

# ***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**



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**Alaska Behavioral Risk  
Factor Survey**

**2009 Annual Report**

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State of Alaska

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Department of Health and Social Services

Dr. Ward Hurlburt, Director  
Division of Public Health

**December 2011**

# Table of Contents

## Alaska Behavioral Risk Factor Survey

<b>Introduction</b>	1	Blood Glucose Testing	271
Leading Causes of Death in Alaska, 2009 - Graph	3	Influenza Vaccination	282
At Risk for Selected Risk Factors - Table	4	Pneumonia Vaccine	294
<b>Methodology</b>	5	Related Preventive Practice Measures	305
2009 BRFSS Sampling Regions	9	<b>Chronic Disease</b>	306
Survey Population by Selected Demographics	10	Lifetime Diagnosis of Asthma	307
<b>Quality of Life</b>	12	Diabetes	319
General Health Status – Excellent or Very Good	13	History of Heart Attack	331
Health Status: Healthy Days	25	Coronary Heart Disease	343
Frequent Mental Distress - Table	27	History of Stroke	355
Poor Physical Health, Past 30 Days - Table	37	Arthritis	367
Limited Activities, Past 30 Day - Table	47	Cancer	379
Disability Status	57	Related Chronic Disease Measures	390
Activity Limitation	69	<b>Appendices</b>	392
Special Equipment	79	Appendix A: BRFSS Sampling Regions 2009	393
Related Quality of Life Measures	89	Appendix B: Weighting	394
<b>Risk Factors</b>	90	Appendix C: Telephone Coverage in Alaska, 2000	395
Alcohol Use - Binge Drinking	91	Appendix D: Response Rates	396
Alcohol Use – Heavy Drinking	103	Appendix E: Survey Distribution by Region and Age	398
No Leisure Time Physical Activity	115	Appendix F: Survey Distribution by Race and Region	399
Physical Activity –		Appendix G: Survey Distribution by Race and Sex	402
2008 Physical Activity Guidelines for Americans	127	Appendix H: 2009 Questionnaire	403
Fruit and Vegetable Consumption	139	Appendix I: 2009 Supplemental Questionnaire	418
Hypertension Awareness	151	Appendix J: Table Endnotes	429
Cholesterol Awareness	163		
Overweight and Obesity	175		
Tobacco Use: Current Smoking	198		
Tobacco Use: Smokeless Tobacco	210		
Related Risk Factor Measures	222		
<b>Preventive Practices</b>	224		
Health Care Coverage	225		
HIV/AIDS Test	247		
Cholesterol Screening	259		

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# Introduction

**2009 Annual Report**  
**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.<sup>1</sup>

Modifying risk behaviors contributing to premature deaths and impaired quality of life is a public health challenge. For example, the behavioral risk factor of tobacco use 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.<sup>2</sup> 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).<sup>3</sup> 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

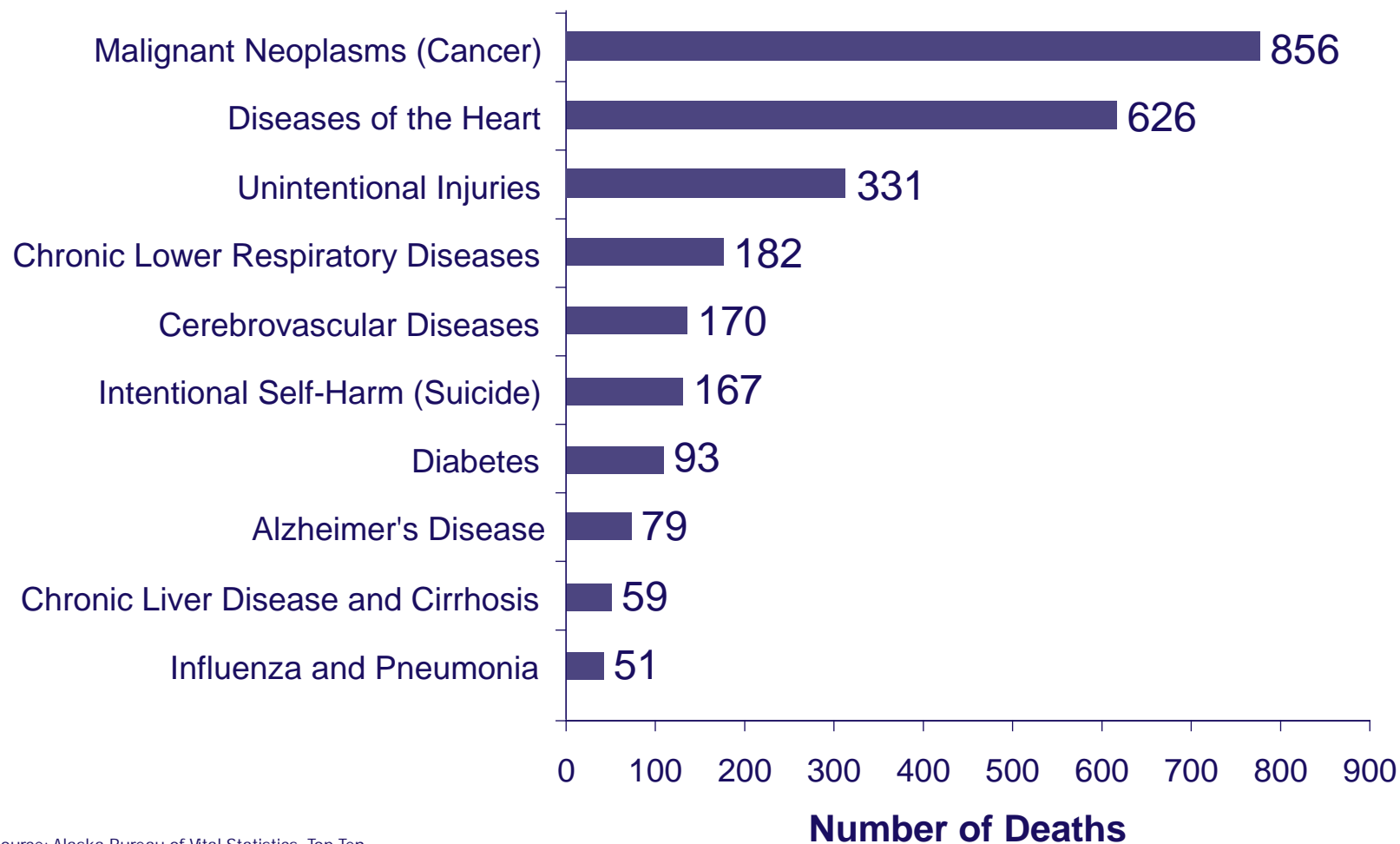
based on over 190 health surveillance and data systems, which includes the BRFSS.

Alaska has established state targets within the framework of the national Healthy People objectives in *Healthy Alaskans 2010*<sup>4</sup> 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:

- <sup>1</sup> Mokdad AH, Marks JS, Stroup DF, Gerberding JL. Actual Causes of Death in the United States, 2000. JAMA 2004; 291(10) 1238-1245.
- <sup>2</sup> U.S. Department of Health and Human Services. *The Health Consequences of Smoking: A Report of the Surgeon General*. U.S. Department of Health and Human Services, Centers for Disease Control and Prevention, National Center for Chronic Disease Prevention and Health Promotion, Office on Smoking and Health, 2004. Accessed: December 2006.
- <sup>3</sup> 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.
- <sup>4</sup> 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		Population 18 years and older*=492,542
	BRFSS Prevalence	Estimated Number of Adults	Healthy Alaskans 2010 Goal
Percentage of Alaska adults who are obese (BMI $\geq$ 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

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



# 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,<sup>1</sup> with the U.S. average of phone coverage being 97.6%. The percentage of households with a telephone varies by region in Alaska (see appendix C). In general, persons of lower socioeconomic status are less likely than persons of higher socioeconomic status to have phones and may be under-sampled. With surveys based on self-reported information, the potential for bias must be kept in mind when interpreting results. Survey response rates may also affect the potential for bias in the data (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.<sup>2</sup>

In recent years, there has been an increase in the number of people who live in “cell phone only” households.<sup>3</sup> 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.<sup>4</sup> 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:

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

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

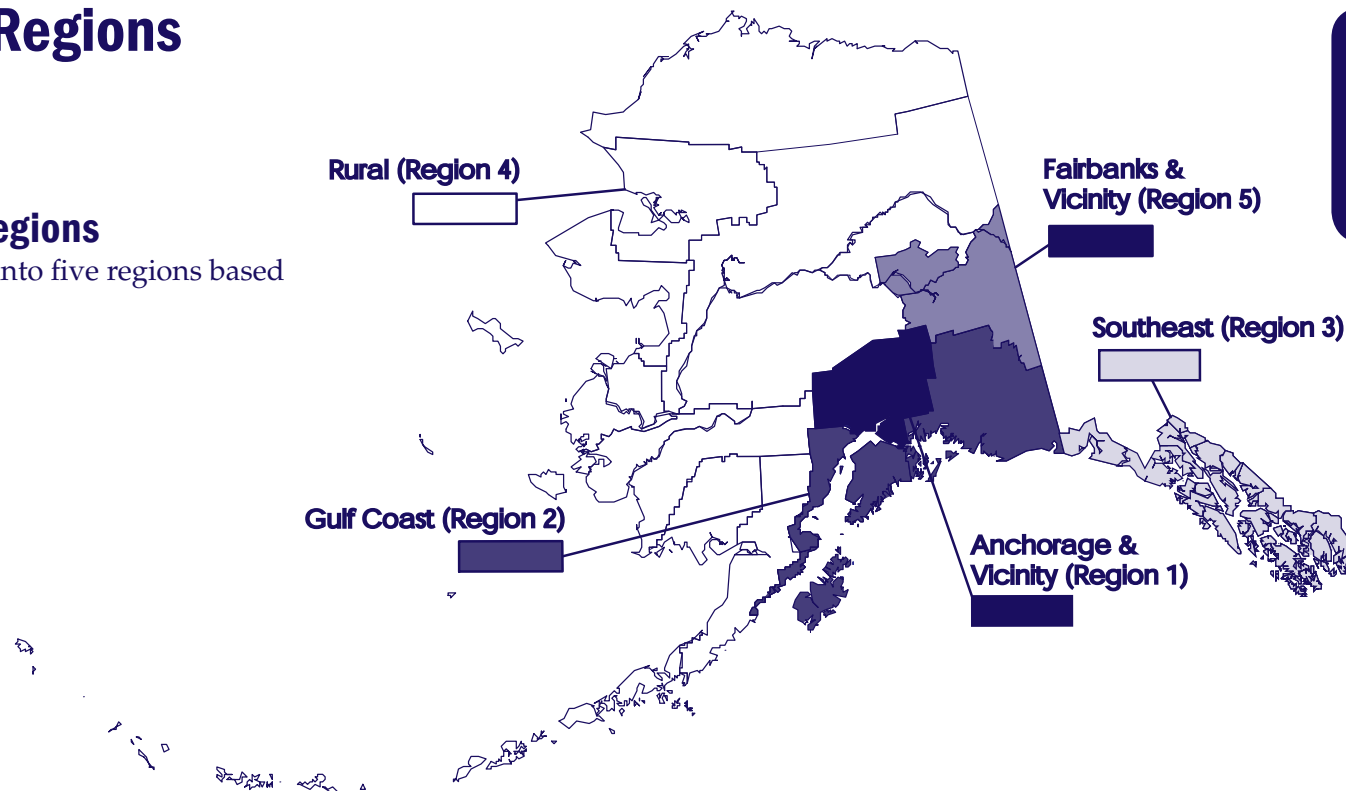
<sup>3</sup> Blumberg, SJ, Lukem, JV. Wireless substitution: early release of estimates from the National Health Interview Survey, June – December 2010. National Center for Health Statistics. Available from <http://www.cdc.gov/nchs/data/nhis/earlyrelease/wireless201106.pdf>. Accessed: June 2011.

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

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 %
<b>Gender</b>						
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	
<b>Race *</b>						
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%
<b>Age</b>						
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%
<b>Education</b>						
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%
<b>Income</b>						
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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**Next: Quality of Life >>**

# 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

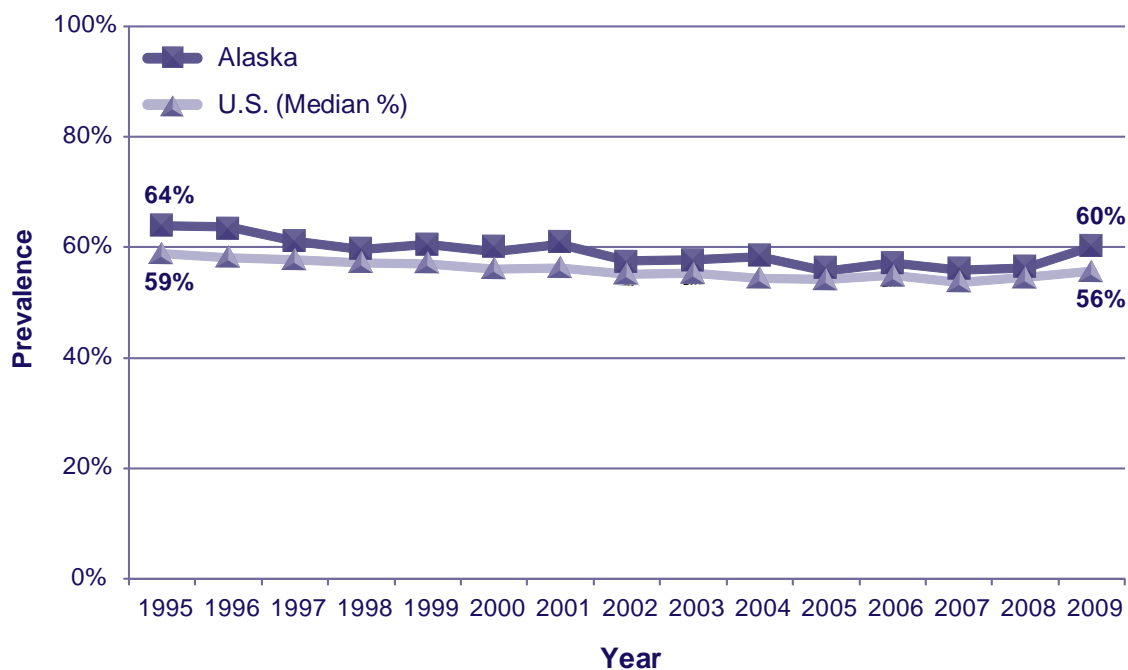
**Objective 15.4:** Increase the proportion of adults that report that their general health is excellent or very good to 75%.

## 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



# 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
Total		60.2%	( 58.0% - 62.3% )	305,678	2,603	4,736		58.9%	( 56.7% - 61.0% )
<b>Demographics</b>									
<b>Gender</b>									
	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% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>									
	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 )
<b>Race and Ethnicity</b>									
	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% )

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
<b>Alaska Native</b>								
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% )
<b>Geographic Location</b>								
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% )
<b>Urban/Rural</b>								
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% )
<b>Education Level (persons aged 25 years and older)</b>								
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% )
<b>Employment Status</b>								
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 3	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							
		Observed Rate						Age-Adjusted Rate	
Population at Risk (See Appendix)	%	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% )	

# 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			
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% )

# 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							
		Observed Rate						Age-Adjusted Rate	
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	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	3	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% )

# 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					
				Observed Rate					
						Age-Adjusted Rate			
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI
<b>Screening</b>									
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% )
<b>Diagnoses</b>									
<b>Arthritis</b>									
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% )
<b>Asthma</b>									
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% )
<b>Cardiovascular and Cerebrovascular Disease</b>									
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:		Would you say that in general your health is							
		Response:		Excellent or Very Good					
				Observed Rate				Age-Adjusted Rate	
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI
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% )

# 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					
				Observed Rate				Age-Adjusted Rate	
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							
		Observed Rate					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	#	%	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% )	



# 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
<b>Weight Status</b>								
Weight Status								
Normal (BMI <25)	<b>69.0%</b>	( 65.0% - 72.7% )	117,876	951	1,484		<b>66.5%</b>	( 63.1% - 69.7% )
Overweight (BMI 25 to 30)	<b>63.6%</b>	( 60.2% - 66.9% )	120,335	1,003	1,727		<b>63.0%</b>	( 59.6% - 66.2% )
Obese (BMI ≥30)	<b>45.1%</b>	( 41.1% - 49.2% )	57,490	551	1,324		<b>43.4%</b>	( 39.0% - 47.8% )
Obese I (BMI 30 TO < 35)	<b>53.7%</b>	( 48.8% - 58.5% )	43,125	400	851		<b>52.2%</b>	( 46.8% - 57.6% )
Obese II & III (BMI ≥35)	<b>31%</b>	( 24% - 37% )	14,600	151	473		<b>29%</b>	( 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.

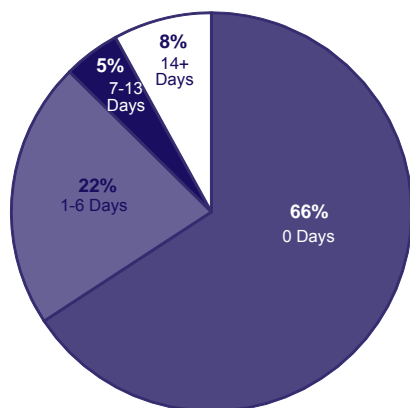
## How are different populations affected?

- 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

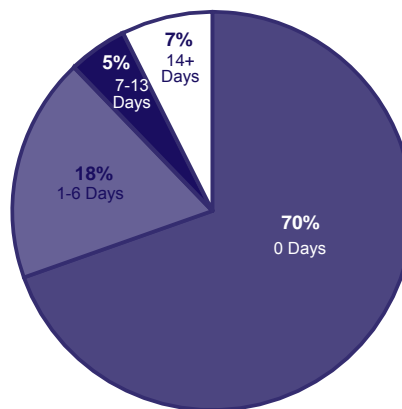
**Physical Health:**  
*How many days during the past 30 days was your physical health not good?*

2009



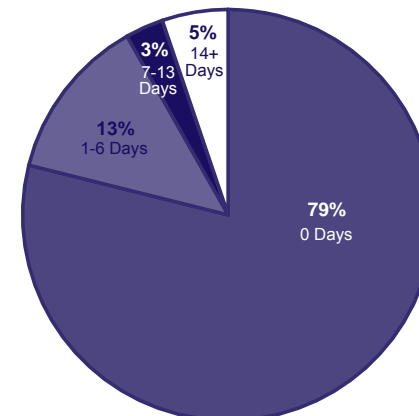
**N = 4,613**

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



**N = 4,627**

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



**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									
Population at Risk (See Appendix)			Observed Rate					Age-Adjusted Rate			
	%		95% CI	Individuals	n	N	#	%		95% CI	
<b>Total</b>	<b>7.4%</b>	(	6.4% - 8.6% )	36,988	392	4,627		<b>7.1%</b>	(	6.2% - 8.2% )	
<b>Demographics</b>											
<b>Gender</b>											
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% )	
<b>Age Groups (Categories Used in Age-Adjustment)</b>											
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 )	
<b>Race and Ethnicity</b>											
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% )	

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

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									
				Observed Rate						Age-Adjusted Rate			
Population at Risk (See Appendix)		%		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								
				Observed Rate					Age-Adjusted Rate			
Population at Risk (See Appendix )		%		95% CI	Individuals	n	N	#	%		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:		14+ Days									
				Observed Rate						Age-Adjusted Rate			
Population at Risk (See Appendix )		%		95% CI	Individuals	n	N	#	%		95% CI		
Health Status													
General Health													
Excellent to Very Good		4.1%	(	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												
		Observed Rate							Age-Adjusted Rate					
Population at Risk (See Appendix )		%	95% CI		Individuals	n	N	#	%	95% CI				
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% )	



# 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									
				Observed Rate			Age-Adjusted Rate						
Population at Risk (See Appendix)		%		95% CI	Individuals	n	N	#	%		95% CI		
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								
				Observed Rate							Age-Adjusted Rate	
Population at Risk (See Appendix )		%		95% CI	Individuals	n	N	#		%		95% CI
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%

# 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									
				Observed Rate						Age-Adjusted Rate			
Population at Risk (See Appendix)		%		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									
		Observed Rate			Age-Adjusted Rate								
Population at Risk (See Appendix )		%	95% CI	Individuals	n	N	#	%	95% CI				
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% )				

# 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									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI		
<b>Weight Status</b>											
Weight Status											
Normal (BMI <25)		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									
Population at Risk (See Appendix )			Observed Rate					Age-Adjusted Rate			
	%		95% CI	Individuals	n	N	#	%		95% CI	
<b>Total</b>	<b>8.0%</b>	(	7.0% - 9.1% )	39,572	477	4,613		<b>8.3%</b>	(	7.3% - 9.4% )	
<b>Demographics</b>											
<b>Gender</b>											
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% )	
<b>Age Groups (Categories Used in Age-Adjustment)</b>											
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 )	
<b>Race and Ethnicity</b>											
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% )	

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									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI		
<b>Alaska Native</b>											
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% )		
<b>Geographic Location</b>											
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% )		
<b>Urban/Rural</b>											
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% )		
<b>Education Level (persons aged 25 years and older)</b>											
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% )		
<b>Employment Status</b>											
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									
Population at Risk ( <i>See Appendix</i> )	%	Observed Rate		Individuals	n	N	#	Age-Adjusted Rate			
		95% CI						%	95% CI		
<b>Marital Status</b>											
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	3	19%	(	9% - 37% )
Widowed	12.7%	(	9.6% -	16.7% )	7,187	115	770	3	9.0%	(	6.9% - 11.6% )
Never Married	5.4%	(	3.3% -	8.7% )	4,928	55	655	3	9.9%	(	6.7% - 14.3% )
<b>Income Level</b>											
<\$15,000	20%	(	15% -	27% )	5,824	91	333		20%	(	15% - 26% )
\$15,000 - \$24,999	12%	(	8% -	16% )	5,420	71	459	3	14%	(	10% - 19% )
\$25,000 - \$49,999	9.5%	(	7.1% -	12.8% )	9,075	118	958	3	10.0%	(	7.7% - 12.9% )
\$50,000 - \$74,999	6.9%	(	4.9% -	9.5% )	5,672	59	797	3	7.1%	(	5.2% - 9.7% )
\$75,000	4.7%	(	3.5% -	6.5% )	8,688	74	1,531	3	5.3%	(	3.8% - 7.4% )
<b>Poverty Threshold</b>											
Poor (<100% Poverty Threshold)	13%	(	9% -	19% )	4,433	56	302	3	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% )
<b>Below Poverty Guidelines</b>											
Yes	13%	(	10% -	18% )	6,286	79	410	3	15%	(	12% - 20% )
No	7.3%	(	6.2% -	8.5% )	28,098	334	3,668		7.6%	(	6.4% - 8.9% )
<b>Veteran</b>											
Yes	8.5%	(	6.2% -	11.6% )	7,508	101	791	3	8.1%	(	5.9% - 11.0% )
No	7.8%	(	6.8% -	9.0% )	31,987	374	3,809		8.2%	(	7.1% - 9.4% )



# 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									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	#	%	95% CI			
<b>Health Status</b>											
<b>General Health</b>											
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% )			
<b>Healthy Days (Mean Number of Days)</b>											
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 )			
<b>Healthy Days (Percentage with 14 or More Days)</b>											
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% )			
<b>Disability</b>											
<b>Disabled</b>											
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% )			
<b>Activity Limitation</b>											
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							
				Observed Rate					Age-Adjusted Rate		
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	3	7.5%	(	6.0% - 9.3% )
	Sometimes/Rarely/Never	11%	(	8% - 15% )	10,188	76	491	3	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	3	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	3	9.0%	(	6.8% - 11.8% )
	No	7.0%	(	5.5% - 8.8% )	21,076	126	1,405	3	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	3	6.8%	(	5.2% - 8.7% )

# 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									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI		
<b>Screening</b>											
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% )		
<b>Diagnoses</b>											
<b>Arthritis</b>											
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% )		
<b>Asthma</b>											
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% )		
<b>Cardiovascular and Cerebrovascular Disease</b>											
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									
		Observed Rate					Age-Adjusted Rate				
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	3	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	3	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	3	13%	( 7% - 24% )		
No		7.5%	( 6.2% - 8.9% )	33,620	214	2,111		8.0%	( 6.7% - 9.5% )		

# 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									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI		
<b>Hypercholesterolemia</b>											
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% )		
<b>Hypertension</b>											
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% )		
<b>Nutrition</b>											
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% )		
<b>Physical Activity</b>											
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									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI		
<b>Sexual Violence/Intimate Partner Violence</b>											
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% )		
<b>Tobacco Use</b>											
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% )		

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

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									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI		
<b>Alaska Native</b>											
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% )		
<b>Geographic Location</b>											
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% )		
<b>Urban/Rural</b>											
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% )		
<b>Education Level (persons aged 25 years and older)</b>											
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% )		
<b>Employment Status</b>											
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									
				Observed Rate						Age-Adjusted Rate			
Population at Risk (See Appendix )		%		95% CI	Individuals	n	N	#	%		95% CI		
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									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	#	%	95% CI			
<b>Health Status</b>											
<b>General Health</b>											
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% )			
<b>Healthy Days (Mean Number of Days)</b>											
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 )			
<b>Healthy Days (Percentage with 14 or More Days)</b>											
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% )			
<b>Disability</b>											
<b>Disabled</b>											
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% )			
<b>Activity Limitation</b>											
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									
		Observed Rate					Age-Adjusted Rate				
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	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	3	4.2%	( 3.1% - 5.6% )			
Sometimes/Rarely/Never	10.7%	( 7.6% - 15.0% )	10,029	63	500	3	10.0%	( 7.0% - 14.0% )			
Life Satisfaction											
Very Satisfied / Satisfied	4.1%	( 3.2% - 5.3% )	18,671	121	2,152	3	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	3	5.2%	( 4.4% - 6.3% )			
No	5.5%	( 3.9% - 7.7% )	4,733	68	764	3	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	3	5.8%	( 4.2% - 8.1% )			
No	4.5%	( 3.3% - 6.1% )	13,851	85	1,425	3	4.6%	( 3.4% - 6.1% )			
Ever Had Pneumonia Shot (Ages 65+)											
Yes	9.0%	( 6.6% - 12.2% )	9,116	66	592	3	7.2%	( 5.2% - 9.9% )			
No	4.1%	( 3.0% - 5.7% )	13,308	78	1,478	3	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									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	#	%	95% CI			
<b>Screening</b>											
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% )			
<b>Diagnoses</b>											
<b>Arthritis</b>											
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% )			
<b>Asthma</b>											
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% )			
<b>Cardiovascular and Cerebrovascular Disease</b>											
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									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	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% )		

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

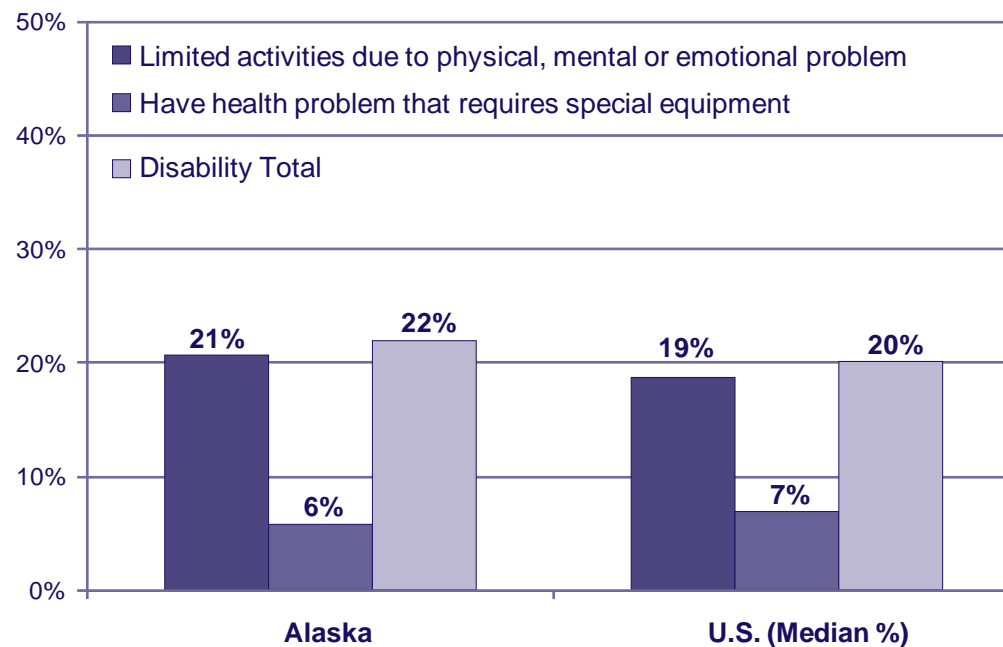
- ▶ In 2009, the median prevalence of having a disability in the U.S. (20.2%) was very close to the prevalence in Alaska (22%).

## 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

## 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

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						Age-Adjusted Rate			
Population at Risk (See Appendix )		%		95% CI	Individuals	n	N	#	%		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% )		

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									
		Observed Rate						Age-Adjusted Rate			
Population at Risk (See Appendix )		%	95% CI		Individuals	n	N	#	%	95% CI	
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

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					Age-Adjusted Rate	
	Population at Risk (See Appendix )	%	95% CI	Individuals	n	N	#	%	95% CI	
<b>Marital Status</b>										
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% )		
<b>Income Level</b>										
<\$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% )		
<b>Poverty Threshold</b>										
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% )		
<b>Below Poverty Guidelines</b>										
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% )		
<b>Veteran</b>										
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									
				Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix )		%		95% CI	Individuals	n	N	#	%		95% CI		
Health Status													
General Health													
Excellent to Very Good		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 )				1134	7.4	(	6.5 - 8.2 )		
Mental Health Not Good		5.2	(	4.4 - 6.1 )				1139	5.2	(	4.3 - 6.2 )		
Unhealthy Days (Physical or Mental Health Not Good)		10.7	(	9.7 - 11.7 )				1148	10.5	(	9.4 - 11.6 )		
Days with Activity Limitation		5.8	(	5.0 - 6.6 )				1144	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

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				Age-Adjusted Rate			
Population at Risk (See Appendix)	%		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%
<b>Mental Health</b>										
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%
<b>Healthcare</b>										
<b>Healthcare Coverage</b>										
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%
<b>Immunization</b>										
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%



# 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							
				Observed Rate				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

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				Age-Adjusted Rate						
Population at Risk (See Appendix )		%	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	22%	(	15% - 31%	)
No		22.3%	(	19.7% - 25.2%	)	101,271	529	2,136	23.4%	(	20.9% - 26.2%	)

# 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									
				Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix )		%		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						Age-Adjusted Rate					
		Observed Rate		Individuals	n	N	#						
		Population at Risk (See Appendix )	%					95% CI	%	95% CI			
<b>Sexual Violence/Intimate Partner Violence</b>													
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%)
<b>Tobacco Use</b>													
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%)

# 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									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI		
<b>Weight Status</b>											
Weight Status											
Normal (BMI <25)		<b>19.1%</b>	( 16.0% - 22.6% )	32,357	310	1,468		<b>20.7%</b>	( 17.9% - 23.8% )		
Overweight (BMI 25 to 30)		<b>21.1%</b>	( 18.4% - 24.1% )	39,625	403	1,713		<b>21.6%</b>	( 18.8% - 24.8% )		
Obese (BMI ≥30)		<b>27.6%</b>	( 24.3% - 31.1% )	34,911	427	1,311		<b>27.5%</b>	( 24.1% - 31.2% )		
Obese I (BMI 30 TO < 35)		<b>23.8%</b>	( 20.3% - 27.7% )	19,023	250	844		<b>23.6%</b>	( 20.1% - 27.6% )		
Obese II & III (BMI ≥35)		<b>34%</b>	( 28% - 41% )	15,838	177	467		<b>34%</b>	( 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									
Population at Risk (See Appendix )		Observed Rate					Age-Adjusted Rate				
		%	95% CI	Individuals	n	N #	%	95% CI			
Total		20.7%	( 19.0% - 22.5% )	104,230	1,113	4,694	21.5%	( 19.8% - 23.3% )			
<b>Demographics</b>											
<b>Gender</b>											
	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% )			
<b>Age Groups (Categories Used in Age-Adjustment)</b>											
	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 )			
<b>Race and Ethnicity</b>											
	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% )			

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						
					Observed Rate			Age-Adjusted Rate			
Population at Risk (See Appendix )		%	95% CI		Individuals	n	N	#	%	95% CI	
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									
		Observed Rate						Age-Adjusted Rate			
Population at Risk (See Appendix )		%	95% CI		Individuals	n	N	#	%	95% CI	
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	3	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% )



# 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						
Population at Risk (See Appendix )	%	95% CI	Individuals	n	N	#	%	95% CI
<b>Health Status</b>								
<b>General Health</b>								
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% )
<b>Healthy Days (Mean Number of Days)</b>								
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 )
<b>Healthy Days (Percentage with 14 or More Days)</b>								
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% )
<b>Disability</b>								
<b>Disabled</b>								
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% )
<b>Activity Limitation</b>								
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						
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N #	%	95% CI
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% )
<b>Mental Health</b>								
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% )
<b>Healthcare</b>								
<b>Healthcare Coverage</b>								
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% )
<b>Immunization</b>								
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					
		Observed Rate						Age-Adjusted Rate		
Population at Risk (See Appendix )		%	95% CI	Individuals	n	N	#	%	95% CI	
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:		Are you limited in any activities because of physical, mental, or emotional problems?							
Response:		Yes							
		Observed Rate						Age-Adjusted Rate	
Population at Risk (See Appendix)		%	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	3	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	3	17%	( 12% - 25% )
No		21.1%	( 18.5% - 24.0% )	96,045	502	2,140		22.1%	( 19.5% - 24.9% )

# 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				
Population at Risk (See Appendix )		%	Observed Rate		Individuals		n	N	#	%	95% CI
			95% CI								
<b>Hypercholesterolemia</b>											
High Cholesterol											
Yes		<b>30.6%</b>	( 26.1% - 35.5% )		38,239		239	742		<b>28.2%</b>	( 21.0% - 36.7% )
No		<b>20.2%</b>	( 16.8% - 24.0% )		47,043		227	1,078		<b>20.8%</b>	( 17.2% - 25.0% )
<b>Hypertension</b>											
High Blood Pressure											
Yes		<b>34.2%</b>	( 29.4% - 39.4% )		45,344		247	764		<b>33.4%</b>	( 27.1% - 40.4% )
No		<b>16.6%</b>	( 13.9% - 19.8% )		60,776		302	1,596		<b>18.9%</b>	( 16.1% - 22.1% )
<b>Nutrition</b>											
Fruit and Vegetable Index											
<1 Per Day or Never		<b>27%</b>	( 16% - 43% )		8,267		34	140		<b>29%</b>	( 20% - 40% )
1 to <3 Times Per Day		<b>18.7%</b>	( 15.0% - 23.0% )		31,215		167	800		<b>20.0%</b>	( 16.2% - 24.4% )
3 to <5 Times Per Day		<b>21.8%</b>	( 17.7% - 26.5% )		37,838		204	831		<b>22.5%</b>	( 18.2% - 27.3% )
5 Or More Times Per Day		<b>24.5%</b>	( 19.3% - 30.6% )		27,775		139	534		<b>24.5%</b>	( 19.5% - 30.4% )
<b>Physical Activity</b>											
Physical Activity Recommendations (2008)											
Active		<b>20.0%</b>	( 16.9% - 23.6% )		68,827		303	1,520		<b>20.8%</b>	( 17.7% - 24.4% )
Insufficient		<b>22%</b>	( 17% - 28% )		17,334		108	421		<b>25%</b>	( 19% - 31% )
Inactive		<b>33%</b>	( 26% - 42% )		13,061		93	230		<b>29%</b>	( 23% - 36% )
Leisure Time Exercise											
Yes		<b>18.7%</b>	( 16.8% - 20.7% )		75,461		781	3,697		<b>19.7%</b>	( 17.8% - 21.7% )
No		<b>29.1%</b>	( 25.0% - 33.5% )		28,592		327	984		<b>27.5%</b>	( 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						
		Observed Rate						Age-Adjusted Rate		
Population at Risk (See Appendix )	%	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	3	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							
Population at Risk (See Appendix )	%	95% CI	Individuals	n	N	#		%	95% CI
<b>Weight Status</b>									
Weight Status									
Normal (BMI <25)	<b>17.8%</b>	( 14.8% - 21.3% )	30,170	287	1,469			<b>19.0%</b>	( 16.2% - 22.1% )
Overweight (BMI 25 to 30)	<b>20.0%</b>	( 17.3% - 22.9% )	37,570	375	1,713			<b>20.4%</b>	( 17.6% - 23.5% )
Obese (BMI ≥30)	<b>26.1%</b>	( 23.0% - 29.6% )	33,155	408	1,315			<b>25.9%</b>	( 22.6% - 29.6% )
Obese I (BMI 30 TO < 35)	<b>23.0%</b>	( 19.6% - 26.9% )	18,476	241	848			<b>22.9%</b>	( 19.4% - 26.8% )
Obese II & III (BMI ≥35)	<b>32%</b>	( 25% - 38% )	14,907	167	467			<b>31%</b>	( 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?											
		Response:		Yes									
				Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix )		%		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% )		

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				
Population at Risk (See Appendix)		%	Observed Rate		Individuals	n	N	#	%	95% CI	
<b>Alaska Native</b>											
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% )
<b>Geographic Location</b>											
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% )
<b>Urban/Rural</b>											
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% )
<b>Education Level (persons aged 25 years and older)</b>											
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% )
<b>Employment Status</b>											
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									
				Observed Rate						Age-Adjusted Rate			
Population at Risk (See Appendix )		%		95% CI	Individuals	n	N	#	%		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% )		

# 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									
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	#	%	95% CI			
<b>Health Status</b>											
<b>General Health</b>											
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% )			
<b>Healthy Days (Mean Number of Days)</b>											
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 )			
<b>Healthy Days (Percentage with 14 or More Days)</b>											
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% )			
<b>Disability</b>											
<b>Disabled</b>											
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% )			
<b>Activity Limitation</b>											
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% )			

# 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									
				Observed Rate			Age-Adjusted Rate						
Population at Risk (See Appendix )		%		95% CI	Individuals	n	N	#	%		95% CI		
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% )		

# 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									
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	#	%	95% CI			
<b>Screening</b>											
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% )			
<b>Diagnoses</b>											
<b>Arthritis</b>											
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% )			
<b>Asthma</b>											
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% )			
<b>Cardiovascular and Cerebrovascular Disease</b>											
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:		Yes									
				Observed Rate						Age-Adjusted Rate			
Population at Risk (See Appendix )		%		95% CI	Individuals	n	N	#	%		95% CI		
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% )		

# 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									
				Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix )		%		95% CI	Individuals	n	N	#	%		95% CI		
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									
				Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix )		%		95% CI	Individuals	n	N	#	%		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

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										
		Observed Rate					Age-Adjusted Rate					
Population at Risk (See Appendix )	%	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

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

Response: Observed Rate, Age-Adjusted Rate

Population at Risk (See Appendix)	N	Observed Rate (%)	Age-Adjusted Rate (%)
<b>Total</b>	79,776	77.2%	77.2%
<b>Demographics</b>			
Gender			
Female	42,236	76.2%	76.2%
Male	37,540	78.2%	78.2%
Age Group (Continuous based on Age Adjustment)			
Person aged 18 to 24 years	779	62.5%	62.5%
Person aged 25 to 34 years	875	70.5%	70.5%
Person aged 35 to 44 years	875	70.5%	70.5%
Person aged 45 to 54 years	875	70.5%	70.5%
Person aged 55 to 64 years	875	70.5%	70.5%
Person aged 65 years and older	779	70.5%	70.5%
<b>Race and Ethnicity</b>			
American Indian or Alaska Native	425	70.5%	70.5%
Asian or Pacific Islander	779	70.5%	70.5%
White	425	70.5%	70.5%
Black or African American	779	70.5%	70.5%
Hispanic or Latino	425	70.5%	70.5%
Not Hispanic or Latino	425	70.5%	70.5%
Black or African American, not Hispanic/Latino	779	70.5%	70.5%
White, not Hispanic or Latino	425	70.5%	70.5%

► Life Satisfaction ..... Link to pdf of table >>

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

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

Response: Observed Rate, Age-Adjusted Rate

Population at Risk (See Appendix)	N	Observed Rate (%)	Age-Adjusted Rate (%)
<b>Total</b>	80,236	80.2%	80.2%
<b>Demographics</b>			
Gender			
Female	42,236	80.2%	80.2%
Male	38,000	80.2%	80.2%
Age Group (Continuous based on Age Adjustment)			
Person aged 18 to 24 years	802	67.5%	67.5%
Person aged 25 to 34 years	802	70.5%	70.5%
Person aged 35 to 44 years	802	70.5%	70.5%
Person aged 45 to 54 years	802	70.5%	70.5%
Person aged 55 to 64 years	802	70.5%	70.5%
Person aged 65 years and older	802	70.5%	70.5%
<b>Race and Ethnicity</b>			
American Indian or Alaska Native	402	70.5%	70.5%
Asian or Pacific Islander	802	70.5%	70.5%
White	402	70.5%	70.5%
Black or African American	802	70.5%	70.5%
Hispanic or Latino	402	70.5%	70.5%
Not Hispanic or Latino	402	70.5%	70.5%
Black or African American, not Hispanic/Latino	802	70.5%	70.5%
White, not Hispanic or Latino	402	70.5%	70.5%

► 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

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

Response: Observed Rate, Age-Adjusted Rate

Population at Risk (See Appendix)	N	Observed Rate (%)	Age-Adjusted Rate (%)
<b>Total</b>	24,276	24.3%	24.3%
<b>Demographics</b>			
Gender			
Female	12,276	24.3%	24.3%
Male	12,000	24.3%	24.3%
Age Group (Continuous based on Age Adjustment)			
Person aged 18 to 24 years	243	12.5%	12.5%
Person aged 25 to 34 years	243	12.5%	12.5%
Person aged 35 to 44 years	243	12.5%	12.5%
Person aged 45 to 54 years	243	12.5%	12.5%
Person aged 55 to 64 years	243	12.5%	12.5%
Person aged 65 years and older	243	12.5%	12.5%
<b>Race and Ethnicity</b>			
American Indian or Alaska Native	243	12.5%	12.5%
Asian or Pacific Islander	243	12.5%	12.5%
White	243	12.5%	12.5%
Black or African American	243	12.5%	12.5%
Hispanic or Latino	243	12.5%	12.5%
Not Hispanic or Latino	243	12.5%	12.5%
Black or African American, not Hispanic/Latino	243	12.5%	12.5%
White, not Hispanic or Latino	243	12.5%	12.5%

<< 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

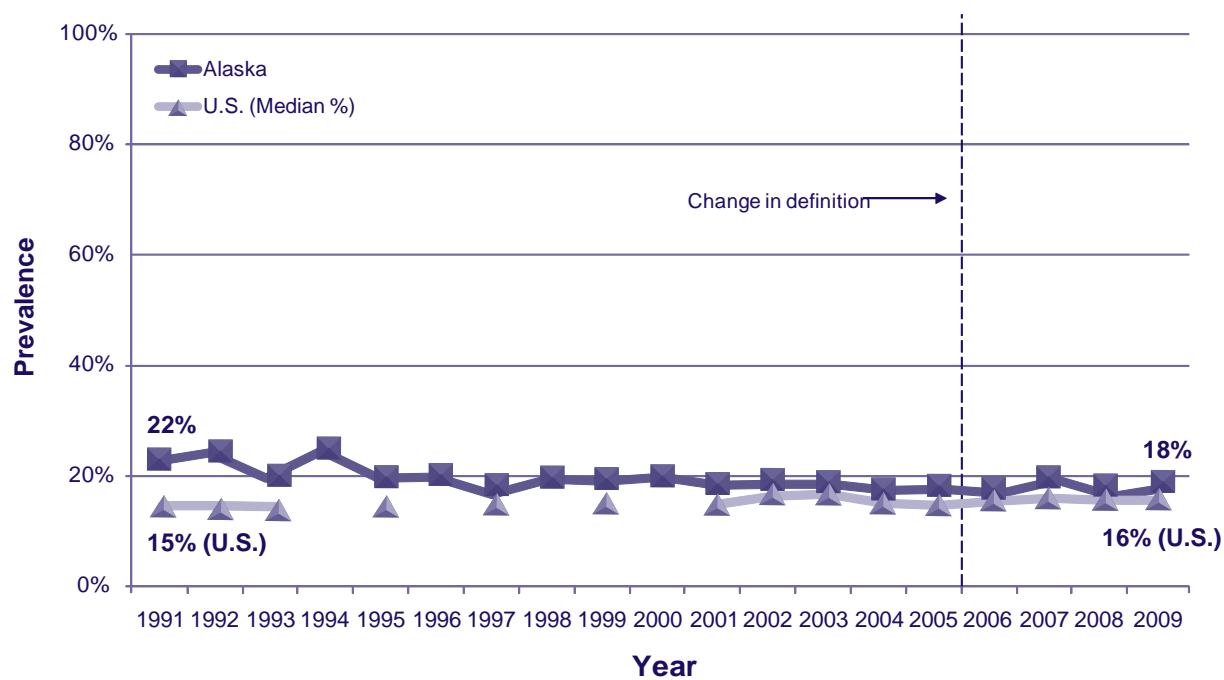
**Objective 4.4:** Reduce binge drinking among adults to 13%.

## 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)			
Response:				Yes			
Population at Risk (See Appendix )	Observed Rate			Age-Adjusted Rate			
	%	95% CI	Individuals	n	N	#	% 95% CI
<b>Total</b>	<b>17.9%</b>	( 15.7% - 20.4% )	88,249	389	2,348		<b>17.4%</b> ( 15.2% - 19.8% )
<b>Demographics</b>							
<b>Gender</b>							
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% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>							
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 )
<b>Race and Ethnicity</b>							
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% )

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									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix )		%	95% CI	Individuals	n	N	#	%	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	3	20%	( 16% - 25% )		
Rural		15%	( 12% - 20% )	6,831	66	405	3	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	3	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	3	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	3	22%	( 14% - 34% )		
Not in Workforce (Student, Homemaker, Retired)		12.5%	( 8.6% - 17.7% )	12,811	56	542	3	14.2%	( 9.7% - 20.4% )		
Unable to work		13%	( 5% - 29% )	2,341	9	104	3	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)			
Response:				Yes			
Population at Risk (See Appendix )	Observed Rate			Age-Adjusted Rate			
	%	95% CI	Individuals	n	N	#	% 95% CI
<b>Marital Status</b>							
Married or Unwed Couple	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% )
<b>Income Level</b>							
<\$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% )
<b>Poverty Threshold</b>							
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% )
<b>Below Poverty Guidelines</b>							
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% )
<b>Veteran</b>							
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% )



# 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	#	%	95% CI
			95% CI								
<b>Health Status</b>											
<b>General Health</b>											
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% )
<b>Healthy Days (Mean Number of Days)</b>											
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 )
<b>Healthy Days (Percentage with 14 or More Days)</b>											
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% )
<b>Disability</b>											
<b>Disabled</b>											
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% )
<b>Activity Limitation</b>											
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)			
Response:				Yes			
Population at Risk (See Appendix )	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% )
<b>Mental Health</b>							
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% )
<b>Healthcare</b>							
<b>Healthcare Coverage</b>							
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% )
<b>Immunization</b>							
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% )

# 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									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix )		%	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)									
Response:		Yes									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix )		%	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% )		

# 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									
		Observed Rate					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)			
Response:				Yes			
Population at Risk (See Appendix)	Observed Rate			Age-Adjusted Rate			
	%	95% CI	Individuals	n	N	#	% 95% CI
<b>Sexual Violence/Intimate Partner Violence</b>							
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% )
<b>Tobacco Use</b>							
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% )

# 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									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI		
<b>Weight Status</b>											
Weight Status											
Normal (BMI <25)		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.

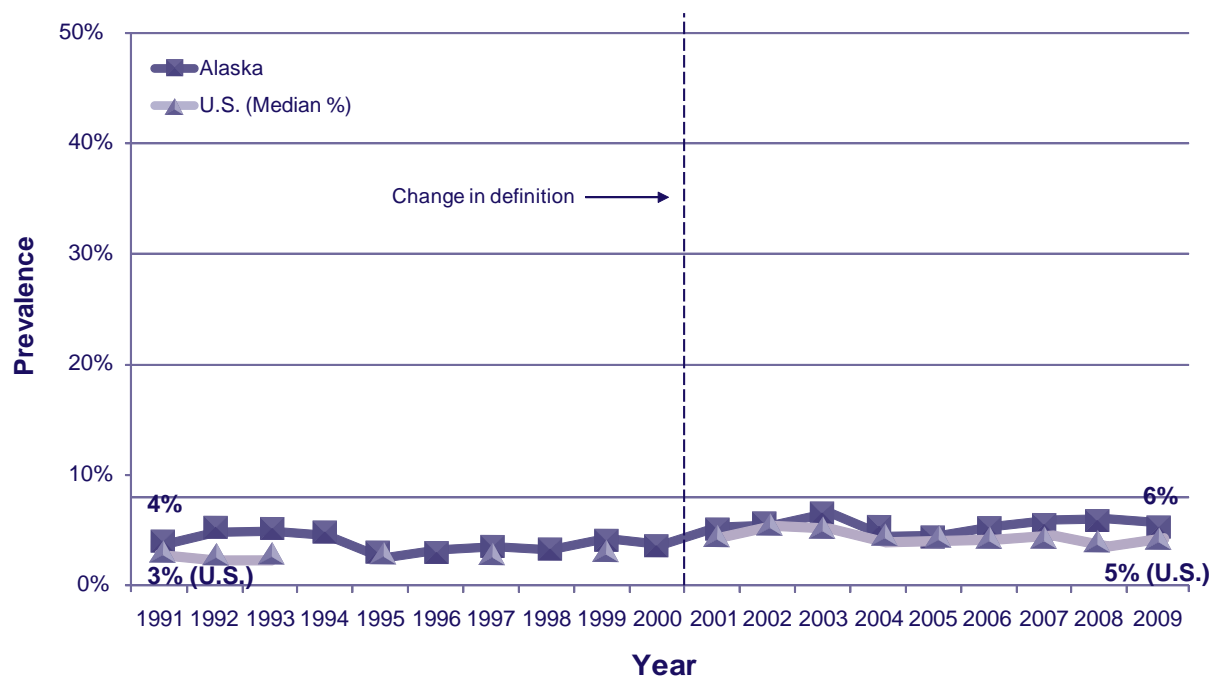
### How are different populations affected?

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

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%.

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	
<b>Alaska Native</b>									
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% )	
<b>Geographic Location</b>									
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% )	
<b>Urban/Rural</b>									
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% )	
<b>Education Level (persons aged 25 years and older)</b>									
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% )	
<b>Employment Status</b>									
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	
	%	95% CI	Individuals	n	N	#	%	95% CI
<b>Marital Status</b>								
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% )
<b>Income Level</b>								
<\$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% )
<b>Poverty Threshold</b>								
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% )
<b>Below Poverty Guidelines</b>								
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% )
<b>Veteran</b>								
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% )

# 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)

Response:	Yes						Age-Adjusted Rate		
	Observed Rate								
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	#	%	95% CI	
<b>Health Status</b>									
<b>General Health</b>									
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% )	
<b>Healthy Days (Mean Number of Days)</b>									
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 )	
<b>Healthy Days (Percentage with 14 or More Days)</b>									
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% )	
<b>Disability</b>									
<b>Disabled</b>									
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% )	
<b>Activity Limitation</b>									
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:		Observed Rate				Yes		Age-Adjusted 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% )		
<b>Mental Health</b>												
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% )		
<b>Healthcare</b>												
<b>Healthcare Coverage</b>												
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% )		
<b>Immunization</b>												
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% )		

# 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		Yes			Age-Adjusted Rate	
	%		95% CI	Individuals	n	N	#	%	95% CI
<b>Screening</b>									
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% )
<b>Diagnoses</b>									
<b>Arthritis</b>									
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% )
<b>Asthma</b>									
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% )
<b>Cardiovascular and Cerebrovascular Disease</b>									
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% )
<b>Diabetes</b>										
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% )
<b>Risk Factors</b>										
<b>Alcohol</b>										
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% )



# 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		Yes			Age-Adjusted Rate	
	%		95% CI	Individuals	n	N	#	%	95% CI
<b>Hypercholesterolemia</b>									
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% )
<b>Hypertension</b>									
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% )
<b>Nutrition</b>									
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% )
<b>Physical Activity</b>									
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:		Observed Rate				Age-Adjusted Rate		
	%		95% CI	Individuals	n	N	#	%	95% CI
<b>Sexual Violence/Intimate Partner Violence</b>									
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%)
<b>Tobacco Use</b>									
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%)

# 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 ( <i>See Appendix</i> )	Response:		Yes				Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
<b>Weight Status</b>								
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

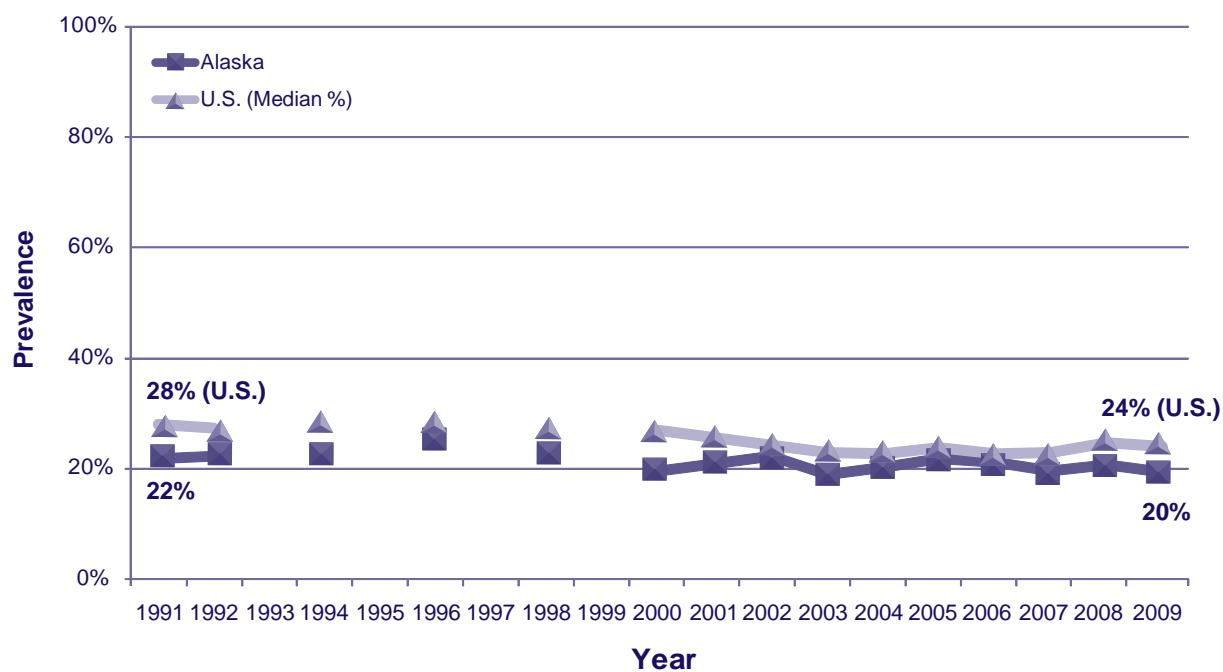
**Objective 1.1:** Reduce the proportion of adults who are physically inactive to 15%.

## 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



# 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:	No					Age-Adjusted Rate		
		Observed 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% )	
<b>Demographics</b>									
<b>Gender</b>									
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% )	
<b>Age Groups (Categories Used in Age-Adjustment)</b>									
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 )	
<b>Race and Ethnicity</b>									
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% )	

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						Age-Adjusted Rate	
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI
<b>Alaska Native</b>									
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% )
<b>Geographic Location</b>									
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% )
<b>Urban/Rural</b>									
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% )
<b>Education Level (persons aged 25 years and older)</b>									
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% )
<b>Employment Status</b>									
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							
		Observed Rate						Age-Adjusted Rate	
Population at Risk (See Appendix )	%	95% CI	Individuals	n	N	#	%	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% )	



# 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							
		Observed Rate					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	#	%	95% CI	
<b>Health Status</b>									
<b>General Health</b>									
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% )	
<b>Healthy Days (Mean Number of Days)</b>									
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 )	
<b>Healthy Days (Percentage with 14 or More Days)</b>									
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% )	
<b>Disability</b>									
<b>Disabled</b>									
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% )	
<b>Activity Limitation</b>									
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?							
Response:		No							
		Observed Rate						Age-Adjusted Rate	
Population at Risk (See Appendix)		%	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% )

# 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							
		Observed Rate						Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	#		%	95% CI
<b>Screening</b>									
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% )
<b>Diagnoses</b>									
<b>Arthritis</b>									
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% )
<b>Asthma</b>									
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	3		21%	( 15% - 29% )
<b>Cardiovascular and Cerebrovascular Disease</b>									
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									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	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% )

# 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)		%	95% CI	Individuals	n	N	#	%	95% CI
<b>Hypercholesterolemia</b>									
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% )
<b>Hypertension</b>									
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% )
<b>Nutrition</b>									
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% )
<b>Physical Activity</b>									
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						
		Observed Rate			Age-Adjusted Rate			
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	#	%	95% CI
<b>Sexual Violence/Intimate Partner Violence</b>								
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	3	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	3	28%	( 18% - 40% )
No	20.8%	( 18.3% - 23.5% )	88,438	453	2,054		20.9%	( 18.4% - 23.6% )
<b>Tobacco Use</b>								
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	3	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% )

## 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							
		Observed Rate				Age-Adjusted Rate			
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	#	%	95% CI	
<b>Weight Status</b>									
Weight Status									
Normal (BMI <25)	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

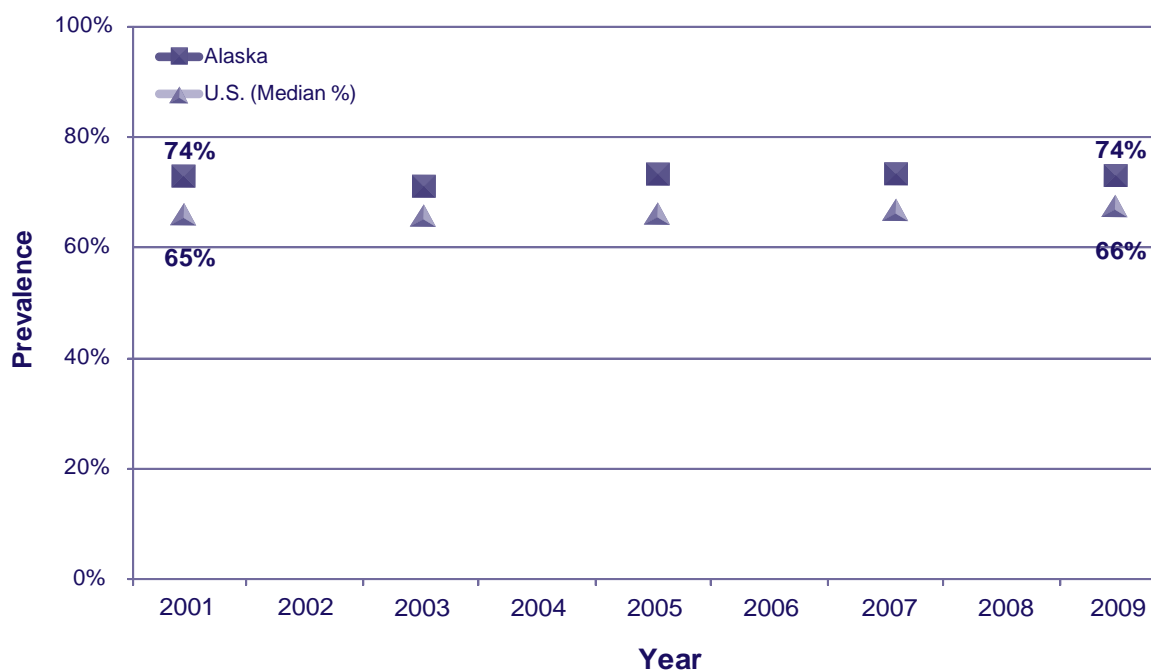
## How are different populations affected?

- ▶ 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

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:										Yes																			
										Observed Rate										Age-Adjusted Rate									
Population at Risk (See Appendix )										% 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% )									

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

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:		Yes					Age-Adjusted Rate				
Population at Risk (See Appendix)		%	Observed Rate		Individuals		n	N	#	%	95% CI
<b>Alaska Native</b>											
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% )
<b>Geographic Location</b>											
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% )
<b>Urban/Rural</b>											
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% )
<b>Education Level (persons aged 25 years and older)</b>											
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% )
<b>Employment Status</b>											
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

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:											Yes																					
											Observed Rate											Age-Adjusted Rate										
Population at Risk (See Appendix )											% 95% CI Individuals n N #											% 95% CI										
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% )										

# 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.									
Response:		Yes									
		Observed Rate						Age-Adjusted Rate			
Population at Risk (See Appendix )		%	95% CI		Individuals	n	N	#	%	95% CI	
Health Status											
General Health											
Excellent to Very Good		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% )

# 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.									
Response:		Yes									
		Observed Rate				Age-Adjusted Rate					
Population at Risk (See Appendix )		%	95% CI	Individuals	n	N	#	%	95% CI		
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% )		

# 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.									
		Response:			Yes						
		Observed Rate						Age-Adjusted Rate			
Population at Risk (See Appendix )		%	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

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:		Yes									
				Observed Rate			Age-Adjusted Rate						
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI				
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% )				



# 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.									
Response:		Yes					Age-Adjusted Rate				
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N #	%	95% CI			
<b>Hypercholesterolemia</b>											
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% )			
<b>Hypertension</b>											
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% )			
<b>Nutrition</b>											
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% )			
<b>Physical Activity</b>											
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 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.									
Response:										Yes									
										Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix )										%	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% )		

# 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.									
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)	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.?

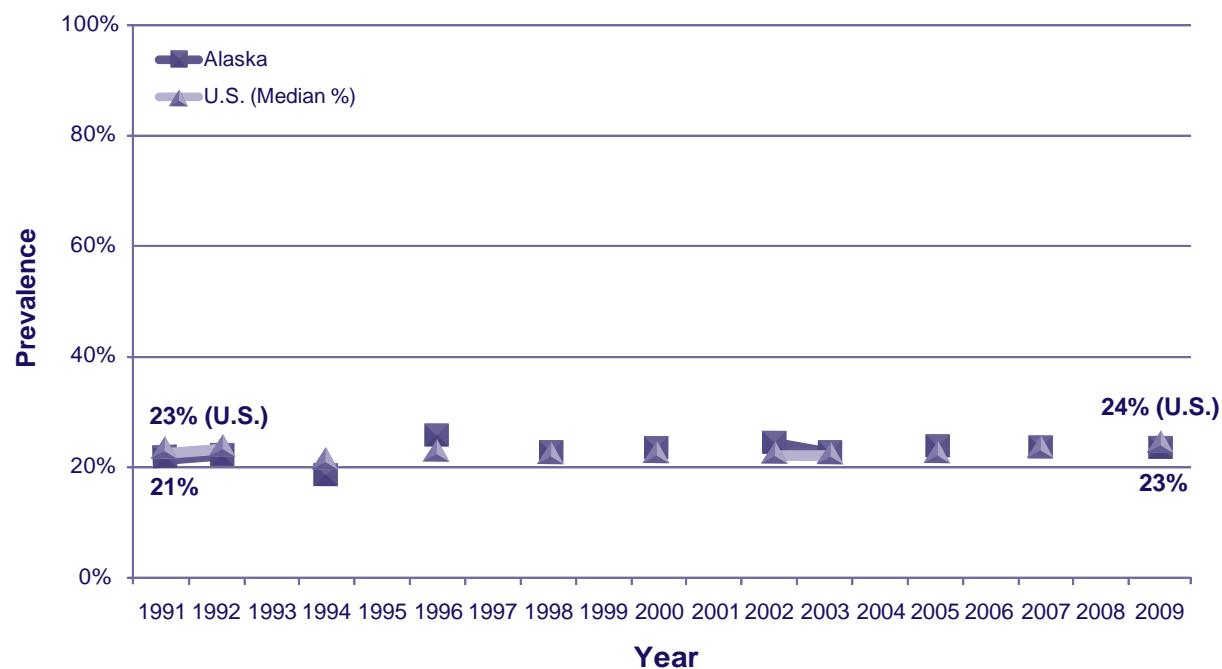
- ▶ In 2009, the prevalence of eating five or more fruits and vegetables per day was very close in Alaska vs. the U.S. as a whole.

## 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



# 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		
			Observed Rate							95% CI
	%		95% CI	Individuals	n	N	#	%		95% CI
<b>Total</b>	<b>23.4%</b>	(	20.7% - 26.3%)	114,697	542	2,333		<b>23.3%</b>	(	20.8% - 26.2%)
<b>Demographics</b>										
<b>Gender</b>										
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%)
<b>Age Groups (Categories Used in Age-Adjustment)</b>										
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	3	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)
<b>Race and Ethnicity</b>										
American Indian or Alaska Native	13%	(	9% - 17%)	9,373	58	434	3	13%	(	9% - 18%)
Asian or Pacific Islander	23%	(	11% - 40%)	3,559	12	61	3	26%	(	14% - 44%)
Asian	DSU	(	DSU - DSU)	DSU	DSU	49	3	DSU	(	DSU - DSU)
Native Hawaiian or Other Pacific Islander	DSU	(	DSU - DSU)	DSU	DSU	12	1	DSU	(	DSU - DSU)
Black or African American	DSU	(	DSU - DSU)	DSU	DSU	35	3	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	3	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	3	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%)

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								
Population at Risk (See Appendix )		%	95% CI		Individuals	n	N	#	%	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

Population at Risk (See Appendix)	Response:		Yes					Age-Adjusted Rate	
			Observed Rate						
	%	95% CI	Individuals	n	N	#	%	95% CI	
<b>Marital Status</b>									
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% )	
<b>Income Level</b>									
<\$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% )	
<b>Poverty Threshold</b>									
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% )	
<b>Below Poverty Guidelines</b>									
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% )	
<b>Veteran</b>									
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% )	



# 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)		%	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							
				Observed Rate				Age-Adjusted Rate			
Population at Risk (See Appendix)		%		95% CI	Individuals	n	N	#	%	95% CI	
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	3	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	3	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	3	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%

# 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									
		Observed Rate				Age-Adjusted Rate					
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI		
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:		Consumed five or more servings of fruits or vegetables per day											
		Response:		Yes									
				Observed Rate						Age-Adjusted Rate			
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% )		

# 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									
		Observed Rate						Age-Adjusted Rate			
Population at Risk (See Appendix)		%	95% CI		Individuals	n	N	#	%	95% CI	
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	15%	(	11% - 19%
Inactive		8%	(	5% - 13%	)	3,208	26	233	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	12.7%	(	9.4% - 17.0%

# 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								
		Observed Rate					Age-Adjusted Rate			
Population at Risk (See Appendix)		%	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% )	

# 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									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix )	%	95% CI		Individuals	n	N	#	%	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%.

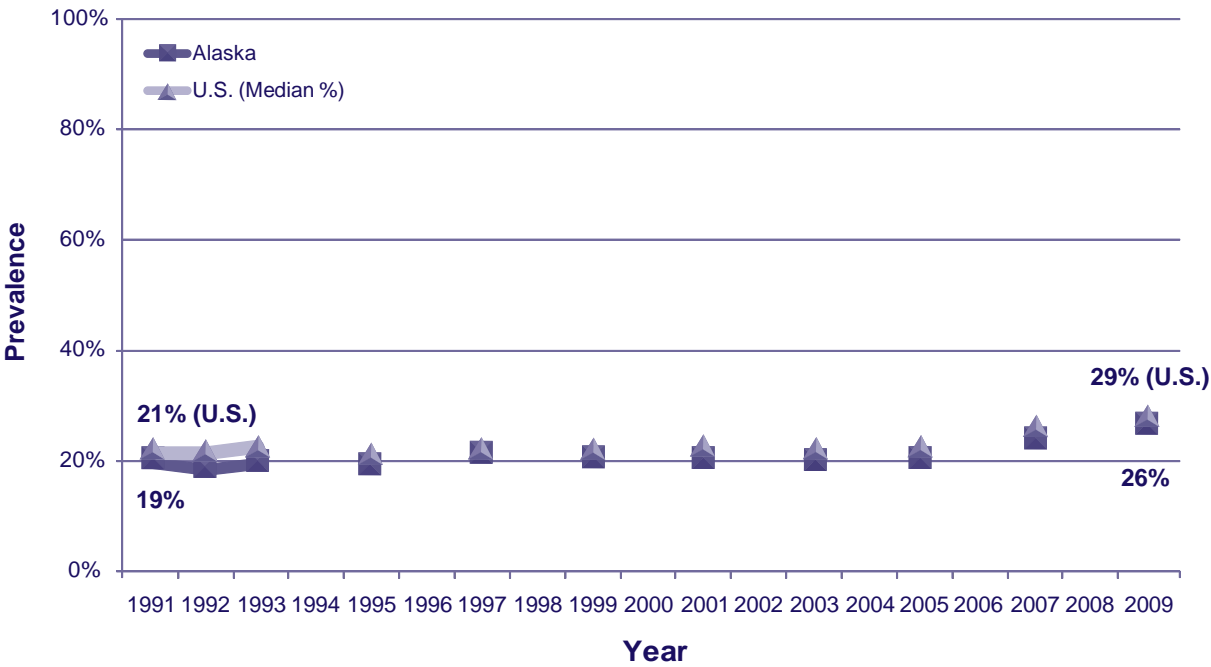
## How are different populations affected?

- 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

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							
			Observed Rate					Age-Adjusted Rate		
Population at Risk (See Appendix)			%	95% CI	Individuals	n	N	#	%	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% )

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							
		Observed Rate					Age-Adjusted Rate		
Population at Risk (See Appendix )		%	95% CI	Individuals	n	N	#	%	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							
		Observed Rate						Age-Adjusted Rate	
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI
<b>Marital Status</b>									
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% )
<b>Income Level</b>									
<\$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% )
<b>Poverty Threshold</b>									
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% )
<b>Below Poverty Guidelines</b>									
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% )
<b>Veteran</b>									
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% )

# 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
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							
		Observed Rate						Age-Adjusted Rate	
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	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% )

# 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)		%	95% CI	Individuals	n	N	#	%	95% CI
<b>Screening</b>									
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% )
<b>Diagnoses</b>									
<b>Arthritis</b>									
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% )
<b>Asthma</b>									
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% )
<b>Cardiovascular and Cerebrovascular Disease</b>									
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							
		Observed Rate					Age-Adjusted Rate		
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	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% )



# 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)		%	95% CI	Individuals	n	N	#	%	95% CI
<b>Hypercholesterolemia</b>									
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% )
<b>Hypertension</b>									
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% )
<b>Nutrition</b>									
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% )
<b>Physical Activity</b>									
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						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	#	%	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% )

# 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							
		<i>Observed Rate</i>					<i>Age-Adjusted Rate</i>		
Population at Risk ( <i>See Appendix</i> )	%	95% CI	Individuals	n	N	#	%	95% CI	
<b>Weight Status</b>									
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

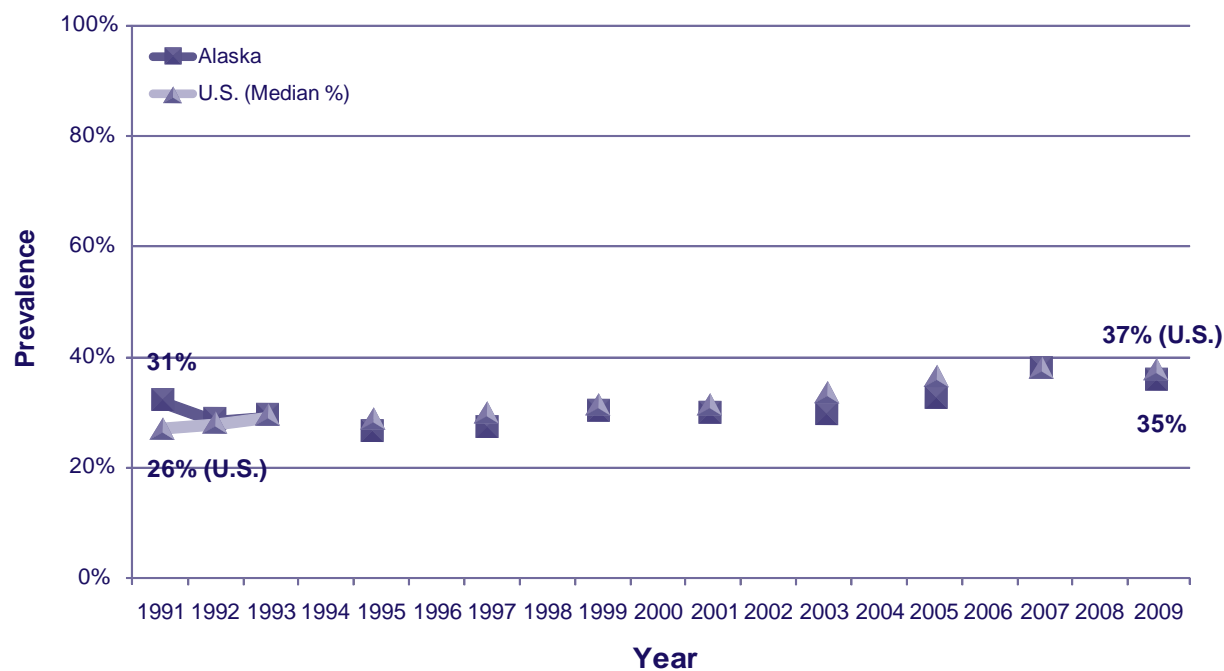
**Objective 21.9:** Reduce the proportion of adults aged 18 and older with high total blood cholesterol levels (240 mg/dl or greater) to 17%.

## 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										
		Observed Rate					Age-Adjusted Rate					
Population at Risk (See Appendix)		%	95% CI		Individuals	n	N	#	%	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	3	NA	(	NA - NA )
Persons aged 25 to 34 years		14%	(	9% -	23% )	8,402	25	171	3	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	1	DSU	(	DSU - DSU )
Asian		DSU	(	DSU -	DSU )	DSU	DSU	35	1	DSU	(	DSU - DSU )
Native Hawaiian or Other Pacific Islander		DSU	(	DSU -	DSU )	DSU	DSU	11	3	DSU	(	DSU - DSU )
Black or African American		DSU	(	DSU -	DSU )	DSU	DSU	26	3	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	1	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	3	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% )

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)		%	95% CI	Individuals	n	N #	%	95% CI			
<b>Alaska Native</b>											
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% )			
<b>Geographic Location</b>											
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% )			
<b>Urban/Rural</b>											
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% )			
<b>Education Level (persons aged 25 years and older)</b>											
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% )			
<b>Employment Status</b>											
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									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	#	%	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% )			



# 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
<b>Health Status</b>									
<b>General Health</b>									
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% )
<b>Healthy Days (Mean Number of Days)</b>									
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 )
<b>Healthy Days (Percentage with 14 or More Days)</b>									
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% )
<b>Disability</b>									
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							
		%	95% CI	Individuals	n	N	#	%	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% )
<b>Mental Health</b>									
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% )
<b>Healthcare</b>									
<b>Healthcare Coverage</b>									
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% )
<b>Immunization</b>									
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% )

# 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									
		Observed Rate						Age-Adjusted Rate			
Population at Risk (See Appendix)		%	95% CI		Individuals	n	N	#	%	95% CI	
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)

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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%.							
Screening Question:		Have you EVER been told by a doctor, nurse, or other health professional that your blood cholesterol is high?							
Response:		Yes							
		Observed Rate						Age-Adjusted Rate	
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	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	1	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% )

# High Cholesterol – Cholesterol Awareness (continued)

Ever told blood cholesterol high, Adults (18 years of age and older), Alaska BRFSS, 2009:  
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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%.							
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
<b>Hypercholesterolemia</b>									
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% )
<b>Hypertension</b>									
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% )
<b>Nutrition</b>									
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% )
<b>Physical Activity</b>									
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)

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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%.							
Screening Question:		Have you EVER been told by a doctor, nurse, or other health professional that your blood cholesterol is high?							
Response:		Yes							
		Observed Rate						Age-Adjusted Rate	
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	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	3	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% )

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

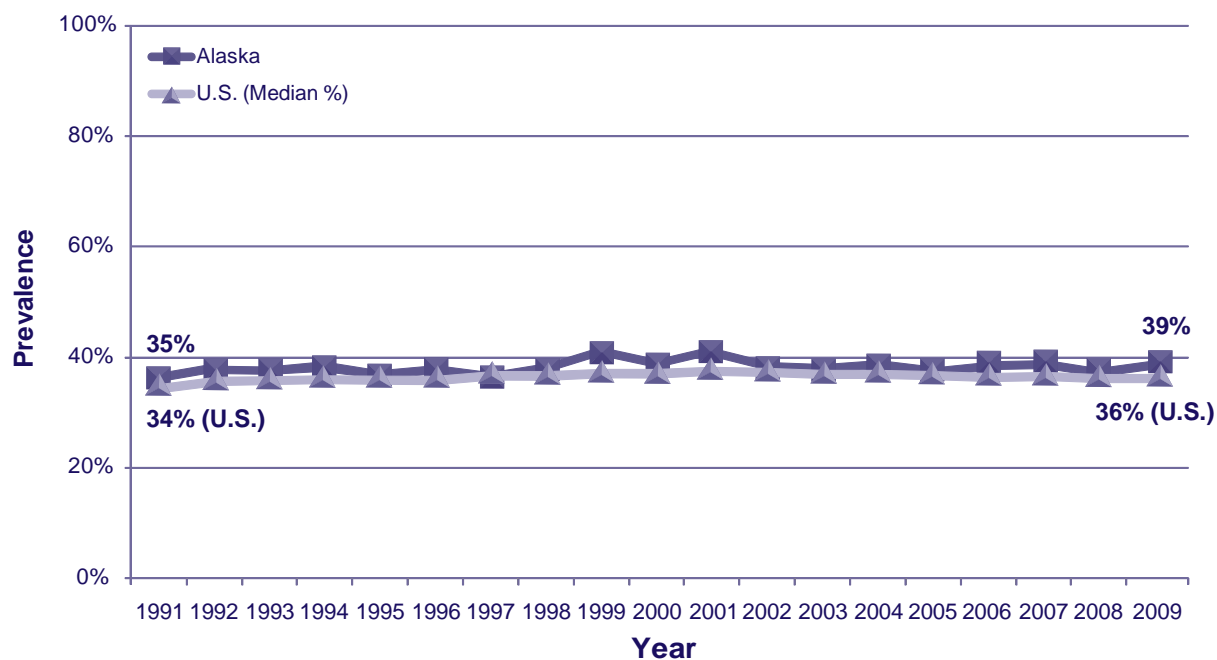
## How are different populations affected?

- 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]<sup>2</sup>)

# 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 <sup>2</sup>							
Population at Risk (See Appendix )	Observed Rate		Age-Adjusted Rate						
	%	95% CI	Individuals	n	N	#	%	95% CI	
<b>Total</b>	<b>38.9%</b>	( 36.7% - 41.1% )	190,463	1,734	4,558		<b>38.9%</b>	( 36.8% - 41.1% )	
<b>Demographics</b>									
<b>Gender</b>									
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% )	
<b>Age Groups (Categories Used in Age-Adjustment)</b>									
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 )	
<b>Race and Ethnicity</b>									
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% )	

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]<sup>2</sup>)

# 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 <sup>2</sup>							
			Observed Rate					Age-Adjusted Rate		
Population at Risk (See Appendix )			%	95% CI	Individuals	n	N	#	%	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]<sup>2</sup>)

# 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 <sup>2</sup>							
		Observed Rate				Age-Adjusted Rate			
Population at Risk (See Appendix )		%	95% CI	Individuals	n	N	#	%	95% CI
<b>Marital Status</b>									
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% )
<b>Income Level</b>									
<\$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% )
<b>Poverty Threshold</b>									
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% )
<b>Below Poverty Guidelines</b>									
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% )
<b>Veteran</b>									
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]<sup>2</sup>)

# 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 <sup>2</sup>							
		Observed Rate				Age-Adjusted Rate			
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI
<b>Health Status</b>									
<b>General Health</b>									
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% )
<b>Healthy Days (Mean Number of Days)</b>									
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 )
<b>Healthy Days (Percentage with 14 or More Days)</b>									
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% )
<b>Disability</b>									
<b>Disabled</b>									
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% )
<b>Activity Limitation</b>									
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]<sup>2</sup>)

# 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 <sup>2</sup>							
		Observed Rate						Age-Adjusted Rate	
Population at Risk (See Appendix )		%	95% CI	Individuals	n	N	#	%	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]<sup>2</sup>)

# 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 <sup>2</sup>							
		Observed Rate						Age-Adjusted Rate	
Population at Risk (See Appendix)		%	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]<sup>2</sup>)

# 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 <sup>2</sup>							
		Observed Rate					Age-Adjusted Rate		
Population at Risk (See Appendix )		%	95% CI	Individuals	n	N	#	%	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]<sup>2</sup>)



# 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 <sup>2</sup>							
		Observed Rate						Age-Adjusted Rate	
Population at Risk (See Appendix )		%	95% CI	Individuals	n	N	#	%	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]<sup>2</sup>)

# 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 <sup>2</sup>									
		Observed Rate						Age-Adjusted Rate			
Population at Risk (See Appendix )		%	95% CI	Individuals	n	N	#	%	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]<sup>2</sup>)

Overweight (25.0 - 29.9 BMI)\* (continued)

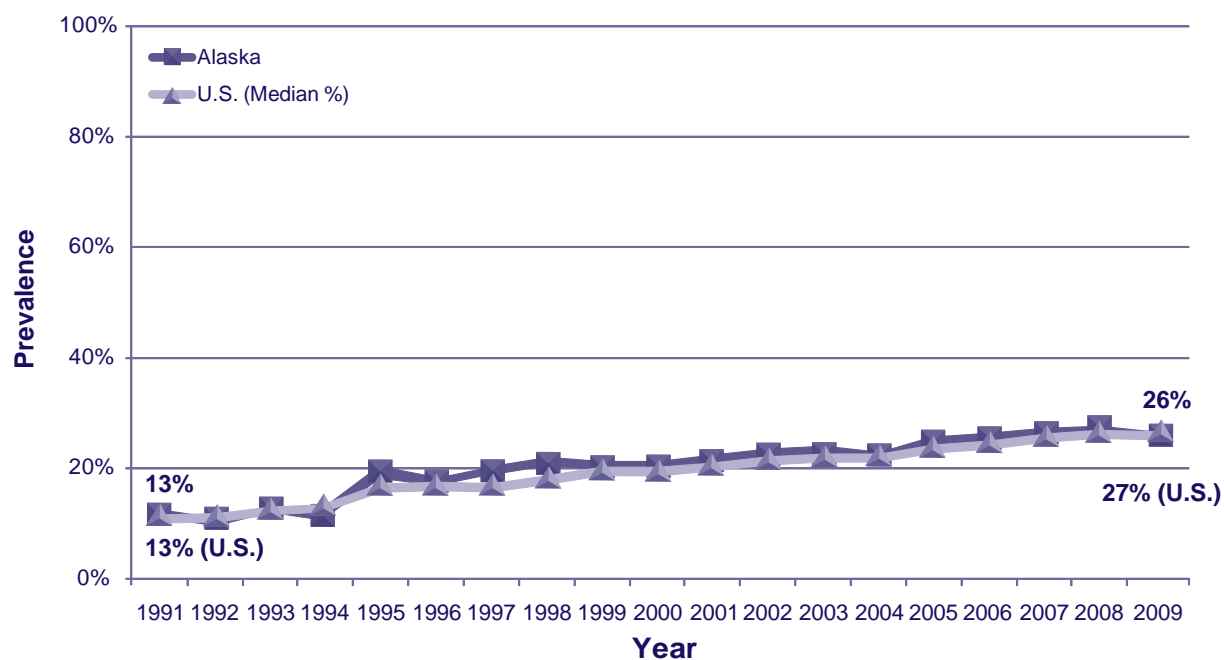
Overweight, Adults (18 years of age and older), Alaska BRFSS, 2009:  
Standard (2009) and Supplemental (2009) Survey Instruments

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 <sup>2</sup>					
Population at Risk (See Appendix)	Observed Rate			Age-Adjusted Rate					
	%	95% CI	Individuals	n	N	#	%	95% CI	
Weight Status									
Weight Status									
Normal (BMI <25)	0.0%	( 0.0% - 0.0% )	0	0	1,493		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]<sup>2</sup>)

# Obesity (30.0+ BMI)\*

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



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

# 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/m <sup>2</sup>						
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% )
<b>Demographics</b>								
<b>Gender</b>								
	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% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>								
	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 )
<b>Race and Ethnicity</b>								
	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]<sup>2</sup>)

# 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 <sup>2</sup>					Age-Adjusted Rate	
Population at Risk (See Appendix)		%	Observed Rate 95% CI	Individuals	n	N	#	% 95% CI
<b>Alaska Native</b>								
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% )
<b>Geographic Location</b>								
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% )
<b>Urban/Rural</b>								
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% )
<b>Education Level (persons aged 25 years and older)</b>								
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% )
<b>Employment Status</b>								
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]<sup>2</sup>)

# 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 <sup>2</sup>							
		Observed Rate						Age-Adjusted Rate	
Population at Risk (See Appendix )	%	95% CI	Individuals	n	N	#	%	95% CI	
<b>Marital Status</b>									
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% )	
<b>Income Level</b>									
<\$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% )	
<b>Poverty Threshold</b>									
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% )	
<b>Below Poverty Guidelines</b>									
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% )	
<b>Veteran</b>									
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]<sup>2</sup>)

# 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 <sup>2</sup>						Age-Adjusted Rate	
Population at Risk (See Appendix)		%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
<b>Health Status</b>									
<b>General Health</b>									
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% )		
<b>Healthy Days (Mean Number of Days)</b>									
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 )		
<b>Healthy Days (Percentage with 14 or More Days)</b>									
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% )		
<b>Disability</b>									
<b>Disabled</b>									
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% )		
<b>Activity Limitation</b>									
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]<sup>2</sup>)



# 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 <sup>2</sup>					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]<sup>2</sup>)

# 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 <sup>2</sup>						Age-Adjusted Rate	
Population at Risk (See Appendix)		%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI
<b>Screening</b>									
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% )
<b>Diagnoses</b>									
<b>Arthritis</b>									
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% )
<b>Asthma</b>									
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% )
<b>Cardiovascular and Cerebrovascular Disease</b>									
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]<sup>2</sup>)

# 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 <sup>2</sup>					Age-Adjusted Rate	
Population at Risk (See Appendix)		%	Observed Rate 95% CI	Individuals	n	N #	%	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]<sup>2</sup>)

# 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 <sup>2</sup>							
Population at Risk (See Appendix )		Observed Rate						Age-Adjusted Rate	
		%	95% CI	Individuals				n	N
<b>Hypercholesterolemia</b>									
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% )
<b>Hypertension</b>									
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% )
<b>Nutrition</b>									
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% )
<b>Physical Activity</b>									
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]<sup>2</sup>)

# 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 <sup>2</sup>								
Population at Risk (See Appendix )	%	Observed Rate		n	N	#	Age-Adjusted Rate			
		95% CI	Individuals				%	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]<sup>2</sup>)

# 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 <sup>2</sup>							
		Observed Rate					Age-Adjusted Rate		
Population at Risk (See Appendix )	%	95% CI	Individuals	n	N	#	%	95% CI	
Weight Status									
Weight Status									
Normal (BMI <25)	0.0%	( 0.0% - 0.0% )	0	0	1,493		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% )	

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

# 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

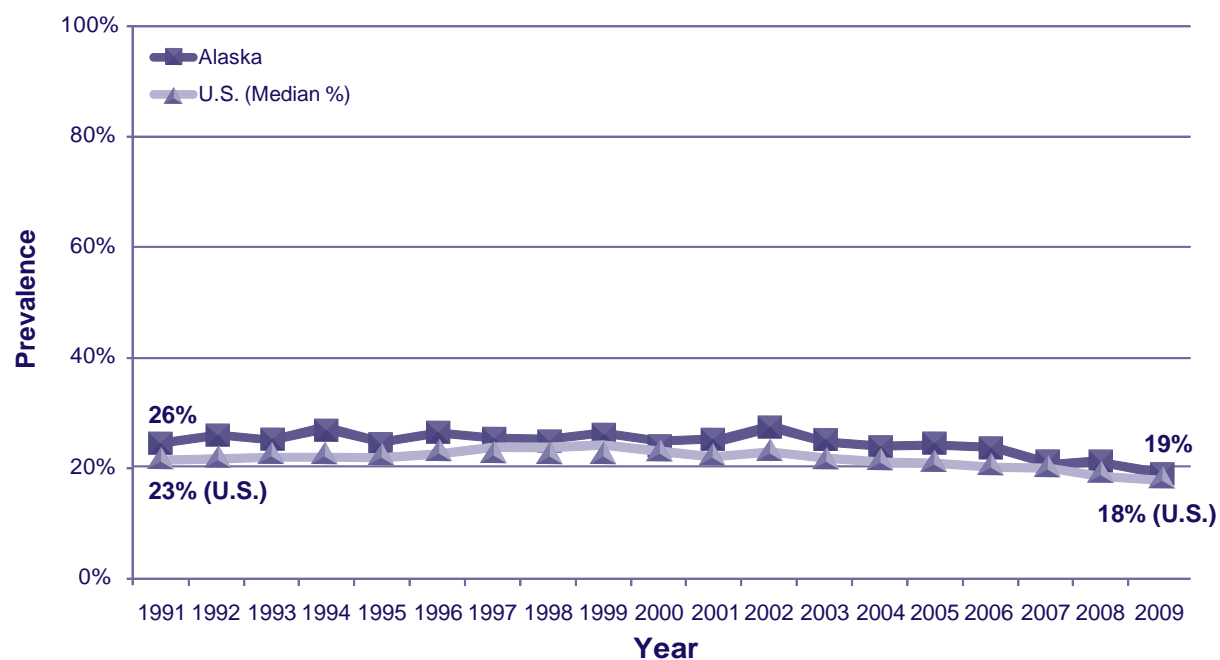
**Objective 27.1a:** Reduce tobacco use by adults to 12%.

## 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





# 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% )
<b>Demographics</b>									
<b>Gender</b>									
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% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>									
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 )
<b>Race and Ethnicity</b>									
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 (See Appendix)	Response:	Yes with Every day or Some days							
		%	95% CI	Individuals	n	N	#	%	95% CI
<b>Alaska Native</b>									
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% )
<b>Geographic Location</b>									
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% )
<b>Urban/Rural</b>									
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% )
<b>Education Level (persons aged 25 years and older)</b>									
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	3	7.3%	( 5.7% - 9.3% )
<b>Employment Status</b>									
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% )

# 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	
<b>Marital Status</b>									
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	3	44%	( 30% - 58% )	
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% )	
<b>Income Level</b>									
<\$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% )	
<b>Poverty Threshold</b>									
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% )	
<b>Below Poverty Guidelines</b>									
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% )	
<b>Veteran</b>									
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% )	

# 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?							
Response:		Yes with Every day or Some days							
Population at Risk (See Appendix )	%	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% )	

# 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% )

# 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
<b>Screening</b>									
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% )
<b>Diagnoses</b>									
<b>Arthritis</b>									
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% )
<b>Asthma</b>									
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% )
<b>Cardiovascular and Cerebrovascular Disease</b>									
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% )

# 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?							
Response:		Yes with Every day or Some days							
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI
<b>Hypercholesterolemia</b>									
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% )
<b>Hypertension</b>									
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% )
<b>Nutrition</b>									
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% )
<b>Physical Activity</b>									
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% )



# 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
<b>Sexual Violence/Intimate Partner Violence</b>									
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% )
<b>Tobacco Use</b>									
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	
<b>Weight Status</b>									
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

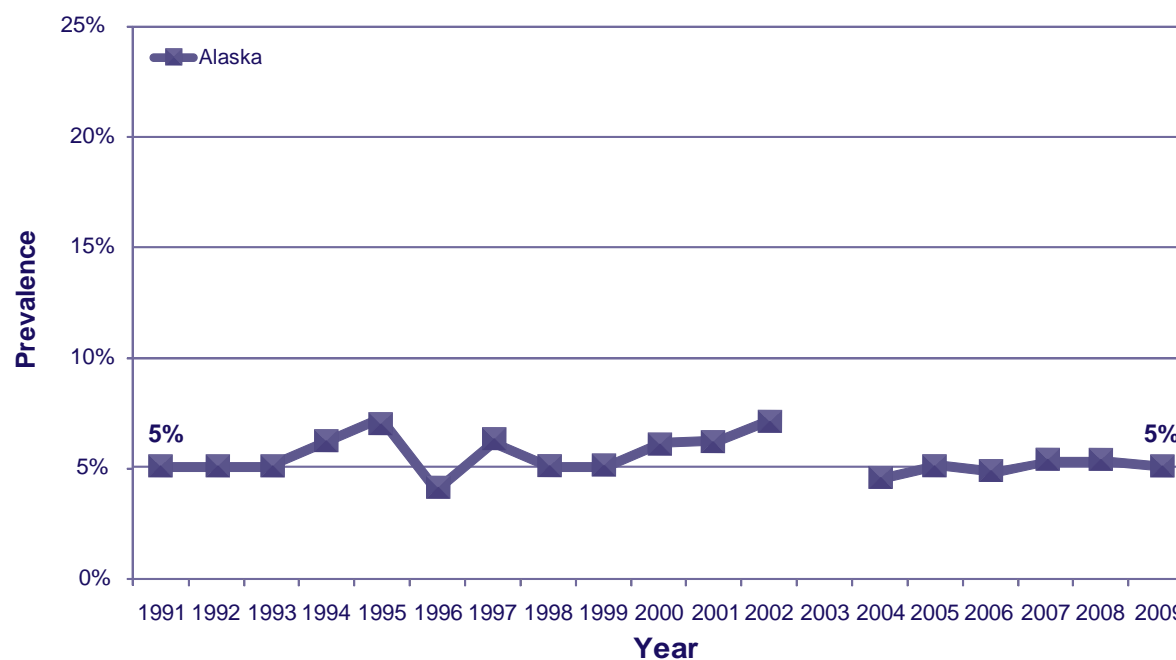
**Objective 3.9:** Reduce the percentage of adult use of smokeless tobacco to 3%.

## 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



# 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?									
		Response:					Yes to both				
Population at Risk (See Appendix)		%	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%
<b>Demographics</b>											
<b>Gender</b>											
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%
<b>Age Groups (Categories Used in Age-Adjustment)</b>											
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
<b>Race and Ethnicity</b>											
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, lq'mik, or Blackbull? And Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, lq'mik, or Blackbull?									
Response:		Yes to both									
Population at Risk (See Appendix )		%	95% CI	Individuals	n	N	#	%	95% CI		
<b>Alaska Native</b>											
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% )		
<b>Geographic Location</b>											
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% )		
<b>Urban/Rural</b>											
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% )		
<b>Education Level (persons aged 25 years and older)</b>											
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% )		
<b>Employment Status</b>											
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% )		

# 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, lq'mik, or Blackbull? And Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, lq'mik, or Blackbull?									
Response:		Yes to both									
Population at Risk (See Appendix )	%	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?									
Response:		Yes to both									
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI		
<b>Health Status</b>											
<b>General Health</b>											
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% )		
<b>Healthy Days (Mean Number of Days)</b>											
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 )		
<b>Healthy Days (Percentage with 14 or More Days)</b>											
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% )		
<b>Disability</b>											
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% )		



# 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, lq'mik, or Blackbull? And Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, lq'mik, or Blackbull?									
Response:		Yes to both									
Population at Risk (See Appendix)		%	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% )		
<b>Mental Health</b>											
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% )		
<b>Healthcare</b>											
<b>Healthcare Coverage</b>											
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% )		
<b>Immunization</b>											
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?									
Response:		Yes to both									
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI		
<b>Screening</b>											
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% )		
<b>Diagnoses</b>											
<b>Arthritis</b>											
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% )		
<b>Asthma</b>											
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% )		
<b>Cardiovascular and Cerebrovascular Disease</b>											
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% )		

# 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, lq'mik, or Blackbull? And Do you currently use any smokeless tobacco products such as chewing tobacco, snuff, lq'mik, or Blackbull?									
		Response:					Yes to both				
Population at Risk (See Appendix)		%	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%

# 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?									
Response:		Yes to both									
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	#	%	95% CI			
<b>Hypercholesterolemia</b>											
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% )			
<b>Hypertension</b>											
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% )			
<b>Nutrition</b>											
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% )			
<b>Physical Activity</b>											
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% )			

# 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?							
Response:				Yes to both							
Population at Risk (See Appendix )	%	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?				
Response:				Yes to both				
Population at Risk (See Appendix)	%	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% )

# 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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<< Previous: Quality of Life

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

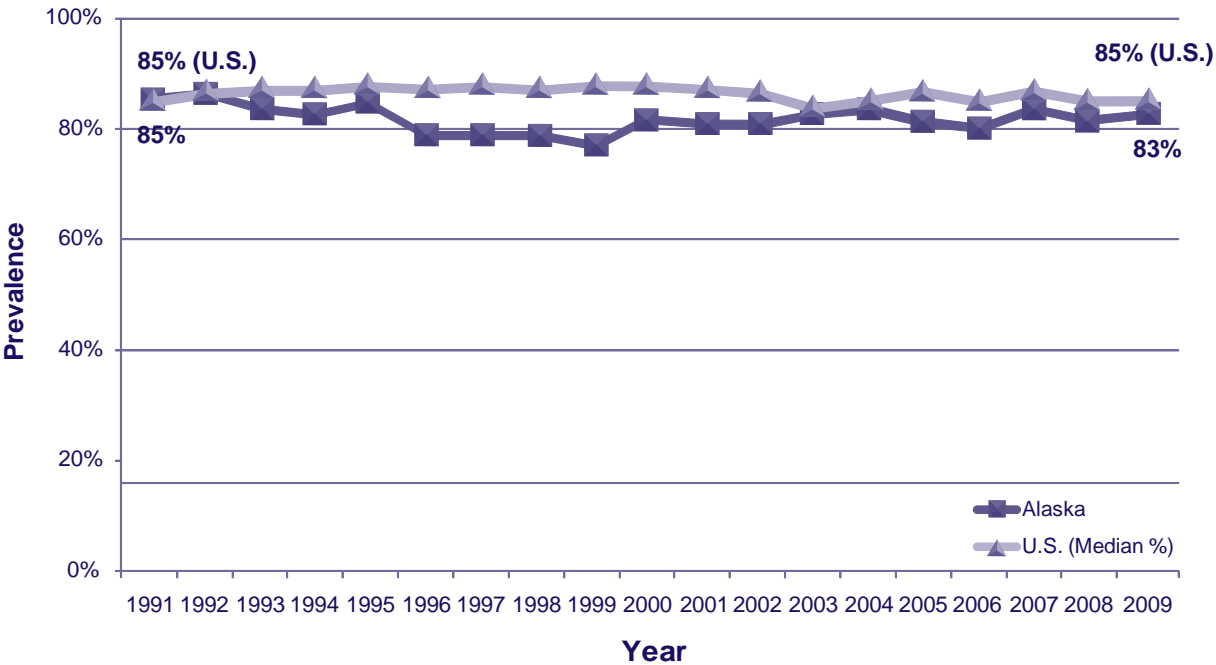
**Objective 15.1:** Decrease the percent of Alaskans without health insurance coverage throughout the year to 5%.

## 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



# 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?							
Response:		Yes							
Population at Risk (See Appendix )		Observed Rate						Age-Adjusted Rate	
	%	95% CI	Individuals	n	N	#	%	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?									
Response:		Yes									
		Observed Rate						Age-Adjusted Rate			
Population at Risk (See Appendix )		%	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?							
Response:		Yes							
		Observed Rate				Age-Adjusted Rate			
Population at Risk (See Appendix )	%	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% )	

# 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						
		Observed Rate			Age-Adjusted Rate			
Population at Risk (See Appendix )	%	95% CI	Individuals	n	N	#	%	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							
		Observed Rate						Age-Adjusted Rate	
Population at Risk (See Appendix )		%	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% )



# 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							
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	#	%	95% CI	
<b>Immunization</b>									
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% )	
<b>Screening</b>									
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% )	
<b>Diagnoses</b>									
<b>Arthritis</b>									
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% )	
<b>Asthma</b>									
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 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										
		Observed Rate						Age-Adjusted Rate				
Population at Risk ( <i>See Appendix</i> )		%	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	3	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	3	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						
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% )
<b>Risk Factors</b>								
<b>Alcohol</b>								
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% )
<b>Hypercholesterolemia</b>								
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% )
<b>Hypertension</b>								
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?						
Response:		Yes						
		Observed Rate					Age-Adjusted Rate	
Population at Risk (See Appendix )	%	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% )

# 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
		%	95% CI	Individuals	n	N	#	
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% )
<b>Tobacco Use</b>								
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% )
<b>Weight Status</b>								
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 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							
		Observed Rate						Age-Adjusted Rate	
Population at Risk (See Appendix )		%	95% CI	Individuals	n	N	#	%	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							
		Observed Rate						Age-Adjusted Rate	
Population at Risk (See Appendix )		%	95% CI	Individuals	n	N	#	%	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?							
Response:		Yes							
		Observed Rate						Age-Adjusted Rate	
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	#	%	95% CI	
<b>Employment Status</b>									
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% )	
<b>Marital Status</b>									
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% )	
<b>Income Level</b>									
<\$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% )	
<b>Poverty Threshold</b>									
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% )	



# 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								
		Observed Rate						Age-Adjusted Rate		
Population at Risk (See Appendix )		%	95% CI	Individuals	n	N	#	%	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?							
Response:		Yes							
		Observed Rate					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	#	%	95% CI	
<b>Disability</b>									
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% )	
<b>Mental Health</b>									
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% )	
<b>Healthcare</b>									
<b>Healthcare Coverage</b>									
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	
		Observed Rate						
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	#	%	95% CI
<b>Immunization</b>								
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% )
<b>Screening</b>								
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% )
<b>Diagnoses</b>								
<b>Arthritis</b>								
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% )
<b>Asthma</b>								
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:	Yes						Age-Adjusted Rate	
		Observed 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% )

# 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							
		Observed Rate					Age-Adjusted Rate		
Population at Risk (See Appendix )		%	95% CI	Individuals	n	N	#	%	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?							
Response:		Yes							
		Observed Rate						Age-Adjusted Rate	
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI
<b>Nutrition</b>									
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% )
<b>Physical Activity</b>									
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% )
<b>Sexual Violence/Intimate Partner Violence</b>									
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.

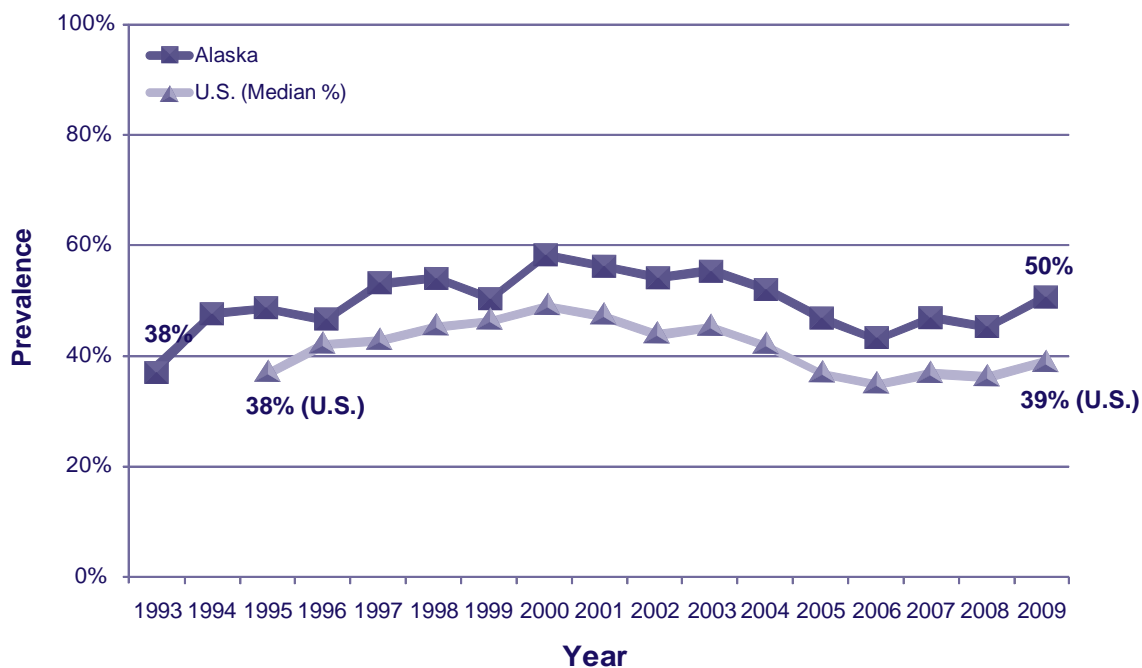
## How are different populations affected?

- 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



# HIV/AIDS Test

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.										
	Response:				Yes						
Population at Risk (See Appendix )	%	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	36%	(	21% - 55%	)
Asian	DSU	(	DSU - DSU	)	DSU	DSU	40	DSU	(	DSU - DSU	)
Native Hawaiian or Other Pacific Islander	DSU	(	DSU - DSU	)	DSU	DSU	10	DSU	(	DSU - DSU	)
Black or African American	DSU	(	DSU - DSU	)	DSU	DSU	34	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	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%	)

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

Screening Question:		Have you ever been tested for HIV? Do not include tests you may have had as part of a blood donation. Include testing fluid from your mouth.									
		Response:			Yes						
Population at Risk (See Appendix )		%	95% CI		Individuals	n	N	#	%	95% CI	
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		
<b>Marital Status</b>											
Married or Unwed Couple		<b>52.2%</b>	( 47.9% - 56.3% )	126,231	486	1,037		<b>54.9%</b>	( 50.1% - 59.7% )		
Divorced/Separated		<b>32%</b>	( 18% - 49% )	1,958	22	62		<b>56%</b>	( 41% - 70% )		
Widowed		<b>60%</b>	( 52% - 68% )	28,572	192	326		<b>67%</b>	( 55% - 78% )		
Never Married		<b>41%</b>	( 31% - 51% )	36,978	131	295		<b>49%</b>	( 41% - 57% )		
<b>Income Level</b>											
<\$15,000		<b>49%</b>	( 35% - 63% )	12,105	71	144		<b>56%</b>	( 44% - 68% )		
\$15,000 - \$24,999		<b>51%</b>	( 35% - 67% )	16,752	88	164		<b>53%</b>	( 42% - 63% )		
\$25,000 - \$49,999		<b>51%</b>	( 43% - 59% )	41,794	181	358		<b>51%</b>	( 43% - 59% )		
\$50,000 - \$74,999		<b>53%</b>	( 45% - 60% )	34,564	163	316		<b>55%</b>	( 47% - 62% )		
\$75,000		<b>50.1%</b>	( 44.6% - 55.5% )	77,447	312	660		<b>47.8%</b>	( 42.2% - 53.5% )		
<b>Poverty Threshold</b>											
Poor (<100% Poverty Threshold)		<b>43%</b>	( 28% - 60% )	13,675	68	139		<b>50%</b>	( 41% - 59% )		
Near Poor (100% to 199% Poverty Threshold)		<b>57%</b>	( 47% - 68% )	28,437	119	217		<b>56%</b>	( 46% - 66% )		
Middle/High Income (>=200% Poverty Threshold)		<b>50.5%</b>	( 46.6% - 54.5% )	140,289	628	1,286		<b>51.7%</b>	( 47.4% - 56.0% )		
<b>Below Poverty Guidelines</b>											
Yes		<b>48%</b>	( 34% - 62% )	19,752	98	185		<b>53%</b>	( 45% - 61% )		
No		<b>51.2%</b>	( 47.4% - 55.0% )	162,897	717	1,457		<b>51.8%</b>	( 47.7% - 55.8% )		
<b>Veteran</b>											
Yes		<b>63%</b>	( 56% - 70% )	41,965	158	280		<b>68%</b>	( 60% - 75% )		
No		<b>48.0%</b>	( 44.0% - 51.9% )	167,002	745	1,559		<b>49.0%</b>	( 45.3% - 52.7% )		

# 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	
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	2	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

Screening Question:		Have you ever been tested for HIV? Do not include tests you may have had as part of a blood donation. Include testing fluid from your mouth.									
		Response:			Yes						
Population at Risk (See Appendix )		%	95% CI		Individuals	n	N	#	%	95% CI	
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% )

# 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.											
		Response:				Yes							
Population at Risk (See Appendix )		%	95% CI		Individuals	n	N	#	%	95% CI			
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.										
		Response:			Yes							
Population at Risk (See Appendix )		%	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% )	



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

# 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.										
		Response:			Yes							
Population at Risk (See Appendix )		%	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

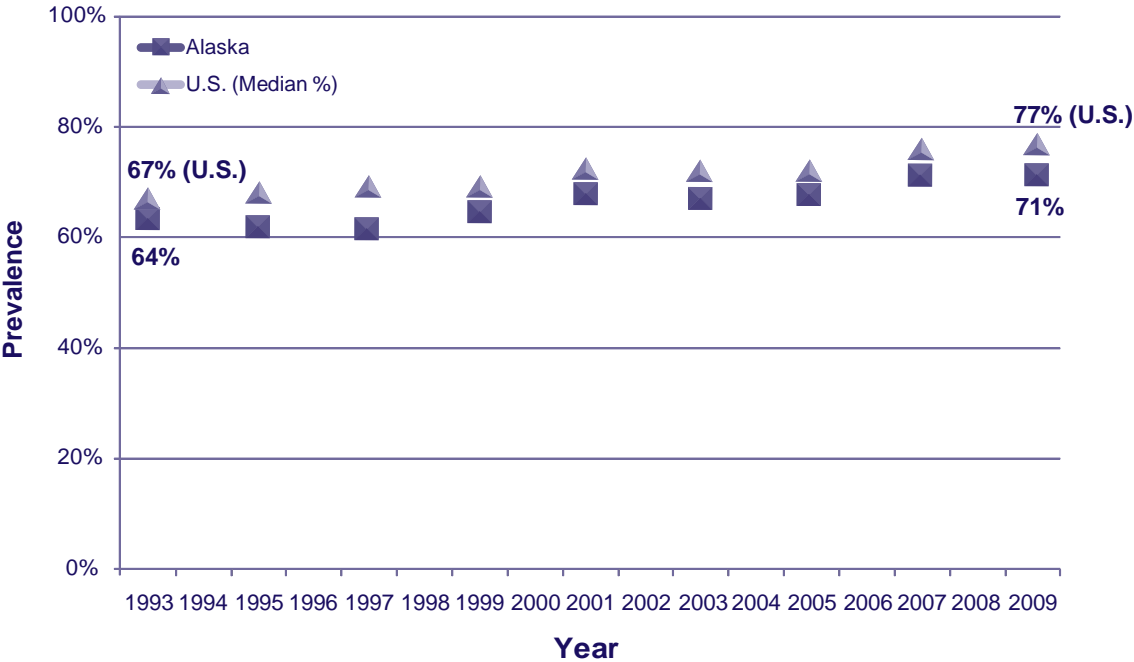
**Objective 21.10:** Increase the proportion of adults who have had their blood cholesterol checked within the preceding five years to 75%.

## 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	
<b>Total</b>	<b>71.3%</b>	(	68.0% -	74.3% )	342,904	1,752	2,309	<b>71.6%</b>	( 68.8% - 74.2% )
<b>Demographics</b>									
<b>Gender</b>									
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% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>									
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 )
<b>Race and Ethnicity</b>									
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									

# 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							
		Observed Rate					Age-Adjusted Rate		
Population at Risk (See Appendix)	%	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% )	



# 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							
		Observed Rate				Age-Adjusted Rate			
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI
<b>Health Status</b>									
<b>General Health</b>									
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% )
<b>Healthy Days (Mean Number of Days)</b>									
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 )
<b>Healthy Days (Percentage with 14 or More Days)</b>									
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% )
<b>Disability</b>									
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							
		Observed Rate				Age-Adjusted Rate			
Population at Risk (See Appendix)	%	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% )	
<b>Mental Health</b>									
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% )	
<b>Healthcare</b>									
<b>Healthcare Coverage</b>									
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% )	
<b>Immunization</b>									
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% )	

# 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							
		Observed Rate				Age-Adjusted Rate			
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI
<b>Screening</b>									
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% )
<b>Diagnoses</b>									
<b>Arthritis</b>									
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% )
<b>Asthma</b>									
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% )
<b>Cardiovascular and Cerebrovascular Disease</b>									
Cardiovascular Disease									
Yes		98%	( 93% - 99% )	22,282	133	138	3	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	3	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 3	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 3	82%	( 60% - 93% )	
No		70.9%	( 67.5% - 74.0% )	334,005	1,686	2,235	71.1%	( 68.0% - 74.0% )	
<b>Diabetes</b>									
Nongestational Diabetes									
Yes		98%	( 95% - 99% )	28,416	161	167 3	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% )	
<b>Risk Factors</b>									
<b>Alcohol</b>									
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% )	

# 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
<b>Hypercholesterolemia</b>								
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% )
<b>Hypertension</b>								
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% )
<b>Nutrition</b>								
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% )
<b>Physical Activity</b>								
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% )	

# 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							
		Observed Rate					Age-Adjusted Rate		
Population at Risk (See Appendix)		%	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?											
		Response:		Yes									
				Observed Rate						Age-Adjusted Rate			
Population at Risk (See Appendix )		%		95% CI	Individuals	n	N	#	%		95% CI		
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:		Have you had a test for high blood sugar or diabetes with the past three years?									
		Response:		Yes							
				Observed Rate				Age-Adjusted Rate			
Population at Risk (See Appendix )		%		95% CI	Individuals	n	N	#	%		95% CI
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										
		Observed Rate					Age-Adjusted Rate					
Population at Risk (See Appendix )		%	95% CI		Individuals	n	N	#	%	95% CI		
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:		Yes							
		Observed Rate						Age-Adjusted Rate	
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI
Health Status									
General Health									
Excellent to Very Good		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% )

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



# 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							
		Observed Rate						Age-Adjusted Rate	
Population at Risk (See Appendix )	%	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:		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)	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

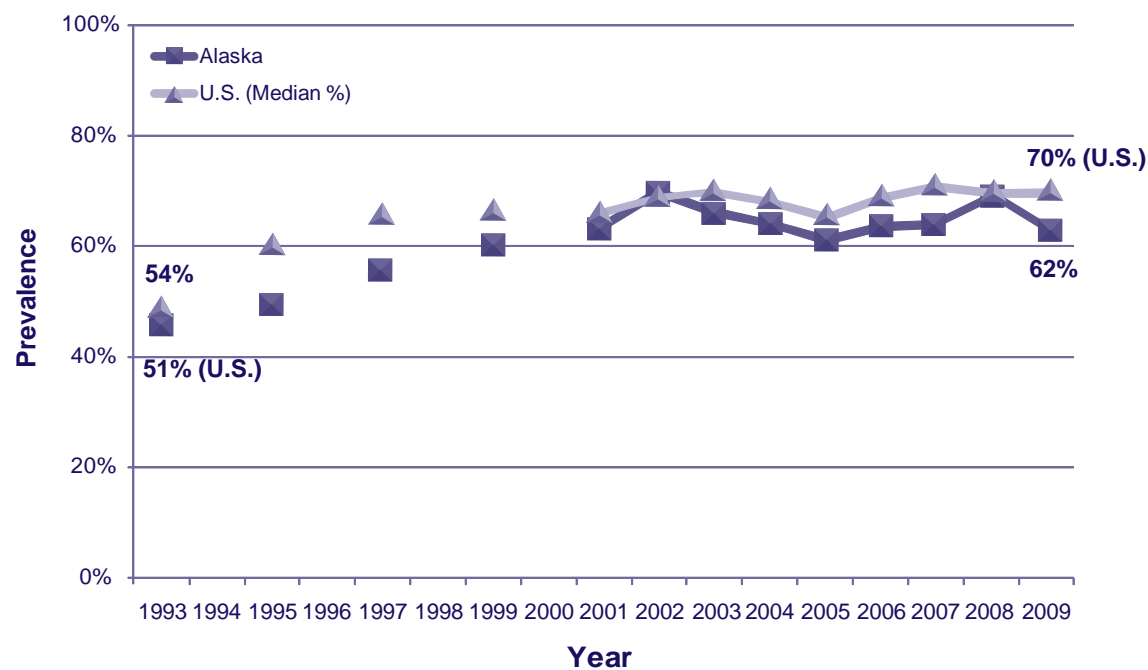
**Objectives 18.14 a, b:** Increase the proportion of adults aged 65 and older who are vaccinated annually against influenza and ever vaccinated against pneumococcal disease to 90%.

## 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	
<b>Total</b>	<b>62%</b>	(	55% - 69% )	31,577	230	380	<b>62%</b>	(	55% - 69% )
<b>Demographics</b>									
<b>Gender</b>									
Female	66%	(	57% - 74% )	17,441	131	209	66%	(	57% - 74% )
Male	57%	(	46% - 68% )	13,968	99	171	57%	(	46% - 68% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>									
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 )
<b>Race and Ethnicity</b>									
American Indian or Alaska Native	54%	(	36% - 71% )	3,684	32	54	54%	(	36% - 71% )
Asian or Pacific Islander	DSU	(	DSU - DSU )	DSU	DSU	7	DSU	(	DSU - DSU )
Asian	DSU	(	DSU - DSU )	DSU	DSU	6	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	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		n		N #	%	95% CI	
			95% CI						95% CI
<b>Alaska Native</b>									
Yes	59%	(	41% - 74% )	4,508	39	61	59%	(	41% - 74% )
No	63%	(	55% - 70% )	27,209	189	317	63%	(	55% - 70% )
<b>Geographic Location</b>									
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% )
<b>Urban/Rural</b>									
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% )
<b>Education Level (persons aged 25 years and older)</b>									
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% )
<b>Employment Status</b>									
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	
			Individuals						
<b>Marital Status</b>									
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	DSU	(	DSU - DSU )
<b>Income Level</b>									
<\$15,000	DSU	(	DSU - DSU )	DSU	DSU	33	DSU	(	DSU - DSU )
\$15,000 - \$24,999	52%	(	34% - 70% )	3,159	29	57	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	80%	(	66% - 89% )
\$75,000	71%	(	53% - 84% )	7,913	44	63	71%	(	53% - 84% )
<b>Poverty Threshold</b>									
Poor (<100% Poverty Threshold)	DSU	(	DSU - DSU )	DSU	DSU	12	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% )
<b>Below Poverty Guidelines</b>									
Yes	DSU	(	DSU - DSU )	DSU	DSU	18	DSU	(	DSU - DSU )
No	63%	(	55% - 70% )	25,509	181	298	63%	(	55% - 70% )
<b>Veteran</b>									
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		n	N	#	%	95% CI	
		95% CI	Individuals					95% CI	
<b>Health Status</b>									
<b>General Health</b>									
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% )	
<b>Healthy Days (Mean Number of Days)</b>									
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 )	
<b>Healthy Days (Percentage with 14 or More Days)</b>									
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 )	
<b>Disability</b>									
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% )	



# 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% )	
<b>Mental Health</b>									
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 )	
<b>Healthcare</b>									
<b>Healthcare Coverage</b>									
Health Plan									
Yes	62%	( 55% - 69% )	30,677	225	366		62%	( 55% - 69% )	
No	DSU	( DSU - DSU )	DSU	DSU	12	3	DSU	( DSU - DSU )	
<b>Immunization</b>									
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?

		Response:			Yes					
		Observed Rate						Age-Adjusted Rate		
Population at Risk (See Appendix)	%	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?

Response:		Yes						Age-Adjusted Rate			
		Observed Rate									
Population at Risk (See Appendix)		%	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		n	N	#	%	95% CI	
		95% CI	Individuals					95% CI	
<b>Hypercholesterolemia</b>									
High Cholesterol									
Yes	66%	( 56% - 75% )	16,370	121	186		66%	( 56% - 75% )	
No	65%	( 53% - 76% )	13,226	89	143		65%	( 53% - 76% )	
<b>Hypertension</b>									
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% )	
<b>Nutrition</b>									
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% )	
<b>Physical Activity</b>									
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?

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	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%.

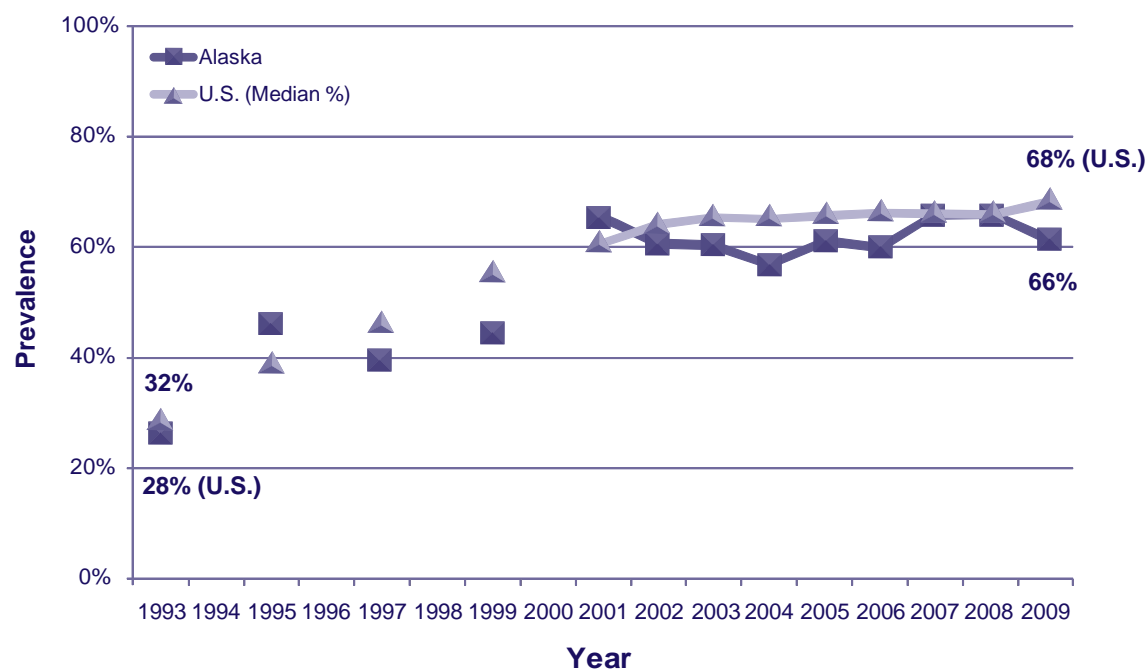
Screening Question:

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 ( <i>See Appendix</i> )	Response:		Yes					Age-Adjusted Rate	
	%	Observed Rate 95% CI	Individuals	n	N	#	%	95% CI	
<b>Weight Status</b>									
Weight Status									
Normal (BMI <25)	<b>59%</b>	( 47% - 71% )	8,792	64	115		<b>59%</b>	( 47% - 71% )	
Overweight (BMI 25 to 30)	<b>55%</b>	( 43% - 67% )	10,364	81	141		<b>55%</b>	( 43% - 67% )	
Obese (BMI ≥30)	<b>75%</b>	( 62% - 84% )	11,300	73	105		<b>75%</b>	( 62% - 84% )	
Obese I (BMI 30 TO < 35)	<b>69%</b>	( 53% - 81% )	7,466	50	76		<b>69%</b>	( 53% - 81% )	
Obese II & III (BMI ≥35)	<b>DSU</b>	( DSU - DSU )	DSU	DSU	29	3	<b>DSU</b>	( DSU - DSU )	

# Pneumonia Vaccination

## Pneumonia Vaccine: Alaska vs. Nationwide



# 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
	%		95% CI	Individuals	n	N	#	%		95% CI
<b>Total</b>	<b>66%</b>	(	59% - 73% )	32,394	232	364		<b>66%</b>	(	59% - 73% )
<b>Demographics</b>										
<b>Gender</b>										
Female	<b>68%</b>	(	59% - 76% )	17,717	134	204		<b>68%</b>	(	59% - 76% )
Male	<b>64%</b>	(	53% - 74% )	14,738	98	160		<b>64%</b>	(	53% - 74% )
<b>Age Groups (Categories Used in Age-Adjustment)</b>										
Persons aged 18 to 24 years	<b>DSU</b>	(	DSU - DSU )	DSU	DSU	0		<b>NA</b>	(	NA - NA )
Persons aged 25 to 34 years	<b>DSU</b>	(	DSU - DSU )	DSU	DSU	0		<b>NA</b>	(	NA - NA )
Persons aged 35 to 44 years	<b>DSU</b>	(	DSU - DSU )	DSU	DSU	0		<b>NA</b>	(	NA - NA )
Persons aged 45 to 64 years	<b>DSU</b>	(	DSU - DSU )	DSU	DSU	0		<b>NA</b>	(	NA - NA )
Persons aged 65 years and older	<b>66%</b>	(	59% - 73% )	32,394	232	364		<b>NA</b>	(	NA - NA )
<b>Race and Ethnicity</b>										
American Indian or Alaska Native	<b>58%</b>	(	40% - 74% )	3,947	32	53	1	<b>58%</b>	(	40% - 74% )
Asian or Pacific Islander	<b>DSU</b>	(	DSU - DSU )	DSU	DSU	8	1	<b>DSU</b>	(	DSU - DSU )
Asian	<b>DSU</b>	(	DSU - DSU )	DSU	DSU	7	3	<b>DSU</b>	(	DSU - DSU )
Native Hawaiian or Other Pacific Islander	<b>DSU</b>	(	DSU - DSU )	DSU	DSU	1		<b>DSU</b>	(	DSU - DSU )
Black or African American	<b>DSU</b>	(	DSU - DSU )	DSU	DSU	1		<b>DSU</b>	(	DSU - DSU )
White	<b>69%</b>	(	61% - 76% )	27,568	189	293		<b>69%</b>	(	61% - 76% )
Hispanic or Latino	<b>DSU</b>	(	DSU - DSU )	DSU	DSU	3		<b>DSU</b>	(	DSU - DSU )
Not Hispanic or Latino	<b>67%</b>	(	60% - 73% )	32,195	227	355		<b>67%</b>	(	60% - 73% )
Black or African American, not Hispanic/Latino	<b>DSU</b>	(	DSU - DSU )	DSU	DSU	1		<b>DSU</b>	(	DSU - DSU )
White, not Hispanic or Latino	<b>69%</b>	(	61% - 76% )	26,812	182	284		<b>69%</b>	(	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		
	%	Observed Rate		Individuals	n	N #	%	95% CI	
<b>Alaska Native</b>									
Yes	60%	(	43% - 75% )	4,573	37	60	60%	(	43% - 75% )
No	67%	(	59% - 74% )	27,710	193	302	67%	(	59% - 74% )
<b>Geographic Location</b>									
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% )
<b>Urban/Rural</b>									
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% )
<b>Education Level (persons aged 25 years and older)</b>									
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% )
<b>Employment Status</b>									
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		n		N #	%	95% CI	
			95% CI		Individuals				
<b>Marital Status</b>									
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 )
<b>Income Level</b>									
<\$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% )
<b>Poverty Threshold</b>									
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% )
<b>Below Poverty Guidelines</b>									
Yes	DSU	(	DSU - DSU )	DSU	DSU	18 1	DSU	(	DSU - DSU )
No	69%	(	61% - 76% )	26,627	189	285	69%	(	61% - 76% )
<b>Veteran</b>									
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?

Response:	Yes						Age-Adjusted Rate		
	Observed Rate								
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	#	%	95% CI	
<b>Health Status</b>									
<b>General Health</b>									
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% )	
<b>Healthy Days (Mean Number of Days)</b>									
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 )	
<b>Healthy Days (Percentage with 14 or More Days)</b>									
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 )	
<b>Disability</b>									
<b>Disabled</b>									
Yes	76%	( 66% - 84% )	15,284	104	143		76%	( 66% - 84% )	
No	59%	( 50% - 69% )	16,869	126	218		59%	( 50% - 69% )	
<b>Activity Limitation</b>									
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?

Response:					Yes			Age-Adjusted Rate		
Population at Risk (See Appendix)	%	Observed Rate		Individuals	n	N	#	%	95% CI	
		95% CI							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?

Response:				Yes								
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	DSU	(	DSU -	DSU )	DSU	DSU	0	DSU	(	DSU -	DSU )	
No	DSU	(	DSU -	DSU )	DSU	DSU	0	DSU	(	DSU -	DSU )	
Diagnoses												
Arthritis												
Arthritis												
Yes	79%	(	71% -	85% )	20,408	148	199	79%	(	71% -	85% )	
No	50%	(	39% -	62% )	10,976	78	158	50%	(	39% -	62% )	
Asthma												
Asthma Diagnosis												
Yes	DSU	(	DSU -	DSU )	DSU	DSU	39	3	DSU	(	DSU -	DSU )
No	65%	(	57% -	72% )	28,954	199	324	65%	(	57% -	72% )	
Current Asthma												
Yes	DSU	(	DSU -	DSU )	DSU	DSU	26	3	DSU	(	DSU -	DSU )
No	DSU	(	DSU -	DSU )	DSU	DSU	9	3	DSU	(	DSU -	DSU )
Cardiovascular and Cerebrovascular Disease												
Cardiovascular Disease												
Yes	85%	(	73% -	93% )	7,884	51	64	3	85%	(	73% -	93% )
No	62%	(	54% -	70% )	22,878	177	289	62%	(	54% -	70% )	
Heart Attack (Myocardial Infarction)												
Yes	DSU	(	DSU -	DSU )	DSU	DSU	42	3	DSU	(	DSU -	DSU )
No	64%	(	56% -	71% )	27,253	196	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		Individuals	n	N	#	%	95% CI
<b>Hypercholesterolemia</b>									
High Cholesterol									
Yes	67%	(	57% - 76%	15,773	116	177		67%	( 57% - 76% )
No	75%	(	64% - 83%	14,825	93	139		75%	( 64% - 83% )
<b>Hypertension</b>									
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% )
<b>Nutrition</b>									
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% )
<b>Physical Activity</b>									
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?

Response:					Yes				Age-Adjusted Rate			
Population at Risk (See Appendix)	%	Observed Rate			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						
	%	Observed Rate		n	N	#	Age-Adjusted Rate			
		95% CI	Individuals				%	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 >>](#)

[<< Previous: Risk Factors](#)[Next: Chronic Disease >>](#)

# Chronic Disease



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

<< Previous: Preventive Practices

# 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

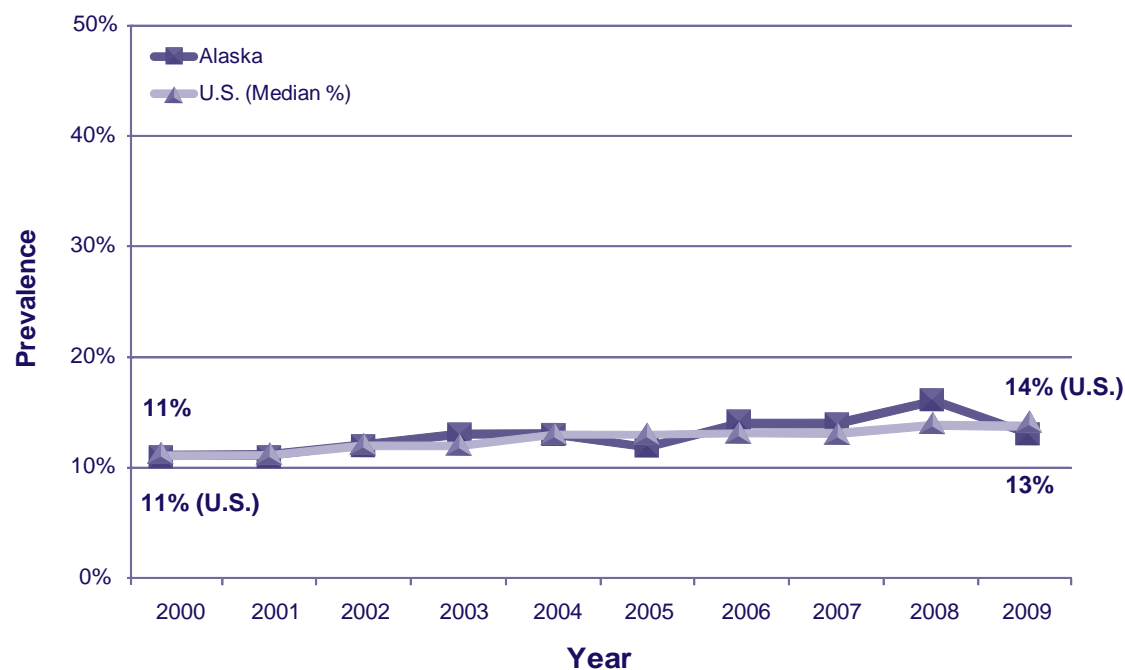
**Objective 24.2a:** Reduce lifetime asthma prevalence (adults ever told by a doctor that they have asthma) to 8%.

## 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											
			Observed Rate					Age-Adjusted Rate						
Population at Risk (See Appendix )			%	95% CI		Individuals	n	N	#	%	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% )

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		
		Observed Rate							
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI
<b>Alaska Native</b>									
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% )
<b>Geographic Location</b>									
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% )
<b>Urban/Rural</b>									
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% )
<b>Education Level (persons aged 25 years and older)</b>									
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% )
<b>Employment Status</b>									
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									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	#	%	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	3	21%	( 10% - 38% )			
Widowed	17.8%	( 13.7% - 22.8% )	10,196	126	796	3	18.8%	( 13.5% - 25.6% )			
Never Married	10.5%	( 7.6% - 14.4% )	9,875	82	681	3	10.9%	( 7.9% - 15.0% )			
Income Level											
<\$15,000	20%	( 14% - 27% )	6,127	69	355	3	19%	( 13% - 26% )			
\$15,000 - \$24,999	14%	( 10% - 20% )	6,594	68	484	3	13%	( 9% - 18% )			
\$25,000 - \$49,999	12.3%	( 9.5% - 15.9% )	12,030	122	982	3	12.1%	( 9.4% - 15.4% )			
\$50,000 - \$74,999	11.1%	( 8.3% - 14.8% )	9,305	80	810	3	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	3	13%	( 9% - 18% )			
Near Poor (100% to 199% Poverty Threshold)	14.9%	( 10.8% - 20.3% )	9,410	91	608	3	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	3	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	3	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							
		Observed Rate						Age-Adjusted Rate	
Population at Risk (See Appendix )	%	95% CI	Individuals	n	N	#	%	95% CI	
Health Status									
General Health									
Excellent to Very Good	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?							
Response:		Yes						Age-Adjusted Rate	
		Observed Rate							
Population at Risk (See Appendix)		%	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% )
<b>Mental Health</b>									
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% )
<b>Healthcare</b>									
<b>Healthcare Coverage</b>									
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% )
<b>Immunization</b>									
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	
		Observed Rate							
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI
<b>Screening</b>									
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	3	9.1%	( 7.2% - 11.5% )
<b>Diagnoses</b>									
<b>Arthritis</b>									
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% )
<b>Asthma</b>									
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% )
<b>Cardiovascular and Cerebrovascular Disease</b>									
Cardiovascular Disease									
Yes		19%	( 13% - 26% )	3,743	51	247	3	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	3	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?											
Response:		Yes											
		Observed Rate					Age-Adjusted Rate						
Population at Risk (See Appendix)		%	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	
		Observed Rate							
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI
<b>Hypercholesterolemia</b>									
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% )
<b>Hypertension</b>									
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% )
<b>Nutrition</b>									
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% )
<b>Physical Activity</b>									
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?							
Response:		Yes							
		Observed Rate					Age-Adjusted Rate		
Population at Risk (See Appendix )	%	95% CI	Individuals	n	N	#	%	95% CI	
<b>Sexual Violence/Intimate Partner Violence</b>									
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% )	
<b>Tobacco Use</b>									
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:		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)	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.

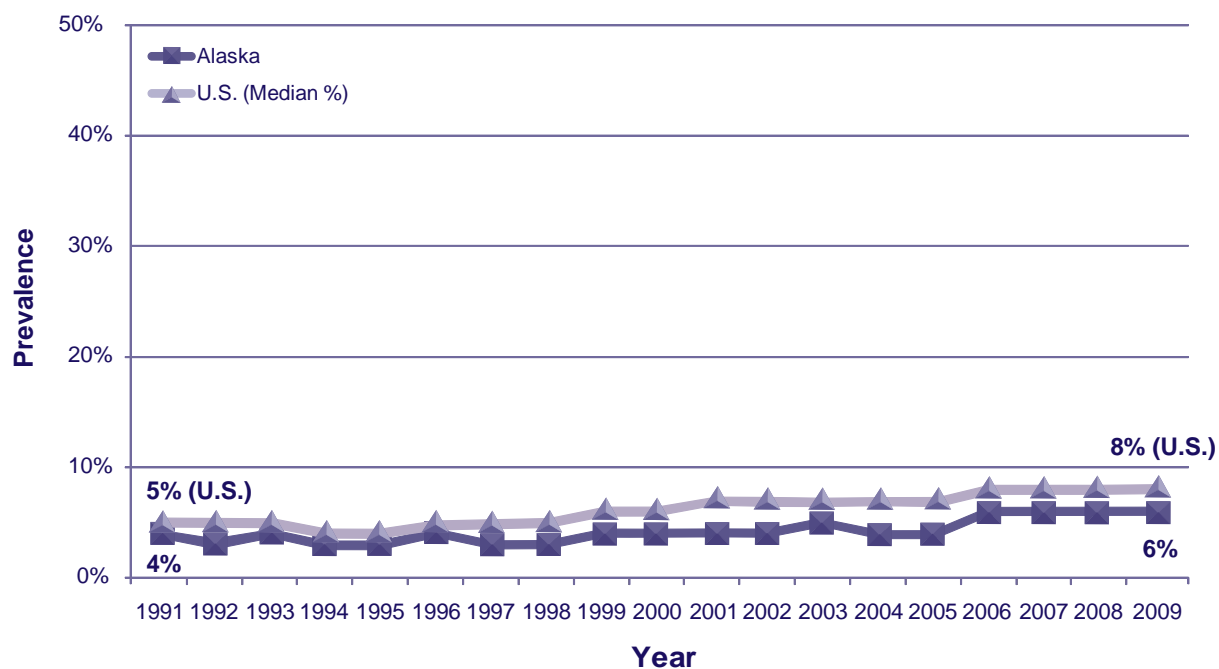
## Diabetes Module:

- 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]							
				Observed Rate					Age-Adjusted Rate		
Population at Risk (See Appendix )		%		95% CI	Individuals	n	N	#	%		95% CI
Total		6.0%	(	5.2% - 7.0% )	30,639	350	4,756	3	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 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]														
Population at Risk (See Appendix )		Observed Rate					Age-Adjusted Rate									
		%	95% CI		Individuals	n	N	#	%	95% CI						
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:	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				
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	#	%	95% CI			
<b>Marital Status</b>											
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% )			
<b>Income Level</b>											
<\$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% )			
<b>Poverty Threshold</b>											
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% )			
<b>Below Poverty Guidelines</b>											
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% )			
<b>Veteran</b>											
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 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]							
				Observed Rate				Age-Adjusted Rate			
Population at Risk (See Appendix )		%		95% CI	Individuals	n	N	#	%		95% CI
Health Status											
General Health											
Excellent to Very Good		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:		Have you ever been told by a doctor that you have diabetes?											
		Response: Yes [Excludes Yes, but female told only during pregnancy]											
		Observed Rate							Age-Adjusted Rate				
Population at Risk (See Appendix )		%	95% CI		Individuals	n	N	#	%	95% CI			
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	3	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	3	6.6%	(	5.1% -	8.6% )
Sometimes/Rarely/Never		8.0%	(	5.4% -	11.7% )	7,663	49	511	3	7.4%	(	5.3% -	10.4% )
Life Satisfaction													
Very Satisfied / Satisfied		5.7%	(	4.5% -	7.1% )	25,801	152	2,173	3	6.5%	(	5.2% -	8.1% )
Dissatisfied / Very Dissatisfied		12%	(	6% -	22% )	2,240	12	93	3	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	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	3	9.9%	(	7.6% -	12.8% )
No		3.2%	(	2.3% -	4.5% )	9,931	66	1,442	3	3.5%	(	2.6% -	4.7% )
Ever Had Pneumonia Shot (Ages 65+)													
Yes		16.6%	(	12.5% -	21.6% )	16,852	102	601	3	14.0%	(	9.4% -	20.3% )
No		3.2%	(	2.2% -	4.5% )	10,397	61	1,498	3	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:		Have you ever been told by a doctor that you have diabetes?									
		Response:		Yes [Excludes Yes, but female told only during pregnancy]							
				Observed Rate				Age-Adjusted Rate			
Population at Risk (See Appendix )		%		95% CI	Individuals	n	N	#	%		95% CI
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]								
				Observed Rate					Age-Adjusted Rate			
Population at Risk (See Appendix )		%		95% CI	Individuals	n	N	#	%		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:		Have you ever been told by a doctor that you have diabetes?									
		Response:		Yes [Excludes Yes, but female told only during pregnancy]							
				Observed Rate				Age-Adjusted Rate			
Population at Risk (See Appendix )		%		95% CI	Individuals	n	N	#	%		95% CI
Hypercholesterolemia											
High Cholesterol											
Yes		15.1%	(	11.9% - 19.0% )	19,133	111	754		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		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 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]														
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	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:		Have you ever been told by a doctor that you have diabetes?									
		Response:		Yes [Excludes Yes, but female told only during pregnancy]							
				Observed Rate				Age-Adjusted Rate			
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI		
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.?

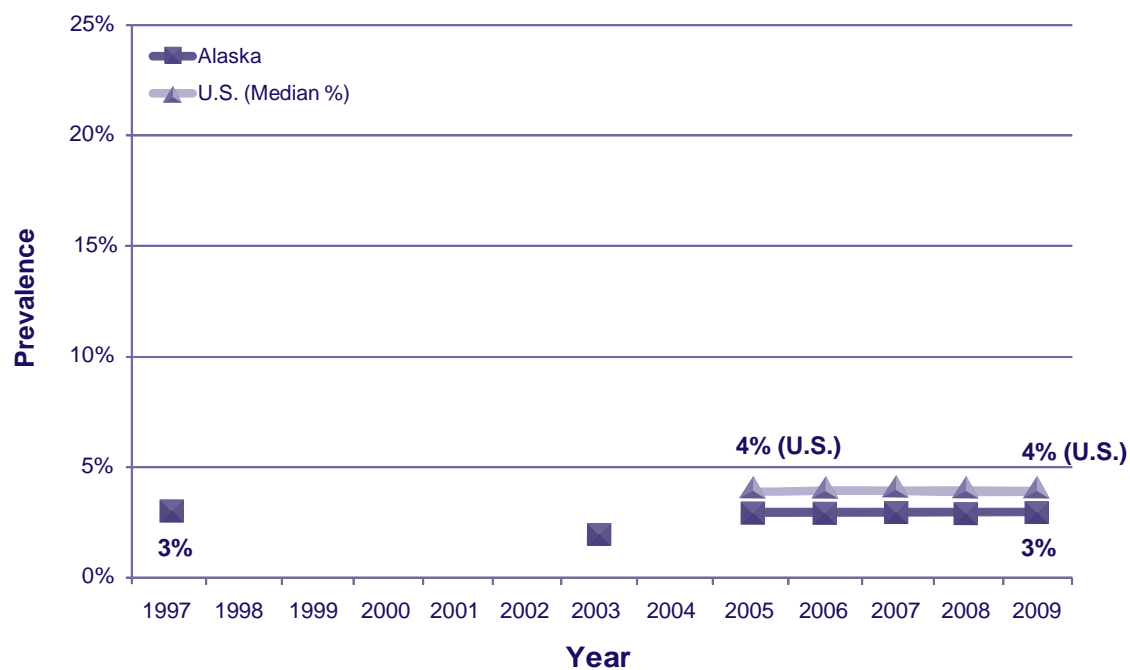
- ▶ In 2009, the national median prevalence of heart attack was 4.0%, slightly higher than in Alaska.
- ▶ The national median prevalence of heart attack has been slightly higher than Alaska since 2005.

## 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**



# History of Heart Attack

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	
Population at Risk (See Appendix)		Observed Rate		Individuals	n	N	#	Age-Adjusted Rate			
		%	95% CI					%	95% CI		
Total		2.8%	( 2.3% - 3.5% )	14,471	182	4,746	3	3.5%	( 2.8% - 4.2% )		
<b>Demographics</b>											
<b>Gender</b>											
	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% )		
<b>Age Groups (Categories Used in Age-Adjustment)</b>											
	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 )		
<b>Race and Ethnicity</b>											
	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:		Yes									
				Observed Rate						Age-Adjusted Rate			
Population at Risk (See Appendix)		%		95% CI	Individuals	n	N	#	%		95% CI		
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:		Yes									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI		
<b>Marital Status</b>											
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% )		
<b>Income Level</b>											
<\$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% )		
<b>Poverty Threshold</b>											
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% )		
<b>Below Poverty Guidelines</b>											
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% )		
<b>Veteran</b>											
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:		Yes											
		Observed Rate								Age-Adjusted Rate			
Population at Risk (See Appendix)		%	95% CI		Individuals	n	N	#	%	95% CI			
Health Status													
General Health													
Excellent to Very Good		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:		Yes									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI		
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% )		
<b>Mental Health</b>											
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% )		
<b>Healthcare</b>											
<b>Healthcare Coverage</b>											
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% )		
<b>Immunization</b>											
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:		Yes						Age-Adjusted Rate			
Population at Risk (See Appendix)		%	Observed Rate		Individuals	n	N	#	%	95% CI	
<b>Screening</b>											
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% )
<b>Diagnoses</b>											
<b>Arthritis</b>											
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% )
<b>Asthma</b>											
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% )
<b>Cardiovascular and Cerebrovascular Disease</b>											
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									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI		
Coronary Heart Disease (Angina)											
Yes		50%	( 39% - 61% )	6,077	80	157		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		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:		Yes					Age-Adjusted Rate				
Population at Risk (See Appendix)		%	Observed Rate		Individuals		n	N	#	%	95% CI
<b>Hypercholesterolemia</b>											
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% )
<b>Hypertension</b>											
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% )
<b>Nutrition</b>											
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% )
<b>Physical Activity</b>											
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:		Yes									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI		
<b>Sexual Violence/Intimate Partner Violence</b>											
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% )		
<b>Tobacco Use</b>											
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:		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)		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?
- D (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.

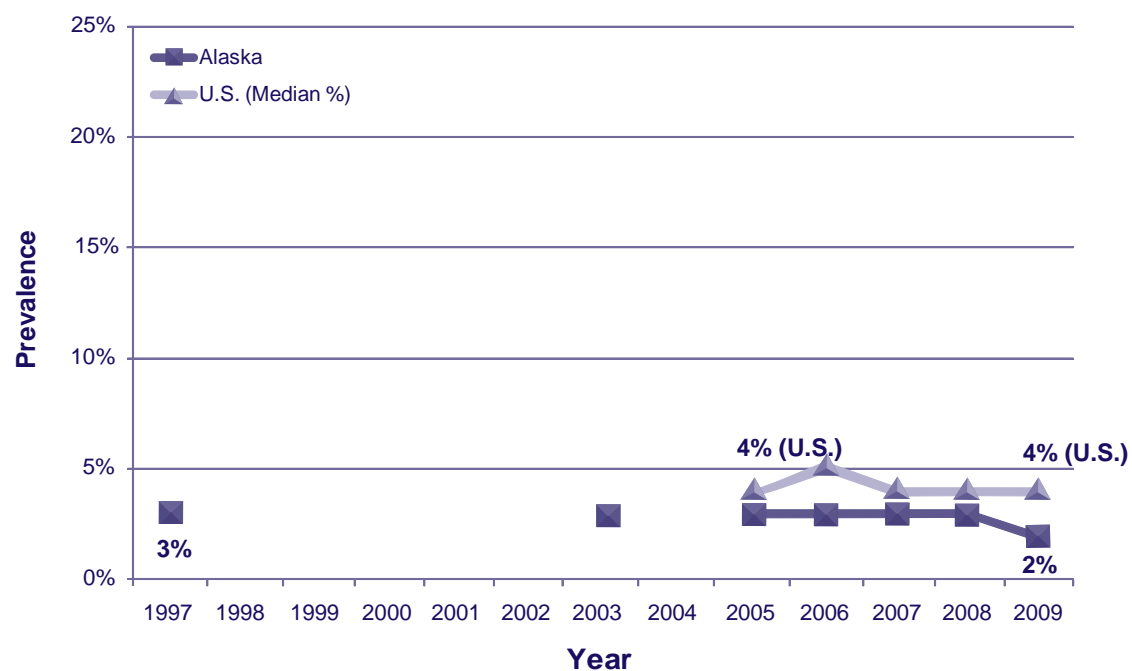
## How are different populations affected?

- ▶ 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						
		Observed Rate								Age-Adjusted Rate		
Population at Risk (See Appendix )		%	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:		Yes									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI		
<b>Alaska Native</b>											
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% )		
<b>Geographic Location</b>											
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% )		
<b>Urban/Rural</b>											
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% )		
<b>Education Level (persons aged 25 years and older)</b>											
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% )		
<b>Employment Status</b>											
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 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								
				Observed Rate							Age-Adjusted Rate	
Population at Risk (See Appendix)		%		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:		Yes									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI		
<b>Health Status</b>											
<b>General Health</b>											
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% )		
<b>Healthy Days (Mean Number of Days)</b>											
Physical Health Not Good		8.7	( 6.1 - 11.4 )			156		9.1	( 4.2 - 14.0 )		
Mental Health Not Good		4.6	( 2.7 - 6.4 )			152		4.4	( 2.6 - 6.2 )		
Unhealthy Days (Physical or Mental Health Not Good)		10.3	( 7.6 - 13.0 )			155		10.8	( 6.1 - 15.6 )		
Days with Activity Limitation		6.0	( 3.7 - 8.3 )			154		4.9	( 3.0 - 6.7 )		
<b>Healthy Days (Percentage with 14 or More Days)</b>											
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% )		
<b>Disability</b>											
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:		Yes									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI		
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% )		
<b>Mental Health</b>											
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% )		
<b>Healthcare</b>											
<b>Healthcare Coverage</b>											
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% )		
<b>Immunization</b>											
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 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		Individuals	n	N	#	%	95% CI	
			95% CI							95% CI	
<b>Screening</b>											
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% )	
<b>Diagnoses</b>											
<b>Arthritis</b>											
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% )	
<b>Asthma</b>											
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% )	
<b>Cardiovascular and Cerebrovascular Disease</b>											
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:		Yes									
Population at Risk (See Appendix )		Observed Rate					Age-Adjusted Rate				
		%	95% CI	Individuals	n	N	#	%	95% CI		
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:		Yes									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI		
<b>Hypercholesterolemia</b>											
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% )		
<b>Hypertension</b>											
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% )		
<b>Nutrition</b>											
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% )		
<b>Physical Activity</b>											
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									
		<i>Observed Rate</i>					<i>Age-Adjusted Rate</i>				
<i>Population at Risk (See Appendix)</i>		%	95% CI	Individuals	n	N	#	%	95% CI		
<b>Sexual Violence/Intimate Partner Violence</b>											
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% )		
<b>Tobacco Use</b>											
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

Screening Question:		Has a doctor, nurse, or other health professional ever told you that you had angina or coronary heart disease?									
Response:		Yes									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix )		%	95% CI	Individuals	n	N	#	%	95% CI		
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.?

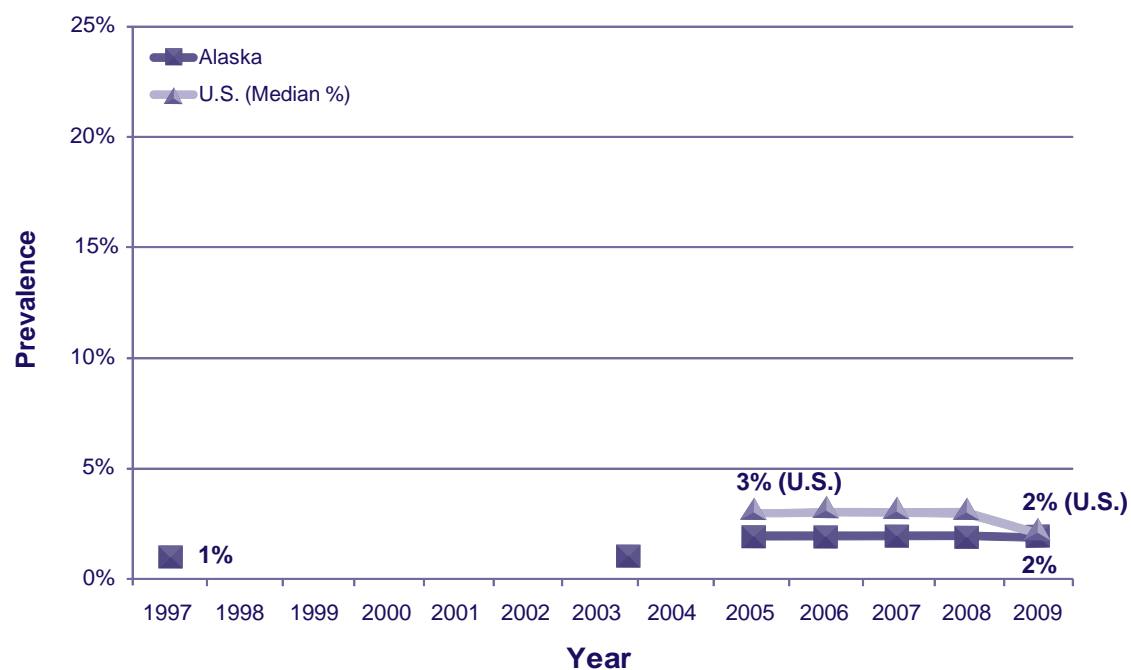
- The national median prevalence of having had a stroke was 2.4% in 2009, comparable with Alaska.
- From 2005 to 2009, the prevalence of stroke in Alaska compared to the national median prevalence was very similar.

## 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								
				Observed Rate					Age-Adjusted Rate			
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								
				Observed Rate							Age-Adjusted Rate	
Population at Risk (See Appendix )		%		95% CI	Individuals	n	N	#	%		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								
				Observed Rate						Age-Adjusted Rate		
Population at Risk (See Appendix )	%	95% CI	Individuals	n	N	#	%	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									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix)	%	95% CI	Individuals	n	N	#	%	95% CI			
<b>Health Status</b>											
<b>General Health</b>											
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% )			
<b>Healthy Days (Mean Number of Days)</b>											
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 )			
<b>Healthy Days (Percentage with 14 or More Days)</b>											
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% )			
<b>Disability</b>											
<b>Disabled</b>											
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% )			
<b>Activity Limitation</b>											
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									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix )		%	95% CI		Individuals	n	N	#	%	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									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix )		%	95% CI	Individuals	n	N	#	%	95% CI		
<b>Screening</b>											
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% )		
<b>Diagnoses</b>											
<b>Arthritis</b>											
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% )		
<b>Asthma</b>											
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% )		
<b>Cardiovascular and Cerebrovascular Disease</b>											
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									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	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									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI		
<b>Hypercholesterolemia</b>											
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% )		
<b>Hypertension</b>											
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% )		
<b>Nutrition</b>											
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% )		
<b>Physical Activity</b>											
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									
		<i>Observed Rate</i>					<i>Age-Adjusted Rate</i>				
<i>Population at Risk (See Appendix)</i>		%	95% CI	Individuals	n	N	#	%	95% CI		
<b>Sexual Violence/Intimate Partner Violence</b>											
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% )		
<b>Tobacco Use</b>											
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							
				Observed Rate					Age-Adjusted Rate		
Population at Risk (See Appendix )		%	95% CI	Individuals	n	N	#	%	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.

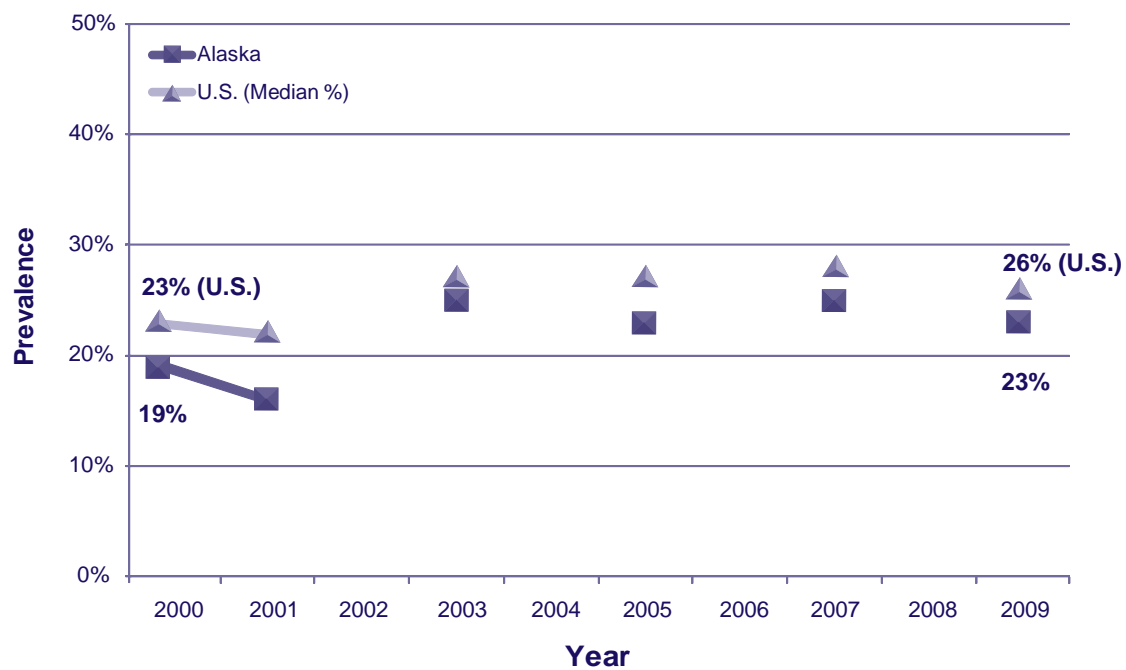
## How are different populations affected?

- 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			
Population at Risk (See Appendix )		Observed Rate									
		%	95% CI	Individuals	n	N		%	95% CI		
Total		23.5%	( 21.0% - 26.1% )	115,522	695	2,345		25.0%	( 22.6% - 27.6% )		
<b>Demographics</b>											
<b>Gender</b>											
	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% )		
<b>Age Groups (Categories Used in Age-Adjustment)</b>											
	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 )		
<b>Race and Ethnicity</b>											
	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:		Yes					Age-Adjusted Rate				
Population at Risk (See Appendix )		%	Observed Rate		Individuals	n	N	#	%	95% CI	
<b>Alaska Native</b>											
Yes		<b>25%</b>	(	20% -	31% )	20,596	138	477	<b>30%</b>	(	25% - 36% )
No		<b>22.9%</b>	(	20.1% -	25.9% )	93,047	550	1,853	<b>24.1%</b>	(	21.3% - 27.1% )
<b>Geographic Location</b>											
Anchorage & Vicinity		<b>23%</b>	(	19% -	28% )	60,878	145	494	<b>24%</b>	(	20% - 29% )
Fairbanks & Vicinity		<b>23%</b>	(	19% -	27% )	16,783	141	486	<b>27%</b>	(	23% - 31% )
Gulf Coast		<b>25%</b>	(	21% -	30% )	14,185	148	471	<b>25%</b>	(	21% - 29% )
Rural		<b>20%</b>	(	16% -	25% )	9,141	96	407	<b>23%</b>	(	19% - 28% )
Southeast		<b>29%</b>	(	25% -	34% )	15,221	165	487	<b>28%</b>	(	24% - 32% )
<b>Urban/Rural</b>											
Metropolitan Statistical Area		<b>22.9%</b>	(	19.5% -	26.8% )	75,314	280	946	<b>24.8%</b>	(	21.4% - 28.6% )
Micropolitan Statistical Area & Urban Clusters		<b>25.6%</b>	(	22.2% -	29.4% )	22,416	227	752	<b>27.1%</b>	(	23.9% - 30.5% )
Rural		<b>23.2%</b>	(	19.8% -	26.9% )	17,793	188	647	<b>23.2%</b>	(	20.2% - 26.5% )
<b>Education Level (persons aged 25 years and older)</b>											
Less than high school		<b>30%</b>	(	22% -	41% )	7,093	52	141	<b>31%</b>	(	23% - 39% )
High school graduate		<b>26.0%</b>	(	21.7% -	30.7% )	30,111	197	650	<b>27.4%</b>	(	23.2% - 32.0% )
At least some college		<b>28.9%</b>	(	24.3% -	33.8% )	37,223	223	666	<b>30.4%</b>	(	26.0% - 35.1% )
College Graduate		<b>22.9%</b>	(	19.2% -	27.2% )	34,811	215	741	<b>24.9%</b>	(	21.2% - 29.2% )
<b>Employment Status</b>											
Employed		<b>19.1%</b>	(	16.0% -	22.7% )	61,987	331	1,454	<b>21.4%</b>	(	17.5% - 25.7% )
Unemployed		<b>21%</b>	(	15% -	28% )	9,937	63	226	<b>23%</b>	(	16% - 33% )
Not in Workforce (Student, Homemaker, Retired)		<b>32.8%</b>	(	27.4% -	38.7% )	32,852	226	543	<b>25.7%</b>	(	21.4% - 30.5% )
Unable to work		<b>58%</b>	(	43% -	72% )	10,379	71	105	<b>40%</b>	(	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									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix )		%	95% CI	Individuals	n	N #	%	95% CI			
<b>Marital Status</b>											
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% )			
<b>Income Level</b>											
<\$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% )			
<b>Poverty Threshold</b>											
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% )			
<b>Below Poverty Guidelines</b>											
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% )			
<b>Veteran</b>											
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:		Yes					Age-Adjusted Rate				
Population at Risk (See Appendix)		%	Observed Rate		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			
Population at Risk (See Appendix)		Observed Rate									
		%	95% CI	Individuals	n	N	#	%	95% CI		
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% )		
<b>Mental Health</b>											
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% )		
<b>Healthcare</b>											
<b>Healthcare Coverage</b>											
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% )		
<b>Immunization</b>											
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				
Population at Risk (See Appendix)		%	Observed Rate		Individuals		n	N	#	%	95% CI
<b>Screening</b>											
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% )
<b>Diagnoses</b>											
<b>Arthritis</b>											
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% )
<b>Asthma</b>											
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	3	26%	( 19% - 35% )
<b>Cardiovascular and Cerebrovascular Disease</b>											
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										
		Observed Rate					Age-Adjusted Rate					
Population at Risk (See Appendix)		%	95% CI		Individuals	n	N	#	%	95% CI		
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:		Yes					Age-Adjusted Rate				
Population at Risk (See Appendix)		%	Observed Rate		Individuals		n	N	#	%	95% CI
<b>Hypercholesterolemia</b>											
High Cholesterol											
Yes		<b>39.0%</b>	(	34.2% -	44.1% )	48,442	316	736		<b>31.5%</b>	( 26.3% - 37.2% )
No		<b>21.5%</b>	(	18.4% -	24.9% )	49,028	294	1,052		<b>22.8%</b>	( 19.7% - 26.1% )
<b>Hypertension</b>											
High Blood Pressure											
Yes		<b>37.6%</b>	(	32.9% -	42.5% )	49,096	335	755		<b>31.9%</b>	( 26.2% - 38.1% )
No		<b>18.2%</b>	(	15.3% -	21.5% )	65,410	352	1,574		<b>22.0%</b>	( 19.1% - 25.3% )
<b>Nutrition</b>											
Fruit and Vegetable Index											
<1 Per Day or Never		<b>17%</b>	(	11% -	26% )	5,148	35	138	3	<b>20%</b>	( 14% - 28% )
1 to <3 Times Per Day		<b>26.3%</b>	(	22.3% -	30.7% )	43,520	265	804		<b>28.4%</b>	( 24.7% - 32.4% )
3 to <5 Times Per Day		<b>21.3%</b>	(	17.8% -	25.1% )	37,127	237	833		<b>22.4%</b>	( 19.1% - 26.1% )
5 Or More Times Per Day		<b>24.3%</b>	(	18.0% -	31.9% )	27,812	149	541		<b>24.8%</b>	( 19.3% - 31.2% )
<b>Physical Activity</b>											
Physical Activity Recommendations (2008)											
Active		<b>21.3%</b>	(	18.2% -	24.7% )	73,659	403	1,527		<b>24.2%</b>	( 21.1% - 27.6% )
Insufficient		<b>25%</b>	(	20% -	31% )	19,562	141	420		<b>25%</b>	( 20% - 30% )
Inactive		<b>37%</b>	(	29% -	46% )	14,834	104	233		<b>32%</b>	( 25% - 40% )
Leisure Time Exercise											
Yes		<b>21.2%</b>	(	18.4% -	24.4% )	80,993	488	1,791		<b>23.7%</b>	( 20.8% - 26.8% )
No		<b>31.2%</b>	(	26.0% -	36.9% )	34,394	205	544		<b>29.0%</b>	( 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						
		Observed Rate						Age-Adjusted Rate		
Population at Risk (See Appendix )	%	95% CI	Individuals	n	N	#	%	95% CI		
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	3	31%	( 21% - 42% )		
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	3	29%	( 22% - 38% )		
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:		Yes					Age-Adjusted Rate				
Population at Risk (See Appendix )		%	Observed Rate		Individuals		n	N	#	%	95% CI
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:		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
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:			Yes			Age-Adjusted Rate			
		Observed Rate									
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI		
<b>Alaska Native</b>											
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% )		
<b>Geographic Location</b>											
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% )		
<b>Urban/Rural</b>											
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% )		
<b>Education Level (persons aged 25 years and older)</b>											
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% )		
<b>Employment Status</b>											
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:	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		
<b>Marital Status</b>											
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% )	
<b>Income Level</b>											
<\$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% )	
<b>Poverty Threshold</b>											
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% )	
<b>Below Poverty Guidelines</b>											
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% )	
<b>Veteran</b>											
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 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		
<b>Health Status</b>											
<b>General Health</b>											
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% )		
<b>Healthy Days (Mean Number of Days)</b>											
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 )		
<b>Healthy Days (Percentage with 14 or More Days)</b>											
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% )		
<b>Disability</b>											
<b>Disabled</b>											
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% )		
<b>Activity Limitation</b>											
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									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI		
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% )		
<b>Mental Health</b>											
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% )		
<b>Healthcare</b>											
<b>Healthcare Coverage</b>											
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% )		
<b>Immunization</b>											
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:			Yes			Age-Adjusted Rate			
		Observed Rate									
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI		
<b>Screening</b>											
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% )		
<b>Diagnoses</b>											
<b>Arthritis</b>											
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% )		
<b>Asthma</b>											
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% )		
<b>Cardiovascular and Cerebrovascular Disease</b>											
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									
		Observed Rate					Age-Adjusted Rate				
Population at Risk (See Appendix )		%	95% CI		Individuals	n	N	#	%	95% CI	
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 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	
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						
		Observed Rate						Age-Adjusted Rate			
Population at Risk (See Appendix)		%	95% CI	Individuals	n	N	#	%	95% CI		
<b>Sexual Violence/Intimate Partner Violence</b>											
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% )		
<b>Tobacco Use</b>											
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	
<b>Weight Status</b>											
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		
		Unadjusted			Unadjusted		
		N	%	95% CI	N	%	95% CI
<b>Population at Risk (Age Appropriate)</b>							
<b>Total</b>		8,876	8.8%	( 8.3% - 9.3% )	15,801	10%	( 9.7% - 10.3% )
<b>Demographics</b>							
Gender							
Female		4,876	9.9%	( 9.4% - 10.4% )	7,283	10%	( 9.7% - 10.3% )
Male		4,000	8.8%	( 8.3% - 9.3% )	8,518	9.7%	( 9.3% - 10.1% )
Age Group (Continuous trend in Age-adjustment)							
Percent aged 18 to 24 years		876	9.8%	( 9.2% - 10.4% )	8	0%	( NA - NA )
Percent aged 25 to 34 years		1,876	10.0%	( 9.4% - 10.6% )	142	7.7%	( 6.5% - 8.9% )
Percent aged 35 to 44 years		2,876	10.0%	( 9.4% - 10.6% )	242	8.3%	( 7.1% - 9.5% )
Percent aged 45 to 54 years		3,876	10.0%	( 9.4% - 10.6% )	342	8.8%	( 7.6% - 10.0% )
Percent aged 55 years and older		10,876	10.0%	( 9.4% - 10.6% )	10,417	10.0%	( 9.4% - 10.6% )
<b>Race and Ethnicity</b>							
American Indian or Alaska Native		176	9.7%	( 8.5% - 10.9% )	107	10.0%	( 8.8% - 11.2% )
Asian or Pacific Islander		176	9.7%	( 8.5% - 10.9% )	0	0%	( NA - NA )
White		8,700	9.7%	( 9.2% - 10.2% )	15,694	10.0%	( 9.4% - 10.6% )
Native Hawaiian or Other Pacific Islander		876	10.0%	( 9.4% - 10.6% )	876	10.0%	( 9.4% - 10.6% )
Black or African American		876	10.0%	( 9.4% - 10.6% )	876	10.0%	( 9.4% - 10.6% )
Hispanic or Latino		876	10.0%	( 9.4% - 10.6% )	876	10.0%	( 9.4% - 10.6% )
Not Hispanic or Latino		8,700	9.7%	( 9.2% - 10.2% )	15,694	10.0%	( 9.4% - 10.6% )
Black or African American, not Hispanic/Latino		876	10.0%	( 9.4% - 10.6% )	876	10.0%	( 9.4% - 10.6% )
White, not Hispanic or Latino		8,700	9.7%	( 9.2% - 10.2% )	15,694	10.0%	( 9.4% - 10.6% )

► 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		
		Unadjusted			Unadjusted		
		N	%	95% CI	N	%	95% CI
<b>Population at Risk (Age Appropriate)</b>							
<b>Total</b>		8,876	7.2%	( 6.7% - 7.7% )	15,801	6.5%	( 6.2% - 6.8% )
<b>Demographics</b>							
Gender							
Female		4,876	7.2%	( 6.7% - 7.7% )	7,283	6.5%	( 6.2% - 6.8% )
Male		4,000	6.9%	( 6.4% - 7.4% )	8,518	6.3%	( 5.9% - 6.7% )
Age Group (Continuous trend in Age-adjustment)							
Percent aged 18 to 24 years		876	9.8%	( 9.2% - 10.4% )	8	0%	( NA - NA )
Percent aged 25 to 34 years		1,876	10.0%	( 9.4% - 10.6% )	142	7.7%	( 6.5% - 8.9% )
Percent aged 35 to 44 years		2,876	10.0%	( 9.4% - 10.6% )	242	8.3%	( 7.1% - 9.5% )
Percent aged 45 to 54 years		3,876	10.0%	( 9.4% - 10.6% )	342	8.8%	( 7.6% - 10.0% )
Percent aged 55 years and older		10,876	10.0%	( 9.4% - 10.6% )	10,417	10.0%	( 9.4% - 10.6% )
<b>Race and Ethnicity</b>							
American Indian or Alaska Native		176	9.7%	( 8.5% - 10.9% )	107	10.0%	( 8.8% - 11.2% )
Asian or Pacific Islander		176	9.7%	( 8.5% - 10.9% )	0	0%	( NA - NA )
White		8,700	9.7%	( 9.2% - 10.2% )	15,694	10.0%	( 9.4% - 10.6% )
Native Hawaiian or Other Pacific Islander		876	10.0%	( 9.4% - 10.6% )	876	10.0%	( 9.4% - 10.6% )
Black or African American		876	10.0%	( 9.4% - 10.6% )	876	10.0%	( 9.4% - 10.6% )
Hispanic or Latino		876	10.0%	( 9.4% - 10.6% )	876	10.0%	( 9.4% - 10.6% )
Not Hispanic or Latino		8,700	9.7%	( 9.2% - 10.2% )	15,694	10.0%	( 9.4% - 10.6% )
Black or African American, not Hispanic/Latino		876	10.0%	( 9.4% - 10.6% )	876	10.0%	( 9.4% - 10.6% )
White, not Hispanic or Latino		8,700	9.7%	( 9.2% - 10.2% )	15,694	10.0%	( 9.4% - 10.6% )

► 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		
		Unadjusted			Unadjusted		
		N	%	95% CI	N	%	95% CI
<b>Population at Risk (Age Appropriate)</b>							
<b>Total</b>		8,876	7.0%	( 6.5% - 7.5% )	15,801	6.7%	( 6.4% - 7.0% )
<b>Demographics</b>							
Gender							
Female		4,876	7.0%	( 6.5% - 7.5% )	7,283	6.7%	( 6.4% - 7.0% )
Male		4,000	6.9%	( 6.4% - 7.4% )	8,518	6.6%	( 6.3% - 6.9% )
Age Group (Continuous trend in Age-adjustment)							
Percent aged 18 to 24 years		876	9.8%	( 9.2% - 10.4% )	8	0%	( NA - NA )
Percent aged 25 to 34 years		1,876	10.0%	( 9.4% - 10.6% )	142	7.7%	( 6.5% - 8.9% )
Percent aged 35 to 44 years		2,876	10.0%	( 9.4% - 10.6% )	242	8.3%	( 7.1% - 9.5% )
Percent aged 45 to 54 years		3,876	10.0%	( 9.4% - 10.6% )	342	8.8%	( 7.6% - 10.0% )
Percent aged 55 years and older		10,876	10.0%	( 9.4% - 10.6% )	10,417	10.0%	( 9.4% - 10.6% )
<b>Race and Ethnicity</b>							
American Indian or Alaska Native		176	9.7%	( 8.5% - 10.9% )	107	10.0%	( 8.8% - 11.2% )
Asian or Pacific Islander		176	9.7%	( 8.5% - 10.9% )	0	0%	( NA - NA )
White		8,700	9.7%	( 9.2% - 10.2% )	15,694	10.0%	( 9.4% - 10.6% )
Native Hawaiian or Other Pacific Islander		876	10.0%	( 9.4% - 10.6% )	876	10.0%	( 9.4% - 10.6% )
Black or African American		876	10.0%	( 9.4% - 10.6% )	876	10.0%	( 9.4% - 10.6% )
Hispanic or Latino		876	10.0%	( 9.4% - 10.6% )	876	10.0%	( 9.4% - 10.6% )
Not Hispanic or Latino		8,700	9.7%	( 9.2% - 10.2% )	15,694	10.0%	( 9.4% - 10.6% )
Black or African American, not Hispanic/Latino		876	10.0%	( 9.4% - 10.6% )	876	10.0%	( 9.4% - 10.6% )
White, not Hispanic or Latino		8,700	9.7%	( 9.2% - 10.2% )	15,694	10.0%	( 9.4% - 10.6% )

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[<< Previous: Preventive Practices](#)

[Next: Appendices >>](#)



# 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 2009*</i>	<i>Census Area</i>	<i>Population (Age 18 and older) by Census Area 2009*</i>
<b>1</b> Anchorage & Vicinity	267,891	Municipality of Anchorage	208,521
		Matanuska-Susitna Borough	56,370
<b>2</b> Gulf Coast	56,272	Kenai Peninsula Borough	39,907
		Kodiak Island Borough	9,502
		Valdez-Cordova Census Area	6,863
<b>3</b> 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
		Aleutians East Borough	2,433
		Aleutians West Borough	3,856
		Bethel Census Area	9,998
		Denali Borough	1,428
<b>4</b> Rural	44,875	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
		Wade Hampton Census Area	4,057
		Yukon-Koyukuk Census Area	3,974
<b>5</b> Fairbanks and Vicinity	71,382	Fairbanks North Star Borough	66,416
		Southeast Fairbanks Census Area	4,966
<b>Total</b>	<b>492,542</b>		

\*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
<b>1</b> Anchorage & Vicinity	Anchorage Municipality	94,822	94,032	99%
	Matanuska-Susitna Borough	20,556	19,832	96%
	<b>Total</b>	<b>115,378</b>	<b>113,864</b>	<b>99%</b>
<b>2</b> 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%
	<b>Total</b>	<b>26,746</b>	<b>25,622</b>	<b>96%</b>
<b>3</b> 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%
<b>4</b> Rural	<b>Total</b>	<b>27,694</b>	<b>26,722</b>	<b>96%</b>
	Aleutians East Borough	526	506	96%
	Aleutians West Census Area	1,270	1,224	96%
	Bethel Census Area	4,226	3,769	89%
	Bristol Bay Borough	490	483	99%
	Denali Borough	785	695	89%
	Dillingham Census Area	1,529	1,441	94%
	Lake and Peninsula Borough	588	530	90%
	Nome Census Area	2,693	2,335	87%
	North Slope Borough	2,109	1,920	91%
	Northwest Arctic Borough	1,780	1,575	88%
	Wade Hampton Census Area	1,602	1,386	87%
	Yukon-Koyukuk Census Area	2,309	1,885	82%
<b>5</b> Fairbanks and Vicinity	<b>Total</b>	<b>19,907</b>	<b>17,749</b>	<b>89%</b>
	Fairbanks North Star Borough	29,777	29,058	98%
	Southeast Fairbanks Census Area	2,098	1,901	91%
	<b>Total</b>	<b>31,875</b>	<b>30,959</b>	<b>97%</b>
<b>Statewide Total</b>		<b>221,600</b>	<b>214,916</b>	<b>97%</b>

Source: US Census  
2000, Summary  
File 4

# Appendix D: Response Rates

Appendices

Indicator	BRFSS Objective	BRFSS National Median	Alaska Achieved - Standard Survey	Alaska Achieved - Supplemental Survey
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					
	Age	<i>Standard BRFSS</i>		<i>Supplemental BRFSS</i>		<i>BRFSS Totals</i>	
		n	Weighted %	n	Weighted %	n	Weighted %
<b>1</b> 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%
<b>2</b> 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%
<b>3</b> 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)

		2009					
		<b><i>Standard BRFSS</i></b>		<b><i>Supplemental BRFSS</i></b>		<b><i>BRFSS Totals</i></b>	
Age		n	Weighted %	n	Weighted %	n	Weighted %
<b>4</b> 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%
<b>5</b> 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 %
<b>Anchorage and Vicinity (Region 1)</b>		
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%
<b>Gulf Coast (Region 2)</b>		
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%

\*Race categorization based on race the respondent reported best described their race, if they stated more than one race.

Standard 2009 BRFSS		
Race*	n	Weighted %
<b>Southeast (Region 3)</b>		
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%
<b>Rural (Region 4)</b>		
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%
<b>Fairbanks and Vicinity (Region 5)</b>		
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%



# Appendix F:

## Alaska BRFSS 2009 Survey Distribution by Race and Region (continued)

### Supplemental 2009 BRFSS

Race*	n	Weighted %
<b>Anchorage and Vicinity (Region 1)</b>		
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%
<b>Gulf Coast (Region 2)</b>		
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%

\*Race categorization based on race the respondent reported best described their race, if they stated more than one race.

### Supplemental 2009 BRFSS

Race*	n	Weighted %
<b>Southeast (Region 3)</b>		
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%
<b>Rural (Region 4)</b>		
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%
<b>Fairbanks and Vicinity (Region 5)</b>		
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%

# Appendix F:

## Alaska BRFSS 2009 Survey Distribution by Race and Region (continued)

Totals 2009		
Race*	n	Weighted %
<b>Anchorage and Vicinity (Region 1)</b>		
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%
<b>Gulf Coast (Region 2)</b>		
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%

\*Race categorization based on race the respondent reported best described their race, if they stated more than one race.

Totals 2009		
Race*	n	Weighted %
<b>Southeast (Region 3)</b>		
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%
<b>Rural (Region 4)</b>		
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%
<b>Fairbanks and Vicinity (Region 5)</b>		
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%

# 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	< 1.0%	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

### 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

- 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

- 3 Somewhat agree
- 4 Strongly agree
- 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

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

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  
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

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 BRFSS 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)
<b>Risk Factors</b>
<b>Alcohol</b>
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?
<b>Hypercholesterolemia</b>
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?
<b>Hypertension</b>
High Blood Pressure - Have you ever been told by a doctor, nurse or other health professional that you have high blood pressure?
<b>Nutrition</b>
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?
<b>Physical Activity</b>
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?
<b>Sexual Violence/Intimate Partner Violence</b>
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](http://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](http://www.cdc.gov/brfss)**



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