Latino		67.4%	( 62.8% - 71.7% )	86,950	635	904	67.6%	( 63.2% - 71.8% )
Black or African American, not Hispanic/Latino		DSU	( DSU - DSU )	DSU	DSU	12	DSU	( DSU - DSU )
White, not Hispanic or Latino		69.7%	( 64.5% - 74.5% )	69,899	482	681	69.6%	( 64.5% - 74.3% )
Alaska Native								
Yes		63%	( 53% - 72% )	13,069	127	182	63%	( 54% - 72% )
No		68.8%	( 63.8% - 73.5% )	76,401	523	742	69.1%	( 64.2% - 73.6% )

**Breast Cancer Screening: Mammogram, Female Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective:	3.13: Increase the proportion of women aged 40 years and older who have received a mammogram within the preceding 2 years to 70%.
Healthy Alaskans 2010 Objective:	22.11: Increase the proportion of women aged 40 years and older who have received a mammogram within the preceding 2 years to 76%.

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

Response: Yes with Within the past year or Within the past 2 years

Population at Risk (See Appendix)	Observed Rate						Age-Adjusted Rate	
	%	95% CI	Individuals	n	N		%	95% CI
<b>Geographic Location</b>								
Anchorage & Vicinity	68%	( 61% - 75% )	48,619	139	199		68%	( 61% - 75% )
Fairbanks & Vicinity	65%	( 57% - 72% )	10,478	126	179		68%	( 60% - 75% )
Gulf Coast	64%	( 56% - 71% )	10,888	145	224		64%	( 56% - 71% )
Rural	64%	( 53% - 73% )	7,415	102	147		DSU	( DSU - DSU )
Southeast	74%	( 66% - 81% )	12,003	140	180		73%	( 64% - 80% )
<b>Urban/Rural</b>								
Metropolitan Statistical Area	68%	( 62% - 74% )	58,511	260	366		69%	( 62% - 74% )
Micropolitan Statistical Area & Urban Clusters	72%	( 66% - 78% )	16,763	216	291		71%	( 65% - 77% )
Rural	61%	( 53% - 67% )	14,097	176	272		61%	( 53% - 67% )
<b>Education Level (persons aged 25 years and older)</b>								
Less than high school	DSU	( DSU - DSU )	DSU	DSU	60		DSU	( DSU - DSU )
High school graduate	64%	( 55% - 72% )	23,507	172	259		65%	( 57% - 72% )
At least some college	67%	( 59% - 74% )	28,060	202	284		67%	( 58% - 74% )
College Graduate	72%	( 65% - 78% )	32,470	237	326		73%	( 66% - 79% )
<b>Employment Status</b>								
Employed	70.5%	( 65.0% - 75.4% )	54,714	393	558		70.9%	( 63.7% - 77.2% )
Unemployed	DSU	( DSU - DSU )	DSU	DSU	39		DSU	( DSU - DSU )
Not in Workforce (Student, Homemaker, Retired)	70%	( 61% - 77% )	28,239	199	276		68%	( 58% - 76% )
Unable to work	DSU	( DSU - DSU )	DSU	DSU	54		DSU	( DSU - DSU )
<b>Marital Status</b>								
Married or Unwed Couple	69.8%	( 64.0% - 75.0% )	62,590	369	518		69.8%	( 63.7% - 75.3% )
Divorced/Separated	DSU	( DSU - DSU )	DSU	DSU	129		DSU	( DSU - DSU )
Widowed	DSU	( DSU - DSU )	DSU	DSU	191		DSU	( DSU - DSU )
Never Married	DSU	( DSU - DSU )	DSU	DSU	67		DSU	( DSU - DSU )

**Breast Cancer Screening: Mammogram, Female Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective: 3.13: Increase the proportion of women aged 40 years and older who have received a mammogram within the preceding 2 years to 70%.

Healthy Alaskans 2010 Objective: 22.11: Increase the proportion of women aged 40 years and older who have received a mammogram within the preceding 2 years to 76%.

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

Response: Yes with Within the past year or Within the past 2 years

Population at Risk (See Appendix)	Observed Rate						Age-Adjusted Rate	
	%	95% CI	Individuals	n	N		%	95% CI
<b>Income Level</b>								
<\$15,000	DSU	( DSU - DSU )	DSU	DSU	81		DSU	( DSU - DSU )
\$15,000 - \$24,999	DSU	( DSU - DSU )	DSU	DSU	105		DSU	( DSU - DSU )
\$25,000 - \$49,999	64%	( 54% - 72% )	16,158	146	214		63%	( 54% - 71% )
\$50,000 - \$74,999	DSU	( DSU - DSU )	DSU	DSU	153		DSU	( DSU - DSU )
\$75,000	74%	( 66% - 81% )	33,461	191	260		79%	( 72% - 84% )
<b>Poverty Threshold</b>								
Poor (<100% Poverty Threshold)	DSU	( DSU - DSU )	DSU	DSU	56		DSU	( DSU - DSU )
Near Poor (100% to 199% Poverty Threshold)	DSU	( DSU - DSU )	DSU	DSU	132		DSU	( DSU - DSU )
Middle/High Income (>=200% Poverty Threshold)	71.2%	( 65.8% - 76.1% )	62,849	451	625		71.4%	( 65.9% - 76.2% )
<b>Below Poverty Guidelines</b>								
Yes	DSU	( DSU - DSU )	DSU	DSU	73		DSU	( DSU - DSU )
No	69.2%	( 64.1% - 73.9% )	72,099	527	740		69.4%	( 64.5% - 73.9% )
<b>Veteran</b>								
Yes	DSU	( DSU - DSU )	DSU	DSU	30		DSU	( DSU - DSU )
No	66.5%	( 61.9% - 70.9% )	84,328	628	899		66.8%	( 62.3% - 71.0% )
<b>Health Status</b>								
<b>General Health</b>								
Excellent to Very Good	69%	( 63% - 75% )	47,054	334	472		69%	( 63% - 75% )
Good	66%	( 58% - 73% )	23,551	183	264		64%	( 57% - 71% )
Fair/Poor	DSU	( DSU - DSU )	DSU	DSU	188		DSU	( DSU - DSU )
<b>Healthy Days (Mean Number of Days)</b>								
Physical Health Not Good	5.0	( 3.9 - 6.0 )			626		5.3	( 4.2 - 6.5 )
Mental Health Not Good	3.7	( 2.8 - 4.7 )			622		3.7	( 2.7 - 4.7 )
Unhealthy Days (Physical or Mental Health Not Good)	7.2	( 5.9 - 8.5 )			608		7.4	( 6.0 - 8.8 )

**Breast Cancer Screening: Mammogram, Female Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective: 3.13: Increase the proportion of women aged 40 years and older who have received a mammogram within the preceding 2 years to 70%.

Healthy Alaskans 2010 Objective: 22.11: Increase the proportion of women aged 40 years and older who have received a mammogram within the preceding 2 years to 76%.

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

Response: Yes with Within the past year or Within the past 2 years

Population at Risk (See Appendix)	Observed Rate						Age-Adjusted Rate	
	%	95% CI	Individuals	n	N		%	95% CI
Days with Activity Limitation	2.6	( 1.8 - 3.3 )			638		2.5	( 1.8 - 3.2 )
<b>Healthy Days (Percentage with 14 or More Days)</b>								
Physical Health Not Good	DSU	( DSU - DSU )	DSU	DSU	140		DSU	( DSU - DSU )
Mental Health Not Good	DSU	( DSU - DSU )	DSU	DSU	112		DSU	( DSU - DSU )
Unhealthy Days (Physical or Mental Health Not Good)	59%	( 49% - 68% )	18,531	129	197		60%	( 50% - 69% )
Activity Limitation	DSU	( DSU - DSU )	DSU	DSU	80		DSU	( DSU - DSU )
<b>Disability</b>								
Disabled								
Yes	64%	( 55% - 72% )	27,684	205	292		62%	( 54% - 70% )
No	69.4%	( 64.2% - 74.1% )	61,385	440	629		69.9%	( 64.6% - 74.7% )
Activity Limitation								
Yes	62%	( 53% - 70% )	24,781	188	270		61%	( 53% - 69% )
No	69.9%	( 64.8% - 74.5% )	64,088	456	650		70.1%	( 65.0% - 74.8% )
Require Special Equipment								
Yes	DSU	( DSU - DSU )	DSU	DSU	102		DSU	( DSU - DSU )
No	67.2%	( 62.5% - 71.6% )	78,928	578	825		68.2%	( 63.5% - 72.5% )
<b>Mental Health</b>								
Depression Measure (PHQ-8)								
No Depression	69.0%	( 63.4% - 74.0% )	59,521	428	604		31.8%	( 27.5% - 36.5% )
Mild Depression	DSU	( DSU - DSU )	DSU	DSU	122		DSU	( DSU - DSU )
Moderate to Severe Depression	DSU	( DSU - DSU )	DSU	DSU	74		DSU	( DSU - DSU )
Social and Emotional Support								
Always/Usually	69.7%	( 64.7% - 74.4% )	72,714	509	715		70.1%	( 65.1% - 74.5% )
Sometimes/Rarely/Never	DSU	( DSU - DSU )	DSU	DSU	191		DSU	( DSU - DSU )

**Breast Cancer Screening: Mammogram, Female Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective:	3.13: Increase the proportion of women aged 40 years and older who have received a mammogram within the preceding 2 years to 70%.
Healthy Alaskans 2010 Objective:	22.11: Increase the proportion of women aged 40 years and older who have received a mammogram within the preceding 2 years to 76%.

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

Response: Yes with Within the past year or Within the past 2 years

Population at Risk (See Appendix)	Observed Rate					Age-Adjusted Rate	
	%	95% CI	Individuals	n	N	%	95% CI
Life Satisfaction							
Very Satisfied / Satisfied	69.5%	( 64.9% - 73.7% )	83,427	602	850	69.3%	( 64.8% - 73.5% )
Dissatisfied / Very Dissatisfied	DSU	( DSU - DSU )	DSU	DSU	61	DSU	( DSU - DSU )
<b>Healthcare</b>							
<b>Healthcare Coverage</b>							
Health Plan							
Yes	70.4%	( 65.6% - 74.7% )	83,097	597	827	70.3%	( 65.8% - 74.5% )
No	DSU	( DSU - DSU )	DSU	DSU	100	DSU	( DSU - DSU )
<b>Immunization</b>							
Flu Shot Within Past 12 Months (Ages 65+)							
Yes	85%	( 75% - 92% )	13,429	101	121	85%	( 75% - 92% )
No	DSU	( DSU - DSU )	DSU	DSU	71	DSU	( DSU - DSU )
Ever Had Pneumonia Shot (Ages 65+)							
Yes	DSU	( DSU - DSU )	DSU	DSU	121	DSU	( DSU - DSU )
No	DSU	( DSU - DSU )	DSU	DSU	67	DSU	( DSU - DSU )
Ever Had Hepatitis B Shot							
Yes	71%	( 62% - 78% )	34,874	239	311	77%	( 71% - 82% )
No	65%	( 59% - 70% )	42,726	320	487	63%	( 57% - 69% )
<b>Screening</b>							
AIDS/HIV Screening (Ages 18-64)							
Yes	63%	( 54% - 72% )	23,888	196	277	66%	( 58% - 74% )
No	68%	( 62% - 74% )	44,473	292	429	66%	( 60% - 72% )
Clinical Breast Exam Annually (Women Ages 40+)							
Yes	86.6%	( 81.1% - 90.6% )	69,237	499	560	87.2%	( 82.4% - 90.9% )
No	39%	( 32% - 46% )	19,860	146	355	40%	( 33% - 47% )

**Breast Cancer Screening: Mammogram, Female Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective: 3.13: Increase the proportion of women aged 40 years and older who have received a mammogram within the preceding 2 years to 70%.

Healthy Alaskans 2010 Objective: 22.11: Increase the proportion of women aged 40 years and older who have received a mammogram within the preceding 2 years to 76%.

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

Response: Yes with Within the past year or Within the past 2 years

Population at Risk (See Appendix)	Observed Rate						Age-Adjusted Rate	
	%	95% CI	Individuals	n	N		%	95% CI
Colorectal Screening (Ages 50+)								
Yes	85%	( 79% - 90% )	39,923	310	359		86%	( 80% - 90% )
No	60%	( 51% - 68% )	20,418	151	258		54%	( 45% - 63% )
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)								
Yes	DNC	( DNC - DNC )	DNC	0	0		DNC	( DNC - DNC )
No	DNC	( DNC - DNC )	DNC	0	0		DNC	( DNC - DNC )
Home Occult Blood Test (Ages 50+)								
Yes	90%	( 82% - 95% )	11,082	86	96		90%	( 82% - 95% )
No	71.6%	( 65.8% - 76.7% )	47,711	362	506		70.8%	( 64.6% - 76.4% )
Mammogram within Past 2 Years (Women Ages 40+)								
Yes	100.0%	( 0.0% - 0.0% )	89,510	652	652		100.0%	( 0.0% - 0.0% )
No	0%	( 0% - 0% )	0	0	277		0%	( 0% - 0% )
Oral Cancer Exam Annually								
Yes	79%	( 71% - 85% )	36,778	234	293		77%	( 69% - 84% )
No	60.9%	( 55.1% - 66.4% )	48,353	378	583		62.3%	( 56.7% - 67.5% )
Pap Test within Past 3 Years (Women Ages 18+)								
Yes	76.1%	( 70.4% - 80.9% )	56,913	396	537		77.1%	( 70.9% - 82.4% )
No	DSU	( DSU - DSU )	DSU	DSU	117		DSU	( DSU - DSU )
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)								
Yes	DNC	( DNC - DNC )	DNC	0	0		DNC	( DNC - DNC )
No	DNC	( DNC - DNC )	DNC	0	0		DNC	( DNC - DNC )

**Breast Cancer Screening: Mammogram, Female Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective:	3.13: Increase the proportion of women aged 40 years and older who have received a mammogram within the preceding 2 years to 70%.
Healthy Alaskans 2010 Objective:	22.11: Increase the proportion of women aged 40 years and older who have received a mammogram within the preceding 2 years to 76%.

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

Response: Yes with Within the past year or Within the past 2 years

Population at Risk (See Appendix)	Observed Rate						Age-Adjusted Rate	
	%	95% CI	Individuals	n	N		%	95% CI
<b>Diagnoses</b>								
<b>Asthma</b>								
Asthma Diagnosis								
Yes	DSU	( DSU - DSU )	DSU	DSU	164		DSU	( DSU - DSU )
No	66.9%	( 61.9% - 71.5% )	72,275	528	758		66.7%	( 61.8% - 71.3% )
Current Asthma								
Yes	79%	( 68% - 88% )	10,769	80	104		80%	( 69% - 87% )
No	DSU	( DSU - DSU )	DSU	DSU	48		DSU	( DSU - DSU )
<b>Cardiovascular and Cerebrovascular Disease</b>								
Cardiovascular Disease								
Yes	DSU	( DSU - DSU )	DSU	DSU	60		DSU	( DSU - DSU )
No	67.5%	( 62.7% - 71.9% )	83,147	596	850		67.9%	( 63.2% - 72.2% )
Heart Attack (Myocardial Infarction)								
Yes	DSU	( DSU - DSU )	DSU	DSU	38		DSU	( DSU - DSU )
No	67.5%	( 62.8% - 71.8% )	85,469	618	882		67.8%	( 63.3% - 72.1% )
Coronary Heart Disease (Angina)								
Yes	DSU	( DSU - DSU )	DSU	DSU	44		DSU	( DSU - DSU )
No	67.3%	( 62.6% - 71.6% )	84,968	612	874		67.5%	( 62.9% - 71.7% )
Stroke								
Yes	DSU	( DSU - DSU )	DSU	DSU	37		DSU	( DSU - DSU )
No	67.2%	( 62.5% - 71.5% )	85,045	625	888		67.5%	( 62.9% - 71.7% )
<b>Diabetes</b>								
Nongestational Diabetes								
Yes	DSU	( DSU - DSU )	DSU	DSU	79		DSU	( DSU - DSU )
No	66.9%	( 62.2% - 71.3% )	80,124	589	849		67.3%	( 62.7% - 71.6% )



**Breast Cancer Screening: Mammogram, Female Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective: 3.13: Increase the proportion of women aged 40 years and older who have received a mammogram within the preceding 2 years to 70%.

Healthy Alaskans 2010 Objective: 22.11: Increase the proportion of women aged 40 years and older who have received a mammogram within the preceding 2 years to 76%.

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

Response: Yes with Within the past year or Within the past 2 years

Population at Risk (See Appendix)	Observed Rate						Age-Adjusted Rate	
	%	95% CI	Individuals	n	N		%	95% CI
Pre-Diabetes								
Yes	DSU	( DSU - DSU )	DSU	DSU	92		DSU	( DSU - DSU )
No	66.6%	( 61.6% - 71.3% )	69,761	523	756		67.5%	( 62.6% - 72.0% )
Prostate Cancer								
Prostate Cancer								
Yes	DNC	( DNC - DNC )	DNC	0	0		DNC	( DNC - DNC )
No	DNC	( DNC - DNC )	DNC	0	0		DNC	( DNC - DNC )
Risk Factors								
Alcohol								
Binge Drinking								
Yes	DSU	( DSU - DSU )	DSU	DSU	88		DSU	( DSU - DSU )
No	69.3%	( 64.5% - 73.6% )	82,757	589	830		69.0%	( 64.3% - 73.3% )
Heavy Drinking								
Yes	DSU	( DSU - DSU )	DSU	DSU	53		DSU	( DSU - DSU )
No	68.4%	( 63.7% - 72.8% )	82,975	599	846		68.4%	( 63.8% - 72.7% )
Physical Activity								
Leisure Time Exercise								
Yes	70.2%	( 64.9% - 75.1% )	64,513	464	654		70.6%	( 65.3% - 75.3% )
No	61%	( 52% - 69% )	24,268	184	270		60%	( 52% - 68% )
Tobacco Use								
Cigarette Smoking Status								
Current Smoker	DSU	( DSU - DSU )	DSU	DSU	181		DSU	( DSU - DSU )
Former Smoker	74%	( 66% - 80% )	27,714	201	266		73%	( 65% - 80% )
Never Smoked	72%	( 66% - 77% )	50,548	345	477		72%	( 66% - 77% )

**Breast Cancer Screening: Mammogram, Female Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective: 3.13: Increase the proportion of women aged 40 years and older who have received a mammogram within the preceding 2 years to 70%.

Healthy Alaskans 2010 Objective: 22.11: Increase the proportion of women aged 40 years and older who have received a mammogram within the preceding 2 years to 76%.

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

Response: Yes with Within the past year or Within the past 2 years

Population at Risk (See Appendix)	Observed Rate						Age-Adjusted Rate	
	%	95% CI	Individuals	n	N		%	95% CI
Smokeless Tobacco Status								
Current User	DSU	( DSU - DSU )	DSU	DSU	15		DSU	( DSU - DSU )
Former User	DSU	( DSU - DSU )	DSU	DSU	54		DSU	( DSU - DSU )
Never Used	68.7%	( 63.9% - 73.2% )	82,917	589	826		68.7%	( 64.1% - 73.1% )
Weight Status								
Weight Status								
Normal (BMI <25)	69%	( 61% - 75% )	31,188	219	324		69%	( 62% - 75% )
Overweight (BMI 25 to 30)	67%	( 58% - 75% )	26,950	191	273		69%	( 61% - 76% )
Obese (BMI ≥30)	68%	( 60% - 75% )	27,957	213	288		67%	( 59% - 74% )
Obese I (BMI 30 TO < 35)	DSU	( DSU - DSU )	DSU	DSU	159		DSU	( DSU - DSU )
Obese II & III (BMI ≥35)	75%	( 64% - 83% )	13,448	97	129		DSU	( DSU - DSU )

**Breast Cancer Screening: Mammogram, Female Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective:		3.13: Increase the proportion of women aged 40 years and older who have received a mammogram within the preceding 2 years to 70%.					
Healthy Alaskans 2010 Objective:		22.11: Increase the proportion of women aged 40 years and older who have received a mammogram within the preceding 2 years to 76%.					
Screening Question:		A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram? And, How long has it been since you had your last mammogram?					
Response:		Yes with Within the past year or Within the past 2 years					
		Observed Rate			Age-Adjusted Rate		
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	% 95% CI
Appendix							

**Definitions:**

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (*n*) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

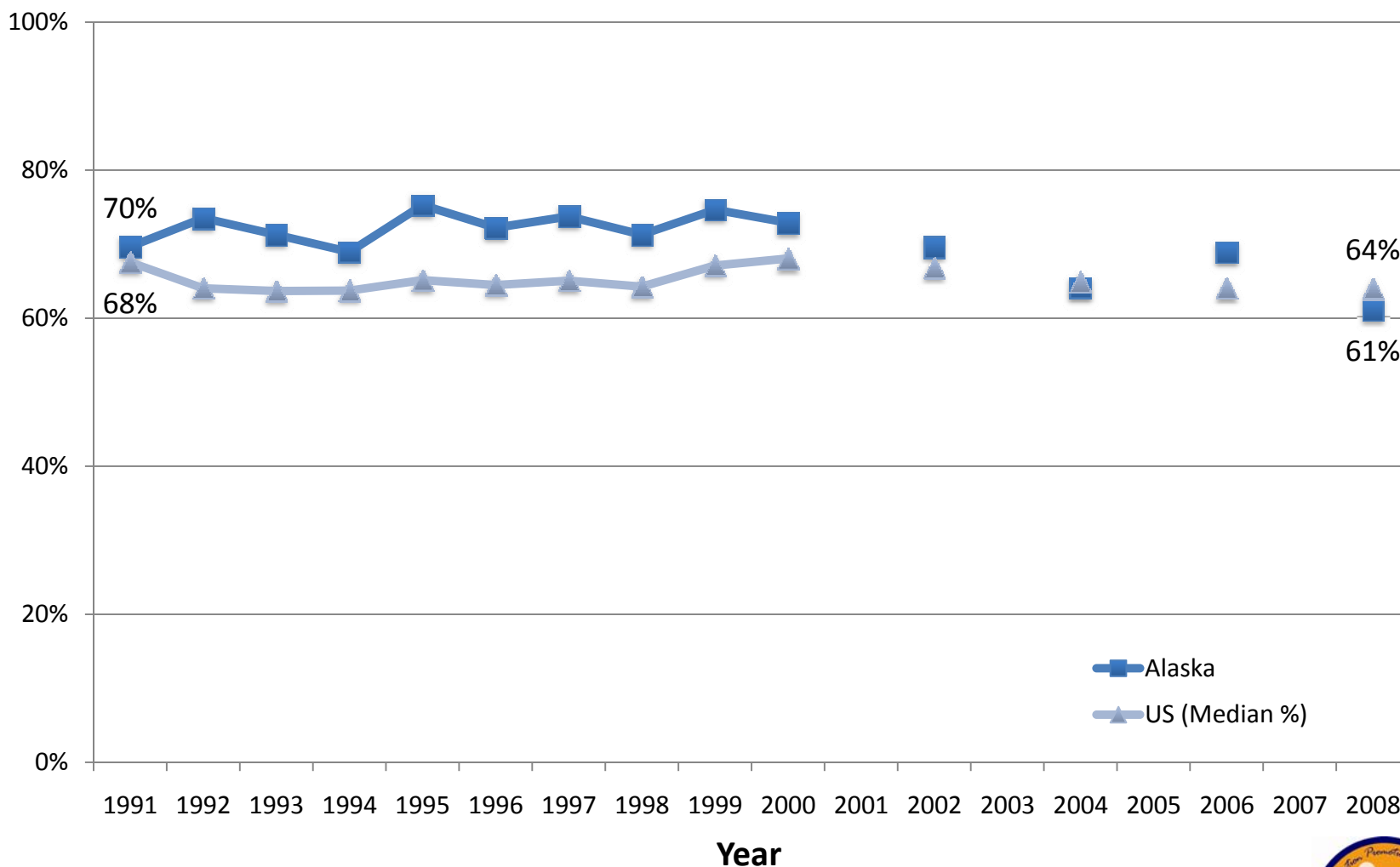
DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

**Notes:**

Data may include revisions, and may differ from those shown previously.

# Clinical Breast Exam in Last Year (Women Age 40+): Alaska vs. Nationwide, 1991 - 2008 Alaska BRFSS



**Breast Cancer Screening: Clinical Breast Exam, Female Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:		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? And, How long has it been since you had your last breast exam?					
Response:		Yes with Within the past year					
Population at Risk (See Appendix)	Observed Rate		Age-Adjusted Rate				
	%	95% CI	Individuals	n	N	%	95% CI
<b>Total</b>	<b>61.1%</b>	( 56.6% - 65.4% )	80,326	564	923	<b>60.2%</b>	( 55.6% - 64.6% )
<b>Demographics</b>							
<b>Gender</b>							
Female	<b>61.1%</b>	( 56.6% - 65.4% )	80,326	564	923	<b>60.2%</b>	( 55.6% - 64.6% )
Male	<b>DNC</b>	( DNC - DNC )	DNC	0	0	<b>DNC</b>	( DNC - DNC )
<b>Age Groups (Categories Used in Age-Adjustment)</b>							
Persons aged 40 to 49 years	<b>58%</b>	( 50% - 66% )	29,160	178	301	<b>NA</b>	( NA - NA )
Persons aged 50 to 64 years	<b>66%</b>	( 60% - 72% )	37,220	276	428	<b>NA</b>	( NA - NA )
Persons aged 65 years and older	<b>56%</b>	( 46% - 65% )	13,912	110	194	<b>NA</b>	( NA - NA )
<b>Race and Ethnicity</b>							
American Indian or Alaska Native	<b>58%</b>	( 48% - 68% )	10,422	101	164	<b>58%</b>	( 48% - 67% )
Asian or Pacific Islander	<b>DSU</b>	( DSU - DSU )	DSU	DSU	24	<b>DSU</b>	( DSU - DSU )
Asian	<b>DSU</b>	( DSU - DSU )	DSU	DSU	21	<b>DSU</b>	( DSU - DSU )
Native Hawaiian or Other Pacific Islander	<b>DSU</b>	( DSU - DSU )	DSU	DSU	3	<b>DSU</b>	( DSU - DSU )
Black or African American	<b>DSU</b>	( DSU - DSU )	DSU	DSU	14	<b>DSU</b>	( DSU - DSU )
White	<b>61.9%</b>	( 56.7% - 66.8% )	63,350	429	695	<b>60.9%</b>	( 55.5% - 66.0% )
Hispanic or Latino	<b>DSU</b>	( DSU - DSU )	DSU	DSU	15	<b>DSU</b>	( DSU - DSU )
Not Hispanic or Latino	<b>61.6%</b>	( 57.1% - 66.0% )	78,948	552	898	<b>60.8%</b>	( 56.1% - 65.2% )
Black or African American, not Hispanic/Latino	<b>DSU</b>	( DSU - DSU )	DSU	DSU	12	<b>DSU</b>	( DSU - DSU )
White, not Hispanic or Latino	<b>61.4%</b>	( 56.1% - 66.4% )	61,129	417	675	<b>60.5%</b>	( 55.1% - 65.7% )
<b>Alaska Native</b>							
Yes	<b>61%</b>	( 51% - 70% )	12,508	112	182	<b>60%</b>	( 51% - 69% )
No	<b>61.5%</b>	( 56.4% - 66.3% )	67,840	452	736	<b>60.6%</b>	( 55.5% - 65.6% )

**Breast Cancer Screening: Clinical Breast Exam, Female Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:

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? And, How long has it been since you had your last breast exam?

Response:		Yes with Within the past year							
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	Age-Adjusted Rate		
		95% CI					%	95% CI	
<b>Geographic Location</b>									
Anchorage & Vicinity	61%	(	53% - 68% )	43,508	119	198	60%	(	52% - 67% )
Fairbanks & Vicinity	62%	(	53% - 69% )	9,851	110	178	62%	(	53% - 69% )
Gulf Coast	58%	(	51% - 65% )	9,808	131	223	59%	(	51% - 66% )
Rural	53%	(	43% - 63% )	6,036	82	148	52%	(	42% - 62% )
Southeast	69%	(	61% - 76% )	11,041	122	176	69%	(	61% - 76% )
<b>Urban/Rural</b>									
Metropolitan Statistical Area	61%	(	54% - 67% )	52,413	221	366	60%	(	53% - 66% )
Micropolitan Statistical Area & Urban Clusters	64%	(	58% - 70% )	14,774	183	287	64%	(	58% - 71% )
Rural	59%	(	52% - 65% )	13,278	160	270	58%	(	51% - 65% )
<b>Education Level (persons aged 25 years and older)</b>									
Less than high school	DSU	(	DSU - DSU )	DSU	DSU	61	DSU	(	DSU - DSU )
High school graduate	52%	(	43% - 61% )	18,906	138	257	53%	(	45% - 61% )
At least some college	65%	(	57% - 72% )	27,037	177	280	64%	(	55% - 71% )
College Graduate	65%	(	58% - 72% )	29,197	218	325	64%	(	56% - 72% )
<b>Employment Status</b>									
Employed	62.3%	(	56.4% - 67.8% )	47,970	355	555	63.4%	(	56.0% - 70.2% )
Unemployed	DSU	(	DSU - DSU )	DSU	DSU	38	DSU	(	DSU - DSU )
Not in Workforce (Student, Homemaker, Retired)	60%	(	52% - 68% )	24,156	161	275	62%	(	53% - 70% )
Unable to work	DSU	(	DSU - DSU )	DSU	DSU	53	DSU	(	DSU - DSU )
<b>Marital Status</b>									
Married or Unwed Couple	63.3%	(	57.5% - 68.7% )	56,305	328	514	60.9%	(	54.5% - 66.9% )
Divorced/Separated	DSU	(	DSU - DSU )	DSU	DSU	129	DSU	(	DSU - DSU )
Widowed	DSU	(	DSU - DSU )	DSU	DSU	188	DSU	(	DSU - DSU )
Never Married	DSU	(	DSU - DSU )	DSU	DSU	68	DSU	(	DSU - DSU )

**Breast Cancer Screening: Clinical Breast Exam, Female Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:

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? And, How long has it been since you had your last breast exam?

Response:			Yes with Within the past year							
Population at Risk (See Appendix)	%	Observed Rate			Individuals	n	N	Age-Adjusted Rate		
			95% CI					%	95% CI	
Income Level										
<\$15,000	DSU	(	DSU	- DSU )	DSU	DSU	81	DSU	(	DSU - DSU )
\$15,000 - \$24,999	DSU	(	DSU	- DSU )	DSU	DSU	104	DSU	(	DSU - DSU )
\$25,000 - \$49,999	55%	(	46%	- 64% )	13,539	122	210	55%	(	45% - 64% )
\$50,000 - \$74,999	69%	(	59%	- 78% )	14,839	101	153	DSU	(	DSU - DSU )
\$75,000	67%	(	58%	- 74% )	30,338	177	261	69%	(	59% - 77% )
Poverty Threshold										
Poor (<100% Poverty Threshold)	DSU	(	DSU	- DSU )	DSU	DSU	55	DSU	(	DSU - DSU )
Near Poor (100% to 199% Poverty Threshold)	DSU	(	DSU	- DSU )	DSU	DSU	132	DSU	(	DSU - DSU )
Middle/High Income (>=200% Poverty Threshold)	64.2%	(	58.8%	- 69.2% )	56,388	393	622	63.4%	(	57.7% - 68.7% )
Below Poverty Guidelines										
Yes	DSU	(	DSU	- DSU )	DSU	DSU	72	DSU	(	DSU - DSU )
No	62.7%	(	57.6%	- 67.4% )	64,963	459	737	61.4%	(	56.2% - 66.3% )
Veteran										
Yes	DSU	(	DSU	- DSU )	DSU	DSU	29	DSU	(	DSU - DSU )
No	60.7%	(	56.1%	- 65.1% )	76,413	545	894	59.8%	(	55.1% - 64.3% )
Health Status										
General Health										
Excellent to Very Good	64%	(	58%	- 70% )	43,223	298	466	62%	(	55% - 69% )
Good	61%	(	52%	- 68% )	21,478	158	261	60%	(	52% - 68% )
Fair/Poor	DSU	(	DSU	- DSU )	DSU	DSU	191	DSU	(	DSU - DSU )
Healthy Days (Mean Number of Days)										
Physical Health Not Good	4.9	(	3.8	- 6.0 )			542	5.2	(	3.9 - 6.5 )
Mental Health Not Good	3.7	(	2.7	- 4.8 )			542	3.7	(	2.7 - 4.7 )
Unhealthy Days (Physical or Mental Health Not Good)	7.0	(	5.7	- 8.3 )			527	7.1	(	5.6 - 8.5 )

**Breast Cancer Screening: Clinical Breast Exam, Female Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:

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? And, How long has it been since you had your last breast exam?

Population at Risk (See Appendix)	Response:			Yes with Within the past year			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N		%	95% CI
Days with Activity Limitation	3.0	( 2.0 - 4.0 )			557		2.9	( 1.9 - 3.8 )
<b>Healthy Days (Percentage with 14 or More Days)</b>								
Physical Health Not Good	DSU	( DSU - DSU )	DSU	DSU	137		DSU	( DSU - DSU )
Mental Health Not Good	DSU	( DSU - DSU )	DSU	DSU	113		DSU	( DSU - DSU )
Unhealthy Days (Physical or Mental Health Not Good)	51%	( 41% - 61% )	15,944	103	195		51%	( 41% - 60% )
Activity Limitation	DSU	( DSU - DSU )	DSU	DSU	80		DSU	( DSU - DSU )
<b>Disability</b>								
Disabled								
Yes	59%	( 50% - 67% )	25,423	161	289		58%	( 50% - 66% )
No	62.0%	( 56.5% - 67.2% )	54,406	397	626		61.7%	( 56.0% - 67.0% )
Activity Limitation								
Yes	57%	( 49% - 66% )	22,811	148	269		57%	( 48% - 65% )
No	62.5%	( 57.1% - 67.6% )	56,716	409	645		62.1%	( 56.6% - 67.2% )
Require Special Equipment								
Yes	DSU	( DSU - DSU )	DSU	DSU	100		DSU	( DSU - DSU )
No	60.6%	( 55.8% - 65.2% )	70,729	507	821		60.3%	( 55.4% - 65.1% )
<b>Mental Health</b>								
Depression Measure (PHQ-8)								
No Depression	64.1%	( 58.6% - 69.2% )	54,890	382	598		39.7%	( 34.9% - 44.6% )
Mild Depression	DSU	( DSU - DSU )	DSU	DSU	123		DSU	( DSU - DSU )
Moderate to Severe Depression	DSU	( DSU - DSU )	DSU	DSU	74		DSU	( DSU - DSU )
Social and Emotional Support								
Always/Usually	63.4%	( 58.3% - 68.2% )	65,716	454	710		62.9%	( 57.6% - 67.8% )
Sometimes/Rarely/Never	DSU	( DSU - DSU )	DSU	DSU	191		DSU	( DSU - DSU )



**Breast Cancer Screening: Clinical Breast Exam, Female Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:

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? And, How long has it been since you had your last breast exam?

Population at Risk (See Appendix)	Response:			Yes with Within the past year			Age-Adjusted Rate	
	%	95% CI	Individuals	n	N		%	95% CI
Life Satisfaction								
Very Satisfied / Satisfied	62.0%	( 57.3% - 66.4% )	74,041	519	844		61.0%	( 56.2% - 65.6% )
Dissatisfied / Very Dissatisfied	DSU	( DSU - DSU )	DSU	DSU	62		DSU	( DSU - DSU )
<b>Healthcare</b>								
<b>Healthcare Coverage</b>								
Health Plan								
Yes	63.4%	( 58.6% - 67.9% )	74,275	518	820		62.4%	( 57.7% - 67.0% )
No	DSU	( DSU - DSU )	DSU	DSU	101		DSU	( DSU - DSU )
<b>Immunization</b>								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	DSU	( DSU - DSU )	DSU	DSU	120		DSU	( DSU - DSU )
No	DSU	( DSU - DSU )	DSU	DSU	70		DSU	( DSU - DSU )
Ever Had Pneumonia Shot (Ages 65+)								
Yes	DSU	( DSU - DSU )	DSU	DSU	121		DSU	( DSU - DSU )
No	DSU	( DSU - DSU )	DSU	DSU	66		DSU	( DSU - DSU )
Ever Had Hepatitis B Shot								
Yes	65%	( 57% - 73% )	31,680	206	306		64%	( 55% - 73% )
No	59%	( 52% - 65% )	38,680	282	487		57%	( 51% - 64% )
<b>Screening</b>								
AIDS/HIV Screening (Ages 18-64)								
Yes	66%	( 57% - 74% )	24,897	187	275		68%	( 59% - 75% )
No	60%	( 54% - 66% )	38,907	251	426		58%	( 52% - 65% )
Clinical Breast Exam Annually (Women Ages 40+)								
Yes	100.0%	( 0.0% - 0.0% )	80,326	564	564		100.0%	( 0.0% - 0.0% )
No	0%	( 0% - 0% )	0	0	359		0%	( 0% - 0% )

**Breast Cancer Screening: Clinical Breast Exam, Female Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:

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? And, How long has it been since you had your last breast exam?

Population at Risk (See Appendix)	Response:		Yes with Within the past year					Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N			%	95% CI
Colorectal Screening (Ages 50+)									
Yes	<b>71%</b>	( 65% - 77% )	33,205	250	357			<b>70%</b>	( 63% - 76% )
No	<b>51%</b>	( 43% - 60% )	17,388	132	259			<b>48%</b>	( 39% - 56% )
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)									
Yes	<b>DNC</b>	( DNC - DNC )	DNC	0	0			<b>DNC</b>	( DNC - DNC )
No	<b>DNC</b>	( DNC - DNC )	DNC	0	0			<b>DNC</b>	( DNC - DNC )
Home Occult Blood Test (Ages 50+)									
Yes	<b>84%</b>	( 73% - 90% )	10,093	76	94			<b>83%</b>	( 74% - 90% )
No	<b>59.2%</b>	( 53.0% - 65.0% )	39,441	294	505			<b>57.2%</b>	( 50.6% - 63.6% )
Mammogram within Past 2 Years (Women Ages 40+)									
Yes	<b>77.8%</b>	( 73.0% - 82.0% )	69,237	499	645			<b>76.8%</b>	( 71.6% - 81.3% )
No	<b>26%</b>	( 18% - 35% )	10,902	61	270			<b>23%</b>	( 17% - 31% )
Oral Cancer Exam Annually									
Yes	<b>68%</b>	( 60% - 76% )	31,479	198	290			<b>67%</b>	( 58% - 74% )
No	<b>56.4%</b>	( 50.6% - 61.9% )	44,566	332	582			<b>56.2%</b>	( 50.4% - 61.8% )
Pap Test within Past 3 Years (Women Ages 18+)									
Yes	<b>70.8%</b>	( 65.1% - 75.9% )	52,819	363	536			<b>68.5%</b>	( 62.0% - 74.4% )
No	<b>15%</b>	( 8% - 28% )	2,408	29	114			<b>15%</b>	( 8% - 27% )
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)									
Yes	<b>DNC</b>	( DNC - DNC )	DNC	0	0			<b>DNC</b>	( DNC - DNC )
No	<b>DNC</b>	( DNC - DNC )	DNC	0	0			<b>DNC</b>	( DNC - DNC )

**Breast Cancer Screening: Clinical Breast Exam, Female Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:		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? And, How long has it been since you had your last breast exam?							
Response:		Yes with Within the past year							
		Observed Rate						Age-Adjusted Rate	
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	%	95% CI	
Diagnoses									
Asthma									
Asthma Diagnosis									
Yes	DSU	(	DSU - DSU )	DSU	DSU	164	DSU	( DSU - DSU )	
No	61.3%	(	56.3% - 66.0% )	65,876	457	753	60.6%	( 55.6% - 65.4% )	
Current Asthma									
Yes	DSU	(	DSU - DSU )	DSU	DSU	104	DSU	( DSU - DSU )	
No	DSU	(	DSU - DSU )	DSU	DSU	48	DSU	( DSU - DSU )	
Cardiovascular and Cerebrovascular Disease									
Cardiovascular Disease									
Yes	DSU	(	DSU - DSU )	DSU	DSU	60	DSU	( DSU - DSU )	
No	61.7%	(	56.9% - 66.2% )	75,375	519	844	60.9%	( 56.0% - 65.6% )	
Heart Attack (Myocardial Infarction)									
Yes	DSU	(	DSU - DSU )	DSU	DSU	38	DSU	( DSU - DSU )	
No	61.8%	(	57.1% - 66.2% )	77,703	540	876	61.0%	( 56.2% - 65.6% )	
Coronary Heart Disease (Angina)									
Yes	DSU	(	DSU - DSU )	DSU	DSU	44	DSU	( DSU - DSU )	
No	60.9%	(	56.2% - 65.4% )	76,381	529	868	60.0%	( 55.2% - 64.6% )	
Stroke									
Yes	DSU	(	DSU - DSU )	DSU	DSU	36	DSU	( DSU - DSU )	
No	61.6%	(	57.0% - 66.1% )	77,489	545	883	60.6%	( 55.9% - 65.2% )	
Diabetes									
Nongestational Diabetes									
Yes	DSU	(	DSU - DSU )	DSU	DSU	77	DSU	( DSU - DSU )	
No	60.0%	(	55.2% - 64.5% )	71,452	512	845	59.0%	( 54.2% - 63.7% )	

**Breast Cancer Screening: Clinical Breast Exam, Female Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:

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? And, How long has it been since you had your last breast exam?

Population at Risk (See Appendix)	Response:			Yes with Within the past year			Age-Adjusted Rate	
	%	Observed Rate	95% CI	Individuals	n	N	%	95% CI
Pre-Diabetes								
Yes	<b>DSU</b>	(	DSU - DSU )	DSU	DSU	90	<b>DSU</b>	( DSU - DSU )
No	<b>60.2%</b>	(	55.2% - 65.1% )	62,817	456	754	<b>59.6%</b>	( 54.4% - 64.5% )
<b>Prostate Cancer</b>								
Prostate Cancer								
Yes	<b>DNC</b>	(	DNC - DNC )	DNC	0	0	<b>DNC</b>	( DNC - DNC )
No	<b>DNC</b>	(	DNC - DNC )	DNC	0	0	<b>DNC</b>	( DNC - DNC )
<b>Risk Factors</b>								
<b>Alcohol</b>								
Binge Drinking								
Yes	<b>DSU</b>	(	DSU - DSU )	DSU	DSU	89	<b>DSU</b>	( DSU - DSU )
No	<b>61.2%</b>	(	56.4% - 65.8% )	72,547	506	824	<b>60.1%</b>	( 55.2% - 64.8% )
Heavy Drinking								
Yes	<b>DSU</b>	(	DSU - DSU )	DSU	DSU	53	<b>DSU</b>	( DSU - DSU )
No	<b>61.1%</b>	(	56.3% - 65.6% )	73,589	518	842	<b>59.8%</b>	( 55.0% - 64.5% )
<b>Physical Activity</b>								
Leisure Time Exercise								
Yes	<b>61.5%</b>	(	56.2% - 66.6% )	55,965	397	649	<b>60.0%</b>	( 54.4% - 65.3% )
No	<b>60%</b>	(	51% - 68% )	23,865	163	269	<b>59%</b>	( 50% - 67% )
<b>Tobacco Use</b>								
Cigarette Smoking Status								
Current Smoker	<b>DSU</b>	(	DSU - DSU )	DSU	DSU	180	<b>DSU</b>	( DSU - DSU )
Former Smoker	<b>64%</b>	(	56% - 72% )	23,825	177	264	<b>64%</b>	( 55% - 72% )
Never Smoked	<b>63%</b>	(	57% - 69% )	43,941	299	475	<b>62%</b>	( 56% - 68% )

**Breast Cancer Screening: Clinical Breast Exam, Female Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:

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? And, How long has it been since you had your last breast exam?

Population at Risk (See Appendix)	Response:		Yes with Within the past year					Age-Adjusted Rate	
	%	95% CI	Individuals	n	N			%	95% CI
Smokeless Tobacco Status									
Current User	DSU	( DSU - DSU )	DSU	DSU	15			DSU	( DSU - DSU )
Former User	DSU	( DSU - DSU )	DSU	DSU	54			DSU	( DSU - DSU )
Never Used	62.5%	( 57.7% - 67.1% )	74,995	515	821			61.6%	( 56.7% - 66.3% )
Weight Status									
Weight Status									
Normal (BMI <25)	59%	( 51% - 66% )	26,721	188	327			58%	( 51% - 66% )
Overweight (BMI 25 to 30)	65%	( 56% - 73% )	25,978	172	269			64%	( 56% - 72% )
Obese (BMI ≥30)	58%	( 50% - 66% )	23,736	176	288			58%	( 49% - 66% )
Obese I (BMI 30 TO < 35)	DSU	( DSU - DSU )	DSU	DSU	159			DSU	( DSU - DSU )
Obese II & III (BMI ≥35)	DSU	( DSU - DSU )	DSU	DSU	129			DSU	( DSU - DSU )

**Breast Cancer Screening: Clinical Breast Exam, Female Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:		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? And, How long has it been since you had your last breast exam?					
		Response: Yes with Within the past year					
		Observed Rate			Age-Adjusted Rate		
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	% 95% CI

**Appendix**

**Definitions:**

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (*n*) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

**Notes:**

Data may include revisions, and may differ from those shown previously.

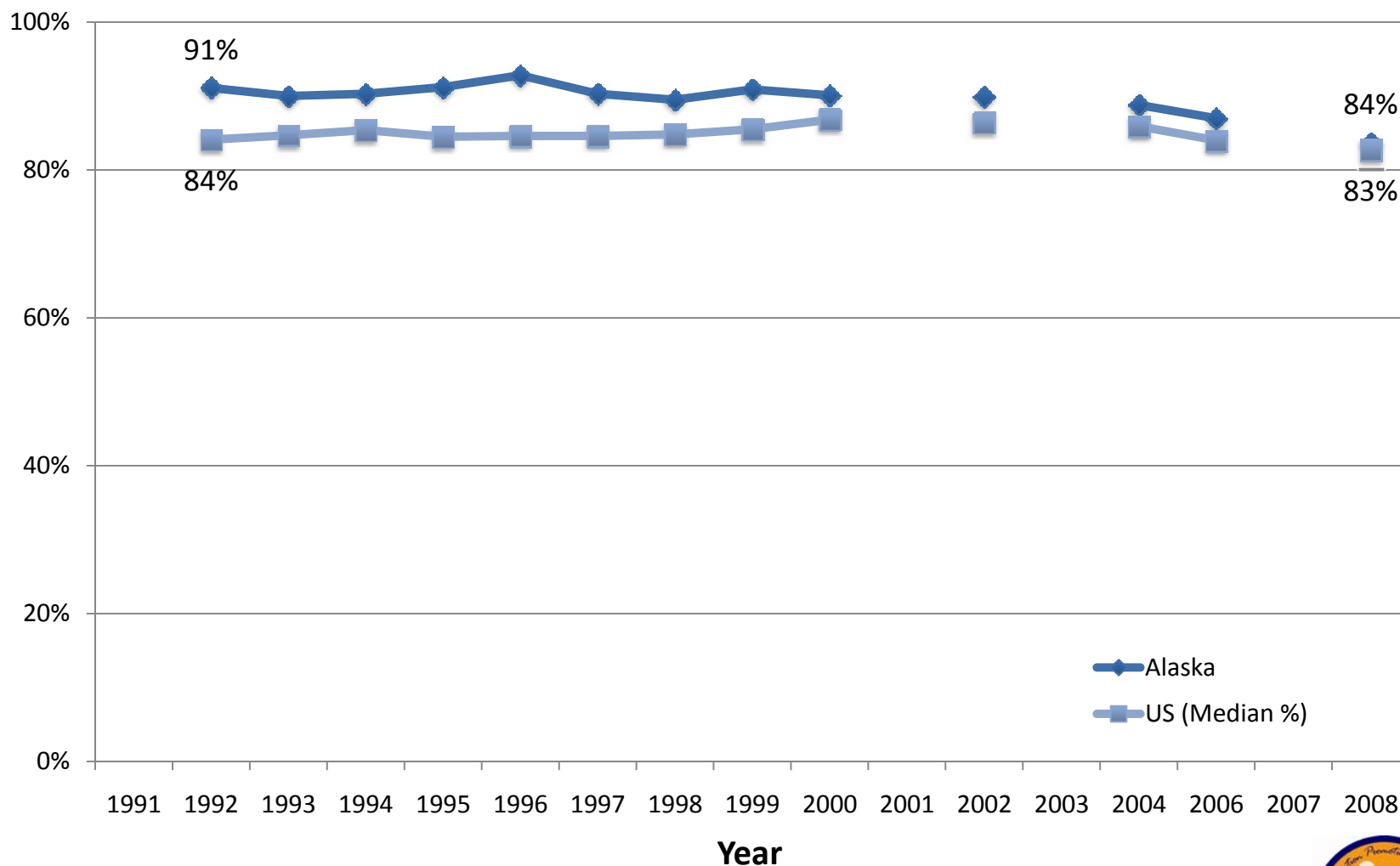
# Cervical Cancer Screening



- **Indicator:** Proportion of women aged 18 years and older who had a Pap test in the past 3 years.
- **Data source:** 2008 Alaska Standard BRFSS survey
- **BRFSS Questions:**
  - A Pap test is a test for cancer of the cervix. Have you ever had a Pap test?
  - How long has it been since you had your last Pap test?
- **How are we doing?**
  - In 2008, 84% of women aged 18 years and older reported a Pap test in the past 3 years.
- **How does Alaska compare with the US?**
  - The prevalence of women aged 18 years and older receiving a Pap test in the past 3 years has decreased in Alaska and the US since 1991.
  - In 2008, Alaska and the US had a very similar prevalence of Pap tests, 84% and 83%, respectively.
- **How are different populations affected?**
  - The prevalence of having had a Pap test is high across demographic groups.
  - Women who have not had a clinical breast exam in the past year, those aged 40 years and older who have not had a mammogram in the past 2 years, and those who have not had an oral cancer exam in the past year were less likely to have had a Pap test in the past 3 years than women in other groups.



# Cervical Cancer Screening (Pap Smear in Past 3 Years): Alaska vs. Nationwide, 1991 – 2008 Alaska BRFSS





**Pap Test within the Past 3 Years, Women (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective: 3.11b: Increase in Pap testing women aged 18 years and older who received a Pap test within the preceding 3 years to 90%.

Healthy Alaskans 2010 Objective: 22.8: Increase the proportion of women aged 18 years and older who have received a Pap test within the preceding 3 years (women who have not had a hysterectomy) to 95%.

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

Population at Risk (See Appendix)	Response: Yes and Within the past year, 2 years, or 3 years						Age-Adjusted Rate	
	%	Observed Rate		n	N		%	95% CI
		95% CI	Individuals					
<b>Total</b>	<b>83.6%</b>	( 79.2% - 87.3% )	158,340	4,152	1,089		<b>80.4%</b>	( 76.2% - 84.0% )
<b>Demographics</b>								
<b>Gender</b>								
Female	<b>83.6%</b>	( 79.2% - 87.3% )	158,340	2,293	1,089		<b>80.4%</b>	( 76.2% - 84.0% )
Male	<b>DNC</b>	( DNC - DNC )	DNC	1,859	0		<b>DNC</b>	( DNC - DNC )
<b>Age Groups (Categories Used in Age-Adjustment)</b>								
Persons aged 18 to 24 years	<b>DSU</b>	( DSU - DSU )	DSU	DSU	74		<b>NA</b>	( NA - NA )
Persons aged 25 to 34 years	<b>94%</b>	( 88% - 97% )	43,633	642	243		<b>NA</b>	( NA - NA )
Persons aged 35 to 44 years	<b>88%</b>	( 81% - 93% )	35,564	780	225		<b>NA</b>	( NA - NA )
Persons aged 45 to 64 years	<b>85%</b>	( 80% - 89% )	51,882	1,908	442		<b>NA</b>	( NA - NA )
Persons aged 65 years and older	<b>DSU</b>	( DSU - DSU )	DSU	DSU	105		<b>NA</b>	( NA - NA )
<b>Race and Ethnicity</b>								
American Indian or Alaska Native	<b>87%</b>	( 79% - 92% )	28,599	769	233		<b>84%</b>	( 74% - 90% )
Asian or Pacific Islander	<b>DSU</b>	( DSU - DSU )	DSU	DSU	30		<b>DSU</b>	( DSU - DSU )
Asian	<b>DSU</b>	( DSU - DSU )	DSU	DSU	24		<b>DSU</b>	( DSU - DSU )
Native Hawaiian or Other Pacific Islander	<b>DSU</b>	( DSU - DSU )	DSU	DSU	6		<b>DSU</b>	( DSU - DSU )
Black or African American	<b>DSU</b>	( DSU - DSU )	DSU	DSU	14		<b>DSU</b>	( DSU - DSU )
White	<b>86.4%</b>	( 82.5% - 89.6% )	116,390	3,045	767		<b>82.2%</b>	( 77.6% - 86.0% )
Hispanic or Latino	<b>DSU</b>	( DSU - DSU )	DSU	DSU	37		<b>DSU</b>	( DSU - DSU )
Not Hispanic or Latino	<b>85.6%</b>	( 81.8% - 88.6% )	151,846	3,992	1,045		<b>82.0%</b>	( 78.0% - 85.4% )
Black or African American, not Hispanic/Latino	<b>DSU</b>	( DSU - DSU )	DSU	DSU	10		<b>DSU</b>	( DSU - DSU )
White, not Hispanic or Latino	<b>86.1%</b>	( 82.0% - 89.4% )	109,889	2,932	741		<b>81.7%</b>	( 76.7% - 85.7% )
<b>Alaska Native</b>								
Yes	<b>86%</b>	( 79% - 91% )	32,990	856	259		<b>83%</b>	( 74% - 89% )
No	<b>83.0%</b>	( 77.7% - 87.2% )	125,001	3,261	826		<b>79.1%</b>	( 74.2% - 83.4% )

**Pap Test within the Past 3 Years, Women (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

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Healthy Alaskans 2010 Objective: 22.8: Increase the proportion of women aged 18 years and older who have received a Pap test within the preceding 3 years (women who have not had a hysterectomy) to 95%.

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

Population at Risk (See Appendix)	Response:		Yes and Within the past year, 2 years, or 3 years					Age-Adjusted Rate	
	%	95% CI	Individuals	n	N			%	95% CI
<b>Geographic Location</b>									
Anchorage & Vicinity	82%	( 74% - 88% )	84,643	879	216			78%	( 71% - 84% )
Fairbanks & Vicinity	90%	( 85% - 94% )	23,301	884	223			87%	( 81% - 91% )
Gulf Coast	82%	( 76% - 87% )	16,943	832	225			79%	( 72% - 85% )
Rural	82%	( 75% - 88% )	14,523	765	222			81%	( 74% - 87% )
Southeast	87%	( 82% - 91% )	18,992	792	203			86%	( 80% - 90% )
<b>Urban/Rural</b>									
Metropolitan Statistical Area	83%	( 77% - 88% )	105,869	1,715	431			79%	( 73% - 84% )
Micropolitan Statistical Area & Urban Clusters	88%	( 83% - 91% )	27,596	1,268	330			86%	( 81% - 89% )
Rural	81%	( 76% - 86% )	24,627	1,169	328			80%	( 74% - 84% )
<b>Education Level (persons aged 25 years and older)</b>									
Less than high school	DSU	( DSU - DSU )	DSU	DSU	53			DSU	( DSU - DSU )
High school graduate	81%	( 73% - 87% )	34,302	1,076	275			78%	( 71% - 85% )
At least some college	90%	( 85% - 93% )	45,574	1,179	295			83%	( 76% - 89% )
College Graduate	87%	( 82% - 91% )	52,651	1,453	392			83%	( 75% - 88% )
<b>Employment Status</b>									
Employed	85.3%	( 79.9% - 89.4% )	102,870	2,751	730			82.0%	( 75.9% - 86.8% )
Unemployed	DSU	( DSU - DSU )	DSU	DSU	60			DSU	( DSU - DSU )
Not in Workforce (Student, Homemaker, Retired)	83%	( 72% - 90% )	41,540	987	264			83%	( 74% - 89% )
Unable to work	DSU	( DSU - DSU )	DSU	DSU	32			DSU	( DSU - DSU )
<b>Marital Status</b>									
Married or Unwed Couple	87.9%	( 83.0% - 91.5% )	107,927	2,586	625			82.1%	( 75.7% - 87.1% )
Divorced/Separated	DSU	( DSU - DSU )	DSU	DSU	86			DSU	( DSU - DSU )
Widowed	DSU	( DSU - DSU )	DSU	DSU	159			DSU	( DSU - DSU )
Never Married	DSU	( DSU - DSU )	DSU	DSU	163			DSU	( DSU - DSU )

**Pap Test within the Past 3 Years, Women (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

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Healthy Alaskans 2010 Objective: 22.8: Increase the proportion of women aged 18 years and older who have received a Pap test within the preceding 3 years (women who have not had a hysterectomy) to 95%.

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

Population at Risk (See Appendix)	Response:			Yes and Within the past year, 2 years, or 3 years			Age-Adjusted Rate		
	%	Observed Rate		Individuals	n	N	%	95% CI	
<b>Income Level</b>									
<\$15,000	DSU	(	DSU - DSU )	DSU	DSU	84	DSU	(	DSU - DSU )
\$15,000 - \$24,999	DSU	(	DSU - DSU )	DSU	DSU	111	DSU	(	DSU - DSU )
\$25,000 - \$49,999	82%	(	71% - 89% )	32,996	871	254	80%	(	71% - 87% )
\$50,000 - \$74,999	90%	(	84% - 93% )	26,905	755	189	86%	(	78% - 92% )
\$75,000	91%	(	84% - 95% )	58,759	1,436	330	84%	(	72% - 91% )
<b>Poverty Threshold</b>									
Poor (<100% Poverty Threshold)	DSU	(	DSU - DSU )	DSU	DSU	82	DSU	(	DSU - DSU )
Near Poor (100% to 199% Poverty Threshold)	DSU	(	DSU - DSU )	DSU	DSU	159	DSU	(	DSU - DSU )
Middle/High Income (>=200% Poverty Threshold)	88.3%	(	83.8% - 91.8% )	107,013	2,958	727	84.1%	(	78.1% - 88.7% )
<b>Below Poverty Guidelines</b>									
Yes	DSU	(	DSU - DSU )	DSU	DSU	107	DSU	(	DSU - DSU )
No	86.0%	(	80.9% - 89.9% )	123,562	3,391	861	82.4%	(	77.1% - 86.7% )
<b>Veteran</b>									
Yes	DSU	(	DSU - DSU )	DSU	DSU	38	DSU	(	DSU - DSU )
No	83.1%	(	78.6% - 86.9% )	151,326	882	1,051	80.2%	(	75.9% - 83.8% )
<b>Health Status</b>									
<b>General Health</b>									
Excellent to Very Good	85.4%	(	79.6% - 89.8% )	95,374	2,236	626	82.6%	(	77.2% - 87.0% )
Good	84%	(	78% - 89% )	42,629	1,274	318	81%	(	74% - 86% )
Fair/Poor	DSU	(	DSU - DSU )	DSU	DSU	142	DSU	(	DSU - DSU )
<b>Healthy Days (Mean Number of Days)</b>									
Physical Health Not Good	3.5	(	2.8 - 4.1 )			896	3.5	(	2.8 - 4.2 )
Mental Health Not Good	3.7	(	2.8 - 4.6 )			888	3.5	(	2.6 - 4.4 )
Unhealthy Days (Physical or Mental Health Not Good)	6.3	(	5.3 - 7.3 )			876	6.2	(	5.2 - 7.2 )

**Pap Test within the Past 3 Years, Women (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

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Healthy Alaskans 2010 Objective: 22.8: Increase the proportion of women aged 18 years and older who have received a Pap test within the preceding 3 years (women who have not had a hysterectomy) to 95%.

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

Population at Risk (See Appendix)	Response:		Yes and Within the past year, 2 years, or 3 years					Age-Adjusted Rate	
	%	95% CI	Individuals	n	N			%	95% CI
Days with Activity Limitation	2.3	( 1.7 - 2.9 )			905			2.1	( 1.5 - 2.6 )
<b>Healthy Days (Percentage with 14 or More Days)</b>									
Physical Health Not Good	DSU	( DSU - DSU )	DSU	DSU	109			DSU	( DSU - DSU )
Mental Health Not Good	DSU	( DSU - DSU )	DSU	DSU	107			DSU	( DSU - DSU )
Unhealthy Days (Physical or Mental Health Not Good)	DSU	( DSU - DSU )	DSU	DSU	183			DSU	( DSU - DSU )
Activity Limitation	DSU	( DSU - DSU )	DSU	DSU	59			DSU	( DSU - DSU )
<b>Disability</b>									
Disabled									
Yes	79%	( 68% - 87% )	36,237	205	254			78%	( 69% - 85% )
No	84.8%	( 80.1% - 88.7% )	120,432	702	824			81.8%	( 76.9% - 85.8% )
Activity Limitation									
Yes	80%	( 68% - 88% )	35,883	1,037	242			78%	( 69% - 85% )
No	84.8%	( 80.0% - 88.6% )	121,179	3,072	836			81.6%	( 76.8% - 85.5% )
Require Special Equipment									
Yes	DSU	( DSU - DSU )	DSU	DSU	61			DSU	( DSU - DSU )
No	84.5%	( 79.9% - 88.2% )	151,270	875	1,026			82.0%	( 77.6% - 85.7% )
<b>Mental Health</b>									
Depression Measure (PHQ-8)									
No Depression	86.4%	( 81.5% - 90.2% )	109,211	627	727			18.0%	( 14.3% - 22.4% )
Mild Depression	83%	( 74% - 89% )	23,966	138	170			85%	( 81% - 89% )
Moderate to Severe Depression	DSU	( DSU - DSU )	DSU	DSU	77			DSU	( DSU - DSU )
Social and Emotional Support									
Always/Usually	86.6%	( 82.1% - 90.2% )	131,576	749	863			82.7%	( 77.8% - 86.6% )
Sometimes/Rarely/Never	DSU	( DSU - DSU )	DSU	DSU	207			DSU	( DSU - DSU )

**Pap Test within the Past 3 Years, Women (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective: 3.11b: Increase in Pap testing women aged 18 years and older who received a Pap test within the preceding 3 years to 90%.

Healthy Alaskans 2010 Objective: 22.8: Increase the proportion of women aged 18 years and older who have received a Pap test within the preceding 3 years (women who have not had a hysterectomy) to 95%.

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

Population at Risk ( <i>See Appendix</i> )	Response:		Yes and Within the past year, 2 years, or 3 years				Age-Adjusted Rate	
	%	95% CI	Individuals	n	N		%	95% CI
Life Satisfaction								
Very Satisfied / Satisfied	84.8%	( 80.7% - 88.1% )	149,194	866	1,023		81.5%	( 77.4% - 85.1% )
Dissatisfied / Very Dissatisfied	DSU	( DSU - DSU )	DSU	DSU	48		DSU	( DSU - DSU )
<b>Healthcare</b>								
<b>Healthcare Coverage</b>								
Health Plan								
Yes	85.2%	( 80.3% - 89.1% )	138,461	4,152	955		81.8%	( 77.4% - 85.5% )
No	DSU	( DSU - DSU )	DSU	DSU	132		DSU	( DSU - DSU )
<b>Immunization</b>								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	DSU	( DSU - DSU )	DSU	DSU	61		DSU	( DSU - DSU )
No	DSU	( DSU - DSU )	DSU	DSU	42		DSU	( DSU - DSU )
Ever Had Pneumonia Shot (Ages 65+)								
Yes	DSU	( DSU - DSU )	DSU	DSU	58		DSU	( DSU - DSU )
No	DSU	( DSU - DSU )	DSU	DSU	45		DSU	( DSU - DSU )
Ever Had Hepatitis B Shot								
Yes	90%	( 82% - 95% )	67,507	372	414		87%	( 80% - 92% )
No	77%	( 70% - 83% )	57,375	382	478		73%	( 65% - 80% )
<b>Screening</b>								
AIDS/HIV Screening (Ages 18-64)								
Yes	92%	( 88% - 95% )	74,906	430	467		90%	( 86% - 94% )
No	80%	( 72% - 86% )	72,645	395	485		81%	( 75% - 86% )
Clinical Breast Exam Annually (Women Ages 40+)								
Yes	96%	( 91% - 98% )	53,027	375	392		90%	( 81% - 95% )
No	62%	( 53% - 69% )	21,987	161	258		57%	( 49% - 65% )

**Pap Test within the Past 3 Years, Women (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective: 3.11b: Increase in Pap testing women aged 18 years and older who received a Pap test within the preceding 3 years to 90%.

Healthy Alaskans 2010 Objective: 22.8: Increase the proportion of women aged 18 years and older who have received a Pap test within the preceding 3 years (women who have not had a hysterectomy) to 95%.

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

Population at Risk (See Appendix)	Response:		Yes and Within the past year, 2 years, or 3 years					Age-Adjusted Rate	
	%	95% CI	Individuals	n	N			%	95% CI
Colorectal Screening (Ages 50+)									
Yes	84%	( 75% - 91% )	22,433	180	210			80%	( 70% - 87% )
No	73%	( 64% - 80% )	17,085	132	188			62%	( 51% - 71% )
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)									
Yes	DNC	( DNC - DNC )	DNC	0	0			DNC	( DNC - DNC )
No	DNC	( DNC - DNC )	DNC	0	0			DNC	( DNC - DNC )
Home Occult Blood Test (Ages 50+)									
Yes	DSU	( DSU - DSU )	DSU	DSU	48			DSU	( DSU - DSU )
No	77%	( 70% - 83% )	33,523	264	345			70%	( 62% - 76% )
Mammogram within Past 2 Years (Women Ages 40+)									
Yes	94%	( 91% - 97% )	56,731	416	448			89%	( 82% - 94% )
No	58%	( 49% - 67% )	17,765	121	206			51%	( 42% - 60% )
Oral Cancer Exam Annually									
Yes	93%	( 89% - 96% )	47,536	272	297			90%	( 85% - 94% )
No	80.3%	( 74.2% - 85.2% )	103,176	598	728			77.4%	( 72.1% - 82.0% )
Pap Test within Past 3 Years (Women Ages 18+)									
Yes	100.0%	( 0.0% - 0.0% )	158,340	917	917			100.0%	( 0.0% - 0.0% )
No	0%	( 0% - 0% )	0	0	172			0%	( 0% - 0% )
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)									
Yes	DNC	( DNC - DNC )	DNC	0	0			DNC	( DNC - DNC )
No	DNC	( DNC - DNC )	DNC	0	0			DNC	( DNC - DNC )
Diagnoses									
Asthma									
Asthma Diagnosis									
Yes	DSU	( DSU - DSU )	DSU	DSU	178			DSU	( DSU - DSU )
No	83.3%	( 78.8% - 87.1% )	129,573	3,567	906			80.2%	( 75.8% - 84.0% )

**Pap Test within the Past 3 Years, Women (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective: 3.11b: Increase in Pap testing women aged 18 years and older who received a Pap test within the preceding 3 years to 90%.

Healthy Alaskans 2010 Objective: 22.8: Increase the proportion of women aged 18 years and older who have received a Pap test within the preceding 3 years (women who have not had a hysterectomy) to 95%.

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

Population at Risk (See Appendix)	Response:			Yes and Within the past year, 2 years, or 3 years			Age-Adjusted Rate		
	%	95% CI	Individuals	n	N		%	95% CI	
Current Asthma									
Yes	DSU	( DSU - DSU )	DSU	DSU	116		DSU	( DSU - DSU )	
No	93%	( 80% - 97% )	8,362	178	52		DSU	( DSU - DSU )	
<b>Cardiovascular and Cerebrovascular Disease</b>									
Cardiovascular Disease									
Yes	DSU	( DSU - DSU )	DSU	DSU	28		DSU	( DSU - DSU )	
No	84.1%	( 79.6% - 87.8% )	154,558	3,841	1,050		80.3%	( 76.0% - 84.0% )	
Heart Attack (Myocardial Infarction)									
Yes	DSU	( DSU - DSU )	DSU	DSU	20		DSU	( DSU - DSU )	
No	83.9%	( 79.4% - 87.6% )	155,850	3,959	1,064		80.2%	( 76.0% - 83.9% )	
Coronary Heart Disease (Angina)									
Yes	DSU	( DSU - DSU )	DSU	DSU	20		DSU	( DSU - DSU )	
No	84.1%	( 79.6% - 87.7% )	156,219	3,933	1,062		80.6%	( 76.4% - 84.2% )	
Stroke									
Yes	DSU	( DSU - DSU )	DSU	DSU	20		DSU	( DSU - DSU )	
No	84.0%	( 79.5% - 87.6% )	156,476	4,021	1,065		80.6%	( 76.4% - 84.3% )	
<b>Diabetes</b>									
Nongestational Diabetes									
Yes	DSU	( DSU - DSU )	DSU	DSU	61		DSU	( DSU - DSU )	
No	84.9%	( 80.9% - 88.2% )	150,388	3,846	1,027		81.3%	( 77.2% - 84.8% )	
Pre-Diabetes									
Yes	DSU	( DSU - DSU )	DSU	DSU	87		DSU	( DSU - DSU )	
No	85.2%	( 80.9% - 88.6% )	137,103	3,491	938		81.7%	( 77.5% - 85.3% )	
<b>Prostate Cancer</b>									
Prostate Cancer									
Yes	DNC	( DNC - DNC )	DNC	0	0		DNC	( DNC - DNC )	
No	DNC	( DNC - DNC )	DNC	0	0		DNC	( DNC - DNC )	

**Pap Test within the Past 3 Years, Women (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective: 3.11b: Increase in Pap testing women aged 18 years and older who received a Pap test within the preceding 3 years to 90%.

Healthy Alaskans 2010 Objective: 22.8: Increase the proportion of women aged 18 years and older who have received a Pap test within the preceding 3 years (women who have not had a hysterectomy) to 95%.

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

Population at Risk (See Appendix)	Response:		Yes and Within the past year, 2 years, or 3 years				Age-Adjusted Rate	
	%	95% CI	Individuals	n	N		%	95% CI
<b>Risk Factors</b>								
<b>Alcohol</b>								
Binge Drinking								
Yes	86%	( 76% - 92% )	17,863	618	133		DSU	( DSU - DSU )
No	83.6%	( 78.7% - 87.6% )	139,288	3,449	940		80.8%	( 76.4% - 84.6% )
Heavy Drinking								
Yes	DSU	( DSU - DSU )	DSU	DSU	57		DSU	( DSU - DSU )
No	84.6%	( 80.0% - 88.4% )	149,062	3,343	999		81.8%	( 77.5% - 85.4% )
<b>Physical Activity</b>								
Leisure Time Exercise								
Yes	86.7%	( 82.4% - 90.1% )	127,745	3,232	836		83.8%	( 79.2% - 87.5% )
No	DSU	( DSU - DSU )	DSU	DSU	249		DSU	( DSU - DSU )
<b>Tobacco Use</b>								
Cigarette Smoking Status								
Current Smoker	84%	( 77% - 90% )	29,049	858	223		82%	( 74% - 88% )
Former Smoker	88%	( 82% - 92% )	40,045	1,319	268		84%	( 78% - 88% )
Never Smoked	81.4%	( 74.4% - 86.8% )	87,993	1,951	592		79.4%	( 73.9% - 84.0% )
Smokeless Tobacco Status								
Current User	DSU	( DSU - DSU )	DSU	DSU	23		DSU	( DSU - DSU )
Former User	92%	( 85% - 96% )	13,425	714	87		81%	( 72% - 88% )
Never Used	83.3%	( 78.3% - 87.3% )	136,893	3,068	932		80.4%	( 75.8% - 84.4% )



**Pap Test within the Past 3 Years, Women (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective: 3.11b: Increase in Pap testing women aged 18 years and older who received a Pap test within the preceding 3 years to 90%.

Healthy Alaskans 2010 Objective: 22.8: Increase the proportion of women aged 18 years and older who have received a Pap test within the preceding 3 years (women who have not had a hysterectomy) to 95%.

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

Response: Yes and Within the past year, 2 years, or 3 years

Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	Age-Adjusted Rate	
		95% CI					%	95% CI
Weight Status								
Weight Status								
Normal (BMI <25)	85%	(	77% - 90% )	70,303	1,277	428	82%	( 75% - 87% )
Overweight (BMI 25 to 30)	88%	(	82% - 92% )	42,532	1,506	305	87%	( 80% - 91% )
Obese (BMI ≥30)	78%	(	68% - 86% )	40,846	1,211	316	75%	( 65% - 82% )
Obese I (BMI 30 TO < 35)	78%	(	67% - 87% )	20,278	752	161	77%	( 67% - 85% )
Obese II & III (BMI ≥35)	DSU	(	DSU - DSU )	DSU	DSU	155	DSU	( DSU - DSU )

**Pap Test within the Past 3 Years, Women (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective: 3.11b: Increase in Pap testing women aged 18 years and older who received a Pap test within the preceding 3 years to 90%.

Healthy Alaskans 2010 Objective: 22.8: Increase the proportion of women aged 18 years and older who have received a Pap test within the preceding 3 years (women who have not had a hysterectomy) to 95%.

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

Response: Yes and Within the past year, 2 years, or 3 years

Population at Risk (See Appendix)	%	Observed Rate				Age-Adjusted Rate	
		95% CI	Individuals	n	N	%	95% CI

**Appendix**

**Definitions:**

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (n) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

**Notes:**

Data may include revisions, and may differ from those shown previously.

# Colorectal Cancer Screening



- **Indicator:**
  - Proportion of adults aged 50 years and older who received a fecal occult blood test (FOBT) in the past 2 years.
  - Proportion of adults aged 50 years and older who have ever had a sigmoidoscopy or colonoscopy.
- **Data source:** 2008 Alaska Standard BRFSS survey
- **BRFSS Questions:**
  - 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?
  - How long has it been since you had your last blood stool test using a home kit?
  - Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the colon for signs of cancer or other health problems. Have you ever had either of these exams?
- **How are we doing?**
  - In 2008, 16% of adults aged 50 years and older reported having a FOBT in the past 2 years; 58% of adults in the same age group reported having a sigmoidoscopy or colonoscopy.
  - The prevalence of ever having a sigmoidoscopy or colonoscopy has increased since 1993, while FOBTs have decreased.
- **How does Alaska compare with the US?**
  - In 2008, the national median prevalence of having had a sigmoidoscopy or colonoscopy and the prevalence of FOBTs were somewhat higher than the prevalence in Alaska.



# Colorectal Cancer Screening



- **How are different populations affected?**

FOBTs:

- The prevalence of FOBT in the past 2 years appears to increase with age, education and income.
- Adults with no healthcare plan, women aged 40 years and older who had not received a mammogram in the past 2 years, men aged 50 years and older who had not received an annual digital rectal exam for prostate problems or who had not received a PSA test in the past 2 years were less likely to have had a FOBT in the past 2 years than adults not in these groups.
- Binge drinking, being of normal weight and being a current smoker were associated with not having a FOBT in the past 2 years.

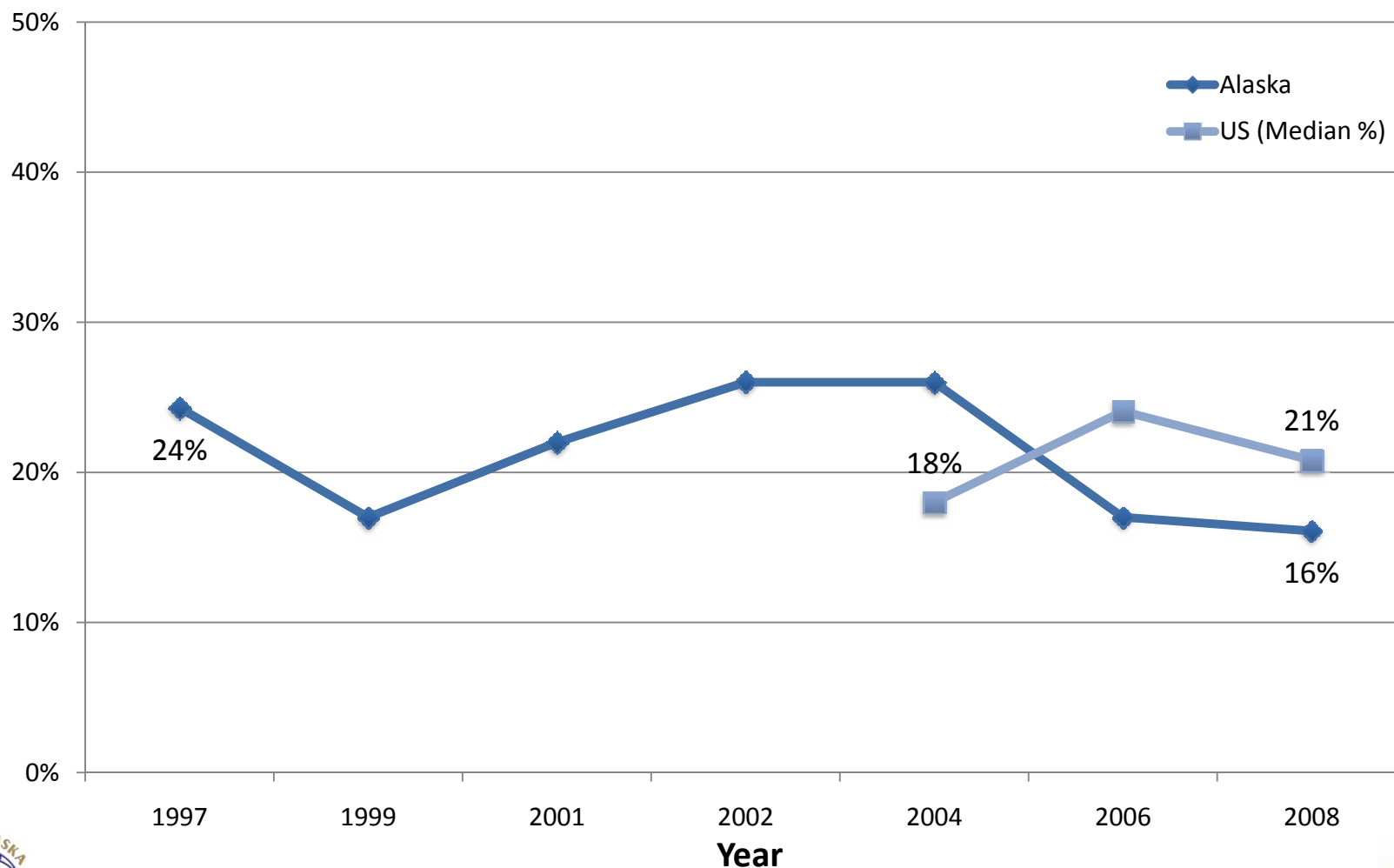
Sigmoidoscopy or Colonoscopy:

- Adults aged 50 to 64 years compared to those 65 years and older, employed adults, non-Veterans, those who did not receive a flu shot in the past 12 months, those who have never received a pneumonia vaccine, and current smokers were less likely to have ever had a sigmoidoscopy or colonoscopy than adults not in these groups.
- Women who had not had a clinical breast exam and men aged 50 years and older who had not had a digital rectal exam for prostate problems were less likely to have ever had a sigmoidoscopy or colonoscopy.
- Seventy-five percent of adults aged 50 years and older who had a FOBT had also ever had a sigmoidoscopy or colonoscopy.
- In 2008, of adults aged 50 years and older who had ever had a sigmoidoscopy or colonoscopy, 14% had a sigmoidoscopy and 86% had a colonoscopy.



# Colorectal Cancer Screening - Fecal Occult Blood Test

## Alaska vs. Nationwide, 1997 – 2008 Alaska BRFSS



**Colorectal Cancer Screening: Blood Stool Test, Adults (50 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective: 3.12a: Increase the proportion of adults aged 50 years and older who have received a fecal occult blood test (FOBT) within the preceding 2 years to 50%.

Screening Question: 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? And, How long has it been since you had your last blood stool test using a home kit?

Response: Yes with Within the past year or Within the past 2 years

Population at Risk (See Appendix)	Observed Rate					Age-Adjusted Rate	
	%	95% CI	Individuals	n	N	%	95% CI
<b>Total</b>	<b>16.1%</b>	( 13.4% - 19.1% )	27,071	194	1,194	<b>17.5%</b>	( 14.6% - 20.9% )
<b>Demographics</b>							
<b>Gender</b>							
Female	<b>15.4%</b>	( 12.0% - 19.5% )	12,314	96	613	<b>16.9%</b>	( 13.2% - 21.5% )
Male	<b>16.7%</b>	( 12.9% - 21.4% )	14,757	98	581	<b>18.0%</b>	( 13.8% - 23.1% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>							
Persons aged 45 to 64 years	<b>13.9%</b>	( 10.9% - 17.5% )	16,935	113	849	<b>NA</b>	( NA - NA )
Persons aged 65 years and older	<b>22%</b>	( 17% - 28% )	10,222	81	345	<b>NA</b>	( NA - NA )
<b>Race and Ethnicity</b>							
American Indian or Alaska Native	<b>10%</b>	( 6% - 17% )	1,966	19	186	<b>10%</b>	( 6% - 16% )
Asian or Pacific Islander	<b>DSU</b>	( DSU - DSU )	DSU	DSU	21	<b>DSU</b>	( DSU - DSU )
Asian	<b>DSU</b>	( DSU - DSU )	DSU	DSU	19	<b>DSU</b>	( DSU - DSU )
Native Hawaiian or Other Pacific Islander	<b>DSU</b>	( DSU - DSU )	DSU	DSU	2	<b>DSU</b>	( DSU - DSU )
Black or African American	<b>DSU</b>	( DSU - DSU )	DSU	DSU	15	<b>DSU</b>	( DSU - DSU )
White	<b>17.1%</b>	( 14.1% - 20.7% )	23,593	164	935	<b>18.9%</b>	( 15.5% - 22.8% )
Hispanic or Latino	<b>DSU</b>	( DSU - DSU )	DSU	DSU	21	<b>DSU</b>	( DSU - DSU )
Not Hispanic or Latino	<b>15.9%</b>	( 13.2% - 19.0% )	25,989	186	1,154	<b>17.2%</b>	( 14.3% - 20.6% )
Black or African American, not Hispanic/Latino	<b>DSU</b>	( DSU - DSU )	DSU	DSU	13	<b>DSU</b>	( DSU - DSU )
White, not Hispanic or Latino	<b>16.8%</b>	( 13.7% - 20.4% )	22,368	154	901	<b>18.3%</b>	( 14.9% - 22.3% )
<b>Alaska Native</b>							
Yes	<b>10%</b>	( 6% - 16% )	2,263	22	210	<b>10%</b>	( 6% - 15% )
No	<b>16.8%</b>	( 13.9% - 20.3% )	24,304	170	977	<b>18.6%</b>	( 15.4% - 22.4% )

**Colorectal Cancer Screening: Blood Stool Test, Adults (50 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective: 3.12a: Increase the proportion of adults aged 50 years and older who have received a fecal occult blood test (FOBT) within the preceding 2 years to 50%.

**Screening Question:** 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? And, How long has it been since you had your last blood stool test using a home kit?

Population at Risk (See Appendix)	Response:		Yes with Within the past year or Within the past 2 years					Age-Adjusted Rate	
	%	Observed Rate	95% CI	Individuals	n	N		%	95% CI
<b>Geographic Location</b>									
Anchorage & Vicinity	16%	(	12% - 21% )	14,886	48	259		17%	( 12% - 23% )
Fairbanks & Vicinity	17%	(	12% - 24% )	3,131	35	227		20%	( 15% - 27% )
Gulf Coast	16%	(	11% - 21% )	3,434	42	277		16%	( 12% - 22% )
Rural	7%	(	4% - 13% )	974	13	183		8%	( 4% - 15% )
Southeast	22%	(	17% - 28% )	4,717	56	248		24%	( 19% - 31% )
<b>Urban/Rural</b>									
Metropolitan Statistical Area	16%	(	12% - 20% )	17,550	82	477		17%	( 13% - 22% )
Micropolitan Statistical Area & Urban Clusters	19%	(	15% - 24% )	5,598	69	362		21%	( 17% - 26% )
Rural	14%	(	10% - 20% )	4,078	43	355		16%	( 10% - 23% )
<b>Education Level (persons aged 25 years and older)</b>									
Less than high school	6%	(	2% - 15% )	724	7	91		6%	( 2% - 15% )
High school graduate	16%	(	12% - 23% )	7,067	52	347		18%	( 13% - 25% )
At least some college	17%	(	12% - 22% )	9,528	71	374		18%	( 13% - 24% )
College Graduate	18%	(	13% - 24% )	9,951	64	377		19%	( 14% - 26% )
<b>Employment Status</b>									
Employed	15.2%	(	11.8% - 19.5% )	15,280	98	671		18.1%	( 12.3% - 25.9% )
Unemployed	2%	(	0% - 12% )	125	1	58		1%	( 0% - 7% )
Not in Workforce (Student, Homemaker, Retired)	19%	(	15% - 24% )	9,972	80	387		18%	( 13% - 23% )
Unable to work	DSU	(	DSU - DSU )	DSU	DSU	73		DSU	( DSU - DSU )
<b>Marital Status</b>									
Married or Unwed Couple	16.1%	(	12.8% - 20.1% )	18,578	118	668		18.1%	( 14.3% - 22.8% )
Divorced/Separated	24%	(	15% - 35% )	3,480	30	154		DSU	( DSU - DSU )
Widowed	15%	(	10% - 22% )	3,976	36	259		16%	( 10% - 24% )
Never Married	8%	(	3% - 18% )	730	8	85		DSU	( DSU - DSU )

**Colorectal Cancer Screening: Blood Stool Test, Adults (50 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective: 3.12a: Increase the proportion of adults aged 50 years and older who have received a fecal occult blood test (FOBT) within the preceding 2 years to 50%.

Screening Question: 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? And, How long has it been since you had your last blood stool test using a home kit?

Response:		Yes with Within the past year or Within the past 2 years					Age-Adjusted Rate		
Population at Risk (See Appendix)	Observed Rate								
	%	95% CI	Individuals	n	N	%	95% CI		
Income Level									
<\$15,000	12%	( 6% - 24% )	1,524	13	115	12%	( 6% - 24% )		
\$15,000 - \$24,999	8%	( 4% - 14% )	1,031	13	126	8%	( 4% - 15% )		
\$25,000 - \$49,999	14%	( 10% - 20% )	4,400	39	260	16%	( 11% - 22% )		
\$50,000 - \$74,999	19%	( 13% - 27% )	5,606	35	198	20%	( 12% - 29% )		
\$75,000	20%	( 15% - 27% )	11,443	69	353	25%	( 18% - 35% )		
Poverty Threshold									
Poor (<100% Poverty Threshold)	5%	( 2% - 11% )	452	7	74	5%	( 2% - 10% )		
Near Poor (100% to 199% Poverty Threshold)	12%	( 6% - 22% )	2,068	15	153	13%	( 7% - 23% )		
Middle/High Income (>=200% Poverty Threshold)	18.3%	( 14.9% - 22.2% )	21,446	147	825	20.4%	( 16.6% - 25.0% )		
Below Poverty Guidelines									
Yes	11%	( 5% - 24% )	1,309	11	91	DSU	( DSU - DSU )		
No	17.2%	( 14.1% - 20.8% )	22,688	158	961	19.1%	( 15.7% - 23.1% )		
Veteran									
Yes	20%	( 15% - 27% )	9,705	62	306	20%	( 15% - 27% )		
No	14.5%	( 11.7% - 17.9% )	17,382	132	888	16.3%	( 13.0% - 20.1% )		
Health Status									
General Health									
Excellent to Very Good	13.1%	( 9.8% - 17.2% )	10,048	84	559	15.9%	( 11.6% - 21.4% )		
Good	19%	( 15% - 25% )	10,590	67	378	20%	( 15% - 26% )		
Fair/Poor	17%	( 11% - 25% )	6,004	42	251	18%	( 12% - 26% )		
Healthy Days (Mean Number of Days)									
Physical Health Not Good	5.0	( 3.2 - 6.7 )			185	5.3	( 3.4 - 7.2 )		
Mental Health Not Good	3.2	( 1.6 - 4.8 )			185	3.0	( 1.6 - 4.5 )		
Unhealthy Days (Physical or Mental Health Not Good)	7.4	( 5.1 - 9.7 )			179	7.5	( 5.2 - 9.8 )		
Days with Activity Limitation	3.1	( 1.6 - 4.6 )			193	3.3	( 1.6 - 4.9 )		
Healthy Days (Percentage with 14 or More Days)									
Physical Health Not Good	16%	( 11% - 24% )	3,978	32	173	18%	( 11% - 26% )		



**Colorectal Cancer Screening: Blood Stool Test, Adults (50 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective: 3.12a: Increase the proportion of adults aged 50 years and older who have received a fecal occult blood test (FOBT) within the preceding 2 years to 50%.

**Screening Question:** 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? And, How long has it been since you had your last blood stool test using a home kit?

Response:		Yes with Within the past year or Within the past 2 years						Age-Adjusted Rate							
Population at Risk (See Appendix)		%	Observed Rate		Individuals	n	N	%	95% CI						
			95% CI												
Mental Health Not Good	DSU	(	DSU	-	DSU	)	DSU	DSU	105	DSU	(	DSU	-	DSU	)
Unhealthy Days (Physical or Mental Health Not Good)	19%	(	13%	-	27%	)	6,126	42	231	21%	(	14%	-	29%	)
Activity Limitation	18%	(	10%	-	30%	)	2,460	20	97	DSU	(	DSU	-	DSU	)
Disability															
Disabled															
Yes	17%	(	13%	-	23%	)	10,210	73	426	18%	(	13%	-	24%	)
No	15.5%	(	12.4%	-	19.4%	)	16,613	119	755	17.1%	(	13.6%	-	21.4%	)
Activity Limitation															
Yes	17%	(	12%	-	22%	)	9,165	66	389	17%	(	13%	-	23%	)
No	15.9%	(	12.7%	-	19.7%	)	17,937	125	789	17.7%	(	14.1%	-	22.0%	)
Require Special Equipment															
Yes	20%	(	12%	-	30%	)	3,983	30	144	20%	(	12%	-	30%	)
No	15.7%	(	12.9%	-	18.9%	)	23,066	163	1,046	17.5%	(	14.3%	-	21.1%	)
Mental Health															
Depression Measure (PHQ-8)															
No Depression	16.0%	(	12.9%	-	19.6%	)	18,328	132	808	82.5%	(	78.9%	-	85.7%	)
Mild Depression	DSU	(	DSU	-	DSU	)	DSU	DSU	135	DSU	(	DSU	-	DSU	)
Moderate to Severe Depression	DSU	(	DSU	-	DSU	)	DSU	DSU	62	DSU	(	DSU	-	DSU	)
Social and Emotional Support															
Always/Usually	16.9%	(	13.8%	-	20.5%	)	22,042	153	888	18.5%	(	15.1%	-	22.5%	)
Sometimes/Rarely/Never	13%	(	8%	-	20%	)	4,210	35	265	14%	(	10%	-	21%	)
Life Satisfaction															
Very Satisfied / Satisfied	16.1%	(	13.3%	-	19.3%	)	25,441	179	1,106	17.5%	(	14.5%	-	21.0%	)
Dissatisfied / Very Dissatisfied	13%	(	6%	-	24%	)	859	10	61	14%	(	7%	-	26%	)

**Colorectal Cancer Screening: Blood Stool Test, Adults (50 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective: 3.12a: Increase the proportion of adults aged 50 years and older who have received a fecal occult blood test (FOBT) within the preceding 2 years to 50%.

Screening Question: 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? And, How long has it been since you had your last blood stool test using a home kit?

Response: Yes with Within the past year or Within the past 2 years

Population at Risk (See Appendix)	Observed Rate					Age-Adjusted Rate	
	%	95% CI	Individuals	n	N	%	95% CI
Healthcare							
Healthcare Coverage							
Health Plan							
Yes	17.5%	( 14.6% - 21.0% )	25,932	182	1,031	18.5%	( 15.4% - 22.1% )
No	6%	( 3% - 11% )	1,207	12	159	DSU	( DSU - DSU )
Immunization							
Flu Shot Within Past 12 Months (Ages 65+)							
Yes	23%	( 17% - 31% )	7,406	61	224	23%	( 17% - 31% )
No	19%	( 11% - 30% )	2,665	20	118	18%	( 10% - 29% )
Ever Had Pneumonia Shot (Ages 65+)							
Yes	22%	( 16% - 30% )	6,275	52	202	22%	( 16% - 30% )
No	23%	( 15% - 34% )	3,516	26	127	DSU	( DSU - DSU )
Ever Had Hepatitis B Shot							
Yes	20%	( 14% - 26% )	9,920	67	351	21%	( 15% - 29% )
No	14.4%	( 11.2% - 18.3% )	13,893	100	680	16.0%	( 12.5% - 20.3% )
Screening							
AIDS/HIV Screening (Ages 18-64)							
Yes	20%	( 14% - 29% )	6,697	47	267	20%	( 14% - 29% )
No	12.1%	( 8.8% - 16.5% )	9,965	63	539	12.1%	( 8.8% - 16.5% )
Clinical Breast Exam Annually (Women Ages 40+)							
Yes	20%	( 15% - 26% )	9,898	76	370	22%	( 17% - 29% )
No	7%	( 4% - 11% )	2,044	18	229	8%	( 5% - 14% )
Colorectal Screening (Ages 50+)							
Yes	21.0%	( 17.1% - 25.4% )	20,226	148	678	21.7%	( 17.7% - 26.3% )
No	9.6%	( 6.6% - 13.9% )	6,845	46	508	11.7%	( 8.0% - 16.8% )

**Colorectal Cancer Screening: Blood Stool Test, Adults (50 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective: 3.12a: Increase the proportion of adults aged 50 years and older who have received a fecal occult blood test (FOBT) within the preceding 2 years to 50%.

Screening Question: 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? And, How long has it been since you had your last blood stool test using a home kit?

Population at Risk (See Appendix)	Response:		Yes with Within the past year or Within the past 2 years					Age-Adjusted Rate	
	%	Observed Rate	95% CI	Individuals	n	N		%	95% CI
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)									
Yes	26%	(	19% - 34% )	9,829	70	239		26%	( 19% - 34% )
No	10%	(	6% - 16% )	4,770	26	325		11%	( 6% - 18% )
Home Occult Blood Test (Ages 50+)									
Yes	100%	(	0% - 0% )	27,071	194	194		100%	( 0% - 0% )
No	0.0%	(	0.0% - 0.0% )	0	0	1,000		0.0%	( 0.0% - 0.0% )
Mammogram within Past 2 Years (Women Ages 40+)									
Yes	19%	(	15% - 24% )	11,182	86	448		21%	( 16% - 27% )
No	6%	(	3% - 11% )	1,208	10	154		7%	( 4% - 14% )
Oral Cancer Exam Annually									
Yes	16%	(	12% - 22% )	8,710	69	364		19%	( 13% - 25% )
No	15.3%	(	12.1% - 19.1% )	15,667	112	753		16.6%	( 13.1% - 20.8% )
Pap Test within Past 3 Years (Women Ages 18+)									
Yes	14%	(	10% - 20% )	5,465	44	308		16%	( 11% - 22% )
No	4%	(	1% - 11% )	417	4	85		4%	( 1% - 11% )
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)									
Yes	22%	(	17% - 29% )	11,365	85	330		23%	( 17% - 30% )
No	7%	(	3% - 15% )	2,214	8	219		5%	( 2% - 11% )
<b>Diagnoses</b>									
<b>Asthma</b>									
Asthma Diagnosis									
Yes	16%	(	10% - 26% )	3,933	28	167		18%	( 11% - 29% )
No	16.0%	(	13.1% - 19.3% )	22,673	162	1,015		17.2%	( 14.3% - 20.7% )
Current Asthma									
Yes	DSU	(	DSU - DSU )	DSU	DSU	107		DSU	( DSU - DSU )
No	DSU	(	DSU - DSU )	DSU	DSU	48		DSU	( DSU - DSU )

**Colorectal Cancer Screening: Blood Stool Test, Adults (50 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective: 3.12a: Increase the proportion of adults aged 50 years and older who have received a fecal occult blood test (FOBT) within the preceding 2 years to 50%.

Screening Question: 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? And, How long has it been since you had your last blood stool test using a home kit?

Response: Yes with Within the past year or Within the past 2 years

Population at Risk (See Appendix)	Observed Rate						Age-Adjusted Rate				
	%	95% CI		Individuals	n	N	%	95% CI			
Cardiovascular and Cerebrovascular Disease											
Cardiovascular Disease											
Yes	DSU	(	DSU -	DSU )	DSU	DSU	126	DSU	(	DSU -	DSU )
No	14.4%	(	11.8% -	17.5% )	21,392	158	1,046	16.2%	(	13.1% -	19.8% )
Heart Attack (Myocardial Infarction)											
Yes	DSU	(	DSU -	DSU )	DSU	DSU	81	DSU	(	DSU -	DSU )
No	14.9%	(	12.3% -	17.9% )	23,160	169	1,103	16.5%	(	13.5% -	20.0% )
Coronary Heart Disease (Angina)											
Yes	DSU	(	DSU -	DSU )	DSU	DSU	93	DSU	(	DSU -	DSU )
No	14.7%	(	12.1% -	17.7% )	22,506	167	1,086	16.4%	(	13.4% -	19.9% )
Stroke											
Yes	DSU	(	DSU -	DSU )	DSU	DSU	57	DSU	(	DSU -	DSU )
No	15.9%	(	13.2% -	19.1% )	25,510	182	1,128	17.5%	(	14.5% -	21.0% )
Diabetes											
Nongestational Diabetes											
Yes	20%	(	13% -	30% )	4,244	30	137	20%	(	13% -	30% )
No	15.5%	(	12.7% -	18.8% )	22,740	164	1,053	17.5%	(	14.3% -	21.2% )
Pre-Diabetes											
Yes	DSU	(	DSU -	DSU )	DSU	DSU	116	DSU	(	DSU -	DSU )
No	13.8%	(	11.0% -	17.1% )	17,621	138	929	15.2%	(	12.2% -	18.8% )
Prostate Cancer											
Prostate Cancer											
Yes	DSU	(	DSU -	DSU )	DSU	DSU	21	DSU	(	DSU -	DSU )
No	17.1%	(	13.2% -	22.0% )	14,348	94	560	19.0%	(	14.4% -	24.6% )

**Colorectal Cancer Screening: Blood Stool Test, Adults (50 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective: 3.12a: Increase the proportion of adults aged 50 years and older who have received a fecal occult blood test (FOBT) within the preceding 2 years to 50%.

Screening Question: 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? And, How long has it been since you had your last blood stool test using a home kit?

Response: Yes with Within the past year or Within the past 2 years

Population at Risk (See Appendix)	Observed Rate					Age-Adjusted Rate	
	%	95% CI	Individuals	n	N	%	95% CI
Risk Factors							
Alcohol							
Binge Drinking							
Yes	6%	( 3% - 12% )	1,004	10	123	6%	( 2% - 17% )
No	17.3%	( 14.3% - 20.6% )	25,856	182	1,055	18.4%	( 15.3% - 22.0% )
Heavy Drinking							
Yes	9%	( 3% - 23% )	829	6	75	8%	( 3% - 19% )
No	16.7%	( 13.8% - 19.9% )	25,713	182	1,075	18.3%	( 15.2% - 21.9% )
Physical Activity							
Leisure Time Exercise							
Yes	17.0%	( 13.7% - 20.8% )	19,790	136	828	17.3%	( 13.9% - 21.3% )
No	14%	( 10% - 20% )	6,931	56	356	17%	( 13% - 23% )
Tobacco Use							
Cigarette Smoking Status							
Current Smoker	9%	( 6% - 13% )	2,446	27	233	12%	( 7% - 19% )
Former Smoker	18%	( 14% - 23% )	11,560	87	452	18%	( 14% - 23% )
Never Smoked	17.4%	( 13.1% - 22.7% )	13,109	80	501	20.0%	( 15.0% - 26.2% )
Smokeless Tobacco Status							
Current User	DSU	( DSU - DSU )	DSU	DSU	41	DSU	( DSU - DSU )
Former User	15%	( 9% - 23% )	3,894	31	176	16%	( 10% - 23% )
Never Used	16.4%	( 13.4% - 19.9% )	21,124	152	928	17.7%	( 14.4% - 21.6% )

**Colorectal Cancer Screening: Blood Stool Test, Adults (50 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective: 3.12a: Increase the proportion of adults aged 50 years and older who have received a fecal occult blood test (FOBT) within the preceding 2 years to 50%.

Screening Question: 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? And, How long has it been since you had your last blood stool test using a home kit?

Response: Yes with Within the past year or Within the past 2 years

Population at Risk (See Appendix)	%	Observed Rate			n	N	Age-Adjusted Rate				
		95% CI	Individuals				%	95% CI			
Weight Status											
Weight Status											
Normal (BMI <25)	8%	(	6% -	12% )	3,656	43	336	9%	(	6% -	13% )
Overweight (BMI 25 to 30)	19%	(	14% -	24% )	12,736	81	451	21%	(	16% -	27% )
Obese (BMI ≥30)	20%	(	15% -	27% )	10,090	63	366	23%	(	17% -	30% )
Obese I (BMI 30 TO < 35)	21%	(	14% -	29% )	6,704	43	230	22%	(	16% -	31% )
Obese II & III (BMI ≥35)	19%	(	11% -	31% )	3,520	20	136	DSU	(	DSU -	DSU )

# Colorectal Cancer Screening: Blood Stool Test, Adults (50 years of age and older), Alaska BRFSS, 2008: Standard (2008) Survey Instrument

Healthy People 2010 Objective: 3.12a: Increase the proportion of adults aged 50 years and older who have received a fecal occult blood test (FOBT) within the preceding 2 years to 50%.

Screening Question:		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? And, How long has it been since you had your last blood stool test using a home kit?					
Response:		Yes with Within the past year or Within the past 2 years					
		Observed Rate			Age-Adjusted Rate		
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI

## Appendix

### Definitions:

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (n) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

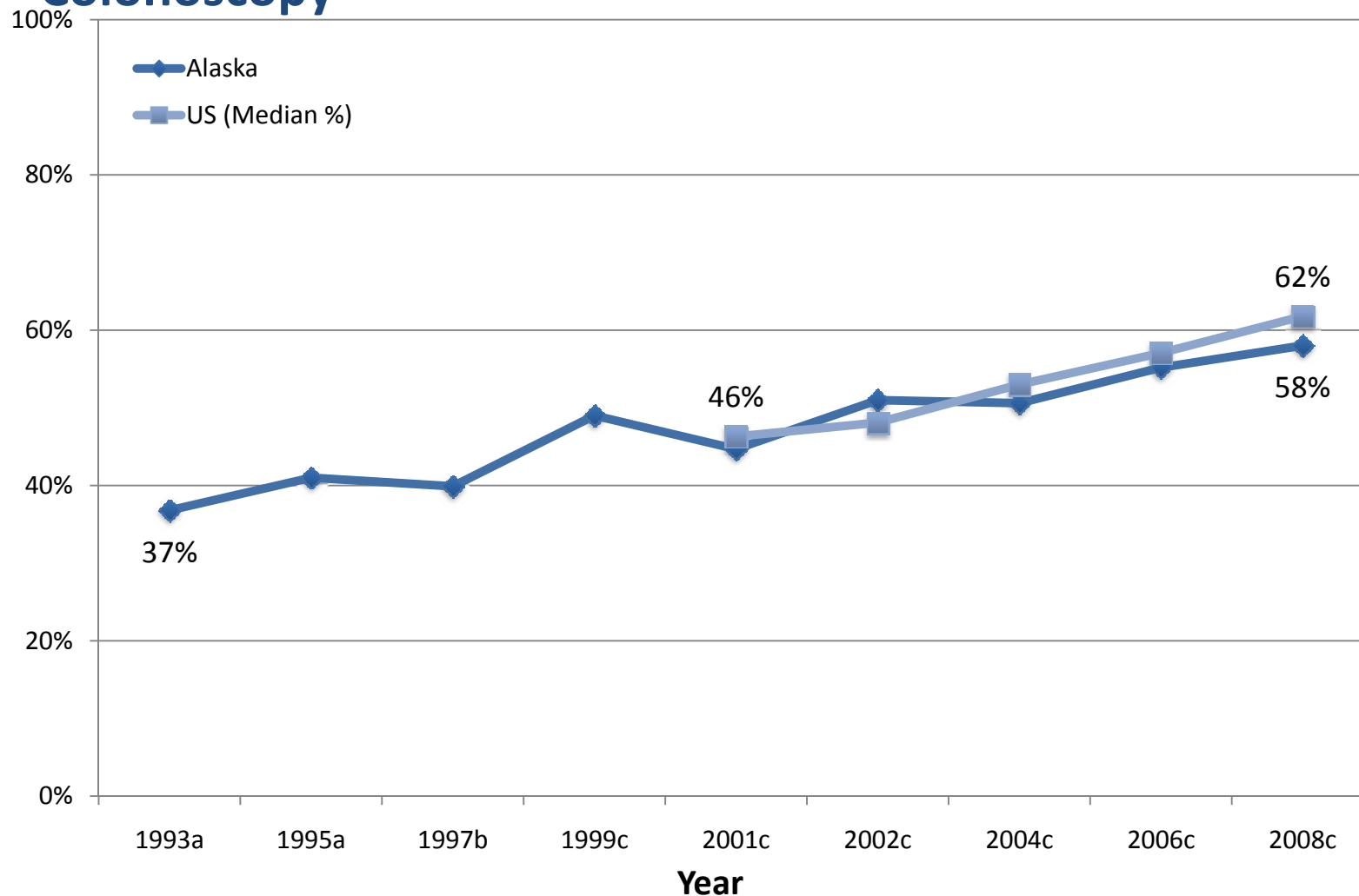
DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

### Notes:

Data may include revisions, and may differ from those shown previously.

# Colorectal Cancer Screening - Sigmoidoscopy or Colonoscopy



a = Proctoscopy, b = Sigmoidoscopy or proctoscopy, c = Sigmoidoscopy or colonoscopy



# Colorectal Cancer Screening: Sigmoidoscopy or Colonoscopy, Adults (50 years of age and older), Alaska BRFSS, 2008: Standard (2008) Survey Instrument

Healthy People 2010 Objective: 3.12b Increase the proportion of adults aged 50 years and older who ever received a sigmoidoscopy to 50%.

Healthy Alaskans 2010 Objective: 22.10: Increase the proportion of adults aged 50 years and older who have received colorectal screening examinations to 64%.

Screening Question: Sigmoidoscopy and colonoscopy are exams in which a tube is inserted into the rectum to view the colon for signs of cancer or other health problem. Have you ever had either of these exams?

Response: Yes

Population at Risk (See Appendix)	Observed Rate			Age-Adjusted Rate		
	%	95% CI	Individuals	n	N	%
<b>Total</b>	<b>58.0%</b>	( 53.9% - 62.0% )	98,896	699	1,214	<b>61.1%</b>
<b>Demographics</b>						
<b>Gender</b>						
Female	57.7%	( 52.2% - 63.0% )	47,351	364	629	60.0%
Male	58.3%	( 52.3% - 64.1% )	51,545	335	585	62.2%
<b>Age Groups (Categories Used in Age-Adjustment)</b>						
Persons aged 45 to 64 years	53.2%	( 48.2% - 58.1% )	65,213	452	860	NA
Persons aged 65 years and older	70%	( 64% - 76% )	33,466	247	354	NA
<b>Race and Ethnicity</b>						
American Indian or Alaska Native	49%	( 40% - 58% )	9,826	106	188	48%
Asian or Pacific Islander	DSU	( DSU - DSU )	DSU	DSU	21	DSU
Asian	DSU	( DSU - DSU )	DSU	DSU	19	DSU
Native Hawaiian or Other Pacific Islander	DSU	( DSU - DSU )	DSU	DSU	2	DSU
Black or African American	DSU	( DSU - DSU )	DSU	DSU	17	DSU
White	60.4%	( 55.8% - 64.8% )	83,633	559	948	64.1%
Hispanic or Latino	DSU	( DSU - DSU )	DSU	DSU	21	DSU
Not Hispanic or Latino	58.1%	( 54.0% - 62.2% )	96,341	678	1,175	61.2%
Black or African American, not Hispanic/Latino	DSU	( DSU - DSU )	DSU	DSU	15	DSU
White, not Hispanic or Latino	60.1%	( 55.4% - 64.6% )	80,590	535	914	63.7%
<b>Alaska Native</b>						
Yes	51%	( 42% - 60% )	11,925	120	214	50%
No	59.1%	( 54.6% - 63.5% )	86,130	576	992	63.1%

**Colorectal Cancer Screening: Sigmoidoscopy or Colonoscopy, Adults (50 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective: 3.12b Increase the proportion of adults aged 50 years and older who ever received a sigmoidoscopy to 50%.

Healthy Alaskans 2010 Objective: 22.10: Increase the proportion of adults aged 50 years and older who have received colorectal screening examinations to 64%.

Screening Question: Sigmoidoscopy and colonoscopy are exams in which a tube is inserted into the rectum to view the colon for signs of cancer or other health problem. Have you ever had either of these exams?

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate		
	%	Observed Rate 95% CI	Individuals	n	N		%	95% CI	
<b>Geographic Location</b>									
Anchorage & Vicinity	60%	( 53% - 66% )	56,090	158	261		63%	( 56% - 69% )	
Fairbanks & Vicinity	66%	( 58% - 73% )	12,455	157	233		67%	( 60% - 74% )	
Gulf Coast	54%	( 48% - 61% )	11,628	146	278		58%	( 52% - 64% )	
Rural	46%	( 38% - 55% )	6,736	91	189		46%	( 36% - 56% )	
Southeast	56%	( 49% - 63% )	12,293	147	253		60%	( 53% - 66% )	
<b>Urban/Rural</b>									
Metropolitan Statistical Area	61%	( 55% - 66% )	67,479	312	486		64%	( 58% - 69% )	
Micropolitan Statistical Area & Urban Clusters	57%	( 52% - 63% )	16,959	214	365		60%	( 55% - 66% )	
Rural	48%	( 42% - 54% )	14,452	173	363		51%	( 44% - 58% )	
<b>Education Level (persons aged 25 years and older)</b>									
Less than high school	DSU	( DSU - DSU )	DSU	DSU	96		DSU	( DSU - DSU )	
High school graduate	49%	( 41% - 56% )	21,772	173	349		52%	( 46% - 59% )	
At least some college	65%	( 58% - 71% )	37,077	233	382		66%	( 59% - 73% )	
College Graduate	61%	( 54% - 68% )	33,657	237	382		68%	( 61% - 74% )	
<b>Employment Status</b>									
Employed	52.8%	( 47.2% - 58.3% )	53,303	350	682		57.6%	( 50.1% - 64.7% )	
Unemployed	DSU	( DSU - DSU )	DSU	DSU	57		DSU	( DSU - DSU )	
Not in Workforce (Student, Homemaker, Retired)	68%	( 62% - 75% )	36,526	276	394		66%	( 58% - 73% )	
Unable to work	DSU	( DSU - DSU )	DSU	DSU	76		DSU	( DSU - DSU )	
<b>Marital Status</b>									
Married or Unwed Couple	59.0%	( 53.7% - 64.1% )	68,941	412	680		62.2%	( 56.8% - 67.4% )	
Divorced/Separated	65%	( 55% - 74% )	9,691	98	157		DSU	( DSU - DSU )	
Widowed	56%	( 47% - 64% )	14,979	143	262		61%	( 52% - 69% )	
Never Married	DSU	( DSU - DSU )	DSU	DSU	87		DSU	( DSU - DSU )	

# Colorectal Cancer Screening: Sigmoidoscopy or Colonoscopy, Adults (50 years of age and older), Alaska BRFSS, 2008: Standard (2008) Survey Instrument

Healthy People 2010 Objective: 3.12b Increase the proportion of adults aged 50 years and older who ever received a sigmoidoscopy to 50%.

Healthy Alaskans 2010 Objective: 22.10: Increase the proportion of adults aged 50 years and older who have received colorectal screening examinations to 64%.

Screening Question: Sigmoidoscopy and colonoscopy are exams in which a tube is inserted into the rectum to view the colon for signs of cancer or other health problem. Have you ever had either of these exams?

Response: Yes

Population at Risk (See Appendix)	Observed Rate			Age-Adjusted Rate		
	%	95% CI	Individuals	n	N	%
<b>Income Level</b>						
<\$15,000	DSU	( DSU - DSU )	DSU	DSU	113	DSU ( DSU - DSU )
\$15,000 - \$24,999	DSU	( DSU - DSU )	DSU	DSU	132	DSU ( DSU - DSU )
\$25,000 - \$49,999	51%	( 43% - 59% )	16,233	137	264	52% ( 44% - 60% )
\$50,000 - \$74,999	60%	( 50% - 69% )	17,764	115	200	68% ( 60% - 75% )
\$75,000	60%	( 52% - 67% )	34,579	224	358	69% ( 62% - 75% )
<b>Poverty Threshold</b>						
Poor (<100% Poverty Threshold)	DSU	( DSU - DSU )	DSU	DSU	73	DSU ( DSU - DSU )
Near Poor (100% to 199% Poverty Threshold)	DSU	( DSU - DSU )	DSU	DSU	159	DSU ( DSU - DSU )
Middle/High Income (≥200% Poverty Threshold)	58.8%	( 53.9% - 63.6% )	69,511	493	835	63.4% ( 58.6% - 67.9% )
<b>Below Poverty Guidelines</b>						
Yes	DSU	( DSU - DSU )	DSU	DSU	90	DSU ( DSU - DSU )
No	57.5%	( 53.0% - 61.9% )	76,599	561	977	61.9% ( 57.5% - 66.0% )
<b>Veteran</b>						
Yes	66%	( 58% - 73% )	31,989	194	308	67% ( 59% - 74% )
No	54.8%	( 50.0% - 59.5% )	66,906	505	906	58.7% ( 53.8% - 63.4% )
<b>Health Status</b>						
<b>General Health</b>						
Excellent to Very Good	58.1%	( 52.0% - 64.0% )	45,079	310	566	59.9% ( 53.5% - 66.0% )
Good	56%	( 49% - 63% )	31,443	223	383	60% ( 53% - 66% )
Fair/Poor	61%	( 52% - 69% )	21,840	162	257	62% ( 54% - 70% )
<b>Healthy Days (Mean Number of Days)</b>						
Physical Health Not Good	5.5	( 4.4 - 6.5 )			667	5.7 ( 4.5 - 6.9 )
Mental Health Not Good	3.1	( 2.3 - 3.9 )			670	2.9 ( 2.2 - 3.6 )
Unhealthy Days (Physical or Mental Health Not Good)	7.3	( 6.1 - 8.5 )			649	7.3 ( 6.0 - 8.6 )
Days with Activity Limitation	2.8	( 2.1 - 3.6 )			685	2.7 ( 2.0 - 3.5 )

# Colorectal Cancer Screening: Sigmoidoscopy or Colonoscopy, Adults (50 years of age and older), Alaska BRFSS, 2008: Standard (2008) Survey Instrument

Healthy People 2010 Objective: 3.12b Increase the proportion of adults aged 50 years and older who ever received a sigmoidoscopy to 50%.

Healthy Alaskans 2010 Objective: 22.10: Increase the proportion of adults aged 50 years and older who have received colorectal screening examinations to 64%.

Screening Question: Sigmoidoscopy and colonoscopy are exams in which a tube is inserted into the rectum to view the colon for signs of cancer or other health problem. Have you ever had either of these exams?

Response: Yes

Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	Age-Adjusted Rate	
		%	95% CI				%	95% CI
Healthy Days (Percentage with 14 or More Days)								
Physical Health Not Good	65%	(	55% - 74% )	16,296	116	175	67%	( 57% - 75% )
Mental Health Not Good	DSU	(	DSU - DSU )	DSU	DSU	105	DSU	( DSU - DSU )
Unhealthy Days (Physical or Mental Health Not Good)	65%	(	56% - 73% )	21,096	147	233	67%	( 58% - 74% )
Activity Limitation	DSU	(	DSU - DSU )	DSU	DSU	100	DSU	( DSU - DSU )
Disability								
Disabled								
Yes	64%	(	58% - 70% )	38,810	280	432	66%	( 60% - 72% )
No	54.9%	(	49.7% - 60.1% )	59,574	413	768	57.0%	( 51.5% - 62.3% )
Activity Limitation								
Yes	65%	(	58% - 71% )	35,419	256	395	68%	( 62% - 73% )
No	55.2%	(	50.1% - 60.3% )	63,105	435	802	57.7%	( 52.5% - 62.8% )
Require Special Equipment								
Yes	DSU	(	DSU - DSU )	DSU	DSU	148	DSU	( DSU - DSU )
No	56.7%	(	52.3% - 61.0% )	84,621	594	1,062	60.3%	( 55.9% - 64.6% )
Mental Health								
Depression Measure (PHQ-8)								
No Depression	58.7%	(	53.7% - 63.5% )	67,970	465	819	39.7%	( 35.4% - 44.1% )
Mild Depression	DSU	(	DSU - DSU )	DSU	DSU	136	DSU	( DSU - DSU )
Moderate to Severe Depression	DSU	(	DSU - DSU )	DSU	DSU	62	DSU	( DSU - DSU )
Social and Emotional Support								
Always/Usually	60.8%	(	56.1% - 65.3% )	79,924	529	900	64.0%	( 59.4% - 68.2% )
Sometimes/Rarely/Never	49%	(	41% - 57% )	16,317	146	272	52%	( 44% - 60% )
Life Satisfaction								
Very Satisfied / Satisfied	58.0%	(	53.8% - 62.2% )	92,951	651	1,127	61.0%	( 56.8% - 65.0% )
Dissatisfied / Very Dissatisfied	DSU	(	DSU - DSU )	DSU	DSU	59	DSU	( DSU - DSU )

# Colorectal Cancer Screening: Sigmoidoscopy or Colonoscopy, Adults (50 years of age and older), Alaska BRFSS, 2008: Standard (2008) Survey Instrument

Healthy People 2010 Objective: 3.12b Increase the proportion of adults aged 50 years and older who ever received a sigmoidoscopy to 50%.

Healthy Alaskans 2010 Objective: 22.10: Increase the proportion of adults aged 50 years and older who have received colorectal screening examinations to 64%.

Screening Question: Sigmoidoscopy and colonoscopy are exams in which a tube is inserted into the rectum to view the colon for signs of cancer or other health problem. Have you ever had either of these exams?

Response:

Yes

Population at Risk (See Appendix)	Observed Rate						Age-Adjusted Rate		
	%	95% CI		Individuals	n	N	%	95% CI	
Healthcare									
Healthcare Coverage									
Health Plan									
Yes	61.4%	(	57.0% - 65.6% )	92,007	647	1,050	63.9%	(	59.6% - 67.9% )
No	DSU	(	DSU - DSU )	DSU	DSU	160	DSU	(	DSU - DSU )
Immunization									
Flu Shot Within Past 12 Months (Ages 65+)									
Yes	81%	(	74% - 87% )	26,427	180	227	81%	(	74% - 87% )
No	DSU	(	DSU - DSU )	DSU	DSU	123	DSU	(	DSU - DSU )
Ever Had Pneumonia Shot (Ages 65+)									
Yes	81%	(	73% - 87% )	23,958	169	210	82%	(	74% - 87% )
No	DSU	(	DSU - DSU )	DSU	DSU	126	DSU	(	DSU - DSU )
Ever Had Hepatitis B Shot									
Yes	61%	(	53% - 68% )	30,318	222	357	66%	(	58% - 73% )
No	55.2%	(	49.7% - 60.5% )	54,460	373	693	57.3%	(	51.9% - 62.5% )
Screening									
AIDS/HIV Screening (Ages 18-64)									
Yes	62%	(	54% - 70% )	20,759	156	267	62%	(	54% - 70% )
No	50.5%	(	44.3% - 56.6% )	42,004	274	551	50.5%	(	44.3% - 56.6% )
Clinical Breast Exam Annually (Women Ages 40+)									
Yes	66%	(	58% - 72% )	33,608	250	382	69%	(	62% - 75% )
No	45%	(	36% - 54% )	13,473	107	234	46%	(	38% - 55% )
Colorectal Screening (Ages 50+)									
Yes	100.0%	(	0.0% - 0.0% )	98,896	699	699	100.0%	(	0.0% - 0.0% )
No	0.0%	(	0.0% - 0.0% )	0	0	515	0.0%	(	0.0% - 0.0% )

# Colorectal Cancer Screening: Sigmoidoscopy or Colonoscopy, Adults (50 years of age and older), Alaska BRFSS, 2008: Standard (2008) Survey Instrument

Healthy People 2010 Objective: 3.12b Increase the proportion of adults aged 50 years and older who ever received a sigmoidoscopy to 50%.

Healthy Alaskans 2010 Objective: 22.10: Increase the proportion of adults aged 50 years and older who have received colorectal screening examinations to 64%.

Screening Question: Sigmoidoscopy and colonoscopy are exams in which a tube is inserted into the rectum to view the colon for signs of cancer or other health problem. Have you ever had either of these exams?

Population at Risk (See Appendix)	Response:		Yes				Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N		%	95% CI
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)								
Yes	78%	( 69% - 85% )	29,235	190	239		80%	( 72% - 86% )
No	43%	( 35% - 52% )	20,696	134	329		46%	( 37% - 55% )
Home Occult Blood Test (Ages 50+)								
Yes	75%	( 65% - 82% )	20,303	148	194		75%	( 66% - 82% )
No	54.3%	( 49.7% - 58.8% )	76,241	530	992		57.9%	( 53.2% - 62.5% )
Mammogram within Past 2 Years (Women Ages 40+)								
Yes	66%	( 60% - 72% )	39,853	310	461		70%	( 64% - 76% )
No	DSU	( DSU - DSU )	DSU	DSU	156		DSU	( DSU - DSU )
Oral Cancer Exam Annually								
Yes	63%	( 55% - 70% )	34,605	238	371		67%	( 59% - 73% )
No	55.0%	( 49.9% - 60.1% )	57,366	418	767		57.9%	( 52.8% - 62.8% )
Pap Test within Past 3 Years (Women Ages 18+)								
Yes	57%	( 49% - 65% )	22,564	180	312		63%	( 55% - 70% )
No	DSU	( DSU - DSU )	DSU	DSU	86		DSU	( DSU - DSU )
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)								
Yes	79%	( 72% - 84% )	40,955	253	335		80%	( 73% - 85% )
No	24%	( 18% - 32% )	7,590	64	219		DSU	( DSU - DSU )
Diagnoses								
Asthma								
Asthma Diagnosis								
Yes	68%	( 58% - 77% )	16,917	116	170		69%	( 59% - 78% )
No	56.4%	( 51.9% - 60.8% )	81,017	578	1,032		59.7%	( 55.3% - 64.0% )
Current Asthma								
Yes	DSU	( DSU - DSU )	DSU	DSU	109		DSU	( DSU - DSU )
No	DSU	( DSU - DSU )	DSU	DSU	49		DSU	( DSU - DSU )

# Colorectal Cancer Screening: Sigmoidoscopy or Colonoscopy, Adults (50 years of age and older), Alaska BRFSS, 2008: Standard (2008) Survey Instrument

Healthy People 2010 Objective: 3.12b Increase the proportion of adults aged 50 years and older who ever received a sigmoidoscopy to 50%.

Healthy Alaskans 2010 Objective: 22.10: Increase the proportion of adults aged 50 years and older who have received colorectal screening examinations to 64%.

Screening Question: Sigmoidoscopy and colonoscopy are exams in which a tube is inserted into the rectum to view the colon for signs of cancer or other health problem. Have you ever had either of these exams?

Response:

Yes

Population at Risk (See Appendix)	Observed Rate			Age-Adjusted Rate		
	%	95% CI	Individuals	n	N	%
<b>Cardiovascular and Cerebrovascular Disease</b>						
Cardiovascular Disease						
Yes	DSU	( DSU - DSU )	DSU	DSU	129	DSU ( DSU - DSU )
No	56.4%	( 51.9% - 60.7% )	84,558	587	1,060	59.8% ( 55.4% - 64.1% )
Heart Attack (Myocardial Infarction)						
Yes	DSU	( DSU - DSU )	DSU	DSU	84	DSU ( DSU - DSU )
No	57.4%	( 53.1% - 61.6% )	90,328	630	1,118	61.0% ( 56.7% - 65.1% )
Coronary Heart Disease (Angina)						
Yes	DSU	( DSU - DSU )	DSU	DSU	95	DSU ( DSU - DSU )
No	56.7%	( 52.4% - 60.9% )	88,138	617	1,103	59.9% ( 55.7% - 64.1% )
Stroke						
Yes	DSU	( DSU - DSU )	DSU	DSU	59	DSU ( DSU - DSU )
No	57.5%	( 53.2% - 61.6% )	93,099	654	1,146	60.8% ( 56.7% - 64.9% )
<b>Diabetes</b>						
Nongestational Diabetes						
Yes	DSU	( DSU - DSU )	DSU	DSU	142	DSU ( DSU - DSU )
No	56.9%	( 52.5% - 61.1% )	84,256	601	1,068	60.3% ( 56.1% - 64.5% )
Pre-Diabetes						
Yes	DSU	( DSU - DSU )	DSU	DSU	114	DSU ( DSU - DSU )
No	55.2%	( 50.5% - 59.8% )	71,505	519	947	58.7% ( 54.1% - 63.3% )
<b>Prostate Cancer</b>						
Prostate Cancer						
Yes	DSU	( DSU - DSU )	DSU	DSU	20	DSU ( DSU - DSU )
No	57.3%	( 51.1% - 63.2% )	48,246	319	565	61.5% ( 55.3% - 67.4% )

# Colorectal Cancer Screening: Sigmoidoscopy or Colonoscopy, Adults (50 years of age and older), Alaska BRFSS, 2008: Standard (2008) Survey Instrument

Healthy People 2010 Objective: 3.12b Increase the proportion of adults aged 50 years and older who ever received a sigmoidoscopy to 50%.

Healthy Alaskans 2010 Objective: 22.10: Increase the proportion of adults aged 50 years and older who have received colorectal screening examinations to 64%.

Screening Question: Sigmoidoscopy and colonoscopy are exams in which a tube is inserted into the rectum to view the colon for signs of cancer or other health problem. Have you ever had either of these exams?

Response: Yes

Population at Risk (See Appendix)	Observed Rate			Age-Adjusted Rate		
	%	95% CI	Individuals	n	N	%
<b>Risk Factors</b>						
<b>Alcohol</b>						
Binge Drinking						
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	123	<b>DSU</b> ( DSU - DSU )
No	<b>58.7%</b>	( 54.4% - 62.9% )	89,181	633	1,076	<b>61.4%</b> ( 57.1% - 65.4% )
Heavy Drinking						
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	75	<b>DSU</b> ( DSU - DSU )
No	<b>58.8%</b>	( 54.4% - 63.0% )	91,967	644	1,096	<b>61.8%</b> ( 57.5% - 65.9% )
<b>Physical Activity</b>						
Leisure Time Exercise						
Yes	<b>60.8%</b>	( 55.9% - 65.5% )	71,306	488	838	<b>64.7%</b> ( 59.7% - 69.4% )
No	<b>50%</b>	( 43% - 57% )	25,459	203	366	<b>52%</b> ( 46% - 59% )
<b>Tobacco Use</b>						
Cigarette Smoking Status						
Current Smoker	<b>37%</b>	( 29% - 46% )	10,118	95	236	<b>DSU</b> ( DSU - DSU )
Former Smoker	<b>66%</b>	( 59% - 72% )	43,449	307	463	<b>68%</b> ( 61% - 73% )
Never Smoked	<b>58.1%</b>	( 51.7% - 64.2% )	44,198	294	510	<b>60.8%</b> ( 54.2% - 67.0% )
Smokeless Tobacco Status						
Current User	<b>DSU</b>	( DSU - DSU )	DSU	DSU	43	<b>DSU</b> ( DSU - DSU )
Former User	<b>DSU</b>	( DSU - DSU )	DSU	DSU	176	<b>DSU</b> ( DSU - DSU )
Never Used	<b>57.5%</b>	( 52.8% - 62.0% )	75,052	550	944	<b>60.2%</b> ( 55.6% - 64.7% )



# Colorectal Cancer Screening: Sigmoidoscopy or Colonoscopy, Adults (50 years of age and older), Alaska BRFSS, 2008: Standard (2008) Survey Instrument

Healthy People 2010 Objective: 3.12b Increase the proportion of adults aged 50 years and older who ever received a sigmoidoscopy to 50%.

Healthy Alaskans 2010 Objective: 22.10: Increase the proportion of adults aged 50 years and older who have received colorectal screening examinations to 64%.

Screening Question: Sigmoidoscopy and colonoscopy are exams in which a tube is inserted into the rectum to view the colon for signs of cancer or other health problem. Have you ever had either of these exams?

Response: Yes

Population at Risk (See Appendix)	%	Observed Rate			n	N	Age-Adjusted Rate		
			95% CI	Individuals			%	95% CI	
Weight Status									
Weight Status									
Normal (BMI <25)	53%	(	45% - 60% )	24,251	178	340	55%	(	48% - 63% )
Overweight (BMI 25 to 30)	62%	(	55% - 68% )	42,025	282	457	65%	(	58% - 71% )
Obese (BMI ≥30)	59%	(	52% - 66% )	30,441	219	376	64%	(	57% - 70% )
Obese I (BMI 30 TO < 35)	56%	(	47% - 65% )	18,369	133	237	61%	(	52% - 68% )
Obese II & III (BMI ≥35)	DSU	(	DSU - DSU )	DSU	DSU	139	DSU	(	DSU - DSU )

## Colorectal Cancer Screening: Sigmoidoscopy or Colonoscopy, Adults (50 years of age and older), Alaska BRFSS, 2008: Standard (2008) Survey Instrument

Healthy People 2010 Objective: 3.12b Increase the proportion of adults aged 50 years and older who ever received a sigmoidoscopy to 50%.

Healthy Alaskans 2010 Objective: 22.10: Increase the proportion of adults aged 50 years and older who have received colorectal screening examinations to 64%.

Screening Question: Sigmoidoscopy and colonoscopy are exams in which a tube is inserted into the rectum to view the colon for signs of cancer or other health problem. Have you ever had either of these exams?

Response: Yes

Population at Risk (See Appendix)	%	Observed Rate					Age-Adjusted Rate	
		95% CI	Individuals	n	N		%	95% CI

### Appendix

#### Definitions:

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (n) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

#### Notes:

Data may include revisions, and may differ from those shown previously.

# Prostate Cancer Screening



- **Indicator:**
  - Proportion of men aged 40 years and older who have had a PSA test in the past 2 years
  - Proportion of men aged 40 years and older who have had a digital rectal exam for prostate problems in the past year.
- **Data source:** 2008 Alaska Standard BRFSS survey
- **BRFSS Questions:**
  - 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?
  - How long has it been since you had your last PSA test?
  - 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?
  - How long has it been since your last digital rectal exam?
- **How are we doing?**
  - In 2008, 48% of men aged 40 years and older reported having PSA test in the past 2 years; 36% of men in the same age group reported having a digital rectal exam (DRE) in the past year.
- **How does Alaska compare with the US?**
  - The national median prevalence of PSA tests was 54.8%, higher than the prevalence in Alaska.
  - Since 2001, the prevalence of DREs appears to have decreased in Alaska and nationwide.



# Prostate Cancer Screening



- **How are different populations affected?**

PSA Tests:

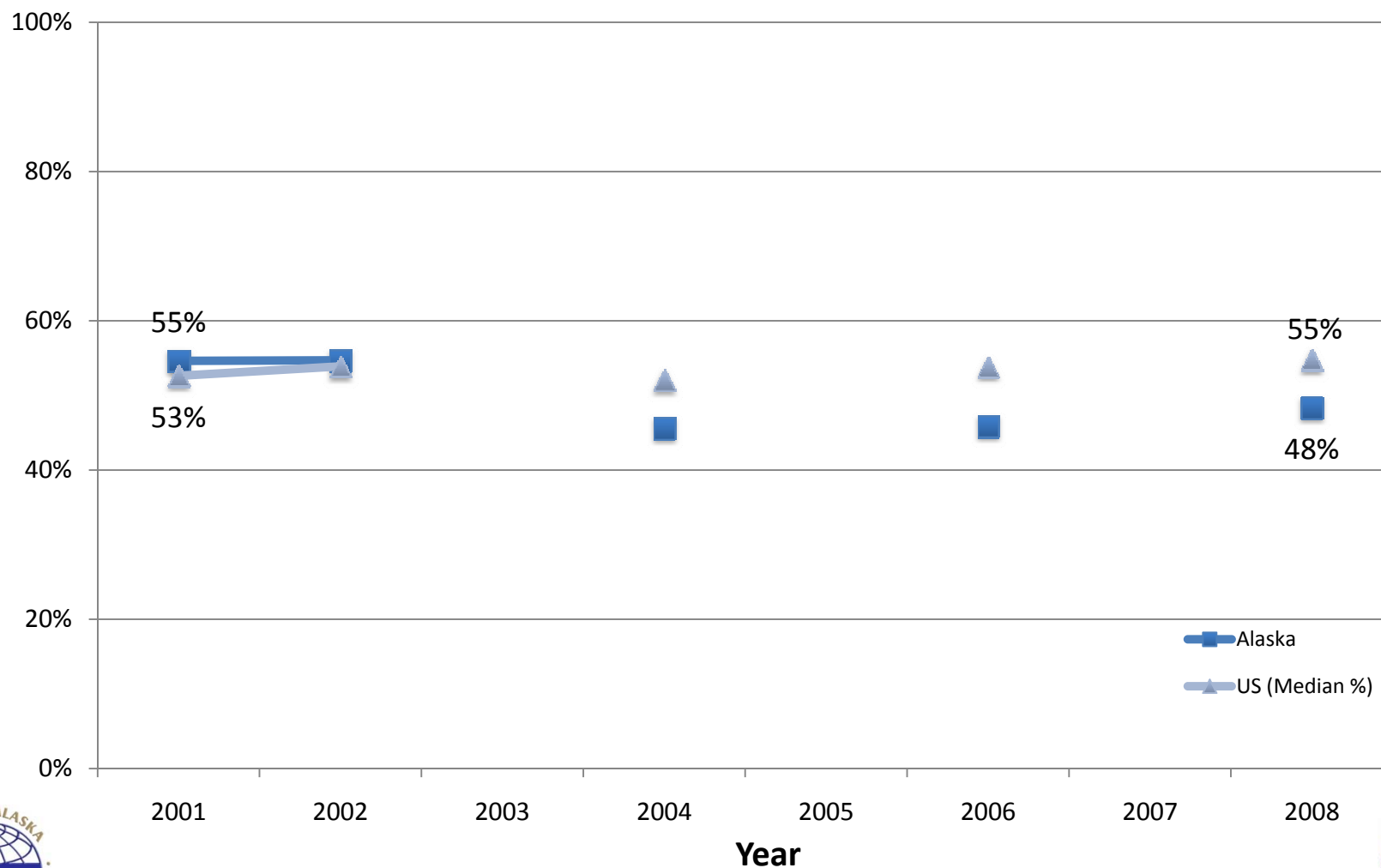
- The prevalence of having a PSA test in the past 2 years increased with age in 2008.
- Being Alaska Native, living in the Rural region of Alaska, being employed, and being a non-Veteran were associated with not having had a PSA test in the past 2 years.
- Men who have no health insurance, those who did not receive a flu shot or a pneumonia shot, those who have not had colorectal cancer screening, and those who have not had an oral cancer exam in the past 12 months were less likely to have had a PSA test than men not in these groups.
- Eighty-two percent of men aged 40 years and older who have had a digital rectal exam for prostate problems have also had a PSA test in the past 2 years.

DREs:

- Non-Alaska Native men were 3 times as likely to have received a digital rectal exam in the past year than Alaska Native men.
- Men who lived in the Rural region of Alaska, men who are not Veterans, and those with no healthcare coverage were less likely to have received a DRE than men not in these groups.
- Sixty percent of men age 40 years and older who had received a PSA test in the past 2 years had also received a DRE in the past year.



## PSA Test, Men Age 40 years and older: Alaska vs. Nationwide, 2001-2008 Alaska BRFSS



**Prostate Cancer Screening: PSA Test, Male Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question: 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? And, How long has it been since you had your last PSA test?

Population at Risk (See Appendix)	Response: Yes with Within the past year or Within the past 2 years						Age-Adjusted Rate	
	%	95% CI	Individuals	n	N		%	95% CI
<b>Total</b>	<b>48.4%</b>	( 43.3% - 53.5% )	61,598	386	788		<b>50.4%</b>	( 46.0% - 54.7% )
<b>Demographics</b>								
<b>Gender</b>								
Female	<b>DNC</b>	( DNC - DNC )	DNC	0	0		<b>DNC</b>	( DNC - DNC )
Male	<b>48.4%</b>	( 43.3% - 53.5% )	61,598	386	788		<b>50.4%</b>	( 46.0% - 54.7% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>								
Persons aged 40 to 49 years	<b>21%</b>	( 15% - 29% )	9,080	47	230		<b>NA</b>	( NA - NA )
Persons aged 50 to 64 years	<b>57%</b>	( 50% - 64% )	35,668	225	407		<b>NA</b>	( NA - NA )
Persons aged 65 years and older	<b>78%</b>	( 69% - 86% )	16,814	114	151		<b>NA</b>	( NA - NA )
<b>Race and Ethnicity</b>								
American Indian or Alaska Native	<b>21%</b>	( 14% - 32% )	2,550	26	112		<b>21%</b>	( 13% - 32% )
Asian or Pacific Islander	<b>DSU</b>	( DSU - DSU )	DSU	DSU	17		<b>DSU</b>	( DSU - DSU )
Asian	<b>DSU</b>	( DSU - DSU )	DSU	DSU	16		<b>DSU</b>	( DSU - DSU )
Native Hawaiian or Other Pacific Islander	<b>DSU</b>	( DSU - DSU )	DSU	DSU	1		<b>DSU</b>	( DSU - DSU )
Black or African American	<b>DSU</b>	( DSU - DSU )	DSU	DSU	10		<b>DSU</b>	( DSU - DSU )
White	<b>52.0%</b>	( 46.3% - 57.8% )	53,706	333	618		<b>53.1%</b>	( 48.7% - 57.5% )
Hispanic or Latino	<b>DSU</b>	( DSU - DSU )	DSU	DSU	15		<b>DSU</b>	( DSU - DSU )
Not Hispanic or Latino	<b>49.5%</b>	( 44.2% - 54.7% )	59,991	374	755		<b>51.1%</b>	( 46.5% - 55.6% )
Black or African American, not Hispanic/Latino	<b>DSU</b>	( DSU - DSU )	DSU	DSU	8		<b>DSU</b>	( DSU - DSU )
White, not Hispanic or Latino	<b>52.9%</b>	( 47.1% - 58.7% )	52,374	320	593		<b>53.7%</b>	( 49.1% - 58.2% )
<b>Alaska Native</b>								
Yes	<b>21%</b>	( 14% - 31% )	3,152	33	127		<b>23%</b>	( 15% - 33% )
No	<b>51.7%</b>	( 46.2% - 57.2% )	57,666	349	656		<b>53.6%</b>	( 48.9% - 58.2% )

**Prostate Cancer Screening: PSA Test, Male Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question: 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? And, How long has it been since you had your last PSA test?

Population at Risk (See Appendix)	Response: Yes with Within the past year or Within the past 2 years						Age-Adjusted Rate	
	%	Observed Rate					%	95% CI
		95% CI	Individuals	n	N			
<b>Geographic Location</b>								
Anchorage & Vicinity	50%	( 42% - 59% )	33,602	82	158	52%	( 45% - 59% )	
Fairbanks & Vicinity	53%	( 44% - 62% )	8,496	90	158	56%	( 48% - 64% )	
Gulf Coast	52%	( 44% - 60% )	8,735	90	176	54%	( 47% - 61% )	
Rural	22%	( 15% - 30% )	2,521	34	131	22%	( 15% - 33% )	
Southeast	51%	( 42% - 59% )	8,097	90	165	53%	( 45% - 61% )	
<b>Urban/Rural</b>								
Metropolitan Statistical Area	51%	( 44% - 59% )	41,720	172	310	53%	( 47% - 59% )	
Micropolitan Statistical Area & Urban Clusters	49%	( 42% - 56% )	11,174	118	231	52%	( 46% - 59% )	
Rural	38%	( 31% - 45% )	8,649	96	247	38%	( 31% - 46% )	
<b>Education Level (persons aged 25 years and older)</b>								
Less than high school	DSU	( DSU - DSU )	DSU	DSU	55	DSU	( DSU - DSU )	
High school graduate	42%	( 34% - 50% )	14,224	103	255	47%	( 40% - 54% )	
At least some college	51%	( 42% - 61% )	21,827	122	238	50%	( 43% - 58% )	
College Graduate	55%	( 46% - 64% )	23,441	141	236	59%	( 52% - 66% )	
<b>Employment Status</b>								
Employed	43.5%	( 37.4% - 49.8% )	39,853	239	536	49.3%	( 42.1% - 56.5% )	
Unemployed	DSU	( DSU - DSU )	DSU	DSU	47	DSU	( DSU - DSU )	
Not in Workforce (Student, Homemaker, Retired)	75%	( 65% - 83% )	16,763	111	154	53%	( 47% - 59% )	
Unable to work	DSU	( DSU - DSU )	DSU	DSU	48	DSU	( DSU - DSU )	
<b>Marital Status</b>								
Married or Unwed Couple	51%	( 44% - 57% )	47,241	269	487	52%	( 47% - 57% )	
Divorced/Separated	DSU	( DSU - DSU )	DSU	DSU	34	DSU	( DSU - DSU )	
Widowed	DSU	( DSU - DSU )	DSU	DSU	162	DSU	( DSU - DSU )	
Never Married	DSU	( DSU - DSU )	DSU	DSU	83	DSU	( DSU - DSU )	

**Prostate Cancer Screening: PSA Test, Male Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question: 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? And, How long has it been since you had your last PSA test?

Population at Risk (See Appendix)	Response: Yes with Within the past year or Within the past 2 years						Age-Adjusted Rate		
	%	95% CI	Individuals	n	N		%	95% CI	
<b>Income Level</b>									
<\$15,000	DSU	( DSU - DSU )	DSU	DSU	68		DSU	( DSU - DSU )	
\$15,000 - \$24,999	DSU	( DSU - DSU )	DSU	DSU	69		DSU	( DSU - DSU )	
\$25,000 - \$49,999	DSU	( DSU - DSU )	DSU	DSU	144		DSU	( DSU - DSU )	
\$50,000 - \$74,999	DSU	( DSU - DSU )	DSU	DSU	136		DSU	( DSU - DSU )	
\$75,000	51%	( 44% - 59% )	29,221	182	312		60%	( 54% - 66% )	
<b>Poverty Threshold</b>									
Poor (<100% Poverty Threshold)	DSU	( DSU - DSU )	DSU	DSU	57		DSU	( DSU - DSU )	
Near Poor (100% to 199% Poverty Threshold)	DSU	( DSU - DSU )	DSU	DSU	88		DSU	( DSU - DSU )	
Middle/High Income (>=200% Poverty Threshold)	51.8%	( 46.0% - 57.6% )	50,677	316	584		55.5%	( 50.8% - 60.1% )	
<b>Below Poverty Guidelines</b>									
Yes	DSU	( DSU - DSU )	DSU	DSU	69		DSU	( DSU - DSU )	
No	50.7%	( 45.2% - 56.2% )	53,262	343	660		54.0%	( 49.5% - 58.4% )	
<b>Veteran</b>									
Yes	61%	( 53% - 69% )	34,005	199	320		58%	( 50% - 65% )	
No	38%	( 32% - 45% )	27,161	187	467		41%	( 34% - 49% )	
<b>Health Status</b>									
<b>General Health</b>									
Excellent to Very Good	50%	( 42% - 57% )	32,265	193	382		53%	( 47% - 59% )	
Good	45%	( 37% - 54% )	19,370	123	258		47%	( 40% - 55% )	
Fair/Poor	DSU	( DSU - DSU )	DSU	DSU	143		DSU	( DSU - DSU )	
<b>Healthy Days (Mean Number of Days)</b>									
Physical Health Not Good	3.4	( 2.4 - 4.4 )			376		3.3	( 2.2 - 4.5 )	
Mental Health Not Good	2.4	( 1.4 - 3.4 )			377		2.4	( 1.2 - 3.7 )	
Unhealthy Days (Physical or Mental Health Not Good)	5.2	( 3.8 - 6.5 )			369		5.2	( 3.6 - 6.8 )	
Days with Activity Limitation	1.7	( 1.0 - 2.3 )			384		1.7	( 0.8 - 2.7 )	
<b>Healthy Days (Percentage with 14 or More Days)</b>									
Physical Health Not Good	DSU	( DSU - DSU )	DSU	DSU	85		DSU	( DSU - DSU )	
Mental Health Not Good	DSU	( DSU - DSU )	DSU	DSU	57		DSU	( DSU - DSU )	
Unhealthy Days (Physical or Mental Health Not Good)	DSU	( DSU - DSU )	DSU	DSU	122		DSU	( DSU - DSU )	



**Prostate Cancer Screening: PSA Test, Male Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question: 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? And, How long has it been since you had your last PSA test?

Population at Risk (See Appendix)	Response: Yes with Within the past year or Within the past 2 years						Age-Adjusted Rate		
	Observed Rate								
	%	95% CI	Individuals	n	N		%	95% CI	
Activity Limitation	DSU	( DSU - DSU )	DSU	DSU	57		DSU	( DSU - DSU )	
<b>Disability</b>									
Disabled									
Yes	54%	( 45% - 63% )	19,413	134	239		48%	( 42% - 55% )	
No	46.3%	( 40.2% - 52.6% )	41,952	251	542		50.2%	( 44.5% - 55.9% )	
Activity Limitation									
Yes	54%	( 45% - 63% )	18,385	125	224		49%	( 42% - 56% )	
No	46.5%	( 40.4% - 52.6% )	43,127	260	556		49.9%	( 44.2% - 55.5% )	
Require Special Equipment									
Yes	DSU	( DSU - DSU )	DSU	DSU	61		DSU	( DSU - DSU )	
No	47.6%	( 42.3% - 53.0% )	56,556	347	724		50.6%	( 46.1% - 55.2% )	
<b>Mental Health</b>									
Depression Measure (PHQ-8)									
No Depression	50.8%	( 44.7% - 56.8% )	47,859	297	567		49.4%	( 44.8% - 53.9% )	
Mild Depression	DSU	( DSU - DSU )	DSU	DSU	74		DSU	( DSU - DSU )	
Moderate to Severe Depression	DSU	( DSU - DSU )	DSU	DSU	27		DSU	( DSU - DSU )	
Social and Emotional Support									
Always/Usually	52.3%	( 46.3% - 58.2% )	52,102	313	576		54.9%	( 50.0% - 59.6% )	
Sometimes/Rarely/Never	33%	( 24% - 43% )	7,410	56	179		33%	( 24% - 42% )	
Life Satisfaction									
Very Satisfied / Satisfied	48.5%	( 43.3% - 53.8% )	58,898	367	743		50.6%	( 46.2% - 55.0% )	
Dissatisfied / Very Dissatisfied	DSU	( DSU - DSU )	DSU	DSU	30		DSU	( DSU - DSU )	

**Prostate Cancer Screening: PSA Test, Male Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question: **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? And, How long has it been since you had your last PSA test?**

Population at Risk (See Appendix)	Response: Yes with Within the past year or Within the past 2 years						Age-Adjusted Rate	
	%	95% CI	Individuals	n	N		%	95% CI
<b>Healthcare</b>								
<b>Healthcare Coverage</b>								
Health Plan								
Yes	<b>53.4%</b>	( 47.8% - 58.9% )	58,533	359	654		<b>54.3%</b>	( 49.5% - 59.0% )
No	<b>17%</b>	( 10% - 28% )	2,856	26	127		<b>15%</b>	( 8% - 26% )
<b>Immunization</b>								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	100		<b>DSU</b>	( DSU - DSU )
No	<b>DSU</b>	( DSU - DSU )	DSU	DSU	51		<b>DSU</b>	( DSU - DSU )
Ever Had Pneumonia Shot (Ages 65+)								
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	85		<b>DSU</b>	( DSU - DSU )
No	<b>DSU</b>	( DSU - DSU )	DSU	DSU	56		<b>DSU</b>	( DSU - DSU )
Ever Had Hepatitis B Shot								
Yes	<b>49%</b>	( 40% - 58% )	18,957	121	236		<b>53%</b>	( 45% - 61% )
No	<b>48%</b>	( 41% - 55% )	32,470	200	430		<b>48%</b>	( 42% - 55% )
<b>Screening</b>								
AIDS/HIV Screening (Ages 18-64)								
Yes	<b>44%</b>	( 36% - 54% )	17,251	101	225		<b>45%</b>	( 36% - 53% )
No	<b>40%</b>	( 33% - 48% )	25,219	151	385		<b>34%</b>	( 28% - 40% )
Clinical Breast Exam Annually (Women Ages 40+)								
Yes	<b>DNC</b>	( DNC - DNC )	DNC	0	0		<b>DNC</b>	( DNC - DNC )
No	<b>DNC</b>	( DNC - DNC )	DNC	0	0		<b>DNC</b>	( DNC - DNC )
Colorectal Screening (Ages 50+)								
Yes	<b>84%</b>	( 79% - 88% )	40,713	253	317		<b>85%</b>	( 79% - 89% )
No	<b>32%</b>	( 24% - 40% )	11,199	82	237		<b>DSU</b>	( DSU - DSU )
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)								
Yes	<b>82%</b>	( 74% - 88% )	36,672	236	270		<b>79%</b>	( 70% - 85% )
No	<b>30%</b>	( 24% - 37% )	24,024	142	499		<b>37%</b>	( 31% - 44% )

**Prostate Cancer Screening: PSA Test, Male Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question: 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? And, How long has it been since you had your last PSA test?

Population at Risk (See Appendix)	Response:			Yes with Within the past year or Within the past 2 years			Age-Adjusted Rate		
	%	95% CI	Individuals	n	N	%	95% CI		
Home Occult Blood Test (Ages 50+)									
Yes	DSU	( DSU - DSU )	DSU	DSU	93	DSU	( DSU - DSU )		
No	58%	( 51% - 64% )	40,366	245	456	62%	( 55% - 68% )		
Mammogram within Past 2 Years (Women Ages 40+)									
Yes	DNC	( DNC - DNC )	DNC	0	0	DNC	( DNC - DNC )		
No	DNC	( DNC - DNC )	DNC	0	0	DNC	( DNC - DNC )		
Oral Cancer Exam Annually									
Yes	66%	( 56% - 74% )	23,405	151	215	66%	( 57% - 74% )		
No	40.6%	( 34.4% - 47.0% )	33,509	211	518	43.1%	( 38.1% - 48.2% )		
Pap Test within Past 3 Years (Women Ages 18+)									
Yes	DNC	( DNC - DNC )	DNC	0	0	DNC	( DNC - DNC )		
No	DNC	( DNC - DNC )	DNC	0	0	DNC	( DNC - DNC )		
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)									
Yes	100%	( 0% - 0% )	61,598	386	386	100%	( 0% - 0% )		
No	0%	( 0% - 0% )	0	0	402	0%	( 0% - 0% )		
<b>Diagnoses</b>									
<b>Asthma</b>									
Asthma Diagnosis									
Yes	DSU	( DSU - DSU )	DSU	DSU	74	DSU	( DSU - DSU )		
No	47.3%	( 41.9% - 52.8% )	53,278	345	706	50.2%	( 45.6% - 54.8% )		
Current Asthma									
Yes	DSU	( DSU - DSU )	DSU	DSU	42	DSU	( DSU - DSU )		
No	DSU	( DSU - DSU )	DSU	DSU	27	DSU	( DSU - DSU )		
<b>Cardiovascular and Cerebrovascular Disease</b>									
Cardiovascular Disease									
Yes	DSU	( DSU - DSU )	DSU	DSU	80	DSU	( DSU - DSU )		
No	46.4%	( 41.0% - 51.9% )	52,884	327	695	50.1%	( 45.4% - 54.8% )		
Heart Attack (Myocardial Infarction)									
Yes	DSU	( DSU - DSU )	DSU	DSU	54	DSU	( DSU - DSU )		
No	47.5%	( 42.2% - 52.8% )	56,195	347	728	50.7%	( 46.2% - 55.2% )		

**Prostate Cancer Screening: PSA Test, Male Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question: 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? And, How long has it been since you had your last PSA test?

Population at Risk (See Appendix)	Response: Yes with Within the past year or Within the past 2 years						Age-Adjusted Rate	
	Observed Rate							
	%	95% CI	Individuals	n	N		%	95% CI
Coronary Heart Disease (Angina)								
Yes	DSU	( DSU - DSU )	DSU	DSU	58		DSU	( DSU - DSU )
No	47.0%	( 41.6% - 52.3% )	54,833	343	719		50.2%	( 45.6% - 54.8% )
Stroke								
Yes	DSU	( DSU - DSU )	DSU	DSU	28		DSU	( DSU - DSU )
No	48.6%	( 43.4% - 53.8% )	59,875	368	754		51.9%	( 47.7% - 56.0% )
<b>Diabetes</b>								
Nongestational Diabetes								
Yes	DSU	( DSU - DSU )	DSU	DSU	77		DSU	( DSU - DSU )
No	47.1%	( 41.8% - 52.5% )	53,577	340	706		50.6%	( 46.0% - 55.1% )
Pre-Diabetes								
Yes	DSU	( DSU - DSU )	DSU	DSU	63		DSU	( DSU - DSU )
No	45.1%	( 39.4% - 50.8% )	46,084	296	635		48.8%	( 43.8% - 53.8% )
<b>Prostate Cancer</b>								
Prostate Cancer								
Yes	DSU	( DSU - DSU )	DSU	DSU	21		DSU	( DSU - DSU )
No	46.7%	( 41.6% - 51.9% )	57,335	366	766		49.4%	( 44.8% - 53.9% )
<b>Risk Factors</b>								
<b>Alcohol</b>								
Binge Drinking								
Yes	DSU	( DSU - DSU )	DSU	DSU	134		DSU	( DSU - DSU )
No	49.2%	( 43.6% - 54.8% )	50,507	324	638		49.3%	( 44.6% - 54.1% )
Heavy Drinking								
Yes	DSU	( DSU - DSU )	DSU	DSU	53		DSU	( DSU - DSU )
No	48.5%	( 43.2% - 53.9% )	57,405	353	706		50.9%	( 46.3% - 55.5% )
<b>Physical Activity</b>								
Leisure Time Exercise								
Yes	51.1%	( 45.0% - 57.2% )	47,116	285	561		53.2%	( 47.8% - 58.6% )
No	41%	( 32% - 50% )	14,086	98	221		43%	( 36% - 50% )

**Prostate Cancer Screening: PSA Test, Male Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question: 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? And, How long has it been since you had your last PSA test?

Response:		Yes with Within the past year or Within the past 2 years						Age-Adjusted Rate		
		Observed Rate								
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N		%	95% CI		
Tobacco Use										
Cigarette Smoking Status										
Current Smoker	DSU	( DSU - DSU )	DSU	DSU	167		DSU	( DSU - DSU )		
Former Smoker	58%	( 50% - 66% )	29,875	187	311		56%	( 48% - 63% )		
Never Smoked	43%	( 35% - 52% )	22,944	138	306		50%	( 43% - 57% )		
Smokeless Tobacco Status										
Current User	DSU	( DSU - DSU )	DSU	DSU	69		DSU	( DSU - DSU )		
Former User	48%	( 39% - 57% )	17,621	109	224		53%	( 45% - 60% )		
Never Used	51%	( 44% - 58% )	36,706	236	449		50%	( 44% - 57% )		
Weight Status										
Weight Status										
Normal (BMI <25)	DSU	( DSU - DSU )	DSU	DSU	167		DSU	( DSU - DSU )		
Overweight (BMI 25 to 30)	47%	( 40% - 55% )	31,091	185	383		50%	( 44% - 57% )		
Obese (BMI ≥30)	50%	( 41% - 59% )	17,445	125	230		53%	( 46% - 60% )		
Obese I (BMI 30 TO < 35)	DSU	( DSU - DSU )	DSU	DSU	163		DSU	( DSU - DSU )		
Obese II & III (BMI ≥35)	DSU	( DSU - DSU )	DSU	DSU	67		DSU	( DSU - DSU )		

**Prostate Cancer Screening: PSA Test, Male Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:		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? And, How long has it been since you had your last PSA test?					
		Response: Yes with Within the past year or Within the past 2 years					
		Observed Rate			Age-Adjusted Rate		
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	% 95% CI

**Appendix**

**Definitions:**

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (*n*) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

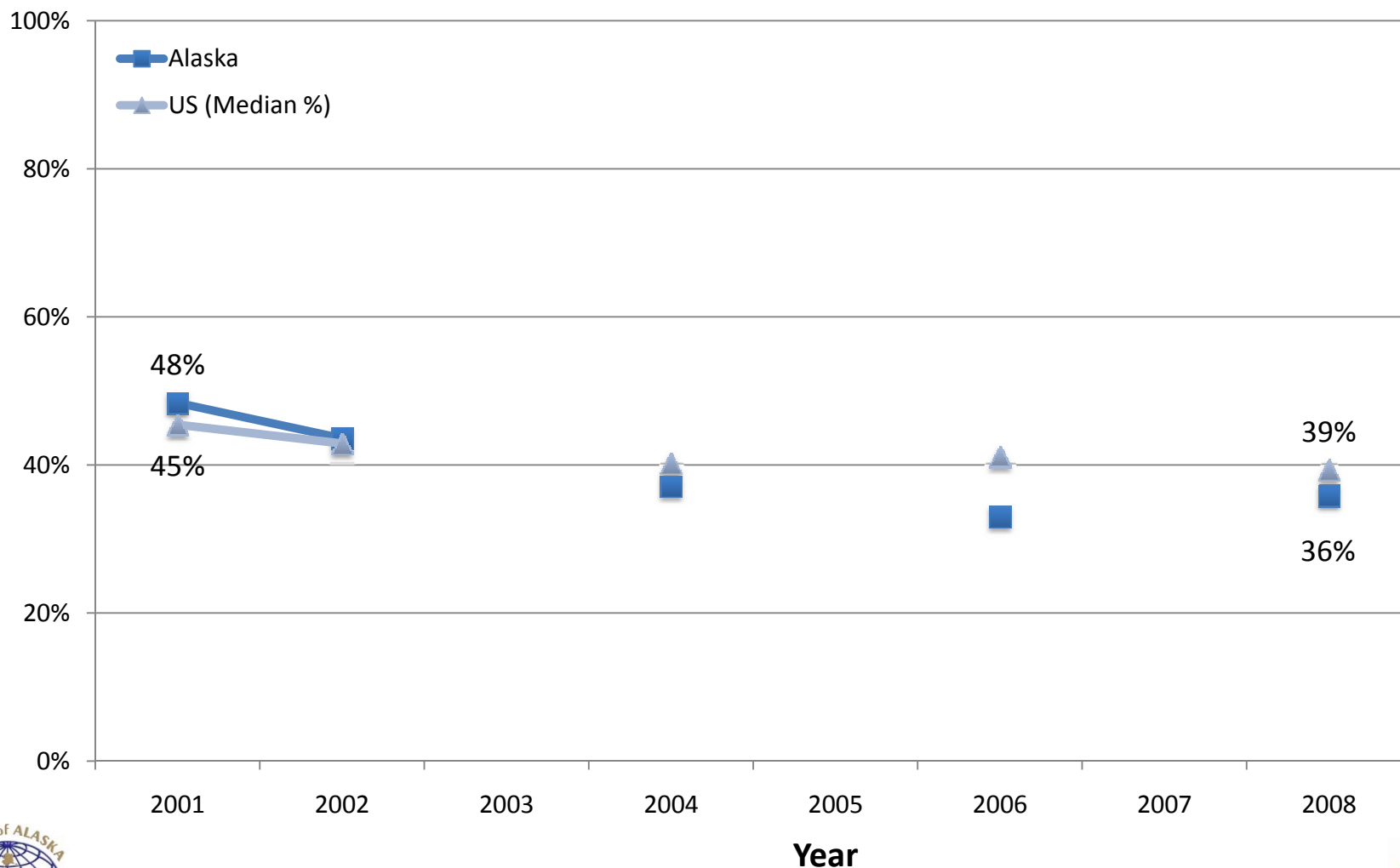
DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

**Notes:**

Data may include revisions, and may differ from those shown previously.

# Digital Rectal Exam, Men Age 40 years and older: Alaska vs. Nationwide, 2001-2008 Alaska BRFSS



**Prostate Cancer Screening: Digital Rectal Exam, Male Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:

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

And, How long has it been since your last digital rectal exam?

Yes with Within the past year

Response:

Population at Risk (See Appendix)	Observed Rate						Age-Adjusted Rate	
	%	95% CI	Individuals	n	N		%	95% CI
<b>Total</b>	<b>35.9%</b>	( 31.2% - 40.8% )	47,119	284	814		<b>38.1%</b>	( 33.4% - 42.9% )
<b>Demographics</b>								
<b>Gender</b>								
Female	<b>DNC</b>	( DNC - DNC )	DNC	0	0		<b>DNC</b>	( DNC - DNC )
Male	<b>35.9%</b>	( 31.2% - 40.8% )	47,119	284	814		<b>38.1%</b>	( 33.4% - 42.9% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>								
Persons aged 40 to 49 years	<b>20%</b>	( 14% - 28% )	9,026	42	242		<b>NA</b>	( NA - NA )
Persons aged 50 to 64 years	<b>39%</b>	( 32% - 47% )	25,165	159	422		<b>NA</b>	( NA - NA )
Persons aged 65 years and older	<b>DSU</b>	( DSU - DSU )	DSU	DSU	150		<b>NA</b>	( NA - NA )
<b>Race and Ethnicity</b>								
American Indian or Alaska Native	<b>15%</b>	( 9% - 25% )	2,003	19	125		<b>15%</b>	( 9% - 25% )
Asian or Pacific Islander	<b>DSU</b>	( DSU - DSU )	DSU	DSU	17		<b>DSU</b>	( DSU - DSU )
Asian	<b>DSU</b>	( DSU - DSU )	DSU	DSU	16		<b>DSU</b>	( DSU - DSU )
Native Hawaiian or Other Pacific Islander	<b>DSU</b>	( DSU - DSU )	DSU	DSU	1		<b>DSU</b>	( DSU - DSU )
Black or African American	<b>DSU</b>	( DSU - DSU )	DSU	DSU	10		<b>DSU</b>	( DSU - DSU )
White	<b>40.4%</b>	( 35.0% - 46.2% )	42,761	250	629		<b>42.3%</b>	( 37.1% - 47.7% )
Hispanic or Latino	<b>DSU</b>	( DSU - DSU )	DSU	DSU	15		<b>DSU</b>	( DSU - DSU )
Not Hispanic or Latino	<b>36.7%</b>	( 31.8% - 41.8% )	45,857	274	778		<b>38.7%</b>	( 33.9% - 43.7% )
Black or African American, not Hispanic/Latino	<b>DSU</b>	( DSU - DSU )	DSU	DSU	8		<b>DSU</b>	( DSU - DSU )
White, not Hispanic or Latino	<b>41.3%</b>	( 35.7% - 47.1% )	41,893	242	603		<b>43.0%</b>	( 37.6% - 48.5% )
<b>Alaska Native</b>								
Yes	<b>13%</b>	( 7% - 22% )	2,119	20	141		<b>14%</b>	( 8% - 23% )
No	<b>39.3%</b>	( 34.1% - 44.8% )	44,781	263	666		<b>41.5%</b>	( 36.4% - 46.7% )



**Prostate Cancer Screening: Digital Rectal Exam, Male Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:

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

And, How long has it been since your last digital rectal exam?

Yes with Within the past year

Response:

Population at Risk (See Appendix)	Observed Rate						Age-Adjusted Rate		
	%	95% CI		Individuals	n	N	%	95% CI	
Geographic Location									
Anchorage & Vicinity	39%	(	31% -	48% )	26,960	66	161	41%	( 33% - 50% )
Fairbanks & Vicinity	38%	(	30% -	47% )	6,338	64	165	42%	( 34% - 50% )
Gulf Coast	38%	(	30% -	46% )	6,401	65	177	40%	( 33% - 47% )
Rural	12%	(	8% -	19% )	1,461	22	141	13%	( 8% - 22% )
Southeast	36%	(	28% -	44% )	5,945	67	170	38%	( 30% - 46% )
Urban/Rural									
Metropolitan Statistical Area	38%	(	31% -	46% )	31,860	127	319	41%	( 34% - 48% )
Micropolitan Statistical Area & Urban Clusters	39%	(	32% -	46% )	9,045	96	238	42%	( 35% - 49% )
Rural	25%	(	19% -	32% )	6,076	61	257	26%	( 20% - 34% )
Education Level (persons aged 25 years and older)									
Less than high school	DSU	(	DSU -	DSU )	DSU	DSU	61	DSU	( DSU - DSU )
High school graduate	29%	(	22% -	38% )	10,152	71	263	33%	( 26% - 41% )
At least some college	40%	(	31% -	49% )	17,746	91	245	41%	( 33% - 50% )
College Graduate	37%	(	29% -	46% )	15,949	103	240	42%	( 33% - 51% )
Employment Status									
Employed	32.1%	(	26.7% -	38.0% )	30,286	179	554	36.1%	( 29.0% - 43.8% )
Unemployed	DSU	(	DSU -	DSU )	DSU	DSU	52	DSU	( DSU - DSU )
Not in Workforce (Student, Homemaker, Retired)	DSU	(	DSU -	DSU )	DSU	DSU	157	DSU	( DSU - DSU )
Unable to work	DSU	(	DSU -	DSU )	DSU	DSU	47	DSU	( DSU - DSU )
Marital Status									
Married or Unwed Couple	38.2%	(	32.5% -	44.4% )	36,608	196	500	40.6%	( 35.1% - 46.4% )
Divorced/Separated	DSU	(	DSU -	DSU )	DSU	DSU	32	DSU	( DSU - DSU )
Widowed	26%	(	18% -	36% )	5,026	47	168	26%	( 18% - 36% )
Never Married	DSU	(	DSU -	DSU )	DSU	DSU	89	DSU	( DSU - DSU )

**Prostate Cancer Screening: Digital Rectal Exam, Male Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:

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

And, How long has it been since your last digital rectal exam?

Yes with Within the past year

Response:

Population at Risk (See Appendix)	Observed Rate						Age-Adjusted Rate	
	%	95% CI	Individuals	n	N		%	95% CI
<b>Income Level</b>								
<\$15,000	DSU	( DSU - DSU )	DSU	DSU	74		DSU	( DSU - DSU )
\$15,000 - \$24,999	11%	( 5% - 21% )	859	12	72		13%	( 7% - 23% )
\$25,000 - \$49,999	27%	( 19% - 37% )	5,672	46	149		29%	( 21% - 40% )
\$50,000 - \$74,999	DSU	( DSU - DSU )	DSU	DSU	144		DSU	( DSU - DSU )
\$75,000	41%	( 33% - 48% )	24,255	131	317		48%	( 41% - 55% )
<b>Poverty Threshold</b>								
Poor (<100% Poverty Threshold)	DSU	( DSU - DSU )	DSU	DSU	61		DSU	( DSU - DSU )
Near Poor (100% to 199% Poverty Threshold)	DSU	( DSU - DSU )	DSU	DSU	92		DSU	( DSU - DSU )
Middle/High Income (>=200% Poverty Threshold)	39.6%	( 34.1% - 45.3% )	39,980	236	603		42.5%	( 37.0% - 48.1% )
<b>Below Poverty Guidelines</b>								
Yes	DSU	( DSU - DSU )	DSU	DSU	75		DSU	( DSU - DSU )
No	38.1%	( 33.0% - 43.5% )	41,301	251	681		40.6%	( 35.4% - 46.0% )
<b>Veteran</b>								
Yes	46%	( 39% - 54% )	25,968	148	326		45%	( 37% - 52% )
No	28%	( 22% - 34% )	20,928	136	487		32%	( 25% - 40% )
<b>Health Status</b>								
<b>General Health</b>								
Excellent to Very Good	32%	( 26% - 39% )	21,150	138	393		36%	( 29% - 43% )
Good	41%	( 33% - 49% )	17,968	94	271		42%	( 34% - 50% )
Fair/Poor	DSU	( DSU - DSU )	DSU	DSU	146		DSU	( DSU - DSU )
<b>Healthy Days (Mean Number of Days)</b>								
Physical Health Not Good	4.2	( 2.7 - 5.6 )			280		3.9	( 2.6 - 5.2 )
Mental Health Not Good	2.2	( 1.2 - 3.2 )			281		2.2	( 0.9 - 3.4 )
Unhealthy Days (Physical or Mental Health Not Good)	5.6	( 4.0 - 7.2 )			278		5.4	( 3.7 - 7.1 )
Days with Activity Limitation	2.3	( 1.3 - 3.3 )			284		2.1	( 1.1 - 3.1 )
<b>Healthy Days (Percentage with 14 or More Days)</b>								
Physical Health Not Good	DSU	( DSU - DSU )	DSU	DSU	87		DSU	( DSU - DSU )
Mental Health Not Good	DSU	( DSU - DSU )	DSU	DSU	57		DSU	( DSU - DSU )

**Prostate Cancer Screening: Digital Rectal Exam, Male Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:

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

And, How long has it been since your last digital rectal exam?

Yes with Within the past year

Response:

Population at Risk (See Appendix)	Observed Rate						Age-Adjusted Rate	
	%	95% CI		Individuals	n	N	%	95% CI
Unhealthy Days (Physical or Mental Health Not Good)	<b>DSU</b>	(	DSU -	DSU )	DSU	DSU	125	<b>DSU</b> ( DSU - DSU )
Activity Limitation	<b>DSU</b>	(	DSU -	DSU )	DSU	DSU	59	<b>DSU</b> ( DSU - DSU )
<b>Disability</b>								
Disabled								
Yes	<b>44%</b>	(	35% -	53% )	16,393	104	249	<b>40%</b> ( 33% - 48% )
No	<b>32.5%</b>	(	27.0% -	38.4% )	30,301	179	559	<b>35.5%</b> ( 29.6% - 41.9% )
Activity Limitation								
Yes	<b>42%</b>	(	34% -	51% )	14,709	98	235	<b>39%</b> ( 32% - 48% )
No	<b>33.8%</b>	(	28.3% -	39.7% )	32,409	186	573	<b>37.2%</b> ( 31.6% - 43.3% )
Require Special Equipment								
Yes	<b>DSU</b>	(	DSU -	DSU )	DSU	DSU	63	<b>DSU</b> ( DSU - DSU )
No	<b>35.0%</b>	(	30.2% -	40.1% )	42,833	259	748	<b>37.7%</b> ( 32.8% - 42.9% )
<b>Mental Health</b>								
Depression Measure (PHQ-8)								
No Depression	<b>38.0%</b>	(	32.5% -	43.9% )	37,214	219	587	<b>62.3%</b> ( 57.1% - 67.2% )
Mild Depression	<b>DSU</b>	(	DSU -	DSU )	DSU	DSU	75	<b>DSU</b> ( DSU - DSU )
Moderate to Severe Depression	<b>DSU</b>	(	DSU -	DSU )	DSU	DSU	28	<b>DSU</b> ( DSU - DSU )
Social and Emotional Support								
Always/Usually	<b>38.9%</b>	(	33.4% -	44.7% )	40,347	232	599	<b>41.9%</b> ( 36.7% - 47.4% )
Sometimes/Rarely/Never	<b>25%</b>	(	17% -	35% )	5,614	42	182	<b>23%</b> ( 16% - 33% )
Life Satisfaction								
Very Satisfied / Satisfied	<b>36.5%</b>	(	31.7% -	41.6% )	45,834	270	767	<b>38.7%</b> ( 33.9% - 43.7% )
Dissatisfied / Very Dissatisfied	<b>DSU</b>	(	DSU -	DSU )	DSU	DSU	32	<b>DSU</b> ( DSU - DSU )

**Prostate Cancer Screening: Digital Rectal Exam, Male Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:

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

And, How long has it been since your last digital rectal exam?

Yes with Within the past year

Response:

Population at Risk (See Appendix)	Observed Rate						Age-Adjusted Rate		
	%	95% CI		Individuals	n	N	%	95% CI	
Healthcare									
Healthcare Coverage									
Health Plan									
Yes	40.2%	(	35.0% - 45.7% )	45,779	268	677	41.5%	(	36.5% - 46.8% )
No	8%	(	4% - 14% )	1,331	16	129	9%	(	4% - 20% )
Immunization									
Flu Shot Within Past 12 Months (Ages 65+)									
Yes	DSU	(	DSU - DSU )	DSU	DSU	100	DSU	(	DSU - DSU )
No	DSU	(	DSU - DSU )	DSU	DSU	50	DSU	(	DSU - DSU )
Ever Had Pneumonia Shot (Ages 65+)									
Yes	DSU	(	DSU - DSU )	DSU	DSU	82	DSU	(	DSU - DSU )
No	DSU	(	DSU - DSU )	DSU	DSU	58	DSU	(	DSU - DSU )
Ever Had Hepatitis B Shot									
Yes	45%	(	37% - 54% )	18,169	104	251	48%	(	40% - 57% )
No	32%	(	26% - 39% )	22,107	132	438	32%	(	26% - 39% )
Screening									
AIDS/HIV Screening (Ages 18-64)									
Yes	38%	(	30% - 47% )	15,209	80	234	38%	(	30% - 47% )
No	26%	(	20% - 32% )	16,970	108	398	22%	(	17% - 27% )
Clinical Breast Exam Annually (Women Ages 40+)									
Yes	DNC	(	DNC - DNC )	DNC	0	0	DNC	(	DNC - DNC )
No	DNC	(	DNC - DNC )	DNC	0	0	DNC	(	DNC - DNC )
Colorectal Screening (Ages 50+)									
Yes	58%	(	50% - 66% )	29,089	190	324	61%	(	53% - 68% )
No	23%	(	16% - 32% )	8,155	49	244	23%	(	16% - 32% )
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)									
Yes	100%	(	0% - 0% )	47,119	284	284	100%	(	0% - 0% )
No	0.0%	(	0.0% - 0.0% )	0	0	530	0.0%	(	0.0% - 0.0% )

**Prostate Cancer Screening: Digital Rectal Exam, Male Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:

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

And, How long has it been since your last digital rectal exam?

Yes with Within the past year

Response:

Population at Risk (See Appendix)	Observed Rate			Age-Adjusted Rate		
	%	95% CI	Individuals	n	N	%
Home Occult Blood Test (Ages 50+)						
Yes	DSU ( DSU - DSU )	DSU	DSU	96		DSU ( DSU - DSU )
No	40% ( 33% - 47% )	28,407	169	468		44% ( 37% - 51% )
Mammogram within Past 2 Years (Women Ages 40+)						
Yes	DNC ( DNC - DNC )	DNC	0	0		DNC ( DNC - DNC )
No	DNC ( DNC - DNC )	DNC	0	0		DNC ( DNC - DNC )
Oral Cancer Exam Annually						
Yes	46% ( 37% - 56% )	16,534	110	219		49% ( 40% - 59% )
No	31.1% ( 25.6% - 37.3% )	26,568	154	536		33.0% ( 27.8% - 38.7% )
Pap Test within Past 3 Years (Women Ages 18+)						
Yes	DNC ( DNC - DNC )	DNC	0	0		DNC ( DNC - DNC )
No	DNC ( DNC - DNC )	DNC	0	0		DNC ( DNC - DNC )
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)						
Yes	60% ( 53% - 67% )	36,464	236	378		59% ( 50% - 68% )
No	13% ( 8% - 19% )	8,324	34	391		15% ( 10% - 23% )
<b>Diagnoses</b>						
<b>Asthma</b>						
Asthma Diagnosis						
Yes	DSU ( DSU - DSU )	DSU	DSU	76		DSU ( DSU - DSU )
No	35.3% ( 30.4% - 40.6% )	40,949	257	729		37.7% ( 32.8% - 42.9% )
Current Asthma						
Yes	DSU ( DSU - DSU )	DSU	DSU	44		DSU ( DSU - DSU )
No	DSU ( DSU - DSU )	DSU	DSU	27		DSU ( DSU - DSU )
<b>Cardiovascular and Cerebrovascular Disease</b>						
Cardiovascular Disease						
Yes	DSU ( DSU - DSU )	DSU	DSU	80		DSU ( DSU - DSU )
No	35.2% ( 30.3% - 40.5% )	41,660	250	722		39.1% ( 34.1% - 44.4% )

**Prostate Cancer Screening: Digital Rectal Exam, Male Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:

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

And, How long has it been since your last digital rectal exam?

Yes with Within the past year

Response:

Population at Risk (See Appendix)	Observed Rate						Age-Adjusted Rate	
	%	95% CI	Individuals	n	N		%	95% CI
Heart Attack (Myocardial Infarction)								
Yes	DSU	( DSU - DSU )	DSU	DSU	54		DSU	( DSU - DSU )
No	35.9%	( 31.0% - 41.0% )	44,009	262	755		39.5%	( 34.7% - 44.6% )
Coronary Heart Disease (Angina)								
Yes	DSU	( DSU - DSU )	DSU	DSU	58		DSU	( DSU - DSU )
No	35.1%	( 30.3% - 40.3% )	42,484	257	746		38.2%	( 33.3% - 43.3% )
Stroke								
Yes	DSU	( DSU - DSU )	DSU	DSU	27		DSU	( DSU - DSU )
No	35.8%	( 31.0% - 40.8% )	45,563	273	781		38.7%	( 33.9% - 43.6% )
<b>Diabetes</b>								
Nongestational Diabetes								
Yes	DSU	( DSU - DSU )	DSU	DSU	83		DSU	( DSU - DSU )
No	34.6%	( 29.7% - 39.8% )	40,296	245	726		37.5%	( 32.7% - 42.6% )
Pre-Diabetes								
Yes	DSU	( DSU - DSU )	DSU	DSU	59		DSU	( DSU - DSU )
No	32.9%	( 27.9% - 38.3% )	34,851	210	658		36.5%	( 31.5% - 41.9% )
<b>Prostate Cancer</b>								
Prostate Cancer								
Yes	DSU	( DSU - DSU )	DSU	DSU	20		DSU	( DSU - DSU )
No	34.8%	( 30.2% - 39.8% )	44,202	272	794		37.1%	( 32.4% - 42.0% )
<b>Risk Factors</b>								
<b>Alcohol</b>								
Binge Drinking								
Yes	DSU	( DSU - DSU )	DSU	DSU	140		DSU	( DSU - DSU )
No	37.3%	( 32.1% - 42.7% )	39,686	241	657		38.7%	( 33.7% - 43.9% )
Heavy Drinking								
Yes	DSU	( DSU - DSU )	DSU	DSU	55		DSU	( DSU - DSU )
No	36.6%	( 31.7% - 41.9% )	44,586	260	729		39.3%	( 34.5% - 44.4% )

**Prostate Cancer Screening: Digital Rectal Exam, Male Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:

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

And, How long has it been since your last digital rectal exam?

Yes with Within the past year

Response:

Population at Risk (See Appendix)	Observed Rate						Age-Adjusted Rate	
	%	95% CI	Individuals	n	N		%	95% CI
<b>Physical Activity</b>								
Leisure Time Exercise								
Yes	38.1%	( 32.4% - 44.1% )	36,053	209	579		41.6%	( 36.0% - 47.3% )
No	31%	( 23% - 40% )	10,795	73	228		31%	( 24% - 40% )
<b>Tobacco Use</b>								
Cigarette Smoking Status								
Current Smoker	26%	( 18% - 37% )	5,839	42	174		DSU	( DSU - DSU )
Former Smoker	40%	( 33% - 48% )	21,225	139	320		37%	( 31% - 44% )
Never Smoked	35%	( 28% - 43% )	19,180	101	315		42%	( 34% - 50% )
Smokeless Tobacco Status								
Current User	DSU	( DSU - DSU )	DSU	DSU	68		DSU	( DSU - DSU )
Former User	36%	( 28% - 46% )	13,802	82	234		39%	( 31% - 48% )
Never Used	38%	( 32% - 44% )	28,017	170	465		39%	( 32% - 45% )
<b>Weight Status</b>								
Weight Status								
Normal (BMI <25)	DSU	( DSU - DSU )	DSU	DSU	171		DSU	( DSU - DSU )
Overweight (BMI 25 to 30)	40%	( 33% - 48% )	27,221	151	392		42%	( 35% - 49% )
Obese (BMI ≥30)	33%	( 25% - 41% )	12,105	82	241		37%	( 29% - 46% )
Obese I (BMI 30 TO < 35)	32%	( 23% - 42% )	8,220	58	166		DSU	( DSU - DSU )
Obese II & III (BMI ≥35)	DSU	( DSU - DSU )	DSU	DSU	75		DSU	( DSU - DSU )

**Prostate Cancer Screening: Digital Rectal Exam, Male Adults (40 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

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

**Response:** And, How long has it been since your last digital rectal exam?  
Yes with Within the past year

Population at Risk (See Appendix)	%	Observed Rate				Age-Adjusted Rate	
		95% CI	Individuals	n	N	%	95% CI

**Appendix**

**Definitions:**

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (n) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

**Notes:**

Data may include revisions, and may differ from those shown previously.



# Oral Cancer Exams



- **Indicator:** Proportion of adults reporting an oral cancer exam in the past year.
- **Data source:** 2008 Alaska Standard BRFSS survey (State-added question)
- **BRFSS Question:** In the past year, have you had a doctor, dentist, or dental hygienist check for oral cancer by pulling on your tongue sometimes with a gauze wrapped around it, and feeling under the tongue and inside the cheeks?
- **How are we doing?**
  - In 2008, 26.9% of Alaskan adults reported having an oral cancer exam in the past year.
- **How are different populations affected?**
  - The prevalence of having an oral cancer exam in the past year increased with age. Adults age 45 to 64 years were significantly more likely to have had an oral cancer exam than those aged 18 to 24 years.
  - Native Alaskans, those living in the Rural region of Alaska, those with less than a high school education, unemployed adults, those with a lower income and never married adults were less likely to have had an oral cancer exam than those not in these groups.
  - Moderate to severe depression, reporting fair or poor general health status, sometimes, rarely or never getting the social and emotional support needed, not having healthcare coverage, not getting flu or pneumonia vaccines, and being a current smoker were associated with not having an oral cancer exam in 2008.



**Oral Cancer Exam, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:	Ever had an oral cancer exam?						
Response:	Yes						
	Observed Rate			Age-Adjusted Rate			
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI
Total	26.9%	( 24.4% - 29.7% )	123,269	4,152	2,434	26.9%	( 24.4% - 29.6% )
Demographics							
Gender							
Female	30.3%	( 26.7% - 34.2% )	68,488	2,293	1,321	30.1%	( 26.5% - 34.0% )
Male	23.7%	( 20.2% - 27.5% )	54,781	1,859	1,113	23.8%	( 20.4% - 27.6% )
Age Groups (Categories Used in Age-Adjustment)							
Persons aged 18 to 24 years	12%	( 5% - 23% )	7,331	184	124	NA	( NA - NA )
Persons aged 25 to 34 years	22%	( 17% - 28% )	20,536	642	403	NA	( NA - NA )
Persons aged 35 to 44 years	29%	( 23% - 35% )	26,371	780	448	NA	( NA - NA )
Persons aged 45 to 64 years	33.9%	( 30.0% - 38.1% )	56,210	1,908	1,121	NA	( NA - NA )
Race and Ethnicity							
American Indian or Alaska Native	11%	( 8% - 15% )	6,896	769	447	12%	( 9% - 17% )
Asian or Pacific Islander	4%	( 1% - 11% )	40,000	91	59	5%	( 2% - 14% )
Asian	DSU	( DSU - DSU )	DSU	DSU	49	DSU	( DSU - DSU )
Native Hawaiian or Other Pacific Islander	DSU	( DSU - DSU )	DSU	DSU	10	DSU	( DSU - DSU )
Black or African American	DSU	( DSU - DSU )	DSU	DSU	39	DSU	( DSU - DSU )
White	31.8%	( 28.7% - 35.1% )	107,523	3,045	1,784	30.6%	( 27.5% - 33.9% )
Hispanic or Latino	DSU	( DSU - DSU )	DSU	DSU	71	DSU	( DSU - DSU )
Not Hispanic or Latino	27.6%	( 24.9% - 30.4% )	119,223	3,992	2,328	27.3%	( 24.7% - 30.1% )
Black or African American, not Hispanic/Latino	DSU	( DSU - DSU )	DSU	DSU	32	DSU	( DSU - DSU )
White, not Hispanic or Latino	31.8%	( 28.6% - 35.1% )	102,667	2,932	1,716	30.4%	( 27.3% - 33.6% )
Alaska Native							
Yes	14%	( 10% - 20% )	10,071	856	494	15%	( 11% - 20% )
No	29.4%	( 26.5% - 32.5% )	112,487	3,261	1,923	29.1%	( 26.2% - 32.1% )

**Oral Cancer Exam, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:	Ever had an oral cancer exam?						
Response:	Yes						
	Observed Rate			Age-Adjusted Rate			
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI
<b>Geographic Location</b>							
Anchorage & Vicinity	28.5%	( 24.3% - 33.2% )	72,271	879	511	28.4%	( 24.3% - 32.9% )
Fairbanks & Vicinity	24.1%	( 20.1% - 28.6% )	15,284	884	502	26.0%	( 22.1% - 30.4% )
Gulf Coast	30.5%	( 26.1% - 35.2% )	15,582	832	516	29.4%	( 24.7% - 34.5% )
Rural	12%	( 10% - 16% )	4,931	765	455	12%	( 10% - 16% )
Southeast	31%	( 27% - 36% )	14,960	792	450	31%	( 26% - 36% )
<b>Urban/Rural</b>							
Metropolitan Statistical Area	27.9%	( 24.4% - 31.8% )	87,315	1,715	993	28.4%	( 24.9% - 32.1% )
Micropolitan Statistical Area & Urban Clusters	32.4%	( 28.7% - 36.4% )	23,557	1,268	719	31.8%	( 28.1% - 35.8% )
Rural	17.2%	( 14.3% - 20.5% )	12,397	1,169	722	16.5%	( 13.6% - 19.9% )
<b>Education Level (persons aged 25 years and older)</b>							
Less than high school	14%	( 7% - 26% )	3,492	252	157	15%	( 9% - 25% )
High school graduate	18.8%	( 14.9% - 23.4% )	22,792	1,076	709	19.0%	( 15.2% - 23.5% )
At least some college	31.2%	( 26.5% - 36.3% )	38,390	1,179	686	32.0%	( 27.0% - 37.4% )
College Graduate	40.7%	( 35.8% - 45.9% )	51,481	1,453	752	39.3%	( 34.5% - 44.4% )
<b>Employment Status</b>							
Employed	29.0%	( 25.8% - 32.4% )	88,368	2,751	1,612	29.8%	( 26.1% - 33.7% )
Unemployed	13%	( 7% - 25% )	4,510	213	156	13%	( 7% - 22% )
Not in Workforce (Student, Homemaker, Retired)	27.8%	( 22.4% - 34.0% )	27,861	987	540	30.9%	( 24.5% - 38.0% )
Unable to work	14%	( 7% - 27% )	2,302	188	117	13%	( 6% - 24% )
<b>Marital Status</b>							
Married or Unwed Couple	33.6%	( 30.1% - 37.3% )	94,944	2,586	1,379	32.8%	( 28.5% - 37.4% )
Divorced/Separated	29%	( 21% - 40% )	4,540	673	156	21%	( 14% - 30% )
Widowed	20%	( 15% - 25% )	9,991	287	407	21%	( 13% - 33% )
Never Married	10%	( 7% - 14% )	8,671	587	382	13%	( 9% - 18% )

**Oral Cancer Exam, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:		Ever had an oral cancer exam?						
Response:		Yes						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI	
Income Level								
<\$15,000	5%	( 3% - 10% )	1,728	269	208	6%	( 3% - 13% )	
\$15,000 - \$24,999	8%	( 6% - 12% )	3,249	389	246	10%	( 6% - 14% )	
\$25,000 - \$49,999	22.1%	( 16.9% - 28.3% )	21,354	871	538	23.2%	( 18.2% - 29.0% )	
\$50,000 - \$74,999	29%	( 23% - 36% )	21,599	755	418	30%	( 24% - 38% )	
\$75,000	43.2%	( 38.1% - 48.4% )	67,721	1,436	767	44.0%	( 38.5% - 49.6% )	
Poverty Threshold								
Poor (<100% Poverty Threshold)	4%	( 2% - 8% )	1,498	228	184	4%	( 2% - 8% )	
Near Poor (100% to 199% Poverty Threshold)	12%	( 8% - 19% )	8,094	534	344	13%	( 9% - 19% )	
Middle/High Income (>=200% Poverty Threshold)	35.5%	( 32.2% - 39.0% )	105,947	2,958	1,649	34.8%	( 31.2% - 38.6% )	
Below Poverty Guidelines								
Yes	4%	( 2% - 7% )	2,065	329	231	5%	( 3% - 8% )	
No	32.4%	( 29.3% - 35.6% )	113,712	3,391	1,946	32.0%	( 28.8% - 35.4% )	
Veteran								
Yes	31%	( 25% - 38% )	27,526	141	445	29%	( 23% - 35% )	
No	25.9%	( 23.1% - 29.0% )	95,542	534	1,987	26.5%	( 23.8% - 29.5% )	
Health Status								
General Health								
Excellent to Very Good	30.9%	( 27.3% - 34.9% )	79,268	2,236	1,290	32.7%	( 29.0% - 36.6% )	
Good	24.0%	( 19.8% - 28.7% )	32,175	1,274	746	23.0%	( 19.1% - 27.3% )	
Fair/Poor	18%	( 13% - 24% )	11,875	627	390	16%	( 11% - 21% )	
Healthy Days (Mean Number of Days)								
Physical Health Not Good	3.2	( 2.4 - 4.1 )			665	3.3	( 2.3 - 4.3 )	
Mental Health Not Good	3.4	( 2.4 - 4.5 )			664	3.7	( 2.2 - 5.2 )	
Unhealthy Days (Physical or Mental Health Not Good)	5.7	( 4.5 - 6.9 )			656	5.9	( 4.3 - 7.4 )	
Days with Activity Limitation	1.8	( 1.2 - 2.5 )			671	1.8	( 1.2 - 2.4 )	

**Oral Cancer Exam, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:		Ever had an oral cancer exam?								
Response:		Yes								
Population at Risk (See Appendix)		Observed Rate					Age-Adjusted Rate			
		%	95% CI	Individuals	n	N	%	95% CI		
Healthy Days (Percentage with 14 or More Days)										
Physical Health Not Good	26%	(	19% -	36% )	12,176	452	266	DSU	(	DSU - DSU )
Mental Health Not Good	28%	(	19% -	39% )	11,941	379	233	27%	(	19% - 37% )
Unhealthy Days (Physical or Mental Health Not Good)	27%	(	20% -	34% )	20,323	702	409	26%	(	20% - 34% )
Activity Limitation	21%	(	13% -	32% )	6,540	280	163	22%	(	15% - 33% )
Disability										
Disabled										
Yes	26.7%	(	21.7% -	32.3% )	29,154	167	643	27.6%	(	21.8% - 34.3% )
No	27.0%	(	24.1% -	30.2% )	93,334	503	1,770	28.5%	(	25.5% - 31.6% )
Activity Limitation										
Yes	27.4%	(	22.2% -	33.2% )	27,950	1,037	602	27.9%	(	21.9% - 34.9% )
No	26.9%	(	23.9% -	30.0% )	94,468	3,072	1,807	27.9%	(	25.0% - 31.0% )
Require Special Equipment										
Yes	DSU	(	DSU -	DSU )	DSU	DSU	190	DSU	(	DSU - DSU )
No	27.0%	(	24.3% -	29.8% )	114,718	625	2,239	27.4%	(	24.8% - 30.2% )
Mental Health										
Depression Measure (PHQ-8)										
No Depression	30.4%	(	27.3% -	33.8% )	94,411	519	1,662	72.6%	(	69.8% - 75.2% )
Mild Depression	26%	(	19% -	34% )	17,749	86	333	28%	(	26% - 31% )
Moderate to Severe Depression	15%	(	9% -	25% )	5,118	27	164	30%	(	27% - 34% )
Social and Emotional Support										
Always/Usually	29.6%	(	26.6% -	32.7% )	108,427	576	1,880	29.3%	(	26.4% - 32.5% )
Sometimes/Rarely/Never	17%	(	13% -	22% )	14,093	94	498	18%	(	14% - 23% )
Life Satisfaction										
Very Satisfied / Satisfied	27.8%	(	25.2% -	30.6% )	120,204	656	2,298	27.6%	(	25.0% - 30.4% )
Dissatisfied / Very Dissatisfied	DSU	(	DSU -	DSU )	DSU	DSU	112	DSU	(	DSU - DSU )

**Oral Cancer Exam, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:		Ever had an oral cancer exam?						
Response:		Yes						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI	
Healthcare								
Healthcare Coverage								
Health Plan								
Yes	30.5%	( 27.6% - 33.5% )	114,578	4,152	2,065	29.5%	( 26.7% - 32.6% )	
No	11%	( 7% - 17% )	8,719	0	356	11%	( 7% - 15% )	
Immunization								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	32%	( 23% - 41% )	10,247	77	219	30%	( 23% - 39% )	
No	DSU	( DSU - DSU )	DSU	DSU	116	DSU	( DSU - DSU )	
Ever Had Pneumonia Shot (Ages 65+)								
Yes	36%	( 27% - 46% )	10,270	193	201	35%	( 26% - 44% )	
No	DSU	( DSU - DSU )	DSU	DSU	119	DSU	( DSU - DSU )	
Ever Had Hepatitis B Shot								
Yes	30.4%	( 26.1% - 35.2% )	53,381	283	867	33.1%	( 28.5% - 38.1% )	
No	25.7%	( 22.2% - 29.6% )	53,591	310	1,196	24.4%	( 20.5% - 28.7% )	
Screening								
AIDS/HIV Screening (Ages 18-64)								
Yes	28.8%	( 24.6% - 33.4% )	50,760	273	916	28.9%	( 24.6% - 33.7% )	
No	24.5%	( 20.9% - 28.6% )	53,248	269	1,086	23.3%	( 19.9% - 27.2% )	
Clinical Breast Exam Annually (Women Ages 40+)								
Yes	41.5%	( 35.6% - 47.7% )	31,675	198	530	39.8%	( 33.8% - 46.2% )	
No	30%	( 23% - 37% )	14,740	92	342	30%	( 23% - 37% )	
Colorectal Screening (Ages 50+)								
Yes	37.5%	( 32.3% - 43.1% )	34,419	238	656	36.5%	( 31.3% - 42.1% )	
No	30%	( 25% - 37% )	20,223	133	482	28%	( 22% - 35% )	

**Oral Cancer Exam, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:		Ever had an oral cancer exam?						
Response:		Yes						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI	
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)								
Yes	39%	( 31% - 47% )	16,849	0	264	42%	( 33% - 52% )	
No	25%	( 19% - 31% )	19,537	0	491	24%	( 19% - 30% )	
Home Occult Blood Test (Ages 50+)								
Yes	36%	( 28% - 46% )	8,874	69	181	36%	( 27% - 46% )	
No	34.3%	( 29.9% - 39.0% )	45,457	295	936	32.9%	( 28.2% - 37.9% )	
Mammogram within Past 2 Years (Women Ages 40+)								
Yes	43.2%	( 37.7% - 48.8% )	36,733	234	612	41.0%	( 35.5% - 46.8% )	
No	24%	( 17% - 33% )	9,808	59	264	24%	( 17% - 33% )	
Oral Cancer Exam Annually								
Yes	100.0%	( 0.0% - 0.0% )	123,269	675	675	100.0%	( 0.0% - 0.0% )	
No	0.0%	( 0.0% - 0.0% )	0	0	1,759	0.0%	( 0.0% - 0.0% )	
Pap Test within Past 3 Years (Women Ages 18+)								
Yes	31.6%	( 27.1% - 36.5% )	47,706	272	870	32.2%	( 27.6% - 37.2% )	
No	12%	( 7% - 20% )	3,454	25	155	12%	( 7% - 19% )	
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)								
Yes	41%	( 34% - 49% )	23,299	151	362	45%	( 37% - 54% )	
No	20%	( 15% - 26% )	12,253	64	371	19%	( 13% - 28% )	
Diagnoses								
Asthma								
Asthma Diagnosis								
Yes	22%	( 16% - 29% )	17,086	557	350	24%	( 19% - 30% )	
No	28.0%	( 25.2% - 31.0% )	105,685	3,567	2,066	27.8%	( 25.0% - 30.9% )	
Current Asthma								
Yes	23%	( 16% - 32% )	10,583	357	221	24%	( 18% - 32% )	
No	DSU	( DSU - DSU )	DSU	DSU	109	DSU	( DSU - DSU )	

**Oral Cancer Exam, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:	Response:		Ever had an oral cancer exam?				
			Yes				
		Observed Rate				Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI
Cardiovascular and Cerebrovascular Disease							
Cardiovascular Disease							
Yes	22%	( 14% - 33% )	4,356	246	133	14%	( 9% - 21% )
No	27.2%	( 24.5% - 30.0% )	117,991	3,841	2,269	27.6%	( 24.9% - 30.4% )
Heart Attack (Myocardial Infarction)							
Yes	DSU	( DSU - DSU )	DSU	DSU	90	DSU	( DSU - DSU )
No	27.0%	( 24.3% - 29.7% )	119,034	3,959	2,328	27.2%	( 24.6% - 29.9% )
Coronary Heart Disease (Angina)							
Yes	DSU	( DSU - DSU )	DSU	DSU	94	DSU	( DSU - DSU )
No	27.0%	( 24.4% - 29.8% )	119,193	3,933	2,319	27.2%	( 24.6% - 30.0% )
Stroke							
Yes	DSU	( DSU - DSU )	DSU	DSU	64	DSU	( DSU - DSU )
No	26.8%	( 24.2% - 29.6% )	119,844	4,021	2,358	26.8%	( 24.3% - 29.6% )
Diabetes							
Nongestational Diabetes							
Yes	DSU	( DSU - DSU )	DSU	DSU	169	DSU	( DSU - DSU )
No	26.4%	( 23.7% - 29.1% )	112,572	3,846	2,259	26.3%	( 23.7% - 28.9% )
Pre-Diabetes							
Yes	29%	( 21% - 39% )	10,438	338	194	26%	( 19% - 34% )
No	26.3%	( 23.5% - 29.2% )	102,515	3,491	2,057	26.8%	( 24.1% - 29.6% )
Prostate Cancer							
Prostate Cancer							
Yes	DSU	( DSU - DSU )	DSU	DSU	20	DSU	( DSU - DSU )
No	28.5%	( 24.1% - 33.3% )	34,920	217	764	27.4%	( 22.8% - 32.5% )



**Oral Cancer Exam, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:		Ever had an oral cancer exam?						
Response:		Yes						
Population at Risk (See Appendix)		Observed Rate					Age-Adjusted Rate	
		%	95% CI	Individuals	n	N	%	95% CI
Risk Factors								
Alcohol								
Binge Drinking								
Yes		22%	( 17% - 28% )	15,557	618	381	21%	( 16% - 28% )
No		28.0%	( 25.1% - 31.1% )	106,752	3,449	2,015	27.8%	( 25.0% - 30.8% )
Heavy Drinking								
Yes		27%	( 18% - 38% )	5,170	240	141	25%	( 17% - 34% )
No		27.4%	( 24.7% - 30.3% )	116,343	3,343	2,216	27.4%	( 24.8% - 30.2% )
Physical Activity								
Leisure Time Exercise								
Yes		29.9%	( 26.8% - 33.2% )	103,478	3,232	1,808	30.5%	( 27.4% - 33.7% )
No		17.8%	( 13.8% - 22.5% )	19,479	902	614	17.4%	( 13.5% - 22.1% )
Tobacco Use								
Cigarette Smoking Status								
Current Smoker		19.4%	( 14.3% - 25.8% )	18,868	858	544	19.7%	( 14.9% - 25.5% )
Former Smoker		27.9%	( 23.5% - 32.9% )	35,052	1,319	732	25.5%	( 21.5% - 30.0% )
Never Smoked		29.9%	( 26.1% - 33.9% )	69,285	1,951	1,145	30.7%	( 27.0% - 34.6% )
Smokeless Tobacco Status								
Current User		22%	( 14% - 34% )	5,403	198	142	19%	( 12% - 28% )
Former User		25%	( 19% - 32% )	21,978	714	440	26%	( 20% - 32% )
Never Used		28.0%	( 25.0% - 31.1% )	94,648	3,068	1,817	27.7%	( 24.9% - 30.8% )

**Oral Cancer Exam, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Screening Question:		Ever had an oral cancer exam?						
Response:		Yes					Age-Adjusted Rate	
		Observed Rate						
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N		%	95% CI
<b>Weight Status</b>								
Weight Status								
Normal (BMI <25)	<b>25.9%</b>	( 21.4% - 31.0% )	39,774	1,277	748		<b>28.7%</b>	( 24.3% - 33.5% )
Overweight (BMI 25 to 30)	<b>30.8%</b>	( 26.5% - 35.5% )	52,439	1,506	887		<b>29.6%</b>	( 25.0% - 34.7% )
Obese (BMI ≥30)	<b>24.1%</b>	( 19.9% - 28.8% )	29,284	1,211	721		<b>22.5%</b>	( 18.7% - 26.7% )
Obese I (BMI 30 TO < 35)	<b>24%</b>	( 19% - 30% )	17,252	752	433		<b>23%</b>	( 18% - 28% )
Obese II & III (BMI ≥35)	<b>24%</b>	( 17% - 32% )	11,919	459	288		<b>25%</b>	( 19% - 32% )

**Appendix**

**Definitions:**

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (n) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

**Notes:**

Data may include revisions, and may differ from those shown previously.

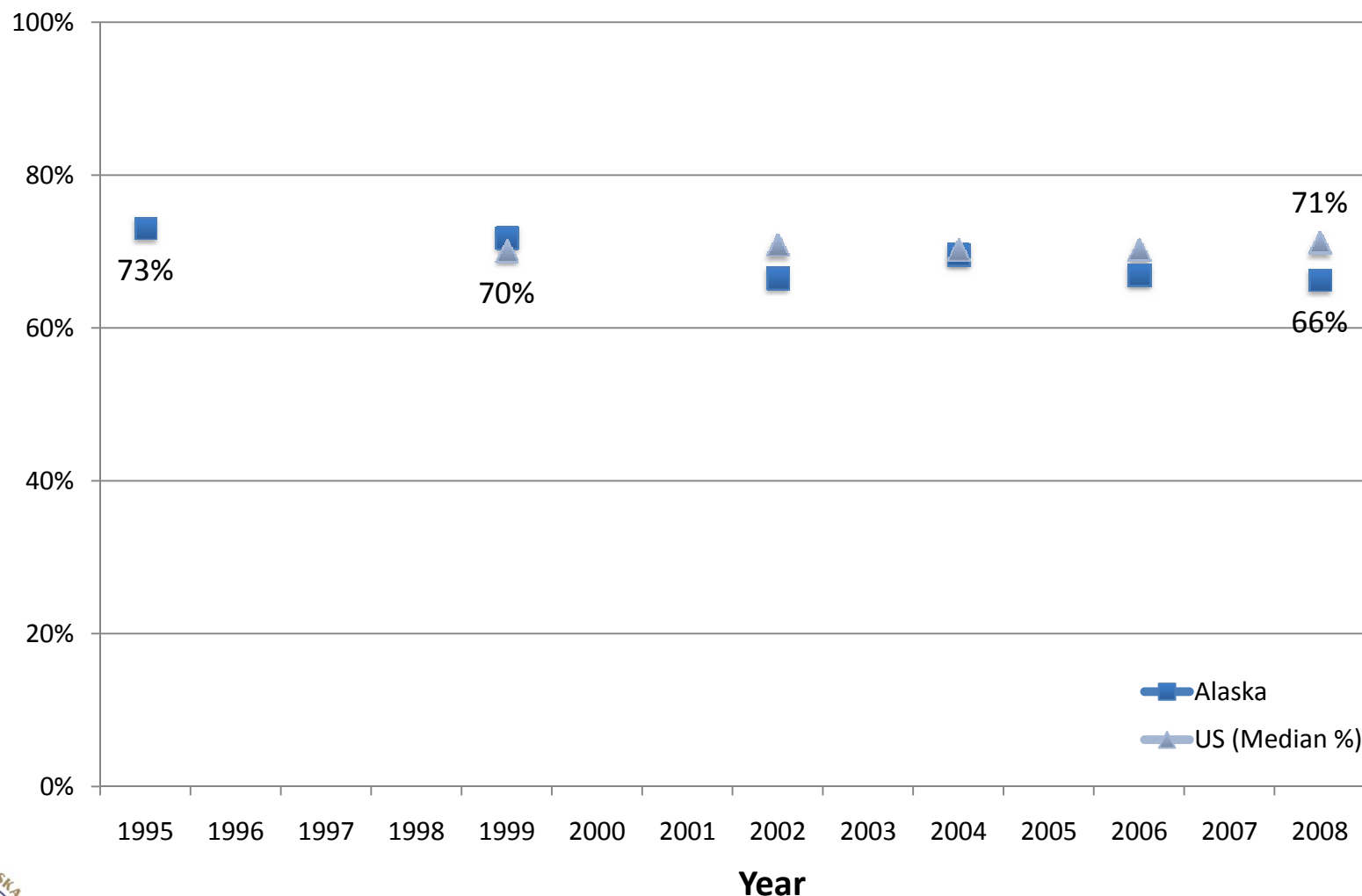
# Annual Dental Visit



- **Indicator:** Proportion of Alaskan adults who had visited a dentist or dental clinic in the past 12 months (for any reason, includes teeth cleanings).
- **Data source:** 2008 Alaska Standard BRFSS survey
- **BRFSS Questions:**
  - How long has it been since you last visited a dentist or a dental clinic for any reason? Include visits to dental specialists, such as orthodontists.
  - How long has it been since you had your teeth cleaned by a dentist or dental hygienist?
- **How are we doing?**
  - In 2008, 66% of Alaskan adults had visited a dentist or dental clinic in the past 12 months.
- **How does Alaska compare with the US?**
  - The US median prevalence of visiting a dentist or dental clinic in the past 12 months was 71.2% in 2008, a little higher than the prevalence for Alaska.
- **How are different populations affected?**
  - Women, non-Native Alaskans, those living in non-Rural areas of Alaska, college graduates, and those with income in the “middle/high” category were more likely to have visited a dentist or dental clinic in the past 12 months than those not in these groups.
  - Having healthcare coverage, receiving a flu shot in the past 12 months, ever having a pneumonia or hepatitis B shot, having an oral cancer exam in the past year, and never smoking were associated with visiting a dentist or dental clinic in the past 12 months.



# Annual Dental Visit: Alaska vs. Nationwide 1995-2008 Alaska BRFSS



**Dental Visit within Past Year, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

**Healthy Alaskans 2010 Objective:** 13.7: Increase the proportion of adults who visited a dentist in the last year to 80%.

**Screening Question:** How long has it been since you last visited a dentist or a dental clinic for any reason? Include visits to dental specialists such as orthodontists.

**Response:** Within the past year  
Or

**Screening Question:** How long has it been since you had your teeth cleaned by a dentist or dental hygienist?

**Response:** Within the past year

Population at Risk (See Appendix)	Observed Rate					Age-Adjusted Rate	
	%	95% CI	Individuals	n	N	%	95% CI
<b>Total</b>	<b>66.3%</b>	( 63.4% - 69.1% )	328,421	4,152	2,644	<b>66.0%</b>	( 63.2% - 68.8% )
<b>Demographics</b>							
<b>Gender</b>							
Female	<b>70.9%</b>	( 67.2% - 74.4% )	170,138	2,293	1,414	<b>70.6%</b>	( 66.8% - 74.2% )
Male	<b>62.0%</b>	( 57.5% - 66.3% )	158,283	1,859	1,230	<b>61.7%</b>	( 57.5% - 65.8% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>							
Persons aged 18 to 24 years	<b>DSU</b>	( DSU - DSU )	DSU	DSU	137	<b>NA</b>	( NA - NA )
Persons aged 25 to 34 years	<b>68%</b>	( 62% - 74% )	69,961	642	442	<b>NA</b>	( NA - NA )
Persons aged 35 to 44 years	<b>73%</b>	( 67% - 77% )	69,834	780	479	<b>NA</b>	( NA - NA )
Persons aged 45 to 64 years	<b>66.0%</b>	( 61.9% - 69.8% )	119,526	1,908	1,215	<b>NA</b>	( NA - NA )
<b>Race and Ethnicity</b>							
American Indian or Alaska Native	<b>58.9%</b>	( 52.3% - 65.2% )	41,929	769	509	<b>57.1%</b>	( 51.2% - 62.8% )
Asian or Pacific Islander	<b>DSU</b>	( DSU - DSU )	DSU	DSU	66	<b>DSU</b>	( DSU - DSU )
Asian	<b>DSU</b>	( DSU - DSU )	DSU	DSU	56	<b>DSU</b>	( DSU - DSU )
Native Hawaiian or Other Pacific Islander	<b>DSU</b>	( DSU - DSU )	DSU	DSU	10	<b>DSU</b>	( DSU - DSU )
Black or African American	<b>DSU</b>	( DSU - DSU )	DSU	DSU	40	<b>DSU</b>	( DSU - DSU )
White	<b>67.7%</b>	( 64.3% - 70.9% )	245,555	3,045	1,909	<b>67.2%</b>	( 63.7% - 70.4% )
Hispanic or Latino	<b>DSU</b>	( DSU - DSU )	DSU	DSU	74	<b>DSU</b>	( DSU - DSU )
Not Hispanic or Latino	<b>66.3%</b>	( 63.2% - 69.2% )	310,140	3,992	2,525	<b>65.9%</b>	( 63.0% - 68.8% )
Black or African American, not Hispanic/Latino	<b>DSU</b>	( DSU - DSU )	DSU	DSU	33	<b>DSU</b>	( DSU - DSU )
White, not Hispanic or Latino	<b>68.3%</b>	( 64.9% - 71.5% )	235,753	2,932	1,832	<b>67.5%</b>	( 64.0% - 70.9% )
<b>Alaska Native</b>							
Yes	<b>58.1%</b>	( 51.4% - 64.5% )	48,102	856	562	<b>56.6%</b>	( 50.6% - 62.4% )
No	<b>68.3%</b>	( 65.0% - 71.4% )	278,768	3,261	2,061	<b>67.8%</b>	( 64.5% - 71.0% )

**Dental Visit within Past Year, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

**Healthy Alaskans 2010 Objective:** 13.7: Increase the proportion of adults who visited a dentist in the last year to 80%.

**Screening Question:** How long has it been since you last visited a dentist or a dental clinic for any reason? Include visits to dental specialists such as orthodontists.

**Response:** Within the past year  
Or

**Screening Question:** How long has it been since you had your teeth cleaned by a dentist or dental hygienist?

**Response:** Within the past year

Population at Risk (See Appendix)	Observed Rate					Age-Adjusted Rate	
	%	95% CI	Individuals	n	N	%	95% CI
<b>Geographic Location</b>							
Anchorage & Vicinity	68.7%	( 63.6% - 73.3% )	185,410	879	546	68.8%	( 64.0% - 73.3% )
Fairbanks & Vicinity	63.9%	( 58.5% - 69.0% )	43,536	884	541	63.4%	( 58.4% - 68.1% )
Gulf Coast	65.9%	( 60.9% - 70.5% )	37,131	832	560	65.5%	( 60.2% - 70.5% )
Rural	56.6%	( 51.4% - 61.7% )	26,840	765	507	55.2%	( 49.7% - 60.5% )
Southeast	67%	( 62% - 71% )	35,685	792	490	66%	( 60% - 71% )
<b>Urban/Rural</b>							
Metropolitan Statistical Area	67.9%	( 63.7% - 71.9% )	226,777	1,715	1,065	68.2%	( 64.3% - 71.9% )
Micropolitan Statistical Area & Urban Clusters	67.6%	( 63.6% - 71.4% )	54,478	1,268	788	66.7%	( 62.4% - 70.7% )
Rural	58.3%	( 54.1% - 62.5% )	47,166	1,169	791	57.8%	( 53.4% - 62.1% )
<b>Education Level (persons aged 25 years and older)</b>							
Less than high school	DSU	( DSU - DSU )	DSU	DSU	173	DSU	( DSU - DSU )
High school graduate	57.9%	( 52.7% - 63.0% )	76,239	1,076	775	57.1%	( 52.2% - 61.9% )
At least some college	67.9%	( 62.9% - 72.5% )	91,135	1,179	752	69.3%	( 64.4% - 73.7% )
College Graduate	80.5%	( 76.2% - 84.2% )	108,741	1,453	801	80.1%	( 75.7% - 83.9% )
<b>Employment Status</b>							
Employed	67.5%	( 63.9% - 70.9% )	224,301	2,751	1,747	67.2%	( 63.2% - 71.0% )
Unemployed	DSU	( DSU - DSU )	DSU	DSU	176	DSU	( DSU - DSU )
Not in Workforce (Student, Homemaker, Retired)	69.1%	( 63.3% - 74.3% )	73,144	987	588	71.4%	( 65.0% - 77.0% )
Unable to work	DSU	( DSU - DSU )	DSU	DSU	122	DSU	( DSU - DSU )

**Dental Visit within Past Year, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

**Healthy Alaskans 2010 Objective:** 13.7: Increase the proportion of adults who visited a dentist in the last year to 80%.

**Screening Question:** How long has it been since you last visited a dentist or a dental clinic for any reason? Include visits to dental specialists such as orthodontists.

**Response:** Within the past year  
Or

**Screening Question:** How long has it been since you had your teeth cleaned by a dentist or dental hygienist?

**Response:** Within the past year

Population at Risk (See Appendix)	Observed Rate						Age-Adjusted Rate	
	%	95% CI	Individuals	n	N		%	95% CI
<b>Marital Status</b>								
Married or Unwed Couple	<b>70.2%</b>	( 66.8% - 73.5% )	214,968	2,586	1,498		<b>69.0%</b>	( 64.5% - 73.1% )
Divorced/Separated	<b>DSU</b>	( DSU - DSU )	DSU	DSU	173		<b>DSU</b>	( DSU - DSU )
Widowed	<b>56%</b>	( 49% - 63% )	29,739	287	436		<b>DSU</b>	( DSU - DSU )
Never Married	<b>61%</b>	( 52% - 70% )	56,672	587	415		<b>62%</b>	( 54% - 70% )
<b>Income Level</b>								
<\$15,000	<b>DSU</b>	( DSU - DSU )	DSU	DSU	223		<b>DSU</b>	( DSU - DSU )
\$15,000 - \$24,999	<b>53%</b>	( 43% - 63% )	24,065	389	270		<b>53%</b>	( 44% - 62% )
\$25,000 - \$49,999	<b>61.0%</b>	( 54.1% - 67.4% )	63,525	871	584		<b>60.3%</b>	( 54.2% - 66.1% )
\$50,000 - \$74,999	<b>66%</b>	( 59% - 72% )	52,999	755	448		<b>65%</b>	( 58% - 72% )
\$75,000	<b>80.0%</b>	( 75.6% - 83.7% )	134,529	1,436	822		<b>81.9%</b>	( 77.3% - 85.7% )
<b>Poverty Threshold</b>								
Poor (<100% Poverty Threshold)	<b>DSU</b>	( DSU - DSU )	DSU	DSU	202		<b>DSU</b>	( DSU - DSU )
Near Poor (100% to 199% Poverty Threshold)	<b>56%</b>	( 47% - 65% )	40,775	534	372		<b>54%</b>	( 47% - 61% )
Middle/High Income (>=200% Poverty Threshold)	<b>71.7%</b>	( 68.5% - 74.8% )	230,693	2,958	1,773		<b>71.5%</b>	( 67.8% - 74.8% )
<b>Below Poverty Guidelines</b>								
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	262		<b>DSU</b>	( DSU - DSU )
No	<b>69.7%</b>	( 66.5% - 72.7% )	263,395	3,391	2,085		<b>69.2%</b>	( 65.8% - 72.4% )
<b>Veteran</b>								
Yes	<b>73%</b>	( 67% - 78% )	70,573	327	493		<b>76%</b>	( 70% - 81% )
No	<b>64.8%</b>	( 61.5% - 68.1% )	258,312	1,399	2,149		<b>64.8%</b>	( 61.6% - 67.9% )

**Dental Visit within Past Year, Adults (18 years of age and older), Alaska BRFSS, 2008:  
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**Response:** Within the past year

Population at Risk (See Appendix)	Observed Rate					Age-Adjusted Rate	
	%	95% CI	Individuals	n	N	%	95% CI
<b>Health Status</b>							
<b>General Health</b>							
Excellent to Very Good	69.5%	( 65.5% - 73.2% )	192,474	2,236	1,398	70.0%	( 66.2% - 73.5% )
Good	65.3%	( 59.8% - 70.4% )	95,501	1,274	812	64.4%	( 58.8% - 69.7% )
Fair/Poor	56%	( 48% - 63% )	39,595	627	425	57%	( 49% - 65% )
<b>Healthy Days (Mean Number of Days)</b>							
Physical Health Not Good	3.1	( 2.6 - 3.6 )			1683	3.2	( 2.7 - 3.7 )
Mental Health Not Good	3.1	( 2.5 - 3.7 )			1680	3.1	( 2.5 - 3.6 )
Unhealthy Days (Physical or Mental Health Not Good)	5.4	( 4.7 - 6.1 )			1651	5.4	( 4.6 - 6.1 )
Days with Activity Limitation	2.0	( 1.5 - 2.5 )			1702	2.0	( 1.5 - 2.5 )
<b>Healthy Days (Percentage with 14 or More Days)</b>							
Physical Health Not Good	60%	( 51% - 68% )	30,153	452	285	DSU	( DSU - DSU )
Mental Health Not Good	DSU	( DSU - DSU )	DSU	DSU	247	DSU	( DSU - DSU )
Unhealthy Days (Physical or Mental Health Not Good)	59%	( 52% - 67% )	47,568	702	438	59%	( 51% - 66% )
Activity Limitation	DSU	( DSU - DSU )	DSU	DSU	170	DSU	( DSU - DSU )
<b>Disability</b>							
<b>Disabled</b>							
Yes	61.3%	( 55.7% - 66.7% )	70,867	412	695	61.6%	( 54.9% - 67.9% )
No	67.8%	( 64.3% - 71.1% )	255,331	1,297	1,926	67.6%	( 64.3% - 70.7% )
<b>Activity Limitation</b>							
Yes	61.3%	( 55.4% - 66.9% )	66,151	1,037	649	61.4%	( 54.3% - 67.9% )
No	67.8%	( 64.3% - 71.0% )	259,826	3,072	1,968	67.4%	( 64.1% - 70.5% )



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**Screening Question:** How long has it been since you had your teeth cleaned by a dentist or dental hygienist?

**Response:** Within the past year

Population at Risk (See Appendix)	Observed Rate						Age-Adjusted Rate	
	%	95% CI	Individuals	n	N		%	95% CI
Require Special Equipment								
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	199		<b>DSU</b>	( DSU - DSU )
No	<b>66.8%</b>	( 63.8% - 69.8% )	308,973	1,615	2,440		<b>66.9%</b>	( 64.0% - 69.8% )
<b>Mental Health</b>								
Depression Measure (PHQ-8)								
No Depression	<b>70.0%</b>	( 66.6% - 73.2% )	228,329	1,190	1,730		<b>33.1%</b>	( 30.2% - 36.0% )
Mild Depression	<b>61%</b>	( 52% - 70% )	42,766	210	344		<b>68%</b>	( 64% - 71% )
Moderate to Severe Depression	<b>DSU</b>	( DSU - DSU )	DSU	DSU	165		<b>DSU</b>	( DSU - DSU )
Social and Emotional Support								
Always/Usually	<b>69.2%</b>	( 65.9% - 72.3% )	269,833	1,360	1,991		<b>69.0%</b>	( 65.7% - 72.0% )
Sometimes/Rarely/Never	<b>57.7%</b>	( 50.2% - 64.8% )	49,943	304	527		<b>57.1%</b>	( 50.0% - 63.9% )
Life Satisfaction								
Very Satisfied / Satisfied	<b>67.3%</b>	( 64.2% - 70.1% )	308,102	1,606	2,427		<b>66.9%</b>	( 63.9% - 69.7% )
Dissatisfied / Very Dissatisfied	<b>DSU</b>	( DSU - DSU )	DSU	DSU	117		<b>DSU</b>	( DSU - DSU )
<b>Healthcare</b>								
<b>Healthcare Coverage</b>								
Health Plan								
Yes	<b>71.2%</b>	( 68.3% - 73.9% )	291,924	4,152	2,252		<b>70.8%</b>	( 67.9% - 73.6% )
No	<b>43%</b>	( 34% - 52% )	35,661	0	377		<b>42%</b>	( 34% - 50% )
<b>Immunization</b>								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	<b>62%</b>	( 53% - 70% )	20,666	138	233		<b>61%</b>	( 52% - 70% )
No	<b>DSU</b>	( DSU - DSU )	DSU	DSU	128		<b>DSU</b>	( DSU - DSU )

**Dental Visit within Past Year, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

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**Response:** Within the past year  
Or

**Screening Question:** How long has it been since you you had your teeth cleaned by a dentist or dental hygienist?

**Response:** Within the past year

Population at Risk (See Appendix)	Observed Rate						Age-Adjusted Rate	
	%	95% CI	Individuals	n	N		%	95% CI
Ever Had Pneumonia Shot (Ages 65+)								
Yes	63%	( 53% - 71% )	18,930	394	216		62%	( 52% - 70% )
No	DSU	( DSU - DSU )	DSU	DSU	131		DSU	( DSU - DSU )
Ever Had Hepatitis B Shot								
Yes	73.3%	( 68.4% - 77.7% )	133,444	654	899		73.8%	( 69.2% - 78.0% )
No	60.9%	( 56.4% - 65.2% )	130,015	752	1,232		59.4%	( 54.2% - 64.3% )
<b>Screening</b>								
AIDS/HIV Screening (Ages 18-64)								
Yes	69.8%	( 65.0% - 74.2% )	132,673	687	973		69.6%	( 64.7% - 74.1% )
No	66.0%	( 61.4% - 70.3% )	152,547	741	1,156		67.0%	( 62.5% - 71.2% )
Clinical Breast Exam Annually (Women Ages 40+)								
Yes	78.3%	( 73.1% - 82.6% )	62,655	430	561		76.7%	( 71.1% - 81.5% )
No	62%	( 55% - 69% )	31,579	201	357		61%	( 54% - 68% )
Colorectal Screening (Ages 50+)								
Yes	71.3%	( 65.9% - 76.2% )	70,431	483	697		70.4%	( 65.0% - 75.3% )
No	57.0%	( 50.8% - 63.1% )	40,487	282	508		53.2%	( 46.3% - 60.0% )
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)								
Yes	77%	( 69% - 83% )	36,282	0	284		79%	( 73% - 85% )
No	54.4%	( 48.0% - 60.7% )	45,714	0	525		54.2%	( 47.6% - 60.6% )
Home Occult Blood Test (Ages 50+)								
Yes	73%	( 64% - 81% )	19,662	138	193		73%	( 64% - 80% )
No	63.7%	( 59.2% - 68.1% )	89,617	610	993		61.9%	( 57.0% - 66.6% )

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**Screening Question:** How long has it been since you had your teeth cleaned by a dentist or dental hygienist?

**Response:** Within the past year

Population at Risk (See Appendix)	Observed Rate					Age-Adjusted Rate	
	%	95% CI	Individuals	n	N	%	95% CI
Mammogram within Past 2 Years (Women Ages 40+)							
Yes	79.0%	( 74.4% - 82.9% )	70,470	496	649	77.2%	( 72.1% - 81.5% )
No	57%	( 49% - 65% )	24,347	142	276	54%	( 46% - 62% )
Oral Cancer Exam Annually							
Yes	95.4%	( 93.4% - 96.8% )	117,559	625	675	95.1%	( 92.7% - 96.7% )
No	55.5%	( 51.7% - 59.3% )	184,480	948	1,744	55.0%	( 51.5% - 58.6% )
Pap Test within Past 3 Years (Women Ages 18+)							
Yes	73.4%	( 68.7% - 77.7% )	115,960	679	912	73.2%	( 68.5% - 77.4% )
No	DSU	( DSU - DSU )	DSU	DSU	171	DSU	( DSU - DSU )
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)							
Yes	73%	( 66% - 79% )	44,966	276	386	76%	( 68% - 82% )
No	54%	( 47% - 61% )	35,418	207	398	50%	( 42% - 57% )
<b>Diagnoses</b>							
<b>Asthma</b>							
Asthma Diagnosis							
Yes	63%	( 54% - 72% )	50,250	557	364	64%	( 56% - 71% )
No	66.8%	( 63.8% - 69.7% )	275,827	3,567	2,262	66.6%	( 63.5% - 69.5% )
Current Asthma							
Yes	DSU	( DSU - DSU )	DSU	DSU	227	DSU	( DSU - DSU )
No	DSU	( DSU - DSU )	DSU	DSU	116	DSU	( DSU - DSU )
<b>Cardiovascular and Cerebrovascular Disease</b>							
Cardiovascular Disease							
Yes	DSU	( DSU - DSU )	DSU	DSU	147	DSU	( DSU - DSU )
No	66.9%	( 63.8% - 69.8% )	314,001	3,841	2,460	66.6%	( 63.6% - 69.4% )

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Or

**Screening Question:** How long has it been since you had your teeth cleaned by a dentist or dental hygienist?

**Response:** Within the past year

Population at Risk (See Appendix)	Observed Rate						Age-Adjusted Rate	
	%	95% CI	Individuals	n	N		%	95% CI
Heart Attack (Myocardial Infarction)								
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	98		<b>DSU</b>	( DSU - DSU )
No	<b>66.6%</b>	( 63.5% - 69.5% )	317,964	3,959	2,526		<b>66.2%</b>	( 63.2% - 69.1% )
Coronary Heart Disease (Angina)								
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	107		<b>DSU</b>	( DSU - DSU )
No	<b>66.9%</b>	( 63.8% - 69.8% )	319,295	3,933	2,515		<b>66.6%</b>	( 63.6% - 69.4% )
Stroke								
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	73		<b>DSU</b>	( DSU - DSU )
No	<b>66.6%</b>	( 63.6% - 69.5% )	321,968	4,021	2,558		<b>66.5%</b>	( 63.5% - 69.3% )
<b>Diabetes</b>								
Nongestational Diabetes								
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	187		<b>DSU</b>	( DSU - DSU )
No	<b>66.2%</b>	( 63.1% - 69.1% )	305,339	3,846	2,451		<b>65.9%</b>	( 62.9% - 68.7% )
Pre-Diabetes								
Yes	<b>70%</b>	( 61% - 78% )	26,868	338	208		<b>75%</b>	( 68% - 81% )
No	<b>66.0%</b>	( 62.8% - 69.1% )	278,381	3,491	2,231		<b>65.8%</b>	( 62.7% - 68.8% )
<b>Prostate Cancer</b>								
Prostate Cancer								
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	21		<b>DSU</b>	( DSU - DSU )
No	<b>62.3%</b>	( 57.3% - 67.1% )	82,998	504	820		<b>63.7%</b>	( 58.4% - 68.7% )
<b>Risk Factors</b>								
<b>Alcohol</b>								
Binge Drinking								
Yes	<b>59%</b>	( 51% - 66% )	45,827	618	411		<b>56%</b>	( 47% - 64% )
No	<b>68.1%</b>	( 64.8% - 71.2% )	278,485	3,449	2,166		<b>67.9%</b>	( 64.7% - 70.9% )

**Dental Visit within Past Year, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

**Healthy Alaskans 2010 Objective:** 13.7: Increase the proportion of adults who visited a dentist in the last year to 80%.

**Screening Question:** How long has it been since you last visited a dentist or a dental clinic for any reason? Include visits to dental specialists such as orthodontists.

**Response:** Within the past year  
Or

**Screening Question:** How long has it been since you had your teeth cleaned by a dentist or dental hygienist?

**Response:** Within the past year

Population at Risk (See Appendix)	Observed Rate					Age-Adjusted Rate	
	%	95% CI	Individuals	n	N	%	95% CI
Heavy Drinking							
Yes	62%	( 52% - 71% )	13,417	240	153	56%	( 47% - 65% )
No	67.0%	( 63.8% - 69.9% )	305,682	3,343	2,378	66.8%	( 63.7% - 69.7% )
Physical Activity							
Leisure Time Exercise							
Yes	67.4%	( 64.0% - 70.7% )	252,595	3,232	1,961	67.3%	( 63.9% - 70.4% )
No	63.4%	( 57.6% - 68.9% )	74,625	902	667	63.5%	( 57.2% - 69.4% )
Tobacco Use							
Cigarette Smoking Status							
Current Smoker	54.7%	( 48.0% - 61.2% )	58,158	858	598	52.3%	( 46.3% - 58.2% )
Former Smoker	66.6%	( 61.4% - 71.4% )	92,602	1,319	797	65.4%	( 58.8% - 71.5% )
Never Smoked	71.4%	( 67.2% - 75.3% )	176,328	1,951	1,233	71.9%	( 67.9% - 75.5% )
Smokeless Tobacco Status							
Current User	DSU	( DSU - DSU )	DSU	DSU	143	DSU	( DSU - DSU )
Former User	65%	( 58% - 72% )	58,297	714	450	63%	( 56% - 70% )
Never Used	68.1%	( 64.6% - 71.4% )	236,738	3,068	1,868	67.9%	( 64.5% - 71.2% )
Weight Status							
Weight Status							
Normal (BMI <25)	65.4%	( 59.7% - 70.8% )	108,881	1,277	822	66.1%	( 61.3% - 70.6% )
Overweight (BMI 25 to 30)	67.2%	( 62.4% - 71.6% )	124,149	1,506	968	66.6%	( 61.5% - 71.2% )
Obese (BMI ≥30)	66.3%	( 61.2% - 71.1% )	86,444	1,211	768	67.5%	( 62.6% - 72.1% )
Obese I (BMI 30 TO < 35)	67%	( 60% - 73% )	52,398	752	463	69%	( 63% - 74% )
Obese II & III (BMI ≥35)	66%	( 57% - 73% )	34,396	459	305	66%	( 58% - 73% )

**Dental Visit within Past Year, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy Alaskans 2010 Objective:			13.7: Increase the proportion of adults who visited a dentist in the last year to 80%.						
Screening Question:			How long has it been since you last visited a dentist or a dental clinic for any reason? Include visits to dental specialists such as orthodontists.						
	Response:		Within the past year						
			Or						
Screening Question:			How long has it been since you you had your teeth cleaned by a dentist or dental hygienist?						
	Response:		Within the past year						
			Observed Rate			Age-Adjusted Rate			
Population at Risk (See Appendix)			%	95% CI	Individuals	n	N	%	95% CI

**Appendix**

**Definitions:**

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (n) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

**Notes:**

Data may include revisions, and may differ from those shown previously.

# Vaccinations – Hepatitis B



- **Indicator:** Proportion of Alaskan adults who had ever received a Hepatitis B vaccine (defined as complete when all three shots have been given).
- **Data source:** 2008 Alaska Standard BRFSS survey (State-added question)
- **BRFSS Question:** Have you EVER received the hepatitis B vaccine? The hepatitis B vaccine is complete after the third shot is given.
- **How are we doing?**
  - In 2008, 46% of Alaskan adults had ever received a Hepatitis B vaccination.
- **How are different populations affected?**
  - The prevalence of having had a Hepatitis B vaccine decreased with age and increased with education level in 2008.
  - Adults with no healthcare coverage, those who had not received a flu shot in the past 12 months, and those who have not had an HIV test were less likely to have had a Hepatitis B vaccine than those not in these groups.
  - In 2007, 7% of respondents reported having participated in at least one high-risk activity for Hepatitis B infection.



# Hepatitis B Vaccinations, Adults (18 years of age and older), Alaska BRFSS, 2008: Standard (2008) Survey Instrument

Screening Question:		Have you ever received the hepatitis B vaccine? The hepatitis B vaccine is complete after the third shot is given.						
Response:		Yes					Age-Adjusted Rate	
Population at Risk (See Appendix)		Observed Rate		Individuals	n	N		
		%	95% CI				%	95% CI
<b>Total</b>		<b>46.0%</b>	( 42.6% - 49.4% )	182,491	4,152	2,143	<b>45.2%</b>	( 41.8% - 48.6% )
<b>Demographics</b>								
<b>Gender</b>								
Female		<b>49.2%</b>	( 44.8% - 53.7% )	95,092	2,293	1,163	<b>48.4%</b>	( 43.8% - 53.0% )
Male		<b>42.9%</b>	( 38.0% - 48.0% )	87,399	1,859	980	<b>42.5%</b>	( 37.6% - 47.5% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>								
Persons aged 18 to 24 years		<b>DSU</b>	( DSU - DSU )	DSU	DSU	91	<b>NA</b>	( NA - NA )
Persons aged 25 to 34 years		<b>56%</b>	( 48% - 64% )	44,794	642	336	<b>NA</b>	( NA - NA )
Persons aged 35 to 44 years		<b>45%</b>	( 38% - 52% )	33,699	780	372	<b>NA</b>	( NA - NA )
Persons aged 45 to 64 years		<b>40.9%</b>	( 36.6% - 45.3% )	63,175	1,908	1,046	<b>NA</b>	( NA - NA )
Persons aged 65 years and older		<b>25%</b>	( 18% - 32% )	10,479	638	298	<b>NA</b>	( NA - NA )
<b>Race and Ethnicity</b>								
American Indian or Alaska Native		<b>49%</b>	( 42% - 56% )	22,587	769	363	<b>48%</b>	( 41% - 55% )
Asian or Pacific Islander		<b>DSU</b>	( DSU - DSU )	DSU	DSU	57	<b>DSU</b>	( DSU - DSU )
Asian		<b>DSU</b>	( DSU - DSU )	DSU	DSU	48	<b>DSU</b>	( DSU - DSU )
Native Hawaiian or Other Pacific Islander		<b>DSU</b>	( DSU - DSU )	DSU	DSU	9	<b>DSU</b>	( DSU - DSU )
Black or African American		<b>DSU</b>	( DSU - DSU )	DSU	DSU	32	<b>DSU</b>	( DSU - DSU )
White		<b>46.4%</b>	( 42.7% - 50.2% )	140,358	3,045	1,604	<b>46.6%</b>	( 42.9% - 50.3% )
Hispanic or Latino		<b>DSU</b>	( DSU - DSU )	DSU	DSU	60	<b>DSU</b>	( DSU - DSU )
Not Hispanic or Latino		<b>45.5%</b>	( 42.1% - 48.9% )	171,318	3,992	2,056	<b>44.9%</b>	( 41.4% - 48.4% )
Black or African American, not Hispanic/Latino		<b>DSU</b>	( DSU - DSU )	DSU	DSU	25	<b>DSU</b>	( DSU - DSU )
White, not Hispanic or Latino		<b>45.7%</b>	( 41.9% - 49.6% )	132,364	2,932	1,544	<b>46.4%</b>	( 42.7% - 50.2% )
<b>Alaska Native</b>								
Yes		<b>49%</b>	( 42% - 57% )	26,479	856	403	<b>48%</b>	( 40% - 55% )
No		<b>45.7%</b>	( 42.0% - 49.5% )	155,296	3,261	1,728	<b>45.1%</b>	( 41.3% - 48.9% )



# Hepatitis B Vaccinations, Adults (18 years of age and older), Alaska BRFSS, 2008: Standard (2008) Survey Instrument

Screening Question:

Have you ever received the hepatitis B vaccine? The hepatitis B vaccine is complete after the third shot is given.

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate		
	%	95% CI	Individuals	n	N		%	95% CI	
<b>Geographic Location</b>									
Anchorage & Vicinity	46%	( 41% - 52% )	102,407	879	459		45%	( 39% - 50% )	
Fairbanks & Vicinity	53%	( 47% - 58% )	27,941	884	430		51%	( 46% - 56% )	
Gulf Coast	43%	( 38% - 49% )	19,999	832	474		43%	( 37% - 49% )	
Rural	46%	( 40% - 51% )	15,080	765	383		44%	( 38% - 50% )	
Southeast	40%	( 34% - 45% )	16,827	792	397		41%	( 35% - 48% )	
<b>Urban/Rural</b>									
Metropolitan Statistical Area	47.8%	( 43.1% - 52.4% )	130,286	1,715	876		46.2%	( 41.7% - 50.8% )	
Micropolitan Statistical Area & Urban Clusters	44.5%	( 40.1% - 49.0% )	28,335	1,268	643		44.6%	( 39.9% - 49.5% )	
Rural	39.6%	( 35.2% - 44.3% )	23,871	1,169	624		40.4%	( 35.5% - 45.4% )	
<b>Education Level (persons aged 25 years and older)</b>									
Less than high school	DSU	( DSU - DSU )	DSU	DSU	142		DSU	( DSU - DSU )	
High school graduate	35.5%	( 29.9% - 41.6% )	37,248	1,076	611		33.0%	( 27.8% - 38.5% )	
At least some college	47.3%	( 41.5% - 53.1% )	51,419	1,179	615		46.3%	( 40.4% - 52.3% )	
College Graduate	50.4%	( 45.0% - 55.8% )	57,882	1,453	680		50.3%	( 44.6% - 55.9% )	
<b>Employment Status</b>									
Employed	47.8%	( 43.8% - 51.9% )	130,039	2,751	1,441		46.0%	( 41.3% - 50.7% )	
Unemployed	DSU	( DSU - DSU )	DSU	DSU	119		DSU	( DSU - DSU )	
Not in Workforce (Student, Homemaker, Retired)	42%	( 35% - 49% )	35,917	987	474		48%	( 41% - 55% )	
Unable to work	DSU	( DSU - DSU )	DSU	DSU	102		DSU	( DSU - DSU )	
<b>Marital Status</b>									
Married or Unwed Couple	46.9%	( 43.0% - 50.9% )	117,258	2,586	1,227		48.3%	( 43.2% - 53.4% )	
Divorced/Separated	20%	( 12% - 31% )	2,771	673	143		DSU	( DSU - DSU )	
Widowed	34%	( 26% - 42% )	15,093	287	362		31%	( 25% - 38% )	
Never Married	DSU	( DSU - DSU )	DSU	DSU	319		DSU	( DSU - DSU )	

# Hepatitis B Vaccinations, Adults (18 years of age and older), Alaska BRFSS, 2008: Standard (2008) Survey Instrument

Screening Question:

Have you ever received the hepatitis B vaccine? The hepatitis B vaccine is complete after the third shot is given.

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	95% CI	Individuals	n	N		%	95% CI
<b>Income Level</b>								
<\$15,000	DSU	( DSU - DSU )	DSU	DSU	177		DSU	( DSU - DSU )
\$15,000 - \$24,999	DSU	( DSU - DSU )	DSU	DSU	215		DSU	( DSU - DSU )
\$25,000 - \$49,999	46%	( 38% - 53% )	39,029	871	478		41%	( 34% - 48% )
\$50,000 - \$74,999	46%	( 39% - 54% )	30,569	755	375		47%	( 39% - 56% )
\$75,000	52.3%	( 46.7% - 57.7% )	73,876	1,436	693		50.8%	( 44.8% - 56.7% )
<b>Poverty Threshold</b>								
Poor (<100% Poverty Threshold)	DSU	( DSU - DSU )	DSU	DSU	149		DSU	( DSU - DSU )
Near Poor (100% to 199% Poverty Threshold)	DSU	( DSU - DSU )	DSU	DSU	300		DSU	( DSU - DSU )
Middle/High Income (>=200% Poverty Threshold)	48.8%	( 45.0% - 52.6% )	131,192	2,958	1,489		49.1%	( 44.9% - 53.3% )
<b>Below Poverty Guidelines</b>								
Yes	DSU	( DSU - DSU )	DSU	DSU	191		DSU	( DSU - DSU )
No	47.7%	( 44.0% - 51.4% )	150,164	3,391	1,747		46.7%	( 42.6% - 50.9% )
<b>Veteran</b>								
Yes	54%	( 47% - 61% )	43,802	198	394		60%	( 54% - 66% )
No	43.9%	( 40.1% - 47.8% )	138,574	704	1,748		41.7%	( 38.2% - 45.4% )
<b>Health Status</b>								
<b>General Health</b>								
Excellent to Very Good	50.7%	( 46.1% - 55.2% )	110,908	2,236	1,133		48.0%	( 43.6% - 52.3% )
Good	41.9%	( 36.1% - 47.8% )	49,895	1,274	658		42.2%	( 35.7% - 49.0% )
Fair/Poor	38%	( 29% - 47% )	21,874	627	344		38%	( 30% - 47% )
<b>Healthy Days (Mean Number of Days)</b>								
Physical Health Not Good	3.2	( 2.5 - 3.9 )			889		3.4	( 2.6 - 4.1 )
Mental Health Not Good	3.7	( 2.7 - 4.7 )			877		3.4	( 2.6 - 4.3 )
Unhealthy Days (Physical or Mental Health Not Good)	6.3	( 5.1 - 7.5 )			868		6.1	( 5.0 - 7.2 )
Days with Activity Limitation	2.6	( 1.7 - 3.6 )			897		2.5	( 1.7 - 3.4 )

# Hepatitis B Vaccinations, Adults (18 years of age and older), Alaska BRFSS, 2008: Standard (2008) Survey Instrument

Screening Question:

Have you ever received the hepatitis B vaccine? The hepatitis B vaccine is complete after the third shot is given.

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate		
	%	95% CI	Individuals	n	N		%	95% CI	
<b>Healthy Days (Percentage with 14 or More Days)</b>									
Physical Health Not Good	42%	( 32% - 52% )	17,730	452	238		DSU	( DSU - DSU )	
Mental Health Not Good	DSU	( DSU - DSU )	DSU	DSU	213		DSU	( DSU - DSU )	
Unhealthy Days (Physical or Mental Health Not Good)	49%	( 40% - 57% )	33,713	702	375		48%	( 41% - 56% )	
Activity Limitation	DSU	( DSU - DSU )	DSU	DSU	147		DSU	( DSU - DSU )	
<b>Disability</b>									
Disabled									
Yes	42.0%	( 35.6% - 48.7% )	40,483	216	570		46.9%	( 40.2% - 53.9% )	
No	47.3%	( 43.4% - 51.3% )	140,752	679	1,550		45.5%	( 41.5% - 49.5% )	
Activity Limitation									
Yes	43.5%	( 36.8% - 50.4% )	38,945	1,037	529		47.5%	( 40.4% - 54.7% )	
No	46.8%	( 42.9% - 50.7% )	141,768	3,072	1,587		44.8%	( 40.9% - 48.8% )	
Require Special Equipment									
Yes	DSU	( DSU - DSU )	DSU	DSU	172		DSU	( DSU - DSU )	
No	47.1%	( 43.6% - 50.7% )	173,399	853	1,966		46.2%	( 42.7% - 49.8% )	
<b>Mental Health</b>									
Depression Measure (PHQ-8)									
No Depression	47.1%	( 43.2% - 50.9% )	125,429	631	1,463		53.8%	( 50.2% - 57.3% )	
Mild Depression	46%	( 36% - 55% )	28,405	136	301		48%	( 45% - 52% )	
Moderate to Severe Depression	DSU	( DSU - DSU )	DSU	DSU	140		DSU	( DSU - DSU )	
Social and Emotional Support									
Always/Usually	48.2%	( 44.4% - 51.9% )	153,083	743	1,646		46.9%	( 43.1% - 50.8% )	
Sometimes/Rarely/Never	39%	( 31% - 48% )	28,603	153	450		39%	( 33% - 45% )	
Life Satisfaction									
Very Satisfied / Satisfied	45.1%	( 41.7% - 48.5% )	168,850	852	2,018		44.3%	( 40.8% - 47.9% )	
Dissatisfied / Very Dissatisfied	DSU	( DSU - DSU )	DSU	DSU	104		DSU	( DSU - DSU )	

# Hepatitis B Vaccinations, Adults (18 years of age and older), Alaska BRFSS, 2008: Standard (2008) Survey Instrument

Screening Question:		Have you ever received the hepatitis B vaccine? The hepatitis B vaccine is complete after the third shot is given.						
Response:		Yes						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	%	95% CI
<b>Healthcare</b>								
<b>Healthcare Coverage</b>								
Health Plan								
Yes		<b>48.7%</b>	( 45.2% - 52.2% )	159,504	4,152	1,825	<b>48.9%</b>	( 45.3% - 52.6% )
No		<b>34%</b>	( 25% - 44% )	22,980	0	308	<b>28%</b>	( 22% - 36% )
<b>Immunization</b>								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes		<b>32%</b>	( 23% - 42% )	8,984	58	187	<b>29%</b>	( 22% - 39% )
No		<b>9%</b>	( 5% - 16% )	1,220	14	107	<b>8%</b>	( 4% - 14% )
Ever Had Pneumonia Shot (Ages 65+)								
Yes		<b>28%</b>	( 19% - 38% )	7,139	221	175	<b>25%</b>	( 18% - 34% )
No		<b>17%</b>	( 10% - 29% )	2,326	556	109	<b>15%</b>	( 9% - 25% )
Ever Had Hepatitis B Shot								
Yes		<b>100.0%</b>	( 0.0% - 0.0% )	182,491	902	902	<b>100.0%</b>	( 0.0% - 0.0% )
No		<b>0.0%</b>	( 0.0% - 0.0% )	0	0	1,241	<b>0.0%</b>	( 0.0% - 0.0% )
<b>Screening</b>								
AIDS/HIV Screening (Ages 18-64)								
Yes		<b>57.3%</b>	( 51.9% - 62.4% )	86,125	432	790	<b>56.6%</b>	( 50.9% - 62.1% )
No		<b>41.6%</b>	( 36.5% - 46.8% )	79,158	362	983	<b>41.5%</b>	( 36.2% - 47.1% )
Clinical Breast Exam Annually (Women Ages 40+)								
Yes		<b>45%</b>	( 39% - 52% )	31,593	206	488	<b>41%</b>	( 36% - 47% )
No		<b>38%</b>	( 31% - 47% )	16,754	100	305	<b>35%</b>	( 28% - 43% )
Colorectal Screening (Ages 50+)								
Yes		<b>35.7%</b>	( 30.3% - 41.4% )	30,219	222	595	<b>34.0%</b>	( 28.6% - 39.9% )
No		<b>31%</b>	( 25% - 37% )	19,756	135	455	<b>27%</b>	( 21% - 33% )

# Hepatitis B Vaccinations, Adults (18 years of age and older), Alaska BRFSS, 2008: Standard (2008) Survey Instrument

Screening Question:

Have you ever received the hepatitis B vaccine? The hepatitis B vaccine is complete after the third shot is given.

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate		
	%	Observed Rate	95% CI	Individuals	n	N	%	95% CI	
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)									
Yes	45%	( 36% - 54% )		18,240	0	236	49%	( 39% - 59% )	
No	32%	( 26% - 39% )		22,056	0	453	32%	( 26% - 38% )	
Home Occult Blood Test (Ages 50+)									
Yes	DSU	( DSU - DSU )		DSU	DSU	167	DSU	( DSU - DSU )	
No	32.5%	( 28.1% - 37.1% )		39,786	284	864	30.4%	( 25.7% - 35.5% )	
Mammogram within Past 2 Years (Women Ages 40+)									
Yes	45.1%	( 39.3% - 51.0% )		34,906	239	559	42.8%	( 37.2% - 48.5% )	
No	38%	( 29% - 48% )		14,211	72	239	30%	( 24% - 37% )	
Oral Cancer Exam Annually									
Yes	49.9%	( 44.0% - 55.8% )		53,381	283	593	50.4%	( 42.2% - 58.7% )	
No	44.1%	( 39.9% - 48.3% )		122,044	584	1,470	42.0%	( 38.2% - 45.9% )	
Pap Test within Past 3 Years (Women Ages 18+)									
Yes	54.0%	( 48.8% - 59.2% )		67,448	372	754	50.4%	( 45.2% - 55.5% )	
No	DSU	( DSU - DSU )		DSU	DSU	138	DSU	( DSU - DSU )	
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)									
Yes	37%	( 30% - 45% )		19,072	121	321	41%	( 32% - 51% )	
No	36%	( 29% - 44% )		19,723	115	345	35%	( 28% - 44% )	
<b>Diagnoses</b>									
<b>Asthma</b>									
Asthma Diagnosis									
Yes	44%	( 34% - 54% )		30,722	557	313	42%	( 34% - 51% )	
No	46.7%	( 43.2% - 50.2% )		151,603	3,567	1,817	46.2%	( 42.7% - 49.8% )	
Current Asthma									
Yes	DSU	( DSU - DSU )		DSU	DSU	198	DSU	( DSU - DSU )	
No	DSU	( DSU - DSU )		DSU	DSU	98	DSU	( DSU - DSU )	

# Hepatitis B Vaccinations, Adults (18 years of age and older), Alaska BRFSS, 2008: Standard (2008) Survey Instrument

Screening Question:

Have you ever received the hepatitis B vaccine? The hepatitis B vaccine is complete after the third shot is given.

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	95% CI	Individuals	n	N		%	95% CI
<b>Cardiovascular and Cerebrovascular Disease</b>								
Cardiovascular Disease								
Yes	DSU	( DSU - DSU )	DSU	DSU	122		DSU	( DSU - DSU )
No	46.8%	( 43.3% - 50.4% )	175,896	3,841	1,993		45.4%	( 41.9% - 49.0% )
Heart Attack (Myocardial Infarction)								
Yes	DSU	( DSU - DSU )	DSU	DSU	80		DSU	( DSU - DSU )
No	46.5%	( 43.1% - 50.0% )	178,029	3,959	2,049		45.4%	( 41.9% - 48.9% )
Coronary Heart Disease (Angina)								
Yes	DSU	( DSU - DSU )	DSU	DSU	87		DSU	( DSU - DSU )
No	46.5%	( 43.1% - 50.0% )	177,536	3,933	2,038		45.2%	( 41.7% - 48.7% )
Stroke								
Yes	DSU	( DSU - DSU )	DSU	DSU	59		DSU	( DSU - DSU )
No	46.5%	( 43.1% - 49.9% )	179,801	4,021	2,073		45.5%	( 42.1% - 49.0% )
<b>Diabetes</b>								
Nongestational Diabetes								
Yes	DSU	( DSU - DSU )	DSU	DSU	154		DSU	( DSU - DSU )
No	45.0%	( 41.5% - 48.5% )	165,929	3,846	1,984		43.5%	( 40.1% - 47.0% )
Pre-Diabetes								
Yes	DSU	( DSU - DSU )	DSU	DSU	165		DSU	( DSU - DSU )
No	45.3%	( 41.7% - 49.0% )	152,590	3,491	1,807		43.6%	( 40.1% - 47.2% )
<b>Prostate Cancer</b>								
Prostate Cancer								
Yes	DSU	( DSU - DSU )	DSU	DSU	19		DSU	( DSU - DSU )
No	35.7%	( 30.7% - 41.0% )	39,219	245	692		35.8%	( 30.2% - 41.8% )

# Hepatitis B Vaccinations, Adults (18 years of age and older), Alaska BRFSS, 2008: Standard (2008) Survey Instrument

Screening Question:

Have you ever received the hepatitis B vaccine? The hepatitis B vaccine is complete after the third shot is given.

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	95% CI	Individuals	n	N		%	95% CI
<b>Risk Factors</b>								
<b>Alcohol</b>								
Binge Drinking								
Yes	41%	( 33% - 49% )	25,960	618	342		38%	( 31% - 47% )
No	47.1%	( 43.4% - 50.9% )	154,932	3,449	1,771		46.8%	( 43.0% - 50.7% )
Heavy Drinking								
Yes	DSU	( DSU - DSU )	DSU	DSU	127		DSU	( DSU - DSU )
No	47.1%	( 43.6% - 50.7% )	173,419	3,343	1,952		46.0%	( 42.5% - 49.6% )
<b>Physical Activity</b>								
Leisure Time Exercise								
Yes	48.2%	( 44.4% - 52.1% )	145,430	3,232	1,592		46.6%	( 42.6% - 50.6% )
No	39.4%	( 32.6% - 46.7% )	36,967	902	542		42.0%	( 35.2% - 49.1% )
<b>Tobacco Use</b>								
Cigarette Smoking Status								
Current Smoker	47%	( 39% - 54% )	37,657	858	470		43%	( 37% - 50% )
Former Smoker	45.2%	( 39.5% - 51.0% )	49,857	1,319	638		49.8%	( 44.3% - 55.2% )
Never Smoked	46.4%	( 41.5% - 51.3% )	94,901	1,951	1,024		44.8%	( 40.0% - 49.8% )
Smokeless Tobacco Status								
Current User	DSU	( DSU - DSU )	DSU	DSU	118		DSU	( DSU - DSU )
Former User	47%	( 39% - 55% )	34,894	714	379		47%	( 39% - 55% )
Never Used	46.2%	( 42.3% - 50.1% )	135,469	3,068	1,604		45.4%	( 41.5% - 49.4% )

## Hepatitis B Vaccinations, Adults (18 years of age and older), Alaska BRFSS, 2008: Standard (2008) Survey Instrument

Screening Question:		Have you ever received the hepatitis B vaccine? The hepatitis B vaccine is complete after the third shot is given.					
Response:		Yes					
		Observed Rate			Age-Adjusted Rate		
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI
<b>Weight Status</b>							
Weight Status							
Normal (BMI <25)	<b>48.2%</b>	( 41.8% - 54.5% )	64,781	1,277	666	<b>45.3%</b>	( 39.9% - 50.9% )
Overweight (BMI 25 to 30)	<b>44.2%</b>	( 39.0% - 49.5% )	66,820	1,506	791	<b>45.4%</b>	( 40.0% - 51.0% )
Obese (BMI ≥30)	<b>46.6%</b>	( 40.5% - 52.8% )	46,830	1,211	618	<b>48.1%</b>	( 42.3% - 53.9% )
Obese I (BMI 30 TO < 35)	<b>47%</b>	( 40% - 55% )	28,590	752	377	<b>49%</b>	( 42% - 57% )
Obese II & III (BMI ≥35)	<b>DSU</b>	( DSU - DSU )	DSU	DSU	241	<b>DSU</b>	( DSU - DSU )

### Appendix

#### Definitions:

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (n) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

#### Notes:

Data may include revisions, and may differ from those shown previously.



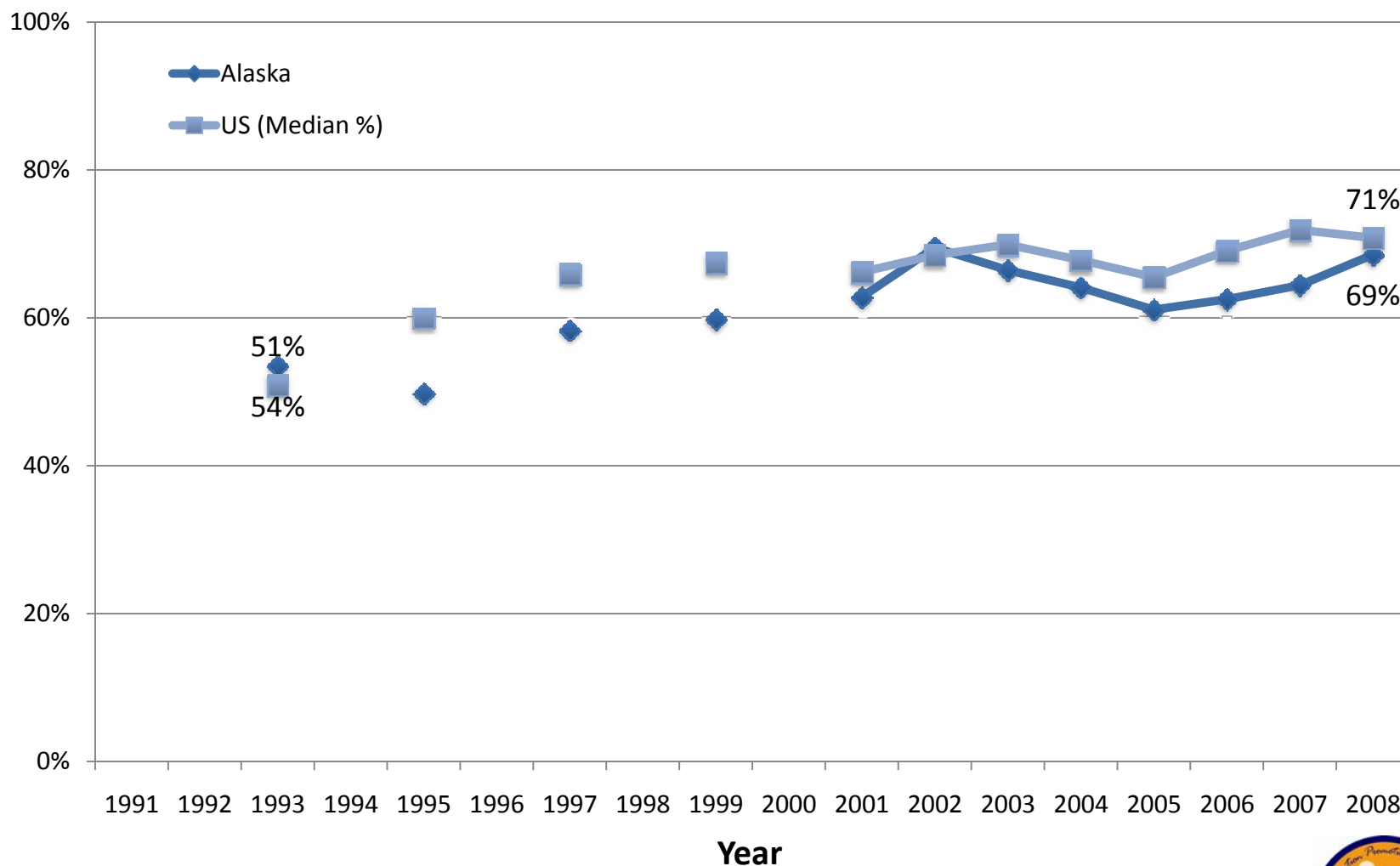
# Vaccinations – Influenza



- **Indicator:** Proportion of Alaskan adults age 65 years and older who had received a flu shot in the past 12 months
- **Data source:** 2008 Alaska Standard BRFSS survey
- **BRFSS Question:** A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot?
- **How are we doing?**
  - In 2008, 69% of Alaskan adults age 65 years and older had received a flu shot in the past 12 months.
- **How does Alaska compare with the US?**
  - The national median prevalence of flu shot in adults age 65 years and older was 71%, only slightly higher than the prevalence in Alaska.
  - Since 1993, the prevalence of flu shots in adults age 65 years and older has increased in both Alaska and the US.
- **How are different populations affected?**
  - The subgroup of respondents age 65 years and older reporting flu vaccination is small and we were unable to make many comparisons due to statistical unreliability.
  - Adults age 65 years and older who had ever had a hepatitis B shot were more likely to have had a flu shot in the past 12 months.
  - The prevalence of flu shot was 35% for adults 18 years and older and 31% for adults age 18 to 64 years.



# Flu Shot in Last 12 Months (Age 65+ Only): Alaska vs. Nationwide, 1993 – 2008 Alaska BRFSS



**Influenza Vaccination, Adults (65 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective: 14.29a: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question: A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot?

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate		
	%	Observed Rate		Individuals	n	N	%	95% CI	
<b>Total</b>	<b>69%</b>	(	62% - 74% )	33,701	234	364	<b>70%</b>	(	63% - 75% )
<b>Demographics</b>									
<b>Gender</b>									
Female	<b>64%</b>	(	54% - 72% )	16,355	126	202	<b>65%</b>	(	56% - 72% )
Male	<b>74%</b>	(	64% - 82% )	17,233	108	162	<b>75%</b>	(	64% - 83% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>									
Persons aged 65 to 74 years	<b>65%</b>	(	56% - 72% )	19,980	138	229	<b>NA</b>	(	NA - NA )
Persons aged 75 years and older	<b>75%</b>	(	64% - 83% )	13,578	96	135	<b>NA</b>	(	NA - NA )
<b>Race and Ethnicity</b>									
American Indian or Alaska Native	<b>DSU</b>	(	DSU - DSU )	DSU	DSU	53	<b>DSU</b>	(	DSU - DSU )
Asian or Pacific Islander	<b>DSU</b>	(	DSU - DSU )	DSU	DSU	4	<b>DSU</b>	(	DSU - DSU )
Asian	<b>DSU</b>	(	DSU - DSU )	DSU	DSU	4	<b>DSU</b>	(	DSU - DSU )
Native Hawaiian or Other Pacific Islander	<b>DNC</b>	(	DNC - DNC )	DNC	0	0	<b>DNC</b>	(	DNC - DNC )
Black or African American	<b>DSU</b>	(	DSU - DSU )	DSU	DSU	8	<b>DSU</b>	(	DSU - DSU )
White	<b>69%</b>	(	62% - 75% )	26,940	184	287	<b>70%</b>	(	63% - 76% )
Hispanic or Latino	<b>DSU</b>	(	DSU - DSU )	DSU	DSU	3	<b>DSU</b>	(	DSU - DSU )
Not Hispanic or Latino	<b>68%</b>	(	61% - 74% )	32,155	223	349	<b>69%</b>	(	62% - 75% )
Black or African American, not Hispanic/Latino	<b>DSU</b>	(	DSU - DSU )	DSU	DSU	8	<b>DSU</b>	(	DSU - DSU )
White, not Hispanic or Latino	<b>70%</b>	(	62% - 76% )	26,501	177	274	<b>71%</b>	(	63% - 77% )
<b>Alaska Native</b>									
Yes	<b>DSU</b>	(	DSU - DSU )	DSU	DSU	61	<b>DSU</b>	(	DSU - DSU )
No	<b>70%</b>	(	63% - 76% )	28,618	194	301	<b>71%</b>	(	64% - 77% )

**Influenza Vaccination, Adults (65 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

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Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question:

A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot?

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate		
	%	Observed Rate		Individuals	n	N	%	95% CI	
<b>Geographic Location</b>									
Anchorage & Vicinity	DSU	(	DSU - DSU )	DSU	DSU	85	DSU	(	DSU - DSU )
Fairbanks & Vicinity	DSU	(	DSU - DSU )	DSU	DSU	70	DSU	(	DSU - DSU )
Gulf Coast	DSU	(	DSU - DSU )	DSU	DSU	84	DSU	(	DSU - DSU )
Rural	DSU	(	DSU - DSU )	DSU	DSU	39	DSU	(	DSU - DSU )
Southeast	DSU	(	DSU - DSU )	DSU	DSU	86	DSU	(	DSU - DSU )
<b>Urban/Rural</b>									
Metropolitan Statistical Area	69%	(	59% - 77% )	21,587	97	152	70%	(	60% - 78% )
Micropolitan Statistical Area & Urban Clusters	67%	(	57% - 76% )	5,513	78	116	69%	(	59% - 78% )
Rural	DSU	(	DSU - DSU )	DSU	DSU	96	DSU	(	DSU - DSU )
<b>Education Level (persons aged 25 years and older)</b>									
Less than high school	DSU	(	DSU - DSU )	DSU	DSU	43	DSU	(	DSU - DSU )
High school graduate	DSU	(	DSU - DSU )	DSU	DSU	129	DSU	(	DSU - DSU )
At least some college	DSU	(	DSU - DSU )	DSU	DSU	98	DSU	(	DSU - DSU )
College Graduate	80%	(	69% - 88% )	9,214	67	91	81%	(	70% - 88% )
<b>Employment Status</b>									
Employed	DSU	(	DSU - DSU )	DSU	DSU	74	DSU	(	DSU - DSU )
Unemployed	DSU	(	DSU - DSU )	DSU	DSU	4	DSU	(	DSU - DSU )
Not in Workforce (Student, Homemaker, Retired)	71%	(	64% - 78% )	26,275	181	268	72%	(	64% - 78% )
Unable to work	DSU	(	DSU - DSU )	DSU	DSU	17	DSU	(	DSU - DSU )
<b>Marital Status</b>									
Married or Unwed Couple	72%	(	63% - 80% )	21,227	116	173	73%	(	63% - 81% )
Divorced/Separated	DSU	(	DSU - DSU )	DSU	DSU	112	DSU	(	DSU - DSU )
Widowed	DSU	(	DSU - DSU )	DSU	DSU	64	DSU	(	DSU - DSU )
Never Married	DSU	(	DSU - DSU )	DSU	DSU	11	DSU	(	DSU - DSU )

**Influenza Vaccination, Adults (65 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective: 14.29a: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question: A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot?

Response:				Yes							
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	Age-Adjusted Rate				
		95% CI					%	95% CI			
Income Level											
<\$15,000	DSU	(	DSU - DSU )	DSU	DSU	38	DSU	(	DSU - DSU )		
\$15,000 - \$24,999	DSU	(	DSU - DSU )	DSU	DSU	55	DSU	(	DSU - DSU )		
\$25,000 - \$49,999	DSU	(	DSU - DSU )	DSU	DSU	97	DSU	(	DSU - DSU )		
\$50,000 - \$74,999	DSU	(	DSU - DSU )	DSU	DSU	49	DSU	(	DSU - DSU )		
\$75,000	DSU	(	DSU - DSU )	DSU	DSU	52	DSU	(	DSU - DSU )		
Poverty Threshold											
Poor (<100% Poverty Threshold)	DSU	(	DSU - DSU )	DSU	DSU	14	DSU	(	DSU - DSU )		
Near Poor (100% to 199% Poverty Threshold)	DSU	(	DSU - DSU )	DSU	DSU	64	DSU	(	DSU - DSU )		
Middle/High Income (>=200% Poverty Threshold)	67%	(	58% - 74% )	18,245	132	213	69%	(	60% - 76% )		
Below Poverty Guidelines											
Yes	DSU	(	DSU - DSU )	DSU	DSU	21	DSU	(	DSU - DSU )		
No	67%	(	59% - 73% )	22,220	170	270	68%	(	61% - 75% )		
Veteran											
Yes	73%	(	62% - 82% )	13,927	88	127	DSU	(	DSU - DSU )		
No	65%	(	57% - 73% )	19,347	146	237	67%	(	59% - 74% )		
Health Status											
General Health											
Excellent to Very Good	DSU	(	DSU - DSU )	DSU	DSU	135	DSU	(	DSU - DSU )		
Good	DSU	(	DSU - DSU )	DSU	DSU	132	DSU	(	DSU - DSU )		
Fair/Poor	DSU	(	DSU - DSU )	DSU	DSU	93	DSU	(	DSU - DSU )		
Healthy Days (Mean Number of Days)											
Physical Health Not Good	6.9	(	4.7 - 9.1 )			220	7.1	(	4.9 - 9.3 )		
Mental Health Not Good	1.7	(	0.9 - 2.6 )			225	1.7	(	0.9 - 2.6 )		
Unhealthy Days (Physical or Mental Health Not Good)	7.5	(	5.2 - 9.7 )			216	7.6	(	5.3 - 9.9 )		

**Influenza Vaccination, Adults (65 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective: 14.29a: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question: A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot?

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate		
	%	Observed Rate		Individuals	n	N	%	95% CI	
Days with Activity Limitation	2.1	(	0.9 - 3.3	)		224	2.1	(	1.0 - 3.3
<b>Healthy Days (Percentage with 14 or More Days)</b>									
Physical Health Not Good	DSU	(	DSU - DSU	)	DSU	DSU	DSU	(	DSU - DSU
Mental Health Not Good	DSU	(	DSU - DSU	)	DSU	DSU	DSU	(	DSU - DSU
Unhealthy Days (Physical or Mental Health Not Good)	DSU	(	DSU - DSU	)	DSU	DSU	DSU	(	DSU - DSU
Activity Limitation	DSU	(	DSU - DSU	)	DSU	DSU	DSU	(	DSU - DSU
<b>Disability</b>									
Disabled									
Yes	73%	(	64% - 81%	)	17,235	115	73%	(	64% - 81%
No	64%	(	55% - 72%	)	15,969	116	67%	(	59% - 75%
Activity Limitation									
Yes	75%	(	64% - 82%	)	14,272	94	75%	(	65% - 83%
No	66%	(	57% - 73%	)	18,954	135	69%	(	60% - 76%
Require Special Equipment									
Yes	DSU	(	DSU - DSU	)	DSU	DSU	DSU	(	DSU - DSU
No	68%	(	60% - 74%	)	25,719	181	70%	(	63% - 77%
<b>Mental Health</b>									
Depression Measure (PHQ-8)									
No Depression	68%	(	59% - 75%	)	21,371	146	30%	(	23% - 37%
Mild Depression	DSU	(	DSU - DSU	)	DSU	DSU	DSU	(	DSU - DSU
Moderate to Severe Depression	DSU	(	DSU - DSU	)	DSU	DSU	DSU	(	DSU - DSU
Social and Emotional Support									
Always/Usually	71%	(	64% - 78%	)	26,760	172	73%	(	65% - 79%
Sometimes/Rarely/Never	DSU	(	DSU - DSU	)	DSU	DSU	DSU	(	DSU - DSU

**Influenza Vaccination, Adults (65 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

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Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question: A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot?

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate		
	%	Observed Rate		n		N	%	95% CI	
			95% CI	Individuals					
Life Satisfaction									
Very Satisfied / Satisfied	69%	(	62% - 75% )	31,713	214	332	70%	(	63% - 76% )
Dissatisfied / Very Dissatisfied	DSU	(	DSU - DSU )	DSU	DSU	18	DSU	(	DSU - DSU )
<b>Healthcare</b>									
<b>Healthcare Coverage</b>									
Health Plan									
Yes	70%	(	63% - 76% )	32,910	229	349	71%	(	64% - 77% )
No	DSU	(	DSU - DSU )	DSU	DSU	15	DSU	(	DSU - DSU )
<b>Immunization</b>									
Flu Shot Within Past 12 Months (Ages 65+)									
Yes	100%	(	0% - 0% )	33,468	234	234	100%	(	0% - 0% )
No	0%	(	0% - 0% )	0	0	130	0%	(	0% - 0% )
Ever Had Pneumonia Shot (Ages 65+)									
Yes	85%	(	78% - 90% )	25,781	178	217	85%	(	79% - 90% )
No	DSU	(	DSU - DSU )	DSU	DSU	129	DSU	(	DSU - DSU )
Ever Had Hepatitis B Shot									
Yes	88%	(	78% - 94% )	9,007	58	72	89%	(	79% - 94% )
No	61%	(	52% - 69% )	19,150	129	222	62%	(	53% - 70% )
<b>Screening</b>									
AIDS/HIV Screening (Ages 18-64)									
Yes	DNC	(	DNC - DNC )	DNC	0	0	DNC	(	DNC - DNC )
No	DNC	(	DNC - DNC )	DNC	0	0	DNC	(	DNC - DNC )
Clinical Breast Exam Annually (Women Ages 40+)									
Yes	DSU	(	DSU - DSU )	DSU	DSU	108	DSU	(	DSU - DSU )
No	DSU	(	DSU - DSU )	DSU	DSU	82	DSU	(	DSU - DSU )

**Influenza Vaccination, Adults (65 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

Healthy People 2010 Objective: 14.29a: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question: A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot?

Response:		Yes								
Population at Risk (See Appendix)		%	Observed Rate			n	N	Age-Adjusted Rate		
			95% CI	Individuals				%	95% CI	
Colorectal Screening (Ages 50+)										
Yes		79%	(	72% - 84%	)	26,531	180	245	80%	( 74% - 85% )
No		DSU	(	DSU - DSU	)	DSU	DSU	105	DSU	( DSU - DSU )
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)										
Yes		84%	(	73% - 91%	)	10,619	64	83	85%	( 75% - 92% )
No		DSU	(	DSU - DSU	)	DSU	DSU	67	DSU	( DSU - DSU )
Home Occult Blood Test (Ages 50+)										
Yes		DSU	(	DSU - DSU	)	DSU	DSU	81	DSU	( DSU - DSU )
No		69%	(	61% - 75%	)	24,903	163	261	69%	( 61% - 76% )
Mammogram within Past 2 Years (Women Ages 40+)										
Yes		75%	(	65% - 83%	)	13,443	101	143	76%	( 67% - 83% )
No		DSU	(	DSU - DSU	)	DSU	DSU	49	DSU	( DSU - DSU )
Oral Cancer Exam Annually										
Yes		DSU	(	DSU - DSU	)	DSU	DSU	103	DSU	( DSU - DSU )
No		68%	(	60% - 75%	)	22,018	142	232	68%	( 60% - 75% )
Pap Test within Past 3 Years (Women Ages 18+)										
Yes		DSU	(	DSU - DSU	)	DSU	DSU	65	DSU	( DSU - DSU )
No		DSU	(	DSU - DSU	)	DSU	DSU	38	DSU	( DSU - DSU )
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)										
Yes		76%	(	65% - 84%	)	12,845	79	114	77%	( 66% - 86% )
No		DSU	(	DSU - DSU	)	DSU	DSU	37	DSU	( DSU - DSU )



**Influenza Vaccination, Adults (65 years of age and older), Alaska BRFSS, 2008:  
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Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question: A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot?

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate		
	%	Observed Rate 95% CI	Individuals	n	N		%	95% CI	
<b>Diagnoses</b>									
<b>Asthma</b>									
Asthma Diagnosis									
Yes	DSU	( DSU - DSU )	DSU	DSU	49		DSU	( DSU - DSU )	
No	65%	( 58% - 72% )	26,062	197	313		66%	( 59% - 73% )	
Current Asthma									
Yes	DSU	( DSU - DSU )	DSU	DSU	35		DSU	( DSU - DSU )	
No	DSU	( DSU - DSU )	DSU	DSU	10		DSU	( DSU - DSU )	
<b>Cardiovascular and Cerebrovascular Disease</b>									
Cardiovascular Disease									
Yes	DSU	( DSU - DSU )	DSU	DSU	61		DSU	( DSU - DSU )	
No	67%	( 59% - 73% )	25,735	179	287		68%	( 61% - 75% )	
Heart Attack (Myocardial Infarction)									
Yes	DSU	( DSU - DSU )	DSU	DSU	47		DSU	( DSU - DSU )	
No	68%	( 61% - 75% )	28,078	197	310		70%	( 62% - 76% )	
Coronary Heart Disease (Angina)									
Yes	DSU	( DSU - DSU )	DSU	DSU	41		DSU	( DSU - DSU )	
No	66%	( 59% - 73% )	27,635	193	312		68%	( 61% - 74% )	
Stroke									
Yes	DSU	( DSU - DSU )	DSU	DSU	32		DSU	( DSU - DSU )	
No	68%	( 61% - 74% )	29,734	208	327		69%	( 62% - 75% )	
<b>Diabetes</b>									
Nongestational Diabetes									
Yes	DSU	( DSU - DSU )	DSU	DSU	58		DSU	( DSU - DSU )	
No	66%	( 59% - 73% )	26,160	188	306		67%	( 60% - 74% )	

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Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question:

A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot?

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate		
	%	Observed Rate		Individuals	n	N	%	95% CI	
Pre-Diabetes									
Yes	DSU	(	DSU - DSU )	DSU	DSU	38	DSU	(	DSU - DSU )
No	64%	(	56% - 71% )	21,112	159	264	66%	(	58% - 73% )
<b>Prostate Cancer</b>									
Prostate Cancer									
Yes	DSU	(	DSU - DSU )	DSU	DSU	17	DSU	(	DSU - DSU )
No	71%	(	61% - 80% )	13,701	91	141	DSU	(	DSU - DSU )
<b>Risk Factors</b>									
<b>Alcohol</b>									
Binge Drinking									
Yes	DSU	(	DSU - DSU )	DSU	DSU	12	DSU	(	DSU - DSU )
No	69%	(	62% - 75% )	32,304	222	344	70%	(	63% - 76% )
Heavy Drinking									
Yes	DSU	(	DSU - DSU )	DSU	DSU	16	DSU	(	DSU - DSU )
No	69%	(	62% - 75% )	30,846	211	329	70%	(	63% - 76% )
<b>Physical Activity</b>									
Leisure Time Exercise									
Yes	72%	(	63% - 79% )	21,331	144	214	73%	(	64% - 80% )
No	DSU	(	DSU - DSU )	DSU	DSU	142	DSU	(	DSU - DSU )
<b>Tobacco Use</b>									
Cigarette Smoking Status									
Current Smoker	DSU	(	DSU - DSU )	DSU	DSU	42	DSU	(	DSU - DSU )
Former Smoker	68%	(	59% - 76% )	15,675	112	181	69%	(	60% - 77% )
Never Smoked	DSU	(	DSU - DSU )	DSU	DSU	138	DSU	(	DSU - DSU )

**Influenza Vaccination, Adults (65 years of age and older), Alaska BRFSS, 2008:  
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Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question: A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot?

Response:					Yes					
Population at Risk (See Appendix)			Observed Rate		Individuals	n	N	Age-Adjusted Rate		
	%		95% CI	%				95% CI		
Smokeless Tobacco Status										
Current User	DSU	(	DSU -	DSU )	DSU	DSU	9	DSU	(	DSU - DSU )
Former User	DSU	(	DSU -	DSU )	DSU	DSU	45	DSU	(	DSU - DSU )
Never Used	69%	(	61% -	75% )	27,177	188	288	69%	(	62% - 76% )
Weight Status										
Weight Status										
Normal (BMI <25)	DSU	(	DSU -	DSU )	DSU	DSU	113	DSU	(	DSU - DSU )
Overweight (BMI 25 to 30)	DSU	(	DSU -	DSU )	DSU	DSU	130	DSU	(	DSU - DSU )
Obese (BMI ≥30)	DSU	(	DSU -	DSU )	DSU	DSU	106	DSU	(	DSU - DSU )
Obese I (BMI 30 TO < 35)	80%	(	69% -	88% )	8,145	58	77	DSU	(	DSU - DSU )
Obese II & III (BMI ≥35)	DSU	(	DSU -	DSU )	DSU	DSU	29	DSU	(	DSU - DSU )

# Influenza Vaccination, Adults (65 years of age and older), Alaska BRFSS, 2008: Standard (2008) Survey Instrument

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Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question: A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot?

Response:

Yes

Population at Risk (See Appendix)	%	Observed Rate					Age-Adjusted Rate	
		95% CI	Individuals	n	N		%	95% CI

## Appendix

### Definitions:

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (n) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

### Notes:

Data may include revisions, and may differ from those shown previously.

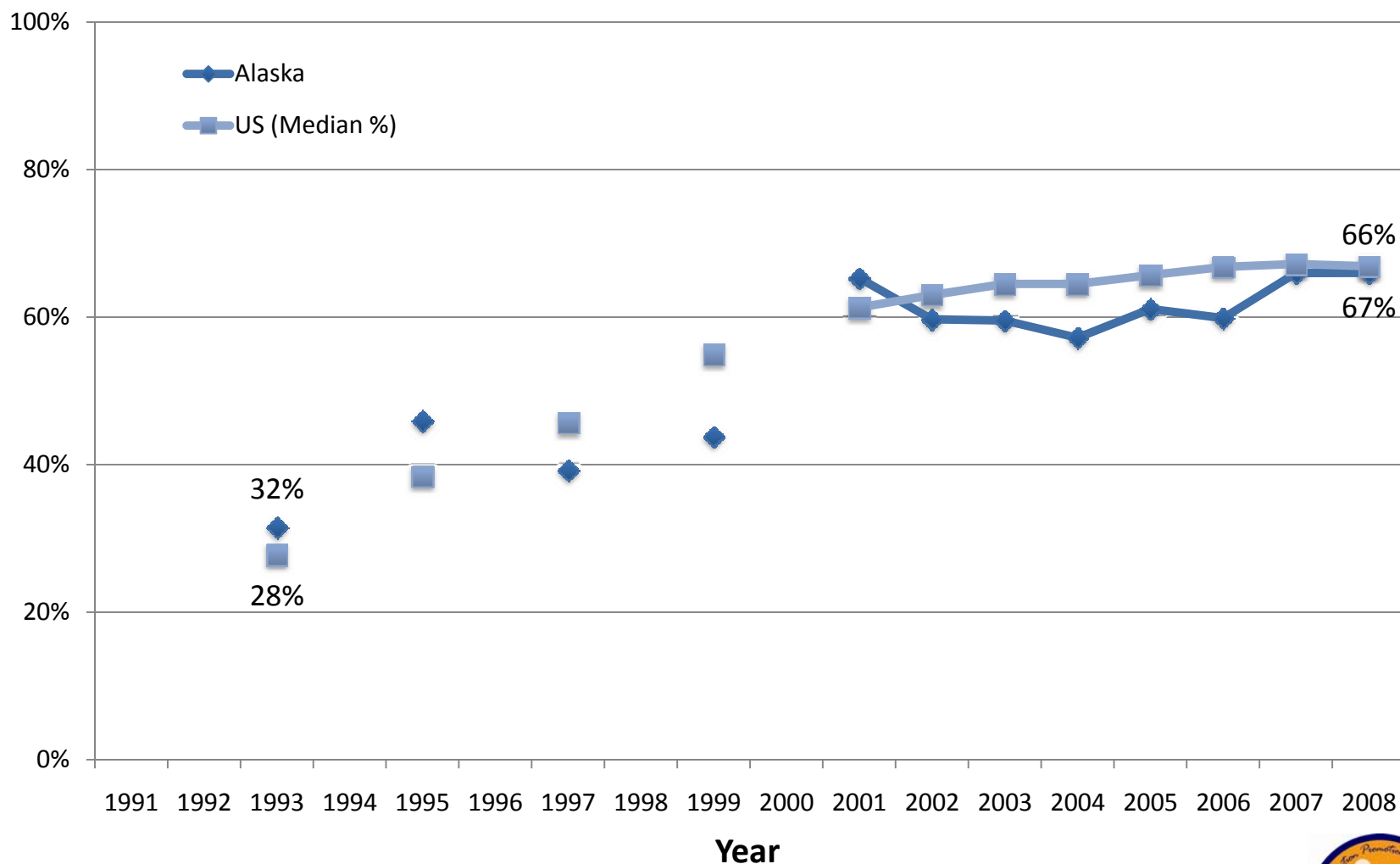
# Vaccinations – Pneumonia



- **Indicator:** Proportion of Alaskan adults age 65 years and older who had ever received a pneumonia shot.
- **Data source:** 2008 Alaska Standard BRFSS survey
- **BRFSS Question:** A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot?
- **How are we doing?**
  - In 2008, 66% of Alaskan adults age 65 years and older had ever received a pneumonia shot.
- **How does Alaska compare with the US?**
  - The national median prevalence of pneumonia shot in adults age 65 years and older was 67%, nearly identical to the prevalence in Alaska.
  - Since 1993, the prevalence of pneumonia shots in adults age 65 years and older has more than doubled in both Alaska and the US.
- **How are different populations affected?**
  - The subgroup of respondents age 65 years and older reporting pneumonia vaccination is small and we were unable to make many comparisons due to statistical unreliability.
  - Adults age 65 years and older who require special equipment due to a health problem were more likely to have had a pneumonia shot than those that did not require special equipment.



# Pneumonia Shot Ever (Age 65+ Only): Alaska vs. Nationwide, 1993 – 2008 Alaska BRFSS



**Pneumonia Vaccination, Adults (65 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

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Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question: A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot?

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate		
	%	Observed Rate		Individuals	n	N	%	95% CI	
<b>Total</b>	<b>66%</b>	(	59% - 72%	)	30,401	218	350	<b>66%</b>	( 59% - 73% )
<b>Demographics</b>									
<b>Gender</b>									
Female	<b>64%</b>	(	55% - 73%	)	15,702	127	199	<b>65%</b>	( 56% - 74% )
Male	<b>68%</b>	(	58% - 76%	)	14,639	91	151	<b>66%</b>	( 56% - 76% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>									
Persons aged 65 to 74 years	<b>65%</b>	(	57% - 73%	)	18,820	128	217	<b>NA</b>	( NA - NA )
Persons aged 75 years and older	<b>DSU</b>	(	DSU - DSU	)	DSU	DSU	133	<b>NA</b>	( NA - NA )
<b>Race and Ethnicity</b>									
American Indian or Alaska Native	<b>DSU</b>	(	DSU - DSU	)	DSU	DSU	50	<b>DSU</b>	( DSU - DSU )
Asian or Pacific Islander	<b>DSU</b>	(	DSU - DSU	)	DSU	DSU	4	<b>DSU</b>	( DSU - DSU )
Asian	<b>DSU</b>	(	DSU - DSU	)	DSU	DSU	4	<b>DSU</b>	( DSU - DSU )
Native Hawaiian or Other Pacific Islander	<b>DNC</b>	(	DNC - DNC	)	DNC	0	0	<b>DNC</b>	( DNC - DNC )
Black or African American	<b>DSU</b>	(	DSU - DSU	)	DSU	DSU	8	<b>DSU</b>	( DSU - DSU )
White	<b>67%</b>	(	59% - 74%	)	24,972	178	276	<b>67%</b>	( 59% - 74% )
Hispanic or Latino	<b>DSU</b>	(	DSU - DSU	)	DSU	DSU	2	<b>DSU</b>	( DSU - DSU )
Not Hispanic or Latino	<b>66%</b>	(	59% - 73%	)	29,397	210	336	<b>67%</b>	( 59% - 73% )
Black or African American, not Hispanic/Latino	<b>DSU</b>	(	DSU - DSU	)	DSU	DSU	8	<b>DSU</b>	( DSU - DSU )
White, not Hispanic or Latino	<b>67%</b>	(	59% - 74%	)	24,202	172	264	<b>68%</b>	( 60% - 75% )
<b>Alaska Native</b>									
Yes	<b>DSU</b>	(	DSU - DSU	)	DSU	DSU	58	<b>DSU</b>	( DSU - DSU )
No	<b>67%</b>	(	60% - 74%	)	26,205	186	290	<b>67%</b>	( 60% - 74% )

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Screening Question:

A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot?

Response:

Yes

Population at Risk (See Appendix)	Observed Rate						Age-Adjusted Rate		
	%	95% CI	Individuals	n	N		%	95% CI	
<b>Geographic Location</b>									
Anchorage & Vicinity	DSU	( DSU - DSU )	DSU	DSU	80		DSU	( DSU - DSU )	
Fairbanks & Vicinity	DSU	( DSU - DSU )	DSU	DSU	68		DSU	( DSU - DSU )	
Gulf Coast	DSU	( DSU - DSU )	DSU	DSU	81		DSU	( DSU - DSU )	
Rural	DSU	( DSU - DSU )	DSU	DSU	37		DSU	( DSU - DSU )	
Southeast	DSU	( DSU - DSU )	DSU	DSU	84		DSU	( DSU - DSU )	
<b>Urban/Rural</b>									
Metropolitan Statistical Area	68%	( 59% - 77% )	19,689	93	145		68%	( 58% - 77% )	
Micropolitan Statistical Area & Urban Clusters	63%	( 53% - 72% )	5,019	71	110		DSU	( DSU - DSU )	
Rural	DSU	( DSU - DSU )	DSU	DSU	95		DSU	( DSU - DSU )	
<b>Education Level (persons aged 25 years and older)</b>									
Less than high school	DSU	( DSU - DSU )	DSU	DSU	41		DSU	( DSU - DSU )	
High school graduate	DSU	( DSU - DSU )	DSU	DSU	127		DSU	( DSU - DSU )	
At least some college	DSU	( DSU - DSU )	DSU	DSU	93		DSU	( DSU - DSU )	
College Graduate	80%	( 70% - 88% )	8,672	61	86		79%	( 68% - 87% )	
<b>Employment Status</b>									
Employed	DSU	( DSU - DSU )	DSU	DSU	72		DSU	( DSU - DSU )	
Unemployed	DSU	( DSU - DSU )	DSU	DSU	4		DSU	( DSU - DSU )	
Not in Workforce (Student, Homemaker, Retired)	68%	( 60% - 75% )	23,369	166	256		68%	( 60% - 75% )	
Unable to work	DSU	( DSU - DSU )	DSU	DSU	17		DSU	( DSU - DSU )	
<b>Marital Status</b>									
Married or Unwed Couple	68%	( 58% - 76% )	18,549	103	165		68%	( 58% - 77% )	
Divorced/Separated	DSU	( DSU - DSU )	DSU	DSU	112		DSU	( DSU - DSU )	
Widowed	DSU	( DSU - DSU )	DSU	DSU	60		DSU	( DSU - DSU )	
Never Married	DSU	( DSU - DSU )	DSU	DSU	10		DSU	( DSU - DSU )	



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Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question:

A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot?

Response:

Yes

Population at Risk (See Appendix)	Observed Rate						Age-Adjusted Rate				
	%	95% CI		Individuals	n	N	%	95% CI			
Income Level											
<\$15,000	DSU	(	DSU -	DSU )	DSU	DSU	38	DSU	(	DSU -	DSU )
\$15,000 - \$24,999	DSU	(	DSU -	DSU )	DSU	DSU	55	DSU	(	DSU -	DSU )
\$25,000 - \$49,999	DSU	(	DSU -	DSU )	DSU	DSU	92	DSU	(	DSU -	DSU )
\$50,000 - \$74,999	DSU	(	DSU -	DSU )	DSU	DSU	48	DSU	(	DSU -	DSU )
\$75,000	DSU	(	DSU -	DSU )	DSU	DSU	51	DSU	(	DSU -	DSU )
Poverty Threshold											
Poor (<100% Poverty Threshold)	DSU	(	DSU -	DSU )	DSU	DSU	15	DSU	(	DSU -	DSU )
Near Poor (100% to 199% Poverty Threshold)	DSU	(	DSU -	DSU )	DSU	DSU	63	DSU	(	DSU -	DSU )
Middle/High Income (≥200% Poverty Threshold)	66%	(	57% -	74% )	17,111	129	206	66%	(	57% -	74% )
Below Poverty Guidelines											
Yes	DSU	(	DSU -	DSU )	DSU	DSU	22	DSU	(	DSU -	DSU )
No	67%	(	60% -	74% )	21,376	167	262	67%	(	60% -	75% )
Veteran											
Yes	73%	(	63% -	82% )	12,923	81	121	DSU	(	DSU -	DSU )
No	61%	(	53% -	69% )	17,299	137	229	62%	(	53% -	70% )
Health Status											
General Health											
Excellent to Very Good	DSU	(	DSU -	DSU )	DSU	DSU	127	DSU	(	DSU -	DSU )
Good	DSU	(	DSU -	DSU )	DSU	DSU	126	DSU	(	DSU -	DSU )
Fair/Poor	DSU	(	DSU -	DSU )	DSU	DSU	94	DSU	(	DSU -	DSU )
Healthy Days (Mean Number of Days)											
Physical Health Not Good	6.9	(	4.6 -	9.3 )			205	7.3	(	4.8 -	9.7 )
Mental Health Not Good	2.0	(	1.0 -	2.9 )			210	1.9	(	0.9 -	2.9 )
Unhealthy Days (Physical or Mental Health Not Good)	8.0	(	5.6 -	10.4 )			201	8.4	(	5.9 -	10.9 )
Days with Activity Limitation	2.9	(	1.5 -	4.3 )			210	2.9	(	1.5 -	4.3 )

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Screening Question:

A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot?

Response:

Yes

Population at Risk (See Appendix)	Observed Rate			Age-Adjusted Rate		
	%	95% CI	Individuals	%	95% CI	
<b>Healthy Days (Percentage with 14 or More Days)</b>						
Physical Health Not Good	DSU (	DSU - DSU )	DSU	DSU	68	DSU ( DSU - DSU )
Mental Health Not Good	DSU (	DSU - DSU )	DSU	DSU	28	DSU ( DSU - DSU )
Unhealthy Days (Physical or Mental Health Not Good)	DSU (	DSU - DSU )	DSU	DSU	76	DSU ( DSU - DSU )
Activity Limitation	DSU (	DSU - DSU )	DSU	DSU	33	DSU ( DSU - DSU )
<b>Disability</b>						
Disabled						
Yes	71% (	60% - 80% )	15,622	111	161	71% ( 60% - 80% )
No	61% (	52% - 70% )	14,546	104	186	61% ( 51% - 70% )
Activity Limitation						
Yes	DSU (	DSU - DSU )	DSU	DSU	132	DSU ( DSU - DSU )
No	64% (	55% - 72% )	17,671	122	212	64% ( 56% - 72% )
Require Special Equipment						
Yes	81% (	70% - 88% )	8,441	56	79	81% ( 69% - 88% )
No	62% (	54% - 69% )	22,097	162	271	61% ( 52% - 69% )
<b>Mental Health</b>						
Depression Measure (PHQ-8)						
No Depression	62% (	53% - 70% )	18,430	130	215	39% ( 31% - 48% )
Mild Depression	DSU (	DSU - DSU )	DSU	DSU	32	DSU ( DSU - DSU )
Moderate to Severe Depression	DSU (	DSU - DSU )	DSU	DSU	13	DSU ( DSU - DSU )
Social and Emotional Support						
Always/Usually	66% (	58% - 74% )	23,600	156	248	67% ( 59% - 74% )
Sometimes/Rarely/Never	DSU (	DSU - DSU )	DSU	DSU	78	DSU ( DSU - DSU )

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Standard (2008) Survey Instrument**

Healthy People 2010 Objective: 14.29b: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question: A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot?

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate		
	%	Observed Rate		n	N		%	95% CI	
		95% CI	Individuals						
Life Satisfaction									
Very Satisfied / Satisfied	66%	( 58% - 72% )	28,513	197	318		66%	( 58% - 72% )	
Dissatisfied / Very Dissatisfied	DSU	( DSU - DSU )	DSU	DSU	18		DSU	( DSU - DSU )	
<b>Healthcare</b>									
<b>Healthcare Coverage</b>									
Health Plan									
Yes	68%	( 61% - 74% )	30,103	216	336		68%	( 61% - 74% )	
No	DSU	( DSU - DSU )	DSU	DSU	14		DSU	( DSU - DSU )	
<b>Immunization</b>									
Flu Shot Within Past 12 Months (Ages 65+)									
Yes	81%	( 73% - 87% )	25,530	178	222		81%	( 73% - 87% )	
No	DSU	( DSU - DSU )	DSU	DSU	124		DSU	( DSU - DSU )	
Ever Had Pneumonia Shot (Ages 65+)									
Yes	100%	( 0% - 0% )	30,397	218	218		100%	( 0% - 0% )	
No	0%	( 0% - 0% )	0	0	132		0%	( 0% - 0% )	
Ever Had Hepatitis B Shot									
Yes	DSU	( DSU - DSU )	DSU	DSU	66		DSU	( DSU - DSU )	
No	62%	( 53% - 70% )	18,468	126	218		62%	( 53% - 70% )	
<b>Screening</b>									
AIDS/HIV Screening (Ages 18-64)									
Yes	DNC	( DNC - DNC )	DNC	0	0		DNC	( DNC - DNC )	
No	DNC	( DNC - DNC )	DNC	0	0		DNC	( DNC - DNC )	
Clinical Breast Exam Annually (Women Ages 40+)									
Yes	DSU	( DSU - DSU )	DSU	DSU	106		DSU	( DSU - DSU )	
No	DSU	( DSU - DSU )	DSU	DSU	81		DSU	( DSU - DSU )	

**Pneumonia Vaccination, Adults (65 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

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**Screening Question:**

A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot?

Population at Risk (See Appendix)	Response:		Observed Rate			Yes		Age-Adjusted Rate		
		%	95% CI	Individuals	n	N		%	95% CI	
Colorectal Screening (Ages 50+)										
Yes		75%	( 67% - 82% )	24,010	169	237		75%	( 67% - 82% )	
No		DSU	( DSU - DSU )	DSU	DSU	99		DSU	( DSU - DSU )	
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)										
Yes		DSU	( DSU - DSU )	DSU	DSU	77		DSU	( DSU - DSU )	
No		DSU	( DSU - DSU )	DSU	DSU	63		DSU	( DSU - DSU )	
Home Occult Blood Test (Ages 50+)										
Yes		DSU	( DSU - DSU )	DSU	DSU	78		DSU	( DSU - DSU )	
No		65%	( 57% - 73% )	22,130	150	251		65%	( 57% - 73% )	
Mammogram within Past 2 Years (Women Ages 40+)										
Yes		DSU	( DSU - DSU )	DSU	DSU	137		DSU	( DSU - DSU )	
No		DSU	( DSU - DSU )	DSU	DSU	51		DSU	( DSU - DSU )	
Oral Cancer Exam Annually										
Yes		DSU	( DSU - DSU )	DSU	DSU	100		DSU	( DSU - DSU )	
No		61%	( 52% - 69% )	18,183	123	220		61%	( 52% - 69% )	
Pap Test within Past 3 Years (Women Ages 18+)										
Yes		DSU	( DSU - DSU )	DSU	DSU	64		DSU	( DSU - DSU )	
No		DSU	( DSU - DSU )	DSU	DSU	39		DSU	( DSU - DSU )	
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)										
Yes		DSU	( DSU - DSU )	DSU	DSU	108		DSU	( DSU - DSU )	
No		DSU	( DSU - DSU )	DSU	DSU	33		DSU	( DSU - DSU )	

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Screening Question:

A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot?

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate		
	%	Observed Rate 95% CI	Individuals	n	N		%	95% CI	
<b>Diagnoses</b>									
<b>Asthma</b>									
Asthma Diagnosis									
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	47		<b>DSU</b>	( DSU - DSU )	
No	<b>63%</b>	( 56% - 70% )	23,786	179	301		<b>64%</b>	( 56% - 71% )	
Current Asthma									
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	33		<b>DSU</b>	( DSU - DSU )	
No	<b>DSU</b>	( DSU - DSU )	DSU	DSU	10		<b>DSU</b>	( DSU - DSU )	
<b>Cardiovascular and Cerebrovascular Disease</b>									
Cardiovascular Disease									
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	59		<b>DSU</b>	( DSU - DSU )	
No	<b>65%</b>	( 57% - 72% )	23,708	167	278		<b>65%</b>	( 57% - 72% )	
Heart Attack (Myocardial Infarction)									
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	45		<b>DSU</b>	( DSU - DSU )	
No	<b>65%</b>	( 58% - 72% )	25,121	181	299		<b>65%</b>	( 58% - 72% )	
Coronary Heart Disease (Angina)									
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	39		<b>DSU</b>	( DSU - DSU )	
No	<b>65%</b>	( 58% - 72% )	25,957	184	303		<b>66%</b>	( 58% - 73% )	
Stroke									
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	32		<b>DSU</b>	( DSU - DSU )	
No	<b>66%</b>	( 59% - 73% )	27,048	196	314		<b>66%</b>	( 59% - 73% )	
<b>Diabetes</b>									
Nongestational Diabetes									
Yes	<b>DSU</b>	( DSU - DSU )	DSU	DSU	53		<b>DSU</b>	( DSU - DSU )	
No	<b>63%</b>	( 55% - 70% )	23,565	180	297		<b>63%</b>	( 56% - 70% )	

**Pneumonia Vaccination, Adults (65 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

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**Screening Question:**

A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot?

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate		
	%	Observed Rate		Individuals	n	N	%	95% CI	
Pre-Diabetes									
Yes	DSU	(	DSU - DSU )	DSU	DSU	37	DSU	(	DSU - DSU )
No	61%	(	53% - 68% )	18,790	153	256	62%	(	53% - 69% )
<b>Prostate Cancer</b>									
Prostate Cancer									
Yes	DSU	(	DSU - DSU )	DSU	DSU	16	DSU	(	DSU - DSU )
No	67%	(	56% - 76% )	11,797	79	131	DSU	(	DSU - DSU )
<b>Risk Factors</b>									
<b>Alcohol</b>									
Binge Drinking									
Yes	DSU	(	DSU - DSU )	DSU	DSU	11	DSU	(	DSU - DSU )
No	66%	(	59% - 72% )	29,111	206	331	66%	(	59% - 72% )
Heavy Drinking									
Yes	DSU	(	DSU - DSU )	DSU	DSU	15	DSU	(	DSU - DSU )
No	66%	(	59% - 72% )	27,748	197	317	66%	(	59% - 73% )
<b>Physical Activity</b>									
Leisure Time Exercise									
Yes	67%	(	57% - 75% )	18,380	132	204	67%	(	57% - 75% )
No	65%	(	55% - 75% )	11,253	82	138	DSU	(	DSU - DSU )
<b>Tobacco Use</b>									
Cigarette Smoking Status									
Current Smoker	DSU	(	DSU - DSU )	DSU	DSU	41	DSU	(	DSU - DSU )
Former Smoker	70%	(	61% - 78% )	15,492	116	173	71%	(	61% - 78% )
Never Smoked	DSU	(	DSU - DSU )	DSU	DSU	133	DSU	(	DSU - DSU )

**Pneumonia Vaccination, Adults (65 years of age and older), Alaska BRFSS, 2008:  
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Screening Question:

A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot?

Response:

Yes

Population at Risk (See Appendix)	Observed Rate			Age-Adjusted Rate		
	%	95% CI	Individuals	%	95% CI	
Smokeless Tobacco Status						
Current User	DSU ( DSU - DSU )	DSU	DSU	8	DSU ( DSU - DSU )	
Former User	DSU ( DSU - DSU )	DSU	DSU	43	DSU ( DSU - DSU )	
Never Used	65% ( 57% - 72% )	23,993	172	277	65% ( 57% - 72% )	
Weight Status						
Normal (BMI <25)	DSU ( DSU - DSU )	DSU	DSU	111	DSU ( DSU - DSU )	
Overweight (BMI 25 to 30)	DSU ( DSU - DSU )	DSU	DSU	124	DSU ( DSU - DSU )	
Obese (BMI ≥30)	DSU ( DSU - DSU )	DSU	DSU	101	DSU ( DSU - DSU )	
Obese I (BMI 30 TO < 35)	84% ( 74% - 90% )	7,800	56	72	85% ( 74% - 91% )	
Obese II & III (BMI ≥35)	DSU ( DSU - DSU )	DSU	DSU	29	DSU ( DSU - DSU )	

**Pneumonia Vaccination, Adults (65 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) Survey Instrument**

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Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question: A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot?

Response: Yes

Population at Risk (See Appendix)	%	Observed Rate					Age-Adjusted Rate	
		95% CI	Individuals	n	N		%	95% CI

**Appendix**

**Definitions:**

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (n) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

**Notes:**

Data may include revisions, and may differ from those shown previously.



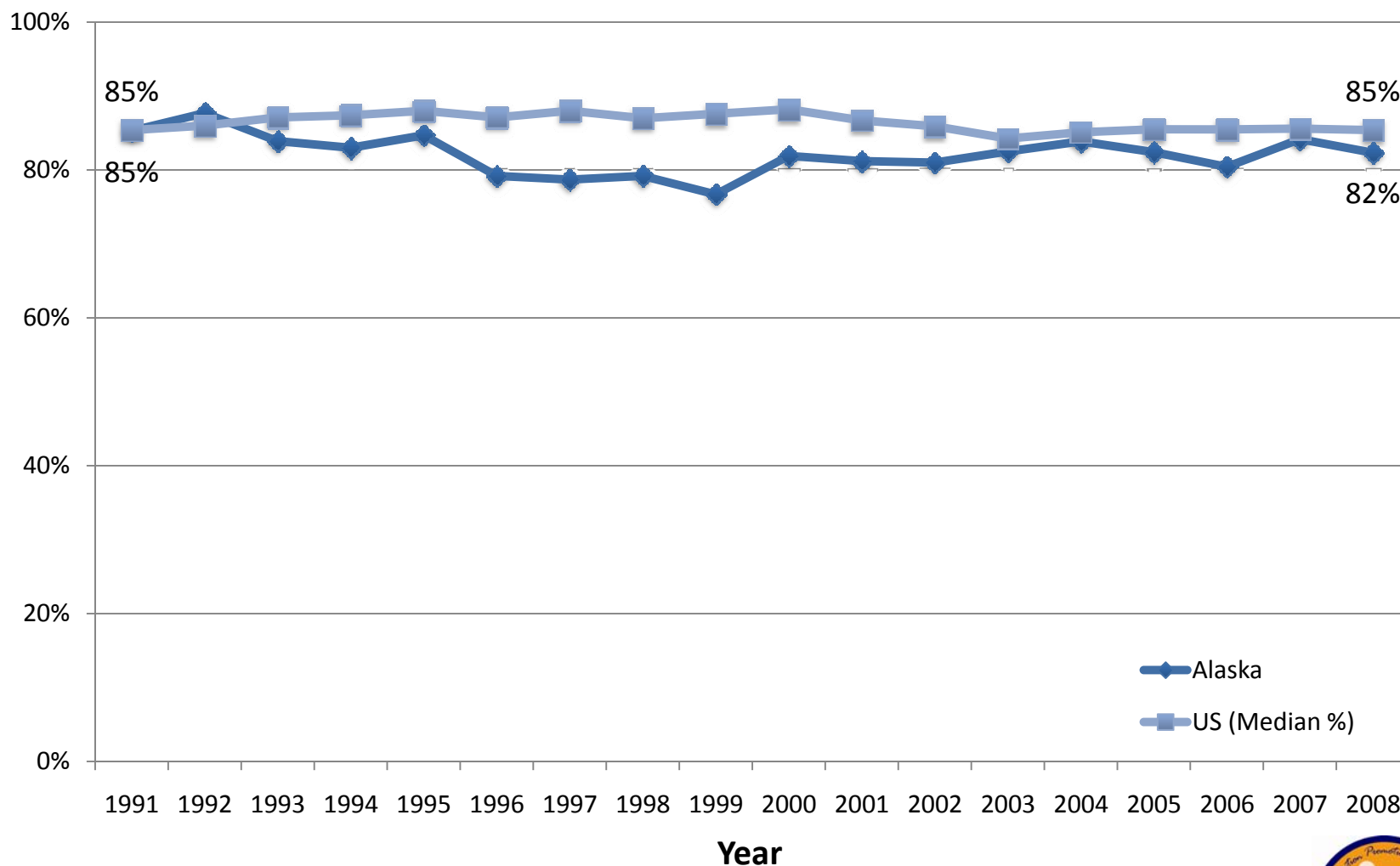
# Health Care Access



- **Indicator:** Proportion of Alaskan adults with health care coverage.
- **Data source:** 2008 Alaska Standard and Modified BRFSS surveys combined
- **BRFSS Question:** Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare, Native Health Service or Indian Health Service?
- **How are we doing?**
  - In 2008, 82% of Alaskan adults had health care coverage.
- **How does Alaska compare with the US?**
  - The national median prevalence of having health care coverage was 85%, only slightly above the prevalence in Alaska.
  - Since 1991, the prevalence of having health care coverage has remained fairly steady in both Alaska and the US.
- **How are different populations affected?**
  - The prevalence of having health care coverage increased with age, education level and income in 2008.
  - Asian or Pacific Islander adults were less likely to have healthcare coverage than other race groups.
  - Alaskans who live in the rural area of Alaska were less likely to have healthcare coverage than those that live in non-rural areas.
  - Unemployed adults, non-Veterans, and those who sometimes, rarely or never get the social and emotional support they need were less likely to have health care coverage than adults not in these groups.
  - Current smoking, not having diabetes, not having cardiovascular disease, not having a flu shot in the past 12 months, and never having had a pneumonia shot were associated with not having healthcare coverage in 2008.



# Have Health Insurance: Alaska vs. Nationwide 1991 – 2008 Alaska BRFSS



**Healthcare Access, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		1.1: Increase the proportion of persons with health insurance to 100%.					
Healthy Alaskans 2010 Objective:		15.1: Reduce the percent of Alaskans without health insurance coverage throughout the year to 5%.					
Screening Question:		Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare, Native Health Service or Indian Health Service?					
Response:		Yes					
Population at Risk (See Appendix)	Observed Rate					Age-Adjusted Rate	
	%	95% CI	Individuals	n	N	%	95% CI
<b>Total</b>	<b>82.3%</b>	( 80.4% - 84.1% )	407,360	4,152	4,916	<b>83.2%</b>	( 81.4% - 84.8% )
<b>Demographics</b>							
<b>Gender</b>							
Female	<b>84.4%</b>	( 81.9% - 86.6% )	202,838	2,293	2,653	<b>85.0%</b>	( 82.6% - 87.1% )
Male	<b>80.4%</b>	( 77.5% - 83.0% )	204,523	1,859	2,263	<b>81.6%</b>	( 78.9% - 84.0% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>							
Persons aged 18 to 24 years	<b>65%</b>	( 56% - 73% )	42,442	184	269	<b>NA</b>	( NA - NA )
Persons aged 25 to 34 years	<b>78.8%</b>	( 74.2% - 82.8% )	81,255	642	799	<b>NA</b>	( NA - NA )
Persons aged 35 to 44 years	<b>82.8%</b>	( 78.8% - 86.1% )	79,868	780	922	<b>NA</b>	( NA - NA )
Persons aged 45 to 64 years	<b>86.5%</b>	( 84.4% - 88.4% )	155,830	1,908	2,262	<b>NA</b>	( NA - NA )
Persons aged 65 years and older	<b>96.3%</b>	( 93.7% - 97.9% )	47,882	638	664	<b>NA</b>	( NA - NA )
<b>Race and Ethnicity</b>							
American Indian or Alaska Native	<b>83.5%</b>	( 80.0% - 86.5% )	56,974	769	931	<b>84.3%</b>	( 80.9% - 87.2% )
Asian or Pacific Islander	<b>58%</b>	( 43% - 72% )	11,019	91	125	<b>64%</b>	( 52% - 75% )
Asian	<b>55%</b>	( 38% - 71% )	8,476	71	98	<b>61%</b>	( 48% - 74% )
Native Hawaiian or Other Pacific Islander	<b>DSU</b>	( DSU - DSU )	DSU	20	27	<b>DSU</b>	( DSU - DSU )
Black or African American	<b>DSU</b>	( DSU - DSU )	DSU	64	79	<b>DSU</b>	( DSU - DSU )
White	<b>83.6%</b>	( 81.4% - 85.5% )	311,006	3,045	3,556	<b>84.0%</b>	( 81.8% - 85.9% )
Hispanic or Latino	<b>78%</b>	( 65% - 87% )	13,514	107	134	<b>81%</b>	( 71% - 88% )
Not Hispanic or Latino	<b>82.5%</b>	( 80.5% - 84.3% )	389,195	3,992	4,715	<b>83.3%</b>	( 81.4% - 85.0% )
Black or African American, not Hispanic/Latino	<b>DSU</b>	( DSU - DSU )	DSU	28	34	<b>DSU</b>	( DSU - DSU )
White, not Hispanic or Latino	<b>83.2%</b>	( 81.0% - 85.2% )	298,493	2,932	3,429	<b>83.5%</b>	( 81.2% - 85.5% )
<b>Alaska Native</b>							
Yes	<b>84.5%</b>	( 81.2% - 87.2% )	64,729	856	1,027	<b>85.2%</b>	( 82.0% - 87.8% )
No	<b>82.1%</b>	( 79.9% - 84.1% )	339,540	3,261	3,844	<b>82.8%</b>	( 80.7% - 84.7% )

**Healthcare Access, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		1.1: Increase the proportion of persons with health insurance to 100%.						
Healthy Alaskans 2010 Objective:		15.1: Reduce the percent of Alaskans without health insurance coverage throughout the year to 5%.						
Screening Question:		Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare, Native Health Service or Indian Health Service?						
Response:		Yes						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI	
<b>Geographic Location</b>								
Anchorage & Vicinity	82.2%	( 78.9% - 85.1% )	222,115	879	1,020	83.3%	( 80.2% - 85.9% )	
Fairbanks & Vicinity	86.0%	( 82.9% - 88.6% )	58,983	884	1,013	87.4%	( 84.8% - 89.7% )	
Gulf Coast	80.1%	( 76.8% - 83.1% )	44,963	832	1,012	79.3%	( 75.6% - 82.5% )	
Rural	77.9%	( 74.4% - 81.1% )	36,252	765	950	78.9%	( 75.4% - 82.0% )	
Southeast	84.3%	( 81.2% - 87.0% )	45,047	792	921	83.9%	( 80.4% - 86.8% )	
<b>Urban/Rural</b>								
Metropolitan Statistical Area	83.0%	( 80.3% - 85.4% )	275,576	1,715	1,971	84.3%	( 81.8% - 86.4% )	
Micropolitan Statistical Area & Urban Clusters	84.7%	( 82.2% - 86.9% )	69,116	1,268	1,454	84.2%	( 81.6% - 86.5% )	
Rural	77.1%	( 74.1% - 79.9% )	62,668	1,169	1,491	77.8%	( 74.6% - 80.7% )	
<b>Education Level (persons aged 25 years and older)</b>								
Less than high school	77%	( 70% - 83% )	21,225	252	328	77%	( 70% - 82% )	
High school graduate	77.3%	( 73.5% - 80.7% )	96,204	1,076	1,364	78.9%	( 75.5% - 82.0% )	
At least some college	85.4%	( 82.2% - 88.1% )	111,959	1,179	1,375	86.4%	( 83.3% - 89.0% )	
College Graduate	92.6%	( 90.4% - 94.3% )	135,032	1,453	1,568	93.0%	( 90.8% - 94.6% )	
<b>Employment Status</b>								
Employed	82.9%	( 80.5% - 85.0% )	275,428	2,751	3,245	84.2%	( 82.0% - 86.1% )	
Unemployed	60%	( 51% - 68% )	21,196	213	339	64%	( 56% - 72% )	
Not in Workforce (Student, Homemaker, Retired)	88.1%	( 84.5% - 90.9% )	95,559	987	1,092	85.6%	( 81.2% - 89.2% )	
Unable to work	83%	( 73% - 90% )	14,218	188	217	84%	( 73% - 90% )	
<b>Marital Status</b>								
Married or Unwed Couple	85.9%	( 83.8% - 87.8% )	285,744	2,586	2,951	85.6%	( 83.2% - 87.7% )	
Divorced/Separated	76.5%	( 71.4% - 81.0% )	42,935	673	848	75.3%	( 65.8% - 82.9% )	
Widowed	90%	( 83% - 95% )	16,221	287	311	65%	( 54% - 75% )	
Never Married	70.9%	( 64.6% - 76.5% )	61,323	587	779	78.7%	( 74.5% - 82.4% )	

**Healthcare Access, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

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Healthy Alaskans 2010 Objective:		15.1: Reduce the percent of Alaskans without health insurance coverage throughout the year to 5%.					
Screening Question:		Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare, Native Health Service or Indian Health Service?					
Response:		Yes					
Population at Risk (See Appendix)	Observed Rate			Age-Adjusted Rate			
	%	95% CI	Individuals	n	N	%	95% CI
Income Level							
<\$15,000	69%	( 61% - 77% )	21,180	269	383	70%	( 62% - 77% )
\$15,000 - \$24,999	70.5%	( 63.2% - 76.8% )	30,890	389	523	71.3%	( 64.7% - 77.1% )
\$25,000 - \$49,999	73.9%	( 68.9% - 78.4% )	79,352	871	1,084	75.6%	( 71.3% - 79.5% )
\$50,000 - \$74,999	84.3%	( 79.6% - 88.1% )	69,813	755	854	83.9%	( 78.4% - 88.1% )
\$75,000	94.1%	( 92.0% - 95.7% )	162,034	1,436	1,531	93.8%	( 91.0% - 95.8% )
Poverty Threshold							
Poor (<100% Poverty Threshold)	60%	( 51% - 69% )	20,943	228	351	63%	( 55% - 70% )
Near Poor (100% to 199% Poverty Threshold)	72.6%	( 66.2% - 78.1% )	49,679	534	708	74.5%	( 69.3% - 79.1% )
Middle/High Income (>=200% Poverty Threshold)	87.7%	( 85.7% - 89.5% )	292,559	2,958	3,316	87.7%	( 85.6% - 89.6% )
Below Poverty Guidelines							
Yes	63%	( 56% - 70% )	31,378	329	480	66%	( 60% - 72% )
No	85.7%	( 83.7% - 87.5% )	331,735	3,391	3,895	86.0%	( 83.9% - 87.8% )
Veteran							
Yes	93%	( 88% - 96% )	89,784	450	491	94%	( 90% - 96% )
No	80.5%	( 77.1% - 83.4% )	321,156	1,811	2,157	82.2%	( 79.4% - 84.8% )
Health Status							
General Health							
Excellent to Very Good	85.0%	( 82.5% - 87.2% )	235,943	2,236	2,586	86.7%	( 84.6% - 88.6% )
Good	78.1%	( 74.3% - 81.5% )	115,518	1,274	1,542	77.5%	( 74.0% - 80.6% )
Fair/Poor	80.8%	( 75.8% - 85.0% )	54,644	627	766	79.2%	( 72.9% - 84.3% )
Healthy Days (Mean Number of Days)							
Physical Health Not Good	3.5	( 3.2 - 3.9 )			4021	3.6	( 3.2 - 4.0 )
Mental Health Not Good	3.0	( 2.7 - 3.3 )			4023	2.9	( 2.6 - 3.3 )
Unhealthy Days (Physical or Mental Health Not Good)	5.7	( 5.3 - 6.2 )			3937	5.8	( 5.3 - 6.2 )

**Healthcare Access, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		1.1: Increase the proportion of persons with health insurance to 100%.					
Healthy Alaskans 2010 Objective:		15.1: Reduce the percent of Alaskans without health insurance coverage throughout the year to 5%.					
Screening Question:		Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare, Native Health Service or Indian Health Service?					
Response:		Yes					
Population at Risk (See Appendix)	Observed Rate					Age-Adjusted Rate	
	%	95% CI	Individuals	n	N	%	95% CI
Days with Activity Limitation	2.1	( 1.8 - 2.4 )			4089	2.1	( 1.8 - 2.4 )
<b>Healthy Days (Percentage with 14 or More Days)</b>							
Physical Health Not Good	84.2%	( 78.8% - 88.4% )	41,119	452	529	85.0%	( 79.5% - 89.3% )
Mental Health Not Good	79%	( 72% - 84% )	33,903	379	472	81%	( 75% - 86% )
Unhealthy Days (Physical or Mental Health Not Good)	82.0%	( 77.3% - 85.9% )	64,937	702	840	82.5%	( 77.6% - 86.6% )
Activity Limitation	77%	( 68% - 84% )	25,756	280	334	77%	( 68% - 84% )
<b>Disability</b>							
Disabled							
Yes	86.9%	( 82.6% - 90.3% )	100,403	612	695	86.5%	( 81.6% - 90.3% )
No	81.6%	( 78.2% - 84.7% )	307,849	1,630	1,929	83.1%	( 80.2% - 85.7% )
Activity Limitation							
Yes	85.4%	( 81.9% - 88.4% )	96,111	1,037	1,197	84.5%	( 80.2% - 88.0% )
No	81.4%	( 79.1% - 83.5% )	307,765	3,072	3,664	82.8%	( 80.8% - 84.7% )
Require Special Equipment							
Yes	88%	( 78% - 93% )	28,223	183	200	85%	( 73% - 92% )
No	82.6%	( 79.6% - 85.2% )	382,029	2,074	2,444	83.7%	( 81.0% - 86.0% )
<b>Mental Health</b>							
Depression Measure (PHQ-8)							
No Depression	86.0%	( 83.0% - 88.6% )	280,044	1,513	1,727	16.3%	( 14.0% - 19.0% )
Mild Depression	74%	( 63% - 82% )	51,970	282	345	83%	( 80% - 86% )
Moderate to Severe Depression	74%	( 59% - 85% )	25,442	132	166	86%	( 83% - 89% )
Social and Emotional Support							
Always/Usually	86.4%	( 83.3% - 88.9% )	336,703	1,756	1,990	87.0%	( 84.3% - 89.3% )
Sometimes/Rarely/Never	68.2%	( 60.2% - 75.2% )	59,086	402	530	70.1%	( 63.3% - 76.2% )

**Healthcare Access, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		1.1: Increase the proportion of persons with health insurance to 100%.						
Healthy Alaskans 2010 Objective:		15.1: Reduce the percent of Alaskans without health insurance coverage throughout the year to 5%.						
Screening Question:		Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare, Native Health Service or Indian Health Service?						
Response:		Yes						
Population at Risk (See Appendix)	Observed Rate						Age-Adjusted Rate	
	%	95% CI	Individuals	n	N	%	95% CI	
Life Satisfaction								
Very Satisfied / Satisfied	83.8%	( 81.0% - 86.3% )	384,241	2,091	2,430	84.6%	( 81.9% - 86.9% )	
Dissatisfied / Very Dissatisfied	DSU	( DSU - DSU )	DSU	89	118	DSU	( DSU - DSU )	
Healthcare								
Healthcare Coverage								
Health Plan								
Yes	100.0%	( 0.0% - 0.0% )	407,360	4,152	4,152	100.0%	( 0.0% - 0.0% )	
No	0.0%	( 0.0% - 0.0% )	0	0	764	0.0%	( 0.0% - 0.0% )	
Immunization								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	DSU	( DSU - DSU )	DSU	229	234	DSU	( DSU - DSU )	
No	DSU	( DSU - DSU )	DSU	120	130	DSU	( DSU - DSU )	
Ever Had Pneumonia Shot (Ages 65+)								
Yes	DSU	( DSU - DSU )	DSU	537	218	DSU	( DSU - DSU )	
No	91%	( 83% - 95% )	14,256	1,425	132	91%	( 83% - 95% )	
Ever Had Hepatitis B Shot								
Yes	87.4%	( 82.7% - 91.0% )	159,504	807	901	89.2%	( 85.7% - 92.0% )	
No	79.0%	( 74.5% - 82.9% )	167,944	1,018	1,232	77.3%	( 71.9% - 81.9% )	
Screening								
AIDS/HIV Screening (Ages 18-64)								
Yes	83.4%	( 78.9% - 87.1% )	158,457	832	974	82.6%	( 78.1% - 86.4% )	
No	79.1%	( 74.4% - 83.2% )	182,831	941	1,154	78.6%	( 73.8% - 82.8% )	
Clinical Breast Exam Annually (Women Ages 40+)								
Yes	92.5%	( 88.5% - 95.2% )	74,275	518	563	93.6%	( 90.2% - 95.9% )	
No	84%	( 78% - 89% )	42,704	302	358	86%	( 81% - 90% )	

**Healthcare Access, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		1.1: Increase the proportion of persons with health insurance to 100%.						
Healthy Alaskans 2010 Objective:		15.1: Reduce the percent of Alaskans without health insurance coverage throughout the year to 5%.						
Screening Question:		Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare, Native Health Service or Indian Health Service?						
Response:		Yes						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	%	95% CI
Colorectal Screening (Ages 50+)								
Yes		93.1%	( 90.2% - 95.2% )	92,007	647	698	94.2%	( 91.9% - 95.9% )
No		81.3%	( 76.0% - 85.6% )	57,928	403	512	83.5%	( 78.4% - 87.6% )
Digital Rectal Exam for Prostate Problems Annually (Men Ages 40+)								
Yes		97%	( 95% - 98% )	45,706	268	284	98%	( 96% - 99% )
No		81.6%	( 76.4% - 85.9% )	67,962	409	522	83.4%	( 78.5% - 87.3% )
Home Occult Blood Test (Ages 50+)								
Yes		DSU	( DSU - DSU )	DSU	182	194	DSU	( DSU - DSU )
No		86.5%	( 83.3% - 89.2% )	121,848	849	996	89.0%	( 86.4% - 91.2% )
Mammogram within Past 2 Years (Women Ages 40+)								
Yes		92.9%	( 89.5% - 95.3% )	83,097	597	651	94.0%	( 91.2% - 96.0% )
No		82%	( 75% - 88% )	34,915	230	276	84%	( 78% - 89% )
Oral Cancer Exam Annually								
Yes		92.9%	( 89.1% - 95.5% )	114,578	629	675	91.3%	( 84.8% - 95.2% )
No		78.7%	( 74.9% - 82.1% )	261,455	1,436	1,746	80.5%	( 77.3% - 83.4% )
Pap Test within Past 3 Years (Women Ages 18+)								
Yes		87.7%	( 83.3% - 91.0% )	138,461	821	915	92.7%	( 89.2% - 95.2% )
No		78%	( 66% - 86% )	24,160	134	172	82%	( 72% - 89% )
Prostate-Specific Antigen Screening within Past 2 Years (Men Ages 40+)								
Yes		95%	( 92% - 97% )	58,344	359	385	96%	( 94% - 98% )
No		79%	( 72% - 84% )	51,375	295	396	80%	( 73% - 85% )
Diagnoses								
Asthma								
Asthma Diagnosis								
Yes		78.1%	( 71.0% - 83.8% )	58,076	557	652	82.0%	( 77.1% - 86.1% )
No		83.1%	( 81.2% - 84.8% )	346,609	3,567	4,231	83.6%	( 81.8% - 85.4% )



**Healthcare Access, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		1.1: Increase the proportion of persons with health insurance to 100%.						
Healthy Alaskans 2010 Objective:		15.1: Reduce the percent of Alaskans without health insurance coverage throughout the year to 5%.						
Screening Question:		Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare, Native Health Service or Indian Health Service?						
Response:		Yes						
Population at Risk (See Appendix)		Observed Rate			Age-Adjusted Rate			
		%	95% CI	Individuals	n	N	%	95% CI
Current Asthma								
	Yes	79%	( 70% - 85% )	33,892	357	409	82%	( 75% - 87% )
	No	77%	( 64% - 87% )	22,341	178	215	82%	( 74% - 89% )
Cardiovascular and Cerebrovascular Disease								
Cardiovascular Disease								
	Yes	91%	( 85% - 95% )	19,438	246	270	72%	( 63% - 80% )
	No	81.9%	( 79.9% - 83.7% )	383,703	3,841	4,569	83.1%	( 81.3% - 84.8% )
Heart Attack (Myocardial Infarction)								
	Yes	88%	( 80% - 94% )	12,415	160	179	66%	( 53% - 77% )
	No	82.1%	( 80.2% - 83.9% )	392,321	3,959	4,698	83.2%	( 81.4% - 84.9% )
Coronary Heart Disease (Angina)								
	Yes	93%	( 87% - 96% )	14,062	181	197	78%	( 75% - 80% )
	No	82.0%	( 80.0% - 83.8% )	391,065	3,933	4,674	83.1%	( 81.3% - 84.8% )
Stroke								
	Yes	DSU	( DSU - DSU )	DSU	117	130	DSU	( DSU - DSU )
	No	82.3%	( 80.4% - 84.1% )	397,720	4,021	4,767	83.3%	( 81.5% - 84.9% )
Diabetes								
Nongestational Diabetes								
	Yes	93%	( 89% - 96% )	27,187	296	332	90%	( 80% - 95% )
	No	81.6%	( 79.6% - 83.5% )	379,292	3,846	4,571	82.8%	( 80.9% - 84.5% )
Pre-Diabetes								
	Yes	85%	( 78% - 90% )	31,350	338	376	81%	( 72% - 88% )
	No	81.4%	( 79.3% - 83.3% )	346,712	3,491	4,173	82.8%	( 80.9% - 84.6% )
Prostate Cancer								
Prostate Cancer								
	Yes	DSU	( DSU - DSU )	DSU	20	21	DSU	( DSU - DSU )
	No	87.1%	( 83.6% - 90.0% )	115,432	687	818	87.7%	( 83.5% - 91.0% )

**Healthcare Access, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		1.1: Increase the proportion of persons with health insurance to 100%.						
Healthy Alaskans 2010 Objective:		15.1: Reduce the percent of Alaskans without health insurance coverage throughout the year to 5%.						
Screening Question:		Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare, Native Health Service or Indian Health Service?						
Response:		Yes						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI	
Risk Factors								
Alcohol								
Binge Drinking								
Yes	82.7%	( 78.1% - 86.4% )	64,783	618	773	85.0%	( 80.9% - 88.3% )	
No	82.4%	( 80.3% - 84.4% )	336,361	3,449	4,035	83.0%	( 80.9% - 84.8% )	
Heavy Drinking								
Yes	83%	( 76% - 88% )	23,241	240	307	84%	( 78% - 89% )	
No	82.2%	( 80.1% - 84.2% )	330,550	3,343	3,941	83.0%	( 81.0% - 84.8% )	
Physical Activity								
Leisure Time Exercise								
Yes	83.2%	( 81.0% - 85.1% )	324,483	3,232	3,801	84.4%	( 82.5% - 86.2% )	
No	78.9%	( 74.4% - 82.7% )	80,947	902	1,097	78.7%	( 74.1% - 82.7% )	
Tobacco Use								
Cigarette Smoking Status								
Current Smoker	74.4%	( 69.7% - 78.6% )	79,907	858	1,104	77.4%	( 73.3% - 80.9% )	
Former Smoker	88.6%	( 86.1% - 90.7% )	119,461	1,319	1,501	86.6%	( 82.8% - 89.6% )	
Never Smoked	82.4%	( 79.5% - 85.0% )	205,867	1,951	2,280	84.1%	( 81.5% - 86.3% )	
Smokeless Tobacco Status								
Current User	80%	( 71% - 87% )	19,363	198	249	81%	( 74% - 87% )	
Former User	83.2%	( 78.9% - 86.7% )	74,956	714	859	84.4%	( 80.4% - 87.7% )	
Never Used	82.2%	( 79.9% - 84.3% )	295,123	3,068	3,595	82.8%	( 80.6% - 84.8% )	

**Healthcare Access, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

Healthy People 2010 Objective:		1.1: Increase the proportion of persons with health insurance to 100%.					
Healthy Alaskans 2010 Objective:		15.1: Reduce the percent of Alaskans without health insurance coverage throughout the year to 5%.					
Screening Question:		Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare, Native Health Service or Indian Health Service?					
Response:		Yes					
		Observed Rate			Age-Adjusted Rate		
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	%	95% CI
<b>Weight Status</b>							
Weight Status							
Normal (BMI <25)	<b>78.0%</b>	( 74.3% - 81.4% )	130,289	1,277	1,590	<b>80.7%</b>	( 77.7% - 83.3% )
Overweight (BMI 25 to 30)	<b>84.1%</b>	( 81.0% - 86.8% )	148,837	1,506	1,753	<b>84.2%</b>	( 81.1% - 86.8% )
Obese (BMI ≥30)	<b>85.2%</b>	( 81.8% - 88.1% )	113,969	1,211	1,380	<b>84.9%</b>	( 81.0% - 88.1% )
Obese I (BMI 30 TO < 35)	<b>84.0%</b>	( 79.2% - 87.9% )	70,144	752	856	<b>83.1%</b>	( 77.5% - 87.5% )
Obese II & III (BMI ≥35)	<b>87.2%</b>	( 82.4% - 90.8% )	43,824	459	524	<b>88.0%</b>	( 83.1% - 91.6% )

**Healthcare Access, Adults (18 years of age and older), Alaska BRFSS, 2008:  
Standard (2008) and Combined (2008) Survey Instruments**

<b>Healthy People 2010 Objective:</b>		<b>1.1: Increase the proportion of persons with health insurance to 100%.</b>					
<b>Healthy Alaskans 2010 Objective:</b>		<b>15.1: Reduce the percent of Alaskans without health insurance coverage throughout the year to 5%.</b>					
<b>Screening Question:</b>		<b>Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare, Native Health Service or Indian Health Service?</b>					
<b>Response:</b>		<b>Yes</b>					
		<i>Observed Rate</i>				<i>Age-Adjusted Rate</i>	
<b>Population at Risk (See Appendix)</b>	<b>%</b>	<b>95% CI</b>	<b>Individuals</b>	<b>n</b>	<b>N</b>	<b>%</b>	<b>95% CI</b>
<b>Appendix</b>							

**Definitions:**

*Observed rate* = crude rate, the rate observed in the population before standardization.

*Age-adjusted Rate* = age-specific rates adjusted to US 2000 Standard age distribution using age groups shown (except where noted in Population at Risk descriptions).

Any displayed age-adjusted data are adjusted to the US 2000 standard population. Age adjustment is the application of observed age-specific rates to a standard age distribution to eliminate differences in crude rates in populations of interest that result from differences in the populations' age distributions.

This adjustment is usually done when comparing two or more populations at one point in time or one population at two or more points in time.

% = Weighted Percentage Percentages are weighted to population characteristics of age and sex with region.

95% CI = 95% Confidence Interval.

*Individuals* = Estimated number of adult individuals meeting conditions.

*n* = Cell Size (unweighted number of respondents). Use caution when interpreting cell sizes (n) less than 50.

*N* = Total Sample Size (unweighted number of total valid respondents). Results expressed as whole percentages when based upon less than 500 sample cases (*N*).

Denominator includes all survey respondents except those with missing, don't know, and refused answers.

*Response codes:*

DNA = Data have been collected but have not yet been analyzed.

DNC = Data are not collected by the data system used to monitor the objective for the specified period.

DSU = Data do not meet the criteria for statistical reliability, data quality, or confidentiality (data are suppressed).

**Notes:**

Data may include revisions, and may differ from those shown previously.

# Appendices

***Alaska Behavioral Risk Factor Survey  
2008 Annual Report***



# Appendix A: BRFSS Sampling Regions, 2008

Region	Population (Age 18 and older) by Region	Census Area	Population (Age 18 and older) by Census Area
	<b>2008*</b>		<b>2008*</b>
<b>Anchorage and Vicinity (Region 1)</b>	261,970		
		Anchorage Municipality	204,097
		Matanuska-Susitna Borough	57,873
<b>Gulf Coast (Region 2)</b>	55,385		
		Kenai Peninsula Borough	39,234
		Kodiak Island Borough	9,153
		Valdez-Cordova Census Area	6,998
<b>Southeast (Region 3)</b>	51,983		
		Haines Borough	1,830
		Juneau City and Borough	22,873
		Ketchikan Gateway Borough	9,658
		Prince of Wales-Outer Ketchikan Census Area	3,898
		Sitka City and Borough	6,498
		Hoonah-Angoon Census Area	1,628
		Skagway Municipality	679
		Yakutat Census Area	438
		Petersburg Census Area	2,832
		Wrangell City and Borough	1,649
<b>Rural (Region 4)</b>	44,645		
		Aleutians East Borough	2,357
		Aleutians West Borough	3,773
		Bethel Census Area	9,939
		Denali Borough	1,435
		Bristol Bay Borough	770
		Dillingham Census Area	3,039
		Lake and Peninsula Census Area	1,036
		Nome Census Area	5,800
		North Slope Borough	4,161
		Northwest Arctic Borough	4,311
		Wade Hampton Census Area	4,037
		Yukon-Koyukuk Census Area	3,987
<b>Fairbanks and Vicinity (Region 5)</b>	68,853		
		Fairbanks North Star Borough	64,070
		Southeast Fairbanks Census Area	4,783
<b>Totals</b>	<b>482,836</b>		

\*Source: Alaska Department of Labor, Research and Analysis Section, Alaska Population by Age, Male/Female, Census Area and Labor Market, 2000, 2008.

## Appendix B: Weighting

By weighting the data, the responses of persons in various subgroups (region, age and sex) are adjusted to compensate for the overrepresentation or underrepresentation of these persons in the survey sample. Factors that are adjusted for include the following:

- The number of telephone numbers per household;
- The number of adults in a household;
- The geographic distribution of the sample; and
- The demographic distribution of the sample.

The first three factors address the problem of unequal selection probability which could result in a biased sample that does not really represent the true population. For example, an interviewee in a one-adult household has four times the chance of being selected for an interview as does an adult in a four-adult household. A household with two telephone numbers has twice the chance of being dialed as a household with one telephone number. The first two factors are combined to compute a raw (or unadjusted) weight. The third factor then adjusts for the differential sampling of telephone numbers in different geographic regions of the state.

Data are then further weighted. Poststratification is the method used to adjust the distribution of the sample data so that it reflects the total population of the sampled area. The poststratification factor is calculated by computing the ratio

of age and sex distribution of the state population divided by that of the survey sample. This procedure is repeated for each of five regions of Alaska. The poststratification factor is then multiplied by the raw weight to compute an adjusted, or final weight, variable. Data from all regions are combined to form the total Alaska dataset. This weighting adjusts not only for variation in selection and sampling probability, but also for demographic characteristics in each region of the state. If the data were not weighted, projections could not be made from the sample to the region or to the general population. The survey results were weighted using population estimates obtained from Claritas, Race by Age by Sex Report for All Counties Nationwide, Ithaca, New York.

# Appendix C: Telephone Coverage in Alaska, 2000

Region	Census Area or Borough	Occupied Housing	Number with Telephones	Percent with Telephones
<b>Anchorage and Vicinity (Region 1)</b>	Anchorage Municipality	94,822	94,032	99%
	Matanuska-Susitna Borough	20,556	19,832	96%
	<b>Total</b>	<b>115,378</b>	<b>113,864</b>	<b>99%</b>
<b>Gulf Coast (Region 2)</b>	Kenai Peninsula Borough	18,438	17,725	96%
	Kodiak Island Borough	4,424	4,337	98%
	Valdez-Cordova Census Area	3,884	3,560	92%
	<b>Total</b>	<b>26,746</b>	<b>25,622</b>	<b>96%</b>
<b>Southeast (Region 3)</b>	Haines Borough	991	889	90%
	Juneau City and Borough	11,543	11,361	98%
	Ketchikan Gateway Borough	5,399	5,285	98%
	Prince of Wales-Outer Ketchikan Census Area	2,262	2,070	92%
	Sitka City and Borough	3,278	3,229	99%
	Skagway-Hoonah-Angoon Census Area	1,369	1,196	87%
	Wrangell-Petersburg Census Area	2,587	2,452	95%
	Yakutat City and Borough	265	240	91%
	<b>Total</b>	<b>27,694</b>	<b>26,722</b>	<b>96%</b>
<b>Rural (Region 4)</b>	Aleutians East Borough	526	506	96%
	Aleutians West Census Area	1,270	1,224	96%
	Bethel Census Area	4,226	3,769	89%
	Bristol Bay Borough	490	483	99%
	Denali Borough	785	695	89%
	Dillingham Census Area	1,529	1,441	94%
	Lake and Peninsula Borough	588	530	90%
	Nome Census Area	2,693	2,335	87%
	North Slope Borough	2,109	1,920	91%
	Northwest Arctic Borough	1,780	1,575	88%
	Wade Hampton Census Area	1,602	1,386	87%
	Yukon-Koyukuk Census Area	2,309	1,885	82%
	<b>Total</b>	<b>19,907</b>	<b>17,749</b>	<b>89%</b>
<b>Fairbanks and Vicinity (Region 5)</b>	Fairbanks North Star Borough	29,777	29,058	98%
	Southeast Fairbanks Census Area	2,098	1,901	91%
	<b>Total</b>	<b>31,875</b>	<b>30,959</b>	<b>97%</b>
<b>Statewide Total</b>		<b>221,600</b>	<b>214,916</b>	<b>97%</b>

\*Source: US Census 2000, Summary File 4.



# Appendix D: 2008 Response Rates

Indicator	BRFSS Objective	BRFSS National Median	Alaska Achieved
		<b>2008</b>	<b>2008</b>
<b>CASRO Response Rate</b>	> 40%	53%	65%
<b>Cooperation Rate</b>	> 65%	75%	82%

## Response Rates

The response rate measures the extent to which interviews were completed among the telephone numbers selected for the sample. The higher the response rate, the lower the potential will be for bias in the data. The two estimates that are used for BRFSS provide a combination of monitoring information that is useful for program management. The formulas are described as follows:

### CASRO Response Rate

The response rate developed by the Council of American Survey Research Organizations (CASRO), apportions dispositions with unknown eligibility status (ring no answer and busy) to dispositions representing eligible respondents in the same proportion that exists among calls of known status (all other BRFSS call dispositions). The resulting

estimate reflects telephone sampling efficiency and the degree of cooperation among eligibles contacted.

### Cooperation Rate

This rate is the number of completed surveys divided by the number of identified households contacted that contain a resident 18 years or older. The resulting measure reflects the cooperation of identified eligibles and is not affected by difference in telephone sampling efficiency.

# Appendix E: 2008 Alaska BRFSS Survey Distribution by Region and Age

Region	Age	2008 Standard BRFSS		2008 Modified BRFSS		2008 Totals	
		n	Weighted %	n	Weighted %	n	Weighted %
<b>Anchorage and Vicinity (Region 1)</b>	18 - 24	25	14.3%	31	14.3%	56	14.3%
	25 - 34	88	20.2%	73	20.2%	161	20.2%
	35 - 44	102	19.9%	99	19.9%	201	19.9%
	45 - 54	127	19.9%	112	21.1%	239	20.4%
	55 - 64	111	14.3%	97	14.3%	208	14.3%
	65 or older	85	9.7%	59	9.7%	144	9.7%
	Unknown	11	1.8%	5	< 1%	16	1.2%
<b>Gulf Coast (Region 2)</b>	18 - 24	19	8.1%	20	9.4%	39	8.1%
	25 - 34	78	20.9%	56	19.6%	134	20.9%
	35 - 44	98	17.6%	69	17.6%	167	17.6%
	45 - 54	145	24.0%	128	23.9%	273	23.9%
	55 - 64	132	17.0%	104	17.0%	236	17.0%
	65 or older	87	12.1%	75	12.1%	162	12.1%
	Unknown	3	< 1%	3	< 1%	6	< 1%
<b>Southeast (Region 3)</b>	18 - 24	18	7.6%	18	8.0%	36	7.6%
	25 - 34	69	19.8%	47	19.4%	116	19.8%
	35 - 44	79	18.5%	93	18.5%	172	18.5%
	45 - 54	126	24.0%	113	22.6%	239	23.4%
	55 - 64	111	17.7%	90	17.7%	201	17.7%
	65 or older	91	12.4%	60	12.4%	151	12.4%
	Unknown	1	< 1%	7	1.4%	8	< 1%
<b>Rural (Region 4)</b>	18 - 24	43	15.9%	42	15.9%	85	15.9%
	25 - 34	113	20.7%	91	20.7%	204	20.7%
	35 - 44	94	19.4%	90	18.3%	184	18.9%
	45 - 54	115	20.8%	110	21.3%	225	21.1%
	55 - 64	101	13.4%	79	13.4%	180	13.4%
	65 or older	42	8.7%	32	8.7%	74	8.7%
	Unknown	7	1.1%	8	1.7%	15	1.4%
<b>Fairbanks and Vicinity (Region 5)</b>	18 - 24	33	17.0%	28	17.0%	61	17.0%
	25 - 34	98	23.8%	90	23.8%	188	23.8%
	35 - 44	104	19.2%	85	19.2%	189	19.2%
	45 - 54	117	18.3%	111	18.3%	228	18.3%
	55 - 64	114	12.4%	90	12.4%	204	12.4%
	65 or older	71	8.5%	62	8.5%	133	8.5%
	Unknown	6	< 1%	5	< 1%	11	< 1%

# Appendix F: 2008 Alaska BRFSS Survey Distribution by Region and Race

Region	Race/Ethnicity	2008 Standard BRFSS		2008 Modified BRFSS		2008 Totals	
		n	Weighted %	n	Weighted %	n	Weighted %
Anchorage and Vicinity (Region 1)							
Race	White	453	78.1%	397	84.6%	850	81.5%
	Black or African American	18	3.1%	11	2.3%	29	2.9%
	Asian	16	5.5%	13	2.9%	29	4.1%
	Native Hawaiian or Other Pacific Islander	6	1.6%	2	<1%	8	1.1%
	American Indian or Alaska Native	33	7.1%	32	6.8%	65	6.8%
	Other Race	14	3.8%	15	3.0%	29	3.2%
	No Preferred Race	4	<1%	0		4	<1%
	Unknown race	5		6		11	
Ethnicity	Hispanic	15	4.6%	8	1.9%	23	3.1%
	Non-Hispanic	531	95.4%	460	98.1%	991	96.9%
	Unknown Ethnicity	3		8		11	
Gulf Coast (Region 2)							
Race	White	472	83.0%	397	85.9%	869	84.0%
	Black or African American	4	<1%	1	<1%	5	<1%
	Asian	12	3.2%	10	3.0%	22	3.3%
	Native Hawaiian or Other Pacific Islander	3	<1%	1	<1%	4	<1%
	American Indian or Alaska Native	48	9.2%	34	8.8%	82	9.2%
	Other Race	15	3.4%	9	1.7%	24	2.7%
	No Preferred Race	2	<1%	0		2	<1%
	Unknown race	6		3		9	
Ethnicity	Hispanic	12	2.7%	12	2.8%	24	2.9%
	Non-Hispanic	541	97.3%	438	97.2%	979	97.1%
	Unknown Ethnicity	9		5		14	

# Appendix F: 2008 Alaska BRFSS Survey Distribution by Region and Race

Region	Race/Ethnicity	2008 Standard BRFSS		2008 Modified BRFSS		2008 Totals	
		n	Weighted %	n	Weighted %	n	Weighted %
Southeast (Region 3)							
Race	White	388	75.6%	321	75.5%	709	75.7%
	Black or African American	4	1.6%	3	<1%	7	1.1%
	Asian	8	2.4%	11	3.0%	19	2.6%
	Native Hawaiian or Other Pacific Islander	1	<1%	3	<1%	4	<1%
	American Indian or Alaska Native	70	14.8%	64	17.1%	134	15.7%
	Other Race	18	5.0%	12	3.1%	30	4.1%
	No Preferred Race	2	<1%	0		2	<1%
	Unknown race	4		14		18	
Ethnicity	Hispanic	18	5.1%	13	3.6%	31	4.4%
	Non-Hispanic	467	94.9%	411	96.4%	878	95.6%
	Unknown Ethnicity	10		4		14	
Rural (Region 4)							
Race	White	154	21.6%	152	27.5%	306	24.4%
	Black or African American	4	<1%	3	<1%	7	<1%
	Asian	11	1.6%	3	<1%	14	1.2%
	Native Hawaiian or Other Pacific Islander	1	<1%	6	1.9%	7	1.0%
	American Indian or Alaska Native	325	73.0%	272	67.5%	597	70.5%
	Other Race	11	2.8%	11	1.9%	22	2.3%
	No Preferred Race	3	<1%	0		3	<1%
	Unknown race	6		5		11	
Ethnicity	Hispanic	4	<1%	5	1.1%	9	
	Non-Hispanic	496	99.4%	438	98.9%	934	<1%
	Unknown Ethnicity	15		9		24	99.2%

# Appendix F: 2008 Alaska BRFSS Survey Distribution by Region and Race

Region	Race/Ethnicity	2008 Standard BRFSS		2008 Modified BRFSS		2008 Totals	
		n	Weighted %	n	Weighted %	n	Weighted %
Fairbanks and Vicinity (Region 5)							
Race	White	451	82.8%	378	80.3%	829	81.6%
	Black or African American	11	2.2%	20	4.7%	31	3.4%
	Asian	9	1.8%	7	1.2%	16	1.5%
	Native Hawaiian or Other Pacific Islander	0		4	1.0%	4	<1%
	American Indian or Alaska Native	42	7.6%	29	6.2%	71	6.9%
	Other Race	28	5.4%	24	6.6%	52	6.0%
	No Preferred Race	2	<1%	0		2	<1%
	Unknown race	0		9		9	
Ethnicity	Hispanic	26	6.3%	21	7.5%	47	6.8%
	Non-Hispanic	509	93.7%	448	92.5%	957	93.2%
	Unknown Ethnicity	8		2		10	

# Appendix G: 2008 Alaska BRFSS Survey Distribution by Race and Sex

Race/Ethnicity		Male		Female		Total	
		n	Weighted %	n	Weighted %	n	Weighted %
<b>2008 Standard BRFSS</b>							
Race	White	903	74.8%	1,015	72.5%	1,918	73.7%
	Black or African American	22	2.7%	19	1.9%	41	2.3%
	Asian	24	4.2%	32	3.8%	56	4.0%
	Native Hawaiian or Other Pacific Islander	4	1.2%	7	<1%	11	1.0%
	American Indian or Alaska Native	226	12.5%	292	16.6%	518	14.5%
	Other Race	45	4.1%	41	3.9%	86	4.0%
	No Preferred Race	2	<1%	11	<1%	13	<1%
Ethnicity	Unknown race	14		7		21	
	Hispanic	32	3.7%	43	5.0%	75	4.3%
	Non-Hispanic	1,177	96.3%	1,367	95.0%	2,544	95.7%
	Unknown Ethnicity	31		14		45	
<b>2008 Modified BRFSS</b>							
Race	White	765	78.1%	880	77.4%	1,645	77.7%
	Black or African American	15	2.2%	23	1.9%	38	2.1%
	Asian	14	1.7%	30	3.3%	44	2.5%
	Native Hawaiian or Other Pacific Islander	7	<1%	9	<1%	16	<1%
	American Indian or Alaska Native	198	13.9%	233	13.8%	431	13.9%
	Other Race	34	3.5%	37	3.0%	71	3.2%
	No Preferred Race	0		0		0	
Ethnicity	Unknown race	16		21		37	
	Hispanic	25	3.1%	34	2.7%	59	2.9%
	Non-Hispanic	1,011	97.0%	1,184	97.3%	2,195	97.1%
	Unknown Ethnicity	13		15		28	

## Appendix G: 2008 Alaska BRFSS Survey Distribution by Race and Sex

	Race/Ethnicity	Male		Female		Total	
		n	Weighted %	n	Weighted %	n	Weighted %
2008 Totals							
	Race						
	White	1,668	76.2%	1,895	75.2%	3,563	75.7%
	Black or African American	37	2.6%	42	2.0%	79	2.3%
	Asian	38	2.9%	62	3.5%	100	3.2%
	Native Hawaiian or Other Pacific Islander	11	1.0%	16	<1%	27	<1%
	American Indian or Alaska Native	424	13.3%	525	15.1%	949	14.1%
	Other Race	79	3.8%	78	3.3%	157	3.5%
	No Preferred Race	2	<1%	11	<1%	13	<1%
	Unknown race	30		28		58	
Ethnicity	Hispanic	57	3.4%	77	3.7%	134	3.5%
	Non-Hispanic	2,188	96.6%	2,551	96.4%	4,739	96.5%
	Unknown Ethnicity	44		29		73	



## **Appendix H**

**2008**

# **Behavioral Risk Factor Surveillance System**

## **Questionnaire**





## **Section 1: Health Status**

**1.1** Would you say that in general your health is—

**Please read:**

- |   |                       |
|---|-----------------------|
| 1 | Excellent             |
| 2 | Very good             |
| 3 | Good                  |
| 4 | Fair                  |
| 5 | Poor                  |
| 7 | Don't know / Not sure |
| 9 | Refused               |

## **Section 2: Healthy Days — Health-Related Quality of Life**

**2.1** 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?

- |   |   |                       |
|---|---|-----------------------|
| — | — | Number of days        |
| 8 | 8 | None                  |
| 7 | 7 | Don't know / Not sure |
| 9 | 9 | Refused               |

**2.2** 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?

- |   |   |  |
|---|---|--|
| — | — | Number of days   |
| 8 | 8 | None <b>[If Q2.1 and Q2.2 = 88 (None), go to next section]</b> |
| 7 | 7 | Don't know / Not sure  |
| 9 | 9 | Refused  |

**2.3** 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?

- |   |   |                       |
|---|---|-----------------------|
| — | — | Number of days        |
| 8 | 8 | None                  |
| 7 | 7 | Don't know / Not sure |
| 9 | 9 | Refused               |

### **Section 3: Health Care Access**

- 3.1** Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare, Native Health Service or Indian Health Service?

1 Yes  
2 No  
7 Don't know / Not sure  
9 Refused

- 3.2** Do you have one person you think of as your personal doctor or health care provider?

**If "No," ask: "Is there more than one, or is there no person who you think of as your personal doctor or health care provider?"**

1 Yes, only one  
2 More than one  
3 No  
7 Don't know / Not sure  
9 Refused

- 3.3** Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?

1 Yes  
2 No  
7 Don't know / Not sure  
9 Refused

- 3.4** About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition.

1 Within past year (anytime less than 12 months ago)  
2 Within past 2 years (1 year but less than 2 years ago)  
3 Within past 5 years (2 years but less than 5 years ago)  
4 5 or more years ago  
7 Don't know / Not sure  
8 Never  
9 Refused

#### **Section 4: Sleep**

The next question is about getting enough rest or sleep.

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

—	—	Number of days
8	8	None
7	7	Don't know / Not sure
9	9	Refused

#### **Section 5: Exercise**

- 5.1** During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

1	Yes
2	No
7	Don't know / Not sure
9	Refused

#### **Section 6: Diabetes**

- 6.1** Have you ever been told by a doctor that you have diabetes?

**If “Yes” and respondent is female, ask: “Was this only when you were pregnant?”**

**If respondent says pre-diabetes or borderline diabetes, use response code 4.**

1	Yes
2	Yes, but female told only during pregnancy
3	No
4	No, pre-diabetes or borderline diabetes
7	Don't know / Not sure
9	Refused

## **Section 7: Oral Health**

- 7.1** How long has it been since you last visited a dentist or a dental clinic for any reason? Include visits to dental specialists, such as orthodontists.

**Read only if necessary:**

- 1 Within the past year (anytime less than 12 months ago)
- 2 Within the past 2 years (1 year but less than 2 years ago)
- 3 Within the past 5 years (2 years but less than 5 years ago)
- 4 5 or more years ago

**Do not read:**

- 7 Don't know / Not sure
- 8 Never
- 9 Refused

- 7.2** How many of your permanent teeth have been removed because of tooth decay or gum disease? Include teeth lost to infection, but do not include teeth lost for other reasons, such as injury or orthodontics.

**NOTE: If wisdom teeth are removed because of tooth decay or gum disease, they should be included in the count for lost teeth.**

- 1 1 to 5
- 2 6 or more but not all
- 3 All
- 8 None
- 7 Don't know / Not sure
- 9 Refused

**If Q7.1 = 8 (Never) or Q 7.2 = 3 (All), go to next section.**

- 7.3** How long has it been since you had your teeth cleaned by a dentist or dental hygienist?

**Read only if necessary:**

- 1 Within the past year (anytime less than 12 months ago)
- 2 Within the past 2 years (1 year but less than 2 years ago)
- 3 Within the past 5 years (2 years but less than 5 years ago)
- 4 5 or more years ago

**Do not read:**

- 7 Don't know / Not sure

- 8 Never
- 9 Refused

## **Section 8: Cardiovascular Disease Prevalence**

Now I would like to ask you some questions about cardiovascular disease.

Has a doctor, nurse, or other health professional EVER told you that you had any of the following? For each, tell me "Yes", "No", or you're "Not sure."

**8.1** (Ever told) you had a heart attack, also called a myocardial infarction?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

**8.2** (Ever told) you had angina or coronary heart disease?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

**8.3** (Ever told) you had a stroke?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

## **Section 9: Asthma**

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

- 1 Yes
- 2 No **[Go to next section]**
- 7 Don't know / Not sure **[Go to next section]**
- 9 Refused **[Go to next section]**

**9.2** Do you still have asthma?

- 1 Yes

- 2 No
- 7 Don't know / Not sure
- 9 Refused

## **Section 10: Disability**

The following questions are about health problems or impairments you may have.

- 10.1** Are you limited in any way in any activities because of physical, mental, or emotional problems?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

- 10.2** 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?

**Include occasional use or use in certain circumstances.**

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

## **Section 11: Tobacco Use**

- 11.1** Have you smoked at least 100 cigarettes in your entire life?

**NOTE: 5 packs = 100 cigarettes**

- 1 Yes
- 2 No **[Go to next section]**
- 7 Don't know / Not sure **[Go to next section]**
- 9 Refused **[Go to next section]**

- 11.2** Do you now smoke cigarettes every day, some days, or not at all?

- 1 Every day
- 2 Some days
- 3 Not at all **[Go to next section]**
- 7 Don't know / Not sure **[Go to next section]**
- 9 Refused **[Go to next section]**

**11.3** During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

## **Section 12: Demographics**

**12.1** What is your age?

- Code age in years
- 0 7 Don't know / Not sure
- 0 9 Refused

**12.2** Are you Hispanic or Latino?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

**12.3** Which one or more of the following would you say is your race?

**(Check all that apply)**

**Please read:**

- 1 White
- 2 Black or African American
- 3 Asian
- 4 Native Hawaiian or Other Pacific Islander
- 5 American Indian or Alaska Native

**Or**

- 6 Other [specify] \_\_\_\_\_

**Do not read:**

- 8 No additional choices
- 7 Don't know / Not sure
- 9 Refused

**If more than one response to Q12.3; continue. Otherwise, go to Q12.5**

**12.4** Which one of these groups would you say best represents your race?

- 1 White
- 2 Black or African American
- 3 Asian
- 4 Native Hawaiian or Other Pacific Islander
- 5 American Indian or Alaska Native
- 6 Other [specify] \_\_\_\_\_

**Do not read:**

- 7 Don't know / Not sure
- 9 Refused

**12.5** Have you ever served on active duty in the United States Armed Forces, either in the regular military or in a National Guard or military reserve unit? *Active duty does not include training for the Reserves or National Guard, but DOES include activation, for example, for the Persian Gulf War.*

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

**12.6** Are you...?

**Please read:**

- 1 Married
- 2 Divorced
- 3 Widowed
- 4 Separated
- 5 Never married

**Or**

- 6 A member of an unmarried couple

**Do not read:**

- 9 Refused

**12.7** How many children less than 18 years of age live in your household?



— — Number of children  
 8 8 None  
 9 9 Refused

**12.8** What is the highest grade or year of school you completed?

**Read only if necessary:**

1 Never attended school or only attended kindergarten  
 2 Grades 1 through 8 (Elementary)  
 3 Grades 9 through 11 (Some high school)  
 4 Grade 12 or GED (High school graduate)  
 5 College 1 year to 3 years (Some college or technical school)  
 6 College 4 years or more (College graduate)

**Do not read:**

9 Refused

**12.9** Are you currently...?

**Please read:**

1 Employed for wages  
 2 Self-employed  
 3 Out of work for more than 1 year  
 4 Out of work for less than 1 year  
 5 A Homemaker  
 6 A Student  
 7 Retired

**Or**

8 Unable to work

**Do not read:**

9 Refused

**12.10** Is your annual household income from all sources—

**If respondent refuses at ANY income level, code '99' (Refused)**

**Read only if necessary:**

0 4 Less than \$25,000 If "no," ask 05; if "yes," ask 03  
 (\$20,000 to less than \$25,000)  
 0 3 Less than \$20,000 If "no," code 04; if "yes," ask 02  
 (\$15,000 to less than \$20,000)  
 0 2 Less than \$15,000 If "no," code 03; if "yes," ask 01

(\$10,000 to less than \$15,000)

0 1 Less than \$10,000 If “no,” code 02

0 5 Less than \$35,000 If “no,” ask 06  
(\$25,000 to less than \$35,000)

0 6 Less than \$50,000 If “no,” ask 07  
(\$35,000 to less than \$50,000)

0 7 Less than \$75,000 If “no,” code 08  
(\$50,000 to less than \$75,000)

0 8 \$75,000 or more

**Do not read:**

7 7 Don't know / Not sure

9 9 Refused

**12.11** About how much do you weigh without shoes?

**NOTE: If respondent answers in metrics, put “9” in column 119.**

**Round fractions up**

— — — — Weight  
(pounds/kilograms)  
7 7 7 7 Don't know / Not sure  
9 9 9 9 Refused

**If Q12.11 = 7777 (Don't know/Not sure) or 9999 (Refused), skip Q12.13 and Q12.14).**

**12.12** About how tall are you without shoes?

**NOTE: If respondent answers in metrics, put “9” in column 123.**

**Round fractions down**

— — / — — Height  
(f t / inches/meters/centimeters)  
7 7 7 7 Don't know / Not sure  
9 9 9 9 Refused

**12.13** How much did you weigh a year ago? *[If you were pregnant a year ago, how much did you weigh before your pregnancy?]* **If female respondent and age <46.**

**NOTE: If respondent answers in metrics, put “9” in column 127.**

**Round fractions up**

— — — —	Weight
(pounds/kilograms)	
7 7 7 7	Don't know / Not sure
9 9 9 9	Refused

**If weight is same, skip Q12.14.**

**12.14** Was the change between your current weight and your weight a year ago intentional?

1	Yes
2	No
7	Don't know / Not sure
9	Refused

**12.15** What is your ZIP Code where you live?

— — — —	ZIP Code
7 7 7 7 7	Don't know / Not sure
9 9 9 9 9	Refused

**12.16** Do you have more than one telephone number in your household? Do not include cell phones or numbers that are only used by a computer or fax machine.

1	Yes	
2	No	<b>[Go to Q12.19]</b>
7	Don't know / Not sure	<b>[Go to Q12.19]</b>
9	Refused	<b>[Go to Q12.19]</b>

**12.17** How many of these telephone numbers are residential numbers?

—	Residential telephone numbers <b>[6 = 6 or more]</b>
7	Don't know / Not sure
9	Refused

**12.18** During the past 12 months, has your household been without telephone service for 1 week or more? Do not include interruptions of telephone service because of weather or natural disasters.

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

**12.19** **Indicate sex of respondent. Ask only if necessary.**

- 1 Male **[Go to next section]**
- 2 Female **[If respondent is 45 years old or older, go to next section]**

**12.20** To your knowledge, are you now pregnant?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

### **Section 13: Alcohol Consumption**

**13.1** During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

- 1 Yes
- 2 No **[Go to next section]**
- 7 Don't know / Not sure **[Go to next section]**
- 9 Refused **[Go to next section]**

**13.2** During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage?

- 1 \_ \_ \_ Days per week
- 2 \_ \_ \_ Days in past 30 days
- 8 8 8 No drinks in past 30 days **[Go to next section]**
- 7 7 7 Don't know / Not sure
- 9 9 9 Refused

**13.3** One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?

**NOTE: A 40 ounce beer would count as 3 drinks, or a cocktail drink with 2 shots would count as 2 drinks.**

—	—	Number of drinks
7	7	Don't know / Not sure
9	9	Refused

**13.4** Considering all types of alcoholic beverages, how many times during the past 30 days did you have **X** [**X = 5 for men, X = 4 for women**] or more drinks on an occasion?

—	—	Number of times
8	8	None
7	7	Don't know / Not sure
9	9	Refused

**13.5** During the past 30 days, what is the largest number of drinks you had on any occasion?

—	—	Number of drinks
7	7	Don't know / Not sure
9	9	Refused

## **Section 14: Immunization**

**14.1** A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot?

1	Yes	
2	No	<b>[Go to Q14.3]</b>
7	Don't know / Not sure	<b>[Go to Q14.3]</b>
9	Refused	<b>[Go to Q14.3]</b>

**14.2** During what month and year did you receive your most recent flu shot?

—	—	Month / Year
7	7 / 7 7 7 7	Don't know / Not sure
9	9 / 9 9 9 9	Refused

**14.3** During the past 12 months, have you had a flu vaccine that was sprayed in your nose?  
The flu vaccine sprayed in the nose is also called FluMist™.

- |   |                       |               |
|---|-----------------------|---------------|
| 1 | Yes                   |               |
| 2 | No                    | [Go to Q14.5] |
| 7 | Don't know / Not sure | [Go to Q14.5] |
| 9 | Refused               | [Go to Q14.5] |

**14.4** During what month and year did you receive your most recent flu vaccine that was sprayed in your nose?

- |               |                       |
|---------------|-----------------------|
| __ / __       | Month / Year          |
| 7 7 / 7 7 7 7 | Don't know / Not sure |
| 9 9 / 9 9 9 9 | Refused               |

**14.5** A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot?

- |   |                       |
|---|-----------------------|
| 1 | Yes                   |
| 2 | No                    |
| 7 | Don't know / Not sure |
| 9 | Refused               |

## **Section 15: Falls**

**If respondent is 45 years or older continue, otherwise go to next section.**

The next questions ask about recent falls. By a fall, we mean when a person unintentionally comes to rest on the ground or another lower level.

**15.1** In the past 3 months, how many times have you fallen?

- |     |                       |                      |
|-----|-----------------------|----------------------|
| __  | Number of times       | [76 = 76 or more]    |
| 8 8 | None                  | [Go to next section] |
| 7 7 | Don't know / Not sure | [Go to next section] |
| 9 9 | Refused               | [Go to next section] |

**15.2** [Fill in “Did this fall (from Q15.1) cause an injury?”]. If only one fall from Q15.1 and response is “Yes” (caused an injury); code 01. If response is “No”, code 88.

How many of these falls caused an injury? By an injury, we mean the fall caused you to limit your regular activities for at least a day or to go see a doctor.

—	—	Number of falls	<b>[76 = 76 or more]</b>
8	8	None	<b>[Go to next section]</b>
7	7	Don't know / Not sure	<b>[Go to next section]</b>
9	9	Refused	<b>[Go to next section]</b>

## **Section 16: Seatbelt Use**

**16.1** How often do you use seat belts when you drive or ride in a car? Would you say—

**Please read:**

1	Always
2	Nearly always
3	Sometimes
4	Seldom
5	Never

**Do not read:**

7	Don't know / Not sure
8	Never drive or ride in a car
9	Refused

**If Q16.1 = 8 (Never drive or ride in a car), go to Section 18; otherwise continue.**

## **Section 17: Drinking and Driving**

**If Q13.1 = 2 (No); go to next section.**

The next question is about drinking and driving.

**17.1** During the past 30 days, how many times have you driven when you've had perhaps too much to drink?

—	—	Number of times
8	8	None
7	7	Don't know / Not sure
9	9	Refused

## **Section 18: Women's Health**

**CATI note: If respondent is male, go to the next section.**

The next questions are about breast and cervical cancer.

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

- |   |                       |                      |
|---|-----------------------|----------------------|
| 1 | Yes                   |                      |
| 2 | No                    | <b>[Go to Q18.3]</b> |
| 7 | Don't know / Not sure | <b>[Go to Q18.3]</b> |
| 9 | Refused               | <b>[Go to Q18.3]</b> |

**18.2** How long has it been since you had your last mammogram?

**Read only if necessary:**

- |   |   |
|---|---|
| 1 | Within the past year (anytime less than 12 months ago)      |
| 2 | Within the past 2 years (1 year but less than 2 years ago)  |
| 3 | Within the past 3 years (2 years but less than 3 years ago) |
| 4 | Within the past 5 years (3 years but less than 5 years ago) |
| 5 | 5 or more years ago   |

**Do not read:**

- |   |                       |
|---|-----------------------|
| 7 | Don't know / Not sure |
| 9 | Refused               |

**18.3** A clinical breast exam is when a doctor, nurse, or other health professional feels the breasts for lumps. Have you ever had a clinical breast exam?

- |   |                       |                      |
|---|-----------------------|----------------------|
| 1 | Yes                   |                      |
| 2 | No                    | <b>[Go to Q18.5]</b> |
| 7 | Don't know / Not sure | <b>[Go to Q18.5]</b> |
| 9 | Refused               | <b>[Go to Q18.5]</b> |

**18.4** How long has it been since your last breast exam?

**Read only if necessary:**

- |   |   |
|---|---|
| 1 | Within the past year (anytime less than 12 months ago)      |
| 2 | Within the past 2 years (1 year but less than 2 years ago)  |
| 3 | Within the past 3 years (2 years but less than 3 years ago) |
| 4 | Within the past 5 years (3 years but less than 5 years ago) |
| 5 | 5 or more years ago   |

**Do not read:**

- |   |                       |
|---|-----------------------|
| 7 | Don't know / Not sure |
| 9 | Refused               |



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

- 1 Yes
- 2 No [Go to Q18.7]
- 7 Don't know / Not sure [Go to Q18.7]
- 9 Refused [Go to Q18.7]

**18.6** How long has it been since you had your last Pap test?

**Read only if necessary:**

- 1 Within the past year (anytime less than 12 months ago)
- 2 Within the past 2 years (1 year but less than 2 years ago)
- 3 Within the past 3 years (2 years but less than 3 years ago)
- 4 Within the past 5 years (3 years but less than 5 years ago)
- 5 5 or more years ago

**Do not read:**

- 7 Don't know / Not sure
- 9 Refused

**If response to Core Q12.21 = 1 (is pregnant); then go to next section.**

**18.7** Have you had a hysterectomy?

**Read only if necessary:** A hysterectomy is an operation to remove the uterus (womb).

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

## **Section 19: Prostate Cancer Screening**

**If respondent is  $\leq 39$  years of age, or is female, go to next section.**

Now, I will ask you some questions about prostate cancer screening.

**19.1** 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?

- 1 Yes
- 2 No [Go to Q19.3]
- 7 Don't Know / Not sure [Go to Q19.3]
- 9 Refused [Go to Q19.3]

**19.2** How long has it been since you had your last PSA test?

**Read only if necessary:**

- 1 Within the past year (anytime less than 12 months ago)
- 2 Within the past 2 years (1 year but less than 2 years)
- 3 Within the past 3 years (2 years but less than 3 years)
- 4 Within the past 5 years (3 years but less than 5 years)
- 5 5 or more years ago

**Do not read:**

- 7 Don't know / Not sure
- 9 Refused

**19.3** 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?

- 1 Yes
- 2 No **[Go to Q19.5]**
- 7 Don't know / Not sure **[Go to Q19.5]**
- 9 Refused **[Go to Q19.5]**

**19.4** How long has it been since your last digital rectal exam?

**Read only if necessary:**

- 1 Within the past year (anytime less than 12 months ago)
- 2 Within the past 2 years (1 year but less than 2 years)
- 3 Within the past 3 years (2 years but less than 3 years)
- 4 Within the past 5 years (3 years but less than 5 years)
- 5 5 or more years ago

**Do not read:**

- 7 Don't know / Not sure
- 9 Refused

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

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

## **Section 20: Colorectal Cancer Screening**

**If respondent is  $\leq 49$  years of age, go to next section.**

**20.1** 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?

- |   |                       |                      |
|---|-----------------------|----------------------|
| 1 | Yes                   |                      |
| 2 | No                    | <b>[Go to Q20.3]</b> |
| 7 | Don't know / Not sure | <b>[Go to Q20.3]</b> |
| 9 | Refused               | <b>[Go to Q20.3]</b> |

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

**Read only if necessary:**

- |   |   |
|---|---|
| 1 | Within the past year (anytime less than 12 months ago)      |
| 2 | Within the past 2 years (1 year but less than 2 years ago)  |
| 3 | Within the past 5 years (2 years but less than 5 years ago) |
| 4 | 5 or more years ago   |

**Do not read:**

- |   |                       |
|---|-----------------------|
| 7 | Don't know / Not sure |
| 9 | Refused               |

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

- |   |                       |                             |
|---|-----------------------|-----------------------------|
| 1 | Yes                   |                             |
| 2 | No                    | <b>[Go to next section]</b> |
| 7 | Don't know / Not sure | <b>[Go to next section]</b> |
| 9 | Refused               | <b>[Go to next section]</b> |

**20.4** How long has it been since you had your last sigmoidoscopy or colonoscopy?

**Read only if necessary:**

- |   |   |
|---|---|
| 1 | Within the past year (anytime less than 12 months ago)        |
| 2 | Within the past 2 years (1 year but less than 2 years ago)    |
| 3 | Within the past 5 years (2 years but less than 5 years ago)   |
| 4 | Within the past 10 years (5 years but less than 10 years ago) |
| 5 | 10 or more years ago  |

**Do not read:**

- |   |                       |
|---|-----------------------|
| 7 | Don't know / Not sure |
| 9 | Refused               |

## **Section 21: HIV/AIDS**

**If respondent is 65 years old or older, go to next section.**

The next few questions are about the national health problem of HIV, the virus that causes AIDS. Please remember that your answers are strictly confidential and that you don't have to answer every question if you do not want to. Although we will ask you about testing, we will not ask you about the results of any test you may have had.

**21.1** Have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation. Include testing fluid from your mouth.

- |   |                       |                             |
|---|-----------------------|-----------------------------|
| 1 | Yes                   |                             |
| 2 | No                    | <b>[Go to next section]</b> |
| 7 | Don't know / Not sure | <b>[Go to next section]</b> |
| 9 | Refused               | <b>[Go to next section]</b> |

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

**NOTE: If response is before January 1985, code "Don't know."**

- |               |                       |
|---------------|-----------------------|
| --/--         | Code month and year   |
| 7 7 / 7 7 7 7 | Don't know / Not sure |
| 9 9 / 9 9 9 9 | Refused               |

**21.3** Where did you have your last HIV test — at a private doctor or HMO office, at counseling and testing site, at a hospital, at a clinic, in a jail or prison, at a drug treatment facility, at home, or somewhere else?

- |     |   |
|-----|---|
| 0 1 | Private doctor or HMO office                    |
| 0 2 | Counseling and testing site                     |
| 0 3 | Hospital  |
| 0 4 | Clinic  |
| 0 5 | Jail or prison (or other correctional facility) |
| 0 6 | Drug treatment facility                         |
| 0 7 | At home   |
| 0 8 | Somewhere else                                  |
| 7 7 | Don't know / Not sure                           |
| 9 9 | Refused   |

**Ask Q21.4; if Q21.2 = within last 12 months. Otherwise, go to Q21.5.**

**21.4** Was it a rapid test where you could get your results within a couple of hours?

- |   |                       |
|---|-----------------------|
| 1 | Yes                   |
| 2 | No                    |
| 7 | Don't know / Not sure |
| 9 | Refused               |

**21.5** I'm going to read you a list. When I'm done, please tell me if any of the situations apply to you. You do not need to tell me which one.

- You have used intravenous drugs in the past year.
- You have been treated for a sexually transmitted or venereal disease in the past year.
- You have given or received money or drugs in exchange for sex in the past year.
- You had anal sex without a condom in the past year.

Do any of these situations apply to you?

- |   |                       |
|---|-----------------------|
| 1 | Yes                   |
| 2 | No                    |
| 7 | Don't know / Not sure |
| 9 | Refused               |

## **Section 22: Emotional Support and Life Satisfaction**

The next two questions are about emotional support and your satisfaction with life.

**22.1** How often do you get the social and emotional support you need?

**INTERVIEWER NOTE:** If asked, say “please include support from any source”.

**Please read:**

- |   |           |
|---|-----------|
| 1 | Always    |
| 2 | Usually   |
| 3 | Sometimes |
| 4 | Rarely    |
| 5 | Never     |

**Do not read:**

- |   |                       |
|---|-----------------------|
| 7 | Don't know / Not sure |
| 9 | Refused               |

**22.2** In general, how satisfied are you with your life?

**Please read:**

- |   |                   |
|---|-------------------|
| 1 | Very satisfied    |
| 2 | Satisfied         |
| 3 | Dissatisfied      |
| 4 | Very dissatisfied |

**Do not read:**

- 7 Don't know / Not sure
- 9 Refused

## **Module 1: Pre-Diabetes**

**NOTE: Only asked of those not responding "Yes" (code = 1) to Core Q6.1 (Diabetes awareness question).**

1. Have you had a test for high blood sugar or diabetes within the past three years?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

**If Core Q6.1 = 4 (No, pre-diabetes or borderline diabetes); answer Q2 "Yes" (code = 1).**

2. Have you ever been told by a doctor or other health professional that you have pre-diabetes or borderline diabetes?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

## **Module 2: Diabetes**

**To be asked following Core Q6.1; if response is "Yes" (code = 1)**

1. How old were you when you were told you have diabetes?

- — Code age in years [97 = 97 and older]
- 9 8 Don't know / Not sure
- 9 9 Refused

2. Are you now taking insulin?

- 1 Yes
- 2 No
- 9 Refused

3. About how often do you check your blood for glucose or sugar? Include times when checked by a family member or friend, but do NOT include times when checked by a health professional.

- 1 \_ \_ Times per day

2	—	—	Times per week
3	—	—	Times per month
4	—	—	Times per year
8	8	8	Never
7	7	7	Don't know / Not sure
9	9	9	Refused

4. About how often do you check your feet for any sores or irritations? Include times when checked by a family member or friend, but do NOT include times when checked by a health professional.

1	—	—	Times per day
2	—	—	Times per week
3	—	—	Times per month
4	—	—	Times per year
5	5	5	No feet
8	8	8	Never
7	7	7	Don't know / Not sure
9	9	9	Refused

5. About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?

—	—	Number of times [76 = 76 or more]
8	8	None
7	7	Don't know / Not sure
9	9	Refused

6. A test for "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 "A one C"?

—	—	Number of times [76 = 76 or more]
8	8	None
9	8	Never heard of "A one C" test
7	7	Don't know / Not sure
9	9	Refused

If Q4 = 555 (No feet), go to Q8.

7. About how many times in the past 12 months has a health professional checked your feet for any sores or irritations?

—	—	Number of times [76 = 76 or more]
8	8	None
7	7	Don't know / Not sure
9	9	Refused

8. When was the last time you had an eye exam in which the pupils were dilated? This would have made you temporarily sensitive to bright light.

**Read only if necessary:**

- 1 Within the past month (anytime less than 1 month ago)
- 2 Within the past year (1 month but less than 12 months ago)
- 3 Within the past 2 years (1 year but less than 2 years ago)
- 4 2 or more years ago

**Do not read:**

- 7 Don't know / Not sure
- 8 Never
- 9 Refused

9. Has a doctor ever told you that diabetes has affected your eyes or that you had retinopathy?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

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

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

## **Module 6: Binge Drinking**

Previously, you answered that you drank **[5 or more for men, 4 or more for women]** alcoholic beverages on at least one occasion in the past 30 days. The next questions are **about the most recent occasion** when this happened. For these questions, **one drink equals 12 ounces of beer, 5 ounces of wine, or one and one-half ounces (one shot) of liquor**. So, a 40 ounce beer would count as 3 drinks, or a cocktail drink with 2 shots would count as 2 drinks.

**INTERVIEWER NOTE: If asked, "occasion" means in a row or within a few hours.**

1. During the **most** recent occasion when you had **[5 or more for men, 4 or more for women]** alcoholic beverages, about **how many beers**, including malt liquor, did you drink?

- — Number
- 8 8 None



7 7 Don't know / Not sure  
9 9 Refused

2. During the same occasion, about **how many glasses of wine** did you drink?

— — Number  
8 8 None  
7 7 Don't know / Not sure  
9 9 Refused

3. During the same occasion, about **how many drinks of liquor**, including cocktails, did you have?

— — Number  
8 8 None  
7 7 Don't know / Not sure  
9 9 Refused

4. During the same occasion, about **how many other pre-mixed, flavored** drinks did you have? By that, we mean drinks such as hard lemonade, wine coolers, or Smirnoff Ice.

— — Number  
8 8 None  
7 7 Don't know / Not sure  
9 9 Refused

5. During this most recent occasion, **where were you** when you did **most** of your drinking?

**Read only if necessary:**

- 1 At your home, for example, your house, apartment, or dorm room
- 2 At another person's home
- 3 At a restaurant or banquet hall
- 4 At a bar or club
- 5 At a public place, such as at a park, concert, or sporting event

**Do not read:**

- 6 Other
- 7 Don't know / Not sure
- 9 Refused

6. Did you drive a motor vehicle such as a car, truck, or motorcycle **during or within a couple of hours after** this occasion?

**INTERVIEWER NOTE:** For those with concerns about this question, answering “Yes” is not meant to imply they were drunk driving or breaking the law.

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

**Ask Q7 only if response to Q5 = 3 (At a restaurant or banquet hall) or 4 (At a bar or club). Otherwise, go to next module.**

7. During this most recent occasion, approximately how much did **you pay** for the alcohol which **you drank**?

**INTERVIEWER NOTE:** If anyone asks, they do not need to include the amount spent on tips.

- – – Total amount
- 8 8 8 Paid nothing – all drinks free or paid for by others
- 7 7 7 Don't know / Not sure
- 9 9 9 Refused

## State Added Questions:

### **Section A: Health care and insurance and access**

**If Q3.1 = 1**

**A.1** Earlier you said you have health care coverage. What type of health care coverage do you use to pay for most of your medical care? Is it coverage through:

[NOTE: IF MORE THAN ONE, ASK "Which type do you use to pay for most of your medical care?"]

PLEASE READ

- 0 1 Your employer
- 0 2 Someone else's employer
- 0 3 A plan that you or someone else buys on your own
- 0 4 Medicare
- 0 5 Medicaid or Medical Assistance
- 0 6 The military, CHAMPUS or TriCare, or the VA
- 0 7 Alaska Native Health Service or Indian Health Service
- 0 8 Some other source (Specify)
- 8 8 None
- 7 7 Don't Know/Not Sure
- 9 9 Refused

**If Q3.1 = 2 or 7**

**A.2** Earlier you said you do not have health care coverage or weren't sure you had health care coverage. There are some types of coverage you may not have considered. Please tell me if you have any of the following: Coverage through:

[NOTE: IF MORE THAN ONE, ASK "Which type do you use to pay for most of your medical care?"]

PLEASE READ

- 0 1 Your employer
- 0 2 Someone else's employer
- 0 3 A plan that you or someone else buys on your own
- 0 4 Medicare
- 0 5 Medicaid or Medical Assistance
- 0 6 The military, CHAMPUS or TriCare, or the VA
- 0 7 Alaska Native Health Service or Indian Health Service
- 0 8 Some other source (Specify)
- 8 8 None
- 7 7 Don't Know/Not Sure
- 9 9 Refused

**Asked of all:**

**A.3** In the past 12 months, have you seen a doctor, nurse, or other health professional to get any kind of care for yourself?

- 1 Yes
- 2 No
- 7 Don't know
- 9 Refused

## **Section B: PHQ-8/Mental Illness Stigma**

Now, I am going to ask you some questions about your mood. When answering these questions, please think about how many days each of the following has occurred in the past 2 weeks.

**B.1** Over the last 2 weeks, how many days have you had little interest or pleasure in doing things?

- ☐ ☐ 01-14 days
- ☐ ☐ 8 8 None
- ☐ ☐ 7 7 Don't know / Not sure
- ☐ ☐ 9 9 Refused

**B.2** Over the last 2 weeks, how many days have you felt down, depressed or hopeless?

- ☐ ☐ 01-14 days
- ☐ ☐ 8 8 None
- ☐ ☐ 7 7 Don't know / Not sure
- ☐ ☐ 9 9 Refused

**B.3** Over the last 2 weeks, how many days have you had trouble falling asleep or staying asleep or sleeping too much?

- ☐ ☐ 01-14 days
- ☐ ☐ 8 8 None
- ☐ ☐ 7 7 Don't know / Not sure
- ☐ ☐ 9 9 Refused

**B.4** Over the last 2 weeks, how many days have you felt tired or had little energy?

- ☐ ☐ 01-14 days
- ☐ ☐ 8 8 None
- ☐ ☐ 7 7 Don't know / Not sure
- ☐ ☐ 9 9 Refused

**B.5** Over the last 2 weeks, how many days have you had a poor appetite or eaten too much?

- ☐ ☐ 01-14 days
- ☐ ☐ 8 8 None
- ☐ ☐ 7 7 Don't know / Not sure
- ☐ ☐ 9 9 Refused

**B.6** Over the last 2 weeks, how many days have you felt bad about yourself or that you were a failure or had let yourself or your family down?

- ☐ ☐ 01-14 days
- ☐ ☐ 8 8 None
- ☐ ☐ 7 7 Don't know / Not sure
- ☐ ☐ 9 9 Refused

**B.7** Over the last 2 weeks, how many days have you had trouble concentrating on things, such as reading the newspaper or watching the TV?

- \_ \_ 01-14 days
- 8 8 None
- 7 7 Don't know / Not sure
- 9 9 Refused

**B.8** Over the last 2 weeks, how many days have you moved or spoken so slowly that other people could have noticed? Or the opposite – being so fidgety or restless that you were moving around a lot more than usual?

- \_ \_ 01-14 days
- 8 8 None
- 7 7 Don't know / Not sure
- 9 9 Refused

**B.9** These next questions ask about peoples' attitudes toward mental illness and its treatment. How much do you **agree** or **disagree** with these statements about people with mental illness...

Treatment can help people with mental illness lead normal lives. Do you –**agree** slightly or strongly, or **disagree** slightly or strongly?

**Read only if necessary:**

- 1 Agree strongly
- 2 Agree slightly
- 3 Neither agree nor disagree
- 4 Disagree slightly
- 5 Disagree strongly

**Do not read:**

- 7 Don't know / Not sure
- 9 Refused

**B.10** People are generally caring and sympathetic to people with mental illness. Do you – **agree** slightly or strongly, or **disagree** slightly or strongly?

**Read only if necessary:**

- 1 Agree strongly
- 2 Agree slightly
- 3 Neither agree nor disagree
- 4 Disagree slightly
- 5 Disagree strongly

**Do not read:**

- 7 Don't know / Not sure
- 9 Refused

## **Section C: Hepatitis B vaccination**

**C.1** Have you EVER received the hepatitis B vaccine? The hepatitis B vaccine is complete after the third shot is given.

**INTERVIEWER NOTE: Response is “Yes” only if respondent has received the entire series of three shots.**

- 1 Yes
- 2 No
- 7 DK/NS
- 9 refused

**C.2** The next question is about behaviors related to Hepatitis B.

Please tell me if ANY of these statements is true for YOU. Do NOT tell me WHICH statement or statements are true for you, just if ANY of them are:

You have hemophilia and have received clotting factor concentrate

You have had sex with a man who has had sex with other men, even just one time

You have taken street drugs by needle, even just one time

You traded sex for money or drugs, even just one time

You have tested positive for HIV

You have had sex (even just one time) with someone who would answer "yes" to any of these statements

You had more than two sex partners in the past year

Are any of these statements true for you?

- 1 Yes, at least one statement is true
- 2 No, none of these statements is true
- 7 Don't know / Not sure
- 9 Refused

## **Section D: Pap test Reason**

If 12.20 = 2 AND (18.5 = 2 OR 18.6 = 5)

**D.1** Previously you told us that you have never had a pap test or that your last pap test was 5 or more years ago.

What is the main reason you have never had a Pap test or for waiting so long since the last one?

- No regular doctor
- Don't trust/feel comfortable with doctors
- No health insurance/too expensive
- Nothing wrong with me/no problems/
- No cervical cancer in my family
- My doctor has not recommended one
- Afraid of finding a problem
- Not a priority for me/too busy/put off
- Didn't know I should
- Too embarrassing
- No transportation/services not available or convenient
- Goes against my faith/religion
- Goes against my culture
- Too young/old to have the test
- Other (specify)
- 7 7. Don't know
- 9 9. Refused to answer

## **Section E: Child Health Insurance**

If 12.7 < 88

**E.1** My next questions are about children's health. I would like to ask questions about the child in your household who had the most recent birthday and is under 18 years old

What is this (CHILD)'s age?

- 01-17= Code age in years
- 7 7=Don't know/Not sure
- 8 8=Less than one year
- 9 9=Refused

**E.2** Does this child have any kind of health care coverage including health insurance, prepaid plans such as HMO's or government plans such as Medicaid, military coverage, Indian Health or the Native Alaska Health Service?

- 1 Yes
- 2 No **skip to E.5**
- 7 Don't know/Not sure
- 9 Refused

- E.3** Is this child's health insurance Medicaid or Denali KidCare?
- 1 Yes
  - 2 No
  - 7 Don't know
  - 9 Refused
- E.4** During the past 12 months was there any time when this child was not covered by ANY health insurance?
- 1 Yes **skip to E.6**
  - 2 No **skip to E.6**
  - 7 Don't know **skip to E.6**
  - 9 Refused **skip to E.6**
- E.5** During the past 12 months was there any time when this child had health coverage?
- 1 Yes
  - 2 No
  - 7 Don't know
  - 9 Refused
- E.6** During the past 12 months did this child see a doctor, nurse, or other health care professional for any kind of medical care, including sick-child, well child check ups, physical exams or hospitalizations?
- 1 Yes
  - 2 No
  - 7 Don't know
  - 9 Refused
- E.7** During the past 12 months did this child receive all the medical care he/she needed?
- 1 Yes **go to Section F**
  - 2 No **go to E.8**
  - 7 Don't know **go to Section F**
  - 9 Refused **go to Section F**
- E.8** Why did your child not get all the medical care needed?
- 0 1 Cost too much
  - 0 2 No insurance
  - 0 3 Health Plan problems
  - 0 4 Can't find doctor who accepts child's insurance.
  - 0 5 Not available in area/transportation problems.
  - 0 6 Not convenient times/couldn't get appointment.
  - 0 7 Doctor did not know how to treat or provide care.
  - 0 8 Dissatisfaction with doctor.
  - 0 9 Did not know where to go for treatment.
  - 1 0 Child refused to go.
  - 1 1 Treatment is ongoing.
  - 1 2 Vaccine shortage.
  - 1 3 Other (specify)
  - 7 7 Don't Know
  - 9 9 Refused



## **Section F: Smokeless Tobacco Use**

**F.1** Have you ever used or tried any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull? Probe for which.

- 1 Yes, chewing tobacco
- 2 Yes, snuff
- 3 Yes, Iq'mik or Blackbull Yes, other (specify) \_\_\_\_\_
- 5 No, None **skip to Section G**
- 7 DK/NS **skip to Section G**
- 9 refused **skip to Section G**

**F.2** Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull? Probe for which.

- 1 Yes, chewing tobacco
- 2 Yes, snuff
- 3 Yes, Iq'mik or Blackbull
- 4 Yes, other (specify) \_\_\_\_\_
- 5 No, None **skip to Section G**
- 7 DK/NS **skip to Section G**
- 9 refused **skip to Section G**

**F.3** On how many of the past 30 days did you use smokeless tobacco products?

- 99 Refused
- \_\_ Days
- 88 None
- 77 DK/NS

**F.4** Would you like to quit using smokeless tobacco?

- 1 Yes
- 2 No
- 7 DK/NS
- 9 refused

**F.5** Are you seriously considering quitting using smokeless tobacco products within the next 6 months?

- 1 Yes
- 2 No **skip to Section F.7**
- 7 DK/NS **skip to Section F.7**
- 9 refused **skip to Section F.7**

**F.6** Are you seriously considering quitting using smokeless tobacco products within the next 30 days?

- 1 Yes
- 2 No
- 7 DK/NS
- 9 refused

**F.7** In the past 12 months, has any doctor, dentist or other health professional advised you to stop using smokeless tobacco?

- 1 Yes
- 2 No
- 7 DK/NS
- 9 refused

**F.8** In the past 12 months, has any doctor, dentist or other health professional asked if you use smokeless tobacco products such as chewing tobacco, snuff, Iq'mik or Blackbull?

- 1 Yes
- 2 No
- 7 Don't Know
- 9 Refused

### **Section G: Fish Consumption**

**G.1** The next few questions are about eating fish. First, I'd like you to think about fish caught by you, a friend, or a relative from Alaska waters. Do not include fish purchased at a store or restaurant. Do not include shellfish such as crab, clams or shrimp. In the past 30 days, how often did you eat fish from Alaska waters that were caught by you or given to you by a friend or relative?

- 1 \_\_\_ Times per Day
- 2 \_\_\_ Times per Week
- 3 \_\_\_ Times per Month
- 5 5 I don't eat fish → **Skip to G.3**
- 8 8 None
- 7 7 Don't know
- 9 9 Refused

**G.2** Now I'd like you to think about fish bought at a grocery store, fish market, or restaurant. This includes fresh or frozen fish, smoked fish, canned or pouched fish, fish sticks or patties, sushi, and any other fish types. Do not include shellfish such as crab, clams or shrimp. In the past 30 days, how often did you eat fish bought at a grocery store, fish market or restaurant?

- 1 \_\_\_ Times per Day
- 2 \_\_\_ Times per Week
- 3 \_\_\_ Times per Month
- 5 5 I don't eat fish → Skip to D.3
- 8 8 None
- 7 7 Don't know
- 9 9 Refused

- G.3** The State of Alaska recently issued health guidelines for eating locally caught fish from Alaska waters, discussing both the health benefits and the mercury risks. Now thinking only about wild Alaska salmon, which of the following three statements best fits your understanding of the State's advice for eating wild Alaska salmon?
- 1 There are no restrictions on eating wild Alaska salmon for anyone.
  - 2 There are some restrictions on eating wild Alaska salmon for certain people.
  - 3 There are some restrictions on eating wild Alaska salmon for everyone.
  - 4 I don't remember what the State's guidelines said about eating wild Alaska salmon.
  - 5 I haven't heard about the State's guidelines.
  - 7 Don't know
  - 9 Refused
- G.4** How concerned are you about the mercury risks in some Alaska fish when it comes to your personal health? Are you...
- 1 Not at all concerned
  - 2 A little concerned
  - 3 Somewhat concerned
  - 4 Very concerned
  - 5 I don't eat fish.
  - 7 Don't know
  - 9 Refused
- G.5** Now thinking about all fish and not just Alaska fish, have you changed how much fish you eat after hearing about the health benefits and mercury risks of eating fish? Do you eat...
- 1 More fish
  - 2 The same amount of fish
  3. More of some fish and less of others
  4. Less fish OR
  - 5 You've stopped eating fish altogether
  - 6 I haven't heard about the health benefits and mercury risks of eating fish
  - 7 Don't know
  - 8 I don't eat fish.
  - 9 Refused

## **Section H: Alzheimer's Awareness**

- H.1** These questions concern your beliefs about ways to prevent Alzheimer's Disease and Related Disorders.
- Do you think that (Fill A – D, random order) could lower a person's risk of developing Alzheimer's?
- a. Healthy Eating
- 1 Yes
  - 2 No
  - 7 DK/NS
  - 9 refused

b. Regular Physical Activity

- 1 Yes
- 2 No
- 7 DK/NS
- 9 refused

c. Mental challenges like puzzles and games

- 1 Yes
- 2 No
- 7 DK/NS
- 9 refused

d. Socializing with family and friends

- 1 Yes
- 2 No
- 7 DK/NS
- 9 refused

**Section I: Oral Cancer exams**

- I.1** In the past year, have you had a doctor, dentist, or dental hygienist check for oral cancer by pulling on your tongue sometimes with a gauze wrapped around it, and feeling under the tongue and inside the cheeks?

- 1 Yes
- 2 No
- 7 Don't know/not sure
- 9 Refused



## **Appendix I:**

**2008**

**Behavioral Risk Factor Surveillance System**

**Modified Questionnaire**



## **Section 1: Health Status**

**1.1** Would you say that in general your health is—

- 1 Excellent
- 2 Very good
- 3 Good
- 4 Fair
- 5 Poor
- 7 Don't know / Not sure
- 9 Refused

## **Section 2: Healthy Days — Health-Related Quality of Life**

**2.1** 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?

- — Number of days
- 8 8 None
- 7 7 Don't know / Not sure
- 9 9 Refused

**2.2** 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?

- — Number of days
- 8 8 None **[If Q2.1 and Q2.2 = 88 (None), go to next section]**
- 7 7 Don't know / Not sure
- 9 9 Refused

**2.3** 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?

- — Number of days
- 8 8 None
- 7 7 Don't know / Not sure
- 9 9 Refused

### **Section 3: Health Care Access**

**3.1** Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare, Native Health Service or Indian Health Service?

[

- 1 Yes
- 2 No **Skip to 3.3**
- 7 Don't know / Not sure **Skip to 3.3**
- 9 Refused **Skip to 3.4**

**3.2** What type of health care coverage do you use to pay for most of your medical care? Is it coverage through:

[NOTE: IF MORE THAN ONE, ASK "Which type do you use to pay for most of your medical care?"]

PLEASE READ

- 01 Your employer
- 02 Someone else's employer
- 03 A plan that you or someone else buys on your own
- 04 Medicare
- 05 Medicaid or Medical Assistance
- 06 The military, CHAMPUS or TriCare, or the VA
- 07 Alaska Native Health Service or Indian Health Service
- 08 Some other source (Specify) [TYPCVR1T]
- 88 None
- 77 Don't Know/ Not Sure
- 99 Refused

**3.3.** There are some types of coverage you may not have considered. Please tell me if you have any of the following: Coverage through:

[NOTE: IF MORE THAN ONE, ASK "Which type do you use to pay for most of your medical care?"]

PLEASE READ

- 01 Your employer
- 02 Someone else's employer
- 03 A plan that you or someone else buys on your own
- 04 Medicare
- 05 Medicaid or Medical Assistance
- 06 The military, CHAMPUS or TriCare, or the VA
- 07 Alaska Native Health Service or Indian Health Service
- Or
- 08 Some other source (Specify) [TYPCVR2T]
- 88 None
- 77 Don't Know/ Not Sure
- 99 Refused

**3.4** Do you have one person you think of as your personal doctor or health care provider?

**If “No,” ask: “Is there more than one, or is there no person who you think of as your personal doctor or health care provider?”**

- 1 Yes, only one
- 2 More than one
- 3 No
- 7 Don't know / Not sure
- 9 Refused

**3.5** Was there a time in the past 12 months when you needed to see a doctor but could not because of cost?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

#### **Section 4: Exercise**

**4.1** During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

#### **Section 5: Diabetes**

**5.1** Have you ever been told by a doctor that you have diabetes?

**If “Yes” and respondent is female, ask: “Was this only when you were pregnant?”**

**If respondent says no, ask: “Have you been told you have prediabetes or borderline diabetes?”**

- 1 Yes
- 2 Yes, but female told only during pregnancy
- 3 No
- 4 No, pre-diabetes or borderline diabetes
- 7 Don't know / Not sure
- 9 Refused



## **Section 6: Cardiovascular Disease Prevalence**

6.1 Has a doctor, nurse, or other health professional EVER told you that you had any of the following?

a. A heart attack, also called a myocardial infarction?

- 1 Yes
- 2 No
- 7 Don't Know / Not Sure
- 9 Refused

b. Angina or coronary heart disease?

- 1 Yes
- 2 No
- 7 Don't Know / Not Sure
- 9 Refused

c. A stroke?

- 1 Yes
- 2 No
- 7 Don't Know / Not Sure
- 9 Refused

## **Section 7: Asthma**

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

- 1 Yes
- 2 No **[Go to next section]**
- 7 Don't know / Not sure **[Go to next section]**
- 9 Refused **[Go to next section]**

7.2 Do you still have asthma?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

## **Section 8: Disability**

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

- |   |                       |
|---|-----------------------|
| 1 | Yes                   |
| 2 | No                    |
| 7 | Don't know / Not sure |
| 9 | Refused               |

## **Section 9: Tobacco**

**9.1** Have you smoked at least 100 cigarettes in your entire life?

**NOTE: 5 packs = 100 cigarettes**

- |   |                       |                       |
|---|-----------------------|-----------------------|
| 1 | Yes                   |                       |
| 2 | No                    | <b>[Skip to 9.18]</b> |
| 7 | Don't know / Not sure | <b>[Skip to 9.18]</b> |
| 9 | Refused               | <b>[Skip to 9.18]</b> |

**9.2** Do you now smoke cigarettes every day, some days, or not at all?

- |   |                       |                       |
|---|-----------------------|-----------------------|
| 1 | Every day             |                       |
| 2 | Some days             |                       |
| 3 | Not at all            | <b>[Skip to 9.10]</b> |
| 7 | Don't know / Not sure | <b>[Skip to 9.10]</b> |
| 9 | Refused               | <b>[Skip to 9.10]</b> |

**9.3** During the past 30 days, on how many days did you smoke cigarettes?

- |      |                       |                                  |
|------|-----------------------|----------------------------------|
| 0-30 | Number of Days        | <b>[If 9.3 = 0 Skip to 9.10]</b> |
| 77   | Don't Know / Not Sure | <b>[Skip to 9.10]</b>            |
| 99   | Refused               | <b>[Skip to 9.10]</b>            |

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

- |       |                               |
|-------|-------------------------------|
| 0-180 | Number of Cigarettes          |
| 666   | Less than one cigarette a day |
| 777   | Don't Know / Not Sure         |
| 999   | Refused                       |

**9.5** Where do you usually buy cigarettes?

[BUYCIGS]

- |   |                   |
|---|-------------------|
| 1 | In your community |
|---|-------------------|

- |   |   |               |
|---|---|---------------|
| 2 | In another community in Alaska            |               |
| 3 | In a community outside Alaska             | [Skip to 9.7] |
| 4 | Using the Internet                        | [Skip to 9.9] |
| 5 | Using mail-order source or and 800 number | [Skip to 9.9] |
| 7 | Don't Know / Not Sure                     | [Skip to 9.8] |
| 9 | Refused                                   | [Skip to 9.8] |

**Ask of those who usually buy in Alaska**

**9.6** In what type of store do you usually buy cigarettes?

- |   |  |
|---|--|
| 1 | Convenience stores/gas stations              |
| 2 | Supermarkets                                 |
| 3 | Liquor or drug stores (pharmacies)           |
| 4 | Tobacco discount stores                      |
| 5 | Other discount stores, such as Wal-Mart      |
| 6 | Military commissaries                        |
| 7 | Other type of store ( <b>specify</b> ) _____ |

[Skip to 9.8]

**Ask of those who usually buy outside Alaska**

**9.7** From which state do you usually buy them? (**open-ended answer**)

\_\_\_\_\_

**Ask of those who usually buy in Alaska or outside Alaska (all smokers except if 9.5 = 4 or 5)**

**9.8** In the last year, have you bought cigarettes over the Internet, or using a mail-order source?

- |   |                       |                |
|---|-----------------------|----------------|
| 1 | Yes                   |                |
| 2 | No                    | [Skip to 9.10] |
| 7 | Don't Know / Not Sure | [Skip to 9.10] |
| 9 | Refused               | [Skip to 9.10] |

**Ask of those who usually buy over the Internet/mail order [9.5 = 4 or 5] or have done so in the last year [9.8 = 1]**

**9.9** In the last three months, about how many cartons or packs of cigarettes have you bought through the Internet or using a mail-order source?

\_\_ \_\_ \_\_ \_\_ number of (1 = packs, 2 = cartons)

7777 Don't Know / Not Sure

9999 Refused

**9.10**

[BEGSMOKE]

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

\_\_ \_\_ Code age in years

88 Never smoked regularly (*don't read*)

77 Don't Know / Not Sure

99 Refused

**Ask of Former Smokers (9.1 = 1 and 9.2 = 3)**

**9.11**

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

- 1 Within the past month
- 2 Within the past 3 months
- 3 Within the past 6 months
- 4 Within the past year
- 5 Within the past 5 years

**[If 1-5 Skip to 9.13]**

- 6 Within 10 years
- 7 10 or more years ago
- 8 Don't Know / Not Sure
- 9 Refused

**[If 6-9 Skip to Health Professional Care (9.18)]**

**Cessation - Ask of Current Smokers (9.2 = 1 or 2)**

**9.12**

During the past 12 months have you stopped smoking for one day or longer because you were trying to quit smoking?

- 1 Yes
- 2 No **[Skip to 9.15]**
- 7 Don't know / Not sure **[Skip to 9.15]**
- 9 Refused **[Skip to 9.15]**

**Methods of Quitting - Ask of Current Smokers who have tried to quit during past 12 months (9.12 = 1) or Former Smokers who quit within past 5 years (9.11 = 1-5)**

**9.13**

**Former Smokers:**

When you quit smoking for good...

**Current Smokers:**

The last time you tried to quit smoking...

Did you use the nicotine patch, nicotine gum, or any other medication to help you quit?

[

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

**9.14**

**Former Smokers:**

When you quit smoking for good...

**Current Smokers:**

The last time you tried to quit smoking...

Did you use any other assistance, such as classes or counseling?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

**[Former Smokers (9.1 = 1 and 9.2 = 3) skip to 9.18]**

<b>Stages of Readiness (for Quitting Smoking) - Ask of Current Smokers (9.2 = 1 or 2)</b>
---

**9.15**

Would you like to quit smoking?

- 1 Yes
- 2 No **[Skip to 9.18]**
- 7 Don't know / Not sure **[Skip to 9.18]**
- 9 Refused **[Skip to 9.18]**

**9.16**

Are you seriously considering stopping smoking within the next 6 months?

- 1 Yes
- 2 No **[Skip to 9.18]**
- 7 Don't know / Not sure **[Skip to 9.18]**
- 9 Refused **[Skip to 9.18]**

**9.17**

Are you planning to stop smoking within the next 30 days?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

**9.18**

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

- 1 Yes
- 2 No **[Skip to 9.22]**
- 7 Don't know / Not sure **[Skip to 9.22]**

9 Refused [Skip to 9.22]

**Health Professional Advice - Ask of Current Smokers (9.2 = 1 or 2)**

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

- |   |                       |                |
|---|-----------------------|----------------|
| 1 | Yes                   | [Skip to 9.21] |
| 2 | No                    |                |
| 7 | Don't know / Not sure |                |
| 9 | Refused               |                |

**Ask of Never Smokers (9.1 = 2, 7, or 9), Former Smokers (9.1 = 1 and 9.2 = 3), Current Smokers who were not advised to quit (9.19 = 2, 7, or 9)**

**9.20** During the past 12 months, did any doctor or other health professional ask if you smoke?

- |   |                       |                |
|---|-----------------------|----------------|
| 1 | Yes                   | [Skip to 9.22] |
| 2 | No                    | [Skip to 9.22] |
| 7 | Don't know / Not sure | [Skip to 9.22] |
| 9 | Refused               | [Skip to 9.22] |

**Ask of Current Smokers advised to quit (9.19 = 1)**

**9.21** In the past 12 months, when a doctor or other health professional advised you to quit smoking, did they also do any of the following?

(a) Prescribe or recommend a patch, nicotine gum, nasal spray, an inhaler, or pills such as Zyban?

- |   |                       |
|---|-----------------------|
| 1 | Yes                   |
| 2 | No                    |
| 7 | Don't know / Not sure |
| 9 | Refused               |

(b) Suggest that you set a specific date to stop smoking?

- |   |                       |
|---|-----------------------|
| 1 | Yes                   |
| 2 | No                    |
| 7 | Don't know / Not sure |
| 9 | Refused               |

(c) Suggest that you use a smoking cessation class, program, quit line, or counseling?

- |   |                       |
|---|-----------------------|
| 1 | Yes                   |
| 2 | No                    |
| 7 | Don't know / Not sure |
| 9 | Refused               |

(d) Provide you with booklets, videos, or other materials to help you quit smoking on your own?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

<b>Other Smoked Tobacco Product Use</b>
---

**9.22** In the past month, have you smoked a cigar, even just a puff?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

**9.23** In the past month, have you smoked tobacco in a pipe?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

**9.24** In the past month, have you smoked clove cigarettes?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

**9.25** In the past month, have you smoked bidis?

**[if needed: BEE-DEES, flavored cigarettes with brown wrappers from India.]**

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

## Smokeless Tobacco Use

**9.26** Have you ever used or tried any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull? Probe for which.

**Check all that apply**

- 1 Yes, chewing tobacco
- 2 Yes, snuff
- 3 Yes, Iq'Mik or Blackbull
- 4 Yes, other (specify) \_\_\_\_\_
- 5 No, None **[Skip to 9.35]**
- 7 Don't know / Not sure **[Skip to 9. 35]**
- 9 Refused **[Skip to 9.35]**

\*Include prompt: By smokeless tobacco use we also mean Iq'mik (also known as blackbull). Iq'mik is a form of smokeless tobacco that is chewed. It is made by mixing fire-cured tobacco leaves and "punk ash", which is the ash generated by burning a fungus that grows on birch trees.

**9.27** Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik or Blackbull? Probe for which.

**Check all that apply**

- 1 Yes, chewing tobacco
- 2 Yes, snuff
- 3 Yes, Iq'Mik or Blackbull
- 4 Yes, other (specify) \_\_\_\_\_
- 5 No, None **[Skip to 9.29]**
- 7 Don't know / Not sure **[Skip to 9.29]**
- 9 Refused **[Skip to 9.29]**

**9.28** In how many of the past 30 days did you use smokeless tobacco products?

- \_\_\_ Days
- 88 None
- 99 Refused

**9.29** How old were you when you first started using smokeless tobacco regularly?

- \_\_ Code age in years
- 88 Never used smokeless tobacco regularly (don't read)
- 77 Don't know/not sure
- 99 Refused

## Smokeless Tobacco Cessation - Ask of Current ST Users (9.27 = 1 - 4.

**9.30** Would you like to quit using smokeless tobacco?

- 1 Yes
- 2 No **[Skip to 9.34]**
- 7 Don't know / Not sure **[Skip to 9.34]**
- 9 Refused **[Skip to 9.34]**



**9.31** Are you seriously considering quitting using smokeless tobacco products within the next 6 months?

- 1 Yes
- 2 No **[Skip to 9.34]**
- 7 Don't know / Not sure **[Skip to 9.34]**
- 9 Refused **[Skip to 9.34]**

**9.32** Are you seriously considering quitting using smokeless tobacco products within the next 30 days?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

**9.33** About how long has it been since you last used smokeless tobacco regularly?

- 1 Never regularly used smokeless tobacco
- 2 Within the past month
- 3 Within the past 3 months
- 4 Within the past 6 months
- 5 Within the past year
- 6 Within the past 5 years
- 7 Within 10 years
- 8 10 or more years ago
- 77 Don't know/Not sure
- 99 Refused

**9.34** In the past 12 months, has any doctor, dentist or other health professional advised you to stop using smokeless tobacco?

- 1 Yes **[Skip to 9.36]**
- 2 No
- 7 Don't know / Not sure
- 9 Refused

**9.35** In the past 12 months, has any doctor, dentist or other health professional asked if you use smokeless tobacco products such as chewing tobacco, snuff, Iq'mik or Blackbull?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

**9.36** How many people, including you, who live in your household currently smoke cigarettes, cigars, or pipes?

- \_\_ Number of current smokers in household
- 88 No current smokers in household
- 77 Don't know/not sure
- 99 Refused

**9.37** In the past 30 days, has anyone, including yourself, smoked cigarettes, cigars, or pipes anywhere inside your home?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

**9.38** Which statement best describes the rules about smoking inside your home? Do not include decks, garages, or porches.

- 1 Smoking is not allowed anywhere inside your home
- 2 Smoking is allowed in some places or at some times
- 3 Smoking is allowed anywhere inside the home  
(Don't read)
- 7 Don't know / Not sure
- 9 Refused

**Now I am going to ask you some questions about workplace policies**

**9.39** While working at your job, are you indoors most of the time?

- 1 Yes
- 2 No **[Skip to 9.42]**
- 3 Not employed **[Skip to 9.43]**
- 7 Don't know / Not sure **[Skip to 9.42]**
- 9 Refused **[Skip to 9.42]**

**9.40** In the past 30 days, has anyone, including yourself, smoked cigarettes, cigars, or pipes anywhere at your workplace?

[

- 1 Yes
- 2 No **[Skip to 9.42]**
- 7 Don't know / Not sure **[Skip to 9.42]**
- 9 Refused **[Skip to 9.42]**

**9.41** Did the smoking occur in (Check all that apply)

- 1 An indoor work area
- 2 An indoor public space
- 3 An outdoor area
- 7 Don't know/Not sure
- 9 Refused

**9.42** Which statement best describes your place of work's official smoking policy for work areas?

- 1 Smoking is not allowed in any work areas
- 2 Smoking is allowed in some work areas
- 3 Smoking is allowed in all work areas  
(Don't read)
- 7 Don't know / Not sure
- 9 Refused

**9.42** In the past 30 days, has anyone, including yourself, smoked cigarettes, cigars, or pipes in a car you were in?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

**9.43** In indoor work areas, do you think that smoking should be allowed in all areas, some areas, or not allowed at all?

- 1 All areas
- 2 Some areas
- 3 Not allowed at all  
(Don't read)
- 7 Don't know / Not sure (no opinion)
- 9 Refused

**9.44** In restaurants, do you think that smoking should be allowed in all areas, some areas, or not allowed at all?

- 1 All areas
- 2 Some areas
- 3 Not allowed at all  
(Don't read)
- 7 Don't know / Not sure (no opinion)
- 9 Refused

**9.45** Is smoking currently allowed inside bars and cocktail lounges in your community?

[SMBARNOW]

- 1 Yes
- 2 No **[Skip to 9.48]**
- 3 No bars in community **[Skip to 9.49]**
- 7 Don't know / Not sure
- 9 Refused

Ask of those who either (a) **do not** have an ordinance banning smoking in bars, or (b) **do not know** if they do or not. (9.46 = 1, 7, or 9)

**9.46** If smoking was not allowed in bars and cocktail lounges, would you visit them more, less, or would it make no difference?

- |   |                       |                       |
|---|-----------------------|-----------------------|
| 1 | More                  | <b>[Skip to 9.49]</b> |
| 2 | Less                  | <b>[Skip to 9.49]</b> |
| 3 | No Difference         | <b>[Skip to 9.49]</b> |
|   | (Don't read)          |                       |
| 7 | Don't know / Not sure | <b>[Skip to 9.49]</b> |
| 9 | Refused               | <b>[Skip to 9.49]</b> |

Ask of those who **do** have an ordinance banning smoking in bars (9.46 = 2)

**9.47** **Since** smoking has been not allowed in bars and cocktail lounges, have you visited them more, less, or has it not made any difference?

- |   |                       |
|---|-----------------------|
| 1 | More                  |
| 2 | Less                  |
| 3 | No Difference         |
|   | (Don't read)          |
| 7 | Don't know / Not sure |
| 9 | Refused               |

**9.48** How strongly do you agree or disagree with the following statement?

**People should be protected from smoke from other people's cigarettes.**

- |   |                       |
|---|-----------------------|
| 1 | Strongly Agree        |
| 2 | Agree                 |
| 3 | Disagree              |
| 4 | Strongly Disagree     |
| 7 | Don't know / Not sure |
| 9 | Refused               |

**9.49** Do you think that breathing smoke from other people's cigarettes is:

- |   |                                    |
|---|------------------------------------|
| 1 | Very harmful to one's health       |
| 2 | Somewhat harmful to one's health   |
| 3 | Not very harmful to one's health   |
| 4 | Not harmful at all to one's health |
| 7 | Don't know / Not sure              |
| 9 | Refused                            |

**9.50** Would you say that breathing smoke from other people's cigarettes causes:

a. Lung cancer in adults

- |   |     |
|---|-----|
| 1 | Yes |
| 2 | No  |

7 Don't know / Not sure  
9 Refused

b. Heart disease in adults

1 Yes  
2 No  
7 Don't know / Not sure  
9 Refused

c. Colon cancer

1 Yes  
2 No  
7 Don't know / Not sure  
9 Refused

d. Respiratory problems in children

1 Yes  
2 No  
7 Don't know / Not sure  
9 Refused

e. Sudden infant death syndrome (SIDS)

1 Yes  
2 No  
7 Don't know / Not sure  
9 Refused

**9.51** Are you aware of the Alaska Quit Line, which is a telephone service that can help people quit smoking or using smokeless tobacco?

1 Yes  
2 No  
7 Don't know / Not sure  
9 Refused

**9.52** Would you like the toll free number? 888-842-7848 (QUIT)

**[Note for CATI Programmer – For non-smokers add “for a friend or family member that smokes”]**

1 Yes  
2 No  
7 Don't know / Not sure  
9 Refused

**9.54**

Now I am going to read a list of health topics. For each one, please tell me if you support school children receiving age-appropriate education about it in school.

a Dental and oral health

- 1 Yes
- 2 No
- 7 Don't Know/Not Sure
- 9 Refused

b Nutrition and dietary behavior

- 1 Yes
- 2 No
- 7 Don't Know/Not Sure
- 9 Refused

c Sexually transmitted disease or STD prevention

- 1 Yes
- 2 No
- 7 Don't Know/Not Sure
- 9 Refused

d Suicide Prevention

- 1 Yes
- 2 No
- 7 Don't Know/Not Sure
- 9 Refused

e Tobacco use prevention

- 1 Yes
- 2 No
- 7 Don't Know/Not Sure
- 9 Refused

f Alcohol or other drug use prevention

- 1 Yes
- 2 No
- 7 Don't Know/Not Sure
- 9 Refused

g Violence prevention, such as bullying, fighting, and homicide

- 1 Yes
- 2 No
- 7 Don't Know/Not Sure
- 9 Refused

## **Section 10: Demographics**

**10.1** What is your age?

- Code age in years
- 0 7 Don't know / Not sure
- 0 9 Refused

**10.2** Are you Hispanic or Latino?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

**10.3** Which one or more of the following would you say is your race? **(Check all that apply)**

- 1 White
- 2 Black or African American
- 3 Asian
- 4 Native Hawaiian or Other Pacific Islander
- 5 American Indian or Alaska Native
- 6 Other [specify] \_\_\_\_\_ [MRACET – BOTH]
- 8 No additional choices
- 7 Don't know / Not sure
- 9 Refused

**CATI note: If more than one response to Q10.4; continue. Otherwise, go to Q10.5**

**10.4** Which one of these groups would you say best represents your race?

- 1 White
- 2 Black or African American
- 3 Asian
- 4 Native Hawaiian or Other Pacific Islander
- 5 American Indian or Alaska Native
- 6 Other [specify] \_\_\_\_\_
- 7 Don't know / Not sure
- 9 Refused

**10.5** Have you ever served on active duty in the United States Armed Forces, either in the regular military or in a National Guard or military reserve unit? *Active duty does not include training for the Reserves or National Guard, but DOES include activation, for example, for the Persian Gulf War.*

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

**10.6** Are you...?

- 1 Married
- 2 Divorced
- 3 Widowed
- 4 Separated
- 5 Never married
- 6 A member of an unmarried couple
- 9 Refused

**10.7** How many children live in your household who are...

- a. less than 5 years old? **Code 1-7 (7 = 7 or more)**
- b. 5 through 12 years old? **Code 1-7 (7 = 7 or more)**
- c. 13 through 17 years old? **Code 1-7 (7 = 7 or more)**
- 8 8 None
- 9 9 Refused

**10.8** What is the highest grade or year of school you completed?

- 1 Never attended school or only attended kindergarten
- 2 Grades 1 through 8 (Elementary)
- 3 Grades 9 through 11 (Some high school)
- 4 Grade 12 or GED (High school graduate)
- 5 College 1 year to 3 years (Some college or technical school)
- 6 College 4 years or more (College graduate)
- 9 Refused

**10.9** Are you currently...?

- 1 Employed for wages
- 2 Self-employed
- 3 Out of work for more than 1 year
- 4 Out of work for less than 1 year
- 5 A Homemaker
- 6 A Student
- 7 Retired
- 8 Unable to work
- 9 Refused

**10.10** What kind of business or industry do you work in?

- 1 Management, Professional
- 2 Service
- 3 Sales & Office
- 4 Farming, Fishing, & Forestry
- 5 Construction, Extraction, & Maintenance
- 6 Production, Transportation, & Material Moving
- 7 Military



8 Other  
7 7 Don't know/Not sure  
9 9 Refused

**10.11** Is your annual household income from all sources—

**If respondent refuses at ANY income level, code '99' (Refused)**

04 Less than \$25,000 If "no," ask 05; if "yes," ask 03  
(\$20,000 to less than \$25,000)  
03 Less than \$20,000 If "no," code 04; if "yes," ask 02  
(\$15,000 to less than \$20,000)  
02 Less than \$15,000 If "no," code 03; if "yes," ask 01  
(\$10,000 to less than \$15,000)  
01 Less than \$10,000 If "no," code 02  
05 Less than \$35,000 If "no," ask 06  
(\$25,000 to less than \$35,000)  
06 Less than \$50,000 If "no," ask 07  
(\$35,000 to less than \$50,000)  
07 Less than \$75,000 If "no," code 08  
(\$50,000 to less than \$75,000)  
08 \$75,000 or more  
77 Don't know / Not sure  
99 Refused

**10.12** Do you own or rent your home?

1 Own  
2 Rent  
3 Other (specify)  
7 Don't know/Not sure  
9 Refused

**10.13** About how much do you weigh without shoes?

**Round fractions up**

— — — — Weight  
(pounds/kilograms)  
7 7 7 7 Don't know / Not sure  
9 9 9 9 Refused

**10.14** About how tall are you without shoes?

**Round fractions down**

__ / __	Height
(f t / inches/meters/centimeters)	
7 7 7 7	Don't know / Not sure
9 9 9 9	Refused

**10.15** How much did you weigh a year ago? *[If you were pregnant a year ago, how much did you weigh before your pregnancy?]* **CATI: If female respondent and age <410.**

**NOTE: If respondent answers in metrics, put "9" in column 127.**

**Round fractions up**

__ __ __	Weight
(pounds/kilograms)	
7 7 7 7	Don't know / Not sure
9 9 9 9	Refused

**CATI note: Subtract weight one year ago from current weight. If weight is same, skip Q10.16**

**10.16** Was the change between your current weight and your weight a year ago intentional?

1	Yes
2	No
7	Don't know / Not sure
9	Refused

**10.17** What is your ZIP Code where you live?

__ __ __ __	ZIP Code
7 7 7 7 7	Don't know / Not sure
9 9 9 9 9	Refused

**10.18** Do you have more than one telephone number in your household? Do not include cell phones or numbers that are only used by a computer or fax machine.

1	Yes	
2	No	<b>[Go to Q10.20]</b>
7	Don't know / Not sure	<b>[Go to Q10.20]</b>
9	Refused	<b>[Go to Q10.20]</b>

**10.19** How many of these telephone numbers are residential numbers?

- Residential telephone numbers **[6=6 or more]**
- 7 Don't know / Not sure
- 9 Refused

**10.20** During the past 12 months, has your household been without telephone service for 1 week or more? Do not include interruptions of telephone service because of weather or natural disasters.

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

**10.21** **Indicate sex of respondent. Ask only if necessary.**

- 1 Male **[Go to next section]**
- 2 Female **[If respondent is 45 years old or older, go to next section]**

**10.22** To your knowledge, are you now pregnant?

- 1 Yes
- 2 No
- 7 Don't know / Not sure
- 9 Refused

## **Section 11: Alcohol Consumption**

**11.1** During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?

- 1 Yes
- 2 No **[Go to next section]**
- 7 Don't know / Not sure **[Go to next section]**
- 9 Refused **[Go to next section]**

**11.2** During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage?

- 1\_\_ Days per week
- 2\_\_ Days in past 30 days
- 8 8 8 No drinks in past 30 days **[Go to next section]**
- 7 7 7 Don't know / Not sure
- 9 9 9 Refused

- 11.3** One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the days when you drank, about how many drinks did you drink on the average?

**NOTE: A 40 ounce beer would count as 3 drinks, or a cocktail drink with 2 shots would count as 2 drinks.**

— — Number of drinks  
7 7 Don't know / Not sure  
9 9 Refused

- 11.4** Considering all types of alcoholic beverages, how many times during the past 30 days did you have **X** [**CATI X = 5 for men, X = 4 for women**] or more drinks on an occasion?

— — Number of times  
8 8 None  
7 7 Don't know / Not sure  
9 9 Refused

- 11.5** During the past 30 days, what is the largest number of drinks you had on any occasion?

— — Number of drinks  
7 7 Don't know / Not sure  
9 9 Refused

## **Module 1: Pre-Diabetes**

**NOTE: Only asked of those not responding “Yes” (code = 1) to Core Q5.1 (Diabetes awareness question).**

- 1.** Have you had a test for high blood sugar or diabetes within the past three years?

1 Yes  
2 No  
7 Don't know / Not sure  
9 Refused

**CATI note: If Core Q5.1 = 4 (No, pre-diabetes or borderline diabetes); answer Q2 “Yes” (code = 1).**

- 2.** Have you ever been told by a doctor or other health professional that you have pre-diabetes or borderline diabetes?

1 Yes  
2 No  
7 Don't know / Not sure  
9 Refused

## **Module 2: Diabetes**

**To be asked following core Q5.1 if response is "Yes." (code=1)**

1. How old were you when you were told you have diabetes?

\_\_\_ \_\_\_ Code age in years **[97 = 97 and older]**  
 9 8 Don't know / Not sure  
 9 9 Refused

2. Are you now taking insulin?

1 Yes  
 2 No  
 9 Refused

3. About how often do you check your blood for glucose or sugar? Include times when checked by a family member or friend, but do not include times when checked by a health professional.

1 \_\_\_ \_\_\_ Times per day  
 2 \_\_\_ \_\_\_ Times per week  
 3 \_\_\_ \_\_\_ Times per month  
 4 \_\_\_ \_\_\_ Times per year  
 8 8 8 Never  
 7 7 7 Don't know / Not sure  
 9 9 9 Refused

4. About how often do you check your feet for any sores or irritations? Include times when checked by a family member or friend, but do not include times when checked by a health professional.

1 \_\_\_ \_\_\_ Times per day  
 2 \_\_\_ \_\_\_ Times per week  
 3 \_\_\_ \_\_\_ Times per month  
 4 \_\_\_ \_\_\_ Times per year  
 8 8 8 Never  
 5 5 5 No feet  
 7 7 7 Don't know / Not sure  
 9 9 9 Refused

5. About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?

\_\_\_ \_\_\_ Number of times **[76 = 76 or more]**  
 8 8 None  
 7 7 Don't know / Not sure  
 9 9 Refused

6. A test for "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 "A one C"?

- |     |     |                                   |
|-----|-----|-----------------------------------|
| ___ | ___ | Number of times [76 = 76 or more] |
| 8   | 8   | None                              |
| 9   | 8   | Never heard of "A one C" test     |
| 7   | 7   | Don't know / Not sure             |
| 9   | 9   | Refused                           |

**CATI note: If Q6 = 555 (no feet), go to Q8.**

7. About how many times in the past 12 months has a health professional checked your feet for any sores or irritations?

- |     |     |                                   |
|-----|-----|-----------------------------------|
| ___ | ___ | Number of times [76 = 76 or more] |
| 8   | 8   | None                              |
| 7   | 7   | Don't know / Not sure             |
| 9   | 9   | Refused                           |

8. When was the last time you had an eye exam in which the pupils were dilated? This would have made you temporarily sensitive to bright light.

- |   |  |
|---|--|
| 1 | Within the past month (anytime less than 1 month ago)      |
| 2 | Within the past year (1 month but less than 12 months ago) |
| 3 | Within the past 2 years (1 year but less than 2 years ago) |
| 4 | 2 or more years ago  |
| 8 | Never  |
| 7 | Don't know / Not sure                                      |
| 9 | Refused  |

9. Has a doctor ever told you that diabetes has affected your eyes or that you had retinopathy?

- |   |                       |
|---|-----------------------|
| 1 | Yes                   |
| 2 | No                    |
| 7 | Don't know / Not sure |
| 9 | Refused               |

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

- |   |                       |
|---|-----------------------|
| 1 | Yes                   |
| 2 | No                    |
| 7 | Don't know / Not sure |
| 9 | Refused               |

### **Module 3: Cardiovascular Health Module**

**Ask Q1 if response to Core Q6.1 ("Ever told had a heart attack or myocardial infarction") is "Yes." (code=1)**

1. After you left the hospital following your heart attack did you go to any kind of outpatient rehabilitation? This is sometimes called "rehab".

- |   |                       |
|---|-----------------------|
| 1 | Yes                   |
| 2 | No                    |
| 7 | Don't know / Not sure |

9      Refused

**Ask Q2 if response to either Core Q6.1 (“Ever told had a heart attack or myocardial infarction”) OR Core Q6.2 (“Ever told had angina or coronary heart disease”) is "Yes." (code=1)**

**2.**                      Are you limited in any activities because of physical, mental, or emotional problems due to heart disease?

- 1      Yes
- 2      No
- 7      Don't know / Not sure
- 9      Refused

**Ask Q3 if response to Core Q6.3 (“Ever told had a stroke”) is "Yes." (code=1)**

**3.**                      After you left the hospital following your stroke did you go to any kind of outpatient rehabilitation? This is sometimes called “rehab”.

- 1      Yes
- 2      No
- 7      Don't know / Not sure
- 9      Refused

**Ask Q4 if response to Core Q6.3 (“Ever told had a stroke”) is "Yes." (code=1)**

**4.**                      Are you limited in any activities because of physical, mental, or emotional problems due to stroke?

- 1      Yes
- 2      No
- 7      Don't know / Not sure
- 9      Refused