

# Health Risk Behaviors of Kansans 1998

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Bill Graves, Governor

Kansas Department of Health and Environment  
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**Kansas Department of Health and Environment  
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The survey staff extends their thanks to the residents of Kansas who participated in the survey. The information gathered during the survey will serve as a basis for evaluating our progress toward achievement of the Kansas Department of Health and Environment's mission to protect and improve the health and environment of Kansans.

The BHP welcomes comments and suggestions on the content and format of this report and on the data reported. Additional statistics not contained in this report may be available upon request. Please direct all comments, questions, and requests to:

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# EXECUTIVE SUMMARY

To determine risk factors for chronic and communicable diseases and injuries, the Kansas Department of Health and Environment utilizes the Behavioral Risk Factor Surveillance System (BRFSS) to conduct a representative state-wide telephone survey of Kansas residents, aged 18 and older. Throughout the 1998 calendar year, 3,803 Kansans were surveyed to assess their knowledge, attitudes, health behaviors, and other factors that contribute to injury, disability, disease, and premature death in Kansas. Highlights from the Kansas 1998 Behavioral Risk Factor Survey are presented below.

## Health Status

Percentage reporting that in general their health was fair or poor ..... 12%

## Health Care Coverage

Percentage reporting no health insurance nor other health care coverage ..... 8%

Percentage unable to see a doctor due to cost during the past 12 months ..... 7%

## Overweight

Percentage overweight ..... 32%

## Diabetes

Percentage ever told they had diabetes (except during pregnancy only) ..... 4%

## Tobacco

Percentage who currently smoke cigarettes ..... 21%

Percentage of non-smokers exposed to passive smoke in their households ..... 5%

## Physical Activity

Percentage not engaging in at least 20 minutes of leisure time physical activity  
at least three times per week ..... 67%

Percentage not engaging in at least 30 minutes of leisure time physical activity  
at least five times per week ..... 86%

## Breast and Cervical Cancer Screening

Percentage of women ages 40 and older who have not had a mammogram  
in the past two years ..... 28%

## Behavioral Risk Factor Surveillance System

---

|   |     |
|---|-----|
| Percentage of women ages 20 to 39 who have not had a clinical breast exam in the past three years or age 40 and older who have not had a clinical breast exam in the past two years ..... | 18% |
| Percentage of women ages 40 and over who have not had both a mammogram and a clinical breast exam in the past two years .....   | 35% |
| Percentage of women with a uterine cervix who have not had a pap smear within the past two years .....  | 17% |

### HIV Infection

|   |    |
|---|----|
| Percentage who consider their risk for contracting HIV is medium or high..... | 5% |
|---|----|

### Activity Limitation and Quality of Life

|  |     |
|--|-----|
| Percentage with any limitation in activities due to an impairment or health problem.....             | 13% |
| Percentage with 14 or more days where pain made it hard to do usual activities.....                  | 6%  |
| Percentage with 14 or more days during which they felt sad, blue or depressed.....                   | 7%  |
| Percentage with 14 or more days during which they felt worried, tense or anxious .....               | 11% |
| Percentage with 14 or more days during which they did not get enough rest or sleep .....             | 23% |
| Percentage with 14 or more days during which they did not feel very healthy and full of energy ..... | 26% |

### Injury

|   |     |
|---|-----|
| Percentage who suffered an injury that kept them from doing regular activities for at least one day ... | 10% |
|---|-----|

### Asthma

|  |    |
|--|----|
| Percentage ever told by a doctor that they have asthma ..... | 8% |
|--|----|

### Hand Washing

|  |     |
|--|-----|
| Percentage not always washing hands after toileting..... | 23% |
|--|-----|

### Folic Acid

|  |     |
|--|-----|
| Percentage who do not know that taking folic acid prevents birth defects ..... | 55% |
|--|-----|

# INTRODUCTION

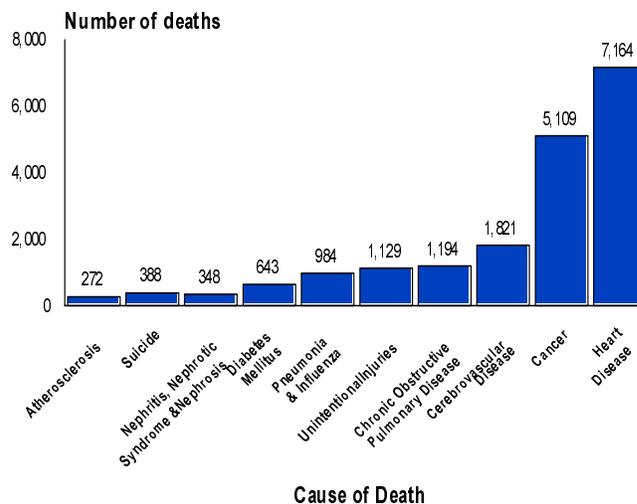
Approximately half of all deaths in the United States and in Kansas can be attributed to just nine factors: tobacco; diet/activity patterns; alcohol; microbial agents; toxic agents; firearms; sexual behavior; motor vehicles; and illicit use of drugs<sup>1</sup>. (Fig 1). A substantial portion of morbidity and premature death could be prevented through reduction in the behaviors which increase the risk for disease or injury, modification of the environment in which we live, and appropriate use of preventive health services. It has been estimated that 80% of the factors leading to premature death are modifiable (Fig 2). Consequently, making substantial improvements in health outcomes (illness, death, injury, and disability) requires improving health behaviors. Community efforts to improve health depend on measurement of both health outcomes and health behaviors to effectively design and measure the impact of local health intervention efforts.

Health outcomes can be measured in medical records and vital records, such as birth certificates and death certificates, but measuring the behaviors that have such a profound impact on health requires either observing what people do or asking them what they do. Structured interviewing (i.e., surveying) of large numbers of individuals randomly selected from the population (sampling) has been the most commonly employed and most economical method for measuring behavior.

While national prevalence estimates of health risk behaviors had been available prior to the early 1980's through studies conducted by the National Center for Health Statistics (e.g., National Health and Nutrition Examination Surveys; National Health Interview Survey), these data were not available at the state level. It was recognized that national data may not be applicable to any given state, yet states have the constitu-

Figure 1

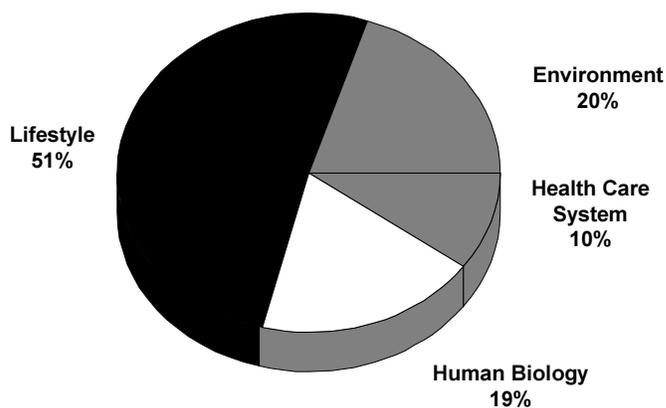
**Ten Leading Causes of Death Among Kansans in 1998**



Kansas Vital Statistics, 1998

Figure 2

**Factors Contributing to Premature Death (Before Age 75)**



Source: Centers for Disease Control, 1990

tional responsibility for promoting and protecting the health of the population. The Behavioral Risk Factor Surveillance System (BRFSS) was established in 1984 by the Centers for Disease Control and Prevention to provide state-level data on behavioral health risks and preventive health practices.

The Behavioral Risk Factor Surveillance System, which is coordinated and partially funded by the Centers for Disease Control and Prevention, is the largest continuously conducted telephone survey in the world. It is conducted in every state, the District of Columbia, and several United States territories. The first BRFSS survey in Kansas was conducted as a point-in-time survey in 1990, and Kansas has conducted the BRFSS survey annually since 1992.

<sup>1</sup>McGinnis, J.M.& Foege, W.H. (1993). *Actual causes of death in the United States*. Journal of the American Medical Association, 270, 2207-2212.

# METHODOLOGY

## **SAMPLING**

The 1998 Kansas Behavioral Risk Factor Surveillance System survey was conducted using disproportionate stratified sampling methodology. This method of probability sampling involves assigning sets of one hundred telephone numbers with the same area code, prefix, and first two digits of the suffix and all possible combinations of the last two digits (“hundred blocks”) into two strata. Those hundred blocks that have at least one known household number are designated high density (also called “one-plus blocks”); hundred blocks with no known household numbers are designated low density (“zero blocks”). The high density stratum is sampled at a rate four times higher than the low density stratum, resulting in greater efficiency. Approximately the same number of persons are called each month throughout the calendar year to reduce bias caused by seasonal variation of health risk behaviors.

Potential working telephone numbers were dialed during three separate calling periods (daytime, evening, and weekends) for a total of 15 call attempts before being replaced. Upon reaching a valid household number, one household member aged 18 years or older was randomly selected using the Kish respondent selection procedure (Kish, 1965). If the selected respondent was not available, an appointment was made to call at a later time or date. If the selected respondent could not be reached during the survey calling period or refused to participate on three separate occasions, that telephone number was replaced.

## **DATA COLLECTION**

Adult Kansas residents were interviewed by telephone using a standardized questionnaire developed and field tested by the Centers for Disease Control and Prevention (CDC). The questionnaire consisted of core survey questions, CDC optional modules, and state-added questions. Core questions pertained to self-perceived health status, health care access, diabetes diagnosis, physical activity, tobacco use, fruits and vegetables consumption, weight control, breast cancer screening, cervical cancer screening, HIV/AIDS, and demographics. CDC optional modules pertained to diabetes, family planning (asked of females), disability, and quality of life. State-added questions pertained to injury history, asthma, passive smoke exposure, children’s lead exposure, dental sealants, chickenpox, folic acid, family planning (asked of males), reasons for lack of health care coverage, and hand washing.

## **WEIGHTING PROCEDURE**

Weighting factors were added to each record to produce prevalence estimates in which biases due to unequal selection probability and non-response differences between demographic groups are reduced. Specifically, weighting was used to adjust for the number of telephone numbers per household, the number of adults per household, and for differences in response based on age and sex. Postcensal population estimates from 1998 obtained from Claritas, Inc. were used to weight the data. Table 1 (page 13) shows a comparison of the unweighted sample, the weighted sample, and the 1998 postcensal population estimates by demographic groups. Table 2 (page 14) shows comparisons between the unweighted sample and the weighted sample by additional demographic factors. All percentages in this report were calculated using weighted data.

### **DATA ANALYSIS**

Prevalence estimates for health factors were calculated and presented in this report as percentages. Definitions for each health factor are provided in the corresponding chapters. In all definitions, respondents who answered “don’t know/not sure” or “refused” were excluded from the analysis of that particular factor. Certain other respondents were excluded from some health factor definitions as well. For example, when calculating the prevalence of high blood cholesterol, only respondents who reported that they had ever had their blood cholesterol checked were included in the calculation. Standard errors were calculated with SUDAAN software. Ninety-five percent confidence intervals were obtained using the following formula: 95% CI = prevalence estimate  $\pm$  1.96 x standard error.

## LIMITATIONS

### SAMPLING

The BRFSS survey samples the population using a technique which is discussed in the methodology section. Sampling yields results which are an estimate of the true answer for the entire population. The more persons that are interviewed, the greater the precision of the estimate. When the data are subdivided to look at sub-populations (e.g., a racial subgroup) these estimates will be less precise; if the number of persons interviewed was small because the subgroup represents a small fraction of the population (e.g., diabetics less than 30 years old), the estimate may become too uncertain to be of value.

Because the survey is conducted by telephone, persons without telephones could not be reached. Since phone ownership is highly correlated to income, persons without a phone are more likely to be poor than persons with a telephone. This will potentially affect questions with responses that are highly dependent on income (e.g., health insurance) more than other questions. However, because phone ownership is high in Kansas (greater than 95%), it is unlikely that failing to reach these persons will substantially alter results.

### QUESTIONNAIRE DESIGN AND ADMINISTRATION

How a question is written and which questions preceded it in the questionnaire can influence responses in unpredictable ways. Not all the questions used in the survey have been tested to ensure that all persons understand the intended meaning. Those that come from modules created by the Centers for Disease Control and Prevention usually have been tested, while those in state modules may or may not have been tested, depending on the source of the question. Furthermore, not all questions are equally easy for respondents to answer. While it may be easy for a respondent to provide a personal opinion, it may be much harder to recall a past event (last mammogram) or provide factual information (household income).

Interviewers are trained and monitored to ensure that they administer the survey in a neutral voice and read the written question verbatim and without comment. Nonetheless, it is possible for the interviewer to bias the results through tone of voice or administration technique. Coding errors may also occur if the interviewer types in the wrong response to the question. In addition, the person being interviewed may alter his or her response to give the interviewer the most socially acceptable answer. This may be a problem especially for questions which may have a perceived stigma (e.g., HIV risk).

### RESPONSE RATE

The upper bound response rate for the 1998 BRFSS survey was 88%. The upper bound formula\* is based on the number of eligible households reached and the number of interviews completed. However, in addition to those persons who refused to answer questions, lack of response can also arise because household members were not available despite repeated call attempts, or household members refused to pick up the phone based on what they discern from caller ID. The bias from non-response cannot be removed; it is not possible to know if those who refused to respond would have answered the questions in approximately the same ways as those who responded.

### **COUNFOUNDING AND CAUSATION**

Results presented in this report are descriptive only. Relationships between risk factors and personal characteristics which are presented in this document are univariate (i.e., examine each risk factor in relationship to only one characteristic at a time), but the complexity of health associations are not fully represented by examining single relationships. For example, an examination of heart disease and employment status might show a greater prevalence of heart disease among persons who are retired than among persons who are employed. However, persons who are retired are expected to have a greater average age than persons who are employed; consequently, this relationship might entirely disappear if we removed the effects of age. (If this were the case we would say that the relationship between heart disease and employment status is being confounded by age.)

Likewise, this document does not attempt to explain the causes of the health effects examined. For instance, BRFSS data might show a higher prevalence of heart disease among smokers, but one should not conclude from this that smoking causes heart disease. That smoking is indeed a causal factor for heart disease is apparent from a large body of scientific data, but that is not a conclusion that can be drawn from a cross-sectional survey such as this. Rather this is a “snapshot” of disease, risk factors, and population characteristics for adult Kansans at a point in time.

\* Upper bound response = number of complete interviews / completes + refusals + terminations

## INTERPRETATION OF RESULTS

The complete demographic breakdown for each risk factor can be found in the appendices. The age group, race/ethnicity, and gender categories of surveyed Kansans are shown in Table 1 (page 13). The other demographic categories are shown in Table 2 (page 14). The race/ethnicity categories include non-Hispanic white, non-Hispanic black, Hispanic, and other (including Asian and Native American). The education categories are comprised of those with less than a high school diploma, high school graduate, some college (i.e. technical or vocational school and partial college education with less than a four year degree), and college graduate (those who have a 4 year college degree and/or a postgraduate degree). Annual household income categories are \$0-\$9,999, \$10,000-\$19,999, \$20,000-\$34,999, \$35,000-\$49,999, \$50,000+, and unknown/refused.

Marital status is comprised of married, divorced, separated, widowed, never married and unmarried couple. Population density is broken down by counties which have 150 or more persons per square mile (urban), counties with 20-149 persons per square mile (mixed urban and rural), and counties with fewer than 20 persons per square mile (rural), according to the 1990 U.S census<sup>1</sup>. Population density is figured by taking the number of inhabitants in the area divided by the number of square miles in the area. A list of Kansas counties according to population density is provided in the appendices.

The demographic characteristics for the 1998 representative sample of 3,803 participants are presented in Tables 1 and 2 (pages 13-14). The comparison of weighted versus unweighted data demonstrates how the sample differs when the data are weighted. Use of the weighting procedure provides a more reliable representation of the actual population of the state. Therefore, all results presented in this report were calculated using the weighted data. Table 1 presents the unweighted and weighted sample proportions by age, race and gender, along with the 1990 census population estimates. When comparing the unweighted data to the 1990 census data it can be seen that those aged 18 to 34 and those aged 55-64 were under-represented and those aged 35-54 and aged 65 and older were over-represented. Within sample proportions by gender, males were under-represented while females were over-represented in the unweighted sample. In the race/ethnic breakdown, the unweighted sample under-represented Blacks and Others and over-represented Hispanics. Table 2 presents the unweighted and weighted sample proportions by education, household income, employment status, marital status and, population density.

Each of the remaining chapters of this document presents the results for one of fourteen health risk factors. Included in each chapter is a background section about the profiled health risk behavior, a section on the estimated prevalence of the profiled risk behavior within the Kansas population and within certain sub-populations of interest (e.g. age group, income level, education level), and a section comparing Kansas with the rest of the United States.

Although graphs in this document are presented highlighting various demographic differences, the survey data reported are most precise if reported for the entire survey population. If specific subgroup population data are to be used, reference should be made to the appendices to evaluate the sample size of the specific subgroup.

<sup>1</sup>Helyar T, ed. *Kansas Statistical Abstract 1993-94*. Institute for Public Policy and Business Research, University of Kansas.

**TABLE 1**

Comparison of the 1998 BRFSS Sample (Weighted and Unweighted) and the Kansas 1990 Census by Age Group and Gender

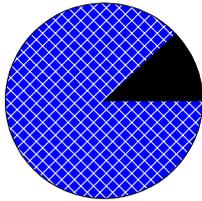
| <b>Demographic Characteristics</b> | <b>Unweighted Sample (%)</b> | <b>Weighted Sample (%)</b> | <b>1990 Census (%)</b> |
|------------------------------------|------------------------------|----------------------------|------------------------|
| <b>Age Group</b>                   |                              |                            |                        |
| 18-24                              | 7.8                          | 12.7                       | 14.1                   |
| 25-34                              | 17.1                         | 18.7                       | 22.7                   |
| 35-44                              | 22.0                         | 21.3                       | 19.8                   |
| 45-54                              | 17.1                         | 16.2                       | 12.9                   |
| 55-64                              | 11.0                         | 11.2                       | 11.5                   |
| 65 & Over                          | 24.2                         | 19.5                       | 18.9                   |
| Unknown/Refused                    | 0.7                          | 0.5                        | *                      |
| <b>Race</b>                        |                              |                            |                        |
| White, Non-Hispanic                | 88.1                         | 87.0                       | 88.4                   |
| Black, Non-Hispanic                | 4.7                          | 4.5                        | 5.7                    |
| Hispanic                           | 5.1                          | 5.9                        | 3.8                    |
| Other                              | 1.9                          | 2.4                        | 2.1                    |
| Refused                            | 0.2                          | 0.2                        | *                      |
| <b>Gender</b>                      |                              |                            |                        |
| Male                               | 39.1                         | 48.3                       | 48.2                   |
| Female                             | 60.9                         | 51.7                       | 51.8                   |

(\*) Indicates that unknown/refused does not apply to census data.

**TABLE 2**  
Demographic Description of the 1998 BRFSS Sample in Percent

| <b>Demographic Characteristics</b> | <b>Unweighted Sample</b> | <b>Weighted Sample</b> |
|------------------------------------|--------------------------|------------------------|
| <b>Education</b>                   |                          |                        |
| <High School Graduate              | 9.9                      | 9.7                    |
| High School Graduate               | 33.5                     | 33.6                   |
| Some College                       | 33.1                     | 33.8                   |
| College Graduate                   | 23.1                     | 22.6                   |
| Unknown/Refused                    | 0.4                      | 0.4                    |
| <b>Household Income</b>            |                          |                        |
| \$0-\$9,999                        | 4.1                      | 3.5                    |
| \$10,000-\$19,999                  | 12.6                     | 11.3                   |
| \$20,000-\$34,999                  | 29.1                     | 28.7                   |
| \$35,000-\$49,999                  | 19.6                     | 21.3                   |
| \$50,000+                          | 22.6                     | 24.0                   |
| Unknown/Refused                    | 12.0                     | 11.3                   |
| <b>Employment Status</b>           |                          |                        |
| Employed for Wages                 | 56.1                     | 59.5                   |
| Self-Employed                      | 7.4                      | 7.4                    |
| Not Employed for Wages             | 13.0                     | 13.8                   |
| Retired                            | 23.4                     | 19.2                   |
| Unknown/Refused                    | 0.1                      | 0.1                    |
| <b>Marital Status</b>              |                          |                        |
| Married                            | 55.5                     | 62.7                   |
| Divorced                           | 12.7                     | 9.2                    |
| Widowed                            | 13.7                     | 7.9                    |
| Separated                          | 2.6                      | 1.8                    |
| Never Married                      | 13.4                     | 15.7                   |
| Unmarried Couple                   | 1.8                      | 2.5                    |
| Unknown/Refused                    | 0.3                      | 0.2                    |
| <b>Population Density</b>          |                          |                        |
| Urban                              | 47.4                     | 48.2                   |
| Mixed Urban and Rural              | 33.6                     | 33.2                   |
| Rural                              | 18.4                     | 18.1                   |
| Unknown/Refused                    | 0.6                      | 0.5                    |

Fair/Poor Health  
At Risk 12%



**Fair/Poor Health:** Respondents who reported that in general their health was fair or poor.

## Health Status

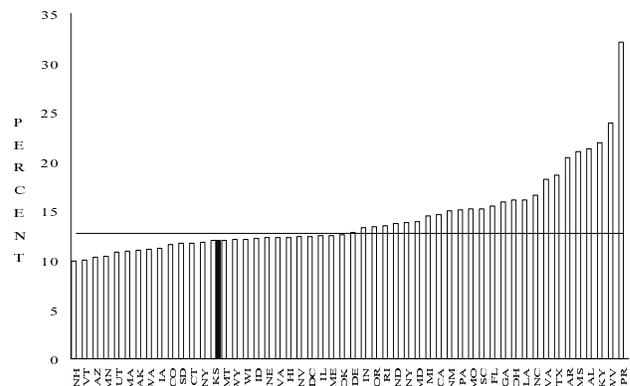
### Background

Self-perceived health status reported as excellent, very good, good, fair, or poor, is a subjective assessment by a person of the quality of their own health. This measurement has become an essential component of instruments designed to assess health-related quality of life, and has been shown to be an independent predictor of mortality<sup>1,2</sup>. In addition to its utility as a predictor of other health outcomes, self-perceived health status can also be used as an outcome measurement to study which factors are associated with varying levels of self-rated health.

### Who's At Risk Among Kansans

Twelve percent of Kansans self-reported their general health as fair or poor. Women appeared slightly more likely than men to report poor health status but the difference was of borderline statistical significance. Both those with less than high school education and those who were high school graduates were significantly more likely to report fair or poor health status than those who had attended college. Furthermore persons who did not finish high school were significantly more likely to report fair or poor health status than those with a high school diploma. Income was also associated with a greater prevalence of the risk factor. Persons reporting a household income less than \$20,000 were significantly more likely to report fair or poor health status than those making \$20,000 or more. Persons with diabetes (43%) and persons with an activity limitation (43%) were significantly more likely to report fair or poor health than the Kansas population in general.

Percentage of Persons Reporting Fair or Poor Health  
By State or Territory



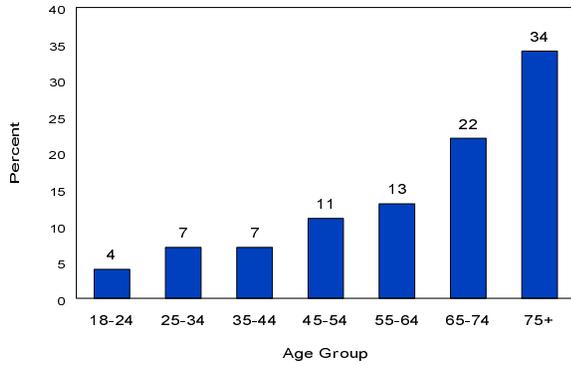
### Kansas and the United States

Kansas reported the 14<sup>th</sup> lowest prevalence of this risk indicator out of the 50 states, Puerto Rico and the District of Columbia. The median value for all the participants was 12.7% of the population. Among Kansas' four neighbors, only Colorado reported a lower prevalence of this risk factor than Kansas.

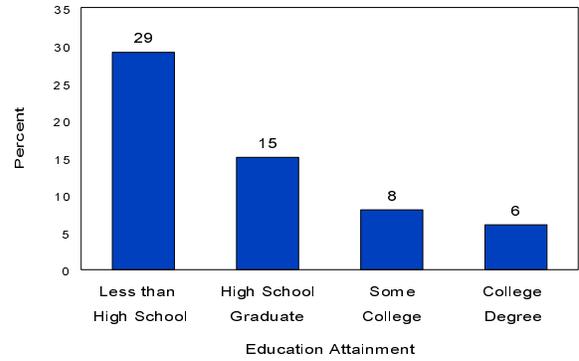
<sup>1</sup>Kaplan GA, Camacho T. *Perceived Health and Mortality: A Nine-Year Follow-Up of the Human Population Laboratory Cohort.* American Journal of Epidemiology, 117:292-304. 1983.

<sup>2</sup> Mossey JM, Shapiro E. *Self-Rated Health: A Predictor of Mortality Among the Elderly.* American Journal of Public Health, 72(8): 800-8. 1982.

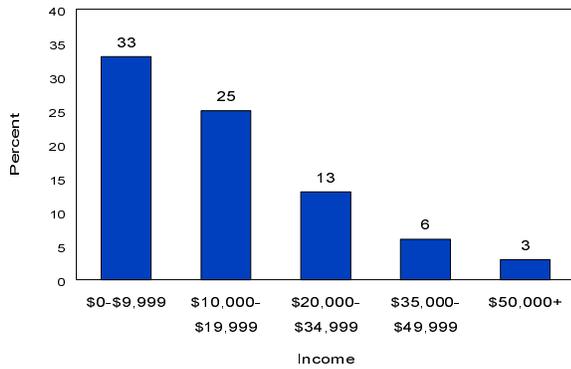
Percentage of Participants Reporting Fair or Poor Health Status, by Age Group



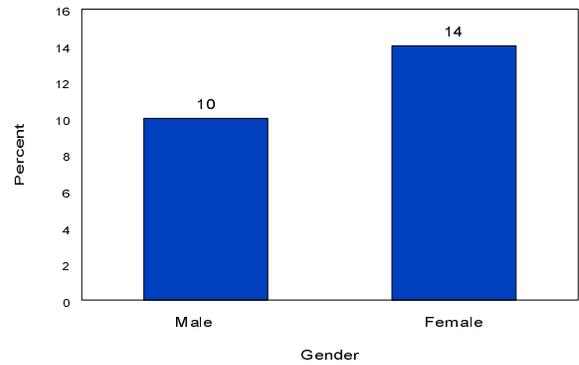
Percentage of Participants Reporting Fair or Poor Health Status, by Education Attainment



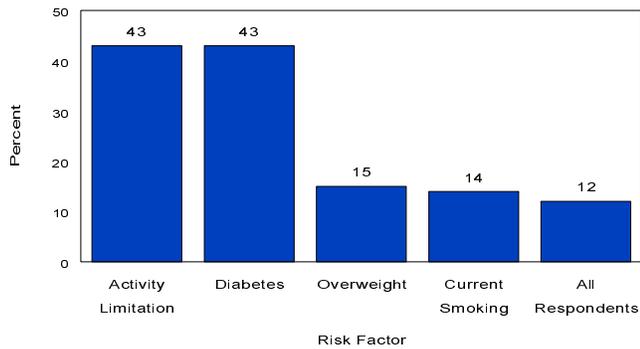
Percentage of Participants Reporting Fair or Poor Health Status, by Income



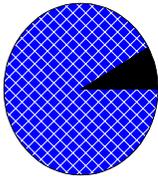
Percentage of Participants Reporting Fair or Poor Health Status, by Gender



Percentage of Participants Reporting Fair or Poor Health Status, by Risk Factor



Lacked Health  
Care Coverage  
At Risk 8%



**Lacked Health Care Coverage:** Respondents who reported that they lacked any form of health care coverage, including health insurance, Health Maintenance Organizations (HMO), Medicare, Medicaid, or military insurance plans.

**Unable to See a Doctor Due to Cost:** Respondents who reported that they were unable to see a doctor due to the cost during the past twelve months.

**Lacked Usual Source of Routine Health Care:** Respondents who reported that they did not have one doctor or health professional that they saw for their routine medical care.

## Health Care Coverage

### Background

Access to health care can be defined as “the timely use of personal health services to achieve the best possible health outcomes,” which includes both use and effectiveness of services such as health information and preventive treatment.<sup>1</sup> Expanding access to health care is important to eliminate health disparities and increase the quality and years of healthy life for all Kansans.<sup>2</sup> Barriers to expanding access to healthcare can be personal (such as language and cultural barriers), structural (ie, lack of nearby healthcare facilities), and financial (for example, lacking health care coverage or being unable to see a doctor due to cost).

### Who’s At Risk Among Kansans

One in 12 adult Kansans (8%) responding to the 1998 BRFSS survey reported that they lacked health care coverage of any kind. The proportion of adult Kansans without health care coverage in 1998 decreased with rising household income, higher education levels, and advancing age. There was no significant difference in the proportion of male and female Kansans who reported lacking health care coverage, nor among respondents from rural, urban or mixed rural/urban communities. Kansans who were self-employed (21%), divorced or separated (17%), never married or a member of an unmarried couple (17%), or not employed for wages (15%) were more likely to report that they lacked health care coverage in 1998 than the total survey population.

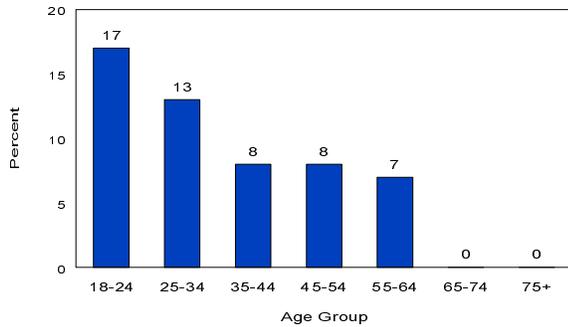
Similar trends were found among the 7% of Kansans who reported being unable to see a doctor due to cost in the past twelve months. The proportion of respondents unable to see a doctor due to cost decreased with advancing age and higher reported household income. Nearly a quarter of respondents (23%) earning less than \$10,000 a year said they were unable to see a doctor due to cost, compared with only 2% of Kansans who reported earning more than \$50,000 a year. No statistically significant difference existed between the proportion of male and female respondents who were unable to see a doctor due to cost, nor among respondents living in urban, rural or mixed urban/rural communities. Being unable to see a doctor due to cost was more likely to be reported among Kansans who were divorced or separated (15%), or self-employed (10%).

### Characteristics of the Health Care Coverage Used By Kansans

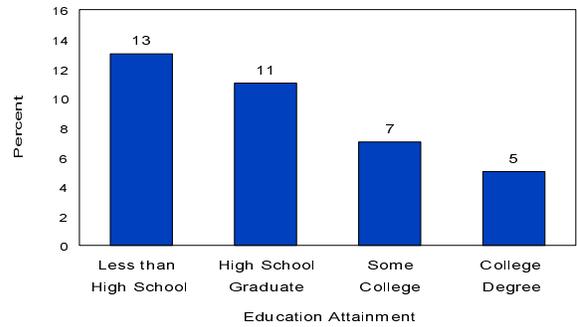
Most Kansans (59%) reported that they received health care coverage from their own, or another’s, em-



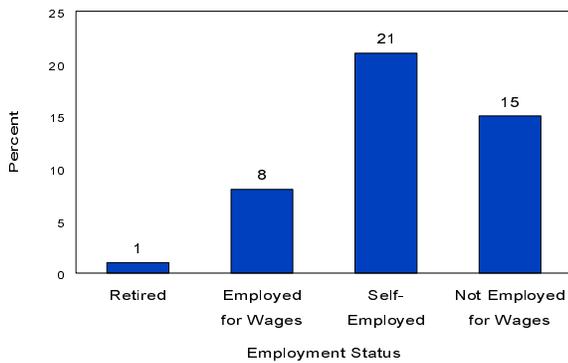
Percentage of Kansans Who Lacked Health Care Coverage, by Age Group



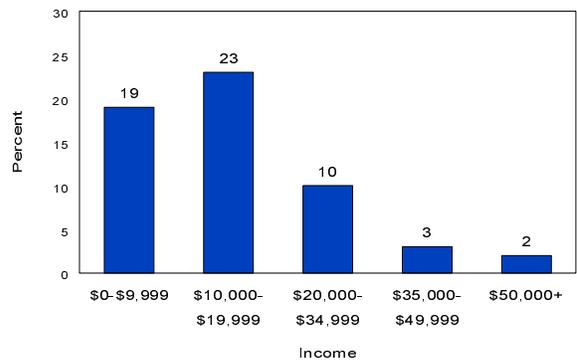
Percentage of Kansans Who Lacked Health Care Coverage, by Education Attainment



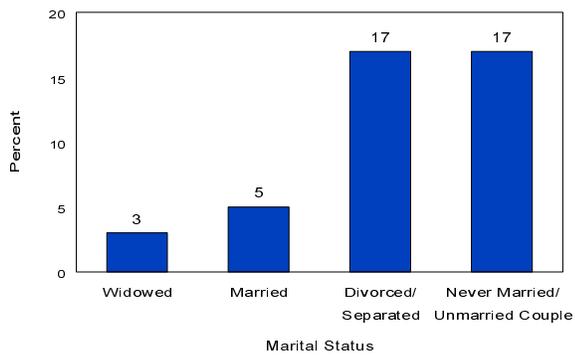
Percentage of Kansans Who Lacked Health Care Coverage, by Employment Status



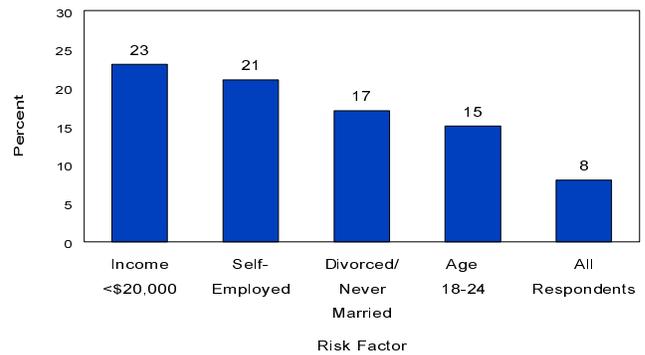
Percentage of Kansans Who Lacked Health Care Coverage, by Income



Percentage of Kansans Who Lacked Health Care Coverage, by Marital Status

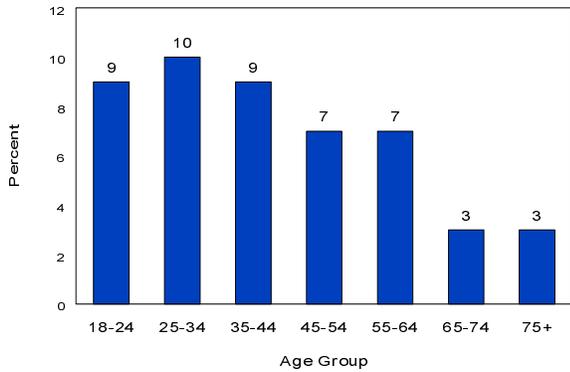


Percentage of Kansans Who Lacked Health Care Coverage, by Risk Factor

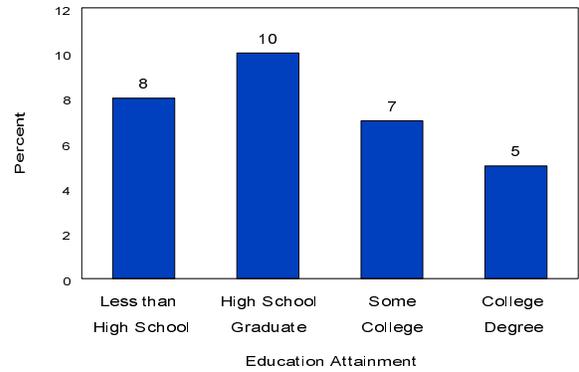


# Kansas Department of Health and Environment

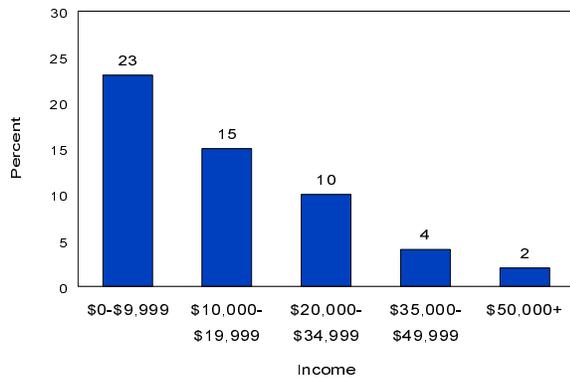
Percentage of Kansans Who Were Unable to See a Doctor due to the Cost in the Past 12 Months, by Age Group



Percentage of Kansans Who Were Unable to See a Doctor due to the Cost in the Past 12 Months, by Education Attainment



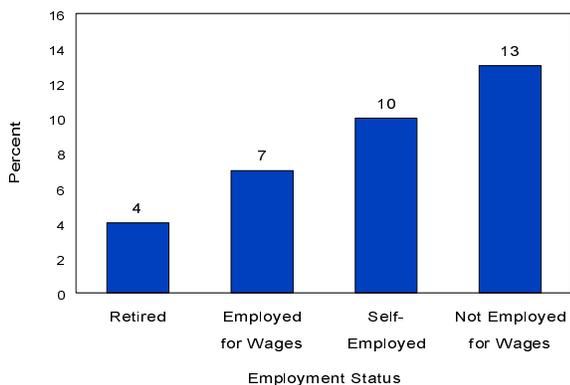
Percentage of Kansans Who Were Unable to See a Doctor due to the Cost in the Past 12 Months, by Income



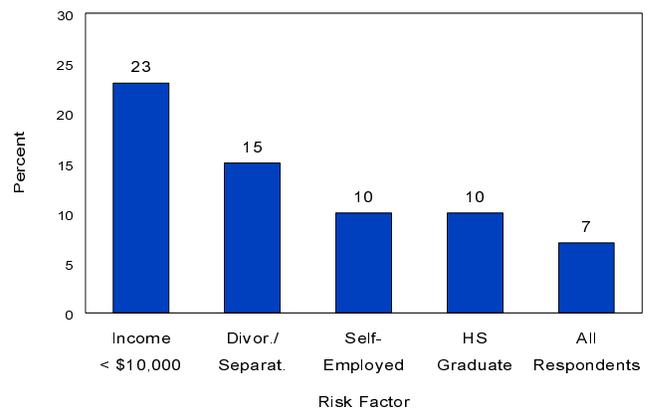
Percentage of Kansans Who Were Unable to See a Doctor due to the Cost in the Past 12 Months, by Marital Status



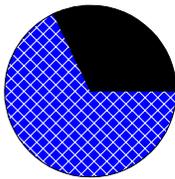
Percentage of Kansans Who Were Unable to See a Doctor due to the Cost in the Past 12 Months, by Employment Status



Percentage of Kansans Who Were Unable to See a Doctor due to the Cost in the Past 12 Months, by Risk Factor



Overweight  
At Risk 32%



**Overweight:** Based on Body Mass Index (BMI). BMI is defined as weight in kilograms divided by height in meters squared (kg/m<sup>2</sup>). Males who had a BMI of  $\geq 27.8$  and females who had a BMI  $\geq 27.3$  were considered overweight.

## Overweight

### Background

Since the late 1970's in the United States, the prevalence of overweight has increased from 26% of the population to about one-third in the late 1990's<sup>1</sup>. Overweight is a term describing an excess of body weight relative to height. While this term may reflect varying degrees of body fat percentage, most persons who are overweight are also obese (excess body fat). In the United States, obesity contributes to about 300,000 deaths per year and is the second most prevalent risk factor for preventable diseases<sup>2</sup>. Overweight is associated with elevated cholesterol levels, elevated blood pressure, Type 2 diabetes, heart disease and stroke. Modifiable risk factors that contribute to the etiology of overweight include poor diet and physical inactivity as well as social and behavioral changes such as greater family reliance on eating out, increased television viewing, particularly in children and use of "labor-saving devices" such as the remote control<sup>3</sup>. Health experts recommend dietary counseling, increased activity and exercise, and lifestyle modification to achieve or maintain a normal body weight.

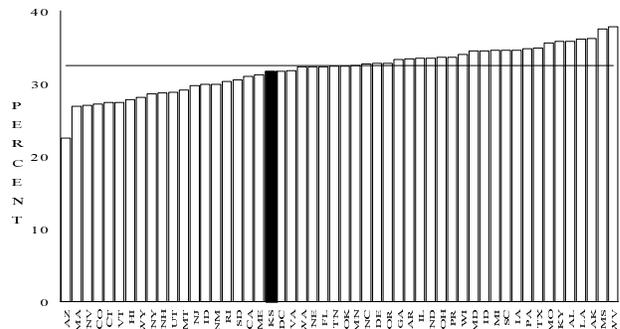
### Who's At Risk Among Kansans

Based on self-reported height and weight, one-third of Kansans are overweight. Overweight rates have increased by 39%, from 23% in 1994 to 32% in 1998. Men appeared slightly more likely to be overweight (34%) than females but the difference was not significant. Respondents in the 55-64 age group (40%) were significantly more likely to be overweight than respondents in the 18-24 (21%) age group. The prevalence of overweight was common among all incomes and educational levels. The prevalence of overweight was higher among diabetics (54%), among those who did not engage in any leisure time physical activity (34%) and among persons who reported having an activity

### Kansas and the United States

Kansas reported the 20<sup>th</sup> lowest prevalence of this risk indicator out of the 50 states, Puerto Rico and the District of Columbia. The median value for the 50 states was 32.4% of the population. Among Kansas' four neighbors, only Colorado reported a lower prevalence of this risk factor than Kansas.

Percentage of Persons Who Were Overweight  
By State or Territory

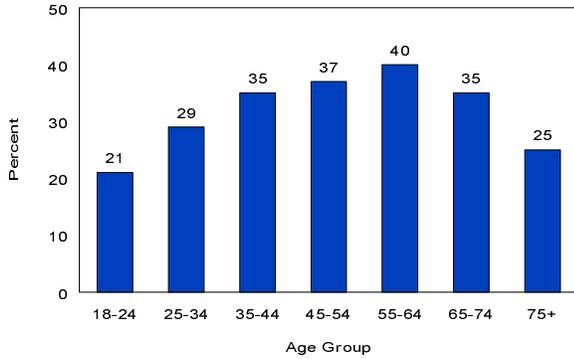


<sup>1</sup> US Department of Health and Human Services. U.S. Public Health Service. (1998) *Healthy People 2010. National Health Promotion and Disease Prevention Objectives.*

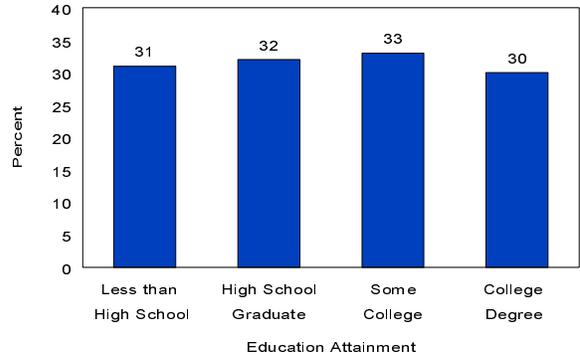
<sup>2</sup>Allison DB, Fontaine KR, Manson JE, Stevens J, Vanitallie TB. *Annual deaths attributable to obesity in the United States.* JAMA 1999; 282: 1530-1538;

<sup>3</sup>Atkinson R. *Clinical Crossroads.* JAMA 2000; 283:3236-3242. Public Health Service, 1990.

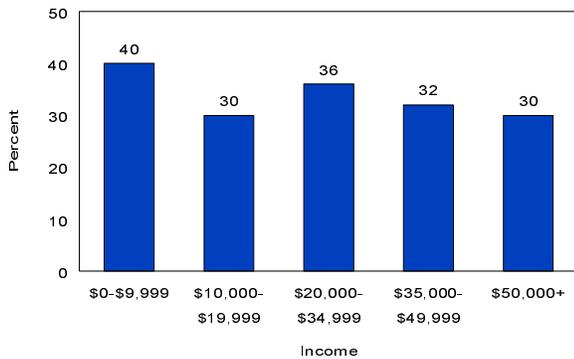
Percentage of Participants Who Reported Being Overweight, by Age Group



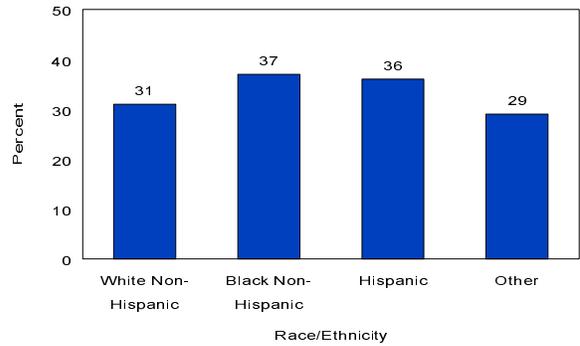
Percentage of Participants Who Reported Being Overweight, by Education Attainment



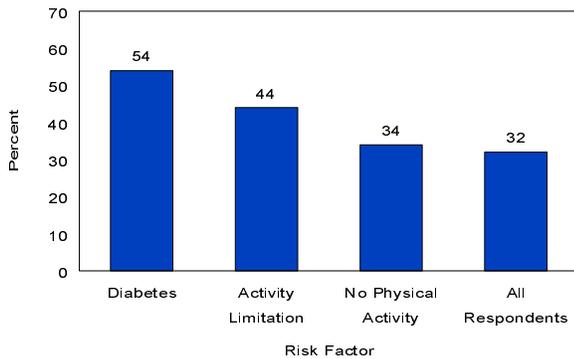
Percentage of Participants Who Reported Being Overweight, by Income



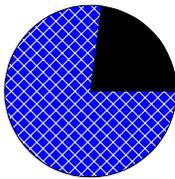
Percentage of Participants Who Reported Being Overweight, by Race/Ethnicity



Percentage of Participants Who Reported Being Overweight, by Risk Factor



Current Cigarette Use  
At Risk 23%



**Ever Cigarette Smokers:** Respondents who reported they had smoked at least 100 cigarettes in their lifetime.

**Current Cigarette Smokers:** Respondents who reported they had smoked at least 100 cigarettes in their lifetime and currently smoked some days or all days.

**Former Cigarette Smokers:** Respondents who reported they had smoked at least 100 cigarettes in their lifetime but did not smoke now.

## Cigarette Use

### Background

Tobacco use accounts for more preventable deaths than any other single cause; nearly one in five deaths can be attributed to tobacco use<sup>1</sup>. The risk of premature death among men who smoke is 2.3 times higher than among men who do not smoke, and the risk of premature death among women who smoke is 1.9 times higher than among women who do not smoke. Smoking causes a variety of health problems, including coronary heart disease, atherosclerotic peripheral vascular disease, cerebrovascular disease (stroke), chronic obstructive pulmonary disease, low birthweight babies, and cancers of the lung, larynx, mouth, esophagus, and bladder<sup>2</sup>. Despite the presence of warning labels on cigarette packages and the well-known adverse health consequences, almost one-fourth of adults in the United States smoke cigarettes<sup>3</sup>. In addition to the health problems for smokers, persons exposed to environmental tobacco smoke (ETS), or secondhand smoke, are also at increased risk for health problems. Children are especially vulnerable to the risks of ETS. Children of smokers experience higher rates of lower respiratory infections and are at higher risk of asthma and ear infections<sup>4</sup>. Among persons who smoke, the health benefits of cessation are substantial. After 15 years off cigarettes, the risk of death for ex-smokers returns to nearly the level of persons who have never smoked<sup>5</sup>.

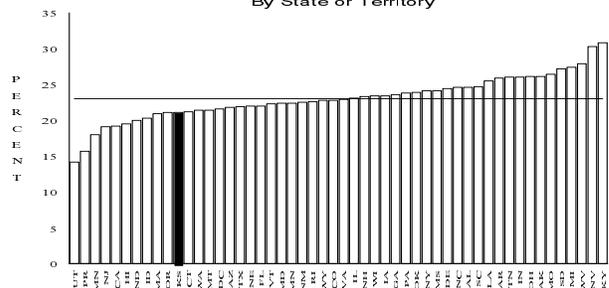
### Who's At Risk Among Kansans

More than two-fifths (43%) of all Kansans reported that they were ever cigarette smokers. One-fifth (21%) of Kansans reported current cigarette use. Males more frequently reported current cigarette use (23%) than females (19%). The percentage of Kansans who reported being current cigarette smokers generally decreased with advancing age, greater educational attainment and rising household income. Twelve percent of former smokers had quit smoking within the past year, 20% had quit smoking 1 to 5 years ago, 26% had quit 5 to 15 years ago and 42% had quit smoking 15 or more years ago.

### Kansas and the United States

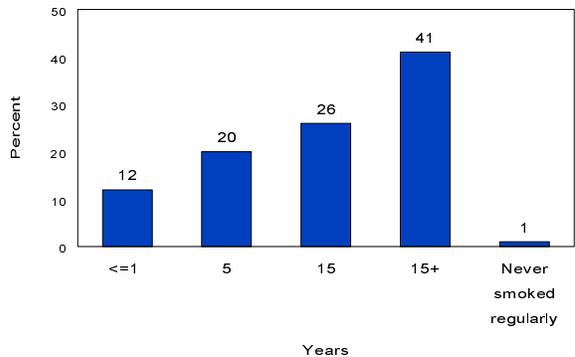
In 1998, among all the states and territories Kentucky reported the highest prevalence of current cigarette use (31%) and Utah reported the lowest prevalence of cigarette use (14%). Kansas reported the ninth

Percentage of Persons Who Reported Current Cigarette Use By State or Territory



lowest prevalence of current cigarette use in 1998. The median prevalence of current cigarette use in the United States was 23% during 1998.

Length of Time Since Former Smokers Quit Smoking



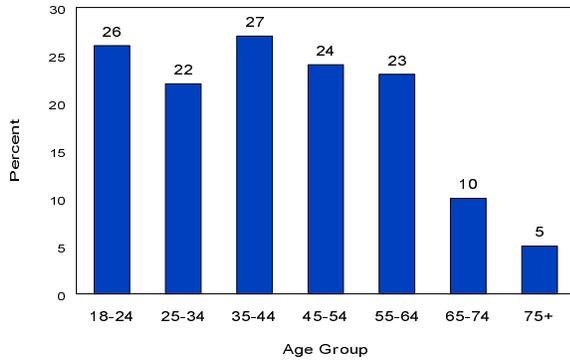
<sup>1</sup>McGinnis, J.M. & Foege, W.H. (1993). *Actual causes of death in the United States*. Journal of the American Medical Association, 270, 2207-2212.

<sup>2</sup>Novotny, T.E., & Giovino, G.A. (1998). *Tobacco use*. In: R.C. Brownson, P.L. Remington & J. R. Davis (Eds.). *Chronic Disease Epidemiology and Control*. American Public Health Association. Washington D.C., 117-148.

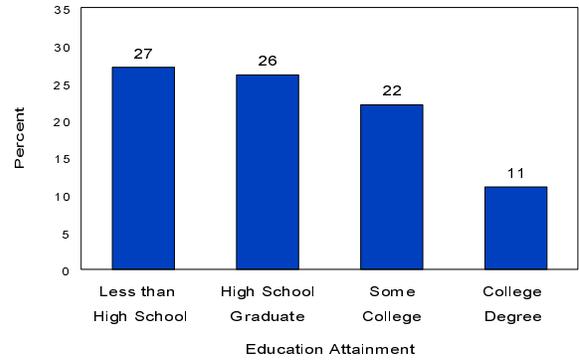
<sup>3</sup>Centers for Disease Control and Prevention. (1997). *Cigarette smoking among adults*. United States, 1995. Morbidity and Mortality Weekly Report, 46, 1218-1220.

<sup>4</sup>American Cancer Society. (1999). *Quitting Smoking (On-line)* [www.cancer.org/tobacco/index.html](http://www.cancer.org/tobacco/index.html).

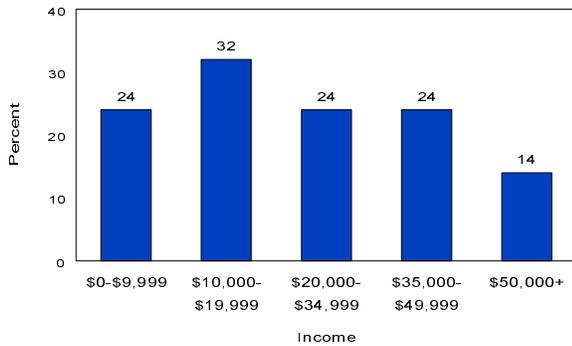
Percentage of Kansans Who Reported Current Cigarette Use, by Age Group



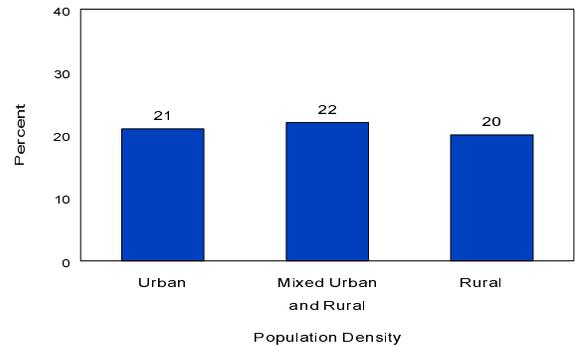
Percentage of Kansans Who Reported Current Cigarette Use, by Education Attainment



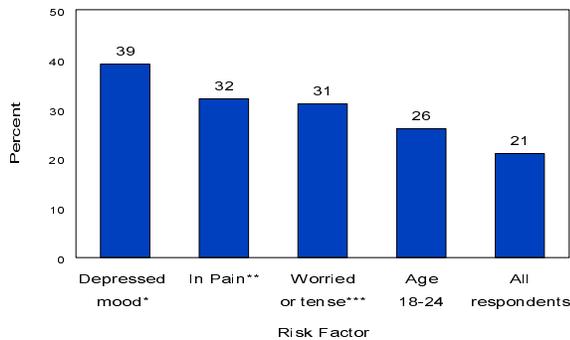
Percentage of Kansans Who Reported Current Cigarette Use, by Income



Percentage of Kansans Who Reported Current Cigarette Use, by Population Density



Percentage of Kansans Who Reported Current Cigarette Use, by Risk Factor

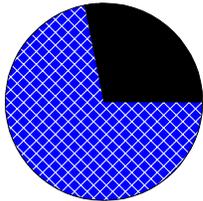


\* Depressed mood: Respondents who reported =>14 days in the past 30 where they felt sad, blue or depressed

\*\* In Pain: Respondents who reported =>14 days in the past 30 where they had pain that limited their activities

\*\*\* Worried or Tense: Respondents who reported =>14 days in the past 30 where they felt worried, tense or anxious

Lack Recent Mammogram  
At Risk 28%



**Lack Recent Clinical Breast Exam:** *Female respondents who report not having had a recent clinical breast exam (within the past three years for women aged 20-39; within the past 2 years for women aged 40 and older).*

**Lack Recent Mammogram:** *Female respondents aged 40 and older who report not having had a mammogram within the past two years.*

## Screening for Breast Cancer

### Background

Breast cancer is the second leading cause of cancer death among women in Kansas, exceeded only by lung cancer<sup>1</sup>. Each year in Kansas over 1,700 women are diagnosed with breast cancer<sup>2</sup> and approximately 400 women die. Breast cancer is relatively uncommon before the age of 40 but increases rapidly with advancing age. Known risk factors for breast cancer include family history, young age at onset of menstruation, late age at onset of menopause, first full-term pregnancy after age 30, and a variety of hormonal factors. The underlying cause of most breast cancers, however, remains unknown<sup>3</sup>. Because known risk factors are not easily modifiable, preventing breast cancer is not possible at this time; however, preventing deaths from breast cancer is possible.

Breast cancer can be effectively treated if detected in its early stages; consequently, early detection offers women the best chance of surviving the cancer. Approximately 95% of women whose cancer is found when small (less than ½ inch) and localized to the breast can expect to be alive five years later<sup>4</sup>. For women ages 50 and over, early detection of breast cancer-through routine mammograms plus yearly clinical breast examinations and monthly self breast exams- has proven to decrease breast cancer-related mortality. Although the American Cancer Society recommends that all women aged 40 years and older have a clinical breast exam and a mammogram on an annual basis, these recommendations are not universally accepted because uncertainty remains for the benefits for screening in women less than 50 years of age.

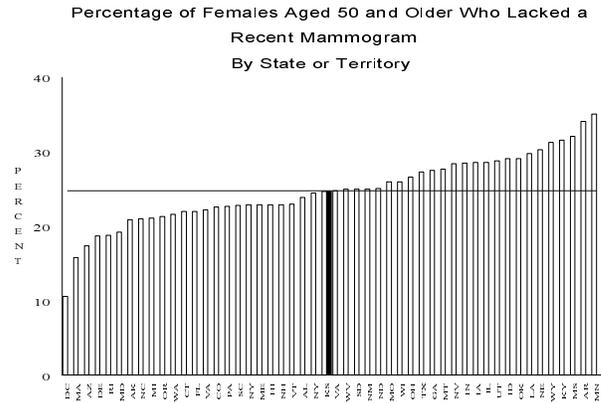
### Who's At Risk Among Kansans

Twenty eight percent of Kansas women ages 40 and over lacked a recent mammogram. Because the value of screening for breast cancer is less certain among women ages 40 to 49 and among women ages 70 and over, the key target group for mammography is women between 50 and 69. Kansas women who live in rural areas were at higher risk for not having a recent mammogram (32%) than women who live in urban areas (25%). Other factors which appeared to be associated with lower mammography rates were primarily socioeconomic indicators (i.e. low income, lack of insurance, ethnicity and never being married).

Twenty percent of female respondents reported they had not had a recent clinical breast exam. The benefit of clinical breast examination is much greater among those who are older than those who are younger. Not only is breast cancer uncommon among the young, the hormonal effects on the breast among pre-menopausal women makes detecting a lesion difficult, and finding benign cystic changes which can be confused with cancer is more likely at young ages. Yet despite the greater benefit of clinical breast exams for older women, women 60 years old and older were less likely to have had a clinical breast examination than women ages 50-59 and younger. As with mammography, apparent correlates of not having a recent clinical breast exam include health insurance, low income and being widowed or never being married.

### Kansas and the United States

Kansas reported the 26<sup>th</sup> highest percentage of females aged 50 and older who did not have a mammogram within the past two years (25%). The median value for the country was 25% of the population. Among Kansas' four neighbors, only Colorado reported a lower prevalence of this risk factor than Kansas.



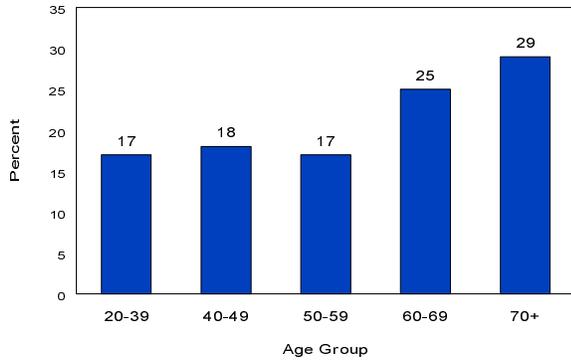
<sup>1</sup> Center for Health and Environmental Statistics. Topeka, KS. Department of Health and Environment.

<sup>2</sup> Lai S. M. *Cancer Incidence and Mortality in Kansas, 1997*. Technical Report.

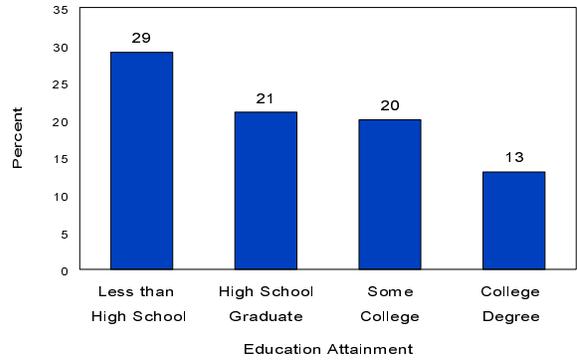
<sup>3</sup> Brownson RC, Reif JS, Alavanja MCR, Bal DG. *Cancer*: In: Brownson RC, Remington PL, Davis JR (eds): *Chronic Disease Epidemiology and Control (1998)*. American Public Health Association. Washington D.C., 350-354..

<sup>4</sup> Ries LAG, Kosary CL, Hankey BF, et. Al.(eds.)(1999). *SEER Cancer Statistics Review, 1973-1996*. Bethesda, MD: National Cancer Institute. NIH Pub. No. 99-2789.

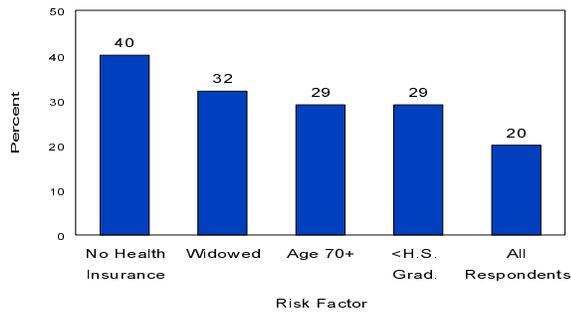
Percentage of Women Who Lacked a Recent Clinical Breast Exam, by Age Group



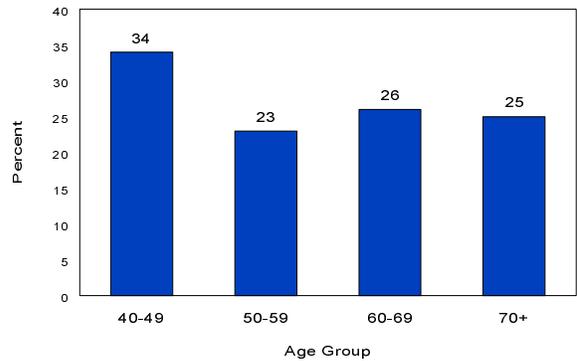
Percentage of Women Who Lacked a Recent Clinical Breast Exam, by Education Attainment



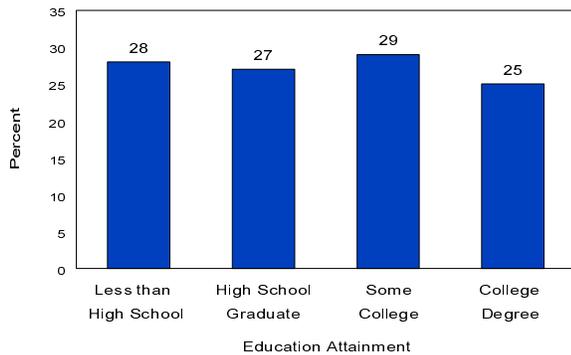
Percentage of Women Who Lacked a Recent Clinical Breast Exam, by Risk Factor



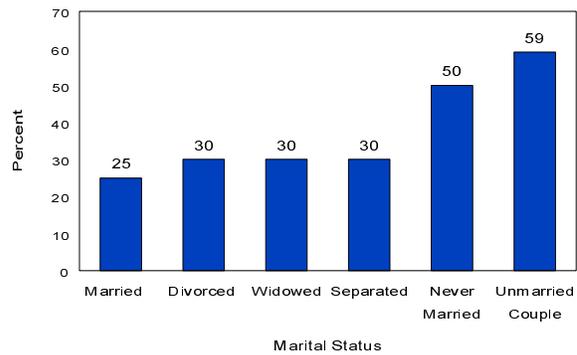
Percentage of Women Age 40 and Over Who Lacked a Recent Mammogram by Age Group



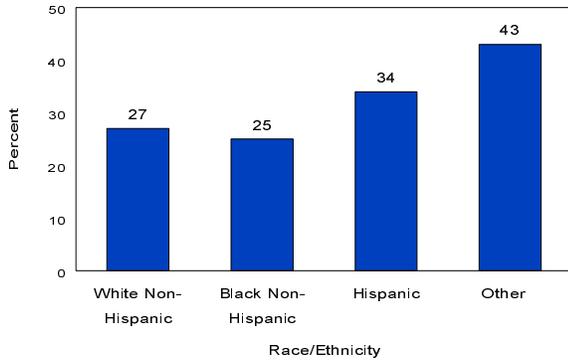
Percentage of Women Ages 40 and Older Who Lacked a Recent Mammogram, by Education Attainment



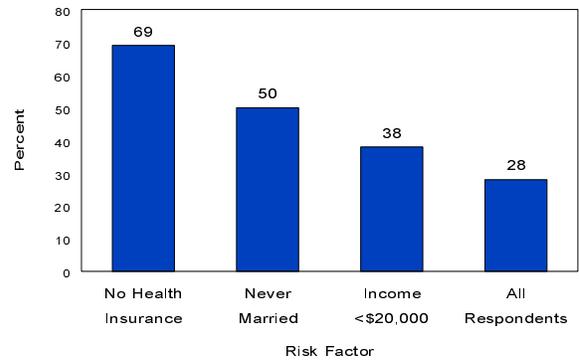
Percentage of Women Ages 40 and Older Who Lacked a Recent Mammogram, by Marital Status



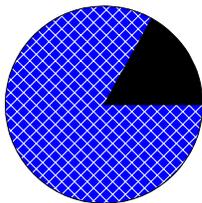
Percentage of Women Ages 40 and Older Who Lacked a Recent Mammogram, by Race/Ethnicity



Percentage of Women Ages 40 and Older Who Lacked a Recent Mammogram, by Risk Factor



Lack Recent Pap Smear Test  
At Risk 17%



**Lacked Recent Pap Smear Test:** *Female respondents, with a uterine cervix, who reported they had not received a pap smear test within the past two years.*

## Screening for Cervical Cancer

### Background

In 1997, 123 Kansas women were diagnosed with invasive cervical cancer and 43 died<sup>1</sup>. Many types of cancer are more common and more deadly than cervical cancer, but the relatively low incidence and mortality is a testimony to the effectiveness of prevention and the broad acceptance of routine Pap smears by both the public and practitioners. Not only can Pap smears reliably detect cancer at an early stage, they can detect abnormal cervical cells which have the potential to become cancerous in the future. Although death rates are relatively low, the deaths which do occur should be considered potentially preventable.

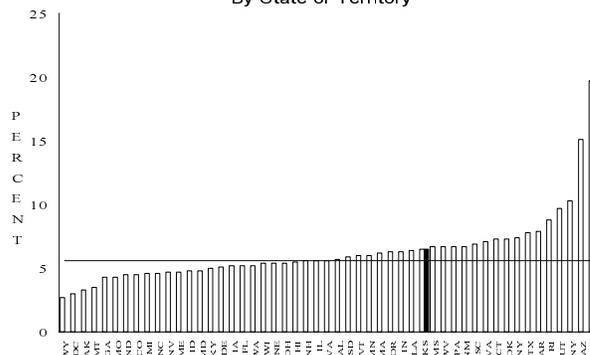
### Who's At Risk Among Kansans

Seven percent of Kansas women age 18 and older with an intact uterine cervix reported they had never had a pap smear. Seventeen percent of female respondents with a uterine cervix reported not having a pap smear within the past two years. The percentage of women with a uterine cervix without a recent pap smear was substantially higher among women ages 18-24 and among women 55 years old and older. While pre-malignant cellular changes on the cervix typically begin at a young age following onset of sexual activity, mortality due to cervical cancer is not limited to the young. About one-third of those dying of cervical cancer are less than 50; one-third are between 50 and 64, and one-third are 65 or older. To prevent cervical cancer deaths, pap screening for women who have not had a hysterectomy needs to continue after age 65 especially among those who were not regularly screened at a younger age. Kansas women with a uterine cervix who live in rural areas appeared to be a higher risk for not having a recent pap smear than women who live in urban areas but the difference was not statistically significant. Among females with a uterine cervix, those who were widowed or never married, did not have health insurance, or had family income less than \$20,000 were more likely to report not having had a recent pap smear.

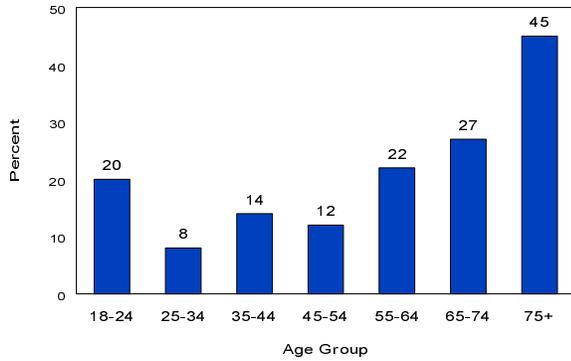
### Kansas and the United States

During 1998, among females with a uterine cervix Wyoming reported the lowest percentage of females who never had a Pap Smear test (3%) and Puerto Rico (20%) and Arizona (15%) reported the highest percentages of females who had never had a Pap Smear test. Kansas had the 35<sup>th</sup> lowest percentage of females who had never received a Pap Smear test (6.5%). In the United States the median percentage of females who had never had a Pap Smear test was 6%.

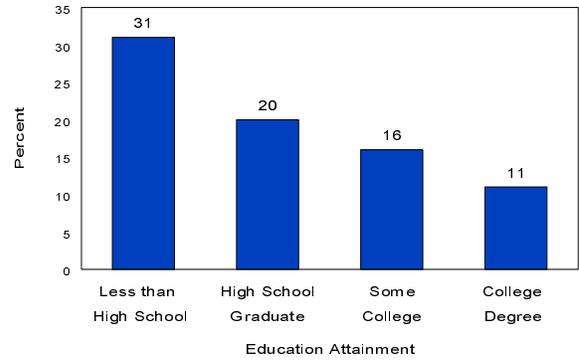
Percentage of Females Aged 18 and Older With a Uterine Cervix Who Had Never Had a Pap Smear Test By State or Territory



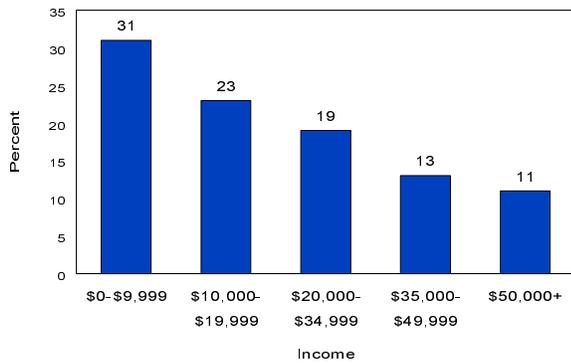
Percentage of Female Kansans With a Uterine Cervix Who Lacked a Recent Pap Smear Test by Age Group



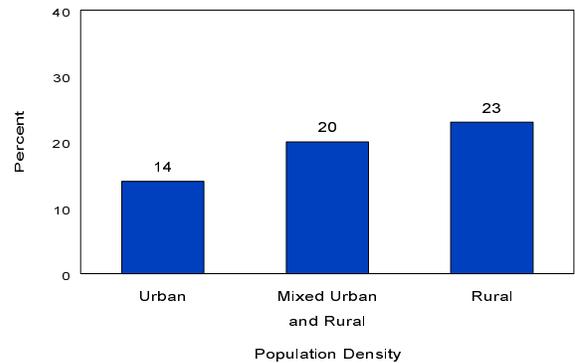
Percentage of Female Kansans With a Uterine Cervix Who Lacked a Recent Pap Smear Test, by Education Attainment



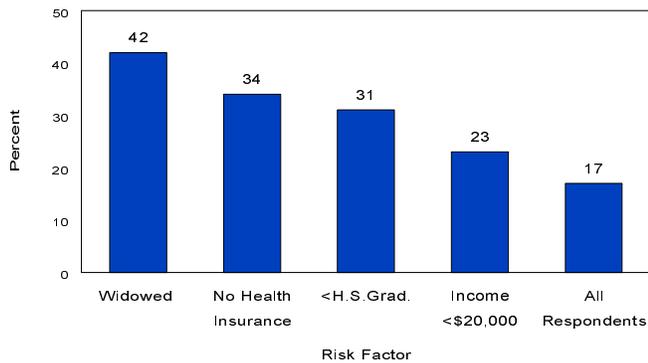
Percentage of Female Kansans With a Uterine Cervix Who Lacked a Recent Pap Smear Test, by Income



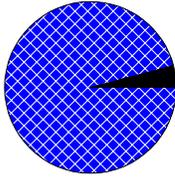
Percentage of Female Kansans With a Uterine Cervix Who Lacked a Recent Pap Smear Test, by Population Density



Percentage of Female Kansans With a Uterine Cervix Who Lacked a Recent Pap Smear Test, by Risk Factor



Diabetes  
At Risk 4%



**Diabetes Mellitus:** Respondents who report they were told by a doctor that they have diabetes.

## Diabetes Mellitus

### Background

Diabetes mellitus, affecting some 15.7 million people in the United States, is a chronic disease characterized by high levels of glucose (sugar) in the blood as a result of the body's inability to secrete and/or use insulin. Insulin is a hormone produced by the pancreas which helps convert blood glucose into energy. In 1996, diabetes directly caused or contributed to 1,771 deaths among Kansans. Diabetes is a serious chronic disease which can cause major complications, including heart disease, stroke, high blood pressure, blindness, kidney disease, nerve disease, lower limb amputations, dental disease, pregnancy complications, and metabolic complications. Diabetes resulted in 127 new cases of blindness, 592 lower extremity amputations, and 229 new cases of end-stage renal disease among Kansans in 1996<sup>1</sup>. Diabetes is classified into two main types: type 1 (insulin-dependent), which occurs mostly during childhood or adolescence; and type 2 (non-insulin-dependent) which usually occurs after age 40 and affects 90-95% of those with diabetes. Significant risk factors for diabetes type 2 are obesity and advancing age. Other known risk factors include lack of physical activity and high fat diet. Public health efforts are targeted to monitoring and improving the quality of medical care for persons with diabetes. These secondary prevention strategies are designed to reduce the incidence of diabetes-related complications.

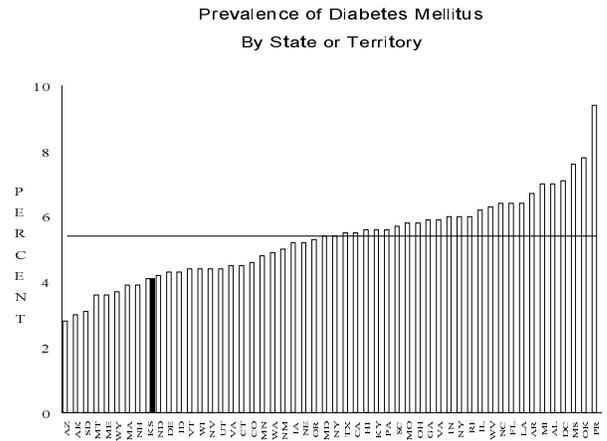
### Who's At Risk Among Kansans

Four percent of Kansans reported that they had diabetes mellitus. The prevalence of Kansans with diabetes increased with advancing age, and decreased with higher education levels and rising household income. There was no significant difference in the prevalence of diabetes between males and females (5% and 4%, respectively). Kansans who were overweight based on Body Mass Index were more than twice as likely as respondents who were not overweight to have diabetes (7% and 3%, respectively). Of those respondents with diabetes, almost two-thirds (65%) were diagnosed after age 44. Among Kansans with diabetes, 37% had ever used insulin, 29% checked their glucose two or more times a day, and 90% visited a health care professional about their diabetes at least once in the past year. Thirty seven percent of respondents with diabetes had never had their feet checked for sores or irritations by a health professional and 34% had not had an eye exam in which their pupils were dilated within the past year.

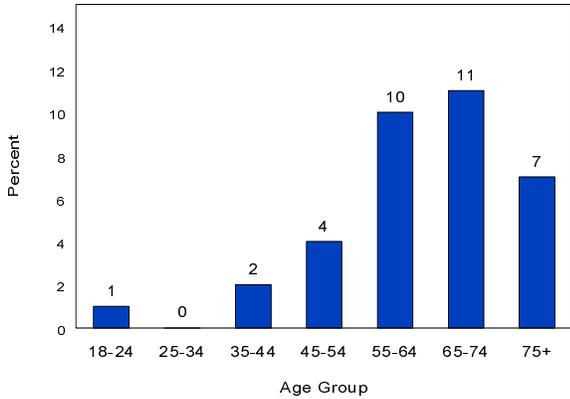
**Kansas and the United States**

In 1998, Kansas reported the ninth lowest prevalence of reported diabetes (4.1 %), while Puerto Rico reported the highest prevalence of diabetes (9.4 %). The median prevalence of diabetes in the United States was 5.4 % in 1998.

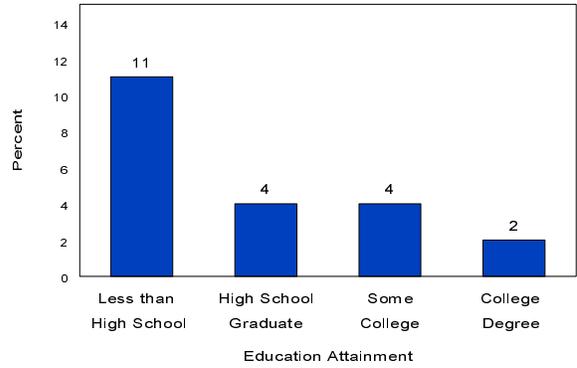
<sup>1</sup>Centers for Disease Control and Prevention. *The Burden of Diabetes in Kansas* (state fact sheet). Atlanta, GA 1999.



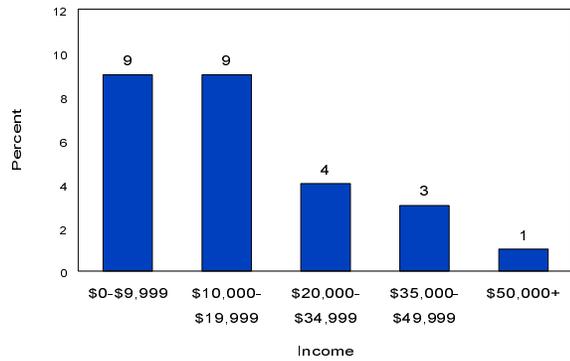
Prevalence of Diabetes Mellitus Among Kansans, by Age Group



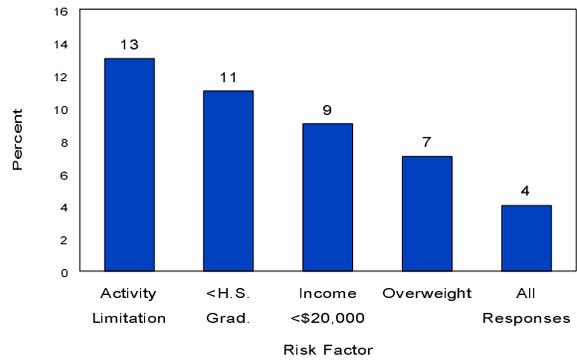
Prevalence of Diabetes Mellitus Among Kansans, by Education Attainment



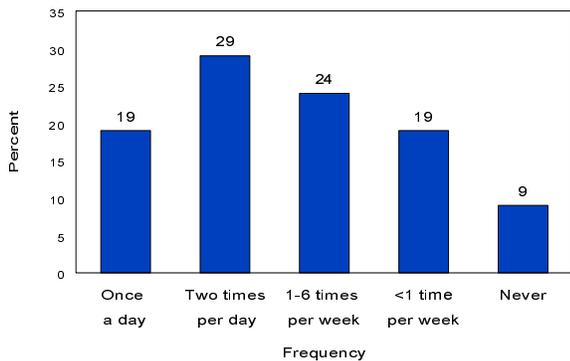
Prevalence of Diabetes Mellitus Among Kansans, by Income



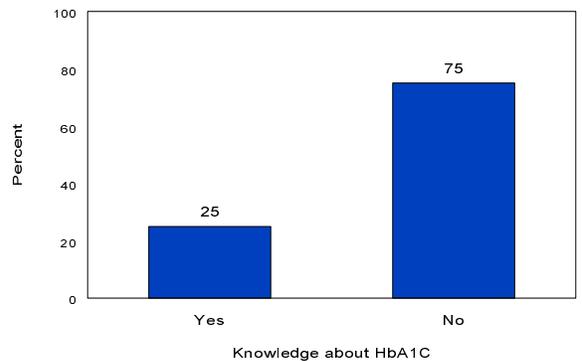
Prevalence of Diabetes Mellitus Among Kansans, by Risk Factor



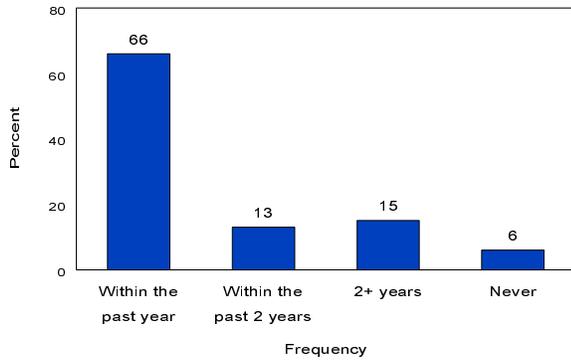
Frequency With Which Persons With Diabetes Check Their Blood for Glucose or Sugar



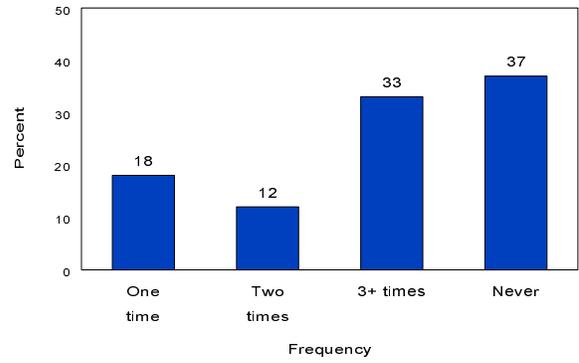
Percent of Persons With Diabetes Who Have Heard of Glycosylated Hemoglobin or HbA1C

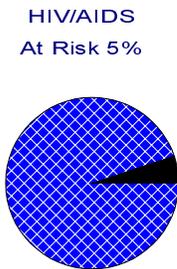


Frequency With Which Persons With Diabetes Had An Eye Exam In Which The Pupils Were Dilated



Frequency With Which A Health Professional Checked The Feet of Persons With Diabetes For Sores or Irritations During The Last Year





**HIV/AIDS At Risk:** Respondents who reported their risk of contracting the human immunodeficiency virus (HIV) as medium or high.

## HIV/AIDS

The results presented in this chapter differ from results in previous chapters in that they do not indicate a prevalence of health risk, but represent beliefs and attitudes towards a particular health risk. Only respondents aged 18 to 64 were asked questions relating to HIV/AIDS.

### Background

Acquired immunodeficiency syndrome (AIDS) is a life-threatening condition representing the later stages of infection with the human immunodeficiency virus (HIV). Infection with HIV results in slow, progressive damage to the immune system and certain other organ systems. As the immune system weakens, opportunistic infections and cancers not normally seen in healthy individuals can result in severe illness or death. It is estimated that between 650,000 to 900,000 people are infected with HIV in the U.S. and that approximately one-third of those who are infected are unaware that they have the virus<sup>1</sup>. At the end of 1998, 2,040 cumulative cases of AIDS among Kansans had been reported; 62% of those reported with AIDS had died<sup>2</sup>. HIV is primarily transmitted between persons through unsafe sexual practices, sharing injection drug equipment, or from mother to child during pregnancy, childbirth or breast feeding<sup>1</sup>.

### Who's At Risk Among Kansans

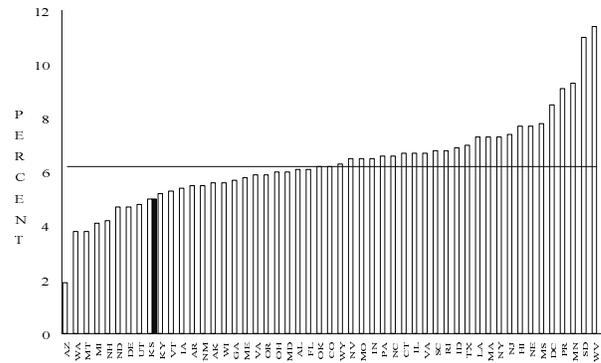
Five percent of respondents reported that their risk for contracting HIV was medium or high. The proportion of Kansans who believed themselves to be at risk for contracting HIV decreased with increasing age and rising household income. Males (6%) reported themselves to be more at risk for contracting HIV than females (4%) but the difference was not statistically significant. Never married Kansans (9%) were statistically more likely than married respondents (3%) to feel they were at risk for contracting HIV. Kansans with less than high school education, with incomes below \$20,000 and with race classified as Other, more frequently reported being at risk for contracting HIV.

Almost one-third of respondents reported that they had ever received an HIV blood test. The proportion of Kansans who had received an HIV blood test was highest among respondents aged 25 to 34 (46%) and among those with higher levels of education (36%). The two most commonly reported reasons to be tested for HIV were as follows: to see if they were infected (20%) and pregnancy test (17%).

### Kansas and the United States

Kansas reported the 9<sup>th</sup> lowest estimated prevalence for medium or high risk of contracting getting HIV among respondents 18-64 years old. Arizona had the lowest percentage of self-reported risk for contracting HIV (2%) and West Virginia had the highest percentage of self-reported risk for contracting HIV (11%). The U.S. median percentage of persons 18-64 years old who reported their risk of contracting HIV as medium or high was 6% in 1998.

Percentage of Persons At Self-Reported Risk for Contracting HIV\* By State or Territory

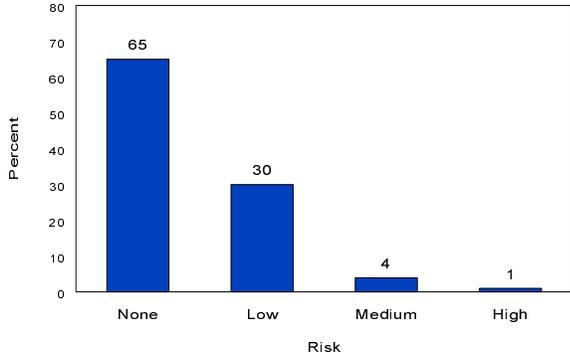


\*Risk identified as medium or high

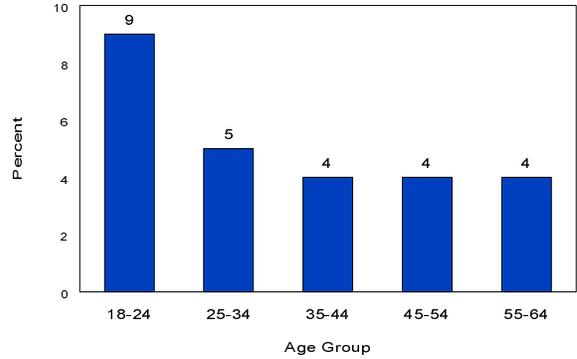
<sup>1</sup> U.S. Department of Health and Human Services. U.S. Public Health Service. (1998) *Healthy People 2010. National Health Promotion and Disease Prevention Objectives.*

<sup>2</sup> Kansas Department of Health and Environment. Bureau of Epidemiology and Disease Prevention. *Kansas HIV/AIDS Update, 1999. (On-line) [www.kdhe.state.ks.us/aids](http://www.kdhe.state.ks.us/aids)*

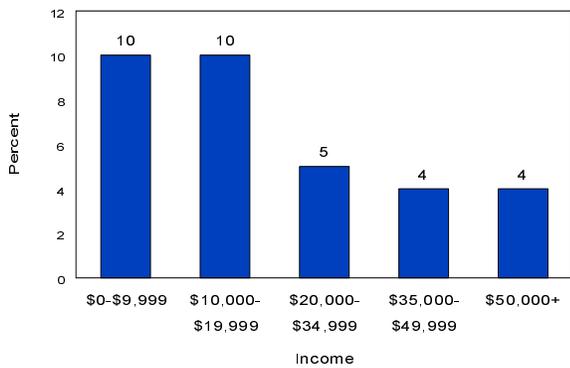
Percentage of Kansans With Self-Reported Risk For Contracting HIV/AIDS As Medium or High



Percentage of Kansans Aged 18 to 64 At Risk for Contracting HIV by Age Group



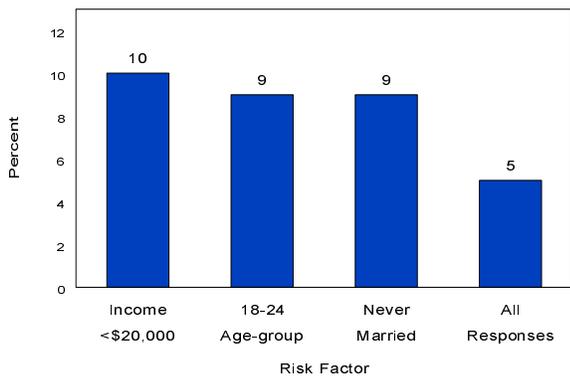
Percentage of Kansans Aged 18 to 64 At Risk for Contracting HIV, by Income



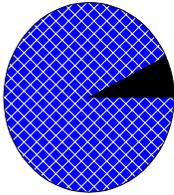
Percentage of Kansans Aged 18 to 64 At Risk for Contracting HIV, by Marital Status



Percentage of Participants At Risk of Contracting HIV, by Risk Factor



Sad, Blue or Depressed  
At Risk 7%



**Sad, Blue, or Depressed:** Respondents who reported they felt sad, blue, or depressed 14 or more days during the past 30 days.

**Worried, Tense, or Anxious:** Respondents who reported they felt worried, tense or anxious for 14 or more days during the past 30 days.

**Not Very Healthy and Full of Energy:** Respondents who reported they did not feel very healthy and full of energy for 14 or more days during the past 30 days.

**Not Enough Rest or Sleep:** Respondents who reported that they did not get enough rest or sleep 14 or more days during the past 30 days.

## Quality of Life

### Background

One of the goals of Healthy People 2010 is to increase the quality and years of healthy life. According to the Centers for Disease Control and Prevention (CDC), quality of life includes all facets of life such as health, recreation, environment, and culture and reflects an overall sense of happiness with our lives and our surroundings. The measurement of quality of life is an area of intensive research. The CDC has developed a Healthy Days Index that includes days in the past 30 days when both physical and mental health were good. Additional Healthy Days measures include any activity limitation, pain (days), depression (days), anxiety (days), sleeplessness (days), and vitality (days). Four indicators are presented in this chapter: depression, anxiety, lack of sleep and low energy.

Depression is characterized by prolonged and unrelenting sadness, loss of interest in activities, fatigue, changes in eating or sleeping patterns, feelings of worthlessness, impaired concentration and thoughts of death or suicide<sup>1,2</sup>. Anxiety disorders are the most common mental illnesses in the United States. More than 19 million people experience anxiety disorders every year. Anxiety disorders are characterized by constant and exaggerated worrisome thoughts about daily routine events, repeated episodes of intense fear that occur abruptly without a particular reason, and frequent and unwanted thoughts and complex behaviors difficult to stop. Common physical symptoms of anxiety disorders include chest pain, heart palpitation, shortness of breath, fatigue, trembling, muscle tension, and headache<sup>3</sup>. The most common anxiety disorders are panic disorders, obsessive-compulsive disorder, post-traumatic stress disorder and phobias. Anxiety disorders are more common among the young than the old, tend to become chronic and to cause periods of disability. While data from this survey can not provide a clinical diagnosis of depression or anxiety, it can provide the prevalence of some symptoms of depression or anxiety disorders which lower the quality of life among the population. Although each of these indicators reflects an aspect of quality of life, creating a threshold above which a person has the risk factor and below which the person does not is, by necessity, somewhat arbitrary.

### Who's At Risk Among Kansans

Seven percent of Kansans reported they felt sad, blue or depressed 14 or more days during the last 30 days. There was a small difference in the proportion of respondents who reported feeling depressed based on respondent's age, gender and education. Subgroups with an elevated prevalence of depressed mood include

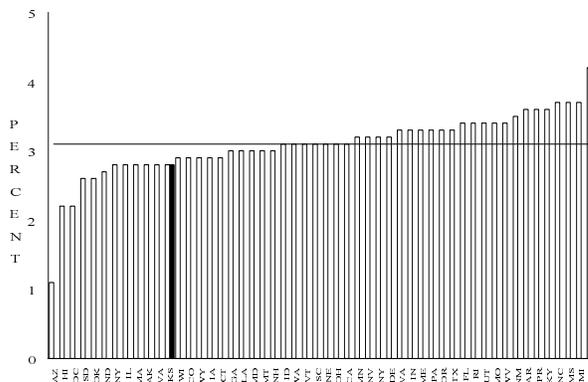
diabetics (9%), current smokers (12%), people who were separated (21%), people who had been in pain for 14 or more days (30%), people who felt anxiety for 14 or more days (40%) and people with fair or poor self-reported health status (20%).

Eleven percent of Kansans reported 14 or more days in the past 30 where they felt worried, tense or anxious. Anxiety decreased with advancing age. Kansans 75 years old and older (5%) were significantly less likely to report anxiety than Kansans in the 25-34 age group (14%). Few other strong correlates were identified for this indicator other than depressed mood and limiting pain. Among those with depressed mood, over two-thirds reported 14 or more days that they were worried, tense or anxious. Among those with limiting pain, 44% reported feeling anxiety for 14 or more days in the past 30.

Almost one-fourth of respondents reported 14 or more days in the past 30 where they did not get enough rest or sleep. Younger respondents were more likely to report lack of rest or sleep than older people. Among respondents who had limiting pain for 14 or more days, 44% did not get enough rest or sleep; respondents who felt sad, blue or depressed and respondents who were worried or tense for 14 or more days were almost 3 times more likely to report lack of enough rest or sleep than the other respondents. Current smokers (34%) and respondents with fair or poor health (33%) were significantly more likely to report they did not get enough rest or sleep than non-smokers (20%) or people with good to excellent health (22%).

Over one-fourth of respondents did not feel healthy and full of energy for 14 or more days during the past 30 days. Respondents who felt limiting pain (65%), who felt sad, blue or depressed (48%) and who were worried or tense (60%) for 14 more days were the most likely to not feel very healthy and full of energy. Other subgroups with an elevated prevalence of low energy include diabetics (48%), people with activity limitation (57%) and people with fair or poor health (55%).

Mean Number of Days in the Past 30 Days When Physical Health Was Not Good By State or Territory



### **Kansas and the United States**

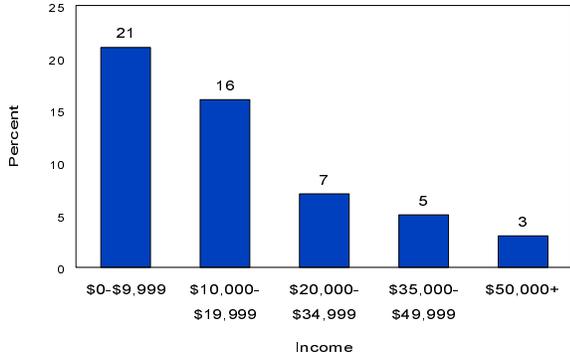
In 1998, Arizona reported the lowest mean number of days in the past 30 days when physical and mental health were not good. Alabama reported the highest mean number of days where physical health was not good and Kentucky reported the highest mean number of days when mental health was not good. In both cases Kansas reported the eleventh lowest mean number of days when mental and physical health were not good.

<sup>1</sup> U. S. Department of Health and Human Services. *Healthy People 2010: Understanding and Improving Health*. Washington, DC: U. S. Department of Health and Human Services, Government Printing Office. 2000.

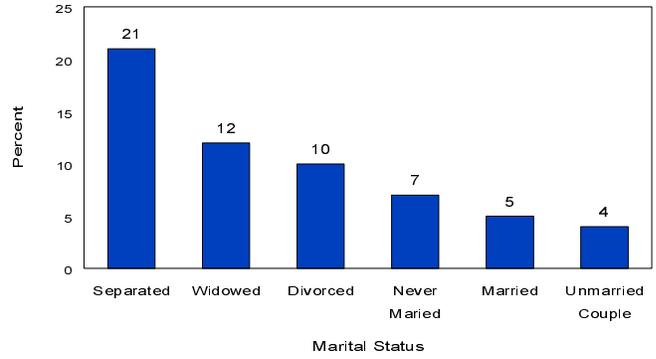
<sup>2</sup> U.S. Department of Health and Human Services. U.S. Public Health Service. Office of Disease Prevention. *The Clinician's Handbook of Preventive Services*. Alexandria, VA: International Medical Publishing, Inc., 1994.

<sup>3</sup> National Institute of Medicine. *Anxiety Disorders*. (On-line) [www.nimh.nih.gov/anxiety/anxiety/idx\\_fax.htm](http://www.nimh.nih.gov/anxiety/anxiety/idx_fax.htm)

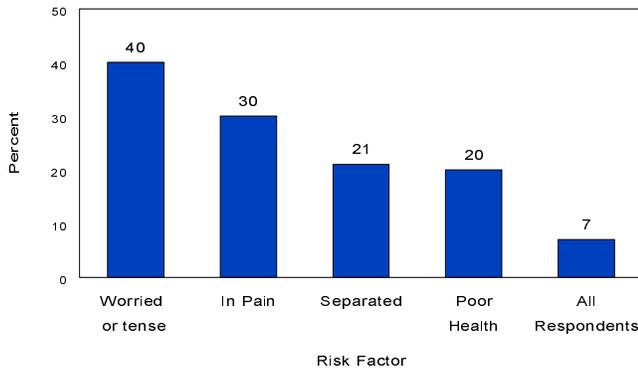
Percentage of Kansans Who Felt Sad, Blue or Depressed for 14 or More Days During the Last 30 Days, by Income



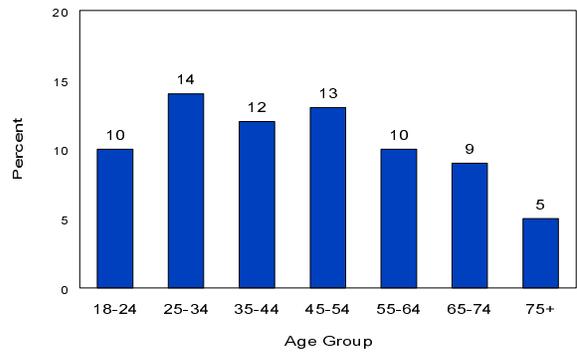
Percentage of Kansans Who Felt Sad, Blue or Depressed for 14 or More Days During the Last 30 Days, by Marital Status



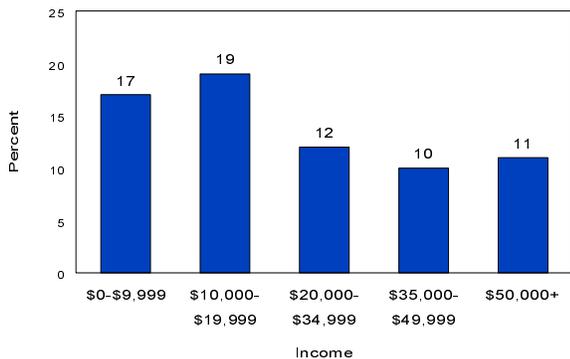
Percentage of Kansans Who Felt Sad, Blue or Depressed for 14 or More Days During the Last 30 Days, by Risk Factor



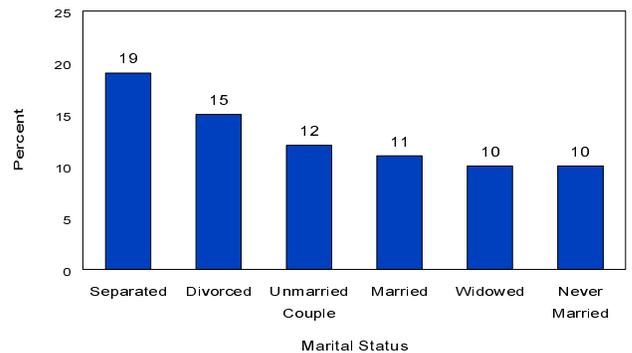
Percentage of Kansans Who Felt Worried, Tense or Anxious for 14 or More Days During the Last 30 Days, by Age Group



Percentage of Kansans Who Felt Worried, Tense or Anxious for 14 or More Days During the Last 30 Days, by Income

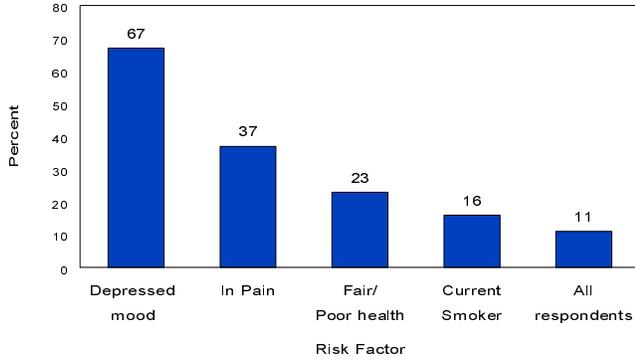


Percentage of Kansans Who Felt Worried, Tense or Anxious for 14 or More Days During the Last 30 Days, by Marital Status

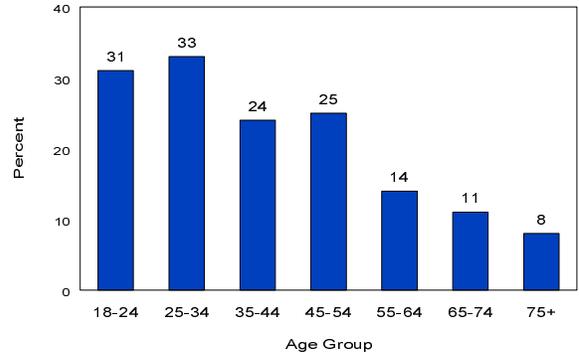


# Behavioral Risk Factor Surveillance System

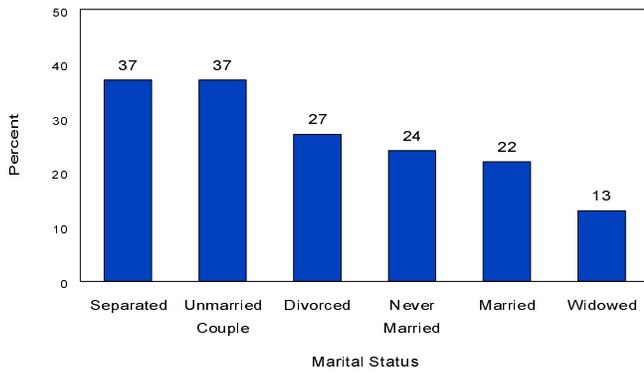
Percentage of Kansans Who Felt Worried, Tense or Anxious for 14 or More Days During the Last 30 Days, by Risk Factor



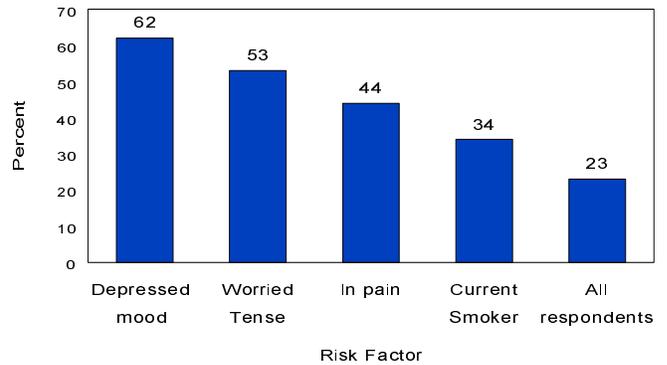
Percentage of Kansans Who Felt They Did Not Get Enough Rest or Sleep for 14 or More Days During the Last 30 Days, by Age Group



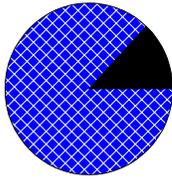
Percentage of Kansans Who Felt They Did Not Get Enough Rest or Sleep for 14 or More Days During the Last 30 Days, by Marital Status



Percentage of Kansans Who Felt They Did Not Get Enough Rest or Sleep for 14 or More Days During the Last 30 Days, by Risk Factor



Activity Limitation  
At Risk 13%



**Activity Limitation:** Respondents who reported being limited in any way in any activities because of any impairment or health problem

## Activity Limitation

### Background

According to the Centers for Disease Control and Prevention, more than 54 million Americans experience some limitation in their activities as a result of an acute or chronic health problem. This prevalence of activity limitations or disability will likely increase by about 50% by the year 2010 due to overall increased survival and life expectancy among the very young and aging population, thanks to public health successes in preventing premature death and improved medical and assistive technology<sup>1</sup>. Activity limitation refers to a person's inability to perform activities such as, but not limited to, work, school, recreation, or various activities of daily living such as eating, dressing, cleaning, or shopping. Persons with activity limitations are more likely to report being in pain, feeling depressed or anxious and having fewer days of vitality than people without activity limitations<sup>2</sup>. Disabilities may occur as a result of injuries, congenital anomalies, and chronic health conditions. While primary prevention of disabilities by reducing the risks associated with these causes remain an important aspect of public health, programs designed to prevent secondary conditions and promote and maintain the health and quality of life for persons with disabilities are also being developed and implemented by public health entities.

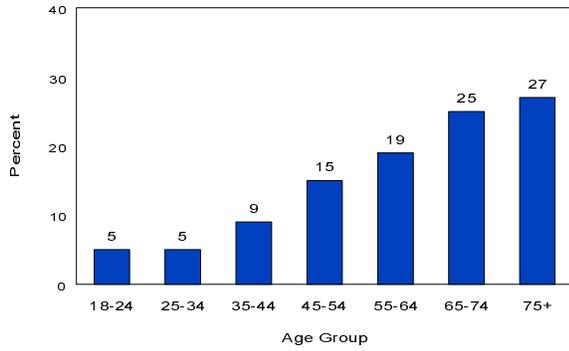
### Who's At Risk Among Kansans

Thirteen percent of respondents reported being limited because of an impairment or health problem. Back or neck problems (16%) and arthritis/rheumatism (13%) were the most commonly reported health problems that resulted in activity limitation. Activity limitation increased with increasing age. Persons 45 years old and over were significantly more likely to report activity limitations than persons in the 18-34 age category. Females were slightly more likely to report activity limitations (14%) than men (12%), but the difference was not statistically significant. Respondents with less than high school education and with household income less than \$20,000 were significantly more likely to report being limited because of an impairment or health problem than those who had high school education and beyond and those making \$20,000 or more. Persons with identified physical impairments (limiting pain, overweight and fair or poor health) as well as with depressed mood were the most likely to report activity limitations.

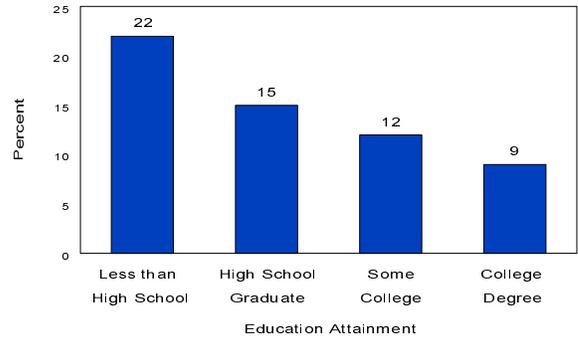
<sup>1</sup>Centers for Disease Control and Prevention. (1999). *Disability and Health Branch (On-line)*. [www.cdc.gov/nceh/programs/cddh/dh/sc/about.htm](http://www.cdc.gov/nceh/programs/cddh/dh/sc/about.htm)

<sup>2</sup>U.S. Department of Health and Human Services. U. S. Public Health Service. (2000) *Healthy People 2010. National Health Promotion and Disease Prevention Objectives*.

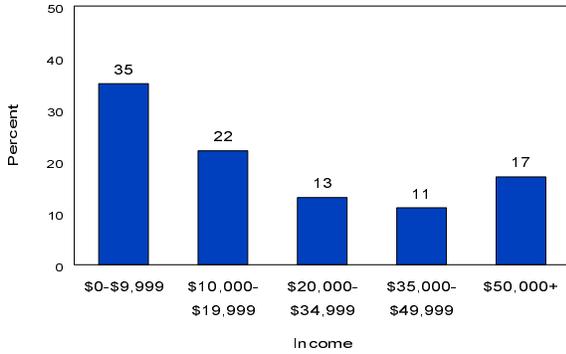
Percentage of Kansans With Activity Limitation, by Age Group



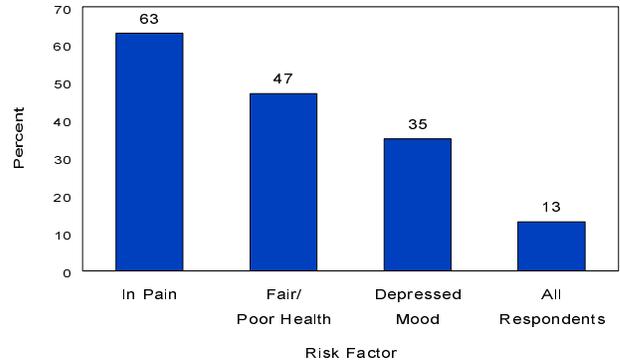
Percentage of Kansans With Activity Limitation, by Education Attainment

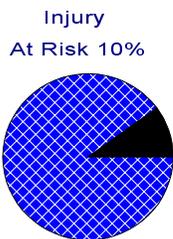


Percentage of Kansans With Activity Limitation, by Income



Percentage of Kansans With Activity Limitation, by Risk Factor





**Injury at Risk:** Respondents who reported having suffered an injury that kept them from doing regular activities for at least one day in the past year.

## Injury Control

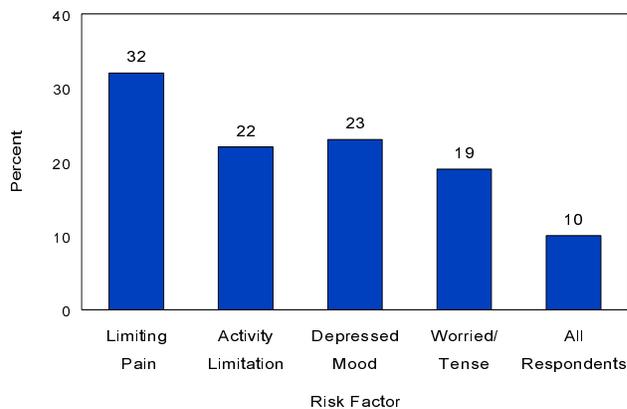
### Background

Injury, defined as “any unintentional or intentional damage to the body resulting from acute exposure to thermal, mechanical, electrical, or chemical energy or from the absence of such essentials as heat or oxygen” is the leading cause of death of Americans between the ages of 1 and 44<sup>1</sup>. Injuries can broadly be classified as unintentional injuries (i.e. traffic, residential, recreational, and occupational injuries) and intentional injuries (i.e. assaultive injuries, child abuse, elder abuse, domestic violence, rape and sexual assault, suicide and firearms injuries)<sup>1</sup>. Every day, more than 170,000 persons seek medical care due to an injury. In Kansas, in 1997, injuries accounted for 57% of all deaths among youth aged 1 through 14 and 80% of deaths among youth aged 15 through 24<sup>2</sup>. Unintentional injury was the leading cause of death for Kansas residents 1-44 years of age.

### Who’s At Risk Among Kansans

Ten percent of respondents reported having suffered an injury that kept them from doing regular activities for at least one day in the past year. The majority of the injuries occurred at home (36%) and in recreational places (16%). The main cause of injury was falling (33%). Most of the injuries which required medical care were treated in emergency rooms (40%) or in doctor’s offices (36%). The risk for injury decreased with advancing age. Respondents with limiting pain, with depressed mood, or who reported being worried or tense during 14 or more days in the past 30 days were significantly more likely to have suffered an injury than those who reported limiting pain, depressed mood, or anxiety during less than 14 days. Respondents with activity limitation were also significantly more likely to have had an injury (22%) than those with no activity limitation (8%).

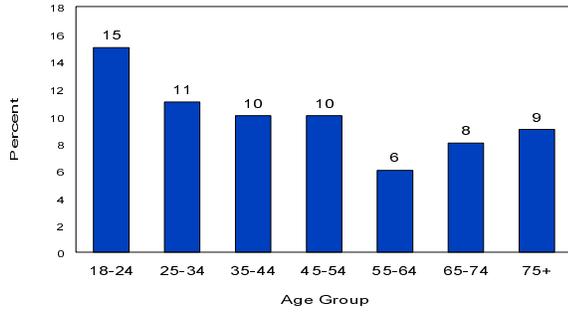
Percentage of Participants Who Were Injured For At Least One Day, by Risk Factor



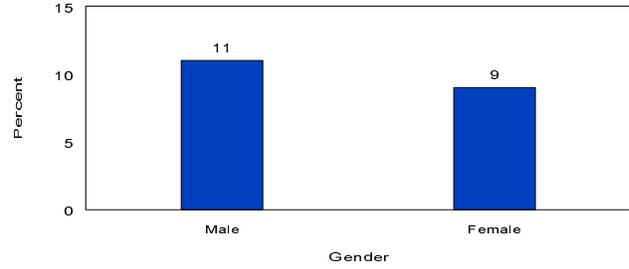
<sup>1</sup>U.S. Department of Health and Human Services. National Committee for Injury Prevention and Control.(1989). *Injury Prevention: Meeting the Challenge*. Oxford University Press, New York, NY.

<sup>2</sup>Center for Health and Environmental Statistics, Topeka, KS: Kansas Department of Health and Environment.

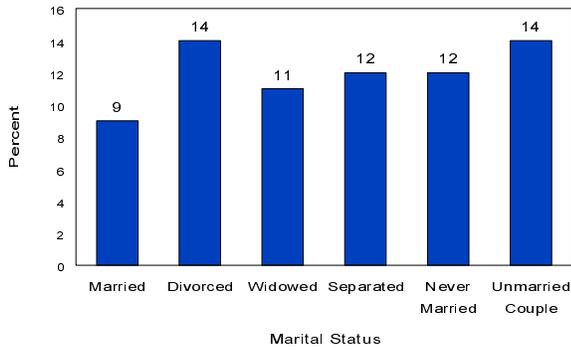
Percentage of Participants Who Were Injured For At Least One Day, by Age Group



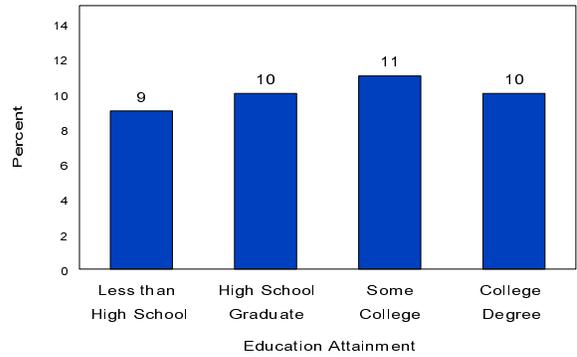
Percentage of Participants Who Were Injured For At Least One Day, By Gender



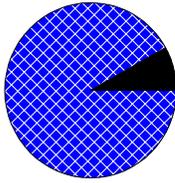
Percentage of Participants Who Were Injured For At Least One Day, by Marital Status



Percentage of Participants Who Were Injured For At Least One Day, by Education Attainment



Asthma  
At Risk 8%



**Asthma at Risk:** *Respondents who reported having ever been told by a doctor that they had asthma.*

## Asthma Control

### Background

Asthma is a serious lung disease that causes difficulty breathing due to airway inflammation and obstruction. An estimated 15 million Americans have asthma<sup>1</sup>. Prevalence rates of asthma are higher among children under 18 years of age than among the rest of the population; prevalence rates for asthma are also higher among women than men and among African Americans and Hispanics compared to Whites. Asthma can be fatal. Every year, approximately 5,000 deaths are attributable to asthma in the United States. Mortality rates due to asthma also differ by race and ethnicity. African Americans and Hispanics are 2 to 6 times more likely to die from asthma than Whites. The risk factors which underlie these apparent differences in asthma death among different racial/ethnic groups (eg. socioeconomic disparities, lack of access to health care and lack of education and social support to manage the disease appropriately) are less well understood. Morbidity and mortality rates due to asthma have seasonal patterns. Hospitalizations due to asthma are more likely to occur during September through November whereas deaths due to asthma occur more frequently in February and March. Reserachers have suggested that cold weather, acute respiratory infections, air pollution and plant allergens might be contributing factors for these seasonal trends<sup>2</sup>.

Risk factors for asthma include environmental and occupational allergens and irritants. The relative risk for developing childhood asthma is 4 times higher among children who are exposed to indoor allergens such as house dust mites, cat dander, and cockroach antigens than among unexposed children. Exposure to environmental tobacco smoke exacerbates childhood asthma and it is considered a risk factor for initiation of asthma in previously asymptomatic children. Other risk factors for childhood asthma include acute respiratory infections and low birth weight. Exposure to organic dusts and chemical agents in the workplace is a risk factor for the development of adult-onset asthma or for the exacerbation of a pre-existing condition. Some of the occupations at risk for occupational asthma include animal handlers, veterinarians, chemical workers, grain and insect handlers, metal workers and farm workers.

### Who's At Risk Among Kansans

Eight percent of Kansans reported they had ever been told by a doctor they have asthma. The proportion of respondents who had ever been told by a doctor they have asthma was higher among people in the 18-24 age group (12%) than in the other age group categories, but this difference was not statistically significant. This indicator was also slightly more common among women (9%) than men (7%). Having being told by a doctor that they have asthma was also more common among respondents with household income less than \$20,000 and among people who were separated.

The proportion of respondents who had ever been told by a doctor they had asthma also varied with race.

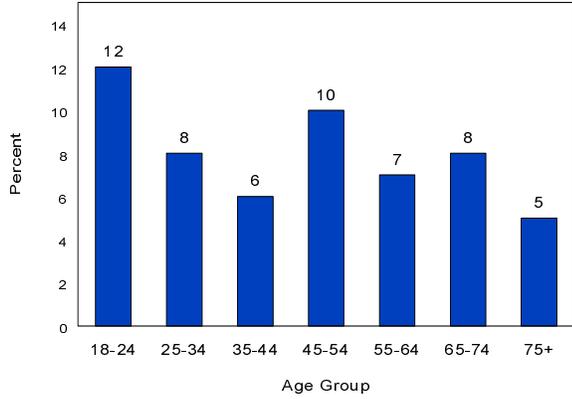
Black Non-Hispanic were almost twice as likely to report they have been told they had asthma (14%) than White Non-Hispanic (8%). Respondents with activity limitation were significantly more likely to report having asthma (15%) than those without an activity limitation (7%).

Sixty-two percent of Kansans who had ever been told they had asthma reported they currently have asthma. Almost three-fourths (72%) of respondents who currently have asthma have taken medications for asthma during the past 12 months. Seventeen percent of respondents who currently have asthma visited a hospital emergency room during the past 12 months due to difficulty breathing. Two-thirds of respondents with asthma reported that household members or guests smoke inside the house. Sixty-two percent of respondents with asthma had not been counseled about not permitting anyone to smoke inside the house.

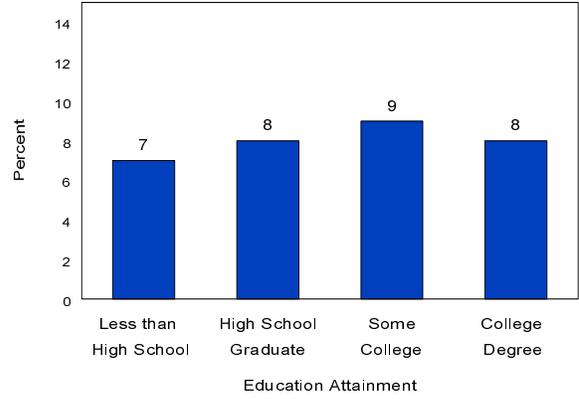
<sup>1</sup> US Department of Health and Human Services. U.S. Public Health Service. (1998) *Healthy People 2010. National Health Promotion and Disease Prevention Objectives.*

<sup>2</sup> Goldring, JM, James DS, Anderson HA. *Chronic Lung Diseases: Asthma:* In: Brownson RC, Remington PL, Davis JR (eds):*Chronic Disease Epidemiology and Control (1998).* American Public Health Association. Washington D.C., 379-386.

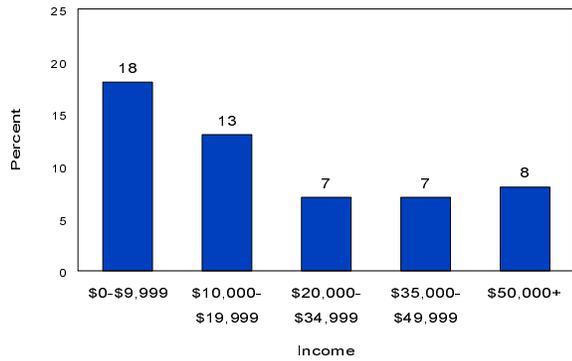
Percentage of Participants Who Have Ever Been Told By A Doctor That They Have Asthma, by Age Group



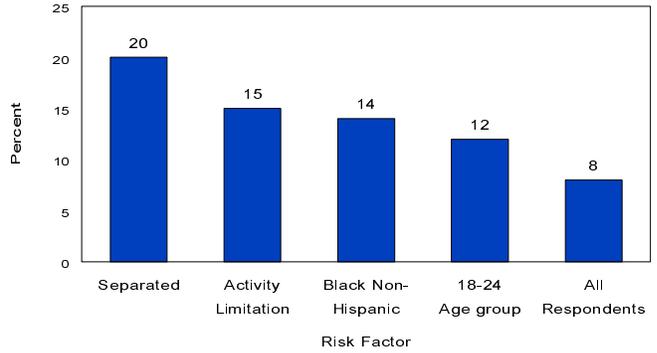
Percentage of Participants Who Have Ever Been Told By A Doctor That They Have Asthma, by Education Attainment



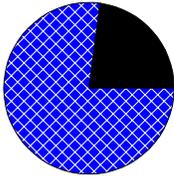
Percentage of Participants Who Have Ever Been Told By A Doctor That They Have Asthma, by Income



Percentage of Participants Who Have Ever Been Told By A Doctor That They Have Asthma, by Risk Factor



Hand Washing  
At Risk 23%



**Hand Washing At Risk:** Respondents who reported not always washing their hands with soap and water after using the toilet

## Hand Washing

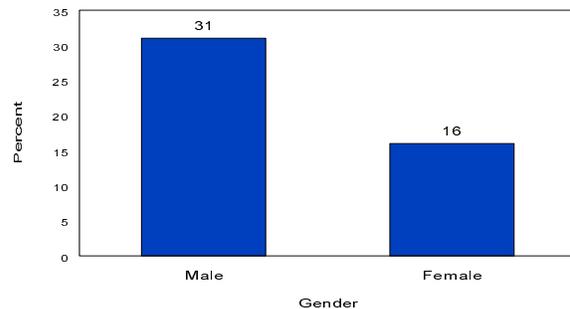
### Background

Hand washing is an important control measure for reducing the spread of some of the most common infectious diseases such as shigellosis, hepatitis A, *E. coli* 0157:H7, salmonellosis, campylobacteriosis, common cold, influenza, giardiasis, impetigo, fifth disease, conjunctivitis, and enterobiasis<sup>1</sup>. Proper hand washing can decrease the spread of diseases transmitted from person to person (via hand-to-hand contact) such as common cold and influenza as well as through fecal-oral transmission, such as salmonellosis and hepatitis A<sup>2</sup>. Proper and adequate hand-washing is also critical during food handling. Bare hand contact with ready-to-eat food in schools, restaurants and fast food establishments poses a serious infection threat when hands are not washed. Proper hand washing, good hygienic practices and adequate and accessible facilities are some of the US Food and Drug Administration’s (FDA) recommendations for schools and food facilities.

### Who’s At Risk Among Kansans

Almost one-fourth of respondents reported they do not always wash their hands with soap and water and that almost half of their children between the ages of 5 to 17 do not always wash their hands with soap and water after using the toilet. Men (31%) were statistically significant less likely to report they wash their hands after toileting than females (16%). The percentage of persons who reported not always washing their hands after using the toilet was not different by age, education status, household income or population density.

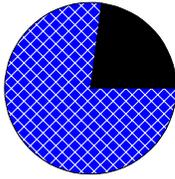
Percentage of Participants Reporting They Do Not Always Wash Their Hands With Soap and Water After Using The Toilet , by Gender



<sup>1</sup>. Kansas Department of Health and Environment. Healthy Lifestyles “Did You Wash’Em?” (On-line) [www.kdhe.state.ks.us/wash\\_em/meetthe germs.html](http://www.kdhe.state.ks.us/wash_em/meetthe germs.html)

<sup>2</sup>. John Hopkins Bayview Medical Center. Healthy Directions. ( On-line) [www.jhbmc.jhu.edu/healthy/stayinghealthy/lifestyle](http://www.jhbmc.jhu.edu/healthy/stayinghealthy/lifestyle)

Folic Acid Intake Awareness  
At Risk 78%



**Folic Acid Awareness At Risk:** Respondents who reported that health experts recommend women take 400 micrograms of folic acid for any other reason than to prevent birth defects.

## Folic Acid

### Background

Neural tube defects (i.e. developmental abnormalities of the nervous system) cause significant mortality and morbidity. Each year, almost 4,000 pregnancies in the United States are affected by neural tube defects<sup>1</sup>. Primary prevention through the intake of 400 ug of synthetic folic acid per day from fortified foods and/or a supplement (e.g. pill) in addition to a varied diet is recommended for women of childbearing age, who are capable of becoming pregnant<sup>2</sup>. According to national surveys conducted by the March of Dimes Birth Defects Foundation during 1995 and 1998<sup>3</sup>, the proportion of U.S. women who were aware that folic acid can prevent birth defects and that folic acid should be taken before pregnancy increased by 31% (from 52% in 1995 to 68% in 1998), but the proportion of women who actually take folic acid-containing vitamins increased only by 14% since 1995. The proportion of women who reported learning about folic acid from radio, television and health-care providers increased from 10% to 23% from 1995 to 1998. Although health care providers should have a pivotal role in promoting the daily intake of 400 ug of folic acid throughout the childbearing years among women of childbearing potential, they were the source for information for only one in five women surveyed, among women who had heard of folic acid.

### Who's At Risk Among Kansans

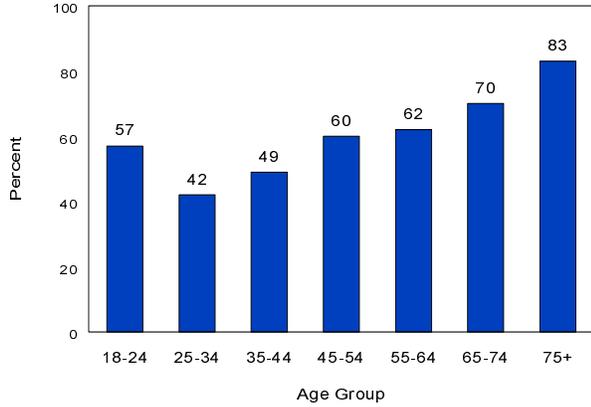
More than three-fourths of Kansas respondents were not aware that taking folic acid prevents birth defects. The proportion of respondents who did not know the right reason for taking folic acid increased with increasing age. Males were significantly less likely to be aware of the right reason for taking folic acid than females. Awareness about taking folic acid to prevent birth defects increased with advancing education and increasing income. Respondents with high school education or less or with household income less than \$20,000 were significantly less likely to report that women should take 400 micrograms of the vitamin acid folic to prevent birth defects than respondents with college degree or with household income greater than \$20,000. Respondents living in urban areas were more aware of the correct reason for taking folic acid than respondents living in rural or mixed urban-rural areas.

<sup>1</sup>Centers for Disease Control and Prevention (1999). *Knowledge and Use of Folic Acid by Women of Childbearing Age—United States, 1995 and 1998*. MMWR: 48(16); 325-7. (On-line) [www.cdc.gov/mmwr](http://www.cdc.gov/mmwr)

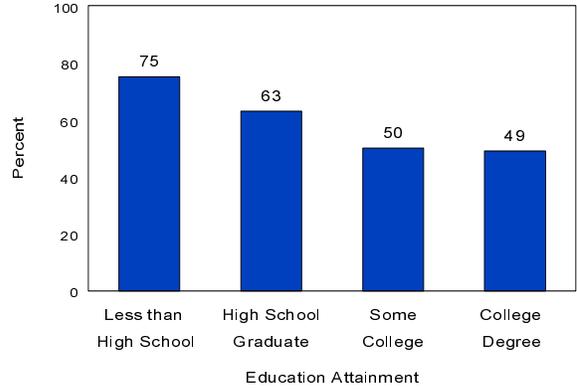
<sup>2</sup>U.S. Preventive Services Task Force. *Guide to clinical preventive services, 2<sup>nd</sup> ed. Screening for Neural Tube Defects-Including Folic Acid/Folate Prophylaxis*. Baltimore: Williams & Wilkins, 1996.

<sup>3</sup>Centers for Disease Control and Prevention (1995). *Knowledge and Use of Folic Acid by Women of Childbearing Age—United States, 1995*. MMWR: 44(38); 716-8. (On-line) [www.cdc.gov/mmwr](http://www.cdc.gov/mmwr)

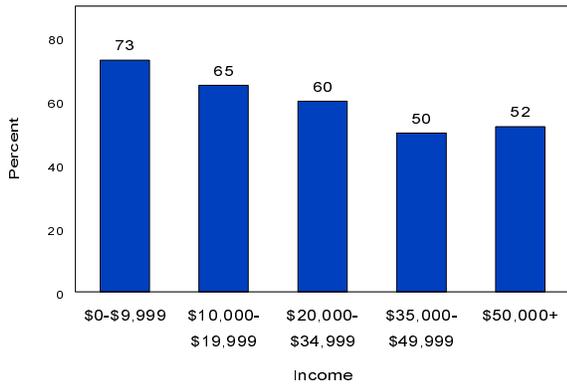
Percentage of Respondents Who Do Not Know That Taking Folic Acid Prevents Birth Defects, by Age Group



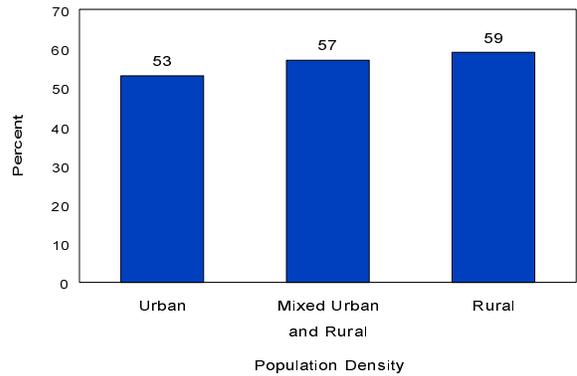
Percentage of Respondents Who Do Not Know That Taking Folic Acid Prevents Birth Defects, by Education Attainment



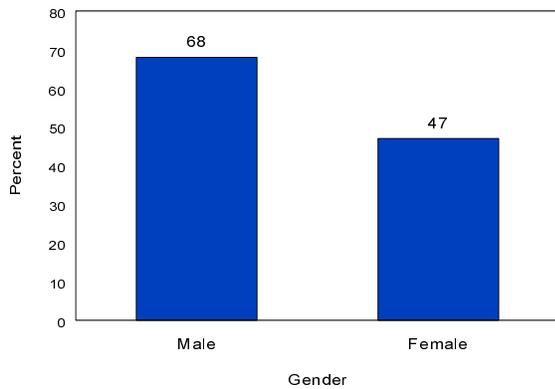
Percentage of Respondents Who Do Not Know That Taking Folic Acid Prevents Birth Defects, by Income



Percentage of Respondents Who Do Not Know That Taking Folic Acid Prevents Birth Defects, by Population Density



Percentage of Respondents Who Do Not Know That Taking Folic Acid Prevents Birth Defects, by Gender



## Healthy Kansans 2000 Objectives Measured by BRFSS Data

| Healthy Kansans 2000 Objectives   | Healthy<br>Kansans<br>2000 Target<br>% | Kansas<br>1998<br>% | United<br>States<br>1998 |
|---|--|---------------------|--------------------------|
| Reduce the prevalence of being overweight among Kansans aged 18 and older.  | ≤ 20                                   | 32                  | 32                       |
| Increase the proportion of Kansans engaging in regular physical activity at least 5 times a week for at least 30 minutes.   | 40                                     | 17                  | N/A                      |
| Decrease the proportion of Kansans engaging in no leisure time physical activity.   | ≤ 15                                   | 38                  | 28                       |
| Reduce the prevalence of current smoking among adults ≥ 18 years of age.  | ≤ 15                                   | 23                  | 23                       |
| Reduce smokeless tobacco use by males aged 18 and older.  | ≤ 4                                    | 10                  | N/A                      |
| Increase the proportion of women aged 40 and older who have ever received a physical breast exam and a mammogram.   | ≥ 80                                   | 78                  | 79                       |
| Increase the proportion of women aged 50 and older who have received a physical breast exam and a mammogram within the past 2 years.                                | ≥ 60                                   | 67                  | 68                       |
| Increase the proportion of women aged 18 and older with uterine cervix who have ever received a Pap smear test.   | ≥ 98                                   | 94                  | 95                       |
| Increase the proportion of women aged 18 and older with uterine cervix who have received a Pap smear test in the past 2 yrs.  | ≥ 90                                   | 83                  | N/A                      |
| Increase the proportion of adults with health care coverage.  | ≥ 92                                   | 92                  | 87                       |
| Reduce the proportion of adults not seeking health care due to cost.  | ≤ 6                                    | 7                   | 9                        |
| Increase the proportion of Kansans who have a specific source of primary care for their ongoing preventive and episodic health care.                                | ≥ 95                                   | N/A *               | N/A                      |
| Increase the proportion of non-institutionalized adults aged 65 and older who have been vaccinated for pneumonia, influenza, and tetanus/diphtheria (respectively). | N/A                                    | N/A                 | N/A                      |
| Increase the proportion of Kansans aged 50 and older who have ever had a proctoscopic (sigmoidoscopic) exam.  | ≥ 50                                   | N/A *               | 41                       |
| Increase the proportion of adult Kansans who have had their cholesterol checked in the past five years.   | ≥ 75                                   | N/A *               | 69                       |
| Increase the proportion of health care providers who provide counseling on the prevention of HIV and other STDs   | ≥ 50                                   | N/A                 | N/A                      |
| Increase the proportion of employed adults working in smoke-free worksites.   | 60                                     | 62                  | N/A                      |
| Increase the proportion of children aged 0 through 4 who always ride in a safety seat.  | ≥ 95                                   | N/A *               | N/A                      |

\*Objectives measured by past BRFSS data but not measured in 1998.

# **Appendices**

## **Risk Tables**

## **Question Responses**

# Risk Factor Tables

## Definitions

**Number At Risk (Unweighted):** The raw number of respondents who reported being at risk for the defined health risk behavior.

**Percent At Risk (Weighted):** Percentage of Kansas residents at risk for the defined health risk behavior. The data are weighted to more closely resemble the characteristics of the population of Kansas (See interpretation of results for more information on the weighting procedure).

**95% CI:** Confidence intervals represent statistically derived ranges around the estimated percent at risk (estimated because the entire population of the state was not interviewed). The true percentage in the population (the value that would have been obtained if everyone in the state had been interviewed) is 95% likely to lie within the confidence interval limit. In the example below, 19% represents the best estimate of the frequency of the characteristic in the population. Almost certainly (i.e., only 5% chance of being wrong) the true value for the population lies between 16 and 23. The certainty of the estimate (how narrow the confidence limits are) depends on the number of persons in the survey and the number at risk.

Table A: Example

| Demographic Characteristics | Number of respondents with risk factor | % of subpopulation with risk factor | 95% CI                |
|-----------------------------|--|-------------------------------------|-----------------------|
|                             | n                                      | %                                   |                       |
| <b>Total</b>                | 121*                                   | 19**                                | (16, 23) <sup>a</sup> |
| <b>Age Group</b>            |  |                                     |                       |
| 18-24                       | 12                                     | 24                                  | (11, 38)              |
| 25-34                       | 25                                     | 24                                  | (15, 33)              |
| 35-44                       | 23                                     | 16                                  | (10, 23)              |
| 45-54                       | 19                                     | 16                                  | (9, 23)               |
| 55-64                       | 12                                     | 20                                  | (10, 31)              |
| 65-74                       | 16                                     | 19                                  | (10, 28)              |
| 75+                         | 14                                     | 15                                  | (7, 22)               |
| <b>Gender</b>               |  |                                     |                       |
| Male                        | 38                                     | 16                                  | (11, 22)              |
| Female                      | 83                                     | 21                                  | (17, 26)              |

\* Number of persons answering example question, excluding missing and refused responses, who have the risk factor.

\*\* Weighted percentage with risk factor. Note: Due to weighting, this value may not be the quotient of number at risk divided by total sample size.

<sup>a</sup> 95% confidence intervals show the value range for the percentage estimate. If we were looking at 95% confidence intervals from multiple samples that assessed this risk factor, we would expect 95% of them to contain the true estimate.

**Table A: Fair or Poor General Health\***

| Subpopulation                   | Number of respondents with risk factor | % of subpopulation with risk factor | 95% CI   |
|---------------------------------|--|-------------------------------------|----------|
|                                 | n                                      | %                                   | (11, 13) |
| <b>Total</b>                    | 535                                    | 12                                  | (11, 13) |
| <b>Age Group</b>                |  |                                     |          |
| 18-24                           | 14                                     | 4                                   | (1, 6)   |
| 25-34                           | 43                                     | 7                                   | (5, 9)   |
| 35-44                           | 64                                     | 7                                   | (5, 10)  |
| 45-54                           | 75                                     | 11                                  | (8, 14)  |
| 55-64                           | 67                                     | 13                                  | (10, 16) |
| 65-74                           | 104                                    | 22                                  | (18, 26) |
| 75+                             | 167                                    | 34                                  | (30, 39) |
| <b>Gender</b>                   |  |                                     |          |
| Male                            | 182                                    | 10                                  | (9, 12)  |
| Female                          | 353                                    | 14                                  | (12, 15) |
| <b>Education</b>                |  |                                     |          |
| <H. S. Grad.                    | 128                                    | 29                                  | (24, 34) |
| High School Grad.               | 219                                    | 15                                  | (12, 17) |
| Some College                    | 119                                    | 8                                   | (7, 10)  |
| College Grad.                   | 62                                     | 6                                   | (4, 8)   |
| <b>Household Income</b>         |  |                                     |          |
| \$0-\$9,999                     | 53                                     | 33                                  | (24, 42) |
| \$10,000-\$19,999               | 129                                    | 25                                  | (21, 30) |
| \$20,000-\$34,999               | 132                                    | 13                                  | (10, 15) |
| \$35,000-\$49,999               | 44                                     | 6                                   | (4, 8)   |
| \$50,000+                       | 33                                     | 3                                   | (1, 5)   |
| <b>Other</b>                    |  |                                     |          |
| Days in past month:<br>In pain: |  |                                     |          |
| 14+                             | 135                                    | 48                                  | (41, 54) |
| <14                             | 365                                    | 9                                   | (8, 10)  |
| Sad, blue, depressed            |  |                                     |          |
| 14+                             | 95                                     | 34                                  | (27, 41) |
| <14                             | 397                                    | 10                                  | (9, 11)  |
| Worried, tense                  |  |                                     |          |
| 14+                             | 110                                    | 25                                  | (20, 29) |
| <14                             | 388                                    | 10                                  | (9, 11)  |
| No physical activity            | 422                                    | 14                                  | (13, 15) |
| Active                          | 113                                    | 8                                   | (6, 10)  |
| Diabetes                        | 80                                     | 43                                  | (35, 51) |
| No Diabetes                     | 454                                    | 11                                  | (10, 12) |
| Current Smoker                  | 118                                    | 14                                  | (11, 16) |
| Not current smoker              | 417                                    | 12                                  | (10, 13) |
| Overweight                      | 187                                    | 15                                  | (13, 17) |
| Not overweight                  | 298                                    | 10                                  | (9, 12)  |
| Activity Limitation             | 251                                    | 43                                  | (38, 48) |
| Not activity limitation         | 271                                    | 7                                   | (6, 8)   |

\*Respondents who reported that in general their health was fair or poor

**Table B: Lacked Health Care Coverage\***

| Subpopulation             | Number of respondents with risk factor | % of subpopulation with risk factor | 95% CI   |
|---------------------------|--|-------------------------------------|----------|
|                           | n                                      | %                                   | (7, 9)   |
| <b>Total</b>              | 287                                    | 8                                   | (7, 9)   |
| <b>Age Group</b>          |  |                                     |          |
| 18-24                     | 50                                     | 17                                  | (12, 21) |
| 25-34                     | 83                                     | 13                                  | (10, 16) |
| 35-44                     | 69                                     | 8                                   | (6, 11)  |
| 45-54                     | 46                                     | 8                                   | (5, 10)  |
| 55-64                     | 34                                     | 7                                   | (5, 10)  |
| 65-74                     | 2                                      | 0.4                                 | (0, 2)   |
| 75+                       | 3                                      | 0.3                                 | (0, 1)   |
| <b>Gender</b>             |  |                                     |          |
| Male                      | 125                                    | 9                                   | (8, 11)  |
| Female                    | 162                                    | 8                                   | (7, 9)   |
| <b>Education</b>          |  |                                     |          |
| <H. S. Grad.              | 45                                     | 13                                  | (9, 17)  |
| High School Grad.         | 110                                    | 11                                  | (9, 13)  |
| Some College              | 85                                     | 7                                   | (5, 8)   |
| College Grad.             | 47                                     | 5                                   | (3, 7)   |
| <b>Household Income</b>   |  |                                     |          |
| \$0-\$9,999               | 23                                     | 19                                  | (11, 27) |
| \$10,000-\$19,999         | 92                                     | 23                                  | (18, 28) |
| \$20,000-\$34,999         | 94                                     | 10                                  | (8, 13)  |
| \$35,000-\$49,999         | 17                                     | 3                                   | (1, 5)   |
| \$50,000+                 | 11                                     | 2                                   | (1, 3)   |
| <b>Population Density</b> |  |                                     |          |
| Mixed                     | 103                                    | 8                                   | (7, 10)  |
| Rural                     | 58                                     | 10                                  | (7, 12)  |
| Urban                     | 126                                    | 8                                   | (6, 9)   |
| <b>Employment</b>         |  |                                     |          |
| Employed for Wages        | 159                                    | 8                                   | (6, 9)   |
| Self-Employed             | 45                                     | 21                                  | (15, 27) |
| Not Emp. For Wages        | 75                                     | 15                                  | (11, 18) |
| Retired                   | 8                                      | 1                                   | (0, 2)   |
| <b>Marital Status</b>     |  |                                     |          |
| Married                   | 99                                     | 5                                   | (4, 6)   |
| Divorced                  | 78                                     | 17                                  | (13, 22) |
| Widowed                   | 15                                     | 3                                   | (1, 5)   |
| Never Married/U.C.        | 95                                     | 17                                  | (13, 20) |

\*Respondents who reported that they lacked any form of health coverage, including Health insurance, Health Maintenance Organizations (HMO), Medicare, Medicaid, or military insurance plans

**Table C: Unable to See a Doctor due to the Cost in Past 12 Months\***

| Subpopulation             | Number of respondents with risk factor | % of subpopulation with risk factor | 95% CI   |
|---------------------------|--|-------------------------------------|----------|
|                           | n                                      | %                                   |          |
| <b>Total</b>              | 301                                    | 7                                   | (6, 8)   |
| <b>Age Group</b>          |  |                                     |          |
| 18-24                     | 30                                     | 9                                   | (5, 13)  |
| 25-34                     | 68                                     | 10                                  | (7, 12)  |
| 35-44                     | 76                                     | 9                                   | (6, 11)  |
| 45-54                     | 56                                     | 7                                   | (5, 9)   |
| 55-64                     | 37                                     | 7                                   | (5, 9)   |
| 65-74                     | 18                                     | 3                                   | (1, 5)   |
| 75+                       | 14                                     | 3                                   | (1, 4)   |
| <b>Gender</b>             |  |                                     |          |
| Male                      | 97                                     | 6                                   | (5, 8)   |
| Female                    | 204                                    | 8                                   | (7, 9)   |
| <b>Education</b>          |  |                                     |          |
| < H.S. Grad.              | 31                                     | 8                                   | 5, 10)   |
| High School Grad.         | 122                                    | 10                                  | (8, 12)  |
| Some College              | 100                                    | 7                                   | (5, 8)   |
| College Grad.             | 48                                     | 5                                   | (3, 6)   |
| <b>Household Income</b>   |  |                                     |          |
| \$0-\$9,999               | 36                                     | 23                                  | (15, 30) |
| \$10,000-\$19,999         | 73                                     | 15                                  | (11, 19) |
| \$20,000-\$34,999         | 104                                    | 10                                  | (7, 12)  |
| \$35,000-\$49,999         | 27                                     | 4                                   | (2, 6)   |
| \$50,000+                 | 24                                     | 2                                   | (1, 4)   |
| <b>Population Density</b> |  |                                     |          |
| Mixed                     | 105                                    | 7                                   | (6, 9)   |
| Rural                     | 39                                     | 5                                   | (3, 8)   |
| Urban                     | 157                                    | 8                                   | (6, 9)   |
| <b>Employment</b>         |  |                                     |          |
| Employed for Wages        | 165                                    | 7                                   | (6, 8)   |
| Self-Employed             | 32                                     | 10                                  | (6, 14)  |
| Not Emp. For Wages        | 68                                     | 13                                  | (9, 16)  |
| Retired                   | 35                                     | 4                                   | (2, 5)   |
| <b>Marital Status</b>     |  |                                     |          |
| Married                   | 115                                    | 5                                   | (4, 6)   |
| Divorced/Separated        | 83                                     | 15                                  | (11, 18) |
| Widowed                   | 33                                     | 7                                   | (4, 9)   |
| Never Married/U.C.        | 70                                     | 9                                   | (6, 13)  |

\* Respondents who reported that they were unable to see a doctor due to the cost during the past twelve months

**Table D: Diabetes Mellitus\*/\*\***

| Subpopulation             | Number of respondents with risk factor | % of subpopulation with risk factor | 95% CI  |
|---------------------------|--|-------------------------------------|---------|
|                           | n                                      | %                                   |         |
| <b>Total</b>              | 170                                    | 4                                   | (3, 5)  |
| <b>Age Group</b>          |  |                                     |         |
| 18-24                     | 2                                      | 0.5                                 | (0, 3)  |
| 25-34                     | 4                                      | 0.4                                 | (0, 2)  |
| 35-44                     | 18                                     | 2                                   | (0, 4)  |
| 45-54                     | 31                                     | 4                                   | (2, 7)  |
| 55-65                     | 37                                     | 10                                  | (6, 13) |
| 65-74                     | 40                                     | 11                                  | (7, 14) |
| 75+                       | 38                                     | 7                                   | (5, 9)  |
| <b>Gender</b>             |  |                                     |         |
| Male                      | 71                                     | 5                                   | (3, 6)  |
| Female                    | 99                                     | 4                                   | (3, 5)  |
| <b>Education</b>          |  |                                     |         |
| < H.S. Grad.              | 44                                     | 11                                  | (7, 14) |
| High School Grad.         | 58                                     | 4                                   | (3, 5)  |
| Some College              | 48                                     | 4                                   | (2, 5)  |
| College Grad.             | 19                                     | 2                                   | (1, 3)  |
| <b>Household Income</b>   |  |                                     |         |
| \$0-\$9,999               | 16                                     | 9                                   | (4, 13) |
| \$10,000-\$19,999         | 35                                     | 9                                   | (5, 12) |
| \$20,000-\$34,999         | 41                                     | 4                                   | (3, 5)  |
| \$35,000-\$49,999         | 27                                     | 3                                   | (2, 5)  |
| \$50,000+                 | 8                                      | 1                                   | (0, 3)  |
| <b>Other</b>              |  |                                     |         |
| Days in past month:       |  |                                     |         |
| In pain:                  |  |                                     |         |
| 14+                       | 23                                     | 7                                   | (4, 9)  |
| < 14                      | 141                                    | 4                                   | (3, 5)  |
| Sad, blue, depressed      |  |                                     |         |
| 14+                       | 17                                     | 5                                   | (2, 9)  |
| <14                       | 142                                    | 4                                   | (3, 5)  |
| Worried, tense            |  |                                     |         |
| 14+                       | 22                                     | 4                                   | (2, 7)  |
| <14                       | 138                                    | 4                                   | (3, 5)  |
| No physical activity      |  |                                     |         |
| Active                    | 131                                    | 5                                   | (4, 6)  |
|                           | 39                                     | 3                                   | (2, 4)  |
| Overweight                |  |                                     |         |
| Overweight                | 87                                     | 7                                   | (5, 9)  |
| Not overweight            | 69                                     | 3                                   | (2, 3)  |
| Current smoker            |  |                                     |         |
| Current smoker            | 22                                     | 3                                   | (1, 5)  |
| Not current smoker        | 148                                    | 4                                   | (3, 5)  |
| Activity Limitation       |  |                                     |         |
| Activity Limitation       | 67                                     | 13                                  | (9, 16) |
| No activity limitation    | 99                                     | 3                                   | (2, 3)  |
| <b>Population Density</b> |  |                                     |         |
| Mixed                     | 61                                     | 5                                   | (3, 6)  |
| Rural                     | 34                                     | 4                                   | (2, 6)  |
| Urban                     | 75                                     | 4                                   | (3, 5)  |

\* Excludes females who were told they had diabetes during pregnancy

\*\* Respondents who reported they were told by a doctor that they have diabetes

**Table E: Overweight\***

| Subpopulation             | Number of respondents with risk factor | % of subpopulation with risk factor | 95% CI   |
|---------------------------|--|-------------------------------------|----------|
| <b>Total</b>              | n<br>1147                              | %<br>32                             | (30, 33) |
| <b>Age Group</b>          |  |                                     |          |
| 18-24                     | 69                                     | 21                                  | (15, 26) |
| 25-34                     | 181                                    | 29                                  | (25, 33) |
| 35-44                     | 263                                    | 35                                  | (31, 39) |
| 45-54                     | 230                                    | 37                                  | (33, 41) |
| 55-64                     | 156                                    | 40                                  | (35, 45) |
| 65-74                     | 142                                    | 35                                  | (30, 40) |
| 75+                       | 104                                    | 25                                  | (20, 29) |
| <b>Gender</b>             |  |                                     |          |
| Male                      | 519                                    | 34                                  | (31, 36) |
| Female                    | 628                                    | 30                                  | (27, 32) |
| <b>Education</b>          |  |                                     |          |
| < H.S. Grad.              | 113                                    | 31                                  | (25, 36) |
| High School Grad.         | 390                                    | 33                                  | (29, 36) |
| Some College              | 392                                    | 32                                  | (29, 35) |
| College Grad.             | 250                                    | 30                                  | (27, 34) |
| <b>Household Income</b>   |  |                                     |          |
| \$0-\$9,999               | 59                                     | 40                                  | (30, 50) |
| \$10,000-\$19,999         | 134                                    | 30                                  | (25, 36) |
| \$20,000-\$34,999         | 348                                    | 36                                  | (33, 40) |
| \$35,000-\$49,999         | 212                                    | 32                                  | (28, 36) |
| \$50,000+                 | 220                                    | 30                                  | (26, 33) |
| <b>Race</b>               |  |                                     |          |
| White Non-Hispanic        | 999                                    | 31                                  | (29, 33) |
| Black Non-Hispanic        | 65                                     | 37                                  | (28, 45) |
| Hispanic                  | 61                                     | 36                                  | (28, 44) |
| Other                     | 21                                     | 29                                  | (16, 42) |
| <b>Other</b>              |  |                                     |          |
| Days in past month:       |  |                                     |          |
| In pain:                  |  |                                     |          |
| 14+                       | 111                                    | 45                                  | (38, 51) |
| < 14                      | 1003                                   | 36                                  | (31, 40) |
| Sad, blue, depressed      |  |                                     |          |
| 14+                       | 97                                     | 38                                  | (31, 45) |
| <14                       | 998                                    | 31                                  | (29, 33) |
| Worried, tense            |  |                                     |          |
| 14+                       | 150                                    | 37                                  | (31, 42) |
| <14                       | 942                                    | 31                                  | (29, 33) |
| No physical activity      |  |                                     |          |
| Active                    | 826                                    | 34                                  | (32, 37) |
| Active                    | 321                                    | 27                                  | (24, 29) |
| Diabetes                  |  |                                     |          |
| Diabetes                  | 87                                     | 54                                  | (46, 62) |
| No Diabetes               | 1060                                   | 31                                  | (29, 33) |
| Activity Limitation       |  |                                     |          |
| Activity Limitation       | 214                                    | 44                                  | (39, 49) |
| No activity limitation    | 909                                    | 30                                  | (28, 32) |
| <b>Population Density</b> |  |                                     |          |
| Mixed                     |  |                                     |          |
| Rural                     | 420                                    | 33                                  | (30, 36) |
| Urban                     | 221                                    | 34                                  | (30, 39) |
|                           | 506                                    | 30                                  | (27, 32) |

\* Body mass index  $\geq 27.8$  for males and  $\geq 27.3$  for females.**Table F: Current Cigarette Use\***

| Subpopulation             | Number of respondents with risk factor | % of subpopulation with risk factor | 95% CI   |
|---------------------------|--|-------------------------------------|----------|
| <b>Total</b>              | n<br>781                               | %<br>21                             | (20, 23) |
| <b>Age Group</b>          |  |                                     |          |
| 18-24                     | 77                                     | 26                                  | (20, 32) |
| 25-34                     | 147                                    | 22                                  | (19, 26) |
| 35-44                     | 223                                    | 27                                  | (23, 30) |
| 45-54                     | 163                                    | 24                                  | (20, 28) |
| 55-64                     | 94                                     | 23                                  | (18, 28) |
| 65-74                     | 50                                     | 10                                  | (7, 14)  |
| 75+                       | 25                                     | 5                                   | (3, 7)   |
| <b>Gender</b>             |  |                                     |          |
| Male                      | 336                                    | 23                                  | (20, 25) |
| Female                    | 445                                    | 19                                  | (18, 21) |
| <b>Education</b>          |  |                                     |          |
| < H.S. Grad.              | 87                                     | 27                                  | (21, 32) |
| High School Grad.         | 329                                    | 26                                  | (23, 29) |
| Some College              | 265                                    | 22                                  | (19, 24) |
| College Grad.             | 98                                     | 11                                  | (8, 14)  |
| <b>Household Income</b>   |  |                                     |          |
| \$0-\$9,999               | 38                                     | 24                                  | (16, 32) |
| \$10,000-\$19,999         | 129                                    | 32                                  | (26, 38) |
| \$20,000-\$34,999         | 234                                    | 24                                  | (21, 27) |
| \$35,000-\$49,999         | 160                                    | 24                                  | (20, 27) |
| \$50,000+                 | 111                                    | 14                                  | (11, 17) |
| <b>Race</b>               |  |                                     |          |
| White Non-Hispanic        | 673                                    | 21                                  | (19, 22) |
| Black Non-Hispanic        | 39                                     | 23                                  | (15, 31) |
| Hispanic                  | 43                                     | 22                                  | (16, 29) |
| Other                     | 24                                     | 27                                  | (15, 39) |
| <b>Other</b>              |  |                                     |          |
| Days in past month:       |  |                                     |          |
| In pain:                  |  |                                     |          |
| 14+                       | 80                                     | 32                                  | (26, 38) |
| < 14                      | 685                                    | 21                                  | (19, 22) |
| Sad, blue, depressed      |  |                                     |          |
| 14+                       | 98                                     | 39                                  | (32, 47) |
| <14                       | 644                                    | 20                                  | (18, 21) |
| Worried, tense            |  |                                     |          |
| 14+                       | 144                                    | 31                                  | (26, 35) |
| <14                       | 604                                    | 20                                  | (19, 22) |
| No physical activity      |  |                                     |          |
| Active                    | 578                                    | 24                                  | (22, 25) |
| Active                    | 203                                    | 16                                  | (14, 19) |
| Overweight                |  |                                     |          |
| Overweight                | 215                                    | 19                                  | (16, 22) |
| Not overweight            | 526                                    | 23                                  | (21, 25) |
| Activity Limitation       |  |                                     |          |
| Activity Limitation       | 135                                    | 26                                  | (21, 30) |
| No activity limitation    | 635                                    | 21                                  | (19, 22) |
| <b>Population Density</b> |  |                                     |          |
| Mixed                     |  |                                     |          |
| Rural                     | 274                                    | 22                                  | (19, 25) |
| Urban                     | 133                                    | 20                                  | (16, 23) |
|                           | 374                                    | 21                                  | (19, 23) |

\* Respondents who reported they had smoked at least 100 cigarettes in their lifetime and currently smoked some days or all days

**Table G: Sedentary Lifestyle\***

| Subpopulation           | Number of respondents with risk factor | % of subpopulation with risk factor | 95% CI   |
|-------------------------|--|-------------------------------------|----------|
|                         | n                                      | %                                   |          |
| <b>Total</b>            | 2542                                   | 67                                  | (62, 66) |
| <b>Age Group</b>        |  |                                     |          |
| 18-24                   | 181                                    | 61                                  | (55, 68) |
| 25-34                   | 393                                    | 60                                  | (56, 64) |
| 35-44                   | 546                                    | 66                                  | (63, 70) |
| 45-54                   | 429                                    | 70                                  | (66, 73) |
| 55-64                   | 277                                    | 67                                  | (62, 72) |
| 65-74                   | 313                                    | 71                                  | (66, 76) |
| 75+                     | 385                                    | 79                                  | (75, 83) |
| <b>Gender</b>           |  |                                     |          |
| Male                    | 1021                                   | 69                                  | (66, 72) |
| Female                  | 1521                                   | 65                                  | (63, 67) |
| <b>Race</b>             |  |                                     |          |
| White Non-Hispanic      | 2222                                   | 66                                  | (64, 68) |
| Black Non-Hispanic      | 129                                    | 72                                  | (64, 80) |
| Hispanic                | 133                                    | 70                                  | (63, 78) |
| Other                   | 50                                     | 76                                  | (64, 88) |
| <b>Education</b>        |  |                                     |          |
| < H.S. Grad.            | 310                                    | 82                                  | (78, 86) |
| High School Grad.       | 921                                    | 72                                  | (69, 75) |
| Some College            | 810                                    | 64                                  | (61, 67) |
| College Grad.           | 488                                    | 57                                  | (53, 61) |
| <b>Household Income</b> |  |                                     |          |
| \$0-\$9,999             | 108                                    | 76                                  | (68, 84) |
| \$10,000-\$19,999       | 329                                    | 74                                  | (68, 79) |
| \$20,000-\$34,999       | 668                                    | 67                                  | (64, 71) |
| \$35,000-\$49,999       | 432                                    | 64                                  | (60, 68) |
| \$50,000+               | 449                                    | 59                                  | (55, 63) |
| <b>Other</b>            |  |                                     |          |
| Days in past month:     |  |                                     |          |
| In pain:                |  |                                     |          |
| 14+                     | 221                                    | 83                                  | (78, 87) |
| <14                     | 2216                                   | 65                                  | (63, 67) |
| Sad, blue, depressed    |  |                                     |          |
| 14+                     | 199                                    | 72                                  | (65, 78) |
| <14                     | 2195                                   | 66                                  | (64, 67) |
| Worried, tense          |  |                                     |          |
| 14+                     | 300                                    | 67                                  | (62, 72) |
| <14                     | 2087                                   | 66                                  | (64, 68) |
| Diabetes                |  |                                     |          |
| Diabetes                | 131                                    | 75                                  | (67, 83) |
| No Diabetes             | 2408                                   | 66                                  | (65, 68) |
| Fair or poor health     |  |                                     |          |
| Fair or poor health     | 422                                    | 78                                  | (74, 82) |
| Good to excellent       | 2116                                   | 65                                  | (63, 67) |
| Overweight              |  |                                     |          |
| Overweight              | 826                                    | 72                                  | (71, 75) |
| Not overweight          | 1541                                   | 64                                  | (62, 66) |
| Activity limitation     |  |                                     |          |
| Activity limitation     | 397                                    | 74                                  | (70, 78) |
| No activity limitation  | 2068                                   | 65                                  | (63, 67) |

\* Does not engage in physical activity at least 3 times a week for at least 20 minutes each time

**Table H: Not Regular Physical Activity\***

| Subpopulation           | Number of respondents with risk factor | % of subpopulation with risk factor | 95% CI   |
|-------------------------|--|-------------------------------------|----------|
|                         | n                                      | %                                   |          |
| <b>Total</b>            | 3265                                   | 86                                  | (84, 87) |
| <b>Age Group</b>        |  |                                     |          |
| 18-24                   | 250                                    | 84                                  | (79, 89) |
| 25-34                   | 548                                    | 82                                  | (79, 86) |
| 35-44                   | 730                                    | 88                                  | (85, 90) |
| 45-54                   | 552                                    | 86                                  | (83, 89) |
| 55-64                   | 349                                    | 83                                  | (79, 87) |
| 65-74                   | 375                                    | 86                                  | (83, 90) |
| 75+                     | 441                                    | 91                                  | (88, 94) |
| <b>Gender</b>           |  |                                     |          |
| Male                    | 1287                                   | 86                                  | (84, 88) |
| Female                  | 1978                                   | 85                                  | (83, 87) |
| <b>Race</b>             |  |                                     |          |
| White Non-Hispanic      | 2868                                   | 85                                  | (84, 87) |
| Black Non-Hispanic      | 163                                    | 90                                  | (85, 96) |
| Hispanic                | 166                                    | 87                                  | (82, 93) |
| Other                   | 60                                     | 88                                  | (81, 96) |
| <b>Education</b>        |  |                                     |          |
| < H.S. Grad.            | 343                                    | 91                                  | (88, 94) |
| High School Grad.       | 1126                                   | 89                                  | (87, 91) |
| Some College            | 1082                                   | 85                                  | (83, 88) |
| College Grad.           | 700                                    | 80                                  | (77, 83) |
| <b>Household Income</b> |  |                                     |          |
| \$0-\$9,999             | 126                                    | 86                                  | (80, 93) |
| \$10,000-\$19,999       | 391                                    | 88                                  | (84, 92) |
| \$20,000-\$34,999       | 878                                    | 88                                  | (86, 90) |
| \$35,000-\$49,999       | 571                                    | 83                                  | (79, 86) |
| \$50,000+               | 639                                    | 83                                  | (80, 85) |
| <b>Other</b>            |  |                                     |          |
| Days in past month:     |  |                                     |          |
| In pain:                |  |                                     |          |
| 14+                     | 260                                    | 95                                  | (92, 97) |
| <14                     | 2888                                   | 85                                  | (84, 86) |
| Sad, blue, depressed    |  |                                     |          |
| 14+                     | 239                                    | 87                                  | (82, 92) |
| <14                     | 2857                                   | 85                                  | (84, 87) |
| Worried, tense          |  |                                     |          |
| 14+                     | 380                                    | 86                                  | (82, 90) |
| <14                     | 2698                                   | 85                                  | (84, 87) |
| Diabetes                |  |                                     |          |
| Diabetes                | 155                                    | 90                                  | (85, 95) |
| No Diabetes             | 3107                                   | 86                                  | (84, 87) |
| Fair or poor health     |  |                                     |          |
| Fair or poor health     | 478                                    | 89                                  | (86, 92) |
| Good to excellent       | 2782                                   | 85                                  | (84, 87) |
| Overweight              |  |                                     |          |
| Overweight              | 1016                                   | 89                                  | (87, 91) |
| Not overweight          | 2027                                   | 84                                  | (82, 86) |
| Activity limitation     |  |                                     |          |
| Activity limitation     | 479                                    | 88                                  | (85, 92) |
| No activity limitation  | 2693                                   | 85                                  | (84, 87) |

\* Does not engage in physical activity at least 5 times a week for at least 30 minutes each time

**Table I: Lacked Recent Mammogram\***

| Subpopulation             | Number of respondents with risk factor | % of subpopulation with risk factor | 95% CI   |
|---------------------------|--|-------------------------------------|----------|
|                           | n                                      | %                                   |          |
| <b>Total</b>              | 410                                    | 28                                  | (25, 30) |
| <b>Age Group</b>          |  |                                     |          |
| 40-49                     | 151                                    | 34                                  | (29, 39) |
| 50-59                     | 69                                     | 23                                  | (18, 28) |
| 60-69                     | 75                                     | 26                                  | (20, 32) |
| 70+                       | 115                                    | 25                                  | (21, 29) |
| <b>Education</b>          |  |                                     |          |
| < H.S. Grad.              | 49                                     | 28                                  | (20, 35) |
| High School Grad.         | 147                                    | 27                                  | (23, 31) |
| Some College              | 139                                    | 29                                  | (25, 34) |
| College Grad.             | 74                                     | 25                                  | (20, 31) |
| <b>Household Income</b>   |  |                                     |          |
| \$0-\$9,999               | 24                                     | 32                                  | (20, 44) |
| \$10,000-\$19,999         | 77                                     | 38                                  | (31, 45) |
| \$20,000-\$34,999         | 95                                     | 28                                  | (22, 33) |
| \$35,000-\$49,999         | 51                                     | 26                                  | (19, 33) |
| \$50,000+                 | 68                                     | 25                                  | (20, 30) |
| <b>Race</b>               |  |                                     |          |
| White Non-Hispanic        | 368                                    | 27                                  | (25, 30) |
| Black Non-Hispanic        | 15                                     | 25                                  | (13, 37) |
| Hispanic                  | 17                                     | 34                                  | (18, 49) |
| Other                     | 9                                      | 43                                  | (21, 65) |
| <b>Marital Status</b>     |  |                                     |          |
| Married                   | 195                                    | 25                                  | (22, 29) |
| Divorced                  | 54                                     | 30                                  | (22, 38) |
| Widowed                   | 122                                    | 30                                  | (25, 34) |
| Separated                 | 10                                     | 30                                  | (13, 47) |
| Never Married             | 23                                     | 50                                  | (35, 63) |
| Unmarried Couple          | 6                                      | 59                                  | (22, 97) |
| <b>Other</b>              |  |                                     |          |
| Days in past month:       |  |                                     |          |
| In pain:                  |  |                                     |          |
| 14+                       | 41                                     | 26                                  | (19, 34) |
| < 14                      | 352                                    | 28                                  | (25, 31) |
| Sad, blue, depressed      |  |                                     |          |
| 14+                       | 42                                     | 36                                  | (27, 45) |
| <14                       | 342                                    | 27                                  | (24, 29) |
| Worried, tense            |  |                                     |          |
| 14+                       | 55                                     | 33                                  | (25, 41) |
| <14                       | 329                                    | 27                                  | (24, 30) |
| No Health Insurance       | 47                                     | 69                                  | (56, 83) |
| Has Health Insurance      | 363                                    | 26                                  | (23, 28) |
| Activity Limitation       | 78                                     | 27                                  | (21, 32) |
| No activity limitation    | 323                                    | 28                                  | (25, 31) |
| <b>Population Density</b> |  |                                     |          |
| Mixed                     | 141                                    | 28                                  | (24, 33) |
| Rural                     | 110                                    | 32                                  | (26, 37) |
| Urban                     | 159                                    | 25                                  | (21, 28) |

\*Female respondents aged 40 and older who had not had a mammogram within the past two years

**Table J: Lacked Recent Clinical Breast Exam\***

| Subpopulation             | Number of respondents with risk factor | % of subpopulation with risk factor | 95% CI   |
|---------------------------|--|-------------------------------------|----------|
|                           | n                                      | %                                   |          |
| <b>Total</b>              | 444                                    | 20                                  | (18, 22) |
| <b>Age Group</b>          |  |                                     |          |
| 20-39                     | 115                                    | 17                                  | (9, 16)  |
| 40-49                     | 75                                     | 18                                  | (14, 22) |
| 50-59                     | 54                                     | 17                                  | (13, 22) |
| 60-69                     | 71                                     | 25                                  | (19, 31) |
| 70+                       | 129                                    | 29                                  | (24, 33) |
| <b>Education</b>          |  |                                     |          |
| < H.S. Grad.              | 58                                     | 29                                  | (22, 36) |
| High School Grad.         | 171                                    | 21                                  | (18, 25) |
| Some College              | 146                                    | 20                                  | (17, 24) |
| College Grad.             | 68                                     | 13                                  | (10, 17) |
| <b>Household Income</b>   |  |                                     |          |
| \$0-\$9,999               | 29                                     | 31                                  | (20, 41) |
| \$10,000-\$19,999         | 90                                     | 31                                  | (25, 37) |
| \$20,000-\$34,999         | 129                                    | 23                                  | (19, 27) |
| \$35,000-\$49,999         | 45                                     | 13                                  | (9, 17)  |
| \$50,000+                 | 50                                     | 12                                  | (9, 16)  |
| <b>Race</b>               |  |                                     |          |
| White Non-Hispanic        | 389                                    | 20                                  | (18, 22) |
| Black Non-Hispanic        | 22                                     | 19                                  | (11, 27) |
| Hispanic                  | 23                                     | 23                                  | (14, 32) |
| Other                     | 10                                     | 42                                  | (23, 60) |
| <b>Marital Status</b>     |  |                                     |          |
| Married                   | 187                                    | 15                                  | (13, 17) |
| Divorced                  | 55                                     | 22                                  | (16, 28) |
| Widowed                   | 127                                    | 32                                  | (27, 36) |
| Separated                 | 13                                     | 19                                  | (8, 30)  |
| Never Married             | 55                                     | 34                                  | (25, 42) |
| Unmarried Couple          | 10                                     | 35                                  | (14, 57) |
| <b>Other</b>              |  |                                     |          |
| Days in past month:       |  |                                     |          |
| In pain:                  |  |                                     |          |
| 14+                       | 38                                     | 21                                  | (15, 27) |
| < 14                      | 383                                    | 20                                  | (18, 22) |
| Sad, blue, depressed      |  |                                     |          |
| 14+                       | 50                                     | 28                                  | (20, 36) |
| <14                       | 370                                    | 19                                  | (17, 21) |
| Worried, tense            |  |                                     |          |
| 14+                       | 55                                     | 18                                  | (13, 23) |
| <14                       | 362                                    | 20                                  | (18, 22) |
| No Health Insurance       | 62                                     | 40                                  | (31, 49) |
| Has Health Insurance      | 382                                    | 19                                  | (17, 21) |
| Activity Limitation       | 68                                     | 19                                  | (15, 24) |
| No activity limitation    | 364                                    | 20                                  | (18, 22) |
| <b>Population Density</b> |  |                                     |          |
| Mixed                     | 170                                    | 22                                  | (19, 26) |
| Rural                     | 102                                    | 23                                  | (19, 28) |
| Urban                     | 168                                    | 17                                  | (14, 20) |

\*Female respondents who had not had a recent clinical breast exam (within the past 3 years for women aged 20-39; with in the past 2 years for women aged 40 and older)

**Table K: Lacked Both CBE & Mammogram\***

| Subpopulation             | Number of respondents with risk factor | % of subpopulation with risk factor | 95% CI    |
|---------------------------|--|-------------------------------------|-----------|
|                           | n                                      | %                                   |           |
| <b>Total</b>              | 516                                    | 35                                  | (32, 37)  |
| <b>Age Group</b>          |  |                                     |           |
| 40-49                     | 164                                    | 37                                  | (32, 42)  |
| 50-59                     | 83                                     | 28                                  | (23, 33)  |
| 60-69                     | 100                                    | 35                                  | (29, 42)  |
| 70+                       | 167                                    | 37                                  | (32, 42)  |
| <b>Education</b>          |  |                                     |           |
| < H.S. Grad.              | 65                                     | 37                                  | (29, 45)  |
| High School Grad.         | 192                                    | 36                                  | (31, 40)  |
| Some College              | 171                                    | 36                                  | (31, 40)  |
| College Grad.             | 87                                     | 29                                  | (24, 35)  |
| <b>Household Income</b>   |  |                                     |           |
| \$0-\$9,999               | 33                                     | 45                                  | (32, 58)  |
| \$10,000-\$19,999         | 86                                     | 43                                  | (35, 50)  |
| \$20,000-\$34,999         | 126                                    | 36                                  | (30, 42)  |
| \$35,000-\$49,999         | 65                                     | 32                                  | (25, 39)  |
| \$50,000+                 | 74                                     | 28                                  | (22, 33)  |
| <b>Race</b>               |  |                                     |           |
| White Non-Hispanic        | 457                                    | 37                                  | (31, 36)  |
| Black Non-Hispanic        | 26                                     | 43                                  | (29, 57)  |
| Hispanic                  | 22                                     | 48                                  | (31, 65)  |
| Other                     | 10                                     | 49                                  | (27, 72)  |
| <b>Marital Status</b>     |  |                                     |           |
| Married                   | 241                                    | 32                                  | (28, 35)  |
| Divorced                  | 64                                     | 35                                  | (27, 44)  |
| Widowed                   | 168                                    | 41                                  | (36, 46)  |
| Separated                 | 12                                     | 37                                  | (19, 56)  |
| Never Married             | 24                                     | 51                                  | (36, 65)  |
| Unmarried Couple          | 7                                      | 69                                  | (34, 100) |
| <b>Other</b>              |  |                                     |           |
| Days in past month:       |  |                                     |           |
| In pain:                  |  |                                     |           |
| 14+                       | 52                                     | 34                                  | (26, 42)  |
| < 14                      | 438                                    | 35                                  | (32, 38)  |
| Sad, blue, depressed      |  |                                     |           |
| 14+                       | 55                                     | 49                                  | (39, 58)  |
| <14                       | 428                                    | 33                                  | (31, 36)  |
| Worried, tense            |  |                                     |           |
| 14+                       | 64                                     | 39                                  | (30, 47)  |
| <14                       | 418                                    | 34                                  | (31, 37)  |
| No Health Insurance       | 48                                     | 70                                  | (57, 84)  |
| Has Health Insurance      | 468                                    | 33                                  | (31, 36)  |
| Activity Limitation       | 100                                    | 35                                  | (28, 41)  |
| No activity limitation    | 403                                    | 35                                  | (32, 38)  |
| <b>Population Density</b> |  |                                     |           |
| Mixed                     | 184                                    | 37                                  | (32, 41)  |
| Rural                     | 136                                    | 39                                  | (33, 45)  |
| Urban                     | 196                                    | 31                                  | (27, 35)  |

\*Female respondents aged 40 and older who had not had a clinical breast exam or a mammogram within the past two years.

**Table L: Lacked Recent Pap Smear Test\***

| Subpopulation             | Number of respondents with risk factor | % of subpopulation with risk factor | 95% CI   |
|---------------------------|--|-------------------------------------|----------|
|                           | n                                      | %                                   |          |
| <b>Total</b>              | 293                                    | 17                                  | (15, 20) |
| <b>Age Group</b>          |  |                                     |          |
| 18-24                     | 30                                     | 20                                  | (13, 27) |
| 25-34                     | 26                                     | 8                                   | (5, 12)  |
| 35-44                     | 53                                     | 14                                  | (10, 18) |
| 45-54                     | 26                                     | 12                                  | (7, 17)  |
| 55-64                     | 35                                     | 22                                  | (15, 30) |
| 65-74                     | 42                                     | 27                                  | (20, 34) |
| 75+                       | 80                                     | 45                                  | (37, 53) |
| <b>Education</b>          |  |                                     |          |
| < H.S. Grad.              | 46                                     | 31                                  | (23, 40) |
| High School Grad.         | 109                                    | 20                                  | (16, 24) |
| Some College              | 91                                     | 16                                  | (12, 19) |
| College Grad.             | 46                                     | 11                                  | (8, 15)  |
| <b>Household Income</b>   |  |                                     |          |
| \$0-\$9,999               | 23                                     | 31                                  | (19, 43) |
| \$10,000-\$19,999         | 43                                     | 23                                  | (16, 31) |
| \$20,000-\$34,999         | 80                                     | 19                                  | (15, 24) |
| \$35,000-\$49,999         | 38                                     | 13                                  | (8, 17)  |
| \$50,000+                 | 32                                     | 11                                  | (7, 16)  |
| <b>Race</b>               |  |                                     |          |
| White Non-Hispanic        | 270                                    | 18                                  | (16, 20) |
| Black Non-Hispanic        | 9                                      | 9                                   | (3, 14)  |
| Hispanic                  | 9                                      | 8                                   | (3, 14)  |
| Other                     | 5                                      | 35                                  | (15, 55) |
| <b>Marital Status</b>     |  |                                     |          |
| Married                   | 113                                    | 13                                  | (10, 15) |
| Divorced                  | 23                                     | 12                                  | (7, 18)  |
| Widowed                   | 95                                     | 42                                  | (35, 49) |
| Separated                 | 6                                      | 14                                  | (3, 26)  |
| Never Married             | 51                                     | 27                                  | (20, 35) |
| Unmarried Couple          | 5                                      | 13                                  | (0, 26)  |
| <b>Other</b>              |  |                                     |          |
| Days in past month:       |  |                                     |          |
| In pain:                  |  |                                     |          |
| 14+                       | 26                                     | 23                                  | (15, 32) |
| < 14                      | 255                                    | 17                                  | (15, 19) |
| Sad, blue, depressed      |  |                                     |          |
| 14+                       | 33                                     | 25                                  | (16, 34) |
| <14                       | 248                                    | 17                                  | (14, 19) |
| Worried, tense            |  |                                     |          |
| 14+                       | 40                                     | 18                                  | (12, 24) |
| <14                       | 236                                    | 17                                  | (15, 19) |
| No Health Insurance       | 46                                     | 34                                  | (24, 44) |
| Has Health Insurance      | 247                                    | 16                                  | (14, 18) |
| Activity Limitation       | 51                                     | 23                                  | (17, 30) |
| No activity limitation    | 236                                    | 16                                  | (14, 19) |
| <b>Population Density</b> |  |                                     |          |
| Mixed                     | 103                                    | 20                                  | (16, 24) |
| Rural                     | 72                                     | 23                                  | (17, 29) |
| Urban                     | 118                                    | 14                                  | (11, 17) |

\*Female respondents with a uterine cervix who had not had a pap smear within the past two years.

**Table M: HIV Risk\*: Kansans Aged 18 to 64**

| Subpopulation             | Number of respondents with risk factor | % of subpopulation with risk factor | 95% CI  |
|---------------------------|--|-------------------------------------|---------|
|                           | n                                      | %                                   | (4, 6)  |
| <b>Total</b>              | 136                                    | 5                                   | (4, 6)  |
| <b>Age Group</b>          |  |                                     |         |
| 18-24                     | 23                                     | 9                                   | (5, 13) |
| 25-34                     | 29                                     | 5                                   | (3, 7)  |
| 35-44                     | 35                                     | 4                                   | (2, 6)  |
| 45-54                     | 34                                     | 4                                   | (2, 6)  |
| 55-64                     | 15                                     | 4                                   | (2, 6)  |
| <b>Gender</b>             |  |                                     |         |
| Male                      | 69                                     | 6                                   | (5, 9)  |
| Female                    | 68                                     | 4                                   | (3, 5)  |
| <b>Education</b>          |  |                                     |         |
| < H.S. Grad.              | 10                                     | 5                                   | (2, 9)  |
| High School Grad.         | 54                                     | 6                                   | (4, 8)  |
| Some College              | 48                                     | 6                                   | (4, 8)  |
| College Grad.             | 25                                     | 3                                   | (1, 4)  |
| <b>Household Income</b>   |  |                                     |         |
| \$0-\$9,999               | 8                                      | 10                                  | (3, 18) |
| \$10,000-\$19,999         | 21                                     | 10                                  | (1, 15) |
| \$20,000-\$34,999         | 34                                     | 5                                   | (3, 8)  |
| \$35,000-\$49,999         | 27                                     | 4                                   | (2, 6)  |
| \$50,000+                 | 27                                     | 4                                   | (2, 6)  |
| <b>Marital Status</b>     |  |                                     |         |
| Married                   | 56                                     | 3                                   | (2, 4)  |
| Divorced                  | 28                                     | 6                                   | (4, 9)  |
| Widowed                   | 7                                      | 8                                   | (2, 14) |
| Separated                 | 6                                      | 5                                   | (1, 9)  |
| Never Married             | 34                                     | 9                                   | (6, 13) |
| Unmarried Couple          | 6                                      | 9                                   | (0, 17) |
| <b>Race</b>               |  |                                     |         |
| White Non-Hispanic        | 116                                    | 5                                   | (4, 6)  |
| Black Non-Hispanic        | 7                                      | 5                                   | (0, 9)  |
| Hispanic                  | 7                                      | 4                                   | (0, 8)  |
| Other                     | 7                                      | 13                                  | (0, 26) |
| <b>Population Density</b> |  |                                     |         |
| Mixed                     | 52                                     | 6                                   | (4, 8)  |
| Rural                     | 25                                     | 5                                   | (2, 8)  |
| Urban                     | 60                                     | 4                                   | (3, 6)  |

\* Self-reported risk for contracting HIV was medium or high

**Table N: Any Activity Limitation\***

| Subpopulation           | Number of respondents with risk factor | % of subpopulation with risk factor | 95% CI   |
|-------------------------|--|-------------------------------------|----------|
|                         | n                                      | %                                   | (12, 14) |
| <b>Total</b>            | 536                                    | 13                                  | (12, 14) |
| <b>Age Group</b>        |  |                                     |          |
| 18-24                   | 14                                     | 5                                   | (2, 9)   |
| 25-34                   | 33                                     | 5                                   | (3, 7)   |
| 35-44                   | 74                                     | 9                                   | (6, 11)  |
| 45-54                   | 99                                     | 15                                  | (12, 18) |
| 55-64                   | 82                                     | 19                                  | (15, 24) |
| 65-74                   | 108                                    | 25                                  | (20, 30) |
| 75+                     | 126                                    | 27                                  | (22, 31) |
| <b>Gender</b>           |  |                                     |          |
| Male                    | 197                                    | 12                                  | (10, 13) |
| Female                  | 340                                    | 14                                  | (13, 16) |
| <b>Education</b>        |  |                                     |          |
| < H.S. Grad.            | 93                                     | 22                                  | (18, 27) |
| High School Grad.       | 195                                    | 15                                  | (13, 17) |
| Some College            | 160                                    | 12                                  | (10, 13) |
| College Grad.           | 88                                     | 9                                   | (7, 11)  |
| <b>Household Income</b> |  |                                     |          |
| \$0-\$9,999             | 54                                     | 35                                  | (25, 44) |
| \$10,000-\$19,999       | 107                                    | 22                                  | (18, 27) |
| \$20,000-\$34,999       | 129                                    | 13                                  | (10, 15) |
| \$35,000-\$49,999       | 74                                     | 11                                  | (8, 13)  |
| \$50,000+               | 67                                     | 17                                  | (6, 11)  |
| <b>Marital Status</b>   |  |                                     |          |
| Married                 | 251                                    | 12                                  | (11, 14) |
| Divorced                | 84                                     | 17                                  | (13, 21) |
| Widowed                 | 132                                    | 27                                  | (23, 31) |
| Separated               | 16                                     | 18                                  | (9, 27)  |
| Never Married           | 46                                     | 7                                   | (5, 10)  |
| Unmarried Couple        | 8                                      | 10                                  | (2, 19)  |
| <b>Other</b>            |  |                                     |          |
| Days in past month:     |  |                                     |          |
| In pain:                |  |                                     |          |
| 14+                     | 178                                    | 63                                  | (56, 69) |
| < 14                    | 341                                    | 10                                  | (8, 11)  |
| Sad, blue, depressed    |  |                                     |          |
| 14+                     | 102                                    | 35                                  | (28, 42) |
| < 14                    | 408                                    | 11                                  | (10, 12) |
| Worried, tense          |  |                                     |          |
| 14+                     | 128                                    | 28                                  | (23, 33) |
| < 14                    | 383                                    | 11                                  | (10, 12) |
| Diabetes                |  |                                     |          |
| No Diabetes             | 67                                     | 41                                  | (31, 50) |
| Diabetes                | 469                                    | 12                                  | (11, 13) |
| Current Smoker          |  |                                     |          |
| Current Smoker          | 135                                    | 16                                  | (13, 19) |
| Not Current Smoker      | 401                                    | 12                                  | (11, 14) |
| Fair or poor health     |  |                                     |          |
| Fair or poor health     | 251                                    | 47                                  | (42, 52) |
| Good to excellent       | 286                                    | 8                                   | (7, 10)  |
| Overweight              |  |                                     |          |
| Overweight              | 214                                    | 18                                  | (15, 20) |
| Not overweight          | 280                                    | 10                                  | (9, 12)  |

\* Respondents who reported being limited in any way in any activity they can do because of any impairment or health problem

**Table O: Pain Limited Usual Activities\***

| Subpopulation                            | Number of respondents with risk factor | % of subpopulation with risk factor | 95% CI   |
|--|--|-------------------------------------|----------|
|  | n                                      | %                                   |          |
| <b>Total</b>                             | 275                                    | 6                                   | (5, 7)   |
| <b>Age Group</b>                         |  |                                     |          |
| 18-24                                    | 9                                      | 2                                   | (0, 5)   |
| 25-34                                    | 20                                     | 3                                   | (1, 4)   |
| 35-44                                    | 50                                     | 6                                   | (4, 8)   |
| 45-54                                    | 53                                     | 8                                   | (5, 10)  |
| 55-64                                    | 53                                     | 10                                  | (7, 13)  |
| 65-74                                    | 40                                     | 8                                   | (6, 11)  |
| 75+                                      | 49                                     | 10                                  | (7, 13)  |
| <b>Gender</b>                            |  |                                     |          |
| Male                                     | 97                                     | 6                                   | (5, 7)   |
| Female                                   | 178                                    | 7                                   | (5, 8)   |
| <b>Education</b>                         |  |                                     |          |
| < H.S. Grad.                             | 40                                     | 9                                   | (6, 11)  |
| High School Grad.                        | 101                                    | 7                                   | (5, 8)   |
| Some College                             | 84                                     | 6                                   | (5, 7)   |
| College Grad.                            | 49                                     | 5                                   | (3, 7)   |
| <b>Household Income</b>                  |  |                                     |          |
| \$0-\$9,999                              | 37                                     | 22                                  | (15, 29) |
| \$10,000-\$19,999                        | 66                                     | 13                                  | (9, 16)  |
| \$20,000-\$34,999                        | 57                                     | 5                                   | (3, 7)   |
| \$35,000-\$49,999                        | 27                                     | 4                                   | (2, 5)   |
| \$50,000+                                | 40                                     | 5                                   | (3, 7)   |
| <b>Marital Status</b>                    |  |                                     |          |
| Married                                  | 122                                    | 6                                   | (5, 7)   |
| Divorced                                 | 47                                     | 9                                   | (6, 11)  |
| Widowed                                  | 65                                     | 13                                  | (10, 16) |
| Separated                                | 9                                      | 11                                  | (4, 19)  |
| Never Married                            | 25                                     | 3                                   | (0, 5)   |
| Unmarried Couple                         | 5                                      | 5                                   | (0, 11)  |
| <b>Other</b>                             |  |                                     |          |
| Days in past month: Sad, blue, depressed |  |                                     |          |
| 14+                                      | 77                                     | 28                                  | (22, 37) |
| <14                                      | 186                                    | 5                                   | (4, 5)   |
| Worried, tense                           |  |                                     |          |
| 14+                                      | 94                                     | 20                                  | (16, 25) |
| <14                                      | 172                                    | 4                                   | (4, 5)   |
| Diabetes                                 |  |                                     |          |
| No Diabetes                              | 23                                     | 10                                  | (5, 15)  |
|  | 251                                    | 6                                   | (5, 7)   |
| Current Smoker                           |  |                                     |          |
| Not Current Smoker                       | 80                                     | 9                                   | (7, 12)  |
|  | 194                                    | 5                                   | (4, 6)   |
| Fair or poor health                      |  |                                     |          |
| Good to excellent                        | 135                                    | 25                                  | (21, 30) |
|  | 140                                    | 4                                   | (3, 5)   |
| Overweight                               |  |                                     |          |
| Not overweight                           | 111                                    | 9                                   | (7, 10)  |
|  | 143                                    | 5                                   | (4, 6)   |

\* Respondents who reported 14 or more days in the past 30 where they had pain that limited their activities

**Table P: Sad, Blue, Depressed\***

| Subpopulation               | Number of respondents with risk factor | % of subpopulation with risk factor | 95% CI   |
|-----------------------------|--|-------------------------------------|----------|
|                             | n                                      | %                                   |          |
| <b>Total</b>                | 268                                    | 7                                   | (6, 8)   |
| <b>Age Group</b>            |  |                                     |          |
| 18-24                       | 20                                     | 7                                   | (3, 11)  |
| 25-34                       | 34                                     | 6                                   | (4, 8)   |
| 35-44                       | 64                                     | 7                                   | (5, 9)   |
| 45-54                       | 55                                     | 8                                   | (5, 10)  |
| 55-64                       | 26                                     | 6                                   | (3, 8)   |
| 65-74                       | 31                                     | 6                                   | (4, 9)   |
| 75+                         | 36                                     | 7                                   | (5, 9)   |
| <b>Gender</b>               |  |                                     |          |
| Male                        | 93                                     | 6                                   | (4, 7)   |
| Female                      | 175                                    | 8                                   | (6, 9)   |
| <b>Education</b>            |  |                                     |          |
| < H.S. Grad.                | 40                                     | 10                                  | (7, 14)  |
| High School Grad.           | 109                                    | 9                                   | (7, 11)  |
| Some College                | 78                                     | 6                                   | (4, 7)   |
| College Grad.               | 40                                     | 4                                   | (2, 5)   |
| <b>Household Income</b>     |  |                                     |          |
| \$0-\$9,999                 | 30                                     | 21                                  | (12, 30) |
| \$10,000-\$19,999           | 68                                     | 16                                  | (11, 20) |
| \$20,000-\$34,999           | 68                                     | 7                                   | (5, 8)   |
| \$35,000-\$49,999           | 36                                     | 5                                   | (3, 8)   |
| \$50,000+                   | 24                                     | 3                                   | (1, 4)   |
| <b>Marital Status</b>       |  |                                     |          |
| Married                     | 107                                    | 5                                   | (4, 6)   |
| Divorced                    | 47                                     | 10                                  | (7, 13)  |
| Widowed                     | 57                                     | 12                                  | (9, 15)  |
| Separated                   | 14                                     | 21                                  | (14, 29) |
| Never Married               | 40                                     | 7                                   | (4, 10)  |
| Unmarried Couple            | 3                                      | 4                                   | (0, 10)  |
| <b>Other</b>                |  |                                     |          |
| Days in past month: In pain |  |                                     |          |
| 14+                         | 77                                     | 30                                  | (24, 36) |
| <14                         | 184                                    | 5                                   | (4, 6)   |
| Worried, tense              |  |                                     |          |
| 14+                         | 179                                    | 40                                  | (34, 45) |
| <14                         | 79                                     | 2                                   | (2, 3)   |
| Diabetes                    |  |                                     |          |
| No Diabetes                 | 17                                     | 9                                   | (4, 14)  |
|                             | 251                                    | 7                                   | (6, 8)   |
| Current Smoker              |  |                                     |          |
| Not Current Smoker          | 98                                     | 12                                  | (9, 15)  |
|                             | 170                                    | 5                                   | (4, 6)   |
| Fair or poor health         |  |                                     |          |
| Good to excellent           | 95                                     | 20                                  | (16, 24) |
|                             | 172                                    | 5                                   | (4, 6)   |
| Overweight                  |  |                                     |          |
| Not overweight              | 97                                     | 8                                   | (6, 10)  |
|                             | 152                                    | 6                                   | (5, 7)   |

\* Respondents who reported 14 or more days in the past 30 where they felt sad, blue or depressed.

**Table Q: Worried, Tense, Anxious\***

| Subpopulation                               | Number of respondents with risk factor | % of subpopulation with risk factor | 95% CI   |
|---|--|-------------------------------------|----------|
|   | n                                      | %                                   |          |
| <b>Total</b>                                | 439                                    | 11                                  | (10, 12) |
| <b>Age Group</b>                            |  |                                     |          |
| 18-24                                       | 36                                     | 10                                  | (6, 14)  |
| 25-34                                       | 92                                     | 14                                  | (11, 18) |
| 35-44                                       | 105                                    | 12                                  | (9, 14)  |
| 45-54                                       | 93                                     | 13                                  | (11, 16) |
| 55-64                                       | 44                                     | 10                                  | (6, 13)  |
| 65-74                                       | 40                                     | 9                                   | (6, 12)  |
| 75+   | 25                                     | 5                                   | (3, 7)   |
| <b>Gender</b>                               |  |                                     |          |
| Male  | 152                                    | 10                                  | (8, 11)  |
| Female                                      | 287                                    | 13                                  | (11, 14) |
| <b>Education</b>                            |  |                                     |          |
| < H.S. Grad.                                | 43                                     | 12                                  | (8, 15)  |
| High School Grad.                           | 158                                    | 12                                  | (10, 14) |
| Some College                                | 141                                    | 11                                  | (9, 13)  |
| College Grad.                               | 95                                     | 10                                  | (8, 13)  |
| <b>Household Income</b>                     |  |                                     |          |
| \$0-\$9,999                                 | 28                                     | 17                                  | (10, 23) |
| \$10,000-\$19,999                           | 85                                     | 19                                  | (15, 23) |
| \$20,000-\$34,999                           | 117                                    | 12                                  | (9, 14)  |
| \$35,000-\$49,999                           | 67                                     | 10                                  | (7, 12)  |
| \$50,000+                                   | 83                                     | 11                                  | (8, 13)  |
| <b>Marital Status</b>                       |  |                                     |          |
| Married                                     | 218                                    | 11                                  | (9, 12)  |
| Divorced                                    | 81                                     | 15                                  | (11, 18) |
| Widowed                                     | 49                                     | 10                                  | (7, 12)  |
| Separated                                   | 18                                     | 19                                  | (10, 28) |
| Never Married                               | 60                                     | 10                                  | (7, 13)  |
| Unmarried Couple                            | 10                                     | 12                                  | (3, 21)  |
| <b>Other</b>                                |  |                                     |          |
| Days in past month:<br>Sad, blue, depressed |  |                                     |          |
| 14+   | 179                                    | 67                                  | (59, 75) |
| <14   | 242                                    | 7                                   | (6, 8)   |
| In pain                                     |  |                                     |          |
| 14+   | 94                                     | 37                                  | (31, 44) |
| <14   | 340                                    | 10                                  | (8, 11)  |
| Diabetes                                    |  |                                     |          |
| Diabetes                                    | 22                                     | 12                                  | (6, 18)  |
| No Diabetes                                 | 417                                    | 11                                  | (10, 12) |
| Current Smoker                              |  |                                     |          |
| Current Smoker                              | 144                                    | 16                                  | (13, 19) |
| Not Current Smoker                          | 294                                    | 10                                  | (9, 11)  |
| Fair or poor health                         |  |                                     |          |
| Fair or poor health                         | 110                                    | 23                                  | (19, 28) |
| Good to excellent                           | 328                                    | 10                                  | (8, 11)  |
| Overweight                                  |  |                                     |          |
| Overweight                                  | 150                                    | 13                                  | (10, 15) |
| Not overweight                              | 258                                    | 10                                  | (9, 11)  |

\*Respondents who reported 14 or more days in the past 30 where they felt worried, tense or anxious

**Table R: Not Enough Rest or Sleep\***

| Subpopulation                  | Number of respondents with risk factor | % of subpopulation with risk factor | 95% CI   |
|--------------------------------|--|-------------------------------------|----------|
|                                | n                                      | %                                   |          |
| <b>Total</b>                   | 821                                    | 23                                  | (22, 25) |
| <b>Age Group</b>               |  |                                     |          |
| 18-24                          | 96                                     | 31                                  | (24, 37) |
| 25-34                          | 205                                    | 33                                  | (29, 37) |
| 35-44                          | 197                                    | 24                                  | (21, 27) |
| 45-54                          | 166                                    | 25                                  | (22, 29) |
| 55-64                          | 65                                     | 14                                  | (11, 18) |
| 65-74                          | 47                                     | 11                                  | (8, 15)  |
| 75+                            | 38                                     | 8                                   | (6, 11)  |
| <b>Gender</b>                  |  |                                     |          |
| Male                           | 303                                    | 22                                  | (20, 24) |
| Female                         | 518                                    | 24                                  | (22, 26) |
| <b>Education</b>               |  |                                     |          |
| < H.S. Grad.                   | 67                                     | 19                                  | (15, 24) |
| High School Grad.              | 272                                    | 24                                  | (21, 27) |
| Some College                   | 300                                    | 24                                  | (22, 27) |
| College Grad.                  | 182                                    | 22                                  | (19, 25) |
| <b>Household Income</b>        |  |                                     |          |
| \$0-\$9,999                    | 40                                     | 31                                  | (22, 41) |
| \$10,000-\$19,999              | 102                                    | 26                                  | (22, 32) |
| \$20,000-\$34,999              | 233                                    | 25                                  | (22, 28) |
| \$35,000-\$49,999              | 159                                    | 25                                  | (21, 28) |
| \$50,000+                      | 183                                    | 24                                  | (20, 27) |
| <b>Marital Status</b>          |  |                                     |          |
| Married                        | 460                                    | 22                                  | (21, 24) |
| Divorced                       | 126                                    | 27                                  | (22, 32) |
| Widowed                        | 60                                     | 13                                  | (10, 17) |
| Separated                      | 27                                     | 37                                  | (27, 47) |
| Never Married                  | 123                                    | 24                                  | (20, 29) |
| Unmarried Couple               | 23                                     | 37                                  | (19, 54) |
| <b>Other</b>                   |  |                                     |          |
| Days in past month:<br>In pain |  |                                     |          |
| 14+                            | 110                                    | 44                                  | (38, 51) |
| <14                            | 697                                    | 22                                  | (20, 23) |
| Sad, blue, depressed           |  |                                     |          |
| 14+                            | 150                                    | 62                                  | (55, 69) |
| <14                            | 650                                    | 20                                  | (19, 22) |
| Worried, tense                 |  |                                     |          |
| 14+                            | 222                                    | 53                                  | (48, 58) |
| <14                            | 576                                    | 19                                  | (18, 21) |
| Diabetes                       |  |                                     |          |
| Diabetes                       | 32                                     | 19                                  | (12, 27) |
| No Diabetes                    | 788                                    | 23                                  | (22, 25) |
| Current Smoker                 |  |                                     |          |
| Current Smoker                 | 244                                    | 34                                  | (30, 38) |
| Not Current Smoker             | 577                                    | 20                                  | (19, 22) |
| Fair or poor health            |  |                                     |          |
| Fair or poor health            | 155                                    | 33                                  | (28, 37) |
| Good to excellent              | 664                                    | 22                                  | (20, 24) |
| Overweight                     |  |                                     |          |
| Overweight                     | 270                                    | 25                                  | (22, 28) |
| Not overweight                 | 506                                    | 22                                  | (20, 24) |

\*Respondents who reported 14 or more days in the past 30 where they did not get enough rest or sleep

**Table S: Not Very Healthy and Full of Energy\***

| Subpopulation                  | Number of respondents with risk factor | % of subpopulation with risk factor | 95% CI   |
|--------------------------------|--|-------------------------------------|----------|
|                                | n                                      | %                                   |          |
| <b>Total</b>                   | 1375                                   | 36                                  | (38, 38) |
| <b>Age Group</b>               |  |                                     |          |
| 18-24                          | 101                                    | 32                                  | (26, 38) |
| 25-34                          | 251                                    | 41                                  | (36, 45) |
| 35-44                          | 313                                    | 38                                  | (34, 42) |
| 45-54                          | 229                                    | 34                                  | (30, 38) |
| 55-64                          | 136                                    | 32                                  | (27, 37) |
| 65-74                          | 147                                    | 35                                  | (30, 40) |
| 75+                            | 189                                    | 42                                  | (37, 47) |
| <b>Gender</b>                  |  |                                     |          |
| Male                           | 476                                    | 32                                  | (29, 35) |
| Female                         | 899                                    | 41                                  | (38, 43) |
| <b>Education</b>               |  |                                     |          |
| < H.S. Grad.                   | 160                                    | 41                                  | (35, 47) |
| High School Grad.              | 472                                    | 39                                  | (36, 42) |
| Some College                   | 456                                    | 35                                  | (32, 38) |
| College Grad.                  | 383                                    | 33                                  | (29, 26) |
| <b>Household Income</b>        |  |                                     |          |
| \$0-\$9,999                    | 74                                     | 47                                  | (37, 57) |
| \$10,000-\$19,999              | 193                                    | 44                                  | (38, 50) |
| \$20,000-\$34,999              | 386                                    | 39                                  | (36, 43) |
| \$35,000-\$49,999              | 250                                    | 37                                  | (33, 41) |
| \$50,000+                      | 217                                    | 28                                  | (24, 32) |
| <b>Marital Status</b>          |  |                                     |          |
| Married                        | 722                                    | 35                                  | (33, 37) |
| Divorced                       | 192                                    | 39                                  | (34, 44) |
| Widowed                        | 197                                    | 43                                  | (38, 48) |
| Separated                      | 41                                     | 45                                  | (32, 59) |
| Never Married                  | 183                                    | 34                                  | (29, 40) |
| Unmarried Couple               | 35                                     | 48                                  | (35, 62) |
| <b>Other</b>                   |  |                                     |          |
| Days in past month:<br>In pain |  |                                     |          |
| 14+                            | 214                                    | 81                                  | (75, 87) |
| <14                            | 1124                                   | 33                                  | (31, 35) |
| Sad, blue, depressed           |  |                                     |          |
| 14+                            | 214                                    | 81                                  | (75, 87) |
| <14                            | 1116                                   | 33                                  | (31, 35) |
| Worried, tense                 |  |                                     |          |
| 14+                            | 308                                    | 72                                  | (67, 77) |
| <14                            | 1029                                   | 32                                  | (30, 34) |
| Diabetes                       |  |                                     |          |
| No Diabetes                    | 99                                     | 61                                  | (52, 70) |
|                                | 1275                                   | 36                                  | (34, 37) |
| Activity Limitation            |  |                                     |          |
| No activity limitation         | 357                                    | 69                                  | (64, 73) |
| Fair or poor health            | 1001                                   | 31                                  | (30, 33) |
| Good to excellent              | 341                                    | 69                                  | (64, 73) |
|                                | 1031                                   | 32                                  | (30, 34) |
| Overweight                     |  |                                     |          |
| Overweight                     | 480                                    | 42                                  | (39, 45) |
| Not overweight                 | 793                                    | 33                                  | (31, 35) |

\*Respondents who reported 14 or more days in the past 30 where they did not feel healthy and full of energy

**Table T: Suffered an Injury\***

| Subpopulation                  | Number of respondents with risk factor | % of subpopulation with risk factor | 95% CI   |
|--------------------------------|--|-------------------------------------|----------|
|                                | n                                      | %                                   |          |
| <b>Total</b>                   | 377                                    | 10                                  | (9, 11)  |
| <b>Age Group</b>               |  |                                     |          |
| 18-24                          | 44                                     | 15                                  | (10, 20) |
| 25-34                          | 71                                     | 11                                  | (9, 14)  |
| 35-44                          | 89                                     | 10                                  | (8, 13)  |
| 45-54                          | 62                                     | 10                                  | (7, 12)  |
| 55-64                          | 27                                     | 6                                   | (3, 9)   |
| 65-74                          | 37                                     | 8                                   | (5, 11)  |
| 75+                            | 46                                     | 9                                   | (7, 12)  |
| <b>Gender</b>                  |  |                                     |          |
| Male                           | 151                                    | 11                                  | (9, 13)  |
| Female                         | 226                                    | 9                                   | (8, 11)  |
| <b>Education</b>               |  |                                     |          |
| < H.S. Grad.                   | 33                                     | 9                                   | (5, 12)  |
| High School Grad.              | 112                                    | 10                                  | (8, 12)  |
| Some College                   | 139                                    | 11                                  | (9, 13)  |
| College Grad.                  | 90                                     | 10                                  | (8, 12)  |
| <b>Household Income</b>        |  |                                     |          |
| \$0-\$9,999                    | 31                                     | 27                                  | (17, 37) |
| \$10,000-\$19,999              | 47                                     | 10                                  | (7, 13)  |
| \$20,000-\$34,999              | 111                                    | 11                                  | (9, 13)  |
| \$35,000-\$49,999              | 78                                     | 12                                  | (9, 14)  |
| \$50,000+                      | 72                                     | 9                                   | (7, 12)  |
| <b>Marital Status</b>          |  |                                     |          |
| Married                        | 178                                    | 9                                   | (7, 10)  |
| Divorced                       | 60                                     | 14                                  | (10, 18) |
| Widowed                        | 52                                     | 11                                  | (9, 14)  |
| Separated                      | 12                                     | 12                                  | (5, 20)  |
| Never Married                  | 64                                     | 12                                  | (9, 15)  |
| Unmarried Couple               | 10                                     | 14                                  | (4, 25)  |
| <b>Other</b>                   |  |                                     |          |
| Days in past month:<br>In pain |  |                                     |          |
| 14+                            | 86                                     | 32                                  | (25, 38) |
| <14                            | 280                                    | 9                                   | (8, 10)  |
| Sad, blue, depressed           |  |                                     |          |
| 14+                            | 51                                     | 23                                  | (16, 30) |
| <14                            | 313                                    | 9                                   | (8, 10)  |
| Worried, tense                 |  |                                     |          |
| 14+                            | 83                                     | 19                                  | (14, 23) |
| <14                            | 280                                    | 9                                   | (8, 10)  |
| Diabetes                       |  |                                     |          |
| No Diabetes                    | 17                                     | 8                                   | (4, 12)  |
|                                | 360                                    | 10                                  | (9, 11)  |
| Activity Limitation            |  |                                     |          |
| No activity limitation         | 118                                    | 22                                  | (18, 26) |
| Fair or poor health            | 259                                    | 8                                   | (7, 10)  |
| Good to excellent              | 83                                     | 15                                  | (12, 19) |
|                                | 294                                    | 10                                  | (8, 11)  |
| Overweight                     |  |                                     |          |
| Overweight                     | 112                                    | 9                                   | (7, 11)  |
| Not overweight                 | 246                                    | 11                                  | (9, 12)  |

\*Respondents reporting having suffered an injury that kept them from doing regular activities for at least one day during the past year

**Table U: Persons with Asthma**

| Subpopulation             | Number of respondents with risk factor | % of subpopulation with risk factor | 95% CI   |
|---------------------------|--|-------------------------------------|----------|
|                           | n                                      | %                                   | (7, 9)   |
| <b>Total</b>              | 287                                    | 8                                   | (7, 9)   |
| <b>Age Group</b>          |  |                                     |          |
| 18-24                     | 33                                     | 12                                  | (7, 16)  |
| 25-34                     | 54                                     | 8                                   | (6, 11)  |
| 35-44                     | 55                                     | 6                                   | (4, 8)   |
| 45-54                     | 61                                     | 10                                  | (7, 12)  |
| 55-64                     | 32                                     | 7                                   | (5, 10)  |
| 65-74                     | 30                                     | 8                                   | (5, 11)  |
| 75+                       | 22                                     | 5                                   | (3, 7)   |
| <b>Gender</b>             |  |                                     |          |
| Male                      | 30                                     | 7                                   | (5, 8)   |
| Female                    | 22                                     | 9                                   | (8, 11)  |
| <b>Education</b>          |  |                                     |          |
| < H.S. Grad.              | 26                                     | 7                                   | (4, 10)  |
| High School Grad.         | 84                                     | 8                                   | (6, 10)  |
| Some College              | 109                                    | 9                                   | (7, 11)  |
| College Grad.             | 68                                     | 8                                   | (6, 10)  |
| <b>Household Income</b>   |  |                                     |          |
| \$0-\$9,999               | 23                                     | 18                                  | (9, 26)  |
| \$10,000-\$19,999         | 46                                     | 13                                  | (9, 18)  |
| \$20,000-\$34,999         | 71                                     | 7                                   | (5, 9)   |
| \$35,000-\$49,999         | 45                                     | 7                                   | (5, 10)  |
| \$50,000+                 | 67                                     | 8                                   | (6, 10)  |
| <b>Marital Status</b>     |  |                                     |          |
| Married                   | 146                                    | 7                                   | (6, 8)   |
| Divorced                  | 48                                     | 10                                  | (7, 14)  |
| Widowed                   | 31                                     | 8                                   | (5, 11)  |
| Separated                 | 11                                     | 20                                  | (12, 27) |
| Never Married             | 41                                     | 8                                   | (5, 12)  |
| Unmarried Couple          | 9                                      | 12                                  | (3, 21)  |
| <b>Other</b>              |  |                                     |          |
| Activity Limitation       | 73                                     | 15                                  | (11, 18) |
| No activity limitation    | 212                                    | 7                                   | (6, 8)   |
| Fair or poor health       | 61                                     | 11                                  | (8, 14)  |
| Good to excellent         | 222                                    | 8                                   | (7, 9)   |
| No Health Insurance       | 30                                     | 12                                  | (7, 17)  |
| Has Health Insurance      | 257                                    | 8                                   | (7, 9)   |
| 3+ adults in home         | 42                                     | 11                                  | (7, 14)  |
| < 3 adults in home        | 245                                    | 7                                   | (6, 8)   |
| Smoking in house          | 73                                     | 11                                  | (8, 13)  |
| No Smoking                | 214                                    | 7                                   | (6, 8)   |
| <b>Population density</b> |  |                                     |          |
| Mixed                     | 90                                     | 8                                   | (6, 10)  |
| Rural                     | 53                                     | 8                                   | (5, 10)  |
| Urban                     | 144                                    | 8                                   | (7, 10)  |

\* Persons reporting that they have ever been told by a doctor that they have asthma

**Table V: Persons Not Always Washing Hands After Toileting**

| Subpopulation             | Number of respondents with risk factor | % of subpopulation with risk factor | 95% CI   |
|---------------------------|--|-------------------------------------|----------|
|                           | n                                      | %                                   | (22, 25) |
| <b>Total</b>              | 824                                    | 23                                  | (22, 25) |
| <b>Age Group</b>          |  |                                     |          |
| 18-24                     | 75                                     | 24                                  | (18, 29) |
| 25-34                     | 161                                    | 26                                  | (22, 30) |
| 35-44                     | 185                                    | 23                                  | (20, 27) |
| 45-54                     | 136                                    | 22                                  | (19, 26) |
| 55-64                     | 87                                     | 23                                  | (18, 27) |
| 65-74                     | 87                                     | 22                                  | (17, 26) |
| 75+                       | 89                                     | 21                                  | (16, 25) |
| <b>Gender</b>             |  |                                     |          |
| Male                      | 460                                    | 31                                  | (22, 33) |
| Female                    | 364                                    | 16                                  | (15, 18) |
| <b>Education</b>          |  |                                     |          |
| < H.S. Grad.              | 79                                     | 24                                  | (19, 29) |
| High School Grad.         | 261                                    | 22                                  | (19, 24) |
| Some College              | 272                                    | 23                                  | (21, 26) |
| College Grad.             | 210                                    | 24                                  | (22, 29) |
| <b>Household Income</b>   |  |                                     |          |
| \$0-\$9,999               | 31                                     | 31                                  | (20, 42) |
| \$10,000-\$19,999         | 83                                     | 20                                  | (15, 24) |
| \$20,000-\$34,999         | 237                                    | 25                                  | (22, 28) |
| \$35,000-\$49,999         | 143                                    | 21                                  | (18, 24) |
| \$50,000+                 | 204                                    | 27                                  | (24, 31) |
| <b>Marital Status</b>     |  |                                     |          |
| Married                   | 470                                    | 24                                  | (22, 26) |
| Divorced                  | 111                                    | 25                                  | (20, 29) |
| Widowed                   | 71                                     | 14                                  | (11, 18) |
| Separated                 | 27                                     | 27                                  | (17, 36) |
| Never Married             | 122                                    | 25                                  | (20, 29) |
| Unmarried Couple          | 21                                     | 25                                  | (14, 36) |
| <b>Population density</b> |  |                                     |          |
| Mixed                     | 301                                    | 26                                  | (23, 28) |
| Rural                     | 157                                    | 23                                  | (20, 27) |
| Urban                     | 366                                    | 22                                  | (19, 24) |

\* Respondents who reported they do not always wash their hands after using the toilet

**Table W: Persons Who Do Not Know That Taking Folic Acid Prevents Birth Defects**

| Subpopulation             | Number of respondents with risk factor | % of subpopulation with risk factor | 95% CI   |
|---------------------------|--|-------------------------------------|----------|
|                           | n                                      | %                                   |          |
| <b>Total</b>              | 2 809                                  | 78                                  | (76, 79) |
| <b>Age Group</b>          |  |                                     |          |
| 18-24                     | 213                                    | 75                                  | (70, 80) |
| 25-34                     | 397                                    | 63                                  | (59, 67) |
| 35-44                     | 562                                    | 70                                  | (66, 73) |
| 45-54                     | 481                                    | 77                                  | (74, 81) |
| 55-64                     | 339                                    | 83                                  | (79, 87) |
| 65-74                     | 369                                    | 89                                  | (86, 92) |
| 75+                       | 431                                    | 95                                  | (93, 97) |
| <b>Gender</b>             |  |                                     |          |
| Male                      | 1239                                   | 87                                  | (85, 89) |
| Female                    | 1570                                   | 71                                  | (69, 73) |
| <b>Education</b>          |  |                                     |          |
| < H.S. Grad               | 332                                    | 92                                  | (89, 95) |
| High School Grad.         | 1 001                                  | 83                                  | (81, 86) |
| Some College              | 884                                    | 73                                  | (71, 76) |
| College Grad.             | 584                                    | 70                                  | (76, 73) |
| <b>Household Income</b>   |  |                                     |          |
| \$0-\$9,999               | 122                                    | 89                                  | (83, 95) |
| \$10,000-\$19,999         | 341                                    | 85                                  | (81, 88) |
| \$20,000-\$34,999         | 775                                    | 80                                  | (76, 83) |
| \$35,000-\$49,999         | 449                                    | 73                                  | (69, 77) |
| \$50,000+                 | 536                                    | 71                                  | (68, 75) |
| <b>Marital Status</b>     |  |                                     |          |
| Married                   | 1497                                   | 75                                  | (73, 77) |
| Divorced                  | 367                                    | 80                                  | (76, 84) |
| Widowed                   | 440                                    | 90                                  | (87, 93) |
| Separated                 | 65                                     | 70                                  | (59, 81) |
| Never Married             | 386                                    | 82                                  | (79, 86) |
| Unmarried Couple          | 48                                     | 72                                  | (56, 89) |
| <b>Population density</b> |  |                                     |          |
| Mixed                     | 982                                    | 79                                  | (77, 82) |
| Rural                     | 547                                    | 81                                  | (78, 84) |
| Urban                     | 1 280                                  | 75                                  | (73, 78) |

\* Respondents who did not know that women should take 400 micrograms of vitamin folic acid to prevent birth defects

**Table X: Persons With Limitations in the Kind or Amount of Work They Can Do\***

| Subpopulation           | Number of respondents with risk factor | % of subpopulation with risk factor | 95% CI   |
|-------------------------|--|-------------------------------------|----------|
|                         | n                                      | %                                   |          |
| <b>Total</b>            | 575                                    | 14                                  | (13, 15) |
| <b>Age Group</b>        |  |                                     |          |
| 18-24                   | 16                                     | 5                                   | (2, 9)   |
| 25-34                   | 23                                     | 4                                   | (2, 6)   |
| 35-44                   | 84                                     | 10                                  | (8, 12)  |
| 45-54                   | 101                                    | 15                                  | (12, 18) |
| 55-64                   | 92                                     | 21                                  | (16, 25) |
| 65-74                   | 107                                    | 24                                  | (20, 28) |
| 75+                     | 152                                    | 32                                  | (27, 36) |
| <b>Gender</b>           |  |                                     |          |
| Male                    | 212                                    | 13                                  | (11, 14) |
| Female                  | 363                                    | 15                                  | (13, 17) |
| <b>Education</b>        |  |                                     |          |
| < H.S. Grad.            | 106                                    | 25                                  | (20, 30) |
| High School Grad.       | 206                                    | 15                                  | (13, 17) |
| Some College            | 178                                    | 13                                  | (11, 15) |
| College Grad.           | 81                                     | 9                                   | (6, 11)  |
| <b>Household Income</b> |  |                                     |          |
| \$0-\$9,999             | 61                                     | 37                                  | (28, 47) |
| \$10,000-\$19,999       | 115                                    | 23                                  | (19, 28) |
| \$20,000-\$34,999       | 151                                    | 14                                  | (12, 17) |
| \$35,000-\$49,999       | 64                                     | 10                                  | (7, 12)  |
| \$50,000+               | 67                                     | 9                                   | (6, 11)  |
| <b>Marital Status</b>   |  |                                     |          |
| Married                 | 275                                    | 13                                  | (12, 15) |
| Divorced                | 79                                     | 16                                  | (12, 20) |
| Widowed                 | 145                                    | 29                                  | (25, 34) |
| Separated               | 16                                     | 17                                  | (8, 26)  |
| Never Married           | 52                                     | 8                                   | (6, 11)  |
| Unmarried Couple        | 7                                      | 7                                   | (10, 14) |
| <b>Other</b>            |  |                                     |          |
| Days in past month:     |  |                                     |          |
| In pain                 |  |                                     |          |
| 14+                     | 180                                    | 65                                  | (60, 71) |
| <14                     | 377                                    | 11                                  | (10, 12) |
| Sad, blue, depressed    |  |                                     |          |
| 14+                     | 107                                    | 40                                  | (34, 46) |
| <14                     | 437                                    | 13                                  | (12, 14) |
| Worried, tense          |  |                                     |          |
| 14+                     | 133                                    | 30                                  | (26, 35) |
| <14                     | 415                                    | 13                                  | (12, 14) |
| Fair or poor health     |  |                                     |          |
| Fair or poor health     | 274                                    | 51                                  | (46, 55) |
| Good to excellent       | 301                                    | 9                                   | (8, 10)  |
| Overweight              |  |                                     |          |
| Overweight              | 233                                    | 21                                  | (18, 23) |
| Not overweight          | 293                                    | 12                                  | (11, 14) |

\* Respondents who reported being limited in the kind or amount of work they can do because of any impairment or health problem

**Table Y: Non-Smoking Persons  
Exposed to Passive Smoke in their  
Households**

| Subpopulation             | Number of<br>respondents<br>with risk factor | % of<br>subpopulation<br>with risk factor | 95% CI  |
|---------------------------|--|---|---------|
|                           | n  | %   |         |
| <b>Total</b>              | 145  | 6   | (5,7)   |
| <b>Age Group</b>          |  |   |         |
| 18-24                     | 24   | 11  | (7, 16) |
| 25-34                     | 17   | 4   | (2, 5)  |
| 35-44                     | 33   | 6   | (4, 7)  |
| 45-54                     | 30   | 6   | (4, 9)  |
| 55-64                     | 21   | 7   | (1, 5)  |
| 65-74                     | 12   | 3   | (0, 3)  |
| 75+                       | 6  | 2   |         |
| <b>Education</b>          |  |   |         |
| < H.S. Grad.              | 18   | 11  | (7, 16) |
| High School Grad.         | 57   | 7   | (5, 10) |
| Some College              | 45   | 5   | (3, 7)  |
| College Grad.             | 25   | 4   | (2, 6)  |
| <b>Household Income</b>   |  |   |         |
| \$0-\$9,999               | 3  | 4   | (0, 9)  |
| \$10,000-\$19,999         | 14   | 6   | (3, 9)  |
| \$20,000-\$34,999         | 35   | 6   | (4, 8)  |
| \$35,000-\$49,999         | 25   | 5   | (3, 8)  |
| \$50,000+                 | 29   | 6   | (3, 8)  |
| <b>Marital Status</b>     |  |   |         |
| Married                   | 91   | 6   | (4, 7)  |
| Divorced                  | 16   | 7   | (3, 11) |
| Widowed                   | 7  | 2   | (0, 4)  |
| Separated                 | 3  | 6   | (0, 14) |
| Never Married             | 22   | 8   | (4, 12) |
| Unmarried Couple          | 6  | 12  | (1, 23) |
| <b>Population density</b> |  |   |         |
| Mixed                     | 54   | 7   | (5, 9)  |
| Rural                     | 25   | 5   | (2, 8)  |
| Urban                     | 66   | 6   | (4, 7)  |

\* Non-smokers who live in households where smoking is allowed inside the home

**Section 1: Health Status**      **n**      **%**

*Would you say that in general your health is: (among all respondents)*

|           |      |      |
|-----------|------|------|
| Excellent | 1045 | 29.0 |
| Very good | 1264 | 33.4 |
| Good      | 954  | 25.6 |
| Fair      | 401  | 9.1  |
| Poor      | 134  | 2.8  |

*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? (among all respondents)*

|               |      |      |
|---------------|------|------|
| 0 days        | 2607 | 70.6 |
| 1 to 4 days   | 517  | 14.5 |
| 5 to 13 days  | 265  | 6.7  |
| 14 to 29 days | 149  | 3.6  |
| 30 days       | 200  | 4.6  |

*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? (among all respondents)*

|               |      |      |
|---------------|------|------|
| 0 days        | 2696 | 72.7 |
| 1 to 4 days   | 423  | 11.6 |
| 5 to 13 days  | 296  | 7.7  |
| 14 to 29 days | 161  | 4.2  |
| 30 days       | 162  | 3.8  |

**Section 1: Health Status**      **n**      **%**

*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? (among respondents who did not have good physical and mental health)*

|               |      |      |
|---------------|------|------|
| 0 days        | 1051 | 61.8 |
| 1 to 4 days   | 307  | 19.1 |
| 5 to 13 days  | 170  | 10.2 |
| 14 to 29 days | 78   | 3.9  |
| 30 days       | 101  | 5.0  |

**Section 2: Health Care Access**      **n**      **%**

*Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMO's, or government plans such as Medicare? (among all respondents)*

|     |      |      |
|-----|------|------|
| Yes | 3516 | 91.6 |
| No  | 287  | 8.4  |

*Do you have Medicare? (among all respondents)*

|     |      |      |
|-----|------|------|
| Yes | 964  | 20.8 |
| No  | 2829 | 79.2 |

*What type of medical care coverage do you use to pay for most of your medical care? (among all respondents )*

|                       |      |      |
|-----------------------|------|------|
| From employer         | 1575 | 43.6 |
| From other's employer | 531  | 15.7 |
| Self purchased        | 285  | 7.9  |
| Medicaid              | 21   | 0.4  |
| Medicare              | 978  | 21.2 |
| Other                 | 102  | 2.8  |
| None                  | 287  | 8.4  |

**Section 2: Health Care Access**    n    %

*About how long has it been since you had health care coverage? (among persons reporting no current health coverage)*

|                        |    |      |
|------------------------|----|------|
| Within past 6 months   | 58 | 24.2 |
| Within past year       | 36 | 13.0 |
| Within past two years  | 41 | 15.4 |
| Within past five years | 33 | 11.3 |
| Five or more years ago | 79 | 26.5 |
| Never had coverage     | 25 | 9.6  |

*During the past 12 months was there any time that you did not have health care coverage? (among all respondents)*

|     |      |      |
|-----|------|------|
| Yes | 142  | 4.9  |
| No  | 3346 | 95.1 |

*Was there a time during the last 12 months when you needed to see a doctor, but could not because of the cost? (among all respondents)*

|     |      |      |
|-----|------|------|
| Yes | 301  | 7.3  |
| No  | 3495 | 92.7 |

*About how long has it been since you last visited a doctor for a routine check-up? (among all respondents)*

|                            |      |      |
|----------------------------|------|------|
| Within the past year       | 2770 | 72.4 |
| Within the past two years  | 477  | 13.7 |
| Within the past five years | 210  | 5.9  |
| Five or more years ago     | 254  | 7.6  |
| Never                      | 17   | 0.4  |

**Section 3: Diabetes**    n    %

*Have you ever been told by a doctor that you have diabetes? (among all respondents)*

|                                |      |      |
|--------------------------------|------|------|
| Yes                            | 170  | 4.0  |
| Yes, but during pregnancy only |      | 37   |
| 1.0                            |      |      |
| No                             | 3593 | 95.0 |

**Section 4. Exercise**    n    %

*During the past month, did you participate in any physical activities or exercises such as running, calisthenics, golf, gardening, or walking for exercise? (among all respondents)*

|     |      |      |
|-----|------|------|
| Yes | 2314 | 61.7 |
| No  | 1488 | 31.3 |

*What type of physical activity or exercise did you spend the most time doing during the past month? (among persons who exercise)*

|               |      |      |
|---------------|------|------|
| Aerobics      | 103  | 4.4  |
| Gardening     | 145  | 5.8  |
| Golf          | 94   | 4.8  |
| Home Exercise | 104  | 3.7  |
| Running       | 115  | 5.6  |
| Walking       | 1244 | 50.7 |
| Other         | 508  | 25.0 |

*How many times per week or per month did you take part in this activity during the past month? (total times per week for two physical activities among all respondents)*

|                 |      |      |
|-----------------|------|------|
| None            | 1521 | 40.5 |
| Less than three | 876  | 23.4 |
| Three to four   | 647  | 17.3 |
| Five to six     | 334  | 8.9  |
| Seven           | 373  | 9.9  |

**Section 4. Exercise**                      **n**      **%**

*And when you took part in this activity, how many minutes or hours did you usually keep at it? (total hours per week for two physical activities among all respondents)*

|                   |      |      |
|-------------------|------|------|
| None              | 1572 | 42.5 |
| Less than one     | 1072 | 28.8 |
| One to two        | 755  | 21.6 |
| Three to four     | 160  | 4.8  |
| Greater than four | 76   | 2.3  |

**Section 5. Tobacco**                      **n**      **%**

*Have you smoked at least 100 cigarettes in your entire life? (among all respondents)*

|     |      |      |
|-----|------|------|
| Yes | 1625 | 42.9 |
| No  | 2170 | 57.1 |

*Do you now smoke cigarettes everyday, some days, or not at all? (among all respondents)*

|            |      |      |
|------------|------|------|
| Every day  | 654  | 17.4 |
| Some days  | 127  | 3.7  |
| Not at all | 3013 | 78.9 |

*On the average, about how many cigarettes a day do you now smoke? (among persons who smoke)*

|                                       |     |      |
|---------------------------------------|-----|------|
| Less than half pack/day(ppd)          | 71  | 11.4 |
| More than half, but less than one ppd | 205 | 31.9 |
| One ppd                               | 244 | 38.3 |
| More than one, but less than two ppd  | 68  | 10.1 |
| Two or more ppd                       | 57  | 8.3  |

**Section 5. Tobacco**                      **n**      **%**

*During the past 12 months, have you quit for one day or longer? (among persons who smoke daily)*

|     |     |      |
|-----|-----|------|
| Yes | 309 | 47.4 |
| No  | 343 | 52.6 |

*About how long has it been since you last smoked cigarettes regularly? (among former smokers)*

|                              |     |      |
|------------------------------|-----|------|
| Within the past month        | 16  | 1.9  |
| Within the past three months | 18  | 2.5  |
| Within the past six months   | 22  | 3.9  |
| Within the past year         | 42  | 5.1  |
| Within the past five years   | 164 | 18.7 |
| Within the past 15 years     | 214 | 26.4 |
| 15 or more years ago         | 346 | 40.4 |
| Never smoked regularly       | 7   | 1.1  |

*Have you ever smoked a cigar, even just a few puffs? (among all respondents)*

|     |      |      |
|-----|------|------|
| Yes | 1077 | 26.8 |
| No  | 2782 | 72.2 |

*In the past month did you smoke cigars? (among smokers)*

|                       |    |      |
|-----------------------|----|------|
| Everyday              | 5  | 4.5  |
| Several times a week  | 25 | 26.5 |
| Less than once a week | 68 | 69.0 |

**Section 6: Fruits and Vegetables**    n    %

*How often do you drink fruit juices such as orange, grapefruit, or tomato? (on a daily basis among all respondents)*

|                       |      |      |
|-----------------------|------|------|
| Less than once a day  | 2100 | 56.6 |
| 1 to 4 times a day    | 1643 | 41.8 |
| 5 or more times a day | 60   | 1.6  |

*Not counting juice, how often do you eat fruit? (on a daily basis among all respondents)*

|                       |      |      |
|-----------------------|------|------|
| Less than once a day  | 2066 | 56.9 |
| 1 to 4 times a day    | 1678 | 41.7 |
| 5 or more times a day | 59   | 1.4  |

*How often do you eat green salad? (on a daily basis among all respondents)*

|                       |      |      |
|-----------------------|------|------|
| Less than once a day  | 3027 | 79.9 |
| 1 to 4 times a day    | 752  | 19.5 |
| 5 or more times a day | 24   | 0.6  |

*How often do you eat potatoes not including french fries, fried potatoes, or potato chips? (on a daily basis among all respondents)*

|                       |      |      |
|-----------------------|------|------|
| Less than once a day  | 3364 | 88.7 |
| 1 to 4 times a day    | 426  | 10.8 |
| 5 or more times a day | 13   | 0.5  |

*How often do you eat carrots?*

|                       |      |      |
|-----------------------|------|------|
| Less than once a day  | 3367 | 89.1 |
| 1 to 4 times a day    | 424  | 10.6 |
| 5 or more times a day | 12   | 0.3  |

**Section 6: Fruits and Vegetables**    n    %

*Now counting carrots, potatoes, or salad, how many servings of vegetables do you usually eat?*

|                       |      |      |
|-----------------------|------|------|
| Less than once a day  | 911  | 24.4 |
| 1 to 4 times a day    | 2850 | 74.6 |
| 5 or more times a day | 42   | 1.0  |

**Section 7. Weight Control**    n    %

*Are you eating either fewer calories or less fat to lose weight or keep from gaining weight? (among those either trying to lose or maintain weight)*

|                                |     |      |
|--------------------------------|-----|------|
| Yes, few calories              | 209 | 8.9  |
| Yes, less fat                  | 763 | 30.7 |
| Yes, few calories and less fat | 793 | 31.2 |
| No                             | 686 | 29.2 |

*Are you using physical activity or exercise to lose weight or keep from gaining weight? (among those either trying to lose or maintain weight)*

|     |      |      |
|-----|------|------|
| Yes | 1367 | 56.1 |
| No  | 1119 | 43.9 |

*In the past 12 months, has a doctor, nurse, or other health professional given you advice about your weight? (among all respondents)*

|                              |      |      |
|------------------------------|------|------|
| Yes, lose weight             | 309  | 7.4  |
| Yes, gain weight             | 64   | 1.6  |
| Yes, maintain current weight | 59   | 1.5  |
| No                           | 3365 | 89.5 |

*In the past two years, have you taken any weight loss pills prescribed by a doctor? (among all respondents)*

|                            |      |      |
|----------------------------|------|------|
| Currently taking pills     | 23   | 0.5  |
| Not currently taking pills | 82   | 1.6  |
| Never have taken pills     | 3698 | 97.9 |

| Section 8: Demographics  |      |      | Section 8: Demographics  |      |      |
|--|------|------|--|------|------|
|  | n    | %    |  | n    | %    |
| <b><i>What is your age? (Among all respondents)</i></b>                      |      |      | <b><i>How many children live in your household who are less than five years old? (among all respondents)</i></b> |      |      |
| 18-24  | 296  | 12.7 | None   | 3353 | 86.9 |
| 25-34  | 650  | 18.7 | One  | 307  | 8.9  |
| 35-44  | 837  | 21.3 | Two  | 119  | 3.6  |
| 45-54  | 652  | 16.1 | Three  | 16   | 0.5  |
| 55-64  | 420  | 11.2 | Four   | 4    | 0.1  |
| 64-74  | 443  | 10.0 |  |      |      |
| 75+  | 505  | 10.0 |  |      |      |
| <b><i>What is your race? (among all respondents)</i></b>                     |      |      | <b><i>How many children live in your household who are five to 12 years old? (among all respondents)</i></b>     |      |      |
| White  | 3452 | 90.5 | None   | 3189 | 83.7 |
| Black  | 181  | 4.5  | One  | 351  | 9.5  |
| Asian, Pacific Islander  | 33   | 1.3  | Two  | 205  | 5.4  |
| American Indian, Alaska Native   | 27   | 0.8  | Three  | 43   | 1.1  |
| Other  | 95   | 2.9  | Four+  | 9    | 0.3  |
| <b><i>Are you of Spanish or Hispanic origin? (among all respondents)</i></b> |      |      | <b><i>How many children live in your household who are 13 to 17 years old? (among all respondents)</i></b>       |      |      |
| Yes  | 192  | 5.9  | None   | 3320 | 87.3 |
| No   | 3598 | 94.1 | One  | 332  | 8.8  |
| <b><i>Are you: (among all respondents)</i></b>                               |      |      | Two  | 125  | 3.4  |
| Married  | 2111 | 62.9 | Three+   | 20   | 0.5  |
| Divorced   | 485  | 9.2  | <b><i>What is the highest grade or year of school you completed? (among all respondents)</i></b>                 |      |      |
| Widowed  | 521  | 7.9  | Never attended school/only   |      |      |
| Separated  | 99   | 1.8  | kindergarten   | 15   | 0.5  |
| Never been married   | 508  | 15.7 | Grades 1 through 8 (elementary)  | 155  | 3.8  |
| A member of an unmarried couple  | 69   | 2.5  | Grades 9 through 11 (some high school)   | 206  | 5.5  |
|  |      |      | Grade 12 or GED (HS graduate)  | 1272 | 33.7 |
|  |      |      | College 1-3 years (some college or tech)   | 1260 | 33.9 |
|  |      |      | College 4 or more (college grad.)  | 800  | 22.6 |

**Section 8: Demographics**

|   | n    | %    |
|---|------|------|
| <i>Are you currently: (among all respondents)</i> |      |      |
| Employed for wages                                | 2132 | 59.5 |
| Self-employed                                     | 282  | 7.5  |
| Out of work for more than 1 year                  | 20   | 0.5  |
| Out of work for less than 1 year                  | 33   | 0.9  |
| Homemaker   | 266  | 6.8  |
| Student   | 89   | 3.7  |
| Retired   | 891  | 19.2 |
| Unable to work                                    | 86   | 1.9  |

***Is your annual household income from all sources: (among all respondents)***

|                 |     |      |
|-----------------|-----|------|
| \$0-9,999       | 143 | 3.9  |
| \$10,000-14,999 | 168 | 4.8  |
| \$15,000-19,999 | 270 | 8.0  |
| \$20,000-24,999 | 419 | 13.5 |
| \$25,000-34,999 | 589 | 18.8 |
| \$35,000-49,999 | 681 | 24.0 |
| \$50,000-74,000 | 462 | 16.6 |
| \$75,000+       | 321 | 10.4 |

***Gender of the respondents (among all respondents)***

|        |      |      |
|--------|------|------|
| Male   | 1487 | 48.3 |
| Female | 2316 | 51.7 |

***How many residential telephone numbers do you have? (among all respondents)***

|   |     |      |
|---|-----|------|
| 1 | 89  | 32.2 |
| 2 | 332 | 61.7 |
| 3 | 43  | 5.6  |
| 4 | 3   | 0.4  |
| 5 | 2   | 0.1  |

**Section 8: Demographics**

|  | n    | %    |
|--|------|------|
| <i>What county do you live in? (among all respondents)</i> |      |      |
| Mixed*   | 1277 | 33.3 |
| Rural**  | 723  | 18.6 |
| Urban***   | 1803 | 48.2 |

**Section 9: Women's Health**

|   | n    | %    |
|---|------|------|
| <i>Have you ever had a mammogram? (among all women)</i> |      |      |
| Yes   | 1452 | 59.0 |
| No  | 834  | 41.0 |

***How long has it been since you had your last mammogram? (among all women)***

|  |     |      |
|--|-----|------|
| Within the past year                   | 927 | 37.7 |
| Within the past 2 years (1-2 yrs. ago) | 285 | 11.3 |
| Within the past 3 years (2-3 yrs. ago) | 90  | 3.6  |
| Within the past 5 years (3-5 yrs. ago) | 64  | 2.6  |
| 5 or more years ago                    | 74  | 3.7  |
| Never had one                          | 834 | 41.1 |

***Was your last mammogram done as part of a routine checkup, or because of a breast problem other than cancer or because you've had breast cancer? (among women who have ever had a mammogram)***

|                                  |      |      |
|----------------------------------|------|------|
| Routine checkup                  | 1311 | 89.7 |
| Breast problem other than cancer | 111  | 8.5  |
| Had breast cancer                | 25   | 1.8  |

\* Mixed: counties with 20-149 persons per square mile

\*\* Rural: counties with fewer than 20 persons per square mile

\*\*\* Urban: counties with 150 or more persons per square mile

**Section 9: Women's Health**      **n**      **%**

*Have you ever had a clinical breast exam?  
(among all women)*

|     |      |      |
|-----|------|------|
| Yes | 1988 | 86.7 |
| No  | 285  | 13.3 |

*How long has it been since your last breast exam? (among all women)*

|                                   |      |      |
|-----------------------------------|------|------|
| Within the past year              | 1481 | 65.6 |
| W/in past 2 years (1-2 years ago) | 284  | 12.4 |
| W/in past 3 years (2-3 years ago) | 74   | 3.0  |
| W/in past 5 years (3-5 years ago) | 42   | 1.8  |
| 5 or more years ago               | 86   | 3.8  |
| Never had one                     | 285  | 13.4 |

*Was your last breast exam done as part of a routine checkup, or because of a breast problem other than cancer or because you've had breast cancer? (among women who have ever had a breast exam)*

|                                  |      |      |
|----------------------------------|------|------|
| Routine checkup                  | 1907 | 95.7 |
| Breast problem other than cancer | 60   | 3.3  |
| Had breast cancer                | 17   | 1.0  |

*Have you ever had a Pap smear? (among all women with a cervix)*

|     |      |      |
|-----|------|------|
| Yes | 1550 | 93.5 |
| No  | 96   | 6.5  |

**Section 9: Women's Health**      **n**      **%**

*How long has it been since you had your last Pap smear? (among all women with a cervix)*

|                                   |      |      |
|-----------------------------------|------|------|
| W/in past year (1-12 months ago)  | 1119 | 69.2 |
| W/in past 2 years (1-2 years ago) | 214  | 13.3 |
| W/in past 3 years (2-3 years ago) | 57   | 3.1  |
| W/in past 5 years (3-5 years ago) | 48   | 2.5  |
| 5 or more years ago               | 92   | 5.4  |
| Never had one                     | 96   | 6.5  |

*Was your last Pap smear done as part of a routine checkup, or to check a current or previous problem? (among all women with a cervix who have ever had a Pap smear)*

|                                    |      |      |
|------------------------------------|------|------|
| Routine checkup                    | 1512 | 97.0 |
| Check current of previous problems | 26   | 2.0  |
| Other                              | 9    | 1.0  |

*Have you had a hysterectomy? (among all women)*

|     |     |      |
|-----|-----|------|
| Yes | 616 | 24.6 |
| No  | 165 | 75.4 |

*To your knowledge, are you now pregnant? (among all women 18-44 years old)*

|     |     |      |
|-----|-----|------|
| Yes | 64  | 7.4  |
| No  | 867 | 92.6 |

| <b>Section 10: HIV/AIDS</b>  |          |          | <b>Section 10: HIV/AIDS</b>   |          |          |
|--|----------|----------|---|----------|----------|
|  | <b>n</b> | <b>%</b> |   | <b>n</b> | <b>%</b> |
| <b><i>What are your chances of getting infected with HIV, the virus that causes AIDS? Would you say: (among all persons 18 to 64 years old)</i></b>                        |          |          | <b><i>What was the main reason you had your last blood test for HIV? (among all persons 18 to 64 years old who had been tested for HIV in the past 12 months)</i></b> |          |          |
| High   | 42       | 1.3      | Hospitalization/surgical procedure  | 25       | 7.0      |
| Medium   | 95       | 3.7      | To apply for health insurance   | 12       | 4.5      |
| Low  | 845      | 29.6     | To apply for life insurance   | 26       | 9.2      |
| None   | 1811     | 65.4     | For employment  | 17       | 3.8      |
| <b><i>Have you donated blood since March 1985? (among all persons 18 to 64 years old without HIV infection)</i></b>  |          |          | For military induction/military service   | 27       | 8.5      |
| Yes  | 639      | 23.0     | Just to find out if you were infected   | 59       | 19.8     |
| No   | 2162     | 77.0     | Because of pregnancy  | 54       | 17.3     |
| <b><i>Have you donated blood in the past 12 months? (among persons 18 to 64 years old without HIV infection and who donated blood since March 1985)</i></b>                |          |          | Because of blood donation process   | 7        | 2.3      |
| Yes  | 223      | 34.0     | For routine check-up  | 42       | 11.7     |
| No   | 415      | 66.0     | Because of occupational exposure  | 11       | 3.3      |
| <b><i>Except for tests you may have had as part of blood donations, have you ever been tested for HIV? (among persons 18 to 64 years old without HIV infection)</i></b>    |          |          | Other   | 41       | 12.6     |
| Yes  | 897      | 32.2     | <b><i>Where did you have your last blood test for HIV? (among all persons 18 to 64 years old who had been tested for HIV in the past 12 months)</i></b>               |          |          |
| No   | 1858     | 67.8     | Private doctor, HMO   | 109      | 34.4     |
| <b><i>Not including your blood donations, have you been tested for HIV in the past 12 months? (among persons 18 to 64 years old who have ever been tested for HIV)</i></b> |          |          | Blood bank, plasma center, Red Cross  | 5        | 1.6      |
| Yes  | 326      | 38.1     | Health Department   | 35       | 11.0     |
| No   | 568      | 61.9     | Hospital, ER, outpatient clinic   | 65       | 21.0     |
|  |          |          | Family planning clinic  | 9        | 2.8      |
|  |          |          | Prenatal clinic, obstetrician's office  | 9        | 2.8      |
|  |          |          | Community health clinic   | 7        | 2.2      |
|  |          |          | <b><i>Did you receive the results of your last test? (among persons 18 to 64 years old who have been tested for HIV in the past 12 months)</i></b>                    |          |          |
|  |          |          | Yes   | 276      | 87.6     |
|  |          |          | No  | 42       | 12.4     |

**Section 10: HIV/AIDS**                      **n**      **%**

*Did you receive counseling or talk with a health care professional about the results of your test? (among persons 18 to 64 years old who received the results of their last HIV test)*

|     |     |      |
|-----|-----|------|
| Yes | 88  | 32.0 |
| No  | 186 | 68.0 |

**Module 1: Diabetes**                      **n**      **%**

*How old were you when you were told you have diabetes? (among all persons with diabetes)*

|       |    |      |
|-------|----|------|
| 1-24  | 12 | 8.2  |
| 25-34 | 25 | 12.9 |
| 35-44 | 21 | 13.9 |
| 45-54 | 43 | 29.4 |
| 55-64 | 32 | 17.3 |
| 65-74 | 21 | 14.0 |
| 75+   | 8  | 4.3  |

*Are you now taking insulin? (among all persons with diabetes)*

|     |     |      |
|-----|-----|------|
| Yes | 60  | 36.8 |
| No  | 110 | 63.2 |

*Currently, about how often do you use insulin? (among all persons with diabetes)*

|                 |     |      |
|-----------------|-----|------|
| 1 time per day  | 13  | 7.9  |
| 2 times per day | 38  | 24.2 |
| 3 times per day | 7   | 3.8  |
| 4 times per day | 2   | 1.0  |
| Never           | 110 | 63.1 |

**Module 1: Diabetes**                      **n**      **%**

*About how often do you check your blood for glucose or sugar? (among all persons with diabetes)*

|                           |    |      |
|---------------------------|----|------|
| Once a day                | 29 | 18.4 |
| Twice a day               | 30 | 17.2 |
| More than 2 times per day | 20 | 12.1 |
| Once a week               | 18 | 11.9 |
| 2-6 times per week        | 20 | 12.0 |
| 1-3 times per month       | 23 | 13.5 |
| Less than once a month    | 9  | 5.7  |
| Never                     | 18 | 9.2  |

*About how many times in the last year have you seen a doctor, nurse, or other health professional for your diabetes? (among all persons with diabetes)*

|                        |    |      |
|------------------------|----|------|
| One time               | 26 | 16.5 |
| Two times              | 25 | 15.8 |
| Three times            | 13 | 6.8  |
| Four times             | 35 | 23.0 |
| 5-11 times             | 22 | 12.2 |
| Once a month           | 17 | 13.3 |
| More than once a month | 5  | 2.9  |
| Never                  | 17 | 9.5  |

*Have you heard of glycosylated hemoglobin or hemoglobin “A one “C” ? (among all persons with diabetes)*

|     |     |      |
|-----|-----|------|
| Yes | 44  | 25.0 |
| No  | 121 | 75.0 |

| Module 1: Diabetes  |     |      | Module 1: Diabetes   |     |      |
|---|-----|------|--|-----|------|
|   | n   | %    |  | n   | %    |
| <i>About how many times in the last year has a doctor, nurse, or other health professional checked you for glycosylated hemoglobin or hemoglobin "A" one "C" (among persons who have heard about glycosylated hemoglobin)</i> |     |      | <i>How much of the time does your vision limit you in recognizing people or objects across the street? (among all persons with diabetes)</i>                                   |     |      |
| One time  | 9   | 28.5 | All the time   | 14  | 8.4  |
| Two times   | 9   | 18.3 | Most of the time   | 9   | 6.3  |
| Three times   | 4   | 12.7 | Some of the time   | 27  | 15.0 |
| Four times  | 9   | 20.8 | None of the time   | 117 | 70.3 |
| More than four times  | 4   | 10.2 | <i>How much of the time does your vision limit you in reading print in a newspaper, magazine, recipe, menu, or numbers on the telephone? (among all persons with diabetes)</i> |     |      |
| Never   | 3   | 9.5  | All the time   | 24  | 13.9 |
| <i>About how many times in the last year has a health professional checked your feet for any sores or irritations? (among all persons with diabetes)</i>  |     |      | Most of the time   | 7   | 4.4  |
| One time  | 26  | 18.3 | Some of the time   | 39  | 22.6 |
| Two times   | 15  | 11.3 | None of the time   | 98  | 59.1 |
| Three times   | 8   | 6.2  | <i>How much of the time does your vision limit you in watching television? (among all persons with diabetes)</i>   |     |      |
| Four times or more  | 42  | 27.0 | All the time   | 10  | 13.9 |
| Never   | 63  | 37.2 | Most of the time   | 11  | 4.4  |
| <i>When was the last time you had an eye exam in which the pupils were dilated? (among all persons with diabetes)</i>   |     |      | Some of the time   | 14  | 22.6 |
| Within the past year  | 110 | 66.1 | None of the time   | 133 | 59.1 |
| Within the past two years   | 21  | 13.0 |  |     |      |
| Two or more years ago   | 24  | 14.7 |  |     |      |
| Never   | 11  | 6.2  |  |     |      |

**Module 2: Family Planning** **n**

*Have you been pregnant in the last 5 years?  
(among all females 18-44 years old)*

|     |     |      |
|-----|-----|------|
| Yes | 257 | 28.2 |
| No  | 688 | 71.8 |

*Thinking back to your last pregnancy, just before you got pregnant, how did you feel about becoming pregnant? (among females 18-44 who have been pregnant in the last 5 years)*

|   |     |      |
|---|-----|------|
| Wanted to be pregnant sooner            | 39  | 14.6 |
| Wanted to be pregnant later             | 36  | 17.7 |
| Wanted to be pregnant then              | 134 | 57.6 |
| Didn't want to be pregnant now or later | 26  | 10.1 |

*Thinking back to just before you got pregnant with your current pregnancy, how did you feel about becoming pregnant? (among women currently pregnant)*

|   |    |      |
|---|----|------|
| Wanted to be pregnant sooner            | 23 | 38.6 |
| Wanted to be pregnant later             | 8  | 14.7 |
| Wanted to be pregnant then              | 21 | 38.4 |
| Didn't want to be pregnant now or later | 3  | 8.4  |

*Are you or your partner using any kind of birth control now? (among women 18-44 years old who are not currently pregnant and who have not had a hysterectomy)*

|                     |     |      |
|---------------------|-----|------|
| Yes                 | 489 | 57.8 |
| No                  | 207 | 26.3 |
| Not sexually active | 133 | 15.9 |

**Module 2: Family Planning** **n**

*What kind of birth control are you or your partner using now? (among women 18-44 years old who are not currently pregnant and who have not had a hysterectomy)*

|                  |     |      |
|------------------|-----|------|
| No birth control | 207 | 32.1 |
| Sterilization    | 177 | 23.8 |
| Hormonal         | 204 | 31.0 |
| Barrier          | 68  | 9.9  |
| Other            | 22  | 3.3  |

*What are your reasons for not using any birth control now? (among women 18-44 years who are not currently pregnant, who have not had a hysterectomy, and who do not use birth control)*

|   |    |      |
|---|----|------|
| Not having sex                            | 25 | 11.0 |
| Want to get pregnant                      | 42 | 23.0 |
| Don't want to use birth control           | 20 | 9.3  |
| Partner doesn't want to use birth control | 13 | 7.1  |
| Don't think can get pregnant              | 24 | 10.3 |
| Other                                     | 73 | 39.4 |

*What is your usual source of services for female health concerns such as family planning, annual exams, breast exams, tests for sexually transmitted diseases, and other female health concerns? (among women 18-44 years old)*

|                               |     |      |
|-------------------------------|-----|------|
| A family planning clinic      | 44  | 4.9  |
| A health department           | 81  | 8.8  |
| A community health center     | 24  | 2.6  |
| A private gynecologist        | 436 | 41.5 |
| A general or family physician | 406 | 41.0 |
| Some other kind of place      | 11  | 1.2  |

| <b>Module 2: Family Planning</b>  |      | <b>n</b> | <b>Module 3: Disability</b>  |      | <b>n</b> |
|---|------|----------|--|------|----------|
| <i>Have you ever used the services at a family planning clinic? (among women 18-44 years old)</i>   |      |          | <i>Are you limited in the kind or amount of work you can do because of any impairment or health problem? (among all respondents)</i>         |      |          |
| Yes   | 221  | 22.1     | Yes  | 575  | 13.8     |
| No  | 755  | 77.9     | No   | 3126 | 86.2     |
| <i>How long has it been since you used the services at a family planning clinic? (among women 18-44 years old who have used the services at a family planning clinic)</i> |      |          | <i>Because of any impairment or health problem, do you have any trouble learning, remembering, or concentrating? (among all respondents)</i> |      |          |
| Within the past year  | 61   | 24.3     | Yes  | 212  | 5.0      |
| Within the past 2 years   | 24   | 12.9     | No   | 3481 | 95.0     |
| Within the past 3 years   | 12   | 5.5      | <i>If you use special equipment or help from others to get around, what type do you use? (among all respondents)</i>                         |      |          |
| Within the past 5 years   | 21   | 7.7      | No special equipment or help used  | 3521 | 95.6     |
| 5 or more years ago   | 142  | 49.6     | Other people   | 4    | 0.1      |
| <b>Module 3: Disability</b>   |      |          | Walker   | 96   | 1.9      |
|   |      |          | Crutch or crutches   | 32   | 0.7      |
|   |      |          | Manual Wheelchair  | 3    | 0.0      |
|   |      |          | Motorized Wheelchair   | 12   | 0.3      |
|   |      |          | Electric mobility scooter  | 1    | 0.0      |
|   |      |          | Artificial leg   | 27   | 0.7      |
|   |      |          | Other  | 30   | 0.6      |
| <i>How often do you get the social and emotional support you need? (among all respondents)</i>  |      |          | <i>Using special equipment or help, what is the farthest distance that you can go? (among respondents who use special equipment)</i>         |      |          |
| Always  | 1952 | 55.2     | Across a small room  | 33   | 18.0     |
| Usually   | 1100 | 30.1     | About the length of a typical house  | 48   | 27.9     |
| Sometimes   | 356  | 9.2      | About one to two city blocks   | 57   | 30.7     |
| Rarely  | 114  | 2.9      | About one mile   | 13   | 10.2     |
| Never   | 114  | 2.7      | More than one mile   | 22   | 13.2     |
| <i>In general, how satisfied are you with your life? (among all respondents)</i>  |      |          |  |      |          |
| Very satisfied  | 1893 | 52.7     |  |      |          |
| Satisfied   | 1607 | 42.8     |  |      |          |
| Dissatisfied  | 160  | 3.9      |  |      |          |
| Very Dissatisfied   | 27   | 0.5      |  |      |          |

| <b>Module 3: Disability</b>   |          |      | <b>Module 4: Quality of Life</b>   |          |      |
|---|----------|------|--|----------|------|
|   | <b>n</b> |      | <b>n</b>   | <b>%</b> |      |
| <i>What is the farthest distance that you can walk by yourself, without any special equipment or help from others? (among all respondents)</i>      |          |      | <i>Are you limited in any way in any activities because of any impairment or health problem? (among all respondents)</i>                                     |          |      |
| Unable to walk  | 41       | 0.9  | Yes  | 537      | 13.0 |
| Across a small room   | 51       | 1.0  | No   | 3159     | 87.0 |
| About the length of a typical house   | 95       | 1.9  | <i>What is the major impairment or health problem that limits your activities? (among persons who report any activity limitation)</i>                        |          |      |
| About one to two city blocks  | 191      | 4.2  | Arthritis/rheumatism   | 102      | 12.9 |
| About one mile  | 248      | 6.1  | Back or neck problem   | 114      | 16.3 |
| More than one mile  | 2996     | 85.9 | Fractures, bone/joint injury   | 65       | 8.7  |
| <i>Is there anyone else in your household who is limited in any activities because of any impairment or health problem? (among all respondents)</i> |          |      | Walking problem  | 82       | 8.7  |
| Yes   | 338      | 10.1 | Lung/breathing problem   | 45       | 6.8  |
| No  | 3327     | 89.9 | Hearing problem  | 10       | 1.7  |
| <i>How old are these people? (among persons who report any activity limitation)</i>   |          |      | Eye/vision problem   | 20       | 2.2  |
| <18   | 61       | 14.0 | Heart problem  | 56       | 7.8  |
| 18-24   | 11       | 4.0  | Stroke problem   | 37       | 5.6  |
| 25-34   | 14       | 5.6  | Diabetes   | 8        | 0.9  |
| 35-44   | 33       | 11.9 | Cancer   | 21       | 3.0  |
| 45-54   | 47       | 13.5 | Other impairment/problem   | 174      | 25.4 |
| 55-64   | 50       | 15.4 | <i>For how long have your activities been limited because of your major impairment or health problem? (among persons who report any activity limitation)</i> |          |      |
| 64-74   | 56       | 18.1 | Six months or less   | 82       | 10.9 |
| 75+   | 60       | 17.5 | More than six months, less than a year   | 31       | 5.0  |
|   |          |      | 1 to 5 years   | 288      | 38.9 |
|   |          |      | 6 to 10 years  | 130      | 19.4 |
|   |          |      | 11 to 20 years   | 91       | 13.8 |
|   |          |      | More than 20 years   | 86       | 12.0 |

| Module 4: Quality of Life   |      |      | Module 4: Quality of Life  |      |      |
|---|------|------|--|------|------|
|   | n    | %    |  | n    | %    |
| <i>Because of any impairment or health problem, do you need the help of other persons with your personal care needs such as eating, bathing, dressing, or getting around the house? (among persons who report any activity limitation)</i>  |      |      | <i>During the past 30 days, for about how many days have you felt worried, tense, or anxious?(among all respondents)</i>   |      |      |
| Yes   | 56   | 6.9  | 0 days   | 1629 | 44.7 |
| No  | 689  | 93.1 | 1 to 4 days  | 927  | 29.1 |
|   |      |      | 5 to 13 days   | 530  | 15.0 |
|   |      |      | 14 to 29 days  | 209  | 5.5  |
|   |      |      | 30 days  | 230  | 5.7  |
| <i>Because of any impairment or health problem, do you need the help of other persons with your routine needs such as everyday household chores, doing necessary business, shopping, or getting around for other purposes? (among persons who report any activity limitation)</i> |      |      | <i>During the past 30 days, for about how many days you did not get enough rest or sleep? (among all respondents)</i>  |      |      |
| Yes   | 180  | 21.7 | 0 days   | 1347 | 35.0 |
| No  | 564  | 78.3 | 1 to 4 days  | 702  | 20.1 |
|   |      |      | 5 to 13 days   | 756  | 21.7 |
|   |      |      | 14 to 29 days  | 442  | 12.5 |
|   |      |      | 30 days  | 379  | 10.7 |
| <i>During the past 30 days, for about how many days did pain make it hard for you do your usual activities, such as self-care, work or recreation? (among all respondents)</i>  |      |      | <i>During the past 30 days, for about how many days have you felt very healthy and full of energy? (among all respondents)</i>                                       |      |      |
| 0 days  | 2781 | 76.9 | 0 days   | 360  | 8.7  |
| 1 to 4 days   | 351  | 9.9  | 1 to 4 days  | 141  | 3.7  |
| 5 to 13 days  | 260  | 7.0  | 5 to 13 days   | 454  | 12.5 |
| 14 to 29 days   | 107  | 2.4  | 14 to 29 days  | 1524 | 43.7 |
| 30 days   | 168  | 3.8  | 30 days  | 1107 | 31.4 |
| <i>During the past 30 days, for about how many days have you felt sad, blue or, depressed? (among all respondents)</i>  |      |      | <i>During the past year, have you suffered an injury serious enough to keep you from doing your regular activities for at least one day? (among all respondents)</i> |      |      |
| 0 days  | 2087 | 58.7 | Yes  | 377  | 10.1 |
| 1 to 4 days   | 888  | 24.9 | No   | 3288 | 89.9 |
| 5 to 13 days  | 372  | 9.7  |  |      |      |
| 14 to 29 days   | 155  | 4.1  |  |      |      |
| 30 days   | 113  | 2.6  |  |      |      |

**Module 5: Injury**                      **n**      **%**

*Did your injury occur while you were at work? (among respondents who suffered a serious injury)*

|     |     |      |
|-----|-----|------|
| Yes | 96  | 28.2 |
| No  | 277 | 70.8 |

*Where did your injury occur? (among respondents who suffered a serious injury)*

|                         |     |      |
|-------------------------|-----|------|
| Home                    | 144 | 35.6 |
| Farm/Ranch              | 14  | 4.0  |
| Public building         | 44  | 12.1 |
| Industrial place        | 16  | 6.5  |
| Street/highway/road     | 34  | 9.0  |
| Recreational place      | 47  | 15.5 |
| Residential institution | 8   | 2.4  |
| Other                   | 52  | 14.9 |

*What was the main cause of your injury? (among respondents who suffered a serious injury)*

|                     |     |      |
|---------------------|-----|------|
| Fall                | 138 | 32.5 |
| Cut/pierce          | 17  | 5.3  |
| Motor vehicle crash | 26  | 7.0  |
| Overexertion        | 45  | 13.6 |
| Other               | 133 | 41.6 |

*Was your injury inflicted on purpose by yourself or someone else? (among respondents who suffered a serious injury)*

|     |     |      |
|-----|-----|------|
| Yes | 33  | 9.9  |
| No  | 338 | 90.1 |

**Module 5: Injury**                      **n**      **%**

*Did you receive treatment from a health professional for your injury? (among respondents who suffered a serious injury)*

|      |      |
|------|------|
| Yes  | 308  |
| 83.2 | No   |
| 65   | 16.8 |

*Where did you receive treatment for your injury? (among respondents who received treatment for their injury)*

|                                   |     |      |
|-----------------------------------|-----|------|
| Emergency room/urgent care center | 124 | 9.6  |
| Hospital                          | 37  | 11.7 |
| Doctor's Office or HMO            | 108 | 36.2 |
| Health clinic or walk-in center   | 16  | 5.6  |
| Other place                       | 23  | 6.9  |

**Module 6: Asthma**                      **n**      **%**

*Have you ever been told by a doctor that you have asthma? (among all respondents)*

|     |      |      |
|-----|------|------|
| Yes | 287  | 8.0  |
| No  | 3377 | 92.0 |

*Do you currently have asthma? (among respondents who have been told they had asthma)*

|     |     |      |
|-----|-----|------|
| Yes | 178 | 62.2 |
| No  | 105 | 37.8 |

| Module 6: Asthma  |     |      | Module 6: Asthma   |     |      |
|---|-----|------|--|-----|------|
|   | n   | %    |  | n   | %    |
| <i>During the past 30 days, for about how many days did your asthma limit you in your usual activities, such as self-care, work, or recreation? (among respondents who currently have asthma)</i>                     |     |      | <i>During the past 12 months have you visited a hospital emergency room or urgent care center because of difficulty breathing? (among respondents who currently have asthma)</i> |     |      |
| 0 days  | 130 | 75.4 | Yes  | 32  | 17.1 |
| 1 to 4 days   | 18  | 11.4 | No   | 142 | 82.9 |
| 5 to 13 days  | 9   | 4.7  | <i>Have you been instructed in the use of a peak flow meter? (among respondents who currently have asthma)</i>   |     |      |
| 14 to 29 days   | 9   | 5.4  | Yes  | 86  | 45.9 |
| 30 days   | 7   | 3.1  | No   | 87  | 54.1 |
| <i>Have you taken any medications for asthma during the past twelve months? (among respondents who currently have asthma)</i>   |     |      | <i>Does anyone, including household members or guests, smoke inside your home? (among respondents who currently have asthma)</i>   |     |      |
| Yes   | 132 | 71.8 | Yes  | 51  | 34.9 |
| No  | 43  | 28.2 | No   | 125 | 65.1 |
| <i>During the past 12 months have you taken predisone or another steroid as a pill, capsule, or injection to help control your asthma? (among respondents who have taken medications for asthma in the last year)</i> |     |      | <i>Has a doctor ever counseled you about not permitting anyone to smoke in your home? (among respondents who currently have asthma)</i>  |     |      |
| Yes   | 49  | 33.7 | Yes  | 68  | 38.3 |
| No  | 83  | 66.3 | No   | 176 | 61.7 |
| <i>Has a doctor ever counseled you about how to make changes in your medication to control your asthma? (among respondents who have taken medications for asthma in the last year)</i>                                |     |      |  |     |      |
| Yes   | 83  | 61.0 |  |     |      |
| No  | 48  | 39.0 |  |     |      |

**Module 7: Passive Smoke Exposure**    n    %

*Including yourself, how many persons in your household are current cigarette smokers?(among all respondents)*

|               |      |      |
|---------------|------|------|
| Zero          | 2707 | 71.9 |
| One           | 653  | 18.0 |
| Two           | 271  | 8.8  |
| Three or more | 36   | 1.3  |

*How many smoke inside the home? (among current cigarette smokers)*

|               |     |      |
|---------------|-----|------|
| Zero          | 296 | 34.7 |
| One           | 429 | 38.5 |
| Two           | 207 | 23.0 |
| Three or more | 26  | 3.8  |

*Do you work outside the home? (among all respondents)*

|     |      |      |
|-----|------|------|
| Yes | 2153 | 61.8 |
| No  | 1517 | 38.2 |

*Which of the following best describes the policy about smoking at your work place? (among respondents who work outside their home)*

|  |      |      |
|--|------|------|
| No smoking allowed inside              | 1455 | 66.4 |
| Smoking restricted to designated areas | 405  | 19.8 |
| Smoking allowed in most places         | 76   | 4.0  |
| No policy regarding smoking            | 197  | 9.8  |

**Module 8: Children’s Lead Exposure**    n    %

*Do you live in a residence built before 1950? (among respondents with children 0 to 4 years old)*

|     |     |      |
|-----|-----|------|
| Yes | 110 | 27.6 |
| No  | 281 | 72.4 |

*Does your residence have peeling or chipping paint, or has it undergone any remodeling within the past 6 months? (among respondents with children 0 to 4 years old)*

|     |     |      |
|-----|-----|------|
| Yes | 113 | 27.4 |
| No  | 313 | 72.6 |

*Do any of the children under age 5 in your household regularly visit a residence built before 1978? (among respondents with children 0 to 4 years old)*

|     |     |      |
|-----|-----|------|
| Yes | 158 | 39.3 |
| No  | 403 | 60.7 |

*Does that residence have peeling or chipping paint, or has it undergone any remodeling within the past 6 months? (among respondents with children 0 to 4 years old who visit regularly a residence built before 1978)*

|     |    |      |
|-----|----|------|
| Yes | 57 | 39.9 |
| No  | 94 | 60.1 |

*Has any health care provider ever talked to you about childhood lead poisoning? (among respondents with children 0 to 4 years old)*

|     |     |      |
|-----|-----|------|
| Yes | 214 | 48.5 |
| No  | 218 | 51.5 |

**Module 8: Children's Lead Exposure****n %**

*Have any of the children in your household ever been tested for lead poisoning? (among respondents with children 0 to 4 years old)*

|     |     |      |
|-----|-----|------|
| Yes | 82  | 21.0 |
| No  | 334 | 79.0 |

*Where was the lead testing done? (among respondents with children 0 to 4 years old who have been tested for lead poisoning)*

|                           |    |      |
|---------------------------|----|------|
| Doctor's office or HMO    | 37 | 50.0 |
| Health department         | 20 | 19.4 |
| A clinic or health center | 15 | 20.5 |
| Hospital                  | 6  | 7.5  |
| Other                     | 3  | 2.6  |

*Were the results of the test normal? (among respondents with children 0 to 4 years old who have been tested for lead poisoning)*

|     |    |      |
|-----|----|------|
| Yes | 77 | 95.6 |
| No  | 3  | 4.4  |

**Module 9: Dental Sealants****n %**

*How many of the children in your household are aged 7 to 17? (among respondents with children 5 to 17 years old)*

|              |     |      |
|--------------|-----|------|
| Zero         | 55  | 6.7  |
| One          | 366 | 43.3 |
| Two          | 282 | 35.5 |
| Three        | 91  | 10.9 |
| Four         | 31  | 3.2  |
| Five or more | 5   | 0.4  |

**Module 9: Dental Sealants****n %**

*Have many of the children aged 7 to 17 living in your household, ever had dental sealants placed on their teeth? (among respondents with children 7 to 17 years old)*

|              |     |      |
|--------------|-----|------|
| Zero         | 410 | 56.5 |
| One          | 167 | 22.2 |
| Two          | 125 | 16.8 |
| Three        | 30  | 4.0  |
| Four or more | 6   | 0.5  |

**Module 10: Chickenpox****n %**

*How many of the children ages 0 to 4, living in your household have ever had chickenpox? (among respondents with children 0 to 4 years old)*

|               |     |      |
|---------------|-----|------|
| Zero          | 294 | 68.2 |
| One           | 114 | 25.2 |
| Two           | 22  | 6.1  |
| Three or more | 3   | 0.5  |

*The varicella vaccine is a vaccine given to children to prevent chickenpox. How many of the children aged 1 to 4, living in your household have had the varicella vaccine (or chickenpox vaccine)? (among respondents with children 0 to 4 years old)*

|               |     |      |
|---------------|-----|------|
| Zero          | 228 | 2.8  |
| One           | 134 | 33.0 |
| Two           | 48  | 3.5  |
| Three or more | 4   | 0.7  |

**Module 11: Folic Acid**                      n            %

*Some health experts recommend that women take 400 micrograms of the vitamin folic acid for which of the following reasons...(among all respondents)*

|                                |      |      |
|--------------------------------|------|------|
| To make strong bones           | 447  | 11.9 |
| To prevent birth defects       | 835  | 22.3 |
| To prevent high blood pressure | 144  | 4.3  |
| Other reason                   | 400  | 11.3 |
| Don't know/Not sure            | 1818 | 50.2 |

*When is it most important that a woman take the vitamin folic acid?(among respondents who think vitamin folic acid prevents birth defects)*

|                  |     |      |
|------------------|-----|------|
| Before pregnancy | 574 | 70.5 |
| During pregnancy | 246 | 29.2 |
| After pregnancy  | 2   | 0.3  |

*Are you currently taking 400 micrograms of the vitamin folic acid each day?(among women 18-44 years old)*

|     |     |      |
|-----|-----|------|
| Yes | 247 | 25.6 |
| No  | 705 | 74.4 |

**Module 12: Male Family Planning**                      n

*Are you or your partner using any kind of birth control now? (among men 18-44 years old)*

|                     |     |      |
|---------------------|-----|------|
| Yes                 | 316 | 46.3 |
| No                  | 252 | 37.0 |
| Not sexually active | 123 | 16.7 |

**Module 12: Male Family Planning**                      n

*What kinds of birth control are you or your partner using now? (among men 18-44 years old who are sexually active)*

|               |     |      |
|---------------|-----|------|
| Sterilization | 66  | 19.5 |
| Hormonal      | 133 | 46.5 |
| Barrier       | 95  | 29.1 |
| Other         | 13  | 4.9  |

**Module 13: Lack of Health Care Coverage**                      n            %

*What is the main reason you are without health care coverage? (among persons without health care coverage currently)*

|  |     |      |
|--|-----|------|
| Lost job or changed employers                        | 45  | 16.5 |
| Spouse or parent lost job/<br>changed employers      | 2   | 0.7  |
| Became divorced or separated                         | 10  | 2.2  |
| Spouse or parent died                                | 1   | 0.2  |
| Became ineligible (age or left school)               | 3   | 0.9  |
| Employer doesn't offer coverage                      | 21  | 8.2  |
| Cut back to part-time or became<br>temporary         | 1   | 0.2  |
| Benefits from employer or former<br>employer ran out | 8   | 3.4  |
| Couldn't afford to pay the premiums                  | 142 | 49.1 |
| Other  | 40  | 18.6 |

**Module 13: Lack of Health Care Coverage**

|   | n  | %    |
|---|----|------|
| <i>What was the main reason you were without health care coverage during the past 12 months? (among respondents with health insurance now, but without insurance during the past 12 months)</i> |    |      |
| Lost job or changed employers   | 63 | 44.6 |
| Spouse or parent lost job/<br>changed employer  | 5  | 2.7  |
| Became divorced or separated  | 6  | 3.8  |
| Became ineligible (age or left school)  | 4  | 5.1  |
| Employer doesn't offer coverage   | 6  | 3.4  |
| Cut back to part-time or became<br>temporary  | 3  | 2.1  |
| Benefits from employer or former<br>ran out   | 3  | 1.3  |
| Couldn't afford to pay the premiums   | 25 | 17.4 |
| Other   | 23 | 19.4 |

**Module 14: Hand-Washing**

|  | n    | %    |
|--|------|------|
| <i>How important is that a person wash their hands after using the toilet? (among all respondents)</i> |      |      |
| Very important   | 3563 | 97.8 |
| Somewhat important   | 63   | 2.0  |
| Not important  | 7    | 0.2  |

*How important is that a person wash their hands after handling raw meat? (among all respondents)*

|                    | n    | %    |
|--------------------|------|------|
| Very important     | 3555 | 95.5 |
| Somewhat important | 73   | 2.3  |
| Not important      | 6    | 0.2  |

**Module 14: Hand-Washing**

|  | n    | %    |
|--|------|------|
| <i>How important is that a person wash their hands after working outdoors? (among all respondents)</i> |      |      |
| Very important   | 3246 | 87.8 |
| Somewhat important   | 371  | 11.5 |
| Not important  | 22   | 0.7  |

*How important is that a person wash their hands before eating? (among all respondents)*

|                    | n    | %    |
|--------------------|------|------|
| Very important     | 3494 | 95.5 |
| Somewhat important | 138  | 4.3  |
| Not important      | 9    | 0.2  |

*How important is that a person wash their hands after reading the newspaper? (among all respondents)*

|                    | n    | %    |
|--------------------|------|------|
| Very important     | 2191 | 59.1 |
| Somewhat important | 1116 | 31.9 |
| Not important      | 297  | 9.0  |

*How important is that a person wash their hands before preparing food? (among all respondents)*

|                    | n    | %    |
|--------------------|------|------|
| Very important     | 3588 | 98.6 |
| Somewhat important | 39   | 1.2  |
| Not important      | 6    | 0.2  |

*After using the toilet, how often do you wash your hands with soap and water? (among all respondents)*

|               | n    | %    |
|---------------|------|------|
| Always        | 2810 | 76.8 |
| Nearly always | 710  | 19.8 |
| Sometimes     | 96   | 2.9  |
| Seldom        | 13   | 0.4  |
| Never         | 5    | 0.1  |

**Module 14: Hand-Washing**      **n**      **%**

*After the oldest child in your household, between the ages of 5 and 17, uses the toilet, how often do they wash their hands with soap and water? (among respondents with a child between the ages of 5 to 17)*

|               |     |      |
|---------------|-----|------|
| Always        | 328 | 46.0 |
| Nearly always | 221 | 29.9 |
| Sometimes     | 130 | 17.6 |
| Seldom        | 36  | 4.8  |
| Never         | 10  | 1.7  |

*Besides meals prepared for yourself and your family, do you prepare or handle food to be eaten by other persons on a regular basis? (among all respondents)*

|     |      |      |
|-----|------|------|
| Yes | 733  | 20.5 |
| No  | 2903 | 79.5 |

*During the past three months, have you had diarrhea with at least three loose stools in a single day? (among all respondents)*

|     |      |      |
|-----|------|------|
| Yes | 693  | 18.2 |
| No  | 2923 | 81.8 |

## Population Density By County

### 1990 U.S. Census

| County      | Pop. Density<br>(persons/mile <sup>2</sup> ) | Pop. Density<br>Classification | County       | Pop. Density<br>(persons/mile <sup>2</sup> ) | Pop. Density<br>Classification |
|-------------|--|--------------------------------|--------------|--|--------------------------------|
| Allen       | 29.1   | Mixed                          | Linn         | 13.8   | Rural                          |
| Anderson    | 13.4   | Rural                          | Logan        | 2.9  | Rural                          |
| Atchison    | 39.2   | Mixed                          | Lyon         | 40.8   | Mixed                          |
| Barber      | 5.2  | Rural                          | McPherson    | 30.3   | Mixed                          |
| Barton      | 32.9   | Mixed                          | Marion       | 13.7   | Rural                          |
| Bourbon     | 23.5   | Mixed                          | Marshall     | 13.3   | Rural                          |
| Brown       | 19.5   | Rural                          | Meade        | 4.3  | Rural                          |
| Butler      | 35.4   | Mixed                          | Miami        | 40.7   | Mixed                          |
| Chase       | 3.9  | Rural                          | Mitchell     | 10.3   | Rural                          |
| Chautauqua  | 6.9  | Rural                          | Montgomery   | 60.2   | Mixed                          |
| Cherokee    | 36.4   | Mixed                          | Morris       | 8.9  | Rural                          |
| Cheyenne    | 3.2  | Rural                          | Morton       | 4.8  | Rural                          |
| Clark       | 2.5  | Rural                          | Nemaha       | 14.5   | Rural                          |
| Clay        | 14.2   | Rural                          | Neosho       | 29.8   | Mixed                          |
| Cloud       | 15.4   | Rural                          | Ness         | 3.8  | Rural                          |
| Coffey      | 13.3   | Rural                          | Norton       | 6.8  | Rural                          |
| Comanche    | 2.9  | Rural                          | Osage        | 21.7   | Mixed                          |
| Cowley      | 32.8   | Mixed                          | Osborne      | 5.5  | Rural                          |
| Crawford    | 60.0   | Mixed                          | Ottawa       | 7.8  | Rural                          |
| Decatur     | 4.5  | Rural                          | Pawnee       | 10.0   | Rural                          |
| Dickinson   | 22.3   | Mixed                          | Phillips     | 7.4  | Rural                          |
| Doniphan    | 20.7   | Mixed                          | Pottawatomie | 19.1   | Rural                          |
| Douglas     | 179.0  | Urban                          | Pratt        | 13.2   | Rural                          |
| Edwards     | 6.1  | Rural                          | Rawlins      | 3.2  | Rural                          |
| Elk         | 5.1  | Rural                          | Reno         | 49.7   | Mixed                          |
| Ellis       | 28.9   | Mixed                          | Republic     | 9.0  | Rural                          |
| Ellsworth   | 9.2  | Rural                          | Rice         | 14.6   | Rural                          |
| Finney      | 25.4   | Mixed                          | Riley        | 110.1  | Mixed                          |
| Ford        | 25.0   | Mixed                          | Rooks        | 6.8  | Rural                          |
| Franklin    | 38.3   | Mixed                          | Rush         | 5.3  | Rural                          |
| Geary       | 79.2   | Mixed                          | Russell      | 8.9  | Rural                          |
| Gove        | 3.0  | Rural                          | Saline       | 68.5   | Mixed                          |
| Graham      | 3.9  | Rural                          | Scott        | 7.4  | Rural                          |
| Grant       | 12.5   | Rural                          | Sedgwick     | 403.6  | Urban                          |
| Gray        | 6.2  | Rural                          | Seward       | 29.3   | Mixed                          |
| Greeley     | 2.3  | Rural                          | Shawnee      | 292.7  | Urban                          |
| Greenwood   | 6.9  | Rural                          | Sheridan     | 3.4  | Rural                          |
| Hamilton    | 2.4  | Rural                          | Sherman      | 6.6  | Rural                          |
| Harper      | 8.9  | Rural                          | Smith        | 5.7  | Rural                          |
| Harvey      | 57.5   | Mixed                          | Stafford     | 6.8  | Rural                          |
| Haskell     | 6.7  | Rural                          | Stanton      | 3.4  | Rural                          |
| Hodgeman    | 2.5  | Rural                          | Stevens      | 6.9  | Rural                          |
| Jackson     | 17.5   | Rural                          | Sumner       | 21.9   | Mixed                          |
| Jefferson   | 29.7   | Mixed                          | Thomas       | 7.7  | Rural                          |
| Jewell      | 4.7  | Rural                          | Trego        | 4.2  | Rural                          |
| Johnson     | 744.7  | Urban                          | Wabaunsee    | 8.3  | Rural                          |
| Kearney     | 4.6  | Rural                          | Wallace      | 2.0  | Rural                          |
| Kingman     | 9.6  | Rural                          | Washington   | 7.9  | Rural                          |
| Kiowa       | 5.1  | Rural                          | Wichita      | 3.8  | Rural                          |
| Labette     | 36.5   | Mixed                          | Wilson       | 17.9   | Rural                          |
| Lane        | 3.3  | Rural                          | Woodson      | 8.2  | Rural                          |
| Leavenworth | 138.9  | Mixed                          | Wyandotte    | 1,070.0                                      | Urban                          |
| Lincoln     | 5.1  | Rural                          |              |  |                                |

Source: Kansas Statistical Abstract 1993-94