

Health Risks in Alaska Among Adults

Alaska Behavioral Risk Factor Survey 2000/2001 Annual Report

Frank H. Murkowski, Governor
State of Alaska

Joel Gilbertson, Commissioner
Department of Health and Social Services

Doug Bruce, Director
Division of Public Health

John Middaugh, Chief
Section of Epidemiology

December 2003

BRFSS Interviewers

2000

Bryce Kidd
Camile Parker
Cindy Britten
Clarissa Pungowiyi
Clydina Bailey
Sarah Huebschen

2001

Clarissa Pungowiyi
Cindy Britten
Clydina Bailey
Michaela Engen
Sarah Huebschen
Lolus Westbrook
Mimi Johnson
Bryce Kidd
Camile Parker

Report Preparation

Jill Hughes Richey, PhD, BRFSS Program Manager
Elvin Asay, MS, Data and Evaluation Unit
Jeff Kasper, Publications Specialist

Public Health Advisor

Gloria Colclough
Centers for Disease Control and Prevention

Funded by:

The Centers for Disease Control and Prevention, Cooperative Agreement No. U58/CCUO10659 and the Preventive Health and Health Services Block Grant, National Center for Chronic Disease Prevention and Health Promotion, Division of Adult and Community Health.

Acknowledgements

The program staff would like to acknowledge the technical support provided by John Middaugh, MD, Chief and Jason Eberhart-Phillips, MD, Section of Epidemiology, Alaska Division of Public Health; and the Alaska Division of Public Health.

The staff also wishes to thank William Garvin and Ken Laliberte from the Centers for Disease Control and Prevention for technical assistance.

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

For additional copies of this report or more information contact:

Alaska Department of Health and Social Services
Division of Public Health
Section of Epidemiology
Health Promotion Program
P.O. Box 110616
Juneau, Alaska 99811-0616
907-465-3140

Table of Contents

Introduction	1
Leading Causes of Death in Alaska	3
Behavioral Risk Factor Prevalence in Alaska	3
At Risk for Specific Behavioral Risk Factors	4
2000/2001 BRFSS Sampling Regions	5
Methodology	7
Survey Population by Selected Demographics	12
Quality of Life	13
Risk Factors	17
Alcohol Use – Binge Drinking	17
Alcohol Use – Chronic & Heavy Drinking	19
Chronic Disease – Arthritis	22
Chronic Disease – Asthma	23
Chronic Disease – Diabetes	24
Chronic Disease – Prostate Cancer	26
Exercise – No Leisure Time Physical Activity	27
Exercise – Moderate Physical Activity	29
Exercise – Vigorous Physical Activity	30
H□	31
High□	33
HIV/AIDS□	35
Nutrition □	37
Obesity and Overweight	38
Tobacco Use – Smoking	41
Tobacco Use – Smokeless Tobacco	43
Preventive Health Care Practices	45
Breast Cancer Screening	46
Cervical Cancer Screening	47
□	48
Colorectal Cancer Screening	50
Firearms□	52
Health Care Access	53
Vaccinations – Influenza/Pneumococcal	54
Weigh□	56
Risks by Region	57
Binge□	58
Chronic/Heavy Drinking	59
Obesity .□	60
Tobac□	61
N□	62

Appendices	63
Appendix A: BRFSS Definitions	63
Appendix B: BRFSS Sampling Regions	65
Appendix C: BRFSS Survey Population	66
Appendix D: BRFSS Population by Race	68
Appendix E: Telephone Coverage in Alaska	69
Appendix F: 2000 & 2001 Response Rates	70
Appendix G: Weighting	71
Appendix H: BRFSS questions	72
Appendix H: BRFSS questions	81

Introduction

In 2000 there were 2922 deaths in Alaska and 74.4% were identified within the top seven causes of death, approximately half of all deaths are attributable to modifiable behavioral risk factors. McGinnis & Foege (1993) summarized published research and concluded that the greatest contributors to death in the United States in 1990 were tobacco use, poor diet, physical inactivity, alcohol, infections, toxic agents, firearms, sexual behaviors, motor vehicles, and other factors¹.

The behavioral risk factor of tobacco use has been estimated to contribute to a range of 11%-30% of cancer deaths, 17%-30% of cardiovascular deaths, 30% of lung disease deaths, and 24% of pneumonia and influenza deaths. Nationally, smoking results in approximately 440,000 annual preventable deaths and costs greater than \$75 billion in medical care².

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

Although national estimates of health risk behaviors among U.S. adult populations had been periodically obtained through surveys conducted by the National Center for Health Statistics (NCHS), these data were not available on a state-specific basis. This deficiency was viewed as critical for state health agencies that have the primary role of targeting resources

to reduce behavioral risks and their subsequent illnesses. National data may not be appropriate for any given state; however, state and local agency participation was critical to monitor progress for national health goals.

About the same time as personal health behaviors received wider recognition in relation to chronic disease morbidity and mortality, telephone surveys emerged as an acceptable method for determining the prevalence of many health risk behaviors among populations. In addition to their cost advantages, telephone surveys were especially desirable at the state and local level, where the necessary expertise and resources for conducting area probability sampling for in-person household interviews were not likely to be available.

As a result, National Centers for Disease Control and Prevention (CDC) developed the Behavioral Risk Factor Surveillance System to monitor state-level prevalence of the major behavioral risks among adults associated with premature morbidity and mortality. The basic philosophy was to collect data on actual behaviors, rather than on attitudes or knowledge, that would be especially useful for planning, initiating, supporting, and evaluating health promotion and disease prevention programs. The State of Alaska began the BRFSS in 1990 as a point in time study and has continued yearly since. Alaska's data is combined with all 50 states participating in surveillance. The Behavioral Risk Factor Surveillance System is a collaborative project with the CDC and the Alaska Division of Public Health and is the longest running and

largest telephone health survey in the world. In 2001, 204,797 interviews were completed throughout the United States, District of Columbia, U.S. Virgin Islands, Guam, and Puerto Rico.

Through a series of monthly telephone interviews uniform data are collected on preventive health practices and risky behaviors that contribute to chronic disease, injuries, and preventable diseases that are among the leading causes of morbidity and mortality in the United States. The BRFSS data have proven to be instrumental in formulating policy, proposing legislation for health initiatives and to focus resources on emergent and critical health concerns.

Since 1979, the Healthy People initiative has been the framework for identifying the most significant preventable threats to health and established prevention goals and objectives to address those issues. The goal is to increase quality and years of healthy life and to eliminate health disparities. Healthy People 2010 is a scientific research system based on over 190 health surveillance and data systems, which include the BRFSS. Many states, including Alaska, have established state targets within the framework of the national Healthy People objectives to address Alaska's specific health status, prevention priorities and objectives. *Healthy Alaskans 2010* was published in 2002 and serves as

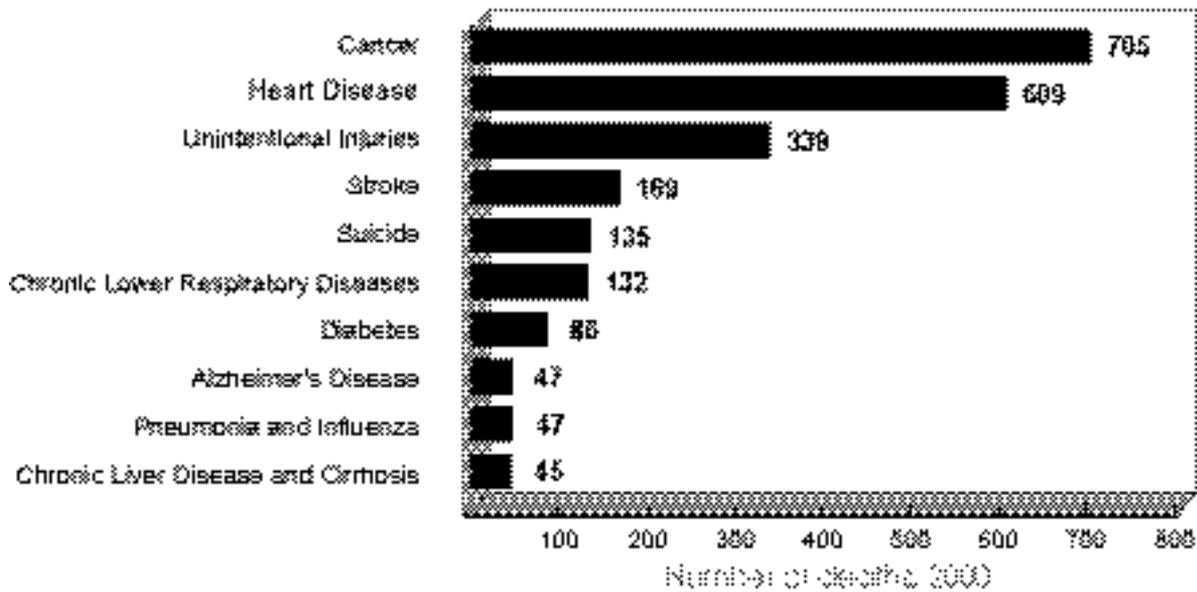
the structure for health policy development. In Alaska, seven of the ten leading health indicators for the 2010 goals are assessed with the BRFSS.

Endnotes:

¹ McGinnis JM & Foege WH. Actual causes of death in the United States. *JAMA* 1993; 270:2207-2212.

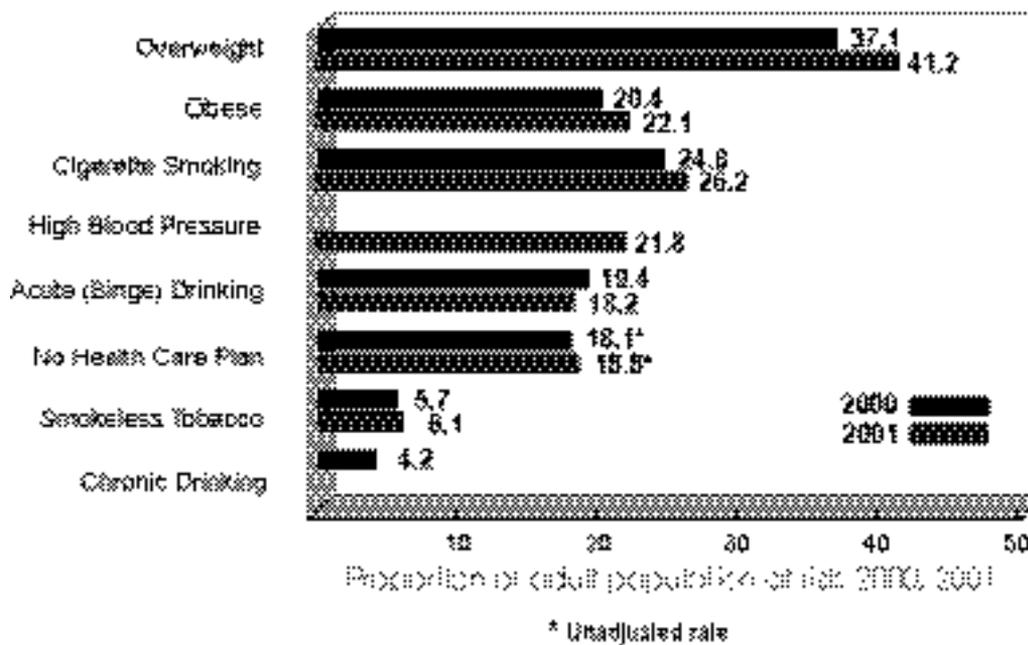
² CDC SAMMEC, MMWR 2002; vol 51, No. 14:300-3.

Leading Causes of Death in Alaska



Source: Alaska State Bureau of Vital Statistics, Leading Causes of Death for Alaska – 2000.

Behavioral Risk Factor Prevalence in Alaska



At Risk for Specific Risk Factors

2000

Population = 436,215

Behavioral Risk Factor	Proportion of Population at Risk (Prevalence)	Estimated Adults at Risk ♦♦
Overweight	37.1%	161,835
Cigarette Smoking	24.8%	108,181
Obese	20.4%	88,987
Binge Drinking	19.4%	84,625
No Health Care Plan	18.1%	78,954
Chronic Drinking	4.2%	18,321

2001

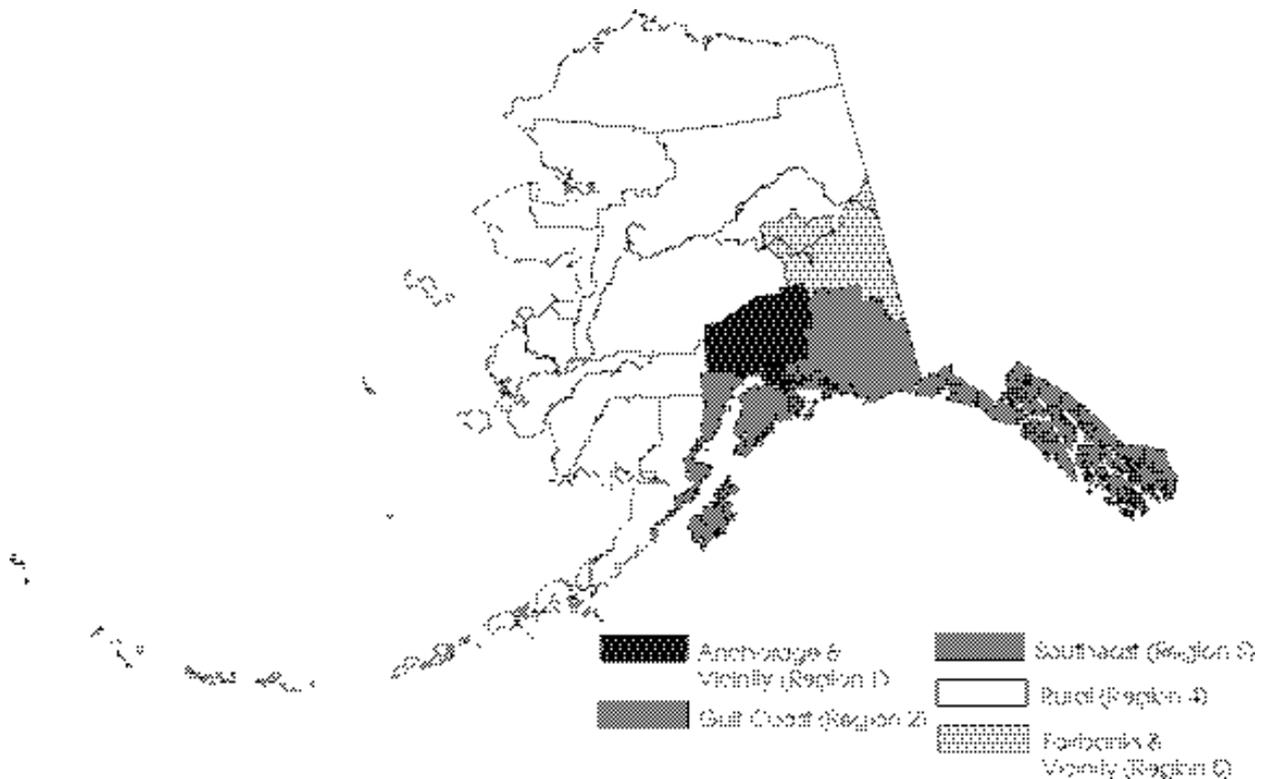
Population = 436,215

Behavioral Risk Factor	Proportion of Population at Risk (Prevalence)	Estimated Adults at Risk ♦♦
Overweight	41.2%	179,720
High Cholesterol	28.7%	125,193
Cigarette Smoking	26.2%	114,288
Obese	22.1%	96,403
High Blood Pressure	21.8%	95,094
No Health Care Plan	18.8%	82,008
Binge Drinking	18.2%	79,391
Chronic Drinking♦	6.1%	26,609
Heavy Drinking	5.7%	24,864

♦ Chronic Drinking question changed format in 2001 -- new definition

♦♦ Source: Alaska Department of Labor and Workforce Development, Research and Analysis Section, Demographics Unit, 2000 census data.

2000/2001 BRFSS Sampling Regions



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

	Population 18 years and older	2000 Number of interviews	2001 Number of interviews
Anchorage and Vicinity (Region 1) Anchorage & vicinity	224,624	422	552
Gulf Coast (Region 2) Kenai, Kodiak, Valdez, Cordova & vicinity	51,407	415	546
Southeast (Region 3) All of Southeast Alaska	52,654	433	564
Rural (Region 4) All other non-urban areas of Alaska	45,459	404	630
Fairbanks and Vicinity (Region 5) Fairbanks & vicinity	62,071	409	583
Totals	436,215	2,083	2,875

Source: United States Census Bureau, 2000; Census of Population & Housing Summary File, July 2001

Methodology

Sample Design

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

Sample Size

The survey is conducted throughout the year and each month approximately 210 Alaska residents, age 18 and older, are interviewed by telephone from our onsite health survey lab in Juneau. Each of the five regions has approximately 500 completed interviews with a statewide annual goal of 2500.

Sampling Process

The GENESYS sampling system through Marketing Systems Group provides the telephone number generation each month for the random sample. This Disproportionate Stratified Sample Design (DSS) process is designed to improve and calculate the probability that all households in Alaska with telephones would have an equal chance of inclusion in the study and is a variation of the cluster sampling method. For DSS, the information obtained from other sources is used to classify 100 number blocks of telephone numbers into two strata based on the presumed density

(high or low) of residential telephone number strata that are either likely or unlikely to yield residential numbers. Telephone numbers in the “likely” or one-plus block strata are sampled at a higher rate than numbers in the unlikely strata known as the zero block bank. These values are determined by analyzing all possible 100 blocks for an area with the recommended sampling ratio between one-plus blocks and zero blocks is a 4:1. Since the rural region of Alaska has as many as 80% of the phone banks that are zero blocks, the sampling ratio is 8:1 in Region 4. This ratio was determined in consultation with CDC.

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

Survey Instrument

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

The questionnaire has three parts:

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

The core is a standard set of questions asked by all states. It includes queries 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 sets of questions on specific topics. In 2001 there were 14 modules that states could elect to include in their questionnaire. Alaska chose to include modules on diabetes, quality of life, care giving, and tobacco indicators in 2001. Tobacco use prevention, diabetes, alcohol consumption, arthritis, and smokeless tobacco modules were included in 2000. State added questions in 2001 included child health insurance and domestic violence, and in 2000 they were on child health, child oral health, and health care coverage.

State added questions are developed or acquired by participating states and added to the questionnaire, they are not edited or evaluated by CDC. States are selective with choices of modules and state specific questions to keep the questionnaires at a reasonable length of around 100 questions.

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

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

Data Collection

A staff of college interns and administrative clerks, each extensively trained with the standardized CDC protocol, conduct the interviews from 10 AM to 8 PM weekdays and from 10AM to 6 PM on weekends. 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 lab supervisor and coordinator routinely monitor the interviewers for training purposes and quality control.

Data are collected via computer using Ci3 CATI (Computer Assisted Telephone Interviewing) software. While conducting the telephone interview, the interviewer has the script and questionnaire on a computer screen, which is read verbatim. The designated answer of the respondent is manually selected on the screen. Incorporating edits and skip patterns into the CATI instrument reduces interviewer errors, data entry errors, and skip errors. Data conversion tables are developed to read the survey data from the entry module and call information to the sample-tracking module, which then combines the information into the final format specified for the data year. CDC also created and distributes a Windows-based editing program that can perform data validations on properly formatted survey results. This program is used to output lists of errors or warning conditions encountered in the data. These edited reports are produced monthly and corrections are made by the survey supervisor with data files sent to the CDC electronically.

Data Analysis

Data processing is an integral part of this study, with collected data sent to CDC during each month of the year. Data conversion tables are developed to read the survey data from the entry module and call information from the sample tracking module and to combine information into the final format specified for the data year. At the end of each survey year, data are compiled and weighted by CDC, and cross tabulations and prevalence reports are prepared using the SAS and Sudaan software. To create the specific at risk variables, several variables from the data file are combined with varying complexity. Some only combine codes, while others require sorting and combining selected codes from multiple variables.

Weighting

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

Data Reporting

Data are analyzed by the CDC for Alaska by sex, race, age, education, income and employment and standard tables are produced for each risk factor and health related behavior.

Confidence Intervals

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

Special Note

The Alaska Division of Public Health analyzes health care coverage results for Alaska. This analysis adjusts for survey respondents who report they have no health care coverage, yet indicate a type in a follow-up question. This explains why prevalence estimates may not match those published by the CDC. The adjusted rate was calculated for 1996 through 2000; however the survey content changed in 2001 and the follow-up question is no longer available. Based on available data, an average adjustment of -6.5% will approximate the adjusted Alaskan value.

Comparisons

All prevalence comparisons made to the national BRFSS ranges and the national BRFSS median are comparisons made to the 50 states participating in the Behavioral Risk Factor Surveillance System, plus Washington D.C., Guam, Puerto Rico, and the 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 those people without phones cannot be reached and are not represented. In Alaska, about 97% of households have phones¹ with the U.S. average of phone coverage being 97.6%. The percentage of households with a telephone varies by region in Alaska (see appendix E). In general, persons of lower socioeconomic status are less likely than persons of higher socioeconomic status to have phones and may be under sampled.

With surveys based on self-reported information, the potential for bias must be kept in mind when interpreting results. Survey response rates may also affect the potential for bias in the data. The literature shows that most questions on the core BRFSS instrument are at least moderately reliable and valid and many were reported to be highly reliable and valid.²

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

Prevalence estimates are not usually reported for those categories in which there were less than 50 respondents and are rounded to the nearest whole percent when there are less than 500 observations.

Endnotes:

¹ Census 2000 Summary File 3 (SF 3)

² Nelson, DE, Holtzman D, Bolen J, et al. Reliability and validity of BRFSS measures. Internal Journal of Public Health. 2001; Vol. 46:suppl.1

Survey Population by Selected Demographics

2000

	n	%
Gender		
Male	988	52.1
Female	1,095	47.9
Total	2,083	
Race		
Native	394	13.2
Non-Native	1,617	82.5
Unknown	72	4.3
Age		
18-24	200	12.9
25-34	413	22
35-44	572	25.9
45-54	482	19
55-64	213	11
65-74	115	5
75+	76	4
Unknown	12	0.4
Education		
Some H.S.	164	8
H.S. Grad or GED	678	30
Some College or Tech School	619	31
College Grad	619	31
Unknown	3	0.2
Income		
< \$15,000	170	8
15,000-24,999	312	14
25,000-49,999	646	31
50,000-74,999	373	17
> 75,000	414	23
Unknown	168	8

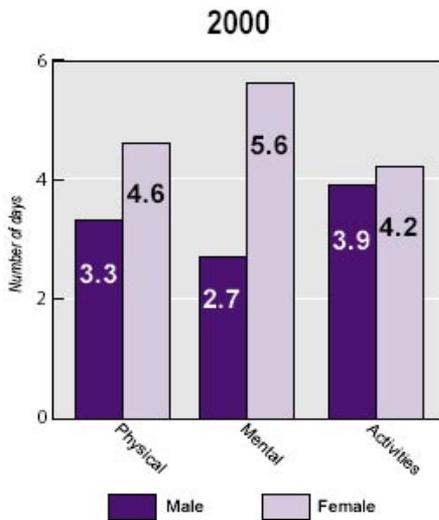
2001

	n	%
Gender		
Male	1,359	52
Female	1,516	48
Total	2,875	
Race		
Native	543	12.8
Non-Native	2,255	84.7
Unknown	77	2.5
Age		
18-24	300	13.0
25-34	512	21.8
35-44	751	24.9
45-54	690	19.7
55-64	352	11.0
65+	235	9.0
Unknown	35	1.0
Education		
Some H.S.	243	7.5
H.S. Grad or GED	912	30.5
Some College or Tech School	886	33.2
College Grad	830	28.5
Unknown	4	0.2
Income		
< \$15,000	258	7.0
15,000-24,999	432	14.0
25,000-34,999	353	11.0
35,000-49,999	477	18.0
50,000-75,000	526	19.4
> 75,000	543	19.8
Unknown	286	11.5

Quality of Life

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

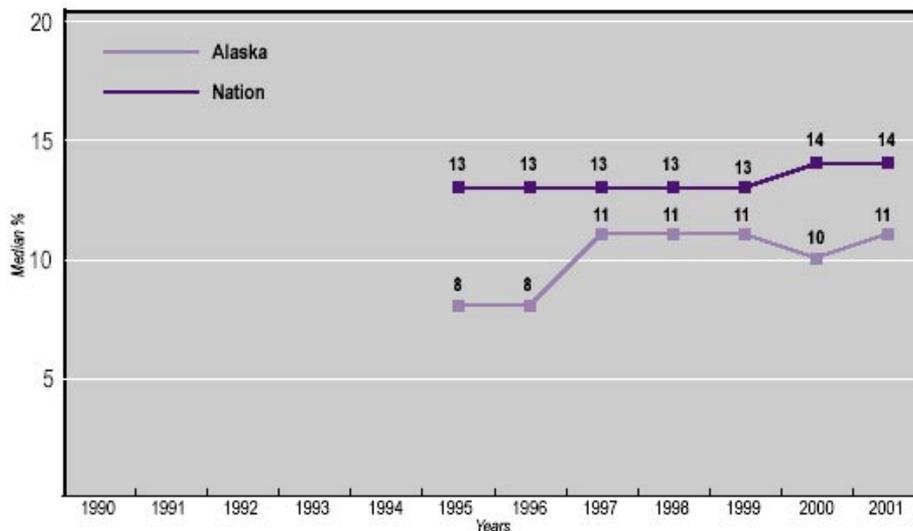
Average number of days in past 30 days that physical or mental health was not good, or activities were limited



- Alaskans generally believe their general health to be good. Only 1 in 10 rate their general health as fair or poor. This is considerably below the national level.
- As expected, older Alaskans tend to report poor general health. One out of 4 adults of retirement age 65 or older report their general health as fair or poor.
- Alaskans who have an income less than \$15,000 have the highest percentage of fair or poor health status at 33%.
- One out of every three adults with a household income of less than \$15,000 report their general health as only fair or poor; and the less education, the more likely to report poor general health.

Quality of Life

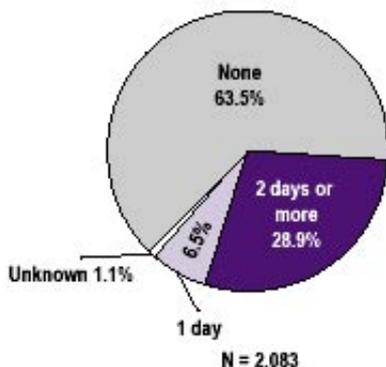
General Health: Fair or Poor



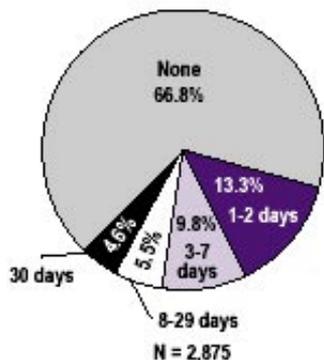
Health Status

Physical Health

How many days during the past 30 days was your physical health not good?
2000

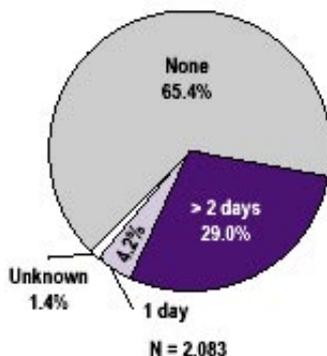


How many days during the past 30 days was your physical health not good?
2001

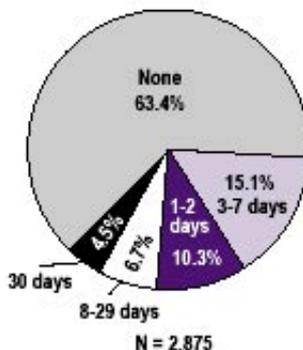


Mental Health

How many days during the past 30 days was your mental health not good?
2000

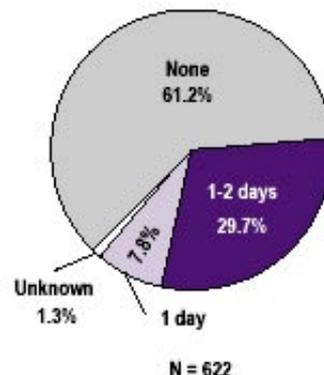


How many days during the past 30 days was your mental health not good?
2001

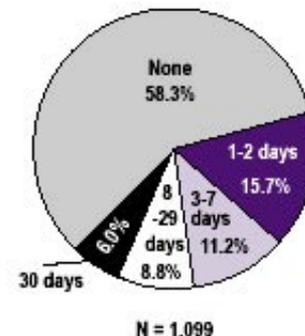


Activities Limited

How many days did poor physical or mental health keep you from doing your usual activities, such as self care, work, or recreation?
2000



How many days did poor physical or mental health keep you from doing your usual activities, such as self care, work, or recreation?
2001



- In 2001, 16% of Alaskans adults reported they were limited in some way because of physical, mental, or emotional problems.
- In 2001, 4% of Alaskans reported needing special equipment, such as care, wheelchair, special bed, or a special telephone.

Health Status — Fair/Poor

2000

	n	%	N	95% CI
Gender				
Male	104	10.1	988	7.1-13.2
Female	128	10.3	1,095	7.7-13.0
Race				
Native	72	20	393	13.1-26.1
Non-Native	160	8.8	1,686	6.7-10.9
Total	232	10.3	2,083	8.2-12.3
Age				
18-24	10	8	200	0.0-17.5
25-34	25	4	413	2.0-5.5
35-44	45	6.1	572	3.8-8.3
45-54	54	11	482	6.5-14.7
55-64	47	23	213	13.9-31.8
65+	50	26	190	18.0-33.2
Education				
Some H.S.	57	35	164	23.6-45.5
H.S. Grad or GED	85	13.1	678	8.4-17.8
Some College or Tech School	66	7.9	619	5.4-10.4
College Grad	24	3.9	619	1.7-6.3
Income				
< \$15,000	53	33	170	18.2-47.1
15,000-24,999	57	18	312	11.7-25.0
25,000-49,999	61	7.5	646	4.9-10.3
50,000-74,999	17	5	373	2.1-8.3
>75,000	15	4	414	0.8-6.4

2001*

	n	%	N	95% CI
Gender				
Male	159	10.3	1,356	8.1-12.5
Female	197	12.4	1,514	10.1-14.8
Race				
Native	113	15.2	626	11.8-18.6
Non-Native	243	10.6	2,244	8.9-12.4
Total	356	11.3	2,793	9.7-12.9
Age				
18-24	15	6	300	1.5-9.7
25-34	37	5.9	510	3.5-8.3
35-44	82	10.5	751	7.5-13.5
45-54	98	13.6	689	9.9-17.2
55-64	54	16	351	10.1-21.7
65+	66	24	234	17.2-31.4
Education				
Some H.S.	68	30	242	21.8-38.0
H.S. Grad or GED	127	12.0	911	9.2-14.9
Some College or Tech School	117	11.7	883	8.9-14.4
College Grad	44	5.4	830	3.1-7.8
Income				
< \$15,000	93	39	256	30.5-47.4
15,000-24,999	82	18	432	13.2-23.2
25,000-49,999	78	9.4	828	6.6-12.2
50,000-74,999	36	5.7	525	3.0-8.4
> 75,000	32	6.6	543	3.6-9.5

* Denominators excludes don't know/refused/missing

n = Number of respondents who reported fair or poor health status.

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

N = Total number of respondents in this subgroup.

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

Risk Factors

Alcohol Use – Binge Drinking

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

Healthy People 2010 Objective 26.11c:

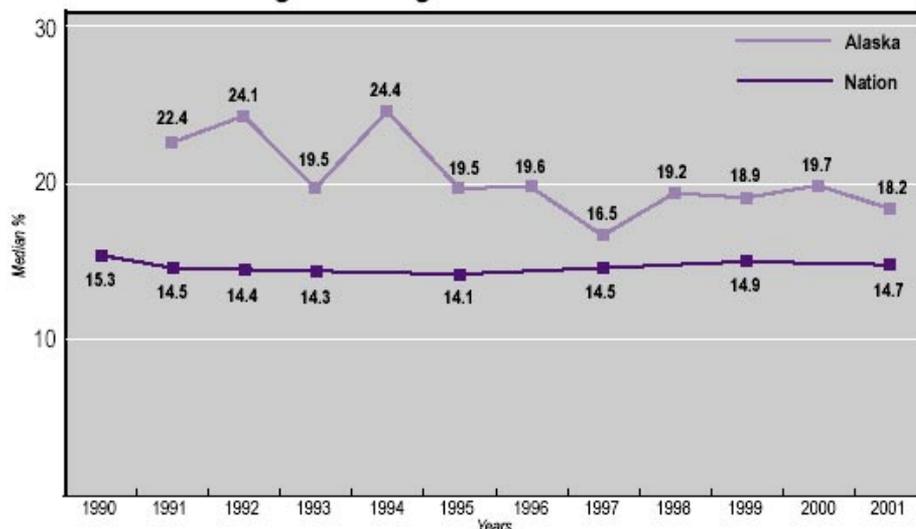
Reduce binge drinking among adults to 6%.

Healthy Alaskan 2010 Objective 4.4:

Reduce binge drinking among adults to 13%.

- ▶ A slight decrease in the binge drinking prevalence for Alaska is apparent over the eleven-year period of survey results.
- ▶ This behavior is strongly associated with young males, who are nearly 2 to 3 times more likely to report binge drinking than females.
- ▶ 18-34 year olds reported more binge drinking, decreasing with increasing age.
- ▶ Nationwide prevalence has remained below Alaska's rate throughout the years. (See previous BRFSS reports.)
- ▶ Native and Non-Native rates were comparable for the 2000 study, however the Native rate was greater in 2001 and for previous years.
- ▶ In 2000, 2% of Alaskans reported that they have driven when they may have had too much to drink.

Binge Drinking: Alaska vs. Nationwide



Alcohol Use – Binge Drinking

2000

	n	%	N	95% CI
Gender				
Male	273	28.4	988	24.5-33.1
Female	108	9.7	1,095	7.2-12.4
Race				
Native (any mention)	82	20	377	14.6-26.0
Non-Native	299	19.6	1,672	16.7-22.5
Total	381	19.7	2,049	17.0-22.4
Age				
18-24	63	39	200	28.5-49.9
25-34	104	25	413	19.4-31.5
35-44	123	19.3	572	15.2-24.1
45-54	62	15	482	10.1-20.7
55-64	19	6	213	2.9-9.7
65+	10	4	191	1.2-6.0
Education				
Some H.S.	28	22	164	11.3-32.6
H.S. Grad or GED	137	23.2	678	18.4-29.1
Some College or Tech School	120	19.7	619	15.3-24.2
College Grad	96	15.2	619	11.3-19.5
Income				
< \$15,000	32	21	170	6.7-36.0
15,000-24,999	50	19	312	12.4-25.9
25,000-49,999	128	21.1	638	16.6-25.6
50,000-74,999	83	18	372	11.9-23.0
> 75,000	83	22	408	15.8-27.1

2001

	n	%	N	95% CI
Gender				
Male	331	24.8	1,325	21.3-28.7
Female	157	11.0	1,487	8.5-14.2
Race				
Native (any mention)	130	25.1	610	19.1-31.2
Non-Native	358	16.7	2,226	14.2-19.8
Total	488	18.2	2,836	15.9-20.6
Age				
18-24	82	27	293	20.6-34.1
25-34	120	27	498	20.9-34.8
35-44	142	20.6	738	16.6-25.3
45-54	93	11.4	679	8.7-14.8
55-64	26	6	342	3.5-10.1
65+	19	7	228	3.6-12.2
Education				
Some H.S.	40	18	230	12.4-25.3
H.S. Grad or GED	182	19.0	887	15.5-23.2
Some College or Tech School	156	20.8	867	16.3-26.1
College Grad	110	14.4	824	11.1-18.4
Income				
< \$15,000	43	16	249	10.9-22.9
15,000-24,999	83	18	422	13.6-23.7
25,000-49,999	144	18.0	820	13.4-22.6
50,000-74,999	96	23.2	521	17.9-29.9
> 75,000	89	17.5	538	13.0-23.1

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

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

N = Total number of respondents in this subgroup.

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

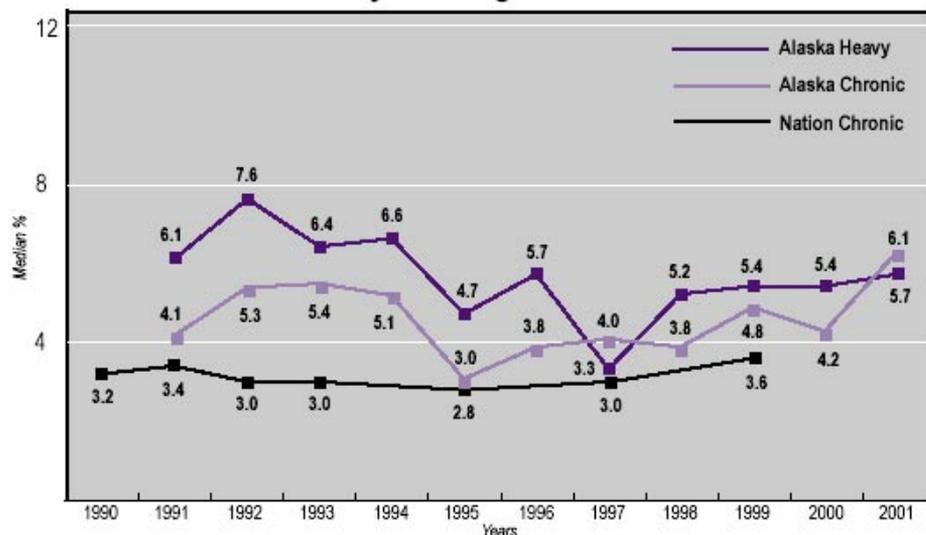
Alcohol Use – Chronic & Heavy Drinking

Healthy Alaskan 2010 Objective 4.5:

Reduce chronic drinking among adults to 4%.

- ▶ From 1990 until 2000 the definition of “chronic drinking” was 2 drinks per day averaging 60 drinks or greater in the past month for either sex.
- ▶ Chronic drinking wording for questions was changed in 2001. Prospective analysis of past chronic definition may not be consistent with past results as evident by the sharp increase shown in the graph below for 2001. (See Appendix H and I)
- ▶ Chronic drinking for all years has a significantly higher rate for males.
- ▶ Chronic drinking for Alaska exceeds the national prevalence for all years.
- ▶ In 2001 the definition of “heavy drinking” was introduced which was defined as women reporting one or more drinks per day and men reporting 2 or more drinks per day.
- ▶ Heavy drinking was retrospectively analyzed to get past years prevalence for the new change in definition, see graph.
- ▶ The more stringent new heavy drinking definition for females resulted in no significant difference between sexes. Prevalence for males was 6.1% and females 5.5% for an average of 5.7% for the population.
- ▶ Chronic Drinking in 2000 shows a decrease with age and may increase with income.

Chronic & Heavy Drinking: Alaska vs. Nationwide



Alcohol Use – Chronic Drinking

Definition: 2 or more drinks per day, averaging 60 or more drinks in past month for either males or females.

2000

	n	%	N	95% CI
Gender				
Male	70	6.9	988	4.8-9.3
Female	18	1.0	1,095	0.5-1.6
Race				
Native (any mention)	14	2.9	379	0.9-4.8
Non-Native	74	4.4	1,661	3.0-5.8
Total	88	4.2	2,040	3.0-5.4
Age				
18-24	13	5.6	200	1.5-9.9
25-34	23	6.7	413	3.1-10.4
35-44	26	3.7	572	1.7-5.8
45-54	13	2.9	482	0.8-5.1
55-64	7	2.1	213	0.2-4.1
65+	6	2.0	191	0.4-3.7
Education				
Some H.S.	4	2.0	164	0.0-4.5
H.S. Grad or GED	32	5.1	678	2.8-7.6
Some College or Tech School	30	5.0	619	2.4-7.6
College Grad	22	2.9	619	1.3-4.5
Income				
< \$15,000	9	3.6	170	0.6-6.8
15,000-24,999	7	2.5	312	0.3-4.7
25,000-49,999	31	4.9	646	2.6-7.3
50,000-74,999	19	4.0	371	1.4-6.5
> 75,000	16	4.1	406	1.4-6.8

n = Number of respondents who report an average of 60 or more alcoholic drinks in the past month

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

N = Total number of respondents in this subgroup.

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

Alcohol Use – Heavy Drinking

Definition: Men reporting more than 2 drinks per day. *

Women reporting more than 1 drink per day. *

2001 men

	n	%	N	95% CI
Gender				
Male	103	6.1	1,317	4.7-7.9
Race				
Native (any mention)	20	7.9	252	3.1-12.7
Non-Native	83	5.8	1,065	4.1-7.5
Age				
18-24	8	7.0	135	2.8-16.6
25-34	20	5.0	198	2.8-7.7
35-44	23	5.0	349	2.9-9.0
45-54	33	8.0	357	5.0-11.9
55-64	8	5.0	163	2.0-10.5
65+	7	4.0	96	1.8-9.5
Education				
Some H.S.	8	6.0	115	2.7-13.5
H.S. Grad or GED	43	7.0	434	4.8-10.7
Some College or Tech School	33	7.0	393	4.0-10.6
College Grad	19	4.0	374	2.4-7.5
Income				
< \$15,000	10	9.6	112	4.6-19.2
15,000-24,999	19	5.3	171	3.0-9.1
25,000-34,999	13	9.7	137	4.8-18.6
35,000-49,999	14	5.2	214	2.4-10.8
50,000-74,999	25	6.6	284	4.0-10.7
> 75,000	20	6.7	291	3.5-12.3

2001 women

	n	%	N	95% CI
Gender				
Female	92	5.5	1,485	4.1-7.3
Race				
Native (any mention)	25	7.3	338	2.9-11.7
Non-Native	67	5.2	1,147	3.5-6.8
Age				
18-24	11	5.4	156	2.0-14.0
25-34	13	4.9	292	2.2-10.5
35-44	31	8.4	388	5.3-13.1
45-54	10	2.4	321	1.2-4.7
55-64	17	7.0	182	3.4-13.7
65+	8	3.8	131	1.6-8.6
Education				
Some H.S.	8	7.3	117	2.9-17.4
H.S. Grad or GED	34	7.4	447	4.6-11.6
Some College or Tech School	26	4.1	470	2.3-7.4
College Grad	24	4.8	448	2.8-7.9
Income				
< \$15,000	8	5.0	133	1.9-11.8
15,000-24,999	18	5.0	251	2.8-8.1
25,000-34,999	10	4.0	199	1.5-8.7
35,000-49,999	20	7.0	256	3.6-11.4
50,000-74,999	15	9.0	236	4.7-17.1
> 75,000	17	6.0	246	3.2-12.4

* Refer to appendix H for question format.

n = Number of women who report 1 or more drinks per day, and men reporting 2 or more drinks per day.

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

N = Total number of respondents in this subgroup.

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

Chronic Disease – Arthritis

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

Healthy People 2010 Objective 2.2:

Reduce adults with limited activities due to chronic joint symptoms to 21%.

Healthy Alaskan 2010 Objective 20.2:

Reduce the proportion of adults with chronic joint symptoms who currently experience a limitation in activity due to arthritis to 45%.

- ▶ 16.8% of Alaskans have been told by a doctor they have arthritis.
- ▶ Significantly more females reported arthritis.
- ▶ As expected, reported diagnoses of arthritis increased with age.
- ▶ Arthritis was reported more frequently with the lower income classifications.
- ▶ 44% reported pain, aching, stiffness or swelling in or around a joint in the past 12 months.
- ▶ 52% of those that reported joint pain indicated the symptoms were present on most days for at least one month.
- ▶ 29% of those with symptoms reported limited activity because of joint pain.
- ▶ 38% of those with symptoms are currently being treated by a doctor for arthritis.

2001

Risk Factors

	n	%	N	95% CI		n	%	N	95% CI
Gender					Education				
Male	203	13.0	1,351	10.7-15.6	Some H.S.	203	13.0	1,351	10.7-15.6
Female	342	20.9	1,512	18.3-23.9	H.S. Grad or GED	342	20.9	1,512	18.3-23.9
Race					Some College or Tech School	171	17.7	883	14.4-21.6
Native (any mention)	132	18.7	623	14.7-22.8	College Grad	155	15.6	827	12.7-19.1
Non-Native	413	16.4	2,240	14.4-18.5	Income				
Total	545	16.8	2,863	15.0-18.7	< \$15,000	76	29	258	62.1-78.0
Age					15,000-24,999	88	20	431	74.3-85.1
18-24	9	2	300	96.0-99.1	25,000-34,999	60	16	352	78.1-88.7
25-34	38	6.4	510	89.9-96.0	35,000-49,999	81	16	474	79.1-88.4
35-44	111	12.5	748	84.0-90.3	50,000-74,999	98	15.3	524	80.3-88.2
45-54	149	24.2	688	70.8-80.2	> 75,000	86	13.7	542	82.0-89.7
55-64	129	32	350	60.3-74.8					
65+	103	40	232	51.1-68.3					

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

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

N = Total number of respondents in this subgroup.

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

Chronic Disease – Asthma

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

Healthy Alaskan 2010 Objective 24.2a:

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

- ▶ 11% of Alaskan Adults reported being told by doctor they have asthma.
- ▶ Slightly more females than males report having been diagnosed with asthma, but was not found to be statistically significant.
- ▶ Of those reporting asthma, 65% report they still have asthma.
- ▶ These data suggest that younger Alaskans may experience more problems with asthma than older Alaskans.
- ▶ Asthma prevalence appears to be inversely related to income.

2000

	n	%	N	95% CI		n	%	N	95% CI
Gender					Education				
Male	79	9.6	986	6.6-12.7	Some H.S.	27	18	164	7.7-27.5
Female	132	13.0	1,093	9.4-16.6	H.S. Grad or GED	49	6.9	678	4.5-9.3
Race					Some College or Tech School	59	14.7	619	9.5-20.0
Native (any mention)	36	13	393	6.3-19.1	College Grad	76	10.5	619	7.0-14.0
Non-Native	175	11.1	1,686	8.6-13.5	Income				
Total	211	11.2	2,079	8.9-13.6	< \$15,000	24	18	170	4.1-31.4
Age					15,000-24,999	29	13	312	6.1-20.3
18-24	26	18	200	8.5-26.6	25,000-49,999	66	10.7	646	6.6-14.8
25-34	38	12	413	5.8-18.0	50,000-74,999	28	8	373	3.4-11.6
35-44	49	6.5	572	4.2-8.8	> 75,000	37	8	414	4.7-11.2
45-54	58	12	482	7.5-15.8					
55-64	26	16	213	7.6-24.8					
65+	14	8	192	3.4-11.8					

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

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

N = Total number of respondents in this subgroup.

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

Chronic Disease – Diabetes

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

Healthy People 2010 Objective 5.4:

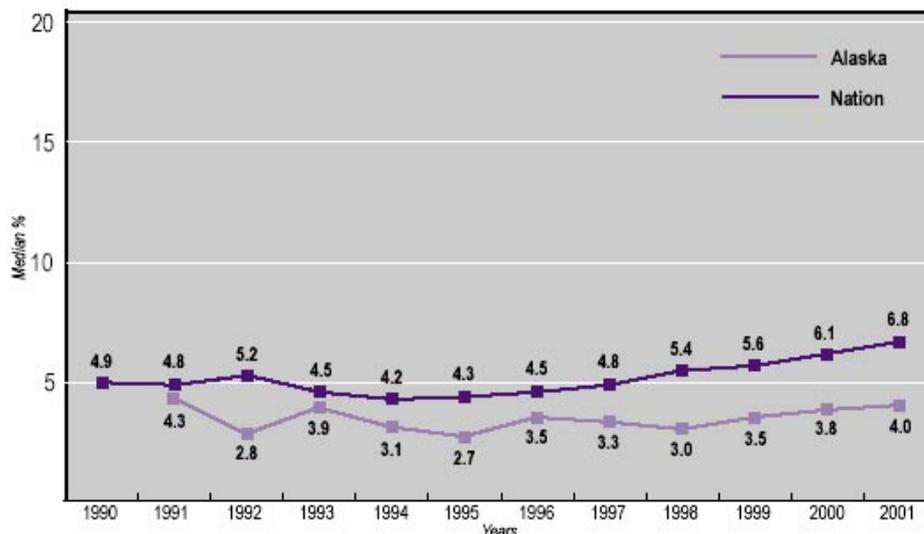
Increase proportion of adults with diabetes whose condition has been diagnosed to 80%.

Healthy Alaskan 2010 Objective 23.8:

Increase the proportion of adults with diabetes whose condition has been diagnosed (adults aged 20 years and older with diabetes) to 80%.

- ▶ Diabetes has remained relatively stable for the eleven years of this survey.
- ▶ Alaska is below the national level for diabetes even though these data may suggest that prevalence may be increasing.
- ▶ Native rates are based on a small sample size and are inconclusive for years 2000 and 2001.
- ▶ Although the numbers are small, the data suggests that older adults are more likely to report diabetes awareness than younger adults or that age is important in diabetes awareness.
- ▶ More diabetes is reported in the lower income brackets.
- ▶ The 2000 Native value reported by CDC analysis is in question; and past years have consistently reported lower values.

Diabetes: Alaska vs. Nationwide



Chronic Disease – Diabetes

2000

	n	%	N	95% CI
Gender				
Male	36	3.6	985	2.1-5.2
Female	37	4.0	1,093	1.9-6.1
Race				
Native (any mention)	16	7	394	1.0-12.3
Non-Native	57	3.4	1,686	2.2-4.6
Total	73	3.8	2,078	2.5-5.1
During Pregnancy	20	1.1	1,093	0.4-1.9
Age				
18-24	—	—	200	
25-34	2	.3	413	0.0-0.6
35-44	14	2.4	570	0.7-4.0
45-54	25	6	482	2.9-9.0
55-64	14	12	213	3.8-20.5
65+	17	7	191	3.4-10.9
Education				
Some H.S.	10	9	164	0.0-18.3
H.S. Grad or GED	25	4.5	676	1.9-7.1
Some College or Tech School	21	2.9	617	1.3-4.5
College Grad	17	2.8	618	1.2-4.5
Income				
< \$15,000	13	9	168	3.1-14.1
15,000-24,999	10	6	312	0.1-11.5
25,000-49,999	19	3.9	646	1.4-6.3
50,000-74,999	14	4	372	1.2-6.5
>75,000	10	1	414	0.4-2.0

2001

	n	%	N	95% CI
Gender				
Male	63	4.0	1,356	2.9-5.6
Female	53	4.0	1,515	1.5-3.6
Race				
Native (any mention)	27	3.6	625	2.0-5.2
Non-Native	89	4.1	2,246	3.0-5.2
Total	116	4.0	2,871	3.1-5.0
During Pregnancy	48	2.3	1,515	1.5-3.6
Age				
18-24	1	.1	299	0.0-0.9
25-34	8	1.4	512	0.6-3.2
35-44	14	1.0	751	0.6-1.9
45-54	32	5.8	690	3.7-9.1
55-64	26	7	350	5.0-14.4
65+	34	15	234	9.8-21.4
Education				
Some H.S.	15	6	240	3.1-12.1
H.S. Grad or GED	35	3.6	912	2.3-5.4
Some College or Tech School	42	5.0	886	3.4-7.2
College Grad	23	2.8	829	1.5-4.9
Income				
< \$15,000	20	7	257	4.4-12.4
15,000-24,999	17	5	431	2.9-9.7
25,000-34,999	12	5	353	2.5-10.3
35,000-49,999	15	2	477	0.9-3.3
50,000-74,999	15	2.2	526	1.1-4.2
> 75,000	26	5.2	542	3.2-8.5

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

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

N = Total number of respondents in this subgroup.

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

Chronic Disease – Prostate Cancer

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

- ▶ Interested persons should consider other data sources such as the Alaska Cancer Registry, vital statistics mortality reports, or hospital discharge data.
- ▶ 2.6% of the Alaska male population 40 years old or greater have been diagnosed with prostate cancer.
- ▶ This subgroup resulted in a small sample size and precludes conclusive analysis.
- ▶ 63% of the Alaska male population 40 years of age or greater have had a Prostate Specific Antigen (PSA) test.
- ▶ 83% of the Alaska males of 40 years of age have had a digital rectal examination.

2001

	n	%	N	95% CI		n	%	N	95% CI
Race					Education				
Native (any mention)	2	4	144	0.0-8.3	Some H.S.	3	8	67	2.1-24.3
Non-Native	13	2.5	694	4.2-9.8	H.S. Grad or GED	4	3	241	0.8-11.0
Total	15	2.6	838	1.4-4.8	Some College or Tech School	2	0.6	251	0.1-2.3
Age					Income				
40-44	—	—	195	—	< \$15,000	—	—	77	—
45-54	1	0.2	361	0.0-1.1	15,000-24,999	1	3	92	0.4-16.4
55-64	6	3	167	1.3-7.7	25,000-34,999	2	2	79	0.5-8.2
65+	8	11	96	5.0-23.2	35,000-49,999	6	8	111	2.9-20.9
					50,000-74,999	3	2	186	0.5-6.8
					> 75,000	3	2	240	0.5-6.0

Denominator excludes all females and males less than 40 years old or answered unknown/refused, or missing responses.

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

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

N = Total number of respondents in this subgroup.

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

Exercise – No Leisure Time Physical Activity

Definition: Any level of physical activity or exercise during past 30 days other than regular job.

Healthy People 2010 Objective 22.1:

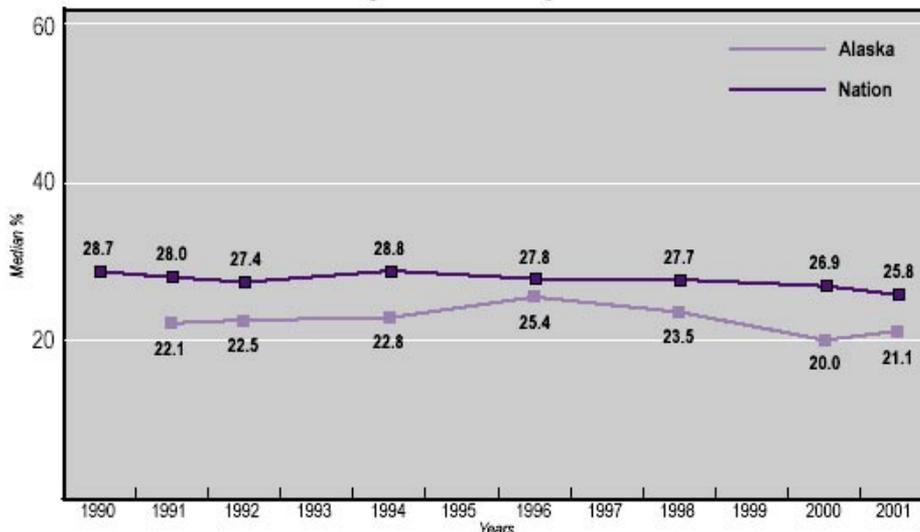
Reduce the proportion of adults who are physically inactive to 20%.

Healthy Alaskan 2010 Objective 1.1:

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

- ▶ More Alaskan's report leisure time physical activity than the national average.
- ▶ Alaskan's physical activity rates have remained consistent throughout the years of this survey with approximately 75-80% reporting some leisure time physical activity.
- ▶ Non-Natives report more leisure time activity than Natives.
- ▶ Leisure time activity decreases with age.
- ▶ People in lower socioeconomic categories are more likely to report no leisure time physical activity.
- ▶ In 2001 the wording was changed to include the phrase "other than your regular job."

No Leisure Time Physical Activity: Alaska vs. Nationwide



Exercise – No Physical Activity

2000

	n	%	N	95% CI
Gender				
Male	204	20.0	988	16.6-23.5
Female	235	20.0	1,095	16.6-24.4
Race				
Native (any mention)	110	25	394	19.5-31.2
Non-Native	329	19.2	1,617	16.6-21.8
Total	439	20.0	2,083	17.6-22.4
Age				
18-24	31	13	200	7.6-19.0
25-34	83	22	413	15.6-27.6
35-44	96	15.7	572	11.8-19.6
45-54	102	20	482	15.0-25.9
55-64	65	27	213	18.7-35.3
65+	59	30	191	21.4-39.6
Education				
Some H.S.	47	28	164	18.3-38.6
H.S. Grad or GED	187	25.8	678	21.2-30.3
Some College or Tech School	125	18.9	619	14.7-23.1
College Grad	80	13.6	619	9.6-17.7
Income				
< \$15,000	62	37	170	25.4-48.3
15,000-24,999	78	23	312	16.5-30.3
25,000-49,999	113	17.5	646	13.3-21.7
50,000-74,999	81	20	373	14.2-25.6
>75,000	60	14	414	9.6-19.1

2001

	n	%	N	95% CI
Gender				
Male (any mention)	290	18.5	1,359	15.7-21.6
Female	353	23.9	1,515	21.0-27.1
Race				
Native (any mention)	175	25.7	627	20.7-30.5
Non-Native	468	20.3	2,247	18.1-22.7
Total	643	21.1	2,874	19.0-23.3
Age				
18-24	43	14	300	9.4-19.2
25-34	100	17	512	13.1-22.6
35-44	167	22	751	18.2-26.5
45-54	144	20	690	15.7-24.5
55-64	97	24	352	18.0-31.5
65+	83	36	234	28.2-45.4
Education				
Some H.S.	94	44	242	35.6-52.8
H.S. Grad or GED	256	27.2	912	23.2-31.5
Some College or Tech School	183	18.6	886	15.1-22.6
College Grad	110	11.6	830	9.0-14.9
Income				
< \$15,000	89	43	258	34.2-51.7
15,000-24,999	137	30	432	24.3-37.3
25,000-34,999	89	27	353	21.0-34.4
35,000-49,999	89	18	477	13.3-23.1
50,000-74,999	98	16.1	526	12.4-20.6
> 75,000	83	12.7	543	9.4-16.9

* Denominator excludes Do not know/refused/missing

n = Number of respondents who report no leisure time physical activity or exercise.

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

N = Total number of respondents in this subgroup.

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

Exercise – Moderate Physical Activity

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

Healthy People 2010 Objective 22.2:

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

Healthy Alaskan 2010 Objective 1.2:

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

- ▶ 2001 survey has new classification of moderate physical activity which includes vigorous physical activity. Respondents were asked to recall overall frequency and duration of time spent in household, transportation, and leisure time activities of moderate intensity and vigorous intensity.
- ▶ More males participate in this level of exercise than females.
- ▶ Prevalence of moderate physical activity without vigorous participants is approximately 23% of the population.
- ▶ This level of exercise decreases with age and increases slightly with income and education.
- ▶ The 2001 BRFSS activity estimates provide the current baseline for states.

2001

	n	%	N	95% CI		n	%	N	95% CI
Gender					Education				
Male	754	59.9	1,264	55.7-63.9	Some H.S.	109	52	211	42.8-61.2
Female	738	53.5	1,389	49.5-57.5	H.S. Grad or GED	440	54.2	811	49.1-59.1
Race					Some College or Tech School	486	57.8	835	52.1-63.2
Native (any mention)	243	52	474	45.7-58.9	College Grad	457	59.8	795	54.7-64.8
Non-Native	1210	57.6	2,110	54.3-60.7	Income				
Total	1492	56.9	2,653	54.0-59.7	< \$15,000	120	46	231	37.5-55.3
Age					15,000-24,999	204	52	394	44.9-59.0
18-24	184	65	276	57.1-72.7	25,000-34,999	190	59	333	51.2-66.7
25-34	302	62	490	55.3-68.8	35,000-49,999	256	61	432	53.5-67.2
35-44	390	60.3	707	55.0-65.3	50,000-74,000	281	57.4	510	50.8-63.7
45-54	351	52.9	634	47.0-58.7	> 75,000	316	63.4	527	57.2-69.2
55-64	173	50	323	41.2-59.3					
65+	71	36	192	26.3-45.9					

n = Number of respondents who report moderate physical activity for 30 or more minutes a day, 5 or more days a week, or vigorous physical activity for 20 or more minutes a day, 3 times a week.

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

N = Total number of respondents in this subgroup.

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

Exercise – Vigorous Physical Activity

Definition: Vigorous physical activity for 20 or more minutes per day 3 times a week.

Healthy People 2010 Objective 22.3:

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

Healthy Alaskan 2010 Objective 1.3:

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

- ▶ Significantly more males participate in this level of exercise than females.
- ▶ This vigorous level of exercise decreases with age and increases with income and education.
- ▶ Non-Natives report slightly more physical exercise at this level than Natives.

2001

Risk Factors

	n	%	N	95% CI		n	%	N	95% CI
Gender					Education				
Male	491	39.7	1,303	35.5-44.0	Some H.S.	59	24	230	17.4-31.5
Female	383	27.4	1,473	24.0-31.2	H.S. Grad or GED	236	29.7	867	25.2-34.6
Race					Some College or Tech School	278	34.6	863	29.5-40.2
Native (any mention)	153	30.1	589	22.0-33.8	College Grad	301	39.5	815	34.3-45.0
Non-Native	721	34.3	2,187	31.7-37.9	Income				
Total	874	33.8	2,776	31.0-36.6	< \$15,000	62	23	249	16.5-29.8
Age					15,000-24,999	114	28	417	22.6-34.9
18-24	132	49	287	41.1-56.9	25,000-34,999	114	33	345	25.3-41.6
25-34	188	41.5	501	34.6-48.8	35,000-49,999	152	38	458	30.6-44.9
35-44	227	33.8	731	28.9-39.0	50,000-74,000	165	35.7	520	29.5-42.5
45-54	191	27.3	666	22.3-32.9	> 75,000	183	37.9	532	31.5-44.8
55-64	88	29	337	21.9-37.2					
65+	32	13	222	7.1-21.5					

n = Number of respondents who report vigorous physical activity for 20 or more minutes a day, 3 times a week

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

N = Total number of respondents in this subgroup.

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

High Blood Pressure

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

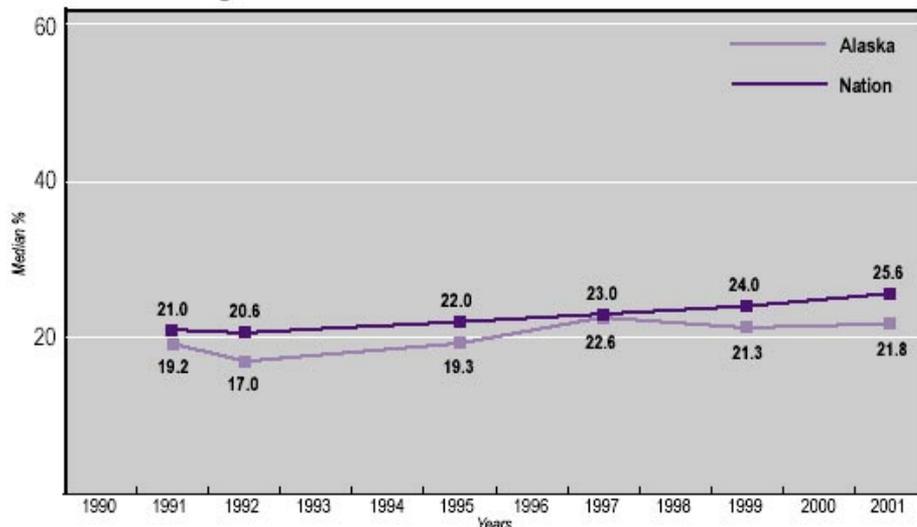
**Healthy People 2010
Objective 12.9:**
Reduce the proportion of adults with high blood pressure to 16%.

**Healthy Alaskan 2010
Objective 21.5:**
Reduce the proportion of adults 18 years and older with high blood pressure to 16%.

- ▶ Elevated or high blood pressure is defined as equal to or greater than 140mm/Hg systolic and 90 mm/Hg diastolic, and/or taking anti-hypertensive medication.
- ▶ Prevalence of high blood pressure increases significantly with age.
- ▶ Alaskans report slightly less awareness of high blood pressure than the national median.
- ▶ The trend suggests that the prevalence of hypertension awareness may be increasing.
- ▶ Of those reporting high blood pressure, 59% reported that they are currently taking blood pressure medicine.

Risk Factors

High Blood Pressure: Alaska vs. Nationwide



High Blood Pressure

2001

	n	%	N	95% CI
Gender				
Male	319	20.6	1,353	17.7-23.9
Female	350	23.0	1,515	19.8-26.6
Race				
Native (any mention)	179	25	626	24.5-29.6
Non-Native	490	21.4	2,224	18.5-23.8
Total	669	21.8	2,868	19.5-24.2
Age				
18-24	17	4	299	2.4-7.5
25-34	53	10.1	510	6.8-14.7
35-44	132	15.2	750	12.1-18.8
45-54	193	26.4	689	22.0-31.4
55-64	140	41	352	32.4-50.1
65+	127	60	233	50.3-67.5
Education				
Some H.S.	84	32	242	25.1-40.5
H.S. Grad or GED	209	20.4	911	17.1-24.2
Some College or Tech School	203	21.9	885	17.6-26.9
College Grad	171	20.1	826	16.3-24.5
Income				
< \$15,000	81	32	257	24.6-39.6
15,000-24,999	111	26	431	20.0-32.3
25,000-34,999	69	20	350	14.4-26.5
35,000-49,999	114	22	477	16.8-27.4
50,000-74,999	125	20.5	524	16.2-25.5
> 75,000	109	20.2	543	15.5-25.9

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

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

N = Total number of respondents in this subgroup.

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

High Cholesterol

Definition: Ever told by doctor that cholesterol is high.

Healthy People 2010 Objective 12.9:

Reduce the proportion of adults with high cholesterol to 16%.

Healthy Alaskan 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%.

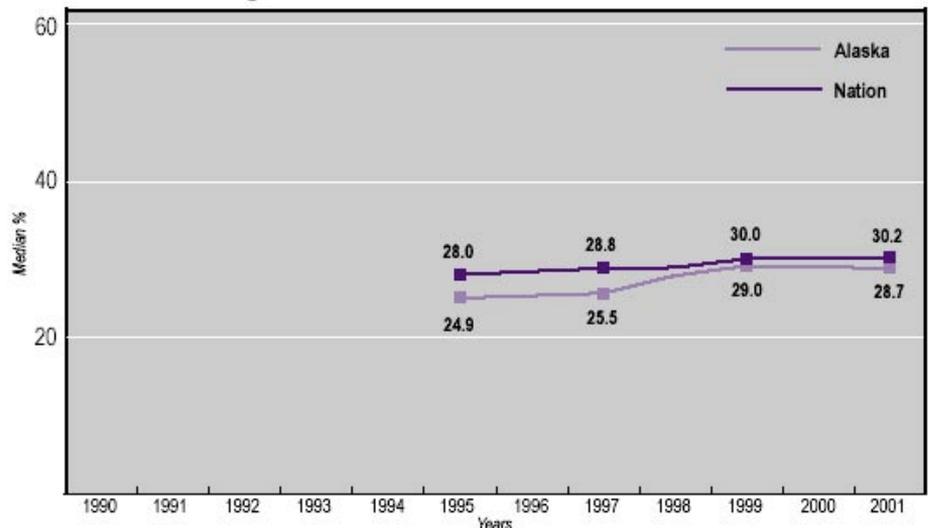
- ▶ 28.7% of Alaskans report being told they have high cholesterol in 2001.
- ▶ A slight increase in reported high cholesterol has been noted since 1995.
- ▶ Alaska's rate is slightly below the national average.
- ▶ High cholesterol is reported less frequently by Alaskan Natives than other Alaskans.
- ▶ Prevalence of high cholesterol was reported more with increased age.
- ▶ Males and females are equally likely to report they have been told by a doctor they have high cholesterol.

Total Cholesterol

< 200 mg/dl	desirable
200-239 mg/dl	borderline
240+ mg/dl	high

* mg/dl = milligrams per deciliter

High Cholesterol: Alaska vs. Nationwide



High Cholesterol

2001

	n	%	N	95% CI
Gender				
Male	312	28.2	964	24.2-32.5
Female	325	29.4	1,107	25.3-33.8
Race				
Native (any mention)	102	23	367	16.8-28.6
Non-Native	535	29.7	1,704	26.3-33.0
Total	637	28.7	2,071	25.8-31.8
Age				
18-24	9	7	107	2.7-15.4
25-34	41	11	296	7.0-16.8
35-44	129	24.7	539	19.8-30.3
45-54	219	37.5	579	31.9-43.4
55-64	142	48	318	38.6-57.0
65+	93	41	207	32.2-50.4
Education				
Some H.S.	46	28	144	19.4-38.4
H.S. Grad or GED	164	27.3	550	22.4-32.9
Some College or Tech School	206	29.3	681	23.9-35.3
College Grad	219	29.0	693	24.3-34.2
Income				
< \$15,000	56	36	152	26.9-46.4
15,000-24,999	73	27	261	19.7-36.0
25,000-34,999	63	22	236	15.5-29.0
35,000-49,999	109	30	346	23.8-37.8
50,000-74,999	124	28	406	21.9-34.5
> 75,000	156	28	481	22.9-34.5

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

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

N = Total number of respondents in this subgroup.

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

HIV/AIDS

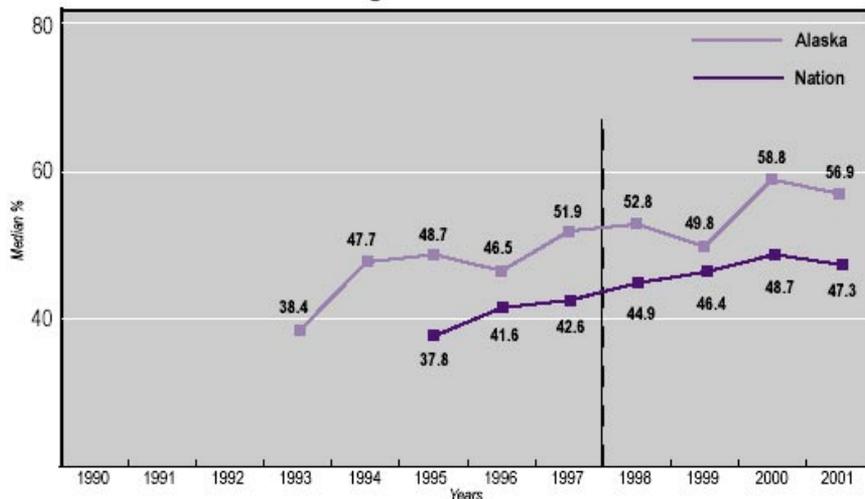
Definition: Ever had an HIV test that wasn't part of a blood donation.

Healthy People 2010
No objective.

- ▶ Significantly more Alaskans report having an HIV test than the national median.
- ▶ Most Alaskans (75%) believe HIV treatment is somewhat effective; and 22% believe it is very effective.
- ▶ 90% of Alaskans reported it was very important to know their HIV status by getting tested.
- ▶ Of those tested for HIV, only 32% received counseling after testing; 18% reported not receiving results after testing.
- ▶ 88% would encourage a sexually active teen to use a condom.
- ▶ Most felt AIDS education should begin in 5th or 6th grade.
- ▶ The main reason respondents reported an HIV test was for military service (24%), routine checkup (19%), just to find out (17%), and pregnancy (15%).
- ▶ Only 1% reported their chance of getting infected with HIV was high; 32% reported a low chance; and 59% reported no chance.
- ▶ Question wording changed in 1998.

Risk Factors

HIV Testing: Alaska vs. Nationwide



HIV/AIDS

2000

	n	%	N	95% CI
Gender				
Male	162	64	257	55.9-72.5
Female	102	49	192	40.7-61.2
Race				
Native (any mention)	26	78	34	50.5-106.8
Non-Native	229	58	399	51.6-65.2
Unknown				
Total	264	59	449	53.2-66.4
Age				
18-24	32	80	43	66.7-94.5
25-34	92	77	118	65.8-97.7
35-44	88	61	142	49.8-71.8
45-54	41	38	105	25.2-51.8
55-64	11	20	38	3.0-38.8
Education				
Some H.S.	7	67	9	28.0-106.1
H.S. Grad or GED	68	70	106	57.3-82.4
Some College or Tech School	85	59	136	46.9-71.3
College Grad	104	54	190	43.5-63.9
Income				
< \$15,000	20	92	24	81.7-102.4
15,000-24,999	33	64	51	48.7-80.6
25,000-49,999	96	61	149	50.8-73.7
50,000-74,999	47	51	95	36.5-65.4
>75,000	57	53	105	40.1-66.8

2001

	n	%	N	95% CI
Gender				
Male	628	56.2	1,163	53.2-59.3
Female	755	57.6	1,288	55.6-59.7
Race				
Native (any mention)	285	57	526	48.8-62.1
Non-Native	1,098	57	1,925	53.3-60.1
Total	1,383	56.9	2,451	53.8-59.9
Age				
18-24	168	55	285	47.2-63.1
25-34	376	80	497	74.2-84.2
35-44	426	59	715	54.0-64.2
45-54	301	43	637	37.8-49.2
55-64	112	32	317	24.2-40.0
Education				
Some H.S.	93	50	180	39.7-60.0
H.S. Grad or GED	396	50	775	44.7-55.0
Some College or Tech School	491	68	763	61.9-73.0
College Grad	403	54	733	48.0-58.8
Income				
< \$15,000	111	56.6	206	46.6-66.1
15,000-24,999	212	58.7	360	51.2-65.9
25,000-34,999	191	68.4	295	60.4-75.5
35,000-49,999	256	61.0	419	53.8-67.7
50,000-74,999	248	54.8	490	48.0-61.5
> 75,000	268	53.2	492	46.5-59.8

Risk Factors

* Denominator excludes respondents age 65 and older or those answering DNK/refused/ or missing responses.

n = Number of respondents who report ever having a HIV test that wasn't part of a blood donation.
% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

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

Nutrition

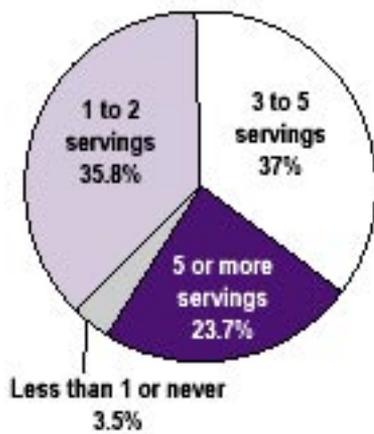
Definition: Five or more servings of fruits and vegetables daily.

Healthy Alaskan 2010 Objective 2.4a:

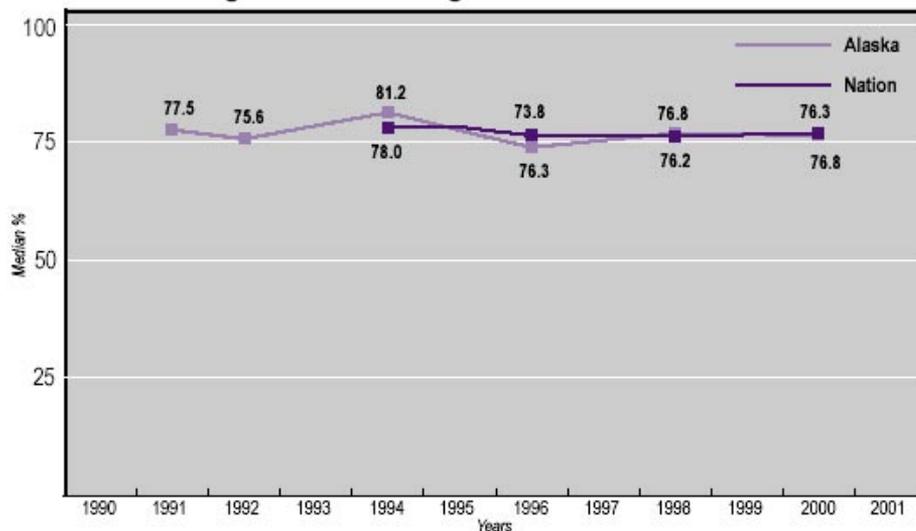
Increase percent of adults who consume at least 5 daily servings of fruits and vegetables to 30%.

- Alaska's consumption of 5 servings of fruits and vegetables a day parallels the national rates.
- Native rates do not significantly differ from Non-Native consumption rates.
- Only 23% of Alaskans consume the daily recommended goal of 5 servings of fruits and vegetables.

Alaska Fruit and Vegetable Consumption



Not Enough Fruits and Vegetables: Alaska vs. Nationwide



Obesity and Overweight

Definition: Obese: Have body mass index (BMI) 30 or greater.

Overweight: Have a BMI 25-29.9.

Healthy People 2010 Objective 19.1 & 19.2:

Increase proportion of adults who are at a healthy weight to 60%. Reduce the proportion of adults who are obese to 15%.

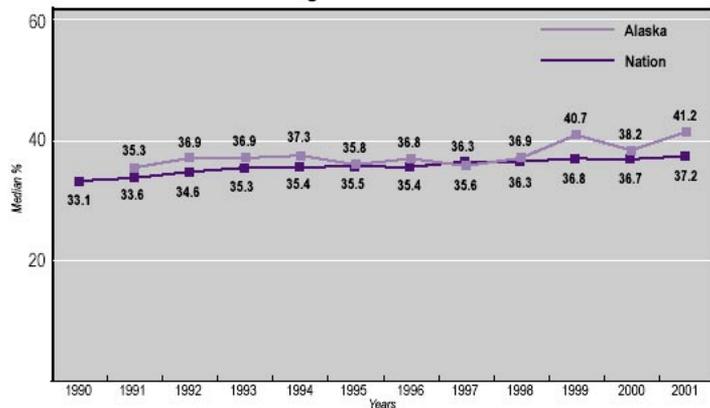
Healthy Alaskan 2010 Objective 2.1a & 2.1b:

Reduce the proportion of adults who meet criteria for overweight to 30%; and reduce obesity to 18%.

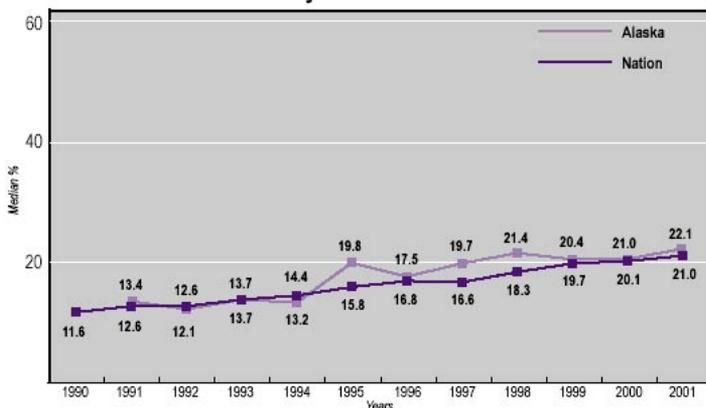
- ▶ Overweight status has remained relatively stable over time, with a slight increase in recent years.
- ▶ There was no significant difference between Native and Non-Natives for the overweight or obesity classification.
- ▶ While the overweight classification has only increased slightly over time, obesity has increased on a state and national level.
- ▶ Alaska has an obesity rate similar to the national median.
- ▶ Males are more likely to be overweight than females, but equally likely to be obese.
- ▶ Obesity appears to have an inverse relationship to education and income.

Risk Factors

Overweight: Alaska vs. Nation



Obesity: Alaska vs. Nation



$$BMI = \left(\frac{\text{weight in pounds}}{(\text{height in inches}) \times (\text{height in inches})} \right) \times 703$$

Overweight (25-29.9 BMI)

2000

	n	%	N	95% CI
Gender				
Male	464	46.6	988	42.4-51.4
Female	312	26.9	1,095	24.5-32.1
Race				
Native (any mention)	156	39	394	33.0-47.1
Non-Native	594	36.7	1,617	34.6-41.3
Total	775	38.2	2,026	35.2-41.2
Age				
18-24	62	26	200	19.3-34.3
25-34	143	34	413	27.9-41.3
35-44	229	43.2	572	38.3-50.2
45-54	180	41	482	36.1-49.5
55-64	88	37	213	28.8-48.1
65+	72	36	185	27.0-44.7
Education				
Some H.S.	52	34	164	23.5-44.8
H.S. Grad or GED	269	40.3	678	35.7-46.9
Some College or Tech School	238	39.2	619	34.4-45.6
College Grad	216	32.8	619	29.0-39.5
Income				
< \$15,000	45	23	170	14.4-32.9
15,000-24,999	113	32	312	26.2-40.7
25,000-49,999	245	41.5	646	36.6-48.2
50,000-74,999	140	40.9	373	34.2-48.9
>75,000	170	38	414	31.6-44.5

2001

	n	%	N	95% CI
Gender				
Male	640	49.8	1,345	45.6-54.0
Female	430	31.2	1,414	27.6-35.1
Race				
Native (any mention)	211	39.0	592	32.7-45.2
Non-Native	859	41.6	2,167	38.3-44.9
Total	1070	41.2	2,759	38.3-44.2
Age				
18-24	95	41	283	32.9-49.1
25-34	181	46	495	38.4-53.3
35-44	272	38.0	730	33.0-43.3
45-54	288	43.5	662	37.8-49.4
55-64	126	36	337	28.4-44.2
65+	97	40	229	31.9-49.4
Education				
Some H.S.	81	36	233	27.9-44.8
H.S. Grad or GED	335	40.4	864	35.7-45.4
Some College or Tech School	339	42.6	850	37.1-48.3
College Grad	314	41.6	811	36.3-47.1
Income				
< \$15,000	84	33	247	25.6-42.2
15,000-24,999	148	35	421	28.4-42.1
25,000-34,999	123	41	339	32.7-49.6
35,000-49,999	187	39	465	32.2-45.3
50,000-74,999	211	47.5	515	40.9-54.1
> 75,000	229	45.1	526	38.4-52.0

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

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

N = Total number of respondents in this subgroup.

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

Obesity (30+ BMI)

2000

	n	%	N	95% CI
Gender				
Male	224	20.5	981	17.3-24.0
Female	232	20.4	1,045	17.6-25.3
Race				
Native (any mention)	114	29	384	22.1-36.3
Non-Native	327	18.9	1,642	17.1-22.4
Total	456	21	2,026	18.7-23.9
Age				
18-24	28	11	200	5.6-15.5
25-34	77	18	413	12.7-23.1
35-44	120	20.5	572	16.3-25.8
45-54	124	24	482	18.0-29.6
55-64	60	31	213	21.2-40.8
65+	47	22	115	18.3-35.2
Education				
Some H.S.	48	32	160	19.9-43.7
H.S. Grad or GED	138	18.8	661	15.1-24.4
Some College or Tech School	148	20.8	603	16.8-25.6
College Grad	122	19.1	599	15.5-24.4
Income				
< \$15,000	53	25	165	15.8-34.4
15,000-24,999	71	26	299	18.2-34.4
25,000-49,999	137	21.5	632	17.3-26.5
50,000-74,999	85	18	368	12.5-22.5
>75,000	83	19	408	14.1-24.3

2001

	n	%	N	95% CI
Gender				
Male	297	19.2	1,345	16.4-22.3
Female	381	25.5	1,414	22.4-28.8
Race				
Native (any mention)	186	27	592	22.2-31.8
Non-Native	492	21	2,167	18.8-23.6
Total	678	22.1	2,759	20.0-24.3
Age				
18-24	31	9	283	5.7-14.4
25-34	113	19	495	14.3-23.6
35-44	187	22.0	730	18.2-26.3
45-54	171	25.9	662	21.3-31.0
55-64	108	34	337	25.9-42.3
65+	65	28	229	21.0-36.7
Education				
Some H.S.	72	31	233	23.4-39.2
H.S. Grad or GED	227	24.8	864	20.9-29.1
Some College or Tech School	206	20.7	850	17.2-24.7
College Grad	173	18.6	811	15.2-22.6
Income				
< \$15,000	70	31	247	23.5-40.6
15,000-24,999	114	28	421	21.9-34.5
25,000-34,999	90	22	339	16.4-27.6
35,000-49,999	103	23	465	17.4-28.8
50,000-74,999	125	20.9	515	16.4-26.3
> 75,000	119	18.8	526	14.8-23.6

Risk Factors

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

n = Number of respondents who are obese based on body mass index (BMI) of 30 or greater.

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

N = Total number of respondents in this subgroup.

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

Tobacco Use – Smoking

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

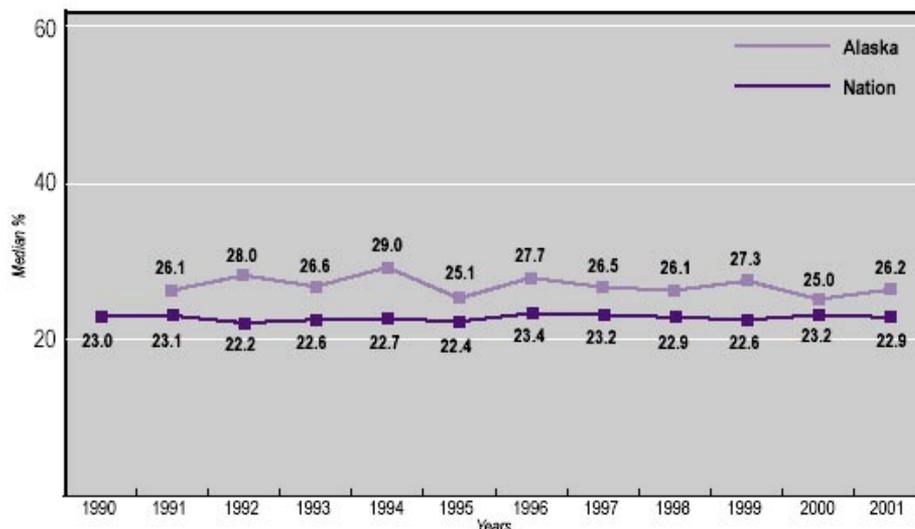
**Healthy People 2010
Objective 3.8:**
Reduce the percentage of adults who smoke cigarettes to 14%.

**Healthy Alaskan 2010
Objective 27.1a:**
Reduce tobacco use by adults to 12%.

- ▶ More than 40% of Native Alaskans were smokers, while Non-Natives had just over 20%.
- ▶ 51% of the everyday smokers quit smoking for 1 day or longer.
- ▶ 83% of everyday smokers have 1-20 cigarettes a day. Only 16% smoke 21-40 a day.
- ▶ 70% of irregular smokers have 1-5 cigarettes a day.
- ▶ Smoking prevalence was greater for the 18-34 year old age group.
- ▶ Approximately one in every four Alaskans currently smoke.
- ▶ Prevalence of adult smokers has remained relatively constant throughout time.
- ▶ Gender specific rates suggest that females are smoking at the same rate as males for 2001.

Risk Factors

Current Smokers: Alaska vs. Nationwide



Tobacco Use – Smoking

2000

	n	%	N	95% CI
Gender				
Male	274	26.6	988	22.7-30.9
Female	263	22.9	1,095	19.4-26.8
Race				
Native (any mention)	161	43	389	35.4-50.3
Non-Native	376	22.2	1,683	19.4-25.3
Total	537	24.8	2,072	22.2-27.8
Age				
18-24	64	34	200	23.7-44.5
25-34	125	29	413	23.1-35.3
35-44	163	25.4	572	20.5-30.4
45-54	107	22	478	16.0-27.3
55-64	48	20	211	11.9-27.4
65+	27	13	191	7.8-19.0
Education				
Some H.S.	61	50	160	38.6-61.9
H.S. Grad or GED	236	33.2	676	27.9-38.7
Some College or Tech School	177	27.8	616	22.8-33.0
College Grad	62	8.3	617	5.6-11.0
Income				
< \$15,000	71	42	168	27.7-56.5
15,000-24,999	97	32	309	23.4-39.5
25,000-49,999	186	26.5	646	22.1-31.5
50,000-74,999	80	23	373	16.6-28.9
> 75,000	69	16	414	11.4-21.4

2001

	n	%	N	95% CI
Gender				
Male	400	26.4	1,356	22.9-30.2
Female	420	25.9	1,510	22.9-29.2
Race				
Native (any mention)	265	43.0	624	36.7-48.6
Non-Native	555	23.1	2,242	20.6-25.8
Total	820	26.2	2,866	23.8-28.7
Age				
18-24	120	36	299	29.4-43.8
25-34	156	28.8	512	22.9-35.6
35-44	229	28.8	749	24.2-33.8
45-54	186	24.7	688	20.4-30.0
55-64	72	14	351	10.0-20.3
65+	44	14	233	9.5-20.8
Education				
Some H.S.	98	39	241	30.6-47.8
H.S. Grad or GED	364	36.8	908	32.4-41.4
Some College or Tech School	254	27.9	884	23.4-33.1
College Grad	104	9.6	829	7.4-12.5
Income				
< \$15,000	107	38	255	30.0-46.7
15,000-24,999	178	36	431	30.1-42.9
25,000-34,999	112	30	353	22.6-39.0
35,000-49,999	128	25	477	19.8-30.5
50,000-74,999	124	23.3	524	18.2-29.2
75,000+	80	15.9	543	11.6-21.5

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

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

N = Total number of respondents in this subgroup.

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

Tobacco Use – Smokeless Tobacco

Definition: Current users of smokeless tobacco.

**Healthy People 2010
Objective 3.9:**

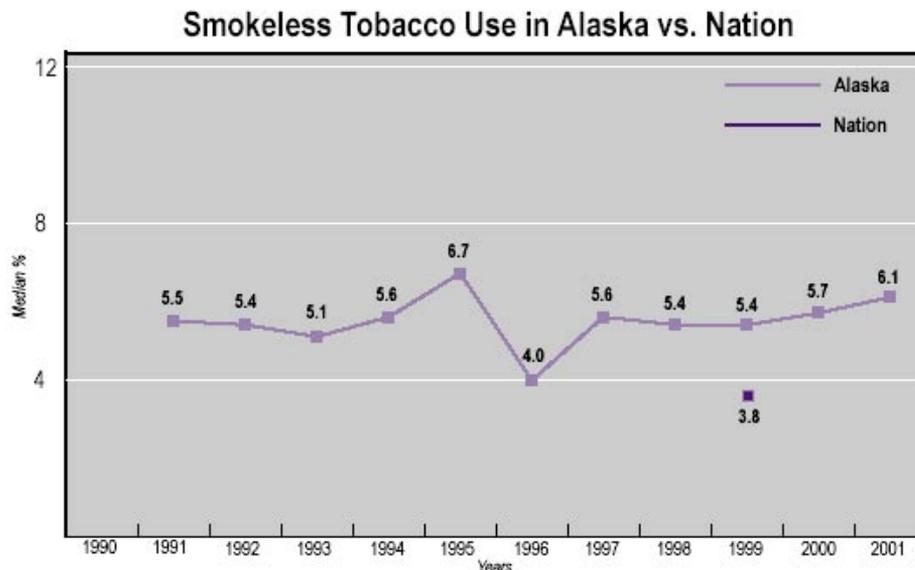
Reduce smokeless (spit tobacco) tobacco use to 0.4%.

**Healthy Alaskan 2010
Objective 27.1b:**

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

- ▶ During the 10 years of surveillance, the prevalence of smokeless tobacco use has remained relatively constant.
- ▶ Alaska Natives (16%) are much more likely to report using smokeless tobacco than Non-Native (4%) in 2000 and 2001. The ratio is approximately 4 to 1.
- ▶ In 2001, 21% reported to be former smokeless tobacco users.
- ▶ Higher income and education were inversely related to smokeless tobacco usage.

Risk Factors



Preventive Practices

Overview

Since chronic diseases cause over 70% of the nation's deaths, illnesses, and disabilities and account for an equivalent proportion of the total health care costs in the USA, health care preventative actions are essential for addressing this burden¹. Vigorous and aggressive public health efforts can greatly impact preventing or delaying chronic diseases and disabilities.

Surveillance, as with the BRFSS, provides the foundation for chronic disease prevention by determining the extent of the problem, identifying target populations for intervention, and establishing priorities for consistent implementation of strategic prevention programs.

Prevention measures for reducing disease and premature death have been well documented in the literature and continues to drive public health efforts to promote health through mammography, pap tests, high blood pressure detection and control, cholesterol screenings, and cancer screenings.

Surveillance also identifies the prevalence of those lacking access to an ongoing source of primary care and those without health insurance, which may limit their access to essential preventative health care services. Even when access to primary care or insurance coverage is not an issue, many preventive services are not offered by health care providers at regular intervals, and only some preventive services are covered under existing insurance plans, despite their proven effectiveness in improving health.

¹ Department of Health and Human Services, Centers for Disease Control and Prevention. Promising Practices in Chronic Disease Prevention and Control. 2003. <http://www.cdc.gov/nccdphp>

Breast Cancer Screening

Definition: Female respondents age 40 and older who report no mammogram within 2 years.

Healthy People 2010 Objective 3.13:

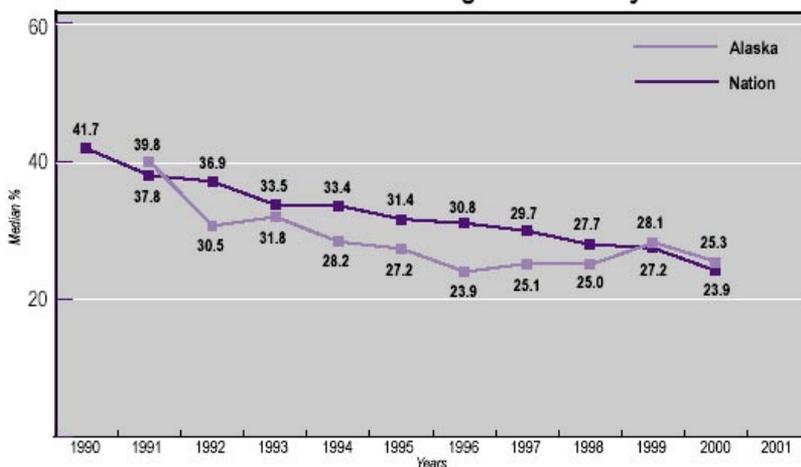
Increase the proportion of women aged 40 years and older who have received a mammogram within the preceding 2 years to 70%.

Healthy Alaskan 2010 Objective 22.11:

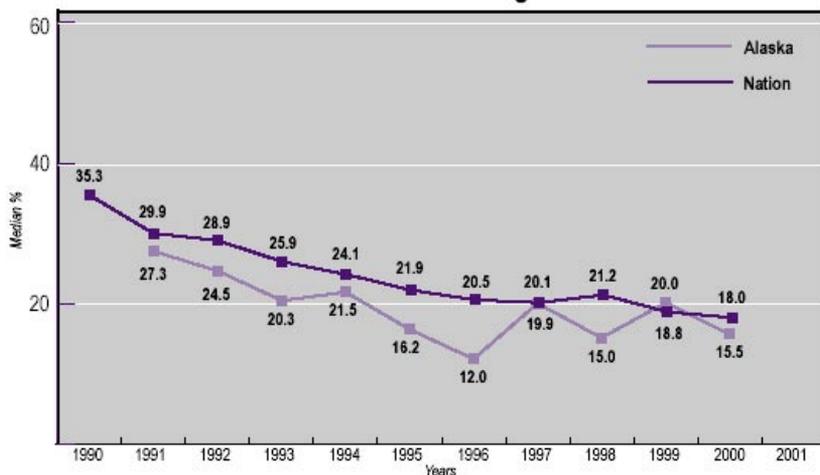
Increase the proportion of women aged 40 years and older who have received a mammogram within the preceding 2 years to 76%.

- ▶ 84% of Alaskan women and 87% of Native women 40 years or older reported having a mammogram and breast exam.
- ▶ No difference was noted between income classes for having a mammogram.
- ▶ Of those that had a mammogram, 78.3% were in the last year and 86.1% were part of a routine checkup.
- ▶ For cancer incidence information, refer to the Alaska Cancer Registry.

Breast Cancer: No Mammogram within 2 years *



Breast Cancer: Never had Mammogram & Breast Exam *



* denominator is women age 40 and over.

Cervical Cancer Screening

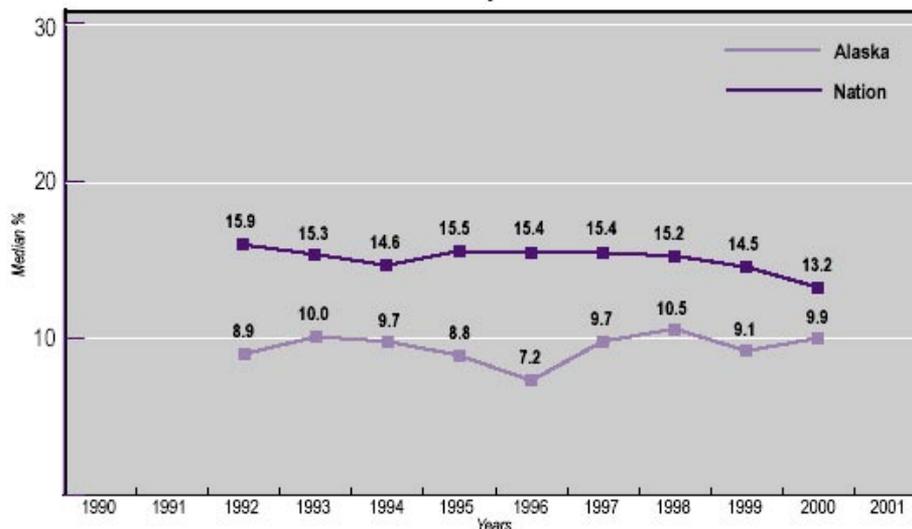
Definition: Female respondents age 18 and older who report no pap smear within 3 years.

Healthy People 2010 Objective 3.11:
 Increase the proportion of women aged 18 years and older who received a pap test within preceding 3 years to 90%.

Healthy Alaskan 2010 Objective 22.8:
 Increase the proportion of women aged 18 years and older who received a pap test within preceding 3 years to 95%.

- ▶ More Alaska women have had pap smears within the last 3 years than the national average.
- ▶ 95% of Alaska Native women have had pap smears within the last 3 years.
- ▶ No economic difference was noted.
- ▶ Only 3% of adult women in Alaska report never having had a pap smear.
- ▶ Rates appear stable with no significant change over this sample period.

Cervical Cancer: No Pap Smear Within 3 Years*



* denominator is women with intact cervix and age 18 and over.

Prev. Practices

Cholesterol Screening

Definition: Have had cholesterol tested in past 5 years.

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%.

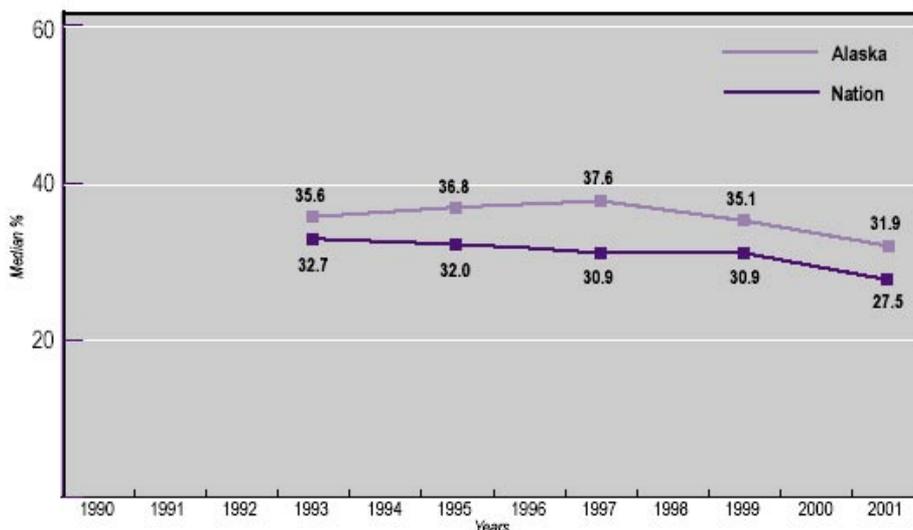
Healthy Alaskan 2010

Objective 21.9:

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

- ▶ 68% of Alaskans have had their cholesterol tested in the past 5 years; 5.8% reported it was greater than 5 years ago and 26.1% have never had it tested.
- ▶ 39% of Alaska Natives have never had their cholesterol tested, whereas only 24% of non-natives report never having it checked.
- ▶ As expected, with age, the number of individuals reporting screening within 5 years increases.

No Cholesterol Check Within 5 Years



Cholesterol Screening

2001

	n	%	N	95% CI
Gender				
Male	870	69.0	1,315	65.2-72.5
Female	1,015	67.2	1,453	63.2-70.9
Race				
Native (any mention)	283	59.1	511	52.9-64.9
Non-Native	1,557	69.9	2,183	66.9-72.8
Total	1,840	68.1	2,768	65.4-70.7
Age				
18-24	93	36	264	28.3-44.7
25-34	264	58	487	50.9-65.3
35-44	482	68.6	739	63.8-73.1
45-54	529	78.4	678	72.8-83.1
55-64	297	83	344	75.4-88.7
65+	197	88	224	81.5-93.0
Education				
Some H.S.	132	56	224	46.7-64.4
H.S. Grad or GED	500	58.5	866	53.6-63.1
Some College or Tech School	620	71.5	862	66.1-76.3
College Grad	630	77.1	812	72.3-81.3
Income				
< \$15,000	133	51	247	42.6-60.1
15,000-24,999	237	58	408	50.5-65.0
25,000-34,999	214	59	344	51.0-66.3
35,000-49,999	323	71	468	64.0-76.9
50,000-74,999	375	72.5	510	66.5-77.8
> 75,000	440	81.9	533	75.8-86.7

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

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

N = Total number of respondents in this subgroup.

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

Colorectal Cancer Screening

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

**Healthy People 2010
Objective 3.12a:**
 Increase adults aged 50 years and older who have received a fecal occult blood test (FOBT) within the preceding 2 years to 50%.

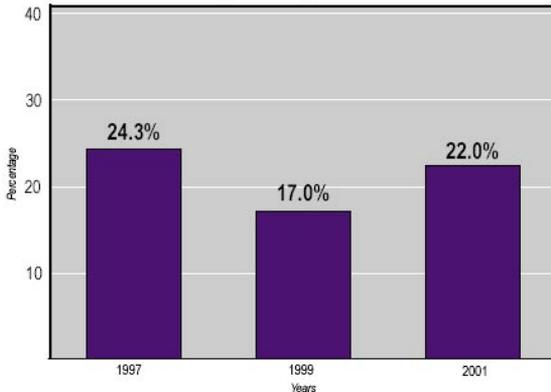
Objective 3.12b:
 Increase adults aged 50 years and older who have ever received a sigmoidoscopy to 50%.

**Healthy Alaskan 2010
Objective 22.10:**
 Increase the proportion of adults who received colorectal screening examinations to 64%.

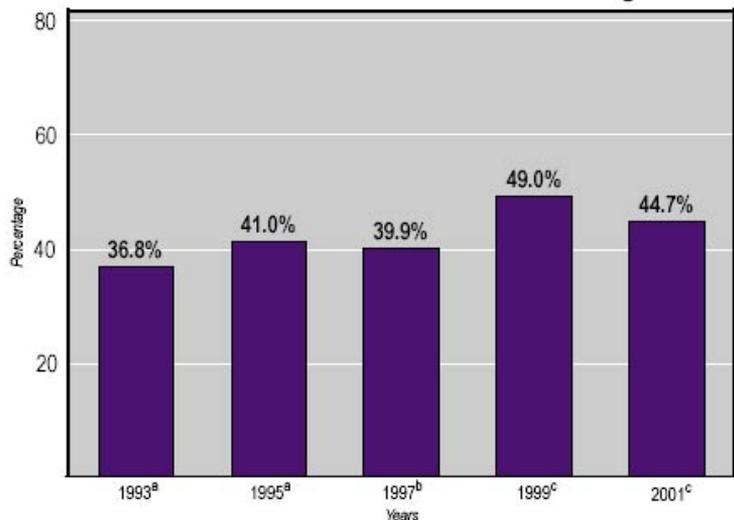
- ▶ The national mean prevalence for having a sigmoidoscopy or colonoscopy is 47.3% and for Alaskans 44.7%.
- ▶ Alaskans 65 years or older were more likely to report having a colonoscopy or sigmoidoscopy.
- ▶ Those with a college education and higher income levels reported having these exams more frequently.
- ▶ No significant difference between native and non-native prevalence was seen for colonoscopy or sigmoidoscopy exams.
- ▶ Respondents who reported use of a home blood stool test kit (fecal occult blood testing) for Alaskans was below the national mean of 31%.
- ▶ A statistically significant difference was noted between FOBT for natives and non-natives. Non-natives were over twice as likely to have reported having a FOBT.

Prev. Practices

Colorectal Screening FOBT (Fecal Occult Blood Test)



Alaska Colorectal Cancer Screening



- a** Proctoscopy
- b** Sigmoidoscopy or proctoscopy
- c** Sigmoidoscopy or colonoscopy

Colorectal Cancer Screening

2001* Fecal occult blood test

	n	%	N	95% CI
Gender				
Male	96	25	438	18.8-31.4
Female	96	18	474	14.1-23.5
Race				
Native (any mention)	37	21.3	168	12.9-29.6
Non-Native	289	37.8	750	32.6-43.0
Total	326	35.7	918	31.0-40.4
Age				
45-54	58	18	344	12.8-24.5
55-64	74	23	341	16.4-30.3
65+	60	24	227	17.1-32.9
Education				
Some H.S.	13	12	99	6.7-20.7
H.S. Grad or GED	36	12	238	7.6-17.0
Some College or Tech School	53	20	250	13.8-27.9
College Grad	90	33	324	25.0-41.0
Income				
< \$15,000	11	13	94	6.2-24.8
15,000-24,999	22	14	136	7.9-23.6
25,000-34,999	26	19	105	11.6-28.5
35,000-49,999	28	20	131	12.7-30.8
50,000-74,999	41	31	168	21.3-42.5
> 75,000	51	31	183	21.0-42.1

* Denominator is respondents 50 years old or older.

2001* Sigmoidoscopy or colonoscopy

	n	%	N	95% CI
Gender				
Male	191	48	438	40.6-54.6
Female	204	42	476	35.1-48.7
Race				
Native (any mention)	69	42	164	31.6-53.3
Non-Native	326	45.0	750	39.6-50.5
Total	395	44.7	914	39.8-49.7
Age				
45-54	108	34	343	26.9-42.2
55-64	148	37	345	29.6-45.5
65+	139	66	226	57.2-73.3
Education				
Some H.S.	41	46	98	33.3-58.3
H.S. Grad or GED	90	37	238	28.1-46.3
Some College or Tech School	107	40	249	30.7-49.7
College Grad	156	54	328	45.8-61.6
Income				
< \$15,000	30	28	95	58.5-82.7
15,000-24,999	62	57	135	31.9-55.8
25,000-34,999	45	42	104	44.0-70.7
35,000-49,999	59	49	131	38.7-62.8
50,000-74,999	70	40	170	49.1-69.6
> 75,000	91	52	184	37.9-59.0

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

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

N = Total number of respondents in this subgroup.

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

Firearms Safety

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

Healthy People 2010 Objective 15.4:

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

Healthy Alaskan 2010 Objective 8.16:

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

- ▶ In 2001, 54% of adult Alaskans reported they have firearms in the home. Of these, 16% reported that their firearms were both loaded and unlocked.
- ▶ In 1996, 60% of the population owned firearms and 19% of those reported the firearm was loaded and unlocked.
- ▶ Although the difference between years was not statistically significant, it may suggest a move toward the Healthy People 2010 goal.

Healthcare Access

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

Healthy People 2010 Objective 1.1:

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

Objective 1.4c:

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

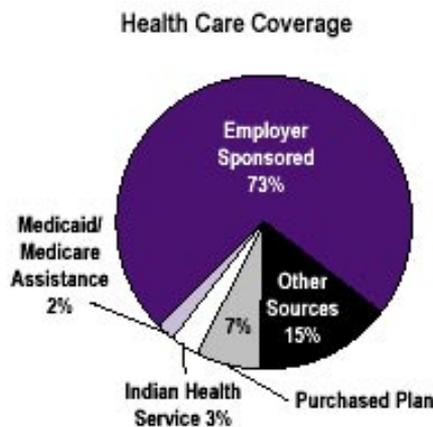
Healthy Alaskan 2010 Objective 15.1:

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

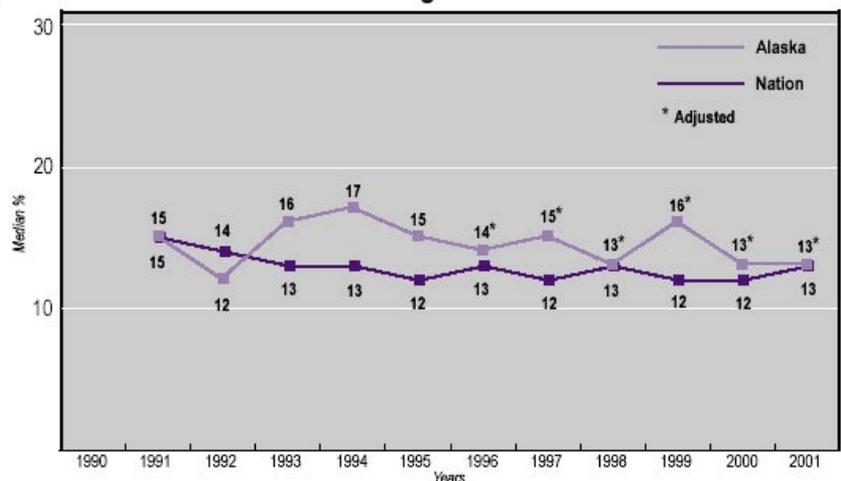
Objective 15.5:

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

- ▶ Of those with coverage, 9.7% in 2000 and 7.2% in 2001 reported there was a time within the past 12 months when they were without coverage.
- ▶ Of those with health care coverage, 11% reported they have medicare.
- ▶ In 2001, 20% of Alaska Natives reported no health care coverage, yet all those are eligible for health care under the Native Health Service.
- ▶ 52% have one person they think of as their personal doctor or health provider, 15% had more than one and 33% had none.
- ▶ 70% reported having a routine checkup in the past year.
- ▶ The results from adjusting the health care coverage question by the follow-up question strongly suggests that Alaskans may not associate certain types of health care plans as health insurance or coverage. Readers may wish to apply a -6.5% adjustment to the Alaska unadjusted rate found on the CDC website and other BRFSS data sets. See appendix H, 2000 questionnaire, for follow-up question (2.3a) used for adjusted rates.



No Healthcare Coverage: Alaska vs. Nationwide



Vaccinations — Influenza/Pneumococcal

Healthy People 2010 Objective 14.29a:

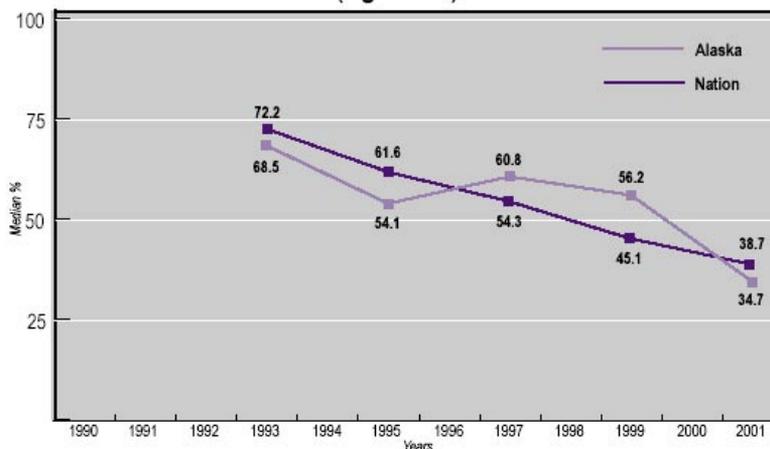
Increase the proportion of adults 65 years and older who are vaccinated against influenza and ever vaccinated against pneumococcal disease to 90%.

Healthy Alaskan 2010 Objective 18.14:

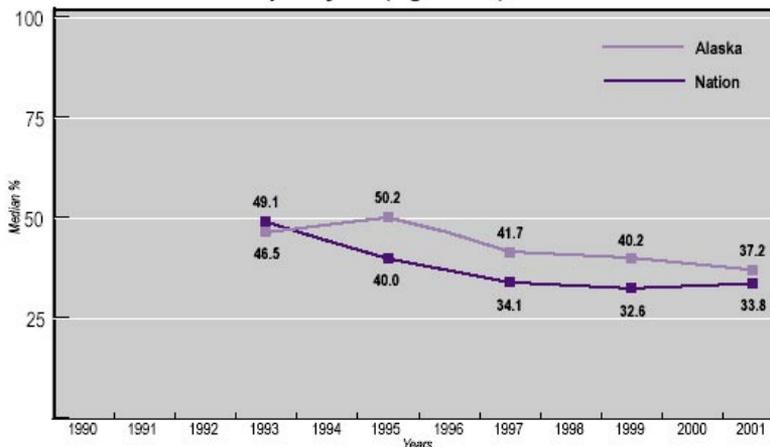
Increase the proportion of adults 65 years and older who are vaccinated against influenza and ever vaccinated against pneumococcal disease to 90%.

- ▶ The trend in Alaska is similar to the national trend with older adults protecting themselves with influenza and pneumonia shots

No Pneumonia Shot (Ages 65+): Alaska vs. Nationwide



No Influenza Shot in past year (Ages 65+): Alaska vs. Nationwide



Vaccinations — Influenza/Pneumonia

2001 Influenza (1)

(No flu shot in past 12 months, age 65 years and over.)

	n	%	N	95% CI
Gender				
Male	39	33	99	21.9-47.3
Female	52	41	133	30.0-52.5
Race				
Native (any mention)	11	42	34	19.3-64.7
Non-Native	80	37	198	27.2-45.8
Total	91	37	232	29.0-46.2
Age				
65-74	66	42	148	31.5-54.1
75+	25	27	84	17.2-39.7
Education				
Some H.S.	20	45	48	28.4-61.9
H.S. Grad or GED	30	51	65	33.8-67.4
Some College or Tech School	22	28	62	15.8-44.4
College Grad	19	29	56	15.6-46.4
Income				
< \$15,000	14	32	34	16.9-51.2
15,000-24,999	19	41	51	23.1-61.6
25,000-34,999	17	35	36	18.9-55.3
35,000-49,999	10	33	30	15.5-56.3
50,000-74,999	11	27	25	12.4-49.2
> 75,000	5	27	23	8.6-58.3

2001 Pneumonia (2)

(No pneumonia vaccination, age 65 years and over.)

	n	%	N	95% CI
Gender				
Male	34	33	90	21.7-46.9
Female	46	36	130	25.7-48.1
Race				
Native (any mention)	10	39	32	16.2-61.9
Non-Native	70	34	188	24.8-43.3
Total	80	35	220	26.6-43.7
Age				
65-74	54	34	140	24.3-45.9
75+	26	36	80	23.2-50.0
Education				
Some H.S.	16	30	45	17.5-47.3
H.S. Grad or GED	22	41	60	25.1-59.3
Some College or Tech School	21	33	61	19.4-50.7
College Grad	21	33	53	18.3-51.0
Income				
< \$15,000	10	34	30	16.4-57.0
15,000-24,999	16	26	51	13.9-44.0
25,000-34,999	15	42	34	22.6-64.1
35,000-49,999	11	39	28	19.4-63.0
50,000-74,999	10	37	24	16.1-63.9
> 75,000	7	30	22	10.7-61.3

n = Number of respondents who (1) have had no flu shot in the past 12 months age 65 and over; (2) have had no pneumonia vaccine age 65 and over.

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

N = Total number of respondents in this subgroup.

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

Weight Control — 2000

Healthy People 2010 Objective 19.1:

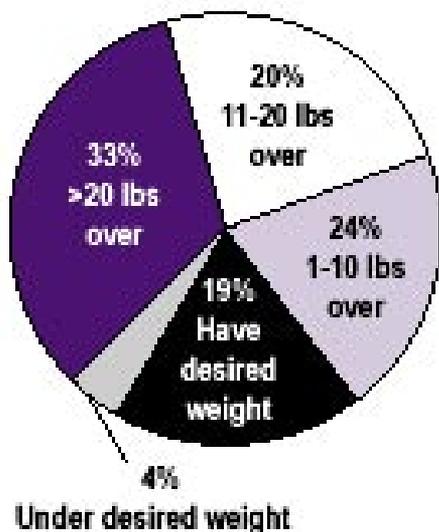
Increase the proportion of adults who are at a healthy weight to 60%.
(BMI = to or greater than 18.5 and less than 25.)

Healthy Alaskan 2010 Objective 2.1a:

Reduce the proportion of adults who are obese.
(BMI = to or greater than 30.)

- ▶ In 2000, 37% of Alaskan adults reported they were trying to lose weight; 46% were females and 29% were males.
- ▶ 53% reported they are trying to maintain their current weight or keep from gaining weight.
- ▶ Of those trying to lose weight or maintain their weight, 16% eat fewer calories, 31% eat less fat, and 21% eat fewer calories and less fat.
- ▶ 68% of those trying to lose or maintain weight use exercise.
- ▶ 13% of Alaskans have had a health professional advise them on weight in the past 12 months.

Self-reported Weight Status



Risks by Region

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

Please note the following:

- Prevalence estimates for each region are weighted to the 18 and older population of the respective region (see Appendix G).

- Prevalence estimates that are based on less than 500 observations are rounded to the nearest whole percent.
- Consider the confidence intervals when comparing prevalence estimates. Generally speaking, the smaller the sample size, the wider the range of values within which the true prevalence will occur in 95 out of 100 samples.

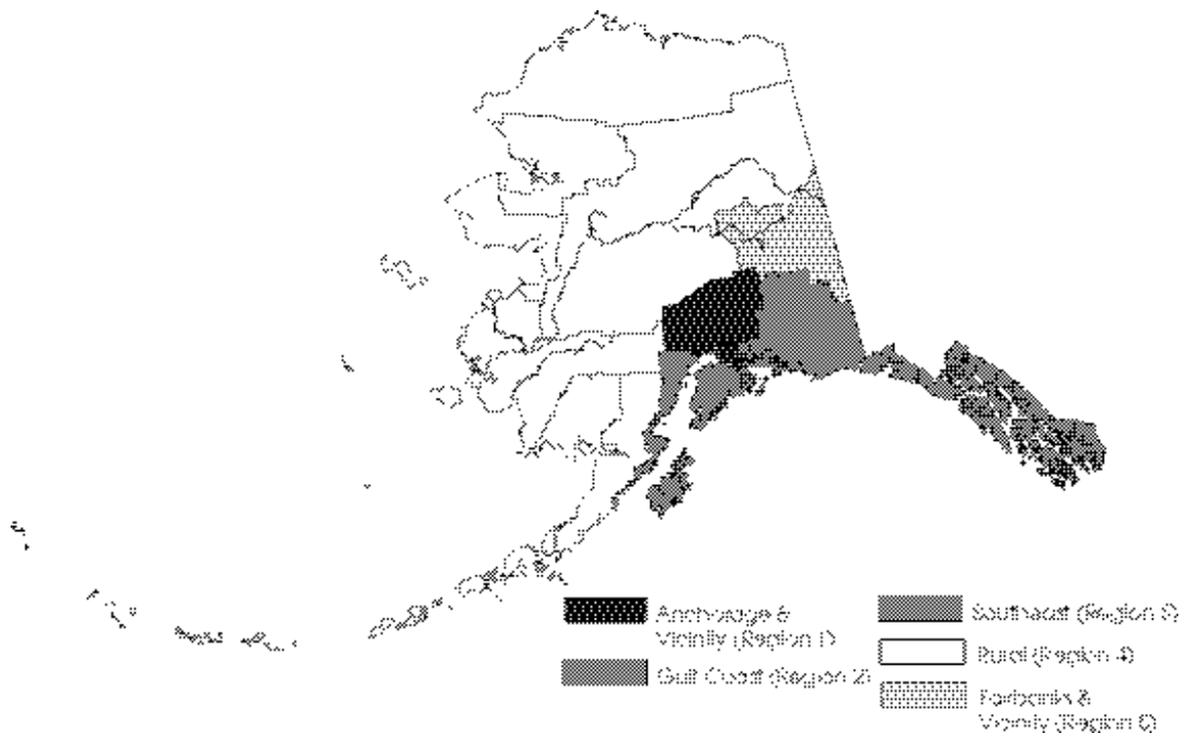
Definitions for Region tables

n = Number of respondents at risk

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

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

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



Regional Summary: Prevalence of Select Risk Factors

Binge Drinking

Sex	2000					2001					
	n	Weighted %	Total N	Lower CI	Upper CI	n	Weighted %	Total N	Lower CI	Upper CI	
Anchorage & Vicinity (Region 1)	Male	56	28	205	20.9	35.8	57	24	232	17.8	31.0
	Female	20	9	212	5.0	13.6	28	11	315	5.8	15.7
	Total	76	19	417	14.5	23.6	85	18	547	13.5	21.8
Gulf Coast (Region 2)	Male	44	28	173	19.4	36.2	57	24	258	17.6	31.2
	Female	24	10	239	5.1	14.4	26	10	281	5.2	15.1
	Total	68	19	412	14.3	24.6	83	18	539	13.4	22.1
Southeast (Region 3)	Male	48	29	194	21.2	36.2	58	22	264	16.5	27.5
	Female	29	16	230	9.9	22.4	29	11	290	6.4	14.5
	Total	77	23	424	17.7	27.5	87	16	554	12.9	19.9
Rural (Region 4)	Male	61	31	194	22.2	39.8	87	27	318	20.9	33.0
	Female	22	12	198	4.6	18.5	43	15	301	9.3	21.1
	Total	83	22	392	16.5	27.8	130	22	619	17.5	25.7
Fairbanks & Vicinity (Region 5)	Male	64	30	209	22.9	36.4	72	26	266	20.2	31.5
	Female	13	5	195	2.3	8.3	31	10	311	6.2	13.3
	Total	77	18	404	14.3	22.4	103	18	577	14.8	21.8

Regional Summary: Prevalence of Select Risk Factors

Chronic Drinking

Heavy Drinking

Sex	2000					2001					
	n	Weighted %	Total N	Lower CI	Upper CI	n	Weighted %	Total N	Lower CI	Upper CI	
Anchorage & Vicinity (Region 1)	Male	13	7	202	2.9	10.4	13	4	230	1.7	6.8
	Female	2	0.6	212	0.0	1.4	17	5	315	2.4	7.5
	Total	15	4	414	1.7	5.7	30	5	545	2.8	6.4
Gulf Coast (Region 2)	Male	13	9	172	2.6	15.9	24	10	255	4.8	14.2
	Female	2	1	240	0.0	2.5	12	5	280	1.1	9.7
	Total	15	5	412	1.7	9.1	36	8	535	4.4	10.8
Southeast (Region 3)	Male	13	7	192	2.9	10.8	15	5	262	2.4	8.1
	Female	5	2	231	0.2	4.6	20	6	286	3.5	9.3
	Total	18	5	423	2.3	7.0	35	6	548	3.8	7.8
Rural (Region 4)	Male	11	4	193	1.4	7.1	28	9	309	4.9	12.4
	Female	3	0.8	197	0.0	1.7	18	6	294	3.0	8.5
	Total	14	3	390	1.1	4.3	46	7	603	4.9	9.8
Fairbanks & Vicinity (Region 5)	Male	20	6	401	3.3	8.2	23	8	261	4.8	12.0
	Female	6	9	207	4.7	13.4	25	7	310	4.2	9.9
	Total	26	2	194	0.3	3.5	48	8	571	5.4	10.1

Regional Summary: Prevalence of Select Risk Factors Overweight/Obesity*

Sex	2000					2001					
	n	Weighted %	Total N	Lower CI	Upper CI	n	Weighted %	Total N	Lower CI	Upper CI	
Anchorage & Vicinity (Region 1)	Male	140	66	204	58.5	74.0	164	70	236	63.1	77.0
	Female	98	47	199	39.1	54.6	165	56	288	48.8	62.9
	Total	238	57	403	51.4	62.6	329	64	524	58.4	68.4
Gulf Coast (Region 2)	Male	118	66	172	57.3	74.0	188	70	258	62.6	76.9
	Female	111	51	230	43.0	59.1	155	60	268	53.1	66.2
	Total	229	59	402	53.1	64.9	343	65	526	60.3	70.1
Southeast (Region 3)	Male	147	74	198	66.6	80.5	195	72	266	66.5	78.4
	Female	123	54	228	46.2	61.9	150	52	278	45.0	58.2
	Total	270	64	426	58.9	69.6	345	63	544	58.1	67.2
Rural (Region 4)	Male	142	71	198	63.4	78.6	215	65	320	58.6	71.5
	Female	124	64	198	55.9	72.5	182	65	283	58.5	71.5
	Total	266	68	396	62.6	73.3	397	65	603	60.3	69.7
Fairbanks & Vicinity (Region 5)	Male	141	67	209	59.6	73.6	175	64	265	57.6	71.2
	Female	88	46	190	37.7	53.5	159	56	297	50.0	62.2
	Total	229	57	399	51.7	62.3	334	61	562	56.0	65.2

* BMI = 25+

Regional Summary: Prevalence of Select Risk Factors

Current Smoking

Sex	2000					2001					
	n	Weighted %	Total N	Lower CI	Upper CI	n	Weighted %	Total N	Lower CI	Upper CI	
Anchorage & Vicinity (Region 1)	Male	50	26	205	18.9	33.5	52	22	237	16.0	28.7
	Female	46	21	213	14.6	26.9	83	25	315	19.4	30.2
	Total	96	21	213	14.6	26.9	135	24	552	19.3	27.8
Gulf Coast (Region 2)	Male	46	26	174	18.5	33.6	84	35	260	27.4	42.3
	Female	51	23	238	16.1	29.9	79	26	284	19.9	31.9
	Total	97	23	238	16.1	29.9	163	31	544	25.8	35.5
Southeast (Region 3)	Male	44	22	199	15.4	28.3	70	25	268	19.4	30.7
	Female	55	30	233	22.4	37.0	82	30	296	23.7	36.0
	Total	99	26	432	20.9	30.3	152	27	564	23.2	31.6
Rural (Region 4)	Male	78	38	197	29.9	46.1	125	39	323	32.5	45.6
	Female	67	32	205	22.7	40.2	109	35	303	28.9	41.6
	Total	145	35	402	29.0	41.0	234	37	626	32.6	42.0
Fairbanks & Vicinity (Region 5)	Male	56	25	209	19.1	31.8	69	25	269	19.5	30.9
	Female	44	21	199	15.1	26.7	67	20	314	15.5	25.2
	Total	100	23	408	19.0	27.6	136	23	583	19.2	26.7

Regional Summary: Prevalence of Select Risk Factors

No Health Care Plan

Sex	2000					2001					
	n	Weighted %	Total N	Lower CI	Upper CI	n	Weighted %	Total N	Lower CI	Upper CI	
Anchorage & Vicinity (Region 1)	Male	33	17	207	10.3	23.4	36	16	235	10.2	21.7
	Female	29	15	215	9.0	19.9	54	21	315	14.4	26.9
	Total	62	16	422	11.3	20.0	90	18	550	14.1	22.4
Gulf Coast (Region 2)	Male	36	23	174	15.5	30.9	72	32	258	24.4	39.4
	Female	57	24	240	17.4	30.8	44	16	285	10.8	21.7
	Total	93	24	414	18.5	28.7	116	25	543	19.7	29.4
Southeast (Region 3)	Male	30	16	198	10.2	22.2	37	13	265	8.9	17.7
	Female	32	16	234	9.8	22.2	37	13	296	8.6	17.5
	Total	62	16	432	11.9	20.4	74	13	561	10.1	16.3
Rural (Region 4)	Male	60	34	197	25.3	42.7	78	25	324	18.8	30.6
	Female	58	29	204	20.2	36.9	50	22	302	15.1	29.0
	Total	118	32	401	25.4	37.6	128	24	626	19.1	27.9
Fairbanks & Vicinity (Region 5)	Male	34	16	207	10.4	20.9	47	18	268	13.0	23.5
	Female	29	13	200	8.2	17.4	53	15	314	11.2	19.6
	Total	63	14	407	10.6	18.0	100	17	582	13.4	20.3

Unadjusted rates. See page 53 for more details.

Appendices

Appendix A: BRFSS Definitions

Binge Drinking: Respondents who report having five or more drinks on one or more occasions in the past month.

Blood Stool Test (FOBT): Respondents, age 50 and older, who report they did not have a home blood stool test within the past two years.

Cholesterol Awareness: Respondents who report they have had their blood cholesterol checked and reported.

Cholesterol High: Respondents who report they have had their blood cholesterol checked and were told it was high by a health professional.

Cholesterol Screening: Respondents who report they never had their blood cholesterol checked.

Cholesterol Screening (2): Respondents who report they have not had their blood cholesterol checked within the past five years.

Chronic Drinking: Respondents who report an average of 60 or more alcoholic drinks a month.

Current Smoker: Respondents who report ever smoking 100 cigarettes and who smoke now (everyday or some days).

Diabetes Awareness: Respondents who report a doctor told them they have diabetes.

Drinking and Driving: Respondents who report having driven after having too much to drink, on one or more occasion in the past month.

Flu Shot: Respondents who report not receiving a flu shot in the past 12 months.

Former Smoker: Respondents who report ever smoking 100 cigarettes and who do not smoke now.

Heavy Drinking-1: Men respondents who report consuming more than 2 drinks per day.

Heavy Drinking-2: Women respondents who report consuming more than 1 drink per day.

Hypertension Screening: Respondents who report they have not had their blood pressure checked within the past two years.

Hypertension (2): Respondents who report they have ever been told they are hypertensive.

Mammogram: Females 40 and older who report they have never had a mammogram.

Mammogram (2): Females 50 and older who report they have not had a mammogram within the past two years.

Mammogram & Breast Exam (3): Females 50 and older who report they have not had a mammogram and breast exam clinical within the past year.

Mammogram & Clinical Breast Exam:

Females 40 and older who report they have never had a mammogram and breast exam.

Mammogram & Clinical Breast Exam

(2): Females 50 and older who report they have not had a mammogram and breast exam within the past two years.

Obese: Respondents with Body Mass Index (weight in kilograms divided by height in meters squared (W/H^{**2})) ≥ 30.0 or higher.

Overweight: Respondents with body mass index (weight in kilograms divided by height in meters squared (W/H^{**2})) ≥ 25.0 to 29.9.

Pap Smear: Females with intact cervix-uteri who report they never had a Pap smear test.

Pap Smear (2): Females with intact cervix-uteri who report they have not had a pap smear within the past two years.

Pap Smear (3): Females with intact cervix-uteri who report they have not had a pap smear within the past three years.

Physical Activity (1): Respondents who report no leisure time physical activity (exercise) in the past 30 days (other than regular work).

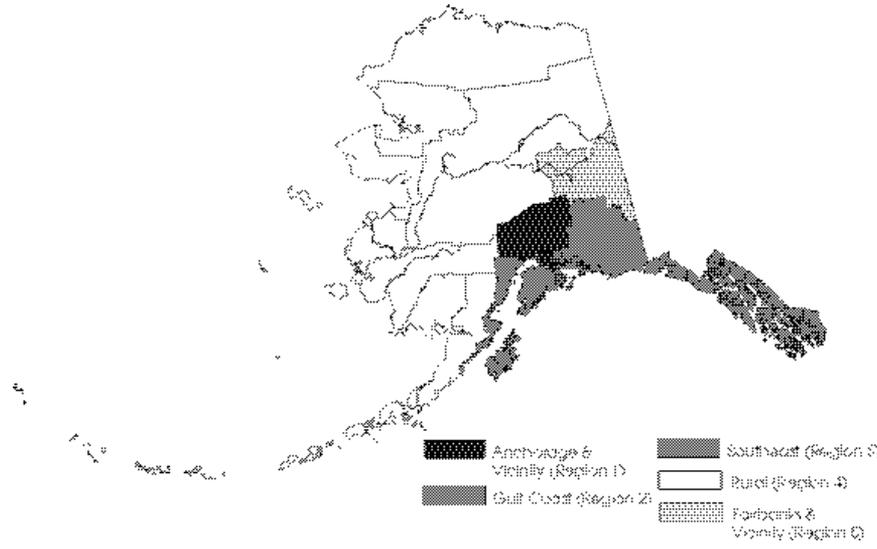
Physical Activity (2): Respondents who report no moderate physical activity for 30 or more minutes per day, five or more days per week, or respondents who report doing vigorous physical activity for 20 or more minutes per day, three or more days per week.

Physical Activity (3): Respondents who report no vigorous physical activity for 20 or more minutes per day, three or more days per week.

Pneumonia Vaccination: Respondents who report never receiving pneumonia vaccination.

Sigmoidoscopy: Respondents, age 50 and older, who report they did not have a sigmoidoscopy or colonoscopy.

Appendix B: BRFSS Sampling Regions



Region	Population by Region	Census Area	Population by census area
I	224,624	Anchorage Municipality	184,412
		Matanuska-Susitna Borough	40,212
II	51,407	Kenai Peninsula Borough	34,832
		Kodiak Island Borough	9,399
		Valdez-Cordova Census Area	7,176
III	52,654	Haines Borough	1,779
		Juneau City and Borough	22,294
		Ketchikan Gateway Borough	10,106
		Prince of Wales-Outer Ketchikan Census Area	4,243
		Sitka City and Borough	6,436
		Skagway-Hoonah-Angoon Census Area	2,516
		Yakutat City and Borough	581
		Wrangell-Petersburg Census Area	4,699
IV	45,459	Aleutians East Borough	2,243
		Aleutians West Borough	4,526
		Bethel Census Area	9,629
		Denali Borough	1,443
		Bristol Bay Borough	864
		Dillingham Census Area	3,045
		Lake and Peninsula Borough	1,134
		Nome Census Area	5,780
		North Slope Borough	4,566
		Northwest Arctic Borough	4,218
		Wade Hampton Census Area	3,754
		Yukon-Koyukuk Census Area	4,257
V	62,071	Fairbanks North Star Borough	57,921
		Southeast Fairbanks Census Area	4,150
totals	436,215		

Source: U.S. Census Bureau, 2000 Census PL94-171 Department of Labor and Workforce Development, Research Analysis Section, Census & Geographic Information Network, March 2001.

Appendix C: Alaska BRFSS 2000 Survey Distribution by Age and Gender

	Age	Male		Female		Total Population
		N	%	N	%	N
Anchorage & Vicinity (Region 1)	Refused	2	100.00	0	0.00	2
	18-24	22	52.38	20	47.62	42
	25-34	36	46.15	42	53.85	78
	35-44	62	54.39	52	45.61	114
	45-54	39	42.39	53	57.61	92
	55-64	22	52.38	20	47.62	42
	65+	24	46.15	28	53.85	52
	Total	207	49.05	215	50.95	422
Gulf Coast (Region 2)	Refused	0	0.00	4	100.00	4
	18-24	18	46.15	21	53.85	39
	25-34	20	37.74	33	62.26	53
	35-44	40	36.70	69	63.30	109
	45-54	58	51.33	55	48.67	113
	55-64	25	44.64	31	55.36	56
	65+	13	31.71	28	68.29	41
	Total	174	41.93	241	58.07	415
Southeast (Region 3)	Refused	0	0.00	2	100.0	2
	18-24	13	44.83	16	55.17	29
	25-34	39	46.99	44	53.01	83
	35-44	60	54.55	50	45.45	110
	45-54	45	40.91	65	59.09	110
	55-64	22	45.83	26	54.17	48
	65+	20	39.22	31	60.78	51
	Total	199	45.96	234	54.04	433
Rural (Region 4)	Refused	0	0.00	2	100.0	2
	18-24	23	58.97	16	41.03	39
	25-34	40	40.40	59	59.60	99
	35-44	64	50.00	64	50.00	128
	45-54	43	53.09	38	46.91	81
	55-64	18	48.65	19	51.35	37
	65+	11	61.11	7	38.89	18
	Total	199	49.26	205	50.74	404
Fairbanks & Vicinity (Region 5)	Refused	1	50.00	1	50.00	2
	18-24	30	58.82	21	41.18	51
	25-34	50	50.00	50	50.00	100
	35-44	55	49.55	56	50.45	111
	45-54	42	48.84	44	51.16	86
	55-64	18	60.00	12	40.00	30
	65+	13	44.83	16	55.17	29
	Total	209	51.10	200	48.90	409

Appendix C: Alaska BRFSS 2001 Survey Distribution by Age and Gender

	Age	Male		Female		Total Population
		N	%	N	%	N
Anchorage & Vicinity (Region 1)	Refused	3	37.50	5	62.50	8
	18-24	32	53.33	28	46.67	60
	25-34	27	27.55	71	72.45	98
	35-44	63	43.15	83	56.85	146
	45-54	65	50.78	63	49.22	128
	55-64	29	46.03	34	53.97	63
	65+	18	36.73	31	63.27	49
	Total	237	42.93	315	57.07	552
Gulf Coast (Region 2)	Refused	3	42.86	4	57.14	7
	18-24	17	39.53	26	60.47	43
	25-34	38	41.30	54	58.70	92
	35-44	68	48.92	71	51.08	139
	45-54	71	52.21	65	47.79	136
	55-64	39	50.65	38	49.35	77
	65+	24	46.15	28	53.85	52
	Total	260	47.62	286	52.38	546
Southeast (Region 3)	Refused	1	50.00	1	50.00	2
	18-24	23	50.00	23	50.00	46
	25-34	41	46.59	47	53.41	88
	35-44	65	47.79	71	52.21	136
	45-54	88	57.52	65	42.48	153
	55-64	30	40.00	45	60.00	75
	65+	20	31.25	44	68.75	64
	Total	268	47.52	296	52.48	564
Rural (Region 4)	Refused	6	66.67	3	33.33	9
	18-24	30	45.45	36	54.55	66
	25-34	51	43.59	66	56.41	117
	35-44	94	51.37	89	48.63	183
	45-54	86	55.84	68	44.16	154
	55-64	41	58.57	29	41.43	70
	65+	17	54.84	14	45.16	31
	Total	325	51.59	305	48.41	630
Fairbanks & Vicinity (Region 5)	Refused	7	77.78	2	22.22	9
	18-24	36	42.25	49	57.65	85
	25-34	55	47.01	62	52.99	117
	35-44	68	46.26	79	53.74	147
	45-54	53	44.54	66	55.46	119
	55-64	29	43.28	38	56.72	67
	65+	21	53.85	18	46.15	39
	Total	269	46.14	314	53.86	583

Appendix D: Alaska BRFSS Population by Race 2000

Race	Male		Female		Total Population	
	N	%	N	%	N	%
White only	953	33.15	997	34.68	1,950	67.83
Black or African American only	23	0.80	29	1.01	52	1.81
Asian only	28	0.97	30	1.04	58	2.02
Native Hawaiian or other Pacific Islander only	10	0.35	19	0.66	29	1.01
American Indian, Alaska Native only	240	8.35	311	10.82	551	19.17
Other race only	26	0.90	30	1.04	56	1.95
Multiracial	41	1.43	56	1.95	97	3.37
DK/NS/Refused	38	1.32	44	1.53	82	2.85
Total	1,359	47.27	1,516	52.73	2,875	100.00

2001

Race	Male		Female		Total Population	
	N	%	N	%	N	%
White only	722	34.66	796	38.21	1,518	72.88
Black or African American only	21	1.01	22	1.06	43	2.06
Asian or Pacific Islander	18	0.86	27	1.30	45	2.16
American Indian, Alaska Native only	180	8.64	214	10.27	394	18.92
Other	5	0.24	6	0.29	11	0.53
DK/NS/Refused	42	2.02	30	1.44	72	3.46
Total	988	47.43	1,095	52.57	2,083	100.00

Appendix E: Telephone Coverage in Alaska

Region	Census Area	Occupied Housing	Number with Telephones	Percent total
I	Anchorage Municipality	94,822	94,032	99%
	Matanuska-Susitna Borough	20,556	19,832	96%
	TOTAL	115,378	113,864	99%
II	Kenai Peninsula Borough	18,438	17,725	96%
	Kodiak Island Borough	4,424	4,337	98%
	Valdez-Cordova Census Area	3,884	3,560	92%
	TOTAL	26,746	25,622	96%
III	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	2,262	2,070	92%
	Sitka City and Borough	3,278	3,229	99%
	Skagway-Hoonah-Angoon Census Area	1,369	1,196	87%
	Yakutat City and Borough	265	240	96%
	Wrangell-Petersburg Census Area	2,587	2,452	95%
TOTAL	27,694	26,722	96%	
IV	Aleutians East Borough	526	506	96%
	Aleutians West Borough	1,270	1,224	96%
	Bethel Census Area	4,226	4,076	96%
	Denali Borough	785	695	91%
	Bristol Bay Borough	490	483	99%
	Dillingham Census Area	1,529	1,441	94%
	Lake and Peninsula Borough	588	530	90%
	Nome Census Area	2,693	2,335	87%
	North Slope Borough	2,109	1,920	91%
	Northwest Arctic Borough	1,780	1,575	88%
	Wade Hampton Census Area	1,602	1,386	87%
	Yukon-Koyukuk Census Area	2,309	1,885	82%
	TOTAL	19,907	18,056	91%
V	Fairbanks North Star Borough	29,777	29,058	98%
	Southeast Fairbanks Census Area	2,098	1,901	91%
	Total	31,875	30,959	97%
Statewide totals		221,600	215,223	97%

Source: State of Alaska Vital Statistics

Appendix F: 2000 & 2001 Reponse Rates

Indicator	BRFSS Objective	BRFSS National Median		Alaska Achieved	
		2000	2001	2000	2001
CASRO Response Rate	> 40%	48.9%	51.1%	47.7%	56.7%
Cooperation Rate	< 65%	53.2%	52.7%	55.2%	57.4%
Refusal Rate	≤ 10%	N/A		3.1%	N/A

Response Rates

The response rate measures the extent to which interviews were completed from 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 are useful for program management. The formulas are described as follows:

CASRO Response Rate

The response rate developed by the Council of American Survey Research Organizations (CASRO), apportions dispositions with unknown eligibility status (ring no answer and busy) to dispositions representing eligible respondents in the same proportion that exists among calls of known status (all other BRFSS call dispositions). The resulting estimate reflects telephone sampling efficiency and the degree of cooperation among eligibles contacted.

Cooperation Rate

This rate is the number of completed surveys divided by the number of identified households contacted that contain a resident 18 years or older. The resulting measure reflects the cooperation of identified eligibles and is not affected by difference in telephone sampling efficiency.

Refusals

The percentage of refusals of total dispositions in a given interviewing period is an indicator of both interviewer performance and degree of potential bias in the survey data. Ten percent or less is a generally acceptable standard.

Appendix G: Weighting

By weighting the data, the responses of persons in various subgroups (region, age, sex, race) are adjusted to compensate for the overrepresentation or underrepresentation of these persons in the survey sample. Factors that are adjusted for include the following:

- ▶ The number of telephone numbers per household;
- ▶ The number of adults in a household;
- ▶ The geographic distribution of the sample; and
- ▶ The demographic distribution of the sample.

The first three factors address the problem of unequal selection probability which could result in a biased sample that doesn't really represent the 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 the age, race, and sex distribution of the state population divided by that of the survey sample. This procedure is repeated for each of five regions of Alaska.

The poststratification factor is then multiplied by the raw weight to compute an adjusted, or final-weight, variable. Data from all regions are combined to form the total Alaska data.

This weighting adjusts not only for variation in selection and sampling probability, but also for demographic characteristics in each region of the state. If the data were not weighted, projections could not be made from the sample to the region or to the general population.

The survey results were weighted using population estimates obtained from Claritas, Race by Age by Sex Report for All Counties Nationwide, Ithaca, New York.

Appendix H: 2000 BRFSS questions

Section 1: Health Status

1.1. Would you say that in general your health is:

- a. Excellent
- b. Very good
- c. Good
- d. Fair
- e. Poor

1.2. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

- a. Number of days ___
- b. None
- Don't know/Not sure
- Refused

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

- a. Number of days ___
- b. None
- Don't know/Not sure
- Refused

1.4. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

- a. Number of days ___
- b. None
- Don't know/Not sure
- Refused

Section 2: Health Care Access

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

- a. Yes
- b. No
- Don't know/Not sure
- Refused

2.2. Medicare is a coverage plan for people 65 or over and for certain disabled people. Do you have Medicare?

- a. Yes
- b. No
- Don't know/not sure
- Refused

2.3. What type of health care coverage do you use to pay for most of your medical care?

- Is it coverage through: ___
- a. Your employer
 - b. Someone else's employer
 - c. A plan that you or someone else buys on your own
 - d. Medicare
 - e. Medicaid or Medical Assistance

- f. The military, CHAMPUS, TriCare, or the VA
- g. The Indian Health Service
- h. Some other source
- None
- Don't know/Not sure
- Refused

2.3a. There are some types of coverage you may not have considered. Please tell me if you have any of the following:

Coverage through: ___

- a. Your employer
- b. Someone else's employer
- c. A plan that you or someone else buys on your own
- d. Medicare
- e. Medicaid or Medical Assistance
- f. The military, CHAMPUS, TriCare, or the VA
- g. The Indian Health Service
- h. Some other source
- None
- Don't know/Not sure
- Refused

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

- a. Yes
- b. No
- Don't know/Not sure
- Refused

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

- a. Within the past 6 months
- b. Within the past year (6 to 12 months ago)
- c. Within the past 2 years (1 to 2 years ago)
- d. Within the past 5 years (2 to 5 years ago)
- e. 5 or more years ago
- Don't know/Not sure
- Never
- Refused

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

- a. Yes
- b. No
- Don't know/Not sure
- Refused

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

- a. Within the past year (1 to 12 months ago)
- b. Within the past 2 years (1 to 2 years ago)
- c. Within the past 5 years (2 to 5 years ago)
- d. 5 or more years ago
- Don't know/Not sure
- Never
- Refused

Section 3: Asthma

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

- a. Yes
- b. No
- Don't know/Not sure
- Refused

3.2. Do you still have asthma?

- a. Yes
- b. No
- Don't know/Not sure
- Refused

Section 4: Diabetes

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

- a. Yes
- b. Yes, but female told only during pregnancy
- c. No
- Don't know/Not sure
- Refused

Section 5: Care Giving

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

- a. Yes
- b. No
- Don't Know/Not Sure
- Refused

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

- a. Relative or friend
- b. Would provide care myself
- c. Nursing home
- d. Home health service
- e. Personal physician
- f. Area Agency on Aging
- g. Hospice
- h. Hospital nurse
- i. Minister/priest/rabbi
- j. Other
- k. Don't know who to call

Section 6: Exercise

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

- a. Yes
- b. No
- Don't know/Not sure
- Refused

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

Activity: _____

Refused

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

- Miles and tenths
- Don't know/Not sure
- Refused

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

- a. Times per week ___ ___
- b. Times per month ___
- Don't know/Not sure
- Refused

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

- Hours and minutes __:___
- Don't know/Not sure
- Refused

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

- a. Yes
- b. No
- Don't know/Not sure
- Refused

6.7. What other type of physical activity gave you the next most exercise during the past month?

Activity: _____

Refused

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

- Miles and tenths ___ ___
- Don't know/Not sure
- Refused

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

- a. Times per week ___ ___
- b. Times per month ___ ___
- Don't know/Not sure
- Refused

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

- Hours and minutes __:___
- Don't know/Not sure
- Refused

Section 7: Tobacco Use

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

- a. Yes
- b. No
- Don't know/Not sure
- Refused

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

- a. Everyday
- b. Some days
- c. Not at all
- Refused

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

- Number of cigarettes ___ ___
 Don't know/Not sure
 Refused

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

- Number of cigarettes ___ ___
 Don't know/Not sure
 Refused

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

- a. Yes
 b. No
 Don't know/Not sure
 Refused

7.5. About how long has it been since you last smoked cigarettes regularly, that is, daily?

- a. Within the past month (0 to 1 month ago)
 b. Within the past 3 months (1 to 3 months ago)
 c. Within the past 6 months (3 to 6 months ago)
 d. Within the past year (6 to 12 months ago)
 e. Within the past 5 years (1 to 5 years ago)
 f. Within the past 15 years (5 to 15 years ago)
 g. 15 or more years ago
 Don't know/Not sure
 Never smoked regularly
 Refused

Section 8: Fruits and Vegetables

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

- a. Per day__
 b. Per week__
 c. Per month__
 d. Per year__
 e. Never
 Don't know/Not sure
 Refused

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

- a. Per day__
 b. Per week__
 c. Per month__
 d. Per year__
 e. Never
 Don't know/Not sure
 Refused

8.3. How often do you eat green salad?

- a. Per day__
 b. Per week__
 c. Per month__
 d. Per year__
 e. Never
 Don't know/Not sure
 Refused

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

- a. Per day__
 b. Per week__
 c. Per month__
 d. Per year__
 e. Never
 Don't know/Not sure
 Refused

8.5. How often do you eat carrots?

- a. Per day__
 b. Per week__
 c. Per month__
 d. Per year__
 e. Never
 Don't know/Not sure
 Refused

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

- a. Per day__
 b. Per week__
 c. Per month__
 d. Per year__
 e. Never
 Don't know/Not sure
 Refused

Section 9: Weight Control

9.1. Are you now trying to lose weight?

- a. Yes
 b. No
 Don't know/Not sure
 Refused

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

- a. Yes
 b. No
 Don't know/Not sure
 Refused

9.3. Are you eating either fewer calories or less fat to... lose weight?

- keep from gaining weight?
 a. Yes, fewer calories
 b. Yes, less fat
 c. Yes, fewer calories and less fat
 d. No
 Don't know/Not sure
 Refused

9.4. Are you using physical activity or exercise to... lose weight?

- keep from gaining weight?
 a. Yes
 b. No
 Don't know/Not sure
 Refused

9.5. In the past 12 months, has a doctor, nurse, or other health professional given you advice about your weight?

- a. Yes, lose weight
 - b. Yes, gain weight
 - c. Yes, maintain current weight
 - d. No
- Don't know/Not sure
Refused

Section 10: Demographics

10.1. What is your age?

Code age in years ___ ___
Don't know/Not sure
Refused

10.2. What is your race?

Would you say:

- a. White
- b. Black
- c. Asian, Pacific Islander
- d. American Indian, Alaska Native
- e. Other:

Don't know/Not sure
Refused

10.3. Are you of Spanish or Hispanic origin?

- a. Yes
- b. No

Don't know/Not sure
Refused

10.4. Are you:

- a. Married
- b. Divorced
- c. Widowed
- d. Separated
- e. Never been married
- f. A member of an unmarried couple

Refused

10.5. How many children live in your household who are...

- a. less than 5 years old?
- b. 5 through 12 years old?
- c. 13 through 17 years old?

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

- a. Never attended school or only attended kindergarten
- b. Grades 1 through 8 (Elementary)
- c. Grades 9 through 11 (Some high school)
- d. Grade 12 or GED (High school graduate)
- e. College 1 year to 3 years (Some college or technical school)
- f. College 4 years or more (College graduate)

10.7. Are you currently:

- a. Employed for wages
 - b. Self-employed
 - c. Out of work for more than 1 year
 - d. Out of work for less than 1 year
 - e. Homemaker
 - f. Student
 - g. Retired
 - h. Unable to work
- Refused

10.8. Is your annual household income from all sources:

- a. Less than \$25,000 (\$20,000 to less than \$25,000)
 - b. Less than \$20,000 (\$15,000 to less than \$20,000)
 - c. Less than \$15,000 (\$10,000 to less than \$15,000)
 - d. Less than \$10,000
 - e. Less than \$35,000 (\$25,000 to less than \$35,000)
 - f. Less than \$50,000 (\$35,000 to less than \$50,000)
 - g. Less than \$75,000 (\$50,000 to \$75,000)
 - h. \$75,000 or more
- Don't know/Not sure
Refused

10.9. 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?

- a. Yes
 - b. No
- Don't know/Not sure
Refused

10.10. Which of the following best describes your current military status?

Are you:

- a. Currently on active duty
- b. Currently in reserves
- c. No longer in military service

Don't know/Not sure
Refused

10.11. In the past 12 months have you received some or all of your health care from VA facilities?

- a. Yes, all of my health care
- b. Yes, some of my health care
- c. No, no VA health care received

Don't know/not sure
Refused

10.12. About how much do you weigh without shoes?

Weight ___ ___ pounds

Don't know/Not sure
Refused

10.13. How much would you like to weigh?

Weight ___ ___ pounds

Don't know/Not sure
Refused

10.14. About how tall are you without shoes?

Height ___/___ ft/inches

Don't know/Not sure
Refused

10.15. What county do you live in? (Not asked in Alaska)

FIPS county code ___ ___

Don't know/not sure
Refused

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

- a. Yes
 - b. No
- Refused

10.17. How many residential telephone numbers do you have?
Total telephone numbers ___
Refused

10.18. Indicate sex of respondent.
Male
Female

Section 11: Women's Health

11.1. A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?
a. Yes
b. No
Don't know/Not sure
Refused

11.2. How long has it been since you had your last mammogram?
a. Within the past year (1 to 12 months ago)
b. Within the past 2 years (1 to 2 years ago)
c. Within the past 3 years (2 to 3 years ago)
d. Within the past 5 years (3 to 5 years ago)
e. 5 or more years ago
Don't know/Not sure
Refused

11.3. Was your last mammogram done as part of a routine checkup, because of a breast problem other than cancer, or because you've already had breast cancer?
a. Routine checkup
b. Breast problem other than cancer
c. Had breast cancer
Don't know/Not sure
Refused

11.4. A clinical breast exam is when a doctor, nurse, or other health professional feels the breast for lumps. Have you ever had a clinical breast exam?
a. Yes
b. No
Don't know/Not sure
Refused

11.5. How long has it been since your last breast exam?
a. Within the past year (1 to 12 months ago)
b. Within the past 2 years (1 to 2 years ago)
c. Within the past 3 years (2 to 3 years ago)
d. Within the past 5 years (3 to 5 years ago)
e. 5 or more years ago
Don't know/Not sure
Refused

11.6. Was your last breast exam done as part of a routine checkup, because of a breast problem other than cancer, or because you've already had breast cancer?
a. Routine Checkup
b. Breast problem other than cancer
c. Had breast cancer
Don't know/Not sure
Refused

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

a. Yes
b. No
Don't know/Not sure
Refused

11.8. How long has it been since you had your last Pap smear?
a. Within the past year (1 to 12 months ago)
b. Within the past 2 years (1 to 2 years ago)
c. Within the past 3 years (2 to 3 years ago)
d. Within the past 5 years (3 to 5 years ago)
e. 5 or more years ago
Don't know/Not sure
Refused

11.9. Was your last Pap smear done as part of a routine exam, or to check a current or previous problem?
a. Routine exam
b. Check current or previous problem
Other
Don't know/Not sure
Refused

11.10. Have you had a hysterectomy?
a. Yes
b. No
Don't know/Not sure
Refused

11.11. To your knowledge, are you now pregnant?
a. Yes
b. No
Don't know/Not sure
Refused

Section 12: HIV/AIDS

12.1. If you had a child in school, at what grade do you think he or she should begin receiving education in school about HIV infection and AIDS?
a. Grade ___
b. Kindergarten
c. Never
Don't know/Not sure
Refused

12.2. If you had a teenager who was sexually active, would you encourage him or her to use a condom?
a. Yes
b. No
Would give other advice
Don't know/Not sure
Refused

12.3. What are your chances of getting infected with HIV, the virus that causes AIDS?
Would you say:
a. High
b. Medium
c. Low
d. None
Not applicable
Don't know/Not sure
Refused

12.4. Have you donated blood since March 1985?

- a. Yes
- b. No
- Don't know/Not sure
- Refused

12.5. Have you donated blood in the past 12 months?

- a. Yes
- b. No
- Don't know/Not sure
- Refused

12.6. Except for tests you may have had as part of blood donations, have you ever been tested for HIV?

- a. Yes
- b. No
- Don't know/Not sure
- Refused

12.6a. Have you ever been tested for HIV?

- a. Yes
- b. No
- Don't know/Not sure
- Refused

12.7. Not including your blood donations, have you been tested for HIV in the past 12 months?

- a. Yes
- b. No
- Don't know/Not sure
- Refused

12.7a. Have you been tested for HIV in the past 12 months?

- a. Yes
- b. No
- Don't know/Not sure
- Refused

12.8. What was the main reason you had your last test for HIV?

- Reason code ___ __
- a. For hospitalization or surgical procedure
 - b. To apply for health insurance
 - c. To apply for life insurance
 - d. For employment
 - e. To apply for a marriage license
 - f. For military induction or military service
 - g. For immigration
 - h. Just to find out if you were infected
 - i. Because of referral by a doctor
 - j. Because of pregnancy
 - k. Referred by your sex partner
 - l. Because it was part of a blood donation process
 - m. For routine check-up
 - n. Because of occupational exposure
 - o. Because of illness
 - p. Because I am at risk for HIV
 - q. Other
 - Don't know/Not sure
 - Refused

12.9. Where did you have your last test for HIV?

- Facility Code ___ __
- a. Private doctor, HMO
 - b. Blood bank, plasma center, Red Cross
 - c. Health department

- d. AIDS clinic, counseling, testing site
- e. Hospital, emergency room, outpatient clinic
- f. Family planning clinic
- g. Prenatal clinic, obstetrician's office
- h. Tuberculosis clinic
- i. STD clinic
- j. Community health clinic
- k. Clinic run by employer
- l. Insurance company clinic
- m. Other public clinic
- n. Drug treatment facility
- o. Military induction or military service site
- p. Immigration site
- q. At home, home visit by nurse or health worker
- r. At home using self-sampling kit
- s. In jail or prison
- t. Other
- Don't know/Not sure
- Refused

12.10. Did you receive the results of your last test?

- a. Yes
- b. No
- Don't know/Not sure
- Refused

12.11. Did you receive counseling or talk with a health care professional about the results of your test?

- a. Yes
- b. No
- Don't know/Not sure
- Refused

Module 1: Diabetes

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

- Code age in years
 Don't know/Not sure
 Refused

2. Are you now taking insulin?

- a. Yes
- b. No
- Refused

3. Are you now taking diabetes pills?

- a. Yes
- b. No
- Don't know/Not sure
- Refused

4. About how often do you check your blood for glucose or sugar? Include times when checked by a family member or friend, but do not include times when checked by a health professional.

- a. Times per day ___ __
- b. Times per week ___ __
- c. Times per month ___ __
- d. Times per year ___ __
- e. Never
- Don't know/Not sure
- Refused

5. About how often do you check your feet for any sores or irritations? Include times when checked by a family member or friend, but do not include times when checked by a health professional.

- a. Times per day__ __
- b. Times per week__ __
- c. Times per month__ __
- d. Times per year__ __
- e. Never
- f. No feet

Don't know/Not sure
Refused

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

- a. Yes
 - b. No
- Don't know/Not sure
Refused

7. About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?

- a. Number of times__ __
 - b. None
- Don't know/Not sure
Refused

8. A test for hemoglobin "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 hemoglobin "A one C"?

- a. Number of times__ __
 - b. None
 - c. Never heard of hemoglobin "A one C" test
- Don't know/Not sure
Refused

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

- a. Number of times__ __
 - b. None
- Don't know/Not sure
Refused

10. When was the last time you had an eye exam in which the pupils were dilated? This would have made you temporarily sensitive to bright light.

- a. Within the past month (0 to 1 month ago)
- b. Within the past year (1 to 12 months ago)
- c. Within the past 2 years (1 to 2 years ago)
- d. 2 or more years ago
- e. Never

Don't know/Not sure
Refused

11. Has a doctor ever told you that diabetes has affected your eyes or that you had retinopathy?

- a. Yes
 - b. No
- Don't know/Not sure
Refused

12. Have you ever taken a course or class in how to manage your diabetes yourself?

- a. Yes
 - b. No
- Don't know/Not sure
Refused

Module 12: Alcohol Consumption

1. During the past month, have you had at least one drink of any alcoholic beverage such as beer, wine, wine coolers, or liquor?

- a. Yes
 - b. No
- Don't know/Not sure
Refused

2. During the past month, how many days per week or per month did you drink any alcoholic beverages, on the average?

- a. Days per week__ __
 - b. Days per month__ __
- Don't know/Not sure
Refused

3. A drink is 1 can or bottle of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail, or 1 shot of liquor. On the days when you drank, about how many drinks did you drink on the average?

- Number of drinks __ __
- Don't know/Not sure
- Refused

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

- a. Number of times __ __
 - b. None
- Don't know/Not sure
Refused

5. During the past month, how many times have you driven when you've had perhaps too much to drink?

- a. Number of times __ __
 - b. None
- Don't know/Not sure
Refused

Module 14: Arthritis

1. During the past 12 months, have you had pain, aching, stiffness or swelling in or around a joint?

- a. Yes
 - b. No
- Don't know/Not sure
Refused

2. Were these symptoms present on most days for at least one month?

- a. Yes
 - b. No
- Don't know/Not sure
Refused

3. Are you now limited in any way in any activities because of joint symptoms?

- a. Yes
- b. No
- Don't know/Not sure
- Refused

4. Have you ever been told by a doctor that you have arthritis?

- a. Yes
- b. No
- Don't know/Not sure
- Refused

5. What type of arthritis did the doctor say you have?

- a. Osteoarthritis/degenerative arthritis
- b. Rheumatism
- c. Rheumatoid Arthritis
- d. Lyme disease
- e. Other
- f. Never saw a doctor
- Don't know/Not sure
- Refused

6. Are you currently being treated by a doctor for arthritis?

- a. Yes
- b. No
- Don't know/Not sure
- Refused

Module 18: Tobacco Use Prevention

1. In the past 30 days has anyone, including yourself, smoked cigarettes, cigars, or pipes anywhere inside your home?

- a. Yes
- b. No
- Don't know/Not sure
- Refused

2. While working at your job, are you indoors most of the time?

- a. Yes
- b. No
- Don't know/Not sure
- Refused

3. Which of the following best describes your place of work's official smoking policy for indoor public or common areas, such as lobbies, rest rooms, and lunch rooms?

- a. Not allowed in any public areas
- b. Allowed in some public areas
- c. Allowed in all public areas
- No official policy
- Don't know/Not sure
- Refused

4. Which of the following best describes your place of work's official smoking policy for work areas?

- a. Not allowed in any work areas
- b. Allowed in some work areas, or
- c. Allowed in all work areas
- No official policy
- Don't know/Not sure
- Refused

5. In the following locations, do you think that smoking should be allowed in all areas, some areas, or not allowed at all?

	All Areas	Some Areas	Not Allowed	Dk/Ns	Ref
a. Restaurants	1	2	3	7	9
b. Schools	1	2	3	7	9
c. Day care centers	1	2	3	7	9
d. Indoor work areas	1	2	3	7	9

6. Has a doctor or other health professional ever advised you to quit smoking?

- a. Yes, within the past 12 months (1 to 12 months ago)
- b. Yes, within the past 3 years (1 to 3 years ago)
- c. Yes, 3 or more years ago
- d. No
- Don't know/Not sure
- Refused

Module 19: Smokeless Tobacco Use

1. Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?

- a. Yes, chewing tobacco
- b. Yes, snuff
- c. Yes, both
- d. No, neither
- Don't know/Not sure
- Refused

2. Do you currently use any smokeless tobacco products such as chewing tobacco or snuff?

- a. Yes, chewing tobacco
- b. Yes, snuff
- c. Yes, both
- d. No, neither
- Don't know/Not sure
- Refused

2000 Alaska State Added Health Care Coverage Module

S1. What is the main reason you are without health care coverage?

- a. Lost job or changed employers
- b. Spouse or parent lost job or changed employers
- c. Became divorced or separated
- d. Spouse or parent died
- e. Became ineligible because of age, or because
- f. Employer doesn't offer or stopped offering coverage
- g. Cut back to part time or became temporary employee
- h. Benefits from employer or former employer ran out
- i. Couldn't afford to pay the premiums
- j. Insurance company refused coverage
- k. Lost Medicaid or Medical Assistance eligibility
- l. Other
- Don't know/Not sure
- Refused

S2. About how long have you had [fill in type (Medicare/Medicaid/ this particular health care coverage?)

- a. For less than 12 months (1 to 12 months)
- b. For less than 2 years (1 to 2 years)
- c. For less than 3 years (2 to 3 years)
- d. For less than 5 years (3 to 5 years)
- e. For 5 or more years

Don't know/Not sure

Refused

S3. Other than [fill in type (Medicare/Medicaid/the health coverage which pays for most of your medical care) from core Q2.2, Q2.3, or Q2.3a], do you have any other type of health care coverage? Please tell me if you have any of the following:

Coverage through:

- a. Your employer
- b. Someone else's employer
- c. A plan that you or someone else buys on your own
- d. Medicare
- e. Medicaid or Medical Assistance or Denali KidCare
- f. The military, CHAMPUS, TriCare, or the VA
- g. The Indian Health Service (Alaska Native Health Service, Native Health Corporation or Native Health Facility)
- h. A group plan through your previous employer or retirement plan
- i. Some other source

None

Don't know/Not sure

Refused

S4. What was the main reason you were without health care coverage during the past 12 months?

- a. Lost job or changed employers
- b. Spouse or parent lost job or changed employers
- c. Became divorced or separated
- d. Spouse or parent died
- e. Became ineligible because of age or because left school
- f. Employer doesn't offer or stopped offering coverage
- g. Cut back to part time or became temporary employee
- h. Benefits from employer or former employer ran out
- i. Couldn't afford to pay the premiums
- j. Insurance company refused coverage
- k. Lost Medicaid or Medical Assistance eligibility
- l. Other

Don't know/Not sure

Refused

S5. The next questions are about children's health. I would like to ask questions about the child in your household who had the most recent birthday and is under 18 years old. What is that child's age?

Code age in years ___ ___

Don't know/Not sure

Less than one year

Refused

S6. Other than [fill in type (Medicare/Medicaid/ the health coverage that pays for most of child's medical care) from QS11], does this child have any other type of health care coverage? Is this coverage through:

- a. Parent's or guardian's employer
- b. A plan that the parent or guardian buys on his own
- c. Medicaid or Medical Assistance or Denali KidCare
- d. The military, CHAMPUS, TriCare, or the VA
- e. The Indian Health Service (Alaska Native Health Service, Native Health Corporation, or Native Health Facility)
- f. A group plan through a parent's or guardian's previous employer or retirement plan, or
- g. Some other source

None

Don't know/Not sure

Refused

S7. During the past 12 months, was there any time that this child did not have any health insurance or coverage?

a. Yes

b. No

Don't know/Not sure

Refused

S8. About how long has it been since this child had health care coverage?

- a. Within the past 6 months (1 to 6 months ago)
- b. Within the past year (6 to 12 months ago)
- c. Within the past 2 years (1 to 2 years ago)
- d. Within the past 5 years (2 to 5 years ago)
- e. 5 or more years ago

Don't know/Not sure

Never

Refused

S9. About how long has it been since this child last visited a doctor for a routine checkup or physical examination?

Within the past year (0-12 months ago)

Within the past 2 years (1-2 years ago)

Within the past 5 years (2-5 years ago)

More than 5 years ago

Don't know/Not sure

Never

Refused

S10. Was there a time during the last 12 months when this child needed to see a doctor, but could not because of the cost?

a. Yes

b. No

Don't know/Not sure

Refused

S11. What type of health care coverage pays for most of this child's medical care? Is it coverage through:

- a. Parent's or guardian's employer
- b. A plan that the parent or guardian buys on his own
- c. Medicaid or Medical Assistance or Denali KidCare
- d. The military, CHAMPUS, TriCare, or the VA
- e. The Indian Health Service (Alaska Native Health Service, Native Health Corporation or Native Health Facility)
- f. A group plan through a parent's or guardian's previous employer or retirement plan
- g. Some other source
- None
- Don't know/Not sure
- Refused

12. A routine dental exam or periodic checkup is a non-emergency visit to the dentist to check for cavities and gum disease or to have teeth cleaned and checked. When was the last time this child had a routine dental examination?

- Within the past 6 months(1-6 months ago)
- Within the past year (7-12 months)
- Within the past 2 years (1-2 years ago)
- 5 or more years ago
- Don't know/Not sure
- Refused

13. What is the main reason that your child has not visited the dentist for a routine check up in the past year?

- Fear, apprehension, nervousness, pain, dislike going
- Cost
- Do not have/know a dentist
- Cannot get to the office/clinic (too far away, no transportation, no appointments available)
- No reason to go (no problems, no teeth)
- Other priorities
- Have not thought of it
- Other Specify
- Don't know/Not sure
- Refused

Appendix I: 2001 BRFSS questions

Section 1: Health Status

1.1. Would you say that in general your health is:

Excellent
Very good
Good
Fair
Poor
Don't know/Not sure
Refused

1.2. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?

___ Number of days
None
Don't know/Not sure
Refused

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

___ Number of days
None
Don't know/Not sure
Refused

1.4. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work, or recreation?

___ Number of days
None
Don't know/Not sure
Refused

Section 2: Health Care Access

2.1. Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs, or government plans such as Medicare or Alaska Native Health Care?

Yes
No
Don't know/Not sure
Refused

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

Yes
No
Don't know/Not sure
Refused

2.3. Do you have one person you think of as your personal doctor or health care provider?

Yes, only one
More than one
No
Don't know/Not sure
Refused

Section 3: Exercise

3.1. During the past 30 days, other than your regular job, did you participate in any physical activities or exercise such as running, calisthenics, golf, gardening, or walking for exercise?

Yes
No
Don't know/Not sure
Refused

Section 4: Hypertension Awareness

4.1. Have you ever been told by a doctor, nurse, or other health professional that you have high blood pressure?

Yes
No
Don't know/Not sure
Refused

4.2. Are you currently taking medicine for your high blood pressure?

Yes
No
Don't know/Not sure
Refused

Section 5: Cholesterol Awareness

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

Yes
No
Don't know/Not sure
Refused

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

Within the past year (1 to 12 months ago)
Within the past 2 years (1 to 2 years ago)
Within the past 5 years (2 to 5 years ago)
5 or more years ago
Don't know/Not sure
Refused

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

Yes
No
Don't know/Not sure
Refused

Section 6: Asthma

6.1. Have you ever been told by a doctor, nurse, or other health professional that you had asthma?

Yes
No
Don't know/Not sure
Refused

6.2. Do you still have asthma?

Yes
No
Don't know/Not sure
Refused

Section 7: Diabetes

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

Yes
Yes, but female told only during pregnancy
No
Don't know/Not sure
Refused

Section 8: Arthritis

8.1. During the past 12 months, have you had pain, aching, stiffness or swelling in or around a joint?

Yes
No
Don't know/Not sure
Refused

8.2. Were these symptoms present on most days for at least one month?

Yes
No
Don't know/Not sure
Refused

8.3. Are you now limited in any way in any activities because of joint symptoms?

Yes
No
Don't know/Not sure
Refused

8.4. Have you ever seen a doctor, nurse, or other health professional for these joint symptoms?

Yes
No
Don't know/Not sure
Refused

8.5. Have you ever been told by a doctor that you have arthritis?

Yes
No
Don't know/Not sure
Refused

8.6. Are you currently being treated by a doctor for arthritis?

Yes
No

Don't know/Not sure
Refused

Section 9: Immunization

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

Yes
No
Don't know/Not sure
Refused

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

Yes
No
Don't know/Not sure
Refused

Section 10: Tobacco Use

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

Yes
No
Don't know/Not sure
Refused

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

Every day
Some days
Not at all
Refused

10.3. During the past 12 months, have you stopped smoking for one day or longer because you were trying to quit smoking?

Yes
No
Don't know/Not sure
Refused

SA 1. Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?

Yes
No
Don't know/Not sure
Refused

SA 2. Do you currently use chewing tobacco or snuff every day, some days, or not at all?

Every day
Some days
Not at all
Don't know/Not sure
Refused

Section 11: Alcohol Consumption

11.1. A drink of alcohol is 1 can or bottle of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail, or 1 shot of liquor. During the past 30 days, how often have you had at least one drink of any alcoholic beverage?

- ___ Days per week
- ___ Days in past 30
- No drinks in past 30 days
- Don't know/Not sure
- Refused

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

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

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

- ___ Number of times
- None
- Don't know/Not sure
- Refused

Section 12: Firearms

12.1. Are any firearms now kept in or around your home? Include those kept in a garage, outdoor storage area, car, truck, or other motor vehicle.

- Yes
- No
- Don't know/Not sure
- Refused

SA. 3. Is there a firearm in or around your home that is now both loaded and unlocked?

- Yes
- No
- Don't know/Not Sure
- Refused

Section 13: Demographics

13.1. What is your age?

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

13.2. Are you Hispanic or Latino?

- Yes
- No
- Don't know/Not sure
- Refused

13.3. Which one or more of the following would you say is your race?

- White
- Black or African American
- Asian
- Native Hawaiian or Other Pacific Islander
- American Indian, Alaska Native
- Other

No additional choices

- Don't know/Not sure
- Refused

13.4. Which one of these groups would you say best represents your race?

- White
- Black or African American
- Asian
- Native Hawaiian or Other Pacific Islander
- American Indian, Alaska Native
- Other
- Don't know/Not sure
- Refused

13.5. Are you:

- Married
- Divorced
- Widowed
- Separated
- Never married
- A member of an unmarried couple
- Refused

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

- ___ Number of children
- None
- Refused

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

- Never attended school or only attended kindergarten
- Grades 1 through 8 (Elementary)
- Grades 9 through 11 (Some high school)
- Grade 12 or GED (High school graduate)
- College 1 year to 3 years (Some college or technical school)
- College 4 years or more (College graduate)
- Refused

13.8. Are you currently:

- Employed for wages
- Self-employed
- Out of work for more than 1 year
- Out of work for less than 1 year
- A Homemaker
- A Student
- Retired
- Unable to work
- Refused

13.9. Is your annual household income from all sources:

- Less than \$25,000 (\$20,000 to less than \$25,000)
- Less than \$20,000 (\$15,000 to less than \$20,000)
- Less than \$15,000 (\$10,000 to less than \$15,000)
- Less than \$10,000
- Less than \$35,000 (\$25,000 to less than \$35,000)
- Less than \$50,000 (\$35,000 to less than \$50,000)
- Less than \$75,000 (\$50,000 to less than \$75,000)
- \$75,000 or more
- Don't know/Not sure
- Refused

13.10. About how much do you weigh without shoes?

___/___ Weight pounds

Don't know/Not sure

Refused

13.11. About how tall are you without shoes?

___/___ Height ft/inches

Don't know/Not sure

Refused

13.12. What county do you live in?

___ FIPS county code (Not asked in Alaska)

Don't know/Not sure

Refused

13.13. 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.

Yes

No

Don't know/Not sure

Refused

13.14. How many of these are residential numbers?

___ Residential telephone numbers

Don't know/Not sure

Refused

13.15. How many adult members of your household currently use a cell phone for any purpose?

___ Number of adults

None

Don't know/Not sure

Refused

13.16. Indicate sex of respondent

Male

Female

13.17. To your knowledge, are you now pregnant?

Yes

No

Don't know/Not sure

Refused

Section 14: Disability

14.1. Are you limited in any way in any activities because of physical, mental, or emotional problems?

Yes

No

Don't know/Not sure

Refused

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

Yes

No

Don't know/Not sure

Refused

Section 15: Physical Activity

15.1. When you are at work, which of the following best describes what you do?

Would you say:

Mostly sitting or standing

Mostly walking

Mostly heavy labor or physically demanding work

Don't know/Not sure

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.

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

Yes

No

Don't know/Not sure

Refused

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

___ Days per week

Don't know/Not sure

Refused

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

__:__ Hours and minutes per day

Don't know/Not sure

Refused

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

Yes

No

Don't know/Not sure

Refused

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

___ Days per week

Don't know/Not sure

Refused

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

__:__ Hours and minutes per day

Don't know/Not sure

Refused

Section 16: Prostate Cancer Screening

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

- Yes
- No
- Don't Know/Not Sure
- Refused

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

- Within the past year (1 to 12 months ago)
- Within the past 2 years (1 to 2 years)
- Within the past 3 years (2 to 3 years)
- Within the past 5 years (3 to 5 years)
- 5 or more years ago
- Don't know
- Refused

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

- Yes
- No
- Don't know/Not sure
- Refused

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

- Within the past year (1 to 12 months ago)
- Within the past 2 years (1 to 2 years)
- Within the past 3 years (2 to 3 years)
- Within the past 5 years (3 to 5 years)
- 5 or more years ago
- Don't know/Not sure
- Refused

16.5. Have you ever been told by a doctor, nurse, or other health professional that you had prostate cancer?

- Yes
- No
- Don't know/Not sure
- Refused

16.6. Has your father, brother, son, or grandfather ever been told by a doctor, nurse, or health professional that he had prostate cancer?

- Yes
- No
- Don't know/Not sure
- Refused

Section 17: Colorectal Cancer Screening

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

- Yes
- No
- Don't know/Not sure
- Refused

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

- Within the past year (1 to 12 months ago)
- Within the past 2 years (1 to 2 years ago)
- Within the past 5 years (2 to 5 years ago)
- 5 or more years ago
- Don't know/Not sure
- Refused

17.3. Sigmoidoscopy and colonoscopy are exams in which a tube is inserted in the rectum to view the bowel for signs of cancer or other health problems. Have you ever had either of these exams?

- Yes
- No
- Don't know/Not sure
- Refused

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

- Within the past year (1 to 12 months ago)
- Within the past 2 years (1 to 2 years ago)
- Within the past 5 years (2 to 5 years ago)
- Within the past 10 years (5 to 10 years ago)
- 10 or more years ago
- Don't know/Not sure
- Refused

Section 18: HIV/AIDS

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

- True
- False
- Don't know/Not Sure
- Refused

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

- True
- False
- Don't know/Not Sure
- Refused

18.3. How effective do you think these treatments are helping persons with HIV to live longer?

- Would you say:
- Very effective
 - Somewhat effective
 - Not at all effective
 - Don't know/Not sure
 - Refused

18.4. How important do you think it is for people to know their HIV status by getting tested?

- Very important
- Somewhat important
- Not at all important
- Don't know/Not sure
- Refused

18.5. As far as you know, have you ever been tested for HIV? Do not count tests you may have had as part of a blood donation.

- Yes
- No
- Don't know/Not sure
- Refused

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

___/___/___ Code month and year

Don't know/Not sure
Refused

18.7. What was the main reason you had your test for HIV in?

For hospitalization or surgical procedure

To apply for health insurance

To apply for life insurance

For employment

To apply for a marriage license

For military induction-or military service

For immigration

Just to find out if you were infected

Because of referral by a doctor

Because of pregnancy

Referred by your sex partner

For routine check-up

Because of occupational exposure

Because of illness

Because I am at risk for HIV

Other

Don't know/Not sure

Refused

18.8. Where did you have the HIV test in?

Private doctor, HMO

Blood bank, plasma center, Red Cross

Health department

AIDS clinic, counseling, testing site

Hospital, emergency room, outpatient clinic

Family planning clinic

Prenatal clinic, obstetrician's office

Tuberculosis clinic

STD clinic

Community health clinic

Clinic run by employer

Insurance company clinic

Other public clinic

Drug treatment facility

Military induction or military service site

Immigration site

At home, home visit by nurse or health worker

At home using self-sampling kit

In jail or prison

Other

Don't know/Not sure

Refused

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

Yes

No

Don't know/Not sure

Refused

Module 1: Diabetes

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

___ Code age in years

Don't know/Not sure

Refused

2. Are you now taking insulin?

Yes

No

Refused

3. Are you now taking diabetes pills?

Yes

No

Don't know/Not sure

Refused

4. About how often do you check your blood for glucose or sugar? Include times when checked by a family member or friend, but do not include times when checked by a health professional.

___ Times per day

___ Times per week

___ Times per month

___ Times per year

Never

Don't know/Not sure

Refused

5. About how often do you check your feet for any sores or irritations? Include times when checked by a family member or friend, but do not include times when checked by a health professional.

___ Times per day

___ Times per week

___ Times per month

___ Times per year

Never

No feet

Don't know/Not sure

Refused

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

Yes

No

Don't know/Not sure

Refused

7. About how many times in the past 12 months have you seen a doctor, nurse, or other health professional for your diabetes?

___ Number of times

None

Don't know/Not sure

Refused

8. A test for hemoglobin "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 hemoglobin "A one C"?

___ Number of times

None

Never heard of hemoglobin "A one C" test

Don't know/Not sure

Refused

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

- ___ Number of times
None
Don't know/Not sure
Refused

10. When was the last time you had an eye exam in which the pupils were dilated? This would have made you temporarily sensitive to bright light.

- Within the past month (0 to 1 month ago)
Within the past year (1 to 12 months ago)
Within the past 2 years (1 to 2 years ago)
2 or more years ago
Never
Don't know/Not sure
Refused

11. Has a doctor ever told you that diabetes has affected your eyes or that you had retinopathy?

- Yes
No
Don't know/Not sure
Refused

12. Have you ever taken a course or class in how to manage your diabetes yourself?

- Yes
No
Don't know/Not sure
Refused

Module 3: Quality of Life and Care Giving

1. What is your major impairment or health problem?

- Arthritis/rheumatism
Back or neck problem
Fractures, bone/joint injury
Walking problem
Lung/breathing problem
Hearing problem
Eye/vision problem
Heart problem
Stroke problem
Hypertension/high blood pressure
Diabetes
Cancer
Depression/anxiety/emotional problem
Other impairment/problem
Don't know/Not sure
Refused

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

- ___ Days
___ Weeks
___ Months
___ Years
Don't know/Not Sure
Refused

3. Because of any impairment or health problem, do you need the help of other persons with your PERSONAL CARE needs, such as eating, bathing, dressing, or getting around the house?

Yes

- No
Don't know/Not sure
Refused

4. Because of any impairment or health problem, do you need the help of other persons in handling your ROUTINE needs, such as everyday household chores, doing necessary business, shopping, or getting around for other purposes?

- Yes
No
Don't know/Not sure
Refused

5. During the past 30 days, for about how many days did pain make it hard for you to do your usual activities, such as self-care, work, or recreation?

- ___ Number of days
None
Don't know/Not sure
Refused

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

- ___ Number of days
None
Don't know/Not sure
Refused

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

- ___ Number of days
None
Don't know/Not sure
Refused

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

- ___ Number of days
None
Don't know/Not sure
Refused

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

- ___ Number of days
None
Don't know/Not sure
Refused

10. Earlier you reported that due to your impairment you need some assistance from another person with your PERSONAL CARE needs. Who usually helps you with your personal care needs, such as eating, bathing, dressing, or getting around the house?

- Husband/wife/partner
Parent/son/son-in-law/daughter/daughter-in-law
Other relative
Unpaid volunteer
Paid employee or home health service
Friend or neighbor
Combination of family and/or friends and/or paid help
Other
No one helps me
Don't Know/Not Sure
Refused

11. Is the assistance you receive to meet your personal care needs from all sources:

- Usually adequate
- Sometimes adequate
- Rarely adequate
- Don't know/Not sure
- Refused

12. Earlier you reported that due to your impairment you need some assistance from another person with your ROUTINE needs. Who usually helps you with handling your routine needs, such as everyday household chores, shopping, or getting around for other purposes?

- Husband/wife/partner
- Parent/son/son-in-law/daughter/daughter-in-law
- Other relative
- Unpaid volunteer
- Paid employee or home health service
- Friend or neighbor
- Combination of family and/or friends and/or paid help
- Other
- No one helps me
- Don't know/Not sure
- Refused

13. Is the assistance you receive to meet your routine needs from all sources:

- Usually adequate
- Sometimes adequate
- Rarely adequate
- Don't know/Not sure
- Refused

Module 13: Tobacco Indicators

Previously you said you have smoked cigarettes.

1. How old were you the first time you smoked a cigarette, even one or two puffs?

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

2. How old were you when you first started smoking cigarettes regularly?

- ___ ___ Code age in years
- Never smoked regularly
- Don't know/Not sure
- Refused

3. About how long has it been since you last smoked cigarettes regularly?

- Within the past month (0 to 1 month ago)
- Within the past 3 months
- Within the past 6 months
- Within the past year
- Within the past 5 years
- Within the past 10 years
- 10 or more years ago
- Don't know/Not sure
- Refused

4. In the past 12 months, have you seen a doctor, nurse, or other health professional to get any kind of care for yourself?

- Yes
- No
- Don't know/Not sure
- Refused

5. In the past 12 months, has a doctor, nurse, or other health professional advised you to quit smoking?

- Yes
- No
- Don't know/Not sure
- Refused

6. Which statement best describes the rules about smoking inside your home?

- Smoking is not allowed anywhere inside your home
- Smoking is allowed in some places or at some times
- Smoking is allowed anywhere inside the home
- There are no rules about smoking inside the home
- Don't know/Not sure
- Refused

7. While working at your job, are you indoors most of the time?

- Yes
- No
- Don't Know/Not Sure
- Refused

8. Which of the following best describes your place of work's official smoking policy for indoor public or common areas, such as lobbies, rest rooms, and lunch rooms?

- Not allowed in any public areas
- Allowed in some public areas
- Allowed in all public areas
- No official policy
- Don't know/Not sure
- Refused

9. Which of the following best describes your place of work's official smoking policy for work areas?

- Not allowed in any work areas
- Allowed in some work areas
- Allowed in all work areas
- No official policy
- Don't know/Not sure
- Refused

SA4. My next questions are about children's health. I would like to ask questions about the child in your household who had the most recent birthday and is under 18 years old. What is this child's age?

- ___ ___ Code age in years
- Don't know
- Less than one year
- Refused

SA5. What type of health care coverage pays for most of this child's medical care? Is it coverage through:

- a. Parent's or guardian's employer
- b. A plan that the parent or guardian buys on his own
- c. Medicaid or Medical Assistance or Denali KidCare
The military, CHAMPUS, TriCare, or the VA [or CHAMP-VA]
The Indian Health Service [(Alaska Native Health Service, Native Health Corporation or Native Health Facility)]
- A group plan through a parent's or guardian's previous employer or retirement plan
- g. Some other source
- None
- Don't know/Not sure
- Refused

SA6. Other than (Medicare/Medicaid/the health coverage which pays for most of child's medical care), does this child have any other type of health care coverage?

- Is it coverage through:
- a. Parent's or guardian's employer
 - b. A plan that the parent or guardian buys on his own
 - c. Medicaid or Medical Assistance or Denali KidCare
 - d. The military, CHAMPUS, TriCare, or the VA [or CHAMP-VA]
 - e. The Indian Health Service [(Alaska Native Health Service, Native Health Corporation or Native Health Facility)]
 - f. A group plan through a parent's or guardian's previous employer or retirement plan
 - g. Some other source
 - None
 - Don't know/Not sure
 - Refused

SA7. During the past 12 months, was there any time that this child did not have any health insurance or coverage?

- a. Yes
- b. No
- Don't know/Not sure
- Refused

SA8. About how long has it been since this child had health care coverage?

- a. Within the past 6 months (1 to 6 months ago)
- b. Within the past year (6 to 12 months ago)
- c. Within the past 2 years (1 to 2 years ago)
- d. Within the past 5 years (2 to 5 years ago)
- e. 5 or more years ago
- Don't know/Not sure
- Never
- Refused

SA9. About how long has it been since this child last visited a doctor for a routine checkup or physical examination?

- Within the past year (0-12 months ago)
- Within the past 2 years (1-2 years ago)
- Within the past 5 years (2-5 years ago)
- More than 5 years ago
- Don't know/Not sure
- Never
- Refused

SA10. Was there a time during the last 12 months when this child needed to see a doctor, but could not because of the cost?

- a. Yes
- b. No
- Don't know/Not sure
- Refused

SA11. A routine dental exam or periodic checkup is a non emergency visit to the dentist to check for cavities and gum disease or to have teeth cleaned and checked. When was the last time this child had a routine dental examination?

- Within the past 6 months(1-6 months ago)
- Within the past year (7-12 months)
- Within the past 2 years (1-2 years ago)
- 5 or more years ago
- Don't know/Not sure
- Refused

SA12. What is the main reason that your child has not visited the dentist for a routine checkup in the past year? (414-415)

- Fear, apprehension, nervousness, pain, dislike going
- Cost
- Do not have/know a dentist
- Cannot get to the office/clinic (too far away, no transportation, no appointments available)
- No reason to go (no problems, no teeth)
- Other priorities
- Have not thought of it
- Other
- Don't know/Not sure
- Refused