

Health Risks in Alaska Among Adults



Alaska Behavioral Risk Factor Study 2002/2003 Annual Report



State of Alaska
Frank H. Murkowski, Governor

Department of Health and Social Services
Karleen Jackson, Commissioner



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January 2006

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Introduction



Introduction

In 2003 there were 3,178 deaths in Alaska and 65% were identified within the top 5 causes of death. Mokdad, Marks, Stroup, Gerberding (2004) summarized published research and concluded that the greatest contributors to death in the United States in 2000 were tobacco use, poor diet, physical inactivity and alcohol consumption. Other causes of death included infections, toxic agents, firearms, sexual behaviors, motor vehicles, and illicit drugs¹.

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 (BRFSS) to monitor state-level prevalence of the major behavioral risks among adults associated with premature morbidity and mortality. The basic philosophy was to collect data on actual behaviors, rather than on attitudes or knowledge, that would be especially useful for planning, initiating, supporting, and evaluating health promotion and disease prevention programs. The State of Alaska began the BRFSS in 1990 as a point in time study and has continued yearly since. Alaska's data is combined with all 50 states and U.S. territories participating in surveillance. The Alaska Behavioral Risk Factor Surveillance System is a collaborative project with the CDC and the Alaska Division of Public Health. The BRFSS is the longest running and largest telephone health survey in the world. In 2003, 264,684 interviews were completed throughout the United States, District of Columbia, U.S. Virgin Islands, Guam, and Puerto Rico.

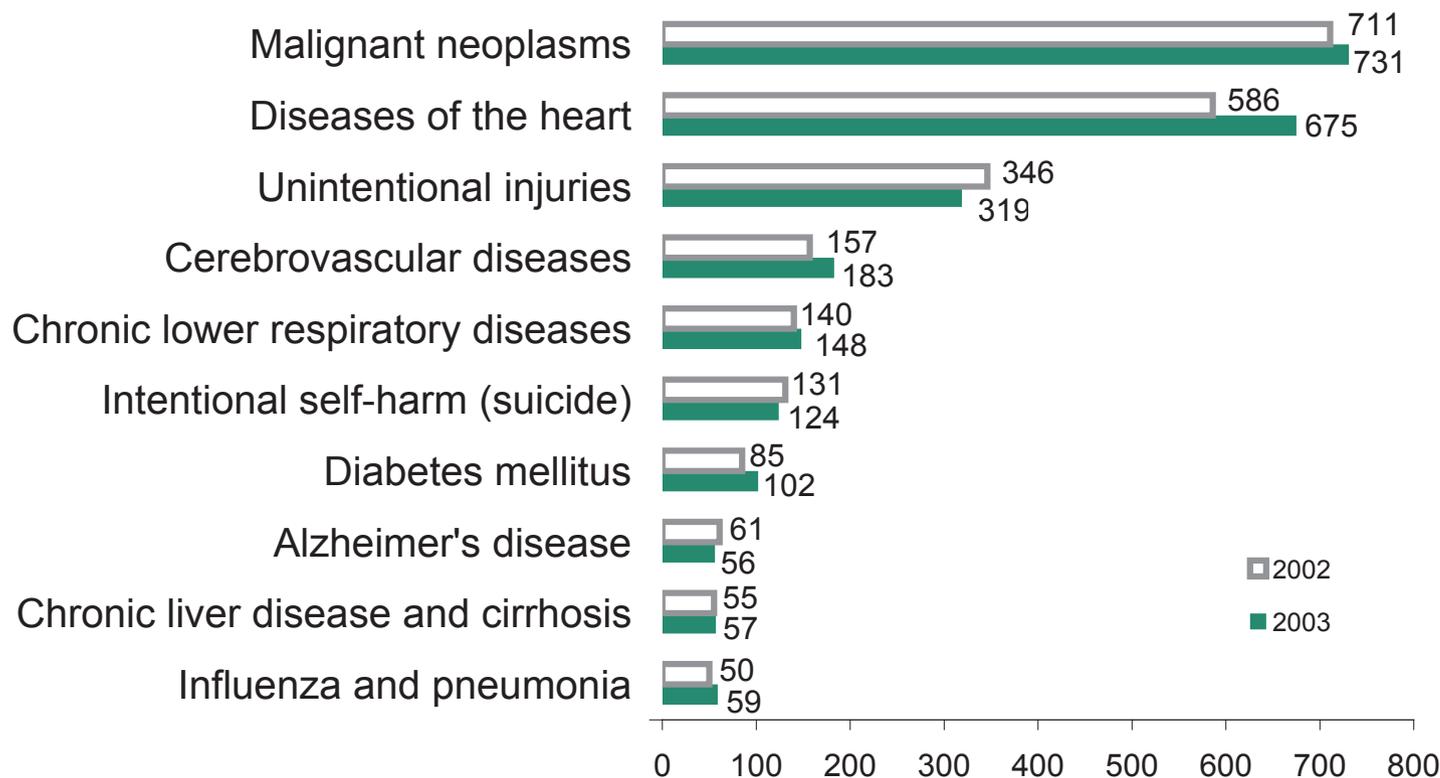
Through a series of monthly telephone interviews uniform data are collected on preventive health practices and risky behaviors that contribute to chronic disease, injuries, and preventable diseases that are among the leading causes of morbidity and mortality in the United States. The BRFSS data have 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. Alaska has established state targets within the framework of the national Healthy People objectives to address Alaska's specific health status, prevention priorities and objectives. *Healthy Alaskans 2010* was published in 2002 and serves as the structure for health policy development. In Alaska, seven of the ten leading health indicators for the 2010 goals are assessed with the BRFSS.

Endnotes:

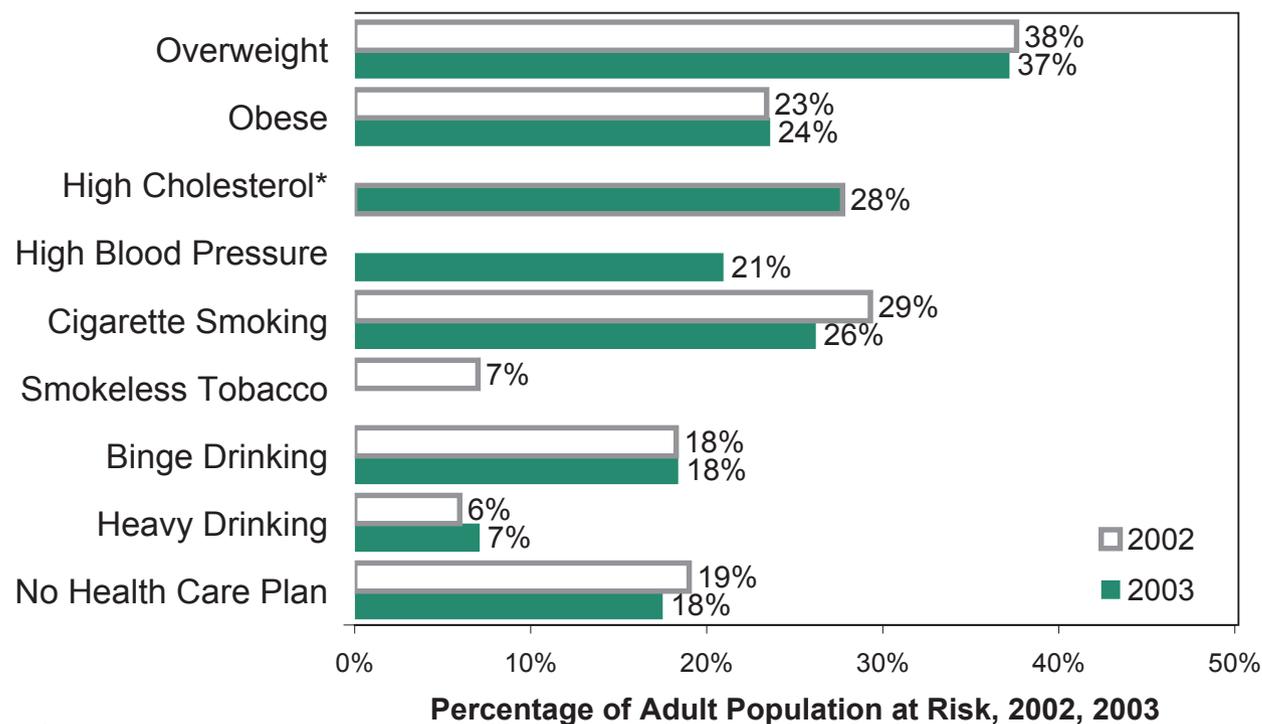
¹ Mokdad AH, Marks JS, Stroup DF, Gerberding JL. Actual Causes of Death in the United States, 2000. JAMA 2004; 291 (10) 1238–1245

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

Leading Causes of Death in Alaska

Source: Alaska State Bureau of Vital Statistics, Leading Causes of Death for Alaska — 2000–2003.

Behavioral Risk Factor Prevalence in Alaska



*of those screened

At Risk for Specific Risk Factors

2002

Population = 448,360*

Behavioral Risk Factor	Proportion of Population at Risk (Prevalence)	Estimated Adults at Risk
Overweight	38%	168,583
Obese	23%	104,916
Cigarette Smoking	29%	131,325
Binge Drinking	18%	82,050
Heavy Drinking	6%	26,902
Smokeless Tobacco Use	7%	31,385
No Health Care Plan	19%	85,188

2003

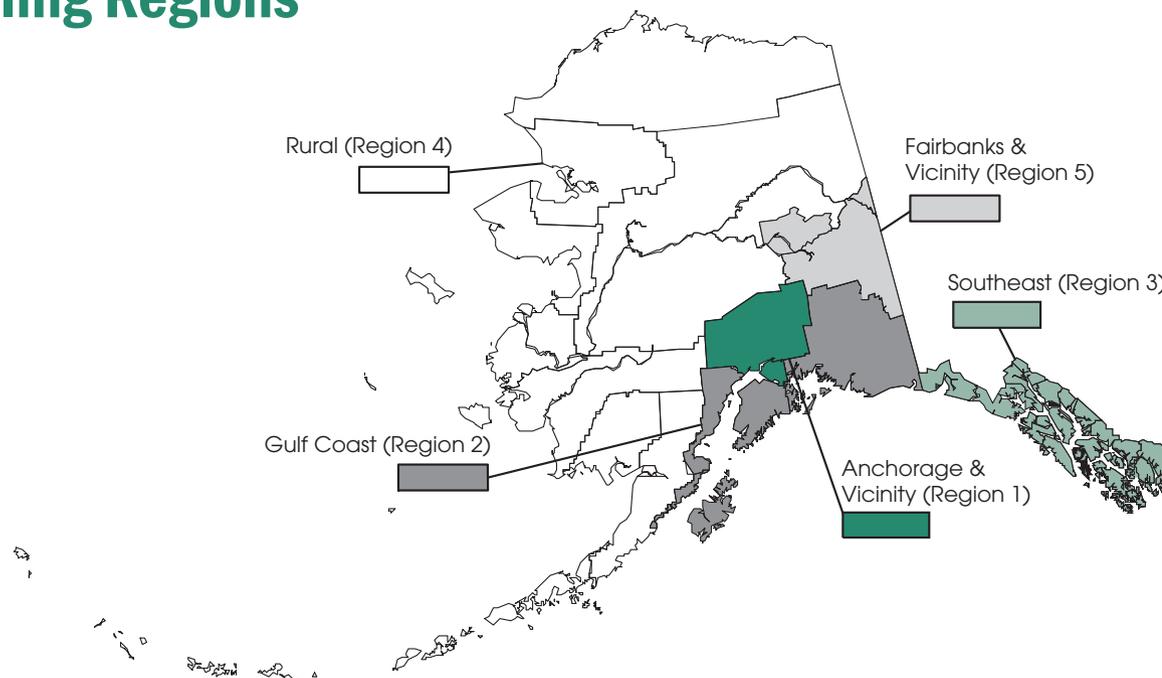
Population = 448,360*

Behavioral Risk Factor	Proportion of Population at Risk (Prevalence)	Estimated Adults at Risk
Overweight	37%	166,790
Obese	24%	105,813
Cigarette Smoking	26%	117,650
Binge Drinking	18%	82,498
Heavy Drinking	7%	31,834
No Health Care Plan	18%	78,463
High Blood Pressure	21%	94,156
High Cholesterol	28%	124,196

*Source: Alaska Department of Labor, Research and Analysis Section, Demographics Unit, July 1, 2002
Population Estimates

2002/2003 BRFSS Sampling Regions

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



	Population 18 years and older*	2002 Number of interviews	2003 Number of interviews
Anchorage and Vicinity (Region 1) Anchorage & vicinity	234,481	510	558
Gulf Coast (Region 2) Kenai, Kodiak, Valdez, Cordova & vicinity	53,261	573	499
Southeast (Region 3) All of Southeast Alaska	52,637	542	548
Rural (Region 4) All other non-urban areas of Alaska	44,835	542	502
Fairbanks and Vicinity (Region 5) Fairbanks & vicinity	63,146	527	558
Totals	448,360	2,694	2,665

*Source: Alaska Department of Labor, Research and Analysis Section, Demographics Unit, July 1, 2002 Estimates

Methodology



Methodology

Sample Design

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

Sample Size

The survey is conducted throughout the year. Each month approximately 210 Alaska residents, age 18 years and older, are interviewed by telephone from our onsite health survey lab in Juneau. The goal for a year of data collection is 500 surveys from each of the 5 regions in Alaska, for a total of 2,500 surveys statewide.

Sampling Process

The GENESYS sampling system through Marketing Systems Group provides the telephone number generation each month for the random sample. They use a Disproportionate Stratified Sample Design (DSS) process that is designed to improve the probability that all households in Alaska with telephones have chance of inclusion in the study. DSS is a variation of the cluster sampling method. For DSS, 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. The recommended sampling ratio between one-plus blocks and zero

blocks is 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. In 2003, zero block numbers were omitted from the telephone sample.

Because Alaska has such a low number of active residential lines, the study requires a large phone sample each month to operate successfully. In addition, GENESYS electronically identifies business 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 2002 there were 17 modules to choose from. Alaska used the Diabetes, Healthy Days, Childhood Asthma and Heart Attack & Stroke modules. The state added questions about Child Health Insurance, Child Dental Care and Smokeless Tobacco Use. In 2003 there were 16 modules to choose from. Alaska used the Cardiovascular Disease and Diabetes modules. The state added questions about Child Health Insurance.

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 using a standardized CDC protocol, conduct the interviews from 10 AM to 8 PM weekdays and from 10 AM 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 from the sample-tracking module, and to combine the information into the final format specified for the data year. CDC also created and distributes a Windows-based editing program that can perform data

validations on properly formatted survey results. This program is used to output lists of errors or warning conditions encountered in the data. These edited reports are produced monthly and corrections are made by the survey supervisor with data files sent to the CDC electronically.

Data Analysis

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

Weighting

Unweighted data are the actual responses of each survey respondent. The data are weighted or adjusted to compensate for the 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 F for weighting formula).

Data Reporting

Please note that for this report the BRFSS data were not age adjusted. Use caution when comparing the BRFSS data to another population that may have a different age distribution than Alaska. Data are analyzed by the CDC for Alaska by sex, race, age, education, income and employment and standard tables are produced for each risk factor

and health related behavior. For this document, race was categorized as Alaska Native or non-Native. Alaska Native respondents were those who said they were American Indian or Alaska Native, alone or in combination with any other race(s).

Confidence Intervals

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

Comparisons

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

Limitations

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

The main limitation of any telephone survey is that 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 D). 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 increases as the sample size increases.

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

Endnotes:

¹ Census 2000 Summary File 4 (SF 4)

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

Survey Population by Selected Demographics

	2002		2003	
	n	Weighted %	n	Weighted %
Gender				
Male	1,187	52%	1,228	52%
Female	1,507	48%	1,437	48%
Total	2,694		2,665	
Race				
Native (any mention)	591	17%	579	17%
Non-Native	2,076	82%	2,072	82%
Unknown	27	1%	14	<1%
Age				
18 - 24	245	13%	227	14%
25 - 34	495	20%	491	18%
35 - 44	663	25%	617	23%
45 - 54	637	23%	654	23%
55 - 64	347	11%	372	12%
65 or older	293	8%	281	9%
Unknown	14	1%	23	1%
Education				
Some H.S.	230	8%	221	9%
H.S. grad or GED	883	33%	828	29%
Some College or Tech School	788	29%	823	33%
College Grad	790	30%	787	29%
Unknown	3	<1%	6	<1%
Income				
Less than \$15,000	246	7%	220	7%
\$15,000 - 24,999	397	13%	366	12%
\$25,000 - 34,999	350	12%	353	14%
\$35,000 - 49,999	439	15%	480	17%
\$50,000 - 74,999	455	17%	472	17%
> \$75,000	549	25%	529	23%
Unknown	258	10%	245	9%

Quality of Life



Quality of Life

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

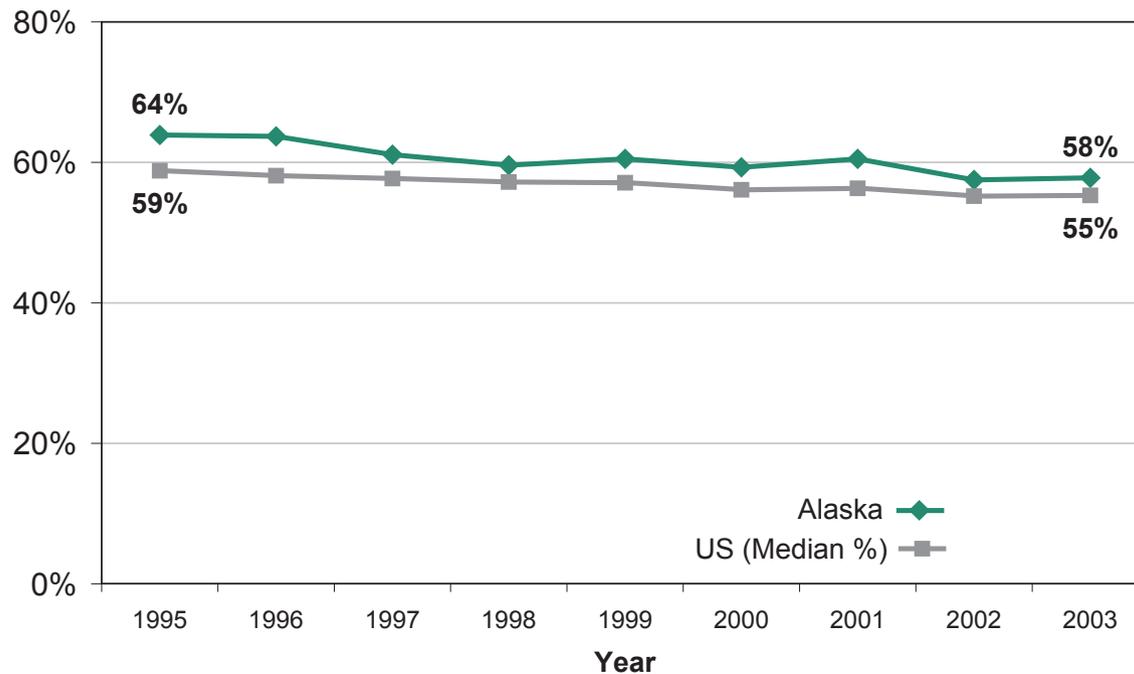
- ▶ In 2002 and 2003, Alaskans generally reported their health to be good. Over half said their health was very good or excellent. This is slightly above the US median.
- ▶ Significantly more non-Natives rate their health as very good or excellent than Alaska Natives.
- ▶ Ratings of general health status appear to improve with higher levels of education and income.

Healthy Alaskans 2010

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

Quality of Life

General Health: Excellent or Very Good



Health Status – Excellent/Very Good

Quality of Life

	2002				2003			
	n	weighted %	N	95% CI	n	weighted %	N	95% CI
Gender								
Male	654	57%	1,185	53.1–61.5	686	57%	1,228	53.2–61.0
Female	833	58%	1,504	53.6–61.5	830	58%	1,436	54.6–61.8
Total	1,487	58%	2,689	54.6–60.4	1,516	58%	2,664	55.0–60.3
Race								
Native (any mention)	211	37%	589	30.5–43.4	248	49%	579	42.9–54.8
Non-Native	1,263	62%	2,073	58.8–65.2	1,263	60%	2,071	56.6–62.6
Age								
18–24	141	55%	245	45.5–64.2	136	60%	227	51.4–68.0
25–34	311	64%	495	57.4–70.0	334	67%	491	60.6–73.0
35–44	395	61%	663	55.6–66.6	359	63%	617	57.4–67.7
45–54	340	55%	636	48.7–60.8	358	55%	654	49.6–60.8
55–64	175	53%	344	44.7–61.3	199	50%	372	42.9–56.1
65 or older	116	46%	292	36.7–54.7	118	41%	280	33.2–48.8
Education								
Some H.S.	66	31%	229	22.4–40.7	66	30%	221	22.1–39.8
H.S. grad or GED	424	47%	883	42.5–52.5	416	53%	828	48.3–57.7
Some College or TechSchool	451	61%	787	56.3–66.2	486	61%	822	56.2–65.8
College Grad	546	72%	787	66.4–76.3	546	67%	787	62.5–71.8
Income								
Less than \$15K	71	29%	246	20.9–38.5	70	33%	220	25.1–42.7
\$15,000–24,999	187	49%	396	41.0–56.1	175	47%	366	39.7–54.2
\$25,000–34,999	180	45%	350	37.4–53.6	201	55%	353	46.9–62.0
\$35,000–49,999	267	61%	439	54.0–67.6	292	63%	480	56.3–68.3
\$50,000–74,999	281	65%	454	58.1–71.1	300	62%	471	54.9–67.8
\$75K+	379	72%	548	66.5–76.9	361	69%	529	63.4–74.4

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

N = Total number of respondents in this subgroup.

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

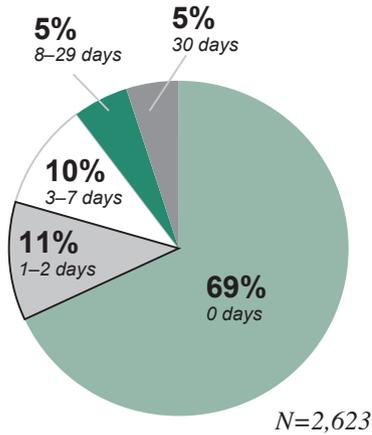
95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Health Status

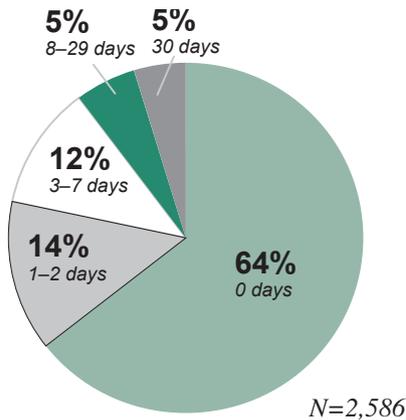
Physical Health:

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

2003

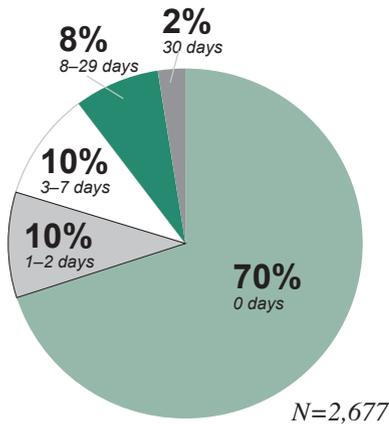
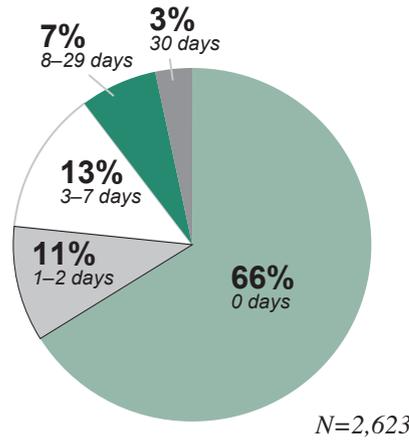


2002



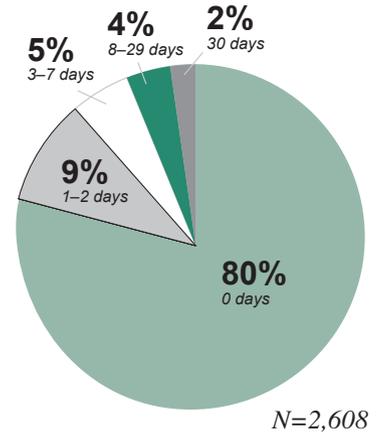
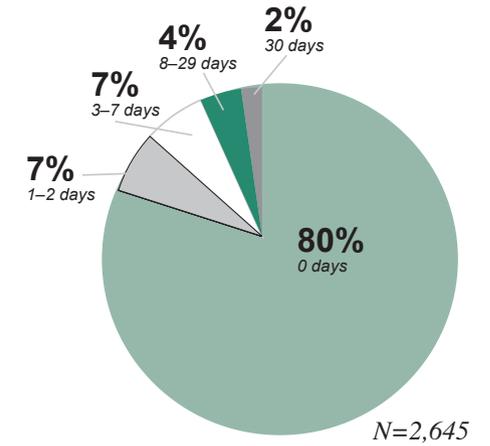
Mental Health:

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



Activities Limited:

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



Quality of Life

- ▶ In 2003, 18% of Alaskans adults reported they were limited in some way because of physical, mental, or emotional problems.
- ▶ In 2003, 5% of Alaskans reported needing special equipment, such as care, wheelchair, special bed, or a special telephone.

Risk Factors



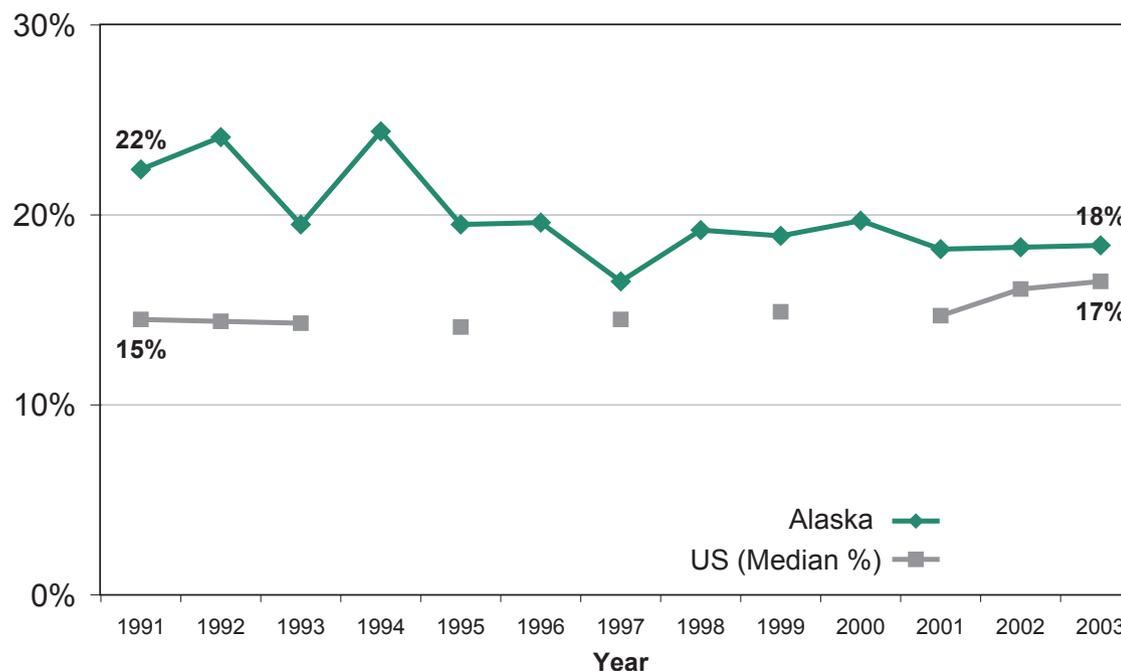
Alcohol Use – Binge Drinking

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

- ▶ This behavior was strongly associated with gender; males were twice as likely as females to report binge drinking.
- ▶ Alaskans between the ages of 18 and 34 years reported more binge drinking than those in older age groups.
- ▶ The nationwide prevalence of binge drinking has remained below Alaska’s rate throughout the 1991–2003 reporting period.
- ▶ Alaska Native and non-Native binge drinking rates did not differ significantly in either year.

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

Binge Drinking: Alaska vs. Nationwide



Risk Factors

Alcohol Use – Binge Drinking

	2002				2003			
	n	weighted %	N	95% CI	n	weighted %	N	95% CI
Gender								
Male	280	25%	1,159	21.7–29.0	321	25%	1,208	21.5–28.1
Female	178	11%	1,489	8.9–13.3	166	12%	1,420	9.3–14.5
Total	458	18%	2,648	16.1–20.6	487	18%	2,628	16.3–20.6
Race								
Native (any mention)	120	20%	572	15.2–25.8	124	24%	562	18.6–29.8
Non-Native	332	18%	2,050	15.5–20.4	359	17%	2,052	15.0–19.6
Age								
18–24	64	25%	243	18.5–32.3	51	23%	221	16.4–31.5
25–34	118	26%	491	19.9–32.4	131	26%	486	20.4–31.5
35–44	123	19%	650	15.2–24.2	134	19%	612	15.2–23.3
45–54	94	15%	623	11.3–19.0	108	18%	644	14.0–22.9
55–64	35	11%	345	7.2–17.3	44	12%	366	8.3–17.6
65 or older	22	6%	282	3.3–11.5	18	6%	277	3.0–11.0
Education								
Some H.S.	43	28%	224	18.3–39.5	45	21%	216	14.3–30.3
H.S. grad or GED	171	21%	862	16.7–24.9	172	21%	814	17.8–25.7
Some College or Tech School	130	16%	776	13.1–20.5	160	20%	812	16.3–24.8
College Grad	114	15%	783	12.0–19.3	108	12%	780	9.5–15.5
Income								
Less than \$15K	38	18%	240	11.7–25.8	45	22%	214	14.4–32.3
\$15,000–24,999	75	21%	389	14.8–28.0	79	26%	360	19.2–33.5
\$25,000–34,999	57	16%	343	10.9–21.6	73	19%	352	13.7–24.6
\$35,000–49,999	69	15%	435	10.6–21.3	76	17%	472	12.8–22.7
\$50,000–74,999	100	25%	455	19.4–31.4	90	17%	468	12.8–21.8
\$75K+	89	18%	539	13.9–23.7	86	17%	523	12.6–22.0

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

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

N = Total number of respondents in this subgroup.

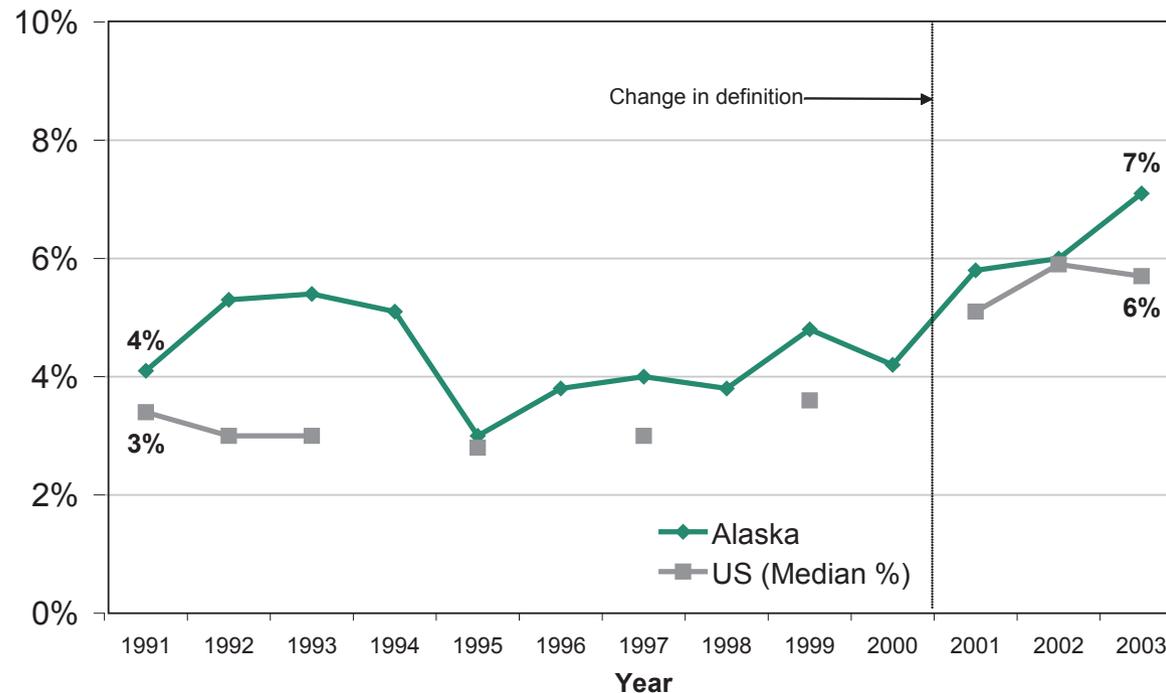
95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Alcohol Use – Heavy Drinking

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

- ▶ In 2002 and 2003, 6–7% of Alaskans were classified as “heavy drinkers”, meaning that men drank an average of more than two alcohol drinks per day and women drank an average more than one drink per day.
- ▶ No differences were found in the prevalence of heavy drinking by gender, race, age or income level.

Heavy/Chronic Drinking: Alaska vs. Nationwide



Risk Factors

Alcohol Use – Heavy Drinking

Definition: Men reporting more than 2 drinks per day.

Women reporting more than 1 drink per day. *

	2002				2003			
	n	weighted %	N	95% CI	n	weighted %	N	95% CI
Gender								
Male	83	7%	1,165	4.9– 9.5	95	8%	1,205	5.9–10.3
Female	81	5%	1,486	3.7– 6.7	86	6%	1,418	4.6– 8.4
Total	164	6%	2,651	4.7– 7.5	181	7%	2,623	5.8– 8.6
Race								
Native (any mention)	29	4%	572	2.3– 5.6	33	8%	557	4.8–13.3
Non-Native	133	6%	2,052	5.0– 8.3	147	7%	2,052	5.5– 8.5
Age								
18–24	18	8%	238	4.6–13.2	15	7%	220	3.7–13.6
25–34	28	5%	491	2.5–10.2	40	10%	479	6.3–15.5
35–44	42	6%	654	3.9– 9.8	37	6%	613	3.7– 8.5
45–54	45	7%	625	4.8–10.5	54	9%	645	6.0–12.1
55–64	17	4%	345	2.2– 8.1	22	5%	367	3.0– 8.5
65 or older	14	4%	284	1.7– 7.1	12	4%	278	1.6– 8.7
Education								
Some H.S.	17	13%	223	6.0–25.8	12	5%	213	2.3–10.7
H.S. grad or GED	50	6%	864	3.7– 8.5	62	8%	809	5.7–11.4
Some College or Tech School	54	7%	778	4.7– 9.4	58	8%	814	5.3–11.0
College Grad	43	4%	783	2.6– 5.8	48	6%	781	4.0– 8.5
Income								
Less than \$15K	13	7%	236	3.6–14.2	15	12%	211	5.7–23.4
\$15,000–24,999	33	9%	393	5.2–16.6	22	4%	362	2.1– 6.0
\$25,000–34,999	23	7%	344	3.4–13.2	30	7%	349	4.1–11.0
\$35,000–49,999	31	7%	435	4.1–10.2	25	5%	474	2.4– 8.2
\$50,000–74,999	29	5%	452	3.1– 8.5	36	10%	469	6.3–14.3
\$75K+	26	4%	544	2.6– 7.3	39	8%	525	5.3–12.0

* Refer to appendix G for question format.

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

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

N = Total number of respondents in this subgroup.

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

Chronic Disease – Arthritis

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

- ▶ One-quarter of Alaskan adults have been told by a doctor they have arthritis.
- ▶ Reported diagnoses of arthritis increased greatly with age, from 6% in 18-24 year olds to 53% in Alaskans age 65 years and older.
- ▶ 25% of those with joint symptoms reported limited activity because of joint pain or arthritis. This is above the Healthy Alaskans 2010 Goal of 21% (Goal 20.2).
- ▶ 22% of those with joint symptoms or arthritis say that the symptoms affect the work they do.

Healthy People 2010

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

Healthy Alaskans 2010

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

2003				
	n	weighted %	N	95% CI
Gender				
Male	299	23%	1,218	20.2–26.7
Female	393	26%	1,426	23.4–29.5
Total	692	25%	2,644	22.6–27.1
Race				
Native (any mention)	136	25%	574	19.5–30.3
Non-Native	553	25%	2,056	22.4–27.4
Age				
18–24	13	6%	227	3.1– 9.8
25–34	56	11%	489	7.4–14.9
35–44	114	17%	614	13.3–21.0
45–54	193	33%	644	27.6–38.5
55–64	154	46%	368	39.8–53.1
65 or older	155	53%	279	44.9–61.1
Education				
Some H.S.	65	25%	219	17.8–33.0
H.S. grad or GED	191	23%	825	19.2–27.3
Some College or Tech School	230	28%	813	23.5–31.8
College Grad	204	23%	781	19.7–27.5
Income				
Less than \$15K	77	36%	218	27.1–45.4
\$15,000–24,999	99	25%	364	19.0–31.3
\$25,000–34,999	77	23%	352	17.4–30.1
\$35,000–49,999	122	24%	473	19.2–29.7
\$50,000–74,999	125	25%	471	19.8–30.1
\$75K+	132	25%	524	19.9–29.7

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.

- Twelve percent of adult Alaskans in 2002 and 13% in 2003 reported being told by doctor they have asthma.
- In both years, significantly more females than males reported being told they have asthma.
- Of those reporting having ever been told they have asthma, approximately two-thirds reported they currently have asthma.

Healthy People 2010

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

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

N = Total number of respondents in this subgroup.

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

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.

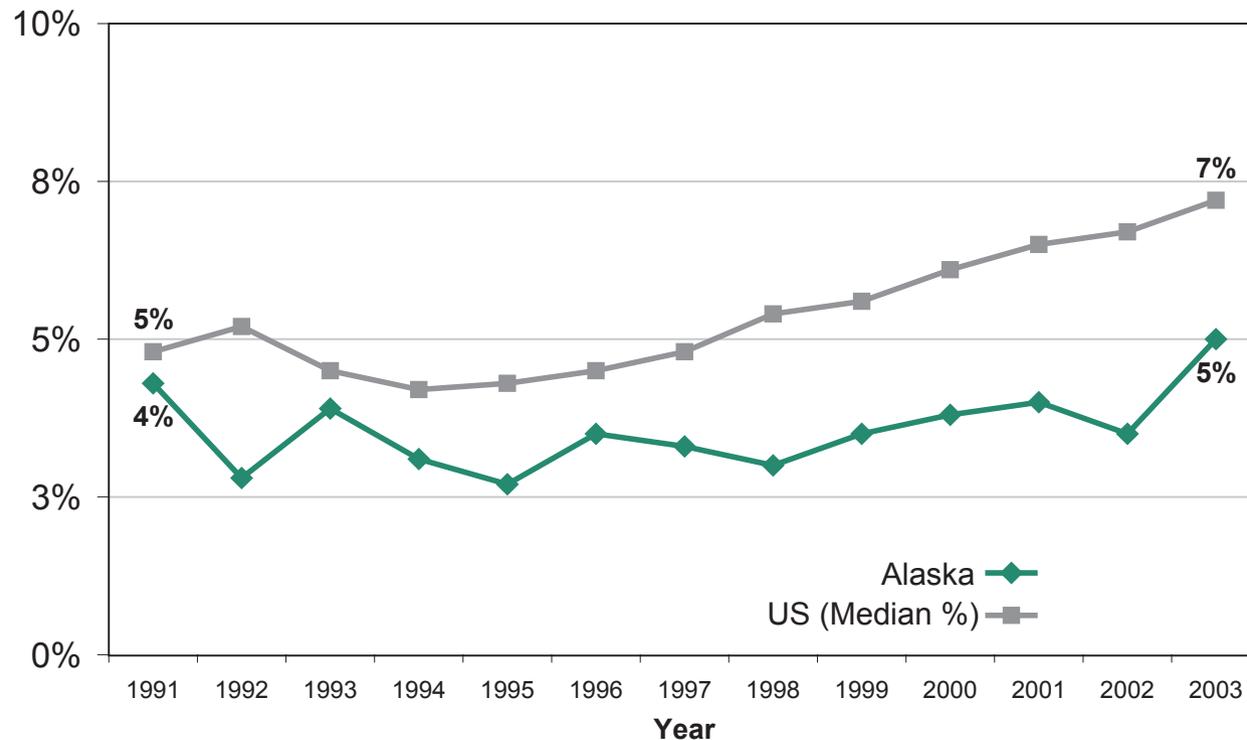
	2002				2003			
	n	weighted %	N	95% CI	n	weighted %	N	95% CI
Gender								
Male	94	9%	1,184	6.2– 11.8	124	10%	1,225	7.7– 12.2
Female	218	15%	1,506	12.3– 17.9	213	17%	1,433	14.4– 20.2
Total	312	12%	2,690	9.8– 13.8	337	13%	2,658	11.6– 15.2
Race								
Native (any mention)	60	11%	589	7.2– 16.7	62	12%	576	8.9– 16.6
Non-Native	252	12%	2,074	9.9– 14.3	274	14%	2,069	11.6– 15.8
Age								
18–24	27	12%	245	6.8– 21.2	35	14%	225	9.7– 20.4
25–34	56	10%	494	7.1– 13.5	63	14%	490	9.9– 18.9
35–44	72	10%	663	7.2– 14.2	76	12%	617	8.5– 16.4
45–54	83	15%	636	10.7– 21.1	72	13%	654	9.3– 16.9
55–64	46	13%	346	8.6– 18.3	46	13%	371	9.0– 18.0
65 or older	28	9%	292	5.8– 14.5	40	16%	278	10.5– 22.5
Education								
Some H.S.	27	9%	227	5.3– 15.4	28	10%	218	6.3– 16.7
H.S. grad or GED	82	9%	883	6.3– 12.9	81	9%	827	7.1– 12.5
Some College or Tech School	111	16%	787	12.2– 20.0	113	15%	822	11.8– 19.0
College Grad	91	11%	790	7.9– 15.4	114	16%	786	12.7– 20.0
Income								
Less than \$15K	38	14%	246	9.0– 21.1	31	17%	219	10.9– 25.9
\$15,000–24,999	42	13%	394	7.9– 20.1	43	12%	365	7.7– 17.1
\$25,000–34,999	53	19%	350	12.3– 28.2	47	12%	353	8.5– 17.6
\$35,000–49,999	52	14%	439	9.4– 19.9	52	12%	480	8.6– 17.3
\$50,000–74,999	53	9%	455	5.6– 13.4	54	11%	470	7.8– 14.9
\$75K+	54	9%	549	6.4– 13.4	80	16%	529	12.2– 21.6

Chronic Disease – Diabetes

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

- ▶ In Alaska, the prevalence of diabetes has remained relatively stable for the twelve years of this survey.
- ▶ The prevalence of diabetes increases with age and income level.
- ▶ Approximately half of adult Alaskans with diabetes reported having taken a course in how to manage diabetes in 2003, below the Healthy Alaskans 2010 goal of 60% (Goal 23.3).
- ▶ In 2003, 67% of Alaskans with diabetes had their feet checked by a health professional at least once in the 12 months before the interview. This is below the Healthy Alaskans 2010 goal of 75% (Goal 23.7).
- ▶ In 2003, 91% of Alaskans with diabetes reported a glycosylated hemoglobin test at least once in the 12 months before the interview, well above the Healthy Alaskans 2010 goal of 50% (Goal 23.8).
- ▶ Sixty-five percent of Alaskans with diabetes reported having a dilated eye exam in the past year in 2003. This is below the Healthy Alaskans 2010 goal of 75% (Goal 23.9).

Diabetes: Alaska vs. Nationwide



Risk Factors

Chronic Disease – Diabetes

	2002				2003			
	n	weighted %	N	95% CI	n	weighted %	N	95% CI
Gender								
Male	56	3%	1,185	1.9– 3.6	48	4%	1,227	3.0– 6.3
Female	73	4%	1,507	3.2– 6.0	76	6%	1,434	4.2– 7.9
Total	129	3%	2,692	2.8– 4.4	124	5%	2,661	3.9– 6.4
Race								
Native (any mention)	26	4%	591	2.3– 5.8	25	6%	577	3.2–11.9
Non-Native	101	3%	2,074	2.6– 4.5	99	5%	2,070	3.7– 6.1
Age								
18–24	2	<1%	245	0.1– 1.8	2	1%	227	0.3– 6.9
25–34	9	1%	495	0.6– 2.7	4	2%	491	0.4– 7.6
35–44	10	1%	663	0.5– 2.5	19	3%	617	1.7– 5.1
45–54	37	5%	635	3.3– 8.0	22	4%	654	2.4– 8.3
55–64	29	7%	347	4.2–11.4	40	12%	372	8.0–16.8
65 or older	42	12%	293	8.1–17.2	37	15%	277	10.1–22.2
Education								
Some H.S.	16	4%	229	2.2– 7.3	14	9%	219	4.7–16.8
H.S. grad or GED	42	4%	882	2.5– 5.8	33	4%	828	2.7– 6.6
Some College or Tech School	39	4%	788	2.4– 5.6	55	6%	821	4.4– 9.6
College Grad	31	3%	790	1.7– 4.2	21	3%	787	1.6– 4.9
Income								
Less than \$15K	20	6%	246	3.2– 9.3	18	12%	218	5.8–22.8
\$15,000–24,999	19	3%	395	1.9– 6.0	25	9%	365	4.9–15.0
\$25,000–34,999	18	4%	350	2.0– 6.4	17	5%	353	2.6– 8.7
\$35,000–49,999	23	4%	439	2.5– 7.9	13	3%	480	1.4– 5.9
\$50,000–74,999	19	2%	455	1.3– 4.5	16	3%	471	1.8– 6.1
\$75K+	20	3%	549	1.9– 5.7	18	3%	529	1.7– 5.0

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.

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

Exercise – No Leisure Time Physical Activity

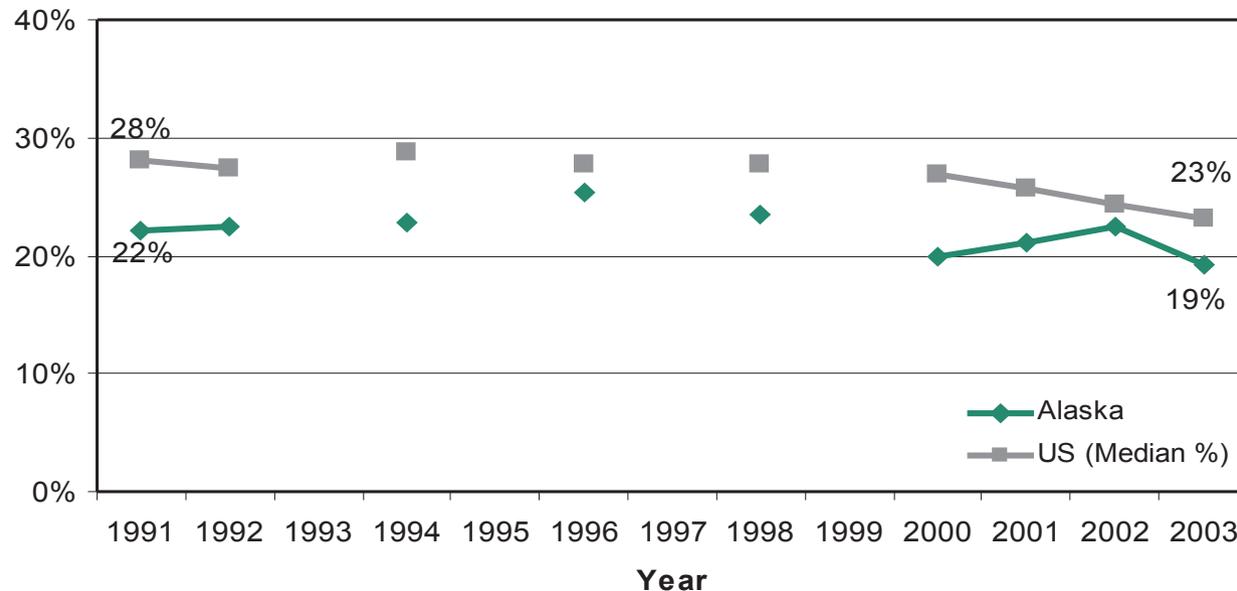
Definition: No physical activities or exercises such as running, calisthenics, golf, gardening or walking for exercise in the past 30 days other than regular job.

- ▶ More Alaskans report leisure time physical activity than the national average.
- ▶ Alaskan’s leisure time physical activity levels have remained consistent throughout the years of this survey with approximately 75-80% reporting some leisure time physical activity.
- ▶ Significantly more non-Natives reported leisure time physical activity than did Alaska Natives.

Healthy People 2010	
Objective 22.1:	Reduce the proportion of adults who are physically inactive to 20%.
Healthy Alaskans 2010	
Objective 1.1:	Reduce the proportion of adults who are physically inactive to 15%.

- ▶ Leisure time physical activity decreased with increasing age in 2002 and 2003.
- ▶ Alaskans with less income and those with less education were more likely than those with more socioeconomic resources to report no leisure time physical activity.

No Leisure Time Physical Activity: Alaska vs. Nationwide



Risk Factors

Exercise – No Leisure Time Physical Activity

	2002				2003			
	n	weighted %	N	95% CI	n	weighted %	N	95% CI
Gender								
Male	242	20%	1,187	16.8–24.1	236	18%	1,227	15.5–21.3
Female	324	25%	1,505	21.3–28.8	304	20%	1,434	17.5–23.4
Total	566	22%	2,692	19.9–25.2	540	19%	2,661	17.2–21.4
Race								
Native (any mention)	186	34%	591	27.8–40.9	164	27%	577	22.2–32.4
Non-Native	377	20%	2,074	17.4–23.2	375	18%	2,070	15.5–20.0
Age								
18–24	39	23%	245	14.7–33.7	28	11%	226	7.4–17.4
25–34	91	21%	495	15.7–27.7	80	16%	491	11.6–20.6
35–44	126	19%	663	15.0–23.9	114	17%	616	13.5–22.2
45–54	137	22%	636	17.1–27.5	136	21%	654	17.0–26.1
55–64	77	26%	347	18.6–34.1	80	25%	372	19.1–30.9
65 or older	93	33%	293	24.3–41.9	94	30%	279	23.3–37.4
Education								
Some H.S.	79	35%	230	25.4–45.5	85	32%	221	24.7–41.0
H.S. grad or GED	253	31%	883	26.5–36.6	232	27%	826	22.8–31.0
Some College or Tech School	154	22%	787	17.3–26.5	143	18%	822	14.1–21.7
College Grad	78	10%	789	7.0–14.8	78	9%	786	6.8–12.4
Income								
Less than \$15K	73	27%	246	19.4–36.3	76	34%	220	25.4–43.0
\$15,000–24,999	123	39%	397	31.3–47.8	101	28%	365	22.3–35.3
\$25,000–34,999	81	28%	350	19.9–37.2	74	19%	353	14.2–25.5
\$35,000–49,999	84	23%	439	17.2–29.9	98	22%	480	17.2–27.9
\$50,000–74,999	65	16%	455	11.1–22.8	63	10%	470	7.5–14.2
\$75K+	68	12%	548	8.4–16.2	69	13%	529	9.5–18.1

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

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

Exercise – Moderate and Vigorous Physical Activity

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

- ▶ The CDC recommends at least 30 minutes of moderate physical activity on 5 or more days per week or at least 20 minutes of vigorous activity on 3 or more days per week (<http://www.cdc.gov/nccd-ph/dnpa/physical/recommendations/>).
- ▶ Overall, 57% of Alaskans met recommendations for moderate and/or vigorous activity.
- ▶ Older Alaskans were less likely to have met the physical activity recommendations.
- ▶ Ten percent of Alaskans reported engaging in no moderate or vigorous physical activity whatsoever.
- ▶ The prevalence of no physical activity was higher among the lower income and education groups, among older Alaskans, and among Alaska Natives.

Healthy People 2010

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

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

Healthy Alaskans 2010

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

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

Exercise – Moderate and Vigorous Physical Activity

	Meets recommendations for moderate and vigorous activity				Meets recommendations for vigorous activity only			Meets recommendations for moderate activity only		
	N	n	Weighted %	95% CI	n	Weighted %	95% CI	n	Weighted %	95% CI
Sex										
Male	443	279	24%	20.8– 27.6	182	16%	12.9– 18.7	261	23%	19.3–26.1
Female	472	256	18%	15.7– 21.4	140	11%	8.8– 13.3	332	23%	19.8–25.7
Total	915	535	21%	19.1– 23.6	322	13%	11.5– 15.3	593	23%	20.4–24.9
Race										
Native, any mention	181	81	16%	12.4– 21.2	61	11%	8.0– 14.8	120	22%	17.0–27.1
Non-Native	729	451	22%	19.9– 25.0	259	14%	11.7– 16.0	470	23%	20.3–25.4
Age										
Age 18–24	74	63	30%	22.8– 38.8	38	16%	11.3– 23.2	36	16%	10.5–22.4
Age 25–34	169	142	30%	24.4– 36.2	70	15%	10.9– 20.0	99	21%	16.4–26.6
Age 35–44	214	131	22%	17.5– 26.6	81	15%	11.3– 19.5	133	22%	17.8–26.8
Age 45–54	229	120	17%	13.7– 21.0	65	11%	7.7– 14.7	164	29%	24.2–35.4
Age 55–64	137	47	13%	8.8– 17.9	49	15%	10.5– 21.5	88	21%	16.8–27.0
Age 65 or older	86	27	11%	6.7– 18.6	18	6%	3.3– 10.3	68	22%	16.3–28.9
Education										
Some H.S.	56	32	19%	11.5– 29.0	28	17%	10.6– 27.0	28	10%	6.3–15.6
H.S. grad or GED	283	140	21%	17.1– 25.3	88	12%	8.9– 15.4	195	23%	19.6–27.7
Some College or Tech School	285	163	21%	17.2– 25.1	99	13%	10.5– 17.2	186	23%	19.1–27.4
College Grad	291	198	23%	19.2– 27.0	107	14%	10.6– 17.1	184	25%	20.9–29.6
Income										
Less than \$15K	65	30	13%	8.4– 19.7	21	12%	7.1– 19.5	44	21%	14.3–29.4
\$15,000–24,999	125	59	17%	12.6– 23.4	41	19%	12.9– 26.7	84	20%	15.0–26.1
\$25,000–34,999	120	69	23%	16.6– 30.0	39	13%	8.0– 19.2	81	25%	18.5–31.7
\$35,000–49,999	172	106	21%	16.4– 26.7	44	8%	5.3– 12.0	128	32%	25.6–38.1
\$50,000–74,999	153	109	24%	18.8– 29.9	58	12%	8.8– 16.9	95	18%	13.9–23.7
\$75K+	202	132	25%	20.4– 30.4	86	15%	11.3– 19.0	116	22%	17.2–26.7

n = Number of respondents in this subgroup.

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

N = Total number of respondents.

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

Exercise – Moderate and Vigorous Physical Activity

	Insufficient activity to meet moderate or vigorous recommendations			No moderate or vigorous physical activity		
	n	Weighted %	95% CI	n	Weighted %	95% CI
Sex						
Male	329	28%	24.8– 32.1	126	10%	7.6– 12.1
Female	476	36%	32.7– 40.0	164	12%	9.7– 14.5
Total	805	32%	29.6– 34.8	290	11%	9.2– 12.5
Race						
Native, any mention	163	31%	25.5– 37.4	108	20%	15.3– 25.6
Non-Native	639	32%	29.5– 35.3	180	9%	7.4– 10.6
Age						
Age 18–24	61	33%	25.1– 41.9	17	5%	2.8– 8.4
Age 25–34	135	27%	21.6– 33.4	27	7%	4.2– 11.7
Age 35–44	206	34%	28.6– 39.2	49	8%	5.4– 11.1
Age 45–54	200	31%	25.9– 36.4	72	12%	8.6– 16.2
Age 55–64	117	35%	28.7– 41.6	56	16%	11.5– 21.4
Age 65 or older	81	36%	28.3– 44.9	65	25%	18.2– 32.3
Education						
Some H.S.	51	32%	23.1– 43.5	58	22%	15.2– 29.7
H.S. grad or GED	243	30%	25.5– 34.1	117	14%	11.3– 18.1
Some College or Tech School	279	34%	29.5– 39.1	69	8%	6.2– 11.6
College Grad	230	32%	27.7– 37.1	45	6%	4.4– 9.1
Income						
Less than \$15K	55	30%	21.8– 40.8	52	24%	15.9– 33.7
\$15,000–24,999	112	30%	24.0– 37.6	47	13%	9.5– 18.7
\$25,000–34,999	105	28%	22.0– 35.1	43	12%	7.9– 18.3
\$35,000–49,999	150	33%	27.0– 39.1	32	6%	4.1– 10.2
\$50,000–74,999	163	39%	32.3– 45.2	36	7%	4.6– 10.4
\$75K+	149	30%	24.7– 36.3	39	9%	5.8– 12.3

n = Number of respondents in this subgroup

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

N = Total number of respondents.

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

High Blood Pressure

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

- Prevalence of high blood pressure increased significantly with age; over 40% of Alaskans over age 55 reported having high blood pressure.
- There were no differences in the prevalence of high blood pressure by gender, race, or education level.
- The high blood pressure prevalence rate in Alaska is slightly below the national median.
- Of those reporting having ever been told they have high blood pressure, 60% reported they are currently taking blood pressure medicine.

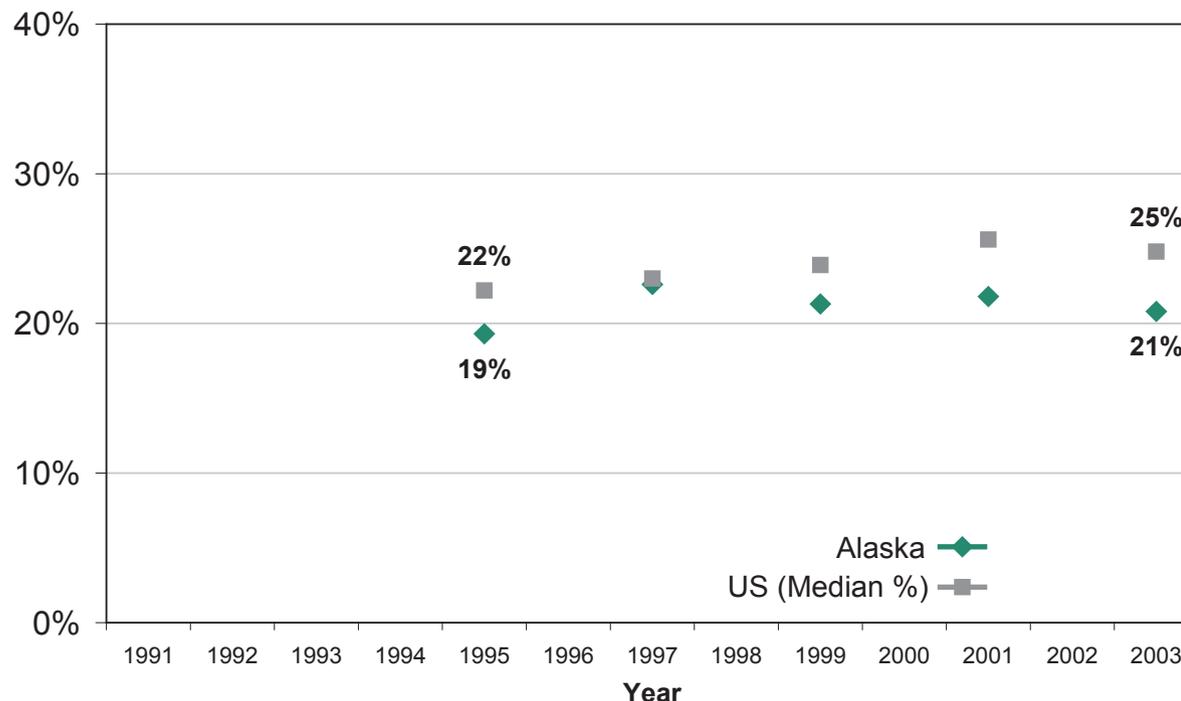
Healthy People 2010

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

Healthy Alaskans 2010

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

High Blood Pressure: Alaska vs. Nationwide



High Blood Pressure

		2003			
		n	weighted %	N	95% CI
Gender					
	Male	302	22%	1,226	18.8– 25.1
	Female	328	20%	1,434	17.5– 22.8
	Total	630	21%	2,660	18.9– 23.1
Race					
	Native (any mention)	153	22%	575	17.8– 27.0
	Non-Native	474	21%	2,071	18.5– 23.1
Age					
	18–24	14	4%	227	2.3– 8.4
	25–34	56	11%	490	8.0– 15.8
	35–44	93	15%	615	11.2–18.7
	45–54	168	24%	654	19.2–28.7
	55–64	161	45%	372	38.4–51.6
	65 or older	131	42%	279	34.7–50.4
Education					
	Some H.S.	57	20%	221	13.9–27.0
	H.S. grad or GED	195	20%	824	17.0–24.0
	Some College or Tech School	208	22%	822	18.4–26.2
	College Grad	166	21%	787	17.0–24.8
Income					
	Less than \$15K	64	26%	219	18.6–34.0
	\$15,000–24,999	93	27%	364	20.9–34.2
	\$25,000–34,999	78	18%	353	13.4–24.4
	\$35,000–49,999	108	18%	480	14.0–22.0
	\$50,000–74,999	112	22%	471	17.7–27.7
	\$75K+	116	21%	529	16.4–26.1

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.

- 28% of Alaskans reported having ever been told they have high cholesterol in 2003.
- The prevalence of high cholesterol has increased in Alaska since 1995, yet remains slightly below the national average.
- Prevalence of high cholesterol increased with increasing age; nearly half of those over age 55 report having been told they have high cholesterol.

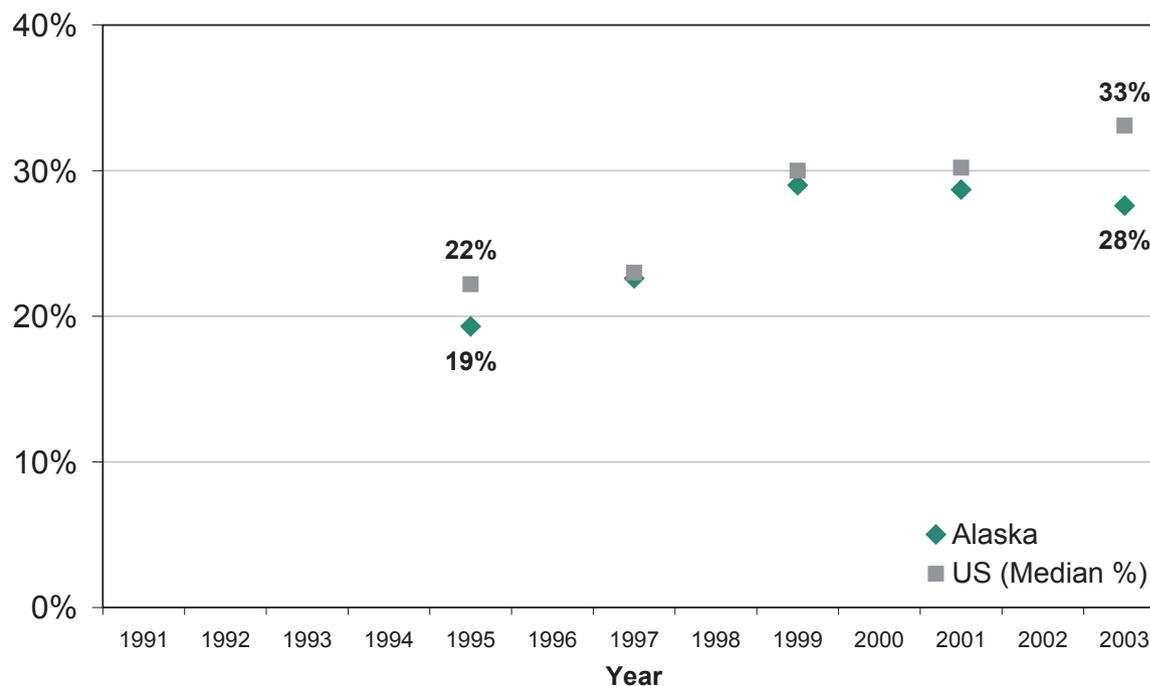
Healthy People 2010

Objective 12.9: Reduce the proportion of adults with high cholesterol to 16%.

Healthy Alaskans 2010

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

High Cholesterol: Alaska vs. Nationwide



High Cholesterol

2003				
	n	weighted %	N*	95% CI
Gender				
Male	278	31%	865	26.9–35.5
Female	302	24%	1,057	21.2–27.8
Total	580	28%	1,922	25.1–30.5
Race				
Native (any mention)	83	24%	306	17.3–31.7
Non-Native	495	28%	1,604	25.5–31.4
Age				
18–24	5	7%	79	2.2–20.8
25–34	39	11%	267	7.5–16.8
35–44	105	21%	451	16.7–26.5
45–54	181	31%	532	25.3–36.4
55–64	137	46%	332	38.8–52.9
65 or older	109	44%	246	35.9–52.9
Education				
Some H.S.	24	23%	106	13.3–37.5
H.S. grad or GED	164	29%	525	24.1–34.7
Some College or Tech School	190	26%	611	22.0–31.3
College Grad	201	29%	676	24.3–33.6
Income				
Less than \$15K	42	29%	128	19.0–40.7
\$15,000–24999	73	29%	226	21.0–38.2
\$25,000–34999	59	25%	228	18.0–33.1
\$35,000–49999	113	29%	373	23.1–36.1
\$50,000–74999	105	25%	378	19.4–30.8
\$75K+	141	29%	454	23.6–34.6

* Denominator excludes those who never had a cholesterol test

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

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

N = Total number of respondents in this subgroup.

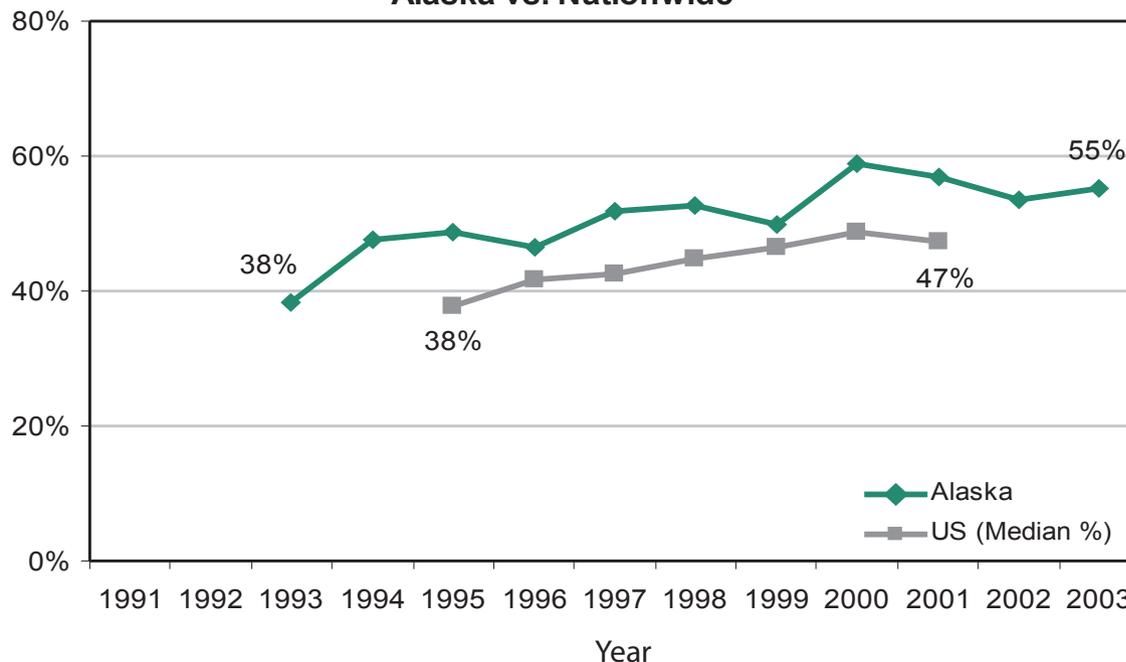
95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

HIV/AIDS

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

- More than half of Alaskan adults reported ever having been tested for HIV.
- Significantly more Alaskans reported having an HIV test than the national median.
- In 2003, 88% of Alaskans reported it was very important to know their HIV status by getting tested.
- Approximately 4% of respondents reported having participated in a high-risk activity in the past 12 months (2003).
- In 2002 and 2003, the main reasons respondents reported an HIV test were routine checkup, just to find out, HIV test was required, and pregnancy.

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



HIV/AIDS

	2002				2003			
	n	weighted %	N*	95% CI	n	weighted %	N*	95% CI
Gender								
Male	531	49%	1,011	44.9–54.0	523	52%	1,037	47.6–56.1
Female	745	58%	1,286	53.2–61.9	670	59%	1,208	54.8–62.4
Total	1,276	53%	2,297	50.1–56.5	1,193	55%	2,245	52.2–58.0
Race								
Native (any mention)	285	54%	507	47.4–61.1	248	55%	492	49.1–61.6
Non-Native	978	53%	1,769	49.6–56.7	941	55%	1,743	51.9–58.3
Age								
18–24	133	48%	238	38.9–57.5	109	51%	216	42.2–59.3
25–34	353	68%	480	60.9–74.0	333	73%	478	67.0–77.9
35–44	385	61%	631	55.4–66.6	368	61%	592	55.6–66.5
45–54	292	44%	610	38.4–50.7	265	48%	613	41.8–53.4
55–64	108	35%	325	26.9–43.5	118	35%	346	28.5–41.8
Education								
Some H.S.	60	39%	145	28.5–51.1	69	42%	159	31.9–53.6
H.S. grad or GED	393	51%	755	45.8–56.7	342	50%	688	45.2–55.5
Some College or Tech School	421	61%	689	55.5–66.7	408	61%	712	56.3–66.1
College Grad	402	51%	706	45.1–56.5	373	57%	683	51.3–61.6
Income								
Less than \$15K	110	49%	193	37.2–60.3	81	56%	166	44.9–66.0
\$15,000–24999	192	55%	322	46.6–63.8	157	58%	289	50.2–65.7
\$25,000–34999	181	59%	305	49.4–67.5	175	56%	302	47.8–64.1
\$35,000–49999	228	59%	382	51.8–66.8	235	61%	412	54.4–67.4
\$50,000–74999	234	57%	409	49.9–64.5	229	57%	422	50.5–63.8
\$75K+	252	50%	497	43.4–56.4	246	53%	483	46.8–59.0

* Denominator excludes respondents age 65 and older.

n = Number of respondents who report ever having a HIV test that wasn't part of a blood donation, 18–64 years.
% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.

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

Nutrition

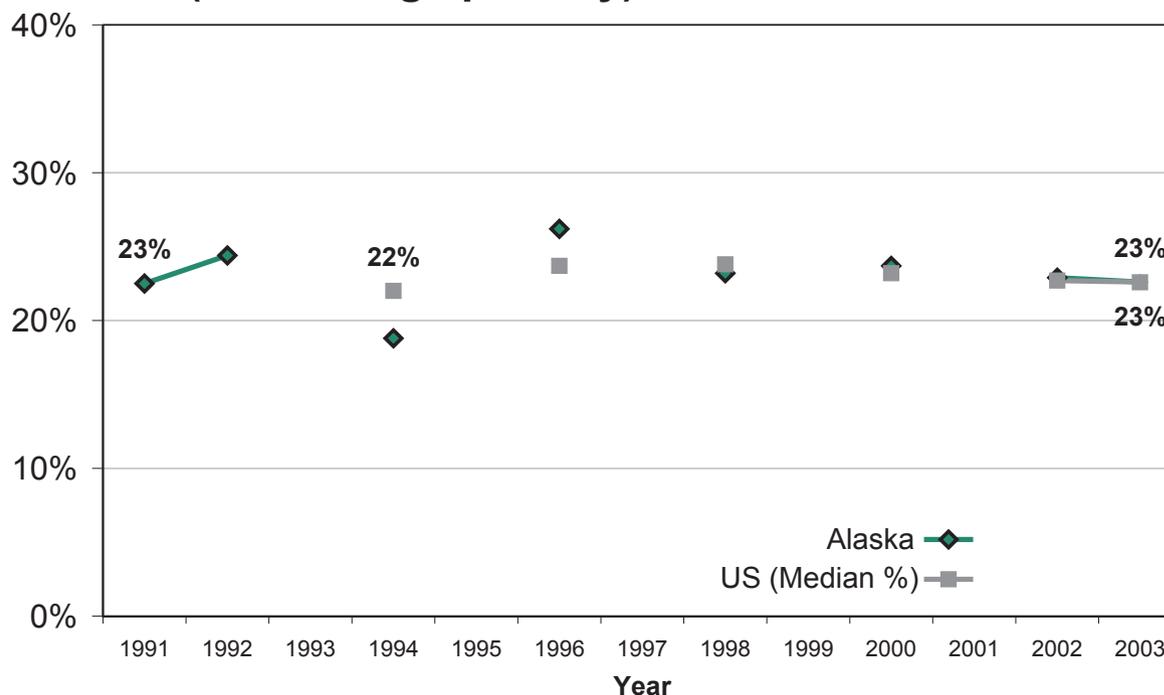
Definition: Five or more servings of fruits and vegetables daily.

- Only 23% of Alaskans consumed the recommended goal of 5 or more servings of fruits and vegetables daily; this parallels the national prevalence rate.
- Unfortunately, fruit and vegetable consumption was equally low across virtually every sociodemographic group examined.
- One exception was the finding that in 2003, females were slightly more likely than males to report eating 5 or more servings of fruits and vegetables per day; a similar, though nonsignificant, pattern was seen in 2002.

Healthy Alaskans 2010

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

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



Obesity and Overweight

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

- Overweight status has remained relatively stable from 1991 to 2003; in 2002 and 2003, nearly 40% of adult Alaskans met the definition of being overweight.
- Obesity has increased on a state and national level during this time period; in 2002 and 2003, nearly one in four Alaskan adults met the definition for being obese.
- The prevalence of obesity in Alaska is similar to the national median.
- There was no significant difference between Natives and non-Natives in the prevalence of overweight in 2002 or 2003. The prevalence of obesity was significantly higher in Alaska Natives than non-Natives in 2002 but not 2003.
- Males were significantly more likely to be overweight than females, but equally likely to be obese.

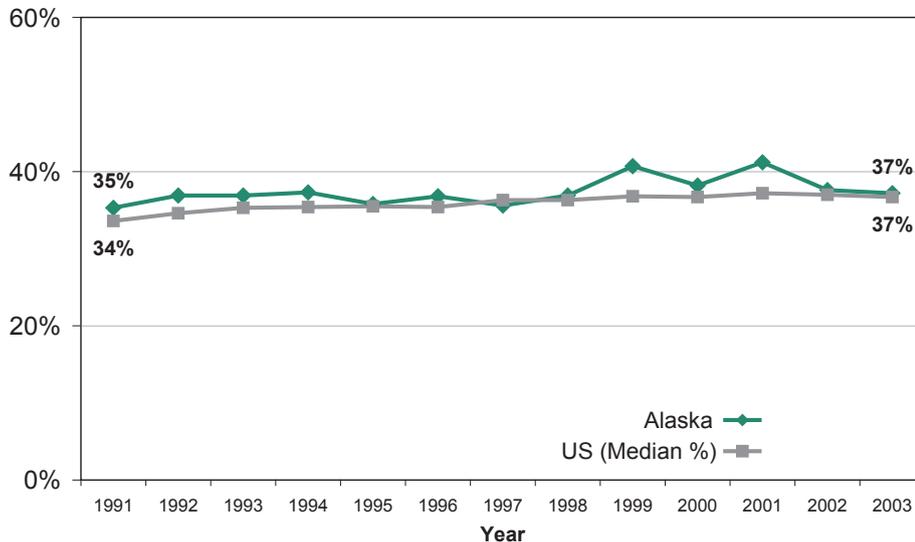
Healthy People 2010

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

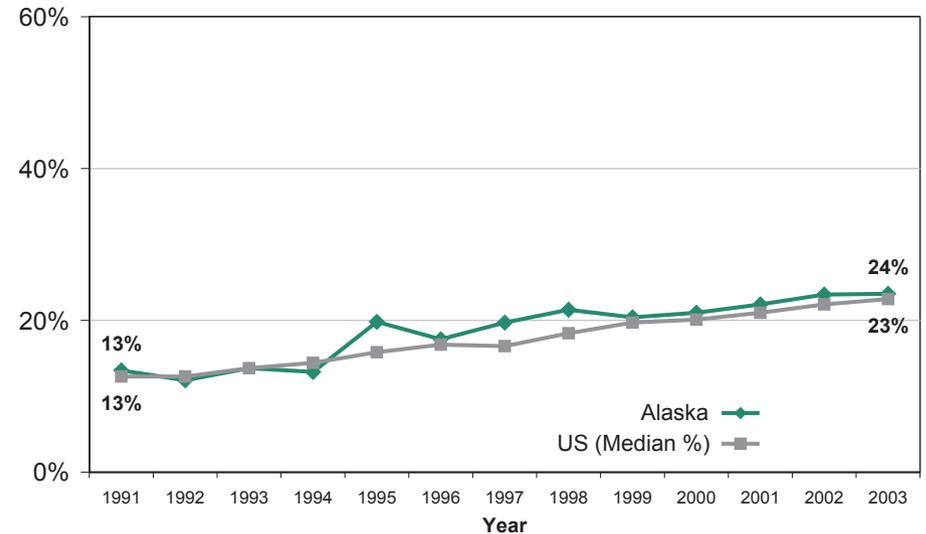
Healthy Alaskans 2010

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

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



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



Risk Factors

Overweight (25-29.9 BMI)*

	2002				2003			
	n	weighted %	N	95% CI	n	weighted %	N	95% CI
Gender								
Male	541	45%	1,175	40.8-49.3	548	44%	1,216	40.6-48.4
Female	442	29%	1,433	25.7-33.3	407	29%	1,360	25.8-32.7
Total	983	38%	2,608	34.8-40.6	955	37%	2,576	34.6-39.9
Race								
Native (any mention)	199	34%	569	28.2-41.0	205	39%	556	33.2-45.5
Non-Native	774	38%	2,013	35.1-41.6	745	37%	2,006	33.9-39.8
Age								
18-24	69	28%	243	20.2-36.4	73	30%	221	23.0-38.5
25-34	181	38%	485	32.2-44.9	167	36%	472	29.9-42.2
35-44	238	39%	632	33.4-44.7	238	39%	606	33.9-44.8
45-54	229	40%	624	33.8-46.1	231	40%	627	34.2-45.7
55-64	147	40%	334	32.2-48.8	139	37%	362	30.8-43.6
65 or older	115	41%	278	32.4-50.2	98	38%	271	30.4-46.7
Education								
Some H.S.	71	31%	221	23.2-40.7	61	27%	211	19.5-36.5
H.S. grad or GED	318	34%	858	29.8-39.2	314	38%	802	33.8-43.0
Some College or Tech School	297	40%	760	34.9-45.5	311	41%	797	36.5-46.5
College Grad	296	41%	767	35.2-46.2	266	34%	761	29.7-39.0
Income								
Less than \$15K	60	25%	238	16.4-36.5	64	25%	214	18.5-33.5
\$15,000-24,999	124	32%	384	25.2-39.9	143	43%	358	36.0-50.8
\$25,000-34,999	135	38%	347	30.2-46.0	123	34%	339	27.3-41.2
\$35,000-49,999	167	34%	430	28.1-41.4	173	38%	472	31.5-44.2
\$50,000-74,999	184	41%	440	34.4-48.2	188	43%	452	36.4-49.3
\$75K+	228	45%	537	38.4-51.0	200	39%	520	32.9-44.7

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

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

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

N = Total number of respondents in this subgroup.

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

Obesity (30+ BMI)*

	2002				2003			
	n	weighted %	N	95% CI	n	weighted %	N	95% CI
Gender								
Male	290	25%	1,175	21.5–29.1	292	23%	1,216	19.7–26.5
Female	331	22%	1,433	18.2–25.2	355	24%	1,360	21.3–27.6
Total	621	23%	2,608	20.9–26.1	647	24%	2,576	21.3–26.0
Race								
Native (any mention)	188	33%	569	26.8–39.8	159	24%	556	19.1–28.7
Non-Native	424	21%	2,013	18.5–24.1	487	24%	2,006	21.1–26.4
Age								
18 - 24	32	18%	243	11.4–26.7	28	11%	221	6.6–17.9
25 - 34	103	22%	485	16.4–28.4	111	24%	472	18.3–29.8
35 - 44	157	22%	632	17.3–26.6	153	23%	606	19.2–28.3
45 - 54	173	29%	624	23.0–34.9	165	25%	627	20.4–30.5
55 - 64	89	27%	334	20.2–35.1	116	34%	362	27.7–40.6
65 or older	65	24%	278	16.4–33.1	73	26%	271	20.2–33.9
Education								
Some H.S.	62	25%	221	17.3–33.8	62	26%	211	18.7–36.0
H.S. grad or GED	227	28%	858	23.1–32.7	186	22%	802	18.4–26.2
Some College or Tech School	189	24%	760	19.2–29.0	233	25%	797	21.3–29.6
College Grad	143	18%	767	14.3–22.9	165	22%	761	18.4–26.9
Income								
Less than \$15K	73	33%	238	23.7–43.6	62	28%	214	20.6–36.9
\$15,000 - 24,999	102	24%	384	18.0–31.8	69	15%	358	11.3–20.1
\$25,000 - 34,999	78	20%	347	14.2–28.2	97	30%	339	22.7–37.5
\$35,000 - 49,999	101	25%	430	19.0–32.9	131	25%	472	20.0–30.3
\$50,000 - 74,999	117	24%	440	18.6–31.3	114	26%	452	20.7–33.1
\$75K+	102	21%	537	15.8–26.3	126	23%	520	18.2–27.9

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

n = Number of respondents who are obese based on body mass index (BMI) of 30 or greater.
% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup, based on the survey data.
N = Total number of respondents in this subgroup.
95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Tobacco Use – Smoking

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

- Approximately one in four Alaskans currently smoke, either some days or everyday.
- Prevalence of current smoking among adults remained relatively constant from 1991 to 2003.
- More than 40% of Alaska Natives reported being smokers compared to 22–26% of non-Natives; this difference is statistically significant.
- Smoking prevalence was greatest in younger respondents, those with less education and those with lower income.
- Significantly more males than females reported current smoking in

Healthy People 2010

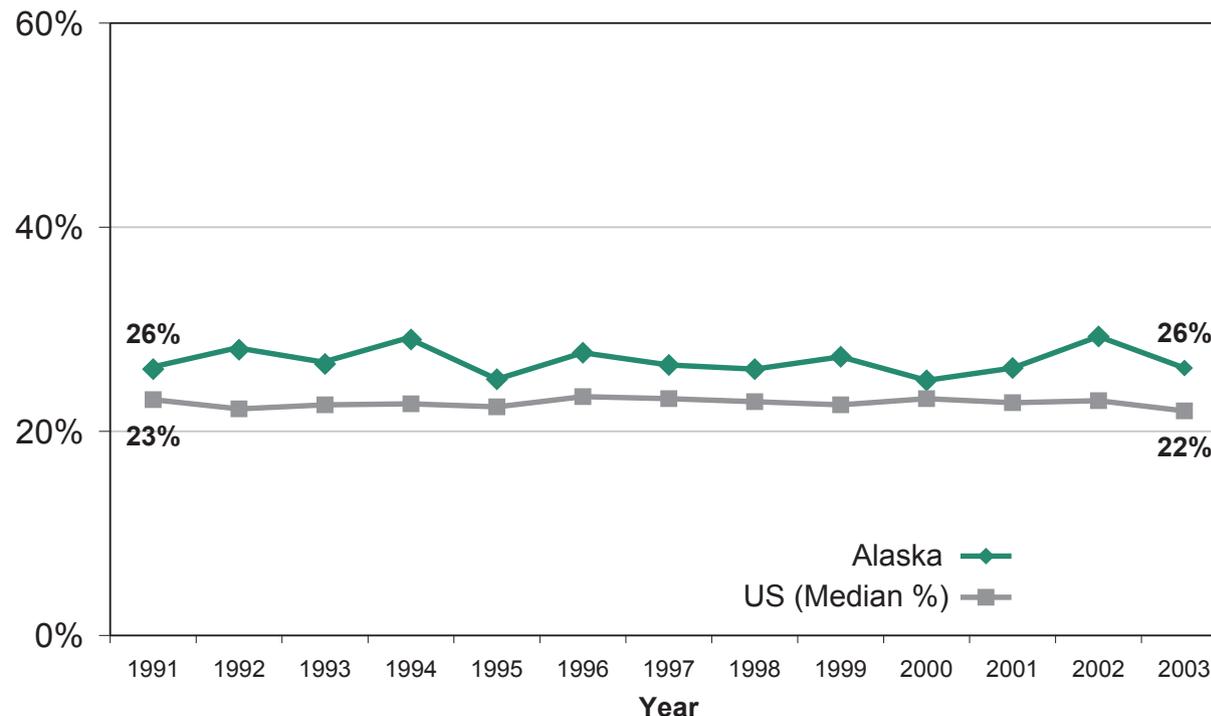
Objective 3.8: Reduce the percentage of adults who smoke cigarettes to 14%

Healthy Alaskans 2010

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

- 2003. The prevalence of current smoking was also higher in males in 2002, although not significantly.
- More than half of everyday smokers reported having tried to quit smoking for 1 day or longer in the past year.

**Current Smokers:
Alaska vs. Nationwide**



Tobacco Use – Smoking

	2002				2003			
	n	weighted %	N	95% CI	n	weighted %	N	95% CI
Gender								
Male	354	32%	1,185	28.0–36.2	378	30%	1,228	26.7–33.9
Female	400	26%	1,505	22.9–30.2	345	22%	1,429	19.1–25.1
Total	754	29%	2,690	26.6–32.1	723	26%	2,657	23.9–28.7
Race								
Native (any mention)	249	45%	588	38.3–51.3	250	45%	574	39.2–51.4
Non-Native	498	26%	2,075	23.2–29.2	472	22%	2,069	19.9–24.9
Age								
18–24	101	41%	244	32.3–50.9	75	28%	225	21.7–36.0
25–34	140	31%	495	24.9–38.6	141	29%	490	23.8–35.5
35–44	196	30%	662	24.9–35.4	177	26%	616	21.2–31.0
45–54	178	26%	637	21.1–30.9	197	31%	653	25.5–36.2
55–64	96	27%	347	20.5–35.5	82	21%	371	16.3–26.8
65 or older	40	16%	291	9.3–25.3	46	15%	279	10.3–20.9
Education								
Some H.S.	99	45%	228	35.2–55.0	106	48%	219	38.9–58.1
H.S. grad or GED	345	42%	882	37.1–47.4	299	35%	825	30.6–39.5
Some College or Tech School	198	28%	787	23.3–33.4	222	26%	821	21.4–30.2
College Grad	112	12%	790	9.5–16.2	96	11%	786	8.6–14.9
Income								
Less than \$15K	107	42%	246	32.3–51.6	95	51%	217	41.7–60.4
\$15,000–24,999	145	41%	395	33.3–49.2	155	44%	365	37.0–51.5
\$25,000–34,999	114	41%	349	32.8–50.2	113	27%	353	20.9–33.2
\$35,000–49,999	127	33%	439	26.3–40.4	114	22%	479	17.1–27.9
\$50,000–74,999	97	21%	455	15.9–27.8	104	22%	471	16.9–27.5
\$75K+	100	19%	549	14.2–23.9	83	17%	529	12.5–22.0

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

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

N = Total number of respondents in this subgroup.

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

Tobacco Use – Smokeless Tobacco

Definition: Current users of smokeless tobacco.

- ▶ During the 12 years of surveillance, the prevalence of smokeless tobacco use has remained relatively constant.
- ▶ Alaska Natives (10%) were twice as likely as non-Natives (5%) to report current smokeless tobacco use in 2002.
- ▶ In 2002, one in five Alaskan adults reported being former smokeless tobacco users.
- ▶ Income and education were inversely related to smokeless tobacco usage.

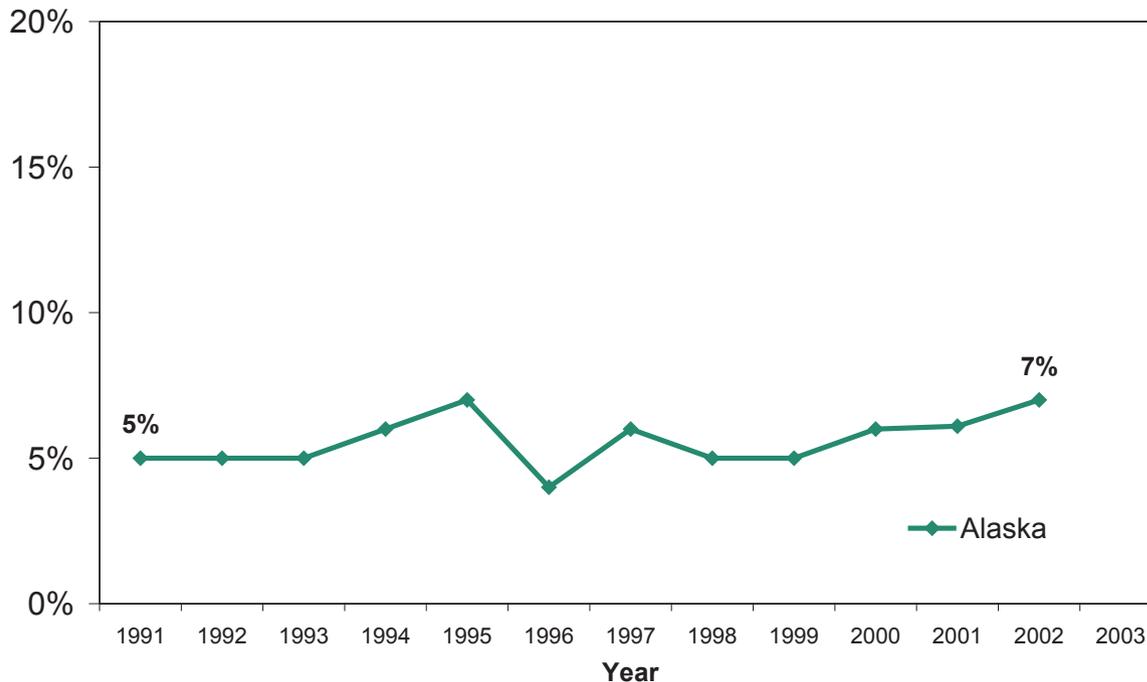
Healthy People 2010

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

Healthy Alaskans 2010

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

**Current Smokeless Tobacco Use:
Alaska**



Firearms Safety

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

- ▶ In 2002, 58% of adult Alaskans reported they have firearms in the home.
- ▶ Eleven percent of Alaskans reported living in a household with a unlocked and loaded firearm.

		2002			
		n	weighted %	N	95% CI
Gender					
	Male	157	15%	1,099	12.2–18.6
	Female	91	6%	1,414	4.6–8.2
	Total	248	11%	2,513	9.0–12.8
Race					
	Native (any mention)	21	4%	555	2.2–6.8
	Non-Native	222	12%	1,934	10.2–14.7
Age					
	18–24	7	3%	236	1.1–6.5
	25–34	32	7%	474	4.7–10.9
	35–44	51	9%	614	5.9–12.2
	45–54	88	18%	585	13.7–24.3
	55–64	45	18%	324	12.0–27.0
	65+	22	9%	268	4.2–17.2
Education					
	Some H.S.	13	9%	213	4.6–18.2
	H.S. grad or GED	71	11%	820	7.9–14.9
	Some College or Tech School	74	10%	728	7.5–14.0
	College Grad	89	11%	749	8.3–15.4
Income					
	Less than \$15K	12	3%	227	1.4–8.4
	\$15,000–24,999	23	4%	379	2.5–6.8
	\$25,000–34,999	30	9%	333	5.8–14.1
	\$35,000–49,999	47	13%	411	8.3–19.2
	\$50,000–74,999	50	16%	426	10.8–22.7
	\$75K+	73	15%	517	10.8–19.8

Healthy People 2010

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

Healthy Alaskans 2010

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

n = Number of respondents who reported their firearm(s) were locked and unloaded.

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

N = Total number of respondents in this subgroup.

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

Preventive Practices

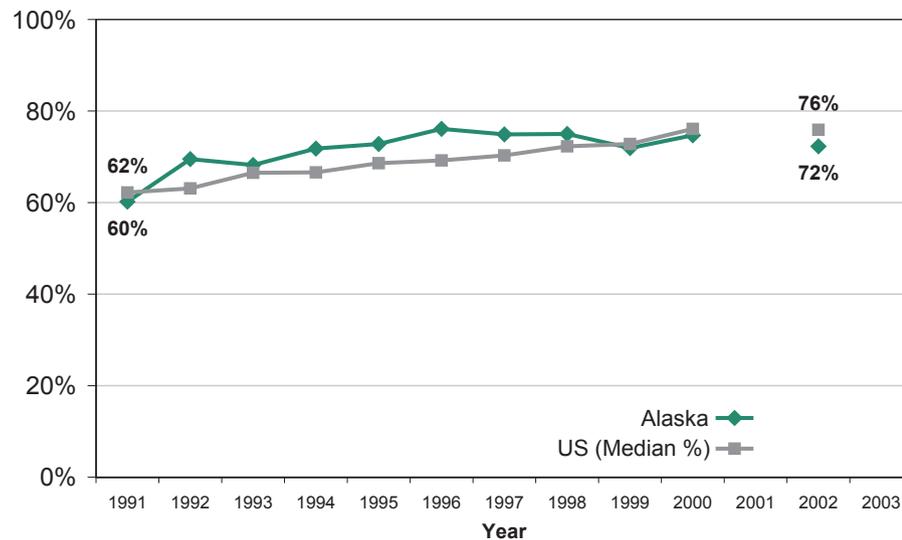


Breast Cancer Screening

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

- In Alaska and nationwide, the prevalence of mammography screening has increased over the past 12 years.
- Three-fourths of Alaskan women over the age of 40 reported obtaining a mammogram in the prior two years.
- For cancer incidence information, refer to the Alaska Cancer Registry.

**Mammogram in Last 2 years
(Women Age 40+)
Alaska vs. Nationwide**



Healthy People 2010

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

Healthy Alaskans 2010

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

2002

	n	weighted %	N	95% CI
Gender				
Female	621	72%	883	67.4–76.8
Race				
Native (any mention)	131	78%	175	64.4–86.8
Non-Native	488	72%	702	66.1–76.6
Education				
Some H.S.	43	53%	65	32.7–72.8
H.S. grad or GED	173	68%	251	58.5–76.7
Some College or Tech School	195	78%	278	69.9–83.8
College Grad	209	74%	288	64.3–81.0
Income				
Less than \$15K	47	73%	74	58.8–84.1
\$15,000–24,999	74	61%	117	44.2–75.9
\$25,000–34,999	86	68%	126	54.3–79.3
\$35,000–49,999	105	74%	149	63.2–83.0
\$50,000–74,999	102	73%	136	57.7–84.2
\$75K+	141	78%	184	67.5–85.3

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

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

N = Total number of respondents in this subgroup.

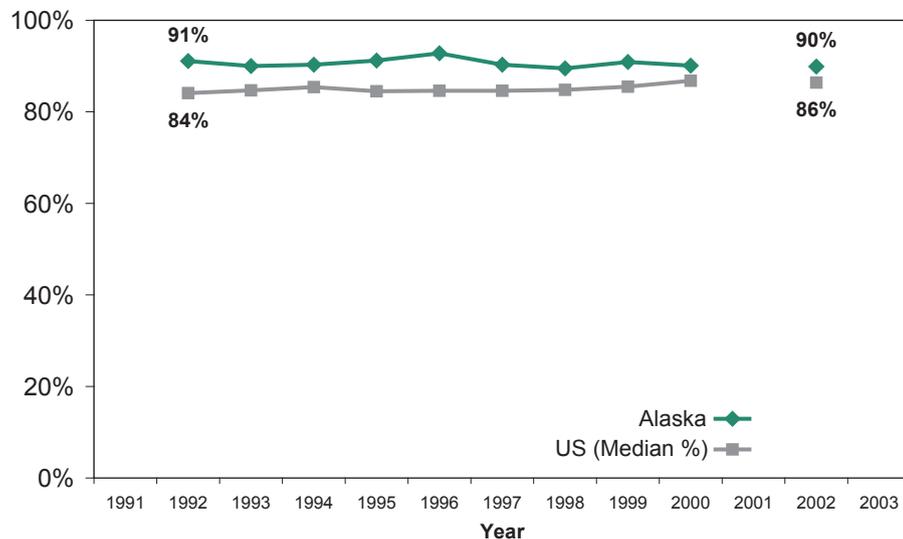
95% CI = 95% Confidence Interval; the range of values within which the true value of a prevalence estimate would be expected to fall within, 95% of the time.

Cervical Cancer Screening

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

- ▶ The percentage of Alaskan women who have had a pap test within the last 3 years has consistently been higher than the national average.
- ▶ The prevalence of cervical cancer screening appears stable with no significant change over the sample period.
- ▶ 96% of Alaska Native women and 89% of non-Native women had pap tests within the last 3 years. The difference approaches statistical significance.
- ▶ No significant differences in Pap test prevalence were noted by education or income level.

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



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

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

N = Total number of respondents in this subgroup.

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

Healthy People 2010

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

Healthy Alaskans 2010

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

2002

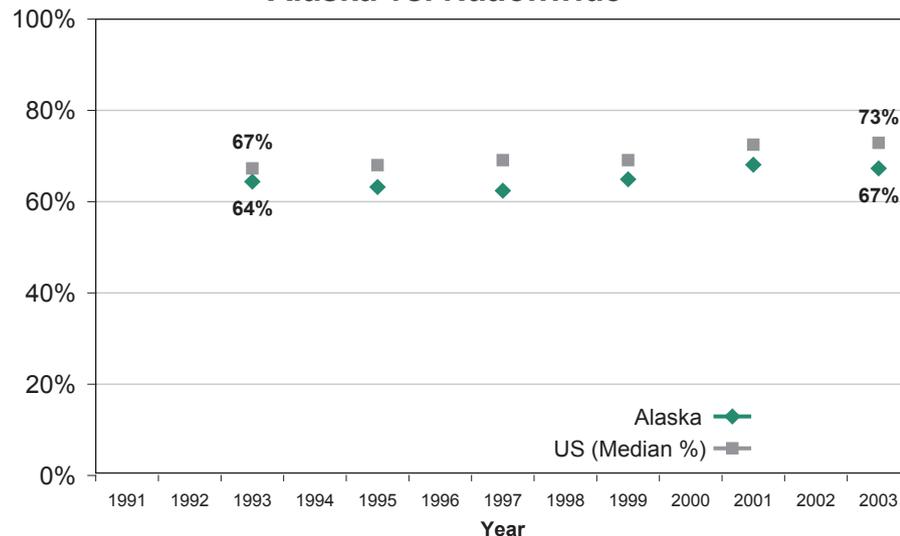
	n	weighted %	N	95% CI
Gender				
Female	1072	90%	1190	87.1–92.5
Race				
Native (any mention)	265	96%	282	91.7–97.7
Non-Native	803	89%	900	85.5–92.0
Age				
18–24	123	91%	134	82.5–95.3
25–34	266	93%	282	85.8–96.3
35–44	314	92%	342	85.6–95.8
45–54	218	90%	245	82.3–94.4
55–64	94	82%	110	63.0–92.8
65 or older	57	79%	77	64.9–88.9
Education				
Some H.S.	52	85%	66	71.5–92.3
H.S. grad or GED	347	89%	386	82.4–92.7
Some College or Tech School	332	92%	370	88.0–94.8
College Grad	341	90%	368	82.6–94.8
Income				
Less than \$15K	78	83%	92	64.0–92.8
\$15,000–24,999	178	89%	197	79.0–95.0
\$25,000–34,999	147	91%	163	83.2–95.0
\$35,000–49,999	182	90%	202	82.2–94.6
\$50,000–74,999	188	89%	200	78.1–95.3
\$75K+	201	97%	215	93.7–98.1

Cholesterol Screening

Definition: Have had cholesterol tested in past 5 years.

- 67% of Alaskan adults have had their cholesterol tested in the prior 5 years.
- The prevalence of cholesterol screening in Alaska has increased slightly since 1993.
- In 2003, Alaska Natives were less likely than non-Natives to report having had their cholesterol screened.
- Cholesterol screening increased dramatically with age; 92% of those 65 and older reported having been screened in the prior five years.
- The prevalence of cholesterol screening was significantly higher in individuals who have graduated college than in those with a high school diploma or less.
- The prevalence of cholesterol screening also increased with income.

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



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

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

N = Total number of respondents in this subgroup.

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

Healthy People 2010

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

Healthy Alaskans 2010

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

2003

	n	weighted %	N	95% CI
Gender				
Male	777	65%	1,177	61.3–68.9
Female	968	70%	1,376	66.4–73.2
Total	1,745	67%	2,553	64.8–69.9
Race				
Native (any mention)	279	49%	546	43.0–55.3
Non-Native	1,457	71%	1,994	68.3–73.9
Age				
18–24	71	35%	199	27.4–44.3
25–34	238	54%	464	47.6–60.4
35–44	397	67%	600	61.1–71.6
45–54	487	77%	644	71.7–81.0
55–64	307	84%	365	78.7–88.4
65 or older	231	92%	260	87.4–94.9
Education				
Some H.S.	93	45%	199	35.9–55.3
H.S. grad or GED	472	61%	788	56.8–65.9
Some College or Tech School	561	70%	792	65.1–74.3
College Grad	615	77%	769	72.3–80.9
Income				
Less than \$15K	108	60%	202	50.9–68.6
\$15,000–24,999	196	54%	348	46.8–61.7
\$25,000–34,999	208	62%	335	54.0–68.7
\$35,000–49,999	336	69%	464	63.0–75.2
\$50,000–74,999	347	76%	461	70.2–80.9
\$75K+	421	78%	520	71.9–82.5

Colorectal Cancer Screening

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

- In 2002, the national median prevalence for having ever had a sigmoidoscopy or colonoscopy was 48%; in Alaska this figure was 51%.
- There were no significant differences by gender or race in the prevalence of ever having had a colonoscopy or sigmoidoscopy.
- Alaskans who have attained a higher level of education were more likely than their less educated peers to have had either a fecal occult blood test, a sigmoidoscopy, or a colonoscopy.

Healthy People 2010

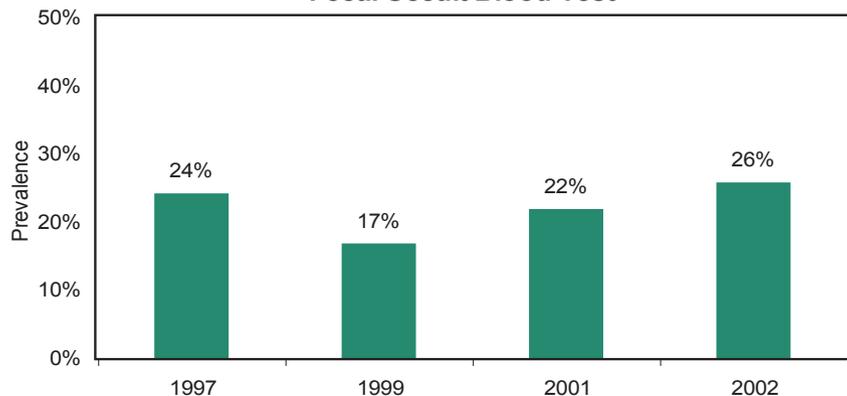
Objective 3.12a: Increase proportion of adults aged 50 years and older who have received a fecal occult blood test (FOBT) within the preceding 2 years to 50%.

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

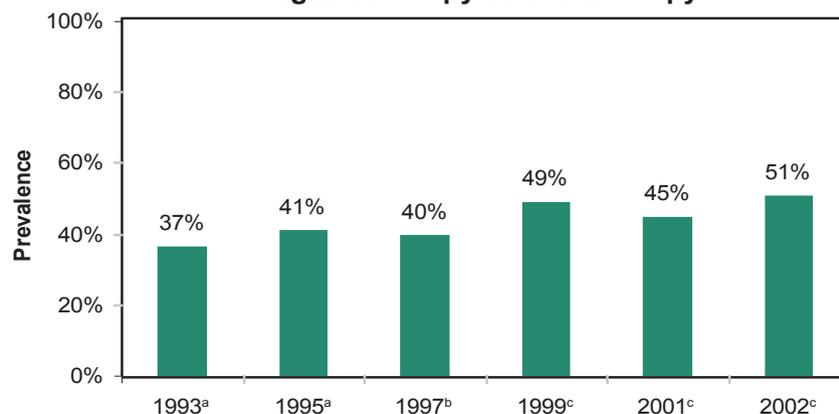
Healthy Alaskans 2010

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

Colorectal Cancer Screening
Fecal Occult Blood Test



Colorectal Cancer Screening
Sigmoidoscopy or Colonoscopy



^a Proctoscopy
^b Sigmoidoscopy or proctoscopy
^c Sigmoidoscopy or colonoscopy

Preventive Practices

Colorectal Cancer Screening

	2002 Fecal occult blood test				2002 Sigmoidoscopy or Colonoscopy			
	n	weighted %	N	95% CI	n	weighted %	N	95% CI
Gender								
Male	88	22%	422	16.4– 29.6	209	54%	420	47.0– 61.1
Female	121	30%	489	23.7– 38.1	245	49%	495	41.2– 55.9
Total	209	26%	911	21.7– 31.5	454	51%	915	46.2– 56.5
Race								
Native (any mention)	21	21%	154	9.9– 39.9	76	57%	151	43.1– 70.1
Non-Native	187	28%	746	22.6– 33.1	372	50%	753	44.8– 56.1
Education								
Some H.S.	17	18%	111	8.8– 33.4	47	51%	111	36.6– 64.5
H.S. grad or GED	55	24%	253	16.7– 34.1	114	47%	250	37.8– 56.7
Some College or Tech School	62	26%	248	19.0– 34.8	128	47%	250	37.5– 56.3
College Grad	73	30%	297	21.2– 39.9	165	58%	302	48.5– 66.4
Income								
Less than \$15K	22	33%	107	19.4– 51.1	51	38%	105	26.4– 51.4
\$15,000–24,999	23	21%	119	9.1– 42.4	44	39%	118	25.6– 55.3
\$25,000–34,999	24	30%	105	18.4– 45.9	57	56%	105	41.7– 70.1
\$35,000–49,999	28	27%	131	16.4– 41.4	67	55%	133	42.2– 67.3
\$50,000–74,999	32	28%	147	17.5– 42.5	77	44%	149	33.0– 56.5
\$75K+	61	26%	208	17.5– 36.4	111	59%	210	48.4– 69.3

n = Number of respondents who (1) have had a blood stool test (FOBT) in the past 2 years, age 50 and older; (2) have had sigmoidoscopy or colonoscopy, age 50 and over.
% = This is a weighted (adjusted) percentage of the state population (adult) at risk in this demographic subgroup,

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

Healthcare Access

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

- ▶ In 2002, 81% of Alaskans reported having some type of health care coverage; in 2003 this prevalence was 83%.
- ▶ In 2002, more non-Natives than Alaska Natives reported having health care coverage; there was no difference in 2003.
- ▶ Health care coverage was also more prevalent as age, income level, and education level increased.
- ▶ In 2003, 50% of respondents reported having one person they think of as their personal doctor or health provider, 22% had more than one and 28% had none.
- ▶ Twelve percent of respondents in 2003 reported not being able to see a doctor because of the cost.
- ▶ In 2002, 9% of respondents reported having no usual place for health care.

Healthy People 2010

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

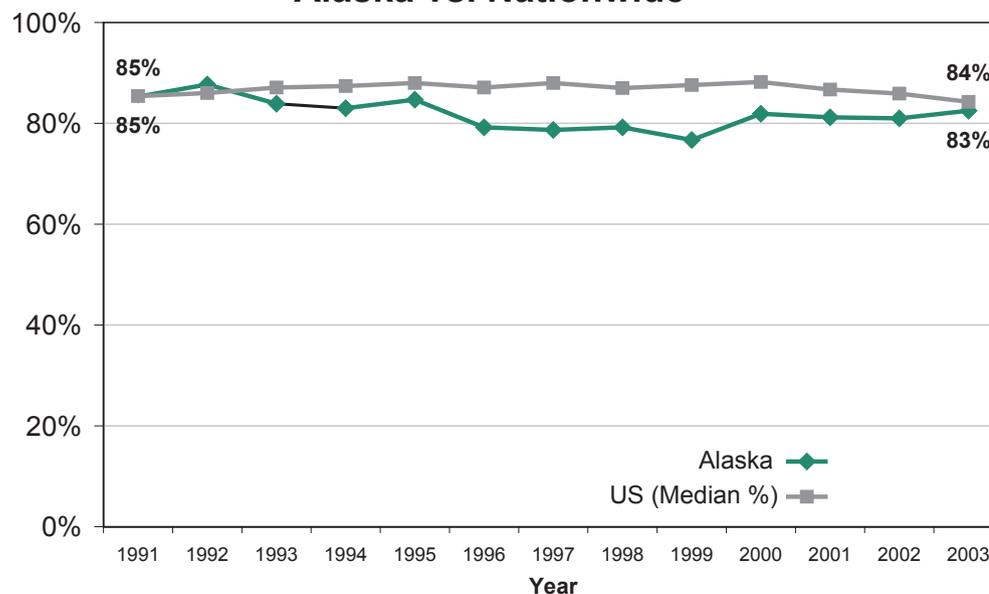
Objective 1.4c: Increase the proportion of persons who have a specific source of ongoing care to 96%.

Healthy Alaskans 2010

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

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

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



Healthcare Access

	2002				2003			
	n	weighted %	N	95% CI	n	weighted %	N	95% CI
Gender								
Male	933	81%	1,175	77.4–83.7	997	80%	1,215	76.0–82.7
Female	1,248	81%	1,501	77.5–84.4	1,214	86%	1,427	82.9–88.1
Total	2181	81%	2,676	78.6–83.2	2,211	83%	2,642	80.3–84.6
Race								
Native (any mention)	436	74%	578	68.3–79.7	469	83%	568	78.0–86.6
Non-Native	1,721	82%	2,071	79.6–84.7	1,729	82%	2060	79.8–84.7
Age								
18–24	178	74%	241	65.7–81.5	162	69%	218	60.6–77.0
25–34	379	79%	490	73.5–83.9	393	81%	487	75.3–85.3
35–44	537	80%	659	75.4–84.7	509	85%	614	80.1–88.2
45–54	510	81%	635	75.5–85.2	529	80%	649	74.9–84.4
55–64	290	85%	346	78.7–90.2	326	88%	371	83.5–91.5
65 or older	274	92%	291	83.1–96.2	273	98%	280	94.9–99.2
Education								
Some H.S.	165	66%	225	54.9–75.4	151	68%	217	59.1–76.6
H.S. grad or GED	665	77%	875	73.1–81.1	652	79%	819	74.6–82.5
Some College or Tech School	652	83%	784	78.8–86.2	679	81%	816	76.9–85.1
College Grad	699	87%	789	82.2–90.8	725	92%	785	88.5–94.3
Income								
Less than \$15K	168	66%	243	54.8–75.8	152	73%	216	64.3–79.8
\$15,000–24,999	255	60%	396	51.7–67.2	260	65%	364	57.7–72.1
\$25,000–34,999	266	72%	350	64.0–79.0	268	71%	350	63.5–77.7
\$35,000–49,999	367	84%	436	78.7–88.9	419	87%	479	81.4–90.7
\$50,000–74,999	420	91%	454	86.0–94.3	428	89%	471	83.4–92.8
\$75K+	508	93%	548	89.6–95.4	503	95%	527	90.1–97.2

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

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

Vaccinations – Influenza/Pneumococcal

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

- There has been an increase over time in the prevalence of adults age 65 years and older getting a pneumonia shot.
- In both 2002 and 2003, approximately two thirds of adults age 65 years and older reported having had a flu shot in the past year.

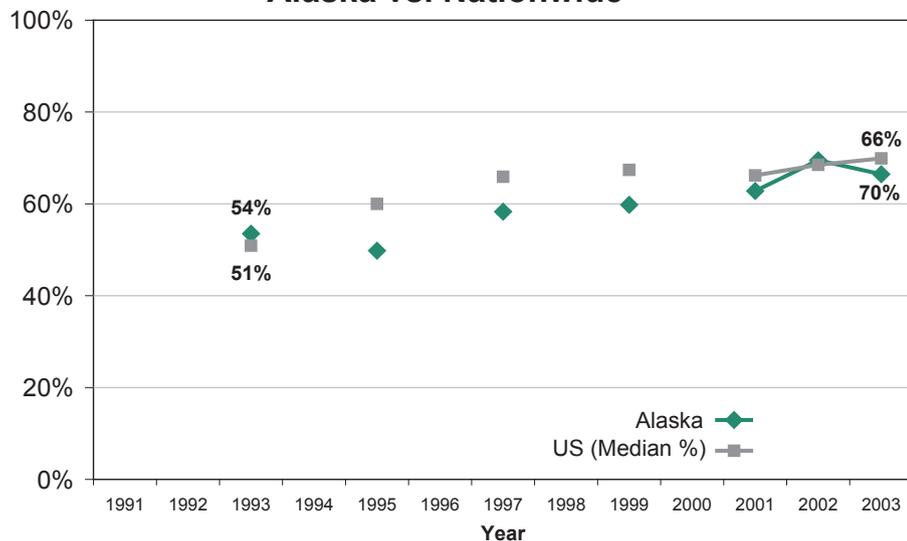
Healthy People 2010

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

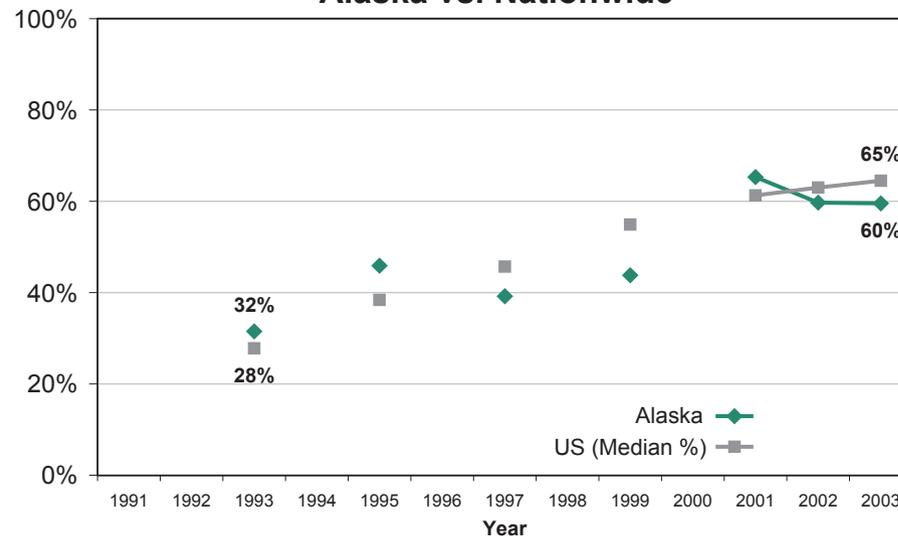
Healthy Alaskans 2010

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

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



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



Weight Control – 2003

- ▶ In 2003, 39% of Alaskan adults reported they were trying to lose weight; 56% reported they were trying to maintain their current weight or keep from gaining weight.
- ▶ Of those trying to lose weight or maintain their weight, 15% reported doing so by eating fewer calories, 20% by eating less fat, and 29% by doing both.
- ▶ Seventy-six percent of those trying to lose or maintain weight used exercise for weight control.
- ▶ Fourteen percent of Alaskans have had a health professional advise them on their weight in the past 12 months.

Risks by Region



Regional Summary

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

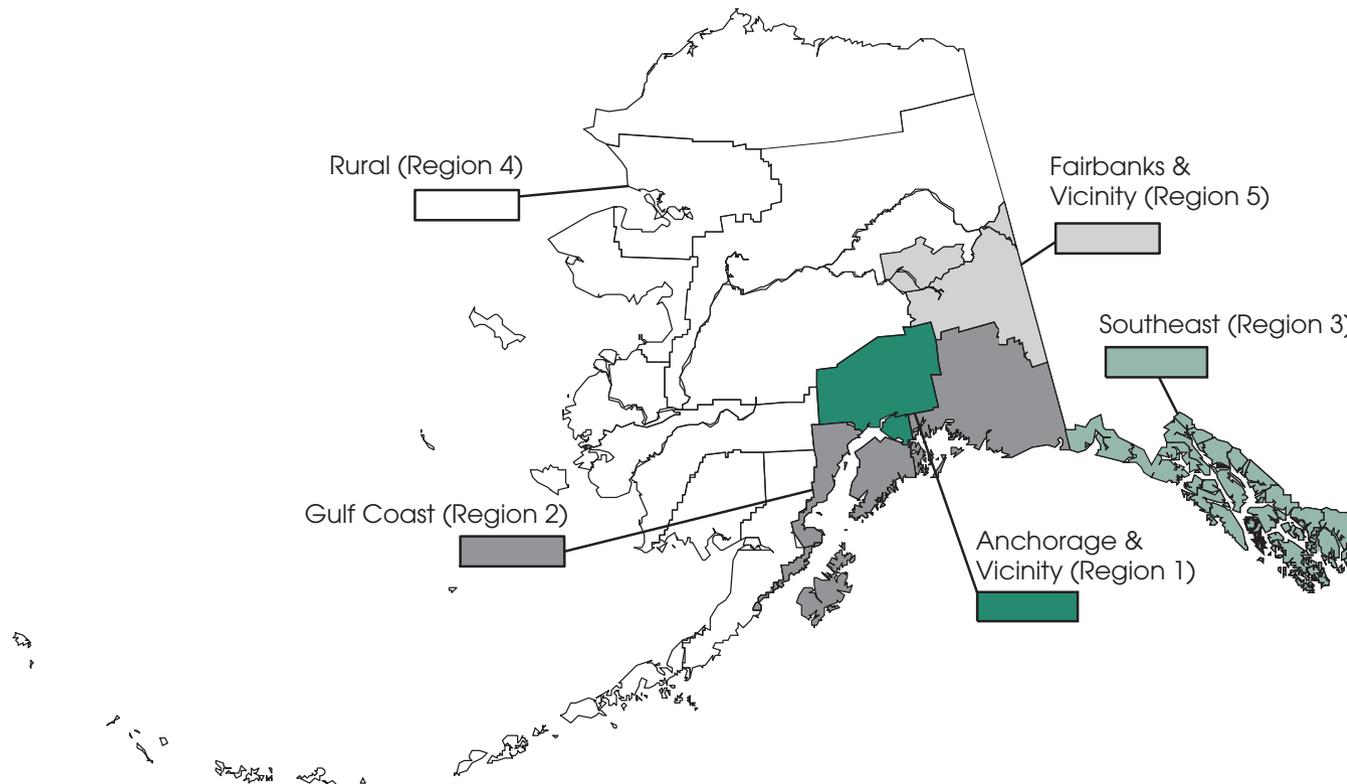
Definitions for Region tables

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

Region	2002					2003				
	n	Weighted %	N	Lower CI	Upper CI	n	Weighted %	N	Lower CI	Upper CI
Anchorage and Vicinity (Region 1)										
Male	59	26%	216	19.8	32.6	52	22%	234	17.2	28.8
Female	36	10%	288	7.2	14.6	34	12%	321	8.3	17.4
Total	95	18%	504	14.6	22.1	86	17%	555	14.0	21.4
Gulf Coast (Region 2)										
Male	64	28%	229	21.5	34.7	66	27%	222	20.6	33.7
Female	36	11%	333	7.8	16.0	32	10%	272	6.7	13.7
Total	100	20%	562	16.1	24.1	98	19%	494	15.0	22.8
Southeast (Region 3)										
Male	38	19%	213	13.8	26.1	76	30%	250	24.4	37.0
Female	40	14%	319	10.0	19.4	30	9%	295	6.1	13.7
Total	78	17%	532	13.2	20.9	106	20%	545	16.6	24.3
Rural (Region 4)										
Male	59	25%	252	17.7	34.1	53	22%	231	16.0	28.6
Female	33	9%	277	6.0	13.6	43	17%	254	12.4	22.7
Total	92	18%	529	13.2	24.0	96	20%	485	15.7	24.1
Fairbanks and Vicinity (Region 5)										
Male	60	26%	249	20.4	33.5	74	28%	271	22.6	34.8
Female	33	12%	272	7.9	16.6	27	10%	278	6.7	14.8
Total	93	19%	521	15.5	23.7	101	20%	549	16.0	23.7

Regional Summary: Prevalence of Select Risk Factors

Heavy Drinking

Region	2002					2003				
	n	Weighted %	N	Lower CI	Upper CI	n	Weighted %	N	Lower CI	Upper CI
Anchorage and Vicinity (Region 1)										
Male	14	6%	218	3.5	11.7	16	8%	234	4.5	12.3
Female	17	5%	288	2.8	7.8	20	7%	320	4.3	11.0
Total	31	6%	506	3.7	8.4	36	7%	554	5.1	10.2
Gulf Coast (Region 2)										
Male	22	10%	233	6.1	15.9	20	7%	220	4.4	11.7
Female	23	7%	332	4.3	10.7	19	6%	270	4.0	10.3
Total	45	8%	565	6.0	11.9	39	7%	490	4.8	9.7
Southeast (Region 3)										
Male	15	7%	214	4.1	12.4	20	8%	249	4.9	12.4
Female	19	7%	316	3.9	11.2	17	5%	295	3.2	8.5
Total	34	7%	530	4.7	10.1	37	7%	544	4.7	9.3
Rural (Region 4)										
Male	18	5%	251	3.0	8.4	12	6%	228	3.0	11.7
Female	6	1%	279	0.5	3.4	17	5%	256	3.2	8.8
Total	24	3%	530	2.2	5.3	29	6%	484	3.6	8.9
Fairbanks and Vicinity (Region 5)										
Male	14	7%	249	3.4	12.9	27	11%	274	7.2	16.1
Female	16	6%	271	3.5	9.6	13	5%	277	2.8	8.7
Total	30	6%	520	4.1	9.7	40	8%	551	5.8	11.2

Regional Summary: Prevalence of Select Risk Factors

Overweight/Obesity*

	2002					2003				
	n	Weighted %	N	Lower CI	Upper CI	n	Weighted %	N	Lower CI	Upper CI
Anchorage and Vicinity (Region 1)										
Male	156	72%	217	64.4	78.1	157	68%	232	60.9	74.0
Female	130	49%	280	42.1	56.4	160	51%	305	44.4	57.1
Total	286	61%	497	55.6	65.7	317	60%	537	54.8	64.1
Gulf Coast (Region 2)										
Male	172	71%	236	64.1	77.3	156	67%	223	59.3	74.3
Female	178	53%	322	46.6	59.0	146	55%	259	48.1	62.0
Total	350	63%	558	57.9	67.2	302	62%	482	56.4	66.7
Southeast (Region 3)										
Male	152	70%	215	63.1	76.8	170	66%	250	58.5	71.9
Female	157	51%	302	44.9	57.7	160	58%	280	51.4	64.0
Total	309	61%	517	56.4	66.0	330	62%	530	57.1	66.4
Rural (Region 4)										
Male	183	70%	256	61.7	76.4	158	62%	237	54.0	68.9
Female	186	62%	272	53.0	69.8	154	63%	248	56.2	69.8
Total	369	66%	528	60.2	71.6	312	62%	485	57.1	67.5
Fairbanks and Vicinity (Region 5)										
Male	168	64%	251	56.8	70.7	199	72%	274	65.8	77.8
Female	122	48%	257	41.1	54.4	142	51%	268	44.9	58.0
Total	290	57%	508	51.5	61.3	341	63%	542	57.9	66.9

* BMI greater or equal to 25.0.

Regional Summary: Prevalence of Select Risk Factors

Current Smoking

	2002					2003				
	n	Weighted %	N	Lower CI	Upper CI	n	Weighted %	N	Lower CI	Upper CI
Anchorage and Vicinity (Region 1)										
Male	60	31%	220	24.0	38.4	65	29%	236	23.0	35.7
Female	70	25%	290	19.6	32.1	68	21%	319	16.0	26.3
Total	130	28%	510	23.5	33.1	133	25%	555	21.0	29.2
Gulf Coast (Region 2)										
Male	78	36%	237	29.6	44.0	59	25%	225	19.3	32.7
Female	80	25%	335	20.1	30.8	63	20%	274	15.0	25.6
Total	158	31%	572	26.7	36.0	122	23%	499	18.7	27.4
Southeast (Region 3)										
Male	52	24%	219	18.6	31.5	68	27%	250	21.5	33.6
Female	92	27%	323	21.9	32.9	64	21%	297	16.2	26.5
Total	144	26%	542	21.7	30.2	132	24%	547	20.4	28.3
Rural (Region 4)										
Male	102	46%	255	37.8	54.6	105	46%	240	38.8	53.5
Female	96	38%	284	30.4	46.6	99	38%	258	31.6	45.0
Total	198	43%	539	36.7	48.7	204	43%	498	37.5	47.7
Fairbanks and Vicinity (Region 5)										
Male	62	28%	254	21.4	34.7	81	29%	277	23.4	35.2
Female	62	23%	273	17.8	28.7	51	19%	281	14.0	24.0
Total	124	25%	527	21.2	29.9	132	24%	558	20.3	28.2

Regional Summary: Prevalence of Select Risk Factors

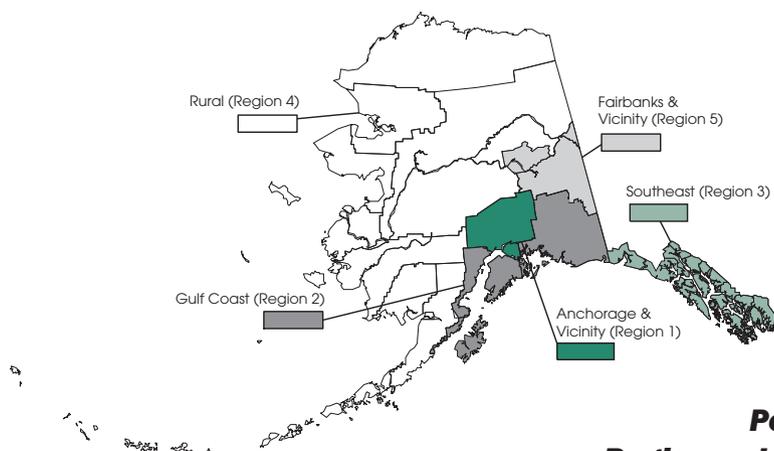
Have Health Care Coverage

	2002					2003				
	n	Weighted %	N	Lower CI	Upper CI	n	Weighted %	N	Lower CI	Upper CI
Anchorage and Vicinity (Region 1)										
Male	186	86%	220	79.7	90.0	184	77%	234	70.4	82.4
Female	238	80%	290	72.9	85.0	287	88%	320	83.3	92.1
Total	424	83%	510	78.3	86.2	471	83%	554	78.5	86.1
Gulf Coast (Region 2)										
Male	179	72%	236	64.3	78.5	179	80%	224	73.0	85.3
Female	274	80%	335	74.5	84.7	221	79%	273	73.0	84.5
Total	453	76%	571	71.0	80.0	400	80%	497	75.0	83.5
Southeast (Region 3)										
Male	185	82%	218	75.1	87.5	206	83%	248	77.2	87.6
Female	269	85%	322	80.2	88.5	258	87%	297	82.4	90.6
Total	454	83%	540	79.3	86.9	464	85%	545	81.4	88.0
Rural (Region 4)										
Male	179	66%	249	58.3	73.8	192	80%	235	72.8	85.2
Female	225	76%	282	67.1	82.4	207	77%	257	69.7	82.8
Total	404	71%	531	64.8	75.8	399	78%	492	73.6	82.7
Fairbanks and Vicinity (Region 5)										
Male	204	81%	252	74.3	85.8	236	86%	274	80.4	89.7
Female	242	89%	272	84.8	92.7	241	85%	280	80.0	89.3
Total	446	85%	524	80.9	88.0	477	85%	554	81.9	88.4

Appendices



Appendix A: BRFSS Sampling Regions



Region	Population by Region	Census Area	Population by census area
I	234,481	Anchorage Municipality	189,562
		Matanuska-Susitna Borough	44,919
II	53,261	Kenai Peninsula Borough	36,587
		Kodiak Island Borough	9,259
		Valdez-Cordova Census Area	7,415
III	52,637	Haines Borough	1,793
		Juneau City and Borough	22,759
		Ketchikan Gateway Borough	10,006
		Prince of Wales-Outer Ketchikan Census Area	3,991
		Sitka City and Borough	6,521
		Skagway-Hoonah-Angoon Census Area	2,455
		Yakutat City and Borough	505
		Wrangell-Petersburg Census Area	4,607
IV	44,835	Aleutians East Borough	2,322
		Aleutians West Borough	4,241
		Bethel Census Area	9,623
		Denali Borough	1,456
		Bristol Bay Borough	808
		Dillingham Census Area	3,055
		Lake and Peninsula Borough	1,064
		Nome Census Area	5,629
		North Slope Borough	4,476
		Northwest Arctic Borough	4,146
		Wade Hampton Census Area	3,722
Yukon-Koyukuk Census Area	4,293		
V	63,146	Fairbanks North Star Borough	57,056
		Southeast Fairbanks Census Area	4,090
totals	448,360		

*Source: Alaska Department of Labor, Research and Analysis Section, Demographics Unit, July 1, 2002 Estimates

Appendix B: Alaska BRFSS 2002/2003 Survey Distribution

by Age and Region

Regions 1, 2 & 3		2002		2003		Regions 4 & 5		2002		2003	
Age	n	Weighted %	n	Weighted %	Age	n	Weighted %	n	Weighted %		
Anchorage and Vicinity (Region 1)					Rural (Region 4)						
18-24	56	13%	54	14%	18-24	42	15%	53	17%		
25-34	106	20%	91	19%	25-34	92	21%	91	19%		
35-44	121	25%	133	24%	35-44	164	25%	127	22%		
45-54	111	22%	131	23%	45-54	121	21%	123	21%		
55-64	57	11%	78	11%	55-64	77	11%	57	11%		
65 or older	53	8%	68	10%	65 or older	42	8%	40	9%		
Unknown	6	1%	3	<1%	Unknown	4	1%	11	2%		
Gulf Coast (Region 2)					Fairbanks and Vicinity (Region 5)						
18-24	36	11%	24	12%	18-24	67	17%	61	16%		
25-34	83	17%	87	15%	25-34	122	22%	131	21%		
35-44	142	26%	105	23%	35-44	123	24%	123	22%		
45-54	153	25%	149	26%	45-54	113	21%	100	21%		
55-64	81	13%	79	16%	55-64	53	10%	81	11%		
65 or older	76	9%	52	9%	65 or older	49	7%	59	7%		
Unknown	2	<1%	3	1%							
Southeast (Region 3)											
18-24	44	11%	35	12%							
25-34	92	17%	91	16%							
35-44	113	25%	129	22%							
45-54	139	25%	151	25%							
55-64	79	12%	77	14%							
65 or older	73	10%	62	11%							
Unknown	2	<1%	3	<1%							

Appendix B: Alaska BRFSS 2002/2003 Survey Distribution by Race and Region

Regions 1 & 2 Race	2002		2003	
	n	Weighted %	n	Weighted %
Anchorage and Vicinity (Region 1)				
White only	383	75%	414	71%
Black only	11	2%	21	5%
Asian only	12	3%	13	2%
Native Hawaiian or other Pacific Islander only	4	1%	7	1%
American Indian or Alaskan Native only	42	9%	28	5%
Hispanic	26	5%	31	6%
Other race only	12	3%	12	2%
Multiracial	14	3%	31	7%
Unknown	6	1%	1	<1%
Gulf Coast (Region 2)				
White only	452	76%	413	84%
Black only	2	1%	1	<1%
Asian only	9	2%	9	3%
Native Hawaiian or other Pacific Islander only	4	1%	0	0%
American Indian or Alaskan Native only	46	8%	34	6%
Hispanic	16	4%	19	3%
Other race only	15	3%	5	1%
Multiracial	21	4%	14	2%
Unknown	8	1%	4	1%

Regions 3, 4 & 5 Race	2002		2003	
	n	Weighted %	n	Weighted %
Southeast (Region 3)				
White only	384	68%	403	72%
Black only	8	2%	1	<1%
Asian only	17	4%	11	3%
Native Hawaiian or other Pacific Islander only	2	<1%	2	1%
American Indian or Alaskan Native only	85	16%	74	14%
Hispanic	14	3%	14	3%
Other race only	10	2%	10	2%
Multiracial	18	4%	29	5%
Unknown	4	1%	4	1%
Rural (Region 4)				
White only	182	29%	141	24%
Black only	1	<1%	3	<1%
Asian only	8	1%	10	2%
Native Hawaiian or other Pacific Islander only	7	2%	8	2%
American Indian or Alaskan Native only	294	60%	300	66%
Hispanic	15	2%	10	2%
Other race only	8	2%	9	2%
Multiracial	21	3%	17	3%
Unknown	6	1%	4	1%
Fairbanks and Vicinity (Region 5)				
White only	400	75%	427	75%
Black only	24	5%	17	3%
Asian only	8	2%	8	2%
Native Hawaiian or other Pacific Islander only	5	1%	6	1%
American Indian or Alaskan Native only	34	6%	37	7%
Hispanic	18	4%	13	2%
Other race only	6	1%	16	3%
Multiracial	23	4%	30	6%
Unknown	9	2%	4	1%

Appendix C: Alaska BRFSS 2002/2003 Survey Distribution by Race

Race	2002					
	Male		Female		Total	
	N	Weighted %	N	Weighted %	N	Weighted %
White only	800	36%	1,001	33%	1,801	69%
Black only	22	1%	24	1%	46	2%
Asian only	22	1%	32	1%	54	2%
Native Hawaiian or other Pacific Islander only	13	1%	9	<1%	22	1%
American Indian or Alaskan Native only	199	7%	302	8%	501	15%
Hispanic	39	2%	50	2%	89	4%
Other race only	27	1%	24	1%	51	2%
Multiracial	45	1%	52	2%	97	3%
Unknown	20	1%	13	<1%	33	1%

Race	2003					
	Male		Female		Total	
	N	Weighted %	N	Weighted %	N	Weighted %
White only	832	35%	966	34%	1,798	68%
Black only	22	1%	21	2%	43	3%
Asian only	19	1%	32	1%	51	2%
Native Hawaiian or other Pacific Islander only	14	1%	9	<1%	23	1%
American Indian or Alaskan Native only	206	7%	267	6%	473	13%
Hispanic	40	3%	47	2%	87	5%
Other race only	31	1%	21	1%	52	2%
Multiracial	53	3%	68	3%	121	6%
Unknown	11	<1%	6	<1%	17	<1%

Appendix D: 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%
	Area	265	240	96%
	Yakutat City and Borough	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%

Appendix E: 2002 & 2003 Reponse Rates

Indicator	BRFSS Objective	BRFSS National Median		Alaska Achieved	
		2002	2003	2002	2003
CASRO Response Rate	> 40%	58.3%	53.2%	62.2%	62.2%
Cooperation Rate	> 65%	76.7%	74.8%	79.4%	78.7%

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.

Appendix F: 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 age and sex distribution of the state population divided by that of the survey sample. This procedure is repeated for each of five regions of Alaska.

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

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

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

Appendix G: 2002 BRFSS questions

Section 1: Health Status

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

- 1: Excellent
- 2: Very good
- 3: Good
- 4: Fair
- 5: Poor
- 7: Don't know/Not sure
- 9: Refused

Section 2: 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?

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

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

- 1: Yes, only one
- 2: More than one
- 3: No
- 7: Don't know/Not sure
- 9: Refused

2.3. When you are sick or need advice about your health, to which one of the following places do you usually go?

Would you say:

- 1: A doctor's office
- 2: A public health clinic or community health center
- 3: A hospital outpatient department
- 4: A hospital emergency room
- 5: Urgent care center
- 6: Some other kind of place
- 8: No usual place
- 7: Don't know
- 9: Refused

2.4. Was there a time in the past 12 months when you needed medical care, but could not get it?

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

2.5 What is the main reason you did not get medical care?

Would you say:

- 1: Cost [Include no insurance]
- 2: Distance
- 3: Office wasn't open when I could get there.
- 4: Too long a wait for an appointment
- 5: Too long a wait in waiting room
- 6: No child care
- 7: No transportation
- 8: No access for people with disabilities
- 9: The medical provider didn't speak my language.
- 10: Other
- 77: Don't know/ Not sure
- 99: Refused

Section 3: Exercise

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

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

Section 4: Fruits and Vegetables

These next questions are about the foods you usually eat or drink. Please tell me how often you eat or drink each one, for example, twice a week, three times a month, and so forth. Remember, I am only interested in the foods you eat. Include all foods you eat, both at home and away from home.

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

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

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

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

4.3. How often do you eat green salad?

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

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

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

4.5. How often do you eat carrots?

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

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

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

Section 5: Asthma

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

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

5.2. Do you still have asthma?

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

Section 6: Diabetes

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

- 1: Yes
- 2: Yes, but female told only during pregnancy
- 3: No
- 7: Don't know/Not sure
- 9: Refused

Section 7: Oral Health

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

- 1: Within the past year (anytime less than 12 months ago)
- 2: Within the past 2 years (1 year but less than 2 years ago)
- 3: Within the past 5 years (2 years but less than 5 years ago)
- 4: 5 or more years ago
- 7: Don't know/Not sure
- 8: Never
- 9: Refused

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

- 1: 1 to 5
- 2: 6 or more but not all
- 3: All
- 8: None
- 7: Don't know/Not sure
- 9: Refused

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

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

- 3: Within the past 5 years (2 years but less than 5 years ago)
- 4: 5 or more years ago
- 7: Don't know/Not sure
- 8: Never
- 9: Refused

Section 8: Immunization

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

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

8.2. At what kind of place did you get your last flu shot?

- 1: A doctor's office or health maintenance organization
- 2: A health department
- 3: Another type of clinic or health center
- 4: A senior, recreation, or community center
- 5: A store
- 6: A hospital or emergency room
- 7: Workplace
- 8: Some other kind of place
- 77: Don't know
- 99: Refused

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

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

Section 9: Tobacco Use

9.1. Have you smoked at least 100 cigarettes in your entire life? (5 packs = 100 cigarettes)

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

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

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

9.3. During the past 12 months, have you stopped smoking for one day or longer be-

cause you were trying to quit smoking?

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

SA1. Have you ever used or tried any smokeless tobacco products such as chewing tobacco or snuff?

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

SA2. Do you currently use chewing tobacco or snuff every day, some days, or not at all?

- 1: Every day
- 2: Some days
- 3: Not at all
- 7: Don't know/Not sure
- 9: Refused

Section 10: Alcohol Consumption

10.1. A drink of alcohol is 1 can or bottle of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail, or 1 shot of liquor. During the past 30 days, how many days per week or per month did you have at least 1 drink of any alcoholic beverage?

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

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

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

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

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

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

- ___ Number of times
- 88: None

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

Section 11: Use of Seatbelts

- 11.1: How often do you use seatbelts when you drive or ride in a car?
1: Always
2: Nearly always
3: Sometimes
4: Seldom
5: Never
7: Don't know/Not sure
8: Never drive or ride in a car
9: Refused

Section 12: Demographics

- 12.1. What is your age?
___ Code age in years
7: Don't know/Not sure
9: Refused
- 12.2. Are you Hispanic or Latino?
1: Yes
2: No
7: Don't know/Not sure
9: Refused
- 12.3. Which one or more of the following would you say is your race?
1: White
2: Black or African American
3: Asian
4: Native Hawaiian or Other Pacific Islander
5: American Indian, Alaska Native
6: Other [specify]
8: No additional choices
7: Don't know/Not sure
9: Refused
- 12.4. Which one of these groups would you say best represents your race?
1: White
2: Black or African American
3: Asian
4: Native Hawaiian or Other Pacific Islander
5: American Indian, Alaska Native
6: Other [specify] _____
7: Don't know/Not sure
9: Refused

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

- 12.6. How many children less than 18 years of age live in your household?
___ Number of children
88: None
99: Refused

- 12.7. What is the highest grade or year of school you completed?
1: Never attended school or only attended kindergarten
2: Grades 1 through 8 (Elementary)
3: Grades 9 through 11 (Some high school)
4: Grade 12 or GED (High school graduate)
5: College 1 year to 3 years (Some college or technical school)
6: College 4 years or more (College graduate)
9: Refused

- 12.8. Are you currently:
1: Employed for wages
2: Self-employed
3: Out of work for more than 1 year
4: Out of work for less than 1 year
5: A Homemaker
6: A Student
7: Retired
8: Unable to work
9: Refused

- 12.9. Is your annual household income from all sources:
4: Less than \$25,000 (\$20,000 to less than \$25,000)
3: Less than \$20,000 (\$15,000 to less than \$20,000)
2: Less than \$15,000 (\$10,000 to less than \$15,000)
1: Less than \$10,000
5: Less than \$35,000 (\$25,000 to less than \$35,000)
6: Less than \$50,000 (\$35,000 to less than \$50,000)
7: Less than \$75,000 (\$50,000 to less than \$75,000)
8: \$75,000 or more
77: Don't know/Not sure
99: Refused

- 12.10. About how much do you weigh without shoes?
___ Weight in pounds
777: Don't know/Not sure
999: Refused

12.11. About how tall are you without shoes?

- ___ Height ft/inches
- 777: Don't know/Not sure
- 999: Refused

12.12. Do you have more than one telephone number in your household? Do not include cell phones or numbers that are only used by a computer or fax machine.

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

12.13. How many of these are residential numbers?

- ___ Residential telephone numbers [6=6 or more]
- 7: Don't know/Not sure
- 9: Refused

12.14. Indicate sex of respondent. Ask only if necessary

- 1: Male
- 2: Female

12.15. To your knowledge, are you now pregnant?

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

Section 13: Family Planning

The next few questions ask about pregnancy and ways to prevent pregnancy.

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

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

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

- 1: Tubes tied (sterilization)
- 2: Vasectomy (sterilization)
- 3: Pill
- 4: Condoms

- 5: Foam, jelly, cream
- 6: Diaphragm
- 7: Norplant
- 8: IUD
- 9: Shots (Depo-Provera)
- 10: Withdrawal
- 11: Not having sex at certain times (rhythm)
- 12: No partner/Not sexually active
- 13: Other method(s)
- 77: Don't know/not sure
- 99: Refused

13.3. What other method are you also using to prevent pregnancy?

- 1: Tubes tied (sterilization)
- 2: Vasectomy (sterilization)
- 3: Pill
- 4: Condoms
- 5: Foam, jelly, cream
- 6: Diaphragm
- 7: Norplant
- 8: IUD
- 9: Shots (Depo-Provera)
- 10: Withdrawal
- 11: Not having sex at certain times (rhythm)
- 12: No partner/Not sexually active
- 13: Other methods(s)
- 87: No other method(s)
- 77: Don't know/not sure
- 99: Refused

13.4. [FEMALES] What is your main reason for not doing anything to keep you from getting pregnant? [MALES] What is your main reason for not doing anything to keep your partner from getting pregnant?

- 1: Not sexually active/no partner
- 2: Didn't think was going to have sex/no regular partner
- 3: You want a pregnancy
- 4: You or your partner don't want to use birth control
- 5: You or your partner don't like birth control/fear side effects
- 6: You can't pay for birth control
- 7: Lapse in use of a method
- 8: Don't think you or your partner can get pregnant
- 9: You or your partner had tubes tied (sterilization)
- 10: You or your partner had a vasectomy (sterilization)
- 11: You or your partner had a hysterectomy
- 12: You or your partner are too old
- 13: You or your partner are currently breast-feeding
- 14: You or your partner just had a baby/postpartum
- 15: Other reason
- 16: Don't care if get pregnant

- 18: Partner is pregnant now
- 77: Don't know/not sure
- 99: Refused

Section 14: Women's Health

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

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

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

- 1: Within the past year (anytime less than 12 months ago)
- 2: Within the past 2 years (1 year but less than 2 years ago)
- 3: Within the past 3 years (2 years but less than 3 years ago)
- 4: Within the past 5 years (3 years but less 5 years ago)
- 5: 5 or more years ago
- 7: Don't know/Not sure
- 9: Refused

14.3. A clinical breast exam is when a doctor, nurse or other health professional feels the breast for lumps. Have you ever had a clinical breast exam?

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

14.4. How long has it been since your last breast exam?

- 1: Within the past year (anytime less than 12 months ago)
- 2: Within the past 2 years (1 year but less than 2 years ago)
- 3: Within the past 3 years (2 years but less than 3 years ago)
- 4: Within the past 5 years (3 years but less 5 years ago)
- 5: 5 or more years ago
- 7: Don't know/Not sure
- 9: Refused

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

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

14.6. How long has it been since you had your last Pap smear?

- 1: Within the past year (anytime less than 12 months ago)
- 2: Within the past 2 years (1 year but less than 2 years ago)
- 3: Within the past 3 years (2 years but less than 3 years ago)
- 4: Within the past 5 years (3 years but less 5 years ago)

- 5: 5 or more years ago
- 7: Don't know/Not sure
- 9: Refused

14.7. Have you had a hysterectomy?

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

Section 15: Prostate Cancer Screening

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

- 1: Yes
- 2: No
- 7: Don't Know/not Sure
- 9: Refused

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

- 1: Within the past year (anytime less than 12 months ago)
- 2: Within the past 2 years (1 year but less than 2 years ago)
- 3: Within the past 3 years (2 years but less than 3 years ago)
- 4: Within the past 5 years (3 years but less 5 years ago)
- 5: 5 or more years ago
- 7: Don't know
- 9: Refused

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

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

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

- 1: Within the past year (anytime less than 12 months ago)
- 2: Within the past 2 years (1 year but less than 2 years ago)
- 3: Within the past 3 years (2 years but less than 3 years ago)
- 4: Within the past 5 years (3 years but less 5 years ago)
- 5: 5 or more years ago
- 7: Don't know/Not sure
- 9: Refused

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

- 1: Yes
- 2: No

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

Section 16: Colorectal Cancer Screening

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

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

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

- 1: Within the past year (anytime less than 12 months ago)
- 2: Within the past 2 years (1 year but less than 2 years ago)
- 3: Within the past 3 years (2 years but less than 3 years ago)
- 4: Within the past 5 years (3 years but less 5 years ago)
- 5: 5 or more years ago
- 7: Don't know/Not sure
- 9: Refused

16.3. 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?

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

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

- 1: Within the past year (anytime less than 12 months ago)
- 2: Within the past 2 years (1 year but less than 2 years ago)
- 3: Within the past 3 years (2 years but less than 3 years ago)
- 4: Within the past 5 years (3 years but less 5 years ago)
- 5: 5 or more years ago
- 5: 10 or more years ago
- 7: Don't know/Not sure
- 9: Refused

Section 17: HIV/AIDS

The next few questions are about the national health problem of HIV, the virus that causes AIDS. Please remember that your answers are strictly confidential and that you don't have to answer every question if you don't want to.

I'm going to read two statements about HIV, the virus that causes AIDS. After I read

each one, please tell me whether you think it is true or false, or if you don't know.

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

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

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

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

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

Would you say:

- 1: Very important
- 2: Somewhat important
- 3: Not at all important
- 7: Don't know/Not sure
- 9: Refused

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

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

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

Code month and year

- 777777: Don't know/Not sure
- 999999: Refused

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

Reason code

- 1: It was required
- 2: Someone suggested you should be tested
- 3: You thought you may have gotten HIV through sex or drug use
- 4: You just wanted to find out whether you had HIV
- 5: You were worried that you could give HIV to someone
- 6: IF FEMALE: You were pregnant
- 7: It was done as part of a routine medical check-up
- 8: Or you were tested for some other reason
- 77: Don't Know/Not Sure

99: Refused

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

- ___ Facility code
- 1: Private doctor or HMO
 - 2: Counseling and testing site
 - 3: Hospital
 - 4: Clinic
 - 5: In a jail or prison (or other correctional facility)
 - 6: Home
 - 7: Somewhere else
 - 77: Don't Know/Not Sure
 - 99: Refused

17.8 I'm going to read you a list. When I'm done, please tell me if any of the situations apply to you. You don't need to tell me which one.

- 1: You have used intravenous drugs in the past year
- 2: You have been treated for a sexually transmitted or venereal disease in the past year
- 3: You have given or received money or drugs in exchange for sex in the past year
- 4: You had anal sex without a condom in the past year

Do any of these situations apply to you?

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

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

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

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

Section 18: Firearms

The next three questions are about firearms. We are asking these in a health survey because of our interest in firearm-related injuries.

Please include weapons such as pistols, shotguns, and rifles; but not BB guns, starter pistols, or guns that cannot fire. Include those kept in a garage, outdoor storage area, or motor vehicle.

18.1. Are any firearms kept in or around your home?

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

18.2. Are any of these firearms now loaded?

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

18.3. Are any of these loaded firearms also unlocked? By unlocked we mean you do not need a key or combination to get the gun or to fire it. We don't count a safety as a lock.

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

Module 1: Diabetes

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

- ___ Code age in years [97 = 97 and older]
- 98: Don't know/Not sure
 - 99: Refused

2. Are you now taking insulin?

- 1: Yes
- 2: No
- 9: Refused

3. Are you now taking diabetes pills?

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

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

- 1: ___ Times per day
- 2: ___ Times per week
- 3: ___ Times per month
- 4: ___ Times per year
- 888: Never
- 777: Don't know/Not sure
- 999: Refused

5. About how often do you check your feet for any sores or irritations? Include times

when checked by a family member or friend, but do not include times when checked by a health professional.

- 1: ___ Times per day
- 2: ___ Times per week
- 3: ___ Times per month
- 4: ___ Times per year
- 888: Never
- 555: No feet
- 777: Don't know/Not sure
- 999: Refused

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

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

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

- ___ Number of times [76 = 76 or more]
- 88: None
- 77: Don't know/Not sure
- 99: 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 [76 = 76 or more]
- 88: None
- 98: Never heard of hemoglobin "A one C" test
- 77: Don't know/Not sure
- 99: Refused

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

- ___ Number of times [76 = 76 or more]
- 88: None
- 77: Don't know/Not sure
- 99: Refused

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

- 1: Within the past month (anytime less than 1 month ago)
- 2: Within the past year (1 month but less than 12 months ago)
- 3: Within the past 2 years (1 year but less than 2 years ago)
- 4: 2 or more years ago
- 8: Never
- 7: Don't know/Not sure
- 9: Refused

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

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

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

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

Module 5: Healthy Days - Health-Related Quality of Life

Earlier, I asked you to rate your general health as excellent, very good, good, fair, or poor.

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

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

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

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

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

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

Module 9: Childhood Asthma

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

- ___ Number of children
- 88: None
- 77: Don't know/Not sure

99: Refused

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

___ Number of children

88: None

77: Don't know/Not sure

99: Refused

Module 10: Heart Attack and Stroke

Now I would like to ask you about your knowledge of the signs and symptoms of a heart attack and stroke.

1. Which of the following do you think is a symptom of a heart attack. For each, tell me yes, no, or you're not sure.

a. Do you think pain or discomfort in the jaw, neck, or back are symptoms of a heart attack?

1: Yes

2: No

7: Don't know/Not sure

9: Refused

b. Do you think feeling weak, lightheaded, or faint are symptoms of a heart attack?

1: Yes

2: No

7: Don't know/Not sure

9: Refused

c. (Do you think) chest pain or discomfort (are symptoms of a heart attack?)

1: Yes

2: No

7: Don't know/Not sure

9: Refused

d. (Do you think) sudden trouble seeing in one or both eyes (is a symptom of a heart attack?)

1: Yes

2: No

7: Don't know/Not sure

9: Refused

e. (Do you think) pain or discomfort in the arms or shoulder (are symptoms of a heart attack?)

1: Yes

2: No

7: Don't know/Not sure

9: Refused

f. (Do you think) shortness of breath (is a symptom of a heart attack?)

1: Yes

2: No

7: Don't know/Not sure

9: Refused

2. Which of the following do you think is a symptom of a stroke. For each, tell me yes, no, or you're not sure.

a. Do you think sudden confusion or trouble speaking are symptoms of a stroke?

1: Yes

2: No

7: Don't know/Not sure

9: Refused

b. Do you think sudden numbness or weakness of face, arm, or leg, especially on one side, are symptoms of a stroke?

1: Yes

2: No

7: Don't know/Not sure

9: Refused

c. (Do you think) sudden trouble seeing in one or both eyes (is a symptom of a stroke?)

1: Yes

2: No

7: Don't know/Not sure

9: Refused

d. (Do you think) sudden chest pain or discomfort (are symptoms of a stroke?)

1: Yes

2: No

7: Don't know/Not sure

9: Refused

e. (Do you think) sudden trouble walking, dizziness, or loss of balance (are symptoms of a stroke?)

1: Yes

2: No

7: Don't know/Not sure

9: Refused

f. (Do you think) severe headache with no known cause (is a symptom of a stroke?)

1: Yes

2: No

7: Don't know/Not sure

9: Refused

3. If you thought someone was having a heart attack or a stroke, what is the first thing you would do?

1: Take them to the hospital

2: Tell them to call their doctor

- 3: Call 911
- 4: Call their spouse or a family member
- 5: Do something else
- 7: Don't know/Not sure
- 9: Refused

Module 11: Cardiovascular Disease

1. To lower your risk of developing heart disease or stroke, are you....
 - a. Eating fewer high fat or high cholesterol foods?
 - 1: Yes
 - 2: No
 - 7: Don't know/Not sure
 - 9: Refused
 - b. Eating more fruits and vegetables?
 - 1: Yes
 - 2: No
 - 7: Don't know/Not sure
 - 9: Refused
 - c. More physically active?
 - 1: Yes
 - 2: No
 - 7: Don't know/Not sure
 - 9: Refused
2. Within the past 12 months, has a doctor, nurse, or other health professional told you to...
 - a. Eat fewer high fat or high cholesterol foods?
 - 1: Yes
 - 2: No
 - 7: Don't know/Not sure
 - 9: Refused
 - b. Eat more fruits and vegetables?
 - 1: Yes
 - 2: No
 - 7: Don't know/Not sure
 - 9: Refused
 - c. Be more physically active?
 - 1: Yes
 - 2: No
 - 7: Don't know/Not sure
 - 9: Refused
3. Has a doctor, nurse or other health professional ever told you that you had any of the

following?

- a. A heart attack, also called a myocardial infarction
 - 1: Yes
 - 2: No
 - 7: Don't know/Not sure
 - 9: Refused
- b. Angina or coronary heart disease
 - 1: Yes
 - 2: No
 - 7: Don't know/Not sure
 - 9: Refused
- c. A stroke
 - 1: Yes
 - 2: No
 - 7: Don't know/Not sure
 - 9: Refused
4. At what age did you have your first heart attack?
 - ___ Code age in years
 - 7: Don't know/Not sure
 - 9: Refused
5. At what age did you have your first stroke?
 - ___ Code age in years
 - 7: Don't know/Not sure
 - 9: Refused
6. After you left the hospital following your heart attack or stroke did you go to any kind of outpatient rehabilitation? This is sometimes called "rehab."
 - 1: Yes
 - 2: No
 - 7: Don't know/Not sure
 - 9: Refused
7. Do you take aspirin daily or every other day?
 - 1: Yes
 - 2: No
 - 7: Don't know/Not sure
 - 9: Refused
8. Do you have a health problem or condition that makes taking aspirin unsafe for you?
 - 1: Yes, not stomach related
 - 2: Yes, stomach problems
 - 3: No
 - 7: Don't know/Not sure
 - 9: Refused

9. Why do you take aspirin...

- a. To relieve pain?
- 1: Yes
 - 2: No
 - 7: Don't know/Not sure
 - 9: Refused
- b. To reduce the chance of a heart attack?
- 1: Yes
 - 2: No
 - 7: Don't know/Not sure
 - 9: Refused
- c. To reduce the chance of a stroke?
- 1: Yes
 - 2: No
 - 7: Don't know/Not sure
 - 9: Refused

State Added: Child Health Insurance Questions 2002

SA3: My next questions are about children's health. I would like to ask questions about the child in your household who had the most recent birthday and is under 18 years old

What is this (CHILD)'s age?

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

SA4. What type of health care coverage pays for most of this child's medical care? Is it coverage through:

- ___ Coverage Code
- 1: Parent's or guardian's employer
 - 2: A plan that the parent or guardian buys on his own
 - 3: Medicaid or Medical Assistance or Denali KidCare
 - 4: The military, CHAMPUS, TriCare, or the VA [or CHAMP-VA]
 - 5: The Indian Health Service (Alaska Native Health Service, Native Health Corporation or Native Health Facility)
 - 6: A group plan through a parent's or guardian's previous employer or retirement plan
 - 7: Some other source
 - 88: None
 - 77: Don't know/Not sure
 - 99: Refused

SA5. 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:

- ___ Coverage code
- 1: Parent's or guardian's employer
 - 2: A plan that the parent or guardian buys on his own
 - 3: Medicaid or Medical Assistance or Denali KidCare
 - 4: The military, CHAMPUS, TriCare, or the VA [or CHAMP-VA]
 - 5: The Indian Health Service (Alaska Native Health Service, Native Health Corporation or Native Health Facility)
 - 6: A group plan through a parent's or guardian's previous employer or retirement plan
 - 7: Some other source
 - 88: None
 - 77: Don't know/Not sure
 - 99: Refused

SA6. During the past 12 months, was there any time that this child did not have any health insurance or coverage?

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

SA7. About how long has it been since this child had health care coverage?

- 1: Within the past 6 months (1 to 6 months ago)
- 2: Within the past year (6 to 12 months ago)
- 3: Within the past 2 years (1 to 2 years ago)
- 4: Within the past 5 years (2 to 5 years ago)
- 5: 5 or more years ago
- 7: Don't know/Not sure
- 8: Never
- 9: Refused

SA8. About how long has it been since this child last visited a doctor for a routine checkup or physical examination?

- 1: Within the past 6 months (1 to 6 months ago)
- 2: Within the past year (6 to 12 months ago)
- 3: Within the past 2 years (1 to 2 years ago)
- 4: Within the past 5 years (2 to 5 years ago)
- 5: 5 or more years ago
- 7: Don't know/Not sure
- 8: Never
- 9: Refused

SA9. Was there a time during the last 12 months when this child needed to see a doctor, but could not because of the cost?

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

State Added: Child Dental

SA10. A routine dental exam or periodic check up 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?

- 1: Within the past 6 months (1 to 6 months ago)
- 2: Within the past year (6 to 12 months ago)
- 3: Within the past 2 years (1 to 2 years ago)
- 4: Within the past 5 years (2 to 5 years ago)
- 5: 5 or more years ago
- 8: Don't know/Not sure
- 9: Refused

SA11. What is the main reason that your child has not visited the dentist for a routine check up in the past year

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

Appendix H: 2003 BRFSS questions

Section 1: Health Status

1.1 Would you say that in general your health is:

- 1: Excellent
- 2: Very good
- 3: Good
- 4: Fair
- 5: Poor
- 7: Don't know / Not sure
- 9: Refused

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

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

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

- 1: Yes, only one

- 2: More than one
- 3: No
- 7: Don't know / Not sure
- 9: Refused

2.3 Was there a time in the past 12 months when you needed to see a doctor but could not because of the cost?

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

Section 3: Exercise

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

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

Section 4: Diabetes

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

- 1: Yes
- 2: Yes, but female told only during pregnancy
- 3: No
- 7: Don't know / Not sure
- 9: Refused

Section 5: Hypertension Awareness

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

- 1: Yes
- 2: Yes, but female told only during pregnancy
- 3: No
- 7: Don't know / Not sure
- 9: Refused

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

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

Section 6: Cholesterol Awareness

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

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

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

- 1: Within the past year (anytime less than 12 months ago)
- 2: Within the past 2 years (1 year but less than 2 years ago)
- 3: Within the past 5 years (2 years but less than 5 years ago)
- 4: 5 or more years ago
- 7: Don't know / Not sure
- 9: Refused

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

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

Section 7: Fruits and Vegetables

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

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

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

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

7.3 How often do you eat green salad?

- 1: ___ Per day
- 2: ___ Per week
- 3: ___ Per month
- 4: ___ Per year

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

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

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

7.5 How often do you eat carrots?

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

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

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

Section 8: Weight Control

8.1 Are you now trying to lose weight?

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

8.2 Are you now trying to maintain your current weight that is to keep from gaining weight?

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

8.3 Are you eating either fewer calories or less fat to lose weight? Or keep from gaining weight?

- 1: Yes, fewer calories
- 2: Yes, less fat
- 3: Yes, fewer calories and less fat
- 4: No
- 7: Don't know / Not sure
- 9: Refused

8.4 Are you using physical activity or exercise to lose weight? Or keep from gaining weight?

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

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

- 1: Yes, lose weight
- 2: Yes, gain weight
- 3: Yes, maintain current weight
- 4: No
- 7: Don't know / Not sure
- 9: Refused

Section 9: Asthma

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

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

9.2 Do you still have asthma?

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

Section 10: Immunization

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

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

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

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

Section 11: Tobacco Use

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

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

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

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

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

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

Section 12: Alcohol Consumption

12.1 A drink of alcohol is 1 can or bottle of beer, 1 glass of wine, 1 can or bottle of wine cooler, 1 cocktail, or 1 shot of liquor. During the past 30 days, how many days per week or per month did you have at least one drink of any alcoholic beverage?

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

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

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

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

___ Number of times

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

Section 13: Excess Sun Exposure

The next question is about sunburns including anytime that even a small part of your skin was red for more than 12 hours.

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

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

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

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

Section 14: Demographics

14.1 What is your age?

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

14.2 Are you Hispanic or Latino?

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

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

- 1: White
- 2: Black or African American
- 3: Asian
- 4: Native Hawaiian or Other Pacific Islander

- 5: American Indian, Alaska Native
- 6: Other [specify] _____
- 8: No Additional choices
- 7: Don't know / Not sure
- 9: Refused

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

- 1: White
- 2: Black or African American
- 3: Asian
- 4: Native Hawaiian or Other Pacific Islander
- 5: American Indian or Alaska Native
- 6: Other [specify] _____
- 7: Don't know / Not sure
- 9: Refused

14.5 Are you?

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

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

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

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

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

14.8 Are you currently?

- 1: Employed for wages
- 2: Self-employed
- 3: Out of work for more than 1 year
- 4: Out of work for less than 1 year
- 5: A Homemaker
- 6: A Student
- 7: Retired
- 8: Unable to work
- 9: Refused

14.9 Is your annual household income from all sources?

- 4: Less than \$25,000 (\$20,000 to less than \$25,000)
- 3: Less than \$20,000 (\$15,000 to less than \$20,000)
- 2: Less than \$15,000 (\$10,000 to less than \$15,000)
- 1: Less than \$10,000
- 5: Less than \$35,000 (\$25,000 to less than \$35,000)
- 6: Less than \$50,000 (\$35,000 to less than \$50,000)
- 7: Less than \$75,000 (\$50,000 to less than \$75,000)
- 8: \$75,000 or more
- 77: Don't know / Not sure
- 99: Refused

14.10 About how much do you weigh without shoes?

- ___ Weight pounds
- 777: Don't know / Not sure
- 999: Refused

14.11 How much would you like to weigh?

- ___ Weight pounds
- 777: Don't know / Not sure
- 999: Refused

14.12 About how tall are you without shoes?

- ___ / ___ Height
- ft / inches
- 777: Don't know / Not sure
- 999: Refused

14.13 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.

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

14.14 How many of these phone numbers are residential numbers?

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

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

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

14.16 Indicate sex of respondent. Ask only if necessary.

- 1: Male
- 2: Female

14.17 To your knowledge, are you now pregnant?

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

Section 15: Arthritis

15.1 The next questions refer to your joints. Please do NOT include the back or neck. DURING THE PAST 30 DAYS, have you had any symptoms of pain, aching, or stiffness in or around a joint?

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

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

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

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

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

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

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

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

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

15.6 In this next question we are referring to work for pay. Do arthritis or joint symptoms now affect whether you work, the type of work you do, or the amount of work you do?

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

Section 16: Falls

The next question asks about a recent fall. By a fall, we mean when a person unintentionally comes to rest on the ground or another lower level.

16.1 In the past 3 months, have you had a fall?

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

16.2 Were you injured? By injured, we mean the fall caused you to limit your regular activities for at least a day or to go see a doctor.

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

Section 17: Disability

The following questions are about health problems or impairments you may have.

17.1 Are you limited in anyway in any activities because of physical, mental, or emotional problems?

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

17.2 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?

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

Section 18: Physical Activity

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

- 1: Mostly sitting or standing
- 2: Mostly walking
- 3: Mostly heavy labor or physically demanding work
- 7: Don't know / Not sure
- 9: Refused

We are interested in two types of physical activity – vigorous and moderate. Vigorous activities cause large increases in breathing or heart rate while moderate activities cause small increases in breathing or heart rate.

18.2 Now, thinking about the moderate activities you do when you are not working in a usual week, do you do moderate activities for at least 10 minutes at a time, such as brisk walking, bicycling, vacuuming, gardening, or anything else that causes some increase in breathing or heart rate?

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

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

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

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

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

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

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

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

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

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

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

Section 19: Veteran's Status

The next question relates to military service in the United States Armed Forces, either in the regular military or in a National Guard or Reserve unit.

19.1 Have you ever served on active duty in the United States Armed Forces, either in the regular military or in a National Guard or military reserve unit?

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

19.2 Which of the following best describes your service in the United States military?

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

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

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

Section 20: HIV / AIDS

The next few questions are about the national health problem of HIV, the virus that causes AIDS. Please remember that your answers are strictly confidential and that you don't have to answer every question if you don't want to.

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

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

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

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

- 1: True
- 2: False

7: Don't know / Not Sure

9: Refused

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

- 1: Very important
- 2: Somewhat important
- 3: Not at all important
- 8: Depends on risk
- 7: Don't know / Not sure
- 9: Refused

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

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

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

- Code month and year
 777777: Don't know / Not sure
 999999: Refused

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

- 1: It was required
- 2: Someone suggested you should be tested
- 3: You thought you may have gotten HIV through sex or drug use
- 4: You just wanted to find out whether you had HIV
- 5: You were worried that you could give HIV to someone
- 6: IF FEMALE: You were pregnant
- 7: It was done as a part of a routine medical check-up
- 8: Or you were tested for some other reason
- 77: Don't know / Not sure
- 99: Refused

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

- 1: Private doctor or HMO
- 2: Counseling and testing site
- 3: Hospital
- 4: Clinic
- 5: In a jail or prison (or other correctional facility)
- 6: Home
- 7: Somewhere else
- 77: Don't know / Not sure
- 99: Refused

20.8 I'm going to read you a list. When I'm done, please tell me if any of the situations apply to you. You don't need to tell me which one.

- You have used intravenous drugs in the past year
- You have been treated for a sexually transmitted or venereal disease in the past year
- You have given or received money or drugs in exchange for sex in the past year
- You had anal sex without a condom in the past year

Do any of these situations apply to you?

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

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

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

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

Module 1: Diabetes

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

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

2. Are you now taking insulin?

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

3. Are you now taking diabetes pills?

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

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

- 1: ___ Times per day
- 2: ___ Times per week
- 3: ___ Times per month

- 4: ___ Times per year
- 888: Never
- 777: Don't know / Not sure
- 999: Refused

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

- 1: ___ Times per day
- 2: ___ Times per week
- 3: ___ Times per month
- 4: ___ Times per year
- 888: Never
- 555: No feet
- 777: Don't know / Not sure
- 999: Refused

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

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

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

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

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

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

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

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

- 1: Within the past month (anytime less than 1 month ago)

- 2: Within the past year (1 month but less than 12 months ago)
- 3: Within the past 2 years (1 year but less than 2 years ago)
- 4: 2 or more years ago
- 8: Never
- 7: Don't know / Not sure
- 9: Refused

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

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

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

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

Module 2: Cardiovascular Disease

1. To lower your risk of developing heart disease or stroke, are you...

a. Eating fewer high fat or high cholesterol foods?

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

b. Eating more fruits and vegetables?

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

c. More physically active?

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

2. Within the past 12 months, has a doctor, nurse, or other health professional told you to...

a. Eat fewer high fat or high cholesterol foods?

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

b. Eat more fruits and vegetables?

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

c. Be more physically active?

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

3. Has a doctor, nurse or other health professional ever told you that you had any of the following?

a. Heart attack, also called a myocardial infarction.

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

b. Angina or coronary heart disease

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

c. A stroke

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

4. At what age did you have your first heart attack?

10 Code ages 10 years or less

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

5. At what age did you have your first stroke?

10 Code ages 10 years or less

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

6. After you left the hospital following your heart attack or stroke), did you go to any kind of outpatient rehabilitation? This is sometimes called "rehab."

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

7. Do you take aspirin daily or every other day?

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

8. Do you have a health problem or condition that makes taking aspirin unsafe for you?

- 1: Yes, not stomach related
- 2: Yes, stomach problems
- 3: No
- 7: Don't know / Not sure
- 9: Refused

9. Why do you take aspirin...

a. To relieve pain?

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

b. To reduce the chance of a heart attack?

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

c. To reduce the chance of a stroke?

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

State Added: Child Health Insurance

SA3: My next questions are about children's health. I would like to ask questions about the child in your household who had the most recent birthday and is under 18 years old

What is this (CHILD)'s age?

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

SA4. What type of health care coverage pays for most of this child's medical care? Is it coverage through:

- ___ Coverage Code
- 1: Parent's or guardian's employer
- 2: A plan that the parent or guardian buys on his own
- 3: Medicaid or Medical Assistance or Denali KidCare
- 4: The military, CHAMPUS, TriCare, or the VA [or CHAMP-VA]
- 5: The Indian Health Service (Alaska Native Health Service, Native Health Corporation or Native Health Facility)
- 6: A group plan through a parent's or guardian's previous employer or retirement plan
- 7: Some other source
- 88: None
- 77: Don't know/Not sure
- 99: Refused

SA5. 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:

- ___ Coverage code
- 1: Parent's or guardian's employer
- 2: A plan that the parent or guardian buys on his own
- 3: Medicaid or Medical Assistance or Denali KidCare
- 4: The military, CHAMPUS, TriCare, or the VA [or CHAMP-VA]
- 5: The Indian Health Service (Alaska Native Health Service, Native Health Corporation or Native Health Facility)
- 6: A group plan through a parent's or guardian's previous employer or retirement plan
- 7: Some other source
- 88: None
- 77: Don't know/Not sure
- 99: Refused

SA6. During the past 12 months, was there any time that this child did not have any health insurance or coverage?

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

SA7. About how long has it been since this child had health care coverage?

- 1: Within the past 6 months (1 to 6 months ago)
- 2: Within the past year (6 to 12 months ago)
- 3: Within the past 2 years (1 to 2 years ago)
- 4: Within the past 5 years (2 to 5 years ago)
- 5: 5 or more years ago
- 7: Don't know/Not sure
- 8: Never
- 9: Refused

SA8. About how long has it been since this child last visited a doctor for a routine checkup or physical examination?

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

SA9. Was there a time during the last 12 months when this child needed to see a doctor, but could not because of the cost?

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



**Visit the Alaska Behavioral Risk Factor Surveillance Survey website at:
www.hss.state.ak.us/dph/chronic/hsl/brfss/**

**Visit the Centers for Disease Control and Prevention website at:
www.cdc.gov/brfss**



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