

# INTRODUCTION

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Nearly half of all deaths occurring annually are the result of modifiable behavioral risk factors (McGinnis, 1993). These risk factors include uncontrolled hypertension and diabetes, smoking, physical inactivity, poor diet, alcohol abuse, violence, and risky sexual behavior. It has been estimated that control of fewer than ten risk factors could prevent between 40 and 70 percent of all premature deaths, a third of all cases of acute disability, and two-thirds of all cases of chronic disability (Sullivan, 1991).

In an effort to measure and address these health issues, the Centers for Disease Control and Prevention (CDC) implemented the Behavioral Risk Factor Surveillance System (BRFSS) in the mid-1980s with fifteen states. The BRFSS survey consists of telephone interviews using randomly generated telephone numbers to determine the households contacted. The survey contains a core set of questions provided by CDC to gather comprehensive, standard information nationwide. The questions asked concern health status, access to health care, health awareness, use of preventive services, and knowledge and attitude assessment. In 1986, CDC introduced an opportunity for the states to include additional questions. This allows state departments of health to address specific issues unique to that state without changing the standard survey document. (Pennsylvania's 1996 survey questions appear on pages 42-49.)

The BRFSS now includes all fifty states, three territories and the District of Columbia, comprising the largest ongoing telephone health survey in the world. The Pennsylvania Department of Health has been participating in the BRFSS since 1989. In 1996, a total of 3,595 Pennsylvania adults completed interviews for the BRFSS survey. Macro International Incorporated conducted the interviewing and processed the data under a contract administered by the Pennsylvania Department of Health.

The BRFSS survey results provide valuable tools in measuring health trends, assessing chronic disease risk, and monitoring the effectiveness of policies, programs, and awareness campaigns. The information obtained from the data is used to guide health policy decisions, monitor progress toward achieving national year 2000 health objectives, propose and support legislation, develop public awareness strategies, and identify critical areas for future attention.

Since sample data were used in this report, it was necessary to use weighted data for calculating percentages. This was done to adjust for under-representation of certain population subgroups in the sample. Numbers shown in the tables are the actual numbers of respondents. Confidence intervals (at the 95% level) were also calculated and shown for percentages to provide a basis for quality analysis and comparability. Please review the Technical Notes section in the back of this report for more thorough discussions of these and other data concerns.

The Division of Health Statistics welcomes comments on the content and format of this report and the data. Copies of BRFSS data and additional statistics are available upon request.

Please direct all comments, questions and requests for data to:

**Division of Health Statistics  
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# HEALTH STATUS

## **How would you say your general health is?**

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- “Fair” or “poor” responded 14 percent of Pennsylvania adults in 1996; “good” said 30 percent; and, “excellent” or “very good” responded 55 percent.
- Percentages of “fair” or “poor” health were significantly higher for older adults than for younger adults (29 percent for those aged 65+ and 17 percent for adults aged 45-64 compared to only 6 percent for 18-29 year-olds and 8 percent for those aged 30-44).
- Adults with a high school education or less had significantly higher percentages of “poor” or “fair” health compared to adults of higher educational status, especially college graduates.
- Significant differences in the percentages of “fair” or “poor” health could also be found for income levels. Adults earning below \$35,000 reported significantly higher percentages of “fair” or “poor” health.
- 21 percent of black adults reported being in “fair” or “poor” health. This was significantly higher than the 14 percent recorded for whites.
- The percentage of adults in “poor” or “fair” health remained at 13 or 14 percent between 1993 and 1996.

## **In past month, how many days was your physical health not good?**

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- 29 percent of Pennsylvania adults in 1996 indicated that their physical health was not good at least one day in the previous month.
- 37 percent of adults with less than a high school education complained of poor physical health in the past month – significantly higher than the 28 percent for those with a high school education and the 26 percent for college graduates.
- There were no significant differences among the percentages of poor health (in the past month) by sex, age or race and Hispanic origin. However, figures tended to be higher for low income adults.

## **In past month, how many days was your mental health not good?**

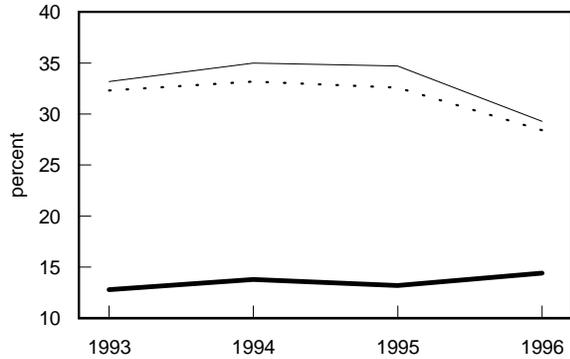
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- In the 1996 survey, 28 percent of Pennsylvania adults reported that there was at least one day in the past month when their mental health was not good.
- Most of these respondents (26 percent of all adults) experienced two or more days of poor mental health in the past month.
- The percentages of those experiencing at least one day of poor mental health (in the previous month) were significantly higher for females (32 percent vs. 24 percent for males) and for younger adults (40 percent of 18-29 year-olds, 35 percent for ages 30-44, 25 percent for ages 45-64, and only 12 percent for adults aged 65+).

# HEALTH STATUS

FIGURE 1A

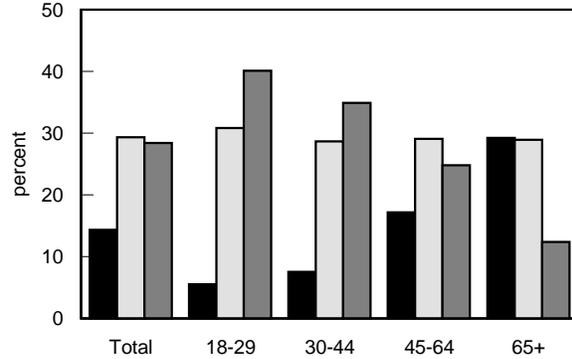
**Health Status, Percent by Type  
Pennsylvania Adults, 1993-96**



— Fair or poor health  
 — Physical health not good 1+ days  
 ··· Mental health not good 1+ days

FIGURE 1B

**Health Status, Percent by Type and Age  
Pennsylvania Adults, 1996**



■ Fair or poor health  
 □ Physical health not good 1+ days  
 ■ Mental health not good 1+ days

**TABLE 1  
Health Status  
Pennsylvania Adults, 1996 (with 95% confidence intervals)**

	Total No.	Fair or poor health			Physical health not good 1+ days in past month			Mental health not good 1+ days in past month		
		No.	%	(CI)	No.	%	(CI)	No.	%	(CI)
All Adults	3595	519	14	(1)	1062	29	(2)	1059	28	(2)
Male	1527	220	15	(2)	413	28	(3)	373	24	(2)
Female	2068	299	14	(2)	649	31	(2)	686	32	(2)
Age:										
18-29	623	38	6	(2)	188	31	(4)	250	40	(5)
30-44	1187	92	8	(2)	347	29	(3)	443	35	(3)
45-64	992	171	17	(3)	301	29	(3)	267	25	(3)
65+	771	216	29	(4)	221	29	(4)	95	12	(3)
Education:										
<High School	446	156	36	(5)	162	37	(5)	135	31	(5)
High School	1486	218	14	(2)	420	28	(3)	387	26	(3)
Some College	795	79	10	(2)	254	32	(4)	277	33	(4)
College Degree	852	57	7	(2)	221	26	(3)	258	28	(4)
Income:										
<\$10,000	214	78	35	(8)	91	39	(8)	80	38	(8)
\$10,000 to \$19,999	570	143	26	(4)	202	35	(5)	167	29	(5)
\$20,000 to \$34,999	982	127	14	(3)	278	29	(3)	303	30	(3)
\$35,000 to \$49,999	563	30	6	(2)	144	25	(4)	165	28	(4)
\$50,000+	671	43	6	(2)	180	27	(4)	208	29	(4)
Race:										
White, non-Hispanic	3086	420	14	(1)	917	29	(2)	914	29	(2)
Black, non-Hispanic	307	65	21	(5)	98	33	(6)	91	29	(6)
Hispanic	103	19	22	(10)	25	25	(10)	31	30	(10)

# HEALTH CARE ACCESS

## Do you have any kind of health care coverage?

- “No” responded 11 percent of Pennsylvania adult residents in 1996.
- There were significant differences associated with the percentages of adults who had no health insurance by sex and, especially, by age. Males had a higher percentage than females (13 vs. 9 percent). Figures were significantly higher for the youngest adults (22 percent of those aged 18-29) compared to all the other age groups, especially the oldest age group (those aged 65+) of whom only 2 percent reported having no health insurance.
- Adults with less education (especially those with less than a high school education) and lower income (under \$35,000) recorded significantly higher percentages with no health care coverage compared to those with a college education and those with the highest incomes (\$50,000+).
- 17 percent of both black and Hispanic adults reported having no health insurance. However, mainly due to the smaller sample size for Hispanics, only the figure for blacks was considered significantly higher than the 10 percent for whites.
- The percentage of Pennsylvania adults without health care coverage has not changed much between 1991 and 1996. In 1991, it was 11 percent and had declined to 9 percent in 1992, 1994 and 1995, but rose again to 11 percent in 1996.

## How long since you last visited a doctor for a routine checkup?

- In the 1996 survey, 72 percent of Pennsylvania adults responded that they had had a routine checkup in the past 12 months; 13 percent, in the past 1-2 years; 6 percent, in the past 2-5 years; 8 percent, 5 or more years ago; and, 1 percent had never had a routine physical checkup.
- There were significant differences associated with the percentages by sex, age, education and race for those having a checkup in the past year. Percentages were higher among females; among adults aged 45 and older, especially those aged 65+; among adults with less than a high school education (compared to college graduates); and, blacks (compared to whites).

## How long since you last visited a dentist?

- 66 percent of adults had visited a dentist within the past 12 months; 11 percent, in the last 1-2 years; 6 percent, in the past 2-5 years; 12 percent, 5 or more years ago; and, less than 1 percent had never been to a dentist.  
NOTE: The national year 2000 objective is for 70 percent of those aged 35+ to visit a dentist each year.
- Some significant differences could be noted by age, education, income and race among the percentages of adults who had visited a dentist in the past year. Younger, more educated, higher income, and white non-Hispanic adults were all much more likely to have visited a dentist in the past year.

## Did you need to see a doctor in the past year, but could not because of cost?

- “Yes” responded 8 percent of Pennsylvania adults in 1996.
- Adults under age 64, lower income adults and Hispanics reported significantly higher percentages of those who could not afford to see a doctor in the past year

### **YEAR 2000 NATIONAL HEALTH OBJECTIVE:**

**13.14** Increase to at least 70 percent the proportion of people aged 35 and older using the oral health care system each year.

# HEALTH CARE ACCESS

FIGURE 2A

Health Care Access, Percent by Type  
Pennsylvania Adults, 1991-96

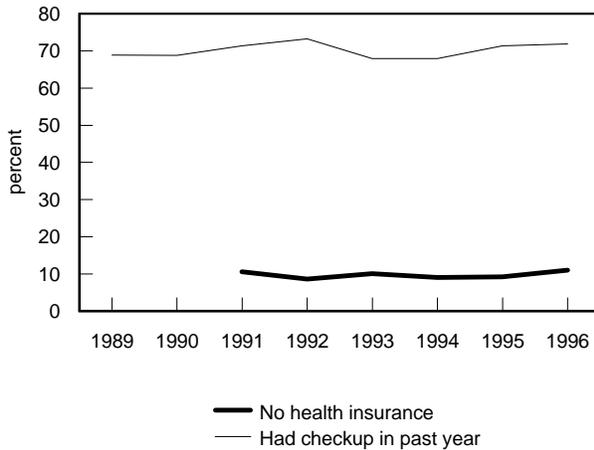


FIGURE 2B

Health Care Access, Percent by Type and Age  
Pennsylvania Adults, 1996

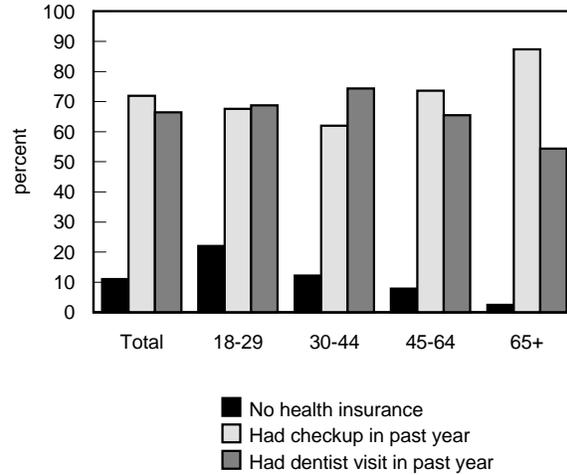


TABLE 2  
Health Care Access  
Pennsylvania Adults, 1996 (with 95% confidence intervals)

	Total No.	No health insurance			Had routine checkup in past year			Had dentist visit in past year			Couldn't afford doctor in past year		
		No.	%	(CI)	No.	%	(CI)	No.	%	(CI)	No.	%	(CI)
All Adults	3595	376	11	(1)	2589	72	(2)	2397	66	(2)	311	8	(1)
Male	1527	193	13	(2)	980	64	(3)	1006	66	(3)	116	8	(2)
Female	2068	183	9	(1)	1609	79	(2)	1391	67	(2)	195	9	(1)
Age:													
18-29	623	129	22	(4)	423	68	(4)	434	69	(4)	81	12	(3)
30-44	1187	147	12	(2)	742	62	(3)	878	74	(3)	124	10	(2)
45-64	992	82	8	(2)	731	74	(3)	658	66	(3)	83	8	(2)
65+	771	17	2	(1)	676	87	(3)	413	54	(4)	23	3	(1)
Education:													
<High School	446	61	16	(4)	359	79	(5)	184	43	(5)	50	11	(3)
High School	1486	178	12	(2)	1076	72	(3)	951	64	(3)	131	9	(2)
Some College	795	84	11	(3)	566	72	(4)	581	72	(4)	74	8	(2)
College Degree	852	51	6	(2)	576	68	(4)	677	78	(4)	53	6	(2)
Income:													
<\$10,000	214	45	23	(7)	160	72	(7)	95	48	(8)	38	17	(6)
\$10,000 to \$19,999	570	92	15	(3)	424	75	(4)	285	50	(5)	71	12	(3)
\$20,000 to \$34,999	982	119	13	(2)	697	71	(3)	646	64	(3)	91	10	(2)
\$35,000 to \$49,999	563	37	8	(3)	382	67	(4)	434	75	(4)	32	6	(2)
\$50,000+	671	19	3	(2)	452	69	(4)	570	84	(3)	30	3	(1)
Race:													
White, non-Hispanic	3086	297	10	(1)	2193	71	(2)	2100	68	(2)	251	8	(1)
Black, non-Hispanic	307	47	17	(5)	251	79	(5)	176	55	(6)	29	10	(4)
Hispanic	103	15	17	(10)	77	74	(10)	66	63	(11)	18	20	(10)

# HYPERTENSION AWARENESS

## Were you ever told that your blood pressure was high?

- “Yes” replied 23 percent of Pennsylvanians aged 18 and older in 1996.
- 42 percent of adults aged 65+ had ever been told that their blood pressure was high. This was significantly higher than for any other age group. In addition, the 29 percent for adults aged 45-64 was significantly higher than the figures for younger adults (10 percent for those aged 18-29 and 14 percent for those aged 30-44).
- Adults with less than a high school education had a significantly higher percentage (36 percent) of those who had ever been told that they had high blood pressure than any other better educated group. Adults with a high school diploma also had a significantly higher percentage (24 percent) compared to those with a college degree (18 percent).
- A significantly higher percentage of adults with an income of \$10,000-\$19,999 (29 percent) indicated in the 1996 survey that they had ever been told that they had high blood pressure compared to the 18 percent of those in the highest income bracket (\$50,000+).

## Have you had your blood pressure checked within the past two years?

- 90 percent of Pennsylvania adults reported in 1996 that they had had their blood pressure checked within the past two years.  
NOTE: The national year 2000 objective is for 90 percent.
- A significant difference in the percentages for those who had had their blood pressure checked in the past two years occurred between adults with the lowest and highest incomes – 86 percent for adults with incomes less than \$10,000 compared to 94 percent for those with incomes of \$50,000+.
- 84 percent of blacks in 1996 indicated that they had had their blood pressure checked in the past two years – significantly lower than the 92 percent for whites.
- The percent of Pennsylvania adults who have had their blood pressure checked in the past two years has declined since 1991. It was 96 percent in 1991 and 1992 and declined consistently after that to 90 percent in the 1996 survey.

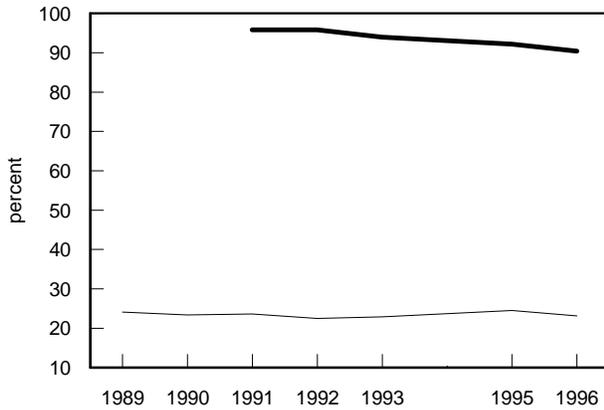
### **YEAR 2000 NATIONAL HEALTH OBJECTIVE:**

**15.13** Increase to at least 90 percent the proportion of adults who have had their blood pressure measured within the preceding two years and can state whether their blood pressure was normal or high.

# HYPERTENSION AWARENESS

FIGURE 3A

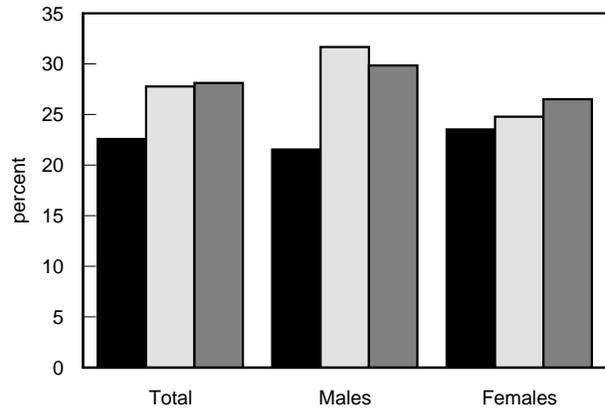
**Hypertension Awareness, Percent by Type  
Pennsylvania Adults, 1989-93 and 1995-96**



— Ever told blood pressure was high  
 — Blood pressure checked in past 2 years

FIGURE 3B

**Percent Ever Told Blood Pressure Was High  
Pennsylvania Adults by Sex and Race, 1996**



■ White, non-Hispanic  
 ■ Black, non-Hispanic  
 ■ Hispanic

**TABLE 3  
Hypertension Awareness  
Pennsylvania Adults, 1996 (with 95% confidence intervals)**

	Total No.	Ever told blood pressure was high			Blood pressure checked in past 2 years		
		No.	%	(CI)	No.	%	(CI)
All Adults	3595	835	23	(2)	3253	90	(1)
Male	1527	350	22	(2)	1366	89	(2)
Female	2068	485	24	(2)	1887	91	(1)
Age:							
18-29	623	68	10	(3)	565	89	(3)
30-44	1187	157	14	(2)	1060	89	(2)
45-64	992	296	29	(3)	899	90	(2)
65+	771	312	42	(4)	713	93	(2)
Education:							
<High School	446	163	36	(5)	401	90	(3)
High School	1486	359	24	(2)	1330	89	(2)
Some College	795	160	21	(3)	724	91	(2)
College Degree	852	150	18	(3)	789	93	(2)
Income:							
<\$10,000	214	59	24	(6)	185	86	(5)
\$10,000 to \$19,999	570	159	29	(4)	515	90	(3)
\$20,000 to \$34,999	982	241	25	(3)	899	91	(2)
\$35,000 to \$49,999	563	114	21	(4)	518	92	(3)
\$50,000+	671	118	18	(3)	632	94	(2)
Race:							
White, non-Hispanic	3086	695	23	(2)	2821	92	(1)
Black, non-Hispanic	307	91	28	(6)	265	84	(5)
Hispanic	103	29	28	(10)	91	87	(8)

# CHOLESTEROL AWARENESS

## Have you ever had your blood cholesterol checked?

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- “Yes” responded 67 percent of Pennsylvania adults in 1996.
- Only 38 percent of young adults (aged 18-29) said that they had ever had their blood cholesterol checked. This was significantly lower than for any of the other, older age groups. Also, the 63 percent for those aged 30-44 was significantly lower than the 79 percent for adults aged 45-64 and the 84 percent for those aged 65+.
- 77 percent of adults in the highest income bracket (\$50,000+) had ever had their blood cholesterol checked – significantly higher than for any of the other, lower income brackets.
- There was also a significant difference associated with educational status. A much lower percentage was recorded for adults with a high school education (64 percent) compared to college graduates (73 percent).

## How long has it been since your blood cholesterol was checked?

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- 61 percent of Pennsylvania adults said in 1996 that they had had their blood cholesterol checked in the past 5 years. NOTE: The national year 2000 objective is for 75 percent.
- Among the youngest adults (aged 18-29), only 33 percent had had their blood cholesterol checked in the past 5 years – significantly lower than for any other, older age group. In addition, the percentage for those adults aged 30-44 (55 percent) was considered significantly lower than the percentages for those aged 45+ (74 percent among adults aged 45-64 and 80 percent for those aged 65+).
- There was a significant difference associated with income level, also. A much higher percentage of adults who had had their cholesterol checked in the past 5 years was observed for those with the highest incomes (\$50,000+), e.g., 70 percent vs. 55 percent for adults with incomes under \$10,000.
- Between 1989 and 1992, the percentage of Pennsylvania adults who had had their blood cholesterol checked in the previous 5 years increased from 57 to 67 percent. However, the percentage declined slightly to 66 percent in 1993 and remained the same in 1995. The 61 percent for 1996 was the lowest recorded since 1990 when it was 60 percent.

## Were you ever told your blood cholesterol was high?

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- 32 percent of Pennsylvania adults who had ever had their blood cholesterol checked were told that it was high.
- Significantly higher percentages of older adults had ever been told that their cholesterol was high compared to younger adults. For example, 40 percent of adults aged 45-64 and 36 percent of those aged 65+ had ever been told compared to only 19 percent of 18-29 year-olds and 23 percent of those aged 30-44.
- Another significant difference was associated with education. The figure for adults with a high school diploma (35 percent) was significantly higher than the 26 percent for those with some college.
- Figures have been rising for the percentage of Pennsylvania adults who have ever been told that their blood cholesterol was high. In the 1989 survey, 26 percent had been told. By 1996, the figure had risen to 32 percent.

### **YEAR 2000 NATIONAL HEALTH OBJECTIVE:**

**15.14** Increase to at least 75 percent the proportion of adults who have had their blood cholesterol checked within the preceding five years.

# CHOLESTEROL AWARENESS

FIGURE 4A

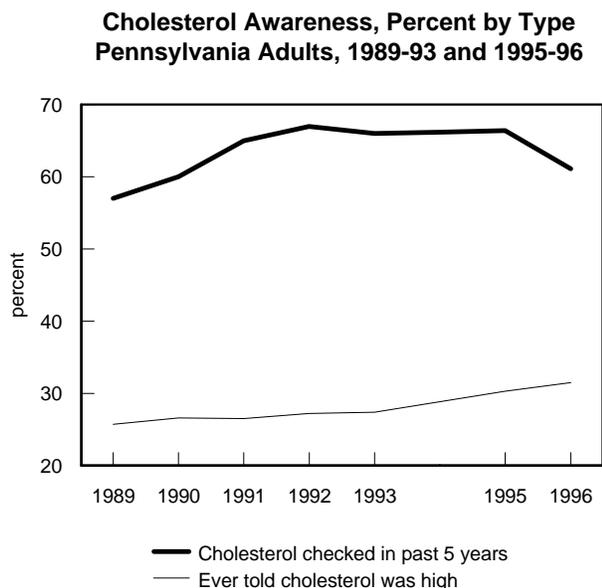
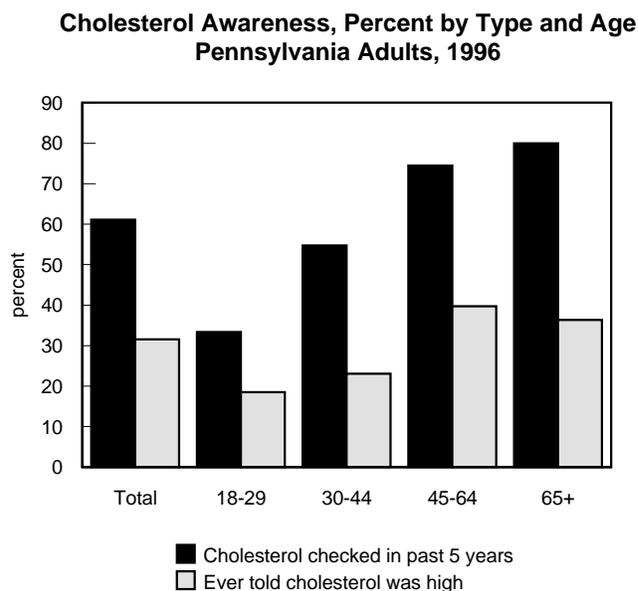


FIGURE 4B



**TABLE 4  
Cholesterol Awareness  
Pennsylvania Adults, 1996 (with 95% confidence intervals)**

	Total No.	Ever had cholesterol checked		Cholesterol checked in past 5 years		Ever told cholesterol was high*	
		No.	% (CI)	No.	% (CI)	No.	% (CI)
All Adults	3595	2454	67 (2)	2248	61 (2)	768	32 (2)
Male	1527	1007	65 (3)	937	60 (3)	327	33 (3)
Female	2068	1447	68 (2)	1311	62 (2)	441	30 (3)
Age:							
18-29	623	251	38 (5)	220	33 (4)	46	19 (6)
30-44	1187	762	63 (3)	665	55 (3)	169	23 (3)
45-64	992	787	79 (3)	740	74 (3)	307	40 (4)
65+	771	642	84 (3)	611	80 (3)	242	36 (4)
Education:							
<High School	446	301	67 (5)	280	62 (5)	108	35 (6)
High School	1486	974	64 (3)	905	59 (3)	336	35 (3)
Some College	795	548	67 (4)	492	61 (4)	141	26 (4)
College Degree	852	625	73 (4)	565	65 (4)	182	29 (4)
Income:							
<\$10,000	214	136	59 (8)	124	55 (8)	35	27 (9)
\$10,000 to \$19,999	570	379	64 (5)	346	58 (5)	143	36 (5)
\$20,000 to \$34,999	982	649	65 (3)	602	61 (3)	213	33 (4)
\$35,000 to \$49,999	563	382	68 (4)	342	61 (5)	106	29 (6)
\$50,000+	671	529	77 (4)	482	70 (4)	152	29 (4)
Race:							
White, non-Hispanic	3086	2146	68 (2)	1960	62 (2)	687	32 (2)
Black, non-Hispanic	307	196	62 (6)	185	60 (6)	48	24 (7)
Hispanic	103	62	62 (11)	56	56 (11)	15	26 (13)

\*Denominator is persons who have ever had their cholesterol checked

# DIABETES

## Were you ever told you have diabetes?

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- 6 percent (or 56 per 1,000) of Pennsylvania adults responded “yes” in the 1996 survey.  
NOTE: The national year 2000 objective is for a prevalence of 25 per 1,000 population.
- 9 percent (or 89 per 1,000) of Pennsylvania non-Hispanic black adults responded “yes.”  
NOTE: The national year 2000 objective for diabetes prevalence among blacks is 32 per 1,000.
- The 14 percent of adults aged 65+ who had ever been told that they have diabetes was significantly higher than for any of the other, younger age groups. Also, the 7 percent for adults aged 45-64 was significantly higher than the 2 percent for adults aged 30-44 and the 1 percent for those aged 18-29.
- 12 percent of adults with less than a high school education reported having ever been told that they had diabetes – significantly higher than the 6 and 4 percent recorded for adults at other, higher educational levels.
- Significantly higher percentages of diabetes prevalence were also reported among adults with incomes below \$20,000 compared to those with incomes of \$35,000+.
- Between 1989 and 1996, the diabetes prevalence rate generally declined. The highest rate occurred in 1991 (65 per 1,000) while the lowest (53) occurred in 1993 and 1994. The 1996 rate of 56 per 1,000 was still lower than the 63 recorded for 1989.
- The diabetes prevalence rates by race since 1992 have been slightly lower in recent years but no trend seems evident for either whites or blacks.

## How old were you when you were told you have diabetes?

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- Of those ever told that they have diabetes, 4 percent were told when they were under age 18; 11 percent were between the ages of 18 and 29; 17 percent, between the ages 30 and 44; 41 percent, between the ages 45 and 64; and, 19 percent were age 65 or older.
- Males had higher percentages of a diabetes diagnosis in the youngest (under 18 and 18-29) and oldest (65+) age groups while females had higher percentages in the age groups 30-44 and 45-64.

## Are you currently taking insulin?

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- Among Pennsylvania adults who have diabetes, 35 percent were taking insulin in 1996.
- 58 percent of diabetics with less than a high school education were taking insulin – significantly higher than the 25 percent recorded for diabetics who were high school graduates.

### YEAR 2000 NATIONAL HEALTH OBJECTIVES:

- 17.11 Reduce diabetes to...a prevalence of no more than 25 per 1,000 people.
- 17.11e Reduce diabetes among blacks to a prevalence of no more than 32 per 1,000.

# DIABETES

FIGURE 5A

**Diabetes Prevalence per 1,000  
Pennsylvania Adults by Race, 1989-96**

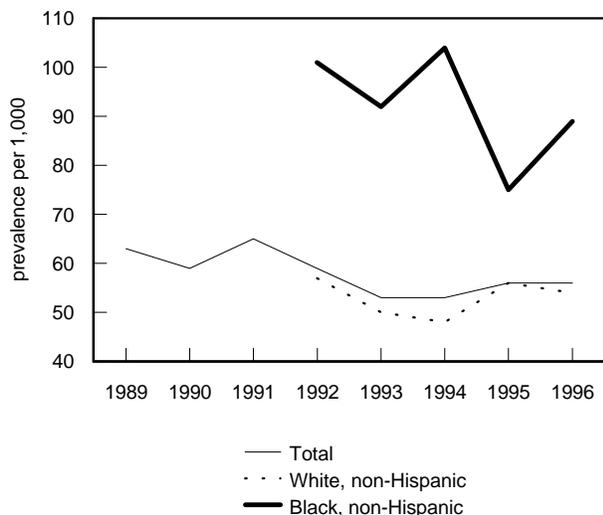
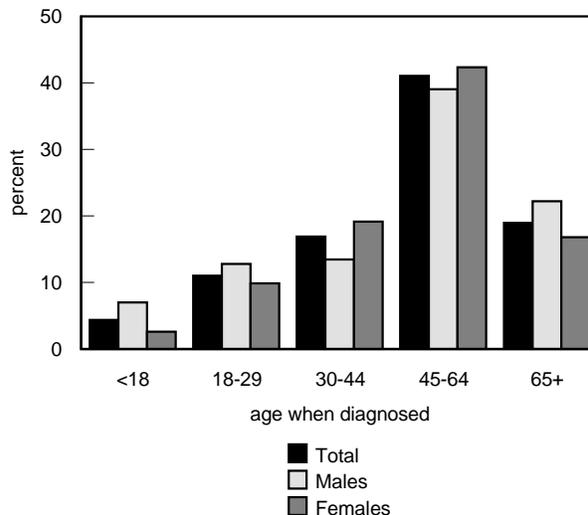


FIGURE 5B

**Percent by Age When Diabetes Diagnosed  
Pennsylvania Adults by Sex, 1996**



**TABLE 5  
Diabetes  
Pennsylvania Adults, 1996 (with 95% confidence intervals)**

	Total No.	Ever told had diabetes		Currently taking insulin*	
		No.	% (CI)	No.	% (CI)
All Adults	3595	214	6 (1)	76	35 (7)
Male	1527	77	5 (1)	28	36 (12)
Female	2068	137	6 (1)	48	34 (9)
Age:					
18-29	623	4	1 (1)	**	
30-44	1187	21	2 (1)	**	
45-64	992	84	7 (2)	29	34 (11)
65+	771	105	14 (3)	36	34 (11)
Education:					
<High School	446	56	12 (3)	30	58 (15)
High School	1486	89	6 (1)	25	25 (10)
Some College	795	35	4 (1)	**	
College Degree	852	32	4 (1)	**	
Income:					
<\$10,000	214	24	9 (4)	**	
\$10,000 to \$19,999	570	52	9 (3)	20	32 (13)
\$20,000 to \$34,999	982	60	6 (2)	21	39 (15)
\$35,000 to \$49,999	563	12	2 (1)	**	
\$50,000+	671	25	3 (1)	**	
Race:					
White, non-Hispanic	3086	175	5 (1)	53	30 (8)
Black, non-Hispanic	307	29	9 (4)	**	
Hispanic	103	5	5 (4)	**	

\*Denominator is persons who have diabetes  
\*\*Data not reported due to N<50

# INJURY CONTROL

## How often do you use a safety belt?

---

- 61 percent of Pennsylvania adults “always” used seat belts in 1996; 14 percent, “nearly always”; 9 percent, “sometimes”; and, 11 percent, “seldom or never.”  
NOTE: The national year 2000 objective is for 85 percent of people to “always” use seat belts.
- In the percentages of those adults who “always” used seat belts, there were significant differences associated with sex (higher among females), age (higher among those aged 65+), education (higher among those with some college or college degrees), income (higher among those earning \$50,000 compared to adults with incomes of less than \$10,000 and \$20,000-\$34,999), and race (higher among whites).
- The percentage of Pennsylvania adults who “always” used seat belts consistently increased between 1989 and 1996. In 1989, 48 percent “always” used seat belts. By 1992, it was 55 percent; by 1996, 61 percent.

## How often does child under age 5 in your household use a car safety seat?

---

- 96 percent of Pennsylvania adults with a child under age 5 in the household responded in 1996 that they “always” used a child’s car safety seat.
- There were no significant differences in the percentages of these adults who “always” used a child’s car safety seat by sex, age, education, income and race or Hispanic origin.

## How often does child age 5 and older in your household wear a bike helmet?

---

- “Always” responded 46 percent of Pennsylvania adults with a child ages 5-15 in the household.
- Some significant differences were associated with education and income levels among those adults with a child in the household who “always” wore a bike helmet. Only 25 percent of adults earning less than \$10,000 had the children (aged 5+) use bike helmets compared to 52 percent of adults with incomes of \$50,000+. Figures were also lower among adults with less than a high school education (34 percent) and those with some college (41 percent) compared to college graduates (56 percent).

## When was last time you tested your home smoke alarms?

---

- 76 percent of Pennsylvania adults responded in 1996 that they had tested their home smoke alarms in the past six months.
- 5 percent had not tested their home smoke alarms in one or more years.
- 6 percent of Pennsylvania adults had never tested their home smoke alarms.

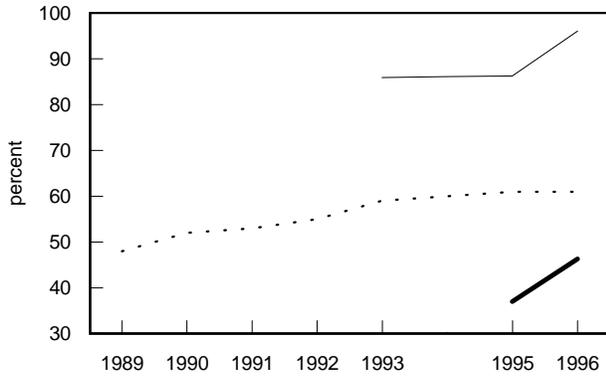
**YEAR 2000 NATIONAL HEALTH OBJECTIVE:**

**9.12** Increase use of safety belts...to at least 85 percent of motor vehicle occupants.

# INJURY CONTROL

FIGURE 6A

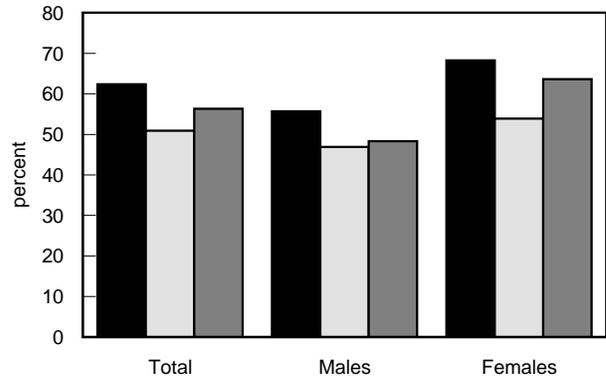
**Injury Control, Percent by Type  
Pennsylvania Adults, 1989-93 and 1995-96**



· · · Always uses seat belt  
— Child in car safety seat  
— Child wears bike helmet

FIGURE 6B

**Percent Always Use Seat Belt  
Pennsylvania Adults by Sex and Race, 1996**



■ White, non-Hispanic  
■ Black, non-Hispanic  
■ Hispanic

**TABLE 6  
Injury Control  
Pennsylvania Adults, 1996 (with 95% confidence intervals)**

	Total No.	Always uses seat belt*		Child in car safety seat**		Child wears bike helmet***	
		No.	% (CI)	No.	% (CI)	No.	% (CI)
All Adults	3595	2213	61 (2)	204	96 (3)	437	46 (4)
Male	1527	830	55 (3)	81	96 (4)	160	44 (6)
Female	2068	1383	67 (2)	123	96 (3)	277	48 (5)
Age:							
18-29	623	345	55 (5)	102	98 (3)	76	47 (9)
30-44	1187	742	62 (3)	88	96 (4)	307	49 (4)
45-64	992	583	58 (4)	-	-	51	38 (9)
65+	771	536	72 (4)	-	-	-	-
Education:							
<High School	446	234	54 (5)	-	-	29	34 (11)
High School	1486	858	57 (3)	78	96 (4)	188	47 (5)
Some College	795	503	64 (4)	53	94 (7)	95	41 (7)
College Degree	852	616	71 (4)	61	100 (0)	124	56 (7)
Income:							
<\$10,000	214	112	55 (8)	-	-	-	-
\$10,000 to \$19,999	570	341	61 (5)	-	-	42	41 (10)
\$20,000 to \$34,999	982	567	58 (4)	58	98 (3)	110	46 (7)
\$35,000 to \$49,999	563	367	63 (5)	-	-	90	47 (8)
\$50,000+	671	472	69 (4)	52	96 (5)	132	52 (7)
Race:							
White, non-Hispanic	3086	1945	62 (2)	166	97 (3)	384	48 (4)
Black, non-Hispanic	307	158	51 (6)	-	-	32	36 (11)
Hispanic	103	56	56 (11)	-	-	-	-

\*Denominator excludes persons who never ride in a car

-Data not reported due to N<50

\*\*Denominator is persons with child under age 5 in household

\*\*\*Denominator is persons with child ages 5-15 in household

# EXERCISE

## No leisure-time physical activity:

- 26 percent of Pennsylvania adults responded in 1996 that they were physically inactive.  
NOTE: The national year 2000 objective is 15 percent.
- There were significant differences in the percentages of no leisure-time physical activity by sex (23 percent of males vs. 29 percent of females) and by age (18 and 22 percent for those aged 18-29 and 30-44, respectively, compared to 31 and 35 percent for adults aged 45-64 and 65+, respectively).
- Educational level, income and race or Hispanic origin also showed some significant differences. Percentages of no leisure-time activity were much higher among those with a high school education or less, among adults with incomes of \$10,000-\$34,999, and among both black and Hispanic adults.
- Between 1989 and 1996, there was a slight decline in the percentage of physically inactive adults, from 28 to 26.

## Regular light to moderate physical activity:

- 20 percent of Pennsylvania adults reported engaging regularly in light to moderate physical activity during 1996.  
NOTE: The national year 2000 objective is 30 percent.
- Among the percentages by sex, age, education, income and race, the only significant difference occurred with education – a significantly higher percentage of adults who had a college degree engaged in regular light to moderate physical activity compared to those with a high school education or less.

## Vigorous physical activity:

- 13 percent of Pennsylvania adults in 1996 said that they regularly engaged in vigorous physical activity.  
NOTE: The national year 2000 objective is for 20 percent.
- There were significant differences associated with the percentages of adults engaging in vigorous physical activity by educational status. The 6 percent for adults with less than a high school education was significantly lower than for any other educational group. The 11 and 12 percent for high school graduates and adults with some college, respectively, were also much lower than the 20 percent recorded for college graduates.
- Percentages of adults engaging in vigorous physical activity by income level also showed some significant differences. Adults in some of the lower income groups (under \$10,000 and \$20,000-\$34,999) had much lower percentages than those in the highest income bracket (\$50,000+).

## Most frequent type of physical activity:

- The most frequent type of physical activity, by far, was walking (47 percent of all adults).
- The second most frequent type of exercise was yard work (9 percent), followed by running, home exercise, and bicycling (4 percent each).

### **YEAR 2000 NATIONAL HEALTH OBJECTIVES:**

- 1.3** Increase to at least 30 percent the proportion of adults who engage regularly in light to moderate physical activity.
- 1.4** Increase to at least 20 percent the proportion of adults who engage in vigorous physical activity.
- 1.5** Reduce to no more than 15 percent the proportion of people...who engage in no leisure-time activity.

**NOTES:** Light to moderate physical activity is defined as 30 minutes per session five or more times per week.  
Vigorous physical activity is defined as that which promotes the development and maintenance of cardiorespiratory fitness 20 or more minutes per session three or more times per week.

# EXERCISE

FIGURE 7A

**Exercise, Percent by Type  
Pennsylvania Adults, 1989-96**

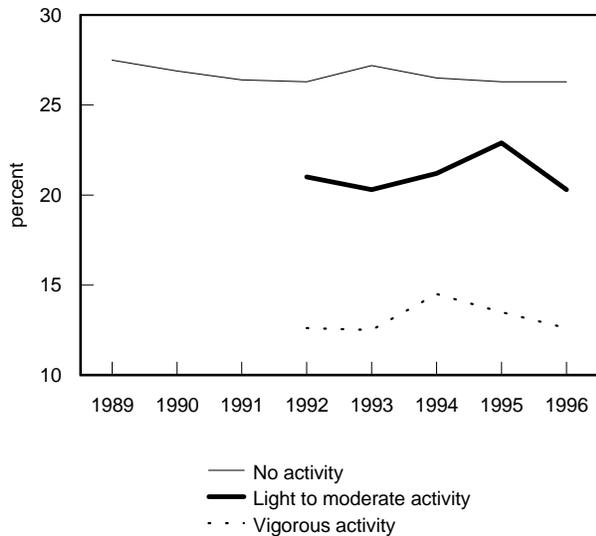
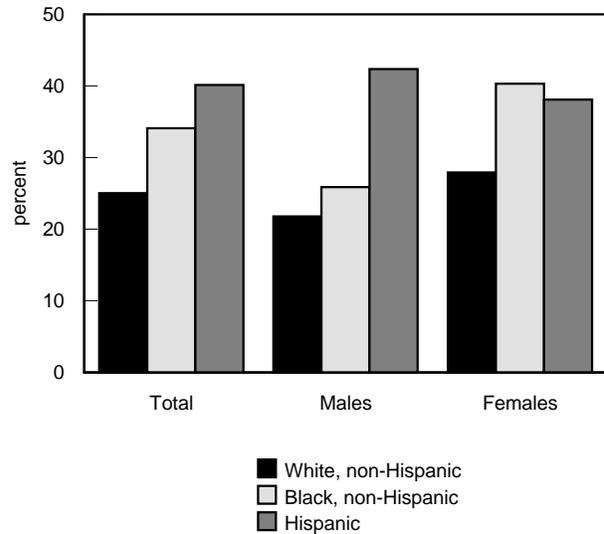


FIGURE 7B

**Percent No Physical Activity  
Pennsylvania Adults by Sex and Race, 1996**



**TABLE 7  
Exercise  
Pennsylvania Adults, 1996 (with 95% confidence intervals)**

	Total No.	No activity			Light to moderate activity			Vigorous activity		
		No.	%	(CI)	No.	%	(CI)	No.	%	(CI)
All Adults	3595	954	26	(2)	736	20	(2)	457	13	(1)
Male	1527	350	23	(2)	341	22	(2)	182	12	(2)
Female	2068	604	29	(2)	395	19	(2)	275	14	(2)
Age:										
18-29	623	117	18	(4)	150	23	(4)	54	10	(3)
30-44	1187	264	22	(3)	232	20	(3)	148	12	(2)
45-64	992	293	31	(3)	194	19	(3)	146	15	(2)
65+	771	272	35	(4)	157	20	(3)	107	14	(3)
Education:										
<High School	446	211	46	(5)	73	16	(4)	28	6	(2)
High School	1486	435	29	(3)	283	19	(2)	170	11	(2)
Some College	795	153	18	(3)	174	21	(3)	89	12	(3)
College Degree	852	146	17	(3)	205	25	(3)	169	20	(3)
Income:										
<\$10,000	214	75	29	(7)	39	17	(5)	15	7	(4)
\$10,000 to \$19,999	570	208	37	(5)	117	21	(4)	61	12	(3)
\$20,000 to \$34,999	982	273	28	(3)	190	19	(3)	106	11	(2)
\$35,000 to \$49,999	563	97	18	(4)	121	21	(4)	84	14	(3)
\$50,000+	671	118	19	(3)	158	24	(4)	127	18	(3)
Race:										
White, non-Hispanic	3086	773	25	(2)	647	21	(2)	409	13	(1)
Black, non-Hispanic	307	109	34	(6)	55	18	(5)	26	8	(4)
Hispanic	103	40	40	(11)	17	14	(7)	12	13	(9)

# TOBACCO USE

## Current cigarette smokers:

- 24 percent of Pennsylvania adults indicated that they were regularly smoking cigarettes in 1996.  
NOTE: The national year 2000 objective for all adults is 15 percent.
- 30 percent of black adults regularly smoked cigarettes in 1996.  
NOTE: The national year 2000 objective for black adults is 18 percent.
- Only 11 percent of the oldest adults (aged 65+) said that they were smokers – significantly lower than for any other younger age group.
- Only 15 percent of college graduates were smokers. This was significantly lower than for any other educational level. Adults with less than a high school education smoked at a significantly higher rate (34 percent) compared to college graduates and also those with some college (22 percent).
- Significantly fewer adults with the highest income (\$50,000) were smokers compared to any other income group.
- Since 1989, the percentage of all adult smokers and black adult smokers has declined, from 27 to 24 percent in 1996 for all adults and from 35 to 30 percent for blacks.

## Former cigarette smokers:

- In the 1996 survey, 23 percent of Pennsylvania adults responded that they were former cigarette smokers.
- There were significant differences associated with sex and age in the percentages of former smokers. In the 1996 survey, 28 percent of males identified themselves as former smokers compared to only 19 percent of females. Also, 30 and 35 percent of adults aged 45-64 and 65+, respectively, were former smokers compared to only 8 and 19 percent of 18-29 year-olds and those aged 30-44, respectively.

## Quit smoking for at least one day in past year:

- Among those who were smoking in 1996, 45 percent had quit for at least one day in the past year.  
NOTE: The national year 2000 objective is for 50 percent to quit smoking at least one day in the past year.
- 66 percent of black adult smokers reported that they had quit smoking at least one day in the past year – significantly higher than the 42 percent recorded for white smokers.
- Some significant differences were also associated with age and education. For example, 64 percent of young adult smokers (aged 18-29) had quit at least one day compared to 41 percent of smokers aged 30-44 and only 34 percent of those aged 45-64.
- In 1991, 51 percent of adults had quit smoking at least once in the previous year. By 1996, the percentage had declined to 45.

### **YEAR 2000 NATIONAL HEALTH OBJECTIVES:**

- 3.4** Reduce cigarette smoking to a prevalence of no more than 15 percent among people aged 18 and older.
- 3.4d** Reduce cigarette smoking to a prevalence of no more than 18 percent among blacks aged 18 and older.
- 3.6** Increase to at least 50 percent the proportion of cigarette smokers aged 18 and older who stopped smoking cigarettes for at least one day during the preceding year.

# TOBACCO USE

FIGURE 8A

**Tobacco Use, Percent by Type  
Pennsylvania Adults, 1989-96**

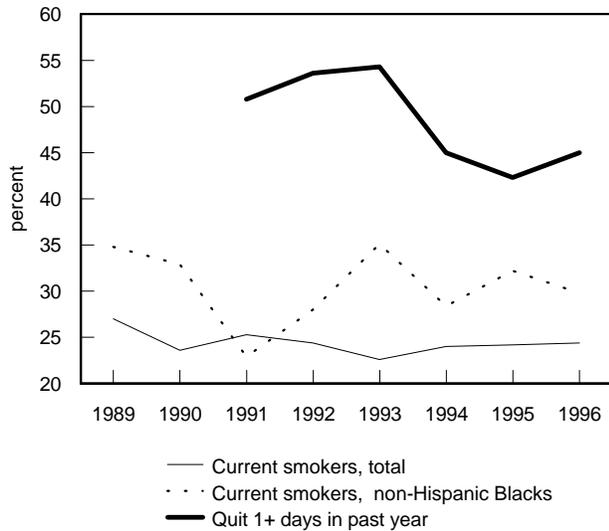
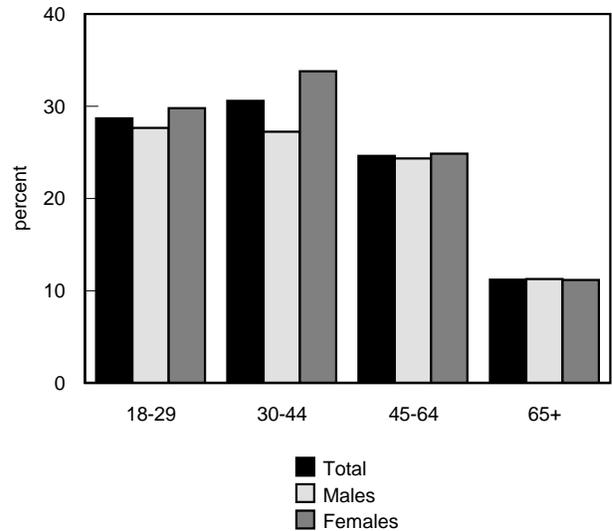


FIGURE 8B

**Current Smokers, Percent by Age and Sex  
Pennsylvania Adults, 1996**



**TABLE 8  
Tobacco Use  
Pennsylvania Adults, 1996 (with 95% confidence intervals)**

	Total No.	Current smoker		Former smoker		Quit at least 1 day in past year*	
		No.	% (CI)	No.	% (CI)	No.	% (CI)
All Adults	3595	900	24 (2)	833	23 (2)	321	45 (4)
Male	1527	370	24 (2)	428	28 (3)	136	46 (6)
Female	2068	530	25 (2)	405	19 (2)	185	44 (6)
Age:							
18-29	623	184	29 (4)	54	8 (3)	92	64 (10)
30-44	1187	375	31 (3)	225	19 (3)	127	41 (6)
45-64	992	253	25 (3)	290	30 (3)	71	34 (7)
65+	771	85	11 (2)	259	35 (4)	30	43 (13)
Education:							
<High School	446	148	34 (5)	101	23 (5)	56	50 (11)
High School	1486	438	28 (3)	351	23 (2)	142	39 (6)
Some College	795	182	22 (3)	203	25 (3)	78	55 (9)
College Degree	852	131	15 (3)	176	21 (3)	45	46 (12)
Income:							
<\$10,000	214	68	27 (7)	38	21 (7)	23	46 (15)
\$10,000 to \$19,999	570	168	29 (5)	131	23 (4)	73	59 (10)
\$20,000 to \$34,999	982	271	27 (3)	218	22 (3)	100	43 (7)
\$35,000 to \$49,999	563	139	26 (4)	144	26 (4)	42	40 (11)
\$50,000+	671	122	18 (3)	171	25 (4)	42	39 (11)
Race:							
White, non-Hispanic	3086	755	24 (2)	737	24 (2)	262	42 (5)
Black, non-Hispanic	307	89	30 (6)	62	20 (5)	35	66 (13)
Hispanic	103	32	29 (10)	20	21 (10)	**	

\*Denominator is current smokers who smoke every day

\*\*Data not reported due to N<50

# ALCOHOL CONSUMPTION

## Binge drinking:

- 16 percent of Pennsylvania adults admitted in 1996 to binge drinking (five or more alcoholic drinks on one occasion) in the previous month.
- Percentages by age and sex contained some rather significant differences. Only 9 percent of females said that they had been binge drinking in the past month compared to 24 percent of males. Only 2 percent of adults aged 65+ and 12 percent of those aged 45-64 had been binge drinking compared to 27 percent of 18-29 year-olds and 22 percent of those aged 30-44.
- Only 10 percent of adults with less than a high school education admitted to binge drinking – a significantly lower percentage than for those with some college (17 percent) or a college degree (19 percent).
- The 21 percent of binge drinking recorded for the highest income level (\$50,000+) was much higher than for any of the other lower income levels and was significantly higher than the 13 percent for adults earning \$10,000-\$19,999. Between 1989 and 1996, the percentage of adult binge drinkers in Pennsylvania declined from 20 to 16 percent.

## Chronic drinking:

- In the 1996 survey, 3 percent of Pennsylvania adults identified themselves as chronic drinkers (60 or more drinks in the past month).
- Only 1 percent of female adults said that they were chronic drinkers – significantly lower than the 5 percent for males aged 18+.
- Since 1989, the percentage of chronic adult drinkers has declined by half, from 6 to 3 percent in 1996.

## Drinking and driving:

- 3 percent of Pennsylvania adults admitted to drinking and driving in 1996.
- There were some significant differences associated with sex and age. Only 1 percent of female adults admitted to drinking and driving while 5 percent of male adults did. Less than 0.5 percent of adults aged 65+ said that they had been drinking and driving in 1996 compared to 4 percent of those aged 18-29 or 30-44.
- Between 1989 and 1996, the percentage of Pennsylvania adults who admitted to drinking and driving declined slightly from 4 to 3 percent.

**NOTES:** Binge drinking is defined as having had five or more alcoholic drinks on one occasion in the past month.  
Chronic drinking is defined as having consumed 60 or more alcoholic drinks in the past month.

# ALCOHOL CONSUMPTION

FIGURE 9A

**Alcohol Consumption, Percent by Type  
Pennsylvania Adults, 1989-93 and 1995-96**

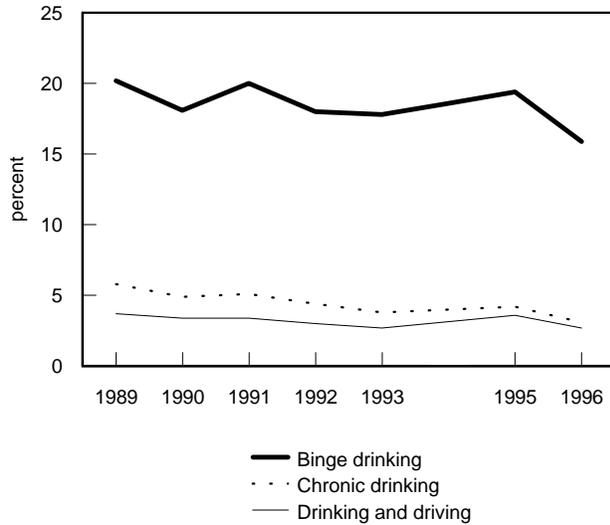
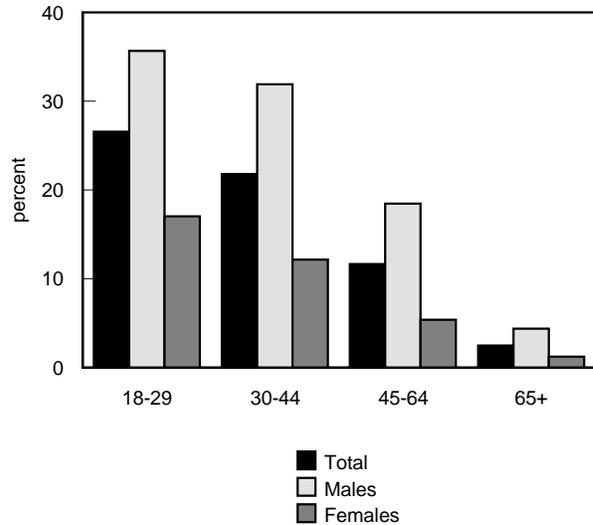


FIGURE 9B

**Binge Drinking, Percent by Age and Sex  
Pennsylvania Adults, 1996**



**TABLE 9  
Alcohol Consumption  
Pennsylvania Adults, 1996 (with 95% confidence intervals)**

	Total No.	Binge drinking			Chronic drinking			Drinking and driving		
		No.	%	(CI)	No.	%	(CI)	No.	%	(CI)
All Adults	3595	554	16	(1)	101	3	(1)	92	3	(1)
Male	1527	364	24	(3)	78	5	(1)	68	5	(1)
Female	2068	190	9	(1)	23	1	(0)	24	1	(0)
Age:										
18-29	623	175	27	(4)	30	5	(2)	34	4	(2)
30-44	1187	247	22	(3)	36	3	(1)	36	4	(1)
45-64	992	112	12	(3)	24	3	(2)	19	2	(2)
65+	771	19	2	(1)	11	2	(1)	3	0	(1)
Education:										
<High School	446	39	10	(3)	9	3	(2)	6	2	(1)
High School	1486	233	15	(2)	45	3	(1)	36	2	(1)
Some College	795	139	17	(3)	23	3	(1)	23	3	(1)
College Degree	852	142	19	(3)	24	4	(2)	26	4	(2)
Income:										
<\$10,000	214	30	15	(6)	6	3	(3)	8	4	(3)
\$10,000 to \$19,999	570	76	13	(3)	19	3	(1)	7	2	(1)
\$20,000 to \$34,999	982	162	16	(3)	24	2	(1)	27	2	(1)
\$35,000 to \$49,999	563	102	19	(4)	26	6	(3)	19	4	(3)
\$50,000+	671	133	21	(3)	16	3	(1)	24	4	(2)
Race:										
White, non-Hispanic	3086	494	17	(2)	90	3	(1)	78	3	(1)
Black, non-Hispanic	307	37	12	(4)	5	2	(2)	7	2	(2)
Hispanic	103	18	17	(8)	4	5	(5)	5	5	(4)

# WEIGHT CONTROL and NUTRITION

## Overweight adults:

- 30 percent of Pennsylvania adults were overweight according to the 1996 survey results.  
NOTE: The national year 2000 objective is for no more than 20 percent.
- 39 percent of adults aged 45-64 were considered to be overweight. This percentage was significantly higher than any of the percentages for the other age groups (18-29 with 23 percent, 30-44 with 29 percent and 65+ with 30 percent).
- There were also some significant differences associated with education – 39 percent of adults with less than a high school education and 32 percent of those with a high school diploma were considered overweight compared to only 23 percent of college graduates.

## Are you trying to lose weight?

- In the 1996 survey, 37 percent of Pennsylvania adults responded that they were trying to lose weight.
- A significantly higher percentage of females (43 percent) than males (29 percent) were trying to lose weight in 1996.
- Adults between the ages of 45 and 64 were trying to lose weight at significantly higher percentages than for some younger adults (aged 18-29) and for older adults (aged 65+). Those aged 30-44 were also trying to lose weight at a significantly higher percentage than for younger adults (aged 18-29).

## Eating fruits and vegetables 5 or more times each day?

- 24 percent of Pennsylvania adults said that they were eating fruits and vegetables 5 or more times a day.
- Significantly more females than males (27 vs. 19 percent) said that they were eating fruits and vegetables 5 or more times a day.
- 32 percent of college graduates were eating fruits and vegetables 5 or more times a day – significantly higher than for any other educational level.
- Percentages of adults eating more fruits and vegetables increased with income level. In fact, the 26 percent for adults earning \$35,000-\$49,000 was significantly higher than the 16 percent recorded for those with incomes under \$10,000.
- In the 1991 survey, 21 percent of adults said that they were eating 5 or more fruits and vegetables per day. By 1994, the percentage had risen to 25. However, the 1996 figure declined slightly to 24 percent.  
NOTE: The national year 2000 objective is to increase the percentage.

### **YEAR 2000 NATIONAL HEALTH OBJECTIVES:**

- 1.2** Reduce overweight to a prevalence of no more than 20 percent among people aged 20 and older...
- 2.6** Increase...foods...in diet...to an average of five or more daily servings for vegetables and fruits...

**NOTE:** Overweight is defined as the proportion of respondents whose Body Mass Index (BMI) – the ratio of weight in kilograms to height in meters squared (kg/m<sup>2</sup>) – exceeds the 85th percentile for young American adults (27.8 for men and 27.3 for women).

# WEIGHT CONTROL and NUTRITION

FIGURE 10A

Percent Overweight and Eating Fruits/Vegetables  
Pennsylvania Adults, 1989-96

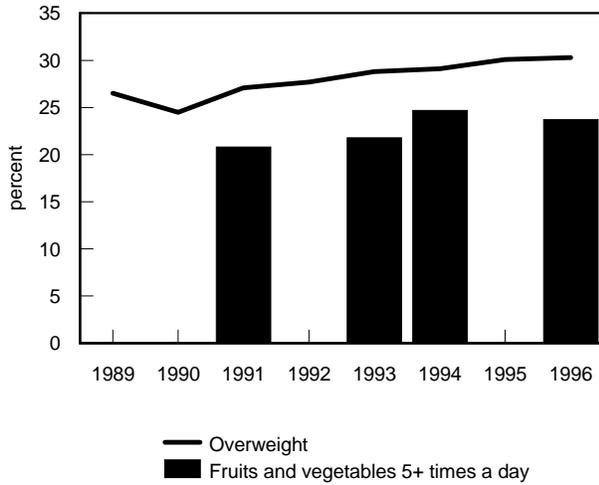


FIGURE 10B

Percent Trying to Lose Weight  
Pennsylvania Adults by Age and Sex, 1996

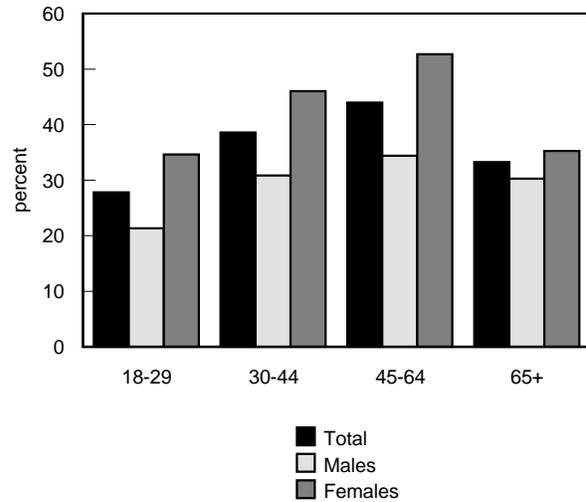


TABLE 10  
Weight Control and Nutrition  
Pennsylvania Adults, 1996 (with 95% confidence intervals)

	Total No.	Overweight		Trying to lose weight		Eat fruits and vegetables 5+ times/day	
		No.	% (CI)	No.	% (CI)	No.	% (CI)
All Adults	3595	1064	30 (2)	1334	37 (2)	877	24 (2)
Male	1527	474	32 (3)	451	29 (3)	309	19 (2)
Female	2068	590	29 (2)	883	43 (2)	568	27 (2)
Age:							
18-29	623	135	23 (4)	189	28 (4)	130	19 (4)
30-44	1187	324	29 (3)	454	39 (3)	251	21 (3)
45-64	992	373	39 (4)	440	44 (4)	233	23 (3)
65+	771	230	30 (4)	246	33 (4)	256	33 (4)
Education:							
<High School	446	176	39 (5)	151	33 (5)	89	19 (4)
High School	1486	471	32 (3)	575	38 (3)	330	21 (2)
Some College	795	232	30 (4)	295	36 (4)	186	23 (3)
College Degree	852	185	23 (4)	309	35 (4)	271	32 (4)
Income:							
<\$10,000	214	83	40 (8)	70	32 (7)	44	16 (5)
\$10,000 to \$19,999	570	208	36 (5)	216	38 (5)	142	24 (4)
\$20,000 to \$34,999	982	273	29 (3)	343	35 (3)	218	22 (3)
\$35,000 to \$49,999	563	169	32 (5)	241	43 (5)	149	26 (4)
\$50,000+	671	185	29 (4)	261	37 (4)	167	25 (4)
Race:							
White, non-Hispanic	3086	894	30 (2)	1170	37 (2)	762	24 (2)
Black, non-Hispanic	307	113	36 (6)	104	32 (6)	73	22 (5)
Hispanic	103	34	33 (11)	40	41 (11)	25	22 (9)

# WOMEN'S HEALTH - BREAST CANCER SCREENING

## Age 40 and older and ever had a clinical breast exam?

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- 81 percent of Pennsylvania women aged 40+ said in 1996 that they had ever had a clinical breast examination.
- Only 64 percent of women aged 75+ had ever had a clinical breast exam – a significantly lower percentage than for any of the other age groups between 40 and 74.
- There were also some significant disparities in the percentages by education and income. Only 74 percent of women aged 40+ with less than a high school education had ever had a clinical breast exam compared to 89 percent of women aged 40+ with a college degree. Also, the percentage was much higher among women aged 40+ with the highest incomes (\$50,000+) compared to those with incomes under \$35,000.

## Age 40 and older and had a clinical breast exam in past year?

---

- “Yes” responded 57 percent of women aged 40+ in 1996.
- A significantly lower percentage or 42 percent of women aged 75+ reported having had a clinical breast exam during the preceding year compared to the percentages of 61 and 55 for the other three age groups between 40 and 74.
- Some significant differences also occurred by education and income. Much higher percentages were recorded for women aged 40+ with a college degree (compared to those with a high school education or less) and for those women aged 40+ with incomes of \$50,000+ (compared to those with incomes under \$35,000).

## Age 40 and older and had a mammogram in past year?

---

- 51 percent of women aged 40+ reported in 1996 that they had had a mammogram in the past year.
- Only 37 percent of women aged 75+ had had a mammogram in the past year. This was significantly lower than the 62 percent for women aged 50-64 and the 52 percent for those aged 65-74.
- As occurred with clinical breast exams, significant differences were evident in the percentages by education and income. Much higher figures occurred among adults with a college degree and those with incomes of \$50,000+.

## Age 50 or older and had clinical breast exam and mammogram in past 2 years?

---

- “Yes” said 57 percent of Pennsylvania women aged 50+ and 65 percent of black women aged 50+ in 1996.  
NOTE: The national year 2000 objective is 60 percent for all women aged 50+ and for black women aged 50+.
- A significantly lower percentage of women aged 75+ (41 percent) reported having had both examinations in the past 2 years compared to younger women (65 percent for those aged 50-64 and 57 percent for those aged 65-74).
- Significantly lower percentages were also reported for women aged 50+ with less than a high school education (compared to those with some college or a college degree) and for those with incomes below \$35,000 (compared to women earning \$50,000+).
- Between 1990 and 1996, the percentages for all women and black women aged 50+ and all women aged 70+ who have had both exams in the past year did not display any clear trends but the 1996 figures were among the highest ever recorded.

### YEAR 2000 NATIONAL HEALTH OBJECTIVES:

**16.11** Increase to at least 60 percent those women aged 50 and older who have received a clinical breast exam and a mammogram in the past two years.

**16.11e** ...to at least 60 percent...of black women aged 50 and older...

# WOMEN'S HEALTH - BREAST CANCER SCREENING

FIGURE 11A

**Percent Clinical Breast Exam and Mammogram in Past 2 Years Pennsylvania Women by Age, 1990-96**

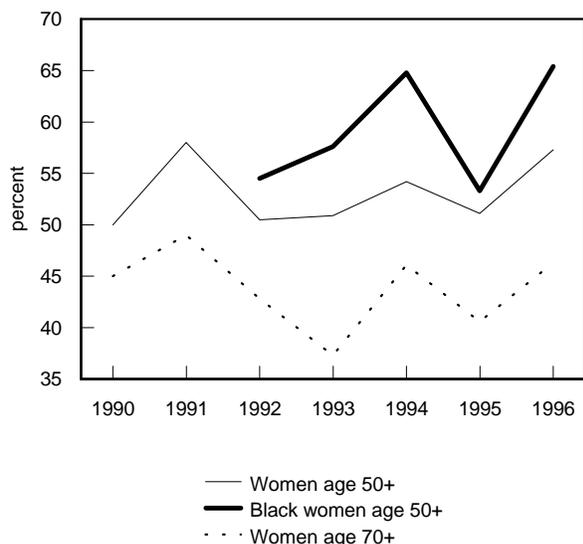
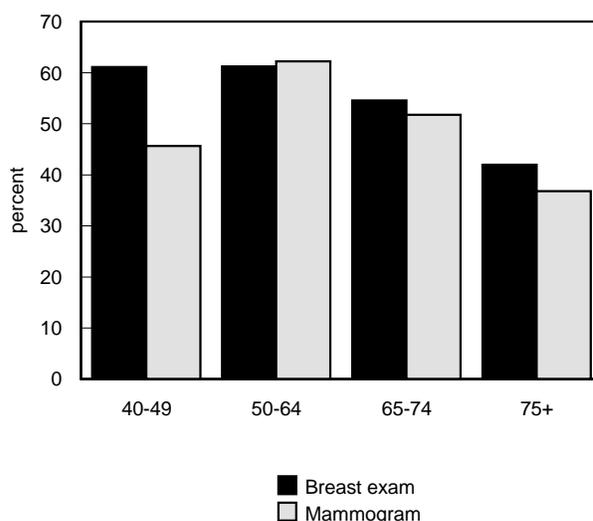


FIGURE 11B

**Percent Clinical Breast Exam or Mammogram in Past Year Pennsylvania Women by Age, 1996**



**TABLE 11  
Women's Health - Breast Cancer Screening  
Pennsylvania Women 40 and Older, 1996 (with 95% confidence intervals)**

	Total No.	Ever had a clinical breast exam		Had a clinical breast exam in past year			Had a mammogram in past year			Age 50+ and had both in past 2 years		
		No.	% (CI)	No.	% (CI)	No.	% (CI)	No.	% (CI)	No.	% (CI)	
Females 40+	1278	1043	81 (2)	741	57 (3)	652	51 (3)	496	57 (4)			
Age:												
40-49	413	369	88 (4)	259	61 (5)	192	46 (5)	N/A	N/A	N/A		
50-64	373	310	83 (4)	230	61 (6)	233	62 (6)	245	65 (5)			
65-74	290	231	79 (5)	163	55 (6)	151	52 (6)	165	57 (6)			
75+	202	133	64 (7)	89	42 (7)	76	37 (7)	86	41 (7)			
Education:												
<High School	204	149	74 (7)	96	47 (8)	89	44 (8)	80	45 (8)			
High School	595	474	80 (4)	331	55 (4)	288	48 (4)	228	57 (5)			
Some College	240	207	83 (6)	150	61 (7)	135	56 (7)	103	66 (9)			
College Degree	231	212	89 (5)	163	69 (7)	138	61 (7)	84	66 (10)			
Income:												
<\$10,000	90	64	69 (11)	45	46 (11)	36	37 (11)	36	45 (12)			
\$10,000 to \$19,999	238	175	74 (6)	115	48 (7)	108	48 (7)	104	51 (8)			
\$20,000 to \$34,999	332	282	83 (5)	196	55 (6)	177	52 (6)	127	58 (7)			
\$35,000 to \$49,999	156	141	87 (7)	99	61 (9)	88	53 (9)	61	68 (11)			
\$50,000+	194	184	95 (3)	144	76 (6)	114	62 (7)	60	83 (9)			
Race:												
White, non-Hispanic	1127	928	81 (3)	655	57 (3)	568	51 (3)	437	57 (4)			
Black, non-Hispanic	101	84	83 (9)	67	63 (11)	64	61 (11)	47	65 (13)			
Hispanic	25	(Data not reported due to N<50)										

# WOMEN'S HEALTH - PAP TESTS

## Have you ever had a Pap test?

- 91 percent of Pennsylvania adult women responded in 1996 that they had ever had a Pap test.  
NOTE: The national year 2000 objective is 95 percent.
- The youngest (aged 18-29) and oldest (aged 65+) women had significantly lower percentages of those who had ever had a Pap test (82 and 85 percent, respectively) compared to women aged 30-44 (97 percent) and 45-64 (95 percent).
- Percentages were also significantly lower for women with less than a high school education (85 percent) compared to those who were college graduates (95 percent).
- Only 85-86 percent of lower income women (earning less than \$20,000) had ever had a Pap test – much lower than the 95 percent for women earning \$50,000+ and significantly lower than the 97 percent for women earning \$35,000-\$49,999.
- Between 1990 and 1996, the percentage of adult women who have ever had a Pap test generally declined, from 94 to 91 percent.

## How long has it been since your last Pap test?

- 75 percent of adult women said that they had had a Pap test within the last 3 years.  
NOTE: The national year 2000 objective is 85 percent.
- Only 56 percent of women aged 65+ had a Pap test in the preceding 3 years – significantly lower than the 80 percent for women aged 18-29, the 84 percent for those aged 30-44, and the 79 percent for women aged 45-64.
- Some significant differences could also be noted by education and income. Women with some college or a college degree had higher percentages than those with a high school education or less, as did women with the highest incomes (\$35,000+) compared to those of lower income levels (under \$35,000).
- Since 1992, the percentage of women who have had a Pap test in the previous 3 years has not changed by much. It was 84 percent in 1992; declined to 81 percent in 1994; rose to 83 percent in 1995; and, remained at 83 percent in 1996.

## Reason you had a Pap test?

- “Routine test” said 95 percent of Pennsylvania women who had ever had a Pap test.
- Only 5 percent had a Pap test due to a current or previous health problem.

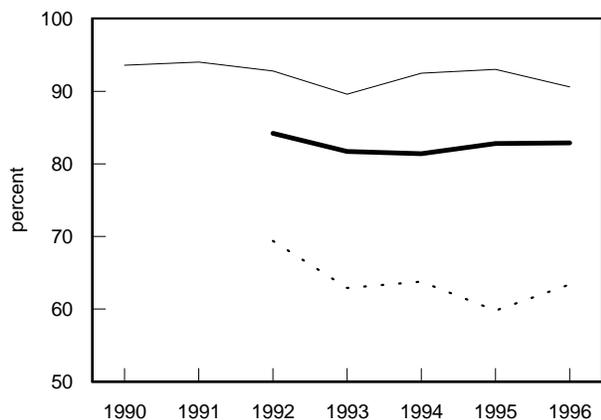
### **YEAR 2000 NATIONAL HEALTH OBJECTIVES:**

**16.12** Increase to at least 95 percent the proportion of adult women who have ever received a Pap test..and to at least 85 percent...who have received a Pap test in the past three years.

# WOMEN'S HEALTH - PAP TESTS

FIGURE 12A

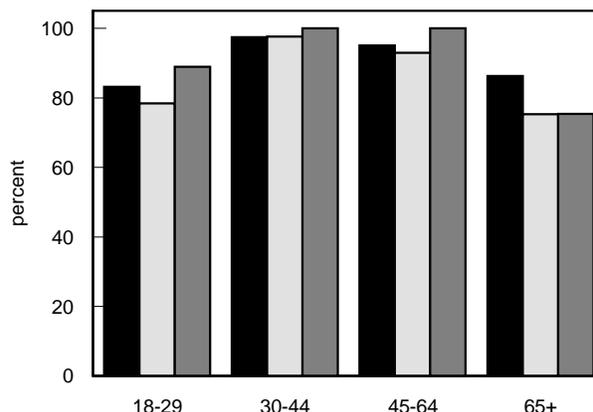
**Percent Having Pap Tests  
Pennsylvania Women, 1990-96**



— Ever had a Pap test, all women  
 — Had a Pap test in past 3 years, all women  
 · · · Had a Pap test in past 3 years, women age 70+

FIGURE 12B

**Percent Ever Had a Pap Test  
Pennsylvania Women by Age and Race, 1996**



■ White, non-Hispanic  
 □ Black, non-Hispanic  
 ■ Hispanic

**TABLE 12  
Women's Health - Pap Tests  
Pennsylvania Adult Women, 1996 (with 95% confidence intervals)**

	Total No.	Ever had a Pap test		Had Pap test in past 3 years	
		No.	% (CI)	No.	% (CI)
Adult Females	2068	1886	91 (2)	1570	75 (2)
Age:					
18-29	328	283	82 (6)	276	80 (6)
30-44	670	653	97 (1)	573	84 (3)
45-64	562	531	95 (2)	440	79 (4)
65+	492	408	85 (3)	272	56 (5)
Education:					
<High School	260	220	85 (5)	158	60 (7)
High School	910	830	90 (3)	664	72 (4)
Some College	451	420	92 (3)	363	80 (4)
College Degree	437	414	95 (2)	384	87 (4)
Income:					
<\$10,000	129	108	85 (7)	74	56 (10)
\$10,000 to \$19,999	360	316	86 (6)	232	64 (7)
\$20,000 to \$34,999	559	525	94 (2)	438	76 (4)
\$35,000 to \$49,999	298	290	97 (2)	255	84 (5)
\$50,000+	341	329	95 (3)	305	89 (4)
Race:					
White, non-Hispanic	1768	1624	91 (2)	1334	75 (2)
Black, non-Hispanic	191	172	88 (6)	160	83 (6)
Hispanic	63	58	94 (6)	52	84 (10)

## Age 65 and older and had a flu shot in the past year?

- 60 percent of Pennsylvanians aged 65+ reported in 1996 that they had had a flu shot in the past year.  
NOTE: The national year 2000 objective is 60 percent.
- Males aged 65+ were more likely than females aged 65+ to have had an annual flu shot in 1996 (65 percent vs. 57 percent).
- Adults aged 65+ with some college education or a college degree were more likely to have had a flu shot in the past year than those with a high school or less education (65 percent vs. 58 percent).
- Percentages seemed to increase along with income level – for example, 68 percent for adults aged 65+ with incomes of \$20,000-\$34,999 compared to 51 percent for those with incomes below \$10,000.
- In the 1993 survey, 49 percentage of Pennsylvania adults aged 65+ had had a flu shot in the previous year. In 1995, the figure rose to 58 percent, and then to 60 percent in 1996

## Age 65 and older and ever had a pneumonia vaccination?

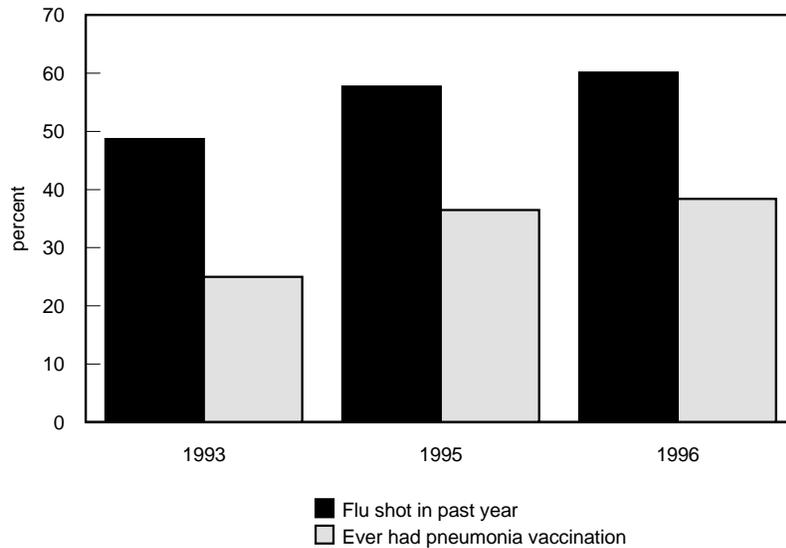
- “Yes” answered 38 percent of Pennsylvania adults aged 65+ in 1996.  
NOTE: The national year 2000 objective is 60 percent.
- There were no significant differences associated with sex, age or education in the percentages of those aged 65+ who had ever had a pneumonia vaccination. However, percentages tended to rise along with income.
- Between 1993 and 1996, the percentage of Pennsylvania adults aged 65+ who had ever had a pneumonia vaccination rose from 25 to 38 percent.

### **YEAR 2000 NATIONAL HEALTH OBJECTIVE:**

**20.11** Increase pneumococcal pneumonia and influenza immunization among noninstitutionalized, high risk populations...to at least 60 percent.

FIGURE 13

**Percent Immunized  
Pennsylvania Adults 65 and Older, 1993, 1995 and 1996**



**TABLE 13  
Immunization  
Pennsylvania Adults 65 and Older, 1996 (with 95% confidence intervals)**

	Total No.	Had flu shot in past year			Ever had a pneumonia vaccination		
		No.	%	(CI)	No.	%	(CI)
Adults 65+	771	449	60	(4)	300	38	(4)
Male 65+	279	180	65	(6)	116	39	(6)
Female 65+	492	269	57	(5)	184	38	(5)
Age:							
65-74	484	294	62	(5)	185	38	(5)
75+	287	155	55	(6)	115	40	(6)
Education:							
<High School	199	105	58	(8)	67	32	(7)
High School	319	183	58	(6)	121	38	(6)
Some College	137	90	65	(9)	67	48	(9)
College Degree	108	69	65	(10)	44	39	(10)
Income:							
<\$10,000	69	34	51	(13)	25	34	(12)
\$10,000 to \$19,999	222	132	60	(7)	93	41	(7)
\$20,000 to \$34,999	199	128	68	(7)	85	42	(8)
\$35,000 to \$49,999	43	(Data not reported due to N<50)					
\$50,000+	33	(Data not reported due to N<50)					
Race:							
White, non-Hispanic	705	420	61	(4)	281	39	(4)
Black, non-Hispanic	42	(Data not reported due to N<50)					
Hispanic	11	(Data not reported due to N<50)					

# COLORECTAL CANCER SCREENING

## Age 50 and older and had a digital rectal exam in past year?

- “Yes” responded 44 percent of Pennsylvanians aged 50 and older in 1996.  
NOTE: The national year 2000 objective is 40 percent.
- A significantly higher percentage of males (50 percent) aged 50+ had a digital rectal exam in the preceding year compared to females aged 50+ (39 percent).
- There were also some significant differences associated with education and income. College graduates aged 50+ had a much higher percentage than those with a high school education or less, as did adults aged 50+ with incomes of \$50,000+ compared to those earning less than \$35,000.

## Age 50 and older and ever had a sigmoidoscopic or proctoscopic exam?

- 33 percent of Pennsylvania adults aged 50+ indicated in the 1996 survey that they had ever had a sigmoidoscopic or proctoscopic exam.  
NOTE: The national year 2000 objective is 40 percent.
- As occurred with digital rectal exams, there were significant differences associated with the percentages by sex, education and income. Much lower percentages occurred among females, among adults with a high school education or less, and among some adults with lower incomes.
- Since 1993, the percentage of Pennsylvania adults who have ever had a sigmoidoscopic or proctoscopic exam has declined. That year the percentage was 38. In 1995, it declined to 36 percent, and then to 33 percent in 1996.

## Age 50 and older and had a home blood stool test in past two years?

- In the 1996 survey, 27 percent of Pennsylvanians aged 50+ said that they had had a home blood stool test within the past 2 years.  
NOTE: The national year 2000 objective is 50 percent.
- There was just one significant difference in the percentages by sex, age, education, income or race. Only 20 percent of adults aged 50+ with an income under \$10,000 responded that they had had a home blood stool test in the previous 2 years – significantly lower than the 37 percent for those aged 50+ in the highest income bracket (\$50,000+).

### **YEAR 2000 NATIONAL HEALTH OBJECTIVES:**

**16.13** Increase to at least 50 percent the proportion of people aged 50 and older who have received fecal occult blood testing within the preceding 1 to 2 years and to at least 40 percent those who have ever received a proctosigmoidoscopy.

**16.14** Increase to at least 40 percent the proportion of people aged 50 and older...who have received...  
a digital rectal exam ...(in the past year).

# COLORECTAL CANCER SCREENING

FIGURE 14A

**Ever Had a Proctosigmoidoscopy  
Pennsylvania Adults 50 and Older  
1993, 1995 and 1996**

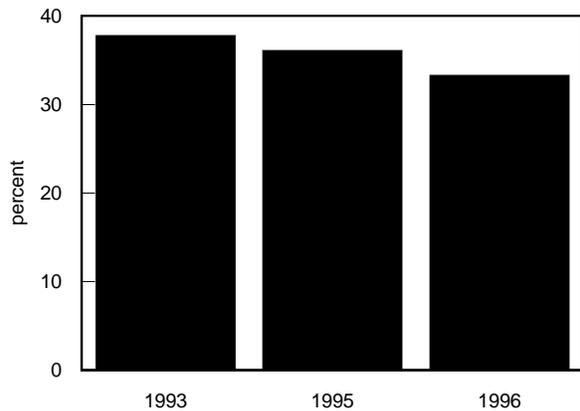
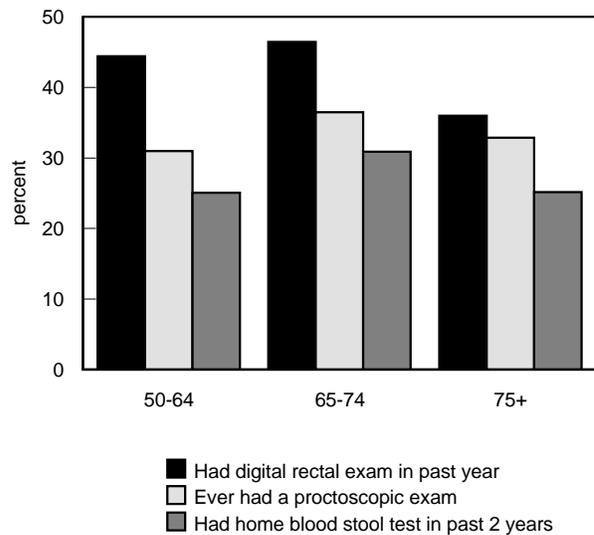


FIGURE 14B

**Colorectal Cancer Screening  
Percent by Type and Age  
Pennsylvania Adults 50 and Older, 1996**



**TABLE 14  
Colorectal Cancer Screening  
Pennsylvania Adults 50 and Older, 1996 (with 95% confidence intervals)**

	Total No.	Had digital rectal exam in past year			Ever had a proctoscopic exam			Had a home blood stool test in past 2 years		
		No.	%	(CI)	No.	%	(CI)	No.	%	(CI)
Adults 50+	1449	621	44	(3)	483	33	(3)	390	27	(3)
Male 50+	584	292	50	(5)	226	39	(4)	163	28	(4)
Female 50+	865	329	39	(4)	257	29	(3)	227	27	(3)
Age:										
50-64	678	300	44	(4)	210	31	(4)	165	25	(4)
65-74	484	218	46	(5)	176	36	(5)	151	31	(5)
75+	287	103	36	(6)	97	33	(6)	74	25	(6)
Education:										
<High School	302	108	37	(6)	84	27	(6)	74	24	(5)
High School	638	245	40	(4)	186	29	(4)	164	26	(4)
Some College	251	124	50	(7)	102	41	(7)	71	29	(6)
College Degree	248	143	56	(7)	109	44	(7)	79	33	(7)
Income:										
<\$10,000	113	38	37	(11)	29	27	(10)	23	20	(8)
\$10,000 to \$19,999	322	124	41	(6)	103	32	(6)	83	27	(6)
\$20,000 to \$34,999	385	165	42	(5)	127	31	(5)	115	28	(5)
\$35,000 to \$49,999	156	79	49	(9)	53	31	(8)	41	25	(8)
\$50,000+	173	100	58	(8)	76	46	(8)	58	37	(8)
Race:										
White, non-Hispanic	1278	556	44	(3)	433	33	(3)	350	28	(3)
Black, non-Hispanic	109	44	42	(11)	32	30	(10)	27	26	(10)
Hispanic	32	(Data not reported due to N<50)								

## **Age 18 to 64 and ever had your blood tested for HIV?**

---

- 39 percent of Pennsylvania adults aged 18-64 have ever had an HIV blood test, according to the 1996 survey.
- Significant differences were evident by age, with 51 percent of young adults aged 18-29 and 42 percent of adults aged 30-44 indicating that they had ever had their blood tested for HIV infection compared to only 27 percent of older adults aged 45-64.
- Percentages by race also showed a significant difference between white and black adults – 62 percent of blacks had ever been tested while only 37 percent of whites had been tested.
- There was also a significant difference associated with educational status. The 36 percent who had been tested among adults with a high school diploma was significantly lower than the 44 percent of college graduates.
- Since 1993, the percentage of adults aged 18-64 who had ever had an HIV blood test has increased dramatically, from 23 to 39 percent in 1996.

## **Age 18 to 64 and would encourage your sexually active teen to use condoms?**

---

- “Yes” responded 86 percent of Pennsylvanians aged 18-64 in 1996.
- A significantly lower percentage or 80 percent of older adults (aged 45-64) said they would encourage condom use to their sexually active teen compared to 90 percent of young adults aged 18-29 and 88 percent of those aged 30-44.
- Between 1993 and 1996, fewer adults aged 18-64 said that they would encourage condom use to their sexually active teen. The percentage declined from 92 to 86 percent by 1996.

## **Age 18 to 64 and consider yourself at high or medium risk for HIV/AIDS?**

---

- 7 percent of Pennsylvanians aged 18-64 considered themselves at high or medium risk for HIV infection in 1996.
- There was only one significant difference in the percentages (at high or medium risk) by age, education, income, and race – 11 percent of young adults aged 18-29 compared to only 5 percent of adults aged 30-44.
- Percentages of adults at high or medium risk for HIV/AIDS tended to be higher for blacks and Hispanics (11 percent each) than for whites (6 percent).
- In 1993, 10 percent of adults aged 18-64 considered themselves at high or medium risk. By 1996, the figure had declined to 7 percent.

FIGURE 15A

**HIV/AIDS**  
Percent Tested, At Risk, and Condom Use  
Pennsylvania Adults 18 to 64, 1993-96

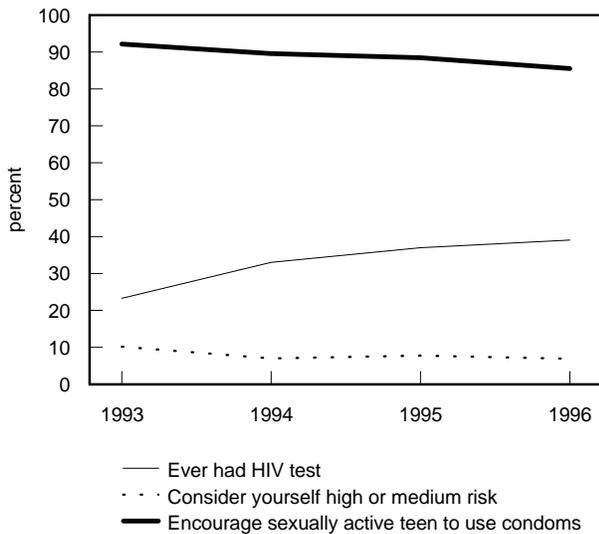
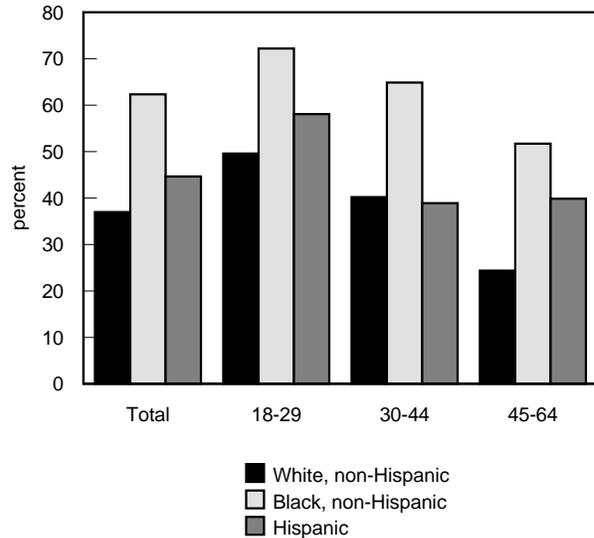


FIGURE 15B

**Percent Ever Tested for HIV**  
Pennsylvania Adults 18 to 64  
By Age and Race, 1996



**TABLE 15**  
**HIV/AIDS**  
Pennsylvania Adults 18 to 64, 1996 (with 95% confidence intervals)

	Total No.	Ever tested for HIV		Encourage sexually active teen to use condoms		Consider yourself high or medium risk	
		No.	% (CI)	No.	% (CI)	No.	% (CI)
Adults 18-64	2824	1124	39 (2)	2425	86 (2)	184	7 (1)
Male 18-64	1248	537	42 (3)	1063	85 (2)	88	8 (2)
Female 18-64	1576	587	36 (3)	1362	86 (2)	96	6 (1)
Age:							
18-29	623	330	51 (5)	568	90 (3)	66	11 (3)
30-44	1187	513	42 (3)	1049	88 (2)	68	5 (1)
45-64	992	276	27 (3)	795	80 (3)	50	6 (2)
Education:							
<High School	247	94	36 (7)	205	82 (5)	18	8 (4)
High School	1167	425	36 (3)	1010	87 (2)	68	6 (2)
Some College	658	277	41 (4)	585	89 (3)	47	8 (3)
College Degree	744	326	44 (4)	620	82 (3)	51	6 (2)
Income:							
<\$10,000	145	48	34 (10)	124	89 (5)	9	5 (4)
\$10,000 to \$19,999	348	159	44 (7)	306	87 (4)	26	9 (4)
\$20,000 to \$34,999	783	310	39 (4)	696	90 (2)	57	8 (2)
\$35,000 to \$49,999	520	200	37 (5)	457	87 (3)	36	6 (2)
\$50,000+	638	270	43 (4)	552	87 (3)	35	6 (3)
Race:							
White, non-Hispanic	2381	890	37 (2)	2056	86 (2)	144	6 (1)
Black, non-Hispanic	265	158	62 (7)	231	85 (5)	26	11 (4)
Hispanic	92	43	45 (12)	83	91 (7)	10	11 (7)

## **Have you had any pain in or around joints in the past year?**

---

- “Yes” responded 27 percent of Pennsylvania adults in the 1996 survey.
- The percentages of adults who reported any arthritic pain increased significantly and steadily with advancing age. For example, almost half (49 percent) of elderly adults (aged 65+) said that they had experienced such pain in the past year compared to only 12 percent of the youngest adults (aged 18-29).
- Significantly higher ratios of arthritic pain also occurred among females and whites (compared to blacks).
- There were some other significant differences associated with education and income. Higher percentages were recorded for adults without a high school education (compared to those with a high school diploma) and for adults in the lowest income bracket (under \$10,000) compared to those with some higher incomes.
- According to Figure 16A on the opposite page, females had higher percentages of adults, who reported arthritic pain, in every age group except the youngest (aged 18-29) in 1996.

## **Have you ever been told that you have arthritis?**

---

- 15 percent of Pennsylvania adults reported in 1996 that they had ever been told by a doctor that they have arthritis.
- The same pattern of significant differences in percentages, as seen in the data on arthritic pain, occurred with the 1996 survey data on arthritis diagnoses. Much higher percentages of such diagnoses were evident among females, older adults, whites, and those adults of lower incomes and educational levels.
- According to Figure 16B on the opposite page, females again had higher percentages in 1996 for every age group except the youngest (aged 18-29).

# ARTHRITIS

FIGURE 16A

**Percent With Any Joint Pain in Past Year  
Pennsylvania Adults by Age and Sex, 1996**

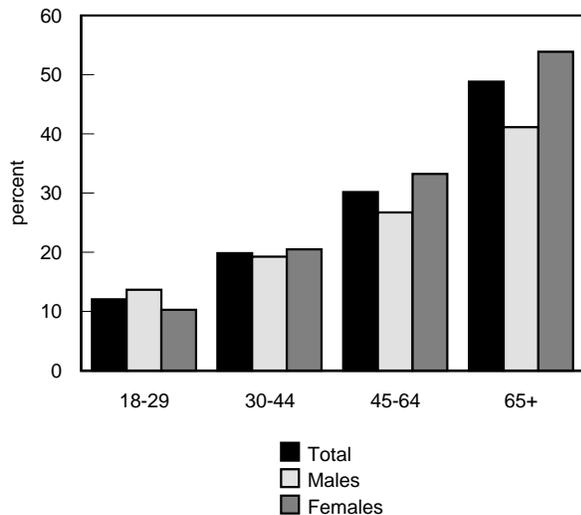
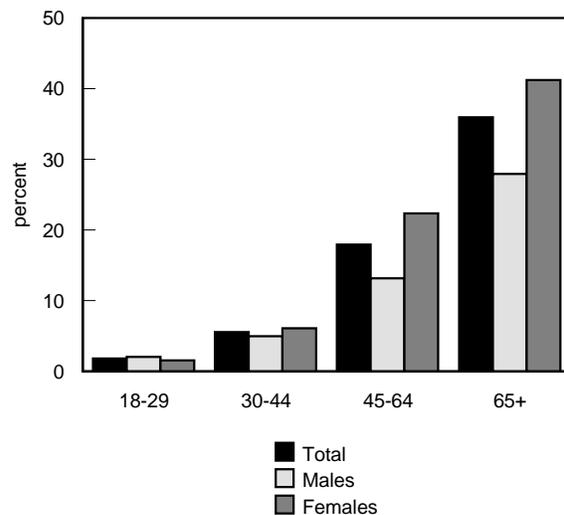


FIGURE 16B

**Percent Ever Told They Have Arthritis  
Pennsylvania Adults by Age and Sex, 1996**



**TABLE 16  
Arthritis  
Pennsylvania Adults, 1996 (with 95% confidence intervals)**

	Total No.	Any pain in joints in past year			Ever told had arthritis		
		No.	%	(CI)	No.	%	(CI)
All Adults	3595	995	27	(2)	562	15	(1)
Male	1527	369	24	(3)	174	11	(2)
Female	2068	626	30	(2)	388	18	(2)
Age:							
18-29	623	78	12	(3)	14	2	(1)
30-44	1187	230	20	(3)	66	6	(1)
45-64	992	301	30	(3)	193	18	(3)
65+	771	380	49	(4)	285	36	(4)
Education:							
<High School	446	158	36	(5)	121	26	(5)
High School	1486	386	25	(2)	221	14	(2)
Some College	795	218	27	(4)	124	14	(3)
College Degree	852	230	27	(4)	94	10	(2)
Income:							
<\$10,000	214	84	38	(8)	51	21	(6)
\$10,000 to \$19,999	570	183	31	(4)	127	22	(4)
\$20,000 to \$34,999	982	240	24	(3)	126	13	(2)
\$35,000 to \$49,999	563	136	26	(4)	71	13	(3)
\$50,000+	671	159	23	(4)	68	10	(2)
Race:							
White, non-Hispanic	3086	897	29	(2)	508	15	(1)
Black, non-Hispanic	307	58	18	(5)	32	9	(3)
Hispanic	103	22	24	(10)	12	12	(7)

# SOCIAL CONTEXT

## **How safe from crime do you consider your neighborhood to be?**

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- 3 percent of Pennsylvania adults said that their neighborhood was not at all safe from crime in 1996; 24 percent said their neighborhood was extremely safe; 53 percent said quite safe; and, 13 percent said slightly safe.
- 12 percent of black adults and 10 percent of Hispanics identified their neighborhood as not safe from crime. These percentages were significantly higher than the 2 percent for whites.
- Some other significantly higher percentages of adults who considered their neighborhood unsafe could also be noted among those of lower incomes and educational levels.

## **How many close friends or relatives would help you with emotional problems?**

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- “None” responded 3 percent of Pennsylvania adults; 4 percent said one; 8 percent said two; and, 78 percent said they had three or more close friends to help them.
- There was only one significant difference in the percentages of adults who had no close friends, and that occurred between adults aged 18-29 (1 percent) and those aged 45-64 (5 percent).
- Younger adults, adults with some college or a college education, and those with higher income levels were more likely to have three or more close friends to help them.

## **Concerned about having enough food for you or for your family in the past month?**

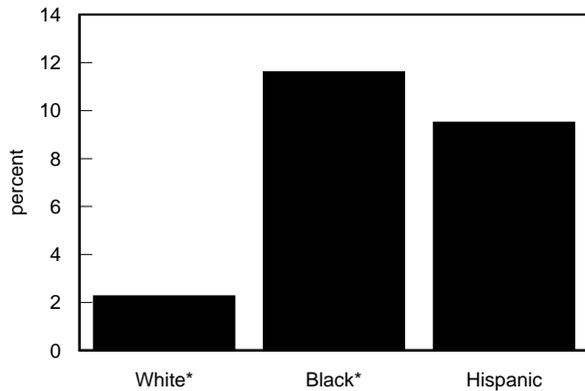
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- 6 percent of Pennsylvania adults said in 1996 that they were worried about having enough food for themselves or their family in the past month.
- Significantly higher percentages of concerned adults were evident among younger adults, among adults with a high school education or less, among those with lower incomes, and among blacks and Hispanics. For example, 13 percent of adults with less than a high school education were concerned about having enough food compared to only 3 percent of college graduates; 12 percent of those earning \$10,000-\$19,999 compared to only 1 percent for those with incomes of \$50,000+; and, 18 percent of Hispanics and 12 percent of blacks compared to only 5 percent of whites.

# SOCIAL CONTEXT

FIGURE 17A

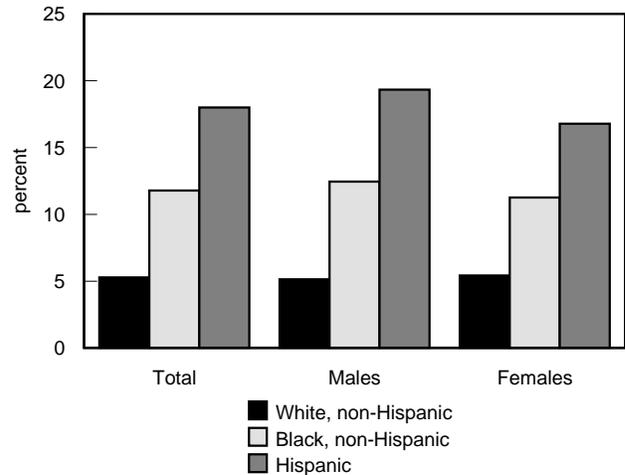
**Percent Feel Neighborhood Not Safe  
Pennsylvania Adults by Race, 1996**



\*non-Hispanic

FIGURE 17B

**Percent Concerned About Having  
Enough Food in Past Month  
Pennsylvania Adults by Sex and Race, 1996**



**TABLE 17  
Social Context  
Pennsylvania Adults, 1996 (with 95% confidence intervals)**

	Total No.	Neighborhood not safe			No close friends			Concerned about having enough food		
		No.	%	(CI)	No.	%	(CI)	No.	%	(CI)
All Adults	3595	129	3	(1)	102	3	(1)	240	6	(1)
Male	1527	50	4	(1)	57	4	(1)	96	6	(1)
Female	2068	79	3	(1)	45	2	(1)	144	6	(1)
Age:										
18-29	623	35	5	(2)	11	1	(1)	60	9	(3)
30-44	1187	43	3	(1)	27	3	(1)	99	7	(2)
45-64	992	33	3	(1)	38	5	(2)	45	4	(1)
65+	771	18	2	(1)	26	3	(1)	34	5	(2)
Education:										
<High School	446	36	7	(3)	21	5	(2)	57	13	(4)
High School	1486	52	3	(1)	40	3	(1)	104	6	(1)
Some College	795	21	2	(1)	24	3	(1)	55	6	(2)
College Degree	852	19	3	(1)	17	3	(2)	22	3	(1)
Income:										
<\$10,000	214	17	7	(3)	12	5	(3)	27	11	(4)
\$10,000 to \$19,999	570	37	5	(2)	24	4	(2)	77	12	(3)
\$20,000 to \$34,999	982	27	3	(1)	25	3	(1)	69	6	(2)
\$35,000 to \$49,999	563	11	2	(1)	15	4	(3)	21	4	(2)
\$50,000+	671	10	1	(1)	10	2	(1)	6	1	(1)
Race:										
White, non-Hispanic	3086	75	2	(1)	77	3	(1)	179	5	(1)
Black, non-Hispanic	307	33	12	(4)	13	4	(3)	32	12	(4)
Hispanic	103	14	10	(6)	8	10	(7)	21	18	(9)

# TECHNICAL NOTES

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## Survey Management

The Behavioral Risk Factor Surveillance System (BRFSS) is a cooperative effort of the Centers for Disease Control and Prevention (CDC) and participating states. The CDC develops the core questionnaire and provides training, technical assistance, standardized data analyses and funding. The Pennsylvania Department of Health develops supplemental questions (or modules), performs additional analyses and responds to requests for data. Sampling and interviewing in 1996 were done by Macro International Incorporated which was selected by competitive bid.

## Sample Selection

Respondents were selected using a two-stage random digit dialing sample design. In the first selection stage, a disproportionate stratified random sample of telephone numbers was selected from the universe of all possible Pennsylvania telephone numbers. These are telephone numbers which begin with the area code and exchange prefixes specific to Pennsylvania.

Under the disproportionate stratified sample design, the universe of all telephone numbers in the state is divided into two strata based on the estimated probability that the phone number is attached to a housing unit. A large proportion of the sample is selected from the strata containing phones most likely to be connected to households.

In the first stage of sampling, the selected telephone numbers were called to determine if they were residential telephone numbers. Nonresidential telephone numbers were discarded from the sample. Residential numbers were subjected to the second stage of sampling wherein an adult was randomly selected as the respondent from a list of adults residing in the household. This list is generated by the person who answers the telephone.

## Questionnaire

The survey questionnaire consisted of a standardized core and state-added modules. The CDC developed the core questionnaire with recommendations from all participating jurisdictions. Most of the core questions had been used during the 1995 BRFSS survey. All items new to the 1996 survey were field tested.

Questions of interest to Pennsylvania were added as the state supplement to the core questionnaire. State-added modules concerned diabetes, dental visits, arthritis, and social concerns (i.e., neighborhood not safe, having close friends, concerned about having enough food, etc.). The 1996 questionnaire appears on pages 42-49.

## Response Rates

Interviews were conducted in the evenings and on weekends in order to reach people when they were more likely to be at home, as well as during the day. At least 15 calls were placed at different times of the day and night and different days of the week before any sample number was classified as "no answer."

People who refused to participate in the survey were recontacted by interviewers who were experienced in converting refusals to completed interviews.

Ten percent of all completed interviews were verified by recontacting the respondent. A probability sample was selected for the verification process. Completed interviews from all interviewers were included. The verification interview was completed by an interviewer who did not conduct the original interview.

The outcome of all telephone calls is shown below. This report was prepared using data from 3,595 completed interviews. The CASRO response rate for 1996 was 61.8 percent.

<b>Disposition of All Telephone Numbers 1996 Pennsylvania Behavioral Risk Factor Survey Sample</b>		
	<u>Number</u>	<u>Percent</u>
Completed Interview .....	3,595	20.2
Refused Interview .....	1,006	5.7
Non-Working Telephone Number .....	8,042	45.3
No Answer (Multiple Times) .....	1,439	8.1
Not a Private Residence .....	2,631	14.8
No Eligible Respondent .....	66	0.4
Selected Respondent Not Available		
During Interview Period .....	707	4.0
Language Barrier .....	64	0.4
Terminated During Interview .....	7	0.0
Line Busy (Multiple Times) .....	93	0.5
Respondent Had Physical or Mental Impairment .....	113	0.6
<b>TOTAL .....</b>	<b>17,763</b>	<b>100.0</b>

### Sample Characteristics

The following table compares the final interview sample for the 1996 BRFSS to the 1996 U.S. Census estimates for the adult population of Pennsylvania. The weighted sample counts represent estimates of the total adult population by sex, race, Hispanic origin, and age. The column with unweighted sample data shows that men and residents 18-29 years of age were under-represented in the sample.

<b>Distribution of 1996 Pennsylvania BRFSS Survey Sample and 1996 Estimated Pennsylvania Adult Population For Selected Characteristics</b>				
	<u>1996 BRFSS Survey Sample</u>		<u>1996 Population Estimates</u>	
	Number	Percent	Number	Percent
All Adults .....	3,595	100.0	9,248,879	100.0
Sex .....				
Males .....	1,527	42.5	4,346,030	47.0
Females .....	2,068	57.5	4,902,849	53.0
Race .....				
White .....	3,139	87.3	8,217,887	88.9
Black .....	324	9.0	691,313	7.5
Other .....	94	2.6	253,386	2.7
Unknown/Refused .....	38	*		
Hispanic ...				
Yes .....	103	2.9	249,112	2.7
Origin     No .....	3,475	96.7	8,961,986	96.9
Unknown/Refused .....	17	*		
Age .....				
18-29 .....	623	17.3	1,940,038	21.0
30-44 .....	1,187	33.0	2,751,025	29.7
45-64 .....	992	27.6	2,551,521	27.6
65+ .....	771	21.4	1,958,369	21.2
Unknown/Refused .....	22	*		

\*Unknown/Refused excluded in calculation of percentages.

NOTE: Race data include Hispanics.

## **Determining Accuracy of the Estimates and Significance Using Confidence Intervals**

Tables included in this report show the 95% confidence intervals associated with all reported percentages. They appear in the table columns labelled (CI). For example, a CI of 4 for a value of 22% translates into a range of + or - 4 percentage points (i.e., a 95% confidence interval of 18 to 26%).

Confidence intervals are a way to measure sampling error and define the range of values where the “true” percentage would be found (95% of the time). The size of the confidence interval is directly related to the size of the sample taken or number of people surveyed. The larger the sample size, the more reliable will be a calculation based on that data – the smaller will be the confidence interval, also. In addition, percentages for two different subgroups of the population can be determined to be significantly different if their confidence intervals or ranges do not overlap.

Confidence intervals were calculated using SUDAAN, a software package developed by the Research Triangle Institute, that properly estimates sample variances for complex sample designs.

Percentages were not calculated and shown for subgroups of the population when their sample size was less than 50. Calculations based on such small sample size are considered to be very unreliable and inappropriate for analysis.

## **Data Adjustment**

The data were adjusted, or weighted, to correspond to estimated age and sex distribution of the population for Pennsylvania in 1996. Because people living in households with more than one telephone or more than one adult had differing probabilities of being selected, the responses were also adjusted to reflect the number of different telephone numbers per household and the number of adults residing in the household. All of the percentages reported here were calculated with weighted data and should be representative of the adult population of Pennsylvania. It should be noted that the percentages may not add to 100 due to rounding and missing data (persons who did not know or refused to answer a particular question).

Out of the 3,595 records included in the data analysis, 22 records did not contain information on age. To avoid discarding records with age values that were unknown or refused, the mean age of all respondents in the same sex and race group was used to weight the records with unknown age for the analysis conducted by the CDC. Records without specific ages were excluded from data analysis performed by Macro.

# Synthetic Estimation Process for Local Data

Since 1989, the Pennsylvania Department of Health has participated in the Behavioral Risk Factor Surveillance System (BRFSS). The BRFSS was designed by the Centers for Disease Control and Prevention to obtain data on the key modifiable health risks which contribute to the leading causes of death. The BRFSS is an ongoing telephone survey consisting of interviews conducted each month. Approximately 3,000-4,000 completed surveys per year make up the sample data set.

On the state level, data from the BRFSS serve several purposes. BRFSS data help to identify subgroups which should be targeted for health promotion and disease prevention programs due to elevated risks. Multiple years of BRFSS data are useful for tracking Pennsylvania's progress in achieving selected Healthy People 2000 National Health Objectives. Data from Pennsylvania, when compared to similar data from other states, identifies the need for increased health promotion and disease prevention program efforts. In 1996, comparable data were available from all 50 states and the District of Columbia.

On the local level, BRFSS data may also be used to estimate the prevalence of risks in local areas such as counties, if the data are combined for several years. However, for most counties, the number of respondents in the BRFSS sample data set is insufficient to produce reliable estimates.

In cases where local data on behavioral risk are not available, synthetic estimates can be computed based on either national data or statewide data from the BRFSS. Synthetic estimates are calculated using population estimates for subgroups of interest and the state or national risk factor prevalence rates for those groups. Below is an example of how one can compute synthetic estimates for a local area:

## Step 1

Obtain the population estimates for the local geographic area of interest. Sum the population estimates into a table having the same breakdown as a table listing the national or state estimates (see the table below).

## Step 2

To estimate the number of persons who have the behavioral risk in each subgroup, multiply the subgroup-specific rates by the population estimates for each group. For example, multiply the 1996 Adams County population estimate of 14,344 for ages 18-29 by the smoking prevalence of 29% (.29) for that age group at the state level. The 1996 synthetic estimate for smokers ages 18-29 in Adams County is 4,160.

## Step 3

To obtain the total number of persons who smoke, repeat Step 2 for all subgroups and then sum the subgroup estimates to get a total estimate.

Age Group	1996 Adams County Population Estimate		Smoking Prevalence from 1996 Pa. BRFSS		Estimate of Adams Co. Adult Smokers, 1996
18-29	14,344	x	29% or .29	=	4,160
30-44	19,612	x	31% or .31	=	6,080
45-64	18,078	x	25% or .25	=	4,520
65+	11,909	x	11% or .11	=	1,310
					<hr/>
				Total	16,070

## Caution

Synthetic estimates can be useful for planning purposes. However, these estimates should not be used if there is reason to believe that local rates for subgroups of interest would diverge widely from the state or national rates. The prevalence of most health-related conditions varies considerably with age, and often with other factors such as sex, race, and income. A more precise estimate may be obtained using age, sex and race-specific prevalence rates. The BRFSS is not a reliable source of prevalence rates specific to age-sex-race categories; national data would be a more reliable basis for synthetic estimates.

It is important to qualify estimates whenever they are used. A clear citation of the sources of the data used to compute the local-area synthetic estimates should be included in every report of the estimates.

# 1996 Behavioral Health Risk Questionnaire

1. Would you say that in general your health is:
  - a. Excellent
  - b. Very good
  - c. Good
  - d. Fair
  - e. Poor
  - f. Don't know/Not Sure
  - g. Refused
2. Now thinking about your physical health, which includes physical illness and injury, for how many days during the past 30 days was your physical health not good?
  - a. Number of days
  - b. None
  - c. Don't know/Not sure
  - d. Refused
3. Now thinking about your mental health, which includes stress, depression, and problems with emotions, for how many days during the past 30 days was your mental health not good?
  - a. Number of days
  - b. None
  - c. Don't know/Not sure
  - d. Refused
4. During the past 30 days, for about how many days did poor physical or mental health keep you from doing your usual activities, such as self-care, work or recreation?
  - a. Number of days
  - b. None
  - c. Don't know/Not sure
  - d. Refused
5. Do you have any kind of health care coverage, including health insurance, prepaid plans such as HMOs or government plans such as Medicare?
  - a. Yes
  - b. No
  - c. Don't know/Not sure
  - d. Refused
6. Do you have Medicare?
  - a. Yes
  - b. No
  - c. Don't know/not sure
  - d. Refused
7. What type of health care coverage do you use to pay for most of your medical care? Is it coverage through:
  - a. Your employer
  - b. Someone else's employer
  - c. A plan that you or someone else buys on your own Medicare
  - e. Medicaid or Medical Assistance
  - f. The military, CHAMPUS, or the VA
  - g. The Indian Health Service
  - h. Some other source
  - i. None
  - j. Don't know/Not sure
  - k. Refused
- 7a. There are some types of coverage you may not have considered. Please tell me if you have any of the following: Coverage through:
  - a. Your employer
  - b. Someone else's employer
  - c. A plan that you or someone else buys on your own
  - d. Medicare
  - e. Medicaid or Medical Assistance
  - f. The military, CHAMPUS, or the VA
  - g. The Indian Health Service
  - h. Some other source
  - i. None
  - j. Don't know/Not sure
  - k. Refused
8. About how long have you had (Medicare/Medicaid/this particular health coverage)?
  - a. For less than 12 months (1 to 12 months)
  - b. For less than 2 years (1 to 2 years)
  - c. For less than 3 years (2 to 3 years)
  - d. For less than 5 years (3 to 5 years)
  - e. For 5 or more years
  - f. Don't know/Not sure
  - g. Refused
9. Is there a book or list of doctors associated with your (Medicare/Medicaid/health coverage) plan?
  - a. Yes
  - b. No
  - c. Don't know/Not sure
  - d. Refused
10. Does your (Medicare/Medicaid/health coverage) plan require you to select a certain doctor or clinic for all of your routine care?
  - a. Yes
  - b. No
  - c. Don't know/Not sure
  - d. Refused
11. About how long has it been since you had health care coverage?
  - a. Within the past 6 months (1 to 6 mo.)
  - b. Within the past year (6 to 12 mo)
  - c. Within the past 2 years (1 to 2 yrs)
  - d. Within the past 5 years (2 to 5 yrs)
  - e. 5 or more years ago
  - f. Don't know/Not sure
  - g. Never
  - h. Refused
12. Was there a time during the last 12 months when you needed to see a doctor, but could not because of the cost?
  - a. Yes
  - b. No
  - c. Don't know/Not sure
  - d. Refused
13. About how long has it been since you last visited a doctor for a routine checkup?
  - a. Within the past year (1 to 12 mo.)
  - b. Within the past 2 years (1 to 2 yrs)
  - c. Within the past 5 years (2 to 5 yrs)
  - d. 5 or more years ago
  - e. Don't know/Not sure
  - f. Never
  - g. Refused
14. Have you ever been told by a doctor that you have diabetes?
  - a. Yes
  - b. Yes, but female during pregnancy
  - c. No
  - d. Don't know/Not sure
  - e. Refused

14a. How old were you when you were told you have diabetes?

- a. Age in years
- b. Don't know/Not sure
- c. Refused

14c. Are you now taking insulin?

- a. Yes
- b. No
- c. Refused

14d. Currently, about how often do you use insulin?

- a. Times per day
- b. Times per week
- c. Use insulin pump
- d. Don't know/Not sure
- e. Refused

14e. About how often do you check your blood for glucose or sugar? Include times when checked by a family member or friend, but do not include times when checked by a health professional.

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

14f. Have you ever heard of glycosylated hemoglobin [gli-KOS-ilated HE-mo-glo-bin] or hemoglobin "A one C"?

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

14g. About how many times in the last year have you seen a doctor, nurse, or other health professional for your diabetes?

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

14h. 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"?

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

14i. About how many times in the last year has a health professional checked your feet for any sores or irritations?

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

14j. When was the last time you had an eye exam in which the pupils were dilated? This would have made you temporarily sensitive to bright light.

- a. Within the past month (0 to 1 mo.)
- b. Within the past year (1 to 12 mo.)
- c. Within the past 2 years (1 to 2 yrs)
- d. 2 or more years ago
- e. Never
- f. Don't know/Not sure
- g. Refused

I would now like to ask you three questions about how well you see with your glasses or contacts on if you use them.

14k. How much of the time does your vision limit you in recognizing people or objects across the street?

- a. All of the time
- b. Most of the time
- c. Some of the time
- d. A little bit of the time
- e. None of the time
- f. Don't know/Not sure
- g. Refused

14l. How much of the time does your vision limit you in reading print in a newspaper, magazine, recipe, menu or numbers on the telephone?

- a. All of the time
- b. Most of the time
- c. Some of the time
- d. A little bit of the time
- e. None of the time
- f. Don't know/Not sure
- g. Refused

14m. How much of the time does your vision limit you in watching television?

- a. All of the time
- b. Most of the time
- c. Some of the time
- d. A little bit of the time
- e. None of the time
- f. Don't know/Not sure
- g. Refused

The next few questions are about exercise, recreation or physical activities other than your regular job duties.

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

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

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

- a. Activity [specify]
- b. Refused

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

- a. Miles and tenths
- b. Don't know/Not sure
- c. Refused

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

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

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

- a. Hours and minutes
- b. Don't know/Not sure
- c. Refused

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

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

21. What other type of physical activity gave you the next most exercise during the past month?
- Activity [specify]
  - Refused
22. How far did you usually walk/run/jog/swim?
- Miles and tenths
  - Don't know/Not sure
  - Refused
23. How many times per week or per month did you take part in this activity?
- Times per week
  - Times per month
  - Don't know/Not sure
  - Refused
24. And when you took part in this activity, for how many minutes or hours did you usually keep at it?
- Hours and minutes
  - Don't know/Not sure
  - Refused
25. Have you smoked at least 100 cigarettes in your entire life?
- Yes
  - No
  - Don't know/Not sure
  - Refused
26. Do you now smoke cigarettes everyday, some days or not at all?
- Everyday
  - Some days
  - Not at all
  - Refused
27. On the average, about how many cigarettes a day do you now smoke?
- Number of cigarettes
  - Don't know/Not sure
  - Refused
- 27a. On the average, when you smoked during the past 30 days, about how many cigarettes did you smoke a day?
- Number of cigarettes
  - Don't know/Not sure
  - Refused
28. During the past 12 months, have you quit smoking for 1 day or longer?
- Yes
  - No
  - Don't know/Not sure
  - Refused
29. About how long has it been since you last smoked cigarettes regularly, that is, daily?
- Within the past month (0 to 1 mo.)
  - Within the past 3 months (1 to 3 mo.)
  - Within the past 6 months (3 to 6 mo.)
  - Within the past year (6 to 12 mo.)
  - Within the past 5 years (1 to 5 yrs)
  - Within the past 15 years (5 to 15 yrs)
  - 15 or more years ago
  - Don't know/Not sure
  - Never smoked regularly
  - Refused

These next questions are about the foods you usually eat or drink. Please tell me how often you eat or drink each one, for example, twice a

week, three times a month, and so forth. Remember, I am only interested in the foods you eat. Include all foods you eat, both at home and away from home.

30. How often do you drink fruit juices such as orange, grapefruit or tomato?
- Per day
  - Per week
  - Per month
  - Per year
  - Never
  - Don't know/Not sure
  - Refused
31. Not counting juice, how often do you eat fruit?
- Per day
  - Per week
  - Per month
  - Per year
  - Never
  - Don't know/Not sure
  - Refused
32. How often do you eat green salad?
- Per day
  - Per week
  - Per month
  - Per year
  - Never
  - Don't know/Not sure
  - Refused
33. How often do you eat potatoes not including french fries, fried potatoes or potato chips?
- Per day
  - Per week
  - Per month
  - Per year
  - Never
  - Don't know/Not sure
  - Refused
34. How often do you eat carrots?
- Per day
  - Per week
  - Per month
  - Per year
  - Never
  - Don't know/Not sure
  - Refused
35. Not counting carrots, potatoes or salad, how many servings of vegetables do you usually eat?
- Per day
  - Per week
  - Per month
  - Per year
  - Never
  - Don't know/Not sure
  - Refused
36. Are you now trying to lose weight?
- Yes
  - No
  - Don't know/Not sure
  - Refused
37. Are you now trying to maintain your current weight, that is to keep from gaining weight?

- a. Yes
  - b. No
  - c. Don't know/Not sure
  - d. Refused
38. Are you eating either fewer calories or less fat to... lose weight?... keep from gaining weight?
- a. Yes, fewer calories
  - b. Yes, less fat
  - c. Yes, fewer calories and less fat
  - d. No
  - e. Don't know/Not sure
  - f. Refused
39. Are you using physical activity or exercise to... lose weight? .....
- keep from gaining weight?
- a. Yes
  - b. No
  - c. Don't know/Not sure
  - d. Refused
40. In the past 12 months, has a doctor, nurse or other health professional given you advice about your weight?
- a. Yes, lose weight
  - b. Yes, gain weight
  - c. Yes, maintain current weight
  - d. No
  - e. Don't know/Not sure
  - f. Refused
41. What is your age?
- a. Age in years
  - b. Don't know/Not sure
  - c. Refused
42. What is your race?
- a. White
  - b. Black
  - c. Asian, Pacific Islander
  - d. American Indian, Alaska Native
  - e. Other: [specify]
  - f. Don't know/Not sure
  - g. Refused
43. Are you of Spanish or Hispanic origin?
- a. Yes
  - b. No
  - c. Don't know/Not sure
  - d. Refused
44. Are you:
- a. Married
  - b. Divorced
  - c. Widowed
  - d. Separated
  - e. Never been married
  - f. A member of an unmarried couple
  - g. Refused
45. How many children live in your household who are...
- a. less than 5 years old?
  - b. 5 through 12 years old?
  - c. 13 through 17 years old?
46. What is the highest grade or year of school you completed?
- a. Never attended school or only attended kindergarten
  - b. Grades 1 through 8 (Elementary)
  - c. Grades 9 through 11 (Some high school)
  - d. Grade 12 or GED (High school graduate)
- e. College 1 year to 3 years (Some college or technical school)
  - f. College 4 years or more (College graduate)
  - g. Refused
47. Are you currently:
- a. Employed for wages
  - b. Self-employed
  - c. Out of work for more than 1 year
  - d. Out of work for less than 1 year
  - e. Homemaker
  - f. Student
  - g. Retired
  - h. Unable to work
  - i. Refused
48. Is your annual household income from all sources:
- a. Less than \$25,000 (\$20,000 to less than \$25,000)
  - b. Less than \$20,000 (\$15,000 to less than \$20,000)
  - c. Less than \$15,000 (\$10,000 to less than \$15,000)
  - d. Less than \$10,000
  - e. Less than \$35,000 (\$25,000 to less than \$35,000)
  - f. Less than \$50,000 (\$35,000 to less than \$50,000)
  - g. Less than \$75,000 (\$50,000 to \$75,000)
  - h. \$75,000 or more
  - i. Don't know/Not sure
  - j. Refused
49. About how much do you weigh without shoes?
- a. Weight in pounds
  - b. Don't know/Not sure
  - c. Refused
50. How much would you like to weigh?
- a. Weight in pounds
  - b. Don't know/Not sure
  - c. Refused
51. About how tall are you without shoes?
- a. Height in feet and inches
  - b. Don't know/Not sure
  - c. Refused
52. What county do you live in?
- a. County of residence
  - b. Don't know/not sure
  - c. Refused
53. Do you have more than one telephone number in your household?
- a. Yes
  - b. No
  - c. Refused
54. How many residential telephone numbers do you have?
- a. Total telephone numbers
  - b. Refused
55. Indicate sex of respondent.
- a. Male
  - b. Female
- Now I have some questions about other health services you may have received.
56. A mammogram is an x-ray of each breast to look for breast cancer. Have you ever had a mammogram?
- a. Yes
  - b. No
  - c. Don't know/Not sure
  - d. Refused

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

- a. Within the past year (1 to 12 mo.)
- b. Within the past 2 years (1 to 2 yrs)
- c. Within the past 3 years (2 to 3 yrs)
- d. Within the past 5 years (3 to 5 yrs)
- e. 5 or more years ago
- f. Don't know/Not sure
- g. Refused

58. Was your last mammogram done as part of a routine checkup, because of a breast problem other than cancer or because you've already had breast cancer?

- a. Routine checkup
- b. Breast problem other than cancer
- c. Had breast cancer
- d. Don't know/Not sure
- e. Refused

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

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

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

- a. Within the past year (1 to 12 mo)
- b. Within the past 2 years (1 to 2 yrs)
- c. Within the past 3 years (2 to 3 yrs)
- d. Within the past 5 years (3 to 5 yrs)
- e. 5 or more years ago
- f. Don't know/Not sure
- g. Refused

61. Was your last breast exam done as part of a routine checkup, because of a breast problem other than cancer or because you've already had breast cancer?

- a. Routine Checkup
- b. Breast problem other than cancer
- c. Had breast cancer
- d. Don't know/Not sure
- e. Refused

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

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

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

- a. Within the past year (1 to 12 mo.)
- b. Within the past 2 years (1 to 2 yrs)
- c. Within the past 3 years (2 to 3 yrs)
- d. Within the past 5 years (3 to 5 yrs)
- e. 5 or more years ago
- f. Don't know/Not sure
- g. Refused

64. Was your last Pap smear done as part of a routine exam or to check a current or previous problem?

- a. Routine exam
- b. Check current or previous problem
- c. Other
- d. Don't know/Not sure
- e. Refused

65. Have you had a hysterectomy?

- a. Yes

- b. No
- c. Don't know/Not sure
- d. Refused

66. To your knowledge, are you now pregnant?

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

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

67. If you had a child in school, at what grade do you think he or she should begin receiving education in school about HIV infection and AIDS?

- a. Grade [specify]
- b. Kindergarten
- c. Never
- d. Don't know/Not sure
- e. Refused

68. If you had a teenager who was sexually active, would you encourage him or her to use a condom?

- a. Yes
- b. No
- c. Would give other advice
- d. Don't know/Not sure
- e. Refused

69. What are your chances of getting infected with HIV, the virus that causes AIDS?

- a. High
- b. Medium
- c. Low
- d. None
- e. Not applicable
- f. Don't know/Not sure
- g. Refused

70. Have you ever had your blood tested for HIV?

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

71. When was your last blood test for HIV?

- a. Month and year
- b. Don't know/Not sure
- c. Refused

71a. Have you donated blood since March 1985?

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

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

- a. For hospitalization or surgical procedure
- b. To apply for health insurance
- c. To apply for life insurance
- d. For employment
- e. To apply for a marriage license
- f. For military induction or military service
- g. For immigration
- h. Just to find out if you were infected
- i. Because of referral by a doctor
- j. Because of pregnancy

- k. Referred by your sex partner
- l. Because it was part of a blood donation process
- m. For routine check-up
- n. Because of occupational exposure
- o. Because of illness
- p. Because I am at risk for HIV
- q. Other
- r. Don't know/Not sure
- s. Refused

72a. When did you last donate blood?

- a. Month and year
- b. Don't know/Not sure
- c. Refused

73. Where did you have your last blood test for HIV?

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

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

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

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

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

76. Some people use condoms to keep from getting infected with HIV through sexual activity. How effective do you think a properly used condom is for this purpose?

- a. Very effective
- b. Somewhat effective
- c. Not at all effective
- d. Don't know how effective
- e. Don't know method
- f. Refused

These next few questions are about your personal sexual behavior, and I want to remind you that your answers are confidential.

77. Due to what you know about HIV, have you changed your sexual behavior in the last 12 months?

- a. Yes
- b. No

- c. Don't know/Not sure
- d. Refused

78a. Have you had sexual intercourse with only one partner?

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

78b. Have you used condoms for protection?

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

78c. Have you been more careful in selecting sexual partners?

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

Finally, I have just a few questions left about some other health topics.

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

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

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

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

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

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

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

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

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

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

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

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

85. How long has it been since you last visited the dentist or a dental clinic?

- a. Within the past year (1 to 12 mo.)
- b. Within the past 2 years (1 to 2 yrs)
- c. Within the past 5 years (2 to 5 yrs)

- d. 5 or more years ago
  - e. Don't know/Not sure
  - f. Never
  - g. Refused
86. What is the main reason you have not visited the dentist in the last year?
- a. Fear, apprehension, nervousness, pain, dislike going
  - b. Cost
  - c. Do not have/know a dentist
  - d. Cannot get to the office/clinic (too far away, no transportation, no appointments available)
  - e. No reason to go (no problems, no teeth)
  - f. Other priorities
  - g. Have not thought of it
  - h. Other
  - i. Don't know/Not sure
  - j. Refused
87. How many of your permanent teeth have been removed because of tooth decay or gum disease? Do not include teeth lost for other reasons, such as injury or orthodontics.
- a. 5 or fewer
  - b. 6 or more but not all
  - c. All
  - d. None
  - e. Don't know/Not sure
  - f. Refused
88. Do you have any kind of insurance coverage that pays for some or all of your routine dental care, including dental insurance, prepaid plans such as HMOs or government plans such as Medicaid?
- a. Yes
  - b. No
  - c. Don't know/Not sure
  - d. Refused
89. About how long has it been since you last had your blood pressure taken by a doctor, nurse or other health professional?
- a. Within the past 6 months (1 to 6 mo.)
  - b. Within the past year (6 to 12 mo.)
  - c. Within the past 2 years (1 to 2 yrs)
  - d. Within the past 5 years (2 to 5 yrs)
  - e. 5 or more years ago
  - f. Don't know/Not sure
  - g. Never
  - h. Refused
90. Have you ever been told by a doctor, nurse or other health professional that you have high blood pressure?
- a. Yes
  - b. No
  - c. Don't know/Not sure
  - d. Refused
91. Have you been told on more than one occasion that your blood pressure was high or have you been told this only once?
- a. More than once
  - b. Only once
  - c. Don't know/Not sure
  - d. Refused
92. Blood cholesterol is a fatty substance found in the blood. Have you ever had your blood cholesterol checked?
- a. Yes
  - b. No
  - c. Don't know/Not sure
  - d. Refused
93. About how long has it been since you last had your blood cholesterol checked?
- a. Within the past year (1 to 12 mo.)
  - b. Within the past 2 years (1 to 2 yrs)
  - c. Within the past 5 years (2 to 5 yrs)
  - d. 5 or more years ago
  - e. Don't know/Not sure
  - f. Refused
94. Have you ever been told by a doctor or other health professional that your blood cholesterol is high?
- a. Yes
  - b. No
  - c. Don't know/Not sure
  - d. Refused
95. During the past 12 months, have you had a flu shot?
- a. Yes
  - b. No
  - c. Don't know/Not sure
  - d. Refused
96. Have you ever had a pneumonia vaccination?
- a. Yes
  - b. No
  - c. Don't know/Not sure
  - d. Refused
97. A digital rectal exam is when a doctor or other health professional inserts a finger in the rectum to check for cancer and other health problems. Have you ever had this exam?
- a. Yes
  - b. No
  - c. Don't know/Not sure
  - d. Refused
98. When did you have your last digital rectal exam?
- a. Within the past year (1 to 12 mo.)
  - b. Within the past 2 years (1 to 2 yrs)
  - c. Within the past 5 years (2 to 5 yrs)
  - d. 5 or more years ago
  - e. Don't know/Not sure
  - f. Refused
99. A blood stool test is a test that may use a special kit at home to determine whether the stool contains blood. Have you ever had this test using a home kit?
- a. Yes
  - b. No
  - c. Don't know/Not sure
  - d. Refused
100. When did you have your last blood stool test using a home kit?
- a. Within the past year (1 to 12 mo.)
  - b. Within the past 2 years (1 to 2 yrs)
  - c. Within the past 5 years (2 to 5 yrs)
  - d. 5 or more years ago
  - e. Don't know/Not sure
  - f. Refused
101. A sigmoidoscopy or proctoscopy is when a tube is inserted in the rectum to view the bowel for signs of cancer and other health problems. Have you ever had this exam?
- a. Yes
  - b. No
  - c. Don't know/Not sure
  - d. Refused

102. When did you have your last sigmoidoscopy or proctoscopy?

- a. Within the past year (1 to 12 mo.)
- b. Within the past 2 years (1 to 2 yrs)
- c. Within the past 5 years (2 to 5 yrs)
- d. 5 or more years ago
- e. Don't know/Not sure
- f. Refused

103. How often do you use seat belts when you drive or ride in a car?

- a. Always
- b. Nearly Always
- c. Sometimes
- d. Seldom
- e. Never
- f. Don't know/Not sure
- g. Never drive or ride in a car
- h. Refused

104. What is the age of the oldest child in your household under the age of 16?

- a. Age in years
- b. No children under age 16
- c. Don't know/Not sure
- d. Refused

105. How often does this child in your household use a... car safety seat [for child under 5] or seat belt [for child 5 or older] ...when they ride in a car?

- a. Always
- b. Nearly always
- c. Sometimes
- d. Seldom
- e. Never
- f. Don't know/Not sure
- g. Never rides in a car
- h. Refused

106. During the past year, how often has this child worn a bicycle helmet when riding a bicycle?

- a. Always
- b. Nearly Always
- c. Sometimes
- d. Seldom
- e. Never
- f. Don't know/Not sure
- g. Never rides a bicycle
- h. Refused

107. When was the last time you or someone else deliberately tested all of the smoke detectors in your home, either by pressing the test buttons or holding a source of smoke near them?

- a. Within the past month (0 to 1 mo.)
- b. Within the past 6 months (1 to 6 mo.)
- c. Within the past year (6 to 12 mo.)
- d. One or more years ago
- e. Never
- f. No smoke detectors in home
- g. Don't know/Not sure
- h. Refused

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

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

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

- a. Days per week
- b. Days per month
- c. Don't know/Not sure
- d. Refused

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

- a. Number of drinks
- b. Don't know/Not sure
- c. Refused

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

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

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

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

These next questions are about your daily life.

113. How safe from crime do you consider your neighborhood to be?

- a. Extremely safe
- b. Quite safe
- c. Slightly safe
- d. Not at all safe
- e. Don't know/Not sure
- f. Refused

114. Do you own or rent your home?

- a. Own
- b. Rent
- c. Refused

115. How long have you lived at your current address?

- a. Less than six months (1 to 6 months)
- b. Less than one year (6 to 12 months)
- c. Less than two years (1 to 2 years)
- d. 2 or more years
- e. Don't know/Not sure
- f. Refused

116. How many close friends or relatives would help you with your emotional problems or feelings if you needed it?

- a. 3 or more
- b. Two
- c. One
- d. None
- e. Don't know/Not Sure
- f. Refused

117. In the past 30 days, have you been concerned about having enough food for you or your family?

- a. Yes
- b. No
- c. Don't know/Not Sure
- d. Refused

That's my last question. Everyone's answers will be combined to give us information about the health practices of people in this state. Thank you very much for your time and cooperation.