

Health Risks in Alaska Among Adults



2009 Annual Report
Alaska Behavioral Risk Factor Survey



State of Alaska
Sean Parnell, Governor

Department of Health and Social Services
William J. Streur, Commissioner



Behavioral Risk Factor Surveillance System

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Factor Survey**

2009 Annual Report

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Department of Health and Social Services

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December 2011

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Introduction

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Alaska Behavioral Risk Factor Survey



Introduction

Background

In 2009 there were 3,607 deaths in Alaska and 64% were associated with the top 5 causes of death. Mokdad, Marks, Stroup and Gerberding (2004) summarized published research and concluded that the greatest contributors to death in the United States in 2000 were tobacco use, poor diet, physical inactivity and alcohol consumption. Other causes of death included infections, toxic agents, firearms, sexual behaviors, motor vehicles, and illicit drugs.¹

Modifying risk behaviors contributing to premature deaths and impaired quality of life is a public health challenge. For example, the behavioral risk factor of tobacco use has been estimated to contribute to a range of 11–30% of cancer deaths, 17–30% of cardiovascular deaths, and 80–90% of lung disease deaths.² During 2008 in Alaska, cigarette smoking was estimated to be responsible for \$546 million in annual health-related economic losses (\$325 million in direct medical costs and an additional \$221 million in lost productivity).³ Information on the prevalence of health risk behaviors and clinical preventive health practices is essential for chronic disease and injury prevention and planning.

BRFSS History

The national Centers for Disease Control and Prevention (CDC) developed the Behavioral Risk Factor Surveillance System (BRFSS) to monitor state-level prevalence of the major behavioral risks among adults associated with premature morbidity and mortality. Data are collected on risk and preventive behaviors and chronic disease prevalence that are especially useful for planning, initiating, supporting, and evaluating health promotion and disease prevention programs. The State of Alaska began the BRFSS in 1991 as a point-in-time study and has continued yearly since. The Alaska BRFSS is a collaborative project between the CDC and the Alaska Division of Public Health. Alaska's data are combined with all other states and U.S. territories participating in surveillance to provide national estimates. The BRFSS is the longest running and largest telephone health survey in the world. In 2009, 432,607 interviews were completed throughout the United States, District of Columbia, U.S. Virgin Islands, Guam, and Puerto Rico. The BRFSS data have proven to be instrumental

in formulating policy, proposing legislation for health initiatives and to focus resources on emergent and critical health concerns.

Use of BRFSS data in Alaska

Alaska BRFSS data are used by numerous public health programs both within the state system and by outside organizations such as the Alaska Native health system. The Alaska Health Survey Laboratory works with agencies such as the United Way of Anchorage and the United Way of Mat-Su on providing current local health status indicators using BRFSS data. The Alaska Section of Epidemiology has added a Health Impact Assessment (HIA) program. Health status reports were produced to provide baselines for the North Slope Borough and the Bethel and Wade Hampton census areas in southwest Alaska facing resource development.

BRFSS data played an integral role in the Alaska Division of Behavioral Health's Strategic Prevention Framework for State Incentive Grant process, which led to a focus on alcohol use by youth and adults. Similarly, the update of the Comprehensive Mental Health Plan makes extensive use of behavioral health data collected by the BRFSS. Further, the Alaska Injury Surveillance and Prevention Programs used BRFSS data for the State Epidemiologic Profile on Substance Use, Abuse, and Dependency (funded by SAMSHA). Alaska BRFSS data will also be used to track tooth extractions, oral cancer exams and dental visits as part of the Alaska Dental Action Coalition's Oral Health Action Plan.

The BRFSS data continue to be a valuable tool for guiding priorities within the Division of Public Health, and more broadly, the Department of Health and Social Services. One specific example of this is that self-reported smoking status from the BRFSS provides an important indicator of the problem of tobacco use in Alaska. Having a reliable indicator of adult smoking status over the past 19 years has allowed the Division to evaluate the success of its tobacco prevention and control efforts and to highlight important disparities in tobacco use.

Since 1979, the Healthy People initiative has been the framework for identifying the most significant preventable threats to health and established prevention goals and objectives to address those issues. The goal is to increase quality and years of healthy life and to eliminate health disparities. Healthy People 2010 is a scientific research system

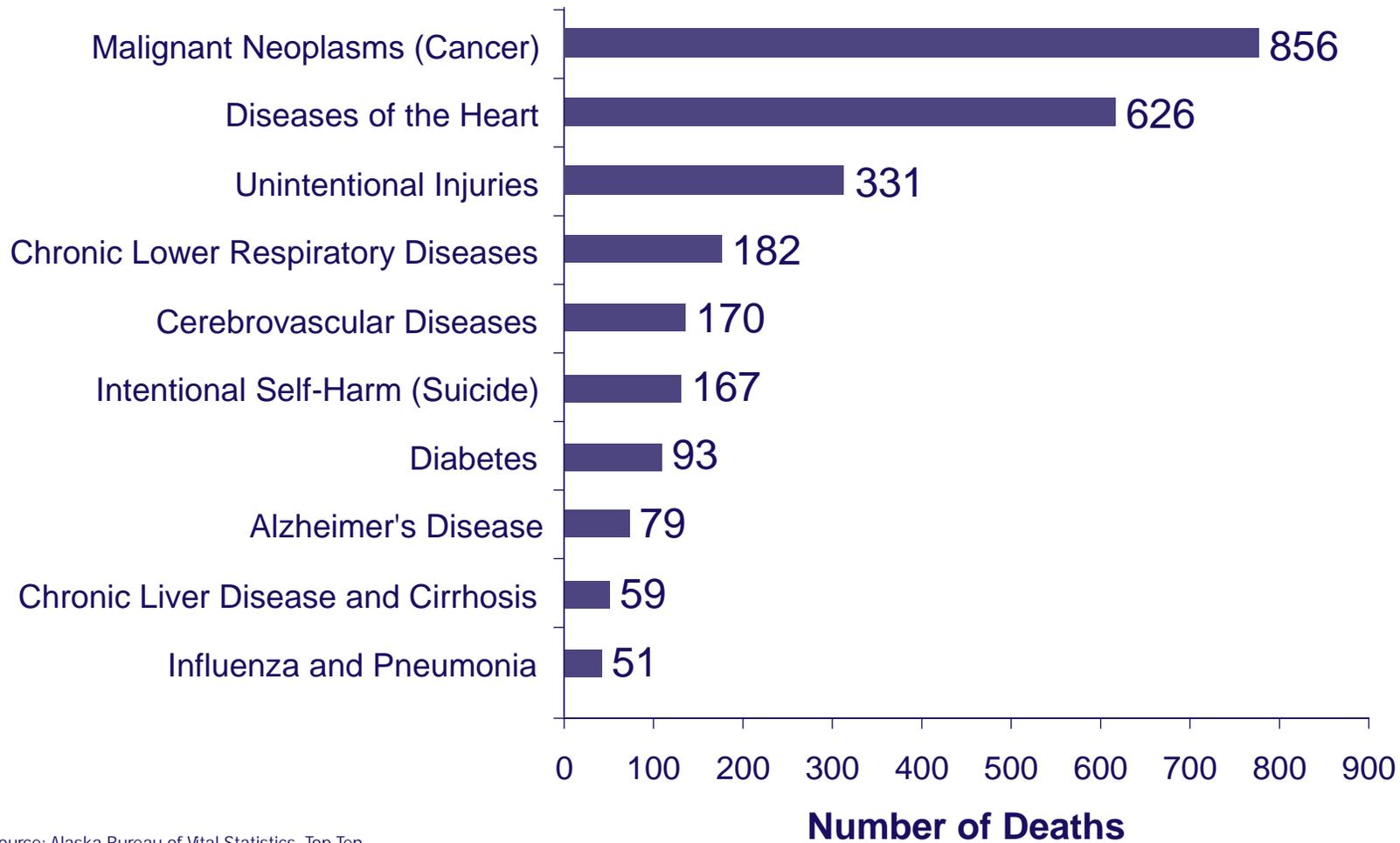
based on over 190 health surveillance and data systems, which includes the BRFSS.

Alaska has established state targets within the framework of the national Healthy People objectives in *Healthy Alaskans 2010*⁴ 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 23 leading health indicators for the 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 U.S. Department of Health and Human Services. *The Health Consequences of Smoking: A Report of the Surgeon General*. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004. Accessed: December 2006.
- ³ Centers for Disease Control and Prevention. Smoking-Attributable Mortality, Years of Potential Life Lost, and Productivity Losses – United States, 2000-2004. *Morbidity and Mortality Weekly Report* 2008;57(45):1226-1228. Accessed: March 2010.
- ⁴ Alaska Department of Health and Social Services, Division of Public Health. *Healthy Alaskans 2010, Targets and Strategies for Improved Health, Volume I: Targets for Improved Health*. December 2001. Available at: <http://www.hss.state.ak.us/dph/targets/ha2010/default.htm>.

Leading Causes of Death in Alaska, 2009



Source: Alaska Bureau of Vital Statistics, Top Ten Leading Causes of Death for Alaska – 2009

At Risk for Selected Risk Factors

Leading Health Indicator Healthy Alaskans 2010	2009		Healthy Alaskans 2010 Goal
	BRFSS Prevalence	Population 18 years and older*=492,542 Estimated Number of Adults	
Percentage of Alaska adults who are obese (BMI ≥ 30.0)	26%	128,061	18%
Percentage of Alaska adults who smoke	19%	93,583	14%
Percentage of Alaska adults who binge drink	18%	88,658	13%
Percent of Alaska adults without health insurance (18-64 years)	19%	87,883	5% (all ages)

*Source: Alaska Department of Labor, Research and Analysis Section, Alaska Population by Age, Male/Female, Census Area and Labor Market, 2000, 2009.

Methodology

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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 drawn in which all persons have a known chance of selection. The BRFSS in Alaska uses a stratified random sampling design, stratified into five regions based on common demographics. 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 was conducted throughout 2009. 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.

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

Sampling Process

The GENESYS sampling system through Marketing Systems Group provides a random telephone number sample each month. They use a Disproportionate Stratified Sample (DSS) process that is designed to improve the probability that all households in Alaska with telephones have a chance of inclusion in the study. For DSS, 100 number blocks of

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

Survey Instrument

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

The questionnaire has three parts:

- ▶ Core
- ▶ Optional standard modules
- ▶ State-added questions

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

Optional modules are CDC-supported sets of questions on specific topics that states can choose to add to their survey. State-added questions are developed or acquired by participating states and added to the questionnaire, they are not edited or evaluated by CDC. States are selective with choices of modules and state-specific questions to keep the questionnaires at a reasonable length of around 100 questions or 20-25 minutes.

Each year the states and CDC agree on the content of the core component and possible optional modules. BRFSS protocol specifies that all states ask the core component questions without modification and may elect to add modules and state-added questions. Any new questions proposed as additions to the BRFSS must go through cognitive and field-testing prior to their inclusion in the survey. The practice of utilizing questions from other surveys such as the National Health Interview Survey or the National Health and Nutrition Examination Survey allows the BRFSS to take advantage of cross-comparison between studies.

Data Collection

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

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

Data Processing and Analysis

Data processing is an integral part of the survey process, with collected data sent to CDC during each month of the year. Data conversion tables are developed to read the survey data and associated call history information from the WinCATI software, and to combine the information into the final format specified for the data year. CDC also created and distributes a Windows-based editing program that can perform data validations on properly formatted survey results.

This program is used to output lists of errors or warning conditions encountered in the data. These edited reports are produced monthly and corrections are made by the survey supervisor or coordinator after which data files are sent to the CDC electronically. At the end of each survey year, data are compiled and weighted by CDC, and cross tabulations and prevalence reports are prepared using SAS and SUDAAN software. To create the specific at-risk variables, such as binge drinking, several variables from the data file are combined with varying complexity. With the binge drinking example, the results from several questions in the alcohol section are combined to determine if a respondent is considered a binge drinker. The creation of some at-risk variables requires only combining codes, while others require sorting and combining selected categories from multiple variables.

Weighting

Unweighted data are the actual responses of each survey respondent. The data are weighted or adjusted to compensate for the over-representation or under-representation of persons in various subgroups. The data are further weighted to adjust the distribution of the sample data so that it reflects the total population of the sampled area. (See Appendix B for weighting formula).

Data Reporting

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

Confidence Intervals

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

Comparisons

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

Limitations

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

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

at least moderately reliable and valid and many were reported to be highly reliable and valid.²

In recent years, there has been an increase in the number of people who live in “cell phone only” households.³ Currently these households are not included in the BRFSS, as only households with landline telephones are eligible. In 2007 and in 2008, a sample of states piloted a cell phone-based BRFSS using a sample of cell phone exchanges to determine feasibility and effectiveness of including cell phones in the BRFSS sampling plan.⁴ In 2009 a small number of cell phone surveys were completed in all states. The results of the cell phone survey are not included in this report.

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 as the degree of precision for this instrument increases as the sample size increases.

Prevalence estimates are not reported for those categories in which there were less than 50 respondents or when the half-width of the confidence interval is more than 10. Suppressed data are listed in the tables as DSU (data statistically unreliable). Estimates are rounded to the nearest whole percent 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 BRFSS measures. *Soz Praventivmed.* 2001; Vol. 46:suppl.1

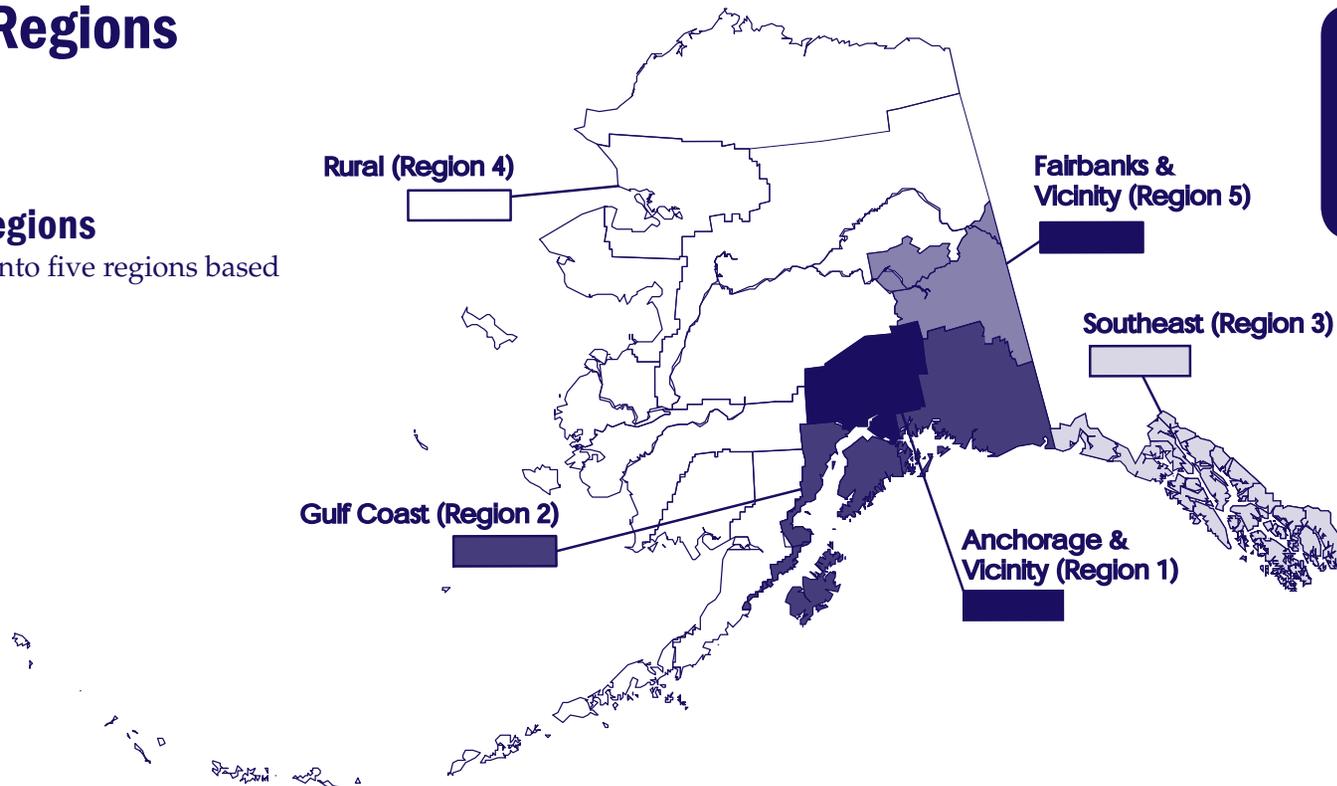
³ Blumberg, SJ, Lukem, JV. Wireless substitution: early release of estimates from the National Health Interview Survey, June – December 2010. National Center for Health Statistics. Available from <http://www.cdc.gov/nchs/data/nhis/earlyrelease/wireless201106.pdf>. Accessed: June 2011.

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

2009 BRFSS Sampling Regions

Map of Survey Sampling Regions

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



Region	2009			Total
	Population 18+ years old	Standard BRFSS	Modified BRFSS	
Region 1 - Anchorage and Vicinity				
Anchorage and Vicinity	267,891	511	487	998
Region 2 - Gulf Coast				
Kenai, Kodiak, Valdez, Cordova and vicinity	56,272,	486	501	987
Region 3 - Southeast				
All of Southeast Alaska	52,122	501	460	961
Region 4 - Rural				
All other non-urban areas of Alaska	44,875	431	367	798
Region 5 - Fairbanks and vicinity				
Fairbanks and vicinity	71,382	503	518	1,021
TOTAL	492,542	2,432	2,333	4,765

Source: Alaska Department of Labor, Research and Analysis Section, Alaska Population by Age, Male/Female, Census Area and Labor Market, 2000, 2009.

Survey Population by Selected Demographics

2009

	Standard BRFSS		Modified BRFSS		2009 Totals	
	n	Weighted %	n	Weighted %	n	Weighted %
Gender						
Male	1,104	52%	1,047	52.0%	2,151	52.0%
Female	1,328	48%	1,286	48.0%	2,614	48.0%
Total	2,432		2,333		4,765	
Race *						
White	1,771	74.8%	1,718	74.7%	3,489	74.8%
Alaska Native	462	15.2%	394	14.0%	856	14.6%
Other	182	9.3%	172	9.3%	354	9.3%
Unknown	17	< 1%	49	2.0%	66	1.3%
Age						
18 - 24	151	14%	125	13.0%	276	14.2%
25 - 34	328	20%	344	21.2%	672	20.0%
35 - 44	435	19%	413	18.9%	848	18.9%
45 - 54	581	21%	581	20.4%	1,162	20.5%
55 - 64	516	15%	476	15.2%	992	15.2%
65 or older	391	10%	365	10.3%	756	10.3%
Unknown	30	< 1%	29	1.0%	59	< 1%
Education						
Did not graduate high school	178	7%	165	6.9%	343	7.1%
Graduated high school	755	31%	651	29.7%	1,406	30.1%
Attended college or technical school	716	29%	686	27.6%	1,402	28.7%
Graduated college	779	32%	826	35.6%	1,605	33.8%
Unknown	4	<1%	5	< 1%	9	< 1%
Income						
Less than \$15,000	192	6%	163	5.8%	355	6.0%
\$15,000 - 24,999	249	8%	236	10.0%	485	9.2%
\$25,000 - 34,999	173	7%	201	6.9%	374	6.6%
\$35,000 - 49,999	320	13%	291	11.6%	611	12.5%
\$50,000 - 74,999	409	16%	402	17.2%	811	16.4%
\$75,000 or more	772	35%	781	38.0%	1,553	36.3%
Unknown	317	15%	259	10.4%	576	12.8%

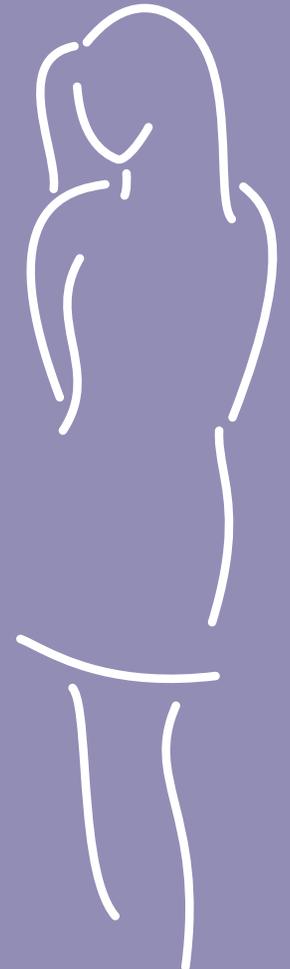
*Race categorization based on what race the respondent stated best describes their race if they stated they were of more than one race.

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Quality of Life

2009 Annual Report **Alaska Behavioral Risk Factor Survey**

[<< Previous: Introduction](#)



Health Status – Excellent/Very Good

INDICATOR: Percent of Alaska adults who report their health is very good or excellent.

DATA SOURCE: 2009 Alaska Standard and Supplemental BRFSS surveys combined

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

How are we doing?

- ▶ In 2009, Alaska adults generally reported their health to be good. Well over half (60%) said their health was very good or excellent.

How does Alaska compare with the U.S.?

- ▶ From 1995 through 2009, the prevalence of respondents reporting very good or excellent health has decreased both in the U.S. and in Alaska.
- ▶ The prevalence of very good or excellent health has been slightly higher in Alaska than the U.S. during this same time period.

Healthy Alaskans 2010

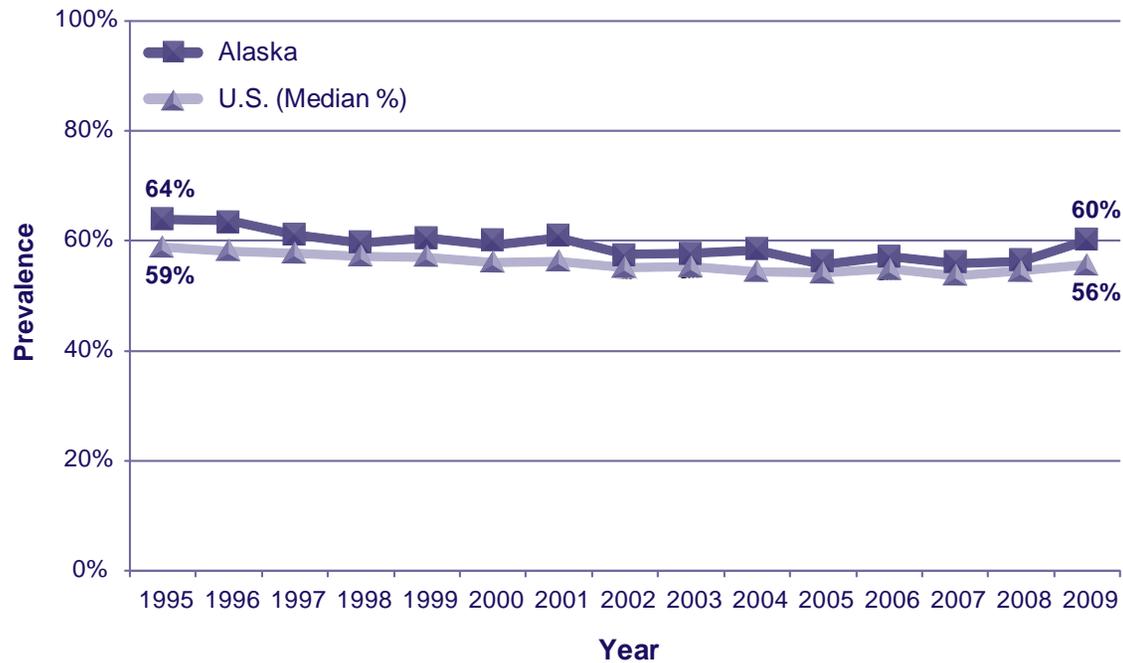
Objective 15.4: Increase the proportion of adults that report that their general health is excellent or very good to 75%.

How are different populations affected?

- ▶ Significantly more non-Natives than Alaska Natives rated their health as very good or excellent.
- ▶ Ratings of general health status appeared to increase with education and income and decrease with age in 2009.
- ▶ Respondents living in non-rural regions rated their health as very good or excellent more often than respondents living in the rural region of Alaska.
- ▶ A lower prevalence of excellent or very good health was associated with being divorced, widowed or separated, being unable to work, having 14 or more days in the last 30 with poor physical health and having a disability.
- ▶ Having a lifetime diagnosis of arthritis, having a lifetime diagnosis of asthma, having a lifetime diagnosis of cardiovascular disease, having diabetes, no leisure time physical activity in the past 30 days and being obese were also associated with a lower prevalence of reporting excellent or very good health.

Health Status – Excellent/Very Good

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



Quality of Life

Health Status – Excellent/Very Good

General health, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy Alaskans 2010 Objective: 15.4: Increase the proportion of adults that report that their general health is excellent or very good to 75%.																
Screening Question:	Would you say that in general your health is															
Response:	Excellent or Very Good						Age-Adjusted Rate									
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate								
		95% CI						95% CI	%	95% CI						
Total	60.2%	(58.0%	-	62.3%)	305,678	2,603	4,736	58.9%	(56.7%	-	61.0%)	
Demographics																
Gender																
Female	60.0%	(57.2%	-	62.7%)	146,485	1,449	2,602	59.2%	(56.5%	-	61.9%)	
Male	60.4%	(57.0%	-	63.6%)	159,193	1,154	2,134	58.6%	(55.3%	-	61.7%)	
Age Groups (Categories Used in Age-Adjustment)																
Persons aged 18 to 24 years	71%	(63%	-	78%)	51,557	178	275	NA	(NA	-	NA)	
Persons aged 25 to 34 years	64.3%	(58.7%	-	69.5%)	65,159	424	669	NA	(NA	-	NA)	
Persons aged 35 to 44 years	63.2%	(58.5%	-	67.6%)	60,743	512	846	NA	(NA	-	NA)	
Persons aged 45 to 64 years	57.5%	(54.5%	-	60.4%)	104,064	1,138	2,140	NA	(NA	-	NA)	
Persons aged 65 years and older	40.7%	(35.8%	-	45.8%)	21,256	319	747	NA	(NA	-	NA)	
Race and Ethnicity																
American Indian or Alaska Native	43.3%	(38.3%	-	48.4%)	32,127	317	848	40.1%	(35.8%	-	44.5%)	
Asian or Pacific Islander	56%	(42%	-	69%)	11,591	63	119	59%	(47%	-	70%)	
Asian	56%	(40%	-	71%)	6,926	50	94	62%	(49%	-	74%)	
Native Hawaiian or Other Pacific Islander	DSU	(DSU	-	DSU)	DSU	DSU	25	1	DSU	(DSU	-	DSU)
Black or African American	68%	(53%	-	80%)	7,049	35	64	67%	(52%	-	79%)	
White	63.4%	(60.8%	-	65.9%)	241,209	2,062	3,473	62.4%	(59.8%	-	64.9%)	
Hispanic or Latino	54%	(42%	-	66%)	10,605	68	130	50%	(40%	-	61%)	
Not Hispanic or Latino	60.5%	(58.3%	-	62.7%)	292,652	2,516	4,556	59.3%	(57.1%	-	61.4%)	
Black or African American, not Hispanic/Latino	DSU	(DSU	-	DSU)	DSU	DSU	29	1	DSU	(DSU	-	DSU)
White, not Hispanic or Latino	64.3%	(61.7%	-	66.9%)	234,016	2,001	3,336	63.3%	(60.7%	-	65.8%)	

Quality of Life

For table end notes see Appendix J on Pg 429.

Health Status – Excellent/Very Good (continued)

General health, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

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

Screening Question:

Would you say that in general your health is

Response:

Excellent or Very Good

Population at Risk (See Appendix)	Observed Rate			Age-Adjusted Rate			
	%	95% CI	Individuals	n	N #	%	95% CI
Alaska Native							
Yes	42.9%	(38.2% - 47.8%)	35,842	352	928	40.2%	(36.1% - 44.5%)
No	63.5%	(61.1% - 65.9%)	266,118	2,221	3,750	62.4%	(60.0% - 64.8%)
Geographic Location							
Anchorage & Vicinity	63.9%	(60.1% - 67.5%)	174,441	607	994	62.0%	(58.4% - 65.6%)
Fairbanks & Vicinity	62.6%	(59.0% - 66.0%)	47,012	597	1,017	60.4%	(56.9% - 63.8%)
Gulf Coast	57.4%	(53.5% - 61.2%)	33,175	536	982	57.6%	(53.7% - 61.3%)
Rural	41.6%	(37.6% - 45.8%)	19,969	327	787	40.5%	(36.4% - 44.7%)
Southeast	57.7%	(53.9% - 61.3%)	31,082	536	956	57.8%	(53.9% - 61.5%)
Urban/Rural							
Metropolitan Statistical Area	63.8%	(60.7% - 66.8%)	215,395	1,159	1,927	61.9%	(58.9% - 64.8%)
Micropolitan Statistical Area & Urban Clusters	56.1%	(52.9% - 59.2%)	50,049	795	1,483	55.3%	(52.3% - 58.3%)
Rural	49.6%	(46.2% - 53.0%)	39,983	647	1,321	49.6%	(46.1% - 53.0%)
Education Level (persons aged 25 years and older)							
Less than high school	38%	(29% - 47%)	9,350	100	284	37%	(29% - 45%)
High school graduate	46.8%	(42.8% - 50.8%)	54,682	551	1,271	45.8%	(41.9% - 49.8%)
At least some college	56.5%	(52.6% - 60.4%)	72,497	707	1,329	55.5%	(51.5% - 59.4%)
College Graduate	70.9%	(67.4% - 74.2%)	116,659	1,062	1,569	69.5%	(65.9% - 72.9%)
Employment Status							
Employed	64.4%	(61.6% - 67.1%)	214,581	1,835	2,978	62.5%	(59.2% - 65.6%)
Unemployed	48%	(40% - 56%)	20,983	152	392	45%	(37% - 53%)
Not in Workforce (Student, Homemaker, Retired)	59.2%	(54.8% - 63.5%)	65,958	584	1,143	63.4%	(58.8% - 67.7%)
Unable to work	16%	(9% - 25%)	2,724	23	200	19%	(11% - 31%)

Health Status – Excellent/Very Good (continued)

General health, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy Alaskans 2010 Objective: 15.4: Increase the proportion of adults that report that their general health is excellent or very good to 75%.									
Screening Question:	Would you say that in general your health is								
	Response:			Excellent or Very Good			Age-Adjusted Rate		
Population at Risk (<i>See Appendix</i>)	%	Observed Rate 95% CI		Individuals	n	N #	%	95% CI	
Marital Status									
Married or Unwed Couple	63.8%	(61.3% - 66.3%)	194,708	1,593	2,685	63.7%	(60.8% - 66.5%)
Divorced/Separated	31%	(25% - 38%)	5,259	118	322	43%	(30% - 58%)
Widowed	47.7%	(42.4% - 53.1%)	27,390	380	794	51.7%	(44.5% - 58.8%)
Never Married	63.8%	(57.4% - 69.8%)	59,758	381	679	54.0%	(48.0% - 59.9%)
Income Level									
<\$15,000	41%	(32% - 50%)	12,473	102	351	36%	(29% - 43%)
\$15,000 - \$24,999	42%	(34% - 50%)	19,735	193	481	41%	(34% - 48%)
\$25,000 - \$49,999	56.5%	(51.6% - 61.4%)	55,196	498	982	54.9%	(50.6% - 59.2%)
\$50,000 - \$74,999	65.1%	(59.8% - 70.1%)	54,091	487	806	64.0%	(58.5% - 69.2%)
\$75,000	69.4%	(65.9% - 72.6%)	128,650	1,049	1,550	68.7%	(65.0% - 72.1%)
Poverty Threshold									
Poor (<100% Poverty Threshold)	43%	(33% - 52%)	15,381	108	319	36%	(29% - 44%)
Near Poor (100% to 199% Poverty Threshold)	48.3%	(41.7% - 55.1%)	30,446	254	604	46.0%	(40.0% - 52.2%)
Middle/High Income (>=200% Poverty Threshold)	65.0%	(62.5% - 67.5%)	224,209	1,967	3,247	64.3%	(61.7% - 66.8%)
Below Poverty Guidelines									
Yes	43%	(35% - 52%)	21,766	153	432	39%	(32% - 46%)
No	63.1%	(60.7% - 65.4%)	247,897	2,176	3,738	62.3%	(59.9% - 64.7%)
Veteran									
Yes	60.2%	(54.9% - 65.3%)	54,375	432	814	60.8%	(54.1% - 67.2%)
No	60.2%	(57.8% - 62.5%)	250,657	2,164	3,909	58.3%	(56.0% - 60.6%)

Quality of Life

Health Status – Excellent/Very Good (continued)

General health, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

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

Screening Question:

Would you say that in general your health is

Response:

Excellent or Very Good

Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N #	Age-Adjusted Rate		
		95% CI					%	95% CI	
Health Status									
General Health									
Excellent to Very Good	100.0%	(0.0% - 0.0%)	305,678	2,603	2,603	100.0%	(0.0% - 0.0%)
Good	0.0%	(0.0% - 0.0%)	0	0	1,462	0.0%	(0.0% - 0.0%)
Fair/Poor	0.0%	(0.0% - 0.0%)	0	0	671	0.0%	(0.0% - 0.0%)
Healthy Days (Mean Number of Days)									
Physical Health Not Good	1.3	(1.1 - 1.5)			2572	1.3	(1.1 - 1.5)
Mental Health Not Good	1.7	(1.4 - 2.0)			2564	1.7	(1.4 - 2.0)
Unhealthy Days (Physical or Mental Health Not Good)	2.9	(2.6 - 3.3)			2575	2.9	(2.6 - 3.2)
Days with Activity Limitation	0.7	(0.6 - 0.9)			2588	0.7	(0.6 - 0.9)
Healthy Days (Percentage with 14 or More Days)									
Physical Health Not Good	20%	(15% - 26%)	7,794	73	466 3	25%	(19% - 32%)
Mental Health Not Good	34%	(27% - 42%)	12,513	107	388	36%	(29% - 44%)
Unhealthy Days (Physical or Mental Health Not Good)	30.4%	(25.4% - 35.9%)	21,457	187	751	31.5%	(26.6% - 36.8%)
Activity Limitation	16%	(11% - 24%)	4,140	43	325 3	21%	(13% - 31%)
Disability									
Disabled									
Yes	36.4%	(32.1% - 41.0%)	39,847	357	1,176	38.0%	(33.1% - 43.2%)
No	67.0%	(64.5% - 69.4%)	262,546	2,214	3,488	65.7%	(63.3% - 68.1%)
Activity Limitation									
Yes	36.3%	(31.8% - 41.1%)	37,447	326	1,104	37.6%	(32.6% - 42.9%)
No	66.5%	(64.1% - 68.9%)	265,106	2,247	3,566	65.2%	(62.7% - 67.5%)

Quality of Life

Health Status – Excellent/Very Good (continued)

General health, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

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

Screening Question:

Would you say that in general your health is

Response:

Excellent or Very Good

Population at Risk (<i>See Appendix</i>)	%	Observed Rate		Individuals	n	N #	Age-Adjusted Rate	
		95% CI					%	95% CI
Require Special Equipment								
Yes	26%	(19% - 34%)		7,594	77	338	30%	(21% - 41%)
No	62.4%	(60.1% - 64.6%)		296,559	2,511	4,364	61.1%	(58.8% - 63.2%)
Mental Health								
Social and Emotional Support								
Always/Usually	64.3%	(60.9% - 67.6%)		242,362	1,006	1,744	62.7%	(59.4% - 65.9%)
Sometimes/Rarely/Never	37.2%	(30.8% - 44.1%)		35,665	191	509	38.0%	(32.0% - 45.0%)
Life Satisfaction								
Very Satisfied / Satisfied	60.1%	(56.8% - 63.3%)		273,139	1,185	2,170	58.9%	(55.7% - 62.1%)
Dissatisfied / Very Dissatisfied	20%	(10% - 36%)		3,693	17	91	22%	(12% - 37%)
Healthcare								
Healthcare Coverage								
Health Plan								
Yes	61.8%	(59.5% - 64.2%)		256,620	2,231	3,933	61.0%	(58.7% - 63.4%)
No	52.1%	(46.5% - 57.7%)		45,912	361	775	47.5%	(41.7% - 53.3%)
Immunization								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	59.3%	(54.5% - 63.9%)		112,646	467	915	60.1%	(55.4% - 64.7%)
No	58.4%	(54.2% - 62.4%)		179,198	773	1,436	57.1%	(53.0% - 61.1%)
Ever Had Pneumonia Shot (Ages 65+)								
Yes	44.9%	(38.9% - 51.0%)		45,691	242	600	50.7%	(43.7% - 57.7%)
No	63.5%	(59.8% - 67.1%)		207,370	855	1,493	61.6%	(57.8% - 65.3%)

Quality of Life

Health Status – Excellent/Very Good (continued)

General health, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

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

Screening Question:	Response:	Would you say that in general your health is					Age-Adjusted Rate	
		Excellent or Very Good						
Population at Risk (See Appendix)		Observed Rate		Individuals	n	N #	Age-Adjusted Rate	
		%	95% CI				%	95% CI
Screening								
AIDS/HIV Screening (Ages 18-64)								
	Yes	63.1%	(58.4% - 67.6%)	132,046	498	902	62.3%	(57.8% - 66.6%)
	No	58.7%	(53.3% - 63.8%)	120,623	513	935	59.4%	(54.0% - 64.7%)
Diagnoses								
Arthritis								
Arthritis								
	Yes	38.5%	(32.9% - 44.5%)	44,281	248	688	39.5%	(30.9% - 48.7%)
	No	65.2%	(61.7% - 68.5%)	244,702	979	1,643	63.7%	(60.1% - 67.1%)
Asthma								
Asthma Diagnosis								
	Yes	46.9%	(41.2% - 52.8%)	30,973	261	626	45.5%	(39.9% - 51.3%)
	No	62.2%	(59.8% - 64.5%)	274,150	2,336	4,096	61.0%	(58.6% - 63.3%)
Current Asthma								
	Yes	42%	(35% - 49%)	17,268	153	399	41%	(34% - 48%)
	No	56%	(45% - 66%)	12,642	100	201	54%	(44% - 64%)
Cardiovascular and Cerebrovascular Disease								
Cardiovascular Disease								
	Yes	27%	(19% - 35%)	5,301	59	246	42%	(25% - 61%)
	No	61.9%	(59.7% - 64.1%)	299,120	2,534	4,436	60.5%	(58.3% - 62.7%)
Heart Attack (Myocardial Infarction)								
	Yes	27%	(18% - 37%)	3,863	42	181	48%	(31% - 66%)
	No	61.3%	(59.1% - 63.5%)	301,654	2,557	4,537	60.0%	(57.7% - 62.1%)

Health Status – Excellent/Very Good (continued)

General health, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

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

Screening Question:	Response:		Would you say that in general your health is				Age-Adjusted Rate	
	Excellent or Very Good		Observed Rate	Individuals	n	N #	95% CI	
Population at Risk (See Appendix)	%	95% CI	%				95% CI	%
Coronary Heart Disease (Angina)								
Yes	20%	(12% - 31%)	2,459	30	158	3	21%	(7% - 47%)
No	61.5%	(59.3% - 63.7%)	302,037	2,566	4,537		60.2%	(58.0% - 62.4%)
Stroke								
Yes	32%	(22% - 45%)	3,084	39	136		28%	(16% - 45%)
No	60.8%	(58.6% - 63.0%)	302,368	2,562	4,587		59.5%	(57.3% - 61.6%)
Diabetes								
Nongestational Diabetes								
Yes	26%	(20% - 33%)	7,882	85	346		30%	(20% - 43%)
No	62.4%	(60.1% - 64.6%)	297,306	2,515	4,381		61.0%	(58.8% - 63.2%)
Pre-Diabetes								
Yes	43%	(36% - 50%)	16,602	173	440		46%	(38% - 54%)
No	64.1%	(61.8% - 66.4%)	280,983	2,340	3,935		62.5%	(60.3% - 64.8%)
Risk Factors								
Alcohol								
Binge Drinking								
Yes	58%	(50% - 65%)	51,185	212	389		50%	(44% - 57%)
No	58.8%	(55.3% - 62.2%)	236,588	1,022	1,945		58.3%	(54.8% - 61.7%)
Heavy Drinking								
Yes	54%	(43% - 65%)	16,495	78	159		51%	(40% - 62%)
No	59.2%	(55.9% - 62.4%)	271,397	1,142	2,152		58.2%	(55.0% - 61.3%)

Quality of Life

Health Status – Excellent/Very Good (continued)

General health, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

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

Screening Question:	Response:	Would you say that in general your health is					Age-Adjusted Rate	
		Observed Rate	Excellent or Very Good			%	95% CI	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N #	%	95% CI	
Hypercholesterolemia								
High Cholesterol								
Yes	47.7%	(42.6% - 52.9%)	60,378	332	753	53.9%	(47.5% - 60.1%)	
No	66.6%	(62.4% - 70.5%)	156,040	646	1,087	65.5%	(61.2% - 69.5%)	
Hypertension								
High Blood Pressure								
Yes	39.9%	(35.0% - 45.0%)	52,982	280	772	41.5%	(34.8% - 48.5%)	
No	65.0%	(61.3% - 68.6%)	242,181	976	1,624	62.3%	(58.7% - 65.8%)	
Nutrition								
Fruit and Vegetable Index								
<1 Per Day or Never	30%	(20% - 43%)	9,203	39	140	30%	(20% - 41%)	
1 to <3 Times Per Day	50.4%	(45.0% - 55.9%)	84,685	383	805	49.7%	(44.6% - 54.8%)	
3 to <5 Times Per Day	66.2%	(61.6% - 70.5%)	115,842	461	833	64.6%	(60.3% - 68.6%)	
5 Or More Times Per Day	66.9%	(59.4% - 73.5%)	76,619	342	541	66.6%	(59.5% - 73.0%)	
Physical Activity								
Physical Activity Recommendations (2008)								
Active	64.6%	(60.7% - 68.3%)	223,750	917	1,529	62.9%	(59.1% - 66.6%)	
Insufficient	49%	(43% - 56%)	38,825	186	424	51%	(44% - 57%)	
Inactive	34%	(25% - 43%)	13,633	74	233	37%	(28% - 47%)	
Leisure Time Exercise								
Yes	65.2%	(62.8% - 67.5%)	265,205	2,248	3,729	63.7%	(61.3% - 66.0%)	
No	39.7%	(35.0% - 44.6%)	39,464	353	994	40.1%	(35.1% - 45.3%)	

Health Status – Excellent/Very Good (continued)

General health, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy Alaskans 2010 Objective: 15.4: Increase the proportion of adults that report that their general health is excellent or very good to 75%.													
Screening Question:		Would you say that in general your health is											
Response:		Excellent or Very Good					Age-Adjusted Rate						
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate					
		95% CI						%	95% CI				
Sexual Violence/Intimate Partner Violence													
Parents Physically Hurt by Spouse/Partner													
Yes	52%	(45%	-	59%)	44,977	196	428	51%	(44%	-	57%)
No	61.3%	(57.6%	-	64.8%)	221,705	965	1,728	60.0%	(56.4%	-	63.6%)
Unwanted Sexual Activity													
Yes	46%	(38%	-	54%)	28,679	143	338	43%	(35%	-	50%)
No	61.5%	(58.0%	-	65.0%)	238,434	1,018	1,825	60.6%	(57.1%	-	64.0%)
Ever Hurt or Threatened by Intimate Partner													
Yes	50.6%	(43.6%	-	57.6%)	49,008	228	510	49.0%	(42.9%	-	55.2%)
No	62.0%	(58.3%	-	65.5%)	219,165	938	1,659	61.2%	(57.6%	-	64.7%)
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner													
Yes	57%	(42%	-	70%)	15,031	50	120	45%	(35%	-	56%)
No	59.4%	(56.1%	-	62.7%)	252,539	1,115	2,052	58.6%	(55.3%	-	61.9%)
Tobacco Use													
Cigarette Smoking Status													
Current Smoker	48.8%	(43.9%	-	53.7%)	46,147	388	938	45.9%	(41.4%	-	50.3%)
Former Smoker	49.9%	(45.8%	-	54.0%)	69,758	733	1,470	49.0%	(44.3%	-	53.6%)
Never Smoked	69.6%	(66.7%	-	72.3%)	187,374	1,462	2,287	66.6%	(63.8%	-	69.2%)
Smokeless Tobacco Status													
Current User	55%	(46%	-	64%)	12,050	105	213	54%	(44%	-	64%)
Former User	57.7%	(51.3%	-	63.7%)	51,715	393	723	54.8%	(49.0%	-	60.6%)
Never Used	61.4%	(59.0%	-	63.8%)	229,215	2,014	3,601	60.6%	(58.3%	-	62.9%)

Quality of Life

Health Status – Excellent/Very Good (continued)

General health, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

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

Screening Question:

Would you say that in general your health is

Response:

Excellent or Very Good

Population at Risk (See Appendix)	%	Observed Rate		Individuals			Age-Adjusted Rate	
		95% CI	Individuals	n	N	#	%	95% CI
Weight Status								
Weight Status								
Normal (BMI <25)	69.0%	(65.0% - 72.7%)	117,876	951	1,484		66.5%	(63.1% - 69.7%)
Overweight (BMI 25 to 30)	63.6%	(60.2% - 66.9%)	120,335	1,003	1,727		63.0%	(59.6% - 66.2%)
Obese (BMI ≥30)	45.1%	(41.1% - 49.2%)	57,490	551	1,324		43.4%	(39.0% - 47.8%)
Obese I (BMI 30 TO < 35)	53.7%	(48.8% - 58.5%)	43,125	400	851		52.2%	(46.8% - 57.6%)
Obese II & III (BMI ≥35)	31%	(24% - 37%)	14,600	151	473		29%	(23% - 36%)

Health Status – Healthy Days

INDICATOR:

- ▶ Number of days in the last 30 days respondents reported poor physical health.
- ▶ Number of days in the last 30 days respondents reported poor mental health.
- ▶ Number of days in the last 30 days respondents reported poor physical or mental health limited their activities.

DATA SOURCE: 2009 Alaska Standard and Supplemental BRFSS surveys combined

BRFSS QUESTIONS:

- ▶ 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?
- ▶ 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?
- ▶ 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?

How are we doing?

- ▶ In 2009, the mean number of days Alaskans reported having poor physical health and poor mental health in the last 30 days was 2.9 and 2.6 days respectively. The mean number of days poor health limited activities was 1.8 days.
- ▶ Frequent mental distress (FMD), or reporting 14 or more days of poor mental health in the last 30 days, had a prevalence of 7.4% in 2009.

How does Alaska compare with the U.S.?

- ▶ The U.S. as a whole had a higher median average days with poor mental health (3.3 days), poor physical health (4.2 days), and days poor health limited activities (2.5 days) than Alaska in 2009.
- ▶ The median prevalence of FMD in the U.S. as a whole was 10.0%, higher than the prevalence for Alaska.

How are different populations affected?

- ▶ In 2009, females reported FMD more often than males.
- ▶ The prevalence of FMD in Alaska appeared to decrease with increasing level of education and income.
- ▶ FMD was also associated with being unemployed, unable to work, widowed, having a disability and having no leisure time activity in 2009.
- ▶ Adults reporting fair or poor general health status, those who sometimes, rarely or never get the social and emotional support they need, those who are dissatisfied or very dissatisfied with life also had a higher prevalence of FMD than adults not in these groups.
- ▶ Arthritis, cardiovascular disease, diabetes, pre-diabetes, high cholesterol, and smoking were associated with FMD.
- ▶ Sexual violence and intimate partner violence (SV/IPV) was also associated with FMD in 2009, respondents who reported SV/IPV appear to have a higher prevalence of FMD than those who did not.

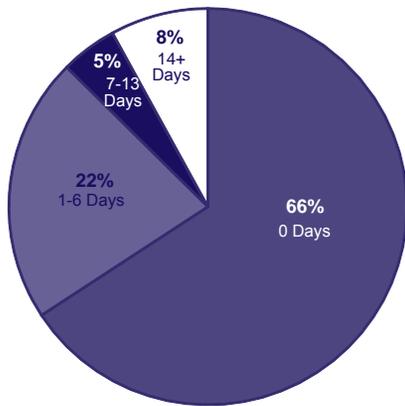
Health Status – Healthy Days, Past 30 Days

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

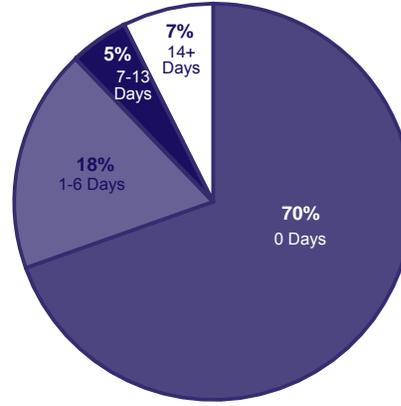
Mental Health:
How many days during the past 30 days was your mental health not good?

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

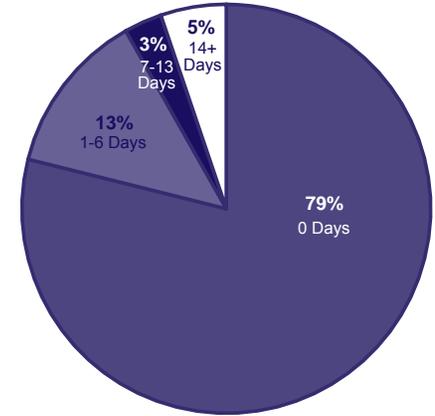
2009



N = 4,613



N = 4,627



N = 4,687

Note: Percentages listed in pie graphs may not add to 100% due to rounding.

Health Status – Frequent Mental Distress

Frequent mental distress, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?									
	Response:			14+ Days			Age-Adjusted Rate			
	Population at Risk (See Appendix)	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI	
Total	7.4%	(6.4% - 8.6%)	36,988	392	4,627		7.1%	(6.2% - 8.2%)		
Demographics										
Gender										
Female	10.5%	(8.8% - 12.5%)	25,141	255	2,535		10.0%	(8.4% - 11.9%)		
Male	4.6%	(3.6% - 5.8%)	11,848	137	2,092	3	4.5%	(3.6% - 5.7%)		
Age Groups (Categories Used in Age-Adjustment)										
Persons aged 18 to 24 years	7%	(4% - 11%)	5,012	21	268	3	NA	(NA - NA)		
Persons aged 25 to 34 years	8.1%	(5.6% - 11.6%)	8,066	58	654	3	NA	(NA - NA)		
Persons aged 35 to 44 years	6.0%	(4.2% - 8.4%)	5,633	62	829	3	NA	(NA - NA)		
Persons aged 45 to 64 years	8.7%	(7.2% - 10.4%)	15,447	197	2,090		NA	(NA - NA)		
Persons aged 65 years and older	5.2%	(3.6% - 7.6%)	2,687	48	733	3	NA	(NA - NA)		
Race and Ethnicity										
American Indian or Alaska Native	9.7%	(7.4% - 12.7%)	6,938	84	808	3	9.9%	(7.5% - 12.9%)		
Asian or Pacific Islander	1%	(0% - 3%)	196	2	119	3	1%	(0% - 4%)		
Asian	1%	(0% - 4%)	126	1	94	3	1%	(0% - 5%)		
Native Hawaiian or Other Pacific Islander	DSU	(DSU - DSU)	DSU	DSU	25	3	DSU	(DSU - DSU)		
Black or African American	16%	(7% - 32%)	1,633	9	61	3	13%	(6% - 25%)		
White	7.0%	(5.8% - 8.3%)	26,108	280	3,417		6.6%	(5.6% - 7.9%)		
Hispanic or Latino	8%	(3% - 21%)	1,528	11	125	3	7%	(3% - 17%)		
Not Hispanic or Latino	7.4%	(6.4% - 8.6%)	35,240	377	4,455		7.1%	(6.2% - 8.2%)		
Black or African American, not Hispanic/Latino	DSU	(DSU - DSU)	DSU	DSU	28	3	DSU	(DSU - DSU)		
White, not Hispanic or Latino	7.0%	(5.9% - 8.4%)	25,154	264	3,280		6.7%	(5.6% - 8.0%)		

Quality of Life

For table end notes see Appendix J on Pg 429.

Health Status – Frequent Mental Distress (continued)

Frequent mental distress, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Population at Risk (See Appendix)	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?							
	Response:			14+ Days			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Alaska Native								
Yes	9.2%	(7.1% - 12.0%)	7,459	94	888	3	9.4%	(7.2% - 12.1%)
No	7.1%	(6.0% - 8.4%)	29,342	295	3,685		6.8%	(5.7% - 8.0%)
Geographic Location								
Anchorage & Vicinity	7.1%	(5.5% - 9.1%)	19,052	82	973	3	6.7%	(5.2% - 8.6%)
Fairbanks & Vicinity	8.5%	(6.6% - 10.7%)	6,209	86	993	3	7.8%	(6.0% - 10.2%)
Gulf Coast	6.9%	(5.4% - 8.9%)	3,929	80	962	3	6.7%	(5.1% - 8.6%)
Rural	7.2%	(5.3% - 9.7%)	3,342	59	761	3	7.5%	(5.5% - 10.1%)
Southeast	8.4%	(6.5% - 10.8%)	4,456	85	938	3	8.2%	(6.3% - 10.7%)
Urban/Rural								
Metropolitan Statistical Area	7.5%	(6.1% - 9.1%)	24,856	165	1,887	3	7.1%	(5.8% - 8.6%)
Micropolitan Statistical Area & Urban Clusters	7.6%	(6.2% - 9.4%)	6,644	125	1,446	3	7.6%	(6.1% - 9.3%)
Rural	6.9%	(5.5% - 8.7%)	5,439	101	1,289	3	6.8%	(5.4% - 8.5%)
Education Level (persons aged 25 years and older)								
Less than high school	11%	(6% - 18%)	2,617	32	267	3	10%	(6% - 16%)
High school graduate	7.8%	(6.1% - 10.0%)	8,857	110	1,227	3	7.1%	(5.6% - 8.9%)
At least some college	8.9%	(7.0% - 11.3%)	11,247	127	1,305	3	8.4%	(6.6% - 10.6%)
College Graduate	5.9%	(4.3% - 7.9%)	9,577	102	1,554	3	5.8%	(4.2% - 7.8%)
Employment Status								
Employed	5.1%	(4.1% - 6.4%)	16,847	185	2,930	3	5.0%	(3.9% - 6.2%)
Unemployed	14%	(10% - 20%)	6,003	56	379	3	14%	(9% - 21%)
Not in Workforce (Student, Homemaker, Retired)	7.8%	(5.6% - 10.7%)	8,493	88	1,108	3	7.8%	(5.6% - 10.6%)
Unable to work	33%	(24% - 43%)	5,227	60	187		23%	(16% - 32%)

Health Status – Frequent Mental Distress (continued)

Frequent mental distress, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?									
	Response:	14+ Days					Age-Adjusted Rate			
		%	Observed Rate		Individuals	n	N #	%	95% CI	
Population at Risk (See Appendix)		95% CI						95% CI		
Marital Status										
Married or Unwed Couple	5.5%	(4.5% - 6.8%)	16,582	168	2,642	3	5.0%	(4.0% - 6.1%)		
Divorced/Separated	7%	(4% - 12%)	1,097	24	303	3	7%	(4% - 13%)		
Widowed	16.8%	(12.9% - 21.8%)	9,433	113	773	3	15.5%	(11.2% - 20.9%)		
Never Married	7.4%	(4.9% - 11.0%)	6,801	60	659	3	7.6%	(5.4% - 10.7%)		
Income Level										
<\$15,000	21%	(15% - 28%)	6,136	80	338	3	20%	(15% - 26%)		
\$15,000 - \$24,999	11%	(7% - 16%)	5,087	52	464	3	12%	(8% - 16%)		
\$25,000 - \$49,999	6.6%	(5.1% - 8.6%)	6,394	96	968	3	6.9%	(5.3% - 8.9%)		
\$50,000 - \$74,999	6.9%	(4.9% - 9.7%)	5,649	60	788	3	6.5%	(4.6% - 9.1%)		
\$75,000	4.6%	(3.2% - 6.7%)	8,463	66	1,533	3	4.8%	(3.0% - 7.7%)		
Poverty Threshold										
Poor (<100% Poverty Threshold)	13%	(9% - 19%)	4,524	53	308	3	14%	(10% - 19%)		
Near Poor (100% to 199% Poverty Threshold)	12.6%	(9.4% - 16.8%)	7,818	86	585	3	12.8%	(9.8% - 16.6%)		
Middle/High Income (>=200% Poverty Threshold)	5.7%	(4.6% - 6.9%)	19,240	215	3,198	3	5.5%	(4.4% - 6.8%)		
Below Poverty Guidelines										
Yes	15%	(11% - 21%)	7,406	79	419	3	16%	(12% - 21%)		
No	6.2%	(5.2% - 7.4%)	24,101	275	3,672		5.9%	(4.9% - 7.1%)		
Veteran										
Yes	5.1%	(3.5% - 7.3%)	4,511	58	798	3	4.7%	(3.2% - 6.8%)		
No	8.0%	(6.8% - 9.3%)	32,478	334	3,816		7.7%	(6.6% - 8.9%)		

Health Status – Frequent Mental Distress (continued)

Frequent mental distress, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?									
	Response:	Observed Rate			14+ Days			Age-Adjusted Rate		
		%	95% CI	Individuals	n	N	#	%	95% CI	
Population at Risk (See Appendix)										
Health Status										
General Health										
Excellent to Very Good	4.1%	(3.1% - 5.5%)	12,510	107	2,564	3	4.1%	(3.1% - 5.3%)		
Good	8.5%	(6.6% - 11.0%)	12,130	129	1,402	3	8.2%	(6.3% - 10.6%)		
Fair/Poor	23.0%	(18.6% - 28.1%)	12,161	152	640		20.9%	(16.3% - 26.4%)		
Healthy Days (Mean Number of Days)										
Physical Health Not Good	9.2	(7.7 - 10.8)				378	9.0	(7.6 - 10.5)		
Mental Health Not Good	23.1	(22.1 - 24.1)				392	23.3	(22.3 - 24.3)		
Unhealthy Days (Physical or Mental Health Not Good)	25.4	(24.5 - 26.2)				388	25.5	(24.6 - 26.4)		
Days with Activity Limitation	9.9	(8.3 - 11.6)				380	9.4	(7.9 - 11.0)		
Healthy Days (Percentage with 14 or More Days)										
Physical Health Not Good	28%	(23% - 34%)	10,830	145	462		24%	(19% - 30%)		
Mental Health Not Good	100%	(0% - 0%)	36,988	392	392		100%	(0% - 0%)		
Unhealthy Days (Physical or Mental Health Not Good)	51.9%	(46.4% - 57.3%)	36,731	388	757		50.2%	(44.7% - 55.8%)		
Activity Limitation	49%	(41% - 57%)	12,414	154	316		46%	(36% - 56%)		
Disability										
Disabled										
Yes	17.3%	(14.2% - 20.9%)	18,517	203	1,139		17.2%	(13.8% - 21.2%)		
No	4.6%	(3.7% - 5.7%)	17,613	182	3,416	3	4.4%	(3.6% - 5.5%)		
Activity Limitation										
Yes	17.5%	(14.3% - 21.2%)	17,642	196	1,068		17.2%	(13.8% - 21.2%)		
No	4.7%	(3.8% - 5.8%)	18,403	189	3,494	3	4.6%	(3.7% - 5.6%)		

Health Status – Frequent Mental Distress (continued)

Frequent mental distress, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?									
	Response:	14+ Days						Age-Adjusted Rate		
		%	Observed Rate 95% CI		Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)										
Require Special Equipment										
Yes	18%	(13% -	25%)	5,125	64	327	3	17%	(11% - 26%)
No	6.7%	(5.7% -	7.9%)	31,385	325	4,265		6.4%	(5.4% - 7.5%)
Mental Health										
Social and Emotional Support										
Always/Usually	4.9%	(3.6% -	6.6%)	18,101	97	1,717	3	4.8%	(3.6% - 6.5%)
Sometimes/Rarely/Never	16%	(12% -	21%)	14,898	80	490	3	16%	(12% - 21%)
Life Satisfaction										
Very Satisfied / Satisfied	5.6%	(4.4% -	7.2%)	24,967	140	2,125	3	5.5%	(4.3% - 7.0%)
Dissatisfied / Very Dissatisfied	42%	(28% -	58%)	7,622	38	89		38%	(27% - 50%)
Healthcare										
Healthcare Coverage										
Health Plan										
Yes	7.1%	(6.0% -	8.3%)	28,742	300	3,842		6.8%	(5.7% - 8.1%)
No	9.4%	(6.9% -	12.7%)	8,100	90	758	3	10.6%	(6.5% - 16.9%)
Immunization										
Flu Shot Within Past 12 Months (Ages 65+)										
Yes	6.0%	(4.3% -	8.5%)	11,235	71	893	3	5.8%	(4.0% - 8.1%)
No	7.6%	(5.8% -	9.9%)	22,890	113	1,407	3	7.1%	(5.5% - 9.2%)
Ever Had Pneumonia Shot (Ages 65+)										
Yes	8.9%	(6.2% -	12.6%)	8,895	54	587	3	8.3%	(5.8% - 11.9%)
No	7.0%	(5.2% -	9.2%)	22,309	110	1,462	3	7.1%	(5.3% - 9.3%)

Quality of Life

Health Status – Frequent Mental Distress (continued)

Frequent mental distress, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?								
	Response:	14+ Days					Age-Adjusted Rate		
		%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI	
Population at Risk (See Appendix)									
Screening									
AIDS/HIV Screening (Ages 18-64)									
Yes	10.7%	(8.0% - 14.2%)	21,877	96	886	3	11.2%	(8.5% - 14.7%)	
No	4.0%	(2.8% - 5.6%)	8,072	54	914	3	4.0%	(2.7% - 5.9%)	
Diagnoses									
Arthritis									
Arthritis									
Yes	11.0%	(8.1% - 14.6%)	12,408	76	673	3	10.9%	(7.1% - 16.3%)	
No	5.8%	(4.4% - 7.8%)	21,482	107	1,611	3	5.6%	(4.3% - 7.4%)	
Asthma									
Asthma Diagnosis									
Yes	15.9%	(11.8% - 21.1%)	10,215	89	604	3	14.8%	(10.9% - 19.8%)	
No	6.2%	(5.2% - 7.2%)	26,677	301	4,008		6.0%	(5.1% - 7.1%)	
Current Asthma									
Yes	17%	(12% - 23%)	6,815	64	386	3	15%	(11% - 21%)	
No	14%	(7% - 26%)	3,057	21	193	3	13%	(7% - 22%)	
Cardiovascular and Cerebrovascular Disease									
Cardiovascular Disease									
Yes	15%	(10% - 21%)	2,874	42	240	3	8%	(6% - 12%)	
No	7.1%	(6.1% - 8.3%)	33,643	342	4,335		6.8%	(5.8% - 8.0%)	
Heart Attack (Myocardial Infarction)									
Yes	15%	(10% - 23%)	2,088	34	175	3	8%	(6% - 13%)	
No	7.2%	(6.2% - 8.4%)	34,704	355	4,434		6.9%	(5.9% - 8.1%)	

Health Status – Frequent Mental Distress (continued)

Frequent mental distress, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?											
	Response:	14+ Days					Age-Adjusted Rate					
		%	Observed Rate 95% CI		Individuals	n	N	#	%	95% CI		
Population at Risk (See Appendix)												
Coronary Heart Disease (Angina)												
Yes	16%	(10% -	25%)	1,877	29	152	3	9%	(6% -	14%)
No	7.2%	(6.2% -	8.4%)	34,761	358	4,436		6.9%	(5.9% -	8.1%)
Stroke												
Yes	20%	(11% -	34%)	1,838	24	130	3	22%	(11% -	39%)
No	7.1%	(6.1% -	8.3%)	34,724	364	4,485		6.9%	(5.9% -	8.0%)
Diabetes												
Nongestational Diabetes												
Yes	15%	(10% -	22%)	4,484	47	339	3	15%	(9% -	23%)
No	6.9%	(5.8% -	8.0%)	32,038	343	4,279		6.6%	(5.7% -	7.8%)
Pre-Diabetes												
Yes	11%	(7% -	15%)	4,127	56	425	3	11%	(7% -	17%)
No	6.6%	(5.5% -	7.8%)	28,266	287	3,848		6.3%	(5.3% -	7.4%)
Risk Factors												
Alcohol												
Binge Drinking												
Yes	10%	(6% -	16%)	8,538	30	380	3	9%	(5% -	14%)
No	6.3%	(5.0% -	7.9%)	24,793	151	1,901	3	6.0%	(4.8% -	7.5%)
Heavy Drinking												
Yes	8%	(3% -	19%)	2,330	9	153	3	8%	(4% -	17%)
No	6.7%	(5.4% -	8.4%)	30,302	168	2,106	3	6.6%	(5.3% -	8.2%)

Quality of Life

Health Status – Frequent Mental Distress (continued)

Frequent mental distress, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Population at Risk (See Appendix)	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?							
	Response:			14+ Days			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Hypercholesterolemia								
High Cholesterol								
Yes	10.5%	(7.6% - 14.2%)	12,970	69	737	3	9.7%	(6.1% - 15.2%)
No	5.5%	(3.8% - 7.9%)	12,630	72	1,065	3	5.3%	(3.8% - 7.6%)
Hypertension								
High Blood Pressure								
Yes	9.8%	(6.9% - 13.7%)	12,715	74	758	3	9.8%	(6.2% - 15.4%)
No	6.0%	(4.6% - 7.8%)	22,071	113	1,588	3	6.3%	(4.8% - 8.1%)
Nutrition								
Fruit and Vegetable Index								
<1 Per Day or Never	12%	(6% - 21%)	3,585	18	133	3	11%	(7% - 19%)
1 to <3 Times Per Day	6.5%	(4.7% - 9.0%)	10,660	62	783	3	6.0%	(4.4% - 8.3%)
3 to <5 Times Per Day	6.6%	(4.7% - 9.2%)	11,428	66	829	3	6.8%	(4.8% - 9.6%)
5 Or More Times Per Day	7.6%	(4.5% - 12.8%)	8,583	37	525	3	7.6%	(4.5% - 12.7%)
Physical Activity								
Physical Activity Recommendations (2008)								
Active	5.9%	(4.3% - 7.9%)	19,909	96	1,499	3	5.7%	(4.2% - 7.7%)
Insufficient	8%	(5% - 12%)	6,267	39	418	3	9%	(6% - 13%)
Inactive	17%	(11% - 25%)	6,666	35	226	3	14%	(10% - 20%)
Leisure Time Exercise								
Yes	6.6%	(5.5% - 7.9%)	26,495	267	3,654	3	6.3%	(5.3% - 7.5%)
No	10.8%	(8.6% - 13.6%)	10,474	124	963		9.8%	(7.7% - 12.3%)

Health Status – Frequent Mental Distress (continued)

Frequent mental distress, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?							
	Response:	14+ Days					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N	#	%
Population at Risk (See Appendix)								
Sexual Violence/Intimate Partner Violence								
Parents Physically Hunt by Spouse/Partner								
Yes	16%	(11% - 23%)	13,405	55	414	3	15%	(10% - 21%)
No	5.1%	(4.0% - 6.6%)	18,314	116	1,703	3	5.1%	(4.0% - 6.5%)
Unwanted Sexual Activity								
Yes	19%	(14% - 26%)	11,528	58	326	3	19%	(13% - 26%)
No	5.5%	(4.1% - 7.2%)	20,842	114	1,794	3	5.4%	(4.1% - 7.1%)
Ever Hurt or Threatened by Intimate Partner								
Yes	15%	(11% - 21%)	14,094	74	494	3	14%	(10% - 20%)
No	5.1%	(3.9% - 6.7%)	17,853	99	1,633	3	5.1%	(3.9% - 6.8%)
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner								
Yes	30%	(18% - 46%)	7,796	32	117		32%	(20% - 46%)
No	5.9%	(4.7% - 7.3%)	24,402	141	2,011	3	5.7%	(4.5% - 7.2%)
Tobacco Use								
Cigarette Smoking Status								
Current Smoker	13.6%	(10.6% - 17.3%)	12,525	131	909	3	12.5%	(9.8% - 15.8%)
Former Smoker	6.9%	(5.2% - 9.0%)	9,438	124	1,435	3	6.9%	(4.8% - 9.8%)
Never Smoked	5.5%	(4.3% - 7.0%)	14,593	132	2,246	3	5.6%	(4.4% - 7.1%)
Smokeless Tobacco Status								
Current User	6%	(4% - 12%)	1,265	18	205	3	8%	(4% - 14%)
Former User	7.4%	(5.0% - 10.7%)	6,488	58	706	3	7.2%	(5.1% - 10.1%)
Never Used	7.7%	(6.5% - 9.1%)	28,128	302	3,521		7.3%	(6.2% - 8.6%)

Quality of Life

Health Status – Frequent Mental Distress (continued)

Frequent mental distress, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

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

Population at Risk (<i>See Appendix</i>)	Response:		14+ Days				Age-Adjusted Rate	
	%	<i>Observed Rate</i> 95% CI	<i>Individuals</i>	<i>n</i>	<i>N</i>	#	%	95% CI
Weight Status								
Weight Status								
Normal (BMI <25)	7.3%	(5.5% - 9.6%)	12,166	118	1,447	3	7.2%	(5.6% - 9.3%)
Overweight (BMI 25 to 30)	7.0%	(5.5% - 8.9%)	13,114	134	1,699	3	6.7%	(5.2% - 8.6%)
Obese (BMI ≥30)	8.1%	(6.3% - 10.4%)	10,178	123	1,288	3	8.4%	(6.2% - 11.3%)
Obese I (BMI 30 TO < 35)	7.2%	(5.4% - 9.6%)	5,731	74	836	3	7.7%	(5.5% - 10.8%)
Obese II & III (BMI ≥35)	10%	(6% - 15%)	4,568	49	452	3	9%	(6% - 14%)

Health Status – Poor Physical Health, Past 30 Days

Poor physical health, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Now thinking about your physical health, which includes which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?							
	Response:	14+ Days					Age-Adjusted Rate	
		%	Observed Rate		Individuals	n	N #	%
Population at Risk (See Appendix)		95% CI						95% CI
Total	8.0%	(7.0% - 9.1%)	39,572	477	4,613		8.3%	(7.3% - 9.4%)
Demographics								
Gender								
Female	8.9%	(7.6% - 10.5%)	21,298	272	2,529		8.9%	(7.6% - 10.5%)
Male	7.1%	(5.7% - 8.7%)	18,274	205	2,084		7.7%	(6.3% - 9.4%)
Age Groups (Categories Used in Age-Adjustment)								
Persons aged 18 to 24 years	4%	(2% - 7%)	2,844	14	267 3		NA	(NA - NA)
Persons aged 25 to 34 years	5.5%	(3.5% - 8.7%)	5,558	38	658 3		NA	(NA - NA)
Persons aged 35 to 44 years	6.2%	(4.6% - 8.3%)	5,814	64	829 3		NA	(NA - NA)
Persons aged 45 to 64 years	10.5%	(8.8% - 12.5%)	18,620	243	2,086		NA	(NA - NA)
Persons aged 65 years and older	13.5%	(10.6% - 17.1%)	6,819	115	719		NA	(NA - NA)
Race and Ethnicity								
American Indian or Alaska Native	11.5%	(8.8% - 14.9%)	8,148	101	800 3		12.8%	(9.9% - 16.5%)
Asian or Pacific Islander	3%	(1% - 9%)	595	5	117 3		2%	(1% - 6%)
Asian	1%	(0% - 6%)	124	2	92 3		1%	(0% - 4%)
Native Hawaiian or Other Pacific Islander	DSU	(DSU - DSU)	DSU	DSU	25 3		DSU	(DSU - DSU)
Black or African American	14%	(7% - 26%)	1,327	12	61 3		15%	(8% - 27%)
White	7.3%	(6.2% - 8.5%)	27,419	338	3,416		7.5%	(6.5% - 8.7%)
Hispanic or Latino	6%	(2% - 13%)	1,098	8	124 3		5%	(2% - 12%)
Not Hispanic or Latino	8.0%	(7.0% - 9.2%)	38,194	463	4,446		8.3%	(7.3% - 9.5%)
Black or African American, not Hispanic/Latino	DSU	(DSU - DSU)	DSU	DSU	28 3		DSU	(DSU - DSU)
White, not Hispanic or Latino	7.4%	(6.3% - 8.7%)	26,489	322	3,279		7.6%	(6.5% - 8.9%)

Quality of Life

For table end notes see Appendix J on Pg 429.

Health Status – Poor Physical Health, Past 30 Days (continued)

Poor physical health, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Now thinking about your physical health, which includes which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?									
	Response:	14+ Days					Age-Adjusted Rate			
		%	Observed Rate		Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)			95% CI							95% CI
Alaska Native										
Yes	11.7%	(9.0% - 15.1%)	9,400	113	879	3	12.7%	(9.8% - 16.2%)
No	7.3%	(6.3% - 8.5%)	30,110	362	3,682		7.5%	(6.5% - 8.7%)
Geographic Location										
Anchorage & Vicinity	6.6%	(5.2% - 8.5%)	17,783	86	974	3	6.9%	(5.4% - 8.7%)
Fairbanks & Vicinity	9.8%	(7.8% - 12.3%)	7,292	106	1,000	3	10.4%	(8.4% - 12.9%)
Gulf Coast	10.4%	(8.4% - 12.9%)	5,894	114	960		10.1%	(8.1% - 12.6%)
Rural	9.0%	(6.9% - 11.6%)	4,097	71	753	3	10.2%	(7.8% - 13.3%)
Southeast	8.6%	(6.9% - 10.6%)	4,506	100	926	3	8.7%	(6.9% - 10.9%)
Urban/Rural										
Metropolitan Statistical Area	7.4%	(6.1% - 8.9%)	24,481	185	1,891		7.7%	(6.4% - 9.3%)
Micropolitan Statistical Area & Urban Clusters	8.9%	(7.4% - 10.7%)	7,757	152	1,442		9.3%	(7.7% - 11.2%)
Rural	9.4%	(7.8% - 11.4%)	7,333	140	1,275		9.5%	(7.9% - 11.4%)
Education Level (persons aged 25 years and older)										
Less than high school	15%	(11% - 21%)	3,547	57	271	3	18%	(13% - 24%)
High school graduate	11.9%	(9.5% - 14.8%)	13,476	154	1,217		11.8%	(9.5% - 14.6%)
At least some college	8.9%	(7.1% - 11.1%)	11,217	153	1,302		9.2%	(7.3% - 11.4%)
College Graduate	5.3%	(4.0% - 7.0%)	8,563	97	1,548	3	5.7%	(4.4% - 7.4%)
Employment Status										
Employed	5.0%	(4.0% - 6.2%)	16,281	169	2,924	3	5.6%	(4.3% - 7.2%)
Unemployed	13%	(9% - 18%)	5,578	54	378	3	16%	(11% - 24%)
Not in Workforce (Student, Homemaker, Retired)	9.0%	(7.0% - 11.4%)	9,743	139	1,103	3	8.4%	(6.5% - 10.8%)
Unable to work	50%	(40% - 61%)	8,022	113	187		39%	(29% - 50%)

Health Status – Poor Physical Health, Past 30 Days (continued)

Poor physical health, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Now thinking about your physical health, which includes which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?							
	Response:	14+ Days					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Population at Risk (See Appendix)								
Marital Status								
Married or Unwed Couple	7.2%	(6.1% - 8.5%)	21,587	229	2,627	7.3%	(6.1% - 8.7%)	
Divorced/Separated	14%	(10% - 19%)	2,280	50	310	19%	(9% - 37%)	
Widowed	12.7%	(9.6% - 16.7%)	7,187	115	770	9.0%	(6.9% - 11.6%)	
Never Married	5.4%	(3.3% - 8.7%)	4,928	55	655	9.9%	(6.7% - 14.3%)	
Income Level								
<\$15,000	20%	(15% - 27%)	5,824	91	333	20%	(15% - 26%)	
\$15,000 - \$24,999	12%	(8% - 16%)	5,420	71	459	14%	(10% - 19%)	
\$25,000 - \$49,999	9.5%	(7.1% - 12.8%)	9,075	118	958	10.0%	(7.7% - 12.9%)	
\$50,000 - \$74,999	6.9%	(4.9% - 9.5%)	5,672	59	797	7.1%	(5.2% - 9.7%)	
\$75,000	4.7%	(3.5% - 6.5%)	8,688	74	1,531	5.3%	(3.8% - 7.4%)	
Poverty Threshold								
Poor (<100% Poverty Threshold)	13%	(9% - 19%)	4,433	56	302	16%	(11% - 22%)	
Near Poor (100% to 199% Poverty Threshold)	11.8%	(9.0% - 15.3%)	7,214	100	580	13.6%	(10.5% - 17.4%)	
Middle/High Income (>=200% Poverty Threshold)	6.7%	(5.6% - 8.1%)	22,869	257	3,196	6.9%	(5.7% - 8.3%)	
Below Poverty Guidelines								
Yes	13%	(10% - 18%)	6,286	79	410	15%	(12% - 20%)	
No	7.3%	(6.2% - 8.5%)	28,098	334	3,668	7.6%	(6.4% - 8.9%)	
Veteran								
Yes	8.5%	(6.2% - 11.6%)	7,508	101	791	8.1%	(5.9% - 11.0%)	
No	7.8%	(6.8% - 9.0%)	31,987	374	3,809	8.2%	(7.1% - 9.4%)	

Quality of Life

Health Status – Poor Physical Health, Past 30 Days (continued)

Poor physical health, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Now thinking about your physical health, which includes which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?							
	Response:	14+ Days					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N	#	%
Population at Risk (See Appendix)								
Health Status								
General Health								
Excellent to Very Good	2.5%	(1.8% - 3.5%)	7,675	73	2,572	3	2.6%	(1.9% - 3.5%)
Good	6.7%	(5.0% - 8.8%)	9,395	95	1,390	3	6.5%	(5.0% - 8.6%)
Fair/Poor	41.4%	(35.9% - 47.3%)	21,901	298	627		37.8%	(31.8% - 44.1%)
Healthy Days (Mean Number of Days)								
Physical Health Not Good	23.9	(22.9 - 24.9)			477		23.5	(22.4 - 24.7)
Mental Health Not Good	8.1	(6.6 - 9.5)			462		7.1	(5.8 - 8.4)
Unhealthy Days (Physical or Mental Health Not Good)	25.5	(24.6 - 26.4)			468		25.1	(24.0 - 26.2)
Days with Activity Limitation	12.3	(10.7 - 13.9)			458		11.2	(9.6 - 12.8)
Healthy Days (Percentage with 14 or More Days)								
Physical Health Not Good	100%	(0% - 0%)	39,572	477	477		100%	(0% - 0%)
Mental Health Not Good	30%	(24% - 37%)	10,786	145	378		29%	(24% - 35%)
Unhealthy Days (Physical or Mental Health Not Good)	55.4%	(49.8% - 60.9%)	39,035	468	753		54.8%	(49.3% - 60.2%)
Activity Limitation	72%	(64% - 80%)	18,125	244	315		69%	(59% - 78%)
Disability								
Disabled								
Yes	24.9%	(21.7% - 28.5%)	26,387	349	1,134		22.8%	(19.6% - 26.3%)
No	3.4%	(2.6% - 4.4%)	13,026	124	3,408	3	3.7%	(2.9% - 4.8%)
Activity Limitation								
Yes	25.7%	(22.2% - 29.4%)	25,593	339	1,061		23.5%	(20.2% - 27.2%)
No	3.5%	(2.7% - 4.5%)	13,845	135	3,490	3	4.0%	(3.1% - 5.0%)

Health Status – Poor Physical Health, Past 30 Days (continued)

Poor physical health, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Now thinking about your physical health, which includes which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?							
	Response:	14+ Days					Age-Adjusted Rate	
		%	Observed Rate		Individuals	n	N #	%
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N #	%	95% CI
Require Special Equipment								
Yes		35%	(28% - 42%)	9,982	148	330	29%	(23% - 36%)
No		6.4%	(5.4% - 7.4%)	29,574	327	4,250	6.6%	(5.6% - 7.7%)
Mental Health								
Social and Emotional Support								
Always/Usually		6.9%	(5.5% - 8.6%)	25,691	143	1,724	7.5%	(6.0% - 9.3%)
Sometimes/Rarely/Never		11%	(8% - 15%)	10,188	76	491	11%	(8% - 14%)
Life Satisfaction								
Very Satisfied / Satisfied		6.5%	(5.4% - 7.8%)	29,034	186	2,131	7.1%	(5.8% - 8.5%)
Dissatisfied / Very Dissatisfied		38%	(25% - 54%)	6,998	35	92	33%	(22% - 47%)
Healthcare								
Healthcare Coverage								
Health Plan								
Yes		7.5%	(6.5% - 8.6%)	30,521	385	3,840	7.6%	(6.7% - 8.7%)
No		10.2%	(7.3% - 14.1%)	8,677	90	745	10.3%	(7.2% - 14.4%)
Immunization								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes		9.1%	(7.0% - 11.8%)	16,865	106	902	9.0%	(6.8% - 11.8%)
No		7.0%	(5.5% - 8.8%)	21,076	126	1,405	7.4%	(5.9% - 9.3%)
Ever Had Pneumonia Shot (Ages 65+)								
Yes		13.8%	(10.6% - 17.6%)	13,497	97	585	10.5%	(7.9% - 13.8%)
No		6.2%	(4.8% - 8.0%)	20,030	115	1,470	6.8%	(5.2% - 8.7%)

Quality of Life

Health Status – Poor Physical Health, Past 30 Days (continued)

Poor physical health, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Now thinking about your physical health, which includes which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?													
	Response:	14+ Days					Age-Adjusted Rate							
		%	Observed Rate		Individuals	n	N	#	%	95% CI				
Population at Risk (See Appendix)														
Screening														
AIDS/HIV Screening (Ages 18-64)														
Yes	7.9%	(6.0%	-	10.4%)	16,414	92	895	3	8.7%	(6.6%	-	11.3%)
No	6.2%	(4.5%	-	8.5%)	12,490	71	917	3	5.6%	(4.1%	-	7.6%)
Diagnoses														
Arthritis														
Arthritis														
Yes	20.1%	(16.2%	-	24.8%)	22,616	146	673		19.1%	(14.1%	-	25.4%)
No	4.1%	(3.1%	-	5.4%)	15,046	85	1,616	3	4.5%	(3.4%	-	6.1%)
Asthma														
Asthma Diagnosis														
Yes	13.7%	(10.5%	-	17.6%)	8,737	114	606		13.3%	(10.3%	-	17.1%)
No	7.1%	(6.1%	-	8.2%)	30,620	360	3,992		7.4%	(6.4%	-	8.6%)
Current Asthma														
Yes	19%	(14%	-	24%)	7,466	91	386		17%	(13%	-	23%)
No	4%	(3%	-	7%)	887	17	195	3	5%	(3%	-	9%)
Cardiovascular and Cerebrovascular Disease														
Cardiovascular Disease														
Yes	26%	(20%	-	34%)	5,026	71	242		22%	(12%	-	38%)
No	7.1%	(6.1%	-	8.1%)	33,360	390	4,322		7.4%	(6.4%	-	8.5%)
Heart Attack (Myocardial Infarction)														
Yes	28%	(20%	-	37%)	3,909	54	174		25%	(12%	-	44%)
No	7.3%	(6.3%	-	8.4%)	35,045	416	4,422		7.5%	(6.5%	-	8.6%)

Health Status – Poor Physical Health, Past 30 Days (continued)

Poor physical health, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Now thinking about your physical health, which includes which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?							
	Response:	14+ Days					Age-Adjusted Rate	
		%	Observed Rate		Individuals	n	N #	%
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N #	%	95% CI
Coronary Heart Disease (Angina)								
Yes	30%	(21% - 41%)	3,635	54	156	30%	(11% - 59%)	
No	7.3%	(6.4% - 8.4%)	35,203	413	4,422	7.7%	(6.7% - 8.8%)	
Stroke								
Yes	30%	(20% - 43%)	2,695	41	128	32%	(19% - 49%)	
No	7.5%	(6.6% - 8.6%)	36,590	431	4,472	7.9%	(6.9% - 9.0%)	
Diabetes								
Nongestational Diabetes								
Yes	23%	(17% - 30%)	6,897	83	336	19%	(13% - 27%)	
No	7.0%	(6.0% - 8.1%)	32,592	393	4,270	7.3%	(6.4% - 8.4%)	
Pre-Diabetes								
Yes	13%	(9% - 18%)	4,843	66	422	12%	(8% - 18%)	
No	6.5%	(5.5% - 7.5%)	27,688	324	3,840	6.9%	(5.9% - 8.0%)	
Risk Factors								
Alcohol								
Binge Drinking								
Yes	9%	(6% - 14%)	7,856	32	386	12%	(7% - 20%)	
No	7.5%	(6.3% - 9.0%)	29,713	195	1,904	7.8%	(6.5% - 9.3%)	
Heavy Drinking								
Yes	12%	(5% - 24%)	3,543	11	156	13%	(7% - 24%)	
No	7.5%	(6.2% - 8.9%)	33,620	214	2,111	8.0%	(6.7% - 9.5%)	

Quality of Life

Health Status – Poor Physical Health, Past 30 Days (continued)

Poor physical health, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Now thinking about your physical health, which includes which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?									
	Response:	14+ Days					Age-Adjusted Rate			
		Observed Rate	95% CI		Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)	%	95% CI		Individuals	n	N	#	%	95% CI	
Hypercholesterolemia										
High Cholesterol										
Yes	13.6%	(10.6% - 17.4%)		16,969	109	742	3	11.0%	(8.3% - 14.5%)	
No	5.1%	(3.8% - 6.8%)		11,653	79	1,067	3	5.8%	(4.2% - 7.9%)	
Hypertension										
High Blood Pressure										
Yes	14.6%	(11.6% - 18.3%)		19,135	116	759		15.2%	(10.6% - 21.3%)	
No	5.2%	(4.0% - 6.6%)		18,836	117	1,594	3	5.8%	(4.5% - 7.5%)	
Nutrition										
Fruit and Vegetable Index										
<1 Per Day or Never	8%	(4% - 14%)		2,385	18	135	3	8%	(5% - 14%)	
1 to <3 Times Per Day	8.8%	(6.5% - 11.8%)		14,395	82	789	3	9.4%	(7.0% - 12.6%)	
3 to <5 Times Per Day	6.7%	(5.0% - 8.9%)		11,542	79	826	3	7.2%	(5.4% - 9.5%)	
5 Or More Times Per Day	8.1%	(5.6% - 11.6%)		9,177	49	529	3	8.2%	(5.7% - 11.6%)	
Physical Activity										
Physical Activity Recommendations (2008)										
Active	5.8%	(4.4% - 7.5%)		19,739	100	1,511	3	6.3%	(4.8% - 8.2%)	
Insufficient	7%	(5% - 10%)		5,412	43	412	3	7%	(5% - 11%)	
Inactive	24%	(17% - 32%)		9,346	64	225		22%	(16% - 30%)	
Leisure Time Exercise										
Yes	6.0%	(5.1% - 7.2%)		24,146	278	3,640		6.5%	(5.5% - 7.7%)	
No	15.9%	(13.0% - 19.3%)		15,358	197	961		15.1%	(12.1% - 18.6%)	

Health Status – Poor Physical Health, Past 30 Days (continued)

Poor physical health, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Now thinking about your physical health, which includes which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?								
	Response:	14+ Days						Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)									
Sexual Violence/Intimate Partner Violence									
Parents Physically Hurt by Spouse/Partner									
Yes	15%	(11% - 20%)	12,817	66	420	3	15%	(11% - 20%)	
No	6.0%	(4.8% - 7.4%)	21,271	140	1,704	3	6.4%	(5.2% - 8.0%)	
Unwanted Sexual Activity									
Yes	18%	(13% - 25%)	11,097	57	334	3	18%	(13% - 24%)	
No	6.1%	(4.9% - 7.5%)	23,155	151	1,793	3	6.5%	(5.3% - 8.0%)	
Ever Hurt or Threatened by Intimate Partner									
Yes	15.0%	(11.0% - 20.0%)	14,230	80	500	3	15.0%	(11.0% - 20.0%)	
No	5.7%	(4.5% - 7.1%)	19,848	129	1,634	3	6.0%	(4.8% - 7.5%)	
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner									
Yes	10%	(6% - 18%)	2,606	18	117	3	13%	(7% - 23%)	
No	7.6%	(6.3% - 9.2%)	31,796	192	2,018		7.9%	(6.5% - 9.5%)	
Tobacco Use									
Cigarette Smoking Status									
Current Smoker	10.6%	(8.4% - 13.4%)	9,782	130	908		10.7%	(8.5% - 13.4%)	
Former Smoker	12.1%	(9.8% - 14.7%)	16,503	189	1,427		11.2%	(9.1% - 13.7%)	
Never Smoked	5.0%	(4.0% - 6.3%)	13,246	157	2,239	3	5.6%	(4.5% - 6.9%)	
Smokeless Tobacco Status									
Current User	8%	(5% - 13%)	1,700	22	203	3	10%	(5% - 16%)	
Former User	8.9%	(6.3% - 12.2%)	7,864	70	706	3	11.1%	(8.0% - 15.2%)	
Never Used	7.9%	(6.8% - 9.2%)	28,990	366	3,511		7.9%	(6.8% - 9.1%)	

Quality of Life

Health Status – Poor Physical Health, Past 30 Days (continued)

Poor physical health, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Now thinking about your physical health, which includes which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?										
	Response:	14+ Days					Age-Adjusted Rate				
		Population at Risk (See Appendix)	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI	
Weight Status											
Weight Status											
Normal (BMI <25)	7.5%	(5.9% - 9.4%)	12,521	142	1,446	3	8.8%	(7.0% - 11.0%)			
Overweight (BMI 25 to 30)	6.1%	(4.9% - 7.6%)	11,241	147	1,691	3	6.1%	(4.9% - 7.5%)			
Obese (BMI ≥30)	11.5%	(9.1% - 14.3%)	14,220	172	1,282		11.6%	(9.1% - 14.6%)			
Obese I (BMI 30 TO < 35)	8.7%	(6.3% - 11.9%)	6,829	92	828	3	9.8%	(6.7% - 13.9%)			
Obese II & III (BMI ≥35)	16%	(12% - 22%)	7,203	80	454	3	16%	(11% - 21%)			

Health Status – Limited Activities, Past 30 Days

Activity limitation, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	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?												
	Response:	14+ Days					Age-Adjusted Rate						
		%	Observed Rate		Individuals	n	N	#	%	95% CI			
Population at Risk (See Appendix)													
Total	5.2%	(4.4%	-	6.1%)	26,222	330	4,687	5.3%	(4.5%	-	6.2%)
Demographics													
Gender													
Female	6.5%	(5.3%	-	8.0%)	15,723	192	2,565	6.4%	(5.3%	-	7.8%)
Male	4.0%	(3.1%	-	5.1%)	10,499	138	2,122	4.3%	(3.4%	-	5.5%)
Age Groups (Categories Used in Age-Adjustment)													
Persons aged 18 to 24 years	3%	(1%	-	7%)	2,168	11	272	NA	(NA	-	NA)
Persons aged 25 to 34 years	3.2%	(1.7%	-	5.8%)	3,221	23	666	NA	(NA	-	NA)
Persons aged 35 to 44 years	4.0%	(2.6%	-	6.0%)	3,806	41	842	NA	(NA	-	NA)
Persons aged 45 to 64 years	7.2%	(5.9%	-	8.7%)	12,802	179	2,118	NA	(NA	-	NA)
Persons aged 65 years and older	7.8%	(5.7%	-	10.5%)	4,018	74	735	NA	(NA	-	NA)
Race and Ethnicity													
American Indian or Alaska Native	8.3%	(5.9%	-	11.4%)	6,026	73	828	9.1%	(6.6%	-	12.5%)
Asian or Pacific Islander	2%	(1%	-	5%)	411	5	115	2%	(1%	-	4%)
Asian	2%	(1%	-	6%)	249	4	92	2%	(1%	-	5%)
Native Hawaiian or Other Pacific Islander	DSU	(DSU	-	DSU)	DSU	DSU	23	DSU	(DSU	-	DSU)
Black or African American	17%	(8%	-	32%)	1,762	10	64	14%	(7%	-	25%)
White	4.4%	(3.7%	-	5.4%)	16,822	227	3,451	4.5%	(3.7%	-	5.4%)
Hispanic or Latino	2%	(0%	-	8%)	390	3	128	2%	(0%	-	8%)
Not Hispanic or Latino	5.3%	(4.5%	-	6.2%)	25,446	320	4,514	5.4%	(4.6%	-	6.3%)
Black or African American, not Hispanic/Latino	DSU	(DSU	-	DSU)	DSU	DSU	29	DSU	(DSU	-	DSU)
White, not Hispanic or Latino	4.4%	(3.7%	-	5.4%)	16,068	216	3,313	4.5%	(3.7%	-	5.4%)

Quality of Life

For table end notes see Appendix J on Pg 429.

Health Status – Limited Activities, Past 30 Days (continued)

Activity limitation, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	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?									
	Response:	14+ Days					Age-Adjusted Rate			
		Population at Risk (See Appendix)	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Alaska Native										
Yes	8.7%	(6.3% - 12.0%)	7,164	82	908	3	9.3%	(6.8% - 12.6%)		
No	4.6%	(3.8% - 5.5%)	19,020	246	3,723	3	4.6%	(3.9% - 5.5%)		
Geographic Location										
Anchorage & Vicinity	4.5%	(3.4% - 6.1%)	12,319	60	981	3	4.6%	(3.4% - 6.2%)		
Fairbanks & Vicinity	5.6%	(4.3% - 7.4%)	4,194	67	1,010	3	5.8%	(4.4% - 7.6%)		
Gulf Coast	6.0%	(4.6% - 7.8%)	3,467	74	978	3	5.6%	(4.3% - 7.2%)		
Rural	5.1%	(3.7% - 7.2%)	2,425	45	776	3	5.4%	(3.8% - 7.6%)		
Southeast	7.2%	(5.7% - 9.1%)	3,816	84	942	3	7.4%	(5.8% - 9.4%)		
Urban/Rural										
Metropolitan Statistical Area	4.6%	(3.6% - 5.9%)	15,577	121	1,911	3	4.8%	(3.7% - 6.0%)		
Micropolitan Statistical Area & Urban Clusters	6.2%	(4.9% - 8.0%)	5,517	105	1,464	3	6.3%	(4.9% - 7.9%)		
Rural	6.4%	(5.1% - 7.9%)	5,078	103	1,307	3	6.5%	(5.2% - 8.1%)		
Education Level (persons aged 25 years and older)										
Less than high school	11%	(6% - 18%)	2,631	36	279	3	11%	(7% - 17%)		
High school graduate	6.8%	(5.2% - 8.9%)	7,890	97	1,253	3	7.1%	(5.4% - 9.3%)		
At least some college	6.8%	(5.4% - 8.6%)	8,641	126	1,316	3	6.6%	(5.2% - 8.2%)		
College Graduate	2.9%	(2.0% - 4.2%)	4,781	59	1,560	3	3.1%	(2.2% - 4.5%)		
Employment Status										
Employed	2.6%	(1.9% - 3.5%)	8,584	95	2,964	3	2.9%	(2.1% - 4.0%)		
Unemployed	10%	(7% - 16%)	4,332	48	386	3	12%	(7% - 21%)		
Not in Workforce (Student, Homemaker, Retired)	5.4%	(4.0% - 7.3%)	5,922	89	1,129	3	5.1%	(3.8% - 6.9%)		
Unable to work	46%	(36% - 56%)	7,242	98	187		32%	(25% - 40%)		

Health Status – Limited Activities, Past 30 Days (continued)

Activity limitation, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	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?									
	Response:	14+ Days					Age-Adjusted Rate			
		%	Observed Rate 95% CI		Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)										
Marital Status										
Married or Unwed Couple	4.3%	(3.5% - 5.4%)	13,091	141	2,670	3	4.3%	(3.4% - 5.3%)		
Divorced/Separated	10%	(7% - 15%)	1,648	35	311	3	17%	(7% - 35%)		
Widowed	10.2%	(7.5% - 13.7%)	5,784	92	788	3	7.6%	(5.6% - 10.2%)		
Never Married	3.6%	(2.1% - 6.0%)	3,288	41	666	3	5.5%	(3.6% - 8.3%)		
Income Level										
<\$15,000	17%	(12% - 22%)	5,056	83	340		16%	(12% - 21%)		
\$15,000 - \$24,999	10%	(6% - 14%)	4,676	56	478	3	11%	(7% - 15%)		
\$25,000 - \$49,999	5.6%	(3.9% - 8.0%)	5,351	73	971	3	5.7%	(4.1% - 7.8%)		
\$50,000 - \$74,999	2.7%	(1.8% - 4.2%)	2,278	34	804	3	2.7%	(1.8% - 4.2%)		
\$75,000	2.4%	(1.6% - 3.7%)	4,516	42	1,547	3	2.6%	(1.7% - 4.0%)		
Poverty Threshold										
Poor (<100% Poverty Threshold)	11%	(7% - 16%)	3,885	54	310	3	13%	(9% - 19%)		
Near Poor (100% to 199% Poverty Threshold)	8.7%	(6.2% - 12.2%)	5,407	74	595	3	9.3%	(6.8% - 12.7%)		
Middle/High Income (>=200% Poverty Threshold)	3.6%	(2.9% - 4.5%)	12,352	160	3,235	3	3.6%	(2.9% - 4.6%)		
Below Poverty Guidelines										
Yes	13%	(9% - 17%)	6,508	78	421	3	14%	(10% - 19%)		
No	3.9%	(3.2% - 4.8%)	15,302	210	3,719	3	4.0%	(3.2% - 4.9%)		
Veteran										
Yes	4.6%	(3.4% - 6.3%)	4,148	70	810	3	4.3%	(3.1% - 5.8%)		
No	5.3%	(4.5% - 6.4%)	22,074	260	3,864	3	5.5%	(4.6% - 6.6%)		

Health Status – Limited Activities, Past 30 Days (continued)

Activity limitation, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	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?							
	Response:	14+ Days					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N	#	%
Population at Risk (See Appendix)								
Health Status								
General Health								
Excellent to Very Good	1.4%	(0.9% - 2.2%)	4,173	43	2,588	3	1.5%	(1.0% - 2.3%)
Good	3.9%	(2.7% - 5.7%)	5,645	63	1,432	3	3.8%	(2.6% - 5.6%)
Fair/Poor	29.7%	(25.0% - 35.0%)	16,057	219	645		26.5%	(21.8% - 31.8%)
Healthy Days (Mean Number of Days)								
Physical Health Not Good	19.1	(17.1 - 21.0)			315		18.0	(16.0 - 20.0)
Mental Health Not Good	12.8	(10.7 - 14.9)			316		11.8	(9.5 - 14.2)
Unhealthy Days (Physical or Mental Health Not Good)	24.2	(22.7 - 25.6)			317		23.4	(21.6 - 25.1)
Days with Activity Limitation	23.8	(22.7 - 25.0)			330		23.3	(22.0 - 24.7)
Healthy Days (Percentage with 14 or More Days)								
Physical Health Not Good	47%	(41% - 54%)	18,023	244	458		45%	(38% - 53%)
Mental Health Not Good	35%	(28% - 42%)	12,605	154	380		34%	(27% - 41%)
Unhealthy Days (Physical or Mental Health Not Good)	33.9%	(29.1% - 39.1%)	23,533	293	737		33.1%	(28.3% - 38.4%)
Activity Limitation	100%	(0% - 0%)	26,222	330	330		100%	(0% - 0%)
Disability								
Disabled								
Yes	19.2%	(16.2% - 22.6%)	20,445	266	1,144		18.0%	(14.8% - 21.7%)
No	1.4%	(1.0% - 2.1%)	5,586	60	3,471	3	1.6%	(1.1% - 2.4%)
Activity Limitation								
Yes	19.6%	(16.5% - 23.1%)	19,698	257	1,072		18.5%	(15.2% - 22.3%)
No	1.6%	(1.1% - 2.2%)	6,193	69	3,550	3	1.8%	(1.2% - 2.5%)

Health Status – Limited Activities, Past 30 Days (continued)

Activity limitation, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	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?							
	Response:	14+ Days					Age-Adjusted Rate	
		%	Observed Rate		Individuals	n	N #	%
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N #	%	95% CI
Require Special Equipment								
Yes		30%	(24% - 38%)	8,369	116	325	29%	(21% - 38%)
No		3.8%	(3.1% - 4.6%)	17,777	212	4,330	3.8%	(3.1% - 4.7%)
Mental Health								
Social and Emotional Support								
Always/Usually		3.7%	(2.7% - 4.9%)	13,704	89	1,731	4.2%	(3.1% - 5.6%)
Sometimes/Rarely/Never		10.7%	(7.6% - 15.0%)	10,029	63	500	10.0%	(7.0% - 14.0%)
Life Satisfaction								
Very Satisfied / Satisfied		4.1%	(3.2% - 5.3%)	18,671	121	2,152	4.5%	(3.5% - 5.8%)
Dissatisfied / Very Dissatisfied		28%	(17% - 42%)	4,977	31	87	21%	(13% - 31%)
Healthcare								
Healthcare Coverage								
Health Plan								
Yes		5.2%	(4.3% - 6.2%)	21,444	261	3,897	5.2%	(4.4% - 6.3%)
No		5.5%	(3.9% - 7.7%)	4,733	68	764	6.6%	(4.1% - 10.3%)
Immunization								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes		6.0%	(4.3% - 8.1%)	11,151	74	903	5.8%	(4.2% - 8.1%)
No		4.5%	(3.3% - 6.1%)	13,851	85	1,425	4.6%	(3.4% - 6.1%)
Ever Had Pneumonia Shot (Ages 65+)								
Yes		9.0%	(6.6% - 12.2%)	9,116	66	592	7.2%	(5.2% - 9.9%)
No		4.1%	(3.0% - 5.7%)	13,308	78	1,478	4.3%	(3.1% - 5.9%)

Health Status – Limited Activities, Past 30 Days (continued)

Activity limitation, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	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?								
	Response:	14+ Days						Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)									
Screening									
AIDS/HIV Screening (Ages 18-64)									
Yes	6.5%	(4.7% - 9.1%)	13,522	71	896	3	7.0%	(5.1% - 9.6%)	
No	3.0%	(2.1% - 4.3%)	6,130	46	928	3	2.6%	(1.8% - 3.7%)	
Diagnoses									
Arthritis									
Arthritis									
Yes	12.9%	(9.8% - 16.7%)	14,384	96	672	3	11.5%	(7.8% - 16.4%)	
No	2.8%	(1.9% - 4.0%)	10,339	62	1,636	3	2.8%	(2.0% - 3.9%)	
Asthma									
Asthma Diagnosis									
Yes	12.8%	(9.5% - 17.2%)	8,353	94	611	3	12.3%	(9.0% - 16.5%)	
No	4.0%	(3.4% - 4.9%)	17,654	233	4,061	3	4.2%	(3.5% - 5.1%)	
Current Asthma									
Yes	14%	(10% - 19%)	5,678	67	388	3	13%	(9% - 18%)	
No	10%	(5% - 19%)	2,220	20	196	3	9%	(5% - 17%)	
Cardiovascular and Cerebrovascular Disease									
Cardiovascular Disease									
Yes	21%	(15% - 28%)	4,075	57	241	3	14%	(8% - 25%)	
No	4.6%	(3.8% - 5.5%)	22,000	268	4,396	3	4.7%	(4.0% - 5.6%)	
Heart Attack (Myocardial Infarction)									
Yes	20%	(13% - 28%)	2,816	42	177	3	14%	(7% - 27%)	
No	4.8%	(4.0% - 5.7%)	23,339	286	4,493	3	4.9%	(4.1% - 5.7%)	

Health Status – Limited Activities, Past 30 Days (continued)

Activity limitation, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	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?										
	Response:	14+ Days					Age-Adjusted Rate				
		%	Observed Rate		Individuals	n	N	#	%	95% CI	
Population at Risk (See Appendix)			95% CI							95% CI	
Coronary Heart Disease (Angina)											
Yes	22%	(14% - 33%)	2,652	38	154	3	12%	(8% - 17%)	
No	4.8%	(4.1% - 5.7%)	23,440	289	4,496		4.9%	(4.2% - 5.8%)	
Stroke											
Yes	26%	(16% - 38%)	2,483	33	134		28%	(16% - 44%)	
No	4.8%	(4.0% - 5.6%)	23,494	292	4,541		4.9%	(4.1% - 5.8%)	
Diabetes											
Nongestational Diabetes											
Yes	14%	(10% - 20%)	4,187	57	340	3	11%	(8% - 16%)	
No	4.6%	(3.9% - 5.5%)	21,872	272	4,338	3	4.9%	(4.1% - 5.8%)	
Pre-Diabetes											
Yes	8%	(6% - 12%)	3,049	51	434	3	8%	(5% - 11%)	
No	4.3%	(3.5% - 5.2%)	18,728	220	3,899	3	4.6%	(3.8% - 5.5%)	
Risk Factors											
Alcohol											
Binge Drinking											
Yes	5%	(2% - 9%)	4,412	22	389	3	5%	(3% - 9%)	
No	5.2%	(4.1% - 6.5%)	20,721	135	1,919	3	5.3%	(4.2% - 6.6%)	
Heavy Drinking											
Yes	6%	(3% - 14%)	1,818	8	158	3	7%	(3% - 16%)	
No	5.0%	(4.0% - 6.3%)	22,831	147	2,125	3	5.3%	(4.2% - 6.7%)	

Quality of Life

Health Status – Limited Activities, Past 30 Days (continued)

Activity limitation, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question: 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?

Population at Risk (See Appendix)	Response:		14+ Days				Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Hypercholesterolemia								
High Cholesterol								
Yes	8.5%	(6.3% - 11.5%)	10,635	71	744	3	6.4%	(4.7% - 8.7%)
No	3.8%	(2.7% - 5.3%)	8,784	60	1,079	3	4.0%	(2.8% - 5.7%)
Hypertension								
High Blood Pressure								
Yes	10.1%	(7.6% - 13.2%)	13,230	83	763	3	11.2%	(7.1% - 17.2%)
No	3.2%	(2.3% - 4.5%)	11,791	78	1,609	3	3.8%	(2.7% - 5.3%)
Nutrition								
Fruit and Vegetable Index								
<1 Per Day or Never	7%	(3% - 15%)	2,059	14	135	3	7%	(4% - 14%)
1 to <3 Times Per Day	5.5%	(3.9% - 7.7%)	9,116	59	798	3	5.7%	(4.0% - 8.1%)
3 to <5 Times Per Day	4.4%	(2.9% - 6.7%)	7,675	50	825	3	4.8%	(3.1% - 7.3%)
5 Or More Times Per Day	5.0%	(3.2% - 7.8%)	5,690	33	537	3	4.8%	(3.1% - 7.2%)
Physical Activity								
Physical Activity Recommendations (2008)								
Active	3.4%	(2.4% - 4.9%)	11,811	65	1,521	3	3.9%	(2.7% - 5.5%)
Insufficient	5%	(3% - 8%)	3,947	34	421	3	5%	(3% - 8%)
Inactive	18%	(12% - 25%)	7,071	45	227	3	15%	(10% - 21%)
Leisure Time Exercise								
Yes	3.9%	(3.2% - 4.9%)	15,890	185	3,701	3	4.2%	(3.4% - 5.2%)
No	10.6%	(8.5% - 13.3%)	10,312	144	974	3	9.7%	(7.7% - 12.2%)

Health Status – Limited Activities, Past 30 Days (continued)

Activity limitation, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	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?									
	Response:	14+ Days					Age-Adjusted Rate			
		%	Observed Rate		Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)			95% CI							95% CI
Sexual Violence/Intimate Partner Violence										
Parents Physically Hurt by Spouse/Partner										
Yes	9%	(5% - 13%)	7,650	40	424	3	9%	(6% - 14%)
No	3.9%	(3.0% - 5.1%)	14,153	100	1,713	3	4.2%	(3.2% - 5.5%)
Unwanted Sexual Activity										
Yes	11%	(7% - 17%)	6,678	39	333	3	11%	(7% - 16%)
No	4.0%	(3.0% - 5.2%)	15,250	102	1,807	3	4.3%	(3.3% - 5.7%)
Ever Hurt or Threatened by Intimate Partner										
Yes	9%	(6% - 13%)	8,530	57	499	3	9%	(6% - 14%)
No	3.6%	(2.7% - 4.9%)	12,745	83	1,647	3	3.8%	(2.8% - 5.2%)
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner										
Yes	8%	(5% - 15%)	2,021	18	116	3	13%	(7% - 24%)
No	4.7%	(3.6% - 6.0%)	19,695	123	2,032	3	4.8%	(3.7% - 6.2%)
Tobacco Use										
Cigarette Smoking Status										
Current Smoker	7.3%	(5.5% - 9.7%)	6,850	97	925	3	7.3%	(5.6% - 9.5%)
Former Smoker	7.5%	(5.8% - 9.7%)	10,455	130	1,459	3	7.3%	(5.3% - 9.9%)
Never Smoked	3.3%	(2.5% - 4.4%)	8,789	100	2,265	3	3.6%	(2.8% - 4.7%)
Smokeless Tobacco Status										
Current User	5%	(3% - 10%)	1,090	15	212	3	8%	(4% - 15%)
Former User	6.7%	(4.5% - 10.0%)	6,020	57	721	3	9.0%	(6.1% - 13.0%)
Never Used	5.0%	(4.2% - 6.0%)	18,449	246	3,558		4.8%	(4.0% - 5.7%)

Health Status – Limited Activities, Past 30 Days (continued)

Activity limitation, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question: 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?

Population at Risk (See Appendix)	Response:		14+ Days				Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Weight Status								
Weight Status								
Normal (BMI <25)	4.5%	(3.3% - 6.1%)	7,684	93	1,468	3	5.1%	(3.9% - 6.7%)
Overweight (BMI 25 to 30)	4.2%	(3.2% - 5.6%)	7,997	100	1,719	3	4.1%	(3.1% - 5.4%)
Obese (BMI ≥30)	7.8%	(6.0% - 10.1%)	9,796	127	1,307	3	8.1%	(5.9% - 11.0%)
Obese I (BMI 30 TO < 35)	5.8%	(4.3% - 7.7%)	4,626	73	846	3	5.7%	(4.2% - 7.7%)
Obese II & III (BMI ≥35)	11%	(7% - 17%)	5,019	54	461	3	11%	(7% - 16%)

Disability Status

INDICATOR: Percent of Alaskan adults whose activities are limited due to physical, mental or emotional problems and/or have a health problem that requires the use of special equipment.

DATA SOURCE: 2009 Alaska Standard and Supplemental BRFSS surveys combined

BRFSS QUESTIONS:

- ▶ Are you limited in any way in any activities because of physical, mental or emotional problems?
- ▶ Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?

How does Alaska compare with the U.S.?

- ▶ In 2009, the median prevalence of having a disability in the U.S. (20.2%) was very close to the prevalence in Alaska (22%).

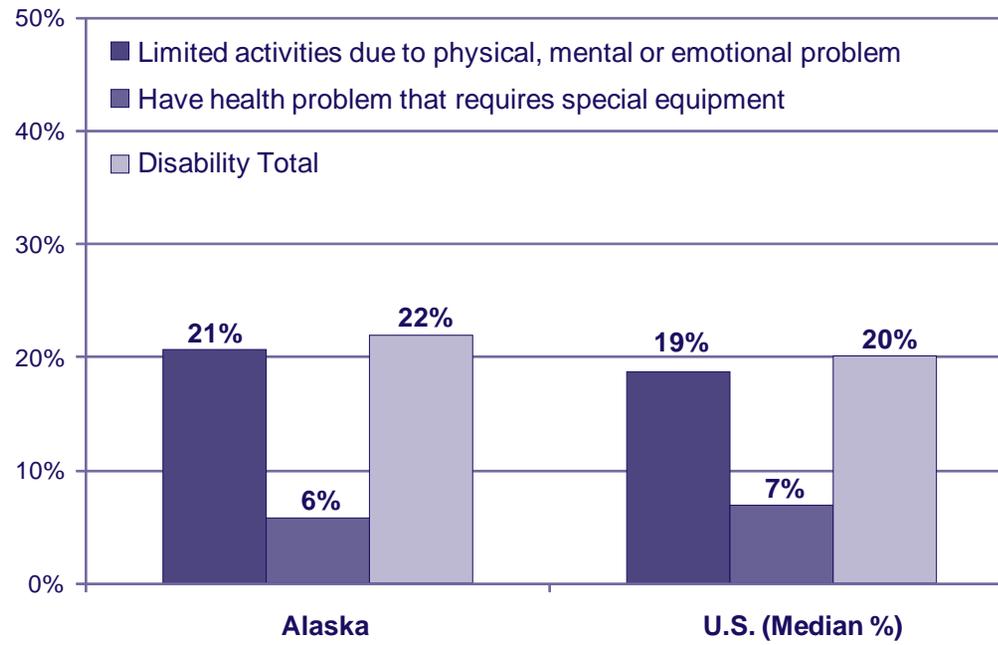
How are different populations affected?

- ▶ Prevalence of having a disability appeared to increase with age and decrease with income in 2009.
- ▶ Alaskans with fair/poor health reported having a disability significantly more often than those with good or better health.
- ▶ Alaskans with arthritis, asthma, cardiovascular disease, diabetes, hypertension and high cholesterol reported having a disability significantly more often than those without these conditions.
- ▶ Sexual violence and intimate partner violence (SV/IPV) was also associated with having a disability in 2009, respondents who reported SV/IPV appear to have a higher prevalence of having a disability than those who did not.

Disability Status

Quality of Life

Disability Status: Alaska vs. Nationwide



Disability Status

Disability, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Population at Risk (See Appendix)	Response:						Age-Adjusted Rate			
	Are you limited in any way in any activities because of physical, mental, or emotional problems? Do you now have any health problem that requires you to use special equipment, such as a cane, wheelchair, a special bed, or a special telephone?									
	Yes to Either Question									
	%	Observed Rate		Individuals	n	N #	%	95% CI		
		95% CI					95% CI			
Total	22.0%	(20.2% - 23.8%)	110,540	1,187	4,686	23.0%	(21.2% - 24.8%)			
Demographics										
Gender										
Female	24.3%	(21.9% - 26.9%)	58,622	648	2,571	25.0%	(22.5% - 27.5%)			
Male	19.8%	(17.4% - 22.4%)	51,918	539	2,115	21.1%	(18.7% - 23.7%)			
Age Groups (Categories Used in Age-Adjustment)										
Persons aged 18 to 24 years	14%	(9% - 21%)	9,981	36	268 3	NA	(NA - NA)			
Persons aged 25 to 34 years	15.1%	(11.4% - 19.5%)	15,104	89	657 3	NA	(NA - NA)			
Persons aged 35 to 44 years	17.4%	(13.9% - 21.4%)	16,626	151	843	NA	(NA - NA)			
Persons aged 45 to 64 years	26.3%	(23.8% - 29.0%)	47,433	586	2,122	NA	(NA - NA)			
Persons aged 65 years and older	39.4%	(34.6% - 44.4%)	20,392	315	741	NA	(NA - NA)			
Race and Ethnicity										
American Indian or Alaska Native	19.8%	(16.3% - 23.7%)	14,383	183	833	21.2%	(17.6% - 25.2%)			
Asian or Pacific Islander	15%	(6% - 33%)	3,094	15	118 3	13%	(6% - 23%)			
Asian	16%	(6% - 38%)	2,013	11	93 3	14%	(7% - 27%)			
Native Hawaiian or Other Pacific Islander	DSU	(DSU - DSU)	DSU	DSU	25 3	DSU	(DSU - DSU)			
Black or African American	31%	(17% - 49%)	3,010	19	62 1	27%	(17% - 42%)			
White	22.3%	(20.3% - 24.4%)	84,250	898	3,444	23.1%	(21.2% - 25.2%)			
Hispanic or Latino	15%	(9% - 24%)	2,937	28	128 3	21%	(13% - 31%)			
Not Hispanic or Latino	22.3%	(20.5% - 24.2%)	106,837	1,146	4,509	23.2%	(21.4% - 25.1%)			
Black or African American, not Hispanic/Latino	DSU	(DSU - DSU)	DSU	DSU	27 1	DSU	(DSU - DSU)			
White, not Hispanic or Latino	22.3%	(20.3% - 24.5%)	80,813	858	3,307	23.2%	(21.2% - 25.4%)			

Quality of Life

For table end notes see Appendix J on Pg 429.

Disability Status (continued)

Disability, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Are you limited in any way in any activities because of physical, mental, or emotional problems? Do you now have any health problem that requires you to use special equipment, such as a cane, wheelchair, a special bed, or a special telephone?							
	Response:	Yes to Either Question					Age-Adjusted Rate	
		%	95% CI	Individuals	n	N #	%	95% CI
Population at Risk (See Appendix)								
Alaska Native								
Yes	21.4%	(17.9% - 25.4%)	17,551	213	913	22.5%	(18.9% - 26.6%)	
No	22.1%	(20.2% - 24.2%)	92,093	956	3,717	23.1%	(21.2% - 25.2%)	
Geographic Location								
Anchorage & Vicinity	22.1%	(19.2% - 25.3%)	60,098	255	988	22.9%	(20.0% - 26.1%)	
Fairbanks & Vicinity	21.5%	(18.8% - 24.5%)	15,896	259	1,001	24.2%	(21.4% - 27.2%)	
Gulf Coast	24.4%	(21.4% - 27.7%)	13,984	274	973	24.1%	(21.2% - 27.3%)	
Rural	15.8%	(13.2% - 18.8%)	7,395	141	775	17.7%	(14.8% - 21.1%)	
Southeast	24.5%	(21.4% - 27.9%)	13,168	258	949	25.2%	(22.0% - 28.7%)	
Urban/Rural								
Metropolitan Statistical Area	21.8%	(19.4% - 24.4%)	73,161	491	1,906	23.0%	(20.6% - 25.6%)	
Micropolitan Statistical Area & Urban Clusters	22.9%	(20.3% - 25.8%)	20,303	370	1,470	24.3%	(21.7% - 27.1%)	
Rural	21.4%	(18.9% - 24.2%)	17,027	325	1,305	21.6%	(19.1% - 24.4%)	
Education Level (persons aged 25 years and older)								
Less than high school	31%	(24% - 39%)	7,445	97	280	31%	(25% - 39%)	
High school graduate	23.8%	(20.6% - 27.3%)	27,552	312	1,253	24.1%	(21.0% - 27.6%)	
At least some college	26.1%	(22.9% - 29.7%)	33,253	389	1,319	26.7%	(23.5% - 30.3%)	
College Graduate	19.5%	(16.8% - 22.6%)	32,112	351	1,560	21.8%	(18.9% - 25.0%)	
Employment Status								
Employed	17.1%	(15.0% - 19.3%)	56,375	518	2,947	17.4%	(15.1% - 20.0%)	
Unemployed	25%	(19% - 31%)	10,872	109	388	32%	(26% - 39%)	
Not in Workforce (Student, Homemaker, Retired)	26.8%	(23.3% - 30.7%)	29,517	380	1,127	22.9%	(19.6% - 26.5%)	
Unable to work	80%	(69% - 88%)	13,675	175	201	63%	(50% - 74%)	

Disability Status (continued)

Disability, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Population at Risk (See Appendix)	Screening Question: Are you limited in any way in any activities because of physical, mental, or emotional problems? Do you now have any health problem that requires you to use special equipment, such as a cane, wheelchair, a special bed, or a special telephone?						Response:	
							Yes to Either Question	
	%	Observed Rate 95% CI		Individuals	n	N #	Age-Adjusted Rate %	95% CI
Marital Status								
Married or Unwed Couple	20.2%	(18.3% -	22.4%)	61,391	607	2,659	21.5% (18.8% - 24.5%)
Divorced/Separated	40%	(32% -	48%)	6,753	126	322	49% (41% - 58%)
Widowed	32.5%	(27.4% -	38.1%)	18,502	249	786	30.5% (23.8% - 38.2%)
Never Married	17.5%	(13.2% -	23.0%)	16,176	142	669	27.0% (21.9% - 32.8%)
Income Level								
<\$15,000	36%	(29% -	44%)	10,933	154	350	38% (31% - 45%)
\$15,000 - \$24,999	25%	(19% -	32%)	11,639	147	477	28% (22% - 35%)
\$25,000 - \$49,999	22.7%	(19.1% -	26.8%)	21,727	277	966	24.0% (20.6% - 27.8%)
\$50,000 - \$74,999	17.6%	(14.3% -	21.3%)	14,636	161	802	17.8% (14.5% - 21.6%)
\$75,000	18.0%	(15.4% -	21.0%)	33,333	290	1,541	19.0% (16.1% - 22.1%)
Poverty Threshold								
Poor (<100% Poverty Threshold)	23%	(17% -	30%)	8,195	95	316	25% (19% - 32%)
Near Poor (100% to 199% Poverty Threshold)	25.6%	(20.7% -	31.3%)	16,050	200	601	27.9% (22.9% - 33.5%)
Middle/High Income (>=200% Poverty Threshold)	19.9%	(18.0% -	22.0%)	68,298	734	3,219	20.8% (18.8% - 22.9%)
Below Poverty Guidelines								
Yes	26%	(20% -	33%)	13,069	133	426	28% (23% - 34%)
No	20.4%	(18.6% -	22.3%)	79,478	896	3,710	21.1% (19.3% - 23.0%)
Veteran								
Yes	24.7%	(20.7% -	29.3%)	22,088	262	805	24.0% (19.4% - 29.2%)
No	21.3%	(19.5% -	23.3%)	88,187	921	3,868	22.7% (20.8% - 24.7%)

Disability Status (continued)

Disability, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Are you limited in any way in any activities because of physical, mental, or emotional problems? Do you now have any health problem that requires you to use special equipment, such as a cane, wheelchair, a special bed, or a special telephone?							
	Response:	Yes to Either Question					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Health Status								
General Health								
Excellent to Very Good	13.2%	(11.3% - 15.3%)	39,847	357	2,571		13.8%	(12.0% - 15.8%)
Good	24.9%	(21.6% - 28.4%)	35,685	392	1,430		25.3%	(22.1% - 28.8%)
Fair/Poor	61.1%	(55.2% - 66.6%)	33,812	427	663		57.7%	(51.0% - 64.1%)
Healthy Days (Mean Number of Days)								
Physical Health Not Good	7.9	(7.0 - 8.8)			1,134		7.4	(6.5 - 8.2)
Mental Health Not Good	5.2	(4.4 - 6.1)			1,139		5.2	(4.3 - 6.2)
Unhealthy Days (Physical or Mental Health Not Good)	10.7	(9.7 - 11.7)			1,148		10.5	(9.4 - 11.6)
Days with Activity Limitation	5.8	(5.0 - 6.6)			1,144		5.5	(4.7 - 6.4)
Healthy Days (Percentage with 14 or More Days)								
Physical Health Not Good	67%	(60% - 73%)	26,407	349	473		61%	(54% - 68%)
Mental Health Not Good	51%	(44% - 59%)	18,426	203	385		50%	(43% - 57%)
Unhealthy Days (Physical or Mental Health Not Good)	54.6%	(49.0% - 60.1%)	38,194	441	749		53.8%	(48.3% - 59.1%)
Activity Limitation	79%	(71% - 85%)	20,565	266	326		75%	(65% - 83%)
Disability								
Disabled								
Yes	100.0%	(0.0% - 0.0%)	110,540	1,187	1,187		100.0%	(0.0% - 0.0%)
No	0.0%	(0.0% - 0.0%)	0	0	3,499		0.0%	(0.0% - 0.0%)
Activity Limitation								
Yes	100.0%	(0.0% - 0.0%)	104,230	1,113	1,113		100.0%	(0.0% - 0.0%)
No	1.5%	(1.1% - 2.1%)	6,145	73	3,572	3	2.1%	(1.5% - 2.8%)

Disability Status (continued)

Disability, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Population at Risk (See Appendix)	Screening Question: Are you limited in any way in any activities because of physical, mental, or emotional problems? Do you now have any health problem that requires you to use special equipment, such as a cane, wheelchair, a special bed, or a special telephone?						Response:		
	Observed Rate			Yes to Either Question			Age-Adjusted Rate		
	%	95% CI	Individuals	n	N	#	%	95% CI	
Require Special Equipment									
Yes	100%	(0% - 0%)	29,490	342	342		100%	(0% - 0%)	
No	17.0%	(15.4% - 18.8%)	80,612	844	4,343		17.7%	(16.1% - 19.4%)	
Mental Health									
Social and Emotional Support									
Always/Usually	22.3%	(19.3% - 25.5%)	83,443	412	1,733		23.7%	(20.7% - 27.0%)	
Sometimes/Rarely/Never	25%	(20% - 31%)	23,587	151	499		26%	(21% - 31%)	
Life Satisfaction									
Very Satisfied / Satisfied	21.9%	(19.3% - 24.8%)	98,817	512	2,151		23.0%	(20.4% - 25.8%)	
Dissatisfied / Very Dissatisfied	46%	(32% - 61%)	8,442	48	91		45%	(35% - 55%)	
Healthcare									
Healthcare Coverage									
Health Plan									
Yes	22.9%	(21.0% - 24.9%)	94,255	1,011	3,893		23.4%	(21.5% - 25.4%)	
No	17.9%	(14.0% - 22.5%)	15,563	169	765		19.5%	(14.3% - 25.9%)	
Immunization									
Flu Shot Within Past 12 Months (Ages 65+)									
Yes	28.7%	(24.5% - 33.3%)	54,130	283	908		27.8%	(23.7% - 32.3%)	
No	18.7%	(15.7% - 22.2%)	56,990	299	1,425		20.1%	(17.0% - 23.5%)	
Ever Had Pneumonia Shot (Ages 65+)									
Yes	38.2%	(32.5% - 44.2%)	38,712	230	597		31.7%	(25.9% - 38.2%)	
No	19.6%	(16.5% - 23.1%)	63,382	303	1,480		20.5%	(17.3% - 24.0%)	

Quality of Life

Disability Status (continued)

Disability, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Are you limited in any way in any activities because of physical, mental, or emotional problems? Do you now have any health problem that requires you to use special equipment, such as a cane, wheelchair, a special bed, or a special telephone?							
	Response:	Observed Rate			Yes to Either Question		Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	#	%	95% CI
Screening								
AIDS/HIV Screening (Ages 18-64)								
Yes	23.2%	(19.1% - 27.8%)	47,821	215	892		24.8%	(20.5% - 29.7%)
No	17.9%	(14.4% - 22.0%)	36,577	183	927		15.5%	(12.6% - 19.0%)
Diagnoses								
Arthritis								
Arthritis								
Yes	45.8%	(39.9% - 51.9%)	52,447	331	688		41.2%	(33.5% - 49.4%)
No	15.5%	(12.8% - 18.7%)	57,798	245	1,625		17.0%	(14.1% - 20.3%)
Asthma								
Asthma Diagnosis								
Yes	36.2%	(30.8% - 42.0%)	23,908	251	621		37.3%	(31.7% - 43.2%)
No	19.7%	(18.0% - 21.6%)	86,139	928	4,052		20.7%	(18.9% - 22.6%)
Current Asthma								
Yes	41%	(34% - 48%)	16,960	176	396		41%	(33% - 48%)
No	27%	(19% - 37%)	6,022	62	199		32%	(23% - 41%)
Cardiovascular and Cerebrovascular Disease								
Cardiovascular Disease								
Yes	52%	(43% - 60%)	9,953	137	241		50%	(31% - 68%)
No	20.4%	(18.7% - 22.3%)	97,857	1,017	4,393		21.8%	(20.0% - 23.7%)
Heart Attack (Myocardial Infarction)								
Yes	54%	(44% - 64%)	7,480	104	177		48%	(28% - 69%)
No	20.9%	(19.2% - 22.8%)	102,260	1,071	4,491		22.2%	(20.4% - 24.0%)

Disability Status (continued)

Disability, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Population at Risk (See Appendix)	Screening Question: Are you limited in any way in any activities because of physical, mental, or emotional problems? Do you now have any health problem that requires you to use special equipment, such as a cane, wheelchair, a special bed, or a special telephone?						Response:	
	Observed Rate			Yes to Either Question			Age-Adjusted Rate	
	%	95% CI	Individuals	n	N	#	%	95% CI
Coronary Heart Disease (Angina)								
Yes	51%	(40% - 62%)	6,235	96	157		57%	(34% - 78%)
No	20.9%	(19.2% - 22.8%)	101,942	1,067	4,490		22.2%	(20.5% - 24.1%)
Stroke								
Yes	58%	(45% - 69%)	5,490	86	134		56%	(39% - 71%)
No	21.1%	(19.4% - 23.0%)	104,306	1,091	4,540		22.2%	(20.4% - 24.1%)
Diabetes								
Nongestational Diabetes								
Yes	42%	(35% - 50%)	12,811	166	348		30%	(24% - 36%)
No	20.6%	(18.9% - 22.5%)	97,464	1,017	4,329		21.8%	(20.0% - 23.7%)
Pre-Diabetes								
Yes	29%	(23% - 36%)	11,012	144	430		29%	(21% - 37%)
No	19.9%	(18.0% - 21.8%)	86,257	868	3,893		21.4%	(19.6% - 23.3%)
Risk Factors								
Alcohol								
Binge Drinking								
Yes	17%	(13% - 23%)	14,941	78	386		22%	(16% - 29%)
No	23.8%	(20.9% - 26.9%)	95,235	500	1,932		24.3%	(21.4% - 27.4%)
Heavy Drinking								
Yes	24%	(17% - 34%)	7,280	40	158	3	22%	(15% - 31%)
No	22.3%	(19.7% - 25.2%)	101,271	529	2,136		23.4%	(20.9% - 26.2%)

Quality of Life

Disability Status (continued)

Disability, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Are you limited in any way in any activities because of physical, mental, or emotional problems? Do you now have any health problem that requires you to use special equipment, such as a cane, wheelchair, a special bed, or a special telephone?						
	Response:	Yes to Either Question					Age-Adjusted Rate
Population at Risk (See Appendix)	%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Hypercholesterolemia							
High Cholesterol							
Yes	32.1%	(27.5% - 37.0%)	40,062	250	740	29.3%	(22.1% - 37.8%)
No	21.4%	(18.0% - 25.3%)	49,982	242	1,078	22.3%	(18.6% - 26.5%)
Hypertension							
High Blood Pressure							
Yes	36.1%	(31.3% - 41.3%)	47,773	264	762	34.9%	(28.5% - 41.8%)
No	17.7%	(14.9% - 20.9%)	64,662	318	1,590	20.5%	(17.6% - 23.7%)
Nutrition							
Fruit and Vegetable Index							
<1 Per Day or Never	28%	(16% - 43%)	8,573	36	140	30%	(21% - 41%)
1 to <3 Times Per Day	20.9%	(17.0% - 25.3%)	34,889	184	798	22.9%	(19.0% - 27.4%)
3 to <5 Times Per Day	22.5%	(18.4% - 27.3%)	39,050	212	829	23.2%	(18.9% - 28.1%)
5 Or More Times Per Day	25.7%	(20.4% - 31.8%)	29,081	145	534	25.8%	(20.7% - 31.6%)
Physical Activity							
Physical Activity Recommendations (2008)							
Active	21.0%	(17.8% - 24.5%)	72,068	321	1,519	21.9%	(18.7% - 25.4%)
Insufficient	23%	(18% - 29%)	18,122	112	421	26%	(20% - 32%)
Inactive	38%	(30% - 46%)	14,967	99	228	32%	(26% - 39%)
Leisure Time Exercise							
Yes	19.7%	(17.9% - 21.7%)	79,604	834	3,692	20.9%	(19.1% - 22.9%)
No	31.2%	(27.1% - 35.7%)	30,719	347	981	29.4%	(25.2% - 34.0%)

Disability Status (continued)

Disability, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Are you limited in any way in any activities because of physical, mental, or emotional problems? Do you now have any health problem that requires you to use special equipment, such as a cane, wheelchair, a special bed, or a special telephone?										
	Response:			Yes to Either Question							
	Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate		
95% CI				%					95% CI		
Sexual Violence/Intimate Partner Violence											
Parents Physically Hurt by Spouse/Partner											
Yes	32%	(25% -	39%)	27,384	133	424	34%	(27% -	41%)
No	21.0%	(18.2% -	24.2%)	75,573	407	1,718	21.8%	(19.0% -	24.9%)
Unwanted Sexual Activity											
Yes	37%	(30% -	45%)	22,890	134	334	40%	(33% -	47%)
No	20.9%	(18.1% -	24.1%)	80,703	410	1,815	21.7%	(18.9% -	24.8%)
Ever Hurt or Threatened by Intimate Partner											
Yes	30.9%	(25.1% -	37.4%)	29,350	173	505	31.3%	(25.6% -	37.5%)
No	20.7%	(17.8% -	23.9%)	72,990	370	1,650	21.5%	(18.7% -	24.6%)
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner											
Yes	30%	(18% -	46%)	7,531	39	118	36%	(24% -	48%)
No	22.4%	(19.8% -	25.3%)	94,845	503	2,040	23.2%	(20.5% -	26.1%)
Tobacco Use											
Cigarette Smoking Status											
Current Smoker	26.9%	(22.9% -	31.3%)	25,149	275	935	28.4%	(24.2% -	33.0%)
Former Smoker	26.4%	(23.2% -	29.9%)	36,475	440	1,447	24.7%	(21.4% -	28.3%)
Never Smoked	17.7%	(15.5% -	20.3%)	47,421	458	2,264	20.2%	(17.9% -	22.7%)
Smokeless Tobacco Status											
Current User	21%	(15% -	29%)	4,553	51	212	25%	(18% -	34%)
Former User	24.3%	(19.4% -	29.8%)	21,655	185	718	26.8%	(22.0% -	32.1%)
Never Used	21.6%	(19.7% -	23.6%)	80,271	913	3,583	21.9%	(20.1% -	23.9%)

Quality of Life

Disability Status (continued)

Disability, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Are you limited in any way in any activities because of physical, mental, or emotional problems? Do you now have any health problem that requires you to use special equipment, such as a cane, wheelchair, a special bed, or a special telephone?							
	Response:	Yes to Either Question					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N #	%	95% CI
		95% CI						95% CI
Weight Status								
Weight Status								
Normal (BMI <25)	19.1%	(16.0% - 22.6%)	32,357	310	1,468		20.7%	(17.9% - 23.8%)
Overweight (BMI 25 to 30)	21.1%	(18.4% - 24.1%)	39,625	403	1,713		21.6%	(18.8% - 24.8%)
Obese (BMI ≥30)	27.6%	(24.3% - 31.1%)	34,911	427	1,311		27.5%	(24.1% - 31.2%)
Obese I (BMI 30 TO < 35)	23.8%	(20.3% - 27.7%)	19,023	250	844		23.6%	(20.1% - 27.6%)
Obese II & III (BMI ≥35)	34%	(28% - 41%)	15,838	177	467		34%	(28% - 41%)

Disability Status – Activity Limitation

Activity limitation due to health problems, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Are you limited in any activities because of physical, mental, or emotional problems?									
	Response:	Yes					Age-Adjusted Rate			
		%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI		
Population at Risk (See Appendix)										
Total	20.7%	(19.0% - 22.5%)	104,230	1,113	4,694	21.5%	(19.8% - 23.3%)			
Demographics										
Gender										
Female	23.2%	(20.8% - 25.8%)	56,026	620	2,573	23.7%	(21.3% - 26.3%)			
Male	18.4%	(16.0% - 20.9%)	48,204	493	2,121	19.4%	(17.0% - 21.9%)			
Age Groups (Categories Used in Age-Adjustment)										
Persons aged 18 to 24 years	14%	(9% - 21%)	9,981	35	268 3	NA	(NA - NA)			
Persons aged 25 to 34 years	14.6%	(11.0% - 19.1%)	14,661	84	658 3	NA	(NA - NA)			
Persons aged 35 to 44 years	16.8%	(13.4% - 20.8%)	16,082	145	843	NA	(NA - NA)			
Persons aged 45 to 64 years	24.7%	(22.3% - 27.4%)	44,604	559	2,128	NA	(NA - NA)			
Persons aged 65 years and older	34.7%	(30.2% - 39.6%)	17,970	280	741	NA	(NA - NA)			
Race and Ethnicity										
American Indian or Alaska Native	18.7%	(15.4% - 22.6%)	13,662	174	836	19.8%	(16.3% - 23.9%)			
Asian or Pacific Islander	14%	(6% - 32%)	2,887	14	118 3	11%	(6% - 22%)			
Asian	15%	(5% - 38%)	1,888	10	93 3	12%	(5% - 24%)			
Native Hawaiian or Other Pacific Islander	DSU	(DSU - DSU)	DSU	DSU	25 3	DSU	(DSU - DSU)			
Black or African American	30%	(17% - 49%)	2,947	19	63 1	27%	(17% - 42%)			
White	20.9%	(19.0% - 23.0%)	79,235	840	3,448	21.6%	(19.7% - 23.7%)			
Hispanic or Latino	14%	(8% - 23%)	2,755	26	129 3	20%	(12% - 30%)			
Not Hispanic or Latino	21.0%	(19.3% - 22.9%)	100,784	1,075	4,516	21.7%	(20.0% - 23.6%)			
Black or African American, not Hispanic/Latino	DSU	(DSU - DSU)	DSU	DSU	28 1	DSU	(DSU - DSU)			
White, not Hispanic or Latino	21.0%	(19.0% - 23.1%)	75,853	802	3,310	21.7%	(19.6% - 23.8%)			

Quality of Life

For table end notes see Appendix J on Pg 429.

Disability Status – Activity Limitation (continued)

Activity limitation due to health problems, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Are you limited in any activities because of physical, mental, or emotional problems?							
	Response:	Yes					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Population at Risk (See Appendix)								
Alaska Native								
Yes	20.4%	(17.0% - 24.3%)	16,809	203	917	21.3%	(17.8% - 25.3%)	
No	20.8%	(18.9% - 22.8%)	86,614	893	3,721	21.5%	(19.6% - 23.6%)	
Geographic Location								
Anchorage & Vicinity	20.9%	(18.1% - 24.0%)	56,756	237	988	21.5%	(18.6% - 24.6%)	
Fairbanks & Vicinity	20.5%	(17.9% - 23.5%)	15,162	244	1,004	22.6%	(19.9% - 25.5%)	
Gulf Coast	23.2%	(20.2% - 26.4%)	13,295	261	975	23.0%	(20.1% - 26.1%)	
Rural	14.2%	(11.8% - 17.1%)	6,686	129	778	15.6%	(12.8% - 18.8%)	
Southeast	22.9%	(19.9% - 26.2%)	12,331	242	949	23.5%	(20.4% - 26.9%)	
Urban/Rural								
Metropolitan Statistical Area	20.7%	(18.3% - 23.2%)	69,357	459	1,909	21.6%	(19.2% - 24.1%)	
Micropolitan Statistical Area & Urban Clusters	21.3%	(18.8% - 24.0%)	18,847	349	1,472	22.6%	(20.1% - 25.4%)	
Rural	20.0%	(17.6% - 22.8%)	15,976	304	1,308	20.0%	(17.5% - 22.7%)	
Education Level (persons aged 25 years and older)								
Less than high school	28%	(21% - 36%)	6,739	88	281	29%	(22% - 37%)	
High school graduate	22.2%	(19.1% - 25.7%)	25,746	290	1,256	22.2%	(19.2% - 25.6%)	
At least some college	25.0%	(21.8% - 28.6%)	31,873	373	1,320	25.5%	(22.2% - 29.0%)	
College Graduate	18.0%	(15.4% - 21.0%)	29,666	325	1,562	20.1%	(17.3% - 23.3%)	
Employment Status								
Employed	16.1%	(14.1% - 18.3%)	53,247	486	2,952	16.2%	(14.0% - 18.8%)	
Unemployed	24%	(18% - 30%)	10,457	104	390	32%	(25% - 38%)	
Not in Workforce (Student, Homemaker, Retired)	24.7%	(21.3% - 28.5%)	27,167	346	1,129	21.6%	(18.4% - 25.2%)	
Unable to work	78%	(67% - 86%)	13,204	172	200	61%	(49% - 73%)	

Disability Status – Activity Limitation (continued)

Activity limitation due to health problems, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Are you limited in any activities because of physical, mental, or emotional problems?							
	Response:	Yes					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Population at Risk (See Appendix)								
Marital Status								
Married or Unwed Couple	18.9%	(17.0% - 21.0%)	57,334	566	2,662	20.0%	(17.3% - 23.0%)	
Divorced/Separated	35%	(28% - 43%)	5,926	113	323	45%	(38% - 53%)	
Widowed	31.1%	(26.0% - 36.7%)	17,714	242	788	29.2%	(22.4% - 36.9%)	
Never Married	17.1%	(12.8% - 22.6%)	15,840	133	672	25.2%	(20.0% - 31.2%)	
Income Level								
<\$15,000	34%	(27% - 41%)	10,343	147	351	35%	(29% - 42%)	
\$15,000 - \$24,999	24%	(18% - 31%)	11,200	137	479	26%	(20% - 33%)	
\$25,000 - \$49,999	21.3%	(17.8% - 25.3%)	20,358	261	967	22.3%	(19.0% - 26.0%)	
\$50,000 - \$74,999	16.9%	(13.7% - 20.7%)	14,099	151	803	17.1%	(13.8% - 20.8%)	
\$75,000	16.8%	(14.3% - 19.7%)	31,162	267	1,542	17.5%	(14.8% - 20.7%)	
Poverty Threshold								
Poor (<100% Poverty Threshold)	22%	(16% - 30%)	7,850	92	317	24%	(19% - 31%)	
Near Poor (100% to 199% Poverty Threshold)	22.9%	(18.2% - 28.4%)	14,362	184	603	24.6%	(19.8% - 30.1%)	
Middle/High Income (>=200% Poverty Threshold)	18.9%	(17.0% - 20.9%)	64,622	687	3,222	19.5%	(17.6% - 21.6%)	
Below Poverty Guidelines								
Yes	24%	(19% - 31%)	12,096	128	428	26%	(21% - 32%)	
No	19.1%	(17.4% - 21.0%)	74,640	835	3,714	19.7%	(17.9% - 21.6%)	
Veteran								
Yes	22.0%	(18.1% - 26.4%)	19,649	237	807	21.5%	(17.0% - 26.7%)	
No	20.4%	(18.6% - 22.4%)	84,405	873	3,874	21.6%	(19.7% - 23.6%)	

Quality of Life

Disability Status – Activity Limitation (continued)

Activity limitation due to health problems, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Are you limited in any activities because of physical, mental, or emotional problems?							
	Response:	Yes					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Population at Risk (See Appendix)								
Health Status								
General Health								
Excellent to Very Good	12.4%	(10.5% - 14.5%)	37,447	326	2,573	12.9%	(11.1% - 14.9%)	
Good	22.7%	(19.5% - 26.2%)	32,604	359	1,434	23.0%	(19.9% - 26.5%)	
Fair/Poor	60.0%	(54.1% - 65.5%)	33,136	419	663	56.8%	(50.1% - 63.2%)	
Healthy Days (Mean Number of Days)								
Physical Health Not Good	8.1	(7.2 - 9.0)			1061	7.6	(6.7 - 8.4)	
Mental Health Not Good	5.3	(4.4 - 6.2)			1068	5.3	(4.3 - 6.2)	
Unhealthy Days (Physical or Mental Health Not Good)	10.9	(9.8 - 11.9)			1075	10.6	(9.5 - 11.7)	
Days with Activity Limitation	6.0	(5.1 - 6.8)			1072	5.7	(4.8 - 6.5)	
Healthy Days (Percentage with 14 or More Days)								
Physical Health Not Good	65%	(58% - 71%)	25,635	339	474	59%	(52% - 66%)	
Mental Health Not Good	49%	(41% - 57%)	17,662	196	385	47%	(40% - 54%)	
Unhealthy Days (Physical or Mental Health Not Good)	52.4%	(46.8% - 57.9%)	36,605	425	750	51.3%	(45.9% - 56.8%)	
Activity Limitation	76%	(68% - 83%)	19,677	257	326	73%	(63% - 81%)	
Disability								
Disabled								
Yes	94.4%	(92.5% - 95.9%)	104,230	1,113	1,186	94.9%	(93.2% - 96.3%)	
No	0.0%	(0.0% - 0.0%)	0	0	3,499	0.0%	(0.0% - 0.0%)	
Activity Limitation								
Yes	100.0%	(0.0% - 0.0%)	104,230	1,113	1,113	100.0%	(0.0% - 0.0%)	
No	0.0%	(0.0% - 0.0%)	0	0	3,581	0.0%	(0.0% - 0.0%)	

Disability Status – Activity Limitation (continued)

Activity limitation due to health problems, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Are you limited in any activities because of physical, mental, or emotional problems?							
	Response:	Yes					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Population at Risk (See Appendix)								
Require Special Equipment								
Yes	79%	(73% - 84%)	23,166	268	341	80%	(73% - 86%)	
No	17.0%	(15.4% - 18.8%)	80,612	844	4,343	17.7%	(16.1% - 19.4%)	
Mental Health								
Social and Emotional Support								
Always/Usually	21.1%	(18.2% - 24.3%)	78,953	387	1,735	22.4%	(19.4% - 25.6%)	
Sometimes/Rarely/Never	23.9%	(19.1% - 29.5%)	22,606	145	501	24.0%	(20.0% - 29.0%)	
Life Satisfaction								
Very Satisfied / Satisfied	20.5%	(18.0% - 23.4%)	92,690	481	2,154	21.4%	(18.8% - 24.2%)	
Dissatisfied / Very Dissatisfied	46%	(32% - 61%)	8,442	48	91	45%	(35% - 55%)	
Healthcare								
Healthcare Coverage								
Health Plan								
Yes	21.5%	(19.6% - 23.5%)	88,552	943	3,896	21.9%	(20.0% - 23.9%)	
No	17.2%	(13.4% - 21.8%)	14,956	163	769	18.9%	(13.7% - 25.3%)	
Immunization								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	27.5%	(23.4% - 32.1%)	51,919	267	909	26.7%	(22.6% - 31.2%)	
No	17.4%	(14.4% - 20.8%)	52,886	282	1,428	18.2%	(15.3% - 21.6%)	
Ever Had Pneumonia Shot (Ages 65+)								
Yes	36.6%	(30.9% - 42.6%)	37,109	219	598	30.8%	(25.0% - 37.3%)	
No	18.3%	(15.3% - 21.8%)	59,169	283	1,483	19.0%	(15.9% - 22.5%)	

Disability Status – Activity Limitation (continued)

Activity limitation due to health problems, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Are you limited in any activities because of physical, mental, or emotional problems?							
	Response:	Yes					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Population at Risk (See Appendix)								
Screening								
AIDS/HIV Screening (Ages 18-64)								
Yes	21.9%	(17.9% - 26.6%)	45,206	205	892	23.4%	(19.2% - 28.3%)	
No	17.2%	(13.7% - 21.3%)	35,242	177	931	14.7%	(11.9% - 18.1%)	
Diagnoses								
Arthritis								
Arthritis								
Yes	43.0%	(37.2% - 49.0%)	49,306	316	689	38.7%	(31.3% - 46.7%)	
No	14.7%	(11.9% - 17.9%)	54,624	227	1,628	15.6%	(12.8% - 19.0%)	
Asthma								
Asthma Diagnosis								
Yes	34.9%	(29.6% - 40.7%)	23,002	240	620	35.5%	(30.0% - 41.3%)	
No	18.5%	(16.7% - 20.3%)	80,734	865	4,061	19.3%	(17.5% - 21.2%)	
Current Asthma								
Yes	40%	(33% - 47%)	16,481	169	395	39%	(32% - 47%)	
No	25%	(17% - 36%)	5,576	58	199	29%	(21% - 39%)	
Cardiovascular and Cerebrovascular Disease								
Cardiovascular Disease								
Yes	49%	(40% - 57%)	9,379	129	241	48%	(30% - 67%)	
No	19.2%	(17.5% - 21.0%)	92,127	951	4,401	20.3%	(18.5% - 22.2%)	
Heart Attack (Myocardial Infarction)								
Yes	50%	(40% - 60%)	6,926	98	177	46%	(26% - 68%)	
No	19.7%	(18.0% - 21.6%)	96,468	1,003	4,499	20.7%	(19.0% - 22.6%)	

Disability Status – Activity Limitation (continued)

Activity limitation due to health problems, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question: Population at Risk (<i>See Appendix</i>)	Are you limited in any activities because of physical, mental, or emotional problems?							
	Response:	Yes					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Coronary Heart Disease (Angina)								
Yes	48%	(38% - 59%)	5,868	92	157	57%	(33% - 77%)	
No	19.7%	(18.0% - 21.5%)	95,954	997	4,498	20.7%	(18.9% - 22.5%)	
Stroke								
Yes	55%	(43% - 67%)	5,206	80	134	55%	(39% - 71%)	
No	19.9%	(18.2% - 21.7%)	98,235	1,023	4,548	20.7%	(19.0% - 22.5%)	
Diabetes								
Nongestational Diabetes								
Yes	38%	(31% - 45%)	11,628	154	349	27%	(21% - 34%)	
No	19.6%	(17.8% - 21.4%)	92,409	955	4,336	20.6%	(18.8% - 22.4%)	
Pre-Diabetes								
Yes	28%	(22% - 35%)	10,632	140	430	28%	(21% - 37%)	
No	18.7%	(17.0% - 20.7%)	81,479	811	3,900	20.0%	(18.3% - 21.9%)	
Risk Factors								
Alcohol								
Binge Drinking								
Yes	15%	(11% - 20%)	13,184	70	386	17%	(12% - 24%)	
No	22.6%	(19.8% - 25.8%)	90,742	475	1,936	23.0%	(20.2% - 26.1%)	
Heavy Drinking								
Yes	21%	(14% - 30%)	6,370	34	158	17%	(12% - 25%)	
No	21.1%	(18.5% - 24.0%)	96,045	502	2,140	22.1%	(19.5% - 24.9%)	

Quality of Life

Disability Status – Activity Limitation (continued)

Activity limitation due to health problems, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Are you limited in any activities because of physical, mental, or emotional problems?							
	Response:	Yes					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Population at Risk (See Appendix)								
Hypercholesterolemia								
High Cholesterol								
Yes	30.6%	(26.1% - 35.5%)	38,239	239	742	28.2%	(21.0% - 36.7%)	
No	20.2%	(16.8% - 24.0%)	47,043	227	1,078	20.8%	(17.2% - 25.0%)	
Hypertension								
High Blood Pressure								
Yes	34.2%	(29.4% - 39.4%)	45,344	247	764	33.4%	(27.1% - 40.4%)	
No	16.6%	(13.9% - 19.8%)	60,776	302	1,596	18.9%	(16.1% - 22.1%)	
Nutrition								
Fruit and Vegetable Index								
<1 Per Day or Never	27%	(16% - 43%)	8,267	34	140	29%	(20% - 40%)	
1 to <3 Times Per Day	18.7%	(15.0% - 23.0%)	31,215	167	800	20.0%	(16.2% - 24.4%)	
3 to <5 Times Per Day	21.8%	(17.7% - 26.5%)	37,838	204	831	22.5%	(18.2% - 27.3%)	
5 Or More Times Per Day	24.5%	(19.3% - 30.6%)	27,775	139	534	24.5%	(19.5% - 30.4%)	
Physical Activity								
Physical Activity Recommendations (2008)								
Active	20.0%	(16.9% - 23.6%)	68,827	303	1,520	20.8%	(17.7% - 24.4%)	
Insufficient	22%	(17% - 28%)	17,334	108	421	25%	(19% - 31%)	
Inactive	33%	(26% - 42%)	13,061	93	230	29%	(23% - 36%)	
Leisure Time Exercise								
Yes	18.7%	(16.8% - 20.7%)	75,461	781	3,697	19.7%	(17.8% - 21.7%)	
No	29.1%	(25.0% - 33.5%)	28,592	327	984	27.5%	(23.3% - 32.0%)	

Disability Status – Activity Limitation (continued)

Activity limitation due to health problems, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Are you limited in any activities because of physical, mental, or emotional problems?							
	Response:	Yes					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Sexual Violence/Intimate Partner Violence								
Parents Physically Hurt by Spouse/Partner								
Yes	30%	(24% - 37%)	25,700	129	425	32%	(26% - 40%)	
No	19.7%	(16.9% - 22.9%)	71,059	381	1,720	20.3%	(17.6% - 23.4%)	
Unwanted Sexual Activity								
Yes	36%	(29% - 44%)	22,271	132	334	38%	(32% - 45%)	
No	19.7%	(16.9% - 22.8%)	75,817	382	1,818	20.2%	(17.5% - 23.3%)	
Ever Hurt or Threatened by Intimate Partner								
Yes	30.7%	(24.9% - 37.2%)	29,194	171	506	31.0%	(25.4% - 37.2%)	
No	19.2%	(16.3% - 22.4%)	67,607	342	1,652	19.7%	(17.0% - 22.8%)	
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner								
Yes	30%	(18% - 46%)	7,531	39	118	36%	(24% - 48%)	
No	21.1%	(18.5% - 24.0%)	89,306	473	2,043	21.7%	(19.1% - 24.5%)	
Tobacco Use								
Cigarette Smoking Status								
Current Smoker	26.2%	(22.3% - 30.6%)	24,492	266	935	27.3%	(23.2% - 32.0%)	
Former Smoker	24.8%	(21.6% - 28.2%)	34,279	412	1,451	23.4%	(20.1% - 27.0%)	
Never Smoked	16.4%	(14.2% - 18.9%)	43,964	421	2,268	18.4%	(16.1% - 20.9%)	
Smokeless Tobacco Status								
Current User	19%	(13% - 27%)	4,119	47	212	22%	(16% - 31%)	
Former User	23.4%	(18.6% - 29.0%)	20,883	173	719	25.0%	(20.4% - 30.2%)	
Never Used	20.3%	(18.5% - 22.3%)	75,467	858	3,585	20.5%	(18.7% - 22.4%)	

Disability Status – Activity Limitation (continued)

Activity limitation due to health problems, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Are you limited in any activities because of physical, mental, or emotional problems?									
	Response:	Yes						Age-Adjusted Rate		
		%	Observed Rate		Individuals		n	N	#	%
Population at Risk (See Appendix)			95% CI							95% CI
Weight Status										
Weight Status										
Normal (BMI <25)	17.8%	(14.8% -	21.3%)	30,170	287	1,469		19.0%	(16.2% - 22.1%)
Overweight (BMI 25 to 30)	20.0%	(17.3% -	22.9%)	37,570	375	1,713		20.4%	(17.6% - 23.5%)
Obese (BMI ≥30)	26.1%	(23.0% -	29.6%)	33,155	408	1,315		25.9%	(22.6% - 29.6%)
Obese I (BMI 30 TO < 35)	23.0%	(19.6% -	26.9%)	18,476	241	848		22.9%	(19.4% - 26.8%)
Obese II & III (BMI ≥35)	32%	(25% -	38%)	14,907	167	467		31%	(25% - 38%)

Disability Status – Special Equipment

Health problems requiring special equipment, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question: Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate			
	%	Observed Rate 95% CI		Individuals	n	N #	%	95% CI		
Total	5.8%	(5.0% - 6.8%)	29,490	342	4,728	6.6%	(5.6% - 7.7%)	
Demographics										
Gender										
Female	6.4%	(5.2% - 7.8%)	15,546	182	2,595 3	7.2%	(6.0% - 8.8%)	
Male	5.3%	(4.1% - 6.8%)	13,944	160	2,133 3	5.8%	(4.6% - 7.5%)	
Age Groups (Categories Used in Age-Adjustment)										
Persons aged 18 to 24 years	3%	(1% - 7%)	2,165	5	272 3	NA	(NA - NA)	
Persons aged 25 to 34 years	1.5%	(0.8% - 3.0%)	1,533	15	665 3	NA	(NA - NA)	
Persons aged 35 to 44 years	6.0%	(3.7% - 9.5%)	5,752	40	844 3	NA	(NA - NA)	
Persons aged 45 to 64 years	6.7%	(5.5% - 8.2%)	12,190	150	2,142 3	NA	(NA - NA)	
Persons aged 65 years and older	15.5%	(12.4% - 19.1%)	8,029	130	748	NA	(NA - NA)	
Race and Ethnicity										
American Indian or Alaska Native	4.8%	(3.1% - 7.4%)	3,546	40	846 3	5.8%	(3.8% - 8.7%)	
Asian or Pacific Islander	2%	(1% - 9%)	419	3	119 3	2%	(1% - 9%)	
Asian	1%	(0% - 6%)	126	2	94 3	2%	(0% - 11%)	
Native Hawaiian or Other Pacific Islander	DSU	(DSU - DSU)	DSU	DSU	25 3	DSU	(DSU - DSU)	
Black or African American	12%	(4% - 28%)	1,230	7	63 3	10%	(4% - 21%)	
White	6.0%	(5.0% - 7.2%)	22,748	273	3,466	6.7%	(5.6% - 8.0%)	
Hispanic or Latino	2%	(1% - 6%)	395	6	130 3	6%	(2% - 15%)	
Not Hispanic or Latino	6.0%	(5.1% - 7.0%)	28,819	332	4,548	6.7%	(5.7% - 7.8%)	
Black or African American, not Hispanic/Latino	DSU	(DSU - DSU)	DSU	DSU	28 3	DSU	(DSU - DSU)	
White, not Hispanic or Latino	6.1%	(5.1% - 7.3%)	22,082	259	3,328	6.8%	(5.7% - 8.2%)	

Quality of Life

For table end notes see Appendix J on Pg 429.

Disability Status – Special Equipment (continued)

Health problems requiring special equipment, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?							
	Response:	Yes					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Population at Risk (See Appendix)								
Alaska Native								
Yes	4.9%	(3.3% - 7.2%)	4,091	51	927	3	5.9%	(4.1% - 8.5%)
No	6.0%	(5.0% - 7.1%)	25,055	286	3,744		6.7%	(5.6% - 8.0%)
Geographic Location								
Anchorage & Vicinity	6.0%	(4.6% - 7.8%)	16,381	80	994	3	6.7%	(5.2% - 8.6%)
Fairbanks & Vicinity	5.1%	(3.9% - 6.7%)	3,808	72	1,009	3	6.8%	(5.3% - 8.7%)
Gulf Coast	7.1%	(5.5% - 9.0%)	4,078	88	980	3	7.0%	(5.5% - 8.9%)
Rural	4.3%	(2.9% - 6.2%)	2,035	34	787	3	5.3%	(3.6% - 7.8%)
Southeast	5.9%	(4.5% - 7.7%)	3,188	68	958	3	6.4%	(4.9% - 8.3%)
Urban/Rural								
Metropolitan Statistical Area	5.7%	(4.5% - 7.2%)	19,244	143	1,919	3	6.6%	(5.3% - 8.2%)
Micropolitan Statistical Area & Urban Clusters	6.4%	(5.1% - 8.1%)	5,739	103	1,480	3	6.9%	(5.5% - 8.6%)
Rural	5.6%	(4.4% - 7.1%)	4,506	96	1,324	3	6.1%	(4.8% - 7.6%)
Education Level (persons aged 25 years and older)								
Less than high school	8%	(5% - 12%)	1,987	30	289	3	8%	(5% - 14%)
High school graduate	6.9%	(5.4% - 8.7%)	8,044	100	1,266	3	7.9%	(6.3% - 10.0%)
At least some college	7.2%	(5.4% - 9.5%)	9,189	109	1,327	3	7.8%	(5.9% - 10.3%)
College Graduate	5.1%	(3.7% - 7.0%)	8,394	96	1,567	3	6.0%	(4.4% - 8.1%)
Employment Status								
Employed	3.1%	(2.3% - 4.2%)	10,217	96	2,970	3	3.4%	(2.4% - 4.7%)
Unemployed	6%	(3% - 10%)	2,631	22	392	3	6%	(3% - 10%)
Not in Workforce (Student, Homemaker, Retired)	8.8%	(6.9% - 11.3%)	9,746	140	1,139	3	6.4%	(4.9% - 8.2%)
Unable to work	40%	(31% - 50%)	6,850	82	202		33%	(23% - 45%)

Disability Status – Special Equipment (continued)

Health problems requiring special equipment, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?									
	Response:	Yes					Age-Adjusted Rate			
		%	Observed Rate		Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)			95% CI							95% CI
Marital Status										
Married or Unwed Couple	5.2%	(4.3% - 6.3%)	15,791	165	2,680	3	5.2%	(4.3% - 6.4%)
Divorced/Separated	19%	(14% - 26%)	3,242	57	325	3	22%	(10% - 42%)
Widowed	9.2%	(6.0% - 13.9%)	5,268	66	793	3	7.9%	(4.8% - 12.9%)
Never Married	4.1%	(2.2% - 7.3%)	3,814	38	677	3	7.6%	(4.7% - 12.0%)
Income Level										
<\$15,000	14%	(10% - 20%)	4,275	56	353	3	15%	(10% - 23%)
\$15,000 - \$24,999	8%	(5% - 14%)	3,752	50	481	3	10%	(6% - 17%)
\$25,000 - \$49,999	6.3%	(4.7% - 8.5%)	6,167	84	978	3	7.4%	(5.6% - 9.7%)
\$50,000 - \$74,999	3.5%	(2.4% - 5.0%)	2,913	41	806	3	3.6%	(2.5% - 5.1%)
\$75,000	3.9%	(2.8% - 5.3%)	7,223	67	1,546	3	4.6%	(3.3% - 6.4%)
Poverty Threshold										
Poor (<100% Poverty Threshold)	8%	(4% - 13%)	2,866	31	319	3	9%	(6% - 15%)
Near Poor (100% to 199% Poverty Threshold)	9.3%	(6.2% - 13.9%)	5,871	66	605	3	11.3%	(7.6% - 16.5%)
Middle/High Income (>=200% Poverty Threshold)	4.6%	(3.8% - 5.6%)	15,989	201	3,240	3	5.4%	(4.4% - 6.5%)
Below Poverty Guidelines										
Yes	9%	(6% - 15%)	4,541	43	429	3	11%	(7% - 17%)
No	5.0%	(4.3% - 5.9%)	19,764	255	3,735		5.7%	(4.9% - 6.8%)
Veteran										
Yes	8.2%	(5.8% - 11.5%)	7,344	86	814	3	7.6%	(5.3% - 10.9%)
No	5.3%	(4.4% - 6.3%)	21,955	254	3,900	3	6.3%	(5.3% - 7.4%)

Quality of Life

Disability Status – Special Equipment (continued)

Health problems requiring special equipment, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?							
	Response:	Yes					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N	#	%
Population at Risk (See Appendix)								
Health Status								
General Health								
Excellent to Very Good	2.5%	(1.8% - 3.5%)	7,559	77	2,588	3	2.9%	(2.1% - 3.9%)
Good	6.7%	(4.9% - 9.0%)	9,626	104	1,446	3	7.1%	(5.2% - 9.7%)
Fair/Poor	21.5%	(17.5% - 26.1%)	12,022	157	668		18.8%	(14.7% - 23.7%)
Healthy Days (Mean Number of Days)								
Physical Health Not Good	11.3	(9.5 - 13.1)			330		10.2	(8.4 - 12.0)
Mental Health Not Good	5.9	(4.3 - 7.5)			327		6.0	(4.1 - 8.0)
Unhealthy Days (Physical or Mental Health Not Good)	13.5	(11.7 - 15.3)			332		13.1	(10.8 - 15.3)
Days with Activity Limitation	9.1	(7.2 - 10.9)			325		8.8	(6.5 - 11.1)
Healthy Days (Percentage with 14 or More Days)								
Physical Health Not Good	25%	(21% - 30%)	9,872	148	475		22%	(18% - 27%)
Mental Health Not Good	14%	(10% - 20%)	5,131	64	389	3	16%	(12% - 22%)
Unhealthy Days (Physical or Mental Health Not Good)	18.8%	(15.0% - 23.2%)	13,204	166	757		19.5%	(15.4% - 24.3%)
Activity Limitation	32%	(25% - 40%)	8,377	116	328		30%	(23% - 38%)
Disability								
Disabled								
Yes	26.8%	(23.2% - 30.7%)	29,490	342	1,186		26.3%	(22.3% - 30.7%)
No	0.0%	(0.0% - 0.0%)	0	0	3,499		0.0%	(0.0% - 0.0%)
Activity Limitation								
Yes	22.3%	(18.8% - 26.3%)	23,179	268	1,112		22.4%	(18.5% - 26.9%)
No	1.5%	(1.1% - 2.1%)	6,145	73	3,572	3	2.1%	(1.5% - 2.8%)

Quality of Life

Disability Status – Special Equipment (continued)

Health problems requiring special equipment, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?								
	Response:	Observed Rate			Yes			Age-Adjusted Rate	
		%	95% CI	Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)									
Require Special Equipment									
Yes	100%	(0% - 0%)	29,490	342	342		100%	(0% - 0%)	
No	0.0%	(0.0% - 0.0%)	0	0	4,386		0.0%	(0.0% - 0.0%)	
Mental Health									
Social and Emotional Support									
Always/Usually	5.3%	(4.1% - 6.8%)	20,123	116	1,749	3	6.2%	(4.8% - 7.9%)	
Sometimes/Rarely/Never	6.1%	(3.9% - 9.4%)	5,822	36	511	3	6.6%	(4.3% - 10.1%)	
Life Satisfaction									
Very Satisfied / Satisfied	5.2%	(4.1% - 6.6%)	23,762	134	2,176	3	6.0%	(4.7% - 7.5%)	
Dissatisfied / Very Dissatisfied	11%	(6% - 21%)	2,053	14	93	3	13%	(6% - 24%)	
Healthcare									
Healthcare Coverage									
Health Plan									
Yes	6.4%	(5.4% - 7.6%)	26,553	306	3,927		6.9%	(5.8% - 8.1%)	
No	3.3%	(2.0% - 5.3%)	2,902	35	773	3	3.4%	(2.1% - 5.6%)	
Immunization									
Flu Shot Within Past 12 Months (Ages 65+)									
Yes	8.3%	(6.2% - 11.1%)	15,887	89	920	3	7.9%	(5.9% - 10.4%)	
No	3.9%	(2.9% - 5.2%)	11,907	71	1,441	3	4.7%	(3.4% - 6.4%)	
Ever Had Pneumonia Shot (Ages 65+)									
Yes	14.8%	(11.2% - 19.3%)	15,069	87	602	3	11.9%	(8.4% - 16.5%)	
No	3.3%	(2.3% - 4.6%)	10,663	61	1,499	3	3.9%	(2.7% - 5.5%)	

Quality of Life

Disability Status – Special Equipment (continued)

Health problems requiring special equipment, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?										
	Response:	Observed Rate					Age-Adjusted Rate				
		%	95% CI		Individuals	Yes n	N	#	%	95% CI	
Population at Risk (See Appendix)											
Screening											
AIDS/HIV Screening (Ages 18-64)											
Yes	5.0%	(3.5% - 7.2%)	10,543	52	906	3	5.5%	(3.9% - 7.7%)			
No	3.4%	(2.2% - 5.1%)	6,967	38	934	3	3.3%	(2.0% - 5.2%)			
Diagnoses											
Arthritis											
Arthritis											
Yes	18.0%	(14.1% - 22.6%)	20,723	116	694		15.7%	(11.3% - 21.4%)			
No	1.8%	(1.2% - 2.7%)	6,914	44	1,647	3	2.4%	(1.6% - 3.6%)			
Asthma											
Asthma Diagnosis											
Yes	10.6%	(8.1% - 13.8%)	7,088	89	627	3	11.9%	(9.0% - 15.4%)			
No	5.1%	(4.2% - 6.2%)	22,344	252	4,086	3	5.7%	(4.7% - 6.8%)			
Current Asthma											
Yes	13%	(10% - 18%)	5,419	68	399	3	14%	(10% - 19%)			
No	5%	(3% - 9%)	1,129	15	201	3	7%	(4% - 13%)			
Cardiovascular and Cerebrovascular Disease											
Cardiovascular Disease											
Yes	22%	(16% - 29%)	4,348	64	247		30%	(15% - 50%)			
No	5.0%	(4.2% - 6.0%)	24,075	266	4,428	3	5.8%	(4.9% - 6.9%)			
Heart Attack (Myocardial Infarction)											
Yes	23%	(16% - 31%)	3,314	47	181	3	27%	(13% - 48%)			
No	5.3%	(4.4% - 6.3%)	25,940	292	4,529	3	6.0%	(5.1% - 7.1%)			

Disability Status – Special Equipment (continued)

Health problems requiring special equipment, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?											
	Response:	Observed Rate					Age-Adjusted Rate					
		%	95% CI		Individuals	n	N	#	%	95% CI		
Population at Risk (See Appendix)												
Coronary Heart Disease (Angina)												
Yes	21%	(14% -	30%)	2,581	41	159	3	43%	(22% -	66%)
No	5.3%	(4.4% -	6.3%)	25,780	290	4,529	3	6.0%	(5.1% -	7.1%)
Stroke												
Yes	24%	(17% -	34%)	2,309	41	136	3	26%	(14% -	41%)
No	5.4%	(4.5% -	6.4%)	26,734	296	4,579	3	6.0%	(5.1% -	7.1%)
Diabetes												
Nongestational Diabetes												
Yes	19%	(14% -	24%)	5,719	77	348		13%	(9% -	17%)
No	5.0%	(4.2% -	6.0%)	23,902	265	4,371	3	5.6%	(4.7% -	6.7%)
Pre-Diabetes												
Yes	10%	(6% -	17%)	3,850	34	437	3	10%	(5% -	18%)
No	4.6%	(3.8% -	5.5%)	19,910	227	3,926	3	5.4%	(4.5% -	6.4%)
Risk Factors												
Alcohol												
Binge Drinking												
Yes	5%	(3% -	9%)	4,412	20	389	3	8%	(4% -	14%)
No	5.8%	(4.6% -	7.3%)	23,527	142	1,954	3	6.3%	(5.0% -	7.8%)
Heavy Drinking												
Yes	5%	(2% -	11%)	1,527	11	159	3	7%	(3% -	14%)
No	5.8%	(4.6% -	7.1%)	26,404	150	2,160	3	6.5%	(5.3% -	8.1%)

Quality of Life

Disability Status – Special Equipment (continued)

Health problems requiring special equipment, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?							
	Response:	Observed Rate			Yes		Age-Adjusted Rate	
		%	95% CI	Individuals	n	N	#	%
Population at Risk (See Appendix)								
Hypercholesterolemia								
High Cholesterol								
Yes	11.0%	(8.2% - 14.5%)	13,844	81	749	3	8.5%	(6.3% - 11.3%)
No	4.5%	(3.2% - 6.5%)	10,651	57	1,085	3	5.1%	(3.6% - 7.2%)
Hypertension								
High Blood Pressure								
Yes	11.8%	(8.9% - 15.4%)	15,712	90	773	3	9.3%	(6.8% - 12.6%)
No	3.3%	(2.4% - 4.4%)	11,996	70	1,607	3	4.2%	(3.1% - 5.8%)
Nutrition								
Fruit and Vegetable Index								
<1 Per Day or Never	9%	(4% - 17%)	2,781	15	142	3	10%	(5% - 17%)
1 to <3 Times Per Day	5.2%	(3.7% - 7.4%)	8,831	55	810	3	6.4%	(4.5% - 8.9%)
3 to <5 Times Per Day	4.5%	(3.0% - 6.8%)	7,927	47	835	3	5.2%	(3.5% - 7.9%)
5 Or More Times Per Day	6.9%	(4.6% - 10.4%)	7,946	40	542	3	7.5%	(5.0% - 11.1%)
Physical Activity								
Physical Activity Recommendations (2008)								
Active	3.9%	(2.8% - 5.5%)	13,736	68	1,535	3	4.8%	(3.4% - 6.9%)
Insufficient	6%	(4% - 10%)	4,754	28	424	3	7%	(4% - 11%)
Inactive	16%	(11% - 23%)	6,395	44	232	3	13%	(9% - 18%)
Leisure Time Exercise								
Yes	4.4%	(3.5% - 5.4%)	17,795	202	3,724	3	5.2%	(4.2% - 6.4%)
No	11.8%	(9.4% - 14.7%)	11,619	138	989		11.0%	(8.7% - 13.9%)

Disability Status – Special Equipment (continued)

Health problems requiring special equipment, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?									
	Response:	Yes					Age-Adjusted Rate			
		%	Observed Rate		Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)			95% CI							95% CI
Sexual Violence/Intimate Partner Violence										
Parents Physically Hurt by Spouse/Partner										
Yes	6%	(4% - 11%)	5,190	29	428	3	6%	(4% - 9%)
No	4.9%	(3.9% - 6.3%)	17,968	113	1,737	3	5.6%	(4.4% - 7.1%)
Unwanted Sexual Activity										
Yes	9%	(6% - 14%)	5,633	33	340	3	11%	(7% - 16%)
No	4.7%	(3.6% - 6.0%)	18,137	110	1,830	3	5.3%	(4.1% - 6.7%)
Ever Hurt or Threatened by Intimate Partner										
Yes	7.0%	(4.5% - 10.6%)	6,735	35	510	3	7.5%	(4.8% - 11.5%)
No	4.7%	(3.6% - 6.0%)	16,534	106	1,667	3	5.2%	(4.0% - 6.7%)
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner										
Yes	7%	(3% - 17%)	1,846	9	120	3	8%	(4% - 18%)
No	5.1%	(4.1% - 6.4%)	21,753	133	2,060	3	5.7%	(4.5% - 7.1%)
Tobacco Use										
Cigarette Smoking Status										
Current Smoker	6.6%	(4.6% - 9.3%)	6,244	76	943	3	7.0%	(5.0% - 9.8%)
Former Smoker	8.0%	(6.3% - 10.1%)	11,184	134	1,466	3	7.7%	(5.8% - 10.2%)
Never Smoked	4.4%	(3.4% - 5.8%)	11,912	130	2,276	3	6.0%	(4.7% - 7.6%)
Smokeless Tobacco Status										
Current User	7%	(4% - 13%)	1,542	18	215	3	9%	(5% - 17%)
Former User	6.9%	(4.3% - 10.9%)	6,215	55	726	3	8.3%	(5.7% - 11.9%)
Never Used	5.6%	(4.7% - 6.6%)	20,782	257	3,612		6.0%	(5.1% - 7.1%)

Disability Status – Special Equipment (continued)

Health problems requiring special equipment, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Population at Risk (See Appendix)	Do you now have any health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?															
	Response:			Yes			Age-Adjusted Rate									
	%	Observed Rate 95% CI		Individuals	n	N	#	%	95% CI							
Weight Status																
Weight Status																
Normal (BMI <25)	4.2%	(3.2%	-	5.4%)	7,114	94	1,484	3	5.5%	(4.3%	-	7.1%)
Overweight (BMI 25 to 30)	5.5%	(4.0%	-	7.5%)	10,504	102	1,727	3	6.1%	(4.5%	-	8.4%)
Obese (BMI ≥30)	8.5%	(6.7%	-	10.9%)	10,809	130	1,319	3	9.1%	(6.9%	-	12.0%)
Obese I (BMI 30 TO < 35)	5.5%	(4.1%	-	7.4%)	4,401	68	847	3	6.3%	(4.4%	-	9.0%)
Obese II & III (BMI ≥35)	14%	(9%	-	19%)	6,574	62	472	3	14%	(10%	-	20%)

Related Quality of Life Measures

► **Social and Emotional Support** [Link to pdf of table >>](#)

How often get emotional support needed, Adults (18 years of age and older), Alaska BRFSS, 2009
Standard (2009) Survey Instrument

Screening Question: How often do you get the emotional support you need? (Select all that apply)

Response: Never or rarely, Often or usually

Population or Risk (See Appendix)	Response		Never or rarely		Often or usually		Age-Adjusted Risk (95% CI)
	N	Observed Risk (95% CI)	n	%	n	%	
Total	79,791	(74,996 - 82,291)	178,297	22.34	578,841	72.86	(77.26 - 82.29)
Demographics							
Gender							
Female	32,211	(29,241 - 35,211)	104,802	32.57	412,316	62.26	(58.26 - 66.26)
Male	38,219	(35,756 - 41,219)	173,495	45.11	566,525	74.29	(70.29 - 78.29)
Age Group (Categories Used in Age-Adjustment)							
18-24	7793	(6176 - 9409)	16,226	20.82	60,874	78.18	(74.18 - 82.18)
25-34	8761	(8061 - 9461)	18,791	21.33	69,209	78.67	(74.67 - 82.67)
35-44	8222	(7522 - 8922)	17,222	20.94	62,778	76.44	(72.44 - 80.44)
45-54	8776	(8076 - 9476)	18,476	21.04	68,324	77.84	(73.84 - 81.84)
55-64	9231	(8531 - 9931)	19,731	21.37	70,269	76.13	(72.13 - 80.13)
65-74	9686	(8986 - 10,386)	20,986	21.66	75,814	78.34	(74.34 - 82.34)
75+	10,141	(9,441 - 10,841)	22,241	21.92	79,959	78.08	(74.08 - 82.08)
Race and Ethnicity							
American Indian or Alaska Native	425	(165 - 685)	1,245	29.27	3,015	71.56	(63.56 - 79.56)
Asian or Pacific Islander	749	(509 - 989)	1,649	22.00	5,951	79.50	(74.50 - 84.50)
White	68,543	(65,483 - 71,603)	150,643	21.99	492,198	71.98	(69.98 - 73.98)
Black or African American	1,000	(600 - 1,400)	2,200	22.00	8,000	80.00	(76.00 - 84.00)
Hispanic or Latino	4,200	(3,800 - 4,600)	9,400	22.38	33,600	79.62	(75.62 - 83.62)
Not Hispanic or Latino	40,200	(38,800 - 41,600)	88,200	21.94	293,400	72.96	(70.96 - 74.96)
Black or African American, not Hispanic/Latino	800	(500 - 1,100)	1,800	22.50	6,200	77.50	(73.50 - 81.50)
White, not Hispanic or Latino	67,200	(64,200 - 70,200)	148,800	21.99	486,000	71.98	(69.98 - 73.98)

► **Life Satisfaction** [Link to pdf of table >>](#)

Satisfaction with life, Adults (18 years of age and older), Alaska BRFSS, 2009
Standard (2009) Survey Instrument

Screening Question: How satisfied are you with your life? (Select all that apply)

Response: Not satisfied at all, Satisfied

Population or Risk (See Appendix)	Response		Not satisfied at all		Satisfied		Age-Adjusted Risk (95% CI)
	N	Observed Risk (95% CI)	n	%	n	%	
Total	80,226	(76,776 - 83,676)	148,226	18.48	554,000	69.26	(66.86 - 71.66)
Demographics							
Gender							
Female	36,226	(33,226 - 39,226)	122,226	33.75	432,000	66.25	(62.25 - 70.25)
Male	44,000	(41,000 - 47,000)	262,000	59.55	522,000	73.25	(69.25 - 77.25)
Age Group (Categories Used in Age-Adjustment)							
18-24	8000	(6000 - 10,000)	16,000	20.00	64,000	80.00	(76.00 - 84.00)
25-34	9000	(8000 - 10,000)	18,000	20.00	72,000	80.00	(76.00 - 84.00)
35-44	8500	(7500 - 9,500)	17,000	20.00	68,000	80.00	(76.00 - 84.00)
45-54	9000	(8000 - 10,000)	18,000	20.00	72,000	80.00	(76.00 - 84.00)
55-64	9500	(8500 - 10,500)	19,000	20.00	76,000	80.00	(76.00 - 84.00)
65-74	10,000	(9,000 - 11,000)	20,000	20.00	80,000	80.00	(76.00 - 84.00)
75+	10,500	(9,500 - 11,500)	21,000	20.00	84,000	80.00	(76.00 - 84.00)
Race and Ethnicity							
American Indian or Alaska Native	400	(100 - 700)	1,100	27.50	2,900	72.50	(64.50 - 80.50)
Asian or Pacific Islander	700	(400 - 1,000)	1,500	21.43	5,500	78.57	(73.57 - 83.57)
White	64,000	(61,000 - 67,000)	144,000	22.50	496,000	71.25	(69.25 - 73.25)
Black or African American	1,000	(600 - 1,400)	2,200	22.00	8,000	80.00	(76.00 - 84.00)
Hispanic or Latino	4,200	(3,800 - 4,600)	9,400	22.38	33,600	79.62	(75.62 - 83.62)
Not Hispanic or Latino	40,200	(38,800 - 41,600)	88,200	21.94	293,400	72.96	(70.96 - 74.96)
Black or African American, not Hispanic/Latino	800	(500 - 1,100)	1,800	22.50	6,200	77.50	(73.50 - 81.50)
White, not Hispanic or Latino	62,200	(59,200 - 65,200)	142,200	22.86	490,000	71.14	(69.14 - 73.14)

► **Caregiver Status: Provide regular care for family or friend** [Link to pdf of table >>](#)

Provided regular care for family or friend, Adults (18 years of age and older), Alaska BRFSS, 2009
Standard (2009) Survey Instrument

Screening Question: Provide regular care or assistance to a friend or family member who has a health problem, such as blindness, or disability. During the past month, did you provide any such care or assistance to a friend or family member?

Response: Yes

Population or Risk (See Appendix)	Response		Yes		Age-Adjusted Risk (95% CI)
	N	Observed Risk (95% CI)	n	%	
Total	28,226	(25,226 - 31,226)	114,226	40.47	(37.47 - 43.47)
Demographics					
Gender					
Female	12,226	(11,226 - 13,226)	48,226	39.46	(36.46 - 42.46)
Male	16,000	(15,000 - 17,000)	66,000	41.25	(38.25 - 44.25)
Age Group (Categories Used in Age-Adjustment)					
18-24	2500	(1500 - 3500)	10,000	40.00	(36.00 - 44.00)
25-34	2800	(2300 - 3300)	11,200	40.00	(36.00 - 44.00)
35-44	2600	(2100 - 3100)	10,400	40.00	(36.00 - 44.00)
45-54	2900	(2400 - 3400)	11,600	40.00	(36.00 - 44.00)
55-64	3200	(2700 - 3700)	12,800	40.00	(36.00 - 44.00)
65-74	3500	(3000 - 4000)	14,000	40.00	(36.00 - 44.00)
75+	3800	(3300 - 4300)	15,200	40.00	(36.00 - 44.00)
Race and Ethnicity					
American Indian or Alaska Native	200	(50 - 350)	800	40.00	(32.00 - 48.00)
Asian or Pacific Islander	300	(100 - 500)	1,200	40.00	(32.00 - 48.00)
White	24,000	(23,000 - 25,000)	96,000	40.00	(38.00 - 42.00)
Black or African American	300	(100 - 500)	1,200	40.00	(32.00 - 48.00)
Hispanic or Latino	1,200	(1,000 - 1,400)	4,800	40.00	(36.00 - 44.00)
Not Hispanic or Latino	22,800	(21,800 - 23,800)	91,200	40.00	(38.00 - 42.00)
Black or African American, not Hispanic/Latino	200	(100 - 300)	800	40.00	(32.00 - 48.00)
White, not Hispanic or Latino	22,600	(21,600 - 24,000)	88,000	39.38	(37.38 - 41.38)

<< **Previous: Introduction**

Next: Risk Factors >>

Risk Factors

2009 Annual Report **Alaska Behavioral Risk Factor Survey**

<< Previous: Quality of Life



Alcohol Use – Binge Drinking

INDICATOR: Proportion of males having five or more drinks or females having four or more drinks on at least one occasion in the past 30 days. Note: prior to 2006 the threshold for binge drinking was five drinks for both men and women.

DATA SOURCE: 2009 Alaska Standard BRFSS survey.

BRFSS QUESTIONS:

- ▶ During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?
- ▶ Considering all types of alcoholic beverages, how many times during the past 30 days did you have X (X = five for men, X= four for women) or more drinks on an occasion?

How are we doing?

- ▶ In 2009, 18% of Alaska adults reported binge drinking in the past 30 days.
- ▶ Since 1991, overall the prevalence of binge drinking appears to have decreased, but has remained relatively flat since 2003.

How does Alaska compare with the U.S.?

- ▶ In 2009, the prevalence of binge drinking was slightly higher in Alaska than in the U.S. as a whole.

Healthy People 2010

Objective 26.11c: Reduce binge drinking among adults to 6%.

Healthy Alaskans 2010

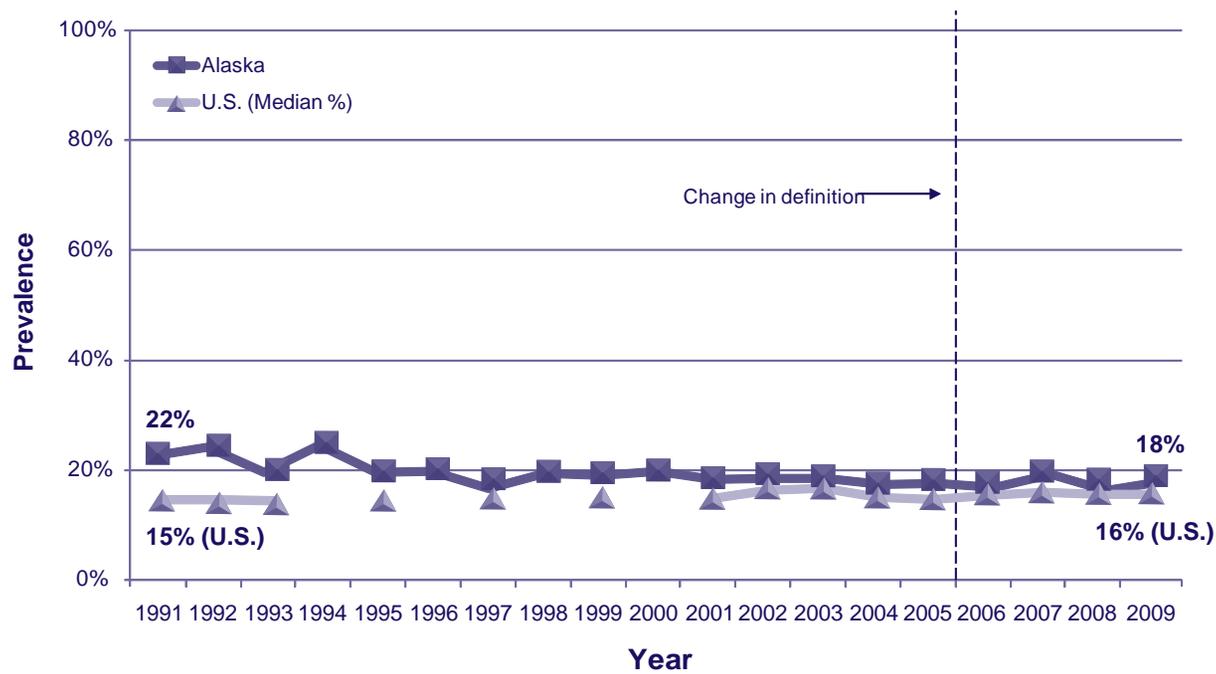
Objective 4.4: Reduce binge drinking among adults to 13%.

How are different populations affected?

- ▶ In 2009, the prevalence of binge drinking was significantly higher among males than females.
- ▶ Asian and Pacific Islander adults, respondents who were divorced or separated and those with diabetes had a lower prevalence of binge drinking than respondents in other groups.
- ▶ Reporting being hurt or threatened by an intimate partner in your lifetime was associated with binge drinking in 2009.
- ▶ Current smokers and current smokeless tobacco users had a higher prevalence of binge drinking than those who had never smoked or never used smokeless tobacco, respectively.

Alcohol Use – Binge Drinking

Binge Drinking: Alaska vs. Nationwide



Alcohol Use – Binge Drinking

Binge drinking, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective:	26.11c: Reduce binge drinking among adults to 6%.
Healthy Alaskans 2010 Objective:	4.4: Reduce binge drinking among adults to 13%.

Screening Question: Binge drinkers (males having five or more drinks on one occasion, females having four or more drinks on one occasion)

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate		
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI	
Total	17.9%	(15.7% - 20.4%)	88,249	389	2,348		17.4%	(15.2% - 19.8%)	
Demographics									
Gender									
Female	12.4%	(10.1% - 15.2%)	29,245	155	1,282		12.3%	(9.9% - 15.2%)	
Male	22.9%	(19.3% - 27.0%)	59,004	234	1,066		22.2%	(18.8% - 26.1%)	
Age Groups (Categories Used in Age-Adjustment)									
Persons aged 18 to 24 years	18%	(11% - 28%)	12,383	29	145	3	NA	(NA - NA)	
Persons aged 25 to 34 years	26%	(20% - 33%)	25,641	88	313		NA	(NA - NA)	
Persons aged 35 to 44 years	23%	(18% - 30%)	21,519	88	421		NA	(NA - NA)	
Persons aged 45 to 64 years	14.4%	(11.7% - 17.5%)	25,585	164	1,068		NA	(NA - NA)	
Persons aged 65 years and older	5%	(3% - 10%)	2,560	19	376	3	NA	(NA - NA)	
Race and Ethnicity									
American Indian or Alaska Native	18%	(14% - 24%)	12,810	86	431		19%	(14% - 24%)	
Asian or Pacific Islander	4%	(2% - 9%)	619	7	66	3	4%	(2% - 9%)	
Asian	1%	(0% - 5%)	156	3	53	3	2%	(0% - 7%)	
Native Hawaiian or Other Pacific Islander	DSU	(DSU - DSU)	DSU	DSU	13	3	DSU	(DSU - DSU)	
Black or African American	DSU	(DSU - DSU)	DSU	DSU	34	3	DSU	(DSU - DSU)	
White	18.7%	(16.0% - 21.8%)	70,016	278	1,725		18.2%	(15.5% - 21.2%)	
Hispanic or Latino	16%	(8% - 30%)	2,558	11	61	3	15%	(7% - 27%)	
Not Hispanic or Latino	18.1%	(15.8% - 20.6%)	85,752	378	2,270		17.7%	(15.4% - 20.2%)	
Black or African American, not Hispanic/Latino	DSU	(DSU - DSU)	DSU	DSU	27	3	DSU	(DSU - DSU)	
White, not Hispanic or Latino	19.0%	(16.2% - 22.1%)	68,018	273	1,658		18.5%	(15.7% - 21.7%)	

Risk Factors

For table end notes see Appendix J on Pg 429.

Alcohol Use – Binge Drinking (continued)

Binge drinking, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective:		26.11c: Reduce binge drinking among adults to 6%.									
Healthy Alaskans 2010 Objective:		4.4: Reduce binge drinking among adults to 13%.									
Screening Question:		Binge drinkers (males having five or more drinks on one occasion, females having four or more drinks on one occasion)									
Response:		Yes					Age-Adjusted Rate				
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate			
		%	95% CI					%	95% CI		
Alaska Native											
Yes	19%	(14% -	24%)	15,154	90	472	19%	(14% -	24%)
No	17.9%	(15.3% -	20.7%)	73,375	298	1,861	17.2%	(14.7% -	20.0%)
Geographic Location											
Anchorage & Vicinity	17%	(13% -	21%)	44,969	78	496	16%	(13% -	20%)
Fairbanks & Vicinity	21%	(17% -	27%)	15,323	82	487	20%	(16% -	25%)
Gulf Coast	19%	(15% -	25%)	10,722	74	468	20%	(16% -	25%)
Rural	15%	(12% -	20%)	6,831	66	405	14%	(11% -	18%)
Southeast	19%	(16% -	24%)	10,198	89	492	19%	(15% -	24%)
Urban/Rural											
Metropolitan Statistical Area	17.9%	(14.8% -	21.4%)	58,714	157	949	17.3%	(14.4% -	20.7%)
Micropolitan Statistical Area & Urban Clusters	18.5%	(15.2% -	22.4%)	16,415	126	756	17.5%	(14.4% -	21.1%)
Rural	17.2%	(13.4% -	21.6%)	13,120	106	643	17.5%	(13.9% -	21.9%)
Education Level (persons aged 25 years and older)											
Less than high school	18%	(11% -	27%)	4,104	24	140	19%	(12% -	29%)
High school graduate	18.6%	(14.9% -	23.0%)	21,176	134	644	18.6%	(14.6% -	23.3%)
At least some college	21.6%	(17.1% -	26.8%)	28,586	113	667	20.3%	(16.1% -	25.3%)
College Graduate	14.3%	(10.8% -	18.6%)	21,953	89	748	13.6%	(10.3% -	17.7%)
Employment Status											
Employed	19.7%	(16.8% -	22.9%)	63,807	276	1,467	17.1%	(14.5% -	20.0%)
Unemployed	21%	(14% -	29%)	9,269	46	218	22%	(14% -	34%)
Not in Workforce (Student, Homemaker, Retired)	12.5%	(8.6% -	17.7%)	12,811	56	542	14.2%	(9.7% -	20.4%)
Unable to work	13%	(5% -	29%)	2,341	9	104	33%	(21% -	47%)

Alcohol Use – Binge Drinking (continued)

Binge drinking, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective:	26.11c: Reduce binge drinking among adults to 6%.
Healthy Alaskans 2010 Objective:	4.4: Reduce binge drinking among adults to 13%.

Screening Question: Binge drinkers (males having five or more drinks on one occasion, females having four or more drinks on one occasion)

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Marital Status								
Married or Unwed Couple	16.4%	(13.6% - 19.5%)	47,700	192	1,299		14.9%	(12.2% - 18.0%)
Divorced/Separated	6%	(2% - 13%)	1,130	9	169	3	9%	(3% - 22%)
Widowed	20%	(14% - 27%)	11,844	73	411	3	21%	(13% - 32%)
Never Married	22%	(16% - 29%)	19,735	83	324	3	20%	(15% - 27%)
Income Level								
<\$15,000	24%	(15% - 36%)	7,401	34	183	3	30%	(21% - 42%)
\$15,000 - \$24,999	14%	(8% - 26%)	5,799	32	238	3	13%	(8% - 21%)
\$25,000 - \$49,999	19%	(15% - 25%)	18,672	84	482	3	19%	(15% - 25%)
\$50,000 - \$74,999	14%	(10% - 19%)	10,767	56	395	3	13%	(9% - 19%)
\$75,000	21.7%	(17.7% - 26.3%)	37,946	152	760		21.1%	(16.4% - 26.6%)
Poverty Threshold								
Poor (<100% Poverty Threshold)	14%	(7% - 25%)	4,759	25	158	3	14%	(8% - 22%)
Near Poor (100% to 199% Poverty Threshold)	21%	(14% - 29%)	12,992	54	295	3	21%	(14% - 29%)
Middle/High Income (>=200% Poverty Threshold)	19.4%	(16.7% - 22.5%)	63,417	279	1,605		18.6%	(15.9% - 21.7%)
Below Poverty Guidelines								
Yes	17%	(11% - 27%)	8,026	36	215	3	16%	(11% - 24%)
No	19.4%	(16.8% - 22.3%)	72,772	322	1,843		18.8%	(16.1% - 21.9%)
Veteran								
Yes	17%	(13% - 23%)	14,984	72	415	3	17%	(12% - 22%)
No	18.0%	(15.5% - 20.8%)	72,828	316	1,926		17.0%	(14.7% - 19.7%)

Risk Factors

Alcohol Use – Binge Drinking (continued)

Binge drinking, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective:

26.11c: Reduce binge drinking among adults to 6%.

Healthy Alaskans 2010 Objective:

4.4: Reduce binge drinking among adults to 13%.

Screening Question: Binge drinkers (males having five or more drinks on one occasion, females having four or more drinks on one occasion)

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Health Status								
General Health								
Excellent to Very Good	17.7%	(14.8% - 21.0%)	50,947	212	1,234		16.1%	(13.6% - 19.1%)
Good	19.5%	(15.4% - 24.5%)	29,188	133	766		19.6%	(15.1% - 24.9%)
Fair/Poor	15%	(10% - 22%)	8,084	44	334	3	16%	(11% - 23%)
Healthy Days (Mean Number of Days)								
Physical Health Not Good	2.8	(1.9 - 3.6)				386	3.7	(2.1 - 5.3)
Mental Health Not Good	3.6	(2.4 - 4.8)				380	3.1	(2.1 - 4.0)
Unhealthy Days (Physical or Mental Health Not Good)	6.2	(4.9 - 7.6)				377	6.6	(4.8 - 8.4)
Days with Activity Limitation	1.8	(1.2 - 2.4)				389	1.8	(1.2 - 2.5)
Healthy Days (Percentage with 14 or More Days)								
Physical Health Not Good	21%	(13% - 31%)	7,876	32	227	3	23%	(16% - 33%)
Mental Health Not Good	26%	(16% - 38%)	8,655	30	181		27%	(19% - 38%)
Unhealthy Days (Physical or Mental Health Not Good)	26%	(19% - 34%)	16,885	61	360		28%	(21% - 36%)
Activity Limitation	16%	(9% - 28%)	3,968	22	157	3	20%	(11% - 35%)
Disability								
Disabled								
Yes	13.8%	(10.3% - 18.1%)	15,225	78	578	3	14.4%	(10.7% - 19.1%)
No	19.2%	(16.5% - 22.2%)	72,665	308	1,740		17.9%	(15.3% - 20.7%)
Activity Limitation								
Yes	12.9%	(9.5% - 17.3%)	13,400	70	545	3	13.0%	(9.5% - 17.4%)
No	19.4%	(16.7% - 22.3%)	74,490	316	1,777		18.2%	(15.7% - 21.1%)

Alcohol Use – Binge Drinking (continued)

Binge drinking, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective:	26.11c: Reduce binge drinking among adults to 6%.
Healthy Alaskans 2010 Objective:	4.4: Reduce binge drinking among adults to 13%.

Screening Question: Binge drinkers (males having five or more drinks on one occasion, females having four or more drinks on one occasion)

Population at Risk (See Appendix)	Response:		Observed Rate			Age-Adjusted Rate			
	%		95% CI	Individuals	n	N	#	%	95% CI
Require Special Equipment									
Yes	16%	(9% - 26%)	4,483	20	162	3	30%	(21% - 42%)
No	18.0%	(15.7% - 20.6%)	83,759	369	2,181		17.2%	(15.0% - 19.7%)
Mental Health									
Social and Emotional Support									
Always/Usually	18.3%	(15.8% - 21.2%)	68,343	293	1,725		17.5%	(15.0% - 20.2%)
Sometimes/Rarely/Never	19%	(13% - 25%)	17,538	82	498	3	19%	(14% - 26%)
Life Satisfaction									
Very Satisfied / Satisfied	18.0%	(15.6% - 20.6%)	80,354	357	2,144		17.3%	(15.0% - 19.9%)
Dissatisfied / Very Dissatisfied	32%	(19% - 49%)	5,906	22	90		30%	(19% - 45%)
Healthcare									
Healthcare Coverage									
Health Plan									
Yes	16.5%	(14.1% - 19.2%)	66,190	286	1,919		16.6%	(14.1% - 19.3%)
No	25%	(19% - 32%)	21,127	101	407		21%	(17% - 27%)
Immunization									
Flu Shot Within Past 12 Months (Ages 65+)									
Yes	13.8%	(10.7% - 17.7%)	26,023	113	910	3	14.3%	(11.0% - 18.5%)
No	20.5%	(17.5% - 23.9%)	61,613	271	1,410		19.3%	(16.4% - 22.6%)
Ever Had Pneumonia Shot (Ages 65+)									
Yes	11.6%	(8.5% - 15.5%)	11,643	62	594	3	13.3%	(9.6% - 18.3%)
No	20.5%	(17.5% - 23.8%)	65,323	273	1,470		19.2%	(16.4% - 22.4%)

Risk Factors

Alcohol Use – Binge Drinking (continued)

Binge drinking, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective:

26.11c: Reduce binge drinking among adults to 6%.

Healthy Alaskans 2010 Objective:

4.4: Reduce binge drinking among adults to 13%.

Screening Question: Binge drinkers (males having five or more drinks on one occasion, females having four or more drinks on one occasion)

Population at Risk (See Appendix)	Response:		Observed Rate			Yes		Age-Adjusted Rate	
	%		95% CI	Individuals	n	N	#	%	95% CI
Screening									
AIDS/HIV Screening (Ages 18-64)									
Yes	22.7%	(18.9% - 27.1%)	45,892	193	881		22.0%	(18.1% - 26.4%)
No	18.1%	(14.7% - 22.2%)	37,179	163	930		19.9%	(15.9% - 24.7%)
Diagnoses									
Arthritis									
Arthritis									
Yes	18.5%	(14.3% - 23.6%)	21,182	96	686	3	21.3%	(15.0% - 29.3%)
No	17.9%	(15.3% - 20.9%)	65,885	286	1,613		16.2%	(13.9% - 18.9%)
Asthma									
Asthma Diagnosis									
Yes	21%	(15% - 28%)	15,097	53	337	3	20%	(14% - 28%)
No	17.5%	(15.1% - 20.1%)	73,401	336	2,004		17.0%	(14.6% - 19.6%)
Current Asthma									
Yes	20%	(13% - 30%)	8,928	31	212	3	21%	(13% - 31%)
No	21%	(11% - 36%)	5,140	20	107	3	19%	(11% - 32%)
Cardiovascular and Cerebrovascular Disease									
Cardiovascular Disease									
Yes	12%	(6% - 22%)	2,773	12	139	3	18%	(6% - 40%)
No	18.4%	(16.0% - 21.0%)	85,138	374	2,182		17.5%	(15.2% - 20.0%)
Heart Attack (Myocardial Infarction)									
Yes	11%	(5% - 21%)	1,767	11	98	3	21%	(7% - 49%)
No	18.2%	(15.9% - 20.8%)	86,352	377	2,239		17.4%	(15.2% - 19.9%)

Alcohol Use – Binge Drinking (continued)

Binge drinking, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective:	26.11c: Reduce binge drinking among adults to 6%.
Healthy Alaskans 2010 Objective:	4.4: Reduce binge drinking among adults to 13%.

Screening Question: Binge drinkers (males having five or more drinks on one occasion, females having four or more drinks on one occasion)

Population at Risk (See Appendix)	Response:		Observed Rate				Age-Adjusted Rate		
	%		95% CI	Individuals	n	N	#	%	95% CI
Coronary Heart Disease (Angina)									
Yes	15%	(6% - 30%)	2,173	7	87	3	25%	(6% - 62%)
No	18.1%	(15.8% - 20.7%)	85,856	380	2,242		17.3%	(15.1% - 19.8%)
Stroke									
Yes	7%	(3% - 16%)	667	5	71	3	13%	(4% - 34%)
No	18.2%	(15.9% - 20.7%)	87,627	384	2,269		17.5%	(15.2% - 20.0%)
Diabetes									
Nongestational Diabetes									
Yes	8%	(4% - 16%)	2,327	13	173	3	6%	(3% - 13%)
No	18.5%	(16.1% - 21.1%)	85,702	375	2,169		17.6%	(15.3% - 20.1%)
Pre-Diabetes									
Yes	16%	(9% - 26%)	6,614	26	216	3	16%	(9% - 27%)
No	18.7%	(16.3% - 21.5%)	79,036	348	1,951		17.7%	(15.4% - 20.3%)
Risk Factors									
Alcohol									
Binge Drinking									
Yes	100%	(0% - 0%)	88,249	389	389		100%	(0% - 0%)
No	0.0%	(0.0% - 0.0%)	0	0	1,959		0.0%	(0.0% - 0.0%)
Heavy Drinking									
Yes	81%	(71% - 88%)	24,354	120	153		79%	(68% - 87%)
No	13.6%	(11.5% - 16.0%)	61,813	253	2,151		13.3%	(11.2% - 15.6%)

Risk Factors

Alcohol Use – Binge Drinking (continued)

Binge drinking, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective:		26.11c: Reduce binge drinking among adults to 6%.						
Healthy Alaskans 2010 Objective:		4.4: Reduce binge drinking among adults to 13%.						
Screening Question:		Binge drinkers (males having five or more drinks on one occasion, females having four or more drinks on one occasion)						
Response:		Observed Rate			Yes		Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	#	%	95% CI
Hypercholesterolemia								
High Cholesterol								
Yes	14.8%	(11.2% - 19.3%)	18,505	88	742	3	17.6%	(12.2% - 24.8%)
No	17.4%	(14.2% - 21.1%)	39,406	178	1,052		16.3%	(13.2% - 20.0%)
Hypertension								
High Blood Pressure								
Yes	19.6%	(15.6% - 24.3%)	25,751	122	757		24.6%	(18.6% - 31.7%)
No	17.3%	(14.7% - 20.3%)	62,330	264	1,573		15.8%	(13.4% - 18.6%)
Nutrition								
Fruit and Vegetable Index								
<1 Per Day or Never	18%	(10% - 30%)	5,424	24	136	3	17%	(10% - 28%)
1 to <3 Times Per Day	23.7%	(19.3% - 28.7%)	39,479	167	800		22.7%	(18.4% - 27.6%)
3 to <5 Times Per Day	16.1%	(12.6% - 20.2%)	27,357	121	817		15.6%	(12.2% - 19.7%)
5 Or More Times Per Day	13.5%	(9.9% - 18.0%)	15,211	72	536	3	13.9%	(10.3% - 18.5%)
Physical Activity								
Physical Activity Recommendations (2008)								
Active	19.5%	(16.6% - 22.7%)	66,412	276	1,513		18.2%	(15.6% - 21.2%)
Insufficient	16%	(11% - 22%)	12,591	65	419	3	15%	(11% - 21%)
Inactive	18%	(11% - 27%)	7,145	32	228	3	17%	(11% - 27%)
Leisure Time Exercise								
Yes	19.3%	(16.6% - 22.3%)	73,676	305	1,797		18.2%	(15.7% - 21.1%)
No	13.1%	(9.9% - 17.1%)	14,473	83	543	3	12.4%	(9.3% - 16.2%)

Alcohol Use – Binge Drinking (continued)

Binge drinking, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective:	26.11c: Reduce binge drinking among adults to 6%.
Healthy Alaskans 2010 Objective:	4.4: Reduce binge drinking among adults to 13%.

Screening Question: Binge drinkers (males having five or more drinks on one occasion, females having four or more drinks on one occasion)

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Sexual Violence/Intimate Partner Violence								
Parents Physically Hurt by Spouse/Partner								
Yes	22%	(16% - 29%)	18,785	85	425	3	19%	(15% - 25%)
No	18.1%	(15.5% - 21.1%)	64,573	277	1,710		17.7%	(15.1% - 20.6%)
Unwanted Sexual Activity								
Yes	19%	(13% - 27%)	11,671	51	336	3	17%	(12% - 23%)
No	18.7%	(16.1% - 21.7%)	71,478	312	1,801		18.4%	(15.8% - 21.3%)
Ever Hurt or Threatened by Intimate Partner								
Yes	26.8%	(21.0% - 33.5%)	24,818	116	500		27.0%	(20.0% - 34.0%)
No	16.8%	(14.2% - 19.7%)	58,768	249	1,644		16.2%	(13.8% - 19.1%)
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner								
Yes	29%	(17% - 44%)	6,345	30	113		24%	(15% - 37%)
No	18.3%	(15.8% - 21.0%)	77,152	335	2,035		18.0%	(15.5% - 20.7%)
Tobacco Use								
Cigarette Smoking Status								
Current Smoker	28%	(23% - 34%)	27,104	139	482		27%	(20% - 34%)
Former Smoker	18.8%	(14.8% - 23.7%)	26,213	121	733		19.5%	(15.1% - 24.7%)
Never Smoked	13.8%	(10.9% - 17.3%)	34,886	128	1,112	3	12.8%	(10.2% - 15.9%)
Smokeless Tobacco Status								
Current User	34%	(22% - 48%)	7,119	32	105		34%	(22% - 47%)
Former User	33%	(25% - 41%)	28,498	110	366		30%	(23% - 37%)
Never Used	14.3%	(12.0% - 16.9%)	50,127	231	1,730		14.1%	(11.8% - 16.7%)

Risk Factors

Alcohol Use – Binge Drinking (continued)

Binge drinking, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective:

26.11c: Reduce binge drinking among adults to 6%.

Healthy Alaskans 2010 Objective:

4.4: Reduce binge drinking among adults to 13%.

Screening Question: Binge drinkers (males having five or more drinks on one occasion, females having four or more drinks on one occasion)

Population at Risk (See Appendix)	Response:		Yes				Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Weight Status								
Weight Status								
Normal (BMI <25)	13.8%	(10.6% - 17.7%)	24,151	117	763	3	12.6%	(9.8% - 15.9%)
Overweight (BMI 25 to 30)	20.9%	(17.1% - 25.3%)	37,542	160	850		20.5%	(16.6% - 25.0%)
Obese (BMI ≥30)	20.2%	(15.9% - 25.5%)	24,720	106	656		19.8%	(15.3% - 25.3%)
Obese I (BMI 30 TO < 35)	22%	(16% - 28%)	17,185	78	425	3	24%	(17% - 31%)
Obese II & III (BMI ≥35)	18%	(11% - 27%)	7,927	28	231	3	17%	(10% - 26%)

Alcohol Use – Heavy Drinking

INDICATOR: Proportion of males having more than two drinks per day or females having more than one drink per day in the past 30 days. Note: prior to 2001, the threshold for heavy drinking (previously called Chronic Drinking) was an average of greater than 60 drinks in the past 30 days for both men and women.

DATA SOURCE: 2009 Alaska Standard BRFSS survey.

BRFSS QUESTIONS:

- ▶ During the past 30 days, have you had at least one drink of any alcoholic beverage such as beer, wine, a malt beverage or liquor?
- ▶ During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage?
- ▶ One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine or a drink with one shot of liquor. During the past 30 days, on the days when you drank, how many drinks did you drink on the average?

How are we doing?

- ▶ In 2009, 6% of Alaska adults reported heavy drinking in the past 30 days.

How does Alaska compare with the U.S.?

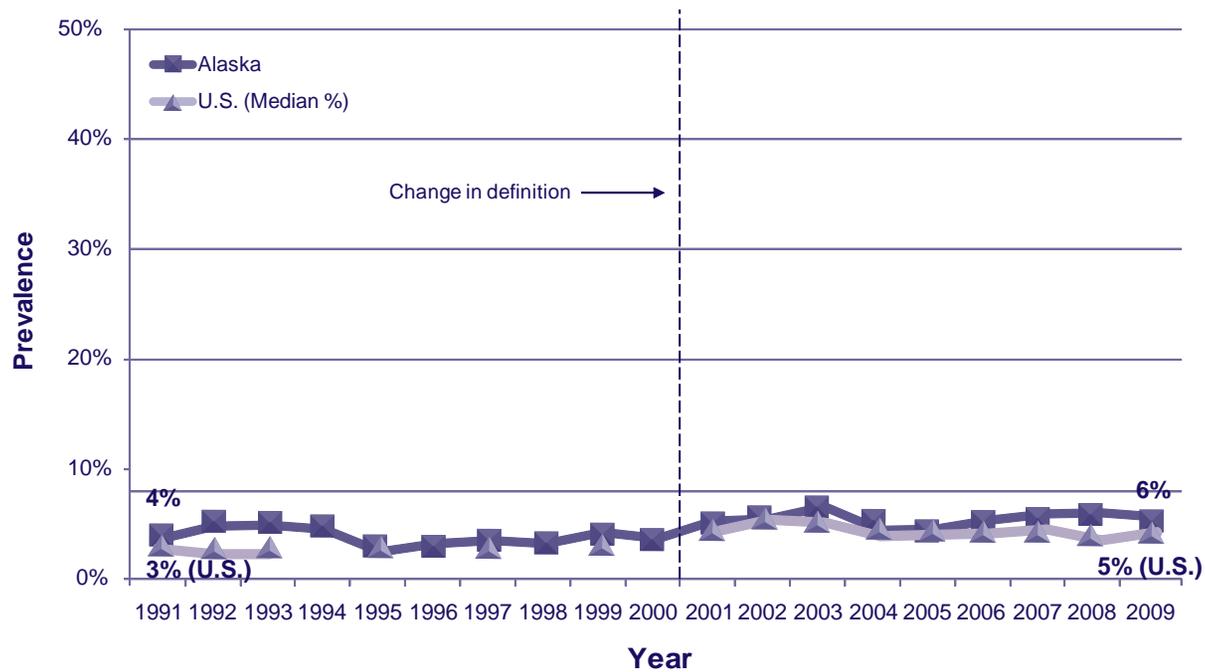
- ▶ From 1991 to 2009 the prevalence of heavy drinking in Alaska and the U.S. has increased slightly.
- ▶ In 2009, the prevalence of heavy drinking was slightly higher in Alaska than the U.S.

How are different populations affected?

- ▶ Respondents whose household income was below the poverty threshold had a lower prevalence of heavy drinking than those whose household income was at least 200% of the poverty threshold.
- ▶ Being dissatisfied or very dissatisfied with your life and binge drinking in the past 30 days was associated with heavy drinking in 2009.
- ▶ Alaska adults who have never smoked were less likely to be a heavy drinker than current or former smokers.

Alcohol Use – Heavy Drinking

Heavy/Chronic Drinking: Alaska vs. Nationwide



Alcohol Use – Heavy Drinking

Heavy drinkers, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy Alaskans 2010 Objective: 4.5: Reduce chronic drinking among adults (percent of persons aged 18 years or older who drank an average of 60 or more alcohol drinks in the past month) to 4%.

Screening Question: Heavy drinkers (adult men having more than two drinks per day and adult women having more than one drink per day)

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate		
	%	95% CI	Individuals	n	N	#	%	95% CI	
Total	6.2%	(5.0% - 7.7%)	30,547	159	2,324	3	6.1%	(4.9% - 7.6%)	
Demographics									
Gender									
Female	6.6%	(4.9% - 8.7%)	15,524	83	1,276	3	6.5%	(4.9% - 8.7%)	
Male	5.9%	(4.2% - 8.2%)	15,023	76	1,048	3	5.7%	(4.1% - 8.0%)	
Age Groups (Categories Used in Age-Adjustment)									
Persons aged 18 to 24 years	4%	(1% - 9%)	2,834	5	143	3	NA	(NA - NA)	
Persons aged 25 to 34 years	6%	(4% - 11%)	5,806	21	313	3	NA	(NA - NA)	
Persons aged 35 to 44 years	7%	(4% - 12%)	6,441	33	416	3	NA	(NA - NA)	
Persons aged 45 to 64 years	7.4%	(5.5% - 9.9%)	13,131	82	1,057	3	NA	(NA - NA)	
Persons aged 65 years and older	4%	(2% - 8%)	2,038	18	370	3	NA	(NA - NA)	
Race and Ethnicity									
American Indian or Alaska Native	6%	(4% - 9%)	4,359	30	431	3	7%	(4% - 11%)	
Asian or Pacific Islander	1%	(0% - 6%)	152	1	66	3	1%	(0% - 7%)	
Asian	0%	(0% - 0%)	0	0	53		0%	(0% - 0%)	
Native Hawaiian or Other Pacific Islander	DSU	(DSU - DSU)	DSU	DSU	13	3	DSU	(DSU - DSU)	
Black or African American	DSU	(DSU - DSU)	DSU	DSU	34	3	DSU	(DSU - DSU)	
White	6.7%	(5.2% - 8.6%)	24,801	123	1,703	3	6.5%	(5.0% - 8.4%)	
Hispanic or Latino	8%	(3% - 22%)	1,268	6	60	3	15%	(6% - 32%)	
Not Hispanic or Latino	6.2%	(4.9% - 7.7%)	29,255	153	2,247	3	6.1%	(4.9% - 7.7%)	
Black or African American, not Hispanic/Latino	DSU	(DSU - DSU)	DSU	DSU	27	3	DSU	(DSU - DSU)	
White, not Hispanic or Latino	7.0%	(5.4% - 8.9%)	24,710	122	1,637	3	6.8%	(5.2% - 8.7%)	

Risk Factors

For table end notes see Appendix J on Pg 429.

Alcohol Use – Heavy Drinking (continued)

Heavy drinkers, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy Alaskans 2010 Objective: 4.5: Reduce chronic drinking among adults (percent of persons aged 18 years or older who drank an average of 60 or more alcohol drinks in the past month) to 4%.

Population at Risk (See Appendix)	Response:		Heavy drinkers (adult men having more than two drinks per day and adult women having more than one drink per day)					Age-Adjusted Rate	
	%	95% CI	Yes					%	95% CI
			Observed Rate	n	N	#	Individuals		
Alaska Native									
Yes	5%	(3% - 8%)	4,056	30	471	3	6%	(3% - 10%)	
No	6.5%	(5.1% - 8.2%)	26,362	129	1,838	3	6.3%	(4.9% - 8.0%)	
Geographic Location									
Anchorage & Vicinity	6%	(4% - 9%)	15,850	35	494	3	6%	(4% - 8%)	
Fairbanks & Vicinity	7%	(4% - 11%)	5,065	28	482	3	6%	(4% - 10%)	
Gulf Coast	6%	(4% - 10%)	3,323	32	459	3	6%	(4% - 10%)	
Rural	5%	(4% - 8%)	2,266	29	404	3	5%	(3% - 8%)	
Southeast	7%	(5% - 10%)	3,715	35	485	3	7%	(5% - 10%)	
Urban/Rural									
Metropolitan Statistical Area	6.4%	(4.7% - 8.6%)	20,816	64	942	3	6.2%	(4.6% - 8.4%)	
Micropolitan Statistical Area & Urban Clusters	6.6%	(4.6% - 9.4%)	5,729	52	743	3	6.4%	(4.5% - 9.0%)	
Rural	5.3%	(3.8% - 7.3%)	4,003	43	639	3	5.1%	(3.6% - 7.2%)	
Education Level (persons aged 25 years and older)									
Less than high school	4%	(2% - 11%)	902	8	137	3	4%	(2% - 10%)	
High school graduate	6.9%	(4.6% - 10.2%)	7,729	53	640	3	6.8%	(4.4% - 10.5%)	
At least some college	7.2%	(5.0% - 10.2%)	9,417	45	663	3	6.9%	(4.7% - 10.1%)	
College Graduate	6.5%	(4.3% - 9.8%)	9,923	48	737	3	6.4%	(4.2% - 9.6%)	
Employment Status									
Employed	6.7%	(5.1% - 8.7%)	21,413	104	1,451	3	6.3%	(4.7% - 8.4%)	
Unemployed	7%	(4% - 13%)	3,219	20	221	3	7%	(4% - 11%)	
Not in Workforce (Student, Homemaker, Retired)	5.2%	(3.1% - 8.6%)	5,299	32	531	3	5.5%	(3.0% - 9.8%)	
Unable to work	2%	(0% - 8%)	360	2	104	3	1%	(0% - 6%)	

Alcohol Use – Heavy Drinking (continued)

Heavy drinkers, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy Alaskans 2010 Objective: 4.5: Reduce chronic drinking among adults (percent of persons aged 18 years or older who drank an average of 60 or more alcohol drinks in the past month) to 4%.

Screening Question: Heavy drinkers (adult men having more than two drinks per day and adult women having more than one drink per day)

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Marital Status								
Married or Unwed Couple	5.8%	(4.3% - 7.7%)	16,689	79	1,289	3	5.6%	(3.9% - 7.9%)
Divorced/Separated	4%	(2% - 9%)	756	11	166	3	3%	(1% - 10%)
Widowed	11%	(7% - 18%)	6,460	35	409	3	10%	(6% - 16%)
Never Married	5%	(3% - 9%)	4,512	24	316	3	9%	(5% - 15%)
Income Level								
<\$15,000	6%	(2% - 13%)	1,854	11	182	3	6%	(3% - 11%)
\$15,000 - \$24,999	4%	(1% - 9%)	1,640	12	237	3	4%	(2% - 10%)
\$25,000 - \$49,999	6%	(4% - 11%)	5,911	30	474	3	7%	(4% - 12%)
\$50,000 - \$74,999	7%	(5% - 11%)	5,356	31	395	3	6%	(4% - 10%)
\$75,000	7.5%	(5.3% - 10.5%)	12,951	61	749	3	7.0%	(4.8% - 10.2%)
Poverty Threshold								
Poor (<100% Poverty Threshold)	2%	(1% - 5%)	681	5	157	3	3%	(1% - 8%)
Near Poor (100% to 199% Poverty Threshold)	8%	(4% - 14%)	4,876	21	291	3	9%	(5% - 15%)
Middle/High Income (>=200% Poverty Threshold)	7.0%	(5.5% - 9.0%)	22,769	119	1,589	3	6.5%	(5.0% - 8.4%)
Below Poverty Guidelines								
Yes	4%	(2% - 10%)	1,866	9	212	3	4%	(2% - 9%)
No	7.0%	(5.5% - 8.9%)	26,159	136	1,825	3	6.7%	(5.2% - 8.5%)
Veteran								
Yes	6%	(3% - 9%)	5,238	30	406	3	5%	(3% - 9%)
No	6.4%	(5.0% - 8.1%)	25,716	129	1,911	3	6.4%	(5.0% - 8.1%)

Risk Factors

Alcohol Use – Heavy Drinking (continued)

Heavy drinkers, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy Alaskans 2010 Objective: 4.5: Reduce chronic drinking among adults (percent of persons aged 18 years or older who drank an average of 60 or more alcohol drinks in the past month) to 4%.

Population at Risk (See Appendix)	Screening Question: Heavy drinkers (adult men having more than two drinks per day and adult women having more than one drink per day)						Age-Adjusted Rate	
	Response:			Yes				
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Health Status								
General Health								
Excellent to Very Good	5.7%	(4.2% - 7.7%)	16,426	78	1,220	3	5.4%	(4.0% - 7.3%)
Good	7.6%	(5.2% - 10.9%)	11,140	62	751	3	7.5%	(5.1% - 10.9%)
Fair/Poor	5%	(3% - 10%)	2,732	19	340	3	8%	(4% - 15%)
Healthy Days (Mean Number of Days)								
Physical Health Not Good	2.9	(1.4 - 4.3)			156		3.3	(1.6 - 4.9)
Mental Health Not Good	3.2	(1.3 - 5.1)			153		3.1	(1.6 - 4.6)
Unhealthy Days (Physical or Mental Health Not Good)	6.2	(4.0 - 8.3)			150		6.3	(4.2 - 8.4)
Days with Activity Limitation	1.8	(0.9 - 2.7)			158		2.0	(0.8 - 3.1)
Healthy Days (Percentage with 14 or More Days)								
Physical Health Not Good	9%	(4% - 19%)	3,338	11	225	3	10%	(5% - 20%)
Mental Health Not Good	7%	(3% - 18%)	2,291	9	177	3	7%	(3% - 15%)
Unhealthy Days (Physical or Mental Health Not Good)	8%	(5% - 15%)	5,300	20	358	3	9%	(5% - 15%)
Activity Limitation	7%	(3% - 16%)	1,727	8	155	3	12%	(5% - 25%)
Disability								
Disabled								
Yes	6.8%	(4.6% - 10.0%)	7,370	40	569	3	7.2%	(4.6% - 11.0%)
No	6.1%	(4.7% - 7.9%)	22,963	118	1,725	3	6.1%	(4.7% - 8.0%)
Activity Limitation								
Yes	6.1%	(4.0% - 9.3%)	6,288	34	536	3	6.4%	(3.9% - 10.1%)
No	6.3%	(4.9% - 8.1%)	24,044	124	1,762	3	6.3%	(4.9% - 8.2%)

Alcohol Use – Heavy Drinking (continued)

Heavy drinkers, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy Alaskans 2010 Objective: 4.5: Reduce chronic drinking among adults (percent of persons aged 18 years or older who drank an average of 60 or more alcohol drinks in the past month) to 4%.

Screening Question: Heavy drinkers (adult men having more than two drinks per day and adult women having more than one drink per day)

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate		
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI	
Require Special Equipment									
Yes	5%	(2% - 12%)	1,396	11	161	3	6%	(2% - 15%)	
No	6.3%	(5.0% - 7.9%)	29,039	148	2,158	3	6.1%	(4.9% - 7.7%)	
Mental Health									
Social and Emotional Support									
Always/Usually	6.6%	(5.1% - 8.4%)	24,305	122	1,704	3	6.2%	(4.9% - 7.9%)	
Sometimes/Rarely/Never	6%	(4% - 11%)	5,499	33	493	3	7%	(4% - 12%)	
Life Satisfaction									
Very Satisfied / Satisfied	6.0%	(4.8% - 7.5%)	26,842	147	2,118	3	5.9%	(4.7% - 7.4%)	
Dissatisfied / Very Dissatisfied	19%	(8% - 38%)	3,484	9	90	3	16%	(7% - 30%)	
Healthcare									
Healthcare Coverage									
Health Plan									
Yes	5.9%	(4.6% - 7.5%)	23,377	123	1,898	3	5.7%	(4.4% - 7.3%)	
No	8%	(5% - 13%)	6,715	35	404	3	7%	(5% - 12%)	
Immunization									
Flu Shot Within Past 12 Months (Ages 65+)									
Yes	4.0%	(2.7% - 5.8%)	7,434	46	899	3	3.7%	(2.6% - 5.3%)	
No	7.7%	(5.9% - 10.0%)	23,055	112	1,396	3	7.6%	(5.7% - 10.0%)	
Ever Had Pneumonia Shot (Ages 65+)									
Yes	5.6%	(3.6% - 8.7%)	5,512	33	582	3	5.2%	(3.2% - 8.3%)	
No	7.0%	(5.3% - 9.1%)	22,367	107	1,460	3	6.8%	(5.2% - 8.8%)	

Risk Factors

Alcohol Use – Heavy Drinking (continued)

Heavy drinkers, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy Alaskans 2010 Objective: 4.5: Reduce chronic drinking among adults (percent of persons aged 18 years or older who drank an average of 60 or more alcohol drinks in the past month) to 4%.

Screening Question: Heavy drinkers (adult men having more than two drinks per day and adult women having more than one drink per day)

Population at Risk (See Appendix)	Response:		Observed Rate				Age-Adjusted Rate	
	%		95% CI	Individuals	n	N #	%	95% CI
Screening								
AIDS/HIV Screening (Ages 18-64)								
Yes	8.2%	(6.0% - 11.0%)	16,659	73	877 3	8.3%	(6.2% - 11.2%)
No	5.4%	(3.7% - 7.8%)	10,922	64	918 3	5.9%	(3.8% - 8.9%)
Diagnoses								
Arthritis								
Arthritis								
Yes	8.5%	(5.8% - 12.3%)	9,720	50	680 3	7.7%	(4.7% - 12.3%)
No	5.7%	(4.3% - 7.4%)	20,728	107	1,594 3	5.4%	(4.1% - 6.9%)
Asthma								
Asthma Diagnosis								
Yes	8%	(5% - 13%)	5,658	22	333 3	7%	(4% - 12%)
No	6.0%	(4.7% - 7.6%)	25,011	137	1,984 3	5.8%	(4.6% - 7.4%)
Current Asthma								
Yes	7%	(4% - 13%)	3,062	15	211 3	7%	(4% - 12%)
No	7%	(2% - 21%)	1,704	6	105 3	6%	(2% - 18%)
Cardiovascular and Cerebrovascular Disease								
Cardiovascular Disease								
Yes	2%	(1% - 8%)	463	3	137 3	1%	(0% - 5%)
No	6.5%	(5.2% - 8.1%)	29,942	155	2,162 3	6.4%	(5.1% - 8.0%)
Heart Attack (Myocardial Infarction)								
Yes	4%	(1% - 12%)	643	4	96 3	2%	(1% - 6%)
No	6.3%	(5.1% - 7.9%)	29,942	155	2,217 3	6.2%	(4.9% - 7.7%)

Alcohol Use – Heavy Drinking (continued)

Heavy drinkers, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy Alaskans 2010 Objective: 4.5: Reduce chronic drinking among adults (percent of persons aged 18 years or older who drank an average of 60 or more alcohol drinks in the past month) to 4%.

Screening Question: Heavy drinkers (adult men having more than two drinks per day and adult women having more than one drink per day)

Population at Risk (See Appendix)	Response:		Observed Rate				Age-Adjusted Rate		
	%		95% CI	Individuals	n	N #	%	95% CI	
Coronary Heart Disease (Angina)									
Yes	2%	(0% - 14%)	287	1	86	3	1%	(0% - 8%)
No	6.4%	(5.1% - 8.0%)	30,212	157	2,221	3	6.3%	(5.0% - 7.8%)
Stroke									
Yes	3%	(1% - 9%)	285	3	70	3	1%	(0% - 3%)
No	6.3%	(5.1% - 7.9%)	30,287	156	2,246	3	6.1%	(4.9% - 7.6%)
Diabetes									
Nongestational Diabetes									
Yes	2%	(1% - 6%)	554	5	172	3	1%	(0% - 3%)
No	6.5%	(5.2% - 8.1%)	29,931	154	2,146	3	6.3%	(5.0% - 7.9%)
Pre-Diabetes									
Yes	4%	(1% - 14%)	1,644	8	215	3	3%	(1% - 8%)
No	6.7%	(5.4% - 8.4%)	28,255	146	1,929	3	6.7%	(5.3% - 8.4%)
Risk Factors									
Alcohol									
Binge Drinking									
Yes	28%	(22% - 35%)	24,125	120	373		31%	(23% - 39%)
No	1.4%	(0.9% - 2.3%)	5,718	33	1,931	3	1.4%	(0.9% - 2.3%)
Heavy Drinking									
Yes	100%	(0% - 0%)	30,547	159	159		100%	(0% - 0%)
No	0.0%	(0.0% - 0.0%)	0	0	2,165		0.0%	(0.0% - 0.0%)

Risk Factors

Alcohol Use – Heavy Drinking (continued)

Heavy drinkers, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy Alaskans 2010 Objective: 4.5: Reduce chronic drinking among adults (percent of persons aged 18 years or older who drank an average of 60 or more alcohol drinks in the past month) to 4%.

Population at Risk (See Appendix)	Response:		Heavy drinkers (adult men having more than two drinks per day and adult women having more than one drink per day)				Age-Adjusted Rate	
	%	95% CI	Observed Rate		Yes		%	95% CI
			Individuals	n	N	#		
Hypercholesterolemia								
High Cholesterol								
Yes	7.5%	(5.0% - 11.1%)	9,258	48	732	3	8.5%	(5.0% - 13.9%)
No	6.1%	(4.4% - 8.3%)	13,722	74	1,048	3	5.7%	(4.1% - 7.9%)
Hypertension								
High Blood Pressure								
Yes	6.5%	(4.5% - 9.4%)	8,441	51	747	3	9.1%	(5.1% - 15.8%)
No	6.2%	(4.7% - 8.0%)	22,106	108	1,560	3	6.5%	(4.9% - 8.6%)
Nutrition								
Fruit and Vegetable Index								
<1 Per Day or Never	3%	(1% - 9%)	917	5	139	3	2%	(1% - 7%)
1 to <3 Times Per Day	7.5%	(5.2% - 10.5%)	12,165	65	788	3	7.4%	(5.1% - 10.6%)
3 to <5 Times Per Day	6.5%	(4.4% - 9.5%)	11,133	51	806	3	6.2%	(4.2% - 9.1%)
5 Or More Times Per Day	5.6%	(3.7% - 8.5%)	6,299	37	530	3	6.0%	(4.0% - 9.0%)
Physical Activity								
Physical Activity Recommendations (2008)								
Active	6.4%	(4.9% - 8.3%)	21,669	105	1,499	3	6.1%	(4.7% - 7.9%)
Insufficient	5%	(3% - 7%)	3,866	28	408	3	5%	(3% - 8%)
Inactive	11%	(6% - 20%)	4,363	19	228	3	11%	(6% - 20%)
Leisure Time Exercise								
Yes	6.4%	(4.9% - 8.2%)	24,371	119	1,778	3	6.2%	(4.8% - 7.9%)
No	5.6%	(3.7% - 8.4%)	6,097	39	538	3	5.1%	(3.3% - 7.9%)

Alcohol Use – Heavy Drinking (continued)

Heavy drinkers, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy Alaskans 2010 Objective: 4.5: Reduce chronic drinking among adults (percent of persons aged 18 years or older who drank an average of 60 or more alcohol drinks in the past month) to 4%.

Screening Question: Heavy drinkers (adult men having more than two drinks per day and adult women having more than one drink per day)

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate		
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI	
Sexual Violence/Intimate Partner Violence									
Parents Physically hurt by Spouse/Partner									
Yes	9%	(6% - 14%)	7,647	37	421	3	8%	(5% - 13%)	
No	5.9%	(4.5% - 7.6%)	20,946	109	1,689	3	5.8%	(4.5% - 7.6%)	
Unwanted Sexual Activity									
Yes	10%	(6% - 18%)	6,085	21	331	3	9%	(5% - 15%)	
No	6.0%	(4.7% - 7.6%)	22,738	129	1,782	3	5.9%	(4.6% - 7.5%)	
Ever Hurt or Threatened by Intimate Partner									
Yes	10%	(6% - 15%)	9,400	48	491	3	10%	(6% - 15%)	
No	5.6%	(4.3% - 7.3%)	19,551	100	1,629	3	5.5%	(4.2% - 7.2%)	
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner									
Yes	7%	(3% - 15%)	1,716	13	115	3	7%	(3% - 14%)	
No	6.5%	(5.1% - 8.2%)	27,067	134	2,008	3	6.4%	(5.0% - 8.1%)	
Tobacco Use									
Cigarette Smoking Status									
Current Smoker	10%	(7% - 14%)	9,817	55	485	3	11%	(7% - 17%)	
Former Smoker	8.3%	(5.8% - 11.8%)	11,568	61	724	3	8.0%	(5.5% - 11.5%)	
Never Smoked	3.6%	(2.3% - 5.6%)	9,062	43	1,097	3	3.6%	(2.4% - 5.5%)	
Smokeless Tobacco Status									
Current User	10%	(5% - 19%)	2,118	12	106	3	12%	(5% - 24%)	
Former User	7%	(5% - 12%)	5,986	41	359	3	7%	(5% - 11%)	
Never Used	6.2%	(4.7% - 8.1%)	21,672	102	1,711	3	6.1%	(4.6% - 8.0%)	

Risk Factors

Alcohol Use – Heavy Drinking (continued)

Heavy drinkers, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy Alaskans 2010 Objective: 4.5: Reduce chronic drinking among adults (percent of persons aged 18 years or older who drank an average of 60 or more alcohol drinks in the past month) to 4%.

Screening Question: Heavy drinkers (adult men having more than two drinks per day and adult women having more than one drink per day)

Population at Risk (See Appendix)	Response:		Yes				Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Weight Status								
Weight Status								
Normal (BMI <25)	5.0%	(3.3% - 7.3%)	8,693	52	765	3	5.1%	(3.6% - 7.3%)
Overweight (BMI 25 to 30)	6.1%	(4.3% - 8.5%)	10,759	59	832	3	5.9%	(4.0% - 8.5%)
Obese (BMI ≥30)	9.0%	(6.1% - 13.2%)	10,947	47	651	3	8.8%	(5.7% - 13.4%)
Obese I (BMI 30 TO < 35)	9%	(6% - 14%)	6,994	35	420	3	9%	(5% - 16%)
Obese II & III (BMI ≥35)	9%	(4% - 19%)	3,929	12	231	3	8%	(4% - 17%)

Exercise – No Leisure Time Physical Activity

INDICATOR: Proportion of adults who are physically inactive.

DATA SOURCE: 2009 Alaska Standard and Supplemental BRFSS surveys combined.

BRFSS QUESTION:

- During the past month, other than your regular job, did you participate in any physical activities such as running, calisthenics, golf, gardening, or walking for exercise?

How are we doing?

- In 2009, 20% of Alaska adults reported being physically inactive.
- The prevalence of physical inactivity has decreased slightly since 1991.

How does Alaska compare with the U.S.?

- Alaska has had a prevalence of physical inactivity that is consistently lower than the U.S. since 1991, although the difference has decreased since 2000.

Healthy People 2010

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

Healthy Alaskans 2010

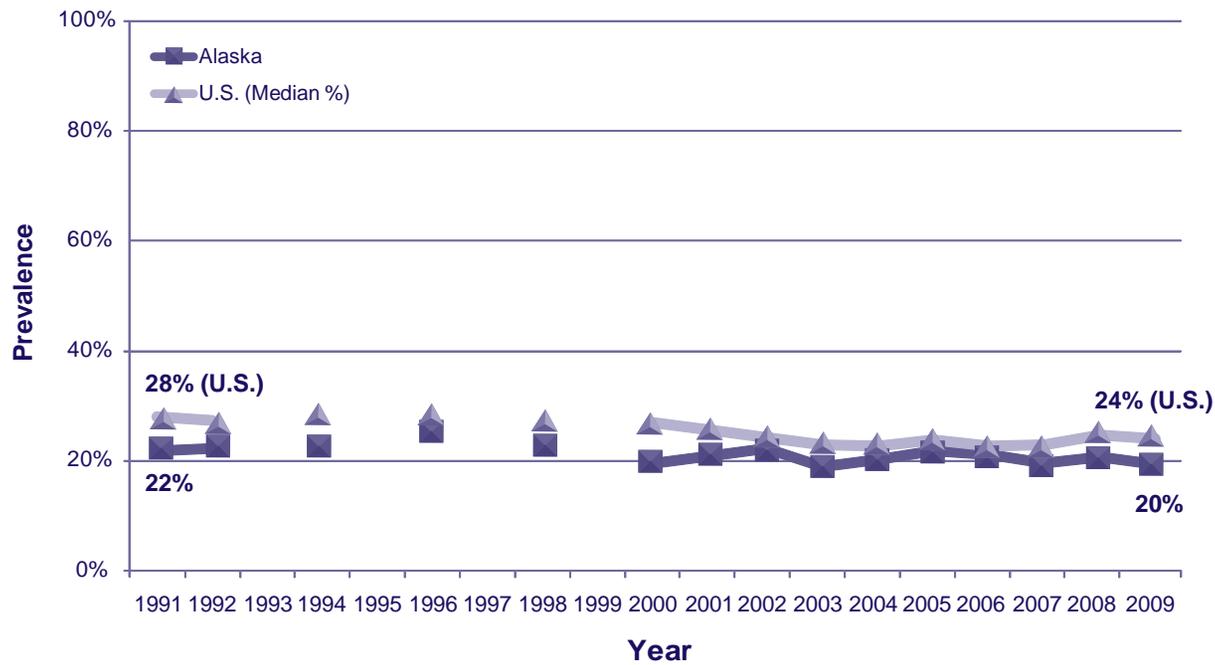
Objective 1.1: Reduce the proportion of adults who are physically inactive to 15%.

How are different populations affected?

- The prevalence of physical inactivity increased with age and decreased with both income and education level in 2009.
- Alaska Native adults, those unable to work, those with income below poverty guidelines, and those reporting fair or poor general health status had a significantly higher prevalence of physical inactivity than Alaska adults not in these groups.
- Having a disability, not having health care coverage, having diabetes, having high cholesterol and having cardiovascular disease was associated with physical inactivity in 2009.
- In 2009, as daily fruit and vegetable intake increased, physical inactivity decreased.
- Current smokers had a higher prevalence of physical inactivity than former or non-smokers, as did obese adults compared to those who were not obese.

Exercise – No Leisure Time Physical Activity

No Leisure Time Physical Activity: Alaska vs. Nationwide



Risk Factors

Exercise – No Leisure Time Physical Activity

No leisure time physical activity, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		22.1: Reduce the proportion of adults who are physically inactive to 20%.							
Healthy Alaskans 2010 Objective:		1.1: Reduce the proportion of adults who are physically inactive to 15%.							
Screening Question:		During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?							
Population at Risk (See Appendix)	Response:	Observed Rate			No			Age-Adjusted Rate	
	%	95% CI	Individuals	n	N	#	%	95% CI	
Total	19.6%	(18.0% - 21.4%)	99,886	1,003	4,750		20.4%	(18.7% - 22.1%)	
Demographics									
Gender									
Female	19.8%	(17.6% - 22.1%)	48,256	546	2,608		20.6%	(18.4% - 23.0%)	
Male	19.5%	(17.0% - 22.2%)	51,631	457	2,142		20.1%	(17.7% - 22.7%)	
Age Groups (Categories Used in Age-Adjustment)									
Persons aged 18 to 24 years	15%	(10% - 22%)	10,775	49	275	3	NA	(NA - NA)	
Persons aged 25 to 34 years	14.1%	(10.6% - 18.5%)	14,362	96	671	3	NA	(NA - NA)	
Persons aged 35 to 44 years	16.2%	(13.1% - 19.9%)	15,545	142	847		NA	(NA - NA)	
Persons aged 45 to 64 years	22.5%	(20.0% - 25.2%)	40,937	468	2,147		NA	(NA - NA)	
Persons aged 65 years and older	32.7%	(28.0% - 37.7%)	17,200	235	752		NA	(NA - NA)	
Race and Ethnicity									
American Indian or Alaska Native	26.4%	(22.5% - 30.8%)	19,350	231	848		27.9%	(23.9% - 32.4%)	
Asian or Pacific Islander	43%	(30% - 58%)	8,998	41	121		46%	(34% - 58%)	
Asian	46%	(31% - 62%)	5,890	33	96		49%	(35% - 63%)	
Native Hawaiian or Other Pacific Islander	DSU	(DSU - DSU)	DSU	DSU	25	1	DSU	(DSU - DSU)	
Black or African American	19%	(11% - 31%)	1,970	19	64	3	24%	(13% - 39%)	
White	17.7%	(15.8% - 19.7%)	67,459	666	3,483		18.0%	(16.2% - 20.0%)	
Hispanic or Latino	17%	(10% - 27%)	3,373	25	131	3	22%	(14% - 32%)	
Not Hispanic or Latino	19.8%	(18.0% - 21.6%)	95,669	964	4,569		20.4%	(18.7% - 22.2%)	
Black or African American, not Hispanic/Latino	DSU	(DSU - DSU)	DSU	DSU	29	3	DSU	(DSU - DSU)	
White, not Hispanic or Latino	17.6%	(15.7% - 19.6%)	64,094	642	3,345		18.0%	(16.1% - 20.0%)	

Risk Factors

For table end notes see Appendix J on Pg 429.

Exercise – No Leisure Time Physical Activity (continued)

No leisure time physical activity, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		22.1: Reduce the proportion of adults who are physically inactive to 20%.						
Healthy Alaskans 2010 Objective:		1.1: Reduce the proportion of adults who are physically inactive to 15%.						
Screening Question:		During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?						
Response:		No						
Population at Risk (See Appendix)	%	Observed Rate			n		Age-Adjusted Rate	
		95% CI	Individuals		N	#	%	95% CI
Alaska Native								
Yes	26.3%	(22.5% - 30.5%)	21,713	248	929	27.3%	(23.4% - 31.7%)	
No	18.3%	(16.5% - 20.3%)	77,193	739	3,763	19.1%	(17.2% - 21.0%)	
Geographic Location								
Anchorage & Vicinity	19.3%	(16.6% - 22.4%)	52,913	216	997	20.3%	(17.5% - 23.4%)	
Fairbanks & Vicinity	20.3%	(17.4% - 23.5%)	15,244	212	1,018	21.3%	(18.4% - 24.5%)	
Gulf Coast	18.5%	(15.8% - 21.5%)	10,681	204	983	18.5%	(15.8% - 21.5%)	
Rural	26.2%	(22.8% - 30.0%)	12,581	201	792	27.0%	(23.4% - 30.9%)	
Southeast	15.6%	(13.1% - 18.4%)	8,467	170	960	15.8%	(13.3% - 18.7%)	
Urban/Rural								
Metropolitan Statistical Area	19.5%	(17.2% - 22.0%)	65,841	406	1,932	20.5%	(18.2% - 23.1%)	
Micropolitan Statistical Area & Urban Clusters	18.8%	(16.5% - 21.2%)	16,808	301	1,488	19.0%	(16.8% - 21.5%)	
Rural	21.4%	(18.8% - 24.2%)	17,213	295	1,325	21.7%	(19.1% - 24.6%)	
Education Level (persons aged 25 years and older)								
Less than high school	36%	(29% - 45%)	8,952	109	289	37%	(30% - 45%)	
High school graduate	30.0%	(26.3% - 34.0%)	35,184	371	1,274	30.1%	(26.4% - 34.1%)	
At least some college	19.7%	(16.8% - 23.0%)	25,306	287	1,332	20.4%	(17.5% - 23.8%)	
College Graduate	11.4%	(9.3% - 13.8%)	18,763	182	1,571	12.7%	(10.5% - 15.3%)	
Employment Status								
Employed	16.6%	(14.6% - 18.8%)	55,399	516	2,985	17.7%	(15.3% - 20.4%)	
Unemployed	24%	(18% - 31%)	10,335	101	392	25%	(19% - 32%)	
Not in Workforce (Student, Homemaker, Retired)	21.9%	(18.6% - 25.7%)	24,526	286	1,148	19.6%	(16.4% - 23.1%)	
Unable to work	54%	(44% - 64%)	9,254	97	202	49%	(36% - 61%)	

Exercise – No Leisure Time Physical Activity (continued)

No leisure time physical activity, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		22.1: Reduce the proportion of adults who are physically inactive to 20%.						
Healthy Alaskans 2010 Objective:		1.1: Reduce the proportion of adults who are physically inactive to 15%.						
Screening Question:		During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?						
Response:		No					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	Observed Rate		n	N	#	Age-Adjusted Rate	
		95% CI	Individuals				%	95% CI
Marital Status								
Married or Unwed Couple	17.4%	(15.6% - 19.3%)	53,303	518	2,695		19.0%	(16.6% - 21.6%)
Divorced/Separated	34%	(27% - 43%)	5,789	103	325		18%	(13% - 25%)
Widowed	24.2%	(20.0% - 28.9%)	13,894	189	796		27.0%	(20.8% - 34.2%)
Never Married	22.3%	(17.2% - 28.3%)	20,607	147	677		31.5%	(25.4% - 38.4%)
Income Level								
<\$15,000	38%	(29% - 46%)	11,220	121	352		37%	(30% - 45%)
\$15,000 - \$24,999	25%	(20% - 32%)	11,777	137	484		28%	(22% - 34%)
\$25,000 - \$49,999	22.3%	(18.5% - 26.7%)	21,809	224	984		22.8%	(19.2% - 26.9%)
\$50,000 - \$74,999	19.1%	(15.1% - 23.8%)	15,973	148	808		18.6%	(14.6% - 23.4%)
\$75,000	11.5%	(9.6% - 13.8%)	21,398	210	1,552		13.0%	(10.6% - 15.8%)
Poverty Threshold								
Poor (<100% Poverty Threshold)	34%	(26% - 44%)	11,835	100	318		38%	(30% - 46%)
Near Poor (100% to 199% Poverty Threshold)	23.7%	(19.0% - 29.1%)	14,954	172	608		26.0%	(21.5% - 31.2%)
Middle/High Income (>=200% Poverty Threshold)	16.0%	(14.2% - 18.0%)	55,240	568	3,254		16.2%	(14.4% - 18.3%)
Below Poverty Guidelines								
Yes	30%	(23% - 37%)	14,898	127	431		33%	(26% - 39%)
No	17.1%	(15.4% - 19.0%)	67,449	713	3,749		17.3%	(15.6% - 19.3%)
Veteran								
Yes	19.3%	(15.7% - 23.5%)	17,444	184	817		17.7%	(14.4% - 21.6%)
No	19.7%	(17.9% - 21.7%)	82,296	817	3,919		20.9%	(19.1% - 22.9%)

Risk Factors

Exercise – No Leisure Time Physical Activity (continued)

No leisure time physical activity, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		22.1: Reduce the proportion of adults who are physically inactive to 20%.						
Healthy Alaskans 2010 Objective:		1.1: Reduce the proportion of adults who are physically inactive to 15%.						
Screening Question:		During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?						
Response:		No						
Population at Risk (See Appendix)	%	Observed Rate			No		Age-Adjusted Rate	
		95% CI	Individuals	n	N #	%	95% CI	
Health Status								
General Health								
Excellent to Very Good	13.0%	(11.1% - 15.0%)	39,464	353	2,601	13.6%	(11.8% - 15.7%)	
Good	26.4%	(23.1% - 30.1%)	38,532	387	1,453	26.9%	(23.6% - 30.5%)	
Fair/Poor	38.3%	(32.7% - 44.2%)	21,439	254	669	36.4%	(29.7% - 43.6%)	
Healthy Days (Mean Number of Days)								
Physical Health Not Good	5.3	(4.4 - 6.1)			961	5.0	(4.1 - 6.0)	
Mental Health Not Good	3.5	(2.8 - 4.1)			963	3.2	(2.6 - 3.7)	
Unhealthy Days (Physical or Mental Health Not Good)	7.2	(6.2 - 8.2)			972	6.9	(5.9 - 7.8)	
Days with Activity Limitation	3.4	(2.7 - 4.1)			974	3.1	(2.5 - 3.7)	
Healthy Days (Percentage with 14 or More Days)								
Physical Health Not Good	39%	(33% - 45%)	15,406	197	475	37%	(30% - 44%)	
Mental Health Not Good	28%	(23% - 35%)	10,351	124	391	29%	(24% - 35%)	
Unhealthy Days (Physical or Mental Health Not Good)	29.9%	(25.4% - 34.9%)	21,299	253	761	29.5%	(25.1% - 34.2%)	
Activity Limitation	39%	(32% - 47%)	10,219	144	329	35%	(29% - 42%)	
Disability								
Disabled								
Yes	27.8%	(24.1% - 31.9%)	30,719	347	1,181	26.0%	(22.0% - 30.4%)	
No	17.3%	(15.4% - 19.3%)	67,624	634	3,492	18.2%	(16.3% - 20.2%)	
Activity Limitation								
Yes	27.5%	(23.7% - 31.6%)	28,592	327	1,108	26.0%	(21.9% - 30.6%)	
No	17.5%	(15.7% - 19.5%)	69,794	657	3,573	18.5%	(16.6% - 20.5%)	

Exercise – No Leisure Time Physical Activity (continued)

No leisure time physical activity, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		22.1: Reduce the proportion of adults who are physically inactive to 20%.						
Healthy Alaskans 2010 Objective:		1.1: Reduce the proportion of adults who are physically inactive to 15%.						
Screening Question:		During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?						
Population at Risk (See Appendix)	Response:	Observed Rate			No		Age-Adjusted Rate	
		%	95% CI	Individuals	n	N #	%	95% CI
Require Special Equipment								
Yes		40%	(32% - 47%)	11,766	138	340	31%	(25% - 39%)
No		18.3%	(16.6% - 20.1%)	86,960	851	4,373	19.1%	(17.3% - 20.9%)
Mental Health								
Social and Emotional Support								
Always/Usually		21.0%	(18.1% - 24.1%)	79,170	379	1,747	21.3%	(18.5% - 24.4%)
Sometimes/Rarely/Never		26.1%	(20.8% - 32.1%)	24,954	135	508	27.0%	(22.0% - 32.0%)
Life Satisfaction								
Very Satisfied / Satisfied		21.5%	(18.9% - 24.2%)	97,651	482	2,170	21.9%	(19.3% - 24.6%)
Dissatisfied / Very Dissatisfied		37%	(23% - 52%)	6,906	31	93	34%	(21% - 50%)
Healthcare								
Healthcare Coverage								
Health Plan								
Yes		18.1%	(16.4% - 19.9%)	75,193	785	3,943	18.5%	(16.8% - 20.3%)
No		27.6%	(22.7% - 33.2%)	24,371	216	780	31.8%	(25.9% - 38.3%)
Immunization								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes		21.0%	(17.2% - 25.4%)	40,000	218	917	20.4%	(16.7% - 24.8%)
No		23.1%	(19.9% - 26.5%)	70,995	329	1,439	24.6%	(21.4% - 28.2%)
Ever Had Pneumonia Shot (Ages 65+)								
Yes		28.9%	(23.9% - 34.5%)	29,409	181	600	25.9%	(20.1% - 32.6%)
No		20.9%	(17.9% - 24.4%)	68,488	314	1,497	22.0%	(18.8% - 25.6%)

Risk Factors

Exercise – No Leisure Time Physical Activity (continued)

No leisure time physical activity, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		22.1: Reduce the proportion of adults who are physically inactive to 20%.													
Healthy Alaskans 2010 Objective:		1.1: Reduce the proportion of adults who are physically inactive to 15%.													
Screening Question:		During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?													
Response:		No					Age-Adjusted Rate								
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate							
		%	95% CI					%	95% CI						
Screening															
AIDS/HIV Screening (Ages 18-64)															
Yes	17.5%	(14.4%	-	21.0%)	36,537	172	902	18.5%	(15.4%	-	22.0%)
No	25.8%	(21.4%	-	30.8%)	53,184	229	937	26.3%	(21.5%	-	31.7%)
Diagnoses															
Arthritis															
Arthritis															
Yes	29.8%	(24.9%	-	35.2%)	34,394	205	693	25.9%	(20.2%	-	32.6%)
No	20.2%	(17.3%	-	23.4%)	75,927	339	1,642	21.2%	(18.3%	-	24.4%)
Asthma															
Asthma Diagnosis															
Yes	20.2%	(16.3%	-	24.8%)	13,440	155	625	21.2%	(17.2%	-	25.9%)
No	19.6%	(17.8%	-	21.5%)	86,363	846	4,111	20.3%	(18.4%	-	22.2%)
Current Asthma															
Yes	23%	(18%	-	29%)	9,565	103	398	22%	(17%	-	28%)
No	16%	(11%	-	23%)	3,612	46	201	21%	(15%	-	29%)
Cardiovascular and Cerebrovascular Disease															
Cardiovascular Disease															
Yes	35%	(27%	-	43%)	6,897	94	247	25%	(15%	-	38%)
No	18.7%	(17.0%	-	20.5%)	90,399	885	4,448	19.5%	(17.8%	-	21.4%)
Heart Attack (Myocardial Infarction)															
Yes	33%	(24%	-	42%)	4,729	63	180	25%	(14%	-	40%)
No	19.1%	(17.4%	-	20.9%)	94,257	929	4,551	19.9%	(18.2%	-	21.8%)

Exercise – No Leisure Time Physical Activity (continued)

No leisure time physical activity, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		22.1: Reduce the proportion of adults who are physically inactive to 20%.													
Healthy Alaskans 2010 Objective:		1.1: Reduce the proportion of adults who are physically inactive to 15%.													
Screening Question:		During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?													
Response:		No					Age-Adjusted Rate								
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate							
		95% CI						%	95% CI						
Coronary Heart Disease (Angina)															
Yes	36%	(26%	-	46%)	4,441	64	160	21%	(13%	-	31%)
No	19.0%	(17.3%	-	20.8%)	93,230	922	4,549	19.8%	(18.1%	-	21.6%)
Stroke															
Yes	40%	(29%	-	52%)	3,817	51	135	42%	(27%	-	58%)
No	19.2%	(17.5%	-	21.0%)	95,540	944	4,602	19.9%	(18.2%	-	21.7%)
Diabetes															
Nongestational Diabetes															
Yes	37%	(30%	-	45%)	11,324	131	349	33%	(21%	-	49%)
No	18.5%	(16.8%	-	20.3%)	88,334	869	4,392	19.3%	(17.6%	-	21.1%)
Pre-Diabetes															
Yes	23%	(18%	-	28%)	8,879	109	440	20%	(15%	-	26%)
No	18.1%	(16.4%	-	20.0%)	79,539	757	3,945	19.1%	(17.4%	-	21.0%)
Risk Factors															
Alcohol															
Binge Drinking															
Yes	16%	(12%	-	21%)	14,104	83	388	23%	(17%	-	30%)
No	23.7%	(20.8%	-	26.8%)	95,734	460	1,952	24.0%	(21.1%	-	27.1%)
Heavy Drinking															
Yes	20%	(13%	-	29%)	6,094	39	158	21%	(14%	-	30%)
No	22.3%	(19.7%	-	25.1%)	102,159	499	2,158	22.8%	(20.2%	-	25.5%)

Risk Factors

Exercise – No Leisure Time Physical Activity (continued)

No leisure time physical activity, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		22.1: Reduce the proportion of adults who are physically inactive to 20%.						
Healthy Alaskans 2010 Objective:		1.1: Reduce the proportion of adults who are physically inactive to 15%.						
Screening Question:		During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?						
Response:		No						
Population at Risk (See Appendix)	%	Observed Rate		No			Age-Adjusted Rate	
		95% CI	Individuals	n	N	#	%	95% CI
Hypercholesterolemia								
High Cholesterol								
Yes	26.7%	(22.5% - 31.2%)	33,618	210	750		21.3%	(17.4% - 25.8%)
No	16.3%	(13.1% - 20.1%)	38,478	189	1,094		17.1%	(13.6% - 21.4%)
Hypertension								
High Blood Pressure								
Yes	27.1%	(23.0% - 31.7%)	36,277	223	774		22.4%	(18.3% - 27.1%)
No	20.7%	(17.8% - 23.9%)	77,093	338	1,629		21.9%	(19.0% - 25.2%)
Nutrition								
Fruit and Vegetable Index								
<1 Per Day or Never	54%	(41% - 66%)	16,687	67	142		51%	(41% - 62%)
1 to <3 Times Per Day	29.5%	(24.8% - 34.7%)	49,898	234	807		30.6%	(25.8% - 35.7%)
3 to <5 Times Per Day	16.8%	(13.6% - 20.6%)	29,360	159	834		17.2%	(14.0% - 21.1%)
5 Or More Times Per Day	12.6%	(9.3% - 17.0%)	14,451	80	541	3	13.1%	(9.8% - 17.4%)
Physical Activity								
Physical Activity Recommendations (2008)								
Active	13.4%	(10.8% - 16.4%)	46,435	195	1,532		13.5%	(11.1% - 16.4%)
Insufficient	31%	(25% - 38%)	24,562	131	424		31%	(25% - 37%)
Inactive	75%	(66% - 82%)	30,268	164	235		73%	(63% - 81%)
Leisure Time Exercise								
Yes	0.0%	(0.0% - 0.0%)	0	0	3,747		0.0%	(0.0% - 0.0%)
No	100.0%	(0.0% - 0.0%)	99,886	1,003	1,003		100.0%	(0.0% - 0.0%)

Exercise – No Leisure Time Physical Activity (continued)

No leisure time physical activity, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		22.1: Reduce the proportion of adults who are physically inactive to 20%.							
Healthy Alaskans 2010 Objective:		1.1: Reduce the proportion of adults who are physically inactive to 15%.							
Screening Question:		During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?							
Response:		No					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		95% CI						%	95% CI
Sexual Violence/Intimate Partner Violence									
Parents Physically Hurt by Spouse/Partner									
Yes	20%	(15% -	25%)	17,249	98	427	21%	(16% - 26%)
No	20.9%	(18.2% -	23.9%)	75,898	380	1,733	21.4%	(18.7% - 24.3%)
Unwanted Sexual Activity									
Yes	22%	(17% -	29%)	13,769	67	340	25%	(19% - 33%)
No	20.7%	(18.1% -	23.6%)	80,370	412	1,825	20.8%	(18.3% - 23.6%)
Ever Hurt or Threatened by Intimate Partner									
Yes	23.6%	(18.7% -	29.3%)	22,863	125	510	25.0%	(20.0% - 30.8%)
No	20.0%	(17.3% -	23.0%)	70,849	358	1,662	20.1%	(17.4% - 23.0%)
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner									
Yes	23%	(14% -	35%)	6,112	32	121	28%	(18% - 40%)
No	20.8%	(18.3% -	23.5%)	88,438	453	2,054	20.9%	(18.4% - 23.6%)
Tobacco Use									
Cigarette Smoking Status									
Current Smoker	28.1%	(24.0% -	32.6%)	26,413	270	942	30.7%	(26.4% - 35.3%)
Former Smoker	19.7%	(16.9% -	22.7%)	27,548	330	1,474	18.9%	(16.0% - 22.2%)
Never Smoked	16.7%	(14.4% -	19.3%)	45,099	396	2,292	18.1%	(15.8% - 20.6%)
Smokeless Tobacco Status									
Current User	24%	(17% -	32%)	5,262	51	214	28%	(20% - 38%)
Former User	17.0%	(13.1% -	21.7%)	15,259	140	726	18.3%	(14.6% - 22.6%)
Never Used	19.6%	(17.7% -	21.6%)	73,129	749	3,607	19.8%	(17.9% - 21.9%)

Risk Factors

Exercise – No Leisure Time Physical Activity (continued)

No leisure time physical activity, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:

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

Healthy Alaskans 2010 Objective:

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

Screening Question:

During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

Population at Risk (See Appendix)	Response:		No			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Weight Status							
Weight Status							
Normal (BMI <25)	16.3%	(13.6% - 19.4%)	27,888	260	1,489	17.0%	(14.5% - 19.9%)
Overweight (BMI 25 to 30)	17.2%	(14.7% - 20.0%)	32,530	324	1,729	18.3%	(15.6% - 21.3%)
Obese (BMI ≥30)	27.0%	(23.5% - 30.9%)	34,531	367	1,327	26.6%	(22.8% - 30.8%)
Obese I (BMI 30 TO < 35)	28.0%	(23.7% - 32.7%)	22,562	238	854	28.8%	(23.8% - 34.5%)
Obese II & III (BMI ≥35)	25%	(20% - 32%)	11,757	129	473	25%	(20% - 31%)

Exercise – 2008 Physical Activity Guidelines for Americans

INDICATOR: Proportion of adults who had two hours and 30 minutes (150 minutes) a week of moderate intensity, or one hour and 15 minutes (75 minutes) a week of vigorous intensity activity, or an equivalent combination of moderate and vigorous intensity aerobic physical activity.

DATA SOURCE: 2009 Alaska Standard BRFSS survey.

BRFSS QUESTIONS:

Moderate Activity

- ▶ Now, thinking about the moderate activities you do when you are not working 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?
- ▶ How many days per week do you do these moderate activities for at least 10 minutes at a time?
- ▶ 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?

Vigorous Activity

- ▶ Now, thinking about the vigorous activities you do when you are not working in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?
- ▶ How many days per week do you do these vigorous activities for at least 10 minutes at a time?
- ▶ 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?

How are we doing?

- ▶ In 2009, nearly three-quarters of Alaska adults met the 2008 Physical Activity Guidelines for Americans.
- ▶ The prevalence of meeting the 2008 Physical Activity Guidelines has stayed relatively steady from 2001 through 2009.

How does Alaska compare with the U.S.?

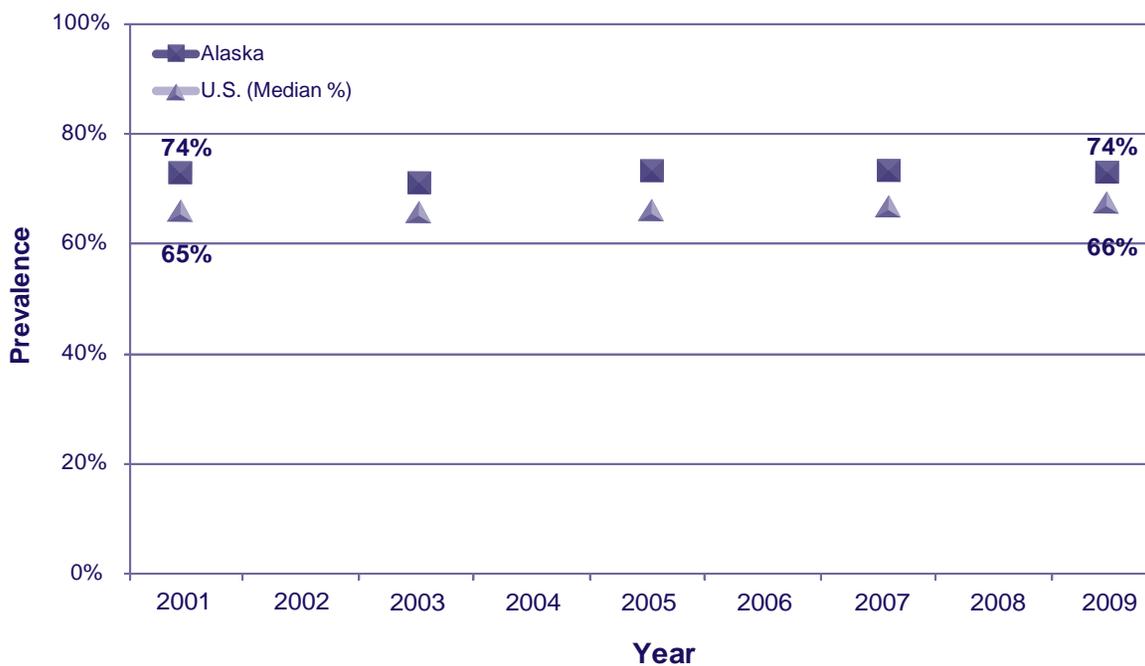
- ▶ The U.S. median prevalence of meeting the 2008 Physical Activity guidelines was 66% in 2009, below the prevalence in Alaska.
- ▶ The prevalence of meeting the 2008 Physical Activity Guidelines has stayed relatively steady since 2001; Alaska has consistently had a higher prevalence than the U.S. as a whole

How are different populations affected?

- ▶ The prevalence of meeting the 2008 Physical Activity Guidelines appears to have decreased with age and increased with education, income, and fruit and vegetable consumption in 2009.
- ▶ Alaska women; adults who were unable to work; divorced, separated, or widowed adults; those who rate their health status as good, fair or poor (as opposed to excellent or very good); those who had arthritis; those who had cardiovascular disease; and those who had pre-diabetes were less likely to have met the 2008 Physical Activity Guidelines than Alaska adults not in these groups.
- ▶ Adults who were very satisfied or satisfied with life and those who always or usually got the social and emotional support they need were more likely to meet 2008 Physical Activity Guidelines than adults not in these groups.
- ▶ High cholesterol, high blood pressure and obesity were associated with not meeting the 2008 Physical Activity Guidelines in 2009.

Exercise – 2008 Physical Activity Guidelines for Americans

2008 Physical Activity Guidelines: Excellent or Very Good 2001 - 2009 BRFSS, Alaska vs. Nationwide



Exercise – 2008 Physical Activity Guidelines for Americans

Recommended physical activity, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Population at Risk (See Appendix)	Screening Question: 2 hours and 30 minutes (150 minutes) a week of moderate-intensity, or 1 hour and 15 minutes (75 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic physical activity.						Response:		
	Observed Rate			Yes			Age-Adjusted Rate		
	%	95% CI	Individuals	n	N	#	%	95% CI	
Total	74.4%	(71.7% - 76.9%)	348,013	1,536	2,195		73.2%	(70.5% - 75.7%)	
Demographics									
Gender									
Female	69.6%	(65.8% - 73.1%)	155,063	793	1,194		68.3%	(64.5% - 71.9%)	
Male	78.9%	(75.1% - 82.2%)	192,950	743	1,001		77.7%	(74.0% - 81.1%)	
Age Groups (Categories Used in Age-Adjustment)									
Persons aged 18 to 24 years	87%	(79% - 92%)	58,775	108	134		NA	(NA - NA)	
Persons aged 25 to 34 years	76%	(68% - 82%)	70,343	232	299		NA	(NA - NA)	
Persons aged 35 to 44 years	76%	(70% - 82%)	68,970	300	404		NA	(NA - NA)	
Persons aged 45 to 64 years	71.7%	(67.9% - 75.3%)	120,004	687	996		NA	(NA - NA)	
Persons aged 65 years and older	59%	(51% - 66%)	27,445	192	342		NA	(NA - NA)	
Race and Ethnicity									
American Indian or Alaska Native	68%	(61% - 75%)	44,014	244	378		65%	(58% - 71%)	
Asian or Pacific Islander	70%	(50% - 85%)	10,260	41	55	1	65%	(48% - 79%)	
Asian	DSU	(DSU - DSU)	DSU	DSU	44	1	DSU	(DSU - DSU)	
Native Hawaiian or Other Pacific Islander	DSU	(DSU - DSU)	DSU	DSU	11	1	DSU	(DSU - DSU)	
Black or African American	DSU	(DSU - DSU)	DSU	DSU	35	3	DSU	(DSU - DSU)	
White	75.9%	(72.9% - 78.7%)	271,099	1,169	1,640		75.1%	(72.1% - 77.8%)	
Hispanic or Latino	59%	(41% - 75%)	8,984	38	58		56%	(39% - 72%)	
Not Hispanic or Latino	74.9%	(72.2% - 77.5%)	337,144	1,488	2,120		73.7%	(71.0% - 76.2%)	
Black or African American, not Hispanic/Latino	DSU	(DSU - DSU)	DSU	DSU	28	3	DSU	(DSU - DSU)	
White, not Hispanic or Latino	75.8%	(72.7% - 78.7%)	259,665	1,126	1,578		75.0%	(71.9% - 77.9%)	

Risk Factors

For table end notes see Appendix J on Pg 429.

Exercise – 2008 Physical Activity Guidelines for Americans (continued)

Recommended physical activity, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Population at Risk (See Appendix)	Screening Question: 2 hours and 30 minutes (150 minutes) a week of moderate-intensity, or 1 hour and 15 minutes (75 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic physical activity.						Response:	
	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Alaska Native								
Yes	69%	(62% - 75%)	50,183	268	413		65%	(59% - 71%)
No	75.3%	(72.4% - 78.1%)	295,083	1,257	1,767		74.4%	(71.4% - 77.1%)
Geographic Location								
Anchorage & Vicinity	75%	(71% - 79%)	190,883	327	475		74%	(69% - 78%)
Fairbanks & Vicinity	78%	(73% - 82%)	55,086	341	467		76%	(72% - 80%)
Gulf Coast	69%	(64% - 74%)	35,582	289	427		70%	(65% - 75%)
Rural	72%	(66% - 77%)	29,339	246	362		68%	(62% - 74%)
Southeast	73%	(68% - 78%)	36,613	333	464		72%	(67% - 77%)
Urban/Rural								
Metropolitan Statistical Area	75.6%	(71.9% - 79.0%)	238,937	641	909		74.2%	(70.5% - 77.6%)
Micropolitan Statistical Area & Urban Clusters	70.5%	(66.2% - 74.4%)	57,987	482	705		69.8%	(65.7% - 73.7%)
Rural	73.7%	(69.3% - 77.6%)	51,090	413	581		73.0%	(68.7% - 76.8%)
Education Level (persons aged 25 years and older)								
Less than high school	61%	(48% - 73%)	13,154	74	123		62%	(49% - 73%)
High school graduate	64.2%	(58.4% - 69.6%)	69,843	390	596		63.3%	(57.4% - 68.8%)
At least some college	75.4%	(70.5% - 79.6%)	93,275	448	627		73.6%	(68.7% - 78.0%)
College Graduate	77.6%	(73.2% - 81.5%)	113,022	516	713		76.8%	(72.1% - 80.9%)
Employment Status								
Employed	77.6%	(74.3% - 80.6%)	238,997	1,030	1,381		76.0%	(71.9% - 79.7%)
Unemployed	77%	(69% - 83%)	34,237	144	205		67%	(59% - 74%)
Not in Workforce (Student, Homemaker, Retired)	70.4%	(64.3% - 75.9%)	67,536	322	503		71.0%	(65.0% - 77.0%)
Unable to work	32%	(19% - 48%)	5,060	31	91		51%	(41% - 60%)

Exercise – 2008 Physical Activity Guidelines for Americans (continued)

Recommended physical activity, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Population at Risk (See Appendix)	Response:		2 hours and 30 minutes (150 minutes) a week of moderate-intensity, or 1 hour and 15 minutes (75 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic physical activity.					Age-Adjusted Rate	
	%	95% CI	Observed Rate			Yes		%	95% CI
			Individuals	n	N #				
Marital Status									
Married or Unwed Couple	76.8%	(73.6% - 79.8%)	211,035	896	1,221	75.1%	(70.6% - 79.2%)		
Divorced/Separated	51%	(39% - 63%)	9,032	77	155	75%	(67% - 82%)		
Widowed	62%	(54% - 69%)	33,681	240	383	67%	(59% - 74%)		
Never Married	80%	(72% - 86%)	71,939	223	301	65%	(57% - 73%)		
Income Level									
<\$15,000	63%	(52% - 74%)	18,085	98	172	63%	(54% - 72%)		
\$15,000 - \$24,999	69%	(57% - 79%)	26,164	134	214	65%	(57% - 73%)		
\$25,000 - \$49,999	68%	(61% - 74%)	63,152	293	447	67%	(60% - 73%)		
\$50,000 - \$74,999	73%	(67% - 79%)	53,489	268	375	73%	(65% - 79%)		
\$75,000	81.9%	(78.0% - 85.2%)	138,551	569	730	80.7%	(76.0% - 84.7%)		
Poverty Threshold									
Poor (<100% Poverty Threshold)	75%	(62% - 85%)	24,787	98	146	66%	(54% - 75%)		
Near Poor (100% to 199% Poverty Threshold)	65%	(57% - 73%)	34,999	162	266	64%	(56% - 71%)		
Middle/High Income (>=200% Poverty Threshold)	76.0%	(72.9% - 78.8%)	239,431	1,102	1,526	75.6%	(72.2% - 78.6%)		
Below Poverty Guidelines									
Yes	72%	(61% - 81%)	31,317	130	197	67%	(57% - 75%)		
No	74.8%	(71.8% - 77.6%)	268,175	1,232	1,741	74.4%	(71.3% - 77.2%)		
Veteran									
Yes	78%	(72% - 83%)	65,925	287	397	79%	(73% - 84%)		
No	73.7%	(70.6% - 76.5%)	281,877	1,247	1,793	71.8%	(68.8% - 74.6%)		

Risk Factors

Exercise – 2008 Physical Activity Guidelines for Americans (continued)

Recommended physical activity, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Screening Question: **2 hours and 30 minutes (150 minutes) a week of moderate-intensity, or 1 hour and 15 minutes (75 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic physical activity.**

Population at Risk (See Appendix)	Response:		Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Health Status							
General Health							
Excellent to Very Good	81.0%	(77.6% - 83.9%)	223,750	917	1,177	79.5%	(76.1% - 82.5%)
Good	66.8%	(61.3% - 71.9%)	92,320	451	697	66.5%	(61.3% - 71.4%)
Fair/Poor	59%	(51% - 67%)	30,223	161	312	63%	(54% - 70%)
Healthy Days (Mean Number of Days)							
Physical Health Not Good	2.2	(1.8 - 2.6)			1511	2.3	(1.9 - 2.7)
Mental Health Not Good	2.3	(1.8 - 2.7)			1499	2.2	(1.8 - 2.6)
Unhealthy Days (Physical or Mental Health Not Good)	4.3	(3.7 - 4.9)			1485	4.3	(3.7 - 4.9)
Days with Activity Limitation	1.4	(1.1 - 1.7)			1521	1.4	(1.1 - 1.7)
Healthy Days (Percentage with 14 or More Days)							
Physical Health Not Good	58%	(49% - 66%)	19,835	100	207	60%	(49% - 69%)
Mental Health Not Good	61%	(50% - 71%)	19,926	96	170	60%	(51% - 69%)
Unhealthy Days (Physical or Mental Health Not Good)	66%	(58% - 72%)	42,015	193	338	66%	(59% - 72%)
Activity Limitation	51%	(40% - 63%)	11,753	65	144	57%	(46% - 67%)
Disability							
Disabled							
Yes	68.5%	(62.7% - 73.8%)	72,068	321	532	71.3%	(65.9% - 76.2%)
No	76.2%	(73.1% - 79.0%)	271,882	1,198	1,636	75.2%	(72.1% - 78.0%)
Activity Limitation							
Yes	69.2%	(63.3% - 74.6%)	68,827	303	504	71.9%	(66.5% - 76.8%)
No	75.8%	(72.7% - 78.7%)	275,302	1,217	1,667	74.6%	(71.6% - 77.5%)

Risk Factors

Exercise – 2008 Physical Activity Guidelines for Americans (continued)

Recommended physical activity, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Population at Risk (See Appendix)	Response:		2 hours and 30 minutes (150 minutes) a week of moderate-intensity, or 1 hour and 15 minutes (75 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic physical activity.				Age-Adjusted Rate	
	%	95% CI	Observed Rate		Yes		%	95% CI
			Individuals	n	N #			
Require Special Equipment								
Yes	55%	(44% - 66%)	13,752	68	140	53%	(41% - 65%)	
No	75.6%	(72.8% - 78.1%)	334,100	1,467	2,051	74.2%	(71.5% - 76.8%)	
Mental Health								
Social and Emotional Support								
Always/Usually	77.0%	(74.0% - 79.7%)	281,292	1,212	1,669	75.8%	(72.9% - 78.6%)	
Sometimes/Rarely/Never	65%	(58% - 71%)	59,849	297	483	64%	(58% - 70%)	
Life Satisfaction								
Very Satisfied / Satisfied	75.1%	(72.4% - 77.7%)	330,017	1,468	2,073	73.9%	(71.2% - 76.5%)	
Dissatisfied / Very Dissatisfied	55%	(39% - 70%)	9,819	47	86	54%	(39% - 68%)	
Healthcare								
Healthcare Coverage								
Health Plan								
Yes	75.5%	(72.7% - 78.2%)	287,661	1,274	1,800	74.9%	(72.1% - 77.6%)	
No	68%	(60% - 75%)	54,104	252	380	57%	(51% - 64%)	
Immunization								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	75.8%	(71.6% - 79.5%)	133,832	576	846	76.7%	(72.7% - 80.3%)	
No	73.6%	(70.0% - 76.9%)	211,499	948	1,329	70.9%	(67.3% - 74.2%)	
Ever Had Pneumonia Shot (Ages 65+)								
Yes	67.5%	(61.9% - 72.6%)	63,912	326	545	71.9%	(65.6% - 77.5%)	
No	75.7%	(72.2% - 78.8%)	230,288	1,021	1,388	73.4%	(69.7% - 76.8%)	

Risk Factors

Exercise – 2008 Physical Activity Guidelines for Americans (continued)

Recommended physical activity, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Population at Risk (See Appendix)	Screening Question: 2 hours and 30 minutes (150 minutes) a week of moderate-intensity, or 1 hour and 15 minutes (75 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic physical activity.						Response:	
	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Screening								
AIDS/HIV Screening (Ages 18-64)								
Yes	76.6%	(72.5% - 80.3%)	155,075	636	872		76.0%	(72.1% - 79.6%)
No	75.0%	(70.6% - 78.9%)	149,771	640	894		73.0%	(68.0% - 77.4%)
Diagnoses								
Arthritis								
Arthritis								
Yes	68.0%	(62.5% - 72.9%)	73,659	403	648		72.0%	(65.3% - 77.8%)
No	76.5%	(73.4% - 79.4%)	272,516	1,124	1,532		74.5%	(71.2% - 77.6%)
Asthma								
Asthma Diagnosis								
Yes	77%	(71% - 83%)	53,399	218	311		75%	(68% - 80%)
No	74.0%	(71.0% - 76.8%)	293,694	1,314	1,878		73.0%	(70.0% - 75.8%)
Current Asthma								
Yes	77%	(68% - 84%)	32,980	135	192		76%	(68% - 82%)
No	81%	(70% - 88%)	19,322	73	103		77%	(66% - 85%)
Cardiovascular and Cerebrovascular Disease								
Cardiovascular Disease								
Yes	59%	(47% - 70%)	11,836	64	124		62%	(41% - 79%)
No	75.2%	(72.4% - 77.8%)	332,394	1,455	2,045		73.4%	(70.6% - 76.1%)
Heart Attack (Myocardial Infarction)								
Yes	60%	(46% - 72%)	8,032	44	86		57%	(32% - 79%)
No	74.9%	(72.1% - 77.4%)	338,266	1,482	2,097		73.5%	(70.7% - 76.1%)

Exercise – 2008 Physical Activity Guidelines for Americans (continued)

Recommended physical activity, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Population at Risk (See Appendix)	Response:		2 hours and 30 minutes (150 minutes) a week of moderate-intensity, or 1 hour and 15 minutes (75 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic physical activity.				Age-Adjusted Rate	
	%	95% CI	Observed Rate		Yes		%	95% CI
			Individuals	n	N	#		
Coronary Heart Disease (Angina)								
Yes	58%	(43% - 72%)	7,526	40	81	78%	(70% - 84%)	
No	75.0%	(72.2% - 77.5%)	337,665	1,487	2,097	73.3%	(70.5% - 76.0%)	
Stroke								
Yes	56%	(40% - 70%)	4,108	30	61	52%	(33% - 70%)	
No	74.8%	(72.1% - 77.3%)	343,646	1,502	2,128	73.5%	(70.8% - 76.1%)	
Diabetes								
Nongestational Diabetes								
Yes	63%	(53% - 73%)	17,591	88	162	71%	(55% - 83%)	
No	75.1%	(72.3% - 77.7%)	329,425	1,444	2,027	73.8%	(70.9% - 76.4%)	
Pre-Diabetes								
Yes	60%	(50% - 70%)	21,698	115	194	61%	(50% - 71%)	
No	76.5%	(73.6% - 79.1%)	308,082	1,331	1,834	74.8%	(71.9% - 77.4%)	
Risk Factors								
Alcohol								
Binge Drinking								
Yes	77%	(71% - 83%)	66,152	276	373	70%	(63% - 76%)	
No	73.5%	(70.4% - 76.3%)	274,014	1,237	1,787	72.8%	(69.8% - 75.6%)	
Heavy Drinking								
Yes	73%	(62% - 82%)	21,651	105	152	68%	(57% - 78%)	
No	74.4%	(71.6% - 77.1%)	317,343	1,394	1,983	73.3%	(70.5% - 75.9%)	

Risk Factors

Exercise – 2008 Physical Activity Guidelines for Americans (continued)

Recommended physical activity, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Population at Risk (See Appendix)	Screening Question: 2 hours and 30 minutes (150 minutes) a week of moderate-intensity, or 1 hour and 15 minutes (75 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic physical activity.						Response:	
	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Hypercholesterolemia								
High Cholesterol								
Yes	63.6%	(58.4% - 68.6%)	74,403	430	691		59.5%	(50.5% - 67.9%)
No	81.5%	(77.9% - 84.5%)	180,372	772	1,003		80.0%	(76.2% - 83.4%)
Hypertension								
High Blood Pressure								
Yes	66.0%	(61.0% - 70.6%)	80,361	430	699		69.7%	(63.2% - 75.5%)
No	77.4%	(74.2% - 80.3%)	265,938	1,097	1,482		75.1%	(71.7% - 78.2%)
Nutrition								
Fruit and Vegetable Index								
<1 Per Day or Never	54%	(40% - 67%)	15,345	59	120		52%	(41% - 63%)
1 to <3 Times Per Day	67.1%	(62.0% - 71.8%)	107,767	489	762		65.6%	(60.7% - 70.2%)
3 to <5 Times Per Day	77.2%	(73.0% - 81.0%)	130,396	579	801		76.4%	(72.1% - 80.3%)
5 Or More Times Per Day	86.4%	(82.4% - 89.5%)	94,536	408	509		85.2%	(81.3% - 88.3%)
Physical Activity								
Physical Activity Recommendations (2008)								
Active	100.0%	(0.0% - 0.0%)	348,013	1,536	1,536		100.0%	(0.0% - 0.0%)
Insufficient	0%	(0% - 0%)	0	0	424		0%	(0% - 0%)
Inactive	0%	(0% - 0%)	0	0	235		0%	(0% - 0%)
Leisure Time Exercise								
Yes	82.3%	(79.7% - 84.7%)	301,285	1,337	1,701		81.0%	(78.4% - 83.4%)
No	46%	(39% - 53%)	46,569	195	490		45%	(39% - 52%)

Exercise – 2008 Physical Activity Guidelines for Americans (continued)

Recommended physical activity, Adults (18 years of age and older), Alaska BRFS, 2009:
Standard (2009) Survey Instrument

Population at Risk (See Appendix)	Screening Question: 2 hours and 30 minutes (150 minutes) a week of moderate-intensity, or 1 hour and 15 minutes (75 minutes) a week of vigorous-intensity aerobic physical activity, or an equivalent combination of moderate- and vigorous-intensity aerobic physical activity.						Response:	
	Observed Rate		Yes			Age-Adjusted Rate		
	%	95% CI	Individuals	n	N #	%	95% CI	
Sexual Violence/Intimate Partner Violence								
Parents Physically Hurt by Spouse/Partner								
Yes	71%	(64% - 77%)	58,784	274	402	71%	(64% - 77%)	
No	75.9%	(73.0% - 78.6%)	267,173	1,186	1,663	74.3%	(71.4% - 77.0%)	
Unwanted Sexual Activity								
Yes	66%	(58% - 73%)	37,707	212	315	65%	(58% - 72%)	
No	75.9%	(73.0% - 78.7%)	287,585	1,249	1,754	74.6%	(71.7% - 77.3%)	
Ever Hurt or Threatened by Intimate Partner								
Yes	68%	(61% - 74%)	62,334	317	481	65%	(59% - 71%)	
No	76.5%	(73.5% - 79.2%)	263,944	1,149	1,598	75.5%	(72.6% - 78.2%)	
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner								
Yes	76%	(65% - 85%)	19,754	74	115	66%	(56% - 75%)	
No	74.5%	(71.6% - 77.1%)	305,893	1,390	1,962	73.7%	(70.8% - 76.3%)	
Tobacco Use								
Cigarette Smoking Status								
Current Smoker	70%	(64% - 76%)	66,134	296	463	63%	(58% - 68%)	
Former Smoker	76.0%	(71.2% - 80.2%)	98,760	486	686	77.2%	(72.1% - 81.7%)	
Never Smoked	75.0%	(71.0% - 78.6%)	179,525	739	1,027	72.6%	(68.7% - 76.2%)	
Smokeless Tobacco Status								
Current User	70%	(56% - 81%)	14,064	66	96	71%	(57% - 81%)	
Former User	83%	(76% - 88%)	71,238	270	354	81%	(74% - 86%)	
Never Used	72.5%	(69.4% - 75.5%)	249,979	1,159	1,680	71.6%	(68.4% - 74.6%)	

Risk Factors

Exercise – 2008 Physical Activity Guidelines for Americans (continued)

Recommended physical activity, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Population at Risk (See Appendix)	Response:		Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Weight Status							
Weight Status							
Normal (BMI <25)	80.0%	(75.5% - 83.9%)	133,265	546	718	77.5%	(73.3% - 81.3%)
Overweight (BMI 25 to 30)	76.0%	(71.6% - 79.9%)	130,382	578	799	75.7%	(71.4% - 79.6%)
Obese (BMI ≥30)	64.5%	(59.0% - 69.6%)	74,499	366	611	61.2%	(55.2% - 67.0%)
Obese I (BMI 30 TO < 35)	65%	(58% - 71%)	48,775	246	398	61%	(53% - 69%)
Obese II & III (BMI ≥35)	64%	(55% - 73%)	25,896	120	213	62%	(53% - 70%)

Nutrition – Fruit and Vegetable Consumption

INDICATOR: Proportion of Alaska adults who consume five or more servings of fruits and vegetables daily.

DATA SOURCE: 2009 Alaska Standard BRFSS survey.

BRFSS QUESTIONS:

- ▶ How often do you drink fruit juices such as orange, grapefruit, or tomato?
- ▶ Not counting juice, how often do you eat fruit?
- ▶ How often do you eat green salad?
- ▶ How often do you eat potatoes not including French fries, fried potatoes, or potato chips?
- ▶ How often do you eat carrots?
- ▶ 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.)

Healthy Alaskans 2010

Objective 24.a: Increase the percent of adults who consume at least five daily servings of fruits and vegetables to 30%.

How are we doing?

- ▶ Less than one-quarter of Alaskans consumed the recommended goal of five or more servings of fruits and vegetables daily in 2009.

How does Alaska compare with the U.S.?

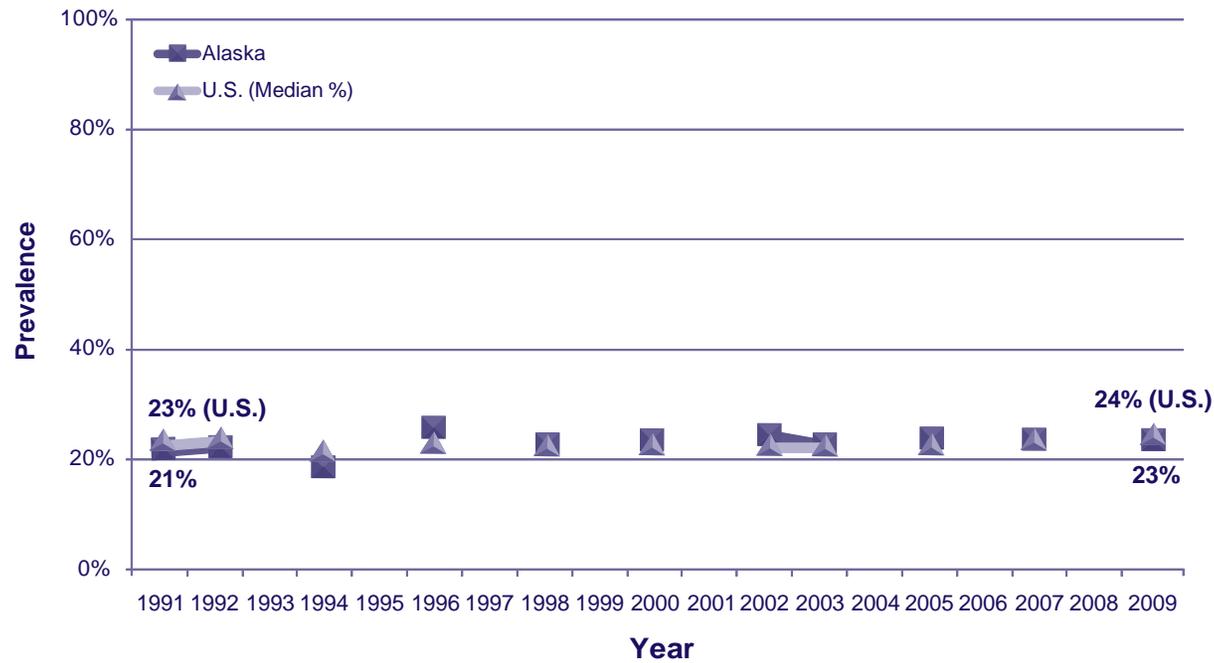
- ▶ In 2009, the prevalence of eating five or more fruits and vegetables per day was very close in Alaska vs. the U.S. as a whole.

How are different populations affected?

- ▶ Alaska males had a lower prevalence of eating five or more fruits and vegetables per day than Alaska females in 2009.
- ▶ Prevalence of eating five or more fruits and vegetables increased with education level.
- ▶ Alaska Native adults, adults living in the rural region, those who were dissatisfied or very dissatisfied with life, and those who had lower levels of physical activity had a lower prevalence of eating five or more fruits and vegetables per day than other groups.
- ▶ A higher prevalence of eating five or more fruit and vegetables per day was found in adults who have ever had asthma compared to those who have not had asthma.

Nutrition – Fruit and Vegetable Consumption

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



Risk Factors

Nutrition – Fruit and Vegetable Consumption

Consumed five or more servings of fruits or vegetables per day, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy Alaskans 2010 Objective: 2.4a: Increase consumption of fruit and vegetables among Alaskans. Adults (percent of persons 18 years and older who consume at least 5 daily servings of fruits and vegetables) to 30%.

Screening Question:

Consumed five or more servings of fruits or vegetables per day

Population at Risk (See Appendix)	Response:		Yes				Age-Adjusted Rate	
	%	(95% CI)	Observed Rate			%	(95% CI)	
			Individuals	n	N #			
Total	23.4%	(20.7% - 26.3%)	114,697	542	2,333	23.3%	(20.8% - 26.2%)	
Demographics								
Gender								
Female	27.9%	(24.3% - 31.7%)	65,866	342	1,275	27.7%	(24.1% - 31.5%)	
Male	19.2%	(15.4% - 23.7%)	48,830	200	1,058	19.3%	(15.8% - 23.4%)	
Age Groups (Categories Used in Age-Adjustment)								
Persons aged 18 to 24 years	27%	(17% - 41%)	18,791	37	143	NA	(NA - NA)	
Persons aged 25 to 34 years	18%	(13% - 25%)	17,445	62	311	NA	(NA - NA)	
Persons aged 35 to 44 years	22%	(17% - 27%)	20,701	99	423	NA	(NA - NA)	
Persons aged 45 to 64 years	25.4%	(21.9% - 29.3%)	44,701	248	1,058	NA	(NA - NA)	
Persons aged 65 years and older	25%	(19% - 32%)	12,588	89	373	NA	(NA - NA)	
Race and Ethnicity								
American Indian or Alaska Native	13%	(9% - 17%)	9,373	58	434	13%	(9% - 18%)	
Asian or Pacific Islander	23%	(11% - 40%)	3,559	12	61	26%	(14% - 44%)	
Asian	DSU	(DSU - DSU)	DSU	DSU	49	DSU	(DSU - DSU)	
Native Hawaiian or Other Pacific Islander	DSU	(DSU - DSU)	DSU	DSU	12	DSU	(DSU - DSU)	
Black or African American	DSU	(DSU - DSU)	DSU	DSU	35	DSU	(DSU - DSU)	
White	25.8%	(22.5% - 29.4%)	95,513	440	1,711	25.7%	(22.5% - 29.3%)	
Hispanic or Latino	23%	(13% - 38%)	3,678	17	61	31%	(20% - 46%)	
Not Hispanic or Latino	23.5%	(20.7% - 26.5%)	110,788	522	2,254	23.4%	(20.7% - 26.2%)	
Black or African American, not Hispanic/Latino	DSU	(DSU - DSU)	DSU	DSU	28	DSU	(DSU - DSU)	
White, not Hispanic or Latino	25.7%	(22.4% - 29.4%)	91,197	422	1,644	25.7%	(22.4% - 29.3%)	

Risk Factors

For table end notes see Appendix J on Pg 429.

Nutrition – Fruit and Vegetable Consumption (continued)

Consumed five or more servings of fruits or vegetables per day, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy Alaskans 2010 Objective: 2.4a: Increase consumption of fruit and vegetables among Alaskans. Adults (percent of persons 18 years and older who consume at least 5 daily servings of fruits and vegetables) to 30%.

Screening Question:	Consumed five or more servings of fruits or vegetables per day									
	Response:			Yes			Age-Adjusted Rate			
		Observed Rate		Individuals	n	N	#	%	95% CI	
Population at Risk (See Appendix)	%	95% CI						%	95% CI	
Alaska Native										
Yes	14%	(11% - 19%)	11,283	67	474	3		15%	(11% - 20%)	
No	25.2%	(22.1% - 28.6%)	102,532	474	1,844			25.2%	(22.1% - 28.5%)	
Geographic Location										
Anchorage & Vicinity	24%	(20% - 29%)	63,219	126	491			24%	(20% - 29%)	
Fairbanks & Vicinity	26%	(21% - 31%)	18,907	129	485			27%	(22% - 31%)	
Gulf Coast	21%	(17% - 26%)	11,769	101	466			21%	(16% - 26%)	
Rural	13%	(10% - 18%)	5,926	56	405	3		14%	(10% - 19%)	
Southeast	26%	(22% - 31%)	13,681	130	486			26%	(22% - 31%)	
Urban/Rural										
Metropolitan Statistical Area	25.0%	(21.2% - 29.2%)	81,694	249	943			25.0%	(21.3% - 29.0%)	
Micropolitan Statistical Area & Urban Clusters	21.5%	(18.3% - 25.0%)	18,645	174	744			21.5%	(18.3% - 25.1%)	
Rural	18.8%	(15.3% - 22.8%)	14,357	119	646			18.8%	(15.4% - 22.8%)	
Education Level (persons aged 25 years and older)										
Less than high school	10%	(6% - 17%)	2,365	19	141	3		10%	(6% - 17%)	
High school graduate	16.5%	(13.2% - 20.5%)	19,052	120	644			16.7%	(13.3% - 20.6%)	
At least some college	23.9%	(19.6% - 28.9%)	31,132	158	660			24.1%	(19.8% - 28.9%)	
College Graduate	28.2%	(23.7% - 33.2%)	42,591	207	742			27.8%	(23.2% - 32.9%)	
Employment Status										
Employed	25.4%	(21.8% - 29.3%)	80,964	353	1,446			26.3%	(22.2% - 30.7%)	
Unemployed	15%	(10% - 22%)	7,056	37	223	3		14%	(9% - 21%)	
Not in Workforce (Student, Homemaker, Retired)	21.6%	(16.8% - 27.4%)	22,286	130	544			21.2%	(16.0% - 27.7%)	
Unable to work	23%	(13% - 37%)	4,116	19	105	3		22%	(11% - 39%)	

Nutrition – Fruit and Vegetable Consumption (continued)

Consumed five or more servings of fruits or vegetables per day, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy Alaskans 2010 Objective: 2.4a: Increase consumption of fruit and vegetables among Alaskans. Adults (percent of persons 18 years and older who consume at least 5 daily servings of fruits and vegetables) to 30%.

Screening Question:	Consumed five or more servings of fruits or vegetables per day							
	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)								
Marital Status								
Married or Unwed Couple	23.2%	(20.3% - 26.5%)	67,191	311	1,290		21.8%	(18.9% - 25.1%)
Divorced/Separated	28%	(19% - 38%)	5,223	48	167		26%	(13% - 45%)
Widowed	22%	(16% - 30%)	12,491	81	405	3	20%	(14% - 28%)
Never Married	22%	(14% - 33%)	20,641	65	326	3	18%	(13% - 25%)
Income Level								
<\$15,000	21%	(13% - 31%)	6,343	37	187	3	19%	(13% - 29%)
\$15,000 - \$24,999	26%	(13% - 45%)	10,467	47	233	1	21%	(15% - 30%)
\$25,000 - \$49,999	19%	(15% - 25%)	18,552	104	472		20%	(15% - 25%)
\$50,000 - \$74,999	27%	(21% - 33%)	21,109	101	397		26%	(20% - 32%)
\$75,000	24.8%	(20.8% - 29.3%)	42,695	196	751		23.9%	(19.7% - 28.8%)
Poverty Threshold								
Poor (<100% Poverty Threshold)	29%	(14% - 51%)	10,098	33	161	1	23%	(16% - 34%)
Near Poor (100% to 199% Poverty Threshold)	16%	(11% - 23%)	9,443	59	289	3	16%	(12% - 23%)
Middle/High Income (>=200% Poverty Threshold)	24.3%	(21.5% - 27.4%)	78,970	393	1,590		24.2%	(21.1% - 27.5%)
Below Poverty Guidelines								
Yes	25%	(13% - 43%)	11,521	45	216	3	21%	(15% - 30%)
No	23.4%	(20.8% - 26.3%)	87,259	440	1,824		23.4%	(20.6% - 26.4%)
Veteran								
Yes	22%	(17% - 28%)	19,293	88	415		21%	(16% - 27%)
No	23.6%	(20.6% - 26.9%)	94,997	452	1,912		23.4%	(20.6% - 26.5%)

Risk Factors

Nutrition – Fruit and Vegetable Consumption (continued)

Consumed five or more servings of fruits or vegetables per day, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy Alaskans 2010 Objective: 2.4a: Increase consumption of fruit and vegetables among Alaskans. Adults (percent of persons 18 years and older who consume at least 5 daily servings of fruits and vegetables) to 30%.

Screening Question:	Response:		Consumed five or more servings of fruits or vegetables per day				Age-Adjusted Rate	
	%	95% CI	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Health Status								
General Health								
Excellent to Very Good	26.8%	(23.4% - 30.5%)	76,619	342	1,225		27.4%	(24.0% - 31.1%)
Good	16.5%	(11.5% - 23.3%)	24,228	123	754	3	16.4%	(11.4% - 23.0%)
Fair/Poor	25%	(19% - 32%)	13,834	76	340		25%	(18% - 34%)
Healthy Days (Mean Number of Days)								
Physical Health Not Good	3.0	(2.2 - 3.8)			529	2	2.9	(2.2 - 3.7)
Mental Health Not Good	2.7	(1.6 - 3.8)			525		2.7	(1.6 - 3.8)
Unhealthy Days (Physical or Mental Health Not Good)	5.2	(4.0 - 6.5)			519		5.2	(4.0 - 6.5)
Days with Activity Limitation	1.9	(1.3 - 2.5)			537		1.8	(1.3 - 2.3)
Healthy Days (Percentage with 14 or More Days)								
Physical Health Not Good	25%	(18% - 33%)	9,354	49	228	3	25%	(17% - 35%)
Mental Health Not Good	25%	(16% - 38%)	8,530	37	183		27%	(18% - 39%)
Unhealthy Days (Physical or Mental Health Not Good)	25%	(19% - 33%)	16,844	83	363		26%	(19% - 34%)
Activity Limitation	23%	(15% - 34%)	5,656	33	156	3	22%	(13% - 34%)
Disability								
Disabled								
Yes	26.1%	(20.8% - 32.1%)	29,081	145	577		25.7%	(20.0% - 32.4%)
No	22.6%	(19.5% - 26.0%)	84,274	389	1,724		23.0%	(20.0% - 26.3%)
Activity Limitation								
Yes	26.4%	(20.9% - 32.7%)	27,775	139	544		26.2%	(20.3% - 33.1%)
No	22.5%	(19.5% - 25.9%)	85,580	395	1,761		22.9%	(19.9% - 26.1%)

Nutrition – Fruit and Vegetable Consumption (continued)

Consumed five or more servings of fruits or vegetables per day, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy Alaskans 2010 Objective: 2.4a: Increase consumption of fruit and vegetables among Alaskans. Adults (percent of persons 18 years and older who consume at least 5 daily servings of fruits and vegetables) to 30%.

Screening Question:	Consumed five or more servings of fruits or vegetables per day							
	Response:	Yes					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Population at Risk (See Appendix)								
Require Special Equipment								
Yes	29%	(20% - 40%)	7,959	40	157	39%	(28% - 50%)	
No	23.1%	(20.3% - 26.1%)	106,751	502	2,172	23.1%	(20.4% - 26.0%)	
Mental Health								
Social and Emotional Support								
Always/Usually	23.5%	(20.7% - 26.5%)	88,816	423	1,749	23.4%	(20.7% - 26.4%)	
Sometimes/Rarely/Never	23.2%	(16.1% - 32.2%)	22,328	102	511	21.9%	(16.5% - 28.5%)	
Life Satisfaction								
Very Satisfied / Satisfied	24.0%	(21.2% - 27.1%)	109,494	513	2,176	24.0%	(21.3% - 27.0%)	
Dissatisfied / Very Dissatisfied	7%	(4% - 12%)	1,306	13	93	6%	(3% - 11%)	
Healthcare								
Healthcare Coverage								
Health Plan								
Yes	24.0%	(21.0% - 27.2%)	95,506	449	1,903	23.8%	(20.7% - 27.2%)	
No	20%	(15% - 27%)	16,952	90	410	19%	(14% - 25%)	
Immunization								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	25.1%	(21.3% - 29.4%)	46,035	227	896	24.7%	(20.8% - 29.1%)	
No	22.3%	(18.7% - 26.3%)	67,318	310	1,413	22.0%	(18.6% - 25.8%)	
Ever Had Pneumonia Shot (Ages 65+)								
Yes	27.6%	(22.5% - 33.3%)	27,237	157	585	26.5%	(20.6% - 33.5%)	
No	21.6%	(18.7% - 24.7%)	68,871	328	1,470	21.5%	(18.5% - 24.8%)	

Risk Factors

Nutrition – Fruit and Vegetable Consumption (continued)

Consumed five or more servings of fruits or vegetables per day, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy Alaskans 2010 Objective: 2.4a: Increase consumption of fruit and vegetables among Alaskans. Adults (percent of persons 18 years and older who consume at least 5 daily servings of fruits and vegetables) to 30%.

Screening Question:	Response:	Consumed five or more servings of fruits or vegetables per day					
		Observed Rate			Age-Adjusted Rate		
		%	95% CI	Individuals	n	N #	%
Population at Risk (See Appendix)							
Screening							
AIDS/HIV Screening (Ages 18-64)							
Yes	24.0%	(20.2% - 28.2%)	50,235	227	905	24.6%	(20.8% - 28.9%)
No	22.8%	(18.3% - 28.0%)	46,926	200	938	21.3%	(17.4% - 26.0%)
Diagnoses							
Arthritis							
Arthritis							
Yes	24.5%	(18.3% - 31.9%)	27,812	149	686	26.4%	(16.3% - 39.8%)
No	23.4%	(20.5% - 26.5%)	86,825	392	1,630	23.6%	(20.7% - 26.8%)
Asthma							
Asthma Diagnosis							
Yes	36%	(28% - 44%)	25,994	106	336	36%	(28% - 44%)
No	21.4%	(18.5% - 24.5%)	89,003	436	1,990	21.4%	(18.5% - 24.5%)
Current Asthma							
Yes	40%	(30% - 50%)	18,008	71	212	39%	(30% - 50%)
No	30%	(18% - 45%)	7,342	32	107	34%	(22% - 48%)
Cardiovascular and Cerebrovascular Disease							
Cardiovascular Disease							
Yes	38%	(27% - 51%)	8,226	38	134	40%	(20% - 64%)
No	22.6%	(19.9% - 25.6%)	104,790	499	2,172	22.7%	(20.0% - 25.6%)
Heart Attack (Myocardial Infarction)							
Yes	35%	(23% - 50%)	5,197	25	94	45%	(23% - 70%)
No	23.1%	(20.3% - 26.0%)	109,132	514	2,227	23.2%	(20.5% - 26.2%)

Nutrition – Fruit and Vegetable Consumption (continued)

Consumed five or more servings of fruits or vegetables per day, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy Alaskans 2010 Objective: 2.4a: Increase consumption of fruit and vegetables among Alaskans. Adults (percent of persons 18 years and older who consume at least 5 daily servings of fruits and vegetables) to 30%.

Screening Question:	Response:	Consumed five or more servings of fruits or vegetables per day							
		Yes					Age-Adjusted Rate		
		Observed Rate	Individuals		n	N	#	%	95% CI
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	#	%	95% CI	
Coronary Heart Disease (Angina)									
Yes	34%	(21% - 50%)	4,489	23	84		18%	(12% - 27%)	
No	23.1%	(20.4% - 26.0%)	108,927	517	2,231		23.1%	(20.4% - 26.0%)	
Stroke									
Yes	39%	(26% - 54%)	3,362	24	70		31%	(18% - 48%)	
No	23.1%	(20.4% - 26.1%)	111,259	517	2,256		23.1%	(20.3% - 26.0%)	
Diabetes									
Nongestational Diabetes									
Yes	24%	(16% - 34%)	6,975	37	170	3	16%	(10% - 23%)	
No	23.4%	(20.6% - 26.4%)	107,777	504	2,157		23.3%	(20.5% - 26.3%)	
Pre-Diabetes									
Yes	17%	(11% - 26%)	6,702	36	212	3	17%	(11% - 26%)	
No	24.0%	(21.0% - 27.2%)	100,931	467	1,942		23.9%	(21.1% - 26.9%)	
Risk Factors									
Alcohol									
Binge Drinking									
Yes	17%	(13% - 23%)	14,853	72	384	3	18%	(12% - 24%)	
No	24.9%	(21.8% - 28.3%)	97,805	464	1,905		24.6%	(21.6% - 27.9%)	
Heavy Drinking									
Yes	21%	(14% - 30%)	6,396	37	158	3	21%	(14% - 30%)	
No	23.7%	(20.9% - 26.8%)	105,869	493	2,105		23.6%	(20.9% - 26.5%)	

Risk Factors

Nutrition – Fruit and Vegetable Consumption (continued)

Consumed five or more servings of fruits or vegetables per day, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy Alaskans 2010 Objective: 2.4a: Increase consumption of fruit and vegetables among Alaskans. Adults (percent of persons 18 years and older who consume at least 5 daily servings of fruits and vegetables) to 30%.

Screening Question:	Consumed five or more servings of fruits or vegetables per day							
	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)								
Hypercholesterolemia								
High Cholesterol								
Yes	20.8%	(17.2% - 25.0%)	25,762	167	735		19.8%	(14.7% - 26.2%)
No	25.7%	(22.0% - 29.8%)	58,421	266	1,046		25.4%	(21.6% - 29.5%)
Hypertension								
High Blood Pressure								
Yes	23.9%	(19.7% - 28.8%)	31,145	168	751		24.5%	(18.8% - 31.2%)
No	23.3%	(20.0% - 26.9%)	83,296	371	1,565		22.9%	(20.0% - 26.2%)
Nutrition								
Fruit and Vegetable Index								
<1 Per Day or Never	0%	(0% - 0%)	0	0	142		0%	(0% - 0%)
1 to <3 Times Per Day	0.0%	(0.0% - 0.0%)	0	0	812		0.0%	(0.0% - 0.0%)
3 to <5 Times Per Day	0.0%	(0.0% - 0.0%)	0	0	837		0.0%	(0.0% - 0.0%)
5 Or More Times Per Day	100.0%	(0.0% - 0.0%)	114,697	542	542		100.0%	(0.0% - 0.0%)
Physical Activity								
Physical Activity Recommendations (2008)								
Active	27.2%	(23.7% - 31.0%)	94,536	408	1,535		26.9%	(23.6% - 30.4%)
Insufficient	15%	(11% - 19%)	11,885	75	424	3	15%	(11% - 19%)
Inactive	8%	(5% - 13%)	3,208	26	233	3	7%	(4% - 10%)
Leisure Time Exercise								
Yes	26.4%	(23.2% - 29.9%)	100,058	461	1,784		26.4%	(23.3% - 29.7%)
No	13.1%	(9.7% - 17.5%)	14,451	80	540	3	12.7%	(9.4% - 17.0%)

Risk Factors

Nutrition – Fruit and Vegetable Consumption (continued)

Consumed five or more servings of fruits or vegetables per day, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy Alaskans 2010 Objective: 2.4a: Increase consumption of fruit and vegetables among Alaskans. Adults (percent of persons 18 years and older who consume at least 5 daily servings of fruits and vegetables) to 30%.

Screening Question:	Consumed five or more servings of fruits or vegetables per day							
	Response:	Yes					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Sexual Violence/Intimate Partner Violence								
Parents Physically Hurt by Spouse/Partner								
Yes	24%	(19% - 31%)	20,748	104	428	24%	(19% - 31%)	
No	24.8%	(21.6% - 28.3%)	90,141	412	1,738	24.3%	(21.2% - 27.6%)	
Unwanted Sexual Activity								
Yes	25%	(19% - 32%)	15,588	86	339	25%	(19% - 31%)	
No	24.6%	(21.5% - 28.0%)	95,693	429	1,831	24.1%	(21.2% - 27.4%)	
Ever Hurt or Threatened by Intimate Partner								
Yes	21.0%	(15.8% - 27.3%)	20,339	107	511	20.3%	(15.2% - 26.5%)	
No	25.6%	(22.3% - 29.2%)	90,905	409	1,667	25.3%	(22.2% - 28.7%)	
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner								
Yes	24%	(13% - 41%)	6,329	24	120 3	24%	(14% - 39%)	
No	24.6%	(21.7% - 27.7%)	104,858	492	2,060	24.4%	(21.5% - 27.5%)	
Tobacco Use								
Cigarette Smoking Status								
Current Smoker	20%	(15% - 26%)	19,954	88	491 3	20%	(15% - 26%)	
Former Smoker	25.4%	(19.7% - 31.9%)	35,055	167	730	27.2%	(21.3% - 34.2%)	
Never Smoked	23.8%	(20.3% - 27.7%)	59,150	285	1,091	24.0%	(20.7% - 27.5%)	
Smokeless Tobacco Status								
Current User	17%	(10% - 26%)	3,656	21	109 3	22%	(14% - 34%)	
Former User	21%	(13% - 31%)	18,641	74	375 3	24%	(17% - 33%)	
Never Used	25.0%	(22.1% - 28.2%)	89,307	429	1,753	24.6%	(21.7% - 27.7%)	

Risk Factors

Nutrition – Fruit and Vegetable Consumption (continued)

Consumed five or more servings of fruits or vegetables per day, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy Alaskans 2010 Objective: 2.4a: Increase consumption of fruit and vegetables among Alaskans. Adults (percent of persons 18 years and older who consume at least 5 daily servings of fruits and vegetables) to 30%.

Screening Question:	Consumed five or more servings of fruits or vegetables per day							
	Response:			Yes			Age-Adjusted Rate	
	Population at Risk (See Appendix)	%	Observed Rate		n	N	#	%
95% CI			Individuals	95% CI				95% CI
Weight Status								
Weight Status								
Normal (BMI <25)	27.5%	(22.0% - 33.7%)	47,726	197	761		26.8%	(22.4% - 31.9%)
Overweight (BMI 25 to 30)	21.0%	(17.5% - 25.0%)	37,841	193	842		21.1%	(17.5% - 25.2%)
Obese (BMI ≥30)	21.1%	(17.1% - 25.8%)	25,597	132	651		20.8%	(16.5% - 25.8%)
Obese I (BMI 30 TO < 35)	23%	(18% - 29%)	18,043	90	420		23%	(17% - 30%)
Obese II & III (BMI ≥35)	18%	(12% - 25%)	7,699	42	231	3	18%	(12% - 27%)

High Blood Pressure – Hypertension Awareness

INDICATOR: Proportion of adults who have been told they have high blood pressure.

DATA SOURCE: 2009 Alaska Standard BRFSS survey.

BRFSS QUESTION:

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

How are we doing?

- Just over a quarter of Alaska adults reported having high blood pressure in 2009.
- There has been an increase in the prevalence of high blood pressure since 1991 in Alaska.

How does Alaska compare with the U.S.?

- The high blood pressure prevalence rate in Alaska is slightly below the national median prevalence; this has been true from 1991 to 2009.

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%.

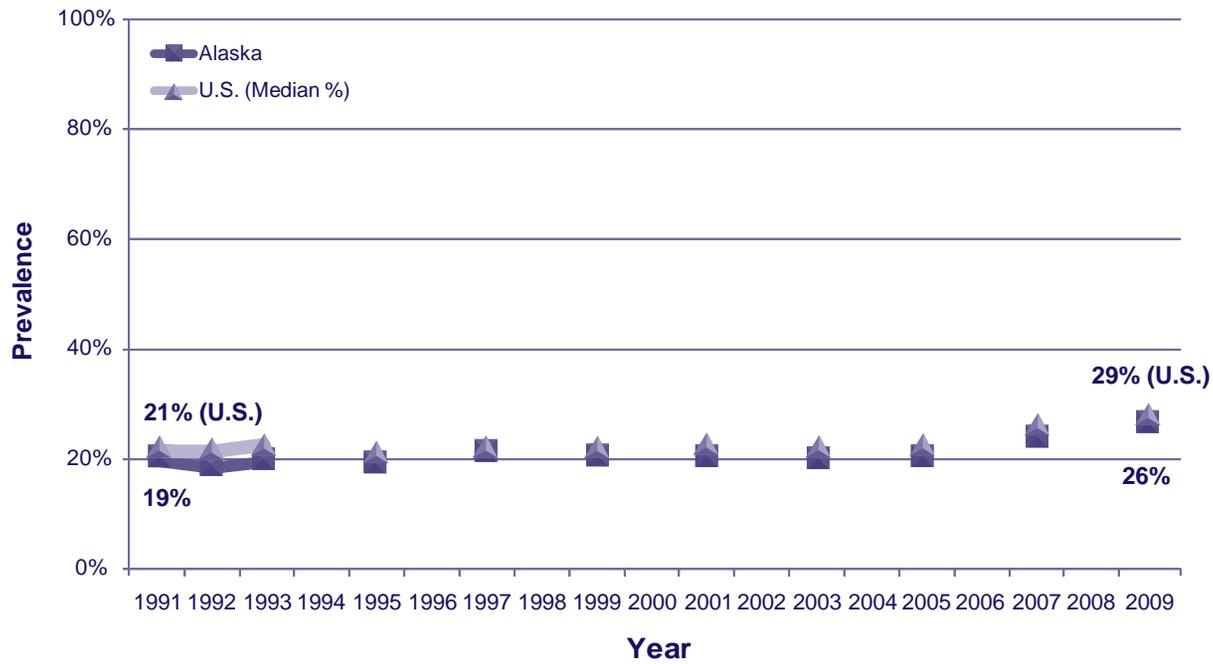
How are different populations affected?

- Prevalence of high blood pressure increased significantly with age; over one-third of Alaskans age 55 to 64 years reported having high blood pressure. This increases to over half in Alaskans age 65 years and older.
- There were no differences in the prevalence of high blood pressure by gender, race or region of residence.
- Respondents who were unable to work and those divorced or separated had a particularly high prevalence of high blood pressure.
- Veterans, Alaskans with healthcare coverage, those who reported fair or poor health, those with a disability, arthritis, history of cardiovascular disease or stroke, those with diabetes, and obese adults were more likely to have high blood pressure than Alaska adults in other groups.
- High cholesterol was also associated with high blood pressure; 50% of those with high cholesterol also had high blood pressure.

High Blood Pressure – Hypertension Awareness

Risk Factors

High Blood Pressure: Alaska vs. Nationwide



High Blood Pressure – Hypertension Awareness

Ever told blood pressure high, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

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%.												
Screening Question:		Have you EVER been told by a doctor, nurse, or other health professional that you have high blood pressure?												
Response:		Yes					Age-Adjusted Rate							
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate						
		95% CI						%	95% CI					
Total	26.4%	(24.0%	-	29.0%)	134,184	779	2,413	27.9%	(25.7%	-	30.3%)	
Demographics														
Gender														
Female	25.1%	(22.0%	-	28.6%)	61,360	390	1,319	26.4%	(23.5%	-	29.5%)	
Male	27.6%	(24.1%	-	31.5%)	72,825	389	1,094	29.3%	(26.0%	-	32.9%)	
Age Groups (Categories Used in Age-Adjustment)														
Persons aged 18 to 24 years	4%	(2%	-	8%)	2,895	11	149	3	NA	(NA	-	NA)
Persons aged 25 to 34 years	16%	(11%	-	22%)	16,332	49	328	3	NA	(NA	-	NA)
Persons aged 35 to 44 years	17%	(13%	-	22%)	16,147	76	431	3	NA	(NA	-	NA)
Persons aged 45 to 64 years	36.8%	(32.9%	-	40.9%)	66,872	406	1,089		NA	(NA	-	NA)
Persons aged 65 years and older	58%	(50%	-	65%)	30,443	229	387		NA	(NA	-	NA)
Race and Ethnicity														
American Indian or Alaska Native	28%	(23%	-	33%)	21,631	149	456		30%	(26%	-	36%)
Asian or Pacific Islander	21%	(11%	-	36%)	3,239	19	69	3	26%	(18%	-	36%)
Asian	21%	(10%	-	38%)	3,487	14	56	3	25%	(17%	-	36%)
Native Hawaiian or Other Pacific Islander	DSU	(DSU	-	DSU)	DSU	DSU	13	3	DSU	(DSU	-	DSU)
Black or African American	DSU	(DSU	-	DSU)	DSU	DSU	36	1	DSU	(DSU	-	DSU)
White	26.4%	(23.5%	-	29.4%)	100,159	568	1,760		27.2%	(24.6%	-	29.9%)
Hispanic or Latino	23%	(13%	-	39%)	3,655	19	60	3	41%	(30%	-	53%)
Not Hispanic or Latino	26.5%	(24.1%	-	29.1%)	129,793	754	2,335		28.0%	(25.7%	-	30.4%)
Black or African American, not Hispanic/Latino	DSU	(DSU	-	DSU)	DSU	DSU	29	3	DSU	(DSU	-	DSU)
White, not Hispanic or Latino	26.7%	(23.8%	-	29.8%)	97,264	545	1,693		27.4%	(24.7%	-	30.2%)

Risk Factors

For table end notes see Appendix J on Pg 429.

High Blood Pressure – Hypertension Awareness (continued)

Ever told blood pressure high, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

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%.											
Screening Question:		Have you EVER been told by a doctor, nurse, or other health professional that you have high blood pressure?											
Response:		Yes					Age-Adjusted Rate						
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate					
		95% CI						%	95% CI				
Alaska Native													
Yes	28%	(23%	-	33%)	24,036	165	497	31%	(26%	-	36%)
No	26.3%	(23.6%	-	29.2%)	110,170	609	1,900	27.6%	(25.1%	-	30.2%)
Geographic Location													
Anchorage & Vicinity	25.3%	(21.4%	-	29.7%)	69,146	165	508	26.5%	(22.9%	-	30.5%)
Fairbanks & Vicinity	26.1%	(22.0%	-	30.8%)	19,689	155	502	30.0%	(26.0%	-	35.0%)
Gulf Coast	30%	(26%	-	35%)	17,302	175	483	30%	(26%	-	35%)
Rural	26%	(21%	-	31%)	12,486	121	425	28%	(24%	-	33%)
Southeast	29%	(25%	-	34%)	15,594	163	495	29%	(25%	-	33%)
Urban/Rural													
Metropolitan Statistical Area	25.6%	(22.3%	-	29.2%)	86,873	310	976	27.3%	(24.2%	-	30.6%)
Micropolitan Statistical Area & Urban Clusters	27.6%	(24.2%	-	31.3%)	24,811	258	772	29.3%	(26.1%	-	32.6%)
Rural	28.5%	(24.7%	-	32.6%)	22,500	211	665	29.3%	(25.7%	-	33.2%)
Education Level (persons aged 25 years and older)													
Less than high school	29%	(21%	-	39%)	7,187	57	146	30%	(22%	-	39%)
High school graduate	33.8%	(29.0%	-	38.9%)	40,229	246	674	35.1%	(30.7%	-	39.8%)
At least some college	30.4%	(25.8%	-	35.4%)	40,894	236	682	32.2%	(27.7%	-	37.0%)
College Graduate	27.0%	(22.6%	-	31.9%)	42,062	228	758	28.4%	(23.9%	-	33.3%)
Employment Status													
Employed	22.7%	(19.9%	-	25.9%)	75,398	401	1,502	25.4%	(22.0%	-	29.3%)
Unemployed	29%	(22%	-	38%)	13,939	77	229	37%	(29%	-	45%)
Not in Workforce (Student, Homemaker, Retired)	33.3%	(27.9%	-	39.2%)	35,429	242	560	25.3%	(20.8%	-	30.4%)
Unable to work	49%	(35%	-	63%)	8,800	55	105	44%	(33%	-	56%)

High Blood Pressure – Hypertension Awareness (continued)

Ever told blood pressure high, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

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%.							
Screening Question:		Have you EVER been told by a doctor, nurse, or other health professional that you have high blood pressure?							
Response:		Yes						Age-Adjusted Rate	
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		95% CI						%	95% CI
Marital Status									
Married or Unwed Couple	27.5%	(24.5% - 30.8%)	82,083	418	1,330		26.9%	(23.9% - 30.0%)
Divorced/Separated	57%	(46% - 68%)	11,060	95	172		26%	(20% - 33%)
Widowed	38%	(31% - 46%)	22,868	171	423		33%	(26% - 40%)
Never Married	10%	(7% - 15%)	9,594	61	339	3	21%	(15% - 28%)
Income Level									
<\$15,000	33%	(24% - 44%)	10,580	77	189		33%	(26% - 41%)
\$15,000 - \$24,999	31%	(22% - 41%)	13,246	92	247		34%	(27% - 42%)
\$25,000 - \$49,999	26%	(21% - 32%)	26,266	166	491		28%	(23% - 33%)
\$50,000 - \$74,999	27%	(22% - 33%)	21,505	134	408		27%	(22% - 32%)
\$75,000	26.6%	(22.5% - 31.2%)	46,934	228	768		27.8%	(23.4% - 32.6%)
Poverty Threshold									
Poor (<100% Poverty Threshold)	24%	(16% - 36%)	8,422	49	163	3	32%	(23% - 42%)
Near Poor (100% to 199% Poverty Threshold)	29%	(22% - 36%)	18,306	114	302		32%	(26% - 38%)
Middle/High Income (>=200% Poverty Threshold)	27.5%	(24.6% - 30.6%)	91,707	534	1,638		27.5%	(24.7% - 30.4%)
Below Poverty Guidelines									
Yes	27%	(19% - 36%)	13,153	74	223		34%	(27% - 42%)
No	27.5%	(24.8% - 30.5%)	105,444	623	1,880		27.7%	(25.2% - 30.4%)
Veteran									
Yes	37%	(31% - 44%)	33,775	194	431		33%	(28% - 39%)
No	24.0%	(21.4% - 26.8%)	99,697	581	1,973		27.2%	(24.7% - 29.8%)

Risk Factors

High Blood Pressure – Hypertension Awareness (continued)

Ever told blood pressure high, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

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%.							
Screening Question:		Have you EVER been told by a doctor, nurse, or other health professional that you have high blood pressure?							
Response:		Yes					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		95% CI						%	95% CI
Health Status									
General Health									
Excellent to Very Good	18.0%	(15.3% - 20.9%)	52,982	280	1,256		21.8%	(19.1% - 24.9%)
Good	32.8%	(28.1% - 37.9%)	50,277	315	790		31.7%	(27.5% - 36.2%)
Fair/Poor	52%	(44% - 60%)	29,573	177	350		49%	(41% - 57%)
Healthy Days (Mean Number of Days)									
Physical Health Not Good	4.9	(4.1 - 5.8)			759		4.7	(3.6 - 5.9)
Mental Health Not Good	3.4	(2.4 - 4.3)			758		3.5	(2.3 - 4.7)
Unhealthy Days (Physical or Mental Health Not Good)	7.2	(6.0 - 8.3)			743		7.3	(5.7 - 8.9)
Days with Activity Limitation	3.2	(2.5 - 4.0)			763		3.3	(2.3 - 4.2)
Healthy Days (Percentage with 14 or More Days)									
Physical Health Not Good	50%	(42% - 59%)	18,986	116	233		46%	(36% - 55%)
Mental Health Not Good	37%	(27% - 48%)	12,871	74	187		35%	(26% - 46%)
Unhealthy Days (Physical or Mental Health Not Good)	39%	(32% - 46%)	26,850	158	373		38%	(31% - 46%)
Activity Limitation	53%	(42% - 64%)	13,261	83	161		48%	(36% - 60%)
Disability									
Disabled									
Yes	42.5%	(36.3% - 48.9%)	47,773	264	582		40.6%	(34.4% - 47.1%)
No	22.0%	(19.5% - 24.7%)	84,397	498	1,770		25.3%	(22.8% - 27.9%)
Activity Limitation									
Yes	42.7%	(36.3% - 49.4%)	45,344	247	549		41.5%	(35.1% - 48.2%)
No	22.3%	(19.8% - 24.9%)	87,185	517	1,811		25.4%	(22.9% - 27.9%)

High Blood Pressure – Hypertension Awareness (continued)

Ever told blood pressure high, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

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%.							
Screening Question:		Have you EVER been told by a doctor, nurse, or other health professional that you have high blood pressure?							
Response:		Yes					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		95% CI						%	95% CI
Require Special Equipment									
Yes	57%	(46% - 67%)	15,794	90	160		44%	(32% - 56%)
No	24.8%	(22.4% - 27.4%)	117,686	683	2,220		26.9%	(24.5% - 29.3%)
Mental Health									
Social and Emotional Support									
Always/Usually	25.2%	(22.5% - 28.2%)	95,173	533	1,738		27.5%	(24.8% - 30.3%)
Sometimes/Rarely/Never	32.8%	(27.0% - 39.1%)	31,163	197	510		31.4%	(26.7% - 36.6%)
Life Satisfaction									
Very Satisfied / Satisfied	26.9%	(24.4% - 29.7%)	122,248	700	2,166		28.4%	(26.0% - 30.9%)
Dissatisfied / Very Dissatisfied	27%	(16% - 40%)	4,929	34	91		27%	(17% - 41%)
Healthcare									
Healthcare Coverage									
Health Plan									
Yes	28.3%	(25.6% - 31.2%)	116,241	662	1,962		28.3%	(25.8% - 30.9%)
No	19%	(15% - 25%)	16,880	112	429		24%	(18% - 31%)
Immunization									
Flu Shot Within Past 12 Months (Ages 65+)									
Yes	31.6%	(27.5% - 35.9%)	59,750	366	915		29.8%	(26.3% - 33.6%)
No	23.4%	(20.4% - 26.6%)	71,797	397	1,434		26.0%	(23.0% - 29.2%)
Ever Had Pneumonia Shot (Ages 65+)									
Yes	42.5%	(36.9% - 48.4%)	43,007	295	595		32.2%	(27.3% - 37.6%)
No	22.9%	(20.1% - 26.0%)	74,673	402	1,494		25.6%	(22.6% - 28.8%)

Risk Factors

High Blood Pressure – Hypertension Awareness (continued)

Ever told blood pressure high, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

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%.											
Screening Question:		Have you EVER been told by a doctor, nurse, or other health professional that you have high blood pressure?											
Response:		Yes					Age-Adjusted Rate						
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate					
		95% CI						%	95% CI				
Screening													
AIDS/HIV Screening (Ages 18-64)													
Yes	21.6%	(18.1%	-	25.5%)	44,856	227	899	22.3%	(18.9%	-	26.0%)
No	22.9%	(19.4%	-	26.9%)	47,132	264	935	20.0%	(17.0%	-	23.5%)
Diagnoses													
Arthritis													
Arthritis													
Yes	42.9%	(37.1%	-	48.8%)	49,096	335	687	36.0%	(29.7%	-	42.8%)
No	21.7%	(19.1%	-	24.6%)	81,566	420	1,642	25.4%	(22.6%	-	28.5%)
Asthma													
Asthma Diagnosis													
Yes	34%	(27%	-	41%)	24,735	123	341	37%	(30%	-	45%)
No	25.2%	(22.7%	-	27.9%)	109,392	653	2,065	26.3%	(24.0%	-	28.7%)
Current Asthma													
Yes	33%	(24%	-	42%)	15,012	78	216	35%	(27%	-	44%)
No	31%	(19%	-	47%)	7,576	34	106	37%	(25%	-	50%)
Cardiovascular and Cerebrovascular Disease													
Cardiovascular Disease													
Yes	60%	(47%	-	71%)	14,195	95	143	54%	(32%	-	74%)
No	24.0%	(21.6%	-	26.6%)	114,659	661	2,241	26.2%	(23.9%	-	28.7%)
Heart Attack (Myocardial Infarction)													
Yes	55%	(41%	-	68%)	9,120	64	101	43%	(23%	-	65%)
No	25.2%	(22.8%	-	27.8%)	123,432	708	2,300	27.2%	(24.9%	-	29.7%)

High Blood Pressure – Hypertension Awareness (continued)

Ever told blood pressure high, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

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%.							
Screening Question:		Have you EVER been told by a doctor, nurse, or other health professional that you have high blood pressure?							
Response:		Yes					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		95% CI						%	95% CI
Coronary Heart Disease (Angina)									
Yes	63%	(46% -	77%)	9,168	61	88	66%	(33% - 88%)
No	24.6%	(22.3% -	27.2%)	120,237	700	2,305	26.6%	(24.3% - 29.0%)
Stroke									
Yes	60%	(42% -	75%)	5,719	45	71	44%	(28% - 61%)
No	25.7%	(23.3% -	28.3%)	127,932	729	2,334	27.2%	(24.9% - 29.6%)
Diabetes									
Nongestational Diabetes									
Yes	57%	(46% -	68%)	16,878	118	174	37%	(29% - 45%)
No	24.6%	(22.1% -	27.2%)	117,119	659	2,233	26.6%	(24.3% - 29.1%)
Pre-Diabetes									
Yes	47%	(37% -	56%)	19,658	117	222	42%	(33% - 52%)
No	22.4%	(20.0% -	25.1%)	97,642	541	2,009	25.2%	(22.8% - 27.7%)
Risk Factors									
Alcohol									
Binge Drinking									
Yes	29%	(23% -	36%)	25,544	122	386	34%	(27% - 42%)
No	26.2%	(23.6% -	29.1%)	105,698	635	1,944	26.8%	(24.4% - 29.3%)
Heavy Drinking									
Yes	28%	(19% -	38%)	8,553	51	159	27%	(18% - 38%)
No	26.5%	(23.9% -	29.2%)	121,209	696	2,148	28.3%	(26.0% - 30.8%)

Risk Factors

High Blood Pressure – Hypertension Awareness (continued)

Ever told blood pressure high, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

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%.							
Screening Question:		Have you EVER been told by a doctor, nurse, or other health professional that you have high blood pressure?							
Response:		Yes					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		95% CI						%	95% CI
Hypercholesterolemia									
High Cholesterol									
Yes	50.2%	(45.0% - 55.3%)	63,349	406	752		40.4%	(34.4% - 46.7%)
No	23.5%	(20.0% - 27.3%)	55,034	285	1,089		24.0%	(20.6% - 27.7%)
Hypertension									
High Blood Pressure									
Yes	100.0%	(0.0% - 0.0%)	134,184	779	779		100.0%	(0.0% - 0.0%)
No	0.0%	(0.0% - 0.0%)	0	0	1,634		0.0%	(0.0% - 0.0%)
Nutrition									
Fruit and Vegetable Index									
<1 Per Day or Never	18%	(12% - 28%)	5,472	38	138	3	24%	(17% - 34%)
1 to <3 Times Per Day	28.7%	(24.5% - 33.4%)	48,178	272	805		30.4%	(26.3% - 34.8%)
3 to <5 Times Per Day	25.8%	(22.0% - 30.1%)	45,224	273	834		26.3%	(22.9% - 30.0%)
5 Or More Times Per Day	27.2%	(22.0% - 33.1%)	31,145	168	539		29.3%	(24.4% - 34.7%)
Physical Activity									
Physical Activity Recommendations (2008)									
Active	23.2%	(20.3% - 26.3%)	80,361	430	1,527		26.4%	(23.5% - 29.5%)
Insufficient	36%	(29% - 42%)	28,417	169	422		33%	(28% - 38%)
Inactive	34%	(26% - 42%)	13,632	100	232		28%	(22% - 35%)
Leisure Time Exercise									
Yes	24.8%	(22.1% - 27.7%)	97,416	551	1,842		27.1%	(24.5% - 29.9%)
No	32.0%	(26.9% - 37.6%)	36,277	223	561		29.4%	(25.3% - 33.9%)

High Blood Pressure – Hypertension Awareness (continued)

Ever told blood pressure high, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

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%.							
Screening Question:		Have you EVER been told by a doctor, nurse, or other health professional that you have high blood pressure?							
Response:		Yes					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		95% CI						%	95% CI
Sexual Violence/Intimate Partner Violence									
Parents Physically Hurt by Spouse/Partner									
Yes	29%	(23% - 36%)	24,905	135	424		29%	(24% - 36%)
No	26.6%	(23.8% - 29.7%)	96,408	569	1,728		27.9%	(25.3% - 30.6%)
Unwanted Sexual Activity									
Yes	27%	(21% - 34%)	16,739	105	336		31%	(26% - 38%)
No	27.3%	(24.4% - 30.3%)	105,631	602	1,822		28.4%	(25.8% - 31.1%)
Ever Hurt or Threatened by Intimate Partner									
Yes	28.4%	(22.7% - 34.7%)	27,214	156	504		31.0%	(25.5% - 37.1%)
No	26.7%	(23.9% - 29.8%)	94,663	551	1,660		27.7%	(25.1% - 30.4%)
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner									
Yes	30%	(18% - 46%)	7,924	38	119		35%	(24% - 48%)
No	26.9%	(24.3% - 29.7%)	114,207	669	2,048		27.8%	(25.4% - 30.3%)
Tobacco Use									
Cigarette Smoking Status									
Current Smoker	25.3%	(20.3% - 31.1%)	26,290	149	507		25.0%	(20.0% - 31.0%)
Former Smoker	38.5%	(33.2% - 44.1%)	54,746	313	755		34.0%	(29.7% - 38.6%)
Never Smoked	20.0%	(17.1% - 23.1%)	51,469	311	1,131		23.5%	(20.6% - 26.7%)
Smokeless Tobacco Status									
Current User	28%	(19% - 40%)	5,998	35	108		34%	(23% - 47%)
Former User	25%	(19% - 32%)	21,926	117	373		30%	(24% - 36%)
Never Used	27.4%	(24.5% - 30.4%)	97,486	574	1,743		27.8%	(25.1% - 30.6%)

Risk Factors

High Blood Pressure – Hypertension Awareness (continued)

Ever told blood pressure high, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

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%.					
Screening Question:		Have you EVER been told by a doctor, nurse, or other health professional that you have high blood pressure?					
Response:		Yes					
		Observed Rate			Age-Adjusted Rate		
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N #	%	95% CI
Weight Status							
Weight Status							
Normal (BMI <25)	14.8%	(11.7% - 18.7%)	26,665	151	787	19.5%	(16.2% - 23.4%)
Overweight (BMI 25 to 30)	29.5%	(25.4% - 34.0%)	54,964	287	871	29.8%	(26.0% - 33.9%)
Obese (BMI ≥30)	40.1%	(35.1% - 45.4%)	49,544	319	665	37.8%	(32.9% - 42.9%)
Obese I (BMI 30 TO < 35)	37%	(31% - 43%)	28,991	192	427	32%	(27% - 38%)
Obese II & III (BMI ≥35)	46%	(37% - 55%)	20,737	127	238	45%	(37% - 54%)

High Cholesterol – Cholesterol Awareness

INDICATOR: Proportion of adults who have been told they have high cholesterol (of those who have ever been tested).

DATA SOURCE: 2009 Alaska Standard BRFSS survey.

BRFSS QUESTIONS:

- ▶ Blood cholesterol is a fatty substance found in the blood. Have you EVER had your blood cholesterol checked?
- ▶ Have you EVER been told by a doctor, nurse or other health professional that your blood cholesterol is high?

How are we doing?

- ▶ In 2009, 35% of Alaskans reported having ever been told they have high cholesterol.
- ▶ The prevalence of high cholesterol has remained relatively stable through 2003; prevalence appears to have increased slightly from 2005 through 2009.

How does Alaska compare with the U.S.?

- ▶ In 2009, the prevalence of high cholesterol was slightly higher in the U.S. than in Alaska.

Healthy People 2010

Objective 12.9: Reduce the proportion of adults with high cholesterol.

Healthy Alaskans 2010

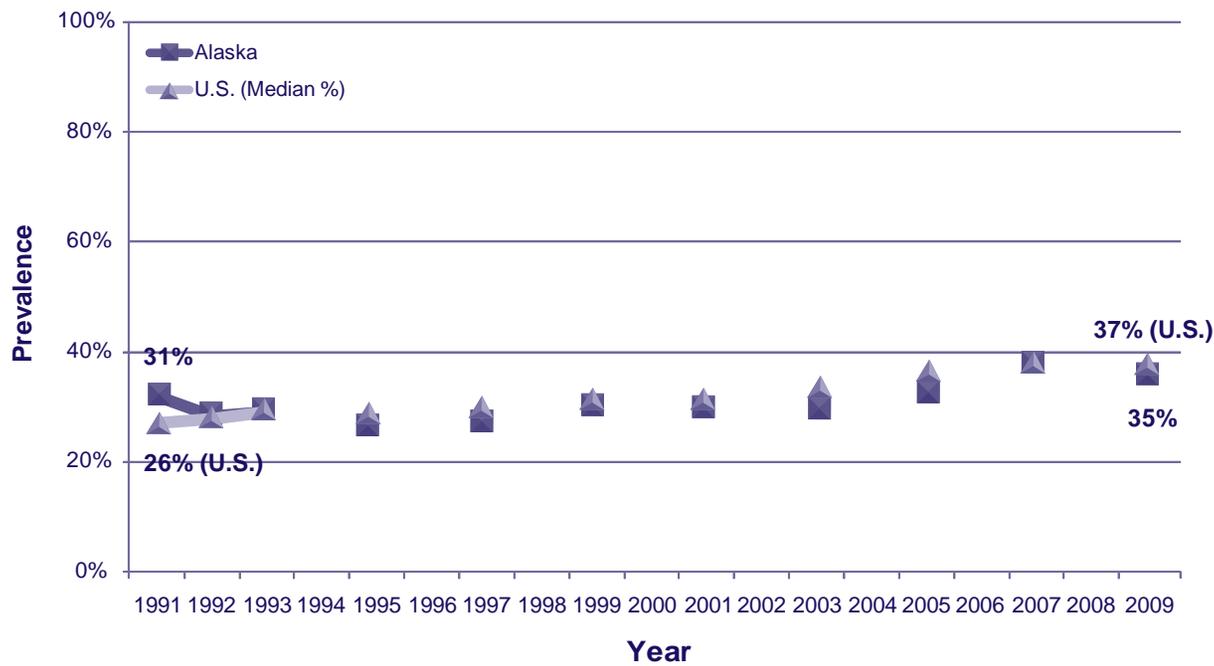
Objective 21.9: Reduce the proportion of adults aged 18 and older with high total blood cholesterol levels (240 mg/dl or greater) to 17%.

How are different populations affected?

- ▶ Prevalence of high cholesterol increased with age; 45% of adults age 45 to 64 years and 55% of those 65 years and older reported having been told they have high cholesterol.
- ▶ Respondents who reported good, fair or poor health status, and those who reported being dissatisfied or very dissatisfied with life had a higher prevalence of high cholesterol than those who reported very good or excellent health.
- ▶ Arthritis, disability, cardiovascular disease, stroke and diabetes were associated with high cholesterol in 2009.
- ▶ Respondents with other risk factors, including high blood pressure, obesity and inactivity, had a higher prevalence of high cholesterol than those without these risk factors.

High Cholesterol – Cholesterol Awareness

High Cholesterol: 1991 - 2009 Alaska vs. Nationwide



High Cholesterol – Cholesterol Awareness

Ever told blood cholesterol high, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective:		12.14: Reduce the proportion of adults with high total blood cholesterol levels to 17%.							
Healthy Alaskans 2010 Objective:		21.9: Reduce the proportion of adults 18 years and older with high total blood cholesterol levels (240mg/dL or greater) to 17%.							
Screening Question:		Have you EVER been told by a doctor, nurse, or other health professional that your blood cholesterol is high?							
Response:		Yes					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		95% CI						%	95% CI
Total	35.0%	(31.9% -	38.1%)	126,760	756	1,851	32.3%	(29.3% - 35.4%)
Demographics									
Gender									
Female	33.8%	(29.9% -	37.9%)	60,760	405	1,031	31.8%	(28.0% - 35.8%)
Male	36.1%	(31.5% -	41.0%)	66,000	351	820	32.3%	(28.1% - 36.9%)
Age Groups (Categories Used in Age-Adjustment)									
Persons aged 18 to 24 years	11%	(4% -	27%)	2,658	6	50	NA	(NA - NA)
Persons aged 25 to 34 years	14%	(9% -	23%)	8,402	25	171	NA	(NA - NA)
Persons aged 35 to 44 years	24%	(18% -	31%)	17,143	86	325	NA	(NA - NA)
Persons aged 45 to 64 years	45.4%	(41.0% -	49.9%)	71,918	444	950	NA	(NA - NA)
Persons aged 65 years and older	55%	(47% -	63%)	25,137	190	335	NA	(NA - NA)
Race and Ethnicity									
American Indian or Alaska Native	29%	(22% -	36%)	12,533	95	273	27%	(21% - 35%)
Asian or Pacific Islander	DSU	(DSU -	DSU)	DSU	DSU	46	DSU	(DSU - DSU)
Asian	DSU	(DSU -	DSU)	DSU	DSU	35	DSU	(DSU - DSU)
Native Hawaiian or Other Pacific Islander	DSU	(DSU -	DSU)	DSU	DSU	11	DSU	(DSU - DSU)
Black or African American	DSU	(DSU -	DSU)	DSU	DSU	26	DSU	(DSU - DSU)
White	36.1%	(32.7% -	39.8%)	103,258	607	1,434	33.6%	(30.0% - 37.5%)
Hispanic or Latino	DSU	(DSU -	DSU)	DSU	DSU	40	DSU	(DSU - DSU)
Not Hispanic or Latino	35.3%	(32.2% -	38.5%)	124,201	739	1,799	32.5%	(29.5% - 35.7%)
Black or African American, not Hispanic/Latino	DSU	(DSU -	DSU)	DSU	DSU	23	DSU	(DSU - DSU)
White, not Hispanic or Latino	36.2%	(32.6% -	39.9%)	100,369	586	1,389	33.7%	(30.0% - 37.7%)

Risk Factors

For table end notes see Appendix J on Pg 429.

High Cholesterol – Cholesterol Awareness (continued)

Ever told blood cholesterol high, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective: **12.14: Reduce the proportion of adults with high total blood cholesterol levels to 17%.**

Healthy Alaskans 2010 Objective: **21.9: Reduce the proportion of adults 18 years and older with high total blood cholesterol levels (240mg/dL or greater) to 17%.**

Screening Question:	Have you EVER been told by a doctor, nurse, or other health professional that your blood cholesterol is high?							
	Response:			Yes			Age-Adjusted Rate	
	Population at Risk (See Appendix)	%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Alaska Native								
Yes	31%	(24% - 38%)	14,751	110	300	29%	(23% - 36%)	
No	35.4%	(32.1% - 38.9%)	110,445	637	1,536	32.9%	(29.6% - 36.5%)	
Geographic Location								
Anchorage & Vicinity	33%	(28% - 38%)	66,955	159	411	31%	(26% - 36%)	
Fairbanks & Vicinity	35%	(30% - 40%)	18,315	161	390	35%	(30% - 40%)	
Gulf Coast	41%	(36% - 47%)	17,191	184	389	37%	(31% - 43%)	
Rural	33%	(27% - 40%)	8,226	87	262	30%	(24% - 36%)	
Southeast	39%	(34% - 45%)	15,834	165	399	36%	(30% - 43%)	
Urban/Rural								
Metropolitan Statistical Area	33.7%	(29.6% - 38.1%)	83,888	312	778	31.6%	(27.7% - 35.9%)	
Micropolitan Statistical Area & Urban Clusters	37.6%	(33.2% - 42.2%)	23,894	251	603	34.9%	(30.0% - 40.1%)	
Rural	38%	(32% - 43%)	19,173	193	470	32%	(28% - 37%)	
Education Level (persons aged 25 years and older)								
Less than high school	33%	(22% - 45%)	5,153	41	92	33%	(24% - 44%)	
High school graduate	41%	(35% - 48%)	32,725	203	471	39%	(33% - 45%)	
At least some college	37.1%	(31.8% - 42.7%)	39,919	238	571	35.8%	(30.8% - 41.2%)	
College Graduate	34.0%	(29.0% - 39.4%)	45,941	268	666	33.4%	(28.3% - 39.0%)	
Employment Status								
Employed	31.7%	(28.0% - 35.6%)	76,652	430	1,172	31.2%	(26.6% - 36.3%)	
Unemployed	37%	(26% - 49%)	9,398	57	138	33%	(22% - 47%)	
Not in Workforce (Student, Homemaker, Retired)	43%	(37% - 51%)	33,911	224	448	32%	(27% - 38%)	
Unable to work	43%	(29% - 59%)	6,347	44	86	33%	(23% - 43%)	

High Cholesterol – Cholesterol Awareness (continued)

Ever told blood cholesterol high, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective:		12.14: Reduce the proportion of adults with high total blood cholesterol levels to 17%.							
Healthy Alaskans 2010 Objective:		21.9: Reduce the proportion of adults 18 years and older with high total blood cholesterol levels (240mg/dL or greater) to 17%.							
Screening Question:		Have you EVER been told by a doctor, nurse, or other health professional that your blood cholesterol is high?							
Response:		Yes					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		95% CI						%	95% CI
Marital Status									
Married or Unwed Couple	36.0%	(32.2% - 40.0%)	86,047	443	1,089		34.3%	(28.3% - 40.8%)
Divorced/Separated	56%	(43% - 68%)	8,949	82	146		35%	(23% - 48%)
Widowed	42%	(34% - 50%)	18,953	142	335		33%	(27% - 40%)
Never Married	19%	(12% - 27%)	8,585	56	196	3	30%	(22% - 39%)
Income Level									
<\$15,000	36%	(24% - 51%)	6,917	53	119		27%	(21% - 35%)
\$15,000 - \$24,999	37%	(27% - 48%)	8,501	71	162		35%	(27% - 44%)
\$25,000 - \$49,999	38%	(31% - 46%)	25,994	162	371		36%	(30% - 42%)
\$50,000 - \$74,999	41%	(34% - 49%)	24,258	139	330		43%	(35% - 51%)
\$75,000	32.7%	(28.0% - 37.7%)	48,838	257	666		34.1%	(26.0% - 43.3%)
Poverty Threshold									
Poor (<100% Poverty Threshold)	31%	(18% - 49%)	4,730	31	81		32%	(22% - 44%)
Near Poor (100% to 199% Poverty Threshold)	34%	(25% - 44%)	13,077	81	199		35%	(27% - 44%)
Middle/High Income (>=200% Poverty Threshold)	36.3%	(32.8% - 40.0%)	96,486	570	1,368		34.1%	(29.8% - 38.6%)
Below Poverty Guidelines									
Yes	26%	(16% - 39%)	5,764	38	114		25%	(17% - 36%)
No	36.6%	(33.2% - 40.1%)	108,627	644	1,534		34.4%	(30.6% - 38.5%)
Veteran									
Yes	38%	(31% - 45%)	30,887	167	376		32%	(26% - 38%)
No	34.2%	(30.8% - 37.8%)	95,933	586	1,468		32.5%	(29.2% - 35.9%)

Risk Factors

High Cholesterol – Cholesterol Awareness (continued)

Ever told blood cholesterol high, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective: 12.14: Reduce the proportion of adults with high total blood cholesterol levels to 17%.

Healthy Alaskans 2010 Objective: 21.9: Reduce the proportion of adults 18 years and older with high total blood cholesterol levels (240mg/dL or greater) to 17%.

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

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI	
Health Status								
General Health								
Excellent to Very Good	27.9%	(24.2% - 32.0%)	60,378	332	978	27.7%	(24.0% - 31.8%)	
Good	44.4%	(38.6% - 50.4%)	45,017	271	581	37.9%	(32.6% - 43.4%)	
Fair/Poor	49%	(41% - 58%)	21,004	150	281	37%	(31% - 44%)	
Healthy Days (Mean Number of Days)								
Physical Health Not Good	4.3	(3.6 - 5.1)			742	3.6	(3.0 - 4.3)	
Mental Health Not Good	3.2	(2.4 - 4.0)			737	3.1	(1.9 - 4.3)	
Unhealthy Days (Physical or Mental Health Not Good)	6.6	(5.6 - 7.6)			728	6.2	(4.9 - 7.4)	
Days with Activity Limitation	2.7	(2.0 - 3.3)			744	2.0	(1.5 - 2.4)	
Healthy Days (Percentage with 14 or More Days)								
Physical Health Not Good	59%	(49% - 68%)	16,887	109	188	50%	(39% - 62%)	
Mental Health Not Good	51%	(38% - 63%)	13,056	69	141	43%	(32% - 55%)	
Unhealthy Days (Physical or Mental Health Not Good)	52%	(43% - 61%)	25,830	152	284	45%	(36% - 55%)	
Activity Limitation	55%	(43% - 66%)	10,680	71	131	44%	(37% - 52%)	
Disability								
Disabled								
Yes	44%	(38% - 51%)	39,620	250	492	37%	(30% - 45%)	
No	31.6%	(28.2% - 35.3%)	84,783	490	1,326	30.4%	(27.2% - 33.9%)	
Activity Limitation								
Yes	45%	(38% - 52%)	38,377	239	466	37%	(30% - 45%)	
No	31.8%	(28.4% - 35.4%)	86,878	503	1,354	30.4%	(27.3% - 33.8%)	

High Cholesterol – Cholesterol Awareness (continued)

Ever told blood cholesterol high, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective:		12.14: Reduce the proportion of adults with high total blood cholesterol levels to 17%.						
Healthy Alaskans 2010 Objective:		21.9: Reduce the proportion of adults 18 years and older with high total blood cholesterol levels (240mg/dL or greater) to 17%.						
Screening Question:		Have you EVER been told by a doctor, nurse, or other health professional that your blood cholesterol is high?						
Response:		Yes					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	Observed Rate		n	N	#	Age-Adjusted Rate	
		95% CI	Individuals				%	95% CI
Require Special Equipment								
Yes	57%	(45% - 67%)	13,962	81	138		43%	(34% - 53%)
No	33.4%	(30.3% - 36.7%)	112,206	668	1,696		31.4%	(28.3% - 34.6%)
Mental Health								
Social and Emotional Support								
Always/Usually	33.7%	(30.3% - 37.3%)	95,127	554	1,382		32.3%	(29.0% - 35.9%)
Sometimes/Rarely/Never	41%	(34% - 48%)	24,562	158	356		35%	(27% - 43%)
Life Satisfaction								
Very Satisfied / Satisfied	34.1%	(31.0% - 37.4%)	112,510	680	1,679		32.0%	(28.8% - 35.3%)
Dissatisfied / Very Dissatisfied	59%	(39% - 75%)	7,905	37	67	1	46%	(35% - 57%)
Healthcare								
Healthcare Coverage								
Health Plan								
Yes	35.6%	(32.4% - 39.0%)	113,656	664	1,607		32.8%	(29.4% - 36.4%)
No	30%	(22% - 40%)	12,336	89	235		28%	(20% - 37%)
Immunization								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	35.3%	(30.7% - 40.3%)	56,999	349	795		31.7%	(27.2% - 36.6%)
No	35.0%	(30.9% - 39.2%)	68,623	395	1,021		32.6%	(28.8% - 36.6%)
Ever Had Pneumonia Shot (Ages 65+)								
Yes	45.2%	(38.9% - 51.7%)	39,631	266	515		37.4%	(30.5% - 44.8%)
No	32.1%	(28.3% - 36.1%)	72,798	413	1,121		31.8%	(28.1% - 35.8%)

Risk Factors

High Cholesterol – Cholesterol Awareness (continued)

Ever told blood cholesterol high, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective: 12.14: Reduce the proportion of adults with high total blood cholesterol levels to 17%.

Healthy Alaskans 2010 Objective: 21.9: Reduce the proportion of adults 18 years and older with high total blood cholesterol levels (240mg/dL or greater) to 17%.

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

Population at Risk (See Appendix)	Response:		Yes				Age-Adjusted Rate	
	%	95% CI	Observed Rate			%	95% CI	
			Individuals	n	N #			
Screening								
AIDS/HIV Screening (Ages 18-64)								
Yes	26.6%	(22.4% - 31.4%)	40,770	240	688	26.8%	(22.2% - 32.0%)	
No	36.7%	(31.6% - 42.1%)	49,770	268	687	28.5%	(23.3% - 34.3%)	
Diagnoses								
Arthritis								
Arthritis								
Yes	49.7%	(44.1% - 55.3%)	48,442	316	610	42.2%	(34.5% - 50.3%)	
No	29.7%	(26.1% - 33.5%)	75,641	420	1,178	29.8%	(26.3% - 33.6%)	
Asthma								
Asthma Diagnosis								
Yes	38%	(30% - 46%)	20,883	129	272	39%	(32% - 46%)	
No	34.4%	(31.2% - 37.9%)	105,633	625	1,574	31.8%	(28.6% - 35.2%)	
Current Asthma								
Yes	38%	(29% - 49%)	13,811	82	175	39%	(30% - 48%)	
No	36%	(24% - 51%)	6,131	40	85	40%	(31% - 51%)	
Cardiovascular and Cerebrovascular Disease								
Cardiovascular Disease								
Yes	59%	(46% - 70%)	13,235	83	134	64%	(41% - 81%)	
No	32.7%	(29.6% - 35.9%)	109,568	653	1,693	31.8%	(28.8% - 35.0%)	
Heart Attack (Myocardial Infarction)								
Yes	59%	(44% - 72%)	9,114	55	93	55%	(29% - 78%)	
No	33.5%	(30.4% - 36.8%)	115,723	692	1,748	32.1%	(29.1% - 35.2%)	

High Cholesterol – Cholesterol Awareness (continued)

Ever told blood cholesterol high, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective:		12.14: Reduce the proportion of adults with high total blood cholesterol levels to 17%.							
Healthy Alaskans 2010 Objective:		21.9: Reduce the proportion of adults 18 years and older with high total blood cholesterol levels (240mg/dL or greater) to 17%.							
Screening Question:		Have you EVER been told by a doctor, nurse, or other health professional that your blood cholesterol is high?							
Response:		Yes					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		95% CI						%	95% CI
Coronary Heart Disease (Angina)									
Yes	60%	(43% -	74%)	8,705	58	86	65%	(33% - 87%)
No	33.4%	(30.3% -	36.6%)	114,729	684	1,748	32.1%	(29.1% - 35.2%)
Stroke									
Yes	61%	(41% -	78%)	4,852	40	58	55%	(33% - 75%)
No	34.3%	(31.2% -	37.5%)	121,300	712	1,786	32.1%	(29.2% - 35.3%)
Diabetes									
Nongestational Diabetes									
Yes	67%	(55% -	77%)	19,109	111	162	57%	(38% - 74%)
No	32.3%	(29.2% -	35.5%)	107,429	643	1,683	30.8%	(27.8% - 34.0%)
Pre-Diabetes									
Yes	50%	(40% -	60%)	17,864	106	196	44%	(34% - 55%)
No	30.1%	(26.9% -	33.5%)	89,603	536	1,488	29.0%	(25.9% - 32.3%)
Risk Factors									
Alcohol									
Binge Drinking									
Yes	32%	(25% -	40%)	18,532	88	266	32%	(24% - 41%)
No	36.2%	(32.9% -	39.8%)	106,456	654	1,528	32.7%	(29.4% - 36.1%)
Heavy Drinking									
Yes	40%	(28% -	53%)	9,192	48	122	47%	(38% - 57%)
No	35.2%	(32.0% -	38.5%)	114,794	684	1,658	32.4%	(29.4% - 35.7%)

Risk Factors

High Cholesterol – Cholesterol Awareness (continued)

Ever told blood cholesterol high, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective:		12.14: Reduce the proportion of adults with high total blood cholesterol levels to 17%.							
Healthy Alaskans 2010 Objective:		21.9: Reduce the proportion of adults 18 years and older with high total blood cholesterol levels (240mg/dL or greater) to 17%.							
Screening Question:		Have you EVER been told by a doctor, nurse, or other health professional that your blood cholesterol is high?							
Response:		Yes					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		%	95% CI					%	95% CI
Hypercholesterolemia									
High Cholesterol									
Yes	100.0%	(0.0% -	0.0%)	126,760	756	756	100.0%	(0.0% - 0.0%)
No	0.0%	(0.0% -	0.0%)	0	0	1,095	0.0%	(0.0% - 0.0%)
Hypertension									
High Blood Pressure									
Yes	53.5%	(48.1% -	58.9%)	63,349	406	691	43.4%	(36.8% - 50.2%)
No	25.9%	(22.5% -	29.7%)	62,859	346	1,150	25.6%	(22.1% - 29.4%)
Nutrition									
Fruit and Vegetable Index									
<1 Per Day or Never	30%	(18% -	45%)	4,444	31	74	26%	(19% - 34%)
1 to <3 Times Per Day	37.4%	(31.8% -	43.3%)	43,242	253	603	34.5%	(29.7% - 39.6%)
3 to <5 Times Per Day	37.0%	(31.8% -	42.4%)	50,295	284	671	34.7%	(29.6% - 40.2%)
5 Or More Times Per Day	31%	(25% -	37%)	26,097	167	433	28%	(23% - 34%)
Physical Activity									
Physical Activity Recommendations (2008)									
Active	29.2%	(25.7% -	32.9%)	74,403	430	1,202	27.9%	(24.7% - 31.3%)
Insufficient	52%	(44% -	60%)	30,742	170	331	50%	(40% - 60%)
Inactive	48%	(38% -	59%)	11,719	91	161	36%	(29% - 45%)
Leisure Time Exercise									
Yes	31.9%	(28.6% -	35.4%)	92,496	540	1,445	30.5%	(27.2% - 34.1%)
No	47%	(39% -	54%)	33,885	210	399	38%	(32% - 45%)

High Cholesterol – Cholesterol Awareness (continued)

Ever told blood cholesterol high, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective:		12.14: Reduce the proportion of adults with high total blood cholesterol levels to 17%.											
Healthy Alaskans 2010 Objective:		21.9: Reduce the proportion of adults 18 years and older with high total blood cholesterol levels (240mg/dL or greater) to 17%.											
Screening Question:		Have you EVER been told by a doctor, nurse, or other health professional that your blood cholesterol is high?											
Response:		Yes					Age-Adjusted Rate						
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate					
		95% CI						%	95% CI				
Sexual Violence/Intimate Partner Violence													
Parents Physically Hurt by Spouse/Partner													
Yes	39%	(31%	-	47%)	24,661	130	319	38%	(29%	-	47%)
No	34.3%	(30.9%	-	37.8%)	90,429	563	1,362	30.8%	(27.8%	-	34.1%)
Unwanted Sexual Activity													
Yes	41%	(33%	-	50%)	19,064	116	269	37%	(30%	-	45%)
No	34.3%	(30.9%	-	37.9%)	96,062	577	1,411	31.5%	(28.0%	-	35.3%)
Ever Hurt or Threatened by Intimate Partner													
Yes	38%	(31%	-	46%)	24,563	157	373	33%	(28%	-	39%)
No	34.5%	(31.0%	-	38.1%)	90,767	539	1,316	32.3%	(28.6%	-	36.2%)
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner													
Yes	21%	(12%	-	34%)	3,859	30	83	23%	(15%	-	35%)
No	36.3%	(33.0%	-	39.6%)	112,003	668	1,604	33.3%	(29.8%	-	37.0%)
Tobacco Use													
Cigarette Smoking Status													
Current Smoker	37%	(30%	-	45%)	22,695	136	327	36%	(29%	-	43%)
Former Smoker	43.1%	(37.7%	-	48.8%)	47,669	289	621	32.7%	(28.5%	-	37.2%)
Never Smoked	29.8%	(25.7%	-	34.3%)	56,175	328	892	30.1%	(26.0%	-	34.5%)
Smokeless Tobacco Status													
Current User	29%	(17%	-	45%)	4,417	24	77	27%	(16%	-	40%)
Former User	41%	(33%	-	49%)	24,360	123	273	41%	(31%	-	53%)
Never Used	34.3%	(30.8%	-	38.0%)	90,000	563	1,375	31.2%	(27.8%	-	34.8%)

Risk Factors

High Cholesterol – Cholesterol Awareness (continued)

Ever told blood cholesterol high, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

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Healthy Alaskans 2010 Objective: 21.9: Reduce the proportion of adults 18 years and older with high total blood cholesterol levels (240mg/dL or greater) to 17%.

Population at Risk (See Appendix)	Screening Question: Have you EVER been told by a doctor, nurse, or other health professional that your blood cholesterol is high?						Age-Adjusted Rate		
	Response:	Observed Rate			Yes			Age-Adjusted Rate	
		%	95% CI	Individuals	n	N	#	%	95% CI
Weight Status									
Weight Status									
Normal (BMI <25)	25.7%	(21.0% - 31.1%)	28,445	165	559		25.8%	(21.1% - 31.1%)	
Overweight (BMI 25 to 30)	35.4%	(30.3% - 40.9%)	49,384	282	678		32.4%	(27.8% - 37.4%)	
Obese (BMI ≥30)	44.8%	(39.1% - 50.7%)	46,227	291	558		38.0%	(32.9% - 43.3%)	
Obese I (BMI 30 TO < 35)	45%	(38% - 52%)	30,256	189	369		37%	(30% - 44%)	
Obese II & III (BMI ≥35)	45%	(35% - 56%)	16,154	102	189		43%	(36% - 50%)	

Overweight and Obesity

INDICATOR:

- ▶ Proportion of adults who are overweight (BMI 25.0 – 29.9).
- ▶ Proportion of adults who are obese (BMI 30.0+).

DATA SOURCE: 2009 Alaska Standard and Supplemental BRFSS surveys combined.

BRFSS QUESTIONS:

- ▶ About how much do you weigh without shoes?
- ▶ About how tall are you without shoes?

How are we doing?

- ▶ In 2009, 39% of Alaska adults were overweight, 26% were obese.
- ▶ The prevalence of overweight in Alaska adults has remained stable since 1991.
- ▶ The prevalence of obesity has more than doubled since 1991.

How does Alaska compare with the U.S.?

- ▶ As in Alaska, the prevalence of overweight in the U.S. has remained stable since 1991; there were only slight differences between Alaska and the U.S. in the prevalence of overweight during this time period.
- ▶ The prevalence of obesity in both Alaska and the U.S. has gone steadily up since 1991; there were only slight differences between Alaska and the U.S. in the prevalence of obesity during this time period.

Healthy People 2010

Objective 19.1: 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

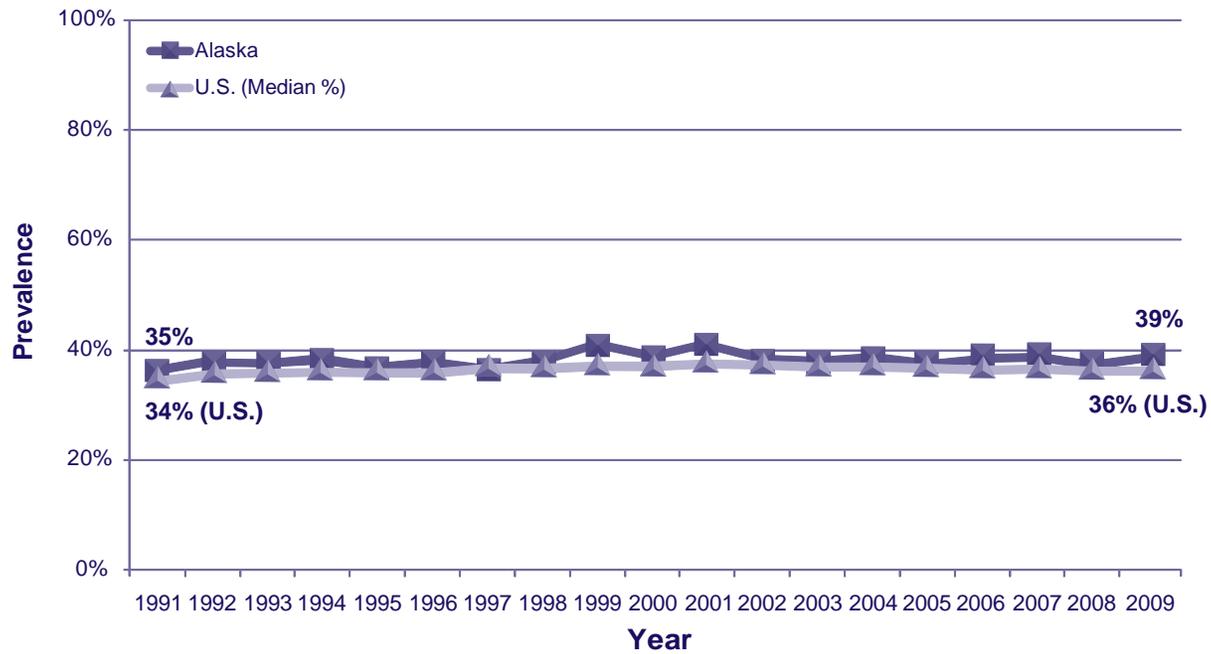
Objective 2.1a & 2.1b: Reduce the proportion of adults who meet criteria for overweight to 30%; and reduce obesity to 18%.

How are different populations affected?

- ▶ Males were more likely to be overweight than females.
- ▶ Adults who have never been married were less likely to be overweight or obese compared to married or unwed couples.
- ▶ Alaska adults who reported excellent or very good health were more likely to be overweight and less likely to be obese than those reporting fair or poor health.
- ▶ Alaskans age 18 to 24 years were less likely to be obese than those age 35 years and older.
- ▶ In 2009, non-Native adults, in particular Asian and Pacific Islanders, were less likely to be obese than Alaska Natives.
- ▶ Obesity appeared to decrease with increasing education level in 2009.
- ▶ Having a disability, arthritis, asthma, cardiovascular disease, diabetes or pre-diabetes were associated with being obese in 2008.
- ▶ Adults with high cholesterol, high blood pressure and those who are inactive were more likely to be obese than adults not in these groups.

Overweight (25.0 - 29.9 BMI)*

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



*BMI = weight in kilograms divided by height in meters squared ((weight in kg)/[height in meters]²)

Overweight (25.0 - 29.9 BMI)*

Overweight, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy Alaskans 2010 Objective:		2.1a: Reduce the proportion of adults who meet criteria for overweight to 30%.								
Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?								
Response:		25.0 - 29.9 kg/m ²								
Population at Risk (See Appendix)	%	Observed Rate			Age-Adjusted Rate			%	95% CI	
		95% CI	Individuals	n	N	#				
Total	38.9%	(36.7% - 41.1%)	190,463	1,734	4,558				38.9% (36.8% - 41.1%)	
Demographics										
Gender										
Female	34.4%	(31.6% - 37.2%)	78,563	801	2,441				34.3% (31.5% - 37.1%)	
Male	42.9%	(39.5% - 46.3%)	111,900	933	2,117				43.1% (39.9% - 46.3%)	
Age Groups (Categories Used in Age-Adjustment)										
Persons aged 18 to 24 years	27%	(20% - 35%)	19,160	72	264				NA (NA - NA)	
Persons aged 25 to 34 years	39.9%	(34.4% - 45.7%)	39,046	238	648				NA (NA - NA)	
Persons aged 35 to 44 years	41.2%	(36.4% - 46.1%)	38,395	315	817				NA (NA - NA)	
Persons aged 45 to 64 years	41.4%	(38.4% - 44.5%)	72,412	810	2,075				NA (NA - NA)	
Persons aged 65 years and older	39.4%	(34.5% - 44.7%)	19,737	282	719				NA (NA - NA)	
Race and Ethnicity										
American Indian or Alaska Native	41.7%	(36.6% - 47.0%)	29,530	293	818				41.2% (36.3% - 46.3%)	
Asian or Pacific Islander	23%	(14% - 35%)	4,623	30	116	3			24% (15% - 37%)	
Asian	19%	(11% - 32%)	2,223	21	91	3			17% (11% - 27%)	
Native Hawaiian or Other Pacific Islander	DSU	(DSU - DSU)	DSU	DSU	25	1			DSU (DSU - DSU)	
Black or African American	38%	(22% - 56%)	3,708	19	60	1			37% (25% - 51%)	
White	38.8%	(36.2% - 41.4%)	143,063	1,302	3,355				38.7% (36.2% - 41.2%)	
Hispanic or Latino	36%	(26% - 48%)	6,982	47	126				33% (24% - 44%)	
Not Hispanic or Latino	39.0%	(36.7% - 41.3%)	181,478	1,674	4,388				39.1% (36.9% - 41.4%)	
Black or African American, not Hispanic/Latino	DSU	(DSU - DSU)	DSU	DSU	27	1			DSU (DSU - DSU)	
White, not Hispanic or Latino	39.0%	(36.4% - 41.7%)	137,290	1,257	3,221				39.0% (36.4% - 41.6%)	

Risk Factors

For table end notes see Appendix J on Pg 429.

*BMI = weight in kilograms divided by height in meters squared ((weight in kg)/[height in meters]²)

Overweight (25.0 - 29.9 BMI)* (continued)

Overweight, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy Alaskans 2010 Objective:		2.1a: Reduce the proportion of adults who meet criteria for overweight to 30%.							
Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?							
Response:		25.0 - 29.9 kg/m ²					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		95% CI						%	95% CI
Alaska Native									
Yes	40.9%	(36.1% - 45.9%)	32,715	318	896		40.7%	(35.9% - 45.6%)
No	38.4%	(35.9% - 40.9%)	155,538	1,396	3,617		38.4%	(36.0% - 40.9%)
Geographic Location									
Anchorage & Vicinity	40.3%	(36.6% - 44.2%)	105,904	378	947		40.0%	(36.4% - 43.8%)
Fairbanks & Vicinity	37.0%	(33.4% - 40.7%)	26,593	363	973		37.7%	(34.3% - 41.3%)
Gulf Coast	37.5%	(33.7% - 41.4%)	20,972	356	948		37.9%	(34.2% - 41.8%)
Rural	35.7%	(31.7% - 39.8%)	16,533	271	762		35.7%	(31.6% - 39.9%)
Southeast	38.9%	(35.2% - 42.6%)	20,461	366	928		38.3%	(34.5% - 42.2%)
Urban/Rural									
Metropolitan Statistical Area	39.8%	(36.7% - 43.0%)	129,335	713	1,842		39.7%	(36.7% - 42.8%)
Micropolitan Statistical Area & Urban Clusters	36.3%	(33.3% - 39.5%)	31,449	533	1,434		36.4%	(33.4% - 39.5%)
Rural	37.7%	(34.5% - 41.1%)	29,283	485	1,277		37.9%	(34.6% - 41.2%)
Education Level (persons aged 25 years and older)									
Less than high school	35%	(26% - 44%)	8,357	92	278		36%	(28% - 45%)
High school graduate	41.9%	(37.9% - 46.0%)	47,011	476	1,221		41.7%	(37.7% - 45.8%)
At least some college	46.3%	(42.3% - 50.5%)	57,482	520	1,281		45.9%	(41.9% - 50.0%)
College Graduate	36.9%	(33.4% - 40.6%)	58,431	574	1,511		37.0%	(33.3% - 40.8%)
Employment Status									
Employed	39.7%	(37.0% - 42.5%)	128,137	1,132	2,877		39.8%	(36.8% - 42.9%)
Unemployed	43%	(36% - 51%)	18,443	149	382		44%	(36% - 53%)
Not in Workforce (Student, Homemaker, Retired)	36.5%	(32.0% - 41.3%)	38,597	394	1,082		35.5%	(30.7% - 40.5%)
Unable to work	27%	(20% - 37%)	4,322	54	195		25%	(17% - 35%)

*BMI = weight in kilograms divided by height in meters squared ((weight in kg)/[height in meters]²)

Overweight (25.0 - 29.9 BMI)* (continued)

Overweight, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy Alaskans 2010 Objective:		2.1a: Reduce the proportion of adults who meet criteria for overweight to 30%.							
Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?							
Response:		25.0 - 29.9 kg/m ²					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		95% CI						%	95% CI
Marital Status									
Married or Unwed Couple	41.1%	(38.4% -	43.9%)	120,813	1,036	2,580	39.8%	(36.4% - 43.3%)
Divorced/Separated	40%	(32% -	49%)	6,445	101	309	28%	(21% - 37%)
Widowed	41.9%	(36.6% -	47.5%)	22,902	285	769	44.4%	(37.1% - 52.1%)
Never Married	30.6%	(25.0% -	36.8%)	28,112	237	662	35.0%	(29.3% - 41.2%)
Income Level									
<\$15,000	37%	(28% -	46%)	10,911	116	343	35%	(27% - 43%)
\$15,000 - \$24,999	41%	(33% -	49%)	18,868	178	471	43%	(37% - 51%)
\$25,000 - \$49,999	37.2%	(32.4% -	42.2%)	35,505	342	958	37.9%	(33.4% - 42.7%)
\$50,000 - \$74,999	38.8%	(33.7% -	44.0%)	31,441	324	786	37.6%	(33.1% - 42.2%)
\$75,000	40.4%	(36.8% -	44.1%)	73,065	605	1,516	37.7%	(34.0% - 41.6%)
Poverty Threshold									
Poor (<100% Poverty Threshold)	40%	(31% -	50%)	13,972	116	311	41%	(33% - 50%)
Near Poor (100% to 199% Poverty Threshold)	37.0%	(30.7% -	43.8%)	22,947	200	592	37.9%	(31.9% - 44.3%)
Middle/High Income (>=200% Poverty Threshold)	39.5%	(37.0% -	42.2%)	132,923	1,249	3,171	38.4%	(35.8% - 41.0%)
Below Poverty Guidelines									
Yes	39%	(31% -	48%)	19,324	156	421	40%	(33% - 48%)
No	39.2%	(36.8% -	41.7%)	150,427	1,409	3,653	38.3%	(35.9% - 40.7%)
Veteran									
Yes	44.4%	(39.1% -	49.8%)	38,878	351	794	44.2%	(38.0% - 50.5%)
No	37.7%	(35.3% -	40.2%)	151,177	1,378	3,753	37.7%	(35.4% - 40.1%)

*BMI = weight in kilograms divided by height in meters squared ((weight in kg)/[height in meters]²)

Overweight (25.0 - 29.9 BMI)* (continued)

Overweight, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy Alaskans 2010 Objective:		2.1a: Reduce the proportion of adults who meet criteria for overweight to 30%.						
Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?						
Response:		25.0 - 29.9 kg/m ²					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Health Status								
General Health								
Excellent to Very Good	40.7%	(37.7% - 43.7%)	120,335	1,003	2,505		41.5%	(38.6% - 44.4%)
Good	37.5%	(33.5% - 41.7%)	51,676	517	1,381		37.2%	(33.4% - 41.2%)
Fair/Poor	31.7%	(26.7% - 37.2%)	17,076	207	649		31.2%	(26.1% - 36.8%)
Healthy Days (Mean Number of Days)								
Physical Health Not Good	2.4	(2.0 - 2.7)				1691	2.4	(2.1 - 2.8)
Mental Health Not Good	2.5	(2.1 - 2.9)				1699	2.5	(2.1 - 2.8)
Unhealthy Days (Physical or Mental Health Not Good)	4.5	(4.0 - 5.0)				1699	4.5	(4.0 - 5.0)
Days with Activity Limitation	1.6	(1.3 - 1.9)				1719	1.6	(1.3 - 1.9)
Healthy Days (Percentage with 14 or More Days)								
Physical Health Not Good	30%	(24% - 36%)	11,395	147	461		27%	(22% - 33%)
Mental Health Not Good	37%	(30% - 45%)	13,119	134	375		37%	(30% - 44%)
Unhealthy Days (Physical or Mental Health Not Good)	34.4%	(29.2% - 40.0%)	23,614	250	735		34.9%	(29.7% - 40.4%)
Activity Limitation	31%	(24% - 39%)	7,898	100	320		31%	(24% - 39%)
Disability								
Disabled								
Yes	37.1%	(32.8% - 41.6%)	39,625	403	1,140		37.4%	(32.6% - 42.4%)
No	39.4%	(36.8% - 42.0%)	148,521	1,310	3,352		39.8%	(37.3% - 42.3%)
Activity Limitation								
Yes	37.2%	(32.8% - 41.9%)	37,570	375	1,070		37.6%	(32.7% - 42.7%)
No	39.3%	(36.7% - 41.8%)	150,461	1,338	3,427		39.6%	(37.1% - 42.1%)

*BMI = weight in kilograms divided by height in meters squared ((weight in kg)/[height in meters]²)

Overweight (25.0 - 29.9 BMI)* (continued)

Overweight, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy Alaskans 2010 Objective:		2.1a: Reduce the proportion of adults who meet criteria for overweight to 30%.							
Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?							
Response:		25.0 - 29.9 kg/m ²					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		95% CI						%	95% CI
Require Special Equipment									
Yes	37%	(29% - 46%)	10,518	102	326		37%	(28% - 48%)
No	39.1%	(36.8% - 41.5%)	179,472	1,625	4,204		39.3%	(37.1% - 41.5%)
Mental Health									
Social and Emotional Support									
Always/Usually	37.7%	(34.2% - 41.3%)	138,845	626	1,692		37.7%	(34.2% - 41.3%)
Sometimes/Rarely/Never	37%	(30% - 44%)	34,532	191	496		38%	(32% - 44%)
Life Satisfaction									
Very Satisfied / Satisfied	37.8%	(34.6% - 41.1%)	167,668	790	2,107		37.8%	(34.7% - 41.0%)
Dissatisfied / Very Dissatisfied	35%	(22% - 51%)	6,385	30	90		32%	(22% - 44%)
Healthcare									
Healthcare Coverage									
Health Plan									
Yes	38.8%	(36.4% - 41.2%)	155,338	1,445	3,782		38.6%	(36.2% - 41.0%)
No	40.1%	(34.4% - 46.0%)	33,795	282	750		38.9%	(33.1% - 44.9%)
Immunization									
Flu Shot Within Past 12 Months (Ages 65+)									
Yes	36.5%	(31.6% - 41.6%)	67,645	310	890		36.2%	(31.2% - 41.5%)
No	39.2%	(35.3% - 43.3%)	116,884	547	1,393		40.0%	(36.2% - 43.9%)
Ever Had Pneumonia Shot (Ages 65+)									
Yes	35.9%	(30.1% - 42.1%)	36,070	201	589		35.0%	(27.8% - 42.9%)
No	38.5%	(34.8% - 42.4%)	121,570	559	1,445		39.9%	(36.1% - 43.9%)

*BMI = weight in kilograms divided by height in meters squared ((weight in kg)/[height in meters]²)

Overweight (25.0 - 29.9 BMI)* (continued)

Overweight, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy Alaskans 2010 Objective:		2.1a: Reduce the proportion of adults who meet criteria for overweight to 30%.						
Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?						
Response:		25.0 - 29.9 kg/m ²					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Screening								
AIDS/HIV Screening (Ages 18-64)								
Yes	37.2%	(32.5% - 42.3%)	76,334	312	886		37.5%	(32.7% - 42.6%)
No	37.4%	(32.6% - 42.5%)	74,907	348	908		39.3%	(34.2% - 44.7%)
Diagnoses								
Arthritis								
Arthritis								
Yes	31.7%	(26.6% - 37.3%)	35,361	229	671		31.7%	(24.4% - 40.0%)
No	39.7%	(36.1% - 43.4%)	144,808	618	1,592		40.5%	(36.8% - 44.3%)
Asthma								
Asthma Diagnosis								
Yes	36.7%	(30.9% - 42.8%)	23,282	191	591		37.0%	(31.1% - 43.4%)
No	39.3%	(36.9% - 41.7%)	166,909	1,539	3,953		39.0%	(36.6% - 41.4%)
Current Asthma								
Yes	34%	(27% - 42%)	13,639	113	379		34%	(26% - 42%)
No	40%	(30% - 51%)	8,421	70	187		42%	(32% - 52%)
Cardiovascular and Cerebrovascular Disease								
Cardiovascular Disease								
Yes	40%	(32% - 49%)	7,746	87	240		37%	(21% - 56%)
No	39.0%	(36.7% - 41.3%)	181,283	1,630	4,265		38.9%	(36.7% - 41.3%)
Heart Attack (Myocardial Infarction)								
Yes	33%	(24% - 43%)	4,633	58	175		33%	(16% - 57%)
No	39.1%	(36.8% - 41.4%)	185,324	1,667	4,365		39.0%	(36.7% - 41.3%)

*BMI = weight in kilograms divided by height in meters squared ((weight in kg)/[height in meters]²)

Overweight (25.0 - 29.9 BMI)* (continued)

Overweight, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy Alaskans 2010 Objective:		2.1a: Reduce the proportion of adults who meet criteria for overweight to 30%.									
Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?									
Response:		25.0 - 29.9 kg/m ²					Age-Adjusted Rate				
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate			
		95% CI						%	95% CI		
Coronary Heart Disease (Angina)											
Yes	39%	(29% -	50%)	4,714	57	156	28%	(16% -	44%)
No	39.0%	(36.8% -	41.3%)	184,791	1,669	4,362	39.0%	(36.7% -	41.3%)
Stroke											
Yes	47%	(35% -	59%)	4,438	65	133	31%	(20% -	45%)
No	38.8%	(36.5% -	41.1%)	185,780	1,665	4,412	38.5%	(36.2% -	40.8%)
Diabetes											
Nongestational Diabetes											
Yes	29%	(22% -	37%)	8,465	89	332	34%	(22% -	49%)
No	39.6%	(37.3% -	41.9%)	181,811	1,642	4,219	39.6%	(37.3% -	41.9%)
Pre-Diabetes											
Yes	36%	(29% -	44%)	13,058	148	414	34%	(27% -	41%)
No	39.8%	(37.4% -	42.3%)	168,495	1,491	3,798	40.1%	(37.8% -	42.5%)
Risk Factors											
Alcohol											
Binge Drinking											
Yes	43%	(36% -	51%)	37,158	160	383	43%	(35% -	52%)
No	36.3%	(33.0% -	39.8%)	141,914	690	1,886	36.2%	(32.9% -	39.6%)
Heavy Drinking											
Yes	35%	(26% -	46%)	10,640	59	158	35%	(26% -	46%)
No	37.6%	(34.4% -	40.9%)	166,999	773	2,090	37.7%	(34.6% -	40.9%)

*BMI = weight in kilograms divided by height in meters squared ((weight in kg)/[height in meters]²)

Overweight (25.0 - 29.9 BMI)* (continued)

Overweight, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy Alaskans 2010 Objective:		2.1a: Reduce the proportion of adults who meet criteria for overweight to 30%.							
Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?							
Response:		25.0 - 29.9 kg/m ²					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		95% CI						%	95% CI
Hypercholesterolemia									
High Cholesterol									
Yes	39.8%	(34.8% -	45.0%)	49,384	282	738	38.6%	(31.7% - 46.0%)
No	39.3%	(34.8% -	43.9%)	89,983	396	1,057	40.4%	(35.7% - 45.3%)
Hypertension									
High Blood Pressure									
Yes	41.9%	(36.9% -	47.1%)	54,964	287	757	41.9%	(35.3% - 48.8%)
No	36.6%	(33.0% -	40.5%)	131,297	584	1,566	37.4%	(33.8% - 41.1%)
Nutrition									
Fruit and Vegetable Index									
<1 Per Day or Never	29%	(19% -	42%)	8,310	39	133	31%	(22% - 43%)
1 to <3 Times Per Day	39.2%	(33.9% -	44.8%)	64,869	290	790	38.5%	(33.3% - 44.1%)
3 to <5 Times Per Day	40.7%	(35.6% -	46.0%)	69,103	320	809	40.5%	(35.4% - 45.8%)
5 Or More Times Per Day	34.0%	(28.2% -	40.4%)	37,841	193	522	33.8%	(28.4% - 39.7%)
Physical Activity									
Physical Activity Recommendations (2008)									
Active	38.6%	(34.8% -	42.5%)	130,382	578	1,490	38.9%	(35.2% - 42.7%)
Insufficient	37%	(30% -	44%)	28,444	153	415	34%	(28% - 41%)
Inactive	33%	(25% -	43%)	12,750	68	223	32%	(22% - 42%)
Leisure Time Exercise									
Yes	39.9%	(37.4% -	42.5%)	156,883	1,405	3,594	39.7%	(37.3% - 42.1%)
No	34.3%	(29.7% -	39.1%)	32,530	324	951	34.3%	(29.4% - 39.6%)

*BMI = weight in kilograms divided by height in meters squared ((weight in kg)/[height in meters]²)

Overweight (25.0 - 29.9 BMI)* (continued)

Overweight, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy Alaskans 2010 Objective:		2.1a: Reduce the proportion of adults who meet criteria for overweight to 30%.											
Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?											
Response:		25.0 - 29.9 kg/m ²					Age-Adjusted Rate						
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate					
		95% CI						%	95% CI				
Sexual Violence/Intimate Partner Violence													
Parents Physically Hurt by Spouse/Partner													
Yes	37%	(31%	-	45%)	31,346	145	419	37%	(31%	-	45%)
No	37.1%	(33.6%	-	40.7%)	131,409	634	1,681	36.6%	(33.3%	-	40.1%)
Unwanted Sexual Activity													
Yes	32%	(25%	-	41%)	19,509	100	328	31%	(24%	-	40%)
No	37.7%	(34.4%	-	41.3%)	143,228	678	1,779	37.6%	(34.3%	-	41.0%)
Ever Hurt or Threatened by Intimate Partner													
Yes	44%	(37%	-	51%)	41,192	178	491	45%	(38%	-	52%)
No	35.3%	(32.0%	-	38.8%)	122,413	604	1,620	35.1%	(31.9%	-	38.4%)
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner													
Yes	49%	(34%	-	64%)	12,608	45	118	40%	(30%	-	51%)
No	36.6%	(33.4%	-	39.8%)	151,747	738	1,994	36.3%	(33.3%	-	39.4%)
Tobacco Use													
Cigarette Smoking Status													
Current Smoker	40.4%	(35.5%	-	45.5%)	37,045	336	911	40.3%	(35.4%	-	45.4%)
Former Smoker	39.4%	(35.5%	-	43.4%)	53,009	543	1,413	38.2%	(34.1%	-	42.4%)
Never Smoked	38.4%	(35.3%	-	41.6%)	99,265	845	2,197	39.2%	(36.2%	-	42.2%)
Smokeless Tobacco Status													
Current User	48%	(38%	-	57%)	10,416	95	211	47%	(37%	-	57%)
Former User	35.3%	(30.0%	-	41.0%)	31,474	275	717	34.6%	(30.1%	-	39.5%)
Never Used	39.1%	(36.6%	-	41.7%)	140,063	1,292	3,443	39.0%	(36.5%	-	41.6%)

*BMI = weight in kilograms divided by height in meters squared ((weight in kg)/[height in meters]²)

Overweight (25.0 - 29.9 BMI)* (continued)

Overweight, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy Alaskans 2010 Objective:

2.1a: Reduce the proportion of adults who meet criteria for overweight to 30%.

Screening Question:

Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?

Response:

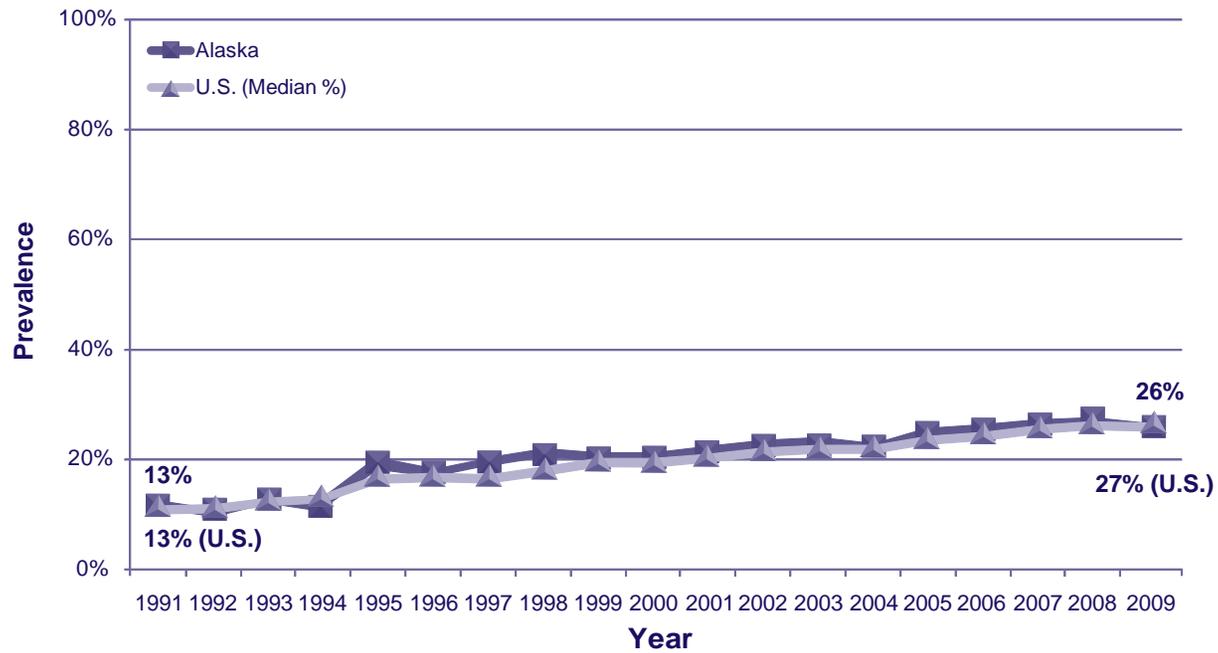
25.0 - 29.9 kg/m²

Population at Risk (See Appendix)	Observed Rate			Age-Adjusted Rate			
	%	95% CI	Individuals	n	N #	%	95% CI
Weight Status							
Weight Status							
Normal (BMI <25)	0.0%	(0.0% - 0.0%)	0	0	1,493	0.0%	(0.0% - 0.0%)
Overweight (BMI 25 to 30)	100.0%	(0.0% - 0.0%)	190,463	1,734	1,734	100.0%	(0.0% - 0.0%)
Obese (BMI ≥30)	0.0%	(0.0% - 0.0%)	0	0	1,331	0.0%	(0.0% - 0.0%)
Obese I (BMI 30 TO < 35)	0.0%	(0.0% - 0.0%)	0	0	857	0.0%	(0.0% - 0.0%)
Obese II & III (BMI ≥35)	0%	(0% - 0%)	0	0	474	0%	(0% - 0%)

*BMI = weight in kilograms divided by height in meters squared ((weight in kg)/[height in meters]²)

Obesity (30.0+ BMI)*

Obesity (30+ BMI): Alaska vs. Nationwide



*BMI = weight in kilograms divided by height in meters squared ((weight in kg)/[height in meters]²)

Obesity (30.0+ BMI)*

Obesity, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:

19.1: Reduce the proportion of adults who are obese to 15%.

Healthy Alaskans 2010 Objective:

2.1b: Reduce the proportion of adults who meet criteria for obesity to 18%.

Screening Question:

Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?

Response:

≥30.0 kg/m²

Population at Risk (See Appendix)	Observed Rate						Age-Adjusted Rate	
	%	95% CI		Individuals	n	N #	%	95% CI
Total	26.1%	(24.2% - 28.1%)		127,876	1,331	4,558	26.8%	(24.9% - 28.7%)
Demographics								
Gender								
Female	25.3%	(23.0% - 27.8%)		57,884	691	2,441	25.9%	(23.5% - 28.4%)
Male	26.8%	(24.0% - 29.8%)		69,992	640	2,117	27.6%	(24.9% - 30.5%)
Age Groups (Categories Used in Age-Adjustment)								
Persons aged 18 to 24 years	12%	(7% - 18%)		8,516	39	264 3	NA	(NA - NA)
Persons aged 25 to 34 years	23.3%	(19.0% - 28.3%)		22,820	171	648	NA	(NA - NA)
Persons aged 35 to 44 years	30.0%	(25.8% - 34.6%)		27,996	239	817	NA	(NA - NA)
Persons aged 45 to 64 years	30.0%	(27.3% - 32.9%)		52,450	651	2,075	NA	(NA - NA)
Persons aged 65 years and older	31.9%	(27.3% - 37.0%)		15,986	224	719	NA	(NA - NA)
Race and Ethnicity								
American Indian or Alaska Native	31.8%	(27.5% - 36.4%)		22,510	301	818	32.8%	(28.5% - 37.4%)
Asian or Pacific Islander	15%	(8% - 27%)		3,015	20	116 3	17%	(10% - 26%)
Asian	7%	(2% - 16%)		819	9	91 3	7%	(3% - 16%)
Native Hawaiian or Other Pacific Islander	DSU	(DSU - DSU)		DSU	DSU	25 1	DSU	(DSU - DSU)
Black or African American	39%	(25% - 56%)		3,805	27	60	43%	(29% - 57%)
White	24.9%	(22.7% - 27.1%)		91,616	917	3,355	25.5%	(23.3% - 27.7%)
Hispanic or Latino	43%	(31% - 56%)		8,340	50	126	41%	(30% - 53%)
Not Hispanic or Latino	25.5%	(23.6% - 27.4%)		118,632	1,270	4,388	26.1%	(24.2% - 28.0%)
Black or African American, not Hispanic/Latino	DSU	(DSU - DSU)		DSU	DSU	27 1	DSU	(DSU - DSU)
White, not Hispanic or Latino	24.1%	(21.9% - 26.4%)		84,767	866	3,221	24.6%	(22.5% - 26.9%)

For table end notes see Appendix J on Pg 429.

*BMI = weight in kilograms divided by height in meters squared ((weight in kg)/[height in meters]²)

Obesity (30.0+ BMI)* (continued)

Obesity, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:	19.1: Reduce the proportion of adults who are obese to 15%.
Healthy Alaskans 2010 Objective:	2.1b: Reduce the proportion of adults who meet criteria for obesity to 18%.

Screening Question: **Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?**

Population at Risk (See Appendix)	Response:		≥30.0 kg/m ²				Age-Adjusted Rate	
	%	95% CI	Individuals	n	N #	%	95% CI	
Alaska Native								
Yes	32.5%	(28.2% - 37.0%)	25,969	328	896	33.7%	(29.4% - 38.3%)	
No	24.8%	(22.8% - 27.0%)	100,559	989	3,617	25.4%	(23.3% - 27.5%)	
Geographic Location								
Anchorage & Vicinity	24.5%	(21.4% - 27.9%)	64,366	255	947	25.3%	(22.3% - 28.6%)	
Fairbanks & Vicinity	27.4%	(24.2% - 30.8%)	19,683	288	973	28.9%	(25.8% - 32.2%)	
Gulf Coast	27.9%	(24.6% - 31.4%)	15,611	286	948	27.7%	(24.5% - 31.1%)	
Rural	29.4%	(25.9% - 33.2%)	13,629	240	762	30.3%	(26.6% - 34.3%)	
Southeast	27.7%	(24.5% - 31.2%)	14,587	262	928	27.4%	(24.1% - 31.0%)	
Urban/Rural								
Metropolitan Statistical Area	25.1%	(22.5% - 27.9%)	81,591	514	1,842	26.0%	(23.5% - 28.8%)	
Micropolitan Statistical Area & Urban Clusters	29.0%	(26.2% - 31.8%)	25,072	440	1,434	29.2%	(26.5% - 32.0%)	
Rural	27.3%	(24.5% - 30.2%)	21,163	376	1,277	27.7%	(24.9% - 30.7%)	
Education Level (persons aged 25 years and older)								
Less than high school	36%	(29% - 45%)	8,596	99	278	38%	(30% - 46%)	
High school graduate	31.5%	(27.9% - 35.3%)	35,315	414	1,221	31.9%	(28.3% - 35.9%)	
At least some college	28.0%	(24.6% - 31.6%)	34,687	398	1,281	28.1%	(24.7% - 31.8%)	
College Graduate	25.8%	(22.6% - 29.3%)	40,792	380	1,511	26.2%	(22.9% - 29.8%)	
Employment Status								
Employed	26.2%	(23.8% - 28.8%)	84,560	829	2,877	26.1%	(23.4% - 29.0%)	
Unemployed	25%	(20% - 32%)	10,723	112	382	29%	(23% - 37%)	
Not in Workforce (Student, Homemaker, Retired)	24.0%	(20.6% - 27.7%)	25,352	314	1,082	25.5%	(21.5% - 29.9%)	
Unable to work	42%	(32% - 53%)	6,723	72	195	48%	(39% - 58%)	

*BMI = weight in kilograms divided by height in meters squared ((weight in kg)/[height in meters]²)

Obesity (30.0+ BMI)* (continued)

Obesity, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		19.1: Reduce the proportion of adults who are obese to 15%.							
Healthy Alaskans 2010 Objective:		2.1b: Reduce the proportion of adults who meet criteria for obesity to 18%.							
Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?							
Response:		≥30.0 kg/m ²						Age-Adjusted Rate	
Population at Risk (See Appendix)	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI	
Marital Status									
Married or Unwed Couple	27.8%	(25.4% - 30.2%)	81,617	747	2,580		27.1%	(24.5% - 29.9%)	
Divorced/Separated	28%	(21% - 35%)	4,512	104	309		29%	(16% - 45%)	
Widowed	28.3%	(23.9% - 33.2%)	15,450	243	769		25.4%	(19.8% - 32.1%)	
Never Married	17.8%	(13.9% - 22.4%)	16,348	162	662		29.2%	(23.3% - 35.9%)	
Income Level									
<\$15,000	30%	(22% - 39%)	8,847	97	343		32%	(24% - 41%)	
\$15,000 - \$24,999	23%	(18% - 29%)	10,585	151	471		24%	(19% - 30%)	
\$25,000 - \$49,999	27.2%	(23.3% - 31.6%)	26,009	306	958		28.2%	(24.5% - 32.3%)	
\$50,000 - \$74,999	28.8%	(23.8% - 34.4%)	23,404	231	786		28.9%	(23.5% - 35.0%)	
\$75,000	26.3%	(23.3% - 29.5%)	47,588	422	1,516		25.7%	(22.7% - 29.0%)	
Poverty Threshold									
Poor (<100% Poverty Threshold)	24%	(17% - 32%)	8,383	81	311		25%	(19% - 33%)	
Near Poor (100% to 199% Poverty Threshold)	26.8%	(21.8% - 32.6%)	16,630	196	592		27.9%	(23.0% - 33.3%)	
Middle/High Income (≥200% Poverty Threshold)	27.2%	(24.9% - 29.6%)	91,490	930	3,171		26.9%	(24.6% - 29.4%)	
Below Poverty Guidelines									
Yes	26%	(20% - 33%)	12,883	119	421		28%	(22% - 34%)	
No	27.1%	(24.9% - 29.3%)	103,768	1,088	3,653		27.0%	(24.9% - 29.3%)	
Veteran									
Yes	34.0%	(28.9% - 39.6%)	29,812	252	794		33.3%	(26.9% - 40.4%)	
No	24.4%	(22.4% - 26.4%)	97,731	1,075	3,753		25.4%	(23.5% - 27.4%)	

*BMI = weight in kilograms divided by height in meters squared ((weight in kg)/[height in meters]²)

Obesity (30.0+ BMI)* (continued)

Obesity, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		19.1: Reduce the proportion of adults who are obese to 15%.							
Healthy Alaskans 2010 Objective:		2.1b: Reduce the proportion of adults who meet criteria for obesity to 18%.							
Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?							
Response:		≥30.0 kg/m ²						Age-Adjusted Rate	
Population at Risk (See Appendix)	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI	
Health Status									
General Health									
Excellent to Very Good	19.4%	(17.4% - 21.7%)	57,490	551	2,505		20.4%	(18.3% - 22.7%)	
Good	35.0%	(31.0% - 39.1%)	48,181	507	1,381		34.9%	(30.9% - 39.2%)	
Fair/Poor	40.3%	(34.7% - 46.2%)	21,734	266	649		42.6%	(36.0% - 49.4%)	
Healthy Days (Mean Number of Days)									
Physical Health Not Good	3.8	(3.2 - 4.5)				1282	3.9	(3.2 - 4.5)	
Mental Health Not Good	2.8	(2.2 - 3.3)				1288	2.8	(2.1 - 3.5)	
Unhealthy Days (Physical or Mental Health Not Good)	5.6	(4.9 - 6.4)				1300	5.8	(4.9 - 6.7)	
Days with Activity Limitation	2.3	(1.8 - 2.8)				1307	2.3	(1.7 - 2.9)	
Healthy Days (Percentage with 14 or More Days)									
Physical Health Not Good	37%	(31% - 44%)	14,053	172	461		38%	(31% - 46%)	
Mental Health Not Good	29%	(23% - 36%)	10,283	123	375		30%	(24% - 37%)	
Unhealthy Days (Physical or Mental Health Not Good)	32.0%	(27.1% - 37.2%)	21,927	257	735		31.9%	(27.1% - 37.1%)	
Activity Limitation	38%	(31% - 47%)	9,681	127	320		39%	(30% - 49%)	
Disability									
Disabled									
Yes	32.7%	(28.8% - 36.7%)	34,911	427	1,140		31.0%	(27.1% - 35.2%)	
No	24.3%	(22.1% - 26.6%)	91,624	884	3,352		24.9%	(22.7% - 27.1%)	
Activity Limitation									
Yes	32.9%	(28.9% - 37.1%)	33,155	408	1,070		31.4%	(27.4% - 35.8%)	
No	24.4%	(22.3% - 26.7%)	93,635	907	3,427		25.0%	(22.9% - 27.3%)	

*BMI = weight in kilograms divided by height in meters squared ((weight in kg)/[height in meters]²)

Obesity (30.0+ BMI)* (continued)

Obesity, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		19.1: Reduce the proportion of adults who are obese to 15%.						
Healthy Alaskans 2010 Objective:		2.1b: Reduce the proportion of adults who meet criteria for obesity to 18%.						
Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?						
Response:		≥30.0 kg/m ²					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Require Special Equipment								
Yes	38%	(30% - 46%)	10,802	130	326		37%	(26% - 48%)
No	25.3%	(23.4% - 27.3%)	115,999	1,189	4,204		25.9%	(24.1% - 27.9%)
Mental Health								
Social and Emotional Support								
Always/Usually	26.2%	(23.4% - 29.3%)	96,519	494	1,692		26.8%	(24.0% - 29.8%)
Sometimes/Rarely/Never	24%	(19% - 30%)	22,399	140	496		25%	(20% - 30%)
Life Satisfaction								
Very Satisfied / Satisfied	25.3%	(22.8% - 28.0%)	112,147	601	2,107		25.7%	(23.3% - 28.4%)
Dissatisfied / Very Dissatisfied	38%	(24% - 54%)	6,933	33	90		35%	(21% - 51%)
Healthcare								
Healthcare Coverage								
Health Plan								
Yes	27.2%	(25.1% - 29.4%)	108,817	1,129	3,782		27.4%	(25.3% - 29.6%)
No	21.9%	(17.9% - 26.6%)	18,503	193	750		24.6%	(19.0% - 31.2%)
Immunization								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	29.9%	(25.6% - 34.6%)	55,509	293	890		29.2%	(24.8% - 34.1%)
No	22.8%	(19.9% - 26.0%)	67,945	365	1,393		22.9%	(20.1% - 26.0%)
Ever Had Pneumonia Shot (Ages 65+)								
Yes	31.7%	(26.6% - 37.2%)	31,830	212	589		30.1%	(24.2% - 36.7%)
No	24.2%	(21.2% - 27.5%)	76,397	379	1,445		24.2%	(21.0% - 27.6%)

*BMI = weight in kilograms divided by height in meters squared ((weight in kg)/[height in meters]²)

Obesity (30.0+ BMI)* (continued)

Obesity, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		19.1: Reduce the proportion of adults who are obese to 15%.							
Healthy Alaskans 2010 Objective:		2.1b: Reduce the proportion of adults who meet criteria for obesity to 18%.							
Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?							
Response:		≥30.0 kg/m ²						Age-Adjusted Rate	
Population at Risk (See Appendix)	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI	
Screening									
AIDS/HIV Screening (Ages 18-64)									
Yes	24.5%	(20.8% - 28.6%)	50,166	249	886		24.2%	(20.8% - 28.0%)	
No	25.9%	(22.0% - 30.2%)	51,881	269	908		25.9%	(21.9% - 30.4%)	
Diagnoses									
Arthritis									
Arthritis									
Yes	39.2%	(33.6% - 45.1%)	43,780	270	671		36.1%	(28.7% - 44.2%)	
No	21.4%	(18.7% - 24.4%)	78,055	383	1,592		21.8%	(18.8% - 25.0%)	
Asthma									
Asthma Diagnosis									
Yes	36.0%	(30.6% - 41.8%)	22,854	225	591		36.4%	(30.9% - 42.3%)	
No	24.6%	(22.6% - 26.7%)	104,497	1,100	3,953		24.9%	(22.9% - 27.0%)	
Current Asthma									
Yes	42%	(35% - 49%)	16,848	161	379		43%	(35% - 50%)	
No	25%	(18% - 34%)	5,263	56	187		26%	(19% - 34%)	
Cardiovascular and Cerebrovascular Disease									
Cardiovascular Disease									
Yes	41%	(33% - 49%)	7,939	101	240		44%	(27% - 63%)	
No	25.3%	(23.4% - 27.3%)	117,714	1,207	4,265		25.5%	(23.6% - 27.5%)	
Heart Attack (Myocardial Infarction)									
Yes	43%	(34% - 54%)	6,037	75	175		43%	(25% - 64%)	
No	25.6%	(23.7% - 27.6%)	121,233	1,250	4,365		25.9%	(24.0% - 27.9%)	

*BMI = weight in kilograms divided by height in meters squared ((weight in kg)/[height in meters]²)

Obesity (30.0+ BMI)* (continued)

Obesity, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:

19.1: Reduce the proportion of adults who are obese to 15%.

Healthy Alaskans 2010 Objective:

2.1b: Reduce the proportion of adults who meet criteria for obesity to 18%.

Screening Question:

Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?

Response:

≥30.0 kg/m²

Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N #	Age-Adjusted Rate	
		95% CI					%	95% CI
Coronary Heart Disease (Angina)								
Yes	42%	(32% - 53%)		5,077	66	156	63%	(48% - 76%)
No	25.5%	(23.6% - 27.5%)		120,730	1,245	4,362	25.7%	(23.8% - 27.7%)
Stroke								
Yes	30%	(20% - 43%)		2,833	41	133	42%	(27% - 59%)
No	26.0%	(24.1% - 27.9%)		124,409	1,283	4,412	26.4%	(24.5% - 28.4%)
Diabetes								
Nongestational Diabetes								
Yes	60%	(52% - 67%)		17,514	208	332	55%	(42% - 68%)
No	24.0%	(22.1% - 25.9%)		110,111	1,121	4,219	24.0%	(22.1% - 26.0%)
Pre-Diabetes								
Yes	47%	(40% - 54%)		17,048	199	414	52%	(45% - 59%)
No	22.0%	(20.1% - 24.1%)		93,252	919	3,798	22.6%	(20.7% - 24.5%)
Risk Factors								
Alcohol								
Binge Drinking								
Yes	29%	(23% - 36%)		25,060	106	383	29%	(22% - 37%)
No	24.9%	(22.3% - 27.8%)		97,436	550	1,886	25.3%	(22.6% - 28.2%)
Heavy Drinking								
Yes	36%	(26% - 48%)		10,944	47	158	34%	(24% - 46%)
No	24.9%	(22.3% - 27.6%)		110,419	604	2,090	25.5%	(23.0% - 28.2%)

*BMI = weight in kilograms divided by height in meters squared ((weight in kg)/[height in meters]²)

Obesity (30.0+ BMI)* (continued)

Obesity, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		19.1: Reduce the proportion of adults who are obese to 15%.							
Healthy Alaskans 2010 Objective:		2.1b: Reduce the proportion of adults who meet criteria for obesity to 18%.							
Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?							
Response:		≥30.0 kg/m ²						Age-Adjusted Rate	
Population at Risk (See Appendix)	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI	
Hypercholesterolemia									
High Cholesterol									
Yes	37.3%	(32.5% - 42.3%)	46,227	291	738		33.3%	(27.5% - 39.7%)	
No	24.8%	(21.3% - 28.8%)	56,907	267	1,057		24.4%	(20.6% - 28.5%)	
Hypertension									
High Blood Pressure									
Yes	37.8%	(33.1% - 42.6%)	49,544	319	757		37.8%	(31.4% - 44.6%)	
No	20.6%	(17.8% - 23.7%)	73,889	346	1,566		22.3%	(19.3% - 25.6%)	
Nutrition									
Fruit and Vegetable Index									
<1 Per Day or Never	34%	(23% - 47%)	9,742	45	133		35%	(25% - 47%)	
1 to <3 Times Per Day	28.7%	(24.4% - 33.5%)	47,534	260	790		28.6%	(24.6% - 33.0%)	
3 to <5 Times Per Day	22.6%	(18.8% - 26.8%)	38,324	214	809		22.9%	(19.2% - 27.2%)	
5 Or More Times Per Day	23.0%	(18.3% - 28.5%)	25,597	132	522		24.7%	(19.9% - 30.2%)	
Physical Activity									
Physical Activity Recommendations (2008)									
Active	22.0%	(19.2% - 25.2%)	74,499	366	1,490		23.0%	(20.1% - 26.2%)	
Insufficient	33%	(27% - 40%)	25,369	153	415		32%	(26% - 39%)	
Inactive	41%	(31% - 50%)	15,841	92	223		41%	(31% - 51%)	
Leisure Time Exercise									
Yes	23.7%	(21.7% - 25.8%)	93,152	960	3,594		24.6%	(22.6% - 26.7%)	
No	36.4%	(31.8% - 41.2%)	34,531	367	951		35.8%	(31.1% - 40.8%)	

*BMI = weight in kilograms divided by height in meters squared ((weight in kg)/[height in meters]²)

Obesity (30.0+ BMI)* (continued)

Obesity, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		19.1: Reduce the proportion of adults who are obese to 15%.						
Healthy Alaskans 2010 Objective:		2.1b: Reduce the proportion of adults who meet criteria for obesity to 18%.						
Screening Question:		Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?						
Response:		≥30.0 kg/m ²					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Sexual Violence/Intimate Partner Violence								
Parents Physically Hurt by Spouse/Partner								
Yes	29%	(23% - 35%)	24,568	143	419		29%	(23% - 35%)
No	25.0%	(22.2% - 28.1%)	88,737	466	1,681		25.8%	(23.0% - 28.9%)
Unwanted Sexual Activity								
Yes	34%	(27% - 41%)	20,728	117	328		37%	(30% - 45%)
No	24.4%	(21.7% - 27.3%)	92,632	494	1,779		25.2%	(22.5% - 28.0%)
Ever Hurt or Threatened by Intimate Partner								
Yes	26%	(21% - 32%)	24,341	147	491		25%	(20% - 30%)
No	25.8%	(22.9% - 29.0%)	89,523	467	1,620		26.5%	(23.7% - 29.6%)
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner								
Yes	20%	(12% - 32%)	5,146	31	118	3	24%	(15% - 37%)
No	26.2%	(23.6% - 29.1%)	108,771	585	1,994		26.5%	(23.9% - 29.2%)
Tobacco Use								
Cigarette Smoking Status								
Current Smoker	24.2%	(20.4% - 28.5%)	22,171	239	911		25.3%	(21.2% - 29.9%)
Former Smoker	32.6%	(28.9% - 36.6%)	43,913	492	1,413		32.1%	(27.4% - 37.2%)
Never Smoked	23.6%	(21.1% - 26.3%)	61,109	592	2,197		25.1%	(22.6% - 27.7%)
Smokeless Tobacco Status								
Current User	31%	(23% - 40%)	6,727	68	211		28%	(21% - 36%)
Former User	31.6%	(26.1% - 37.5%)	28,152	241	717		35.6%	(30.4% - 41.1%)
Never Used	24.8%	(22.9% - 27.0%)	89,026	976	3,443		25.2%	(23.3% - 27.3%)

*BMI = weight in kilograms divided by height in meters squared ((weight in kg)/[height in meters]²)

Obesity (30.0+ BMI)* (continued)

Obesity, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:	19.1: Reduce the proportion of adults who are obese to 15%.
Healthy Alaskans 2010 Objective:	2.1b: Reduce the proportion of adults who meet criteria for obesity to 18%.

Screening Question: **Body Mass Index based upon: About how much do you weigh without shoes? And About how tall are you without shoes?**

Population at Risk (See Appendix)	Response:						Age-Adjusted Rate	
	%	Observed Rate		≥30.0 kg/m ²			%	95% CI
		95% CI	Individuals	n	N	#		95% CI
Weight Status								
Weight Status								
Normal (BMI <25)	0.0%	(0.0% - 0.0%)	0	0	1,493		0.0%	(0.0% - 0.0%)
Overweight (BMI 25 to 30)	0.0%	(0.0% - 0.0%)	0	0	1,734		0.0%	(0.0% - 0.0%)
Obese (BMI ≥30)	100.0%	(0.0% - 0.0%)	127,876	1,331	1,331		100.0%	(0.0% - 0.0%)
Obese I (BMI 30 TO < 35)	100.0%	(0.0% - 0.0%)	80,752	857	857		100.0%	(0.0% - 0.0%)
Obese II & III (BMI ≥35)	100%	(0% - 0%)	47,124	474	474		100%	(0% - 0%)

Risk Factors

*BMI = weight in kilograms divided by height in meters squared ((weight in kg)/[height in meters]²)

Tobacco Use – Smoking

INDICATOR:

- ▶ Proportion of adults who smoke cigarettes (either some days or every day).

DATA SOURCE: 2009 Alaska Standard and Supplemental BRFSS surveys combined.

BRFSS QUESTIONS:

- ▶ Have you smoked at least 100 cigarettes in your entire life?
- ▶ Do you now smoke cigarettes every day, some days, or not at all?

How are we doing?

- ▶ In 2009, 19% of Alaska adults were current smokers.

How does Alaska compare with the U.S.?

- ▶ The prevalence of current smoking remained relatively constant until 2002, but has decreased since then in both Alaska and the U.S.
- ▶ The prevalence of smoking in Alaska has been consistently above the U.S. median prevalence since 1991.

Healthy People 2010

Objective 3.8: Reduce the percentage of adults who smoke cigarettes to 14%.

Healthy Alaskans 2010

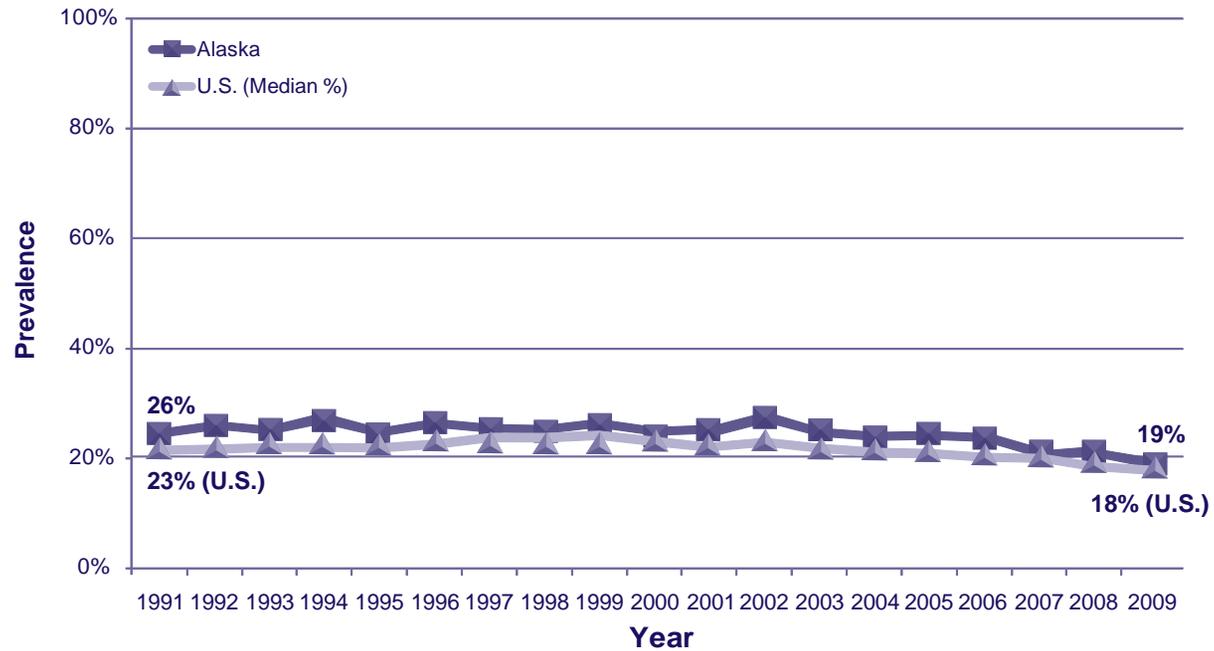
Objective 27.1a: Reduce tobacco use by adults to 12%.

How are different populations affected?

- ▶ Adults age 65 years and older, non-Natives, Alaskans living in the non-Rural areas of Alaska and college graduates were less likely to be current smokers than those not in these groups.
- ▶ Being unemployed or unable to work, having a lower income, and being dissatisfied or very dissatisfied with life were associated with current smoking in 2009.
- ▶ In 2009, current smokeless tobacco use, not participating in leisure time physical activity and eating less than three servings of fruits and vegetables per day, were also associated with current smoking.
- ▶ Sexual violence and intimate partner violence (SV/IPV) was also associated with smoking in 2009, respondents who reported SV/IPV appear to have a higher prevalence of current smoking than those who did not.

Tobacco Use – Smoking

Current Smokers: Alaska vs. Nationwide



Risk Factors

Tobacco Use – Smoking

Current smokers, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		27.1a: Reduce the percentage of adults who smoke cigarettes to 14%.												
Healthy Alaskans 2010 Objective:		3.8: Reduce tobacco use by adults to 12%.												
Screening Question:		Have you smoked at least 100 cigarettes in your life? And Do you now smoke cigarettes every day, some days, or not at all?												
Population at Risk (See Appendix)	Response:			Yes with Every day or Some days										
	%	95% CI		Individuals	n	N	#	%	95% CI					
Total	18.8%	(17.2%	-	20.5%)	94,983	946	4,722	17.9%	(16.4%	-	19.6%)	
Demographics														
Gender														
Female	18.1%	(16.1%	-	20.4%)	44,228	502	2,592	17.4%	(15.4%	-	19.7%)	
Male	19.4%	(17.0%	-	22.0%)	50,754	444	2,130	18.4%	(16.2%	-	20.8%)	
Age Groups (Categories Used in Age-Adjustment)														
Persons aged 18 to 24 years	20%	(15%	-	27%)	14,223	64	272	3	NA	(NA	-	NA)
Persons aged 25 to 34 years	23.5%	(19.1%	-	28.5%)	23,604	167	659	NA	(NA	-	NA)	
Persons aged 35 to 44 years	16.4%	(13.4%	-	19.8%)	15,711	168	846	NA	(NA	-	NA)	
Persons aged 45 to 64 years	19.5%	(17.3%	-	22.0%)	35,347	459	2,140	NA	(NA	-	NA)	
Persons aged 65 years and older	9.7%	(7.2%	-	13.0%)	5,085	75	747	3	NA	(NA	-	NA)
Race and Ethnicity														
American Indian or Alaska Native	39.2%	(34.2%	-	44.3%)	28,902	310	842	38.0%	(33.4%	-	42.9%)	
Asian or Pacific Islander	13%	(7%	-	24%)	2,714	17	118	3	11%	(6%	-	18%)
Asian	15%	(7%	-	28%)	1,824	12	93	3	12%	(7%	-	22%)
Native Hawaiian or Other Pacific Islander	DSU	(DSU	-	DSU)	DSU	DSU	25	3	DSU	(DSU	-	DSU)
Black or African American	23%	(11%	-	40%)	2,348	13	63	3	21%	(11%	-	36%)
White	15.5%	(13.8%	-	17.4%)	58,884	567	3,465	14.6%	(13.0%	-	16.4%)	
Hispanic or Latino	15%	(9%	-	24%)	2,963	24	130	3	14%	(9%	-	22%)
Not Hispanic or Latino	18.8%	(17.2%	-	20.6%)	90,621	912	4,542	18.0%	(16.4%	-	19.7%)	
Black or African American, not Hispanic/Latino	DSU	(DSU	-	DSU)	DSU	DSU	28	3	DSU	(DSU	-	DSU)
White, not Hispanic or Latino	15.4%	(13.7%	-	17.4%)	55,844	540	3,326	14.5%	(12.8%	-	16.3%)	

For table end notes see Appendix J on Pg 429.

Tobacco Use – Smoking (continued)

Current smokers, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		27.1a: Reduce the percentage of adults who smoke cigarettes to 14%.						
Healthy Alaskans 2010 Objective:		3.8: Reduce tobacco use by adults to 12%.						
Screening Question:		Have you smoked at least 100 cigarettes in your life? And Do you now smoke cigarettes every day, some days, or not at all?						
Population at Risk (<i>See Appendix</i>)	Response:	Yes with Every day or Some days						
	%	95% CI	Individuals	n	N #	%	95% CI	
Alaska Native								
Yes	36.9%	(32.2% - 41.7%)	30,651	326	924	35.8%	(31.4% - 40.4%)	
No	15.3%	(13.7% - 17.1%)	63,852	611	3,740	14.4%	(12.9% - 16.1%)	
Geographic Location								
Anchorage & Vicinity	15.3%	(12.8% - 18.2%)	41,632	151	993	14.6%	(12.2% - 17.4%)	
Fairbanks & Vicinity	21.4%	(18.4% - 24.7%)	15,951	209	1,011	19.4%	(16.8% - 22.3%)	
Gulf Coast	19.6%	(16.4% - 23.2%)	11,274	176	981	19.6%	(16.4% - 23.2%)	
Rural	33.7%	(29.8% - 37.8%)	16,035	241	783	33.0%	(29.1% - 37.1%)	
Southeast	18.7%	(15.8% - 22.0%)	10,090	169	954	18.2%	(15.3% - 21.6%)	
Urban/Rural								
Metropolitan Statistical Area	16.8%	(14.6% - 19.2%)	56,554	345	1,921	15.9%	(13.8% - 18.2%)	
Micropolitan Statistical Area & Urban Clusters	19.4%	(16.9% - 22.2%)	17,232	268	1,476	18.7%	(16.2% - 21.3%)	
Rural	26.3%	(23.5% - 29.3%)	20,976	330	1,320	26.4%	(23.6% - 29.5%)	
Education Level (persons aged 25 years and older)								
Less than high school	47%	(39% - 56%)	11,728	114	288	48%	(40% - 56%)	
High school graduate	27.1%	(23.8% - 30.7%)	31,558	356	1,267	25.5%	(22.3% - 29.0%)	
At least some college	19.8%	(16.8% - 23.2%)	25,360	273	1,328	18.8%	(15.9% - 22.1%)	
College Graduate	7.3%	(5.7% - 9.3%)	11,988	138	1,558	7.3%	(5.7% - 9.3%)	
Employment Status								
Employed	16.2%	(14.3% - 18.2%)	53,513	540	2,968	14.6%	(12.9% - 16.5%)	
Unemployed	41%	(34% - 49%)	17,817	163	388	38%	(32% - 46%)	
Not in Workforce (Student, Homemaker, Retired)	15.3%	(12.3% - 19.0%)	17,076	159	1,137	16.5%	(13.1% - 20.5%)	
Unable to work	35%	(26% - 44%)	6,010	78	203	30%	(21% - 41%)	

Risk Factors

Tobacco Use – Smoking (continued)

Current smokers, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

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

Screening Question: Have you smoked at least 100 cigarettes in your life? And Do you now smoke cigarettes every day, some days, or not at all?

Population at Risk (See Appendix)	Response:			Yes with Every day or Some days					
	%	95% CI	Individuals	n	N #	%	95% CI		
Marital Status									
Married or Unwed Couple	14.0%	(12.3% - 15.9%)	42,656	387	2,679	13.4%	(11.3% - 15.7%)		
Divorced/Separated	16%	(11% - 23%)	2,722	54	324	44%	(30% - 58%)	3	
Widowed	30.7%	(26.0% - 35.8%)	17,591	242	797	27.7%	(22.9% - 33.0%)		
Never Married	22.5%	(17.9% - 28.0%)	20,777	173	671	23.4%	(19.1% - 28.3%)		
Income Level									
<\$15,000	40%	(32% - 49%)	12,107	133	351	39%	(32% - 47%)		
\$15,000 - \$24,999	32%	(25% - 39%)	14,752	153	477	32%	(26% - 38%)		
\$25,000 - \$49,999	20.8%	(17.4% - 24.6%)	20,120	227	979	20.4%	(17.4% - 23.8%)		
\$50,000 - \$74,999	16.7%	(13.1% - 21.0%)	13,927	126	803	16.2%	(12.9% - 20.3%)		
\$75,000	11.4%	(9.2% - 14.1%)	21,105	184	1,547	10.7%	(8.4% - 13.5%)		
Poverty Threshold									
Poor (<100% Poverty Threshold)	41%	(32% - 50%)	14,548	129	316	38%	(32% - 45%)		
Near Poor (100% to 199% Poverty Threshold)	26.2%	(21.1% - 32.0%)	16,126	176	599	25.8%	(21.2% - 31.0%)		
Middle/High Income (>=200% Poverty Threshold)	14.9%	(13.2% - 16.8%)	51,289	518	3,242	13.9%	(12.2% - 15.8%)		
Below Poverty Guidelines									
Yes	39%	(32% - 47%)	19,113	164	426	35%	(30% - 41%)		
No	16.0%	(14.4% - 17.8%)	62,784	659	3,731	15.0%	(13.4% - 16.8%)		
Veteran									
Yes	14.2%	(11.2% - 17.9%)	12,833	133	814	13.5%	(10.6% - 17.0%)		
No	19.8%	(17.9% - 21.7%)	81,809	808	3,894	18.8%	(17.1% - 20.6%)		

Risk Factors

Tobacco Use – Smoking (continued)

Current smokers, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		27.1a: Reduce the percentage of adults who smoke cigarettes to 14%.						
Healthy Alaskans 2010 Objective:		3.8: Reduce tobacco use by adults to 12%.						
Screening Question:		Have you smoked at least 100 cigarettes in your life? And Do you now smoke cigarettes every day, some days, or not at all?						
Population at Risk (See Appendix)	Response:		Yes with Every day or Some days					
	%	95% CI	Individuals	n	N #	%	95% CI	
Health Status								
General Health								
Excellent to Very Good	15.2%	(13.2% - 17.5%)	46,147	388	2,583	14.0%	(12.2% - 16.0%)	
Good	23.5%	(20.3% - 27.0%)	33,912	356	1,443	22.7%	(19.6% - 26.0%)	
Fair/Poor	25.9%	(21.6% - 30.7%)	14,474	194	669	25.2%	(20.5% - 30.6%)	
Healthy Days (Mean Number of Days)								
Physical Health Not Good	3.8	(3.2 - 4.5)			908	3.8	(3.2 - 4.4)	
Mental Health Not Good	4.3	(3.5 - 5.2)			909	3.9	(3.2 - 4.7)	
Unhealthy Days (Physical or Mental Health Not Good)	7.2	(6.3 - 8.2)			921	6.9	(5.9 - 7.8)	
Days with Activity Limitation	2.6	(2.1 - 3.1)			925	2.6	(2.1 - 3.1)	
Healthy Days (Percentage with 14 or More Days)								
Physical Health Not Good	25%	(20% - 30%)	9,883	130	476	26%	(20% - 33%)	
Mental Health Not Good	34%	(27% - 42%)	12,429	131	387	32%	(26% - 39%)	
Unhealthy Days (Physical or Mental Health Not Good)	30.4%	(25.5% - 35.6%)	21,450	227	756	29.0%	(24.4% - 34.0%)	
Activity Limitation	26%	(20% - 33%)	6,784	97	327	27%	(20% - 36%)	
Disability								
Disabled								
Yes	23.1%	(19.6% - 26.9%)	25,149	275	1,173	23.1%	(19.2% - 27.6%)	
No	17.5%	(15.7% - 19.5%)	68,366	660	3,473	16.5%	(14.8% - 18.3%)	
Activity Limitation								
Yes	23.8%	(20.2% - 27.9%)	24,492	266	1,099	23.7%	(19.7% - 28.3%)	
No	17.4%	(15.6% - 19.3%)	68,938	669	3,555	16.4%	(14.8% - 18.2%)	

Risk Factors

Tobacco Use – Smoking (continued)

Current smokers, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

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

Screening Question: Have you smoked at least 100 cigarettes in your life? And Do you now smoke cigarettes every day, some days, or not at all?

Population at Risk (See Appendix)	Response:		Yes with Every day or Some days						
	%	95% CI	Individuals	n	N	#	%	95% CI	
Require Special Equipment									
Yes	21%	(15% - 29%)	6,161	76	340	3	23%	(15% - 34%)	
No	18.7%	(17.1% - 20.5%)	88,524	867	4,345		17.8%	(16.2% - 19.5%)	
Mental Health									
Social and Emotional Support									
Always/Usually	18.4%	(15.8% - 21.2%)	68,882	327	1,737		16.7%	(14.4% - 19.3%)	
Sometimes/Rarely/Never	26.3%	(21.0% - 32.3%)	25,070	139	506		27.0%	(21.0% - 33.0%)	
Life Satisfaction									
Very Satisfied / Satisfied	19.4%	(17.1% - 22.0%)	87,843	434	2,160		18.3%	(16.0% - 20.8%)	
Dissatisfied / Very Dissatisfied	37%	(25% - 51%)	6,803	40	91		41%	(31% - 52%)	
Healthcare									
Healthcare Coverage									
Health Plan									
Yes	16.6%	(14.8% - 18.4%)	68,534	664	3,918		16.0%	(14.4% - 17.9%)	
No	28.8%	(24.4% - 33.7%)	25,006	272	775		28.5%	(23.9% - 33.6%)	
Immunization									
Flu Shot Within Past 12 Months (Ages 65+)									
Yes	17.0%	(13.6% - 21.1%)	32,185	153	909		16.8%	(13.3% - 21.0%)	
No	23.1%	(19.9% - 26.5%)	70,602	345	1,435		22.0%	(19.0% - 25.4%)	
Ever Had Pneumonia Shot (Ages 65+)									
Yes	21.1%	(16.6% - 26.5%)	21,419	121	596		26.8%	(20.6% - 34.1%)	
No	20.4%	(17.5% - 23.6%)	66,327	319	1,492		18.9%	(16.1% - 22.0%)	

Risk Factors

Tobacco Use – Smoking (continued)

Current smokers, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		27.1a: Reduce the percentage of adults who smoke cigarettes to 14%.						
Healthy Alaskans 2010 Objective:		3.8: Reduce tobacco use by adults to 12%.						
Screening Question:		Have you smoked at least 100 cigarettes in your life? And Do you now smoke cigarettes every day, some days, or not at all?						
Population at Risk (See Appendix)	Response:	Yes with Every day or Some days						
	%	95% CI	Individuals	n	N	#	%	95% CI
Screening								
AIDS/HIV Screening (Ages 18-64)								
Yes	25.0%	(21.0% - 29.3%)	52,051	246	899		25.4%	(21.4% - 29.8%)
No	18.3%	(15.0% - 22.1%)	37,457	184	932		18.2%	(14.8% - 22.3%)
Diagnoses								
Arthritis								
Arthritis								
Yes	20.8%	(16.8% - 25.5%)	23,981	148	689		22.7%	(16.6% - 30.2%)
No	20.9%	(18.0% - 24.0%)	77,957	347	1,636		19.5%	(16.8% - 22.4%)
Asthma								
Asthma Diagnosis								
Yes	23.6%	(18.9% - 29.1%)	15,513	138	621		22.6%	(17.9% - 28.0%)
No	18.1%	(16.4% - 19.9%)	79,278	806	4,086		17.4%	(15.8% - 19.3%)
Current Asthma								
Yes	20%	(15% - 27%)	8,176	84	396		19%	(14% - 25%)
No	25%	(17% - 36%)	5,603	45	198		24%	(16% - 35%)
Cardiovascular and Cerebrovascular Disease								
Cardiovascular Disease								
Yes	22%	(16% - 29%)	4,360	53	248	3	32%	(16% - 53%)
No	18.7%	(17.0% - 20.4%)	89,684	882	4,420		17.9%	(16.2% - 19.6%)
Heart Attack (Myocardial Infarction)								
Yes	26%	(19% - 36%)	3,763	44	182		31%	(14% - 55%)
No	18.6%	(16.9% - 20.3%)	91,017	899	4,522		17.8%	(16.2% - 19.5%)

Risk Factors

Tobacco Use – Smoking (continued)

Current smokers, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		27.1a: Reduce the percentage of adults who smoke cigarettes to 14%.						
Healthy Alaskans 2010 Objective:		3.8: Reduce tobacco use by adults to 12%.						
Screening Question:		Have you smoked at least 100 cigarettes in your life? And Do you now smoke cigarettes every day, some days, or not at all?						
Population at Risk (See Appendix)	Response:	Yes with Every day or Some days						
	%	95% CI	Individuals	n	N	#	%	95% CI
Coronary Heart Disease (Angina)								
Yes	18%	(11% - 27%)	2,222	27	160	3	27%	(9% - 59%)
No	18.8%	(17.2% - 20.6%)	91,934	910	4,521		18.1%	(16.5% - 19.8%)
Stroke								
Yes	23%	(14% - 34%)	2,206	27	135	3	33%	(19% - 50%)
No	18.7%	(17.1% - 20.4%)	92,512	916	4,573		17.9%	(16.3% - 19.6%)
Diabetes								
Nongestational Diabetes								
Yes	18%	(12% - 26%)	5,492	62	346	3	28%	(17% - 43%)
No	18.8%	(17.2% - 20.6%)	89,227	881	4,367		18.1%	(16.5% - 19.9%)
Pre-Diabetes								
Yes	19%	(15% - 26%)	7,294	99	438		25%	(20% - 31%)
No	18.8%	(17.0% - 20.6%)	81,770	782	3,921		17.8%	(16.2% - 19.6%)
Risk Factors								
Alcohol								
Binge Drinking								
Yes	31%	(25% - 37%)	27,316	139	388		30%	(23% - 39%)
No	17.4%	(15.0% - 20.1%)	69,785	343	1,939		16.6%	(14.3% - 19.2%)
Heavy Drinking								
Yes	32%	(23% - 43%)	9,775	55	159		35%	(25% - 46%)
No	19.3%	(16.9% - 21.9%)	88,252	430	2,147		18.2%	(15.9% - 20.6%)

Tobacco Use – Smoking (continued)

Current smokers, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		27.1a: Reduce the percentage of adults who smoke cigarettes to 14%.						
Healthy Alaskans 2010 Objective:		3.8: Reduce tobacco use by adults to 12%.						
Screening Question:		Have you smoked at least 100 cigarettes in your life? And Do you now smoke cigarettes every day, some days, or not at all?						
Population at Risk (See Appendix)	Response:	Yes with Every day or Some days						
	%	95% CI	Individuals	n	N	#	%	95% CI
Hypercholesterolemia								
High Cholesterol								
Yes	17.9%	(14.5% - 22.0%)	22,661	136	753		18.1%	(12.6% - 25.3%)
No	16.6%	(13.4% - 20.3%)	38,676	191	1,087		15.8%	(12.6% - 19.6%)
Hypertension								
High Blood Pressure								
Yes	19.8%	(16.0% - 24.4%)	26,290	149	773		25.3%	(19.6% - 31.9%)
No	20.9%	(18.1% - 24.0%)	77,474	358	1,620		19.8%	(17.2% - 22.8%)
Nutrition								
Fruit and Vegetable Index								
<1 Per Day or Never	28%	(19% - 39%)	8,623	53	140		28%	(20% - 38%)
1 to <3 Times Per Day	25.6%	(21.3% - 30.5%)	42,833	202	802		24.1%	(20.0% - 28.7%)
3 to <5 Times Per Day	16.2%	(12.8% - 20.2%)	28,129	148	830		15.4%	(12.2% - 19.2%)
5 Or More Times Per Day	17.6%	(13.1% - 23.3%)	20,167	88	540	3	17.0%	(12.7% - 22.5%)
Physical Activity								
Physical Activity Recommendations (2008)								
Active	19.3%	(16.5% - 22.4%)	66,401	296	1,521		17.2%	(14.8% - 20.0%)
Insufficient	21%	(16% - 27%)	16,559	103	421		20%	(15% - 25%)
Inactive	28%	(21% - 37%)	11,288	64	234		28%	(20% - 37%)
Leisure Time Exercise								
Yes	16.7%	(15.0% - 18.5%)	67,560	672	3,712		15.6%	(14.0% - 17.4%)
No	26.7%	(22.8% - 31.0%)	26,413	270	996		26.8%	(22.7% - 31.4%)

Risk Factors

Tobacco Use – Smoking (continued)

Current smokers, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		27.1a: Reduce the percentage of adults who smoke cigarettes to 14%.						
Healthy Alaskans 2010 Objective:		3.8: Reduce tobacco use by adults to 12%.						
Screening Question:		Have you smoked at least 100 cigarettes in your life? And Do you now smoke cigarettes every day, some days, or not at all?						
Population at Risk (See Appendix)	Response:	Yes with Every day or Some days						
	%	95% CI	Individuals	n	N #	%	95% CI	
Sexual Violence/Intimate Partner Violence								
Parents Physically Hurt by Spouse/Partner								
Yes	26%	(20% - 32%)	22,366	126	425	24%	(19% - 30%)	
No	18.3%	(15.8% - 21.1%)	66,137	311	1,724	17.3%	(14.9% - 20.0%)	
Unwanted Sexual Activity								
Yes	27%	(21% - 33%)	16,805	94	338	26%	(20% - 33%)	
No	18.6%	(16.1% - 21.4%)	71,880	345	1,816	17.4%	(15.0% - 20.1%)	
Ever Hurt or Threatened by Intimate Partner								
Yes	39.0%	(32.2% - 46.3%)	37,610	178	506	37.5%	(30.8% - 44.6%)	
No	14.4%	(12.3% - 16.8%)	50,772	264	1,655	13.3%	(11.4% - 15.5%)	
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner								
Yes	56%	(41% - 70%)	14,846	59	120	46%	(36% - 56%)	
No	17.4%	(15.3% - 19.8%)	73,770	383	2,044	16.3%	(14.2% - 18.6%)	
Tobacco Use								
Cigarette Smoking Status								
Current Smoker	100.0%	(0.0% - 0.0%)	94,983	946	946	100.0%	(0.0% - 0.0%)	
Former Smoker	0.0%	(0.0% - 0.0%)	0	0	1,478	0.0%	(0.0% - 0.0%)	
Never Smoked	0.0%	(0.0% - 0.0%)	0	0	2,298	0.0%	(0.0% - 0.0%)	
Smokeless Tobacco Status								
Current User	27%	(19% - 36%)	5,897	52	211	21%	(15% - 28%)	
Former User	22.4%	(18.2% - 27.3%)	19,972	178	721	20.3%	(16.5% - 24.7%)	
Never Used	17.0%	(15.3% - 18.9%)	63,101	667	3,586	16.3%	(14.6% - 18.1%)	

Tobacco Use – Smoking (continued)

Current smokers, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		27.1a: Reduce the percentage of adults who smoke cigarettes to 14%.							
Healthy Alaskans 2010 Objective:		3.8: Reduce tobacco use by adults to 12%.							
Screening Question:		Have you smoked at least 100 cigarettes in your life? And Do you now smoke cigarettes every day, some days, or not at all?							
Population at Risk (See Appendix)	Response:		Yes with Every day or Some days						
	%	95% CI	Individuals	n	N	#	%	95% CI	
Weight Status									
Weight Status									
Normal (BMI <25)	19.3%	(16.6% - 22.2%)	32,435	336	1,474		18.8%	(16.3% - 21.6%)	
Overweight (BMI 25 to 30)	19.6%	(16.8% - 22.7%)	37,045	336	1,724		18.9%	(16.1% - 22.0%)	
Obese (BMI ≥30)	17.4%	(14.6% - 20.7%)	22,171	239	1,323		18.8%	(15.1% - 23.0%)	
Obese I (BMI 30 TO < 35)	18.8%	(15.3% - 22.9%)	15,114	160	852		20.3%	(15.9% - 25.7%)	
Obese II & III (BMI ≥35)	15%	(11% - 21%)	7,027	79	471	3	15%	(10% - 22%)	

Tobacco Use – Smokeless Tobacco

INDICATOR:

- ▶ Proportion of adults who currently use smokeless tobacco.

DATA SOURCE: 2009 Alaska Standard and Supplemental BRFSS surveys combined.

BRFSS QUESTIONS:

- ▶ Have you ever used or tried any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull?
- ▶ Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull?

How are we doing?

- ▶ In 2009, 4.5% of Alaska adults were current smokeless tobacco users.

Healthy People 2010

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

Healthy Alaskans 2010

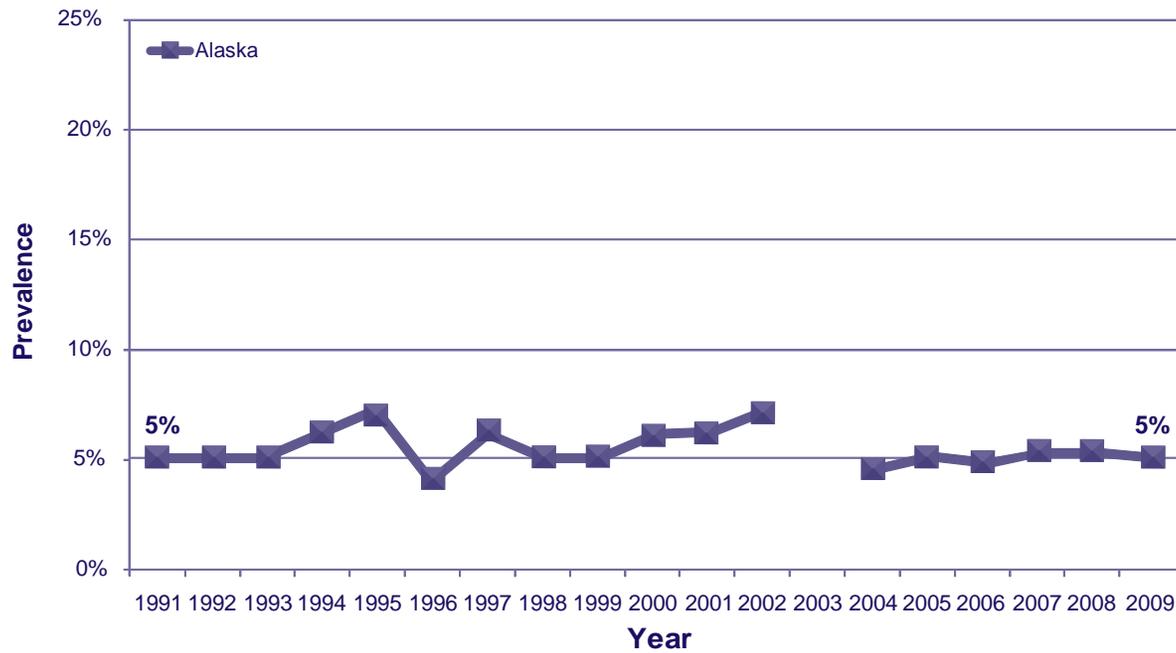
Objective 3.9: Reduce the percentage of adult use of smokeless tobacco to 3%.

How are different populations affected?

- ▶ Males, Alaska Natives, and Alaskans living in the rural areas of Alaska were much more likely to currently use smokeless tobacco products than Alaska adults not in these groups.
- ▶ College graduates, and respondents not in the workforce were significantly less likely to use smokeless tobacco than those in other groups.
- ▶ Those with an income less than 200% of the poverty threshold were more likely to use smokeless tobacco than those with an income greater than or equal to 200% of the poverty threshold.
- ▶ Being a veteran was associated with smokeless tobacco use in 2009

Tobacco Use — Smokeless Tobacco

Current Smokeless Tobacco Use: Alaska



Risk Factors

Tobacco Use – Smokeless

Current users of smokeless tobacco, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:

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

Healthy Alaskans 2010 Objective: 3.9: Reduce the percentage of adults who use smokeless tobacco (percent of persons aged 18 years and older who currently use chewing tobacco, snuff, or both) to 3%.

Screening Question:

Have you ever used or tried any smokeless tobacco products such as chewing tobacco, snuff, lq'mik, or Blackbull? And Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, lq'mik, or Blackbull?

Population at Risk (See Appendix)	Response:			Yes to both					
	%	95% CI	Individuals	n	N	#	%	95% CI	
Total	4.5%	(3.8% - 5.4%)	22,023	215	4,560	3	4.4%	(3.7% - 5.3%)	
Demographics									
Gender									
Female	1.0%	(0.6% - 1.5%)	2,294	28	2,523	3	0.9%	(0.6% - 1.4%)	
Male	7.9%	(6.4% - 9.6%)	19,730	187	2,037		7.7%	(6.3% - 9.3%)	
Age Groups (Categories Used in Age-Adjustment)									
Persons aged 18 to 24 years	3%	(2% - 6%)	2,068	15	257	3	NA	(NA - NA)	
Persons aged 25 to 34 years	8.2%	(5.6% - 11.8%)	7,930	52	641	3	NA	(NA - NA)	
Persons aged 35 to 44 years	6.0%	(4.3% - 8.3%)	5,590	59	818	3	NA	(NA - NA)	
Persons aged 45 to 64 years	3.2%	(2.4% - 4.2%)	5,592	78	2,070	3	NA	(NA - NA)	
Persons aged 65 years and older	1.1%	(0.5% - 2.3%)	531	10	720	3	NA	(NA - NA)	
Race and Ethnicity									
American Indian or Alaska Native	11.1%	(8.5% - 14.2%)	7,654	88	799	3	10.2%	(8.0% - 13.1%)	
Asian or Pacific Islander	1%	(0% - 4%)	206	3	108	3	2%	(1% - 6%)	
Asian	0%	(0% - 3%)	0	1	84	3	0%	(0% - 3%)	
Native Hawaiian or Other Pacific Islander	DSU	(DSU - DSU)	DSU	DSU	24	3	DSU	(DSU - DSU)	
Black or African American	2%	(0% - 12%)	187	1	61	3	3%	(0% - 18%)	
White	3.7%	(2.8% - 4.8%)	13,512	116	3,364	3	3.6%	(2.8% - 4.7%)	
Hispanic or Latino	4%	(1% - 16%)	785	2	128	3	2%	(1% - 10%)	
Not Hispanic or Latino	4.6%	(3.8% - 5.5%)	21,151	211	4,385	3	4.5%	(3.7% - 5.4%)	
Black or African American, not Hispanic/Latino	DSU	(DSU - DSU)	DSU	DSU	26		DSU	(DSU - DSU)	
White, not Hispanic or Latino	3.7%	(2.8% - 4.7%)	12,856	113	3,230	3	3.6%	(2.8% - 4.7%)	

For table end notes see Appendix J on Pg 429.

Tobacco Use – Smokeless (continued)

Current users of smokeless tobacco, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:

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

Healthy Alaskans 2010 Objective:

3.9: Reduce the percentage of adults who use smokeless tobacco (percent of persons aged 18 years and older who currently use chewing tobacco, snuff, or both) to 3%.

Screening Question:

Have you ever used or tried any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull? And Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull?

Population at Risk (See Appendix)	Response:			Yes to both					
	%	95% CI	Individuals	n	N	#	%	95% CI	
Alaska Native									
Yes	9.9%	(7.7% - 12.7%)	7,775	91	878	3	9.3%	(7.3% - 11.9%)	
No	3.5%	(2.7% - 4.5%)	14,249	124	3,628	3	3.5%	(2.7% - 4.5%)	
Geographic Location									
Anchorage & Vicinity	2.6%	(1.6% - 4.2%)	6,794	20	958	3	2.5%	(1.5% - 4.0%)	
Fairbanks & Vicinity	6.7%	(4.8% - 9.2%)	4,837	49	981	3	6.1%	(4.5% - 8.3%)	
Gulf Coast	4.9%	(3.4% - 7.1%)	2,723	40	944	3	5.2%	(3.6% - 7.5%)	
Rural	12.8%	(10.1% - 16.0%)	5,733	80	743	3	11.9%	(9.4% - 14.9%)	
Southeast	3.7%	(2.4% - 5.5%)	1,936	26	934	3	3.9%	(2.6% - 5.8%)	
Urban/Rural									
Metropolitan Statistical Area	3.3%	(2.3% - 4.6%)	10,661	60	1,857	3	3.1%	(2.3% - 4.3%)	
Micropolitan Statistical Area & Urban Clusters	4.5%	(3.3% - 6.2%)	3,851	50	1,425	3	4.5%	(3.3% - 6.0%)	
Rural	9.7%	(7.9% - 11.9%)	7,511	105	1,273	3	9.7%	(7.9% - 12.0%)	
Education Level (persons aged 25 years and older)									
Less than high school	8%	(5% - 12%)	1,898	21	273	3	7%	(4% - 11%)	
High school graduate	8.2%	(6.1% - 10.8%)	9,011	94	1,213	3	7.9%	(6.0% - 10.5%)	
At least some college	5.0%	(3.4% - 7.2%)	6,167	55	1,289	3	4.9%	(3.3% - 7.0%)	
College Graduate	1.7%	(1.0% - 2.9%)	2,703	30	1,521	3	1.6%	(1.0% - 2.7%)	
Employment Status									
Employed	5.1%	(4.1% - 6.4%)	16,312	147	2,856	3	4.7%	(3.7% - 5.9%)	
Unemployed	7%	(5% - 10%)	2,960	36	376	3	6%	(4% - 9%)	
Not in Workforce (Student, Homemaker, Retired)	1.4%	(0.7% - 2.5%)	1,478	20	1,110	3	1.3%	(0.7% - 2.4%)	
Unable to work	8%	(3% - 18%)	1,308	10	195	3	14%	(6% - 29%)	

Risk Factors

Tobacco Use – Smokeless (continued)

Current users of smokeless tobacco, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:

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

Healthy Alaskans 2010 Objective: 3.9: Reduce the percentage of adults who use smokeless tobacco (percent of persons aged 18 years and older who currently use chewing tobacco, snuff, or both) to 3%.

Screening Question:

Have you ever used or tried any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull? And Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull?

Population at Risk (See Appendix)	Response:			Yes to both					
	%	95% CI	Individuals	n	N	#	%	95% CI	
Marital Status									
Married or Unwed Couple	4.0%	(3.1% - 5.2%)	11,828	110	2,591	3	3.9%	(2.9% - 5.3%)	
Divorced/Separated	1%	(1% - 3%)	165	5	318	3	14%	(4% - 37%)	
Widowed	5.7%	(3.8% - 8.5%)	3,122	42	767	3	7.4%	(3.8% - 13.9%)	
Never Married	5.1%	(3.4% - 7.5%)	4,533	41	646	3	4.8%	(2.9% - 7.8%)	
Income Level									
<\$15,000	9%	(5% - 15%)	2,608	24	341	3	10%	(5% - 17%)	
\$15,000 - \$24,999	4%	(3% - 6%)	1,800	30	457	3	5%	(3% - 7%)	
\$25,000 - \$49,999	5.4%	(3.6% - 8.1%)	5,055	46	942	3	4.7%	(3.2% - 6.8%)	
\$50,000 - \$74,999	4.6%	(2.9% - 7.1%)	3,698	36	787	3	4.1%	(2.6% - 6.3%)	
\$75,000	3.8%	(2.6% - 5.6%)	6,849	55	1,503	3	3.6%	(2.4% - 5.4%)	
Poverty Threshold									
Poor (<100% Poverty Threshold)	7%	(5% - 11%)	2,446	32	306	3	7%	(5% - 10%)	
Near Poor (100% to 199% Poverty Threshold)	8.1%	(5.0% - 13.0%)	4,814	35	577	3	7.6%	(4.8% - 11.7%)	
Middle/High Income (>=200% Poverty Threshold)	3.8%	(3.0% - 4.8%)	12,624	124	3,147	3	3.7%	(2.9% - 4.7%)	
Below Poverty Guidelines									
Yes	8%	(5% - 12%)	3,864	40	411	3	8%	(5% - 12%)	
No	4.3%	(3.4% - 5.4%)	16,191	151	3,619	3	4.1%	(3.2% - 5.1%)	
Veteran									
Yes	7.6%	(5.2% - 10.9%)	6,463	57	781	3	8.1%	(5.5% - 11.8%)	
No	3.8%	(3.1% - 4.7%)	15,332	155	3,767	3	3.6%	(2.9% - 4.5%)	

Tobacco Use – Smokeless (continued)

Current users of smokeless tobacco, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective: 27.1b: Reduce smokeless (spit tobacco) tobacco use to 0.4%.

Healthy Alaskans 2010 Objective: 3.9: Reduce the percentage of adults who use smokeless tobacco (percent of persons aged 18 years and older who currently use chewing tobacco, snuff, or both) to 3%.

Screening Question: Have you ever used or tried any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull? And Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull?

Population at Risk (See Appendix)	Response:			Yes to both					
	%	95% CI	Individuals	n	N	#	%	95% CI	
Health Status									
General Health									
Excellent to Very Good	4.1%	(3.2% - 5.4%)	12,099	105	2,512	3	3.9%	(3.0% - 5.1%)	
Good	5.3%	(3.8% - 7.2%)	7,268	77	1,386	3	5.2%	(3.8% - 7.2%)	
Fair/Poor	4.8%	(3.2% - 7.1%)	2,543	31	639	3	5.5%	(3.5% - 8.6%)	
Healthy Days (Mean Number of Days)									
Physical Health Not Good	2.6	(1.5 - 3.6)			203		3.2	(1.7 - 4.6)	
Mental Health Not Good	2.2	(1.4 - 3.0)			205		2.4	(1.3 - 3.5)	
Unhealthy Days (Physical or Mental Health Not Good)	4.2	(3.0 - 5.5)			207		4.6	(3.1 - 6.2)	
Days with Activity Limitation	1.8	(0.8 - 2.8)			212		2.5	(1.0 - 4.0)	
Healthy Days (Percentage with 14 or More Days)									
Physical Health Not Good	4%	(3% - 7%)	1,540	22	458	3	5%	(3% - 9%)	
Mental Health Not Good	4%	(2% - 7%)	1,439	18	378	3	4%	(2% - 6%)	
Unhealthy Days (Physical or Mental Health Not Good)	4.1%	(2.8% - 6.1%)	2,850	37	735	3	4.1%	(2.8% - 6.1%)	
Activity Limitation	5%	(2% - 9%)	1,281	15	318	3	5%	(2% - 10%)	
Disability									
Disabled									
Yes	4.3%	(3.1% - 6.1%)	4,595	51	1,149	3	4.8%	(3.3% - 6.9%)	
No	4.5%	(3.6% - 5.6%)	17,085	161	3,364	3	4.2%	(3.4% - 5.2%)	
Activity Limitation									
Yes	4.1%	(2.9% - 5.9%)	4,160	47	1,078	3	4.6%	(3.1% - 6.7%)	
No	4.6%	(3.7% - 5.7%)	17,519	165	3,438	3	4.3%	(3.5% - 5.3%)	

Risk Factors

Tobacco Use – Smokeless (continued)

Current users of smokeless tobacco, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:

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

Healthy Alaskans 2010 Objective:

3.9: Reduce the percentage of adults who use smokeless tobacco (percent of persons aged 18 years and older who currently use chewing tobacco, snuff, or both) to 3%.

Screening Question:

Have you ever used or tried any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull? And Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull?

Population at Risk (See Appendix)	Response:			Yes to both					
	%	95% CI	Individuals	n	N	#	%	95% CI	
Require Special Equipment									
Yes	6%	(3% - 10%)	1,715	18	330	3	6%	(3% - 12%)	
No	4.5%	(3.7% - 5.4%)	20,444	197	4,223	3	4.3%	(3.5% - 5.2%)	
Mental Health									
Social and Emotional Support									
Always/Usually	4.0%	(2.8% - 5.6%)	14,802	70	1,719	3	3.8%	(2.7% - 5.3%)	
Sometimes/Rarely/Never	7%	(4% - 10%)	6,460	35	493	3	6%	(4% - 10%)	
Life Satisfaction									
Very Satisfied / Satisfied	4.6%	(3.5% - 6.0%)	20,416	102	2,130	3	4.3%	(3.3% - 5.6%)	
Dissatisfied / Very Dissatisfied	6%	(2% - 14%)	1,081	6	92	3	14%	(7% - 25%)	
Healthcare									
Healthcare Coverage									
Health Plan									
Yes	4.0%	(3.3% - 5.0%)	16,099	157	3,794	3	4.0%	(3.2% - 5.0%)	
No	6.9%	(4.7% - 9.9%)	5,787	56	740	3	5.7%	(4.0% - 8.0%)	
Immunization									
Flu Shot Within Past 12 Months (Ages 65+)									
Yes	5.4%	(3.5% - 8.3%)	9,413	44	855	3	5.7%	(3.6% - 8.9%)	
No	4.0%	(2.9% - 5.6%)	11,735	62	1,365	3	3.6%	(2.6% - 5.0%)	
Ever Had Pneumonia Shot (Ages 65+)									
Yes	4.3%	(2.7% - 6.9%)	4,039	27	566	3	5.3%	(3.1% - 9.1%)	
No	3.3%	(2.3% - 4.6%)	9,975	57	1,410	3	3.0%	(2.1% - 4.3%)	

Tobacco Use – Smokeless (continued)

Current users of smokeless tobacco, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective: 27.1b: Reduce smokeless (spit tobacco) tobacco use to 0.4%.

Healthy Alaskans 2010 Objective: 3.9: Reduce the percentage of adults who use smokeless tobacco (percent of persons aged 18 years and older who currently use chewing tobacco, snuff, or both) to 3%.

Screening Question: Have you ever used or tried any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull? And Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull?

Population at Risk (See Appendix)	Response:			Yes to both					
	%	95% CI	Individuals	n	N	#	%	95% CI	
Screening									
AIDS/HIV Screening (Ages 18-64)									
Yes	6.6%	(4.6% - 9.3%)	13,449	57	882	3	6.1%	(4.4% - 8.5%)	
No	3.8%	(2.5% - 5.6%)	7,477	45	914	3	4.1%	(2.7% - 6.4%)	
Diagnoses									
Arthritis									
Arthritis									
Yes	6.9%	(4.3% - 10.8%)	7,590	34	665	3	8.7%	(4.7% - 15.7%)	
No	3.9%	(2.8% - 5.3%)	13,792	74	1,562	3	3.5%	(2.6% - 4.8%)	
Asthma									
Asthma Diagnosis									
Yes	6.0%	(3.5% - 10.1%)	3,796	28	602	3	5.9%	(3.5% - 9.9%)	
No	4.3%	(3.5% - 5.2%)	18,227	187	3,943	3	4.2%	(3.4% - 5.1%)	
Current Asthma									
Yes	4%	(2% - 8%)	1,589	14	384	3	4%	(2% - 9%)	
No	8%	(4% - 17%)	1,716	13	193	3	7%	(3% - 14%)	
Cardiovascular and Cerebrovascular Disease									
Cardiovascular Disease									
Yes	2%	(1% - 5%)	373	5	236	3	4%	(1% - 21%)	
No	4.6%	(3.8% - 5.6%)	21,528	209	4,275	3	4.4%	(3.6% - 5.3%)	
Heart Attack (Myocardial Infarction)									
Yes	2%	(1% - 7%)	267	4	171	3	6%	(1% - 25%)	
No	4.6%	(3.8% - 5.5%)	21,710	211	4,372	3	4.4%	(3.6% - 5.3%)	

Risk Factors

Tobacco Use – Smokeless (continued)

Current users of smokeless tobacco, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:

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

Healthy Alaskans 2010 Objective:

3.9: Reduce the percentage of adults who use smokeless tobacco (percent of persons aged 18 years and older who currently use chewing tobacco, snuff, or both) to 3%.

Screening Question:

Have you ever used or tried any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull? And Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull?

Population at Risk (See Appendix)	Response:			Yes to both			Blackbull?		
	%	95% CI	Individuals	n	N	#	%	95% CI	
Coronary Heart Disease (Angina)									
Yes	1%	(0% - 2%)	115	2	153	3	0%	(0% - 1%)	
No	4.6%	(3.8% - 5.6%)	21,816	212	4,370	3	4.4%	(3.7% - 5.3%)	
Stroke									
Yes	5%	(2% - 13%)	442	6	129	3	12%	(4% - 29%)	
No	4.5%	(3.7% - 5.5%)	21,558	209	4,419	3	4.3%	(3.6% - 5.2%)	
Diabetes									
Nongestational Diabetes									
Yes	1%	(0% - 2%)	283	5	333	3	1%	(0% - 2%)	
No	4.8%	(3.9% - 5.7%)	21,765	209	4,218	3	4.5%	(3.7% - 5.5%)	
Pre-Diabetes									
Yes	3%	(1% - 7%)	1,105	10	424	3	6%	(2% - 16%)	
No	4.9%	(4.0% - 5.9%)	20,623	199	3,787	3	4.7%	(3.9% - 5.6%)	
Risk Factors									
Alcohol									
Binge Drinking									
Yes	8%	(5% - 13%)	6,841	32	373	3	8%	(5% - 12%)	
No	3.7%	(2.7% - 5.1%)	13,866	73	1,828	3	3.6%	(2.6% - 5.0%)	
Heavy Drinking									
Yes	7%	(4% - 13%)	2,113	12	155	3	6%	(3% - 12%)	
No	4.5%	(3.4% - 5.9%)	19,056	94	2,021	3	4.3%	(3.2% - 5.7%)	

Risk Factors

Tobacco Use – Smokeless (continued)

Current users of smokeless tobacco, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective: 27.1b: Reduce smokeless (spit tobacco) tobacco use to 0.4%.

Healthy Alaskans 2010 Objective: 3.9: Reduce the percentage of adults who use smokeless tobacco (percent of persons aged 18 years and older who currently use chewing tobacco, snuff, or both) to 3%.

Screening Question: Have you ever used or tried any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull? And Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull?

Population at Risk (See Appendix)	Response:			Yes to both					
	%	95% CI	Individuals	n	N	#	%	95% CI	
Hypercholesterolemia									
High Cholesterol									
Yes	3.7%	(2.1% - 6.6%)	4,436	24	710	3	4.7%	(2.1% - 10.2%)	
No	4.9%	(3.4% - 7.2%)	10,795	53	1,015	3	4.6%	(3.1% - 6.8%)	
Hypertension									
High Blood Pressure									
Yes	4.8%	(3.2% - 7.2%)	6,013	35	726	3	6.3%	(3.5% - 10.9%)	
No	4.5%	(3.3% - 6.3%)	15,409	73	1,498	3	4.1%	(3.0% - 5.6%)	
Nutrition									
Fruit and Vegetable Index									
<1 Per Day or Never	8%	(3% - 19%)	2,279	10	128	3	9%	(4% - 21%)	
1 to <3 Times Per Day	6.3%	(4.2% - 9.2%)	9,884	50	776	3	5.7%	(4.0% - 8.3%)	
3 to <5 Times Per Day	3.4%	(2.0% - 5.6%)	5,752	28	809	3	3.1%	(1.9% - 5.1%)	
5 Or More Times Per Day	3.2%	(1.9% - 5.3%)	3,574	21	524	3	3.2%	(1.9% - 5.4%)	
Physical Activity									
Physical Activity Recommendations (2008)									
Active	4.2%	(3.0% - 5.9%)	14,089	66	1,495	3	4.0%	(2.8% - 5.5%)	
Insufficient	4%	(2% - 9%)	3,040	15	406	3	4%	(2% - 7%)	
Inactive	7%	(3% - 12%)	2,766	15	229	3	8%	(4% - 15%)	
Leisure Time Exercise									
Yes	4.3%	(3.4% - 5.3%)	16,766	163	3,607	3	4.0%	(3.3% - 5.0%)	
No	5.5%	(3.9% - 7.8%)	5,160	51	940	3	6.2%	(4.3% - 8.9%)	

Risk Factors

Tobacco Use – Smokeless (continued)

Current users of smokeless tobacco, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:

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

Healthy Alaskans 2010 Objective:

3.9: Reduce the percentage of adults who use smokeless tobacco (percent of persons aged 18 years and older who currently use chewing tobacco, snuff, or both) to 3%.

Screening Question:

Have you ever used or tried any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull? And Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull?

Population at Risk (See Appendix)	Response:			Yes to both			Blackbull?		
	%	95% CI	Individuals	n	N	#	%	95% CI	
Sexual Violence/Intimate Partner Violence									
Parents Physically Hurt by Spouse/Partner									
Yes	7%	(4% - 11%)	6,061	26	429	3	6%	(4% - 10%)	
No	3.9%	(2.8% - 5.4%)	14,150	76	1,724	3	3.8%	(2.7% - 5.3%)	
Unwanted Sexual Activity									
Yes	5%	(2% - 9%)	3,121	14	339	3	4%	(2% - 9%)	
No	4.5%	(3.4% - 6.0%)	17,346	90	1,819	3	4.4%	(3.3% - 5.8%)	
Ever Hurt or Threatened by Intimate Partner									
Yes	5.7%	(3.5% - 9.2%)	5,504	32	510	3	5.2%	(3.1% - 8.4%)	
No	4.2%	(3.1% - 5.8%)	14,940	72	1,655	3	4.1%	(3.0% - 5.6%)	
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner									
Yes	6%	(2% - 14%)	1,582	9	120	3	6%	(2% - 15%)	
No	4.5%	(3.4% - 5.9%)	19,108	97	2,048	3	4.3%	(3.3% - 5.7%)	
Tobacco Use									
Cigarette Smoking Status									
Current Smoker	6.6%	(4.5% - 9.5%)	5,866	52	897	3	6.1%	(4.2% - 8.6%)	
Former Smoker	5.8%	(4.2% - 7.9%)	7,822	79	1,427	3	5.9%	(4.3% - 8.1%)	
Never Smoked	3.2%	(2.3% - 4.3%)	8,154	80	2,194	3	2.9%	(2.1% - 3.9%)	
Smokeless Tobacco Status									
Current User	100%	(0% - 0%)	22,023	215	215		100%	(0% - 0%)	
Former User	0.0%	(0.0% - 0.0%)	0	0	728		0.0%	(0.0% - 0.0%)	
Never Used	0.0%	(0.0% - 0.0%)	0	0	3,617		0.0%	(0.0% - 0.0%)	

Tobacco Use – Smokeless (continued)

Current users of smokeless tobacco, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective: 27.1b: Reduce smokeless (spit tobacco) tobacco use to 0.4%.

Healthy Alaskans 2010 Objective: 3.9: Reduce the percentage of adults who use smokeless tobacco (percent of persons aged 18 years and older who currently use chewing tobacco, snuff, or both) to 3%.

Screening Question: Have you ever used or tried any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull? And Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull?

Population at Risk (See Appendix)	Response:			Yes to both					
	%	95% CI	Individuals	n	N	#	%	95% CI	
Weight Status									
Weight Status									
Normal (BMI <25)	2.8%	(2.0% - 4.0%)	4,618	48	1,424	3	2.6%	(1.9% - 3.8%)	
Overweight (BMI 25 to 30)	5.7%	(4.2% - 7.6%)	10,361	95	1,662	3	5.5%	(4.2% - 7.3%)	
Obese (BMI ≥30)	5.4%	(3.9% - 7.5%)	6,721	68	1,285	3	5.1%	(3.7% - 7.0%)	
Obese I (BMI 30 TO < 35)	5.6%	(3.8% - 8.1%)	4,403	46	828	3	5.3%	(3.6% - 7.7%)	
Obese II & III (BMI ≥35)	5%	(3% - 9%)	2,266	22	457	3	5%	(3% - 9%)	

Risk Factors

Related Risk Factor Measures

- ▶ Neither overweight or obese, BMI < 25.0 [Link to pdf of table >>](#)
- ▶ Overweight or obese, BMI >= 25.0 [Link to pdf of table >>](#)
- ▶ Moderate physical activity..... [Link to pdf of table >>](#)
- ▶ Vigorous physical activity..... [Link to pdf of table >>](#)
- ▶ Second Hand Smoke Exposure, Rules and Attitudes..... [Link to pdf of table >>](#)
- ▶ Sexual Violence [Link to pdf of table >>](#)
- ▶ Intimate Partner Violence [Link to pdf of table >>](#)
- ▶ Attitudes about fruit and vegetable consumption..... [Link to pdf of table >>](#)
- ▶ Sugar sweetened beverage consumption..... [Link to pdf of table >>](#)
- ▶ Television viewing/screen time..... [Link to pdf of table >>](#)
- ▶ Attitudes about age–appropriate education in schools..... [Link to pdf of table >>](#)
- ▶ Always/usually worry about money for rent/mortgage..... [Link to pdf of table >>](#)
- ▶ Always/usually worry about money for nutritious meals..... [Link to pdf of table >>](#)

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Next: Preventive Practices >>

Preventive Practices



2009 Annual Report **Alaska Behavioral Risk Factor Survey**

<< Previous: Risk Factors

Health Care Coverage

INDICATOR: Proportion of Alaska adults with health care coverage.

DATA SOURCE: 2009 Alaska Standard and Supplemental BRFSS surveys combined.

BRFSS QUESTION:

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

How are we doing?

- In 2009, 83% of all Alaska adults had health care coverage.
- The prevalence of having health care coverage in the 18 to 64 year old age group was 81%.

How does Alaska compare with the U.S.?

- The national median prevalence of having health care coverage was 85%, only slightly above the prevalence in Alaska
- In 2009, the national median prevalence of having health care coverage in the 18 to 64 year old age group was 83%, again slightly higher than the prevalence in Alaska.
- Since 1991, the prevalence of having health care coverage has remained fairly steady in both Alaska and the U.S.

Healthy People 2010

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

Healthy Alaskans 2010

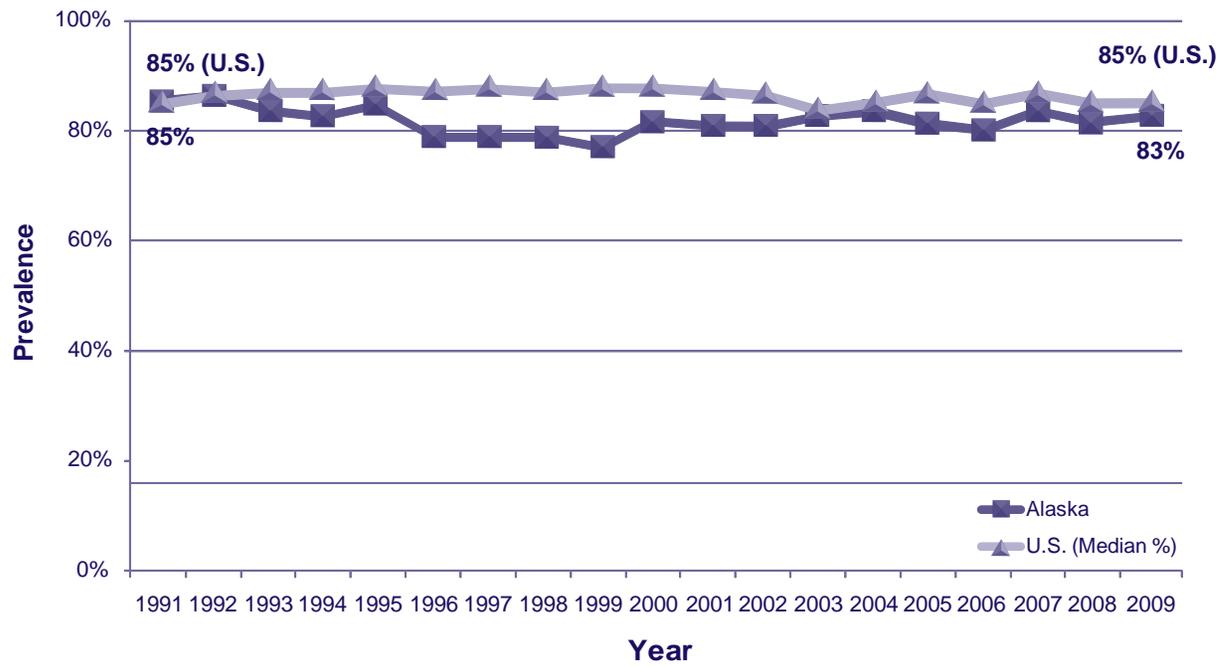
Objective 15.1: Decrease the percent of Alaskans without health insurance coverage throughout the year to 5%.

How are different populations affected?

- The prevalence of having health care coverage increased with age, education level and income in 2009.
- American Indian or Alaska Native respondents were less likely to have health care coverage than white, non-Hispanic respondents.
- Alaskans who live in the rural area of Alaska were less likely to have healthcare coverage than those that live in non-rural areas.
- Unemployed adults, and non-Veterans were less likely to have health care coverage than Alaskans in other groups.
- Current smoking, not participating in leisure time exercise, not having diabetes and not having cardiovascular disease were associated with being less likely to have health care coverage in 2009.
- In 2009, 64% of respondents had a checkup in the past 12 months; 67% reported having either one or more than one personal doctor.

Health Care Coverage

Health Care Access: Alaska vs. Nationwide



Preventive Practices

Health Care Coverage

Healthcare coverage, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		1.1: Increase the proportion of persons with health insurance to 100%.								
Healthy Alaskans 2010 Objective:		15.1: Reduce the percent of Alaskans without health insurance coverage throughout the year to 5%.								
Screening Question:		Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMO's, or government plans such as Medicare?								
Population at Risk (See Appendix)	Response:	Yes					Age-Adjusted Rate			
	%	Observed Rate		Individuals	n	N	#	%	95% CI	
			95% CI						95% CI	
Total	82.5%	(80.7% - 84.2%)	417,167	3,953	4,736		83.5%	(81.8% - 85.1%)	
Demographics										
Gender										
Female	83.5%	(81.0% - 85.8%)	203,362	2,208	2,601		84.1%	(81.7% - 86.2%)	
Male	81.6%	(78.8% - 84.1%)	213,806	1,745	2,135		83.0%	(80.4% - 85.2%)	
Age Groups (Categories Used in Age-Adjustment)										
Persons aged 18 to 24 years	73%	(65% - 80%)	50,937	198	267		NA	(NA - NA)	
Persons aged 25 to 34 years	78.3%	(73.3% - 82.7%)	79,552	524	668		NA	(NA - NA)	
Persons aged 35 to 44 years	81.6%	(77.8% - 84.8%)	77,972	681	843		NA	(NA - NA)	
Persons aged 45 to 64 years	84.8%	(82.5% - 86.9%)	154,248	1,774	2,147		NA	(NA - NA)	
Persons aged 65 years and older	96.9%	(94.8% - 98.2%)	50,829	732	754		NA	(NA - NA)	
Race and Ethnicity										
American Indian or Alaska Native	78.0%	(73.9% - 81.5%)	57,167	635	841		79.4%	(75.6% - 82.7%)	
Asian or Pacific Islander	76%	(60% - 87%)	15,934	101	121	3	80%	(68% - 88%)	
Asian	74%	(55% - 87%)	9,475	79	96	1	78%	(65% - 87%)	
Native Hawaiian or Other Pacific Islander	DSU	(DSU - DSU)	DSU	DSU	25	3	DSU	(DSU - DSU)	
Black or African American	80%	(64% - 90%)	8,293	53	64	3	79%	(66% - 89%)	
White	83.6%	(81.4% - 85.6%)	316,436	2,968	3,475		84.5%	(82.4% - 86.4%)	
Hispanic or Latino	80%	(68% - 88%)	15,758	109	130		83%	(72% - 90%)	
Not Hispanic or Latino	82.6%	(80.7% - 84.4%)	397,440	3,805	4,555		83.7%	(81.9% - 85.3%)	
Black or African American, not Hispanic/Latino	DSU	(DSU - DSU)	DSU	DSU	29	3	DSU	(DSU - DSU)	
White, not Hispanic or Latino	83.8%	(81.6% - 85.8%)	303,649	2,851	3,338		84.7%	(82.6% - 86.6%)	

For table end notes see Appendix J on Pg 429.

Health Care Coverage (continued)

Healthcare coverage, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		1.1: Increase the proportion of persons with health insurance to 100%.						
Healthy Alaskans 2010 Objective:		15.1: Reduce the percent of Alaskans without health insurance coverage throughout the year to 5%.						
Screening Question:		Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMO's, or government plans such as Medicare?						
Population at Risk (See Appendix)	Response:	Yes					Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI	
Alaska Native								
Yes	78.4%	(74.4% - 81.8%)	64,241	702	921	79.7%	(76.0% - 83.0%)	
No	83.2%	(81.0% - 85.1%)	347,698	3,199	3,757	84.1%	(82.1% - 85.9%)	
Geographic Location								
Anchorage & Vicinity	84.1%	(80.9% - 86.9%)	228,898	857	994	85.1%	(82.0% - 87.6%)	
Fairbanks & Vicinity	83.6%	(80.3% - 86.5%)	62,720	871	1,017	85.4%	(82.5% - 88.0%)	
Gulf Coast	79.8%	(76.4% - 82.8%)	45,275	796	981	80.5%	(77.0% - 83.7%)	
Rural	72.0%	(67.9% - 75.8%)	34,039	600	783	73.3%	(69.4% - 76.9%)	
Southeast	85.0%	(82.0% - 87.6%)	46,236	829	961	85.0%	(81.8% - 87.6%)	
Urban/Rural								
Metropolitan Statistical Area	84.3%	(81.6% - 86.6%)	283,555	1,664	1,927	85.3%	(82.9% - 87.5%)	
Micropolitan Statistical Area & Urban Clusters	84.3%	(81.8% - 86.6%)	74,277	1,272	1,480	85.2%	(82.7% - 87.3%)	
Rural	73.2%	(69.7% - 76.3%)	58,890	1,013	1,324	74.1%	(70.8% - 77.1%)	
Education Level (persons aged 25 years and older)								
Less than high school	69%	(60% - 76%)	17,075	203	288	68%	(60% - 75%)	
High school graduate	75.8%	(72.0% - 79.2%)	88,833	982	1,274	77.4%	(73.8% - 80.6%)	
At least some college	84.3%	(80.8% - 87.3%)	107,450	1,130	1,328	85.2%	(82.0% - 88.0%)	
College Graduate	91.8%	(89.7% - 93.5%)	151,627	1,435	1,570	92.5%	(90.5% - 94.1%)	

Health Care Coverage (continued)

Healthcare coverage, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:	1.1: Increase the proportion of persons with health insurance to 100%.
Healthy Alaskans 2010 Objective:	15.1: Reduce the percent of Alaskans without health insurance coverage throughout the year to 5%.

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

Population at Risk (See Appendix)	Response:		Yes				Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI	
Employment Status								
Employed	85.5%	(83.5% - 87.4%)	283,978	2,539	2,977	87.1%	(85.2% - 88.9%)	
Unemployed	60%	(52% - 67%)	26,113	211	390	66%	(60% - 72%)	
Not in Workforce (Student, Homemaker, Retired)	81.8%	(76.9% - 85.8%)	90,728	1,017	1,147	79.2%	(74.4% - 83.2%)	
Unable to work	86%	(79% - 91%)	14,559	169	199	81%	(70% - 89%)	
Marital Status								
Married or Unwed Couple	88.9%	(87.1% - 90.5%)	271,762	2,388	2,690	88.9%	(86.8% - 90.8%)	
Divorced/Separated	91%	(87% - 94%)	15,551	292	325	65%	(58% - 72%)	
Widowed	75.2%	(70.0% - 79.8%)	43,074	618	796	76.5%	(69.2% - 82.4%)	
Never Married	68.9%	(62.5% - 74.7%)	62,792	472	671	71.2%	(66.1% - 75.8%)	
Income Level								
<\$15,000	62%	(53% - 70%)	18,971	227	354	66%	(59% - 73%)	
\$15,000 - \$24,999	67%	(59% - 74%)	31,526	329	484	67%	(60% - 73%)	
\$25,000 - \$49,999	74.7%	(69.7% - 79.0%)	72,466	769	979	75.0%	(70.7% - 78.9%)	
\$50,000 - \$74,999	89.8%	(86.2% - 92.5%)	75,243	740	810	90.5%	(87.1% - 93.1%)	
\$75,000	92.9%	(90.7% - 94.6%)	171,878	1,453	1,551	92.9%	(90.5% - 94.8%)	
Poverty Threshold								
Poor (<100% Poverty Threshold)	58%	(48% - 67%)	20,812	186	320	62%	(54% - 69%)	
Near Poor (100% to 199% Poverty Threshold)	71.3%	(64.8% - 77.0%)	44,774	428	605	72.1%	(66.3% - 77.2%)	
Middle/High Income (>=200% Poverty Threshold)	88.4%	(86.6% - 90.0%)	304,807	2,904	3,253	89.0%	(87.1% - 90.5%)	

Preventive Practices

Health Care Coverage (continued)

Healthcare coverage, Adults (18 years of age and older), Alaska BRFS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		1.1: Increase the proportion of persons with health insurance to 100%.											
Healthy Alaskans 2010 Objective:		15.1: Reduce the percent of Alaskans without health insurance coverage throughout the year to 5%.											
Screening Question:		Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMO's, or government plans such as Medicare?											
Response:		Yes					Age-Adjusted Rate						
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate					
		95% CI						%	95% CI				
Below Poverty Guidelines													
Yes	61%	(53%	-	69%)	30,887	265	432	64%	(57%	-	70%)
No	86.3%	(84.5%	-	88.0%)	339,231	3,253	3,746	87.1%	(85.3%	-	88.7%)
Veteran													
Yes	90.5%	(86.7%	-	93.3%)	81,912	742	820	91.3%	(87.7%	-	93.9%)
No	80.8%	(78.7%	-	82.8%)	334,435	3,201	3,901	82.2%	(80.3%	-	84.0%)
Health Status													
General Health													
Excellent to Very Good	84.8%	(82.4%	-	86.9%)	256,620	2,231	2,592	86.5%	(84.4%	-	88.3%)
Good	79.7%	(76.1%	-	82.8%)	115,680	1,175	1,450	80.1%	(76.5%	-	83.2%)
Fair/Poor	77.1%	(71.0%	-	82.3%)	42,678	527	666	75.2%	(68.0%	-	81.2%)
Healthy Days (Mean Number of Days)													
Physical Health Not Good	2.8	(2.5	-	3.0)			3840	2.8	(2.5	-	3.1)
Mental Health Not Good	2.5	(2.2	-	2.7)			3842	2.4	(2.1	-	2.7)
Unhealthy Days (Physical or Mental Health Not Good)	4.7	(4.3	-	5.1)			3869	4.7	(4.3	-	5.1)
Days with Activity Limitation	1.8	(1.6	-	2.0)			3897	1.8	(1.6	-	2.0)
Healthy Days (Percentage with 14 or More Days)													
Physical Health Not Good	78%	(71%	-	84%)	30,574	385	475	78%	(70%	-	84%)
Mental Health Not Good	78%	(71%	-	84%)	28,737	300	390	79%	(73%	-	85%)
Unhealthy Days (Physical or Mental Health Not Good)	79.5%	(74.6%	-	83.7%)	56,226	605	760	80.9%	(76.2%	-	84.8%)
Activity Limitation	82%	(75%	-	87%)	21,465	261	329	85%	(79%	-	89%)

Health Care Coverage (continued)

Healthcare coverage, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:	1.1: Increase the proportion of persons with health insurance to 100%.
Healthy Alaskans 2010 Objective:	15.1: Reduce the percent of Alaskans without health insurance coverage throughout the year to 5%.

Screening Question:	Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMO's, or government plans such as Medicare?							
	Response:	Yes					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Disability								
Disabled								
Yes	85.8%	(82.1% - 88.9%)	94,255	1,011	1,180	86.2%	(81.9% - 89.6%)	
No	81.6%	(79.4% - 83.6%)	317,399	2,882	3,478	83.2%	(81.2% - 85.0%)	
Activity Limitation								
Yes	85.6%	(81.7% - 88.7%)	88,552	943	1,106	86.2%	(81.9% - 89.6%)	
No	81.8%	(79.6% - 83.7%)	323,364	2,953	3,559	83.2%	(81.3% - 85.0%)	
Require Special Equipment								
Yes	90%	(85% - 94%)	26,510	306	341	88%	(80% - 93%)	
No	82.1%	(80.1% - 83.9%)	387,939	3,621	4,359	83.4%	(81.6% - 85.0%)	
Mental Health								
Social and Emotional Support								
Always/Usually	84.0%	(80.7% - 86.8%)	312,704	1,476	1,739	85.1%	(82.1% - 87.6%)	
Sometimes/Rarely/Never	76.2%	(70.3% - 81.2%)	72,167	375	505	77.0%	(71.0% - 82.0%)	
Life Satisfaction								
Very Satisfied / Satisfied	82.8%	(79.9% - 85.3%)	371,829	1,797	2,162	83.8%	(81.1% - 86.2%)	
Dissatisfied / Very Dissatisfied	66%	(50% - 78%)	11,998	60	91	66%	(53% - 77%)	
Healthcare								
Healthcare Coverage								
Health Plan								
Yes	100.0%	(0.0% - 0.0%)	417,167	3,953	3,953	100.0%	(0.0% - 0.0%)	
No	0.0%	(0.0% - 0.0%)	0	0	783	0.0%	(0.0% - 0.0%)	

Preventive Practices

Health Care Coverage (continued)

Healthcare coverage, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:

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

Healthy Alaskans 2010 Objective:

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

Screening Question:

Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMO's, or government plans such as Medicare?

Population at Risk (See Appendix)	Response:		Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Immunization							
Flu Shot Within Past 12 Months (Ages 65+)							
Yes	90.5%	(86.4% - 93.4%)	170,304	821	914	89.9%	(85.9% - 92.9%)
No	77.5%	(73.8% - 80.8%)	234,746	1,110	1,430	79.8%	(76.5% - 82.8%)
Ever Had Pneumonia Shot (Ages 65+)							
Yes	89.7%	(85.4% - 92.9%)	90,999	531	600	85.6%	(78.8% - 90.5%)
No	80.7%	(77.2% - 83.8%)	261,188	1,202	1,490	82.8%	(79.7% - 85.6%)
Screening							
AIDS/HIV Screening (Ages 18-64)							
Yes	82.9%	(78.9% - 86.3%)	170,770	719	899	83.2%	(79.3% - 86.5%)
No	77.8%	(72.8% - 82.1%)	158,345	736	930	76.8%	(71.6% - 81.3%)
Diagnoses							
Arthritis							
Arthritis							
Yes	88.9%	(85.2% - 91.8%)	102,484	595	691	88.6%	(83.9% - 92.1%)
No	80.9%	(77.7% - 83.8%)	298,935	1,316	1,632	83.2%	(80.4% - 85.6%)
Asthma							
Asthma Diagnosis							
Yes	82.2%	(76.8% - 86.5%)	54,156	525	624	83.6%	(78.6% - 87.6%)
No	82.6%	(80.6% - 84.4%)	362,088	3,416	4,097	83.4%	(81.4% - 85.2%)

Health Care Coverage (continued)

Healthcare coverage, Adults (18 years of age and older), Alaska BRFS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:	1.1: Increase the proportion of persons with health insurance to 100%.
Healthy Alaskans 2010 Objective:	15.1: Reduce the percent of Alaskans without health insurance coverage throughout the year to 5%.

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

Population at Risk (See Appendix)	Response:		Yes				Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI	
Current Asthma								
Yes	84%	(78% - 89%)	35,008	332	398	85%	(80% - 90%)	
No	77%	(66% - 86%)	16,853	171	199	80%	(70% - 87%)	
Cardiovascular and Cerebrovascular Disease								
Cardiovascular Disease								
Yes	92%	(88% - 95%)	18,226	223	248	69%	(48% - 84%)	
No	82.0%	(80.1% - 83.8%)	394,069	3,681	4,433	83.3%	(81.4% - 84.9%)	
Heart Attack (Myocardial Infarction)								
Yes	92%	(86% - 95%)	13,282	161	181	72%	(47% - 88%)	
No	82.2%	(80.3% - 84.0%)	402,663	3,775	4,536	83.3%	(81.5% - 85.0%)	
Coronary Heart Disease (Angina)								
Yes	95%	(91% - 98%)	11,720	150	160	64%	(38% - 84%)	
No	82.1%	(80.2% - 83.9%)	401,246	3,766	4,535	83.3%	(81.4% - 84.9%)	
Stroke								
Yes	87%	(73% - 95%)	8,410	123	137	87%	(75% - 94%)	
No	82.4%	(80.6% - 84.2%)	408,061	3,822	4,586	83.4%	(81.6% - 85.1%)	
Diabetes								
Nongestational Diabetes								
Yes	91%	(86% - 94%)	27,551	312	348	88%	(79% - 93%)	
No	82.0%	(80.0% - 83.8%)	388,769	3,634	4,379	83.1%	(81.3% - 84.8%)	

Health Care Coverage (continued)

Healthcare coverage, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective: 1.1: Increase the proportion of persons with health insurance to 100%.

Healthy Alaskans 2010 Objective: 15.1: Reduce the percent of Alaskans without health insurance coverage throughout the year to 5%.

Screening Question:	Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMO's, or government plans such as Medicare?							
	Response:	Yes					Age-Adjusted Rate	
		%	Observed Rate		Individuals	n	N #	%
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N #	%	95% CI
Pre-Diabetes								
Yes		88%	(83% - 92%)	34,021	388	440	85%	(76% - 92%)
No		81.5%	(79.4% - 83.4%)	355,033	3,243	3,932	83.0%	(81.2% - 84.7%)
Risk Factors								
Alcohol								
Binge Drinking								
Yes		76%	(69% - 81%)	66,392	286	387	79%	(73% - 84%)
No		84.1%	(81.1% - 86.7%)	334,647	1,633	1,939	84.5%	(81.5% - 87.0%)
Heavy Drinking								
Yes		78%	(67% - 87%)	23,248	123	158	82%	(73% - 89%)
No		82.9%	(80.0% - 85.4%)	375,137	1,775	2,144	83.9%	(81.3% - 86.3%)
Hypercholesterolemia								
High Cholesterol								
Yes		90.1%	(86.9% - 92.6%)	113,656	664	753	92.0%	(89.0% - 94.2%)
No		87.7%	(84.1% - 90.6%)	205,407	943	1,089	87.8%	(83.8% - 90.9%)
Hypertension								
High Blood Pressure								
Yes		87.3%	(83.8% - 90.1%)	116,241	662	774	85.3%	(80.1% - 89.3%)
No		80.4%	(77.0% - 83.4%)	294,747	1,300	1,617	82.8%	(79.9% - 85.3%)

Health Care Coverage (continued)

Healthcare coverage, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective: 1.1: Increase the proportion of persons with health insurance to 100%.

Healthy Alaskans 2010 Objective: 15.1: Reduce the percent of Alaskans without health insurance coverage throughout the year to 5%.

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

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI	
Nutrition								
Fruit and Vegetable Index								
<1 Per Day or Never	72%	(57% - 84%)	20,892	96	136	75%	(64% - 83%)	
1 to <3 Times Per Day	76.7%	(71.1% - 81.5%)	127,787	635	803	78.7%	(73.7% - 83.0%)	
3 to <5 Times Per Day	88.1%	(85.0% - 90.7%)	153,815	723	835	88.8%	(85.7% - 91.3%)	
5 Or More Times Per Day	84.7%	(79.4% - 88.9%)	95,506	449	539	85.9%	(80.9% - 89.7%)	
Physical Activity								
Physical Activity Recommendations (2008)								
Active	84.2%	(81.0% - 87.0%)	287,661	1,274	1,526	86.1%	(83.4% - 88.4%)	
Insufficient	80%	(73% - 86%)	62,760	343	419	81%	(75% - 86%)	
Inactive	75%	(66% - 83%)	30,268	183	235	74%	(65% - 82%)	
Leisure Time Exercise								
Yes	84.2%	(82.2% - 86.0%)	340,572	3,158	3,722	85.5%	(83.7% - 87.1%)	
No	75.5%	(70.6% - 79.9%)	75,193	785	1,001	74.4%	(69.2% - 79.0%)	
Sexual Violence/Intimate Partner Violence								
Parents Physically Hurt by Spouse/Partner								
Yes	78%	(71% - 83%)	66,209	326	424	79%	(73% - 84%)	
No	84.4%	(81.4% - 87.0%)	303,104	1,457	1,728	85.2%	(82.3% - 87.7%)	
Unwanted Sexual Activity								
Yes	80%	(71% - 87%)	49,938	277	337	82%	(75% - 88%)	
No	83.5%	(80.7% - 86.0%)	319,593	1,506	1,818	84.4%	(81.7% - 86.8%)	

Preventive Practices

Health Care Coverage (continued)

Healthcare coverage, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		1.1: Increase the proportion of persons with health insurance to 100%.						
Healthy Alaskans 2010 Objective:		15.1: Reduce the percent of Alaskans without health insurance coverage throughout the year to 5%.						
Screening Question:		Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMO's, or government plans such as Medicare?						
Population at Risk (See Appendix)	Response:	Yes					Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Ever Hurt or Threatened by Intimate Partner								
Yes	74.9%	(67.6% - 81.0%)	71,167	382	506		76.8%	(70.3% - 82.3%)
No	85.2%	(82.4% - 87.7%)	298,632	1,408	1,656		85.9%	(83.2% - 88.3%)
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner								
Yes	76%	(62% - 86%)	19,425	87	119		81%	(71% - 88%)
No	83.3%	(80.5% - 85.8%)	350,489	1,702	2,046		84.1%	(81.3% - 86.5%)
Tobacco Use								
Cigarette Smoking Status								
Current Smoker	73.3%	(68.9% - 77.2%)	68,534	664	936		75.1%	(71.2% - 78.7%)
Former Smoker	83.2%	(79.8% - 86.2%)	116,334	1,254	1,476		82.4%	(78.5% - 85.7%)
Never Smoked	85.7%	(83.0% - 88.0%)	229,096	2,000	2,281		87.1%	(84.9% - 89.1%)
Smokeless Tobacco Status								
Current User	74%	(64% - 81%)	16,196	157	213		78%	(71% - 83%)
Former User	80.0%	(75.3% - 84.1%)	71,801	565	723		82.5%	(78.3% - 86.0%)
Never Used	83.7%	(81.5% - 85.6%)	310,074	3,072	3,598		84.1%	(82.0% - 86.0%)
Weight Status								
Weight Status								
Normal (BMI <25)	81.0%	(77.4% - 84.1%)	136,410	1,208	1,483		83.3%	(80.4% - 85.8%)
Overweight (BMI 25 to 30)	82.1%	(78.9% - 85.0%)	155,338	1,445	1,727		82.7%	(79.5% - 85.6%)
Obese (BMI ≥30)	85.5%	(82.3% - 88.1%)	108,817	1,129	1,322		86.1%	(82.9% - 88.8%)
Obese I (BMI 30 TO < 35)	84.3%	(80.3% - 87.7%)	67,870	720	853		83.9%	(79.2% - 87.8%)
Obese II & III (BMI ≥35)	87%	(82% - 91%)	40,763	409	469		88%	(84% - 92%)

Health Care Coverage – Age 18-64

Healthcare coverage, Adults (18-64 years of age), Alaska BRFS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		1.1: Increase the proportion of persons with health insurance to 100%.							
Healthy Alaskans 2010 Objective:		15.1: Reduce the percent of Alaskans without health insurance coverage throughout the year to 5%.							
Screening Question:		Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMO's, or government plans such as Medicare?							
Response:		Yes					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		95% CI						%	95% CI
Total	80.9%	(78.8% - 82.8%)		363,047	3,177	3,925		80.8%	(78.7% - 82.7%)
Demographics									
Gender									
Female	81.8%	(79.0% - 84.3%)		174,845	1,770	2,143		81.5%	(78.6% - 84.0%)
Male	80.1%	(77.0% - 82.8%)		188,202	1,407	1,782		80.1%	(77.0% - 82.8%)
Age Groups (Categories Used in Age-Adjustment)									
Persons aged 18 to 24 years	73%	(65% - 80%)		50,937	198	267		NA	(NA - NA)
Persons aged 25 to 34 years	78.3%	(73.3% - 82.7%)		79,552	524	668		NA	(NA - NA)
Persons aged 35 to 44 years	81.6%	(77.8% - 84.8%)		77,972	681	843		NA	(NA - NA)
Persons aged 45 to 64 years	84.8%	(82.5% - 86.9%)		154,248	1,774	2,147		NA	(NA - NA)
Persons aged 65 years and older	DSU	(DSU - DSU)		DSU	DSU	0		NA	(NA - NA)
Race and Ethnicity									
American Indian or Alaska Native	77.2%	(72.8% - 81.0%)		50,192	534	725		77.0%	(72.8% - 80.8%)
Asian or Pacific Islander	74%	(57% - 87%)		14,564	90	109		76%	(62% - 86%)
Asian	72%	(52% - 86%)		8,396	70	86	1	74%	(58% - 85%)
Native Hawaiian or Other Pacific Islander	DSU	(DSU - DSU)		DSU	DSU	23	3	DSU	(DSU - DSU)
Black or African American	78%	(60% - 89%)		7,137	46	57	3	75%	(59% - 86%)
White	81.8%	(79.4% - 84.0%)		274,706	2,350	2,842		81.7%	(79.2% - 84.0%)
Hispanic or Latino	79%	(67% - 88%)		15,017	99	120		79%	(67% - 88%)
Not Hispanic or Latino	81.0%	(78.9% - 82.9%)		345,716	3,059	3,778		80.9%	(78.8% - 82.9%)
Black or African American, not Hispanic/Latino	DSU	(DSU - DSU)		DSU	DSU	27	3	DSU	(DSU - DSU)
White, not Hispanic or Latino	82.1%	(79.6% - 84.3%)		263,801	2,259	2,731		82.0%	(79.5% - 84.3%)

For table end notes see Appendix J on Pg 429.

Health Care Coverage – Age 18-64 (continued)

Healthcare coverage, Adults (18-64 years of age), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		1.1: Increase the proportion of persons with health insurance to 100%.							
Healthy Alaskans 2010 Objective:		15.1: Reduce the percent of Alaskans without health insurance coverage throughout the year to 5%.							
Screening Question:		Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMO's, or government plans such as Medicare?							
Response:		Yes					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		95% CI						%	95% CI
Alaska Native									
Yes	77.3%	(73.0% -	81.1%)	55,928	585	789	77.2%	(72.9% - 80.9%)
No	81.4%	(79.1% -	83.6%)	303,379	2,559	3,099	81.3%	(78.9% - 83.4%)
Geographic Location									
Anchorage & Vicinity	82.6%	(79.0% -	85.7%)	200,466	690	820	82.5%	(78.9% - 85.5%)
Fairbanks & Vicinity	82.5%	(78.9% -	85.6%)	55,902	729	871	83.3%	(80.1% - 86.1%)
Gulf Coast	77.0%	(73.1% -	80.5%)	37,811	589	769	76.7%	(72.5% - 80.5%)
Rural	70.7%	(66.3% -	74.7%)	29,917	525	695	70.2%	(65.9% - 74.3%)
Southeast	83.2%	(79.8% -	86.1%)	38,950	644	770	82.3%	(78.6% - 85.5%)
Urban/Rural									
Metropolitan Statistical Area	82.9%	(80.0% -	85.4%)	249,752	1,368	1,620	82.9%	(80.0% - 85.4%)
Micropolitan Statistical Area & Urban Clusters	82.7%	(79.9% -	85.1%)	64,302	1,015	1,217	82.3%	(79.4% - 84.9%)
Rural	70.3%	(66.4% -	73.8%)	48,767	791	1,084	70.0%	(66.2% - 73.5%)
Education Level (persons aged 25 years and older)									
Less than high school	63%	(52% -	73%)	11,530	121	194	64%	(54% - 72%)
High school graduate	73.5%	(69.2% -	77.3%)	75,285	760	1,038	73.0%	(68.7% - 76.9%)
At least some college	81.8%	(77.8% -	85.2%)	89,343	890	1,084	81.7%	(77.7% - 85.2%)
College Graduate	91.0%	(88.7% -	92.9%)	135,067	1,204	1,337	90.8%	(88.4% - 92.8%)

Health Care Coverage – Age 18-64 (continued)

Healthcare coverage, Adults (18-64 years of age), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:	1.1: Increase the proportion of persons with health insurance to 100%.
Healthy Alaskans 2010 Objective:	15.1: Reduce the percent of Alaskans without health insurance coverage throughout the year to 5%.

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

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Employment Status								
Employed	85.1%	(82.9% - 87.0%)	270,279	2,378	2,807		84.7%	(82.3% - 86.8%)
Unemployed	60%	(52% - 67%)	25,340	197	373		60%	(53% - 66%)
Not in Workforce (Student, Homemaker, Retired)	74.0%	(67.1% - 79.8%)	53,540	458	571		75.6%	(69.9% - 80.5%)
Unable to work	86%	(78% - 91%)	12,681	132	158		80%	(67% - 88%)
Marital Status								
Married or Unwed Couple	88.0%	(86.0% - 89.8%)	239,334	2,011	2,298		87.3%	(84.8% - 89.5%)
Divorced/Separated	74%	(62% - 84%)	3,798	80	109		59%	(50% - 67%)
Widowed	72.2%	(66.4% - 77.4%)	35,628	487	658		72.7%	(64.2% - 79.9%)
Never Married	68.9%	(62.4% - 74.8%)	61,374	437	629		65.8%	(59.8% - 71.3%)
Income Level								
<\$15,000	59%	(49% - 68%)	15,322	158	277		61%	(52% - 69%)
\$15,000 - \$24,999	62%	(53% - 71%)	24,619	207	355		62%	(54% - 69%)
\$25,000 - \$49,999	70.9%	(65.3% - 75.9%)	58,947	578	782		70.3%	(65.2% - 75.0%)
\$50,000 - \$74,999	88.6%	(84.7% - 91.7%)	66,969	619	689		88.6%	(84.5% - 91.7%)
\$75,000	92.5%	(90.2% - 94.2%)	159,662	1,315	1,412		91.7%	(88.8% - 93.9%)
Poverty Threshold								
Poor (<100% Poverty Threshold)	56%	(46% - 66%)	18,526	159	287		56%	(47% - 64%)
Near Poor (100% to 199% Poverty Threshold)	68%	(60% - 74%)	37,091	302	472		67%	(61% - 74%)
Middle/High Income (>=200% Poverty Threshold)	87.2%	(85.2% - 89.0%)	269,936	2,416	2,756		87.0%	(84.8% - 88.9%)

Preventive Practices

Health Care Coverage – Age 18-64 (continued)

Healthcare coverage, Adults (18-64 years of age), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		1.1: Increase the proportion of persons with health insurance to 100%.									
Healthy Alaskans 2010 Objective:		15.1: Reduce the percent of Alaskans without health insurance coverage throughout the year to 5%.									
Screening Question:		Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMO's, or government plans such as Medicare?									
Response:		Yes					Age-Adjusted Rate				
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate			
		95% CI						%	95% CI		
Below Poverty Guidelines											
Yes	60%	(51% -	68%)	27,802	228	385	60%	(52% -	67%)
No	84.9%	(82.8% -	86.7%)	297,672	2,649	3,130	84.7%	(82.5% -	86.6%)
Veteran											
Yes	88.8%	(84.3% -	92.2%)	66,491	524	597	89.7%	(85.4% -	92.8%)
No	79.3%	(77.0% -	81.5%)	295,917	2,646	3,318	79.3%	(77.1% -	81.4%)
Health Status											
General Health											
Excellent to Very Good	84.0%	(81.4% -	86.3%)	233,889	1,897	2,241	84.1%	(81.7% -	86.3%)
Good	76.9%	(72.8% -	80.6%)	95,085	901	1,163	76.8%	(72.6% -	80.6%)
Fair/Poor	72.6%	(65.4% -	78.7%)	32,448	368	502	70.7%	(62.2% -	77.9%)
Healthy Days (Mean Number of Days)											
Physical Health Not Good	2.6	(2.3 -	2.8)			3101	2.5	(2.2 -	2.8)
Mental Health Not Good	2.5	(2.2 -	2.9)			3091	2.5	(2.2 -	2.9)
Unhealthy Days (Physical or Mental Health Not Good)	4.6	(4.2 -	5.0)			3120	4.6	(4.2 -	5.0)
Days with Activity Limitation	1.7	(1.5 -	2.0)			3143	1.7	(1.5 -	2.0)
Healthy Days (Percentage with 14 or More Days)											
Physical Health Not Good	74%	(66% -	80%)	24,039	270	358	73%	(64% -	81%)
Mental Health Not Good	77%	(70% -	83%)	26,027	248	337	77%	(70% -	83%)
Unhealthy Days (Physical or Mental Health Not Good)	77.1%	(71.6% -	81.9%)	47,386	460	611	78.0%	(72.5% -	82.6%)
Activity Limitation	79%	(72% -	85%)	17,386	187	253	82%	(76% -	87%)

Health Care Coverage— Age 18-64 (continued)

Healthcare coverage, Adults (18-64 years of age), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		1.1: Increase the proportion of persons with health insurance to 100%.							
Healthy Alaskans 2010 Objective:		15.1: Reduce the percent of Alaskans without health insurance coverage throughout the year to 5%.							
Screening Question:		Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMO's, or government plans such as Medicare?							
Population at Risk (See Appendix)	Response:	Observed Rate			Yes		Age-Adjusted Rate		
		%	95% CI	Individuals	n	N	#	%	95% CI
Disability									
Disabled									
	Yes	83.2%	(78.8% - 86.9%)	73,961	693	857		83.6%	(78.6% - 87.7%)
	No	80.3%	(77.9% - 82.5%)	284,518	2,440	3,009		80.4%	(78.1% - 82.5%)
Activity Limitation									
	Yes	83.2%	(78.6% - 86.9%)	70,680	660	818		83.7%	(78.6% - 87.8%)
	No	80.3%	(78.0% - 82.5%)	287,947	2,475	3,054		80.4%	(78.1% - 82.5%)
Require Special Equipment									
	Yes	86%	(79% - 92%)	18,313	176	210		85%	(76% - 92%)
	No	80.6%	(78.5% - 82.6%)	342,720	2,983	3,689		80.6%	(78.4% - 82.5%)
Mental Health									
Social and Emotional Support									
	Always/Usually	82.5%	(78.9% - 85.5%)	275,442	1,204	1,458		82.2%	(78.6% - 85.3%)
	Sometimes/Rarely/Never	74%	(68% - 80%)	60,876	286	406		73%	(66% - 79%)
Life Satisfaction									
	Very Satisfied / Satisfied	81.2%	(78.1% - 84.0%)	324,445	1,443	1,790		80.9%	(77.6% - 83.7%)
	Dissatisfied / Very Dissatisfied	63%	(46% - 76%)	10,503	50	81		59%	(44% - 72%)
Healthcare									
Healthcare Coverage									
Health Plan									
	Yes	100.0%	(0.0% - 0.0%)	363,047	3,177	3,177		100.0%	(0.0% - 0.0%)
	No	0.0%	(0.0% - 0.0%)	0	0	748		0.0%	(0.0% - 0.0%)

Health Care Coverage – Age 18-64 (continued)

Healthcare coverage, Adults (18-64 years of age), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		1.1: Increase the proportion of persons with health insurance to 100%.													
Healthy Alaskans 2010 Objective:		15.1: Reduce the percent of Alaskans without health insurance coverage throughout the year to 5%.													
Screening Question:		Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMO's, or government plans such as Medicare?													
Response:		Yes					Age-Adjusted Rate								
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate							
		95% CI						%	95% CI						
Immunization															
Flu Shot Within Past 12 Months (Ages 65+)															
Yes	88.7%	(84.0%	-	92.2%)	138,927	593	682	88.0%	(83.2%	-	91.6%)
No	76.5%	(72.6%	-	80.1%)	214,833	955	1,259	76.5%	(72.5%	-	80.0%)
Ever Had Pneumonia Shot (Ages 65+)															
Yes	85%	(79%	-	90%)	58,611	301	365	83%	(75%	-	89%)
No	80.2%	(76.5%	-	83.5%)	244,296	1,067	1,341	80.1%	(76.3%	-	83.3%)
Screening															
AIDS/HIV Screening (Ages 18-64)															
Yes	82.9%	(78.9%	-	86.3%)	170,770	719	899	83.2%	(79.3%	-	86.5%)
No	77.8%	(72.8%	-	82.1%)	158,345	736	930	76.8%	(71.6%	-	81.3%)
Diagnoses															
Arthritis															
Arthritis															
Yes	86%	(81%	-	90%)	75,928	388	480	87%	(81%	-	91%)
No	80.1%	(76.7%	-	83.2%)	275,239	1,145	1,445	80.3%	(76.9%	-	83.2%)
Asthma															
Asthma Diagnosis															
Yes	80.7%	(74.9%	-	85.4%)	48,444	444	541	80.2%	(74.2%	-	85.1%)
No	80.9%	(78.7%	-	83.0%)	313,952	2,726	3,374	80.7%	(78.4%	-	82.8%)

Health Care Coverage – Age 18-64 (continued)

Healthcare coverage, Adults (18-64 years of age), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		1.1: Increase the proportion of persons with health insurance to 100%.							
Healthy Alaskans 2010 Objective:		15.1: Reduce the percent of Alaskans without health insurance coverage throughout the year to 5%.							
Screening Question:		Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMO's, or government plans such as Medicare?							
Population at Risk (See Appendix)	Response:	Observed Rate					Age-Adjusted Rate		
		%	95% CI	Individuals	n	N	#	%	95% CI
Current Asthma									
Yes		83%	(77% - 88%)	31,121	280	344		82%	(75% - 88%)
No		76%	(63% - 85%)	15,515	147	175		76%	(64% - 85%)
Cardiovascular and Cerebrovascular Disease									
Cardiovascular Disease									
Yes		86%	(78% - 91%)	9,176	101	125		62%	(39% - 81%)
No		80.8%	(78.7% - 82.7%)	351,695	3,052	3,771		80.6%	(78.4% - 82.6%)
Heart Attack (Myocardial Infarction)									
Yes		85%	(75% - 92%)	6,800	74	93		67%	(38% - 87%)
No		80.8%	(78.7% - 82.7%)	355,496	3,094	3,821		80.6%	(78.4% - 82.6%)
Coronary Heart Disease (Angina)									
Yes		91%	(82% - 96%)	5,626	65	74	3	57%	(28% - 82%)
No		80.7%	(78.7% - 82.7%)	355,682	3,095	3,831		80.5%	(78.4% - 82.5%)
Stroke									
Yes		76%	(54% - 90%)	3,819	48	61	3	84%	(70% - 93%)
No		81.0%	(78.9% - 82.9%)	358,829	3,124	3,855		80.7%	(78.6% - 82.7%)
Diabetes									
Nongestational Diabetes									
Yes		87%	(80% - 92%)	17,727	179	213		86%	(75% - 92%)
No		80.6%	(78.5% - 82.6%)	344,558	2,993	3,706		80.4%	(78.2% - 82.4%)

Preventive Practices

Health Care Coverage – Age 18-64 (continued)

Healthcare coverage, Adults (18-64 years of age), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		1.1: Increase the proportion of persons with health insurance to 100%.							
Healthy Alaskans 2010 Objective:		15.1: Reduce the percent of Alaskans without health insurance coverage throughout the year to 5%.							
Screening Question:		Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMO's, or government plans such as Medicare?							
Response:		Yes					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		95% CI						%	95% CI
Pre-Diabetes									
Yes	86%	(80% - 91%)	27,863	301	352		83%	(72% - 90%)
No	80.2%	(77.9% - 82.3%)	317,028	2,691	3,349		80.4%	(78.2% - 82.4%)
Risk Factors									
Alcohol									
Binge Drinking									
Yes	75%	(68% - 81%)	63,517	267	367		75%	(68% - 81%)
No	82.3%	(78.9% - 85.3%)	285,779	1,274	1,562		81.7%	(78.2% - 84.8%)
Heavy Drinking									
Yes	77%	(65% - 86%)	21,359	105	140		79%	(68% - 87%)
No	81.2%	(78.0% - 84.0%)	325,968	1,421	1,771		81.1%	(77.9% - 83.8%)
Hypercholesterolemia									
High Cholesterol									
Yes	88.4%	(84.6% - 91.3%)	88,611	474	560		90.5%	(86.9% - 93.1%)
No	86.8%	(82.8% - 89.9%)	183,831	791	930		85.6%	(80.9% - 89.4%)
Hypertension									
High Blood Pressure									
Yes	84.5%	(80.2% - 88.0%)	85,853	434	539		82.7%	(76.4% - 87.5%)
No	79.5%	(75.9% - 82.8%)	272,332	1,138	1,440		80.1%	(76.7% - 83.1%)

Health Care Coverage – Age 18-64 (continued)

Healthcare coverage, Adults (18-64 years of age), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		1.1: Increase the proportion of persons with health insurance to 100%.						
Healthy Alaskans 2010 Objective:		15.1: Reduce the percent of Alaskans without health insurance coverage throughout the year to 5%.						
Screening Question:		Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMO's, or government plans such as Medicare?						
Population at Risk (See Appendix)	Response:	Yes					Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Nutrition								
Fruit and Vegetable Index								
<1 Per Day or Never	71%	(54% - 83%)	18,687	77	114		72%	(59% - 82%)
1 to <3 Times Per Day	74.7%	(68.7% - 80.0%)	112,909	516	677		74.9%	(68.9% - 80.0%)
3 to <5 Times Per Day	87.0%	(83.5% - 89.9%)	133,133	576	684		86.7%	(82.9% - 89.7%)
5 Or More Times Per Day	83%	(77% - 88%)	82,563	358	443		83%	(77% - 88%)
Physical Activity								
Physical Activity Recommendations (2008)								
Active	83.2%	(79.7% - 86.2%)	259,787	1,076	1,319		83.4%	(80.1% - 86.2%)
Insufficient	77%	(70% - 84%)	51,616	265	336		78%	(71% - 84%)
Inactive	70%	(59% - 79%)	22,533	117	165		70%	(59% - 79%)
Leisure Time Exercise								
Yes	83.0%	(80.8% - 84.9%)	303,659	2,617	3,161		83.0%	(80.8% - 84.9%)
No	71.4%	(65.6% - 76.5%)	58,151	553	754		70.1%	(64.0% - 75.6%)
Sexual Violence/Intimate Partner Violence								
Parents Physically Hurt by Spouse/Partner								
Yes	76%	(69% - 82%)	59,340	281	375		76%	(69% - 82%)
No	82.8%	(79.4% - 85.7%)	263,496	1,156	1,415		82.6%	(79.1% - 85.5%)
Unwanted Sexual Activity								
Yes	79%	(69% - 86%)	45,800	243	301		79%	(70% - 85%)
No	81.8%	(78.6% - 84.6%)	277,175	1,193	1,491		81.6%	(78.3% - 84.5%)

Health Care Coverage – Age 18-64 (continued)

Healthcare coverage, Adults (18-64 years of age), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy People 2010 Objective:		1.1: Increase the proportion of persons with health insurance to 100%.						
Healthy Alaskans 2010 Objective:		15.1: Reduce the percent of Alaskans without health insurance coverage throughout the year to 5%.						
Screening Question:		Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMO's, or government plans such as Medicare?						
Population at Risk (See Appendix)	Response:	Yes					Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Ever Hurt or Threatened by Intimate Partner								
Yes	73%	(65% - 80%)	64,212	326	446		73%	(65% - 80%)
No	83.6%	(80.4% - 86.4%)	258,881	1,114	1,350		83.3%	(80.1% - 86.2%)
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner								
Yes	75%	(62% - 86%)	18,763	81	113		77%	(65% - 85%)
No	81.6%	(78.5% - 84.3%)	304,288	1,360	1,687		81.2%	(77.9% - 84.1%)
Tobacco Use								
Cigarette Smoking Status								
Current Smoker	72.0%	(67.5% - 76.2%)	63,070	586	849		71.4%	(66.8% - 75.6%)
Former Smoker	79.8%	(75.7% - 83.4%)	90,800	886	1,099		79.1%	(74.5% - 83.1%)
Never Smoked	84.9%	(82.1% - 87.4%)	206,392	1,680	1,944		85.3%	(82.6% - 87.6%)
Smokeless Tobacco Status								
Current User	73%	(63% - 81%)	15,571	146	202		73%	(65% - 80%)
Former User	79.2%	(74.1% - 83.4%)	67,505	495	648		79.2%	(74.2% - 83.4%)
Never Used	81.9%	(79.4% - 84.1%)	263,918	2,415	2,914		81.4%	(78.9% - 83.7%)
Weight Status								
Weight Status								
Normal (BMI <25)	79.6%	(75.7% - 82.9%)	122,274	993	1,260		80.6%	(77.2% - 83.5%)
Overweight (BMI 25 to 30)	80.4%	(76.8% - 83.6%)	134,957	1,160	1,428		79.6%	(75.7% - 83.0%)
Obese (BMI ≥30)	83.8%	(80.3% - 86.8%)	93,086	906	1,092		83.7%	(79.9% - 86.9%)
Obese I (BMI 30 TO < 35)	82.4%	(77.8% - 86.2%)	57,060	563	691		81.2%	(75.6% - 85.8%)
Obese II & III (BMI ≥35)	86%	(80% - 91%)	35,930	343	401		86%	(81% - 91%)

HIV/AIDS Test

INDICATOR: Proportion of adults who have ever had an HIV test.

DATA SOURCE: 2009 Alaska Standard BRFSS survey.

BRFSS QUESTION:

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

How are we doing?

- ▶ In 2009, half (50%) of Alaska adults age 18 to 64 years reported ever having an HIV test.

How does Alaska compare with the U.S.?

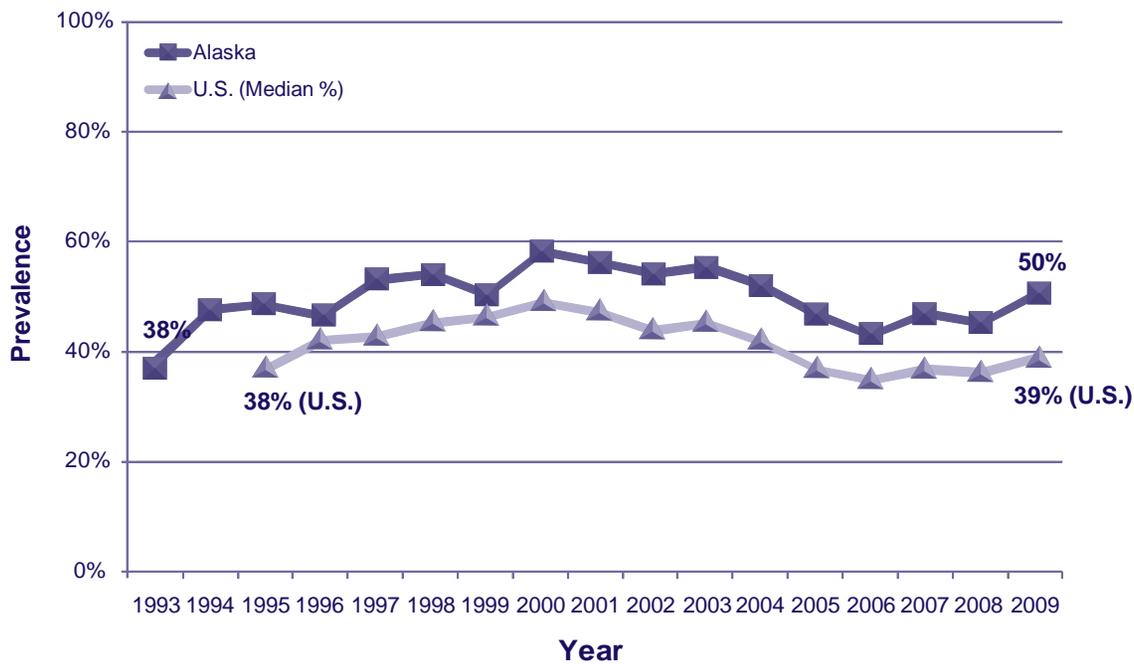
- ▶ Since 1993, Alaska has had a consistently higher prevalence of having an HIV test than the national median.

How are different populations affected?

- ▶ Males were more likely than females to have had an HIV test in 2009.
- ▶ Alaska adults living in non-rural areas were more likely to have had an HIV test than those in rural areas.
- ▶ Veterans, adults who have ever been told they have asthma, and those who did some leisure time physical activity were more likely to have had an HIV test than adults not in these groups.
- ▶ Sexual violence and intimate partner violence (SV/IPV) was also associated with HIV testing in 2009; respondents who reported SV/IPV had a higher prevalence of having had an HIV test than those who did not.
- ▶ In 2009, 5% of respondents reported participating in a high HIV-risk activity in the past 12 months.

HIV/AIDS Test

HIV/AIDS Test: Alaska vs. Nationwide



Preventive Practices

HIV/AIDS Test

HIV test, Adults (18-64 years of age), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Population at Risk (See Appendix)	Response:		Have you ever been tested for HIV? Do not include tests you may have had as part of a blood donation. Include testing fluid from your mouth.				Yes	
	%	95% CI	Individuals	n	N	#	%	95% CI
Total	50.4%	(46.9% - 54.0%)	209,584	906	1,845		51.6%	(48.2% - 54.9%)
Demographics								
Gender								
Female	56.0%	(51.4% - 60.4%)	111,012	519	1,007		57.0%	(52.7% - 61.3%)
Male	45.3%	(40.1% - 50.7%)	98,572	387	838		46.9%	(42.0% - 51.8%)
Age Groups (Categories Used in Age-Adjustment)								
Persons aged 18 to 24 years	38%	(27% - 51%)	26,152	51	140		NA	(NA - NA)
Persons aged 25 to 34 years	66%	(58% - 74%)	61,535	203	299		NA	(NA - NA)
Persons aged 35 to 44 years	66%	(59% - 72%)	60,077	259	408		NA	(NA - NA)
Persons aged 45 to 64 years	37.7%	(33.6% - 41.8%)	61,226	393	998		NA	(NA - NA)
Persons aged 65 years and older	DSU	(DSU - DSU)	DSU	DSU	0		NA	(NA - NA)
Race and Ethnicity								
American Indian or Alaska Native	48%	(40% - 55%)	29,553	178	357		49%	(42% - 56%)
Asian or Pacific Islander	31%	(17% - 51%)	4,468	18	50	1	36%	(21% - 55%)
Asian	DSU	(DSU - DSU)	DSU	DSU	40	3	DSU	(DSU - DSU)
Native Hawaiian or Other Pacific Islander	DSU	(DSU - DSU)	DSU	DSU	10	3	DSU	(DSU - DSU)
Black or African American	DSU	(DSU - DSU)	DSU	DSU	34	3	DSU	(DSU - DSU)
White	50.3%	(46.1% - 54.5%)	156,323	640	1,332		51.7%	(47.7% - 55.7%)
Hispanic or Latino	66%	(50% - 80%)	10,349	31	57		66%	(50% - 79%)
Not Hispanic or Latino	49.8%	(46.2% - 53.5%)	198,503	871	1,779		51.3%	(47.8% - 54.7%)
Black or African American, not Hispanic/Latino	DSU	(DSU - DSU)	DSU	DSU	27	3	DSU	(DSU - DSU)
White, not Hispanic or Latino	49.6%	(45.3% - 53.9%)	147,102	608	1,277		51.0%	(46.8% - 55.2%)

Preventive Practices

For table end notes see Appendix J on Pg 429.

HIV/AIDS Test (continued)

HIV test, Adults (18-64 years of age), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Population at Risk (<i>See Appendix</i>)	Response:		Yes		No		Response:		Yes		No	
	%	95% CI	Individuals	n	N	#	%	95% CI	%	95% CI	%	95% CI
Screening Question: Have you ever been tested for HIV? Do not include tests you may have had as part of a blood donation. Include testing fluid from your mouth.												
Alaska Native												
Yes	49%	(42% - 56%)	33,845	196	388		51%	(44% - 57%)				
No	50.5%	(46.5% - 54.5%)	174,408	704	1,450		51.6%	(47.7% - 55.5%)				
Geographic Location												
Anchorage & Vicinity	52%	(46% - 58%)	115,748	195	384		53%	(47% - 58%)				
Fairbanks & Vicinity	51%	(45% - 57%)	32,632	202	393		52%	(47% - 57%)				
Gulf Coast	45%	(39% - 51%)	20,645	154	344		47%	(41% - 54%)				
Rural	45%	(39% - 51%)	17,585	162	343		46%	(40% - 52%)				
Southeast	53%	(47% - 59%)	23,404	193	381		56%	(50% - 62%)				
Urban/Rural												
Metropolitan Statistical Area	51.7%	(46.7% - 56.7%)	143,978	380	748		52.5%	(47.8% - 57.1%)				
Micropolitan Statistical Area & Urban Clusters	53.8%	(48.9% - 58.6%)	39,933	307	598		55.3%	(50.4% - 60.0%)				
Rural	41%	(35% - 46%)	25,847	219	499		43%	(38% - 48%)				
Education Level (persons aged 25 years and older)												
Less than high school	57%	(43% - 70%)	9,911	49	93		54%	(42% - 66%)				
High school graduate	46.5%	(40.4% - 52.8%)	44,281	221	502		48.5%	(42.2% - 54.7%)				
At least some college	54.0%	(47.7% - 60.1%)	57,329	248	511		54.2%	(48.4% - 59.8%)				
College Graduate	56.1%	(50.1% - 61.9%)	71,663	337	597		57.3%	(51.4% - 63.0%)				
Employment Status												
Employed	53.1%	(48.8% - 57.3%)	155,394	661	1,306		53.0%	(48.6% - 57.4%)				
Unemployed	45%	(35% - 55%)	19,524	99	204		48%	(39% - 57%)				
Not in Workforce (Student, Homemaker, Retired)	40%	(31% - 50%)	24,869	97	247		45%	(37% - 53%)				
Unable to work	59%	(41% - 74%)	8,417	44	75		70%	(64% - 75%)				

HIV/AIDS Test (continued)

HIV test, Adults (18-64 years of age), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

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

Population at Risk (See Appendix)	Response:			Yes					
	%	95% CI	Individuals	n	N	#	%	95% CI	
Marital Status									
Married or Unwed Couple	52.2%	(47.9% - 56.3%)	126,231	486	1,037		54.9%	(50.1% - 59.7%)	
Divorced/Separated	32%	(18% - 49%)	1,958	22	62		56%	(41% - 70%)	
Widowed	60%	(52% - 68%)	28,572	192	326		67%	(55% - 78%)	
Never Married	41%	(31% - 51%)	36,978	131	295		49%	(41% - 57%)	
Income Level									
<\$15,000	49%	(35% - 63%)	12,105	71	144		56%	(44% - 68%)	
\$15,000 - \$24,999	51%	(35% - 67%)	16,752	88	164		53%	(42% - 63%)	
\$25,000 - \$49,999	51%	(43% - 59%)	41,794	181	358		51%	(43% - 59%)	
\$50,000 - \$74,999	53%	(45% - 60%)	34,564	163	316		55%	(47% - 62%)	
\$75,000	50.1%	(44.6% - 55.5%)	77,447	312	660		47.8%	(42.2% - 53.5%)	
Poverty Threshold									
Poor (<100% Poverty Threshold)	43%	(28% - 60%)	13,675	68	139		50%	(41% - 59%)	
Near Poor (100% to 199% Poverty Threshold)	57%	(47% - 68%)	28,437	119	217		56%	(46% - 66%)	
Middle/High Income (>=200% Poverty Threshold)	50.5%	(46.6% - 54.5%)	140,289	628	1,286		51.7%	(47.4% - 56.0%)	
Below Poverty Guidelines									
Yes	48%	(34% - 62%)	19,752	98	185		53%	(45% - 61%)	
No	51.2%	(47.4% - 55.0%)	162,897	717	1,457		51.8%	(47.7% - 55.8%)	
Veteran									
Yes	63%	(56% - 70%)	41,965	158	280		68%	(60% - 75%)	
No	48.0%	(44.0% - 51.9%)	167,002	745	1,559		49.0%	(45.3% - 52.7%)	

Preventive Practices

HIV/AIDS Test (continued)

HIV test, Adults (18-64 years of age), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Screening Question:

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

Population at Risk (See Appendix)	Response:			Yes					
	%	95% CI	Individuals	n	N #	%	95% CI		
Health Status									
General Health									
Excellent to Very Good	52.3%	(47.7% - 56.8%)	132,046	498	1,011	52.4%	(48.1% - 56.7%)		
Good	46.8%	(40.1% - 53.7%)	55,836	277	582	47.7%	(41.3% - 54.0%)		
Fair/Poor	50%	(40% - 60%)	21,502	127	244	57%	(50% - 65%)		
Healthy Days (Mean Number of Days)									
Physical Health Not Good	3.0	(2.4 - 3.6)			895	3.2	(2.6 - 3.9)		
Mental Health Not Good	3.6	(2.8 - 4.4)			886	3.7	(3.0 - 4.5)		
Unhealthy Days (Physical or Mental Health Not Good)	6.0	(5.1 - 6.9)			881	6.3	(5.3 - 7.2)		
Days with Activity Limitation	2.2	(1.6 - 2.7)			896	2.3	(1.8 - 2.9)		
Healthy Days (Percentage with 14 or More Days)									
Physical Health Not Good	57%	(46% - 67%)	16,475	92	163	62%	(51% - 71%)		
Mental Health Not Good	73%	(63% - 81%)	21,862	96	150	74%	(63% - 82%)		
Unhealthy Days (Physical or Mental Health Not Good)	66%	(58% - 73%)	37,147	169	280	69%	(61% - 75%)		
Activity Limitation	69%	(57% - 78%)	13,560	71	117	78%	(70% - 84%)		
Disability									
Disabled									
Yes	57%	(49% - 64%)	48,107	215	398	63%	(56% - 70%)		
No	48.6%	(44.5% - 52.6%)	158,489	677	1,421	48.6%	(45.0% - 52.3%)		
Activity Limitation									
Yes	56%	(48% - 64%)	45,051	205	382	63%	(56% - 70%)		
No	48.7%	(44.7% - 52.7%)	161,104	687	1,441	48.8%	(45.2% - 52.5%)		

HIV/AIDS Test (continued)

HIV test, Adults (18-64 years of age), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Population at Risk (See Appendix)	Response:		Have you ever been tested for HIV? Do not include tests you may have had as part of a blood donation. Include testing fluid from your mouth.					
	%	95% CI	Individuals	Yes		%	95% CI	
				n	N	#		
Require Special Equipment								
Yes	60%	(46% - 73%)	10,506	52	90		72%	(61% - 81%)
No	50.1%	(46.4% - 53.7%)	199,041	854	1,750		51.1%	(47.6% - 54.5%)
Mental Health								
Social and Emotional Support								
Always/Usually	51.1%	(47.2% - 55.1%)	167,503	710	1,418		51.6%	(47.8% - 55.4%)
Sometimes/Rarely/Never	47%	(39% - 56%)	38,316	183	400		50%	(43% - 58%)
Life Satisfaction								
Very Satisfied / Satisfied	50.1%	(46.4% - 53.7%)	196,351	846	1,746		50.8%	(47.3% - 54.3%)
Dissatisfied / Very Dissatisfied	56%	(39% - 71%)	9,179	47	78		70%	(60% - 78%)
Healthcare								
Healthcare Coverage								
Health Plan								
Yes	51.9%	(48.0% - 55.8%)	170,770	719	1,455		53.3%	(49.4% - 57.2%)
No	44%	(36% - 52%)	35,322	180	374		45%	(38% - 52%)
Immunization								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	56.8%	(51.0% - 62.4%)	82,659	337	638		59.8%	(54.2% - 65.1%)
No	47.1%	(42.6% - 51.6%)	125,440	563	1,189		47.5%	(43.3% - 51.7%)
Ever Had Pneumonia Shot (Ages 65+)								
Yes	57%	(49% - 64%)	36,363	182	344		63%	(54% - 70%)
No	48.6%	(44.4% - 52.8%)	139,248	597	1,260		49.6%	(45.5% - 53.8%)

Preventive Practices

HIV/AIDS Test (continued)

HIV test, Adults (18-64 years of age), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Population at Risk (See Appendix)	Response:		Have you ever been tested for HIV? Do not include tests you may have had as part of a blood donation. Include testing fluid from your mouth.						
	%	95% CI	Individuals	Yes				%	95% CI
				n	N	#			
Screening									
AIDS/HIV Screening (Ages 18-64)									
Yes	100.0%	(0.0% - 0.0%)	209,584	906	906		100.0%	(0.0% - 0.0%)	
No	0.0%	(0.0% - 0.0%)	0	0	939		0.0%	(0.0% - 0.0%)	
Diagnoses									
Arthritis									
Arthritis									
Yes	50%	(42% - 57%)	40,605	234	450		57%	(43% - 70%)	
No	50.2%	(46.2% - 54.2%)	165,699	664	1,382		49.5%	(45.6% - 53.4%)	
Asthma									
Asthma Diagnosis									
Yes	67%	(60% - 74%)	42,586	168	279		69%	(63% - 75%)	
No	47.3%	(43.4% - 51.2%)	165,804	733	1,560		47.8%	(43.8% - 51.8%)	
Current Asthma									
Yes	67%	(57% - 76%)	25,582	107	171		71%	(63% - 78%)	
No	69%	(57% - 79%)	16,023	56	96		68%	(57% - 77%)	
Cardiovascular and Cerebrovascular Disease									
Cardiovascular Disease									
Yes	41%	(27% - 56%)	4,644	29	67		47%	(23% - 73%)	
No	50.8%	(47.1% - 54.4%)	204,340	872	1,769		51.1%	(47.4% - 54.8%)	
Heart Attack (Myocardial Infarction)									
Yes	DSU	(DSU - DSU)	DSU	DSU	48		DSU	(DSU - DSU)	
No	50.7%	(47.0% - 54.3%)	206,164	883	1,793		51.1%	(47.4% - 54.7%)	

HIV/AIDS Test (continued)

HIV test, Adults (18-64 years of age), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

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

Population at Risk (See Appendix)	Response:			Yes					
	%	95% CI	Individuals	n	N	#	%	95% CI	
Coronary Heart Disease (Angina)									
Yes	DSU	(DSU - DSU)	DSU	DSU	36	1	DSU	(DSU - DSU)	
No	50.6%	(47.0% - 54.2%)	206,532	888	1,804		51.0%	(47.3% - 54.7%)	
Stroke									
Yes	DSU	(DSU - DSU)	DSU	DSU	31	1	DSU	(DSU - DSU)	
No	50.3%	(46.7% - 53.9%)	206,902	884	1,812		50.9%	(47.2% - 54.6%)	
Diabetes									
Nongestational Diabetes									
Yes	36%	(24% - 50%)	6,714	38	98		42%	(22% - 64%)	
No	51.2%	(47.5% - 54.8%)	202,660	867	1,743		51.4%	(47.7% - 55.1%)	
Pre-Diabetes									
Yes	47%	(36% - 58%)	15,285	77	163		55%	(44% - 65%)	
No	51.4%	(47.5% - 55.3%)	187,247	788	1,579		52.0%	(48.4% - 55.5%)	
Risk Factors									
Alcohol									
Binge Drinking									
Yes	55%	(48% - 63%)	45,689	193	356		53%	(46% - 60%)	
No	48.2%	(44.1% - 52.2%)	155,861	688	1,455		50.2%	(46.4% - 54.0%)	
Heavy Drinking									
Yes	60%	(48% - 71%)	16,549	73	137		63%	(51% - 73%)	
No	49.5%	(45.7% - 53.3%)	186,976	804	1,658		50.9%	(47.4% - 54.4%)	

Preventive Practices

HIV/AIDS Test (continued)

HIV test, Adults (18-64 years of age), Alaska BRFS, 2009:
Standard (2009) Survey Instrument

Population at Risk (See Appendix)	Response:		Have you ever been tested for HIV? Do not include tests you may have had as part of a blood donation. Include testing fluid from your mouth.				
	%	95% CI	Individuals	Yes		%	95% CI
				n	N #		
Hypercholesterolemia							
High Cholesterol							
Yes	45.0%	(38.9% - 51.3%)	40,770	240	508	56.3%	(47.2% - 65.1%)
No	56.6%	(51.6% - 61.5%)	112,225	448	867	56.3%	(51.1% - 61.5%)
Hypertension							
High Blood Pressure							
Yes	49%	(43% - 55%)	45,074	227	491	61%	(54% - 67%)
No	50.7%	(46.5% - 55.0%)	163,269	672	1,343	51.1%	(47.3% - 54.9%)
Nutrition							
Fruit and Vegetable Index							
<1 Per Day or Never	40%	(27% - 55%)	10,571	44	110	45%	(35% - 54%)
1 to <3 Times Per Day	46.9%	(40.9% - 52.9%)	67,439	296	650	47.3%	(41.7% - 53.1%)
3 to <5 Times Per Day	54.9%	(49.1% - 60.6%)	81,222	338	656	55.4%	(49.7% - 61.0%)
5 Or More Times Per Day	52%	(44% - 59%)	50,524	227	427	55%	(49% - 61%)
Physical Activity							
Physical Activity Recommendations (2008)							
Active	50.9%	(46.5% - 55.2%)	155,075	636	1,276	52.3%	(48.4% - 56.1%)
Insufficient	50%	(43% - 58%)	33,191	168	331	53%	(44% - 61%)
Inactive	45%	(35% - 56%)	13,894	68	159	45%	(35% - 55%)
Leisure Time Exercise							
Yes	53.0%	(49.0% - 57.1%)	172,600	730	1,438	53.7%	(49.9% - 57.4%)
No	41%	(34% - 48%)	36,786	172	401	42%	(35% - 49%)

HIV/AIDS Test (continued)

HIV test, Adults (18-64 years of age), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

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

Population at Risk (See Appendix)	Response:			Yes					
	%	95% CI	Individuals	n	N	#	%	95% CI	
Sexual Violence/Intimate Partner Violence									
Parents Physically Hurt by Spouse/Partner									
Yes	62%	(55% - 69%)	48,132	208	367		62%	(54% - 68%)	
No	48.9%	(44.8% - 53.1%)	152,706	658	1,379		50.8%	(47.0% - 54.7%)	
Unwanted Sexual Activity									
Yes	71%	(63% - 77%)	40,635	201	296		70%	(62% - 77%)	
No	47.9%	(43.9% - 51.9%)	159,454	663	1,453		49.5%	(45.8% - 53.3%)	
Ever Hurt or Threatened by Intimate Partner									
Yes	68%	(61% - 74%)	59,625	279	441		69%	(62% - 75%)	
No	46.4%	(42.3% - 50.5%)	140,807	589	1,312		47.9%	(44.1% - 51.8%)	
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner									
Yes	80%	(68% - 87%)	20,693	83	114		75%	(65% - 83%)	
No	49.1%	(45.4% - 52.8%)	179,412	783	1,642		50.4%	(46.9% - 54.0%)	
Tobacco Use									
Cigarette Smoking Status									
Current Smoker	58%	(51% - 65%)	51,914	246	430		59%	(53% - 65%)	
Former Smoker	50.8%	(43.7% - 58.0%)	53,883	257	528		53.5%	(45.8% - 61.0%)	
Never Smoked	47.2%	(42.1% - 52.3%)	102,625	396	873		48.2%	(43.5% - 52.9%)	
Smokeless Tobacco Status									
Current User	64%	(51% - 75%)	13,393	57	102		60%	(47% - 71%)	
Former User	56%	(47% - 66%)	45,104	178	327		55%	(46% - 64%)	
Never Used	48.0%	(44.0% - 52.1%)	144,631	647	1,367		50.2%	(46.4% - 54.0%)	

Preventive Practices

HIV/AIDS Test (continued)

HIV test, Adults (18-64 years of age), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Screening Question:

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

Population at Risk (See Appendix)	Response:			Yes				
	%	95% CI	Individuals	n	N #	%	95% CI	
Weight Status								
Weight Status								
Normal (BMI <25)	51.6%	(44.9% - 58.3%)	78,480	325	616	55.5%	(50.1% - 60.8%)	
Overweight (BMI 25 to 30)	50.5%	(44.7% - 56.2%)	76,334	312	660	51.6%	(45.6% - 57.4%)	
Obese (BMI ≥30)	49.2%	(43.1% - 55.2%)	50,166	249	518	51.1%	(44.6% - 57.6%)	
Obese I (BMI 30 TO < 35)	49%	(42% - 56%)	32,075	163	329	49%	(42% - 57%)	
Obese II & III (BMI ≥35)	50%	(39% - 60%)	18,293	86	189	51%	(41% - 61%)	

Cholesterol Screening

INDICATOR: Proportion of adults who have had a cholesterol test in the past five years.

DATA SOURCE: 2009 Alaska Standard BRFSS survey.

BRFSS QUESTIONS:

- ▶ Blood cholesterol is a fatty substance found in the blood. Have you EVER had your blood cholesterol checked?
- ▶ About how long has it been since you last had your blood cholesterol checked?

How are we doing?

- ▶ Seventy-one percent of Alaska adults had their cholesterol tested in the prior five years in 2009.
- ▶ The prevalence of cholesterol screening in Alaska appears to have increased since 1993.

How does Alaska compare with the U.S.?

- ▶ From 1993 to 2009, the U.S. Median prevalence of cholesterol screening in the past five years has consistently been higher than the Alaska prevalence.

Healthy People 2010

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

Healthy Alaskans 2010

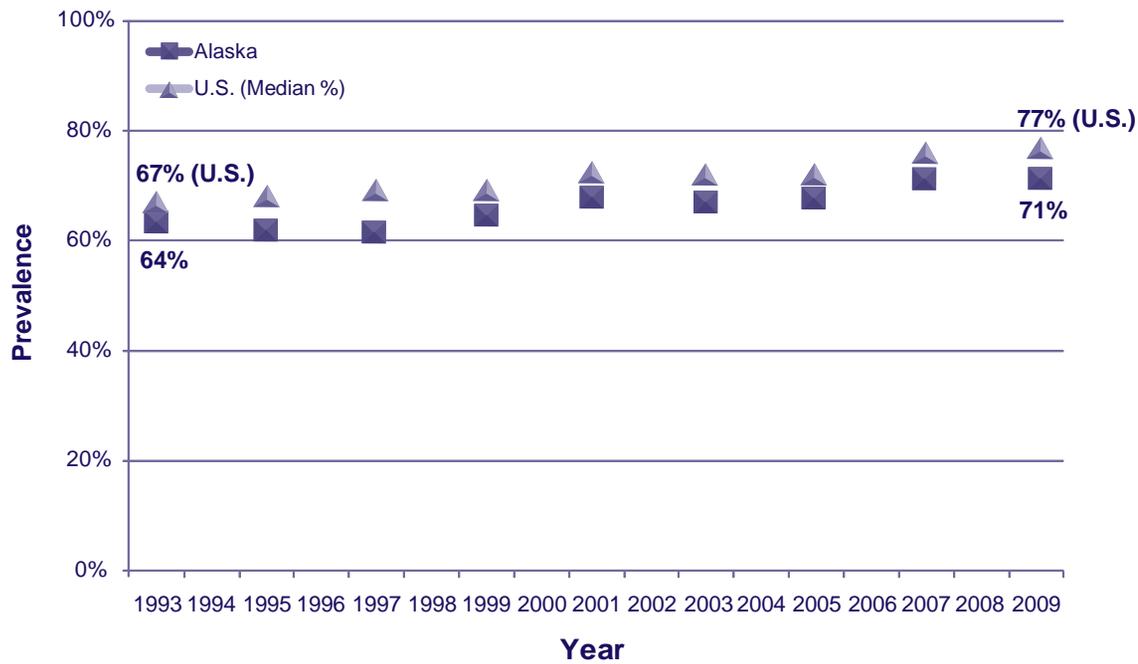
Objective 21.10: Increase the proportion of adults who have had their blood cholesterol checked within the preceding five years to 75%.

How are different populations affected?

- ▶ In 2009, Alaska Natives were less likely than non-Natives to report having had their cholesterol screened in the past five years.
- ▶ Cholesterol screening increased dramatically with age; 90% of those 65 and older reported having been screened in the prior five years. The prevalence of cholesterol screening in the past five years also increased with education level.
- ▶ The prevalence of cholesterol testing was lower in the rural region of Alaska than in any other region.
- ▶ Unemployed adults, those who have never been married, those with income below poverty guidelines, those with no health care coverage, those who eat less than one fruit or vegetable per day and current smokers were less likely to have had a cholesterol test in the past five years than Alaska adults not in these groups.
- ▶ Being a veteran, having arthritis, having cardiovascular disease, having a stroke, being obese, and having high blood pressure were associated with having had a cholesterol test in the past five years in 2009.

Cholesterol Screening

Cholesterol Screening: Alaska vs. Nationwide



Preventive Practices

Cholesterol Screening

Cholesterol screening within the past 5 years, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

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 18 years and older who have had their blood cholesterol within the past 5 years to 75%.

Screening Question: Blood cholesterol is a fatty substance found in the blood. Have you EVER had your blood cholesterol checked?
And How long has it been since you last had your blood cholesterol checked?

Response: Yes and either Within the past year or Within the past 2 to 5 years

Population at Risk (See Appendix)	%	Observed Rate			Age-Adjusted Rate		
		95% CI	Individuals	n	N #	%	95% CI
Total	71.3%	(68.0% - 74.3%)	342,904	1,752	2,309	71.6%	(68.8% - 74.2%)
Demographics							
Gender							
Female	74.1%	(70.0% - 77.9%)	169,199	973	1,251	74.0%	(70.1% - 77.5%)
Male	68.7%	(63.6% - 73.3%)	173,705	779	1,058	69.5%	(65.4% - 73.3%)
Age Groups (Categories Used in Age-Adjustment)							
Persons aged 18 to 24 years	34%	(23% - 47%)	21,244	44	130	NA	(NA - NA)
Persons aged 25 to 34 years	60%	(52% - 67%)	57,262	162	304	NA	(NA - NA)
Persons aged 35 to 44 years	69%	(62% - 75%)	63,921	298	415	NA	(NA - NA)
Persons aged 45 to 64 years	86.4%	(83.5% - 88.9%)	152,414	903	1,063	NA	(NA - NA)
Persons aged 65 years and older	90%	(85% - 93%)	45,279	325	371	NA	(NA - NA)
Race and Ethnicity							
American Indian or Alaska Native	59%	(53% - 66%)	39,221	257	414	62%	(55% - 67%)
Asian or Pacific Islander	58%	(38% - 76%)	8,777	45	63	63%	(48% - 76%)
Asian	53%	(31% - 74%)	8,001	34	51	56%	(41% - 70%)
Native Hawaiian or Other Pacific Islander	DSU	(DSU - DSU)	DSU	DSU	12	DSU	(DSU - DSU)
Black or African American	DSU	(DSU - DSU)	DSU	DSU	35	DSU	(DSU - DSU)
White	73.6%	(69.6% - 77.2%)	270,227	1,352	1,707	73.3%	(70.0% - 76.4%)
Hispanic or Latino	55%	(38% - 72%)	8,198	36	56	56%	(39% - 71%)
Not Hispanic or Latino	71.8%	(68.5% - 75.0%)	333,150	1,704	2,235	72.3%	(69.4% - 74.9%)
Black or African American, not Hispanic/Latino	DSU	(DSU - DSU)	DSU	DSU	28	DSU	(DSU - DSU)
White, not Hispanic or Latino	74.5%	(70.4% - 78.2%)	262,397	1,307	1,641	74.1%	(70.7% - 77.2%)

For table end notes see Appendix J on Pg 429.

Cholesterol Screening (continued)

Cholesterol screening within the past 5 years, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

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 18 years and older who have had their blood cholesterol within the past 5 years to 75%.

Screening Question: Blood cholesterol is a fatty substance found in the blood. Have you EVER had your blood cholesterol checked?
And How long has it been since you last had your blood cholesterol checked?

Response: Yes and either Within the past year or Within the past 2 to 5 years

Population at Risk (See Appendix)	%	Observed Rate					Age-Adjusted Rate	
		95% CI	Individuals	n	N #	%	95% CI	
Alaska Native								
Yes	60%	(54% - 66%)	44,604	286	453	62%	(56% - 68%)	
No	73.2%	(69.3% - 76.7%)	295,292	1,451	1,839	73.2%	(70.0% - 76.2%)	
Geographic Location								
Anchorage & Vicinity	75%	(69% - 80%)	193,736	396	487	75%	(70% - 79%)	
Fairbanks & Vicinity	68%	(63% - 74%)	49,529	368	488	72%	(68% - 76%)	
Gulf Coast	69%	(63% - 75%)	38,022	364	466	67%	(62% - 72%)	
Rural	53%	(48% - 59%)	23,086	247	391	56%	(50% - 61%)	
Southeast	75%	(69% - 79%)	38,536	377	477	72%	(67% - 77%)	
Urban/Rural								
Metropolitan Statistical Area	73.5%	(68.8% - 77.8%)	236,574	743	940	74.0%	(70.1% - 77.6%)	
Micropolitan Statistical Area & Urban Clusters	70.1%	(65.5% - 74.3%)	59,682	573	738	70.0%	(65.9% - 73.8%)	
Rural	62.7%	(57.8% - 67.4%)	46,648	436	631	62.3%	(57.4% - 67.0%)	
Education Level (persons aged 25 years and older)								
Less than high school	56%	(44% - 67%)	12,794	78	133	57%	(46% - 67%)	
High school graduate	68.6%	(63.3% - 73.6%)	77,419	451	647	68.4%	(63.1% - 73.4%)	
At least some college	78.4%	(72.9% - 83.0%)	101,559	536	659	79.4%	(74.6% - 83.4%)	
College Graduate	85.1%	(80.8% - 88.6%)	129,958	643	737	84.9%	(80.6% - 88.4%)	
Employment Status								
Employed	72.1%	(67.9% - 76.0%)	230,105	1,112	1,455	72.0%	(68.4% - 75.4%)	
Unemployed	52%	(42% - 61%)	22,576	121	210	54%	(44% - 64%)	
Not in Workforce (Student, Homemaker, Retired)	76.0%	(68.4% - 82.3%)	75,757	432	531	71.9%	(64.3% - 78.4%)	

Cholesterol Screening (continued)

Cholesterol screening within the past 5 years, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

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 18 years and older who have had their blood cholesterol within the past 5 years to 75%.

Screening Question: Blood cholesterol is a fatty substance found in the blood. Have you EVER had your blood cholesterol checked?
And How long has it been since you last had your blood cholesterol checked?

Response: Yes and either Within the past year or Within the past 2 to 5 years

Population at Risk (See Appendix)	%	Observed Rate			Age-Adjusted Rate		
		95% CI	Individuals	n	N #	%	95% CI
Marital Status							
Married or Unwed Couple	78.8%	(75.4% - 81.9%)	227,442	1,045	1,291	76.5%	(71.8% - 80.6%)
Divorced/Separated	88%	(81% - 93%)	15,991	138	164	79%	(59% - 91%)
Widowed	75%	(67% - 81%)	43,351	317	401	62%	(54% - 69%)
Never Married	47%	(37% - 57%)	40,882	179	316	63%	(55% - 71%)
Income Level							
<\$15,000	61%	(49% - 72%)	17,554	104	175	60%	(49% - 70%)
\$15,000 - \$24,999	54%	(40% - 67%)	21,833	155	234	57%	(49% - 65%)
\$25,000 - \$49,999	68%	(61% - 74%)	64,666	345	471	68%	(62% - 74%)
\$50,000 - \$74,999	72%	(65% - 78%)	55,893	313	397	70%	(63% - 77%)
\$75,000	83.8%	(79.1% - 87.6%)	143,586	648	750	78.3%	(74.0% - 82.0%)
Poverty Threshold							
Poor (<100% Poverty Threshold)	42%	(27% - 59%)	13,847	71	149	48%	(37% - 59%)
Near Poor (100% to 199% Poverty Threshold)	62%	(52% - 70%)	36,556	187	290	61%	(53% - 69%)
Middle/High Income (>=200% Poverty Threshold)	78.7%	(75.4% - 81.7%)	252,940	1,307	1,588	76.5%	(72.8% - 79.8%)
Below Poverty Guidelines							
Yes	45%	(32% - 58%)	20,034	101	206	49%	(40% - 59%)
No	76.8%	(73.5% - 79.7%)	283,058	1,464	1,821	75.0%	(71.7% - 78.1%)
Veteran							
Yes	86%	(81% - 90%)	78,183	361	420	85%	(77% - 90%)
No	67.7%	(63.9% - 71.3%)	263,632	1,386	1,881	69.3%	(66.2% - 72.2%)

Preventive Practices

Cholesterol Screening (continued)

Cholesterol screening within the past 5 years, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

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 18 years and older who have had their blood cholesterol within the past 5 years to 75%.

Screening Question: Blood cholesterol is a fatty substance found in the blood. Have you EVER had your blood cholesterol checked?
And How long has it been since you last had your blood cholesterol checked?

Response: Yes and either Within the past year or Within the past 2 to 5 years

Population at Risk (See Appendix)	%	Observed Rate				Age-Adjusted Rate	
		95% CI	Individuals	n	N #	%	95% CI
Health Status							
General Health							
Excellent to Very Good	72.0%	(67.9% - 75.8%)	203,162	921	1,217	73.5%	(69.8% - 77.0%)
Good	68.1%	(61.4% - 74.1%)	97,928	555	745	67.1%	(62.4% - 71.5%)
Fair/Poor	76%	(66% - 83%)	40,174	266	331	69%	(61% - 76%)
Healthy Days (Mean Number of Days)							
Physical Health Not Good	2.9	(2.5 - 3.3)			1721	2.9	(2.5 - 3.3)
Mental Health Not Good	2.6	(2.1 - 3.1)			1713	2.4	(1.9 - 2.9)
Unhealthy Days (Physical or Mental Health Not Good)	5.0	(4.4 - 5.6)			1692	4.9	(4.3 - 5.6)
Days with Activity Limitation	2.0	(1.6 - 2.3)			1731	1.9	(1.5 - 2.2)
Healthy Days (Percentage with 14 or More Days)							
Physical Health Not Good	73%	(64% - 81%)	26,718	176	222	64%	(55% - 73%)
Mental Health Not Good	71%	(60% - 80%)	23,925	131	180	69%	(59% - 77%)
Unhealthy Days (Physical or Mental Health Not Good)	69%	(62% - 76%)	46,121	264	359	67%	(59% - 74%)
Activity Limitation	77%	(65% - 86%)	18,911	129	156	72%	(61% - 81%)
Disability							
Disabled							
Yes	78.8%	(71.2% - 84.8%)	85,911	468	560	74.3%	(67.4% - 80.2%)
No	69.3%	(65.5% - 72.9%)	252,420	1,253	1,695	70.8%	(67.6% - 73.9%)
Activity Limitation							
Yes	78.9%	(71.0% - 85.2%)	81,298	442	529	75.1%	(68.0% - 81.0%)
No	69.4%	(65.6% - 72.9%)	257,517	1,282	1,734	70.7%	(67.5% - 73.7%)

Cholesterol Screening (continued)

Cholesterol screening within the past 5 years, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

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 18 years and older who have had their blood cholesterol within the past 5 years to 75%.

Screening Question: Blood cholesterol is a fatty substance found in the blood. Have you EVER had your blood cholesterol checked?
And How long has it been since you last had your blood cholesterol checked?

Response: Yes and either Within the past year or Within the past 2 to 5 years

Population at Risk (See Appendix)	%	Observed Rate			Age-Adjusted Rate		
		95% CI	Individuals	n	N #	%	95% CI
Require Special Equipment							
Yes	90%	(81% - 94%)	23,679	133	151	85%	(72% - 93%)
No	70.4%	(66.9% - 73.6%)	317,231	1,603	2,129	71.3%	(68.4% - 74.0%)
Mental Health							
Social and Emotional Support							
Always/Usually	74.1%	(70.4% - 77.5%)	266,017	1,312	1,669	74.6%	(71.4% - 77.6%)
Sometimes/Rarely/Never	62%	(54% - 70%)	57,134	338	491	63%	(58% - 68%)
Life Satisfaction							
Very Satisfied / Satisfied	71.8%	(68.3% - 75.1%)	312,600	1,596	2,077	72.3%	(69.4% - 75.0%)
Dissatisfied / Very Dissatisfied	64%	(49% - 77%)	10,915	59	88	60%	(50% - 69%)
Healthcare							
Healthcare Coverage							
Health Plan							
Yes	77.9%	(74.4% - 81.1%)	303,971	1,539	1,885	76.2%	(73.1% - 79.0%)
No	44%	(36% - 52%)	37,092	206	407	48%	(40% - 56%)
Immunization							
Flu Shot Within Past 12 Months (Ages 65+)							
Yes	85.5%	(81.5% - 88.8%)	156,648	777	888	84.0%	(79.5% - 87.6%)
No	62.7%	(58.1% - 67.0%)	181,307	943	1,366	64.4%	(60.8% - 67.8%)
Ever Had Pneumonia Shot (Ages 65+)							
Yes	87.9%	(83.6% - 91.2%)	86,383	508	575	81.4%	(73.8% - 87.1%)
No	68.4%	(64.4% - 72.2%)	211,412	1,047	1,441	68.3%	(64.5% - 71.9%)

Preventive Practices

Cholesterol Screening (continued)

Cholesterol screening within the past 5 years, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

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 18 years and older who have had their blood cholesterol within the past 5 years to 75%.

Screening Question: Blood cholesterol is a fatty substance found in the blood. Have you EVER had your blood cholesterol checked?
And How long has it been since you last had your blood cholesterol checked?

Response: Yes and either Within the past year or Within the past 2 to 5 years

Population at Risk (See Appendix)	%	Observed Rate			Age-Adjusted Rate		
		95% CI	Individuals	n	N #	%	95% CI
Screening							
AIDS/HIV Screening (Ages 18-64)							
Yes	72.9%	(67.9% - 77.4%)	145,431	655	859	73.5%	(68.6% - 77.8%)
No	64.2%	(58.4% - 69.6%)	124,667	638	897	61.3%	(55.9% - 66.4%)
Diagnoses							
Arthritis							
Arthritis							
Yes	85.2%	(76.7% - 91.0%)	95,524	596	667	74.9%	(63.0% - 84.0%)
No	67.3%	(63.6% - 70.9%)	237,865	1,103	1,565	69.2%	(65.8% - 72.5%)
Asthma							
Asthma Diagnosis							
Yes	78%	(71% - 84%)	53,597	264	323	79%	(73% - 85%)
No	70.1%	(66.4% - 73.5%)	288,175	1,483	1,979	69.9%	(66.6% - 73.1%)
Current Asthma							
Yes	80%	(71% - 87%)	35,145	170	206	81%	(72% - 88%)
No	76%	(61% - 86%)	16,864	82	101	80%	(67% - 88%)
Cardiovascular and Cerebrovascular Disease							
Cardiovascular Disease							
Yes	98%	(93% - 99%)	22,282	133	138	85%	(49% - 97%)
No	69.9%	(66.4% - 73.1%)	315,786	1,596	2,142	70.8%	(67.7% - 73.7%)
Heart Attack (Myocardial Infarction)							
Yes	99%	(97% - 100%)	15,503	94	96	100%	(98% - 100%)
No	70.2%	(66.8% - 73.4%)	325,299	1,648	2,200	70.8%	(67.7% - 73.7%)

Cholesterol Screening (continued)

Cholesterol screening within the past 5 years, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

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 18 years and older who have had their blood cholesterol within the past 5 years to 75%.

Screening Question: Blood cholesterol is a fatty substance found in the blood. Have you EVER had your blood cholesterol checked?
And How long has it been since you last had your blood cholesterol checked?

Response: Yes and either Within the past year or Within the past 2 to 5 years

Population at Risk (See Appendix)	Response:	Observed Rate					Age-Adjusted Rate	
		%	95% CI	Individuals	n	N #	%	95% CI
Coronary Heart Disease (Angina)								
Yes		97%	(90% - 99%)	14,317	86	89	71%	(34% - 92%)
No		70.3%	(66.9% - 73.5%)	324,422	1,650	2,201	71.0%	(68.0% - 73.9%)
Stroke								
Yes		91%	(79% - 96%)	8,110	59	65	82%	(60% - 93%)
No		70.9%	(67.5% - 74.0%)	334,005	1,686	2,235	71.1%	(68.0% - 74.0%)
Diabetes								
Nongestational Diabetes								
Yes		98%	(95% - 99%)	28,416	161	167	96%	(89% - 99%)
No		69.6%	(66.1% - 72.8%)	313,820	1,587	2,137	70.3%	(67.1% - 73.2%)
Pre-Diabetes								
Yes		87%	(80% - 92%)	34,593	189	217	74%	(67% - 80%)
No		67.9%	(64.2% - 71.3%)	279,396	1,398	1,918	69.7%	(66.7% - 72.6%)
Risk Factors								
Alcohol								
Binge Drinking								
Yes		64%	(56% - 70%)	54,632	250	372	69%	(63% - 74%)
No		72.8%	(69.0% - 76.3%)	277,874	1,452	1,863	72.1%	(68.8% - 75.2%)
Heavy Drinking								
Yes		70%	(58% - 79%)	20,906	109	151	67%	(58% - 75%)
No		71.2%	(67.7% - 74.6%)	309,011	1,577	2,060	71.7%	(68.7% - 74.6%)

Preventive Practices

Cholesterol Screening (continued)

Cholesterol screening within the past 5 years, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

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 18 years and older who have had their blood cholesterol within the past 5 years to 75%.

Screening Question: Blood cholesterol is a fatty substance found in the blood. Have you EVER had your blood cholesterol checked?
And How long has it been since you last had your blood cholesterol checked?

Response: Yes and either Within the past year or Within the past 2 to 5 years

Population at Risk (See Appendix)	Observed Rate					Age-Adjusted Rate	
	%	95% CI	Individuals	n	N #	%	95% CI
Hypercholesterolemia							
High Cholesterol							
Yes	97.0%	(94.2% - 98.5%)	121,991	726	747	96.9%	(93.1% - 98.7%)
No	93.9%	(91.8% - 95.5%)	217,074	1,001	1,076	94.3%	(92.2% - 95.8%)
Hypertension							
High Blood Pressure							
Yes	88.5%	(84.8% - 91.3%)	116,017	675	755	81.7%	(75.1% - 86.9%)
No	64.7%	(60.6% - 68.6%)	224,976	1,066	1,539	68.4%	(65.2% - 71.5%)
Nutrition							
Fruit and Vegetable Index							
<1 Per Day or Never	47%	(34% - 61%)	12,362	67	122	51%	(40% - 61%)
1 to <3 Times Per Day	68.2%	(62.4% - 73.4%)	109,799	573	772	69.5%	(64.3% - 74.3%)
3 to <5 Times Per Day	77.5%	(72.6% - 81.7%)	128,514	633	801	76.8%	(72.0% - 81.0%)
5 Or More Times Per Day	72.3%	(64.0% - 79.3%)	80,726	415	525	73.4%	(68.0% - 78.1%)
Physical Activity							
Physical Activity Recommendations (2008)							
Active	71.8%	(67.6% - 75.7%)	240,422	1,132	1,481	73.9%	(70.8% - 76.9%)
Insufficient	79%	(72% - 84%)	57,885	322	401	78%	(71% - 84%)
Inactive	61%	(51% - 70%)	22,173	154	216	53%	(44% - 62%)
Leisure Time Exercise							
Yes	72.9%	(69.1% - 76.4%)	273,532	1,367	1,772	73.9%	(71.0% - 76.7%)
No	65.3%	(58.5% - 71.6%)	68,516	378	528	61.8%	(54.5% - 68.7%)

Cholesterol Screening (continued)

Cholesterol screening within the past 5 years, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

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 18 years and older who have had their blood cholesterol within the past 5 years to 75%.

Screening Question: Blood cholesterol is a fatty substance found in the blood. Have you EVER had your blood cholesterol checked?
And How long has it been since you last had your blood cholesterol checked?

Response: Yes and either Within the past year or Within the past 2 to 5 years

Population at Risk (See Appendix)	%	Observed Rate					Age-Adjusted Rate	
		95% CI	Individuals	n	N #	%	95% CI	
Sexual Violence/Intimate Partner Violence								
Parents Physically Hurt by Spouse/Partner								
Yes	73%	(66% - 79%)	59,777	294	403	74%	(67% - 79%)	
No	71.7%	(67.6% - 75.5%)	249,091	1,297	1,668	72.0%	(68.9% - 75.0%)	
Unwanted Sexual Activity								
Yes	72%	(63% - 80%)	43,122	248	318	72%	(65% - 78%)	
No	71.5%	(67.6% - 75.1%)	264,764	1,340	1,756	71.9%	(68.9% - 74.8%)	
Ever Hurt or Threatened by Intimate Partner								
Yes	68%	(60% - 74%)	59,764	347	475	68%	(61% - 75%)	
No	72.9%	(68.9% - 76.6%)	249,890	1,251	1,604	73.5%	(70.5% - 76.3%)	
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner								
Yes	70%	(55% - 82%)	16,775	74	107	77%	(66% - 85%)	
No	71.7%	(68.0% - 75.1%)	292,094	1,523	1,975	71.4%	(68.6% - 74.1%)	
Tobacco Use								
Cigarette Smoking Status								
Current Smoker	59%	(52% - 65%)	55,616	287	473	61%	(55% - 67%)	
Former Smoker	78.3%	(71.0% - 84.2%)	107,386	604	723	70.7%	(65.6% - 75.3%)	
Never Smoked	72.3%	(67.6% - 76.6%)	177,878	850	1,094	74.5%	(70.7% - 77.9%)	
Smokeless Tobacco Status								
Current User	77%	(65% - 85%)	15,228	75	103	74%	(61% - 85%)	
Former User	64%	(54% - 73%)	55,257	256	358	68%	(63% - 73%)	
Never Used	72.8%	(69.1% - 76.1%)	246,791	1,302	1,677	72.4%	(68.9% - 75.5%)	

Preventive Practices

Cholesterol Screening (continued)

Cholesterol screening within the past 5 years, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

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 18 years and older who have had their blood cholesterol within the past 5 years to 75%.

Screening Question: Blood cholesterol is a fatty substance found in the blood. Have you EVER had your blood cholesterol checked?
And How long has it been since you last had your blood cholesterol checked?

Response: Yes and either Within the past year or Within the past 2 to 5 years

Population at Risk (See Appendix)	%	Observed Rate				Age-Adjusted Rate	
		95% CI	Individuals	n	N #	%	95% CI
Weight Status							
Weight Status							
Normal (BMI <25)	59.9%	(53.4% - 66.1%)	102,610	517	746	67.3%	(63.0% - 71.3%)
Overweight (BMI 25 to 30)	73.8%	(69.1% - 78.1%)	131,947	644	844	73.6%	(68.7% - 78.0%)
Obese (BMI ≥30)	84.5%	(80.3% - 88.0%)	99,033	540	643	77.7%	(72.8% - 82.0%)
Obese I (BMI 30 TO < 35)	86%	(80% - 90%)	65,789	357	418	78%	(70% - 84%)
Obese II & III (BMI ≥35)	82%	(75% - 87%)	33,368	183	225	77%	(70% - 83%)

Diabetes – Blood Glucose Testing

INDICATOR: Proportion of adults without diabetes who have had a test for high blood sugar in the past three years.

DATA SOURCE: 2009 Alaska Standard and Supplemental BRFSS surveys combined.

BRFSS QUESTION:

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

How are we doing?

- ▶ In 2009, 53% of adults without diabetes reported having a test for high blood sugar in the past three years.

How does Alaska compare with the U.S.?

- ▶ The national median prevalence of blood glucose testing was 55% in 2009, slightly above the prevalence in Alaska.

How are different populations affected?

- ▶ The proportion of adults who reported having a test for high blood sugar appeared to increase with age, education and income in 2009.
- ▶ Adults who have never been married, non-Veterans, those who do not have a disability, and those with no health care coverage reported having a test for high blood sugar less often than adults not in these groups.
- ▶ Having arthritis, having cardiovascular disease, having high cholesterol or high blood pressure, taking part in leisure time physical activity, and being overweight or obese were associated with having had a test for high blood sugar in the past three years.

Diabetes – Blood Glucose Testing

Diabetes screening, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:

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

Population at Risk (See Appendix)	Response:		Yes				Age-Adjusted Rate	
	%	95% CI	Observed Rate			%	95% CI	
			Individuals	n	N #			
Total	53.0%	(50.6% - 55.3%)	245,465	2,442	4,257	54.3%	(52.1% - 56.5%)	
Demographics								
Gender								
Female	55.3%	(52.3% - 58.3%)	123,214	1,353	2,337	56.1%	(53.2% - 58.9%)	
Male	50.8%	(47.1% - 54.4%)	122,251	1,089	1,920	52.8%	(49.5% - 56.0%)	
Age Groups (Categories Used in Age-Adjustment)								
Persons aged 18 to 24 years	30%	(23% - 38%)	20,585	89	263	NA	(NA - NA)	
Persons aged 25 to 34 years	43.1%	(37.6% - 48.8%)	41,946	293	638	NA	(NA - NA)	
Persons aged 35 to 44 years	50.9%	(46.0% - 55.7%)	46,614	405	799	NA	(NA - NA)	
Persons aged 45 to 64 years	65.8%	(62.7% - 68.8%)	105,787	1,225	1,907	NA	(NA - NA)	
Persons aged 65 years and older	69.0%	(63.6% - 74.0%)	28,252	405	596	NA	(NA - NA)	
Race and Ethnicity								
American Indian or Alaska Native	47.6%	(42.3% - 52.9%)	32,542	391	769	49.2%	(44.1% - 54.2%)	
Asian or Pacific Islander	42%	(30% - 56%)	8,399	49	112	48%	(36% - 59%)	
Asian	36%	(23% - 51%)	4,346	32	89	40%	(29% - 53%)	
Native Hawaiian or Other Pacific Islander	DSU	(DSU - DSU)	DSU	DSU	23 1	DSU	(DSU - DSU)	
Black or African American	69%	(51% - 82%)	6,128	34	54	74%	(61% - 83%)	
White	53.3%	(50.5% - 56.2%)	184,227	1,837	3,105	54.5%	(51.9% - 57.0%)	
Hispanic or Latino	58%	(45% - 70%)	11,187	76	126	57%	(45% - 69%)	
Not Hispanic or Latino	52.8%	(50.4% - 55.3%)	232,139	2,343	4,081	54.2%	(51.9% - 56.4%)	
Black or African American, not Hispanic/Latino	DSU	(DSU - DSU)	DSU	DSU	23 1	DSU	(DSU - DSU)	
White, not Hispanic or Latino	53.3%	(50.4% - 56.3%)	175,925	1,758	2,979	54.4%	(51.7% - 57.0%)	

For table end notes see Appendix J on Pg 429.

Diabetes – Blood Glucose Testing (continued)

Diabetes screening, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question: Population at Risk (<i>See Appendix</i>)	Have you had a test for high blood sugar or diabetes with the past three years?							Age-Adjusted Rate	
	Response:	Observed Rate			Yes		%	95% CI	
		%	95% CI	Individuals	n	N #			
Alaska Native									
Yes	48.9%	(43.8% - 53.9%)	37,389	435	838	50.8%	(45.8% - 55.6%)		
No	53.7%	(51.0% - 56.4%)	205,094	1,978	3,366	54.9%	(52.4% - 57.3%)		
Geographic Location									
Anchorage & Vicinity	53.7%	(49.6% - 57.7%)	133,371	525	884	54.9%	(51.2% - 58.6%)		
Fairbanks & Vicinity	51.3%	(47.4% - 55.3%)	35,378	500	909	54.5%	(50.9% - 58.1%)		
Gulf Coast	53.6%	(49.3% - 57.9%)	27,937	518	871	53.4%	(49.6% - 57.3%)		
Rural	47.0%	(42.8% - 51.2%)	21,018	380	731	48.2%	(43.8% - 52.5%)		
Southeast	56.4%	(52.3% - 60.3%)	27,761	519	862	56.4%	(52.4% - 60.2%)		
Urban/Rural									
Metropolitan Statistical Area	53.6%	(50.2% - 57.0%)	164,949	986	1,718	55.2%	(52.1% - 58.2%)		
Micropolitan Statistical Area & Urban Clusters	53.3%	(49.9% - 56.7%)	43,484	783	1,335	54.3%	(51.1% - 57.5%)		
Rural	49.6%	(46.0% - 53.3%)	36,617	670	1,199	50.3%	(47.0% - 53.7%)		
Education Level (persons aged 25 years and older)									
Less than high school	39%	(31% - 48%)	8,468	115	244	41%	(33% - 49%)		
High school graduate	52.4%	(48.2% - 56.6%)	54,971	597	1,128	53.6%	(49.6% - 57.6%)		
At least some college	59.4%	(55.2% - 63.5%)	68,881	721	1,172	60.5%	(56.4% - 64.5%)		
College Graduate	60.8%	(56.9% - 64.7%)	92,082	917	1,442	61.0%	(57.0% - 64.8%)		
Employment Status									
Employed	53.1%	(50.1% - 56.0%)	164,435	1,576	2,766	54.1%	(50.8% - 57.4%)		
Unemployed	47%	(39% - 55%)	19,025	174	359	44%	(37% - 52%)		
Not in Workforce (Student, Homemaker, Retired)	54.8%	(49.6% - 59.9%)	53,374	593	964	54.7%	(49.7% - 59.6%)		
Unable to work	65%	(53% - 75%)	8,593	96	146	63%	(52% - 73%)		

Diabetes – Blood Glucose Testing (continued)

Diabetes screening, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Have you had a test for high blood sugar or diabetes with the past three years?							
	Response:	Yes					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Population at Risk (See Appendix)								
Marital Status								
Married or Unwed Couple	60.5%	(57.7% - 63.3%)	169,422	1,508	2,442	61.0%	(57.6% - 64.3%)	
Divorced/Separated	62%	(53% - 71%)	8,486	169	261	63%	(47% - 77%)	
Widowed	55.6%	(49.9% - 61.3%)	28,334	405	698	55.3%	(47.2% - 63.3%)	
Never Married	31.8%	(26.1% - 38.1%)	27,874	259	624	43.4%	(36.9% - 50.1%)	
Income Level								
<\$15,000	45%	(37% - 55%)	12,568	155	303	47%	(39% - 56%)	
\$15,000 - \$24,999	45%	(37% - 54%)	19,266	227	420	49%	(42% - 56%)	
\$25,000 - \$49,999	49.7%	(44.3% - 55.1%)	43,584	468	853	51.6%	(46.7% - 56.5%)	
\$50,000 - \$74,999	56.9%	(51.4% - 62.2%)	43,161	439	744	58.2%	(52.5% - 63.7%)	
\$75,000	59.1%	(55.0% - 63.0%)	101,040	904	1,434	55.3%	(51.5% - 59.1%)	
Poverty Threshold								
Poor (<100% Poverty Threshold)	35%	(26% - 44%)	11,804	125	289	42%	(35% - 50%)	
Near Poor (100% to 199% Poverty Threshold)	49.1%	(42.0% - 56.2%)	28,274	291	529	50.5%	(44.1% - 56.8%)	
Middle/High Income (>=200% Poverty Threshold)	57.3%	(54.5% - 60.1%)	180,002	1,777	2,936	56.6%	(53.8% - 59.4%)	
Below Poverty Guidelines								
Yes	41%	(33% - 49%)	19,558	180	391	46%	(40% - 53%)	
No	56.1%	(53.4% - 58.7%)	200,524	2,013	3,363	56.0%	(53.4% - 58.6%)	
Veteran								
Yes	66.6%	(61.2% - 71.6%)	51,710	466	703	67.3%	(61.7% - 72.5%)	
No	50.2%	(47.6% - 52.8%)	193,170	1,970	3,542	52.3%	(50.0% - 54.7%)	

Diabetes – Blood Glucose Testing (continued)

Diabetes screening, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Have you had a test for high blood sugar or diabetes with the past three years?								
	Response:	Observed Rate			Yes			Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	#	%	95% CI	
Health Status									
General Health									
Excellent to Very Good	51.7%	(48.6% - 54.8%)	149,428	1,361	2,436		54.4%	(51.5% - 57.2%)	
Good	54.9%	(50.5% - 59.3%)	70,080	757	1,275		54.3%	(50.2% - 58.3%)	
Fair/Poor	55.3%	(48.5% - 61.9%)	24,781	310	523		52.9%	(46.2% - 59.4%)	
Healthy Days (Mean Number of Days)									
Physical Health Not Good	2.9	(2.5 - 3.2)			2373		2.9	(2.5 - 3.3)	
Mental Health Not Good	2.4	(2.0 - 2.8)			2379		2.4	(2.0 - 2.8)	
Unhealthy Days (Physical or Mental Health Not Good)	4.7	(4.2 - 5.2)			2397		4.8	(4.3 - 5.4)	
Days with Activity Limitation	1.9	(1.6 - 2.2)			2406		1.8	(1.5 - 2.2)	
Healthy Days (Percentage with 14 or More Days)									
Physical Health Not Good	62%	(54% - 69%)	19,340	237	373		61%	(53% - 69%)	
Mental Health Not Good	50%	(41% - 58%)	15,440	170	324		51%	(43% - 59%)	
Unhealthy Days (Physical or Mental Health Not Good)	55.7%	(49.6% - 61.7%)	33,099	358	625		57.0%	(51.1% - 62.7%)	
Activity Limitation	60%	(50% - 68%)	12,628	158	257		58%	(48% - 67%)	
Disability									
Disabled									
Yes	60.2%	(55.2% - 65.1%)	57,365	621	981		58.4%	(53.2% - 63.4%)	
No	51.1%	(48.4% - 53.9%)	185,408	1,785	3,203		53.7%	(51.2% - 56.2%)	
Activity Limitation									
Yes	60.9%	(55.7% - 66.0%)	55,040	593	923		59.2%	(53.9% - 64.3%)	
No	51.1%	(48.4% - 53.8%)	187,926	1,816	3,267		53.4%	(50.9% - 55.8%)	

Preventive Practices

Diabetes – Blood Glucose Testing (continued)

Diabetes screening, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Have you had a test for high blood sugar or diabetes with the past three years?							
	Response:	Yes					Age-Adjusted Rate	
		%	Observed Rate		n	N #	%	95% CI
Population at Risk (See Appendix)		95% CI	Individuals				95% CI	
Require Special Equipment								
Yes	66%	(56% - 74%)	15,322	160	255	64%	(54% - 74%)	
No	52.3%	(49.9% - 54.8%)	229,210	2,265	3,970	54.0%	(51.7% - 56.3%)	
Mental Health								
Social and Emotional Support								
Always/Usually	53.1%	(49.2% - 56.9%)	183,389	901	1,575	54.5%	(50.9% - 58.0%)	
Sometimes/Rarely/Never	45%	(38% - 53%)	39,108	227	446	46%	(40% - 52%)	
Life Satisfaction								
Very Satisfied / Satisfied	51.3%	(47.7% - 54.8%)	213,564	1,092	1,947	52.6%	(49.5% - 55.7%)	
Dissatisfied / Very Dissatisfied	52%	(35% - 68%)	8,426	43	79	54%	(42% - 66%)	
Healthcare								
Healthcare Coverage								
Health Plan								
Yes	57.4%	(54.7% - 60.0%)	215,584	2,149	3,511	57.4%	(55.0% - 59.9%)	
No	34.4%	(29.2% - 39.9%)	28,663	283	720	39.2%	(33.2% - 45.6%)	
Immunization								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	61.9%	(56.4% - 67.1%)	103,678	531	792	61.5%	(56.3% - 66.4%)	
No	46.1%	(41.8% - 50.4%)	132,312	646	1,318	47.3%	(43.4% - 51.4%)	
Ever Had Pneumonia Shot (Ages 65+)								
Yes	66%	(59% - 72%)	54,882	331	484	61%	(53% - 68%)	
No	48.5%	(44.5% - 52.6%)	149,004	722	1,391	49.2%	(45.2% - 53.1%)	

Diabetes – Blood Glucose Testing (continued)

Diabetes screening, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Have you had a test for high blood sugar or diabetes with the past three years?							
	Response:	Yes					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Population at Risk (See Appendix)								
Screening								
AIDS/HIV Screening (Ages 18-64)								
Yes	53.0%	(47.8% - 58.1%)	103,184	467	831	53.9%	(48.7% - 59.0%)	
No	45.5%	(40.2% - 50.9%)	86,114	434	847	43.5%	(38.6% - 48.5%)	
Diagnoses								
Arthritis								
Arthritis								
Yes	68.1%	(60.3% - 75.0%)	68,362	402	584	63.2%	(52.6% - 72.7%)	
No	46.5%	(42.7% - 50.4%)	161,997	759	1,507	48.5%	(44.7% - 52.2%)	
Asthma								
Asthma Diagnosis								
Yes	55.6%	(49.2% - 61.8%)	32,014	329	538	58.5%	(52.5% - 64.3%)	
No	52.5%	(49.9% - 55.1%)	212,710	2,104	3,707	53.3%	(50.8% - 55.7%)	
Current Asthma								
Yes	58%	(50% - 66%)	19,907	207	335	60%	(52% - 67%)	
No	52%	(41% - 63%)	10,881	105	177	57%	(47% - 67%)	
Cardiovascular and Cerebrovascular Disease								
Cardiovascular Disease								
Yes	71%	(61% - 80%)	9,718	129	175	55%	(37% - 72%)	
No	52.3%	(49.8% - 54.7%)	233,165	2,291	4,044	53.5%	(51.2% - 55.8%)	
Heart Attack (Myocardial Infarction)								
Yes	67%	(54% - 78%)	6,862	88	126	55%	(34% - 74%)	
No	52.6%	(50.2% - 55.1%)	238,097	2,347	4,118	53.8%	(51.5% - 56.1%)	

Diabetes – Blood Glucose Testing (continued)

Diabetes screening, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Response:	Have you had a test for high blood sugar or diabetes with the past three years?							
		Observed Rate			Yes			Age-Adjusted Rate	
		%	95% CI	Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)									
Coronary Heart Disease (Angina)									
Yes	77%	(63% - 87%)	6,425	88	109		68%	(38% - 88%)	
No	52.4%	(49.9% - 54.8%)	236,708	2,337	4,120		53.4%	(51.1% - 55.7%)	
Stroke									
Yes	59%	(45% - 72%)	4,221	60	95		52%	(35% - 69%)	
No	52.9%	(50.4% - 55.3%)	240,951	2,377	4,153		54.0%	(51.7% - 56.3%)	
Diabetes									
Nongestational Diabetes									
Yes	DSU	(DSU - DSU)	DSU	DSU	0		DSU	(DSU - DSU)	
No	53.0%	(50.6% - 55.4%)	245,121	2,437	4,249		53.9%	(51.6% - 56.2%)	
Pre-Diabetes									
Yes	80%	(75% - 85%)	30,394	345	433		81%	(74% - 86%)	
No	50.5%	(47.9% - 53.0%)	214,295	2,085	3,809		52.2%	(49.9% - 54.4%)	
Risk Factors									
Alcohol									
Binge Drinking									
Yes	51%	(43% - 58%)	42,881	170	362		54%	(46% - 62%)	
No	51.6%	(47.8% - 55.4%)	189,132	995	1,732		52.3%	(48.9% - 55.7%)	
Heavy Drinking									
Yes	59%	(48% - 70%)	17,010	71	146		59%	(48% - 70%)	
No	51.6%	(48.0% - 55.1%)	216,389	1,088	1,929		53.2%	(49.9% - 56.4%)	

Diabetes – Blood Glucose Testing (continued)

Diabetes screening, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Have you had a test for high blood sugar or diabetes with the past three years?							
	Response:	Yes					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Population at Risk (See Appendix)								
Hypercholesterolemia								
High Cholesterol								
Yes	72.6%	(67.3% - 77.3%)	74,768	435	612	73.7%	(66.5% - 79.9%)	
No	59.9%	(55.1% - 64.5%)	131,982	627	1,012	61.0%	(56.2% - 65.7%)	
Hypertension								
High Blood Pressure								
Yes	72.1%	(66.8% - 76.7%)	82,300	456	635	70.1%	(63.5% - 75.9%)	
No	45.2%	(41.2% - 49.2%)	157,245	742	1,520	48.5%	(44.8% - 52.1%)	
Nutrition								
Fruit and Vegetable Index								
<1 Per Day or Never	35%	(24% - 48%)	10,131	50	126	37%	(27% - 48%)	
1 to <3 Times Per Day	46.4%	(40.7% - 52.1%)	70,630	366	713	48.8%	(43.7% - 53.9%)	
3 to <5 Times Per Day	56.9%	(51.3% - 62.3%)	90,629	446	751	58.0%	(52.6% - 63.1%)	
5 Or More Times Per Day	55%	(48% - 63%)	58,241	290	489	57%	(51% - 63%)	
Physical Activity								
Physical Activity Recommendations (2008)								
Active	52.7%	(48.4% - 56.9%)	168,782	783	1,396	56.4%	(52.9% - 59.8%)	
Insufficient	51%	(44% - 59%)	36,719	216	374	51%	(44% - 59%)	
Inactive	35%	(27% - 45%)	11,797	84	187	33%	(25% - 42%)	
Leisure Time Exercise								
Yes	54.8%	(52.1% - 57.5%)	205,570	1,984	3,395	56.6%	(54.1% - 59.0%)	
No	45.9%	(40.9% - 51.0%)	39,723	455	848	44.6%	(39.8% - 49.5%)	

Preventive Practices

Diabetes – Blood Glucose Testing (continued)

Diabetes screening, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Response:	Have you had a test for high blood sugar or diabetes with the past three years?					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Sexual Violence/Intimate Partner Violence								
Parents Physically Hurt by Spouse/Partner								
Yes		61%	(54% - 68%)	49,016	225	383	63%	(56% - 70%)
No		50.2%	(46.2% - 54.1%)	166,449	866	1,559	51.4%	(47.9% - 54.9%)
Unwanted Sexual Activity								
Yes		57%	(49% - 66%)	31,090	171	293	57%	(49% - 65%)
No		51.2%	(47.3% - 55.0%)	183,633	914	1,652	52.5%	(49.1% - 55.9%)
Ever Hurt or Threatened by Intimate Partner								
Yes		55%	(48% - 62%)	46,992	238	442	56%	(48% - 63%)
No		51.5%	(47.6% - 55.5%)	169,283	857	1,510	52.7%	(49.3% - 56.1%)
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner								
Yes		57%	(42% - 72%)	13,019	51	106	65%	(53% - 75%)
No		51.7%	(48.1% - 55.3%)	202,595	1,043	1,849	52.6%	(49.3% - 55.8%)
Tobacco Use								
Cigarette Smoking Status								
Current Smoker		44.6%	(39.7% - 49.7%)	38,826	433	859	46.7%	(41.9% - 51.5%)
Former Smoker		62.4%	(58.0% - 66.6%)	77,227	816	1,286	60.1%	(55.0% - 65.0%)
Never Smoked		51.6%	(48.2% - 55.0%)	128,109	1,174	2,078	54.0%	(50.9% - 57.0%)
Smokeless Tobacco Status								
Current User		49%	(40% - 59%)	10,380	103	200	49%	(39% - 58%)
Former User		51.2%	(44.9% - 57.4%)	42,713	365	661	54.4%	(48.9% - 59.8%)
Never Used		53.8%	(51.0% - 56.5%)	182,058	1,882	3,215	54.2%	(51.6% - 56.7%)

Diabetes – Blood Glucose Testing (continued)

Diabetes screening, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Have you had a test for high blood sugar or diabetes with the past three years?								
	Response:	Observed Rate			Yes			Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	#	%	95% CI	
Weight Status									
Weight Status									
Normal (BMI <25)	41.6%	(37.5% - 45.8%)	68,221	672	1,405		46.9%	(43.3% - 50.5%)	
Overweight (BMI 25 to 30)	56.1%	(52.3% - 59.8%)	98,090	939	1,577		56.3%	(52.5% - 60.0%)	
Obese (BMI ≥30)	65.1%	(60.7% - 69.3%)	69,094	731	1,090		64.5%	(59.6% - 69.0%)	
Obese I (BMI 30 TO < 35)	63.4%	(58.1% - 68.4%)	43,877	469	721		61.0%	(55.5% - 66.3%)	
Obese II & III (BMI ≥35)	68%	(60% - 76%)	25,077	262	369		68%	(60% - 75%)	

Influenza/ Pneumonia Vaccination

INDICATOR: 1) Proportion of Alaska adults age 65 years and older who had received a flu shot in the past 12 months. 2) Proportion of Alaska adults age 65 years and older who had ever received a pneumonia shot.

DATA SOURCE: 2009 Alaska Standard BRFSS survey.

BRFSS QUESTIONS:

- ▶ A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot?
- ▶ A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot?

How are we doing?

- ▶ In 2009, 62% of Alaska adults age 65 years and older had received a flu shot in the past 12 months.
- ▶ In 2009, 66% of Alaska adults age 65 years and older had ever received a pneumonia shot.

How does Alaska compare with the U.S.?

- ▶ The national median prevalence of flu shot in adults age 65 years and older was 70%, higher than the prevalence in Alaska.
- ▶ Since 1993, the prevalence of flu shots in adults age 65 years and older has increased in both Alaska and the U.S.
- ▶ The national median prevalence of pneumonia shots in adults age 65 years and older was 68%, slightly higher than the prevalence in Alaska.
- ▶ Since 1993, the prevalence of pneumonia shots in adults age 65 years and older has more than doubled in both Alaska and the U.S.

Healthy People 2010

Objectives 14-29a, b: Increase the proportion of non-institutionalized adults age 65 and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Healthy Alaskans 2010

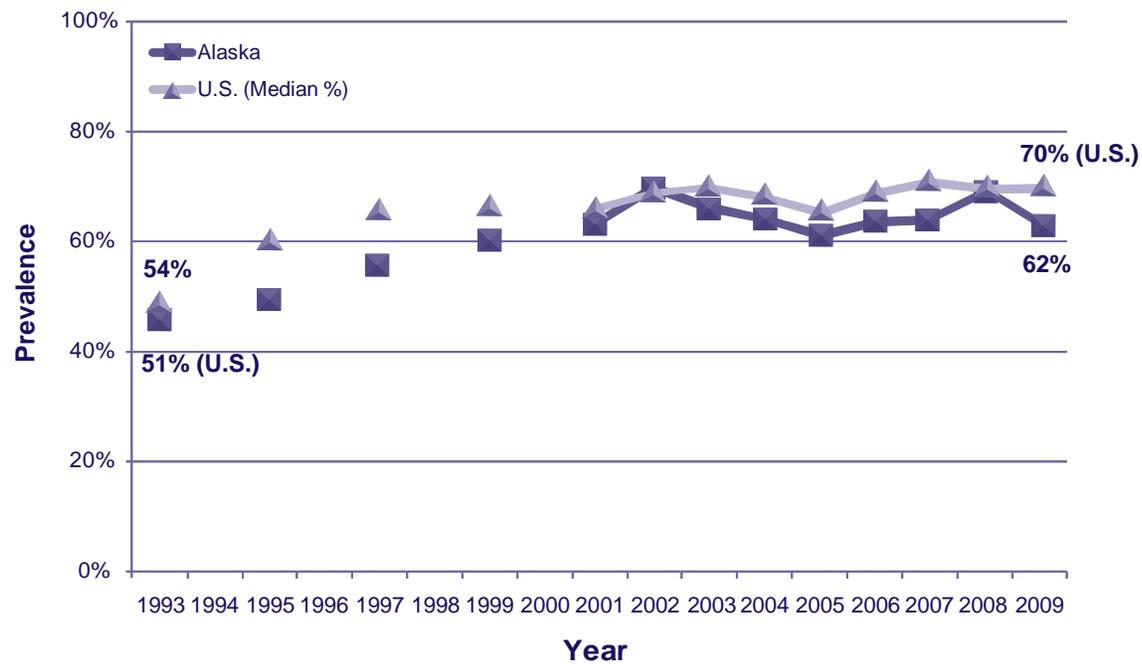
Objectives 18.14 a, b: Increase the proportion of adults aged 65 and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

How are different populations affected?

- ▶ The subgroup of respondents age 65 years and older reporting flu vaccination is small and we were unable to make many comparisons due to statistical unreliability.
- ▶ Among adults age 65 years and older who have had a pneumonia shot, 80% also had a flu shot in the past 12 months.
- ▶ Adults with cardiovascular disease and those with diabetes were more likely to have had a flu shot in the past 12 months than those who do not have these conditions.
- ▶ In 2009, 36% of adults over age 18 had a flu shot in the past 12 months.
- ▶ The subgroup of respondents age 65 years and older reporting pneumonia vaccination is small and we were unable to make many comparisons due to statistical unreliability.
- ▶ Among adults age 65 years and older who have had a flu shot in the past 12 months, 84% also had a pneumonia shot in their lifetime.
- ▶ Adults age 65 years and older with arthritis and those with cardiovascular disease were more likely to have ever had a pneumonia shot than those without these conditions.

Influenza Vaccination

Influenza Vaccination: Alaska vs. Nationwide



Influenza Vaccination

Influenza vaccination, Adults (65 years of age and older), Alaska BRFSS, 2009: Standard (2009) Survey Instrument

Healthy People 2010 Objective: 14.29a: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question:

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

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate		
	%	Observed Rate		n	N	#	%	95% CI	
		95% CI	Individuals					95% CI	
Total	62%	(55% - 69%)	31,577	230	380		62%	(55% - 69%)	
Demographics									
Gender									
Female	66%	(57% - 74%)	17,441	131	209		66%	(57% - 74%)	
Male	57%	(46% - 68%)	13,968	99	171		57%	(46% - 68%)	
Age Groups (Categories Used in Age-Adjustment)									
Persons aged 18 to 24 years	DSU	(DSU - DSU)	DSU	DSU	0		NA	(NA - NA)	
Persons aged 25 to 34 years	DSU	(DSU - DSU)	DSU	DSU	0		NA	(NA - NA)	
Persons aged 35 to 44 years	DSU	(DSU - DSU)	DSU	DSU	0		NA	(NA - NA)	
Persons aged 45 to 64 years	DSU	(DSU - DSU)	DSU	DSU	0		NA	(NA - NA)	
Persons aged 65 years and older	62%	(55% - 69%)	31,577	230	380		NA	(NA - NA)	
Race and Ethnicity									
American Indian or Alaska Native	54%	(36% - 71%)	3,684	32	54	1	54%	(36% - 71%)	
Asian or Pacific Islander	DSU	(DSU - DSU)	DSU	DSU	7	1	DSU	(DSU - DSU)	
Asian	DSU	(DSU - DSU)	DSU	DSU	6	1	DSU	(DSU - DSU)	
Native Hawaiian or Other Pacific Islander	DSU	(DSU - DSU)	DSU	DSU	1		DSU	(DSU - DSU)	
Black or African American	DSU	(DSU - DSU)	DSU	DSU	1		DSU	(DSU - DSU)	
White	64%	(56% - 71%)	27,161	187	309		64%	(56% - 71%)	
Hispanic or Latino	DSU	(DSU - DSU)	DSU	DSU	3	1	DSU	(DSU - DSU)	
Not Hispanic or Latino	62%	(55% - 69%)	30,940	224	371		62%	(55% - 69%)	
Black or African American, not Hispanic/Latino	DSU	(DSU - DSU)	DSU	DSU	1		DSU	(DSU - DSU)	
White, not Hispanic or Latino	63%	(55% - 71%)	26,047	179	300		63%	(55% - 71%)	

For table end notes see Appendix J on Pg 429.

Influenza Vaccination (continued)

Influenza vaccination, Adults (65 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective: 14.29a: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question:

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

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Alaska Native								
Yes	59%	(41% - 74%)	4,508	39	61		59%	(41% - 74%)
No	63%	(55% - 70%)	27,209	189	317		63%	(55% - 70%)
Geographic Location								
Anchorage & Vicinity	66%	(53% - 76%)	17,869	54	83		66%	(53% - 76%)
Fairbanks & Vicinity	51%	(38% - 64%)	2,920	40	70		51%	(38% - 64%)
Gulf Coast	52%	(41% - 63%)	3,769	52	97		52%	(41% - 63%)
Rural	DSU	(DSU - DSU)	DSU	DSU	40		DSU	(DSU - DSU)
Southeast	65%	(54% - 75%)	4,457	58	90		65%	(54% - 75%)
Urban/Rural								
Metropolitan Statistical Area	63%	(52% - 73%)	20,274	92	149		63%	(52% - 73%)
Micropolitan Statistical Area & Urban Clusters	63%	(53% - 72%)	5,882	76	123		63%	(53% - 72%)
Rural	58%	(47% - 68%)	5,460	62	108		58%	(47% - 68%)
Education Level (persons aged 25 years and older)								
Less than high school	DSU	(DSU - DSU)	DSU	DSU	38	1	DSU	(DSU - DSU)
High school graduate	53%	(40% - 65%)	6,744	58	112		53%	(40% - 65%)
At least some college	60%	(47% - 72%)	9,476	70	115		60%	(47% - 72%)
College Graduate	70%	(57% - 80%)	12,418	77	115		70%	(57% - 80%)
Employment Status								
Employed	64%	(47% - 78%)	6,540	45	72		64%	(47% - 78%)
Unemployed	DSU	(DSU - DSU)	DSU	DSU	6	3	DSU	(DSU - DSU)
Not in Workforce (Student, Homemaker, Retired)	62%	(53% - 70%)	23,408	168	281		62%	(53% - 70%)
Unable to work	DSU	(DSU - DSU)	DSU	DSU	19	3	DSU	(DSU - DSU)

Influenza Vaccination (continued)

Influenza vaccination, Adults (65 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective: 14.29a: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question: A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot?

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate		n	N	#	%	95% CI
		95% CI	Individuals					
Marital Status								
Married or Unwed Couple	67%	(57% - 75%)	20,139	122	186		67%	(57% - 75%)
Divorced/Separated	60%	(46% - 73%)	7,539	65	105		60%	(46% - 73%)
Widowed	49%	(34% - 64%)	3,246	33	66		49%	(34% - 64%)
Never Married	DSU	(DSU - DSU)	DSU	DSU	14	1	DSU	(DSU - DSU)
Income Level								
<\$15,000	DSU	(DSU - DSU)	DSU	DSU	33	1	DSU	(DSU - DSU)
\$15,000 - \$24,999	52%	(34% - 70%)	3,159	29	57	1	52%	(34% - 70%)
\$25,000 - \$49,999	56%	(42% - 70%)	7,915	50	99		56%	(42% - 70%)
\$50,000 - \$74,999	80%	(66% - 89%)	6,276	50	64	3	80%	(66% - 89%)
\$75,000	71%	(53% - 84%)	7,913	44	63		71%	(53% - 84%)
Poverty Threshold								
Poor (<100% Poverty Threshold)	DSU	(DSU - DSU)	DSU	DSU	12	1	DSU	(DSU - DSU)
Near Poor (100% to 199% Poverty Threshold)	42%	(27% - 59%)	2,942	27	56		42%	(27% - 59%)
Middle/High Income (>=200% Poverty Threshold)	67%	(58% - 74%)	23,001	156	248		67%	(58% - 74%)
Below Poverty Guidelines								
Yes	DSU	(DSU - DSU)	DSU	DSU	18	1	DSU	(DSU - DSU)
No	63%	(55% - 70%)	25,509	181	298		63%	(55% - 70%)
Veteran								
Yes	52%	(38% - 65%)	8,565	66	120		52%	(38% - 65%)
No	67%	(59% - 74%)	23,057	163	259		67%	(59% - 74%)

Influenza Vaccination (continued)

Influenza vaccination, Adults (65 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective: 14.29a: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question: A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot?

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI	
Health Status								
General Health								
Excellent to Very Good	55%	(43% - 65%)	10,592	85	157	55%	(43% - 65%)	
Good	65%	(52% - 75%)	13,813	90	141	65%	(52% - 75%)	
Fair/Poor	71%	(57% - 81%)	7,017	51	77	71%	(57% - 81%)	
Healthy Days (Mean Number of Days)								
Physical Health Not Good	5.3	(3.7 - 7.0)			222 2	5.3	(3.7 - 7.0)	
Mental Health Not Good	2.4	(1.5 - 3.3)			222	2.4	(1.5 - 3.3)	
Unhealthy Days (Physical or Mental Health Not Good)	7.0	(5.3 - 8.8)			216	7.0	(5.3 - 8.8)	
Days with Activity Limitation	3.0	(1.7 - 4.4)			221 2	3.0	(1.7 - 4.4)	
Healthy Days (Percentage with 14 or More Days)								
Physical Health Not Good	74%	(58% - 86%)	5,487	41	57	74%	(58% - 86%)	
Mental Health Not Good	DSU	(DSU - DSU)	DSU	DSU	24 3	DSU	(DSU - DSU)	
Unhealthy Days (Physical or Mental Health Not Good)	74%	(60% - 84%)	6,813	51	72	74%	(60% - 84%)	
Activity Limitation	DSU	(DSU - DSU)	DSU	DSU	35 3	DSU	(DSU - DSU)	
Disability								
Disabled								
Yes	71%	(61% - 80%)	15,653	106	154	71%	(61% - 80%)	
No	55%	(45% - 64%)	15,627	121	222	55%	(45% - 64%)	
Activity Limitation								
Yes	73%	(62% - 82%)	14,366	94	137	73%	(62% - 82%)	
No	55%	(46% - 64%)	16,928	133	239	55%	(46% - 64%)	

Preventive Practices

Influenza Vaccination (continued)

Influenza vaccination, Adults (65 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective: 14.29a: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question:

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

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Require Special Equipment								
Yes	78%	(62% - 88%)	7,190	46	62	3	78%	(62% - 88%)
No	59%	(51% - 66%)	24,611	184	318		59%	(51% - 66%)
Mental Health								
Social and Emotional Support								
Always/Usually	65%	(57% - 73%)	23,653	158	262		65%	(57% - 73%)
Sometimes/Rarely/Never	58%	(43% - 72%)	6,428	58	92		58%	(43% - 72%)
Life Satisfaction								
Very Satisfied / Satisfied	62%	(54% - 69%)	28,846	208	346		62%	(54% - 69%)
Dissatisfied / Very Dissatisfied	DSU	(DSU - DSU)	DSU	DSU	10	3	DSU	(DSU - DSU)
Healthcare								
Healthcare Coverage								
Health Plan								
Yes	62%	(55% - 69%)	30,677	225	366		62%	(55% - 69%)
No	DSU	(DSU - DSU)	DSU	DSU	12	3	DSU	(DSU - DSU)
Immunization								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	100%	(0% - 0%)	31,616	230	230		100%	(0% - 0%)
No	0%	(0% - 0%)	0	0	150		0%	(0% - 0%)
Ever Had Pneumonia Shot (Ages 65+)								
Yes	80%	(72% - 87%)	25,833	180	230		80%	(72% - 87%)
No	30%	(21% - 42%)	4,759	43	131		30%	(21% - 42%)

Influenza Vaccination (continued)

Influenza vaccination, Adults (65 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective: 14.29a: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question: A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot?

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate		
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI	
Screening									
AIDS/HIV Screening (Ages 18-64)									
Yes	DSU	(DSU - DSU)	DSU	DSU	0		DSU	(DSU - DSU)	
No	DSU	(DSU - DSU)	DSU	DSU	0		DSU	(DSU - DSU)	
Diagnoses									
Arthritis									
Arthritis									
Yes	69%	(59% - 77%)	18,124	137	205		69%	(59% - 77%)	
No	53%	(42% - 64%)	12,041	87	166		53%	(42% - 64%)	
Asthma									
Asthma Diagnosis									
Yes	DSU	(DSU - DSU)	DSU	DSU	40	1	DSU	(DSU - DSU)	
No	61%	(53% - 68%)	28,238	199	339		61%	(53% - 68%)	
Current Asthma									
Yes	DSU	(DSU - DSU)	DSU	DSU	27	3	DSU	(DSU - DSU)	
No	DSU	(DSU - DSU)	DSU	DSU	9	3	DSU	(DSU - DSU)	
Cardiovascular and Cerebrovascular Disease									
Cardiovascular Disease									
Yes	80%	(67% - 89%)	7,602	50	66	3	80%	(67% - 89%)	
No	57%	(49% - 65%)	22,147	171	303		57%	(49% - 65%)	
Heart Attack (Myocardial Infarction)									
Yes	DSU	(DSU - DSU)	DSU	DSU	44	3	DSU	(DSU - DSU)	
No	61%	(53% - 68%)	26,965	193	332		61%	(53% - 68%)	

Influenza Vaccination (continued)

Influenza vaccination, Adults (65 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective: 14.29a: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question:

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

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate		
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI	
Coronary Heart Disease (Angina)									
Yes	DSU	(DSU - DSU)	DSU	DSU	45	3	DSU	(DSU - DSU)	
No	59%	(51% - 66%)	24,578	188	326		59%	(51% - 66%)	
Stroke									
Yes	DSU	(DSU - DSU)	DSU	DSU	35	1	DSU	(DSU - DSU)	
No	62%	(55% - 69%)	28,731	201	340		62%	(55% - 69%)	
Diabetes									
Nongestational Diabetes									
Yes	87%	(77% - 93%)	8,189	50	65	3	87%	(77% - 93%)	
No	57%	(49% - 64%)	23,549	179	313		57%	(49% - 64%)	
Pre-Diabetes									
Yes	DSU	(DSU - DSU)	DSU	DSU	39	1	DSU	(DSU - DSU)	
No	56%	(47% - 64%)	20,396	156	275		56%	(47% - 64%)	
Risk Factors									
Alcohol									
Binge Drinking									
Yes	DSU	(DSU - DSU)	DSU	DSU	17	1	DSU	(DSU - DSU)	
No	64%	(56% - 70%)	30,577	217	354		64%	(56% - 70%)	
Heavy Drinking									
Yes	DSU	(DSU - DSU)	DSU	DSU	17	1	DSU	(DSU - DSU)	
No	63%	(55% - 70%)	30,154	211	348		63%	(55% - 70%)	

Influenza Vaccination (continued)

Influenza vaccination, Adults (65 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective: 14.29a: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question:

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

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI	
Hypercholesterolemia								
High Cholesterol								
Yes	66%	(56% - 75%)	16,370	121	186	66%	(56% - 75%)	
No	65%	(53% - 76%)	13,226	89	143	65%	(53% - 76%)	
Hypertension								
High Blood Pressure								
Yes	67%	(58% - 75%)	19,608	147	226	67%	(58% - 75%)	
No	55%	(43% - 66%)	11,821	82	152	55%	(43% - 66%)	
Nutrition								
Fruit and Vegetable Index								
<1 Per Day or Never	DSU	(DSU - DSU)	DSU	DSU	20 1	DSU	(DSU - DSU)	
1 to <3 Times Per Day	54%	(41% - 66%)	8,017	63	118	54%	(41% - 66%)	
3 to <5 Times Per Day	66%	(54% - 76%)	13,286	88	143	66%	(54% - 76%)	
5 Or More Times Per Day	67%	(52% - 79%)	7,867	59	87	67%	(52% - 79%)	
Physical Activity								
Physical Activity Recommendations (2008)								
Active	66%	(56% - 75%)	17,826	117	191	66%	(56% - 75%)	
Insufficient	58%	(44% - 72%)	6,474	46	81	58%	(44% - 72%)	
Inactive	53%	(37% - 69%)	4,249	40	67	53%	(37% - 69%)	
Leisure Time Exercise								
Yes	65%	(57% - 73%)	22,942	158	260	65%	(57% - 73%)	
No	54%	(41% - 66%)	8,257	69	117	54%	(41% - 66%)	

Influenza Vaccination (continued)

Influenza vaccination, Adults (65 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective: 14.29a: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question:

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

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate		
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI	
Sexual Violence/Intimate Partner Violence									
Parents Physically Hurt by Spouse/Partner									
Yes	DSU	(DSU - DSU)	DSU	DSU	49	1	DSU	(DSU - DSU)	
No	62%	(54% - 70%)	24,175	177	295		62%	(54% - 70%)	
Unwanted Sexual Activity									
Yes	DSU	(DSU - DSU)	DSU	DSU	32	3	DSU	(DSU - DSU)	
No	60%	(52% - 68%)	25,327	184	312		60%	(52% - 68%)	
Ever Hurt or Threatened by Intimate Partner									
Yes	51%	(33% - 69%)	3,461	30	57	1	51%	(33% - 69%)	
No	63%	(55% - 71%)	24,736	179	290		63%	(55% - 71%)	
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner									
Yes	DSU	(DSU - DSU)	DSU	DSU	6	3	DSU	(DSU - DSU)	
No	62%	(54% - 69%)	28,394	205	340		62%	(54% - 69%)	
Tobacco Use									
Cigarette Smoking Status									
Current Smoker	DSU	(DSU - DSU)	DSU	DSU	37	1	DSU	(DSU - DSU)	
Former Smoker	68%	(58% - 77%)	17,250	117	178		68%	(58% - 77%)	
Never Smoked	60%	(50% - 70%)	12,465	94	159		60%	(50% - 70%)	
Smokeless Tobacco Status									
Current User	DSU	(DSU - DSU)	DSU	DSU	5	1	DSU	(DSU - DSU)	
Former User	DSU	(DSU - DSU)	DSU	DSU	36	3	DSU	(DSU - DSU)	
Never Used	60%	(52% - 67%)	24,693	182	313		60%	(52% - 67%)	

Influenza Vaccination (continued)

Influenza vaccination, Adults (65 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective: 14.29a: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

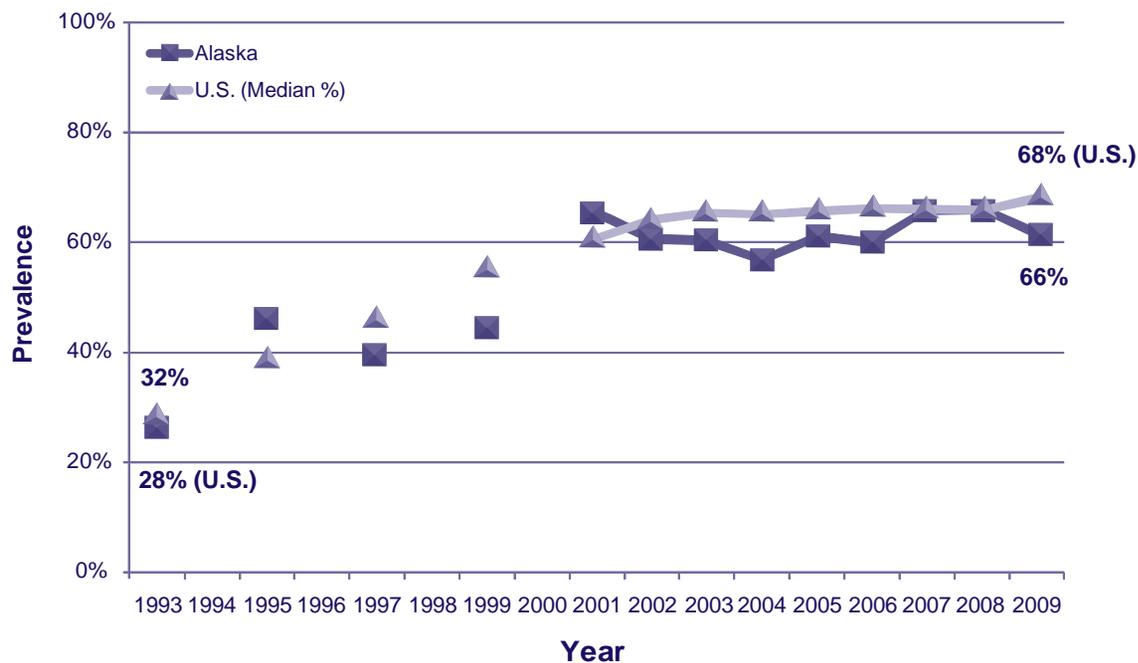
Screening Question:

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

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Weight Status								
Weight Status								
Normal (BMI <25)	59%	(47% - 71%)	8,792	64	115		59%	(47% - 71%)
Overweight (BMI 25 to 30)	55%	(43% - 67%)	10,364	81	141		55%	(43% - 67%)
Obese (BMI ≥30)	75%	(62% - 84%)	11,300	73	105		75%	(62% - 84%)
Obese I (BMI 30 TO < 35)	69%	(53% - 81%)	7,466	50	76		69%	(53% - 81%)
Obese II & III (BMI ≥35)	DSU	(DSU - DSU)	DSU	DSU	29	3	DSU	(DSU - DSU)

Pneumonia Vaccination

Pneumonia Vaccine: Alaska vs. Nationwide



Preventive Practices

Pneumonia Vaccination

Pneumonia vaccination, Adults (65 years of age and older), Alaska BRFSS, 2009: Standard (2009) Survey Instrument

Healthy People 2010 Objective: 14.29b: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question: A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot?

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate		
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI	
Total	66%	(59% - 73%)	32,394	232	364		66%	(59% - 73%)	
Demographics									
Gender									
Female	68%	(59% - 76%)	17,717	134	204		68%	(59% - 76%)	
Male	64%	(53% - 74%)	14,738	98	160		64%	(53% - 74%)	
Age Groups (Categories Used in Age-Adjustment)									
Persons aged 18 to 24 years	DSU	(DSU - DSU)	DSU	DSU	0		NA	(NA - NA)	
Persons aged 25 to 34 years	DSU	(DSU - DSU)	DSU	DSU	0		NA	(NA - NA)	
Persons aged 35 to 44 years	DSU	(DSU - DSU)	DSU	DSU	0		NA	(NA - NA)	
Persons aged 45 to 64 years	DSU	(DSU - DSU)	DSU	DSU	0		NA	(NA - NA)	
Persons aged 65 years and older	66%	(59% - 73%)	32,394	232	364		NA	(NA - NA)	
Race and Ethnicity									
American Indian or Alaska Native	58%	(40% - 74%)	3,947	32	53	1	58%	(40% - 74%)	
Asian or Pacific Islander	DSU	(DSU - DSU)	DSU	DSU	8	1	DSU	(DSU - DSU)	
Asian	DSU	(DSU - DSU)	DSU	DSU	7	3	DSU	(DSU - DSU)	
Native Hawaiian or Other Pacific Islander	DSU	(DSU - DSU)	DSU	DSU	1		DSU	(DSU - DSU)	
Black or African American	DSU	(DSU - DSU)	DSU	DSU	1		DSU	(DSU - DSU)	
White	69%	(61% - 76%)	27,568	189	293		69%	(61% - 76%)	
Hispanic or Latino	DSU	(DSU - DSU)	DSU	DSU	3		DSU	(DSU - DSU)	
Not Hispanic or Latino	67%	(60% - 73%)	32,195	227	355		67%	(60% - 73%)	
Black or African American, not Hispanic/Latino	DSU	(DSU - DSU)	DSU	DSU	1		DSU	(DSU - DSU)	
White, not Hispanic or Latino	69%	(61% - 76%)	26,812	182	284		69%	(61% - 76%)	

For table end notes see Appendix J on Pg 429.

Pneumonia Vaccination (continued)

Pneumonia vaccination, Adults (65 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective: 14.29b: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question: A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot?

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	95% CI	Individuals	n	N	#	%	95% CI
Alaska Native								
Yes	60%	(43% - 75%)	4,573	37	60		60%	(43% - 75%)
No	67%	(59% - 74%)	27,710	193	302		67%	(59% - 74%)
Geographic Location								
Anchorage & Vicinity	69%	(57% - 80%)	18,095	53	79		69%	(57% - 80%)
Fairbanks & Vicinity	67%	(53% - 79%)	3,686	47	67		67%	(53% - 79%)
Gulf Coast	57%	(46% - 67%)	4,022	51	94		57%	(46% - 67%)
Rural	DSU	(DSU - DSU)	DSU	DSU	38	1	DSU	(DSU - DSU)
Southeast	75%	(64% - 83%)	4,917	62	86		75%	(64% - 83%)
Urban/Rural								
Metropolitan Statistical Area	70%	(59% - 79%)	21,774	99	142		70%	(59% - 79%)
Micropolitan Statistical Area & Urban Clusters	66%	(56% - 75%)	5,824	74	116		66%	(56% - 75%)
Rural	55%	(45% - 65%)	5,034	59	106		55%	(45% - 65%)
Education Level (persons aged 25 years and older)								
Less than high school	DSU	(DSU - DSU)	DSU	DSU	38	1	DSU	(DSU - DSU)
High school graduate	57%	(43% - 70%)	7,029	65	107		57%	(43% - 70%)
At least some college	69%	(56% - 80%)	9,883	71	107		69%	(56% - 80%)
College Graduate	74%	(63% - 83%)	12,654	70	111		74%	(63% - 83%)
Employment Status								
Employed	57%	(40% - 72%)	5,756	41	71		57%	(40% - 72%)
Unemployed	DSU	(DSU - DSU)	DSU	DSU	6	3	DSU	(DSU - DSU)
Not in Workforce (Student, Homemaker, Retired)	71%	(63% - 78%)	25,115	172	265		71%	(63% - 78%)
Unable to work	DSU	(DSU - DSU)	DSU	DSU	20	1	DSU	(DSU - DSU)

Pneumonia Vaccination (continued)

Pneumonia vaccination, Adults (65 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective: 14.29b: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question: A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot?

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Marital Status								
Married or Unwed Couple	70%	(60% - 78%)	20,400	118	177		70%	(60% - 78%)
Divorced/Separated	68%	(53% - 79%)	8,169	65	101		68%	(53% - 79%)
Widowed	54%	(38% - 70%)	3,476	40	65		54%	(38% - 70%)
Never Married	DSU	(DSU - DSU)	DSU	DSU	13	1	DSU	(DSU - DSU)
Income Level								
<\$15,000	DSU	(DSU - DSU)	DSU	DSU	33	1	DSU	(DSU - DSU)
\$15,000 - \$24,999	69%	(52% - 81%)	4,172	35	57		69%	(52% - 81%)
\$25,000 - \$49,999	61%	(46% - 74%)	8,280	55	93		61%	(46% - 74%)
\$50,000 - \$74,999	68%	(50% - 82%)	5,150	42	62		68%	(50% - 82%)
\$75,000	82%	(64% - 92%)	8,287	46	58	3	82%	(64% - 92%)
Poverty Threshold								
Poor (<100% Poverty Threshold)	DSU	(DSU - DSU)	DSU	DSU	12	1	DSU	(DSU - DSU)
Near Poor (100% to 199% Poverty Threshold)	61%	(45% - 76%)	4,255	33	56		61%	(45% - 76%)
Middle/High Income (>=200% Poverty Threshold)	70%	(61% - 78%)	22,722	159	235		70%	(61% - 78%)
Below Poverty Guidelines								
Yes	DSU	(DSU - DSU)	DSU	DSU	18	1	DSU	(DSU - DSU)
No	69%	(61% - 76%)	26,627	189	285		69%	(61% - 76%)
Veteran								
Yes	61%	(47% - 74%)	9,176	68	111		61%	(47% - 74%)
No	69%	(61% - 76%)	23,454	163	252		69%	(61% - 76%)

Pneumonia Vaccination (continued)

Pneumonia vaccination, Adults (65 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective: 14.29b: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question: A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot?

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Health Status								
General Health								
Excellent to Very Good	60%	(49% - 71%)	11,414	90	151		60%	(49% - 71%)
Good	68%	(56% - 78%)	13,746	88	136		68%	(56% - 78%)
Fair/Poor	77%	(63% - 86%)	7,164	52	72		77%	(63% - 86%)
Healthy Days (Mean Number of Days)								
Physical Health Not Good	5.3	(3.6 - 6.9)			224		5.3	(3.6 - 6.9)
Mental Health Not Good	1.8	(1.0 - 2.6)			225		1.8	(1.0 - 2.6)
Unhealthy Days (Physical or Mental Health Not Good)	6.6	(4.9 - 8.3)			219		6.6	(4.9 - 8.3)
Days with Activity Limitation	2.8	(1.5 - 4.1)			225	2	2.8	(1.5 - 4.1)
Healthy Days (Percentage with 14 or More Days)								
Physical Health Not Good	77%	(62% - 88%)	5,567	40	55	3	77%	(62% - 88%)
Mental Health Not Good	DSU	(DSU - DSU)	DSU	DSU	23	1	DSU	(DSU - DSU)
Unhealthy Days (Physical or Mental Health Not Good)	71%	(56% - 82%)	6,405	48	70		71%	(56% - 82%)
Activity Limitation	DSU	(DSU - DSU)	DSU	DSU	33	3	DSU	(DSU - DSU)
Disability								
Disabled								
Yes	76%	(66% - 84%)	15,284	104	143		76%	(66% - 84%)
No	59%	(50% - 69%)	16,869	126	218		59%	(50% - 69%)
Activity Limitation								
Yes	77%	(66% - 85%)	14,048	94	128		77%	(66% - 85%)
No	60%	(51% - 69%)	18,275	136	233		60%	(51% - 69%)

Pneumonia Vaccination (continued)

Pneumonia vaccination, Adults (65 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective: 14.29b: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question: A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot?

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI	
Require Special Equipment								
Yes	84%	(69% - 93%)	7,041	45	57	3	84%	(69% - 93%)
No	63%	(55% - 70%)	25,641	187	307		63%	(55% - 70%)
Mental Health								
Social and Emotional Support								
Always/Usually	71%	(62% - 78%)	24,999	165	252		71%	(62% - 78%)
Sometimes/Rarely/Never	57%	(42% - 71%)	5,818	52	87		57%	(42% - 71%)
Life Satisfaction								
Very Satisfied / Satisfied	68%	(61% - 74%)	30,240	212	331		68%	(61% - 74%)
Dissatisfied / Very Dissatisfied	DSU	(DSU - DSU)	DSU	DSU	10	1	DSU	(DSU - DSU)
Healthcare								
Healthcare Coverage								
Health Plan								
Yes	67%	(59% - 73%)	31,912	225	350		67%	(59% - 73%)
No	DSU	(DSU - DSU)	DSU	DSU	12	1	DSU	(DSU - DSU)
Immunization								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	84%	(77% - 90%)	25,732	180	223		84%	(77% - 90%)
No	37%	(26% - 49%)	6,483	50	138		37%	(26% - 49%)
Ever Had Pneumonia Shot (Ages 65+)								
Yes	100%	(0% - 0%)	32,563	232	232		100%	(0% - 0%)
No	0%	(0% - 0%)	0	0	132		0%	(0% - 0%)

Pneumonia Vaccination (continued)

Pneumonia vaccination, Adults (65 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective: 14.29b: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question: A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot?

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate		
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI	
Screening									
AIDS/HIV Screening (Ages 18-64)									
Yes	DSU	(DSU - DSU)	DSU	DSU	0	0	DSU	(DSU - DSU)	
No	DSU	(DSU - DSU)	DSU	DSU	0	0	DSU	(DSU - DSU)	
Diagnoses									
Arthritis									
Arthritis									
Yes	79%	(71% - 85%)	20,408	148	199	199	79%	(71% - 85%)	
No	50%	(39% - 62%)	10,976	78	158	158	50%	(39% - 62%)	
Asthma									
Asthma Diagnosis									
Yes	DSU	(DSU - DSU)	DSU	DSU	39	39	DSU	(DSU - DSU)	
No	65%	(57% - 72%)	28,954	199	324	324	65%	(57% - 72%)	
Current Asthma									
Yes	DSU	(DSU - DSU)	DSU	DSU	26	31	DSU	(DSU - DSU)	
No	DSU	(DSU - DSU)	DSU	DSU	9	31	DSU	(DSU - DSU)	
Cardiovascular and Cerebrovascular Disease									
Cardiovascular Disease									
Yes	85%	(73% - 93%)	7,884	51	64	64	85%	(73% - 93%)	
No	62%	(54% - 70%)	22,878	177	289	289	62%	(54% - 70%)	
Heart Attack (Myocardial Infarction)									
Yes	DSU	(DSU - DSU)	DSU	DSU	42	31	DSU	(DSU - DSU)	
No	64%	(56% - 71%)	27,253	196	318	318	64%	(56% - 71%)	

Pneumonia Vaccination (continued)

Pneumonia vaccination, Adults (65 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective: 14.29b: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question: A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot?

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Coronary Heart Disease (Angina)								
Yes	DSU	(DSU - DSU)	DSU	DSU	44	3	DSU	(DSU - DSU)
No	63%	(55% - 70%)	24,965	192	311		63%	(55% - 70%)
Stroke								
Yes	DSU	(DSU - DSU)	DSU	DSU	34	3	DSU	(DSU - DSU)
No	66%	(58% - 73%)	29,414	204	325		66%	(58% - 73%)
Diabetes								
Nongestational Diabetes								
Yes	79%	(61% - 90%)	7,279	47	62	3	79%	(61% - 90%)
No	64%	(56% - 71%)	25,385	185	300		64%	(56% - 71%)
Pre-Diabetes								
Yes	DSU	(DSU - DSU)	DSU	DSU	38	1	DSU	(DSU - DSU)
No	64%	(55% - 72%)	22,430	162	262		64%	(55% - 72%)
Risk Factors								
Alcohol								
Binge Drinking								
Yes	DSU	(DSU - DSU)	DSU	DSU	18	1	DSU	(DSU - DSU)
No	67%	(59% - 74%)	30,614	219	337		67%	(59% - 74%)
Heavy Drinking								
Yes	DSU	(DSU - DSU)	DSU	DSU	17	1	DSU	(DSU - DSU)
No	67%	(59% - 74%)	30,829	215	332		67%	(59% - 74%)

Pneumonia Vaccination (continued)

Pneumonia vaccination, Adults (65 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective: 14.29b: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question: A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot?

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Hypercholesterolemia								
High Cholesterol								
Yes	67%	(57% - 76%)	15,773	116	177		67%	(57% - 76%)
No	75%	(64% - 83%)	14,825	93	139		75%	(64% - 83%)
Hypertension								
High Blood Pressure								
Yes	71%	(62% - 78%)	20,294	145	217		71%	(62% - 78%)
No	59%	(47% - 70%)	11,965	84	144		59%	(47% - 70%)
Nutrition								
Fruit and Vegetable Index								
<1 Per Day or Never	DSU	(DSU - DSU)	DSU	DSU	18	1	DSU	(DSU - DSU)
1 to <3 Times Per Day	67%	(53% - 78%)	9,012	68	109		67%	(53% - 78%)
3 to <5 Times Per Day	66%	(54% - 76%)	13,230	87	140		66%	(54% - 76%)
5 Or More Times Per Day	71%	(56% - 83%)	8,635	61	86		71%	(56% - 83%)
Physical Activity								
Physical Activity Recommendations (2008)								
Active	69%	(59% - 77%)	18,262	114	184		69%	(59% - 77%)
Insufficient	68%	(52% - 81%)	7,087	50	77		68%	(52% - 81%)
Inactive	64%	(46% - 79%)	4,558	41	62		64%	(46% - 79%)
Leisure Time Exercise								
Yes	66%	(57% - 74%)	22,125	152	247		66%	(57% - 74%)
No	67%	(54% - 78%)	10,194	78	114		67%	(54% - 78%)

Pneumonia Vaccination (continued)

Pneumonia vaccination, Adults (65 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective: 14.29b: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question: A pneumonia shot or pneumococcal vaccine is usually given only once or twice in a person's lifetime and is different from the flu shot. Have you ever had a pneumonia shot?

Population at Risk (See Appendix)	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Sexual Violence/Intimate Partner Violence								
Parents Physically Hurt by Spouse/Partner								
Yes	DSU	(DSU - DSU)	DSU	DSU	47	1	DSU	(DSU - DSU)
No	66%	(58% - 73%)	24,669	181	285		66%	(58% - 73%)
Unwanted Sexual Activity								
Yes	DSU	(DSU - DSU)	DSU	DSU	32	1	DSU	(DSU - DSU)
No	67%	(59% - 74%)	27,125	192	300		67%	(59% - 74%)
Ever Hurt or Threatened by Intimate Partner								
Yes	66%	(47% - 81%)	4,385	33	54	1	66%	(47% - 81%)
No	67%	(59% - 74%)	25,245	181	281		67%	(59% - 74%)
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner								
Yes	DSU	(DSU - DSU)	DSU	DSU	6	1	DSU	(DSU - DSU)
No	67%	(60% - 74%)	29,526	211	328		67%	(60% - 74%)
Tobacco Use								
Cigarette Smoking Status								
Current Smoker	DSU	(DSU - DSU)	DSU	DSU	35	1	DSU	(DSU - DSU)
Former Smoker	71%	(61% - 80%)	17,775	119	171		71%	(61% - 80%)
Never Smoked	63%	(52% - 73%)	12,435	90	152		63%	(52% - 73%)
Smokeless Tobacco Status								
Current User	DSU	(DSU - DSU)	DSU	DSU	5	1	DSU	(DSU - DSU)
Former User	DSU	(DSU - DSU)	DSU	DSU	35	3	DSU	(DSU - DSU)
Never Used	66%	(58% - 73%)	25,973	192	300		66%	(58% - 73%)

Pneumonia Vaccination (continued)

Pneumonia vaccination, Adults (65 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Healthy People 2010 Objective: 14.29b: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Healthy Alaskans 2010 Objective: 18.14: Increase the proportion of adults aged 65 years and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

Screening Question:

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

Population at Risk (See Appendix)	Response:		Yes				Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Weight Status								
Weight Status								
Normal (BMI <25)	72%	(61% - 81%)	9,877	71	109		72%	(61% - 81%)
Overweight (BMI 25 to 30)	60%	(48% - 71%)	11,008	78	136		60%	(48% - 71%)
Obese (BMI ≥30)	75%	(62% - 85%)	10,767	75	100		75%	(62% - 85%)
Obese I (BMI 30 TO < 35)	74%	(57% - 86%)	7,854	56	74		74%	(57% - 86%)
Obese II & III (BMI ≥35)	DSU	(DSU - DSU)	DSU	DSU	26	3	DSU	(DSU - DSU)

Related Preventive Practice Measures

- ▶ Have seen a healthcare provider (past 12 months) [Link to pdf of table >>](#)
- ▶ Have had a routine checkup in past 12 month [Link to pdf of table >>](#)
- ▶ Have a personal doctor [Link to pdf of table >>](#)
- ▶ Not able to get medical care because of cost (past 12 months) [Link to pdf of table >>](#)

Chronic Disease



2009 Annual Report **Alaska Behavioral Risk Factor Survey**

Asthma: Lifetime Diagnosis of Asthma

INDICATOR: Proportion of Alaska adults with a lifetime diagnosis of asthma.

DATA SOURCE: 2009 Alaska Standard BRFSS survey.

BRFSS QUESTION:

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

How are we doing?

- ▶ Thirteen percent of Alaska adults reported a lifetime diagnosis of asthma in 2009.

How does Alaska compare with the U.S.?

- ▶ From 2000 to 2009, the prevalence of lifetime diagnosis of asthma appears to have increased slightly in both Alaska and the U.S.
- ▶ There have been no differences between Alaska and the U.S. in the prevalence of lifetime diagnosis of asthma during this same time period.

Healthy People 2010

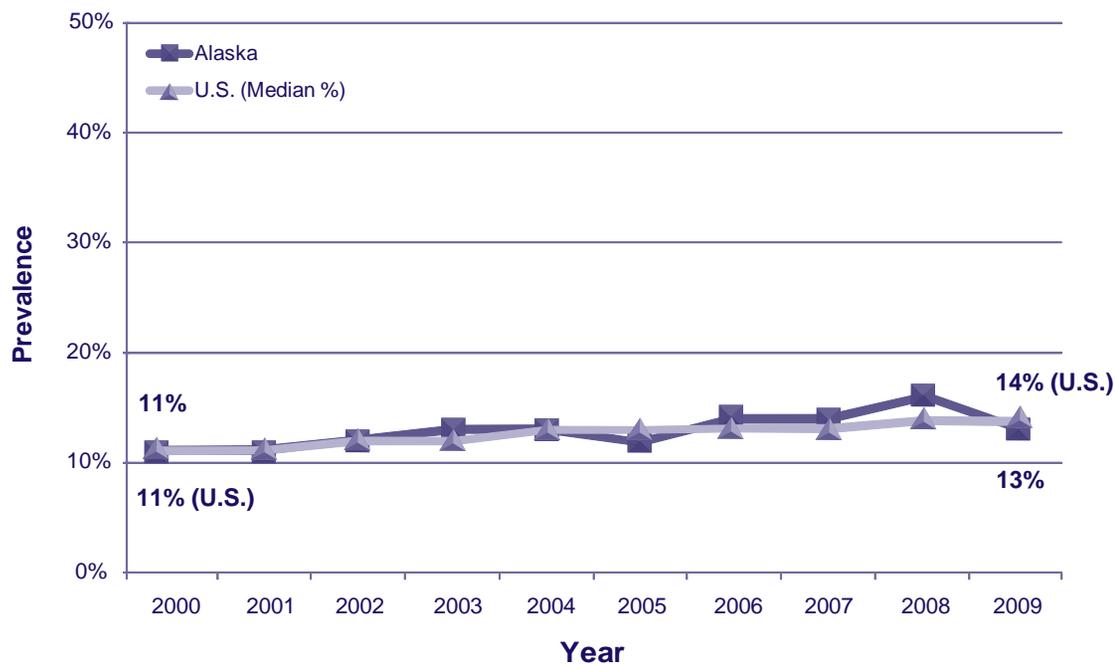
Objective 24.2a: Reduce lifetime asthma prevalence (adults ever told by a doctor that they have asthma) to 8%.

How are different populations affected?

- ▶ In 2009, female adults reported a lifetime diagnosis of asthma more often than males.
- ▶ Respondents who report fair or poor health had a higher prevalence of lifetime diagnosis of asthma than those who reported good or better health. In addition, 24% of respondents with 14 or more unhealthy days in the past 30 days and 32% whose poor physical or mental health limited their activities reported a lifetime diagnosis of asthma.
- ▶ Respondents who had a disability, those who were unable to work, those with diabetes or pre-diabetes, those with arthritis, those who have had an HIV test, and those who ate five or more fruits and vegetables per day had a significantly higher prevalence of lifetime diagnosis of asthma than respondents not in these groups.
- ▶ Sexual violence and intimate partner violence (SV/IPV) was also associated with asthma in 2009, respondents who reported SV/IPV appear to have a higher prevalence of asthma than those who did not.
- ▶ In 2009, 65% of those who reported a lifetime diagnosis of asthma still had asthma.

Asthma: Lifetime Diagnosis of Asthma

Lifetime Diagnosis of Asthma: 2000 - 2009 BRFSS, Alaska vs. Nationwide



Asthma: Lifetime Diagnosis of Asthma

Ever told had asthma, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy Alaskans 2010 Objective:		24.2a: Reduce lifetime asthma prevalence (adults ever told by a doctor that they has asthma) to 8%.										
Screening Question:		Have you ever been told by a doctor or other health professional that you had asthma?										
Response:		Yes						Age-Adjusted Rate				
Population at Risk (See Appendix)	%	Observed Rate		n	N	#	%	95% CI				
		%	95% CI					Individuals	%	95% CI		
Total	13.1%	(11.7% -	14.6%)	66,688	629	4,750	12.9%	(11.5% -	14.4%)	
Demographics												
Gender												
Female	16.8%	(14.8% -	19.1%)	41,145	409	2,605	16.5%	(14.4% -	18.7%)	
Male	9.6%	(7.9% -	11.7%)	25,543	220	2,145	9.6%	(7.9% -	11.6%)	
Age Groups (Categories Used in Age-Adjustment)												
Persons aged 18 to 24 years	13%	(9% -	19%)	9,444	43	276	3	NA	(NA -	NA)
Persons aged 25 to 34 years	12.9%	(9.5% -	17.1%)	13,123	86	672	3	NA	(NA -	NA)
Persons aged 35 to 44 years	13.7%	(10.9% -	17.0%)	13,121	122	847		NA	(NA -	NA)
Persons aged 45 to 64 years	13.7%	(11.8% -	15.9%)	24,893	294	2,145		NA	(NA -	NA)
Persons aged 65 years and older	10.1%	(7.3% -	13.8%)	5,301	74	751	3	NA	(NA -	NA)
Race and Ethnicity												
American Indian or Alaska Native	11.8%	(9.3% -	15.0%)	8,805	104	853	3	11.3%	(8.8% -	14.3%)
Asian or Pacific Islander	11%	(5% -	23%)	2,290	12	121	3	11%	(4% -	24%)
Asian	5%	(2% -	13%)	640	8	96	3	4%	(1% -	9%)
Native Hawaiian or Other Pacific Islander	DSU	(DSU -	DSU)	DSU	DSU	25	1	DSU	(DSU -	DSU)
Black or African American	23%	(11% -	42%)	2,384	13	64	3	17%	(9% -	29%)
White	12.9%	(11.3% -	14.6%)	49,143	458	3,479		12.8%	(11.2% -	14.5%)
Hispanic or Latino	15%	(9% -	25%)	2,958	19	130	3	14%	(8% -	23%)
Not Hispanic or Latino	13.1%	(11.7% -	14.6%)	63,424	606	4,569		12.9%	(11.5% -	14.4%)
Black or African American, not Hispanic/Latino	DSU	(DSU -	DSU)	DSU	DSU	29	1	DSU	(DSU -	DSU)
White, not Hispanic or Latino	12.9%	(11.3% -	14.7%)	46,981	443	3,340		12.7%	(11.1% -	14.5%)

Chronic Disease

For table end notes see Appendix J on Pg 429.

Asthma: Lifetime Diagnosis of Asthma (continued)

Ever told had asthma, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

		Healthy Alaskans 2010 Objective:		24.2a: Reduce lifetime asthma prevalence (adults ever told by a doctor that they has asthma) to 8%.					
Screening Question:		Have you ever been told by a doctor or other health professional that you had asthma?							
		Response:			Yes			Age-Adjusted Rate	
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI
Alaska Native									
Yes		13.4%	(10.6% - 16.7%)	11,211	119	935		13.0%	(10.2% - 16.5%)
No		13.0%	(11.4% - 14.7%)	54,493	499	3,757		12.8%	(11.3% - 14.5%)
Geographic Location									
Anchorage & Vicinity		13.4%	(11.2% - 16.0%)	36,711	146	994		13.3%	(11.1% - 15.9%)
Fairbanks & Vicinity		13.1%	(10.9% - 15.7%)	9,855	144	1,017		12.8%	(10.7% - 15.2%)
Gulf Coast		11.1%	(9.0% - 13.8%)	6,432	108	983		11.0%	(8.8% - 13.7%)
Rural		12.2%	(9.8% - 15.1%)	5,901	97	797		11.6%	(9.3% - 14.4%)
Southeast		14.3%	(11.8% - 17.3%)	7,788	134	959		14.3%	(11.7% - 17.4%)
Urban/Rural									
Metropolitan Statistical Area		13.5%	(11.6% - 15.7%)	45,735	279	1,927		13.3%	(11.5% - 15.5%)
Micropolitan Statistical Area & Urban Clusters		14.1%	(12.0% - 16.4%)	12,622	207	1,486		13.9%	(11.9% - 16.2%)
Rural		10.3%	(8.5% - 12.3%)	8,331	143	1,332		9.8%	(8.1% - 11.8%)
Education Level (persons aged 25 years and older)									
Less than high school		11%	(7% - 17%)	2,776	40	293	3	11%	(7% - 16%)
High school graduate		14.0%	(11.3% - 17.2%)	16,447	160	1,277		14.4%	(11.6% - 17.7%)
At least some college		13.5%	(11.0% - 16.4%)	17,263	175	1,330		13.4%	(10.9% - 16.3%)
College Graduate		12.5%	(10.3% - 15.0%)	20,538	210	1,565		11.9%	(9.8% - 14.3%)
Employment Status									
Employed		12.7%	(11.0% - 14.6%)	42,244	376	2,980		11.9%	(10.1% - 14.0%)
Unemployed		15%	(11% - 21%)	6,591	57	394	3	17%	(11% - 24%)
Not in Workforce (Student, Homemaker, Retired)		11.3%	(8.9% - 14.3%)	12,660	135	1,148	3	11.1%	(8.7% - 14.0%)
Unable to work		27%	(19% - 36%)	4,604	57	202		24%	(15% - 37%)

Asthma: Lifetime Diagnosis of Asthma (continued)

Ever told had asthma, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy Alaskans 2010 Objective:		24.2a: Reduce lifetime asthma prevalence (adults ever told by a doctor that they has asthma) to 8%.							
Screening Question:		Have you ever been told by a doctor or other health professional that you had asthma?							
Response:		Yes					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		95% CI						%	95% CI
Marital Status									
Married or Unwed Couple	12.3%	(10.6% -	14.1%)	37,559	334	2,690	12.4%	(10.0% - 15.2%)
Divorced/Separated	16%	(10% -	24%)	2,734	43	326	21%	(10% - 38%)
Widowed	17.8%	(13.7% -	22.8%)	10,196	126	796	18.8%	(13.5% - 25.6%)
Never Married	10.5%	(7.6% -	14.4%)	9,875	82	681	10.9%	(7.9% - 15.0%)
Income Level									
<\$15,000	20%	(14% -	27%)	6,127	69	355	19%	(13% - 26%)
\$15,000 - \$24,999	14%	(10% -	20%)	6,594	68	484	13%	(9% - 18%)
\$25,000 - \$49,999	12.3%	(9.5% -	15.9%)	12,030	122	982	12.1%	(9.4% - 15.4%)
\$50,000 - \$74,999	11.1%	(8.3% -	14.8%)	9,305	80	810	11.1%	(8.3% - 14.8%)
\$75,000	12.6%	(10.5% -	15.2%)	23,417	212	1,549	11.4%	(9.3% - 13.8%)
Poverty Threshold									
Poor (<100% Poverty Threshold)	14%	(10% -	20%)	5,028	54	321	13%	(9% - 18%)
Near Poor (100% to 199% Poverty Threshold)	14.9%	(10.8% -	20.3%)	9,410	91	608	14.7%	(10.8% - 19.6%)
Middle/High Income (>=200% Poverty Threshold)	12.4%	(10.9% -	14.2%)	42,950	406	3,251	12.0%	(10.4% - 13.8%)
Below Poverty Guidelines									
Yes	18%	(13% -	24%)	9,138	80	434	17%	(12% - 23%)
No	12.3%	(10.8% -	13.9%)	48,285	471	3,746	12.0%	(10.5% - 13.6%)
Veteran									
Yes	8.3%	(5.9% -	11.6%)	7,526	77	819	8.4%	(5.4% - 12.9%)
No	14.1%	(12.6% -	15.8%)	58,906	549	3,916	13.9%	(12.4% - 15.6%)

Asthma: Lifetime Diagnosis of Asthma (continued)

Ever told had asthma, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy Alaskans 2010 Objective:		24.2a: Reduce lifetime asthma prevalence (adults ever told by a doctor that they has asthma) to 8%.									
Screening Question:		Have you ever been told by a doctor or other health professional that you had asthma?									
Response:		Yes					Age-Adjusted Rate				
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate			
		%	95% CI					%	95% CI		
Health Status											
General Health											
Excellent to Very Good	10.2%	(8.5% -	12.0%)	30,973	261	2,597	9.7%	(8.2% -	11.5%)
Good	14.1%	(11.6% -	17.1%)	20,613	204	1,460	14.0%	(11.4% -	17.0%)
Fair/Poor	25.9%	(21.4% -	31.1%)	14,430	161	665	25.3%	(20.3% -	31.1%)
Healthy Days (Mean Number of Days)											
Physical Health Not Good	4.7	(3.8 -	5.6)			606	4.6	(3.7 -	5.4)
Mental Health Not Good	4.8	(3.6 -	6.0)			604	4.6	(3.5 -	5.6)
Unhealthy Days (Physical or Mental Health Not Good)	8.1	(6.8 -	9.3)			609	7.8	(6.6 -	9.0)
Days with Activity Limitation	3.8	(3.0 -	4.6)			611	3.6	(2.8 -	4.4)
Healthy Days (Percentage with 14 or More Days)											
Physical Health Not Good	22%	(17% -	28%)	8,658	114	474	21%	(15% -	27%)
Mental Health Not Good	28%	(21% -	36%)	10,330	89	390	26%	(20% -	33%)
Unhealthy Days (Physical or Mental Health Not Good)	23.6%	(19.2% -	28.6%)	16,732	169	759	22.8%	(18.5% -	27.8%)
Activity Limitation	32%	(25% -	41%)	8,322	94	327	32%	(23% -	41%)
Disability											
Disabled											
Yes	21.7%	(18.3% -	25.6%)	23,908	251	1,179	21.1%	(17.3% -	25.4%)
No	10.7%	(9.3% -	12.3%)	42,090	370	3,494	10.5%	(9.1% -	12.1%)
Activity Limitation											
Yes	22.2%	(18.5% -	26.3%)	23,002	240	1,105	21.3%	(17.5% -	25.8%)
No	10.7%	(9.3% -	12.3%)	42,830	380	3,576	10.6%	(9.2% -	12.2%)

Asthma: Lifetime Diagnosis of Asthma (continued)

Ever told had asthma, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy Alaskans 2010 Objective:		24.2a: Reduce lifetime asthma prevalence (adults ever told by a doctor that they has asthma) to 8%.							
Screening Question:		Have you ever been told by a doctor or other health professional that you had asthma?							
Population at Risk (See Appendix)	Response:	Observed Rate			Yes			Age-Adjusted Rate	
		%	95% CI	Individuals	n	N	#	%	95% CI
Require Special Equipment									
	Yes	24%	(19% - 31%)	7,064	89	341		24%	(17% - 33%)
	No	12.5%	(11.1% - 14.1%)	59,523	538	4,372		12.2%	(10.8% - 13.8%)
Mental Health									
Social and Emotional Support									
	Always/Usually	14.6%	(12.3% - 17.2%)	55,090	247	1,748		14.3%	(12.0% - 16.8%)
	Sometimes/Rarely/Never	14.6%	(10.8% - 19.6%)	14,000	80	509	3	13.0%	(10.0% - 18.0%)
Life Satisfaction									
	Very Satisfied / Satisfied	14.5%	(12.4% - 16.8%)	65,982	312	2,172		14.1%	(12.1% - 16.4%)
	Dissatisfied / Very Dissatisfied	11%	(5% - 22%)	2,053	12	93	3	12%	(6% - 25%)
Healthcare									
Healthcare Coverage									
Health Plan									
	Yes	13.0%	(11.5% - 14.6%)	54,156	525	3,941		12.9%	(11.4% - 14.5%)
	No	13.3%	(10.0% - 17.6%)	11,759	99	780	3	10.9%	(8.3% - 14.2%)
Immunization									
Flu Shot Within Past 12 Months (Ages 65+)									
	Yes	16.2%	(12.8% - 20.3%)	30,834	146	918		16.4%	(12.9% - 20.7%)
	No	13.6%	(11.3% - 16.4%)	41,936	194	1,440		12.7%	(10.5% - 15.3%)
Ever Had Pneumonia Shot (Ages 65+)									
	Yes	26.6%	(21.4% - 32.6%)	27,050	137	601		30.6%	(24.3% - 37.7%)
	No	11.1%	(8.9% - 13.8%)	36,365	159	1,499	3	10.3%	(8.2% - 12.8%)

Asthma: Lifetime Diagnosis of Asthma (continued)

Ever told had asthma, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy Alaskans 2010 Objective:		24.2a: Reduce lifetime asthma prevalence (adults ever told by a doctor that they has asthma) to 8%.							
Screening Question:		Have you ever been told by a doctor or other health professional that you had asthma?							
Response:		Yes					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		%	95% CI					%	95% CI
Screening									
AIDS/HIV Screening (Ages 18-64)									
Yes	20.5%	(16.7% -	25.0%)	42,865	168	901	21.2%	(17.3% - 25.8%)
No	10.1%	(7.9% -	12.7%)	20,696	111	938	9.1%	(7.2% - 11.5%)
Diagnoses									
Arthritis									
Arthritis									
Yes	19.8%	(16.0% -	24.4%)	22,716	147	690	20.3%	(14.7% - 27.3%)
No	13.2%	(10.8% -	15.9%)	49,569	190	1,648	12.2%	(10.1% - 14.7%)
Asthma									
Asthma Diagnosis									
Yes	100.0%	(0.0% -	0.0%)	66,688	629	629	100.0%	(0.0% - 0.0%)
No	0.0%	(0.0% -	0.0%)	0	0	4,121	0.0%	(0.0% - 0.0%)
Current Asthma									
Yes	100%	(0% -	0%)	41,762	401	401	100%	(0% - 0%)
No	100%	(0% -	0%)	22,575	201	201	100%	(0% - 0%)
Cardiovascular and Cerebrovascular Disease									
Cardiovascular Disease									
Yes	19%	(13% -	26%)	3,743	51	247	25%	(12% - 45%)
No	12.8%	(11.4% -	14.4%)	62,212	570	4,448	12.6%	(11.2% - 14.1%)
Heart Attack (Myocardial Infarction)									
Yes	18%	(12% -	26%)	2,579	37	180	20%	(9% - 40%)
No	12.9%	(11.6% -	14.5%)	63,911	591	4,551	12.7%	(11.3% - 14.3%)

Asthma: Lifetime Diagnosis of Asthma (continued)

Ever told had asthma, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy Alaskans 2010 Objective:		24.2a: Reduce lifetime asthma prevalence (adults ever told by a doctor that they has asthma) to 8%.							
Screening Question:		Have you ever been told by a doctor or other health professional that you had asthma?							
Population at Risk (See Appendix)	Response:	Observed Rate			Yes			Age-Adjusted Rate	
		%	95% CI	Individuals	n	N	#	%	95% CI
Coronary Heart Disease (Angina)									
	Yes	17%	(10% - 27%)	2,090	30	160	3	26%	(8% - 59%)
	No	13.0%	(11.6% - 14.5%)	63,872	591	4,549		12.7%	(11.3% - 14.2%)
Stroke									
	Yes	22%	(13% - 36%)	2,112	22	135	3	26%	(14% - 43%)
	No	12.9%	(11.5% - 14.4%)	64,215	602	4,602		12.6%	(11.2% - 14.1%)
Diabetes									
Nongestational Diabetes									
	Yes	22%	(16% - 30%)	6,741	69	350	3	21%	(14% - 31%)
	No	12.5%	(11.1% - 14.0%)	59,681	557	4,391		12.1%	(10.7% - 13.6%)
Pre-Diabetes									
	Yes	18%	(14% - 24%)	6,937	80	439	3	20%	(14% - 27%)
	No	12.0%	(10.5% - 13.6%)	52,567	474	3,945		11.6%	(10.2% - 13.1%)
Risk Factors									
Alcohol									
Binge Drinking									
	Yes	17%	(12% - 23%)	15,002	53	389	3	18%	(12% - 25%)
	No	14.1%	(12.0% - 16.6%)	57,042	284	1,952		13.7%	(11.6% - 16.1%)
Heavy Drinking									
	Yes	18%	(11% - 29%)	5,498	22	159	3	17%	(10% - 28%)
	No	14.2%	(12.2% - 16.6%)	65,192	311	2,158		13.8%	(11.8% - 16.1%)

Asthma: Lifetime Diagnosis of Asthma (continued)

Ever told had asthma, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy Alaskans 2010 Objective:		24.2a: Reduce lifetime asthma prevalence (adults ever told by a doctor that they has asthma) to 8%.							
Screening Question:		Have you ever been told by a doctor or other health professional that you had asthma?							
Response:		Yes					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		%	95% CI					%	95% CI
Hypercholesterolemia									
High Cholesterol									
Yes	16.4%	(13.1% -	20.4%)	20,757	129	754	15.9%	(11.7% - 21.1%)
No	14.5%	(11.5% -	18.2%)	34,199	143	1,092	14.4%	(11.3% - 18.3%)
Hypertension									
High Blood Pressure									
Yes	18.2%	(14.3% -	23.0%)	24,385	123	776	23.2%	(17.3% - 30.5%)
No	13.0%	(10.8% -	15.6%)	48,365	218	1,630	12.2%	(10.2% - 14.5%)
Nutrition									
Fruit and Vegetable Index									
<1 Per Day or Never	10%	(4% -	21%)	3,090	14	142	3	11% (5% - 21%)
1 to <3 Times Per Day	12.2%	(9.1% -	16.3%)	20,624	94	810	3	12.0% (8.9% - 15.8%)
3 to <5 Times Per Day	13.1%	(10.3% -	16.5%)	22,862	122	832		12.7% (10.0% - 16.0%)
5 Or More Times Per Day	22.4%	(17.3% -	28.5%)	25,694	106	542		21.9% (16.9% - 27.9%)
Physical Activity									
Physical Activity Recommendations (2008)									
Active	15.4%	(12.8% -	18.4%)	53,500	218	1,532		14.8% (12.3% - 17.6%)
Insufficient	13%	(10% -	18%)	10,268	57	423	3	13% (9% - 18%)
Inactive	13%	(8% -	20%)	5,213	36	234	3	11% (7% - 17%)
Leisure Time Exercise									
Yes	13.0%	(11.5% -	14.7%)	53,049	470	3,735		12.7% (11.2% - 14.4%)
No	13.5%	(10.8% -	16.6%)	13,440	155	1,001		12.3% (9.8% - 15.4%)

Asthma: Lifetime Diagnosis of Asthma (continued)

Ever told had asthma, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy Alaskans 2010 Objective:		24.2a: Reduce lifetime asthma prevalence (adults ever told by a doctor that they has asthma) to 8%.							
Screening Question:		Have you ever been told by a doctor or other health professional that you had asthma?							
Population at Risk (See Appendix)	Response:	Observed Rate			Yes			Age-Adjusted Rate	
		%	95% CI	Individuals	n	N	#	%	95% CI
Sexual Violence/Intimate Partner Violence									
Parents Physically Hurt by Spouse/Partner									
	Yes	22%	(17% - 30%)	18,966	79	427	3	21%	(16% - 27%)
	No	12.8%	(10.7% - 15.3%)	46,574	231	1,735		12.4%	(10.4% - 14.7%)
Unwanted Sexual Activity									
	Yes	21%	(15% - 27%)	13,068	73	338		22%	(16% - 28%)
	No	13.6%	(11.4% - 16.2%)	52,966	235	1,830		13.3%	(11.1% - 15.9%)
Ever Hurt or Threatened by Intimate Partner									
	Yes	23.8%	(18.3% - 30.3%)	22,954	109	509		23.3%	(17.7% - 30.0%)
	No	12.1%	(10.0% - 14.5%)	42,922	202	1,666		11.9%	(9.9% - 14.3%)
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner									
	Yes	29%	(17% - 45%)	7,706	28	121		25%	(16% - 38%)
	No	13.7%	(11.7% - 16.0%)	58,205	283	2,057		13.4%	(11.4% - 15.7%)
Tobacco Use									
Cigarette Smoking Status									
	Current Smoker	16.4%	(13.0% - 20.4%)	15,513	138	944		16.0%	(12.6% - 20.1%)
	Former Smoker	13.2%	(10.9% - 16.0%)	18,506	200	1,472		13.1%	(10.7% - 16.0%)
	Never Smoked	11.7%	(9.9% - 13.8%)	31,622	283	2,291		11.7%	(9.9% - 13.7%)
Smokeless Tobacco Status									
	Current User	17%	(10% - 27%)	3,744	28	215	3	15%	(9% - 22%)
	Former User	11.3%	(8.5% - 14.9%)	10,146	99	724	3	10.8%	(8.2% - 14.0%)
	Never Used	13.2%	(11.7% - 15.0%)	49,519	475	3,606		13.0%	(11.5% - 14.8%)

Asthma: Lifetime Diagnosis of Asthma (continued)

Ever told had asthma, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Healthy Alaskans 2010 Objective:		24.2a: Reduce lifetime asthma prevalence (adults ever told by a doctor that they has asthma) to 8%.							
Screening Question:		Have you ever been told by a doctor or other health professional that you had asthma?							
Response:		Observed Rate			Yes			Age-Adjusted Rate	
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI
Weight Status									
Weight Status									
Normal (BMI <25)	10.1%	(8.2% -	12.5%)	17,324	175	1,489	10.2%	(8.3% - 12.4%)
Overweight (BMI 25 to 30)	12.2%	(10.0% -	14.9%)	23,282	191	1,730	12.5%	(10.1% - 15.4%)
Obese (BMI ≥30)	17.9%	(15.1% -	21.2%)	22,854	225	1,325	17.9%	(14.7% - 21.7%)
Obese I (BMI 30 TO < 35)	15.9%	(12.7% -	19.7%)	12,760	130	854	17.2%	(13.1% - 22.2%)
Obese II & III (BMI ≥35)	21%	(16% -	28%)	9,864	95	471	21%	(16% - 27%)

Diabetes

INDICATOR: Proportion of Alaska adults with non-gestational diabetes.

DATA SOURCE: 2009 Alaska Standard and Supplemental BRFSS surveys combined.

BRFSS QUESTION:

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

How are we doing?

- ▶ In 2009, 6% of Alaska adults reported having diabetes.

How does Alaska compare with the U.S.?

- ▶ From 1991 to 2009, the prevalence of diabetes appears to have increased in both Alaska and the U.S.
- ▶ The prevalence of diabetes in Alaska has been consistently below that in the U.S. during this same time period.

How are different populations affected?

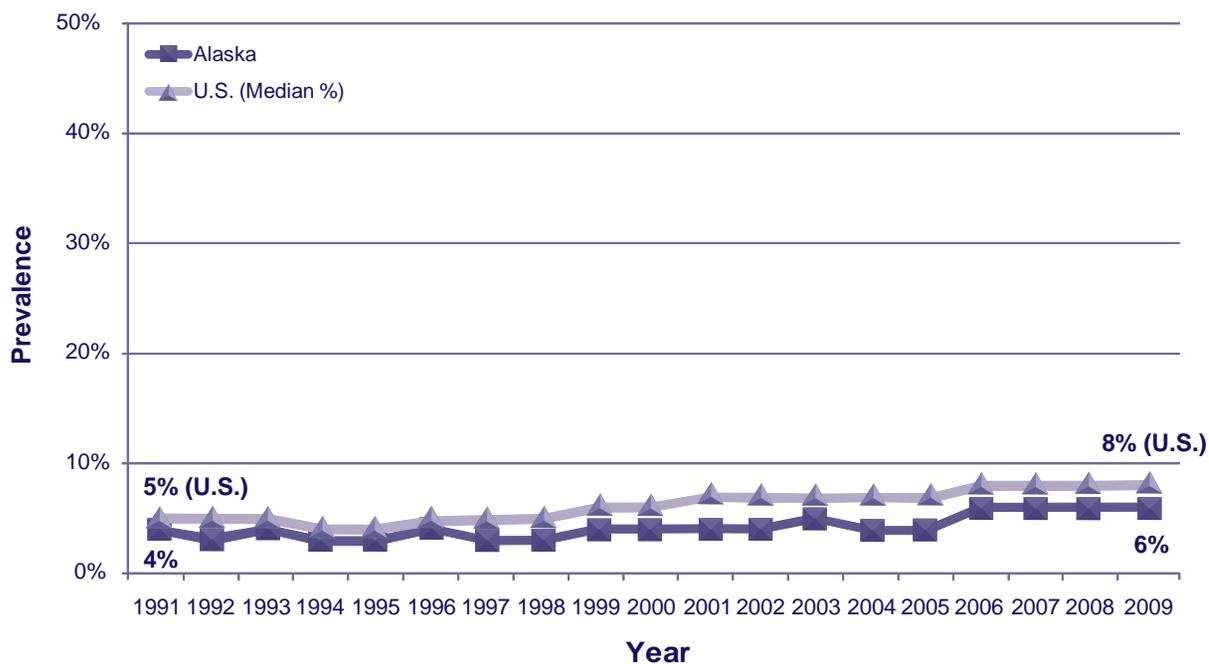
- ▶ The prevalence of diabetes increased with age; persons age 45 and older had a significantly higher prevalence of diabetes than those in younger age groups.
- ▶ Alaska adults who were unable to work, veterans, those who reported fair or poor general health status, and those with a disability reported a higher prevalence of diabetes than those not in these groups.
- ▶ Among respondents age 65 years and older, those who had received a flu shot in the past 12 months and those who had ever received a pneumonia shot had a higher prevalence of diabetes than those who did not get these immunizations.
- ▶ Arthritis, asthma, cardiovascular disease, high cholesterol, high blood pressure, no leisure time physical activity, and obesity were all associated with having diabetes in 2009.

Diabetes Module:

- ▶ Fifty-six percent of adult Alaskans with diabetes reported having taken a course in how to manage diabetes, below the Healthy Alaskans 2010 goal of 60% (Indicator 23.3).
- ▶ In 2009, 72% of Alaskans with diabetes had their feet checked by a health professional at least once in the 12 months before the interview. This is below the Healthy Alaskans 2010 goal of 75% (Indicator 23.7).
- ▶ In 2009, 93% of Alaskans with diabetes reported having a glycosylated hemoglobin test at least once in the 12 months before the interview, well above the Healthy Alaskans 2010 goal of 50% (Indicator 23.8); 73% of Alaskans with diabetes reported at least two glycosylated hemoglobin tests in the same time period.
- ▶ Sixty-four percent of Alaskans with diabetes reported having a dilated eye exam in the past year in 2009. This is below the Healthy Alaskans 2010 goal of 75% (Indicator 23.9).

Diabetes

Diagnosed with Diabetes: 1991-2000 BRFSS Alaska vs. Nationwide



Diabetes

Nongestational diabetes, Adults (18 years of age and older), Alaska BRFSS, 2009: Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Have you ever been told by a doctor that you have diabetes?									
	Response:	Yes [Excludes Yes, but female told only during pregnancy]						Age-Adjusted Rate		
		%	Observed Rate		Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)		95% CI							95% CI	
Total	6.0%	(5.2% - 7.0%)	30,639	350	4,756			6.8%	(5.9% - 7.9%)	
Demographics										
Gender										
Female	6.0%	(4.9% - 7.3%)	14,625	189	2,610	3		6.4%	(5.3% - 7.8%)	
Male	6.1%	(4.8% - 7.6%)	16,014	161	2,146	3		7.3%	(5.8% - 9.0%)	
Age Groups (Categories Used in Age-Adjustment)										
Persons aged 18 to 24 years	1%	(0% - 3%)	726	2	276	3		NA	(NA - NA)	
Persons aged 25 to 34 years	2.2%	(0.9% - 5.2%)	2,221	12	672	3		NA	(NA - NA)	
Persons aged 35 to 44 years	2.6%	(1.6% - 4.1%)	2,499	27	847	3		NA	(NA - NA)	
Persons aged 45 to 64 years	8.3%	(6.8% - 10.1%)	15,108	172	2,149	3		NA	(NA - NA)	
Persons aged 65 years and older	19.2%	(15.3% - 23.9%)	10,130	134	754			NA	(NA - NA)	
Race and Ethnicity										
American Indian or Alaska Native	5.1%	(3.7% - 7.0%)	3,771	58	852	3		6.1%	(4.5% - 8.2%)	
Asian or Pacific Islander	9%	(4% - 20%)	1,887	8	121	3		11%	(5% - 23%)	
Asian	5%	(2% - 15%)	640	6	96	3		7%	(2% - 17%)	
Native Hawaiian or Other Pacific Islander	DSU	(DSU - DSU)	DSU	DSU	25	3		DSU	(DSU - DSU)	
Black or African American	9%	(4% - 18%)	933	8	64	3		12%	(6% - 23%)	
White	6.2%	(5.2% - 7.4%)	23,739	263	3,484			6.9%	(5.8% - 8.1%)	
Hispanic or Latino	2%	(1% - 5%)	397	4	131	3		3%	(1% - 8%)	
Not Hispanic or Latino	6.2%	(5.3% - 7.3%)	30,246	345	4,574			7.0%	(6.1% - 8.1%)	
Black or African American, not Hispanic/Latino	DSU	(DSU - DSU)	DSU	DSU	29	3		DSU	(DSU - DSU)	
White, not Hispanic or Latino	6.2%	(5.2% - 7.4%)	22,664	253	3,346			6.8%	(5.8% - 8.1%)	

For table end notes see Appendix J on Pg 429.

Diabetes (continued)

Nongestational diabetes, Adults (18 years of age and older), Alaska BRFS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question: Population at Risk (<i>See Appendix</i>)	Response:	Have you ever been told by a doctor that you have diabetes? Yes [Excludes Yes, but female told only during pregnancy]						
		Observed Rate			Age-Adjusted Rate			
		%	95% CI	Individuals	n	N	#	%
Alaska Native								
Yes	5.9%	(4.3% - 8.0%)	4,894	68	933	3	7.0%	(5.1% - 9.4%)
No	6.1%	(5.1% - 7.2%)	25,536	278	3,765		6.9%	(5.8% - 8.1%)
Geographic Location								
Anchorage & Vicinity	6.4%	(5.0% - 8.1%)	17,421	83	996	3	7.3%	(5.8% - 9.2%)
Fairbanks & Vicinity	5.4%	(4.2% - 6.8%)	4,061	80	1,020	3	6.7%	(5.3% - 8.5%)
Gulf Coast	7.1%	(5.4% - 9.3%)	4,114	86	986	3	7.1%	(5.4% - 9.2%)
Rural	4.0%	(2.8% - 5.7%)	1,936	39	795	3	5.1%	(3.5% - 7.3%)
Southeast	5.7%	(4.4% - 7.5%)	3,107	62	959	3	5.8%	(4.5% - 7.6%)
Urban/Rural								
Metropolitan Statistical Area	6.2%	(5.0% - 7.6%)	20,872	157	1,932	3	7.3%	(5.9% - 8.8%)
Micropolitan Statistical Area & Urban Clusters	6.0%	(4.7% - 7.5%)	5,347	107	1,489	3	7.0%	(5.6% - 8.6%)
Rural	5.5%	(4.3% - 7.0%)	4,420	86	1,330	3	5.4%	(4.2% - 6.9%)
Education Level (persons aged 25 years and older)								
Less than high school	8%	(5% - 13%)	2,004	29	291	3	8%	(5% - 12%)
High school graduate	8.4%	(6.4% - 11.0%)	9,869	114	1,278	3	9.6%	(7.4% - 12.4%)
At least some college	7.5%	(5.8% - 9.7%)	9,610	121	1,334	3	8.1%	(6.3% - 10.4%)
College Graduate	5.2%	(3.9% - 6.9%)	8,606	84	1,568	3	6.2%	(4.6% - 8.3%)
Employment Status								
Employed	4.3%	(3.4% - 5.5%)	14,437	140	2,986	3	5.4%	(4.0% - 7.3%)
Unemployed	5%	(3% - 8%)	2,190	20	393	3	7%	(3% - 16%)
Not in Workforce (Student, Homemaker, Retired)	9.8%	(7.7% - 12.3%)	10,933	142	1,149	3	7.1%	(5.6% - 8.9%)
Unable to work	18%	(13% - 26%)	3,091	46	203	3	15%	(9% - 22%)

Diabetes (continued)

Nongestational diabetes, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question: Population at Risk (<i>See Appendix</i>)	Response:	Have you ever been told by a doctor that you have diabetes? Yes [Excludes Yes, but female told only during pregnancy]						
		%	Observed Rate			Age-Adjusted Rate		
			95% CI	Individuals	n	N	#	%
Marital Status								
Married or Unwed Couple	5.9%	(4.8% - 7.1%)	17,951	171	2,692	3	6.2%	(5.1% - 7.5%)
Divorced/Separated	17%	(11% - 25%)	2,925	55	328	3	6%	(4% - 9%)
Widowed	9.2%	(6.7% - 12.4%)	5,267	83	798	3	7.8%	(5.6% - 10.9%)
Never Married	3.6%	(1.9% - 6.6%)	3,358	29	681	3	6.3%	(3.9% - 10.1%)
Income Level								
<\$15,000	7%	(5% - 10%)	2,131	38	353	3	7%	(5% - 10%)
\$15,000 - \$24,999	7%	(5% - 10%)	3,300	48	485	3	8%	(5% - 12%)
\$25,000 - \$49,999	7.2%	(5.5% - 9.4%)	7,081	101	985	3	8.2%	(6.4% - 10.6%)
\$50,000 - \$74,999	6.1%	(4.1% - 8.9%)	5,098	49	811	3	6.2%	(4.4% - 8.7%)
\$75,000	5.2%	(3.8% - 7.2%)	9,662	74	1,551	3	6.7%	(4.7% - 9.4%)
Poverty Threshold								
Poor (<100% Poverty Threshold)	4%	(2% - 7%)	1,429	20	319	3	5%	(3% - 9%)
Near Poor (100% to 199% Poverty Threshold)	6.7%	(4.7% - 9.6%)	4,258	58	609	3	8.0%	(5.7% - 11.1%)
Middle/High Income (>=200% Poverty Threshold)	6.2%	(5.2% - 7.5%)	21,546	232	3,257	3	6.9%	(5.7% - 8.2%)
Below Poverty Guidelines								
Yes	4%	(2% - 7%)	2,023	27	432	3	6%	(4% - 11%)
No	6.4%	(5.4% - 7.5%)	25,101	283	3,753		6.9%	(5.9% - 8.2%)
Veteran								
Yes	10.5%	(8.0% - 13.6%)	9,480	92	818	3	9.4%	(7.4% - 12.0%)
No	5.0%	(4.2% - 6.1%)	21,101	256	3,923	3	6.1%	(5.1% - 7.2%)

Diabetes (continued)

Nongestational diabetes, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Have you ever been told by a doctor that you have diabetes?							
	Response:	Yes [Excludes Yes, but female told only during pregnancy]						Age-Adjusted Rate
Population at Risk (<i>See Appendix</i>)	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Health Status								
General Health								
Excellent to Very Good	2.6%	(1.9% - 3.5%)	7,891	85	2,600	3	3.3%	(2.4% - 4.5%)
Good	8.5%	(6.6% - 11.0%)	12,462	133	1,459	3	8.7%	(6.8% - 11.0%)
Fair/Poor	17.8%	(14.1% - 22.3%)	9,964	128	668		15.4%	(12.2% - 19.4%)
Healthy Days (Mean Number of Days)								
Physical Health Not Good	7.0	(5.4 - 8.7)				336	6.0	(3.9 - 8.1)
Mental Health Not Good	4.6	(3.1 - 6.1)				339	4.3	(2.7 - 6.0)
Unhealthy Days (Physical or Mental Health Not Good)	9.3	(7.4 - 11.1)				340	8.5	(5.7 - 11.2)
Days with Activity Limitation	4.3	(2.9 - 5.7)				340	3.3	(2.3 - 4.4)
Healthy Days (Percentage with 14 or More Days)								
Physical Health Not Good	18%	(13% - 23%)	7,117	83	476	3	15%	(11% - 19%)
Mental Health Not Good	12%	(8% - 18%)	4,390	47	390	3	13%	(9% - 18%)
Unhealthy Days (Physical or Mental Health Not Good)	13.3%	(10.2% - 17.1%)	9,421	105	760	3	13.1%	(10.3% - 16.5%)
Activity Limitation	16%	(11% - 23%)	4,186	57	329	3	13%	(9% - 17%)
Disability								
Disabled								
Yes	11.6%	(9.4% - 14.2%)	12,818	166	1,183		9.7%	(8.0% - 11.7%)
No	4.5%	(3.6% - 5.6%)	17,684	182	3,494	3	5.5%	(4.4% - 6.8%)
Activity Limitation								
Yes	11.1%	(8.9% - 13.8%)	11,564	154	1,109		9.4%	(7.7% - 11.5%)
No	4.8%	(3.9% - 5.9%)	19,036	195	3,576	3	5.9%	(4.8% - 7.2%)

Diabetes (continued)

Nongestational diabetes, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Response:	Have you ever been told by a doctor that you have diabetes?							
		Yes [Excludes Yes, but female told only during pregnancy]					Age-Adjusted Rate		
		%	Observed Rate 95% CI		Individuals	n	N #	%	95% CI
Population at Risk (See Appendix)									
Require Special Equipment									
Yes	19%	(14% -	25%)	5,603	77	342	14%	(11% - 18%)
No	5.1%	(4.3% -	6.1%)	24,514	271	4,377	6.0%	(5.0% - 7.1%)
Mental Health									
Social and Emotional Support									
Always/Usually	5.5%	(4.2% -	7.1%)	20,702	114	1,747	6.6%	(5.1% - 8.6%)
Sometimes/Rarely/Never	8.0%	(5.4% -	11.7%)	7,663	49	511	7.4%	(5.3% - 10.4%)
Life Satisfaction									
Very Satisfied / Satisfied	5.7%	(4.5% -	7.1%)	25,801	152	2,173	6.5%	(5.2% - 8.1%)
Dissatisfied / Very Dissatisfied	12%	(6% -	22%)	2,240	12	93	12%	(5% - 23%)
Healthcare									
Healthcare Coverage									
Health Plan									
Yes	6.6%	(5.6% -	7.8%)	27,564	312	3,946	7.0%	(6.0% - 8.1%)
No	3.1%	(1.9% -	5.0%)	2,712	36	781	3.6%	(2.2% - 6.1%)
Immunization									
Flu Shot Within Past 12 Months (Ages 65+)									
Yes	10.3%	(7.8% -	13.4%)	19,514	107	917	9.9%	(7.6% - 12.8%)
No	3.2%	(2.3% -	4.5%)	9,931	66	1,442	3.5%	(2.6% - 4.7%)
Ever Had Pneumonia Shot (Ages 65+)									
Yes	16.6%	(12.5% -	21.6%)	16,852	102	601	14.0%	(9.4% - 20.3%)
No	3.2%	(2.2% -	4.5%)	10,397	61	1,498	4.1%	(2.7% - 6.2%)

Diabetes (continued)

Nongestational diabetes, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Response:	Have you ever been told by a doctor that you have diabetes?						
		Yes [Excludes Yes, but female told only during pregnancy]					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N	#	%
Population at Risk (See Appendix)								
Screening								
AIDS/HIV Screening (Ages 18-64)								
Yes	3.2%	(2.1% - 4.8%)	6,703	38	905	3	3.7%	(2.4% - 5.5%)
No	5.8%	(4.0% - 8.4%)	11,946	60	936	3	5.1%	(3.3% - 7.9%)
Diagnoses								
Arthritis								
Arthritis								
Yes	10.0%	(7.6% - 13.0%)	11,456	85	691	3	6.8%	(5.2% - 8.8%)
No	4.6%	(3.4% - 6.3%)	17,441	86	1,648	3	6.4%	(4.6% - 8.7%)
Asthma								
Asthma Diagnosis								
Yes	10.2%	(7.3% - 14.1%)	6,802	69	626	3	12.7%	(9.3% - 16.9%)
No	5.4%	(4.5% - 6.4%)	23,837	281	4,115		6.1%	(5.1% - 7.1%)
Current Asthma								
Yes	14%	(10% - 20%)	5,842	51	400	3	16%	(11% - 21%)
No	5%	(2% - 9%)	1,126	17	200	3	7%	(4% - 14%)
Cardiovascular and Cerebrovascular Disease								
Cardiovascular Disease								
Yes	28%	(21% - 36%)	5,538	65	248		14%	(10% - 18%)
No	5.0%	(4.2% - 5.9%)	24,031	273	4,453	3	6.0%	(5.0% - 7.1%)
Heart Attack (Myocardial Infarction)								
Yes	27%	(19% - 36%)	3,907	48	182		13%	(10% - 18%)
No	5.4%	(4.5% - 6.3%)	26,432	299	4,555		6.3%	(5.4% - 7.5%)

Diabetes (continued)

Nongestational diabetes, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Have you ever been told by a doctor that you have diabetes?								
	Response:	Yes [Excludes Yes, but female told only during pregnancy]						Age-Adjusted Rate	
		%	Observed Rate		Individuals	n	N	#	%
Population at Risk (See Appendix)		95% CI							95% CI
Coronary Heart Disease (Angina)									
Yes	28%	(20% - 39%)	3,446	44	160			14%	(9% - 20%)
No	5.3%	(4.5% - 6.3%)	26,185	296	4,555			6.3%	(5.3% - 7.4%)
Stroke									
Yes	24%	(15% - 36%)	2,294	36	136	3		17%	(10% - 29%)
No	5.6%	(4.8% - 6.6%)	27,939	309	4,606			6.5%	(5.6% - 7.7%)
Diabetes									
Nongestational Diabetes									
Yes	100%	(0% - 0%)	30,639	350	350			100%	(0% - 0%)
No	0.0%	(0.0% - 0.0%)	0	0	4,406			0.0%	(0.0% - 0.0%)
Pre-Diabetes									
Yes	0%	(0% - 0%)	0	0	438			0%	(0% - 0%)
No	0.0%	(0.0% - 0.0%)	0	0	3,956			0.0%	(0.0% - 0.0%)
Risk Factors									
Alcohol									
Binge Drinking									
Yes	3%	(1% - 5%)	2,644	13	388	3		6%	(3% - 13%)
No	6.6%	(5.3% - 8.2%)	26,661	160	1,954	3		7.0%	(5.6% - 8.7%)
Heavy Drinking									
Yes	2%	(1% - 5%)	611	5	159	3		2%	(1% - 6%)
No	5.9%	(4.8% - 7.3%)	27,107	167	2,159	3		6.7%	(5.4% - 8.2%)

Diabetes (continued)

Nongestational diabetes, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question: Population at Risk (<i>See Appendix</i>)	Response:	Have you ever been told by a doctor that you have diabetes? Yes [Excludes Yes, but female told only during pregnancy]						
		Observed Rate			Age-Adjusted Rate			
		%	95% CI	Individuals	n	N	#	%
Hypercholesterolemia								
High Cholesterol								
Yes	15.1%	(11.9% - 19.0%)	19,133	111	754	3	13.2%	(8.9% - 19.2%)
No	4.0%	(2.6% - 6.1%)	9,388	51	1,091	3	4.6%	(2.9% - 7.2%)
Hypertension								
High Blood Pressure								
Yes	12.6%	(9.9% - 15.8%)	16,861	118	777	3	8.7%	(6.9% - 10.9%)
No	3.4%	(2.3% - 5.0%)	12,748	56	1,630	3	4.8%	(3.1% - 7.2%)
Nutrition								
Fruit and Vegetable Index								
<1 Per Day or Never	5%	(2% - 10%)	1,531	10	141	3	5%	(3% - 11%)
1 to <3 Times Per Day	7.1%	(4.9% - 10.0%)	11,921	67	810	3	7.5%	(5.3% - 10.5%)
3 to <5 Times Per Day	5.1%	(3.5% - 7.3%)	8,885	56	835	3	5.9%	(4.0% - 8.6%)
5 Or More Times Per Day	6.0%	(3.8% - 9.2%)	6,843	37	541	3	6.7%	(4.5% - 9.9%)
Physical Activity								
Physical Activity Recommendations (2008)								
Active	5.1%	(3.8% - 6.9%)	17,724	88	1,532	3	6.3%	(4.6% - 8.5%)
Insufficient	6%	(4% - 10%)	4,754	33	424	3	6%	(4% - 10%)
Inactive	13%	(9% - 19%)	5,220	41	233	3	11%	(8% - 15%)
Leisure Time Exercise								
Yes	4.7%	(3.9% - 5.6%)	19,201	218	3,741	3	5.6%	(4.7% - 6.7%)
No	11.4%	(8.8% - 14.8%)	11,404	131	1,000	3	10.4%	(7.8% - 13.8%)

Diabetes (continued)

Nongestational diabetes, Adults (18 years of age and older), Alaska BRFS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Have you ever been told by a doctor that you have diabetes?									
	Response:	Yes [Excludes Yes, but female told only during pregnancy]							Age-Adjusted Rate	
		%	Observed Rate		Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)		95% CI							95% CI	
Sexual Violence/Intimate Partner Violence										
Parents Physically Hurt by Spouse/Partner										
Yes	4%	(3% - 7%)	3,456	31	427	3	5%	(3% - 7%)		
No	5.6%	(4.4% - 7.2%)	20,486	118	1,736	3	6.5%	(5.1% - 8.2%)		
Unwanted Sexual Activity										
Yes	8%	(5% - 11%)	4,989	30	339	3	11%	(7% - 16%)		
No	5.1%	(4.0% - 6.6%)	19,826	121	1,830	3	5.7%	(4.4% - 7.3%)		
Ever Hurt or Threatened by Intimate Partner										
Yes	5.7%	(3.7% - 8.7%)	5,483	38	508	3	6.1%	(4.0% - 9.2%)		
No	5.4%	(4.2% - 6.9%)	19,075	113	1,667	3	6.1%	(4.7% - 7.8%)		
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner										
Yes	8%	(3% - 17%)	2,116	10	120	3	9%	(4% - 18%)		
No	5.3%	(4.2% - 6.6%)	22,453	141	2,058	3	5.9%	(4.7% - 7.4%)		
Tobacco Use										
Cigarette Smoking Status										
Current Smoker	5.8%	(3.8% - 8.6%)	5,460	62	943	3	5.4%	(3.7% - 7.9%)		
Former Smoker	8.2%	(6.4% - 10.3%)	11,445	139	1,477	3	7.0%	(5.6% - 8.8%)		
Never Smoked	5.0%	(4.0% - 6.3%)	13,606	145	2,293	3	6.8%	(5.4% - 8.4%)		
Smokeless Tobacco Status										
Current User	1%	(0% - 2%)	220	5	214	3	2%	(1% - 7%)		
Former User	3.4%	(2.3% - 5.1%)	3,064	44	727	3	6.0%	(3.9% - 9.0%)		
Never Used	6.7%	(5.7% - 7.9%)	25,021	284	3,610		7.1%	(6.1% - 8.3%)		

Diabetes (continued)

Nongestational diabetes, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Response:	Have you ever been told by a doctor that you have diabetes?							
		Yes [Excludes Yes, but female told only during pregnancy]					Age-Adjusted Rate		
Population at Risk (<i>See Appendix</i>)	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate	
		95% CI						%	95% CI
Weight Status									
Weight Status									
Normal (BMI <25)	1.9%	(1.2% -	3.1%)	3,258	35	1,491	3	2.5% (1.5% - 3.9%)
Overweight (BMI 25 to 30)	4.5%	(3.2% -	6.1%)	8,494	89	1,731	3	4.9% (3.6% - 6.6%)
Obese (BMI ≥30)	13.7%	(11.3% -	16.4%)	17,438	208	1,329		13.6% (11.5% - 16.1%)
Obese I (BMI 30 TO < 35)	11.6%	(9.0% -	15.0%)	9,359	112	855	3	11.8% (9.0% - 15.3%)
Obese II & III (BMI ≥35)	17%	(13% -	22%)	8,011	96	474		18% (14% - 22%)

History of Heart Attack

INDICATOR: Proportion of Alaska adults with a history of heart attack or myocardial infarction.

DATA SOURCE: 2009 Alaska Standard and Supplemental BRFSS surveys combined.

BRFSS QUESTIONS:

- ▶ Has a doctor, nurse or other health professional EVER told you that you had any of the following?
 - ▶ (Ever told) you had a heart attack, also called a myocardial infarction?

How are we doing?

- ▶ In 2009 3% of Alaska adults reported ever being told they had a myocardial infarction.
- ▶ The prevalence of history of heart attack has not changed since 1997.

How does Alaska compare with the U.S.?

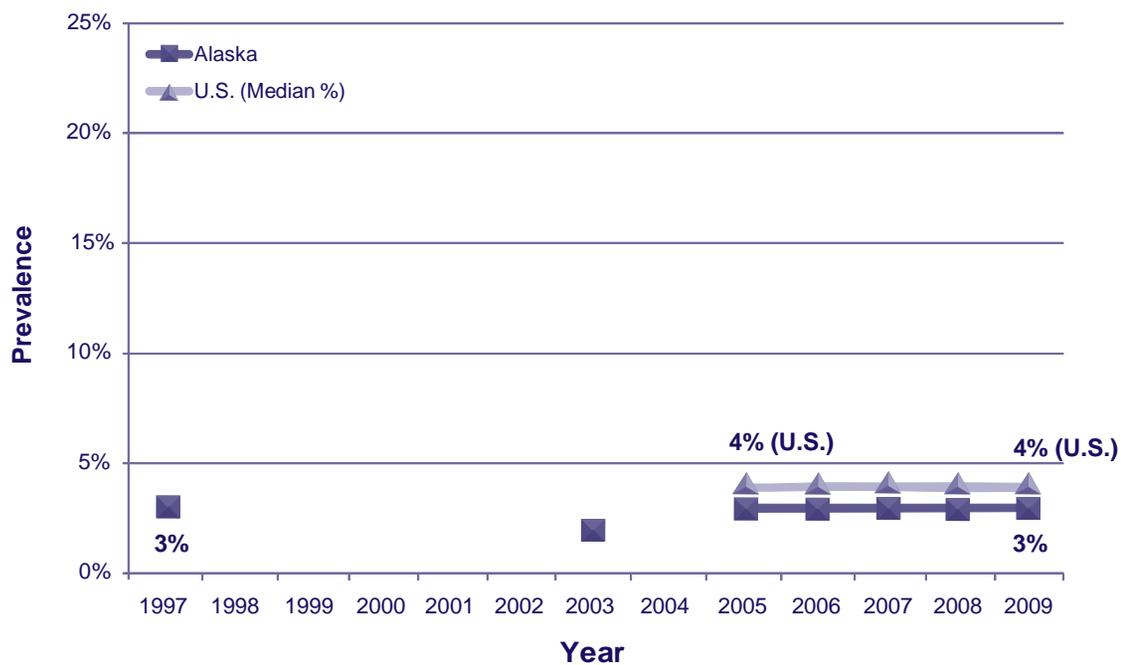
- ▶ In 2009, the national median prevalence of heart attack was 4.0%, slightly higher than in Alaska.
- ▶ The national median prevalence of heart attack has been slightly higher than Alaska since 2005.

How are different populations affected?

- ▶ The prevalence of cardiovascular disease increases with age; Alaska adults age 45 years and older had a higher prevalence of history of heart attack than those in younger age groups.
- ▶ Male Alaskans had a higher prevalence of history of heart attack than female Alaskans in 2009.
- ▶ History of heart attack appeared to decrease somewhat with increasing income.
- ▶ Being unable to work, being a veteran, having a disability, reporting fair or poor general health status, and having arthritis, non-gestational diabetes or pre-diabetes were all associated with history of heart attack.
- ▶ Among Alaska adults who had ever had a stroke, 27% also had a heart attack in their lifetime; among those with coronary heart disease, 50% had a history of heart attack.
- ▶ Respondents who were former or current smokers, had no leisure time physical activity, had high cholesterol or had high blood pressure were more likely to have a history of heart attack than respondents in other groups.

History of Heart Attack

History of Heart Attack: 1997-2009 BRFSS Alaska vs. Nationwide



Chronic Disease

History of Heart Attack

Ever diagnosed with heart attack, Adults (18 years of age and older), Alaska BRFS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Population at Risk (See Appendix)	Screening Question: Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also called a myocardial infarction?									
	Response:			Yes			Age-Adjusted Rate			
	%	95% CI	Individuals	n	N	#	%	95% CI		
Total	2.8%	(2.3% - 3.5%)	14,471	182	4,746	3	3.5%	(2.8% - 4.2%)		
Demographics										
Gender										
Female	1.9%	(1.4% - 2.5%)	4,587	65	2,608	3	2.2%	(1.6% - 2.9%)		
Male	3.7%	(2.9% - 4.8%)	9,884	117	2,138	3	4.8%	(3.7% - 6.1%)		
Age Groups (Categories Used in Age-Adjustment)										
Persons aged 18 to 24 years	0%	(0% - 2%)	0	1	275	3	NA	(NA - NA)		
Persons aged 25 to 34 years	0.2%	(0.0% - 1.3%)	192	1	672	3	NA	(NA - NA)		
Persons aged 35 to 44 years	0.4%	(0.2% - 1.0%)	415	5	848	3	NA	(NA - NA)		
Persons aged 45 to 64 years	4.0%	(3.0% - 5.3%)	7,206	86	2,144	3	NA	(NA - NA)		
Persons aged 65 years and older	12.4%	(9.4% - 16.1%)	6,472	89	748	3	NA	(NA - NA)		
Race and Ethnicity										
American Indian or Alaska Native	3.0%	(1.9% - 4.8%)	2,246	32	851	3	4.2%	(2.6% - 6.7%)		
Asian or Pacific Islander	0%	(0% - 0%)	0	0	120		0%	(0% - 0%)		
Asian	0%	(0% - 0%)	0	0	96		0%	(0% - 0%)		
Native Hawaiian or Other Pacific Islander	DSU	(DSU - DSU)	DSU	DSU	24		DSU	(DSU - DSU)		
Black or African American	5%	(2% - 14%)	518	4	64	3	8%	(3% - 22%)		
White	2.9%	(2.3% - 3.6%)	10,917	136	3,477	3	3.3%	(2.7% - 4.2%)		
Hispanic or Latino	1%	(0% - 6%)	198	2	131	3	3%	(1% - 14%)		
Not Hispanic or Latino	2.9%	(2.4% - 3.6%)	14,087	179	4,564	3	3.5%	(2.9% - 4.2%)		
Black or African American, not Hispanic/Latino	DSU	(DSU - DSU)	DSU	DSU	29	3	DSU	(DSU - DSU)		
White, not Hispanic or Latino	2.9%	(2.3% - 3.7%)	10,513	132	3,339	3	3.3%	(2.6% - 4.2%)		

For table end notes see Appendix J on Pg 429.

History of Heart Attack (continued)

Ever diagnosed with heart attack, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also called a myocardial infarction?								
	Response:	Observed Rate			Yes			Age-Adjusted Rate	
		%	95% CI	Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)									
Alaska Native									
Yes	2.9%	(1.9% - 4.5%)	2,437	34	932	3	3.9%	(2.5% - 6.1%)	
No	2.8%	(2.3% - 3.5%)	11,892	146	3,757	3	3.4%	(2.7% - 4.2%)	
Geographic Location									
Anchorage & Vicinity	2.8%	(2.0% - 3.9%)	7,602	41	995	3	3.4%	(2.4% - 4.8%)	
Fairbanks & Vicinity	2.8%	(2.0% - 3.9%)	2,104	40	1,020	3	3.9%	(2.8% - 5.4%)	
Gulf Coast	3.4%	(2.4% - 4.6%)	1,941	44	984	3	3.4%	(2.4% - 4.6%)	
Rural	2.7%	(1.7% - 4.4%)	1,315	22	795	3	3.8%	(2.3% - 6.1%)	
Southeast	2.8%	(1.9% - 4.1%)	1,509	35	952	3	3.2%	(2.2% - 4.6%)	
Urban/Rural									
Metropolitan Statistical Area	2.8%	(2.1% - 3.7%)	9,526	78	1,931	3	3.6%	(2.7% - 4.7%)	
Micropolitan Statistical Area & Urban Clusters	2.6%	(1.9% - 3.5%)	2,340	56	1,483	3	3.3%	(2.5% - 4.3%)	
Rural	3.2%	(2.3% - 4.5%)	2,606	48	1,327	3	3.3%	(2.4% - 4.6%)	
Education Level (persons aged 25 years and older)									
Less than high school	8%	(5% - 13%)	2,014	23	292	3	8%	(5% - 12%)	
High school graduate	3.3%	(2.3% - 4.8%)	3,922	54	1,273	3	4.3%	(3.0% - 6.1%)	
At least some college	4.0%	(2.9% - 5.5%)	5,102	66	1,330	3	4.4%	(3.2% - 6.0%)	
College Graduate	2.0%	(1.3% - 3.1%)	3,308	38	1,567	3	2.5%	(1.6% - 3.8%)	
Employment Status									
Employed	1.8%	(1.2% - 2.6%)	5,967	60	2,982	3	3.4%	(2.1% - 5.3%)	
Unemployed	2%	(1% - 5%)	878	12	394	3	6%	(2% - 14%)	
Not in Workforce (Student, Homemaker, Retired)	4.7%	(3.5% - 6.3%)	5,253	76	1,144	3	3.3%	(2.4% - 4.4%)	
Unable to work	13%	(9% - 19%)	2,193	33	200	3	11%	(7% - 17%)	

History of Heart Attack (continued)

Ever diagnosed with heart attack, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also called a myocardial infarction?									
	Response:	Observed Rate			Yes			Age-Adjusted Rate		
		%	95% CI	Individuals	n	N	#	%	95% CI	
Population at Risk (See Appendix)										
Marital Status										
Married or Unwed Couple	2.5%	(1.9% - 3.3%)	7,626	90	2,688	3	3.1%	(2.3% - 4.1%)		
Divorced/Separated	12%	(8% - 18%)	2,049	33	325	3	5%	(3% - 9%)		
Widowed	4.8%	(2.9% - 8.0%)	2,781	38	796	3	3.5%	(2.2% - 5.5%)		
Never Married	1.2%	(0.6% - 2.4%)	1,140	14	681	3	2.9%	(1.5% - 5.5%)		
Income Level										
<\$15,000	6%	(4% - 9%)	1,836	28	354	3	7%	(4% - 10%)		
\$15,000 - \$24,999	3%	(2% - 6%)	1,408	25	482	3	4%	(2% - 7%)		
\$25,000 - \$49,999	2.7%	(1.7% - 4.1%)	2,626	42	981	3	3.0%	(2.0% - 4.6%)		
\$50,000 - \$74,999	3.8%	(2.5% - 5.8%)	3,209	34	811	3	4.3%	(2.9% - 6.3%)		
\$75,000	1.9%	(1.2% - 3.1%)	3,512	31	1,551	3	2.6%	(1.6% - 4.4%)		
Poverty Threshold										
Poor (<100% Poverty Threshold)	4%	(2% - 6%)	1,432	19	320	3	6%	(4% - 11%)		
Near Poor (100% to 199% Poverty Threshold)	3.3%	(2.0% - 5.3%)	2,058	30	605	3	4.2%	(2.6% - 6.7%)		
Middle/High Income (>=200% Poverty Threshold)	2.7%	(2.1% - 3.5%)	9,373	111	3,254	3	3.1%	(2.4% - 4.0%)		
Below Poverty Guidelines										
Yes	3%	(2% - 5%)	1,518	23	432	3	5%	(3% - 8%)		
No	2.8%	(2.2% - 3.6%)	11,076	137	3,747	3	3.3%	(2.6% - 4.2%)		
Veteran										
Yes	5.9%	(4.3% - 8.2%)	5,370	68	816	3	5.5%	(4.0% - 7.4%)		
No	2.1%	(1.7% - 2.7%)	8,893	112	3,915	3	2.8%	(2.2% - 3.6%)		

History of Heart Attack (continued)

Ever diagnosed with heart attack, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also called a myocardial infarction?								
	Response:	Observed Rate			Yes			Age-Adjusted Rate	
		%	95% CI	Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)									
Health Status									
General Health									
Excellent to Very Good	1.2%	(0.8% - 1.9%)	3,793	42	2,599	3	1.8%	(1.2% - 2.7%)	
Good	3.1%	(2.1% - 4.4%)	4,459	54	1,454	3	3.2%	(2.3% - 4.5%)	
Fair/Poor	10.9%	(8.2% - 14.2%)	6,054	85	665	3	8.7%	(6.7% - 11.2%)	
Healthy Days (Mean Number of Days)									
Physical Health Not Good	8.3	(6.2 - 10.5)				174	6.7	(3.6 - 9.8)	
Mental Health Not Good	4.2	(2.8 - 5.7)				175	4.2	(3.0 - 5.4)	
Unhealthy Days (Physical or Mental Health Not Good)	10.3	(8.0 - 12.6)				175	9.3	(6.9 - 11.7)	
Days with Activity Limitation	5.2	(3.6 - 6.8)				177	3.9	(1.8 - 6.0)	
Healthy Days (Percentage with 14 or More Days)									
Physical Health Not Good	10%	(7% - 14%)	3,896	54	470	3	8%	(6% - 12%)	
Mental Health Not Good	6%	(4% - 9%)	2,210	34	389	3	6%	(4% - 9%)	
Unhealthy Days (Physical or Mental Health Not Good)	6.9%	(5.0% - 9.3%)	4,838	67	756	3	7.0%	(5.1% - 9.4%)	
Activity Limitation	11%	(7% - 16%)	2,871	42	328	3	9%	(6% - 13%)	
Disability									
Disabled									
Yes	6.8%	(5.2% - 8.9%)	7,503	104	1,175	3	5.5%	(4.3% - 7.1%)	
No	1.6%	(1.2% - 2.2%)	6,348	73	3,493	3	2.5%	(1.8% - 3.4%)	
Activity Limitation									
Yes	6.8%	(5.1% - 8.8%)	6,985	98	1,101	3	5.6%	(4.4% - 7.2%)	
No	1.7%	(1.3% - 2.3%)	6,867	79	3,575	3	2.6%	(1.9% - 3.5%)	

History of Heart Attack (continued)

Ever diagnosed with heart attack, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also called a myocardial infarction?									
	Response:	Observed Rate			Yes			Age-Adjusted Rate		
		%	95% CI	Individuals	n	N	#	%	95% CI	
Population at Risk (See Appendix)										
Require Special Equipment										
Yes	11%	(8% - 16%)	3,211	47	339	3	8%	(6% - 11%)		
No	2.3%	(1.8% - 3.0%)	11,159	134	4,371	3	3.1%	(2.4% - 3.9%)		
Mental Health										
Social and Emotional Support										
Always/Usually	3.1%	(2.2% - 4.3%)	11,747	62	1,745	3	3.6%	(2.7% - 5.0%)		
Sometimes/Rarely/Never	2.8%	(1.8% - 4.4%)	2,660	28	508	3	3.0%	(2.0% - 5.0%)		
Life Satisfaction										
Very Satisfied / Satisfied	2.9%	(2.2% - 3.9%)	13,390	80	2,170	3	3.4%	(2.6% - 4.5%)		
Dissatisfied / Very Dissatisfied	7%	(3% - 14%)	1,295	11	92	3	7%	(3% - 16%)		
Healthcare										
Healthcare Coverage										
Health Plan										
Yes	3.2%	(2.6% - 3.9%)	13,225	161	3,936	3	3.5%	(2.9% - 4.3%)		
No	1.4%	(0.8% - 2.4%)	1,212	20	781	3	1.5%	(0.9% - 2.6%)		
Immunization										
Flu Shot Within Past 12 Months (Ages 65+)										
Yes	4.5%	(3.1% - 6.5%)	8,530	56	914	3	4.2%	(3.0% - 5.9%)		
No	2.4%	(1.6% - 3.7%)	7,486	42	1,439	3	3.0%	(2.0% - 4.4%)		
Ever Had Pneumonia Shot (Ages 65+)										
Yes	9.2%	(6.5% - 12.7%)	9,251	60	599	3	6.8%	(4.8% - 9.7%)		
No	1.7%	(1.0% - 2.8%)	5,417	32	1,498	3	2.1%	(1.3% - 3.5%)		

History of Heart Attack (continued)

Ever diagnosed with heart attack, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also called a myocardial infarction?								
	Response:	Observed Rate			Yes			Age-Adjusted Rate	
		%	95% CI	Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)									
Screening									
AIDS/HIV Screening (Ages 18-64)									
Yes	1.5%	(0.9% - 2.5%)	3,171	21	904	3	1.8%	(1.1% - 3.0%)	
No	2.4%	(1.5% - 4.0%)	4,974	27	937	3	1.8%	(1.1% - 2.9%)	
Diagnoses									
Arthritis									
Arthritis									
Yes	10.1%	(7.1% - 14.1%)	11,434	62	686	3	6.8%	(5.0% - 9.4%)	
No	1.3%	(0.9% - 1.9%)	4,969	38	1,647	3	2.0%	(1.3% - 3.0%)	
Asthma									
Asthma Diagnosis									
Yes	3.8%	(2.5% - 5.9%)	2,549	37	628	3	4.2%	(2.8% - 6.3%)	
No	2.7%	(2.1% - 3.3%)	11,777	143	4,103	3	3.3%	(2.6% - 4.1%)	
Current Asthma									
Yes	4%	(2% - 6%)	1,661	23	400	3	3%	(2% - 6%)	
No	4%	(2% - 8%)	903	13	201	3	7%	(3% - 12%)	
Cardiovascular and Cerebrovascular Disease									
Cardiovascular Disease									
Yes	69%	(61% - 77%)	13,693	172	249		76%	(60% - 87%)	
No	0.0%	(0.0% - 0.0%)	0	0	4,461		0.0%	(0.0% - 0.0%)	
Heart Attack (Myocardial Infarction)									
Yes	100%	(0% - 0%)	14,471	182	182		100%	(0% - 0%)	
No	0.0%	(0.0% - 0.0%)	0	0	4,564		0.0%	(0.0% - 0.0%)	

History of Heart Attack (continued)

Ever diagnosed with heart attack, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also called a myocardial infarction?								
	Response:	Yes						Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)									
Coronary Heart Disease (Angina)									
Yes	50%	(39% - 61%)	6,077	80	157	3	50%	(25% - 74%)	
No	1.6%	(1.2% - 2.0%)	7,692	92	4,553	3	2.0%	(1.5% - 2.6%)	
Stroke									
Yes	33%	(23% - 45%)	3,067	44	132	3	29%	(17% - 44%)	
No	2.3%	(1.8% - 2.8%)	11,317	136	4,602	3	2.9%	(2.3% - 3.6%)	
Diabetes									
Nongestational Diabetes									
Yes	13%	(9% - 18%)	3,937	48	347	3	7%	(5% - 10%)	
No	2.2%	(1.7% - 2.8%)	10,618	134	4,390	3	3.0%	(2.4% - 3.8%)	
Pre-Diabetes									
Yes	6%	(4% - 10%)	2,322	28	441	3	6%	(4% - 9%)	
No	1.9%	(1.4% - 2.5%)	8,253	106	3,941	3	2.6%	(2.0% - 3.4%)	
Risk Factors									
Alcohol									
Binge Drinking									
Yes	2%	(1% - 4%)	1,762	11	388	3	4%	(2% - 9%)	
No	3.6%	(2.6% - 4.8%)	14,320	87	1,949	3	3.7%	(2.8% - 4.8%)	
Heavy Drinking									
Yes	2%	(1% - 6%)	611	4	159	3	2%	(1% - 6%)	
No	3.4%	(2.5% - 4.5%)	15,476	92	2,154	3	3.8%	(2.9% - 5.0%)	

History of Heart Attack (continued)

Ever diagnosed with heart attack, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also called a myocardial infarction?								
	Response:	Observed Rate			Yes			Age-Adjusted Rate	
		%	95% CI	Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)									
Hypercholesterolemia									
High Cholesterol									
Yes	7.3%	(5.2% - 10.1%)	9,076	55	747	3	4.9%	(3.5% - 6.7%)	
No	2.7%	(1.7% - 4.3%)	6,371	38	1,094	3	3.5%	(2.3% - 5.4%)	
Hypertension									
High Blood Pressure									
Yes	6.9%	(5.1% - 9.4%)	9,168	64	772	3	4.9%	(3.6% - 6.6%)	
No	2.0%	(1.2% - 3.2%)	7,413	37	1,629	3	3.0%	(2.0% - 4.6%)	
Nutrition									
Fruit and Vegetable Index									
<1 Per Day or Never	3%	(1% - 8%)	927	6	142	3	4%	(2% - 9%)	
1 to <3 Times Per Day	2.1%	(1.3% - 3.6%)	3,599	27	807	3	2.8%	(1.7% - 4.6%)	
3 to <5 Times Per Day	2.9%	(1.9% - 4.3%)	5,003	36	833	3	3.4%	(2.2% - 5.1%)	
5 Or More Times Per Day	4.6%	(2.7% - 7.7%)	5,227	25	539	3	4.3%	(2.7% - 6.9%)	
Physical Activity									
Physical Activity Recommendations (2008)									
Active	2.3%	(1.5% - 3.5%)	8,008	44	1,526	3	2.8%	(1.9% - 4.2%)	
Insufficient	3%	(2% - 5%)	2,377	23	424	3	3%	(2% - 5%)	
Inactive	7%	(4% - 11%)	2,784	19	233	3	6%	(3% - 9%)	
Leisure Time Exercise									
Yes	2.4%	(1.8% - 3.0%)	9,637	117	3,739	3	3.1%	(2.4% - 3.9%)	
No	4.7%	(3.4% - 6.5%)	4,694	63	992	3	4.3%	(3.1% - 5.8%)	

History of Heart Attack (continued)

Ever diagnosed with heart attack, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also called a myocardial infarction?									
	Response:	Observed Rate			Yes			Age-Adjusted Rate		
		%	95% CI	Individuals	n	N	#	%	95% CI	
Population at Risk (See Appendix)										
Sexual Violence/Intimate Partner Violence										
Parents Physically Hurt by Spouse/Partner										
Yes	3%	(2% - 5%)	2,593	17	428	3	4%	(2% - 8%)		
No	3.2%	(2.3% - 4.4%)	11,607	71	1,732	3	3.4%	(2.6% - 4.5%)		
Unwanted Sexual Activity										
Yes	4%	(2% - 7%)	2,498	14	339	3	4%	(2% - 7%)		
No	3.2%	(2.3% - 4.3%)	12,221	75	1,826	3	3.5%	(2.6% - 4.7%)		
Ever Hurt or Threatened by Intimate Partner										
Yes	3.5%	(1.8% - 6.6%)	3,342	19	510	3	3.6%	(2.0% - 6.3%)		
No	3.0%	(2.2% - 4.1%)	10,737	69	1,662	3	3.4%	(2.5% - 4.5%)		
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner										
Yes	2%	(0% - 7%)	531	3	121	3	4%	(1% - 11%)		
No	3.3%	(2.5% - 4.4%)	14,018	86	2,054	3	3.6%	(2.8% - 4.7%)		
Tobacco Use										
Cigarette Smoking Status										
Current Smoker	4.0%	(2.7% - 5.8%)	3,807	44	943	3	5.3%	(3.4% - 8.0%)		
Former Smoker	4.8%	(3.6% - 6.5%)	6,775	88	1,471	3	4.3%	(3.2% - 5.6%)		
Never Smoked	1.4%	(1.0% - 2.1%)	3,889	50	2,290	3	2.2%	(1.5% - 3.1%)		
Smokeless Tobacco Status										
Current User	1%	(0% - 5%)	220	4	215	3	6%	(2% - 20%)		
Former User	2.5%	(1.5% - 4.0%)	2,244	29	724	3	5.5%	(3.3% - 9.1%)		
Never Used	2.9%	(2.3% - 3.6%)	10,805	138	3,604	3	3.1%	(2.5% - 3.9%)		

History of Heart Attack (continued)

Ever diagnosed with heart attack, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Has a doctor, nurse, or other health professional ever told you that you had a heart attack, also called a myocardial infarction?									
	Response:	Observed Rate			Yes			Age-Adjusted Rate		
		%	95% CI	Individuals	n	N	#	%	95% CI	
Population at Risk (See Appendix)										
Weight Status										
Weight Status										
Normal (BMI <25)	1.9%	(1.2% - 3.0%)	3,284	42	1,490	3	2.8%	(1.8% - 4.2%)		
Overweight (BMI 25 to 30)	2.5%	(1.7% - 3.5%)	4,667	58	1,725	3	2.9%	(2.1% - 4.0%)		
Obese (BMI ≥30)	4.8%	(3.5% - 6.4%)	6,089	75	1,325	3	4.9%	(3.6% - 6.6%)		
Obese I (BMI 30 TO < 35)	3.9%	(2.5% - 5.9%)	3,144	41	854	3	4.1%	(2.7% - 6.2%)		
Obese II & III (BMI ≥35)	6%	(4% - 10%)	2,804	34	471	3	6%	(4% - 10%)		

Coronary Heart Disease – CHD

INDICATOR: Proportion of Alaska adults with angina or coronary heart disease (CHD).

DATA SOURCE: 2009 Alaska Standard and Supplemental BRFSS surveys combined.

BRFSS QUESTIONS:

- ▶ Has a doctor, nurse or other health professional EVER told you that you had any of the following?
 - ▶ (Ever told) you had angina or coronary heart disease?

How are we doing?

- ▶ In 2009, 2.4% of Alaska adults reported ever being told they had angina or CHD.
- ▶ The prevalence of angina or CHD has decreased slightly since 1997.

How does Alaska compare with the U.S.?

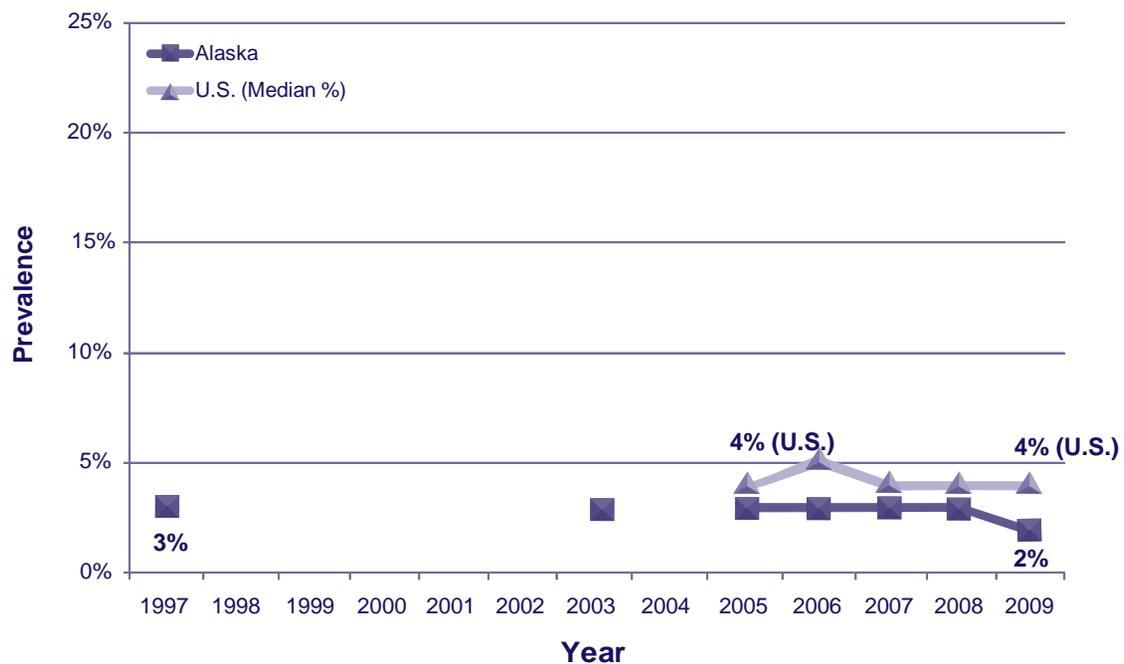
- ▶ The national median prevalence of angina or CHD was 3.8% in 2009, higher than Alaska.
- ▶ The national median prevalence of heart attack has been slightly higher than Alaska since 2005.

How are different populations affected?

- ▶ The prevalence of angina or CHD increased with age in 2009.
- ▶ Respondents who were unable to work, those that were divorced or separated, veterans, those who reported fair or poor health and those with a disability had a higher prevalence of angina or CHD than respondents in other groups.
- ▶ Among Alaskans age 65 years and older, those who had a flu shot in the past 12 months and those who had ever had a pneumonia shot had a higher prevalence of angina and CHD than respondents who did not have these vaccines.
- ▶ Among Alaska adults who had ever had a stroke, 20% also had angina or CHD; among those who had a heart attack, 44% also had angina or CHD.
- ▶ Other chronic diseases, arthritis and diabetes and pre-diabetes, were associated with also having angina or CHD in 2009.
- ▶ Respondents who had healthcare coverage, had no leisure time physical activity, had high cholesterol, had high blood pressure and those who were obese (compared to normal weight) were more likely to have angina or CHD than respondents in other groups.

Coronary Heart Disease – CHD

Coronary Heart Disease: 2000-2009 BRFSS Alaska vs. Nationwide



Coronary Heart Disease – CHD

Ever diagnosed with angina or coronary heart disease, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?								
	Response:			Yes			Age-Adjusted Rate		
	Population at Risk (See Appendix)	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Total	2.4%	(2.0% - 3.0%)	12,372	161	4,724	3	3.1%	(2.5% - 3.9%)	
Demographics									
Gender									
Female	1.8%	(1.3% - 2.5%)	4,299	64	2,593	3	2.2%	(1.6% - 3.0%)	
Male	3.1%	(2.3% - 4.1%)	8,073	97	2,131	3	4.1%	(3.1% - 5.4%)	
Age Groups (Categories Used in Age-Adjustment)									
Persons aged 18 to 24 years	0%	(0% - 0%)	0	0	275		NA	(NA - NA)	
Persons aged 25 to 34 years	0.0%	(0.0% - 0.0%)	0	0	671		NA	(NA - NA)	
Persons aged 35 to 44 years	0.4%	(0.1% - 1.0%)	356	5	847	3	NA	(NA - NA)	
Persons aged 45 to 64 years	3.2%	(2.3% - 4.4%)	5,827	69	2,137	3	NA	(NA - NA)	
Persons aged 65 years and older	12.3%	(9.3% - 16.2%)	6,190	87	735	3	NA	(NA - NA)	
Race and Ethnicity									
American Indian or Alaska Native	2.4%	(1.3% - 4.3%)	1,738	21	847	3	3.4%	(1.9% - 6.0%)	
Asian or Pacific Islander	0%	(0% - 1%)	0	1	117	3	0%	(0% - 1%)	
Asian	0%	(0% - 2%)	0	1	93	3	0%	(0% - 1%)	
Native Hawaiian or Other Pacific Islander	DSU	(DSU - DSU)	DSU	DSU	24		DSU	(DSU - DSU)	
Black or African American	3%	(1% - 9%)	311	3	64	3	4%	(1% - 14%)	
White	2.6%	(2.0% - 3.3%)	9,857	128	3,462	3	3.2%	(2.5% - 4.1%)	
Hispanic or Latino	2%	(0% - 6%)	397	3	131	3	5%	(1% - 14%)	
Not Hispanic or Latino	2.5%	(2.0% - 3.1%)	11,862	156	4,543	3	3.1%	(2.5% - 3.9%)	
Black or African American, not Hispanic/Latino	DSU	(DSU - DSU)	DSU	DSU	29	3	DSU	(DSU - DSU)	
White, not Hispanic or Latino	2.4%	(1.9% - 3.1%)	8,765	120	3,324	3	2.9%	(2.3% - 3.8%)	

For table end notes see Appendix J on Pg 429.

Coronary Heart Disease – CHD (continued)

Ever diagnosed with angina or coronary heart disease, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?									
	Response:	Observed Rate			Yes			Age-Adjusted Rate		
		%	95% CI	Individuals	n	N	#	%	95% CI	
Population at Risk (See Appendix)										
Alaska Native										
Yes	3.2%	(1.9% - 5.4%)	2,684	28	928	3	4.6%	(2.8% - 7.3%)		
No	2.3%	(1.8% - 2.9%)	9,658	132	3,739	3	2.9%	(2.3% - 3.7%)		
Geographic Location										
Anchorage & Vicinity	2.5%	(1.7% - 3.5%)	6,704	36	983	3	3.3%	(2.3% - 4.7%)		
Fairbanks & Vicinity	2.3%	(1.6% - 3.3%)	1,744	34	1,017	3	3.1%	(2.2% - 4.5%)		
Gulf Coast	3.9%	(2.9% - 5.2%)	2,226	51	983	3	4.0%	(3.0% - 5.3%)		
Rural	1.0%	(0.5% - 2.1%)	500	11	792	3	1.6%	(0.7% - 3.4%)		
Southeast	2.2%	(1.5% - 3.4%)	1,199	29	949	3	2.8%	(1.8% - 4.1%)		
Urban/Rural										
Metropolitan Statistical Area	2.5%	(1.8% - 3.3%)	8,321	69	1,916	3	3.3%	(2.5% - 4.5%)		
Micropolitan Statistical Area & Urban Clusters	2.4%	(1.7% - 3.2%)	2,115	50	1,476	3	3.1%	(2.3% - 4.2%)		
Rural	2.4%	(1.7% - 3.4%)	1,935	42	1,327	3	2.6%	(1.9% - 3.6%)		
Education Level (persons aged 25 years and older)										
Less than high school	3%	(2% - 8%)	744	13	289	3	3%	(1% - 6%)		
High school graduate	2.8%	(1.9% - 4.0%)	3,231	52	1,262	3	3.7%	(2.5% - 5.4%)		
At least some college	3.3%	(2.4% - 4.7%)	4,260	56	1,327	3	4.0%	(2.8% - 5.6%)		
College Graduate	2.5%	(1.6% - 3.7%)	4,016	40	1,563	3	3.1%	(2.0% - 4.7%)		
Employment Status										
Employed	1.5%	(1.1% - 2.3%)	5,149	53	2,979	3	3.4%	(2.0% - 5.6%)		
Unemployed	1%	(0% - 3%)	440	6	395	3	2%	(1% - 6%)		
Not in Workforce (Student, Homemaker, Retired)	4.6%	(3.4% - 6.2%)	5,046	73	1,130	3	3.2%	(2.2% - 4.6%)		
Unable to work	11%	(7% - 17%)	1,768	28	194	3	11%	(7% - 17%)		

Coronary Heart Disease – CHD (continued)

Ever diagnosed with angina or coronary heart disease, Adults (18 years of age and older), Alaska BRFS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?							
	Response:			Yes			Age-Adjusted Rate	
	Population at Risk (See Appendix)	%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Marital Status								
Married or Unwed Couple	2.3%	(1.8% - 3.1%)	7,119	79	2,676	3	2.9%	(2.1% - 3.9%)
Divorced/Separated	11%	(7% - 18%)	1,834	29	319	3	5%	(3% - 8%)
Widowed	4.6%	(2.9% - 7.4%)	2,627	39	792	3	4.1%	(2.7% - 6.1%)
Never Married	0.5%	(0.3% - 1.1%)	496	11	681	3	1.6%	(0.7% - 3.6%)
Income Level								
<\$15,000	5%	(3% - 8%)	1,523	22	350	3	6%	(4% - 9%)
\$15,000 - \$24,999	3%	(2% - 6%)	1,410	26	482	3	4%	(2% - 7%)
\$25,000 - \$49,999	1.6%	(1.0% - 2.8%)	1,580	30	972	3	2.0%	(1.2% - 3.3%)
\$50,000 - \$74,999	3.0%	(1.9% - 4.6%)	2,473	29	810	3	3.5%	(2.2% - 5.3%)
\$75,000	2.3%	(1.6% - 3.5%)	4,321	40	1,546	3	3.4%	(2.2% - 5.4%)
Poverty Threshold								
Poor (<100% Poverty Threshold)	2%	(1% - 4%)	716	9	319	3	5%	(2% - 9%)
Near Poor (100% to 199% Poverty Threshold)	3.1%	(1.8% - 5.3%)	1,934	30	601	3	4.3%	(2.6% - 6.9%)
Middle/High Income (>=200% Poverty Threshold)	2.5%	(1.9% - 3.3%)	8,683	108	3,240	3	3.0%	(2.3% - 3.9%)
Below Poverty Guidelines								
Yes	2%	(1% - 5%)	1,012	14	431	3	5%	(3% - 10%)
No	2.6%	(2.0% - 3.3%)	10,065	133	3,729	3	3.1%	(2.5% - 4.0%)
Veteran								
Yes	5.2%	(3.7% - 7.3%)	4,663	58	810	3	4.9%	(3.5% - 6.7%)
No	1.9%	(1.4% - 2.4%)	7,709	103	3,899	3	2.7%	(2.0% - 3.5%)

Coronary Heart Disease – CHD (continued)

Ever diagnosed with angina or coronary heart disease, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?									
	Response:	Observed Rate			Yes			Age-Adjusted Rate		
		%	95% CI	Individuals	n	N	#	%	95% CI	
Population at Risk (See Appendix)										
Health Status										
General Health										
Excellent to Very Good	0.8%	(0.5% - 1.4%)	2,446	30	2,596	3	1.3%	(0.8% - 1.9%)		
Good	3.3%	(2.3% - 4.7%)	4,785	54	1,446	3	3.6%	(2.5% - 5.1%)		
Fair/Poor	9.3%	(6.8% - 12.5%)	5,063	74	653	3	7.6%	(5.6% - 10.0%)		
Healthy Days (Mean Number of Days)										
Physical Health Not Good	8.7	(6.1 - 11.4)					9.1	(4.2 - 14.0)		
Mental Health Not Good	4.6	(2.7 - 6.4)					4.4	(2.6 - 6.2)		
Unhealthy Days (Physical or Mental Health Not Good)	10.3	(7.6 - 13.0)					10.8	(6.1 - 15.6)		
Days with Activity Limitation	6.0	(3.7 - 8.3)					4.9	(3.0 - 6.7)		
Healthy Days (Percentage with 14 or More Days)										
Physical Health Not Good	9%	(6% - 13%)	3,496	54	467	3	8%	(5% - 11%)		
Mental Health Not Good	5%	(3% - 8%)	1,832	29	387	3	6%	(4% - 9%)		
Unhealthy Days (Physical or Mental Health Not Good)	6.2%	(4.4% - 8.7%)	4,373	64	751	3	6.4%	(4.6% - 8.8%)		
Activity Limitation	10%	(7% - 16%)	2,612	38	327	3	8%	(5% - 12%)		
Disability										
Disabled										
Yes	5.8%	(4.4% - 7.5%)	6,249	96	1,163	3	4.9%	(3.8% - 6.3%)		
No	1.5%	(1.1% - 2.2%)	5,976	61	3,484	3	2.4%	(1.7% - 3.5%)		
Activity Limitation										
Yes	5.8%	(4.4% - 7.6%)	5,927	92	1,089	3	5.1%	(3.9% - 6.6%)		
No	1.6%	(1.1% - 2.2%)	6,298	65	3,566	3	2.5%	(1.8% - 3.4%)		

Coronary Heart Disease – CHD (continued)

Ever diagnosed with angina or coronary heart disease, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?								
	Response:	Observed Rate			Yes			Age-Adjusted Rate	
		%	95% CI	Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)									
Require Special Equipment									
Yes	9%	(6% - 14%)	2,556	41	331	3	7%	(4% - 10%)	
No	2.0%	(1.6% - 2.6%)	9,675	118	4,357	3	2.9%	(2.2% - 3.7%)	
Mental Health									
Social and Emotional Support									
Always/Usually	2.7%	(1.9% - 3.8%)	10,065	59	1,740	3	3.5%	(2.4% - 5.1%)	
Sometimes/Rarely/Never	2.3%	(1.3% - 4.1%)	2,193	20	507	3	3.0%	(2.0% - 5.0%)	
Life Satisfaction									
Very Satisfied / Satisfied	2.6%	(1.8% - 3.6%)	11,617	70	2,165	3	3.3%	(2.4% - 4.7%)	
Dissatisfied / Very Dissatisfied	5%	(3% - 10%)	902	11	90	3	8%	(3% - 21%)	
Healthcare									
Healthcare Coverage									
Health Plan									
Yes	2.8%	(2.3% - 3.6%)	11,746	150	3,916	3	3.3%	(2.6% - 4.1%)	
No	0.7%	(0.3% - 1.4%)	591	10	779	3	0.9%	(0.4% - 1.9%)	
Immunization									
Flu Shot Within Past 12 Months (Ages 65+)									
Yes	4.8%	(3.2% - 7.0%)	8,979	55	910	3	4.7%	(3.2% - 6.7%)	
No	1.8%	(1.1% - 3.0%)	5,664	33	1,437	3	2.4%	(1.5% - 3.7%)	
Ever Had Pneumonia Shot (Ages 65+)									
Yes	9.2%	(6.4% - 13.1%)	9,281	61	600	3	6.0%	(4.3% - 8.4%)	
No	1.6%	(0.9% - 2.8%)	5,211	26	1,488	3	1.9%	(1.1% - 3.1%)	

Coronary Heart Disease – CHD (continued)

Ever diagnosed with angina or coronary heart disease, Adults (18 years of age and older), Alaska BRFS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?								
	Response:	Observed Rate			Yes			Age-Adjusted Rate	
		%	95% CI	Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)									
Screening									
AIDS/HIV Screening (Ages 18-64)									
Yes	1.3%	(0.6% - 2.5%)	2,648	15	903	3	1.5%	(0.8% - 3.0%)	
No	1.6%	(0.9% - 2.9%)	3,263	21	937	3	1.3%	(0.7% - 2.4%)	
Diagnoses									
Arthritis									
Arthritis									
Yes	7.6%	(5.2% - 11.0%)	8,540	56	682	3	5.8%	(4.0% - 8.3%)	
No	1.5%	(0.9% - 2.6%)	5,726	30	1,645	3	2.6%	(1.4% - 4.6%)	
Asthma									
Asthma Diagnosis									
Yes	3.1%	(1.9% - 5.3%)	2,074	30	621	3	4.2%	(2.3% - 7.4%)	
No	2.3%	(1.8% - 3.0%)	10,221	130	4,088	3	3.0%	(2.4% - 3.7%)	
Current Asthma									
Yes	3%	(1% - 6%)	1,237	18	396	3	4%	(2% - 9%)	
No	3%	(1% - 6%)	675	9	199	3	4%	(2% - 9%)	
Cardiovascular and Cerebrovascular Disease									
Cardiovascular Disease									
Yes	61%	(53% - 69%)	12,106	157	249		48%	(32% - 65%)	
No	0.0%	(0.0% - 0.0%)	0	0	4,461		0.0%	(0.0% - 0.0%)	
Heart Attack (Myocardial Infarction)									
Yes	44%	(34% - 54%)	6,057	80	172		33%	(19% - 51%)	
No	1.2%	(0.9% - 1.7%)	6,080	77	4,538	3	1.7%	(1.2% - 2.3%)	

Coronary Heart Disease – CHD (continued)

Ever diagnosed with angina or coronary heart disease, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?								
	Response:	Observed Rate			Yes			Age-Adjusted Rate	
		%	95% CI	Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)									
Coronary Heart Disease (Angina)									
Yes	100%	(0% - 0%)	12,372	161	161		100%	(0% - 0%)	
No	0.0%	(0.0% - 0.0%)	0	0	4,563		0.0%	(0.0% - 0.0%)	
Stroke									
Yes	20%	(12% - 33%)	1,823	25	132	3	16%	(7% - 31%)	
No	2.1%	(1.7% - 2.6%)	10,389	133	4,580	3	2.8%	(2.2% - 3.6%)	
Diabetes									
Nongestational Diabetes									
Yes	12%	(8% - 17%)	3,561	44	340	3	7%	(4% - 10%)	
No	1.9%	(1.4% - 2.4%)	8,817	116	4,375	3	2.7%	(2.1% - 3.4%)	
Pre-Diabetes									
Yes	7%	(4% - 11%)	2,633	30	434	3	6%	(4% - 10%)	
No	1.4%	(1.1% - 1.9%)	6,239	86	3,933	3	2.1%	(1.6% - 2.9%)	
Risk Factors									
Alcohol									
Binge Drinking									
Yes	2%	(1% - 5%)	1,759	7	387	3	4%	(2% - 10%)	
No	3.1%	(2.2% - 4.3%)	12,372	80	1,942	3	3.6%	(2.6% - 5.0%)	
Heavy Drinking									
Yes	1%	(0% - 7%)	305	1	158	3	1%	(0% - 5%)	
No	3.1%	(2.3% - 4.2%)	14,067	85	2,149	3	3.9%	(2.9% - 5.2%)	

Coronary Heart Disease – CHD (continued)

Ever diagnosed with angina or coronary heart disease, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?								
	Response:	Observed Rate			Yes			Age-Adjusted Rate	
		%	95% CI	Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)									
Hypercholesterolemia									
High Cholesterol									
Yes	7.0%	(4.9% - 9.9%)	8,654	58	742	3	5.0%	(3.5% - 7.0%)	
No	2.5%	(1.4% - 4.3%)	5,854	28	1,092	3	3.7%	(2.1% - 6.3%)	
Hypertension									
High Blood Pressure									
Yes	7.0%	(5.0% - 9.8%)	9,100	61	761	3	5.2%	(3.7% - 7.2%)	
No	1.5%	(0.8% - 2.6%)	5,452	27	1,632	3	2.8%	(1.5% - 5.1%)	
Nutrition									
Fruit and Vegetable Index									
<1 Per Day or Never	0%	(0% - 1%)	0	2	139	3	0%	(0% - 1%)	
1 to <3 Times Per Day	2.5%	(1.5% - 4.0%)	4,141	29	806	3	3.3%	(2.1% - 5.3%)	
3 to <5 Times Per Day	2.6%	(1.5% - 4.4%)	4,495	30	830	3	3.5%	(2.0% - 5.9%)	
5 Or More Times Per Day	4.0%	(2.2% - 6.9%)	4,485	23	540	3	4.2%	(2.4% - 7.3%)	
Physical Activity									
Physical Activity Recommendations (2008)									
Active	2.2%	(1.4% - 3.4%)	7,492	40	1,527	3	3.6%	(2.3% - 5.8%)	
Insufficient	4%	(2% - 6%)	3,140	20	418	3	3%	(2% - 6%)	
Inactive	7%	(4% - 12%)	2,772	21	233	3	5%	(3% - 9%)	
Leisure Time Exercise									
Yes	1.9%	(1.5% - 2.6%)	7,923	96	3,723	3	2.8%	(2.1% - 3.7%)	
No	4.5%	(3.2% - 6.3%)	4,414	64	986	3	4.1%	(2.9% - 5.6%)	

Coronary Heart Disease – CHD (continued)

Ever diagnosed with angina or coronary heart disease, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?								
	Response:			Yes			Age-Adjusted Rate		
	Population at Risk (See Appendix)	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Sexual Violence/Intimate Partner Violence									
Parents Physically Hurt by Spouse/Partner									
Yes	4%	(2% - 8%)	3,456	16	427	3	7%	(4% - 13%)	
No	2.5%	(1.8% - 3.5%)	9,024	62	1,728	3	2.9%	(2.1% - 4.1%)	
Unwanted Sexual Activity									
Yes	4%	(2% - 8%)	2,488	14	338	3	6%	(3% - 11%)	
No	2.7%	(1.9% - 3.8%)	10,417	65	1,821	3	3.3%	(2.3% - 4.7%)	
Ever Hurt or Threatened by Intimate Partner									
Yes	3.8%	(2.2% - 6.6%)	3,660	25	508	3	5.6%	(3.4% - 9.3%)	
No	2.6%	(1.8% - 3.8%)	9,170	54	1,658	3	3.2%	(2.2% - 4.7%)	
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner									
Yes	1%	(0% - 4%)	266	3	121	3	2%	(1% - 9%)	
No	2.9%	(2.1% - 4.1%)	12,459	75	2,048	3	3.6%	(2.6% - 5.0%)	
Tobacco Use									
Cigarette Smoking Status									
Current Smoker	2.3%	(1.4% - 3.7%)	2,167	27	937	3	3.2%	(1.8% - 5.7%)	
Former Smoker	4.8%	(3.5% - 6.6%)	6,643	78	1,461	3	4.3%	(3.2% - 5.7%)	
Never Smoked	1.3%	(0.9% - 1.9%)	3,533	55	2,283	3	2.1%	(1.5% - 3.1%)	
Smokeless Tobacco Status									
Current User	0%	(0% - 1%)	0	2	214	3	1%	(0% - 8%)	
Former User	2.6%	(1.5% - 4.4%)	2,296	24	722	3	5.3%	(3.0% - 9.3%)	
Never Used	2.5%	(1.9% - 3.1%)	9,167	127	3,587	3	2.9%	(2.3% - 3.6%)	

Coronary Heart Disease – CHD (continued)

Ever diagnosed with angina or coronary heart disease, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Population at Risk (<i>See Appendix</i>)	Screening Question: Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?															
	Response:			Yes			Age-Adjusted Rate									
	%	Observed Rate 95% CI		Individuals	n	N	#	%	95% CI							
Weight Status																
Weight Status																
Normal (BMI <25)	1.4%	(0.8%	-	2.3%)	2,312	33	1,481	3	2.1%	(1.4%	-	3.4%)
Overweight (BMI 25 to 30)	2.5%	(1.8%	-	3.5%)	4,723	57	1,726	3	2.9%	(2.1%	-	4.1%)
Obese (BMI ≥30)	4.0%	(2.9%	-	5.6%)	5,054	66	1,311	3	4.5%	(3.2%	-	6.3%)
Obese I (BMI 30 TO < 35)	3.6%	(2.4%	-	5.5%)	2,877	40	843	3	3.9%	(2.6%	-	5.9%)
Obese II & III (BMI ≥35)	5%	(3%	-	8%)	2,329	26	468	3	6%	(3%	-	10%)

History of Stroke

INDICATOR: Proportion of Alaska adults with a history of stroke.

DATA SOURCE: 2009 Alaska Standard and Supplemental BRFSS surveys combined.

BRFSS QUESTIONS:

- ▶ Has a doctor, nurse or other health professional EVER told you that you had any of the following?
 - ▶ (Ever told) you had a stroke?

How are we doing?

- ▶ In 2009, 2% of Alaska adults reported ever being told they had a stroke.

How does Alaska compare with the U.S.?

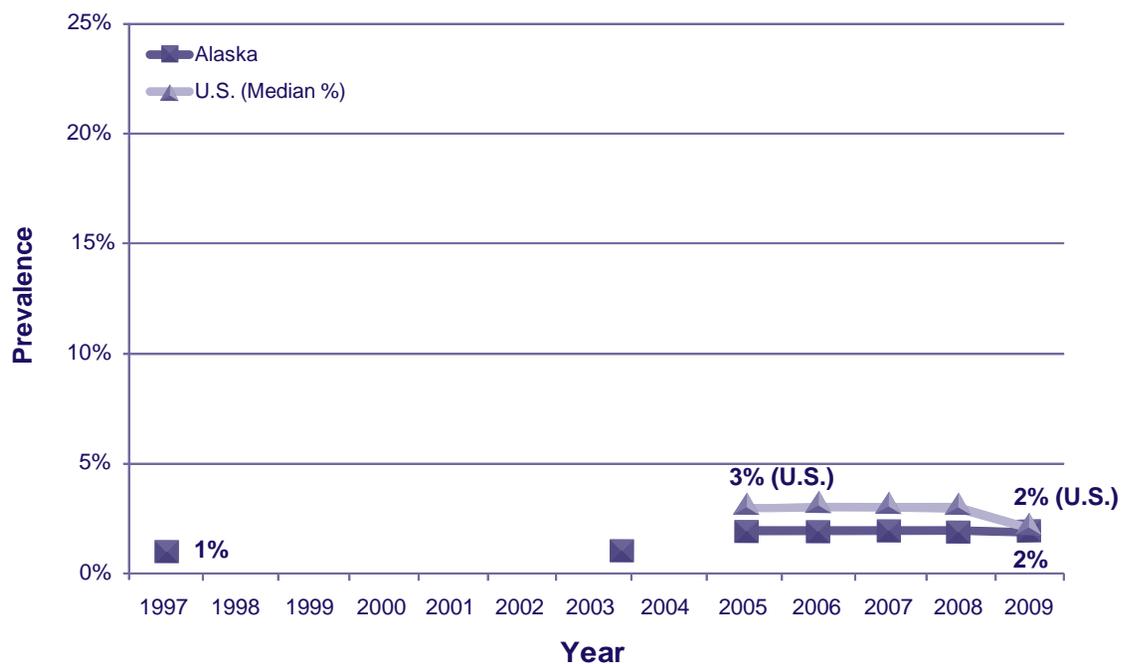
- ▶ The national median prevalence of having had a stroke was 2.4% in 2009, comparable with Alaska.
- ▶ From 2005 to 2009, the prevalence of stroke in Alaska compared to the national median prevalence was very similar.

How are different populations affected?

- ▶ Older adults, those reporting fair or poor health status, and those with a disability had a higher prevalence of history of stroke than those not in these groups.
- ▶ In 2009, adults age 65 years and older who had ever received a pneumonia shot had a higher prevalence of history of stroke than those who did not get this vaccine.
- ▶ Other chronic diseases; arthritis, diabetes and pre-diabetes; were associated with also having a history of stroke in 2009.
- ▶ Of adults who reported ever having a heart attack, angina or CHD, 16% also had a history of stroke.
- ▶ Respondents who had no leisure time physical activity or had high blood pressure were more likely to have a history of stroke than respondents in other groups.

History of Stroke

History of Stroke: 1997-2009 BRFSS Alaska vs. Nationwide



History of Stroke

Ever diagnosed with a stroke, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Has a doctor, nurse, or other health professional ever told you that you had a stroke?								
	Response:	Yes						Age-Adjusted Rate	
		%	Observed Rate		Individuals			%	95% CI
Population at Risk (See Appendix)		95% CI	Individuals	n	N	#		95% CI	
Total	1.9%	(1.5% - 2.4%)	9,667	137	4,751	3	2.4%	(1.9% - 3.0%)	
Demographics									
Gender									
Female	2.3%	(1.7% - 3.2%)	5,607	73	2,605	3	2.7%	(2.0% - 3.7%)	
Male	1.5%	(1.1% - 2.2%)	4,060	64	2,146	3	2.0%	(1.4% - 2.8%)	
Age Groups (Categories Used in Age-Adjustment)									
Persons aged 18 to 24 years	0%	(0% - 0%)	0	0	275		NA	(NA - NA)	
Persons aged 25 to 34 years	0.4%	(0.1% - 0.9%)	372	5	672	3	NA	(NA - NA)	
Persons aged 35 to 44 years	0.7%	(0.4% - 1.5%)	706	8	848	3	NA	(NA - NA)	
Persons aged 45 to 64 years	2.2%	(1.4% - 3.4%)	3,947	48	2,146	3	NA	(NA - NA)	
Persons aged 65 years and older	8.8%	(6.5% - 11.6%)	4,591	75	751	3	NA	(NA - NA)	
Race and Ethnicity									
American Indian or Alaska Native	2.1%	(1.1% - 3.8%)	1,541	22	855	3	2.8%	(1.6% - 4.7%)	
Asian or Pacific Islander	0%	(0% - 2%)	0	2	120	3	0%	(0% - 1%)	
Asian	0%	(0% - 0%)	0	0	95		0%	(0% - 0%)	
Native Hawaiian or Other Pacific Islander	DSU	(DSU - DSU)	DSU	DSU	25	3	DSU	(DSU - DSU)	
Black or African American	4%	(1% - 12%)	415	3	64	3	7%	(2% - 20%)	
White	1.9%	(1.4% - 2.5%)	7,148	101	3,478	3	2.3%	(1.8% - 3.0%)	
Hispanic or Latino	1%	(0% - 4%)	198	3	131	3	3%	(1% - 13%)	
Not Hispanic or Latino	1.9%	(1.5% - 2.5%)	9,377	133	4,569	3	2.4%	(1.9% - 3.0%)	
Black or African American, not Hispanic/Latino	DSU	(DSU - DSU)	DSU	DSU	29	3	DSU	(DSU - DSU)	
White, not Hispanic or Latino	1.8%	(1.4% - 2.4%)	6,626	94	3,339	3	2.2%	(1.7% - 2.9%)	

For table end notes see Appendix J on Pg 429.

History of Stroke (continued)

Ever diagnosed with a stroke, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Has a doctor, nurse, or other health professional ever told you that you had a stroke?									
	Response:	Yes						Age-Adjusted Rate		
		%	Observed Rate		Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)			95% CI						95% CI	
Alaska Native										
Yes	2.4%	(1.5% - 3.9%)	2,010	29	937	3	3.1%	(1.9% - 4.9%)
No	1.8%	(1.4% - 2.4%)	7,657	108	3,756	3	2.3%	(1.8% - 2.9%)
Geographic Location										
Anchorage & Vicinity	1.5%	(0.9% - 2.4%)	3,971	21	995	3	1.9%	(1.2% - 2.9%)
Fairbanks & Vicinity	3.3%	(2.4% - 4.7%)	2,509	42	1,019	3	4.4%	(3.2% - 6.1%)
Gulf Coast	2.4%	(1.6% - 3.5%)	1,361	33	982	3	2.5%	(1.7% - 3.7%)
Rural	1.4%	(0.7% - 2.5%)	655	13	797	3	1.9%	(1.0% - 3.6%)
Southeast	2.2%	(1.4% - 3.2%)	1,172	28	958	3	2.5%	(1.7% - 3.7%)
Urban/Rural										
Metropolitan Statistical Area	1.9%	(1.3% - 2.6%)	6,310	61	1,930	3	2.4%	(1.8% - 3.3%)
Micropolitan Statistical Area & Urban Clusters	1.9%	(1.3% - 2.7%)	1,663	39	1,484	3	2.3%	(1.6% - 3.3%)
Rural	2.1%	(1.5% - 3.0%)	1,694	37	1,332	3	2.3%	(1.6% - 3.2%)
Education Level (persons aged 25 years and older)										
Less than high school	4%	(2% - 7%)	1,004	17	290	3	4%	(2% - 7%)
High school graduate	1.8%	(1.2% - 2.6%)	2,081	37	1,277	3	2.4%	(1.6% - 3.6%)
At least some college	2.9%	(1.9% - 4.5%)	3,755	44	1,329	3	3.3%	(2.2% - 4.9%)
College Graduate	1.7%	(1.1% - 2.7%)	2,834	39	1,571	3	2.3%	(1.5% - 3.5%)
Employment Status										
Employed	0.8%	(0.5% - 1.4%)	2,659	32	2,984	3	1.1%	(0.6% - 1.9%)
Unemployed	0%	(0% - 1%)	0	3	393	3	1%	(0% - 5%)
Not in Workforce (Student, Homemaker, Retired)	4.7%	(3.4% - 6.3%)	5,208	71	1,147	3	3.5%	(2.4% - 5.1%)
Unable to work	10%	(6% - 15%)	1,711	31	201	3	10%	(6% - 16%)

History of Stroke (continued)

Ever diagnosed with a stroke, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Has a doctor, nurse, or other health professional ever told you that you had a stroke?									
	Response:	Yes						Age-Adjusted Rate		
		%	Observed Rate		Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)			95% CI						95% CI	
Marital Status										
Married or Unwed Couple	1.7%	(1.2% - 2.3%)	5,152	66	2,693	3	1.9%	(1.4% - 2.6%)
Divorced/Separated	10%	(6% - 16%)	1,712	29	325	3	14%	(5% - 32%)
Widowed	4.1%	(2.2% - 7.5%)	2,363	33	796	3	3.8%	(2.3% - 6.1%)
Never Married	0.3%	(0.1% - 0.7%)	289	7	680	3	1.7%	(0.6% - 4.3%)
Income Level										
<\$15,000	4%	(2% - 7%)	1,224	21	354	3	5%	(3% - 7%)
\$15,000 - \$24,999	4%	(2% - 5%)	1,882	36	483	3	4%	(3% - 6%)
\$25,000 - \$49,999	2.2%	(1.4% - 3.7%)	2,183	33	978	3	2.6%	(1.6% - 4.1%)
\$50,000 - \$74,999	1.1%	(0.6% - 2.0%)	919	15	810	3	1.1%	(0.6% - 2.0%)
\$75,000	1.2%	(0.6% - 2.4%)	2,252	17	1,552	3	1.5%	(0.8% - 2.9%)
Poverty Threshold										
Poor (<100% Poverty Threshold)	3%	(2% - 6%)	1,077	15	320	3	6%	(3% - 11%)
Near Poor (100% to 199% Poverty Threshold)	2.8%	(2.0% - 4.1%)	1,779	36	607	3	3.4%	(2.4% - 4.8%)
Middle/High Income (>=200% Poverty Threshold)	1.5%	(1.1% - 2.2%)	5,343	71	3,250	3	1.8%	(1.3% - 2.5%)
Below Poverty Guidelines										
Yes	3%	(2% - 5%)	1,522	23	433	3	5%	(3% - 9%)
No	1.7%	(1.2% - 2.3%)	6,630	99	3,744	3	2.0%	(1.5% - 2.6%)
Veteran										
Yes	2.4%	(1.6% - 3.6%)	2,190	38	816	3	2.3%	(1.5% - 3.4%)
No	1.8%	(1.3% - 2.4%)	7,448	98	3,920	3	2.5%	(1.9% - 3.2%)

History of Stroke (continued)

Ever diagnosed with a stroke, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Has a doctor, nurse, or other health professional ever told you that you had a stroke?									
	Response:	Yes						Age-Adjusted Rate		
		%	Observed Rate		Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)			95% CI						95% CI	
Health Status										
General Health										
Excellent to Very Good	1.0%	(0.6% - 1.6%)	3,108	39	2,601	3	1.6%	(1.1% - 2.5%)
Good	1.6%	(1.0% - 2.4%)	2,318	35	1,457	3	1.8%	(1.2% - 2.7%)
Fair/Poor	7.6%	(5.3% - 10.7%)	4,211	62	665	3	6.5%	(4.7% - 9.1%)
Healthy Days (Mean Number of Days)										
Physical Health Not Good	9.6	(6.4 - 12.9)			128		10.3	(7.1 - 13.5)
Mental Health Not Good	5.9	(2.7 - 9.1)			130		6.1	(3.2 - 9.0)
Unhealthy Days (Physical or Mental Health Not Good)	10.9	(7.7 - 14.2)			130		12.3	(9.0 - 15.7)
Days with Activity Limitation	6.7	(3.6 - 9.9)			134		7.2	(4.2 - 10.1)
Healthy Days (Percentage with 14 or More Days)										
Physical Health Not Good	7%	(4% - 11%)	2,751	41	472	3	6%	(4% - 9%)
Mental Health Not Good	5%	(3% - 9%)	1,829	24	388	3	5%	(3% - 8%)
Unhealthy Days (Physical or Mental Health Not Good)	4.5%	(2.9% - 6.8%)	3,176	49	758	3	4.4%	(3.0% - 6.5%)
Activity Limitation	9%	(6% - 15%)	2,335	33	325	3	8%	(5% - 12%)
Disability										
Disabled										
Yes	5.0%	(3.7% - 6.7%)	5,451	86	1,177	3	4.4%	(3.3% - 5.8%)
No	1.0%	(0.7% - 1.5%)	4,015	48	3,497	3	1.6%	(1.1% - 2.3%)
Activity Limitation										
Yes	5.0%	(3.7% - 6.9%)	5,211	80	1,103	3	4.6%	(3.4% - 6.1%)
No	1.1%	(0.7% - 1.6%)	4,254	54	3,579	3	1.6%	(1.1% - 2.3%)

History of Stroke (continued)

Ever diagnosed with a stroke, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Has a doctor, nurse, or other health professional ever told you that you had a stroke?								
	Response:	Yes						Age-Adjusted Rate	
		%	Observed Rate		Individuals	n	N	#	%
Population at Risk (See Appendix)			95% CI						95% CI
Require Special Equipment									
Yes	8%	(5% - 12%)	2,326	41	337	3	6%	(4% - 9%)
No	1.5%	(1.1% - 2.0%)	7,280	95	4,378	3	2.0%	(1.6% - 2.7%)
Mental Health									
Social and Emotional Support									
Always/Usually	1.5%	(1.0% - 2.3%)	5,806	42	1,747	3	2.1%	(1.4% - 3.3%)
Sometimes/Rarely/Never	2.5%	(1.6% - 4.0%)	2,407	24	510	3	2.8%	(1.7% - 4.5%)
Life Satisfaction									
Very Satisfied / Satisfied	1.6%	(1.2% - 2.3%)	7,475	58	2,176	3	2.1%	(1.5% - 3.0%)
Dissatisfied / Very Dissatisfied	3%	(1% - 7%)	544	7	90	3	3%	(1% - 7%)
Healthcare									
Healthcare Coverage									
Health Plan									
Yes	2.0%	(1.6% - 2.6%)	8,456	123	3,945	3	2.4%	(1.9% - 3.0%)
No	1.4%	(0.6% - 3.4%)	1,211	14	778	3	1.6%	(0.7% - 3.6%)
Immunization									
Flu Shot Within Past 12 Months (Ages 65+)									
Yes	2.1%	(1.4% - 3.1%)	3,933	37	915	3	2.1%	(1.4% - 3.2%)
No	1.8%	(1.1% - 2.9%)	5,502	33	1,442	3	2.6%	(1.5% - 4.4%)
Ever Had Pneumonia Shot (Ages 65+)									
Yes	5.7%	(3.8% - 8.3%)	5,760	46	599	3	4.9%	(3.2% - 7.5%)
No	1.0%	(0.5% - 1.9%)	3,351	22	1,498	3	1.6%	(0.9% - 2.8%)

History of Stroke (continued)

Ever diagnosed with a stroke, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Has a doctor, nurse, or other health professional ever told you that you had a stroke?									
	Response:	Yes						Age-Adjusted Rate		
		%	Observed Rate		Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)			95% CI						95% CI	
Screening										
AIDS/HIV Screening (Ages 18-64)										
Yes	1.3%	(0.8% -	2.1%)	2,630	21	905	3	1.3%	(0.8% - 2.2%)
No	0.8%	(0.4% -	1.5%)	1,625	10	938	3	0.7%	(0.4% - 1.5%)
Diagnoses										
Arthritis										
Arthritis										
Yes	5.1%	(3.2% -	8.0%)	5,806	42	688	3	4.4%	(2.8% - 6.9%)
No	1.0%	(0.6% -	1.5%)	3,629	28	1,650	3	1.7%	(1.0% - 2.7%)
Asthma										
Asthma Diagnosis										
Yes	3.2%	(1.7% -	5.8%)	2,124	22	624	3	3.8%	(2.1% - 6.7%)
No	1.7%	(1.3% -	2.2%)	7,478	113	4,113	3	2.1%	(1.7% - 2.7%)
Current Asthma										
Yes	4%	(2% -	8%)	1,658	16	397	3	3%	(2% - 7%)
No	2%	(1% -	6%)	452	5	201	3	5%	(2% - 13%)
Cardiovascular and Cerebrovascular Disease										
Cardiovascular Disease										
Yes	16%	(11% -	23%)	3,158	46	246	3	21%	(10% - 39%)
No	1.2%	(0.9% -	1.6%)	5,731	82	4,454	3	1.6%	(1.2% - 2.1%)
Heart Attack (Myocardial Infarction)										
Yes	21%	(15% -	30%)	3,022	44	180	3	26%	(12% - 47%)
No	1.3%	(0.9% -	1.7%)	6,219	88	4,554	3	1.7%	(1.2% - 2.2%)

History of Stroke (continued)

Ever diagnosed with a stroke, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Has a doctor, nurse, or other health professional ever told you that you had a stroke?								
	Response:	Yes						Age-Adjusted Rate	
		%	Observed Rate		Individuals	n	N	#	%
Population at Risk (See Appendix)			95% CI						95% CI
Coronary Heart Disease (Angina)									
Yes	15%	(9% - 25%)	1,833	25	158	3	23%	(7% - 56%)
No	1.5%	(1.1% - 1.9%)	7,284	107	4,554	3	2.0%	(1.5% - 2.5%)
Stroke									
Yes	100%	(0% - 0%)	9,667	137	137		100%	(0% - 0%)
No	0.0%	(0.0% - 0.0%)	0	0	4,614		0.0%	(0.0% - 0.0%)
Diabetes									
Nongestational Diabetes									
Yes	8%	(4% - 13%)	2,417	36	345	3	5%	(3% - 8%)
No	1.5%	(1.2% - 2.0%)	7,287	100	4,397	3	2.2%	(1.7% - 2.8%)
Pre-Diabetes									
Yes	3%	(2% - 6%)	1,156	15	439	3	3%	(2% - 6%)
No	1.4%	(1.0% - 1.9%)	6,114	85	3,951	3	2.0%	(1.5% - 2.7%)
Risk Factors									
Alcohol									
Binge Drinking									
Yes	1%	(0% - 2%)	882	5	389	3	2%	(1% - 5%)
No	2.2%	(1.6% - 3.1%)	8,906	66	1,951	3	2.5%	(1.8% - 3.5%)
Heavy Drinking									
Yes	1%	(0% - 3%)	305	3	159	3	2%	(1% - 7%)
No	2.0%	(1.4% - 2.8%)	9,236	67	2,157	3	2.4%	(1.7% - 3.4%)

History of Stroke (continued)

Ever diagnosed with a stroke, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Has a doctor, nurse, or other health professional ever told you that you had a stroke?								
	Response:	Yes						Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)									
Hypercholesterolemia									
High Cholesterol									
Yes	3.9%	(2.5% - 5.9%)	4,861	40	752	3	3.4%	(2.2% - 5.2%)	
No	1.3%	(0.7% - 2.6%)	3,093	18	1,092	3	1.5%	(0.8% - 2.7%)	
Hypertension									
High Blood Pressure									
Yes	4.3%	(2.9% - 6.3%)	5,699	45	774	3	3.4%	(2.3% - 5.0%)	
No	1.0%	(0.6% - 1.8%)	3,833	26	1,631	3	1.4%	(0.8% - 2.4%)	
Nutrition									
Fruit and Vegetable Index									
<1 Per Day or Never	1%	(0% - 3%)	309	3	142	3	1%	(0% - 5%)	
1 to <3 Times Per Day	0.9%	(0.5% - 1.6%)	1,487	15	809	3	1.1%	(0.6% - 2.0%)	
3 to <5 Times Per Day	2.0%	(1.2% - 3.4%)	3,532	28	834	3	2.5%	(1.4% - 4.3%)	
5 Or More Times Per Day	2.9%	(1.8% - 4.7%)	3,339	24	541	3	3.5%	(2.2% - 5.5%)	
Physical Activity									
Physical Activity Recommendations (2008)									
Active	1.2%	(0.7% - 1.9%)	4,095	30	1,532	3	1.8%	(1.1% - 3.1%)	
Insufficient	3%	(2% - 5%)	2,377	20	424	3	3%	(2% - 5%)	
Inactive	2%	(1% - 4%)	797	11	233	3	2%	(1% - 4%)	
Leisure Time Exercise									
Yes	1.4%	(1.0% - 2.0%)	5,740	84	3,742	3	1.9%	(1.4% - 2.5%)	
No	3.8%	(2.7% - 5.3%)	3,802	51	995	3	3.7%	(2.6% - 5.1%)	

History of Stroke (continued)

Ever diagnosed with a stroke, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Has a doctor, nurse, or other health professional ever told you that you had a stroke?											
	Response:	Yes						Age-Adjusted Rate				
		%	Observed Rate		Individuals		n	N	#	%	95% CI	
Population at Risk (See Appendix)			95% CI							95% CI		
Sexual Violence/Intimate Partner Violence												
Parents Physically Hurt by Spouse/Partner												
Yes	1%	(1% -	2%)	864	14	427	3	2%	(1% -	3%)
No	1.7%	(1.2% -	2.5%)	6,179	45	1,736	3	2.1%	(1.4% -	3.1%)
Unwanted Sexual Activity												
Yes	2%	(1% -	4%)	1,243	10	338	3	2%	(1% -	4%)
No	1.6%	(1.1% -	2.4%)	6,387	50	1,830	3	2.1%	(1.4% -	3.1%)
Ever Hurt or Threatened by Intimate Partner												
Yes	1.8%	(1.0% -	3.1%)	1,714	15	509	3	1.9%	(1.1% -	3.3%)
No	1.6%	(1.1% -	2.3%)	5,527	44	1,666	3	2.0%	(1.3% -	2.9%)
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner												
Yes	2%	(1% -	6%)	531	5	121	3	2%	(1% -	5%)
No	1.7%	(1.2% -	2.3%)	7,053	55	2,057	3	2.1%	(1.5% -	3.0%)
Tobacco Use												
Cigarette Smoking Status												
Current Smoker	2.3%	(1.4% -	3.8%)	2,193	27	943	3	3.5%	(2.0% -	6.2%)
Former Smoker	2.8%	(1.8% -	4.2%)	3,884	57	1,472	3	2.4%	(1.6% -	3.5%)
Never Smoked	1.3%	(0.9% -	1.8%)	3,515	51	2,293	3	2.2%	(1.6% -	3.1%)
Smokeless Tobacco Status												
Current User	2%	(1% -	5%)	440	6	215	3	8%	(3% -	19%)
Former User	1.0%	(0.6% -	1.8%)	936	18	726	3	1.9%	(1.0% -	3.4%)
Never Used	2.0%	(1.5% -	2.6%)	7,434	105	3,607	3	2.3%	(1.8% -	3.0%)

History of Stroke (continued)

Ever diagnosed with a stroke, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) and Supplemental (2009) Survey Instruments

Screening Question:	Has a doctor, nurse, or other health professional ever told you that you had a stroke?									
	Response:	Yes						Age-Adjusted Rate		
		%	Observed Rate		Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)		95% CI						95% CI		
Weight Status										
Weight Status										
Normal (BMI <25)	1.2%	(0.7% - 2.2%)	2,139	27	1,491	3	2.0%	(1.2% - 3.3%)		
Overweight (BMI 25 to 30)	2.3%	(1.7% - 3.2%)	4,446	65	1,730	3	3.0%	(2.2% - 4.1%)		
Obese (BMI ≥30)	2.2%	(1.4% - 3.6%)	2,857	41	1,324	3	2.2%	(1.5% - 3.4%)		
Obese I (BMI 30 TO < 35)	1.9%	(1.2% - 3.1%)	1,532	26	851	3	2.0%	(1.2% - 3.2%)		
Obese II & III (BMI ≥35)	3%	(1% - 6%)	1,412	15	473	3	3%	(1% - 5%)		

Arthritis

INDICATOR: Proportion of Alaska adults who have been told by a doctor that they have arthritis.

DATA SOURCE: 2009 Alaska Standard BRFSS survey.

BRFSS QUESTION:

- 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?

How are we doing?

- In 2009, 23.5% of Alaska adults reported ever being told they have arthritis.

How does Alaska compare with the U.S.?

- The national median prevalence of having arthritis was 25.9% in 2009, higher than Alaska.
- From 2000 to 2009, the national median prevalence of arthritis was higher than the prevalence in Alaska.

Healthy People 2010

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

Healthy Alaskans 2010

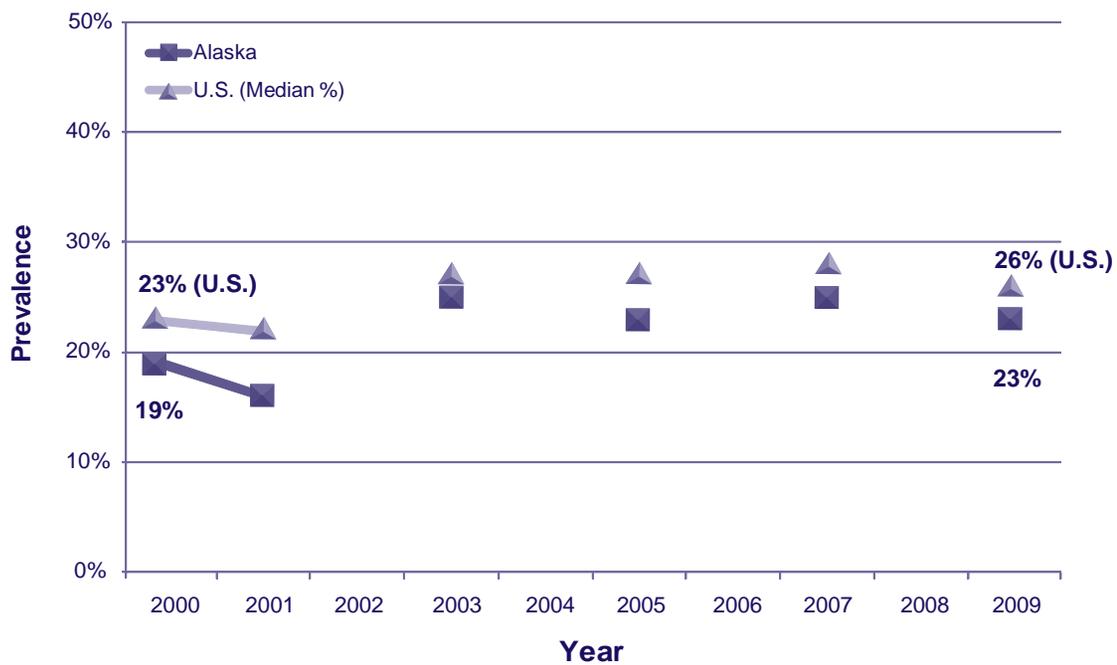
Objective 20.5: Increase the proportion of adults with chronic joint symptoms who have an arthritis diagnosis by a health care provider.

How are different populations affected?

- Reported diagnoses of arthritis increased greatly with age, from 9% in 18 to 24 year olds to 53% in Alaskans age 65 years and older.
- Respondents who were unable to work, those with lower income, those who reported fair or poor general health status, those who reported unwanted sexual activity in their lifetime and those with a disability had higher prevalence of arthritis than respondents in other groups.
- Among respondents who reported unhealthy days (their mental or physical health was not good 14 or more days in the past 30 days), 44% had arthritis. Arthritis was also associated with not getting the social and emotional support needed.
- Alaskans with other chronic diseases -- cardiovascular disease, current asthma, diabetes and pre-diabetes -- all had a high prevalence of arthritis compared to Alaskans without these conditions.
- High cholesterol, high blood pressure, inactivity, and obesity were all associated with having arthritis in 2009.

Arthritis

Arthritis: 2000-2009 BRFSS Alaska vs. Nationwide



Arthritis

Told have arthritis, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Screening Question:	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?							
	Response:	Yes					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Population at Risk (See Appendix)								
Total	23.5%	(21.0% - 26.1%)	115,522	695	2,345		25.0%	(22.6% - 27.6%)
Demographics								
Gender								
Female	26.2%	(23.0% - 29.5%)	61,712	401	1,283		27.6%	(24.7% - 30.7%)
Male	21.0%	(17.3% - 25.2%)	53,809	294	1,062		22.3%	(18.8% - 26.3%)
Age Groups (Categories Used in Age-Adjustment)								
Persons aged 18 to 24 years	9%	(2% - 27%)	6,414	7	144 3		NA	(NA - NA)
Persons aged 25 to 34 years	11%	(7% - 16%)	10,504	33	314 3		NA	(NA - NA)
Persons aged 35 to 44 years	13%	(10% - 18%)	12,238	66	424 3		NA	(NA - NA)
Persons aged 45 to 64 years	33.4%	(29.6% - 37.4%)	59,431	376	1,061		NA	(NA - NA)
Persons aged 65 years and older	53%	(46% - 60%)	26,483	206	375		NA	(NA - NA)
Race and Ethnicity								
American Indian or Alaska Native	27%	(21% - 33%)	19,951	128	437		32%	(27% - 38%)
Asian or Pacific Islander	12%	(6% - 24%)	1,857	12	67 3		13%	(6% - 25%)
Asian	10%	(4% - 24%)	1,627	8	54 3		12%	(5% - 25%)
Native Hawaiian or Other Pacific Islander	DSU	(DSU - DSU)	DSU	DSU	13 3		DSU	(DSU - DSU)
Black or African American	DSU	(DSU - DSU)	DSU	DSU	35 3		DSU	(DSU - DSU)
White	23.7%	(20.7% - 26.9%)	87,305	519	1,714		24.6%	(21.6% - 27.9%)
Hispanic or Latino	13%	(6% - 27%)	2,079	10	61 3		21%	(10% - 39%)
Not Hispanic or Latino	23.8%	(21.3% - 26.6%)	112,984	680	2,267		25.3%	(22.8% - 28.0%)
Black or African American, not Hispanic/Latino	DSU	(DSU - DSU)	DSU	DSU	28 3		DSU	(DSU - DSU)
White, not Hispanic or Latino	24.3%	(21.2% - 27.7%)	85,791	505	1,647		25.1%	(21.9% - 28.5%)

For table end notes see Appendix J on Pg 429.

Arthritis (continued)

Told have arthritis, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Screening Question:	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?								
	Response:	Observed Rate			Yes			Age-Adjusted Rate	
		%	95% CI	Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)									
Alaska Native									
Yes	25%	(20% - 31%)	20,596	138	477		30%	(25% - 36%)	
No	22.9%	(20.1% - 25.9%)	93,047	550	1,853		24.1%	(21.3% - 27.1%)	
Geographic Location									
Anchorage & Vicinity	23%	(19% - 28%)	60,878	145	494		24%	(20% - 29%)	
Fairbanks & Vicinity	23%	(19% - 27%)	16,783	141	486		27%	(23% - 31%)	
Gulf Coast	25%	(21% - 30%)	14,185	148	471		25%	(21% - 29%)	
Rural	20%	(16% - 25%)	9,141	96	407		23%	(19% - 28%)	
Southeast	29%	(25% - 34%)	15,221	165	487		28%	(24% - 32%)	
Urban/Rural									
Metropolitan Statistical Area	22.9%	(19.5% - 26.8%)	75,314	280	946		24.8%	(21.4% - 28.6%)	
Micropolitan Statistical Area & Urban Clusters	25.6%	(22.2% - 29.4%)	22,416	227	752		27.1%	(23.9% - 30.5%)	
Rural	23.2%	(19.8% - 26.9%)	17,793	188	647		23.2%	(20.2% - 26.5%)	
Education Level (persons aged 25 years and older)									
Less than high school	30%	(22% - 41%)	7,093	52	141		31%	(23% - 39%)	
High school graduate	26.0%	(21.7% - 30.7%)	30,111	197	650		27.4%	(23.2% - 32.0%)	
At least some college	28.9%	(24.3% - 33.8%)	37,223	223	666		30.4%	(26.0% - 35.1%)	
College Graduate	22.9%	(19.2% - 27.2%)	34,811	215	741		24.9%	(21.2% - 29.2%)	
Employment Status									
Employed	19.1%	(16.0% - 22.7%)	61,987	331	1,454		21.4%	(17.5% - 25.7%)	
Unemployed	21%	(15% - 28%)	9,937	63	226		23%	(16% - 33%)	
Not in Workforce (Student, Homemaker, Retired)	32.8%	(27.4% - 38.7%)	32,852	226	543		25.7%	(21.4% - 30.5%)	
Unable to work	58%	(43% - 72%)	10,379	71	105		40%	(27% - 54%)	

Arthritis (continued)

Told have arthritis, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Screening Question:	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?							
	Response:	Yes					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Population at Risk (See Appendix)								
Marital Status								
Married or Unwed Couple	23.4%	(20.5% - 26.4%)	67,065	360	1,290	23.3%	(20.5% - 26.4%)	
Divorced/Separated	51%	(40% - 63%)	9,741	89	170	37%	(22% - 54%)	
Widowed	35%	(28% - 42%)	20,591	157	412	26%	(21% - 32%)	
Never Married	13%	(6% - 24%)	12,225	58	328	27%	(21% - 35%)	
Income Level								
<\$15,000	32%	(23% - 43%)	10,126	72	187	30%	(24% - 38%)	
\$15,000 - \$24,999	41%	(28% - 56%)	17,008	95	237	41%	(31% - 51%)	
\$25,000 - \$49,999	24%	(19% - 29%)	23,229	150	477	25%	(21% - 31%)	
\$50,000 - \$74,999	19%	(15% - 24%)	14,810	105	396	21%	(17% - 25%)	
\$75,000	22.3%	(18.6% - 26.6%)	38,492	196	751	23.6%	(19.5% - 28.3%)	
Poverty Threshold								
Poor (<100% Poverty Threshold)	34%	(18% - 54%)	11,759	47	160	33%	(23% - 46%)	
Near Poor (100% to 199% Poverty Threshold)	27%	(21% - 35%)	16,115	104	293	31%	(25% - 37%)	
Middle/High Income (>=200% Poverty Threshold)	23.3%	(20.7% - 26.2%)	75,937	467	1,595	23.6%	(21.2% - 26.3%)	
Below Poverty Guidelines								
Yes	34%	(22% - 49%)	16,252	68	217	34%	(25% - 44%)	
No	23.5%	(21.0% - 26.1%)	87,308	550	1,831	24.1%	(21.8% - 26.5%)	
Veteran								
Yes	27%	(21% - 33%)	23,851	147	419	23%	(18% - 28%)	
No	22.7%	(20.0% - 25.8%)	91,704	546	1,919	25.9%	(23.2% - 28.7%)	

Arthritis (continued)

Told have arthritis, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Screening Question:	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?							
	Response:	Observed Rate		Yes			Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	#	%	95% CI
Health Status								
General Health								
Excellent to Very Good	15.3%	(12.9% - 18.1%)	44,281	248	1,227		17.8%	(15.2% - 20.7%)
Good	28.7%	(23.3% - 34.9%)	41,688	240	759		29.0%	(23.3% - 35.3%)
Fair/Poor	51%	(43% - 59%)	28,795	200	345		47%	(39% - 55%)
Healthy Days (Mean Number of Days)								
Physical Health Not Good	6.3	(5.3 - 7.4)				673	6.1	(4.6 - 7.5)
Mental Health Not Good	3.6	(2.8 - 4.5)				673	3.7	(2.6 - 4.8)
Unhealthy Days (Physical or Mental Health Not Good)	8.6	(7.4 - 9.7)				659	8.8	(7.1 - 10.4)
Days with Activity Limitation	4.1	(3.2 - 4.9)				672	3.6	(2.6 - 4.5)
Healthy Days (Percentage with 14 or More Days)								
Physical Health Not Good	60%	(51% - 68%)	22,597	146	231		54%	(44% - 63%)
Mental Health Not Good	37%	(27% - 47%)	12,539	76	183		36%	(28% - 45%)
Unhealthy Days (Physical or Mental Health Not Good)	44%	(37% - 52%)	29,709	185	367		44%	(37% - 50%)
Activity Limitation	58%	(47% - 69%)	14,339	96	158		51%	(40% - 62%)
Disability								
Disabled								
Yes	47.6%	(41.1% - 54.1%)	52,447	331	576		43.3%	(37.7% - 49.0%)
No	16.5%	(13.8% - 19.5%)	62,038	357	1,737		19.0%	(16.3% - 22.1%)
Activity Limitation								
Yes	47.4%	(40.8% - 54.2%)	49,306	316	543		43.6%	(37.8% - 49.6%)
No	17.0%	(14.4% - 20.1%)	65,279	373	1,774		19.4%	(16.7% - 22.5%)

Arthritis (continued)

Told have arthritis, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Screening Question:	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?							
	Response:	Yes					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Population at Risk (See Appendix)								
Require Special Equipment								
Yes	75%	(65% - 83%)	20,728	116	160	72%	(58% - 82%)	
No	20.4%	(17.9% - 23.1%)	94,700	578	2,181	22.3%	(19.9% - 25.0%)	
Mental Health								
Social and Emotional Support								
Always/Usually	20.9%	(18.5% - 23.5%)	78,069	473	1,742	22.9%	(20.5% - 25.5%)	
Sometimes/Rarely/Never	32.9%	(25.8% - 41.0%)	31,559	192	508	33.0%	(27.0% - 39.0%)	
Life Satisfaction								
Very Satisfied / Satisfied	22.9%	(20.4% - 25.8%)	103,645	625	2,164	24.6%	(22.0% - 27.4%)	
Dissatisfied / Very Dissatisfied	35%	(23% - 50%)	6,306	41	92	40%	(30% - 49%)	
Healthcare								
Healthcare Coverage								
Health Plan								
Yes	25.5%	(22.7% - 28.6%)	102,484	595	1,911	25.9%	(22.9% - 29.1%)	
No	15%	(11% - 20%)	12,496	96	412	20%	(14% - 27%)	
Immunization								
Flu Shot Within Past 12 Months (Ages 65+)								
Yes	28.8%	(25.0% - 33.0%)	53,538	348	902	27.2%	(24.0% - 30.8%)	
No	20.4%	(17.1% - 24.0%)	61,510	343	1,419	22.8%	(19.5% - 26.4%)	
Ever Had Pneumonia Shot (Ages 65+)								
Yes	46.0%	(40.2% - 51.9%)	45,747	311	591	37.1%	(31.3% - 43.2%)	
No	17.0%	(14.7% - 19.6%)	54,928	330	1,478	18.5%	(16.1% - 21.3%)	

Arthritis (continued)

Told have arthritis, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Screening Question:	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?							
	Response:	Yes					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Population at Risk (See Appendix)								
Screening								
AIDS/HIV Screening (Ages 18-64)								
Yes	19.6%	(16.5% - 23.1%)	40,341	234	898	20.8%	(17.8% - 24.2%)	
No	19.9%	(15.7% - 24.8%)	40,869	216	934	16.8%	(13.3% - 21.0%)	
Diagnoses								
Arthritis								
Arthritis								
Yes	100.0%	(0.0% - 0.0%)	115,522	695	695	100.0%	(0.0% - 0.0%)	
No	0.0%	(0.0% - 0.0%)	0	0	1,650	0.0%	(0.0% - 0.0%)	
Asthma								
Asthma Diagnosis								
Yes	31%	(25% - 38%)	22,408	147	337	35%	(30% - 41%)	
No	21.9%	(19.2% - 24.9%)	91,795	543	2,001	23.2%	(20.5% - 26.2%)	
Current Asthma								
Yes	37%	(29% - 47%)	16,748	105	213	39%	(32% - 47%)	
No	17%	(11% - 27%)	4,124	32	106	26%	(19% - 35%)	
Cardiovascular and Cerebrovascular Disease								
Cardiovascular Disease								
Yes	64%	(52% - 74%)	14,767	89	139	56%	(33% - 76%)	
No	20.8%	(18.4% - 23.6%)	96,664	587	2,179	23.0%	(20.5% - 25.8%)	
Heart Attack (Myocardial Infarction)								
Yes	70%	(58% - 79%)	11,482	62	100	50%	(30% - 70%)	
No	21.6%	(19.1% - 24.2%)	102,117	624	2,233	23.5%	(21.0% - 26.3%)	

Arthritis (continued)

Told have arthritis, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Screening Question:	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?							
	Response:	Yes					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Population at Risk (See Appendix)								
Coronary Heart Disease (Angina)								
Yes	60%	(44% - 74%)	8,560	56	86	80%	(71% - 87%)	
No	21.9%	(19.4% - 24.6%)	103,491	626	2,241	23.8%	(21.3% - 26.6%)	
Stroke								
Yes	62%	(46% - 75%)	5,850	42	70	57%	(38% - 74%)	
No	22.6%	(20.1% - 25.3%)	108,905	646	2,268	24.3%	(21.8% - 27.1%)	
Diabetes								
Nongestational Diabetes								
Yes	40%	(30% - 50%)	11,559	85	171	25%	(19% - 32%)	
No	22.4%	(19.8% - 25.2%)	103,519	606	2,168	24.7%	(22.1% - 27.5%)	
Pre-Diabetes								
Yes	44%	(34% - 54%)	17,967	92	214	39%	(30% - 49%)	
No	20.3%	(17.7% - 23.2%)	85,546	513	1,951	23.2%	(20.7% - 26.0%)	
Risk Factors								
Alcohol								
Binge Drinking								
Yes	24%	(19% - 31%)	20,896	96	382	32%	(26% - 39%)	
No	23.7%	(20.9% - 26.7%)	93,399	590	1,917	24.2%	(21.4% - 27.1%)	
Heavy Drinking								
Yes	32%	(23% - 43%)	9,743	50	157	35%	(26% - 44%)	
No	23.3%	(20.7% - 26.1%)	104,527	630	2,117	24.8%	(22.3% - 27.6%)	

Arthritis (continued)

Told have arthritis, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Screening Question:	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?								
	Response:	Observed Rate			Yes			Age-Adjusted Rate	
		%	95% CI	Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)									
Hypercholesterolemia									
High Cholesterol									
Yes	39.0%	(34.2% - 44.1%)	48,442	316	736		31.5%	(26.3% - 37.2%)	
No	21.5%	(18.4% - 24.9%)	49,028	294	1,052		22.8%	(19.7% - 26.1%)	
Hypertension									
High Blood Pressure									
Yes	37.6%	(32.9% - 42.5%)	49,096	335	755		31.9%	(26.2% - 38.1%)	
No	18.2%	(15.3% - 21.5%)	65,410	352	1,574		22.0%	(19.1% - 25.3%)	
Nutrition									
Fruit and Vegetable Index									
<1 Per Day or Never	17%	(11% - 26%)	5,148	35	138	3	20%	(14% - 28%)	
1 to <3 Times Per Day	26.3%	(22.3% - 30.7%)	43,520	265	804		28.4%	(24.7% - 32.4%)	
3 to <5 Times Per Day	21.3%	(17.8% - 25.1%)	37,127	237	833		22.4%	(19.1% - 26.1%)	
5 Or More Times Per Day	24.3%	(18.0% - 31.9%)	27,812	149	541		24.8%	(19.3% - 31.2%)	
Physical Activity									
Physical Activity Recommendations (2008)									
Active	21.3%	(18.2% - 24.7%)	73,659	403	1,527		24.2%	(21.1% - 27.6%)	
Insufficient	25%	(20% - 31%)	19,562	141	420		25%	(20% - 30%)	
Inactive	37%	(29% - 46%)	14,834	104	233		32%	(25% - 40%)	
Leisure Time Exercise									
Yes	21.2%	(18.4% - 24.4%)	80,993	488	1,791		23.7%	(20.8% - 26.8%)	
No	31.2%	(26.0% - 36.9%)	34,394	205	544		29.0%	(24.6% - 33.9%)	

Arthritis (continued)

Told have arthritis, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Screening Question:	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?							
	Response:	Yes					Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N #	%	95% CI
Population at Risk (See Appendix)								
Sexual Violence/Intimate Partner Violence								
Parents Physically Hurt by Spouse/Partner								
Yes	25%	(20% - 31%)	21,648	135	429	26%	(21% - 32%)	
No	23.0%	(20.1% - 26.3%)	82,629	504	1,724	24.3%	(21.4% - 27.4%)	
Unwanted Sexual Activity								
Yes	38%	(31% - 46%)	22,931	132	337	39%	(33% - 46%)	
No	21.1%	(18.4% - 24.2%)	81,658	507	1,821	22.4%	(19.7% - 25.3%)	
Ever Hurt or Threatened by Intimate Partner								
Yes	28.9%	(23.7% - 34.8%)	27,332	181	506	32.1%	(28.1% - 36.4%)	
No	21.7%	(18.7% - 24.9%)	76,443	459	1,659	22.7%	(19.8% - 25.9%)	
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner								
Yes	20%	(12% - 31%)	5,245	34	118	31%	(21% - 42%)	3
No	23.4%	(20.7% - 26.3%)	98,886	608	2,050	24.4%	(21.7% - 27.4%)	
Tobacco Use								
Cigarette Smoking Status								
Current Smoker	24%	(19% - 29%)	24,465	148	495	27%	(22% - 33%)	
Former Smoker	34.1%	(28.3% - 40.4%)	46,504	264	728	32.4%	(25.7% - 39.9%)	
Never Smoked	17.8%	(15.1% - 20.8%)	44,564	277	1,102	21.6%	(18.8% - 24.7%)	
Smokeless Tobacco Status								
Current User	35%	(24% - 49%)	7,484	34	108	36%	(26% - 48%)	
Former User	25%	(17% - 34%)	22,076	103	371	29%	(22% - 38%)	3
Never Used	22.8%	(20.4% - 25.5%)	80,821	528	1,748	23.6%	(21.3% - 26.1%)	

Arthritis (continued)

Told have arthritis, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Screening Question:	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?								
	Response:	Observed Rate			Yes			Age-Adjusted Rate	
		%	95% CI	Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)									
Weight Status									
Weight Status									
Normal (BMI <25)	18.6%	(14.0% - 24.3%)	32,466	172	763		22.6%	(18.7% - 26.9%)	
Overweight (BMI 25 to 30)	19.6%	(16.4% - 23.3%)	35,361	229	847		20.7%	(17.5% - 24.3%)	
Obese (BMI ≥30)	35.9%	(31.0% - 41.1%)	43,780	270	653		34.0%	(29.4% - 39.0%)	
Obese I (BMI 30 TO < 35)	34%	(28% - 40%)	26,379	166	420		32%	(26% - 38%)	
Obese II & III (BMI ≥35)	39%	(31% - 49%)	17,257	104	233		40%	(33% - 47%)	

Cancer

INDICATOR: Proportion of Alaska adults who have been told by a doctor that they had cancer.

DATA SOURCE: 2009 Alaska Standard BRFSS survey.

BRFSS QUESTION:

- ▶ Have you EVER been told by a doctor, nurse, or other health professional that you had cancer?

How are we doing?

- ▶ In 2009, 7.7% of Alaska adults reported ever being told they had cancer.

How does Alaska compare with the U.S.?

- ▶ The national median prevalence of having had cancer was 9.9% in 2009, higher than the prevalence in Alaska.

How are different populations affected?

- ▶ Reported diagnoses of cancer increased greatly with age; Alaska adults age 45 years and older were more likely to have a cancer diagnosis than younger Alaskans.
- ▶ Respondents living in the rural region of Alaska had a lower prevalence of cancer than those living in other areas.
- ▶ Having a disability, arthritis, current asthma, cardiovascular disease, diabetes, high blood pressure, and reporting fair or poor health were associated with ever having cancer in 2009.
- ▶ Among Alaskans age 65 years and older, those who had a flu shot in the past 12 months and those who had ever had a pneumonia shot had a higher prevalence of cancer than respondents who did not have these vaccines.

Cancer

Ever told you had cancer, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Screening Question: Population at Risk (<i>See Appendix</i>)	Have you EVER been told by a doctor, nurse, or other health professional that you had cancer?									
	Response:			Yes			Age-Adjusted Rate			
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI		
Total	7.7%	(6.4% - 9.3%)	37,066	223	2,288		8.8%	(7.3% - 10.4%)		
Demographics										
Gender										
Female	9.5%	(7.6% - 11.7%)	21,895	145	1,253		10.0%	(8.2% - 12.2%)		
Male	6.1%	(4.4% - 8.5%)	15,171	78	1,035	3	7.6%	(5.5% - 10.3%)		
Age Groups (Categories Used in Age-Adjustment)										
Persons aged 18 to 24 years	0%	(0% - 2%)	0	1	138	3	NA	(NA - NA)		
Persons aged 25 to 34 years	2%	(1% - 7%)	1,907	4	305	3	NA	(NA - NA)		
Persons aged 35 to 44 years	4%	(2% - 8%)	3,697	23	415	3	NA	(NA - NA)		
Persons aged 45 to 64 years	10.7%	(8.3% - 13.7%)	18,421	108	1,039	3	NA	(NA - NA)		
Persons aged 65 years and older	24%	(18% - 31%)	11,680	85	364		NA	(NA - NA)		
Race and Ethnicity										
American Indian or Alaska Native	6%	(3% - 10%)	4,211	24	422	3	6%	(4% - 10%)		
Asian or Pacific Islander	0%	(0% - 0%)	0	0	58		0%	(0% - 0%)		
Asian	DSU	(DSU - DSU)	DSU	DSU	46		DSU	(DSU - DSU)		
Native Hawaiian or Other Pacific Islander	DSU	(DSU - DSU)	DSU	DSU	12		DSU	(DSU - DSU)		
Black or African American	DSU	(DSU - DSU)	DSU	DSU	34	3	DSU	(DSU - DSU)		
White	8.9%	(7.3% - 10.9%)	32,379	194	1,683		9.7%	(8.0% - 11.7%)		
Hispanic or Latino	1%	(0% - 4%)	159	1	60	3	6%	(1% - 26%)		
Not Hispanic or Latino	8.0%	(6.6% - 9.7%)	36,975	222	2,211		9.0%	(7.5% - 10.7%)		
Black or African American, not Hispanic/Latino	DSU	(DSU - DSU)	DSU	DSU	27	3	DSU	(DSU - DSU)		
White, not Hispanic or Latino	8.8%	(7.2% - 10.8%)	30,754	186	1,617		9.5%	(7.8% - 11.6%)		

For table end notes see Appendix J on Pg 429.

Cancer (continued)

Ever told you had cancer, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Screening Question:	Have you EVER been told by a doctor, nurse, or other health professional that you had cancer?									
	Response:	Observed Rate					Age-Adjusted Rate			
		%	95% CI	Individuals	n	N #	%	95% CI		
Population at Risk (See Appendix)										
Alaska Native										
Yes	7%	(4% - 11%)	5,507	32	462 3	9%	(6% - 13%)			
No	7.9%	(6.4% - 9.7%)	31,482	191	1,812	8.9%	(7.3% - 10.7%)			
Geographic Location										
Anchorage & Vicinity	8%	(6% - 11%)	20,504	54	480 3	9%	(7% - 12%)			
Fairbanks & Vicinity	6%	(5% - 9%)	4,309	43	479 3	9%	(7% - 12%)			
Gulf Coast	8%	(6% - 10%)	4,334	47	453 3	8%	(6% - 10%)			
Rural	3%	(2% - 5%)	1,335	20	394 3	4%	(2% - 7%)			
Southeast	10%	(8% - 13%)	5,226	59	482 3	11%	(8% - 14%)			
Urban/Rural										
Metropolitan Statistical Area	7.8%	(6.0% - 10.0%)	24,863	93	925 3	8.9%	(7.0% - 11.3%)			
Micropolitan Statistical Area & Urban Clusters	8.0%	(6.3% - 10.2%)	6,844	76	731 3	9.3%	(7.3% - 11.7%)			
Rural	7.1%	(4.7% - 10.7%)	5,359	54	632 3	7.7%	(5.1% - 11.4%)			
Education Level (persons aged 25 years and older)										
Less than high school	5%	(2% - 11%)	1,163	8	136 3	5%	(2% - 12%)			
High school graduate	9.0%	(6.3% - 12.7%)	9,980	57	629 3	10.1%	(7.4% - 13.5%)			
At least some college	9.3%	(6.6% - 12.9%)	11,938	71	651 3	10.2%	(7.4% - 13.9%)			
College Graduate	9.3%	(6.8% - 12.5%)	13,835	86	731 3	10.7%	(7.9% - 14.5%)			
Employment Status										
Employed	6.0%	(4.5% - 7.9%)	18,691	107	1,418 3	6.9%	(5.1% - 9.3%)			
Unemployed	4%	(2% - 7%)	1,841	15	217 3	13%	(7% - 23%)			
Not in Workforce (Student, Homemaker, Retired)	12.9%	(9.5% - 17.3%)	13,015	84	535 3	8.6%	(6.2% - 11.9%)			
Unable to work	19%	(10% - 33%)	3,196	15	100 3	11%	(6% - 20%)			

Cancer (continued)

Ever told you had cancer, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Screening Question: Population at Risk (<i>See Appendix</i>)	Have you EVER been told by a doctor, nurse, or other health professional that you had cancer?							
	Response:			Yes			Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Marital Status								
Married or Unwed Couple	8.5%	(6.6% - 10.8%)	23,785	123	1,267	3	8.7%	(6.8% - 11.0%)
Divorced/Separated	23%	(14% - 34%)	4,266	30	167	3	12%	(7% - 20%)
Widowed	11%	(8% - 16%)	6,139	48	396	3	9%	(6% - 13%)
Never Married	2%	(1% - 3%)	1,850	15	318	3	6%	(3% - 12%)
Income Level								
<\$15,000	10%	(5% - 17%)	2,976	18	184	3	10%	(6% - 16%)
\$15,000 - \$24,999	5%	(3% - 10%)	1,958	22	224	3	6%	(4% - 11%)
\$25,000 - \$49,999	9%	(6% - 13%)	8,474	53	461	3	10%	(7% - 14%)
\$50,000 - \$74,999	10%	(7% - 15%)	7,568	42	390	3	11%	(7% - 15%)
\$75,000	7.2%	(5.1% - 10.0%)	12,180	63	740	3	7.2%	(5.1% - 10.2%)
Poverty Threshold								
Poor (<100% Poverty Threshold)	4%	(2% - 10%)	1,378	9	158	3	12%	(6% - 21%)
Near Poor (100% to 199% Poverty Threshold)	5%	(3% - 9%)	2,852	23	277	3	6%	(4% - 11%)
Middle/High Income (>=200% Poverty Threshold)	9.0%	(7.3% - 11.2%)	28,638	166	1,564	3	9.6%	(7.7% - 11.8%)
Below Poverty Guidelines								
Yes	5%	(2% - 11%)	2,254	11	210	3	9%	(4% - 18%)
No	8.4%	(6.8% - 10.4%)	30,667	187	1,789		9.1%	(7.4% - 11.0%)
Veteran								
Yes	12%	(8% - 17%)	10,162	52	407	3	10%	(7% - 14%)
No	6.9%	(5.6% - 8.5%)	27,246	171	1,873	3	8.0%	(6.6% - 9.8%)

Cancer (continued)

Ever told you had cancer, Adults (18 years of age and older), Alaska BRFS, 2009:
Standard (2009) Survey Instrument

Screening Question:	Have you EVER been told by a doctor, nurse, or other health professional that you had cancer?										
	Response:	Yes					Age-Adjusted Rate				
		%	Observed Rate		Individuals	n	N	#	%	95% CI	
Population at Risk (See Appendix)			95% CI							95% CI	
Health Status											
General Health											
Excellent to Very Good	5.7%	(4.3% - 7.6%)	15,933	96	1,202	3	8.0%	(6.0% - 10.7%)	
Good	8.1%	(5.9% - 11.1%)	11,643	74	742	3	8.2%	(5.9% - 11.2%)	
Fair/Poor	17%	(12% - 25%)	9,233	53	331	3	16%	(10% - 24%)	
Healthy Days (Mean Number of Days)											
Physical Health Not Good	5.1	(3.2 - 7.0)			218		3.8	(2.5 - 5.1)	
Mental Health Not Good	3.2	(1.8 - 4.6)			217		2.2	(1.3 - 3.1)	
Unhealthy Days (Physical or Mental Health Not Good)	6.6	(4.6 - 8.6)			214		4.9	(3.5 - 6.2)	
Days with Activity Limitation	3.1	(1.6 - 4.7)			220		2.3	(1.3 - 3.4)	
Healthy Days (Percentage with 14 or More Days)											
Physical Health Not Good	15%	(10% - 23%)	5,473	31	221	3	12%	(8% - 18%)	
Mental Health Not Good	10%	(5% - 17%)	3,340	19	177	3	9%	(5% - 15%)	
Unhealthy Days (Physical or Mental Health Not Good)	10%	(7% - 15%)	6,623	42	355	3	9%	(7% - 13%)	
Activity Limitation	14%	(8% - 24%)	3,397	19	153	3	10%	(6% - 17%)	
Disability											
Disabled											
Yes	16.0%	(12.1% - 20.9%)	17,207	87	564	3	15.0%	(10.9% - 20.3%)	
No	5.4%	(4.2% - 6.9%)	19,686	134	1,691	3	7.1%	(5.5% - 9.1%)	
Activity Limitation											
Yes	15.9%	(11.9% - 21.1%)	16,141	81	532	3	15.1%	(10.9% - 20.7%)	
No	5.6%	(4.4% - 7.1%)	20,752	140	1,727	3	7.4%	(5.8% - 9.3%)	

Cancer (continued)

Ever told you had cancer, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Screening Question:	Have you EVER been told by a doctor, nurse, or other health professional that you had cancer?													
	Response:	Yes					Age-Adjusted Rate							
		%	Observed Rate 95% CI		Individuals	n	N	#	%	95% CI				
Population at Risk (See Appendix)														
Require Special Equipment														
Yes	24%	(16%	-	34%)	6,454	35	154	3	24%	(14%	-	37%)
No	6.8%	(5.5%	-	8.4%)	30,732	188	2,129	3	8.1%	(6.6%	-	9.9%)
Mental Health														
Social and Emotional Support														
Always/Usually	7.9%	(6.4%	-	9.7%)	29,735	177	1,748	3	9.0%	(7.4%	-	11.0%)
Sometimes/Rarely/Never	6.8%	(4.6%	-	10.1%)	6,514	42	507	3	7.0%	(5.0%	-	11.0%)
Life Satisfaction														
Very Satisfied / Satisfied	7.7%	(6.3%	-	9.3%)	35,022	211	2,173		8.7%	(7.3%	-	10.5%)
Dissatisfied / Very Dissatisfied	5%	(2%	-	12%)	925	6	92	3	3%	(1%	-	9%)
Healthcare														
Healthcare Coverage														
Health Plan														
Yes	8.6%	(7.1%	-	10.4%)	33,345	197	1,865		9.0%	(7.4%	-	10.8%)
No	4%	(2%	-	8%)	3,370	26	403	3	7%	(4%	-	14%)
Immunization														
Flu Shot Within Past 12 Months (Ages 65+)														
Yes	11.0%	(8.4%	-	14.3%)	19,661	115	880	3	10.5%	(7.9%	-	13.7%)
No	5.7%	(4.4%	-	7.4%)	17,016	106	1,385	3	7.2%	(5.5%	-	9.3%)
Ever Had Pneumonia Shot (Ages 65+)														
Yes	15.9%	(12.2%	-	20.5%)	15,320	100	578		11.8%	(8.3%	-	16.6%)
No	6.0%	(4.5%	-	7.8%)	18,549	105	1,434	3	7.0%	(5.3%	-	9.2%)

Cancer (continued)

Ever told you had cancer, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Screening Question:	Have you EVER been told by a doctor, nurse, or other health professional that you had cancer?									
	Response:	Observed Rate					Age-Adjusted Rate			
		%	95% CI	Individuals	n	N #	%	95% CI		
Population at Risk (See Appendix)										
Screening										
AIDS/HIV Screening (Ages 18-64)										
Yes	5.3%	(3.6% - 7.7%)	10,988	55	898 3	5.7%	(4.0% - 8.0%)			
No	6.3%	(4.6% - 8.7%)	13,031	76	936 3	5.5%	(4.0% - 7.4%)			
Diagnoses										
Arthritis										
Arthritis										
Yes	14.8%	(11.3% - 19.1%)	16,317	109	670 3	12.3%	(8.7% - 17.0%)			
No	5.7%	(4.4% - 7.4%)	20,689	113	1,601 3	7.9%	(6.0% - 10.2%)			
Asthma										
Asthma Diagnosis										
Yes	9%	(6% - 14%)	6,241	36	328 3	11%	(8% - 17%)			
No	7.5%	(6.1% - 9.1%)	30,451	186	1,953	8.3%	(6.8% - 10.1%)			
Current Asthma										
Yes	13%	(8% - 20%)	5,563	30	207 3	15%	(9% - 23%)			
No	2%	(0% - 6%)	477	3	104 3	3%	(1% - 12%)			
Cardiovascular and Cerebrovascular Disease										
Cardiovascular Disease										
Yes	23%	(15% - 35%)	4,907	29	131 3	25%	(12% - 46%)			
No	7.0%	(5.7% - 8.6%)	31,777	191	2,132 3	8.6%	(7.1% - 10.4%)			
Heart Attack (Myocardial Infarction)										
Yes	19%	(11% - 31%)	2,762	18	91 3	24%	(9% - 50%)			
No	7.4%	(6.0% - 9.0%)	34,071	203	2,186	8.7%	(7.2% - 10.4%)			

Cancer (continued)

Ever told you had cancer, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Screening Question:	Have you EVER been told by a doctor, nurse, or other health professional that you had cancer?													
	Response:	Yes							Age-Adjusted Rate					
		%	Observed Rate 95% CI		Individuals	n	N	#	%	95% CI				
Population at Risk (See Appendix)														
Coronary Heart Disease (Angina)														
Yes	22%	(11%	-	38%)	2,855	15	82	3	19%	(7%	-	43%)
No	7.4%	(6.1%	-	9.0%)	34,175	207	2,189		8.9%	(7.4%	-	10.7%)
Stroke														
Yes	22%	(12%	-	38%)	1,846	11	67	3	21%	(11%	-	39%)
No	7.5%	(6.2%	-	9.1%)	35,217	212	2,214		8.7%	(7.2%	-	10.4%)
Diabetes														
Nongestational Diabetes														
Yes	20%	(13%	-	31%)	5,677	29	164	3	13%	(8%	-	20%)
No	7.0%	(5.7%	-	8.5%)	31,294	194	2,118		8.1%	(6.6%	-	9.8%)
Pre-Diabetes														
Yes	11%	(6%	-	19%)	4,222	21	207	3	11%	(6%	-	20%)
No	6.6%	(5.3%	-	8.2%)	27,169	173	1,908	3	8.0%	(6.6%	-	9.8%)
Risk Factors														
Alcohol														
Binge Drinking														
Yes	5%	(3%	-	9%)	4,283	25	377	3	12%	(7%	-	19%)
No	8.4%	(6.9%	-	10.3%)	32,318	193	1,868		8.8%	(7.3%	-	10.7%)
Heavy Drinking														
Yes	6%	(3%	-	12%)	1,783	13	155	3	6%	(3%	-	12%)
No	8.0%	(6.5%	-	9.6%)	34,691	204	2,064		9.0%	(7.4%	-	10.8%)

Cancer (continued)

Ever told you had cancer, Adults (18 years of age and older), Alaska BRFS, 2009:
Standard (2009) Survey Instrument

Screening Question:	Response:	Have you EVER been told by a doctor, nurse, or other health professional that you had cancer?							
		Observed Rate			Yes			Age-Adjusted Rate	
		%	95% CI	Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)									
Hypercholesterolemia									
High Cholesterol									
Yes	10.1%	(7.7% - 13.1%)	12,228	90	721	3	6.9%	(5.3% - 8.8%)	
No	9.2%	(6.9% - 12.0%)	20,399	104	1,032	3	10.5%	(8.0% - 13.6%)	
Hypertension									
High Blood Pressure									
Yes	13.4%	(10.3% - 17.1%)	17,054	109	737	3	9.8%	(7.3% - 13.0%)	
No	5.7%	(4.3% - 7.4%)	19,793	112	1,534	3	8.0%	(6.1% - 10.6%)	
Nutrition									
Fruit and Vegetable Index									
<1 Per Day or Never	6%	(3% - 11%)	1,808	12	135	3	7%	(4% - 13%)	
1 to <3 Times Per Day	6.0%	(4.2% - 8.4%)	9,738	63	796	3	6.9%	(4.9% - 9.5%)	
3 to <5 Times Per Day	8.0%	(5.8% - 11.1%)	13,872	79	822	3	8.9%	(6.5% - 12.1%)	
5 Or More Times Per Day	10.4%	(7.4% - 14.4%)	11,704	69	530	3	11.6%	(8.6% - 15.6%)	
Physical Activity									
Physical Activity Recommendations (2008)									
Active	6.9%	(5.3% - 8.8%)	23,566	137	1,521	3	8.5%	(6.6% - 10.8%)	
Insufficient	9%	(6% - 13%)	7,044	45	418	3	9%	(6% - 12%)	
Inactive	13%	(8% - 19%)	5,225	31	234	3	11%	(7% - 15%)	
Leisure Time Exercise									
Yes	6.8%	(5.4% - 8.5%)	25,213	162	1,756	3	8.0%	(6.4% - 10.0%)	
No	11.1%	(7.9% - 15.3%)	11,853	61	522	3	10.6%	(7.9% - 13.9%)	

Cancer (continued)

Ever told you had cancer, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Screening Question:	Have you EVER been told by a doctor, nurse, or other health professional that you had cancer?								
	Response:	Yes						Age-Adjusted Rate	
		%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
Population at Risk (See Appendix)									
Sexual Violence/Intimate Partner Violence									
Parents Physically Hurt by Spouse/Partner									
Yes	8%	(5% - 12%)	6,904	37	427	3	9%	(5% - 13%)	
No	8.0%	(6.5% - 9.9%)	29,212	176	1,737	3	9.0%	(7.3% - 10.9%)	
Unwanted Sexual Activity									
Yes	9%	(6% - 14%)	5,607	40	338	3	12%	(8% - 17%)	
No	7.7%	(6.2% - 9.6%)	30,092	174	1,831	3	8.6%	(7.0% - 10.5%)	
Ever Hurt or Threatened by Intimate Partner									
Yes	7.0%	(4.8% - 10.0%)	6,728	52	508	3	8.2%	(5.5% - 12.0%)	
No	8.2%	(6.6% - 10.2%)	29,244	163	1,668	3	9.2%	(7.4% - 11.2%)	
Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner									
Yes	3%	(1% - 8%)	797	7	121	3	4%	(1% - 9%)	
No	8.3%	(6.8% - 10.0%)	35,206	209	2,058		9.1%	(7.5% - 10.9%)	
Tobacco Use									
Cigarette Smoking Status									
Current Smoker	7%	(5% - 10%)	6,772	37	479	3	8%	(5% - 14%)	
Former Smoker	12.3%	(9.0% - 16.5%)	16,404	92	713	3	11.3%	(8.2% - 15.4%)	
Never Smoked	5.7%	(4.3% - 7.4%)	13,832	93	1,075	3	7.0%	(5.4% - 9.0%)	
Smokeless Tobacco Status									
Current User	3%	(1% - 9%)	639	5	108	3	6%	(2% - 16%)	
Former User	7%	(4% - 13%)	6,214	28	375	3	10%	(6% - 16%)	
Never Used	8.2%	(6.7% - 10.0%)	29,228	186	1,753		8.7%	(7.2% - 10.5%)	

Cancer (continued)

Ever told you had cancer, Adults (18 years of age and older), Alaska BRFSS, 2009:
Standard (2009) Survey Instrument

Screening Question:	Have you EVER been told by a doctor, nurse, or other health professional that you had cancer?									
	Response:	Yes								
		Observed Rate			Age-Adjusted Rate					
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	#	%	95% CI		
Weight Status										
Weight Status										
Normal (BMI <25)	6.1%	(4.2% - 8.7%)	10,430	62	750	3	8.0%	(5.8% - 11.0%)		
Overweight (BMI 25 to 30)	7.9%	(5.9% - 10.6%)	13,872	88	825	3	8.3%	(6.2% - 11.1%)		
Obese (BMI ≥30)	9.0%	(6.3% - 12.6%)	10,629	60	635	3	9.2%	(6.5% - 12.8%)		
Obese I (BMI 30 TO < 35)	9%	(6% - 13%)	6,945	44	414	3	9%	(6% - 13%)		
Obese II & III (BMI ≥35)	9%	(5% - 17%)	3,727	16	221	3	9%	(5% - 16%)		

Related Chronic Disease Measures

► Cardiovascular Disease (heart attack and/or coronary heart disease or angina) Link to pdf of table >>

Ever diagnosed with cardiovascular disease. Adults (18 years of age and older), Alaska BRFSS, 2009.
Standard (2009) and Supplemental (2009) Survey Instruments

Surveying Question	Response	Observed Rate		Age-Adjusted Rate	
		%	95% CI	%	95% CI
Total		8.8%	(8.1% - 9.7%)	10,865	(9,731 - 12,000)
Demographics					
Gender					
Male	8.8%	(8.1% - 9.7%)	12,383	(11,217 - 13,550)	
Female	8.8%	(8.1% - 9.7%)	12,383	(11,217 - 13,550)	
Age Strata (Comparing to Age-Adjusted)					
18-24 years	0%	(0% - 0%)	0	(0 - 0)	
25-34 years	0.2%	(0.0% - 0.4%)	312	(157 - 467)	
35-44 years	0.8%	(0.5% - 1.1%)	1,012	(767 - 1,257)	
45-54 years	3.4%	(2.9% - 3.9%)	4,249	(3,799 - 4,699)	
55-64 years	10.2%	(9.5% - 10.9%)	12,571	(11,571 - 13,571)	
65-74 years	16.2%	(15.3% - 17.1%)	19,871	(18,471 - 21,271)	
75+ years	24.2%	(23.1% - 25.3%)	29,771	(27,771 - 29,771)	
Race and Ethnicity					
American Indian or Alaska Native	6.2%	(4.7% - 7.7%)	7,671	(6,171 - 9,171)	
Asian or Pacific Islander	0%	(0% - 0%)	0	(0 - 0)	
Alaska Native	0%	(0% - 0%)	0	(0 - 0)	
Native Hawaiian or Other Pacific Islander	0%	(0% - 0%)	0	(0 - 0)	
Black or African American	10%	(9% - 11%)	12,371	(11,371 - 13,371)	
White	8.8%	(8.1% - 9.7%)	10,855	(9,755 - 11,955)	
Hispanic or Latino	0%	(0% - 0%)	0	(0 - 0)	
Not reported or unknown	0%	(0% - 0%)	0	(0 - 0)	
Black or African American, not Hispanic/Latino	10%	(9% - 11%)	12,371	(11,371 - 13,371)	
White, not Hispanic or Latino	8.8%	(8.1% - 9.7%)	10,855	(9,755 - 11,955)	

► Current Asthma Prevalence (age 18+) Link to pdf of table >>

Still have asthma. Adults (18 years of age and older), Alaska BRFSS, 2009.
Standard (2009) and Supplemental (2009) Survey Instruments

Surveying Question	Response	Observed Rate		Age-Adjusted Rate	
		%	95% CI	%	95% CI
Total		11.9%	(11.2% - 12.6%)	15,762	(14,512 - 17,012)
Demographics					
Gender					
Male	11.9%	(11.2% - 12.6%)	15,862	(14,612 - 17,112)	
Female	11.9%	(11.2% - 12.6%)	15,762	(14,512 - 17,012)	
Age Strata (Comparing to Age-Adjusted)					
18-24 years	0%	(0% - 0%)	0	(0 - 0)	
25-34 years	0.2%	(0.0% - 0.4%)	312	(157 - 467)	
35-44 years	0.8%	(0.5% - 1.1%)	1,012	(767 - 1,257)	
45-54 years	3.4%	(2.9% - 3.9%)	4,249	(3,799 - 4,699)	
55-64 years	10.2%	(9.5% - 10.9%)	12,571	(11,571 - 13,571)	
65-74 years	16.2%	(15.3% - 17.1%)	19,871	(18,471 - 21,271)	
75+ years	24.2%	(23.1% - 25.3%)	29,771	(27,771 - 29,771)	
Race and Ethnicity					
American Indian or Alaska Native	6.2%	(4.7% - 7.7%)	7,671	(6,171 - 9,171)	
Asian or Pacific Islander	0%	(0% - 0%)	0	(0 - 0)	
Alaska Native	0%	(0% - 0%)	0	(0 - 0)	
Native Hawaiian or Other Pacific Islander	0%	(0% - 0%)	0	(0 - 0)	
Black or African American	10%	(9% - 11%)	12,371	(11,371 - 13,371)	
White	11.9%	(11.2% - 12.6%)	15,756	(14,506 - 17,006)	
Hispanic or Latino	0%	(0% - 0%)	0	(0 - 0)	
Not reported or unknown	0%	(0% - 0%)	0	(0 - 0)	
Black or African American, not Hispanic/Latino	10%	(9% - 11%)	12,371	(11,371 - 13,371)	
White, not Hispanic or Latino	11.9%	(11.2% - 12.6%)	15,756	(14,506 - 17,006)	

► Pre-diabetes Link to pdf of table >>

Ever told you have pre-diabetes or borderline diabetes. Adults (18 years of age and older), Alaska BRFSS, 2009.
Standard (2009) and Supplemental (2009) Survey Instruments

Surveying Question	Response	Observed Rate		Age-Adjusted Rate	
		%	95% CI	%	95% CI
Total		8.1%	(7.6% - 8.6%)	10,738	(9,738 - 11,738)
Demographics					
Gender					
Male	8.1%	(7.6% - 8.6%)	12,138	(11,138 - 13,138)	
Female	8.1%	(7.6% - 8.6%)	10,738	(9,738 - 11,738)	
Age Strata (Comparing to Age-Adjusted)					
18-24 years	0%	(0% - 0%)	0	(0 - 0)	
25-34 years	0.2%	(0.0% - 0.4%)	312	(157 - 467)	
35-44 years	0.8%	(0.5% - 1.1%)	1,012	(767 - 1,257)	
45-54 years	3.4%	(2.9% - 3.9%)	4,249	(3,799 - 4,699)	
55-64 years	10.2%	(9.5% - 10.9%)	12,571	(11,571 - 13,571)	
65-74 years	16.2%	(15.3% - 17.1%)	19,871	(18,471 - 21,271)	
75+ years	24.2%	(23.1% - 25.3%)	29,771	(27,771 - 29,771)	
Race and Ethnicity					
American Indian or Alaska Native	6.2%	(4.7% - 7.7%)	7,671	(6,171 - 9,171)	
Asian or Pacific Islander	0%	(0% - 0%)	0	(0 - 0)	
Alaska Native	0%	(0% - 0%)	0	(0 - 0)	
Native Hawaiian or Other Pacific Islander	0%	(0% - 0%)	0	(0 - 0)	
Black or African American	10%	(9% - 11%)	12,371	(11,371 - 13,371)	
White	8.1%	(7.6% - 8.6%)	10,732	(9,732 - 11,732)	
Hispanic or Latino	0%	(0% - 0%)	0	(0 - 0)	
Not reported or unknown	0%	(0% - 0%)	0	(0 - 0)	
Black or African American, not Hispanic/Latino	10%	(9% - 11%)	12,371	(11,371 - 13,371)	
White, not Hispanic or Latino	8.1%	(7.6% - 8.6%)	10,732	(9,732 - 11,732)	

Chronic Disease

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<< Previous: Preventive Practices

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Appendices

2009 Annual Report **Alaska Behavioral Risk Factor Survey**

<< Previous: Chronic Disease



Appendix A:

BRFSS Sampling Regions 2009

<i>Region</i>	<i>Population (Age 18 and older) by Region</i>		<i>Population (Age 18 and older) by Census Area</i>	
	<i>2009*</i>	<i>Census Area</i>	<i>2009*</i>	
1 Anchorage & Vicinity	267,891	Municipality of Anchorage	208,521	
		Matanuska-Susitna Borough	56,370	
2 Gulf Coast	56,272	Kenai Peninsula Borough	39,907	
		Kodiak Island Borough	9,502	
		Valdez-Cordova Census Area	6,863	
3 Southeast	52,122	Haines Borough	1,822	
		Juneau City and Borough	22,967	
		Ketchikan Gateway Borough	9,690	
		Prince of Wales-Outer Ketchikan Census Area	3,929	
		Sitka City and Borough	6,538	
		Hoonah-Angoon Census Area	1,588	
		Skagway Municipality	709	
		Yakutat Census Area	463	
		Petersburg Census Area	2,835	
		Wrangell City and Borough	1,581	
4 Rural	44,875	Aleutians East Borough	2,433	
		Aleutians West Borough	3,856	
		Bethel Census Area	9,998	
		Denali Borough	1,428	
		Bristol Bay Borough	737	
		Dillingham Census Area	3,012	
		Lake and Peninsula Census Area	1,035	
		Nome Census Area	5,797	
		North Slope Borough	4,228	
		Northwest Arctic Borough	4,320	
5 Fairbanks and Vicinity	71,382	Wade Hampton Census Area	4,057	
		Yukon-Koyukuk Census Area	3,974	
5 Fairbanks and Vicinity	71,382	Fairbanks North Star Borough	66,416	
		Southeast Fairbanks Census Area	4,966	
Total	492,542			

*Source: Alaska Department of Labor, Research and Analysis Section, Alaska Population by Age, Male/Female, Census Area and Labor Market, 2000, 2009.

Appendix B: 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 dataset. This weighting adjusts not only for variation in selection and sampling probability, but also for demographic characteristics in each region of the state. If the data were not weighted, projections could not be made from the sample to the region or to the general population. The survey results were weighted using population estimates obtained from Claritas, Race by Age by Sex Report for All Counties Nationwide, Ithaca, New York.

Appendix C: Telephone Coverage in Alaska, 2000

Region	Census Area or Borough	Occupied Housing	Number with Telephones	Percent with Telephones
1 Anchorage & Vicinity	Anchorage Municipality	94,822	94,032	99%
	Matanuska-Susitna Borough	20,556	19,832	96%
	Total	115,378	113,864	99%
2 Gulf Coast	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 Southeast	Haines Borough	991	889	90%
	Juneau City and Borough	11,543	11,361	98%
	Ketchikan Gateway Borough	5,399	5,285	98%
	Prince of Wales-Outer Ketchikan Census Area	2,262	2,070	92%
	Sitka City and Borough	3,278	3,229	99%
	Skagway-Hoonah-Angoon Census Area	1,369	1,196	87%
	Wrangell-Petersburg Census Area	2,587	2,452	95%
	Yakutat City and Borough	265	240	91%
	Total	27,694	26,722	96%
4 Rural	Aleutians East Borough	526	506	96%
	Aleutians West Census Area	1,270	1,224	96%
	Bethel Census Area	4,226	3,769	89%
	Bristol Bay Borough	490	483	99%
	Denali Borough	785	695	89%
	Dillingham Census Area	1,529	1,441	94%
	Lake and Peninsula Borough	588	530	90%
	Nome Census Area	2,693	2,335	87%
	North Slope Borough	2,109	1,920	91%
	Northwest Arctic Borough	1,780	1,575	88%
	Wade Hampton Census Area	1,602	1,386	87%
	Yukon-Koyukuk Census Area	2,309	1,885	82%
		Total	19,907	17,749
5 Fairbanks and Vicinity	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 Total		221,600	214,916	97%

Source: US Census 2000, Summary File 4

Appendix D: Response Rates

Appendices

<i>Indicator</i>	<i>BRFSS Objective</i>	<i>BRFSS National Median</i>	<i>Alaska Achieved - Standard Survey</i>	<i>Alaska Achieved - Supplemental Survey</i>
CASRO Response Rate	> 40%	52.5%	63.1%	53.0%
Cooperation Rate	> 65%	75.0%	78.8%	79.6%

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.

- **CASRO Response Rate**

The response rate developed by the Council of American Survey Research Organizations (CASRO), apportions dispositions with unknown eligibility status (ring no answer and busy) to dispositions representing eligible respondents in the same proportion that exists among calls of known status (all other BRFSS call dispositions). The resulting estimate reflects telephone sampling efficiency and the degree of cooperation among eligibles contacted.

- **Cooperation Rate**

This rate is the number of completed surveys divided by the number of identified households contacted that contain a resident 18 years or older. The resulting measure reflects the cooperation of identified eligibles and is not affected by difference in telephone sampling efficiency.

Appendix E:

Alaska BRFSS 2009 Survey Distribution

by Region and Age

		2009					
		<i>Standard BRFSS</i>		<i>Supplemental BRFSS</i>		<i>BRFSS Totals</i>	
Age		n	Weighted %	n	Weighted %	n	Weighted %
1 Anchorage & Vicinity	18 - 24	25	13.8%	27	13.8%	52	13.8%
	25 - 34	72	20.5%	62	20.5%	134	20.5%
	35 - 44	94	19.5%	92	19.5%	186	19.5%
	45 - 54	121	20.4%	120	20.5%	241	20.5%
	55 - 64	108	14.8%	102	14.8%	210	14.8%
	65 or older	84	10.1%	80	10.1%	164	10.1%
	Unknown	7	< 1%	4	< 1%	11	< 1%
2 Gulf Coast	18 - 24	23	13.0%	12	6.0%	35	13.0%
	25 - 34	44	16.7%	65	23.7%	109	16.7%
	35 - 44	79	16.9%	78	16.9%	157	16.9%
	45 - 54	114	22.8%	126	22.8%	240	22.9%
	55 - 64	124	17.6%	110	17.5%	234	17.5%
	65 or older	98	12.6%	105	12.6%	203	12.6%
	Unknown	4	< 1%	5	< 1%	9	< 1%
3 Southeast	18 - 24	26	12.0%	14	7.8%	40	12.0%
	25 - 34	59	16.0%	50	20.2%	109	16.0%
	35 - 44	78	17.5%	85	17.5%	163	17.5%
	45 - 54	131	22.4%	123	21.9%	254	22.2%
	55 - 64	110	18.4%	94	18.4%	204	18.4%
	65 or older	92	12.8%	87	12.8%	179	12.8%
	Unknown	5	1.0%	7	1.3%	12	1.1%

Appendix E: Alaska BRFSS 2009 Survey Distribution by Region and Age (continued)

Appendices

		2009					
		<i>Standard BRFSS</i>		<i>Supplemental BRFSS</i>		<i>BRFSS Totals</i>	
Age		n	Weighted %	n	Weighted %	n	Weighted %
4 Rural	18 - 24	43	15.9%	34	15.9%	77	15.9%
	25 - 34	67	20.1%	73	20.1%	140	20.1%
	35 - 44	87	19.5%	55	19.5%	142	19.5%
	45 - 54	108	19.9%	101	20.0%	209	19.9%
	55 - 64	76	14.2%	65	14.2%	141	14.2%
	65 or older	43	8.9%	32	8.9%	75	8.9%
	Unknown	7	1.5%	7	1.4%	14	1.5%
5 Fairbanks and Vicinity	18 - 24	34	17.1%	38	17.1%	72	17.1%
	25 - 34	86	23.6%	94	23.6%	180	23.6%
	35 - 44	97	18.7%	103	18.7%	200	18.7%
	45 - 54	107	18.0%	111	17.6%	218	17.8%
	55 - 64	98	13.1%	105	13.1%	203	13.1%
	65 or older	74	8.7%	61	8.7%	135	8.7%
	Unknown	7	1.0%	6	1.3%	13	1.1%

Appendix F: Alaska BRFSS 2009 Survey Distribution by Race and Region

Standard 2009 BRFSS		
Race*	n	Weighted %
Anchorage and Vicinity (Region 1)		
White only, non-Hispanic	417	80.3%
Black only, non-Hispanic	13	2.8%
Asian only, non-Hispanic	16	4.1%
Native Hawaiian or other Pacific Islander	4	1.0%
American Indian or Alaska Native	38	8.1%
Other Race	18	2.9%
No Preferred Race	0	0.0%
Unknown Race	5	1.0%
Hispanic	19	3.6%
Non-Hispanic	490	96.2%
Unknown Ethnicity	2	< 1.0%
Gulf Coast (Region 2)		
White only, non-Hispanic	417	84.4%
Black only, non-Hispanic	0	0.0%
Asian only, non-Hispanic	8	1.8%
Native Hawaiian or other Pacific Islander	1	< 1.0%
American Indian or Alaska Native	41	10.7%
Other Race	13	2.4%
No Preferred Race	1	< 1.0%
Unknown Race	5	1.0%
Hispanic	15	3.4%
Non-Hispanic	469	96.3%
Unknown Ethnicity	2	< 1.0%

Standard 2009 BRFSS		
Race*	n	Weighted %
Southeast (Region 3)		
White only, non-Hispanic	392	76.5%
Black only, non-Hispanic	2	< 1.0%
Asian only, non-Hispanic	12	3.6%
Native Hawaiian or other Pacific Islander	4	1.0%
American Indian or Alaska Native	76	15.8%
Other Race	11	2.2%
No Preferred Race	2	< 1.0%
Unknown Race	2	< 1.0%
Hispanic	7	1.3%
Non-Hispanic	491	98.2%
Unknown Ethnicity	3	< 1.0%
Rural (Region 4)		
White only, non-Hispanic	138	24.9%
Black only, non-Hispanic	3	< 1.0%
Asian only, non-Hispanic	11	2.3%
Native Hawaiian or other Pacific Islander	1	< 1.0%
American Indian or Alaska Native	267	70.0%
Other Race	10	1.8%
No Preferred Race	0	0.0%
Unknown Race	1	< 1.0%
Hispanic	6	1.7%
Non-Hispanic	416	95.4%
Unknown Ethnicity	9	2.9%
Fairbanks and Vicinity (Region 5)		
White only, non-Hispanic	407	78.6%
Black only, non-Hispanic	18	4.3%
Asian only, non-Hispanic	9	1.7%
Native Hawaiian or other Pacific Islander	3	< 1.0%
American Indian or Alaska Native	40	9.1%
Other Race	21	4.7%
No Preferred Race	1	< 1.0%
Unknown Race	4	< 1.0%
Hispanic	14	3.3%
Non-Hispanic	486	96.2%
Unknown Ethnicity	3	< 1.0%

*Race categorization based on race the respondent reported best described their race, if they stated more than one race.

Appendix F: Alaska BRFSS 2009 Survey Distribution by Race and Region (continued)

Appendices

Supplemental 2009 BRFSS		
Race*	n	Weighted %
Anchorage and Vicinity (Region 1)		
White only, non-Hispanic	391	78.7%
Black only, non-Hispanic	13	2.3%
Asian only, non-Hispanic	9	1.8%
Native Hawaiian or other Pacific Islander	2	< 1.0%
American Indian or Alaska Native	35	8.1%
Other Race	24	6.2%
No Preferred Race	0	0.0%
Unknown Race	13	2.3%
Hispanic	24	6.3%
Non-Hispanic	458	92.3%
Unknown Ethnicity	5	1.3%
Gulf Coast (Region 2)		
White only, non-Hispanic	422	83.4%
Black only, non-Hispanic	2	< 1.0%
Asian only, non-Hispanic	7	1.3%
Native Hawaiian or other Pacific Islander	4	< 1.0%
American Indian or Alaska Native	36	7.5%
Other Race	20	5.1%
No Preferred Race	0	0.0%
Unknown Race	10	1.7%
Hispanic	13	3.2%
Non-Hispanic	482	96.2%
Unknown Ethnicity	6	< 1.0%

Supplemental 2009 BRFSS		
Race*	n	Weighted %
Southeast (Region 3)		
White only, non-Hispanic	362	78.5%
Black only, non-Hispanic	1	< 1.0%
Asian only, non-Hispanic	10	1.9%
Native Hawaiian or other Pacific Islander	2	< 1.0%
American Indian or Alaska Native	59	11.6%
Other Race	16	5.0%
No Preferred Race	0	0.0%
Unknown Race	10	2.0%
Hispanic	13	4.7%
Non-Hispanic	444	94.8%
Unknown Ethnicity	3	< 1.0%
Rural (Region 4)		
White only, non-Hispanic	117	25.7%
Black only, non-Hispanic	1	< 1.0%
Asian only, non-Hispanic	2	1.0%
Native Hawaiian or other Pacific Islander	2	< 1.0%
American Indian or Alaska Native	232	69.7%
Other Race	9	1.9%
No Preferred Race	0	0.0%
Unknown Race	4	1.2%
Hispanic	4	< 1.0%
Non-Hispanic	353	95.3%
Unknown Ethnicity	10	4.1%
Fairbanks and Vicinity (Region 5)		
White only, non-Hispanic	426	82.0%
Black only, non-Hispanic	11	2.9%
Asian only, non-Hispanic	12	2.3%
Native Hawaiian or other Pacific Islander	2	< 1.0%
American Indian or Alaska Native	32	6.1%
Other Race	23	4.5%
No Preferred Race	0	0.0%
Unknown Race	12	1.9%
Hispanic	16	3.5%
Non-Hispanic	494	94.8%
Unknown Ethnicity	8	1.6%

*Race categorization based on race the respondent reported best described their race, if they stated more than one race.

Appendix F: Alaska BRFSS 2009 Survey Distribution by Race and Region (continued)

Totals 2009		
Race*	n	Weighted %
Anchorage and Vicinity (Region 1)		
White only, non-Hispanic	808	79.7%
Black only, non-Hispanic	26	2.6%
Asian only, non-Hispanic	25	2.9%
Native Hawaiian or other Pacific Islander	6	< 1.0%
American Indian or Alaska Native	73	8.1%
Other Race	42	4.5%
No Preferred Race	0	0.0%
Unknown Race	18	1.5%
Hispanic	43	4.9%
Non-Hispanic	948	94.4%
Unknown Ethnicity	7	< 1.0%
Gulf Coast (Region 2)		
White only, non-Hispanic	839	84.0%
Black only, non-Hispanic	2	< 1.0%
Asian only, non-Hispanic	15	1.5%
Native Hawaiian or other Pacific Islander	5	< 1.0%
American Indian or Alaska Native	77	8.9%
Other Race	33	3.9%
No Preferred Race	1	< 1.0%
Unknown Race	15	1.1%
Hispanic	28	3.1%
Non-Hispanic	951	96.5%
Unknown Ethnicity	8	< 1.0%

Totals 2009		
Race*	n	Weighted %
Southeast (Region 3)		
White only, non-Hispanic	754	77.3%
Black only, non-Hispanic	3	< 1.0%
Asian only, non-Hispanic	22	2.7%
Native Hawaiian or other Pacific Islander	6	< 1.0%
American Indian or Alaska Native	135	14.0%
Other Race	27	3.5%
No Preferred Race	2	< 1.0%
Unknown Race	12	1.1%
Hispanic	20	2.8%
Non-Hispanic	935	96.7%
Unknown Ethnicity	6	< 1.0%
Rural (Region 4)		
White only, non-Hispanic	255	25.2%
Black only, non-Hispanic	4	< 1.0%
Asian only, non-Hispanic	13	1.7%
Native Hawaiian or other Pacific Islander	3	< 1.0%
American Indian or Alaska Native	499	69.9%
Other Race	19	1.8%
No Preferred Race	0	0.0%
Unknown Race	5	< 1.0%
Hispanic	10	1.2%
Non-Hispanic	796	95.3%
Unknown Ethnicity	19	3.5%
Fairbanks and Vicinity (Region 5)		
White only, non-Hispanic	833	80.3%
Black only, non-Hispanic	29	3.6%
Asian only, non-Hispanic	21	2.1%
Native Hawaiian or other Pacific Islander	5	< 1.0%
American Indian or Alaska Native	72	7.7%
Other Race	44	4.5%
No Preferred Race	1	< 1.0%
Unknown Race	16	1.3%
Hispanic	30	3.4%
Non-Hispanic	980	95.6%
Unknown Ethnicity	11	1.0%

*Race categorization based on race the respondent reported best described their race, if they stated more than one race.

Appendix G: Alaska BRFSS 2009 Survey Distribution by Race and Sex

2009

	Race	Male		Female		Total	
		N	Weighted %	N	Weighted %	N	Weighted %
2009 Standard BRFSS	White only, non-Hispanic	801	76.6%	970	73.0%	1,771	74.8%
	Black only, non-Hispanic	15	2.1%	21	2.4%	36	2.2%
	Asian only, non-Hispanic	24	2.5%	32	4.0%	56	3.3%
	Native Hawaiian or other Pacific Islander	7	0.5%	6	1.0%	13	< 1.0%
	American Indian or Alaska Native	217	15.1%	245	15.4%	462	15.2%
	Other Race	33	2.6%	40	3.3%	73	2.9%
	No Preferred Race	1	0.0%	3	< 1.0%	4	< 1.0%
	Unknown Race	6	1.0%	11	1.0%	17	< 1.0%
	Hispanic	22	2.5%	39	3.8%	61	3.1%
	Non-Hispanic	1,073	96.9%	1,279	95.7%	2,352	96.3%
	Unknown Ethnicity	9	< 1.0%	10	< 1.0%	19	< 1.0%
2009 Supplemental BRFSS	White only, non-Hispanic	767	75.7%	951	73.6%	1,718	74.7%
	Black only, non-Hispanic	12	1.5%	16	2.1%	28	1.8%
	Asian only, non-Hispanic	10	1.0%	30	2.6%	40	1.8%
	Native Hawaiian or other Pacific Islander	8	< 1.0%	4	< 1%	12	< 1.0%
	American Indian or Alaska Native	173	12.9%	221	15.1%	394	14.0%
	Other Race	52	5.5%	40	5.1%	92	5.3%
	No Preferred Race	0	0%	0	0%	0	0%
	Unknown Race	25	2.6%	24	1.4%	49	2.0%
	Hispanic	33	4.5%	37	5.3%	70	4.9%
	Non-Hispanic	995	93.1%	1,236	94.3%	2,231	93.7%
	Unknown Ethnicity	19	2.4%	13	< 1.0%	32	1.5%
2009 Combined Totals	White only, non-Hispanic	1,568	76.3%	1,921	73.2%	3,489	74.8%
	Black only, non-Hispanic	27	1.8%	37	2.3%	64	2.0%
	Asian only, non-Hispanic	34	1.8%	62	3.3%	96	2.5%
	Native Hawaiian or other Pacific Islander	15	< 1.0%	10	< 1.0%	25	< 1.0%
	American Indian or Alaska Native	390	14.0%	466	15.3%	856	14.6%
	Other Race	85	3.9%	80	4.2%	165	4.1%
	No Preferred Race	1	< 1.0%	3	< 1.0%	4	< 1.0%
	Unknown Race	31	1.5%	35	1.0%	66	1.3%
	Hispanic	55	3.3%	76	4.5%	131	3.9%
	Non-Hispanic	2,068	95.3%	2,515	95.0%	4,583	95.2%
	Unknown Ethnicity	28	1.4%	23	< 1.0%	51	1.0%

Appendix H: Alaska BRFSS 2009 Questionnaire

2009 Behavioral Risk Factor Surveillance System Questionnaire

Section 1: Health Status

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

- 8 8 None
- 7 7 Don't know / Not sure
- 9 9 Refused

During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

- Number of days
- 8 8 None
- 7 7 Don't know / Not sure
- 9 9 Refused

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

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 2: Healthy Days — Health-Related Quality of Life

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

- Number of days
- 8 8 None
- 7 7 Don't know / Not sure
- 9 9 Refused

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

Section 3: Health Care Access

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

Do you have one person you think of as your personal doctor or health care provider?

- 1 Yes, only one
- 2 More than one

About how long has it been since you last visited a doctor for a routine checkup? A routine checkup is a general physical exam, not an exam for a specific injury, illness, or condition.

- 1 Within past year (anytime less than 12 months ago)
- 2 Within past two years (one year but less than two years ago)
- 3 Within past five years (two years but less than five years ago)
- 4 five or more years ago
- 7 Don't know / Not sure
- 8 Never
- 9 Refused

Section 4: Sleep

The next question is about getting enough rest or sleep.

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

- – Number of days
- 8 8 None
- 7 7 Don't know / Not sure
- 9 9 Refused

Section 5: Exercise

During the past month, other than your regular job, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise?

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

Section 6: Diabetes

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

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

Section 7: Hypertension Awareness

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 told only during pregnancy
- 3 No
- 4 Told borderline high or pre-hypertensive
- 7 Don't know / Not sure
- 9 Refused

Are you currently taking medicine for your high blood pressure?

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

Section 8: Cholesterol Awareness

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

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

- 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

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 9: Cardiovascular Disease Prevalence

Now I would like to ask you some questions about cardiovascular disease.

Has a doctor, nurse, or other health professional ever told you that you had any of the following? For each, tell me "Yes," "No," or you're "Not sure."

(Ever told) you had a heart attack, also called a myocardial infarction?

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

(Ever told) you had angina or coronary heart disease?

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

(Ever told) you had a stroke?

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

Section 10: Asthma

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

Do you still have asthma?

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

Section 11: Tobacco Use

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

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

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

- 1 Every day
- 2 Some days
- 3 Not at all
- 7 Don't know / Not sure
- 9 Refused

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

How long has it been since you last smoked cigarettes regularly?

- 0 1 Within the past month (less than one month ago)
- 0 2 Within the past three months (one month but less than three months ago)
- 0 3 Within the past six months (three months but less than six months ago)
- 0 4 Within the past year (six months but less than one year ago)
- 0 5 Within the past five years (one year but less than five years ago)
- 0 6 Within the past 10 years (5 years but less than 10 years ago)
- 0 7 10 years or more
- 0 8 Never smoked regularly
- 7 7 Don't know / Not sure
- 9 9 Refused

Do you currently use chewing tobacco, snuff, or snus every day, some days, or not at all?

- 1 Every day
- 2 Some days
- 3 Not at all
- 7 Don't know / Not sure
- 9 Refused

Section 12: Demographics

What is your age?

- - Code age in years
- 0 7 Don't know / Not sure
- 0 9 Refused

Are you Hispanic or Latino?

- 1 Yes
- 2 No

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

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

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

Have you ever served on active duty in the United States Armed Forces, either in the regular military or in a National Guard or military reserve unit? Active duty does not include training for the Reserves or National Guard, but DOES include activation, for example, for the Persian Gulf War.

- 1 Yes, now on active duty
- 2 Yes, on active duty during the last 12

- months, but not now
- 3 Yes, on active duty in the past, but not during the last 12 months
- 4 No, training for Reserves or National Guard only
- 5 No, never served in the military
- 7 Don't know / Not sure
- 9 Refused

Are you...?

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

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

- Number of children
- 8 8 None
- 9 9 Refused

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

- 1 Never attended school or only attended kindergarten
- 2 Grades one through eight (elementary)
- 3 Grades nine through 11 (some high school)
- 4 Grade 12 or GED (high school graduate)
- 5 College one year to three years (some college or technical school)
- 6 College four years or more (college graduate)
- 9 Refused

Are you currently...?

- 1 Employed for wages
- 2 Self-employed
- 3 Out of work for more than one year
- 4 Out of work for less than one year
- 5 A homemaker
- 6 A student
- 7 Retired
- 8 Unable to work
- 9 Refused

Is your annual household income from all sources—

- 0 4 Less than \$25,000 (\$20,000 to less than \$25,000)
- 0 3 Less than \$20,000 (\$15,000 to less than \$20,000)
- 0 2 Less than \$15,000 (\$10,000 to less than \$15,000)
- 0 1 Less than \$10,000
- 0 5 Less than \$35,000 (\$25,000 to less than \$35,000)
- 0 6 Less than \$50,000 (\$35,000 to less than \$50,000)
- 0 7 Less than \$75,000 (\$50,000 to less than \$75,000)
- 0 8 \$75,000 or more
- 7 7 Don't know / Not sure
- 9 9 Refused

About how much do you weigh without shoes?

- -- -- -- Weight (pounds/kilograms)
- 7 7 7 7 Don't know / Not sure
- 9 9 9 9 Refused

About how tall are you without shoes?

- / -- Height (f t / inches/meters/centimeters)
- 7 7 / 7 7 Don't know / Not sure
- 9 9 / 9 9 Refused
- How much did you weigh a year ago? [If you were pregnant a year ago, how much did you weigh before your pregnancy]
- -- -- -- Weight (pounds/kilograms)
- 7 7 7 7 Don't know / Not sure
- 9 9 9 9 Refused

Was the change between your current weight and your weight a year ago intentional?

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

What is your ZIP Code where you live?

- -- -- -- ZIP Code
- 7 7 7 7 7 Don't know / Not sure
- 9 9 9 9 9 Refused

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

How many of these telephone numbers are residential numbers?

- Residential telephone numbers
- 7 Don't know / Not sure
- 9 Refused

During the past 12 months, has your household been without land line telephone service for one week or more? Do not include interruptions of landline telephone service because of weather or natural disasters.

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

Do you have a cell phone for personal use? Please include cell phones used for both business and personal use.

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

Do you share a cell phone for personal use (at least one-third of the time) with other adults?

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

Do you usually share this cell phone (at least one-third of the time) with any other adults?

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

Thinking about all the phone calls that you receive on your landline and cell phone, what percent, between 0 and 100, are received on your cell phone?

- _ _ _ Enter percentage (one to 100)
- 8 8 8 Zero
- 7 7 7 Don't know / Not sure
- 9 9 9 Refused

Indicate sex of respondent. Ask only if necessary.

- 1 Male
- 2 Female

To your knowledge, are you now pregnant?

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

Section 13: Caregiver Status

People may provide regular care or assistance to a friend or family member who has a health problem, long-term illness, or disability.

During the past month, did you provide any such care or assistance to a friend or family member?

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

Section 14: Disability

The following questions are about health problems or impairments you may have.

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

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

- 1 Yes
- 2 No

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

Section 15: Alcohol Consumption

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

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

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

- 1 _ _ Days per week
- 2 _ _ Days in past 30 days
- 8 8 8 No drinks in past 30 days
- 7 7 7 Don't know / Not sure
- 9 9 9 Refused

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

- _ _ Number of drinks
- 7 7 Don't know / Not sure
- 9 9 Refused

Considering all types of alcoholic beverages, how many times during the past 30 days did you have X [X = five for men, X = four for women] or more drinks on an occasion?

- _ _ Number of times
- 8 8 None
- 7 7 Don't know / Not sure
- 9 9 Refused

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

- _ _ Number of drinks
- 7 7 Don't know / Not sure
- 9 9 Refused

Section 16: Immunization

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

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

During what month and year did you receive your most recent flu shot?

- _ _ / _ _ _ _ Month / Year
- 7 7 / 7 7 7 7 Don't know / Not sure
- 9 9 / 9 9 9 9 Refused

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

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

During what month and year did you receive your most recent flu vaccine that was sprayed in your nose?

- _ _ / _ _ _ _ Month / Year
- 7 7 / 7 7 7 7 Don't know / Not sure
- 9 9 / 9 9 9 9 Refused

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 17: Arthritis Burden

Next I will ask you about arthritis.

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

Arthritis can cause symptoms like pain, aching, or stiffness in or around the joint.

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

In this next question, we are referring to work for pay. Do arthritis or joint symptoms now affect whether you work, the type of work you do, or the amount of work you do?

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

During the past 30 days, to what extent has your arthritis or joint symptoms interfered with your

normal social activities, such as going shopping, to the movies, or to religious or social gatherings?

- 1 A lot
- 2 A little
- 3 Not at all
- 7 Don't know / Not sure
- 9 Refused

Please think about the past 30 days, keeping in mind all of your joint pain or aching and whether or not you have taken medication. DURING THE PAST 30 DAYS, how bad was your joint pain ON AVERAGE? Please answer on a scale of 0 to 10 where 0 is no pain or aching and 10 is pain or aching as bad as it can be.

- _ _ Enter number [00-10]
- 7 7 Don't know / Not sure
- 9 9 Refused

Section 18: Fruits and Vegetables

These next questions are about the foods you usually eat or drink. Please tell me how often you eat or drink each one, for example, twice a week, three times a month, and so forth. Remember, I am only interested in the foods you eat. Include all foods you eat, both at home and away from home.

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
- 5 5 5 Never
- 7 7 7 Don't know / Not sure
- 9 9 9 Refused

Not counting juice, how often do you eat fruit?

- 1 __ Per day
- 2 __ Per week
- 3 __ Per month
- 4 __ Per year
- 5 5 5 Never
- 7 7 7 Don't know / Not sure
- 9 9 9 Refused

How often do you eat green salad?

- 1 __ Per day
- 2 __ Per week
- 3 __ Per month
- 4 __ Per year
- 5 5 5 Never
- 7 7 7 Don't know / Not sure
- 9 9 9 Refused

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
- 5 5 5 Never
- 7 7 7 Don't know / Not sure
- 9 9 9 Refused

How often do you eat carrots?

- 1 __ Per day
- 2 __ Per week
- 3 __ Per month
- 4 __ Per year
- 5 5 5 Never
- 7 7 7 Don't know / Not sure
- 9 9 9 Refused

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
- 5 5 5 Never
- 7 7 7 Don't know / Not sure
- 9 9 9 Refused

Section 19: Physical Activity

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

We are interested in two types of physical activity - vigorous and moderate. Vigorous activities cause large increases in breathing or heart rate while moderate activities cause small increases in breathing or heart rate.

Now, thinking about the moderate activities you do [fill in "when you are not working" if "employed" or self-employed"] in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate?

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

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

- __ Days per week
- 8 8 Do not do any moderate physical activity for at least 10 minutes at a time?
- 7 7 Don't know / Not sure
- 9 9 Refused

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

Now, thinking about the vigorous activities you do [fill in "when you are not working" if "employed" or "self-employed"] in a usual week, do you do vigorous activities for at least 10 minutes at a time, such as running, aerobics, heavy yard work, or anything else that causes large increases in breathing or heart rate?

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

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

- __ Days per week
- 8 8 Do not do any vigorous physical activity for at least 10 minutes at a time
- 7 7 Don't know / Not sure
- 9 9 Refused

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
- 7 7 7 Don't know / Not sure
- 9 9 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 every question if you do not want to. Although we will ask you about testing, we will not ask you about the results of any test you may have had.

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

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

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

- _ _ / _ _ _ _ Code month and year
- 7 7 / 7 7 7 7 Don't know / Not sure
- 9 9 / 9 9 9 9 Refused

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

- 0 1 Private doctor or HMO office
- 0 2 Counseling and testing site
- 0 3 Hospital
- 0 4 Clinic
- 0 5 Jail or prison
(or other correctional facility)

- 0 6 Drug treatment facility
- 0 7 At home
- 0 8 Somewhere else
- 7 7 Don't know / Not sure
- 9 9 Refused

Was it a rapid test where you could get your results within a couple of hours?

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

I'm going to read you a list. When I'm done, please tell me if any of the situations apply to you. You do not need to tell me which one.

- You have used intravenous drugs in the past year.
- You have been treated for a sexually transmitted or venereal disease in the past year.
- You have given or received money or drugs in exchange for sex in the past year.
- You had anal sex without a condom in the past year.

Do any of these situations apply to you?

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

Section 21: Emotional Support and Life Satisfaction

The next two questions are about emotional support and your satisfaction with life.

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

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

Section 22: Cancer Survivors

Now I am going to ask you about cancer.

Have you EVER been told by a doctor, nurse, or other health professional that you had cancer?

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

How many different types of cancer have you had?

- 1 Only one
- 2 Two
- 3 Three or more
- 7 Don't know / Not sure
- 9 Refused

At what age were you told that you had cancer?

- _ _ Code age in years
- 9 8 Don't know / Not sure
- 9 9 Refused

- What type of cancer was it?
- 0 1 Breast cancer
 - 0 2 Cervical cancer (cancer of the cervix)
 - 0 3 Endometrial cancer (cancer of the uterus)
 - 0 4 Ovarian cancer (cancer of the ovary)
 - 0 5 Head and neck cancer
 - 0 6 Oral cancer
 - 0 7 Pharyngeal (throat) cancer
 - 0 8 Thyroid
 - 0 9 Colon (intestine) cancer
 - 1 0 Esophageal (esophagus)
 - 1 1 Liver cancer
 - 1 2 Pancreatic (pancreas) cancer
 - 1 3 Rectal (rectum) cancer
 - 1 4 Stomach
 - 1 5 Hodgkin's Lymphoma (Hodgkin's disease)
 - 1 6 Leukemia (blood) cancer
 - 1 7 Non-Hodgkin's Lymphoma
 - 1 8 Prostate cancer
 - 1 9 Testicular cancer
 - 2 0 Melanoma
 - 2 1 Other skin cancer
 - 2 2 Heart
 - 2 3 Lung
 - 2 4 Bladder cancer
 - 2 5 Renal (kidney) cancer
 - 2 6 Bone
 - 2 7 Brain
 - 2 8 Neuroblastoma
 - 2 9 Other
 - 7 7 Don't know / Not sure
 - 9 9 Refused

Module 1: Pre-Diabetes

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

- 2 No
 - 7 Don't know / Not sure
 - 9 Refused
- Have you ever been told by a doctor or other health professional that you have pre-diabetes or borderline diabetes?
- 1 Yes
 - 2 Yes, during pregnancy
 - 3 No
 - 7 Don't know / Not sure
 - 9 Refused

Module 2: Diabetes

- How old were you when you were told you have diabetes?
- Code age in years
 - 9 8 Don't know / Not sure
 - 9 9 Refused
- Are you now taking insulin?
- 1 Yes
 - 2 No
 - 9 Refused

- About how often do you check your blood for glucose or sugar? Include times when checked by a family member or friend, but do NOT include times when checked by a health professional.
- 1 -- Times per day
 - 2 -- Times per week
 - 3 -- Times per month
 - 4 -- Times per year
 - 8 8 8 Never
 - 7 7 7 Don't know / Not sure
 - 9 9 9 Refused

About how often do you check your feet for

- any sores or irritations? Include times when checked by a family member or friend, but do NOT include times when checked by a health professional.
- 1 -- Times per day
 - 2 -- Times per week
 - 3 -- Times per month
 - 4 -- Times per year
 - 5 5 5 No feet
 - 8 8 8 Never
 - 7 7 7 Don't know / Not sure
 - 9 9 9 Refused

- 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
 - 8 8 None
 - 7 7 Don't know / Not sure
 - 9 9 Refused

- 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
 - 8 8 None
 - 9 8 Never heard of "A one C" test
 - 7 7 Don't know / Not sure
 - 9 9 Refused

- About how many times in the past 12 months has a health professional checked your feet for any sores or irritations?
- Number of times
 - 8 8 None
 - 7 7 Don't know / Not sure
 - 9 9 Refused

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 one month ago)
- 2 Within the past year (one month but less than 12 months ago)
- 3 Within the past two years (one year but less than two years ago)
- 4 two or more years ago
- 7 Don't know / Not sure
- 8 Never
- 9 Refused

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

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

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

Module 6: Cardiovascular Health

I would like to ask you a few more questions about your cardiovascular or heart health.

Following your heart attack, did you go to any kind of outpatient rehabilitation? This is sometimes called "rehab."

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

Following your stroke, did you go to any kind of outpatient rehabilitation? This is sometimes called "rehab."

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

Do you take aspirin daily or every other day?

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

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

- 1 Yes, not stomach related
- 2 Yes, stomach problems
- 3 No
- 7 Don't know / Not sure
- 9 Refused

Module 23: Social Context

There are many different factors that can affect a person's health. I'm going to ask you about several factors that can affect a person's health.

Do you own or rent your home?

- 1 Own
- 2 Rent
- 3 Other arrangement
- 7 Don't know / Not sure
- 9 Refused

How often in the past 12 months would you say you were worried or stressed about having enough money to pay your rent/mortgage?

Would you say you were worried or stressed---

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

How often in the past 12 months would you say you were worried or stressed about having enough money to buy nutritious meals? Would you say you were worried or stressed---

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

At your main job or business, how are you generally paid for the work you do. Are you:

- 1 Paid by salary
- 2 Paid by the hour
- 3 Paid by the job/task (e.g. commission, piecework)
- 4 Paid some other way
- 7 Don't know / Not sure
- 9 Refused

About how many hours do you work per week at all of your jobs and businesses combined?

- _ _ Hours (01-96 or more)
- 9 7 Don't know / Not sure
- 9 8 Does not work
- 9 9 Refused

Thinking about the last time you worked, at your main job or business, how were you generally paid for the work you do? Were you:

- 1 Paid by salary
- 2 Paid by the hour
- 3 Paid by the job/task (e.g. commission, piecework)
- 4 Paid some other way
- 7 Don't know / Not sure
- 9 Refused

Thinking about the last time you worked, about how many hours did you work per week at all of your jobs and businesses combined?

- Hours (01-96 or more)
- 9 7 Don't know / Not sure
- 9 8 Does not work
- 9 9 Refused

Did you vote in the last presidential election? The November 2008 election between Barack Obama and John McCain?

- 1 Yes
- 2 No
- 8 Not applicable (I did not register, I am not a U.S. citizen, or I am not eligible to vote)
- 7 Don't know / Not sure
- 9 Refused

Module 25: Random Child Selection

“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.” [Go to Q1] or
 “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 last.” Please include children with the same birth date, including twins, in the order of their birth. I have some additional questions about one specific child. The child I will be referring to is the “Xth” [please fill in randomly selected number] child in your household. All following questions about children will be about the “Xth” [please fill in] child.”

What is the birth month and year of the “Xth” child?

- / -- -- Code month and year
- 7 7 / 7 7 7 7 Don't know / Not sure
- 9 9 / 9 9 9 9 Refused

Is the child a boy or a girl?

- 1 Boy
- 2 Girl
- 9 Refused

Is the child Hispanic or Latino?

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

Which one or more of the following would you say is the race of the child?

- 1 White
- 2 Black or African American
- 3 Asian
- 4 Native Hawaiian or Other Pacific Islander
- 5 American Indian, Alaska Native
- 6 Other [specify] _____
- 8 No additional choices
- 7 Don't know / Not sure
- 9 Refused

Which one of these groups would you say best represents the child's race?

- 1 White
- 2 Black or African American
- 3 Asian
- 4 Native Hawaiian or Other Pacific Islander
- 5 American Indian, Alaska Native
- 6 Other
- 7 Don't know / Not sure
- 9 Refused

How are you related to the child?

- 1 Parent (include biologic, step, or adoptive parent)
- 2 Grandparent
- 3 Foster parent or guardian
- 4 Sibling (include biologic, step, and adoptive sibling)
- 5 Other relative
- 6 Not related in any way
- 7 Don't know / Not sure
- 9 Refused

Module 27: Childhood Immunization

During the past 12 months, has [Fill: he/she] had a flu vaccination? There are two types of flu vaccinations. One is a shot and the other is a spray in the nose.

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

During what month and year did [Fill: he/she] receive their most recent flu vaccination? The flu vaccination may have been either the flu shot or the flu spray. The flu spray is the flu vaccination

that is sprayed in the nose.

- / -- -- -- Month / Year
- 7 7 / 7 7 7 7 Don't know / Not sure
- 9 9 / 9 9 9 9 Refused

Section A: Child Health Insurance

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

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

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

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

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

During the past 12 months did this child see a doctor, nurse, or other health care professional for any kind of medical care, including sick-child, well child check ups, physical exams or hospitalizations?

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

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

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

- 0 1 Cost too much
- 0 2 No insurance
- 0 3 Health Plan problems
- 0 4 Can't find doctor who accepts child's insurance.
- 0 5 Not available in area/ transportation problems.
- 0 6 Not convenient times/ couldn't get appointment.
- 0 7 Doctor did not know how to treat or provide care.
- 0 8 Dissatisfaction with doctor.
- 0 9 Did not know where to go for treatment.
- 1 0 Child refused to go.
- 1 1 Treatment is ongoing.
- 1 2 Vaccine shortage.
- 1 3 Other (specify)
- 7 7 Don't know / Not sure
- 9 9 Refused

Section B: Child Asthma History

Has a doctor or other health professional ever told you that your child has asthma?

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

During the past six months, how many asthma episodes or asthma attacks has your child had?

- -- -- Number of episodes or attacks
- 7 7 7 Don't know / Not sure
- 8 8 8 None
- 9 9 9 Refused

During the past 12 months, how many times did your child visit an emergency room or urgent care center because of his/her asthma?

- -- -- Number of times
- 7 7 7 Don't know / Not sure
- 8 8 8 None
- 9 9 9 Refused

An asthma action plan, or asthma management plan is a form with instructions about when to change the amount or type of medicine, when to call the doctor for advice, and when to go to the emergency room. Has a doctor or other health professional EVER given you or your child an asthma action plan?

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

During the past six months, how many days of school did your child miss because of his/her asthma?

- -- -- Number of days
- 7 7 7 Don't know / Not sure

- 8 8 8 None
- 9 9 9 Refused

Section C: Health care insurance and access

Earlier you said you have health care coverage. What type of health care coverage do you use to pay for most of your medical care? Is it coverage through:

- 0 1 Your employer
- 0 2 Someone else’s employer
- 0 3 A plan that you or someone else buys on your own
- 0 4 Medicare
- 0 5 Medicaid or Medical Assistance
- 0 6 The military, CHAMPUS or TriCare, or the VA
- 0 7 Alaska Native Health Service or Indian health Service
- 0 8 Some other source (Specify)
- 8 8 None
- 7 7 Don’t know / Not sure
- 9 9 Refused

Earlier you said you do not have health care coverage or weren’t sure you had health care coverage. There are some types of coverage you may not have considered. Please tell me if you have any of the following: Coverage through:

- 0 1 Your employer
- 0 2 Someone else’s employer
- 0 3 A plan that you or someone else buys on your own
- 0 4 Medicare
- 0 5 Medicaid or Medical Assistance
- 0 6 The military, CHAMPUS or TriCare, or the VA
- 0 7 Alaska Native Health Service or Indian health Service
- 0 8 Some other source (Specify)

- 8 8 None
- 7 7 Don’t know / Not sure
- 9 9 Refused

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

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

Section D: Sexual Orientation

Now I’m going to ask you a question about sexual orientation. Do you consider yourself to be ...

Remember, your answers are confidential.

- 1 Heterosexual or straight
- 2 Homosexual, gay, or
- 3 Bisexual
- 4 Or something else? (specify?)
- 7 Don’t know / Not sure
- 9 Refused

Section E: Heart Disease/Stroke Limitations

Are you limited in any activities because of physical, mental, or emotional problems due to heart disease?

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

Are you limited in any activities because of physical, mental, or emotional problems due to stroke?

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

Section F: Adult Asthma History

During the past 12 months, how many asthma episodes or asthma attacks have you had?

- -- Number of episodes or attacks
- 7 7 7 Don’t know / Not sure
- 8 8 8 None
- 9 9 9 Refused

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

- -- Number of times
- 7 7 7 Don’t know / Not sure
- 8 8 8 None
- 9 9 9 Refused

An asthma action plan, or asthma management plan is a form with instructions about when to change the amount or type of medicine, when to call the doctor for advice, and when to go to the emergency room. Has a doctor or other health professional EVER given you an asthma action plan?

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

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
- 7 7 7 Don’t know / Not sure
- 8 8 8 None
- 9 9 9 Refused

During the past six months, how many canisters of rescue inhalers (i.e.; Albuterol, Xopenex,

- ProAir, Ventolin) did you use?
 _ _ _ Number of Canisters
 7 7 7 Don't know / Not sure
 8 8 8 None
 9 9 9 Refused

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

Are you seriously considering quitting using smokeless tobacco products within the next six months?

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

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

In the past 12 months has any doctor, dentist or other health professional advised you to stop using smokeless tobacco?

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

In the past 12 months, has any doctor, dentist or other health professional asked if you use smokeless tobacco products such as chewing tobacco, snuff, Iq'mik or Blackbull?

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

Section H: Obesity Risk Factors

How many hours a day, on average, do you

spend watching TV, videos, DVDs or using the computer outside of work?

- 01-24 (specify) _ _
 5 5 Less than one hour
 6 6 Less than daily
 7 7 Don't know / Not sure
 8 8 Do not watch TV, videos, or use the computer outside of work
 9 9 Refused

Do you believe you currently eat enough fruits and vegetables?

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

How strongly do you agree or disagree that each of the following are reasons why you don't eat more fruits and vegetables?

They are inconvenient to prepare or eat.

- 1 Strongly disagree
 2 Somewhat disagree
 3 Somewhat agree
 4 Strongly agree
 7 Don't know / Not sure
 9 Refused

They are not available.

- 1 Strongly disagree
 2 Somewhat disagree
 3 Somewhat agree
 4 Strongly agree
 7 Don't know / Not sure
 9 Refused

They are too expensive.

- 1 Strongly disagree
 2 Somewhat disagree

Section G: Smokeless Tobacco Use

Have you ever used or tried any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull? Probe for which.

- 1 Yes, chewing tobacco
 2 Yes, snuff
 3 Yes, Iq'mik or Blackbull
 4 Yes, other (specify) _____
 5 No, none
 7 Don't know / Not sure
 9 Refused

Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull? Probe for which.

- 1 Yes, chewing tobacco
 2 Yes, snuff
 3 Yes, Iq'mik or Blackbull
 4 Yes, other (specify) _____
 5 No, none
 7 Don't know / Not sure
 9 Refused

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

- _ _ Days
 8 8 None
 7 7 Don't know / Not sure
 9 9 Refused

Would you like to quit using smokeless tobacco?

- 1 Yes

- 3 Somewhat agree
- 4 Strongly agree
- 7 Don't know / Not sure
- 9 Refused

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

Section I: SV/IPV

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 a 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.

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

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

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

- 1 Yes

In the past five 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

Section 1: Health Status

Appendix I:

Alaska BRFSS 2009 Supplemental Questionnaire

2009

Behavioral Risk Factor Surveillance System Supplemental Questionnaire

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

During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

- Number of days
- 8 8 None
- 7 7 Don't know / Not sure
- 9 9 Refused

- 0 6 The military, CHAMPUS or TriCare, or the VA
- 0 7 Alaska Native Health Service or Indian Health Service
- 0 8 Some other source (Specify)
- 8 8 None
- 7 7 Don't know / Not sure
- 9 9 Refused

Section 2: Healthy Days — Health-Related Quality of Life

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

- Number of days
- 8 8 None
- 7 7 Don't know / Not sure
- 9 9 Refused

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

- Number of days
- 8 8 None
- 7 7 Don't know / Not sure
- 9 9 Refused

Section 3: Health Care Access

Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare, Native Health Service or Indian Health Service?

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

What type of health care coverage do you use to pay for most of your medical care? Is it coverage through:

- 0 1 Your employer
- 0 2 Someone else's employer
- 0 3 A plan that you or someone else buys on your own
- 0 4 Medicare
- 0 5 Medicaid or Medical Assistance

There are some types of coverage you may not have considered. Please tell me if you have any of the following: Coverage through:

- 0 1 Your employer
- 0 2 Someone else's employer
- 0 3 A plan that you or someone else buys on your own
- 0 4 Medicare
- 0 5 Medicaid or Medical Assistance
- 0 6 The military, CHAMPUS or TriCare, or the VA
- 0 7 Alaska Native Health Service or Indian Health Service
- 0 8 Some other source (Specify)
- 8 8 None
- 7 7 Don't know / Not sure
- 9 9 Refused

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

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

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

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

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

Section 6: Cardiovascular Disease Prevalence

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

a. A heart attack, also called a myocardial infarction?

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

b. Angina or coronary heart disease?

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

c. A stroke?

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

Section 7: Asthma

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

Do you still have asthma?

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

Section 8: Disability

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

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

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

Section 9: Tobacco

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

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

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

- 1 Every day
- 2 Some days
- 3 Not at all
- 7 Don't know / Not sure
- 9 Refused

During the past 30 days, on how many days did you smoke cigarettes?

- Number of Days
- 77 Don't know / Not sure
- 99 Refused

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

- ___ Number of cigarettes
- 6 6 6 Less than one cigarette a day
- 7 7 7 Don't know / Not sure
- 9 9 9 Refused

Where do you usually buy cigarettes?

- 1 In your community
- 2 In another community in Alaska
- 3 In a community outside Alaska
- 4 Using the Internet
- 5 Using mail-order source or and 800 number
- 7 Don't know / Not sure
- 9 Refused

In what type of store do you usually buy cigarettes?

- 1 Convenience stores/gas stations
- 2 Supermarkets
- 3 Liquor or drug stores (pharmacies)
- 4 Tobacco discount stores
- 5 Other discount stores, such as Wal-Mart
- 6 Military commissaries
- 7 Other type of store: _____

From which state do you usually buy them? _____

In the last year, have you bought cigarettes over the Internet, or using a mail-order source?

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

In the last three months, about how many cartons or packs of cigarettes have you bought through the Internet or using a mail-order source?

- _____ number of (1 = packs, 2 = cartons)
- 7 7 7 7 Don't know / Not sure
- 9 9 9 9 Refused

How old were you when you first started smoking cigarettes regularly?

- __ Age in years
- 8 8 Never smoked regularly
- 7 7 Don't know / Not sure
- 9 9 Refused

Around this time 12 months ago, were you smoking cigarettes every day, some days, or not at all?

- 1 Every Day
- 2 Some Days
- 3 Not at all
- 7 Don't know / Not sure
- 9 Refused

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

- 1 Within the past month
- 2 Within the past three months
- 3 Within the past six months
- 4 Within the past year
- 5 Within the past five years
- 6 Within 10 years
- 7 10 or more years ago
- 8 Don't know / Not sure
- 9 Refused

In the 12 months prior to your quitting, did any doctor, dentist, or other health professional advise you to stop smoking?

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

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

How many times during the past 12 months have you stopped smoking because you were trying to quit smoking?

- ___ 1 -776 times
- 7 7 7 Don't know / Not sure
- 8 8 8 None
- 9 9 9 Refused

During the past 12 months, what is the longest length of time you stopped smoking because you were trying to quit smoking?

- 1__ Days
- 2__ Weeks
- 3__ Months
- 7 7 7 Don't know / Not sure
- 9 9 9 Refused

Former Smokers:

When you quit smoking for good...

Current Smokers:

The last time you tried to quit smoking...

Did you use the nicotine patch, nicotine gum, or any other medication to help you quit?

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

Former Smokers:

When you quit smoking for good...

Current Smokers:

The last time you tried to quit smoking...

Did you use any other assistance, such as classes or counseling?

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

Would you like to quit smoking?

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

Are you seriously considering stopping smoking within the next six months?

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

Are you planning to stop smoking within the next 30 days?

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

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

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

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

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

During the past 12 months, did any doctor or other health professional ask if you smoke?

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

In the past 12 months, when a doctor or other health professional advised you to quit smoking, did they also do any of the following?

(a) Prescribe or recommend a patch, nicotine gum, nasal spray, an inhaler, or pills such as Zyban?

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

(b) Suggest that you set a specific date to stop smoking?

- 1 Yes
- 2 No

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

(c) Suggest that you use a smoking cessation class, program, quit line, or counseling?

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

(d) Provide you with booklets, videos, or other materials to help you quit smoking on your own?

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

In the past month, have you smoked a cigar, even just a puff?:

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

In the past month, have you smoked tobacco in a pipe?

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

In the past month, have you smoked clove cigarettes?

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

In the past month, have you smoked bidis?

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

Have you ever used or tried any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik*, or Blackbull? Probe for which.

- 1 Yes, chewing tobacco
- 2 Yes, snuff
- 3 Yes, Iq'Mik or Blackbull
- 4 Yes, Snus
- 5 Yes, other (specify) _____
- 6 No, none
- 7 Don't know / Not sure
- 9 Refused

Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik*, or Blackbull? Probe for which.

- 1 Yes, chewing tobacco
- 2 Yes, snuff
- 3 Yes, Iq'Mik or Blackbull
- 4 Yes, Snus
- 5 Yes, other (specify) _____
- 6 No, none
- 7 Don't know / Not sure
- 9 Refused

In how many of the past 30 days did you use smokeless tobacco products?

- Days
- 8 8 None
- 9 9 Refused

How old were you when you first started using smokeless tobacco regularly?

- Code age in years
- 8 8 Never used smokeless tobacco regularly (don't read)
- 7 7 Don't know / Not sure
- 9 9 Refused

During the past 12 months have you stopped using smokeless tobacco for one day or longer because you were trying to quit?

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

How many times during the past 12 months have you stopped using smokeless tobacco because you were trying to quit?

- 1 -776 times
- 7 7 7 Don't know / Not sure
- 8 8 8 None
- 9 9 9 Refused

During the past 12 months, what is the longest length of time you stopped using smokeless tobacco because you were trying to quit?

- 1__ Days
- 2__ Weeks
- 3__ Months
- 7 7 7 Don't know / Not sure
- 9 9 9 Refused

Would you like to quit using smokeless tobacco?

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

Are you seriously considering quitting using smokeless tobacco products within the next six months?

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

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

About how long has it been since you last used smokeless tobacco regularly?

- 0 1 Never regularly used smokeless tobacco
- 0 2 Within the past month
- 0 3 Within the past three months
- 0 4 Within the past six months
- 0 5 Within the past year
- 0 6 Within the past five years
- 0 7 Within 10 years
- 0 8 10 or more years ago
- 7 7 Don't know / Not sure
- 9 9 Refused

In the past 12 months, has any doctor, dentist or other health professional advised you to stop using smokeless tobacco?

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

In the past 12 months, has any doctor, dentist or other health professional asked if you use smokeless tobacco products such as chewing tobacco, snuff, Iq'mik or Blackbull?

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

How many people, including you, who live in your household currently smoke cigarettes, cigars, or pipes?

- Number of current smokers in household
- 88 No current smokers in household
- 77 Don't know / not sure
- 99 Refused

In the past 30 days, has anyone, including yourself, smoked cigarettes, cigars, or pipes anywhere inside your home?

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

Which statement best describes the rules about smoking inside your home? Do not include decks, garages, or porches.

- 1 Smoking is not allowed anywhere inside your home
- 2 Smoking is allowed in some places or at some times
- 3 Smoking is allowed anywhere inside the home
- 7 Don't know / Not sure
- 9 Refused

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

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

In the past 30 days, has anyone, including yourself, smoked cigarettes, cigars, or pipes anywhere at your workplace?

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

Did the smoking occur in (check all that apply)

- 1 An indoor work area
- 2 An indoor public space
- 3 An outdoor area
- 7 Don't know / Not sure
- 9 Refused

Which statement best describes your place of work's official smoking policy for work areas?

- 1 Smoking is not allowed in any work areas
- 2 Smoking is allowed in some work areas
- 3 Smoking is allowed in all work areas
- 7 Don't know / Not sure
- 9 Refused

In the past 30 days, has anyone, including yourself, smoked cigarettes, cigars, or pipes in a car you were in?

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

In indoor work areas, do you think that smoking should be allowed in all areas, some areas, or not allowed at all?

- 1 All areas
- 2 Some areas
- 3 Not allowed at all
- 7 Don't know / Not sure
- 9 Refused

In restaurants, do you think that smoking should be allowed in all areas, some areas, or not allowed at all?

- 1 All areas
- 2 Some areas
- 3 Not allowed at all
- 7 Don't know / Not sure
- 9 Refused

Is smoking currently allowed inside bars and cocktail lounges in your community?

- 1 Yes
- 2 No
- 3 No bars in community
- 7 Don't know / Not sure
- 9 Refused

If smoking was not allowed in bars and cocktail lounges, would you visit them more, less, or would it make no difference?

- 1 More
- 2 Less
- 3 No difference
- 7 Don't know / Not sure
- 9 Refused

Since smoking has been not allowed in bars and cocktail lounges, have you visited them more, less, or has it not made any difference?

- 1 More

- 2 Less
- 3 No difference
- 7 Don't know / Not sure
- 9 Refused

How strongly do you agree or disagree with the following statement?

People should be protected from smoke from other people's cigarettes.

- 1 Strongly agree
- 2 Agree
- 3 Disagree
- 4 Strongly disagree
- 7 Don't know / Not sure
- 9 Refused

Do you think that breathing smoke from other people's cigarettes is:

- 1 Very harmful to one's health
- 2 Somewhat harmful to one's health
- 3 Not very harmful to one's health
- 4 Not harmful at all to one's health
- 7 Don't know / Not sure
- 9 Refused

Are you aware of the Alaska Quit Line, which is a telephone service that can help people quit smoking or using smokeless tobacco?

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

Would you like the toll free number? 888-842-7848 (QUIT)

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

Now I am going to read a list of health topics. For each one, please tell me if you support school children receiving age-appropriate education about it in school.

a. Dental and oral health

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

b. Nutrition and dietary behavior

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

c. Sexually transmitted disease or STD prevention

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

d. Suicide prevention

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

e. Tobacco use prevention

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

f. Alcohol or other drug use prevention

- 1 Yes
- 2 No

- 7 Don't Know / Not sure
- 9 Refused

g. Violence prevention, such as bullying, fighting, and homicide

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

Section 10: Demographics

What is your age?

- Code age in years
- 07 Don't know / Not sure
- 09 Refused

Are you Hispanic or Latino?

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

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

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

Have you ever served on active duty in the United States Armed Forces, either in the regular military or in a National Guard or military reserve unit? Active duty does not include training for the Reserves or National Guard, but DOES include activation, for example, for the Persian Gulf War.

- 1 Yes, now on active duty
- 2 Yes, on active duty during the last 12 months, but not now
- 3 Yes, on active duty in the past, but not during the last 12 months
- 4 No, training for Reserves or National Guard only
- 5 No, never served in the military
- 7 Don't know / Not sure
- 9 Refused

Are you...?

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

Now I'm going to ask you a question about sexual orientation. Do you consider yourself to be ...

- 1 Heterosexual or straight
- 2 Homosexual, gay, or lesbian

- 3 bisexual
- 4 Other (specify) _____
- 7 Don't Know / Not sure
- 9 Refused

How many children live in your household who are...

- less than five years old?
- five through 12 years old?
- 13 through 17 years old?
- 8 None
- 9 Refused

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

- 1 Never attended school or only attended kindergarten
- 2 Grades one through eight (elementary)
- 3 Grades nine through 11 (some high school)
- 4 Grade 12 or GED (high school graduate)
- 5 College one year to three years (some college or technical school)
- 6 College four years or more (college graduate)
- 9 Refused

Are you currently...?

- 1 Employed for wages
- 2 Self-employed
- 3 Out of work for more than one year
- 4 Out of work for less than one year
- 5 A homemaker
- 6 A student
- 7 Retired
- 8 Unable to work
- 9 Refused

What kind of business or industry do you work in?

- 0 1 Management, professional
- 0 2 Service
- 0 3 Sales & office
- 0 4 Farming, fishing & forestry
- 0 5 Construction, extraction & maintenance
- 0 6 Production, transportation & material moving
- 0 7 Military
- 0 8 Other (specify) _____
- 7 7 Don't Know / Not sure
- 9 9 Refused

What is your annual household income from all sources—

- 0 4 Less than \$25,000 (\$20,000 to less than \$25,000)
- 0 3 Less than \$20,000 (\$15,000 to less than \$20,000)
- 0 2 Less than \$15,000 (\$10,000 to less than \$15,000)
- 0 1 Less than \$10,000
- 0 5 Less than \$35,000 (\$25,000 to less than \$35,000)
- 0 6 Less than \$50,000 (\$35,000 to less than \$50,000)
- 0 7 Less than \$75,000 (\$50,000 to less than \$75,000)
- 0 8 \$75,000 or more
- 7 7 Don't know / Not sure
- 9 9 Refused

Do you own or rent your home?

- 1 Own
- 2 Rent
- 3 Other (specify)
- 7 Don't know / Not sure
- 9 Refused

About how much do you weigh without shoes?

---- Weight (pounds/kilograms)
 7777 Don't know / Not sure
 9999 Refused

About how tall are you without shoes?

-- / -- Height
 (feet/inches/meters/centimeters)
 7777 Don't know / Not sure
 9999 Refused

How much did you weigh a year ago? [If you were pregnant a year ago, how much did you weigh before your pregnancy?]

---- Weight (pounds/kilograms)
 7777 Don't know / Not sure
 9999 Refused

Was the change between your current weight and your weight a year ago intentional?

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

What is your ZIP Code where you live?

----- ZIP Code
 77777 Don't know / Not sure
 99999 Refused

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

How many of these telephone numbers are residential numbers?

_ Residential telephone numbers
 7 Don't know / Not sure
 9 Refused

During the past 12 months, has your household been without telephone service for one week or more? Do not include interruptions of telephone service because of weather or natural disasters.

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

Indicate sex of respondent.

1 Male
 2 Female

To your knowledge, are you now pregnant?

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

Section 11: Obesity

On an average day, how many cans, bottles, or glasses 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. Sweetened non-carbonated beverages, including those made from a powdered mix

-- Number of cans or glasses
 77 Don't know / Not sure
 99 Refused

How much responsibility does/do (INSERT ITEM) have in addressing the problem of obesity in the United States-A lot of responsibility, some responsibility, not much responsibility, or no responsibility at all? And what about (INSERT NEXT ITEM)

The government

1 A lot of responsibility
 2 Some responsibility
 3 Not much responsibility
 4 No responsibility at all
 7 Don't know / Not sure
 9 Refused

Food industry

1 A lot of responsibility
 2 Some responsibility
 3 Not much responsibility
 4 No responsibility at all
 7 Don't know / Not sure
 9 Refused

Doctors and other healthcare providers

1 A lot of responsibility
 2 Some responsibility
 3 Not much responsibility
 4 No responsibility at all
 7 Don't know / Not sure
 9 Refused

Schools

1 A lot of responsibility
 2 Some responsibility
 3 Not much responsibility
 4 No responsibility at all
 7 Don't know / Not sure
 9 Refused

Individuals

- 1 A lot of responsibility
- 2 Some responsibility
- 3 Not much responsibility
- 4 No responsibility at all
- 7 Don't know / Not sure
- 9 Refused

Parents

- 1 A lot of responsibility
- 2 Some responsibility
- 3 Not much responsibility
- 4 No responsibility at all
- 7 Don't know / Not sure
- 9 Refused

Module 1: Pre-Diabetes

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

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

Have you ever been told by a doctor or other health professional that you have pre-diabetes or borderline diabetes?

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

Module 2: Diabetes

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

- Code age in years
- 9 8 Don't know / Not sure
- 9 9 Refused

Are you now taking insulin?

- 1 Yes
- 2 No
- 9 Refused

Are you now taking diabetes pills?

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

About how often do you check your blood for glucose or sugar? Include times when checked by a family member or friend, but do not include times when checked by a health professional.

- 1 Times per day
- 2 Times per week
- 3 Times per month
- 4 Times per year
- 8 8 8 Never
- 7 7 7 Don't know / Not sure
- 9 9 9 Refused

About how often do you check your feet for any sores or irritations? Include times when checked by a family member or friend, but do not include times when checked by a health professional.

- 1 Times per day
- 2 Times per week
- 3 Times per month
- 4 Times per year
- 8 8 8 Never
- 5 5 5 No feet
- 7 7 7 Don't know / Not sure
- 9 9 9 Refused

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

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
- 8 8 None
- 7 7 Don't know / Not sure
- 9 9 Refused

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
- 8 8 None
- 9 8 Never heard of "A one C" test
- 7 7 Don't know / Not sure
- 9 9 Refused

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

- Number of times
- 8 8 No feet
- 7 7 Don't know / Not sure
- 9 9 Refused

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 one month ago)

- 2 Within the past year
(one month but less than 12 months ago)
- 3 Within the past two years
(one year but less than two years ago)
- 4 two or more years ago
- 8 Never
- 7 Don't know / Not sure
- 9 Refused

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

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

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

Module 3: Cardiovascular Health Module

After you left the hospital following your heart attack did you go to any kind of outpatient rehabilitation? This is sometimes called "rehab"

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

Are you limited in any activities because of physical, mental, or emotional problems due to heart disease?

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

After you left the hospital following your stroke did you go to any kind of outpatient rehabilitation? This is sometimes called "rehab".

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

Are you limited in any activities because of physical, mental, or emotional problems due to stroke?

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

Do you take aspirin daily or every other day?

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

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

- 1 Yes, not stomach related
- 2 Yes, stomach problems
- 3 No
- 7 Don't know / Not sure
- 9 Refused

Appendix J:

Table Endnotes

Alaska Behavioral Risk Factor Surveillance System

Appendix

Definitions:

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

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

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

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

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

95% CI = 95% Confidence Interval.

Individuals = Estimated number of adult individuals meeting conditions.

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

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

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

= Flag for statistical estimates. Based upon Joint Policy of Variance Estimation and Statistical Reporting Standards for NHANES-III and CSFII Reports: NHIS/NCHS.

1. Inadequate sample size for normal approximation. For means and proportions based on commonly occurring events (where $0.25 < P < 0.75$), an estimate is flagged if it is based on a cell size of less than 30 times a "broadly calculated average design effect."
2. Large coefficient of variation. Estimates are flagged if the coefficient of variation (ratio of the standard error to the mean expressed as a percent) is greater than 30.
3. Inadequate sample size for uncommon or very common events. For proportions below 0.25 or above 0.75, the criteria for statistical reliability is that the cell size be sufficiently large that the minimum of nP and $n(1-P)$ be greater than or equal to eight times a broadly calculated average design effect, where n is the cell size and P is the estimated proportion. (I.e., an estimate is flagged when $n < 8 * (\text{avg. design effect}) / \min(P, 1-P)$.) The coefficient of variation is not used in these cases.

Response codes:

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

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

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

Population at Risk:

Total - Total sample based upon combined gender.

Demographics

Gender - Sample with identified gender.

Age Groups (Categories Used in Age-Adjustment) - Age groups are used to define age-adjusted rates.

Appendix J:

Table Endnotes (continued)

Alaska Behavioral Risk Factor Surveillance System

Appendix (continued)

Race and Ethnicity - Based upon preferred race as identified by respondent.

Alaska Native - Based upon individuals who identify themselves as being American Indian or Alaska Native, even if it is not identified as the preferred race.

Used as a surrogate measure of individuals who might be eligible for Indian Health Service medical care through Alaska Native health organizations.

Geographic location - Alaska BRFS regions.

Anchorage & Vicinity - Municipality of Anchorage and Matanuska-Susitna Borough.

Fairbanks & Vicinity - Fairbanks North Star Borough and Southeast Fairbanks Census Area.

Gulf Coast - Kenai Peninsula Borough, Kodiak Island Borough, Valdez-Cordova Census Area.

Rural - Aleutians East Borough, Aleutians West Borough, Bethel Census Area, Bristol Bay Borough, Denali Borough, Dillingham Census Area,

Lake and Peninsula Census Area, Nome Census Area, North Slope Borough, Northwest Arctic Borough, Wade Hampton Census Area,

Yukon-Koyukuk Census Area.

Southeast - Haines Borough, Juneau City and Borough, Ketchikan Gateway Borough, Prince of Wales-Outer Ketchikan Census Area, Sitka City and Borough,

Skagway-Hoonah-Angoon Census Area, Yakutat Census Area, Wrangell-Petersburg Census Area.

Urban/Rural - An attempt to measure urban/rural differences using Bureau of the Census area designations.

Metropolitan Statistical Area - Anchorage, AK MSA (Municipality of Anchorage and Matanuska-Susitna Borough), Fairbanks, AK MSA (Fairbanks North Star Borough).

Micropolitan Statistical Area & Urban Clusters - Juneau, AK Micropolitan SA (Juneau City and Borough), Ketchikan, AK Micropolitan SA (Ketchikan Gateway Borough), Kodiak, AK Micropolitan SA (Kodiak Island Borough), Barrow, AK UC, Kenai, AK UC, Kotzebue, AK UC, Moose Creek, AK UC, Nome, AK UC, Petersburg, AK UC, Sitka, AK UC, Soldotna, AK UC, Unalaska, AK UC.

Rural - Areas which are not Metropolitan Statistical Areas or Micropolitan Statistical Areas or Urban Clusters.

Education Level (persons aged 25 years and older) - Education completed for individuals 25 years of age and older. Age groups of 25-34, 35-44, 45-64, and 65+ used for age-adjustment.

Employment Status - Self-reported employment status.

Marital Status - Self-reported marital status from married, divorced, widowed, separated, never married, or a member of an unmarried couple.

Income Level - Annual household income from all sources.

Poverty Threshold - Assessed with the annual Census Bureau national amounts for poverty status for household size using the high-end of household income ranges.

Below Poverty Guidelines - Assessed with the annual US Health and Social Services Alaska-specific amounts for poverty status for household size using the high-end of household income ranges. Poverty guidelines are used for administrative purposes such as financial eligibility for government services.

Veteran - 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?

Appendix J:

Table Endnotes (continued)

Alaska Behavioral Risk Factor Surveillance System

Appendix (continued)

Health Status

General Health - Would you say that in general your health is excellent, very good, good, fair, or poor.

Healthy Days (Mean Number of Days)

Physical Health Not Good - 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?

Mental Health Not Good - 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?

Unhealthy Days (Physical or Mental Health Not Good) - Combination of physical and mental health values.

Days with Activity Limitation - 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?

Healthy Days (Percentage with 14 or More Days)

Physical Health Not Good - Reporting 14 or more days when physical health was not good.

Mental Health Not Good - Reporting 14 or more days when mental health was not good.

Unhealthy Days (Physical or Mental Health Not Good) - Reporting 14 or more days total when physical and/or mental health was not good.

Activity Limitation - Reporting 14 or more days with activity limitation.

Disability

Disabled - Either limited in any way in any activities because of physical, mental, or emotional problems and/or have any health problem that requires special equipment.

Activity Limitation - Are you limited in any way in any activities because of physical, mental, or emotional problems?

Require Special Equipment - Do you now have a health problem that requires you to use special equipment, such as a cane, a wheelchair, a special bed, or a special telephone?

Mental Health

Social and Emotional Support - How often do you get the social and emotional support your need?: always, usually, sometimes, rarely, or never.

Life Satisfaction - In general, how satisfied are you with your life?: very satisfied, satisfied, dissatisfied, or very dissatisfied.

Healthcare

Healthcare Coverage

Health Plan - Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare, Native Health Service or Indian Health Service?

Appendix J:

Table Endnotes (continued)

Alaska Behavioral Risk Factor Surveillance System

Appendix (continued)

Immunization

Flu Shot Within Past 12 Months (Ages 65+) - A flu shot is an influenza vaccine injected into your arm. During the past 12 months, have you had a flu shot?

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

Ever Had Pneumonia Shot (Ages 65+) - 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?

Screening

AIDS/HIV Screening (Ages 18-64) - Have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation.

Include testing fluid from your mouth.

Diagnoses

Arthritis

Arthritis - 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?

Asthma

Asthma Diagnosis - Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

Current Asthma - Have you ever been told by a doctor, nurse, or other health professional that you had asthma? And, Do you still have asthma?

Cardiovascular and Cerebrovascular Disease

Cardiovascular Disease - Ever told you had a heart attack, also called a myocardial infarction? And/or, Ever told you had angina or coronary heart disease?

Heart Attack (Myocardial Infarction) - Ever told you had a heart attack, also called a myocardial infarction?

Coronary Heart Disease (Angina) - Ever told you had angina or coronary heart disease?

Stroke - Ever told you had a stroke?

Diabetes

Nongestational Diabetes - Have you ever been told by a doctor that you have diabetes? If yes and respondent is female, ask: "Was this only when you were pregnant?"

Pre-Diabetes - Have you ever been told by a doctor that you have diabetes? If respondent says pre-diabetes or borderline diabetes, use response code 4 (No, prediabetes or borderline diabetes). Or, Have you ever been told by a doctor or other health professional that you have pre-diabetes or borderline diabetes?

Appendix J:

Table Endnotes (continued)

Alaska Behavioral Risk Factor Surveillance System

Appendix (continued)

Risk Factors

Alcohol

Binge Drinking - Considering all types of alcoholic beverages, how many times during the past 30 days did you have X [X = 5 for men, X = 4 for women] or more drinks on an occasion? And, During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage?

Heavy Drinking - Adult men having more than two drinks per day and adult women having more than one drink per day. One drink is equivalent to a 12-ounce beer, a 5-ounce glass of wine, or a drink with one shot of liquor. During the past 30 days, on the day when you drank, about how many drinks did you drink on the average?

Hypercholesterolemia

High Cholesterol - Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked? And, Have you ever been told by a doctor, nurse or other health professional that your blood cholesterol is high?

Hypertension

High Blood Pressure - Have you ever been told by a doctor, nurse or other health professional that you have high blood pressure?

Nutrition

Fruit and Vegetable Index - Summary index for fruits and vegetables calculated variable based upon (1) How often do you drink fruit juices such as orange, grapefruit, or tomato?; (2) Not counting juice, how often do you eat fruit?; (3) How often do you eat green salad?; (4) How often do you eat potatoes not including French fries, fried potatoes, or potato chips?; (5) How often do you eat carrots?; and (6) Not counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat?

Physical Activity

Physical Activity Recommendations (2008) - A total equivalent of 150 minutes of moderate exercise, in at least 10 minute increments, with vigorous exercise minutes counting twice as much as moderate exercise. Based upon: How many days per week do you do these moderate activities for at least 10 minutes at a time? And, 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? And, how many days per week do you do these vigorous activities for at least 10 minutes at a time? And, 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?

Leisure Time Exercise - 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?

Sexual Violence/Intimate Partner Violence

Parents Physically Hunt by Spouse/Partner - 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?

Appendix J:

Table Endnotes (continued)

Alaska Behavioral Risk Factor Surveillance System

Appendix (continued)

Unwanted Sexual Activity - Has anyone ever made you take part in any sexual activity when you really did not want to? (including touch that made you uncomfortable).

Ever Hurt or Threatened by Intimate Partner - In your lifetime, has an intimate partner ever hit, slapped, punched, shoved, kicked, choked, hurt or threatened you?

Past 5 Years Feared for Safety or Physically Hurt by Intimate Partner - 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?

Tobacco Use

Cigarette Smoking Status - Have you smoked at least 100 cigarettes in your entire life? And, Do you now smoke cigarettes every day, some days, or not at all?

Smokeless Tobacco Status - Have you ever used or tried smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull? And, Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, Iq'mik, or Blackbull?

Weight Status

Weight Status - Body Mass Index (BMI) computed using About how much do you weigh without shoes? And, About how tall are you without shoes?

Notes:

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



**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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