

Health Risks in Alaska Among Adults



Alaska Behavioral Risk Factor Survey 2004/2005 Annual Report



State of Alaska

Frank H. Murkowski, Governor

Department of Health and Social Services

Karleen K. Jackson, Commissioner



Behavioral Risk Factor Surveillance System

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Factor Survey**

2004/2005 Annual Report

Frank H. Murkowski, Governor
State of Alaska

Karleen Jackson, Commissioner
Department of Health and Social Services

Dr. Richard Mandsager, Director
Division of Public Health

June 2006

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2004

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Clydina Bailey
Susan Bigelow
Jared Fortin
Teresa Hotchkiss
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The staff also wishes to thank William Garvin from the Centers for Disease Control and Prevention and Claude Comeau, CATI consultant for technical assistance.

Finally, special thanks goes to the people of Alaska who participated in this survey.

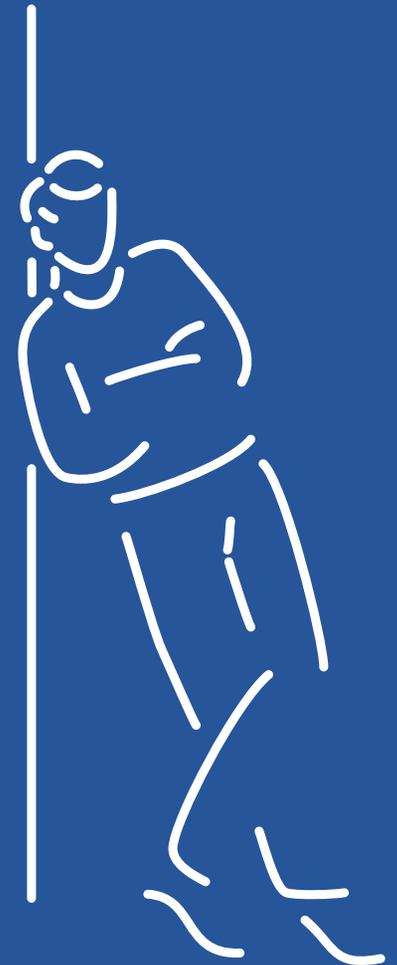
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Introduction



Introduction

In 2004 there were 3,044 deaths in Alaska and 64% were identified within the top 5 causes of death. Mokdad, Marks, Stroup, 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 drugs¹.

For example, the behavioral risk factor of tobacco use has been estimated to contribute to a range of 11-30% of cancer deaths, 17-30% of cardiovascular deaths, 30% of lung disease deaths, 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 care².

Modifying these risk behaviors contributing to premature deaths and impaired quality of life was, and continues to be, an apparent public health challenge. Information on the prevalence of these health risk behaviors and clinical preventive health practices was essential for chronic disease prevention planning and injury prevention.

Although national estimates of health risk behaviors among U.S. adult populations had been periodically obtained through surveys conducted by the National Center for Health Statistics (NCHS), these data were not available on a state-specific basis. This deficiency was viewed as critical for state health agencies that have the primary role of targeting resources to reduce behavioral risks and their subsequent illnesses. National data may not be appropriate for any given state; however, state and local agency participation was critical to monitor progress for national health goals.

About the same time as personal health behaviors received wider recognition in relation to chronic disease morbidity and mortality, telephone surveys emerged as an acceptable method for determining the prevalence of many health risk behaviors among populations. In addition to their cost advantages, telephone surveys were especially desirable at the state and local level, where the necessary expertise and resources for conducting area probability sampling for in-person

household interviews were not likely to be available.

As a result, 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. The basic philosophy was to collect data on actual behaviors, rather than on attitudes or knowledge, that would be especially useful for planning, initiating, supporting, and evaluating health promotion and disease prevention programs. The State of Alaska began the BRFSS in 1990 as a point in time study and has continued yearly since. Alaska's data are combined with all 50 states and U.S. territories participating in surveillance. The Alaska Behavioral Risk Factor Surveillance System is a collaborative project with the CDC and the Alaska Division of Public Health. The BRFSS is the longest running and largest telephone health survey in the world. In 2004, 303,822 interviews were completed throughout the United States, District of Columbia, U.S. Virgin Islands, Guam, and Puerto Rico.

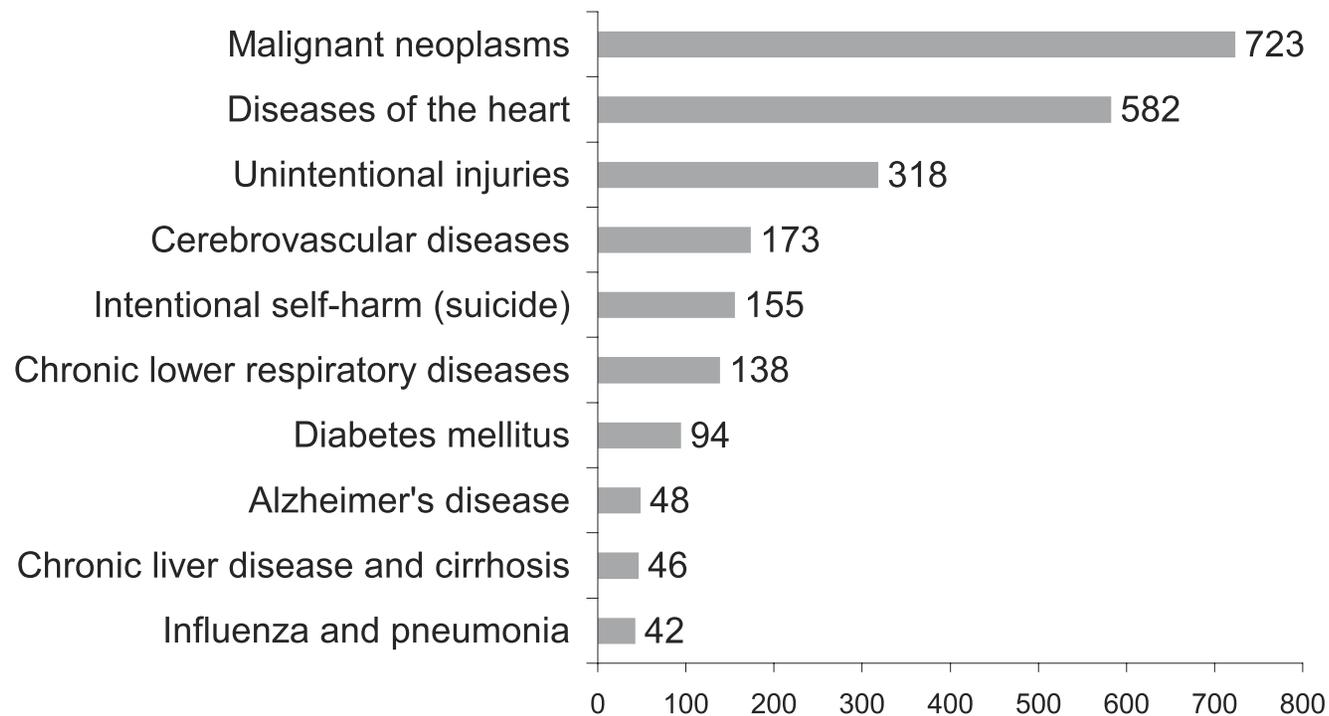
Through a series of monthly telephone interviews uniform data are collected on health practices and risky behaviors that contribute to chronic disease, injuries, and preventable diseases that are among the leading causes of morbidity and mortality in the United States. The BRFSS data have proven to be 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 of this initiative 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 include the BRFSS. Alaska has established state targets within the framework of the national Healthy People objectives 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 *Healthy Alaskans 2010* goals are assessed with the BRFSS.

Endnotes:

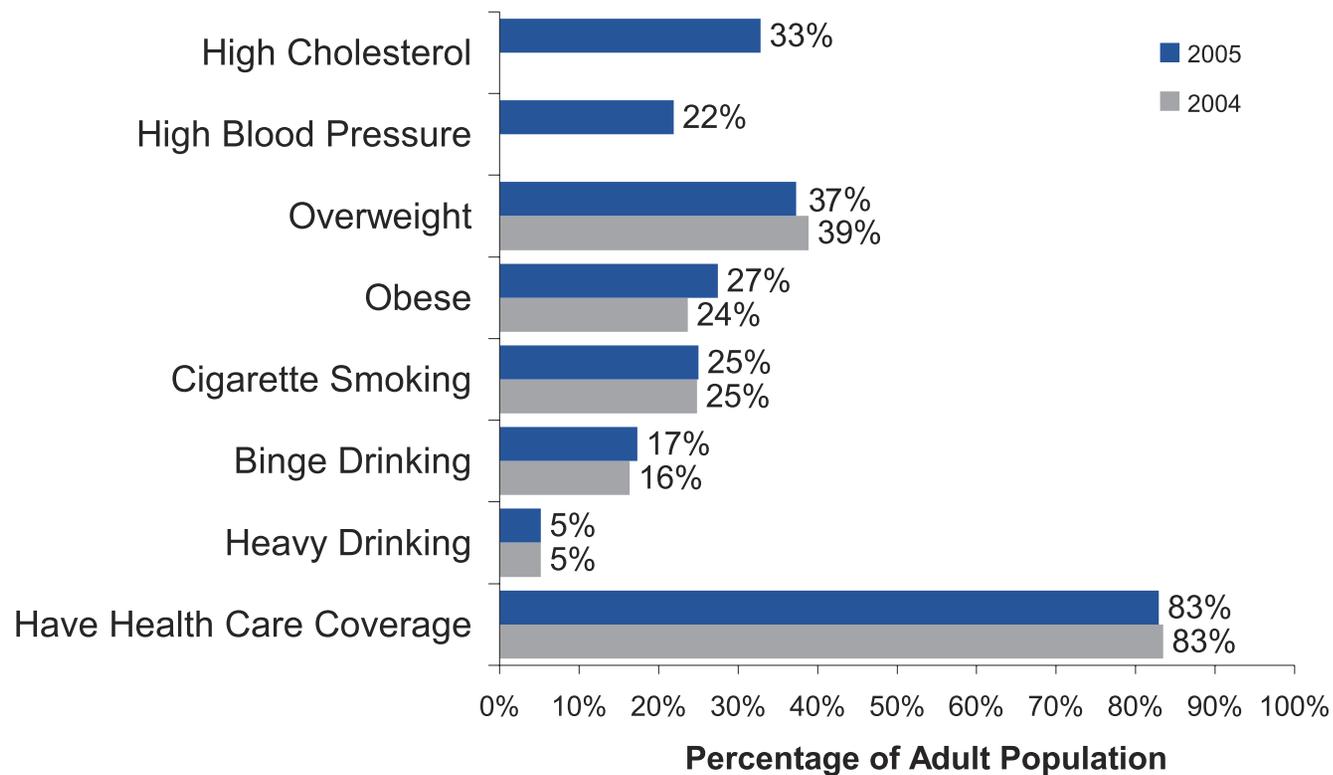
¹ Mokdad AH, Marks JS, Stroup DF, Gerberding JL. Actual Causes of Death in the United States, 2000. JAMA 2004; 291 (10) 1238–1245

² CDC SAMMEC, MMWR 2002; vol 51, No. 14:300-3.

Leading Causes of Death in Alaska, 2004

Source: Alaska State Bureau of Vital Statistics, Leading Causes of Death for Alaska — 2004.

Behavioral Risk Factor Prevalence in Alaska, 2004 and 2005



At Risk for Specific Risk Factors

2004

Population = 463,601*

| Behavioral Risk Factor | Proportion of Population at Risk (Prevalence) | Estimated Number of Adults |
|---------------------------|---|----------------------------|
| Overweight | 39% | 180,804 |
| Obese | 24% | 111,264 |
| Cigarette Smoking | 25% | 115,900 |
| Binge Drinking | 16% | 74,176 |
| Heavy Drinking | 5% | 23,180 |
| Have Health Care Coverage | 83% | 384,789 |

*Source: Alaska Department of Labor, Research and Analysis Section, Demographics Unit, July 1, 2004, Alaska Total Population by Age, Male/Female, Census Area and Labor Market

2005

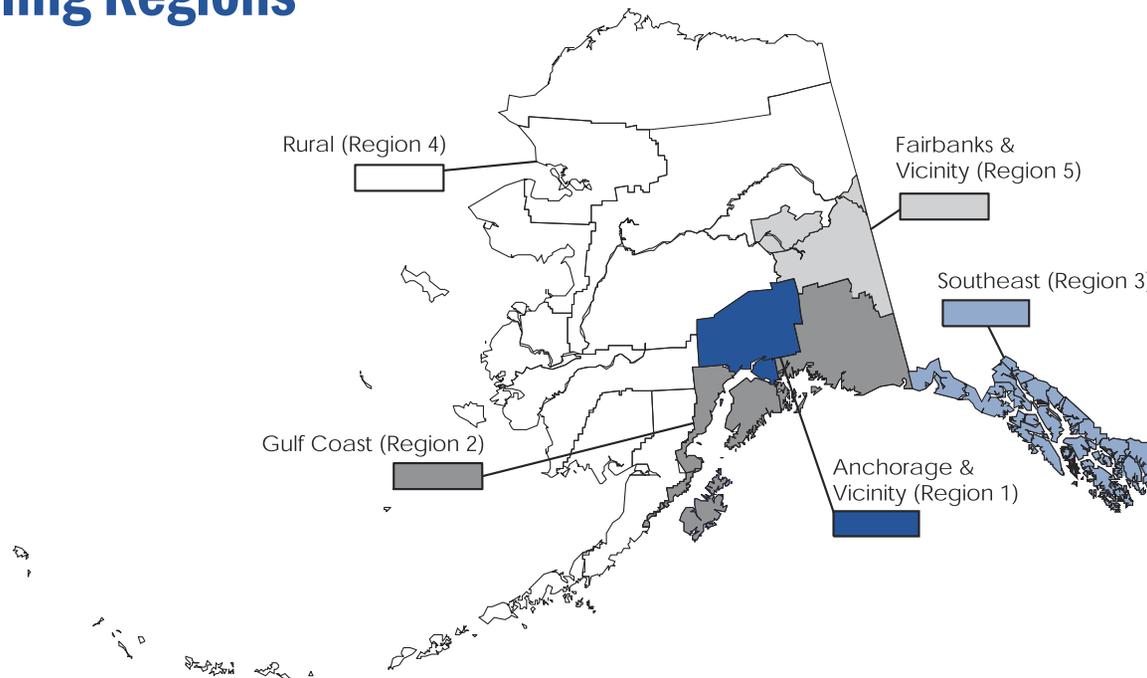
Population = 469,065*

| Behavioral Risk Factor | Proportion of Population at Risk (Prevalence) | Estimated Number of Adults |
|---------------------------|---|----------------------------|
| Overweight | 37% | 173,554 |
| Obese | 27% | 126,648 |
| Cigarette Smoking | 25% | 117,266 |
| Binge Drinking | 17% | 79,741 |
| Heavy Drinking | 5% | 23,453 |
| Have Health Care Coverage | 83% | 389,324 |
| High Blood Pressure | 22% | 103,194 |
| High Cholesterol | 33% | 154,791 |

*Source: Alaska Department of Labor, Research and Analysis Section, Demographics Unit, July 1, 2005, Alaska Total Population by Age, Male/Female, Census Area and Labor Market

2004/2005 BRFSS Sampling Regions

The Alaska sample was stratified into five regions based on common demographics:



| | 2004* Population 18 years and older | 2004 Number of Interviews | 2005** Population 18 years and older | 2005 Number of Interviews |
|---|---|---------------------------------|--|---------------------------------|
| Anchorage and Vicinity (Region 1) Anchorage and vicinity | 246,570 | 525 | 250,016 | 601 |
| Gulf Coast (Region 2) Kenai, Kodiak, Valdez, Cordova and vicinity | 53,826 | 564 | 54,148 | 592 |
| Southeast (Region 3) All of Southeast Alaska | 52,695 | 464 | 52,896 | 563 |
| Rural (Region 4) All other non-urban areas of Alaska | 45,819 | 569 | 45,644 | 525 |
| Fairbanks and Vicinity (Region 5) Fairbanks and vicinity | 64,691 | 534 | 66,361 | 532 |
| Total | 463,601 | 2,656 | 469,065 | 2,813 |

*Source: Alaska Department of Labor, Research and Analysis Section, Demographics Unit, July 1, 2004 Alaska Total Population by Age, Male/Female, Census Area and Labor Market

**Source: Alaska Department of Labor, Research and Analysis Section, Demographics Unit, July 1, 2005, Alaska Total Population by Age, Male/Female, Census Area and Labor Market

Methodology



Methodology

Sample Design

Although the main purpose of the BRFSS is to estimate the prevalence of behavioral risk factors in the general population, interviewing each person is not economically feasible. Thus, a probability or random sample is selected in which all persons have a known chance of selection. The BRFSS in Alaska uses a disproportionate stratified random sampling design, stratified into five regions based on common demographics. 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.

Sampling Process

The GENESYS sampling system through Marketing Systems Group provides the telephone number generation each month for the random sample. 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 do not. 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.

Because Alaska has such a low number of active residential lines, the study requires a large phone sample each month to operate successfully. In addition, GENESYS electronically identifies business, cell phones and non-working numbers through its ID services and has modified its ID services to detect non-working numbers in rural Alaska. This technological adjustment has improved the process and the survey efficiency for Alaska.

Survey Instrument

Participation is random, anonymous and confidential. Respondents are randomly selected from the 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.

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.

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 (NHIS) or the National Health and Nutrition Examination Survey (NHANES) 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 (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 manually selected on the screen. Incorporating edits and skip patterns into the CATI instrument reduces interviewer errors, data entry errors, and skip errors. Data conversion tables are developed to read the survey data from the entry module and call information from the sample-tracking module, 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 with data files sent to the CDC electronically.

Data Analysis

Data processing is an integral part of this study, with collected data sent to CDC during each month of the year. Data conversion tables are developed to read the survey data from the entry module and call information from the sample tracking module and to combine information into the final format specified for the data year. 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. Some only combine codes, while others require sorting and combining selected codes 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 G for weighting formula).

Data Reporting

Please note that for this report the BRFSS data were not age-adjusted. Use caution when comparing the BRFSS data to another population that may have a different age distribution than Alaska. Data are analyzed by the CDC for Alaska by sex, race, age, education, income and employment and standard tables are produced for each risk factor and health related behavior. For this document, race was categorized as Alaska Native or non-Native. Alaska Native respondents were those who said they were American Indian or Alaska Native, alone or in combination with any other race(s).

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 statistical significance test. 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.

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 phones¹ 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 F). 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 valid².

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 usually reported for those categories in which there were less than 50 respondents. Estimates are rounded to the nearest whole percentage when there are less than 500 observations.

Endnotes:

¹ Census 2000 Summary File 4 (SF 4)

² Nelson, DE, Holtzman D, Bolen J, et al. Reliability and validity of measures from the Behavioral Risk Factor Surveillance System (BRFSS). *Soz Praventivmed.* 2001; Vol. 46:suppl.1

Survey Population by Selected Demographics

| | 2004 | | 2005 | |
|-----------------------------|--------------|------------|--------------|------------|
| | n | Weighted % | n | Weighted % |
| Gender | | | | |
| Male | 1,232 | 52% | 1,302 | 52% |
| Female | 1,424 | 48% | 1,511 | 48% |
| Total | 2,656 | | 2,813 | |
| Race | | | | |
| Native (any mention) | 606 | 17% | 598 | 16% |
| Non-Native | 2,029 | 82% | 2,193 | 83% |
| Unknown | 21 | 1% | 22 | 1% |
| Age | | | | |
| 18 - 24 | 232 | 13% | 217 | 14% |
| 25 - 34 | 501 | 18% | 464 | 18% |
| 35 - 44 | 563 | 23% | 597 | 21% |
| 45 - 54 | 643 | 24% | 746 | 23% |
| 55 - 64 | 423 | 14% | 433 | 14% |
| 65 or older | 272 | 9% | 335 | 9% |
| Unknown | 22 | 1% | 21 | 1% |
| Education | | | | |
| Less than High School | 259 | 8% | 266 | 9% |
| H.S. Grad or GED | 843 | 31% | 884 | 31% |
| Some College or Tech School | 781 | 31% | 822 | 30% |
| College Grad | 763 | 29% | 835 | 29% |
| Unknown | 10 | 1% | 6 | < 1% |
| Income | | | | |
| Less than \$15,000 | 254 | 7% | 278 | 8% |
| \$15,000 - 24,999 | 365 | 12% | 373 | 13% |
| \$25,000 - 34,999 | 307 | 12% | 273 | 9% |
| \$35,000 - 49,999 | 407 | 14% | 399 | 14% |
| \$50,000 - 74,999 | 469 | 18% | 524 | 18% |
| > \$75,000 | 589 | 26% | 671 | 27% |
| Unknown | 265 | 10% | 295 | 13% |

Quality of Life



Health Status

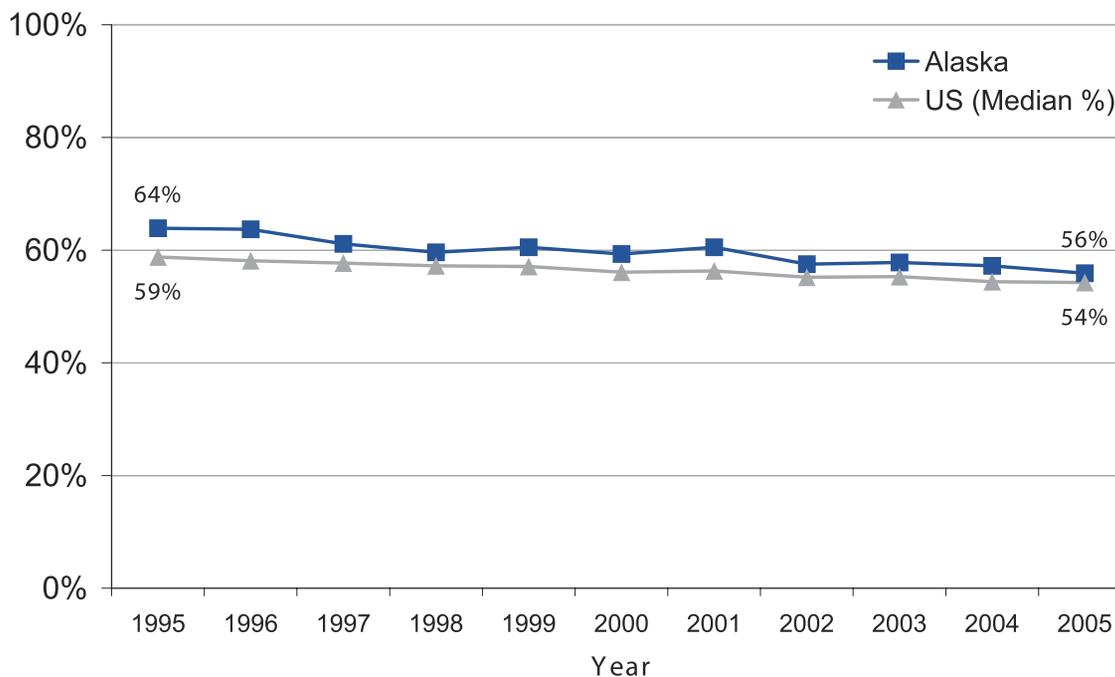
Question: Would you say that in general, your health is excellent, very good, good, fair, or poor?

- ▶ In 2004 and 2005, Alaskans generally reported their health to be good. Over half said their health was very good or excellent. This is slightly above the US median.
- ▶ Significantly more non-Natives rate their health as very good or excellent than Alaska Natives.
- ▶ Ratings of general health status appear to improve with higher levels of education and income.

Healthy Alaskans 2010

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

Health Status - Excellent or Very Good: Alaska vs. Nationwide



Health Status – Excellent/Very Good

| | 2004 | | | | 2005 | | | |
|----------------------------|--------------|------------|--------------|--------------------|--------------|------------|--------------|--------------------|
| | n | weighted % | N | 95% CI | n | weighted % | N | 95% CI |
| Gender | | | | | | | | |
| Male | 705 | 59% | 1,223 | 55.1 - 63.2 | 682 | 56% | 1,297 | 51.5 - 59.7 |
| Female | 768 | 55% | 1,419 | 51.5 - 58.8 | 835 | 56% | 1,506 | 52.7 - 59.7 |
| Total | 1,473 | 57% | 2,642 | 54.5 - 60.0 | 1,517 | 56% | 2,803 | 53.2 - 58.6 |
| Race | | | | | | | | |
| Native (any mention) | 243 | 46% | 598 | 39.7 - 51.6 | 246 | 43% | 592 | 37.0 - 48.4 |
| Non-Native | 1,219 | 60% | 2,023 | 56.7 - 62.9 | 1,260 | 59% | 2,189 | 55.5 - 61.5 |
| Age | | | | | | | | |
| 18–24 | 140 | 63% | 231 | 53.5 - 71.3 | 131 | 65% | 216 | 54.9 - 73.9 |
| 25–34 | 299 | 60% | 499 | 53.7 - 66.3 | 283 | 64% | 463 | 57.8 - 69.7 |
| 35–44 | 335 | 61% | 558 | 55.2 - 66.9 | 359 | 58% | 597 | 52.7 - 63.6 |
| 45–54 | 364 | 57% | 642 | 51.7 - 62.7 | 397 | 52% | 745 | 46.3 - 56.9 |
| 55–64 | 211 | 50% | 422 | 43.2 - 56.5 | 202 | 50% | 430 | 44.1 - 56.7 |
| 65 or older | 113 | 45% | 268 | 37.1 - 53.9 | 135 | 40% | 332 | 32.6 - 47.2 |
| Education | | | | | | | | |
| Less than H.S | 85 | 38% | 255 | 28.4 - 48.1 | 86 | 34% | 264 | 25.2 - 44.3 |
| H.S. Grad or GED | 423 | 52% | 837 | 47.4 - 57.3 | 410 | 49% | 881 | 44.2 - 53.8 |
| Some College or TechSchool | 433 | 56% | 778 | 50.9 - 61.0 | 444 | 56% | 820 | 51.0 - 61.2 |
| College Grad | 528 | 69% | 763 | 64.5 - 73.9 | 576 | 70% | 834 | 65.7 - 74.3 |
| Income | | | | | | | | |
| Less than \$15K | 80 | 33% | 251 | 25.7 - 41.8 | 88 | 36% | 276 | 27.6 - 45.6 |
| \$15,000–24,999 | 144 | 44% | 364 | 36.5 - 52.3 | 157 | 44% | 372 | 35.6 - 52.5 |
| \$25,000–34,999 | 170 | 58% | 303 | 49.8 - 66.3 | 126 | 45% | 272 | 37.3 - 53.6 |
| \$35,000–49,999 | 234 | 54% | 405 | 47.4 - 61.2 | 229 | 64% | 399 | 57.0 - 70.0 |
| \$50,000–74,999 | 302 | 59% | 469 | 52.7 - 65.4 | 331 | 64% | 523 | 57.8 - 69.3 |
| \$75K+ | 415 | 72% | 588 | 66.6 - 76.6 | 451 | 66% | 670 | 61.1 - 71.1 |

n = Number of respondents who reported excellent or very good health status.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

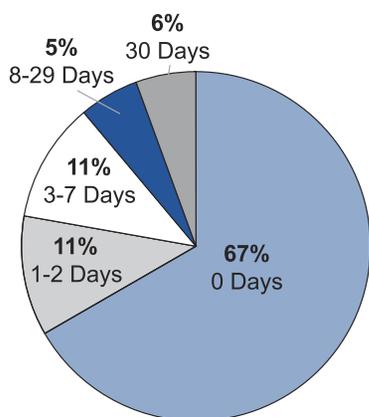
95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Health Status

Physical Health:

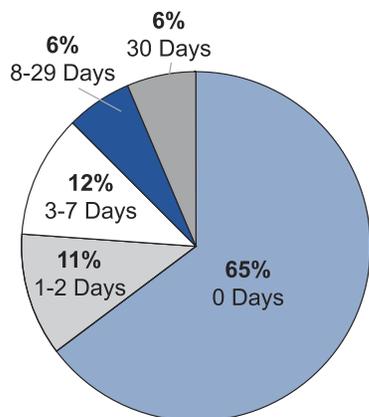
How many days during the past 30 days was your physical health not good?

2004



N=2,595

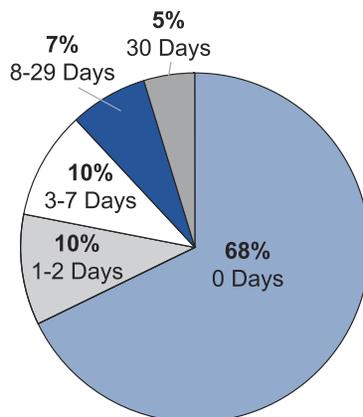
2005



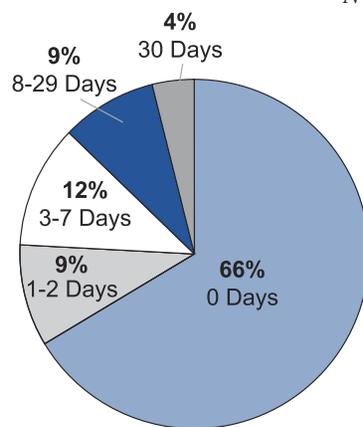
N=2,759

Mental Health:

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



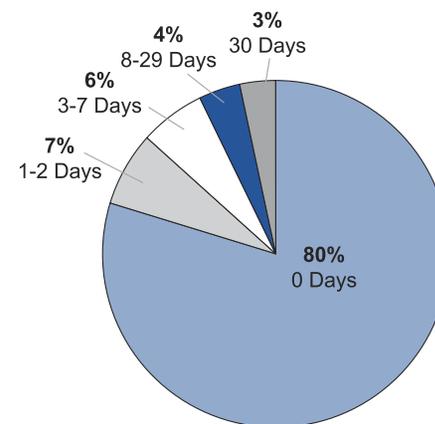
N=2,593



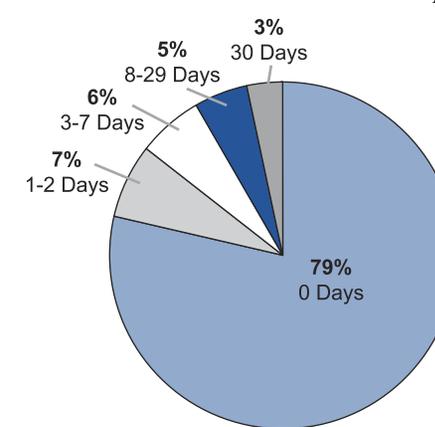
N=2,769

Activities Limited:

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



N=2,622



N=2,608

- ▶ In 2005, 19% of Alaskans adults reported they were limited in some way because of physical, mental, or emotional problems.
- ▶ In 2005, 6% of Alaskans reported needing special equipment, such as care, wheelchair, special bed, or a special telephone.

Quality of Life

Risk Factors



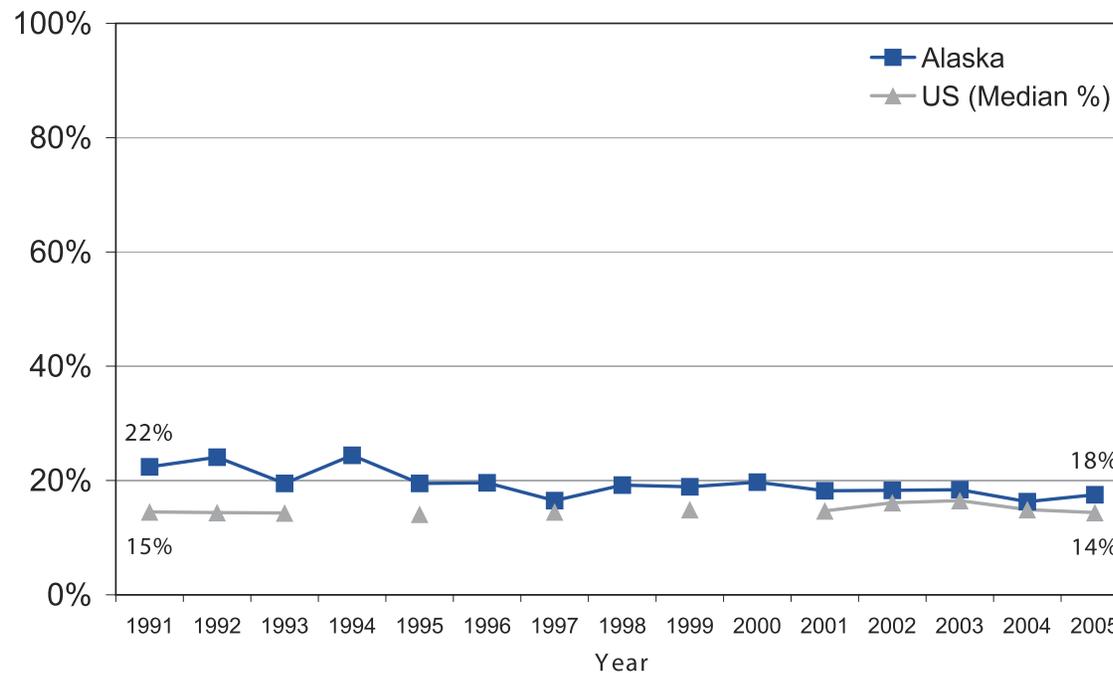
Alcohol Use – Binge Drinking

Definition: 5 or more drinks on one or more occasions in the past 30 days.

- ▶ This behavior was strongly associated with gender; males were more than twice as likely as females to report binge drinking.
- ▶ Alaskans between the ages of 18 and 34 years reported more binge drinking than those in older age groups.
- ▶ The nationwide prevalence of binge drinking has remained below Alaska’s rate throughout the 1991–2005 reporting period.
- ▶ Alaska Native and non-Native binge drinking rates did not differ significantly in either year.

| |
|--|
| Healthy People 2010 |
| <i>Objective 26.11c:</i> Reduce binge drinking among adults to 6%. |
| Healthy Alaskans 2010 |
| <i>Objective 4.4:</i> Reduce binge drinking among adults to 13%. |

Binge Drinking: Alaska vs. Nationwide



Risk Factors

Alcohol Use – Binge Drinking

| | 2004 | | | | 2005 | | | |
|-----------------------------|------|------------|-------|-------------|------|------------|-------|-------------|
| | n | weighted % | N | 95% CI | n | weighted % | N | 95% CI |
| Gender | | | | | | | | |
| Male | 296 | 23% | 1,206 | 20.2 - 27.1 | 291 | 25% | 1,269 | 21.2 - 29.1 |
| Female | 132 | 9% | 1,395 | 6.8 - 11.0 | 142 | 10% | 1,497 | 7.8 - 12.0 |
| Total | 428 | 16% | 2,601 | 14.4 - 18.5 | 433 | 18% | 2,766 | 15.3 - 20.0 |
| Race | | | | | | | | |
| Native (any mention) | 90 | 16% | 581 | 12.0 - 20.3 | 115 | 21% | 574 | 16.1 - 26.6 |
| Non-Native | 336 | 17% | 2,003 | 14.4 - 19.1 | 315 | 17% | 2,170 | 14.3 - 19.6 |
| Age | | | | | | | | |
| 18–24 | 50 | 25% | 227 | 18.0 - 34.1 | 61 | 31% | 209 | 21.2 - 41.8 |
| 25–34 | 121 | 24% | 488 | 18.7 - 29.0 | 96 | 23% | 459 | 18.3 - 29.5 |
| 35–44 | 99 | 17% | 552 | 13.0 - 21.8 | 109 | 17% | 585 | 13.7 - 21.8 |
| 45–54 | 101 | 14% | 629 | 10.4 - 18.5 | 103 | 14% | 736 | 10.3 - 17.5 |
| 55–64 | 45 | 11% | 419 | 6.9 - 16.0 | 45 | 12% | 428 | 8.0 - 16.2 |
| 65 or older | 10 | 3% | 265 | 1.3 - 6.4 | 18 | 5% | 331 | 2.7 - 9.8 |
| Education | | | | | | | | |
| Less than H.S. | 41 | 15% | 247 | 10.1 - 21.8 | 47 | 17% | 253 | 11.3 - 25.6 |
| H.S. Grad or GED | 155 | 19% | 819 | 15.3 - 23.2 | 170 | 21% | 862 | 17.2 - 25.4 |
| Some College or Tech School | 132 | 18% | 768 | 14.1 - 22.3 | 123 | 19% | 815 | 14.3 - 24.7 |
| College Grad | 100 | 13% | 757 | 9.8 - 16.4 | 93 | 12% | 832 | 9.6 - 16.0 |
| Income | | | | | | | | |
| Less than \$15K | 30 | 19% | 251 | 12.0 - 29.8 | 44 | 19% | 273 | 12.5 - 28.3 |
| \$15,000–24,999 | 74 | 20% | 357 | 14.7 - 27.6 | 57 | 17% | 363 | 10.3 - 27.7 |
| \$25,000–34,999 | 56 | 15% | 296 | 10.3 - 21.5 | 39 | 13% | 269 | 8.7 - 18.9 |
| \$35,000–49,999 | 63 | 15% | 403 | 11.0 - 20.6 | 69 | 23% | 395 | 16.4 - 30.8 |
| \$50,000–74,999 | 91 | 18% | 466 | 13.6 - 23.5 | 72 | 16% | 518 | 11.8 - 22.2 |
| \$75K+ | 93 | 17% | 585 | 13.4 - 22.4 | 115 | 17% | 667 | 13.5 - 21.0 |

n = Number of respondents who had 5 or more drinks in one or more occasions in the past 30 days.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

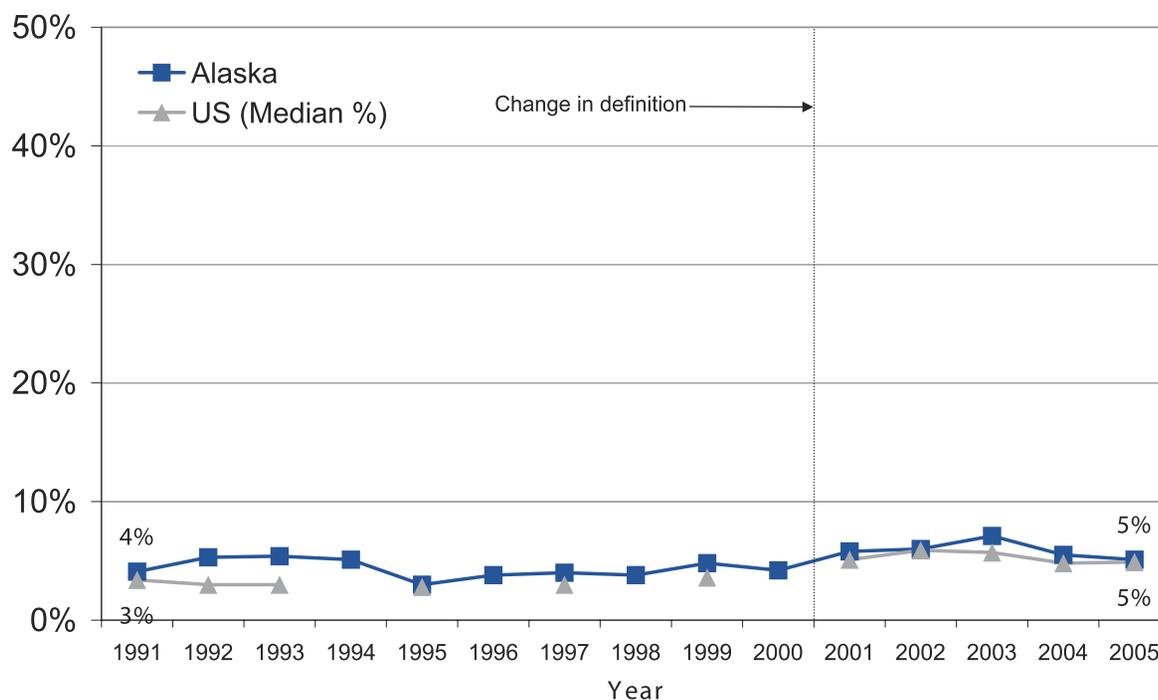
95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Alcohol Use – Heavy Drinking

Definition: Men reporting more than 2 drinks per day or women reporting more than 1 drink per day.

- In 2004 and 2005, 5-6% of Alaskans were classified as “heavy drinkers”, meaning that men drank an average of more than two alcohol drinks per day and women drank an average more than one drink per day.
- No differences were found in the prevalence of heavy drinking by gender, race, age or income level.
- From 2000 to 2001 there was a change in definition from chronic drinking, defined as an average of more than 60 drinks per month, to heavy drinking.

Heavy/Chronic Drinking: Alaska vs. Nationwide



Risk Factors

Alcohol Use – Heavy Drinking

Definition: Men reporting more than 2 drinks per day.

Women reporting more than 1 drink per day.*

| | 2004 | | | | 2005 | | | |
|-----------------------------|------|------------|-------|------------|------|------------|-------|------------|
| | n | weighted % | N | 95% CI | n | weighted % | N | 95% CI |
| Gender | | | | | | | | |
| Male | 91 | 6% | 1,210 | 4.1 - 7.6 | 64 | 6% | 1,255 | 4.0 - 8.6 |
| Female | 83 | 5% | 1,400 | 4.0 - 7.2 | 68 | 4% | 1,475 | 3.1 - 5.8 |
| Total | 174 | 6% | 2,610 | 4.4 - 6.8 | 132 | 5% | 2,730 | 3.9 - 6.6 |
| Race | | | | | | | | |
| Native (any mention) | 32 | 5% | 584 | 3.1 - 8.7 | 29 | 7% | 555 | 3.9 - 13.1 |
| Non-Native | 142 | 6% | 2,008 | 4.4 - 7.1 | 102 | 5% | 2,153 | 3.5 - 6.2 |
| Age | | | | | | | | |
| 18–24 | 13 | 6% | 228 | 2.9 - 12.4 | 12 | 7% | 203 | 3.3 - 16.0 |
| 25–34 | 32 | 5% | 492 | 2.8 - 7.4 | 20 | 6% | 453 | 3.5 - 11.5 |
| 35–44 | 35 | 4% | 551 | 2.8 - 6.8 | 35 | 5% | 578 | 3.0 - 6.8 |
| 45–54 | 47 | 7% | 632 | 4.3 - 9.8 | 37 | 4% | 734 | 2.7 - 7.0 |
| 55–64 | 29 | 6% | 421 | 3.7 - 10.6 | 17 | 4% | 422 | 2.4 - 8.1 |
| 65 or older | 18 | 6% | 266 | 3.2 - 10.3 | 11 | 3% | 323 | 1.4 - 7.6 |
| Education | | | | | | | | |
| Less than H.S. | 16 | 4% | 248 | 2.3 - 7.7 | 9 | 3% | 248 | 1.4 - 6.5 |
| H.S. Grad or GED | 60 | 6% | 824 | 4.1 - 8.4 | 44 | 8% | 850 | 4.9 - 11.4 |
| Some College or Tech School | 54 | 6% | 771 | 4.1 - 9.1 | 39 | 5% | 802 | 2.8 - 8.0 |
| College Grad | 44 | 5% | 757 | 3.2 - 7.3 | 40 | 4% | 826 | 2.4 - 5.2 |
| Income | | | | | | | | |
| Less than \$15K | 13 | 4% | 250 | 2.1 - 9.1 | 5 | 4% | 264 | 1.3 - 11.4 |
| \$15,000–24,999 | 26 | 6% | 358 | 3.4 - 9.9 | 24 | 5% | 364 | 3.1 - 9.4 |
| \$25,000–34,999 | 23 | 5% | 301 | 2.7 - 8.9 | 12 | 4% | 262 | 1.7 - 8.6 |
| \$35,000–49,999 | 24 | 5% | 403 | 2.6 - 7.9 | 24 | 7% | 391 | 3.8 - 12.6 |
| \$50,000–74,999 | 36 | 5% | 467 | 3.3 - 6.9 | 26 | 6% | 518 | 3.1 - 10.4 |
| \$75K+ | 38 | 8% | 583 | 5.0 - 11.6 | 30 | 4% | 659 | 2.4 - 6.5 |

* Refer to appendix H for question format.

n = Number of women who report more than one drink per day, and men reporting more than two drinks per day.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Chronic Disease – Arthritis

Definition: Ever been told by a doctor that you have arthritis.

- ▶ Nearly one-quarter of Alaskan adults have been told by a doctor they have arthritis.
- ▶ Reported diagnoses of arthritis increased greatly with age, from 2% in 18-24 year olds to 50% in Alaskans age 65 years and older.
- ▶ Thirty percent of those with joint symptoms reported limited activity because of joint pain or arthritis. This is above the Healthy Alaskans 2010 Goal of 21% (Goal 20.2).

Healthy People 2010

Objective 2.2: Reduce proportion of adults with limited activities due to chronic joint symptoms to 21%.

Healthy Alaskans 2010

Objective 20.5: Increase the proportion of adults with chronic joint symptoms who have an arthritis diagnosis by a health care provider.

n = Number of respondents who report ever being told by doctor that they have arthritis.
% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.
N = Total number of respondents in this subgroup.
95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

| 2005 | | | | |
|-----------------------------|------------|------------|--------------|--------------------|
| | n | weighted % | N | 95% CI |
| Gender | | | | |
| Male | 302 | 22% | 1,286 | 18.6 - 24.9 |
| Female | 429 | 25% | 1,492 | 22.1 - 27.9 |
| Total | 731 | 23% | 2,778 | 21.1 - 25.4 |
| Race | | | | |
| Native (any mention) | 127 | 18% | 586 | 14.3 - 22.2 |
| Non-Native | 596 | 24% | 2,170 | 21.7 - 26.6 |
| Age | | | | |
| 18–24 | 7 | 2% | 215 | 0.6 - 8.8 |
| 25–34 | 45 | 9% | 459 | 6.1 - 12.7 |
| 35–44 | 110 | 21% | 590 | 16.2 - 25.8 |
| 45–54 | 212 | 27% | 736 | 22.8 - 32.2 |
| 55–64 | 182 | 43% | 431 | 37.2 - 49.8 |
| 65 or older | 170 | 50% | 327 | 42.6 - 57.9 |
| Education | | | | |
| Less than H.S. | 64 | 21% | 260 | 14.3 - 29.2 |
| H.S. Grad or GED | 215 | 21% | 870 | 17.9 - 25.1 |
| Some College or Tech School | 249 | 26% | 813 | 21.6 - 29.9 |
| College Grad | 201 | 23% | 830 | 19.7 - 27.8 |
| Income | | | | |
| Less than \$15K | 94 | 35% | 273 | 26.7 - 45.1 |
| \$15,000–24,999 | 121 | 29% | 370 | 22.5 - 36.4 |
| \$25,000–34,999 | 63 | 21% | 272 | 15.2 - 27.8 |
| \$35,000–49,999 | 95 | 24% | 392 | 17.8 - 30.4 |
| \$50,000–74,999 | 123 | 21% | 519 | 16.6 - 25.5 |
| \$75K+ | 174 | 24% | 668 | 19.7 - 28.0 |

Risk Factors

Chronic Disease – Asthma

Definition: Ever been told by a doctor, nurse or other health professional that you have asthma.

- Thirteen percent of adult Alaskans in 2004 and 12% in 2005 reported ever being told by doctor they have asthma.
- In 2005, significantly more females than males reported being told they have asthma.
- Of those reporting having ever been told they have asthma, approximately two-thirds reported they currently have asthma.

Healthy People 2010

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

n = Number of respondents who report ever being told by doctor that they have asthma.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

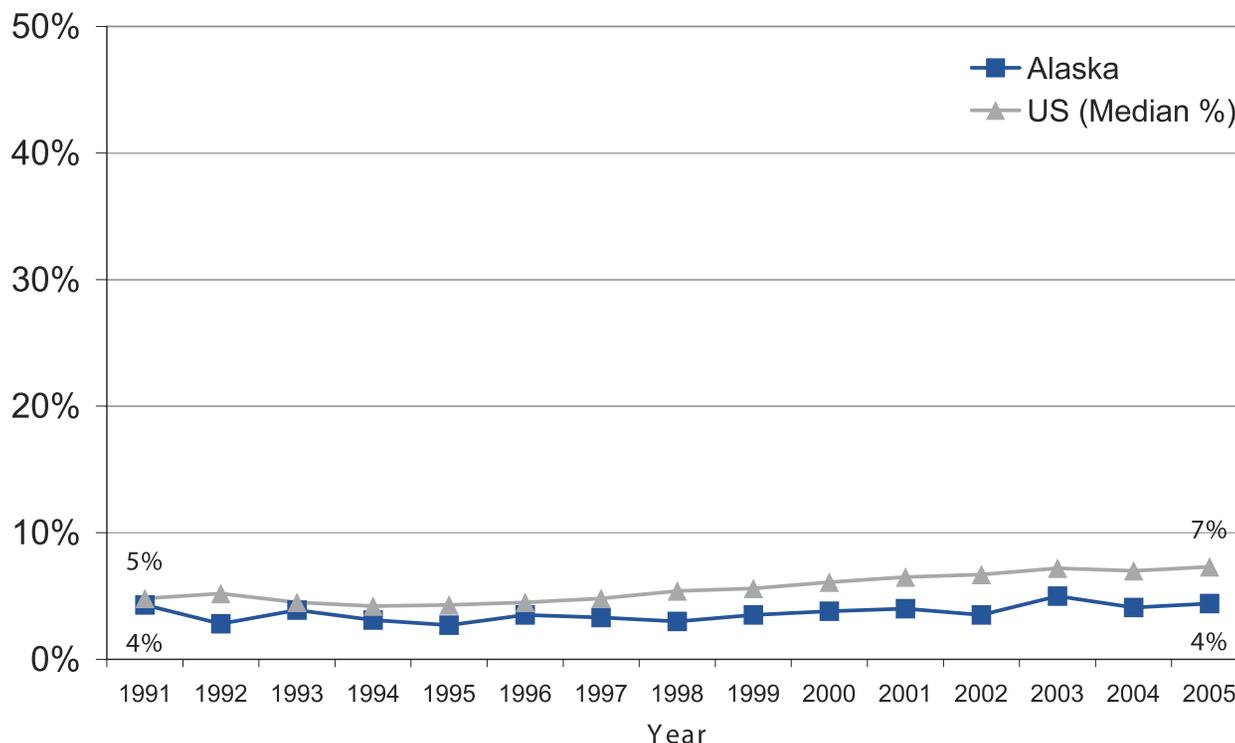
| | 2004 | | | | 2005 | | | |
|-----------------------------|------------|------------|--------------|--------------------|------------|------------|--------------|--------------------|
| | n | weighted % | N | 95% CI | n | weighted % | N | 95% CI |
| Gender | | | | | | | | |
| Male | 111 | 11% | 1,231 | 8.2 - 13.6 | 100 | 8% | 1,295 | 6.1 - 10.3 |
| Female | 213 | 16% | 1,421 | 13.1 - 18.5 | 221 | 17% | 1,503 | 14.5 - 20.4 |
| Total | 324 | 13% | 2,652 | 11.2 - 15.0 | 321 | 12% | 2,798 | 10.7 - 14.4 |
| Race | | | | | | | | |
| Native (any mention) | 76 | 14% | 605 | 10.5 - 19.2 | 62 | 10% | 595 | 7.1 - 14.0 |
| Non-Native | 245 | 13% | 2,026 | 10.8 - 15.0 | 253 | 13% | 2,181 | 10.8 - 15.0 |
| Age | | | | | | | | |
| 18-24 | 35 | 20% | 232 | 13.5 - 29.5 | 27 | 17% | 216 | 10.5 - 25.8 |
| 25-34 | 66 | 14% | 501 | 10.1 - 18.8 | 59 | 12% | 462 | 8.3 - 16.0 |
| 35-44 | 56 | 11% | 560 | 8.0 - 15.9 | 61 | 13% | 594 | 9.1 - 17.1 |
| 45-54 | 77 | 11% | 643 | 8.0 - 14.7 | 76 | 11% | 744 | 7.9 - 14.3 |
| 55-64 | 54 | 15% | 422 | 10.2 - 20.3 | 63 | 14% | 430 | 10.7 - 19.2 |
| 65 or older | 32 | 9% | 272 | 5.7 - 13.7 | 34 | 9% | 331 | 5.2 - 14.0 |
| Education | | | | | | | | |
| Less than H.S. | 32 | 16% | 259 | 9.7 - 25.6 | 34 | 16% | 262 | 9.2 - 25.6 |
| H.S. Grad or GED | 85 | 11% | 841 | 8.5 - 15.0 | 82 | 11% | 879 | 8.0 - 14.0 |
| Some College or Tech School | 113 | 16% | 780 | 12.8 - 20.6 | 107 | 13% | 821 | 10.1 - 17.2 |
| College Grad | 92 | 10% | 762 | 7.9 - 13.6 | 98 | 13% | 831 | 9.8 - 16.0 |
| Income | | | | | | | | |
| Less than \$15K | 39 | 18% | 253 | 11.0 - 26.9 | 47 | 18% | 274 | 11.6 - 27.0 |
| \$15,000-24,999 | 42 | 12% | 364 | 7.9 - 18.0 | 49 | 15% | 371 | 10.1 - 21.8 |
| \$25,000-34,999 | 48 | 16% | 307 | 11.1 - 23.4 | 28 | 10% | 271 | 6.4 - 15.3 |
| \$35,000-49,999 | 41 | 9% | 406 | 5.9 - 13.5 | 44 | 11% | 398 | 7.3 - 15.9 |
| \$50,000-74,999 | 56 | 13% | 469 | 9.1 - 17.5 | 49 | 11% | 523 | 7.3 - 14.9 |
| \$75K+ | 68 | 14% | 588 | 9.9 - 18.4 | 78 | 13% | 669 | 10.1 - 17.7 |

Chronic Disease – Diabetes

Definition: Ever been told by a doctor that you have diabetes.

- ▶ In Alaska, the prevalence of diabetes has remained relatively stable for the fifteen years of this survey.
- ▶ The prevalence of diabetes increases with age.
- ▶ Nearly 70% of adult Alaskans with diabetes reported having taken a course in how to manage diabetes in 2005, above the Healthy Alaskans 2010 goal of 60% (Goal 23.3).
- ▶ In 2005, 74% of Alaskans with diabetes had their feet checked by a health professional at least once in the 12 months before the interview. This is nearly equal to the Healthy Alaskans 2010 goal of 75% (Goal 23.7).
- ▶ In 2003, 89% 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-seven percent of Alaskans with diabetes reported having a dilated eye exam in the past year in 2005. This is below the Healthy Alaskans 2010 goal of 75% (Goal 23.9).

Diabetes: Alaska vs. Nationwide



Chronic Disease – Diabetes

| | 2004 | | | | 2005 | | | |
|-----------------------------|------------|------------|--------------|------------------|------------|------------|--------------|------------------|
| | n | weighted % | N | 95% CI | n | weighted % | N | 95% CI |
| Gender | | | | | | | | |
| Male | 51 | 4% | 1,232 | 3.0 - 6.3 | 79 | 4% | 1,299 | 2.9 - 5.6 |
| Female | 77 | 4% | 1,424 | 2.9 - 5.4 | 76 | 5% | 1,510 | 3.5 - 6.6 |
| Total | 128 | 4% | 2,656 | 3.2 - 5.3 | 155 | 4% | 2,809 | 3.5 - 5.5 |
| Race | | | | | | | | |
| Native (any mention) | 32 | 4% | 606 | 2.5 - 5.5 | 28 | 3% | 597 | 2.0 - 4.8 |
| Non-Native | 95 | 4% | 2,029 | 3.2 - 5.7 | 125 | 5% | 2,190 | 3.6 - 5.9 |
| Age | | | | | | | | |
| 18–24 | 1 | <1% | 232 | 0.0 - 1.0 | 1 | <1% | 216 | 0.0 - 1.9 |
| 25–34 | 7 | 1% | 501 | 0.4 - 1.9 | 5 | 1% | 464 | 0.3 - 2.5 |
| 35–44 | 11 | 2% | 563 | 0.8 - 4.9 | 13 | 3% | 596 | 1.2 - 5.4 |
| 45–54 | 32 | 6% | 643 | 3.4 - 8.9 | 39 | 4% | 744 | 2.6 - 6.7 |
| 55–64 | 38 | 10% | 423 | 6.7 - 15.4 | 47 | 8% | 433 | 5.8 - 11.4 |
| 65 or older | 39 | 9% | 272 | 6.5 - 13.7 | 48 | 17% | 335 | 11.2 - 23.9 |
| Education | | | | | | | | |
| Less than H.S. | 13 | 2% | 259 | 1.2 - 3.8 | 23 | 4% | 266 | 2.5 - 6.6 |
| H.S. Grad or GED | 48 | 7% | 843 | 4.7 - 10.3 | 42 | 4% | 881 | 2.8 - 6.5 |
| Some College or Tech School | 34 | 3% | 781 | 1.9 - 4.5 | 53 | 6% | 822 | 3.8 - 8.1 |
| College Grad | 32 | 3% | 763 | 1.9 - 4.6 | 36 | 3% | 835 | 2.1 - 5.4 |
| Income | | | | | | | | |
| Less than \$15K | 22 | 10% | 254 | 5.3 - 18.7 | 30 | 7% | 278 | 3.9 - 13.2 |
| \$15,000–24,999 | 22 | 5% | 365 | 2.6 - 7.7 | 29 | 7% | 373 | 4.2 - 11.8 |
| \$25,000–34,999 | 9 | 2% | 307 | 0.9 - 5.9 | 11 | 3% | 271 | 1.3 - 6.8 |
| \$35,000–49,999 | 22 | 4% | 407 | 2.4 - 7.4 | 13 | 2% | 399 | 1.3 - 4.5 |
| \$50,000–74,999 | 17 | 4% | 469 | 2.3 - 8.5 | 22 | 3% | 524 | 1.9 - 4.7 |
| \$75K+ | 20 | 3% | 589 | 1.5 - 4.9 | 33 | 5% | 671 | 2.9 - 7.3 |

n = Number of respondents who report ever told by doctor that they have diabetes.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Chronic Disease – Prostate Cancer

Definition: Ever been told by doctor that you had prostate cancer.

- ▶ In 2004, 2% of the Alaska male population age 40 years or older reported having been diagnosed with prostate cancer.
- ▶ The subgroup of respondents reporting prostate cancer is small and precludes conclusive analysis.
- ▶ In 2004, 57% of the Alaska male population 40 years of age or greater reported having had a Prostate Specific Antigen (PSA) test; 78% have had a digital rectal examination.
- ▶ Interested persons should consider other data sources such as the Alaska Cancer Registry, vital statistics mortality reports, or hospital discharge data.

Exercise – No Leisure Time Physical Activity

Definition: No physical activities or exercises such as running, calisthenics, golf, gardening or walking for exercise in the past 30 days other than regular job.

- ▶ Slightly more Alaskans report leisure time physical activity than the national average.
- ▶ Alaskan’s leisure time physical activity levels have remained consistent throughout the years of this survey with nearly 80% reporting some leisure time physical activity.
- ▶ Significantly more non-Natives reported leisure time physical activity than did Alaska Natives in both 2004 and 2005.

Healthy People 2010

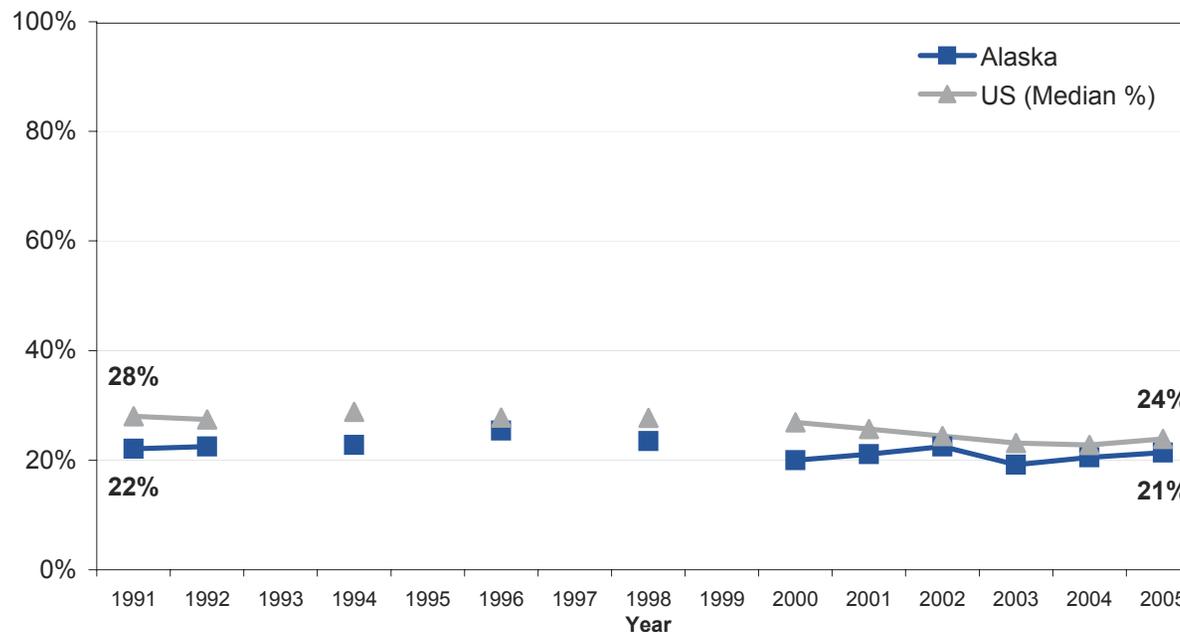
Objective 22.1: Reduce the proportion of adults who are physically inactive to 20%

Healthy Alaskans 2010

Objective 1.1: Reduce the proportion of adults who are physically inactive to 15%.

- ▶ Leisure time physical activity decreased with increasing age in 2004 and 2005.
- ▶ Alaskans with less income and those with less education were more likely than those with more socioeconomic resources to report no leisure time physical activity.

No Leisure Time Physical Activity: Alaska vs. Nationwide



Exercise – No Leisure Time Physical Activity

| | 2004 | | | | 2005 | | | |
|-----------------------------|------------|------------|--------------|--------------------|------------|------------|--------------|--------------------|
| | n | weighted % | N | 95% CI | n | weighted % | N | 95% CI |
| Gender | | | | | | | | |
| Male | 262 | 20% | 1,231 | 16.6 - 23.1 | 251 | 19% | 1,299 | 15.8 - 22.0 |
| Female | 307 | 22% | 1,424 | 18.7 - 24.7 | 372 | 24% | 1,508 | 21.3 - 27.5 |
| Total | 569 | 21% | 2,655 | 18.4 - 22.9 | 623 | 21% | 2,807 | 19.3 - 23.7 |
| Race | | | | | | | | |
| Native (any mention) | 175 | 28% | 606 | 22.9 - 34.1 | 166 | 31% | 595 | 25.3 - 36.5 |
| Non-Native | 390 | 19% | 2,028 | 16.9 - 21.8 | 453 | 20% | 2,190 | 17.5 - 22.2 |
| Age | | | | | | | | |
| 18–24 | 41 | 16% | 232 | 10.3 - 24.6 | 40 | 17% | 217 | 10.6 - 24.9 |
| 25–34 | 88 | 18% | 501 | 13.3 - 23.8 | 90 | 21% | 462 | 15.9 - 26.5 |
| 35–44 | 103 | 18% | 562 | 13.6 - 22.5 | 112 | 20% | 597 | 15.8 - 24.6 |
| 45–54 | 132 | 19% | 643 | 15.2 - 23.6 | 154 | 20% | 745 | 16.2 - 24.6 |
| 55–64 | 105 | 25% | 423 | 20.0 - 31.8 | 114 | 24% | 431 | 18.8 - 29.4 |
| 65 or older | 92 | 35% | 272 | 27.4 - 43.4 | 110 | 34% | 334 | 27.5 - 42.1 |
| Education | | | | | | | | |
| Less than H.S. | 92 | 30% | 259 | 22.7 - 37.8 | 103 | 32% | 265 | 23.8 - 40.4 |
| H.S. Grad or GED | 242 | 26% | 843 | 22.2 - 31.0 | 235 | 26% | 880 | 22.5 - 30.7 |
| Some College or Tech School | 140 | 18% | 781 | 14.4 - 22.2 | 177 | 22% | 822 | 18.3 - 27.1 |
| College Grad | 91 | 15% | 762 | 11.2 - 18.8 | 106 | 12% | 834 | 9.1 - 15.2 |
| Income | | | | | | | | |
| Less than \$15K | 85 | 29% | 254 | 22.7 - 37.3 | 101 | 36% | 276 | 27.5 - 45.2 |
| \$15,000–24,999 | 101 | 27% | 365 | 20.3 - 35.0 | 121 | 30% | 371 | 23.9 - 37.8 |
| \$25,000–34,999 | 57 | 21% | 307 | 14.6 - 28.7 | 54 | 21% | 273 | 14.7 - 28.3 |
| \$35,000–49,999 | 86 | 24% | 407 | 18.7 - 31.0 | 83 | 22% | 399 | 16.7 - 28.3 |
| \$50,000–74,999 | 88 | 21% | 468 | 15.9 - 26.9 | 82 | 15% | 524 | 11.1 - 19.6 |
| \$75K+ | 67 | 10% | 589 | 7.4 - 13.8 | 95 | 14% | 671 | 10.9 - 17.9 |

n = Number of respondents who report no leisure time physical activity or exercise.
% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.
95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Exercise – Moderate and Vigorous Physical Activity

Definition: Moderate physical activity 30 or more minutes a day, 5 or more days per week; Vigorous physical activity for 20 or more minutes a day, 3 times or more a week.

- ▶ The CDC recommends at least 30 minutes of moderate physical activity on 5 or more days per week or at least 20 minutes of vigorous activity on 3 or more days per week (<http://www.cdc.gov/nccd-ph/dnpa/physical/recommendations/>).
- ▶ Overall, 59% of Alaskans met recommendations for moderate and/or vigorous activity.
- ▶ Older Alaskans were less likely to have met the physical activity recommendations.
- ▶ Nine percent of Alaskans reported engaging in no moderate or vigorous physical activity whatsoever.
- ▶ The prevalence of no physical activity was higher among the lower income and education groups, among older Alaskans, and among Alaska Natives.

Healthy People 2010

Objective 22.2: Increase proportion of adults who participate in moderate physical activity to 30%.

Objective 22.3: Increase proportion of adults who participate at vigorous level of physical activity to 30%.

Healthy Alaskans 2010

Objective 1.2: Increase proportion of adults who engage in regular, preferably moderate physical activity to 40%.

Objective 1.3: Increase proportion of adults who participate at vigorous level of physical activity (at 50% or more capacity) to 25%.

Exercise – Moderate and Vigorous Physical Activity

| 2005 | | Meet recommendations for moderate and vigorous physical activity | | | | Meet recommendations for vigorous physical activity only | | | Meet recommendations for moderate physical activity only | | |
|------------------|------------------------------------|--|-----|------------|-------------|--|------------|-------------|--|------------|-------------|
| | | N | n | Weighted % | 95% CI | n | Weighted % | 95% CI | n | Weighted % | 95% CI |
| Sex | | | | | | | | | | | |
| | Male | 1,205 | 291 | 25% | 21.3 - 29.3 | 172 | 16% | 12.7 - 19.2 | 272 | 22% | 18.4 - 25.1 |
| | Female | 1,407 | 293 | 20% | 17.3 - 23.1 | 149 | 12% | 9.9 - 14.9 | 349 | 24% | 20.7 - 26.7 |
| | Total | 2,612 | 584 | 23% | 20.2 - 25.2 | 321 | 14% | 12.1 - 16.2 | 621 | 23% | 20.4 - 24.9 |
| Race | | | | | | | | | | | |
| | Native, any mention | 509 | 105 | 25% | 19.1 - 31.0 | 55 | 11% | 7.5 - 14.6 | 120 | 22% | 17.5 - 27.3 |
| | Non-Native | 2,083 | 472 | 22% | 19.5 - 25.0 | 263 | 15% | 12.4 - 17.1 | 497 | 23% | 20.3 - 25.3 |
| Age | | | | | | | | | | | |
| | Age 18–24 | 201 | 64 | 39% | 28.8 - 50.2 | 25 | 13% | 7.0 - 22.1 | 39 | 14% | 9.3 - 20.8 |
| | Age 25–34 | 436 | 117 | 26% | 21.0 - 32.0 | 55 | 17% | 12.1 - 22.8 | 95 | 24% | 18.9 - 30.3 |
| | Age 35–44 | 561 | 123 | 20% | 15.7 - 24.2 | 79 | 16% | 11.7 - 20.3 | 127 | 21% | 16.8 - 26.1 |
| | Age 45–54 | 707 | 158 | 18% | 14.6 - 22.2 | 91 | 15% | 11.8 - 20.1 | 178 | 23% | 19.2 - 28.1 |
| | Age 55–64 | 393 | 76 | 19% | 14.9 - 25.0 | 47 | 10% | 7.4 - 14.6 | 96 | 25% | 19.9 - 31.4 |
| | Age 65 or older | 298 | 42 | 14% | 9.0 - 19.7 | 23 | 9% | 5.3 - 15.0 | 79 | 29% | 21.9 - 36.7 |
| Education | | | | | | | | | | | |
| | Less than H.S. | 219 | 34 | 16% | 10.1 - 23.3 | 25 | 17% | 8.9 - 28.7 | 47 | 16% | 10.5 - 25.0 |
| | H.S. Grad or GED | 805 | 159 | 21% | 16.9 - 25.5 | 94 | 13% | 10.1 - 17.3 | 193 | 23% | 19.2 - 27.4 |
| | Some College or Tech School | 775 | 192 | 25% | 20.4 - 31.1 | 82 | 12% | 8.6 - 15.6 | 183 | 22% | 18.0 - 26.2 |
| | College Grad | 810 | 198 | 24% | 19.9 - 27.8 | 120 | 16% | 13.1 - 20.4 | 198 | 25% | 20.8 - 29.0 |
| Income | | | | | | | | | | | |
| | Less than \$15K | 237 | 36 | 15% | 9.0 - 25.0 | 21 | 12% | 5.9 - 22.1 | 48 | 21% | 13.8 - 30.9 |
| | \$15,000–24,999 | 346 | 68 | 25% | 16.9 - 35.5 | 30 | 7% | 4.5 - 11.0 | 75 | 22% | 16.4 - 30.0 |
| | \$25,000–34,999 | 249 | 52 | 20% | 14.3 - 27.4 | 38 | 20% | 13.5 - 29.1 | 75 | 27% | 20.7 - 35.3 |
| | \$35,000–49,999 | 384 | 101 | 26% | 19.4 - 33.6 | 36 | 11% | 7.0 - 16.9 | 97 | 23% | 18.2 - 29.4 |
| | \$50,000–74,999 | 507 | 114 | 22% | 17.1 - 27.5 | 82 | 17% | 12.9 - 22.5 | 133 | 26% | 20.7 - 31.4 |
| | \$75K+ | 650 | 163 | 23% | 19.2 - 27.5 | 91 | 17% | 12.9 - 21.6 | 145 | 22% | 18.1 - 26.6 |

n = Number of respondents in this subgroup.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Exercise – Moderate and Vigorous Physical Activity

| 2005 | | Insufficient activity to meet moderate or vigorous recommendations | | | No moderate or vigorous physical activity | | |
|------------------|-----------------------------|--|------------|-------------|---|------------|-------------|
| | | n | Weighted % | 95% CI | n | Weighted % | 95% CI |
| Sex | | | | | | | |
| | Male | 362 | 30% | 26.3 - 34.2 | 108 | 8% | 5.8 - 9.7 |
| | Female | 468 | 34% | 30.8 - 37.9 | 148 | 10% | 8.0 - 12.3 |
| | Total | 830 | 32% | 29.5 - 34.8 | 256 | 9% | 7.4 - 10.3 |
| Race | | | | | | | |
| | Native, any mention | 151 | 27% | 22.2 - 32.5 | 78 | 16% | 11.8 - 20.9 |
| | Non-Native | 676 | 33% | 30.2 - 36.2 | 175 | 7% | 6.1 - 9.1 |
| Age | | | | | | | |
| | Age 18–24 | 58 | 29% | 20.6 - 40.3 | 15 | 5% | 2.2 - 9.8 |
| | Age 25–34 | 134 | 27% | 22.2 - 32.7 | 35 | 6% | 3.8 - 8.8 |
| | Age 35–44 | 184 | 34% | 28.6 - 39.3 | 48 | 10% | 6.8 - 14.5 |
| | Age 45–54 | 228 | 36% | 31.0 - 41.8 | 52 | 7% | 4.8 - 9.8 |
| | Age 55–64 | 134 | 37% | 30.6 - 43.8 | 40 | 8% | 5.5 - 11.3 |
| | Age 65 or older | 90 | 26% | 19.9 - 33.8 | 64 | 22% | 16.4 - 30.0 |
| Education | | | | | | | |
| | Less than H.S. | 71 | 37% | 26.3 - 49.1 | 42 | 14% | 9.4 - 21.4 |
| | H.S. Grad or GED | 254 | 31% | 26.6 - 35.7 | 105 | 12% | 9.1 - 15.2 |
| | Some College or Tech School | 251 | 33% | 28.3 - 38.2 | 67 | 8% | 5.8 - 11.2 |
| | College Grad | 253 | 31% | 26.6 - 35.6 | 41 | 4% | 3.0 - 6.6 |
| Income | | | | | | | |
| | Less than \$15K | 81 | 32% | 23.4 - 41.7 | 51 | 20% | 13.6 - 27.9 |
| | \$15,000–24,999 | 113 | 30% | 23.4 - 38.2 | 60 | 15% | 10.7 - 20.9 |
| | \$25,000–34,999 | 64 | 25% | 18.3 - 32.7 | 20 | 7% | 4.3 - 12.8 |
| | \$35,000–49,999 | 120 | 32% | 25.2 - 38.8 | 30 | 8% | 5.0 - 13.2 |
| | \$50,000–74,999 | 149 | 30% | 24.3 - 35.5 | 29 | 6% | 3.4 - 9.3 |
| | \$75K+ | 221 | 34% | 29.3 - 39.1 | 30 | 4% | 2.6 - 6.2 |

n = Number of respondents in this subgroup

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

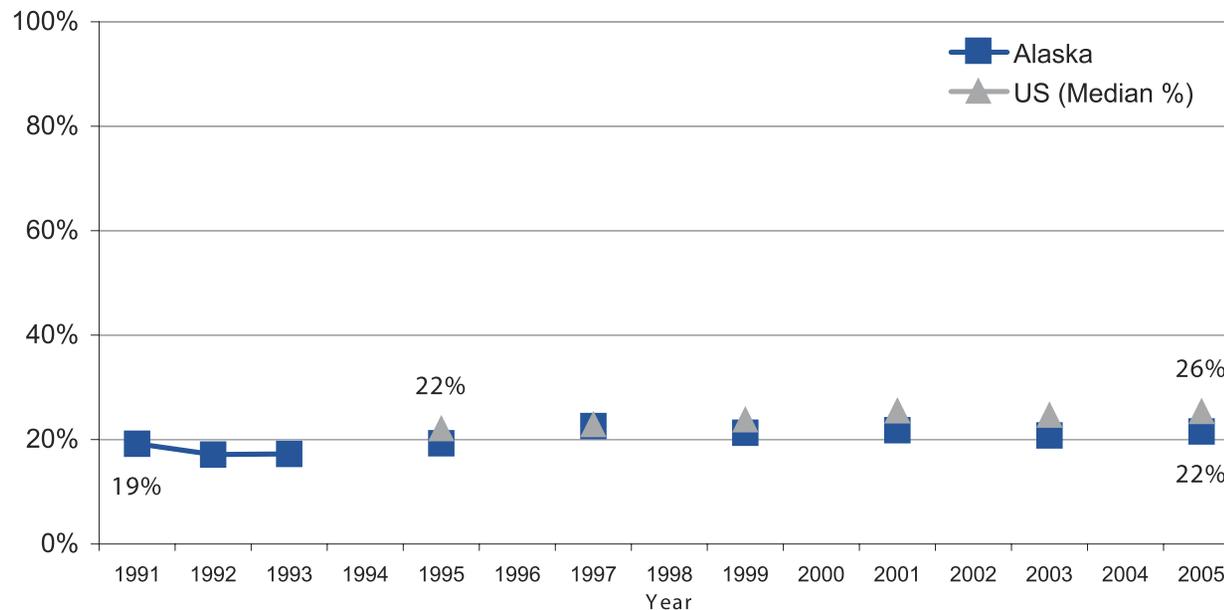
High Blood Pressure

Definition: Ever been told by doctor that you have high blood pressure.

- Prevalence of high blood pressure increased significantly with age; over one-third of Alaskans over age 55 reported having high blood pressure.
- There were no differences in the prevalence of high blood pressure by gender, race, or education level.
- The high blood pressure prevalence rate in Alaska is slightly below the national median.
- Of those reporting having ever been told they have high blood pressure, 66% reported they are currently taking blood pressure medicine.

| Healthy People 2010 |
|--|
| Objective 12.9: Reduce the proportion of adults with high blood pressure to 16%. |
| Healthy Alaskans 2010 |
| Objective 21.5: Reduce the proportion of adults 18 years and older with high blood pressure to 16%. |

High Blood Pressure: Alaska vs. Nationwide



High Blood Pressure

| | | 2005 | | | |
|------------------|--------------------------------|------|------------|-------|-------------|
| | | n | weighted % | N | 95% CI |
| Gender | | | | | |
| | Male | 349 | 22% | 1,299 | 18.9 - 24.9 |
| | Female | 349 | 21% | 1,508 | 18.6 - 24.3 |
| | Total | 698 | 22% | 2,807 | 19.5 - 23.7 |
| Race | | | | | |
| | Native (any mention) | 167 | 24% | 597 | 20.1 - 29.2 |
| | Non-Native | 527 | 21% | 2,188 | 18.8 - 23.4 |
| Age | | | | | |
| | 18–24 | 18 | 5% | 217 | 2.9 - 9.7 |
| | 25–34 | 51 | 13% | 464 | 9.3 - 18.3 |
| | 35–44 | 96 | 16% | 596 | 12.3 - 20.3 |
| | 45–54 | 193 | 24% | 744 | 20.0 - 28.9 |
| | 55–64 | 161 | 35% | 431 | 29.5 - 41.3 |
| | 65 or older | 177 | 50% | 334 | 42.5 - 57.5 |
| Education | | | | | |
| | Less than H.S. | 90 | 22% | 265 | 16.9 - 29.3 |
| | H.S. Grad or GED | 230 | 23% | 882 | 19.4 - 27.0 |
| | Some College or Tech School | 202 | 22% | 822 | 18.4 - 26.4 |
| | College Grad | 174 | 19% | 833 | 15.7 - 22.8 |
| Income | | | | | |
| | Less than \$15K | 101 | 31% | 277 | 23.5 - 39.3 |
| | \$15,000–24,999 | 102 | 24% | 373 | 18.0 - 31.0 |
| | \$25,000–34,999 | 77 | 29% | 273 | 21.6 - 36.6 |
| | \$35,000–49,999 | 93 | 16% | 397 | 12.5 - 20.6 |
| | \$50,000–74,999 | 107 | 18% | 523 | 14.4 - 23.3 |
| | \$75K+ | 148 | 22% | 671 | 18.0 - 26.5 |

n = Number of respondents who report ever told by doctor that they have high blood pressure.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

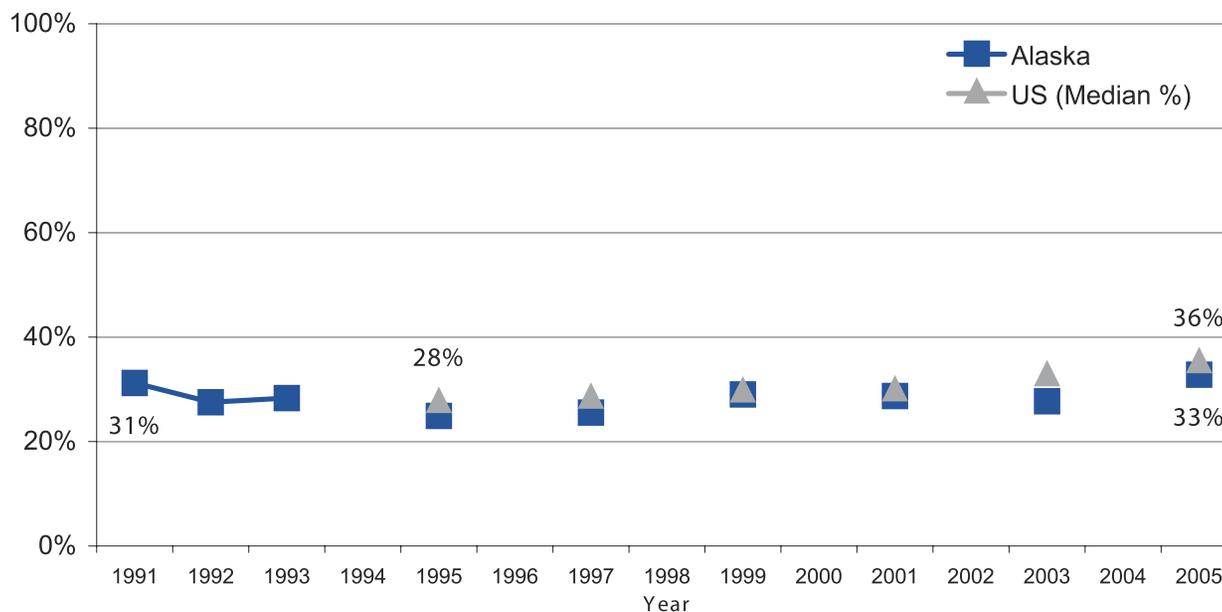
High Cholesterol

Definition: Ever told by doctor that cholesterol is high.

- ▶ One-third of Alaskans reported having ever been told they have high cholesterol in 2005.
- ▶ The prevalence of high cholesterol has remained relatively stable during the 15 years of data collection.
- ▶ Prevalence of high cholesterol increased with increasing age; approximately half of those over age 55 report having been told they have high cholesterol.

| |
|--|
| Healthy People 2010 |
| <i>Objective 12.9:</i> Reduce the proportion of adults with high cholesterol to 16%. |
| Healthy Alaskans 2010 |
| <i>Objective 21.9:</i> Reduce the proportion of adults aged 18 and older with high total blood cholesterol levels (240 mg/dl or greater) to 17%. |

High Cholesterol: Alaska vs. Nationwide



Risk Factors

High Cholesterol

| 2005 | | | | |
|-----------------------------|------------|------------|--------------|--------------------|
| | n | weighted % | N* | 95% CI |
| Gender | | | | |
| Male | 344 | 34% | 912 | 30.1 - 38.7 |
| Female | 364 | 31% | 1,129 | 27.7 - 35.1 |
| Total | 708 | 33% | 2,041 | 30.0 - 35.7 |
| Race | | | | |
| Native (any mention) | 101 | 28% | 329 | 21.7 - 34.3 |
| Non-Native | 599 | 33% | 1,693 | 30.4 - 36.6 |
| Age | | | | |
| 18–24 | 3 | 4% | 77 | 0.8 - 17.2 |
| 25–34 | 32 | 14% | 257 | 9.3 - 21.6 |
| 35–44 | 94 | 25% | 412 | 19.4 - 30.6 |
| 45–54 | 221 | 38% | 602 | 32.4 - 43.8 |
| 55–64 | 203 | 52% | 382 | 45.1 - 58.4 |
| 65 or older | 150 | 49% | 296 | 40.6 - 56.5 |
| Education | | | | |
| Less than H.S. | 53 | 29% | 142 | 19.9 - 40.4 |
| H.S. Grad or GED | 188 | 30% | 543 | 24.7 - 35.3 |
| Some College or Tech School | 230 | 34% | 640 | 29.6 - 39.6 |
| College Grad | 237 | 35% | 714 | 29.8 - 39.5 |
| Income | | | | |
| Less than \$15K | 71 | 32% | 159 | 22.2 - 43.1 |
| \$15,000–24999 | 79 | 28% | 240 | 20.6 - 36.4 |
| \$25,000–34999 | 64 | 35% | 182 | 25.9 - 44.3 |
| \$35,000–49999 | 89 | 27% | 281 | 20.2 - 34.0 |
| \$50,000–74999 | 133 | 30% | 413 | 24.6 - 36.5 |
| \$75K+ | 207 | 37% | 591 | 31.9 - 42.4 |

n = Number of respondents who report having ever been told by a doctor that their cholesterol is high.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

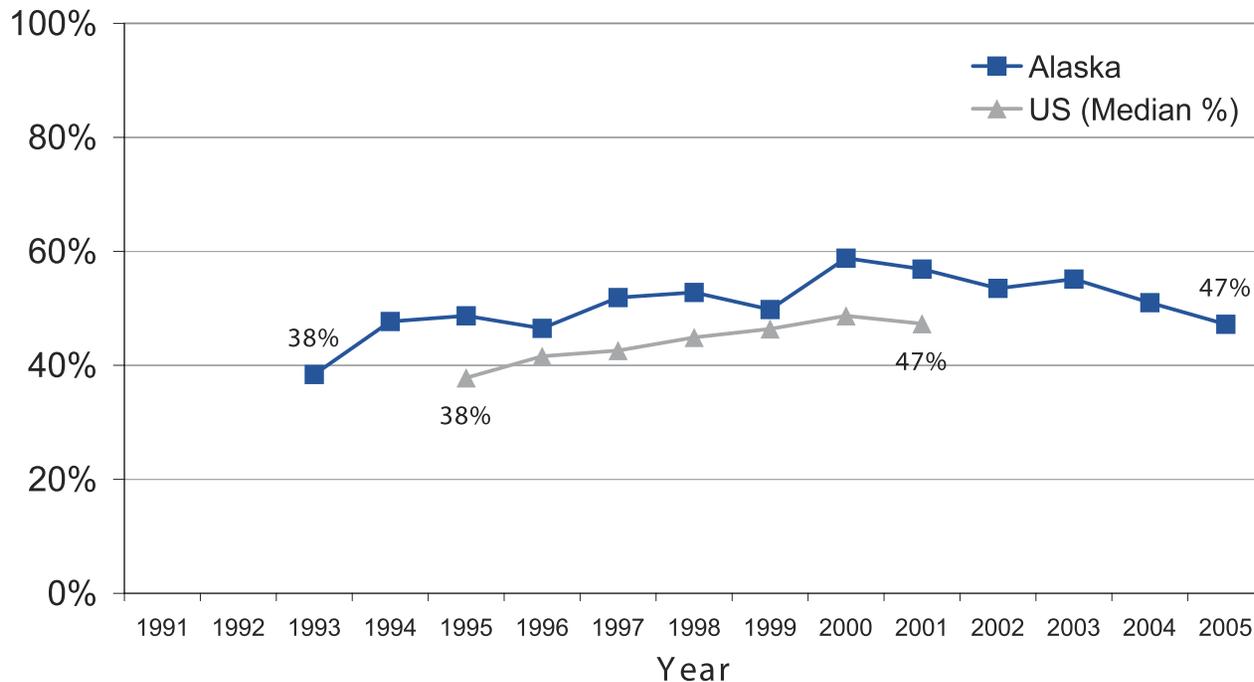
* Denominator excludes those who never had a cholesterol test

HIV/AIDS

Definition: Ever had an HIV test that wasn't part of a blood donation.

- ▶ Nearly half of Alaskan adults reported ever having been tested for HIV in 2005.
- ▶ There was no difference in the prevalence of HIV testing by race, income or education in 2004 or 2005.
- ▶ Approximately 4% of respondents reported having participated in a high-risk activity in the past 12 months (2005).
- ▶ In 2004, the main reasons respondents reported for having an HIV test were routine checkup, HIV test was required, and the respondent just wanted to be tested.

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



Risk Factors

HIV/AIDS

| | 2004 | | | | 2005 | | | |
|-----------------------------|-------|------------|-------|-------------|-------|------------|-------|-------------|
| | n | weighted % | N* | 95% CI | n | weighted % | N* | 95% CI |
| Gender | | | | | | | | |
| Male | 529 | 49% | 1,053 | 44.2 - 53.1 | 464 | 47% | 1,082 | 42.1 - 51.2 |
| Female | 665 | 54% | 1,182 | 50.2 - 58.2 | 613 | 48% | 1,262 | 44.3 - 52.0 |
| Total | 1,194 | 51% | 2,235 | 48.3 - 54.3 | 1,077 | 47% | 2,344 | 44.4 - 50.4 |
| Race | | | | | | | | |
| Native (any mention) | 283 | 57% | 504 | 50.2 - 62.8 | 217 | 49% | 501 | 42.5 - 54.9 |
| Non-Native | 897 | 50% | 1,711 | 46.6 - 53.4 | 851 | 47% | 1,827 | 43.6 - 50.4 |
| Age | | | | | | | | |
| 18–24 | 118 | 45% | 218 | 36.3 - 54.2 | 95 | 42% | 207 | 32.5 - 52.7 |
| 25–34 | 343 | 71% | 479 | 64.7 - 77.0 | 282 | 65% | 442 | 59.1 - 71.1 |
| 35–44 | 326 | 61% | 529 | 54.8 - 66.9 | 309 | 57% | 568 | 51.5 - 62.5 |
| 45–54 | 273 | 40% | 603 | 34.7 - 45.9 | 276 | 40% | 715 | 34.5 - 45.1 |
| 55–64 | 124 | 33% | 385 | 26.6 - 40.1 | 115 | 26% | 412 | 21.0 - 31.9 |
| Education | | | | | | | | |
| Less than H.S. | 104 | 50% | 192 | 39.7 - 60.8 | 78 | 41% | 178 | 29.6 - 53.2 |
| H.S. Grad or GED | 349 | 46% | 700 | 41.0 - 51.8 | 283 | 43% | 744 | 38.3 - 48.7 |
| Some College or Tech School | 390 | 56% | 682 | 50.9 - 61.7 | 361 | 53% | 690 | 46.9 - 58.4 |
| College Grad | 348 | 51% | 657 | 45.5 - 56.4 | 354 | 48% | 729 | 43.0 - 53.0 |
| Income | | | | | | | | |
| Less than \$15K | 101 | 49% | 197 | 39.2 - 59.4 | 97 | 53% | 206 | 42.0 - 63.2 |
| \$15,000–24999 | 180 | 59% | 297 | 49.7 - 67.3 | 136 | 47% | 293 | 38.0 - 56.4 |
| \$25,000–34999 | 159 | 56% | 261 | 46.2 - 64.6 | 109 | 57% | 218 | 47.6 - 65.2 |
| \$35,000–49999 | 179 | 53% | 340 | 45.1 - 60.3 | 165 | 53% | 340 | 45.2 - 60.7 |
| \$50,000–74999 | 207 | 44% | 419 | 37.6 - 50.8 | 216 | 47% | 476 | 40.6 - 53.3 |
| \$75K+ | 283 | 52% | 533 | 45.8 - 57.5 | 273 | 46% | 603 | 40.2 - 50.9 |

* Denominator excludes respondents age 65 and older.

n = Number of respondents who report ever having a HIV test that wasn't part of a blood donation, 18–64 years.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Nutrition

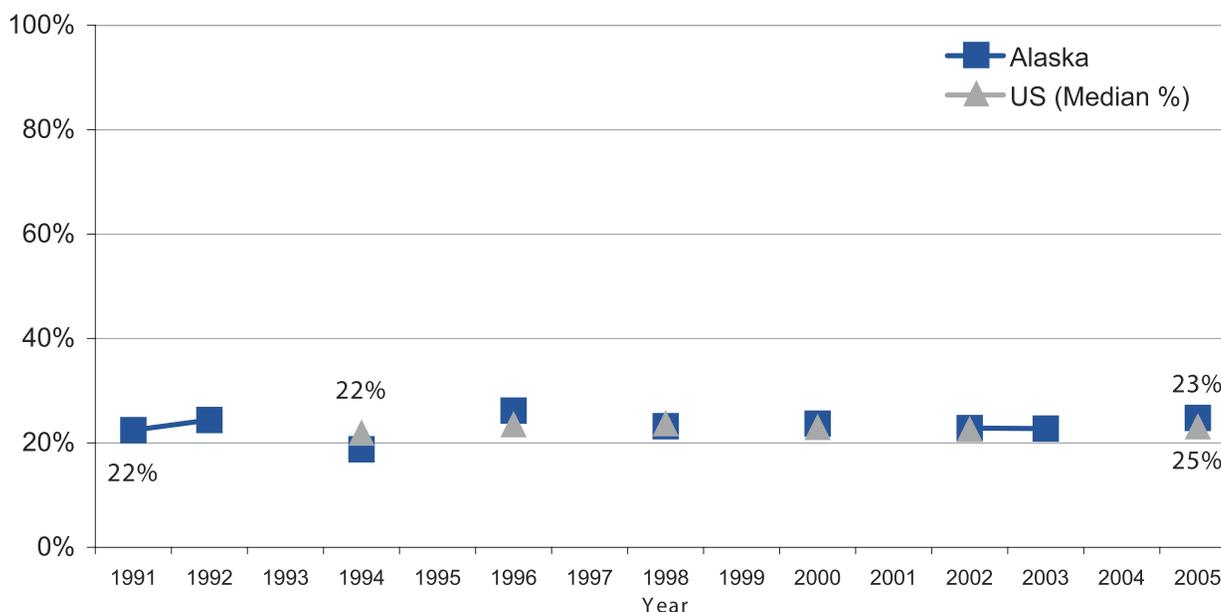
Definition: Five or more servings of fruits and vegetables daily.

- ▶ Only one quarter of Alaskans consumed the recommended amount of 5 or more servings of fruits and vegetables daily in 2005; this parallels the national prevalence.
- ▶ Unfortunately, fruit and vegetable consumption was equally low across virtually every sociodemographic group examined.
- ▶ One exception was the finding that in 2005, females were significantly more likely than males to report eating 5 or more servings of fruits and vegetables per day.

Healthy Alaskans 2010

Objective 2.4a: Increase percent of adults who consume at least 5 daily servings of fruits and vegetables to 30%.

**Fruit and Vegetable Consumption (5+ Servings per Day):
Alaska vs. Nationwide**



Nutrition

| 2005 | | | | |
|-----------------------------|-----|------------|-------|-------------|
| | n | weighted % | N | 95% CI |
| Gender | | | | |
| Male | 265 | 21% | 1,281 | 17.9 - 24.2 |
| Female | 415 | 29% | 1,492 | 25.8 - 32.4 |
| Total | 680 | 25% | 2,773 | 22.6 - 27.2 |
| Race | | | | |
| Native (any mention) | 114 | 22% | 583 | 17.8 - 27.9 |
| Non-Native | 558 | 25% | 2,168 | 22.7 - 27.9 |
| Age | | | | |
| 18–24 | 118 | 45% | 218 | 36.3 - 54.2 |
| 25–34 | 343 | 71% | 479 | 64.7 - 77.0 |
| 35–44 | 326 | 61% | 529 | 54.8 - 66.9 |
| 45–54 | 273 | 40% | 603 | 34.7 - 45.9 |
| 55–64 | 124 | 33% | 385 | 26.6 - 40.1 |
| 65 or older | 100 | 34% | 328 | 26.7 - 41.4 |
| Education | | | | |
| Some H.S. | 50 | 22% | 254 | 14.7 - 31.2 |
| H.S. Grad or GED | 178 | 21% | 870 | 17.2 - 24.8 |
| Some College or Tech School | 204 | 24% | 813 | 19.8 - 28.0 |
| College Grad | 247 | 31% | 830 | 27.1 - 35.9 |
| Income | | | | |
| Less than \$15K | 49 | 22% | 269 | 14.5 - 31.9 |
| \$15,000–24999 | 91 | 25% | 367 | 19.1 - 32.8 |
| \$25,000–34999 | 62 | 25% | 271 | 18.1 - 32.5 |
| \$35,000–49999 | 98 | 22% | 397 | 17.4 - 28.1 |
| \$50,000–74999 | 138 | 26% | 521 | 21.4 - 31.9 |
| \$75K+ | 177 | 28% | 666 | 23.6 - 33.0 |

n = Number of respondents who report eating 5 or more servings of fruits and vegetable per day.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Obesity and Overweight

Definition: Obese: Have body mass index (BMI) 30 or greater. Overweight: Have a BMI 25–29.9

- Overweight status has remained relatively stable from 1991 to 2005; in 2004 and 2005, nearly 40% of adult Alaskans met the definition of being overweight.
- Obesity has increased on a state and national level during this time period; in 2004 and 2005, approximately one quarter Alaskan adults met the definition for being obese.
- The prevalence of obesity in Alaska is similar to the national median.
- There was no significant difference between Natives and non-Natives in the prevalence of overweight in 2004 or 2005.
- Males were significantly more likely to be overweight than females, but equally likely to be obese.

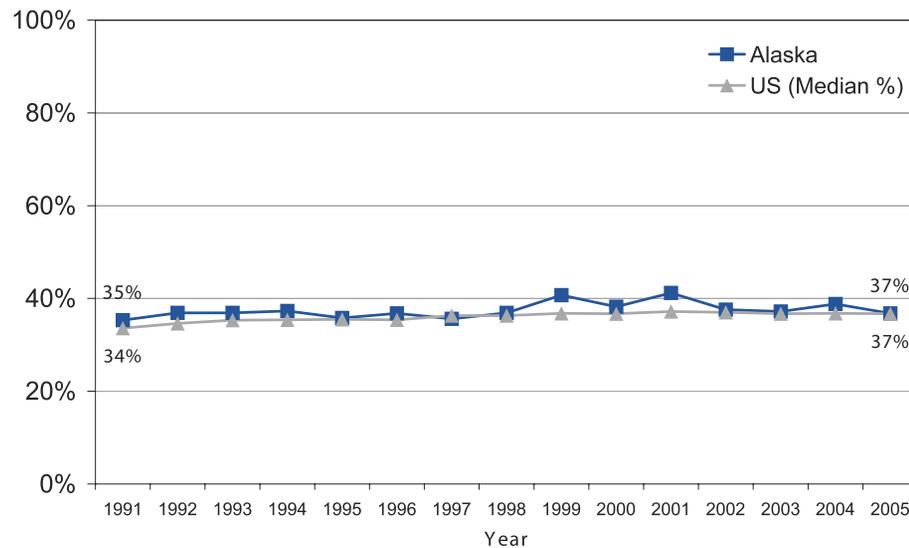
Healthy People 2010

Objective 19.1 & 19.2: Increase proportion of adults who are at a healthy weight to 60%. Reduce the proportion of adults who are obese to 15%.

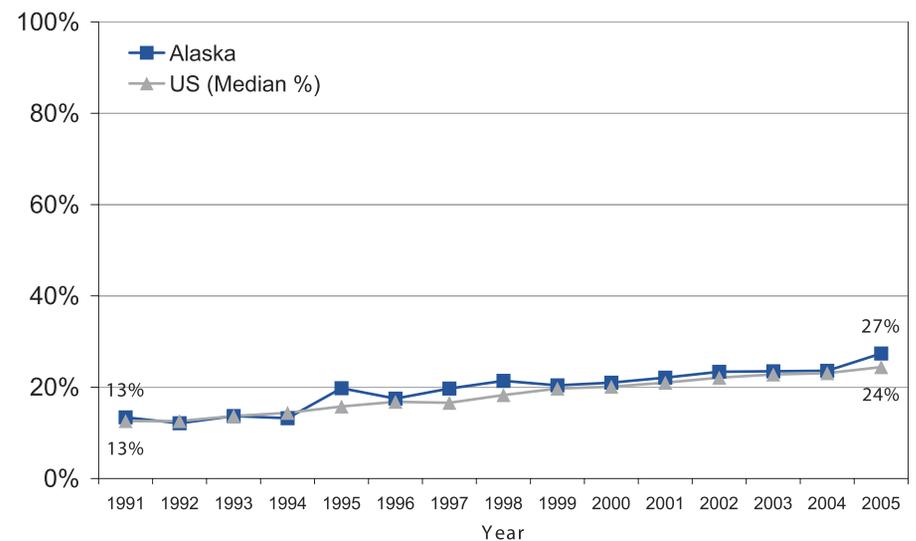
Healthy Alaskans 2010

Objective 2.1a & 2.1b: Reduce the proportion of adults who meet criteria for overweight to 30%; and reduce obesity to 18%.

**Overweight (25-29.9 BMI):
Alaska vs. Nationwide**



**Obesity (30+ BMI):
Alaska vs. Nationwide**



Risk Factors

Overweight (25–29.9 BMI)*

| | 2004 | | | | 2005 | | | |
|-----------------------------|------------|------------|--------------|--------------------|--------------|------------|--------------|--------------------|
| | n | weighted % | N | 95% CI | n | weighted % | N | 95% CI |
| Gender | | | | | | | | |
| Male | 567 | 46% | 1,209 | 42.0 - 50.3 | 599 | 44% | 1,291 | 39.8 - 47.9 |
| Female | 403 | 31% | 1,326 | 27.2 - 34.3 | 441 | 29% | 1,439 | 25.8 - 32.3 |
| Total | 970 | 39% | 2,535 | 36.1 - 41.7 | 1,040 | 37% | 2,730 | 34.2 - 39.5 |
| Race | | | | | | | | |
| Native (any mention) | 231 | 43% | 570 | 36.6 - 48.7 | 219 | 37% | 575 | 31.1 - 42.7 |
| Non-Native | 730 | 38% | 1,949 | 34.9 - 41.1 | 811 | 37% | 2,135 | 33.8 - 39.7 |
| Age | | | | | | | | |
| 18–24 | 77 | 35% | 223 | 26.6 - 43.8 | 70 | 34% | 211 | 25.4 - 44.6 |
| 25–34 | 160 | 31% | 484 | 25.1 - 36.9 | 144 | 32% | 447 | 26.6 - 38.2 |
| 35–44 | 210 | 44% | 543 | 37.9 - 50.1 | 223 | 41% | 579 | 35.4 - 46.6 |
| 45–54 | 247 | 41% | 611 | 35.5 - 46.8 | 295 | 39% | 719 | 34.2 - 44.5 |
| 55–64 | 165 | 40% | 406 | 33.7 - 47.0 | 163 | 36% | 425 | 29.7 - 41.8 |
| 65 or older | 104 | 38% | 258 | 30.1 - 46.6 | 135 | 37% | 331 | 30.2 - 44.1 |
| Education | | | | | | | | |
| Less than H.S. | 80 | 33% | 249 | 24.1 - 43.0 | 100 | 38% | 256 | 29.1 - 48.8 |
| H.S. Grad or GED | 322 | 38% | 798 | 33.2 - 42.9 | 322 | 35% | 859 | 30.4 - 39.3 |
| Some College or Tech School | 278 | 38% | 745 | 33.3 - 43.4 | 311 | 38% | 794 | 33.3 - 43.7 |
| College Grad | 288 | 42% | 738 | 37.2 - 47.4 | 303 | 37% | 816 | 32.2 - 41.3 |
| Income | | | | | | | | |
| Less than \$15K | 79 | 29% | 247 | 21.8 - 36.5 | 103 | 30% | 272 | 22.7 - 37.7 |
| \$15,000–24,999 | 117 | 28% | 355 | 22.0 - 35.5 | 132 | 34% | 362 | 26.5 - 41.4 |
| \$25,000–34,999 | 112 | 36% | 296 | 28.7 - 44.9 | 94 | 36% | 264 | 28.0 - 44.4 |
| \$35,000–49,999 | 157 | 40% | 392 | 33.1 - 46.7 | 144 | 35% | 393 | 27.6 - 42.2 |
| \$50,000–74,999 | 177 | 44% | 453 | 37.4 - 50.4 | 213 | 39% | 515 | 33.6 - 45.2 |
| \$75K+ | 244 | 42% | 579 | 36.6 - 47.9 | 274 | 43% | 658 | 38.4 - 48.7 |

* BMI = weight in kilograms divided by height in meters squared ($[\text{weight in kg}] \div [\text{height in meters}]^2$)

n = Number of respondents who are overweight based on Body Mass Index (BMI) 25-29.9.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Obesity (30+ BMI)*

| | 2004 | | | | 2005 | | | |
|-----------------------------|------------|------------|--------------|--------------------|------------|------------|--------------|--------------------|
| | n | weighted % | N | 95% CI | n | weighted % | N | 95% CI |
| Gender | | | | | | | | |
| Male | 278 | 22% | 1,209 | 18.9 - 25.6 | 336 | 26% | 1,291 | 23.0 - 30.2 |
| Female | 355 | 25% | 1,326 | 22.4 - 28.8 | 418 | 28% | 1,439 | 25.3 - 31.8 |
| Total | 633 | 24% | 2,535 | 21.4 - 26.1 | 754 | 27% | 2,730 | 25.0 - 29.9 |
| Race | | | | | | | | |
| Native (any mention) | 164 | 25% | 570 | 20.8 - 30.2 | 178 | 31% | 575 | 26.2 - 37.0 |
| Non-Native | 466 | 24% | 1,949 | 21.0 - 26.3 | 572 | 27% | 2,135 | 24.0 - 29.5 |
| Age | | | | | | | | |
| 18 - 24 | 27 | 12% | 223 | 6.9 - 20.2 | 31 | 13% | 211 | 7.6 - 21.4 |
| 25 - 34 | 108 | 22% | 484 | 16.8 - 27.4 | 128 | 27% | 447 | 21.9 - 33.1 |
| 35 - 44 | 138 | 22% | 543 | 17.9 - 27.6 | 163 | 29% | 579 | 23.7 - 33.9 |
| 45 - 54 | 170 | 29% | 611 | 24.5 - 34.9 | 202 | 31% | 719 | 25.8 - 36.1 |
| 55 - 64 | 128 | 30% | 406 | 24.3 - 36.5 | 139 | 34% | 425 | 27.9 - 40.3 |
| 65 or older | 62 | 23% | 258 | 17.0 - 31.4 | 89 | 29% | 331 | 22.4 - 36.9 |
| Education | | | | | | | | |
| Some H.S. | 74 | 29% | 249 | 21.1 - 39.3 | 72 | 31% | 256 | 22.0 - 41.9 |
| H.S. Grad or GED | 211 | 26% | 798 | 21.6 - 30.1 | 252 | 27% | 859 | 23.2 - 31.3 |
| Some College or Tech School | 201 | 24% | 745 | 20.4 - 28.8 | 232 | 28% | 794 | 23.6 - 32.6 |
| College Grad | 145 | 19% | 738 | 15.4 - 23.4 | 197 | 26% | 816 | 21.9 - 30.8 |
| Income | | | | | | | | |
| Less than \$15K | 66 | 28% | 247 | 20.0 - 37.0 | 81 | 34% | 272 | 25.3 - 44.3 |
| \$15,000 - 24,999 | 91 | 25% | 355 | 19.2 - 32.3 | 112 | 30% | 362 | 23.2 - 37.6 |
| \$25,000 - 34,999 | 73 | 19% | 296 | 14.3 - 25.9 | 73 | 30% | 264 | 22.8 - 38.3 |
| \$35,000 - 49,999 | 93 | 24% | 392 | 18.6 - 30.7 | 106 | 26% | 393 | 20.4 - 32.4 |
| \$50,000 - 74,999 | 115 | 27% | 453 | 21.1 - 32.7 | 131 | 28% | 515 | 22.3 - 33.6 |
| \$75K+ | 138 | 22% | 579 | 17.6 - 27.0 | 181 | 25% | 658 | 21.0 - 29.8 |

* BMI = weight in kilograms divided by height in meters squared ($[\text{weight in kg}] \div [\text{height in meters}]^2$)

n = Number of respondents who are obese based on body mass index (BMI) of 30 or greater.
% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.
95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Tobacco Use – Smoking

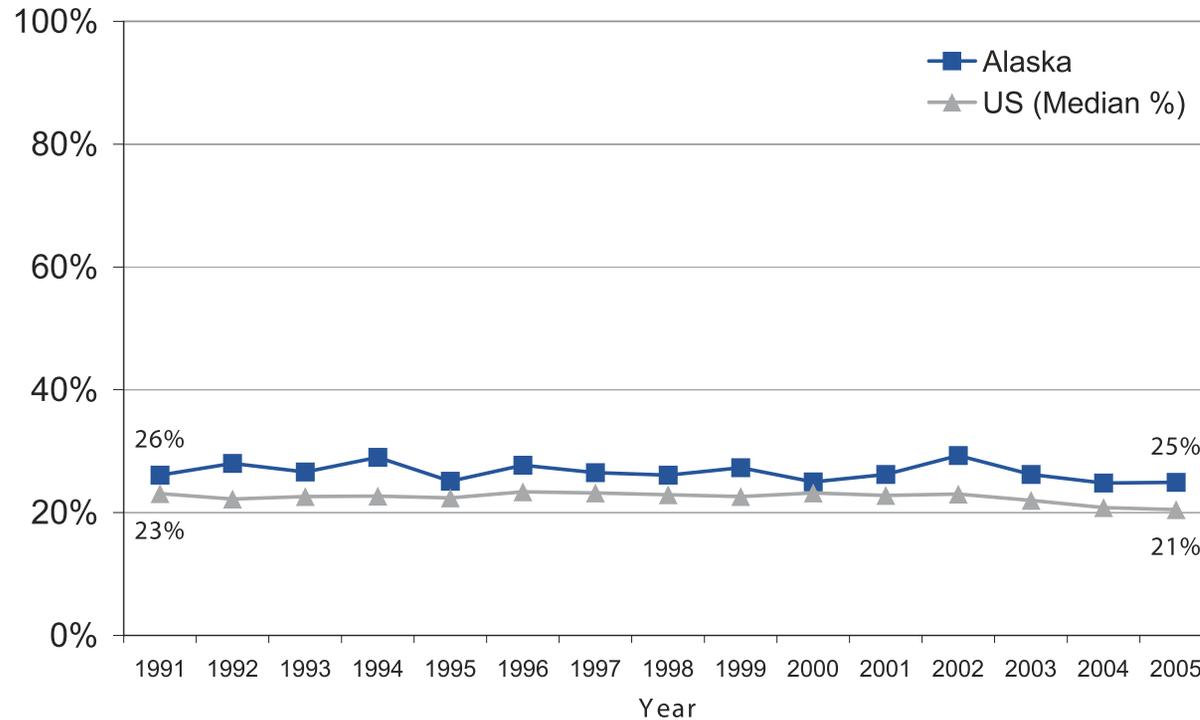
Definition: Reported they have smoked at least 100 cigarettes in their lifetime and currently smoke every day or some days.

- Approximately one in four Alaskans currently smoke, either some days or every day.
- Prevalence of current smoking among adults remained relatively constant from 1991 to 2005.
- More than 40% of Alaska Natives reported being smokers compared to 21% of non-Natives; this difference is statistically significant.
- Smoking prevalence was greatest in younger respondents, those with less education and those with lower income.
- More than half of current smokers reported having tried to quit smoking for 1 day or longer in the past year.

| |
|---|
| Healthy People 2010 |
| <i>Objective 3.8:</i> Reduce the percentage of adults who smoke cigarettes to 14% |
| Healthy Alaskans 2010 |
| <i>Objective 27.1a:</i> Reduce tobacco use by adults to 12%. |

Risk Factors

Current Smokers: Alaska vs. Nationwide



Tobacco Use – Smoking

| | 2004 | | | | 2005 | | | |
|-----------------------------|------|------------|-------|-------------|------|------------|-------|-------------|
| | n | weighted % | N | 95% CI | n | weighted % | N | 95% CI |
| Gender | | | | | | | | |
| Male | 341 | 26% | 1,219 | 22.8 - 30.0 | 346 | 28% | 1,293 | 24.1 - 31.8 |
| Female | 369 | 23% | 1,420 | 20.4 - 26.5 | 349 | 22% | 1,504 | 19.1 - 24.9 |
| Total | 710 | 25% | 2,639 | 22.5 - 27.3 | 695 | 25% | 2,797 | 22.6 - 27.5 |
| Race | | | | | | | | |
| Native (any mention) | 255 | 43% | 597 | 36.9 - 48.7 | 251 | 45% | 591 | 39.5 - 51.1 |
| Non-Native | 449 | 21% | 2,022 | 19.0 - 24.1 | 438 | 21% | 2,184 | 18.5 - 23.9 |
| Age | | | | | | | | |
| 18–24 | 71 | 23% | 230 | 17.0 - 31.2 | 65 | 32% | 215 | 23.2 - 42.6 |
| 25–34 | 160 | 31% | 499 | 25.0 - 36.9 | 132 | 28% | 461 | 22.5 - 33.9 |
| 35–44 | 171 | 29% | 557 | 24.3 - 35.0 | 172 | 28% | 596 | 23.0 - 33.0 |
| 45–54 | 175 | 25% | 642 | 20.5 - 29.9 | 189 | 26% | 743 | 21.1 - 30.5 |
| 55–64 | 92 | 19% | 420 | 14.4 - 25.1 | 89 | 17% | 429 | 12.9 - 21.5 |
| 65 or older | 36 | 12% | 270 | 7.5 - 19.9 | 44 | 14% | 334 | 9.2 - 20.2 |
| Education | | | | | | | | |
| Some H.S. | 116 | 40% | 255 | 31.8 - 49.5 | 120 | 50% | 264 | 40.0 - 60.3 |
| H.S. Grad or GED | 287 | 34% | 835 | 29.5 - 39.1 | 305 | 36% | 880 | 31.5 - 40.9 |
| Some College or Tech School | 219 | 26% | 778 | 22.1 - 30.8 | 188 | 22% | 819 | 17.8 - 26.6 |
| College Grad | 86 | 9% | 762 | 7.0 - 12.3 | 81 | 8% | 829 | 6.1 - 10.9 |
| Income | | | | | | | | |
| Less than \$15K | 118 | 49% | 250 | 40.1 - 58.1 | 115 | 47% | 276 | 37.8 - 56.6 |
| \$15,000–24,999 | 129 | 32% | 363 | 24.9 - 39.1 | 139 | 34% | 372 | 27.4 - 41.9 |
| \$25,000–34,999 | 104 | 32% | 306 | 24.4 - 39.9 | 78 | 29% | 271 | 21.9 - 37.5 |
| \$35,000–49,999 | 101 | 25% | 406 | 19.8 - 31.5 | 105 | 29% | 399 | 22.7 - 37.2 |
| \$50,000–74,999 | 95 | 20% | 469 | 14.9 - 25.3 | 88 | 16% | 522 | 12.2 - 21.1 |
| \$75K+ | 94 | 17% | 585 | 12.8 - 21.5 | 90 | 13% | 667 | 10.0 - 17.4 |

n = Number of respondents who report they have smoked at least 100 cigarettes in their lifetime and currently smoke.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Tobacco Use – Smokeless Tobacco

Definition: Current users of smokeless tobacco.

- ▶ During the 15 years of surveillance, the prevalence of smokeless tobacco use has remained relatively constant.
- ▶ Alaska Natives (10%) were more than twice as likely as non-Natives (4%) to report current smokeless tobacco use in 2005.
- ▶ In 2005, nearly one in five Alaskan adults reported being former smokeless tobacco users.

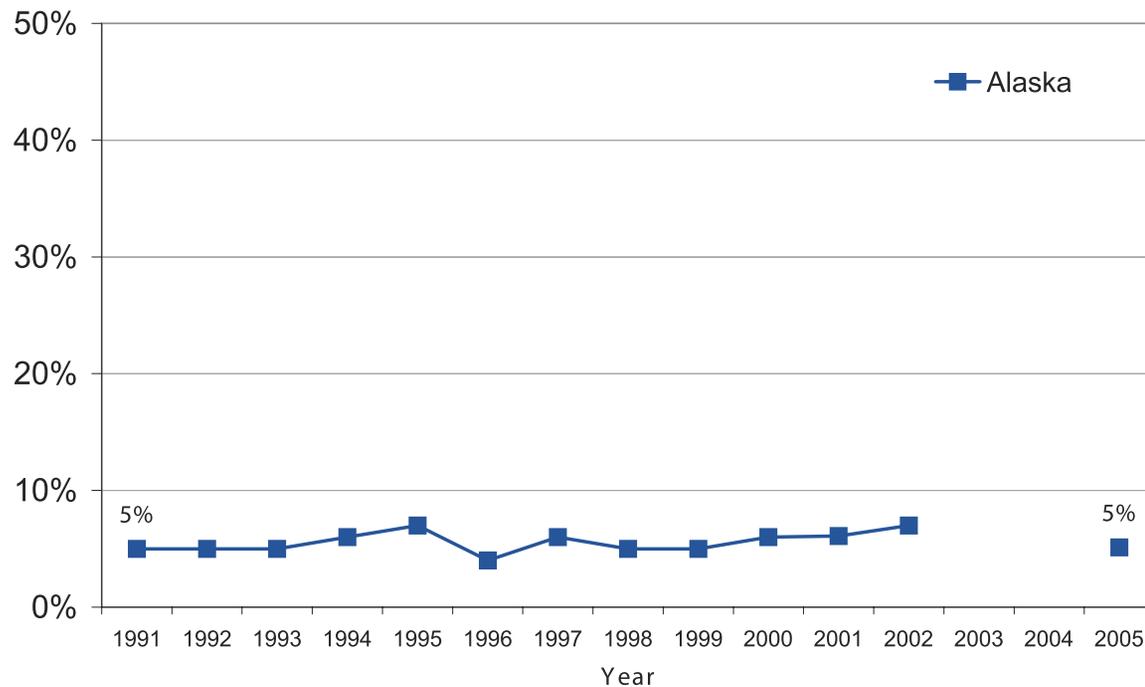
Healthy People 2010

Objective 27.1b: Reduce smokeless (spit tobacco) tobacco use to 0.4%.

Healthy Alaskans 2010

Objective 3.9: Reduce the percentage of adult use of smokeless tobacco to 3%.

Current Smokeless Tobacco Use: Alaska vs. Nationwide



Firearms Safety

Definition: Any firearms now kept in or around your home that are both loaded and unlocked.

- ▶ In 2004, 60% of adult Alaskans reported they have firearms in the home.
- ▶ Eleven percent of Alaskans reported living in a household with an unlocked and loaded firearm in 2004.

| | | 2004 | | | |
|------------------|-----------------------------|------------|------------|--------------|-------------------|
| | | n | weighted % | N | 95% CI |
| Gender | | | | | |
| | Male | 165 | 15% | 1,121 | 12.1 - 18.5 |
| | Female | 74 | 6% | 1,322 | 4.6 - 8.7 |
| | Total | 239 | 11% | 2,443 | 9.0 - 12.9 |
| Race | | | | | |
| | Native (any mention) | 26 | 6% | 570 | 2.7 - 11.2 |
| | Non-Native | 211 | 12% | 1,856 | 9.9 - 14.3 |
| Age | | | | | |
| | 18–24 | 12 | 4% | 224 | 1.9 - 6.6 |
| | 25–34 | 34 | 10% | 478 | 5.8 - 15.5 |
| | 35–44 | 43 | 9% | 516 | 6.0 - 13.2 |
| | 45–54 | 77 | 15% | 589 | 10.9 - 20.3 |
| | 55–64 | 50 | 15% | 375 | 10.1 - 20.6 |
| | 65+ | 23 | 13% | 244 | 6.9 - 22.0 |
| Education | | | | | |
| | Less than H.S. | 19 | 8% | 241 | 4.3 - 13.6 |
| | H.S. Grad or GED | 81 | 11% | 774 | 7.8 - 14.8 |
| | Some College or Tech School | 76 | 11% | 714 | 8.4 - 15.3 |
| | College Grad | 63 | 11% | 708 | 7.9 - 15.6 |
| Income | | | | | |
| | Less than \$15K | 16 | 5% | 235 | 2.7 - 7.9 |
| | \$15,000–24,999 | 23 | 4% | 343 | 2.7 - 7.0 |
| | \$25,000–34,999 | 21 | 10% | 294 | 5.4 - 18.8 |
| | \$35,000–49,999 | 43 | 13% | 376 | 8.0 - 19.9 |
| | \$50,000–74,999 | 42 | 14% | 434 | 9.4 - 20.2 |
| | \$75K+ | 81 | 14% | 549 | 10.8 - 18.6 |

Healthy People 2010

Objective 15.4: Reduce the proportion of persons living in homes with firearms that are loaded and unlocked to 16%.

Healthy Alaskans 2010

Objective 8.16: Reduce prevalence of Alaskan adults reporting firearms in or around the house and at least one firearm is kept loaded and unlocked to 10%.

n = Number of respondents who reported their firearm(s) were loaded and unlocked.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Preventive Practices

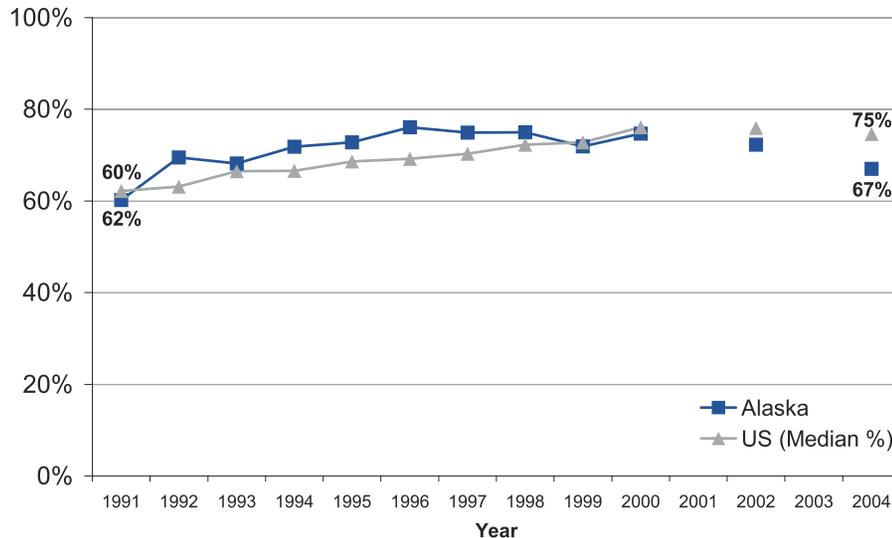


Breast Cancer Screening

Definition: Female respondents age 40 and older who report a mammogram within 2 years

- ▶ In Alaska and nationwide, the prevalence of mammography screening has increased over the 14 years of data collection.
- ▶ Sixty seven percent of Alaskan women over the age of 40 reported obtaining a mammogram in the prior two years in 2004.
- ▶ For cancer incidence information, refer to the Alaska Cancer Registry.

Mammogram in Last 2 Years (Women Age 40+): Alaska vs. Nationwide



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 with the preceding 2 years to 76%.

2004

| | n | weighted % | N | 95% CI |
|-----------------------------|-----|------------|-----|-------------|
| Gender | | | | |
| Female | 571 | 67% | 850 | 62.2 - 71.3 |
| Race | | | | |
| Native (any mention) | 110 | 67% | 159 | 54.4 - 77.0 |
| Non-Native | 461 | 67% | 691 | 61.9 - 71.7 |
| Education | | | | |
| Less than H.S. | 46 | 63% | 72 | 45.7 - 77.4 |
| H.S. Grad or GED | 162 | 64% | 241 | 55.0 - 72.5 |
| Some College or Tech School | 169 | 70% | 260 | 61.9 - 76.7 |
| College Grad | 196 | 68% | 279 | 59.5 - 75.4 |
| Income | | | | |
| Less than \$15K | 56 | 63% | 97 | 49.1 - 74.3 |
| \$15,000–24,999 | 56 | 54% | 104 | 40.6 - 67.4 |
| \$25,000–34,999 | 62 | 61% | 87 | 45.4 - 75.0 |
| \$35,000–49,999 | 88 | 67% | 129 | 54.9 - 77.2 |
| \$50,000–74,999 | 119 | 73% | 159 | 61.3 - 81.7 |
| \$75K+ | 130 | 71% | 185 | 60.9 - 79.2 |

n = Number of female respondents age 40 and older who report a mammogram within 2 years.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

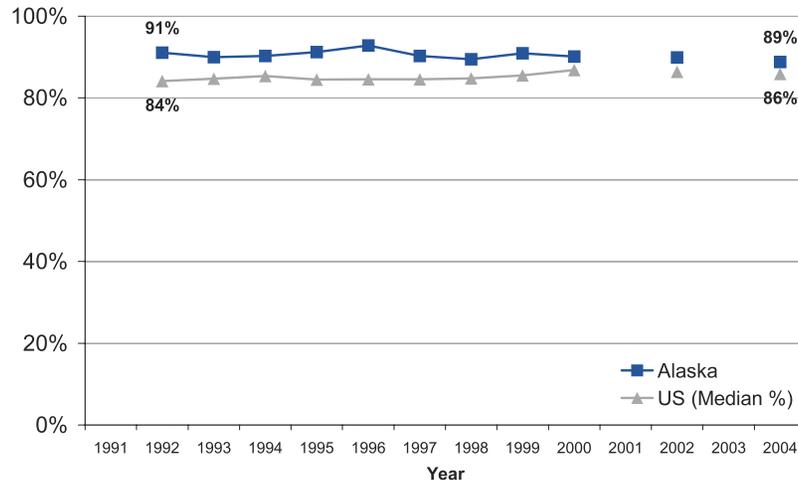
95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Cervical Cancer Screening

Definition: Female respondents age 18 and older who report a pap test within 3 years.

- The percentage of Alaskan women who have had a pap test within the last 3 years has consistently been higher than the national average, although the difference has decreased with time.
- The prevalence of cervical cancer screening appears stable with no significant change over the sample period.
- There was no significant difference between Alaska Native women and non-Native women in the prevalence of Pap tests within the last 3 years in 2004.
- No significant differences in Pap test prevalence were noted by education or income level.
- In 2004, women age 18-24 years were significantly less likely than women age 25-34 years to have had a Pap test within the last 3 years.

Cervical Cancer Screening (Pap Smear in Last 3 Years): Alaska vs. Nationwide



n = Number of female respondents age 18 and older who report a pap smear within 3 years.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Healthy People 2010

Objective 3.11: Increase the proportion of women aged 18 years and older who received a pap test within preceding 3 years to 90%.

Healthy Alaskans 2010

Objective 22.8: Increase the proportion of women aged 18 years and older who received a pap test within preceding 3 years to 95%.

2004

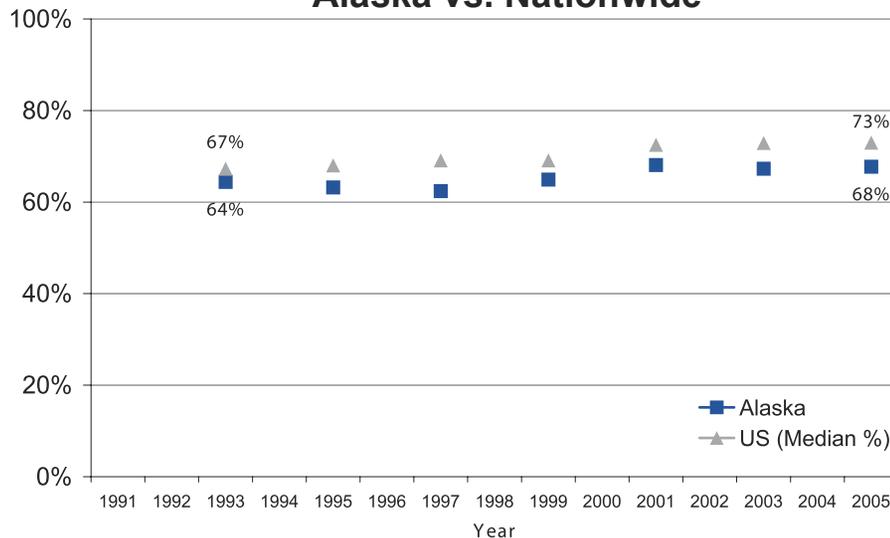
| | n | weighted % | N | 95% CI |
|-----------------------------|-----|------------|-------|-------------|
| Gender | | | | |
| Female | 979 | 89% | 1,105 | 85.8 - 91.3 |
| Race | | | | |
| Native (any mention) | 244 | 90% | 272 | 82.7 - 94.6 |
| Non-Native | 728 | 88% | 826 | 84.8 - 91.1 |
| Age | | | | |
| 18-24 | 114 | 80% | 131 | 66.5 - 88.6 |
| 25-34 | 259 | 97% | 271 | 93.3 - 98.5 |
| 35-44 | 235 | 91% | 263 | 84.3 - 94.7 |
| 45-54 | 198 | 88% | 230 | 81.2 - 92.7 |
| 55-64 | 117 | 88% | 137 | 78.9 - 93.2 |
| 65 or older | 56 | 76% | 73 | 60.4 - 86.3 |
| Education | | | | |
| Less than H.S. | 86 | 91% | 97 | 82.8 - 95.7 |
| H.S. Grad or GED | 267 | 83% | 312 | 75.3 - 88.8 |
| Some College or Tech School | 310 | 89% | 349 | 82.8 - 92.6 |
| College Grad | 313 | 93% | 344 | 89.8 - 95.9 |
| Income | | | | |
| Less than \$15K | 90 | 83% | 112 | 73.6 - 90.2 |
| \$15,000-24,999 | 140 | 88% | 163 | 80.1 - 93.0 |
| \$25,000-34,999 | 133 | 90% | 143 | 77.1 - 96.0 |
| \$35,000-49,999 | 145 | 90% | 163 | 83.7 - 94.3 |
| \$50,000-74,999 | 171 | 93% | 186 | 85.8 - 96.6 |
| \$75K+ | 202 | 91% | 224 | 84.5 - 95.1 |

Cholesterol Screening

Definition: Have had cholesterol tested in past 5 years

- ▶ Sixty-eight percent of Alaskan adults have had their cholesterol tested in the prior 5 years.
- ▶ The prevalence of cholesterol screening in Alaska has remained relatively steady since 1993.
- ▶ In 2005, Alaska Natives were significantly less likely than non-Natives to report having had their cholesterol screened in the past 5 years.
- ▶ Cholesterol screening increased dramatically with age; 86% of those 65 and older reported having been screened in the prior five years.
- ▶ The prevalence of cholesterol screening was significantly higher in individuals who have had some college or have graduated college than in those with a high school diploma or less.
- ▶ The prevalence of cholesterol screening also increased with income.

**Cholesterol Screening in Last 5 Years:
Alaska vs. Nationwide**



n = Number of respondents who have had cholesterol checked within the past 5 years.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Healthy People 2010

Objective 12.15: Increase the proportion of adults who have had their blood cholesterol checked within the preceding 5 years to 80%.

Healthy Alaskans 2010

Objective 21.10: Increase the proportion of adults who have had their blood cholesterol checked within the preceding 5 years to 75%.

2005

| | n | weighted % | N | 95% CI |
|-----------------------------|--------------|------------|--------------|--------------------|
| Gender | | | | |
| Male | 841 | 65% | 1,246 | 60.6 - 68.9 |
| Female | 1,053 | 71% | 1,452 | 67.2 - 74.1 |
| Total | 1,894 | 68% | 2,698 | 65.0 - 70.4 |
| Race | | | | |
| Native (any mention) | 308 | 52% | 552 | 45.6 - 57.5 |
| Non-Native | 1,567 | 71% | 2,124 | 67.5 - 73.5 |
| Age | | | | |
| 18–24 | 73 | 36% | 193 | 27.0 - 46.6 |
| 25–34 | 232 | 57% | 432 | 50.2 - 62.7 |
| 35–44 | 369 | 65% | 577 | 59.8 - 70.6 |
| 45–54 | 557 | 79% | 725 | 74.4 - 83.2 |
| 55–64 | 364 | 84% | 425 | 78.8 - 88.7 |
| 65 or older | 288 | 86% | 327 | 79.6 - 90.8 |
| Education | | | | |
| Less than H.S. | 130 | 48% | 241 | 38.8 - 57.9 |
| H.S. Grad or GED | 502 | 61% | 840 | 55.8 - 65.2 |
| Some College or Tech School | 595 | 68% | 796 | 61.7 - 73.1 |
| College Grad | 664 | 81% | 815 | 76.7 - 84.4 |
| Income | | | | |
| Less than \$15K | 149 | 57% | 253 | 47.6 - 66.7 |
| \$15,000–24,999 | 218 | 56% | 355 | 47.2 - 64.8 |
| \$25,000–34,999 | 167 | 61% | 262 | 52.2 - 69.1 |
| \$35,000–49,999 | 259 | 62% | 385 | 54.3 - 69.4 |
| \$50,000–74,999 | 381 | 73% | 514 | 66.9 - 78.1 |
| \$75K+ | 561 | 82% | 663 | 77.4 - 86.1 |

Colorectal Cancer Screening

Definition: 1) Had a sigmoidoscopy or colonoscopy, age 50 years and over. 2) Have used a home blood stool test (FOBT) in past 2 years, age 50 and over.

- In 2004, the national median prevalence for having ever had a sigmoidoscopy or colonoscopy was 51%; in Alaska this figure was also 51%.
- There were no significant differences by gender or race in the prevalence of ever having had a colonoscopy or sigmoidoscopy.
- In 2005, Alaskans whose income was less than \$15,000 were significantly less likely to have had a sigmoidoscopy or colonoscopy than Alaskans whose income was \$35,000 or greater.

Healthy People 2010

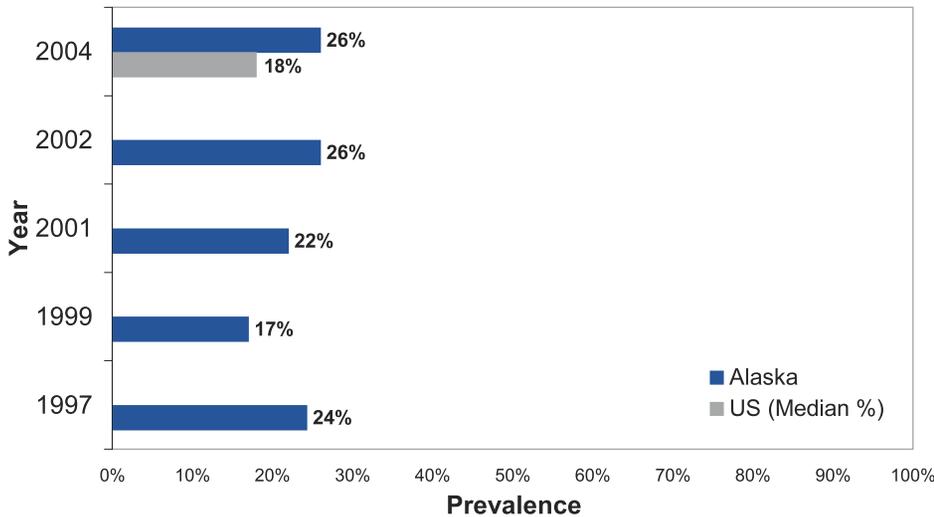
Objective 3.12a: Increase proportion of adults aged 50 years and older who have received a fecal occult blood test (FOBT) within the preceding 2 years to 50%.

Objective 3.12b: Increase proportion of adults aged 50 years and older who have ever received a sigmoidoscopy to 50%.

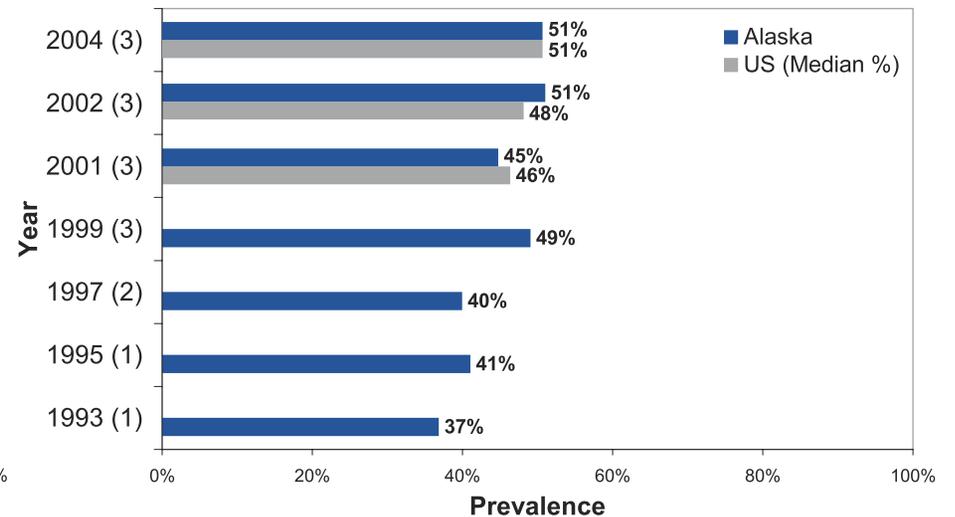
Healthy Alaskans 2010

Objective 22.10: Increase the proportion of adults 50 years and older who received colorectal screening examinations to 64%.

Colorectal Cancer Screening - Fecal Occult Blood Test



Colorectal Cancer Screening - Sigmoidoscopy or Colonoscopy



- (1) Proctoscopy
- (2) Sigmoidoscopy or proctoscopy
- (3) Sigmoidoscopy or colonoscopy

Colorectal Cancer Screening

| | 2004 Fecal occult blood test | | | | 2004 Sigmoidoscopy or Colonoscopy | | | |
|-----------------------------|---------------------------------|------------|------------|--------------------|--------------------------------------|------------|------------|--------------------|
| | n | weighted % | N | 95% CI | n | weighted % | N | 95% CI |
| Gender | | | | | | | | |
| Male | 72 | 15% | 465 | 10.9 - 20.0 | 219 | 51% | 467 | 44.7 - 57.8 |
| Female | 111 | 21% | 522 | 17.0 - 26.5 | 262 | 50% | 530 | 44.2 - 55.8 |
| Total | 183 | 18% | 987 | 15.0 - 21.6 | 481 | 51% | 997 | 46.3 - 55.0 |
| Race | | | | | | | | |
| Native (any mention) | 21 | 11% | 186 | 5.6 - 21.9 | 90 | 50% | 190 | 39.4 - 60.1 |
| Non-Native | 161 | 19% | 792 | 16.0 - 23.3 | 389 | 51% | 798 | 46.1 - 55.7 |
| Education | | | | | | | | |
| Less than H.S. | 13 | 15% | 106 | 7.6 - 26.3 | 47 | 42% | 104 | 31.0 - 54.2 |
| H.S. Grad or GED | 48 | 15% | 278 | 9.9 - 20.8 | 122 | 44% | 280 | 36.1 - 53.0 |
| Some College or Tech School | 52 | 21% | 293 | 15.0 - 29.4 | 141 | 53% | 294 | 45.2 - 60.9 |
| College Grad | 70 | 19% | 308 | 14.4 - 25.4 | 168 | 56% | 316 | 48.0 - 63.0 |
| Income | | | | | | | | |
| Less than \$15K | 19 | 12% | 119 | 6.9 - 20.7 | 44 | 32% | 122 | 22.6 - 43.4 |
| \$15,000–24,999 | 20 | 16% | 141 | 7.9 - 28.5 | 52 | 39% | 140 | 27.0 - 53.5 |
| \$25,000–34,999 | 15 | 18% | 90 | 9.8 - 31.2 | 44 | 51% | 90 | 37.4 - 65.3 |
| \$35,000–49,999 | 26 | 21% | 139 | 12.9 - 31.8 | 69 | 55% | 142 | 43.9 - 65.5 |
| \$50,000–74,999 | 40 | 22% | 171 | 15.2 - 31.8 | 88 | 58% | 172 | 47.6 - 67.3 |
| \$75K+ | 48 | 19% | 220 | 12.9 - 26.0 | 123 | 55% | 222 | 45.7 - 63.3 |

n = Number of respondents who (1) have had a blood stool test (FOBT) in the past 2 years, age 50 and older; (2) have had sigmoidoscopy or colonoscopy, age 50 and over.

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Healthcare Access

Definition: Possession of any kind of healthcare coverage including health insurance prepaid plans such as HMOs or a government plan such as Medicare or Native Health Service.

- ▶ Eighty-three percent of Alaskans reported having some type of health care coverage in 2004 and 2005.
- ▶ There was no difference between Alaska Natives and non-Natives or between males and females in the prevalence of healthcare coverage in 2004 or 2005.
- ▶ Health care coverage was more prevalent as age, income level, and education level increased.
- ▶ In 2005, 55% of respondents reported having one person they think of as their personal doctor or health provider, 16% had more than one and 29% had none.
- ▶ Fifteen percent of respondents in 2005 reported not being able to see a doctor because of the cost.

Healthy People 2010

Objective 1.1: Increase the proportion of persons with health insurance to 100%.

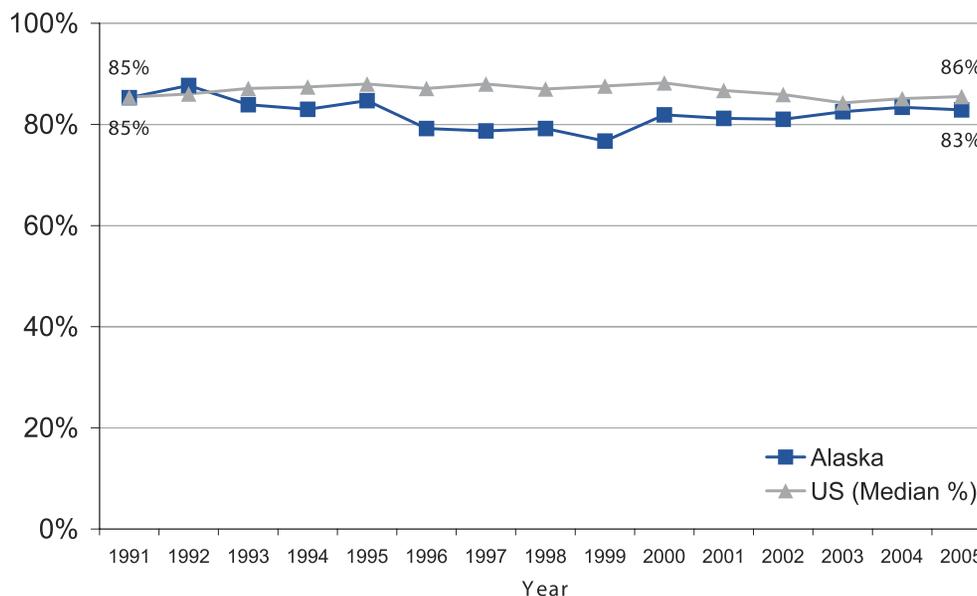
Objective 1.4c: Increase the proportion of persons who have a specific source of ongoing care to 96%.

Healthy Alaskans 2010

Objective 15.1: Decrease the percent of Alaskans without health insurance coverage throughout the year to 5%.

Objective 15.5: Increase the proportion of adults with a usual place to go for care if sick or needing advice about health to 100%

**Have Health Insurance:
Alaska vs. Nationwide**



Healthcare Access

| | 2004 | | | | 2005 | | | |
|-----------------------------|--------------|------------|--------------|--------------------|--------------|------------|--------------|--------------------|
| | n | weighted % | N | 95% CI | n | weighted % | N | 95% CI |
| Gender | | | | | | | | |
| Male | 1,000 | 82% | 1,223 | 78.3 - 84.8 | 1,068 | 84% | 1,294 | 80.9 - 86.7 |
| Female | 1,199 | 85% | 1,416 | 82.5 - 87.7 | 1,226 | 82% | 1,499 | 78.7 - 84.3 |
| Total | 2,199 | 83% | 2,639 | 81.3 - 85.5 | 2,294 | 83% | 2,793 | 80.8 - 84.8 |
| Race | | | | | | | | |
| Native (any mention) | 497 | 84% | 597 | 79.8 - 87.4 | 468 | 82% | 583 | 77.8 - 85.2 |
| Non-Native | 1,684 | 83% | 2,023 | 80.7 - 85.5 | 1,808 | 83% | 2,188 | 80.7 - 85.3 |
| Age | | | | | | | | |
| 18–24 | 172 | 74% | 229 | 64.7 - 81.2 | 145 | 72% | 209 | 62.7 - 80.0 |
| 25–34 | 390 | 77% | 496 | 71.0 - 82.2 | 366 | 79% | 461 | 73.4 - 84.0 |
| 35–44 | 462 | 86% | 561 | 81.2 - 89.3 | 482 | 84% | 597 | 79.6 - 86.8 |
| 45–54 | 540 | 85% | 641 | 80.8 - 88.9 | 598 | 83% | 743 | 78.5 - 86.4 |
| 55–64 | 358 | 86% | 421 | 80.4 - 89.6 | 368 | 89% | 430 | 85.2 - 91.8 |
| 65 or older | 260 | 96% | 270 | 92.0 - 98.2 | 317 | 95% | 333 | 90.7 - 97.5 |
| Education | | | | | | | | |
| Some H.S. | 189 | 67% | 255 | 56.5 - 75.4 | 197 | 81% | 259 | 74.0 - 86.4 |
| H.S. Grad or GED | 655 | 75% | 835 | 70.3 - 79.6 | 648 | 73% | 875 | 68.8 - 77.6 |
| Some College or Tech School | 665 | 88% | 778 | 85.3 - 91.0 | 684 | 84% | 819 | 79.6 - 87.1 |
| College Grad | 682 | 91% | 763 | 88.8 - 93.5 | 762 | 93% | 835 | 90.4 - 94.6 |
| Income | | | | | | | | |
| Less than \$15K | 170 | 65% | 251 | 55.3 - 73.0 | 181 | 69% | 272 | 60.2 - 76.6 |
| \$15,000–24,999 | 245 | 70% | 363 | 61.9 - 76.7 | 248 | 65% | 370 | 56.6 - 72.0 |
| \$25,000–34,999 | 243 | 74% | 303 | 64.7 - 81.0 | 203 | 75% | 273 | 67.1 - 81.4 |
| \$35,000–49,999 | 339 | 84% | 405 | 78.5 - 87.8 | 336 | 86% | 398 | 80.7 - 89.7 |
| \$50,000–74,999 | 432 | 92% | 467 | 87.2 - 94.6 | 472 | 91% | 523 | 86.4 - 93.6 |
| \$75K+ | 560 | 95% | 589 | 92.5 - 97.3 | 640 | 95% | 670 | 92.5 - 97.1 |

n = Number of respondents who possess any type of healthcare coverage.
 % = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup.
95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Vaccinations – Influenza/Pneumococcal

Definition: 1) Flu shot in the past 12 months, adults age 65 years and older. 2) Ever received pneumonia shot, adults age 65 years and older.

- There has been an increase over time in the prevalence of adults age 65 years and older getting a pneumonia shot.
- In both 2004 and 2005, approximately two thirds of adults age 65 years and older reported having had a flu shot in the past year.

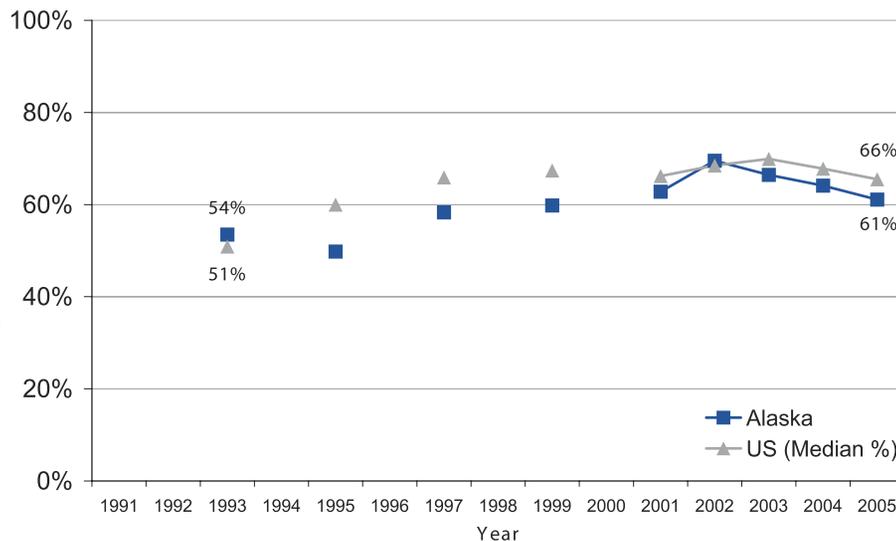
Healthy People 2010

Objective 14.29a: Increase the proportion of adults 65 years and older who are vaccinated against influenza and ever vaccinated against pneumococcal disease to 90%.

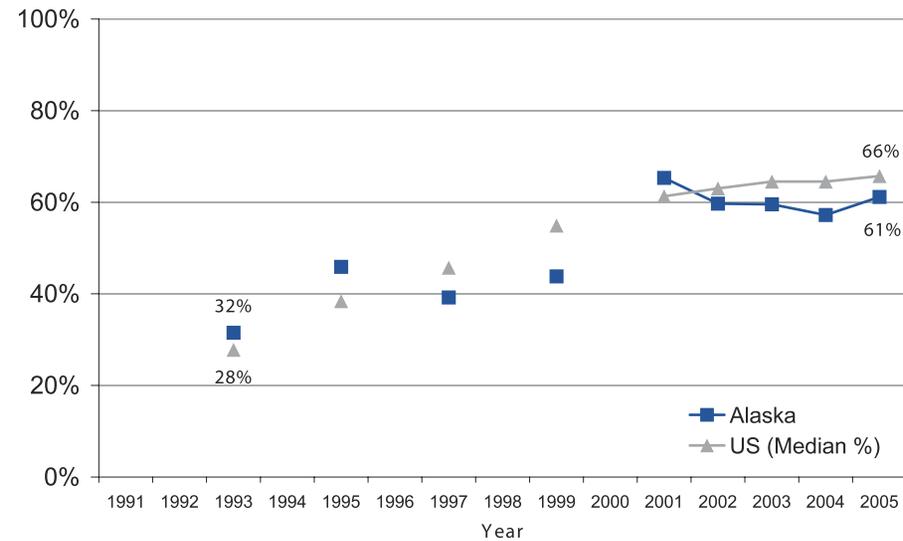
Healthy Alaskans 2010

Objective 18.14: Increase the proportion of adults 65 years and older who are vaccinated against influenza and ever vaccinated against pneumococcal disease to 90%.

**Flu Shot in Last 12 Months (Age 65+ Only):
Alaska vs. Nationwide**



**Ever Got a Pneumonia Shot (Age 65+ Only):
Alaska vs. Nationwide**



Risks by Region



Regional Summary

This section provides summary tables of the prevalence of behavioral health risks for each of the five BRFSS regions in Alaska (see Appendix A).

Please note the following:

- ▶ Prevalence estimates for each region are weighted to the 18 and older population of the respective region (see Appendix A).
- ▶ Consider the confidence intervals when comparing prevalence estimates.

Generally speaking, the smaller the sample size, the wider the range of values within which the true prevalence will occur in 95 out of 100 samples.

Definitions for Region tables

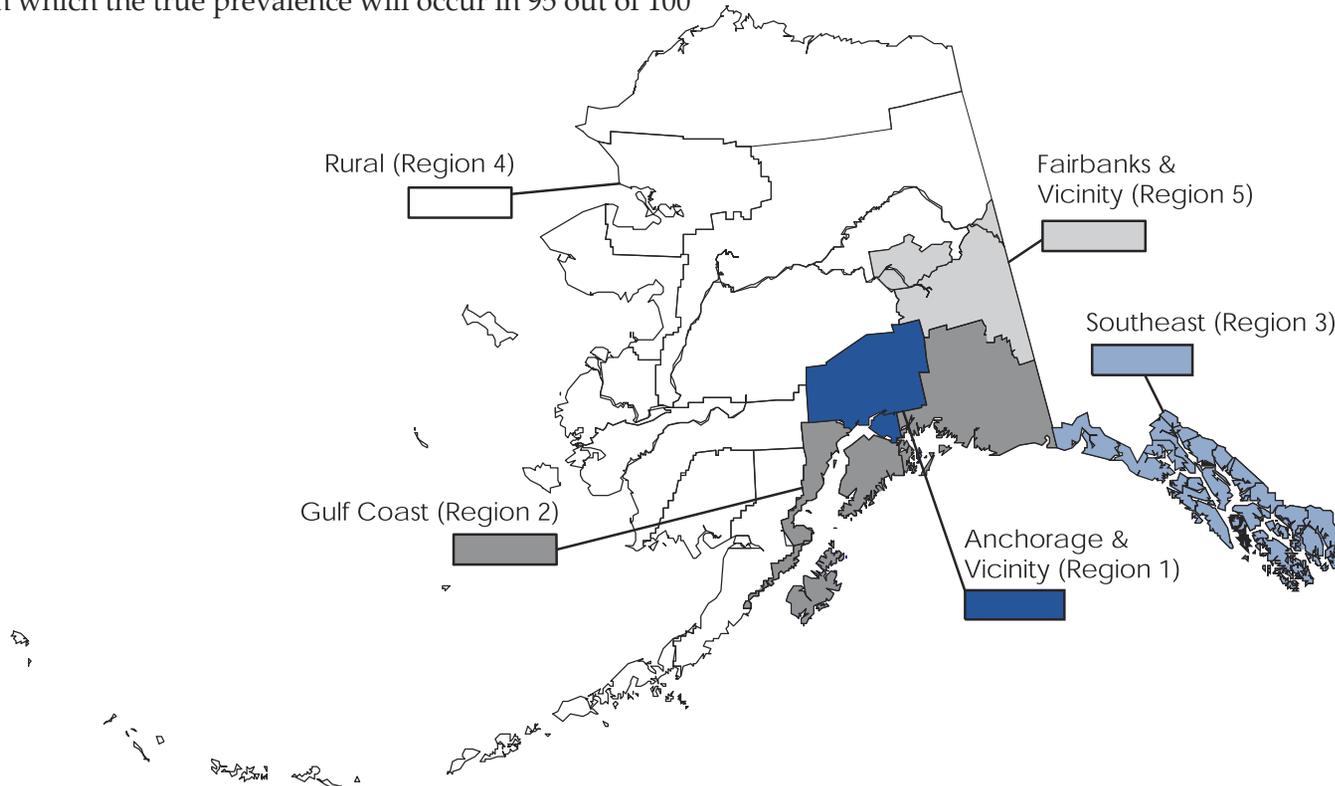
Note: See relevant sections of this document for definitions of specific indicators.

n = Number of respondents at risk

% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

N = Total number of respondents in this subgroup, in this region.

95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.



Regional Summary: Prevalence of Select Risk Factors

Binge Drinking

| Region | 2004 | | | | 2005 | | | |
|--|------|------------|-----|-------------|------|------------|-----|-------------|
| | n | Weighted % | N | 95% CI | n | Weighted % | N | 95% CI |
| Anchorage and Vicinity (Region 1) | | | | | | | | |
| Male | 49 | 22% | 223 | 16.4 - 28.3 | 52 | 25% | 247 | 18.4 - 32.2 |
| Female | 25 | 8% | 297 | 5.4 - 12.5 | 34 | 10% | 347 | 7.0 - 14.0 |
| Total | 74 | 15% | 520 | 12.0 - 19.1 | 86 | 17% | 594 | 13.7 - 21.7 |
| Gulf Coast (Region 2) | | | | | | | | |
| Male | 64 | 29% | 169 | 22.6 - 35.8 | 60 | 22% | 265 | 16.9 - 28.0 |
| Female | 30 | 10% | 291 | 6.8 - 14.0 | 23 | 8% | 307 | 5.0 - 13.2 |
| Total | 94 | 20% | 460 | 16.2 - 24.2 | 83 | 15% | 572 | 12.2 - 19.2 |
| Southeast (Region 3) | | | | | | | | |
| Male | 59 | 28% | 203 | 21.7 - 35.2 | 60 | 25% | 256 | 19.6 - 32.2 |
| Female | 19 | 7% | 249 | 4.4 - 11.7 | 21 | 8% | 297 | 4.7 - 11.9 |
| Total | 94 | 18% | 452 | 14.2 - 22.2 | 81 | 17% | 553 | 13.3 - 20.8 |
| Rural (Region 4) | | | | | | | | |
| Male | 57 | 18% | 282 | 13.9 - 24.1 | 54 | 22% | 259 | 16.9 - 28.7 |
| Female | 31 | 10% | 270 | 7.0 - 15.2 | 35 | 12% | 245 | 8.6 - 17.7 |
| Total | 88 | 15% | 552 | 11.8 - 18.5 | 89 | 18% | 504 | 14.3 - 22.1 |
| Fairbanks and Vicinity (Region 5) | | | | | | | | |
| Male | 67 | 25% | 265 | 20.0 - 31.8 | 60 | 28% | 234 | 21.9 - 36.0 |
| Female | 27 | 9% | 258 | 6.1 - 13.7 | 24 | 8% | 289 | 5.3 - 12.6 |
| Total | 94 | 18% | 523 | 14.4 - 21.7 | 84 | 19% | 523 | 14.9 - 23.4 |

Regional Summary: Prevalence of Select Risk Factors

Heavy Drinking

| Region | 2004 | | | | 2005 | | | |
|--|------|------------|-----|------------|------|------------|-----|------------|
| | n | Weighted % | N | 95% CI | n | Weighted % | N | 95% CI |
| Anchorage and Vicinity (Region 1) | | | | | | | | |
| Male | 9 | 4% | 222 | 2.0 - 8.2 | 13 | 7% | 248 | 3.7 - 12.1 |
| Female | 16 | 5% | 298 | 3.0 - 8.5 | 16 | 4% | 346 | 2.6 - 7.2 |
| Total | 25 | 5% | 520 | 3.0 - 7.0 | 29 | 6% | 594 | 3.7 - 8.4 |
| Gulf Coast (Region 2) | | | | | | | | |
| Male | 28 | 13% | 204 | 8.6 - 18.9 | 18 | 6% | 269 | 3.9 - 10.7 |
| Female | 20 | 6% | 305 | 3.7 - 8.9 | 14 | 4% | 310 | 2.3 - 7.7 |
| Total | 48 | 10% | 509 | 6.9 - 13.0 | 32 | 5% | 579 | 3.6 - 8.0 |
| Southeast (Region 3) | | | | | | | | |
| Male | 16 | 6% | 203 | 3.2 - 9.2 | 12 | 5% | 252 | 2.6 - 9.4 |
| Female | 18 | 7% | 251 | 4.5 - 12.1 | 15 | 4% | 296 | 2.5 - 7.2 |
| Total | 48 | 6% | 454 | 4.5 - 9.2 | 27 | 5% | 548 | 3.0 - 7.1 |
| Rural (Region 4) | | | | | | | | |
| Male | 18 | 4% | 286 | 2.4 - 6.5 | 7 | 3% | 253 | 1.3 - 6.7 |
| Female | 13 | 5% | 268 | 2.4 - 8.7 | 15 | 5% | 240 | 2.6 - 8.1 |
| Total | 31 | 4% | 554 | 2.8 - 6.4 | 22 | 4% | 493 | 2.3 - 6.0 |
| Fairbanks and Vicinity (Region 5) | | | | | | | | |
| Male | 20 | 6% | 267 | 3.8 - 9.7 | 14 | 5% | 233 | 2.8 - 8.7 |
| Female | 16 | 5% | 258 | 3.0 - 8.3 | 8 | 3% | 283 | 1.6 - 7.3 |
| Total | 36 | 6% | 525 | 3.9 - 7.9 | 22 | 4% | 516 | 2.7 - 6.7 |

Regional Summary: Prevalence of Select Risk Factors

Overweight/Obesity*

| | 2004 | | | | 2005 | | | |
|--|------|------------|-----|-------------|------|------------|-----|-------------|
| | n | Weighted % | N | 95% CI | n | Weighted % | N | 95% CI |
| Anchorage and Vicinity (Region 1) | | | | | | | | |
| Male | 148 | 65% | 222 | 58.0 - 72.1 | 178 | 69% | 251 | 61.2 - 75.4 |
| Female | 161 | 56% | 287 | 49.5 - 62.0 | 188 | 56% | 332 | 49.8 - 61.8 |
| Total | 309 | 61% | 509 | 55.9 - 65.4 | 366 | 62% | 583 | 57.6 - 67.0 |
| Gulf Coast (Region 2) | | | | | | | | |
| Male | 183 | 79% | 51 | 72.1 - 84.0 | 211 | 75% | 275 | 68.8 - 81.1 |
| Female | 163 | 52% | 140 | 46.3 - 58.5 | 185 | 61% | 302 | 54.0 - 66.7 |
| Total | 346 | 67% | 191 | 62.1 - 71.0 | 396 | 69% | 577 | 64.0 - 72.8 |
| Southeast (Region 3) | | | | | | | | |
| Male | 147 | 70% | 206 | 62.9 - 77.1 | 183 | 70% | 260 | 62.9 - 75.8 |
| Female | 139 | 60% | 236 | 53.3 - 66.8 | 181 | 64% | 286 | 57.6 - 70.0 |
| Total | 346 | 66% | 442 | 60.5 - 70.4 | 364 | 67% | 546 | 62.4 - 71.3 |
| Rural (Region 4) | | | | | | | | |
| Male | 178 | 64% | 281 | 57.7 - 70.3 | 188 | 68% | 269 | 60.2 - 74.3 |
| Female | 163 | 60% | 256 | 53.2 - 66.9 | 155 | 63% | 239 | 56.3 - 70.0 |
| Total | 341 | 63% | 537 | 57.7 - 67.1 | 343 | 66% | 508 | 60.7 - 70.6 |
| Fairbanks and Vicinity (Region 5) | | | | | | | | |
| Male | 189 | 71% | 266 | 63.7 - 76.8 | 175 | 74% | 236 | 67.5 - 80.2 |
| Female | 132 | 54% | 244 | 47.3 - 61.2 | 150 | 51% | 280 | 45.0 - 57.7 |
| Total | 321 | 63% | 510 | 58.3 - 67.9 | 325 | 64% | 516 | 58.9 - 68.3 |

* BMI greater or equal to 25.0.

Regional Summary: Prevalence of Select Risk Factors

Current Smoking

| | 2004 | | | | 2005 | | | |
|--|------|------------|-----|-------------|------|------------|-----|-------------|
| | n | Weighted % | N | 95% CI | n | Weighted % | N | 95% CI |
| Anchorage and Vicinity (Region 1) | | | | | | | | |
| Male | 59 | 26% | 224 | 20.0 - 32.5 | 55 | 26% | 252 | 20.1 - 33.6 |
| Female | 67 | 21% | 299 | 16.9 - 26.9 | 78 | 22% | 347 | 17.1 - 26.9 |
| Total | 126 | 24% | 523 | 19.8 - 27.9 | 133 | 24% | 599 | 20.0 - 28.4 |
| Gulf Coast (Region 2) | | | | | | | | |
| Male | 65 | 25% | 171 | 19.4 - 31.5 | 62 | 22% | 273 | 17.5 - 28.4 |
| Female | 95 | 27% | 233 | 22.5 - 32.8 | 61 | 16% | 316 | 12.5 - 21.2 |
| Total | 160 | 26% | 404 | 22.3 - 30.3 | 123 | 20% | 589 | 16.3 - 23.3 |
| Southeast (Region 3) | | | | | | | | |
| Male | 43 | 23% | 208 | 17.2 - 30.9 | 58 | 22% | 260 | 16.8 - 28.7 |
| Female | 53 | 22% | 253 | 17.1 - 28.7 | 69 | 22% | 300 | 17.8 - 28.0 |
| Total | 160 | 23% | 461 | 18.7 - 27.7 | 127 | 22% | 560 | 18.6 - 26.5 |
| Rural (Region 4) | | | | | | | | |
| Male | 119 | 42% | 284 | 35.6 - 48.6 | 119 | 52% | 269 | 44.5 - 58.5 |
| Female | 90 | 32% | 275 | 25.7 - 38.2 | 79 | 30% | 249 | 24.1 - 36.9 |
| Total | 209 | 37% | 559 | 32.8 - 42.0 | 198 | 42% | 518 | 37.0 - 47.2 |
| Fairbanks and Vicinity (Region 5) | | | | | | | | |
| Male | 55 | 20% | 267 | 15.1 - 25.5 | 52 | 25% | 239 | 18.3 - 32.0 |
| Female | 64 | 22% | 265 | 17.4 - 28.3 | 62 | 22% | 292 | 16.7 - 27.3 |
| Total | 119 | 21% | 532 | 17.5 - 25.1 | 114 | 23% | 531 | 19.0 - 27.8 |

Regional Summary: Prevalence of Select Risk Factors

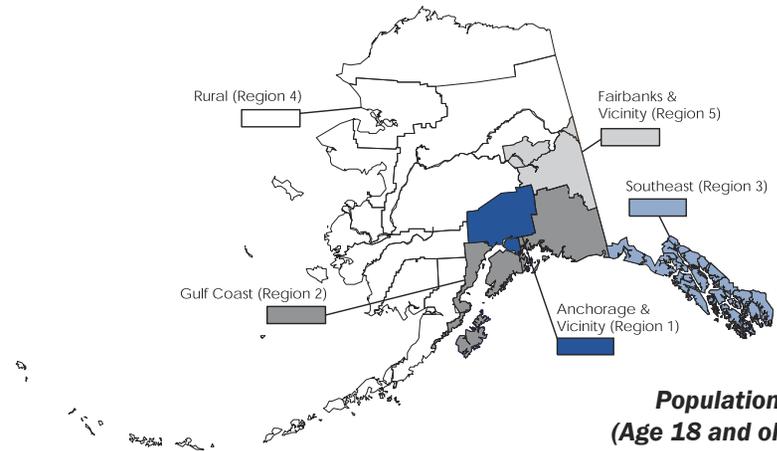
Have Health Care Coverage

| | 2004 | | | | 2005 | | | |
|--|------|------------|-----|-------------|------|------------|-----|-------------|
| | n | Weighted % | N | 95% CI | n | Weighted % | N | 95% CI |
| Anchorage and Vicinity (Region 1) | | | | | | | | |
| Male | 186 | 83% | 222 | 76.4 - 88.0 | 229 | 88% | 254 | 82.7 - 92.4 |
| Female | 257 | 86% | 299 | 81.1 - 89.8 | 285 | 82% | 345 | 76.8 - 86.2 |
| Total | 443 | 84% | 521 | 80.5 - 87.8 | 514 | 85% | 599 | 81.5 - 88.3 |
| Gulf Coast (Region 2) | | | | | | | | |
| Male | 173 | 72% | 63 | 65.4 - 78.3 | 221 | 76% | 276 | 69.5 - 81.9 |
| Female | 252 | 77% | 76 | 71.8 - 81.5 | 242 | 80% | 314 | 74.8 - 84.3 |
| Total | 425 | 75% | 139 | 70.2 - 78.4 | 463 | 78% | 590 | 73.7 - 81.7 |
| Southeast (Region 3) | | | | | | | | |
| Male | 173 | 83% | 208 | 76.0 - 87.9 | 214 | 79% | 260 | 72.2 - 84.5 |
| Female | 222 | 88% | 253 | 82.6 - 91.6 | 256 | 85% | 302 | 80.3 - 89.1 |
| Total | 425 | 85% | 461 | 81.1 - 88.6 | 470 | 82% | 562 | 77.9 - 85.5 |
| Rural (Region 4) | | | | | | | | |
| Male | 227 | 78% | 287 | 71.6 - 82.7 | 202 | 75% | 265 | 67.9 - 80.5 |
| Female | 230 | 82% | 272 | 75.6 - 87.5 | 194 | 75% | 246 | 67.8 - 80.8 |
| Total | 457 | 80% | 559 | 75.3 - 83.5 | 396 | 75% | 511 | 70.0 - 79.0 |
| Fairbanks and Vicinity (Region 5) | | | | | | | | |
| Male | 241 | 88% | 270 | 82.4 - 91.8 | 202 | 85% | 239 | 79.0 - 89.9 |
| Female | 238 | 89% | 264 | 84.1 - 92.9 | 249 | 83% | 292 | 78.0 - 87.6 |
| Total | 479 | 89% | 534 | 85.0 - 91.4 | 451 | 84% | 531 | 80.4 - 87.7 |

Appendices



Appendix A: BRFSS Sampling Regions



| Population (Age 18 and older) by Region | | | Population (Age 18 and older) by Census Area | | |
|---|----------------|----------------|--|---------|---------|
| Region | 2004* | 2005** | Census Area | 2004* | 2005** |
| 1 | 246,570 | 250,016 | Municipality of Anchorage | 197,303 | 198,196 |
| | | | Matanuska-Susitna Borough | 49,267 | 51,820 |
| 2 | 53,826 | 54,148 | Kenai Peninsula Borough | 37,340 | 37,570 |
| | | | Kodiak Island Borough | 9,242 | 9,310 |
| 3 | 52,695 | 52,896 | Valdez-Cordova Census Area | 7,244 | 7,268 |
| | | | Haines Borough | 1,758 | 1,759 |
| | | | City and Borough of Juneau | 23,118 | 23,322 |
| | | | Ketchikan Gateway Borough | 9,684 | 9,747 |
| | | | Prince of Wales-Outer Ketchikan Census Area | 4,030 | 4,014 |
| | | | City and Borough of Sitka | 6,598 | 6,703 |
| | | | Skagway-Hoonah-Angoon Census Area | 2,429 | 2,380 |
| | | | City and Borough of Yakutat | 492 | 448 |
| | | | Wrangall-Petersburg Census Area | 4,586 | 4,523 |
| | | | 4 | 45,819 | 45,644 |
| Aleutians West Borough | 4,486 | 4,463 | | | |
| Bethel Census Area | 9,965 | 10,050 | | | |
| Denali Borough | 1,434 | 1,400 | | | |
| Bristol Bay Borough | 809 | 798 | | | |
| Dillingham Census Area | 3,058 | 3,009 | | | |
| Lake and Peninsula Census Area | 1,094 | 1,096 | | | |
| Nome Census Area | 5,757 | 5,738 | | | |
| North Slope Borough | 4,451 | 4,345 | | | |
| Northwest Arctic Borough | 4,303 | 4,306 | | | |
| 5 | 64,691 | 66,361 | Wade Hampton Census Area | 3,876 | 3,937 |
| | | | Yukon-Koyukuk Census Area | 4,298 | 4,205 |
| | | | Fairbanks North Star Borough | 60,429 | 61,921 |
| | | | Southeast Fairbanks Census Area | 4,262 | 4,440 |
| Totals | 463,601 | 469,065 | | | |

*Source: Alaska Department of Labor. Research and Analysis Section, Demographics Unit, July 1, 2004, Alaska Total Population by Age, Male/Female, Census Area and Labor Market

**Source: Alaska Department of Labor. Research and Analysis Section, Demographics Unit, July 1, 2005, Alaska Total Population by Age, Male/Female, Census Area and Labor Market

Appendix B: Alaska BRFSS 2004/2005 Survey Distribution

by Age and Region

| Regions 1, 2 & 3 | | | | | Regions 4 & 5 | | | | |
|--|-----|------------|-----|------------|--|-----|------------|-----|------------|
| 2004 | | | | | 2005 | | | | |
| Age | n | Weighted % | n | Weighted % | Age | n | Weighted % | n | Weighted % |
| Anchorage and Vicinity (Region 1) | | | | | Rural (Region 4) | | | | |
| 18–24 | 42 | 14% | 42 | 14% | 18–24 | 60 | 17% | 60 | 17% |
| 25–34 | 107 | 18% | 107 | 18% | 25–34 | 101 | 19% | 101 | 19% |
| 35–44 | 141 | 22% | 141 | 22% | 35–44 | 117 | 22% | 117 | 22% |
| 45–54 | 140 | 22% | 140 | 22% | 45–54 | 130 | 21% | 130 | 21% |
| 55–64 | 102 | 13% | 102 | 13% | 55–64 | 73 | 12% | 73 | 12% |
| 65 or older | 64 | 9% | 64 | 9% | 65 or older | 40 | 8% | 40 | 8% |
| Unknown | 5 | 1% | 5 | 1% | Unknown | 4 | 1% | 4 | 1% |
| Gulf Coast (Region 2) | | | | | Fairbanks and Vicinity (Region 5) | | | | |
| 18–24 | 39 | 14% | 39 | 14% | 18–24 | 55 | 17% | 55 | 17% |
| 25–34 | 72 | 14% | 72 | 14% | 25–34 | 113 | 21% | 113 | 21% |
| 35–44 | 120 | 20% | 120 | 20% | 35–44 | 103 | 20% | 103 | 20% |
| 45–54 | 175 | 26% | 175 | 26% | 45–54 | 134 | 21% | 134 | 21% |
| 55–64 | 102 | 15% | 102 | 15% | 55–64 | 71 | 13% | 71 | 13% |
| 65 or older | 83 | 11% | 83 | 11% | 65 or older | 51 | 8% | 51 | 8% |
| Unknown | 1 | <1% | 1 | <1% | Unknown | 5 | 1% | 5 | 1% |
| Southeast (Region 3) | | | | | | | | | |
| 18–24 | 21 | 7% | 21 | 7% | | | | | |
| 25–34 | 71 | 20% | 71 | 20% | | | | | |
| 35–44 | 116 | 20% | 116 | 20% | | | | | |
| 45–54 | 167 | 24% | 167 | 24% | | | | | |
| 55–64 | 85 | 16% | 85 | 16% | | | | | |
| 65 or older | 97 | 12% | 97 | 12% | | | | | |
| Unknown | 6 | 1% | 6 | 1% | | | | | |

Appendix C: Alaska BRFSS 2004/2005 Survey Distribution by Race and Region

| Race | Regions 1 & 2 2004 | | 2005 | |
|--|------------------------------|------------|-------------|------------|
| | n | Weighted % | n | Weighted % |
| Anchorage and Vicinity (Region 1) | | | | |
| White only | 423 | 79% | 478 | 79% |
| Black only | 16 | 3% | 22 | 4% |
| Asian only | 10 | 2% | 13 | 2% |
| Native Hawaiian or other Pacific Islander only | 5 | 1% | 6 | 1% |
| American Indian or Alaskan Native only | 30 | 6% | 33 | 6% |
| Other Race only | 4 | 1% | 14 | 2% |
| Multiracial | 14 | 3% | 13 | 2% |
| Hispanic | 17 | 3% | 17 | 2% |
| Unknown | 7 | 2% | 5 | 1% |
| Gulf Coast (Region 2) | | | | |
| White only | 440 | 78% | 480 | 80% |
| Black only | 1 | <1% | 1 | <1% |
| Asian only | 11 | 2% | 9 | 2% |
| Native Hawaiian or other Pacific Islander only | 4 | 1% | 3 | 1% |
| American Indian or Alaskan Native only | 64 | 10% | 43 | 8% |
| Other Race only | 11 | 2% | 12 | 2% |
| Multiracial | 18 | 3% | 18 | 3% |
| Hispanic | 12 | 3% | 18 | 4% |
| Unknown | 3 | 1% | 8 | 2% |

| Race | Regions 3, 4 & 5 2004 | | 2005 | |
|--|---------------------------------|------------|-------------|------------|
| | n | Weighted % | n | Weighted % |
| Southeast (Region 3) | | | | |
| White only | 341 | 73% | 406 | 70% |
| Black only | 2 | <1% | 5 | 1% |
| Asian only | 16 | 4% | 14 | 3% |
| Native Hawaiian or other Pacific Islander only | 0 | | 0 | |
| American Indian or Alaskan Native only | 48 | 11% | 72 | 13% |
| Other Race only | 9 | 2% | 10 | 2% |
| Multiracial | 26 | 6% | 27 | 5% |
| Hispanic | 17 | 4% | 21 | 6% |
| Unknown | 4 | 1% | 8 | 2% |
| Rural (Region 4) | | | | |
| White only | 178 | 27% | 152 | 23% |
| Black only | 2 | <1% | 7 | 1% |
| Asian only | 8 | 1% | 4 | 1% |
| Native Hawaiian or other Pacific Islander only | 1 | <1% | 1 | <1% |
| American Indian or Alaskan Native only | 338 | 64% | 306 | 64% |
| Other Race only | 6 | 1% | 6 | 1% |
| Multiracial | 13 | 2% | 18 | 2% |
| Hispanic | 14 | 2% | 15 | 4% |
| Unknown | 8 | 2% | 16 | 4% |
| Fairbanks and Vicinity (Region 5) | | | | |
| White only | 431 | 78% | 429 | 81% |
| Black only | 20 | 4% | 10 | 2% |
| Asian only | 2 | <1% | 8 | 2% |
| Native Hawaiian or other Pacific Islander only | 2 | <1% | 0 | |
| American Indian or Alaskan Native only | 33 | 8% | 27 | 5% |
| Other Race only | 6 | 2% | 11 | 2% |
| Multiracial | 13 | 2% | 26 | 5% |
| Hispanic | 21 | 5% | 13 | 2% |
| Unknown | 7 | 1% | 8 | 2% |

Appendix D: Alaska BRFSS 2004/2005 Survey Distribution by Race

| Race | 2004 | | | | | |
|--|------|------------|--------|------------|-------|------------|
| | Male | | Female | | Total | |
| | N | Weighted % | N | Weighted % | N | Weighted % |
| White only | 837 | 38% | 976 | 35% | 1813 | 73% |
| Black only | 17 | 1% | 24 | 1% | 41 | 2% |
| Asian only | 13 | 1% | 34 | 1% | 47 | 2% |
| Native Hawaiian or other Pacific Islander only | 9 | 1% | 3 | <1% | 12 | 1% |
| American Indian or Alaskan Native only | 229 | 6% | 284 | 7% | 513 | 13% |
| Other Race only | 27 | 1% | 9 | <1% | 36 | 1% |
| Multiracial | 41 | 2% | 43 | 1% | 84 | 3% |
| Hispanic | 45 | 2% | 36 | 2% | 81 | 3% |
| Unknown | 14 | 1% | 15 | 1% | 29 | 2% |

| Race | 2005 | | | | | |
|--|------|------------|--------|------------|-------|------------|
| | Male | | Female | | Total | |
| | N | Weighted % | N | Weighted % | N | Weighted % |
| White only | 904 | 38% | 1041 | 34% | 1945 | 73% |
| Black only | 24 | 1% | 21 | 1% | 45 | 3% |
| Asian only | 18 | 1% | 30 | 1% | 48 | 2% |
| Native Hawaiian or other Pacific Islander only | 9 | 1% | 1 | <1% | 10 | 1% |
| American Indian or Alaskan Native only | 223 | 6% | 258 | 7% | 481 | 12% |
| Other Race only | 35 | 1% | 18 | 1% | 53 | 2% |
| Multiracial | 31 | 1% | 71 | 2% | 102 | 3% |
| Hispanic | 35 | 2% | 49 | 2% | 84 | 3% |
| Unknown | 23 | 1% | 22 | 1% | 45 | 1% |

Appendix E: Telephone Coverage in Alaska

| Region | Census Area | Occupied Housing | Number with Telephones | Percent total |
|-------------------------|-----------------------------------|------------------|------------------------|---------------|
| 1 | Municipality of Anchorage | 94,822 | 94,032 | 99% |
| | Matanuska-Susitna Borough | 20,556 | 19,832 | 96% |
| | TOTAL | 115,378 | 113,864 | 99% |
| 2 | 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% |
| | TOTAL | 26,746 | 25,622 | 96% |
| 3 | Haines Borough | 991 | 889 | 90% |
| | City and Borough of Juneau | 11,543 | 11,361 | 98% |
| | Ketchikan Gateway Borough | 5,399 | 5,285 | 98% |
| | Prince of Wales-Outer Ketchikan | 2,262 | 2,070 | 92% |
| | City and Borough of Sitka | 3,278 | 3,229 | 99% |
| | Skagway-Hoonah-Angoon Census Area | 1,369 | 1,196 | 87% |
| | | 265 | 240 | 96% |
| | City and Borough of Yakutat | 2,587 | 2,452 | 95% |
| | Wrangell-Petersburg Census Area | 2,587 | 2,452 | 95% |
| TOTAL | 27,694 | 26,722 | 96% | |
| 4 | Aleutians East Borough | 526 | 506 | 96% |
| | Aleutians West Borough | 1,270 | 1,224 | 96% |
| | Bethel Census Area | 4,226 | 4,076 | 96% |
| | Denali Borough | 785 | 695 | 91% |
| | Bristol Bay Borough | 490 | 483 | 99% |
| | 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% |
| | TOTAL | 19,907 | 18,056 | 91% |
| 5 | Fairbanks North Star Borough | 29,777 | 29,058 | 98% |
| | Southeast Fairbanks Census Area | 2,098 | 1,901 | 91% |
| | TOTAL | 31,875 | 30,959 | 97% |
| Statewide totals | | 221,600 | 215,223 | 97% |

Source: US Census
2000, Summary File 4

Appendix F: 2004 & 2005 Reponse Rates

| Indicator | BRFSS Objective | BRFSS National Median | | Alaska Achieved | |
|---------------------|-----------------|-----------------------|-------|-----------------|-------|
| | | 2003 | 2004 | 2004 | 2005 |
| CASRO Response Rate | > 40% | 58.2% | 52.7% | 62.3% | 67.5% |
| Cooperation Rate | > 65% | 74.8% | 74.3% | 79.7% | 84.4% |

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 G: Weighting

By weighting the data, the responses of persons in various subgroups (region, age, and sex) are adjusted to compensate for the over-representation or under-representation 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 data. 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 H: 2004 BRFSS questions

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
- 88: None
- 77: Don't know / Not Sure
- 99: 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
- 88: None
- 77: Don't know / Not Sure
- 99: 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
- 88: None
- 77: Don't know / Not Sure
- 99: 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?

- 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?

- 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

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: Environmental Factors

5.1 Things like dust, mold, smoke, and chemicals inside the home or office can cause poor indoor air quality. In the past 12 months have you had an illness or symptom that you think was caused by something in the air inside a home, office, or other building?

- 1: Yes
- 2: No
- 7: Don't know
- 9: Refused

5.2 Things like smog, automobile exhaust, and chemicals can cause outdoor air pollution. In the past 12 months have you had an illness or symptom that you think was caused by pollution in the air outdoors?

- 1: Yes
- 2: No
- 7: Don't know
- 9: Refused

Section 6: Excess Sun Exposure

6.1 Have you had a sunburn within the past 12 months?

- 1: Yes
- 2: No
- 7: Don't know / Not Sure
- 9: Refused

6.2 Including times when even a small part of your skin was red for more than 12 hours, how many sunburns have you had within the past 12 months?

- 1: One
- 2: Two
- 3: Three
- 4: Four
- 5: Five
- 6: Six or more
- 7: Don't know / Not Sure
- 9: Refused

Section 7: Tobacco Use

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

- 1: Yes
- 2: No
- 7: Don't know / Not Sure
- 9: Refused

7.2 Do you now smoke cigarettes every day, some days, or not at all?

- 1: Every day
- 2: Some days
- 3: Not at all
- 9: Refused

7.3 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 8: Alcohol Consumption

8.1 A drink of alcohol is 1 can or bottle of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail or 1 shot of 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?

- 1: ___ Number of days
- 2: ___ Days in past 30 days
- 888: No drinks in past 30 days
- 999: Refused

8.2 On the days when you drank, about how many drinks did you drink on the average?

- ___ Number of days
- 77: Don't know / Not Sure
- 99: Refused

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

- ___ Number of times
- 88: None
- 77: Don't know / Not Sure
- 99: Refused

8.4 During the past 30 days, how many times have you driven when you've perhaps had too much to drink?

- ___ Number of times
- 88: None
- 77: Don't know / Not Sure
- 99: 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
- 7: Don't know / Not Sure
- 9: Refused

9.2 Do you still have asthma?

- 1: Yes
- 2: No
- 7: Don't know / Not Sure
- 9: Refused

Section 10: Diabetes

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

- 1: Yes
- 2: Yes, but female only told during pregnancy
- 3: No
- 4: No, pre-diabetes or borderline diabetes
- 7: Don't know / Not Sure
- 9: Refused

Section 11: Oral Health

11.1 How long has it been since you last visited a dentist or a dental clinic for any reason?

- 1: Within the past year (anytime less than 12 months ago)
- 2: Within the past 2 years (1 year but less 2 years ago)
- 3: Within the 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

11.2 How many of your permanent teeth have been removed because of tooth decay or gum disease? Do not include teeth lost for other reasons, such as injury or orthodontics.

- 1: 1 to 5
- 2: 6 or more but not all

- 3: All
- 8: None
- 7: Don't know / Not Sure
- 9: Refused

11.3 How long has it been since you had your teeth cleaned by a dentist or dental hygienist?

- 1: Within the past year (anytime less than 12 months ago)
- 2: Within the past 2 years (1 year but less 2 years ago)
- 3: Within the 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 12: Immunization

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

- 1: Yes
- 2: No
- 7: Don't know / Not Sure
- 9: Refused

12.2 During the past 12 months, have you had a flu vaccine that was sprayed in your nose?

- 1: Yes
- 2: No
- 7: Don't know / Not Sure
- 9: Refused

12.3 Have you ever had a pneumonia shot? This shot is usually given only once or twice in a person's lifetime and is different from the flu shot. It is also called the pneumococcal vaccine.

- 1: Yes
- 2: No
- 7: Don't know / Not Sure
- 9: Refused

Section 13: Demographics

13.1 What is your age?

- _____ Code age in years
- 07: Don't know / Not Sure
- 09: Refused

13.2 Are you Hispanic or Latino?

- 1: Yes
- 2: No
- 7: Don't know / Not Sure
- 9: Refused

13.3 Which one or more of the following would you say is 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) _____
- 8: No additional choices
- 7: Don't know / Not Sure
- 9: Refused

13.4 Which 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

13.5 Are you?

- 1: Married
- 2: Divorced
- 3: Widowed
- 4: Separated
- 5: Never Married
- 6: A member of an unmarried couple
- 9: Refused

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

- _____ Number of children
- 88: None
- 99: Refused

13.7 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

13.8 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

13.9 Is your annual household income from all sources?

- 04: Less than \$25,000 (\$20,000 to less than \$25,000)
- 03: Less than \$20,000 (\$15,000 to less than \$20,000)
- 02: Less than \$15,000 (\$10,000 to less than \$15,000)
- 01: Less than \$10,000
- 05: Less than \$35,000 (\$25,000 to less than \$35,000)
- 06: Less than \$50,000 (\$35,000 to less than \$50,000)
- 07: Less than \$75,000 (\$50,000 to less than \$75,000)
- 08: \$75,000 or more
- 77: Don't know / Not Sure
- 99: Refused

13.10 About how much do you weigh without shoes?

- _____ Weight pounds
- 7777: Don't know / Not Sure
- 9999: Refused

13.11 About how tall are you without shoes?

- ____/____ Height
- 7777: Don't know / Not Sure
- 9999: Refused

13.12 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
- 7: Don't know / Not Sure
- 9: Refused

13.13 How many of these phone numbers are residential numbers?

- _____ Residential telephone numbers
- 7: Don't know / Not Sure
- 9: Refused

13.14 During the past 12 months, has your household been without telephone service for 1 week or more?

- 1: Yes
- 2: No
- 7: Don't know / Not Sure
- 9: Refused

13.15 Indicate sex of respondent. Ask only if necessary.

- 1: Male
- 2: Female

16.16 To your knowledge, are you now pregnant?

- 1: Yes
- 2: No
- 7: Don't know / Not Sure
- 9: Refused

Section 14: Veteran's Status

14.1 The next question relates to military service. 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?

- 1: Yes
- 2: No
- 7: Don't know / Not Sure
- 9: Refused

14.2 Which of the following best describes your service in the United States Military?

- 1: Currently on active duty
- 2: Currently in a National Guard or Reserve Unit
- 3: Retired from military service
- 4: Medically discharged from military service
- 5: Discharged from military service
- 7: Don't know / Not Sure
- 9: Refused

14.3 In the last 12 months have you received some or all of your health care from VA facilities?

- 1: Yes, all of my health care
- 2: Yes, some of my health care
- 3: No, no VA health care received
- 4: Don't know / Not Sure
- 9: Refused

Section 15: Women's Health

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

- 1: Yes
- 2: No
- 7: Don't know / Not Sure
- 9: Refused

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

- 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
- 7: Don't know / Not sure
- 9: Refused

15.3 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?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

15.4 How long has it been since your last breast exam?

- 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
- 7: Don't know / Not sure
- 9: Refused

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

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

15.6 How long has it been since you had your last Pap test?

- 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
- 7: Don't know / Not sure
- 9: Refused

15.7 Have you had a hysterectomy?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

Section 16: Prostate Cancer Screening

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

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

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

- 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
- 7: Don't know / Not sure
- 9: Refused

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

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

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

- 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
- 7: Don't know / Not sure
- 9: Refused

16.5 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 17: Colorectal Cancer Screening

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

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

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

- 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
- 7: Don't know / Not sure
- 9: Refused

17.3 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
- 7: Don't know / Not sure
- 9: Refused

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

- 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 (3 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
- 7: Don't know / Not sure
- 9: Refused

Section 18: Family Planning

18.1 Some things people do to keep from getting pregnant include not having sex at certain times, using birth control methods such as the pill, implants, shots, condoms, diaphragm, foam, IUD, having their tubes tied, or having a vasectomy. Are you or your husband/wife/partner doing anything now to keep from getting pregnant?

- 1: Yes
- 2: No
- 3: No partner/not sexually active
- 4: Same sex partner
- 7: Don't know / Not sure
- 9: Refused

18.2 What are you or your husband/wife/partner doing now to keep from getting pregnant?

- 01: Tubes tied
- 02: Hysterectomy (female sterilization)
- 03: Vasectomy (male sterilization)
- 04: Pill, all kinds (Seasonale, etc)
- 05: Condoms (male or female)
- 06: Contraceptive implants (Jadelle or Implants)
- 07: Shots (Depo-Provera)
- 08: Shots (Lunelle)
- 09: Contraceptive Patch
- 10: Diaphragm, cervical ring, or cap (Nuvaring or others)
- 11: IUD (including Mirena)
- 12: Emergency contraception (EC)
- 13: Withdrawal
- 14: Not having sex at certain times (rhythm)
- 15: Other method (foam, jelly, cream, etc.)
- 77: Don't know / Not sure
- 99: Refused

18.3 What is the main reason for not doing anything to keep from getting pregnant?

- 01: Didn't think was going to have sex/no

- 02: regular partner
- 02: You want a pregnancy
- 03: You or your partner don't want to use birth control
- 04: You or your partner don't like birth control/fear side effects
- 05: You can't pay for birth control
- 06: Lapse in use of a method
- 07: Don't think you or your partner can get pregnant
- 08: You or your partner had tubes tied (sterilization)
- 09: You or your partner had a vasectomy (sterilization)
- 10: You or your partner had a hysterectomy
- 11: You or your partner are too old
- 12: You or your partner are currently breast-feeding
- 13: You or your partner just had a baby/postpartum
- 14: Other reason
- 15: Don't care if get pregnant
- 16: Partner is pregnant now
- 77: Don't know / Not sure
- 99: Refused

18.4 How do you feel about having a child now or sometime in the future? Would you say?

- 1: You don't want to have one
- 2: You do want to have one
- 3: You're not sure if you do or don't
- 7: Don't know / Not sure
- 9: Refused

18.5 How soon would you want to have a child?

- 1: Less than 12 months from now
- 2: Between 12 months to less than two years from now
- 3: Between two years to less than 5 years from now, or
- 4: 5 or more years from now
- 7: Don't know / Not sure
- 9: Refused

Section 19: Disability

19.1 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

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

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

Section 20: HIV/AIDS

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 any question if you don't want to. Although we will ask you about testing, we will not ask you about the results of any test you may have had.

I'm going to read two statements about HIV. After I read each one, please tell me whether you think it is true or false, or if you don't know.

20.1 A pregnant woman with HIV can get treatment to help reduce the chances she will pass the virus on to her baby.

- 1: True
- 2: False
- 7: Don't know / Not sure
- 9: Refused

20.2 There are medical treatments available that are intended to help a person who is infected with HIV to live longer.

- 1: True
- 2: False
- 7: Don't know / Not sure
- 9: Refused

20.3 Have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation.

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

20.4 In the past 12 months, how many times have you been tested for HIV, including times you did not get your results:

- _____ Times
- 88: None
- 77: Don't know / Not sure
- 99: Refused

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

- ___/___/___ Code month and year
- 77 7777 Don't know / Not sure
- 99 9999 Refused

20.6 I am going to read you a list of reasons why some people have been tested for HIV. Not including blood donations, which of these would you say was the MAIN reason for your last HIV test?

- 01: It was required
- 02: Someone suggested you should be tested
- 03: You thought you may have gotten HIV through sex or drugs
- 04: You just wanted to find out whether you had HIV
- 05: You were worried that you could give HIV to someone
- 06: IF FEMALE: You were pregnant
- 07: It was done as part of a routine medical check-up
- 08: Or you were tested for some other reason
- 77: Don't know / Not sure
- 99: Refused

20.7 Where did you have your last HIV test – at a private doctor or HMO, at a counseling and testing site, at a hospital, at a clinic, in a jail or prison, in a drug treatment facility, at, or somewhere else?

- 01: Private doctor or HMO
- 02: Counseling and testing site

- 03: Hospital
- 04: Clinic
- 05: Jail or prison
- 06: Drug treatment facility
- 07: At home
- 08: Somewhere else
- 77: Don't know / not sure
- 99: Refused

20.8 What type of clinic did you go to for your last HIV test?

- 1: Family planning clinic
- 2: STD clinic
- 3: Prenatal clinic
- 4: Public health clinic
- 5: Community health clinic
- 6: Hospital clinic
- 8: Other
- 7: Don't know / Not sure
- 9: Refused

20.9 Was this test done by a nurse or other health worker, or with a home testing kit?

- 1: Nurse or health worker
- 2: A home testing kit
- 7: Don't know / Not sure
- 9: Refused

20.10 I'm going to read you a list. When I'm done, please tell me if any of the situations are true. You don't 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

20.11 The next question is about sexually transmitted diseases other than HIV, such as syphilis, gonorrhea, Chlamydia, or genital herpes.

- ___ Code age in years
- 98: Don't know / Not sure
- 99: Refused

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

- 2. Are you now taking insulin?
- 1: Yes
- 2: No
- 9: Refused

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

Section 21: Firearms

The next questions are about firearms. We are asking these in a health survey because of our interest in firearm-related injuries. Please include weapons such as pistols, shotguns, and rifles; but not BB guns, starter pistols, or guns that cannot fire. Include those kept in a garage, outdoor storage area, or motor vehicle.

- 3. Are you now taking diabetes pills?
- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

21.1 Are any firearms kept in or around your home?

4. 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
- 888: Never
- 777: Don't know / Not sure
- 999: Refused

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

21.2 Are any of these firearms now loaded?

5. 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
- 888: Never
- 777: Don't know / Not sure
- 999: Refused

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

21.3 Are any of these loaded firearms also unlocked?

6. Have you ever had any sores or irritations on your feet that took more than four weeks to heal?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

By unlocked, we mean you do not need a key or combination to get the gun or to fire it. We don't count a safety as a lock.

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

Module 1: Diabetes

1. How old were you when you were told you have diabetes?

7. 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
- 88: None
- 77: Don't know / Not sure
- 99: Refused

8. 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
- 88: None
- 98: Never heard of "A one C"
- 77: Don't know / Not sure
- 99: Refused

9. About how many times in the past 12 months has a health professional checked your feet for any sores or irritations?

- ___ Number of times
- 88: None
- 77: Don't know / Not sure
- 99: Refused

10. 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

11. 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

12. 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 2: Adult Asthma History

Previously you said you were told by a doctor, nurse, or other health professional that you had asthma.

1. How old were you when you were first told by a doctor or other health professional that you had asthma?

- ____ Age in years
97: Age 10 or younger
98: Don't know / Not sure
99: Refused

2. During the past 12 months, have you had an episode of asthma or an asthma attack?

- 1: Yes
2: No
7: Don't know / Not sure

3. During the past 12 months, how many times did you visit an emergency room or urgent care center because of your asthma?

- ____ Number of visits
88: None
98: Don't know / Not sure
99: Refused

4. During the past 12 months, how many times did you see a doctor, nurse, or other health professional for urgent treatment of worsening asthma symptoms?

- ____ Number of visits
88: None
98: Don't know / Not sure
99: Refused

5. During the past 12 months, how many times did you see a doctor, nurse, or other health professional for a routine checkup for your asthma?

- ____ Number of visits
88: None
98: Don't know / Not sure
99: Refused

6. During the past 12 months, how many days were you unable to work or carry out your usual activities because of your asthma?

- ____ Number of days
888: None
777: Don't know / Not sure
999: Refused

7. Symptoms of asthma include cough, wheezing, shortness of breath, chest tightness and phlegm production when you don't have a cold or respiratory infection. During the past 30 days, how often did you have any symptoms of asthma? Would you say?

- 8: Not at any time
1: Less than once a week
2: Once or twice a week
3: More than 2 times a week, but not every day
4: Every day, but not all the time
5: Every day, all the time
7: Don't know / Not sure
8: Refused

8. During the past 30 days, how many days did symptoms of asthma make it difficult for you to stay asleep? Would you say?

- 8: None
1: One or two
2: Three to four
3: Five
4: Six to ten
5: More than ten
7: Don't know / Not sure
9: Refused

9. During the past 30 days, how often did you take asthma medication that was prescribed or given to you by a doctor? This includes using an inhaler. Would you say?

- 8: Didn't take any
1: Less than once a week
2: Once or twice a week
3: More than 2 times a week, but not every day
4: Once every day
5: Two or more times every day
7: Don't know / Not sure
9: Refused

Module 10: Childhood Asthma

1. Earlier you said there were [Number] children age 17 or younger living in your household. How many of these children have ever been diagnosed with asthma?

- ____ Number of children
88: None
77: Don't know / Not sure
99: Refused

2. Does this child / how many of these children still have asthma?

- ____ Number of children
88: None
77: Don't know / Not sure
99: Refused

State Added: Section A: Domestic Violence

Many families experience violence in their households. Now I'd like to ask you some questions about violence you may have experienced. This is a sensitive topic and some people may feel uncomfortable with these questions. But remember that your answers are strictly confidential and that you don't have to answer every question if you don't want to. If you believe it would not be safe for you to talk about this now, you may tell me to skip to the next module or you can just hang up at any time.

SA1.1. As a child, did you ever see or hear one of your parents or guardians being hit, slapped, punched, shoved, kicked, or otherwise physically hurt by their spouse or partner?

- 1: Yes
2: No
7: Don't know / Not sure
9: Refused

SA1.2. Has anyone ever made you take part in any sexual activity when you really did not want to? (Including touch that made you uncomfortable).

- 1: Yes
2: No
7: Don't know / Not sure
9: Refused

SA1.3. In your lifetime, has an intimate partner ever hit, slapped, punched, shoved, kicked, choked, hurt or threatened you?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

SA1.4. In the past 5 years, have you ever feared for your safety or been hit, slapped, kicked, choked, or otherwise physically hurt by a current or former intimate partner?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

State Added: Section B: Mental Health

Here are 10 statements about how you might have felt during the past 2 weeks. After each one please indicate yes or no as to whether you experienced the feeling much of time during the past 2 weeks.

- SA2.1. I felt depressed
I felt everything I did was an effort
My sleep was restless
I was happy
I was lonely
People were unfriendly
I enjoyed life
I felt sad
- 1: Yes
 - 2: No
 - 7: Don't know / Not sure
 - 9: Refused

SA2.2. Would you seek help if you were depressed?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

SA2.3. Who would you talk to if you were depressed?

- 1: Minister or religious leader
- 2: Health or behavioral health professional
- 3: Friend
- 4: Family member

SA2.4. In the past year, have you seriously thought about attempting suicide?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

State Added: Section C: Health Communications/Sources of Health Information

SA3.1. During the past 12 months have you seen a doctor or other health professional?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

SA3.2. How often did the doctors or health providers:

Listen carefully to you?

- 1: Always
- 2: Usually
- 7: Sometimes
- 9: Never

Explain things in a way you could understand?

- 1: Always
- 2: Usually
- 7: Sometimes
- 9: Never

Show respect for what you had to say?

- 1: Always
- 2: Usually
- 7: Sometimes
- 9: Never

Spend enough time with you?

- 1: Always
- 2: Usually
- 7: Sometimes
- 9: Never

Involve you in decisions about your healthcare?

- 1: Always
- 2: Usually

- 7: Sometimes
- 9: Never

SA3.3. Where do you usually get most of your health information?

- 1: Radio
- 2: Television
- 3: Newspapers
- 4: Magazines
- 5: Brochures or posters
- 6: Books
- 7: Journals
- 8: Internet
- 9: Library
- 10: Healthcare provider
- 11: Family
- 12: Friend/Coworker
- 13: Telephone Hotline
- 88: Other
- 77: Don't Know
- 99: Refused

SA3.4. Do you have a computer with internet access in your home?

- 1: Yes
- 2: No

SA3.5. Have you ever visited an Internet website to learn about health?

- 1: Yes
- 2: No

State Added: Section D: Injury Prevention

SA4.1. Has your family practiced or discussed an escape plan in case of a fire at home?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

SA4.2. Do you have the national poison telephone hotline number readily available?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

SA4.3. A carbon monoxide or CO detector checks the level of carbon monoxide in your home. It is not a smoke detector. Do you have a CO detector in your home?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

State Added: Section E: Child Health Insurance

SA5.1. 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?

- Code age in years
- 77: Don't know / Not sure
- 88: Less than one year
- 99: Refused

SA5.2. 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
- 7: Don't know / Not sure
- 9: Refused

SA5.3. Is this child's health insurance Medicaid or Denali KidCare?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

SA5.4. During the past 12 months was there any time when this child was not covered by ANY health insurance?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

SA5.5. During the past 12 months was there any time when this child had health coverage?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

SA5.6. 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 checkups, physical exams or hospitalizations?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

SA5.7. Why did your child not get all the medical care needed?

- Cost too much
- No insurance
- Health plan problems
- Can't find doctor who accepts child's insurance
- Not available in area/transportation problems
- Not convenient times/couldn't get appointment
- Doctor did not know how to treat or provide care
- Dissatisfaction with doctor
- Did not know where to go for treatment
- Child refused to go
- Treatment is ongoing
- Vaccine shortage
- Other

Questions related to influenza vaccination to be added to BRFSS core, November 1, 2004 – February 2005

Adult Questions

Q12.1 During the past 12 months, have you had a flu shot?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

Q12.2 During the past 12 months, have you had a flu vaccine that was sprayed in your nose?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

Q12.3 Have you ever had a pneumonia shot? This shot is usually given only once or twice in a person's lifetime and is different from the flu shot. It is also called the pneumococcal vaccine?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

Q12.4 During what month and year did you receive your most recent flu vaccination?

- ___/___ Month/Year
- 77/7777: Don't know / Not sure
- 99/9999: Refused

Q12.5 Where did you go to get your most recent flu shot/vaccine that was sprayed in your nose/vaccination?

- 01: A doctor's office or health maintenance organization (HMO)
- 02: A health department
- 03: Another type of clinic or health center
- 04: A senior, recreation, or community center
- 05: A store
- 06: A hospital
- 07: An emergency room
- 08: Workplace
- 09: Some other kind of place
- 77: Don't know / Not sure
- 99: Refused

Q12.6 What is the MAIN reason you have NOT received a flu vaccination for this current flu season?

- 01: Need: Do not need it
- 02: Need: Doctor did not recommend it
- 03: Need: Did not know that I should be vaccinated
- 04: Need: Flu is not that serious
- 05: Need: Had the flu already this season

- 06: Concern about vaccine: Side effects/can cause flu
- 07: Concern about vaccine: Does not work
- 08: Access: Plan to get vaccinated later this flu season
- 09: Access: Flu vaccination costs too much
- 10: Access: Inconvenient to get vaccinated
- 11: Vaccine shortage: Saving vaccine for people who need it more
- 12: Vaccine shortage: Tried to find vaccine, but could not get it
- 12: Vaccine shortage: Not eligible to receive vaccine
- 14: Some other reason
- 77: Don't know / Not sure
- 99: Refused

Q12.7 Did you get a flu vaccination during the last flu season in other word during the months of September 2003 through March 2004?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

Q12.8 Has a doctor, nurse, or other health professional ever said that you have any of the following health problems? Asthma, lung problems, other than asthma, heart problems, diabetes, kidney problems, weakened immune system caused by a chronic illness, such as cancer or HIV/AIDS, or medicines such as steroids?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

Q12.9 Do you still have (this/any of these) problem(s)?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

Q12.10 Do you currently work in a health care facility, such as a medical clinic, hospital, or nursing home?

- 1: Yes
- 2: No

- 7: Don't know / Not sure
- 9: Refused

Q12.11 Do you have direct face-to-face or hands-on contact with patients as a part of your routine work?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

Child Questions

Previously, you indicated there was one child age 17 or younger in your household. I would like to ask you some questions about that child.

Previously, you indicated there were [number] children age 17 or younger in your household. Think about those [number] children in order of their birth, from oldest to youngest. The oldest child is the first child and the youngest child is the [second/third/fourth, etc] child.

I have some additional questions about one specific child. The child I will be referring to is the [number] child. All the questions about children will be about that child.

Q13.18 Is the child a boy or a girl?

- 1: Boy
- 2: Girl
- 9: Refused

Q13.19 In what month and year was [fill in] born?

- ____/____ Month/Year
- 77/7777: Don't know / Not sure
- 99/9999: Refused

Q13.20 Has a doctor, nurse, or other health professional ever said that [he/she] has any of the following health problems? Asthma, Lung problems other than asthma, hearth problems, diabetes, kidney problems, weakened immune system caused by a chronic illness such as cancer or HIV/AIDS or medicines such as steroids, must take aspirin every day, or sickle cell anemia or other anemia.

- 1: Yes

- 2: No
- 7: Don't know / Not sure
- 9: Refused

Q13.21 Does [he/she] still have (this/any of these) problems?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

Q13.22 During the past 12 months, has [he/she] had a flu shot? A flu shot is a flu vaccine injected in a child's arm or thigh.

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

Q13.23 During the past 12 months, has [he/she] had a flu vaccine sprayed in the nose? The flu vaccine that is sprayed in the nose is FluMist.

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

Q13.24 During what month and year did [he/she] receive the most recent flu vaccination?

- ____/____ Month/Year
- 77/7777: Don't know / Not sure
- 99/9999: Refused

Q13.25 What is the MAIN reason [he/she] has not received a flu vaccination for this current flu season?

- 01: Need: Child does not need it
- 02: Need: Doctor did not recommend it
- 03: Need: Did not know that child should be vaccinated
- 04: Need: Flu is not that serious
- 05: Need: Child had the flu already this season
- 06: Concern about vaccine: Side effects/can cause flu
- 07: Concern about vaccine: Does not work
- 08: Access: Plan to get child vaccinated later this flu season

- 09: Access: Flu vaccination costs too much
- 10: Access: Inconvenient to get vaccinated
- 11: Vaccine shortage: Saving vaccine for people who need it more
- 12: Vaccine shortage: Tried to find vaccine, but could not get it
- 12: Vaccine shortage: Not eligible to receive vaccine
- 14: Some other reason
- 77: Don't know / Not sure
- 99: Refused

Q13.26 Did [he/she] get the flu vaccine during the last flu season in other words during the months of September 2003 through March 2004?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

Appendix I: 2005 BRFSS questions

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
- 88: None
- 77: Don't know / Not Sure
- 99: 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
- 88: None
- 77: Don't know / Not Sure
- 99: 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
- 88: None
- 77: Don't know / Not Sure
- 99: 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?

- 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?

- 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 (1-12 months ago)
- 2: Within the past 2 years (1-2 years ago)
- 3: Within the past 5 years (2-5 years ago)
- 4: 5 or more years ago
- 7: Don't know / Not sure
- 8: Never
- 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?

- 1: Yes
- 2: Yes, but female only told during pregnancy
- 3: No
- 4: No, pre-diabetes or borderline diabetes
- 7: Don't know / Not Sure
- 9: Refused

Section 6: Hypertension Awareness

6.1 Have you EVER been told by a doctor, nurse, or other health professional that you have high blood pressure?

- 1: Yes
- 2: Yes, but female only told during pregnancy
- 3: No
- 4: Told borderline high or pre-hypertensive
- 7: Don't know / Not sure
- 9: Refused

6.2 Are you currently taking medicine for your high blood pressure?

- 1: Yes
- 2: No
- 7: Don't know / Not Sure
- 9: Refused

Section 7: Cholesterol Awareness

7.1 Blood cholesterol is a fatty substance found in the blood. Have you EVER had your blood cholesterol checked?

- 1: Yes
- 2: No
- 7: Don't know / Not Sure
- 9: Refused

7.2 About how long has it been since you last had your blood cholesterol checked?

- 1: Within 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
- 7: Don't know / Not sure
- 9: Refused

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

- 1: Yes
- 2: No
- 7: Don't know / Not Sure
- 9: Refused

Section 8: Cardiovascular Disease Prevalence

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
- 7: Don't know / Not Sure
- 9: Refused

9.2 Do you still have asthma?

- 1: Yes
- 2: No
- 7: Don't know / Not Sure
- 9: Refused

Section 10: Immunization

10.1 A flu shot is an influenza vaccine injected in your arm. During the past 12 months, have you had a flu shot?

- 1: Yes
- 2: No
- 7: Don't know / Not Sure
- 9: Refused

10.2 During the past 12 months, have you had a flu vaccine that was sprayed in your nose? The flu vaccine that is sprayed in the nose is also called FluMist.

- 1: Yes
- 2: No
- 7: Don't know / Not Sure
- 9: Refused

10.3 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 11: Tobacco Use

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

- 1: Yes

- 2: No
- 7: Don't know / Not Sure
- 9: Refused

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
- 9: Refused

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: Alcohol Consumption

12.1 During the past 30 days, have you had at least one drink of any alcoholic beverages such as beer, wine, a malt beverage or liquor?

- 1: Yes
- 2: No
- 7: Don't know / Not Sure
- 9: Refused

12.2 During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverages?

- 1: ___ Days per week
- 2: ___ Days in the past 30 days
- 888: No drinks in past 30 days
- 777: Don't know/ Not sure
- 999: Refused

12.3 One drink is equivalent to a 12 ounce beer, a 5 ounce glass of wine, or a drink with one shot of liquor. On the days when you drank, during the past 30 days, about how many drinks did you drink on the average?

- ___ Number of drinks
- 77: Don't know / Not sure
- 99: Refused

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

- ___ Number of times
 77: Don't know / Not sure
 99: Refused

12.5 During the past 30 days, what is the largest number of drinks you had on any occasion?

- ___ Number
 77: Don't know / Not sure
 99: Refused

Section 13: Demographics

13.1 What is your age?

- ___ Code age in years
 07: Don't know / Not Sure
 09: Refused

13.2 Are you Hispanic or Latino?

- 1: Yes
 2: No
 7: Don't know / Not Sure
 9: Refused

13.3 Which one or more of the following would you say is 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) _____
 8: No additional choices
 7: Don't know / Not Sure
 9: Refused

13.4 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

13.5 Are you?

- 1: Married
 2: Divorced
 3: Widowed
 4: Separated
 5: Never Married
 6: A member of an unmarried couple
 9: Refused

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

- ___ Number of children
 88: None
 99: Refused

13.7 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

13.8 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

13.9 Is your annual household income from all sources?

- 04: Less than \$25,000 (\$20,000 to less than \$25,000)

- 03: Less than \$20,000 (\$15,000 to less than \$20,000)
 02: Less than \$15,000 (\$10,000 to less than 15,000)
 01: Less than \$10,000
 05: Less than \$35,000 (\$25,000 to less than \$35,000)
 06: Less than \$50,000 (\$35,000 to less than \$50,000)
 07: Less than \$75,000 (\$50,000 to less than \$75,000)
 08: \$75,000 or more
 77: Don't know / Not Sure
 99: Refused

13.10 About how much do you weigh without shoes?

- ___ Weight pounds
 7777: Don't know / Not Sure
 9999: Refused

13.11 About how tall are you without shoes?

- ___/___ Height
 7777: Don't know / Not Sure
 9999: Refused

13.12 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
 7: Don't know / Not Sure
 9: Refused

13.13 How many of these phone numbers are residential numbers?

- ___ Residential telephone numbers
 7: Don't know / Not Sure
 9: Refused

13.14 During the past 12 months, has your household been without telephone service for 1 week or more? Do not include interruptions of phone service due to weather or natural disasters.

- 1: Yes
 2: No

7: Don't know / Not Sure
9: Refused

13.15 Indicate sex of respondent. Ask only if necessary.

1: Male
2: Female

16.16 To your knowledge, are you now pregnant?

1: Yes
2: No
7: Don't know / Not Sure
9: Refused

Section 14: Veteran's Status

14.1 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?

1: Yes
2: No
7: Don't know / Not Sure
9: Refused

Section 15: Disability

15.1 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

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

1: Yes
2: No
7: Don't know / Not sure
9: Refused

Section 16: Arthritis Burden

16.1 During the past 30 days, have you had any symptoms or pain, aching, or stiffness in or around a joint?

1: Yes
2: No
7: Don't know / Not sure
9: Refused

16.2 Did your joint symptoms FIRST begin more than 3 months ago?

1: Yes
2: No
7: Don't know / Not sure
9: Refused

16.3 Have you EVER seen a doctor or other health professional for these joint symptoms?

1: Yes
2: No
7: Don't know / Not sure
9: Refused

16.4 Have you EVER been told by a doctor or other health professional that you have some form of arthritis, rheumatoid arthritis, gout, lupus, or fibromyalgia?

1: Yes
2: No
7: Don't know / Not sure
9: Refused

16.5 Are you now limited in any way in any of your usual activities because of arthritis or joint symptoms?

1: Yes
2: No
7: Don't know / Not sure
9: Refused

Section 17: Fruits and Vegetables

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

1__ Per day
2__ Per week
3__ Per month
4__ Per year
555: Never
777: Don't know / Not sure
999: Refused

17.2 Not counting juice, how often do you eat fruit?

1__ Per day
2__ Per week
3__ Per month
4__ Per year
555: Never
777: Don't know / Not sure
999: Refused

17.3 How often do you eat green salad?

1__ Per day
2__ Per week
3__ Per month
4__ Per year
555: Never
777: Don't know / Not sure
999: Refused

17.4 How often do you eat potatoes not including French fries, fried potatoes, or potato chips?

1__ Per day
2__ Per week
3__ Per month
4__ Per year
555: Never
777: Don't know / Not sure
999: Refused

17.5 How often do you eat carrots?

1__ Per day
2__ Per week
3__ Per month
4__ Per year
555: Never
777: Don't know / Not sure
999: Refused

17.6 Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat? (Example: A serving of vegetables at both lunch and dinner would be two servings).

1__ Per day
2__ Per week
3__ Per month
4__ Per year

- 555: Never
- 777: Don't know / Not sure
- 999: Refused

- 7: Don't know / Not sure
- 9: Refused

- 77: Don't know / not sure
- 99: Refused

Section 18: Physical Activity

18.1 When you are at work, which of the following best describes what you do? Would you say?

- 1: Mostly sitting or standing
- 2: Mostly walking
- 3: Mostly heavy labor or physically demanding work

18.2 Now thinking about the moderate activities you do in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

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

- ___ Days per week
- 88: Do not do any moderate physical activity for at least 10 minutes at a time
- 77: Don't know / Not sure
- 99: Refused

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

- _: ___ Hours and minutes per day
- 777: Don't know / Not sure
- 999: Refused

18.5 Now thinking about the vigorous activities you do in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increase in breathing or heart rate?

- 1: Yes
- 2: No

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

- ___ Days per week
- 88: Do not do any vigorous physical activity for at least 10 minutes at a time
- 77: Don't know / Not sure
- 99: Refused

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

- _: ___ Hours and minutes per day
- 777: Don't know / Not sure
- 999: Refused

Section 19: HIV/AIDS

19.1 Have you EVER been tested for HIV? Do not count tests you may have had as part of a blood donation. Include test using fluid from your mouth.

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

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

- ___/___/___ Code month and year
- 77 7777 Don't know / Not sure
- 99 9999 Refused

19.3 Where did you have your last HIV test, at a private doctor or HMO, at a counseling and testing site, at a hospital, at a clinic, in a jail or prison, at home, or somewhere else?

- 01: Private doctor of HMO office
- 02: Counseling and testing site
- 03: Hospital
- 04: Clinic
- 05: Jail or prison (or other correctional facility)
- 06: Home
- 07: Somewhere else

19.4 I am going to read you a list. When I am done, please tell me if any of the situations are true. 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 20: Emotional Support & Life Satisfaction

20.1 How often do you get the social and emotional support you need?

- 1: Always
- 2: Usually
- 3: Sometimes
- 4: Rarely
- 5: Never
- 7: Don't know / Not sure
- 9: Refused

20.2 In general, how satisfied are you with your life?

- 1: Very satisfied
- 2: Satisfied
- 3: Dissatisfied
- 4: Very dissatisfied
- 7: Don't know / Not sure
- 9: Refused

Module 1: Diabetes

1. How old were you when you were told you have diabetes?

- ___ Code age in years

- 98: Don't know / Not sure
99: Refused

2. Are you now taking insulin?

- 1: Yes
2: No
9: Refused

3. Are you now taking diabetes pills?

- 1: Yes
2: No
7: Don't know / Not sure
9: Refused

4. 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
888: Never
777: Don't know / Not sure
999: Refused

5. 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
888: Never
777: Don't know / Not sure
999: Refused

6. Have you EVER had any sores or irritations on your feet that took more than four weeks to heal?

- 1: Yes
2: No
7: Don't know / Not sure
9: Refused

7. 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
88: None
77: Don't know / Not sure
99: Refused

8. 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
88: None
98: Never heard of "A one C"
77: Don't know / Not sure
99: Refused

9. About how many times in the past 12 months has a health professional checked your feet for any sores or irritations?

- ___ Number of times
88: None
77: Don't know / Not sure
99: Refused

10. 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

11. 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

12. 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 17: Arthritis Management

1. Earlier you indicated that you had arthritis or joint symptoms. Thinking about your arthritis or joint symptoms, which of the following best describes you TODAY?

- 1: I can do everything I would like to do
2: I can do most things I would like to do
3: I can do some things I would like to do
4: I can hardly do anything I would like to do
7: Don't know / Not sure
9: Refused

2. Has a doctor or other health professional EVER suggested losing weight to help your arthritis or joint symptoms?

- 1: Yes
2: No
7: Don't know / Not sure
9: Refused

3. Has a doctor or other health professional EVER suggested physical activity or exercise to help your arthritis or joint symptoms?

- 1: Yes
2: No
7: Don't know / Not sure
9: Refused

4. Have you EVER taken an educational course or class to teach you how to manage problems related to your arthritis or joint symptoms?

- 1: Yes
2: No
7: Don't know / Not sure
9: Refused

State Added: Section A: Child Health Insurance

SA1.1. 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?

- ___ Code age in years
- 77: Don’t know / Not sure
- 88: Less than one year
- 99: Refused

SA1.2. 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
- 7: Don’t know / Not sure
- 9: Refused

SA1.3. Is this child’s health insurance Medicaid or Denali KidCare?

- 1: Yes
- 2: No
- 7: Don’t know / Not sure
- 9: Refused

SA1.4. During the past 12 months was there any time when this child was not covered by ANY health insurance?

- 1: Yes
- 2: No
- 7: Don’t know / Not sure
- 9: Refused

SA1.5. During the past 12 months was there any time when this child had health coverage?

- 1: Yes
- 2: No
- 7: Don’t know / Not sure
- 9: Refused

SA1.6. 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 checkups, physical exams or hospitalizations?

- 1: Yes
- 2: No
- 7: Don’t know / Not sure
- 9: Refused

SA1.6 During the past 12 months did this child receive all the medical care he/she needed?

- 1: Yes
- 2: No
- 7: Don’t know / Not sure
- 9: Refused

SA1.7. Why did your child not get all the medical care needed?

- Cost too much
- No insurance
- Health plan problems
- Can’t find doctor who accepts child’s insurance
- Not available in area/transportation problems
- Not convenient times/couldn’t get appointment
- Doctor did not know how to treat or provide care
- Dissatisfaction with doctor
- Did not know where to go for treatment
- Child refused to go
- Treatment is ongoing
- Vaccine shortage
- Other

State Added: Section B: Cancer Survivorship

SA2.1 Have you ever been told by a doctor or other health professional that you had cancer?

- 1: Yes
- 2: No
- 7: Don’t know / Not sure
- 9: Refused

SA2.2 In what year were you told you had cancer?

- ___ Code year
- 7777: Don’t know / Not sure
- 9999: Refused

State Added: Section C: Smokeless Tobacco Use

SA3.1 Have you ever used or tried any smokeless tobacco products such as chewing tobacco, snuff, Iq’mik, or Blackbull?

- 1: Yes, chewing tobacco
- 2: Yes, snuff
- 3: Yes, Iq’mik or Blackbull
- 4: Yes, more than one
- 5: Yes, other (Specify _____)
- 6: No, none
- 7: Don’t know / Not sure
- 9: Refused

SA3.2 Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, Iq’mik, or Blackbull?

- 1: Yes, chewing tobacco
- 2: Yes, snuff
- 3: Yes, Iq’mik or Blackbull
- 4: Yes, more than one
- 5: Yes, other (Specify _____)
- 6: No, none
- 7: Don’t know / Not sure
- 9: Refused

SA3.3 On how many of the past 30 days did you use smokeless tobacco products?

- ___ Days
- 88: None
- 99: Refused

SA3.4 Would you like to quit using smokeless tobacco?

- 1: Yes
- 2: No
- 7: Don’t know / Not sure
- 9: Refused

SA3.5 Are you seriously considering quitting using smokeless tobacco products within the next 6 months?

- 1: Yes
- 2: No
- 7: Don’t know / Not sure
- 9: Refused

SA3.6 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

State Added: Section D: Obesity

SA4.1 Have you heard any recommendations on the amount of physical activity or exercise a person should get each day for good health?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

SA4.2 How many days per week have you heard that a person should be physically active?

- ___ Number of days
- 8: Multiple recommendations/ won't specify
- 7: Don't know / Not sure
- 9: Refused

SA4.3 For each of those days, how many minutes have you heard that a person should be physically active?

- ___ Number of minutes
- 8: Multiple recommendations/ won't specify
- 7: Don't know / Not sure
- 9: Refused

SA4.4 What is the main reason you are not more physically active?

- 1: Already exercise enough
- 2: Not enough time / too busy
- 3: Don't find exercise enjoyable / boring
- 4: Hard to find a place for physical activity in my community
- 5: Unsafe neighborhood to exercise in
- 6: Lack of self-motivation
- 7: Fear of injury
- 8: Lack encouragement from others
- 9: Lack of confidence
- 10: Other (Specify ___)
- 77: Don't know / Not sure
- 99: Refused

SA4.5 How many hours a day, on average, do you spend watching TV, videos, DVDs or using the computer outside of work?

- ___ Specify
- 55: Less than one hour
- 66: Less than daily
- 77: Don't know / Not sure
- 88: Do not watch TV, videos, or use the computer outside of work
- 99: Refused

SA4.6 How many total servings of fruits and vegetables have you heard a person should eat each day for good health? That's a combined number of fruits and vegetables.

- ___ Number of servings
- 77: Don't know / Not sure
- 88: Multiple recommendations / won't specify
- 99: Refused

SA4.7 What is the main reason you don't eat more fruits and vegetables?

- 1: They are too expensive
- 2: Not sure how to tell if the quality is good
- 3: No good quality available in my community
- 4: Other people in the family don't like them
- 5: They take too much time to prepare and cook
- 6: Lots of fruits and vegetables that I am not sure how to prepare
- 7: Don't like the taste
- 8: Not in habit / don't think about it / not used to eating them
- 9: They are not available where I live, lack of access
- 10: They are messy
- 11: Concerned about safety: pesticides, genetically engineered food
- 12: I believe I eat enough now
- 13: Other (Specify ___)
- 77: Don't know / not sure
- 99: Refused

SA4.8 On an average day, how many cans, bottles, or glasses of each of the following beverages do you drink?

- a. Regular soda or other sweetened carbonated beverages
 - ___ Number of cans or glasses
 - 77: Don't know / Not sure
 - 99: Refused
- b. Diet Soda
 - ___ Number of cans or glasses
 - 77: Don't know / Not sure
 - 99: Refused
- c. Sweetened non-carbonated beverages, including those made from a powdered mix
 - ___ Number of cans or glasses
 - 77: Don't know / Not sure
 - 99: Refused

State Added: Section E: Preventive-Counseling Services

SA5.1 The next two questions are about counseling services related to prevention that you might have received from a doctor, nurse, or other health professional.

Has a doctor or other health professional ever talked with you about your diet or eating habits?

- 1: Yes, within the past 12 months
- 2: Yes, within the past 3 years
- 3: Yes, 3 or more years ago
- 4: No
- 7: Don't know / Not sure
- 9: Refused

SA5.2 Has a doctor or other health professional ever talked with you about physical activity or exercise?

- 1: Yes, within the past 12 months
- 2: Yes, within the past 3 years
- 3: Yes, 3 or more years ago
- 4: No
- 7: Don't know / Not sure
- 9: Refused

State Added: Section F: Health Problem Perceptions

SA6.1 What do you think is the most important health problem facing Alaskans today?

- 1: Cancer
- 2: Cardiovascular disease (heart disease or stroke)
- 3: Diabetes
- 4: Arthritis
- 5: Asthma / respiratory conditions / lung disease
- 6: Flu / influenza
- 7: Tuberculosis
- 8: Bioterrorism
- 9: Anthrax
- 10: Smallpox
- 11: HIV/AIDS
- 12: Sexually transmitted diseases
- 13: Alzheimer's
- 14: Mental health / depression
- 15: Suicide
- 16: Injuries
- 17: Violence
- 18: Cost of health care / services / drugs
- 19: Lack of health insurance
- 20: Lack of health care services available
- 21: Obesity / being overweight
- 22: Tobacco / smoking
- 23: Alcohol
- 24: Drug abuse
- 25: Stress
- 26: Aging
- 27: Lack of exercise / physical activity
- 28: Poor nutrition
- 29: Pollution
- 30: Other (Specify _____)
- 77: Don't know / Not sure
- 99: Refused

Questions related to influenza vaccination to be added to BRFSS core, November 1, 2004 – February 2005

Adult Questions

Q12.1 During the past 12 months, have you had a flu shot?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

Q12.2 During the past 12 months, have you had a flu vaccine that was sprayed in your nose?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

Q12.3 Have you ever had a pneumonia shot? This shot is usually given only once or twice in a person's lifetime and is different from the flu shot. It is also called the pneumococcal vaccine?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

Q12.4 During what month and year did you receive your most recent flu vaccination?

- ____/____Month/Year
- 77/7777: Don't know / Not sure
 - 99/9999: Refused

Q12.5 Where did you go to get your most recent flu shot/vaccine that was sprayed in your nose/ vaccination?

- 01: A doctor's office or health maintenance organization (HMO)
- 02: A health department
- 03: Another type of clinic or health center
- 04: A senior, recreation, or community center
- 05: A store
- 06: A hospital
- 07: An emergency room

- 08: Workplace
- 09: Some other kind of place
- 77: Don't know / Not sure
- 99: Refused

Q12.6 What is the MAIN reason you have NOT received a flu vaccination for this current flu season?

- 01: Need: Do not need it
- 02: Need: Doctor did not recommend it
- 03: Need: Did not know that I should be vaccinated
- 04: Need: Flu is not that serious
- 05: Need: Had the flu already this season
- 06: Concern about vaccine: Side effects/can cause flu
- 07: Concern about vaccine: Does not work
- 08: Access: Plan to get vaccinated later this flu season
- 09: Access: Flu vaccination costs too much
- 10: Access: Inconvenient to get vaccinated
- 11: Vaccine shortage: Saving vaccine for people who need it more
- 12: Vaccine shortage: Tried to find vaccine, but could not get it
- 12: Vaccine shortage: Not eligible to receive vaccine
- 14: Some other reason
- 77: Don't know / Not sure
- 99: Refused

Q12.7 Did you get a flu vaccination during the last flu season in other word during the months of September 2003 through March 2004?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

Q12.8 Has a doctor, nurse, or other health professional ever said that you have any of the following health problems? Asthma, lung problems, other than asthma, heart problems, diabetes, kidney problems, weakened immune system caused by a chronic illness, such as cancer or HIV/AIDS, or

medicines such as steroids?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

Q12.9 Do you still have (this/any of these) problem(s)?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

Q12.10 Do you currently work in a health care facility, such as a medical clinic, hospital, or nursing home?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

Q12.11 Do you have direct face-to-face or hands-on contact with patients as a part of your routine work?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

Child Questions

Previously, you indicated there was one child age 17 or younger in your household. I would like to ask you some questions about that child.

Previously, you indicated there were [number] children age 17 or younger in your household. Think about those [number] children in order of their birth, from oldest to youngest. The oldest child is the first child and the youngest child is the [second/third/fourth, etc] child.

I have some additional questions about one specific child. The child I will be referring to is the [number] child. All the questions about children will be about that child.

Q13.18 Is the child a boy or a girl?

- 1: Boy
- 2: Girl
- 9: Refused

Q13.19 In what month and year was [fill in] born?

- ___/___Month/Year
- 77/7777: Don't know / Not sure
 - 99/9999: Refused

Q13.20 Has a doctor, nurse, or other health professional ever said that [he/she] has any of the following health problems? Asthma, Lung problems other than asthma, heart problems, diabetes, kidney problems, weakened immune system caused by a chronic illness such as cancer or HIV/AIDS or medicines such as steroids, must take aspirin every day, or sickle cell anemia or other anemia.

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

Q13.21 Does [he/she] still have (this/any of these) problems?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

Q13.22 During the past 12 months, has [he/she] had a flu shot? A flu shot is a flu vaccine injected in a child's arm or thigh.

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

Q13.23 During the past 12 months, has [he/she] had a flu vaccine sprayed in the nose? The flu vaccine that is sprayed in the nose is FluMist.

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused

Q13.24 During what month and year did [he/she] receive the most recent flu vaccination?

- ___/___Month/Year
- 77/7777: Don't know / Not sure
 - 99/9999: Refused

Q13.25 What is the MAIN reason [he/she] has not received a flu vaccination for this current flu season?

- 01: Need: Child does not need it
- 02: Need: Doctor did not recommend it
- 03: Need: Did not know that child should be vaccinated
- 04: Need: Flu is not that serious
- 05: Need: Child had the flu already this season
- 06: Concern about vaccine: Side effects/can cause flu
- 07: Concern about vaccine: Does not work
- 08: Access: Plan to get child vaccinated later this flu season
- 09: Access: Flu vaccination costs too much
- 10: Access: Inconvenient to get vaccinated
- 11: Vaccine shortage: Saving vaccine for people who need it more
- 12: Vaccine shortage: Tried to find vaccine, but could not get it
- 12: Vaccine shortage: Not eligible to receive vaccine
- 14: Some other reason
- 77: Don't know / Not sure
- 99: Refused

Q13.26 Did [he/she] get the flu vaccine during the last flu season in other words during the months of September 2003 through March 2004?

- 1: Yes
- 2: No
- 7: Don't know / Not sure
- 9: Refused



**Visit the Alaska Behavioral Risk Factor Survey website at:
www.hss.state.ak.us/dph/chronic/hsl/brfss/default.htm
Visit the Centers for Disease Control and Prevention website at:
www.cdc.gov/brfss**



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